

4 - ONMK 2022 lb Sessie 4

07-05-2022 - 9:00

Programmanr. 17  
07-05-2022 - 9:00

Dames, 800m vrije slag

Masters Open  
Resultaten

rang	naam	vereniging	tijd	RT	PARA			
<b>Masters 20+</b>								
1.	Laura Setz	Bubble	NED 200000130	<b>9:26.95</b>	+0.91			
	50m: 30.86	30.86	250m: 2:51.36	35.30	450m: 5:14.08	35.49	650m: 7:39.40	36.13
	100m: 1:04.94	34.08	300m: 3:27.19	35.83	500m: 5:50.02	35.94	700m: 8:16.44	37.04
	150m: 1:40.21	35.27	350m: 4:02.71	35.52	550m: 6:26.65	36.63	750m: 8:52.55	36.11
	200m: 2:16.06	35.85	400m: 4:38.59	35.88	600m: 7:03.27	36.62	800m: 9:26.95	34.40
2.	Myra Smulders	Blue Marlins (SG)	NED 199904308	<b>10:00.54</b>	+0.73			
	50m: 32.66	32.66	250m: 3:03.23	37.87	450m: 5:36.68	38.17	650m: 8:09.53	38.20
	100m: 1:09.73	37.07	300m: 3:41.68	38.45	500m: 6:14.94	38.26	700m: 8:47.80	38.27
	150m: 1:47.11	37.38	350m: 4:19.79	38.11	550m: 6:53.21	38.27	750m: 9:24.85	37.05
	200m: 2:25.36	38.25	400m: 4:58.51	38.72	600m: 7:31.33	38.12	800m: 10:00.54	35.69
3.	Roos Englebort	Hieronymus	NED 200200606	<b>10:05.58</b>	+0.79			
	50m: 34.19	34.19	250m: 3:07.54	38.48	450m: 5:41.82	38.42	650m: 8:14.83	37.73
	100m: 1:12.20	38.01	300m: 3:46.21	38.67	500m: 6:20.57	38.75	700m: 8:53.02	38.19
	150m: 1:50.40	38.20	350m: 4:24.73	38.52	550m: 6:58.74	38.17	750m: 9:29.66	36.64
	200m: 2:29.06	38.66	400m: 5:03.40	38.67	600m: 7:37.10	38.36	800m: 10:05.58	35.92
4.	Marijke Drent	Bubble	NED 199906232	<b>10:08.85</b>	+0.86			
	50m: 33.61	33.61	250m: 3:07.58	38.95	450m: 5:42.87	38.68	650m: 8:17.18	38.25
	100m: 1:11.35	37.74	300m: 3:46.52	38.94	500m: 6:21.94	39.07	700m: 8:55.95	38.77
	150m: 1:49.58	38.23	350m: 4:25.14	38.62	550m: 7:00.14	38.20	750m: 9:33.34	37.39
	200m: 2:28.63	39.05	400m: 5:04.19	39.05	600m: 7:38.93	38.79	800m: 10:08.85	35.51
5.	Isabelle Janssen	De Geul	NED 200006318	<b>11:47.62</b>	+0.87			
	50m: 39.52	39.52	250m: 3:35.66	44.81	450m: 6:37.54	45.87	650m: 9:37.68	44.27
	100m: 1:22.04	42.52	300m: 4:21.20	45.54	500m: 7:23.26	45.72	700m: 10:22.40	44.72
	150m: 2:06.11	44.07	350m: 5:05.86	44.66	550m: 8:08.47	45.21	750m: 11:06.44	44.04
	200m: 2:50.85	44.74	400m: 5:51.67	45.81	600m: 8:53.41	44.94	800m: 11:47.62	41.18
<b>Masters 25+</b>								
1.	Tamara Grove	De Dolfijn	NED 199601266	<b>9:37.75</b>	+0.76			
	50m: 31.97	31.97	250m: 2:56.09	36.35	450m: 5:22.15	36.75	650m: 7:49.44	37.06
	100m: 1:07.44	35.47	300m: 3:32.51	36.42	500m: 5:58.85	36.70	700m: 8:26.33	36.89
	150m: 1:43.75	36.31	350m: 4:08.94	36.43	550m: 6:35.49	36.64	750m: 9:02.65	36.32
	200m: 2:19.74	35.99	400m: 4:45.40	36.46	600m: 7:12.38	36.89	800m: 9:37.75	35.10
2.	Fiona Meuffels	RZ	NED 199504366	<b>10:42.62</b>	+0.66			
	50m: 33.71	33.71	250m: 3:13.37	40.93	450m: 5:59.54	41.56	650m: 8:44.62	41.40
	100m: 1:11.75	38.04	300m: 3:54.90	41.53	500m: 6:40.63	41.09	700m: 9:25.01	40.39
	150m: 1:51.43	39.68	350m: 4:36.54	41.64	550m: 7:21.82	41.19	750m: 10:05.29	40.28
	200m: 2:32.44	41.01	400m: 5:17.98	41.44	600m: 8:03.22	41.40	800m: 10:42.62	37.33
3.	Anouk Kuijlaars	PSV	NED 199401700	<b>10:57.77</b>	+0.79			
	50m: 37.53	37.53	250m: 3:22.17	42.56	450m: 6:07.14	41.55	650m: 8:55.22	42.67
	100m: 1:17.54	40.01	300m: 4:03.27	41.10	500m: 6:48.38	41.24	700m: 9:37.09	41.87
	150m: 1:58.67	41.13	350m: 4:45.14	41.87	550m: 7:30.55	42.17	750m: 10:18.61	41.52
	200m: 2:39.61	40.94	400m: 5:25.59	40.45	600m: 8:12.55	42.00	800m: 10:57.77	39.16
4.	Marijke Kommers	Niemo Barracuda	NED 199305334	<b>11:04.19</b>	+0.80			
	50m: 35.33	35.33	250m: 3:22.02	42.17	450m: 6:12.98	43.16	650m: 9:02.85	42.79
	100m: 1:16.29	40.96	300m: 4:04.60	42.58	500m: 6:54.98	42.00	700m: 9:43.99	41.14
	150m: 1:57.81	41.52	350m: 4:46.93	42.33	550m: 7:37.63	42.65	750m: 10:25.27	41.28
	200m: 2:39.85	42.04	400m: 5:29.82	42.89	600m: 8:20.06	42.43	800m: 11:04.19	38.92
5.	Larissa Jansen	PSV	NED 199500660	<b>11:15.13</b>	+0.90			
	50m: 36.49	36.49	250m: 3:22.76	42.42	450m: 6:13.58	42.95	650m: 9:06.13	42.83
	100m: 1:16.67	40.18	300m: 4:04.97	42.21	500m: 6:56.83	43.25	700m: 9:49.73	43.60
	150m: 1:58.20	41.53	350m: 4:47.47	42.50	550m: 7:39.87	43.04	750m: 10:33.04	43.31
	200m: 2:40.34	42.14	400m: 5:30.63	43.16	600m: 8:23.30	43.43	800m: 11:15.13	42.09
6.	Nona Michiels	ZC "De Dolfijnen" Asse-Ternat	BEL 21032/93	<b>11:43.87</b>	+0.78			
	50m: 37.97	37.97	250m: 3:32.58	44.03	450m: 6:32.64	45.07	650m: 9:32.46	44.41
	100m: 1:20.45	42.48	300m: 4:17.36	44.78	500m: 7:17.87	45.23	700m: 10:17.61	45.15
	150m: 2:04.07	43.62	350m: 5:02.13	44.77	550m: 8:02.66	44.79	750m: 11:01.38	43.77
	200m: 2:48.55	44.48	400m: 5:47.57	45.44	600m: 8:48.05	45.39	800m: 11:43.87	42.49
7.	Mariska Gach	ZVL-1886 Center	NED 199501760	<b>11:48.33</b>	+0.82			
	50m: 38.98	38.98	250m: 3:39.80	45.60	450m: 6:41.63	44.96	650m: 9:39.99	43.80
	100m: 1:23.61	44.63	300m: 4:25.40	45.60	500m: 7:26.72	45.09	700m: 10:24.45	44.46
	150m: 2:08.30	44.69	350m: 5:11.02	45.62	550m: 8:11.17	44.45	750m: 11:07.30	42.85
	200m: 2:54.20	45.90	400m: 5:56.67	45.65	600m: 8:56.19	45.02	800m: 11:48.33	41.03

