

6 - ONMK 2022 lb Sessie 6

08-05-2022 - 9:00

Programmanr. 30
08-05-2022 - 9:00

Heren, 800m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	tijd	RT	PARA			
Masters 20+								
1.	Guus Hoogduin	ZVL-1886 Center	NED 200201069	9:30.43	+0.72			
	50m: 31.12	31.12	250m: 2:52.26	35.35	450m: 5:16.71	36.02	650m: 7:43.52	37.17
	100m: 1:06.09	34.97	300m: 3:28.46	36.20	500m: 5:53.22	36.51	700m: 8:19.72	36.20
	150m: 1:41.48	35.39	350m: 4:04.76	36.30	550m: 6:29.84	36.62	750m: 8:55.65	35.93
	200m: 2:16.91	35.43	400m: 4:40.69	35.93	600m: 7:06.35	36.51	800m: 9:30.43	34.78
2.	Jordy van Oel	WVZ	NED 199802003	9:53.69	+0.75			
	50m: 31.47	31.47	250m: 2:59.72	37.91	450m: 5:33.51	38.44	650m: 8:06.09	38.52
	100m: 1:07.26	35.79	300m: 3:37.95	38.23	500m: 6:11.27	37.76	700m: 8:42.77	36.68
	150m: 1:44.43	37.17	350m: 4:16.87	38.92	550m: 6:49.35	38.08	750m: 9:19.79	37.02
	200m: 2:21.81	37.38	400m: 4:55.07	38.20	600m: 7:27.57	38.22	800m: 9:53.69	33.90
3.	Marijn van Keulen	De Treffers	NED 200101855	11:00.02	+0.80			
	50m: 34.53	34.53	250m: 3:13.68	40.52	450m: 5:58.46	42.10	650m: 8:50.52	43.13
	100m: 1:12.89	38.36	300m: 3:54.07	40.39	500m: 6:40.92	42.46	700m: 9:33.95	43.43
	150m: 1:52.66	39.77	350m: 4:35.14	41.07	550m: 7:24.20	43.28	750m: 10:18.20	44.25
	200m: 2:33.16	40.50	400m: 5:16.36	41.22	600m: 8:07.39	43.19	800m: 11:00.02	41.82
Masters 25+								
1.	Jeffrey Camphens	DWT	NED 199503113	9:22.04	+0.68			
	50m: 32.07	32.07	250m: 2:54.42	35.89	450m: 5:17.16	35.96	650m: 7:38.65	35.10
	100m: 1:07.37	35.30	300m: 3:30.01	35.59	500m: 5:52.38	35.22	700m: 8:13.94	35.29
	150m: 1:43.29	35.92	350m: 4:05.67	35.66	550m: 6:28.16	35.78	750m: 8:49.18	35.24
	200m: 2:18.53	35.24	400m: 4:41.20	35.53	600m: 7:03.55	35.39	800m: 9:22.04	32.86
2.	Robin van Beek	ZVL-1886 Center	NED 199704023	9:32.19	+0.72			
	50m: 31.65	31.65	250m: 2:55.54	36.33	450m: 5:21.10	35.79	650m: 7:44.46	35.50
	100m: 1:06.89	35.24	300m: 3:32.08	36.54	500m: 5:57.23	36.13	700m: 8:20.56	36.10
	150m: 1:42.71	35.82	350m: 4:08.47	36.39	550m: 6:33.15	35.92	750m: 8:56.71	36.15
	200m: 2:19.21	36.50	400m: 4:45.31	36.84	600m: 7:08.96	35.81	800m: 9:32.19	35.48
3.	Mike Schel	ESCA Zwemmen	NED 199403279	9:42.93	+0.80			
	50m: 32.07	32.07	250m: 2:56.02	36.29	450m: 5:23.75	37.21	650m: 7:53.05	37.30
	100m: 1:07.05	34.98	300m: 3:32.82	36.80	500m: 6:01.13	37.38	700m: 8:30.53	37.48
	150m: 1:43.42	36.37	350m: 4:09.57	36.75	550m: 6:38.36	37.23	750m: 9:07.81	37.28
	200m: 2:19.73	36.31	400m: 4:46.54	36.97	600m: 7:15.75	37.39	800m: 9:42.93	35.12
4.	Lars Jacobsen	DWK	NED 199705453	S14 10:16.35	+0.84	744		
	50m: 33.00	33.00	250m: 3:06.29	39.39	450m: 5:45.74	39.44	650m: 8:24.40	39.09
	100m: 1:09.70	36.70	300m: 3:46.20	39.91	500m: 6:25.69	39.95	700m: 9:03.36	38.96
	150m: 1:47.15	37.45	350m: 4:25.40	39.20	550m: 7:06.33	40.64	750m: 9:41.38	38.02
	200m: 2:26.90	39.75	400m: 5:06.30	40.90	600m: 7:45.31	38.98	800m: 10:16.35	34.97
5.	Pieter Pijnenburg	De Biesboschzwemmers	NED 199305227	10:34.68	+0.71			
	50m: 34.26	34.26	250m: 3:12.47	40.18	450m: 5:51.29	39.59	650m: 8:33.97	40.60
	100m: 1:13.23	38.97	300m: 3:52.17	39.70	500m: 6:31.83	40.54	700m: 9:14.59	40.62
	150m: 1:52.59	39.36	350m: 4:31.64	39.47	550m: 7:12.26	40.43	750m: 9:55.14	40.55
	200m: 2:32.29	39.70	400m: 5:11.70	40.06	600m: 7:53.37	41.11	800m: 10:34.68	39.54
6.	Jordy van der Drift	ZVL-1886 Center	NED 199307345	11:07.01	+0.72			
	50m: 34.85	34.85	250m: 3:17.17	42.21	450m: 6:10.14	43.54	650m: 9:05.74	43.71
	100m: 1:13.31	38.46	300m: 4:00.09	42.92	500m: 6:53.81	43.67	700m: 9:46.95	41.21
	150m: 1:53.61	40.30	350m: 4:43.16	43.07	550m: 7:37.78	43.97	750m: 10:27.76	40.81
	200m: 2:34.96	41.35	400m: 5:26.60	43.44	600m: 8:22.03	44.25	800m: 11:07.01	39.25
Masters 30+								
1.	Steven Claes	Zwemclub Tremelo	BEL 10164/91	9:22.17	+0.79			
	<i>Belgisch Masters Record</i>							
	50m: 32.02	32.02	250m: 2:52.72	34.77	450m: 5:16.61	35.34	650m: 7:38.96	35.00
	100m: 1:07.38	35.36	300m: 3:28.83	36.11	500m: 5:52.50	35.89	700m: 8:14.58	35.62
	150m: 1:42.46	35.08	350m: 4:04.92	36.09	550m: 6:27.87	35.37	750m: 8:49.86	35.28
	200m: 2:17.95	35.49	400m: 4:41.27	36.35	600m: 7:03.96	36.09	800m: 9:22.17	32.31
2.	Jan-Willem van der Graaff	PSV	NED 198901023	9:33.74	+0.71			
	50m: 31.95	31.95	250m: 2:55.55	35.97	450m: 5:20.67	36.00	650m: 7:46.53	36.49
	100m: 1:07.52	35.57	300m: 3:31.77	36.22	500m: 5:57.01	36.34	700m: 8:23.34	36.81
	150m: 1:43.52	36.00	350m: 4:08.36	36.59	550m: 6:33.58	36.57	750m: 8:59.55	36.21
	200m: 2:19.58	36.06	400m: 4:44.67	36.31	600m: 7:10.04	36.46	800m: 9:33.74	34.19

Programmanr. 30, Heren, 800m vrije slag, Masters 30+

rang	naam	vereniging					tijd	RT	PARA
3.	Niels Albrechts	De Schotejil	NED	198800039			9:57.18	+0.79	
	50m: 34.09	34.09	250m: 3:08.37	38.83	450m: 5:38.02	37.55	650m: 8:07.80	37.52	
	100m: 1:11.85	37.76	300m: 3:45.69	37.32	500m: 6:15.48	37.46	700m: 8:45.51	37.71	
	150m: 1:50.81	38.96	350m: 4:23.69	38.00	550m: 6:52.82	37.34	750m: 9:22.53	37.02	
	200m: 2:29.54	38.73	400m: 5:00.47	36.78	600m: 7:30.28	37.46	800m: 9:57.18	34.65	
4.	Tim Bunnik	Triton	NED	199000505			10:16.91	+0.81	
	50m: 33.54	33.54	250m: 3:07.94	38.37	450m: 5:39.03	38.08	650m: 8:16.92	40.81	
	100m: 1:11.36	37.82	300m: 3:46.08	38.14	500m: 6:16.94	37.91	700m: 8:57.53	40.61	
	150m: 1:50.31	38.95	350m: 4:24.43	38.35	550m: 6:56.04	39.10	750m: 9:37.63	40.10	
	200m: 2:29.57	39.26	400m: 5:00.95	36.52	600m: 7:36.11	40.07	800m: 10:16.91	39.28	
5.	Jean Terver	CN du Val de Fensch	FRA	314113			10:18.48	+0.83	
	50m: 34.99	34.99	250m: 3:11.36	39.40	450m: 5:47.37	39.31	650m: 8:24.76	39.86	
	100m: 1:13.30	38.31	300m: 3:50.63	39.27	500m: 6:26.54	39.17	700m: 9:03.59	38.83	
	150m: 1:52.60	39.30	350m: 4:29.47	38.84	550m: 7:06.19	39.65	750m: 9:42.50	38.91	
	200m: 2:31.96	39.36	400m: 5:08.06	38.59	600m: 7:44.90	38.71	800m: 10:18.48	35.98	

