



Open Nederlandse Masters
Kampioenschappen 2025 lange baan
Drachten, 8-11 mei 2025



1 - ONMK2025lb - Sessie 1

8-5-2025 - 12:30

Programmanr. 1
8-5-2025 - 12:30

Dames, 1500m vrije slag
Pauze na serie 3 / Break after heat 3

Masters Open
Resultaten

rang	naam	vereniging	tijd	RT	PARA	
Masters 20+						
1.	Cynthia Koolman	Steenwijk 1934	NED 200300232	19:24.78		
	50m: 34.64	34.64	450m: 5:43.18	39.23	850m: 10:57.34	39.47
	100m: 1:11.89	37.25	500m: 6:21.79	38.61	900m: 11:36.17	38.83
	150m: 1:50.61	38.72	550m: 7:01.30	39.51	950m: 12:15.78	39.61
	200m: 2:29.02	38.41	600m: 7:40.41	39.11	1000m: 12:54.77	38.99
	250m: 3:07.88	38.86	650m: 8:20.02	39.61	1050m: 13:33.92	39.15
	300m: 3:46.16	38.28	700m: 8:59.02	39.00	1100m: 14:12.25	38.33
	350m: 4:25.26	39.10	750m: 9:38.81	39.79	1150m: 14:51.28	39.03
	400m: 5:03.95	38.69	800m: 10:17.87	39.06	1200m: 15:30.63	39.35
2.	Anouchka Bos	NieMo Barracuda	NED 200501528	19:36.17		
	50m: 34.35	34.35	450m: 5:43.90	39.91	850m: 11:01.31	39.88
	100m: 1:11.18	36.83	500m: 6:23.41	39.51	900m: 11:41.10	39.79
	150m: 1:48.97	37.79	550m: 7:02.64	39.23	950m: 12:20.89	39.79
	200m: 2:27.43	38.46	600m: 7:42.12	39.48	1000m: 13:00.46	39.57
	250m: 3:06.46	39.03	650m: 8:22.60	40.48	1050m: 13:40.89	40.43
	300m: 3:45.43	38.97	700m: 9:02.10	39.50	1100m: 14:20.61	39.72
	350m: 4:24.75	39.32	750m: 9:41.95	39.85	1150m: 15:00.68	40.07
	400m: 5:03.99	39.24	800m: 10:21.43	39.48	1200m: 15:40.51	39.83
3.	Feline Slijkhuis	SG Octopus - ZVV	NED 200501042	20:35.11	+0,92	
	50m: 34.19	34.19	450m: 5:59.55	40.82	850m: 11:32.84	41.37
	100m: 1:13.12	38.93	500m: 6:41.48	41.93	900m: 12:14.69	41.85
	150m: 1:53.66	40.54	550m: 7:22.98	41.50	950m: 12:55.68	40.99
	200m: 2:34.69	41.03	600m: 8:04.84	41.86	1000m: 13:37.74	42.06
	250m: 3:15.36	40.67	650m: 8:46.21	41.37	1050m: 14:20.17	42.43
	300m: 3:56.04	40.68	700m: 9:28.23	42.02	1100m: 15:02.70	42.53
	350m: 4:37.52	41.48	750m: 10:09.62	41.39	1150m: 15:44.78	42.08
	400m: 5:18.73	41.21	800m: 10:51.47	41.85	1200m: 16:26.85	42.07
4.	Melanie Marinus-Cruz	Blue Marlins	NED 200404702	20:38.10	+0,77	
	50m: 33.58	33.58	450m: 6:01.16	41.71	850m: 11:34.84	41.88
	100m: 1:11.02	37.44	500m: 6:42.73	41.57	900m: 12:16.73	41.89
	150m: 1:50.94	39.92	550m: 7:24.56	41.83	950m: 12:59.12	42.39
	200m: 2:32.02	41.08	600m: 8:05.88	41.32	1000m: 13:40.50	41.38
	250m: 3:13.65	41.63	650m: 8:47.72	41.84	1050m: 14:22.36	41.86
	300m: 3:55.70	42.05	700m: 9:29.32	41.60	1100m: 15:04.41	42.05
	350m: 4:37.99	42.29	750m: 10:11.07	41.75	1150m: 15:46.26	41.85
	400m: 5:19.45	41.46	800m: 10:52.96	41.89	1200m: 16:28.70	42.44
5.	Lieke Broere	De Otters Het Gooi	NED 200303890	20:38.41		
	50m: 34.48	34.48	450m: 6:01.76	42.02	850m: 11:34.64	42.48
	100m: 1:13.45	38.97	500m: 6:43.16	41.40	900m: 12:16.21	41.57
	150m: 1:54.33	40.88	550m: 7:24.79	41.63	950m: 12:58.38	42.17
	200m: 2:35.29	40.96	600m: 8:05.74	40.95	1000m: 13:40.16	41.78
	250m: 3:16.29	41.00	650m: 8:47.28	41.54	1050m: 14:22.24	42.08
	300m: 3:57.41	41.12	700m: 9:28.89	41.61	1100m: 15:04.60	42.36
	350m: 4:38.62	41.21	750m: 10:11.48	42.59	1150m: 15:47.04	42.44
	400m: 5:19.74	41.12	800m: 10:52.16	40.68	1200m: 16:29.69	42.65
6.	Evelien Husselman	MZ&PC De Reest	NED 200501324	20:47.34	+0,77	
	50m: 33.84	33.84	450m: 6:00.20	41.44	850m: 11:38.42	42.25
	100m: 1:12.16	38.32	500m: 6:42.72	42.52	900m: 12:21.48	43.06
	150m: 1:51.76	39.60	550m: 7:24.44	41.72	950m: 13:03.43	41.95
	200m: 2:32.60	40.84	600m: 8:07.10	42.66	1000m: 13:46.55	43.12
	250m: 3:13.46	40.86	650m: 8:49.21	42.11	1050m: 14:28.78	42.23
	300m: 3:54.79	41.33	700m: 9:31.54	42.33	1100m: 15:11.76	42.98
	350m: 4:36.71	41.92	750m: 10:13.58	42.04	1150m: 15:54.54	42.78
	400m: 5:18.76	42.05	800m: 10:56.17	42.59	1200m: 16:37.61	43.07
7.	Eline Hoekstra	OEZA	NED 200301280	21:03.09	+0,92	
	50m: 36.19	36.19	450m: 6:04.82	41.53	850m: 11:41.65	42.76
	100m: 1:16.00	39.81	500m: 6:46.34	41.52	900m: 12:24.08	42.43
	150m: 1:56.82	40.82	550m: 7:27.79	41.45	950m: 13:07.15	43.07
	200m: 2:37.70	40.88	600m: 8:09.66	41.87	1000m: 13:49.91	42.76
	250m: 3:18.96	41.26	650m: 8:51.75	42.09	1050m: 14:32.83	42.92
	300m: 4:00.21	41.25	700m: 9:33.75	42.00	1100m: 15:16.05	43.22
	350m: 4:41.77	41.56	750m: 10:16.44	42.69	1150m: 15:59.16	43.11
	400m: 5:23.29	41.52	800m: 10:58.89	42.45	1200m: 16:42.56	43.40





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Kampioenschappen 2025 lange baan
Drachten, 8-11 mei 2025



Programmanr. 1, Dames, 1500m vrije slag, Masters 20+

rang	naam	vereniging	tijd	RT	PARA			
8.	Kiki Bootsman	Azuro	21:20.10	+0,82				
	50m: 38.10	38.10	450m: 6:12.29	41.60	850m: 11:53.02	43.56	1250m: 17:43.10	44.01
	100m: 1:19.62	41.52	500m: 6:54.08	41.79	900m: 12:36.90	43.88	1300m: 18:27.01	43.91
	150m: 2:01.28	41.66	550m: 7:35.59	41.51	950m: 13:20.38	43.48	1350m: 19:10.85	43.84
	200m: 2:43.42	42.14	600m: 8:17.99	42.40	1000m: 14:04.01	43.63	1400m: 19:54.90	44.05
	250m: 3:25.03	41.61	650m: 9:00.04	42.05	1050m: 14:47.89	43.88	1450m: 20:38.20	43.30
	300m: 4:06.78	41.75	700m: 9:43.02	42.98	1100m: 15:31.54	43.65	1500m: 21:20.10	41.90
	350m: 4:48.93	42.15	750m: 10:26.26	43.24	1150m: 16:15.10	43.56		
	400m: 5:30.69	41.76	800m: 11:09.46	43.20	1200m: 16:59.09	43.99		
9.	Daphne van Tilburg	De Geul	21:57.81	+0,80				
	50m: 36.07	36.07	450m: 6:21.46	43.51	850m: 12:15.89	45.58	1250m: 18:18.83	45.18
	100m: 1:17.32	41.25	500m: 7:05.42	43.96	900m: 13:00.88	44.99	1300m: 19:03.53	44.70
	150m: 1:59.76	42.44	550m: 7:49.82	44.40	950m: 13:46.12	45.24	1350m: 19:47.66	44.13
	200m: 2:43.08	43.32	600m: 8:34.60	44.78	1000m: 14:31.62	45.50	1400m: 20:32.14	44.48
	250m: 3:26.04	42.96	650m: 9:18.76	44.16	1050m: 15:17.71	46.09	1450m: 21:16.11	43.97
	300m: 4:10.10	44.06	700m: 10:01.98	43.22	1100m: 16:02.33	44.62	1500m: 21:57.81	41.70
	350m: 4:53.31	43.21	750m: 10:45.50	43.52	1150m: 16:47.89	45.56		
	400m: 5:37.95	44.64	800m: 11:30.31	44.81	1200m: 17:33.65	45.76		
10.	Pien Ooijman	WS Twente	22:08.84					
	50m: 37.17	37.17	450m: 6:27.22	44.38	850m: 12:27.73	45.01	1250m: 18:29.57	45.31
	100m: 1:18.47	41.30	500m: 7:12.38	45.16	900m: 13:12.87	45.14	1300m: 19:14.35	44.78
	150m: 2:01.57	43.10	550m: 7:57.08	44.70	950m: 13:58.17	45.30	1350m: 19:59.58	45.23
	200m: 2:45.56	43.99	600m: 8:41.74	44.66	1000m: 14:43.60	45.43	1400m: 20:43.81	44.23
	250m: 3:29.68	44.12	650m: 9:26.54	44.80	1050m: 15:28.76	45.16	1450m: 21:28.28	44.47
	300m: 4:14.09	44.41	700m: 10:12.11	45.57	1100m: 16:14.34	45.58	1500m: 22:08.84	40.56
	350m: 4:58.45	44.36	750m: 10:56.89	44.78	1150m: 16:59.64	45.30		
	400m: 5:42.84	44.39	800m: 11:42.72	45.83	1200m: 17:44.26	44.62		
11.	Romée Beverdam	WS Twente	22:13.21	+0,95				
	50m: 38.48	38.48	450m: 6:31.91	44.73	850m: 12:32.14	45.55	1250m: 18:32.24	45.06
	100m: 1:20.86	42.38	500m: 7:16.46	44.55	900m: 13:16.85	44.71	1300m: 19:16.97	44.73
	150m: 2:05.04	44.18	550m: 8:01.40	44.94	950m: 14:02.29	45.44	1350m: 20:02.22	45.25
	200m: 2:48.90	43.86	600m: 8:46.15	44.75	1000m: 14:47.12	44.83	1400m: 20:47.07	44.85
	250m: 3:33.76	44.86	650m: 9:31.45	45.30	1050m: 15:32.34	45.22	1450m: 21:31.67	44.60
	300m: 4:18.01	44.25	700m: 10:16.36	44.91	1100m: 16:17.10	44.76	1500m: 22:13.21	41.54
	350m: 5:02.79	44.78	750m: 11:01.79	45.43	1150m: 17:02.36	45.26		
	400m: 5:47.18	44.39	800m: 11:46.59	44.80	1200m: 17:47.18	44.82		
12.	Zoë van der Reijden	Link	27:31.43					
	50m: 43.86	43.86	450m: 7:57.40	55.50	850m: 15:21.85	55.65	1250m: 22:53.24	56.95
	100m: 1:34.04	50.18	500m: 8:52.17	54.77	900m: 16:18.21	56.36	1300m: 23:49.87	56.63
	150m: 2:26.39	52.35	550m: 9:47.21	55.04	950m: 17:14.16	55.95	1350m: 24:45.46	55.59
	200m: 3:19.66	53.27	600m: 10:42.63	55.42	1000m: 18:10.58	56.42	1400m: 25:41.76	56.30
	250m: 4:14.00	54.34	650m: 11:37.99	55.36	1050m: 19:07.10	56.52	1450m: 26:37.39	55.63
	300m: 5:09.35	55.35	700m: 12:34.06	56.07	1100m: 20:03.25	56.15	1500m: 27:31.43	54.04
	350m: 6:05.71	56.36	750m: 13:29.75	55.69	1150m: 20:59.85	56.60		
	400m: 7:01.90	56.19	800m: 14:26.20	56.45	1200m: 21:56.29	56.44		

Masters 25+

1.	Moniek van Langevelde	DWK	19:27.54	+0,79				
	50m: 34.95	34.95	450m: 5:44.84	39.69	850m: 11:02.31	39.75	1250m: 16:18.79	39.74
	100m: 1:12.43	37.48	500m: 6:24.47	39.63	900m: 11:42.15	39.84	1300m: 16:57.66	38.87
	150m: 1:50.87	38.44	550m: 7:04.24	39.77	950m: 12:21.95	39.80	1350m: 17:36.18	38.52
	200m: 2:29.19	38.32	600m: 7:43.80	39.56	1000m: 13:01.67	39.72	1400m: 18:14.04	37.86
	250m: 3:08.07	38.88	650m: 8:23.53	39.73	1050m: 13:40.83	39.16	1450m: 18:51.81	37.77
	300m: 3:46.63	38.56	700m: 9:03.08	39.55	1100m: 14:19.99	39.16	1500m: 19:27.54	35.73
	350m: 4:25.96	39.33	750m: 9:42.96	39.88	1150m: 14:59.69	39.70		
	400m: 5:05.15	39.19	800m: 10:22.56	39.60	1200m: 15:39.05	39.36		
2.	Jamilla van Omme - van Veen	Zwemvereniging Hoogland	19:33.33	+0,80				
	50m: 32.54	32.54	450m: 5:42.64	40.27	850m: 10:58.79	39.87	1250m: 16:15.52	39.80
	100m: 1:09.35	36.81	500m: 6:21.66	39.02	900m: 11:37.36	38.57	1300m: 16:55.06	39.54
	150m: 1:47.48	38.13	550m: 7:01.35	39.69	950m: 12:17.53	40.17	1350m: 17:34.98	39.92
	200m: 2:25.83	38.35	600m: 7:40.49	39.14	1000m: 12:56.70	39.17	1400m: 18:14.68	39.70
	250m: 3:05.02	39.19	650m: 8:20.07	39.58	1050m: 13:36.68	39.98	1450m: 18:54.05	39.37
	300m: 3:43.71	38.69	700m: 8:59.11	39.04	1100m: 14:16.25	39.57	1500m: 19:33.33	39.28
	350m: 4:23.45	39.74	750m: 9:39.28	40.17	1150m: 14:56.27	40.02		
	400m: 5:02.37	38.92	800m: 10:18.92	39.64	1200m: 15:35.72	39.45		
3.	Anne Noom	Het Y	19:43.36	+0,76				
	50m: 32.95	32.95	450m: 5:37.59	39.37	850m: 10:58.08	40.60	1250m: 16:25.46	40.86
	100m: 1:09.59	36.64	500m: 6:16.97	39.38	900m: 11:38.21	40.13	1300m: 17:05.50	40.04
	150m: 1:47.04	37.45	550m: 6:56.75	39.78	950m: 12:19.59	41.38	1350m: 17:45.22	39.72
	200m: 2:24.88	37.84	600m: 7:36.37	39.62	1000m: 13:00.78	41.19	1400m: 18:24.62	39.40
	250m: 3:02.58	37.70	650m: 8:16.64	40.27	1050m: 13:41.87	41.09	1450m: 19:04.71	40.09
	300m: 3:40.76	38.18	700m: 8:56.72	40.08	1100m: 14:22.93	41.06	1500m: 19:43.36	38.65
	350m: 4:19.43	38.67	750m: 9:37.33	40.61	1150m: 15:04.22	41.29		
	400m: 4:58.22	38.79	800m: 10:17.48	40.15	1200m: 15:44.60	40.38		



Open Nederlandse Masters
Kampioenschappen 2025 lange baan
Drachten, 8-11 mei 2025



Programmanr. 1, Dames, 1500m vrije slag, Masters 25+

rang	naam	vereniging	tijd	RT	PARA
4.	Jet Kleine	MSV-Zeemacht	21:09.16	+0,80	
	50m: 35.87	450m: 6:09.13	850m: 11:49.65	1250m: 17:41.54	42.85
	100m: 1:15.47	500m: 6:51.88	900m: 12:33.08	1300m: 18:18.38	43.84
	150m: 1:56.20	550m: 7:34.18	950m: 13:16.08	1350m: 19:00.94	42.56
	200m: 2:37.96	600m: 8:17.05	1000m: 13:59.43	1400m: 19:44.74	43.80
	250m: 3:19.58	650m: 8:59.52	1050m: 14:42.15	1450m: 20:27.51	42.77
	300m: 4:02.26	700m: 9:42.07	1100m: 15:25.72	1500m: 21:09.16	41.65
	350m: 4:44.04	750m: 10:24.18	1150m: 16:08.64		
	400m: 5:26.32	800m: 11:07.18	1200m: 16:51.69		
5.	Selina Janssen	Neptunus'58	21:11.52	+0,83	
	50m: 36.24	450m: 6:11.39	850m: 11:55.71	1250m: 17:41.29	43.62
	100m: 1:15.50	500m: 6:53.93	900m: 12:38.47	1300m: 18:24.05	42.76
	150m: 1:56.66	550m: 7:36.90	950m: 13:21.95	1350m: 19:07.20	43.15
	200m: 2:38.38	600m: 8:19.56	1000m: 14:04.83	1400m: 19:49.68	42.48
	250m: 3:20.76	650m: 9:02.81	1050m: 14:48.21	1450m: 20:32.47	42.79
	300m: 4:03.15	700m: 9:45.86	1100m: 15:31.17	1500m: 21:11.52	39.05
	350m: 4:46.04	750m: 10:29.16	1150m: 16:14.51		
	400m: 5:28.39	800m: 11:12.16	1200m: 16:57.67		
6.	Isabelle Janssen	De Geul	22:40.78	+0,84	
	50m: 38.87	450m: 6:36.65	850m: 12:44.78	1250m: 18:56.58	46.17
	100m: 1:21.31	500m: 7:22.28	900m: 13:31.37	1300m: 19:42.54	45.96
	150m: 2:04.96	550m: 8:09.04	950m: 14:17.86	1350m: 20:28.06	45.52
	200m: 2:49.28	600m: 8:54.63	1000m: 15:04.25	1400m: 21:13.34	45.28
	250m: 3:34.10	650m: 9:40.64	1050m: 15:51.06	1450m: 21:58.38	45.04
	300m: 4:19.26	700m: 10:26.55	1100m: 16:37.61	1500m: 22:40.78	42.40
	350m: 5:04.75	750m: 11:12.99	1150m: 17:24.30		
	400m: 5:50.40	800m: 11:58.62	1200m: 18:10.41		
7.	Cynthia van Veen	ZVL-1886	25:16.75	+0,80	
	50m: 40.00	450m: 7:12.37	850m: 14:03.43	1250m: 21:01.31	51.92
	100m: 1:28.49	500m: 8:03.75	900m: 14:55.41	1300m: 21:54.65	53.34
	150m: 2:14.16	550m: 8:54.54	950m: 15:47.53	1350m: 22:46.42	51.77
	200m: 3:03.20	600m: 9:46.06	1000m: 16:40.33	1400m: 23:38.65	52.23
	250m: 3:52.65	650m: 10:37.32	1050m: 17:31.22	1450m: 24:28.81	50.16
	300m: 4:42.73	700m: 11:28.62	1100m: 18:23.81	1500m: 25:16.75	47.94
	350m: 5:32.27	750m: 12:19.70	1150m: 19:16.38		
	400m: 6:21.40	800m: 13:11.81	1200m: 20:09.39		

Masters 30+

1.	Fiona Meuffels	PSV	19:49.95	+0,71	
	50m: 34.13	450m: 5:48.80	850m: 11:09.19	1250m: 16:32.18	39.90
	100m: 1:11.72	500m: 6:30.09	900m: 11:49.86	1300m: 17:12.40	40.22
	150m: 1:49.73	550m: 7:10.37	950m: 12:29.91	1350m: 17:52.63	40.23
	200m: 2:28.60	600m: 7:50.77	1000m: 13:10.64	1400m: 18:32.63	40.00
	250m: 3:07.87	650m: 8:30.73	1050m: 13:51.27	1450m: 19:11.80	39.17
	300m: 3:47.75	700m: 9:10.61	1100m: 14:31.71	1500m: 19:49.95	38.15
	350m: 4:27.90	750m: 9:49.98	1150m: 15:11.80		
	400m: 5:08.22	800m: 10:29.49	1200m: 15:52.28		
2.	Anne-Irene Ducheine	Zwemvereniging Hoogland	20:00.92		
	50m: 34.52	450m: 5:53.51	850m: 11:15.48	1250m: 16:40.32	40.62
	100m: 1:13.84	500m: 6:33.79	900m: 11:56.31	1300m: 17:21.01	40.69
	150m: 1:53.01	550m: 7:13.36	950m: 12:36.15	1350m: 18:01.28	40.27
	200m: 2:33.38	600m: 7:54.08	1000m: 13:17.33	1400m: 18:42.27	40.99
	250m: 3:13.04	650m: 8:33.91	1050m: 13:57.14	1450m: 19:21.73	39.46
	300m: 3:53.62	700m: 9:14.85	1100m: 14:38.13	1500m: 20:00.92	39.19
	350m: 4:33.45	750m: 9:55.13	1150m: 15:18.59		
	400m: 5:13.91	800m: 10:35.54	1200m: 15:59.70		
3.	Marijke Kommers	NieMo Barracuda	20:09.98		
	50m: 34.67	450m: 5:57.81	850m: 11:25.09	1250m: 16:50.48	40.01
	100m: 1:13.51	500m: 6:38.45	900m: 12:05.93	1300m: 17:30.87	40.39
	150m: 1:53.68	550m: 7:19.30	950m: 12:46.94	1350m: 18:11.14	40.27
	200m: 2:34.07	600m: 8:00.49	1000m: 13:27.67	1400m: 18:51.88	40.74
	250m: 3:14.57	650m: 8:41.75	1050m: 14:08.57	1450m: 19:31.84	39.96
	300m: 3:55.44	700m: 9:22.57	1100m: 14:49.34	1500m: 20:09.98	38.14
	350m: 4:36.03	750m: 10:03.51	1150m: 15:30.24		
	400m: 5:17.11	800m: 10:44.43	1200m: 16:10.47		
4.	Larissa Jansen	PSV	21:01.42	+0,87	
	50m: 37.10	450m: 6:11.38	850m: 11:47.87	1250m: 17:29.25	43.09
	100m: 1:17.88	500m: 6:53.65	900m: 12:30.38	1300m: 18:12.54	43.29
	150m: 1:59.28	550m: 7:35.96	950m: 13:12.61	1350m: 18:55.28	42.74
	200m: 2:41.77	600m: 8:18.07	1000m: 13:55.26	1400m: 19:38.30	43.02
	250m: 3:23.85	650m: 8:59.91	1050m: 14:37.63	1450m: 20:20.73	42.43
	300m: 4:05.89	700m: 9:42.06	1100m: 15:20.51	1500m: 21:01.42	40.69
	350m: 4:47.60	750m: 10:23.92	1150m: 16:03.37		
	400m: 5:29.43	800m: 11:05.87	1200m: 16:46.16		





Open Nederlandse Masters
Kampioenschappen 2025 lange baan
Drachten, 8-11 mei 2025



Programmanr. 1, Dames, 1500m vrije slag, Masters 30+

rang	naam	vereniging	tijd	RT	PARA
5.	Nienke Smidt	WS Twente	21:08.93	+0,78	
	50m: 37.21	450m: 6:18.27	43.15	850m: 12:00.70	43.42
	100m: 1:17.74	500m: 7:01.42	43.15	900m: 12:43.28	42.58
	150m: 2:00.43	550m: 7:43.78	42.36	950m: 13:27.21	43.93
	200m: 2:43.41	600m: 8:26.35	42.57	1000m: 14:09.77	42.56
	250m: 3:26.51	650m: 9:09.09	42.74	1050m: 14:52.80	43.03
	300m: 4:09.67	700m: 9:51.76	42.67	1100m: 15:34.73	41.93
	350m: 4:52.45	750m: 10:34.76	43.00	1150m: 16:17.32	42.59
	400m: 5:35.12	800m: 11:17.28	42.52	1200m: 16:59.03	41.71
6.	Esther Kwebeman	TriVia	22:33.40	+0,75	
	50m: 38.79	450m: 6:32.49	44.52	850m: 12:36.31	45.98
	100m: 1:21.84	500m: 7:17.05	44.56	900m: 13:21.36	45.05
	150m: 2:06.32	550m: 8:02.40	45.35	950m: 14:07.19	45.83
	200m: 2:50.45	600m: 8:47.73	45.33	1000m: 14:52.99	45.80
	250m: 3:35.23	650m: 9:33.19	45.46	1050m: 15:38.27	45.28
	300m: 4:19.41	700m: 10:18.73	45.54	1100m: 16:24.53	46.26
	350m: 5:03.50	750m: 11:04.83	46.10	1150m: 17:10.53	46.00
	400m: 5:47.97	800m: 11:50.33	45.50	1200m: 17:57.06	46.53
7.	Irmgard van Weeghel	ENC Arnhem	22:58.74	+0,90	
	50m: 38.37	450m: 6:38.91	46.43	850m: 12:52.93	47.83
	100m: 1:20.54	500m: 7:25.21	46.30	900m: 13:39.96	47.03
	150m: 2:04.64	550m: 8:11.77	46.56	950m: 14:27.68	47.72
	200m: 2:49.11	600m: 8:58.39	46.62	1000m: 15:14.38	46.70
	250m: 3:34.78	650m: 9:45.45	47.06	1050m: 16:01.75	47.37
	300m: 4:20.23	700m: 10:31.54	46.09	1100m: 16:47.92	46.17
	350m: 5:06.58	750m: 11:18.54	47.00	1150m: 17:35.20	47.28
	400m: 5:52.48	800m: 12:05.10	46.56	1200m: 18:21.86	46.66
8.	Anna Lauxen	Steenwijk 1934	24:54.10		
	50m: 40.49	450m: 7:15.59	51.47	850m: 14:04.61	50.84
	100m: 1:25.45	500m: 8:06.44	50.85	900m: 14:54.95	50.34
	150m: 2:13.92	550m: 8:57.97	51.53	950m: 15:46.25	51.30
	200m: 3:03.49	600m: 9:47.41	49.44	1000m: 16:36.23	49.98
	250m: 3:53.15	650m: 10:39.20	51.79	1050m: 17:26.61	50.38
	300m: 4:43.10	700m: 11:31.06	51.86	1100m: 18:15.85	49.24
	350m: 5:33.48	750m: 12:22.69	51.63	1150m: 19:07.10	51.25
	400m: 6:24.12	800m: 13:13.77	51.08	1200m: 19:57.06	49.96
9.	Marjan Rikken	SG Octopus - ZVV	25:07.29	+0,67	
	50m: 41.55	450m: 7:14.17	50.09	850m: 14:00.02	50.62
	100m: 1:28.48	500m: 8:04.65	50.48	900m: 14:51.31	51.29
	150m: 2:16.89	550m: 8:55.26	50.61	950m: 15:42.65	51.34
	200m: 3:05.59	600m: 9:45.90	50.64	1000m: 16:33.38	50.73
	250m: 3:54.86	650m: 10:36.38	50.48	1050m: 17:24.95	51.57
	300m: 4:44.51	700m: 11:27.03	50.65	1100m: 18:16.80	51.85
	350m: 5:34.50	750m: 12:18.22	51.19	1150m: 19:08.53	51.73
	400m: 6:24.08	800m: 13:09.40	51.18	1200m: 20:00.18	51.65

Masters 35+

1.	Marloes Manni	Zwemvereniging Hoogland	21:11.70		
	50m: 34.42	450m: 6:14.27	43.99	850m: 12:02.97	44.05
	100m: 1:13.99	500m: 6:57.57	43.30	900m: 12:45.26	42.29
	150m: 1:56.04	550m: 7:41.50	43.93	950m: 13:28.52	43.26
	200m: 2:37.89	600m: 8:25.16	43.66	1000m: 14:11.33	42.81
	250m: 3:21.32	650m: 9:09.29	44.13	1050m: 14:54.98	43.65
	300m: 4:03.55	700m: 9:52.32	43.03	1100m: 15:37.86	42.88
	350m: 4:47.27	750m: 10:35.73	43.41	1150m: 16:21.43	43.57
	400m: 5:30.28	800m: 11:18.92	43.19	1200m: 17:04.43	43.00
2.	Nanda van Heteren	PSV	22:07.99	+0,92	
	50m: 38.61	450m: 6:33.44	44.02	850m: 12:32.56	44.61
	100m: 1:21.99	500m: 7:18.33	44.89	900m: 13:17.31	44.75
	150m: 2:06.24	550m: 8:02.65	44.32	950m: 14:02.00	44.69
	200m: 2:50.96	600m: 8:47.40	44.75	1000m: 14:46.90	44.90
	250m: 3:35.65	650m: 9:32.42	45.02	1050m: 15:30.89	43.99
	300m: 4:20.60	700m: 10:17.75	45.33	1100m: 16:15.49	44.60
	350m: 5:04.66	750m: 11:02.48	44.73	1150m: 16:59.78	44.29
	400m: 5:49.42	800m: 11:47.95	45.47	1200m: 17:45.37	45.59
3.	Liesbeth van Mill	Zwemlust- den Hommel	22:51.15	+0,92	
	50m: 38.69	450m: 6:34.88	45.04	850m: 12:41.60	45.97
	100m: 1:22.39	500m: 7:20.41	45.53	900m: 13:28.05	46.45
	150m: 2:05.84	550m: 8:05.66	45.25	950m: 14:14.04	45.99
	200m: 2:50.49	600m: 8:51.72	46.06	1000m: 15:00.42	46.38
	250m: 3:34.61	650m: 9:37.57	45.85	1050m: 15:47.21	46.79
	300m: 4:19.44	700m: 10:23.60	46.03	1100m: 16:34.34	47.13
	350m: 5:04.43	750m: 11:09.34	45.74	1150m: 17:20.90	46.56
	400m: 5:49.84	800m: 11:55.63	46.29	1200m: 18:08.21	47.31





Open Nederlandse Masters
Kampioenschappen 2025 lange baan
Drachten, 8-11 mei 2025



Programmanr. 1, Dames, 1500m vrije slag, Masters 35+

rang	naam	vereniging					tijd	RT	PARA
4.	Esther Boerdam-Delfos	AZC	NED 198705256				23:38.18		
	50m: 39.11	39.11	450m: 6:48.49	47.30	850m: 13:09.89	48.07	1250m: 19:39.56	49.20	
	100m: 1:22.88	43.77	500m: 7:35.79	47.30	900m: 13:58.27	48.38	1300m: 20:28.29	48.73	
	150m: 2:08.31	45.43	550m: 8:23.04	47.25	950m: 14:47.11	48.84	1350m: 21:17.42	49.13	
	200m: 2:53.85	45.54	600m: 9:10.46	47.42	1000m: 15:35.60	48.49	1400m: 22:05.85	48.43	
	250m: 3:40.39	46.54	650m: 9:58.37	47.91	1050m: 16:23.87	48.27	1450m: 22:53.07	47.22	
	300m: 4:27.46	47.07	700m: 10:45.87	47.50	1100m: 17:12.46	48.59	1500m: 23:38.18	45.11	
	350m: 5:14.24	46.78	750m: 11:33.91	48.04	1150m: 18:01.50	49.04			
	400m: 6:01.19	46.95	800m: 12:21.82	47.91	1200m: 18:50.36	48.86			

Masters 40+

1. Viktória Háden-Felföldi Iron Swim HUN 66/3267 **19:00.97** +0,84
Hungarian Masters Record

50m: 33.57	33.57	450m: 5:32.58	37.55	850m: 10:39.97	39.10	1250m: 15:49.43	38.95
100m: 1:10.12	36.55	500m: 6:10.91	38.33	900m: 11:18.17	38.20	1300m: 16:27.87	38.44
150m: 1:47.26	37.14	550m: 6:49.03	38.12	950m: 11:56.73	38.56	1350m: 17:06.84	38.97
200m: 2:24.57	37.31	600m: 7:27.28	38.25	1000m: 12:35.29	38.56	1400m: 17:45.42	38.58
250m: 3:02.06	37.49	650m: 8:05.46	38.18	1050m: 13:14.24	38.95	1450m: 18:23.79	38.37
300m: 3:39.61	37.55	700m: 8:43.92	38.46	1100m: 13:52.95	38.71	1500m: 19:00.97	37.18
350m: 4:17.16	37.55	750m: 9:22.46	38.54	1150m: 14:31.76	38.81		
400m: 4:55.03	37.87	800m: 10:00.87	38.41	1200m: 15:10.48	38.72		

2. Ramona Linting AZC NED 198301274 **22:22.29**

50m: 38.44	38.44	450m: 6:31.45	44.61	850m: 12:28.62	45.28	1250m: 18:33.75	45.99
100m: 1:20.88	42.44	500m: 7:15.58	44.13	900m: 13:13.81	45.19	1300m: 19:19.71	45.96
150m: 2:04.44	43.56	550m: 8:00.43	44.85	950m: 13:59.21	45.40	1350m: 20:05.73	46.02
200m: 2:48.63	44.19	600m: 8:45.00	44.57	1000m: 14:44.55	45.34	1400m: 20:51.54	45.81
250m: 3:33.38	44.75	650m: 9:29.46	44.46	1050m: 15:30.38	45.83	1450m: 21:37.19	45.65
300m: 4:17.58	44.20	700m: 10:13.81	44.35	1100m: 16:16.30	45.92	1500m: 22:22.29	45.10
350m: 5:02.38	44.80	750m: 10:58.48	44.67	1150m: 17:02.03	45.73		
400m: 5:46.84	44.46	800m: 11:43.34	44.86	1200m: 17:47.76	45.73		

3. Sandra Schellekens Neptunus'58 NED 198503416 **23:35.47**

50m: 38.24	38.24	450m: 6:50.10	47.06	850m: 13:13.45	47.46	1250m: 19:36.74	47.87
100m: 1:22.42	44.18	500m: 7:38.04	47.94	900m: 14:01.92	48.47	1300m: 20:25.46	48.72
150m: 2:07.55	45.13	550m: 8:25.59	47.55	950m: 14:49.53	47.61	1350m: 21:13.49	48.03
200m: 2:54.10	46.55	600m: 9:13.82	48.23	1000m: 15:37.49	47.96	1400m: 22:01.72	48.23
250m: 3:40.48	46.38	650m: 10:01.44	47.62	1050m: 16:24.67	47.18	1450m: 22:49.03	47.31
300m: 4:28.14	47.66	700m: 10:49.73	48.29	1100m: 17:12.67	48.00	1500m: 23:35.47	46.44
350m: 5:15.02	46.88	750m: 11:37.62	47.89	1150m: 18:00.58	47.91		
400m: 6:03.04	48.02	800m: 12:25.99	48.37	1200m: 18:48.87	48.29		

4. Linda Hoogendam WVZ NED 198300892 **24:48.99** +0,93

50m: 41.30	41.30	450m: 7:12.03	48.93	850m: 13:53.81	50.43	1250m: 20:40.40	50.75
100m: 1:29.07	47.77	500m: 8:01.96	49.93	900m: 14:44.50	50.69	1300m: 21:31.12	50.72
150m: 2:16.70	47.63	550m: 8:51.60	49.64	950m: 15:35.43	50.93	1350m: 22:21.21	50.09
200m: 3:05.53	48.83	600m: 9:41.81	50.21	1000m: 16:26.59	51.16	1400m: 23:11.83	50.62
250m: 3:54.44	48.91	650m: 10:31.87	50.06	1050m: 17:16.83	50.24	1450m: 24:01.61	49.78
300m: 4:44.33	49.89	700m: 11:22.78	50.91	1100m: 18:07.94	51.11	1500m: 24:48.99	47.38
350m: 5:33.24	48.91	750m: 12:12.87	50.09	1150m: 18:58.95	51.01		
400m: 6:23.10	49.86	800m: 13:03.38	50.51	1200m: 19:49.65	50.70		

5. Marloes Rebel WS Twente NED 198403474 **26:53.96**

50m:		450m:		850m:	15:09.54	55.32	1250m:	22:28.10	54.43
100m:	1:36.39	500m:		900m:	16:04.10	54.56	1300m:	23:23.05	54.95
150m:		550m:		950m:	16:58.75	54.65	1350m:	24:16.64	53.59
200m:	3:22.02	600m:		1000m:	17:53.45	54.70	1400m:	25:11.01	54.37
250m:		650m:		1050m:	18:48.18	54.73	1450m:	26:03.33	52.32
300m:		700m:		1100m:	19:42.71	54.53	1500m:	26:53.96	50.63
350m:		750m:		1150m:	20:38.12	55.41			
400m:	6:57.70	800m:	14:14.22	1200m:	21:33.67	55.55			

Masters 45+

1. Annett von Rekowski Schwimmverein Gera GER 097868 **19:48.29** +0,75

50m: 35.24	35.24	450m: 5:49.79	39.65	850m: 11:10.44	40.04	1250m: 16:31.72	40.43
100m: 1:13.51	38.27	500m: 6:29.75	39.96	900m: 11:50.64	40.20	1300m: 17:11.72	40.00
150m: 1:52.61	39.10	550m: 7:09.88	40.13	950m: 12:30.84	40.20	1350m: 17:51.91	40.19
200m: 2:32.16	39.55	600m: 7:49.62	39.74	1000m: 13:10.88	40.04	1400m: 18:31.35	39.44
250m: 3:11.82	39.66	650m: 8:29.91	40.29	1050m: 13:51.03	40.15	1450m: 19:11.02	39.67
300m: 3:51.42	39.60	700m: 9:10.05	40.14	1100m: 14:31.16	40.13	1500m: 19:48.29	37.27
350m: 4:30.47	39.05	750m: 9:50.51	40.46	1150m: 15:11.43	40.27		
400m: 5:10.14	39.67	800m: 10:30.40	39.89	1200m: 15:51.29	39.86		





Open Nederlandse Masters
Kampioenschappen 2025 lange baan
Drachten, 8-11 mei 2025



Programmanr. 1, Dames, 1500m vrije slag, Masters 45+

rang	naam	vereniging	tijd	RT	PARA			
2.	Steffi Meinhold	D.E.S.	20:01.75	+0,99				
	50m: 35.78	35.78	450m: 6:03.24	40.42	850m: 11:23.45	39.72	1250m: 16:44.20	39.49
	100m: 1:16.12	40.34	500m: 6:43.82	40.58	900m: 12:03.77	40.32	1300m: 17:24.61	40.41
	150m: 1:56.95	40.83	550m: 7:24.11	40.29	950m: 12:43.31	39.54	1350m: 18:03.94	39.33
	200m: 2:38.61	41.66	600m: 8:04.57	40.46	1000m: 13:23.89	40.58	1400m: 18:43.74	39.80
	250m: 3:19.82	41.21	650m: 8:44.16	39.59	1050m: 14:03.68	39.79	1450m: 19:23.39	39.65
	300m: 4:01.33	41.51	700m: 9:24.31	40.15	1100m: 14:44.01	40.33	1500m: 20:01.75	38.36
	350m: 4:41.83	40.50	750m: 10:03.86	39.55	1150m: 15:23.93	39.92		
	400m: 5:22.82	40.99	800m: 10:43.73	39.87	1200m: 16:04.71	40.78		
3.	Jannie Vennik	HZ&PC Heerenveen	22:28.75					
	50m: 38.21	38.21	450m: 6:35.89	45.67	850m: 12:42.03	45.95	1250m: 18:50.14	46.32
	100m: 1:20.84	42.63	500m: 7:21.72	45.83	900m: 13:27.74	45.71	1300m: 19:35.59	45.45
	150m: 2:05.09	44.25	550m: 8:07.50	45.78	950m: 14:13.52	45.78	1350m: 20:19.18	43.59
	200m: 2:50.00	44.91	600m: 8:53.21	45.71	1000m: 14:59.63	46.11	1400m: 21:03.93	44.75
	250m: 3:34.88	44.88	650m: 9:38.73	45.52	1050m: 15:45.97	46.34	1450m: 21:47.51	43.58
	300m: 4:19.83	44.95	700m: 10:24.57	45.84	1100m: 16:31.39	45.42	1500m: 22:28.75	41.24
	350m: 5:04.89	45.06	750m: 11:10.54	45.97	1150m: 17:17.76	46.37		
	400m: 5:50.22	45.33	800m: 11:56.08	45.54	1200m: 18:03.82	46.06		
4.	Jessica Venema	GZC Donk	22:38.00	+0,72				
	50m: 36.48	36.48	450m: 6:34.66	45.78	850m: 12:41.66	45.73	1250m: 18:49.42	46.68
	100m: 1:18.19	41.71	500m: 7:19.88	45.22	900m: 13:27.61	45.95	1300m: 19:35.82	46.40
	150m: 2:02.62	44.43	550m: 8:05.72	45.84	950m: 14:13.26	45.65	1350m: 20:21.79	45.97
	200m: 2:47.10	44.48	600m: 8:51.80	46.08	1000m: 14:58.90	45.64	1400m: 21:08.90	47.11
	250m: 3:32.33	45.23	650m: 9:37.66	45.86	1050m: 15:44.46	45.56	1450m: 21:54.99	46.09
	300m: 4:17.42	45.09	700m: 10:23.66	46.00	1100m: 16:30.20	45.74	1500m: 22:38.00	43.01
	350m: 5:03.22	45.80	750m: 11:09.87	46.21	1150m: 17:16.05	45.85		
	400m: 5:48.88	45.66	800m: 11:55.93	46.06	1200m: 18:02.74	46.69		
5.	Ilonka van der Meer	LinK	25:08.46					
	50m: 43.91	43.91	450m: 7:28.74	50.69	850m: 14:14.15	51.33	1250m: 21:00.14	50.64
	100m: 1:31.80	47.89	500m: 8:18.97	50.23	900m: 15:04.10	49.95	1300m: 21:50.32	50.18
	150m: 2:22.97	51.17	550m: 9:09.54	50.57	950m: 15:55.09	50.99	1350m: 22:41.46	51.14
	200m: 3:14.08	51.11	600m: 9:59.60	50.06	1000m: 16:46.14	51.05	1400m: 23:31.74	50.28
	250m: 4:05.15	51.07	650m: 10:50.54	50.94	1050m: 17:37.05	50.91	1450m: 24:21.45	49.71
	300m: 4:56.15	51.00	700m: 11:41.31	50.77	1100m: 18:27.63	50.58	1500m: 25:08.46	47.01
	350m: 5:47.25	51.10	750m: 12:31.72	50.41	1150m: 19:18.71	51.08		
	400m: 6:38.05	50.80	800m: 13:22.82	51.10	1200m: 20:09.50	50.79		
NG	Tanja Lenz	SG Bayer			GER 451703			

Masters 50+

1.	Liselotte Joling	PSV	19:19.23					
	<i>Nederlands Masters Record</i>							
	50m: 34.92	34.92	450m: 5:41.71	38.70	850m: 10:53.39	38.94	1250m: 16:06.11	38.99
	100m: 1:12.63	37.71	500m: 6:20.44	38.73	900m: 11:32.71	39.32	1300m: 16:45.48	39.37
	150m: 1:51.04	38.41	550m: 6:59.35	38.91	950m: 12:11.77	39.06	1350m: 17:24.66	39.18
	200m: 2:29.14	38.10	600m: 7:38.30	38.95	1000m: 12:50.85	39.08	1400m: 18:04.12	39.46
	250m: 3:07.64	38.50	650m: 8:17.13	38.83	1050m: 13:29.75	38.90	1450m: 18:42.39	38.27
	300m: 3:45.92	38.28	700m: 8:56.15	39.02	1100m: 14:08.69	38.94	1500m: 19:19.23	36.84
	350m: 4:24.37	38.45	750m: 9:35.41	39.26	1150m: 14:47.86	39.17		
	400m: 5:03.01	38.64	800m: 10:14.45	39.04	1200m: 15:27.12	39.26		
2.	Micky Grulms	Luxembourg Sharks Swimming CLUX	20:19.54		4029			
	<i>Luxemburg Masters Record</i>							
	50m: 36.56	36.56	450m: 6:04.32	41.02	850m: 11:30.99	40.54	1250m: 16:57.61	40.12
	100m: 1:17.32	40.76	500m: 6:45.42	41.10	900m: 12:12.20	41.21	1300m: 17:38.63	41.02
	150m: 1:58.30	40.98	550m: 7:25.52	40.10	950m: 12:52.74	40.54	1350m: 18:19.43	40.80
	200m: 2:39.80	41.50	600m: 8:06.63	41.11	1000m: 13:34.19	41.45	1400m: 19:00.36	40.93
	250m: 3:20.51	40.71	650m: 8:47.50	40.87	1050m: 14:14.60	40.41	1450m: 19:40.65	40.29
	300m: 4:01.61	41.10	700m: 9:28.53	41.03	1100m: 14:55.93	41.33	1500m: 20:19.54	38.89
	350m: 4:42.03	40.42	750m: 10:09.21	40.68	1150m: 15:36.39	40.46		
	400m: 5:23.30	41.27	800m: 10:50.45	41.24	1200m: 16:17.49	41.10		
3.	Marleen Vos	Batavia Swim	21:20.41					
	50m: 37.48	37.48	450m: 6:18.71	42.62	850m: 12:03.44	42.48	1250m: 17:47.32	42.40
	100m: 1:19.51	42.03	500m: 7:02.19	43.48	900m: 12:46.54	43.10	1300m: 18:30.57	43.25
	150m: 2:01.69	42.18	550m: 7:44.85	42.66	950m: 13:29.23	42.69	1350m: 19:13.22	42.65
	200m: 2:44.47	42.78	600m: 8:28.34	43.49	1000m: 14:12.69	43.46	1400m: 19:56.80	43.58
	250m: 3:27.00	42.53	650m: 9:11.00	42.66	1050m: 14:55.70	43.01	1450m: 20:39.22	42.42
	300m: 4:10.04	43.04	700m: 9:54.76	43.76	1100m: 15:38.92	43.22	1500m: 21:20.41	41.19
	350m: 4:52.57	42.53	750m: 10:37.50	42.74	1150m: 16:21.50	42.58		
	400m: 5:36.09	43.52	800m: 11:20.96	43.46	1200m: 17:04.92	43.42		





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Programmanr. 1, Dames, 1500m vrije slag, Masters 50+

rang	naam	vereniging	tijd	RT	PARA					
4.	Cherry Bas-Ott	DAW	NED 197100464	23:55.64	+0,63					
	50m: 40.92	40.92	450m: 7:06.58	48.71	850m: 13:31.91	47.93	1250m: 19:58.81	49.27		
	100m: 1:26.01	45.09	500m: 7:54.75	48.17	900m: 14:19.93	48.02	1300m: 20:47.10	48.29		
	150m: 2:14.37	48.36	550m: 8:43.58	48.83	950m: 15:07.82	47.89	1350m: 21:35.71	48.61		
	200m: 3:03.03	48.66	600m: 9:31.68	48.10	1000m: 15:56.05	48.23	1400m: 22:23.11	47.40		
	250m: 3:51.59	48.56	650m: 10:20.16	48.48	1050m: 16:44.30	48.25	1450m: 23:10.51	47.40		
	300m: 4:40.29	48.70	700m: 11:08.02	47.86	1100m: 17:32.56	48.26	1500m: 23:55.64	45.13		
	350m: 5:29.08	48.79	750m: 11:56.49	48.47	1150m: 18:21.34	48.78				
	400m: 6:17.87	48.79	800m: 12:43.98	47.49	1200m: 19:09.54	48.20				
5.	Evelien Naatje	WS Twente	NED 197200838	25:21.23	+0,94					
	50m: 43.59	43.59	450m: 7:33.83	52.27	850m: 14:26.90	52.11	1250m: 21:13.64	50.33		
	100m: 1:32.29	48.70	500m: 8:25.21	51.38	900m: 15:17.73	50.83	1300m: 22:04.35	50.71		
	150m: 2:23.47	51.18	550m: 9:17.41	52.20	950m: 16:09.65	51.92	1350m: 22:54.76	50.41		
	200m: 3:14.59	51.12	600m: 10:08.48	51.07	1000m: 17:00.05	50.40	1400m: 23:45.28	50.52		
	250m: 4:06.36	51.77	650m: 11:00.91	52.43	1050m: 17:51.10	51.05	1450m: 24:35.62	50.34		
	300m: 4:57.71	51.35	700m: 11:52.03	51.12	1100m: 18:42.30	51.20	1500m: 25:21.23	45.61		
	350m: 5:50.02	52.31	750m: 12:43.68	51.65	1150m: 19:33.82	51.52				
	400m: 6:41.56	51.54	800m: 13:34.79	51.11	1200m: 20:23.31	49.49				
6.	Annet Kootstra	Swol 1894	NED 197100344	26:48.10						
	50m: 45.59	45.59	450m: 7:46.17	53.44	850m: 14:58.93	54.67	1250m: 22:17.70	55.47		
	100m: 1:36.12	50.53	500m: 8:39.54	53.37	900m: 15:53.28	54.35	1300m: 23:12.17	54.47		
	150m: 2:28.37	52.25	550m: 9:33.44	53.90	950m: 16:47.52	54.24	1350m: 24:07.49	55.32		
	200m: 3:20.70	52.33	600m: 10:27.39	53.95	1000m: 17:42.16	54.64	1400m: 25:01.87	54.38		
	250m: 4:13.39	52.69	650m: 11:22.25	54.86	1050m: 18:37.63	55.47	1450m: 25:55.92	54.05		
	300m: 5:06.40	53.01	700m: 12:16.19	53.94	1100m: 19:31.98	54.35	1500m: 26:48.10	52.18		
	350m: 5:59.73	53.33	750m: 13:10.72	54.53	1150m: 20:27.13	55.15				
	400m: 6:52.73	53.00	800m: 14:04.26	53.54	1200m: 21:22.23	55.10				
7.	Britta Fritz	SC Janus Köln	GER 262038	28:10.72						
	50m: 50.89	50.89	450m: 8:20.83	57.85	850m: 15:50.91	56.61	1250m: 23:27.43	56.12		
	100m: 1:45.10	54.21	500m: 9:17.86	57.03	900m: 16:48.63	57.72	1300m: 24:25.11	57.68		
	150m: 2:42.03	56.93	550m: 10:12.84	54.98	950m: 17:44.62	55.99	1350m: 25:22.26	57.15		
	200m: 3:38.52	56.49	600m: 11:09.93	57.09	1000m: 18:42.95	58.33	1400m: 26:20.56	58.30		
	250m: 4:34.85	56.33	650m: 12:04.66	54.73	1050m: 19:38.66	55.71	1450m: 27:16.75	56.19		
	300m: 5:30.56	55.71	700m: 13:00.87	56.21	1100m: 20:35.59	56.93	1500m: 28:10.72	53.97		
	350m: 6:26.10	55.54	750m: 13:57.09	56.22	1150m: 21:33.35	57.76				
	400m: 7:22.98	56.88	800m: 14:54.30	57.21	1200m: 22:31.31	57.96				
8.	Greta Wyma-Teitsma	DWK	NED 197100696	29:08.88						
	100m 200m 400m *									
	50m:		450m:		850m:	16:20.50	58.60	1250m:	24:14.58	1:00.66
	100m: 1:44.81		500m:		900m:	17:19.19	58.69	1300m:	25:14.43	59.85
	150m:		550m:		950m:	18:17.99	58.80	1350m:	26:14.58	1:00.15
	200m: 3:37.84		600m: 11:24.33		1000m:	19:17.95	59.96	1400m:	27:13.00	58.42
	250m:		650m: 12:24.37	1:00.04	1050m:	20:16.26	58.31	1450m:	28:12.11	59.11
	300m:		700m: 13:24.42	1:00.05	1100m:	21:15.09	58.83	1500m:	29:08.88	56.77
	350m:		750m: 14:23.33	58.91	1150m:	22:14.12	59.03			
	400m: 7:29.98		800m: 15:21.90	58.57	1200m:	23:13.92	59.80			

Masters 55+

1.	Bianca Groot	MSV-Zeemacht	NED 197000652	21:54.22	+0,92			
	50m: 37.98	37.98	450m: 6:22.21	43.43	850m: 12:14.17	44.10	1250m: 18:09.99	44.75
	100m: 1:19.85	41.87	500m: 7:06.02	43.81	900m: 12:58.44	44.27	1300m: 18:54.71	44.72
	150m: 2:02.62	42.77	550m: 7:50.13	44.11	950m: 13:42.60	44.16	1350m: 19:39.43	44.72
	200m: 2:45.66	43.04	600m: 8:34.07	43.94	1000m: 14:26.94	44.34	1400m: 20:24.85	45.42
	250m: 3:28.72	43.06	650m: 9:17.98	43.91	1050m: 15:11.40	44.46	1450m: 21:10.13	45.28
	300m: 4:11.73	43.01	700m: 10:01.79	43.81	1100m: 15:56.26	44.86	1500m: 21:54.22	44.09
	350m: 4:55.24	43.51	750m: 10:45.83	44.04	1150m: 16:40.97	44.71		
	400m: 5:38.78	43.54	800m: 11:30.07	44.24	1200m: 17:25.24	44.27		
2.	Iris van Aurich	DWK	NED 196900866	22:23.31	+0,71			
	50m: 38.26	38.26	450m: 6:33.69	44.80	850m: 12:35.21	45.29	1250m: 18:38.42	45.49
	100m: 1:21.84	43.58	500m: 7:18.95	45.26	900m: 13:20.19	44.98	1300m: 19:24.04	45.62
	150m: 2:05.94	44.10	550m: 8:04.04	45.09	950m: 14:05.62	45.43	1350m: 20:09.57	45.53
	200m: 2:50.41	44.47	600m: 8:49.36	45.32	1000m: 14:51.07	45.45	1400m: 20:55.13	45.56
	250m: 3:34.66	44.25	650m: 9:34.30	44.94	1050m: 15:36.44	45.37	1450m: 21:40.25	45.12
	300m: 4:19.70	45.04	700m: 10:19.78	45.48	1100m: 16:22.08	45.64	1500m: 22:23.31	43.06
	350m: 5:04.01	44.31	750m: 11:04.39	44.61	1150m: 17:06.87	44.79		
	400m: 5:48.89	44.88	800m: 11:49.92	45.53	1200m: 17:52.93	46.06		





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Programmanr. 1, Dames, 1500m vrije slag, Masters 55+

rang	naam	vereniging					tijd	RT	PARA
3.	K. van Nassau-van den Heuvel	Old Dutch	NED 196600188				24:59.34		
	50m: 42.70	42.70	450m: 7:15.96	49.59	850m: 13:59.23	50.59	1250m: 20:46.18	50.70	
	100m: 1:30.72	48.02	500m: 8:06.33	50.37	900m: 14:50.22	50.99	1300m: 21:37.34	51.16	
	150m: 2:19.14	48.42	550m: 8:56.14	49.81	950m: 15:40.97	50.75	1350m: 22:27.32	49.98	
	200m: 3:08.13	48.99	600m: 9:46.87	50.73	1000m: 16:32.10	51.13	1400m: 23:19.29	51.97	
	250m: 3:57.02	48.89	650m: 10:37.05	50.18	1050m: 17:22.59	50.49	1450m: 24:09.80	50.51	
	300m: 4:46.96	49.94	700m: 11:27.92	50.87	1100m: 18:13.49	50.90	1500m: 24:59.34	49.54	
	350m: 5:36.49	49.53	750m: 12:18.23	50.31	1150m: 19:04.31	50.82			
	400m: 6:26.37	49.88	800m: 13:08.64	50.41	1200m: 19:55.48	51.17			
4.	Annette Spies	Link	NED 197001110				26:08.96	+0.90	
	50m: 43.74	43.74	450m: 7:36.43	52.70	850m: 14:40.90	53.05	1250m: 21:44.59	52.93	
	100m: 1:32.23	48.49	500m: 8:29.26	52.83	900m: 15:33.84	52.94	1300m: 22:37.95	53.36	
	150m: 2:22.96	50.73	550m: 9:21.99	52.73	950m: 16:26.77	52.93	1350m: 23:31.00	53.05	
	200m: 3:14.05	51.09	600m: 10:15.12	53.13	1000m: 17:20.22	53.45	1400m: 24:23.94	52.94	
	250m: 4:05.97	51.92	650m: 11:08.17	53.05	1050m: 18:12.97	52.75	1450m: 25:16.99	53.05	
	300m: 4:58.23	52.26	700m: 12:01.42	53.25	1100m: 19:06.00	53.03	1500m: 26:08.96	51.97	
	350m: 5:50.84	52.61	750m: 12:54.43	53.01	1150m: 19:58.69	52.69			
	400m: 6:43.73	52.89	800m: 13:47.85	53.42	1200m: 20:51.66	52.97			

Masters 60+

1.	Petra Tossings	GZC Donk	NED 196100376				24:00.51	+0.80	
	50m: 41.04	41.04	450m: 7:03.08	48.48	850m: 13:30.19	49.00	1250m: 19:58.88	48.73	
	100m: 1:26.59	45.55	500m: 7:51.24	48.16	900m: 14:18.42	48.23	1300m: 20:47.29	48.41	
	150m: 2:14.19	47.60	550m: 8:39.63	48.39	950m: 15:07.62	49.20	1350m: 21:36.32	49.03	
	200m: 3:02.32	48.13	600m: 9:27.46	47.83	1000m: 15:55.66	48.04	1400m: 22:24.79	48.47	
	250m: 3:50.52	48.20	650m: 10:16.26	48.80	1050m: 16:44.61	48.95	1450m: 23:14.02	49.23	
	300m: 4:38.32	47.80	700m: 11:04.32	48.06	1100m: 17:32.88	48.27	1500m: 24:00.51	46.49	
	350m: 5:26.56	48.24	750m: 11:52.94	48.62	1150m: 18:21.63	48.75			
	400m: 6:14.60	48.04	800m: 12:41.19	48.25	1200m: 19:10.15	48.52			
2.	Kirsten Stamer	SC Janus Köln	GER 247144				27:14.28		
	100m 200m 400m *								
	50m:		450m:		850m:		1250m: 22:38.13	55.92	
	100m: 1:41.90		500m:		900m: 16:12.12		1300m: 23:32.96	54.83	
	150m:		550m:		950m: 17:07.24	55.12	1350m: 24:28.81	55.85	
	200m: 3:30.36		600m:		1000m: 18:01.68	54.44	1400m: 25:24.17	55.36	
	250m:		650m:		1050m: 18:56.59	54.91	1450m: 26:19.90	55.73	
	300m:		700m:		1100m: 19:51.87	55.28	1500m: 27:14.28	54.38	
	350m:		750m:		1150m: 20:47.49	55.62			
	400m: 7:05.72		800m:		1200m: 21:42.21	54.72			
3.	Erica Muller	De Geul	NED 196400412				28:18.27	+0.82	
	50m: 48.53	48.53	450m: 8:16.27	56.83	850m: 15:51.24	57.17	1250m: 23:30.52	57.67	
	100m: 1:43.25	54.72	500m: 9:12.62	56.35	900m: 16:48.48	57.24	1300m: 24:28.44	57.92	
	150m: 2:38.59	55.34	550m: 10:09.20	56.58	950m: 17:45.66	57.18	1350m: 25:26.45	58.01	
	200m: 3:34.69	56.10	600m: 11:06.00	56.80	1000m: 18:42.53	56.87	1400m: 26:24.57	57.79	
	250m: 4:31.21	56.52	650m: 12:03.03	57.03	1050m: 19:39.78	57.25	1450m: 27:22.51	58.27	
	300m: 5:27.34	56.13	700m: 13:00.13	57.10	1100m: 20:37.83	58.05	1500m: 28:18.27	55.76	
	350m: 6:23.32	55.98	750m: 13:57.31	57.18	1150m: 21:35.35	57.52			
	400m: 7:19.44	56.12	800m: 14:54.07	56.76	1200m: 22:32.85	57.50			

Masters 65+

1.	Patty Verhagen	PSV	NED 195900146				24:28.75		
	50m: 43.95	43.95	450m: 7:11.00	49.02	850m: 13:44.77	49.39	1250m: 20:21.71	49.92	
	100m: 1:30.78	46.83	500m: 8:00.22	49.22	900m: 14:33.93	49.16	1300m: 21:11.65	49.94	
	150m: 2:18.86	48.08	550m: 8:49.06	48.84	950m: 15:23.48	49.55	1350m: 22:01.56	49.91	
	200m: 3:07.18	48.32	600m: 9:38.43	49.37	1000m: 16:13.21	49.73	1400m: 22:51.30	49.74	
	250m: 3:55.79	48.61	650m: 10:27.37	48.94	1050m: 17:03.08	49.87	1450m: 23:41.02	49.72	
	300m: 4:44.53	48.74	700m: 11:16.62	49.25	1100m: 17:52.50	49.42	1500m: 24:28.75	47.73	
	350m: 5:33.35	48.82	750m: 12:05.94	49.32	1150m: 18:42.35	49.85			
	400m: 6:21.98	48.63	800m: 12:55.38	49.44	1200m: 19:31.79	49.44			
2.	Linda Wibbelink	Steenwijk 1934	NED 195900158				25:21.37	+0.87	
	50m: 45.16	45.16	450m: 7:34.57	51.79	850m: 14:21.83	51.09	1250m: 21:09.21	50.95	
	100m: 1:34.61	49.45	500m: 8:25.83	51.26	900m: 15:12.66	50.83	1300m: 21:59.77	50.56	
	150m: 2:25.69	51.08	550m: 9:17.17	51.34	950m: 16:03.59	50.93	1350m: 22:51.54	51.77	
	200m: 3:16.87	51.18	600m: 10:07.98	50.81	1000m: 16:53.97	50.38	1400m: 23:42.58	51.04	
	250m: 4:08.36	51.49	650m: 10:58.86	50.88	1050m: 17:45.50	51.53	1450m: 24:33.26	50.68	
	300m: 4:59.94	51.58	700m: 11:49.74	50.88	1100m: 18:36.44	50.94	1500m: 25:21.37	48.11	
	350m: 5:51.01	51.07	750m: 12:40.65	50.91	1150m: 19:27.83	51.39			
	400m: 6:42.78	51.77	800m: 13:30.74	50.09	1200m: 20:18.26	50.43			





Open Nederlandse Masters
Kampioenschappen 2025 lange baan
Drachten, 8-11 mei 2025



Programmanr. 1, Dames, 1500m vrije slag, Masters 65+

rang	naam	vereniging					tijd	RT	PARA
3.	Jennie Resink-lindeboom	DWK	NED 196000142				26:34.01		
	50m: 45.79	45.79	450m: 7:53.16	53.12	850m: 15:04.12	53.65	1250m: 22:15.20	53.14	
	100m: 1:37.33	51.54	500m: 8:46.91	53.75	900m: 15:58.19	54.07	1300m: 23:08.83	53.63	
	150m: 2:30.04	52.71	550m: 9:40.53	53.62	950m: 16:52.29	54.10	1350m: 24:01.81	52.98	
	200m: 3:23.97	53.93	600m: 10:34.82	54.29	1000m: 17:46.48	54.19	1400m: 24:54.70	52.89	
	250m: 4:17.81	53.84	650m: 11:28.10	53.28	1050m: 18:39.92	53.44	1450m: 25:45.29	50.59	
	300m: 5:12.29	54.48	700m: 12:22.55	54.45	1100m: 19:34.36	54.44	1500m: 26:34.01	48.72	
	350m: 6:05.80	53.51	750m: 13:16.06	53.51	1150m: 20:28.08	53.72			
	400m: 7:00.04	54.24	800m: 14:10.47	54.41	1200m: 21:22.06	53.98			
4.	Monica Bakker	Steenwijk 1934	NED 195600082				28:02.46		
	100m 200m 400m *								
	50m:		450m:		850m: 15:47.01	57.00	1250m: 23:22.81	56.92	
	100m: 1:44.30		500m:		900m: 16:43.80	56.79	1300m: 24:19.26	56.45	
	150m:		550m:		950m: 17:41.17	57.37	1350m: 25:15.49	56.23	
	200m: 3:34.61		600m:		1000m: 18:37.05	55.88	1400m: 26:11.29	55.80	
	250m:		650m:		1050m: 19:34.44	57.39	1450m: 27:08.46	57.17	
	300m:		700m:		1100m: 20:31.12	56.68	1500m: 28:02.46	54.00	
	350m:		750m:		1150m: 21:29.20	58.08			
	400m: 7:18.03		800m: 14:50.01		1200m: 22:25.89	56.69			
5.	Katinka Elders	HZ&PC Heerenveen	NED 196000292				28:14.55		
	50m: 47.93	47.93	450m: 8:20.30	55.65	850m: 15:56.68	57.70	1250m: 23:35.38	57.40	
	100m: 1:43.36	55.43	500m: 9:17.27	56.97	900m: 16:54.50	57.82	1300m: 24:32.37	56.99	
	150m: 2:38.83	55.47	550m: 10:13.09	55.82	950m: 17:50.70	56.20	1350m: 25:28.99	56.62	
	200m: 3:34.78	55.95	600m: 11:09.26	56.17	1000m: 18:47.26	56.56	1400m: 26:27.50	58.51	
	250m: 4:30.73	55.95	650m: 12:05.47	56.21	1050m: 19:43.49	56.23	1450m: 27:21.99	54.49	
	300m: 5:28.57	57.84	700m: 13:03.82	58.35	1100m: 20:40.81	57.32	1500m: 28:14.55	52.56	
	350m: 6:26.13	57.56	750m: 14:00.87	57.05	1150m: 21:38.64	57.83			
	400m: 7:24.65	58.52	800m: 14:58.98	58.11	1200m: 22:37.98	59.34			
6.	Betsie Klompmaker-Mulder	Noord-Veluwe	NED 195900200				33:50.56		
	100m 200m 400m *								
	50m:		450m:		850m: 18:56.00	1:07.42	1250m: 28:06.87	1:09.04	
	100m: 2:04.04		500m:		900m: 20:05.54	1:09.54	1300m: 29:16.51	1:09.64	
	150m:		550m:		950m: 21:13.36	1:07.82	1350m: 30:25.25	1:08.74	
	200m: 4:21.14		600m:		1000m: 22:22.94	1:09.58	1400m: 31:34.04	1:08.79	
	250m:		650m:		1050m: 23:31.53	1:08.59	1450m: 32:43.70	1:09.66	
	300m:		700m: 15:32.91		1100m: 24:39.57	1:08.04	1500m: 33:50.56	1:06.86	
	350m:		750m: 16:40.61	1:07.70	1150m: 25:48.92	1:09.35			
	400m: 8:50.77		800m: 17:48.58	1:07.97	1200m: 26:57.83	1:08.91			
7.	Karien Musters	Old Dutch	NED 195800236				34:53.63		
	100m 200m 400m *								
	50m:		450m:		850m: 19:41.50	1:09.95	1250m: 29:02.93	1:09.34	
	100m: 2:01.48		500m:		900m: 20:51.43	1:09.93	1300m: 30:13.73	1:10.80	
	150m:		550m:		950m: 22:00.59	1:09.16	1350m: 31:23.32	1:09.59	
	200m: 4:19.40		600m:		1000m: 23:10.38	1:09.79	1400m: 32:34.14	1:10.82	
	250m:		650m:		1050m: 24:20.71	1:10.33	1450m: 33:44.04	1:09.90	
	300m:		700m: 16:12.34		1100m: 25:31.97	1:11.26	1500m: 34:53.63	1:09.59	
	350m:		750m: 17:21.52	1:09.18	1150m: 26:42.54	1:10.57			
	400m: 9:05.13		800m: 18:31.55	1:10.03	1200m: 27:53.59	1:11.05			

Masters 70+

1.	Ineke Weekers	PSV	NED 195300050				24:06.67	+0,83	
	50m: 43.88	43.88	450m: 7:08.52	48.03	850m: 13:34.36	48.54	1250m: 20:04.39	49.04	
	100m: 1:31.17	47.29	500m: 7:56.66	48.14	900m: 14:22.95	48.59	1300m: 20:53.02	48.63	
	150m: 2:19.37	48.20	550m: 8:44.64	47.98	950m: 15:11.30	48.35	1350m: 21:42.10	49.08	
	200m: 3:07.86	48.49	600m: 9:32.76	48.12	1000m: 15:59.99	48.69	1400m: 22:30.89	48.79	
	250m: 3:56.15	48.29	650m: 10:21.09	48.33	1050m: 16:49.10	49.11	1450m: 23:20.02	49.13	
	300m: 4:44.12	47.97	700m: 11:09.10	48.01	1100m: 17:37.59	48.49	1500m: 24:06.67	46.65	
	350m: 5:32.36	48.24	750m: 11:57.52	48.42	1150m: 18:26.60	49.01			
	400m: 6:20.49	48.13	800m: 12:45.82	48.30	1200m: 19:15.35	48.75			
2.	Gonnie Bak	PSV	NED 195100064				32:00.78		
	100m 200m 400m *								
	50m:		450m:		850m: 18:01.48	1:04.58	1250m: 26:41.91	1:05.18	
	100m: 1:58.60		500m:		900m: 19:07.04	1:05.56	1300m: 27:46.14	1:04.23	
	150m:		550m:		950m: 20:12.01	1:04.97	1350m: 28:51.64	1:05.50	
	200m: 4:05.31		600m:		1000m: 21:16.94	1:04.93	1400m: 29:56.54	1:04.90	
	250m:		650m: 13:43.47		1050m: 22:22.09	1:05.15	1450m: 30:59.78	1:03.24	
	300m:		700m: 14:47.57	1:04.10	1100m: 23:26.89	1:04.80	1500m: 32:00.78	1:01.00	
	350m:		750m: 15:52.24	1:04.67	1150m: 24:31.73	1:04.84			
	400m: 8:21.72		800m: 16:56.90	1:04.66	1200m: 25:36.73	1:05.00			





Open Nederlandse Masters
Kampioenschappen 2025 lange baan
Drachten, 8-11 mei 2025



Programmanr. 2
8-5-2025 - 15:39

Heren, 1500m vrije slag
Pauze na serie 1 / Break after heat 1

Masters Open
Resultaten

rang	naam	vereniging	tijd	RT	PARA	
Masters 20+						
1.	Jacco Nijland	ZPC De Hof	NED 200400081	18:52.59	+0,93	
	50m: 32.40	32.40	450m: 5:36.28	39.24	850m: 10:44.17	38.17
	100m: 1:08.14	35.74	500m: 6:14.81	38.53	900m: 11:22.04	37.87
	150m: 1:45.10	36.96	550m: 6:53.75	38.94	950m: 12:00.74	38.70
	200m: 2:23.21	38.11	600m: 7:32.32	38.57	1000m: 12:39.00	38.26
	250m: 3:01.47	38.26	650m: 8:10.11	37.79	1050m: 13:17.39	38.39
	300m: 3:39.71	38.24	700m: 8:48.65	38.54	1100m: 13:55.55	38.16
	350m: 4:18.48	38.77	750m: 9:27.57	38.92	1150m: 14:34.08	38.53
	400m: 4:57.04	38.56	800m: 10:06.00	38.43	1200m: 15:12.32	38.24
1250m:	15:50.65	38.33				
1300m:	16:28.53	37.88				
1350m:	17:07.44	38.91				
1400m:	17:44.19	36.75				
1450m:	18:22.62	38.43				
1500m:	18:52.59	29.97				
2.	Niels Kragt	G.S.Z.V. De Golfbreker	NED 200300155	19:33.67	+0,78	
	50m: 32.24	32.24	450m: 5:47.30	40.54	850m: 11:07.46	39.94
	100m: 1:08.87	36.63	500m: 6:27.19	39.89	900m: 11:46.80	39.34
	150m: 1:47.54	38.67	550m: 7:07.75	40.56	950m: 12:26.82	40.02
	200m: 2:26.79	39.25	600m: 7:47.93	40.18	1000m: 13:06.81	39.99
	250m: 3:06.87	40.08	650m: 8:28.14	40.21	1050m: 13:46.85	40.04
	300m: 3:46.74	39.87	700m: 9:08.00	39.86	1100m: 14:26.24	39.39
	350m: 4:26.69	39.95	750m: 9:47.87	39.87	1150m: 15:06.44	40.20
	400m: 5:06.76	40.07	800m: 10:27.52	39.65	1200m: 15:46.02	39.58
1250m:	16:25.76	39.74				
1300m:	17:04.81	39.05				
1350m:	17:43.78	38.97				
1400m:	18:21.72	37.94				
1450m:	18:58.81	37.09				
1500m:	19:33.67	34.86				
3.	Rik Stahlie	TriVia	NED 200201915	20:11.67	+0,85	
	50m: 33.57	33.57	450m: 5:56.09	40.80	850m: 11:24.27	41.01
	100m: 1:12.28	38.71	500m: 6:36.95	40.86	900m: 12:06.46	42.19
	150m: 1:51.91	39.63	550m: 7:17.61	40.66	950m: 12:47.23	40.77
	200m: 2:32.19	40.28	600m: 7:58.53	40.92	1000m: 13:28.94	41.71
	250m: 3:12.57	40.38	650m: 8:39.64	41.11	1050m: 14:09.45	40.51
	300m: 3:53.02	40.45	700m: 9:20.80	41.16	1100m: 14:51.22	41.77
	350m: 4:33.83	40.81	750m: 10:01.83	41.03	1150m: 15:32.77	41.55
	400m: 5:15.29	41.46	800m: 10:43.26	41.43	1200m: 16:14.71	41.94
1250m:	16:55.69	40.98				
1300m:	17:37.67	41.98				
1350m:	18:18.47	40.80				
1400m:	19:00.59	42.12				
1450m:	19:37.44	36.85				
1500m:	20:11.67	34.23				
Masters 25+						
1.	Tenzin Tieman	Old Dutch	NED 200005549	18:54.01		
	50m: 32.90	32.90	450m: 5:30.44	38.27	850m: 10:35.66	38.68
	100m: 1:08.58	35.68	500m: 6:08.33	37.89	900m: 11:14.30	38.64
	150m: 1:45.77	37.19	550m: 6:46.63	38.30	950m: 11:53.20	38.90
	200m: 2:22.67	36.90	600m: 7:24.54	37.91	1000m: 12:31.71	38.51
	250m: 3:00.08	37.41	650m: 8:02.63	38.09	1050m: 13:11.17	39.46
	300m: 3:37.38	37.30	700m: 8:40.44	37.81	1100m: 13:50.03	38.86
	350m: 4:14.84	37.46	750m: 9:18.95	38.51	1150m: 14:28.57	38.54
	400m: 4:52.17	37.33	800m: 9:56.98	38.03	1200m: 15:07.51	38.94
1250m:	15:46.10	38.59				
1300m:	16:24.60	38.50				
1350m:	17:03.07	38.47				
1400m:	17:41.07	38.00				
1450m:	18:19.17	38.10				
1500m:	18:54.01	34.84				
2.	Lars Jacobsen	DWK	NED 199705453	19:25.77		
	50m: 31.62	31.62	450m: 5:43.57	40.68	850m: 11:00.45	39.15
	100m: 1:07.89	36.27	500m: 6:22.95	39.38	900m: 11:40.97	40.52
	150m: 1:45.80	37.91	550m: 7:03.16	40.21	950m: 12:20.47	39.50
	200m: 2:24.41	38.61	600m: 7:43.22	40.06	1000m: 12:59.49	39.02
	250m: 3:03.82	39.41	650m: 8:21.71	38.49	1050m: 13:39.48	39.99
	300m: 3:43.19	39.37	700m: 9:01.58	39.87	1100m: 14:19.05	39.57
	350m: 4:22.72	39.53	750m: 9:42.46	40.88	1150m: 14:59.70	40.65
	400m: 5:02.89	40.17	800m: 10:21.30	38.84	1200m: 15:38.45	38.75
1250m:	16:18.17	39.72				
1300m:	16:57.43	39.26				
1350m:	17:36.78	39.35				
1400m:	18:14.91	38.13				
1450m:	18:51.60	36.69				
1500m:	19:25.77	34.17				
3.	Jordy van Oel	WVZ	NED 199802003	19:39.81	+0,78	
	50m: 33.64	33.64	450m: 5:48.17	41.00	850m: 11:08.55	39.90
	100m: 1:11.20	37.56	500m: 6:27.91	39.74	900m: 11:48.20	39.65
	150m: 1:50.75	39.55	550m: 7:07.55	39.64	950m: 12:28.41	40.21
	200m: 2:29.46	38.71	600m: 7:47.18	39.63	1000m: 13:07.95	39.54
	250m: 3:08.71	39.25	650m: 8:28.13	40.95	1050m: 13:47.31	39.36
	300m: 3:48.07	39.36	700m: 9:08.74	40.61	1100m: 14:26.64	39.33
	350m: 4:27.91	39.84	750m: 9:48.85	40.11	1150m: 15:06.29	39.65
	400m: 5:07.17	39.26	800m: 10:28.65	39.80	1200m: 15:45.65	39.36
1250m:	16:25.22	39.57				
1300m:	17:04.47	39.25				
1350m:	17:44.11	39.64				
1400m:	18:23.41	39.30				
1450m:	19:02.59	39.18				
1500m:	19:39.81	37.22				
4.	Leon Kloots	ZPC De Hof	NED 200001363	19:49.57		
	50m: 33.14	33.14	450m: 5:44.37	40.07	850m: 11:07.54	40.11
	100m: 1:10.67	37.53	500m: 6:24.48	40.11	900m: 11:48.23	40.69
	150m: 1:48.35	37.68	550m: 7:05.14	40.66	950m: 12:28.60	40.37
	200m: 2:26.96	38.61	600m: 7:45.70	40.56	1000m: 13:09.27	40.67
	250m: 3:05.75	38.79	650m: 8:26.25	40.55	1050m: 13:49.21	39.94
	300m: 3:44.85	39.10	700m: 9:06.80	40.55	1100m: 14:29.54	40.33
	350m: 4:24.62	39.77	750m: 9:46.95	40.15	1150m: 15:09.61	40.07
	400m: 5:04.30	39.68	800m: 10:27.43	40.48	1200m: 15:50.83	41.22
1250m:	16:31.01	40.18				
1300m:	17:11.43	40.42				
1350m:	17:51.65	40.22				
1400m:	18:31.81	40.16				
1450m:	19:11.25	39.44				
1500m:	19:49.57	38.32				





Open Nederlandse Masters
Kampioenschappen 2025 lange baan
Drachten, 8-11 mei 2025



Programmanr. 2, Heren, 1500m vrije slag, Masters 25+

rang	naam	vereniging	tijd	RT	PARA
5.	Sven Dubbeld	z.c De Schotejil	22:06.93		+0,95
	50m: 36.96	36.96 450m: 6:18.89	43.93 850m: 12:15.62	44.84 1250m: 18:19.92	45.53
	100m: 1:18.01	41.05 500m: 7:04.05	45.16 900m: 13:00.45	44.83 1300m: 19:05.97	46.05
	150m: 2:00.01	42.00 550m: 7:48.50	44.45 950m: 13:45.51	45.06 1350m: 19:52.03	46.06
	200m: 2:42.39	42.38 600m: 8:33.38	44.88 1000m: 14:31.17	45.66 1400m: 20:37.73	45.70
	250m: 3:24.71	42.32 650m: 9:17.50	44.12 1050m: 15:16.99	45.82 1450m: 21:23.44	45.71
	300m: 4:07.88	43.17 700m: 10:02.13	44.63 1100m: 16:02.14	45.15 1500m: 22:06.93	43.49
	350m: 4:50.71	42.83 750m: 10:46.29	44.16 1150m: 16:48.09	45.95	
	400m: 5:34.96	44.25 800m: 11:30.78	44.49 1200m: 17:34.39	46.30	

Masters 30+

1.	Jeffrey van 't Schip	AZC	20:45.11		
	50m: 34.49	34.49 450m: 6:02.46	42.32 850m: 11:39.56	42.02 1250m: 17:17.95	42.13
	100m: 1:12.41	37.92 500m: 6:44.50	42.04 900m: 12:22.64	43.08 1300m: 18:00.37	42.42
	150m: 1:52.81	40.40 550m: 7:26.59	42.09 950m: 13:05.17	42.53 1350m: 18:42.06	41.69
	200m: 2:33.47	40.66 600m: 8:08.55	41.96 1000m: 13:47.40	42.23 1400m: 19:23.47	41.41
	250m: 3:14.60	41.13 650m: 8:50.79	42.24 1050m: 14:29.33	41.93 1450m: 20:05.28	41.81
	300m: 3:56.14	41.54 700m: 9:32.94	42.15 1100m: 15:11.41	42.08 1500m: 20:45.11	39.83
	350m: 4:38.12	41.98 750m: 10:15.32	42.38 1150m: 15:53.32	41.91	
	400m: 5:20.14	42.02 800m: 10:57.54	42.22 1200m: 16:35.82	42.50	

2.	Sander Riezebos	WS Twente	20:57.92		+0,86
	50m: 33.90	33.90 450m: 6:08.35	43.40 850m: 11:52.23	43.30 1250m: 17:33.44	40.85
	100m: 1:13.32	39.42 500m: 6:50.77	42.42 900m: 12:35.27	43.04 1300m: 18:15.17	41.73
	150m: 1:54.65	41.33 550m: 7:33.64	42.87 950m: 13:18.64	43.37 1350m: 18:56.87	41.70
	200m: 2:35.88	41.23 600m: 8:16.16	42.52 1000m: 14:01.57	42.93 1400m: 19:37.57	40.70
	250m: 3:18.23	42.35 650m: 8:59.24	43.08 1050m: 14:44.85	43.28 1450m: 20:18.62	41.05
	300m: 4:00.41	42.18 700m: 9:42.20	42.96 1100m: 15:27.34	42.49 1500m: 20:57.92	39.30
	350m: 4:42.96	42.55 750m: 10:26.00	43.80 1150m: 16:10.31	42.97	
	400m: 5:24.95	41.99 800m: 11:08.93	42.93 1200m: 16:52.59	42.28	

3.	Colin Degenars	ZPCH	21:10.06		+0,82
	50m: 34.33	34.33 450m: 6:11.71	42.53 850m: 11:56.17	42.10 1250m: 17:39.43	42.50
	100m: 1:15.38	41.05 500m: 6:55.51	43.80 900m: 12:39.12	42.95 1300m: 18:22.02	42.59
	150m: 1:57.49	42.11 550m: 7:38.52	43.01 950m: 13:21.50	42.38 1350m: 19:04.58	42.56
	200m: 2:39.65	42.16 600m: 8:21.70	43.18 1000m: 14:05.01	43.51 1400m: 19:48.25	43.67
	250m: 3:21.64	41.99 650m: 9:03.94	42.24 1050m: 14:47.83	42.82 1450m: 20:29.88	41.63
	300m: 4:03.90	42.26 700m: 9:47.58	43.64 1100m: 15:31.36	43.53 1500m: 21:10.06	40.18
	350m: 4:46.12	42.22 750m: 10:30.63	43.05 1150m: 16:13.76	42.40	
	400m: 5:29.18	43.06 800m: 11:14.07	43.44 1200m: 16:56.93	43.17	

4.	Derek Valkenier	MSV-Zeemacht	22:18.95		
	50m: 37.28	37.28 450m: 6:24.51	44.32 850m: 12:26.02	46.28 1250m: 18:35.98	46.65
	100m: 1:19.27	41.99 500m: 7:08.59	44.08 900m: 13:11.67	45.65 1300m: 19:22.30	46.32
	150m: 2:01.50	42.23 550m: 7:53.50	44.91 950m: 13:58.01	46.34 1350m: 20:07.98	45.68
	200m: 2:45.60	44.10 600m: 8:39.33	45.83 1000m: 14:43.87	45.86 1400m: 20:54.04	46.06
	250m: 3:28.71	43.11 650m: 9:23.53	44.20 1050m: 15:30.56	46.69 1450m: 21:38.21	44.17
	300m: 4:12.10	43.39 700m: 10:08.38	44.85 1100m: 16:16.70	46.14 1500m: 22:18.95	40.74
	350m: 4:55.99	43.89 750m: 10:54.11	45.73 1150m: 17:03.34	46.64	
	400m: 5:40.19	44.20 800m: 11:39.74	45.63 1200m: 17:49.33	45.99	

Masters 35+

1.	Tim Bunnik	Triton	19:27.08		+0,76
	50m: 33.91	33.91 450m: 5:45.62	39.07 850m: 11:00.08	39.32 1250m: 16:13.55	38.64
	100m: 1:12.05	38.14 500m: 6:24.89	39.27 900m: 11:39.58	39.50 1300m: 16:52.60	39.05
	150m: 1:50.84	38.79 550m: 7:04.25	39.36 950m: 12:19.26	39.68 1350m: 17:31.18	38.58
	200m: 2:30.21	39.37 600m: 7:43.54	39.29 1000m: 12:59.16	39.90 1400m: 18:10.55	39.37
	250m: 3:09.47	39.26 650m: 8:23.30	39.76 1050m: 13:38.35	39.19 1450m: 18:49.38	38.83
	300m: 3:48.92	39.45 700m: 9:02.40	39.10 1100m: 14:17.44	39.09 1500m: 19:27.08	37.70
	350m: 4:27.57	38.65 750m: 9:41.54	39.14 1150m: 14:56.42	38.98	
	400m: 5:06.55	38.98 800m: 10:20.76	39.22 1200m: 15:34.91	38.49	

2.	Wessel Everloo	WS Twente	19:38.79		
	50m: 34.21	34.21 450m: 5:45.28	39.23 850m: 11:05.02	41.14 1250m: 16:24.75	40.82
	100m: 1:12.39	38.18 500m: 6:25.41	40.13 900m: 11:43.91	38.89 1300m: 17:03.75	39.00
	150m: 1:51.08	38.69 550m: 7:05.67	40.26 950m: 12:23.58	39.67 1350m: 17:43.91	40.16
	200m: 2:29.50	38.42 600m: 7:44.77	39.10 1000m: 13:03.29	39.71 1400m: 18:22.62	38.71
	250m: 3:08.81	39.31 650m: 8:24.55	39.78 1050m: 13:44.68	41.39 1450m: 19:01.37	38.75
	300m: 3:47.51	38.70 700m: 9:04.27	39.72 1100m: 14:23.92	39.24 1500m: 19:38.79	37.42
	350m: 4:27.40	39.89 750m: 9:45.04	40.77 1150m: 15:04.82	40.90	
	400m: 5:06.05	38.65 800m: 10:23.88	38.84 1200m: 15:43.93	39.11	





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Programmanr. 2, Heren, 1500m vrije slag, Masters 35+

rang	naam	vereniging	tijd	RT	PARA			
3.	Niels Albrechts	z.c De Schotejil	19:42.46	+0,83				
	50m: 34.96	34.96	450m: 5:47.43	39.56	850m: 11:07.80	40.13	1250m: 16:26.10	40.40
	100m: 1:12.90	37.94	500m: 6:27.69	40.26	900m: 11:47.50	39.70	1300m: 17:06.09	39.99
	150m: 1:51.67	38.77	550m: 7:07.45	39.76	950m: 12:27.26	39.76	1350m: 17:46.28	40.19
	200m: 2:30.64	38.97	600m: 7:47.40	39.95	1000m: 13:07.13	39.87	1400m: 18:26.58	40.30
	250m: 3:09.86	39.22	650m: 8:27.68	40.28	1050m: 13:46.80	39.67	1450m: 19:06.17	39.59
	300m: 3:49.66	39.80	700m: 9:08.13	40.45	1100m: 14:26.23	39.43	1500m: 19:42.46	36.29
	350m: 4:28.87	39.21	750m: 9:47.94	39.81	1150m: 15:05.95	39.72		
	400m: 5:07.87	39.00	800m: 10:27.67	39.73	1200m: 15:45.70	39.75		
4.	Matthew Humphreys	MSV-Zeemacht	19:57.02					
	50m: 34.51	34.51	450m: 5:55.62	40.55	850m: 11:18.56	40.39	1250m: 16:38.99	39.62
	100m: 1:13.09	38.58	500m: 6:36.16	40.54	900m: 11:59.11	40.55	1300m: 17:20.05	41.06
	150m: 1:52.77	39.68	550m: 7:16.78	40.62	950m: 12:39.26	40.15	1350m: 17:59.95	39.90
	200m: 2:32.75	39.98	600m: 7:57.26	40.48	1000m: 13:19.57	40.31	1400m: 18:39.52	39.57
	250m: 3:13.65	40.90	650m: 8:37.36	40.10	1050m: 13:59.93	40.36	1450m: 19:18.51	38.99
	300m: 3:54.08	40.43	700m: 9:18.30	40.94	1100m: 14:40.29	40.36	1500m: 19:57.02	38.51
	350m: 4:34.26	40.18	750m: 9:58.23	39.93	1150m: 15:19.66	39.37		
	400m: 5:15.07	40.81	800m: 10:38.17	39.94	1200m: 15:59.37	39.71		
5.	Patrick Creemers	SG Patrick - De Roersoppers	20:05.28	+0,84				
	50m: 32.77	32.77	450m: 5:53.92	40.52	850m: 11:17.26	40.18	1250m: 16:41.91	40.62
	100m: 1:11.33	38.56	500m: 6:34.97	41.05	900m: 11:57.25	39.99	1300m: 17:24.00	42.09
	150m: 1:50.89	39.56	550m: 7:14.84	39.87	950m: 12:36.71	39.46	1350m: 18:05.00	41.00
	200m: 2:31.12	40.23	600m: 7:55.61	40.77	1000m: 13:16.91	40.20	1400m: 18:46.97	41.97
	250m: 3:11.09	39.97	650m: 8:36.11	40.50	1050m: 13:56.80	39.89	1450m: 19:26.77	39.80
	300m: 3:51.86	40.77	700m: 9:17.02	40.91	1100m: 14:38.34	41.54	1500m: 20:05.28	38.51
	350m: 4:32.22	40.36	750m: 9:56.97	39.95	1150m: 15:18.95	40.61		
	400m: 5:13.40	41.18	800m: 10:37.08	40.11	1200m: 16:01.29	42.34		
6.	Dennis Wijbenga	Aqua 68	21:07.95	+0,60				
	50m: 35.54	35.54	450m: 6:01.68	42.38	850m: 11:50.99	43.99	1250m: 17:36.15	43.01
	100m: 1:14.46	38.92	500m: 6:45.01	43.33	900m: 12:34.90	43.91	1300m: 18:19.04	42.89
	150m: 1:54.14	39.68	550m: 7:27.96	42.95	950m: 13:18.54	43.64	1350m: 19:01.65	42.61
	200m: 2:34.92	40.78	600m: 8:11.92	43.96	1000m: 14:01.68	43.14	1400m: 19:45.13	43.48
	250m: 3:15.34	40.42	650m: 8:55.43	43.51	1050m: 14:44.05	42.37	1450m: 20:27.40	42.27
	300m: 3:56.29	40.95	700m: 9:39.45	44.02	1100m: 15:26.78	42.73	1500m: 21:07.95	40.55
	350m: 4:37.48	41.19	750m: 10:23.20	43.75	1150m: 16:09.78	43.00		
	400m: 5:19.30	41.82	800m: 11:07.00	43.80	1200m: 16:53.14	43.36		
7.	Mark Godwaldt	PSV	21:33.33	+0,96				
	50m: 36.33	36.33	450m: 6:19.23	43.95	850m: 12:10.09	43.90	1250m: 17:58.82	43.71
	100m: 1:17.16	40.83	500m: 7:03.06	43.83	900m: 12:53.31	43.22	1300m: 18:42.44	43.62
	150m: 1:59.79	42.63	550m: 7:46.92	43.86	950m: 13:37.28	43.97	1350m: 19:25.88	43.44
	200m: 2:42.70	42.91	600m: 8:29.79	42.87	1000m: 14:21.02	43.74	1400m: 20:09.11	43.23
	250m: 3:25.75	43.05	650m: 9:13.78	43.99	1050m: 15:04.50	43.48	1450m: 20:52.31	43.20
	300m: 4:08.64	42.89	700m: 9:57.72	43.94	1100m: 15:48.25	43.75	1500m: 21:33.33	41.02
	350m: 4:51.74	43.10	750m: 10:41.80	44.08	1150m: 16:31.76	43.51		
	400m: 5:35.28	43.54	800m: 11:26.19	44.39	1200m: 17:15.11	43.35		
8.	Sander van Tilburg	De Biesboschzwemmers	22:18.40	+0,90				
	50m: 38.05	38.05	450m: 6:36.42	45.60	850m: 12:35.20	45.24	1250m: 18:34.36	45.67
	100m: 1:20.47	42.42	500m: 7:21.54	45.12	900m: 13:19.10	43.90	1300m: 19:20.01	45.65
	150m: 2:04.71	44.24	550m: 8:06.95	45.41	950m: 14:04.13	45.03	1350m: 20:05.15	45.14
	200m: 2:49.52	44.81	600m: 8:51.51	44.56	1000m: 14:48.51	44.38	1400m: 20:50.79	45.64
	250m: 3:34.82	45.30	650m: 9:36.11	44.60	1050m: 15:33.32	44.81	1450m: 21:36.88	46.09
	300m: 4:20.34	45.52	700m: 10:20.20	44.09	1100m: 16:18.21	44.89	1500m: 22:18.40	41.52
	350m: 5:06.01	45.67	750m: 11:05.32	45.12	1150m: 17:03.48	45.27		
	400m: 5:50.82	44.81	800m: 11:49.96	44.64	1200m: 17:48.69	45.21		