Programmanr. 17, Dames, 800m vrije slag

Masters 30+

1.	Maaïke Vooren	DAW	NED	199103324	<b>9:58.75</b>	+0.82		
	50m: 33.96	33.96	250m: 3:06.16	37.89	450m: 5:36.65	37.69	650m: 8:07.35	37.59
	100m: 1:12.04	38.08	300m: 3:43.76	37.60	500m: 6:14.31	37.66	700m: 8:45.38	38.03
	150m: 1:50.17	38.13	350m: 4:21.21	37.45	550m: 6:52.04	37.73	750m: 9:22.47	37.09
	200m: 2:28.27	38.10	400m: 4:58.96	37.75	600m: 7:29.76	37.72	800m: 9:58.75	36.28
2.	Lisanne Andeweg	Zuiderzeewimmers	NED	198800092	<b>10:31.21</b>	+0.82		
	50m: 34.94	34.94	250m: 3:14.02	40.58	450m: 5:55.80	40.13	650m: 8:35.07	39.57
	100m: 1:13.73	38.79	300m: 3:54.45	40.43	500m: 6:35.75	39.95	700m: 9:14.60	39.53
	150m: 1:53.36	39.63	350m: 4:35.26	40.81	550m: 7:15.72	39.97	750m: 9:53.94	39.34
	200m: 2:33.44	40.08	400m: 5:15.67	40.41	600m: 7:55.50	39.78	800m: 10:31.21	37.27
3.	Suzan Blankestijn	ZVL-1886 Center	NED	198900350	<b>11:34.64</b>	+0.81		
	50m: 37.21	37.21	250m: 3:33.73	43.85	450m: 6:31.38	43.97	650m: 9:26.42	43.18
	100m: 1:20.90	43.69	300m: 4:18.63	44.90	500m: 7:15.54	44.16	700m: 10:09.70	43.28
	150m: 2:05.09	44.19	350m: 5:03.12	44.49	550m: 7:59.07	43.53	750m: 10:52.88	43.18
	200m: 2:49.88	44.79	400m: 5:47.41	44.29	600m: 8:43.24	44.17	800m: 11:34.64	41.76
4.	Jacolien van den Beukel	De Lansingh	NED	199100238	<b>11:47.25</b>	+0.79		
	50m: 39.71	39.71	250m: 3:38.31	45.07	450m: 6:37.53	44.91	650m: 9:36.55	45.31
	100m: 1:23.26	43.55	300m: 4:23.12	44.81	500m: 7:21.78	44.25	700m: 10:21.60	45.05
	150m: 2:08.17	44.91	350m: 5:08.32	45.20	550m: 8:06.82	45.04	750m: 11:06.73	45.13
	200m: 2:53.24	45.07	400m: 5:52.62	44.30	600m: 8:51.24	44.42	800m: 11:47.25	40.52
5.	Irmgard van Weeghel	ESCA Zwemmen	NED	199204834	<b>11:48.78</b>	+0.72		
	50m: 39.20	39.20	250m: 3:35.68	44.27	450m: 6:34.85	44.80	650m: 9:36.23	45.32
	100m: 1:22.45	43.25	300m: 4:20.34	44.66	500m: 7:20.65	45.80	700m: 10:21.28	45.05
	150m: 2:06.52	44.07	350m: 5:04.97	44.63	550m: 8:05.38	44.73	750m: 11:05.79	44.51
	200m: 2:51.41	44.89	400m: 5:50.05	45.08	600m: 8:50.91	45.53	800m: 11:48.78	42.99
6.	Nikki Roon	IJZPC	NED	198803712	<b>11:56.90</b>	+0.94		
	50m: 38.79	38.79	250m: 3:35.02	45.02	450m: 6:38.34	46.02	650m: 9:42.71	45.84
	100m: 1:21.74	42.95	300m: 4:20.77	45.75	500m: 7:24.73	46.39	700m: 10:28.55	45.84
	150m: 2:05.50	43.76	350m: 5:06.32	45.55	550m: 8:10.78	46.05	750m: 11:14.16	45.61
	200m: 2:50.00	44.50	400m: 5:52.32	46.00	600m: 8:56.87	46.09	800m: 11:56.90	42.74
7.	Renske Eilers	Zwemvereniging Hoogland	NED	198806072	<b>12:04.55</b>	+0.83		
	50m: 39.35	39.35	250m: 3:39.77	45.37	450m: 6:45.22	45.75	650m: 9:51.27	45.69
	100m: 1:24.22	44.87	300m: 4:26.40	46.63	500m: 7:32.31	47.09	700m: 10:37.03	45.76
	150m: 2:08.75	44.53	350m: 5:12.38	45.98	550m: 8:18.83	46.52	750m: 11:22.89	45.86
	200m: 2:54.40	45.65	400m: 5:59.47	47.09	600m: 9:05.58	46.75	800m: 12:04.55	41.66
8.	Marjan Rikken	Octopus-ZVV (SG)	NED	199206114	<b>12:24.53</b>	+0.92		
	50m: 39.21	39.21	250m: 3:42.93	46.60	450m: 6:52.59	47.71	650m: 10:04.58	48.24
	100m: 1:23.92	44.71	300m: 4:30.22	47.29	500m: 7:40.41	47.82	700m: 10:52.41	47.83
	150m: 2:09.53	45.61	350m: 5:17.49	47.27	550m: 8:28.36	47.95	750m: 11:39.63	47.22
	200m: 2:56.33	46.80	400m: 6:04.88	47.39	600m: 9:16.34	47.98	800m: 12:24.53	44.90

Masters 35+

1.	Sabine Zimmermann	Aachener SV 06	GER	101578	<b>9:49.89</b>	+0.76		
	<i>Kampioenschapsrecord</i>							
	50m: 32.83	32.83	250m: 2:59.21	37.28	450m: 5:29.48	37.77	650m: 8:00.06	37.81
	100m: 1:08.31	35.48	300m: 3:36.48	37.27	500m: 6:07.07	37.59	700m: 8:37.23	37.17
	150m: 1:45.05	36.74	350m: 4:14.00	37.52	550m: 6:44.84	37.77	750m: 9:14.53	37.30
	200m: 2:21.93	36.88	400m: 4:51.71	37.71	600m: 7:22.25	37.41	800m: 9:49.89	35.36
2.	Viktória Háden-Felföldi	Megathlon SE	HUN		<b>10:05.78</b>	+0.79		
	50m: 34.10	34.10	250m: 3:04.70	38.01	450m: 5:37.73	38.29	650m: 8:12.51	38.34
	100m: 1:11.52	37.42	300m: 3:42.85	38.15	500m: 6:16.57	38.84	700m: 8:51.47	38.96
	150m: 1:48.87	37.35	350m: 4:20.83	37.98	550m: 6:55.07	38.50	750m: 9:29.44	37.97
	200m: 2:26.69	37.82	400m: 4:59.44	38.61	600m: 7:34.17	39.10	800m: 10:05.78	36.34
3.	Stephanie Vaernewyck	MEGA-zwemteam	BEL	20352/83	<b>10:14.30</b>	+0.85		
	50m: 34.31	34.31	250m: 3:08.26	38.91	450m: 5:44.10	38.72	650m: 8:20.02	38.66
	100m: 1:11.95	37.64	300m: 3:47.46	39.20	500m: 6:23.01	38.91	700m: 8:59.05	39.03
	150m: 1:50.45	38.50	350m: 4:26.24	38.78	550m: 7:01.86	38.85	750m: 9:37.30	38.25
	200m: 2:29.35	38.90	400m: 5:05.38	39.14	600m: 7:41.36	39.50	800m: 10:14.30	37.00
4.	Jenny Schouten	MZ&PC	NED	198703674	<b>10:25.15</b>	+0.82		
	50m: 34.46	34.46	250m: 3:09.07	39.16	450m: 5:48.57	40.07	650m: 8:28.70	39.77
	100m: 1:12.25	37.79	300m: 3:48.91	39.84	500m: 6:29.15	40.58	700m: 9:08.27	39.57
	150m: 1:50.78	38.53	350m: 4:28.37	39.46	550m: 7:08.76	39.61	750m: 9:47.27	39.00
	200m: 2:29.91	39.13	400m: 5:08.50	40.13	600m: 7:48.93	40.17	800m: 10:25.15	37.88
5.	Sara Holman	Kaiserslauterer SK 1911	GER	444463	<b>10:26.04</b>	+0.84		
	50m: 35.54	35.54	250m: 3:13.17	39.67	450m: 5:51.65	39.64	650m: 8:29.94	39.44
	100m: 1:14.35	38.81	300m: 3:52.86	39.69	500m: 6:31.34	39.69	700m: 9:09.31	39.37
	150m: 1:54.11	39.76	350m: 4:32.58	39.72	550m: 7:10.78	39.44	750m: 9:48.47	39.16
	200m: 2:33.50	39.39	400m: 5:12.01	39.43	600m: 7:50.50	39.72	800m: 10:26.04	37.57

Programmanr. 17, Dames, 800m vrije slag, Masters 35+

rang	naam	vereniging	land	nummer	tijd	RT	PARA	
6.	Sandra Schellekens	Neptunus'58	NED	198503416	<b>12:08.01</b>	+0.87		
	50m: 38.40	38.40	250m: 3:39.92	45.91	450m: 6:45.33	46.47	650m: 9:51.85	46.18
	100m: 1:22.57	44.17	300m: 4:26.04	46.12	500m: 7:31.86	46.53	700m: 10:38.59	46.74
	150m: 2:07.96	45.39	350m: 5:12.17	46.13	550m: 8:18.46	46.60	750m: 11:25.00	46.41
	200m: 2:54.01	46.05	400m: 5:58.86	46.69	600m: 9:05.67	47.21	800m: 12:08.01	43.01
7.	Linda Hoogendam	WVZ	NED	198300892	<b>12:39.90</b>	+0.81		
	50m: 41.06	41.06	250m: 3:51.37	47.40	450m: 7:06.02	47.95	650m: 10:19.45	47.63
	100m: 1:28.30	47.24	300m: 4:39.94	48.57	500m: 7:54.98	48.96	700m: 11:07.89	48.44
	150m: 2:16.40	48.10	350m: 5:28.43	48.49	550m: 8:42.31	47.33	750m: 11:54.89	47.00
	200m: 3:03.97	47.57	400m: 6:18.07	49.64	600m: 9:31.82	49.51	800m: 12:39.90	45.01

Masters 40+

1.	Chantal Verhoeff	Old Dutch	NED	197900912	<b>11:41.13</b>	+0.91		
	50m: 38.23	38.23	250m: 3:36.84	45.43	450m: 6:35.84	44.83	650m: 9:32.82	44.41
	100m: 1:21.56	43.33	300m: 4:21.59	44.75	500m: 7:19.76	43.92	700m: 10:16.68	43.86
	150m: 2:06.83	45.27	350m: 5:06.83	45.24	550m: 8:04.54	44.78	750m: 10:59.86	43.18
	200m: 2:51.41	44.58	400m: 5:51.01	44.18	600m: 8:48.41	43.87	800m: 11:41.13	41.27