Masters 35+

1.	Frank v.d. Voordt	De Schotejil	NED	198302259			10:21.86	+0.79	
	50m: 34.02	34.02	250m: 3:10.17	39.60	450m: 5:48.75	39.62	650m: 8:26.50	39.10	
	100m: 1:12.03	38.01	300m: 3:49.95	39.78	500m: 6:28.22	39.47	700m: 9:05.50	39.00	
	150m: 1:51.01	38.98	350m: 4:29.64	39.69	550m: 7:07.72	39.50	750m: 9:44.31	38.81	
	200m: 2:30.57	39.56	400m: 5:09.13	39.49	600m: 7:47.40	39.68	800m: 10:21.86	37.55	
2.	Jonathan Vaernewyck	Deerlijkse Zwemvereniging	BEL	11011/86			10:40.26	+0.77	
	50m: 33.65	33.65	250m: 3:09.38	40.06	450m: 5:53.58	41.68	650m: 8:40.10	41.31	
	100m: 1:10.97	37.32	300m: 3:49.89	40.51	500m: 6:35.62	42.04	700m: 9:21.57	41.47	
	150m: 1:49.65	38.68	350m: 4:30.27	40.38	550m: 7:17.11	41.49	750m: 10:01.19	39.62	
	200m: 2:29.32	39.67	400m: 5:11.90	41.63	600m: 7:58.79	41.68	800m: 10:40.26	39.07	
3.	Martijn Giezen	ZPC AMERSFOORT	NED	198500813			11:05.01	+0.85	
	50m: 33.40	33.40	250m: 3:18.23	41.83	450m: 6:08.47	42.47	650m: 9:00.26	42.96	
	100m: 1:13.61	40.21	300m: 4:01.38	43.15	500m: 6:51.59	43.12	700m: 9:43.73	43.47	
	150m: 1:54.69	41.08	350m: 4:43.49	42.11	550m: 7:34.67	43.08	750m: 10:25.44	41.71	
	200m: 2:36.40	41.71	400m: 5:26.00	42.51	600m: 8:17.30	42.63	800m: 11:05.01	39.57	
4.	Arne-Willem Kroonen	MZ&PC	NED	198401297			11:10.30	+0.83	
	50m: 36.35	36.35	250m: 3:19.87	41.85	450m: 6:08.52	42.58	650m: 9:00.81	43.00	
	100m: 1:15.96	39.61	300m: 4:01.49	41.62	500m: 6:51.41	42.89	700m: 9:44.43	43.62	
	150m: 1:56.81	40.85	350m: 4:43.79	42.30	550m: 7:34.68	43.27	750m: 10:27.89	43.46	
	200m: 2:38.02	41.21	400m: 5:25.94	42.15	600m: 8:17.81	43.13	800m: 11:10.30	42.41	
5.	Rudi Butselaar	GoSwim	NED	198700577			12:07.99	+0.79	
	50m: 37.71	37.71	250m: 3:35.46	46.34	450m: 6:42.94	47.84	650m: 9:52.27	47.37	
	100m: 1:19.92	42.21	300m: 4:21.96	46.50	500m: 7:30.80	47.86	700m: 10:39.01	46.74	
	150m: 2:03.98	44.06	350m: 5:09.08	47.12	550m: 8:18.29	47.49	750m: 11:26.54	47.53	
	200m: 2:49.12	45.14	400m: 5:55.10	46.02	600m: 9:04.90	46.61	800m: 12:07.99	41.45	

Masters 40+

1.	Gergely Molnár	Megathlon SE	HUN				9:32.30	+0.80	
	50m: 31.23	31.23	250m: 2:54.15	36.00	450m: 5:18.75	36.09	650m: 7:44.69	36.41	
	100m: 1:06.76	35.53	300m: 3:30.48	36.33	500m: 5:55.43	36.68	700m: 8:21.42	36.73	
	150m: 1:42.05	35.29	350m: 4:06.72	36.24	550m: 6:31.69	36.26	750m: 8:57.82	36.40	
	200m: 2:18.15	36.10	400m: 4:42.66	35.94	600m: 7:08.28	36.59	800m: 9:32.30	34.48	
2.	Mark Hensen	Niemo Barracuda	NED	197900497			10:20.91	+0.93	
	50m: 35.05	35.05	250m: 3:12.41	39.65	450m: 5:49.28	39.62	650m: 8:26.87	39.29	
	100m: 1:13.96	38.91	300m: 3:51.13	38.72	500m: 6:28.79	39.51	700m: 9:06.01	39.14	
	150m: 1:53.62	39.66	350m: 4:30.69	39.56	550m: 7:08.07	39.28	750m: 9:44.15	38.14	
	200m: 2:32.76	39.14	400m: 5:09.66	38.97	600m: 7:47.58	39.51	800m: 10:20.91	36.76	
3.	Martin van Vaardegem	GoSwim	NED	198201767			11:56.23	+0.93	
	50m: 37.42	37.42	250m: 3:35.70	45.93	450m: 6:39.88	46.17	650m: 9:43.32	46.15	
	100m: 1:19.83	42.41	300m: 4:22.02	46.32	500m: 7:25.85	45.97	700m: 10:29.06	45.74	
	150m: 2:04.40	44.57	350m: 5:07.61	45.59	550m: 8:11.73	45.88	750m: 11:14.22	45.16	
	200m: 2:49.77	45.37	400m: 5:53.71	46.10	600m: 8:57.17	45.44	800m: 11:56.23	42.01	

Masters 45+

1.	Jochen Kaminski	SSF Bonn	GER	379857			9:34.04	+0.85	
	<i>Kampioenschapsrecord</i>								
	50m: 31.15	31.15	250m: 2:51.93	35.57	450m: 5:14.33	35.78	650m: 7:40.44	37.66	
	100m: 1:06.10	34.95	300m: 3:27.41	35.48	500m: 5:50.18	35.85	700m: 8:19.24	38.80	
	150m: 1:41.01	34.91	350m: 4:02.96	35.55	550m: 6:26.06	35.88	750m: 8:57.32	38.08	
	200m: 2:16.36	35.35	400m: 4:38.55	35.59	600m: 7:02.78	36.72	800m: 9:34.04	36.72	

Programmanr. 30, Heren, 800m vrije slag, Masters 45+

rang	naam	vereniging					tijd	RT	PARA
2.	Ben Rutten <i>Belgisch Masters Record</i>	FAST	BEL	11006/76			9:47.83	+0.89	
	50m: 32.51	32.51	250m: 2:57.39	36.65	450m: 5:25.24	37.10	650m: 7:54.82	37.76	
	100m: 1:08.02	35.51	300m: 3:34.35	36.96	500m: 6:02.43	37.19	700m: 8:32.83	38.01	
	150m: 1:44.08	36.06	350m: 4:10.96	36.61	550m: 6:39.39	36.96	750m: 9:10.75	37.92	
	200m: 2:20.74	36.66	400m: 4:48.14	37.18	600m: 7:17.06	37.67	800m: 9:47.83	37.08	
3.	Ivo Roozeboom	WVZ	NED	197700801			9:59.55	+0.77	
	50m: 32.27	32.27	250m: 3:05.76	38.49	450m: 5:38.86	37.63	650m: 8:10.77	37.68	
	100m: 1:10.36	38.09	300m: 3:44.31	38.55	500m: 6:17.31	38.45	700m: 8:48.78	38.01	
	150m: 1:48.46	38.10	350m: 4:22.76	38.45	550m: 6:55.16	37.85	750m: 9:25.80	37.02	
	200m: 2:27.27	38.81	400m: 5:01.23	38.47	600m: 7:33.09	37.93	800m: 9:59.55	33.75	
4.	Alfonso Verkerk	SCOM/De Zeehond'73 (SG)	NED	197601665			13:26.81	+0.93	
	50m: 41.35	41.35	250m: 4:03.64	51.54	450m: 7:33.04	51.77	650m: 11:02.23	52.08	
	100m: 1:29.55	48.20	300m: 4:56.68	53.04	500m: 8:24.91	51.87	700m: 11:53.52	51.29	
	150m: 2:19.56	50.01	350m: 5:49.12	52.44	550m: 9:16.40	51.49	750m: 12:42.77	49.25	
	200m: 3:12.10	52.54	400m: 6:41.27	52.15	600m: 10:10.15	53.75	800m: 13:26.81	44.04	

Masters 50+

1.	Vedestas Seferlis <i>Kampioenschapsrecord, Lithuanian Masters Record</i>	Kauno Takas	LTU				9:33.24	+0.66	
	50m: 31.25	31.25	250m: 2:53.56	36.12	450m: 5:18.41	36.44	650m: 7:45.55	36.78	
	100m: 1:06.30	35.05	300m: 3:29.53	35.97	500m: 5:54.98	36.57	700m: 8:22.21	36.66	
	150m: 1:41.44	35.14	350m: 4:05.66	36.13	550m: 6:32.07	37.09	750m: 8:59.59	37.38	
	200m: 2:17.44	36.00	400m: 4:41.97	36.31	600m: 7:08.77	36.70	800m: 9:33.24	33.65	
2.	Richard Rickson	PSV	NED	197000841			10:49.90	+0.89	
	50m: 34.69	34.69	250m: 3:14.26	40.68	450m: 5:59.92	41.86	650m: 8:46.33	41.99	
	100m: 1:13.09	38.40	300m: 3:55.68	41.42	500m: 6:41.15	41.23	700m: 9:27.60	41.27	
	150m: 1:53.03	39.94	350m: 4:36.68	41.00	550m: 7:23.11	41.96	750m: 10:08.94	41.34	
	200m: 2:33.58	40.55	400m: 5:18.06	41.38	600m: 8:04.34	41.23	800m: 10:49.90	40.96	
3.	Ingmar de Gelder <i>* 100m</i>	ZOB'66	NED	197000333			11:05.93	+0.91	
	50m: 35.37	35.37	250m: 3:19.98	41.66	450m: 6:08.80	42.24	650m: 9:01.58	43.20	
	100m: 1:14.82	39.45	300m: 4:01.62	41.64	500m: 6:52.37	43.57	700m: 9:44.07	42.49	
	150m: 1:55.79	40.97	350m: 4:43.91	42.29	550m: 7:34.51	42.14	750m: 10:26.80	42.73	
	200m: 2:38.32	42.53	400m: 5:26.56	42.65	600m: 8:18.38	43.87	800m: 11:05.93	39.13	
4.	Chris Kouwenhoven	De Grunte	NED	197101669			11:14.39	+0.90	
	50m: 36.94	36.94	250m: 3:23.86	41.94	450m: 6:16.38	44.12	650m: 9:08.01	42.41	
	100m: 1:18.13	41.19	300m: 4:06.30	42.44	500m: 6:59.60	43.22	700m: 9:50.41	42.40	
	150m: 1:59.83	41.70	350m: 4:49.45	43.15	550m: 7:42.80	43.20	750m: 10:32.59	42.18	
	200m: 2:41.92	42.09	400m: 5:32.26	42.81	600m: 8:25.60	42.80	800m: 11:14.39	41.80	
5.	Wouter van der Stelt	De Biesboschzwemmers	NED	197200889			11:57.07	+0.93	
	50m: 39.19	39.19	250m: 3:36.41	45.22	450m: 6:39.37	45.67	650m: 9:43.20	45.87	
	100m: 1:22.15	42.96	300m: 4:22.10	45.69	500m: 7:25.38	46.01	700m: 10:29.46	46.26	
	150m: 2:06.30	44.15	350m: 5:07.75	45.65	550m: 8:11.06	45.68	750m: 11:15.39	45.93	
	200m: 2:51.19	44.89	400m: 5:53.70	45.95	600m: 8:57.33	46.27	800m: 11:57.07	41.68	
6.	Ramon Alsina Munoz	CNSW	BEL	002552/69			12:05.42	+0.98	
	50m: 41.27	41.27	250m: 3:44.33	45.68	450m: 6:49.46	45.73	650m: 9:52.01	44.82	
	100m: 1:27.21	45.94	300m: 4:30.24	45.91	500m: 7:36.02	46.56	700m: 10:37.87	45.86	
	150m: 2:12.58	45.37	350m: 5:16.75	46.51	550m: 8:21.30	45.28	750m: 11:22.36	44.49	
	200m: 2:58.65	46.07	400m: 6:03.73	46.98	600m: 9:07.19	45.89	800m: 12:05.42	43.06	

