

4 - ONMK 2024 kb - Sessie 4

23-11-2024 - 9:30

Programmanr. 16
23-11-2024 - 9:30

Heren, 800m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	tijd	RT	PARA
Masters 20+					
1.	Wouter Zijlstra <i>Kampioenschapsrecord</i>	HZ&PC Heerenveen	NED 200401545	8:28.87	+0.61
	50m: 27.41 27.41	250m: 2:33.82 32.24	450m: 4:43.51 32.68	650m: 6:54.25 32.52	
	100m: 58.02 30.61	300m: 3:06.17 32.35	500m: 5:16.22 32.71	700m: 7:26.62 32.37	
	150m: 1:29.54 31.52	350m: 3:38.53 32.36	550m: 5:49.10 32.88	750m: 7:58.67 32.05	
	200m: 2:01.58 32.04	400m: 4:10.83 32.30	600m: 6:21.73 32.63	800m: 8:28.87 30.20	
2.	Guus Hoogduin	ZVL-1886	NED 200201069	9:08.33	+0.72
	50m: 29.53 29.53	250m: 2:44.65 34.31	450m: 5:04.11 34.95	650m: 7:24.86 35.35	
	100m: 1:02.52 32.99	300m: 3:19.08 34.43	500m: 5:39.27 35.16	700m: 7:59.74 34.88	
	150m: 1:36.30 33.78	350m: 3:54.20 35.12	550m: 6:14.18 34.91	750m: 8:34.92 35.18	
	200m: 2:10.34 34.04	400m: 4:29.16 34.96	600m: 6:49.51 35.33	800m: 9:08.33 33.41	
Masters 25+					
1.	Jorian Tanis <i>Nederlands Masters Record</i>	Feijenoord Albion Zwemclub	NED 199900327	8:40.45	+0.75
	50m: 28.93 28.93	250m: 2:39.91 33.12	450m: 4:52.44 33.01	650m: 7:05.03 33.05	
	100m: 1:01.17 32.24	300m: 3:13.20 33.29	500m: 5:25.57 33.13	700m: 7:37.92 32.89	
	150m: 1:33.66 32.49	350m: 3:46.26 33.06	550m: 5:58.84 33.27	750m: 8:10.08 32.16	
	200m: 2:06.79 33.13	400m: 4:19.43 33.17	600m: 6:31.98 33.14	800m: 8:40.45 30.37	
2.	Jeffrey Camphens	Team Noord Holland (SG)	NED 199503113	9:24.45	+0.64
	50m: 31.41 31.41	250m: 2:52.54 35.50	450m: 5:16.12 35.44	650m: 7:39.71 35.76	
	100m: 1:06.28 34.87	300m: 3:28.59 36.05	500m: 5:52.34 36.22	700m: 8:15.42 35.71	
	150m: 1:41.62 35.34	350m: 4:04.86 36.27	550m: 6:28.27 35.93	750m: 8:50.87 35.45	
	200m: 2:17.04 35.42	400m: 4:40.68 35.82	600m: 7:03.95 35.68	800m: 9:24.45 33.58	
3.	Jeffrey Roest	Zwemvereniging Hoogland	NED 199703401	9:26.12	
	50m: 31.97 31.97	250m: 2:54.40 36.27	450m: 5:19.08 36.05	650m: 7:42.22 35.77	
	100m: 1:06.45 34.48	300m: 3:30.34 35.94	500m: 5:55.36 36.28	700m: 8:18.02 35.80	
	150m: 1:42.03 35.58	350m: 4:06.73 36.39	550m: 6:31.07 35.71	750m: 8:53.35 35.33	
	200m: 2:18.13 36.10	400m: 4:43.03 36.30	600m: 7:06.45 35.38	800m: 9:26.12 32.77	
4.	Jeroen Louwinger	De Rijn	NED 199900583	9:37.83	
	50m: 33.11 33.11	250m: 2:59.12 36.70	450m: 5:26.43 36.75	650m: 7:53.38 36.90	
	100m: 1:09.24 36.13	300m: 3:36.19 36.68	500m: 6:02.96 36.53	700m: 8:29.79 36.41	
	150m: 1:46.03 36.79	350m: 4:13.12 36.93	550m: 6:40.00 37.04	750m: 9:05.29 35.50	
	200m: 2:22.81 36.78	400m: 4:49.68 36.56	600m: 7:16.48 36.48	800m: 9:37.83 32.54	
5.	Jordy van Oel	WVZ	NED 199802003	9:41.33	+0.80
	50m: 32.06 32.06	250m: 2:59.12 37.09	450m: 5:26.47 36.61	650m: 7:53.37 36.55	
	100m: 1:08.21 36.15	300m: 3:36.18 37.06	500m: 6:03.36 36.89	700m: 8:29.93 36.56	
	150m: 1:44.74 36.53	350m: 4:13.08 36.90	550m: 6:39.89 36.53	750m: 9:06.71 36.78	
	200m: 2:22.03 37.29	400m: 4:49.86 36.78	600m: 7:16.82 36.93	800m: 9:41.33 34.62	
6.	Lars Jacobsen	DWK	NED 199705453 S14	9:46.63	+0.76
	50m: 31.43 31.43	250m: 2:55.83 37.17	450m: 5:26.55 37.71	650m: 7:57.51 37.52	
	100m: 1:06.11 34.68	300m: 3:33.13 37.30	500m: 6:04.23 37.68	700m: 8:35.47 37.96	
	150m: 1:41.76 35.65	350m: 4:11.00 37.87	550m: 6:41.90 37.67	750m: 9:13.12 37.65	
	200m: 2:18.66 36.90	400m: 4:48.84 37.84	600m: 7:19.99 38.09	800m: 9:46.63 33.51	
7.	Wesley van der Luit	Sassenheim	NED 199701895	9:49.57	+0.76
	50m: 33.11 33.11	250m: 2:58.58 36.48	450m: 5:27.05 37.21	650m: 7:58.99 38.20	
	100m: 1:08.75 35.64	300m: 3:35.27 36.69	500m: 6:04.69 37.64	700m: 8:37.08 38.09	
	150m: 1:45.23 36.48	350m: 4:12.65 37.38	550m: 6:42.69 38.00	750m: 9:14.84 37.76	
	200m: 2:22.10 36.87	400m: 4:49.84 37.19	600m: 7:20.79 38.10	800m: 9:49.57 34.73	
8.	Tom van Gils	ZPC De Zeeuwse Kust	NED 199501799	9:50.39	+0.71
	50m: 32.13 32.13	250m: 2:56.13 36.45	450m: 5:22.86 36.87	650m: 7:54.85 38.78	
	100m: 1:07.27 35.14	300m: 3:32.61 36.48	500m: 5:59.90 37.04	700m: 8:33.83 38.98	
	150m: 1:43.27 36.00	350m: 4:09.36 36.75	550m: 6:37.69 37.79	750m: 9:12.85 39.02	
	200m: 2:19.68 36.41	400m: 4:45.99 36.63	600m: 7:16.07 38.38	800m: 9:50.39 37.54	