Masters 45+

1.	Liselotte Joling	PSV	NED	197500268	<b>10:11.62</b>	+0.88		
	50m: 35.76	35.76	250m: 3:11.99	38.21	450m: 5:46.37	38.27	650m: 8:20.33	38.04
	100m: 1:15.03	39.27	300m: 3:50.78	38.79	500m: 6:24.94	38.57	700m: 8:59.01	38.68
	150m: 1:54.15	39.12	350m: 4:29.19	38.41	550m: 7:03.72	38.78	750m: 9:36.44	37.43
	200m: 2:33.78	39.63	400m: 5:08.10	38.91	600m: 7:42.29	38.57	800m: 10:11.62	35.18
2.	Annett von Rekowski	SG Bayer	GER	97868	<b>10:14.91</b>	+0.81		
	50m: 34.55	34.55	250m: 3:08.63	38.61	450m: 5:44.78	38.94	650m: 8:21.16	38.45
	100m: 1:12.32	37.77	300m: 3:47.81	39.18	500m: 6:24.33	39.55	700m: 9:00.02	38.86
	150m: 1:50.79	38.47	350m: 4:26.54	38.73	550m: 7:03.38	39.05	750m: 9:38.28	38.26
	200m: 2:30.02	39.23	400m: 5:05.84	39.30	600m: 7:42.71	39.33	800m: 10:14.91	36.63
3.	Melanie Kuiper	ZIGNEA	NED	197600350	<b>11:01.50</b>	+0.87		
	50m: 35.49	35.49	250m: 3:19.11	41.32	450m: 6:09.04	42.08	650m: 8:58.32	41.96
	100m: 1:15.51	40.02	300m: 4:02.03	42.92	500m: 6:51.70	42.66	700m: 9:40.55	42.23
	150m: 1:55.78	40.27	350m: 4:44.04	42.01	550m: 7:34.02	42.32	750m: 10:22.23	41.68
	200m: 2:37.79	42.01	400m: 5:26.96	42.92	600m: 8:16.36	42.34	800m: 11:01.50	39.27
4.	Petra Guijt	RZC	NED	197600978	<b>11:31.01</b>	+0.89		
	50m: 38.46	38.46	250m: 3:31.56	43.45	450m: 6:26.86	43.71	650m: 9:22.49	44.23
	100m: 1:21.09	42.63	300m: 4:15.40	43.84	500m: 7:10.22	43.36	700m: 10:06.45	43.96
	150m: 2:04.56	43.47	350m: 4:59.18	43.78	550m: 7:53.50	43.28	750m: 10:49.83	43.38
	200m: 2:48.11	43.55	400m: 5:43.15	43.97	600m: 8:38.26	44.76	800m: 11:31.01	41.18
5.	Éva Mónika Kézsmárki	Megathlon SE	HUN		<b>12:06.30</b>	+0.90		
	50m: 42.02	42.02	250m: 3:45.54	46.45	450m: 6:49.37	45.80	650m: 9:52.22	45.47
	100m: 1:27.29	45.27	300m: 4:31.47	45.93	500m: 7:35.39	46.02	700m: 10:38.03	45.81
	150m: 2:13.10	45.81	350m: 5:17.60	46.13	550m: 8:21.06	45.67	750m: 11:22.50	44.47
	200m: 2:59.09	45.99	400m: 6:03.57	45.97	600m: 9:06.75	45.69	800m: 12:06.30	43.80
6.	Lydia Kolodziej	SN Versailles	FRA	1271912	<b>12:13.34</b>	+0.89		
	50m: 42.28	42.28	250m: 3:48.96	47.18	450m: 6:54.41	46.03	650m: 9:58.74	46.32
	100m: 1:28.00	45.72	300m: 4:35.66	46.70	500m: 7:40.15	45.74	700m: 10:44.72	45.98
	150m: 2:14.91	46.91	350m: 5:21.97	46.31	550m: 8:26.05	45.90	750m: 11:30.30	45.58
	200m: 3:01.78	46.87	400m: 6:08.38	46.41	600m: 9:12.42	46.37	800m: 12:13.34	43.04
7.	Natacha Van Hoof	Shark	BEL	20260/73	<b>13:46.56</b>	+0.96		
	50m: 46.19	46.19	250m: 4:15.44	52.84	450m: 7:43.45	51.84	650m: 11:12.15	51.95
	100m: 1:37.50	51.31	300m: 5:07.53	52.09	500m: 8:35.68	52.23	700m: 12:05.21	53.06
	150m: 2:30.12	52.62	350m: 6:00.01	52.48	550m: 9:28.29	52.61	750m: 12:57.28	52.07
	200m: 3:22.60	52.48	400m: 6:51.61	51.60	600m: 10:20.20	51.91	800m: 13:46.56	49.28

Masters 50+

1.	Grith Sigsgaard	De Otters Het Gooi	NED	197200772	<b>10:11.23</b>	+0.83		
	<i>Nederlands Masters Record</i>							
	50m: 33.67	33.67	250m: 3:06.50	38.72	450m: 5:41.23	38.83	650m: 8:17.19	39.06
	100m: 1:11.44	37.77	300m: 3:44.79	38.29	500m: 6:20.28	39.05	700m: 8:55.71	38.52
	150m: 1:49.53	38.09	350m: 4:23.57	38.78	550m: 6:59.60	39.32	750m: 9:34.32	38.61
	200m: 2:27.78	38.25	400m: 5:02.40	38.83	600m: 7:38.13	38.53	800m: 10:11.23	36.91
2.	Carla Geurts	PSV	NED	197100178	<b>10:12.54</b>	+0.70		
	50m: 33.86	33.86	250m: 3:08.47	38.94	450m: 5:44.56	39.32	650m: 8:19.42	39.04
	100m: 1:11.74	37.88	300m: 3:47.42	38.95	500m: 6:22.98	38.42	700m: 8:57.96	38.54
	150m: 1:50.66	38.92	350m: 4:26.44	39.02	550m: 7:01.92	38.94	750m: 9:36.08	38.12
	200m: 2:29.53	38.87	400m: 5:05.24	38.80	600m: 7:40.38	38.46	800m: 10:12.54	36.46



Open Nederlandse Masters  
Kampioenschappen 2022 lange baan  
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Programmanr. 17, Dames, 800m vrije slag, Masters 50+

rang	naam	vereniging					tijd	RT	PARA
3.	Claudia Thielemann	SG Bayer	GER	333958			<b>10:13.00</b>	+0.79	
	50m: 34.50	34.50	250m: 3:07.35	38.37	450m: 5:41.58	38.77	650m: 8:17.19	38.85	
	100m: 1:12.19	37.69	300m: 3:45.87	38.52	500m: 6:20.57	38.99	700m: 8:56.12	38.93	
	150m: 1:50.42	38.23	350m: 4:24.18	38.31	550m: 6:59.39	38.82	750m: 9:35.04	38.92	
	200m: 2:28.98	38.56	400m: 5:02.81	38.63	600m: 7:38.34	38.95	800m: 10:13.00	37.96	
4.	Karin Stein	ZVVS	NED	197100554			<b>10:52.73</b>	+0.80	
	50m: 37.56	37.56	250m: 3:19.92	41.03	450m: 6:03.93	41.26	650m: 8:50.14	41.67	
	100m: 1:17.55	39.99	300m: 4:00.43	40.51	500m: 6:45.21	41.28	700m: 9:31.53	41.39	
	150m: 1:58.07	40.52	350m: 4:41.78	41.35	550m: 7:26.80	41.59	750m: 10:13.17	41.64	
	200m: 2:38.89	40.82	400m: 5:22.67	40.89	600m: 8:08.47	41.67	800m: 10:52.73	39.56	
5.	Kathy Van Lindt	CNSW	BEL	007949/71			<b>10:59.16</b>	+0.88	
	50m: 37.67	37.67	250m: 3:22.93	41.90	450m: 6:11.59	42.38	650m: 8:58.25	41.35	
	100m: 1:18.19	40.52	300m: 4:05.06	42.13	500m: 6:53.58	41.99	700m: 9:39.50	41.25	
	150m: 1:59.43	41.24	350m: 4:47.37	42.31	550m: 7:35.16	41.58	750m: 10:20.49	40.99	
	200m: 2:41.03	41.60	400m: 5:29.21	41.84	600m: 8:16.90	41.74	800m: 10:59.16	38.67	
6.	Iris van Aurich	DWK	NED	196900866			<b>11:45.51</b>	+0.85	
	50m: 38.04	38.04	250m: 3:33.46	44.36	450m: 6:33.02	44.90	650m: 9:35.14	45.34	
	100m: 1:20.95	42.91	300m: 4:17.89	44.43	500m: 7:18.60	45.58	700m: 10:20.46	45.32	
	150m: 2:04.43	43.48	350m: 5:03.19	45.30	550m: 8:04.46	45.86	750m: 11:05.33	44.87	
	200m: 2:49.10	44.67	400m: 5:48.12	44.93	600m: 8:49.80	45.34	800m: 11:45.51	40.18	
7.	Annet Kootstra	SWOL 1894	NED	197100344			<b>13:24.02</b>	+0.92	
	50m: 44.06	44.06	250m: 4:05.48	51.25	450m: 7:30.17	51.62	650m: 10:53.94	50.93	
	100m: 1:32.75	48.69	300m: 4:56.00	50.52	500m: 8:20.79	50.62	700m: 11:44.92	50.98	
	150m: 2:23.00	50.25	350m: 5:47.52	51.52	550m: 9:11.96	51.17	750m: 12:35.14	50.22	
	200m: 3:14.23	51.23	400m: 6:38.55	51.03	600m: 10:03.01	51.05	800m: 13:24.02	48.88	
8.	Danielle Schipper * 400m	ZOB'66	NED	197001078			<b>13:57.04</b>	+0.87	
	50m: 44.27	44.27	250m: 4:07.50	52.92	450m: 7:42.92	53.65	650m: 11:17.67	53.77	
	100m: 1:32.69	48.42	300m: 5:02.08	54.58	500m: 8:35.86	52.94	700m: 12:11.73	54.06	
	150m: 2:22.58	49.89	350m: 5:55.57	53.49	550m: 9:29.46	53.60	750m: 13:04.80	53.07	
	200m: 3:14.58	52.00	400m: 6:49.27	53.70	600m: 10:23.90	54.44	800m: 13:57.04	52.24	
DIS	Bianca Groot	MSV-Zeemacht	NED	197000652					
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>								
AFGEM	Inken Wemheuer	DWT	NED	197101016					
<b>Masters 55+</b>									
1.	Wilna Heijman	Steenwijk 1934	NED	196400506			<b>11:35.70</b>	+0.86	
	50m: 38.87	38.87	250m: 3:32.02	43.91	450m: 6:28.54	44.12	650m: 9:25.27	44.24	
	100m: 1:21.32	42.45	300m: 4:16.19	44.17	500m: 7:12.81	44.27	700m: 10:09.22	43.95	
	150m: 2:04.27	42.95	350m: 5:00.19	44.00	550m: 7:57.01	44.20	750m: 10:52.65	43.43	
	200m: 2:48.11	43.84	400m: 5:44.42	44.23	600m: 8:41.03	44.02	800m: 11:35.70	43.05	
2.	Katrin Pennings	PSV	NED	196400570			<b>11:53.57</b>	+0.80	
	50m: 37.49	37.49	250m: 3:35.33	45.44	450m: 6:36.76	45.36	650m: 9:38.60	45.50	
	100m: 1:20.18	42.69	300m: 4:20.62	45.29	500m: 7:22.13	45.37	700m: 10:24.30	45.70	
	150m: 2:04.98	44.80	350m: 5:03.24	42.62	550m: 8:07.77	45.64	750m: 11:09.73	45.43	
	200m: 2:49.89	44.91	400m: 5:51.40	48.16	600m: 8:53.10	45.33	800m: 11:53.57	43.84	
3.	Laura Staal	Oceanus	NED	196700358			<b>11:57.43</b>	+0.86	
	50m: 39.93	39.93	250m: 3:41.88	45.66	450m: 6:44.22	45.57	650m: 9:44.69	45.33	
	100m: 1:24.84	44.91	300m: 4:27.31	45.43	500m: 7:29.30	45.08	700m: 10:29.74	45.05	
	150m: 2:10.62	45.78	350m: 5:13.15	45.84	550m: 8:14.37	45.07	750m: 11:14.69	44.95	
	200m: 2:56.22	45.60	400m: 5:58.65	45.50	600m: 8:59.36	44.99	800m: 11:57.43	42.74	
4.	Anita Steijger	WVZ	NED	196500628			<b>12:22.44</b>	+1.05	
	50m: 42.37	42.37	250m: 3:48.88	46.93	450m: 6:57.88	46.69	650m: 10:05.18	46.13	
	100m: 1:28.31	45.94	300m: 4:36.89	48.01	500m: 7:45.47	47.59	700m: 10:52.06	46.88	
	150m: 2:14.57	46.26	350m: 5:23.55	46.66	550m: 8:31.89	46.42	750m: 11:37.78	45.72	
	200m: 3:01.95	47.38	400m: 6:11.19	47.64	600m: 9:19.05	47.16	800m: 12:22.44	44.66	
5.	Ulrike Depken	Polizei SV Oldenburg	GER	427344			<b>12:44.15</b>	+0.94	
	50m: 41.93	41.93	250m: 3:52.73	48.11	450m: 7:06.98	48.40	650m: 10:21.76	48.32	
	100m: 1:28.56	46.63	300m: 4:41.16	48.43	500m: 7:55.52	48.54	700m: 11:10.32	48.56	
	150m: 2:16.22	47.66	350m: 5:29.55	48.39	550m: 8:44.23	48.71	750m: 11:58.54	48.22	
	200m: 3:04.62	48.40	400m: 6:18.58	49.03	600m: 9:33.44	49.21	800m: 12:44.15	45.61	
6.	Christel Aerts	Tesswim	BEL	20061/66			<b>12:53.33</b>	+1.03	
	50m: 41.84	41.84	250m: 3:54.78	48.40	450m: 7:12.06	49.15	650m: 10:29.10	49.03	
	100m: 1:29.21	47.37	300m: 4:44.54	49.76	500m: 8:01.80	49.74	700m: 11:18.39	49.29	
	150m: 2:17.37	48.16	350m: 5:33.50	48.96	550m: 8:50.60	48.80	750m: 12:06.96	48.57	
	200m: 3:06.38	49.01	400m: 6:22.91	49.41	600m: 9:40.07	49.47	800m: 12:53.33	46.37	



