

2 - ONMK 2024 kb - Sessie 2

22-11-2024 - 9:30

Programmanr. 3
22-11-2024 - 9:30

Dames, 400m vrije slag

Masters Open
Resultaten

rang	naam		vereniging					tijd	RT	PARA
Masters 20+										
1.	Laura Setz		Bubble		NED	200000130		4:27.74	+0.84	
	50m: 31.10	31.10	150m: 1:39.33	34.32	250m: 2:47.84	34.30	350m: 3:55.88	33.55		
	100m: 1:05.01	33.91	200m: 2:13.54	34.21	300m: 3:22.33	34.49	400m: 4:27.74	31.86		
2.	Caroline Boxman		ZPCH		NED	200004660		5:05.25	+0.75	
	50m: 33.61	33.61	150m: 1:51.00	39.07	250m: 3:09.50	39.14	350m: 4:27.51	39.05		
	100m: 1:11.93	38.32	200m: 2:30.36	39.36	300m: 3:48.46	38.96	400m: 5:05.25	37.74		
3.	Cynthia Koolman		Steenwijk 1934		NED	200300232		5:10.03	+0.70	
	50m: 34.23	34.23	150m: 1:50.32	38.70	250m: 3:09.70	39.87	350m: 4:30.77	40.50		
	100m: 1:11.62	37.39	200m: 2:29.83	39.51	300m: 3:50.27	40.57	400m: 5:10.03	39.26		
4.	Ilse Hallie		Octopus - ZVV (SG)		NED	200200128		5:21.22	+0.76	
	50m: 34.95	34.95	150m: 1:54.22	40.50	250m: 3:17.17	41.53	350m: 4:40.78	41.83		
	100m: 1:13.72	38.77	200m: 2:35.64	41.42	300m: 3:58.95	41.78	400m: 5:21.22	40.44		
Masters 25+										
1.	Tamara Grove		De Dolfijn		NED	199601266		4:31.90	+0.69	
	50m: 30.89	30.89	150m: 1:39.46	34.67	250m: 2:48.55	34.40	350m: 3:57.87	34.65		
	100m: 1:04.79	33.90	200m: 2:14.15	34.69	300m: 3:23.22	34.67	400m: 4:31.90	34.03		
2.	Marijke Drent		Bubble		NED	199906232		4:38.10	+0.83	
	50m: 31.47	31.47	150m: 1:40.88	35.10	250m: 2:51.93	35.41	350m: 4:02.86	35.47		
	100m: 1:05.78	34.31	200m: 2:16.52	35.64	300m: 3:27.39	35.46	400m: 4:38.10	35.24		
3.	Moniek van Langevelde		DWK		NED	199803160		4:50.18		
	50m: 32.14	32.14	150m: 1:43.34	35.70	250m: 2:57.73	37.51	350m: 4:13.57	37.71		
	100m: 1:07.64	35.50	200m: 2:20.22	36.88	300m: 3:35.86	38.13	400m: 4:50.18	36.61		
4.	Fiona Meuffels		PSV		NED	199504366		4:51.06	+0.67	
	50m: 31.81	31.81	150m: 1:44.61	37.02	250m: 2:59.60	37.57	350m: 4:15.44	37.78		
	100m: 1:07.59	35.78	200m: 2:22.03	37.42	300m: 3:37.66	38.06	400m: 4:51.06	35.62		
5.	Jet Kleine		MSV-Zeemacht		NED	199903384		5:03.58	+0.67	
	50m: 33.94	33.94	150m: 1:48.84	38.09	250m: 3:05.87	38.79	350m: 4:24.85	39.58		
	100m: 1:10.75	36.81	200m: 2:27.08	38.24	300m: 3:45.27	39.40	400m: 5:03.58	38.73		
6.	Kirsten Opmeer		ZPC AMERSFOORT		NED	199800014		5:04.83	+0.73	
	50m: 33.42	33.42	150m: 1:48.85	38.29	250m: 3:07.31	39.47	350m: 4:26.41	39.70		
	100m: 1:10.56	37.14	200m: 2:27.84	38.99	300m: 3:46.71	39.40	400m: 5:04.83	38.42		
7.	Esmée Rolloos		Niemo Barracuda		NED	199800056		5:18.39	+0.91	
	50m: 34.89	34.89	150m: 1:53.91	40.12	250m: 3:15.55	41.07	350m: 4:38.57	40.96		
	100m: 1:13.79	38.90	200m: 2:34.48	40.57	300m: 3:57.61	42.06	400m: 5:18.39	39.82		
8.	Cynthia van Veen		ZVL-1886		NED	199606736		6:06.69	+0.72	
	50m: 36.45	36.45	150m: 2:05.88	46.26	250m: 3:42.65	48.81	350m: 5:20.40	48.74		
	100m: 1:19.62	43.17	200m: 2:53.84	47.96	300m: 4:31.66	49.01	400m: 6:06.69	46.29		
Masters 30+										
1.	Leonie van Noort		WVZ		NED	199301752		4:29.33	+0.82	
	50m: 30.73	30.73	150m: 1:39.15	34.49	250m: 2:48.01	34.31	350m: 3:55.97	33.85		
	100m: 1:04.66	33.93	200m: 2:13.70	34.55	300m: 3:22.12	34.11	400m: 4:29.33	33.36		
2.	Lotte Coenen		DES		NED	199301518		4:54.16	+0.85	
	50m: 31.87	31.87	150m: 1:44.03	36.82	250m: 3:00.35	38.42	350m: 4:16.78	38.15		
	100m: 1:07.21	35.34	200m: 2:21.93	37.90	300m: 3:38.63	38.28	400m: 4:54.16	37.38		
3.	Marijke Kommers		Niemo Barracuda		NED	199305334		5:00.54	+0.77	
	50m: 33.67	33.67	150m: 1:48.52	37.92	250m: 3:05.96	39.08	350m: 4:23.17	38.46		
	100m: 1:10.60	36.93	200m: 2:26.88	38.36	300m: 3:44.71	38.75	400m: 5:00.54	37.37		
4.	Anouk Kuijlaars		PSV		NED	199401700		5:03.35		
	50m: 34.73	34.73	150m: 1:50.66	38.24	250m: 3:08.27	38.64	350m: 4:25.99	38.57		
	100m: 1:12.42	37.69	200m: 2:29.63	38.97	300m: 3:47.42	39.15	400m: 5:03.35	37.36		
5.	Melissa Zwaan		DAW		NED	199103666		5:08.62	+0.82	
	50m: 33.78	33.78	150m: 1:50.87	39.09	250m: 3:10.24	39.56	350m: 4:29.45	39.78		
	100m: 1:11.78	38.00	200m: 2:30.68	39.81	300m: 3:49.67	39.43	400m: 5:08.62	39.17		

Programmanr. 3, Dames, 400m vrije slag, Masters 30+

rang	naam	vereniging	tijd	RT	PARA
6.	Jisca Majolée	ZPC AMERSFOORT	5:19.91	+0.83	
	50m: 34.93	34.93 150m: 1:54.94	40.62 250m: 3:17.19	41.29 350m: 4:40.47	41.89
	100m: 1:14.32	39.39 200m: 2:35.90	40.96 300m: 3:58.58	41.39 400m: 5:19.91	39.44
7.	Daphne Kievit	ZPC AMERSFOORT	5:27.56	+0.80	
	50m: 35.46	35.46 150m: 1:56.01	41.12 250m: 3:19.95	42.10 350m: 4:45.33	42.93
	100m: 1:14.89	39.43 200m: 2:37.85	41.84 300m: 4:02.40	42.45 400m: 5:27.56	42.23
8.	Irmgard van Weeghel	ENC Arnhem	5:30.58	+0.82	
	50m: 36.84	36.84 150m: 1:59.02	41.77 250m: 3:24.35	42.88 350m: 4:49.90	42.62
	100m: 1:17.25	40.41 200m: 2:41.47	42.45 300m: 4:07.28	42.93 400m: 5:30.58	40.68
9.	Leontine Groeneveldt	De Duck	5:31.53	+0.71	
	50m: 35.34	35.34 150m: 1:57.09	41.93 250m: 3:22.79	42.88 350m: 4:49.32	43.02
	100m: 1:15.16	39.82 200m: 2:39.91	42.82 300m: 4:06.30	43.51 400m: 5:31.53	42.21
10.	Joëlle Vaes	DIO	5:38.07	+0.65	
	50m: 36.93	36.93 150m: 2:00.64	42.51 250m: 3:28.31	44.09 350m: 4:56.08	43.29
	100m: 1:18.13	41.20 200m: 2:44.22	43.58 300m: 4:12.79	44.48 400m: 5:38.07	41.99
11.	Esther Kwebeman	TriVia	5:38.40	+0.86	
	50m: 37.67	37.67 150m: 2:02.63	43.75 250m: 3:28.41	43.25 350m: 4:55.37	43.79
	100m: 1:18.88	41.21 200m: 2:45.16	42.53 300m: 4:11.58	43.17 400m: 5:38.40	43.03
12.	Britt Kraaijevanger	HHZV Plons	5:57.71	+0.91	
	50m: 40.69	40.69 150m: 2:11.93	46.28 250m: 3:43.88	45.88 350m: 5:14.71	45.35
	100m: 1:25.65	44.96 200m: 2:58.00	46.07 300m: 4:29.36	45.48 400m: 5:57.71	43.00