Programmanr. 16, Heren, 800m vrije slag, Masters 40+

rang	naam	vereniging	tijd	RT	PARA			
2.	Frank v.d. Voordt	De Schoteijl	NED 198302259	9:45.22	+0.77			
	50m: 32.60	32.60	250m: 2:58.91	37.12	450m: 5:26.93	36.98	650m: 7:54.73	37.08
	100m: 1:08.16	35.56	300m: 3:36.07	37.16	500m: 6:04.03	37.10	700m: 8:32.17	37.44
	150m: 1:44.75	36.59	350m: 4:12.89	36.82	550m: 6:40.84	36.81	750m: 9:09.08	36.91
	200m: 2:21.79	37.04	400m: 4:49.95	37.06	600m: 7:17.65	36.81	800m: 9:45.22	36.14
3.	Arjan Prins	Dedemsvaart-AC	NED 198201383	9:56.42	+0.87			
	50m: 32.74	32.74	250m: 3:02.16	37.74	450m: 5:34.17	37.64	650m: 8:04.60	36.90
	100m: 1:08.94	36.20	300m: 3:40.13	37.97	500m: 6:11.93	37.76	700m: 8:43.08	38.48
	150m: 1:46.66	37.72	350m: 4:18.14	38.01	550m: 6:49.81	37.88	750m: 9:20.54	37.46
	200m: 2:24.42	37.76	400m: 4:56.53	38.39	600m: 7:27.70	37.89	800m: 9:56.42	35.88