Open Nederlandse Masters  
Kampioenschappen 2022 lange baan  
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Programmanr. 17, Dames, 800m vrije slag, Masters 55+

rang	naam	vereniging				tijd				RT	PARA
7.	Erica Muller	De Geul				NED 196400412				<b>13:56.46</b>	+0.85
	50m: 46.57	46.57	250m: 4:16.69	52.95	450m: 7:47.94	53.14	650m: 11:19.64	53.01			
	100m: 1:38.18	51.61	300m: 5:09.03	52.34	500m: 8:40.51	52.57	700m: 12:13.04	53.40			
	150m: 2:30.85	52.67	350m: 6:02.17	53.14	550m: 9:33.64	53.13	750m: 13:06.03	52.99			
	200m: 3:23.74	52.89	400m: 6:54.80	52.63	600m: 10:26.63	52.99	800m: 13:56.46	50.43			

Masters 60+

1.	Esther van Lohuizen	PSV				NED 195900300				<b>11:41.38</b>	+0.85
	50m: 38.78	38.78	250m: 3:36.98	44.76	450m: 6:34.59	44.49	650m: 9:29.81	43.37			
	100m: 1:22.49	43.71	300m: 4:21.10	44.12	500m: 7:19.05	44.46	700m: 10:13.58	43.77			
	150m: 2:07.15	44.66	350m: 5:05.50	44.40	550m: 8:02.54	43.49	750m: 11:01.62	48.04			
	200m: 2:52.22	45.07	400m: 5:50.10	44.60	600m: 8:46.44	43.90	800m: 11:41.38	39.76			
2.	Petra Tossings-van de Hooven	WIDEX GZC DONK				NED 196100376				<b>12:12.81</b>	+0.86
	50m: 40.66	40.66	250m: 3:43.22	45.95	450m: 6:48.21	45.69	650m: 9:55.58	46.67			
	100m: 1:25.78	45.12	300m: 4:29.67	46.45	500m: 7:35.00	46.79	700m: 10:42.44	46.86			
	150m: 2:11.19	45.41	350m: 5:15.88	46.21	550m: 8:21.71	46.71	750m: 11:28.87	46.43			
	200m: 2:57.27	46.08	400m: 6:02.52	46.64	600m: 9:08.91	47.20	800m: 12:12.81	43.94			
3.	Patty Verhagen	PSV				NED 195900146				<b>12:30.64</b>	+0.92
	50m: 42.65	42.65	250m: 3:49.12	46.92	450m: 6:58.15	47.20	650m: 10:08.21	47.43			
	100m: 1:28.43	45.78	300m: 4:36.36	47.24	500m: 7:45.62	47.47	700m: 10:55.86	47.65			
	150m: 2:15.10	46.67	350m: 5:23.64	47.28	550m: 8:32.95	47.33	750m: 11:43.69	47.83			
	200m: 3:02.20	47.10	400m: 6:10.95	47.31	600m: 9:20.78	47.83	800m: 12:30.64	46.95			
4.	Linda Wibbelink	Steenwijk 1934				NED 195900158				<b>12:52.92</b>	+0.83
	50m: 43.79	43.79	250m: 3:58.28	49.01	450m: 7:15.66	49.58	650m: 10:31.14	48.73			
	100m: 1:32.09	48.30	300m: 4:47.78	49.50	500m: 8:04.73	49.07	700m: 11:19.64	48.50			
	150m: 2:20.25	48.16	350m: 5:36.72	48.94	550m: 8:53.47	48.74	750m: 12:08.20	48.56			
	200m: 3:09.27	49.02	400m: 6:26.08	49.36	600m: 9:42.41	48.94	800m: 12:52.92	44.72			
5.	Carla Devriese	ROSC				BEL 20315/61				<b>13:13.08</b>	+0.96
	<i>Belgisch Masters Record</i>										
	50m: 42.52	42.52	250m: 4:01.10	50.31	450m: 7:22.62	50.23	650m: 10:44.02	50.05			
	100m: 1:31.04	48.52	300m: 4:51.30	50.20	500m: 8:13.17	50.55	700m: 11:34.39	50.37			
	150m: 2:21.01	49.97	350m: 5:42.26	50.96	550m: 9:03.29	50.12	750m: 12:25.66	51.27			
	200m: 3:10.79	49.78	400m: 6:32.39	50.13	600m: 9:53.97	50.68	800m: 13:13.08	47.42			

Masters 65+

1.	Monica Bakker	Steenwijk 1934				NED 195600082				<b>14:00.34</b>	+1.06
	50m: 46.06	46.06	250m: 4:13.10	52.22	450m: 7:46.53	52.91	650m: 11:22.12	53.52			
	100m: 1:36.95	50.89	300m: 5:07.02	53.92	500m: 8:40.71	54.18	700m: 12:15.87	53.75			
	150m: 2:27.93	50.98	350m: 5:59.43	52.41	550m: 9:34.23	53.52	750m: 13:09.00	53.13			
	200m: 3:20.88	52.95	400m: 6:53.62	54.19	600m: 10:28.60	54.37	800m: 14:00.34	51.34			

Masters 70+

1.	Gonnie Bak	PSV				NED 195100064				<b>16:41.75</b>	+0.91
	50m: 53.15	53.15	250m: 5:03.30	1:02.30	450m: 9:16.26	1:02.10	650m: 13:32.31	1:03.98			
	100m: 1:55.65	1:02.50	300m: 6:07.50	1:04.20	500m: 10:20.55	1:04.29	700m: 14:36.23	1:03.92			
	150m: 2:58.38	1:02.73	350m: 7:08.75	1:01.25	550m: 11:23.05	1:02.50	750m: 15:38.23	1:02.00			
	200m: 4:01.00	1:02.62	400m: 8:14.16	1:05.41	600m: 12:28.33	1:05.28	800m: 16:41.75	1:03.52			

Masters 75+

1.	Loekie van Huissteden	ZPC AMERSFOORT				NED 194500002				<b>18:59.07</b>	+1.05
	50m: 1:00.96	1:00.96	250m: 5:44.08	1:11.09	450m: 10:30.79	1:11.78	650m: 15:21.42	1:12.33			
	100m: 2:10.55	1:09.59	300m: 6:54.75	1:10.67	500m: 11:43.32	1:12.53	700m: 16:34.80	1:13.38			
	150m: 3:21.58	1:11.03	350m: 8:06.81	1:12.06	550m: 12:56.14	1:12.82	750m: 17:48.87	1:14.07			
	200m: 4:32.99	1:11.41	400m: 9:19.01	1:12.20	600m: 14:09.09	1:12.95	800m: 18:59.07	1:10.20			