Masters 55+

1.	Erlend Alstad <i>Norwegian Masters Record</i>	Oslo Idrettslag Svømming	NOR				9:53.46	+0.87	
	50m: 33.73	33.73	250m: 3:05.14	37.71	450m: 5:35.49	37.98	650m: 8:04.63	37.36	
	100m: 1:10.51	36.78	300m: 3:42.91	37.77	500m: 6:12.37	36.88	700m: 8:41.61	36.98	
	150m: 1:48.86	38.35	350m: 4:20.32	37.41	550m: 6:49.78	37.41	750m: 9:18.46	36.85	
	200m: 2:27.43	38.57	400m: 4:57.51	37.19	600m: 7:27.27	37.49	800m: 9:53.46	35.00	
2.	Jo-an Mudde	Arethusa	NED	196701457			10:30.50	+0.86	
	50m: 35.81	35.81	250m: 3:14.13	39.46	450m: 5:54.73	39.75	650m: 8:35.78	39.64	
	100m: 1:14.98	39.17	300m: 3:54.84	40.71	500m: 6:35.82	41.09	700m: 9:15.64	39.86	
	150m: 1:54.35	39.37	350m: 4:34.46	39.62	550m: 7:15.74	39.92	750m: 9:53.64	38.00	
	200m: 2:34.67	40.32	400m: 5:14.98	40.52	600m: 7:56.14	40.40	800m: 10:30.50	36.86	

Programmanr. 30, Heren, 800m vrije slag, Masters 55+

rang	naam	vereniging					tijd	RT	PARA
3.	Karol Lacko <i>Slovakian Masters Record</i>	AQUATICS Nitra	SVK	SVK16793			10:37.69	+0.81	
	50m: 37.31	37.31	250m: 3:20.07	40.65	450m: 6:00.95	39.91	650m: 8:41.18	39.67	
	100m: 1:17.74	40.43	300m: 4:00.64	40.57	500m: 6:40.91	39.96	700m: 9:20.60	39.42	
	150m: 1:58.49	40.75	350m: 4:40.88	40.24	550m: 7:21.34	40.43	750m: 9:59.47	38.87	
	200m: 2:39.42	40.93	400m: 5:21.04	40.16	600m: 8:01.51	40.17	800m: 10:37.69	38.22	
4.	Davy Aerts	Shark	BEL	10452/64			10:57.14	+0.88	
	50m: 37.88	37.88	250m: 3:25.50	41.92	450m: 6:13.57	40.96	650m: 8:57.79	40.90	
	100m: 1:19.81	41.93	300m: 4:08.47	42.97	500m: 6:55.39	41.82	700m: 9:38.49	40.70	
	150m: 2:01.75	41.94	350m: 4:50.20	41.73	550m: 7:36.19	40.80	750m: 10:18.46	39.97	
	200m: 2:43.58	41.83	400m: 5:32.61	42.41	600m: 8:16.89	40.70	800m: 10:57.14	38.68	
5.	Frederic Andres	CN du Val de Fensch	FRA	103316			11:25.87	+0.78	
	50m: 38.85	38.85	250m: 3:29.98	43.55	450m: 6:24.93	43.86	650m: 9:20.00	43.74	
	100m: 1:20.57	41.72	300m: 4:13.78	43.80	500m: 7:08.75	43.82	700m: 10:02.88	42.88	
	150m: 2:02.93	42.36	350m: 4:57.60	43.82	550m: 7:52.49	43.74	750m: 10:45.51	42.63	
	200m: 2:46.43	43.50	400m: 5:41.07	43.47	600m: 8:36.26	43.77	800m: 11:25.87	40.36	
6.	Joost de Kroon	AquAmigos	NED	196400999			11:47.52	+1.00	
	50m: 40.29	40.29	250m: 3:40.17	44.91	450m: 6:40.35	45.01	650m: 9:39.73	44.49	
	100m: 1:24.70	44.41	300m: 4:25.21	45.04	500m: 7:25.76	45.41	700m: 10:23.70	43.97	
	150m: 2:09.59	44.89	350m: 5:09.96	44.75	550m: 8:10.10	44.34	750m: 11:06.46	42.76	
	200m: 2:55.26	45.67	400m: 5:55.34	45.38	600m: 8:55.24	45.14	800m: 11:47.52	41.06	
7.	Roy Le Clercq	De Rog	NED	196401041			12:04.36	+0.96	
	50m: 37.99	37.99	250m: 3:40.05	46.27	450m: 6:46.96	46.45	650m: 9:51.78	45.53	
	100m: 1:22.14	44.15	300m: 4:26.99	46.94	500m: 7:33.92	46.96	700m: 10:37.44	45.66	
	150m: 2:07.16	45.02	350m: 5:13.45	46.46	550m: 8:20.13	46.21	750m: 11:22.05	44.61	
	200m: 2:53.78	46.62	400m: 6:00.51	47.06	600m: 9:06.25	46.12	800m: 12:04.36	42.31	
8.	Casper Dollekamp * 50m	Steenwijk 1934	NED	196301341			12:24.58	+0.77	
	50m: 39.54	39.54	250m: 3:42.11	47.05	450m: 6:53.22	48.06	650m: 10:06.02	48.05	
	100m: 1:23.17	43.63	300m: 4:29.34	47.23	500m: 7:41.76	48.54	700m: 10:54.09	48.07	
	150m: 2:09.08	45.91	350m: 5:17.10	47.76	550m: 8:29.95	48.19	750m: 11:40.68	46.59	
	200m: 2:55.06	45.98	400m: 6:05.16	48.06	600m: 9:17.97	48.02	800m: 12:24.58	43.90	
9.	Erik Saan	De Duck	NED	196500769			12:35.16	+1.12	
	50m: 41.07	41.07	250m: 3:53.62	49.08	450m: 7:06.58	46.99	650m: 10:16.69	46.72	
	100m: 1:27.69	46.62	300m: 4:42.27	48.65	500m: 7:54.66	48.08	700m: 11:04.07	47.38	
	150m: 2:15.11	47.42	350m: 5:31.08	48.81	550m: 8:42.12	47.46	750m: 11:51.18	47.11	
	200m: 3:04.54	49.43	400m: 6:19.59	48.51	600m: 9:29.97	47.85	800m: 12:35.16	43.98	
10.	Fred Dijkshoorn	Feijenoord Zwemmen (SG)	NED	196501539			13:37.96	+0.98	
	50m: 48.10	48.10	250m: 4:11.19	52.25	450m: 7:40.31	52.37	650m: 11:08.28	51.15	
	100m: 1:36.93	48.83	300m: 5:03.27	52.08	500m: 8:32.85	52.54	700m: 11:58.84	50.56	
	150m: 2:27.19	50.26	350m: 5:55.49	52.22	550m: 9:25.01	52.16	750m: 12:48.73	49.89	
	200m: 3:18.94	51.75	400m: 6:47.94	52.45	600m: 10:17.13	52.12	800m: 13:37.96	49.23	
11.	Alfons Knein	SG Erkelenz - Hüchelhoven	GER	389778			14:16.90	+1.15	
	50m: 41.98	41.98	250m: 4:11.78	55.39	450m: 7:53.63	55.66	650m: 11:36.31	56.03	
	100m: 1:30.41	48.43	300m: 5:06.85	55.07	500m: 8:48.91	55.28	700m: 12:30.92	54.61	
	150m: 2:22.52	52.11	350m: 6:02.67	55.82	550m: 9:44.50	55.59	750m: 13:26.00	55.08	
	200m: 3:16.39	53.87	400m: 6:57.97	55.30	600m: 10:40.28	55.78	800m: 14:16.90	50.90	