Masters 35+

1.	Relinda Baas	TriVia	5:11.61	+0.81	
	50m: 34.66	34.66 150m: 1:51.00	38.82 250m: 3:09.70	39.50 350m: 4:30.84	40.87
	100m: 1:12.18	37.52 200m: 2:30.20	39.20 300m: 3:49.97	40.27 400m: 5:11.61	40.77
2.	Nanda van Heteren	PSV	5:19.03		
	50m: 36.01	36.01 150m: 1:56.08	40.53 250m: 3:18.29	41.25 350m: 4:40.92	40.96
	100m: 1:15.55	39.54 200m: 2:37.04	40.96 300m: 3:59.96	41.67 400m: 5:19.03	38.11
3.	Liesbeth van Mill	Zwemlust- den Hommel	5:33.99	+0.78	
	50m: 36.91	36.91 150m: 1:59.51	41.98 250m: 3:25.08	43.02 350m: 4:51.28	43.25
	100m: 1:17.53	40.62 200m: 2:42.06	42.55 300m: 4:08.03	42.95 400m: 5:33.99	42.71
4.	Julia Fitzmaier	DES	5:37.48	+0.78	
	50m: 35.31	35.31 150m: 1:57.05	42.20 250m: 3:24.48	44.39 350m: 4:53.72	44.57
	100m: 1:14.85	39.54 200m: 2:40.09	43.04 300m: 4:09.15	44.67 400m: 5:37.48	43.76
5.	Sandra Schellekens	Neptunus'58	5:44.34		
	50m: 37.42	37.42 150m: 2:03.82	43.99 250m: 3:33.46	44.91 350m: 5:02.49	44.22
	100m: 1:19.83	42.41 200m: 2:48.55	44.73 300m: 4:18.27	44.81 400m: 5:44.34	41.85

Masters 40+

1.	Debbie van Rooijen	IJZPC	5:03.61	+0.73	
	50m: 33.86	33.86 150m: 1:50.51	38.80 250m: 3:08.34	38.46 350m: 4:25.53	38.81
	100m: 1:11.71	37.85 200m: 2:29.88	39.37 300m: 3:46.72	38.38 400m: 5:03.61	38.08
2.	Anke Lambooj	AZL	5:06.83		
	50m: 34.08	34.08 150m: 1:49.48	38.34 250m: 3:08.01	39.43 350m: 4:27.76	39.82
	100m: 1:11.14	37.06 200m: 2:28.58	39.10 300m: 3:47.94	39.93 400m: 5:06.83	39.07
3.	Ramona Linting *50, 200m	AZC	5:14.50	+0.77	
	50m: 34.32	34.32 150m: 1:52.61	39.08 250m: 3:13.24	40.32 350m: 4:35.28	40.80
	100m: 1:13.53	39.21 200m: 2:32.92	40.31 300m: 3:54.48	41.24 400m: 5:14.50	39.22
4.	Sylvia Reijers	De Gelenberg	5:21.94		
	50m: 36.17	36.17 150m: 1:56.83	40.79 250m: 3:19.91	41.58 350m: 4:41.78	40.65
	100m: 1:16.04	39.87 200m: 2:38.33	41.50 300m: 4:01.13	41.22 400m: 5:21.94	40.16
5.	Clara Groenhorst	LinK	6:31.87		
	50m: 43.40	43.40 150m: 2:19.85	49.14 250m: 4:00.13	50.59 350m: 5:40.60	50.12
	100m: 1:30.71	47.31 200m: 3:09.54	49.69 300m: 4:50.48	50.35 400m: 6:31.87	51.27

Programmanr. 3, Dames, 400m vrije slag

Masters 45+

1.	Liselotte Joling	PSV	NED	197500268		4:53.42	+0.88	
	50m: 33.83	33.83	150m: 1:47.33	36.82	250m: 3:01.69	36.85	350m: 4:16.93	37.74
	100m: 1:10.51	36.68	200m: 2:24.84	37.51	300m: 3:39.19	37.50	400m: 4:53.42	36.49
2.	Katarina Hanusova	VSK Univerzita Brno	CZE			5:05.79	+0.76	
	50m: 34.71	34.71	150m: 1:51.54	38.57	250m: 3:09.31	38.69	350m: 4:27.06	39.06
	100m: 1:12.97	38.26	200m: 2:30.62	39.08	300m: 3:48.00	38.69	400m: 5:05.79	38.73
3.	Melanie Kuiper	ZIGNEA	NED	197600350		5:07.64	+0.82	
	50m: 34.72	34.72	150m: 1:50.74	38.54	250m: 3:09.82	39.68	350m: 4:29.46	40.07
	100m: 1:12.20	37.48	200m: 2:30.14	39.40	300m: 3:49.39	39.57	400m: 5:07.64	38.18
4.	Cindy Gootzen-Bulthuis	RZ	NED	197500990		5:10.96	+0.78	
	50m: 34.57	34.57	150m: 1:49.55	38.12	250m: 3:09.21	40.25	350m: 4:30.39	40.70
	100m: 1:11.43	36.86	200m: 2:28.96	39.41	300m: 3:49.69	40.48	400m: 5:10.96	40.57
5.	Alina Spijkerman	DAW	NED	197701220		5:21.93		
	50m: 35.24	35.24	150m: 1:55.36	40.88	250m: 3:18.56	41.56	350m: 4:42.22	41.59
	100m: 1:14.48	39.24	200m: 2:37.00	41.64	300m: 4:00.63	42.07	400m: 5:21.93	39.71
6.	Chantal Verhoeff	Old Dutch	NED	197900912		5:27.37	+0.81	
	50m: 36.28	36.28	150m: 1:58.23	41.35	250m: 3:21.07	41.47	350m: 4:44.17	41.23
	100m: 1:16.88	40.60	200m: 2:39.60	41.37	300m: 4:02.94	41.87	400m: 5:27.37	43.20
7.	Jannie Vennik <i>*100m</i>	HZ&PC Heerenveen	NED	197601006		5:33.05	+0.91	
	50m: 37.89	37.89	150m: 2:01.35	42.10	250m: 3:26.01	41.78	350m: 4:50.99	42.12
	100m: 1:19.25	41.36	200m: 2:44.23	42.88	300m: 4:08.87	42.86	400m: 5:33.05	42.06
8.	Petra Guijt	Aqua-Novio '94	NED	197600978		5:36.04	+0.91	
	50m: 37.35	37.35	150m: 2:01.96	42.56	250m: 3:27.83	42.83	350m: 4:54.22	43.10
	100m: 1:19.40	42.05	200m: 2:45.00	43.04	300m: 4:11.12	43.29	400m: 5:36.04	41.82
9.	Martine de Haart	Patrick - De Roersoppers (SG)	NED	197901492		5:41.20	+0.97	
	50m: 37.64	37.64	150m: 2:02.54	43.22	250m: 3:30.49	44.28	350m: 4:58.70	44.07
	100m: 1:19.32	41.68	200m: 2:46.21	43.67	300m: 4:14.63	44.14	400m: 5:41.20	42.50
10.	Ilonka van der Meer	LinK	NED	197601168		6:21.36	+0.90	
	50m: 41.87	41.87	150m: 2:16.23	47.65	250m: 3:55.01	49.69	350m: 5:33.82	49.69
	100m: 1:28.58	46.71	200m: 3:05.32	49.09	300m: 4:44.13	49.12	400m: 6:21.36	47.54
11.	Katrin Glatzer	ZPC AMERSFOORT	NED	197601200	S9	6:35.16		
	50m: 45.42	45.42	150m: 2:25.12	49.52	250m: 4:05.87	50.64	350m: 5:45.30	49.33
	100m: 1:35.60	50.18	200m: 3:15.23	50.11	300m: 4:55.97	50.10	400m: 6:35.16	49.86

Masters 50+

1.	Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	NED	197000054		5:09.73	+0.84	
	50m: 34.67	34.67	150m: 1:52.57	39.61	250m: 3:11.38	39.23	350m: 4:30.80	39.89
	100m: 1:12.96	38.29	200m: 2:32.15	39.58	300m: 3:50.91	39.53	400m: 5:09.73	38.93
2.	Bianca Groot	MSV-Zeemacht	NED	197000652		5:13.43	+0.81	
	50m: 34.89	34.89	150m: 1:51.79	39.13	250m: 3:11.30	40.08	350m: 4:32.11	40.65
	100m: 1:12.66	37.77	200m: 2:31.22	39.43	300m: 3:51.46	40.16	400m: 5:13.43	41.32
3.	Micky Grulms <i>Luxembourg Masters Record, voor 50, 100, 200 m</i>	Luxembourg Sharks Swimming CLUX	4029			5:20.40	+0.90	
	50m: 34.68	34.68	150m: 1:54.06	40.03	250m: 3:16.46	41.42	350m: 4:39.76	41.34
	100m: 1:14.03	39.35	200m: 2:35.04	40.98	300m: 3:58.42	41.96	400m: 5:20.40	40.64
4.	Annette de Visser	Oceanus	NED	197100602		5:20.57	+0.86	
	50m: 35.18	35.18	150m: 1:55.03	40.75	250m: 3:17.44	41.11	350m: 4:40.26	41.19
	100m: 1:14.28	39.10	200m: 2:36.33	41.30	300m: 3:59.07	41.63	400m: 5:20.57	40.31
5.	Annet Kootstra	Swol 1894	NED	197100344		6:15.82		
	50m: 42.71	42.71	150m: 2:18.00	47.86	250m: 3:54.56	48.01	350m: 5:30.08	47.98
	100m: 1:30.14	47.43	200m: 3:06.55	48.55	300m: 4:42.10	47.54	400m: 6:15.82	45.74
6.	Annette Spies <i>*100m</i>	LinK	NED	197001110		6:25.24	+0.86	
	50m: 42.15	42.15	150m: 2:16.69	48.48	250m: 3:55.59	50.05	350m: 5:35.92	50.30
	100m: 1:28.21	46.06	200m: 3:05.54	48.85	300m: 4:45.62	50.03	400m: 6:25.24	49.32
7.	Nathasja Konijn	GZC Donk	NED	197100992		6:29.93	+0.87	
	50m: 41.84	41.84	150m: 2:16.64	48.18	250m: 3:56.76	50.20	350m: 5:39.47	51.91
	100m: 1:28.46	46.62	200m: 3:06.56	49.92	300m: 4:47.56	50.80	400m: 6:29.93	50.46