Masters 45+

1.	Håkon Skaarud Karlsen <i>Kampioenschapsrecord</i>	Oslo I.L	NOR M05011979HÅK01	9:00.15				
	50m: 31.75	31.75	250m: 2:48.21	34.26	450m: 5:04.94	34.13	650m: 7:22.24	34.19
	100m: 1:05.59	33.84	300m: 3:22.37	34.16	500m: 5:39.19	34.25	700m: 7:56.73	34.49
	150m: 1:39.80	34.21	350m: 3:56.59	34.22	550m: 6:13.64	34.45	750m: 8:29.46	32.73
	200m: 2:13.95	34.15	400m: 4:30.81	34.22	600m: 6:48.05	34.41	800m: 9:00.15	30.69
2.	Martijn Butter <i>Nederlands Masters Record</i>	OEZA	NED 197900231	9:19.01	+0.79			
	50m: 31.86	31.86	250m: 2:50.23	35.17	450m: 5:12.40	35.52	650m: 7:34.98	35.64
	100m: 1:05.97	34.11	300m: 3:25.58	35.35	500m: 5:47.85	35.45	700m: 8:10.61	35.63
	150m: 1:40.33	34.36	350m: 4:01.19	35.61	550m: 6:23.61	35.76	750m: 8:45.95	35.34
	200m: 2:15.06	34.73	400m: 4:36.88	35.69	600m: 6:59.34	35.73	800m: 9:19.01	33.06
3.	Ivo Roozeboom	WVZ	NED 197700801	9:46.55	+0.79			
	50m: 31.47	31.47	250m: 3:01.88	37.73	450m: 5:31.06	36.74	650m: 7:59.20	37.18
	100m: 1:08.35	36.88	300m: 3:39.31	37.43	500m: 6:07.92	36.86	700m: 8:36.32	37.12
	150m: 1:46.07	37.72	350m: 4:16.77	37.46	550m: 6:44.96	37.04	750m: 9:13.41	37.09
	200m: 2:24.15	38.08	400m: 4:54.32	37.55	600m: 7:22.02	37.06	800m: 9:46.55	33.14
4.	Dennis Dortland	Niemo Barracuda	NED 197800261	9:51.92	+0.87			
	50m: 31.58	31.58	250m: 3:02.32	38.04	450m: 5:34.20	37.81	650m: 8:03.95	37.59
	100m: 1:08.24	36.66	300m: 3:40.67	38.35	500m: 6:11.36	37.16	700m: 8:41.16	37.21
	150m: 1:45.94	37.70	350m: 4:18.58	37.91	550m: 6:49.02	37.66	750m: 9:17.95	36.79
	200m: 2:24.28	38.34	400m: 4:56.39	37.81	600m: 7:26.36	37.34	800m: 9:51.92	33.97
5.	René Spaans	DES	NED 197701807	11:01.23				
	50m: 38.89	38.89	250m: 3:24.99	42.26	450m: 6:10.58	41.28	650m: 8:56.65	41.68
	100m: 1:20.14	41.25	300m: 4:06.92	41.93	500m: 6:52.05	41.47	700m: 9:39.25	42.60
	150m: 2:00.83	40.69	350m: 4:48.43	41.51	550m: 7:33.33	41.28	750m: 10:21.58	42.33
	200m: 2:42.73	41.90	400m: 5:29.30	40.87	600m: 8:14.97	41.64	800m: 11:01.23	39.65

