

2 - ONMK 2022 lb Sessie 2

06-05-2022 - 9:00

Programmanr. 4
06-05-2022 - 9:00

Heren, 400m vrije slag

Masters Open
Resultaten

rang	naam	vereniging						tijd	RT	PARA
Masters 20+										
1.	Jorian Tanis <i>Kampioenschapsrecord</i>	Feijenoord Zwemmen (SG)	NED	199900327				4:20.09	+0.71	
	50m: 28.92	28.92	150m: 1:34.22	32.92	250m: 2:40.83	33.38	350m: 3:48.10	33.56		
	100m: 1:01.30	32.38	200m: 2:07.45	33.23	300m: 3:14.54	33.71	400m: 4:20.09	31.99		
2.	Jacob Mackloet	De Schotejil	NED	200001171				4:32.36	+0.72	
	50m: 29.37	29.37	150m: 1:38.20	35.02	250m: 2:49.51	35.50	350m: 3:59.44	34.11		
	100m: 1:03.18	33.81	200m: 2:14.01	35.81	300m: 3:25.33	35.82	400m: 4:32.36	32.92		
3.	Jelle Blankestijn	ZPC AMERSFOORT	NED	199803737				4:40.35	+0.75	
	50m: 30.10	30.10	150m: 1:39.55	35.38	250m: 2:51.86	35.86	350m: 4:05.38	36.49		
	100m: 1:04.17	34.07	200m: 2:16.00	36.45	300m: 3:28.89	37.03	400m: 4:40.35	34.97		
4.	Jordy van Oel	WVZ	NED	199802003				4:45.85	+0.79	
	50m: 31.65	31.65	150m: 1:44.64	37.75	250m: 2:58.58	37.15	350m: 4:11.20	35.84		
	100m: 1:06.89	35.24	200m: 2:21.43	36.79	300m: 3:35.36	36.78	400m: 4:45.85	34.65		
5.	Julian Mes	ZOB'66	NED	200103755				4:58.99	+0.70	
	50m: 31.65	31.65	150m: 1:46.76	38.48	250m: 3:05.27	39.19	350m: 4:23.31	39.11		
	100m: 1:08.28	36.63	200m: 2:26.08	39.32	300m: 3:44.20	38.93	400m: 4:58.99	35.68		
Masters 25+										
1.	Timothy Deolet	MEGA-zwemteam	BEL	11279/95				4:17.25	+0.63	
	50m: 28.64	28.64	150m: 1:32.79	32.36	250m: 2:38.25	32.56	350m: 3:44.33	33.18		
	100m: 1:00.43	31.79	200m: 2:05.69	32.90	300m: 3:11.15	32.90	400m: 4:17.25	32.92		
2.	Jeffrey Camphens	DWT	NED	199503113				4:33.19	+0.69	
	50m: 31.13	31.13	150m: 1:39.62	34.97	250m: 2:49.91	35.63	350m: 4:00.03	35.17		
	100m: 1:04.65	33.52	200m: 2:14.28	34.66	300m: 3:24.86	34.95	400m: 4:33.19	33.16		
3.	Felix Geenen	DAW	NED	199501085				4:40.31	+0.72	
	50m: 29.62	29.62	150m: 1:40.35	36.42	250m: 2:53.21	36.44	350m: 4:05.78	35.69		
	100m: 1:03.93	34.31	200m: 2:16.77	36.42	300m: 3:30.09	36.88	400m: 4:40.31	34.53		
4.	Nick Sijmons	De Amstel	NED	199500491				4:45.50	+0.67	
	50m: 32.45	32.45	150m: 1:45.81	36.85	250m: 2:58.73	35.86	350m: 4:10.19	34.44		
	100m: 1:08.96	36.51	200m: 2:22.87	37.06	300m: 3:35.75	37.02	400m: 4:45.50	35.31		
5.	Martino Valentijn	Hieronymus	NED	199403913				4:51.68	+0.78	
	50m: 32.25	32.25	150m: 1:45.87	37.31	250m: 3:00.85	37.08	350m: 4:15.56	36.71		
	100m: 1:08.56	36.31	200m: 2:23.77	37.90	300m: 3:38.85	38.00	400m: 4:51.68	36.12		
6.	Lars Jacobsen	DWK	NED	199705453	S14			4:53.51	+0.78	635
	50m: 31.65	31.65	150m: 1:45.76	37.95	250m: 3:01.32	37.71	350m: 4:17.74	38.20		
	100m: 1:07.81	36.16	200m: 2:23.61	37.85	300m: 3:39.54	38.22	400m: 4:53.51	35.77		
7.	Jordy van der Drift	ZVL-1886 Center	NED	199307345				5:13.58	+0.81	
	50m: 34.27	34.27	150m: 1:50.61	39.20	250m: 3:12.98	41.65	350m: 4:34.88	40.73		
	100m: 1:11.41	37.14	200m: 2:31.33	40.72	300m: 3:54.15	41.17	400m: 5:13.58	38.70		
NG	Pieter Pijnenburg	De Biesboschzwemmers	NED	199305227						
Masters 30+										
1.	Jan-Willem van der Graaff	PSV	NED	198901023				4:36.68	+0.72	
	50m: 30.99	30.99	150m: 1:40.24	35.15	250m: 2:51.42	35.56	350m: 4:02.45	35.25		
	100m: 1:05.09	34.10	200m: 2:15.86	35.62	300m: 3:27.20	35.78	400m: 4:36.68	34.23		
2.	Cedric Wong	Luxembourg Sharks SC	LUX	15761				4:44.65	+0.76	
	50m: 31.71	31.71	150m: 1:40.10	34.13	250m: 2:51.62	36.36	350m: 4:07.06	38.52		
	100m: 1:05.97	34.26	200m: 2:15.26	35.16	300m: 3:28.54	36.92	400m: 4:44.65	37.59		
3.	Niels Albrechts	De Schotejil	NED	198800039				4:46.54	+0.81	
	50m: 32.37	32.37	150m: 1:45.38	37.29	250m: 2:59.11	37.03	350m: 4:12.62	36.84		
	100m: 1:08.09	35.72	200m: 2:22.08	36.70	300m: 3:35.78	36.67	400m: 4:46.54	33.92		
4.	Tim Bunnik	Triton	NED	199000505				4:48.35	+0.81	
	50m: 32.01	32.01	150m: 1:43.03	36.37	250m: 2:58.41	38.33	350m: 4:13.05	37.25		
	100m: 1:06.66	34.65	200m: 2:20.08	37.05	300m: 3:35.80	37.39	400m: 4:48.35	35.30		

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

rang	naam	vereniging	land	nummer	klasse	tijd	RT	PARA
5.	Wessel Everloo	WS Twente	NED	198906597	S14	4:56.71	+0.88	614
	50m: 33.68	33.68	150m: 1:48.71	37.57	250m: 3:04.84	37.63	350m: 4:21.10	37.90
	100m: 1:11.14	37.46	200m: 2:27.21	38.50	300m: 3:43.20	38.36	400m: 4:56.71	35.61
6.	Jean Terver	CN du Val de Fensch	FRA	314113		5:01.55	+0.86	
	50m: 33.86	33.86	150m: 1:49.32	38.11	250m: 3:06.57	38.36	350m: 4:24.30	38.30
	100m: 1:11.21	37.35	200m: 2:28.21	38.89	300m: 3:46.00	39.43	400m: 5:01.55	37.25
7.	Marc Hoogendam	Ragnar	NED	199007713		5:14.87	+0.69	
	50m: 32.75	32.75	150m: 1:48.94	38.81	250m: 3:10.01	41.01	350m: 4:34.23	42.25
	100m: 1:10.13	37.38	200m: 2:29.00	40.06	300m: 3:51.98	41.97	400m: 5:14.87	40.64
8.	Luc Muller	Cercle de Natation Dudelange	LUX	1669		5:19.25	+0.86	
	50m: 35.98	35.98	150m: 1:57.00	40.95	250m: 3:18.78	40.72	350m: 4:40.42	41.03
	100m: 1:16.05	40.07	200m: 2:38.06	41.06	300m: 3:59.39	40.61	400m: 5:19.25	38.83

Masters 35+

1.	Frank v.d. Voordt	De Schotejil	NED	198302259		4:57.57	+0.74	
	50m: 33.21	33.21	150m: 1:47.91	37.69	250m: 3:04.32	37.99	350m: 4:20.50	37.60
	100m: 1:10.22	37.01	200m: 2:26.33	38.42	300m: 3:42.90	38.58	400m: 4:57.57	37.07
2.	Arne-Willem Kroonen	MZ&PC	NED	198401297		5:14.39	+0.77	
	50m: 33.34	33.34	150m: 1:48.79	38.06	250m: 3:09.21	40.44	350m: 4:32.85	41.78
	100m: 1:10.73	37.39	200m: 2:28.77	39.98	300m: 3:51.07	41.86	400m: 5:14.39	41.54
3.	Steven Matté	KZ Neptunus Aalst	BEL	10167/85		5:20.18	+1.03	
	50m: 35.92	35.92	150m: 1:57.07	41.51	250m: 3:19.70	41.21	350m: 4:42.14	41.40
	100m: 1:15.56	39.64	200m: 2:38.49	41.42	300m: 4:00.74	41.04	400m: 5:20.18	38.04

Masters 40+

1.	Gergely Molnár	Megathlon SE	HUN			4:36.38	+0.79	
	50m: 30.46	30.46	150m: 1:39.48	35.08	250m: 2:50.41	35.38	350m: 4:01.60	35.56
	100m: 1:04.40	33.94	200m: 2:15.03	35.55	300m: 3:26.04	35.63	400m: 4:36.38	34.78
2.	Dennis Brouwers	HZPC	NED	197800167		4:45.14	+0.78	
	50m: 32.28	32.28	150m: 1:44.18	36.39	250m: 2:55.93	35.34	350m: 4:08.46	37.15
	100m: 1:07.79	35.51	200m: 2:20.59	36.41	300m: 3:31.31	35.38	400m: 4:45.14	36.68
3.	Mark Hensen	Niemo Barracuda	NED	197900497		4:48.86	+0.90	
	50m: 32.69	32.69	150m: 1:45.36	36.16	250m: 2:58.36	36.50	350m: 4:12.52	37.22
	100m: 1:09.20	36.51	200m: 2:21.86	36.50	300m: 3:35.30	36.94	400m: 4:48.86	36.34
4.	Marcel Reefhuis	WS Twente	NED	198101381		4:56.15	+0.68	
	50m: 32.86	32.86	150m: 1:47.25	37.62	250m: 3:02.78	37.77	350m: 4:18.97	38.12
	100m: 1:09.63	36.77	200m: 2:25.01	37.76	300m: 3:40.85	38.07	400m: 4:56.15	37.18
5.	Andreas Walles	Polizei SV Oldenburg	GER	98309		5:12.40	+0.89	
	50m: 33.59	33.59	150m: 1:50.40	38.98	250m: 3:10.87	40.28	350m: 4:32.75	41.25
	100m: 1:11.42	37.83	200m: 2:30.59	40.19	300m: 3:51.50	40.63	400m: 5:12.40	39.65
6.	Bart Siczynski	Masters Krasnik	POL			5:24.72	+0.74	
	50m: 34.18	34.18	150m: 1:50.76	39.07	250m: 3:14.43	42.23	350m: 4:41.83	43.59
	100m: 1:11.69	37.51	200m: 2:32.20	41.44	300m: 3:58.24	43.81	400m: 5:24.72	42.89