Programmanr. 3, Dames, 400m vrije slag

Masters 55+

1.	Carol Hollemans	ACZ	NED	196900252	5:22.85	+0.72		
	50m: 35.72	35.72	150m: 1:55.72	41.11	250m: 3:17.87	41.11	350m: 4:42.60	42.61
	100m: 1:14.61	38.89	200m: 2:36.76	41.04	300m: 3:59.99	42.12	400m: 5:22.85	40.25
2.	Marijke Campfens	De Geul	NED	196900960	5:57.14	+0.60		
	50m: 38.52	38.52	150m: 2:05.94	44.74	250m: 3:38.25	46.13	350m: 5:11.62	46.82
	100m: 1:21.20	42.68	200m: 2:52.12	46.18	300m: 4:24.80	46.55	400m: 5:57.14	45.52
3.	Anita Steijger	WVZ	NED	196500628	6:01.95	+0.93		
	50m: 40.45	40.45	150m: 2:09.25	45.19	250m: 3:41.67	46.49	350m: 5:16.40	47.33
	100m: 1:24.06	43.61	200m: 2:55.18	45.93	300m: 4:29.07	47.40	400m: 6:01.95	45.55
4.	Peggi Hurenkamp *200m	HZ&PC Heerenveen	NED	196900922	6:02.51	+0.86		
	50m: 39.65	39.65	150m: 2:10.41	46.42	250m: 3:42.90	46.27	350m: 5:16.32	46.78
	100m: 1:23.99	44.34	200m: 2:56.63	46.22	300m: 4:29.54	46.64	400m: 6:02.51	46.19
5.	Kristien Van de Moortel	Shark	BEL	ShaRK/20315/69	6:25.38	+0.88		
	50m: 44.67	44.67	150m: 2:23.84	49.55	250m: 4:03.08	49.43	350m: 5:40.05	48.54
	100m: 1:34.29	49.62	200m: 3:13.65	49.81	300m: 4:51.51	48.43	400m: 6:25.38	45.33

Masters 60+

1.	Wilna Heijman	Steenwijk 1934	NED	196400506	5:36.66	+0.83		
	50m: 38.42	38.42	150m: 2:03.10	42.70	250m: 3:28.53	42.89	350m: 4:54.18	42.95
	100m: 1:20.40	41.98	200m: 2:45.64	42.54	300m: 4:11.23	42.70	400m: 5:36.66	42.48
2.	Petra Tossings	GZC Donk	NED	196100376	5:54.14	+0.85		
	50m: 39.24	39.24	150m: 2:07.99	45.04	250m: 3:39.01	45.59	350m: 5:10.25	45.61
	100m: 1:22.95	43.71	200m: 2:53.42	45.43	300m: 4:24.64	45.63	400m: 5:54.14	43.89
3.	Lia Bijkerk	GZC Donk	NED	196000014	6:35.64			
	50m: 43.42	43.42	150m: 2:22.65	50.26	250m: 4:05.78	51.25	350m: 5:48.38	51.38
	100m: 1:32.39	48.97	200m: 3:14.53	51.88	300m: 4:57.00	51.22	400m: 6:35.64	47.26
4.	Jennie Resink-lindeboom	DWK	NED	196000142	6:47.21	+0.98		
	50m: 45.82	45.82	150m: 2:28.15	51.53	250m: 4:13.31	52.61	350m: 5:57.80	52.12
	100m: 1:36.62	50.80	200m: 3:20.70	52.55	300m: 5:05.68	52.37	400m: 6:47.21	49.41

Masters 65+

1.	Margriet Pasma	TriVia	NED	195500088	6:15.22	+0.98		
	50m: 43.05	43.05	150m: 2:18.69	48.49	250m: 3:55.25	48.46	350m: 5:30.44	47.75
	100m: 1:30.20	47.15	200m: 3:06.79	48.10	300m: 4:42.69	47.44	400m: 6:15.22	44.78
2.	Monica Bakker *100m, 200m	Steenwijk 1934	NED	195600082	7:22.79			
	50m: 47.35	47.35	150m: 2:35.33	55.07	250m: 4:28.68	57.18	350m: 6:25.53	58.52
	100m: 1:40.26	52.91	200m: 3:31.50	56.17	300m: 5:27.01	58.33	400m: 7:22.79	57.26

Masters 75+

1.	Loekie van Huissteden *50m	ZPC AMERSFOORT	NED	194500002	9:23.75			
	50m: 1:02.08	1:02.08	150m: 3:24.30	1:11.34	250m: 5:48.75	1:12.24	350m: 8:15.31	1:13.82
	100m: 2:12.96	1:10.88	200m: 4:36.51	1:12.21	300m: 7:01.49	1:12.74	400m: 9:23.75	1:08.44

Programmanr. 4
22-11-2024 - 10:22

Heren, 400m vrije slag
Pauze na serie 6 / Break after heat 6

Masters Open
Resultaten

rang	naam	vereniging							tijd	RT	PARA
Masters 20+											
1.	Wouter Zijlstra <i>Nederlands Masters Record</i>	HZ&PC Heerenveen	NED	200401545					4:03.15	+0.63	
	50m: 26.79	26.79	150m: 1:27.70	31.02	250m: 2:30.17	31.18	350m: 3:32.73	31.18			
	100m: 56.68	29.89	200m: 1:58.99	31.29	300m: 3:01.55	31.38	400m: 4:03.15	30.42			
2.	Luc Mul	DAW	NED	200201025					4:12.15	+0.70	
	50m: 27.95	27.95	150m: 1:29.88	31.28	250m: 2:34.13	32.31	350m: 3:40.23	33.21			
	100m: 58.60	30.65	200m: 2:01.82	31.94	300m: 3:07.02	32.89	400m: 4:12.15	31.92			
3.	Jacob Mackloet	De Schotejil	NED	200001171					4:17.59	+0.72	
	50m: 28.65	28.65	150m: 1:34.33	33.15	250m: 2:40.82	33.14	350m: 3:45.47	31.98			
	100m: 1:01.18	32.53	200m: 2:07.68	33.35	300m: 3:13.49	32.67	400m: 4:17.59	32.12			
4.	Jasper Breugem	WVZ	NED	200000303					4:19.51	+0.71	
	50m: 28.24	28.24	150m: 1:33.09	32.77	250m: 2:39.11	33.05	350m: 3:46.55	33.83			
	100m: 1:00.32	32.08	200m: 2:06.06	32.97	300m: 3:12.72	33.61	400m: 4:19.51	32.96			
5.	Guus Hoogduin	ZVL-1886	NED	200201069					4:25.02	+0.72	
	50m: 29.14	29.14	150m: 1:35.02	33.31	250m: 2:42.74	34.07	350m: 3:51.87	34.52			
	100m: 1:01.71	32.57	200m: 2:08.67	33.65	300m: 3:17.35	34.61	400m: 4:25.02	33.15			
6.	Jacco Nijland <i>*200m</i>	ZPC De Hof	NED	200400081					4:30.32	+0.87	
	50m: 30.70	30.70	150m: 1:39.15	33.99	250m: 2:47.46	33.81	350m: 3:58.07	36.14			
	100m: 1:05.16	34.46	200m: 2:13.65	34.50	300m: 3:21.93	34.47	400m: 4:30.32	32.25			
7.	Arjan Dekker	Bubble	NED	200000499					4:34.78	+0.64	
	50m: 27.55	27.55	150m: 1:35.81	34.88	250m: 2:47.54	35.80	350m: 4:00.31	36.17			
	100m: 1:00.93	33.38	200m: 2:11.74	35.93	300m: 3:24.14	36.60	400m: 4:34.78	34.47			
8.	Niels van der Mast	ZOB'66	NED	200401917					4:34.98	+0.70	
	50m: 29.88	29.88	150m: 1:37.31	34.45	250m: 2:48.05	35.81	350m: 4:00.84	36.32			
	100m: 1:02.86	32.98	200m: 2:12.24	34.93	300m: 3:24.52	36.47	400m: 4:34.98	34.14			
9.	Tim Haimé	Blue Marlins	NED	200403567					4:37.03	+0.77	
	50m: 29.22	29.22	150m: 1:36.38	34.79	250m: 2:47.75	35.64	350m: 4:01.20	36.53			
	100m: 1:01.59	32.37	200m: 2:12.11	35.73	300m: 3:24.67	36.92	400m: 4:37.03	35.83			
10.	Stijn den Otter	ZZ&PC De Devel	NED	200200225					4:41.31	+0.59	
	50m: 30.10	30.10	150m: 1:38.20	35.05	250m: 2:51.04	36.49	350m: 4:06.03	37.89			
	100m: 1:03.15	33.05	200m: 2:14.55	36.35	300m: 3:28.14	37.10	400m: 4:41.31	35.28			
11.	Leon Kloots	ZPC De Hof	NED	200001363					4:47.06	+0.76	
	50m: 31.12	31.12	150m: 1:42.64	36.80	250m: 2:56.44	37.18	350m: 4:10.47	37.28			
	100m: 1:05.84	34.72	200m: 2:19.26	36.62	300m: 3:33.19	36.75	400m: 4:47.06	36.59			
12.	Luuk Kresin	Patrick - De Roersoppers (SG)	NED	200303275					4:55.81	+0.68	
	50m: 30.65	30.65	150m: 1:42.75	37.02	250m: 2:59.00	38.42	350m: 4:17.46	39.58			
	100m: 1:05.73	35.08	200m: 2:20.58	37.83	300m: 3:37.88	38.88	400m: 4:55.81	38.35			
Masters 25+											
1.	Jelle Blankestijn	ZPC AMERSFOORT	NED	199803737					4:24.45	+0.74	
	50m: 29.25	29.25	150m: 1:36.71	34.31	250m: 2:44.44	33.64	350m: 3:52.07	33.77			
	100m: 1:02.40	33.15	200m: 2:10.80	34.09	300m: 3:18.30	33.86	400m: 4:24.45	32.38			
2.	Jeffrey Roest	Zwemvereniging Hoogland	NED	199703401					4:37.37	+0.71	
	50m: 30.67	30.67	150m: 1:37.92	34.26	250m: 2:49.87	36.37	350m: 4:02.29	36.30			
	100m: 1:03.66	32.99	200m: 2:13.50	35.58	300m: 3:25.99	36.12	400m: 4:37.37	35.08			
3.	Wesley van der Luit	Sassenheim	NED	199701895					4:41.07	+0.80	
	50m: 31.68	31.68	150m: 1:42.65	36.33	250m: 2:54.95	36.07	350m: 4:06.49	36.05			
	100m: 1:06.32	34.64	200m: 2:18.88	36.23	300m: 3:30.44	35.49	400m: 4:41.07	34.58			
4.	Lars Jacobsen	DWK	NED	199705453	S14				4:43.47	+0.78	670
	50m: 30.13	30.13	150m: 1:39.22	35.39	250m: 2:53.18	36.77	350m: 4:08.12	36.92			
	100m: 1:03.83	33.70	200m: 2:16.41	37.19	300m: 3:31.20	38.02	400m: 4:43.47	35.35			