Masters 50+

1.	Casper van den Burgh	Sassenheim	NED 197201413	10:29.60	+0.85			
	50m: 33.83	33.83	250m: 3:09.05	39.60	450m: 5:48.35	39.73	650m: 8:30.50	40.41
	100m: 1:11.34	37.51	300m: 3:49.26	40.21	500m: 6:28.61	40.26	700m: 9:11.28	40.78
	150m: 1:49.88	38.54	350m: 4:28.70	39.44	550m: 7:09.48	40.87	750m: 9:51.11	39.83
	200m: 2:29.45	39.57	400m: 5:08.62	39.92	600m: 7:50.09	40.61	800m: 10:29.60	38.49
2.	Ingmar de Gelder	ZOB'66	NED 197000333	10:37.56				
	50m: 34.07	34.07	250m: 3:11.99	40.58	450m: 5:56.70	41.28	650m: 8:41.12	40.70
	100m: 1:11.69	37.62	300m: 3:52.63	40.64	500m: 6:38.03	41.33	700m: 9:21.62	40.50
	150m: 1:51.46	39.77	350m: 4:33.90	41.27	550m: 7:19.34	41.31	750m: 10:00.93	39.31
	200m: 2:31.41	39.95	400m: 5:15.42	41.52	600m: 8:00.42	41.08	800m: 10:37.56	36.63
3.	Chris Kouwenhoven	De Grunte	NED 197101669	10:47.53				
	50m: 36.71	36.71	250m: 3:18.50	41.14	450m: 6:04.17	41.50	650m: 8:49.85	41.74
	100m: 1:16.41	39.70	300m: 3:59.91	41.41	500m: 6:45.81	41.64	700m: 9:31.04	41.19
	150m: 1:56.51	40.10	350m: 4:40.92	41.01	550m: 7:26.79	40.98	750m: 10:11.19	40.15
	200m: 2:37.36	40.85	400m: 5:22.67	41.75	600m: 8:08.11	41.32	800m: 10:47.53	36.34
4.	Paul Bosch	Team Noord Holland (SG)	NED 197201533	10:47.96	+0.93			
	50m: 36.76	36.76	250m: 3:17.63	41.24	450m: 6:04.38	41.81	650m: 8:49.77	41.44
	100m: 1:15.76	39.00	300m: 3:59.32	41.69	500m: 6:45.91	41.53	700m: 9:31.14	41.37
	150m: 1:55.75	39.99	350m: 4:41.32	42.00	550m: 7:27.10	41.19	750m: 10:11.22	40.08
	200m: 2:36.39	40.64	400m: 5:22.57	41.25	600m: 8:08.33	41.23	800m: 10:47.96	36.74

Programmanr. 16, Heren, 800m vrije slag, Masters 65+

rang	naam	vereniging					tijd	RT	PARA
3.	Paul Bunnik	Triton	NED 195600413				12:16.75	+0.84	
	50m: 38.01	38.01	250m: 3:40.76	47.38	450m: 6:50.75	46.81	650m: 10:00.30	46.68	
	100m: 1:22.83	44.82	300m: 4:28.67	47.91	500m: 7:38.36	47.61	700m: 10:47.54	47.24	
	150m: 2:06.51	43.68	350m: 5:15.92	47.25	550m: 8:25.64	47.28	750m: 11:33.50	45.96	
	200m: 2:53.38	46.87	400m: 6:03.94	48.02	600m: 9:13.62	47.98	800m: 12:16.75	43.25	
4.	Wolfgang Rossa	TPSK 1925 e.V.	GER 396833				12:19.99		
	50m: 42.97	42.97	250m: 3:51.18	46.75	450m: 6:58.76	47.15	650m: 10:05.16	46.70	
	100m: 1:29.52	46.55	300m: 4:38.42	47.24	500m: 7:45.07	46.31	700m: 10:52.00	46.84	
	150m: 2:17.36	47.84	350m: 5:25.32	46.90	550m: 8:31.69	46.62	750m: 11:37.94	45.94	
	200m: 3:04.43	47.07	400m: 6:11.61	46.29	600m: 9:18.46	46.77	800m: 12:19.99	42.05	
5.	Jaap Vis	TriVia	NED 195600515				12:21.08	+0.77	
	50m: 42.83	42.83	250m: 3:52.44	47.00	450m: 7:00.74	46.90	650m: 10:05.21	46.21	
	100m: 1:30.40	47.57	300m: 4:40.15	47.71	500m: 7:46.71	45.97	700m: 10:51.30	46.09	
	150m: 2:18.50	48.10	350m: 5:26.99	46.84	550m: 8:32.91	46.20	750m: 11:37.75	46.45	
	200m: 3:05.44	46.94	400m: 6:13.84	46.85	600m: 9:19.00	46.09	800m: 12:21.08	43.33	