Masters 45+

1.	Ivo Roozeboom	WVZ	NED	197700801		4:43.56	+0.77	
	50m: 31.48	31.48	150m: 1:44.68	36.71	250m: 2:57.97	36.45	350m: 4:09.93	35.85
	100m: 1:07.97	36.49	200m: 2:21.52	36.84	300m: 3:34.08	36.11	400m: 4:43.56	33.63
2.	Yann Le Floch	SN Versailles	FRA	588404		5:01.55	+0.87	
	50m: 33.64	33.64	150m: 1:49.12	38.24	250m: 3:05.91	38.24	350m: 4:24.06	38.97
	100m: 1:10.88	37.24	200m: 2:27.67	38.55	300m: 3:45.09	39.18	400m: 5:01.55	37.49
3.	Edgar Thimister	MZ&PC	NED	197501511		5:05.00	+0.76	
	50m: 33.72	33.72	150m: 1:49.11	38.25	250m: 3:07.38	39.22	350m: 4:26.63	39.98
	100m: 1:10.86	37.14	200m: 2:28.16	39.05	300m: 3:46.65	39.27	400m: 5:05.00	38.37

Programmanr. 4, Heren, 400m vrije slag

Masters 50+

1.	Vedestas Seferlis <i>Lithuanian Masters Record</i>	Kauno Takas	LTU	4:38.82	+0.68
	50m: 31.37 31.37	150m: 1:41.96 35.07	250m: 2:53.87 36.07	350m: 4:05.95 35.93	
	100m: 1:06.89 35.52	200m: 2:17.80 35.84	300m: 3:30.02 36.15	400m: 4:38.82 32.87	
2.	Chester Marsman	ZPC AMERSFOORT	NED 196900671	4:47.21	+0.82
	50m: 30.61 30.61	150m: 1:42.00 36.25	250m: 2:55.88 36.66	350m: 4:11.26 37.41	
	100m: 1:05.75 35.14	200m: 2:19.22 37.22	300m: 3:33.85 37.97	400m: 4:47.21 35.95	
3.	Arjan Bellaart	Oceanus	NED 196900079	5:05.35	+0.73
	50m: 33.03 33.03	150m: 1:48.99 37.87	250m: 3:06.71 38.92	350m: 4:26.12 39.63	
	100m: 1:11.12 38.09	200m: 2:27.79 38.80	300m: 3:46.49 39.78	400m: 5:05.35 39.23	
4.	Richard Ricksen	PSV	NED 197000841	5:15.87	+0.86
	50m: 34.13 34.13	150m: 1:52.26 40.09	250m: 3:14.47 41.08	350m: 4:35.50 39.85	
	100m: 1:12.17 38.04	200m: 2:33.39 41.13	300m: 3:55.65 41.18	400m: 5:15.87 40.37	
5.	Ingmar de Gelder * 100m	ZOB'66	NED 197000333	5:20.25	+0.85
	50m: 34.58 34.58	150m: 1:52.91 40.02	250m: 3:16.43 41.97	350m: 4:40.70 41.70	
	100m: 1:12.89 38.31	200m: 2:34.46 41.55	300m: 3:59.00 42.57	400m: 5:20.25 39.55	
6.	Bruno Nahon	CNSW	BEL 000390/70	5:22.54	+0.96
	50m: 35.76 35.76	150m: 1:55.57 40.76	250m: 3:18.51 41.55	350m: 4:42.07 41.52	
	100m: 1:14.81 39.05	200m: 2:36.96 41.39	300m: 4:00.55 42.04	400m: 5:22.54 40.47	
7.	Chris Kouwenhoven	De Grunte	NED 197101669	5:29.91	+0.90
	50m: 36.08 36.08	150m: 1:59.60 42.07	250m: 3:24.03 42.35	350m: 4:49.30 42.17	
	100m: 1:17.53 41.45	200m: 2:41.68 42.08	300m: 4:07.13 43.10	400m: 5:29.91 40.61	
8.	Eric Dumas	Patrick-De Roersoppers (SG)	NED 196901397	5:45.64	+0.92
	50m: 38.75 38.75	150m: 2:07.42 45.13	250m: 3:36.37 44.51	350m: 5:04.41 43.70	
	100m: 1:22.29 43.54	200m: 2:51.86 44.44	300m: 4:20.71 44.34	400m: 5:45.64 41.23	
9.	Wouter van der Stelt	De Biesboschzwemmers	NED 197200889	5:48.68	+0.79
	50m: 37.99 37.99	150m: 2:05.35 43.72	250m: 3:35.36 45.09	350m: 5:05.08 44.54	
	100m: 1:21.63 43.64	200m: 2:50.27 44.92	300m: 4:20.54 45.18	400m: 5:48.68 43.60	

Masters 55+

1.	Erlend Alstad <i>Norwegian Masters Record</i>	Oslo Idrettslag Svømming	NOR	4:47.86	+0.86
	50m: 33.39 33.39	150m: 1:46.85 37.30	250m: 3:01.20 36.64	350m: 4:13.55 35.89	
	100m: 1:09.55 36.16	200m: 2:24.56 37.71	300m: 3:37.66 36.46	400m: 4:47.86 34.31	
2.	Jo-an Mudde	Arethusa	NED 196701457	4:59.84	+0.84
	50m: 34.42 34.42	150m: 1:49.95 37.70	250m: 3:06.64 38.22	350m: 4:22.65 37.45	
	100m: 1:12.25 37.83	200m: 2:28.42 38.47	300m: 3:45.20 38.56	400m: 4:59.84 37.19	
3.	Karol Lacko <i>Slovakian Masters Record</i>	AQUATICS Nitra	SVK SVK16793	5:02.77	+0.83
	50m: 36.08 36.08	150m: 1:52.74 38.78	250m: 3:10.39 38.51	350m: 4:26.76 38.16	
	100m: 1:13.96 37.88	200m: 2:31.88 39.14	300m: 3:48.60 38.21	400m: 5:02.77 36.01	
4.	Frank Pater	Polizei SV Oldenburg	GER 84386	5:02.91	+0.87
	50m: 33.86 33.86	150m: 1:49.28 38.28	250m: 3:07.43 39.25	350m: 4:26.06 39.48	
	100m: 1:11.00 37.14	200m: 2:28.18 38.90	300m: 3:46.58 39.15	400m: 5:02.91 36.85	
5.	Davy Aerts	Shark	BEL 10452/64	5:15.68	+0.88
	50m: 35.79 35.79	150m: 1:58.24 42.27	250m: 3:18.62 39.77	350m: 4:37.53 39.50	
	100m: 1:15.97 40.18	200m: 2:38.85 40.61	300m: 3:58.03 39.41	400m: 5:15.68 38.15	
6.	Henri Michels	De Amstel	NED 196501587	5:16.58	+0.81
	50m: 34.15 34.15	150m: 1:52.52 39.78	250m: 3:13.93 40.65	350m: 4:36.50 41.17	
	100m: 1:12.74 38.59	200m: 2:33.28 40.76	300m: 3:55.33 41.40	400m: 5:16.58 40.08	
7.	Ralf Dillig	Duisburger ST	GER 060769	5:26.05	+0.92
	50m: 35.56 35.56	150m: 1:58.76 42.37	250m: 3:22.16 41.37	350m: 4:45.54 41.50	
	100m: 1:16.39 40.83	200m: 2:40.79 42.03	300m: 4:04.04 41.88	400m: 5:26.05 40.51	
8.	Frederic Andres	CN du Val de Fensch	FRA 103316	5:26.37	+1.04
	50m: 36.49 36.49	150m: 1:57.02 41.25	250m: 3:20.76 42.09	350m: 4:45.54 42.59	
	100m: 1:15.77 39.28	200m: 2:38.67 41.65	300m: 4:02.95 42.19	400m: 5:26.37 40.83	
9.	Edwin Petri	De Otters Het Gooi	NED 196601687	5:27.49	+0.88
	50m: 35.89 35.89	150m: 1:58.18 42.09	250m: 3:22.37 42.13	350m: 4:46.70 41.97	
	100m: 1:16.09 40.20	200m: 2:40.24 42.06	300m: 4:04.73 42.36	400m: 5:27.49 40.79	

Programmanr. 4, Heren, 400m vrije slag, Masters 55+

rang	naam	vereniging							tijd	RT	PARA
10.	Paul Wijnja * 200m	De Biesboschzweimmers	NED	196301403					5:28.15	+0.84	
	50m: 35.90	35.90	150m: 1:59.27	42.16	250m: 3:24.02	42.60	350m: 4:48.48	42.06			
	100m: 1:17.11	41.21	200m: 2:41.42	42.15	300m: 4:06.42	42.40	400m: 5:28.15	39.67			
11.	Arno Schrauwen	Patrick-De Roersoppers (SG)	NED	196501355					5:29.99	+0.86	
	50m: 34.77	34.77	150m: 1:58.68	42.59	250m: 3:24.51	43.01	350m: 4:48.99	42.26			
	100m: 1:16.09	41.32	200m: 2:41.50	42.82	300m: 4:06.73	42.22	400m: 5:29.99	41.00			
12.	Jeroen Wilmer * 50m	Vichy Val D'Allier	FRA	2169893					5:45.66	+1.08	
	50m: 39.12	39.12	150m: 2:06.14	43.54	250m: 3:36.57	45.09	350m: 5:05.57	43.65			
	100m: 1:22.60	43.48	200m: 2:51.48	45.34	300m: 4:21.92	45.35	400m: 5:45.66	40.09			
13.	Casper Dollekamp	Steenwijk 1934	NED	196301341					5:48.72	+0.75	
	50m: 37.87	37.87	150m: 2:05.92	45.11	250m: 3:36.55	45.44	350m: 5:07.13	45.27			
	100m: 1:20.81	42.94	200m: 2:51.11	45.19	300m: 4:21.86	45.31	400m: 5:48.72	41.59			
14.	Pieter-Sjoerd de Wijn	De Meer	NED	196501027					6:21.71	+0.87	
	50m: 38.92	38.92	150m: 2:08.98	45.83	250m: 3:49.41	50.72	350m: 5:32.70	51.43			
	100m: 1:23.15	44.23	200m: 2:58.69	49.71	300m: 4:41.27	51.86	400m: 6:21.71	49.01			
15.	Fred Dijkshoorn	Feijenoord Zwemmen (SG)	NED	196501539					6:29.20	+0.90	
	50m: 41.84	41.84	150m: 2:19.42	49.13	250m: 4:00.51	50.61	350m: 5:41.57	49.75			
	100m: 1:30.29	48.45	200m: 3:09.90	50.48	300m: 4:51.82	51.31	400m: 6:29.20	47.63			