Programmanr. 4, Heren, 400m vrije slag

Masters 30+

1.	Mike Schel	ENC Arnhem	NED	199403279	4:23.88	+0.73
	50m: 29.93	29.93	150m: 1:36.32	33.60	250m: 2:43.82	33.86
	100m: 1:02.72	32.79	200m: 2:09.96	33.64	300m: 3:17.83	34.01
					350m: 3:51.73	33.90
					400m: 4:23.88	32.15
2.	Patrick Creemers	Patrick - De Roersoppers (SG)	NED	199000579	4:34.58	+0.70
	50m: 29.73	29.73	150m: 1:40.08	35.92	250m: 2:51.37	35.37
	100m: 1:04.16	34.43	200m: 2:16.00	35.92	300m: 3:26.64	35.27
					350m: 4:01.24	34.60
					400m: 4:34.58	33.34
3.	Tim Bunnik	Triton	NED	199000505	4:35.62	+0.81
	50m: 30.38	30.38	150m: 1:39.64	35.21	250m: 2:51.14	35.57
	100m: 1:04.43	34.05	200m: 2:15.57	35.93	300m: 3:26.73	35.59
					350m: 4:02.31	35.58
					400m: 4:35.62	33.31
4.	Roderick van Doeselaar	Scheldestroom	NED	199200261	4:40.63	
	50m: 31.11	31.11	150m: 1:42.29	35.64	250m: 2:54.43	36.14
	100m: 1:06.65	35.54	200m: 2:18.29	36.00	300m: 3:30.75	36.32
					350m: 4:06.64	35.89
					400m: 4:40.63	33.99
5.	Jeffrey van 't Schip	AZC	NED	199102035	4:48.39	+0.78
	50m: 31.03	31.03	150m: 1:41.22	36.00	250m: 2:56.48	37.98
	100m: 1:05.22	34.19	200m: 2:18.50	37.28	300m: 3:34.30	37.82
					350m: 4:12.18	37.88
					400m: 4:48.39	36.21
6.	Niels Bent	WS Twente	NED	199400465	4:48.91	
	50m: 32.00	32.00	150m: 1:43.78	36.20	250m: 2:57.59	37.02
	100m: 1:07.58	35.58	200m: 2:20.57	36.79	300m: 3:34.92	37.33
					350m: 4:12.16	37.24
					400m: 4:48.91	36.75
7.	Jeroen Matthijssen	AZC	NED	199103751	4:50.75	+0.70
	50m: 29.58	29.58	150m: 1:41.57	36.95	250m: 2:54.44	35.39
	100m: 1:04.62	35.04	200m: 2:19.05	37.48	300m: 3:32.96	38.52
					350m: 4:11.76	38.80
					400m: 4:50.75	38.99
8.	Jacco Doest	DWK	NED	199400711	4:52.42	+0.92
	50m: 32.15	32.15	150m: 1:43.26	36.34	250m: 2:57.44	37.43
	100m: 1:06.92	34.77	200m: 2:20.01	36.75	300m: 3:35.71	38.27
					350m: 4:14.39	38.68
					400m: 4:52.42	38.03
9.	Marc Hoogendam	Blue Marlins	NED	199007713	5:04.18	
	50m: 30.87	30.87	150m: 1:44.69	38.12	250m: 3:03.46	40.04
	100m: 1:06.57	35.70	200m: 2:23.42	38.73	300m: 3:43.86	40.40
					350m: 4:24.31	40.45
					400m: 5:04.18	39.87
10.	Ruben de Boer	Zwemvereniging Hoogland	NED	199301419	5:24.02	+0.80
	50m: 37.19	37.19	150m: 1:58.47	40.71	250m: 3:20.13	40.85
	100m: 1:17.76	40.57	200m: 2:39.28	40.81	300m: 4:01.42	41.29
					350m: 4:42.90	41.48
					400m: 5:24.02	41.12

Masters 35+

1.	Miquel Monros Coma	Luxembourg Sharks Swimming CLUX	11807	4:19.07		
	<i>Luxembourg Masters Record, voor 50, 100, 200, 400m</i>					
	50m: 28.48	28.48	150m: 1:31.77	32.24	250m: 2:37.49	
	100m: 59.53	31.05	200m: 2:04.38	32.61	300m: 3:11.15	
					33.11	
					350m: 3:45.50	
					36.66	
					400m: 4:19.07	
					33.57	
2.	Yigit Guven	Newham & University of East Lorb	GBR (U1844061)nming Club	4:40.41	+0.87	
	50m: 31.65	31.65	150m: 1:42.49	35.74	250m: 2:54.24	
	100m: 1:06.75	35.10	200m: 2:18.61	36.12	300m: 3:29.81	
					35.63	
					350m: 4:05.67	
					36.86	
					400m: 4:40.41	
					34.74	
3.	Wessel Everloo	WS Twente	NED	198906597	4:50.08	+0.86
	<i>*50, 100m</i>					
	50m: 32.20	32.20	150m: 1:46.19	37.76	250m: 2:59.82	
	100m: 1:08.43	36.23	200m: 2:23.11	36.92	300m: 3:37.62	
					36.71	
					350m: 4:15.31	
					37.69	
					400m: 4:50.08	
					34.77	
4.	Sander van Elburg	De Dokkelaers	NED	198800937	4:58.18	+0.78
	50m: 31.70	31.70	150m: 1:43.06	36.41	250m: 2:58.83	
	100m: 1:06.65	34.95	200m: 2:20.56	37.50	300m: 3:38.71	
					38.27	
					350m: 4:18.87	
					39.88	
					400m: 4:58.18	
					39.31	
5.	Sander van Tilburg	De Biesboschwemmers	NED	198604609	5:22.98	+0.83
	50m: 35.41	35.41	150m: 1:55.31	40.38	250m: 3:18.26	
	100m: 1:14.93	39.52	200m: 2:36.62	41.31	300m: 4:00.10	
					41.64	
					350m: 4:41.71	
					41.84	
					400m: 5:22.98	
					41.27	
6.	Dirk de Vree	De Biesboschwemmers	NED	198806361	5:57.17	+0.75
	50m: 40.43	40.43	150m: 2:09.34	44.98	250m: 3:41.29	
	100m: 1:24.36	43.93	200m: 2:55.01	45.67	300m: 4:27.85	
					46.28	
					350m: 5:13.96	
					46.11	
					400m: 5:57.17	
					43.21	

Masters 40+

1.	Pieter Pickhardt	ZPC De Hof	NED	198301657	4:32.86	+0.82
	50m: 30.76	30.76	150m: 1:38.17	34.05	250m: 2:47.08	
	100m: 1:04.12	33.36	200m: 2:12.56	34.39	300m: 3:22.19	
					34.52	
					350m: 3:57.56	
					35.37	
					400m: 4:32.86	
					35.30	
2.	Kristiaan Lenos	ZVL-1886	NED	198301331	4:40.92	+0.74
	50m: 28.59	28.59	150m: 1:34.35	33.62	250m: 2:45.88	
	100m: 1:00.73	32.14	200m: 2:09.67	35.32	300m: 3:23.20	
					36.21	
					350m: 4:01.93	
					37.32	
					400m: 4:40.92	
					38.99	

Programmanr. 4, Heren, 400m vrije slag, Masters 40+

rang	naam	vereniging	tijd	RT	PARA
3.	Frank v.d. Voordt *100	De Schotejil	4:40.94	+0.82	
	50m: 31.47 31.47 100m: 1:05.66 34.19	150m: 1:40.78 35.12 200m: 2:16.44 35.66	250m: 2:52.78 36.34 300m: 3:29.12 36.34	350m: 4:05.54 36.42 400m: 4:40.94 35.40	
4.	Grzegorz Kasprzyk	ZVVS	4:58.41	+0.73	
	50m: 32.80 32.80 100m: 1:09.26 36.46	150m: 1:46.52 37.26 200m: 2:24.64 38.12	250m: 3:03.67 39.03 300m: 3:42.86 39.19	350m: 4:21.83 38.97 400m: 4:58.41 36.58	
5.	Wagner Augusto Camargo	ZZ&PC De Devel	4:59.45	+0.86	
	50m: 33.05 33.05 100m: 1:09.05 36.00	150m: 1:46.02 36.97 200m: 2:23.80 37.78	250m: 3:02.25 38.45 300m: 3:41.73 39.48	350m: 4:20.70 38.97 400m: 4:59.45 38.75	