Programmanr. 18  
07-05-2022 - 10:36

Heren, 400m wisselslag

Masters Open  
Resultaten

rang	naam	vereniging	tijd	RT	PARA
<b>Masters 20+</b>					
1.	Guus Hoogduin	ZVL-1886 Center	<b>4:59.29</b>	+0.71	
	50m: 29.21 29.21	150m: 1:42.02 38.90	250m: 3:03.48 43.62	350m: 4:24.28 36.56	
	100m: 1:03.12 33.91	200m: 2:19.86 37.84	300m: 3:47.72 44.24	400m: 4:59.29 35.01	
2.	David Kievit	De Schotejil	<b>5:21.26</b>	+0.79	
	50m: 32.13 32.13	150m: 1:53.76 42.66	250m: 3:20.50 44.91	350m: 4:43.17 38.16	
	100m: 1:11.10 38.97	200m: 2:35.59 41.83	300m: 4:05.01 44.51	400m: 5:21.26 38.09	
3.	Darren Chen	Nova	<b>5:28.82</b>	+0.66	
	50m: 30.53 30.53	150m: 1:47.79 41.79	250m: 3:15.51 46.14	350m: 4:47.41 41.27	
	100m: 1:06.00 35.47	200m: 2:29.37 41.58	300m: 4:06.14 50.63	400m: 5:28.82 41.41	
4.	Jeroen Louwinger	De Rijn	<b>5:33.02</b>	+0.72	
	50m: 33.03 33.03	150m: 1:54.07 41.43	250m: 3:26.57 51.75	350m: 4:55.49 37.77	
	100m: 1:12.64 39.61	200m: 2:34.82 40.75	300m: 4:17.72 51.15	400m: 5:33.02 37.53	
<b>Masters 25+</b>					
1.	Timothy Deolet <i>Belgisch Masters Record</i>	MEGA-zwemteam	<b>4:43.62</b>	+0.70	
	50m: 29.33 29.33	150m: 1:42.41 38.72	250m: 2:59.42 39.70	350m: 4:11.81 32.35	
	100m: 1:03.69 34.36	200m: 2:19.72 37.31	300m: 3:39.46 40.04	400m: 4:43.62 31.81	
2.	Jeffrey Camphens	DWT	<b>5:07.26</b>	+0.71	
	50m: 31.60 31.60	150m: 1:51.97 43.38	250m: 3:15.83 42.35	350m: 4:34.18 35.75	
	100m: 1:08.59 36.99	200m: 2:33.48 41.51	300m: 3:58.43 42.60	400m: 5:07.26 33.08	
3.	Nick Sijmons	De Amstel	<b>5:09.59</b>	+0.75	
	50m: 31.21 31.21	150m: 1:47.75 41.63	250m: 3:13.50 43.99	350m: 4:41.30 36.26	
	100m: 1:06.12 34.91	200m: 2:29.51 41.76	300m: 3:58.17 44.67	400m: 5:09.59 35.16	
4.	Bert Duivenvoorde	Noordwijkerhout	<b>5:19.64</b>	+0.69	
	50m: 27.18 27.18	150m: 1:43.67 41.94	250m: 3:13.61 48.78	350m: 4:41.30 38.29	
	100m: 1:01.73 34.55	200m: 2:24.83 41.16	300m: 4:03.01 49.40	400m: 5:19.64 38.34	
5.	Richard van der Horst	De Meer	<b>5:26.84</b>	+0.86	
	50m: 33.96 33.96	150m: 1:58.59 44.89	250m: 3:26.34 43.25	350m: 4:50.35 38.95	
	100m: 1:13.70 39.74	200m: 2:43.09 44.50	300m: 4:11.40 45.06	400m: 5:26.84 36.49	
6.	Hans Stoffers	Triton Putten	<b>5:32.32</b>	+0.65	
	50m: 31.71 31.71	150m: 1:57.20 45.23	250m: 3:28.39 47.09	350m: 4:56.34 38.49	
	100m: 1:11.97 40.26	200m: 2:41.30 44.10	300m: 4:17.85 49.46	400m: 5:32.32 35.98	
7.	Wesley van der Luit	Sassenheim	<b>5:55.06</b>	+0.75	
	50m: 34.77 34.77	150m: 2:03.77 46.90	250m: 3:40.86 52.99	350m: 5:15.56 41.06	
	100m: 1:16.87 42.10	200m: 2:47.87 44.10	300m: 4:34.50 53.64	400m: 5:55.06 39.50	
DIS	Sybre Groenewegen	De Schotejil	NED 199306223		
	<i>RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.</i>				
<b>Masters 30+</b>					
1.	Dimitrios Gkatzias	Panathinaikos Swimming Team	<b>5:09.86</b>	+0.80	
	50m: 29.93 29.93	150m: 1:44.70 39.95	250m: 3:09.74 46.89	350m: 4:34.44 37.03	
	100m: 1:04.75 34.82	200m: 2:22.85 38.15	300m: 3:57.41 47.67	400m: 5:09.86 35.42	
2.	Tim Bunnik	Triton	<b>5:16.60</b>	+0.88	
	50m: 32.93 32.93	150m: 1:51.92 40.64	250m: 3:17.93 45.43	350m: 4:40.03 34.83	
	100m: 1:11.28 38.35	200m: 2:32.50 40.58	300m: 4:05.20 47.27	400m: 5:16.60 36.57	
3.	Patrick Creemers	RZ	<b>5:48.10</b>	+0.73	
	50m: 37.17 37.17	150m: 2:11.22 46.33	250m: 3:41.46 45.13	350m: 5:08.24 40.04	
	100m: 1:24.89 47.72	200m: 2:56.33 45.11	300m: 4:28.20 46.74	400m: 5:48.10 39.86	
<b>Masters 35+</b>					
1.	Kristiaan Lenos	ZVL-1886 Center	<b>5:20.46</b>	+0.80	
	50m: 31.48 31.48	150m: 1:50.02 42.13	250m: 3:18.81 45.72	350m: 4:43.88 38.18	
	100m: 1:07.89 36.41	200m: 2:33.09 43.07	300m: 4:05.70 46.89	400m: 5:20.46 36.58	

Programmanr. 18, Heren, 400m wisselslag, Masters 35+

rang	naam	vereniging	land	nummer	tijd	RT	PARA	
2.	Frank v.d. Voordt	De Schoteijl	NED	198302259	<b>5:31.61</b>	+0.75		
	50m: 33.44	33.44	150m: 1:57.32	44.66	250m: 3:27.61	47.67	350m: 4:54.43	39.13
	100m: 1:12.66	39.22	200m: 2:39.94	42.62	300m: 4:15.30	47.69	400m: 5:31.61	37.18
3.	Hugues Sert	SN Versailles	FRA	309599	<b>5:47.92</b>	+0.81		
	50m: 36.24	36.24	150m: 2:06.54	47.38	250m: 3:38.93	46.88	350m: 5:09.39	42.02
	100m: 1:19.16	42.92	200m: 2:52.05	45.51	300m: 4:27.37	48.44	400m: 5:47.92	38.53

Masters 40+

1.	Gergely Molnár	Megathlon SE	HUN		<b>5:14.21</b>	+0.75		
	50m: 31.08	31.08	150m: 1:51.25	42.81	250m: 3:17.68	45.19	350m: 4:38.97	36.36
	100m: 1:08.44	37.36	200m: 2:32.49	41.24	300m: 4:02.61	44.93	400m: 5:14.21	35.24
2.	Dennis Brouwers	HZPC	NED	197800167	<b>5:16.44</b>	+0.79		
	50m: 33.95	33.95	150m: 1:53.28	38.20	250m: 3:16.76	46.79	350m: 4:40.26	36.84
	100m: 1:15.08	41.13	200m: 2:29.97	36.69	300m: 4:03.42	46.66	400m: 5:16.44	36.18
3.	Mark Hensen	Niemo Barracuda	NED	197900497	<b>5:18.49</b>	+0.86		
	50m: 32.62	32.62	150m: 1:52.32	41.81	250m: 3:19.10	45.22	350m: 4:42.41	37.17
	100m: 1:10.51	37.89	200m: 2:33.88	41.56	300m: 4:05.24	46.14	400m: 5:18.49	36.08
4.	Rob van Wanrooy	Gay Swim Amsterdam	NED	198202627	<b>5:50.67</b>	+0.75		
	50m: 36.33	36.33	150m: 2:05.01	46.38	250m: 3:39.10	49.10	350m: 5:10.14	41.71
	100m: 1:18.63	42.30	200m: 2:50.00	44.99	300m: 4:28.43	49.33	400m: 5:50.67	40.53
5.	Arjan Buijsse	Sassenheim	NED	197901767	<b>5:50.81</b>	+0.80		
	50m: 34.35	34.35	150m: 2:03.62	46.74	250m: 3:36.78	47.95	350m: 5:08.50	41.96
	100m: 1:16.88	42.53	200m: 2:48.83	45.21	300m: 4:26.54	49.76	400m: 5:50.81	42.31

Masters 45+

1.	Yann Le Floch	SN Versailles	FRA	588404	<b>5:37.08</b>	+0.85		
	50m: 35.23	35.23	150m: 2:01.56	44.49	250m: 3:31.06	46.68	350m: 4:58.53	39.59
	100m: 1:17.07	41.84	200m: 2:44.38	42.82	300m: 4:18.94	47.88	400m: 5:37.08	38.55

Masters 50+

1.	Glen Le Clercq	De Rog	NED	196800177	<b>5:51.06</b>	+0.83		
	50m: 35.11	35.11	150m: 2:07.02	47.53	250m: 3:41.36	48.18	350m: 5:10.81	40.25
	100m: 1:19.49	44.38	200m: 2:53.18	46.16	300m: 4:30.56	49.20	400m: 5:51.06	40.25
2.	Bruno Nahon	CNSW	BEL	000390/70	<b>6:06.50</b>	+0.95		
	50m: 37.41	37.41	150m: 2:12.38	47.93	250m: 3:52.74	53.87	350m: 5:26.87	41.03
	100m: 1:24.45	47.04	200m: 2:58.87	46.49	300m: 4:45.84	53.10	400m: 6:06.50	39.63
3.	Francis Roosen	VZV Njord	NED	196801581	<b>6:17.94</b>	+0.81		
	50m: 37.31	37.31	150m: 2:17.04	51.11	250m: 4:04.08	55.96	350m: 5:39.81	39.30
	100m: 1:25.93	48.62	200m: 3:08.12	51.08	300m: 5:00.51	56.43	400m: 6:17.94	38.13
4.	Korstiaan de Boer	Steenwijk 1934	NED	197101629	<b>6:20.05</b>	+0.88		
	50m: 37.36	37.36	150m: 2:12.16	49.10	250m: 3:54.74	54.35	350m: 5:35.56	45.75
	100m: 1:23.06	45.70	200m: 3:00.39	48.23	300m: 4:49.81	55.07	400m: 6:20.05	44.49
5.	Martijn de Jong	DWK	NED	197101659	<b>6:42.16</b>	+0.98		
	50m: 36.35	36.35	150m: 2:23.63	1:00.69	250m: 4:13.99	54.17	350m: 5:56.85	47.26
	100m: 1:22.94	46.59	200m: 3:19.82	56.19	300m: 5:09.59	55.60	400m: 6:42.16	45.31
6.	Marcel Brittijn	De Duinkickers	NED	196900159	<b>7:27.79</b>	+0.73		
	50m: 43.55	43.55	150m: 2:45.14	59.22	250m: 4:41.95	59.68	350m: 6:38.80	54.37
	100m: 1:45.92	1:02.37	200m: 3:42.27	57.13	300m: 5:44.43	1:02.48	400m: 7:27.79	48.99