Masters 40+

1.	Frank v.d. Voordt	z.c De Schotejil	19:45.46	+0,87				
	50m: 33.96	33.96	450m: 5:54.91	40.41	850m: 11:13.77	39.64	1250m: 16:29.92	39.47
	100m: 1:12.34	38.38	500m: 6:35.69	40.78	900m: 11:53.62	39.85	1300m: 17:09.72	39.80
	150m: 1:51.93	39.59	550m: 7:15.30	39.61	950m: 12:32.99	39.37	1350m: 17:48.71	38.99
	200m: 2:32.25	40.32	600m: 7:55.20	39.90	1000m: 13:12.85	39.86	1400m: 18:28.14	39.43
	250m: 3:12.35	40.10	650m: 8:34.65	39.45	1050m: 13:52.18	39.33	1450m: 19:07.04	38.90
	300m: 3:52.87	40.52	700m: 9:14.64	39.99	1100m: 14:31.69	39.51	1500m: 19:45.46	38.42
	350m: 4:33.57	40.70	750m: 9:54.10	39.46	1150m: 15:10.87	39.18		
	400m: 5:14.50	40.93	800m: 10:34.13	40.03	1200m: 15:50.45	39.58		

Masters 45+





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Programmanr. 2, Heren, 1500m vrije slag, Masters 45+

rang	naam	vereniging	tijd	RT	PARA
1.	Martijn Butter	OEZA	18:37.65	+0,85	
	50m: 33.43	450m: 5:32.80	37.35	850m: 10:31.17	37.38
	100m: 1:09.75	500m: 6:10.11	37.31	900m: 11:08.51	37.34
	150m: 1:47.04	550m: 6:47.77	37.66	950m: 11:46.24	37.73
	200m: 2:24.27	600m: 7:24.99	37.22	1000m: 12:23.59	37.35
	250m: 3:02.05	650m: 8:02.24	37.25	1050m: 13:01.44	37.85
	300m: 3:39.71	700m: 8:39.38	37.14	1100m: 13:39.08	37.64
	350m: 4:17.54	750m: 9:16.77	37.39	1150m: 14:16.65	37.57
	400m: 4:55.45	800m: 9:53.79	37.02	1200m: 14:54.29	37.64
2.	Freddie Geerlings	Zwemsport Parkstad	21:15.60	+0,98	
	50m: 35.68	450m: 6:12.83	42.84	850m: 11:54.70	43.03
	100m: 1:15.62	500m: 6:55.45	42.62	900m: 12:37.31	42.61
	150m: 1:57.75	550m: 7:38.60	43.15	950m: 13:20.63	43.32
	200m: 2:39.83	600m: 8:21.04	42.44	1000m: 14:03.42	42.79
	250m: 3:22.44	650m: 9:03.96	42.92	1050m: 14:46.36	42.94
	300m: 4:04.78	700m: 9:46.61	42.65	1100m: 15:28.92	42.56
	350m: 4:47.47	750m: 10:29.38	42.77	1150m: 16:12.24	43.32
	400m: 5:29.99	800m: 11:11.67	42.29	1200m: 16:56.13	43.89
3.	Tom Bandsma	PSV	22:54.97		
	50m: 38.16	450m: 6:39.97	46.40	850m: 12:49.35	46.40
	100m: 1:20.36	500m: 7:25.79	45.82	900m: 13:35.08	45.73
	150m: 2:05.02	550m: 8:12.43	46.64	950m: 14:20.93	45.85
	200m: 2:50.10	600m: 8:58.87	46.44	1000m: 15:07.20	46.27
	250m: 3:35.99	650m: 9:45.03	46.16	1050m: 15:54.41	47.21
	300m: 4:21.55	700m: 10:31.03	46.00	1100m: 16:41.33	46.92
	350m: 5:07.57	750m: 11:16.79	45.76	1150m: 17:28.43	47.10
	400m: 5:53.57	800m: 12:02.95	46.16	1200m: 18:15.35	46.92

Masters 50+

1.	Chris Kouwenhoven	De Grunte	21:43.64		
	50m: 36.77	450m: 6:21.12	43.71	850m: 12:09.27	43.54
	100m: 1:18.38	500m: 7:04.68	43.56	900m: 12:52.91	43.64
	150m: 2:01.39	550m: 7:48.61	43.93	950m: 13:36.88	43.97
	200m: 2:44.04	600m: 8:31.92	43.31	1000m: 14:20.86	43.98
	250m: 3:27.50	650m: 9:15.64	43.72	1050m: 15:04.73	43.87
	300m: 4:11.10	700m: 9:58.94	43.30	1100m: 15:48.78	44.05
	350m: 4:54.38	750m: 10:42.38	43.44	1150m: 16:33.27	44.49
	400m: 5:37.41	800m: 11:25.73	43.35	1200m: 17:17.46	44.19
2.	Monze Rouwé	AMTV-WTB Hamburg	22:00.98	+0,91	
	50m: 35.81	450m: 6:20.89	44.73	850m: 12:15.92	44.87
	100m: 1:16.05	500m: 7:04.96	44.07	900m: 13:00.48	44.56
	150m: 1:58.32	550m: 7:49.29	44.33	950m: 13:45.73	45.25
	200m: 2:41.14	600m: 8:33.80	44.51	1000m: 14:30.55	44.82
	250m: 3:24.79	650m: 9:18.21	44.41	1050m: 15:16.15	45.60
	300m: 4:08.36	700m: 10:02.42	44.21	1100m: 16:01.07	44.92
	350m: 4:52.57	750m: 10:46.82	44.40	1150m: 16:46.09	45.02
	400m: 5:36.16	800m: 11:31.05	44.23	1200m: 17:30.91	44.82

Masters 55+

1.	Bob de Vries	SG Octopus - ZVV	19:35.74		
	50m: 33.29	450m: 5:45.56	39.22	850m: 11:00.49	39.78
	100m: 1:11.30	500m: 6:24.51	38.95	900m: 11:39.74	39.25
	150m: 1:50.54	550m: 7:04.35	39.84	950m: 12:19.50	39.76
	200m: 2:29.55	600m: 7:43.50	39.15	1000m: 12:59.24	39.74
	250m: 3:09.13	650m: 8:23.22	39.72	1050m: 13:38.81	39.57
	300m: 3:48.38	700m: 9:02.51	39.29	1100m: 14:18.09	39.28
	350m: 4:27.48	750m: 9:41.68	39.17	1150m: 14:58.20	40.11
	400m: 5:06.34	800m: 10:20.71	39.03	1200m: 15:38.00	39.80
2.	Bruno Nahon	Cercle De Natation Sportcity WolBEL	20:35.48		
	50m: 37.18	450m: 6:10.45	41.55	850m: 11:44.16	41.17
	100m: 1:17.61	500m: 6:52.46	42.01	900m: 12:25.70	41.54
	150m: 1:59.29	550m: 7:34.03	41.57	950m: 13:06.77	41.07
	200m: 2:41.75	600m: 8:16.35	42.32	1000m: 13:48.25	41.48
	250m: 3:23.51	650m: 8:57.81	41.46	1050m: 14:29.42	41.17
	300m: 4:05.53	700m: 9:39.97	42.16	1100m: 15:11.25	41.83
	350m: 4:47.13	750m: 10:21.40	41.43	1150m: 15:52.27	41.02
	400m: 5:28.90	800m: 11:02.99	41.59	1200m: 16:33.84	41.57



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Programmanr. 2, Heren, 1500m vrije slag, Masters 55+

rang	naam	vereniging	tijd	RT	PARA			
3.	Norbert Nagl	SC Hakoah	AUT 20840	20:47.15				
	50m: 37.55	37.55	450m: 6:07.95	41.72	850m: 11:41.03	41.71	1250m: 17:25.74	42.17
	100m: 1:17.97	40.42	500m: 6:49.59	41.64	900m: 12:22.58	41.55	1300m: 17:57.70	41.96
	150m: 1:58.90	40.93	550m: 7:31.09	41.50	950m: 13:04.31	41.73	1350m: 18:40.18	42.48
	200m: 2:40.30	41.40	600m: 8:12.76	41.67	1000m: 13:46.11	41.80	1400m: 19:22.70	42.52
	250m: 3:21.72	41.42	650m: 8:54.43	41.67	1050m: 14:27.76	41.65	1450m: 20:05.76	43.06
	300m: 4:02.90	41.18	700m: 9:35.83	41.40	1100m: 15:09.44	41.68	1500m: 20:47.15	41.39
	350m: 4:44.29	41.39	750m: 10:17.62	41.79	1150m: 15:51.60	42.16		
	400m: 5:26.23	41.94	800m: 10:59.32	41.70	1200m: 16:33.57	41.97		
4.	Ingmar de Gelder	ZOB'66	NED 197000333	20:47.34				
	50m: 35.95	35.95	450m: 6:07.05	42.36	850m: 11:44.59	41.98	1250m: 17:22.79	41.99
	100m: 1:14.98	39.03	500m: 6:49.39	42.34	900m: 12:27.15	42.56	1300m: 18:04.77	41.98
	150m: 1:55.60	40.62	550m: 7:31.99	42.60	950m: 13:09.64	42.49	1350m: 18:46.40	41.63
	200m: 2:37.33	41.73	600m: 8:14.30	42.31	1000m: 13:52.05	42.41	1400m: 19:27.76	41.36
	250m: 3:18.97	41.64	650m: 8:56.41	42.11	1050m: 14:34.27	42.22	1450m: 20:09.27	41.51
	300m: 4:00.70	41.73	700m: 9:38.29	41.88	1100m: 15:16.81	42.54	1500m: 20:47.34	38.07
	350m: 4:42.32	41.62	750m: 10:20.43	42.14	1150m: 15:59.06	42.25		
	400m: 5:24.69	42.37	800m: 11:02.61	42.18	1200m: 16:40.80	41.74		
5.	Frank Pater	Polizei SV Oldenburg	GER 84386	21:02.50	+0,94			
	50m: 35.31	35.31	450m: 6:06.16	42.42	850m: 11:48.88	43.25	1250m: 17:33.65	43.05
	100m: 1:14.36	39.05	500m: 6:48.60	42.44	900m: 12:31.84	42.96	1300m: 18:16.29	42.64
	150m: 1:54.88	40.52	550m: 7:31.33	42.73	950m: 13:14.79	42.95	1350m: 18:59.32	43.03
	200m: 2:36.30	41.42	600m: 8:13.97	42.64	1000m: 13:57.95	43.16	1400m: 19:42.02	42.70
	250m: 3:17.87	41.57	650m: 8:56.86	42.89	1050m: 14:40.92	42.97	1450m: 20:24.30	42.28
	300m: 3:59.62	41.75	700m: 9:39.61	42.75	1100m: 15:24.00	43.08	1500m: 21:02.50	38.20
	350m: 4:41.73	42.11	750m: 10:22.44	42.83	1150m: 16:07.60	43.60		
	400m: 5:23.74	42.01	800m: 11:05.63	43.19	1200m: 16:50.60	43.00		
6.	Leon Slingerland	WVZ	NED 196801707	22:57.70				
	50m: 37.70	37.70	450m: 6:50.17	47.63	850m: 13:06.26	46.79	1250m: 19:14.87	46.25
	100m: 1:21.65	43.95	500m: 7:37.29	47.12	900m: 13:52.25	45.99	1300m: 20:00.93	46.06
	150m: 2:07.15	45.50	550m: 8:24.09	46.80	950m: 14:38.27	46.02	1350m: 20:46.68	45.75
	200m: 2:53.54	46.39	600m: 9:11.57	47.48	1000m: 15:24.21	45.94	1400m: 21:31.82	45.14
	250m: 3:40.17	46.63	650m: 9:58.96	47.39	1050m: 16:10.24	46.03	1450m: 22:15.98	44.16
	300m: 4:27.15	46.98	700m: 10:45.98	47.02	1100m: 16:55.80	45.56	1500m: 22:57.70	41.72
	350m: 5:15.21	48.06	750m: 11:32.94	46.96	1150m: 17:42.08	46.28		
	400m: 6:02.54	47.33	800m: 12:19.47	46.53	1200m: 18:28.62	46.54		
7.	Eduard Leusink	De Mors	NED 196901573	23:09.19	+0,89			
	50m: 41.72	41.72	450m: 6:59.61	47.36	850m: 13:13.50	46.80	1250m: 19:23.81	46.59
	100m: 1:27.36	45.64	500m: 7:46.55	46.94	900m: 13:59.97	46.47	1300m: 20:09.64	45.83
	150m: 2:14.37	47.01	550m: 8:33.47	46.92	950m: 14:46.54	46.57	1350m: 20:55.61	45.97
	200m: 3:01.52	47.15	600m: 9:20.02	46.55	1000m: 15:32.62	46.08	1400m: 21:42.24	46.63
	250m: 3:49.18	47.66	650m: 10:06.75	46.73	1050m: 16:18.61	45.99	1450m: 22:28.29	46.05
	300m: 4:36.37	47.19	700m: 10:53.72	46.97	1100m: 17:04.87	46.26	1500m: 23:09.19	40.90
	350m: 5:24.67	48.30	750m: 11:40.12	46.40	1150m: 17:51.47	46.60		
	400m: 6:12.25	47.58	800m: 12:26.70	46.58	1200m: 18:37.22	45.75		
8.	Erwin Snip	ENC Arnhem	NED 197001555	24:55.71	+0,46			
	50m: 43.10	43.10	450m: 7:30.59	51.01	850m: 14:18.24	50.49	1250m: 20:57.45	49.28
	100m: 1:32.44	49.34	500m: 8:21.90	51.31	900m: 15:08.63	50.39	1300m: 21:46.55	49.10
	150m: 2:22.90	50.46	550m: 9:13.08	51.18	950m: 15:58.86	50.23	1350m: 22:35.21	48.66
	200m: 3:14.15	51.25	600m: 10:04.06	50.98	1000m: 16:49.30	50.44	1400m: 23:24.03	48.82
	250m: 4:05.52	51.37	650m: 10:54.99	50.93	1050m: 17:39.44	50.14	1450m: 24:11.82	47.79
	300m: 4:56.93	51.41	700m: 11:45.85	50.86	1100m: 18:29.08	49.64	1500m: 24:55.71	43.89
	350m: 5:48.20	51.27	750m: 12:36.68	50.83	1150m: 19:18.57	49.49		
	400m: 6:39.58	51.38	800m: 13:27.75	51.07	1200m: 20:08.17	49.60		

Masters 60+

1.	Jon Christensen	Luxembourg Sharks Swimming CLUX	10008	20:10.36	+0,88			
	50m: 36.32	36.32	450m: 5:56.82	40.16	850m: 11:18.85	39.80	1250m: 16:44.15	40.90
	100m: 1:16.48	40.16	500m: 6:36.96	40.14	900m: 11:59.23	40.38	1300m: 17:26.06	41.91
	150m: 1:56.37	39.89	550m: 7:16.89	39.93	950m: 12:39.40	40.17	1350m: 18:07.34	41.28
	200m: 2:36.58	40.21	600m: 7:57.38	40.49	1000m: 13:20.19	40.79	1400m: 18:48.77	41.43
	250m: 3:16.54	39.96	650m: 8:37.69	40.31	1050m: 14:00.60	40.41	1450m: 19:29.79	41.02
	300m: 3:56.83	40.29	700m: 9:18.31	40.62	1100m: 14:41.34	40.74	1500m: 20:10.36	40.57
	350m: 4:36.81	39.98	750m: 9:58.70	40.39	1150m: 15:21.83	40.49		
	400m: 5:16.66	39.85	800m: 10:39.05	40.35	1200m: 16:03.25	41.42		
2.	Gustav van den Berg	TriVia	NED 196100991	20:33.44				
	50m: 37.87	37.87	450m: 6:10.66	41.19	850m: 11:41.99	40.84	1250m: 17:11.31	41.16
	100m: 1:19.15	41.28	500m: 6:52.22	41.56	900m: 12:23.53	41.54	1300m: 17:52.63	41.32
	150m: 2:00.58	41.43	550m: 7:33.57	41.35	950m: 13:04.40	40.87	1350m: 18:33.63	41.00
	200m: 2:42.37	41.79	600m: 8:15.34	41.77	1000m: 13:45.83	41.43	1400m: 19:15.31	41.68
	250m: 3:24.11	41.74	650m: 8:56.49	41.15	1050m: 14:26.81	40.98	1450m: 19:55.32	40.01
	300m: 4:05.91	41.80	700m: 9:38.16	41.67	1100m: 15:08.15	41.34	1500m: 20:33.44	38.12
	350m: 4:47.59	41.68	750m: 10:19.53	41.37	1150m: 15:49.00	40.85		
	400m: 5:29.47	41.88	800m: 11:01.15	41.62	1200m: 16:30.15	41.15		





Open Nederlandse Masters
Kampioenschappen 2025 lange baan
Drachten, 8-11 mei 2025



Programmanr. 2, Heren, 1500m vrije slag, Masters 60+

rang	naam	vereniging				tijd	RT	PARA
3.	Kees-Jan van Overbeeke	WWV Winterswijk	NED	196200489		21:47.08		+0,91
	50m: 37.96	37.96	450m: 6:27.82	43.12	850m: 12:20.30	44.16	1250m: 18:12.77	43.75
	100m: 1:21.44	43.48	500m: 7:11.65	43.83	900m: 13:04.87	44.57	1300m: 18:56.95	44.18
	150m: 2:05.39	43.95	550m: 7:54.87	43.22	950m: 13:49.00	44.13	1350m: 19:40.50	43.55
	200m: 2:49.64	44.25	600m: 8:39.62	44.75	1000m: 14:33.51	44.51	1400m: 20:24.03	43.53
	250m: 3:32.97	43.33	650m: 9:23.58	43.96	1050m: 15:17.32	43.81	1450m: 21:07.16	43.13
	300m: 4:17.14	44.17	700m: 10:08.11	44.53	1100m: 16:01.43	44.11	1500m: 21:47.08	39.92
	350m: 5:00.71	43.57	750m: 10:52.01	43.90	1150m: 16:45.34	43.91		
	400m: 5:44.70	43.99	800m: 11:36.14	44.13	1200m: 17:29.02	43.68		
4.	Menno Lomans	PSV	NED	196101071		23:14.48		+0,82
	50m: 38.94	38.94	450m: 6:47.05	46.34	850m: 13:00.83	46.98	1250m: 19:20.39	47.50
	100m: 1:23.23	44.29	500m: 7:33.80	46.75	900m: 13:48.02	47.19	1300m: 20:07.82	47.43
	150m: 2:08.26	45.03	550m: 8:20.06	46.26	950m: 14:35.40	47.38	1350m: 20:55.25	47.43
	200m: 2:54.81	46.55	600m: 9:06.55	46.49	1000m: 15:22.78	47.38	1400m: 21:43.09	47.84
	250m: 3:41.44	46.63	650m: 9:53.13	46.58	1050m: 16:09.90	47.12	1450m: 22:30.04	46.95
	300m: 4:27.75	46.31	700m: 10:40.02	46.89	1100m: 16:57.74	47.84	1500m: 23:14.48	44.44
	350m: 5:13.87	46.12	750m: 11:26.62	46.60	1150m: 17:45.33	47.59		
	400m: 6:00.71	46.84	800m: 12:13.85	47.23	1200m: 18:32.89	47.56		
DIS	Peter Janssen	Team Noord Holland (SG)	NED	196201307				
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>							

Masters 65+

1.	Marten de Groot	HZ&PC Heerenveen	NED	195800149		21:05.42		+0,83
	50m: 37.84	37.84	450m: 6:14.30	42.56	850m: 11:54.52	42.39	1250m: 17:34.97	41.87
	100m: 1:19.84	42.00	500m: 6:56.14	41.84	900m: 12:37.31	42.79	1300m: 18:17.46	42.49
	150m: 2:02.17	42.33	550m: 7:39.10	42.96	950m: 13:20.38	43.07	1350m: 19:00.52	43.06
	200m: 2:43.88	41.71	600m: 8:21.36	42.26	1000m: 14:03.07	42.69	1400m: 19:43.63	43.11
	250m: 3:26.20	42.32	650m: 9:04.11	42.75	1050m: 14:45.01	41.94	1450m: 20:26.19	42.56
	300m: 4:07.91	41.71	700m: 9:46.69	42.58	1100m: 15:27.65	42.64	1500m: 21:05.42	39.23
	350m: 4:49.75	41.84	750m: 10:29.99	43.30	1150m: 16:10.15	42.50		
	400m: 5:31.74	41.99	800m: 11:12.13	42.14	1200m: 16:53.10	42.95		
2.	Rene Janssen	Team Noord Holland (SG)	NED	195700169		22:47.53		
	50m: 40.91	40.91	450m: 6:46.74	45.77	850m: 12:54.07	46.02	1250m: 19:01.41	45.81
	100m: 1:25.43	44.52	500m: 7:32.76	46.02	900m: 13:40.61	46.54	1300m: 19:47.52	46.11
	150m: 2:10.57	45.14	550m: 8:18.41	45.65	950m: 14:26.08	45.47	1350m: 20:33.51	45.99
	200m: 2:56.85	46.28	600m: 9:04.70	46.29	1000m: 15:11.76	45.68	1400m: 21:19.26	45.75
	250m: 3:42.67	45.82	650m: 9:50.34	45.64	1050m: 15:57.37	45.61	1450m: 22:04.37	45.11
	300m: 4:28.96	46.29	700m: 10:36.49	46.15	1100m: 16:43.11	45.74	1500m: 22:47.53	43.16
	350m: 5:14.49	45.53	750m: 11:22.15	45.66	1150m: 17:28.88	45.77		
	400m: 6:00.97	46.48	800m: 12:08.05	45.90	1200m: 18:15.60	46.72		
3.	Jan Preuter	De Mors	NED	195600245		23:36.93		
	50m: 40.68	40.68	450m: 6:59.73	47.88	850m: 13:20.02	47.89	1250m: 19:42.61	48.89
	100m: 1:26.36	45.68	500m: 7:47.16	47.43	900m: 14:07.74	47.72	1300m: 20:29.43	46.82
	150m: 2:13.90	47.54	550m: 8:34.91	47.75	950m: 14:55.72	47.98	1350m: 21:17.39	47.96
	200m: 3:01.20	47.30	600m: 9:21.98	47.07	1000m: 15:42.90	47.18	1400m: 22:04.69	47.30
	250m: 3:49.28	48.08	650m: 10:09.96	47.98	1050m: 16:30.78	47.88	1450m: 22:51.75	47.06
	300m: 4:36.44	47.16	700m: 10:56.95	46.99	1100m: 17:18.04	47.26	1500m: 23:36.93	45.18
	350m: 5:24.50	48.06	750m: 11:44.90	47.95	1150m: 18:06.32	48.28		
	400m: 6:11.85	47.35	800m: 12:32.13	47.23	1200m: 18:53.72	47.40		
4.	Wolfgang Rossa	TPSK 1925 e.V.	GER	396833		24:53.13		
	50m: 45.52	45.52	450m: 7:19.80	49.39	850m: 14:00.10	50.67	1250m: 20:46.01	50.52
	100m: 1:34.06	48.54	500m: 8:09.71	49.91	900m: 14:51.36	51.26	1300m: 21:35.68	49.67
	150m: 2:23.20	49.14	550m: 8:59.99	50.28	950m: 15:41.31	49.95	1350m: 22:25.16	49.48
	200m: 3:12.61	49.41	600m: 9:49.31	49.32	1000m: 16:31.95	50.64	1400m: 23:14.63	49.47
	250m: 4:02.02	49.41	650m: 10:39.01	49.70	1050m: 17:23.21	51.26	1450m: 24:05.16	50.53
	300m: 4:51.60	49.58	700m: 11:28.62	49.61	1100m: 18:14.22	51.01	1500m: 24:53.13	47.97
	350m: 5:40.87	49.27	750m: 12:19.64	51.02	1150m: 19:04.80	50.58		
	400m: 6:30.41	49.54	800m: 13:09.43	49.79	1200m: 19:55.49	50.69		
5.	Wim de Lange	AZC	NED	195800533		25:59.45		
	50m: 42.66	42.66	450m: 7:23.41	52.45	850m: 14:25.50	54.30	1250m: 21:35.98	54.74
	100m: 1:29.78	47.12	500m: 8:14.73	51.32	900m: 15:18.23	52.73	1300m: 22:28.92	52.94
	150m: 2:19.13	49.35	550m: 9:07.03	52.30	950m: 16:12.88	54.65	1350m: 23:23.93	55.01
	200m: 3:08.30	49.17	600m: 9:58.49	51.46	1000m: 17:05.68	52.80	1400m: 24:17.45	53.52
	250m: 3:58.68	50.38	650m: 10:51.49	53.00	1050m: 18:00.31	54.63	1450m: 25:11.56	54.11
	300m: 4:48.79	50.11	700m: 11:44.34	52.85	1100m: 18:53.48	53.17	1500m: 25:59.45	47.89
	350m: 5:40.02	51.23	750m: 12:38.32	53.98	1150m: 19:48.43	54.95		
	400m: 6:30.96	50.94	800m: 13:31.20	52.88	1200m: 20:41.24	52.81		



Open Nederlandse Masters
Kampioenschappen 2025 lange baan
Drachten, 8-11 mei 2025



Programmanr. 2, Heren, 1500m vrije slag

Masters 70+

1. Henk Slomp		Z&PC de Inktvis	NED	195500359			22:41.76				
<i>Nederlands Masters Record</i>											
50m:	37.72	37.72	450m:	6:42.07	45.72	850m:	12:51.23	46.56	1250m:	18:59.69	45.92
100m:	1:21.86	44.14	500m:	7:28.20	46.13	900m:	13:37.45	46.22	1300m:	19:44.82	45.13
150m:	2:06.94	45.08	550m:	8:13.82	45.62	950m:	14:23.31	45.86	1350m:	20:30.07	45.25
200m:	2:53.06	46.12	600m:	8:59.56	45.74	1000m:	15:09.07	45.76	1400m:	21:15.84	45.77
250m:	3:38.30	45.24	650m:	9:45.73	46.17	1050m:	15:55.27	46.20	1450m:	22:00.41	44.57
300m:	4:24.71	46.41	700m:	10:32.69	46.96	1100m:	16:42.02	46.75	1500m:	22:41.76	41.35
350m:	5:10.66	45.95	750m:	11:18.54	45.85	1150m:	17:27.67	45.65			
400m:	5:56.35	45.69	800m:	12:04.67	46.13	1200m:	18:13.77	46.10			
2. Jos Kamps		Zwemvereniging Hoogland	NED	195100085			28:48.19				
50m:	43.07	43.07	450m:	8:14.37	57.67	850m:	16:04.52	59.98	1250m:	23:55.97	59.28
100m:	1:33.74	50.67	500m:	9:12.51	58.14	900m:	17:03.14	58.62	1300m:	24:55.68	59.71
150m:	2:28.60	54.86	550m:	10:11.28	58.77	950m:	18:02.28	59.14	1350m:	25:56.42	1:00.74
200m:	3:25.32	56.72	600m:	11:09.39	58.11	1000m:	19:00.41	58.13	1400m:	26:55.67	59.25
250m:	4:22.90	57.58	650m:	12:07.69	58.30	1050m:	19:59.30	58.89	1450m:	27:53.29	57.62
300m:	5:21.41	58.51	700m:	13:06.46	58.77	1100m:	20:58.38	59.08	1500m:	28:48.19	54.90
350m:	6:18.88	57.47	750m:	14:05.49	59.03	1150m:	21:57.44	59.06			
400m:	7:16.70	57.82	800m:	15:04.54	59.05	1200m:	22:56.69	59.25			

Masters 75+

1. Wout Hemmes		De Plons	NED	194800059			26:45.59	+0,57			
50m:	46.83	46.83	450m:	8:09.43	54.49	850m:	15:23.77	53.90	1250m:	22:25.98	51.74
100m:	1:41.88	55.05	500m:	9:04.62	55.19	900m:	16:17.22	53.45	1300m:	23:18.44	52.46
150m:	2:37.53	55.65	550m:	9:59.16	54.54	950m:	17:09.35	52.13	1350m:	24:10.09	51.65
200m:	3:33.73	56.20	600m:	10:54.02	54.86	1000m:	18:02.75	53.40	1400m:	25:04.14	54.05
250m:	4:28.89	55.16	650m:	11:48.53	54.51	1050m:	18:55.92	53.17	1450m:	25:56.09	51.95
300m:	5:25.02	56.13	700m:	12:42.09	53.56	1100m:	19:49.38	53.46	1500m:	26:45.59	49.50
350m:	6:19.96	54.94	750m:	13:35.85	53.76	1150m:	20:41.79	52.41			
400m:	7:14.94	54.98	800m:	14:29.87	54.02	1200m:	21:34.24	52.45			
2. Piet Schop		De Bevelanders	NED	195000109			32:01.91	+0,64			
50m:	51.01	51.01	450m:	9:20.60	1:02.92	850m:	18:02.42	1:03.87	1250m:	26:49.39	1:05.06
100m:	1:52.11	1:01.10	500m:	10:25.77	1:05.17	900m:	19:09.34	1:06.92	1300m:	27:55.20	1:05.81
150m:	2:55.18	1:03.07	550m:	11:30.63	1:04.86	950m:	20:13.75	1:04.41	1350m:	29:00.35	1:05.15
200m:	4:01.41	1:06.23	600m:	12:36.69	1:06.06	1000m:	21:21.51	1:07.76	1400m:	30:06.34	1:05.99
250m:	5:04.36	1:02.95	650m:	13:39.69	1:03.00	1050m:	22:26.77	1:05.26	1450m:	31:09.91	1:03.57
300m:	6:09.86	1:05.50	700m:	14:46.30	1:06.61	1100m:	23:33.73	1:06.96	1500m:	32:01.91	52.00
350m:	7:12.91	1:03.05	750m:	15:49.00	1:02.70	1150m:	24:38.77	1:05.04			
400m:	8:17.68	1:04.77	800m:	16:58.55	1:09.55	1200m:	25:44.33	1:05.56			

Masters 80+

1. Rob Hanou		PSV	NED	194300109			31:22.48	+0,59			
50m:	53.29	53.29	450m:	9:29.53	1:03.09	850m:	17:56.47	1:03.69	1250m:	26:19.40	1:03.15
100m:	1:59.02	1:05.73	500m:	10:32.66	1:03.13	900m:	18:59.97	1:03.50	1300m:	27:22.09	1:02.69
150m:	3:04.71	1:05.69	550m:	11:36.42	1:03.76	950m:	20:02.67	1:02.70	1350m:	28:23.66	1:01.57
200m:	4:08.77	1:04.06	600m:	12:38.96	1:02.54	1000m:	21:04.82	1:02.15	1400m:	29:26.10	1:02.44
250m:	5:13.60	1:04.83	650m:	13:42.49	1:03.53	1050m:	22:06.94	1:02.12	1450m:	30:27.41	1:01.31
300m:	6:18.07	1:04.47	700m:	14:46.08	1:03.59	1100m:	23:10.76	1:03.82	1500m:	31:22.48	55.07
350m:	7:22.45	1:04.38	750m:	15:49.03	1:02.95	1150m:	24:13.43	1:02.67			
400m:	8:26.44	1:03.99	800m:	16:52.78	1:03.75	1200m:	25:16.25	1:02.82			
2. Geza Kaltenecker		AZC	NED	194200065			32:02.47				
50m:	54.32	54.32	450m:	9:32.42	1:04.69	850m:	18:11.75	1:04.93	1250m:	26:53.15	1:04.52
100m:	1:57.76	1:03.44	500m:	10:37.47	1:05.05	900m:	19:18.50	1:06.75	1300m:	27:58.42	1:05.27
150m:	3:02.08	1:04.32	550m:	11:41.38	1:03.91	950m:	20:22.87	1:04.37	1350m:	29:02.86	1:04.44
200m:	4:07.25	1:05.17	600m:	12:46.80	1:05.42	1000m:	21:28.13	1:05.26	1400m:	30:06.28	1:03.42
250m:	5:11.91	1:04.66	650m:	13:51.41	1:04.61	1050m:	22:33.28	1:05.15	1450m:	31:08.75	1:02.47
300m:	6:17.83	1:05.92	700m:	14:56.73	1:05.32	1100m:	23:37.99	1:04.71	1500m:	32:02.47	53.72
350m:	7:22.06	1:04.23	750m:	16:01.35	1:04.62	1150m:	24:43.42	1:05.43			
400m:	8:27.73	1:05.67	800m:	17:06.82	1:05.47	1200m:	25:48.63	1:05.21			





Open Nederlandse Masters
Kampioenschappen 2025 lange baan
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2 - ONMK2025lb - Sessie 2

9-5-2025 - 9:30

Programmanr. 3
9-5-2025 - 9:30

Dames, 400m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	tijd	RT	PARA
Masters 20+					
1.	Amé Hulleman	DZ&PC	4:40.13	+0,84	
	50m: 31.94 31.94 100m: 1:06.55 34.61	150m: 1:42.25 35.70 200m: 2:17.59 35.34	250m: 2:53.07 35.48 300m: 3:28.52 35.45	350m: 4:04.85 36.33 400m: 4:40.13 35.28	
2.	Femke Backx	Orca Leeuwarden	4:51.70	+0,79	
	50m: 31.30 31.30 100m: 1:06.95 35.65	150m: 1:43.61 36.66 200m: 2:21.23 37.62	250m: 2:58.42 37.19 300m: 3:36.41 37.99	350m: 4:14.27 37.86 400m: 4:51.70 37.43	
3.	Cynthia Koolman	Steenwijk 1934	5:02.25	+0,72	
	50m: 34.61 34.61 100m: 1:11.71 37.10	150m: 1:49.79 38.08 200m: 2:27.90 38.11	250m: 3:06.93 39.03 300m: 3:45.85 38.92	350m: 4:25.06 39.21 400m: 5:02.25 37.19	
4.	Feline Slijkhuis	SG Octopus - ZVV	5:10.35	+0,97	
	50m: 33.86 33.86 100m: 1:11.81 37.95	150m: 1:51.26 39.45 200m: 2:31.40 40.14	250m: 3:11.97 40.57 300m: 3:52.94 40.97	350m: 4:32.88 39.94 400m: 5:10.35 37.47	
5.	Lieke Broere	De Otters Het Gooi	5:11.41	+0,89	
	50m: 33.45 33.45 100m: 1:12.70 39.25	150m: 1:51.16 38.46 200m: 2:31.55 40.39	250m: 3:11.94 40.39 300m: 3:53.24 41.30	350m: 4:32.53 39.29 400m: 5:11.41 38.88	
6.	Ilse Kramer	TriVia	5:29.11		
	50m: 37.62 37.62 100m: 1:19.47 41.85	150m: 2:01.70 42.23 200m: 2:43.88 42.18	250m: 3:25.75 41.87 300m: 4:07.36 41.61	350m: 4:48.90 41.54 400m: 5:29.11 40.21	
7.	Romée Beverdam	WS Twente	5:33.42		
	50m: 36.62 36.62 100m: 1:17.09 40.47	150m: 1:59.40 42.31 200m: 2:41.82 42.42	250m: 3:25.38 43.56 300m: 4:08.94 43.56	350m: 4:52.33 43.39 400m: 5:33.42 41.09	
8.	Esmeralda Elbers	Blue Marlins	7:05.32		
	50m: 42.35 42.35 100m: 1:31.05 48.70	150m: 2:22.67 51.62 200m: 3:18.36 55.69	250m: 4:15.28 56.92 300m: 5:13.02 57.74	350m: 6:10.42 57.40 400m: 7:05.32 54.90	
Masters 25+					
1.	Laura Setz <i>Nederlands Masters Record</i>	Bubble	4:32.89		
	50m: 31.36 31.36 100m: 1:05.26 33.90	150m: 1:39.90 34.64 200m: 2:15.04 35.14	250m: 2:49.87 34.83 300m: 3:24.90 35.03	350m: 3:59.87 34.97 400m: 4:32.89 33.02	
2.	Tamara Grove	De Dolfijn	4:40.57	+0,75	
	50m: 31.42 31.42 100m: 1:05.77 34.35	150m: 1:41.15 35.38 200m: 2:16.54 35.39	250m: 2:52.26 35.72 300m: 3:28.05 35.79	350m: 4:04.92 36.87 400m: 4:40.57 35.65	
3.	Marijke Drent	Bubble	4:46.89	+0,84	
	50m: 32.65 32.65 100m: 1:08.27 35.62	150m: 1:44.62 36.35 200m: 2:21.80 37.18	250m: 2:58.51 36.71 300m: 3:34.99 36.48	350m: 4:11.13 36.14 400m: 4:46.89 35.76	
4.	Moniek van Langevelde	DWK	4:50.45	+0,81	
	50m: 33.27 33.27 100m: 1:09.60 36.33	150m: 1:45.90 36.30 200m: 2:23.15 37.25	250m: 2:59.88 36.73 300m: 3:37.56 37.68	350m: 4:14.32 36.76 400m: 4:50.45 36.13	
5.	Manon Kloosterman	Zwemlust- den Hommel	4:52.43	+0,79	
	50m: 32.95 32.95 100m: 1:08.15 35.20	150m: 1:45.22 37.07 200m: 2:22.53 37.31	250m: 3:00.80 38.27 300m: 3:38.27 37.47	350m: 4:16.08 37.81 400m: 4:52.43 36.35	
6.	Jamilla van Omme - van Veen	Zwemvereniging Hoogland	4:55.47		
	50m: 31.91 31.91 100m: 1:08.05 36.14	150m: 1:45.37 37.32 200m: 2:23.11 37.74	250m: 3:01.25 38.14 300m: 3:39.64 38.39	350m: 4:18.15 38.51 400m: 4:55.47 37.32	
7.	Jet Kleine	MSV-Zeemacht	5:18.86	+0,56	
	50m: 35.50 35.50 100m: 1:14.71 39.21	150m: 1:54.64 39.93 200m: 2:35.63 40.99	250m: 3:15.88 40.25 300m: 3:56.69 40.81	350m: 4:37.85 41.16 400m: 5:18.86 41.01	
8.	Selina Janssen	Neptunus'58	5:19.56		
	50m: 35.70 35.70 100m: 1:14.80 39.10	150m: 1:55.07 40.27 200m: 2:35.85 40.78	250m: 3:17.33 41.48 300m: 3:58.52 41.19	350m: 4:40.17 41.65 400m: 5:19.56 39.39	
9.	Evelien de Jong	Neptunia '24	5:37.52	+0,84	
	50m: 36.80 36.80 100m: 1:17.82 41.02	150m: 2:00.90 43.08 200m: 2:44.75 43.85	250m: 3:28.18 43.43 300m: 4:12.90 44.72	350m: 4:55.73 42.83 400m: 5:37.52 41.79	





Open Nederlandse Masters
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Programmanr. 3, Dames, 400m vrije slag, Masters 25+

rang	naam	vereniging	tijd	RT	PARA	
10.	Esmée Rolloos	NieMo Barracuda	5:38.23			
	50m: 35.32	35.32	150m: 1:57.53	42.11	250m: 3:25.91	44.36
	100m: 1:15.42	40.10	200m: 2:41.55	44.02	300m: 4:11.49	45.58
					350m: 4:55.45	43.96
					400m: 5:38.23	42.78
11.	Anouk van der Lans	Westland Swimming Stars	5:43.54			
	50m: 36.15	36.15	150m: 1:59.80	42.96	250m: 3:28.90	44.85
	100m: 1:16.84	40.69	200m: 2:44.05	44.25	300m: 4:14.17	45.27
					350m: 4:59.33	45.16
					400m: 5:43.54	44.21
12.	Ageeth de Haan	Steenwijk 1934	5:50.90	+0,86		
	50m: 37.70	37.70	150m: 2:07.46	45.66	250m: 3:39.81	46.92
	100m: 1:21.80	44.10	200m: 2:52.89	45.43	300m: 4:23.91	44.10
					350m: 5:08.05	44.14
					400m: 5:50.90	42.85
13.	Astrid Wibbelink	Steenwijk 1934	5:58.84	+0,78		
	50m: 36.65	36.65	150m: 2:04.89	44.95	250m: 3:38.82	46.93
	100m: 1:19.94	43.29	200m: 2:51.89	47.00	300m: 4:27.13	48.31
					350m: 5:13.63	46.50
					400m: 5:58.84	45.21
14.	Melanie Zondag	ZC Polaris	6:12.55	+0,92		
	50m: 39.08	39.08	150m: 2:10.91	47.73	250m: 3:47.81	48.96
	100m: 1:23.18	44.10	200m: 2:58.85	47.94	300m: 4:36.52	48.71
					350m: 5:25.06	48.54
					400m: 6:12.55	47.49
15.	Cynthia van Veen	ZVL-1886	6:15.51	+0,82		
	50m: 38.64	38.64	150m: 2:11.67	47.48	250m: 3:49.75	49.03
	100m: 1:24.19	45.55	200m: 3:00.72	49.05	300m: 4:39.54	49.79
					350m: 5:28.88	49.34
					400m: 6:15.51	46.63

Masters 30+

1.	Lotte Coenen	D.E.S.	4:57.09	+0,83		
	50m: 32.49	32.49	150m: 1:45.57	36.83	250m: 3:01.04	37.57
	100m: 1:08.74	36.25	200m: 2:23.47	37.90	300m: 3:40.00	38.96
					350m: 4:18.91	38.91
					400m: 4:57.09	38.18
2.	Fiona Meuffels	PSV	5:03.68	+0,71		
	50m: 32.95	32.95	150m: 1:48.97	38.59	250m: 3:07.80	39.41
	100m: 1:10.38	37.43	200m: 2:28.39	39.42	300m: 3:47.72	39.92
					350m: 4:26.98	39.26
					400m: 5:03.68	36.70
3.	Anne-Irene Ducheine	Zwemvereniging Hoogland	5:05.10	+0,65		
	50m: 33.51	33.51	150m: 1:49.66	38.64	250m: 3:07.78	38.97
	100m: 1:11.02	37.51	200m: 2:28.81	39.15	300m: 3:47.51	39.73
					350m: 4:26.71	39.20
					400m: 5:05.10	38.39
4.	Floor Weijmans	HZPC	5:12.17	+0,83		
	50m: 35.71	35.71	150m: 1:53.03	39.25	250m: 3:12.41	39.86
	100m: 1:13.78	38.07	200m: 2:32.55	39.52	300m: 3:52.35	39.94
					350m: 4:32.76	40.41
					400m: 5:12.17	39.41
5.	Larissa Jansen	PSV	5:15.89	+0,83		
	50m: 35.69	35.69	150m: 1:55.91	40.43	250m: 3:16.72	39.81
	100m: 1:15.48	39.79	200m: 2:36.91	41.00	300m: 3:57.58	40.86
					350m: 4:37.37	39.79
					400m: 5:15.89	38.52
6.	Wendan Poelstra	TriVia	5:18.59	+0,79		
	50m: 35.60	35.60	150m: 1:55.08	39.88	250m: 3:16.46	40.67
	100m: 1:15.20	39.60	200m: 2:35.79	40.71	300m: 3:57.74	41.28
					350m: 4:38.44	40.70
					400m: 5:18.59	40.15
7.	Nanda Wobben-de Vries	Steenwijk 1934	5:19.12	+0,83		
	50m: 35.09	35.09	150m: 1:54.80	40.67	250m: 3:17.16	41.58
	100m: 1:14.13	39.04	200m: 2:35.58	40.78	300m: 3:58.23	41.07
					350m: 4:39.66	41.43
					400m: 5:19.12	39.46
8.	Annemiek Meulenbeld	Orca Leeuwarden	5:26.32	+0,76		
	50m: 35.10	35.10	150m: 1:54.73	41.18	250m: 3:19.03	42.57
	100m: 1:13.55	38.45	200m: 2:36.46	41.73	300m: 4:01.37	42.34
					350m: 4:44.80	43.43
					400m: 5:26.32	41.52
9.	Esther Kwebeman	TriVia	5:35.36	+0,90		
	50m: 36.76	36.76	150m: 2:00.83	42.72	250m: 3:27.16	43.46
	100m: 1:18.11	41.35	200m: 2:43.70	42.87	300m: 4:10.45	43.29
					350m: 4:53.65	43.20
					400m: 5:35.36	41.71
10.	Nadine Blouw	TriVia	5:39.19			
	50m: 36.30	36.30	150m: 1:58.95	42.66	250m: 3:26.59	44.00
	100m: 1:16.29	39.99	200m: 2:42.59	43.64	300m: 4:10.64	44.05
					350m: 4:55.40	44.76
					400m: 5:39.19	43.79
11.	Irmgard van Weeghel	ENC Arnhem	5:44.67			
	50m: 37.07	37.07	150m: 2:02.87	43.29	250m: 3:31.23	43.77
	100m: 1:19.58	42.51	200m: 2:47.46	44.59	300m: 4:16.56	45.33
					350m: 5:00.91	44.35
					400m: 5:44.67	43.76

Masters 35+

1.	Marloes Manni	Zwemvereniging Hoogland	5:14.46	+0,62		
	50m: 33.15	33.15	150m: 1:51.90	40.22	250m: 3:13.96	41.00
	100m: 1:11.68	38.53	200m: 2:32.96	41.06	300m: 3:55.64	41.68
					350m: 4:36.26	40.62
					400m: 5:14.46	38.20
2.	Nanda van Heteren	PSV	5:32.43	+0,91		
	50m: 37.08	37.08	150m: 2:01.93	43.14	250m: 3:28.07	42.80
	100m: 1:18.79	41.71	200m: 2:45.27	43.34	300m: 4:10.55	42.48
					350m: 4:52.73	42.18
					400m: 5:32.43	39.70





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

rang	naam	vereniging	tijd	RT	PARA			
3.	Monique van Huizen	AZC	5:41.69	+0,88				
	50m: 36.62	36.62	150m: 2:02.43	43.44	250m: 3:31.99	44.33	350m: 5:00.37	43.44
	100m: 1:18.99	42.37	200m: 2:47.66	45.23	300m: 4:16.93	44.94	400m: 5:41.69	41.32
4.	Liesbeth van Mill	Zwemlust- den Hommel	5:43.96	+0,98				
	50m: 39.03	39.03	150m: 2:06.16	43.77	250m: 3:33.82	43.68	350m: 5:01.39	43.53
	100m: 1:22.39	43.36	200m: 2:50.14	43.98	300m: 4:17.86	44.04	400m: 5:43.96	42.57
5.	Esther Boerdam-Delfos	AZC	6:01.54	+0,63				
	50m: 37.68	37.68	150m: 2:05.77	44.68	250m: 3:39.66	47.12	350m: 5:15.74	47.53
	100m: 1:21.09	43.41	200m: 2:52.54	46.77	300m: 4:28.21	48.55	400m: 6:01.54	45.80
6.	Monique Kok	SG Octopus - ZVV	7:02.32	+0,83				
	50m: 45.49	45.49	150m: 2:31.62	53.53	250m: 4:21.19	54.56	350m: 6:10.36	53.71
	100m: 1:38.09	52.60	200m: 3:26.63	55.01	300m: 5:16.65	55.46	400m: 7:02.32	51.96

Masters 40+

1.	Viktória Háden-Felföldi	Iron Swim	4:51.59					
	50m: 32.95	32.95	150m: 1:45.84	36.69	250m: 2:59.98	37.27	350m: 4:14.96	37.69
	100m: 1:09.15	36.20	200m: 2:22.71	36.87	300m: 3:37.27	37.29	400m: 4:51.59	36.63
2.	Ann Wanter	Zwemclub Geel	5:09.79					
	50m: 35.46	35.46	150m: 1:53.68	39.49	250m: 3:12.43	39.36	350m: 4:31.42	39.74
	100m: 1:14.19	38.73	200m: 2:33.07	39.39	300m: 3:51.68	39.25	400m: 5:09.79	38.37
3.	Debbie van Rooijen	IJZ&PC	5:13.43					
	50m: 35.44	35.44	150m: 1:54.96	39.98	250m: 3:15.05	39.36	350m: 4:34.61	39.58
	100m: 1:14.98	39.54	200m: 2:35.69	40.73	300m: 3:55.03	39.98	400m: 5:13.43	38.82
4.	Ramona Linting	AZC	5:35.04	+0,83				
	50m: 36.81	36.81	150m: 2:00.42	42.92	250m: 3:25.93	43.10	350m: 4:53.28	43.97
	100m: 1:17.50	40.69	200m: 2:42.83	42.41	300m: 4:09.31	43.38	400m: 5:35.04	41.76
5.	Sandra Schellekens	Neptunus'58	5:52.74	+0,84				
	50m: 38.48	38.48	150m: 2:06.60	44.86	250m: 3:38.12	45.85	350m: 5:09.56	45.44
	100m: 1:21.74	43.26	200m: 2:52.27	45.67	300m: 4:24.12	46.00	400m: 5:52.74	43.18
6.	Tessa Zwart-Piek	DZ&PC	6:35.11	+0,33				
	50m: 43.71	43.71	150m: 2:24.01	51.47	250m: 4:04.48	49.90	350m: 5:46.30	51.32
	100m: 1:32.54	48.83	200m: 3:14.58	50.57	300m: 4:54.98	50.50	400m: 6:35.11	48.81

Masters 45+

1.	Annett von Rekowski	Schwimmverein Gera	5:02.98	+0,77				
	50m: 34.24	34.24	150m: 1:49.76	38.23	250m: 3:07.12	38.82	350m: 4:25.40	39.17
	100m: 1:11.53	37.29	200m: 2:28.30	38.54	300m: 3:46.23	39.11	400m: 5:02.98	37.58
2.	Steffi Meinhold	D.E.S.	5:10.86	+0,91				
	50m: 34.59	34.59	150m: 1:53.68	39.78	250m: 3:13.85	39.89	350m: 4:33.12	39.14
	100m: 1:13.90	39.31	200m: 2:33.96	40.28	300m: 3:53.98	40.13	400m: 5:10.86	37.74
3.	Alina Spijkerman	DAW	5:31.20	+0,92				
	50m: 35.45	35.45	150m: 1:58.07	41.82	250m: 3:23.66	42.51	350m: 4:49.76	42.96
	100m: 1:16.25	40.80	200m: 2:41.15	43.08	300m: 4:06.80	43.14	400m: 5:31.20	41.44
4.	Chantal Verhoeff	Old Dutch	5:34.60					
	50m: 37.15	37.15	150m: 2:01.67	42.76	250m: 3:28.43	43.12	350m: 4:53.76	42.11
	100m: 1:18.91	41.76	200m: 2:45.31	43.64	300m: 4:11.65	43.22	400m: 5:34.60	40.84
5.	Patricia Brooijmans	Old Dutch	5:38.74	+0,73				
	50m: 38.46	38.46	150m: 2:04.34	43.48	250m: 3:31.47	43.88	350m: 4:57.46	43.07
	100m: 1:20.86	42.40	200m: 2:47.59	43.25	300m: 4:14.39	42.92	400m: 5:38.74	41.28
6.	Ruth Pataki	SC Hakoah	5:41.11					
	50m: 39.01	39.01	150m: 2:04.20	42.95	250m: 3:31.05	43.45	350m: 4:59.08	43.97
	100m: 1:21.25	42.24	200m: 2:47.60	43.40	300m: 4:15.11	44.06	400m: 5:41.11	42.03
7.	Jessica Venema	GZC Donk	5:42.59					
	50m: 37.30	37.30	150m: 2:03.62	44.09	250m: 3:32.26	44.10	350m: 5:00.96	44.16
	100m: 1:19.53	42.23	200m: 2:48.16	44.54	300m: 4:16.80	44.54	400m: 5:42.59	41.63
8.	Petra Guijt	Aqua-Novio '94	5:44.88	+0,85				
	50m: 38.45	38.45	150m: 2:06.35	44.99	250m: 3:35.15	44.44	350m: 5:02.63	43.32
	100m: 1:21.36	42.91	200m: 2:50.71	44.36	300m: 4:19.31	44.16	400m: 5:44.88	42.25
9.	Agnes van Brug	DAW	5:46.70	+0,89				
	50m: 37.93	37.93	150m: 2:04.62	43.95	250m: 3:34.26	44.77	350m: 5:03.85	44.17
	100m: 1:20.67	42.74	200m: 2:49.49	44.87	300m: 4:19.68	45.42	400m: 5:46.70	42.85





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Programmanr. 3, Dames, 400m vrije slag, Masters 45+

rang	naam	vereniging	tijd	RT	PARA			
10.	Femke Hofkens	Aqua-Novio '94	6:21.38					
	50m: 41.90	41.90	150m: 2:19.05	49.43	250m: 3:59.20	49.58	350m: 5:37.16	48.32
	100m: 1:29.62	47.72	200m: 3:09.62	50.57	300m: 4:48.84	49.64	400m: 6:21.38	44.22
11.	Ilonka van der Meer	Link	6:23.66					
	50m: 43.20	43.20	150m: 2:19.96	49.51	250m: 3:59.81	49.76	350m: 5:37.91	49.04
	100m: 1:30.45	47.25	200m: 3:10.05	50.09	300m: 4:48.87	49.06	400m: 6:23.66	45.75
12.	Tanja Lenz	SG Bayer	6:23.74	+0,79				
	50m: 41.40	41.40	150m: 2:16.43	47.99	250m: 3:54.81	48.68	350m: 5:33.47	48.83
	100m: 1:28.44	47.04	200m: 3:06.13	49.70	300m: 4:44.64	49.83	400m: 6:23.74	50.27
13.	Katrin Glatzer	ZPC Amersfoort	6:30.20		355			
	50m: 43.50	43.50	150m: 2:22.51	49.55	250m: 4:01.58	49.49	350m: 5:41.45	49.61
	100m: 1:32.96	49.46	200m: 3:12.09	49.58	300m: 4:51.84	50.26	400m: 6:30.20	48.75
14.	Clementine van Bruxvoort	Feijenoord Albion	7:13.52	+0,96				
	50m: 47.23	47.23	150m: 2:34.73	54.55	250m: 4:26.04	55.48	350m: 6:19.18	56.15
	100m: 1:40.18	52.95	200m: 3:30.56	55.83	300m: 5:23.03	56.99	400m: 7:13.52	54.34
15.	Jessica van Velzen	Swol 1894	8:06.23	+0,85				
	50m: 53.29	53.29	150m: 2:52.99	1:00.39	250m: 4:58.29	1:03.49	350m: 7:06.67	1:04.19
	100m: 1:52.60	59.31	200m: 3:54.80	1:01.81	300m: 6:02.48	1:04.19	400m: 8:06.23	59.56

Masters 50+

1.	Liselotte Joling	PSV	4:58.41	+0,90				
	50m: 35.36	35.36	150m: 1:50.96	37.86	250m: 3:06.47	37.41	350m: 4:21.75	37.60
	100m: 1:13.10	37.74	200m: 2:29.06	38.10	300m: 3:44.15	37.68	400m: 4:58.41	36.66
2.	Marleen Vos	Batavia Swim	5:24.96	+0,89				
	50m: 36.83	36.83	150m: 1:59.29	41.54	250m: 3:22.10	41.29	350m: 4:44.87	41.13
	100m: 1:17.75	40.92	200m: 2:40.81	41.52	300m: 4:03.74	41.64	400m: 5:24.96	40.09
3.	Barbara Ratz	SC Hakoah	5:29.53	+0,82				
	50m: 38.13	38.13	150m: 2:01.02	42.21	250m: 3:25.09	42.36	350m: 4:49.54	42.35
	100m: 1:18.81	40.68	200m: 2:42.73	41.71	300m: 4:07.19	42.10	400m: 5:29.53	39.99
4.	Annette de Visser	Oceanus	5:31.05	+0,87				
	50m: 36.45	36.45	150m: 1:58.66	42.00	250m: 3:23.83	42.19	350m: 4:49.68	42.74
	100m: 1:16.66	40.21	200m: 2:41.64	42.98	300m: 4:06.94	43.11	400m: 5:31.05	41.37
5.	Rebecca Irvine-Pronk	De Otters Het Gooi	5:49.77					
	50m: 36.37	36.37	150m: 2:00.81	43.42	250m: 3:31.13	45.38	350m: 5:04.60	46.69
	100m: 1:17.39	41.02	200m: 2:45.75	44.94	300m: 4:17.91	46.78	400m: 5:49.77	45.17
6.	Wendy Nederkoorn	Arethusa	6:14.53	+0,73				
	50m: 41.06	41.06	150m: 2:13.35	47.75	250m: 3:50.83	49.17	350m: 5:28.48	48.12
	100m: 1:25.60	44.54	200m: 3:01.66	48.31	300m: 4:40.36	49.53	400m: 6:14.53	46.05
7.	Annet Kootstra	Swol 1894	6:32.97	+0,55				
	50m: 44.24	44.24	150m: 2:22.87	49.72	250m: 4:03.17	50.01	350m: 5:43.78	50.18
	100m: 1:33.15	48.91	200m: 3:13.16	50.29	300m: 4:53.60	50.43	400m: 6:32.97	49.19
8.	Nathasja Konijn	GZC Donk	6:48.50	+0,72				
	50m: 44.97	44.97	150m: 2:26.07	51.03	250m: 4:09.93	52.27	350m: 5:55.85	53.32
	100m: 1:35.04	50.07	200m: 3:17.66	51.59	300m: 5:02.53	52.60	400m: 6:48.50	52.65
9.	Britta Fritz	SC Janus Köln	7:09.14					
	50m: 50.62	50.62	150m: 2:38.58	54.85	250m: 4:27.38	55.25	350m: 6:17.09	54.20
	100m: 1:43.73	53.11	200m: 3:32.13	53.55	300m: 5:22.89	55.51	400m: 7:09.14	52.05

Masters 55+

1.	Lidia v. Bon-Rosenbrand	ZPC Amersfoort	5:14.42	+0,94				
	<i>Nederlands Masters Record</i>							
	50m: 36.04	36.04	150m: 1:56.39	40.55	250m: 3:17.29	39.70	350m: 4:36.17	39.12
	100m: 1:15.84	39.80	200m: 2:37.59	41.20	300m: 3:57.05	39.76	400m: 5:14.42	38.25
2.	Bianca Groot	MSV-Zeemacht	5:18.97	+0,49				
	50m: 36.23	36.23	150m: 1:56.18	40.11	250m: 3:16.80	40.18	350m: 4:39.65	41.44
	100m: 1:16.07	39.84	200m: 2:36.62	40.44	300m: 3:58.21	41.41	400m: 5:18.97	39.32
3.	Carol Hollemans	ACZ	5:26.21	+0,77				
	50m: 34.76	34.76	150m: 1:55.71	41.52	250m: 3:20.70	42.37	350m: 4:45.85	41.82
	100m: 1:14.19	39.43	200m: 2:38.33	42.62	300m: 4:04.03	43.33	400m: 5:26.21	40.36
4.	Iris van Aurich	DWK	5:43.60	+0,77				
	50m: 38.51	38.51	150m: 2:04.39	44.12	250m: 3:32.61	44.24	350m: 5:01.38	44.33
	100m: 1:20.27	41.76	200m: 2:48.37	43.98	300m: 4:17.05	44.44	400m: 5:43.60	42.22





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

rang	naam	vereniging	tijd	RT	PARA	
5.	Karin Sagonas-Koolen	V.Z.V. Njord	6:25.09	+0,96		
	50m: 40.36	40.36	150m: 2:15.31	48.81	250m: 3:55.68	49.99
	100m: 1:26.50	46.14	200m: 3:05.69	50.38	300m: 4:45.50	49.82
			350m: 5:35.99	50.49	400m: 6:25.09	49.10
6.	Annette Spies	LinK	6:34.23	+0,89		
	50m: 42.81	42.81	150m: 2:19.98	49.90	250m: 4:00.37	50.97
	100m: 1:30.08	47.27	200m: 3:09.40	49.42	300m: 4:51.56	51.19
			350m: 5:43.66	52.10	400m: 6:34.23	50.57
7.	Sandra Daamen-Posma	AZC	6:44.29	+0,93		
	50m: 41.93	41.93	150m: 2:19.39	49.49	250m: 4:03.46	51.97
	100m: 1:29.90	47.97	200m: 3:11.49	52.10	300m: 4:57.69	54.23
			350m: 5:50.73	53.04	400m: 6:44.29	53.56
8.	Annette van Dok	MSV-Zeemacht	7:17.14	+0,93		
	50m: 47.90	47.90	150m: 2:35.11	54.50	250m: 4:27.19	56.92
	100m: 1:40.61	52.71	200m: 3:30.27	55.16	300m: 5:24.15	56.96
			350m: 6:21.78	57.63	400m: 7:17.14	56.36
9.	Cora Smulders	ENC Arnhem	7:24.90	+0,61		
	50m: 47.15	47.15	150m: 2:38.72	56.85	250m: 4:33.95	57.28
	100m: 1:41.87	54.72	200m: 3:36.67	57.95	300m: 5:32.20	58.25
			350m: 6:29.46	57.26	400m: 7:24.90	55.44

Masters 60+

1.	Anita Steijger	WVZ	6:04.63			
	50m: 42.16	42.16	150m: 2:13.32	46.14	250m: 3:45.11	46.27
	100m: 1:27.18	45.02	200m: 2:58.84	45.52	300m: 4:31.77	46.66
			350m: 5:18.76	46.99	400m: 6:04.63	45.87
2.	Petra Tossings	GZC Donk	6:06.27	+0,90		
	50m: 40.83	40.83	150m: 2:12.53	46.81	250m: 3:46.82	47.70
	100m: 1:25.72	44.89	200m: 2:59.12	46.59	300m: 4:33.54	46.72
			350m: 5:21.14	47.60	400m: 6:06.27	45.13
3.	Margriet Grove-Lingeman	Triton	6:13.90	+0,84		
	50m: 41.00	41.00	150m: 2:14.15	46.94	250m: 3:49.42	47.48
	100m: 1:27.21	46.21	200m: 3:01.94	47.79	300m: 4:37.64	48.22
			350m: 5:25.77	48.13	400m: 6:13.90	48.13
4.	Maud Peuten-Evers	Mosa~Regio	6:18.66	+0,97		
	50m: 42.36	42.36	150m: 2:18.11	48.67	250m: 3:55.33	48.67
	100m: 1:29.44	47.08	200m: 3:06.66	48.55	300m: 4:43.80	48.47
			350m: 5:31.63	47.83	400m: 6:18.66	47.03
5.	Kirsten Stamer	SC Janus Köln	7:02.18			
	50m: 46.72	46.72	150m: 2:29.71	52.15	250m: 4:17.27	54.68
	100m: 1:37.56	50.84	200m: 3:22.59	52.88	300m: 5:12.30	55.03
			350m: 6:08.08	55.78	400m: 7:02.18	54.10
6.	Yoka de Vegt-van Dijk	ENC Arnhem	7:15.93			
	50m: 47.01	47.01	150m: 2:34.73	55.13	250m: 4:27.38	56.50
	100m: 1:39.60	52.59	200m: 3:30.88	56.15	300m: 5:24.98	57.60
			350m: 6:22.31	57.33	400m: 7:15.93	53.62
7.	Erica Muller	De Geul	7:19.86	+0,89		
	50m: 48.54	48.54	150m: 2:39.46	56.41	250m: 4:32.27	56.68
	100m: 1:43.05	54.51	200m: 3:35.59	56.13	300m: 5:29.13	56.86
			350m: 6:25.24	56.11	400m: 7:19.86	54.62

Masters 65+

1.	Lia Bijkerk	GZC Donk	6:53.99			
	50m: 46.90	46.90	150m: 2:30.77	52.24	250m: 4:17.55	53.23
	100m: 1:38.53	51.63	200m: 3:24.32	53.55	300m: 5:11.11	53.56
			350m: 6:04.75	53.64	400m: 6:53.99	49.24
2.	Marion Kolkman-Pluim	ENC Arnhem	6:56.80			
	50m: 46.98	46.98	150m: 2:31.51	52.81	250m: 4:19.06	53.76
	100m: 1:38.70	51.72	200m: 3:25.30	53.79	300m: 5:12.99	53.93
			350m: 6:06.37	53.38	400m: 6:56.80	50.43
3.	Karien Musters	Old Dutch	8:57.63			
	50m: 58.36	58.36	150m: 3:10.35	1:08.58	250m: 5:29.08	1:09.82
	100m: 2:01.77	1:03.41	200m: 4:19.26	1:08.91	300m: 6:38.74	1:09.66
			350m: 7:49.41	1:10.67	400m: 8:57.63	1:08.22

Masters 70+

1.	Ineke Weekers	PSV	6:09.69			
	50m: 42.95	42.95	150m: 2:15.98	47.32	250m: 3:50.39	46.90
	100m: 1:28.66	45.71	200m: 3:03.49	47.51	300m: 4:37.00	46.61
			350m: 5:24.00	47.00	400m: 6:09.69	45.69
2.	Geerdien Meerwaldt	De Geul	9:20.64			
	50m: 1:03.09	1:03.09	150m: 3:26.19	1:12.80	250m: 5:50.34	1:12.02
	100m: 2:13.39	1:10.30	200m: 4:38.32	1:12.13	300m: 7:00.06	1:09.72
			350m: 8:10.75	1:10.69	400m: 9:20.64	1:09.89



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Programmanr. 3, Dames, 400m vrije slag

Masters 75+

1.	Conny Boer-Buys	ZV Vlaardingen-Schiedam	NED	19500006					6:23.31			
	<i>Nederlands Masters Record, Nederlands Masters Record op 200 meter én 400 meter</i>											
	50m:	42.69	42.69	150m:	2:19.16	48.96	250m:	3:59.77	50.40	350m:	5:38.47	48.77
	100m:	1:30.20	47.51	200m:	3:09.37	50.21	300m:	4:49.70	49.93	400m:	6:23.31	44.84

Masters 80+

1.	Loekie van Huissteden	ZPC Amersfoort	NED	19450002						9:47.13		
	50m:	1:04.54	1:04.54	150m:	3:33.46	1:15.06	250m:	6:04.42	1:15.26	350m:	8:36.07	1:15.49
	100m:	2:18.40	1:13.86	200m:	4:49.16	1:15.70	300m:	7:20.58	1:16.16	400m:	9:47.13	1:11.06

Programmanr. 4
9-5-2025 - 10:38

Heren, 400m vrije slag
Pauze na serie 2 / Break after heat 2

Masters Open
Resultaten

rang	naam	vereniging							tijd	RT	PARA	
Masters 20+												
1.	Luc Mul	DAW	NED	200201025					4:27.94			
	<i>Alle tijden *</i>											
	50m:			150m:				250m:		350m:		
	100m:	1:02.67		200m:	2:11.05			300m:		400m:	4:27.94	
2.	Jacco Nijland	ZPC De Hof	NED	200400081					4:35.05			
	<i>Alle tijden *</i>											
	50m:			150m:				250m:		350m:		
	100m:	1:03.06		200m:	2:13.97			300m:		400m:	4:35.05	
3.	Fayssal Lantema	Zwemlust- den Hommel	NED	200101379					4:35.58			
	<i>Alle tijden *</i>											
	50m:			150m:				250m:		350m:		
	100m:	1:04.63		200m:	2:15.42			300m:		400m:	4:35.58	
4.	Niels van der Mast	ZOB'66	NED	200401917					4:44.83	+0,62		
	50m:	31.08	31.08	150m:	1:41.82	35.74	250m:	2:55.85	37.30	350m:	4:10.13	36.68
	100m:	1:06.08	35.00	200m:	2:18.55	36.73	300m:	3:33.45	37.60	400m:	4:44.83	34.70
5.	Niels Kragt	G.S.Z.V. De Golfbreker	NED	200300155					4:46.14	+0,78		
	50m:	30.57	30.57	150m:	1:42.12	36.50	250m:	2:56.69	37.37	350m:	4:10.88	36.82
	100m:	1:05.62	35.05	200m:	2:19.32	37.20	300m:	3:34.06	37.37	400m:	4:46.14	35.26
Masters 25+												
1.	Jacob Mackloet	z.c De Schotejil	NED	200001171					4:33.10			
	<i>Alle tijden *</i>											
	50m:			150m:				250m:		350m:		
	100m:	1:02.45		200m:	2:12.09			300m:		400m:	4:33.10	
2.	Jeffrey Roest	Zwemvereniging Hoogland	NED	199703401					4:40.56	+0,79		
	50m:	31.73	31.73	150m:	1:42.45	35.76	250m:	2:55.43	36.53	350m:	4:06.93	35.31
	100m:	1:06.69	34.96	200m:	2:18.90	36.45	300m:	3:31.62	36.19	400m:	4:40.56	33.63
3.	Tenzin Tieman	Old Dutch	NED	200005549					4:42.32			
	<i>Alle tijden *</i>											
	50m:			150m:				250m:		350m:		
	100m:	1:05.60		200m:	2:18.10			300m:		400m:	4:42.32	
4.	Aron Paasse	z.c De Schotejil	NED	200000099					4:44.51			
	<i>Alle tijden *</i>											
	50m:			150m:				250m:		350m:		
	100m:	1:04.15		200m:	2:16.16			300m:		400m:	4:44.51	
5.	Jeroen Louwinger	De Rijn	NED	199900583					4:49.11			
	<i>Alle tijden *</i>											
	50m:			150m:				250m:		350m:		
	100m:	1:10.01		200m:	2:24.57			300m:		400m:	4:49.11	





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Programmanr. 4, Heren, 400m vrije slag, Masters 25+

rang	naam	vereniging	tijd	RT	PARA
6.	Leon Kloots	ZPC De Hof	4:54.69		
	50m: 32.75	150m: 1:47.14	250m: 3:03.20	350m: 4:18.56	37.32
	100m: 1:09.34	200m: 2:24.69	300m: 3:41.24	400m: 4:54.69	36.13
7.	Jordy van Oel	WVZ	4:59.33	+0,78	
	50m: 32.39	150m: 1:47.72	250m: 3:04.77	350m: 4:21.32	37.92
	100m: 1:09.87	200m: 2:26.64	300m: 3:43.40	400m: 4:59.33	38.01
8.	Patrick Wyrdean	Westland Swimming Stars	5:04.82	+0,80	
	50m: 32.55	150m: 1:45.06	250m: 3:02.47	350m: 4:23.68	40.85
	100m: 1:08.29	200m: 2:23.37	300m: 3:42.83	400m: 5:04.82	41.14

Masters 30+

1.	Mike Schel <i>Alle tijden *</i>	ENC Arnhem	4:34.20		
	50m:	150m:	250m:	350m:	
	100m: 1:05.13	200m: 2:15.80	300m:	400m: 4:34.20	
2.	Tim de Vrugt <i>Alle tijden *</i>	ENC Arnhem	4:44.82		
	50m:	150m:	250m:	350m:	
	100m: 1:04.82	200m: 2:17.87	300m:	400m: 4:44.82	
3.	Jeffrey van 't Schip	AZC	5:02.88	+0,85	
	50m: 31.55	150m: 1:45.62	250m: 3:04.44	350m: 4:24.66	39.90
	100m: 1:07.47	200m: 2:24.75	300m: 3:44.76	400m: 5:02.88	38.22
4.	Niels Bent	WS Twente	5:03.78	+0,76	
	50m: 32.99	150m: 1:46.72	250m: 3:04.05	350m: 4:23.90	40.23
	100m: 1:09.42	200m: 2:25.17	300m: 3:43.67	400m: 5:03.78	39.88
5.	Colin Degenaaars	ZPCH	5:18.14	+0,82	474
	50m: 34.29	150m: 1:52.67	250m: 3:14.58	350m: 4:39.07	42.88
	100m: 1:12.64	200m: 2:33.14	300m: 3:56.19	400m: 5:18.14	39.07
6.	Koen de Meyere	WS Twente	5:28.52	+0,91	
	50m: 35.08	150m: 1:55.48	250m: 3:20.75	350m: 4:47.24	43.29
	100m: 1:13.86	200m: 2:37.51	300m: 4:03.95	400m: 5:28.52	41.28
7.	Ruben de Boer	Zwemvereniging Hoogland	5:43.85	+0,82	
	50m: 38.33	150m: 2:03.57	250m: 3:30.81	350m: 4:59.96	44.65
	100m: 1:20.65	200m: 2:46.97	300m: 4:15.31	400m: 5:43.85	43.89

Masters 35+

1.	Tim Bunnik	Triton	4:47.44	+0,92	
	50m: 31.43	150m: 1:42.53	250m: 2:56.73	350m: 4:11.28	37.27
	100m: 1:06.32	200m: 2:19.57	300m: 3:34.01	400m: 4:47.44	36.16
2.	Patrick Creemers	SG Patrick - De Roersoppers	4:50.60		
	50m: 31.28	150m: 1:44.94	250m: 3:01.97	350m: 4:15.38	37.08
	100m: 1:06.74	200m: 2:22.83	300m: 3:38.30	400m: 4:50.60	35.22
3.	Niels Albrechts	z.c De Schotejil	4:57.07	+0,83	
	50m: 33.25	150m: 1:47.28	250m: 3:04.35	350m: 4:21.03	38.01
	100m: 1:09.76	200m: 2:25.60	300m: 3:43.02	400m: 4:57.07	36.04
4.	Wessel Everloo	WS Twente	5:04.37		541
	50m: 34.13	150m: 1:51.34	250m: 3:09.74	350m: 4:28.43	38.12
	100m: 1:12.30	200m: 2:30.79	300m: 3:50.31	400m: 5:04.37	35.94
5.	Remco van der Graaf	De Geul	5:15.25	+0,85	
	50m: 34.30	150m: 1:55.19	250m: 3:18.03	350m: 4:40.51	41.75
	100m: 1:13.79	200m: 2:36.45	300m: 3:58.76	400m: 5:15.25	34.74
6.	Mark Godwaldt	PSV	5:23.33		
	50m: 35.41	150m: 1:56.03	250m: 3:18.78	350m: 4:40.72	40.99
	100m: 1:14.59	200m: 2:37.44	300m: 3:59.73	400m: 5:23.33	42.61
7.	Sander van Tilburg	De Biesboschzwemmers	5:31.90	+0,93	
	50m: 36.59	150m: 1:59.15	250m: 3:25.09	350m: 4:51.89	43.52
	100m: 1:17.01	200m: 2:41.58	300m: 4:08.37	400m: 5:31.90	40.01
8.	Rick van Nieuwenhuizen	De Rijn	5:55.44	+0,89	
	50m: 36.51	150m: 2:05.76	250m: 3:38.64	350m: 5:11.53	46.01
	100m: 1:20.95	200m: 2:52.32	300m: 4:25.52	400m: 5:55.44	43.91



Open Nederlandse Masters
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Programmanr. 4, Heren, 400m vrije slag, Masters 35+

rang	naam	vereniging	tijd	RT	PARA			
9.	Robert Spekhorst	De Mors	6:09.93	+0,88				
	50m: 41.15	41.15	150m: 2:13.00	46.99	250m: 3:48.43	48.40	350m: 5:24.85	48.67
	100m: 1:26.01	44.86	200m: 3:00.03	47.03	300m: 4:36.18	47.75	400m: 6:09.93	45.08

Masters 40+

1.	Pieter Pickhardt	ZPC De Hof	4:44.02					
	50m: 32.44	32.44	150m: 1:43.40	35.75	250m: 2:55.63	36.27	350m: 4:08.74	36.53
	100m: 1:07.65	35.21	200m: 2:19.36	35.96	300m: 3:32.21	36.58	400m: 4:44.02	35.28
2.	Federico Cappello	Luxembourg Sharks Swimming CLUX	4:48.72	+0,72				
	50m: 30.15	30.15	150m: 1:41.36	37.34	250m: 2:56.84	37.49	350m: 4:13.07	38.56
	100m: 1:04.02	33.87	200m: 2:19.35	37.99	300m: 3:34.51	37.67	400m: 4:48.72	35.65
3.	Frank v.d. Voordt	z.c De Schotejil	4:54.85	+0,85				
	50m: 33.30	33.30	150m: 1:47.11	37.59	250m: 3:02.68	37.97	350m: 4:18.16	37.83
	100m: 1:09.52	36.22	200m: 2:24.71	37.60	300m: 3:40.33	37.65	400m: 4:54.85	36.69

Masters 45+

1.	Martijn Butter	OEZA	4:42.77					
	50m: 1:05.55		150m: 2:17.21		250m: 3:30.00		350m: 4:42.77	
2.	Mark Hensen	NieMo Barracuda	4:47.57	+0,88				
	50m: 31.99	31.99	150m: 1:44.64	37.12	250m: 2:58.67	37.42	350m: 4:11.99	36.82
	100m: 1:07.52	35.53	200m: 2:21.25	36.61	300m: 3:35.17	36.50	400m: 4:47.57	35.58
3.	Arjen Nieveen	DZ&PC	5:19.97	+0,65				
	50m: 35.64	35.64	150m: 1:54.50	39.85	250m: 3:16.21	40.57	350m: 4:38.79	41.42
	100m: 1:14.65	39.01	200m: 2:35.64	41.14	300m: 3:57.37	41.16	400m: 5:19.97	41.18
4.	Arjen Koop	ENC Arnhem	5:30.20					
	50m: 35.37	35.37	150m: 1:56.06	41.71	250m: 3:20.88	42.45	350m: 4:47.19	43.29
	100m: 1:14.35	38.98	200m: 2:38.43	42.37	300m: 4:03.90	43.02	400m: 5:30.20	43.01
5.	Tom Bandsma	PSV	5:42.49					
	50m: 37.39	37.39	150m: 2:02.33	43.07	250m: 3:30.91	44.08	350m: 4:58.99	44.28
	100m: 1:19.26	41.87	200m: 2:46.83	44.50	300m: 4:14.71	43.80	400m: 5:42.49	43.50

Masters 50+

1.	Pieter Veenstra	DZ&PC	5:22.51	+0,83				
	50m: 34.17	34.17	150m: 1:51.96	39.51	250m: 3:13.70	40.87	350m: 4:38.96	43.01
	100m: 1:12.45	38.28	200m: 2:32.83	40.87	300m: 3:55.95	42.25	400m: 5:22.51	43.55
2.	Chris Kouwenhoven	De Grunte	5:26.48					
	50m: 36.14	36.14	150m: 1:57.68	41.10	250m: 3:21.29	42.06	350m: 4:46.72	43.20
	100m: 1:16.58	40.44	200m: 2:39.23	41.55	300m: 4:03.52	42.23	400m: 5:26.48	39.76
3.	Peter Meijer	DZ&PC	5:37.94					
	50m: 34.25	34.25	150m: 1:56.95	42.98	250m: 3:27.73	45.48	350m: 4:57.50	44.54
	100m: 1:13.97	39.72	200m: 2:42.25	45.30	300m: 4:12.96	45.23	400m: 5:37.94	40.44
4.	Wouter van der Stelt	De Biesboschzwemmers	6:00.21	+0,93				
	50m: 38.60	38.60	150m: 2:07.48	45.12	250m: 3:39.45	45.88	350m: 5:13.13	46.66
	100m: 1:22.36	43.76	200m: 2:53.57	46.09	300m: 4:26.47	47.02	400m: 6:00.21	47.08
5.	Marcel van Walt van Praag	Gay Swim Amsterdam	6:09.51					
	50m: 42.71	42.71	150m: 2:18.54	48.40	250m: 3:54.88	47.89	350m: 5:28.40	46.61
	100m: 1:30.14	47.43	200m: 3:06.99	48.45	300m: 4:41.79	46.91	400m: 6:09.51	41.11
6.	Jeroen Hoeksels	ZV Vlaardingen-Schiedam	6:37.93					
	50m: 43.29	43.29	150m: 2:22.50	50.12	250m: 4:04.81	51.04	350m: 5:47.42	51.20
	100m: 1:32.38	49.09	200m: 3:13.77	51.27	300m: 4:56.22	51.41	400m: 6:37.93	50.51



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Programmanr. 4, Heren, 400m vrije slag

Masters 55+

1.	Richard Ricksen	Hellas-Glana	NED	197000841	5:04.83	+0,82
	50m: 33.74	33.74	150m: 1:50.00	39.25	250m: 3:07.94	38.94
	100m: 1:10.75	37.01	200m: 2:29.00	39.00	300m: 3:47.07	39.13
					350m: 4:26.76	39.69
					400m: 5:04.83	38.07
2.	Ingmar de Gelder	ZOB'66	NED	197000333	5:12.47	
	50m: 35.37	35.37	150m: 1:53.00	39.65	250m: 3:14.23	40.66
	100m: 1:13.35	37.98	200m: 2:33.57	40.57	300m: 3:54.46	40.23
					350m: 4:34.36	39.90
					400m: 5:12.47	38.11
3.	Hugues Herman	Cercle De Natation Sportcity WolBEL	CNSW/014976/66	5:13.67		
	50m: 34.19	34.19	150m: 1:52.15	39.44	250m: 3:12.42	40.36
	100m: 1:12.71	38.52	200m: 2:32.06	39.91	300m: 3:53.55	41.13
					350m: 4:34.40	40.85
					400m: 5:13.67	39.27
4.	Bruno Nahon	Cercle De Natation Sportcity WolBEL	CNSW/000390/70	5:14.61	+0,89	
	50m: 36.22	36.22	150m: 1:55.03	39.64	250m: 3:15.30	40.01
	100m: 1:15.39	39.17	200m: 2:35.29	40.26	300m: 3:55.72	40.42
					350m: 4:35.76	40.04
					400m: 5:14.61	38.85
5.	Edwin Petri	De Otters Het Gooi	NED	196601687	5:16.77	+0,69
	50m: 36.39	36.39	150m: 1:57.19	41.39	250m: 3:19.01	40.55
	100m: 1:15.80	39.41	200m: 2:38.46	41.27	300m: 3:59.01	40.00
					350m: 4:38.80	39.79
					400m: 5:16.77	37.97
6.	Norbert Nagl	SC Hakoah	AUT	20840	5:19.72	+0,90
	50m: 37.06	37.06	150m: 1:57.98	40.42	250m: 3:19.03	40.13
	100m: 1:17.56	40.50	200m: 2:38.90	40.92	300m: 3:59.92	40.89
					350m: 4:40.47	40.55
					400m: 5:19.72	39.25
7.	Leon Slingerland	WVZ	NED	196801707	5:48.77	+0,91
	50m: 37.16	37.16	150m: 2:04.14	44.64	250m: 3:35.86	45.84
	100m: 1:19.50	42.34	200m: 2:50.02	45.88	300m: 4:21.53	45.67
					350m: 5:06.58	45.05
					400m: 5:48.77	42.19
8.	Jeroen Wilmer	Enkhuizer Zwem Vereniging	NED	196601711	5:54.02	+0,87
	50m: 37.69	37.69	150m: 2:04.06	44.00	250m: 3:35.10	45.42
	100m: 1:20.06	42.37	200m: 2:49.68	45.62	300m: 4:22.07	46.97
					350m: 5:09.55	47.48
					400m: 5:54.02	44.47
9.	Eric Dumas	SG Patrick - De Roersoppers	NED	196901397	6:00.17	
	50m: 39.37	39.37	150m: 2:10.36	46.20	250m: 3:42.51	46.35
	100m: 1:24.16	44.79	200m: 2:56.16	45.80	300m: 4:28.59	46.08
					350m: 5:15.13	46.54
					400m: 6:00.17	45.04

Masters 60+

1.	Johan Remmits	ZPC Amersfoort	NED	196201159	5:02.42	+0,87
	50m: 34.78	34.78	150m: 1:50.25	37.68	250m: 3:06.96	38.61
	100m: 1:12.57	37.79	200m: 2:28.35	38.10	300m: 3:45.72	38.76
					350m: 4:24.63	38.91
					400m: 5:02.42	37.79
2.	Jon Christensen	Luxembourg Sharks Swimming CLUX	10008	5:05.56		
	50m: 35.27	35.27	150m: 1:52.62	39.30	250m: 3:10.28	38.98
	100m: 1:13.32	38.05	200m: 2:31.30	38.68	300m: 3:49.09	38.81
					350m: 4:27.99	38.90
					400m: 5:05.56	37.57
3.	Karol Lacko <i>Slovakian Masters Record</i>	Vysokoskolsky klub Univerzity kcSVKskeSVK16793		5:15.93	+0,90	
	50m: 36.90	36.90	150m: 1:56.67	39.97	250m: 3:17.92	40.41
	100m: 1:16.70	39.80	200m: 2:37.51	40.84	300m: 3:58.10	40.18
					350m: 4:37.76	39.66
					400m: 5:15.93	38.17
4.	Henri Michels	De Amstel	NED	196501587	5:19.52	+0,87
	50m: 35.85	35.85	150m: 1:55.89	39.96	250m: 3:17.76	40.84
	100m: 1:15.93	40.08	200m: 2:36.92	41.03	300m: 3:59.47	41.71
					350m: 4:40.03	40.56
					400m: 5:19.52	39.49
5.	Kees-Jan van Overbeeke	WVW Winterswijk	NED	196200489	5:26.60	+0,90
	50m: 36.20	36.20	150m: 2:00.62	42.77	250m: 3:26.09	42.43
	100m: 1:17.85	41.65	200m: 2:43.66	43.04	300m: 4:07.80	41.71
					350m: 4:47.97	40.17
					400m: 5:26.60	38.63
6.	Jiri Janovsky	Plavecký klub Stráž pod RalskemCZE	115000	6:17.97		
	50m: 41.36	41.36	150m: 2:13.97	46.86	250m: 3:51.78	49.04
	100m: 1:27.11	45.75	200m: 3:02.74	48.77	300m: 4:41.17	49.39
					350m: 5:30.71	49.54
					400m: 6:17.97	47.26
7.	Peter Janssen	Team Noord Holland (SG)	NED	196201307	6:28.30	
	50m: 40.60	40.60	150m: 2:15.54	48.98	250m: 3:57.08	51.02
	100m: 1:26.56	45.96	200m: 3:06.06	50.52	300m: 4:48.58	51.50
					350m: 5:39.29	50.71
					400m: 6:28.30	49.01
8.	Bart van Calker	WS Twente	NED	196100067	6:37.14	+0,88
	50m: 43.75	43.75	150m: 2:22.51	50.03	250m: 4:04.66	50.28
	100m: 1:32.48	48.73	200m: 3:14.38	51.87	300m: 4:55.67	51.01
					350m: 5:46.83	51.16
					400m: 6:37.14	50.31
9.	Marcel Nelissen	MZ&PC Maastricht	NED	196501611	7:30.55	+0,98
	50m: 48.49	48.49	150m: 2:42.75	58.29	250m: 4:39.01	58.18
	100m: 1:44.46	55.97	200m: 3:40.83	58.08	300m: 5:37.26	58.25
					350m: 6:34.89	57.63
					400m: 7:30.55	55.66





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Programmanr. 4, Heren, 400m vrije slag

Masters 65+

1. Rene Janssen	Team Noord Holland (SG)	NED	195700169	5:52.26	
50m: 39.24	39.24	150m: 2:07.68	44.75	250m: 3:39.25	45.38
100m: 1:22.93	43.69	200m: 2:53.87	46.19	300m: 4:25.01	45.76
				350m: 5:08.95	43.94
				400m: 5:52.26	43.31
2. Paul Bunnik	Triton	NED	195600413	5:58.80	+0,43
50m: 38.34	38.34	150m: 2:06.75	44.92	250m: 3:38.44	45.55
100m: 1:21.83	43.49	200m: 2:52.89	46.14	300m: 4:25.97	47.53
				350m: 5:12.98	47.01
				400m: 5:58.80	45.82
3. Wolfgang Rossa	TPSK 1925 e.V.	GER	396833	6:21.36	
50m: 42.87	42.87	150m: 2:17.61	48.19	250m: 3:54.96	48.48
100m: 1:29.42	46.55	200m: 3:06.48	48.87	300m: 4:44.36	49.40
				350m: 5:33.29	48.93
				400m: 6:21.36	48.07
4. Lex Hoogendam	ZZ&PC De Devel	NED	195700541	6:37.37	
50m: 40.31	40.31	150m: 2:18.27	50.15	250m: 4:00.76	51.65
100m: 1:28.12	47.81	200m: 3:09.11	50.84	300m: 4:52.70	51.94
				350m: 5:45.39	52.69
				400m: 6:37.37	51.98
5. Peter Coffeng	GZC Donk	NED	195700063	7:12.57	
50m: 45.32	45.32	150m: 2:31.63	55.19	250m: 4:24.53	56.62
100m: 1:36.44	51.12	200m: 3:27.91	56.28	300m: 5:21.81	57.28
				350m: 6:19.20	57.39
				400m: 7:12.57	53.37

Masters 70+

1. Sverre Kile	Bergen Omegn Masters	NOR	M170553SVE03	5:26.98	
50m: 38.70	38.70	150m: 2:03.97	42.75	250m: 3:28.07	41.37
100m: 1:21.22	42.52	200m: 2:46.70	42.73	300m: 4:08.87	40.80
				350m: 4:47.99	39.12
				400m: 5:26.98	38.99
2. Henk Slomp	Z&PC de Inktvis	NED	195500359	5:45.63	+0,96
50m: 37.78	37.78	150m: 2:05.01	45.25	250m: 3:34.57	45.12
100m: 1:19.76	41.98	200m: 2:49.45	44.44	300m: 4:19.33	44.76
				350m: 5:03.88	44.55
				400m: 5:45.63	41.75

Masters 75+

1. Piet Schop	De Bevelanders	NED	195000109	8:19.15	+0,90
50m: 54.29	54.29	150m: 3:00.41	1:05.02	250m: 5:09.20	1:05.02
100m: 1:55.39	1:01.10	200m: 4:04.18	1:03.77	300m: 6:12.60	1:03.40
				350m: 7:17.35	1:04.75
				400m: 8:19.15	1:01.80

Masters 80+

1. Willem Putter	ZV Vlaardingen-Schiedam	NED	194500135	7:13.11	
<i>Nederlands Masters Record</i>					
50m: 46.04	46.04	150m: 2:34.73	54.93	250m: 4:27.37	55.67
100m: 1:39.80	53.76	200m: 3:31.70	56.97	300m: 5:24.28	56.91
				350m: 6:20.18	55.90
				400m: 7:13.11	52.93
2. Rob Hanou	PSV	NED	194300109	8:04.08	
50m: 54.97	54.97	150m: 3:02.93	1:04.55	250m: 5:10.00	1:03.62
100m: 1:58.38	1:03.41	200m: 4:06.38	1:03.45	300m: 6:12.43	1:02.43
				350m: 7:12.88	1:00.45
				400m: 8:04.08	51.20
3. Geza Kaltenecker	AZC	NED	194200065	8:07.14	
50m: 55.74	55.74	150m: 3:01.51	1:03.55	250m: 5:08.53	1:04.34
100m: 1:57.96	1:02.22	200m: 4:04.19	1:02.68	300m: 6:11.29	1:02.76
				350m: 7:12.23	1:00.94
				400m: 8:07.14	54.91