Masters 45+

1.	Håkon Skaarud Mr Karlsen <i>Kampioenschapsrecord</i>	Oslo I.L	4:20.24		
	50m: 29.66 29.66 100m: 1:01.62 31.96	150m: 1:34.24 32.62 200m: 2:07.01 32.77	250m: 2:40.29 33.28 300m: 3:13.98 33.69	350m: 3:47.94 33.96 400m: 4:20.24 32.30	
2.	Ivo Roozeboom	WVZ	4:30.74	+0.76	
	50m: 29.39 29.39 100m: 1:03.93 34.54	150m: 1:38.92 34.99 200m: 2:14.19 35.27	250m: 2:49.14 34.95 300m: 3:23.96 34.82	350m: 3:58.33 34.37 400m: 4:30.74 32.41	
3.	Martijn Butter	OEZA	4:32.73	+0.85	
	50m: 30.08 30.08 100m: 1:03.17 33.09	150m: 1:37.70 34.53 200m: 2:12.81 35.11	250m: 2:48.02 35.21 300m: 3:23.61 35.59	350m: 3:59.23 35.62 400m: 4:32.73 33.50	
4.	Mark Hensen	Niemo Barracuda	4:42.36	+0.79	
	50m: 29.11 29.11 100m: 1:02.16 33.05	150m: 1:36.55 34.39 200m: 2:12.92 36.37	250m: 2:50.72 37.80 300m: 3:28.46 37.74	350m: 4:05.50 37.04 400m: 4:42.36 36.86	
5.	Maarten van der Zwan	Scheldestroom	4:57.01	+0.85	
	50m: 30.98 30.98 100m: 1:05.87 34.89	150m: 1:42.45 36.58 200m: 2:20.42 37.97	250m: 2:59.15 38.73 300m: 3:37.90 38.75	350m: 4:17.38 39.48 400m: 4:57.01 39.63	
6.	Freddie Geerlings	Zwemsport Parkstad	4:57.22	+0.80	
	50m: 32.06 32.06 100m: 1:07.39 35.33	150m: 1:44.59 37.20 200m: 2:22.34 37.75	250m: 3:00.80 38.46 300m: 3:40.05 39.25	350m: 4:19.70 39.65 400m: 4:57.22 37.52	
7.	Jeroen Meuleners	Patrick - De Roersoppers (SG)	5:02.61	+0.84	
	50m: 33.97 33.97 100m: 1:10.50 36.53	150m: 1:48.36 37.86 200m: 2:26.79 38.43	250m: 3:05.59 38.80 300m: 3:44.64 39.05	350m: 4:24.05 39.41 400m: 5:02.61 38.56	
8.	René Spaans	DES	5:16.99		
	50m: 35.71 35.71 100m: 1:14.91 39.20	150m: 1:54.48 39.57 200m: 2:34.40 39.92	250m: 3:14.59 40.19 300m: 3:55.52 40.93	350m: 4:36.46 40.94 400m: 5:16.99 40.53	
9.	Steven Prins	HHZV Plons	5:20.95		
	50m: 35.43 35.43 100m: 1:15.15 39.72	150m: 1:55.55 40.40 200m: 2:36.13 40.58	250m: 3:17.67 41.54 300m: 3:59.15 41.48	350m: 4:40.72 41.57 400m: 5:20.95 40.23	
10.	Tom Bandsma	PSV	5:31.30	+0.54	
	50m: 36.28 36.28 100m: 1:16.55 40.27	150m: 1:58.49 41.94 200m: 2:40.93 42.44	250m: 3:23.52 42.59 300m: 4:06.61 43.09	350m: 4:49.96 43.35 400m: 5:31.30 41.34	
11.	Ingmar Kooman	ZVL-1886	5:46.83	+0.83	
	50m: 36.05 36.05 100m: 1:18.69 42.64	150m: 2:03.36 44.67 200m: 2:47.94 44.58	250m: 3:32.98 45.04 300m: 4:18.44 45.46	350m: 5:03.38 44.94 400m: 5:46.83 43.45	
12.	Marcel van Walt van Praag *100m	Gay Swim Amsterdam	5:56.60		
	50m: 38.31 38.31 100m: 1:22.75 44.44	150m: 2:09.58 46.83 200m: 2:55.03 45.45	250m: 3:40.54 45.51 300m: 4:27.82 47.28	350m: 5:13.86 46.04 400m: 5:56.60 42.74	

Masters 50+

1.	Richard Rickens	Hellas-Glana	4:50.07	+0.80	
	50m: 32.30 32.30 100m: 1:07.81 35.51	150m: 1:44.47 36.66 200m: 2:21.53 37.06	250m: 2:58.55 37.02 300m: 3:36.13 37.58	350m: 4:13.58 37.45 400m: 4:50.07 36.49	
2.	Casper van den Burgh	Sassenheim	4:58.43	+0.90	
	50m: 32.72 32.72 100m: 1:08.64 35.92	150m: 1:46.16 37.52 200m: 2:24.45 38.29	250m: 3:02.85 38.40 300m: 3:41.91 39.06	350m: 4:20.91 39.00 400m: 4:58.43 37.52	
3.	Pieter Veenstra	DZ&PC	5:00.91	+0.80	
	50m: 32.03 32.03 100m: 1:07.22 35.19	150m: 1:44.22 37.00 200m: 2:22.14 37.92	250m: 3:00.83 38.69 300m: 3:40.23 39.40	350m: 4:20.54 40.31 400m: 5:00.91 40.37	

Programmanr. 4, Heren, 400m vrije slag, Masters 50+

rang	naam	vereniging	tijd	RT	PARA	
4.	Chris Kouwenhoven	De Grunte	5:23.01			
	50m: 35.19	35.19	150m: 1:56.27	41.47	250m: 3:19.66	41.83
	100m: 1:14.80	39.61	200m: 2:37.83	41.56	300m: 4:01.32	41.66
					350m: 4:42.69	41.37
					400m: 5:23.01	40.32
5.	Wouter van der Stelt <i>*100m</i>	De Biesboschzwemmers	5:36.61	+0.82		
	50m: 36.83	36.83	150m: 2:00.49	43.31	250m: 3:27.08	43.72
	100m: 1:17.18	40.35	200m: 2:43.36	42.87	300m: 4:10.55	43.47
					350m: 4:53.44	42.89
					400m: 5:36.61	43.17
6.	Jeroen Hoeksels	ZVVS	6:12.66			
	50m: 40.37	40.37	150m: 2:11.70	46.72	250m: 3:46.20	47.62
	100m: 1:24.98	44.61	200m: 2:58.58	46.88	300m: 4:34.41	48.21
					350m: 5:23.71	49.30
					400m: 6:12.66	48.95

Masters 55+

1.	Nikolai Voronin <i>Spanish Masters Record</i>	CN Torrevieja	4:37.57	+0.77		
	50m: 30.97	30.97	150m: 1:40.58	34.84	250m: 2:51.03	35.08
	100m: 1:05.74	34.77	200m: 2:15.95	35.37	300m: 3:26.69	35.66
					350m: 4:02.50	35.81
					400m: 4:37.57	35.07
2.	Erlend Mr Alstad	Oslo I.L	4:40.80	+0.79		
	50m: 32.63	32.63	150m: 1:44.73	36.30	250m: 2:56.78	35.32
	100m: 1:08.43	35.80	200m: 2:21.46	36.73	300m: 3:32.44	35.66
					350m: 4:07.38	34.94
					400m: 4:40.80	33.42
3.	Gijsbert van der Leden	PSV	4:40.86	+0.60		
	50m: 31.95	31.95	150m: 1:42.59	35.66	250m: 2:54.81	36.12
	100m: 1:06.93	34.98	200m: 2:18.69	36.10	300m: 3:30.89	36.08
					350m: 4:07.13	36.24
					400m: 4:40.86	33.73
4.	John Hardeman	Zwemlust- den Hommel	4:48.54	+0.76		
	50m: 31.71	31.71	150m: 1:43.77	36.58	250m: 2:57.77	36.97
	100m: 1:07.19	35.48	200m: 2:20.80	37.03	300m: 3:35.12	37.35
					350m: 4:12.32	37.20
					400m: 4:48.54	36.22
5.	Edwin Petri	De Otters Het Gooi	5:04.62	+0.88		
	50m: 34.66	34.66	150m: 1:50.62	38.40	250m: 3:08.66	38.33
	100m: 1:12.22	37.56	200m: 2:30.33	39.71	300m: 3:47.45	38.79
					350m: 4:26.19	38.74
					400m: 5:04.62	38.43
6.	Frank van Nobelen	Sassenheim	5:09.46			
	50m: 33.47	33.47	150m: 1:48.52	37.91	250m: 3:07.41	39.38
	100m: 1:10.61	37.14	200m: 2:28.03	39.51	300m: 3:47.75	40.34
					350m: 4:28.94	41.19
					400m: 5:09.46	40.52
7.	Leon Slingerland	WVZ	5:32.72			
	50m: 34.60	34.60	150m: 1:56.87	42.05	250m: 3:24.24	43.38
	100m: 1:14.82	40.22	200m: 2:40.86	43.99	300m: 4:07.65	43.41
					350m: 4:51.39	43.74
					400m: 5:32.72	41.33
8.	Olivier Bresoux	Cercle De Natation Sportcity WolBEL	5:37.21	+0.82		
	50m: 38.67	38.67	150m: 2:03.66	43.01	250m: 3:30.81	43.48
	100m: 1:20.65	41.98	200m: 2:47.33	43.67	300m: 4:14.55	43.74
					350m: 4:56.88	42.33
					400m: 5:37.21	40.33

Masters 60+

1.	Johan Remmits	ZPC AMERSFOORT	4:47.69	+0.90		
	50m: 31.99	31.99	150m: 1:43.27	36.19	250m: 2:56.86	37.03
	100m: 1:07.08	35.09	200m: 2:19.83	36.56	300m: 3:33.71	36.85
					350m: 4:10.98	37.27
					400m: 4:47.69	36.71
2.	Jon Christensen <i>Luxembourg Masters Record, voor 100, 200, 400m, *50m</i>	Luxembourg Sharks Swimming CLUX	4:56.68	+0.76		
	50m: 33.40	33.40	150m: 1:45.55	36.64	250m: 3:00.94	37.88
	100m: 1:08.91	35.51	200m: 2:23.06	37.51	300m: 3:39.35	38.41
					350m: 4:18.18	38.83
					400m: 4:56.68	38.50
3.	Gert Sikkema <i>*200m</i>	Zwemclub Urk 1978	5:34.81	+0.90		
	50m: 37.49	37.49	150m: 2:01.39	42.02	250m: 3:28.34	43.68
	100m: 1:19.37	41.88	200m: 2:44.66	43.27	300m: 4:11.27	42.93
					350m: 4:54.37	43.10
					400m: 5:34.81	40.44
4.	Jiri Janovsky	Plavecký klub Stráz pod RalskemCZE	5:45.60			
	50m: 38.94	38.94	150m: 2:03.15	42.14	250m: 3:30.41	44.40
	100m: 1:21.01	42.07	200m: 2:46.01	42.86	300m: 4:15.55	45.14
					350m: 5:01.28	45.73
					400m: 5:45.60	44.32
5.	Richard Tiemstra	De Biesboschzwemmers	5:57.53			
	50m: 39.08	39.08	150m: 2:07.21	44.36	250m: 3:38.55	45.84
	100m: 1:22.85	43.77	200m: 2:52.71	45.50	300m: 4:25.52	46.97
					350m: 5:12.81	47.29
					400m: 5:57.53	44.72
6.	Casper Dollekamp	Steenwijk 1934	6:34.86	+0.80		
	50m: 38.43	38.43	150m: 2:05.97	44.89	250m: 3:46.49	52.30
	100m: 1:21.08	42.65	200m: 2:54.19	48.22	300m: 4:42.19	55.70
					350m: 5:38.66	56.47
					400m: 6:34.86	56.20