Masters 55+

1.	Erlend Alstad	Oslo Idrettslag Svømming	NOR		<b>5:17.57</b>	+0.85		
	<i>Europees Masters Record, Norwegian Masters Record</i>							
	50m: 33.01	33.01	150m: 1:54.70	43.93	250m: 3:21.33	45.31	350m: 4:43.09	36.08
	100m: 1:10.77	37.76	200m: 2:36.02	41.32	300m: 4:07.01	45.68	400m: 5:17.57	34.48
2.	Bert Schlicher	RZ	NED	196400669	<b>5:53.46</b>	+0.81		
	50m: 36.60	36.60	150m: 2:08.49	44.78	250m: 3:43.17	51.65	350m: 5:13.75	41.38
	100m: 1:23.71	47.11	200m: 2:51.52	43.03	300m: 4:32.37	49.20	400m: 5:53.46	39.71
3.	Hugues Herman	CNSW	BEL	009743/66	<b>5:55.20</b>	+0.74		
	50m: 37.52	37.52	150m: 2:08.03	45.73	250m: 3:45.21	51.34	350m: 5:17.72	39.27
	100m: 1:22.30	44.78	200m: 2:53.87	45.84	300m: 4:38.45	53.24	400m: 5:55.20	37.48

Programmanr. 18, Heren, 400m wisselslag, Masters 55+

rang	naam	vereniging	tijd	RT	PARA	
4.	Eymert van Rooij	PSV	<b>6:51.91</b>	+1.43		
	50m: 46.59	46.59	150m: 2:32.07	49.77	250m: 4:18.88	54.45
	100m: 1:42.30	55.71	200m: 3:24.43	52.36	300m: 5:16.00	57.12
					350m: 6:03.47	47.47
					400m: 6:51.91	48.44
5.	Vincent Eijt	WVZ	<b>7:14.73</b>	+0.96		
	50m: 47.27	47.27	150m: 2:46.97	1:01.89	250m: 4:43.36	59.15
	100m: 1:45.08	57.81	200m: 3:44.21	57.24	300m: 5:42.75	59.39
					350m: 6:30.97	48.22
					400m: 7:14.73	43.76

Masters 60+

1.	Hugo Bregman	WVZ	<b>5:42.67</b>	+0.81		
	50m: 33.20	33.20	150m: 1:58.11	45.54	250m: 3:33.28	50.57
	100m: 1:12.57	39.37	200m: 2:42.71	44.60	300m: 4:24.10	50.82
					350m: 5:05.04	40.94
					400m: 5:42.67	37.63
2.	Kees-Jan van Overbeeke	WVW Winterswijk	<b>6:01.31</b>	+0.85		
	50m: 38.41	38.41	150m: 2:13.48	48.98	250m: 3:52.40	51.51
	100m: 1:24.50	46.09	200m: 3:00.89	47.41	300m: 4:44.87	52.47
					350m: 5:24.48	39.61
					400m: 6:01.31	36.83
3.	Rob Spetter	De Rog	<b>6:18.24</b>	+0.73		
	50m: 40.67	40.67	150m: 2:17.26	47.67	250m: 4:01.63	56.51
	100m: 1:29.59	48.92	200m: 3:05.12	47.86	300m: 4:58.12	56.49
					350m: 5:38.67	40.55
					400m: 6:18.24	39.57
4.	Ronald Grove	Triton	<b>6:36.86</b>	+0.83		
	50m: 40.46	40.46	150m: 2:25.93	54.69	250m: 4:12.38	53.34
	100m: 1:31.24	50.78	200m: 3:19.04	53.11	300m: 5:07.34	54.96
					350m: 5:52.26	44.92
					400m: 6:36.86	44.60

Masters 65+

1.	Paul Bunnik	Triton	<b>7:03.51</b>	+1.01		
	50m: 39.20	39.20	150m: 2:32.64	1:00.09	250m: 4:28.69	59.00
	100m: 1:32.55	53.35	200m: 3:29.69	57.05	300m: 5:30.36	1:01.67
					350m: 6:16.48	46.12
					400m: 7:03.51	47.03

Programmanr. 19  
07-05-2022 - 11:10

4 x 100m wisselslag

Masters Open  
Resultaten

rang	naam	vereniging	tijd	RT	PARA			
<b>80+, Heren</b>								
1.	ZOB'66 1	ZOB'66	<b>4:34.02</b>	+0.67				
	Ian van Mullem	+0.67	34.05	1:12.17	Daan Siebenheller	+0.45	28.94	1:05.87
	Mart de Koning	+0.45	34.02	1:15.56	Julian Mes	+0.07	28.29	1:00.42
NG	De Duck 2	De Duck			NED			
<b>100+, Heren</b>								
1.	ESCA Zwemmen 1	ESCA Zwemmen	<b>4:17.27</b>	+0.82				
	Mike Schel	+0.82	32.65	1:06.91	Peter Rothengatter	+0.81	28.94	1:03.52
	Jurre Stammes	+0.36	31.84	1:09.00	Sander de Vrugt	+0.46	27.26	57.84
2.	De Schotejil 1	De Schotejil	<b>4:34.07</b>	+0.67				
	Aron Paasse	+0.67	31.41	1:04.76	Frank v.d. Voordt	+0.64	32.47	1:09.70
	David Kievit	+0.43	35.35	1:15.00	Sven Dubbeld	+0.62	30.46	1:04.61
<b>120+, Heren</b>								
1.	RZ Roermond 1	RZ	<b>4:38.06</b>	+0.75				
	Bert Schlicher	+0.75	34.84	1:12.09	Lars Hilkens	+0.20	28.54	1:04.91
	Patrick Creemers	+0.17	34.81	1:14.39	Gino Martijn	+0.32	29.53	1:06.67
2.	ZVL-1886 Center 3	ZVL-1886 Center	<b>4:46.33</b>	+0.96				
	Otto Jansen	+0.96	38.33	1:18.77	Gijs Ruijgrok	+0.02	29.81	1:07.93
	Kristiaan Lenos	+0.45	34.39	1:14.64	Jordy van der Drift	+0.28	30.91	1:04.99
3.	SWOL 1894 1	SWOL 1894	<b>4:48.03</b>	+0.83				
	Albert van Piekeren	+0.83	34.05	1:12.29	Huub Scholing	+0.55	32.44	1:11.31
	Stefan van de Griff	+0.44	34.86	1:18.19	Michael van Bekkum	+0.56	31.31	1:06.24
4.	De Duinkickers 1	De Duinkickers	<b>5:03.30</b>	+0.62				
	Jeffrey Roest	+0.62	34.29	1:10.05	Kevin Roest	+0.40	30.34	1:03.54
	Marcel Brittijn	+0.35	46.01	1:39.50	Ruben de Boer	+0.20	33.39	1:10.21



Programmanr. 19, 4 x 100m wisselslag

160+, Heren

1.	ZPC AMERSFOORT 4	ZPC AMERSFOORT	NED	<b>4:40.72</b>	+0.76
	Martijn Giezen	+0.76 31.95 1:07.15	Erwin Buist	+0.49 29.95 1:07.09	
	Jelle Blankestijn	+0.34 36.76 1:18.78	Henk Kuipers	+0.03 32.42 1:07.70	
2.	ZOB'66 2	ZOB'66	NED	<b>4:58.27</b>	+1.05
	Pascal Tourton	+1.05 38.94 1:18.74	Ruben Stolk	+0.70 32.18 1:09.07	
	Harmen Reemst	+0.26 38.22 1:24.36	Ingmar de Gelder	+0.63 31.47 1:06.10	
AFGEM	PSV 7	PSV	NED		

200+, Heren

1.	Ol Svømming	Oslo Idrettslag Svømming	NOR	<b>4:29.25</b>	+0.72
	<i>Kampioenshopsrecord, Norwegian Masters Record</i>				
	Knut Ivan Rasmussen	+0.72 33.97 1:09.45	Øivind Martin Hasle	+0.47 29.08 1:02.68	
	Erlend Alstad	+0.48 36.99 1:18.65	Oddvar Sandvin	+0.25 27.87 58.47	
2.	De Rog 1	De Rog	NED	<b>5:04.67</b>	+0.70
	Erik Kamphuis	+0.70 39.44 1:19.50	Peter Bensen	+0.41 35.33 1:16.75	
	Glen Le Clercq	+0.46 36.85 1:20.40	Rob Spetter	+0.27 32.47 1:08.02	

80+, Dames

1.	Hieronymus 1	Hieronymus	NED	<b>4:41.52</b>	+0.70
	<i>Nederlands Masters Record</i>				
	Roos Englebert	+0.70 36.09 1:14.13	Selene Wortel	+0.56 30.25 1:07.84	
	Valesca van den Bogert	+0.46 35.27 1:17.00	Christel Brugmans	+0.37 29.77 1:02.55	
2.	Bubble 1	Bubble	NED	<b>5:00.47</b>	+0.84
	Laura Setz	+0.84 34.52 1:12.09	Marijke Drent	+0.32 34.55 1:16.52	
	Sanne Kloezen	+0.35 38.39 1:23.51	Esmee Kloezen	+0.36 32.01 1:08.35	
3.	ESCA Zwemmen 2	ESCA Zwemmen	NED	<b>5:10.96</b>	+0.69
	Rachel Verburgt	+0.69 39.22 1:22.55	Cheyenne Verburgt	+0.33 34.36 1:20.19	
	Lianne Slagter	+0.26 39.40 1:25.29	Moniek van Langevelde	+0.39 30.18 1:02.93	
4.	Blue Marlins (SG) 1	Blue Marlins (SG)	NED	<b>5:21.42</b>	+0.60
	Sacha van den Dobbeltsteen	+0.60 38.22 1:22.28	Floor de Kievit	+0.40 33.33 1:14.12	
	Dorien Pastoors	47.40 1:42.77	Myra Smulders	+0.32 29.69 1:02.25	

100+, Dames

1.	ACZ 1	ACZ	NED	<b>4:51.16</b>	+0.76
	Roos van Esch	+0.76 35.80 1:13.74	Mariska Scheel	+0.31 31.53 1:09.54	
	Anna Hoogenboezem	+0.34 39.26 1:27.10	Pien Schraevesande	+0.35 29.06 1:00.78	
2.	De Geul 1	De Geul	NED	<b>5:04.60</b>	+0.80
	Samantha van Eijk	+0.80 38.23 1:18.97	Marcha Admiraal	+0.65 31.89 1:10.49	
	Maaïke van Diggele	+0.44 42.44 1:32.18	Sam IJzerman	+0.52 30.08 1:02.96	
3.	Zuiderzeezwemmers 2	Zuiderzeezwemmers	NED	<b>5:06.09</b>	+0.65
	Annemarie ten Have	+0.65 37.11 1:18.31	Cynthia Smit	+0.36 34.10 1:15.05	
	Dagmar Kruik	+0.36 38.60 1:24.86	Lisanne Andeweg	+0.32 32.35 1:07.87	
4.	Neptunus'58 1	Neptunus'58	NED	<b>5:22.04</b>	+0.74
	Sandra Schellekens	+0.74 41.21 1:25.98	Selina Janssen	+0.56 34.53 1:14.21	
	Mirelle de Kort	+0.41 40.44 1:27.99	Nana Dekkers	+0.46 35.88 1:13.86	
5.	ZVL-1886 Center 4	ZVL-1886 Center	NED	<b>5:54.29</b>	+0.81
	Mariska Gach	+0.81 40.73 1:24.37	Suzan Blankestijn	+0.48 36.49 1:21.41	
	Lidwine Tax	+0.40 51.40 1:54.44	Margien Timmer	+0.75 35.36 1:14.07	
DIS	WVZ 1	WVZ	NED		+0.81
	<i>EA - Te vroeg overgenomen., 4de zwemmer</i>				
	Lisette Jursche-Prins	+0.81 39.99 1:25.20	Esmee Breugem	+0.52 38.27 1:23.54	
	Tessa Verheijdt	+0.16 45.78 1:41.11	Sabine Koudijs	-0.08	