Programmanr. 5
9-5-2025 - 11:44

Dames, 100m rugslag

Masters Open
Resultaten

rang naam	vereniging			tijd	RT	PARA	50m	100m
Masters 20+								
1. Jolijn Liezen	Steenwijk 1934	NED	200500518	1:11.69	+0,70		34.45	1:11.69
2. Nienke Bakker	TriVia	NED	200501178	1:11.84	+0,71		34.47	1:11.84
3. Inge Dekker	HZ&PC Heerenveen	NED	200200476	1:11.90	+0,73		33.98	1:11.90
4. Amber van der Kruk	MSV-Zeemacht	NED	200102730	1:13.91	+0,79	678	35.06	1:13.91
5. M. van den Hoofdakker	Steenwijk 1934	NED	200302708	1:14.19	+0,84		36.65	1:14.19
6. Marije Sweering	Neptunia '24	NED	200101228	1:14.26	+0,79		35.32	1:14.26
7. Nikki Douma	Hellas-Glana	NED	200102252	1:14.74	+0,70		36.15	1:14.74
8. Sanne Kloezen	Bubble	NED	200204644	1:15.78	+0,84		36.55	1:15.78
9. Eline Hoekstra	OEZA	NED	200301280	1:15.87	+0,80		35.59	1:15.87
10. Laura Noord	De Wellerobben	NED	200202568	1:17.43	+0,68		36.53	1:17.43





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Programmanr. 5, Dames, 100m rugslag, Masters 20+

rang naam	vereniging			tijd	RT	PARA	50m	100m
11. Esmee Wijnmaalen	De Geul	NED	200100298	1:18.72	+0,85		37.84	1:18.72
12. Ilse Wild	SG Octopus - ZVV	NED	200401812	1:20.71	+0,73		38.58	1:20.71
13. Pien Ooijman	WS Twente	NED	200504500	1:21.29	+0,86		39.95	1:21.29
14. Sabine Uytdewilligen	ENC Arnhem	NED	200502654	1:21.30	+0,69		39.19	1:21.30
15. Cynthia Koolman	Steenwijk 1934	NED	200300232	1:21.48	+0,76		39.18	1:21.48
16. Esmee Kloezen	Bubble	NED	200204646	1:21.56	+0,80		37.70	1:21.56
17. Hannah Elting	ENC Arnhem	NED	200402702	1:26.44	+0,94		42.00	1:26.44
18. Michelle van Wijhe	ZPC Amersfoort	NED	200402196	1:27.68	+0,96		43.52	1:27.68
19. Zoë van der Reijden	LinK	NED	200505296	1:35.16			46.57	1:35.16
20. Esmeralda Elbers	Blue Marlins	NED	200404888	1:45.18	+0,95		50.11	1:45.18
NG Lois Jalving	HZ&PC Heerenveen	NED	200400280					

Masters 25+

1. Marre Zandringa	Orca Leeuwarden	NED	199701136	1:11.01	+0,67		33.96	1:11.01
2. Lauren van IJl	WVZ	NED	200001064	1:11.76	+0,73		34.34	1:11.76
3. J. van Omme - van Veen	Zwemvereniging Hoogland	NED	199603192	1:13.65	+0,78		34.95	1:13.65
4. Jet Kleine	MSV-Zeemacht	NED	199903384	1:18.46	+0,74		38.39	1:18.46
5. Iris van der Moolen	De Amstel	NED	199902052	1:18.53	+0,78		37.79	1:18.53
6. Hanna Looi	Blue Marlins	NED	200006090	1:19.34	+0,76		39.27	1:19.34
7. Rosalie Baarda	Orca Leeuwarden	NED	199903460	1:19.55	+0,73		37.82	1:19.55
8. Iris Bastiaansen	De Amstel	NED	199902006	1:19.99	+0,84		39.07	1:19.99
9. Anouk van der Lans	Westland Swimming Stars	NED	199801614	1:21.72	+0,84		40.23	1:21.72
10. Maria Antonella Zuccaro	DAW	NED	199606894	1:22.29	+0,86		41.09	1:22.29
11. Reina Poelman	Bubble	NED	199900802	1:27.14	+0,76		41.92	1:27.14
12. Ageeth de Haan	Steenwijk 1934	NED	199901022	1:29.82	+0,80		44.16	1:29.82
13. Mirna Wolters	De Plons	NED	199802046	1:30.87	+0,68		43.76	1:30.87
14. Melanie Zondag	ZC Polaris	NED	199804476	1:31.94			44.39	1:31.94
15. Cynthia van Veen	ZVL-1886	NED	199606736	1:32.79	+0,79		44.40	1:32.79

Masters 30+

1. Kira Toussaint	De Dolfijn	NED	199400990	1:04.42	+0,62		31.06	1:04.42
<i>Nederlands Masters Record</i>								
2. Leonie van Noort	WVZ	NED	199301752	1:08.58	+0,76		33.78	1:08.58
3. Anne-Irene Ducheine	Zwemvereniging Hoogland	NED	199506824	1:13.24	+0,62		35.74	1:13.24
4. Dyonne Bruggeling	DZ&PC	NED	199104880	1:17.19	+0,71		36.85	1:17.19
5. Suzanne Mosch	MSV-Zeemacht	NED	199400548	1:18.43	+0,85		38.82	1:18.43
6. Lotte Eising	ZPC Amersfoort	NED	199502098	1:21.88	+0,62		38.78	1:21.88
7. Nadine Blouw	TriVia	NED	199302314	1:24.57	+0,91		40.74	1:24.57
8. Maaïke Karsten	Zwemvereniging Hoogland	NED	199103832	1:26.40	+0,96		41.89	1:26.40
9. Elke Schellekens	Neptunus'58	NED	199301550	1:32.56	+0,71		45.65	1:32.56
NG Sietske Veldkamp	ZPC De Hof	NED	199501628					

Masters 35+

1. Elmi Roelofsen	SG Octopus - ZVV	NED	199008198	1:15.23	+0,85		36.29	1:15.23
2. Jacyntha Plat	Steenwijk 1934	NED	199002956	1:15.33	+0,73		36.69	1:15.33
3. Marloes Manni	Zwemvereniging Hoogland	NED	199003078	1:15.90	+0,89		37.11	1:15.90
4. Ilse van den Wijngaard	ZPC Woerden	NED	198904736	1:17.53	+0,83		37.29	1:17.53
5. Esther van Maastricht	Montferland	NED	198802836	1:23.66	+0,66		40.56	1:23.66
6. Jolanda Kuiper-Cnossen	Neptunia '24	NED	198600712	1:25.32	+0,93		42.28	1:25.32
7. Nanda van Heteren	PSV	NED	198901728	1:29.25	+0,80		43.23	1:29.25

Masters 40+

1. Roos van Esch	ACZ	NED	198200468	1:18.11	+0,79		38.61	1:18.11
2. Debbie van Rooijen	IJZ&PC	NED	198201402	1:18.17	+0,75		38.27	1:18.17
3. Ann Wanter	Zwemclub Geel	BEL	ZGEEEL/21082/82	1:18.90	+0,87		38.89	1:18.90
4. Joke De Temmerman	Lokerse Zwemvereniging	BEL	LZV/21076/82	1:19.59	+0,83		38.10	1:19.59
5. Elke Popma - Blox	Z.V. Tiamat	NED	198200154	1:20.25	+0,70		38.79	1:20.25
6. Tonia Ruybroek	Poseidon'56	NED	198101290	1:21.91	+0,78		39.16	1:21.91
7. Angela Giezen	ZPC Amersfoort	NED	198302796	1:22.10	+0,82		40.60	1:22.10



Open Nederlandse Masters
Kampioenschappen 2025 lange baan
Drachten, 8-11 mei 2025



Programmanr. 5, Dames, 100m rugslag, Masters 40+

rang naam	vereniging			tijd	RT	PARA	50m	100m
8. Anne Besseling-de Jong	De Geul	NED	198102084	1:26.76	+0,92		41.52	1:26.76

Masters 45+

1. Janneke Harmsen-Bakker	PSV	NED	197700938	1:14.15	+0,81		35.28	1:14.15
2. Alina Spijkerman	DAW	NED	197701220	1:22.69	+0,84		39.43	1:22.69
3. Jessica Venema	GZC Donk	NED	197901526	1:26.33	+0,99		39.67	1:26.33
4. Leonie Scholten	Steenwijk 1934	NED	197901560	1:28.30	+0,78		42.86	1:28.30
5. A. Knegt-Bessebinders	De Spatters	NED	197601064	1:35.03	+0,78		46.15	1:35.03
6. Jessica van Velzen	Swol 1894	NED	197601122	1:53.54			54.36	1:53.54

Masters 50+

1. Gudule van der Meer	PSV	NED	197200396	1:15.22	+0,74		36.96	1:15.22
2. Mirjan den Drijver	Westland Swimming Stars	NED	197500884	1:21.32	+0,80		39.80	1:21.32
3. Edith Janssen-Koolen	TRB-RES	NED	197300898	1:21.55	+0,93		39.13	1:21.55
4. Esther ten Kate	Avéna	NED	197100310	1:22.53	+0,83		39.79	1:22.53
5. Catherine Hoogeveen	DZ&PC	NED	197501048	1:24.33			40.37	1:24.33
6. Wendy Nederkoorn	Arethusa	NED	197400374	1:29.58	+0,88		43.17	1:29.58
7. Nathasja Konijn	GZC Donk	NED	197100992	1:40.07	+0,90		48.97	1:40.07
8. Judith Sijbers	PSV	NED	197301030	1:56.01	+0,87		54.84	1:56.01

Masters 55+

1. Petra Blum	SG Bayer	GER	274174	1:25.49	+0,98		41.22	1:25.49
2. Bianca Groot	MSV-Zeemacht	NED	197000652	1:31.13	+0,93		45.09	1:31.13
3. Peggi Hurenkamp	HZ&PC Heerenveen	NED	196900922	1:34.09	+0,90		46.17	1:34.09
4. K. van Nassau-van den Heuvel	Old Dutch	NED	196600188	1:40.62			48.58	1:40.62
5. Annette van Dok	MSV-Zeemacht	NED	196800742	1:46.74			51.96	1:46.74
6. Annette Spies	LinK	NED	197001110	1:49.35	+0,97		52.83	1:49.35

Masters 60+

1. Allie Price	Bridgend Swim Club	GBR	547582	1:18.99	+0,69		38.48	1:18.99
2. Margriet Grove-Lingeman	Triton	NED	196200080	1:28.35	+0,86		42.99	1:28.35
3. Maud Peuten-Evers	Mosa-Regio	NED	196400584	1:33.44	+0,90		45.15	1:33.44
4. K. van der Star-Verhoeven	ENC Arnhem	NED	196100382	1:36.01	+0,89		45.30	1:36.01
5. Yoka de Vegt-van Dijk	ENC Arnhem	NED	196200420	1:39.93	+0,85		49.15	1:39.93
6. Annemarie Vuist-Blum	Swol 1894	NED	196300282	1:44.12			51.47	1:44.12

Masters 65+

1. Atie Pijtak-Radersma	ZPC Amersfoort	NED	195600048	1:27.13	+0,80		42.63	1:27.13
2. Marijke Kraak-Beckers	Swol 1894	NED	196000240	1:38.84	+0,91		47.67	1:38.84
3. Jennie Resink-lindeboom	DWK	NED	196000142	1:43.10			49.76	1:43.10
4. Katinka Elders	HZ&PC Heerenveen	NED	196000292	1:48.08	+0,87		52.75	1:48.08
5. Lia Bijkerk	GZC Donk	NED	196000014	1:50.42	+0,92		55.05	1:50.42
6. Trui Knijnenburg	D.E.S.	NED	195800266	1:59.59			59.81	1:59.59
7. Ria Peters-Veurman	ENC Arnhem	NED	195800242	2:05.01	+0,98		1:00.88	2:05.01

Masters 70+

1. Margriet Pasma <i>Nederlands Masters Record</i>	TriVia	NED	195500088	1:38.12	+0,88		47.10	1:38.12
2. Geerdien Meerwaldt	De Geul	NED	195200058	2:15.40	+0,91		1:05.86	2:15.40

Masters 75+

1. Conny Boer-Buys <i>Nederlands Masters Record, Nederlands Masters Record op 50 meter én 100 meter</i>	ZV Vlaardingen-Schiedam	NED	195000006	1:42.82	+0,93		50.41	1:42.82
2. A. Gilding-Tussaud	WS Twente	NED	195000038	1:58.72	+0,94		56.92	1:58.72



Open Nederlandse Masters
Kampioenschappen 2025 lange baan
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Programmanr. 5, Dames, 100m rugslag

Masters 80+

1. Loekie van Huissteden	ZPC Amersfoort	NED	194500002	2:38.86		1:14.72	2:38.86
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Programmanr. 6
9-5-2025 - 12:07

Heren, 100m rugslag

Masters Open
Resultaten

rang naam	vereniging			tijd	RT	PARA	50m	100m
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Masters 20+

1. Jorian Darwinkel	HZ&PC Heerenveen	NED	200300565	1:07.73	+0,64		31.67	1:07.73
2. Mika Bongers	ENC Arnhem	NED	200502683	1:11.96	+0,82		33.40	1:11.96
3. Sytze van Stein	ZVL-1886	NED	200501155	1:12.78	+0,74		34.89	1:12.78
4. Reinier Velthuijs	NieMo Barracuda	NED	200503537	1:13.96	+0,77		35.48	1:13.96

Masters 25+

1. Doran Paap	ZV Westland	NED	200000301	1:04.57	+0,73		31.08	1:04.57
2. Richard Kuipers	HZ&PC Heerenveen	NED	199704171	1:05.59	+0,71		31.47	1:05.59
3. Bert Duivenvoorde	De Columbiaan	NED	199701805	1:06.35	+0,75		31.90	1:06.35
4. Aron Paasse	z.c De Schotejil	NED	200000099	1:06.61	+0,66		32.13	1:06.61
5. David Kievit	z.c De Schotejil	NED	199900325	1:07.93	+0,84		32.87	1:07.93
6. Mirko van Ligtenberg	De Granaet	NED	199800735	1:09.75	+0,67		32.22	1:09.75
7. Jordy van Oel	WVZ	NED	199802003	1:11.14	+0,76		35.12	1:11.14
8. Jacob Mackloet	z.c De Schotejil	NED	200001171	1:11.20	+0,70		34.82	1:11.20
9. Ian van Mullem	ZOB'66	NED	199602545	1:11.78	+0,60		34.56	1:11.78
10. Wout Wilens	EZCL (SG)	NED	200001431	1:21.19	+0,90		40.03	1:21.19
11. Ardy Zwanenburg	AZC	NED	199902061	1:27.31	+0,78		43.38	1:27.31

Masters 30+

1. Bas Dries	Zwemvereniging Hoogland	NED	199505177	1:03.21	+0,60		30.09	1:03.21
<i>Nederlands Masters Record</i>								
2. Jesper Oranje	De Duck	NED	199200997	1:05.31	+0,76		30.71	1:05.31
3. Jeroen Matthijssen	AZC	NED	199103751	1:07.61	+0,75		32.57	1:07.61
4. Bryan Morsink	GZC Donk	NED	199101629	1:11.77	+0,72		33.18	1:11.77
5. Patrick Brouwer	AZC	NED	199303715	1:12.36	+0,81		34.71	1:12.36
6. Johan Krakou	De Rijn	NED	199101311	1:12.64	+0,67		34.10	1:12.64
7. Niels Bent	WS Twente	NED	199400465	1:15.68	+0,91		36.31	1:15.68
8. Remco Visser	ZPC Woerden	NED	199503185	1:18.85	+0,82		38.44	1:18.85

Masters 35+

1. Robert Braad	Steenwijk 1934	NED	198600407	1:06.98	+0,67		32.02	1:06.98
2. Olaf Achterberg	VZC	NED	199000011	1:07.96	+0,70		32.85	1:07.96
3. Rick Driezen	Steenwijk 1934	NED	198600713	1:11.25	+0,95		35.40	1:11.25
4. Remco van der Graaf	De Geul	NED	198704007	1:15.08	+0,96		37.89	1:15.08
5. Mitchell van Uiter	De Geul	NED	199004067	1:17.02	+0,76		38.03	1:17.02
6. Harmen Reemst	ZOB'66	NED	198702715	1:18.91	+0,72		38.51	1:18.91

Masters 40+

1. Martijn Giezen	ZPC Amersfoort	NED	198500813	1:06.17	+0,82		32.12	1:06.17
2. Albert van Piekeren	Swol 1894	NED	198401767	1:11.97	+0,88		34.63	1:11.97
3. Rene Koedoeder	Enkhuizer Zwem Vereniging	NED	198200919	1:12.40	+0,77		35.15	1:12.40
4. Ivan van Omme	De Geul	NED	198201263	1:12.67	+0,84		34.64	1:12.67
5. Frank v.d. Voordt	z.c De Schotejil	NED	198302259	1:12.89	+0,79		35.76	1:12.89
6. Bertrand Maillet	ASPTT Clermont-Ferrand	FRA	88948	1:17.98	+0,98		38.54	1:17.98
7. Benoit Gasner	D.E.S.	NED	198102645	1:18.14	+0,84		38.57	1:18.14





Open Nederlandse Masters
Kampioenschappen 2025 lange baan
Drachten, 8-11 mei 2025



Programmanr. 6, Heren, 100m rugslag

Masters 45+

1. Ruud Holswilder	ZPCH	NED	197800435	1:07.48	+0,77	32.00	1:07.48
2. Mark Hensen	NieMo Barracuda	NED	197900497	1:09.28	+0,85	33.84	1:09.28
3. Heijmen van Vliet	De Geul	NED	198001637	1:10.11	+0,67	34.15	1:10.11
4. Martijn Butter	OEZA	NED	197900231	1:13.98	+0,83	35.94	1:13.98
5. Jasper van Heijst	ZPCH	NED	197601699	1:15.42	*+0,78	33.00	1:15.42
6. Pieter Broek	Westland Swimming Stars	NED	197701637	1:17.96	+0,59	38.08	1:17.96

Masters 50+

1. Antwan van Engen	CWW Swimteam	NED	197101577	1:14.91		36.82	1:14.91
2. Gerard Eghuizen	HZ&PC Heerenveen	NED	197400197	1:21.51	+0,92	39.08	1:21.51
3. Korstiaan de Boer	Steenwijk 1934	NED	197101629	1:21.83	+0,82	40.08	1:21.83
4. Jeroen Hoeksel	ZV Vlaardingen-Schiedam	NED	197401533	1:41.15	+0,95	48.47	1:41.15
DIS Erwin Veenhoven	ZVL-1886	NED	197101793				

RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.

Masters 55+

1. Chester Marsman	ZPC Amersfoort	NED	196900671	1:08.83	+0,88	33.10	1:08.83
2. Jan-Willem van den Berg	WVZ	NED	196801575	1:10.55	+0,75	34.58	1:10.55
3. Guido Keutgen	Steenwijk 1934	NED	196801551	1:12.85	+0,82	35.02	1:12.85
4. Marcel Vroegindewei	Poseidon'56	NED	196801709	1:15.76	+0,83	36.99	1:15.76
5. René Beetsma	HZ&PC Heerenveen	NED	196900069	1:18.01	+0,85	37.36	1:18.01
6. Mathieu Rikken	De Duinkickers	NED	196701777	1:20.85	+0,84	38.03	1:20.85
7. Bruno Nahon	Cercle De Natation Sportcity VBELwe	CNSW/000390/70		1:21.10	+0,88	39.78	1:21.10
8. Paul van den Heuvel	Arethusa	NED	197000441	1:26.43	+0,91	41.41	1:26.43
9. Erik Zoethout	Aqualero	NED	196901157	1:35.30	+0,98	46.11	1:35.30

Masters 60+

1. Ron Korzelijs	ZPC Amersfoort	NED	196500513	1:19.62	+0,87	39.12	1:19.62
2. Ralf Dillig	Duisburger ST	GER	060769	1:20.41	+0,82	39.72	1:20.41
3. Arthur van Strien	WVZ	NED	196301401	1:20.76	+0,89	38.63	1:20.76
4. Bart van Calker	WS Twente	NED	196100067	1:36.53		49.08	1:36.53
5. Jack Barends	WS Twente	NED	196201011	1:38.29	+0,83	48.88	1:38.29
6. Pieter-Sjoerd de Wijn	D.E.S.	NED	196501027	1:42.81	+0,99	48.82	1:42.81

Masters 65+

1. Hugo Bregman	WVZ	NED	195800069	1:17.29	+0,93	38.08	1:17.29
2. Erik Kamphuis	ZPC De Rog Weert	NED	196001035	1:20.16	+0,81	39.47	1:20.16
3. Fred Ketting	PSV	NED	196000289	1:21.28	+0,85	38.98	1:21.28
4. Peter Molecz	SC Diana	AUT	019219	1:23.90	+0,81	40.60	1:23.90
5. Paul Bunnik	Triton	NED	195600413	1:29.89	+0,90	43.97	1:29.89
6. Wim de Lange	AZC	NED	195800533	1:31.46	+0,81	44.89	1:31.46
7. André Schütte	Z & PC De Zeeuwse Kust	NED	196000521	1:39.94	+0,97	48.34	1:39.94
8. André Pantekoek	PSV	NED	195800321	1:45.80	+0,76	51.05	1:45.80

Masters 70+

1. Jos Kamps	Zwemvereniging Hoogland	NED	195100085	1:53.58	+0,66	53.08	1:53.58
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Masters 75+

1. Piet Schop	De Bevelanders	NED	195000109	1:47.26	+0,87	50.53	1:47.26
2. Mans Buis	Swol 1894	NED	194700133	2:00.66	+0,93	59.25	2:00.66

Masters 80+

1. Rob Hanou	PSV	NED	194300109	1:59.34		58.97	1:59.34
2. Nico Baay	Old Dutch	NED	194200053	2:03.64	+0,93	56.93	2:03.64





3 - ONMK2025Ib - Sessie 3

9-5-2025 - 13:30

Programmanr. 7
9-5-2025 - 13:30

Dames, 50m vlinderslag

Masters Open
Resultaten

rang	naam	vereniging			tijd	RT	PARA
Masters 20+							
1.	Marit Huisman <i>Nederlands Masters Record</i>	WVZ	NED	200502620	27.94		
2.	Jolijn Liezen	Steenwijk 1934	NED	200500518	29.65		
3.	Marte Hieke van der Kamp	HZ&PC Heerenveen	NED	200500218	29.93	+0,76	
4.	Olena Dijkstra	Orca Leeuwarden	NED	200202624	29.96	+0,70	
5.	Isabel Dijkstra	Hellas-Glana	NED	200200918	30.74		
6.	Nienke Bakker	TriVia	NED	200501178	30.76	+0,78	
7.	Janice Provoost	DWK	NED	200303076	30.83	+0,73	
8.	Marije Sweering Amber Hesper	Neptunia '24 NieMo Barracuda	NED NED	200101228 200202188	30.96 30.96	+0,73	
10.	Robin Pienaar	NieMo Barracuda	NED	200102236	31.37	+0,84	
11.	Lianne van Wier	HZ&PC Heerenveen	NED	200200438	31.45	+0,72	
12.	Emi Schipper	ZOB'66	NED	200502126	31.52	+0,78	
13.	Femke-Romy Wiersma	Neptunia '24	NED	200103078	31.65	+0,76	
14.	Sophie Brouwer	ZPCH	NED	200504124	31.76	+0,73	
15.	Evelien Husselman	MZ&PC De Reest	NED	200501324	31.84	+0,73	
16.	Inge Dekker	HZ&PC Heerenveen	NED	200200476	32.01	+0,80	
17.	Leonie van Wier	HZ&PC Heerenveen	NED	200200436	32.38		
18.	Nikki Douma	Hellas-Glana	NED	200102252	32.77	+0,80	
19.	Jessica Braat	AZC	NED	200205684	32.90	+0,73	
20.	Sanne Kloezen	Bubble	NED	200204644	32.97	+0,90	
21.	Xoë Stuit	Aqua 68	NED	200400754	33.05	+0,68	
22.	Daphne van Tilburg	De Geul	NED	200500580	33.20		
23.	Michelle van den Hoofdakker	Steenwijk 1934	NED	200302708	33.29	+0,87	
24.	Esmée van Peer	TriVia	NED	200201114	33.54		
25.	Rose Lether	ENC Arnhem	NED	200403330	33.95	+0,72	
26.	Anneke van der Laan	Orca Leeuwarden	NED	200201154	34.16	+0,84	
27.	Maddy van der Hoeven	ZPC Amersfoort	NED	200401298	34.43		
28.	Kyra Wesemann	MSV-Zeemacht	NED	200201440	35.47	+0,81	
29.	Esmee Kloezen	Bubble	NED	200204646	35.96	+0,76	
30.	Jet van Oudheusden	ZOB'66	NED	200401012	36.14		
31.	Selma Boertien	Aqua 68	NED	200203834	36.36	+0,77	
32.	Nienke Lammers	De Rijn	NED	200200806	38.17	+0,90	
33.	Tove Kienhuis	Aqua 68	NED	200203486	41.62 *		
34.	Cynthia Koolman	Steenwijk 1934	NED	200300232	43.09	+0,70	
35.	Esmeralda Elbers	Blue Marlins	NED	200404888	47.42		
NG	Loïs Jalving	HZ&PC Heerenveen	NED	200400280			

Masters 25+

1.	Marre Zandringa	Orca Leeuwarden	NED	199701136	29.86	+0,78	
2.	Babette van der Kaaij	Blue Marlins	NED	199902234	29.87	+0,72	
3.	Marcella van der Ent	De Duck	NED	199600174	30.75	+0,79	
4.	Alisha Vieira	Blue Marlins	NED	199904554	31.35	+0,83	
5.	Lauren van IJll	WVZ	NED	200001064	31.43	+0,72	
6.	Selina Janssen	Neptunus'58	NED	199905974	32.16	+0,63	
7.	Froukje Osinga	Orca Leeuwarden	NED	200003090	32.38	+0,77	
8.	Rianne Bresser	Poseidon'56	NED	199900690	32.44	+0,64	
9.	Lisanne Seising	VZC	NED	200002084	32.46	+0,60	
10.	Laurien Van Nieuwenhove	MEGA Zwemteam	BEL	MEGA/20663/99	32.65	+0,73	
11.	Marijke Drent	Bubble	NED	199906232	32.73		
12.	Kelly de Jonge	Poseidon'56	NED	199701210	33.08	+0,80	
13.	Marleen Hof	WS Twente	NED	199802464	33.94		
14.	Jet Kleine	MSV-Zeemacht	NED	199903384	33.97	+0,70	
15.	Daphne Dols	ZPC Woerden	NED	199904622	33.99		
16.	Iris van der Moolen	De Amstel	NED	199902052	34.30	+0,89	
17.	Hanna Looi	Blue Marlins	NED	200006090	34.44	+0,80	





Open Nederlandse Masters
Kampioenschappen 2025 lange baan
Drachten, 8-11 mei 2025



Programmanr. 7, Dames, 50m vlinderslag, Masters 25+

rang	naam	vereniging		tijd	RT	PARA
18.	Mandy Swart	ZPC Amersfoort	NED 199904916	34.48		
19.	Gaby Zittersteijn	ZuiderZeeZwemmers	NED 199700104	35.25		
20.	Rosalie Baarda	Orca Leeuwarden	NED 199903460	35.44	+0,85	
21.	Romy Jalving	HZ&PC Heerenveen	NED 200000616	35.74		
22.	Iris Bastiaansen	De Amstel	NED 199902006	36.39	+0,80	
23.	Maria Antonella Zuccaro	DAW	NED 199606894	37.94 *		
24.	Esmée Rolloos	NieMo Barracuda	NED 199800056	38.91 *	+0,90	
25.	Rebecca de Klein	DZ&PC	NED 200002812	39.67	+0,95	
26.	Cynthia van Veen	ZVL-1886	NED 199606736	41.86 *		

Masters 30+

1.	Kira Toussaint	De Dolfijn	NED 199400990	28.52	+0,68	
2.	Karin Rijkelijkhuisen	DZ&PC	NED 199403358	30.23	+0,73	
3.	Anja Mus	HZ&PC Heerenveen	NED 199403928	30.34	+0,76	
4.	Marcha Admiraal	De Geul	NED 199300012	30.53	+0,78	
5.	Denise Boereboom	NieMo Barracuda	NED 199202144	31.07		
6.	Natasja Snijders	Aqua-Novio '94	NED 199107966	33.20	+0,81	
7.	Tessa van Dijk-Mosch	MSV-Zeemacht	NED 199102172	34.18	+0,69	
8.	Phedra Van Daele	MEGA Zwemteam	BEL MEGA/21311/93	34.44	+0,78	
9.	Alma Janssen	Zegenwerp	NED 199401078	34.81		
10.	Lotte Eising	ZPC Amersfoort	NED 199502098	35.04	+0,67	
11.	Janneke van de Poele	De Duck	NED 199301128	35.06	+0,66	
12.	Maaïke Karsten	Zwemvereniging Hoogland	NED 199103832	36.78		
13.	Margien Timmer	ZVL-1886	NED 199506760	37.23	+0,74	
14.	Marijke Kommers	NieMo Barracuda	NED 199305334	37.41	+0,81	
15.	Elke Schellekens	Neptunus'58	NED 199301550	37.67	+0,89	
16.	Eline Molle	De Geul	NED 199404276	38.88	+0,83	
17.	Lisa Smit	Thor	NED 199208106	1:03.01	+0,94	

Masters 35+

1.	Elmi Roelofsen	SG Octopus - ZVV	NED 199008198	32.43		
2.	Monique van Huizen	AZC	NED 198706236	33.64	+0,81	
3.	Nienke van Stipriaan	Zwemvereniging Hoogland	NED 198703970	34.85	+0,33	
4.	Danila van den Hoogenband	Z&PV Nuenen	NED 199001558	35.80	+0,80	
5.	Esther van Maastrigt	Montferland	NED 198802836	39.32	+0,81	

Masters 40+

1.	Marije Jansen	ZPC Amersfoort	NED 198504088	31.31	+0,58	
2.	Laura Badoux	DAW	NED 198200038	33.38		
3.	Elke Popma - Blox	Z.V. Tiamat	NED 198200154	34.53		
4.	Sandra Schellekens	Neptunus'58	NED 198503416	36.36	+0,87	
5.	Tessa Zwart-Piek	DZ&PC	NED 198102360	42.19		

Masters 45+

1.	Delia Badoux <i>European Masters Record</i>	WVZ	NED 198000042	29.53	+0,78	
2.	Chantal Verhoeff	Old Dutch	NED 197900912	34.85	+0,82	
3.	Krista de Reus-Trompetter	DZ&PC	NED 197600520	35.66	+0,89	
4.	Marian Nederlof	De Geul	NED 197600950	36.48		
5.	Esther Poortvliet - Koedam	De Duinkickers	NED 198001824	37.14		
6.	Inge Roskam	De Duinkickers	NED 197801296	38.31		
7.	Esther Vergeest	ZPC De Rog Weert	NED 197700012	38.79	+0,87	
8.	Jessica van Velzen	Swol 1894	NED 197601122	56.20		



Programmanr. 7, Dames, 50m vlinderslag

Masters 50+

1.	Gudule van der Meer	PSV	NED	197200396	32.39	
2.	Olivia Lorton	Luxembourg Sharks Swimming	CLUX	9981	32.70	+0,76
3.	Mirjan den Drijver	Westland Swimming Stars	NED	197500884	34.03	+0,62
4.	Edith Janssen-Koolen	TRB-RES	NED	197300898	34.59	+0,79
5.	Iлона Hogerheyde	DAW	NED	197400224	35.42	+0,82
6.	Evelien Naatje	WS Twente	NED	197200838	42.47	+0,95
7.	Tiffany Tsui	Zwemvereniging Hoogland	NED	197401110	50.20	+0,98
8.	Martine Stahlie-Bos	TriVia	NED	197401054	1:02.10	+0,96

Masters 55+

1.	Jeanne Petit	PSV	NED	197001020	32.45	+0,77
2.	Lesley Cordial	ZPC Amersfoort	NED	196700684	33.17	
3.	Marjo Goelema-Koek	De Biesboschzwemmers	NED	196900192	35.07	+0,69
4.	Petra Blum	SG Bayer	GER	274174	36.74	
5.	Trudy Ketting	PSV	NED	197000268	36.79	
6.	Katja De Beer	ZPC De Rog Weert	NED	196800888	38.11	+0,89
7.	Jacqueline Tuin	DAW	NED	196600690	40.06	+0,78
8.	Annette van Dok	MSV-Zeemacht	NED	196800742	54.35	+0,79

Masters 60+

1.	Allie Price	Bridgend Swim Club	GBR	547582	34.01	+0,68
2.	Marjan Remmits-de Lange	ZPC Amersfoort	NED	196300518	34.59	
3.	Margriet Grove-Lingeman	Triton	NED	196200080	39.45	+0,86
4.	Karin van der Star-Verhoeven	ENC Arnhem	NED	196100382	42.06	+0,88
5.	Yoka de Vegt-van Dijk	ENC Arnhem	NED	196200420	42.59	+0,98
6.	Maud Peuten-Evers	Mosa-Regio	NED	196400584	47.07	+0,65
7.	Hellen van Vliet	Orca Leeuwarden	NED	196200426	49.42	+0,90

Masters 65+

1.	Marijke Kraak-Beckers	Swol 1894	NED	196000240	39.56	+0,90
2.	Ria Peters-Veurman	ENC Arnhem	NED	195800242	59.74	

Masters 70+

1.	Christine Nieuwenhuis	Swol 1894	NED	195100022	40.70	
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Masters 75+

1.	Conny Boer-Buys <i>Nederlands Masters Record</i>	ZV Vlaardingen-Schiedam	NED	195000006	42.92	
2.	Antoinette Gilding-Tussaud	WS Twente	NED	195000038	1:02.79	
3.	Annet Verhoeven - Steggerda	De Duinkickers	NED	194600024	1:13.98	+0,97

Masters 80+

1.	Leny Kamp	Aquapoldro	NED	194400008	1:26.36	+0,97
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Open Nederlandse Masters
Kampioenschappen 2025 lange baan
Drachten, 8-11 mei 2025



Programmanr. 8
9-5-2025 - 13:46

Heren, 50m vlinderslag

Masters Open
Resultaten

rang	naam	vereniging		tijd	RT	PARA
Masters 20+						
1.	Michael Smink	Blue Marlins	NED 200302169	25.19	+0,73	
2.	Luc Mul	DAW	NED 200201025	26.99	+0,75	
3.	Daan Hoogendoorn	ZPC Woerden	NED 200500113	27.28	+0,59	
4.	Jorian Darwinkel	HZ&PC Heerenveen	NED 200300565	27.40	+0,74	
5.	Niels van der Mast	ZOB'66	NED 200401917	27.65	+0,69	
6.	Ilmar Stoop	ZuiderZeeZwemmers	NED 200100871	27.79		
7.	Mart de Koning	ZOB'66	NED 200203253	27.83	+0,70	
8.	Remco Dijkstra	HZ&PC Heerenveen	NED 200100789	28.26	+0,75	
9.	Milan de Roo	ZPC Woerden	NED 200102215	28.37	+0,60	
10.	Niels Kragt	G.S.Z.V. De Golfbreker	NED 200300155	28.59	+0,69	
11.	Julian Mes	ZOB'66	NED 200103755	28.85		
12.	Mees Minneboo	MSV-Zeemacht	NED 200203465	29.09	+0,71	
13.	Junior Vermeulen	De Bevelanders	NED 200103363	29.51		
14.	Marc Hoogeveen	DZ&PC	NED 200101585	29.52	+0,78	
15.	Rik Stahlie	TriVia	NED 200201915	30.05		
16.	Ruben Zwartebol	ZPC Woerden	NED 200102651	30.23	+0,65	
17.	Mika Bongers	ENC Arnhem	NED 200502683	30.50	+0,71	
18.	Tim Seising	VZC	NED 200500107	30.59		
19.	Reinier Velthuijs	NieMo Barracuda	NED 200503537	31.10		
20.	Sytze van Stein	ZVL-1886	NED 200501155	31.29	+0,72	
21.	Dennis v.d. Bok	z.c De Schotejil	NED 200504015	32.54	+0,75	
NG	Jorick van Bon	ZPC Amersfoort	NED 200300091			

Masters 25+

1.	Doran Paap	ZV Westland	NED 200000301	26.65	+0,65	
2.	Mathieu Boers	WS Twente	NED 199800187	26.67	+0,73	
3.	Sander Kirillova	WVZ	NED 199800121	26.96	+0,69	
4.	Kevin Roest	Zwemvereniging Hoogland	NED 200001223	27.29	+0,76	
5.	Ryan van den Ouden	Poseidon'56	NED 199900377	27.31	+0,82	
6.	Arjan Dekker	Bubble	NED 200000499	27.32		
	Jesse van Dijk	ZuiderZeeZwemmers	NED 199903259	27.32		
8.	Jarick Stoop	ZuiderZeeZwemmers	NED 199604181	27.58	+0,72	
9.	Ian Terlouw	ZPC Woerden	NED 200002345	27.62		
10.	Nino van Krimpen	ZOB'66	NED 200004611	27.67	+0,71	
11.	Robin Meuwissen	Hellas-Glana	NED 199602601	27.72	+0,76	
12.	Mirko van Ligtenberg	De Granaet	NED 199800735	27.90	+0,65	
13.	Jordi de Nijs	MSV-Zeemacht	NED 199801851	27.99		
14.	Jacob Mackloet	z.c De Schotejil	NED 200001171	28.65	+0,70	
15.	Sam Beer	Poseidon'56	NED 199605521	29.34	+0,67	
16.	Ian van Mullem	ZOB'66	NED 199602545	29.37	+0,79	
17.	Erwin Pras	GZVW	NED 199601781	29.63		
18.	Tim de Zoete	Zwemvereniging Hoogland	NED 199701875	29.96		
19.	Kylian Kooijman	Steenwijk 1934	NED 199900763	30.01	+0,79	
20.	Mees Laar	ENC Arnhem	NED 199601719	30.18		
21.	Patrick Wyrdean	Westland Swimming Stars	NED 199702475	30.25		
22.	Lars Jacobsen	DWK	NED 199705453	31.00	+0,82	530
23.	Sjoerd Boogert	De Rijn	NED 199903153	31.17	+0,83	
24.	Auke Sijperda	AZC	NED 199905115	31.32	+0,75	
25.	Leon Kloots	ZPC De Hof	NED 200001363	31.41	+0,69	
26.	Ids de Klerk	NieMo Barracuda	NED 199803237	31.65	+0,86	
27.	Rob van Wier	HZ&PC Heerenveen	NED 199900697	31.81	+0,75	
28.	Sven Dubbeld	z.c De Schotejil	NED 199601141	36.22	+0,74	
29.	Ardy Zwanenburg	AZC	NED 199902061	36.53	+0,92	
DIS	Jaimy Voogt	ZOB'66	NED 200005881			

AA - De start ingezet voor het startsignaal (en wel gezwommen).





Programmanr. 8, Heren, 50m vlinderslag

Masters 30+

1.	Jeroen Baars	NieMo Barracuda	NED	199200031	25.47	+0,74
2.	Jesper Oranje	De Duck	NED	199200997	26.07	
3.	Felix Geenen	DAW	NED	199501085	26.11	+0,87
4.	Bas Dries	Zwemvereniging Hoogland	NED	199505177	26.48	+0,74
5.	Nick Sijmons	De Amstel	NED	199500491	27.10	+0,72
6.	Michel de Maesschalck	DAW	NED	199101525	28.24	+0,72
7.	Stefan Petersen	Blue Marlins	NED	199403067	28.26	+0,62
8.	Bas Braun	ZPC Amersfoort	NED	199106545	28.57	
9.	Jeroen Matthijssen	AZC	NED	199103751	29.07	+0,77
10.	Sander Riezebos	WS Twente	NED	199400467	29.89	+0,75
11.	Cars Wiegmann	WS Twente	NED	199401025	31.69	+0,74
12.	Daniel Castillo Montoya	ZVL-1886	NED	199406779	32.15	
13.	Arnold Hofman	DZ&PC	NED	199406759	34.36	
14.	Patrick Graver	GZVW	NED	199404735	34.60	+0,83
15.	Karlo Kok	Zwemvereniging Hoogland	NED	199101265	35.10	+0,79
16.	Mike van der Sanden	PSV	NED	199506349	37.52	
17.	Derek Valkenier	MSV-Zeemacht	NED	199207397	37.67	
NG.ZA	Melle de Groot	ZPCH	NED	199107877		

Masters 35+

1.	Marc Kremer	TriVia	NED	199004667	26.64	
2.	Sander de Vrugt	ENC Arnhem	NED	198903499	28.08	+0,79
3.	Olaf Achterberg	VZC	NED	199000011	28.16	+0,79
4.	Craig Frankum	O.Z. & P.C. De Warande	NED	199007759	28.32	+0,98
5.	Rick Driezen	Steenwijk 1934	NED	198600713	28.95	+0,81
6.	Robert Braad	Steenwijk 1934	NED	198600407	29.61	+0,82
7.	Eric Kalee	Zwemvereniging Hoogland	NED	199005307	30.90	+0,92
8.	Nick Breukelman	SwimGym	NED	199007773	31.45	
9.	Mitchell van Uiter	De Geul	NED	199004067	32.48	+0,99
10.	Remco van der Graaf	De Geul	NED	198704007	33.00	+0,80
11.	Rick van Nieuwenhuizen	De Rijn	NED	199002097	33.36	+0,80
12.	Robert Spekhorst	De Mors	NED	198703141	41.32	+0,89
13.	Erik Meijer	Thor	NED	198704113	48.34	

Masters 40+

1.	Jim Geestman	Poseidon'56	NED	198300699	29.05	+0,98
2.	Robin Wolbers	MZ&PC De Reest	NED	198503051	29.20	+0,83
3.	Anko Eefting	TriVia	NED	198300607	30.54	+0,78
4.	Rene Koedooder	Enkhuizer Zwem Vereniging	NED	198200919	30.88	+0,83
5.	Benoit Gasner	D.E.S.	NED	198102645	31.55	+0,75
6.	Wouter Zijlstra	DAW	NED	198202077	31.59	
7.	Ricardo van Dam	AZC	NED	198503965	32.26	
8.	Frans Kooijman	Poseidon'56	NED	198303185	40.83	+0,98

Masters 45+

1.	Erwin Buist	ZPC Amersfoort	NED	197800183	27.84	
2.	Jasper van Heijst	ZPCH	NED	197601699	28.52	+0,75
3.	Jeroen Zelsmann	ZPC Amersfoort	NED	197701551	29.20	
4.	Arjen Nieveen	DZ&PC	NED	198002545	30.55	+0,72
5.	Pieter Broek	Westland Swimming Stars	NED	197701637	30.74	+0,68
6.	Chris Hegeman	TriVia	NED	197601739	33.09	+0,73
7.	Arjen Koop	ENC Arnhem	NED	197900697	34.80	
8.	Bogdan Androne	ZV Sassenheim	NED	197701783	35.30	+0,86
9.	Alfonso Verkerk	Blue Marlins	NED	197601665	37.34	+0,84



Open Nederlandse Masters
Kampioenschappen 2025 lange baan
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Programmanr. 8, Heren, 50m vlinderslag

Masters 50+

1.	Frederic Tonus	Luxembourg Sharks Swimming CLUX	10449	26.39	+0,73
	<i>Luxemburg Masters Record</i>				
2.	Antwan van Engen	CWW Swimteam	NED 197101577	28.51	+0,78
3.	Vincent Michaux	Cercle De Natation Sportcity WolBEL	CNSW/013356/75	29.84	+0,84
4.	Peter Meijer	DZ&PC	NED 197300613	30.48	+0,64
5.	Arjan Verheij	ZPC De Rog Weert	NED 197101617	31.35	+0,93
6.	Jeroen Temme	TriVia	NED 197201703	32.27	
7.	Pleun Lodewijks	DAW	NED 197101799	32.71	+0,76
8.	Peter de Vries	HZ&PC Heerenveen	NED 197401601	33.21	+0,92
9.	Michael Go	AZC	NED 197501397	33.72	
10.	Maxim Hardziyenka	Swol 1894	NED 197201723	42.27	+0,88

Masters 55+

1.	Chester Marsman	ZPC Amersfoort	NED 196900671	28.90	+0,74
2.	Richard Ricksen	Hellas-Glana	NED 197000841	31.51	
3.	Marcel Vroegindewei	Poseidon'56	NED 196801709	32.51	+0,80
4.	Edwin Petri	De Otters Het Gooi	NED 196601687	33.31	+0,83
5.	Gerko Versluis	ZuiderZeeZwemmers	NED 196901439	33.58	
6.	Jeroen Wilmer	Enkhuizer Zwem Vereniging	NED 196601711	34.08	+0,88
7.	Hans Schoenmakers	DAW	NED 196900863	35.05	+0,83
8.	Teus Krijgsman	ACZ	NED 196600431	36.01	+0,83
9.	Erwin Snip	ENC Arnhem	NED 197001555	37.84	
10.	Marcel Brittijn	De Duinkickers	NED 196900159	38.19	+0,70
11.	Erik Zoethout	Aqualero	NED 196901157	38.28	+0,93

Masters 60+

1.	Robert de Brauwer	De Duinkickers	NED 196401383	34.50	
2.	Theo Bakker	TriVia	NED 196401231	35.70	+0,89
3.	Pieter-Sjoerd de Wijn	D.E.S.	NED 196501027	37.43	+0,91
4.	Henri Michels	De Amstel	NED 196501587	37.60	+0,98

Masters 65+

1.	Hugo Bregman	WVZ	NED 195800069	29.61	+0,88
2.	Peter Molecz	SC Diana	AUT 019219	36.12	
3.	Jaap de Boer	De Duinkickers	NED 195800691	41.87	

Masters 70+

1.	Henk Slomp	Z&PC de Inktvis	NED 195500359	34.72	+0,96
2.	Fred Zanting	TriVia	NED 195400323	36.34	

Masters 75+

1.	Piet Schop	De Bevelanders	NED 195000109	46.93	+0,91
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Masters 80+

1.	Geza Kaltenecker	AZC	NED 194200065	1:08.61	+0,61
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Open Nederlandse Masters
Kampioenschappen 2025 lange baan
Drachten, 8-11 mei 2025



Programmanr. 9
9-5-2025 - 14:01

Dames, 200m wisselslag

Masters Open
Resultaten

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
Masters 20+								
1. M. van der Kamp	HZ&PC Heerenveen	NED 200500218	2:27.22	+0,84	31.80	1:09.73	1:55.07	2:27.22
2. Femke Backx	Orca Leeuwarden	NED 200106430	2:32.96	+0,79	32.15	1:12.45	1:58.15	2:32.96
3. Lize Janna de Vries	Orca Leeuwarden	NED 200101948	2:36.99	+0,82	32.15	1:13.70	1:59.89	2:36.99
4. Emma Riemers	MSV-Zeemacht	NED 200500748	2:38.78	+0,94	32.72	1:15.33	2:02.97	2:38.78
5. Feline Slijkhuis	SG Octopus - ZVV	NED 200501042	2:44.66	+0,89	35.67	1:18.40	2:06.33	2:44.66
6. Ilse Kramer	TriVia	NED 200403072	2:51.86	+0,85	37.76	1:24.07	2:11.76	2:51.86
7. Romée Beverdam	WS Twente	NED 200100158	2:53.14	+0,90	36.09	1:20.55	2:13.01	2:53.14
8. Pien Ooijman	WS Twente	NED 200504500	2:54.17	+0,90	36.55	1:21.04	2:13.16	2:54.17
9. Jet van Oudheusden	ZOB'66	NED 200401012	2:55.74	+0,84	38.09	1:23.24	2:14.15	2:55.74
10. Zoë van der Reijden	LinK	NED 200505296	3:35.25	+0,88	49.75	1:42.34	2:47.27	3:35.25

Masters 25+

1. Tamara Grove	De Dolfijn	NED 199601266	2:30.16	+0,75	31.61	1:11.77	1:57.37	2:30.16
2. Anne Noom	Het Y	NED 199800062	2:34.01		32.35	1:10.66	1:56.75	2:34.01
3. Kaylee de Jong	ZPCH	NED 200001234	2:36.91		33.43	1:15.48	2:01.52	2:36.91
4. Mirelle de Kort	Neptunus'58	NED 200005546	2:45.96	+0,77	35.06	1:18.95	2:07.31	2:45.96
5. Ellen ter Stege	ENC Arnhem	NED 199900604	2:53.37		37.50	1:22.57	2:12.53	2:53.37
6. Ageeth de Haan	Steenwijk 1934	NED 199901022	2:53.42	+0,68	38.10	1:27.26	2:15.68	2:53.42
7. Sabine Lageweg	Steenwijk 1934	NED 199900926	2:54.37	+0,97	36.17	1:23.46	2:14.25	2:54.37
8. Melissa Schuurman	EZCL (SG)	NED 200006800	2:57.94	+0,71	35.58	1:20.44	2:13.98	2:57.94
9. Astrid Wibbelink	Steenwijk 1934	NED 199600006	3:11.44		42.84	1:30.60	2:27.67	3:11.44
10. Melanie Zondag	ZC Polaris	NED 199804476	3:13.78	+0,96	41.49	1:33.08	2:29.36	3:13.78
11. Yvette Meijer	Zwemvereniging Hoogland	NED 199706590	3:20.01	+0,96	40.63	1:33.77	2:33.04	3:20.01

Masters 30+

1. Fiona Meuffels	PSV	NED 199504366	2:41.14		34.34	1:19.60	2:05.31	2:41.14
2. Denise Boereboom	NieMo Barracuda	NED 199202144	2:41.48	+0,81	31.76	1:15.91	2:03.87	2:41.48
3. Wendan Poelstra	TriVia	NED 199102496	2:43.68		33.24	1:16.14	2:04.13	2:43.68
4. Floor Weijmans	HZPC	NED 199502522	2:44.17	+0,84	35.08	1:16.98	2:07.06	2:44.17
5. Larissa Jansen	PSV	NED 199500660	2:48.30	+0,79	35.28	1:21.26	2:11.11	2:48.30
6. N. Wobben-de Vries	Steenwijk 1934	NED 199204328	2:49.95	+0,82	37.63	1:21.90	2:13.07	2:49.95
7. Nienke Smidt	WS Twente	NED 199407596	2:51.10		35.76	1:20.35	2:12.73	2:51.10
8. Esther Kwebeman	TriVia	NED 199106374	2:56.45	+0,95	37.57	1:23.82	2:14.32	2:56.45
9. Irmgard van Weeghel	ENC Arnhem	NED 199204834	3:07.70	+0,68	42.38	1:31.29	2:25.76	3:07.70
NG Sietske Veldkamp	ZPC De Hof	NED 199501628						

Masters 35+

1. Jacyntha Plat	Steenwijk 1934	NED 199002956	2:43.46	+0,82	33.90	1:17.80	2:03.47	2:43.46
2. I. van den Wijngaard	ZPC Woerden	NED 198904736	2:50.91	+0,90	36.91	1:20.33	2:10.79	2:50.91
3. Monique van Huizen	AZC	NED 198706236	2:51.62		36.52	1:22.57	2:12.92	2:51.62
4. Liesbeth van Mill	Zwemlust- den Hommel	NED 198702786	3:01.06	+0,91	38.20	1:25.30	2:16.94	3:01.06
5. Desiree Groot	SwimGym	NED 198601310	3:17.45	+0,76	43.15	1:33.82	2:32.53	3:17.45
6. Ilana Iskander	Zwemvereniging Hoogland	NED 198907606	3:18.34	+0,82	44.74	1:36.44	2:33.84	3:18.34
7. Janneke Wynia	WS Twente	NED 199005500	3:38.14		51.68	1:49.86	2:48.87	3:38.14

Masters 40+

1. V. Háden-Felföldi <i>Hungarian Masters Record</i>	Iron Swim	HUN 66/3267	2:33.39	+0,82	32.33	1:12.78	1:57.96	2:33.39
2. Ann Wanter	Zwemclub Geel	BEL ZGEEL/21082/82	2:45.65	+0,85	35.30	1:18.72	2:09.27	2:45.65
3. Nadya Putter	ZV Vlaardingen-Schiedam	NED 198301630	2:46.64	+0,76	35.90	1:21.11	2:07.47	2:46.64
4. Roos van Esch	ACZ	NED 198200468	2:50.58	+0,72	36.51	1:21.62	2:12.23	2:50.58
5. Elke Popma - Blox	Z.V. Tiamat	NED 198200154	2:55.18		36.28	1:21.04	2:13.85	2:55.18
6. Angela Giezen	ZPC Amersfoort	NED 198302796	3:04.39		40.42	1:26.35	2:22.17	3:04.39
7. Michelle de Villiers	Hellas-Glana	NED 198302944	3:06.83	+0,76	37.26	1:27.12	2:22.13	3:06.83
8. Mireille Nijhuis	Swol 1894	NED 198102368	3:11.36	+0,73	42.30	1:31.79	2:29.31	3:11.36





Open Nederlandse Masters
Kampioenschappen 2025 lange baan
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Programmanr. 9, Dames, 200m wisselslag, Masters 40+

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
9. Marloes Rebel	WS Twente	NED 198403474	3:47.61		50.84	1:53.64	3:03.64	3:47.61

Masters 45+

1. Delia Badoux	WVZ	NED 198000042	2:36.58	+0,78	30.94	1:14.02	2:00.66	2:36.58
<i>Nederlands Masters Record</i>								
2. Annett von Rekowski	Schwimmverein Gera	GER 097868	2:49.32	+0,86	36.04	1:20.27	2:11.98	2:49.32
3. Chantal Verhoeff	Old Dutch	NED 197900912	3:04.22	+0,82	36.35	1:26.93	2:23.15	3:04.22
4. Leontine Loeber	SwimGym	NED 197701010	3:13.71	+0,95	42.85	1:33.57	2:29.44	3:13.71
5. C. van Bruxvoort	Feijenoord Albion	NED 197700138	3:51.40	+0,93	50.42	1:47.48	2:58.93	3:51.40

Masters 50+

1. Gudule van der Meer	PSV	NED 197200396	2:49.06	+0,91	35.91	1:20.49	2:11.20	2:49.06
2. Liselotte Joling	PSV	NED 197500268	2:50.51	+0,84	36.89	1:23.90	2:13.15	2:50.51
3. Marleen Vos	Batavia Swim	NED 197400598	2:55.13	+0,84	37.94	1:24.70	2:14.88	2:55.13
4. Micky Grulms	Luxembourg Sharks Swimmi	LUX14029	2:56.49	+0,93	38.30	1:27.98	2:14.81	2:56.49
5. Barbara Ratz	SC Hakoah	AUT 52398	2:57.08	+0,85	39.16	1:26.21	2:15.68	2:57.08
6. Ilona Hogerheyde	DAW	NED 197400224	2:58.57	+0,78	37.29	1:24.32	2:15.91	2:58.57
7. Mirjan den Drijver	Westland Swimming Stars	NED 197500884	2:59.68		36.40	1:24.22	2:18.07	2:59.68
8. Nathasja Konijn	GZC Donk	NED 197100992	3:30.48		45.67	1:38.47	2:39.90	3:30.48

Masters 55+

1. L. v. Bon-Rosenbrand	ZPC Amersfoort	NED 197000054	2:48.91		36.50	1:22.73	2:11.16	2:48.91
2. Jeanne Petit	PSV	NED 197001020	3:01.83	+0,84	34.94	1:27.47	2:18.86	3:01.83
3. Bianca Groot	MSV-Zeemacht	NED 197000652	3:04.44	+0,87	39.00	1:30.69	2:22.83	3:04.44
4. Peggi Hurenkamp	HZ&PC Heerenveen	NED 196900922	3:20.17		42.62	1:36.15	2:34.54	3:20.17
5. K. van Nassau-van den I	Old Dutch	NED 196600188	3:32.83		49.15	1:49.88	2:46.53	3:32.83

Masters 60+

1. M. Remmits-de Lange	ZPC Amersfoort	NED 196300518	2:55.95		36.21	1:24.06	2:16.30	2:55.95
2. Petra Tossings	GZC Donk	NED 196100376	3:13.63	+0,91	41.12	1:33.67	2:29.88	3:13.63
3. Anita Steijger	WVZ	NED 196500628	3:22.49	+0,95	44.89	1:39.31	2:36.60	3:22.49
4. A. Vuist-Blum	Swol 1894	NED 196300282	3:33.26	+0,84	49.37	1:46.47	2:45.01	3:33.26

Masters 65+

1. Lia Bijkerk	GZC Donk	NED 196000014	3:45.31		51.52	1:53.15	2:56.64	3:45.31
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Masters 75+

1. A. Gilding-Tussaud	WS Twente	NED 195000038	4:40.44		1:13.64	2:17.78	3:36.87	4:40.44
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Programmanr. 10
9-5-2025 - 14:31

Heren, 200m wisselslag

Masters Open
Resultaten

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
Masters 20+								
1. Wouter Zijlstra	HZ&PC Heerenveen	NED 200401545	2:11.83	+0,73	28.90	1:03.85	1:41.80	2:11.83
2. Jelle Opmeer	ZPC Amersfoort	NED 200100269	2:28.68	+0,72	30.82	1:12.41	1:53.37	2:28.68
3. Owen Michels	De Amstel	NED 200402293	2:34.71	+0,73	32.19	1:12.71	1:58.83	2:34.71
4. Tim Seising	VZC	NED 200500107	2:42.65		33.78	1:18.16	2:05.32	2:42.65



Programmanr. 10, Heren, 200m wisselslag

Masters 25+

1. Bert Duivenvoorde	De Columbiaan	NED 199701805	2:19.30		27.76	1:05.64	1:46.67	2:19.30
2. Sander Kirillova	WVZ	NED 199800121	2:20.76	+0,68	28.11	1:05.07	1:46.80	2:20.76
3. Jasper Breugem	WVZ	NED 200000303	2:21.37	+0,80	29.64	1:05.20	1:47.66	2:21.37
4. Nick Bongers	SBC2000	NED 199800843	2:26.66	+0,79	32.43	1:11.37	1:51.79	2:26.66
5. Richard Kuipers	HZ&PC Heerenveen	NED 199704171	2:27.96	+0,77	30.70	1:08.61	1:51.59	2:27.96
6. David Kievit	z.c De Schotejil	NED 199900325	2:28.14	+0,78	30.52	1:08.71	1:53.00	2:28.14
7. Jelle Blankestijn	ZPC Amersfoort	NED 199803737	2:28.26		30.27	1:10.21	1:55.14	2:28.26
8. Kylian Kooijman	Steenwijk 1934	NED 199900763	2:31.08	+0,82	30.75	1:10.13	1:54.62	2:31.08
9. Jeroen Louwinger	De Rijn	NED 199900583	2:31.98	+0,73	33.09	1:11.98	1:58.93	2:31.98
10. Patrick Wyrdeeman	Westland Swimming Stars	NED 199702475	2:39.01	+0,75	32.00	1:15.06	2:01.83	2:39.01
11. Erwin Pras	GZVW	NED 199601781	2:41.05	+0,88	30.98	1:13.56	2:03.38	2:41.05
12. Laurens Spoelstra	WS Twente	NED 199901273	2:44.10	+0,87	32.89	1:16.00	2:05.10	2:44.10
13. Wout Wilens	EZCL (SG)	NED 200001431	3:00.96	+0,79	36.74	1:23.14	2:20.80	3:00.96

Masters 30+

1. Nick Sijmons	De Amstel	NED 199500491	2:20.58		28.61	1:07.11	1:47.31	2:20.58
2. Kevin Meuwissen	Hellas-Glana	NED 199502485	2:21.14	+0,90	28.47	1:06.41	1:47.82	2:21.14
3. Bram Siebers	EZCL (SG)	NED 199302241	2:37.37	+0,79	30.92	1:13.98	2:00.23	2:37.37
4. Bryan Morsink	GZC Donk	NED 199101629	2:44.41	+0,78	31.04	1:10.63	2:03.49	2:44.41
5. Remco Visser	ZPC Woerden	NED 199503185	2:59.53		36.96	1:21.05	2:18.76	2:59.53
6. Richard Heijnen	ZC Polaris	NED 199107793	3:11.06		42.83	1:30.98	2:30.35	3:11.06
7. Arnold Hofman	DZ&PC	NED 199406759	3:13.86		37.81	1:29.11	2:26.70	3:13.86

Masters 35+

1. Tim Bunnik	Triton	NED 199000505	2:27.54		31.67	1:09.79	1:54.58	2:27.54
2. Robert Braad	Steenwijk 1934	NED 198600407	2:31.13		30.48	1:08.43	1:55.44	2:31.13
3. Patrick Creemers	SG Patrick - De Roersoppers	NED 199000579	2:32.40	+0,61	32.42	1:15.56	1:58.73	2:32.40
4. Rick Driezen	Steenwijk 1934	NED 198600713	2:37.56		31.96	1:12.63	2:01.32	2:37.56
5. Wessel Everloo	WS Twente	NED 198906597	2:51.53	+0,98	38.30	1:21.69	2:16.27	2:51.53
6. R. van Nieuwenhuizen	De Rijn	NED 199002097	3:11.23	+0,87	39.38	1:29.05	2:29.84	3:11.23

Masters 40+

1. Yuri van Omme	Zwemvereniging Hoogland	NED 198501887	2:29.23	+0,82	31.73	1:11.26	1:53.73	2:29.23
2. Rob van Vliet	ZPC Amersfoort	NED 198402459	2:35.95	+0,88	31.26	1:12.57	1:58.14	2:35.95
3. Albert van Piekeren	Swol 1894	NED 198401767	2:44.94		36.59	1:20.04	2:06.28	2:44.94
4. Bertrand Maillet	ASPTT Clermont-Ferrand	FRA 88948	2:51.63	+0,99	37.88	1:23.33	2:12.09	2:51.63

Masters 45+

1. Mark Hensen	NieMo Barracuda	NED 197900497	2:28.52	+0,83	31.00	1:09.91	1:54.32	2:28.52
2. Vincent Versteeg	Zwemlust- den Hommel	NED 197701003	2:29.08	+0,78	31.69	1:12.36	1:54.68	2:29.08
3. Heijmen van Vliet	De Geul	NED 198001637	2:33.78		31.94	1:11.85	1:59.07	2:33.78
4. Freddie Geerlings	Zwemsport Parkstad	NED 197900379	2:46.66	+0,57	34.56	1:20.16	2:08.74	2:46.66
5. Chris Hegeman	TriVia	NED 197601739	3:02.44	+0,76	36.15	1:29.64	2:20.41	3:02.44

Masters 50+

1. Korstiaan de Boer	Steenwijk 1934	NED 197101629	2:55.17		37.26	1:21.89	2:13.42	2:55.17
2. Martijn de Jong	DWK	NED 197101659	3:00.51	+0,90	34.27	1:26.92	2:15.90	3:00.51
3. Erwin Veenhoven	ZVL-1886	NED 197101793	3:08.82		40.54	1:28.09	2:26.19	3:08.82
4. M. van Walt van Praag	Gay Swim Amsterdam	NED 197501425	3:20.33	+0,80	41.98	1:38.23	2:36.92	3:20.33



Open Nederlandse Masters
Kampioenschappen 2025 lange baan
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Programmanr. 10, Heren, 200m wisselslag

Masters 55+

1. Matthias Millers	SG Wuppertal	GER 113799	2:27.31	+0,91	31.41	1:10.27	1:52.49	2:27.31
<i>German Masters Record</i>								
2. J. van den Berg	WVZ	NED 196801575	2:35.21	+0,85	33.86	1:13.97	1:59.26	2:35.21
3. Mathieu Rikken	De Duinkickers	NED 196701777	2:55.78	+0,95	38.51	1:24.63	2:15.81	2:55.78
4. Norbert Nagl	SC Hakoah	AUT 20840	2:55.98	+0,88	40.32	1:25.60	2:17.03	2:55.98
5. Eymert van Rooij	PSV	NED 196601631	3:01.98	+0,88	39.96	1:26.05	2:20.44	3:01.98
DIS Richard Ricksen	Hellas-Glana	NED 197000841						
<i>AF - De aangegeven afstand niet uitgezwommen.</i>								

Masters 60+

1. Johan Remmits	ZPC Amersfoort	NED 196201159	2:41.65		33.25	1:16.20	2:05.27	2:41.65
2. Arnold de Rover	De Berkelduikers	NED 196400645	2:43.20	+0,99	34.37	1:18.04	2:06.45	2:43.20
3. Jon Christensen	Luxembourg Sharks SwimmirLUX	LUX10008	2:43.32	+0,79	34.07	1:20.46	2:05.90	2:43.32
<i>Luxemburg Masters Record</i>								
4. Ronald Grove	Triton	NED 196100161	3:05.48	+0,82	38.37	1:31.64	2:23.62	3:05.48

Masters 65+

1. Peter Molecz	SC Diana	AUT 019219	3:09.04		40.39	1:28.40	2:25.71	3:09.04
2. Paul Bunnik	Triton	NED 195600413	3:11.90		38.21	1:30.88	2:29.30	3:11.90

Masters 75+

1. Piet Schop	De Bevelanders	NED 195000109	4:15.59	+0,91	50.38	1:59.24	3:11.86	4:15.59
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Masters 80+

1. Rob Hanou	PSV	NED 194300109	4:46.63		1:16.85	2:30.10	3:43.82	4:46.63
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Programmanr. 11
9-5-2025 - 14:52

Dames, 100m vrije slag

Masters Open
Resultaten

rang naam	vereniging			tijd	RT	PARA	50m	100m
Masters 20+								
1. Amber Hesper	NieMo Barracuda	NED	200202188	1:00.07	+0,81		28.84	1:00.07
2. Marit Huisman	WVZ	NED	200502620	1:01.21	+0,73		29.45	1:01.21
3. Leonie van Wier	HZ&PC Heerenveen	NED	200200436	1:01.31	+0,75		29.71	1:01.31
4. Anouchka Bos	NieMo Barracuda	NED	200501528	1:01.52	+0,85		29.61	1:01.52
5. Isabel Dijkstra	Hellas-Glana	NED	200200918	1:02.00			30.00	1:02.00
6. Femke Backx	Orca Leeuwarden	NED	200106430	1:02.11	+0,77		29.75	1:02.11
7. Amé Hulleman	DZ&PC	NED	200202794	1:02.75	+0,59		30.03	1:02.75
8. Robin Pienaar	NieMo Barracuda	NED	200102236	1:02.94	+0,84		30.18	1:02.94
9. Esmée van Peer	TriVia	NED	200201114	1:03.11	+0,80		30.26	1:03.11
10. Jolijn Liezen	Steenwijk 1934	NED	200500518	1:03.12			30.16	1:03.12
11. Olena Dijkstra	Orca Leeuwarden	NED	200202624	1:03.35	+0,75		30.07	1:03.35
12. Evelien Husselman	MZ&PC De Reest	NED	200501324	1:03.89	+0,79		30.74	1:03.89
13. Amber van der Kruk	MSV-Zeemacht	NED	200102730	1:04.24	+0,95	752	30.53	1:04.24
14. Nienke Bakker	TriVia	NED	200501178	1:04.51			30.96	1:04.51
15. Marije Sweering	Neptunia '24	NED	200101228	1:04.61	+0,71		31.49	1:04.61
16. Lianne van Wier	HZ&PC Heerenveen	NED	200200438	1:05.00	+0,74		31.32	1:05.00
17. Sanne Kloezen	Bubble	NED	200204644	1:05.16			30.65	1:05.16
18. Xoë Stuut	Aqua 68	NED	200400754	1:05.20			31.10	1:05.20
19. Nikki Douma	Hellas-Glana	NED	200102252	1:05.24	+0,79		31.32	1:05.24
20. Sophie Brouwer	ZPCH	NED	200504124	1:06.41			31.27	1:06.41
21. Daphne van Tilburg	De Geul	NED	200500580	1:06.43	+0,78		31.52	1:06.43
22. Esmee Kloezen	Bubble	NED	200204646	1:06.87	+0,75		32.41	1:06.87





Open Nederlandse Masters
Kampioenschappen 2025 lange baan
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Programmanr. 11, Dames, 100m vrije slag, Masters 20+

rang naam	vereniging		tijd	RT	PARA	50m	100m
23. Kim de Jong	Westland Swimming Stars	NED 200401522	1:06.95	+0,79		32.20	1:06.95
24. Inge Dekker	HZ&PC Heerenveen	NED 200200476	1:07.66			31.98	1:07.66
25. M. van den Hoofdakker	Steenwijk 1934	NED 200302708	1:07.72	+0,95		32.07	1:07.72
26. Kyra Wesemann	MSV-Zeemacht	NED 200201440	1:08.26	+0,82		33.04	1:08.26
27. Nienke Lammers	De Rijn	NED 200200806	1:08.55	+0,88		33.31	1:08.55
28. Romée Beverdam	WS Twente	NED 200100158	1:08.80	+0,87		33.35	1:08.80
29. Jessica Braat	AZC	NED 200205684	1:08.90			32.85	1:08.90
30. Ilse Wild	SG Octopus - ZVV	NED 200401812	1:08.92	+0,87		33.95	1:08.92
31. Jamie Stals	ZPC De Rog Weert	NED 200401678	1:09.12	+0,71		33.24	1:09.12
32. Maddy van der Hoeven	ZPC Amersfoort	NED 200401298	1:09.55	+0,68		33.59	1:09.55
33. Hannah Elting	ENC Arnhem	NED 200402702	1:11.40	+0,92		33.59	1:11.40
34. Michelle van Wijhe	ZPC Amersfoort	NED 200402196	1:12.13			33.83	1:12.13
35. Tove Kienhuis	Aqua 68	NED 200203486	1:16.27	+0,79		36.88	1:16.27
36. Annelot Rutgers	Bubble	NED 200500876	1:18.54	+0,90		37.54	1:18.54
37. Selma Boertien	Aqua 68	NED 200203834	1:19.77			36.85	1:19.77
38. Zoë van der Reijden	LinK	NED 200505296	1:25.02			40.15	1:25.02
39. Esmeralda Elbers	Blue Marlins	NED 200404888	1:27.68			41.64	1:27.68

Masters 25+

1. Tamara Grove	De Dolfijn	NED 199601266	59.03			28.59	59.03
2. Laura Setz	Bubble	NED 200000130	1:00.96	+0,94		29.05	1:00.96
3. Babette van der Kaaij	Blue Marlins	NED 199902234	1:00.98	+0,73		29.42	1:00.98
4. Marre Zandringa	Orca Leeuwarden	NED 199701136	1:01.45	+0,72		29.56	1:01.45
5. Manon Kloosterman	Zwemlust- den Hommel	NED 199702082	1:02.38	+0,80		30.09	1:02.38
6. Alies Wagter	Steenwijk 1934	NED 199900840	1:05.63	+0,89		31.46	1:05.63
7. Selina Janssen	Neptunus'58	NED 199905974	1:05.74	+0,85		31.51	1:05.74
8. Kelly de Jonge	Poseidon'56	NED 199701210	1:06.14			31.68	1:06.14
9. Rianne Bresser	Poseidon'56	NED 199900690	1:06.32	+0,82		32.05	1:06.32
10. Moniek van Langevelde	DWK	NED 199803160	1:06.34	+0,81		31.64	1:06.34
11. Alisha Vieira	Blue Marlins	NED 199904554	1:06.37	+0,79		31.31	1:06.37
12. Marcella van der Ent	De Duck	NED 199600174	1:06.55	+0,79		30.53	1:06.55
13. Mirelle de Kort	Neptunus'58	NED 200005546	1:07.37	+0,78		32.51	1:07.37
14. Froukje Osinga	Orca Leeuwarden	NED 200003090	1:07.54			32.33	1:07.54
15. Evelien de Jong	Neptunia '24	NED 199805316	1:08.64	+0,82		32.57	1:08.64
16. Iris van der Moolen	De Amstel	NED 199902052	1:09.66	+0,87		33.48	1:09.66
17. Maria Antonella Zuccaro	DAW	NED 199606894	1:09.93	+0,50		34.21	1:09.93
18. Irene Hanse	ZuiderZeeZwemmers	NED 199801496	1:10.35	+0,95		33.71	1:10.35
19. Marleen Hof	WS Twente	NED 199802464	1:10.68	+0,92		32.58	1:10.68
20. Romy Jalving	HZ&PC Heerenveen	NED 200000616	1:10.96	+0,62		33.98	1:10.96
21. Anouk van der Lans	Westland Swimming Stars	NED 199801614	1:10.99			33.85	1:10.99
22. Iris Bastiaansen	De Amstel	NED 199902006	1:11.24			34.63	1:11.24
23. Hanna Looi	Blue Marlins	NED 200006090	1:11.97	+0,81		32.94	1:11.97
24. Mirna Wolters	De Plons	NED 199802046	1:15.44	+0,83		36.07	1:15.44
25. Rebecca de Klein	DZ&PC	NED 200002812	1:17.13			37.05	1:17.13
26. Melanie Zondag	ZC Polaris	NED 199804476	1:18.49	+0,82		37.33	1:18.49
27. Kim Hamakers	ZPC De Rog Weert	NED 199803214	1:20.12			37.90	1:20.12

Masters 30+

1. Leonie van Noort	WVZ	NED 199301752	59.10	+0,85		28.80	59.10
2. Kira Toussaint	De Dolfijn	NED 199400990	59.47	+0,69		28.57	59.47
3. Anja Mus	HZ&PC Heerenveen	NED 199403928	1:02.17			30.32	1:02.17
4. Marcha Admiraal	De Geul	NED 199300012	1:02.83			30.45	1:02.83
Lotte Coenen	D.E.S.	NED 199301518	1:02.83	+0,92		29.97	1:02.83
6. Natasja Snijders	Aqua-Novio '94	NED 199107966	1:05.15	+0,55		30.45	1:05.15
7. Tessa van Dijk-Mosch	MSV-Zeemacht	NED 199102172	1:06.07	+0,66		31.27	1:06.07
8. Larissa Jansen	PSV	NED 199500660	1:06.58			32.53	1:06.58
9. Naomi Hofsink	TriVia	NED 199402508	1:07.23			31.74	1:07.23
10. Nanda Wobben-de Vries	Steenwijk 1934	NED 199204328	1:08.51	+0,39		32.71	1:08.51
11. Phedra Van Daele	MEGA Zwemteam	BEL MEGA/21311/93	1:08.58	+0,76		32.70	1:08.58
12. Suzanne Mosch	MSV-Zeemacht	NED 199400548	1:12.40			34.16	1:12.40
13. Margien Timmer	ZVL-1886	NED 199506760	1:12.84	+0,75		35.29	1:12.84
14. Janneke van de Poele	De Duck	NED 199301128	1:16.32			35.28	1:16.32



Open Nederlandse Masters
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Programmanr. 11, Dames, 100m vrije slag, Masters 30+

rang naam	vereniging			tijd	RT	PARA	50m	100m
15. Anna Lauxen	Steenwijk 1934	NED	199108154	1:17.80			36.12	1:17.80
16. Eline Molle	De Geul	NED	199404276	1:18.50	+0,92		37.63	1:18.50
17. Elke Schellekens	Neptunus'58	NED	199301550	1:21.21	+0,86		38.29	1:21.21
18. Roxanne van Bavel	Poseidon'56	NED	199407378	1:22.28			37.63	1:22.28
19. Lisa Smit	Thor	NED	199208106	2:03.40			57.90	2:03.40

Masters 35+

1. Elmi Roelofsen	SG Octopus - ZVV	NED	199008198	1:05.36	+0,87		30.88	1:05.36
2. Lisanne Andeweg	ZuiderZeeZwemmers	NED	198800092	1:09.57	+0,82		33.46	1:09.57
3. Nienke van Stipriaan	Zwemvereniging Hoogland	NED	198703970	1:10.61			34.55	1:10.61
4. D. van den Hoogenband	Z&PV Nuenen	NED	199001558	1:15.19	+0,77		36.36	1:15.19
5. Esther Boerdam-Delfos	AZC	NED	198705256	1:16.88	+0,99		36.52	1:16.88
6. Ilana Iskander	Zwemvereniging Hoogland	NED	198907606	1:17.30	+0,81		37.40	1:17.30
7. Desiree Groot	SwimGym	NED	198601310	1:19.86	+0,80		37.74	1:19.86
8. Marieke Weering	De Plons	NED	198704550	1:24.84	+0,81		40.11	1:24.84
9. Monique Kok	SG Octopus - ZVV	NED	198605398	1:26.95			41.54	1:26.95
10. Janna Brummel	SwimGym	NED	198807018	1:27.19	+0,97		38.62	1:27.19

Masters 40+

1. Marije Jansen	ZPC Amersfoort	NED	198504088	1:05.61	+0,74		31.22	1:05.61
2. Ann Wanter	Zwemclub Geel	BEL	ZGEEEL/21082/82	1:06.55	+0,84		32.18	1:06.55
3. Claudia Schönitz	SV Gronau 1910 e.V.	GER	091249	1:09.58	+0,91		31.72	1:09.58
4. Michelle de Villiers	Hellas-Glana	NED	198302944	1:12.40	+0,77		34.19	1:12.40
5. Mireille Nijhuis	Swol 1894	NED	198102368	1:13.90			34.61	1:13.90
6. Anne Besseling-de Jong	De Geul	NED	198102084	1:14.96	+0,90		35.12	1:14.96
7. Tessa Zwart-Piek	DZ&PC	NED	198102360	1:19.29	+0,93		37.19	1:19.29

Masters 45+

1. Anke Lambooj	AZL	NED	198001182	1:04.17	+0,83		30.67	1:04.17
2. Janneke Harmsen-Bakker	PSV	NED	197700938	1:04.44	+0,86		30.72	1:04.44
3. Patricia Brooijmans	Old Dutch	NED	197901608	1:09.81			32.91	1:09.81
4. Krista de Reus-Trompetter	DZ&PC	NED	197600520	1:10.64	+0,91		33.70	1:10.64
5. Alina Spijkerman	DAW	NED	197701220	1:10.86	+0,88		33.71	1:10.86
6. Petra Guijt	Aqua-Novio '94	NED	197600978	1:11.64	+0,86		34.27	1:11.64
7. Marian Nederlof	De Geul	NED	197600950	1:12.36	+0,84		34.51	1:12.36
8. Ruth Pataki	SC Hakoah	AUT	43285	1:13.20	+0,99		36.00	1:13.20
9. Agnes van Brug	DAW	NED	198001726	1:14.07	+0,68		35.84	1:14.07
10. Esther Vergeest	ZPC De Rog Weert	NED	197700012	1:19.85	+0,89		38.25	1:19.85
11. A. Knegt-Bessebinders	De Spatters	NED	197601064	1:21.00	+0,99		36.99	1:21.00
12. Tanja Lenz	SG Bayer	GER	451703	1:22.46	+0,90		38.56	1:22.46
13. Ilonka van der Meer	LinK	NED	197601168	1:24.44			40.34	1:24.44
14. Leonie Scholten	Steenwijk 1934	NED	197901560	1:26.81	+0,83		39.89	1:26.81
15. Katrin Glatzer	ZPC Amersfoort	NED	197601200	1:27.73		S9	41.43	1:27.73
16. Sandra Van der Helm	ZPC De Rog Weert	NED	197801340	1:28.08	+0,88		40.18	1:28.08
17. Clementine van Bruxvoort	Feijenoord Albion	NED	197700138	1:33.54	+0,94		44.48	1:33.54
18. Jessica van Velzen	Swol 1894	NED	197601122	1:46.93			49.19	1:46.93

Masters 50+

1. Edith Janssen-Koolen	TRB-RES	NED	197300898	1:08.91	+0,64		32.70	1:08.91
2. Annette de Visser	Oceanus	NED	197100602	1:11.08	+0,88		34.01	1:11.08
3. Katharina Schlipp	AZL	NED	197301004	1:13.52	+0,89		35.65	1:13.52
4. Evelien Naatje	WS Twente	NED	197200838	1:21.79			39.53	1:21.79
5. Tiffany Tsui	Zwemvereniging Hoogland	NED	197401110	1:31.64			43.50	1:31.64
6. Judith Sijbers	PSV	NED	197301030	1:37.95			45.68	1:37.95

* 50m

DIS Martine Stahlie-Bos TriVia NED 197401054
AA - De start ingezet voor het startsignaal (en wel gezwommen).



