



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
Heerenveen, 16-19 februari 2023



Programmanr. 16
17-02-2023 - 16:38

4 x 200m vrije slag

Masters Open
Resultaten

rang	vereniging					tijd	RT	PARA
80+, Dames								
1.	Bubble 1	Bubble	NED			8:57.06		
	<i>Nederlands Masters Record</i>							
	Laura Setz	00	28.77	1:00.28	1:33.50	2:06.55	2:06.55	
	Esmee Kloezen	02	32.32	1:08.75	1:45.58	2:23.76	2:23.76	
	Marijke Drent	99	30.23	1:04.00	1:38.79	2:13.29	2:13.29	
	Sanne Kloezen	02	+0.44 29.51	1:01.95	1:37.12	2:13.46	2:13.46	
2.	Dedemsvaart-AC 1	Dedemsvaart-AC	NED			9:01.76	+0.74	
	Alessia Sluis	03	+0.74 29.60	1:02.47	1:38.05	2:14.51	2:14.51	
	Laura Compagner	98	+0.53 30.48	1:05.60	1:43.07	2:20.90	2:20.90	
	Linde Kolkman	00	+0.20 29.21	1:03.32	1:39.23	2:15.39	2:15.39	
	Michelle Zomerdijk	00	+0.34 28.78	1:01.82	1:36.27	2:10.96	2:10.96	
80+, Heren								
1.	De Golfbreker 1	De Golfbreker	NED			8:11.75	+0.76	
	Derk Jan van Duijn	01	+0.76 29.14	1:00.61	1:32.57	2:04.16	2:04.16	
	Coenraad Floris Stork	03	+0.07 27.76	58.65	1:30.09	2:01.70	2:01.70	
	Edwin Jager	99	+0.31 26.81	57.62	1:30.45	2:04.56	2:04.56	
	Vincent Visser	97	+0.43 27.15	58.14	1:29.65	2:01.33	2:01.33	
2.	MSV-Zeemacht 2	MSV-Zeemacht	NED			9:11.06	+0.54	
	Jordi de Nijs	98	+0.54 28.07	1:00.48	1:35.87	2:12.43	2:12.43	
	Derek Valkenier	92	33.21	1:10.74	1:50.47	2:28.79	2:28.79	
	Mees Minneboo	02	+0.16 28.24	1:01.59	1:37.88	2:14.60	2:14.60	
	Marco van der Wulp	03	29.22	1:03.39	1:40.21	2:15.24	2:15.24	
3.	Steenwijk 1934 3	Steenwijk 1934	NED			9:27.96		
	Jelle Heijman	00	32.74	1:08.77	1:46.50	2:23.07	2:23.07	
	Kylian Kooijman	99	29.42	1:02.79	1:37.86	2:13.85	2:13.85	
	Martijn Lageweg	97	31.14	1:06.91	1:44.38	2:20.17	2:20.17	
	Thomas van Scheepen	00	32.00	1:09.06	1:49.75	2:30.87	2:30.87	
80+, Gemengd								
1.	ZVL-1886 Center 1	ZVL-1886 Center	NED			8:31.48	+0.65	
	<i>Nederlands Masters Record</i>							
	Robin van Beek	97	+0.65 28.38	59.28	1:30.35	2:00.54	2:00.54	
	Guus Hoogduin	02	28.40	59.60	1:32.05	2:03.53	2:03.53	
	Karen Stoik	94	30.67	1:06.26	1:43.75	2:20.49	2:20.49	
	Silke Molendijk	01	+0.25 29.73	1:02.38	1:35.33	2:06.92	2:06.92	
2.	De Columbiaan 1	De Columbiaan	NED			8:46.01		
	Dave van den Nieuwendijk	01	28.16	1:00.77	1:34.91	2:10.96	2:10.96	
	Marje de Jager	03	30.00	1:05.13	1:43.72	2:23.61	2:23.61	
	Julia Notenboom	03	29.75	1:03.49	1:38.54	2:13.84	2:13.84	
	Daan Hogerhuis	03	26.13	55.39	1:26.15	1:57.60	1:57.60	
100+, Dames								
1.	ZPC AMERSFOORT 4	ZPC AMERSFOORT	NED			10:09.43		
	Lotte Eising	95	34.38	1:13.72	1:55.19	2:36.08	2:36.08	
	Eline Hendriks	98	35.10	1:13.98	1:54.51	2:33.63	2:33.63	
	Larissa Brak	88	34.85	1:14.18	1:55.33	2:35.59	2:35.59	
	Jisca Majolee	94	32.92	1:10.18	1:48.02	2:24.13	2:24.13	
2.	ZVL-1886 Center 3	ZVL-1886 Center	NED			10:29.67	+0.59	
	Lonneke Graansma	99	+0.59 33.98	1:12.92	1:51.97	2:29.19	2:29.19	
	Suzan Blankestijn	89	+0.67 33.80	1:13.44	1:54.03	2:34.06	2:34.06	
	Cynthia van Veen	96	+0.45 36.81	1:20.35	2:07.28	2:52.00	2:52.00	
	Mariska Gach	95	34.93	1:14.05	1:54.76	2:34.42	2:34.42	
3.	De Kempvis 1	De Kempvis	NED			11:31.28		
	Megan Vis	03	38.94	1:24.20	2:12.02	2:57.71	2:57.71	
	Elisabeth Slagboom	92	35.63	1:18.88	2:06.36	2:55.88	2:55.88	
	Ingrid Johannes	89	40.04	1:26.90	2:16.25	3:05.05	3:05.05	
	Rianne Kreft - vd Hoeven	92	33.45	1:11.79	1:52.27	2:32.64	2:32.64	