Masters 70+

1.	Sverre Kile	Bergen og Omegn Masters	NOR M170553SVE03				11:24.07	+0.79	
	50m: 40.51	40.51	250m: 3:36.98	44.06	450m: 6:32.02	43.34	650m: 9:22.01	42.18	
	100m: 1:24.28	43.77	300m: 4:20.71	43.73	500m: 7:14.71	42.69	700m: 10:04.21	42.20	
	150m: 2:08.54	44.26	350m: 5:04.75	44.04	550m: 7:57.46	42.75	750m: 10:45.62	41.41	
	200m: 2:52.92	44.38	400m: 5:48.68	43.93	600m: 8:39.83	42.37	800m: 11:24.07	38.45	
2.	Laurens Klein Breteler	WS Twente	NED 195400109				12:45.95	+0.86	
	50m: 41.21	41.21	250m: 3:51.74	47.28	450m: 7:06.00	49.07	650m: 10:21.81	49.48	
	100m: 1:27.89	46.68	300m: 4:39.78	48.04	500m: 7:54.98	48.98	700m: 11:10.85	49.04	
	150m: 2:16.38	48.49	350m: 5:27.92	48.14	550m: 8:43.98	49.00	750m: 11:59.43	48.58	
	200m: 3:04.46	48.08	400m: 6:16.93	49.01	600m: 9:32.33	48.35	800m: 12:45.95	46.52	

Masters 75+

1.	Wout Hemmes	De Plons	NED 194800059				13:40.26	+0.88	
	50m: 44.58	44.58	250m: 4:12.39	52.05	450m: 7:40.59	52.64	650m: 11:09.10	52.50	
	100m: 1:35.61	51.03	300m: 5:04.18	51.79	500m: 8:32.77	52.18	700m: 12:00.91	51.81	
	150m: 2:27.85	52.24	350m: 5:55.71	51.53	550m: 9:24.69	51.92	750m: 12:51.65	50.74	
	200m: 3:20.34	52.49	400m: 6:47.95	52.24	600m: 10:16.60	51.91	800m: 13:40.26	48.61	
2.	Willem Putter	ZVVS	NED 194500135				14:50.37		
	50m: 47.69	47.69	250m: 4:32.70	56.94	450m: 8:18.87	57.06	650m: 12:06.06	56.58	
	100m: 1:42.65	54.96	300m: 5:29.28	56.58	500m: 9:15.07	56.20	700m: 13:03.05	56.99	
	150m: 2:38.89	56.24	350m: 6:25.46	56.18	550m: 10:12.19	57.12	750m: 13:58.36	55.31	
	200m: 3:35.76	56.87	400m: 7:21.81	56.35	600m: 11:09.48	57.29	800m: 14:50.37	52.01	