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Programmanr. 11, Dames, 100m vrije slag

Masters 55+

1. Carol Hollemans	ACZ	NED	196900252	1:07.90		32.47	1:07.90
2. Lidia v. Bon-Rosenbrand	ZPC Amersfoort	NED	197000054	1:08.49	+0,99	33.09	1:08.49
3. Lesley Cordial	ZPC Amersfoort	NED	196700684	1:08.78	+0,85	33.13	1:08.78
4. Marjo Goelema-Koek	De Biesboschzwemmers	NED	196900192	1:11.48		33.12	1:11.48
5. Petra Blum	SG Bayer	GER	274174	1:14.47	+0,77	35.47	1:14.47
6. Jacqueline Tuin	DAW	NED	196600690	1:16.13	+0,84	35.82	1:16.13
7. Karin Sagonas-Koolen	V.Z.V. Njord	NED	197000964	1:20.49		38.44	1:20.49
8. Peggi Hurenkamp	HZ&PC Heerenveen	NED	196900922	1:20.50		38.45	1:20.50
9. Roelien Speelman-Tigelaar	De Spatters	NED	196600664	1:20.66	+0,90	38.39	1:20.66
10. Sandra Daamen-Posma	AZC	NED	196800854	1:24.05		39.25	1:24.05
11. Daniëlle Schipper	ZOB'66	NED	197001078	1:26.89		41.87	1:26.89
12. Annette van Dok	MSV-Zeemacht	NED	196800742	1:35.88		45.09	1:35.88

Masters 60+

1. Wilna Heijman	Steenwijk 1934	NED	196400506	1:18.97		38.24	1:18.97
2. K. van der Star-Verhoeven	ENC Arnhem	NED	196100382	1:20.39		37.71	1:20.39
3. Maud Peuten-Evers	Mosa-Regio	NED	196400584	1:23.71		39.55	1:23.71
4. Hellen van Vliet	Orca Leeuwarden	NED	196200426	1:27.18	+0,92	40.20	1:27.18
5. Christine Buist	De Duinkickers	NED	196400608	1:30.13	+0,96	41.97	1:30.13
6. Riekie Schra	Steenwijk 1934	NED	196400404	2:22.50		1:03.87	2:22.50

Masters 65+

1. Atie Pijtak-Radersma	ZPC Amersfoort	NED	195600048	1:13.50	+0,73	34.71	1:13.50
2. Marijke Kraak-Beckers	Swol 1894	NED	196000240	1:20.14	+0,92	37.99	1:20.14
3. Tordis Grüner	SSF Bonn	GER	451333	1:22.32	+0,99	39.44	1:22.32
4. Monica Bakker	Steenwijk 1934	NED	195600082	1:32.43		44.68	1:32.43
5. Marion Kolkman-Pluim	ENC Arnhem	NED	196000330	1:33.48		43.58	1:33.48
6. Trui Knijnenburg	D.E.S.	NED	195800266	1:39.03	+0,84	45.97	1:39.03
7. Karien Musters	Old Dutch	NED	195800236	2:02.70	+0,73	57.04	2:02.70

Masters 70+

1. Christine Nieuwenhuis	Swol 1894	NED	195100022	1:21.26	+0,95	39.20	1:21.26
2. Dagmar Hilden Kuntz	Swimming Luxembourg	LUX		1:51.33		51.57	1:51.33
<i>Luxemburg Masters Record</i>							
3. Geerdien Meerwaldt	De Geul	NED	195200058	2:04.30	+0,89	59.08	2:04.30

Masters 75+

1. Conny Boer-Buys	ZV Vlaardingens-Schiedam	NED	195000006	1:19.56	+0,99	38.86	1:19.56
<i>European Masters Record</i>							
2. Corrie Verhoeven	PSV	NED	194600026	1:32.91	+0,86	43.32	1:32.91

Masters 80+

1. Loekie van Huissteden	ZPC Amersfoort	NED	194500002	2:14.74		1:02.99	2:14.74
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Open Nederlandse Masters
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Programmanr. 12
9-5-2025 - 15:21

Heren, 100m vrije slag

Masters Open
Resultaten

rang naam	vereniging		tijd	RT	PARA	50m	100m
Masters 20+							
1. Lars Kerremans	Hellas-Glana	NED 200100305	52.75	+0,74		25.59	52.75
2. Michael Smink	Blue Marlins	NED 200302169	53.27			26.09	53.27
3. Luc Mul	DAW	NED 200201025	54.24			25.95	54.24
4. Jorian Darwinkel	HZ&PC Heerenveen	NED 200300565	56.22			26.53	56.22
5. Jacco Nijland	ZPC De Hof	NED 200400081	56.80	+0,81		27.27	56.80
6. Junior Vermeulen	De Bevelanders	NED 200103363	57.16			27.29	57.16
Tim Speijer	Bubble	NED 200301661	57.16			27.48	57.16
8. Niels van der Mast	ZOB'66	NED 200401917	57.36			27.27	57.36
9. Fayssal Lanterna	Zwemlust- den Hommel	NED 200101379	58.08	+0,79		27.52	58.08
10. Milan de Roo	ZPC Woerden	NED 200102215	59.07	+0,72		28.01	59.07
11. Mees Minneboo	MSV-Zeemacht	NED 200203465	59.33			28.03	59.33
12. Marc Hoogeveen	DZ&PC	NED 200101585	59.46	+0,78		27.67	59.46
13. Julian Mes	ZOB'66	NED 200103755	1:00.17	+0,79		28.73	1:00.17
14. Owen Michels	De Amstel	NED 200402293	1:00.71	+0,76		28.99	1:00.71
15. Rik Stahlie	TriVia	NED 200201915	1:01.08	+0,82		29.19	1:01.08
16. Ruben Zwartebol	ZPC Woerden	NED 200102651	1:01.51	+0,63		28.35	1:01.51
17. Reinier Velthuijs	NieMo Barracuda	NED 200503537	1:02.39	+0,84		30.08	1:02.39
18. Mika Bongers	ENC Arnhem	NED 200502683	1:02.87	+0,77		29.70	1:02.87
19. Sytze van Stein	ZVL-1886	NED 200501155	1:02.98	+0,74		29.40	1:02.98
20. Jorick van Bon	ZPC Amersfoort	NED 200300091	1:03.41	+0,68		28.97	1:03.41
21. Lasse Ophuis	WS Twente	NED 200400027	1:05.16			29.96	1:05.16

Masters 25+

1. Benjamin Vermeulen	DWK	NED 200003721	55.45			26.63	55.45
2. Ryan van den Ouden	Poseidon'56	NED 199900377	56.16	+0,87		26.13	56.16
3. Mathieu Boers	WS Twente	NED 199800187	56.32	+0,79		27.22	56.32
4. Kevin Roest	Zwemvereniging Hoogland	NED 200001223	57.13	+0,77		27.87	57.13
5. Jacob Mackloet	z.c De Schotelij	NED 200001171	57.18	+0,70		26.94	57.18
6. Jordi de Nijs	MSV-Zeemacht	NED 199801851	57.41			27.60	57.41
7. Richard Kuipers	HZ&PC Heerenveen	NED 199704171	57.56	+0,79		27.91	57.56
8. Jelle Blankestijn	ZPC Amersfoort	NED 199803737	57.74	+0,81		27.51	57.74
9. Ian Terlouw	ZPC Woerden	NED 200002345	58.08	+0,73		27.34	58.08
10. Jesse van Dijk	ZuiderZeeZwemmers	NED 199903259	58.58	+0,73		27.72	58.58
11. Nino van Krimpen	ZOB'66	NED 200004611	59.43	+0,75		28.17	59.43
12. Mirko van Ligtenberg	De Granaet	NED 199800735	59.61	+0,63		27.56	59.61
13. Ian van Mullem	ZOB'66	NED 199602545	1:01.01	+0,73		28.01	1:01.01
14. Tenzin Tieman	Old Dutch	NED 200005549	1:01.13	+0,82		28.98	1:01.13
15. Sjoerd Boogert	De Rijn	NED 199903153	1:02.26	+0,86		28.32	1:02.26
16. Leon Kloots	ZPC De Hof	NED 200001363	1:02.82	+0,77		29.78	1:02.82
17. Lars Jacobsen	DWK	NED 199705453	1:03.18	+0,86	544	29.78	1:03.18
18. Auke Sijperda	AZC	NED 199905115	1:04.67	+0,73		30.30	1:04.67
19. Sam Beer	Poseidon'56	NED 199605521	1:04.72	+0,71		30.42	1:04.72
20. Jelle Heijman	Steenwijk 1934	NED 200000635	1:05.75			31.30	1:05.75
21. Sven Dubbeld	z.c De Schotelij	NED 199601141	1:06.63	+0,92		31.61	1:06.63
22. Ids de Klerk	NieMo Barracuda	NED 199803237	1:08.11	+0,92		32.32	1:08.11
23. Ardy Zwanenburg	AZC	NED 199902061	1:11.46	+0,88		34.33	1:11.46
24. Tuur Ottenheim	Zwemvereniging Hoogland	NED 199805933	1:19.09			37.58	1:19.09

Masters 30+

1. Jeroen Baars	NieMo Barracuda	NED 199200031	51.97	+0,75		25.10	51.97
<i>Nederlands Masters Record</i>							
2. Felix Geenen	DAW	NED 199501085	52.96	+0,85		24.87	52.96
3. Bas Dries	Zwemvereniging Hoogland	NED 199505177	54.66	+0,77		25.90	54.66
4. Eric Rodriguez Ramos	Club Natacio Swimfaster Salt	ESP	55.20	+0,64		26.70	55.20
5. Erik Nijholt	DZ&PC	NED 199401349	57.13			27.21	57.13
6. Bas Braun	ZPC Amersfoort	NED 199106545	57.33	+0,83		27.51	57.33
7. Jesper Oranje	De Duck	NED 199200997	57.66	+0,72		27.19	57.66





Open Nederlandse Masters
Kampioenschappen 2025 lange baan
Drachten, 8-11 mei 2025



Programmanr. 12, Heren, 100m vrije slag, Masters 30+

rang naam	vereniging			tijd	RT	PARA	50m	100m
8. Michel de Maesschalck	DAW	NED	199101525	57.94	+0,76		27.98	57.94
9. Stefan Petersen	Blue Marlins	NED	199403067	58.30	+0,76		27.50	58.30
10. Pieter Ytsma	ZV Zaltbommel	NED	199501809	59.34	+0,98		27.75	59.34
11. Jeroen Matthijssen	AZC	NED	199103751	59.75	+0,70		28.35	59.75
12. John Smit	Poseidon'56	NED	199500613	59.96	+0,72		27.92	59.96
13. Sander Riezebos	WS Twente	NED	199400467	1:02.17			29.68	1:02.17
14. Johan Krakou	De Rijn	NED	199101311	1:02.64	+0,78		29.68	1:02.64
15. Jeffrey van 't Schip	AZC	NED	199102035	1:02.68			29.45	1:02.68
16. Niels Bent	WS Twente	NED	199400465	1:02.71	+0,76		30.26	1:02.71
17. Bryan Morsink	GZC Donk	NED	199101629	1:03.61			30.74	1:03.61
18. Patrick Brouwer	AZC	NED	199303715	1:04.91	+0,82		31.21	1:04.91
19. Cars Wiegmann	WS Twente	NED	199401025	1:06.58	+0,79		31.83	1:06.58
20. Karlo Kok	Zwemvereniging Hoogland	NED	199101265	1:09.00	+0,77		32.20	1:09.00
21. Richard Heijnen	ZC Polaris	NED	199107793	1:11.68			34.37	1:11.68
22. Patrick Wobben	Steenwijk 1934	NED	199300559	1:21.64			38.47	1:21.64
NG.ZA Melle de Groot	ZPCH	NED	199107877					

Masters 35+

1. Marc Kremer	TriVia	NED	199004667	57.03	+0,71		26.64	57.03
2. Olaf Achterberg	VZC	NED	199000011	57.39	+0,82		27.23	57.39
3. Craig Frankum	O.Z. & P.C. De Warande	NED	199007759	57.56	+0,74		27.66	57.56
4. Pascal van Haren	NieMo Barracuda	NED	198704101	58.02			27.79	58.02
5. Matthew Humphreys	MSV-Zeemacht	NED	198906983	1:00.00	+0,86		28.87	1:00.00
6. Eric Kalee	Zwemvereniging Hoogland	NED	199005307	1:04.78			31.38	1:04.78
7. Nick Breukelman	SwimGym	NED	199007773	1:04.86	+0,98		30.69	1:04.86
8. Remco van der Graaf	De Geul	NED	198704007	1:05.59	+0,84		32.03	1:05.59
9. Mitchell van Uiter	De Geul	NED	199004067	1:07.79	+0,98		32.83	1:07.79
10. Erik Meijer	Thor	NED	198704113	1:20.70			37.98	1:20.70

Masters 40+

1. Federico Cappello	Luxembourg Sharks Swimming	LUX	9598	58.20	+0,77		27.68	58.20
<i>Luxemburg Masters Record</i>								
2. Jim Geestman	Poseidon'56	NED	198300699	1:00.55			29.38	1:00.55
3. Ivan van Ommе	De Geul	NED	198201263	1:01.62	+0,64		29.01	1:01.62
4. Rene Koedooder	Enkhuizer Zwem Vereniging	NED	198200919	1:01.90	+0,85		30.10	1:01.90
5. Anko Eefting	TriVia	NED	198300607	1:05.07			29.73	1:05.07
6. Wouter Zijlstra	DAW	NED	198202077	1:05.55			31.52	1:05.55

Masters 45+

1. Casper Hut	HZ&PC Heerenveen	NED	197800471	57.18	+0,87		27.60	57.18
2. Erwin Buist	ZPC Amersfoort	NED	197800183	58.48			27.65	58.48
3. Ruud Holswilder	ZPCH	NED	197800435	59.01	+0,89		28.54	59.01
4. Jeroen Zelsmann	ZPC Amersfoort	NED	197701551	59.05	+0,80		26.95	59.05
5. Mark Hensen	NieMo Barracuda	NED	197900497	59.90	+0,75		28.23	59.90
6. Arjen Nieveen	DZ&PC	NED	198002545	1:04.17	+0,87		31.02	1:04.17
7. Arjen Koop	ENC Arnhem	NED	197900697	1:04.67	+0,81		30.64	1:04.67
8. Pieter Broek	Westland Swimming Stars	NED	197701637	1:07.33	+0,75		31.23	1:07.33
9. Tom Bandsma	PSV	NED	197701625	1:11.50			33.95	1:11.50
10. Peter Herzig	Schwimmverein beider Basel	SUI	110273	1:17.45	+0,85		36.05	1:17.45
AFGEM Jasper van Heijst	ZPCH	NED	197601699					

Masters 50+

1. Antwan van Engen	CWW Swimteam	NED	197101577	1:00.74	+0,80		29.22	1:00.74
2. Vincent Michaux	Cercle De Natation Sportcity	BEL	CNSW/013356/75	1:02.48	+0,77		29.47	1:02.48
3. Arjan Verheij	ZPC De Rog Weert	NED	197101617	1:04.33	+0,72		30.79	1:04.33
4. Stefan Damen	HZ&PC Heerenveen	NED	197400153	1:05.07	+0,86		29.65	1:05.07
5. Peter de Vries	HZ&PC Heerenveen	NED	197401601	1:06.02	+0,85		31.51	1:06.02
6. Peter Meijer	DZ&PC	NED	197300613	1:06.41	+0,76		32.24	1:06.41
7. Pieter Veenstra	DZ&PC	NED	197301345	1:07.84	+0,75		31.96	1:07.84





Open Nederlandse Masters
Kampioenschappen 2025 lange baan
Drachten, 8-11 mei 2025



Programmanr. 12, Heren, 100m vrije slag, Masters 50+

rang naam	vereniging			tijd	RT	PARA	50m	100m
8. Wouter van der Stelt	De Biesboschzweimmers	NED	197200889	1:12.57	+0,94		34.53	1:12.57
9. Michael Go	AZC	NED	197501397	1:13.36	+0,85		35.12	1:13.36
10. Erwin Veenhoven	ZVL-1886	NED	197101793	1:14.11			35.39	1:14.11
11. Alberto Randazzo	D.E.S.	NED	197101757	1:15.68			36.52	1:15.68
12. Rob van de Ven	Neptunus'58	NED	197101695	1:17.33	+0,72		36.40	1:17.33
13. Jeroen Hoeksel	ZV Vlaardingen-Schiedam	NED	197401533	1:21.84			38.97	1:21.84
14. Maxim Hardziyenka	Swol 1894	NED	197201723	1:22.41	+0,57		38.09	1:22.41

Masters 55+

1. Chester Marsman	ZPC Amersfoort	NED	196900671	1:00.03			28.59	1:00.03
2. Hugues Herman	Cercle De Natation Sportcity VBELwe	CNSW/014976/66		1:03.66			30.43	1:03.66
3. Marcel Vroegindewei	Poseidon'56	NED	196801709	1:05.90			32.90	1:05.90
4. Gerko Versluis	ZuiderZeeZweimmers	NED	196901439	1:06.34	+0,84		31.57	1:06.34
5. Ingmar de Gelder	ZOB'66	NED	197000333	1:07.02	+0,85		31.93	1:07.02
6. Edwin Petri	De Otters Het Gooi	NED	196601687	1:07.06	+0,65		32.34	1:07.06
7. Jeroen Wilmer	Enkhuizer Zwem Vereniging	NED	196601711	1:10.69	+0,84		34.49	1:10.69
8. Erwin Snip	ENC Arnhem	NED	197001555	1:11.39	+0,97		32.91	1:11.39
9. Leon Slingerland	WVZ	NED	196801707	1:13.03			34.54	1:13.03
10. Teus Krijgsman	ACZ	NED	196600431	1:13.31	+0,56		34.01	1:13.31
11. Erik Zoethout	Aqualero	NED	196901157	1:13.81	+0,99		35.30	1:13.81
12. Eric Dumas	SG Patrick - De Roersoppers	NED	196901397	1:18.46	+0,98		36.83	1:18.46
13. René Speelman	De Spatters	NED	196601521	1:21.08	+0,81		37.74	1:21.08
14. Maarten Koolman	Steenwijk 1934	NED	196801649	1:57.08			49.48	1:57.08

Masters 60+

1. Arnold de Rover	De Berkelduikers	NED	196400645	1:03.94			30.57	1:03.94
2. Jon Christensen	Luxembourg Sharks Swimming	LUXib 10008		1:06.75	+0,82		32.40	1:06.75
3. Henri Michels	De Amstel	NED	196501587	1:08.78	+0,82		33.11	1:08.78
4. Ralf Dillig	Duisburger ST	GER	060769	1:10.35	+0,51		33.78	1:10.35
5. Thomas Früh	SV Wuppertal-Neuenhof 1930	GER. 250420		1:12.28	+0,96		34.62	1:12.28
6. Robert de Brauwer	De Duinkickers	NED	196401383	1:14.08	+0,89		34.87	1:14.08
7. Pieter-Sjoerd de Wijn	D.E.S.	NED	196501027	1:14.13	+0,93		36.21	1:14.13
8. Jiri Janovsky	Plavecký klub Stráž pod Ralsk	CZE 115000		1:19.33			38.66	1:19.33
9. Pierre de Groot	GZC Donk	NED	196401431	1:23.58	+0,95		39.87	1:23.58

Masters 65+

1. Fred Ketting	PSV	NED	196000289	1:05.40			31.48	1:05.40
2. Erik Kamphuis	ZPC De Rog Weert	NED	196001035	1:10.17			34.56	1:10.17
3. Paul Bunnik	Triton	NED	195600413	1:14.52	+0,95		34.98	1:14.52
4. Wiebren Dijkstra	HZ&PC Heerenveen	NED	195800745	1:24.58			39.22	1:24.58
5. André Schutte	Z & PC De Zeeuwse Kust	NED	196000521	1:24.59			40.14	1:24.59
6. Peter Coffeng	GZC Donk	NED	195700063	1:26.86	+0,98		40.92	1:26.86
7. Lex Hoogendam	ZZ&PC De Devel	NED	195700541	1:26.90			39.87	1:26.90

Masters 70+

1. Fred Zanting	TriVia	NED	195400323	1:19.59	+0,88		39.05	1:19.59
2. Laurens Klein Breteler	WS Twente	NED	195400109	1:24.22	+0,91		38.18	1:24.22
3. Jos Kamps	Zwemvereniging Hoogland	NED	195100085	1:25.68			39.53	1:25.68

Masters 75+

1. Mans Buis	Swol 1894	NED	194700133	1:46.98			50.79	1:46.98
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Masters 80+

1. Willem Putter	ZV Vlaardingen-Schiedam	NED	194500135	1:29.53			41.24	1:29.53
2. Geza Kaltenecker	AZC	NED	194200065	1:40.34	+0,93		45.55	1:40.34



Programmanr. 13
9-5-2025 - 16:01

Dames, 200m schoolslag

Masters Open
Resultaten

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
Masters 20+								
1. Lise Kleinbekman	DZ&PC	NED 200502870	2:48.67	+0,58	38.24	1:21.20	2:04.80	2:48.67
2. Lize Janna de Vries	Orca Leeuwarden	NED 200101948	2:56.71		40.49	1:24.97	2:10.50	2:56.71
3. Emi Schipper	ZOB'66	NED 200502126	2:57.03		38.98	1:23.15	2:08.67	2:57.03
4. Anneke van der Laan	Orca Leeuwarden	NED 200201154	3:07.05	+0,81	40.35	1:27.75	2:16.91	3:07.05
5. Feline Slijkhuis	SG Octopus - ZVV	NED 200501042	3:07.36	+0,99	43.29	1:31.69	2:19.81	3:07.36
6. Ilse Kramer	TriVia	NED 200403072	3:09.22	+0,83	43.74	1:31.55	2:20.55	3:09.22
7. Michelle van Wijhe	ZPC Amersfoort	NED 200402196	3:20.17	+0,84	42.92	1:33.37	2:28.06	3:20.17
8. Kim de Jong	Westland Swimming Stars	NED 200401522	3:21.18	+0,78	44.51	1:35.25	2:28.05	3:21.18
9. Cynthia Koolman	Steenwijk 1934	NED 200300232	3:23.69		47.24	1:38.85	2:31.54	3:23.69
10. Annelot Rutgers	Bubble	NED 200500876	3:50.94	+0,94	54.36	1:53.71	2:53.14	3:50.94
Masters 25+								
1. L. Van Nieuwenhove	MEGA Zwemteam	BEL MEGA/20663/99	2:57.72	+0,75	40.67	1:26.16	2:12.28	2:57.72
2. Manon Kloosterman	Zwemlust- den Hommel	NED 199702082	2:58.31	+0,84	39.46	1:25.17	2:11.24	2:58.31
3. Noël Iris Hettinga	Neptunia '24	NED 200002536	2:59.30	+0,82	38.87	1:23.56	2:10.33	2:59.30
4. Anne Noom	Het Y	NED 199800062	2:59.63	+0,97	40.82	1:26.47	2:12.93	2:59.63
5. Lisanne Seising	VZC	NED 200002084	3:02.29		39.73	1:25.76	2:14.31	3:02.29
6. Mandy Swart	ZPC Amersfoort	NED 199904916	3:03.23		40.30	1:26.59	2:14.87	3:03.23
7. Maartje Hids	ZVL-1886	NED 199903042	3:08.57		44.63	1:32.19	2:20.62	3:08.57
8. Daphne Dols	ZPC Woerden	NED 199904622	3:10.96	+0,82	41.98	1:30.79	2:21.07	3:10.96
9. Ageeth de Haan	Steenwijk 1934	NED 199901022	3:12.43		43.29	1:31.95	2:23.19	3:12.43
10. Sabine Lageweg	Steenwijk 1934	NED 199900926	3:18.49		45.62	1:36.46	2:28.40	3:18.49
11. Yvette Meijer	Zwemvereniging Hoogland	NED 199706590	3:18.98		46.65	1:36.64	2:27.86	3:18.98
12. Melissa Schuurman	EZCL (SG)	NED 200006800	3:25.27	+0,93	46.62	1:38.83	2:33.07	3:25.27
13. Astrid Wibbelink	Steenwijk 1934	NED 199600006	3:31.08	+0,87	46.85	1:40.19	2:35.24	3:31.08
Masters 30+								
1. Fiona Meuffels	PSV	NED 199504366	2:58.69	+0,74	41.04	1:27.12	2:13.94	2:58.69
2. Marijke Kommers	NieMo Barracuda	NED 199305334	3:02.47	+0,82	40.84	1:26.92	2:14.48	3:02.47
Masters 35+								
1. Jacyntha Plat	Steenwijk 1934	NED 199002956	2:52.97	+0,79	38.30	1:21.54	2:06.89	2:52.97
2. Liesbeth van Mill	Zwemlust- den Hommel	NED 198702786	3:16.96	+0,27	45.31	1:35.07	2:26.37	3:16.96
3. Esther van Maastrigt	Montferland	NED 198802836	3:25.75	+0,81	47.04	1:38.95	2:32.45	3:25.75
4. Janna Brummel	SwimGym	NED 198807018	3:35.92		49.18	1:44.17	2:40.73	3:35.92
5. Monique Kok	SG Octopus - ZVV	NED 198605398	3:47.18	+0,83	50.04	1:46.60	2:46.26	3:47.18
6. Janneke Wynia	WS Twente	NED 199005500	3:55.95		54.54	1:53.63	2:55.92	3:55.95
Masters 40+								
1. Laura Badoux	DAW	NED 198200038	2:58.23		40.47	1:26.84	2:13.03	2:58.23
2. Joke De Temmerman	Lokerse Zwemvereniging	BEL LZV/21076/82	3:01.49	+0,82	41.29	1:27.61	2:14.88	3:01.49
3. Nadya Putter	ZV Vlaardingen-Schiedam	NED 198301630	3:07.66	+0,66	42.38	1:29.17	2:17.80	3:07.66
4. Iija Janssen	ENC Arnhem	NED 198102234	3:22.87	+0,99	45.30	1:37.32	2:29.91	3:22.87
5. Angela Giezen	ZPC Amersfoort	NED 198302796	3:27.78		47.14	1:39.80	2:33.89	3:27.78
Masters 45+								
1. Annett von Rekowski	Schwimmverein Gera	GER 097868	3:16.31		43.21	1:34.47	2:25.55	3:16.31
2. Marleen Zantingh	Old Dutch	NED 197801378	3:25.15	+0,85	47.07	1:39.97	2:32.77	3:25.15
3. E. Poortvliet - Koedam	De Duinkickers	NED 198001824	3:30.87		48.16	1:41.44	2:36.93	3:30.87
4. Femke Hofkens	Aqua-Novio '94	NED 197801094	3:32.14	+0,72	49.34	1:42.43	2:37.96	3:32.14
5. Inge Roskam	De Duinkickers	NED 197801296	3:37.87		46.62	1:41.02	2:40.65	3:37.87
6. Tanja Lenz	SG Bayer	GER 451703	3:38.78	+0,90	50.07	1:46.63	2:43.87	3:38.78



Open Nederlandse Masters
Kampioenschappen 2025 lange baan
Drachten, 8-11 mei 2025



Programmanr. 13, Dames, 200m schoolslag

Masters 50+

1. Katharina Schlipp	AZL	NED 197301004	3:13.19	+0,91	43.95	1:32.37	2:22.91	3:13.19
2. Rebecca Irvine-Pronk	De Otters Het Gooi	NED 197500982	3:24.61	+0,93	46.90	1:38.88	2:32.27	3:24.61
3. Greta Wyma-Teitsma	DWK	NED 197100696	4:08.19		55.28	1:58.17	3:02.90	4:08.19

Masters 55+

1. Annette Wijnja-Visser	De Biesboschzwemmers	NED 196700528	3:09.75	+0,84	43.41	1:31.60	2:21.15	3:09.75
2. Iris van Aurich	DWK	NED 196900866	3:22.51	+0,82	47.76	1:39.26	2:31.35	3:22.51
3. A. Korving-Leijenaar	Aqualero	NED 196700662	3:27.88	+0,64	46.74	1:40.38	2:34.05	3:27.88
4. K. van Nassau-van den IJold	Dutch	NED 196600188	3:43.17	+0,59	51.92	1:48.17	2:45.83	3:43.17
5. Monique Berentse	Batavia Swim	NED 196901066	5:01.25	+0,78	1:09.92	2:27.45	3:45.54	5:01.25
DIS Bianca Groot	MSV-Zeemacht	NED 197000652						

AF - De aangegeven afstand niet uitgezwommen.

Masters 60+

1. Petra Tossings	GZC Donk	NED 196100376	3:35.70		49.90	1:44.24	2:40.48	3:35.70
2. A. Vuist-Blum	Swol 1894	NED 196300282	3:45.32	+0,96	52.26	1:50.73	2:47.95	3:45.32
3. Yoka de Vegt-van Dijk	ENC Arnhem	NED 196200420	3:46.19	+0,72	52.38	1:48.92	2:47.97	3:46.19
4. Wilna Heijman	Steenwijk 1934	NED 196400506	3:53.85	+0,99	53.55	1:53.14	2:54.91	3:53.85
5. Erica Muller	De Geul	NED 196400412	4:11.09	+0,89	56.67	1:59.77	3:04.88	4:11.09

Masters 65+

1. Lia Bijkerk	GZC Donk	NED 196000014	4:14.31		57.17	2:03.95	3:11.18	4:14.31
2. Ria Peters-Veurman	ENC Arnhem	NED 195800242	4:26.81		59.62	2:08.69	3:17.30	4:26.81

Masters 70+

1. Ineke Weekers	PSV	NED 195300050	3:40.72	+0,86	51.81	1:47.53	2:45.00	3:40.72
<i>Nederlands Masters Record</i>								
2. Gonnie Bak	PSV	NED 195100064	4:33.49	+0,96	1:04.30	2:15.88	3:25.16	4:33.49

Masters 75+

1. A. Verhoeven - Stegger	De Duinkickers	NED 194600024	5:07.66	+0,99	1:08.29	2:30.92	3:52.00	5:07.66
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Masters 80+

1. L. van Huissteden	ZPC Amersfoort	NED 194500002	5:03.64		1:10.84	2:28.54	3:48.58	5:03.64
<i>Nederlands Masters Record</i>								

Masters 90+

1. Lottie Geurts	PSV	NED 193500006	7:35.19		1:48.04	3:48.44	5:47.57	7:35.19
<i>Nederlands Masters Record</i>								





Open Nederlandse Masters
Kampioenschappen 2025 lange baan
Drachten, 8-11 mei 2025



Programmanr. 14
9-5-2025 - 16:33

Heren, 200m schoolslag

Masters Open
Resultaten

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
Masters 20+								
1. Wouter Zijlstra	HZ&PC Heerenveen	NED 200401545	2:28.90	+0,67	33.66	1:11.06	1:50.18	2:28.90
2. Lucas Douwma	ZPCH	NED 200401337	2:31.69	+0,74	35.03	1:13.73	1:53.60	2:31.69
3. Daan Hoogendoorn	ZPC Woerden	NED 200500113	2:32.26	+0,71	34.49	1:13.76	1:53.74	2:32.26
4. Jelle Opmeer	ZPC Amersfoort	NED 200100269	2:37.46	+0,68	34.06	1:14.30	1:55.24	2:37.46
5. Tim Speijer	Bubble	NED 200301661	2:45.50	+0,76	37.41	1:19.10	2:02.49	2:45.50
6. Robin van Muijen	ZVL-1886	NED 200201059	2:48.13	+0,80	35.00	1:17.37	2:02.02	2:48.13
7. Boaz Troost	ZOB'66	NED 200100371	3:01.59	+0,73	39.04	1:25.05	2:13.43	3:01.59
8. Dennis v.d. Bok	z.c De Schotelijk	NED 200504015	3:10.74	+0,78	44.51	1:34.52	2:24.17	3:10.74
Masters 25+								
1. Bert Duivenvoorde	De Columbiaan	NED 199701805	2:32.38	+0,77	34.53	1:12.46	1:52.18	2:32.38
2. Arjan Dekker	Bubble	NED 200000499	2:34.75		34.41	1:14.48	1:55.64	2:34.75
3. Doran Paap	ZV Westland	NED 200000301	2:38.90	+0,67	35.81	1:15.99	1:57.74	2:38.90
4. Nick Bongers	SBC2000	NED 199800843	2:38.99	+0,76	35.36	1:15.63	1:57.12	2:38.99
5. Laurens Spoelstra	WS Twente	NED 199901273	2:57.51	+0,97	39.10	1:24.79	2:11.73	2:57.51
Masters 30+								
1. D. Castillo Montoya	ZVL-1886	NED 199406779	2:44.47		36.93	1:17.95	2:00.40	2:44.47
2. Jose Horcas Nieto	ZVL-1886	NED 199307445	2:53.75	+0,77	37.89	1:21.48	2:06.31	2:53.75
3. Bram Siebers	EZCL (SG)	NED 199302241	2:57.31		40.39	1:25.01	2:12.11	2:57.31
4. Colin Degenaaers	ZPCH	NED 199505951	3:18.78	+0,49	39.99	1:33.38	2:26.78	3:18.78
5. Patrick Graver	GZVW	NED 199404735	3:22.03	+0,85	44.54	1:35.85	2:27.78	3:22.03
6. Mike van der Sanden	PSV	NED 199506349	3:38.52		48.32	1:43.60	2:41.96	3:38.52
DIS Derek Valkenier	MSV-Zeemacht	NED 199207397						
<i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i>								
Masters 35+								
1. Jiri Janovsky	Autoškoda Mladá Boleslav	CZE 3247000	2:36.32	+0,81	34.38	1:14.28	1:55.05	2:36.32
2. Sander de Vrugt	ENC Arnhem	NED 198903499	2:43.52		35.15	1:15.71	1:58.66	2:43.52
3. Patrick Creemers	SG Patrick - De Roersoppers	NED 199000579	2:45.53	+0,77	36.85	1:19.09	2:02.35	2:45.53
4. Dennis Wijbenga	Aqua 68	NED 199003283	2:51.96	+0,85	37.84	1:23.00	2:08.44	2:51.96
5. Tim Bunnik	Triton	NED 199000505	2:54.00		39.35	1:22.40	2:08.65	2:54.00
6. Sander van Tilburg	De Biesboschzwemmers	NED 198604609	3:10.46	+0,89	43.69	1:32.15	2:21.26	3:10.46
7. Robert Spekhorst	De Mors	NED 198703141	3:16.20		42.09	1:30.83	2:22.80	3:16.20
Masters 40+								
1. Yuri van Omme	Zwemvereniging Hoogland	NED 198501887	2:40.51		35.79	1:16.22	1:58.38	2:40.51
2. Pieter Pickhardt	ZPC De Hof	NED 198301657	2:48.94		37.76	1:20.89	2:04.56	2:48.94
3. Albert van Piekeren	Swol 1894	NED 198401767	2:52.40		38.64	1:21.29	2:05.94	2:52.40
4. Robin Wolbers	MZ&PC De Reest	NED 198503051	2:54.26	+0,85	38.21	1:21.62	2:07.99	2:54.26
5. Rob van Vliet	ZPC Amersfoort	NED 198402459	2:54.83	+0,99	39.27	1:23.44	2:08.99	2:54.83
6. Ricardo van Dam	AZC	NED 198503965	2:58.44	+0,75	42.76	1:30.37	2:15.41	2:58.44
7. Benoit Gasner	D.E.S.	NED 198102645	3:03.73	+0,81	40.79	1:26.89	2:15.02	3:03.73
8. I. García Rodríguez	ACZ	NED 198504015	3:08.74	+0,77	40.64	1:27.98	2:18.27	3:08.74
9. Bertrand Maillet	ASPTT Clermont-Ferrand	FRA 88948	3:12.30	+0,93	43.52	1:33.29	2:23.85	3:12.30
Masters 45+								
1. Vincent Versteeg	Zwemlust- den Hommel	NED 197701003	2:40.59	+0,86	35.53	1:16.55	1:58.59	2:40.59
2. Freddie Geerlings	Zwemsport Parkstad	NED 197900379	2:58.86	+0,79	41.10	1:25.65	2:12.83	2:58.86
3. Bogdan Androne	ZV Sassenheim	NED 197701783	3:04.41	+0,80	38.84	1:23.53	2:12.00	3:04.41
4. Christopher Supa	SC Hakoah	AUT 52399	3:06.22	+0,88	41.94	1:29.53	2:17.46	3:06.22
5. Alfonso Verkerk	Blue Marlins	NED 197601665	3:26.13		45.38	1:38.19	2:32.99	3:26.13
6. Peter Herzig	Schwimmverein beider Basel	SUI 110273	3:30.48	+0,85	46.84	1:41.65	2:37.31	3:30.48





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Masters 50+

1. Michael van Bekkum	Swol 1894	NED 197200051	3:07.02	+0,79	40.59	1:27.59	2:16.50	3:07.02
2. Martijn de Jong	DWK	NED 197101659	3:07.89	+0,99	42.34	1:30.68	2:20.98	3:07.89
3. Alberto Randazzo	D.E.S.	NED 197101757	3:16.12	+0,85	42.68	1:33.07	2:25.62	3:16.12
4. Korstiaan de Boer	Steenwijk 1934	NED 197101629	3:20.08	+0,97	45.97	1:37.06	2:30.13	3:20.08
5. Rob van de Ven	Neptunus'58	NED 197101695	3:29.06		45.18	1:38.38	2:34.15	3:29.06
6. M. van Walt van Praag	Gay Swim Amsterdam	NED 197501425	3:31.98	+0,81	50.19	1:45.99	2:41.25	3:31.98

Masters 55+

1. J. van den Berg	WVZ	NED 196801575	2:54.84	+0,88	39.61	1:24.89	2:10.50	2:54.84
2. Patrick Juncker	Luxembourg Sharks SwimmirLUX	LUX1136	2:56.29		41.52	1:28.40	2:12.71	2:56.29
3. Harold Matla	PSV	NED 196800591	2:57.53	+0,99	39.35	1:25.29	2:12.59	2:57.53
4. Paul van den Heuvel	Arethusa	NED 197000441	3:01.19		40.34	1:26.45	2:14.44	3:01.19
5. Hans Schoenmakers	DAW	NED 196900863	3:09.50		42.43	1:31.17	2:22.06	3:09.50
6. Joop Weenink	WS Twente	NED 196801535	3:16.64		44.75	1:34.21	2:25.53	3:16.64
7. Marcel Brittijn	De Duinkickers	NED 196900159	3:39.78	+0,71	49.89	1:47.54	2:46.55	3:39.78
8. Maarten Koolman	Steenwijk 1934	NED 196801649	4:34.55	+0,94	57.30	2:09.62	3:24.44	4:34.55
NG Wridzer Bakker	ENC Arnhem	NED 196701711						

Masters 60+

1. Ron Korzelijs	ZPC Amersfoort	NED 196500513	3:13.36	+0,68	42.75	1:32.55	2:23.26	3:13.36
2. Ronald Grove	Triton	NED 196100161	3:22.22		45.60	1:37.79	2:30.20	3:22.22
3. Menno Lomans	PSV	NED 196101071	3:30.65		46.25	1:41.64	2:36.74	3:30.65
4. Jack Barends	WS Twente	NED 196201011	3:44.07	+0,89	50.62	1:49.01	2:48.46	3:44.07
5. Pierre de Groot	GZC Donk	NED 196401431	3:51.90		52.10	1:51.42	2:53.00	3:51.90
6. Bart van Calker	WS Twente	NED 196100067	3:55.76		55.83	1:56.04	2:57.81	3:55.76

Masters 65+

1. Hugo Bregman	WVZ	NED 195800069	3:07.83	+0,85	42.51	1:30.05	2:19.68	3:07.83
<i>Nederlands Masters Record</i>								
2. Fred Ketting	PSV	NED 196000289	3:11.78	+0,95	42.27	1:31.75	2:21.75	3:11.78
3. Wim de Lange	AZC	NED 195800533	3:30.83	+0,83	46.35	1:40.03	2:35.24	3:30.83
4. Peter Coffeng	GZC Donk	NED 195700063	4:07.28		54.31	1:58.47	3:04.11	4:07.28
5. André Pantekoek	PSV	NED 195800321	4:36.57		1:02.72	2:14.69	3:29.90	4:36.57

Masters 75+

1. Mans Buis	Swol 1894	NED 194700133	4:57.16		1:11.77	2:28.73	3:45.74	4:57.16
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Masters 80+

1. Rob Hanou	PSV	NED 194300109	4:24.85		59.31	2:09.98	3:21.55	4:24.85
2. Nico Baay	Old Dutch	NED 194200053	4:27.51	+0,90	1:01.10	2:09.81	3:19.10	4:27.51



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Programmanr. 15
9-5-2025 - 17:10

4 x 200m vrije slag

Masters Open
Resultaten

rang	vereniging					tijd	RT	PARA
Masters 80+, Dames								
1.	Bubble 1	Bubble	NED			9:22.41		
	Marijke Drent	99	31.75	1:06.61	1:42.10	2:17.23	2:17.23	
	Esmee Kloezen	02	33.16	1:10.69	1:49.99	2:29.41	2:29.41	
	Sanne Kloezen	02	30.84	1:07.12	1:46.07	2:24.82	2:24.82	
	Laura Setz	00	29.74	1:02.49	1:37.40	2:10.95	2:10.95	
100+, Dames								
1.	Orca Leeuwarden 1 <i>Nederlands Masters Record</i>	Orca Leeuwarden	NED			9:24.07		
	Annemiek Meulenbeld	95	33.35	1:09.89	1:49.29	2:29.28	2:29.28	
	Marre Zandringa	97	30.63	1:05.62	1:42.43	2:18.39	2:18.39	
	Lize Janna de Vries	01	31.74	1:07.01	1:44.00	2:20.82	2:20.82	
	Femke Backx	01	30.76	1:04.98	1:40.56	2:15.58	2:15.58	
2.	NieMo Barracuda 1	NieMo Barracuda	NED			9:45.00		+0,79
	Denise Boereboom	92	+0,79	30.84	1:06.21	1:42.99	2:21.54	2:21.54
	Robin Pienaar	01	+0,36	32.15	1:08.92	1:48.19	2:24.79	2:24.79
	Esmée Rolloos	98	+0,48	34.46	1:14.06	1:56.42	2:40.19	2:40.19
	Anouchka Bos	05	+0,11	31.60	1:06.79	1:43.50	2:18.48	2:18.48
3.	ZuiderZeeZwemmers 2	ZuiderZeeZwemmers	NED			10:25.72		+0,33
	Irene Hanse	98	+0,33	35.30	1:14.45	1:57.48	2:39.55	2:39.55
	Annemarie ten Have	98	+0,13	36.05	1:17.01	1:59.96	2:43.12	2:43.12
	Gaby Zittersteijn	97	+0,40	34.38	1:13.67	1:53.98	2:32.86	2:32.86
	Lisanne Andeweg	88	+0,32	33.67	1:12.33	1:52.28	2:30.19	2:30.19
4.	ENC Arnhem 2	ENC Arnhem	NED			10:33.11		+0,73
	Rose Lether	04	+0,73	35.62	1:13.98	1:54.17	2:34.06	2:34.06
	Sabine Uytdewilligen	05	+0,51	36.19	1:17.54	1:59.84	2:39.51	2:39.51
	Ellen ter Stege	99	+0,24	35.52	1:15.73	1:56.72	2:37.12	2:37.12
	Irmgard van Weeghel	92	+0,50	35.34	1:16.01	1:59.52	2:42.42	2:42.42
5.	ZPC Amersfoort 2	ZPC Amersfoort	NED			10:45.35		+0,95
	Angela Giezen	83	+0,95	37.73	1:20.26	2:03.26	2:45.20	2:45.20
	Maddy van der Hoeven	04	+0,56	34.11	1:14.11	1:57.14	2:40.62	2:40.62
	Michelle van Wijhe	04	+0,61	36.25	1:17.00	2:00.03	2:42.44	2:42.44
	Mandy Swart	99	+0,29	34.55	1:14.20	1:55.65	2:37.09	2:37.09
6.	Steenwijk 1934 4	Steenwijk 1934	NED			11:04.44		
	Anna Lauxen	91		39.70	1:24.70	2:12.65	2:58.23	2:58.23
	Ageeth de Haan	99		36.84	1:21.26	2:06.76	2:48.00	2:48.00
	Astrid Wibbelink	96	+0,56	36.21	1:18.56	2:04.00	2:47.57	2:47.57
	Cynthia Koolman	03	+0,59	35.32	1:13.32	1:51.99	2:30.64	2:30.64
120+, Dames								
1.	MSV-Zeemacht 2	MSV-Zeemacht	NED			9:39.33		+0,94
	Amber van der Kruk	01	+0,94	31.37	1:06.84	1:41.94	2:18.37	2:18.37
	Jet Kleine	99	+0,13	33.79	1:11.85	1:51.21	2:29.70	2:29.70
	Bianca Groot	70	+0,53	34.50	1:13.53	1:54.07	2:33.97	2:33.97
	Emma Riemers	05	+0,69	31.16	1:05.96	1:42.01	2:17.29	2:17.29
2.	De Geul 1	De Geul	NED			11:06.64		+0,82
	Marian Nederlof	76	+0,82	37.79	1:19.87	2:03.08	2:45.29	2:45.29
	Eline Molle	94	+0,56	37.80	1:21.77	2:08.17	2:55.08	2:55.08
	Anne Besseling-de Jong	81	+0,95	38.40	1:21.70	2:06.12	2:49.34	2:49.34
	Esmee Wijnmaalen	01	+0,32	36.38	1:17.01	1:58.39	2:36.93	2:36.93
3.	ZPC De Rog Weert 1	ZPC De Rog Weert	NED			11:57.30		+0,83
	Kim Hamakers	98	+0,83	40.29	1:25.42	2:13.96	2:59.93	2:59.93
	Sandra Van der Helm	78	+0,46	44.86	1:35.38	2:28.39	3:22.05	3:22.05
	Esther Vergeest	77	+0,67	39.31	1:23.37	2:08.40	2:53.53	2:53.53
	Jamie Stals	04	+0,53	37.04	1:18.60	2:01.06	2:41.79	2:41.79



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Programmanr. 15, 4 x 200m vrije slag

160+, Dames

1. PSV 1	PSV			NED				9:57.62	+0,72
Fiona Meuffels		95	+0,72	33.43	1:10.49	1:48.74	2:24.43	2:24.43	
Jeanne Petit		70	+0,58	34.83	1:14.91	1:57.34	2:40.57	2:40.57	
Liselotte Joling		75	+0,61	33.25	1:10.84	1:48.71	2:25.65	2:25.65	
Janneke Harmsen-Bakker		77	+0,69	32.53	1:10.00	1:48.68	2:26.97	2:26.97	
2. DAW 1	DAW			NED				10:38.14	+0,80
Ilona Hogerheyde		74	+0,80	34.73	1:14.28	1:55.66	2:37.58	2:37.58	
Agnes van Brug		80	+0,70	36.96	1:18.57	2:01.40	2:43.15	2:43.15	
Alina Spijkerman		77	+0,67	35.10	1:14.89	1:55.79	2:35.89	2:35.89	
Maria Antonella Zuccaro		96	+0,64	36.87	1:17.92	2:01.00	2:41.52	2:41.52	

200+, Dames

1. Steenwijk 1934 3	Steenwijk 1934			NED				11:53.72	+0,86
Nanda Wobben-de Vries		92	+0,86	34.45	1:12.81	1:52.00	2:29.70	2:29.70	
Leonie Scholten		79	+0,57	42.98	1:31.51	2:22.24	3:12.36	3:12.36	
Monica Bakker		56	+0,75	45.94	1:37.00	2:30.40	3:22.43	3:22.43	
Wilna Heijman		64	+0,38	38.89	1:21.11	2:05.47	2:49.23	2:49.23	
2. Old Dutch 1	Old Dutch			NED				12:51.90	
Chantal Verhoeff		79		35.90	1:17.23	1:59.20	2:40.80	2:40.80	
Karien Musters		58		58.78	2:03.82	3:12.16	4:19.86	4:19.86	
Karin van Nassau-van den Heuvel		66		43.41	1:31.54	2:20.57	3:08.08	3:08.08	
Patricia Brooijmans		79		37.60	1:18.82	2:01.58	2:43.16	2:43.16	
3. WS Twente 1	WS Twente			NED				13:28.36	
Antoinette Gilding-Tussaud		50		55.21	1:59.05	3:05.02	4:10.10	4:10.10	
Janneke Wynia		90		41.24	1:26.98	2:17.83	3:11.09	3:11.09	
Marloes Rebel		84		40.20	1:27.07	2:16.46	3:04.89	3:04.89	
Evelien Naatje		72		40.36	1:26.71	2:15.76	3:02.28	3:02.28	
4. De Geul 2	De Geul			NED				14:07.10	+0,83
Marcha Admiraal		93	+0,83	31.27	1:06.79	1:44.44	2:22.27	2:22.27	
Roselinda van der Vlugt		67	+0,73	49.50	1:46.37	2:47.59	3:46.31	3:46.31	
Geerdien Meerwaldt		52	+0,62	1:02.65	2:10.22	3:19.21	4:27.52	4:27.52	
Erica Muller		64	+0,70	47.29	1:41.26	2:37.20	3:31.00	3:31.00	

240+, Dames

1. Swol 1894 5	Swol 1894			NED				12:48.35	
Marjan Spoelstra		60		46.31	1:38.09	2:31.09	3:23.29	3:23.29	
Annet Kootstra		71		42.94	1:32.49	2:23.27	3:12.79	3:12.79	
Marjike Kraak-Beckers		60		42.15	1:28.82	2:17.16	3:03.82	3:03.82	
Christine Nieuwenhuis		51		41.99	1:29.71	2:19.45	3:08.45	3:08.45	

Masters 80+, Heren

1. ZPC Woerden 1	ZPC Woerden			NED				9:06.84	+0,75
Ian Terlouw		00	+0,75	28.42	1:01.90	1:36.78	2:11.70	2:11.70	
Ruben Zwartbol		01	+0,35	30.76	1:05.73	1:43.85	2:22.92	2:22.92	
Milan de Roo		01	+0,16	30.31	1:06.08	1:44.11	2:21.96	2:21.96	
Daan Hoogendoorn		05	+0,44	29.26	1:02.15	1:36.07	2:10.26	2:10.26	
2. ZOB'66 2	ZOB'66			NED				9:12.84	+0,78
Mart de Koning		02	+0,78	28.61	1:02.65	1:38.83	2:15.20	2:15.20	
Boaz Troost		01	+0,60	32.06	1:10.37	1:51.83	2:33.04	2:33.04	
Julian Mes		01	+0,34	29.08	1:04.06	1:40.53	2:16.22	2:16.22	
Niels van der Mast		04	+0,44	28.56	1:00.85	1:34.25	2:08.38	2:08.38	

100+, Heren

1. ZPC Amersfoort 3	ZPC Amersfoort			NED				9:21.59	+0,82
Jorick van Bon		03	+0,82	33.00	1:11.59	1:51.50	2:33.51	2:33.51	
Jelle Opmeer		01	+0,54	29.76	1:03.83	1:39.73	2:16.12	2:16.12	
Rob van Vliet		84	+0,28	30.69	1:06.52	1:43.92	2:22.12	2:22.12	
Jelle Blankestijn		98	+0,40	28.64	1:01.41	1:35.56	2:09.84	2:09.84	



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120+, Heren

1.	Hellas-Glana 1 <i>Nederlands Masters Record</i>	Hellas-Glana		NED				8:39.26	+0,76
	Lars Kerremans	01	+0,76	27.88	59.29	1:32.57	2:03.80	2:03.80	
	Richard Ricksen	70	+0,70	31.15	1:05.91	1:41.79	2:16.39	2:16.39	
	Robin Meuwissen	96	+0,39	27.89	59.87	1:35.82	2:12.75	2:12.75	
	Kevin Meuwissen	95	+0,60	27.64	59.05	1:33.17	2:06.32	2:06.32	
2.	ENC Arnhem 1	ENC Arnhem		NED				8:49.85	+0,76
	Peter Rothengatter	97	+0,76	28.34	1:00.44	1:37.14	2:17.08	2:17.08	
	Tim de Vrugt	93	+0,53	29.22	1:02.52	1:37.70	2:12.21	2:12.21	
	Sander de Vrugt	89	+0,44	28.62	1:01.37	1:36.13	2:10.83	2:10.83	
	Mike Schel	94	+0,38	28.89	1:01.37	1:35.93	2:09.73	2:09.73	
3.	De Schotejil 1	z.c De Schotejil		NED				9:03.82	
	David Kievit	99		29.42	1:02.68	1:38.23	2:13.72	2:13.72	
	Frank v.d. Voorde	83		32.19	1:07.45	1:43.89	2:20.54	2:20.54	
	Niels Albrechts	88		31.90	1:08.81	1:46.55	2:22.39	2:22.39	
	Jacob Mackloet	00	+0,27	27.93	1:00.09	1:33.76	2:07.17	2:07.17	
4.	Poseidon'56 1	Poseidon'56		NED				9:21.87	+0,69
	Sam Beer	96	+0,69	31.75	1:09.40	1:48.54	2:28.39	2:28.39	
	Jim Geestman	83	+0,61	32.61	1:08.78	1:46.33	2:21.74	2:21.74	
	John Smit	95	+0,61	30.87	1:06.49	1:42.33	2:19.30	2:19.30	
	Ryan van den Ouden	99	+0,61	29.17	1:02.98	1:38.49	2:12.44	2:12.44	
5.	ZuiderZeeZwemmers 1	ZuiderZeeZwemmers		NED				9:24.37	+0,75
	Jesse van Dijk	99	+0,75	30.23	1:03.99	1:39.53	2:15.00	2:15.00	
	Gerko Versluis	69	+0,65	34.47	1:12.52	1:52.70	2:31.55	2:31.55	
	Jarick Stoop	96	+0,47	30.39	1:06.96	1:45.36	2:21.58	2:21.58	
	Ilmar Stoop	01	+0,50	30.53	1:05.09	1:41.25	2:16.24	2:16.24	
6.	AZC 1	AZC		NED				9:44.21	+0,94
	Auke Sijperda	99	+0,94	31.19	1:08.26	1:49.14	2:30.81	2:30.81	
	Jeffrey van 't Schip	91	+0,50	30.81	1:06.35	1:44.38	2:21.27	2:21.27	
	Patrick Brouwer	93	+0,28	33.87	1:12.61	1:53.29	2:32.42	2:32.42	
	Jeroen Matthijssen	91	+0,54	30.42	1:06.15	1:42.03	2:19.71	2:19.71	
7.	De Rijn 1	De Rijn		NED				10:05.34	+0,80
	Jeroen Louwinger	99	+0,80	31.01	1:05.01	1:39.45	2:13.04	2:13.04	
	Rick van Nieuwenhuizen	90	+0,51	36.27	1:20.20	2:05.91	2:50.23	2:50.23	
	Sjoerd Boogert	99	+0,52	32.60	1:09.97	1:50.91	2:33.74	2:33.74	
	Johan Krakou	91	+0,46	32.17	1:09.44	1:49.29	2:28.33	2:28.33	

160+, Heren

1.	Steenwijk 1934 2	Steenwijk 1934		NED				10:42.05	+0,86
	Rick Driezen	86	+0,86	32.60	1:08.75	1:46.07	2:22.48	2:22.48	
	Robert Braad	86	+0,38	31.08	1:07.07	1:42.73	2:18.07	2:18.07	
	Korstaan de Boer	71	+0,54	37.38	1:20.13	2:04.65	2:48.76	2:48.76	
	Patrick Wobben	93	+0,76	39.85	1:27.02	2:19.44	3:12.74	3:12.74	

200+, Heren

1.	Oslo I.L. 1	Oslo I.L.		NOR				8:40.78	
	Øivind Martin Hasle	77		29.58	1:01.31	1:35.60	2:09.70	2:09.70	
	Håkon Skaarud Karlsen	79		29.63	1:01.70	1:34.19	2:05.74	2:05.74	
	Jarl Inge Melberg	70		29.33	1:01.61	1:35.61	2:10.17	2:10.17	
	Oddvar Sandvin	66		30.52	1:04.59	1:40.14	2:15.17	2:15.17	

240+, Heren

1.	WS Twente 4	WS Twente		NED				12:35.66	
	Laurens Klein Breteler	54		42.66	1:32.75	2:23.96	3:11.40	3:11.40	
	Joop Weenink	68	+0,95	41.52	1:27.50	2:15.60	3:03.25	3:03.25	
	Bart van Calker	61	+0,67	45.17	1:32.35	2:21.04	3:08.56	3:08.56	
	Jack Barends	62	+0,75	43.38	1:31.66	2:22.82	3:12.45	3:12.45	



Open Nederlandse Masters
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Programmanr. 15, 4 x 200m vrije slag

80+, Gemengd

1.	HZ&PC Heerenveen 1 <i>Nederlands Masters Record</i>	HZ&PC Heerenveen		NED			8:35.93	+0,73
	Jorian Darwinkel	03	+0,73	28.34	1:00.79	1:34.77	2:07.99	2:07.99
	Leonie van Wier	02	+0,68	32.16	1:08.37	1:47.03	2:24.30	2:24.30
	Marte Hieke van der Kamp	05	+0,27	29.94	1:02.71	1:35.94	2:07.19	2:07.19
	Wouter Zijlstra	04	+0,50	26.10	55.62	1:26.15	1:56.45	1:56.45
2.	Steenwijk 1934 1	Steenwijk 1934		NED			9:49.08	
	Jolijn Liezen	05		32.30	1:08.70	1:46.19	2:23.88	2:23.88
	Alies Wagter	99		34.90	1:14.29	1:55.30	2:36.11	2:36.11
	Kylian Kooijman	99		30.92	1:05.51	1:42.60	2:20.08	2:20.08
	Jelle Heijman	00	+0,68	33.33	1:10.81	1:49.60	2:29.01	2:29.01

100+, Gemengd

1.	ZPCH 1	ZPCH		NED			9:09.75	+0,72
	Thomas Vastenhout	02	+0,72	28.81	1:00.83	1:34.27	2:08.63	2:08.63
	Kaylee de Jong	00	+0,68	32.54	1:08.12	1:44.35	2:19.30	2:19.30
	Sophie Brouwer	05	+0,33	33.32	1:10.00	1:49.87	2:29.46	2:29.46
	Ruud Holswilder	78	+0,28	29.60	1:03.50	1:39.26	2:12.36	2:12.36
2.	Zwemvereniging Hoogland 1	Zwemvereniging Hoogland		NED			9:10.27	
	Anne-Irene Ducheine	95		33.39	1:11.55	1:50.63	2:28.39	2:28.39
	Jeffrey Roest	97		30.39	1:03.77	1:39.09	2:13.04	2:13.04
	Jamilla van Omme - van Veen	96		30.92	1:06.44	1:43.90	2:20.29	2:20.29
	Bas Dries	95		27.65	59.74	1:33.61	2:08.55	2:08.55
3.	MSV-Zeemacht 1	MSV-Zeemacht		NED			9:36.94	
	Jordi de Nijs	98		28.41	1:01.88	1:38.11	2:13.56	2:13.56
	Suzanne Mosch	94		34.82	1:14.59	1:55.92	2:37.60	2:37.60
	Kyra Wesemann	02		34.36	1:11.96	1:50.96	2:29.91	2:29.91
	Matthew Humphreys	89		30.13	1:04.01	1:40.09	2:15.87	2:15.87
4.	WS Twente 3	WS Twente		NED			9:38.65	+0,78
	Mathieu Boers	98	+0,78	28.18	1:01.73	1:34.96	2:10.03	2:10.03
	Nienke Smidt	94	+0,67	33.54	1:11.99	1:53.27	2:33.20	2:33.20
	Marleen Hof	98	+0,43	33.67	1:13.17	1:55.49	2:37.05	2:37.05
	Niels Bent	94	+0,45	31.23	1:06.06	1:43.08	2:18.37	2:18.37
5.	WS Twente 2	WS Twente		NED			10:00.94	+0,75
	Sander Riezebos	94	+0,75	32.12	1:08.84	1:46.38	2:22.30	2:22.30
	Roméé Beverdam	01		33.87	1:11.81	1:51.34	2:30.46	2:30.46
	Pien Ooijman	05	+0,50	35.27	1:16.52	1:57.62	2:37.97	2:37.97
	Cars Wiegmann	94	+0,14	32.04	1:10.96	1:51.40	2:30.21	2:30.21

120+, Gemengd

1.	De Amstel 1	De Amstel		NED			9:59.27	
	Iris Bastiaansen	99		34.89	1:13.46	1:54.27	2:34.15	2:34.15
	Iris van der Moolen	99		34.55	1:13.89	1:55.59	2:37.13	2:37.13
	Henri Michels	65		35.68	1:14.23	1:54.37	2:32.06	2:32.06
	Owen Michels	04		30.63	1:04.45	1:39.97	2:15.93	2:15.93
2.	HZ&PC Heerenveen 2	HZ&PC Heerenveen		NED			10:01.91	+0,81
	Remco Dijkstra	01	+0,81	28.90	1:03.31	1:41.13	2:19.51	2:19.51
	Richard Kuipers	97	+0,68	29.71	1:02.09	1:36.30	2:12.19	2:12.19
	Peggi Hurenkamp	69	+0,79	39.71	1:26.21	2:15.47	3:02.52	3:02.52
	Inge Dekker	02	+0,44	32.83	1:11.10	1:50.20	2:27.69	2:27.69
3.	Westland Swimming Stars 1	Westland Swimming Stars		NED			10:16.86	
	Pieter Broek	77		33.93	1:12.25	1:53.24	2:36.84	2:36.84
	Anouk van der Lans	98	+0,31	35.04	1:15.07	1:57.52	2:38.89	2:38.89
	Mirjan den Drijver	75	+0,15	35.53	1:16.62	1:59.26	2:40.00	2:40.00
	Patrick Wyrdean	97	+0,48	32.24	1:07.78	1:44.85	2:21.13	2:21.13
4.	Zwemvereniging Hoogland 2	Zwemvereniging Hoogland		NED			10:36.98	
	Marloes Manni	90		32.83	1:10.72	1:51.15	2:29.57	2:29.57
	Ilana Iskander	89		38.35	1:21.86	2:07.28	2:52.25	2:52.25
	Karlo Kok	91		34.42	1:14.20	1:55.73	2:36.78	2:36.78
	Ruben de Boer	93		34.77	1:14.87	1:57.91	2:38.38	2:38.38



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Programmanr. 15, 4 x 200m vrije slag

160+, Gemengd

1.	PSV 3	PSV		NED				10:07.47	
	Larissa Jansen		95		33.99	1:11.32	1:48.68	2:25.59	2:25.59
	Nanda van Heteren		89		37.01	1:18.13	2:00.60	2:40.82	2:40.82
	Harold Matla		68		34.82	1:13.53	1:53.59	2:32.32	2:32.32
	Mark Godwaldt		87		32.38	1:10.12	1:50.31	2:28.74	2:28.74
2.	Swol 1894 8	Swol 1894		NED				12:38.74	+0,95
	Maxim Hardzilyenka		72	+0,95	44.34	1:36.20	2:28.46	3:17.22	3:17.22
	Jessica van Velzen		76	+0,96	53.38	1:52.91	2:54.55	3:53.21	3:53.21
	Mireille Nijhuis		81	+0,78	37.31	1:20.75	2:07.42	2:53.50	2:53.50
	Albert van Piekeren		84	+0,61	35.05	1:14.61	1:55.15	2:34.81	2:34.81

200+, Gemengd

1.	Luxembourg Sharks Swimming CLuxembourg Sharks Swimming CLUX							9:08.06	+0,73
	<i>European Masters Record</i>								
	Frederic Tonus		73	+0,73	29.03	1:00.68	1:33.67	2:04.70	2:04.70
	Steve Seremes		81	+0,45	27.95	59.83	1:33.64	2:08.20	2:08.20
	Micky Grulms		72	+0,67	35.54	1:14.26	1:52.85	2:29.94	2:29.94
	Olivia Lorton		74	+0,61	32.54	1:09.20	1:47.10	2:25.22	2:25.22
2.	ZPC Amersfoort 1	ZPC Amersfoort		NED				9:38.70	+0,95
	<i>Nederlands Masters Record</i>								
	Johan Remmits		62	+0,95	32.38	1:07.75	1:45.19	2:21.37	2:21.37
	Marlje Jansen		85	+0,55	32.95	1:11.26	1:51.52	2:30.94	2:30.94
	Lidia v. Bon-Rosenbrand		70	+0,47	33.28	1:11.18	1:50.98	2:29.47	2:29.47
	Chester Marsman		69	+0,59	29.89	1:04.85	1:41.47	2:16.92	2:16.92
3.	DWK 1	DWK		NED				11:01.06	
	Jennie Resink-lindeboom		60		42.55	1:31.51	2:21.28	3:08.93	3:08.93
	Iris van Aurich		69		35.67	1:17.87	2:01.58	2:43.72	2:43.72
	Martijn de Jong		71		37.23	1:20.77	2:06.35	2:49.89	2:49.89
	Lars Jacobsen		97		30.17	1:06.12	1:44.18	2:18.52	2:18.52
4.	GZC Donk 1	GZC Donk		NED				11:58.50	+0,87
	Pierre de Groot		64	+0,87	44.65	1:35.64	2:28.61	3:20.90	3:20.90
	Nathasja Konijn		71	+0,87	43.75	1:33.46	2:23.28	3:14.37	3:14.37
	Petra Tossings		61	+0,57	39.52	1:24.83	2:11.10	2:56.57	2:56.57
	Bryan Morsink		91	+0,28	31.80	1:07.93	1:46.03	2:26.66	2:26.66
5.	ENC Arnhem 3	ENC Arnhem		NED				12:17.78	+0,82
	Arjen Koop		79	+0,82	33.94	1:11.80	1:50.96	2:31.95	2:31.95
	Erwin Snip		70	+0,67	38.42	1:22.84	2:09.18	2:53.35	2:53.35
	Marion Kolkman-Pluim		60	+0,68	45.41	1:36.22	2:29.16	3:20.44	3:20.44
	Cora Smulders		66	+0,65	45.33	1:40.39	2:37.37	3:32.04	3:32.04
DIS	AZC 2	AZC		NED					
	<i>EC - De estafette niet gezwommen met de opgegeven zwemmers.**, 3e zwemmer 400 meter gezwommen</i>								
	Jessica Braat		02		34.48	1:14.39	1:56.92	2:38.34	2:38.34
	Esther Boerdam-Delfos		87						
	Wim de Lange		58						
	Geza Kaltenecker		42						

240+, Gemengd

1.	PSV 4	PSV		NED				14:42.60	+0,91
	Judith Sijbers		73	+0,91	47.96	1:46.72	2:49.66	3:50.09	3:50.09
	Gonnie Bak		51	+0,75	54.51	1:56.44	2:59.17	3:57.36	3:57.36
	Rob Hanou		43	+0,78	54.77	2:03.20	3:10.65	4:12.24	4:12.24
	Tom Bandsma		77		37.96	1:18.81	2:00.71	2:42.91	2:42.91

280+, Gemengd

1.	PSV 2	PSV		NED				12:36.69	
	<i>Nederlands Masters Record</i>								
	Ineke Weekers		53		41.97	1:27.83	2:13.78	2:59.15	2:59.15
	Corrie Verhoeven		46		44.12	1:37.34	2:33.63	3:28.53	3:28.53
	André Pantekoek		58	+0,52	45.67	1:39.12	2:31.59	3:19.88	3:19.88
	Menno Lomans		61	+0,74	38.48	1:22.38	2:07.08	2:49.13	2:49.13



Open Nederlandse Masters
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4 - ONMK2025Ib - Sessie 4

10-5-2025 - 9:30

Programmanr. 16
10-5-2025 - 9:30

Heren, 800m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	tijd	RT	PARA	
Masters 20+						
1.	Jacco Nijland	ZPC De Hof	NED 200400081	10:10.55		
	50m: 29.01	29.01	250m: 3:02.13	39.38	450m: 5:40.57	40.04
	100m: 1:03.92	34.91	300m: 3:41.49	39.36	500m: 6:20.66	40.09
	150m: 1:43.61	39.69	350m: 4:20.54	39.05	550m: 7:01.30	40.64
	200m: 2:22.75	39.14	400m: 5:00.53	39.99	600m: 7:41.46	40.16
2.	Owen Michels	De Amstel	NED 200402293	10:16.01	+0,75	
	50m: 31.83	31.83	250m: 3:01.65	39.25	450m: 5:40.71	40.06
	100m: 1:07.41	35.58	300m: 3:41.14	39.49	500m: 6:20.49	39.78
	150m: 1:44.59	37.18	350m: 4:21.08	39.94	550m: 7:00.54	40.05
	200m: 2:22.40	37.81	400m: 5:00.65	39.57	600m: 7:40.91	40.37
Masters 25+						
1.	Jacob Mackloet	z.c De Schotejil	NED 200001171	9:34.66	+0,74	
	50m: 30.07	30.07	250m: 2:54.32	36.94	450m: 5:22.67	37.31
	100m: 1:04.66	34.59	300m: 3:31.13	36.81	500m: 5:59.71	37.04
	150m: 1:40.79	36.13	350m: 4:08.30	37.17	550m: 6:36.82	37.11
	200m: 2:17.38	36.59	400m: 4:45.36	37.06	600m: 7:13.74	36.92
2.	Aron Paasse	z.c De Schotejil	NED 200000099	9:49.79		
	50m: 31.15	31.15	250m: 2:57.95	37.60	450m: 5:28.53	37.57
	100m: 1:06.16	35.01	300m: 3:35.45	37.50	500m: 6:05.95	37.42
	150m: 1:43.07	36.91	350m: 4:13.40	37.95	550m: 6:44.01	38.06
	200m: 2:20.35	37.28	400m: 4:50.96	37.56	600m: 7:21.58	37.57
3.	Jeffrey Roest	Zwemvereniging Hoogland	NED 199703401	9:51.32	+0,83	
	50m: 32.70	32.70	250m: 3:01.35	37.23	450m: 5:32.49	37.92
	100m: 1:09.18	36.48	300m: 3:39.17	37.82	500m: 6:10.38	37.89
	150m: 1:46.11	36.93	350m: 4:16.84	37.67	550m: 6:48.20	37.82
	200m: 2:24.12	38.01	400m: 4:54.57	37.73	600m: 7:26.06	37.86
4.	Tenzin Tieman	Old Dutch	NED 200005549	9:55.77	+0,85	
	50m: 31.99	31.99	250m: 2:56.67	36.62	450m: 5:27.16	37.94
	100m: 1:07.05	35.06	300m: 3:34.06	37.39	500m: 6:05.59	38.43
	150m: 1:43.25	36.20	350m: 4:11.51	37.45	550m: 6:44.01	38.42
	200m: 2:20.05	36.80	400m: 4:49.22	37.71	600m: 7:22.75	38.74
5.	Jeroen Louwinger	De Rijn	NED 199900583	10:03.63		
	50m: 33.28	33.28	250m: 3:05.77	38.41	450m: 5:39.68	38.36
	100m: 1:10.79	37.51	300m: 3:44.05	38.28	500m: 6:18.48	38.80
	150m: 1:49.28	38.49	350m: 4:22.43	38.38	550m: 6:57.56	39.08
	200m: 2:27.36	38.08	400m: 5:01.32	38.89	600m: 7:36.23	38.67
6.	Lars Jacobsen	DWK	NED 199705453	10:07.15	S14	
	50m: 32.27	32.27	250m: 3:05.34	39.58	450m: 5:41.00	39.86
	100m: 1:09.17	36.90	300m: 3:43.53	38.19	500m: 6:19.64	38.64
	150m: 1:47.74	38.57	350m: 4:22.46	38.93	550m: 6:59.62	39.98
	200m: 2:25.76	38.02	400m: 5:01.14	38.68	600m: 7:37.94	38.32
7.	Jordy van Oel	WVZ	NED 199802003	10:33.55	+0,76	
	50m: 34.22	34.22	250m: 3:13.86	40.43	450m: 5:53.99	40.46
	100m: 1:13.10	38.88	300m: 3:53.48	39.62	500m: 6:34.00	40.01
	150m: 1:53.14	40.04	350m: 4:33.53	40.05	550m: 7:14.16	40.16
	200m: 2:33.43	40.29	400m: 5:13.53	40.00	600m: 7:54.94	40.78
8.	David Kievit	z.c De Schotejil	NED 199900325	10:34.15	+0,94	
	50m: 31.01	31.01	250m: 3:02.74	39.32	450m: 5:45.38	41.50
	100m: 1:06.65	35.64	300m: 3:43.23	40.49	500m: 6:27.46	42.08
	150m: 1:44.26	37.61	350m: 4:23.51	40.28	550m: 7:09.15	41.69
	200m: 2:23.42	39.16	400m: 5:03.88	40.37	600m: 7:51.32	42.17
9.	Patrick Wyrdean	Westland Swimming Stars	NED 199702475	10:37.89	+0,80	
	50m: 34.22	34.22	250m: 3:12.80	40.22	450m: 5:53.97	40.09
	100m: 1:13.00	38.78	300m: 3:53.70	40.90	500m: 6:34.35	40.38
	150m: 1:52.33	39.33	350m: 4:33.63	39.93	550m: 7:14.87	40.52
	200m: 2:32.58	40.25	400m: 5:13.88	40.25	600m: 7:55.82	40.95
10.	Leon Kloots	ZPC De Hof	NED 200001363	10:45.13	+0,86	
	50m: 34.12	34.12	250m: 3:13.33	40.91	450m: 5:58.88	41.31
	100m: 1:12.91	38.79	300m: 3:54.54	41.21	500m: 6:39.54	40.66
	150m: 1:52.12	39.21	350m: 4:35.98	41.44	550m: 7:20.61	41.07
	200m: 2:32.42	40.30	400m: 5:17.57	41.59	600m: 8:02.03	41.42





Open Nederlandse Masters
Kampioenschappen 2025 lange baan
Drachten, 8-11 mei 2025



Programmanr. 16, Heren, 800m vrije slag

Masters 30+

1. Mike Schel	ENC Arnhem	NED	199403279	9:29.03	+0,82
50m: 31.37	31.37	250m: 2:53.16	36.24	450m: 5:16.56	36.37
100m: 1:05.85	34.48	300m: 3:28.22	35.06	500m: 5:52.63	36.07
150m: 1:41.54	35.69	350m: 4:04.38	36.16	550m: 6:29.39	36.76
200m: 2:16.92	35.38	400m: 4:40.19	35.81	600m: 7:05.90	36.51
650m: 7:42.74	36.84	700m: 8:18.84	36.10	750m: 8:55.45	36.61
800m: 9:29.03	33.58				
2. Jeffrey van 't Schip	AZC	NED	199102035	10:42.91	+0,85
50m: 33.20	33.20	250m: 3:13.18	41.02	450m: 5:57.68	41.33
100m: 1:11.18	37.98	300m: 3:54.47	41.29	500m: 6:39.51	41.83
150m: 1:51.08	39.90	350m: 4:35.13	40.66	550m: 7:21.00	41.49
200m: 2:32.16	41.08	400m: 5:16.35	41.22	600m: 8:02.68	41.68
650m: 8:44.09	41.41	700m: 9:25.05	40.96	750m: 10:05.24	40.19
800m: 10:42.91	37.67				
3. Colin Degenaaars	ZPCH	NED	199505951	10:55.22	
50m: 35.20	35.20	250m: 3:17.90	41.84	450m: 6:04.68	42.67
100m: 1:14.00	38.80	300m: 3:58.77	40.87	500m: 6:46.68	42.00
150m: 1:54.83	40.83	350m: 4:39.79	41.02	550m: 7:29.34	42.66
200m: 2:36.06	41.23	400m: 5:22.01	42.22	600m: 8:11.44	42.10
650m: 8:53.86	42.42	700m: 9:36.52	42.66	750m: 10:17.53	41.01
800m: 10:55.22	37.69				
4. Koen de Meyere	WS Twente	NED	199406783	11:29.27	
50m: 36.48	36.48	250m: 3:25.86	43.14	450m: 6:19.88	43.79
100m: 1:17.36	40.88	300m: 4:09.24	43.38	500m: 7:04.29	44.41
150m: 2:00.03	42.67	350m: 4:53.05	43.81	550m: 7:48.16	43.87
200m: 2:42.72	42.69	400m: 5:36.09	43.04	600m: 8:31.89	43.73
650m: 9:16.88	44.99	700m: 10:01.61	44.73	750m: 10:46.01	44.40
800m: 11:29.27	43.26				

Masters 35+

1. Matthew Humphreys	MSV-Zeemacht	NED	198906983	10:06.64	+0,81
50m: 33.87	33.87	250m: 3:07.12	39.30	450m: 5:42.90	38.66
100m: 1:10.92	37.05	300m: 3:46.57	39.45	500m: 6:21.39	38.49
150m: 1:49.14	38.22	350m: 4:25.55	38.98	550m: 7:00.54	39.15
200m: 2:27.82	38.68	400m: 5:04.24	38.69	600m: 7:38.98	38.44
650m: 8:17.68	38.70	700m: 8:55.26	37.58	750m: 9:32.55	37.29
800m: 10:06.64	34.09				
2. Tim Bunnik	Triton	NED	199000505	10:08.14	
50m: 33.37	33.37	250m: 3:06.85	39.26	450m: 5:42.04	38.67
100m: 1:10.59	37.22	300m: 3:46.08	39.23	500m: 6:20.47	38.43
150m: 1:48.83	38.24	350m: 4:24.91	38.83	550m: 6:59.50	39.03
200m: 2:27.59	38.76	400m: 5:03.37	38.46	600m: 7:37.98	38.48
650m: 8:17.33	39.35	700m: 8:55.50	38.17	750m: 9:33.32	37.82
800m: 10:08.14	34.82				
3. Patrick Creemers	SG Patrick - De Roersoppers	NED	199000579	10:13.32	+0,82
50m: 31.76	31.76	250m: 3:04.58	39.17	450m: 5:43.45	40.10
100m: 1:08.29	36.53	300m: 3:44.02	39.44	500m: 6:22.74	39.29
150m: 1:46.76	38.47	350m: 4:23.80	39.78	550m: 7:02.32	39.58
200m: 2:25.41	38.65	400m: 5:03.35	39.55	600m: 7:41.30	38.98
650m: 8:20.56	39.26	700m: 8:59.28	38.72	750m: 9:37.46	38.18
800m: 10:13.32	35.86				
4. Niels Albrechts	z.c De Schotejil	NED	198800039	10:19.30	+0,87
50m: 34.14	34.14	250m: 3:07.86	38.56	450m: 5:44.18	38.83
100m: 1:12.10	37.96	300m: 3:47.42	39.56	500m: 6:24.52	40.34
150m: 1:50.25	38.15	350m: 4:25.42	38.00	550m: 7:03.43	38.91
200m: 2:29.30	39.05	400m: 5:05.35	39.93	600m: 7:43.96	40.53
650m: 8:23.74	39.78	700m: 9:03.75	40.01	750m: 9:42.69	38.94
800m: 10:19.30	36.61				
5. Wessel Everloo	WS Twente	NED	198906597	10:23.10	
50m: 34.07	34.07	250m: 3:09.33	38.35	450m: 5:48.34	39.78
100m: 1:12.93	38.86	300m: 3:48.48	39.15	500m: 6:27.03	38.69
150m: 1:52.58	39.65	350m: 4:28.46	39.98	550m: 7:07.22	40.19
200m: 2:30.98	38.40	400m: 5:08.56	40.10	600m: 7:47.80	40.58
650m: 8:27.34	39.54	700m: 9:08.04	40.70	750m: 9:47.53	39.49
800m: 10:23.10	35.57				
6. Dennis Wijbenga	Aqua 68	NED	199003283	10:48.17	
50m: 34.94	34.94	250m: 3:12.53	40.21	450m: 5:56.96	41.29
100m: 1:13.45	38.51	300m: 3:53.52	40.99	500m: 6:39.15	42.19
150m: 1:52.25	38.80	350m: 4:34.37	40.85	550m: 7:20.67	41.52
200m: 2:32.32	40.07	400m: 5:15.67	41.30	600m: 8:02.31	41.64
650m: 8:44.45	42.14	700m: 9:26.07	41.62	750m: 10:07.18	41.11
800m: 10:48.17	40.99				
7. Remco van der Graaf	De Geul	NED	198704007	11:09.28	+0,82
50m: 36.96	36.96	250m: 3:25.19	43.21	450m: 6:17.30	43.14
100m: 1:17.41	40.45	300m: 4:08.01	42.82	500m: 6:59.99	42.69
150m: 1:59.52	42.11	350m: 4:51.76	43.75	550m: 7:43.60	43.61
200m: 2:41.98	42.46	400m: 5:34.16	42.40	600m: 8:26.34	42.74
650m: 9:09.77	43.43	700m: 9:52.13	42.36	750m: 10:33.61	41.48
800m: 11:09.28	35.67				
8. Mark Godwaldt	PSV	NED	198701039	11:39.65	
50m: 38.17	38.17	250m: 3:33.07	44.88	450m: 6:34.44	45.22
100m: 1:20.52	42.35	300m: 4:18.13	45.06	500m: 7:20.12	45.68
150m: 2:03.96	43.44	350m: 5:03.48	45.35	550m: 8:05.88	45.76
200m: 2:48.19	44.23	400m: 5:49.22	45.74	600m: 8:49.55	43.67
650m: 9:33.65	44.10	700m: 10:18.11	44.46	750m: 11:01.62	43.51
800m: 11:39.65	38.03				
9. Sander van Tilburg	De Biesboschzwemmers	NED	198604609	11:40.59	+0,87
50m: 38.88	38.88	250m: 3:34.62	44.50	450m: 6:34.05	44.62
100m: 1:21.92	43.04	300m: 4:19.70	45.08	500m: 7:18.86	44.81
150m: 2:05.34	43.42	350m: 5:04.28	44.58	550m: 8:03.76	44.90
200m: 2:50.12	44.78	400m: 5:49.43	45.15	600m: 8:48.81	45.05
650m: 9:32.80	43.99	700m: 10:17.35	44.55	750m: 11:00.91	43.56
800m: 11:40.59	39.68				



Open Nederlandse Masters
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Programmanr. 16, Heren, 800m vrije slag

Masters 40+

1. Pieter Pickhardt		ZPC De Hof	NED	198301657	10:03.17	+0,81					
50m:	34.09	34.09	250m:	3:01.87	37.11	450m:	5:34.36	38.34	650m:	8:08.59	38.26
100m:	1:10.88	36.79	300m:	3:39.68	37.81	500m:	6:13.33	38.97	700m:	8:47.83	39.24
150m:	1:47.53	36.65	350m:	4:17.47	37.79	550m:	6:51.64	38.31	750m:	9:25.52	37.69
200m:	2:24.76	37.23	400m:	4:56.02	38.55	600m:	7:30.33	38.69	800m:	10:03.17	37.65
2. Frank v.d. Voordt		z.c De Schoteijl	NED	198302259	10:14.12						
50m:	33.65	33.65	250m:	3:07.23	39.00	450m:	5:43.56	38.80	650m:	8:18.99	38.52
100m:	1:10.87	37.22	300m:	3:46.48	39.25	500m:	6:22.81	39.25	700m:	8:57.80	38.81
150m:	1:49.04	38.17	350m:	4:25.50	39.02	550m:	7:01.69	38.88	750m:	9:36.23	38.43
200m:	2:28.23	39.19	400m:	5:04.76	39.26	600m:	7:40.47	38.78	800m:	10:14.12	37.89

Masters 45+

1. Håkon Skaarud Karlsen		Oslo I.L.	NOR	M050179HÅK01	9:22.93						
50m:	33.08	33.08	250m:	2:57.47	36.07	450m:	5:20.72	35.61	650m:	7:41.97	35.46
100m:	1:08.90	35.82	300m:	3:33.42	35.95	500m:	5:55.99	35.27	700m:	8:17.28	36.31
150m:	1:45.24	36.34	350m:	4:09.36	35.94	550m:	6:31.34	35.35	750m:	8:52.59	35.31
200m:	2:21.40	36.16	400m:	4:45.11	35.75	600m:	7:06.51	35.17	800m:	9:22.93	30.34
2. Martijn Butter		OEZA	NED	197900231	9:40.52	+0,89					
50m:	32.97	32.97	250m:	2:59.02	36.20	450m:	5:26.13	36.37	650m:	7:53.28	36.92
100m:	1:09.55	36.58	300m:	3:36.07	37.05	500m:	6:02.94	36.81	700m:	8:29.89	36.61
150m:	1:45.88	36.33	350m:	4:12.50	36.43	550m:	6:39.15	36.21	750m:	9:05.60	35.71
200m:	2:22.82	36.94	400m:	4:49.76	37.26	600m:	7:16.36	37.21	800m:	9:40.52	34.92
3. Knut Ivan Rasmussen		Oslo I.L.	NOR	M190278KNU03	9:56.43	+0,81					
50m:	35.30	35.30	250m:	3:07.10	38.26	450m:	5:38.20	37.92	650m:	8:08.71	37.53
100m:	1:12.67	37.37	300m:	3:44.62	37.52	500m:	6:15.68	37.48	700m:	8:45.64	36.93
150m:	1:51.17	38.50	350m:	4:22.61	37.99	550m:	6:53.72	38.04	750m:	9:22.95	37.31
200m:	2:28.84	37.67	400m:	5:00.28	37.67	600m:	7:31.18	37.46	800m:	9:56.43	33.48
4. Freddie Geerlings		Zwemsport Parkstad	NED	197900379	11:09.80	+0,95					
50m:	36.97	36.97	250m:	3:25.06	42.07	450m:	6:15.29	42.26	650m:	9:05.37	42.31
100m:	1:18.29	41.32	300m:	4:07.99	42.93	500m:	6:57.91	42.62	700m:	9:47.89	42.52
150m:	2:00.58	42.29	350m:	4:50.44	42.45	550m:	7:40.34	42.43	750m:	10:29.91	42.02
200m:	2:42.99	42.41	400m:	5:33.03	42.59	600m:	8:23.06	42.72	800m:	11:09.80	39.89
5. Alfonso Verkerk		Blue Marlins	NED	197601665	13:02.83	+0,83					
50m:	41.32	41.32	250m:	3:58.95	48.58	450m:	7:22.37	50.52	650m:	10:42.52	48.62
100m:	1:29.35	48.03	300m:	4:50.01	51.06	500m:	8:13.79	51.42	700m:	11:32.18	49.66
150m:	2:19.59	50.24	350m:	5:40.52	50.51	550m:	9:02.94	49.15	750m:	12:19.19	47.01
200m:	3:10.37	50.78	400m:	6:31.85	51.33	600m:	9:53.90	50.96	800m:	13:02.83	43.64

Masters 50+

1. Chris Kouwenhoven		De Grunte	NED	197101669	11:37.61						
50m:	37.84	37.84	250m:	3:30.83	44.30	450m:	6:27.63	44.22	650m:	9:25.43	44.85
100m:	1:19.87	42.03	300m:	4:15.06	44.23	500m:	7:11.86	44.23	700m:	10:10.42	44.99
150m:	2:03.10	43.23	350m:	4:59.60	44.54	550m:	7:56.20	44.34	750m:	10:54.91	44.49
200m:	2:46.53	43.43	400m:	5:43.41	43.81	600m:	8:40.58	44.38	800m:	11:37.61	42.70

Masters 55+

1. John Hardeman		Zwemlust- den Hommel	NED	196601615	10:29.87						
50m:	34.77	34.77	250m:	3:14.82	40.62	450m:	5:55.93	40.39	650m:	8:35.37	39.70
100m:	1:13.45	38.68	300m:	3:54.96	40.14	500m:	6:35.83	39.90	700m:	9:14.74	39.37
150m:	1:53.77	40.32	350m:	4:35.56	40.60	550m:	7:16.04	40.21	750m:	9:53.80	39.06
200m:	2:34.20	40.43	400m:	5:15.54	39.98	600m:	7:55.67	39.63	800m:	10:29.87	36.07
2. Richard Rickens		Hellas-Glana	NED	197000841	10:37.64	+0,83					
50m:	34.84	34.84	250m:	3:13.79	40.14	450m:	5:57.40	40.85	650m:	8:40.35	40.68
100m:	1:13.67	38.83	300m:	3:54.59	40.80	500m:	6:38.50	41.10	700m:	9:21.14	40.79
150m:	1:53.22	39.55	350m:	4:35.21	40.62	550m:	7:18.68	40.18	750m:	10:00.19	39.05
200m:	2:33.65	40.43	400m:	5:16.55	41.34	600m:	7:59.67	40.99	800m:	10:37.64	37.45
3. Norbert Nagl		SC Hakoah	AUT	20840	11:02.05						
50m:	38.15	38.15	250m:	3:23.81	41.75	450m:	6:10.60	41.80	650m:	8:58.55	42.49
100m:	1:19.20	41.05	300m:	4:05.40	41.59	500m:	6:52.39	41.79	700m:	9:40.34	41.79
150m:	2:00.48	41.28	350m:	4:46.95	41.55	550m:	7:34.26	41.87	750m:	10:21.98	41.64
200m:	2:42.06	41.58	400m:	5:28.80	41.85	600m:	8:16.06	41.80	800m:	11:02.05	40.07
4. Ingmar de Gelder		ZOB'66	NED	197000333	11:03.58						
50m:	35.94	35.94	250m:	3:20.19	42.28	450m:	6:08.98	40.69	650m:	8:56.75	42.53
100m:	1:15.27	39.33	300m:	4:03.15	42.96	500m:	6:50.00	41.02	700m:	9:38.62	41.87
150m:	1:56.22	40.95	350m:	4:45.79	42.64	550m:	7:31.86	41.86	750m:	10:22.02	43.40
200m:	2:37.91	41.69	400m:	5:28.29	42.50	600m:	8:14.22	42.36	800m:	11:03.58	41.56



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

rang	naam	vereniging					tijd	RT	PARA
5.	Leon Slingerland	WVZ	NED 196801707				12:08.96	+0,96	
	50m: 38.03	38.03	250m: 3:41.23	47.19	450m: 6:50.89	47.79	650m: 9:56.48	45.77	
	100m: 1:21.31	43.28	300m: 4:28.58	47.35	500m: 7:37.54	46.65	700m: 10:42.01	45.53	
	150m: 2:07.42	46.11	350m: 5:16.65	48.07	550m: 8:24.63	47.09	750m: 11:27.07	45.06	
	200m: 2:54.04	46.62	400m: 6:03.10	46.45	600m: 9:10.71	46.08	800m: 12:08.96	41.89	
6.	Jeroen Wilmer	Enkhuizer Zwem Vereniging	NED 196601711				12:30.72	+0,90	
	50m: 41.89	41.89	250m: 3:52.04	48.34	450m: 7:04.94	47.90	650m: 10:16.82	47.03	
	100m: 1:28.21	46.32	300m: 4:40.68	48.64	500m: 7:53.61	48.67	700m: 11:03.68	46.86	
	150m: 2:15.80	47.59	350m: 5:29.13	48.45	550m: 8:41.66	48.05	750m: 11:48.55	44.87	
	200m: 3:03.70	47.90	400m: 6:17.04	47.91	600m: 9:29.79	48.13	800m: 12:30.72	42.17	

Masters 60+

1.	Johan Remmits	ZPC Amersfoort	NED 196201159				10:40.21	+0,97	
	50m: 35.62	35.62	250m: 3:16.54	40.57	450m: 5:58.57	40.57	650m: 8:41.50	40.56	
	100m: 1:14.91	39.29	300m: 3:57.05	40.51	500m: 6:39.33	40.76	700m: 9:22.12	40.62	
	150m: 1:55.46	40.55	350m: 4:36.91	39.86	550m: 7:19.94	40.61	750m: 10:01.62	39.50	
	200m: 2:35.97	40.51	400m: 5:18.00	41.09	600m: 8:00.94	41.00	800m: 10:40.21	38.59	
2.	Gustav van den Berg	TriVia	NED 196100991				10:48.54		
	50m: 38.80	38.80	250m: 3:24.71	42.08	450m: 6:08.03	40.63	650m: 8:50.45	40.89	
	100m: 1:19.52	40.72	300m: 4:05.89	41.18	500m: 6:48.48	40.45	700m: 9:31.64	41.19	
	150m: 2:01.13	41.61	350m: 4:47.24	41.35	550m: 7:29.29	40.81	750m: 10:11.45	39.81	
	200m: 2:42.63	41.50	400m: 5:27.40	40.16	600m: 8:09.56	40.27	800m: 10:48.54	37.09	
3.	Henri Michels	De Amstel	NED 196501587				11:07.02		
	50m: 36.98	36.98	250m: 3:24.63	43.16	450m: 6:15.08	42.78	650m: 9:04.73	42.39	
	100m: 1:17.35	40.37	300m: 4:06.87	42.24	500m: 6:57.32	42.24	700m: 9:46.41	41.68	
	150m: 1:59.56	42.21	350m: 4:50.03	43.16	550m: 7:40.24	42.92	750m: 10:27.48	41.07	
	200m: 2:41.47	41.91	400m: 5:32.30	42.27	600m: 8:22.34	42.10	800m: 11:07.02	39.54	
4.	Kees-Jan van Overbeeke	WWV Winterswijk	NED 196200489				11:25.74	+0,86	
	50m: 38.89	38.89	250m: 3:36.21	44.26	450m: 6:29.62	42.13	650m: 9:22.59	42.83	
	100m: 1:22.85	43.96	300m: 4:20.75	44.54	500m: 7:12.67	43.05	700m: 10:05.01	42.42	
	150m: 2:07.01	44.16	350m: 5:03.94	43.19	550m: 7:56.18	43.51	750m: 10:46.32	41.31	
	200m: 2:51.95	44.94	400m: 5:47.49	43.55	600m: 8:39.76	43.58	800m: 11:25.74	39.42	
5.	Menno Lomans	PSV	NED 196101071				12:05.45	+0,85	
	50m: 39.69	39.69	250m: 3:43.52	46.02	450m: 6:47.86	45.88	650m: 9:52.98	46.61	
	100m: 1:25.09	45.40	300m: 4:29.42	45.90	500m: 7:34.19	46.33	700m: 10:38.40	45.42	
	150m: 2:11.42	46.33	350m: 5:15.72	46.30	550m: 8:20.39	46.20	750m: 11:23.98	45.58	
	200m: 2:57.50	46.08	400m: 6:01.98	46.26	600m: 9:06.37	45.98	800m: 12:05.45	41.47	
6.	Marcel Hoff	Aqua-Novio '94	NED 196400317				12:44.29	+0,96	
	50m: 40.98	40.98	250m: 3:52.12	48.36	450m: 7:08.22	48.95	650m: 10:22.01	48.74	
	100m: 1:27.26	46.28	300m: 4:41.76	49.64	500m: 7:56.65	48.43	700m: 11:10.96	48.95	
	150m: 2:15.09	47.83	350m: 5:30.21	48.45	550m: 8:44.75	48.10	750m: 11:57.90	46.94	
	200m: 3:03.76	48.67	400m: 6:19.27	49.06	600m: 9:33.27	48.52	800m: 12:44.29	46.39	
7.	Peter Janssen	Team Noord Holland (SG)	NED 196201307				12:52.39		
	50m: 44.08	44.08	250m: 4:00.28	48.93	450m: 7:14.33	48.52	650m: 10:29.45	49.03	
	100m: 1:32.54	48.46	300m: 4:48.95	48.67	500m: 8:03.11	48.78	700m: 11:17.91	48.46	
	150m: 2:22.20	49.66	350m: 5:37.59	48.64	550m: 8:51.70	48.59	750m: 12:05.67	47.76	
	200m: 3:11.35	49.15	400m: 6:25.81	48.22	600m: 9:40.42	48.72	800m: 12:52.39	46.72	
8.	Erik Saan	De Duck	NED 196500769				12:55.76		
	50m: 41.31	41.31	250m: 3:57.28	50.21	450m: 7:17.74	49.56	650m: 10:34.25	48.92	
	100m: 1:28.47	47.16	300m: 4:47.40	50.12	500m: 8:07.32	49.58	700m: 11:22.85	48.60	
	150m: 2:17.90	49.43	350m: 5:38.06	50.66	550m: 8:56.06	48.74	750m: 12:11.17	48.32	
	200m: 3:07.07	49.17	400m: 6:28.18	50.12	600m: 9:45.33	49.27	800m: 12:55.76	44.59	

Masters 65+

1.	Rene Janssen	Team Noord Holland (SG)	NED 195700169				12:06.06		
	50m: 40.84	40.84	250m: 3:44.12	46.83	450m: 6:48.46	46.21	650m: 9:53.75	46.60	
	100m: 1:24.93	44.09	300m: 4:30.03	45.91	500m: 7:34.71	46.25	700m: 10:38.92	45.17	
	150m: 2:11.27	46.34	350m: 5:16.21	46.18	550m: 8:20.93	46.22	750m: 11:23.89	44.97	
	200m: 2:57.29	46.02	400m: 6:02.25	46.04	600m: 9:07.15	46.22	800m: 12:06.06	42.17	
2.	Paul Bunnik	Triton	NED 195600413				12:29.82	+0,84	
	50m: 40.56	40.56	250m: 3:48.24	48.06	450m: 7:01.06	48.46	650m: 10:12.95	48.04	
	100m: 1:25.65	45.09	300m: 4:36.18	47.94	500m: 7:49.11	48.05	700m: 11:00.52	47.57	
	150m: 2:12.60	46.95	350m: 5:24.11	47.93	550m: 8:37.26	48.15	750m: 11:47.36	46.84	
	200m: 3:00.18	47.58	400m: 6:12.60	48.49	600m: 9:24.91	47.65	800m: 12:29.82	42.46	
3.	Wolfgang Rossa	TPSK 1925 e.V.	GER 396833				12:53.58		
	50m: 44.58	44.58	250m: 3:59.90	48.95	450m: 7:12.56	47.97	650m: 10:28.65	48.55	
	100m: 1:33.00	48.42	300m: 4:47.92	48.02	500m: 8:01.67	49.11	700m: 11:17.04	48.39	
	150m: 2:21.56	48.56	350m: 5:36.02	48.10	550m: 8:50.42	48.75	750m: 12:06.03	48.99	
	200m: 3:10.95	49.39	400m: 6:24.59	48.57	600m: 9:40.10	49.68	800m: 12:53.58	47.55	





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

rang	naam	vereniging	tijd	RT	PARA			
4.	Wim de Lange	AZC	13:16.15					
	50m: 42.13	42.13	250m: 3:56.76	50.03	450m: 7:20.50	51.52	650m: 10:45.47	51.87
	100m: 1:28.57	46.44	300m: 4:46.97	50.21	500m: 8:11.12	50.62	700m: 11:35.58	50.11
	150m: 2:17.73	49.16	350m: 5:38.33	51.36	550m: 9:02.77	51.65	750m: 12:27.81	52.23
	200m: 3:06.73	49.00	400m: 6:28.98	50.65	600m: 9:53.60	50.83	800m: 13:16.15	48.34
5.	Lex Hoogendam	ZZ&PC De Devel	13:49.15					
	50m: 41.95	41.95	250m: 4:05.69	52.43	450m: 7:37.99	53.21	650m: 11:11.22	53.45
	100m: 1:30.10	48.15	300m: 4:58.48	52.79	500m: 8:31.32	53.33	700m: 12:03.94	52.72
	150m: 2:21.30	51.20	350m: 5:51.80	53.32	550m: 9:24.71	53.39	750m: 12:57.07	53.13
	200m: 3:13.26	51.96	400m: 6:44.78	52.98	600m: 10:17.77	53.06	800m: 13:49.15	52.08

Masters 70+

1.	Sverre Kile	Bergen Omegn Masters	11:32.58					
	50m: 40.42	40.42	250m: 3:40.64	44.57	450m: 6:38.83	43.88	650m: 9:31.90	42.29
	100m: 1:24.73	44.31	300m: 4:25.90	45.26	500m: 7:22.98	44.15	700m: 10:14.24	42.34
	150m: 2:10.06	45.33	350m: 5:10.24	44.34	550m: 8:06.27	43.29	750m: 10:54.90	40.66
	200m: 2:56.07	46.01	400m: 5:54.95	44.71	600m: 8:49.61	43.34	800m: 11:32.58	37.68
2.	Henk Slomp	Z&PC de Inktvis	11:56.18					
	50m: 38.28	38.28	250m: 3:37.80	45.89	450m: 6:41.43	46.28	650m: 9:44.96	46.40
	100m: 1:21.63	43.35	300m: 4:23.20	45.40	500m: 7:26.87	45.44	700m: 10:30.40	45.44
	150m: 2:06.74	45.11	350m: 5:08.96	45.76	550m: 8:13.09	46.22	750m: 11:15.24	44.84
	200m: 2:51.91	45.17	400m: 5:55.15	46.19	600m: 8:58.56	45.47	800m: 11:56.18	40.94
3.	Jos Kamps	Zwemvereniging Hoogland	15:44.34	+0.97				
	50m: 44.20	44.20	250m: 4:35.34	59.86	450m: 8:35.60	59.16	650m: 12:43.10	1:01.34
	100m: 1:38.26	54.06	300m: 5:35.21	59.87	500m: 9:37.56	1:01.96	700m: 13:45.82	1:02.72
	150m: 2:35.61	57.35	350m: 6:34.42	59.21	550m: 10:38.44	1:00.88	750m: 14:45.75	59.93
	200m: 3:35.48	59.87	400m: 7:36.44	1:02.02	600m: 11:41.76	1:03.32	800m: 15:44.34	58.59

Masters 75+

1.	Wout Hemmes	De Plons	14:01.76					
	50m: 45.49	45.49	250m: 4:14.56	52.83	450m: 7:47.04	53.16	650m: 11:24.24	53.80
	100m: 1:36.78	51.29	300m: 5:07.37	52.81	500m: 8:41.30	54.26	700m: 12:18.60	54.36
	150m: 2:28.57	51.79	350m: 6:00.63	53.26	550m: 9:35.66	54.36	750m: 13:12.44	53.84
	200m: 3:21.73	53.16	400m: 6:53.88	53.25	600m: 10:30.44	54.78	800m: 14:01.76	49.32
2.	Piet Schop	De Bevelanders	16:12.73	+0.48				
	50m: 52.08	52.08	250m: 5:01.34	1:01.84	450m: 9:09.10	1:01.05	650m: 13:18.99	1:02.09
	100m: 1:52.90	1:00.82	300m: 6:03.94	1:02.60	500m: 10:12.03	1:02.93	700m: 14:21.07	1:02.08
	150m: 2:55.28	1:02.38	350m: 7:05.24	1:01.30	550m: 11:13.78	1:01.75	750m: 15:19.91	58.84
	200m: 3:59.50	1:04.22	400m: 8:08.05	1:02.81	600m: 12:16.90	1:03.12	800m: 16:12.73	52.82

Masters 80+

1.	Willem Putter	ZV Vlaardingen-Schiedam	15:26.98					
	<i>Nederlands Masters Record</i>							
	50m: 48.45	48.45	250m: 4:41.19	58.97	450m: 8:39.15	59.67	650m: 12:36.02	59.07
	100m: 1:44.70	56.25	300m: 5:40.33	59.14	500m: 9:38.13	58.98	700m: 13:34.80	58.78
	150m: 2:43.23	58.53	350m: 6:39.52	59.19	550m: 10:37.51	59.38	750m: 14:32.81	58.01
	200m: 3:42.22	58.99	400m: 7:39.48	59.96	600m: 11:36.95	59.44	800m: 15:26.98	54.17
2.	Geza Kaltenecker	AZC	16:49.30					
	50m: 57.43	57.43	250m: 5:16.62	1:04.44	450m: 9:34.34	1:03.19	650m: 13:50.07	1:03.20
	100m: 2:01.22	1:03.79	300m: 6:22.66	1:06.04	500m: 10:38.20	1:03.86	700m: 14:52.33	1:02.26
	150m: 3:05.97	1:04.75	350m: 7:26.45	1:03.79	550m: 11:42.70	1:04.50	750m: 15:52.89	1:00.56
	200m: 4:12.18	1:06.21	400m: 8:31.15	1:04.70	600m: 12:46.87	1:04.17	800m: 16:49.30	56.41
3.	Rob Hanou	PSV	16:58.19					
	50m: 56.41	56.41	250m: 5:23.12	1:04.77	450m: 9:41.84	1:03.98	650m: 13:56.67	1:02.20
	100m: 2:04.46	1:08.05	300m: 6:29.50	1:06.38	500m: 10:47.55	1:05.71	700m: 15:00.58	1:03.91
	150m: 3:11.09	1:06.63	350m: 7:33.44	1:03.94	550m: 11:51.23	1:03.68	750m: 16:01.63	1:01.05
	200m: 4:18.35	1:07.26	400m: 8:37.86	1:04.42	600m: 12:54.47	1:03.24	800m: 16:58.19	56.56



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Programmanr. 17
10-5-2025 - 10:59