Masters 60+

1.	Johan Remmits	ZPC AMERSFOORT	NED	196201159					5:01.64	+0.81	
	50m: 33.47	33.47	150m: 1:50.55	39.09	250m: 3:08.16	38.67	350m: 4:25.44	38.71			
	100m: 1:11.46	37.99	200m: 2:29.49	38.94	300m: 3:46.73	38.57	400m: 5:01.64	36.20			
2.	Hugo Bregman * 100 en 200 m	WVZ	NED	195800069					5:05.63	+0.88	
	50m: 35.08	35.08	150m: 1:54.14	39.59	250m: 3:13.15	39.42	350m: 4:30.26	38.47			
	100m: 1:14.55	39.47	200m: 2:33.73	39.59	300m: 3:51.79	38.64	400m: 5:05.63	35.37			
3.	Kees-Jan van Overbeeke	WWV Winterswijk	NED	196200489					5:14.03	+0.82	
	50m: 35.54	35.54	150m: 1:55.20	40.23	250m: 3:16.19	39.87	350m: 4:35.42	39.08			
	100m: 1:14.97	39.43	200m: 2:36.32	41.12	300m: 3:56.34	40.15	400m: 5:14.03	38.61			
4.	Menno Lomans	d'ELFT	NED	196101071					5:56.63	+0.87	
	50m: 40.57	40.57	150m: 2:10.95	45.59	250m: 3:43.21	46.04	350m: 5:14.03	44.61			
	100m: 1:25.36	44.79	200m: 2:57.17	46.22	300m: 4:29.42	46.21	400m: 5:56.63	42.60			
5.	Pier van der Sluis	De Vikings	NED	195900757					6:27.51	+1.07	
	50m: 41.58	41.58	150m: 2:20.19	50.63	250m: 4:01.85	50.74	350m: 5:40.83	49.62			
	100m: 1:29.56	47.98	200m: 3:11.11	50.92	300m: 4:51.21	49.36	400m: 6:27.51	46.68			
6.	André Pantekoek	PSV	NED	195800321					7:10.77	+1.03	
	50m: 45.23	45.23	150m: 2:34.63	56.94	250m: 4:28.75	56.82	350m: 6:21.94	56.58			
	100m: 1:37.69	52.46	200m: 3:31.93	57.30	300m: 5:25.36	56.61	400m: 7:10.77	48.83			

Masters 65+

1.	Henk Slomp	De Inktvis	NED	195500359					5:48.50	+0.77	
	50m: 37.94	37.94	150m: 2:05.34	43.83	250m: 3:37.32	46.45	350m: 5:08.30	45.23			
	100m: 1:21.51	43.57	200m: 2:50.87	45.53	300m: 4:23.07	45.75	400m: 5:48.50	40.20			
2.	Laurens Klein Breteler	WWV Winterswijk	NED	195400109					6:18.14	+0.97	
	50m: 39.41	39.41	150m: 2:13.47	49.21	250m: 3:53.58	50.11	350m: 5:31.90	48.23			
	100m: 1:24.26	44.85	200m: 3:03.47	50.00	300m: 4:43.67	50.09	400m: 6:18.14	46.24			

Masters 70+

1.	Jan Tinholt	PSV	NED	195000185					6:40.89	+0.95	
	50m: 45.52	45.52	150m: 2:25.94	51.63	250m: 4:08.53	51.43	350m: 5:51.68	51.88			
	100m: 1:34.31	48.79	200m: 3:17.10	51.16	300m: 4:59.80	51.27	400m: 6:40.89	49.21			
2.	Piet Schop	De Bevelanders	NED	195000109					7:20.53	+0.76	
	50m: 49.33	49.33	150m: 2:39.61	56.43	250m: 4:33.05	56.14	350m: 6:26.44	56.19			
	100m: 1:43.18	53.85	200m: 3:36.91	57.30	300m: 5:30.25	57.20	400m: 7:20.53	54.09			

Programmanr. 4, Heren, 400m vrije slag

Masters 75+

1. Willem Putter	ZVVS	NED	194500135	7:00.42	+1.02
50m: 43.93	43.93	150m: 2:27.26	52.31	250m: 4:15.77	54.06
100m: 1:34.95	51.02	200m: 3:21.71	54.45	300m: 5:12.27	56.50
				350m: 6:07.88	56.61
				400m: 7:00.42	52.54

Masters 80+

1. Geza Kaltenecker	AZC	NED	194200065	7:41.33	+0.88
<i>Nederlands Masters Record</i>					
50m: 50.20	50.20	150m: 2:49.14	1:00.78	250m: 4:50.65	1:00.70
100m: 1:48.36	58.16	200m: 3:49.95	1:00.81	300m: 5:51.70	1:01.05
				350m: 6:51.45	59.75
				400m: 7:41.33	49.88
2. Nic Geers	PSV	NED	193800007	9:00.13	+1.08
50m: 56.73	56.73	150m: 3:21.51	1:15.12	250m: 5:44.09	1:08.94
100m: 2:06.39	1:09.66	200m: 4:35.15	1:13.64	300m: 6:55.82	1:11.73
				350m: 8:03.05	1:07.23
				400m: 9:00.13	57.08

Programmanr. 5
06-05-2022 - 9:44

Dames, 400m vrije slag
Pauze na serie 5 / Break after heat 5

Masters Open
Resultaten

rang	naam	vereniging			tijd	RT	PARA
1.	Laura Setz	Bubble	NED	200000130	4:34.01	+0.93	
	50m: 30.23	30.23	150m: 1:37.75	34.32	250m: 2:48.00	35.22	35.24
	100m: 1:03.43	33.20	200m: 2:12.78	35.03	300m: 3:23.66	35.66	35.11
2.	Amber van der Kruk	MSV-Zeemacht	NED	200102730	4:37.28	+0.86	1003
	50m: 30.56	30.56	150m: 1:40.04	35.16	250m: 2:50.65	35.19	36.07
	100m: 1:04.88	34.32	200m: 2:15.46	35.42	300m: 3:25.96	35.31	35.25
3.	Manon Ritten	PSV	NED	200002440	4:40.89	+0.80	
	50m: 31.72	31.72	150m: 1:41.69	35.73	250m: 2:53.38	36.07	36.36
	100m: 1:05.96	34.24	200m: 2:17.31	35.62	300m: 3:29.58	36.20	34.95
4.	Kirsten Walraven	ZPC De Zeeuwse Kust	NED	200001358	4:53.27	+0.79	
	50m: 32.54	32.54	150m: 1:45.76	36.89	250m: 3:01.41	37.59	37.58
	100m: 1:08.87	36.33	200m: 2:23.82	38.06	300m: 3:39.61	38.20	36.08
5.	Marijke Drent	Bubble	NED	199906232	4:53.97	+0.81	
	50m: 31.87	31.87	150m: 1:44.61	36.92	250m: 3:00.20	37.95	38.20
	100m: 1:07.69	35.82	200m: 2:22.25	37.64	300m: 3:38.55	38.35	37.22
6.	Selina Janssen	Neptunus'58	NED	199905974	5:22.23	+0.72	
	50m: 35.00	35.00	150m: 1:54.62	40.81	250m: 3:17.94	42.15	42.32
	100m: 1:13.81	38.81	200m: 2:35.79	41.17	300m: 3:59.99	42.05	39.92
7.	Hanna Bonn	VfR Uebach-Palenberg	GER	296495	5:37.77	+0.78	
	50m: 37.12	37.12	150m: 2:01.21	42.69	250m: 3:27.48	42.99	43.29
	100m: 1:18.52	41.40	200m: 2:44.49	43.28	300m: 4:11.40	43.92	43.08
8.	Marouscha de Vries	DAW	NED	199906628	5:40.47	+0.71	
	50m: 37.52	37.52	150m: 2:01.22	42.80	250m: 3:29.17	44.23	43.73
	100m: 1:18.42	40.90	200m: 2:44.94	43.72	300m: 4:13.54	44.37	43.20

Masters 25+

1. Tamara Grove	De Dolfijn	NED	199601266	4:39.32	+0.72
50m: 30.73	30.73	150m: 1:40.92	35.72	250m: 2:52.46	35.69
100m: 1:05.20	34.47	200m: 2:16.77	35.85	300m: 3:28.51	36.05
				350m: 4:04.38	35.87
				400m: 4:39.32	34.94
2. Liesa Vrielinck	MEGA-zwemteam	BEL	21320/93	4:57.63	+0.72
50m: 33.45	33.45	150m: 1:48.93	37.80	250m: 3:04.62	37.56
100m: 1:11.13	37.68	200m: 2:27.06	38.13	300m: 3:43.08	38.46
				350m: 4:21.15	38.07
				400m: 4:57.63	36.48
3. Anne-Irene Ducheine	Zwemvereniging Hoogland	NED	199506824	5:00.91	+0.73
50m: 33.01	33.01	150m: 1:47.69	37.78	250m: 3:05.04	38.62
100m: 1:09.91	36.90	200m: 2:26.42	38.73	300m: 3:44.17	39.13
				350m: 4:23.03	38.86
				400m: 5:00.91	37.88
4. Lotte Coenen	DES	NED	199301518	5:05.93	+0.82
50m: 33.20	33.20	150m: 1:48.50	38.19	250m: 3:06.62	39.40
100m: 1:10.31	37.11	200m: 2:27.22	38.72	300m: 3:46.65	40.03
				350m: 4:26.40	39.75
				400m: 5:05.93	39.53