Programmanr. 19, 4 x 100m wisselslag

120+, Dames

1. DIO 1	DIO	NED	<b>5:04.50</b>	+0.69
Aniek Resink	+0.69 36.52 1:15.88	Marlijn Hendriksen	+0.55 33.80 1:11.73	
Susanne van der Linden	+0.45 39.39 1:23.42	Ramona Noordermeer	+0.46 34.61 1:13.47	
2. MSV-Zeemacht 1	MSV-Zeemacht	NED	<b>5:09.26</b>	+0.72
Suzanne Mosch	+0.72 35.81 1:14.33	Jet Kleine	+0.18 35.89 1:21.05	
Bianca Groot	+0.32 42.26 1:31.96	Amber van der Kruk	+0.55 29.23 1:01.92	
3. ZPC AMERSFOORT 3	ZPC AMERSFOORT	NED	<b>5:22.79</b>	+0.74
Eline Hendriks	+0.74 40.69 1:21.48	Lidia v. Bon-Rosenbrand	+0.32 34.77 1:17.53	
Elisah Velgersdijk	+0.14 39.15 1:26.94	Monica Kornewal	+0.55 35.95 1:16.84	
4. De Duinkickers 2	De Duinkickers	NED	<b>5:30.81</b>	+0.86
Esther Poortvliet - Koedam	+0.86 41.00 1:24.58	Merel Visser	+0.34 33.14 1:11.34	
Inge Roskam	+0.42 42.69 1:32.32	Saskia op den Velde	+0.74 38.92 1:22.57	
5. De Duck 1	De Duck	NED	<b>5:33.20</b>	+0.83
Geraldine Trainor	+0.83 40.05 1:23.81	Rachel Trainor	+0.50 37.86 1:27.03	
Kimberley van Buren	+0.61 41.69 1:29.57	Judith Kleinjan	+0.65 33.90 1:12.79	
6. ESCA Zwemmen 3	ESCA Zwemmen	NED	<b>5:37.40</b>	+0.79
Ilja Janssen	+0.79 40.75 1:25.48	Nikita Kruis	+0.51 40.37 1:32.72	
Daniqve de Vegt	+0.43 41.73 1:29.24	Kiona Peters	+0.52 33.17 1:09.96	

160+, Dames

1. PSV 5	PSV	NED	<b>5:11.13</b>	+0.75
Jolanda van Gendt	+0.75 40.54 1:24.91	Carla Geurts	+0.24 34.39 1:14.91	
Larissa Jansen	+0.63 41.88 1:27.80	Kirsten Cameron	+0.59 30.87 1:03.51	
2. DWK 1	DWK	NED	<b>6:09.86</b>	+0.67
Greta Wyma-Teitsma	+0.67 53.11 1:50.83	Diane Schoenmaker	+0.33 35.05 1:19.96	
Iris van Aurich	+0.51 43.07 1:32.32	Jennie Resink-lindeboom	+0.37 41.71 1:26.75	
3. Hieronymus 2	Hieronymus	NED	<b>6:34.80</b>	+0.72
Melissa Buijens	+0.72 56.54 1:53.46	Marjolijn Klunne	+0.76 40.40 1:29.83	
Hilly Brugmans	+0.72 48.92 1:44.88	Marjoke Mulders	+0.70 39.78 1:26.63	
4. De Geul 2	De Geul	NED	<b>6:41.74</b>	+0.84
Nanda van Heteren	+0.84 40.06 1:21.84	Isabelle Janssen	+0.62 41.40 1:30.95	
Geerdien Meerwaldt	+0.88 1:04.13 2:17.00	Erica Muller	+0.44 41.87 1:31.95	

200+, Dames

1. SG Bayer 1	SG Bayer	GER	<b>5:26.03</b>	+0.88
Petra Blum	+0.88 41.87 1:25.93	Claudia Thielemann	+0.22 35.49 1:15.77	
Annett von Rekowski	+0.62 44.13 1:33.50	Birgit Reichelt	+0.55 33.71 1:10.83	
2. WIDEX GZC DONK 1	WIDEX GZC DONK	NED	<b>5:58.48</b>	+0.80
Feikje Wittermans	+0.80 40.65 1:24.37	Petra Tossings-van de Hooven	+0.63 41.64 1:31.68	
Lia Bijkerk	+0.66 52.92 1:52.71	Linda van Klei	+0.72 34.00 1:09.72	

240+, Dames

1. Old Dutch 1	Old Dutch	NED	<b>7:31.94</b>	+0.97
Karin van Nassau-van den Heuvel	+0.97 50.64 1:42.31	Chantal Verhoeff	+0.70 38.70 1:27.28	
Karien Musters	+0.76 1:08.62 2:24.53	Marie Smits	+0.85 52.17 1:57.82	

280+, Dames

1. PSV 1	PSV	NED	<b>6:59.77</b>	+0.80
Katrin Pennings	+0.80 43.62 1:31.81	Patty Verhagen	+0.53 44.30 1:38.16	
Corrie Verhoeven	+0.39 51.89 1:54.06	Lottie Geurts	+0.66 55.07 1:55.74	

Programmanr. 19, 4 x 100m wisselslag

80+, Gemengd

1.	ZVL-1886 Center 1 <i>Nederlands Masters Record</i>	ZVL-1886 Center	NED	<b>4:22.90</b>	+0.65
	Sanne Heemskerck Silke Molendijk	+0.65 33.49 1:10.06 +0.34 35.27 1:15.66	Robin van Beek Guus Hoogduin	+0.48 27.30 59.63 +0.37 27.08 57.55	
2.	Nova 1 <i>Kampioenschapsrecord</i>	Nova	NED	<b>4:27.26</b>	+0.59
	Elin Manning Roy Smeenge	+0.59 34.79 1:13.67 +0.42 32.75 1:10.40	Darren Chen Lisanne Boets	+0.53 28.83 1:02.47 +0.57 28.96 1:00.72	
3.	ZPC De Zeeuwse Kust 1	ZPC De Zeeuwse Kust	NED	<b>4:39.38</b>	+0.79
	Kirsten Walraven Eva van Elsen	+0.79 33.93 1:11.55 +0.26 40.05 1:27.05	Kalle van Gemert Tom van Gils	+0.17 26.69 59.97 +0.23 29.29 1:00.81	
4.	ZPC De Hof 1	ZPC De Hof	NED	<b>4:44.22</b>	+0.77
	Nathanaël Nijssink Jorden Theijink	+0.77 35.36 1:13.86 +0.03 35.71 1:18.19	Linde Haverkate Elisa Haverkate	+0.33 31.55 1:09.34 +0.33 29.35 1:02.83	
5.	ZPC Woerden 1	ZPC Woerden	NED	<b>4:46.75</b>	+0.84
	Ilse van den Wijngaard Veerle van Munster	+0.84 36.95 1:17.31 +0.33 38.36 1:23.82	Ian Terlouw Milan de Roo	+0.50 28.87 1:04.20 +0.35 28.53 1:01.42	
6.	NDD 1	NDD	NED	<b>5:09.63</b>	+0.72
	Fleur Arendsen Sanne Arendsen	+0.72 40.54 1:25.84 +0.64 41.31 1:29.16	Sander Burgers Wilco Stijf	+0.39 32.76 1:13.15 +0.40 28.29 1:01.48	

100+, Gemengd

1.	Zuiderzeezwemmers 1	Zuiderzeezwemmers	NED	<b>4:30.88</b>	+0.69
	Gaby Zittersteijn Jarick Stoop	+0.69 35.32 1:14.42 +0.08 32.05 1:11.41	Danique Stoop Ilmar Stoop	+0.46 29.92 1:08.09 +0.24 27.37 56.96	
2.	ZV Hoogland 1	Zwemvereniging Hoogland	NED	<b>4:31.18</b>	+0.59
	Anne-Irene Ducheine Yuri van Omme	+0.59 34.83 1:12.78 +0.41 32.99 1:10.44	Bas Dries Jamilla van Omme - van Veen	+1.50 28.27 1:05.29 +0.32 29.44 1:02.67	
3.	Feijenoord Zwemmen (SG) 1	Feijenoord Zwemmen (SG)	NED	<b>4:34.80</b>	+0.66
	Jorian Tanis Anne Dekker	+0.66 31.18 1:03.60 +0.49 38.29 1:25.54	Ensger Kotterink Lenneke Bagijn	+1.51 26.66 57.28 +0.33 31.14 1:08.38	
4.	VZC 1	VZC	NED	<b>4:40.75</b>	+0.72
	Olaf Achterberg Lisanne Seising	+0.72 31.87 1:05.61 +0.35 38.54 1:24.40	Jelle Nap Amber Hesper	+0.55 28.80 1:03.45 +0.30 30.56 1:07.29	
5.	Blue Marlins (SG) 2	Blue Marlins (SG)	NED	<b>4:41.76</b>	+0.83
	Jim Geestman Ana Nusa Versnik	+0.83 35.40 1:12.83 +0.73 39.84 1:24.86	Ilse Kraaijeveld Jeroen Baars	+0.46 31.72 1:11.25 +0.38 24.38 52.82	
6.	ZVL-1886 Center 2	ZVL-1886 Center	NED	<b>5:04.32</b>	+0.76
	Robin van Peenen Maartje Hids	+0.76 33.87 1:10.85 +0.66 44.82 1:34.65	Karen Stolk Emiel Volker	+0.39 32.38 1:12.31 +0.33 31.75 1:06.51	
7.	Niemo Barracuda 2	Niemo Barracuda	NED	<b>5:14.13</b>	+0.76
	Esmée Rolloos Robin van Beusekom	+0.76 40.41 1:25.22 +0.13 37.69 1:22.69	Ids de Klerk Tamara van den Brink	+0.51 32.90 1:16.48 +0.27 32.96 1:09.74	