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100+, Heren

1.	ESCA Zwemmen 1	ESCA Zwemmen	NED				8:30.53	+0.74
	Tim de Vrugt	93	+0.74	28.95	1:01.68	1:36.96	2:11.96	2:11.96
	Sander de Vrugt	89		28.02	1:00.07	1:33.59	2:06.51	2:06.51
	Jurre Stammes	97		28.06		59.81	1:32.47	2:04.75
	Mike Schel	94	+0.54	28.47	1:00.64	1:34.12	2:07.31	2:07.31
2.	ZVL-1886 Center 2	ZVL-1886 Center	NED				8:55.24	+0.67
	Kristiaan Lenos	83	+0.67	27.43	58.36	1:31.46	2:04.38	2:04.38
	Robin van Peenen	02		28.90	1:02.39	1:38.63	2:14.54	2:14.54
	Jordy van der Drift	93		30.37	1:05.79	1:44.55	2:23.68	2:23.68
	Erik Baalbergen	98		28.84	1:01.42	1:36.87	2:12.64	2:12.64
3.	ZOB'66 3	ZOB'66	NED				9:27.19	+0.72
	Ian van Mullem	96	+0.72	30.58	1:05.34	1:41.98	2:17.66	2:17.66
	Julian Mes	01		29.36	1:03.79	1:40.27	2:14.88	2:14.88
	Boaz Troost	01	+0.37	30.88	1:07.09	1:46.63	2:24.25	2:24.25
	Harmen Reemst	87	+0.29	32.15	1:09.70	1:49.60	2:30.40	2:30.40