Programmanr. 5, Dames, 400m vrije slag, Masters 25+

rang	naam	vereniging	GER	224919	tijd	RT	PARA	
5.	Alina Bärwald	VfR Uebach-Palenberg	GER	224919	5:08.29	+0.82		
	50m: 33.87	33.87	150m: 1:50.20	38.56	250m: 3:08.57	39.02	350m: 4:28.29	39.90
	100m: 1:11.64	37.77	200m: 2:29.55	39.35	300m: 3:48.39	39.82	400m: 5:08.29	40.00
6.	Fiona Meuffels	RZ	NED	199504366	5:15.84	+0.67		
	50m: 33.29	33.29	150m: 1:49.92	39.09	250m: 3:10.77	40.85	350m: 4:35.20	42.28
	100m: 1:10.83	37.54	200m: 2:29.92	40.00	300m: 3:52.92	42.15	400m: 5:15.84	40.64
7.	Mariska Gach	ZVL-1886 Center	NED	199501760	5:41.96	+0.80		
	50m: 37.74	37.74	150m: 2:04.19	43.88	250m: 3:32.82	44.17	350m: 5:00.64	43.11
	100m: 1:20.31	42.57	200m: 2:48.65	44.46	300m: 4:17.53	44.71	400m: 5:41.96	41.32
8.	Alma Janssen	Z&PC Zegenwerp	NED	199401078	6:10.52	+0.76		
	50m: 38.52	38.52	150m: 2:09.57	46.93	250m: 3:46.40	48.80	350m: 5:25.09	49.14
	100m: 1:22.64	44.12	200m: 2:57.60	48.03	300m: 4:35.95	49.55	400m: 6:10.52	45.43
9.	Nadine Scheeve	De Biesboschwimmers	NED	199700684	6:13.06	+0.80		
	50m: 39.78	39.78	150m: 2:13.57	47.77	250m: 3:50.54	48.00	350m: 5:27.96	48.93
	100m: 1:25.80	46.02	200m: 3:02.54	48.97	300m: 4:39.03	48.49	400m: 6:13.06	45.10
10.	Franziska Wierig	SSF Bonn	GER	410575	6:18.52	+0.70		
	50m: 41.48	41.48	150m: 2:16.46	47.75	250m: 3:52.76	47.75	350m: 5:30.85	48.84
	100m: 1:28.71	47.23	200m: 3:05.01	48.55	300m: 4:42.01	49.25	400m: 6:18.52	47.67
11.	Cynthia van Veen	ZVL-1886 Center	NED	199606736	6:22.36	+0.69		
	50m: 38.78	38.78	150m: 2:14.19	48.70	250m: 3:55.29	50.95	350m: 5:35.87	50.03
	100m: 1:25.49	46.71	200m: 3:04.34	50.15	300m: 4:45.84	50.55	400m: 6:22.36	46.49
AFGEM	Leontine Groeneveldt	De Duck	NED	199303526				

Masters 30+

1.	Lisanne Andeweg	Zuiderzeewimmers	NED	198800092	5:05.32	+0.94		
	50m: 34.36	34.36	150m: 1:51.04	38.75	250m: 3:09.53	39.10	350m: 4:28.04	39.21
	100m: 1:12.29	37.93	200m: 2:30.43	39.39	300m: 3:48.83	39.30	400m: 5:05.32	37.28
2.	Fraukje Puts	HZ&PC Heerenveen	NED	199206470	5:10.85	+0.76		
	50m: 34.22	34.22	150m: 1:51.51	39.36	250m: 3:11.04	39.46	350m: 4:31.76	39.72
	100m: 1:12.15	37.93	200m: 2:31.58	40.07	300m: 3:52.04	41.00	400m: 5:10.85	39.09
3.	Marion Lewonczuk	CN du Val de Fensch	FRA	77224	5:33.28	+0.79		
	50m: 37.23	37.23	150m: 1:58.78	41.20	250m: 3:23.83	42.81	350m: 4:50.46	43.37
	100m: 1:17.58	40.35	200m: 2:41.02	42.24	300m: 4:07.09	43.26	400m: 5:33.28	42.82
4.	Suzan Blankestijn	ZVL-1886 Center	NED	198900350	5:36.68	+0.81		
	50m: 36.82	36.82	150m: 2:01.56	43.10	250m: 3:27.79	42.83	350m: 4:53.98	42.77
	100m: 1:18.46	41.64	200m: 2:44.96	43.40	300m: 4:11.21	43.42	400m: 5:36.68	42.70
5.	Yvonne Bruls	MZ&PC	NED	199008114	5:41.33	+0.87		
	50m: 38.14	38.14	150m: 2:04.88	43.60	250m: 3:32.77	43.47	350m: 4:58.92	42.84
	100m: 1:21.28	43.14	200m: 2:49.30	44.42	300m: 4:16.08	43.31	400m: 5:41.33	42.41
6.	Irmgard van Weeghel	ESCA Zwemmen	NED	199204834	5:41.79	+0.75		
	50m: 36.78	36.78	150m: 2:00.99	42.83	250m: 3:29.19	44.08	350m: 4:58.92	44.47
	100m: 1:18.16	41.38	200m: 2:45.11	44.12	300m: 4:14.45	45.26	400m: 5:41.79	42.87
7.	Jacolien van den Beukel	De Lansingh	NED	199100238	5:42.24	+0.78		
	50m: 35.31	35.31	150m: 1:58.81	42.84	250m: 3:26.65	44.42	350m: 4:58.15	46.05
	100m: 1:15.97	40.66	200m: 2:42.23	43.42	300m: 4:12.10	45.45	400m: 5:42.24	44.09
8.	Nikki Roon	IJZPC	NED	198803712	5:43.54	+0.93		
	50m: 37.89	37.89	150m: 2:03.16	42.94	250m: 3:31.38	43.99	350m: 4:59.94	44.69
	100m: 1:20.22	42.33	200m: 2:47.39	44.23	300m: 4:15.25	43.87	400m: 5:43.54	43.60
9.	Marjon Pol	Zwemlust-den Hommel	NED	199102502	5:47.21	+0.81		
	50m: 36.73	36.73	150m: 2:00.73	43.06	250m: 3:31.01	45.69	350m: 5:02.20	45.45
	100m: 1:17.67	40.94	200m: 2:45.32	44.59	300m: 4:16.75	45.74	400m: 5:47.21	45.01
10.	Renske Eilers	Zwemvereniging Hoogland	NED	198806072	5:53.24	+0.84		
	50m: 38.21	38.21	150m: 2:05.01	44.31	250m: 3:35.41	45.26	350m: 5:07.63	46.64
	100m: 1:20.70	42.49	200m: 2:50.15	45.14	300m: 4:20.99	45.58	400m: 5:53.24	45.61
11.	Anouk Bloem	TRB-RES	NED	199000320	7:32.92	+0.92		
	50m: 49.06	49.06	150m: 2:41.30	56.70	250m: 4:37.45	57.81	350m: 6:35.39	58.50
	100m: 1:44.60	55.54	200m: 3:39.64	58.34	300m: 5:36.89	59.44	400m: 7:32.92	57.53

Programmanr. 5, Dames, 400m vrije slag

Masters 35+

1.	Viktória Háden-Felföldi <i>Kampioenschapsrecord</i>	Megathlon SE	HUN		4:49.08	+0.75
	50m: 32.58 32.58	150m: 1:44.58 36.37	250m: 2:58.14 36.83	350m: 4:12.75 36.93		
	100m: 1:08.21 35.63	200m: 2:21.31 36.73	300m: 3:35.82 37.68	400m: 4:49.08 36.33		
2.	Stephanie Vaernewyck	MEGA-zwemteam	BEL	20352/83	4:52.99	+0.83
	50m: 33.41 33.41	150m: 1:46.62 37.10	250m: 3:01.68 37.48	350m: 4:16.58 37.30		
	100m: 1:09.52 36.11	200m: 2:24.20 37.58	300m: 3:39.28 37.60	400m: 4:52.99 36.41		
3.	Sara Holman	Kaiserslauterer SK 1911	GER	444463	5:02.66	+0.83
	50m: 34.42 34.42	150m: 1:51.00 38.40	250m: 3:08.23 38.45	350m: 4:25.70 38.64		
	100m: 1:12.60 38.18	200m: 2:29.78 38.78	300m: 3:47.06 38.83	400m: 5:02.66 36.96		
4.	Jenny Schouten	MZ&PC	NED	198703674	5:06.40	+0.86
	50m: 32.75 32.75	150m: 1:47.03 38.04	250m: 3:06.41 39.92	350m: 4:27.63 40.87		
	100m: 1:08.99 36.24	200m: 2:26.49 39.46	300m: 3:46.76 40.35	400m: 5:06.40 38.77		
5.	Isaline Manchel	CNSW	BEL	001284/85	5:43.90	+0.89
	50m: 39.61 39.61	150m: 2:07.65 44.43	250m: 3:34.70 43.10	350m: 5:01.53 43.16		
	100m: 1:23.22 43.61	200m: 2:51.60 43.95	300m: 4:18.37 43.67	400m: 5:43.90 42.37		
6.	Liesbeth van Mill	Zwemlust-den Hommel	NED	198702786	5:47.64	+0.89
	50m: 39.33 39.33	150m: 2:06.67 43.79	250m: 3:34.67 43.85	350m: 5:04.02 44.51		
	100m: 1:22.88 43.55	200m: 2:50.82 44.15	300m: 4:19.51 44.84	400m: 5:47.64 43.62		
7.	Sandra Schellekens	Neptunus'58	NED	198503416	5:49.04	+0.86
	50m: 38.18 38.18	150m: 2:05.48 44.50	250m: 3:36.22 45.76	350m: 5:06.85 45.35		
	100m: 1:20.98 42.80	200m: 2:50.46 44.98	300m: 4:21.50 45.28	400m: 5:49.04 42.19		
8.	Linda Hoogendam	WVZ	NED	198300892	5:55.90	+0.85
	50m: 38.18 38.18	150m: 2:08.81 45.73	250m: 3:41.02 45.77	350m: 5:13.33 45.21		
	100m: 1:23.08 44.90	200m: 2:55.25 46.44	300m: 4:28.12 47.10	400m: 5:55.90 42.57		
9.	Femke Smits	Blue Marlins (SG)	NED	198403574	6:18.24	+0.85
	50m: 39.97 39.97	150m: 2:15.46 48.60	250m: 3:53.67 48.47	350m: 5:32.44 48.95		
	100m: 1:26.86 46.89	200m: 3:05.20 49.74	300m: 4:43.49 49.82	400m: 6:18.24 45.80		
10.	Angélique Wammes-Bouman	Zwemvereniging Hoogland	NED	198403604	6:19.73	+0.82
	50m: 39.99 39.99	150m: 2:13.49 47.76	250m: 3:51.95 49.51	350m: 5:31.94 49.48		
	100m: 1:25.73 45.74	200m: 3:02.44 48.95	300m: 4:42.46 50.51	400m: 6:19.73 47.79		
11.	Cindy Joller	CN du Val de Fensch	FRA	107966	6:24.26	+0.86
	50m: 39.62 39.62	150m: 2:12.62 47.50	250m: 3:53.30 50.33	350m: 5:34.62 50.29		
	100m: 1:25.12 45.50	200m: 3:02.97 50.35	300m: 4:44.33 51.03	400m: 6:24.26 49.64		