Programmanr. 4, Heren, 400m vrije slag, Masters 60+

rang	naam	vereniging	tijd	RT	PARA
7.	Jan Willem Heuten	WS Twente	6:40.15	+0.55	
	50m: 41.62	150m: 2:21.32	51.03	250m: 4:06.45	52.67
	100m: 1:30.29	200m: 3:13.78	52.46	300m: 4:58.31	51.86
				350m: 5:49.93	51.62
				400m: 6:40.15	50.22

Masters 65+

1.	Henk Slomp	De Inktvis	5:37.90	+0.98	
	50m: 36.82	150m: 2:01.07	42.95	250m: 3:29.54	44.73
	100m: 1:18.12	200m: 2:44.81	43.74	300m: 4:14.03	44.49
				350m: 4:57.39	43.36
				400m: 5:37.90	40.51
2.	Paul Bunnik	Triton	5:52.01	+0.84	
	50m: 35.80	150m: 2:02.35	44.61	250m: 3:34.12	46.09
	100m: 1:17.74	200m: 2:48.03	45.68	300m: 4:21.88	47.76
				350m: 5:08.73	46.85
				400m: 5:52.01	43.28
3.	Wolfgang Rossa	TPSK 1925 e.V.	6:06.44 *	+0.96	
	50m: 41.73	150m: 2:12.44	46.18	250m: 3:46.00	46.55
	100m: 1:26.26	200m: 2:59.45	47.01	300m: 4:32.91	46.91
				350m: 5:19.12	46.21
				400m: 6:06.44	47.32
4.	Lex Hoogendam	ZZ&PC De Devel	6:22.65	+0.98	
	50m: 40.21	150m: 2:14.29	48.00	250m: 3:53.69	49.64
	100m: 1:26.29	200m: 3:04.05	49.76	300m: 4:43.39	49.70
				350m: 5:33.25	49.86
				400m: 6:22.65	49.40
5.	André Pantekoek	PSV	7:15.17		
	50m: 44.56	150m: 2:33.75	55.51	250m: 4:29.14	58.73
	100m: 1:38.24	200m: 3:30.41	56.66	300m: 5:27.76	58.62
				350m: 6:24.92	57.16
				400m: 7:15.17	50.25

Masters 70+

1.	Sverre Kile	Bergen og Omegn Masters	5:24.37	+0.69	
	50m: 38.33	150m: 2:01.90	42.27	250m: 3:24.44	40.91
	100m: 1:19.63	200m: 2:43.53	41.63	300m: 4:05.19	40.75
				350m: 4:46.10	40.91
				400m: 5:24.37	38.27
2.	Karl-Heinz Nottrodt	SG Mönchengladbach	5:28.59	+0.79	
	50m: 37.51	150m: 1:59.83	42.08	250m: 3:24.89	42.64
	100m: 1:17.75	200m: 2:42.25	42.42	300m: 4:07.04	42.15
				350m: 4:48.75	41.71
				400m: 5:28.59	39.84
3.	Charles Bos	Patrick - De Roersoppers (SG)	5:51.69	+0.79	
	50m: 39.05	150m: 2:08.37	45.45	250m: 3:39.13	45.10
	100m: 1:22.92	200m: 2:54.03	45.66	300m: 4:23.97	44.84
				350m: 5:08.83	44.86
				400m: 5:51.69	42.86
4.	Laurens Klein Breteler	WS Twente	6:20.24	+0.95	
	50m: 39.32	150m: 2:12.16	48.39	250m: 3:50.33	49.58
	100m: 1:23.77	200m: 3:00.75	48.59	300m: 4:39.64	49.31
				350m: 5:29.73	50.09
				400m: 6:20.24	50.51
5.	Pierre Monnet	Entente Sportive Nanterre	6:28.44		
	50m: 42.92	150m: 2:18.69	49.14	250m: 3:58.39	50.05
	100m: 1:29.55	200m: 3:08.34	49.65	300m: 4:48.86	50.47
				350m: 5:39.40	50.54
				400m: 6:28.44	49.04
6.	Rob Berkhof	Swol 1894	7:13.11		
	50m: 46.77	150m: 2:33.47	54.56	250m: 4:24.92	55.93
	100m: 1:38.91	200m: 3:28.99	55.52	300m: 5:21.25	56.33
				350m: 6:18.04	56.79
				400m: 7:13.11	55.07

Masters 75+

1.	Wout Hemmes	De Plons	6:30.89	+0.60	
	50m: 44.91	150m: 2:24.13	50.49	250m: 4:04.94	50.40
	100m: 1:33.64	200m: 3:14.54	50.41	300m: 4:54.32	49.38
				350m: 5:43.08	48.76
				400m: 6:30.89	47.81
2.	Willem Putter	ZVVS	6:56.77		
	50m: 43.68	150m: 2:27.74	52.72	250m: 4:15.80	54.55
	100m: 1:35.02	200m: 3:21.25	53.51	300m: 5:10.04	54.24
				350m: 6:04.16	54.12
				400m: 6:56.77	52.61
3.	Nico van Dongen	ZZ&PC De Devel	9:17.30		
	50m: 55.68	150m: 3:14.65	1:12.35	250m: 5:39.04	1:12.37
	100m: 2:02.30	200m: 4:26.67	1:12.02	300m: 6:53.05	1:14.01
				350m: 8:05.08	1:12.03
				400m: 9:17.30	1:12.22

Masters 80+

1.	Geza Kaltenecker	AZC	7:42.74	+0.92	
	50m: 46.51	150m: 2:42.04	58.76	250m: 4:42.19	59.71
	100m: 1:43.28	200m: 3:42.48	1:00.44	300m: 5:42.60	1:00.41
				350m: 6:43.00	1:00.40
				400m: 7:42.74	59.74
2.	Rob Hanou	PSV	7:47.10		
	50m: 51.86	150m: 2:54.06	1:01.25	250m: 4:53.98	59.84
	100m: 1:52.81	200m: 3:54.14	1:00.08	300m: 5:53.80	59.82
				350m: 6:52.35	58.55
				400m: 7:47.10	54.75

Programmanr. 4, Heren, 400m vrije slag

Masters 85+

1. Frederik Hendrik de Bruijn	CN Aquamasters	ESP	6:55.54								
<i>Kampioenschapsrecord, *50m</i>											
50m:	50.12	50.12	150m:	2:33.09	52.79	250m:	4:18.40	52.49	350m:	6:04.05	52.80
100m:	1:40.30	50.18	200m:	3:25.91	52.82	300m:	5:11.25	52.85	400m:	6:55.54	51.49

Programmanr. 5
22-11-2024 - 11:45

Dames, 100m schoolslag

Masters Open
Resultaten

rang naam	vereniging			tijd	RT	PARA	50m	100m
Masters 20+								
1. Inge Koekoek	DWK	NED	200401648	1:14.08			34.61	1:14.08
2. Noël Iris Hettinga	Neptunia '24	NED	200002536	1:16.48	+0.75		35.74	1:16.48
Christel Brugmans	Hieronymus	NED	200005602	1:16.48	+0.69		35.66	1:16.48
4. Jolien Wind	ZPC de Kanaalstreek	NED	200100510	1:18.02	+0.73		36.40	1:18.02
5. Sanne Kloezen	Bubble	NED	200204644	1:19.43	+0.76		36.05	1:19.43
6. Lisanne Seising	VZC	NED	200002084	1:20.00	+0.76		37.11	1:20.00
7. Mirelle de Kort	Neptunus'58	NED	200005546	1:20.84			38.03	1:20.84
8. Anneke van der Laan	Orca	NED	200201154	1:21.01	+0.72		37.56	1:21.01
9. Lotte van Gessel	Team Noord Holland (SG)	NED	200300900	1:21.56	+0.80		38.30	1:21.56
10. Kim de Jong	De Columbiaan	NED	200301026	1:21.82	+0.75		37.55	1:21.82
11. Lauren van IJl	WVZ	NED	200001064	1:22.16			38.06	1:22.16
12. Romy van der Zwan	Scheldestroom	NED	200403826	1:23.21	+0.76		38.91	1:23.21
13. Luka Stoker	ZPC de Kanaalstreek	NED	200200558	1:24.78	+0.80		39.64	1:24.78
14. Esmee Kloezen	Bubble	NED	200204646	1:25.81			39.72	1:25.81
15. Maddy van der Hoeven	ZPC AMERSFOORT	NED	200401298	1:25.88	+0.79		40.90	1:25.88
16. Michelle van Wijhe	ZPC AMERSFOORT	NED	200402196	1:26.13	+0.75		40.09	1:26.13
17. Laura Tromp	ZZ&PC De Devel	NED	200000276	1:26.88	+0.70		40.10	1:26.88
18. Cynthia Koolman	Steenwijk 1934	NED	200300232	1:35.32	+0.67		43.64	1:35.32
AFGEM Annabel Kuipers	DWK	NED	200001076					
AFGEM Valesca van den Bogert	Hieronymus	NED	200102138					
AFGEM Ana Nusa Versnik	Blue Marlins	NED	200003496					

Masters 25+

1. Fenna de Groot	Feijenoord Albion Zwemclub	NED	199701796	1:11.10	+0.73		33.25	1:11.10
<i>Nederlands Masters Record</i>								
2. Manon Kloosterman	Zwemlust- den Hommel	NED	199702082	1:18.35	+0.73		36.52	1:18.35
3. Fiona Meuffels	PSV	NED	199504366	1:18.80	+0.70		37.36	1:18.80
4. Anoeska van de Kraats	DWK	NED	199701284	1:20.29	+0.69		37.77	1:20.29
5. Mandy Swart	ZPC AMERSFOORT	NED	199904916	1:21.37	+0.79		37.77	1:21.37
6. Daphne Dols	ZPC Woerden	NED	199904622	1:22.80	+0.76		38.13	1:22.80
7. IJke Mourits	DAW	NED	199903628	1:23.87	+0.83		39.12	1:23.87
8. Maartje Hids	ZVL-1886	NED	199903042	1:25.88	+0.79		41.01	1:25.88
9. Kelly Wigleven	Poseidon'56	NED	199500058	1:26.65	+0.80		40.63	1:26.65
10. Yvette Meijer	Zwemvereniging Hoogland	NED	199706590	1:26.77	+0.92		41.95	1:26.77
11. Djamari Oetringer	Aqua-Novio '94	NED	199600546	1:32.66	+0.81		44.02	1:32.66
12. Pauline Scheele	Scheldestroom	NED	199905456	1:37.26	+0.82		45.16	1:37.26