100+, Gemengd

1.	DZ&PC 1	DZ&PC	NED				8:16.24	+0.69
	<i>Nederlands Masters Record</i>							
	Amé Hulleman	02	+0.69	29.85	1:02.24	1:35.29	2:08.43	2:08.43
	Erik Nijholt	94		26.92	57.17	1:27.98	1:58.47	1:58.47
	Karin Rijkelijkhuisen	94		30.63	1:05.12	1:40.93	2:16.30	2:16.30
	Jelle Betten	00		24.60	52.38	1:22.01	1:53.04	1:53.04
2.	WVZ 1	WVZ	NED				8:47.26	+0.76
	Jordy van Oel	98	+0.76	28.65	1:01.55	1:35.60	2:09.57	2:09.57
	Lauren van IJll	00	+0.58	32.31	1:09.37	1:48.23	2:26.02	2:26.02
	Leonie van Noort	93	+0.27	29.23	1:02.08	1:35.97	2:10.25	2:10.25
	Jasper Breugem	00		27.43	58.39	1:30.16	2:01.42	2:01.42
3.	Steenwijk 1934 5	Steenwijk 1934	NED				9:55.69	
	Getrude Corporaal	92		32.99	1:10.90	1:52.38	2:32.89	2:32.89
	Cynthia Koolman	03		33.73	1:10.33	1:48.34	2:24.63	2:24.63
	Robert Braad	86		28.63	1:02.57	1:37.45	2:11.86	2:11.86
	Patrick Wobben	93	+0.50	36.25	1:17.80	2:02.56	2:46.31	2:46.31

120+, Dames

1.	MSV-Zeemacht 1	MSV-Zeemacht	NED				9:41.38	+0.81
	Kyra Wesemann	02	+0.81	31.90	1:07.19	1:45.89	2:24.52	2:24.52
	Jet Kleine	99		33.63	1:10.77	1:49.32	2:27.29	2:27.29
	Bianca Groot	70		33.45	1:09.81	1:47.42	2:25.21	2:25.21
	Suzanne Mosch	94		33.08	1:09.90	1:47.37	2:24.36	2:24.36
2.	PSV 2	PSV	NED				9:45.66	+0.83
	Diane Schoenmaker	95	+0.83	32.66	1:09.71	1:47.96	2:26.12	2:26.12
	Larissa Jansen	95		31.43	1:06.86	1:44.32	2:22.06	2:22.06
	Nanda van Heteren	89		34.05	1:12.46	1:52.44	2:31.29	2:31.29
	Liselotte Joling	75		33.45	1:11.09	1:49.28	2:26.19	2:26.19
3.	DAW 2	DAW	NED				9:52.72	*
	Laura Badoux	82		32.84	1:09.15	1:47.60	2:26.82	2:26.82
	Marouscha de Vries	99	+0.29	33.59	1:11.29	1:51.68	2:32.24	2:32.24
	Alina Spijkerman	77		33.95	1:12.65	1:52.93	2:33.54	2:33.54
	Melissa Zwaan	91	+0.47	30.74	1:05.84	1:42.93	2:20.12	2:20.12
4.	Steenwijk 1934 1	Steenwijk 1934	NED				10:29.49	+0.84
	Pauline van Gelder - Dieker	81	+0.84	34.50	1:14.06	1:55.80	2:36.22	2:36.22
	Leonie Scholten	79		38.42	1:23.62	2:11.24	2:58.23	2:58.23
	Ageeth de Haan	99		32.69	1:11.08	1:50.05	2:28.15	2:28.15
	Jacyntha Plat	90		32.39	1:10.27	1:49.76	2:26.89	2:26.89
5.	ZOB'66 1	ZOB'66	NED				10:31.56	*
	Nina Tourton	96	+0.87	35.52	1:14.43	1:56.03	2:37.65	2:37.65
	Rozemarijn van Haaff	02		31.51	1:06.34	1:42.63	2:18.55	2:18.55
	Wendy de Bruin	92		33.20	1:09.81	1:48.00	2:25.19	2:25.19
	Danielle Schipper	70		40.45	1:26.60	2:18.13	3:10.17	3:10.17
6.	ZV Hoogland 1	Zwemvereniging Hoogland	NED				10:41.24	+0.78
	Anne-Irene Duchaine	95	+0.78	31.57	1:07.10	1:44.02	2:20.61	2:20.61
	Yvette Meijer	97		36.68	1:18.23	2:02.10	2:44.11	2:44.11
	Angeliqne Wammes-Bouman	84		38.76	1:23.30	2:09.14	2:55.53	2:55.53
	Angela Giezen	83	+0.41	35.52	1:16.69	1:59.15	2:40.99	2:40.99