Masters 40+

1.	Carole Kettenmeyer-Reuland <i>Luxembourg Msters Record</i>	SC Le Dauphin Ettelbruck	LUX	2017	5:02.04	+0.79
	50m: 34.49 34.49	150m: 1:49.90 37.99	250m: 3:06.83 38.35	350m: 4:24.25 38.64		
	100m: 1:11.91 37.42	200m: 2:28.48 38.58	300m: 3:45.61 38.78	400m: 5:02.04 37.79		
2.	Debbie van Rooijen	IJZPC	NED	198201402	5:15.70	+0.85
	50m: 35.31 35.31	150m: 1:55.59 40.52	250m: 3:17.21 40.79	350m: 4:37.80 40.02		
	100m: 1:15.07 39.76	200m: 2:36.42 40.83	300m: 3:57.78 40.57	400m: 5:15.70 37.90		
3.	Chantal Verhoeff	Old Dutch	NED	197900912	5:37.00	+0.95
	50m: 37.04 37.04	150m: 2:03.17 43.35	250m: 3:30.19 42.79	350m: 4:55.53 42.23		
	100m: 1:19.82 42.78	200m: 2:47.40 44.23	300m: 4:13.30 43.11	400m: 5:37.00 41.47		
4.	Martine de Haart	Patrick-De Roersoppers (SG)	NED	197901492	5:41.24	+0.93
	50m: 37.75 37.75	150m: 2:02.55 42.90	250m: 3:30.82 43.98	350m: 4:59.52 43.78		
	100m: 1:19.65 41.90	200m: 2:46.84 44.29	300m: 4:15.74 44.92	400m: 5:41.24 41.72		
5.	Eveline Hacquebord	IJZPC	NED	197901206	6:11.63	+0.80
	50m: 37.46 37.46	150m: 2:07.54 45.85	250m: 3:44.79 49.11	350m: 5:24.59 49.95		
	100m: 1:21.69 44.23	200m: 2:55.68 48.14	300m: 4:34.64 49.85	400m: 6:11.63 47.04		

Masters 45+

1.	Annett von Rekowski	SG Bayer	GER	97868	4:55.57	+0.85
	50m: 33.83 33.83	150m: 1:48.78 37.84	250m: 3:04.62 37.58	350m: 4:19.69 37.37		
	100m: 1:10.94 37.11	200m: 2:27.04 38.26	300m: 3:42.32 37.70	400m: 4:55.57 35.88		
2.	Liselotte Joling	PSV	NED	197500268	5:00.91	+0.84
	50m: 33.52 33.52	150m: 1:50.46 38.92	250m: 3:07.20 37.79	350m: 4:23.84 38.24		
	100m: 1:11.54 38.02	200m: 2:29.41 38.95	300m: 3:45.60 38.40	400m: 5:00.91 37.07		

Programmanr. 5, Dames, 400m vrije slag, Masters 45+

rang	naam	vereniging	tijd	RT	PARA
3.	Melanie Kuiper	ZIGNEA	5:18.83	+0.88	
	50m: 35.51 35.51	150m: 1:54.95 40.69	250m: 3:17.85 42.00	350m: 4:40.81 41.22	
	100m: 1:14.26 38.75	200m: 2:35.85 40.90	300m: 3:59.59 41.74	400m: 5:18.83 38.02	
4.	Petra Guijt	RZC	5:28.98	+0.88	
	50m: 36.72 36.72	150m: 1:58.64 41.82	250m: 3:23.54 42.47	350m: 4:48.64 42.24	
	100m: 1:16.82 40.10	200m: 2:41.07 42.43	300m: 4:06.40 42.86	400m: 5:28.98 40.34	
5.	Lydia Kolodziej	SN Versailles	5:53.99	+0.80	
	50m: 38.74 38.74	150m: 2:06.48 44.19	250m: 3:37.67 45.62	350m: 5:09.50 45.66	
	100m: 1:22.29 43.55	200m: 2:52.05 45.57	300m: 4:23.84 46.17	400m: 5:53.99 44.49	
6.	Monica Korndewal	ZPC AMERSFOORT	6:12.32	+0.87	
	50m: 38.59 38.59	150m: 2:09.14 46.05	250m: 3:45.66 48.59	350m: 5:25.04 49.24	
	100m: 1:23.09 44.50	200m: 2:57.07 47.93	300m: 4:35.80 50.14	400m: 6:12.32 47.28	
7.	Natacha Van Hoof	Shark	6:34.81	+0.98	
	50m: 44.90 44.90	150m: 2:23.92 49.75	250m: 4:04.92 50.13	350m: 5:46.48 50.98	
	100m: 1:34.17 49.27	200m: 3:14.79 50.87	300m: 4:55.50 50.58	400m: 6:34.81 48.33	
8.	Clementine Bruxvoort	SCOM/De Zeehond'73 (SG)	6:59.35	+0.88	
	50m: 45.79 45.79	150m: 2:31.63 53.36	250m: 4:20.21 54.12	350m: 6:08.71 54.06	
	100m: 1:38.27 52.48	200m: 3:26.09 54.46	300m: 5:14.65 54.44	400m: 6:59.35 50.64	
9.	Fabienne Verriet-Regensburg	VZV Njord	7:47.97	+0.89	
	50m: 50.84 50.84	150m: 2:48.96 1:00.44	250m: 4:49.73 1:00.60	350m: 6:51.07 1:00.49	
	100m: 1:48.52 57.68	200m: 3:49.13 1:00.17	300m: 5:50.58 1:00.85	400m: 7:47.97 56.90	

Masters 50+

1.	Carla Geurts <i>Nederlands Masters Record</i>	PSV	4:58.02	+0.74	
	50m: 33.69 33.69	150m: 1:48.52 37.40	250m: 3:04.59 37.94	350m: 4:21.10 38.11	
	100m: 1:11.12 37.43	200m: 2:26.65 38.13	300m: 3:42.99 38.40	400m: 4:58.02 36.92	
2.	Bianca Groot	MSV-Zeemacht	5:10.09	+0.88	
	50m: 35.10 35.10	150m: 1:52.00 38.52	250m: 3:10.36 39.18	350m: 4:30.30 40.07	
	100m: 1:13.48 38.38	200m: 2:31.18 39.18	300m: 3:50.23 39.87	400m: 5:10.09 39.79	
3.	Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	5:16.76	+0.82	
	50m: 35.82 35.82	150m: 1:55.34 40.42	250m: 3:17.31 40.99	350m: 4:38.15 39.97	
	100m: 1:14.92 39.10	200m: 2:36.32 40.98	300m: 3:58.18 40.87	400m: 5:16.76 38.61	
4.	Kathy Van Lindt	CNSW	5:19.58	+0.83	
	50m: 36.58 36.58	150m: 1:58.40 41.08	250m: 3:19.71 40.62	350m: 4:40.47 39.45	
	100m: 1:17.32 40.74	200m: 2:39.09 40.69	300m: 4:01.02 41.31	400m: 5:19.58 39.11	
5.	Annette de Visser	Oceanus	5:31.44	+0.81	
	50m: 36.72 36.72	150m: 1:59.29 41.92	250m: 3:23.57 42.52	350m: 4:49.21 42.85	
	100m: 1:17.37 40.65	200m: 2:41.05 41.76	300m: 4:06.36 42.79	400m: 5:31.44 42.23	
6.	Petra Blum	SG Bayer	5:39.59	+0.87	
	50m: 37.26 37.26	150m: 2:03.43 43.99	250m: 3:31.55 44.10	350m: 4:58.23 42.98	
	100m: 1:19.44 42.18	200m: 2:47.45 44.02	300m: 4:15.25 43.70	400m: 5:39.59 41.36	
7.	Inken Wemheuer	DWT	5:47.00	+0.83	
	50m: 38.23 38.23	150m: 2:05.52 44.49	250m: 3:36.39 45.39	350m: 5:06.30 44.61	
	100m: 1:21.03 42.80	200m: 2:51.00 45.48	300m: 4:21.69 45.30	400m: 5:47.00 40.70	
8.	Eline Overeem	Zwemlust-den Hommel	6:28.93	+0.93	
	50m: 39.82 39.82	150m: 2:13.34 47.36	250m: 3:53.38 50.15	350m: 5:39.09 52.13	
	100m: 1:25.98 46.16	200m: 3:03.23 49.89	300m: 4:46.96 53.58	400m: 6:28.93 49.84	
9.	Annet Kootstra	SWOL 1894	6:31.52	+0.92	
	50m: 44.35 44.35	150m: 2:23.26 50.32	250m: 4:02.97 49.85	350m: 5:43.18 50.48	
	100m: 1:32.94 48.59	200m: 3:13.12 49.86	300m: 4:52.70 49.73	400m: 6:31.52 48.34	
10.	Kristien Van de Moortel	Shark	6:48.50	+0.86	
	50m: 45.18 45.18	150m: 2:28.18 52.03	250m: 4:13.44 52.90	350m: 5:58.85 52.80	
	100m: 1:36.15 50.97	200m: 3:20.54 52.36	300m: 5:06.05 52.61	400m: 6:48.50 49.65	
11.	Greta Wyma-Teitsma * 200m	DWK	7:11.89	+0.99	
	50m: 46.90 46.90	150m: 2:35.83 54.37	250m: 4:28.05 56.87	350m: 6:19.74 55.74	
	100m: 1:41.46 54.56	200m: 3:31.18 55.35	300m: 5:24.00 55.95	400m: 7:11.89 52.15	