Masters 60+

1.	Jan Brink	ZPC De Zeeuwse Kust	NED	196200091			10:24.79	+0.83
	50m: 33.78	33.78	250m: 3:12.19	39.21	450m: 5:49.34	39.30	650m: 8:28.47	39.02
	100m: 1:13.37	39.59	300m: 3:51.50	39.31	500m: 6:29.36	40.02	700m: 9:08.46	39.99
	150m: 1:53.16	39.79	350m: 4:30.45	38.95	550m: 7:08.80	39.44	750m: 9:47.35	38.89
	200m: 2:32.98	39.82	400m: 5:10.04	39.59	600m: 7:49.45	40.65	800m: 10:24.79	37.44
2.	Hugo Bregman	WVZ	NED	195800069			10:42.85	+0.87
	50m: 35.00	35.00	250m: 3:17.84	41.04	450m: 6:02.21	41.22	650m: 8:46.71	41.09
	100m: 1:15.02	40.02	300m: 3:58.72	40.88	500m: 6:43.16	40.95	700m: 9:27.53	40.82
	150m: 1:56.16	41.14	350m: 4:40.03	41.31	550m: 7:24.68	41.52	750m: 10:07.27	39.74
	200m: 2:36.80	40.64	400m: 5:20.99	40.96	600m: 8:05.62	40.94	800m: 10:42.85	35.58
3.	Menno Lomans	d'ELFT	NED	196101071			12:15.25	+0.95
	50m: 40.13	40.13	250m: 3:43.14	45.65	450m: 6:51.50	46.66	650m: 9:59.28	46.85
	100m: 1:25.21	45.08	300m: 4:30.24	47.10	500m: 7:38.85	47.35	700m: 10:46.20	46.92
	150m: 2:10.91	45.70	350m: 5:17.20	46.96	550m: 8:25.27	46.42	750m: 11:31.83	45.63
	200m: 2:57.49	46.58	400m: 6:04.84	47.64	600m: 9:12.43	47.16	800m: 12:15.25	43.42
4.	Adriaan Kop	Old Dutch	NED	196101135			12:44.98	+0.90
	50m: 40.06	40.06	250m: 3:47.49	47.01	450m: 7:04.60	48.80	650m: 10:22.31	48.74
	100m: 1:25.18	45.12	300m: 4:38.02	50.53	500m: 7:53.76	49.16	700m: 11:12.45	50.14
	150m: 2:12.85	47.67	350m: 5:25.84	47.82	550m: 8:42.63	48.87	750m: 12:00.22	47.77
	200m: 3:00.48	47.63	400m: 6:15.80	49.96	600m: 9:33.57	50.94	800m: 12:44.98	44.76



Open Nederlandse Masters
Kampioenschappen 2022 lange baan
Eindhoven 5-8 mei 2022



Programmanr. 30, Heren, 800m vrije slag, Masters 60+

rang	naam	vereniging					tijd	RT	PARA
5.	Henk Gierveld	Nat Utrecht			NED	196000869	13:47.64	+0.97	
	50m: 45.24	45.24	250m: 4:06.48	52.18	450m: 7:39.84	53.62	650m: 11:13.50	53.72	
	100m: 1:33.96	48.72	300m: 4:58.94	52.46	500m: 8:32.60	52.76	700m: 12:05.75	52.25	
	150m: 2:24.12	50.16	350m: 5:53.81	54.87	550m: 9:26.87	54.27	750m: 12:58.08	52.33	
	200m: 3:14.30	50.18	400m: 6:46.22	52.41	600m: 10:19.78	52.91	800m: 13:47.64	49.56	
6.	André Pantekoek	PSV			NED	195800321	15:47.93	+1.05	
	50m: 47.46	47.46	250m: 4:48.68	1:01.85	450m: 8:53.58	1:00.04	650m: 12:59.21	1:00.50	
	100m: 1:45.17	57.71	300m: 5:50.38	1:01.70	500m: 9:55.51	1:01.93	700m: 13:59.35	1:00.14	
	150m: 2:45.65	1:00.48	350m: 6:52.03	1:01.65	550m: 10:56.33	1:00.82	750m: 15:47.69	58.34	
	200m: 3:46.83	1:01.18	400m: 7:53.54	1:01.51	600m: 11:58.71	1:02.38	800m: 15:47.93	50.24	
DIS	Kees-Jan van Overbeeke	WWV Winterswijk			NED	196200489		+1.03	
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>								

Masters 65+

1.	Henk Slomp	De Inktvis			NED	195500359	12:04.23	+0.88	
	50m: 38.94	38.94	250m: 3:40.75	46.01	450m: 6:46.44	48.64	650m: 9:50.67	46.21	
	100m: 1:22.69	43.75	300m: 4:26.04	45.29	500m: 7:31.97	45.53	700m: 10:35.70	45.03	
	150m: 2:08.65	45.96	350m: 5:11.59	45.55	550m: 8:18.34	46.37	750m: 11:21.23	45.53	
	200m: 2:54.74	46.09	400m: 5:57.80	46.21	600m: 9:04.46	46.12	800m: 12:04.23	43.00	
2.	Laurens Klein Breteler	WWV Winterswijk			NED	195400109	12:49.24	+0.83	
	50m: 41.56	41.56	250m: 3:54.57	49.62	450m: 7:12.48	48.97	650m: 10:28.85	48.83	
	100m: 1:27.55	45.99	300m: 4:43.97	49.40	500m: 8:01.31	48.83	700m: 11:17.26	48.41	
	150m: 2:16.07	48.52	350m: 4:18.70		550m: 8:50.71	49.40	750m: 12:04.34	47.08	
	200m: 3:04.95	48.88	400m: 6:23.51	2:04.81	600m: 9:40.02	49.31	800m: 12:49.24	44.90	

Masters 70+

1.	Piet Schop	De Bevelanders			NED	195000109	14:50.28	+0.79	
	50m: 50.17	50.17	250m: 4:34.70	56.93	450m: 8:22.79	58.02	650m: 12:10.44	56.51	
	100m: 1:45.55	55.38	300m: 5:31.02	56.32	500m: 9:19.61	56.82	700m: 13:06.91	56.47	
	150m: 2:41.64	56.09	350m: 6:28.45	57.43	550m: 10:16.48	56.87	750m: 14:00.43	53.52	
	200m: 3:37.77	56.13	400m: 7:24.77	56.32	600m: 11:13.93	57.45	800m: 14:50.28	49.85	

Masters 75+

1.	Willem Putter	ZVVS			NED	194500135	15:06.26	+1.25	
	50m: 47.85	47.85	250m: 4:38.51	58.60	450m: 8:31.26	57.79	650m: 12:21.75	57.21	
	100m: 1:43.73	55.88	300m: 5:37.03	58.52	500m: 9:28.68	57.42	700m: 13:18.28	56.53	
	150m: 2:41.72	57.99	350m: 6:35.10	58.07	550m: 10:26.61	57.93	750m: 14:13.95	55.67	
	200m: 3:39.91	58.19	400m: 7:33.47	58.37	600m: 11:24.54	57.93	800m: 15:06.26	52.31	

Masters 80+

1.	Geza Kaltenecker	AZC			NED	194200065	16:10.94	+0.93	
	50m: 50.60	50.60	250m: 4:56.55	1:02.57	450m: 9:06.23	1:02.12	650m: 13:15.68	1:02.67	
	100m: 1:49.52	58.92	300m: 5:58.43	1:01.88	500m: 10:08.01	1:01.78	700m: 14:16.33	1:00.65	
	150m: 2:51.70	1:02.18	350m: 7:01.53	1:03.10	550m: 11:10.60	1:02.59	750m: 15:18.07	1:01.74	
	200m: 3:53.98	1:02.28	400m: 8:04.11	1:02.58	600m: 12:13.01	1:02.41	800m: 16:10.94	52.87	
2.	Nic Geers	PSV			NED	193800007	17:43.05	+1.03	
	50m: 57.48	57.48	250m: 5:32.65	1:09.40	450m: 10:09.22	1:07.53	650m: 14:39.91	1:06.06	
	100m: 2:05.34	1:07.86	300m: 6:42.78	1:10.13	500m: 11:19.02	1:09.80	700m: 15:44.48	1:04.57	
	150m: 3:14.38	1:09.04	350m: 7:52.05	1:09.27	550m: 12:25.01	1:05.99	750m: 15:48.75	1:04.27	
	200m: 4:23.25	1:08.87	400m: 9:01.69	1:09.64	600m: 13:33.85	1:08.84	800m: 17:43.05	54.30	