Dames, 400m wisselslag

Masters Open
Resultaten

rang	naam	vereniging						tijd	RT	PARA
Masters 20+										
1.	Marte Hieke van der Kamp <i>Nederlands Masters Record</i>	HZ&PC Heerenveen	NED	200500218				5:03.65	+0,79	
	50m: 32.05	32.05	150m: 1:47.70	39.68	250m: 3:11.13	46.44	350m: 4:31.98	34.11		
	100m: 1:08.02	35.97	200m: 2:24.69	36.99	300m: 3:57.87	46.74	400m: 5:03.65	31.67		
2.	Emma Riemers	MSV-Zeemacht	NED	200500748				5:44.09	+0,67	
	50m: 33.82	33.82	150m: 2:02.24	45.84	250m: 3:37.97	49.81	350m: 5:06.96	37.51		
	100m: 1:16.40	42.58	200m: 2:48.16	45.92	300m: 4:29.45	51.48	400m: 5:44.09	37.13		
3.	Eline Hoekstra	OEZA	NED	200301280				5:49.40	+0,98	
	50m: 34.61	34.61	150m: 2:01.61	44.77	250m: 3:38.38	51.63	350m: 5:10.85	40.18		
	100m: 1:16.84	42.23	200m: 2:46.75	45.14	300m: 4:30.67	52.29	400m: 5:49.40	38.55		
4.	Feline Slijkhuis	SG Octopus - ZVV	NED	200501042				5:56.96	+0,98	
	50m: 36.45	36.45	150m: 2:09.69	45.88	250m: 3:43.59	50.28	350m: 5:16.75	41.42		
	100m: 1:23.81	47.36	200m: 2:53.31	43.62	300m: 4:35.33	51.74	400m: 5:56.96	40.21		
5.	Iris Lok	WS Twente	NED	200301094				6:07.47	+0,72	
	50m: 37.50	37.50	150m: 2:09.77	46.79	250m: 3:47.90	54.04	350m: 5:25.40	44.10		
	100m: 1:22.98	45.48	200m: 2:53.86	44.09	300m: 4:41.30	53.40	400m: 6:07.47	42.07		
6.	Cynthia Koolman	Steenwijk 1934	NED	200300232				6:14.01		
	50m: 44.48	44.48	150m: 2:24.56	46.02	250m: 4:03.27	54.10	350m: 5:36.21	38.78		
	100m: 1:38.54	54.06	200m: 3:09.17	44.61	300m: 4:57.43	54.16	400m: 6:14.01	37.80		
7.	Pien Ooijman	WS Twente	NED	200504500				6:22.28	+0,88	
	50m: 40.47	40.47	150m: 2:21.55	46.41	250m: 4:00.44	53.72	350m: 5:39.90	44.21		
	100m: 1:35.14	54.67	200m: 3:06.72	45.17	300m: 4:55.69	55.25	400m: 6:22.28	42.38		
Masters 25+										
1.	Tamara Grove	De Dolfijn	NED	199601266				5:21.07	+0,86	
	50m: 33.08	33.08	150m: 1:55.31	43.11	250m: 3:22.20	45.63	350m: 4:45.32	36.12		
	100m: 1:12.20	39.12	200m: 2:36.57	41.26	300m: 4:09.20	47.00	400m: 5:21.07	35.75		
2.	Anne Noom	Het Y	NED	199800062				5:26.86		
	50m: 33.00	33.00	150m: 1:52.94	41.49	250m: 3:20.60	47.71	350m: 4:48.39	39.01		
	100m: 1:11.45	38.45	200m: 2:32.89	39.95	300m: 4:09.38	48.78	400m: 5:26.86	38.47		
3.	Kaylee de Jong	ZPCH	NED	200001234				5:30.79	+0,94	
	50m: 34.72	34.72	150m: 2:00.77	45.23	250m: 3:31.18	47.73	350m: 4:55.58	37.54		
	100m: 1:15.54	40.82	200m: 2:43.45	42.68	300m: 4:18.04	46.86	400m: 5:30.79	35.21		
4.	Ageeth de Haan	Steenwijk 1934	NED	199901022				6:16.48	+0,86	
	50m: 40.39	40.39	150m: 2:23.24	53.24	250m: 4:05.37	51.89	350m: 5:36.76	40.26		
	100m: 1:30.00	49.61	200m: 3:13.48	50.24	300m: 4:56.50	51.13	400m: 6:16.48	39.72		
5.	Marouscha de Vries	DAW	NED	199906628				6:26.85	+0,62	
	50m: 40.61	40.61	150m: 2:22.34	51.29	250m: 4:05.65	51.83	350m: 5:43.61	44.25		
	100m: 1:31.05	50.44	200m: 3:13.82	51.48	300m: 4:59.36	53.71	400m: 6:26.85	43.24		
6.	Anouk van der Lans	Westland Swimming Stars	NED	199801614				6:32.95	+0,79	
	50m: 42.16	42.16	150m: 2:23.53	47.85	250m: 4:07.50	57.10	350m: 5:50.22	45.05		
	100m: 1:35.68	53.52	200m: 3:10.40	46.87	300m: 5:05.17	57.67	400m: 6:32.95	42.73		
7.	Melanie Zondag	ZC Polaris	NED	199804476				7:08.95	+0,79	
	50m: 44.20	44.20	150m: 2:38.31	55.68	250m: 4:32.10	58.87	350m: 6:21.43	48.10		
	100m: 1:42.63	58.43	200m: 3:33.23	54.92	300m: 5:33.33	1:01.23	400m: 7:08.95	47.52		
Masters 30+										
1.	Sietske Veldkamp	ZPC De Hof	NED	199501628				5:35.87	+0,74	
	50m: 33.97	33.97	150m: 1:59.63	43.62	250m: 3:30.34	47.13	350m: 4:57.69	39.32		
	100m: 1:16.01	42.04	200m: 2:43.21	43.58	300m: 4:18.37	48.03	400m: 5:35.87	38.18		
2.	Fiona Meuffels	PSV	NED	199504366				5:42.00	+0,73	
	50m: 34.72	34.72	150m: 2:06.24	48.29	250m: 3:38.87	47.26	350m: 5:04.75	37.90		
	100m: 1:17.95	43.23	200m: 2:51.61	45.37	300m: 4:26.85	47.98	400m: 5:42.00	37.25		
3.	Wendan Poelstra	TriVia	NED	199102496				5:48.93		
	50m: 34.85	34.85	150m: 2:03.37	46.12	250m: 3:37.50	49.32	350m: 5:09.15	41.10		
	100m: 1:17.25	42.40	200m: 2:48.18	44.81	300m: 4:28.05	50.55	400m: 5:48.93	39.78		





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Programmanr. 17, Dames, 400m wisselslag, Masters 30+

rang	naam	vereniging	tijd	RT	PARA			
4.	Floor Weijmans	HZPC	5:56.46	+0,83				
	50m: 37.47	37.47	150m: 2:07.14	44.92	250m: 3:43.81	51.57	350m: 5:17.23	39.99
	100m: 1:22.22	44.75	200m: 2:52.24	45.10	300m: 4:37.24	53.43	400m: 5:56.46	39.23
5.	Nienke Smidt	WS Twente	6:04.12	+0,99				
	50m: 37.69	37.69	150m: 2:10.63	48.25	250m: 3:49.23	54.03	350m: 5:26.55	41.85
	100m: 1:22.38	44.69	200m: 2:55.20	44.57	300m: 4:44.70	55.47	400m: 6:04.12	37.57
6.	Larissa Jansen	PSV	6:07.92	+0,98				
	50m: 37.50	37.50	150m: 2:16.01	49.93	250m: 3:56.29	52.10	350m: 5:28.84	41.35
	100m: 1:26.08	48.58	200m: 3:04.19	48.18	300m: 4:47.49	51.20	400m: 6:07.92	39.08
7.	Nanda Wobben-de Vries	Steenwijk 1934	6:08.27					
	50m: 39.51	39.51	150m: 2:15.52	46.51	250m: 3:54.40	52.06	350m: 5:27.67	41.24
	100m: 1:29.01	49.50	200m: 3:02.34	46.82	300m: 4:46.43	52.03	400m: 6:08.27	40.60
8.	Aniek Garritsen	De IJsselmeeuwen	6:16.84	+0,74				
	50m: 34.77	34.77	150m: 2:09.57	49.51	250m: 3:53.21	55.06	350m: 5:33.81	44.81
	100m: 1:20.06	45.29	200m: 2:58.15	48.58	300m: 4:49.00	55.79	400m: 6:16.84	43.03
9.	Irmgard van Weeghel	ENC Arnhem	6:37.55	+0,87				
	50m: 42.70	42.70	150m: 2:25.65	50.86	250m: 4:11.52	55.63	350m: 5:32.89	44.84
	100m: 1:34.79	52.09	200m: 3:15.89	50.24	300m: 5:08.05	56.53	400m: 6:37.55	44.66
10.	Marjan Rikken	SG Octopus - ZVV	6:48.75					
	50m: 43.37	43.37	150m: 2:28.00	50.10	250m: 4:15.39	58.35	350m: 6:02.50	47.89
	100m: 1:37.90	54.53	200m: 3:17.04	49.04	300m: 5:14.61	59.22	400m: 6:48.75	46.25

Masters 35+

1.	Jacyntha Plat	Steenwijk 1934	6:04.98	+0,78				
	50m: 35.37	35.37	150m: 2:09.65	50.31	250m: 3:45.35	47.51	350m: 5:19.24	45.72
	100m: 1:19.34	43.97	200m: 2:57.84	48.19	300m: 4:33.52	48.17	400m: 6:04.98	45.74
2.	Monique van Huizen	AZC	6:11.99					
	50m: 39.22	39.22	150m: 2:17.94	49.86	250m: 3:57.80	51.78	350m: 5:32.58	41.44
	100m: 1:28.08	48.86	200m: 3:06.02	48.08	300m: 4:51.14	53.34	400m: 6:11.99	39.41
3.	Ilse van den Wijngaard	ZPC Woerden	6:16.44	+0,75				
	50m: 37.50	37.50	150m: 2:11.89	45.35	250m: 3:51.62	54.14	350m: 5:32.16	44.79
	100m: 1:26.54	49.04	200m: 2:57.48	45.59	300m: 4:47.37	55.75	400m: 6:16.44	44.28

Masters 40+

1.	Viktória Háden-Felföldi	Iron Swim	5:26.42					
	50m: 33.87	33.87	150m: 1:56.09	43.13	250m: 3:24.84	46.88	350m: 4:50.11	37.35
	100m: 1:12.96	39.09	200m: 2:37.96	41.87	300m: 4:12.76	47.92	400m: 5:26.42	36.31
2.	Claudia Schönlitz	SV Gronau 1910 e.V.	6:26.39					
	50m: 37.02	37.02	150m: 2:14.40	52.16	250m: 3:58.07	54.50	350m: 5:40.07	47.41
	100m: 1:22.24	45.22	200m: 3:03.57	49.17	300m: 4:52.66	54.59	400m: 6:26.39	46.32
3.	Michelle de Villiers	Hellas-Glana	6:36.55	+0,79				
	50m: 38.19	38.19	150m: 2:20.24	55.91	250m: 4:09.51	57.55	350m: 5:52.64	46.04
	100m: 1:24.33	46.14	200m: 3:11.96	51.72	300m: 5:06.60	57.09	400m: 6:36.55	43.91
4.	Angela Giezen	ZPC Amersfoort	6:37.69	+0,87				
	50m: 42.57	42.57	150m: 2:23.87	50.35	250m: 4:10.74	58.43	350m: 5:55.08	45.47
	100m: 1:33.52	50.95	200m: 3:12.31	48.44	300m: 5:09.61	58.87	400m: 6:37.69	42.61
5.	Linda Hoogendam	WVZ	7:24.06	+0,97				
	50m: 48.08	48.08	150m: 2:41.81	56.98	250m: 4:43.91	1:07.75	350m: 6:38.00	48.25
	100m: 1:44.83	56.75	200m: 3:36.16	54.35	300m: 5:49.75	1:05.84	400m: 7:24.06	46.06
NG	Ann Wanter	Zwemclub Geel						
					BEL	ZGEEL/21082/82		

Masters 45+

1.	Annett von Rekowski	Schwimmverein Gera	5:55.49	+0,76				
	50m: 36.41	36.41	150m: 2:06.12	46.30	250m: 3:43.69	52.55	350m: 5:17.75	39.48
	100m: 1:19.82	43.41	200m: 2:51.14	45.02	300m: 4:38.27	54.58	400m: 5:55.49	37.74
2.	Anuschka Glazema-Boelema	TriVia	6:42.28	+0,90				
	50m: 39.94	39.94	150m: 2:24.52	55.48	250m: 4:13.29	56.02	350m: 5:56.42	46.61
	100m: 1:29.04	49.10	200m: 3:17.27	52.75	300m: 5:09.81	56.52	400m: 6:42.28	45.86
3.	Leontine Loeber	SwimGym	7:00.74					
	50m: 44.26	44.26	150m: 2:34.36	54.57	250m: 4:25.36	57.24	350m: 6:13.41	48.88
	100m: 1:39.79	55.53	200m: 3:28.12	53.76	300m: 5:24.53	59.17	400m: 7:00.74	47.33





Open Nederlandse Masters
Kampioenschappen 2025 lange baan
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Programmanr. 17, Dames, 400m wisselslag, Masters 45+

rang	naam	vereniging						tijd	RT	PARA
4.	Jannie Vennik	HZ&PC Heerenveen						7:04.66		
	50m: 44.84	44.84	150m: 2:39.83	57.60	250m: 4:36.71	58.20	350m: 6:20.51	43.83		
	100m: 1:42.23	57.39	200m: 3:38.51	58.68	300m: 5:36.68	59.97	400m: 7:04.66	44.15		
5.	Ute Kremer	SG Erkelenz-Hückelhoven						7:21.63	+0,97	
	50m: 45.50	45.50	150m: 2:39.60	1:00.53	250m: 4:40.39	59.97	350m: 6:31.72	50.79		
	100m: 1:39.07	53.57	200m: 3:40.42	1:00.82	300m: 5:40.93	1:00.54	400m: 7:21.63	49.91		

Masters 50+

1.	Nathasja Konijn	GZC Donk						7:34.63		
	50m: 49.10	49.10	150m: 2:46.29	59.02	250m: 4:46.30	1:03.88	350m: 6:44.29	52.30		
	100m: 1:47.27	58.17	200m: 3:42.42	56.13	300m: 5:51.99	1:05.69	400m: 7:34.63	50.34		
NG	Liselotte Joling	PSV								

Masters 55+

1.	Bianca Groot	MSV-Zeemacht						6:33.65	+0,90	
	50m: 41.26	41.26	150m: 2:28.72	53.30	250m: 4:15.10	52.71	350m: 5:51.83	42.29		
	100m: 1:35.42	54.16	200m: 3:22.39	53.67	300m: 5:09.54	54.44	400m: 6:33.65	41.82		
2.	Laura Staal	Oceanus						6:47.37	+0,92	
	50m: 46.22	46.22	150m: 2:35.47	53.11	250m: 4:22.41	54.90	350m: 6:03.35	44.91		
	100m: 1:42.36	56.14	200m: 3:27.51	52.04	300m: 5:18.44	56.03	400m: 6:47.37	44.02		
3.	Peggy Hurenkamp	HZ&PC Heerenveen						7:14.10		
	50m: 44.89	44.89	150m: 2:35.40	57.80	250m: 4:32.74	1:01.31	350m: 6:24.29	50.56		
	100m: 1:37.60	52.71	200m: 3:31.43	56.03	300m: 5:33.73	1:00.99	400m: 7:14.10	49.81		
4.	K. van Nassau-van den Heuvel	Old Dutch						7:28.75	+0,81	
	50m: 51.31	51.31	150m: 2:52.59	1:01.64	250m: 4:49.77	57.72	350m: 6:38.46	50.73		
	100m: 1:50.95	59.64	200m: 3:52.05	59.46	300m: 5:47.73	57.96	400m: 7:28.75	50.29		

DIS Annette van Dok MSV-Zeemacht NED 196800742
AF - De aangegeven afstand niet uitgezwommen.

DIS Annette Spies LinK NED 197001110
AF - De aangegeven afstand niet uitgezwommen.

Masters 60+

1.	Petra Tossings	GZC Donk						6:59.33	+0,88	
	50m: 42.59	42.59	150m: 2:30.93	54.64	250m: 4:24.93	58.94	350m: 6:12.33	46.87		
	100m: 1:36.29	53.70	200m: 3:25.99	55.06	300m: 5:25.46	1:00.53	400m: 6:59.33	47.00		
2.	Anita Steijger	WVZ						7:04.29		
	50m: 47.27	47.27	150m: 2:40.43	56.60	250m: 4:32.81	1:00.03	350m: 6:18.55	47.78		
	100m: 1:43.83	56.56	200m: 3:32.78	52.35	300m: 5:30.77	57.96	400m: 7:04.29	45.74		

Masters 70+

1.	Margriet Pasma	TriVia						7:43.02	+0,91	
	<i>Nederlands Masters Record</i>									
	50m: 56.19	56.19	150m: 2:59.31	56.82	250m: 4:59.93	1:04.01	350m: 6:54.39	49.91		
	100m: 2:02.49	1:06.30	200m: 3:55.92	56.61	300m: 6:04.48	1:04.55	400m: 7:43.02	48.63		

Masters 75+

1.	Antoinette Gilding-Tussaud	WS Twente						9:45.14		
	<i>Nederlands Masters Record, op 100m vlinderslag én 400m wisselslag</i>									
	50m: 1:09.14	1:09.14	150m: 3:46.26	1:06.58	250m: 6:13.43	1:19.30	350m: 8:38.45	1:05.17		
	100m: 2:39.68	1:30.54	200m: 4:54.13	1:07.87	300m: 7:33.28	1:19.85	400m: 9:45.14	1:06.69		



Open Nederlandse Masters
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Programmanr. 18
10-5-2025 - 11:42

4 x 100m wisselslag

Masters Open
Resultaten

rang	vereniging	tijd	RT	PARA	
Masters 80+, Dames					
1.	NieMo Barracuda 3 Robin Pienaar Anouchka Bos	NieMo Barracuda +0,72 36.01 1:15.66 36.57 1:18.69	NED Melissa van der Heijden Amber Hesper	4:42.80 32.00 1:09.00 28.85 59.45	+0,72
2.	Bubble 1 Laura Setz Sanne Kloezen	Bubble +0,81 33.83 1:11.29 +0,42 38.28 1:23.89	NED Marijke Drent Esmee Kloezen	4:56.95 +0,54 34.51 1:15.34 +0,43 31.47 1:06.43	+0,81
100+, Dames					
1.	Steenwijk 1934 1 Michèlle van den Hoofdakker Jacyntha Plat	Steenwijk 1934 +0,88 35.57 1:14.67 +0,40 37.12 1:20.27	NED Jolijn Liezen Alies Wagter	4:49.33 +0,16 31.03 1:08.66 +0,08 30.52 1:05.73	+0,88
2.	Orca Leeuwarden 1 Rosalie Baarda Anneke van der Laan	Orca Leeuwarden +0,72 37.25 1:19.50 +0,55 38.35 1:24.98	NED Femke Backx Marre Zandringa	4:58.19 +0,14 31.79 1:12.25 +0,39 28.55 1:01.46	+0,72
3.	Neptunia '24 1 Jolanda Kuiper-Crossen Noël Iris Hettinga	Neptunia '24 +0,93 41.77 1:24.50 +0,09 36.66 1:21.50	NED Femke-Romy Wiersma Evelien de Jong	5:07.92 34.24 1:15.24 31.58 1:06.68	+0,93
4.	HZ&PC Heerenveen 3 Simone Mus Lianne van Wier	HZ&PC Heerenveen +0,84 39.19 1:19.74 +0,50 41.15 1:28.53	NED Romy Jalving Anja Mus	5:14.87 +0,31 36.07 1:25.64 +0,20 28.49 1:00.96	+0,84
5.	Neptunus'58 1 Elke Schellekens Mirelle de Kort	Neptunus'58 +0,69 43.82 1:30.53 39.75 1:26.32	NED Selina Janssen Naomi Janssen	5:25.20 33.85 1:14.72 34.64 1:13.63	+0,69
120+, Dames					
1.	Poseidon'56 2 Tonia Ruybroek Kim van Gemert	Poseidon'56 +0,77 39.43 1:21.77 40.19 1:25.20	NED Kelly de Jonge Rianne Bresser	5:07.39 33.98 1:14.00 31.28 1:06.42	+0,77
2.	NieMo Barracuda 5 Giulia Rolloos Marijke Kommers	NieMo Barracuda +0,72 39.58 1:20.66 40.04 1:26.47	NED Denise Boereboom Tamara van den Brink	5:09.62 +0,68 32.28 1:11.63 33.61 1:10.86	+0,72
3.	TriVia 1 Heleen Arends Esther Kwebeman	TriVia +0,74 37.09 1:18.34 +0,25 41.16 1:30.28	NED Wendan Poelstra Naomi Hofsink	5:11.28 +0,10 34.28 1:16.22 +0,03 31.47 1:06.44	+0,74
4.	ENC Arnhem 2 Ellen ter Stege Ilija Janssen	ENC Arnhem +0,82 37.64 1:19.50 +0,24 41.53 1:31.60	NED Sabine Uytewilligen Irmgard van Weeghel	5:33.72 +0,48 37.08 1:26.55 +0,59 35.72 1:16.07	+0,82
5.	Steenwijk 1934 3 Nanda Wobben-de Vries Astrid Wibbelink	Steenwijk 1934 +0,93 39.29 1:21.10 +0,59 44.42 1:36.03	NED Sabine Lageweg Anna Lauxen	5:36.36 +0,55 34.99 1:19.94 +0,30 37.80 1:19.29	+0,93
6.	MSV-Zeemacht 2 Annette van Dok Emma Riemers	MSV-Zeemacht 52.44 1:47.23 +0,05 41.07 1:29.14	NED Jet Kleine Tessa van Dijk-Mosch	5:40.59 +0,15 35.69 1:18.27 31.09 1:05.95	+0,05
160+, Dames					
1.	HZ&PC Heerenveen 4 Lisette Dooper Karin van Dijk	HZ&PC Heerenveen +0,89 37.87 1:18.44 +0,43 43.21 1:36.53	NED Peggi Hurenkamp Jannie Vennik	5:49.72 +0,77 44.25 1:37.04 +0,57 36.97 1:17.71	+0,89
2.	De Geul 2 Anne Besseling-de Jong Erica Muller	De Geul +0,86 43.46 1:27.36 56.56 1:59.32	NED Esmee Wijnmaalen Eline Molle	6:02.02 34.22 1:16.82 37.35 1:18.52	+0,86





Open Nederlandse Masters
Kampioenschappen 2025 lange baan
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Programmanr. 18, 4 x 100m wisselslag

200+, Dames

1. PSV 1	PSV			NED	5:06.11	+0,75	
Gudule van der Meer	+0,75	36.74	1:15.77	Jeanne Petit	+0,55	35.26	1:18.93
Trudy Ketting	+0,39	40.02	1:26.67	Janneke Harmsen-Bakker	+0,59	31.24	1:04.74
2. DAW 2	DAW			NED	5:31.02	+0,85	
Alina Spijkerman	+0,85	39.48	1:21.95	Ilona Hogerheyde	+0,33	37.30	1:23.25
Jacqueline Tuin	+0,43	42.38	1:32.18	Agnes van Brug	+0,54	34.87	1:13.64
3. DWK 1	DWK			NED	6:06.89	+0,75	
Iris van Aurich	+0,75	43.08	1:27.36	Moniek van Langevelde	+0,45	33.52	1:19.72
Greta Wyma-Teitsma	+0,39	50.95	1:53.65	Jennie Resink-lindeboom		41.43	1:26.16
4. GZC Donk 1	GZC Donk			NED	6:26.22	+0,87	
Nathasja Konijn	+0,87	49.48	1:40.69	Linda van Klei	+0,67	38.37	1:27.81
Lia Bijkerk	+0,28	54.10	1:55.10	Petra Tossings	+0,54	39.79	1:22.62
5. WS Twente 2	WS Twente			NED	7:04.08		
Antoinette Gilding-Tussaud	50	59.40	2:02.16	Marloes Rebel	84	53.42	1:56.30
Janneke Wynia	90	48.69	1:43.94	Evelien Naatje	72	38.99	1:21.68

240+, Dames

1. ZPC Amersfoort 1	ZPC Amersfoort			NED	5:24.13	+0,78	
<i>European Masters Record</i>							
Atie Pijtak-Radersma	+0,78	42.13	1:27.26	Lidia v. Bon-Rosenbrand	+0,49	35.11	1:15.74
Marjan Remmits-de Lange	+0,44	42.66	1:32.57	Lesley Cordial	+0,60	32.09	1:08.56
2. Steenwijk 1934 2	Steenwijk 1934			NED	6:41.56	+0,83	
Leonie Scholten	+0,83	42.58	1:28.27	Linda Wibbelink	+0,54	50.23	1:49.31
Wilna Heijman	+0,24	51.28	1:48.98	Monica Bakker	+0,68	44.70	1:35.00

Masters 80+, Heren

1. ZPC Woerden 1	ZPC Woerden			NED	4:19.82	+0,62	
Ruben Zwartebol	+0,62	33.31	1:10.59	Ian Terlouw		27.75	1:02.32
Daan Hoogendoorn		31.80	1:09.13	Milan de Roo		27.88	57.78
2. ZOB'66 1	ZOB'66			NED	4:35.12	+0,80	
Nino van Krimpen	+0,80	32.27	1:07.72	Niels van der Mast	+0,36	28.79	1:02.54
Boaz Troost	+0,47	37.09	1:21.11	Jaimy Voogt	+0,35	29.41	1:03.75

100+, Heren

1. ENC Arnhem 1	ENC Arnhem			NED	4:28.64	+0,97	
Peter Rothengatter	+0,97	32.89	1:09.46	Wessel Haverkamp	+0,40	30.76	1:10.59
Sander de Vrugt	+0,50	33.06	1:11.40	Tim de Vrugt	+0,60	26.82	57.19
2. De Schotelij 1	z.c De Schotelij			NED	4:31.60	+0,64	
Aron Paasse	+0,64	32.10	1:06.75	Frank v.d. Voordt	+0,61	32.12	1:11.71
David Kievit	+0,24	34.94	1:16.02	Jacob Mackloet	0.00	26.64	57.12
3. Zwemvereniging Hoogland 2	Zwemvereniging Hoogland			NED	4:51.51	+0,69	
Jeffrey Roest	+0,69	34.58	1:11.90	Kevin Roest	+0,53	29.03	1:02.27
Tim de Zoete	+0,09	38.30	1:24.34	Ruben de Boer	+0,41	34.14	1:13.00
4. WS Twente 1	WS Twente			NED	4:51.78	+0,81	
Laurens Spoelstra	+0,81	35.46	1:14.45	Sander Riezebos		30.66	1:10.27
Lasse Ophuis		35.93	1:18.60	Koen de Meyere	+0,55	31.98	1:08.46

120+, Heren

1. ZPCH 1	ZPCH			NED	4:16.94	+0,73	
Ruud Holswilder	+0,73	32.37	1:06.82	Jasper van Heijst	+0,30	29.37	1:05.34
Lucas Douwma	+0,51	32.27	1:09.36	Thomas Vastenhouw	+0,58	26.20	55.42
2. NieMo Barracuda 2	NieMo Barracuda			NED	4:20.28	+0,79	
Mark Hensen	+0,79	33.03	1:08.59	Jeroen Baars	+0,31	25.32	56.76
Robin van Beusekom	+0,46	35.07	1:17.31	Pascal van Haren	+0,34	27.35	57.62
3. Steenwijk 1934 5	Steenwijk 1934			NED	4:28.97	+0,76	
Robert Braad	+0,76	31.89	1:07.29	Rick Driezen	+0,28	29.38	1:04.12
Kay van Sleen	+0,21	33.74	1:13.50	Jelle Heijman	+0,54	29.62	1:04.06



Open Nederlandse Masters
Kampioenschappen 2025 lange baan
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Programmanr. 18, Heren, 4 x 100m wisselslag, 120+

rang	vereniging				tijd	RT	PARA
4.	Poseidon'56 3	Poseidon'56	NED		4:34.47	+0,68	
	John Smit	+0,68 33.73	1:10.76	Ryan van den Ouden	+0,60 27.68	1:02.86	
	Jim Geestman	+0,56 35.31	1:15.94	Marcel Vroegindewei	+0,43 31.08	1:04.91	
5.	ENC Arnhem 3	ENC Arnhem	NED		4:40.72	+0,70	
	Mike Schel	+0,70 33.14	1:08.28	Mika Bongers	31.50	1:09.82	
	Mees Laar	35.70	1:17.57	Arjen Koop	30.34	1:05.05	
6.	AZC 1	AZC	NED		4:49.42	+0,71	
	Patrick Brouwer	+0,71 35.35	1:13.75	Auke Sijperda	+0,69 33.65	1:17.21	
	Ricardo van Dam	+0,65 35.59	1:16.72	Jeffrey van 't Schip	+0,36 28.75	1:01.74	
7.	NieMo Barracuda 4	NieMo Barracuda	NED		5:03.56	+0,70	
	Reinier Velthuijs	+0,70 34.94	1:12.91	lds de Klerk	+0,49 33.02	1:12.99	
	Walter Rolloos	+0,46 41.67	1:32.18	Arthur Lale-Demoz	+0,57 30.65	1:05.48	

160+, Heren

1.	Swol 1894 1	Swol 1894	NED		4:55.42	+0,83	
	Albert van Piekeren	+0,83 34.91	1:13.23	Huub Scholing	32.93	1:12.26	
	Stefan van de Griff	36.58	1:19.62	Michael van Bekkum	33.41	1:10.31	
2.	HZ&PC Heerenveen 2	HZ&PC Heerenveen	NED		5:17.57	+0,86	
	Peter de Vries	+0,86 40.62	1:21.93	Remco Dijkstra	+0,38 29.30	1:07.75	
	Jan-Eggo Huininga	+0,34 38.13	1:24.01	Wiebren Dijkstra	+0,73 39.62	1:23.88	
3.	ZVL-1886 3 * 50m	ZVL-1886	NED		5:23.37		
	Erwin Veenhoven	40.26	1:25.62	Martin Berkhout	+0,39 38.08	1:35.62	
	Jose Horcas Nieto	+0,45 35.48	1:19.02	Daniel Castillo Montoya	+0,17 30.44	1:03.11	
4.	Steenwijk 1934 4	Steenwijk 1934	NED		5:48.06	+0,86	
	Korstiaan de Boer	+0,86 40.67	1:23.03	Kylian Kooijman	+0,18 30.03	1:08.07	
	Maarten Koolman	+0,49 52.98	1:57.14	Patrick Wobben	+0,36 35.99	1:19.82	

200+, Heren

1.	HZ&PC Heerenveen 1 <i>Nederlands Masters Record</i>	HZ&PC Heerenveen	NED		4:37.64	+0,87	
	René Beetsma	+0,87 37.38	1:17.34	Casper Hut	28.69	1:02.84	
	Casper Tichelaar	33.95	1:13.32	Stefan Damen	29.95	1:04.14	
2.	ZPC Amersfoort 2	ZPC Amersfoort	NED		4:38.15	+0,79	
	Johan Remmits	+0,79 35.51	1:13.10	Chester Marsman	+0,43 30.25	1:07.44	
	Jelle Opmeer	+0,26 33.08	1:10.90	Ron Korzelius	+0,35 31.24	1:06.71	
3.	WVZ 3	WVZ	NED		4:43.85	+0,76	
	Jan-Willem van den Berg	+0,76 34.56	1:10.46	Markus van Rest	+0,45 31.40	1:10.70	
	Simon van Ravesteijn	+0,43 34.82	1:15.47	Arthur van Strien	+0,46 33.08	1:07.22	

80+, Gemengd

1.	HZ&PC Heerenveen 5 <i>Nederlands Masters Record</i>	HZ&PC Heerenveen	NED		4:21.91	+0,62	
	Wouter Zijlstra	+0,62 29.82	1:01.77	Marte Hieke van der Kamp	+0,28 31.15	1:07.36	
	Jorian Darwinkel	+0,24 32.17	1:10.99	Leonie van Wier	+0,37 28.60	1:01.79	
2.	ZVL-1886 1	ZVL-1886	NED		4:33.95	+0,69	
	Jelsie van Ruijven	+0,69 34.32	1:11.21	Robin van Beek	+0,58 28.10	1:02.62	
	Silke Molendijk	37.69	1:19.27	Sytze van Stein	27.31	1:00.85	
3.	WVZ 2	WVZ	NED		4:36.23	+0,71	
	Jasper Breugem	+0,71 31.47	1:05.48	Marit Huisman	+0,49 29.00	1:05.13	
	Lauren van IJl	+0,47 38.90	1:24.83	Jordy van Oel	+0,30 28.73	1:00.79	
4.	HZ&PC Heerenveen 6	HZ&PC Heerenveen	NED		4:37.24	+0,70	
	Inge Dekker	+0,70 34.64	1:13.58	David Kuipers	+0,60 28.75	1:02.48	
	Richard Kuipers	+0,29 34.08	1:13.72	Lois Jalving	31.95	1:07.46	



Open Nederlandse Masters
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Programmanr. 18, 4 x 100m wisselslag

100+, Gemengd

1. Hellas-Glana 1	Hellas-Glana	NED	4:27.29	+0,69
Nikki Douma	+0,69 35.86	1:15.30	Lars Kerremans	+0,24 27.11 1:01.17
Kevin Meuwissen	+0,34 31.42	1:09.12	Isabel Dijkstra	+0,43 29.64 1:01.70
2. De Amstel 1	De Amstel	NED	4:45.86	+0,84
Iris Bastiaansen	+0,84 37.86	1:18.46	Nick Sijmons	+0,30 28.46 1:00.35
Owen Michels	+0,45 36.51	1:19.56	Iris van der Moolen	+0,36 31.46 1:07.49
3. MSV-Zeemacht 1	MSV-Zeemacht	NED	4:58.94	+0,72
Amber van der Kruk	+0,72 35.47	1:13.23	Kyra Wesemann	36.60 1:23.31
Derek Valkenier	39.18	1:23.77	Mees Minneboo	+0,31 27.29 58.63
4. Westland Swimming Stars 1	Westland Swimming Stars	NED	5:01.30	+0,83
Anouk van der Lans	+0,83 39.20	1:20.87	Nick Boekestijn	+0,31 33.56 1:13.37
Patrick Wyrdeeman	+0,64 38.20	1:22.69	Kim de Jong	+0,50 30.88 1:04.37
5. ZVL-1886 2	ZVL-1886	NED	5:03.98	+0,96
Babet van Andel	+0,96 40.59	1:23.87	Gijs Ruijgrok	+0,21 30.99 1:09.21
Robin van Muijen	+0,61 32.10	1:14.14	Suzan Blankestijn	+0,40 36.59 1:16.76
6. ZPC Amersfoort 4	ZPC Amersfoort	NED	5:06.04	+0,79
Rob van Vliet	+0,79 34.86	1:12.76	Joanne van Essen	+0,51 34.60 1:17.97
Michelle van Wijhe	41.11	1:30.22	Jorick van Bon	30.45 1:05.09

120+, Gemengd

1. Zwemvereniging Hoogland 1	Zwemvereniging Hoogland	NED	4:31.03	+0,56
Anne-Irene Duchaine	+0,56 35.26	1:12.93	Bas Dries	+0,28 27.66 1:02.25
Yuri van Omme	+0,42 33.27	1:12.34	Jamilla van Omme - van Veen	+0,43 29.97 1:03.51
2. Zwemlust- den Hommel 1	Zwemlust- den Hommel	NED	4:41.95	+0,76
Liesbeth van Mill	+0,76 40.92	1:26.54	Louis Kappler	+0,44 27.92 59.97
Vincent Versteeg	+0,30 32.42	1:12.04	Manon Kloosterman	+0,48 30.22 1:03.40
3. ZPC Amersfoort 3	ZPC Amersfoort	NED	4:44.05	+0,71
Jelle Blankestijn	+0,71 33.65	1:09.34	Marije Jansen	+0,28 33.11 1:13.96
Mandy Swart	+0,32 38.07	1:23.88	Bas Braun	+0,46 26.90 56.87
4. DAW 1	DAW	NED	4:56.67	+0,82
Maria Antonella Zuccaro	+0,82 41.40	1:22.15	Alex Damen	31.87 1:10.80
Marouscha de Vries	41.54	1:29.62	Luc Mul	25.76 54.10
5. CWW Swimteam 1	CWW Swimteam	NED	5:07.48	+0,74
Twan van Engen	+0,74 36.97	1:17.51	Antwan van Engen	+0,51 29.99 1:05.30
Laura ter Stege	+0,49 42.76	1:34.19	Yvette Ratering	+0,91 33.47 1:10.48
6. De Duck 1	De Duck	NED	5:08.96	+0,80
Judith Kleinjan	+0,80 40.84	1:25.76	Jesper Oranje	+0,44 26.59 1:00.49
Leontine Groeneveldt	+0,50 42.48	1:30.88	Erik Saan	+0,65 33.98 1:11.83
7. ZOB'66 2	ZOB'66	NED	5:11.97	+0,73
Harmen Reemst	+0,73 38.46	1:19.28	Mart de Koning	28.99 1:04.73
Emi Schipper	37.16	1:20.90	Daniëlle Schipper	41.78 1:27.06
8. ZPC Woerden 2	ZPC Woerden	NED	5:20.61	+0,81
Ilse van den Wijngaard	+0,81 38.34	1:19.61	Remco Visser	+0,57 37.60 1:24.80
Daphne Dols	+0,29 40.10	1:28.32	Thommy Nickel	31.36 1:07.88

160+, Gemengd

1. WVZ 1	WVZ	NED	4:29.81	+0,71
<i>Nederlands Masters Record</i>				
Leonie van Noort	+0,71 33.42	1:09.10	Hugo Bregman	+0,62 31.64 1:07.79
Sander Kirillova	+0,21 32.78	1:11.21	Delia Badoux	29.32 1:01.71
2. De Geul 1	De Geul	NED	4:59.37	+0,77
Remco van der Graaf	+0,77 37.23	1:16.51	Marcha Admiraal	+0,66 32.60 1:11.24
Ivan van Omme	+0,65 37.81	1:18.08	Marian Nederlof	+0,55 34.68 1:13.54
3. DZ&PC 1	DZ&PC	NED	5:13.71	+0,99
Catherine Hoogveen	+0,99 39.30	1:23.76	Arjen Nieveen	+0,47 32.27 1:12.60
Pieter Veenstra	+0,50 38.82	1:25.82	Dyonne Bruggeling	32.41 1:11.53
4. PSV 4	PSV	NED	5:33.28	+0,82
Nanda van Heteren	+0,82 42.14	1:25.78	Larissa Jansen	37.64 1:24.37
Menno Lomans	45.69	1:37.19	Mark Godwaldt	+0,64 31.28 1:05.94
5. AZC 2	AZC	NED	5:45.29	+0,76
Wim de Lange	+0,76 47.60	1:38.58	Jessica Braat	+0,49 35.68 1:20.79
Monique van Huizen	+0,46 42.73	1:31.74	Michael Go	+0,42 34.82 1:14.18



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Programmanr. 18, 4 x 100m wisselslag

200+, Gemengd

1. ZPC De Rog Weert 1 Erik Kamphuis Regine Beckers-Stribos	ZPC De Rog Weert +0,77 39.45 1:19.48 +0,49 46.01 1:37.35	NED Esther Vergeest Arjan Verheij	5:32.28 +0,62 40.22 1:31.21 +0,34 31.19 1:04.24	+0,77
2. De Duinkickers 1 Esther Poortvliet - Koedam Inge Roskam	De Duinkickers +0,87 40.58 1:23.03 43.26 1:34.59	NED Mathieu Rikken Robert de Brauwer	5:35.26 35.03 1:25.35 +0,04 33.73 1:12.29	+0,87
3. Old Dutch 1 Patricia Brooijmans Nico Baay	Old Dutch +0,82 44.60 1:30.86 +0,80 53.31 1:57.12	NED Tenzin Tieman Chantal Verhoeff	5:48.34 +0,87 31.63 1:08.96 +0,55 32.82 1:11.40	+0,82
4. TriVia 2 Margriet Pasma Hannie Poletiek	TriVia +0,93 49.14 1:41.63 58.19 2:01.78	NED Rik Stahlie Jeroen Temme	5:58.62 30.55 1:08.27 32.00 1:06.94	+0,93

240+, Gemengd

1. ZV Vlaardingen-Schiedam 4 Willem Putter Michael van der Reijden	ZV Vlaardingen-Schiedam 56.20 1:55.08 +0,50 38.59 1:27.42	NED Nadya Putter Conny Boer-Buys	6:02.72 35.62 1:19.79 38.12 1:20.43	
2. PSV 3 André Pantekoek Ineke Weekers	PSV +0,68 51.14 1:45.68 +0,75 49.45 1:43.75	NED Harold Matla Judith Sijbers	6:28.16 +0,61 37.61 1:20.95 +0,78 44.44 1:37.78	+0,68

280+, Gemengd

1. Swol 1894 9 <i>Nederlands Masters Record</i> Rob Berkhof Harry Dokter	Swol 1894 50.83 1:46.01 +0,66 43.24 1:35.45	NED Marijke Kraak-Beckers Christine Nieuwenhuis	6:21.76 42.93 1:37.21 38.36 1:23.09	
2. PSV 2 Fred Ketting Corrie Verhoeven	PSV +0,94 39.37 1:21.40 +0,55 54.02 1:57.38	NED Eymert van Rooij Lottie Geurts	6:52.81 +0,49 38.19 1:21.46 +0,84 1:03.83 2:12.57	+0,94



5 - ONMK2025lb - Sessie 5

10-5-2025 - 13:38

Programmanr. 20
10-5-2025 - 13:38

Heren, 200m vlinderslag

Masters Open
Resultaten

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
Masters 20+								
1. Sander Burgers	NDD	NED 200103671	2:43.94		36.52	1:17.60	2:00.29	2:43.94
2. Carsten Bruinink	Noord-Veluwe	NED 200303861	3:37.91		45.60	1:42.09	2:41.37	3:37.91
Masters 25+								
1. David Kuipers	HZ&PC Heerenveen	NED 200003633	2:23.31	+0,87	31.11	1:06.70	1:44.00	2:23.31
2. Tenzin Tieman	Old Dutch	NED 200005549	2:32.74	+0,84	32.18	1:10.66	1:51.44	2:32.74
3. Jeroen Louwinger	De Rijn	NED 199900583	2:33.49	+0,78	34.48	1:14.09	1:53.71	2:33.49
4. Erwin Pras	GZVW	NED 199601781	2:34.49	+0,88	32.26	1:12.00	1:53.69	2:34.49
5. Bas van Tintelen	OZ&PC	NED 199800455	2:45.27	+0,85	34.93	1:16.75	2:01.10	2:45.27
6. Jordi de Nijs	MSV-Zeemacht	NED 199801851	2:45.69	+0,79	31.88	1:12.28	1:57.06	2:45.69
7. Ids de Klerk	NieMo Barracuda	NED 199803237	3:01.42	+0,89	35.90	1:20.75	2:10.36	3:01.42
8. Sven Dubbeld	z.c De Schotejil	NED 199601141	3:18.02		40.76	1:31.59	2:24.71	3:18.02
NG Hans Stoffers	DWK	NED 199604027		S15				
Masters 30+								
1. Nick Sijmons	De Amstel	NED 199500491	2:17.59		30.45	1:05.83	1:41.87	2:17.59
<i>Nederlands Masters Record</i>								
2. Jeroen Matthijssen	AZC	NED 199103751	2:40.99	+0,77	32.40	1:11.38	1:53.52	2:40.99
3. Huub Scholing	Swol 1894	NED 199301179	2:44.22	+0,85	36.21	1:18.34	2:01.46	2:44.22
4. Sander Riezebos	WS Twente	NED 199400467	2:45.71	+0,78	34.41	1:16.50	2:00.75	2:45.71
5. Colin Degenars	ZPCH	NED 199505951	2:58.03	+0,86	37.30	1:23.04	2:10.50	2:58.03
Masters 35+								
1. Tim Bunnik	Triton	NED 199000505	2:38.86	+0,90	34.94	1:16.39	1:58.37	2:38.86
2. Mark Godwaldt	PSV	NED 198701039	3:34.92	+0,83	45.03	1:41.87	2:39.78	3:34.92
Masters 40+								
1. Pieter Pickhardt	ZPC De Hof	NED 198301657	2:38.52		35.58	1:16.27	1:57.93	2:38.52
2. Martijn Giezen	ZPC Amersfoort	NED 198500813	2:51.23		32.74	1:17.28	2:04.29	2:51.23
Masters 45+								
1. Mark Hensen	NieMo Barracuda	NED 197900497	2:43.76		34.46	1:14.72	1:58.59	2:43.76
2. Freddie Geerlings	Zwemsport Parkstad	NED 197900379	3:12.36	+0,73	38.40	1:28.31	2:18.57	3:12.36
Masters 50+								
1. Frederic Tonus	Luxembourg Sharks SwimmirLUX	LUX10449	2:21.26	+0,71	29.16	1:03.18	1:40.36	2:21.26
<i>Luxemburg Masters Record</i>								
2. Antwan van Engen	CWW Swimteam	NED 197101577	2:32.14	+0,88	34.10	1:12.86	1:53.07	2:32.14
3. Kai Kremer	SG Erkelenz-Hückelhoven	GER 468899	2:53.36	+0,86	36.78	1:20.48	2:05.62	2:53.36
4. Korstiaan de Boer	Steenwijk 1934	NED 197101629	3:16.37		41.52	1:31.44	2:23.60	3:16.37
5. M. van Walt van Praag	Gay Swim Amsterdam	NED 197501425	3:37.58	+0,79	46.65	1:42.86	2:40.28	3:37.58
Masters 55+								
1. Chester Marsman	ZPC Amersfoort	NED 196900671	2:32.24	+0,99	33.26	1:12.10	1:52.31	2:32.24
2. Paul van den Heuvel	Arethusa	NED 197000441	2:58.86	+0,95	39.17	1:22.83	2:09.10	2:58.86
3. Eymert van Rooij	PSV	NED 196601631	3:13.81	+0,98	43.46	1:33.46	2:23.36	3:13.81
4. Norbert Nagl	SC Hakoah	AUT 20840	3:19.11	+0,89	42.31	1:32.95	2:25.88	3:19.11



Open Nederlandse Masters
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Programmanr. 20, Heren, 200m vlinderslag

Masters 60+

1. Ronald Grove	Triton	NED 196100161	3:26.72	+0,95	39.94	1:32.40	2:29.32	3:26.72
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Masters 65+

1. Peter Molecz	SC Diana	AUT 019219	3:16.80		42.96	1:33.73	2:25.07	3:16.80
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Programmanr. 21
10-5-2025 - 13:53

Dames, 200m vlinderslag

Masters Open
Resultaten

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
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Masters 20+

1. M. van der Kamp	HZ&PC Heerenveen	NED 200500218	2:27.17	+0,83	32.89	1:10.17	1:48.72	2:27.17
2. Welmoed Doornbos	De IJsselmeeuwen	NED 200203352	2:59.09	+0,77	37.00	1:23.23	2:12.07	2:59.09
3. Romée Beverdam	WS Twente	NED 200100158	3:01.13	+0,90	38.75	1:24.28	2:12.50	3:01.13
4. AnneMarijn Damhoff	Z&PC de Inktvis	NED 200501000	3:03.84	+0,93	36.83	1:21.98	2:11.06	3:03.84
5. Cynthia Koolman	Steenwijk 1934	NED 200300232	3:25.84	+0,74	43.94	1:37.17	2:31.48	3:25.84
6. Esmeralda Elbers	Blue Marlins	NED 200404888	4:09.93	+0,97	49.51	1:49.26	2:57.58	4:09.93

Masters 25+

1. Melanie Zondag	ZC Polaris	NED 199804476	3:42.87	+0,96	43.54	1:40.17	2:42.12	3:42.87
2. Cynthia van Veen	ZVL-1886	NED 199606736	3:46.90	+0,81	44.00	1:41.98	2:43.57	3:46.90

Masters 30+

1. Leonie van Noort	WVZ	NED 199301752	2:29.96	+0,90	32.89	1:10.31	1:49.80	2:29.96
2. Floor Weijmans	HZPC	NED 199502522	2:51.34	+0,82	37.57	1:19.63	2:04.60	2:51.34
3. Aniek Garritsen	De IJsselmeeuwen	NED 199504290	2:58.97	+0,74	36.66	1:22.28	2:11.23	2:58.97
4. Irmgard van Weeghel	ENC Arnhem	NED 199204834	3:28.71	+0,96	43.59	1:36.76	2:32.27	3:28.71

Masters 35+

1. D. van den Hoogenband	Z&PV Nuenen	NED 199001558	3:08.83		38.57	1:27.00	2:17.20	3:08.83
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Masters 40+

1. V. Hádén-Felföldi	Iron Swim	HUN 66/3267	2:28.48		33.04	1:11.01	1:49.66	2:28.48
2. Roos van Esch	ACZ	NED 198200468	2:48.93	+0,90	37.69	1:21.51	2:05.31	2:48.93
3. Linda Hoogendam	WVZ	NED 198300892	3:42.23	+0,91	49.82	1:47.85	2:46.91	3:42.23
4. Marloes Rebel	WS Twente	NED 198403474	4:14.77		56.08	2:02.75	3:12.51	4:14.77
NG Ann Wanter	Zwemclub Geel	BEL ZGEEEL/21082/82						

Masters 45+

1. Annett von Rekowski	Schwimmverein Gera	GER 097868	2:49.01	+0,87	37.95	1:21.98	2:05.94	2:49.01
2. Ute Kremer	SG Erkelenz-Hückelhoven	GER 492223	3:39.05	+0,98	46.26	1:40.64	2:38.54	3:39.05
3. Leontine Loeber	SwimGym	NED 197701010	3:42.51	+0,97	46.30	1:43.40	2:42.05	3:42.51

Masters 50+

1. Olivia Lorton	Luxembourg Sharks SwimmirLUXi9981		3:10.41		39.90	1:28.54	2:20.75	3:10.41
<i>Luxemburg Masters Record</i>								
NG Liselotte Joling	PSV	NED 197500268						





Open Nederlandse Masters
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Programmanr. 21, Dames, 200m vlinderslag

Masters 55+

1. L. v. Bon-Rosenbrand	ZPC Amersfoort	NED 197000054	2:48.46		36.88	1:19.30	2:03.16	2:48.46
<i>Nederlands Masters Record</i>								
2. Bianca Groot	MSV-Zeemacht	NED 197000652	3:24.99		42.91	1:36.15	2:30.33	3:24.99
3. Iris van Aurich	DWK	NED 196900866	3:40.31		47.42	1:42.93	2:41.67	3:40.31
4. K. van Nassau-van den IOld Dutch		NED 196600188	3:49.71	+0,97	52.67	1:50.71	2:50.65	3:49.71

Masters 60+

1. Petra Tossings	GZC Donk	NED 196100376	3:33.55	+0,91	45.14	1:40.40	2:38.44	3:33.55
2. Anita Steijger	WVZ	NED 196500628	3:45.25		49.50	1:46.94	2:47.56	3:45.25

Masters 75+

1. A. Gilding-Tussaud	WS Twente	NED 195000038	5:45.97		1:13.27	2:48.20	4:20.72	5:45.97
<i>Nederlands Masters Record</i>								

Programmanr. 22
10-5-2025 - 14:06

Heren, 100m schoolslag

Masters Open
Resultaten

rang naam	vereniging			tijd	RT	PARA	50m	100m
Masters 20+								
1. Lucas Douwma	ZPCH	NED 200401337		1:08.34			32.48	1:08.34
2. Wouter Zijlstra	HZ&PC Heerenveen	NED 200401545		1:08.47	+0,74		32.69	1:08.47
3. Daan Hoogendoorn	ZPC Woerden	NED 200500113		1:09.25	+0,70		32.36	1:09.25
4. Junior Vermeulen	De Bevelanders	NED 200103363		1:11.07	+0,74		32.30	1:11.07
5. Jelle Opmeer	ZPC Amersfoort	NED 200100269		1:11.72	+0,70		33.59	1:11.72
6. Thomas Vastenhout	ZPCH	NED 200204545		1:11.74	+0,70		33.57	1:11.74
7. Jorian Darwinkel	HZ&PC Heerenveen	NED 200300565		1:12.56			33.62	1:12.56
8. Kay van Sleen	Steenwijk 1934	NED 200400083		1:13.40	+0,80		34.84	1:13.40
9. Tim Speijer	Bubble	NED 200301661		1:13.95	+0,72		33.94	1:13.95
10. Robin van Muijen	ZVL-1886	NED 200201059		1:15.07	+0,81		33.71	1:15.07
11. Mika Bongers	ENC Arnhem	NED 200502683		1:15.17			34.78	1:15.17
12. Milan de Roo	ZPC Woerden	NED 200102215		1:16.40	+0,64		35.10	1:16.40
13. Sytze van Stein	ZVL-1886	NED 200501155		1:16.95	+0,69		35.86	1:16.95
14. Jort Vizeé	De Duck	NED 200201779		1:16.96			37.78	1:16.96
15. Sander Burgers	NDD	NED 200103671		1:18.70	+0,64		36.42	1:18.70
16. Julian Mes	ZOB'66	NED 200103755		1:19.14	+0,77		36.83	1:19.14
17. Lasse Ophuis	WS Twente	NED 200400027		1:20.00	+0,89		36.66	1:20.00
18. Tim Seising	VZC	NED 200500107		1:20.26	+0,74		37.67	1:20.26
19. Boaz Troost	ZOB'66	NED 200100371		1:20.46	+0,70		36.56	1:20.46
20. Niels Kragt	G.S.Z.V. De Golfbreker	NED 200300155		1:20.86	+0,78		37.87	1:20.86
21. Jorick van Bon	ZPC Amersfoort	NED 200300091		1:23.17	+0,85		38.81	1:23.17
22. Dennis v.d. Bok	z.c De Schotejil	NED 200504015		1:25.21	+0,80		40.54	1:25.21
23. Lanco Manaf	Het Ravijn	NED 200402715		1:26.34	+0,81		39.61	1:26.34
24. Ivo Driehuis	De Amstel	NED 200204399		1:29.42	+0,78		42.17	1:29.42

Masters 25+

1. Bert Duivenvoorde	De Columbiaan	NED 199701805		1:08.42	+0,72		31.49	1:08.42
2. Arjan Dekker	Bubble	NED 200000499		1:08.92			32.23	1:08.92
3. Doran Paap	ZV Westland	NED 200000301		1:09.84	+0,66		31.64	1:09.84
4. Nick Bongers	SBC2000	NED 199800843		1:11.55	+0,76		32.96	1:11.55
5. Sander Kirillova	WVZ	NED 199800121		1:12.49	+0,65		33.90	1:12.49
6. Ryan van den Ouden	Poseidon'56	NED 199900377		1:13.45	+0,91		33.43	1:13.45
7. Robin Meuwissen	Hellas-Glana	NED 199602601		1:14.68	+0,64		32.96	1:14.68
8. David Kievit	z.c De Schotejil	NED 199900325		1:17.09			36.37	1:17.09
9. Kylian Kooijman	Steenwijk 1934	NED 199900763		1:17.55	+0,77		35.62	1:17.55
10. Laurens Spoelstra	WS Twente	NED 199901273		1:19.52	+0,81		36.70	1:19.52



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rang naam	vereniging			tijd	RT	PARA	50m	100m
11. Sam Beer	Poseidon'56	NED	199605521	1:20.94	+0,73		36.77	1:20.94
12. Patrick Wyrdeman	Westland Swimming Stars	NED	199702475	1:23.43	+0,75		38.91	1:23.43
13. Gijs Ruijgrok	ZVL-1886	NED	199600863	1:24.39	+0,78		38.49	1:24.39
14. Tim de Zoete	Zwemvereniging Hoogland	NED	199701875	1:24.43	+0,86		39.66	1:24.43
15. Mathijs Krieger	EZCL (SG)	NED	199905361	1:26.20	+0,74		39.80	1:26.20
16. Arthur Lale-Demoz	NieMo Barracuda	NED	199705767	1:31.48			42.36	1:31.48
17. Ids de Klerk	NieMo Barracuda	NED	199803237	1:36.52			46.36	1:36.52
18. Tuur Ottenheim	Zwemvereniging Hoogland	NED	199805933	1:40.37	+0,79		48.15	1:40.37

Masters 30+

1. Stefan Petersen	Blue Marlins	NED	199403067	1:08.55	+0,99		31.57	1:08.55
2. Bas Dries	Zwemvereniging Hoogland	NED	199505177	1:08.79	+0,59		30.99	1:08.79
3. Kevin Meuwissen	Hellas-Glana	NED	199502485	1:09.97			32.49	1:09.97
4. Felix Geenen	DAW	NED	199501085	1:11.67	+0,77		33.23	1:11.67
5. Daniel Castillo Montoya	ZVL-1886	NED	199406779	1:12.10			32.91	1:12.10
6. Jose Horcas Nieto	ZVL-1886	NED	199307445	1:17.77	+0,72		35.95	1:17.77
7. Robin van Beusekom	NieMo Barracuda	NED	199205841	1:18.47			36.30	1:18.47
8. John Smit	Poseidon'56	NED	199500613	1:18.57	+0,81		36.72	1:18.57
9. Bram Siebers	EZCL (SG)	NED	199302241	1:20.06	+0,83		37.83	1:20.06
10. Koen de Meyere	WS Twente	NED	199406783	1:29.09	+0,85		41.43	1:29.09
11. Cars Wiegmann	WS Twente	NED	199401025	1:32.05	+0,72		42.06	1:32.05
12. Patrick Graver	GZVW	NED	199404735	1:32.98	+0,85		43.13	1:32.98
13. Patrick Wobben	Steenwijk 1934	NED	199300559	1:35.85	+0,90		42.94	1:35.85
14. Richard Heijnen	ZC Polaris	NED	199107793	1:43.36	+0,81		48.65	1:43.36
DIS Derek Valkenier	MSV-Zeemacht	NED	199207397					

SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.

Masters 35+

1. Sander de Vrugt	ENC Arnhem	NED	198903499	1:11.50	+0,70		32.98	1:11.50
2. Jiri Janovsky	Autoškoda Mladá Boleslav	CZE	3247000	1:11.54	+0,83		32.77	1:11.54
3. Patrick Creemers	SG Patrick - De Roersoppers	NED	199000579	1:15.14	+0,72		35.23	1:15.14
4. Stefan van de Griift	Swol 1894	NED	198701121	1:19.67	+0,85		37.25	1:19.67
5. Harmen Reemst	ZOB'66	NED	198702715	1:23.75	+0,80		38.62	1:23.75
6. Robert Spekhorst	De Mors	NED	198703141	1:29.73	+0,78		40.93	1:29.73
7. Mitchell van Uitert	De Geul	NED	199004067	1:32.26	+0,87		43.65	1:32.26
8. Erik Meijer	Thor	NED	198704113	1:54.03			53.43	1:54.03

Masters 40+

1. Yuri van Omme	Zwemvereniging Hoogland	NED	198501887	1:12.49	+0,79		34.10	1:12.49
2. Ricardo van Dam	AZC	NED	198503965	1:16.38	+0,86		34.16	1:16.38
3. Ivan van Omme	De Geul	NED	198201263	1:17.73	+0,77		35.69	1:17.73
4. Jim Geestman	Poseidon'56	NED	198300699	1:18.11	+0,86		35.86	1:18.11
5. Robin Wolbers	MZ&PC De Reest	NED	198503051	1:18.54	+0,85		36.14	1:18.54
6. Albert van Plikeren	Swol 1894	NED	198401767	1:18.89	+0,97		37.12	1:18.89
7. Rob van Vliet	ZPC Amersfoort	NED	198402459	1:20.79			37.88	1:20.79
8. Benoit Gasner	D.E.S.	NED	198102645	1:21.41	+0,77		38.91	1:21.41
9. Ferry Blangé	ZOB'66	NED	198300185	1:22.21	+0,93		39.43	1:22.21
10. Jan-Eggo Huininga	HZ&PC Heerenveen	NED	198401001	1:25.57			38.82	1:25.57
11. Anko Eefting	TriVia	NED	198300607	1:26.00	+0,76		38.68	1:26.00
12. Bertrand Maillet	ASPTT Clermont-Ferrand	FRA	88948	1:27.82	+0,94		40.01	1:27.82

Masters 45+

1. Vincent Versteeg	Zwemlust- den Hommel	NED	197701003	1:13.16	+0,75		33.44	1:13.16
2. Casper Tichelaar	HZ&PC Heerenveen	NED	197901215	1:14.06	+0,71		34.59	1:14.06
3. Ruud Holswilder	ZPCH	NED	197800435	1:15.86			35.65	1:15.86
4. Simon van Ravesteijn	WVZ	NED	198002263	1:15.98			35.33	1:15.98
5. William Kruithof	Het Ravijn	NED	198000857	1:22.41	+0,89		38.10	1:22.41
6. Christopher Supa	SC Hakoah	AUT	52399	1:22.87	+0,82		38.19	1:22.87
7. Bogdan Androne	ZV Sassenheim	NED	197701783	1:23.30	+0,77		37.89	1:23.30





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Programmanr. 22, Heren, 100m schoolslag, Masters 45+

rang naam	vereniging			tijd	RT	PARA	50m	100m
8. Berry van Holland	TriVia	NED	198000603	1:24.46	+0,52		39.40	1:24.46
9. Pieter Broek	Westland Swimming Stars	NED	197701637	1:27.65			40.81	1:27.65
10. Chris Hegeman	TriVia	NED	197601739	1:28.44			41.11	1:28.44
11. Peter Herzig	Schwimmverein beider Basel	SUI	110273	1:31.18	+0,86		41.67	1:31.18
12. Alfonso Verkerk	Blue Marlins	NED	197601665	1:34.88	+0,84		42.85	1:34.88
13. Marco Broenink	Batavia Swim	NED	197801987	1:44.92	+0,97		49.38	1:44.92

Masters 50+

1. Kees Bakker	Gay Swim Amsterdam	NED	197501055	1:17.58	+0,67		35.77	1:17.58
2. Alex Damen	DAW	NED	197501371	1:21.42			39.06	1:21.42
3. Michael van Bekkum	Swol 1894	NED	197200051	1:22.93	+0,91		38.47	1:22.93
4. Kai Kremer	SG Erkelenz-Hückelhoven	GER	468899	1:23.38	+0,89		39.29	1:23.38
5. Martijn de Jong	DWK	NED	197101659	1:24.76	+0,84		39.57	1:24.76
6. Arjan Verheij	ZPC De Rog Weert	NED	197101617	1:25.34			40.38	1:25.34
7. Rob van de Ven	Neptunus'58	NED	197101695	1:29.10	+0,72		40.21	1:29.10
8. Alberto Randazzo	D.E.S.	NED	197101757	1:30.79			43.63	1:30.79
9. Martin Berkhout	ZVL-1886	NED	197101123	1:37.42	+0,71		45.06	1:37.42

Masters 55+

1. Harold Matla	PSV	NED	196800591	1:18.67	+0,83		36.84	1:18.67
2. Jan-Willem van den Berg	WVZ	NED	196801575	1:19.25			37.79	1:19.25
3. Patrick Juncker	Luxembourg Sharks Swimming	LUX	136	1:20.99	+0,85		38.67	1:20.99
4. Guido Keutgen	Steenwijk 1934	NED	196801551	1:25.00	+0,86		40.15	1:25.00
5. René Beetsma	HZ&PC Heerenveen	NED	196900069	1:26.23	+0,90		40.67	1:26.23
6. Hans Schoenmakers	DAW	NED	196900863	1:27.72			40.06	1:27.72
7. Joop Weenink	WS Twente	NED	196801535	1:30.54	+0,91		42.95	1:30.54
8. Steffen Dathe	SG Bayer	GER	450025	1:37.03	+0,87		44.10	1:37.03
9. Erik Zoethout	Aqualero	NED	196901157	1:37.05			45.64	1:37.05
10. Gertjan van der Vaart	ZV Vlaardingen-Schiedam	NED	196801529	1:37.55	+0,77		45.35	1:37.55
11. Eric Dumas	SG Patrick - De Roersoppers	NED	196901397	1:38.83			45.56	1:38.83
12. Maarten Koolman	Steenwijk 1934	NED	196801649	1:58.90			55.70	1:58.90

DIS Marcel Brittijn De Duinkkickers NED 196900159
SD - De bewegingen van de benen met afwisselende bewegingen en/of niet te allen tijde gelijktijdig uitgevoerd.

DIS Mathieu Rikken De Duinkkickers NED 196701777
SP - 1 of meerdere neerwaartse (stuwende) vlinderbeenslagen gemaakt na de 1e schoolslagbeenslag.

NG Gerrit Orthofer Team Noord Holland (SG) NED 197001813

Masters 60+

1. Ron Korzelijs	ZPC Amersfoort	NED	196500513	1:25.25	+0,83		39.27	1:25.25
2. Theo Bakker	TriVia	NED	196401231	1:26.67	+0,85		40.36	1:26.67
3. Ronald Grove	Triton	NED	196100161	1:33.62	+0,89		43.49	1:33.62
4. Robert de Brauwer	De Duinkkickers	NED	196401383	1:34.93	+0,85		44.91	1:34.93
5. Jack Barends	WS Twente	NED	196201011	1:38.77	+0,91		46.30	1:38.77
6. Pierre de Groot	GZC Donk	NED	196401431	1:40.92	+0,94		47.20	1:40.92
7. Bart van Calker	WS Twente	NED	196100067	1:45.22	+0,40		51.73	1:45.22

Masters 65+

1. Fred Ketting	PSV	NED	196000289	1:26.97	+0,97		40.44	1:26.97
<i>Nederlands Masters Record</i>								
2. Paul Bunnik	Triton	NED	195600413	1:35.24	+0,93		43.29	1:35.24
3. Wim de Lange	AZC	NED	195800533	1:35.40	+0,85		43.48	1:35.40
4. Jelle de Vries	DZ&PC	NED	195600397	1:37.11			46.60	1:37.11
5. Wiebren Dijkstra	HZ&PC Heerenveen	NED	195800745	1:45.89	+0,87		49.28	1:45.89
6. Peter Coffeng	GZC Donk	NED	195700063	1:49.51	+0,57		51.67	1:49.51
7. Jacob Betten	DZ&PC	NED	195900857	1:49.82	+0,96		52.44	1:49.82
8. André Pantekoek	PSV	NED	195800321	2:06.64			1:01.69	2:06.64



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Programmanr. 22, Heren, 100m schoolslag, Masters 65+

rang naam	vereniging			tijd	RT	PARA	50m	100m
DIS Hugo Bregman	WVZ	NED	195800069					
<i>SR - Meer dan 1 vlinderbeenslag gemaakt voordat de 1e schoolslagbeenslag is gemaakt.</i>								

Masters 70+

1. Harry Dokter	Swol 1894	NED	195100037	1:37.08			45.79	1:37.08
2. Laurens Klein Breteler	WS Twente	NED	195400109	1:42.88	+0,94		48.38	1:42.88

Masters 75+

1. Piet Schop	De Bevelanders	NED	195000109	1:55.30			53.82	1:55.30
2. Mans Buis	Swol 1894	NED	194700133	2:10.10			1:01.61	2:10.10

Masters 80+

1. Rob Hanou	PSV	NED	194300109	1:58.80			58.68	1:58.80
2. Nico Baay	Old Dutch	NED	194200053	2:04.36			58.17	2:04.36

Programmanr. 23
10-5-2025 - 14:36

Dames, 100m schoolslag

Masters Open
Resultaten

rang naam	vereniging			tijd	RT	PARA	50m	100m
Masters 20+								
1. Silke Molendijk	ZVL-1886	NED	200100178	1:18.01	+0,68		37.32	1:18.01
2. Anouchka Bos	NieMo Barracuda	NED	200501528	1:19.21			37.22	1:19.21
3. Emi Schipper	ZOB'66	NED	200502126	1:19.67			36.84	1:19.67
4. Jolijn Liezen	Steenwijk 1934	NED	200500518	1:22.01			38.02	1:22.01
5. Sanne Kloezen	Bubble	NED	200204644	1:24.89			39.38	1:24.89
6. Anneke van der Laan	Orca Leeuwarden	NED	200201154	1:25.94	+0,96		39.88	1:25.94
7. Esmée van Peer	TriVia	NED	200201114	1:26.44	+0,78		40.68	1:26.44
8. Kim van Gemert	Poseidon'56	NED	200101968	1:26.89	+0,86		41.55	1:26.89
9. Leonie van Wier	HZ&PC Heerenveen	NED	200200436	1:27.19	+0,79		41.46	1:27.19
10. Nikki Douma	Hellas-Glana	NED	200102252	1:28.32	+0,79		41.80	1:28.32
11. Babet van Andel	ZVL-1886	NED	200304308	1:28.37	+0,83		41.34	1:28.37
12. Joyce Toonstra	Neptunia '24	NED	200501298	1:28.64	+0,76		42.36	1:28.64
13. Ilse Kramer	TriVia	NED	200403072	1:29.73	+0,97		42.42	1:29.73
14. Daphne van Tilburg	De Geul	NED	200500580	1:29.75	+0,81		42.32	1:29.75
15. Feline Slijkhuis	SG Octopus - ZVV	NED	200501042	1:29.76	+0,91		42.61	1:29.76
16. Maddy van der Hoeven	ZPC Amersfoort	NED	200401298	1:29.84	+0,87		43.09	1:29.84
17. Noa de Bock	De Duck	NED	200300318	1:30.63	+0,73		43.36	1:30.63
18. Amber van der Kruk	MSV-Zeemacht	NED	200102730	1:30.90	+0,71	509	41.93	1:30.90
19. Jamie Stals	ZPC De Rog Weert	NED	200401678	1:31.31	+0,89		43.50	1:31.31
20. Kim de Jong	Westland Swimming Stars	NED	200401522	1:32.98			43.18	1:32.98
21. Iris Lok	WS Twente	NED	200301094	1:33.09	+0,72		44.37	1:33.09
22. Chaira Scholte	Z&PC de Inktvis	NED	200304478	1:38.95	+0,78		44.17	1:38.95
23. Selma Boertien	Aqua 68	NED	200203834	1:41.31	+0,76		48.11	1:41.31
24. Marit Gerritsen	WS Twente	NED	200200664	1:44.04	+0,74		50.01	1:44.04
25. Annelot Rutgers	Bubble	NED	200500876	1:46.39	+0,89		51.20	1:46.39
26. Fianne Kroes	MZ&PC De Reest	NED	200504190	1:47.55	+0,89		49.16	1:47.55
NG Michelle van Wijhe	ZPC Amersfoort	NED	200402196					
NG Milou Demirel	Blue Marlins	NED	200501254					



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Programmanr. 23, Dames, 100m schoolslag

Masters 25+

1. Noël Iris Hettinga	Neptunia '24	NED	200002536	1:21.20	+0,82	37.97	1:21.20
2. Manon Kloosterman	Zwemlust- den Hommel	NED	199702082	1:21.60	+0,79	38.11	1:21.60
3. Marijke Drent	Bubble	NED	199906232	1:22.33	+0,85	38.87	1:22.33
4. Laurien Van Nieuwenhove	MEGA Zwemteam	BEL	MEGA/20663/99	1:22.60	+0,75	39.47	1:22.60
5. Lisanne Seising	VZC	NED	200002084	1:22.77	+0,77	38.76	1:22.77
6. Mandy Swart	ZPC Amersfoort	NED	199904916	1:23.50	+0,76	38.99	1:23.50
7. Melissa van der Heijden	NieMo Barracuda	NED	199605226	1:24.18	+0,72	39.28	1:24.18
8. Kaylee de Jong	ZPCH	NED	200001234	1:26.46		40.48	1:26.46
9. Mirelle de Kort	Neptunus'58	NED	200005546	1:26.48	+0,80	41.02	1:26.48
10. Daphne Dols	ZPC Woerden	NED	199904622	1:27.68	+0,87	40.25	1:27.68
11. Maartje Hids	ZVL-1886	NED	199903042	1:28.71	+0,87	42.62	1:28.71
12. Ageeth de Haan	Steenwijk 1934	NED	199901022	1:28.92		43.39	1:28.92
13. Ellen ter Stege	ENC Arnhem	NED	199900604	1:29.49		42.47	1:29.49
14. Sigrid Hogendorp	ZPC Amersfoort	NED	199900962	1:29.94	+0,91	42.43	1:29.94
15. Yvette Meijer	Zwemvereniging Hoogland	NED	199706590	1:30.74		43.84	1:30.74
16. Marouscha de Vries	DAW	NED	199906628	1:31.54	+0,83	41.68	1:31.54
17. Tamara van den Brink	NieMo Barracuda	NED	199804182	1:31.71	+0,79	43.19	1:31.71
18. Melissa Schuurman	EZCL (SG)	NED	200006800	1:33.29	+0,75	42.64	1:33.29
19. Iris van der Moolen	De Amstel	NED	199902052	1:33.30		43.98	1:33.30
20. Sabine Lageweg	Steenwijk 1934	NED	199900926	1:33.70	+0,75	44.32	1:33.70
21. Laura ter Stege	CWW Swimteam	NED	199902364	1:36.14	+0,80	44.08	1:36.14
22. Alies Wagter	Steenwijk 1934	NED	199900840	1:36.63	+0,96	44.12	1:36.63
23. Astrid Wibbelink	Steenwijk 1934	NED	199600006	1:37.10	+0,70	45.32	1:37.10
24. Esmée Rolloos	NieMo Barracuda	NED	199800056	1:37.59		44.80	1:37.59
25. Melanie Zondag	ZC Polaris	NED	199804476	1:45.09		49.38	1:45.09
26. Mirna Wolters	De Plons	NED	199802046	1:45.73	+0,79	49.13	1:45.73
27. Sylvia Hidding	H2Oldambt	NED	199603886	1:58.63	+0,55	58.14	1:58.63

Masters 30+

1. Fiona Meuffels	PSV	NED	199504366	1:22.31	+0,61	38.41	1:22.31
2. Sietske Veldkamp	ZPC De Hof	NED	199501628	1:23.53	+0,97	38.98	1:23.53
3. Denise Boereboom	NieMo Barracuda	NED	199202144	1:23.68	+0,85	39.34	1:23.68
4. Joanne van Essen	ZPC Amersfoort	NED	199303506	1:28.37		42.24	1:28.37
5. Marijke Kommers	NieMo Barracuda	NED	199305334	1:28.40	+0,84	42.05	1:28.40
6. Leontine Groeneveldt	De Duck	NED	199303526	1:30.46	+0,75	41.93	1:30.46
7. Janneke van de Poele	De Duck	NED	199301128	1:31.24	+0,73	42.36	1:31.24
8. Phedra Van Daele	MEGA Zwemteam	BEL	MEGA/21311/93	1:34.63	+0,79	45.01	1:34.63
9. Roxanne van Bavel	Poseidon'56	NED	199407378	1:34.85	+0,75	44.97	1:34.85
10. Elke Schellekens	Neptunus'58	NED	199301550	1:39.37	+0,87	46.01	1:39.37
11. Lisa Smit	Thor	NED	199208106	2:04.94	+0,85	57.66	2:04.94

Masters 35+

1. Jacyntha Plat	Steenwijk 1934	NED	199002956	1:20.42		38.06	1:20.42
2. Linda van Klei	GZC Donk	NED	198802088	1:28.72	+0,86	41.93	1:28.72
3. Suzan Blankestijn	ZVL-1886	NED	198900350	1:32.28	+0,89	43.25	1:32.28
4. Karin van Dijk	HZ&PC Heerenveen	NED	198600850	1:32.89	+0,89	42.66	1:32.89
5. Esther van Maastrigt	Montferland	NED	198802836	1:33.63	+0,78	43.91	1:33.63
6. Liesbeth van Mill	Zwemlust- den Hommel	NED	198702786	1:34.99	+0,90	44.95	1:34.99
7. Janneke Wynia	WS Twente	NED	199005500	1:44.62	+0,77	48.37	1:44.62
8. D. van den Hoogenband	Z&PV Nuenen	NED	199001558	1:44.83	+0,78	49.09	1:44.83
9. Monique Kok	SG Octopus - ZVV	NED	198605398	1:46.02	+0,82	49.33	1:46.02

Masters 40+

1. Danielle Reijnders	AquAmigos	NED	198504234	1:21.31	+0,76	37.69	1:21.31
2. Laura Badoux	DAW	NED	198200038	1:21.91		38.76	1:21.91
3. Joke De Temmerman	Lokerse Zwemvereniging	BEL	LZV/21076/82	1:24.60	+0,80	39.69	1:24.60
4. Nadya Putter	ZV Vlaardingen-Schiedam	NED	198301630	1:27.14		41.62	1:27.14
5. Claudia Schönitz	SV Gronau 1910 e.V.	GER	091249	1:30.26		42.81	1:30.26
6. Ilja Janssen	ENC Arnhem	NED	198102234	1:32.71	+0,93	43.06	1:32.71
7. Marije Jansen	ZPC Amersfoort	NED	198504088	1:33.62	+0,76	44.70	1:33.62



Open Nederlandse Masters
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Programmanr. 23, Dames, 100m schoolslag, Masters 40+

rang naam	vereniging			tijd	RT	PARA	50m	100m
8. Michelle de Villiers	Hellas-Glana	NED	198302944	1:35.22			44.70	1:35.22
9. Tonia Ruybroek	Poseidon'56	NED	198101290	1:35.82	+0,95		44.90	1:35.82
10. Renee de Kok	V.Z.V. Njord	NED	198403350	1:36.46	+0,75		44.48	1:36.46
11. Angela Giezen	ZPC Amersfoort	NED	198302796	1:36.49			45.73	1:36.49

Masters 45+

1. Anke Lambooj	AZL	NED	198001182	1:26.21			39.71	1:26.21
2. Inge Roskam	De Duinkickers	NED	197801296	1:33.74	+0,80		43.59	1:33.74
3. Eveline Hacquebord	IJZ&PC	NED	197901206	1:33.76	+0,91		43.50	1:33.76
4. Marleen Zantingh	Old Dutch	NED	197801378	1:34.84	+0,83		44.79	1:34.84
5. E. Poortvliet - Koedam	De Duinkickers	NED	198001824	1:35.28	+0,85		45.76	1:35.28
6. Femke Hofkens	Aqua-Novio '94	NED	197801094	1:39.42			47.16	1:39.42
7. Tanja Lenz	SG Bayer	GER	451703	1:40.06			47.07	1:40.06
8. Marian Nederlof	De Geul	NED	197600950	1:42.01	+0,99		47.47	1:42.01
9. Ilonka van der Meer	LinK	NED	197601168	1:49.04	+0,97		50.41	1:49.04
DIS Inge Geel	Batavia Swim	NED	197701208					

SH - Bij de achterwaartse beweging van de beenslag de voeten niet naar buiten bewegen.

Masters 50+

1. Micky Grulms	Luxembourg Sharks Swimming	LUX	4029	1:25.11	+0,86		39.33	1:25.11
<i>Luxemburg Masters Record</i>								
2. Katharina Schlipp	AZL	NED	197301004	1:27.85	+0,89		41.68	1:27.85
3. Gudule van der Meer	PSV	NED	197200396	1:27.93	+0,40		42.40	1:27.93
4. Mirjan den Drijver	Westland Swimming Stars	NED	197500884	1:32.78	+0,81		43.96	1:32.78
5. Rebecca Irvine-Pronk	De Otters Het Gooi	NED	197500982	1:34.22	+0,50		43.04	1:34.22
6. Ilona Hogerheyde	DAW	NED	197400224	1:34.46	+0,85		44.38	1:34.46
7. Annette de Visser	Oceanus	NED	197100602	1:36.38			45.79	1:36.38
8. Martine Stahlie-Bos	TriVia	NED	197401054	1:54.27			54.89	1:54.27
9. Greta Wyma-Teitsma	DWK	NED	197100696	1:56.01	+0,91		55.31	1:56.01
10. Judith Sijbers	PSV	NED	197301030	1:57.93	+0,87		54.97	1:57.93

Masters 55+

1. Marjo Goelema-Koek	De Biesboschzwemmers	NED	196900192	1:25.57	+0,72		39.91	1:25.57
2. Trudy Ketting	PSV	NED	197000268	1:27.58	+0,84		41.70	1:27.58
3. Annette Wijnja-Visser	De Biesboschzwemmers	NED	196700528	1:29.23	+0,85		42.13	1:29.23
4. Jacqueline Tuin	DAW	NED	196600690	1:32.58			43.84	1:32.58
5. Annette Korving-Leijenaar	Aqualero	NED	196700662	1:37.83	+0,88		45.52	1:37.83
6. Iris van Aurich	DWK	NED	196900866	1:38.41	+0,68		48.06	1:38.41
7. Monique Berentse	Batavia Swim	NED	196901066	2:17.33	+0,92		1:06.06	2:17.33

Masters 60+

1. Marjan Remmits-de Lange	ZPC Amersfoort	NED	196300518	1:33.55			43.65	1:33.55
2. Yoka de Vegt-van Dijk	ENC Arnhem	NED	196200420	1:41.27	+0,88		47.15	1:41.27
3. Annemarie Vuist-Blum	Swol 1894	NED	196300282	1:45.12			50.38	1:45.12
4. Wilna Heijman	Steenwijk 1934	NED	196400506	1:49.66	+0,90		52.22	1:49.66
5. Erica Muller	De Geul	NED	196400412	2:00.37	+0,91		56.17	2:00.37
6. Riekje Schra	Steenwijk 1934	NED	196400404	2:38.44	+0,29		1:13.90	2:38.44

Masters 65+

1. Marijke Kraak-Beckers	Swol 1894	NED	196000240	1:46.34	+0,93		50.90	1:46.34
2. Linda Wibbelink	Steenwijk 1934	NED	195900158	1:48.20	+0,63		51.72	1:48.20
3. Lia Bijkerk	GZC Donk	NED	196000014	1:57.03			54.78	1:57.03
4. Hannie Poletiek	TriVia	NED	195900278	1:57.25			56.01	1:57.25
5. Ria Peters-Veurman	ENC Arnhem	NED	195800242	2:04.78			59.28	2:04.78
6. Karien Musters	Old Dutch	NED	195800236	2:36.73			1:13.08	2:36.73



Open Nederlandse Masters
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Programmanr. 23, Dames, 100m schoolslag

Masters 70+

1. Ineke Weekers	PSV	NED	195300050	1:43.46	+0,87	49.82	1:43.46
2. Geerdien Meerwaldt	De Geul	NED	195200058	2:22.77	+0,86	1:08.31	2:22.77

Masters 75+

1. A. Verhoeven - Steggerda	De Duinkickers	NED	194600024	2:12.88		1:01.80	2:12.88
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Masters 80+

1. Loekie van Huissteden	ZPC Amersfoort	NED	194500002	2:19.43		1:07.46	2:19.43
<i>Nederlands Masters Record</i>							

Programmanr. 24
10-5-2025 - 15:21

Heren, 200m vrije slag

Masters Open
Resultaten

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m	
Masters 20+									
1. Wouter Zijlstra	HZ&PC Heerenveen	NED	200401545	1:57.10	+0,68	27.29	56.79	1:27.15	1:57.10
2. Luc Mul	DAW	NED	200201025	2:02.15	+0,97	28.85	1:00.22	1:31.85	2:02.15
3. Lars Kerremans	Hellas-Glana	NED	200100305	2:02.67		28.58	59.92	1:32.25	2:02.67
4. Thomas Vastenhout	ZPCH	NED	200204545	2:08.04	+0,71	29.27	1:01.61	1:35.16	2:08.04
5. Niels van der Mast	ZOB'66	NED	200401917	2:09.34	+0,73	29.27	1:02.29	1:36.50	2:09.34
6. Fayssal Lanterna	Zwemlust- den Hommel	NED	200101379	2:10.73	+0,77	28.89	1:01.19	1:35.59	2:10.73
7. Tim Speijer	Bubble	NED	200301661	2:11.33		29.51	1:02.69	1:37.61	2:11.33
8. Niels Kragt	G.S.Z.V. De Golfbreker	NED	200300155	2:11.59	+0,77	30.22	1:03.70	1:38.70	2:11.59
9. Rik Stahlie	TriVia	NED	200201915	2:12.85	+0,63	30.05	1:03.60	1:38.73	2:12.85
10. Jelle Opmeer	ZPC Amersfoort	NED	200100269	2:15.06	+0,99	30.21	1:04.66	1:40.22	2:15.06
11. Kay van Sleen	Steenwijk 1934	NED	200400083	2:16.90	+0,82	31.01	1:05.35	1:41.22	2:16.90
12. Owen Michels	De Amstel	NED	200402293	2:16.99	+0,77	30.10	1:04.65	1:40.66	2:16.99
13. Nigel Werring	Zwemlust- den Hommel	NED	200301503	2:17.16		30.73	1:05.71	1:41.86	2:17.16
14. Reinier Velthuis	NieMo Barracuda	NED	200503537	2:20.93	+0,87	32.69	1:08.90	1:45.30	2:20.93
15. Wessel Haverkamp	ENC Arnhem	NED	200204755	2:21.39	+0,72	31.75	1:06.64	1:43.68	2:21.39
16. Mika Bongers	ENC Arnhem	NED	200502683	2:23.77	+0,72	31.15	1:07.42	1:45.66	2:23.77
17. Jorick van Bon	ZPC Amersfoort	NED	200300091	2:29.41	+0,95	33.39	1:11.12	1:50.61	2:29.41
18. Lanco Manaf	Het Ravijn	NED	200402715	2:31.13	+0,74	32.53	1:10.23	1:51.48	2:31.13
19. Carsten Bruinink	Noord-Veluwe	NED	200303861	2:37.06		35.32	1:15.85	1:57.88	2:37.06
Masters 25+									
1. Jelle Blankestijn	ZPC Amersfoort	NED	199803737	2:06.77	+0,77	28.76	1:01.04	1:33.47	2:06.77
2. Jacob Mackloet	z.c De Schotejil	NED	200001171	2:07.27	+0,73	29.13	1:02.23	1:35.50	2:07.27
3. Jasper Breugem	WVZ	NED	200000303	2:07.46		28.77	1:01.36	1:34.53	2:07.46
4. Mathieu Boers	WS Twente	NED	199800187	2:07.84	+0,91	27.80	1:01.40	1:34.57	2:07.84
5. Robin van Beek	ZVL-1886	NED	199704023	2:09.60	+0,71	29.36	1:02.20	1:35.59	2:09.60
6. Richard Kuipers	HZ&PC Heerenveen	NED	199704171	2:11.19	+0,80	29.63	1:01.59	1:36.01	2:11.19
7. Erwin Pras	GZVW	NED	199601781	2:18.38	+0,80	31.22	1:06.15	1:42.75	2:18.38
8. Bas van Tintelen	OZ&PC	NED	199800455	2:18.54	+0,86	31.18	1:06.36	1:42.35	2:18.54
9. Jordy van Oel	WVZ	NED	199802003	2:21.70	+0,80	32.13	1:08.85	1:45.26	2:21.70
10. Patrick Wyrdean	Westland Swimming Stars	NED	199702475	2:22.06	+0,74	31.76	1:08.52	1:45.83	2:22.06
11. Gijs Ruijgrok	ZVL-1886	NED	199600863	2:23.77		31.97	1:08.28	1:47.21	2:23.77
12. Jelle Heijman	Steenwijk 1934	NED	200000635	2:26.94	+0,78	32.94	1:09.15	1:48.11	2:26.94
13. Jaimy Voogt	ZOB'66	NED	200005881	2:27.12	+0,70	32.17	1:09.02	1:48.49	2:27.12
14. Auke Sijperda	AZC	NED	199905115	2:27.21	+0,69	33.39	1:12.39	1:51.12	2:27.21
15. Sven Dubbeld	z.c De Schotejil	NED	199601141	2:32.51		34.12	1:13.24	1:54.10	2:32.51
16. Wout Wilens	EZCL (SG)	NED	200001431	2:36.20	+0,85	35.71	1:15.26	1:56.43	2:36.20
17. Mathijs Krieger	EZCL (SG)	NED	199905361	2:49.86	+0,97	35.58	1:17.97	2:03.89	2:49.86
18. Tuur Ottenheim	Zwemvereniging Hoogland	NED	199805933	3:15.44	+0,77	38.82	1:24.96	2:16.21	3:15.44





Programmanr. 24, Heren, 200m vrije slag

Masters 30+

1. Eric Rodriguez Ramos	Club Natacio Swimfaster SaltESP		2:05.11	+0,69	27.91	59.75	1:32.18	2:05.11
2. Nick Sijmons	De Amstel	NED 199500491	2:08.73		29.46	1:02.81	1:37.72	2:08.73
3. Mike Schel	ENC Arnhem	NED 199403279	2:10.39	+0,84	30.31	1:03.77	1:37.10	2:10.39
4. Erik Nijholt	DZ&PC	NED 199401349	2:11.54		29.07	1:01.66	1:36.05	2:11.54
5. Bas Braun	ZPC Amersfoort	NED 199106545	2:12.34	+0,91	29.79	1:03.47	1:37.62	2:12.34
6. Stefan Petersen	Blue Marlins	NED 199403067	2:13.03		29.74	1:02.65	1:37.98	2:13.03
7. Tim de Vrught	ENC Arnhem	NED 199306719	2:13.11	+0,96	30.30	1:04.42	1:39.88	2:13.11
8. Pieter Ytsma	ZV Zaltbommel	NED 199501809	2:16.89	+0,76	29.99	1:04.81	1:41.35	2:16.89
9. Niels Bent	WS Twente	NED 199400465	2:18.35	+0,81	31.30	1:05.58	1:41.97	2:18.35
10. Jeffrey van 't Schip	AZC	NED 199102035	2:18.89	+0,84	30.16	1:04.91	1:41.63	2:18.89
11. Bram Siebers	EZCL (SG)	NED 199302241	2:23.21	+0,85	31.28	1:07.70	1:45.62	2:23.21
12. Bryan Morsink	GZC Donk	NED 199101629	2:23.76		32.78	1:08.51	1:45.73	2:23.76
13. Remco Visser	ZPC Woerden	NED 199503185	2:33.63	+0,70	33.55	1:10.78	1:51.18	2:33.63
14. Richard Heijnen	ZC Polaris	NED 199107793	2:37.35	+0,86	34.70	1:14.64	1:55.93	2:37.35
15. Patrick Wobben	Steenwijk 1934	NED 199300559	3:18.42	+0,75	41.30	1:30.32	2:23.83	3:18.42

Masters 35+

1. Sander de Vrught	ENC Arnhem	NED 198903499	2:11.82	+0,68	29.00	1:01.84	1:36.48	2:11.82
2. Matthew Humphreys	MSV-Zeemacht	NED 198906983	2:12.67	+0,84	30.14	1:03.88	1:38.30	2:12.67
3. Tim Bunnik	Triton	NED 199000505	2:14.51	+0,88	30.76	1:05.05	1:40.08	2:14.51
4. Robert Braad	Steenwijk 1934	NED 198600407	2:15.34	+0,84	29.85	1:04.72	1:40.39	2:15.34
5. Patrick Creemers	SG Patrick - De Roersoppers	NED 199000579	2:16.78	+0,78	32.24	1:08.26	1:43.33	2:16.78
6. Rick Driezen	Steenwijk 1934	NED 198600713	2:21.43		32.30	1:08.16	1:45.02	2:21.43
7. Bram Piederiet	ZV Vlaardingen-Schiedam	NED 199007757	2:21.93	+0,96	31.44	1:07.75	1:44.80	2:21.93
8. Remco van der Graaf	De Geul	NED 198704007	2:26.49	+0,93	33.64	1:10.86	1:50.20	2:26.49
9. Wessel Everloo	WS Twente	NED 198906597	2:27.51	+0,90	33.48	1:11.06	1:50.41	2:27.51
10. Sander van Tilburg	De Biesboschzwemmers	NED 198604609	2:33.52	+0,87	35.36	1:14.58	1:55.12	2:33.52

Masters 40+

1. Federico Cappello	Luxemburg Sharks SwimmirLUXlu9598		2:09.94	+0,83	29.76	1:02.98	1:37.86	2:09.94
	<i>Luxemburg Masters Record</i>							
2. Alan Smeets	Zwemsport Parkstad	NED 198402089	2:14.64		29.33	1:03.17	1:38.43	2:14.64
3. Pieter Pickhardt	ZPC De Hof	NED 198301657	2:15.47	+0,88	32.07	1:06.99	1:41.96	2:15.47
4. Jan-Eggo Huininga	HZ&PC Heerenveen	NED 198401001	2:36.69	+0,99	35.00	1:14.62	1:56.04	2:36.69

Masters 45+

1. Øivind Martin Hasle	Oslo I.L.	NOR M260777ØIV01	2:10.84		30.44	1:03.36	1:37.71	2:10.84
2. Mark Hensen	NieMo Barracuda	NED 197900497	2:14.43	+0,85	30.39	1:05.22	1:40.50	2:14.43
3. Heijmen van Vliet	De Geul	NED 198001637	2:16.49	+0,75	30.88	1:05.32	1:41.46	2:16.49
4. Vincent Versteeg	Zwemlust- den Hommel	NED 197701003	2:17.47	+0,78	30.38	1:06.39	1:42.17	2:17.47
5. Mark Zwart	Zwemlust- den Hommel	NED 197901461	2:22.26	+0,88	31.92	1:08.45	1:45.96	2:22.26
6. Arjen Nieveen	DZ&PC	NED 198002545	2:25.65	+0,65	33.88	1:10.91	1:48.80	2:25.65
7. Arjen Koop	ENC Arnhem	NED 197900697	2:33.40	+0,85	35.51	1:14.23	1:54.40	2:33.40
8. Markus van Rest	WVZ	NED 197701197	2:37.04	+0,84	35.56	1:14.89	1:57.06	2:37.04
9. Tom Bandsma	PSV	NED 197701625	2:40.17		36.68	1:16.46	1:58.45	2:40.17

Masters 50+

1. Kees Bakker	Gay Swim Amsterdam	NED 197501055	2:24.76	+0,78	33.28	1:09.73	1:47.20	2:24.76
2. Vincent Michaux	Cercle De Natation Sportcity BELuCNSW/013356/75		2:27.33	+0,74	33.45	1:11.05	1:49.90	2:27.33
3. Stefan Damen	HZ&PC Heerenveen	NED 197400153	2:27.53		32.34	1:08.25	1:47.59	2:27.53
4. Pieter Veenstra	DZ&PC	NED 197301345	2:29.01		33.98	1:11.83	1:51.23	2:29.01
5. Peter Meijer	DZ&PC	NED 197300613	2:32.04		33.70	1:12.16	1:54.13	2:32.04
6. Peter de Vries	HZ&PC Heerenveen	NED 197401601	2:32.19	+0,92	34.15	1:11.90	1:51.41	2:32.19
7. Chris Kouwenhoven	De Grunte	NED 197101669	2:35.12		34.29	1:14.31	1:55.25	2:35.12
8. Martin Berkhout	ZVL-1886	NED 197101123	2:39.13		34.85	1:14.87	1:58.12	2:39.13
9. Wouter van der Stelt	De Biesboschzwemmers	NED 197200889	2:45.02		36.70	1:17.74	2:01.28	2:45.02
10. Erwin Veenhoven	ZVL-1886	NED 197101793	2:49.16		36.90	1:18.59	2:05.14	2:49.16

* 50m



Open Nederlandse Masters
Kampioenschappen 2025 lange baan
Drachten, 8-11 mei 2025



Programmanr. 24, Heren, 200m vrije slag, Masters 50+

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
11. M. van Walt van Praag	Gay Swim Amsterdam	NED 197501425	2:49.90	+0,79	38.70	1:22.52	2:08.68	2:49.90
12. Jeroen Hoeksel	ZV Vlaardingen-Schiedam	NED 197401533	3:04.51		40.78	1:27.09	2:16.58	3:04.51
13. Rob van de Ven	Neptunus'58	NED 197101695	3:06.17	+0,76	39.70	1:24.43	2:16.03	3:06.17
14. Maxim Hardziyenka	Swol 1894	NED 197201723	3:08.98	+0,80	41.89	1:29.97	2:19.59	3:08.98
DIS Jeroen Temme	TriVia	NED 197201703						

AA - De start ingezet voor het startsignaal (en wel gezwommen).