Programmanr. 5, Dames, 400m vrije slag

Masters 55+

1.	Katrien Delaender	Deerlijkse Zwemvereniging	BEL	21012/66			5:02.84	+0.78				
	<i>Kampioenschapsrecord, Belgisch Masters Record</i>											
	50m:	33.97	33.97	150m:	1:49.59	38.41	250m:	3:07.75	38.73	350m:	4:25.82	38.94
	100m:	1:11.18	37.21	200m:	2:29.02	39.43	300m:	3:46.88	39.13	400m:	5:02.84	37.02
2.	Wilna Heijman	Steenwijk 1934	NED	196400506			5:38.19	+0.87				
	50m:	38.76	38.76	150m:	2:03.50	42.82	250m:	3:30.25	43.68	350m:	4:56.47	43.35
	100m:	1:20.68	41.92	200m:	2:46.57	43.07	300m:	4:13.12	42.87	400m:	5:38.19	41.72
3.	Jacqueline Rolloos-Bakker	De Lansingh	NED	196300222			6:00.03	+0.68				
	50m:	39.52	39.52	150m:	2:11.48	46.35	250m:	3:43.91	45.98	350m:	5:17.09	46.24
	100m:	1:25.13	45.61	200m:	2:57.93	46.45	300m:	4:30.85	46.94	400m:	6:00.03	42.94
4.	Ulrike Depken	Polizei SV Oldenburg	GER	427344			6:07.08	+0.95				
	50m:	40.31	40.31	150m:	2:12.21	46.63	250m:	3:46.40	46.89	350m:	5:21.55	47.53
	100m:	1:25.58	45.27	200m:	2:59.51	47.30	300m:	4:34.02	47.62	400m:	6:07.08	45.53
5.	Nicky Slinger	HPC	NED	196600316			6:20.48	+0.87				
	50m:	41.08	41.08	150m:	2:15.92	48.10	250m:	3:54.70	49.31	350m:	5:32.53	48.62
	100m:	1:27.82	46.74	200m:	3:05.39	49.47	300m:	4:43.91	49.21	400m:	6:20.48	47.95
6.	Christel Aerts	Tesswim	BEL	20061/66			6:21.14	+0.94				
	50m:	41.53	41.53	150m:	2:16.53	47.93	250m:	3:55.82	49.69	350m:	5:34.84	49.35
	100m:	1:28.60	47.07	200m:	3:06.13	49.60	300m:	4:45.49	49.67	400m:	6:21.14	46.30
7.	K. van Nassau-van den Heuvel	Old Dutch	NED	196600188			6:23.04	+1.01				
	50m:	43.98	43.98	150m:	2:21.08	48.77	250m:	3:58.81	48.19	350m:	5:36.56	48.46
	100m:	1:32.31	48.33	200m:	3:10.62	49.54	300m:	4:48.10	49.29	400m:	6:23.04	46.48
8.	Erica Muller	De Geul	NED	196400412			6:48.25	+0.88				
	50m:	45.30	45.30	150m:	2:26.75	51.67	250m:	4:11.33	52.93	350m:	5:57.52	53.51
	100m:	1:35.08	49.78	200m:	3:18.40	51.65	300m:	5:04.01	52.68	400m:	6:48.25	50.73
9.	Marie-Jeanne Vandormael	Genker ZV Neptunus	BEL	21035/63			7:31.18	+0.77				
	50m:	48.93	48.93	150m:	2:42.32	57.69	250m:	4:39.60	58.08	350m:	6:37.03	58.84
	100m:	1:44.63	55.70	200m:	3:41.52	59.20	300m:	5:38.19	58.59	400m:	7:31.18	54.15
10.	Ann Vandenbrouck	ROSC	BEL	20321/65			8:23.80	+1.00				
	50m:	53.68	53.68	150m:	3:03.04	1:04.19	250m:	5:12.05	1:03.58	350m:	7:20.62	1:02.64
	100m:	1:58.85	1:05.17	200m:	4:08.47	1:05.43	300m:	6:17.98	1:05.93	400m:	8:23.80	1:03.18

Masters 60+

1.	Dr. Barbara Gellrich	Mainzer Schwimmverein 01	GER	061226			5:21.94	+0.87				
	<i>Kampioenschapsrecord, German Masters Record</i>											
	50m:	35.95	35.95	150m:	1:57.25	41.07	250m:	3:20.05	41.10	350m:	4:42.17	40.30
	100m:	1:16.18	40.23	200m:	2:38.95	41.70	300m:	4:01.87	41.82	400m:	5:21.94	39.77
2.	Esther van Lohuizen	PSV	NED	195900300			5:39.78	+0.82				
	50m:	38.73	38.73	150m:	2:06.33	44.26	250m:	3:34.08	44.32	350m:	5:00.63	43.04
	100m:	1:22.07	43.34	200m:	2:49.76	43.43	300m:	4:17.59	43.51	400m:	5:39.78	39.15
3.	Petra Tossings-van de Hooven	WIDEX GZC DONK	NED	196100376			5:54.64	+0.89				
	50m:	39.00	39.00	150m:	2:07.71	45.06	250m:	3:39.09	45.61	350m:	5:11.13	46.25
	100m:	1:22.65	43.65	200m:	2:53.48	45.77	300m:	4:24.88	45.79	400m:	5:54.64	43.51
4.	Marlien Wijnhof	Nat Utrecht	NED	196100300			6:13.16	+0.91				
	50m:	43.25	43.25	150m:	2:18.44	48.01	250m:	3:53.34	47.16	350m:	5:28.79	47.74
	100m:	1:30.43	47.18	200m:	3:06.18	47.74	300m:	4:41.05	47.71	400m:	6:13.16	44.37
5.	Katinka Elders	Oceanus	NED	196000292			6:47.56	+0.96				
	50m:	45.33	45.33	150m:	2:28.06	52.29	250m:	4:13.43	52.82	350m:	5:58.41	51.97
	100m:	1:35.77	50.44	200m:	3:20.61	52.55	300m:	5:06.44	53.01	400m:	6:47.56	49.15
6.	Marjan Spoelstra	SWOL 1894	NED	196000236			7:08.95	+0.84				
	50m:	46.28	46.28	150m:	2:31.79	53.20	250m:	4:21.31	54.50	350m:	6:13.19	55.64
	100m:	1:38.59	52.31	200m:	3:26.81	55.02	300m:	5:17.55	56.24	400m:	7:08.95	55.76
7.	Karien Musters	Old Dutch	NED	195800236			8:25.62	+0.90				
	50m:	53.63	53.63	150m:	2:56.60	1:02.93	250m:	5:08.09	1:06.00	350m:	7:20.39	1:06.13
	100m:	1:53.67	1:00.04	200m:	4:02.09	1:05.49	300m:	6:14.26	1:06.17	400m:	8:25.62	1:05.23
8.	Mies Kuipers	Old Dutch	NED	195800202			9:28.41	+0.90				
	50m:	1:05.53	1:05.53	150m:	3:31.07	1:13.11	250m:	5:58.25	1:14.61	350m:	8:23.07	1:11.65
	100m:	2:17.96	1:12.43	200m:	4:43.64	1:12.57	300m:	7:11.42	1:13.17	400m:	9:28.41	1:05.34

Programmanr. 5, Dames, 400m vrije slag

Masters 65+

1. Margriet Pasma	TriVia	NED	195500088	6:18.01	+0.95
50m: 43.37	43.37	150m: 2:19.25	48.13	250m: 3:56.27	48.41
100m: 1:31.12	47.75	200m: 3:07.86	48.61	300m: 4:44.60	48.33
350m: 5:32.40	47.80	400m: 6:18.01	45.61		
2. Carla Hensen	PSV	NED	195300062	6:57.15	
50m: 45.62	45.62	150m: 2:32.18	54.13	250m: 4:19.21	53.37
100m: 1:38.05	52.43	200m: 3:25.84	53.66	300m: 5:12.52	53.31
350m: 6:05.42	52.90	400m: 6:57.15	51.73		
3. Lies Hartman	PSV	NED	195600116	10:03.90	+1.19
50m: 1:02.06	1:02.06	150m: 3:31.14	1:16.01	250m: 6:09.31	1:19.55
100m: 2:15.13	1:13.07	200m: 4:49.76	1:18.62	300m: 7:27.80	1:18.49
350m: 8:45.90	1:18.10	400m: 10:03.90	1:18.00		

Masters 70+

1. Gonnie Bak	PSV	NED	195100064	8:13.01	+0.94
50m: 53.21	53.21	150m: 2:58.85	1:03.55	250m: 5:07.56	1:04.21
100m: 1:55.30	1:02.09	200m: 4:03.35	1:04.50	300m: 6:11.10	1:03.54
350m: 7:13.42	1:02.32	400m: 8:13.01	59.59		
2. Geerdien Meerwaldt	De Geul	NED	195200058	9:01.14	+0.99
50m: 58.56	58.56	150m: 3:12.88	1:07.45	250m: 5:32.39	1:09.92
100m: 2:05.43	1:06.87	200m: 4:22.47	1:09.59	300m: 6:42.78	1:10.39
350m: 7:52.24	1:09.46	400m: 9:01.14	1:08.90		

Masters 75+

1. Loekie van Huissteden	ZPC AMERSFOORT	NED	194500002	9:06.45	+1.05
50m: 1:00.95	1:00.95	150m: 3:19.04	1:10.71	250m: 5:39.13	1:11.43
100m: 2:08.33	1:07.38	200m: 4:27.70	1:08.66	300m: 6:48.84	1:09.71
350m: 7:59.94	1:11.10	400m: 9:06.45	1:06.51		

Masters 80+

1. Marie Smits	Old Dutch	NED	193800004	9:15.00	+1.14
50m: 58.68	58.68	150m: 3:23.25	1:13.59	250m: 5:49.23	1:13.17
100m: 2:09.66	1:10.98	200m: 4:36.06	1:12.81	300m: 7:00.12	1:10.89
350m: 8:11.35	1:11.23	400m: 9:15.00	1:08.65		

Programmanr. 6
06-05-2022 - 11:10

Heren, 100m rugslag

Masters Open
Resultaten

rang naam	vereniging			tijd	RT	PARA	50m	100m
Masters 20+								
1. Sander Iuga	Feijenoord Zwemmen (SG)	NED	200101389	1:03.74	+0.53		30.33	1:03.74
2. Ian Terlouw	ZPC Woerden	NED	200002345	1:06.46	+0.73		31.93	1:06.46
3. Daan Siebenheller	ZOB'66	NED	199804955	1:07.18	+0.66		32.72	1:07.18
4. Marc Hoogeveen	Aqua'68	NED	200101585	1:07.60	+0.75		32.11	1:07.60
5. Jordy van Oel	WVZ	NED	199802003	1:09.04	+0.66		33.63	1:09.04
6. Boyd Wijkman	MSV-Zeemacht	NED	200104759	1:09.99	+0.63		32.68	1:09.99
7. Jeroen Louwinger	De Rijn	NED	199900583	1:11.24	+0.64		34.38	1:11.24
8. Kevin Vermeulen	Aqua'68	NED	200203849	1:13.40	+0.70		35.57	1:13.40
9. Jelle Opmeer	ZPC AMERSFOORT	NED	200100269	1:13.97	+0.70		34.57	1:13.97
10. Boaz Troost	ZOB'66	NED	200100371	1:18.15	+0.60		37.36	1:18.15
Masters 25+								
1. Robin van Beek	ZVL-1886 Center	NED	199704023	1:04.64	+0.63		30.92	1:04.64
2. Hans Stoffers	Triton Putten	NED	199604027	1:10.64	+0.72		34.09	1:10.64
3. Ian van Mullem	ZOB'66	NED	199602545	1:11.66	+0.64		34.46	1:11.66
4. Patrick Brouwer	AZC	NED	199303715	1:13.50	+0.81		35.28	1:13.50
5. Lars Jacobsen	DWK	NED	199705453	1:15.45	+0.73	S14	36.05	1:15.45
6. Sam Beer	Poseidon'56	NED	199605521	1:16.19	+0.63	505	37.19	1:16.19
7. Rick Vaarkamp	Triton Putten	NED	199404979	1:35.45	+0.86		45.63	1:35.45