Programmanr. 31
08-05-2022 - 10:33

Dames, 400m wisselslag

Masters Open
Resultaten

rang	naam	vereniging	tijd	RT	PARA
Masters 20+					
1.	Silke Molendijk	ZVL-1886 Center	5:13.77	+0.69	
	50m: 32.29 32.29	150m: 1:52.10 43.11	250m: 3:18.24 44.91	350m: 4:39.62 36.06	
	100m: 1:08.99 36.70	200m: 2:33.33 41.23	300m: 4:03.56 45.32	400m: 5:13.77 34.15	
2.	Valesca van den Bogert	Hieronymus	5:17.22	+0.75	
	50m: 33.39 33.39	150m: 1:55.71 43.16	250m: 3:21.62 43.60	350m: 4:41.91 37.28	
	100m: 1:12.55 39.16	200m: 2:38.02 42.31	300m: 4:04.63 43.01	400m: 5:17.22 35.31	
3.	Anne Noom	Het Y	5:18.81	+0.73	
	50m: 32.43 32.43	150m: 1:51.72 40.35	250m: 3:17.64 45.70	350m: 4:41.91 37.86	
	100m: 1:11.37 38.94	200m: 2:31.94 40.22	300m: 4:04.05 46.41	400m: 5:18.81 36.90	
4.	Roos Englebort	Hieronymus	5:25.85	+0.79	
	50m: 34.82 34.82	150m: 1:55.73 40.88	250m: 3:24.13 47.62	350m: 4:49.55 37.72	
	100m: 1:14.85 40.03	200m: 2:36.51 40.78	300m: 4:11.83 47.70	400m: 5:25.85 36.30	
5.	Lisanne Boets	Nova	5:35.27	+0.71	
	50m: 33.42 33.42	150m: 1:59.80 46.50	250m: 3:31.19 47.26	350m: 4:58.40 40.13	
	100m: 1:13.30 39.88	200m: 2:43.93 44.13	300m: 4:18.27 47.08	400m: 5:35.27 36.87	
6.	Sanne Rebers	Hieronymus	5:54.66	+0.77	
	50m: 37.58 37.58	150m: 2:07.81 43.33	250m: 3:41.50 51.21	350m: 5:13.89 40.23	
	100m: 1:24.48 46.90	200m: 2:50.29 42.48	300m: 4:33.66 52.16	400m: 5:54.66 40.77	
7.	Sheila ten Voorde	Octopus-ZVV (SG)	6:35.08	+0.86	
	50m: 38.34 38.34	150m: 2:17.78 50.97	250m: 4:02.42 54.22	350m: 5:47.85 48.13	
	100m: 1:26.81 48.47	200m: 3:08.20 50.42	300m: 4:59.72 57.30	400m: 6:35.08 47.23	
8.	Isabelle Janssen	De Geul	6:41.77	+0.93	
	50m: 44.40 44.40	150m: 2:28.13 52.18	250m: 4:19.21 59.04	350m: 6:00.68 42.91	
	100m: 1:35.95 51.55	200m: 3:20.17 52.04	300m: 5:17.77 58.56	400m: 6:41.77 41.09	
Masters 25+					
1.	Tamara Grove	De Dolfijn	5:26.81	+0.75	
	50m: 32.99 32.99	150m: 1:55.95 43.25	250m: 3:26.04 47.65	350m: 4:51.12 36.23	
	100m: 1:12.70 39.71	200m: 2:38.39 42.44	300m: 4:14.89 48.85	400m: 5:26.81 35.69	
2.	Chantal Beijer	DWT	5:44.29	+0.76	
	50m: 35.81 35.81	150m: 2:04.45 45.31	250m: 3:38.00 49.04	350m: 5:07.67 40.53	
	100m: 1:19.14 43.33	200m: 2:48.96 44.51	300m: 4:27.14 49.14	400m: 5:44.29 36.62	
3.	Fiona Meuffels	RZ	5:52.32	+0.70	
	50m: 36.49 36.49	150m: 2:11.71 47.46	250m: 3:46.06 48.37	350m: 5:14.43 39.07	
	100m: 1:24.25 47.76	200m: 2:57.69 45.98	300m: 4:35.36 49.30	400m: 5:52.32 37.89	
4.	Chantal van der Horst	De Meer	5:57.82	+0.80	
	50m: 38.33 38.33	150m: 2:13.11 50.22	250m: 3:48.51 46.03	350m: 5:17.55 41.54	
	100m: 1:22.89 44.56	200m: 3:02.48 49.37	300m: 4:36.01 47.50	400m: 5:57.82 40.27	
5.	Daphne Scheurwater	ZZ&PC De Devel	6:03.37	+0.83	
	50m: 36.62 36.62	150m: 2:08.52 47.75	250m: 3:47.26 53.09	350m: 5:22.39 42.43	
	100m: 1:20.77 44.15	200m: 2:54.17 45.65	300m: 4:39.96 52.70	400m: 6:03.37 40.98	
6.	Marloes Wiekens	THOR	6:53.21	+0.81	
	50m: 38.59 38.59	150m: 2:21.73 54.88	250m: 4:16.60 1:00.03	350m: 6:06.52 48.56	
	100m: 1:26.85 48.26	200m: 3:16.57 54.84	300m: 5:17.96 1:01.36	400m: 6:53.21 46.69	
Masters 30+					
1.	Marlijn Hendriksen	DIO	5:44.60	+0.81	
	50m: 35.39 35.39	150m: 2:02.05 46.24	250m: 3:36.71 50.47	350m: 5:05.75 39.70	
	100m: 1:15.81 40.42	200m: 2:46.24 44.19	300m: 4:26.05 49.34	400m: 5:44.60 38.85	
2.	Elmi Roelofsen	Octopus-ZVV (SG)	5:56.84	+0.91	
	50m: 35.61 35.61	150m: 2:05.25 45.35	250m: 3:41.42 52.11	350m: 5:17.34 42.82	
	100m: 1:19.90 44.29	200m: 2:49.31 44.06	300m: 4:34.52 53.10	400m: 5:56.84 39.50	
3.	Jacyntha Plat	Steenwijk 1934	6:01.44	+0.75	
	50m: 35.34 35.34	150m: 2:10.20 48.62	250m: 3:47.03 47.93	350m: 5:19.50 43.28	
	100m: 1:21.58 46.24	200m: 2:59.10 48.90	300m: 4:36.22 49.19	400m: 6:01.44 41.94	
4.	Linda van Klei	WIDEX GZC DONK	6:12.57	+0.86	
	50m: 39.34 39.34	150m: 2:18.58 51.93	250m: 3:59.09 51.01	350m: 5:34.25 43.53	
	100m: 1:26.65 47.31	200m: 3:08.08 49.50	300m: 4:50.72 51.63	400m: 6:12.57 38.32	

Programmanr. 31, Dames, 400m wisselslag, Masters 30+

rang	naam	vereniging	tijd	RT	PARA
5.	Suzan Blankestijn	ZVL-1886 Center	6:13.31	+0.83	
	50m: 38.30 38.30	150m: 2:18.57 53.51	250m: 3:55.98 48.04	350m: 5:31.05 45.13	
	100m: 1:25.06 46.76	200m: 3:07.94 49.37	300m: 4:45.92 49.94	400m: 6:13.31 42.26	
6.	Marjan Rikken	Octopus-ZVV (SG)	6:45.19	+0.90	
	50m: 43.40 43.40	150m: 2:27.20 49.85	250m: 4:13.35 57.14	350m: 6:00.09 47.90	
	100m: 1:37.35 53.95	200m: 3:16.21 49.01	300m: 5:12.19 58.84	400m: 6:45.19 45.10	
7.	Claudia Meijers-Creemers	MZ&PC	8:09.53	+0.87	
	50m: 50.53 50.53	150m: 2:57.78 1:06.47	250m: 5:05.63 1:04.43	350m: 7:09.61 58.06	
	100m: 1:51.31 1:00.78	200m: 4:01.20 1:03.42	300m: 6:11.55 1:05.92	400m: 8:09.53 59.92	
8.	Anouk Bloem	TRB-RES	8:40.24	+1.02	
	50m: 59.30 59.30	150m: 3:17.20 1:05.62	250m: 5:35.26 1:09.89	350m: 7:42.84 56.24	
	100m: 2:11.58 1:12.28	200m: 4:25.37 1:08.17	300m: 6:46.60 1:11.34	400m: 8:40.24 57.40	

Masters 35+

1.	Viktória Háden-Felföldi	Megathlon SE	5:21.60	+0.79	
	<i>Kampioenschapsrecord, Hungarian Masters Record</i>				
	50m: 32.60 32.60	150m: 1:52.44 41.34	250m: 3:20.73 47.68	350m: 4:45.35 36.86	
	100m: 1:11.10 38.50	200m: 2:33.05 40.61	300m: 4:08.49 47.76	400m: 5:21.60 36.25	
2.	Sabine Zimmermann	Aachener SV 06	5:27.70	+0.77	
	50m: 35.63 35.63	150m: 2:01.12 43.50	250m: 3:30.73 46.12	350m: 5:03.32 35.65	
	100m: 1:17.62 41.99	200m: 2:44.61 43.49	300m: 4:17.67 46.94	400m: 5:27.70 34.38	
3.	Stephanie Vaernewyck	MEGA-zwemteam	5:36.69	+0.87	
	50m: 35.67 35.67	150m: 2:02.67 43.76	250m: 3:34.57 48.10	350m: 5:00.07 36.80	
	100m: 1:18.91 43.24	200m: 2:46.47 43.80	300m: 4:23.27 48.70	400m: 5:36.69 36.62	
4.	Sara Holman	Kaiserslauterer SK 1911	5:54.05	+0.84	
	50m: 37.71 37.71	150m: 2:07.99 46.05	250m: 3:45.10 52.67	350m: 5:16.95 39.40	
	100m: 1:21.94 44.23	200m: 2:52.43 44.44	300m: 4:37.55 52.45	400m: 5:54.05 37.10	
5.	Nadya Putter	ZVVS	6:03.70	+0.76	
	50m: 36.48 36.48	150m: 2:07.40 48.48	250m: 3:46.04 50.80	350m: 5:21.60 42.34	
	100m: 1:18.92 42.44	200m: 2:55.24 47.84	300m: 4:39.26 53.22	400m: 6:03.70 42.10	
6.	Maaïke van Diggele	De Geul	6:16.05	+0.85	
	50m: 37.76 37.76	150m: 2:11.77 49.14	250m: 3:52.88 53.19	350m: 5:32.58 44.02	
	100m: 1:22.63 44.87	200m: 2:59.69 47.92	300m: 4:48.56 55.68	400m: 6:16.05 43.47	
7.	Liesbeth van Mill	Zwemlust-den Hommel	6:25.14	+0.95	
	50m: 40.43 40.43	150m: 2:19.02 50.42	250m: 4:02.68 52.52	350m: 5:40.82 44.97	
	100m: 1:28.60 48.17	200m: 3:10.16 51.14	300m: 4:55.85 53.17	400m: 6:25.14 44.32	
8.	Linda Hoogendam	WVZ	7:14.02	+0.86	
	50m: 44.88 44.88	150m: 2:38.48 56.98	250m: 4:38.27 1:04.36	350m: 6:30.15 46.28	
	100m: 1:41.50 56.62	200m: 3:33.91 55.43	300m: 5:43.87 1:05.60	400m: 7:14.02 43.87	

Masters 40+

1.	Jolanda van Gendt	PSV	6:29.85	+0.74	
	50m: 40.79 40.79	150m: 2:20.21 48.20	250m: 4:03.01 54.56	350m: 5:43.78 45.10	
	100m: 1:32.01 51.22	200m: 3:08.45 48.24	300m: 4:58.68 55.67	400m: 6:29.85 46.07	
2.	Fedwa El Bekri	SN Versailles	6:30.70	+0.83	
	50m: 42.05 42.05	150m: 2:32.58 58.38	250m: 4:16.14 49.19	350m: 5:49.74 43.84	
	100m: 1:34.20 52.15	200m: 3:26.95 54.37	300m: 5:05.90 49.76	400m: 6:30.70 40.96	