Masters 55+

1. Matthias Millers	SG Wuppertal	GER 113799	2:12.80	+0,90	31.39	1:05.24	1:39.74	2:12.80
2. Bob de Vries	SG Octopus - ZVV	NED 196601101	2:16.39		30.90	1:05.79	1:41.64	2:16.39
3. Richard Ricksen	Hellas-Glana	NED 197000841	2:21.63		31.41	1:06.88	1:44.08	2:21.63
4. Hugues Herman	Cercle De Natation Sportcity	BELuCNSW/014976/66	2:23.08		32.37	1:07.95	1:45.52	2:23.08
5. Ingmar de Gelder	ZOB'66	NED 197000333	2:25.85	+0,86	32.53	1:09.16	1:47.01	2:25.85
6. Edwin Petri	De Otters Het Gooi	NED 196601687	2:27.80	+0,87	33.84	1:12.15	1:50.33	2:27.80
7. Marcel Vroegindewei	Poseidon'56	NED 196801709	2:37.59	+0,87	35.14	1:16.21	1:59.03	2:37.59
8. Eymert van Rooij	PSV	NED 196601631	2:39.07	+0,88	35.47	1:16.17	1:58.79	2:39.07
9. Jeroen Wilmer	Enkhuizer Zwem Vereniging	NED 196601711	2:43.43	+0,99	37.72	1:19.42	2:03.36	2:43.43
10. Leon Slingerland	WVZ	NED 196801707	2:43.77	+0,93	35.78	1:17.55	2:02.23	2:43.77
11. Steffen Dathe	SG Bayer	GER 450025	3:07.42	+0,96	39.85	1:27.30	2:17.78	3:07.42

Masters 60+

1. Johan Remmits	ZPC Amersfoort	NED 196201159	2:21.43	+0,86	32.56	1:08.58	1:45.75	2:21.43
2. Jon Christensen	Luxembourg Sharks SwimmirLUX	LUX10008	2:23.89	+0,79	33.13	1:09.96	1:47.21	2:23.89
<i>Luxemburg Masters Record</i>								
3. Karol Lacko	Vysokoskolsky klub UniverzitSVK	SVK16793	2:27.14	+0,83	33.79	1:10.51	1:48.28	2:27.14
4. Henri Michels	De Amstel	NED 196501587	2:29.83	+0,89	34.25	1:12.46	1:51.47	2:29.83
5. Thomas Früh	SV Wuppertal-Neuenhof 193	GER/250420	2:38.01		35.54	1:14.91	1:56.29	2:38.01
6. Erik Saan	De Duck	NED 196500769	2:46.72		37.25	1:19.02	2:03.63	2:46.72
7. Jiri Janovsky	Plavecký klub Stráž pod Ralsk	CZE 115000	2:53.22		40.01	1:23.36	2:09.17	2:53.22
8. Pieter-Sjoerd de Wijn	D.E.S.	NED 196501027	3:04.34	+0,99	39.79	1:26.75	2:15.45	3:04.34
9. Pierre de Groot	GZC Donk	NED 196401431	3:25.70	+0,89	43.82	1:33.56	2:28.78	3:25.70

Masters 65+

1. Erik Kamphuis	ZPC De Rog Weert	NED 196001035	2:38.76	+0,89	36.78	1:16.58	1:58.23	2:38.76
2. Peter Molecz	SC Diana	AUT 019219	2:53.71	+0,98	38.60	1:24.09	2:10.15	2:53.71
3. Wolfgang Rossa	TPSK 1925 e.V.	GER 396833	3:04.72		42.21	1:29.56	2:17.24	3:04.72
4. Lex Hoogendam	ZZ&PC De Devel	NED 195700541	3:06.34	+0,80	40.01	1:26.68	2:17.21	3:06.34
5. Peter Coffeng	GZC Donk	NED 195700063	3:22.27		44.14	1:35.13	2:29.50	3:22.27

Masters 70+

1. Sverre Kile	Bergen Omegn Masters	NOR M170553SVE03	2:33.58		36.04	1:14.93	1:56.72	2:33.58
<i>Norwegian Masters Record</i>								
2. Henk Slomp	Z&PC de Inktvis	NED 195500359	2:47.50	+0,94	35.62	1:16.93	2:01.78	2:47.50
3. Brend Brevé	PSV	NED 195200265	2:49.12	+0,46	37.56	1:21.03	2:06.00	2:49.12
4. Jos Kamps	Zwemvereniging Hoogland	NED 195100085	3:23.81		41.32	1:32.72	2:30.53	3:23.81
5. Rob Berkhof	Swol 1894	NED 195200245	3:26.39		48.03	1:41.42	2:38.18	3:26.39

Masters 80+

1. Willem Putter	ZV Vlaardingen-Schiedam	NED 194500135	3:27.45		45.59	1:39.46	2:35.85	3:27.45
<i>Nederlands Masters Record</i>								
2. Geza Kaltenecker	AZC	NED 194200065	3:51.52	+0,96	51.86	1:52.53	2:54.41	3:51.52
BM Niels Dijkshoorn	PSV	NED 200203079	1:54.33	+0,74	26.45	55.10	1:24.77	1:54.33





Open Nederlandse Masters
Kampioenschappen 2025 lange baan
Drachten, 8-11 mei 2025



Programmanr. 25
10-5-2025 - 16:03

Dames, 200m vrije slag

Masters Open
Resultaten

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
Masters 20+								
1. M. van der Kamp	HZ&PC Heerenveen	NED 200500218	2:06.49	+0,81	29.89	1:02.25	1:35.30	2:06.49
<i>Nederlands Masters Record</i>								
2. Tess Panjer	VZC	NED 200403060	2:13.55	+0,83	30.81	1:04.08	1:38.83	2:13.55
3. Femke Backx	Orca Leeuwarden	NED 200106430	2:15.32	+0,81	30.57	1:04.93	1:40.03	2:15.32
4. Silke Molendijk	ZVL-1886	NED 200100178	2:16.07		31.47	1:06.01	1:41.22	2:16.07
5. Marit Huisman	WVZ	NED 200502620	2:16.13	+0,74	30.51	1:05.43	1:41.03	2:16.13
6. Anouchka Bos	NieMo Barracuda	NED 200501528	2:16.84	+0,95	31.96	1:07.22	1:43.40	2:16.84
7. Vivianne Woltjes	VZC	NED 200501524	2:18.49	+0,66	31.56	1:06.75	1:42.31	2:18.49
8. Jelsie van Ruijven	ZVL-1886	NED 200500282	2:18.89	+0,79	31.32	1:07.46	1:43.64	2:18.89
9. Emma Riemers	MSV-Zeemacht	NED 200500748	2:19.14	+0,88	31.39	1:07.63	1:44.21	2:19.14
10. Evelien Husselman	MZ&PC De Reest	NED 200501324	2:20.03	+0,75	32.04	1:07.39	1:43.98	2:20.03
11. Esmée van Peer	TriVia	NED 200201114	2:21.19		31.41	1:07.12	1:44.18	2:21.19
12. Xoë Stuut	Aqua 68	NED 200400754	2:22.14		32.13	1:07.93	1:46.20	2:22.14
13. Emi Schipper	ZOB'66	NED 200502126	2:23.60	+0,76	31.80	1:07.70	1:44.67	2:23.60
14. Robin Pienaar	NieMo Barracuda	NED 200102236	2:23.69	+0,82	32.10	1:08.06	1:46.41	2:23.69
15. Leonie van Wier	HZ&PC Heerenveen	NED 200200436	2:25.32	+0,73	33.04	1:09.82	1:48.65	2:25.32
16. Sophie Brouwer	ZPCH	NED 200504124	2:27.02	+0,75	34.12	1:11.74	1:50.05	2:27.02
17. Cynthia Koolman	Steenwijk 1934	NED 200300232	2:27.04	+0,78	34.34	1:11.49	1:49.49	2:27.04
18. Feline Slijkhuis	SG Octopus - ZVV	NED 200501042	2:28.27	+0,94	33.04	1:10.15	1:49.62	2:28.27
19. Romée Beverdam	WS Twente	NED 200100158	2:29.53	+0,87	33.87	1:11.47	1:50.86	2:29.53
20. Jet van Oudheusden	ZOB'66	NED 200401012	2:31.15		34.37	1:12.71	1:52.31	2:31.15
21. Jessica Braat	AZC	NED 200205684	2:31.68	+0,98	34.95	1:14.10	1:54.08	2:31.68
22. Ilse Kramer	TriVia	NED 200403072	2:32.47	+0,84	34.64	1:13.12	1:53.14	2:32.47
23. Lianne van Wier	HZ&PC Heerenveen	NED 200200438	2:33.63	+0,76	32.75	1:11.37	1:51.21	2:33.63
24. Jamie Stals	ZPC De Rog Weert	NED 200401678	2:34.45		33.84	1:12.64	1:53.83	2:34.45
25. Babet van Andel	ZVL-1886	NED 200304308	2:34.96	+0,79	35.13	1:13.73	1:55.13	2:34.96
26. Iris Timmermans	Het Ravijn	NED 200500172	2:35.07	+0,99	33.48	1:12.39	1:54.37	2:35.07
27. Pien Ooijman	WS Twente	NED 200504500	2:35.35		34.34	1:13.79	1:54.25	2:35.35
28. M. van der Hoeven	ZPC Amersfoort	NED 200401298	2:38.52	+0,86	35.34	1:14.83	1:56.46	2:38.52
29. Lieke Stoker	WS Twente	NED 200301412	2:39.60	+0,85	36.25	1:17.74	1:59.64	2:39.60
30. Naomi Janssen	Neptunus'58	NED 200401816	2:46.08		38.38	1:20.33	2:03.53	2:46.08
Masters 25+								
1. Laura Setz	Bubble	NED 200000130	2:09.67	+0,99	30.38	1:03.61	1:37.55	2:09.67
2. Tamara Grove	De Dolfijn	NED 199601266	2:10.02		30.17	1:03.34	1:37.63	2:10.02
3. Manon Kloosterman	Zwemlust- den Hommel	NED 199702082	2:16.12		31.43	1:05.71	1:41.35	2:16.12
4. M. van Langevelde	DWK	NED 199803160	2:17.77	+0,84	32.11	1:07.39	1:43.55	2:17.77
5. J. van Omme - van Veen	Zwemvereniging Hoogland	NED 199603192	2:21.22	+0,78	32.05	1:08.29	1:44.98	2:21.22
6. Jet Kleine	MSV-Zeemacht	NED 199903384	2:31.21		34.94	1:13.10	1:52.60	2:31.21
7. Mirelle de Kort	Neptunus'58	NED 200005546	2:32.17		34.61	1:13.12	1:53.08	2:32.17
8. Alies Wagter	Steenwijk 1934	NED 199900840	2:32.38	+0,97	33.75	1:12.34	1:52.48	2:32.38
9. Evelien de Jong	Neptunia '24	NED 199805316	2:33.62	+0,73	33.39	1:11.73	1:52.17	2:33.62
10. Ageeth de Haan	Steenwijk 1934	NED 199901022	2:36.35		35.21	1:14.79	1:56.51	2:36.35
11. M. Zuccaro	DAW	NED 199606894	2:36.89	+0,81	36.09	1:15.43	1:56.94	2:36.89
12. Marleen Hof	WS Twente	NED 199802464	2:37.71	+0,93	34.05	1:13.68	1:55.88	2:37.71
13. Tamara van den Brink	NieMo Barracuda	NED 199804182	2:38.81	+0,79	35.95	1:16.02	1:57.73	2:38.81
14. Judith Kleinjan	De Duck	NED 199802710	2:40.53	+0,83	36.85	1:18.68	2:00.02	2:40.53
15. Anouk van der Lans	Westland Swimming Stars	NED 199801614	2:43.36	+0,84	36.22	1:18.22	2:01.72	2:43.36
16. Astrid Wibbelink	Steenwijk 1934	NED 199600006	2:45.01		37.08	1:18.77	2:03.20	2:45.01
17. Mirna Wolters	De Plons	NED 199802046	2:52.54	+0,80	37.63	1:21.55	2:06.57	2:52.54
18. Cynthia van Veen	ZVL-1886	NED 199606736	2:56.56	+0,76	37.96	1:23.25	2:10.78	2:56.56
19. Kim Hamakers	ZPC De Rog Weert	NED 199803214	3:00.20	+0,82	41.69	1:27.92	2:14.94	3:00.20
20. Sylvia Hidding	H2Oldambt	NED 199603886	3:51.89		52.54	1:51.21	2:51.65	3:51.89





Programmanr. 25, Dames, 200m vrije slag

Masters 30+

1. Rosanne Schoonbeek	TriVia	NED 199402692	2:15.13	+0,83	29.99	1:03.66	1:38.78	2:15.13
2. Lotte Coenen	D.E.S.	NED 199301518	2:18.64	+0,84	31.87	1:06.89	1:43.00	2:18.64
3. Marcha Admiraal	De Geul	NED 199300012	2:23.22	+0,82	31.95	1:08.30	1:46.09	2:23.22
4. Floor Weijmans	HZPC	NED 199502522	2:24.58	+0,84	33.64	1:10.14	1:47.21	2:24.58
5. Marijke Kommers	NieMo Barracuda	NED 199305334	2:26.29	+0,39	33.08	1:09.89	1:48.28	2:26.29
6. Anne-Irene Duchaine	Zwemvereniging Hoogland	NED 199506824	2:28.17	+0,81	33.86	1:12.03	1:50.33	2:28.17
7. Nienke Smidt	WS Twente	NED 199407596	2:29.11	+0,91	34.66	1:12.97	1:52.00	2:29.11
8. Wendan Poelstra	TriVia	NED 199102496	2:29.52		33.92	1:11.49	1:50.88	2:29.52
9. A. Meulenbeld	Orca Leeuwarden	NED 199506230	2:29.69	+0,77	33.89	1:12.21	1:50.79	2:29.69
10. N. Wobben-de Vries	Steenwijk 1934	NED 199204328	2:29.90	+0,83	34.42	1:12.86	1:52.40	2:29.90
11. Giulia Rolloos	NieMo Barracuda	NED 199500946	2:34.90	+0,82	35.62	1:15.47	1:55.54	2:34.90
12. Naomi Hofsink	TriVia	NED 199402508	2:35.98		35.15	1:14.19	1:55.15	2:35.98
13. Janine de Groot	NDD	NED 199500092	2:36.10	+0,86	34.67	1:14.40	1:55.80	2:36.10
14. Nadine Blouw	TriVia	NED 199302314	2:39.01		35.43	1:15.99	1:57.46	2:39.01
15. Heleen Arends	TriVia	NED 199404416	2:39.34	+0,78	35.43	1:15.84	1:57.55	2:39.34
16. Esther Kwebeman	TriVia	NED 199106374	2:41.24	+0,83	36.11	1:16.58	1:58.80	2:41.24
17. Leontine Groeneveldt	De Duck	NED 199303526	2:42.14	+0,97	35.19	1:15.55	1:59.17	2:42.14
18. Irmgard van Weeghel	ENC Arnhem	NED 199204834	2:46.23	+0,65	36.07	1:18.08	2:02.83	2:46.23
19. Eline Molle	De Geul	NED 199404276	2:56.60	+0,88	40.53	1:25.16	2:12.11	2:56.60
20. Marjan Rikken	SG Octopus - ZVV	NED 199206114	2:57.52		39.57	1:24.19	2:11.35	2:57.52
21. Anna Lauxen	Steenwijk 1934	NED 199108154	2:58.00		40.54	1:26.59	2:14.31	2:58.00

Masters 35+

1. Monique van Huizen	AZC	NED 198706236	2:32.75	+0,80	35.50	1:14.95	1:54.66	2:32.75
2. Suzan Blankestijn	ZVL-1886	NED 198900350	2:44.23	+0,73	37.51	1:19.12	2:02.52	2:44.23
3. Liesbeth van Mill	Zwemlust- den Hommel	NED 198702786	2:47.16	+0,89	38.12	1:21.29	2:03.88	2:47.16
4. E. Boerdam-Delfos	AZC	NED 198705256	2:49.26	+0,64	38.43	1:21.71	2:06.03	2:49.26
5. J. Coenders-Peijnenburg	TRB-RES	NED 199008502	3:04.79	+0,85	40.68	1:26.50	2:15.28	3:04.79
6. Janneke Wynia	WS Twente	NED 199005500	3:09.14		44.11	1:30.89	2:19.85	3:09.14
7. Monique Kok	SG Octopus - ZVV	NED 198605398	3:19.94	+0,84	44.28	1:34.53	2:28.12	3:19.94

Masters 40+

1. V. Hádén-Felföldi	Iron Swim	HUN 66/3267	2:20.06	+0,72	32.75	1:08.15	1:44.49	2:20.06
2. Nadya Putter	ZV Vlaardingen-Schiedam	NED 198301630	2:30.38	+0,76	36.11	1:14.23	1:52.89	2:30.38
3. Laura Badoux	DAW	NED 198200038	2:32.20	+0,88	34.60	1:12.59	1:52.60	2:32.20
4. Marije Jansen	ZPC Amersfoort	NED 198504088	2:33.19		34.39	1:13.41	1:54.70	2:33.19
5. Sandra Schellekens	Neptunus'58	NED 198503416	2:42.40	+0,90	37.26	1:18.97	2:01.73	2:42.40
6. A. Besseling-de Jong	De Geul	NED 198102084	2:48.40	+0,98	38.07	1:20.85	2:05.08	2:48.40
7. Linda Hoogendam	WVZ	NED 198300892	3:04.34		41.87	1:29.69	2:18.60	3:04.34
8. Marloes Rebel	WS Twente	NED 198403474	3:04.70	+0,94	41.63	1:29.33	2:18.22	3:04.70
NG Ann Wanter	Zwemclub Geel	BEL ZGEEL/21082/82						

Masters 45+

1. Anke Lambooj	AZL	NED 198001182	2:27.33	+0,54	32.80	1:09.60	1:48.50	2:27.33
2. Annett van Rekowski	Schwimmverein Gera	GER 097868	2:29.98	+0,81	35.41	1:14.43	1:52.86	2:29.98
3. Steffi Meinhold	D.E.S.	NED 198001542	2:31.10		34.71	1:13.20	1:52.30	2:31.10
4. Alina Spijkerman	DAW	NED 197701220	2:35.02	+0,66	34.91	1:13.64	1:54.10	2:35.02
5. Patricia Brooijmans	Old Dutch	NED 197901608	2:36.80	+0,72	36.35	1:16.15	1:57.59	2:36.80
6. Ruth Pataki	SC Hakoah	AUT 43285	2:40.25	+0,80	36.75	1:17.40	1:59.54	2:40.25
7. Chantal Verhoeff	Old Dutch	NED 197900912	2:40.44	+0,81	35.88	1:17.29	1:59.42	2:40.44
8. Agnes van Brug	DAW	NED 198001726	2:43.58	+0,87	37.56	1:18.68	2:01.83	2:43.58
9. Jessica Venema	GZC Donk	NED 197901526	2:43.78	+0,84	34.60	1:15.20	1:59.81	2:43.78
10. A. Glazema-Boelema	TriVia	NED 197701166	2:53.94	+0,91	39.50	1:24.51	2:10.61	2:53.94
11. Esther Vergeest	ZPC De Rog Weert	NED 197700012	2:54.11	+0,71	39.24	1:23.61	2:09.32	2:54.11
12. Femke Hofkens	Aqua-Novio '94	NED 197801094	2:59.79		41.06	1:27.35	2:15.05	2:59.79
13. Tanja Lenz	SG Bayer	GER 451703	3:00.14	+0,86	40.64	1:26.84	2:12.85	3:00.14
14. Ilonka van der Meer	Link	NED 197601168	3:02.52		42.85	1:29.79	2:17.79	3:02.52
15. Katrin Glatzer	ZPC Amersfoort	NED 197601200	3:08.40		43.64	1:31.89	2:20.64	3:08.40
16. Sandra Van der Helm	ZPC De Rog Weert	NED 197801340	3:22.76	+0,83	44.21	1:34.57	2:28.34	3:22.76
17. C. van Bruxvoort	Feijenoord Albion	NED 197700138	3:25.57	+0,95	45.52	1:37.61	2:31.74	3:25.57



Open Nederlandse Masters
Kampioenschappen 2025 lange baan
Drachten, 8-11 mei 2025



Programmanr. 25, Dames, 200m vrije slag, Masters 45+

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
18. Jessica van Velzen	Swol 1894	NED 197601122	3:46.12		49.56	1:47.43	2:48.61	3:46.12

Masters 50+

1. Carla Geurts	PSV	NED 197100178	2:21.16	+0,78	32.43	1:08.69	1:45.50	2:21.16
2. Edith Janssen-Koolen	TRB-RES	NED 197300898	2:32.59	+0,77	34.02	1:12.11	1:52.50	2:32.59
3. Annette de Visser	Oceanus	NED 197100602	2:36.05		35.23	1:13.96	1:55.07	2:36.05
4. Katharina Schlipp	AZL	NED 197301004	2:46.27	+0,77	37.14	1:18.38	2:02.90	2:46.27
5. Evelien Naatje	WS Twente	NED 197200838	3:00.62	+0,97	40.33	1:27.99	2:17.24	3:00.62
6. Annet Kootstra	Swol 1894	NED 197100344	3:07.22		43.74	1:32.15	2:21.35	3:07.22
7. Britta Fritz	SC Janus Köln	GER 262038	3:29.68		48.31	1:42.80	2:37.13	3:29.68
8. Greta Wyma-Teitsma	DWK	NED 197100696	3:37.47	+0,98	49.15	1:46.81	2:44.21	3:37.47
9. Tiffany Tsui	Zwemvereniging Hoogland	NED 197401110	3:38.11	+0,97	46.30	1:42.03	2:41.95	3:38.11

Masters 55+

1. L. v. Bon-Rosenbrand	ZPC Amersfoort	NED 197000054	2:28.61		33.49	1:10.51	1:49.94	2:28.61
<i>Nederlands Masters Record</i>								
2. Bianca Groot	MSV-Zeemacht	NED 197000652	2:31.63		35.33	1:14.55	1:53.93	2:31.63
3. Carol Hollemans	ACZ	NED 196900252	2:32.20	+0,75	33.60	1:11.66	1:51.62	2:32.20
4. Petra Blum	SG Bayer	GER 274174	2:40.96	+0,97	37.03	1:17.91	2:00.40	2:40.96
5. Jeanne Petit	PSV	NED 197001020	2:42.13	+0,83	36.14	1:17.49	2:00.17	2:42.13
6. Annette Wijnja-Visser	De Biesboschzwemmers	NED 196700528	2:46.92	+0,82	36.95	1:19.25	2:03.22	2:46.92
7. Annette Spies	LinK	NED 197001110	3:08.16	+0,83	42.64	1:28.23	2:17.94	3:08.16
8. S. Daamen-Posma	AZC	NED 196800854	3:08.53		40.01	1:26.67	2:17.41	3:08.53
9. Cora Smulders	ENC Arnhem	NED 196600668	3:34.00		46.40	1:41.93	2:39.69	3:34.00
10. R. van der Vlugt	De Geul	NED 196700710	3:45.02		50.76	1:48.46	2:46.97	3:45.02
NG Annette van Dok	MSV-Zeemacht	NED 196800742						

Masters 60+

1. M. Remmits-de Lange	ZPC Amersfoort	NED 196300518	2:39.30		36.26	1:16.45	1:58.24	2:39.30
2. Wilna Heijman	Steenwijk 1934	NED 196400506	2:46.48	+0,87	38.87	1:20.95	2:04.43	2:46.48
3. Maud Peuten-Evers	Mosa-Regio	NED 196400584	2:59.40	+0,94	41.38	1:27.10	2:14.02	2:59.40
4. Kirsten Stamer	SC Janus Köln	GER 247144	3:26.45	+0,47	48.15	1:40.37	2:34.02	3:26.45
5. Erica Muller	De Geul	NED 196400412	3:31.73		48.03	1:42.18	2:37.39	3:31.73

Masters 65+

1. Tordis Grüner	SSF Bonn	GER 451333	2:56.21		40.99	1:26.25	2:11.69	2:56.21
2. Linda Wibbelink	Steenwijk 1934	NED 195900158	3:04.84	+0,87	42.54	1:30.28	2:18.71	3:04.84
3. M. Kolkman-Pluim	ENC Arnhem	NED 196000330	3:21.69		44.51	1:34.72	2:27.23	3:21.69
4. Monica Bakker	Steenwijk 1934	NED 195600082	3:24.28	+0,67	48.93	1:41.74	2:34.85	3:24.28
5. Karien Musters	Old Dutch	NED 195800236	4:20.09	+0,81	57.40	2:02.49	3:11.62	4:20.09

Masters 70+

1. Ineke Weekers	PSV	NED 195300050	2:56.57		43.11	1:27.82	2:13.01	2:56.57
2. C. Nieuwenhuis	Swol 1894	NED 195100022	3:08.30	+0,67	42.40	1:31.02	2:21.15	3:08.30
3. Dagmar Hilden Kuntz	Swimming Luxembourg	LUX	4:05.30		51.51	1:55.33	3:00.13	4:05.30
<i>Luxemburg Masters Record</i>								

Masters 75+

1. Conny Boer-Buys	ZV Vlaardingen-Schiedam	NED 195000006	2:56.31		40.57	1:25.38	2:12.06	2:56.31
<i>European Masters Record</i>								



Open Nederlandse Masters
Kampioenschappen 2025 lange baan
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Programmanr. 25, Dames, 200m vrije slag

Masters 80+

1. L. van Huissteden ZPC Amersfoort NED 194500002 **4:39.12** 1:02.46 2:15.39 3:30.32 4:39.12

Masters 90+

1. Lottje Geurts PSV NED 193500006 **4:57.03** 1:06.38 2:22.90 3:44.06 4:57.03
Nederlands Masters Record, ook op 50 meter en 100 meter vrije slag

Programmanr. 26
10-5-2025 - 16:56

Heren, 50m rugslag

Masters Open
Resultaten

rang	naam	vereniging			tijd	RT	PARA
Masters 20+							
1.	Louis Kappler	Zwemlust- den Hommel	NED	200205067	29.33	+0,84	
2.	Mart de Koning	ZOB'66	NED	200203253	30.21	+0,73	
3.	Jorian Darwinkel	HZ&PC Heerenveen	NED	200300565	30.89	+0,63	
4.	Julian Mes	ZOB'66	NED	200103755	31.86	+0,87	
5.	Daan Schra	MZ&PC De Reest	NED	200203271	31.89	+0,85	
6.	Marc Hoogeveen	DZ&PC	NED	200101585	32.25	+0,78	
7.	Wessel Haverkamp	ENC Arnhem	NED	200204755	32.46	+0,74	
8.	Ruben Zwartebol	ZPC Woerden	NED	200102651	32.47	+0,63	
9.	Remco Dijkstra	HZ&PC Heerenveen	NED	200100789	32.77	+0,86	
10.	Nigel Werring	Zwemlust- den Hommel	NED	200301503	32.87	+0,77	
11.	Jort Vizeé	De Duck	NED	200201779	33.00	+0,62	
12.	Reinier Velthuijs	NieMo Barracuda	NED	200503537	33.39	+0,70	
13.	Sytze van Stein	ZVL-1886	NED	200501155	33.57	+0,61	
14.	Tim Seising	VZC	NED	200500107	34.37	+0,73	
15.	Kevin Vermeulen	Bubble	NED	200203849	34.72	+0,73	
16.	Rik Stahlie	TriVia	NED	200201915	34.84	+0,71	
17.	Owen Michels	De Amstel	NED	200402293	34.92		
18.	Ivo Driehuis	De Amstel	NED	200204399	35.72	+0,88	
19.	Lasse Ophuis	WS Twente	NED	200400027	36.92	+0,92	

Masters 25+

1.	Arjan Dekker	Bubble	NED	200000499	29.39	+0,62	
2.	Richard Kuipers	HZ&PC Heerenveen	NED	199704171	30.24	+0,70	
3.	Bert Duivenvoorde	De Columbiaan	NED	199701805	30.35	+0,69	
	Doran Paap	ZV Westland	NED	200000301	30.35	+0,76	
5.	Nino van Krimpen	ZOB'66	NED	200004611	30.55	+0,79	
6.	Mirko van Ligtenberg	De Granaet	NED	199800735	30.58	+0,64	
7.	Robin van Beek	ZVL-1886	NED	199704023	30.59	+0,65	
8.	Ian Terlouw	ZPC Woerden	NED	200002345	30.76	+0,72	
9.	David Kievit	z.c De Schotejil	NED	199900325	31.61	+0,91	
10.	Ian van Mullem	ZOB'66	NED	199602545	32.37	+0,56	
11.	Jeffrey Roest	Zwemvereniging Hoogland	NED	199703401	33.09	+0,70	
12.	Kylian Kooijman	Steenwijk 1934	NED	199900763	34.30	+0,86	
13.	Nick Boekestijn	Westland Swimming Stars	NED	199900291	34.44	+0,69	
14.	Rob van Wier	HZ&PC Heerenveen	NED	199900697	34.45	+0,75	
15.	Jelle Heijman	Steenwijk 1934	NED	200000635	35.83	+0,72	
16.	Wout Wilens	EZCL (SG)	NED	200001431	36.24		
17.	Ardy Zwanenburg	AZC	NED	199902061	39.14	+0,72	



Open Nederlandse Masters
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Programmanr. 26, Heren, 50m rugslag

Masters 30+

1.	Jesper Oranje	De Duck	NED	199200997	29.08	+0,64
2.	Bas Dries	Zwemvereniging Hoogland	NED	199505177	29.36	+0,61
3.	Jeroen Matthijssen	AZC	NED	199103751	30.98	+0,77
4.	Pieter Ytsma	ZV Zaltbommel	NED	199501809	31.48	+0,71
5.	Mike Schel	ENC Arnhem	NED	199403279	31.61	+0,71
6.	John Smit	Poseidon'56	NED	199500613	31.66	+0,67
7.	Bryan Morsink	GZC Donk	NED	199101629	32.59	+0,74
8.	Niels Bent	WS Twente	NED	199400465	33.33	+0,85
9.	Patrick Brouwer	AZC	NED	199303715	33.38	+0,72
10.	Sander Riezebos	WS Twente	NED	199400467	33.76	+0,61
11.	Robin van Beusekom	NieMo Barracuda	NED	199205841	35.31	+0,73
12.	Cars Wiegmann	WS Twente	NED	199401025	35.76	+0,93
13.	Ruben de Boer	Zwemvereniging Hoogland	NED	199301419	41.39	+0,80

Masters 35+

1.	Robert Braad	Steenwijk 1934	NED	198600407	31.49	+0,75	
2.	Rick Driezen	Steenwijk 1934	NED	198600713	34.13	+0,76	
3.	Remco van der Graaf	De Geul	NED	198704007	34.38	+0,83	
4.	Wessel Everloo	WS Twente	NED	198906597	36.64		420
5.	Harmen Reemst	ZOB'66	NED	198702715	36.66	+0,68	
6.	Robert Spekhorst	De Mors	NED	198703141	38.69	+0,85	
7.	Erik Meijer	Thor	NED	198704113	42.53	+0,86	

Masters 40+

1.	Martijn Giezen	ZPC Amersfoort	NED	198500813	29.96	+0,82
2.	Alan Smeets	Zwemsport Parkstad	NED	198402089	30.03	+0,83
3.	Ivan van Omme	De Geul	NED	198201263	31.94	+0,85
4.	Albert van Piekeren	Swol 1894	NED	198401767	32.65	+0,84
5.	Yuri van Omme	Zwemvereniging Hoogland	NED	198501887	33.27	+0,72
6.	Bertrand Maillet	ASPTT Clermont-Ferrand	FRA	88948	35.34	+0,83
7.	Benoit Gasner	D.E.S.	NED	198102645	35.46	+0,75

Masters 45+

1.	Jasper van Heijst	ZPCH	NED	197601699	30.51	+0,76
2.	Ruud Holswilder	ZPCH	NED	197800435	30.67	+0,74
3.	Erwin Buist	ZPC Amersfoort	NED	197800183	31.21	+0,78
4.	Markus van Rest	WVZ	NED	197701197	34.33	+0,81
5.	William Kruithof	Het Ravijn	NED	198000857	34.99	+0,83
	Pieter Broek	Westland Swimming Stars	NED	197701637	34.99	+0,55
7.	Arjen Koop	ENC Arnhem	NED	197900697	37.46	+0,74
8.	Marco Broenink	Batavia Swim	NED	197801987	45.38	

Masters 50+

1.	Antwan van Engen	CWW Swimteam	NED	197101577	32.92	+0,76
2.	Alex Damen	DAW	NED	197501371	33.46	+0,77
3.	Erwin Veenhoven	ZVL-1886	NED	197101793	38.67	
4.	Wouter van der Stelt	De Biesboschwimmers	NED	197200889	41.28	+0,80
5.	Jeroen Hoeksel	ZV Vlaardingen-Schiedam	NED	197401533	44.69	+0,92
6.	Maxim Hardziyenka	Swol 1894	NED	197201723	53.32	+0,85

Masters 55+

1.	Chester Marsman	ZPC Amersfoort	NED	196900671	30.91	+0,84
2.	Guido Keutgen	Steenwijk 1934	NED	196801551	32.54	+0,80
3.	Marcel Vroegindewei	Poseidon'56	NED	196801709	33.61	+0,74
4.	René Beetsma	HZ&PC Heerenveen	NED	196900069	35.83	+0,83
5.	Mathieu Rikken	De Duinkickers	NED	196701777	36.77	+0,76
6.	Jeroen Wilmer	Enkhuizer Zwem Vereniging	NED	196601711	39.24	+0,91
7.	Erik Zoethout	Aqualero	NED	196901157	40.31	+0,92
8.	Marcel Brittijn	De Duinkickers	NED	196900159	41.52	+0,73





Open Nederlandse Masters
Kampioenschappen 2025 lange baan
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Programmanr. 26, Heren, 50m rugslag, Masters 55+

rang	naam	vereniging			tijd	RT	PARA
9.	Maarten Koolman	Steenwijk 1934	NED	196801649	1:05.15	+0,96	

Masters 60+

1.	Ron Korzelius	ZPC Amersfoort	NED	196500513	38.32	+0,81	
2.	Erik Saan	De Duck	NED	196500769	39.74	+0,86	
3.	Robert de Brauwer	De Duinkickers	NED	196401383	40.36		
4.	Pieter-Sjoerd de Wijn	D.E.S.	NED	196501027	44.68	+0,87	
5.	Bart van Calker	WS Twente	NED	196100067	45.82	+0,91	

Masters 65+

1.	Erik Kamphuis	ZPC De Rog Weert	NED	196001035	35.06	+0,81	
2.	Fred Ketting	PSV	NED	196000289	37.69	+0,90	
3.	Paul Bunnik	Triton	NED	195600413	40.88	+0,86	
4.	Wim de Lange	AZC	NED	195800533	42.19	+0,81	
5.	André Pantekoek	PSV	NED	195800321	45.60	+0,73	
6.	André Schutte	Z & PC De Zeeuwse Kust	NED	196000521	45.77	+0,98	

Masters 70+

1.	Brend Brevé	PSV	NED	195200265	38.17	+0,77	
2.	Harry Dokter	Swol 1894	NED	195100037	41.17	+0,88	
3.	Henk Slomp	Z&PC de Inktvis	NED	195500359	43.02	+0,81	
4.	Rob Berkhof	Swol 1894	NED	195200245	49.85		
5.	Jos Kamps	Zwemvereniging Hoogland	NED	195100085	53.27	+0,72	

Masters 75+

1.	Piet Schop	De Bevelanders	NED	195000109	46.41	+0,88	
2.	Ronald Blankenstein	Aqua-Novio '94	NED	195000013	48.78	+0,89	
3.	Mans Buis	Swol 1894	NED	194700133	50.66	+0,86	

Masters 80+

1.	Willem Putter	ZV Vlaardingen-Schiedam	NED	194500135	50.84		
2.	Nico Baay	Old Dutch	NED	194200053	53.96	+0,87	
3.	Rob Hanou	PSV	NED	194300109	55.12		

BM	Niels Dijkshoorn	PSV	NED	200203079	26.86	+0,61	
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Programmanr. 27
10-5-2025 - 17:13

Dames, 50m rugslag

Masters Open
Resultaten

rang	naam	vereniging			tijd	RT	PARA
Masters 20+							
1.	Inge Dekker	HZ&PC Heerenveen	NED	200200476	32.69	+0,74	
2.	Tess Panjer	VZC	NED	200403060	32.76	+0,72	
3.	Jelsie van Ruijven	ZVL-1886	NED	200500282	32.78	+0,71	
4.	Jolijn Liezen	Steenwijk 1934	NED	200500518	33.02	+0,71	
5.	Nienke Bakker	TriVia	NED	200501178	33.04	+0,68	
6.	Marije Sweering	Neptunia '24	NED	200101228	33.17	+0,82	
7.	Michelle van den Hoofdakker	Steenwijk 1934	NED	200302708	33.85	+0,95	
8.	Vivianne Woltjes	VZC	NED	200501524	34.06	+0,76	
9.	Joline Koop	Aqua 68	NED	200403174	34.14	+0,77	
10.	Robin Pienaar	NieMo Barracuda	NED	200102236	34.33	+0,73	
11.	Lois Jalving	HZ&PC Heerenveen	NED	200400280	34.50	+0,69	
12.	Nikki Douma	Hellas-Glana	NED	200102252	34.63	+0,73	
	Iris Lok	WS Twente	NED	200301094	34.63	+0,71	
14.	Amber van der Kruk	MSV-Zeemacht	NED	200102730	35.34	+0,73	690
15.	Sanne Kloezen	Bubble	NED	200204644	35.46	+0,82	





Open Nederlandse Masters
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Programmanr. 27, Dames, 50m rugslag, Masters 20+

rang	naam	vereniging		tijd	RT	PARA
16.	Iris Timmermans	Het Ravijn	NED 200500172	36.73	+0,78	
17.	Noa de Bock	De Duck	NED 200300318	37.13	+0,69	
18.	Esmee Kloezen	Bubble	NED 200204646	37.53	+0,77	
19.	Jet van Oudheusden	ZOB'66	NED 200401012	37.74	+0,64	
20.	Sabine Uytdewilligen	ENC Arnhem	NED 200502654	38.01	+0,74	
21.	Lieke Stoker	WS Twente	NED 200301412	38.96	+0,98	
22.	Naomi Janssen	Neptunus'58	NED 200401816	39.41	+0,64	
23.	Chaïra Scholte	Z&PC de Inktvis	NED 200304478	39.63	+0,89	
24.	AnneMarijn Damhoff	Z&PC de Inktvis	NED 200501000	40.62	+0,85	
25.	Tove Kienhuis	Aqua 68	NED 200203486	41.48	+0,78	
26.	Annelot Rutgers	Bubble	NED 200500876	41.55	+0,85	
27.	Fianne Kroes	MZ&PC De Reest	NED 200504190	42.40	+0,76	
28.	Marit Gerritsen	WS Twente	NED 200200664	43.67	+0,87	
29.	Zoë van der Reijden	LinK	NED 200505296	45.75	+0,85	
30.	Esmeralda Elbers	Blue Marlins	NED 200404888	46.15	+0,98	

Masters 25+

1.	Babette van der Kaaij	Blue Marlins	NED 199902234	31.72	+0,66	
2.	Marre Zandringa	Orca Leeuwarden	NED 199701136	32.21	+0,68	
3.	Alisha Vieira	Blue Marlins	NED 199904554	33.02	+0,65	
4.	Lauren van IJll	WVZ	NED 200001064	33.04	+0,73	
5.	Melissa van der Heijden	NieMo Barracuda	NED 199605226	34.24	+0,67	
6.	Jamilla van Omme - van Veen	Zwemvereniging Hoogland	NED 199603192	34.49	+0,80	
7.	Hanna Looi	Blue Marlins	NED 200006090	34.54	+0,69	
8.	Marcella van der Ent	De Duck	NED 199600174	35.02	+0,76	
9.	Laurien Van Nieuwenhove	MEGA Zwemteam	BEL MEGA/20663/99	36.02	+0,93	
10.	Ellen ter Stege	ENC Arnhem	NED 199900604	36.13	+0,76	
11.	Rosalie Baarda	Orca Leeuwarden	NED 199903460	36.20	+0,76	
12.	Marielle van der Vaart	ZV Vlaardingen-Schiedam	NED 200000994	36.50	+0,67	
13.	Iris van der Moolen	De Amstel	NED 199902052	36.52	+0,68	
14.	Jet Kleine	MSV-Zeemacht	NED 199903384	36.84	+0,72	
15.	Melissa Schuurman	EZCL (SG)	NED 200006800	36.92	+0,66	
16.	Iris Bastiaansen	De Amstel	NED 199902006	37.12	+0,87	
17.	Mandy Swart	ZPC Amersfoort	NED 199904916	37.95	+0,83	
18.	Sigrid Hogendorp	ZPC Amersfoort	NED 199900962	38.18	+0,76	
19.	Maria Antonella Zuccaro	DAW	NED 199606894	38.20	+0,82	
20.	Esmée Rolloos	NieMo Barracuda	NED 199800056	39.13	+0,89	
21.	Romy Jalving	HZ&PC Heerenveen	NED 200000616	39.41	+0,68	
22.	Lisanne Seising	VZC	NED 200002084	39.62	+0,86	
23.	Sabine Lageweg	Steenwijk 1934	NED 199900926	39.70	+0,81	
24.	Judith Kleinjan	De Duck	NED 199802710	39.79	+0,78	

Masters 30+

1.	Kira Toussaint	De Dolfijn	NED 199400990	29.74	+0,60	
	<i>Nederlands Masters Record</i>					
2.	Denise Boereboom	NieMo Barracuda	NED 199202144	33.71	+0,70	
3.	Sietske Veldkamp	ZPC De Hof	NED 199501628	34.00	+0,76	
4.	Aniek Garritsen	De IJsselmeeuwen	NED 199504290	34.37	+0,69	
5.	Anne-Irene Ducheine	Zwemvereniging Hoogland	NED 199506824	34.68	+0,58	
6.	Dyonne Bruggeling	DZ&PC	NED 199104880	36.12	+0,69	
7.	Nanda Wobben-de Vries	Steenwijk 1934	NED 199204328	36.30	+0,91	
8.	Lotte Eising	ZPC Amersfoort	NED 199502098	36.43	+0,61	
9.	Tessa van Dijk-Mosch	MSV-Zeemacht	NED 199102172	36.55	+0,66	
10.	Giulia Rolloos	NieMo Barracuda	NED 199500946	37.13	+0,74	
11.	Janine de Groot	NDD	NED 199500092	37.69	+0,78	
12.	Maaïke Karsten	Zwemvereniging Hoogland	NED 199103832	39.94	+0,85	
13.	Phedra Van Daele	MEGA Zwemteam	BEL MEGA/21311/93	40.05	+0,74	
14.	Janneke van de Poele	De Duck	NED 199301128	40.32	+0,76	
15.	Elke Schellekens	Neptunus'58	NED 199301550	42.97	+0,71	
16.	Eline Molle	De Geul	NED 199404276	43.69	+0,95	
17.	Lisa Smit	Thor	NED 199208106	1:01.28	+0,92	
AFGEM	Jacoline van den Beukel	NieMo Barracuda	NED 199100238			





Open Nederlandse Masters
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Programmanr. 27, Dames, 50m rugslag

Masters 35+

1.	Elmi Roelofsen	SG Octopus - ZVV	NED	199008198	34.00	+0,82
2.	Jacyntha Plat	Steenwijk 1934	NED	199002956	34.65	+0,71
3.	Esther van Maastrigt	Montferland	NED	198802836	37.93	+0,69
4.	Jolanda Kuiper-Crossen	Neptunia '24	NED	198600712	39.02	+0,93
5.	Juliska Coenders-Peijnenburg	TRB-RES	NED	199008502	45.60	+0,83

Masters 40+

1.	Eveline Reinstra-Hamstra	TriVia	NED	198504278	34.37	+0,91
2.	Joke De Temmerman	Lokerse Zwemvereniging	BEL	LZV/21076/82	35.75	+0,83
3.	Roos van Esch	ACZ	NED	198200468	35.82	+0,76
4.	Tonia Ruybroek	Poseidon'56	NED	198101290	36.71	+0,78
5.	Angela Giezen	ZPC Amersfoort	NED	198302796	38.13	+0,83
6.	Anne Besseling-de Jong	De Geul	NED	198102084	38.81	+0,77
7.	Ilja Janssen	ENC Arnhem	NED	198102234	40.18	+0,89
8.	Tessa Zwart-Piek	DZ&PC	NED	198102360	43.70	+0,85

Masters 45+

1.	Janneke Harmsen-Bakker <i>Nederlands Masters Record</i>	PSV	NED	197700938	33.76	+0,69
2.	Esther Poortvliet - Koedam	De Duinkickers	NED	198001824	37.74	+0,81
3.	Jessica Venema	GZC Donk	NED	197901526	39.31	
4.	Leonie Scholten	Steenwijk 1934	NED	197901560	40.40	+0,82
5.	Anuschka Glazema-Boelema	TriVia	NED	197701166	40.53	+0,86
6.	Ute Kremer	SG Erkelenz-Hückelhoven	GER	492223	47.03	+0,87
7.	Clementine van Bruxvoort	Feijenoord Albion	NED	197700138	48.56	+0,90
8.	Jessica van Velzen	Swol 1894	NED	197601122	50.56	
9.	Inge Geel	Batavia Swim	NED	197701208	1:13.29	

Masters 50+

1.	Gudule van der Meer	PSV	NED	197200396	34.73	+0,66
2.	Carla Geurts	PSV	NED	197100178	36.74	+0,77
3.	Edith Janssen-Koolen	TRB-RES	NED	197300898	37.07	+0,88
4.	Mirjan den Drijver	Westland Swimming Stars	NED	197500884	37.18	+0,75
5.	Catherine Hoogeveen	DZ&PC	NED	197501048	37.96	+0,96
6.	Nathasja Konijn	GZC Donk	NED	197100992	46.16	+0,85
7.	Tiffany Tsui	Zwemvereniging Hoogland	NED	197401110	53.33	
8.	Judith Sijbers	PSV	NED	197301030	53.41	+0,97

Masters 55+

1.	Lesley Cordial	ZPC Amersfoort	NED	196700684	36.91	+0,71
2.	Petra Blum	SG Bayer	GER	274174	38.40	+0,83
3.	Jacqueline Tuin	DAW	NED	196600690	40.19	+0,78
4.	Annette Korving-Leijenaar	Aqualero	NED	196700662	43.56	+0,74
5.	Katja De Beer	ZPC De Rog Weert	NED	196800888	45.11	+0,94
6.	K. van Nassau-van den Heuvel	Old Dutch	NED	196600188	45.68	
7.	Johanna Früh	SV Wuppertal-Neuenhof 1930 e.	GER	250419	46.51	+0,93
8.	Daniëlle Schipper	ZOB'66	NED	197001078	46.78	+0,85
9.	Roselinda van der Vlugt	De Geul	NED	196700710	52.93	+0,99
10.	Monique Berentse	Batavia Swim	NED	196901066	1:25.39	*
NG	Annette van Dok	MSV-Zeemacht	NED	196800742		



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Programmanr. 27, Dames, 50m rugslag

Masters 60+

1.	Allie Price	Bridgend Swim Club	GBR	547582	34.83	+0,67
2.	Christine Buist	De Duinkickers	NED	196400608	42.89	+0,82
3.	Karin van der Star-Verhoeven	ENC Arnhem	NED	196100382	43.26	+0,82
4.	Maud Peuten-Evers	Mosa-Regio	NED	196400584	44.23	+0,90
5.	Yoka de Vegt-van Dijk	ENC Arnhem	NED	196200420	48.53	+0,75
6.	Riekie Schra	Steenwijk 1934	NED	196400404	1:18.86	+0,90

Masters 65+

1.	Atie Pijtak-Radersma	ZPC Amersfoort	NED	195600048	41.45	+0,78
2.	Marijke Kraak-Beckers	Swol 1894	NED	196000240	44.67	+0,92
3.	Jennie Resink-lindeboom	DWK	NED	196000142	45.90	
4.	Lia Bijkerk	GZC Donk	NED	196000014	49.44	+0,89
5.	Katinka Elders	HZ&PC Heerenveen	NED	196000292	51.19	+0,95
6.	Trui Knijnenburg	D.E.S.	NED	195800266	54.53	+0,90
7.	Ria Peters-Veurman	ENC Arnhem	NED	195800242	57.53	+0,98

Masters 70+

1.	Margriet Pasma	TriVia	NED	195500088	45.23	+0,90
2.	Christine Nieuwenhuis	Swol 1894	NED	195100022	48.41	+0,96
3.	Geerdien Meerwaldt	De Geul	NED	195200058	1:04.53	+0,91

Masters 75+

1.	Conny Boer-Buys <i>Nederlands Masters Record</i>	ZV Vlaardingen-Schiedam	NED	195000006	46.07	+0,93
2.	Corrie Verhoeven	PSV	NED	194600026	51.18	+0,81
3.	Antoinette Gilding-Tussaud	WS Twente	NED	195000038	55.03	
4.	Annet Verhoeven - Steggerda	De Duinkickers	NED	194600024	1:07.50 *	+0,85

Masters 80+

1.	Leny Kamp	Aquapoldro	NED	194400008	1:06.54	+0,86
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Programmanr. 28
10-5-2025 - 17:42

4 x 50m vrije slag

Masters Open
Resultaten

rang	vereniging	tijd	RT	PARA
1.	HZ&PC Heerenveen 3 <i>Nederlands Masters Record</i>	1:50.23	+0,72	
	Marte Hieke van der Kamp	05	+0,72	27.76
	Anja Mus	94	+0,16	26.80
	Lianne van Wier	02	+0,28	28.00
	Leonie van Wier	02	+0,30	27.67
2.	Steenwijk 1934 3	2:00.05	+0,72	
	Sabine Lageweg	99	+0,72	31.56
	Jolijn Liezen	05	+0,22	28.24
	Michelle van den Hoofdakker	03	+0,49	30.26
	Ageeth de Haan	99	+0,50	29.99
3.	Neptunia '24 1	2:00.89	+0,80	
	Noël Iris Hettinga	00	+0,80	30.71
	Joyce Toonstra	05		31.51
	Evelien de Jong	98	+0,48	30.22
	Marije Sweering	01	+0,50	28.45
4.	Aqua 68 1	2:07.19	+0,80	
	Joline Koop	04	+0,80	31.27
	Selma Boertien	02	+0,41	32.75
	Tove Kienhuis	02	+0,42	33.92
	Xoë Stuit	04	+0,41	29.25
5.	WS Twente 2	2:10.45	+0,91	
	Marleen Hof	98	+0,91	30.92
	Marit Gerritsen	02	+0,25	36.85
	Iris Lok	03	+0,35	30.89
	Lieke Stoker	03	+0,36	31.79





Open Nederlandse Masters
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Programmanr. 28, 4 x 50m vrije slag

100+, Dames

1. Orca Leeuwarden 1	Orca Leeuwarden	NED	1:56.82	
Marre Zandringa	97	27.56	95	29.79
Rosalie Baarda	99	+0,35	30.87	28.60
2. TriVia 3	TriVia	NED	1:57.09	+0,77
Nienke Bakker	05	+0,77	29.24	30.18
Naomi Hofsink	94	+0,40	29.55	28.12
3. NieMo Barracuda 7	NieMo Barracuda	NED	1:58.05	+0,84
Anouchka Bos	05	+0,84	28.54	31.29
Robin Pienaar	01	+0,54	29.09	29.13
4. Neptunus'58 1	Neptunus'58	NED	2:05.71	+0,80
Selina Janssen	99	+0,80	29.57	31.30
Naomi Janssen	04	+0,36	34.27	30.57
5. ENC Arnhem 3	ENC Arnhem	NED	2:07.01	+0,74
Rose Lether	04	+0,74	30.69	31.60
Hannah Elting	04		30.67	34.05
6. TriVia 4	TriVia	NED	2:07.59	
Heleen Arends	94		30.85	32.65
Esther Kwebeman	91	+0,20	32.31	31.78
7. HZ&PC Heerenveen 4	HZ&PC Heerenveen	NED	2:07.93	+0,83
Karin van Dijk	86	+0,83	35.92	29.99
Romy Jalving	00	+0,33	31.98	30.04

120+, Dames

1. WVZ 1	WVZ	NED	1:51.69	
<i>Nederlands Masters Record, Individueel: Delia Badoux 50 meter vrije slag</i>				
Delia Badoux	80	27.73	93	27.16
Lauren van IJL	00	+0,18	29.25	27.55
2. ZPC Amersfoort 3	ZPC Amersfoort	NED	1:59.27	+0,81
Joanne van Essen	93	+0,81	29.59	29.15
Sigrid Hogendorp	99		30.41	30.12
3. MSV-Zeemacht 2	MSV-Zeemacht	NED	1:59.59	
Amber van der Kruk	01	29.52	05	29.30
Bianca Groot	70	+0,28	31.73	29.04
4. Steenwijk 1934 2	Steenwijk 1934	NED	2:00.21	+0,88
Alies Wagter	99	+0,88	29.73	30.19
Nanda Wobben-de Vries	92		29.77	30.52
5. De Geul 2	De Geul	NED	2:02.31	
Daphne van Tilburg	05	30.85	01	30.59
Marian Nederlof	76	+0,57	32.63	28.24
6. DAW 1	DAW	NED	2:08.94	+0,58
Maria Antonella Zuccaro	96	+0,58	31.28	33.36
Celine Bakker	93	+0,51	32.38	31.92
7. SG Octopus - ZVV 1	SG Octopus - ZVV	NED	2:13.64	
Monique Kok	86	38.50	05	30.43
Marjan Rikken	92	+0,50	35.31	29.40
8. DZ&PC 1	DZ&PC	NED	2:13.90	+0,73
Tessa Zwart-Piek	81	+0,73	34.56	34.12
Rebecca de Klein	00	+0,69	34.02	31.20
9. ZPC De Rog Weert 2	ZPC De Rog Weert	NED	2:21.38	
Kim Hamakers	98	36.93	77	37.01
Sandra Van der Helm	78	+0,49	36.10	31.34

160+, Dames

1. Old Dutch 1	Old Dutch	NED	2:14.92	+0,74
Patricia Brooijmans	79	+0,74	31.72	32.15
Karin van Nassau-van den Heuvel	66	+0,75	38.71	32.34



Open Nederlandse Masters
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Programmanr. 28, 4 x 50m vrije slag

200+, Dames

1. PSV 2	PSV	NED	2:02.60	+0,80
Janneke Harmsen-Bakker	77 +0,80 29.53	Carla Geurts	71 +0,23 29.88	
Gudule van der Meer	72 +0,42 31.59	Jeanne Petit	70 +0,55 31.60	
2. GZC Donk 2	GZC Donk	NED	2:19.88	+0,89
Jessica Venema	79 +0,89 32.40	Petra Tossings	61 35.61	
Karin Berckenkamp	69 +0,43 40.19	Linda van Klei	88 +0,60 31.68	
3. DWK 1	DWK	NED	2:26.06	+0,98
Greta Wyma-Teitsma	71 +0,98 44.46	Iris van Aurich	69 +0,46 33.65	
Jennie Resink-lindeboom	60 38.83	Moniek van Langevelde	98 +0,48 29.12	
4. De Duinkickers 1	De Duinkickers	NED	2:36.09	+0,87
Esther Poortvliet - Koedam	80 +0,87 32.50	Inge Roskam	78 +0,56 35.75	
Annet Verhoeven - Steggerda	46 50.43	Christine Buist	64 +0,63 37.41	
5. De Geul 3	De Geul	NED	2:49.63	+0,90
Eline Molle	94 +0,90 35.32	Roselinda van der Vlugt	67 +0,66 43.73	
Geerdien Meerwaldt	52 56.56	Anne Besseling-de Jong	81 +0,65 34.02	

240+, Dames

1. ZPC Amersfoort 1	ZPC Amersfoort	NED	2:03.36	
<i>European Masters Record</i>				
Lesley Cordial	67 30.65	Marjan Remmits-de Lange	63 +0,42 30.94	
Atie Pijtak-Radersma	56 31.96	Lidia v. Bon-Rosenbrand	70 +0,33 29.81	
2. ENC Arnhem 4	ENC Arnhem	NED	2:39.88	
Karin van der Star-Verhoeven	61 35.57	Cora Smulders	66 43.10	
Yoka de Vegt-van Dijk	62 37.77	Ria Peters-Veurman	58 0.00 43.44	
3. Steenwijk 1934 1	Steenwijk 1934	NED	3:01.04	
Monica Bakker	56 41.79	Linda Wibbelink	59 36.68	
Leonie Scholten	79 +0,33 38.90	Riekie Schra	64 1:03.67	

Masters 80+, Heren

1. HZ&PC Heerenveen 1	HZ&PC Heerenveen	NED	1:41.13	+0,81
David Kuipers	00 +0,81 26.13	Wouter Zijlstra	04 +0,08 24.58	
Richard Kuipers	97 0.00 25.76	Jorian Darwinkel	03 +0,13 24.66	
2. ZOB'66 1	ZOB'66	NED	1:43.64	+0,73
Niels van der Mast	04 +0,73 25.97	Ian van Mullem	96 +0,19 26.59	
Mart de Koning	02 +0,34 26.23	Nino van Krimpen	00 +0,36 24.85	
3. ZPC Woerden 1	ZPC Woerden	NED	1:44.04	+0,80
Ian Terlouw	00 +0,80 25.89	Ruben Zwartenbol	01 -0,08 27.08	
Milan de Roo	01 +0,24 25.71	Daan Hoogendoorn	05 +0,42 25.36	

100+, Heren

1. Zwemvereniging Hoogland 1	Zwemvereniging Hoogland	NED	1:43.11	+0,70
Bas Dries	95 +0,70 24.13	Jeffrey Roest	97 +0,99 27.18	
Kevin Roest	00 +0,49 25.14	Tim de Zoete	97 26.66	
2. ENC Arnhem 1	ENC Arnhem	NED	1:43.46	
Peter Rothengatter	97 25.72	Mika Bongers	05 26.18	
Sander de Vrugt	89 +0,34 25.82	Tim de Vrugt	93 +0,30 25.74	
3. MSV-Zeemacht 1	MSV-Zeemacht	NED	1:49.66	+0,74
Jordi de Nijs	98 +0,74 26.61	Matthew Humphreys	89 +0,34 26.52	
Derek Valkenier	92 +0,25 31.08	Mees Minneboo	02 +0,41 25.45	
4. De Schotejil 1	z.c De Schotejil	NED	1:51.30	+0,71
Dennis v.d. Bok	05 +0,71 29.35	Sven Dubbeld	96 +0,43 29.66	
David Kievit	99 +0,39 27.12	Jacob Mackloet	00 +0,19 25.17	
5. WS Twente 1	WS Twente	NED	1:53.79	+0,74
Niels Bent	94 +0,74 28.53	Sander Riezebos	94 +0,36 26.52	
Wessel Everloo	89 +0,31 30.62	Lasse Ophuis	04 +0,47 28.12	





Open Nederlandse Masters
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Programmanr. 28, 4 x 50m vrije slag

120+, Heren

1. ZPCH 1	ZPCH	NED	1:41.01	+0,68
Thomas Vastenhout	02 +0,68 24.91	Lucas Douwma	04 +0,41 25.33	
Jasper van Heijst	76 +0,13 25.34	Ruud Holswilder	78 +0,23 25.43	
2. DAW 3	DAW	NED	1:44.05	+0,66
Luc Mul	02 +0,66 24.38	Alex Damen	75 +0,54 27.53	
Kars Luttk	78 +0,06 29.15	Felix Geenen	95 +0,25 22.99	
3. ZPC Amersfoort 4	ZPC Amersfoort	NED	1:46.37	+0,74
Jelle Blankestijn	98 +0,74 26.15	Rob van Vliet	84 +0,39 27.73	
Martijn Giezen	85 +0,27 26.33	Jelle Opmeer	01 +0,35 26.16	
4. ENC Arnhem 5	ENC Arnhem	NED	1:50.21	+0,82
Mike Schel	94 +0,82 27.28	Wessel Haverkamp	02 +0,17 27.61	
Mees Laar	96 +0,42 26.66	Arjen Koop	79 +0,50 28.66	
5. AZC 1	AZC	NED	1:51.10	+0,84
Patrick Brouwer	93 +0,84 29.24	Jeffrey van 't Schip	91 +0,06 27.13	
Auke Sijperda	99 +0,47 28.82	Jeroen Matthijssen	91 +0,30 25.91	
6. NieMo Barracuda 8	NieMo Barracuda	NED	1:51.98	+0,67
Arthur Lale-Demoz	97 +0,67 28.40	Reinier Velthuijs	05 +0,46 28.15	
Ids de Klerk	98 28.99	Mark Hensen	79 26.44	
7. ZOB'66 2	ZOB'66	NED	1:53.64	+0,78
Julian Mes	01 +0,78 27.02	Ingmar de Gelder	70 +0,42 29.49	
Jaimy Voogt	00 +0,39 28.11	Boaz Troost	01 +0,41 29.02	
8. Steenwijk 1934 5	Steenwijk 1934	NED	1:56.15	+0,89
Patrick Wobben	93 +0,89 34.32	Kylian Kooijman	99 +0,49 27.19	
Robert Braad	86 +0,36 26.25	Jelle Heijman	00 +0,42 28.39	

160+, Heren

1. WVZ 2	WVZ	NED	1:47.92	+0,78
Sander Kirillova	98 +0,78 25.10	Hugo Bregman	58 +0,56 28.75	
Markus van Rest	77 +0,30 28.21	Jasper Breugem	00 +0,32 25.86	
2. De Geul 1	De Geul	NED	1:52.65	+0,71
Heijmen van Vliet	80 +0,71 28.00	Remco van der Graaf	87 +0,65 28.95	
Mitchell van Uiter	90 +0,36 29.32	Ivan van Omme	82 26.38	
3. Steenwijk 1934 4	Steenwijk 1934	NED	1:55.79	+0,91
Kay van Sleen	04 +0,91 26.66	Korstiaan de Boer	71 +0,38 32.68	
Rick Driezen	86 +0,40 26.94	Guido Keutgen	68 29.51	
4. DZ&PC 2	DZ&PC	NED	1:56.19	+0,99
Arnold Hofman	94 +0,99 31.07	Alan Slomp	87 +0,04 27.33	
Pieter Veenstra	73 +0,19 29.63	Arjen Nieveen	80 +0,33 28.16	
5. ZV Vlaardingen-Schiedam 1	ZV Vlaardingen-Schiedam	NED	2:00.21	
Bram Piederiet	90 28.52	Jeroen Hoeksel	74 35.17	
Michael van der Reijden	75 +0,51 28.83	Bas van den Nouweland	80 +0,25 27.69	
6. ZVL-1886 2	ZVL-1886	NED	2:00.27	
Erwin Veenhoven	71 33.17	Gijs Ruijgrok	96 27.96	
Jose Horcas Nieto	93 +0,13 28.49	Martin Berkhout	71 +0,41 30.65	
7. Swol 1894 2	Swol 1894	NED	2:06.24	
Stefan van de Griff	87 31.15	Albert van Piekeren	84 29.92	
Maxim Hardziyenka	72 34.97	Michael van Bekkum	72 +0,70 30.20	

200+, Heren

1. ZPC Amersfoort 2	ZPC Amersfoort	NED	1:46.45	
<i>Nederlands Masters Record</i>				
Erwin Buist	78 26.54	Johan Remmits	62 28.25	
Chester Marsman	69 +0,39 26.50	Bas Braun	91 +0,45 25.16	
2. HZ&PC Heerenveen 2	HZ&PC Heerenveen	NED	1:54.32	+0,83
René Beetsma	69 +0,83 30.29	Peter de Vries	74 +0,49 28.98	
Casper Tichelaar	79 +0,30 26.47	Stefan Damen	74 +0,31 28.58	



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Programmanr. 28, 4 x 50m vrije slag

240+, Heren

1. PSV 3	PSV	NED	2:03.79	+0,95
Fred Ketting	60 +0,95	29.56	Menno Lomans	61 +0,64
Eymert van Rooij	66 +0,45	31.32	Harold Matla	68 +0,56
2. WS Twente 3	WS Twente	NED	2:24.95	+0,85
Laurens Klein Breteler	54 +0,85	36.38	Joop Weenink	68 +0,67
Jack Barends	62 +0,19	34.45	Bart van Calker	61 +0,68

80+, Gemengd

1. Bubble 1	Bubble	NED	1:47.89	
Arjan Dekker	00	25.63	Sanne Kloezen	02
Laura Setz	00	27.97	Tim Speijer	03 +0,31
2. ZVL-1886 1	ZVL-1886	NED	1:48.94	+0,66
Sytze van Stein	05 +0,66	26.49	Robin van Beek	97 +0,46
Jelsie van Ruijven	05 +0,35	27.95	Silke Molendijk	01 +0,35

100+, Gemengd

1. Hellas-Glana 1	Hellas-Glana	NED	1:46.50	
Nikki Douma	01	29.76	Lars Kerremans	01
Kevin Meuwissen	95 +0,41	24.48	Isabel Dijkstra	02 +0,45
2. De Duck 1	De Duck	NED	1:51.35	+0,71
Jort Vizeé	02 +0,71	26.59	Noa de Bock	03 +0,55
Leontine Groeneveldt	93 +0,50	29.83	Jesper Oranje	92 +0,53
3. Poseidon'56 4	Poseidon'56	NED	1:53.45	+0,83
Rianne Bresser	99 +0,83	30.44	Kelly de Jonge	97 +0,75
Sam Beer	96 +0,44	27.23	John Smit	95 +0,47
4. HZ&PC Heerenveen 5	HZ&PC Heerenveen	NED	1:55.06	+0,79
Rob van Wier	99 +0,79	27.78	Lisette Dooper	02 +0,49
Simone Mus	96 +0,40	30.81	Remco Dijkstra	01 +0,33
5. MZ&PC De Reest 1	MZ&PC De Reest	NED	1:55.14	+0,61
Evelien Husselman	05 +0,61	29.36	Robin Wolbers	85
Fianne Kroes	05 +0,33	33.64	Daan Schra	02 +0,36

120+, Gemengd

1. NieMo Barracuda 6	NieMo Barracuda	NED	1:44.58	+0,75
Denise Boereboom	92 +0,75	28.69	Pascal van Haren	87 +0,41
Amber Hesper	02 +0,48	27.33	Jeroen Baars	92 +0,38
2. Poseidon'56 5	Poseidon'56	NED	1:54.67	
Jim Geestman	83	26.90	Ryan van den Ouden	99
Roxanne van Bavel	94 +0,32	33.64	Kim van Gemert	01 +0,66
3. CWW Swimteam 1	CWW Swimteam	NED	1:55.25	
Twan van Engen	05	27.62	Laura ter Stege	96
Yvette Ratering	72 +0,54	30.16	Antwan van Engen	71 +0,41
4. Westland Swimming Stars 1	Westland Swimming Stars	NED	1:55.69	+0,83
Kim de Jong	04 +0,83	29.07	Mirjan den Drijver	75 +0,39
Pieter Broek	77 +0,36	27.84	Nick Boekestijn	99 +0,47
5. ZPC Amersfoort 5	ZPC Amersfoort	NED	1:59.40	+0,85
Maddy van der Hoeven	04 +0,85	31.30	Mandy Swart	99 +0,56
Ron Korzelius	65 +0,19	30.04	Jorick van Bon	03 +0,02
6. WS Twente 4	WS Twente	NED	2:00.66	
Evelien Naatje	72	35.19	Laurens Spoelstra	99
Nienke Smidt	94 +0,30	31.25	Mathieu Boers	98 +0,43
7. ZPC Woerden 2	ZPC Woerden	NED	2:03.16	+0,81
Thommy Nickel	84 +0,81	29.99	Daphne Dols	99 +0,24
Remco Visser	95 +0,17	29.29	Ilse van den Wijngaard	89 +0,36
8. De Amstel 1	De Amstel	NED	2:03.69	+0,81
Iris Bastiaansen	99 +0,81	32.19	Iris van der Moolen	99 +0,50
Henri Michels	65 +0,39	30.68	Owen Michels	04 +0,47
9. Zwemvereniging Hoogland 3	Zwemvereniging Hoogland	NED	2:19.29	
Tuur Ottenheim	98	33.75	Ruben de Boer	93
Maaïke Karsten	91	33.15	Tiffany Tsui	74



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Programmanr. 28, 4 x 50m vrije slag

160+, Gemengd

1. TriVia 2	TriVia	NED	1:54.13	+0,99
Eddie Doombos	77 +0,99 28.75	Anko Eefting	83 +0,54 27.36	
Eveline Reinstra-Hamstra	85 +0,49 29.95	Rosanne Schoonbeek	94 +0,51 28.07	
2. Zwemlust- den Hommel 1	Zwemlust- den Hommel	NED	1:57.83	+0,77
Manon Kloosterman	97 +0,77 28.72	Mark Zwart	79 +0,48 28.38	
Liesbeth van Mill	87 +0,26 34.03	Vincent Versteeg	77 +0,20 26.70	
3. Zwemvereniging Hoogland 2	Zwemvereniging Hoogland	NED	2:05.15	+0,75
Anne-Irene Ducheine	95 +0,75 31.92	Jos Kamps	51 +0,49 36.34	
Yuri van Omme	85 +0,28 27.50	Jamilla van Omme - van Veen	96 +0,22 29.39	
4. AZC 2	AZC	NED	2:09.92	+0,76
Esther Boerdam-Delfos	87 +0,76 34.55	Wim de Lange	58 +0,60 35.24	
Ardy Zwanenburg	99 +0,50 30.17	Monique van Huizen	87 +0,39 29.96	
5. TriVia 5	TriVia	NED	2:13.77	+0,75
Berry van Holland	80 +0,75 29.22	Anuschka Glazema-Boelema	77 +0,35 34.66	
Martine Stahlie-Bos	74 +0,56 41.63	Rik Stahlie	02 +0,27 28.26	
6. PSV 4	PSV	NED	2:18.15	+0,85
Nanda van Heteren	89 +0,85 33.88	Mark Godwaldt	87 +0,54 30.50	
Judith Sijbers	73 +0,43 42.43	Tom Bandsma	77 +0,69 31.34	

200+, Gemengd

1. ZPC De Rog Weert 1	ZPC De Rog Weert	NED	2:07.26	+0,89
Regine Beckers-Stribos	70 +0,89 33.82	Erik Kamphuis	60 +0,56 31.26	
Katja De Beer	68 34.97	Arjan Verheij	71 27.21	
2. De Biesboschzweimmers 1	De Biesboschzweimmers	NED	2:07.67	+0,83
Sander van Tilburg	86 +0,83 31.17	Marjo Goelema-Koek	69 +0,53 31.51	
Wouter van der Steit	72 +0,46 31.84	Annette Wijnja-Visser	67 +0,42 33.15	
3. D.E.S. 1	D.E.S.	NED	2:12.24	
Trui Knijnenburg	58 41.33	Lotte Coenen	93 29.61	
Pieter-Sjoerd de Wijn	65 32.11	Benoit Gasner	81 +0,20 29.19	
4. AZC 3	AZC	NED	2:21.23	+0,80
Michael Go	75 +0,80 31.45	Geza Kaltenecker	42 +0,54 41.33	
Sandra Daamen-Posma	68 +0,34 37.53	Jessica Braat	02 +0,23 30.92	
5. HZ&PC Heerenveen 6	HZ&PC Heerenveen	NED	2:28.75	+0,94
Jan-Eggo Huininga	84 +0,94 31.26	Katinka Elders	60 +0,62 44.15	
Peggi Hurenkamp	69 +0,63 37.08	Wiebren Dijkstra	58 +0,50 36.26	

240+, Gemengd

1. TriVia 1	TriVia	NED	2:18.82	+0,90
Theo Bakker	64 +0,90 30.81	Hannie Poletiek	59 +0,49 40.87	
Margriet Pasma	55 37.65	Jeroen Temme	72 29.49	
2. GZC Donk 1	GZC Donk	NED	2:36.34	
Lia Bijkerk	60 41.56	Pierre de Groot	64 37.30	
Nathasja Konijn	71 +0,70 40.12	Peter Coffeng	57 +0,85 37.36	

280+, Gemengd

1. Swol 1894 10	Swol 1894	NED	2:23.18	
Marijke Kraak-Beckers	60 35.38	Christine Nieuwenhuis	51 35.31	
Rob Berkhof	52 +0,47 40.27	Harry Dokter	51 +0,42 32.22	

320+, Gemengd

1. PSV 1	PSV	NED	2:51.87	
<i>European Masters Record, NMR individueel: Lottie Geurts 50 meter vrije slag</i>				
Lottie Geurts	35 54.23	Rob Hanou	43 +0,70 46.54	
Corrie Verhoeven	46 39.01	Brend Brevé	52 +0,48 32.09	



Open Nederlandse Masters
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6 - ONMK2025lb - Sessie 6

11-5-2025 - 9:30

Programmanr. 29
11-5-2025 - 9:30

Dames, 800m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	tijd	RT	PARA			
Masters 20+								
1.	Amé Hulleman	DZ&PC	NED 200202794	9:34.85	+0,82			
	50m: 32.65	32.65	250m: 2:55.49	36.23	450m: 5:20.69	36.61	650m: 7:46.38	36.74
	100m: 1:07.86	35.21	300m: 3:31.51	36.02	500m: 5:56.88	36.19	700m: 8:22.84	36.46
	150m: 1:43.57	35.71	350m: 4:08.06	36.55	550m: 6:33.42	36.54	750m: 8:59.70	36.86
	200m: 2:19.26	35.69	400m: 4:44.08	36.02	600m: 7:09.64	36.22	800m: 9:34.85	35.15
2.	Cynthia Koolman	Steenwijk 1934	NED 200300232	10:18.97				
	50m: 34.66	34.66	250m: 3:07.29	38.97	450m: 5:45.51	39.63	650m: 8:23.22	39.28
	100m: 1:11.55	36.89	300m: 3:46.96	39.67	500m: 6:25.07	39.56	700m: 9:02.33	39.11
	150m: 1:49.60	38.05	350m: 4:26.29	39.33	550m: 7:04.72	39.65	750m: 9:41.39	39.06
	200m: 2:28.32	38.72	400m: 5:05.88	39.59	600m: 7:43.94	39.22	800m: 10:18.97	37.58
3.	Lieke Broere	De Otters Het Gooi	NED 200303890	10:34.45	+0,85			
	50m: 33.87	33.87	250m: 3:12.17	39.89	450m: 5:54.02	40.55	650m: 8:36.94	40.95
	100m: 1:12.10	38.23	300m: 3:52.35	40.18	500m: 6:34.44	40.42	700m: 9:16.93	39.99
	150m: 1:52.93	40.83	350m: 4:33.51	41.16	550m: 7:15.17	40.73	750m: 9:57.48	40.55
	200m: 2:32.28	39.35	400m: 5:13.47	39.96	600m: 7:55.99	40.82	800m: 10:34.45	36.97
4.	Feline Slijkhuis	SG Octopus - ZVV	NED 200501042	10:36.31	+0,86			
	50m: 34.25	34.25	250m: 3:13.37	40.11	450m: 5:55.80	40.81	650m: 8:38.43	40.77
	100m: 1:13.06	38.81	300m: 3:54.09	40.72	500m: 6:37.07	41.27	700m: 9:19.35	40.92
	150m: 1:52.41	39.35	350m: 4:34.49	40.40	550m: 7:17.11	40.04	750m: 9:58.76	39.41
	200m: 2:33.26	40.85	400m: 5:14.99	40.50	600m: 7:57.66	40.55	800m: 10:36.31	37.55
5.	Melanie Marinus-Cruz	Blue Marlines	NED 200404702	10:48.53	+0,70			
	50m: 34.05	34.05	250m: 3:13.33	40.30	450m: 5:58.46	41.37	650m: 8:46.83	42.36
	100m: 1:12.27	38.22	300m: 3:54.33	41.00	500m: 6:41.16	42.70	700m: 9:27.28	40.45
	150m: 1:52.19	39.92	350m: 4:35.29	40.96	550m: 7:22.34	41.18	750m: 10:08.37	41.09
	200m: 2:33.03	40.84	400m: 5:17.09	41.80	600m: 8:04.47	42.13	800m: 10:48.53	40.16
6.	Kiki Bootsman	Azuro	NED 200502850	10:56.13				
	50m: 36.22	36.22	250m: 3:16.12	40.39	450m: 6:01.14	41.53	650m: 8:49.91	41.84
	100m: 1:15.42	39.20	300m: 3:57.35	41.23	500m: 6:43.22	42.08	700m: 9:32.95	43.04
	150m: 1:55.28	39.86	350m: 4:38.76	41.41	550m: 7:25.46	42.24	750m: 10:14.80	41.85
	200m: 2:35.73	40.45	400m: 5:19.61	40.85	600m: 8:08.07	42.61	800m: 10:56.13	41.33
Masters 25+								
1.	Laura Setz	Bubble	NED 200000130	9:26.14				
	50m: 31.10	31.10	250m: 2:51.77	36.01	450m: 5:15.39	35.97	650m: 7:39.67	36.36
	100m: 1:04.99	33.89	300m: 3:27.37	35.60	500m: 5:51.36	35.97	700m: 8:15.52	35.85
	150m: 1:40.30	35.31	350m: 4:03.55	36.18	550m: 6:27.43	36.07	750m: 8:51.84	36.32
	200m: 2:15.76	35.46	400m: 4:39.42	35.87	600m: 7:03.31	35.88	800m: 9:26.14	34.30
2.	Tamara Grove	De Dolfijn	NED 199601266	9:49.04	+0,82			
	50m: 33.06	33.06	250m: 2:59.41	37.52	450m: 5:29.26	37.67	650m: 7:59.23	37.71
	100m: 1:08.63	35.57	300m: 3:36.75	37.34	500m: 6:06.69	37.43	700m: 8:36.39	37.16
	150m: 1:44.96	36.33	350m: 4:14.27	37.52	550m: 6:44.39	37.70	750m: 9:13.30	36.91
	200m: 2:21.89	36.93	400m: 4:51.59	37.32	600m: 7:21.52	37.13	800m: 9:49.04	35.74
3.	Marijke Drent	Bubble	NED 199906232	9:57.55	+0,72			
	50m: 33.30	33.30	250m: 3:02.80	37.87	450m: 5:33.38	37.81	650m: 8:05.18	38.46
	100m: 1:09.92	36.62	300m: 3:40.45	37.65	500m: 6:11.17	37.79	700m: 8:43.22	38.04
	150m: 1:47.13	37.21	350m: 4:17.92	37.47	550m: 6:49.11	37.94	750m: 9:20.97	37.75
	200m: 2:24.93	37.80	400m: 4:55.57	37.65	600m: 7:26.72	37.61	800m: 9:57.55	36.58
4.	Selina Janssen	Neptunus'58	NED 199905974	10:59.45	+0,76			
	50m: 36.49	36.49	250m: 3:20.20	42.22	450m: 6:08.97	42.23	650m: 8:57.18	42.07
	100m: 1:15.66	39.17	300m: 4:02.13	41.93	500m: 6:51.01	42.04	700m: 9:38.84	41.66
	150m: 1:56.51	40.85	350m: 4:44.60	42.47	550m: 7:33.38	42.37	750m: 10:20.72	41.88
	200m: 2:37.98	41.47	400m: 5:26.74	42.14	600m: 8:15.11	41.73	800m: 10:59.45	38.73
5.	Laura ter Stege	CWW Swimteam	NED 199602364	12:01.19	+0,79			
	50m: 37.50	37.50	250m: 3:36.64	45.93	450m: 6:41.00	46.52	650m: 9:46.76	46.68
	100m: 1:21.27	43.77	300m: 4:22.06	45.42	500m: 7:27.10	46.10	700m: 10:32.92	46.16
	150m: 2:06.06	44.79	350m: 5:08.34	46.28	550m: 8:13.93	46.83	750m: 11:18.76	45.84
	200m: 2:50.71	44.65	400m: 5:54.48	46.14	600m: 9:00.08	46.15	800m: 12:01.19	42.43
6.	Sheila ten Voorde	SG Octopus - ZVV	NED 199904538	12:25.53				
	50m: 37.30	37.30	250m: 3:36.23	46.64	450m: 6:48.51	48.46	650m: 10:03.13	48.40
	100m: 1:19.54	42.24	300m: 4:23.86	47.63	500m: 7:37.19	48.68	700m: 10:51.61	48.48
	150m: 2:03.99	44.45	350m: 5:11.69	47.83	550m: 8:25.66	48.47	750m: 11:39.92	48.31
	200m: 2:49.59	45.60	400m: 6:00.05	48.36	600m: 9:14.73	49.07	800m: 12:25.53	45.61





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

rang	naam	vereniging					tijd	RT	PARA
7.	Melanie Zondag	ZC Polaris	NED	199804476			12:46.86	+0,92	
	50m: 39.82	39.82	250m: 3:49.32	48.45	450m: 7:05.82	49.12	650m: 10:22.34	49.03	
	100m: 1:25.43	45.61	300m: 4:38.10	48.78	500m: 7:55.09	49.27	700m: 11:11.97	49.63	
	150m: 2:12.63	47.20	350m: 5:27.57	49.47	550m: 8:44.01	48.92	750m: 12:00.25	48.28	
	200m: 3:00.87	48.24	400m: 6:16.70	49.13	600m: 9:33.31	49.30	800m: 12:46.86	46.61	

Masters 30+

1.	Rosanne Schoonbeek	TriVia	NED	199402692			10:09.90	+0,82	
	50m: 32.61	32.61	250m: 3:04.80	38.67	450m: 5:41.01	38.72	650m: 8:17.11	38.82	
	100m: 1:09.26	36.65	300m: 3:44.24	39.44	500m: 6:19.97	38.96	700m: 8:55.85	38.74	
	150m: 1:47.44	38.18	350m: 4:23.25	39.01	550m: 6:59.10	39.13	750m: 9:34.46	38.61	
	200m: 2:26.13	38.69	400m: 5:02.29	39.04	600m: 7:38.29	39.19	800m: 10:09.90	35.44	
2.	Lotte Coenen	D.E.S.	NED	199301518			10:19.11		
	50m: 33.64	33.64	250m: 3:08.23	39.00	450m: 5:45.60	39.07	650m: 8:23.83	39.65	
	100m: 1:11.24	37.60	300m: 3:47.25	39.02	500m: 6:24.98	39.38	700m: 9:03.03	39.20	
	150m: 1:50.17	38.93	350m: 4:27.03	39.78	550m: 7:04.80	39.82	750m: 9:42.43	39.40	
	200m: 2:29.23	39.06	400m: 5:06.53	39.50	600m: 7:44.18	39.38	800m: 10:19.11	36.68	
3.	Fiona Meuffels	PSV	NED	199504366			10:23.87	+0,51	
	50m: 33.41	33.41	250m: 3:07.96	39.57	450m: 5:47.66	40.22	650m: 8:27.10	39.53	
	100m: 1:10.55	37.14	300m: 3:47.76	39.80	500m: 6:27.47	39.81	700m: 9:07.13	40.03	
	150m: 1:49.08	38.53	350m: 4:27.57	39.81	550m: 7:07.53	40.06	750m: 9:46.08	38.95	
	200m: 2:28.39	39.31	400m: 5:07.44	39.87	600m: 7:47.57	40.04	800m: 10:23.87	37.79	
4.	Anne-Irene Ducheine	Zwemvereniging Hoogland	NED	199506824			10:28.82	+0,66	
	50m: 34.75	34.75	250m: 3:12.76	39.77	450m: 5:52.27	39.76	650m: 8:32.16	39.78	
	100m: 1:13.51	38.76	300m: 3:52.60	39.84	500m: 6:32.10	39.83	700m: 9:11.97	39.81	
	150m: 1:53.13	39.62	350m: 4:32.57	39.97	550m: 7:12.23	40.13	750m: 9:51.11	39.14	
	200m: 2:32.99	39.86	400m: 5:12.51	39.94	600m: 7:52.38	40.15	800m: 10:28.82	37.71	
5.	Floor Weijmans	HZPC	NED	199502522			10:46.39	+0,74	
	50m: 36.01	36.01	250m: 3:16.00	40.70	450m: 6:01.14	41.01	650m: 8:45.69	40.54	
	100m: 1:15.31	39.30	300m: 3:56.93	40.93	500m: 6:42.62	41.48	700m: 9:26.06	40.37	
	150m: 1:55.17	39.86	350m: 4:39.06	42.13	550m: 7:24.01	41.39	750m: 10:06.66	40.60	
	200m: 2:35.30	40.13	400m: 5:20.13	41.07	600m: 8:05.15	41.14	800m: 10:46.39	39.73	
6.	Nienke Smidt	WS Twente	NED	199407596			10:57.39		
	50m: 36.43	36.43	250m: 3:20.61	41.81	450m: 6:09.65	42.41	650m: 8:57.79	41.79	
	100m: 1:16.23	39.80	300m: 4:02.39	41.78	500m: 6:51.72	42.07	700m: 9:38.21	40.42	
	150m: 1:57.64	41.41	350m: 4:45.08	42.69	550m: 7:33.60	41.88	750m: 10:18.90	40.69	
	200m: 2:38.80	41.16	400m: 5:27.24	42.16	600m: 8:16.00	42.40	800m: 10:57.39	38.49	
7.	Irmgard van Weeghel	ENC Arnhem	NED	199204834			11:51.42		
	50m: 38.27	38.27	250m: 3:32.40	44.27	450m: 6:34.43	46.03	650m: 9:37.22	46.08	
	100m: 1:20.39	42.12	300m: 4:17.31	44.91	500m: 7:19.56	45.13	700m: 10:22.74	45.52	
	150m: 2:03.99	43.60	350m: 5:02.82	45.51	550m: 8:05.38	45.82	750m: 11:08.10	45.36	
	200m: 2:48.13	44.14	400m: 5:48.40	45.58	600m: 8:51.14	45.76	800m: 11:51.42	43.32	
8.	Leontine Groeneveldt	De Duck	NED	199303526			12:22.72	+0,73	
	50m: 37.94	37.94	250m: 3:39.49	46.36	450m: 6:48.21	47.81	650m: 10:01.59	48.20	
	100m: 1:21.42	43.48	300m: 4:26.31	46.82	500m: 7:36.20	47.99	700m: 10:48.92	47.33	
	150m: 2:06.92	45.50	350m: 5:13.39	47.08	550m: 8:23.95	47.75	750m: 11:36.86	47.94	
	200m: 2:53.13	46.21	400m: 6:00.40	47.01	600m: 9:13.39	49.44	800m: 12:22.72	45.86	
9.	Anna Lauxen	Steenwijk 1934	NED	199108154			12:44.74		
	50m: 41.90	41.90	250m: 3:54.27	49.26	450m: 7:12.10	49.35	650m: 10:25.88	48.16	
	100m: 1:28.51	46.61	300m: 4:43.85	49.58	500m: 8:00.86	48.76	700m: 11:13.25	47.37	
	150m: 2:16.41	47.90	350m: 5:33.89	50.04	550m: 8:49.98	49.12	750m: 12:01.66	48.41	
	200m: 3:05.01	48.60	400m: 6:22.75	48.86	600m: 9:37.72	47.74	800m: 12:44.74	43.08	
10.	Marjan Rikken	SG Octopus - ZVV	NED	199206114			12:54.54	+0,87	
	50m: 41.10	41.10	250m: 3:52.24	48.81	450m: 7:08.91	49.56	650m: 10:28.91	50.79	
	100m: 1:27.20	46.10	300m: 4:40.74	48.50	500m: 7:58.40	49.49	700m: 11:19.09	50.18	
	150m: 2:14.99	47.79	350m: 5:30.03	49.29	550m: 8:48.31	49.91	750m: 12:08.42	49.33	
	200m: 3:03.43	48.44	400m: 6:19.35	49.32	600m: 9:38.12	49.81	800m: 12:54.54	46.12	

Masters 35+

1.	Lisanne Andeweg	ZuiderZeeZwemmers	NED	198800092			10:51.71	+0,87	
	50m: 35.80	35.80	250m: 3:18.23	41.01	450m: 6:04.32	41.74	650m: 8:50.89	41.42	
	100m: 1:15.39	39.59	300m: 3:59.75	41.52	500m: 6:45.99	41.67	700m: 9:32.12	41.23	
	150m: 1:56.21	40.82	350m: 4:40.99	41.24	550m: 7:27.77	41.78	750m: 10:13.23	41.11	
	200m: 2:37.22	41.01	400m: 5:22.58	41.59	600m: 8:09.47	41.70	800m: 10:51.71	38.48	
2.	Marloes Manni	Zwemvereniging Hoogland	NED	199003078			11:01.92	+0,69	
	50m: 34.53	34.53	250m: 3:19.36	41.96	450m: 6:10.46	42.95	650m: 8:59.56	42.04	
	100m: 1:14.29	39.76	300m: 4:01.87	42.51	500m: 6:52.52	42.06	700m: 9:41.64	42.08	
	150m: 1:56.14	41.85	350m: 4:45.15	43.28	550m: 7:34.97	42.45	750m: 10:22.79	41.15	
	200m: 2:37.40	41.26	400m: 5:27.51	42.36	600m: 8:17.52	42.55	800m: 11:01.92	39.13	