Programmanr. 6, Heren, 100m rugslag

Masters 30+

1. Jesper Oranje	De Duck	NED	199200997	1:03.62	+0.64	30.41	1:03.62
2. Jos de Graaf	PSV	NED	199106095	1:04.24	+0.86	30.75	1:04.24
3. Dimitrios Gkatzias	Panathinaikos Swimming Team	GRE	110971	1:05.22	+0.76	30.94	1:05.22
4. Olaf Achterberg	VZC	NED	199000011	1:05.50	+0.70	32.07	1:05.50
5. Johan Krakou	De Rijn	NED	199101311	1:10.76	+0.65	33.77	1:10.76

Masters 35+

1. Martijn Giezen	ZPC AMERSFOORT	NED	198500813	1:07.52	+0.69	32.24	1:07.52
2. Robert Braad	Steenwijk 1934	NED	198600407	1:07.55	+0.78	32.78	1:07.55
3. Jim Geestman	Blue Marlins (SG)	NED	198300699	1:14.33	+0.83	35.54	1:14.33
4. Arne-Willem Kroonen	MZ&PC	NED	198401297	1:17.32	+0.77	37.52	1:17.32
5. Harmen Reemst	ZOB'66	NED	198702715	1:18.58	+0.63	38.20	1:18.58

Masters 40+

1. Dennis Brouwers	HZPC	NED	197800167	1:06.43	+0.80	32.60	1:06.43
2. Ruud Holswilder	ZPCH	NED	197800435	1:07.64	+0.73	32.94	1:07.64
3. Mark Hensen	Niemo Barracuda	NED	197900497	1:08.31	+0.71	33.22	1:08.31
4. Marcel Reefhuis	WS Twente	NED	198101381	1:12.18	+0.66	34.99	1:12.18
5. Dirk Smit	Tiamat	NED	198101559	1:12.26	+0.74	35.54	1:12.26
6. Rob van Wanrooy	Gay Swim Amsterdam	NED	198202627	1:13.30	+0.65	35.29	1:13.30
7. Andreas Walles	Polizei SV Oldenburg	GER	98309	1:16.31	+0.77	36.90	1:16.31
8. Peter Lommert	SWOL 1894	NED	197900787	1:19.12	+0.82	38.15	1:19.12

Masters 45+

1. Ivo Roozeboom	WVZ	NED	197700801	1:08.04	+0.75	33.48	1:08.04
2. Alex Damen	DAW	NED	197501371	1:12.27	+0.73	34.81	1:12.27
3. Rogier Vissers	PSV	NED	197300935	1:13.39	+0.95	35.12	1:13.39
4. Markus van Rest	WVZ	NED	197701197	1:14.27	+0.79	36.07	1:14.27
5. Pieter Broek	Feijenoord Zwemmen (SG)	NED	197701637	1:14.50	+0.59	36.09	1:14.50
6. Arjan Aalbers	SWOL 1894	NED	197500001	1:16.74	+0.80	36.68	1:16.74
7. Michael Schedl	SC Diana Wien	AUT	047943	1:24.26	+0.75	39.44	1:24.26
8. Jeroen Hoeksel	ZVVS	NED	197401533	1:36.24	+0.81	46.41	1:36.24

Masters 50+

1. Chester Marsman	ZPC AMERSFOORT	NED	196900671	1:06.78	+0.74	32.58	1:06.78
2. Linas Kersevicius	Kauno Takas	LTU		1:11.47	+0.87	34.68	1:11.47
<i>Lithuanian Masters Record</i>							
3. Arjan Bellaart	Oceanus	NED	196900079	1:11.53	+0.69	34.51	1:11.53
4. Guido Keutgen	Steenwijk 1934	NED	196801551	1:14.01	+0.78	35.10	1:14.01
5. Nico Swart	De Biesboschzwemmers	NED	196801475	1:19.69	+0.85	37.65	1:19.69
6. Korstiaan de Boer	Steenwijk 1934	NED	197101629	1:19.91	+0.81	39.26	1:19.91
7. Bruno Nahon	CNSW	BEL	000390/70	1:20.51	+0.83	38.86	1:20.51
8. Jacques Verriet	VZV Njord	NED	197001039	1:28.42	+0.86	43.30	1:28.42

Masters 55+

1. Jan Gert Notenbomer	Upstream Amsterdam	NED	196600557	1:09.92	+0.76	33.41	1:09.92
2. Bert Schlicher	RZ	NED	196400669	1:10.45	+0.72	34.25	1:10.45
3. Peter Bernsen	De Rog	NED	196301119	1:13.07	+0.65	35.60	1:13.07
4. Erlend Alstad	Oslo Idrettslag Svømming	NOR		1:14.95	+0.87	37.19	1:14.95
<i>Norgewian Masters Record</i>							
5. Frederic Andres	CN du Val de Fensch	FRA	103316	1:18.41	+0.80	38.85	1:18.41
6. Ron Korzelius	ZPC AMERSFOORT	NED	196500513	1:18.58	+0.84	38.58	1:18.58
7. Ralf Dillig	Duisburger ST	GER	060769	1:19.49	+0.79	38.56	1:19.49
8. Casper Dollekamp	Steenwijk 1934	NED	196301341	1:23.28	+0.68	39.57	1:23.28
9. Fred Dijkshoorn	Feijenoord Zwemmen (SG)	NED	196501539	1:32.50	+0.91	43.01	1:32.50
10. Hans Bijleveld	DES	NED	196601649	1:33.77	+0.74	46.93	1:33.77

Programmanr. 6, Heren, 100m rugslag

Masters 60+

1. Johan Remmits	ZPC AMERSFOORT	NED	196201159	1:12.10	+0.73	34.32	1:12.10
<i>Nederlands Masters Record</i>							
2. Hugo Bregman	WVZ	NED	195800069	1:14.58	+1.00	36.87	1:14.58
3. Clemens de Waal	De Ward	NED	196001063	1:16.97	+0.86	37.04	1:16.97
4. Erik Kamphuis	De Rog	NED	196001035	1:18.64	+0.75	40.19	1:18.64
5. Arlandas Antanas Juodeska	Kauno Takas	LTU		1:21.64	+0.63	39.88	1:21.64
6. Menno Lomans	d'ELFT	NED	196101071	1:28.23	+0.86	42.71	1:28.23
7. André Schutte	ZPC De Zeeuwse Kust	NED	196000521	1:34.79	+0.81	45.84	1:34.79
8. André Pantekoek	PSV	NED	195800321	1:36.10	+0.84	47.05	1:36.10

Masters 65+

1. Sigitas Katkevicius	Dzukijos Vandenis	LTU		1:21.18	+0.69	39.95	1:21.18
<i>Lithuanian Masters Record</i>							
2. Peter Molecz	SC Diana Wien	AUT	019219	1:22.96	+0.75	40.80	1:22.96
<i>Austrian Masters Record</i>							
3. Paul Bunnik	Triton	NED	195600413	1:29.36	+0.78	43.32	1:29.36
4. Henk Slomp	De Inktvis	NED	195500359	1:33.15	+0.80	45.44	1:33.15
5. Pierre Monnet	Entente Sportive Nanterre	FRA	2609667	1:36.71	+0.61	47.80	1:36.71
6. Sjoerd Van de Berg	De Rog	NED	195400355	1:50.70	+0.86	53.23	1:50.70

Masters 70+

1. Brend Brevé	PSV	NED	195200265	1:23.09	+0.82	41.24	1:23.09
2. Piet Schop	De Bevelanders	NED	195000109	1:38.94	+0.77	47.12	1:38.94
3. Rob Berkhof	SWOL 1894	NED	195200245	1:43.25	+1.07	49.28	1:43.25
4. Jan Nuijten	PSV	NED	194900175	1:47.13	+0.84	49.15	1:47.13

Masters 75+

1. Mans Buis	SWOL 1894	NED	194700133	1:52.77	+0.65	57.34	1:52.77
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Masters 80+

1. Frans van Enst	WS Twente	NED	194000011	1:40.83	+0.65	48.68	1:40.83
<i>Nederlands Masters Record</i>							
2. Nico Baay	Old Dutch	NED	194200053	2:01.66	+0.85	55.06	2:01.66

Programmanr. 7
06-05-2022 - 11:30

Dames, 100m rugslag

Masters Open
Resultaten

rang naam	vereniging			tijd	RT	PARA	50m	100m
Masters 20+								
1. Babette van der Kaaij	Blue Marlins (SG)	NED	199902234	1:08.48	+0.64		33.13	1:08.48
2. Sanne Heemskerck	ZVL-1886 Center	NED	200100600	1:09.15	+0.63		33.42	1:09.15
3. Merel Phaff	Nueneen	NED	200100434	1:09.28	+0.66		33.14	1:09.28
4. Laura Setz	Bubble	NED	200000130	1:11.62	+0.92		34.11	1:11.62
5. Elin Manning	Nova	NED	200200982	1:13.62	+0.60		34.23	1:13.62
6. Myrthe Offenga	De Vikings	NED	199901874	1:13.76	+0.60		35.42	1:13.76
7. Naomi Klein	ZPC De Hof	NED	199902086	1:14.79	+0.81		35.58	1:14.79
8. Anne Paulusse	Blue Marlins (SG)	NED	200200834	1:14.98	+0.72		35.78	1:14.98
9. Sanne Rebers	Hieronymus	NED	199902082	1:16.56	+0.74		37.03	1:16.56
10. Lianne Roescher	ZPC De Hof	NED	199900248	1:17.56	+0.94		37.15	1:17.56
11. Sanne Kloezen	Bubble	NED	200204644	1:18.37	+0.77		37.81	1:18.37
12. Alisha Vieira	Blue Marlins (SG)	NED	199904554	1:18.76	+0.86		36.91	1:18.76
13. Merel van den Heuvel	De Meer	NED	200201784	1:18.81	+0.65		36.34	1:18.81
14. Iris Bastiaansen	De Amstel	NED	199902006	1:19.04	+0.78		38.24	1:19.04