Masters 45+

1.	Liselotte Joling	PSV	5:51.63	+0.85	
	50m: 36.80 36.80	150m: 2:08.96 47.79	250m: 3:45.10 50.23	350m: 5:15.29 39.35	
	100m: 1:21.17 44.37	200m: 2:54.87 45.91	300m: 4:35.94 50.84	400m: 5:51.63 36.34	
2.	Annett von Rekowski	SG Bayer	5:52.58	+0.85	
	50m: 36.70 36.70	150m: 2:04.63 46.15	250m: 3:42.77 52.87	350m: 5:15.56 38.90	
	100m: 1:18.48 41.78	200m: 2:49.90 45.27	300m: 4:36.66 53.89	400m: 5:52.58 37.02	
3.	Melanie Kuiper	ZIGNEA	6:19.44	+0.81	
	50m: 39.35 39.35	150m: 2:16.79 48.85	250m: 4:01.08 55.99	350m: 5:39.88 41.36	
	100m: 1:27.94 48.59	200m: 3:05.09 48.30	300m: 4:58.52 57.44	400m: 6:19.44 39.56	
4.	Leontine Loeber	SwimGym	6:35.25	+0.99	
	50m: 41.85 41.85	150m: 2:24.19 51.44	250m: 4:09.99 54.83	350m: 5:51.43 45.64	
	100m: 1:32.75 50.90	200m: 3:15.16 50.97	300m: 5:05.79 55.80	400m: 6:35.25 43.82	

Programmanr. 31, Dames, 400m wisselslag

Masters 50+

1. Claudia Thielemann	SG Bayer	GER	333958	5:46.60	+0.78
50m: 35.87	35.87	150m: 2:02.79	45.29	250m: 3:37.87	50.49
100m: 1:17.50	41.63	200m: 2:47.38	44.59	300m: 4:29.09	51.22
				350m: 5:08.81	39.72
				400m: 5:46.60	37.79
2. Kathy Van Lindt	CNSW	BEL	007949/71	6:22.40	+0.95
50m: 41.51	41.51	150m: 2:24.90	54.26	250m: 4:08.53	52.17
100m: 1:30.64	49.13	200m: 3:16.36	51.46	300m: 5:01.57	53.04
				350m: 5:42.91	41.34
				400m: 6:22.40	39.49
3. Bianca Groot	MSV-Zeemacht	NED	197000652	6:24.68	+0.88
50m: 38.48	38.48	150m: 2:23.03	52.56	250m: 4:06.36	51.71
100m: 1:30.47	51.99	200m: 3:14.65	51.62	300m: 5:00.41	54.05
				350m: 5:42.21	41.80
				400m: 6:24.68	42.47
4. Annet Kootstra	SWOL 1894	NED	197100344	7:22.65	+1.05
50m: 47.78	47.78	150m: 2:44.37	1:00.06	250m: 4:41.94	1:00.03
100m: 1:44.31	56.53	200m: 3:41.91	57.54	300m: 5:43.69	1:01.75
				350m: 6:34.55	50.86
				400m: 7:22.65	48.10

Masters 55+

1. Laura Staal	Oceanus	NED	196700358	6:42.95	+0.68
50m: 44.98	44.98	150m: 2:29.40	51.16	250m: 4:15.88	56.77
100m: 1:38.24	53.26	200m: 3:19.11	49.71	300m: 5:13.30	57.42
				350m: 5:59.27	45.97
				400m: 6:42.95	43.68
2. Anita Steijger	WVZ	NED	196500628	6:47.57	+1.02
50m: 43.62	43.62	150m: 2:30.72	54.72	250m: 4:20.31	58.80
100m: 1:36.00	52.38	200m: 3:21.51	50.79	300m: 5:17.52	57.21
				350m: 6:03.76	46.24
				400m: 6:47.57	43.81
3. K. van Nassau-van den Heuvel	Old Dutch	NED	196600188	7:15.85	+0.96
50m: 46.34	46.34	150m: 2:44.41	1:00.00	250m: 4:39.11	57.87
100m: 1:44.41	58.07	200m: 3:41.24	56.83	300m: 5:37.28	58.17
				350m: 6:26.98	49.70
				400m: 7:15.85	48.87

Masters 60+

1. Pierrette Michel	CNSW	BEL	000835/62	6:05.55	+0.96
50m: 37.64	37.64	150m: 2:08.91	45.53	250m: 3:46.87	53.72
100m: 1:23.38	45.74	200m: 2:53.15	44.24	300m: 4:41.34	54.47
				350m: 5:24.14	42.80
				400m: 6:05.55	41.41
2. Petra Tossings-van de Hooven	WIDEX GZC DONK	NED	196100376	6:42.62	+0.90
50m: 42.27	42.27	150m: 2:27.99	54.28	250m: 4:18.36	57.09
100m: 1:33.71	51.44	200m: 3:21.27	53.28	300m: 5:15.18	56.82
				350m: 6:00.02	44.84
				400m: 6:42.62	42.60
3. Patty Verhagen	PSV	NED	195900146	7:04.75	+0.98
50m: 49.93	49.93	150m: 2:39.91	52.90	250m: 4:32.57	1:01.75
100m: 1:47.01	57.08	200m: 3:30.82	50.91	300m: 5:33.53	1:00.96
				350m: 6:19.53	46.00
				400m: 7:04.75	45.22
4. Hannie Poletiek	TriVia	NED	195900278	7:47.21	+0.91
50m: 52.09	52.09	150m: 2:57.44	1:00.02	250m: 5:00.03	1:03.27
100m: 1:57.42	1:05.33	200m: 3:56.76	59.32	300m: 6:05.10	1:05.07
				350m: 6:55.74	50.64
				400m: 7:47.21	51.47

Masters 65+

1. Margriet Pasma	TriVia	NED	195500088	7:28.04	+1.05
<i>Nederlands Masters Record</i>					
50m: 52.86	52.86	150m: 2:49.77	55.22	250m: 4:47.65	1:03.31
100m: 1:54.55	1:01.69	200m: 3:44.34	54.57	300m: 5:51.58	1:03.93
				350m: 6:40.25	48.67
				400m: 7:28.04	47.79

Masters 70+

1. Antoinette Gilding-Tussaud	WS Twente	NED	195000038	9:21.51	+0.92
50m: 1:08.21	1:08.21	150m: 3:33.48	1:04.88	250m: 5:58.07	1:20.26
100m: 2:28.60	1:20.39	200m: 4:37.81	1:04.33	300m: 7:16.79	1:18.72
				350m: 8:19.43	1:02.64
				400m: 9:21.51	1:02.08

Programmanr. 32
08-05-2022 - 11:16

4 x 100m vrije slag

Masters Open
Resultaten

rang	vereniging	tijd	RT	PARA	
80+, Heren					
1.	Blue Marlins (SG) 2 Konstantinos Doulfigs Rob Lugtenburg	Blue Marlins (SG) +0.64 28.71 1:00.59 +0.33 27.85 58.03	NED Victor Simons Cas Jansen	3:53.17 +0.42 27.73 +0.53 26.65	+0.64 57.89 56.66
100+, Heren					
1.	ESCA Zwemmen 1 Tom Driessen Sander de Vrugt	ESCA Zwemmen +0.76 27.43 57.85 +0.38 27.30 57.27	NED Peter Rothengatter Jurre Stammes	3:47.81 +0.41 27.00 +0.32 26.70	+0.76 56.13 56.56
2.	ACZ 1 Saviël Armand Jeroen van Blanken	ACZ +0.64 26.66 57.39 +0.31 30.17 1:04.72	NED Bart Spaans Rutger Dalm	4:03.65 +0.48 28.04 +0.34 29.06	+0.64 1:00.56 1:00.98
3.	ESCA Zwemmen 2 Olav Driessen Mees Laar	ESCA Zwemmen +0.80 30.49 1:06.33 +0.50 28.49 1:00.21	NED Job Esink Tim de Vrugt	4:10.89 +0.23 30.89 +0.46 27.83	+0.80 1:05.50 58.85
120+, Heren					
1.	De Schotejil 1 David Kievit Frank v.d. Voorde	De Schotejil +0.77 28.81 1:00.13 +0.60 31.02 1:05.91	NED Niels Albrechts Sybren Groenewegen	4:05.74 +0.46 28.92 +0.57 28.52	+0.77 1:00.84 58.86
2.	PSV 8 Thijs Manders Mark Godwaldt	PSV +0.68 27.73 58.83 +0.02 29.78 1:04.06	NED Richard Rickson Jos de Graaf	4:06.58 +0.52 29.98 +0.27 28.70	+0.68 1:02.10 1:01.59
3.	ZOB'66 1 Daan Siebenthaler Boaz Troost	ZOB'66 +0.74 28.45 59.76 +0.40 29.86 1:04.42	NED Ian van Mullem Ingmar de Gelder	4:11.79 +0.18 28.87 +0.50 30.93	+0.74 1:01.90 1:05.71
4.	De Duck 2 Erik Saan Jort Vizeé	De Duck +1.09 32.44 1:11.28 +0.55 27.16 57.60	NED Ryan van der Sluijs Mike Hoek	4:13.73 +0.77 32.77 +0.61 25.58	+1.09 1:11.35 53.50
5.	De Duinkickers 1 Kevin Roest Ruben de Boer	De Duinkickers +0.74 28.27 57.72 +0.25 33.04 1:10.12	NED Marcel Brittijn Jeffrey Roest	4:26.71 +0.11 34.50 +0.39 29.81	+0.74 1:16.36 1:02.51
6.	Deltasteur 1 Tom de Lange Patrick de Jonge	Deltasteur +0.81 32.26 1:08.69 +0.40 30.29 1:05.61	NED Sander de Velde Pieter Bardelmeijer	4:48.93 +0.47 36.82 +0.31 36.87	+0.81 1:18.17 1:16.46
160+, Heren					
1.	ZPC AMERSFOORT 2 Jelle Blankestijn Chester Marsman	ZPC AMERSFOORT +0.73 27.03 56.96 +0.33 27.77 58.90	NED Jeroen Zelsmann Erwin Buist	3:58.06 +0.57 29.00 +0.41 28.77	+0.73 1:01.62 1:00.58
200+, Heren					
1.	OI Svømming <i>Kampioenschapsrecord, Norwegian Masters Record</i> Oddvar Sandvin Knut Ivan Rasmussen	Oslo Idrettslag Svømming +0.77 28.66 58.67 +0.27 28.42 59.13	NOR Erlend Alstad Øivind Martin Hasle	3:56.72 +0.30 30.33 +0.48 27.48	+0.77 1:02.65 56.27
2.	De Rog 2 Rob Spetter Erik Kamphuis	De Rog +0.72 32.00 1:07.93 +0.40 33.62 1:07.88	NED Peter Bensen Glen Le Clercq	4:20.87 +0.28 29.98 +0.47 29.06	+0.72 1:03.62 1:01.44
3.	Steenwijk 1934 2 Robert Braad Casper Dollekamp	Steenwijk 1934 +0.74 28.26 1:00.46 +0.45 33.85 1:13.51	NED Korstiaan de Boer Huyb Stegeman	4:37.84 +0.61 33.98 +0.34 33.49	+0.74 1:11.78 1:12.09
4.	De Rog 3 Wijnand Vergeest Frank Van Engelen	De Rog +0.78 33.69 1:10.76 +0.62 33.97 1:14.35	NED Roy Le Clercq Mark Kuin	4:49.94 +0.53 34.33 +0.26 33.73	+0.78 1:14.15 1:10.68