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

rang	naam	vereniging					tijd	RT	PARA
3.	Nanda van Heteren	PSV	NED 198901728				11:32.67		
	50m: 37.76	37.76	250m: 3:32.75	44.47	450m: 6:29.80	43.97	650m: 9:26.03	43.80	
	100m: 1:20.64	42.88	300m: 4:17.14	44.39	500m: 7:14.22	44.42	700m: 10:09.68	43.65	
	150m: 2:04.14	43.50	350m: 5:01.08	43.94	550m: 7:57.78	43.56	750m: 10:52.31	42.63	
	200m: 2:48.28	44.14	400m: 5:45.83	44.75	600m: 8:42.23	44.45	800m: 11:32.67	40.36	
4.	Esther Boerdam-Delfos	AZC	NED 198705256				12:17.07	+0,75	
	50m: 38.45	38.45	250m: 3:42.20	47.08	450m: 6:50.65	47.63	650m: 10:00.24	47.34	
	100m: 1:22.16	43.71	300m: 4:28.71	46.51	500m: 7:38.00	47.35	700m: 10:46.98	46.74	
	150m: 2:08.36	46.20	350m: 5:15.91	47.20	550m: 8:25.85	47.85	750m: 11:33.41	46.43	
	200m: 2:55.12	46.76	400m: 6:03.02	47.11	600m: 9:12.90	47.05	800m: 12:17.07	43.66	
5.	Liesbeth van Mill	Zwemlust- den Hommel	NED 198702786				12:26.38	+0,62	
	50m: 40.64	40.64	250m: 3:45.92	46.46	450m: 6:55.20	47.53	650m: 10:04.86	47.38	
	100m: 1:26.29	45.65	300m: 4:33.06	47.14	500m: 7:42.45	47.25	700m: 10:52.54	47.68	
	150m: 2:12.79	46.50	350m: 5:20.42	47.36	550m: 8:29.82	47.37	750m: 11:39.70	47.16	
	200m: 2:59.46	46.67	400m: 6:07.67	47.25	600m: 9:17.48	47.66	800m: 12:26.38	46.68	
6.	Juliska Coenders-Pejinburg	TRB-RES	NED 199008502				13:43.48	+0,80	
	50m: 43.97	43.97	250m: 4:03.97	51.74	450m: 7:34.88	53.53	650m: 11:07.81	53.18	
	100m: 1:32.25	48.28	300m: 4:55.87	51.90	500m: 8:27.64	52.76	700m: 12:01.39	53.58	
	150m: 2:22.01	49.76	350m: 5:48.44	52.57	550m: 9:21.18	53.54	750m: 12:54.65	53.26	
	200m: 3:12.23	50.22	400m: 6:41.35	52.91	600m: 10:14.63	53.45	800m: 13:43.48	48.83	

Masters 40+

1.	Viktória Háden-Felföldi	Iron Swim	HUN 66/3267				10:08.30	+0,55	
	50m: 34.11	34.11	250m: 3:05.97	37.94	450m: 5:40.00	38.71	650m: 8:15.00	38.29	
	100m: 1:11.88	37.77	300m: 3:44.25	38.28	500m: 6:19.10	39.10	700m: 8:53.64	38.64	
	150m: 1:49.77	37.89	350m: 4:22.47	38.22	550m: 6:57.90	38.80	750m: 9:31.68	38.04	
	200m: 2:28.03	38.26	400m: 5:01.29	38.82	600m: 7:36.71	38.81	800m: 10:08.30	36.62	
2.	Ramona Linting	AZC	NED 198301274				12:02.18	+0,66	
	50m: 38.41	38.41	250m: 3:34.98	44.88	450m: 6:40.26	47.05	650m: 9:46.84	46.49	
	100m: 1:21.37	42.96	300m: 4:20.48	45.50	500m: 7:26.74	46.48	700m: 10:32.52	45.68	
	150m: 2:05.81	44.44	350m: 5:06.87	46.39	550m: 8:13.96	47.22	750m: 11:18.56	46.04	
	200m: 2:50.10	44.29	400m: 5:53.21	46.34	600m: 9:00.35	46.39	800m: 12:02.18	43.62	
3.	Sandra Schellekens	Neptunus'58	NED 198503416				12:06.57	+0,62	
	50m: 38.75	38.75	250m: 3:39.22	45.63	450m: 6:44.85	46.63	650m: 9:51.48	46.10	
	100m: 1:22.34	43.59	300m: 4:25.27	46.05	500m: 7:31.91	47.06	700m: 10:37.82	46.34	
	150m: 2:07.53	45.19	350m: 5:11.59	46.32	550m: 8:18.64	46.73	750m: 11:23.32	45.50	
	200m: 2:53.59	46.06	400m: 5:58.22	46.63	600m: 9:05.38	46.74	800m: 12:06.57	43.25	
4.	Marijn Post	ENC Arnhem	NED 198101194				12:39.29		
	50m: 41.89	41.89	250m: 3:48.37	48.25	450m: 7:02.42	49.36	650m: 10:18.46	48.99	
	100m: 1:26.60	44.71	300m: 4:36.38	48.01	500m: 7:51.24	48.82	700m: 11:06.24	47.78	
	150m: 2:13.16	46.56	350m: 5:24.77	48.39	550m: 8:40.69	49.45	750m: 11:54.44	48.20	
	200m: 3:00.12	46.96	400m: 6:13.06	48.29	600m: 9:29.47	48.78	800m: 12:39.29	44.85	
5.	Linda Hoogendam	WVZ	NED 198300892				13:07.85	+0,89	
	50m: 42.67	42.67	250m: 3:57.74	48.52	450m: 7:19.92	50.28	650m: 10:43.61	50.75	
	100m: 1:30.78	48.11	300m: 4:47.80	50.06	500m: 8:12.22	52.30	700m: 11:33.43	49.82	
	150m: 2:19.91	49.13	350m: 5:37.91	50.11	550m: 9:01.50	49.28	750m: 12:22.12	48.69	
	200m: 3:09.22	49.31	400m: 6:29.64	51.73	600m: 9:52.86	51.36	800m: 13:07.85	45.73	

NG.ZA Ann Wanter Zwemclub Geel BEL ZGEEL/21082/82

Masters 45+

1.	Annett von Rekowski	Schwimmverein Gera	GER 097868				10:18.73	+0,73	
	50m: 34.88	34.88	250m: 3:09.60	39.52	450m: 5:47.07	39.69	650m: 8:23.86	39.56	
	100m: 1:12.03	37.15	300m: 3:48.45	38.85	500m: 6:25.98	38.91	700m: 9:02.98	39.12	
	150m: 1:51.20	39.17	350m: 4:28.45	40.00	550m: 7:05.67	39.69	750m: 9:42.56	39.58	
	200m: 2:30.08	38.88	400m: 5:07.38	38.93	600m: 7:44.30	38.63	800m: 10:18.73	36.17	
2.	Steffi Meinhold	D.E.S.	NED 198001542				10:41.36		
	50m: 35.99	35.99	250m: 3:19.76	41.10	450m: 6:02.51	40.45	650m: 8:43.66	40.30	
	100m: 1:15.98	39.99	300m: 4:00.47	40.71	500m: 6:42.64	40.13	700m: 9:23.36	39.70	
	150m: 1:57.27	41.29	350m: 4:41.49	41.02	550m: 7:23.25	40.61	750m: 10:03.21	39.85	
	200m: 2:38.66	41.39	400m: 5:22.06	40.57	600m: 8:03.36	40.11	800m: 10:41.36	38.15	
3.	Alina Spijkerman	DAW	NED 197701220				11:11.24	+0,94	
	50m: 36.89	36.89	250m: 3:25.03	42.87	450m: 6:15.40	42.73	650m: 9:06.08	43.15	
	100m: 1:17.37	40.48	300m: 4:07.79	42.76	500m: 6:57.95	42.55	700m: 9:48.01	41.93	
	150m: 1:59.76	42.39	350m: 4:50.36	42.57	550m: 7:40.61	42.66	750m: 10:30.70	42.69	
	200m: 2:42.16	42.40	400m: 5:32.67	42.31	600m: 8:22.93	42.32	800m: 11:11.24	40.54	





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

rang	naam	vereniging					tijd	RT	PARA
4.	Ruth Pataki	SC Hakoah	AUT 43285				11:43.15	+0,77	
	50m: 39.25	39.25	250m: 3:35.54	44.20	450m: 6:34.48	44.74	650m: 9:33.15	44.25	
	100m: 1:22.55	43.30	300m: 4:20.29	44.75	500m: 7:19.62	45.14	700m: 10:18.15	45.00	
	150m: 2:06.62	44.07	350m: 5:04.78	44.49	550m: 8:04.03	44.41	750m: 11:01.47	43.32	
	200m: 2:51.34	44.72	400m: 5:49.74	44.96	600m: 8:48.90	44.87	800m: 11:43.15	41.68	
5.	Chantal Verhoeff	Old Dutch	NED 197900912				11:45.46	+0,65	
	50m: 37.77	37.77	250m: 3:35.76	44.61	450m: 6:35.21	44.58	650m: 9:33.96	44.88	
	100m: 1:21.32	43.55	300m: 4:20.63	44.87	500m: 7:20.02	44.81	700m: 10:18.58	44.62	
	150m: 2:05.94	44.62	350m: 5:05.90	45.27	550m: 8:04.65	44.63	750m: 11:03.27	44.69	
	200m: 2:51.15	45.21	400m: 5:50.63	44.73	600m: 8:49.08	44.43	800m: 11:45.46	42.19	
6.	Agnes van Brug	DAW	NED 198001726				11:46.28		
	50m: 38.64	38.64	250m: 3:35.92	45.29	450m: 6:36.66	45.00	650m: 9:35.34	44.39	
	100m: 1:21.33	42.69	300m: 4:20.99	45.07	500m: 7:21.39	44.73	700m: 10:19.98	44.64	
	150m: 2:05.80	44.47	350m: 5:06.31	45.32	550m: 8:06.36	44.97	750m: 11:04.43	44.45	
	200m: 2:50.63	44.83	400m: 5:51.66	45.35	600m: 8:50.95	44.59	800m: 11:46.28	41.85	
7.	Jannie Vennik	HZ&PC Heerenveen	NED 197601006				11:46.99	+0,91	
	50m: 38.38	38.38	250m: 3:35.06	45.19	450m: 6:34.95	45.48	650m: 9:34.26	44.48	
	100m: 1:21.28	42.90	300m: 4:19.68	44.62	500m: 7:19.52	44.57	700m: 10:18.53	44.27	
	150m: 2:05.63	44.35	350m: 5:04.81	45.13	550m: 8:05.18	45.66	750m: 11:03.82	45.29	
	200m: 2:49.87	44.24	400m: 5:49.47	44.66	600m: 8:49.78	44.60	800m: 11:46.99	43.17	
8.	Patricia Brooijmans	Old Dutch	NED 197901608				11:48.52	+0,53	
	50m: 38.78	38.78	250m: 3:34.78	44.16	450m: 6:35.98	45.05	650m: 9:36.18	44.72	
	100m: 1:21.83	43.05	300m: 4:20.26	45.48	500m: 7:21.49	45.51	700m: 10:21.27	45.09	
	150m: 2:05.40	43.57	350m: 5:05.01	44.75	550m: 8:06.13	44.64	750m: 11:05.86	44.59	
	200m: 2:50.62	45.22	400m: 5:50.93	45.92	600m: 8:51.46	45.33	800m: 11:48.52	42.66	
9.	Jessica Venema	GZC Donk	NED 197901526				11:52.92		
	50m: 37.35	37.35	250m: 3:36.01	44.78	450m: 6:36.82	44.61	650m: 9:38.48	45.19	
	100m: 1:20.96	43.61	300m: 4:22.36	46.35	500m: 7:22.44	45.62	700m: 10:25.02	46.54	
	150m: 2:04.97	44.01	350m: 5:07.01	44.65	550m: 8:06.91	44.47	750m: 11:09.82	44.80	
	200m: 2:51.23	46.26	400m: 5:52.21	45.20	600m: 8:53.29	46.38	800m: 11:52.92	43.10	
10.	Tanja Lenz	SG Bayer	GER 451703				12:52.36	+0,90	
	50m: 42.92	42.92	250m: 3:57.18	49.47	450m: 7:13.10	49.53	650m: 10:28.59	49.03	
	100m: 1:30.11	47.19	300m: 4:45.14	47.96	500m: 8:01.52	48.42	700m: 11:16.94	48.35	
	150m: 2:18.69	48.58	350m: 5:34.47	49.33	550m: 8:50.84	49.32	750m: 12:05.21	48.27	
	200m: 3:07.71	49.02	400m: 6:23.57	49.10	600m: 9:39.56	48.72	800m: 12:52.36	47.15	
11.	Marian Nederlof	De Geul	NED 197600950				13:00.56		
	50m: 41.04	41.04	250m: 3:51.81	49.46	450m: 7:11.44	50.39	650m: 10:32.52	51.32	
	100m: 1:26.70	45.66	300m: 4:40.74	48.93	500m: 8:00.80	49.36	700m: 11:22.60	50.08	
	150m: 2:14.45	47.75	350m: 5:30.95	50.21	550m: 8:51.11	50.31	750m: 12:12.77	50.17	
	200m: 3:02.35	47.90	400m: 6:21.05	50.10	600m: 9:41.20	50.09	800m: 13:00.56	47.79	
12.	Ilonka van der Meer	LinK	NED 197601168				13:00.73		
	50m: 43.37	43.37	250m: 4:00.74	50.16	450m: 7:19.26	49.27	650m: 10:37.43	49.13	
	100m: 1:30.86	47.49	300m: 4:50.54	49.80	500m: 8:09.24	49.98	700m: 11:26.78	49.35	
	150m: 2:20.41	49.55	350m: 5:40.15	49.61	550m: 8:58.69	49.45	750m: 12:15.23	48.45	
	200m: 3:10.58	50.17	400m: 6:29.99	49.84	600m: 9:48.30	49.61	800m: 13:00.73	45.50	
13.	Katrin Glatzer	ZPC Amersfoort	NED 197601200		S9		13:15.62		
	50m: 43.46	43.46	250m: 4:03.52	50.44	450m: 7:26.49	50.46	650m: 10:46.80	50.28	
	100m: 1:32.41	48.95	300m: 4:54.49	50.97	500m: 8:16.68	50.19	700m: 11:36.88	50.08	
	150m: 2:22.43	50.02	350m: 5:45.19	50.70	550m: 9:06.60	49.92	750m: 12:27.01	50.13	
	200m: 3:13.08	50.65	400m: 6:36.03	50.84	600m: 9:56.52	49.92	800m: 13:15.62	48.61	
14.	Eveline Hacquebord	IJZ&PC	NED 197901206				13:35.48	+0,93	
	50m: 42.59	42.59	250m: 4:04.75	51.49	450m: 7:35.17	52.70	650m: 11:02.64	51.47	
	100m: 1:30.93	48.34	300m: 4:56.89	52.14	500m: 8:27.38	52.21	700m: 11:54.94	52.30	
	150m: 2:21.43	50.50	350m: 5:49.69	52.80	550m: 9:19.11	51.73	750m: 12:46.49	51.55	
	200m: 3:13.26	51.83	400m: 6:42.47	52.78	600m: 10:11.17	52.06	800m: 13:35.48	48.99	

Masters 50+

1.	Carla Geurts	PSV	NED 197100178				10:07.32		
	50m: 33.51	33.51	250m: 3:06.25	38.16	450m: 5:39.83	38.15	650m: 8:13.91	38.60	
	100m: 1:11.44	37.93	300m: 3:44.65	38.40	500m: 6:18.56	38.73	700m: 8:52.37	38.46	
	150m: 1:49.46	38.02	350m: 4:22.80	38.15	550m: 6:56.52	37.96	750m: 9:30.65	38.28	
	200m: 2:28.09	38.63	400m: 5:01.68	38.88	600m: 7:35.31	38.79	800m: 10:07.32	36.67	
2.	Liselotte Joling	PSV	NED 197500268				10:15.12	+0,73	
	50m: 34.63	34.63	250m: 3:06.41	38.21	450m: 5:40.82	38.56	650m: 8:18.70	39.22	
	100m: 1:12.15	37.52	300m: 3:44.84	38.43	500m: 6:20.49	39.67	700m: 8:58.12	39.42	
	150m: 1:49.95	37.80	350m: 4:23.18	38.34	550m: 6:59.80	39.31	750m: 9:37.65	39.53	
	200m: 2:28.20	38.25	400m: 5:02.26	39.08	600m: 7:39.48	39.68	800m: 10:15.12	37.47	





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

rang	naam	vereniging					tijd	RT	PARA
3.	Annette de Visser	Oceanus	NED 197100602				11:30.73	+0,89	
	50m: 37.29	37.29	250m: 3:29.60	43.96	450m: 6:25.86	43.94	650m: 9:22.15	44.05	
	100m: 1:19.03	41.74	300m: 4:13.59	43.99	500m: 7:10.23	44.37	700m: 10:06.55	44.40	
	150m: 2:02.06	43.03	350m: 4:57.67	44.08	550m: 7:54.16	43.93	750m: 10:49.56	43.01	
	200m: 2:45.64	43.58	400m: 5:41.92	44.25	600m: 8:38.10	43.94	800m: 11:30.73	41.17	
4.	Annet Kootstra	Swol 1894	NED 197100344				13:34.38	+0,82	
	50m: 44.50	44.50	250m: 4:06.56	51.77	450m: 7:33.69	51.42	650m: 11:01.37	52.16	
	100m: 1:33.32	48.82	300m: 4:58.22	51.66	500m: 8:25.70	52.01	700m: 11:52.60	51.23	
	150m: 2:23.69	50.37	350m: 5:50.32	52.10	550m: 9:17.22	51.52	750m: 12:44.21	51.61	
	200m: 3:14.79	51.10	400m: 6:42.27	51.95	600m: 10:09.21	51.99	800m: 13:34.38	50.17	
5.	Britta Fritz	SC Janus Köln	GER 262038				14:49.58	+0,87	
	50m: 51.71	51.71	250m: 4:34.12	55.77	450m: 8:17.70	56.39	650m: 12:03.21	56.79	
	100m: 1:46.92	55.21	300m: 5:30.11	55.99	500m: 9:13.52	55.82	700m: 12:59.14	55.93	
	150m: 2:42.24	55.32	350m: 6:25.43	55.32	550m: 10:09.79	56.27	750m: 13:56.11	56.97	
	200m: 3:38.35	56.11	400m: 7:21.31	55.88	600m: 11:06.42	56.63	800m: 14:49.58	53.47	
6.	Greta Wyra-Teitsma	DWK	NED 197100696				15:13.91	+0,72	
	50m: 49.53	49.53	250m: 4:38.89	57.62	450m: 8:31.30	57.45	650m: 12:24.78	58.16	
	100m: 1:46.87	57.34	300m: 5:36.87	57.98	500m: 9:30.68	59.38	700m: 13:22.50	57.72	
	150m: 2:43.33	56.46	350m: 6:34.59	57.72	550m: 10:28.08	57.40	750m: 14:20.19	57.69	
	200m: 3:41.27	57.94	400m: 7:33.85	59.26	600m: 11:26.62	58.54	800m: 15:13.91	53.72	

Masters 55+

1.	Lidia v. Bon-Rosenbrand <i>Nederlands Masters Record</i>	ZPC Amersfoort	NED 197000054				10:57.98		
	50m: 36.47	36.47	250m: 3:23.17	42.33	450m: 6:10.96	41.63	650m: 8:55.97	41.30	
	100m: 1:16.90	40.43	300m: 4:05.40	42.23	500m: 6:52.43	41.47	700m: 9:37.54	41.57	
	150m: 1:58.60	41.70	350m: 4:47.47	42.07	550m: 7:33.56	41.13	750m: 10:18.64	41.10	
	200m: 2:40.84	42.24	400m: 5:29.33	41.86	600m: 8:14.67	41.11	800m: 10:57.98	39.34	
2.	Bianca Groot	MSV-Zeemacht	NED 197000652				11:20.02	+0,89	
	50m: 37.42	37.42	250m: 3:28.11	42.86	450m: 6:20.99	42.82	650m: 9:13.18	42.36	
	100m: 1:19.42	42.00	300m: 4:11.09	42.98	500m: 7:04.34	43.35	700m: 9:55.82	42.64	
	150m: 2:02.14	42.72	350m: 4:54.40	43.31	550m: 7:47.25	42.91	750m: 10:38.11	42.29	
	200m: 2:45.25	43.11	400m: 5:38.17	43.77	600m: 8:30.82	43.57	800m: 11:20.02	41.91	
3.	Iris van Aurich	DWK	NED 196900866				11:59.22		
	50m: 40.75	40.75	250m: 3:43.20	46.28	450m: 6:45.26	45.72	650m: 9:47.67	45.46	
	100m: 1:24.98	44.23	300m: 4:28.28	45.08	500m: 7:30.54	45.28	700m: 10:32.86	45.19	
	150m: 2:10.79	45.81	350m: 5:14.08	45.80	550m: 8:17.31	46.77	750m: 11:17.20	44.34	
	200m: 2:56.92	46.13	400m: 5:59.54	45.46	600m: 9:02.21	44.90	800m: 11:59.22	42.02	
4.	Laura Staal	Oceanus	NED 196700358				12:39.12		
	50m: 42.09	42.09	250m: 3:53.42	48.25	450m: 7:06.59	48.42	650m: 10:18.20	47.62	
	100m: 1:28.90	46.81	300m: 4:41.77	48.35	500m: 7:54.57	47.98	700m: 11:05.57	47.37	
	150m: 2:16.59	47.69	350m: 5:29.68	47.91	550m: 8:42.55	47.98	750m: 11:53.20	47.63	
	200m: 3:05.17	48.58	400m: 6:18.17	48.49	600m: 9:30.58	48.03	800m: 12:39.12	45.92	
5.	Annette Spies	Link	NED 197001110				13:43.27		
	50m: 43.57	43.57	250m: 4:06.77	52.81	450m: 7:37.36	52.84	650m: 11:08.01	52.71	
	100m: 1:32.04	48.47	300m: 4:58.99	52.22	500m: 8:29.51	52.15	700m: 12:00.30	52.29	
	150m: 2:23.27	51.23	350m: 5:52.05	53.06	550m: 9:22.36	52.85	750m: 12:52.93	52.63	
	200m: 3:13.96	50.69	400m: 6:44.52	52.47	600m: 10:15.30	52.94	800m: 13:43.27	50.34	

Masters 60+

1.	Petra Tossings	GZC Donk	NED 196100376				12:33.25		
	50m: 41.06	41.06	250m: 3:48.95	47.04	450m: 6:59.14	47.10	650m: 10:11.30	47.49	
	100m: 1:27.58	46.52	300m: 4:36.47	47.52	500m: 7:47.63	48.49	700m: 11:00.01	48.71	
	150m: 2:13.94	46.36	350m: 5:23.66	47.19	550m: 8:35.21	47.58	750m: 11:47.16	47.15	
	200m: 3:01.91	47.97	400m: 6:12.04	48.38	600m: 9:23.81	48.60	800m: 12:33.25	46.09	
2.	Anita Steijger	WVZ	NED 196500628				12:38.95		
	50m: 44.27	44.27	250m: 3:54.62	48.14	450m: 7:06.84	47.95	650m: 10:17.90	47.98	
	100m: 1:31.10	46.83	300m: 4:42.61	47.99	500m: 7:54.43	47.59	700m: 11:05.12	47.22	
	150m: 2:18.76	47.66	350m: 5:30.78	48.17	550m: 8:42.39	47.96	750m: 11:53.23	48.11	
	200m: 3:06.48	47.72	400m: 6:18.89	48.11	600m: 9:29.92	47.53	800m: 12:38.95	45.72	
3.	Kirsten Stamer	SC Janus Köln	GER 247144				14:10.49	+0,26	
	50m: 49.25	49.25	250m: 4:20.19	54.16	450m: 7:55.40	54.12	650m: 11:31.39	53.91	
	100m: 1:41.23	51.98	300m: 5:14.23	54.04	500m: 8:49.57	54.17	700m: 12:25.12	53.73	
	150m: 2:34.03	52.80	350m: 6:07.80	53.57	550m: 9:43.53	53.96	750m: 13:18.36	53.24	
	200m: 3:26.03	52.00	400m: 7:01.28	53.48	600m: 10:37.48	53.95	800m: 14:10.49	52.13	



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Programmanr. 29, Dames, 800m vrije slag

Masters 65+

1. Esther van Lohuizen	PSV	NED	195900300	11:51.17	+0,62
50m: 40.09	40.09	250m: 3:40.82	45.87	450m: 6:42.99	45.72
100m: 1:23.97	43.88	300m: 4:26.12	45.30	500m: 7:27.80	44.81
150m: 2:09.93	45.96	350m: 5:11.99	45.87	550m: 8:13.33	45.53
200m: 2:54.95	45.02	400m: 5:57.27	45.28	600m: 8:58.22	44.89
				650m: 9:42.90	44.68
				700m: 10:26.95	44.05
				750m: 11:10.48	43.53
				800m: 11:51.17	40.69
2. Monica Bakker	Steenwijk 1934	NED	195600082	15:03.79	
50m: 50.28	50.28	250m: 4:34.62	56.89	450m: 8:22.60	56.69
100m: 1:45.34	55.06	300m: 5:32.16	57.54	500m: 9:20.92	58.32
150m: 2:40.93	55.59	350m: 6:28.55	56.39	550m: 10:18.67	57.75
200m: 3:37.73	56.80	400m: 7:25.91	57.36	600m: 11:16.30	57.63
				650m: 12:13.72	57.42
				700m: 13:11.45	57.73
				750m: 14:08.28	56.83
				800m: 15:03.79	55.51
NG Lia Bijkerk	GZC Donk	NED	196000014		

Masters 70+

1. Ineke Weekers	PSV	NED	195300050	12:45.91	+0,89
50m: 45.02	45.02	250m: 3:58.69	48.78	450m: 7:11.88	48.51
100m: 1:32.59	47.57	300m: 4:46.70	48.01	500m: 7:59.66	47.78
150m: 2:21.64	49.05	350m: 5:35.40	48.70	550m: 8:48.11	48.45
200m: 3:09.91	48.27	400m: 6:23.37	47.97	600m: 9:35.83	47.72
				650m: 10:23.81	47.98
				700m: 11:11.57	47.76
				750m: 12:00.29	48.72
				800m: 12:45.91	45.62
2. Gonnie Bak	PSV	NED	195100064	17:02.48	+0,95
50m: 56.19	56.19	250m: 5:15.15	1:04.02	450m: 9:36.23	1:05.17
100m: 2:01.07	1:04.88	300m: 6:20.54	1:05.39	500m: 10:40.76	1:04.53
150m: 3:06.09	1:05.02	350m: 7:25.33	1:04.79	550m: 11:45.97	1:05.21
200m: 4:11.13	1:05.04	400m: 8:31.06	1:05.73	600m: 12:50.98	1:05.01
				650m: 13:55.02	1:04.04
				700m: 14:58.92	1:03.90
				750m: 16:02.55	1:03.63
				800m: 17:02.48	59.93

Masters 75+

1. Conny Boer-Buys	ZV Vlaardingen-Schiedam	NED	195000006	12:57.48	
<i>World Masters Record</i>					
50m: 41.56	41.56	250m: 3:58.04	49.14	450m: 7:16.13	49.12
100m: 1:29.62	48.06	300m: 4:48.08	50.04	500m: 8:05.79	49.66
150m: 2:19.14	49.52	350m: 5:37.43	49.35	550m: 8:54.90	49.11
200m: 3:08.90	49.76	400m: 6:27.01	49.58	600m: 9:44.88	49.98
				650m: 10:34.17	49.29
				700m: 11:24.12	49.95
				750m: 12:12.60	48.48
				800m: 12:57.48	44.88

Masters 80+

1. Loekie van Huissteden	ZPC Amersfoort	NED	194500002	20:18.20	
50m: 1:03.96	1:03.96	250m: 6:06.31	1:15.03	450m: 11:15.70	1:16.89
100m: 2:19.47	1:15.51	300m: 7:23.91	1:17.60	500m: 12:35.58	1:19.88
150m: 3:33.85	1:14.38	350m: 8:41.66	1:17.75	550m: 13:53.18	1:17.60
200m: 4:51.28	1:17.43	400m: 9:58.81	1:17.15	600m: 15:11.64	1:18.46
				650m: 16:29.20	1:17.56
				700m: 17:48.50	1:19.30
				750m: 19:05.25	1:16.75
				800m: 20:18.20	1:12.95

Programmanr. 30
11-5-2025 - 11:18

Heren, 400m wisselslag

Masters Open
Resultaten

rang	naam	vereniging				tijd	RT	PARA
Masters 20+								
1.	Wouter Zijlstra	HZ&PC Heerenveen	NED	200401545		4:46.54	+0,66	
	<i>Nederlands Masters Record</i>							
	50m: 29.91	29.91	150m: 1:41.41	37.30	250m: 2:59.97	41.69	350m: 4:15.73	33.08
	100m: 1:04.11	34.20	200m: 2:18.28	36.87	300m: 3:42.65	42.68	400m: 4:46.54	30.81
2.	Boaz Troost	ZOB'66	NED	200100371		5:56.22		
	50m: 34.38	34.38	150m: 2:06.54	47.19	250m: 3:41.75	47.96	350m: 5:15.15	42.57
	100m: 1:19.35	44.97	200m: 2:53.79	47.25	300m: 4:32.58	50.83	400m: 5:56.22	41.07



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Programmanr. 30, Heren, 400m wisselslag

Masters 25+

1. Nick Bongers	SBC2000	NED	199800843	5:18.83	+0,83
50m: 34.72	34.72	150m: 1:58.69	42.39	250m: 3:23.93	43.06
100m: 1:16.30	41.58	200m: 2:40.87	42.18	300m: 4:08.17	44.24
				350m: 4:44.64	36.47
				400m: 5:18.83	34.19
2. Jeroen Louwinger	De Rijn	NED	199900583	5:26.03	+0,77
50m: 35.64	35.64	150m: 1:55.92	40.98	250m: 3:25.34	48.02
100m: 1:14.94	39.30	200m: 2:37.32	41.40	300m: 4:14.95	49.61
				350m: 4:51.20	36.25
				400m: 5:26.03	34.83
3. Tenzin Tieman	Old Dutch	NED	200005549	5:39.36	+0,82
50m: 32.13	32.13	150m: 1:57.35	46.54	250m: 3:35.00	51.67
100m: 1:10.81	38.68	200m: 2:43.33	45.98	300m: 4:28.16	53.16
				350m: 5:05.00	36.84
				400m: 5:39.36	34.36
4. Erwin Pras	GZVW	NED	199601781	5:41.56	
50m: 33.23	33.23	150m: 1:57.26	44.86	250m: 3:31.21	50.52
100m: 1:12.40	39.17	200m: 2:40.69	43.43	300m: 4:23.03	51.82
				350m: 5:03.44	40.41
				400m: 5:41.56	38.12
5. Patrick Wyrdean	Westland Swimming Stars	NED	199702475	5:44.35	+0,75
50m: 33.44	33.44	150m: 1:57.08	44.80	250m: 3:30.77	49.47
100m: 1:12.28	38.84	200m: 2:41.30	44.22	300m: 4:21.90	51.13
				350m: 5:04.95	43.05
				400m: 5:44.35	39.40

Masters 30+

1. Colin Degenars	ZPCH	NED	199505951	SM14	6:02.59	+0,81
50m: 34.65	34.65	150m: 2:09.21	49.91	250m: 3:50.95	55.03	350m: 5:22.84
100m: 1:19.30	44.65	200m: 2:55.92	46.71	300m: 4:43.69	52.74	400m: 6:02.59
						39.15
						39.75
2. Koen de Meyere	WS Twente	NED	199406783		6:14.92	
50m: 36.94	36.94	150m: 2:16.14	49.67	250m: 3:56.64	50.65	350m: 5:32.09
100m: 1:26.47	49.53	200m: 3:05.99	49.85	300m: 4:48.75	52.11	400m: 6:14.92
						43.34
						42.83
3. Patrick Graver	GZVW	NED	199404735		6:42.86	+0,93
50m: 40.27	40.27	150m: 2:25.25	54.65	250m: 4:15.18	55.39	350m: 5:58.11
100m: 1:30.60	50.33	200m: 3:19.79	54.54	300m: 5:11.75	56.57	400m: 6:42.86
						46.36
						44.75

Masters 35+

1. Matteo Viani	Zwemlust- den Hommel	NED	199007717		5:02.56	
50m: 30.18	30.18	150m: 1:47.26	42.38	250m: 3:12.51	44.85	350m: 4:29.58
100m: 1:04.88	34.70	200m: 2:27.66	40.40	300m: 3:56.42	43.91	400m: 5:02.56
						33.16
						32.98
2. Jiri Janovsky	Autoškoda Mladá Boleslav	CZE	3247000		5:07.77	+0,83
50m: 31.31	31.31	150m: 1:51.33	41.93	250m: 3:12.49	40.83	350m: 4:31.44
100m: 1:09.40	38.09	200m: 2:31.66	40.33	300m: 3:54.50	42.01	400m: 5:07.77
						36.94
						36.33
3. Tim Bunnik	Triton	NED	199000505		5:21.48	+0,76
50m: 34.55	34.55	150m: 1:54.80	40.47	250m: 3:22.28	46.89	350m: 4:45.94
100m: 1:14.33	39.78	200m: 2:35.39	40.59	300m: 4:10.05	47.77	400m: 5:21.48
						35.89
						35.54
4. Patrick Creemers	SG Patrick - De Roersoppers	NED	199000579		5:35.26	
50m: 34.45	34.45	150m: 2:07.11	46.14	250m: 3:37.98	46.32	350m: 5:00.71
100m: 1:20.97	46.52	200m: 2:51.66	44.55	300m: 4:23.97	45.99	400m: 5:35.26
						36.74
						34.55
5. Dennis Wijbenga	Aqua 68	NED	199003283		5:50.50	+0,94
50m: 35.22	35.22	150m: 2:09.67	47.43	250m: 3:39.75	45.50	350m: 5:09.22
100m: 1:22.24	47.02	200m: 2:54.25	44.58	300m: 4:27.19	47.44	400m: 5:50.50
						42.03
						41.28
6. Mark Godwaldt	PSV	NED	198701039		6:50.86	
50m: 45.22	45.22	150m: 2:33.57	51.76	250m: 4:24.68	1:02.89	350m: 6:07.77
100m: 1:41.81	56.59	200m: 3:21.79	48.22	300m: 5:28.04	1:03.36	400m: 6:50.86
						39.73
						43.09

Masters 40+

1. Yuri van Omme	Zwemvereniging Hoogland	NED	198501887		5:24.14	+0,81
50m: 34.00	34.00	150m: 1:56.82	41.49	250m: 3:22.43	43.62	350m: 4:45.82
100m: 1:15.33	41.33	200m: 2:38.81	41.99	300m: 4:07.45	45.02	400m: 5:24.14
						38.37
						38.32
2. Rob van Vliet	ZPC Amersfoort	NED	198402459		5:34.61	+0,89
50m: 33.33	33.33	150m: 1:59.96	45.04	250m: 3:29.60	46.09	350m: 4:55.92
100m: 1:14.92	41.59	200m: 2:43.51	43.55	300m: 4:17.10	47.50	400m: 5:34.61
						38.82
						38.69
3. Frank v.d. Voordt	z.c De Schotejil	NED	198302259		5:36.82	+0,86
50m: 33.43	33.43	150m: 1:58.24	44.77	250m: 3:31.88	49.57	350m: 4:59.33
100m: 1:13.47	40.04	200m: 2:42.31	44.07	300m: 4:20.97	49.09	400m: 5:36.82
						38.36
						37.49
4. Bertrand Maillet	ASPTT Clermont-Ferrand	FRA	88948		6:07.57	
50m: 38.83	38.83	150m: 2:14.48	48.02	250m: 3:51.76	52.23	350m: 5:28.23
100m: 1:26.46	47.63	200m: 2:59.53	45.05	300m: 4:44.80	53.04	400m: 6:07.57
						43.43
						39.34





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Programmanr. 30, Heren, 400m wisselslag

Masters 45+

1.	Håkon Skaarud Karlsen	Oslo I.L.	NOR	M050179HÅK01	5:08.51	+0,71
	<i>Norwegian Masters Record</i>					
	50m: 34.30	34.30	150m: 1:55.10	42.30	250m: 3:19.98	43.97
	100m: 1:12.80	38.50	200m: 2:36.01	40.91	300m: 4:03.57	43.59
			350m: 4:36.96	33.39	400m: 5:08.51	31.55
2.	Mark Hensen	NieMo Barracuda	NED	197900497	5:26.29	
	50m: 32.31	32.31	150m: 1:53.44	43.03	250m: 3:23.25	47.24
	100m: 1:10.41	38.10	200m: 2:36.01	42.57	300m: 4:11.17	47.92
			350m: 4:48.89	37.72	400m: 5:26.29	37.40
3.	Heijmen van Vliet	De Geul	NED	198001637	5:41.53	+0,61
	50m: 33.00	33.00	150m: 1:57.17	46.34	250m: 3:32.92	50.61
	100m: 1:10.83	37.83	200m: 2:42.31	45.14	300m: 4:22.03	49.11
			350m: 5:02.07	40.04	400m: 5:41.53	39.46
NG	Vincent Versteeg	Zwemlust- den Hommel	NED	197701003		

Masters 50+

1.	Kees Bakker	Gay Swim Amsterdam	NED	197501055	5:55.08	
	50m: 36.43	36.43	150m: 2:05.23	46.67	250m: 3:42.37	51.56
	100m: 1:18.56	42.13	200m: 2:50.81	45.58	300m: 4:33.74	51.37
			350m: 5:14.81	41.07	400m: 5:55.08	40.27
2.	Kai Kremer	SG Erkelenz-Hückelhoven	GER	468899	6:18.89	+0,84
	50m: 37.48	37.48	150m: 2:15.94	52.94	250m: 3:59.38	50.97
	100m: 1:23.00	45.52	200m: 3:08.41	52.47	300m: 4:49.83	50.45
			350m: 5:34.89	45.06	400m: 6:18.89	44.00
3.	Korstiaan de Boer	Steenwijk 1934	NED	197101629	6:27.73	+0,81
	50m: 38.87	38.87	150m: 2:17.82	49.74	250m: 4:01.49	54.85
	100m: 1:28.08	49.21	200m: 3:06.64	48.82	300m: 4:58.58	57.09
			350m: 5:45.40	46.82	400m: 6:27.73	42.33
4.	Marcel van Walt van Praag	Gay Swim Amsterdam	NED	197501425	6:59.56	+0,78
	50m: 44.82	44.82	150m: 2:38.50	59.08	250m: 4:32.90	58.63
	100m: 1:39.42	54.60	200m: 3:34.27	55.77	300m: 5:32.44	59.54
			350m: 6:17.24	44.80	400m: 6:59.56	42.32

Masters 55+

1.	Matthias Millers	SG Wuppertal	GER	113799	5:20.03	+0,91
	<i>German Masters Record</i>					
	50m: 32.95	32.95	150m: 1:53.91	42.05	250m: 3:21.61	46.34
	100m: 1:11.86	38.91	200m: 2:35.27	41.36	300m: 4:08.21	46.60
			350m: 4:45.52	37.31	400m: 5:20.03	34.51
2.	Bob de Vries	SG Octopus - ZVV	NED	196601101	5:37.29	+0,73
	50m: 35.06	35.06	150m: 2:04.25	46.40	250m: 3:36.99	48.49
	100m: 1:17.85	42.79	200m: 2:48.50	44.25	300m: 4:25.71	48.72
			350m: 5:02.08	36.37	400m: 5:37.29	35.21
3.	Jan-Willem van den Berg	WVZ	NED	196801575	5:42.12	
	50m: 34.78	34.78	150m: 2:01.77	43.84	250m: 3:33.91	48.78
	100m: 1:17.93	43.15	200m: 2:45.13	43.36	300m: 4:22.87	48.96
			350m: 5:03.79	40.92	400m: 5:42.12	38.33
4.	Eymert van Rooij	PSV	NED	196601631	6:20.71	
	50m: 41.62	41.62	150m: 2:22.33	49.71	250m: 4:06.31	54.07
	100m: 1:32.62	51.00	200m: 3:12.24	49.91	300m: 5:00.90	54.59
			350m: 5:42.86	41.96	400m: 6:20.71	37.85
5.	Norbert Nagl	SC Hakoah	AUT	20840	6:23.16	+0,73
	50m: 41.92	41.92	150m: 2:21.69	49.10	250m: 4:04.53	55.14
	100m: 1:32.59	50.67	200m: 3:09.39	47.70	300m: 5:00.01	55.48
			350m: 5:41.95	41.94	400m: 6:23.16	41.21
6.	Mathieu Rikken	De Duinkickers	NED	196701777	6:30.43	+0,57
	50m: 39.85	39.85	150m: 2:17.93	50.37	250m: 4:03.09	56.16
	100m: 1:27.56	47.71	200m: 3:06.93	49.00	300m: 4:59.68	56.59
			350m: 5:46.59	46.91	400m: 6:30.43	43.84

Masters 60+

1.	Johan Remmits	ZPC Amersfoort	NED	196201159	6:00.13	+0,91
	50m: 35.33	35.33	150m: 2:03.97	45.71	250m: 3:44.40	54.79
	100m: 1:18.26	42.93	200m: 2:49.61	45.64	300m: 4:39.64	55.24
			350m: 5:20.73	41.09	400m: 6:00.13	39.40
2.	Ronald Grove	Triton	NED	196100161	6:45.17	+0,69
	50m: 40.57	40.57	150m: 2:30.39	56.28	250m: 4:20.23	55.12
	100m: 1:34.11	53.54	200m: 3:25.11	54.72	300m: 5:17.91	57.68
			350m: 6:01.45	43.54	400m: 6:45.17	43.72





Open Nederlandse Masters
Kampioenschappen 2025 lange baan
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Programmanr. 30, Heren, 400m wisselslag

Masters 65+

1. Paul Bunnik			Triton			NED	195600413		7:18.33	+0,99	
50m:	41.74	41.74	150m:	2:39.24	1:02.62	250m:	4:38.87	1:01.53	350m:	6:30.35	47.94
100m:	1:36.62	54.88	200m:	3:37.34	58.10	300m:	5:42.41	1:03.54	400m:	7:18.33	47.98

Masters 80+

1. Rob Hanou			PSV			NED	194300109		10:28.47		
50m:	1:22.45	1:22.45	150m:	4:26.36	1:19.05	250m:	7:02.05	1:17.89	350m:	9:24.79	1:03.70
100m:	3:07.31	1:44.86	200m:	5:44.16	1:17.80	300m:	8:21.09	1:19.04	400m:	10:28.47	1:03.68

Programmanr. 31
11-5-2025 - 11:52

4 x 100m vrije slag

Masters Open
Resultaten

rang	vereniging	tijd	RT	PARA
Masters 80+, Dames				
1.	MSV-Zeemacht 3	4:31.09	+0,72	
	Amber van der Kruk	32.50	1:09.08	
	Yasmin Canter Visscher	30.17	1:03.77	
2.	ENC Arnhem 2	4:37.66		
	Ellen ter Stege	04 34.34	1:12.96	
	Sabine Uytendwilligen	05 33.99	1:09.75	
100+, Dames				
1.	HZ&PC Heerenveen 3	4:15.85	+0,79	
	Lianne van Wier	+0,34 32.32	1:07.99	
	Anja Mus	+0,36 29.67	1:01.81	
2.	NieMo Barracuda 10	4:18.84	+0,79	
	Robin Pienaar	+0,49 33.77	1:10.28	
	Melissa van der Heijden	+0,50 29.62	1:01.35	
3.	TriVia 1	4:25.37		
	Naomi Hofsink	94 31.87	1:06.94	
	Heleen Arends	94 33.15	1:09.22	
4.	Neptunia '24 1	4:27.34	+0,75	
	Femke-Romy Wiersma	+0,75 33.03	1:08.94	
	Noël Iris Hettinga	+0,31 32.59	1:08.11	
5.	Steenwijk 1934 2	4:29.65	+0,75	
	Jolijn Liezen	+0,75 29.60	1:03.02	
	Astrid Wibbelink	+0,37 32.92	1:11.35	
6.	SG Octopus - ZVV 1	4:55.60	+0,70	
	Leonie Veldhuis	+0,70 31.57	1:07.17	
	Daphne van Rees	+0,49 34.65	1:14.43	

120+, Dames

1.	WVZ 1	4:08.01				
	<i>Nederlands Masters Record, individueel: Delia Badoux op de 100 meter vrije slag</i>					
	Delia Badoux	29.50	1:01.69	Leonie van Noort	+0,46 28.47	59.39
	Lauren van IJl	31.01	1:05.61	Marit Huisman	+0,47 29.02	1:01.32
2.	Zwemvereniging Hoogland 2	4:29.07	+0,77			
	Anne-Irene Duchaine	+0,77 32.95	1:09.06	NED		
	Marloes Manni	+0,29 31.54	1:06.85	Nienke van Stipriaan	32.62	1:07.59
				Jamilla van Omme - van Veen	+0,66 30.85	1:05.57
3.	DZ&PC 1	4:31.11	+0,62			
	Amé Hulleman	+0,62 30.19	1:03.89	NED		
	Myrthe Natzijs	30.01	1:03.22	Linda Kuiper	35.03	1:13.03
				Krista de Reus-Trompetter	+0,65 33.95	1:10.97
4.	Steenwijk 1934 3	4:44.23	+0,88			
	Alies Wagter	+0,88 31.96	1:06.94	NED		
	Anna Lauxen	+0,16 35.51	1:18.21	Sabine Lageweg	+0,47 33.67	1:11.13
				Jacyntha Plat	+0,29 31.85	1:07.95





Open Nederlandse Masters
Kampioenschappen 2025 lange baan
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Programmanr. 31, Dames, 4 x 100m vrije slag, 120+

rang	vereniging				tijd	RT	PARA	
5.	DAW 2	DAW		NED	4:48.76	+0,46		
	Laura Badoux	+0,46	32.18	1:08.30	Agnes van Brug	+0,56	35.21	1:14.79
	Marouscha de Vries	+0,34	33.66	1:11.46	Celine Bakker	+0,34	34.62	1:14.21

NG ACZ 1 ACZ NED

160+, Dames

1.	MSV-Zeemacht 2	MSV-Zeemacht		NED	5:01.91	+0,97		
	Annette van Dok	+0,97	45.70	1:37.35	Kyra Wesemann	+0,55	32.18	1:06.50
	Bianca Groot	+0,54	34.78	1:13.11	Tessa van Dijk-Mosch	+0,38	30.54	1:04.95
2.	DWK 1	DWK		NED	5:25.89	+0,98		
	Jennie Resink-lindeboom	+0,98	41.74	1:26.20	Iris van Aurich	+0,39	35.10	1:14.23
	Greta Wyra-Teitsma	+0,42	47.09	1:41.55	Janice Provoost	+0,42	30.17	1:03.91

200+, Dames

1.	HZ&PC Heerenveen 4	HZ&PC Heerenveen		NED	5:23.52	+0,77		
	Jannie Vennik	+0,77	37.32	1:17.82	Karin van Dijk	+0,70	37.82	1:21.59
	Rommie van Ginneken	+0,59	40.71	1:22.86	Peggy Hurenkamp	+0,62	38.13	1:21.25

240+, Dames

1.	ZPC Amersfoort 1 <i>European Masters Record</i>	ZPC Amersfoort		NED	4:36.79			
	Lesley Cordial		32.32	1:08.17	Lidia v. Bon-Rosenbrand	+0,27	31.27	1:06.75
	Atie Pijtak-Radersma		34.56	1:12.27	Marjan Remmits-de Lange		33.26	1:09.60
2.	PSV 1 <i>Nederlands Masters Record</i>	PSV		NED	4:51.35			
	Esther van Lohuizen	59	35.66	1:13.57	Ineke Weekers	53	38.64	1:20.56
	Jeanne Petit	70	34.67	1:12.54	Carla Geurts	71	31.02	1:04.68
3.	Swol 1894 6	Swol 1894		NED	5:23.07			
	Christine Nieuwenhuis	51	38.61	1:20.55	Marijke Kraak-Beckers	60	38.14	1:19.60
	Annemarie Vuisst-Blum	63	43.52	1:29.90	Mireille Nijhuis	81	35.59	1:13.02
4.	Steenwijk 1934 1	Steenwijk 1934		NED	5:43.07			
	Leonie Scholten	79	39.80	1:26.58	Wilna Heijman	64	38.00	1:19.16
	Monica Bakker	56	44.95	1:34.92	Linda Wibbelink	59	38.92	1:22.41
5.	ENC Arnhem 4	ENC Arnhem		NED	6:22.71			
	Marleen Malais		43.31	1:31.93	Cora Smulders	+0,83	44.75	1:35.99
	Marion Kolkman-Pluim		44.51	1:34.56	Ria Peters-Veurman	+0,78	47.15	1:40.23

Masters 80+, Heren

1.	HZ&PC Heerenveen 1 <i>Nederlands Masters Record</i>	HZ&PC Heerenveen		NED	3:42.86			
	Jorian Darwinkel	03	26.23	56.13	David Kuipers	00	27.09	55.97
	Richard Kuipers	97	26.76	57.14	Wouter Zijlstra	04	25.38	53.62
2.	ZPC Woerden 1	ZPC Woerden		NED	3:57.02	+0,70		
	Ian Terlouw	+0,70	27.72	58.65	Ruben Zwartbol	+0,26	29.25	1:01.28
	Milan de Roo	+0,20	27.75	58.19	Daan Hoogendoorn	+0,18	27.69	58.90

100+, Heren

1.	MSV-Zeemacht 1	MSV-Zeemacht		NED	4:04.76	+0,76		
	Jordi de Nijs	+0,76	27.18	57.27	Matthew Humphreys	+0,16	28.30	59.40
	Derek Valkenier	+0,60	32.66	1:09.27	Mees Minneboo	+0,50	28.36	58.82
2.	De Schotejil 1	z.c De Schotejil		NED	4:15.18	+0,87		
	Sven Dubbeld	+0,87	31.38	1:05.82	Dennis v.d. Bok	+0,33	31.41	1:07.17
	Niels Albrechts	+0,33	31.02	1:04.31	Aron Paasse	+0,06	27.03	57.88



Open Nederlandse Masters
Kampioenschappen 2025 lange baan
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Programmanr. 31, 4 x 100m vrije slag

120+, Heren

1. Hellas-Glana 1	Hellas-Glana	NED	3:45.90	+0,69
Lars Kerremans	+0,69 25.26 52.77	Robin Meuwissen	+0,30 26.27	57.61
Richard Rickson	+0,59 29.03 1:01.09	Kevin Meuwissen	+0,12 25.05	54.43
2. ZPCH 1	ZPCH	NED	3:47.52	
Lucas Douwma	27.62 57.20	Jasper van Heijst	+0,26 28.35	59.00
Thomas Vastenhouw	+0,57 25.64 54.30	Ruud Holswilder	+0,34 26.94	57.02
3. Zwemlust- den Hommel 1	Zwemlust- den Hommel	NED	3:48.51	+0,76
Fayssal Lanterna	+0,76 27.06 57.20	Mark Zwart	+0,35 29.02	1:01.77
Matteo Viani	+0,37 26.39 55.33	Louis Kappler	+0,22 25.90	54.21
4. Zwemvereniging Hoogland 1	Zwemvereniging Hoogland	NED	3:51.59	+0,54
Bas Dries	+0,54 25.84 54.66	Yuri van Omme	28.78	1:01.33
Kevin Roest	+0,38 27.48 56.63	Jeffrey Roest	0.00 28.34	58.97
5. ENC Arnhem 1	ENC Arnhem	NED	3:57.25	+0,72
Tim de Vrugt	+0,72 27.44 58.04	Mike Schel	+0,48 28.50	1:00.42
Sander de Vrugt	+0,37 26.87 57.04	Wessel Haverkamp	+0,42 28.73	1:01.75
6. Poseidon'56 7	Poseidon'56	NED	3:58.47	
Ryan van den Ouden	99 26.24 56.11	Sam Beer	96 29.51	1:02.40
Marcel Vroegindewei	68 30.46 1:04.48	Gerard Willighagen	01 26.22	55.48
7. WVZ 2	WVZ	NED	3:59.95	+0,77
Jasper Breugem	+0,77 27.59 58.61	Jordy van Oel	+0,51 29.51	1:01.57
Hugo Bregman	+0,37 30.88 1:04.24	Sander Kirillova	+0,34 25.96	55.53
8. ZOB'66 1	ZOB'66	NED	4:18.86	+0,73
Ian van Mullem	+0,73 29.03 1:02.21	Ingmar de Gelder	+0,31 32.31	1:07.37
Ferry Blangé	+0,35 30.35 1:04.33	Jaimy Voogt	+0,48 30.03	1:04.95
9. Steenwijk 1934 4	Steenwijk 1934	NED	4:22.49	
Patrick Wobben	93 36.12 1:18.55	Jelle Heijman	00 30.38	1:03.87
Robert Braad	86 28.04 59.40	Kylian Kooijman	99 28.65	1:00.67

160+, Heren

1. ZV Vlaardingen-Schiedam 2	ZV Vlaardingen-Schiedam	NED	4:29.39	
Bas van den Nouwelant	29.11 1:02.70	Geritjan van der Vaart	+0,68 36.75	1:18.83
Michael van der Reijden	+0,48 31.34 1:05.50	Bram Piederiet	+0,39 29.39	1:02.36
2. WS Twente 1	WS Twente	NED	4:50.54	+0,61
Jack Barends	+0,61 36.15 1:18.04	Wessel Everloo	32.56	1:09.18
Joop Weenink	+0,70 37.73 1:20.10	Laurens Spoelstra	29.30	1:03.22

200+, Heren

1. ZPC Amersfoort 2	ZPC Amersfoort	NED	4:00.62	+0,73
<i>Nederlands Masters Record</i>				
Jeroen Zelmann	+0,73 26.61 58.46	Chester Marsman	+0,39 28.41	1:00.52
Johan Remmits	+0,39 30.95 1:04.09	Bas Braun	27.16	57.55
2. HZ&PC Heerenveen 2	HZ&PC Heerenveen	NED	4:08.81	
Casper Hut	78 27.30 57.03	Stefan Damen	74 30.04	1:05.08
René Beetsma	69 31.96 1:07.83	Casper Tichelaar	79 27.93	58.87
3. PSV 5	PSV	NED	4:56.85	+0,96
Mark Godwaldt	+0,96 32.39 1:07.67	Eymert van Rooij	+0,54 34.34	1:12.06
André Pantekoek	+0,51 41.06 1:27.26	Tom Bandsma	+0,90 33.63	1:09.86
4. Steenwijk 1934 5	Steenwijk 1934	NED	5:36.32	
Casper Dollekamp	35.60 1:17.53	Korstiaan de Boer	+0,75 36.69	1:16.10
Maarten Koolman	+0,71 51.45 2:00.75	Rick Driezen	29.35	1:01.94

280+, Heren

1. Swol 1894 3	Swol 1894	NED	5:51.61	+0,94
Jappie Kuiper	+0,94 39.83 1:27.40	Rob Berkhof	48.29	1:37.23
Be van der Ziel	+0,65 43.43 1:29.11	Harry Dokter	+0,48 36.26	1:17.87



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Programmanr. 31, 4 x 100m vrije slag

80+, Gemengd

1.	ZVL-1886 1	ZVL-1886	NED	4:00.08	
	Robin van Muijen	02 28.38 1:00.57	Robin van Beek	97 26.99 57.08	
	Jelsie van Ruijven	05 28.78 1:01.20	Silke Molendijk	01 29.21 1:01.23	
2.	ZOB'66 2	ZOB'66	NED	4:10.90	+0,59
	Emi Schipper	+0,59 29.43 1:03.04	Jet van Oudheusden	32.15 1:08.89	
	Nino van Krimpen	+0,09 27.50 58.76	Julian Mes	+0,36 28.22 1:00.21	
3.	VZC 2	VZC	NED	4:22.10	+0,74
	Sjoerd van der Wilt	+0,74 28.33 1:00.42	Babet Kruger	+0,27 32.31 1:08.12	
	Tim Seising	+0,46 30.00 1:03.29	Lisanne Seising	+0,47 32.55 1:10.27	

100+, Gemengd

1.	VZC 1	VZC	NED	3:57.89	+0,84
	Jelle Nap	+0,84 27.77 57.03	Tess Panjer	+0,49 29.59 1:01.58	
	Olaf Achterberg	+0,53 27.52 57.56	Vivianne Woltjes	+0,56 29.74 1:01.72	
2.	De Duck 1	De Duck	NED	4:06.61	+0,70
	Noa de Bock	+0,70 31.43 1:06.14	Marcella van der Ent	+0,46 29.91 1:04.55	
	Jort Vizeé	+0,49 28.45 59.36	Jesper Oranje	+0,34 26.56 56.56	
3.	Poseidon'56 6	Poseidon'56	NED	4:10.41	+0,82
	Rianne Bresser	+0,82 31.47 1:06.82	Jim Geestman	+0,68 28.76 1:00.03	
	Kelly de Jonge	+0,60 31.93 1:06.64	Erik van Gemert	+0,45 27.14 56.92	
4.	ZuiderZeeZwemmers 1	ZuiderZeeZwemmers	NED	4:14.54	+0,64
	Ilmar Stoop	+0,64 28.31 59.29	Lisanne Andeweg	+0,17 32.28 1:08.14	
	Annemarie ten Have	+0,39 31.98 1:09.61	Jesse van Dijk	+0,30 26.75 57.50	
5.	ZPC Amersfoort 4	ZPC Amersfoort	NED	4:25.61	+0,86
	Angela Giezen	+0,86 35.60 1:14.99	Jorick van Bon	+0,33 29.74 1:02.56	
	Mandy Swart	+0,39 32.29 1:09.35	Jelle Opmeer	+0,27 27.67 58.71	
6.	NieMo Barracuda 14	NieMo Barracuda	NED	4:31.21	
	Esmée Rolloos	33.82 1:11.70	Robin van Beusekom	0.00 29.64 1:05.62	
	Tamara van den Brink	33.73 1:11.59	Reinier Velthuis	29.82 1:02.30	

120+, Gemengd

1.	NieMo Barracuda 9	NieMo Barracuda	NED	3:53.71	+0,78
	<i>Nederlands Masters Record</i>				
	Amber Hesper	+0,78 28.48 1:00.29	Pascal van Haren	+0,20 27.33 57.47	
	Denise Boereboom	+0,47 29.75 1:03.82	Jeroen Baars	+0,24 24.39 52.13	
2.	ZPC Amersfoort 3	ZPC Amersfoort	NED	4:09.68	+0,80
	Rob van Vliet	+0,80 29.41 1:02.98	Marije Jansen	+0,48 30.00 1:03.82	
	Maddy van der Hoeven	+0,43 31.46 1:05.72	Jelle Blankestijn	+0,44 26.70 57.16	
3.	Westland Swimming Stars 1	Westland Swimming Stars	NED	4:18.65	+0,54
	Nick Boekestijn	+0,54 29.01 1:01.18	Kim de Jong	+0,30 30.24 1:04.51	
	Anouk van der Lans	+0,49 33.36 1:09.76	Pieter Broek	+0,37 29.50 1:03.20	
4.	CWW Swimteam 1	CWW Swimteam	NED	4:20.64	
	Twan van Engen	05 29.62 1:01.69	Laura ter Stege	96 32.17 1:09.84	
	Yvette Ratering	72 32.57 1:09.28	Antwan van Engen	71 28.71 59.83	
5.	AZC 1	AZC	NED	4:20.65	
	Monique van Huizen	31.61 1:06.47	Jessica Braat	31.91 1:08.17	
	Patrick Brouwer	30.99 1:06.43	Jeroen Matthijssen	+0,37 28.47 59.58	
6.	HZ&PC Heerenveen 5	HZ&PC Heerenveen	NED	4:22.17	+0,81
	Remco Dijkstra	+0,81 27.64 59.06	Lois Jalving	+0,20 32.31 1:07.64	
	Peter de Vries	+0,59 31.44 1:05.90	Romy Jalving	+0,28 33.20 1:09.57	
7.	De Geul 1	De Geul	NED	4:28.18	+0,49
	Arjan van Tilburg	+0,49 34.77 1:14.01	Daphne van Tilburg	31.36 1:06.70	
	Marcha Admiraal	+0,71 30.01 1:03.68	Remco van der Graaf	+0,20 30.28 1:03.79	
8.	ENC Arnhem 3	ENC Arnhem	NED	4:31.85	
	Mika Bongers	28.84 1:00.91	Marijn Post	35.37 1:15.37	
	Mees Laar	+0,30 28.39 1:00.42	Irmgard van Weeghel	35.24 1:15.15	
9.	ZPC Woerden 2	ZPC Woerden	NED	4:36.13	
	Remco Visser	30.71 1:05.94	Ilse van den Wijngaard	+0,37 32.75 1:09.83	
	Thommy Nickel	31.72 1:07.35	Daphne Dols	33.91 1:13.01	
10.	ZVL-1886 2	ZVL-1886	NED	4:54.82	+0,72
	Cynthia van Veen	+0,72 36.72 1:19.80	Erwin Veenhoven	+0,50 34.41 1:13.69	
	Maartje Hids	+0,43 38.27 1:19.13	Erik Baalbergen	+0,38 29.51 1:02.20	





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Programmanr. 31, 4 x 100m vrije slag

160+, Gemengd

1.	PSV 3	PSV			NED	4:17.66		
	Jacco Schaap		31.36	1:04.61	Fiona Meuffels		31.10	1:06.82
	Jos de Graaf	+0,20	28.39	58.82	Liselotte Joling	+0,27	32.10	1:07.41
2.	TriVia 2	TriVia			NED	4:53.56		
	Jeroen Temme		33.24	1:07.60	Hannie Poletiek		43.90	1:33.30
	Esther Kwebeman		34.62	1:12.87	Rik Stahlie	+0,14	28.39	59.79
3.	AZC 2	AZC			NED	5:03.19		+0,82
	Michael Go	+0,82	33.75	1:14.48	Esther Boerdam-Delfos	+0,63	37.22	1:17.96
	Sandra Daamen-Posma	+0,69	38.37	1:24.91	Auke Sijperda	+0,42	29.96	1:05.84

200+, Gemengd

1.	DAW 1	DAW			NED	4:34.41		+0,80
	Alex Damen	+0,80	29.50	1:01.80	Paul Oudendijk	+0,32	30.22	1:03.68
	Alina Spijkerman	+0,70	34.42	1:12.14	Jacqueline Tuin	+0,55	35.63	1:16.79
2.	ZPC De Rog Weert 1	ZPC De Rog Weert			NED	4:57.94		
	Esther Vergeest		77	38.26	Erik Kamphuis		60	34.73
	Regine Beckers-Stribos		70	38.50	Arjan Verheij		71	31.44
3.	GZC Donk 1	GZC Donk			NED	5:03.12		+0,92
	Petra Tossings	+0,92	39.30	1:22.18	Linda van Klei	+0,66	34.43	1:10.45
	Peter Coffeng	+0,78	41.29	1:28.17	Bryan Morsink	+0,24	29.24	1:02.32
4.	De Duinkickers 1	De Duinkickers			NED	5:10.46		+0,91
	Esther Poortvliet - Koedam	+0,91	34.26	1:12.41	Robert de Brauwer		33.71	1:14.21
	Christine Buist	+0,55	40.20	1:26.94	Marcel Brittin		36.86	1:16.90
5.	ENC Arnhem 5	ENC Arnhem			NED	5:23.08		+0,92
	Wridzer Bakker	+0,92	34.41	1:12.65	Karin van der Star-Verhoeven		37.55	1:20.03
	Paul Rutten	+0,52	38.80	1:21.18	Yoka de Vegt-van Dijk	+0,74	43.47	1:29.22

240+, Gemengd

1.	PSV 4	PSV			NED	5:26.69		
	Gudule van der Meer		33.67	1:09.81	Harold Matla	+0,73	33.56	1:09.73
	Gonnie Bak		49.92	1:49.77	Menno Lomans		37.16	1:17.38

320+, Gemengd

1.	PSV 2	PSV			NED	6:54.27		
	<i>Nederlands Masters Record, Individueel: Lottie Geurts 100 meter vrije slag</i>							
	Lottie Geurts		1:03.02	2:11.82	Rob Hanou	+0,64	51.81	1:52.99
	Corrie Verhoeven	+0,64	44.94	1:36.14	Brend Brevé	+0,42	36.50	1:13.32



7 - ONMK2025Ib - Sessie 7

11-5-2025 - 13:36

Programmanr. 33
11-5-2025 - 13:36

Dames, 200m rugslag

Masters Open
Resultaten

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
Masters 20+								
1. Myrthe Natzijs	DZ&PC	NED 200400076	2:29.80	+0,77	35.76	1:13.81	1:52.24	2:29.80
2. Tess Panjer	VZC	NED 200403060	2:30.36	+0,75	34.91	1:12.81	1:51.65	2:30.36
3. Larissa de Vos	G.S.Z.V. De Golfbreker	NED 200502728	2:32.32	+0,72	35.09	1:13.74	1:52.99	2:32.32
4. Nienke Bakker	TriVia	NED 200501178	2:36.78	+0,72	35.33	1:15.00	1:56.18	2:36.78
5. Amé Hulleman	DZ&PC	NED 200202794	2:38.66	+0,82	37.26	1:17.90	1:58.28	2:38.66
6. Amber van der Kruk	MSV-Zeemacht	NED 200102730	2:39.02	+0,77	36.32	1:17.10	1:57.53	2:39.02
7. Lois Jalving	HZ&PC Heerenveen	NED 200400280	2:42.01	+0,70	37.82	1:18.66	2:00.85	2:42.01
8. Jolijn Liezen	Steenwijk 1934	NED 200500518	2:42.32	+0,70	36.24	1:17.36	1:59.88	2:42.32
9. Iris Lok	WS Twente	NED 200301094	2:45.90	+0,70	39.10	1:21.04	2:04.10	2:45.90
10. Cynthia Koolman	Steenwijk 1934	NED 200300232	2:49.35	+0,80	40.67	1:23.79	2:07.24	2:49.35
11. Pien Ooijman	WS Twente	NED 200504500	2:50.80	+0,78	39.80	1:23.44	2:07.81	2:50.80
12. Lisette Dooper	HZ&PC Heerenveen	NED 200201678	2:52.78	+0,78	38.98	1:22.11	2:07.94	2:52.78
13. Naomi Janssen	Neptunus'58	NED 200401816	3:00.77	+0,68	41.39	1:27.13	2:14.31	3:00.77
14. Eline Pathuis	Bubble	NED 200300408	3:05.51	+0,75	41.58	1:27.96	2:17.75	3:05.51
15. Hannah Elting	ENC Arnhem	NED 200402702	3:07.37	+0,84	44.02	1:32.38	2:21.73	3:07.37
16. Zoë van der Reijden	LinK	NED 200505296	3:23.81	+0,84	47.14	1:37.69	2:31.24	3:23.81
17. Esmeralda Elbers	Blue Marlins	NED 200404888	3:40.15		49.93	1:45.81	2:44.72	3:40.15
Masters 25+								
1. Anne Noom	Het Y	NED 199800062	2:27.33	+0,82	34.44	1:11.37	1:49.50	2:27.33
2. J. van Omme - van Veen	Zwemvereniging Hoogland	NED 199603192	2:35.76	+0,82	35.87	1:15.19	1:55.74	2:35.76
3. Lauren van IJll	WVZ	NED 200001064	2:43.41	+0,69	36.31	1:17.70	2:00.94	2:43.41
4. Kaylee de Jong	ZPCH	NED 200001234	2:44.63	+0,96	39.35	1:20.99	2:03.08	2:44.63
5. Jet Kleine	MSV-Zeemacht	NED 199903384	2:47.85	+0,70	39.31	1:22.05	2:05.21	2:47.85
6. Selina Janssen	Neptunus'58	NED 199905974	2:50.41	+0,87	38.75	1:21.34	2:05.58	2:50.41
7. Rosalie Baarda	Orca Leeuwarden	NED 199903460	2:50.45	+0,72	38.78	1:21.28	2:05.66	2:50.45
8. Anouk van der Lans	Westland Swimming Stars	NED 199801614	2:56.51	+0,85	40.89	1:25.21	2:11.51	2:56.51
9. Judith Kleinjan	De Duck	NED 199802710	3:03.44	+0,80	44.32	1:32.35	2:18.66	3:03.44
10. Alies Wagter	Steenwijk 1934	NED 199900840	3:05.34	+0,89	43.47	1:30.44	2:18.57	3:05.34
11. Reina Poelman	Bubble	NED 199900802	3:10.65	+0,81	44.97	1:33.86	2:23.66	3:10.65
12. Esmée Rolloos	NieMo Barracuda	NED 199800056	3:10.73	+0,81	41.65	1:29.07	2:20.29	3:10.73
13. Cynthia van Veen	ZVL-1886	NED 199606736	3:20.34	+0,79	46.42	1:37.56	2:29.93	3:20.34
14. Melanie Zondag	ZC Polaris	NED 199804476	3:21.35		47.09	1:37.84	2:29.99	3:21.35
Masters 30+								
1. Leonie van Noort	WVZ	NED 199301752	2:29.19	+0,76	34.87	1:12.26	1:51.31	2:29.19
2. Anne-Irene Ducheine	Zwemvereniging Hoogland	NED 199506824	2:37.66	+0,63	36.46	1:16.38	1:57.66	2:37.66
3. Lotte Coenen	D.E.S.	NED 199301518	2:42.46	+0,74	36.94	1:17.26	1:59.90	2:42.46
4. Heleen Arends	TriVia	NED 199404416	2:53.74	+0,76	40.54	1:24.07	2:09.27	2:53.74
5. Nadine Blouw	TriVia	NED 199302314	2:57.90	+0,91	41.43	1:26.45	2:12.24	2:57.90
6. N. Wobben-de Vries	Steenwijk 1934	NED 199204328	2:58.77	+0,84	42.03	1:28.14	2:14.33	2:58.77
7. Nada Lisa Hut	Aqualero	NED 199307280	3:08.45	+0,98	45.02	1:32.68	2:20.85	3:08.45
Masters 35+								
1. Marloes Manni	Zwemvereniging Hoogland	NED 199003078	2:40.68	+0,90	37.90	1:18.06	2:00.28	2:40.68
2. I. van den Wijngaard	ZPC Woerden	NED 198904736	2:49.81	+0,84	39.70	1:22.27	2:06.51	2:49.81
3. Linda van Klei	GZC Donk	NED 198802088	2:54.04		42.40	1:26.11	2:09.89	2:54.04
4. J. Kuiper-Crossen	Neptunia '24	NED 198600712	3:03.59	+0,83	43.51	1:30.16	2:17.31	3:03.59
5. Esther van Maastrigt	Montferland	NED 198802836	3:07.40	+0,69	43.54	1:31.64	2:20.11	3:07.40
6. Marieke Weering	De Plons	NED 198704550	3:20.19	+0,89	47.44	1:38.60	2:30.64	3:20.19





Programmanr. 33, Dames, 200m rugslag

Masters 40+

1. V. Háden-Felföldi	Iron Swim	HUN 66/3267	2:39.84	+0,82	37.20	1:17.41	1:59.39	2:39.84
2. Debbie van Rooijen	IJZ&PC	NED 198201402	2:43.99	+0,73	38.24	1:20.01	2:01.97	2:43.99
3. E. Reinstra-Hamstra	TriVia	NED 198504278	2:49.19	+0,84	40.17	1:23.97	2:07.67	2:49.19
4. Joke De Temmerman	Lokerse Zwemvereniging	BEL LZV/21076/82	2:53.06	+0,88	41.03	1:25.51	2:10.24	2:53.06
5. Nadya Putter	ZV Vlaardingen-Schiedam	NED 198301630	2:54.36	+0,88	42.49	1:26.33	2:10.71	2:54.36
6. Tonia Ruybroek	Poseidon'56	NED 198101290	2:59.22	+0,78	41.10	1:28.17	2:14.61	2:59.22
7. Angela Giezen	ZPC Amersfoort	NED 198302796	3:00.53	+0,80	41.85	1:27.30	2:15.03	3:00.53
8. Sandra Schellekens	Neptunus'58	NED 198503416	3:07.24	+0,82	42.44	1:29.14	2:18.00	3:07.24
9. Suzanne Mol	Aqualero	NED 198202408	3:08.48	+0,81	44.76	1:31.96	2:21.64	3:08.48
10. Linda Hoogendam	WVZ	NED 198300892	3:27.19	+0,85	49.19	1:43.04	2:37.61	3:27.19
NG Ann Wanter	Zwemclub Geel	BEL ZGEEL/21082/82						

Masters 45+

1. J. Harmsen-Bakker	PSV	NED 197700938	2:46.94	+0,72	38.27	1:20.35	2:04.15	2:46.94
2. Annett von Rekowski	Schwimmverein Gera	GER 097868	2:52.98	+0,75	41.52	1:25.80	2:10.24	2:52.98
3. Steffi Meinhold	D.E.S.	NED 198001542	2:56.19	+0,81	40.90	1:25.49	2:11.67	2:56.19
4. Alina Spijkerman	DAW	NED 197701220	2:59.22	+0,79	41.30	1:27.55	2:14.53	2:59.22
5. A. Glazema-Boelema	TriVia	NED 197701166	3:08.46	+0,93	45.01	1:33.22	2:22.98	3:08.46
6. Leonie Scholten	Steenwijk 1934	NED 197901560	3:18.62	+0,81	45.38	1:35.86	2:28.42	3:18.62
7. C. van Bruxvoort	Feijenoord Albion	NED 197700138	3:39.37	+0,93	51.26	1:46.49	2:44.03	3:39.37

Masters 50+

1. Carla Geurts	PSV	NED 197100178	2:46.59	+0,79	39.56	1:22.19	2:05.40	2:46.59
2. Liselotte Joling	PSV	NED 197500268	2:51.83	+0,77	41.10	1:24.38	2:08.93	2:51.83
3. Mirjan den Drijver	Westland Swimming Stars	NED 197500884	2:59.96	+0,82	41.96	1:27.89	2:14.97	2:59.96
4. Catherine Hoogeveen	DZ&PC	NED 197501048	3:01.59		41.32	1:26.38	2:13.77	3:01.59
5. Nathasja Konijn	GZC Donk	NED 197100992	3:28.67	+0,96	49.16	1:41.37	2:35.26	3:28.67

Masters 55+

1. Petra Blum	SG Bayer	GER 274174	3:05.09	+0,89	43.06	1:30.87	2:19.28	3:05.09
2. Laura Staal	Oceanus	NED 196700358	3:08.36	+0,88	44.96	1:32.46	2:20.87	3:08.36
3. Bianca Groot	MSV-Zeemacht	NED 197000652	3:13.01	+0,95	46.98	1:35.82	2:25.89	3:13.01
4. Peggi Hurenkamp	HZ&PC Heerenveen	NED 196900922	3:27.20	+0,98	48.80	1:41.37	2:35.37	3:27.20
5. Annette van Dok	MSV-Zeemacht	NED 196800742	3:42.81		51.15	1:48.48	2:47.81	3:42.81
6. Daniëlle Schipper	ZOB'66	NED 197001078	3:43.20	+0,86	49.96	1:45.40	2:44.34	3:43.20
7. K. van Nassau-van den IJold Dutch		NED 196600188	3:43.59		52.63	1:49.39	2:47.06	3:43.59
8. Annette Spies	Link	NED 197001110	3:53.69	+0,98	55.00	1:54.54	2:55.53	3:53.69

Masters 60+

1. Allie Price	Bridgend Swim Club	GBR 547582	2:53.76	+0,78	39.99	1:23.50	2:10.30	2:53.76
2. M. Grove-Lingeman	Triton	NED 196200080	3:10.00	+0,82	43.51	1:31.38	2:20.61	3:10.00
3. Maud Peuten-Evers	Mosa-Regio	NED 196400584	3:19.14	+0,93	47.22	1:37.65	2:28.57	3:19.14
4. Anita Steijger	WVZ	NED 196500628	3:24.24		50.12	1:42.24	2:34.30	3:24.24
5. A. Vuist-Blum	Swol 1894	NED 196300282	3:35.84		52.22	1:47.89	2:43.28	3:35.84
6. Marleen Malais	ENC Arnhem	NED 196300542	3:37.80		51.07	1:46.08	2:42.90	3:37.80
7. Erica Muller	De Geul	NED 196400412	3:54.27	+0,90	56.42	1:55.70	2:55.69	3:54.27

Masters 65+

1. J. Resink-lindeboom	DWK	NED 196000142	3:37.19		51.32	1:46.36	2:43.36	3:37.19
2. Lia Bijkerk	GZC Donk	NED 196000014	3:56.07	+0,81	57.54	1:58.30	2:59.23	3:56.07

Masters 70+

1. Margriet Pasma	TriVia	NED 195500088	3:30.34	+0,87	49.00	1:42.58	2:36.88	3:30.34
<i>Nederlands Masters Record</i>								
2. Geerdien Meerwaldt	De Geul	NED 195200058	4:45.98	+0,92	1:07.57	2:19.23	3:32.96	4:45.98



Open Nederlandse Masters
Kampioenschappen 2025 lange baan
Drachten, 8-11 mei 2025



Programmanr. 33, Dames, 200m rugslag

Masters 75+

1. A. Gilding-Tussaud WS Twente NED 195000038 **4:16.60** +0,93 58.55 2:06.09 3:14.38 4:16.60

Masters 90+

1. Lottie Geurts PSV NED 193500006 **5:26.18** +0,83 1:16.58 2:40.14 4:04.66 5:26.18
Nederlands Masters Record, ook op 50 meter én 100 meter rugslag

Programmanr. 34
11-5-2025 - 14:14

Heren, 200m rugslag

Masters Open
Resultaten

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
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Masters 20+

1. Louis Kappler	Zwemlust- den Hommel	NED 200205067	2:17.39	+0,77	31.48	1:06.72	1:42.65	2:17.39
2. Nigel Werring	Zwemlust- den Hommel	NED 200301503	2:26.50	+0,78	34.72	1:12.60	1:49.46	2:26.50
3. Rik Stahlie	TriVia	NED 200201915	2:36.94	+0,68	36.55	1:16.25	1:57.08	2:36.94
4. Ruben Zwartebol	ZPC Woerden	NED 200102651	2:37.34	+0,61	35.53	1:14.58	1:55.48	2:37.34
5. Mika Bongers	ENC Arnhem	NED 200502683	2:41.96	+0,81	35.51	1:16.83	1:59.49	2:41.96
6. Tim Seising	VZC	NED 200500107	2:45.10	+0,75	37.32	1:19.16	2:02.96	2:45.10

Masters 25+

1. Jasper Breugem	WVZ	NED 200000303	2:18.79	+0,70	32.27	1:07.31	1:43.43	2:18.79
2. Arjan Dekker	Bubble	NED 200000499	2:21.64	+0,63	32.66	1:08.32	1:45.73	2:21.64
3. Aron Paasse	z.c De Schotejil	NED 200000099	2:25.47	+0,66	33.54	1:09.86	1:47.93	2:25.47
4. Richard Kuipers	HZ&PC Heerenveen	NED 199704171	2:26.57	+0,76	34.14	1:11.10	1:49.24	2:26.57
5. Robin van Beek	ZVL-1886	NED 199704023	2:28.93	+0,64	34.94	1:12.96	1:51.43	2:28.93
6. David Kievit	z.c De Schotejil	NED 199900325	2:30.79	+0,87	34.17	1:12.12	1:51.68	2:30.79
7. Jordy van Oel	WVZ	NED 199802003	2:32.19	+0,72	35.95	1:14.64	1:54.28	2:32.19
8. Ian Terlouw	ZPC Woerden	NED 200002345	2:33.16	+0,72	35.34	1:14.21	1:54.02	2:33.16
9. Jeroen Louwinger	De Rijn	NED 199900583	2:33.65	+0,77	37.14	1:16.57	1:55.11	2:33.65
10. Diederik de Boer	Steenwijk 1934	NED 200000269	2:42.05	+0,71	36.49	1:16.15	1:58.53	2:42.05

Masters 30+

1. Jos de Graaf	PSV	NED 199106095	2:20.92	+0,74	32.82	1:08.77	1:45.62	2:20.92
2. Mike Schel	ENC Arnhem	NED 199403279	2:23.44	+0,72	33.29	1:09.67	1:46.77	2:23.44
3. Jeroen Matthijssen	AZC	NED 199103751	2:32.78	+0,77	35.04	1:14.35	1:54.11	2:32.78
4. Bryan Morsink	GZC Donk	NED 199101629	2:39.93	+0,76	35.09	1:14.09	1:55.82	2:39.93
5. Patrick Brouwer	AZC	NED 199303715	2:41.41	+0,73	37.41	1:18.08	2:00.39	2:41.41
6. Remco Visser	ZPC Woerden	NED 199503185	2:53.29	+0,80	39.07	1:22.32	2:07.90	2:53.29
7. Colin Degenars	ZPCH	NED 199505951	2:54.90	+0,77	41.03	1:24.60	2:11.08	2:54.90

Masters 35+

1. Robert Braad	Steenwijk 1934	NED 198600407	2:26.60	+0,74	33.93	1:10.19	1:48.47	2:26.60
2. Olaf Achterberg	VZC	NED 199000011	2:30.35	+0,70	35.23	1:13.80	1:52.19	2:30.35
3. Tim Bunnik	Triton	NED 199000505	2:33.20	+0,80	35.81	1:14.36	1:54.07	2:33.20
4. Rick Driezen	Steenwijk 1934	NED 198600713	2:35.52	+0,91	36.61	1:15.15	1:55.38	2:35.52
5. Patrick Creemers	SG Patrick - De Roersoppers	NED 199000579	2:38.20	+0,81	36.40	1:16.52	1:57.81	2:38.20
6. Wessel Everloo	WS Twente	NED 198906597	2:38.45		38.68	1:18.35	1:59.17	2:38.45
7. Remco van der Graaf	De Geul	NED 198704007	2:42.93		39.42	1:20.91	2:03.99	2:42.93



Programmanr. 34, Heren, 200m rugslag

Masters 40+

1. Alan Smeets	Zwemsport Parkstad	NED 198402089	2:25.95	+0,80	31.97	1:08.69	1:46.53	2:25.95
2. Martijn Giezen	ZPC Amersfoort	NED 198500813	2:27.72	+0,82	33.37	1:10.78	1:49.36	2:27.72
3. Paul Oudendijk	DAW	NED 198101287	2:31.04	+0,91	35.57	1:13.95	1:52.69	2:31.04
4. Frank v.d. Voordt	z.c De Schoteijl	NED 198302259	2:39.18	+0,81	36.90	1:17.04	1:58.64	2:39.18
5. Rob van Vliet	ZPC Amersfoort	NED 198402459	2:40.58	+0,83	37.04	1:17.58	1:59.90	2:40.58
6. Bertrand Maillet	ASPTT Clermont-Ferrand	FRA 88948	2:50.43	+0,98	40.34	1:24.09	2:08.96	2:50.43

Masters 45+

1. Mark Hensen	NieMo Barracuda	NED 197900497	2:30.64	+0,84	35.04	1:13.18	1:52.11	2:30.64
2. Heijmen van Vliet	De Geul	NED 198001637	2:34.69	+0,71	36.40	1:15.16	1:55.51	2:34.69
3. Markus van Rest	WVZ	NED 197701197	2:44.38	+0,90	38.82	1:20.96	2:05.00	2:44.38
4. Pieter Broek	Westland Swimming Stars	NED 197701637	2:54.41	+0,57	39.25	1:22.11	2:08.34	2:54.41

Masters 50+

1. Korstiaan de Boer	Steenwijk 1934	NED 197101629	3:00.63	+0,84	43.04	1:28.57	2:16.25	3:00.63
2. Gerard Eghuizen	HZ&PC Heerenveen	NED 197400197	3:10.76	+0,97	42.88	1:30.90	2:21.69	3:10.76
3. Jeroen Hoeksel	ZV Vlaardingen-Schiedam	NED 197401533	3:34.55	+0,90	48.99	1:44.45	2:40.00	3:34.55

Masters 55+

1. J. van den Berg	WVZ	NED 196801575	2:36.86	+0,76	36.58	1:16.37	1:58.29	2:36.86
2. René Beetsma	HZ&PC Heerenveen	NED 196900069	2:48.57	+0,84	39.55	1:22.25	2:06.15	2:48.57
3. Bruno Nahon	Cercle De Natation Sportcity	BELuCNSW/000390/70	2:48.84	+0,85	39.60	1:22.22	2:06.38	2:48.84
4. Hugues Herman	Cercle De Natation Sportcity	BELuCNSW/014976/66	2:49.14	+0,71	38.61	1:20.70	2:04.62	2:49.14
5. Marcel Vroegindewei	Poseidon'56	NED 196801709	2:50.85	+0,70	38.52	1:22.93	2:08.38	2:50.85
6. Frank Pater	Polizei SV Oldenburg	GER 84386	2:52.00	+0,81	39.37	1:22.29	2:07.43	2:52.00

Masters 60+

1. Johan Remmits	ZPC Amersfoort	NED 196201159	2:38.91	+0,77	37.09	1:17.71	1:58.82	2:38.91
2. Ron Korzelius	ZPC Amersfoort	NED 196500513	2:54.80	+0,82	41.02	1:25.10	2:11.08	2:54.80
3. Menno Lomans	PSV	NED 196101071	3:08.66	+0,93	44.75	1:33.38	2:21.72	3:08.66
4. Eric Langhorst	RZC	NED 196201299	3:10.03		45.15	1:33.11	2:22.42	3:10.03
5. Erik Saan	De Duck	NED 196500769	3:11.19	+0,88	44.06	1:34.28	2:23.85	3:11.19
6. Bart van Calker	WS Twente	NED 196100067	3:23.71	+0,86	50.16	1:41.89	2:34.41	3:23.71
7. Jack Barends	WS Twente	NED 196201011	3:30.20	+0,86	50.43	1:44.74	2:40.22	3:30.20

Masters 65+

1. Erik Kamphuis	ZPC De Rog Weert	NED 196001035	3:01.54	+0,79	42.20	1:28.85	2:16.05	3:01.54
2. Peter Molecz	SC Diana	AUT 019219	3:03.17	+0,80	43.02	1:29.88	2:17.27	3:03.17
3. Paul Bunnik	Triton	NED 195600413	3:18.48	+0,94	45.62	1:35.96	2:29.36	3:18.48
4. Wim de Lange	AZC	NED 195800533	3:34.80	+0,77	49.09	1:43.65	2:41.19	3:34.80
5. André Pantekoek	PSV	NED 195800321	4:05.10	+0,77	56.85	2:00.96	3:07.18	4:05.10
NG.ZA André Schutte	Z & PC De Zeeuwse Kust	NED 196000521						

Masters 70+

1. Brend Brevé	PSV	NED 195200265	3:05.47	+0,82	44.05	1:30.54	2:19.18	3:05.47
2. Rob Berkhof	Swol 1894	NED 195200245	3:53.89		55.55	1:55.45	2:56.05	3:53.89
3. Jos Kamps	Zwemvereniging Hoogland	NED 195100085	4:21.21	+0,67	57.04	2:04.00	3:12.68	4:21.21
NG Henk Slomp	Z&PC de Inktvis	NED 195500359						

Masters 75+

1. Mans Buis	Swol 1894	NED 194700133	4:16.85		1:02.53	2:09.67	3:14.33	4:16.85
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Open Nederlandse Masters
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Programmanr. 34, Heren, 200m rugslag

Masters 80+

1. Rob Hanou	PSV	NED 194300109	4:26.24		1:01.86	2:11.38	3:22.34	4:26.24
2. Nico Baay	Old Dutch	NED 194200053	4:30.38	+0,86	58.57	2:06.56	3:16.45	4:30.38
BM Niels Dijkshoorn	PSV	NED 200203079	2:06.34	+0,60	30.06	1:02.54	1:35.21	2:06.34

Nederlands Masters Record

Programmanr. 35
11-5-2025 - 14:41

Dames, 50m vrije slag

Masters Open
Resultaten

rang	naam	vereniging			tijd	RT	PARA
Masters 20+							
1.	Michelle van Wijk	WWV Winterswijk	NED	200204746	27.59	+0,82	
2.	Amber Hesper	NieMo Barracuda	NED	200202188	27.67	+0,79	
3.	Marit Huisman	WVZ	NED	200502620	27.98	+0,72	
4.	Emi Schipper	ZOB'66	NED	200502126	28.11		
5.	Olena Dijkstra	Orca Leeuwarden	NED	200202624	28.39	+0,77	
6.	Leonie van Wier	HZ&PC Heerenveen	NED	200200436	28.46	+0,73	
7.	Isabel Dijkstra	Hellas-Glana	NED	200200918	28.47	+0,78	
8.	Jelsie van Ruijven	ZVL-1886	NED	200500282	28.54	+0,97	
9.	Anouchka Bos	NieMo Barracuda	NED	200501528	28.65		
10.	Esmée van Peer	TriVia	NED	200201114	28.70		
11.	Janice Provoost	DWK	NED	200303076	28.71	+0,60	
12.	Vivianne Woltjes	VZC	NED	200501524	28.72	+0,77	
13.	Marije Sweering	Neptunia '24	NED	200101228	28.93	+0,60	
14.	Lianne van Wier	HZ&PC Heerenveen	NED	200200438	29.20	+0,71	
15.	Tess Panjer	VZC	NED	200403060	29.38	+0,78	
16.	Robin Spreeuw	De Columbian	NED	200501262	29.40	+0,70	
17.	Robin Pienaar	NieMo Barracuda	NED	200102236	29.50	+0,74	
18.	Evelien Husselman	MZ&PC De Reest	NED	200501324	29.54	+0,75	
19.	Milou Demirel	Blue Marlins	NED	200501254	29.68	+0,76	
20.	Emma Riemers	MSV-Zeemacht	NED	200500748	29.78	+0,65	
21.	Nikki Douma	Hellas-Glana	NED	200102252	29.80	+0,65	
22.	Kim van Gemert	Poseidon'56	NED	200101968	29.84	+0,81	
23.	Inge Dekker	HZ&PC Heerenveen	NED	200200476	29.89	+0,80	
	Sophie Brouwer	ZPCH	NED	200504124	29.89	+0,71	
25.	Kim de Jong	Westland Swimming Stars	NED	200401522	29.97	+0,70	
26.	Rose Lether	ENC Arnhem	NED	200403330	30.40	+0,57	
27.	Feline Slijkhuis	SG Octopus - ZVV	NED	200501042	30.55	+0,88	
28.	Jessica Braat	AZC	NED	200205684	30.59	+0,78	
	Lois Jalving	HZ&PC Heerenveen	NED	200400280	30.59		
30.	Daphne van Tilburg	De Geul	NED	200500580	30.64	+0,78	
31.	Michelle van den Hoofdakker	Steenwijk 1934	NED	200302708	30.65	+0,86	
32.	Noa de Bock	De Duck	NED	200300318	30.92	+0,71	
33.	Maddy van der Hoeven	ZPC Amersfoort	NED	200401298	30.93	+0,80	
34.	Kyra Wesemann	MSV-Zeemacht	NED	200201440	30.98	+0,31	
35.	Jet van Oudheusden	ZOB'66	NED	200401012	31.16	+0,82	
36.	Jamie Stals	ZPC De Rog Weert	NED	200401678	31.20	+0,70	
	Leonie Veldhuis	SG Octopus - ZVV	NED	200301768	31.20		
38.	Hannah Elting	ENC Arnhem	NED	200402702	31.45	+0,60	
39.	Lieke Stoker	WS Twente	NED	200301412	31.68	+0,82	
40.	Renske Driessen	PWC Buitenpost	NED	200405636	32.07	+0,80	
41.	Natasha de Geus	Poseidon'56	NED	200403698	32.14	+0,70	
42.	Eline Pathuis	Bubble	NED	200300408	32.26		
43.	Kyra Kootstra	PWC Buitenpost	NED	200501834	32.59	+0,78	
44.	Daphne van Rees	SG Octopus - ZVV	NED	200301766	32.67	+0,84	
45.	Chaïra Scholte	Z&PC de Inktvis	NED	200304478	32.70	+0,81	
46.	Yasmin Canter Visscher	MSV-Zeemacht	NED	200505446	32.74	+0,84	
47.	Margreet Bosch	PWC Buitenpost	NED	200400470	33.57	+0,88	
48.	Zoë van der Reijden	LinK	NED	200505296	37.10	+0,89	
49.	Marit Gerritsen	WS Twente	NED	200200664	37.80	+0,74	





Open Nederlandse Masters
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Programmanr. 35, Dames, 50m vrije slag, Masters 20+

rang	naam	vereniging			tijd	RT	PARA
50.	Esmeralda Elbers	Blue Marlins	NED	200404888	38.55	+0,97	

Masters 25+

1.	Babette van der Kaaij	Blue Marlins	NED	199902234	27.16	+0,87	
2.	Anne Fleur Willemsen	Azuro	NED	199901396	27.52	+0,84	
3.	Marre Zandringa	Orca Leeuwarden	NED	199701136	27.71	+0,82	
4.	Tamara Grove	De Dolfijn	NED	199601266	27.73		
5.	Laura Setz	Bubble	NED	200000130	28.42		
6.	Manon Kloosterman	Zwemlust- den Hommel	NED	199702082	28.62		
7.	Marcella van der Ent	De Duck	NED	199600174	29.00	+0,78	
8.	Alisha Vieira	Blue Marlins	NED	199904554	29.21		
9.	Kelly de Jonge	Poseidon'56	NED	199701210	29.53		
10.	Carolien Baarda	Z&PC de Inktvis	NED	199704060	29.78	+0,63	
11.	Babet Kruger	VZC	NED	200003390	30.05	+0,74	
12.	Alies Wagter	Steenwijk 1934	NED	199900840	30.07	+0,83	
13.	Marijke Drent	Bubble	NED	199906232	30.21	+0,90	
14.	Laurien Van Nieuwenhove	MEGA Zwemteam	BEL	MEGA/20663/99	30.22	+0,81	
15.	Ellen ter Stege	ENC Arnhem	NED	199900604	30.62	+0,66	
16.	Rianne Bresser	Poseidon'56	NED	199900690	30.68		
17.	Marleen Hof	WS Twente	NED	199802464	30.72		
18.	Sheila ten Voorde	SG Octopus - ZVV	NED	199904538	30.76		
19.	Evelien de Jong	Neptunia '24	NED	199805316	30.84	+0,84	
20.	Melissa Schuurman	EZCL (SG)	NED	200006800	30.86	+0,69	
21.	Annemarie ten Have	ZuiderZeeZwemmers	NED	199802662	30.99	+0,76	
22.	Laura ter Stege	CWW Swimteam	NED	199602364	31.16		
23.	Astrid Wibbelink	Steenwijk 1934	NED	199600006	31.35		
24.	Marielle van der Vaart	ZV Vlaardingen-Schiedam	NED	200000994	31.45		
25.	Mandy Swart	ZPC Amersfoort	NED	199904916	31.46	+0,64	
26.	Sabine Lageweg	Steenwijk 1934	NED	199900926	31.56	+0,58	
27.	Danitscha Werter	WWV Winterswijk	NED	199804958	31.57		
28.	Tamara van den Brink	NieMo Barracuda	NED	199804182	31.86	+0,63	
29.	Marouscha de Vries	DAW	NED	199906628	32.50	+0,85	
	Romy Jalving	HZ&PC Heerenveen	NED	200000616	32.50		
31.	Judith Kleinjan	De Duck	NED	199802710	33.11	+0,88	
32.	Ellen Jager	PWC Buitenpost	NED	199801384	34.36		
33.	Mirna Wolters	De Plons	NED	199802046	34.41	+0,80	
34.	Ellen Rikken	SG Octopus - ZVV	NED	199604574	34.77	+0,95	
35.	Rebecca de Klein	DZ&PC	NED	200002812	34.83		
36.	Reina Poelman	Bubble	NED	199900802	35.01	+0,98	
37.	Melanie Zondag	ZC Polaris	NED	199804476	35.32	+0,98	
38.	Kim Hamakers	ZPC De Rog Weert	NED	199803214	37.21		
39.	Sylvia Hidding	H2Oldambt	NED	199603886	47.79		
NG	Iris van Rossum	ACZ	NED	200004858			

Masters 30+

1.	Anja Mus	HZ&PC Heerenveen	NED	199403928	27.32		
2.	Kira Toussaint	De Dolfijn	NED	199400990	27.38	+0,65	
3.	Marcha Admiraal	De Geul	NED	199300012	28.33	+0,59	
4.	Karin Rijkelijhuizen	DZ&PC	NED	199403358	28.43		
5.	Denise Boereboom	NieMo Barracuda	NED	199202144	29.31	+0,76	
6.	Mariska Scheel	ACZ	NED	199306344	29.50	+0,71	
7.	Joanne van Essen	ZPC Amersfoort	NED	199303506	29.85		
8.	Tessa van Dijk-Mosch	MSV-Zeemacht	NED	199102172	30.00		
9.	Annemiek Meulenbeld	Orca Leeuwarden	NED	199506230	30.78		
10.	Naomi Hofsink	TriVia	NED	199402508	30.83	+0,83	
11.	Lotte Eising	ZPC Amersfoort	NED	199502098	30.88	+0,69	
12.	Phedra Van Daele	MEGA Zwemteam	BEL	MEGA/21311/93	30.96	+0,81	
13.	Leontine Groeneveldt	De Duck	NED	199303526	31.20	+0,60	
14.	Nanda Wobben-de Vries	Steenwijk 1934	NED	199204328	31.27	+0,83	
15.	Marijke Kommers	NieMo Barracuda	NED	199305334	31.99		
16.	Giulia Rolloos	NieMo Barracuda	NED	199500946	32.28	+0,80	
17.	Marije Oosterhuis	Azuro	NED	199500318	32.46	+0,80	601
18.	Alma Janssen	Zegenwerp	NED	199401078	32.73	+0,79	





Open Nederlandse Masters
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Programmanr. 35, Dames, 50m vrije slag, Masters 30+

rang	naam	vereniging		tijd	RT	PARA
19.	Celine Bakker	DAW	NED 199302562	33.17	+0,71	
20.	Janneke van de Poele	De Duck	NED 199301128	33.85		
21.	Anna Lauxen	Steenwijk 1934	NED 199108154	33.97	+0,89	
22.	Marjan Rikken	SG Octopus - ZVV	NED 199206114	34.76		
23.	Lisa Smit	Thor	NED 199208106	50.05		

Masters 35+

1.	Elmi Roelofsen	SG Octopus - ZVV	NED 199008198	28.69	+0,27	
2.	Monique van Huizen	AZC	NED 198706236	29.89		
3.	Nienke van Stipriaan	Zwemvereniging Hoogland	NED 198703970	30.57	+0,97	
4.	Lisanne Andeweg	ZuiderZeeZwemmers	NED 198800092	32.15	+0,71	
5.	Ilse van den Wijngaard	ZPC Woerden	NED 198904736	32.28	+0,77	
6.	Esther Boerdam-Delfos	AZC	NED 198705256	35.00		
7.	Juliska Coenders-Peijnenburg	TRB-RES	NED 199008502	36.86	+0,86	
8.	Marieke Weering	De Plons	NED 198704550	37.92	+0,80	
9.	Monique Kok	SG Octopus - ZVV	NED 198605398	38.00	+0,89	
DIS	Kimberley Whittington	VZC	NED 198704616			

AQ - Draagt zwemkleding niet conform het bepaalde in het reglement.