Programmanr. 7, Dames, 100m rugslag, Masters 20+

rang naam	vereniging			tijd	RT	PARA	50m	100m
15. Jet Kleine	MSV-Zeemacht	NED	199903384	1:20.11	+0.62		38.55	1:20.11
16. Esmee Kloezen	Bubble	NED	200204646	1:21.65	+0.72		38.76	1:21.65
17. Mandy Swart	De Biesboschzwemmers	NED	199904916	1:22.44	+0.73		39.78	1:22.44
18. Eline Hendriks	ZPC AMERSFOORT	NED	199802794	1:22.81	+0.76		40.61	1:22.81
19. Hanna Bonn	VfR Uebach-Palenberg	GER	296495	1:24.48	+0.83		41.44	1:24.48
20. Diana van Halm Braam	De Geul	NED	199800788	1:24.97	+0.84		39.99	1:24.97
21. Esmée Rolloos	Niemo Barracuda	NED	199800056	1:25.03	+0.85		40.66	1:25.03
22. Inge Hertogh	Scheldestroom	NED	200101052	1:27.85	+0.68		42.19	1:27.85
23. Michelle Barten	ZPC Woerden	NED	199903724	1:29.14	+0.79		42.00	1:29.14
NG.ZA Rachel Blok	Het Y	NED	199906076					

Masters 25+

1. Afroditi Giareni <i>Greek Masters Record</i>	Palaimon Swim Academy	GRE	119116	1:05.44	+0.60		31.88	1:05.44
2. Jamilla van Omme - van Veen	Zwemvereniging Hoogland	NED	199603192	1:11.32	+0.71		34.65	1:11.32
3. Alina Bärwald	VfR Uebach-Palenberg	GER	224919	1:12.39	+0.69		35.90	1:12.39
4. Anne-Irene Ducheine	Zwemvereniging Hoogland	NED	199506824	1:12.44	+0.61		34.94	1:12.44
5. Suzanne Mosch	MSV-Zeemacht	NED	199400548	1:12.74	+0.70		35.05	1:12.74
6. Manon van Strien	WVZ	NED	199400770	1:13.78	+0.89		35.10	1:13.78
7. Lotte Coenen	DES	NED	199301518	1:14.79	+0.73		36.23	1:14.79
8. Chantal Beijer	DWT	NED	199700884	1:15.53	+0.73		36.71	1:15.53
9. Gaby Zittersteijn	Zuiderzeezwemmers	NED	199700104	1:15.76	+0.63		35.79	1:15.76
10. Rixt Meijer	HZ&PC Heerenveen	NED	199700202	1:15.99	+0.80		36.66	1:15.99
11. Lenneke Bagijn	Feijenoord Zwemmen (SG)	NED	199604992	1:19.03	+0.67		37.88	1:19.03
12. Fiona Meuffels	RZ	NED	199504366	1:21.78	+0.74		39.66	1:21.78
13. Kimberley van Buren	De Duck	NED	199304136	1:22.38	+0.79		39.53	1:22.38
14. Mariska Gach	ZVL-1886 Center	NED	199501760	1:23.74	+0.84		40.73	1:23.74
15. Phedra Van Daele	MEGA-zwemteam	BEL	21311/93	1:24.14	+0.73		41.03	1:24.14
16. Cynthia van Veen	ZVL-1886 Center	NED	199606736	1:32.02	+0.77		42.75	1:32.02

Masters 30+

1. Denise Boereboom	Niemo Barracuda	NED	199202144	1:13.81	+0.72		35.72	1:13.81
2. Jacyntha Plat	Steenwijk 1934	NED	199002956	1:16.08	+0.77		36.38	1:16.08
3. Ilse van den Wijngaard	ZPC Woerden	NED	198904736	1:17.21	+0.78		37.30	1:17.21
4. Samantha van Eijk	De Geul	NED	198806826	1:18.73	+0.79		38.75	1:18.73
5. Tessa Mosch	MSV-Zeemacht	NED	199102172	1:19.04	+0.70		37.29	1:19.04
6. Getrude Corporaal	Steenwijk 1934	NED	199200380	1:21.14	+0.82		38.84	1:21.14
7. Wendy de Bruin	ZOB'66	NED	199206320	1:21.90	+0.60		39.92	1:21.90
8. Yvonne Bruls	MZ&PC	NED	199008114	1:24.42	+0.87		41.94	1:24.42
9. Anouk Bloem	TRB-RES	NED	199000320	1:49.36	+0.71		53.17	1:49.36

Masters 35+

1. Marije Jansen	ZPC AMERSFOORT	NED	198504088	1:17.54	+0.79		36.50	1:17.54
2. Jenny Schouten	MZ&PC	NED	198703674	1:20.34	+0.86		38.88	1:20.34
3. Angela Giezen	Zwemvereniging Hoogland	NED	198302796	1:24.37	+0.71		41.93	1:24.37

Masters 40+

1. Roos van Esch	ACZ	NED	198200468	1:14.16	+0.73		36.33	1:14.16
2. Tonia Ruybroek	Poseidon'56	NED	198101290	1:17.56	+0.67		37.68	1:17.56
3. Elke Popma - Blox	Tiamat	NED	198200154	1:20.83	+0.71		39.07	1:20.83
4. Anke Lambooi	De Vliet (SG)	NED	198001182	1:22.52	+0.74		39.58	1:22.52
5. Birgit Soetewey	Antwerpse Zwemclub Scaldis	BEL	21163/82	1:25.59	+0.71		41.07	1:25.59
6. Leonie Scholten	Steenwijk 1934	NED	197901560	1:27.56	+0.79		41.26	1:27.56

Programmanr. 7, Dames, 100m rugslag

Masters 45+

1. Jeanette Seitz	SSV Ulm 1846	GER		1:15.69	+0.87	36.99	1:15.69
2. Edith Janssen-Koolen	TRB-RES	NED	197300898	1:19.08	+0.86	37.46	1:19.08
3. Mirjan den Drijver	Feijenoord Zwemmen (SG)	NED	197500884	1:19.72	+0.83	38.99	1:19.72
4. Janneke Harmsen-Bakker	PSV	NED	197700938	1:20.91	+0.90	38.88	1:20.91
5. Melanie Kuiper	ZIGNEA	NED	197600350	1:21.50	+0.79	39.38	1:21.50
6. Bianca Hertogh - Buijsse	Scheldestroom	NED	197400910	1:32.35	+0.91	43.84	1:32.35
7. Clementine Bruxvoort	SCOM/De Zeehond'73 (SG)	NED	197700138	1:44.92	+0.83	50.35	1:44.92

Masters 50+

1. Gudule van der Meer	PSV	NED	197200396	1:14.26	+0.71	35.44	1:14.26
<i>Nederlands Masters Record</i>							
2. Carla Geurts	PSV	NED	197100178	1:18.13	+0.74	38.36	1:18.13
3. Monique Tuijp	WZ&PC Purmerend	NED	196900800	1:21.41	+0.91	39.50	1:21.41
4. Valerie Rolland	CNSW	BEL	004276/71	1:21.67	+0.67	38.88	1:21.67
5. Bianca Groot	MSV-Zeemacht	NED	197000652	1:25.46	+0.90	42.01	1:25.46
6. Petra Blum	SG Bayer	GER	274174	1:26.40	+0.88	41.54	1:26.40
7. Marjolinde Klunne	Hieronimus	NED	197101098	1:27.69	+0.78	42.65	1:27.69
8. Inken Wemheuer	DWT	NED	197101016	1:34.60	+0.63	45.68	1:34.60
9. Henriëte Manting	H2Oldambt	NED	197100246	1:37.79	+0.82	46.28	1:37.79
10. Annette van Dok	MSV-Zeemacht	NED	196800742	1:43.01	+0.87	50.68	1:43.01

Masters 55+

1. Lesley Cordial	ZPC AMERSFOORT	NED	196700684	1:17.65	+0.65	37.34	1:17.65
<i>Nederlands Masters Record</i>							
2. Marjan Remmits-de Lange	ZPC AMERSFOORT	NED	196300518	1:23.81	+0.71	41.16	1:23.81
3. Birgit Reichelt	SG Bayer	GER	194570	1:24.03	+0.79	40.42	1:24.03
4. Feikje Wittermans	WIDEX GZC DONK	NED	196400408	1:24.11	+0.85	40.24	1:24.11
5. Annette Wijnja-Visser	De Biesboschzwemmers	NED	196700528	1:26.34	+0.79	41.90	1:26.34
6. Ulrike Depken	Polizei SV Oldenburg	GER	427344	1:32.25	+0.93	44.97	1:32.25

Masters 60+

1. Vera Capkova	Antwerpse Zwemclub Scaldis	BEL	2133/61	1:20.83	+0.68	38.71	1:20.83
2. Margriet Grove-Lingeman	Triton	NED	196200080	1:28.09	+0.85	42.48	1:28.09
3. Katinka Elders	Oceanus	NED	196000292	1:49.38	+0.82	53.03	1:49.38
4. Jenny Westervaarder	H2Oldambt	NED	196200424	1:55.61	+0.86	56.96	1:55.61

Masters 65+

1. Atie Pijtak-Radersma	ZPC AMERSFOORT	NED	195600048	1:22.93	+0.74	40.81	1:22.93
<i>Nederlands Masters Record, 50m NMR</i>							
2. Margriet Pasma	TriVia	NED	195500088	1:39.12	+0.87	48.57	1:39.12
3. Carla Hensen	PSV	NED	195300062	1:47.64	+0.82	53.10	1:47.64
4. Lies Hartman	PSV	NED	195600116	2:17.64	+0.55	1:04.28	2:17.64

Masters 70+

1. Antoinette Gilding-Tussaud	WS Twente	NED	195000038	1:54.14	+0.92	54.30	1:54.14
2. Geerdien Meerwaldt	De Geul	NED	195200058	2:16.97	+0.93	1:06.37	2:16.97
3. Nini van Dongen-de Paepe	ZZ&PC De Devel	NED	195100044	2:20.57	+1.06	1:06.87	2:20.57

Masters 85+

1. Lottie Geurts	PSV	NED	193500006	2:19.92	+1.13	1:08.46	2:19.92
<i>Nederlands Masters Record</i>							



Programmanr. 7, Dames, 100m rugslag

Masters 95+

1. Marianne Maandonks	PSV	NED	192600004	3:43.56	+1.13	1:44.07	3:43.56
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Europees Masters Record, 50m NMR