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rang	vereniging					tijd	RT	PARA
7.	De Duinkickers 1	De Duinkickers	NED			10:49.94		
	Merel Visser	99	31.42	1:05.92	1:41.83	2:17.99	2:17.99	
	Saskia op den Velde	79	39.17	1:23.86	2:10.91	2:59.90	2:59.90	
	Inge Roskam	78	40.08	1:27.01	2:16.05	3:04.19	3:04.19	
	Myra Smulders	99	34.54	1:11.78	1:50.11	2:27.86	2:27.86	

120+, Heren

1.	Zuiderzeewimmers 1	Zuiderzeewimmers	NED			8:50.25	+0.59	
	Ilmar Stoop	01	+0.59	28.52	1:00.60	1:33.64	2:06.57	2:06.57
	Gerko Versluis	69	+0.18	31.78	1:08.07	1:46.10	2:22.96	2:22.96
	Jarick Stoop	96	+0.44	28.89	1:02.88	1:38.15	2:12.47	2:12.47
	Jesse van Dijk	99	+0.34	28.72	1:01.51	1:34.86	2:08.25	2:08.25
2.	De Duinkickers 2	De Duinkickers	NED			9:51.60		
	Ruben de Boer	93		35.19	1:14.56	1:55.09	2:32.93	2:32.93
	Jeffrey Roest	97	+0.22	29.79	1:02.63	1:36.19	2:08.99	2:08.99
	Kevin Roest	00	+0.21	30.28	1:04.10	1:37.88	2:11.51	2:11.51
	Marcel Brittijn	69		38.08	1:23.03	2:10.13	2:58.17	2:58.17
3.	SWOL 1894 1	SWOL 1894	NED			10:04.18	+0.82	
	Albert van Piekeren	84	+0.82	32.80	1:08.66	1:45.45	2:22.23	2:22.23
	Peter Lommert	79		32.19	1:11.05	1:53.16	2:33.07	2:33.07
	Rutger Curfs	94		32.02	1:09.04	1:50.16	2:29.62	2:29.62
	Johan Wezenberg	76		32.74	1:12.55	1:56.36	2:39.26	2:39.26

120+, Gemengd

1.	Zwemlust-den Hommel 1	Zwemlust-den Hommel	NED			9:06.37	+0.72	
	Martijn Kornet	97	+0.72	28.60	1:00.14	1:32.97	2:05.34	2:05.34
	Liesbeth van Mill	87	+0.60	34.50	1:13.10	1:53.18	2:33.49	2:33.49
	Danielle Vermeulen	91		33.20	1:10.38	1:48.50	2:27.07	2:27.07
	Matteo Viani	90	+0.41	27.14	57.46	1:28.48	2:00.47	2:00.47
2.	TRB-RES 1	TRB-RES	NED			9:07.17	+0.63	
	Wim van Duuren	01	+0.63	27.53	58.95	1:31.62	2:04.85	2:04.85
	Sander van Elburg	88		29.89	1:03.19	1:37.30	2:11.59	2:11.59
	Edith Janssen-Koolen	73		32.87	1:09.99	1:47.85	2:25.34	2:25.34
	Ariane Krijt	99		32.83	1:09.77	1:48.09	2:25.39	2:25.39
3.	Feijenoord Zwemmen (SG) 1	Feijenoord Zwemmen (SG)	NED			9:57.05	+0.66	
	Patrick Wyrdeeman	97	+0.66	31.35	1:06.21	1:41.33	2:16.28	2:16.28
	Anouk van der Lans	98	+0.44	35.44	1:15.09	1:57.37	2:38.46	2:38.46
	Pieter Broek	77		30.61	1:06.31	1:45.83	2:23.36	2:23.36
	Mirjan den Drijver	75	+0.28	35.25	1:15.06	1:57.00	2:38.95	2:38.95
4.	De Biesboschzwemmers 1	De Biesboschzwemmers	NED			10:09.77	+0.87	
	Wouter van der Stelt	72	+0.87	34.61	1:12.90	1:52.48	2:31.66	2:31.66
	Nico Swart	68	+0.40	35.04	1:15.80	1:58.01	2:38.65	2:38.65
	Mandy Swart	99	+0.30	34.64	1:14.50	1:55.88	2:35.29	2:35.29
	Sanne van de Pol	98	+0.25	33.52	1:10.64	1:48.17	2:24.17	2:24.17