Masters 30+

1. Jacyntha Plat	Steenwijk 1934	NED	199002956	1:16.78	+0.75		36.03	1:16.78
2. Chantal Meyerink	De Grunte	NED	199105212	1:20.43			37.95	1:20.43
3. Lisa van Milt	ZZ&PC De Devel	NED	199201228	1:20.59	+0.69		37.29	1:20.59
4. Marijke Kommers	Niemo Barracuda	NED	199305334	1:24.11	+0.82		39.80	1:24.11
5. Leontine Groeneveldt	De Duck	NED	199303526	1:27.19	+0.70		40.25	1:27.19

Programmanr. 5, Dames, 100m schoolslag

Masters 35+

1. Marlijn Hendriksen	DIO	NED	198806828	1:21.51	+0.76	38.67	1:21.51
2. Susanne van der Linden	DIO	NED	198802736	1:24.49	+0.79	39.62	1:24.49
3. Suzan Blankestijn	ZVL-1886	NED	198900350	1:25.21	+0.86	40.13	1:25.21
4. Linda van Klei	GZC Donk	NED	198802088	1:26.88	+0.91	40.64	1:26.88
5. Ilse van den Wijngaard	ZPC Woerden	NED	198904736	1:27.43	+0.76	40.28	1:27.43
6. Esther van Maastrigt	Montferland	NED	198802836	1:28.31	+0.73	41.98	1:28.31
7. Liesbeth van Mill	Zwemlust- den Hommel	NED	198702786	1:28.80	+0.89	42.03	1:28.80
8. Janna Brummel	SwimGym	NED	198807018	1:36.60	+0.86	45.53	1:36.60
9. Monique Kok	Octopus - ZVV (SG)	NED	198605398	1:40.62	+0.80	47.39	1:40.62

Masters 40+

1. Laura Badoux	DAW	NED	198200038	1:18.78	+0.85	36.96	1:18.78
2. Nadya Putter	ZVVS	NED	198301630	1:23.83	+0.73	39.77	1:23.83
3. Tonia Ruybroek	Poseidon'56	NED	198101290	1:28.76	+0.94	42.22	1:28.76
4. Renee de Kok	VZV Njord	NED	198403350	1:30.17	+0.75	41.42	1:30.17
5. Michelle de Villiers	Hellas-Glana	NED	198302944	1:32.19	+0.74	43.87	1:32.19
6. Roelien Stegeman	Swol 1894	NED	198102350	1:32.58	+0.81	43.04	1:32.58
7. Angelique Wammes	Zwemvereniging Hoogland	NED	198403604	1:34.14	+0.73	44.92	1:34.14

Masters 45+

1. Rebecca Irvine-Pronk	De Otters Het Gooi	NED	197500982	1:30.72	+0.93	42.70	1:30.72
2. Marleen Zantingh	Old Dutch	NED	197801378	1:31.03	+0.74	43.64	1:31.03
3. Inge Roskam	De Duinkickers	NED	197801296	1:32.42	+0.81	43.42	1:32.42
4. Patricia Brooijmans	Old Dutch	NED	197901608	1:33.31		44.46	1:33.31
5. Marian Nederlof	De Geul	NED	197600950	1:38.73	+0.78	46.97	1:38.73
6. Andrea Köhler	SwimGym	NED	197601208	1:43.24	+0.76	51.11	1:43.24

Masters 50+

1. Trudy Ketting	PSV	NED	197000268	1:23.03	+0.73	39.02	1:23.03
2. Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	NED	197000054	1:25.60	+0.82	40.55	1:25.60
3. Katharina Schlipp	AZL	NED	197301004	1:26.07	+0.79	40.82	1:26.07
4. Edith Janssen-Koolen	TRB-RES	NED	197300898	1:26.19	+0.71	40.58	1:26.19
5. Annette de Visser	Oceanus	NED	197100602	1:32.50	+0.90	43.96	1:32.50
6. Valérie Rolland	Cercle De Natation Sportcity VBELwe CNSW/004276/71	NED	197300852	1:32.78	+0.74	44.25	1:32.78
7. Pascale Janssen	Patrick - De Roersoppers (SG)	NED	197300852	1:34.23	+0.91	44.78	1:34.23
8. Bianca Hertogh - Buijsse	Scheldestroom	NED	197400910	1:36.82		44.96	1:36.82
9. Hilly Brugmans	Hieronymus	NED	197001112	1:37.69	+0.77	45.80	1:37.69
10. Ursula Spoelstra-de Groot	WS Twente	NED	197200952	1:49.25		50.89	1:49.25
11. Judith Sijbers	PSV	NED	197301030	1:55.70	+0.85	54.75	1:55.70

Masters 55+

1. Marjo Goelema-Koek <i>Kampioenschapsrecord</i>	De Biesboschwimmers	NED	196900192	1:21.41	+0.75	37.27	1:21.41
2. Annette Wijnja-Visser	De Biesboschwimmers	NED	196700528	1:25.33		40.25	1:25.33
3. Jacqueline Tuin	DAW	NED	196600690	1:26.21	+0.78	40.66	1:26.21
4. Iris van Aurich	DWK	NED	196900866	1:32.11		43.66	1:32.11
5. Annette Korving-Leijenaar	Aqualero	NED	196700662	1:32.95	+0.73	44.12	1:32.95
6. Ina van der Molen	WS Twente	NED	196900938	1:38.96	*+0.81	46.38	1:38.96
7. K. van Nassau-van den Heuvel	Old Dutch	NED	196600188	1:41.44	+0.88	47.88	1:41.44
8. Caroline Kruger	Feijenoord Albion Zwemclub	NED	196800928	1:41.76	+0.79	46.44	1:41.76
9. Machteld Stilting	ZPC AMERSFOORT	NED	196600716	1:44.29	+0.83	50.35	1:44.29

Programmanr. 5, Dames, 100m schoolslag

Masters 60+

1. Yoka de Vegt-van Dijk	ENC Arnhem	NED	196200420	1:39.42	+0.87	47.33	1:39.42
2. Inge Wolfs	HHZV Plons	NED	196000304	1:44.04	+0.93	48.88	1:44.04
3. Lia Bijkerk	GZC Donk	NED	196000014	1:48.91	+0.99	52.47	1:48.91
4. Erica Muller	De Geul	NED	196400412	1:52.52	+0.85	52.77	1:52.52
5. Jacqueline Brouwer	EZV	NED	196100296	1:57.75	+0.87	55.17	1:57.75

Masters 65+

1. Linda Wibbelink	Steenwijk 1934	NED	195900158	1:42.32	+0.84	49.40	1:42.32
2. Marijke van Hoek	ZPC De Zeeuwse Kust	NED	195800050	1:44.46	+0.65	50.37	1:44.46
3. Liudmila Skopina	Cercle De Natation Sportcity VBELwe	CNSW/010673/57		1:44.88		49.22	1:44.88
4. Hannie Poletiek	TriVia	NED	195900278	1:48.59		52.21	1:48.59
NG Mies Kuipers	Old Dutch	NED	195800202				
NG Ria Peters-Veurman	ENC Arnhem	NED	195800242				

Masters 70+

1. Tineke van Diggelen	ZPCH	NED	195200048	2:05.80		59.04	2:05.80
2. Elly Maassen	Hellas-Glana	NED	195000044	2:06.69	+0.92	58.77	2:06.69
3. Geerdien Meerwaldt	De Geul	NED	195200058	2:20.46		1:06.99	2:20.46

Masters 75+

1. A. Verhoeven - Steggerda <i>Kampioenschapsrecord</i>	De Duinkickers	NED	194600024	2:11.24	+0.88	57.79	2:11.24
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Masters 85+

1. Marie Smits	Old Dutch	NED	193800004	2:46.43		1:19.48	2:46.43
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Programmanr. 6
22-11-2024 - 12:11

Heren, 100m schoolslag

Masters Open
Resultaten

rang naam	vereniging			tijd	RT	PARA	50m	100m
Masters 20+								
1. Jason van den Berg <i>Nederlands Masters Record, voor 50, 100m</i>	Blue Marlines	NED	200400009	1:01.00	+0.65		27.83	1:01.00
2. Darren Chen	ZPC AMERSFOORT	NED	200001149	1:05.33	+0.63		30.13	1:05.33
3. Dave van den Nieuwendijk	De Columbiaan	NED	200100475	1:06.03	+0.75		30.84	1:06.03
4. Arjan Dekker	Bubble	NED	200000499	1:06.61	+0.62		30.78	1:06.61
5. Junior Vermeulen	De Bevelanders	NED	200103363	1:07.41	+0.67		30.97	1:07.41
6. Jorian Darwinkel	HZ&PC Heerenveen	NED	200300565	1:07.43			30.93	1:07.43
7. Jelle Opmeer	ZPC AMERSFOORT	NED	200100269	1:08.97	+0.66		31.83	1:08.97
8. Robin Schols	ACZ	NED	200400433	1:09.49	+0.66		31.78	1:09.49
9. Tim Speijer	Bubble	NED	200301661	1:09.78	+0.70		32.38	1:09.78
10. Robin van Muijen	ZVL-1886	NED	200201059	1:10.94	+0.74		31.67	1:10.94
11. Stijn den Otter	ZZ&PC De Devel	NED	200200225	1:12.03	+0.62		33.02	1:12.03
12. Rens Hoogenboom	Neptunus'58	NED	200403893	1:19.28	+0.60		36.20	1:19.28