Masters 40+

1.	Marije Jansen	ZPC Amersfoort	NED 198504088	29.86	+0,61	
2.	Laura Badoux	DAW	NED 198200038	31.34		
3.	Mireille Nijhuis	Swol 1894	NED 198102368	31.87		
4.	Renee de Kok	V.Z.V. Njord	NED 198403350	32.55	+0,76	
5.	Marijn Post	ENC Arnhem	NED 198101194	32.74	+0,63	
6.	Sandra Schellekens	Neptunus'58	NED 198503416	32.90	+0,82	
7.	Anne Besseling-de Jong	De Geul	NED 198102084	33.51	+0,69	
8.	Tessa Zwart-Piek	DZ&PC	NED 198102360	34.07	+0,65	

Masters 45+

1.	Delia Badoux	WVZ	NED 198000042	28.17	+0,77	
2.	Anke Lambooj	AZL	NED 198001182	29.27		
3.	Janneke Harmsen-Bakker	PSV	NED 197700938	29.89	+0,78	
4.	Krista de Reus-Trompetter	DZ&PC	NED 197600520	31.53	+0,90	
5.	Esther Poortvliet - Koedam	De Duinkickers	NED 198001824	32.52	+0,89	
6.	Marian Nederlof	De Geul	NED 197600950	33.43	+0,68	
7.	Alma Knegt-Besseminders	De Spatters	NED 197601064	34.22		
8.	Inge Roskam	De Duinkickers	NED 197801296	34.65	+0,77	
9.	Sandra Van der Helm	ZPC De Rog Weert	NED 197801340	35.93	+0,82	
10.	Greetje Vos	Aqualero	NED 197901594	36.04	+0,89	
11.	Ilonka van der Meer	LinK	NED 197601168	36.10		
12.	Leonie Scholten	Steenwijk 1934	NED 197901560	39.14	+0,89	
13.	Clementine van Bruxvoort	Feijenoord Albion	NED 197700138	40.80	+0,92	
14.	Katrin Glatzer	ZPC Amersfoort	NED 197601200	41.39		
15.	Jessica van Velzen	Swol 1894	NED 197601122	42.51		294

Masters 50+

1.	Carla Geurts	PSV	NED 197100178	29.85	+0,62	
2.	Yvette Ratering	CWW Swimteam	NED 197200990	30.49	+0,82	
3.	Gudule van der Meer	PSV	NED 197200396	31.15	+0,68	
4.	Edith Janssen-Koolen	TRB-RES	NED 197300898	31.19		
5.	Esther ten Kate	Avéna	NED 197100310	31.61	+0,57	
6.	Rebecca Irvine-Pronk	De Otters Het Gooi	NED 197500982	32.78	+0,89	
7.	Katharina Schlipp	AZL	NED 197301004	33.64	+0,65	
8.	Nicole Millers	SV Wuppertal-Neuenhof 1930 e.GER	414983	38.61	+0,77	
9.	Martine Stahlie-Bos	TriVia	NED 197401054	41.55	+0,89	



Programmanr. 35, Dames, 50m vrije slag

Masters 55+

1.	Lesley Cordial	ZPC Amersfoort	NED	196700684	30.02	
2.	Carol Hollemans	ACZ	NED	196900252	31.04	+0,60
3.	Marjo Goelema-Koek	De Biesboschzweimmers	NED	196900192	31.49	+0,81
4.	Jacqueline Tuin	DAW	NED	196600690	33.67	+0,81
5.	Regine Beckers-Stribos	ZPC De Rog Weert	NED	197000492	34.05	
6.	Annette Wijnja-Visser	De Biesboschzweimmers	NED	196700528	34.06	+0,82
7.	Karin Sagonas-Koolen	V.Z.V. Njord	NED	197000964	35.35	
8.	Sandra Daamen-Posma	AZC	NED	196800854	37.63	
9.	Rommie van Ginneken	HZ&PC Heerenveen	NED	196901112	37.77	+0,80
10.	Daniëlle Schipper	ZOB'66	NED	197001078	38.92	+0,73
11.	Annette van Dok	MSV-Zeemacht	NED	196800742	42.01	
12.	Roselinda van der Vlugt	De Geul	NED	196700710	44.23	

Masters 60+

1.	Marjan Remmits-de Lange	ZPC Amersfoort	NED	196300518	32.04	+0,93
2.	Karin van der Star-Verhoeven	ENC Arnhem	NED	196100382	34.62	
3.	Wilna Heijman	Steenwijk 1934	NED	196400506	36.84	+0,86
4.	Christine Buist	De Duinkickers	NED	196400608	38.03	+0,79
5.	Yoka de Vegt-van Dijk	ENC Arnhem	NED	196200420	38.14	

Masters 65+

1.	Atie Pijtak-Radersma	ZPC Amersfoort	NED	195600048	32.90	
2.	Marijke Kraak-Beckers	Swol 1894	NED	196000240	35.18	+0,91
3.	Linda Wibbelink	Steenwijk 1934	NED	195900158	36.92	+0,76
4.	Jennie Resink-lindeboom	DWK	NED	196000142	39.80	
5.	Trui Knijnenburg	D.E.S.	NED	195800266	41.60	
6.	Hannie Poletiek	TriVia	NED	195900278	41.69	+0,83
7.	Marion Kolkman-Pluim	ENC Arnhem	NED	196000330	41.77	+0,97
8.	Ria Peters-Veurman	ENC Arnhem	NED	195800242	43.12	
9.	Karien Musters	Old Dutch	NED	195800236	56.41	

Masters 70+

1.	Christine Nieuwenhuis	Swol 1894	NED	195100022	34.28	+0,76
2.	Gonnie Bak	PSV	NED	195100064	47.35	+0,95
3.	Geerdien Meerwaldt	De Geul	NED	195200058	54.82	+0,98
NG.ZA	Dagmar Hilden Kuntz	Swimming Luxembourg	LUX			

Masters 75+

1.	Conny Boer-Buys <i>Nederlands Masters Record</i>	ZV Vlaardingen-Schiedam	NED	195000006	35.34	+0,99
2.	Corrie Verhoeven	PSV	NED	194600026	38.68	+0,65
3.	Annet Verhoeven - Steggerda	De Duinkickers	NED	194600024	49.12	

Masters 80+

1.	Loekie van Huissteden	ZPC Amersfoort	NED	194500002	55.03	
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Masters 90+

1.	Lottie Geurts	PSV	NED	193500006	1:03.67	
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Open Nederlandse Masters
Kampioenschappen 2025 lange baan
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Programmanr. 36
11-5-2025 - 15:05

Heren, 50m vrije slag

Masters Open
Resultaten

rang	naam	vereniging			tijd	RT	PARA
Masters 20+							
1.	Michael Smink	Blue Marlins	NED	200302169	24.03	+0,66	
2.	Luc Mul	DAW	NED	200201025	24.57	+0,57	
3.	Lars Kerremans	Hellas-Glana	NED	200100305	24.78	+0,95	
4.	Erik van Gemert	Poseidon'56	NED	200300587	25.13	+0,76	
5.	Thomas Vastenhout	ZPCH	NED	200204545	25.30	+0,71	
6.	Gerard Willighagen	Poseidon'56	NED	200103663	25.65	+0,81	
7.	Jorian Darwinkel	HZ&PC Heerenveen	NED	200300565	25.74	+0,70	
8.	Junior Vermeulen	De Bevelanders	NED	200103363	25.79	+0,71	
9.	Daan Hoogendoorn	ZPC Woerden	NED	200500113	25.84	+0,72	
10.	Daan Schra	MZ&PC De Reest	NED	200203271	25.94	+0,78	
11.	Niels van der Mast	ZOB'66	NED	200401917	25.97	+0,44	
12.	Mart de Koning	ZOB'66	NED	200203253	26.24	+0,54	
13.	Mees Minneboo	MSV-Zeemacht	NED	200203465	26.29	+0,73	
14.	Fayssal Lantema	Zwemlust- den Hommel	NED	200101379	26.31	+0,74	
15.	Remco Dijkstra	HZ&PC Heerenveen	NED	200100789	26.45	+0,73	
16.	Roan Altena	PWC Buitenpost	NED	200303255	26.50	+0,76	
17.	Ilmar Stoop	ZuiderZeeZwemmers	NED	200100871	27.00	+0,64	
18.	Sytze van Stein	ZVL-1886	NED	200501155	27.01	+0,66	
19.	Tiemen Jonkman	DZ&PC	NED	200301193	27.12	+0,62	
20.	Jelle Opmeer	ZPC Amersfoort	NED	200100269	27.19	+0,70	
21.	Julian Mes	ZOB'66	NED	200103755	27.20	+0,89	
22.	Kevin Vermeulen	Bubble	NED	200203849	27.36		
23.	Jorick van Bon	ZPC Amersfoort	NED	200300091	27.64	+0,73	
24.	Ruben Zwartebol	ZPC Woerden	NED	200102651	27.90	+0,53	
25.	Wessel Haverkamp	ENC Arnhem	NED	200204755	28.52	+0,72	
26.	Lasse Ophuis	WS Twente	NED	200400027	28.55		
27.	Reinier Velthuijs	NieMo Barracuda	NED	200503537	28.69	+0,77	
28.	Boaz Troost	ZOB'66	NED	200100371	29.05	+0,74	
29.	Dennis v.d. Bok	z.c De Schotejil	NED	200504015	30.16		
DIS	Milan de Roo	ZPC Woerden	NED	200102215			

AA - De start ingezet voor het startsignaal (en wel gezwommen).

Masters 25+

1.	Ryan van den Ouden	Poseidon'56	NED	199900377	25.61		
2.	Doran Paap	ZV Westland	NED	200000301	25.63	+0,72	
3.	Mirko van Ligtenberg	De Granaet	NED	199800735	25.73	+0,65	
4.	Benjamin Vermeulen	DWK	NED	200003721	25.84	+0,87	
5.	Arjan Dekker	Bubble	NED	200000499	25.87	+0,66	
6.	Nino van Krimpen	ZOB'66	NED	200004611	26.08	+0,70	
	Kevin Roest	Zwemvereniging Hoogland	NED	200001223	26.08	+0,78	
8.	Auke Jan Ytsma	Orca Leeuwarden	NED	199900905	26.33	+0,79	
9.	Bouke van der Zaag	PWC Buitenpost	NED	199602255	26.59	+0,77	
10.	Robin Meuwissen	Hellas-Glana	NED	199602601	26.66	+0,89	
11.	Sam Beer	Poseidon'56	NED	199605521	26.93		
12.	Mees Laar	ENC Arnhem	NED	199601719	27.50	+0,72	
13.	David Kievit	z.c De Schotejil	NED	199900325	27.75	+0,57	
14.	Nick Boekestijn	Westland Swimming Stars	NED	199900291	27.87	+0,68	
15.	Rob van Wier	HZ&PC Heerenveen	NED	199900697	28.01		
16.	Auke Sijperda	AZC	NED	199905115	28.08	+0,53	
17.	Laurens Spoelstra	WS Twente	NED	199901273	28.25	+0,78	
18.	Patrick Wyrdean	Westland Swimming Stars	NED	199702475	28.39	+0,74	
19.	Erik Baalbergen	ZVL-1886	NED	199805775	28.63	+0,84	
20.	Arthur Lale-Demoz	NieMo Barracuda	NED	199705767	28.66	+0,68	
21.	Diederik de Boer	Steenwijk 1934	NED	200000269	28.80		
22.	Jelle Heijman	Steenwijk 1934	NED	200000635	29.23	+0,80	
23.	Wout Wilens	EZCL (SG)	NED	200001431	29.26		
24.	Erik Cooman	De Duinkickers	NED	199705121	29.36	+0,86	
25.	Sven Dubbeld	z.c De Schotejil	NED	199601141	29.42		
26.	Ids de Klerk	NieMo Barracuda	NED	199803237	29.70	+0,81	





Open Nederlandse Masters
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Programmanr. 36, Heren, 50m vrije slag, Masters 25+

rang	naam	vereniging		tijd	RT	PARA
27.	Ardy Zwanenburg	AZC	NED 199902061	30.56	+0,84	
28.	Mathijs Krieger	EZCL (SG)	NED 199905361	32.44	+0,79	
NG	Ian van Mullen	ZOB'66	NED 199602545			
NG	Jelle Blankestijn	ZPC Amersfoort	NED 199803737			

Masters 30+

1.	Felix Geenen	DAW	NED 199501085	24.03	+0,74	
2.	Bas Dries	Zwemvereniging Hoogland	NED 199505177	24.19		
3.	Jeroen Baars	NieMo Barracuda	NED 199200031	24.23	+0,76	
4.	Eric Rodríguez Ramos	Club Natacio Swimfaster Salt	ESP	25.60	+0,72	
5.	Erik Nijholt	DZ&PC	NED 199401349	25.74		
6.	Jesper Oranje	De Duck	NED 199200997	25.93	+0,70	
7.	Bas Braun	ZPC Amersfoort	NED 199106545	25.99	+0,82	
8.	Michel de Maesschalck	DAW	NED 199101525	26.20	+0,73	
9.	Stefan Petersen	Blue Marlins	NED 199403067	26.28	+0,92	
10.	Jelle Nap	VZC	NED 199502875	26.43	+0,79	
11.	Pieter Ytsma	ZV Zaltbommel	NED 199501809	26.65	+0,72	
12.	Laurens de Nijn	ZPCH	NED 199107861	27.02	+0,71	
13.	Dirk van der Eems	Orca Leeuwarden	NED 199501565	27.62	+0,76	
14.	Bram Siebers	EZCL (SG)	NED 199302241	27.78	+0,82	
15.	Bryan Morsink	GZC Donk	NED 199101629	27.94	+0,78	
16.	Rutger Hoving	PWC Buitenpost	NED 199503661	28.36	+0,84	
17.	Cars Wiegmann	WS Twente	NED 199401025	28.86	+0,70	
18.	Jaime Santiago Patterson	ZVL-1886	NED 199406797	29.00	+0,64	
19.	Patrick Brouwer	AZC	NED 199303715	29.66	+0,76	
20.	Erik Koop	Aqua-Novio '94	NED 199506381	29.83	+0,79	
21.	Arnold Hofman	DZ&PC	NED 199406759	31.82	+0,72	
22.	Derek Valkenier	MSV-Zeemacht	NED 199207397	32.31		
23.	Patrick Wobben	Steenwijk 1934	NED 199300559	34.52	+0,92	
24.	Mike van der Sanden	PSV	NED 199506349	36.40	+0,57	

Masters 35+

1.	Marc Kremer	TriVia	NED 199004667	25.62	+0,76	
2.	Pascal van Haren	NieMo Barracuda	NED 198704101	25.74	+0,67	
3.	Olaf Achterberg	VZC	NED 199000011	25.98	+0,69	
4.	Sander de Vrugt	ENC Arnhem	NED 198903499	26.13		
5.	Craig Frankum	O.Z. & P.C. De Warande	NED 199007759	26.45	+0,70	
6.	Matthew Humphreys	MSV-Zeemacht	NED 198906983	27.75	+0,83	
7.	Robert Braad	Steenwijk 1934	NED 198600407	27.79	+0,68	
8.	Nick Breukelman	SwimGym	NED 199007773	28.39	+0,79	
9.	Bram Piederiet	ZV Vlaardingen-Schiedam	NED 199007757	28.60	+0,80	
10.	Remco van der Graaf	De Geul	NED 198704007	29.19	+0,86	
11.	Niels Albrechts	z.c De Schotejil	NED 198800039	29.39	+0,63	
12.	Mitchell van Uitert	De Geul	NED 199004067	30.14	+0,82	
13.	Erik Meijer	Thor	NED 198704113	35.95		

Masters 40+

1.	Alan Smeets	Zwemsport Parkstad	NED 198402089	25.76	+0,82	
2.	Federico Cappello	Luxembourg Sharks Swimming	CLUX 9598	26.25		
		<i>Luxemburg Masters Record</i>				
3.	Jim Geestman	Poseidon'56	NED 198300699	26.92	+0,84	
4.	Ivan van Omme	De Geul	NED 198201263	27.02	+0,92	
5.	Anko Eefting	TriVia	NED 198300607	27.86		
6.	Ignacio García Rodríguez	ACZ	NED 198504015	28.03		
7.	Benoit Gasner	D.E.S.	NED 198102645	29.66	+0,65	
8.	Jan-Eggo Huininga	HZ&PC Heerenveen	NED 198401001	30.68	+0,96	
9.	Frans Kooijman	Poseidon'56	NED 198303185	34.00	+0,97	



Programmanr. 36, Heren, 50m vrije slag

Masters 45+

1.	Jeroen Zelsmann	ZPC Amersfoort	NED	197701551	25.52	+0,60
2.	Erwin Buist	ZPC Amersfoort	NED	197800183	26.13	+0,74
3.	Ruud Holswilder	ZPCH	NED	197800435	26.32	+0,97
4.	Jasper van Heijst	ZPCH	NED	197601699	26.53	+0,60
5.	Bas van den Nouwelant	ZV Vlaardingen-Schiedam	NED	198001103	27.82	+0,71
	Rik Regtering	ENC Arnhem	NED	197900999	27.82	
7.	Arjen Nieveen	DZ&PC	NED	198002545	28.27	+0,56
8.	Mark Zwart	Zwemlust- den Hommel	NED	197901461	28.58	+0,86
9.	Pieter Broek	Westland Swimming Stars	NED	197701637	28.66	+0,77
10.	Berry van Holland	TriVia	NED	198000603	29.30	+0,75
11.	Tom Bandsma	PSV	NED	197701625	31.86	
12.	Paul Rutten	ENC Arnhem	NED	198001293	33.76	+0,64
13.	Peter Herzig	Schwimmverein beider Basel	SUI	110273	34.59	+0,98
NG	Vincent Versteeg	Zwemlust- den Hommel	NED	197701003		

Masters 50+

1.	Arjan Verheij	ZPC De Rog Weert	NED	197101617	28.01	
2.	Jacco Schaap	PSV	NED	197401611	28.36	+0,79
3.	Peter Meijer	DZ&PC	NED	197300613	28.64	
4.	Michael van der Reijden	ZV Vlaardingen-Schiedam	NED	197501575	28.72	+0,76
5.	Jeroen Temme	TriVia	NED	197201703	29.92	
6.	Michael Go	AZC	NED	197501397	31.73	
7.	Rob van de Ven	Neptunus'58	NED	197101695	32.94	+0,69
8.	Erwin Veenhoven	ZVL-1886	NED	197101793	33.61	+0,98
9.	Alberto Randazzo	D.E.S.	NED	197101757	34.29	
10.	Maxim Hardziyenka	Swol 1894	NED	197201723	34.91	+0,73
11.	Jeroen Hoeksel	ZV Vlaardingen-Schiedam	NED	197401533	35.41	

Masters 55+

1.	Chester Marsman	ZPC Amersfoort	NED	196900671	26.94	
2.	Richard Rickson	Hellas-Glana	NED	197000841	27.71	+0,79
3.	Hugues Herman	Cercle De Natation Sportcity WolBEL	CNSW/014976/66		28.99	+0,64
4.	Frank Pater	Polizei SV Oldenburg	GER	84386	30.19	+0,87
5.	Teus Krijgsman	ACZ	NED	196600431	30.44	+0,96
6.	Ingmar de Gelder	ZOB'66	NED	197000333	30.51	
7.	Wridzer Bakker	ENC Arnhem	NED	196701711	31.01	+0,98
8.	Thijs Jellema	De Granaet	NED	196901851	31.80	+0,99
9.	Marcel Brittijn	De Duinkickers	NED	196900159	32.19	+0,70
10.	Erik Zoethout	Aqualero	NED	196901157	32.35	+0,87
11.	Leon Slingerland	WVZ	NED	196801707	32.98	+0,97
12.	Gertjan van der Vaart	ZV Vlaardingen-Schiedam	NED	196801529	34.55	+0,74
13.	Eric Dumas	SG Patrick - De Roersoppers	NED	196901397	34.95	+0,89
14.	Maarten Koolman	Steenwijk 1934	NED	196801649	47.99	

Masters 60+

1.	Eric de Haas	De Treffers	NED	196501275	30.19	+0,80
2.	Erik Saan	De Duck	NED	196500769	30.32	
3.	Theo Bakker	TriVia	NED	196401231	30.70	
4.	Pieter-Sjoerd de Wijn	D.E.S.	NED	196501027	32.71	
5.	Pierre de Groot	GZC Donk	NED	196401431	36.85	+0,87

Masters 65+

1.	Erik Kamphuis	ZPC De Rog Weert	NED	196001035	31.67	+0,86
2.	Peter Coffeng	GZC Donk	NED	195700063	36.27	+0,95
3.	Wiebren Dijkstra	HZ&PC Heerenveen	NED	195800745	36.31	



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Programmanr. 36, Heren, 50m vrije slag

Masters 70+

1.	Brend Brevé	PSV	NED	195200265	31.45	
2.	Harry Dokter	Swol 1894	NED	195100037	31.79	+0,84
3.	Laurens Klein Breteler	WS Twente	NED	195400109	35.71	+0,89
4.	Jappie Kuiper	Swol 1894	NED	195500417	37.00	
5.	Jos Kamps	Zwemvereniging Hoogland	NED	195100085	39.58	+0,93
6.	Rob Berkhof	Swol 1894	NED	195200245	41.59	

Masters 75+

1.	Piet Schop	De Bevelanders	NED	195000109	36.74	
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Masters 80+

1.	Willem Putter	ZV Vlaardingen-Schiedam	NED	194500135	38.15	
NG.ZA	Geza Kaltenecker	AZC	NED	194200065		
BM	Niels Dijkshoorn	PSV	NED	200203079	24.45	+0,75

Programmanr. 37
11-5-2025 - 15:40

Dames, 100m vlinderslag

Masters Open
Resultaten

rang naam	vereniging			tijd	RT	PARA	50m	100m
Masters 20+								
1.	Marit Huisman	WVZ	NED	200502620	1:04.94	+0,74	29.75	1:04.94
2.	Silke Molendijk	ZVL-1886	NED	200100178	1:06.09	+0,82	31.12	1:06.09
3.	Michelle van Wijk	WWV Winterswijk	NED	200204746	1:06.22	+0,77	30.74	1:06.22
4.	Vivianne Woltjes	VZC	NED	200501524	1:08.84		31.44	1:08.84
5.	Jolijn Liezen	Steenwijk 1934	NED	200500518	1:09.20	+0,76	31.72	1:09.20
6.	Nienke Bakker	TriVia	NED	200501178	1:11.95	+0,78	32.62	1:11.95
7.	Olena Dijkstra	Orca Leeuwarden	NED	200202624	1:12.19		32.62	1:12.19
8.	Jelsie van Ruijven	ZVL-1886	NED	200500282	1:13.81		34.04	1:13.81
9.	Esmee Wijnmaalen	De Geul	NED	200100298	1:16.69	+0,78	35.11	1:16.69
10.	Femke-Romy Wiersma	Neptunia '24	NED	200103078	1:17.96	+0,87	35.87	1:17.96
11.	Jessica Braat	AZC	NED	200205684	1:18.90		35.34	1:18.90
12.	Noa de Bock	De Duck	NED	200300318	1:19.37	+0,71	36.63	1:19.37
13.	Leonie Veldhuis	SG Octopus - ZVV	NED	200301768	1:19.57	+0,92	36.60	1:19.57
14.	Romée Beverdam	WS Twente	NED	200100158	1:19.92	+0,84	36.29	1:19.92
15.	Lianne van Wier	HZ&PC Heerenveen	NED	200200438	1:20.83	+0,74	33.91	1:20.83
16.	Natasha de Geus	Poseidon'56	NED	200403698	1:24.64		39.71	1:24.64
17.	Naomi Janssen	Neptunus'58	NED	200401816	1:25.75	+0,81	39.66	1:25.75
18.	Lisette Dooper	HZ&PC Heerenveen	NED	200201678	1:25.84	+0,81	37.36	1:25.84
19.	Sabine Uytdewilligen	ENC Arnhem	NED	200502654	1:28.46	+0,71	39.73	1:28.46
20.	Cynthia Koolman	Steenwijk 1934	NED	200300232	1:40.10		44.75	1:40.10
	NG AnneMarijn Damhoff	Z&PC de Inktvis	NED	200501000				
	NG Amber Hesper	NieMo Barracuda	NED	200202188				

Masters 25+

1.	Anne Fleur Willemsen	Azuro	NED	199901396	1:03.74	+0,84	29.72	1:03.74
2.	Melissa van der Heijden	NieMo Barracuda	NED	199605226	1:09.53	+0,57	32.47	1:09.53
3.	Anne Noom	Het Y	NED	199800062	1:11.11	+0,56	32.18	1:11.11
4.	Marcella van der Ent	De Duck	NED	199600174	1:11.19	+0,79	31.61	1:11.19
5.	Lisanne Seising	VZC	NED	200002084	1:13.53	+0,61	33.93	1:13.53
6.	Kelly de Jonge	Poseidon'56	NED	199701210	1:14.26	+0,80	34.25	1:14.26
7.	Kaylee de Jong	ZPCH	NED	200001234	1:15.22	+0,94	34.83	1:15.22
8.	Mirelle de Kort	Neptunus'58	NED	200005546	1:17.08		35.81	1:17.08
9.	Rianne van Rijssen	Noord-Veluwe	NED	199702360	1:21.17		37.05	1:21.17
10.	Sabine Lageweg	Steenwijk 1934	NED	199900926	1:21.29	+0,72	35.84	1:21.29
11.	Cynthia van Veen	ZVL-1886	NED	199606736	1:40.65	+0,59	43.14	1:40.65





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Programmanr. 37, Dames, 100m vlinderslag, Masters 25+

rang naam	vereniging			tijd	RT	PARA	50m	100m
12. Sylvia Hidding	H2Oldambt	NED	199603886	2:13.35	+0,74		1:02.49	2:13.35

Masters 30+

1. Leonie van Noort	WVZ	NED	199301752	1:08.44	+0,88		31.76	1:08.44
2. Mariska Scheel	ACZ	NED	199306344	1:10.12	+0,90		33.48	1:10.12
3. Marcha Admiraal	De Geul	NED	199300012	1:11.47	+0,74		32.81	1:11.47
4. Fiona Meuffels	PSV	NED	199504366	1:15.24	+0,73		34.54	1:15.24
5. Lotte Eising	ZPC Amersfoort	NED	199502098	1:25.94	+0,98		36.60	1:25.94
6. Alma Janssen	Zegenwerp	NED	199401078	1:26.61			40.34	1:26.61
7. Nada Lisa Hut	Aqualero	NED	199307280	1:37.38			44.79	1:37.38

Masters 35+

1. Jacyntha Plat	Steenwijk 1934	NED	199002956	1:15.84			34.00	1:15.84
2. Monique van Huizen	AZC	NED	198706236	1:19.94	+0,81		36.74	1:19.94
3. D. van den Hoogenband	Z&PV Nuenen	NED	199001558	1:23.57	+0,38		37.59	1:23.57

Masters 40+

1. Viktória Háden-Felföldi	Iron Swim	HUN	66/3267	1:09.69			32.48	1:09.69
2. Danielle Reijnders	AquAmigos	NED	198504234	1:12.73			33.97	1:12.73
3. Roos van Esch	ACZ	NED	198200468	1:16.37	+0,87		35.49	1:16.37
4. Marije Jansen	ZPC Amersfoort	NED	198504088	1:16.64	+0,78		35.48	1:16.64
5. Nadya Putter	ZV Vlaardingen-Schiedam	NED	198301630	1:18.28	+0,99		36.84	1:18.28
6. Claudia Schönitz	SV Gronau 1910 e.V.	GER	091249	1:20.74	+0,85		36.74	1:20.74
7. Michelle de Villiers	Hellas-Glana	NED	198302944	1:25.16	+0,74		37.71	1:25.16
NG Ann Wanter	Zwemclub Geel	BEL	ZGEEL/21082/82					

Masters 45+

1. Delia Badoux	WVZ	NED	198000042	1:09.59	+0,79		31.92	1:09.59
<i>Nederlands Masters Record</i>								
2. Annett von Rekowski	Schwimmverein Gera	GER	097868	1:18.73	+0,87		36.62	1:18.73
3. A. Glazema-Boelema	TriVia	NED	197701166	1:25.88	+0,88		39.10	1:25.88
4. Krista de Reus-Trompetter	DZ&PC	NED	197600520	1:29.84	+0,96		41.43	1:29.84
5. Esther Vergeest	ZPC De Rog Weert	NED	197700012	1:30.93	+0,80		40.71	1:30.93
6. Ute Kremer	SG Erkelenz-Hückelhoven	GER	492223	1:33.61	+0,80		43.06	1:33.61

Masters 50+

1. Olivia Lorton	Luxembourg Sharks Swimming	LUX	9981	1:17.31	+0,74		34.62	1:17.31
2. Mirjan den Drijver	Westland Swimming Stars	NED	197500884	1:19.77			35.83	1:19.77
3. Nathasja Konijn	GZC Donk	NED	197100992	1:39.36	+0,87		45.86	1:39.36

Masters 55+

1. Lidia v. Bon-Rosenbrand	ZPC Amersfoort	NED	197000054	1:15.58			35.57	1:15.58
<i>Nederlands Masters Record</i>								
2. Jeanne Petit	PSV	NED	197001020	1:18.52			34.92	1:18.52
3. Petra Blum	SG Bayer	GER	274174	1:24.56	+0,80		38.45	1:24.56
4. Bianca Groot	MSV-Zeemacht	NED	197000652	1:31.53			39.43	1:31.53
5. Peggi Hurenkamp	HZ&PC Heerenveen	NED	196900922	1:34.88	+0,99		43.99	1:34.88
6. K. van Nassau-van den Heuv	Old Dutch	NED	196600188	1:48.33			50.37	1:48.33

Masters 60+

1. Marjan Remmits-de Lange	ZPC Amersfoort	NED	196300518	1:27.24	+0,69		39.24	1:27.24
2. Margriet Grove-Lingeman	Triton	NED	196200080	1:31.38			41.93	1:31.38
3. Anita Steijger	WVZ	NED	196500628	1:39.72	+0,96		45.90	1:39.72





Open Nederlandse Masters
Kampioenschappen 2025 lange baan
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Programmanr. 37, Dames, 100m vlinderslag

Masters 75+

1. A. Gilding-Tussaud	WS Twente	NED	195000038	2:28.59		1:08.81	2:28.59
<i>Nederlands Masters Record</i>							

Programmanr. 38
11-5-2025 - 15:57

Heren, 100m vlinderslag

Masters Open
Resultaten

rang naam	vereniging			tijd	RT	PARA	50m	100m
Masters 20+								
1. Michael Smink	Blue Marlins	NED	200302169	56.90	+0,70		26.04	56.90
2. Gerard Willighagen	Poseidon'56	NED	200103663	59.71	+0,72		27.60	59.71
3. Louis Kappler	Zwemlust- den Hommel	NED	200205067	1:01.14			28.41	1:01.14
4. Niels van der Mast	ZOB'66	NED	200401917	1:03.65	+0,68		29.91	1:03.65
5. Milan de Roo	ZPC Woerden	NED	200102215	1:04.09	+0,68		28.96	1:04.09
6. Niels Kragt	G.S.Z.V. De Golfbreker	NED	200300155	1:04.34	+0,63		29.45	1:04.34
7. Jort Vizeé	De Duck	NED	200201779	1:07.21	+0,69		31.05	1:07.21
8. Nigel Werring	Zwemlust- den Hommel	NED	200301503	1:08.60	+0,82		32.05	1:08.60
9. Sjoerd van der Wilt	VZC	NED	200501447	1:09.18	+0,61		30.61	1:09.18
10. Wessel Haverkamp	ENC Arnhem	NED	200204755	1:10.70	+0,99		32.47	1:10.70
11. Rik Stahlie	TriVia	NED	200201915	1:11.19	+0,78		31.54	1:11.19

Masters 25+

1. Sander Kirillova	WVZ	NED	199800121	59.50	+0,23		27.93	59.50
2. David Kuipers	HZ&PC Heerenveen	NED	200003633	1:01.99			28.63	1:01.99
3. Kevin Roest	Zwemvereniging Hoogland	NED	200001223	1:02.58	+0,79		29.44	1:02.58
4. Robin van Beek	ZVL-1886	NED	199704023	1:02.90	+0,55		28.62	1:02.90
5. Jordi de Nijs	MSV-Zeemacht	NED	199801851	1:03.77	+0,70		28.73	1:03.77
6. Ian Terlouw	ZPC Woerden	NED	200002345	1:03.83	+0,75		28.66	1:03.83
7. Mathieu Boers	WS Twente	NED	199800187	1:04.17	+0,80		28.64	1:04.17
8. Jesse van Dijk	ZuiderZeeZwemmers	NED	199903259	1:05.49	+0,70		28.77	1:05.49
9. Auke Jan Ytsma	Orca Leeuwarden	NED	199900905	1:06.94	+0,77		29.99	1:06.94
10. Kylian Kooijman	Steenwijk 1934	NED	199900763	1:10.45	+0,76		30.65	1:10.45
11. Jeroen Louwinger	De Rijn	NED	199900583	1:11.01			32.57	1:11.01
12. Erik Cooman	De Duinkickers	NED	199705121	1:11.27	+0,70		32.62	1:11.27
13. Patrick Wyrdeeman	Westland Swimming Stars	NED	199702475	1:12.08	+0,73		33.50	1:12.08
14. Ids de Klerk	NieMo Barracuda	NED	199803237	1:13.67	+0,94		33.72	1:13.67
15. Auke Sijperda	AZC	NED	199905115	1:15.29			32.63	1:15.29
16. Wout Wilens	EZCL (SG)	NED	200001431	1:23.48	+0,63		38.34	1:23.48
17. Sven Dubbeld	z.c De Schoteijl	NED	199601141	1:24.83	+0,75		37.39	1:24.83
NG Jelle Blankestijn	ZPC Amersfoort	NED	199803737					

Masters 30+

1. Jeroen Baars	NieMo Barracuda	NED	199200031	58.49	+0,76		26.57	58.49
2. Jesper Oranje	De Duck	NED	199200997	1:01.88	+0,87		27.44	1:01.88
3. Eric Rodriguez Ramos	Club Natacio Swimfaster Salt	ESP		1:02.65	+0,68		28.86	1:02.65
4. Bas Dries	Zwemvereniging Hoogland	NED	199505177	1:04.33	+0,70		28.21	1:04.33
5. Michel de Maesschalck	DAW	NED	199101525	1:04.62	+0,73		29.51	1:04.62
6. Bas Braun	ZPC Amersfoort	NED	199106545	1:05.58	+0,75		29.77	1:05.58
7. Jelle Nap	VZC	NED	199502875	1:05.72	+0,79		30.05	1:05.72
8. Jeroen Matthijssen	AZC	NED	199103751	1:08.50	+0,82		30.45	1:08.50
9. Pieter Ytsma	ZV Zaltbommel	NED	199501809	1:09.68	+0,72		31.57	1:09.68
10. Rutger Hoving	PWC Buitenpost	NED	199503661	1:09.78	+0,70		31.46	1:09.78
11. Tim de Vrught	ENC Arnhem	NED	199306719	1:10.63	*		30.55	1:10.63
12. Jaime Santiago Patterson	ZVL-1886	NED	199406797	1:16.71	+0,71		35.10	1:16.71
13. Robin van Beusekom	NieMo Barracuda	NED	199205841	1:18.01	+0,76		34.48	1:18.01
14. Erik Koop	Aqua-Novio '94	NED	199506381	1:24.98	+0,99		37.72	1:24.98





Open Nederlandse Masters
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Programmanr. 38, Heren, 100m vlinderslag

Masters 35+

1. Marc Kremer	TriVia	NED	199004667	1:00.69		28.50	1:00.69
2. Matteo Viani	Zwemlust- den Hommel	NED	199007717	1:01.06	+0,81	28.96	1:01.06
3. Rick Driezen	Steenwijk 1934	NED	198600713	1:04.12	+0,86	29.41	1:04.12
4. Craig Frankum	O.Z. & P.C. De Warande	NED	199007759	1:08.66	+0,85	31.32	1:08.66
5. Bram Piederiet	ZV Vlaardingen-Schiedam	NED	199007757	1:11.63	+0,88	33.19	1:11.63

Masters 40+

1. Rob van Vliet	ZPC Amersfoort	NED	198402459	1:13.19	+0,86	32.50	1:13.19
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Masters 45+

1. Casper Hut	HZ&PC Heerenveen	NED	197800471	1:04.11	+0,71	29.38	1:04.11
2. Erwin Buist	ZPC Amersfoort	NED	197800183	1:05.96		29.63	1:05.96
3. Heijmen van Vliet	De Geul	NED	198001637	1:08.82	+0,68	32.10	1:08.82
4. Jeroen Zelsmann	ZPC Amersfoort	NED	197701551	1:09.36	+0,77	31.34	1:09.36
5. Arjen Nieveen	DZ&PC	NED	198002545	1:13.00	+0,98	34.42	1:13.00
6. Markus van Rest	WVZ	NED	197701197	1:13.64	+0,82	31.67	1:13.64
7. Chris Hegeman	TriVia	NED	197601739	1:20.21	+0,41	35.61	1:20.21

Masters 50+

1. Frederic Tonus <i>Luxemburg Masters Record</i>	Luxembourg Sharks Swimming	LUX	10449	59.63	+0,71	27.42	59.63
2. Antwan van Engen	CWW Swimteam	NED	197101577	1:04.28	+0,80	29.64	1:04.28
3. Jacco Schaap	PSV	NED	197401611	1:09.98		32.27	1:09.98
4. Peter de Vries	HZ&PC Heerenveen	NED	197401601	1:16.31		35.40	1:16.31
5. Kai Kremer	SG Erkelenz-Hückelhoven	GER	468899	1:17.47	+0,93	35.74	1:17.47
6. Korstiaan de Boer	Steenwijk 1934	NED	197101629	1:24.33	+0,92	36.92	1:24.33
7. Marcel van Walt van Praag	Gay Swim Amsterdam	NED	197501425	1:35.30	+0,74	43.14	1:35.30

Masters 55+

1. Chester Marsman	ZPC Amersfoort	NED	196900671	1:08.04	+0,84	30.69	1:08.04
2. Bruno Nahon	Cercle De Natation Sportcity	BEL	CNSW/000390/70	1:18.55		35.94	1:18.55
3. Eymert van Rooij	PSV	NED	196601631	1:20.99	+0,85	39.23	1:20.99
4. Mathieu Rikken	De Duinkickers	NED	196701777	1:24.54	+0,91	37.46	1:24.54

Masters 60+

1. Robert de Brauwer	De Duinkickers	NED	196401383	1:29.72	+0,94	42.16	1:29.72
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Masters 65+

1. Hugo Bregman	WVZ	NED	195800069	1:07.72	+0,89	31.82	1:07.72
2. Peter Molecz	SC Diana	AUT	019219	1:24.55	+0,99	39.36	1:24.55
3. Paul Bunnik	Triton	NED	195600413	1:30.03	+0,96	43.08	1:30.03

Masters 80+

1. Rob Hanou	PSV	NED	194300109	3:01.78		1:22.28	3:01.78
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Kampioenschappen 2025 lange baan
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Programmanr. 39
11-5-2025 - 16:13

Dames, 50m schoolslag

Masters Open
Resultaten

rang	naam	vereniging			tijd	RT	PARA
Masters 20+							
1.	Anouchka Bos	NieMo Barracuda	NED	200501528	35.63	+0,83	
2.	Emi Schipper	ZOB'66	NED	200502126	35.86	+0,74	
3.	Janice Provoost	DWK	NED	200303076	35.88	+0,75	
4.	Silke Molendijk	ZVL-1886	NED	200100178	36.29	+0,69	
5.	Milou Demirel	Blue Marlins	NED	200501254	36.87	+0,75	
6.	Larissa de Vos	G.S.Z.V. De Golfbreker	NED	200502728	37.05	+0,83	
7.	Robin Spreeuw	De Columbiaan	NED	200501262	37.08	+0,75	
8.	Ingrid de Vries	De Granaet	NED	200100500	37.91	+0,83	
9.	Kim van Gemert	Poseidon'56	NED	200101968	38.15		
10.	Leonie van Wier	HZ&PC Heerenveen	NED	200200436	38.69	+0,70	
11.	Esmée van Peer	TriVia	NED	200201114	39.36	+0,63	
12.	Joyce Toonstra	Neptunia '24	NED	200501298	39.40		
13.	Babet van Andel	ZVL-1886	NED	200304308	40.09	+0,80	
14.	Amber van der Kruk	MSV-Zeemacht	NED	200102730	40.62	+0,89	SB14 581
15.	Maddy van der Hoeven	ZPC Amersfoort	NED	200401298	40.91	+0,68	
16.	Inge Dekker	HZ&PC Heerenveen	NED	200200476	41.00	+0,79	
17.	Daphne van Tilburg	De Geul	NED	200500580	41.27	+0,32	
18.	Ilse Kramer	TriVia	NED	200403072	41.63	+0,81	
19.	Kyra Wesemann	MSV-Zeemacht	NED	200201440	41.65	+0,85	
20.	Iris Lok	WS Twente	NED	200301094	41.74	+0,68	
21.	Jet van Oudheusden	ZOB'66	NED	200401012	41.97	+0,53	
22.	Pien Ooijman	WS Twente	NED	200504500	42.03	+0,97	
23.	Yasmin Canter Visscher	MSV-Zeemacht	NED	200505446	42.06	+0,99	
24.	Feline Slijkhuis	SG Octopus - ZVV	NED	200501042	42.10	+0,90	
25.	Nikki Douma	Hellas-Glana	NED	200102252	43.23	+0,60	
26.	Janneke Bierma	PWC Buitenpost	NED	200101892	43.53	+0,64	
27.	Chaïra Scholte	Z&PC de Inktvis	NED	200304478	45.22		
28.	Marit Gerritsen	WS Twente	NED	200200664	47.23	+0,62	
29.	Lieke Stoker	WS Twente	NED	200301412	47.36	+0,75	
NG	AnneMarijn Damhoff	Z&PC de Inktvis	NED	200501000			

Masters 25+

1.	Manon Kloosterman	Zwemlust- den Hommel	NED	199702082	35.65		
2.	Noël Iris Hettinga	Neptunia '24	NED	200002536	36.53	+0,80	
3.	Mandy Swart	ZPC Amersfoort	NED	199904916	36.93		
4.	Marijke Drent	Bubble	NED	199906232	37.29	+0,84	
5.	Carolien Baarda	Z&PC de Inktvis	NED	199704060	37.92	+0,45	
6.	Lisanne Seising	VZC	NED	200002084	37.93		
7.	Melissa van der Heijden	NieMo Barracuda	NED	199605226	38.15	+0,60	
8.	Lonneke Graansma	ZVL-1886	NED	199900936	38.40	+0,56	
9.	Laurien Van Nieuwenhove	MEGA Zwemteam	BEL	MEGA/20663/99	38.41		
10.	Noa Sanders	KSN (Sg)	NED	200002542	38.50	+0,79	
11.	Alisha Vieira	Blue Marlins	NED	199904554	38.77	+0,76	
12.	Mirelle de Kort	Neptunus'58	NED	200005546	38.96	+0,77	
13.	Daphne Dols	ZPC Woerden	NED	199904622	39.49		
14.	Babet Kruger	VZC	NED	200003390	40.24	+0,74	
15.	Rianne van Rijssen	Noord-Veluwe	NED	199702360	40.98		
16.	Maartje Hids	ZVL-1886	NED	199903042	41.04		
17.	Tamara van den Brink	NieMo Barracuda	NED	199804182	41.15	+0,75	
18.	Rianne Bresser	Poseidon'56	NED	199900690	41.24	+0,81	
19.	Danitscha Werter	WWV Winterswijk	NED	199804958	41.26	+0,57	
20.	Sheila ten Voorde	SG Octopus - ZVV	NED	199904538	41.55	+0,93	
	Melissa Schuurman	EZCL (SG)	NED	200006800	41.55	+0,67	
22.	Marouscha de Vries	DAW	NED	199906628	41.62	+0,74	
23.	Mariëlle van der Vaart	ZV Vlaardingen-Schiedam	NED	200000994	42.02	+0,77	
24.	Annemarie ten Have	ZuiderZeeZwemmers	NED	199802662	42.61		
25.	Laura ter Stege	CWW Swimteam	NED	199602364	43.34	+0,75	
26.	Astrid Wibbelink	Steenwijk 1934	NED	199600006	43.58	+0,58	
27.	Esmée Rolloos	NieMo Barracuda	NED	199800056	44.65	+0,88	
28.	Romy Jalving	HZ&PC Heerenveen	NED	200000616	45.31	+0,73	





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Programmanr. 39, Dames, 50m schoolslag, Masters 25+

rang	naam	vereniging			tijd	RT	PARA
29.	Mirna Wolters	De Plons	NED	199802046	47.49		

Masters 30+

1.	Karin Rijkelijhuizen	DZ&PC	NED	199403358	36.70	+0,64	
2.	Fiona Meuffels	PSV	NED	199504366	37.80	+0,72	
3.	Denise Boereboom	NieMo Barracuda	NED	199202144	37.92	+0,76	
4.	Joanne van Essen	ZPC Amersfoort	NED	199303506	39.41	+0,75	
5.	Leontine Groeneveldt	De Duck	NED	199303526	39.58	+0,62	
6.	Marijke Kommers	NieMo Barracuda	NED	199305334	40.58		
7.	Janneke van de Poele	De Duck	NED	199301128	42.30	+0,72	
8.	Phedra Van Daele	MEGA Zwemteam	BEL	MEGA/21311/93	42.96	+0,73	
9.	Lisa Smit	Thor	NED	199208106	56.11		

Masters 35+

1.	Jacyntha Plat	Steenwijk 1934	NED	199002956	37.69	+0,78	
2.	Elmi Roelofsen	SG Octopus - ZVV	NED	199008198	38.15	+0,82	
3.	Esther van Maastrigt	Montferland	NED	198802836	41.04		
4.	Linda Kuiper	DZ&PC	NED	198802588	41.25		
5.	Karin van Dijk	HZ&PC Heerenveen	NED	198600850	42.62	+0,83	
6.	Liesbeth van Mill	Zwemlust- den Hommel	NED	198702786	43.75	+0,91	
7.	Kimberley Whittington	VZC	NED	198704616	44.59		
8.	Danila van den Hoogenband	Z&PV Nuenen	NED	199001558	45.99		
9.	Monique Kok	SG Octopus - ZVV	NED	198605398	49.92	+0,82	

Masters 40+

1.	Laura Badoux	DAW	NED	198200038	36.77	+0,46	
2.	Danielle Reijnders	AquAmigos	NED	198504234	37.01	+0,62	
3.	Joke De Temmerman	Lokerse Zwemvereniging	BEL	LZV/21076/82	38.93	+0,88	
4.	Marijn Post	ENC Arnhem	NED	198101194	42.21	+0,88	
5.	Renee de Kok	V.Z.V. Njord	NED	198403350	42.23	+0,94	
6.	Angela Giezen	ZPC Amersfoort	NED	198302796	43.17		
7.	Mireille Nijhuis	Swol 1894	NED	198102368	44.07	+0,83	
8.	Michelle de Villiers	Hellas-Glana	NED	198302944	44.08	+0,64	
9.	Tonia Ruybroek	Poseidon'56	NED	198101290	44.29	+0,98	

Masters 45+

1.	Anke Lambooi	AZL	NED	198001182	38.84		
2.	Inge Roskam	De Duinkickers	NED	197801296	40.76		
3.	Alma Knegt-Besseminders	De Spatters	NED	197601064	45.49	+0,82	
4.	Jessica van Velzen	Swol 1894	NED	197601122	56.17	+0,71	

Masters 50+

1.	Katharina Schlipp	AZL	NED	197301004	40.14	+0,99	
2.	Rebecca Irvine-Pronk	De Otters Het Gooi	NED	197500982	41.65	+0,93	
3.	Esther ten Kate	Avéna	NED	197100310	41.93	+0,71	
4.	Edith Janssen-Koolen	TRB-RES	NED	197300898	42.25		
5.	Martine Stahlie-Bos	TriVia	NED	197401054	52.68	+0,63	

Masters 55+

1.	Marjo Goelema-Koek	De Biesboschzweimmers	NED	196900192	38.29	+0,86	
2.	Jacqueline Tuin	DAW	NED	196600690	40.49		
3.	Annette Wijnja-Visser	De Biesboschzweimmers	NED	196700528	41.78	+0,81	
4.	Iris van Aurich	DWK	NED	196900866	43.07	+0,54	
5.	Regine Beckers-Stribos	ZPC De Rog Weert	NED	197000492	43.97	+0,98	
6.	Annette Korving-Leijenaar	Aqualero	NED	196700662	44.47	+0,73	
7.	Jelly-An Grijpma	De Granaet	NED	197001000	55.48	+0,98	
8.	Cora Smulders	ENC Arnhem	NED	196600668	56.79	+0,65	
9.	Roselinda van der Vlucht	De Geul	NED	196700710	56.87		



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Programmanr. 39, Dames, 50m schoolslag, Masters 55+

rang	naam	vereniging			tijd	RT	PARA
10.	Monique Berentse	Batavia Swim	NED	196901066	1:01.85		

Masters 60+

1.	Allie Price	Bridgend Swim Club	GBR	547582	40.33	+0,53	
2.	Yoka de Vegt-van Dijk	ENC Arnhem	NED	196200420	44.42		
3.	Annemarie Vuist-Blum	Swol 1894	NED	196300282	50.04	+0,84	
4.	Wilna Heijman	Steenwijk 1934	NED	196400506	50.11	+0,76	

Masters 65+

1.	Marijke Kraak-Beckers	Swol 1894	NED	196000240	46.43	+0,83	
2.	Linda Wibbelink	Steenwijk 1934	NED	195900158	48.29	+0,82	
3.	Lia Bijkerk	GZC Donk	NED	196000014	51.02		
4.	Hannie Poletiek	TriVia	NED	195900278	56.82	+0,88	
5.	Ria Peters-Veurman	ENC Arnhem	NED	195800242	57.00		
6.	Trui Knijnenburg	D.E.S.	NED	195800266	1:00.01		
7.	Karien Musters	Old Dutch	NED	195800236	1:14.31		

Masters 70+

1.	Christine Nieuwenhuis	Swol 1894	NED	195100022	51.24	+0,80	
2.	Gonnie Bak	PSV	NED	195100064	58.65		

Masters 75+

1.	Bea Swijnenberg	Swol 1894	NED	194900010	51.30		
	Corrie Verhoeven	PSV	NED	194600026	51.30		
3.	Annet Verhoeven - Steggerda	De Duinkickers	NED	194600024	58.90	+0,81	

Masters 80+

1.	Loekie van Huissteden	ZPC Amersfoort	NED	194500002	1:02.13		
	<i>Nederlands Masters Record</i>						

Programmanr. 40
11-5-2025 - 16:31

Heren, 50m schoolslag

Masters Open
Resultaten

rang	naam	vereniging			tijd	RT	PARA
Masters 20+							
1.	Junior Vermeulen	De Bevelanders	NED	200103363	30.87	+0,57	
2.	Lucas Douwma	ZPCH	NED	200401337	31.06	+0,75	
3.	Erik van Gemert	Poseidon'56	NED	200300587	31.14	+0,78	
4.	Mart de Koning	ZOB'66	NED	200203253	31.20	+0,73	
5.	Daan Hoogendoorn	ZPC Woerden	NED	200500113	31.40	+0,71	
6.	Rick Offringa	DZ&PC	NED	200300979	31.55	+0,79	
7.	Thomas Vastenhout	ZPCH	NED	200204545	31.68	+0,68	
8.	Mika Bongers	ENC Arnhem	NED	200502683	32.15	+0,69	
9.	Robin van Muijen	ZVL-1886	NED	200201059	32.39	+0,99	
10.	Jelle Opmeer	ZPC Amersfoort	NED	200100269	32.54		
11.	Tiemen Jonkman	DZ&PC	NED	200301193	32.76		
12.	Jorian Darwinkel	HZ&PC Heerenveen	NED	200300565	33.09	+0,68	
13.	Ilmar Stoop	ZuiderZeeZwemmers	NED	200100871	33.10		
14.	Mees Minneboo	MSV-Zeemacht	NED	200203465	33.72	+0,96	
15.	Roan Altena	PWC Buitenpost	NED	200303255	34.02	+0,72	
16.	Lasse Ophuis	WS Twente	NED	200400027	34.62		
17.	Sytze van Stein	ZVL-1886	NED	200501155	34.64	+0,57	
18.	Tim Seising	VZC	NED	200500107	34.81	+0,79	
19.	Jort Vizeé	De Duck	NED	200201779	34.95	+0,66	
20.	Sjoerd van der Wilt	VZC	NED	200501447	35.76		



Open Nederlandse Masters
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Programmanr. 40, Heren, 50m schoolslag, Masters 20+

rang	naam	vereniging			tijd	RT	PARA
21.	Boaz Troost	ZOB'66	NED	200100371	35.92	+0,75	
22.	Jorick van Bon	ZPC Amersfoort	NED	200300091	36.15	+0,69	
23.	Remco Dijkstra	HZ&PC Heerenveen	NED	200100789	36.47	+0,61	
24.	Julian Mes	ZOB'66	NED	200103755	36.85	+0,73	
25.	Dennis v.d. Bok	z.c De Schotejil	NED	200504015	37.34	+0,66	
DIS	Luc Mul	DAW	NED	200201025			

AA - De start ingezet voor het startsignaal (en wel gezwommen).

Masters 25+

1.	Doran Paap	ZV Westland	NED	200000301	30.86		
2.	Robin Meuwissen	Hellas-Glana	NED	199602601	31.72	+0,61	
3.	Benjamin Vermeulen	DWK	NED	200003721	31.86	+0,98	
4.	Sander Kirillova	WVZ	NED	199800121	32.04	+0,66	
5.	Nick Bongers	SBC2000	NED	199800843	32.15	+0,75	
6.	Ryan van den Ouden	Poseidon'56	NED	199900377	33.17	+0,81	
7.	Richard Kuipers	HZ&PC Heerenveen	NED	199704171	33.50	+0,78	
8.	Jesse van Dijk	ZuiderZeeZwemmers	NED	199903259	33.60	+0,75	
9.	Mees Laar	ENC Arnhem	NED	199601719	33.89	+0,57	
10.	Sam Beer	Poseidon'56	NED	199605521	33.99	+0,61	
11.	Nino van Krimpen	ZOB'66	NED	200004611	34.43	+0,74	
12.	Kylian Kooijman	Steenwijk 1934	NED	199900763	34.48	+0,75	
13.	Laurens Spoelstra	WS Twente	NED	199901273	35.84	+0,80	
14.	Mathijs Krieger	EZCL (SG)	NED	199905361	38.97	+0,83	
15.	Rob van Wier	HZ&PC Heerenveen	NED	199900697	39.80	+0,60	
16.	Arthur Lale-Demoz	NieMo Barracuda	NED	199705767	39.81	+0,68	
17.	Jelle Heijman	Steenwijk 1934	NED	200000635	44.79	+0,75	
DIS	Jaimy Voogt	ZOB'66	NED	200005881			

AA - De start ingezet voor het startsignaal (en wel gezwommen).

Masters 30+

1.	Stefan Petersen	Blue Marlins	NED	199403067	30.35	+0,70	
2.	Daniel Castillo Montoya	ZVL-1886	NED	199406779	31.29	+0,68	
3.	Kevin Meuwissen	Hellas-Glana	NED	199502485	31.47	+0,70	
4.	Dirk van der Eems	Orca Leeuwarden	NED	199501565	33.66	+0,79	
5.	Bram Siebers	EZCL (SG)	NED	199302241	34.85	+0,80	
6.	Jose Horcas Nieto	ZVL-1886	NED	199307445	34.87	+0,78	
7.	Robin van Beusekom	NieMo Barracuda	NED	199205841	34.95	+0,73	
8.	Laurens de Nijn	ZPCH	NED	199107861	37.21	+0,83	
9.	Derek Valkenier	MSV-Zeemacht	NED	199207397	37.89	+0,72	
10.	Jeroen Tijmsma	PWC Buitenpost	NED	199503655	39.50	+0,81	
11.	Cars Wiegmann	WS Twente	NED	199401025	40.21	+0,58	
12.	Patrick Wobben	Steenwijk 1934	NED	199300559	40.75		
13.	Mike van der Sanden	PSV	NED	199506349	44.08		

Masters 35+

1.	Patrick Creemers	SG Patrick - De Roersoppers	NED	199000579	33.37	+0,61	
2.	Matteo Viani	Zwemlust- den Hommel	NED	199007717	33.47	+0,70	
3.	Alan Slomp	DZ&PC	NED	198703071	33.64	+0,77	
4.	Sander de Vrugt	ENC Arnhem	NED	198903499	34.62	+0,65	
5.	Harmen Reemst	ZOB'66	NED	198702715	37.71	+0,75	
6.	Erik Meijer	Thor	NED	198704113	52.33		



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Programmanr. 40, Heren, 50m schoolslag

Masters 40+

1.	Ivan van Omme	De Geul	NED	198201263	33.23	+0,88
2.	Ricardo van Dam	AZC	NED	198503965	33.68	+0,72
3.	Jim Geestman	Poseidon'56	NED	198300699	34.72	
4.	Ignacio García Rodríguez	ACZ	NED	198504015	35.27	+0,68
5.	Paul Oudendijk	DAW	NED	198101287	35.58	+0,93
6.	Benoit Gasner	D.E.S.	NED	198102645	35.96	+0,86
7.	Jan-Eggo Huininga	HZ&PC Heerenveen	NED	198401001	37.19	+0,97
8.	Bertrand Maillat	ASPTT Clermont-Ferrand	FRA	88948	39.30	+0,88
NG	Anko Eefting	TriVia	NED	198300607		

Masters 45+

1.	Ruud Holswilder	ZPCH	NED	197800435	33.02	+0,53
2.	Simon van Ravesteijn	WVZ	NED	198002263	33.38	
3.	Casper Tichelaar	HZ&PC Heerenveen	NED	197901215	33.40	+0,65
4.	Jasper van Heijst	ZPCH	NED	197601699	35.25	+0,38
5.	Rik Regtering	ENC Arnhem	NED	197900999	35.61	+0,84
6.	Mark Zwart	Zwemlust- den Hommel	NED	197901461	36.59	+0,84
7.	Berry van Holland	TriVia	NED	198000603	37.49	+0,61
8.	Chris Hegeman	TriVia	NED	197601739	38.73	+0,73
9.	Peter Herzig	Schwimmverein beider Basel	SUI	110273	38.75	+0,84
10.	Tom Bandsma	PSV	NED	197701625	41.09	
NG	Vincent Versteeg	Zwemlust- den Hommel	NED	197701003		

Masters 50+

1.	Antwan van Engen	CWW Swimteam	NED	197101577	34.78	+0,76
2.	Arjan Verheij	ZPC De Rog Weert	NED	197101617	36.14	
3.	Michael van der Reijden	ZV Vlaardingen-Schiedam	NED	197501575	38.02	+0,73
4.	Rob van de Ven	Neptunus'58	NED	197101695	38.22	+0,70
5.	Marcel van Walt van Praag	Gay Swim Amsterdam	NED	197501425	38.87	
6.	Alberto Randazzo	D.E.S.	NED	197101757	39.89	+0,85
7.	Jeroen Temme	TriVia	NED	197201703	40.05	
8.	Erwin Veenhoven	ZVL-1886	NED	197101793	43.51	
9.	Maxim Hardziyenka	Swol 1894	NED	197201723	49.21	+0,83

Masters 55+

1.	Harold Matla	PSV	NED	196800591	33.52	
2.	Richard Rickson	Hellas-Glana	NED	197000841	34.79	+0,97
3.	Patrick Juncker	Luxembourg Sharks Swimming	CLUX	136	35.56	+0,86
4.	René Beetsma	HZ&PC Heerenveen	NED	196900069	37.37	
5.	Marcel Vroegindewei	Poseidon'56	NED	196801709	37.85	+0,69
6.	Wridzer Bakker	ENC Arnhem	NED	196701711	40.13	
7.	Ingmar de Gelder	ZOB'66	NED	197000333	40.35	+0,83
8.	Joop Weenink	WS Twente	NED	196801535	41.01	
9.	Thijs Jellema	De Granaet	NED	196901851	42.18	+0,80
10.	Erik Zoethout	Aqualero	NED	196901157	42.27	+0,90
11.	Marcel Brittijn	De Duinkickers	NED	196900159	44.39	
12.	Gertjan van der Vaart	ZV Vlaardingen-Schiedam	NED	196801529	44.57	+0,80
13.	Eric Dumas	SG Patrick - De Roersoppers	NED	196901397	45.03	+0,46
14.	Maarten Koolman	Steenwijk 1934	NED	196801649	51.29	+0,93
NG	Gerrit Orthofer	Team Noord Holland (SG)	NED	197001813		

Masters 60+

1.	Ron Korzelius	ZPC Amersfoort	NED	196500513	37.93	+0,93
2.	Theo Bakker	TriVia	NED	196401231	39.13	+0,84
3.	Eric de Haas	De Treffers	NED	196501275	39.89	+0,87
4.	Robert de Brauwier	De Duinkickers	NED	196401383	43.31	+0,96
5.	Pieter-Sjoerd de Wijn	D.E.S.	NED	196501027	43.56	+0,86
6.	Pierre de Groot	GZC Donk	NED	196401431	45.31	+0,91
7.	Bart van Calker	WS Twente	NED	196100067	48.59	



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Programmanr. 40, Heren, 50m schoolslag

Masters 65+

1.	Jelle de Vries	DZ&PC	NED	195600397	41.43	
2.	Wim de Lange	AZC	NED	195800533	41.65	
3.	Wiebren Dijkstra	HZ&PC Heerenveen	NED	195800745	46.39	+0,82
4.	Peter Coffeng	GZC Donk	NED	195700063	48.39	
5.	Jacob Betten	DZ&PC	NED	195900857	48.93	
6.	André Pantekoek	PSV	NED	195800321	50.77	

Masters 70+

1.	Harry Dokter	Swol 1894	NED	195100037	43.60	+0,38
2.	Laurens Klein Breteler	WS Twente	NED	195400109	46.41	+0,84

Masters 75+

1.	Piet Schop	De Bevelanders	NED	195000109	49.35	+0,77
2.	Mans Buis	Swol 1894	NED	194700133	1:00.09	

Masters 80+

1.	Nico Baay	Old Dutch	NED	194200053	51.32	+0,87
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Programmanr. 41
11-5-2025 - 16:54

4 x 50m wisselslag

Masters Open
Resultaten

rang	vereniging	tijd	RT	PARA
Masters 80+, Dames				
1.	VZC	2:10.31	+0,68	
	Tess Panjer 04 +0,68 32.50	Vivianne Woltjes 05 +0,61 30.78		
	Lisanne Seising 00 +0,27 37.92	Babet Kruger 00 +0,27 29.11		
2.	HZ&PC Heerenveen	2:14.88	+0,66	
	Lois Jalving 04 +0,66 34.54	Lianne van Wier 02 +0,85 31.10		
	Leonie van Wier 02 +0,37 38.32	Romy Jalving 00 +0,20 30.92		
3.	Steenwijk 1934 1	2:14.96	+0,81	
	Michelle van den Hoofdakker 03 +0,81 33.81	Jolijn Liezen 05 28.99		
	Sabine Lageweg 99 +0,34 43.07	Alies Wagter 99 +0,25 29.09		
4.	TriVia 4	2:17.27	+0,75	
	Nienke Bakker 05 +0,75 33.39	Esmée van Peer 02 +0,50 33.45		
	Ilse Kramer 04 +0,41 41.16	Heleen Arends 94 +0,26 29.27		
5.	SG Octopus - ZVV 1	2:28.21	+0,82	
	Daphne van Rees 03 +0,82 39.88	Sheila ten Voorde 99 +0,54 35.51		
	Felina Slijkhuis 05 40.75	Leonie Veldhuis 03 32.07		
6.	PWC Buitenpost 2	2:36.44	+0,81	
	Margreet Bosch 04 +0,81 40.11	Ellen Jager 98 +0,62 38.47		
	Renske Driessen 04 +0,44 44.95	Kyra Kootstra 05 +0,22 32.91		

100+, Dames

1.	Neptunia '24 1	Neptunia '24	NED	2:15.64	+0,81
	Jolanda Kuiper-Crossen 86 +0,81 38.50	Femke-Romy Wiersma 01 +0,33 32.12			
	Noël Iris Hettinga 00 +0,38 36.29	Marije Sweering 01 +0,50 28.73			
2.	NieMo Barracuda 13	NieMo Barracuda	NED	2:16.37	+0,70
	Robin Pienaar 01 +0,70 34.66	Melissa van der Heijden 96 +0,18 30.37			
	Marijke Kommers 93 +0,42 39.64	Tamara van den Brink 98 +0,58 31.70			
3.	Neptunus'58 1	Neptunus'58	NED	2:21.68	+0,67
	Naomi Janssen 04 +0,67 38.76	Selina Janssen 99 +0,54 31.94			
	Mirelle de Kort 00 +0,31 39.46	Sandra Schellekens 85 +0,29 31.52			
4.	De Duck 1	De Duck	NED	2:23.20	+0,80
	Judith Kleinjan 98 +0,80 40.24	Marcella van der Ent 96 +0,44 30.93			
	Janneke van de Poel 93 42.32	Noa de Bock 03 +0,38 29.71			





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Programmanr. 41, 4 x 50m wisselslag

120+, Dames

1. WVZ 1	WVZ	NED	2:07.65	+0,69
Leonie van Noort	93 +0,69	32.74	Marit Huisman	05 +0,37
Lauren van IJl	00 +0,16	38.92	Delia Badoux	80 +0,21
2. Poseidon'56 9	Poseidon'56	NED	2:17.02	+0,78
Tonia Ruybroek	81 +0,78	37.38	Rianne Bresser	99
Kim van Gemert	01	37.64	Kelly de Jonge	97
3. MSV-Zeemacht 3	MSV-Zeemacht	NED	2:24.72	+0,72
Amber van der Kruk	01 +0,72	34.98	Jet Kleine	99 +0,46
Bianca Groot	70 +0,28	44.11	Yasmin Canter Visscher	05 +0,25
4. Steenwijk 1934 5	Steenwijk 1934	NED	2:25.09	+0,70
Cynthia Koolman	03 +0,70	36.98	Jacyntha Plat	90
Astrid Wibbelink	96 +0,41	42.73	Anna Lauxen	91 +0,44
5. SG Octopus - ZVV 2	SG Octopus - ZVV	NED	2:38.71	+0,82
Elmi Roelofsen	90 +0,82	35.06	Ellen Rikken	96 +0,24
Monique Kok	86	50.00	Marjan Rikken	92

160+, Dames

1. DAW 2	DAW	NED	2:29.05	+0,77
Alina Spijkerman	77 +0,77	37.93	Jacqueline Tuin	66
Laura Badoux	82 +0,59	37.73	Celine Bakker	93 +0,53
2. Aqualero 1	Aqualero	NED	2:46.06	+0,76
Suzanne Mol	82 +0,76	39.55	Greetje Vos	79
Annette Korving-Leijenaar	67 +0,15	44.56	Nada Lisa Hut	93

200+, Dames

1. ZPC Amersfoort 2	ZPC Amersfoort	NED	2:23.16	+0,82
Atie Pijtak-Radersma	56 +0,82	41.09	Marije Jansen	85 +0,50
Joanne van Essen	93	39.43	Marjan Remmits-de Lange	63
2. Steenwijk 1934 4	Steenwijk 1934	NED	2:42.73	+0,82
Leonie Scholten	79 +0,82	41.55	Nanda Wobben-de Vries	92 +0,38
Wilna Heijman	64	50.39	Linda Wibbelink	59
3. De Duinkickers 1	De Duinkickers	NED	2:59.46	+0,78
Esther Poortvliet - Koedam	80 +0,78	39.40	Inge Roskam	78 +0,29
Annet Verhoeven - Steggerda	46 +0,33	1:00.05	Christine Buist	64 +0,67

240+, Dames

1. ENC Arnhem 4	ENC Arnhem	NED	2:52.77	+0,79
Marleen Malais	63 +0,79	44.45	Karin van der Star-Verhoeven	61 +0,33
Yoka de Vegt-van Dijk	62 +0,88	45.84	Marion Kolkman-Pluim	60 +0,89
2. Swol 1894 7	Swol 1894	NED	2:58.55	+0,99
Annemarie Vuijs-Blum	63 +0,99	50.54	Marijke Kraak-Beckers	60 +0,67
Bea Swijnenberg	49	51.93	Christine Nieuwenhuis	51

Masters 80+, Heren

1. ZPC Woerden 1	ZPC Woerden	NED	1:55.80	+0,62
Ruben Zwartebol	01 +0,62	31.52	Ian Terlouw	00 +0,28
Daan Hoogendoorn	05 +0,35	31.34	Milan de Roo	01 +0,19
2. ZOB'66 1	ZOB'66	NED	2:01.67	+0,72
Mart de Koning	02 +0,72	30.90	Niels van der Mast	04 +0,42
Boaz Troost	01 +0,45	36.33	Julian Mes	01 +0,42





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Programmanr. 41, 4 x 50m wisselslag

100+, Heren

1. Poseidon'56 8	Poseidon'56	NED	1:55.44	+0,65
Gerard Willighagen	01 +0,65 30.18	Erik van Gemert	03 +0,21 26.64	
Sam Beer	96 +0,40 33.66	Ryan van den Ouden	99 +0,30 24.96	
2. VZC 1	VZC	NED	2:00.16	+0,71
Olaf Achterberg	90 +0,71 30.93	Jelle Nap	95 +0,25 28.14	
Tim Seising	05 +0,42 34.02	Sjoerd van der Wilt	05 +0,48 27.07	
3. HZ&PC Heerenveen 1	HZ&PC Heerenveen	NED	2:00.53	+0,70
Richard Kuipers	97 +0,70 30.46	Remco Dijkstra	01 +0,41 27.96	
David Kuipers	00 +0,29 34.99	Rob van Wier	99 +0,54 27.12	
4. PWC Buitenpost 1	PWC Buitenpost	NED	2:04.43	+0,83
Bouke van der Zaag	96 +0,83 33.83	Rutger Hoving	95 +0,71 30.46	
Roan Altena	03 +0,26 33.39	Herman Buist	98 +0,43 26.75	
5. ZVL-1886 2	ZVL-1886	NED	2:05.81	+0,78
Erik Baalbergen	98 +0,78 33.43	Jose Horcas Nieto	93 +0,41 32.91	
Daniel Castillo Montoya	94 +0,51 31.56	Robin van Muijen	02 +0,63 27.91	
6. De Schotejil 1	z.c De Schotejil	NED	2:13.15	+0,63
Aron Paasse	00 +0,63 30.70	Sven Dubbeld	96 +0,65 36.57	
Dennis v.d. Bok	05 +0,41 37.35	Niels Albrechts	88 +0,18 28.53	

120+, Heren

1. ZPCH 1	ZPCH	NED	1:53.08	+0,73
Ruud Holswilder	78 +0,73 30.70	Thomas Vastenhout	02 +0,15 26.09	
Lucas Douwma	04 +0,33 30.96	Jasper van Heijst	76 +0,05 25.33	
2. DAW 1	DAW	NED	1:54.23	+0,83
Paul Oudendijk	81 +0,83 32.41	Michel de Maesschalck	91 +0,37 27.63	
Felix Geenen	95 +0,12 30.11	Luc Mul	02 +0,34 24.08	
3. Zwemlust- den Hommel 1	Zwemlust- den Hommel	NED	1:59.22	+0,87
Louis Kappler	02 +0,87 29.68	Matteo Viani	90 +0,34 27.85	
Mark Zwart	79 +0,31 35.80	Fayssal Lanterna	01 +0,33 25.89	
4. ENC Arnhem 1	ENC Arnhem	NED	2:01.21	+0,70
Mike Schel	94 +0,70 30.85	Wessel Haverkamp	02 +0,51 29.96	
Sander de Vrugt	89 +0,43 34.72	Tim de Vrugt	93 +0,29 25.68	
5. Steenwijk 1934 2	Steenwijk 1934	NED	2:03.08	+0,67
Robert Braad	86 +0,67 31.40	Rick Driezen	86 28.28	
Kylian Kooijman	99 +0,42 34.45	Jelle Heijman	00 +0,52 28.95	
6. TriVia 3	TriVia	NED	2:08.93	+0,70
Rik Stahlie	02 +0,70 35.39	Marc Kremer	90 +0,53 26.25	
Berry van Holland	80 +0,30 37.13	Chris Hegeman	76 +0,29 30.16	

160+, Heren

1. ZPC Amersfoort 1	ZPC Amersfoort	NED	1:56.34	+0,79
<i>Nederlands Masters Record</i>				
Chester Marsman	69 +0,79 31.29	Bas Braun	91 +0,44 27.93	
Jelle Opmeer	01 +0,31 32.28	Jeroen Zelsmann	77 +0,25 24.84	
2. WVZ 2	WVZ	NED	1:58.34	+0,70
Jasper Breugem	00 +0,70 30.93	Hugo Bregman	58 +0,34 29.24	
Simon van Ravesteijn	80 +0,51 33.24	Sander Kirillova	98 +0,49 24.93	
3. Steenwijk 1934 3	Steenwijk 1934	NED	2:37.08	+0,71
Diederik de Boer	00 +0,71 34.74	Korstiaan de Boer	71 +0,69 36.01	
Maarten Koolman	68 +0,58 52.16	Patrick Wobben	93 +0,40 34.17	

200+, Heren

1. HZ&PC Heerenveen 2	HZ&PC Heerenveen	NED	2:09.81	+0,85
René Beetsma	69 +0,85 35.34	Stefan Damen	74 31.16	
Casper Tichelaar	79 +0,39 34.50	Peter de Vries	74 +0,61 28.81	
2. De Duinkickers 2	De Duinkickers	NED	2:25.04	+0,79
Mathieu Rikken	67 +0,79 36.69	Erik Coolman	97 +0,58 29.80	
Robert de Brauwer	64 +0,56 42.95	Marcel Brittijn	69 35.60	



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Programmanr. 41, 4 x 50m wisselslag

240+, Heren

1. AZC 2	AZC		NED	2:31.39	+0,80		
Wim de Lange	58	+0,80	42.46	Michael Go	75	33.03	
Ricardo van Dam	85	+0,79	34.47	Geza Kaltenecker	42	+0,57	41.43

280+, Heren

1. Swol 1894 4	Swol 1894		NED	3:02.43	+0,82	
Be van der Ziel	52	+0,82	49.17	Rob Berkhof	52	51.51
Harry Dokter	51		43.81	Jappie Kuiper	55	37.94

80+, Gemengd

1. Blue Marlins 5	Blue Marlins		NED	1:52.66	+0,62		
Babette van der Kaaij	99	+0,62	31.38	Michael Smink	03	+0,47	24.58
Stefan Petersen	94		29.29	Merel Schravendijk	05	+0,11	27.41
2. HZ&PC Heerenveen 4	HZ&PC Heerenveen		NED	1:58.55	+0,77		
Inge Dekker	02	+0,77	33.20	Wouter Zijlstra	04	+0,26	26.68
Jorian Darwinkel	03	+0,13	31.95	Anja Mus	94	+0,38	26.72
3. DZ&PC 3	DZ&PC		NED	2:01.31	+0,71		
Myrthe Natzijl	04	+0,71	32.95	Erik Nijholt	94	+0,41	27.65
Rick Offringa	03	+0,38	31.44	Amé Hulleman	02	+0,33	29.27
4. ZVL-1886 1	ZVL-1886		NED	2:01.56	+0,66		
Jelsie van Ruijven	05	+0,66	32.65	Robin van Beek	97	+0,24	27.29
Silke Molendijk	01	+0,41	36.04	Sytze van Stein	05	+0,15	25.58
5. Bubble 1	Bubble		NED	2:02.90	+0,75		
Laura Setz	00	+0,75	32.88	Marijke Drent	99	+0,42	32.32
Arjan Dekker	00	+0,41	31.13	Kevin Vermeulen	02	+0,39	26.57
6. ENC Arnhem 3	ENC Arnhem		NED	2:10.87	+0,79		
Hannah Elting	04	+0,79	39.05	Mees Laar	96	+0,30	29.45
Mika Bongers	05	+0,41	32.18	Rose Lether	04	+0,31	30.19
7. WS Twente 1	WS Twente		NED	2:20.98	+0,76		
Marit Gerritsen	02	+0,76	43.38	Cars Wiegmann	94	+0,33	31.17
Lasse Ophuis	04	+0,18	34.85	Lieke Stoker	03	+0,36	31.58

100+, Gemengd

1. Hellas-Glana 1	Hellas-Glana		NED	2:01.19	+0,65		
Nikki Douma	01	+0,65	34.32	Robin Meuwissen	96	+0,33	27.44
Kevin Meuwissen	95	+0,38	31.01	Isabel Dijkstra	02	+0,43	28.42
2. MSV-Zeemacht 2	MSV-Zeemacht		NED	2:04.66	+0,71		
Emma Riemers	05	+0,71	35.17	Jordi de Nijs	98	+0,40	27.34
Mees Minneboo	02	+0,27	33.32	Tessa van Dijk-Mosch	91	+0,24	28.83
3. Orca Leeuwarden 1	Orca Leeuwarden		NED	2:06.03	+0,71		
Auke Jan Ytsma	99	+0,71	31.42	Rosalie Baarda	99	+0,33	34.86
Dirk van der Eems	95	+0,49	32.89	Marre Zandringa	97	+0,28	26.86
4. ZuiderZeeZwemmers 1	ZuiderZeeZwemmers		NED	2:08.45	+0,72		
Annemarie ten Have	98	+0,72	35.97	Jesse van Dijk	99	+0,21	26.90
Ilmar Stoop	01	+0,36	34.06	Lisanne Andeweg	88		31.52
5. ZPCH 2	ZPCH		NED	2:17.82	+0,93		
Kaylee de Jong	00	+0,93	38.21	Laurens de Nijn	91		29.68
Colin Degenaaars	95	+0,74	38.41	Sophie Brouwer	05	+0,41	31.52
6. NieMo Barracuda 12	NieMo Barracuda		NED	2:23.11	+0,81		
Esmée Rolloos	98	+0,81	39.78	Giulia Rolloos	95	+0,42	33.85
Arthur Lale-Demoz	97	+0,20	40.27	Ids de Klerk	98		29.21
NG ZPC Amersfoort 5	ZPC Amersfoort		NED				





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120+, Gemengd

1.	NieMo Barracuda 11	NieMo Barracuda	NED	2:00.25	+0,79
	Mark Hensen	79 +0,79	32.35	Jeroen Baars	92 +0,43
	Anouchka Bos	05 +0,20	35.13	Amber Hesper	02 +0,49
2.	De Geul 1	De Geul	NED	2:08.52	+0,81
	Esmee Wijnmaalen	01 +0,81	36.10	Heijmen van Vliet	80 +0,35
	Ivan van Omme	82 +0,59	34.10	Marcha Admiraal	93 +0,59
3.	AZC 1	AZC	NED	2:12.85	+0,70
	Patrick Brouwer	93 +0,70	33.52	Jeroen Matthijssen	91 +0,55
	Monique van Huizen	87 +0,57	41.18	Jessica Braat	02 +0,17
4.	Westland Swimming Stars 1	Westland Swimming Stars	NED	2:13.91	+0,59
	Nick Boekestijn	99 +0,59	33.78	Mirjan den Drijver	75 +0,31
	Patrick Wyrdeeman	97 +0,47	36.29	Kim de Jong	04 +0,38
5.	MZ&PC De Reest 2	MZ&PC De Reest	NED	2:14.52	+0,91
	Iris de Boer - Oosterhof	77 +0,91	37.13	Evelien Husselman	05 +0,05
	Joost Konnen	75 +0,60	40.43	Daan Schra	02 +0,27
6.	HZ&PC Heerenveen 5	HZ&PC Heerenveen	NED	2:15.20	+0,76
	Lisette Dooper	02 +0,76	36.07	Casper Hut	78 +0,43
	Karin van Dijk	86 +0,45	42.36	Jan-Eggo Huininga	84 +0,35
7.	CWW Swimteam 1	CWW Swimteam	NED	2:17.88	+0,75
	Twan van Engen	05 +0,75	35.39	Antwan van Engen	71
	Laura ter Stege	96 +0,09	42.49	Yvette Ratering	72 +0,57
8.	ZPC Woerden 2	ZPC Woerden	NED	2:19.90	+0,90
	Thommy Nickel	84 +0,90	35.11	Remco Visser	95
	Daphne Dols	99 +0,24	39.54	Ilse van den Wijngaard	89 +0,16
9.	ZVL-1886 3	ZVL-1886	NED	2:22.83	
	Erwin Veenhoven	71	38.53	Babet van Andel	03 +0,15
	Maartje Hids	99 +0,66	40.96	Jaime Santiago Patterson	94 +0,30
10.	MSV-Zeemacht 1	MSV-Zeemacht	NED	2:26.72	
	Annette van Dok	68	47.32	Matthew Humphreys	89
	Derek Valkenier	92 +0,57	38.42	Kyra Wesemann	02 +0,35

160+, Gemengd

1.	TriVia 1	TriVia	NED	2:06.89	+0,83
	Eveline Reinstra-Hamstra	85 +0,83	34.27	Rosanne Schoonbeek	94
	Eddie Doombos	77	35.30	Anko Eelfing	83 +0,27
2.	ACZ 1	ACZ	NED	2:11.13	+0,74
	Roos van Esch	82 +0,74	35.44	Mariska Scheel	93 +0,54
	Ignacio Garcia Rodriguez	85 +0,38	34.75	Teus Krijgsman	66 +0,14
3.	ZPC Amersfoort 4	ZPC Amersfoort	NED	2:12.18	+0,61
	Lotte Eising	95 +0,61	37.37	Erwin Buist	78 +0,34
	Mandy Swart	99 +0,43	37.71	Ron Korzelius	65 +0,41
4.	DZ&PC 2	DZ&PC	NED	2:17.77	+0,90
	Catherine Hoogeveen	75 +0,90	37.64	Arjen Nieveen	80 +0,60
	Pieter Veenstra	73 +0,55	38.68	Krista de Reus-Trompetter	76 +0,56
5.	ENC Arnhem 5	ENC Arnhem	NED	2:20.77	+0,69
	Sabine Uytendwilligen	05 +0,69	37.21	Rik Regtering	79
	Wridzer Bakker	67 +0,24	39.32	Marijn Post	81 +0,39
6.	DZ&PC 1	DZ&PC	NED	2:21.47	+0,64
	Dyonne Bruggeling	91 +0,64	35.86	Peter Meijer	73 +0,28
	Jelle de Vries	56	41.99	Tessa Zwart-Piek	81
7.	PSV 3	PSV	NED	2:23.58	+0,74
	Nanda van Heteren	89 +0,74	40.42	Eymert van Rooij	66 +0,76
	Fiona Meuffels	95 +0,45	38.90	Mark Godwaldt	87 +0,47
8.	Swol 1894 12	Swol 1894	NED	2:43.10	+0,95
	Jessica van Velzen	76 +0,95	50.95	Mireille Nijhuis	81 +0,80
	Albert van Piekeren	84 +0,44	36.24	Maxim Hardzilyenka	72
DIS	ZOB'66 2	ZOB'66	NED		+0,80
	<i>EA - Te vroeg overgenomen., 2e zwemmer</i>				
	Daniëlle Schipper	70 +0,80	47.14	Jet van Oudheusden	04
	Harmen Reemst	87		Ingmar de Gelder	70
NG	D.E.S. 1	D.E.S.	NED		





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200+, Gemengd

1. PSV 2	PSV		NED	2:08.69	+0,67
<i>Nederlands Masters Record, NMR individueel: Janneke Harmsen-Bakker 50m rugslag</i>					
Janneke Harmsen-Bakker	77	+0,67	33.54	Jacco Schaap	74 +0,46 29.96
Harold Matla	68	+0,22	33.99	Liselotte Joling	75 +0,38 31.20
2. ZPC Amersfoort 3	ZPC Amersfoort		NED	2:14.89	+0,81
Angela Giezen	83	+0,81	37.79	Johan Remmits	62 +0,30 30.37
Rob van Vliet	84	+0,20	35.90	Lidia v. Bon-Rosenbrand	70 30.83
3. ZPC De Rog Weert 1	ZPC De Rog Weert		NED	2:27.73	+0,84
Erik Kamphuis	60	+0,84	37.75	Esther Vergeest	77 +0,36 38.54
Regine Beckers-Stribos	70	+0,57	43.42	Arjan Verheij	71 +0,40 28.02
4. HZ&PC Heerenveen 6	HZ&PC Heerenveen		NED	2:41.90	+0,95
Gerard Eghuizen	74	+0,95	37.36	Peggi Hurenkamp	69 +0,63 41.64
Wiebren Dijkstra	58	+0,52	45.38	Rommie van Ginneken	69 +0,63 37.52
5. De Geul 3	De Geul		NED	2:55.47	+0,85
Remco van der Graaf	87	+0,85	34.45	Mitchell van Uiter	90 32.88
Geerdien Meerwaldt	52		1:03.49	Roselinda van der Vlugt	67 44.65

240+, Gemengd

1. TriVia 2	TriVia		NED	2:37.73	+0,81
Margriet Pasma	55	+0,81	44.99	Jeroen Temme	72 +0,87 33.89
Theo Bakker	64	+0,46	38.45	Hannie Poletiek	59 40.40
2. GZC Donk 1	GZC Donk		NED	2:58.86	+0,82
Lia Bijkerk	60	+0,82	51.01	Nathasja Konijn	71 +0,92 45.49
Pierre de Groot	64	+0,45	45.21	Peter Coffeng	57 +0,66 37.15

320+, Gemengd

1. PSV 1	PSV		NED	3:15.95	+0,83
<i>Nederlands Masters Record</i>					
Corrie Verhoeven	46	+0,83	52.53	Brend Brevé	52 +0,50 35.71
Rob Hanou	43		53.72	Lottie Geurts	35 53.99