160+, Dames

1.	ZPC AMERSFOORT 2	ZPC AMERSFOORT	NED			10:04.08		
	Lidia v. Bon-Rosenbrand	70		33.23	1:10.00	1:47.67	2:25.03	2:25.03
	Kirsten Opmeer	98		32.46	1:08.48	1:45.54	2:22.80	2:22.80
	Henriëtte v. Norden	68		35.79	1:16.77	1:59.32	2:40.53	2:40.53
	Daphne Kievit	92		34.32	1:13.39	1:54.50	2:35.72	2:35.72

160+, Heren

1.	DAW 1	DAW	NED			9:04.69	+0.77	
	Hans Schoenmakers	69	+0.77	33.63	1:12.71	1:53.45	2:33.69	2:33.69
	Wouter Zijlstra	82	+0.22	31.49	1:07.55	1:44.87	2:22.38	2:22.38
	Alex Damen	75		29.98	1:02.99	1:36.91	2:10.91	2:10.91
	Felix Geenen	95	+0.24	24.69	54.31	1:26.16	1:57.71	1:57.71
2.	ZPC AMERSFOORT 3 * 200m	ZPC AMERSFOORT	NED			9:09.91	+0.76	
	Henk Kuipers	62	+0.76	34.42	1:12.94	1:52.45	2:32.23	2:32.23
	Tom Blankestijn	02		28.42	1:02.27	1:37.00	2:09.92	2:09.92
	Ron Korzelius	65		32.15	1:09.49	1:48.22	2:25.54	2:25.54
	Jelle Blankestijn	98	+0.65	27.27	58.05	1:30.11	2:02.22	2:02.22



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Programmanr. 16, Heren, 4 x 200m vrije slag, 160+

rang	vereniging					tijd	RT	PARA
3.	De Schotejil 1	De Schotejil	NED			9:10.42	+0.79	
	Sybren Groenewegen	93	+0.79	30.09	1:03.87	1:38.45	2:12.13	2:12.13
	Nico Paasse	65		33.68	1:11.41	1:51.01	2:29.67	2:29.67
	Frank v.d. Voordt	83	+0.59	30.53	1:04.66	1:40.52	2:15.51	2:15.51
	Niels Albrechts	88		30.20	1:04.90	1:40.23	2:13.11	2:13.11

160+, Gemengd

1.	Kaisiadoriu Plaukiam 1 <i>Lithuanian Masters Record</i>	Kaisiadoriu Plaukiam	LTU			9:40.75	+0.63	
	Lina Bielinienė	74	+0.63	34.17	1:12.01	1:52.74	2:33.63	2:33.63
	Ausra Razgunė	83		30.85	1:06.87	1:44.38	2:20.62	2:20.62
	Mindaugas Sakys	73		33.50	1:10.22	1:48.07	2:24.90	2:24.90
	Raimondas Gincas	74	+0.70	31.65	1:07.80	1:45.37	2:21.60	2:21.60
2.	WVZ 2	WVZ	NED			9:42.07	+0.91	
	Anita Steijger	65	+0.91	39.31	1:22.09	2:05.28	2:47.95	2:47.95
	Markus van Rest	77		31.71	1:07.25	1:44.37	2:20.97	2:20.97
	Manon van Strien	94	+0.55	32.26	1:09.90	1:47.92	2:24.81	2:24.81
	Ivo Roozeboom	77	+0.33	28.82	1:02.58	1:36.64	2:08.34	2:08.34
3.	AZC 1	AZC	NED			10:28.11	+0.76	
	Wim de Lange	58	+0.76	37.82	1:19.62	2:03.32	2:46.30	2:46.30
	Mariska Zaal	88		35.79	1:17.23	2:03.26	2:47.57	2:47.57
	Monique van Huizen	87		33.77	1:11.99	1:53.57	2:34.89	2:34.89
	Patrick Brouwer	93	+0.73	30.63	1:05.89	1:43.13	2:19.35	2:19.35
4.	DWK 1	DWK	NED			11:32.38		
	Jennie Resink-lindeboom	60		43.25	1:30.12	2:19.29	3:06.66	3:06.66
	Greta Wyma-Teitsma	71		43.97	1:36.92	2:32.70	3:24.83	3:24.83
	Martijn de Jong	71		36.13	1:17.17	1:59.98	2:42.10	2:42.10
	Lars Jacobsen	97	+0.45	30.25	1:06.35	1:44.00	2:18.79	2:18.79