120+, Gemengd

1.	Niemo Barracuda 1	Niemo Barracuda	NED	<b>4:33.03</b>	+0.67
	Denise Boereboom Thomas Hesper	+0.67 35.37 1:14.05 +0.23 33.09 1:12.15	Melissa van der Heijden Mark Hensen	+0.44 31.35 1:07.64 +0.28 28.13 59.19	
2.	Steenwijk 1934 2	Steenwijk 1934	NED	<b>4:41.09</b>	+0.80
	Robert Braad Jacyntha Plat	+0.80 32.53 1:07.61 +0.48 38.13 1:22.27	Rick Driezen Getrude Corporaal	+0.54 29.47 1:04.06 +0.43 31.84 1:07.15	
3.	WVZ 2	WVZ	NED	<b>4:43.07</b>	+0.66
	Jordy van Oel Manon van Strien	+0.66 33.04 1:08.82 +0.42 38.24 1:23.28	Markus van Rest Delia Badoux	+0.20 30.49 1:08.74 +0.46 29.43 1:02.23	
4.	De Amstel 1	De Amstel	NED	<b>4:59.84</b>	+0.87
	Iris Bastiaansen Henri Michels	+0.87 39.33 1:22.02 +0.55 40.60 1:30.12	Nick Sijmons Iris van der Moolen	+0.55 28.34 1:01.61 +0.21 31.19 1:06.09	
5.	Feijenoord Zwemmen (SG) 2	Feijenoord Zwemmen (SG)	NED	<b>5:01.17</b>	+0.76
	Mirjan den Drijver Annoeska Banen	+0.76 39.16 1:20.20 +0.35 41.60 1:28.66	Nick Boekestijn Pieter Broek	+0.29 31.19 1:09.32 +0.25 30.25 1:02.99	

Programmanr. 19, Gemengd, 4 x 100m wisselslag, 120+

rang	vereniging				tijd	RT	PARA
6.	De Meer			NED	<b>5:04.54</b>	+0.67	
	Merel van den Heuvel	+0.67	36.14	1:17.99	+0.50	32.73	1:09.95
	Chantal van der Horst	+0.60	41.15	1:26.08	+0.07	32.45	1:10.52
7.	AZC			NED	<b>5:08.53</b>	+0.86	
	Patrick Brouwer	+0.86	36.92	1:16.21	+0.40	36.49	1:18.82
	Ricardo van Dam	+0.57	36.60	1:16.36	+0.51	36.76	1:17.14
8.	MSV-Zeemacht			NED	<b>5:09.25</b>	+0.66	
	Tessa Mosch	+0.66	38.31	1:20.00	+0.38	28.00	1:02.40
	Boyd Wijkman	+0.26	34.30	1:16.34	+0.46	42.73	1:30.51
9.	Patrick-De Roersoppers (SG) 2	Patrick-De Roersoppers (SG)		NED	<b>5:14.99</b>	+0.68	
	Fleur Beckers	+0.68	36.69	1:17.61	+0.47	29.93	1:07.80
	Pascalie Janssen	+0.56	43.49	1:34.89	+0.34	34.30	1:14.69
10.	Sassenheim 1	Sassenheim		NED	<b>5:15.22</b>	+0.77	
	Rianne Hofland	+0.77	38.46	1:18.28	+0.54	34.81	1:16.59
	Arjan Buijse	+0.66	41.14	1:27.60	+0.41	34.96	1:12.75
DIS	SSF Bonn 2	SSF Bonn		GER		+0.59	
	<i>EA - Te vroeg overgenomen., 4de zwemmer</i>						
	Philipp Sikatzki	+0.59	29.11	1:00.09	+0.31	36.74	1:30.31
	Paulin Wendler	+0.57	38.90	1:25.86	-0.05		
AFGEM	DWT 1	DWT		NED			
<b>160+, Gemengd</b>							
1.	ZPC AMERSFOORT 2	ZPC AMERSFOORT		NED	<b>4:38.28</b>	+0.73	
	<i>Nederlands Masters Record, NMR voor startzwemster</i>						
	Lesley Cordial	+0.73	37.09	1:17.35	+0.27	29.22	1:04.51
	Jelle Opmeer		31.90	1:11.90	+0.30	30.06	1:04.52
2.	DAW 1	DAW		NED	<b>4:48.28</b>	+0.82	
	Alex Damen	+0.82	35.21	1:12.22	+0.46	34.73	1:18.95
	Laura Badoux	+0.48	37.71	1:22.17	+0.21	25.22	54.94
3.	SSF Bonn 1	SSF Bonn		GER	<b>5:01.73</b>	+0.74	
	Axel Werkhausen	+0.74	33.92	1:12.78	+0.29	31.00	1:07.69
	Laura de Pazos Ortega	+0.53	46.09	1:37.13	+0.44	30.57	1:04.13
4.	De Ward 1	De Ward		NED	<b>5:07.38</b>	+0.75	
	Emma van der Meer	+0.75	41.96	1:27.07	+0.68	29.14	1:02.90
	Yvette Ratering	+0.73	41.86	1:30.30	+0.51	31.56	1:07.11
5.	SN Versailles 1	SN Versailles		FRA	<b>5:19.59</b>	+0.78	
	Yann Le Floch	+0.78	36.21	1:13.48	+0.59	31.88	1:08.76
	Julia Ackermann	+0.85	47.64	1:42.56	+0.63	35.55	1:14.79
6.	Patrick-De Roersoppers (SG) 1	Patrick-De Roersoppers (SG)		NED	<b>5:25.55</b>	+0.79	
	Sharon Wolfs	+0.79	38.67	1:20.18	+0.33	35.82	1:22.99
	Charles Bos	+0.34	43.13	1:33.76	+0.09	32.47	1:08.62
7.	PSV 6	PSV		NED	<b>6:08.29</b>	+0.78	
	André Pantekoek	+0.78	48.29	1:40.46	+0.49	33.37	1:14.32
	Janine Wilbers	+1.09	54.91	2:00.95	+0.62	34.51	1:12.56
DIS	DAW 2	DAW		NED		+0.79	
	<i>EA - Te vroeg overgenomen., 4de zwemmer</i>						
	Marouscha de Vries	+0.79	44.34	1:31.52	+0.35	37.34	1:23.31
	Dennis Kraakman	+0.59	36.06	1:18.90	-0.04		

Programmanr. 19, 4 x 100m wisselslag

200+, Gemengd

1. PSV 4	PSV			NED	<b>4:53.96</b>		+0.69
Gudule van der Meer	+0.69	35.74	1:14.86	Jeanne Petit	+0.55	34.00	1:14.16
Harold Matla	+0.42	37.36	1:20.76	Edo Boonstra	+0.43	30.89	1:04.18
2. ZVVS 1	ZVVS			NED	<b>5:39.38</b>		+0.97
Willem Putter	+0.97	52.28	1:46.92	Nadya Putter	+0.69	34.29	1:16.51
Karin Stein	+0.70	43.02	1:33.16	Bas van den Nouwelant	+0.33	29.51	1:02.79
3. Steenwijk 1934 3	Steenwijk 1934			NED	<b>5:44.50</b>		+0.76
Guido Keutgen	+0.76	34.35	1:12.91	Korstiaan de Boer	+0.56	37.98	1:20.78
Wilna Heijman	+0.75	48.87	1:45.97	Leonie Scholten	+0.35	37.76	1:24.84
4. AZC 2	AZC			NED	<b>5:56.13</b>		+0.76
Wim de Lange	+0.76	45.80	1:31.92	Monique van Huizen	+0.23	34.65	1:20.01
Mariska Zaal	+0.57	40.70	1:31.62	Geza Kaltenecker	+0.37	42.71	1:32.58
5. SWOL 1894 2	SWOL 1894			NED	<b>6:07.69</b>		+0.80
Arjan Aalbers	+0.80	37.37	1:17.52	Annet Kootstra	+0.73	48.65	1:45.67
Marjan Spoelstra	+0.40	55.09	1:56.42	Peter Lommert	+0.68	32.08	1:08.08
6. De Rog 2	De Rog			NED	<b>6:13.09</b>		+0.82
Ageeth Westenbrink	+0.82	51.67	1:48.93	Esther Vergeest	+0.62	41.62	1:30.99
Wijnand Vergeest	+0.56	44.79	1:35.44	Frank Van Engelen	+0.70	36.31	1:17.73

240+, Gemengd

1. ZPC AMERSFOORT 1	ZPC AMERSFOORT			NED	<b>5:09.67</b>		+0.78
<i>Europees Masters Record</i>							
Atie Pijtak-Radersma	+0.78	40.89	1:24.21	Johan Remmits	+0.50	33.28	1:12.20
Ron Korzelius	+0.29	38.86	1:25.14	Marjan Remmits-de Lange	+0.31	32.32	1:08.12
2. CNSW19-R5M	CNSW			BEL	<b>5:42.29</b>		+0.69
<i>Belgisch Masters Record</i>							
Valerie Rolland	+0.69	39.04	1:21.07	Claire Anthony	+0.34	40.64	1:30.99
Christian Schoenaers	+0.76	44.37	1:34.78	Christian Kiekens	+0.57	35.38	1:15.45
3. Steenwijk 1934 1	Steenwijk 1934			NED	<b>6:05.00</b>		+0.72
Casper Dollekamp	+0.72	40.68	1:23.59	Linda Wibbelink	+0.62	46.88	1:43.63
Huyb Stegeman	+0.57	40.72	1:29.69	Monica Bakker	+0.38	40.12	1:28.09
4. WS Twente 1	WS Twente			NED	<b>7:09.14</b>		+0.64
<i>Nederlands Masters Record, voor startzwemmer</i>							
Frans van Enst	+0.64	47.93	1:40.21	Antoinette Gilding-Tussaud	+0.46	1:05.76	2:26.70
Janneke Wynia	+1.02	49.16	1:44.02	Jack Barends	+0.46	37.50	1:18.21

280+, Gemengd

1. PSV 2	PSV			NED	<b>7:12.64</b>		+0.81
<i>Nederlands Masters Record</i>							
Jan Tinholt	+0.81	48.71	1:41.14	Carla Hensen	+0.68	51.76	1:55.13
Gonnie Bak	+0.84	1:00.99	2:08.38	Jan Nuijten	+0.71	40.09	1:27.99