Programmanr. 32, Heren, 4 x 100m vrije slag, 200+

rang	vereniging				tijd	RT	PARA
5.	ZVVS 1	ZVVS		NED	4:54.77	+0.85	
	Bas van den Nouwelant	+0.85	30.38	Jeroen Hoeksel	+0.65	37.70	1:20.33
	Willem Putter	+0.82	40.48	Rene de Jong	+0.69	31.68	1:06.20

240+, Heren

1.	CNSW32-R5H	CNSW		BEL	5:11.82	+0.90	
	Christian Kiekens	+0.90	35.70	Christian Schoenaers	+0.55	39.71	1:26.09
	Philippe Godbille	+0.44	35.23	Bruno Nahon	+0.66	33.75	1:11.66
2.	PSV 7	PSV		NED	5:18.16	+0.87	
	Harold Matla	+0.87	33.59	André Pantekoek	+0.68	41.67	1:26.68
	Eymert van Rooij	+0.72	35.98	Jan Nuijten	+0.67	40.15	1:25.66

280+, Heren

1.	PSV 4	PSV		NED	6:09.12	+0.88	
	<i>Nederlands Masters Record</i>						
	Fred Ketting	+0.88	30.00	Jan Tinholt	+0.56	39.43	1:22.28
	Nic Geers	+0.71	54.91	Rob Hanou	+0.75	54.41	1:55.45

80+, Dames

1.	Hieronymus 1	Hieronymus		NED	4:10.99	+0.68	
	Nadja Roovers	+0.68	30.08	Valesca van den Bogert	+0.68	30.57	1:03.50
	Christel Brugmans	+0.48	30.20	Selene Wortel	+0.39	29.31	1:00.93
2.	ZPC De Hof 1	ZPC De Hof		NED	4:23.11	+0.84	
	Naomi Klein	+0.84	30.61	Linde Haverkate	+0.44	31.68	1:07.17
	Elisa Haverkate	+0.26	29.79	Lianne Roescher	+0.56	31.69	1:07.23
3.	Blue Marlins (SG) 1	Blue Marlins (SG)		NED	4:24.58	+0.75	
	Floor de Kievit	+0.75	30.38	Sacha van den Dobbelen	+0.39	32.48	1:07.90
	Ana Nusa Versnik	+0.57	31.49	Alisha Vieira	+0.68	30.91	1:05.90
4.	ESCA Zwemmen 3	ESCA Zwemmen		NED	4:33.32	+0.75	
	Moniek van Langevelde	+0.75	30.58	Cheyenne Verburgt	+0.45	33.57	1:10.24
	Lianne Slagter	+0.32	31.77	Rachel Verburgt	+0.40	34.29	1:11.53
5.	ZVL-1886 Center 3	ZVL-1886 Center		NED	5:11.68	+0.73	
	Margien Timmer	+0.73	34.56	Carlijn Sturm	+0.30	38.06	1:19.67
	Maartje Hids	+0.43	39.68	Cynthia van Veen	+0.49	35.90	1:17.13

100+, Dames

1.	De Geul 1	De Geul		NED	4:23.33	+0.73	
	Sam IJzerman	+0.73	30.49	Samantha van Eijk	+0.55	32.84	1:08.99
	Faustine Mussig	+0.51	32.25	Marcha Admiraal	+0.58	30.12	1:02.90
2.	Zuiderzeezwemmers 2	Zuiderzeezwemmers		NED	4:25.36	+0.79	
	Cynthia Smit	+0.79	30.14	Lisanne Andeweg	+0.15	31.98	1:07.48
	Annemarie ten Have	+0.35	31.09	Gaby Zittersteijn	+0.36	31.20	1:05.43
3.	PSV 6	PSV		NED	5:19.29	+0.94	
	Eva Velthuis	+0.94	35.99	Janine Wilbers	+0.92	44.24	1:38.69
	Larissa Jansen	+0.28	32.04	Leonor Babo	+0.13	33.84	1:13.98

120+, Dames

1.	MSV-Zeemacht 1	MSV-Zeemacht		NED	4:33.60	+0.65	
	Jet Kleine	+0.65	33.39	Suzanne Mosch	+0.63	32.05	1:07.95
	Bianca Groot	+0.58	34.15	Tessa Mosch	+0.24	30.53	1:04.94
2.	De Duck 1	De Duck		NED	4:45.11	+0.81	
	Kimberley van Buren	+0.81	32.43	Geraldine Trainor	+0.48	33.80	1:12.53
	Judith Kleinjan	+0.67	33.85	Leontine Groeneveldt	+0.23	32.74	1:10.64
3.	Nautilus 1	Nautilus		NED	4:58.31	+0.82	
	Marleen van Slooten-Fijen	+0.82	35.55	Vera van den Oord	+0.32	33.55	1:12.29
	Margot van de Rakt	+0.25	37.32	Karin Verbeek	+0.20	32.74	1:08.34
4.	De Rog 1	De Rog		NED	5:50.41	+0.86	
	Ageeth Westenbrink	+0.86	43.58	Sandra Van der Helm	+0.58	40.98	1:26.04
	Yvette Senden	+0.56	42.68	Kim Hamakers	+0.44	38.65	1:19.27

Programmanr. 32, 4 x 100m vrije slag

160+, Dames

1.	Old Dutch 1	Old Dutch	NED	4:59.20	+0.93
	Marleen Zantingh	+0.93 34.11 1:14.93	Patricia Brooijmans	+0.72 35.56 1:12.63	
	Marjon Boidin	+0.76 38.35 1:21.48	Chantal Verhoeff	+0.63 33.35 1:10.16	

200+, Dames

1.	ZPC AMERSFOORT 1	ZPC AMERSFOORT	NED	4:25.78	+0.84
	<i>Europees Masters Record, NMR voor startzwemster</i>				
	Lesley Cordial	+0.84 31.21 1:05.73	Lidia v. Bon-Rosenbrand	+0.25 31.35 1:06.76	
	Marjan Remmits-de Lange	+0.42 32.70 1:08.21	Marije Jansen	+0.27 29.81 1:05.08	
2.	PSV 1	PSV	NED	4:58.28	+0.76
	<i>Nederlands Masters Record, voor startzwemster</i>				
	Kirsten Cameron	+0.76 30.78 1:02.52	Liselotte Joling	+0.61 35.23 1:13.09	
	Carla Hensen	+0.55 42.54 1:30.47	Jeanne Petit	+0.34 33.77 1:12.20	
3.	Steenwijk 1934 1	Steenwijk 1934	NED	5:56.42	+0.81
	Leonie Scholten	+0.81 39.94 1:27.81	Linda Wibbelink	+0.57 43.31 1:30.35	
	Wilna Heijman	+0.66 39.05 1:21.09	Inge Soeters	+0.45 44.91 1:37.17	

240+, Dames

1.	PSV 2	PSV	NED	5:15.65	+0.79
	Katrin Pennings	+0.79 34.29 1:12.30	Patty Verhagen	+0.58 40.25 1:23.40	
	Corrie Verhoeven	+0.45 41.50 1:29.43	Gudule van der Meer	+0.48 32.87 1:10.52	
2.	CNSW32-R5D	CNSW	BEL	5:25.75	+0.66
	<i>Belgisch Masters Record</i>				
	Nathalie Blondeel	+0.66 31.75 1:05.65	Claire Anthony	+0.46 39.86 1:23.40	
	Colette Crabbe	+0.38 33.28 1:11.28	Fernande Blondeel-Gourmet	+0.65 49.31 1:45.42	

280+, Dames

1.	PSV 5	PSV	NED	8:00.58	+1.20
	Lies Hartman	+1.20 1:01.01 2:13.74	Ineke Brouwers	+0.76 57.01 2:00.36	
	Lottie Geurts	+0.90 59.62 2:00.64	Gonnie Bak	+0.27 48.01 1:45.84	

80+, Gemengd

1.	Nova 1	Nova	NED	3:55.20	+0.64
	<i>Nederlands Masters Record</i>				
	Roy Smeenge	+0.64 26.65 55.96	Karin Groen	+0.28 29.62 1:03.23	
	Lisanne Boets	+0.60 29.28 1:00.94	Darren Chen	+0.36 26.05 55.07	
2.	ZVL-1886 Center 1	ZVL-1886 Center	NED	3:55.81	+0.68
	Robin van Beek	+0.68 27.34 56.82	Sanne Heemskerck	+0.54 29.24 1:01.42	
	Guus Hoogduin	+0.42 26.98 57.79	Silke Molendijk	+0.45 28.70 59.78	
3.	ZPC Woerden 1	ZPC Woerden	NED	4:14.28	+0.63
	Milan de Roo	+0.63 28.20 1:00.51	Veerle van Munster	+0.42 31.02 1:09.06	
	Ian Terlouw	+0.23 26.79 57.32	Ilse van den Wijngaard	+0.41 31.68 1:07.39	