200+, Dames

1.	Steenwijk 1934 2	Steenwijk 1934	NED			11:07.86	+0.82	
	Nanda Wobben - de Vries	92	+0.82	32.53	1:09.51	1:47.52	2:24.38	2:24.38
	Monica Bakker	56		42.97	1:31.74	2:21.01	3:08.19	3:08.19
	Wilna Heijman	64		36.40	1:16.93	1:58.84	2:39.82	2:39.82
	Linda Wibbelink	59		40.83	1:26.09	2:11.53	2:55.47	2:55.47
2.	De Geul 1	De Geul	NED			12:57.50		
	Marijke Campfens	69		37.79	1:20.10	2:04.55	2:49.39	2:49.39
	Geerdien Meerwaldt	52		57.55	2:02.73	3:11.32	4:19.53	4:19.53
	Roselinda van der Vlugt	67		47.20	1:42.15	2:38.79	3:32.39	3:32.39
	Marcha Admiraal	93		30.20	1:04.54	1:40.05	2:16.19	2:16.19

200+, Heren

1.	Upstream Amsterdam 1	Upstream Amsterdam	NED			9:23.60	+0.85	
	Arjan Mondria	82	+0.85	31.95	1:07.05	1:43.36	2:20.22	2:20.22
	Peter van Vuuren	60	+0.39	34.25	1:14.18	1:54.37	2:33.08	2:33.08
	Christopher Cardenas	80	+0.54	31.53	1:05.19	1:39.28	2:14.39	2:14.39
	Jan Gert Notenbomer	66		30.69	1:05.41	1:40.65	2:15.91	2:15.91
2.	Sassenheim 1	Sassenheim	NED			9:32.63	+0.79	
	Arjan Buijsse	79	+0.79	31.58	1:07.14	1:44.00	2:20.41	2:20.41
	Rene de Bruin	71		32.38	1:08.85	1:46.46	2:22.92	2:22.92
	Robert Langeveld	71	+0.46	30.91	1:05.66	1:43.12	2:21.84	2:21.84
	Frank van Nobelen	69		32.40	1:09.24	1:48.10	2:27.46	2:27.46
3.	De Ward 1	De Ward	NED			9:38.09		
	Hans Roodzant	60		36.55	1:15.44	1:54.21	2:33.92	2:33.92
	Daniel Prinse	74		33.31	1:09.88	1:46.96	2:24.02	2:24.02
	Clemens de Waal	60		32.99	1:09.65	1:48.27	2:27.26	2:27.26
	Antwan van Engen	71		30.35	1:03.78	1:38.50	2:12.89	2:12.89
4.	Steenwijk 1934 4	Steenwijk 1934	NED			9:45.54	+0.64	
	Casper Dollekamp	63	+0.64	35.32	1:15.18	1:57.37	2:40.14	2:40.14
	Guido Keutgen	68	+0.14	31.27	1:08.40	1:48.62	2:28.58	2:28.58
	Huyb Stegeman	67	+0.48	33.11	1:10.33	1:50.52	2:31.36	2:31.36
	Lauren Vis	82	+0.20	27.18	58.38	1:31.63	2:05.46	2:05.46
5.	De Rog 1	De Rog	NED			10:07.52	+0.90	
	Erik Kamphuis	60	+0.90	35.28	1:14.02	1:53.41	2:31.40	2:31.40
	Roy Le Clercq	64	+0.45	35.70	1:15.45	1:57.17	2:41.33	2:41.33
	Wijnand Vergeest	68		32.00	1:11.69	1:54.16	2:34.85	2:34.85
	Peter Bensen	63		32.29	1:08.27	1:43.95	2:19.94	2:19.94