Masters 25+

1. Bert Duivenvoorde	De Columbiaan	NED	199701805	1:05.65	+0.69		30.73	1:05.65
2. Ryan van den Ouden	Poseidon'56	NED	199900377	1:08.24	+0.74		31.49	1:08.24
3. Nick Bongers	SBC2000	NED	199800843	1:08.59	+0.67		32.39	1:08.59
4. Nick Sijmons	De Amstel	NED	199500491	1:09.64	+0.66		32.21	1:09.64
5. Richard Kuipers	HZ&PC Heerenveen	NED	199704171	1:11.43	+0.72		33.03	1:11.43
6. John Smit	Poseidon'56	NED	199500613	1:12.96			33.82	1:12.96
7. Kevin Kingma	ACZ	NED	199700559	1:12.97	+0.71		33.26	1:12.97

Programmanr. 6, Heren, 100m schoolslag, Masters 25+

rang naam	vereniging			tijd	RT	PARA	50m	100m
8. Sander van Bentum	Hieronymus	NED	199602391	1:15.30	+0.69		34.52	1:15.30
9. Sam Beer	Poseidon'56	NED	199605521	1:15.51	+0.67		34.26	1:15.51
10. Laurens Spoelstra	WS Twente	NED	199901273	1:15.98	+0.81		35.38	1:15.98
11. Ian van Mullem	ZOB'66	NED	199602545	1:16.54	+0.68		35.66	1:16.54
12. Jeroen van Dinther	Neptunus'58	NED	199701569	1:21.04	+0.75		38.07	1:21.04

Masters 30+

1. Jan Vencel	VSK Univerzita Brno	CZE		1:04.25	+0.73		29.95	1:04.25
2. Stefan Petersen	Blue Marlins	NED	199403067	1:06.20			31.18	1:06.20
3. Patrick Creemers	Patrick - De Roersoppers (SG)	NED	199000579	1:11.72	+0.71		33.33	1:11.72
4. Lars Duijnhouwer	De Biesboschzwemmers	NED	199107161	1:15.04			34.78	1:15.04
5. Jose Horcas Nieto	ZVL-1886	NED	199307445	1:15.51	+0.76		34.64	1:15.51
6. Jeroen Burggraaf	De Blauwe Schuur	NED	199000467	1:18.12	+0.79		36.65	1:18.12
7. Patrick Wobben	Steenwijk 1934	NED	199300559	1:28.11	+0.80		40.84	1:28.11

Masters 35+

1. Niklas Kunst	TPSK 1925 e.V.	GER	115532	1:05.05	+0.66		30.44	1:05.05
2. Jiri Janovsky	Autoškoda Mladá Boleslav	CZE	3247000	1:07.24	+0.79		31.77	1:07.24
3. Sander de Vrught	ENC Arnhem	NED	198903499	1:07.84	+0.67		31.55	1:07.84
4. Yuri van Omme	Zwemvereniging Hoogland	NED	198501887	1:09.89	+0.79		32.77	1:09.89
5. Zdenek Hruby	SppBr - SPORT performance	CZE	63466077	1:10.09	+0.75		32.42	1:10.09
6. Roderik Meijers	ZOB'66	NED	198602063	1:12.65	+0.72		33.32	1:12.65
7. Ricardo van Dam	AZC	NED	198503965	1:15.57	+0.69		35.44	1:15.57
8. Dennis Kraakman	DAW	NED	198705325	1:17.04	+0.68		34.67	1:17.04

Masters 40+

1. Jakub Horacek	VSK Univerzita Brno	CZE		1:05.56	+0.69		30.06	1:05.56
	<i>Czech Masters Record, voor 50, 100m</i>							
2. Kristiaan Lenos	ZVL-1886	NED	198301331	1:12.78	+0.74		33.89	1:12.78
3. Simon van Ravesteijn	WVZ	NED	198002263	1:12.83	+0.74		33.35	1:12.83
4. Ivan van Omme	De Geul	NED	198201263	1:13.81	+0.68		34.17	1:13.81
5. Jim Geestman	Poseidon'56	NED	198300699	1:14.20	+0.80		34.46	1:14.20
6. Albert van Piekeren	Swol 1894	NED	198401767	1:14.42	+0.79		35.01	1:14.42
7. Dennis de Groot	De Zwoer	NED	198300785	1:15.39	+0.66		34.30	1:15.39
8. Wouter Zijlstra	DAW	NED	198202077	1:18.00	+0.79		36.31	1:18.00
9. Michiel Brinkman	DAW	NED	198001991	1:22.34	+0.83		39.52	1:22.34
10. Ralph van der Kleij	AZL	NED	198002553	1:27.04	+0.78		39.86	1:27.04
11. Peter Herzig	Schwimverein beider Basel	SUI	110273	1:29.26	+0.77		41.41	1:29.26

Masters 45+

1. Victor Barnar	GoSwim	NED	197801805	1:10.11			32.68	1:10.11
2. Casper Tichelaar	HZ&PC Heerenveen	NED	197901215	1:10.13			32.87	1:10.13
3. Vincent Versteeg	Zwemlust- den Hommel	NED	197701003	1:10.41	+0.75		33.00	1:10.41
4. Maarten van der Zwan	Scheldestroom	NED	197501017	1:11.66	+0.76		32.90	1:11.66
5. Kees Bakker	Gay Swim Amsterdam	NED	197501055	1:13.40	+0.62		34.08	1:13.40
6. Jim Fanggiday	ZPC Woerden	NED	197902071	1:13.96	+0.80		34.10	1:13.96
7. László Jüllich	ZPCH	NED	197801893	1:16.02			35.88	1:16.02
8. Freddie Geerlings	Zwemsport Parkstad	NED	197900379	1:16.48	+0.84		35.89	1:16.48
9. Arjan de Heer	HHZV Plons	NED	197801995	1:22.67	+0.85		39.22	1:22.67
10. Marcel van Walt van Praag	Gay Swim Amsterdam	NED	197501425	1:26.53	+0.73		40.97	1:26.53
11. Erik Tobé	ZOB'66	NED	197901485	1:26.91	+0.93		40.03	1:26.91
12. Alfonso Verkerk	Blue Marlins	NED	197601665	1:28.72	+0.83		41.33	1:28.72
NG.ZA Christiaan Bouwmeester	SBC2000	NED	197600127					

Programmanr. 6, Heren, 100m schoolslag

Masters 50+

1. Marco Booij	ZPB H&L Productions	NED	197300109	1:12.05	+0.85	32.64	1:12.05
2. Ronald van Ombergen	ZPC De Zeeuwse Kust	NED	197201685	1:14.23	+0.80	35.08	1:14.23
3. Antwan van Engen	CWW Swim team (SG)	NED	197101577	1:14.30	+0.72	34.14	1:14.30
4. Gerrit Orthofer	Team Noord Holland (SG)	NED	197001813	1:15.54	+0.68	35.18	1:15.54
5. Lubos Svanda	VSK Univerzita Brno	CZE		1:18.10	+0.65	35.74	1:18.10
6. Martijn de Jong	DWK	NED	197101659	1:21.28	+0.85	38.48	1:21.28
7. Bas Kremers	TRB-RES	NED	197201611	1:21.50	+0.73	38.04	1:21.50
8. Sagar Jaivant	WZK Zwemmen	NED	197401615	1:22.46	+0.90	38.55	1:22.46
9. Rob van de Ven	Neptunus'58	NED	197101695	1:24.45	+0.72	40.08	1:24.45
10. Alberto Randazzo	DES	NED	197101757	1:28.48	+0.92	40.39	1:28.48

Masters 55+

1. Harold Matla	PSV	NED	196800591	1:12.31	+0.83	33.60	1:12.31
<i>Nederlands Masters Record</i>							
2. Jan-Willem van den Berg	WVZ	NED	196801575	1:14.92	+0.77	35.66	1:14.92
3. Glen Le Clercq	De Rog	NED	196800177	1:16.84	+0.77	35.18	1:16.84
4. Patrick Juncker	Luxembourg Sharks Swimming	LUX	136	1:18.28	+0.80	36.13	1:18.28
5. Erlend Mr Alstad	Oslo I.L	NOR	M210367ERL02	1:18.38	+0.75	37.22	1:18.38
6. Ron Korzelius	ZPC AMERSFOORT	NED	196500513	1:20.91		37.55	1:20.91
7. Hans Schoenmakers	DAW	NED	196900863	1:23.60	+0.88	39.34	1:23.60
8. Mathieu Rikken	De Duinkickers	NED	196701777	1:24.67	+0.86	39.82	1:24.67
9. Joop Weenink	WS Twente	NED	196801535	1:27.56		41.59	1:27.56
10. Gertjan van der Vaart	ZVVS	NED	196801529	1:33.57	+0.74	43.48	1:33.57

Masters 60+

1. Theo Bakker	TriVia	NED	196401231	1:19.50	+0.77	37.36	1:19.50
2. Gert Sikkema	Zwemclub Urk 1978	NED	196300687	1:21.06		37.56	1:21.06
3. Fred Ketting	PSV	NED	196000289	1:23.71	+0.86	38.56	1:23.71
4. Pierre de Groot	GZC Donk	NED	196401431	1:36.45	+0.87	45.64	1:36.45

Masters 65+

1. Wim de Lange	AZC	NED	195800533	1:31.28	+0.63	43.09	1:31.28
2. Paul Bunnik	Triton	NED	195600413	1:31.31	+0.88	41.93	1:31.31
3. Peter Coffeng	GZC Donk	NED	195700063	1:46.21	+0.95	50.33	1:46.21
4. Günther Brod	SSG Saar Max Ritter SV08	GER	234041	1:52.79		53.62	1:52.79
5. André Pantekoek	PSV	NED	195800321	1:57.70		57.13	1:57.70

Masters 70+

1. Charles Bos	Patrick - De Roersoppers (SG)	NED	195300019	1:33.74	+0.81	44.46	1:33.74
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Masters 75+

1. Mans Buis	Swol 1894	NED	194700133	2:06.33		59.85	2:06.33
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Masters 80+

1. Rob Hanou	PSV	NED	194300109	1:55.29	+0.68	54.84	1:55.29
2. Nico Baay	Old Dutch	NED	194200053	1:55.47	+0.86	53.82	1:55.47