100+, Gemengd

1.	Blue Marlins (SG) 3	Blue Marlins (SG)	NED	3:55.04	+0.73
	<i>Nederlands Masters Record</i>				
	Jim Geestman	+0.73 27.10 58.27	Jeroen Baars	+0.42 24.32 51.11	
	Myra Smulders	+0.39 29.47 1:02.11	Ilse Kraaijeveld	+0.17 30.05 1:03.55	
2.	Zuiderzeezwemmers 1	Zuiderzeezwemmers	NED	3:59.30	+0.63
	Ilmar Stoop	+0.63 28.05 58.35	Dagmar Kruik	+0.32 29.75 1:03.06	
	Jarick Stoop	+0.17 26.31 56.59	Daniqee Stoop	+0.41 28.70 1:01.30	
3.	ZV Hoogland 1	Zwemvereniging Hoogland	NED	4:03.77	+0.69
	Bas Dries	+0.69 26.31 55.09	Jamilla van Omme - van Veen	+0.37 29.88 1:02.68	
	Anne-Irene Ducheine	+0.43 30.79 1:05.60	Yuri van Omme	+0.27 28.14 1:00.40	

Programmanr. 32, Gemengd, 4 x 100m vrije slag, 100+

rang	vereniging				tijd	RT	PARA	
4.	ZVL-1886 Center 2	ZVL-1886 Center	NED		4:12.06	+0.72		
	Kristiaan Lenos	+0.72	27.47	58.00	Lonneke Graansma	+0.33	31.84	1:08.03
	Robin van Peenen	+0.43	28.33	59.84	Karen Stolk	+0.26	30.79	1:06.19
5.	DIO 1	DIO	NED		4:18.13	+0.71		
	Jaro Musters	+0.71	29.31	1:01.19	Ramona Noordermeer	+0.53	34.84	1:13.65
	Mathijs van der Logt	+0.49	26.44	56.76	Marlijn Hendriksen	+0.32	31.34	1:06.53
6.	AZC 2	AZC	NED		4:27.92	+0.76		
	Monique van Huizen	+0.76	31.40	1:06.21	Patrick Brouwer	+0.50	31.59	1:06.51
	Jessica Braat	+0.54	32.15	1:09.09	Auke Sijperda	+0.28	29.24	1:06.11
7.	De Schotejil 2	De Schotejil	NED		4:28.07	+0.87		
	Sven Dubbeld	+0.87	30.84	1:04.51	Tamara de Ruiter	+0.16	33.23	1:09.29
	Whitley Rens	+0.42	32.86	1:09.44	Leander Noordijk	+0.38	29.78	1:04.83
8.	Niemo Barracuda 2	Niemo Barracuda	NED		4:32.01	+0.80		
	Tamara van den Brink	+0.80	33.28	1:11.22	Robin van Beusekom	+0.21	30.27	1:04.15
	Marijke Kommers	0.00	32.89	1:10.47	Ids de Klerk	+0.56	30.48	1:06.17

120+, Gemengd

1.	PSV 3	PSV	NED		4:00.28	+0.68		
	<i>Nederlands Masters Record</i>							
	Jan-Willem van der Graaff	+0.68	28.43	59.44	Nelly Velthuis	+0.63	28.47	59.48
	Soraya Wasser	+0.14	29.31	1:01.43	Youri Vaes	+0.26	28.06	59.93
2.	WVZ 1	WVZ	NED		4:05.43	+0.75		
	<i>Nederlands Masters Record, voor startzwemster</i>							
	Delia Badoux	+0.75	29.57	1:01.48	Jordy van Oel	+0.31	28.68	1:00.38
	Manon van Strien	+0.50	30.53	1:05.23	Ivo Roozeboom	+0.26	27.75	58.34
3.	Niemo Barracuda 1	Niemo Barracuda	NED		4:07.05	+0.74		
	Denise Boereboom	+0.74	30.20	1:03.85	Thomas Hesper	+0.45	29.52	1:01.28
	Melissa van der Heijden	+0.39	30.38	1:03.05	Mark Hensen	+0.41	27.81	58.87
4.	ZPC AMERSFOORT 4	ZPC AMERSFOORT	NED		4:24.64	+0.64		
	Henk Kuipers	+0.64	32.10	1:07.33	Jelle Opmeer	+0.15	27.38	58.50
	Eline Hendriks	+0.05	33.43	1:12.04	Elisah Velgersdijk	+0.17	31.08	1:06.77
5.	DAW 1	DAW	NED		4:27.56	+0.76		
	Alex Damen	+0.76	29.40	1:01.14	Jacqueline Tuin	+0.44	35.23	1:15.27
	Marouscha de Vries	+0.30	35.07	1:16.24	Felix Geenen	+0.39	25.71	54.91
6.	SSF Bonn 1	SSF Bonn	GER		4:29.87	+0.76		
	Paulin Wendler	+0.76	31.93	1:09.07	Andreas Grau	+0.66	31.56	1:08.00
	Franziska Wierig	+0.50	37.45	1:18.35	Philipp Sikatzki	+0.33	26.47	54.45
7.	De Meer 1	De Meer	NED		4:34.24	+0.75		
	Chantal van der Horst	+0.75	33.55	1:09.40	Merel van den Heuvel	+0.48	32.05	1:08.61
	Pieter-Sjoerd de Wijn	+0.22	33.25	1:10.98	Richard van der Horst	+0.47	31.41	1:05.25
8.	ZV Hoogland 2	Zwemvereniging Hoogland	NED		4:37.88	+0.79		
	Angela Giezen	+0.79	35.99	1:15.98	Karlo Kok	+0.47	30.81	1:05.59
	Yvette Meijer	+0.83	34.70	1:12.73	Rutger Stam	+0.31	29.26	1:03.58
9.	SwimGym 1	SwimGym	NED		4:44.47	+0.94		
	Leontine Loeber	+0.94	36.69	1:17.59	Lieke Van Dam	+0.11	33.05	1:10.70
	Mihail Tratsiuk	+0.37	31.43	1:06.17	Melle de Groot	+0.41	32.87	1:10.01

160+, Gemengd

1.	ZPC AMERSFOORT 3	ZPC AMERSFOORT	NED		4:20.04	+0.80		
	Joanne van Essen	+0.80	30.87	1:05.85	Atie Pijtak-Radersma	+0.20	32.99	1:10.00
	Ron Korzelijs	+0.31	30.68	1:05.11	Martijn Bartels	+0.48	27.96	59.08
2.	Patrick-De Roersoppers (SG) 1	Patrick-De Roersoppers (SG)	NED		4:31.95	+0.90		
	Pascalie Janssen	+0.90	35.96	1:15.84	Arno Schrauwen	+0.31	32.70	1:09.04
	Ilse Clevers	+0.27	31.66	1:08.66	Cas Louwarts	+0.34	27.34	58.41
3.	Feijenoord Zwemmen (SG) 1	Feijenoord Zwemmen (SG)	NED		4:37.18	+0.77		
	Pieter Broek	+0.77	30.27	1:03.53	Mirjan den Drijver	+0.45	33.95	1:10.84
	Annoeska Banen	+0.47	32.23	1:07.09	Fred Dijkshoorn	+0.57	36.51	1:15.72
4.	DWK 1	DWK	NED		5:01.25	+0.82		
	Iris van Aurich	+0.82	34.60	1:11.54	Cor Verloop	+0.18	38.19	1:16.84
	Jennie Resink-lindeboom	+0.41	42.15	1:28.11	Lars Jacobsen	+0.66	30.42	1:04.76

Programmanr. 32, 4 x 100m vrije slag

200+, Gemengd

1.	RZC 1	RZC		NED	4:36.49	+0.87
	Bert de Weerd	+0.87	30.61	Rita van der Horst	+0.16	33.25
	Petra Guijt	+0.73	33.63	Willy Zittersteijn	+0.58	31.84
			1:04.52			1:12.97
			1:09.67			1:09.33
2.	NWOL 1894 1	SWOL 1894		NED	5:02.20	+0.74
	<i>Nederlands Masters Record, voor Startzwemster</i>					
	Christine Nieuwenhuis	+0.74	35.31	Michael van Bekkum	+0.56	32.11
	Annet Kootstra	+0.42	41.79	Johan Wezenberg	+0.60	30.38
			1:16.80			1:07.46
			1:29.33			1:08.61
3.	Hieronymus 2	Hieronymus		NED	5:26.99	+0.89
	Lené Wessels	+0.89	38.35	Hilly Brugmans	+0.53	42.70
	Wim Donkersloot	+0.26	35.95	Marjoline Klunne	+0.43	35.70
			1:24.15			1:30.27
			1:18.98			1:13.59
4.	AZC 1	AZC		NED	5:35.18	+0.87
	Geza Kaltenecker	+0.87	42.98	Wim de Lange	+0.68	36.86
	Sandra Daamen-Posma	+0.46	38.27	Esther Boerdam-Delfos	+0.59	36.91
			1:33.79			1:18.77
			1:25.14			1:17.48

240+, Gemengd

1.	CNSW32-R5M	CNSW		BEL	4:56.88	+0.70
	<i>Belgisch Masters Record</i>					
	Valerie Rolland	+0.70	34.02	Lionel Godeaux	+0.15	29.43
	Kathy Van Lindt	+0.65	35.90	Michel De Haan	+0.46	38.80
			1:09.78			1:04.81
			1:13.96			1:28.33

280+, Gemengd

1.	Old Dutch 2	Old Dutch		NED	6:42.16	+0.80
	Adriaan Kop	+0.80	35.00	Nico Baay	+0.99	55.91
	Marie Smits	+0.54	53.50	Karin van Nassau-van den Heuvel	+0.58	42.63
			1:14.28			1:58.39
			2:00.22			1:29.27