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
Heerenveen, 16-19 februari 2023



Programmanr. 16, 4 x 200m vrije slag

200+, Gemengd

1.	De Biesboschzwemmers 2	De Biesboschzwemmers	NED				10:02.92	+0.96
	Henri Verschoor	70	+0.96	33.57	1:09.81	1:47.79	2:25.30	2:25.30
	Paul Wijnja	63	+0.30	32.41	1:10.19	1:49.08	2:26.96	2:26.96
	Annette Wijnja-Visser	67		35.18	1:14.65	1:55.83	2:36.11	2:36.11
	Anne-Marie Verschoor-Vos	81		34.31	1:13.54	1:53.75	2:34.55	2:34.55
2.	Patrick-De Roersoppers (SG) 1	Patrick-De Roersoppers (SG)	NED				10:29.87	
	Pascal Janssen	73		37.58	1:19.86	2:03.40	2:46.38	2:46.38
	Eric Dumas	69		33.07	1:12.73	1:55.19	2:37.20	2:37.20
	Martine de Haart	79		36.33	1:17.49	1:59.31	2:39.43	2:39.43
	Arno Schrauwen	65		32.94	1:10.56	1:48.90	2:26.86	2:26.86
3.	WS Twente 1	WS Twente	NED				11:27.90	
	Hanneke Heymen	84		39.40	1:23.92	2:10.01	2:54.31	2:54.31
	Jack Barends	62		39.97	1:24.74	2:11.36	2:57.76	2:57.76
	Ima van der Molen	69		42.44	1:31.95	2:22.89	3:12.67	3:12.67
	Eric Hoekman	74		32.23	1:07.81	1:45.99	2:23.16	2:23.16

240+, Gemengd

1.	ZPC AMERSFOORT 1	ZPC AMERSFOORT	NED				9:25.75	+0.90
	<i>Wereld Masters Record</i>							
	Chester Marsman	69	+0.90	28.97	1:01.75	1:35.44	2:09.36	2:09.36
	Atie Pijtak-Radersma	56		34.32	1:13.30	1:53.68	2:33.51	2:33.51
	Marjan Remmits-de Lange	63		33.16	1:10.22	1:49.05	2:28.66	2:28.66
	Johan Remmits	62		30.01	1:03.81	1:39.01	2:14.22	2:14.22
2.	SWOL 1894 2	SWOL 1894	NED				11:35.70	
	Evert-Jan Verweij	63		37.81	1:17.54	1:57.58	2:40.19	2:40.19
	Annet Kootstra	71		40.81	1:26.79	2:14.26	3:01.56	3:01.56
	Erik Wetsteijn	65	+0.55	36.99	1:18.92	2:03.73	2:47.18	2:47.18
	Christine Nieuwenhuis	51		40.61	1:28.77	2:18.12	3:06.77	3:06.77
3.	HZ&PC Heerenveen 1	HZ&PC Heerenveen	NED				12:45.13	+0.78
	Marten de Groot	58	+0.78	32.46	1:09.10	1:47.01	2:24.67	2:24.67
	Ineke Meijer	52		52.57	1:58.48	3:04.90	4:04.87	4:04.87
	Peggi Hurenkamp	69	+0.66	38.84	1:22.29	2:07.19	2:52.99	2:52.99
	Wiebren Dijkstra	58	+0.50	42.90	1:30.90	2:22.15	3:22.60	3:22.60