Masters 80+

1.	Geza Kaltenecker	AZC	NED 194200065				15:55.96	+0.92	
	50m: 52.19	52.19	250m: 4:53.75	1:01.55	450m: 8:58.43	1:01.00	650m: 13:01.25	1:00.37	
	100m: 1:50.19	58.00	300m: 5:55.36	1:01.61	500m: 9:59.41	1:00.98	700m: 14:01.15	59.90	
	150m: 2:50.57	1:00.38	350m: 6:56.68	1:01.32	550m: 10:59.77	1:00.36	750m: 15:00.68	59.53	
	200m: 3:52.20	1:01.63	400m: 7:57.43	1:00.75	600m: 12:00.88	1:01.11	800m: 15:55.96	55.28	
2.	Rob Hanou	PSV	NED 194300109				16:01.92		
	50m: 53.41	53.41	250m: 5:03.29	1:02.37	450m: 9:07.26	1:01.06	650m: 13:08.35	59.78	
	100m: 1:55.82	1:02.41	300m: 6:04.76	1:01.47	500m: 10:08.03	1:00.77	700m: 14:08.76	1:00.41	
	150m: 2:58.62	1:02.80	350m: 7:05.96	1:01.20	550m: 11:08.61	1:00.58	750m: 15:07.54	58.78	
	200m: 4:00.92	1:02.30	400m: 8:06.20	1:00.24	600m: 12:08.57	59.96	800m: 16:01.92	54.38	

Masters 85+

1.	Frederik Hendrik de Bruijn	CN Aquamasters	ESP				14:19.57		
	50m: 50.45	50.45	250m: 4:24.07	54.47	450m: 7:58.97	54.05	650m: 11:37.74	53.73	
	100m: 1:43.49	53.04	300m: 5:17.90	53.83	500m: 8:53.76	54.79	700m: 12:32.86	55.12	
	150m: 2:35.74	52.25	350m: 6:10.93	53.03	550m: 9:48.34	54.58	750m: 13:26.48	53.62	
	200m: 3:29.60	53.86	400m: 7:04.92	53.99	600m: 10:44.01	55.67	800m: 14:19.57	53.09	

Programmanr. 17
23-11-2024 - 11:09

Dames, 400m wisselslag

Masters Open
Resultaten

rang	naam	vereniging	tijd	RT	PARA	
Masters 20+						
1.	Roos Englebort	Hieronymus	5:02.61	+0.74		
	50m: 32.53	32.53	150m: 1:49.72	40.04	250m: 3:11.05	42.35
	100m: 1:09.68	37.15	200m: 2:28.70	38.98	300m: 3:54.54	43.49
			350m: 4:29.25	34.71	400m: 5:02.61	33.36
2.	Eline Hoekstra	OEZA	5:43.92	+0.86		
	50m: 35.37	35.37	150m: 2:00.16	43.05	250m: 3:33.30	50.48
	100m: 1:17.11	41.74	200m: 2:42.82	42.66	300m: 4:24.64	51.34
			350m: 5:04.93	40.29	400m: 5:43.92	38.99
Masters 25+						
1.	Anne Noom	Het Y	5:10.23	+0.58		
	50m: 32.16	32.16	150m: 1:49.33	39.23	250m: 3:13.15	44.41
	100m: 1:10.10	37.94	200m: 2:28.74	39.41	300m: 3:58.28	45.13
			350m: 4:34.93	36.65	400m: 5:10.23	35.30
2.	Tamara Grove	De Dolfijn	5:11.31			
	50m: 33.02	33.02	150m: 1:53.26	41.67	250m: 3:17.26	44.01
	100m: 1:11.59	38.57	200m: 2:33.25	39.99	300m: 4:02.21	44.95
			350m: 4:37.23	35.02	400m: 5:11.31	34.08
3.	Angelique van Vark	GZC Donk	5:13.54	+0.68		
	50m: 33.05	33.05	150m: 1:54.44	41.80	250m: 3:18.79	44.12
	100m: 1:12.64	39.59	200m: 2:34.67	40.23	300m: 4:03.51	44.72
			350m: 4:39.71	36.20	400m: 5:13.54	33.83
4.	Fiona Meuffels	PSV	5:30.81	+0.67		
	50m: 35.54	35.54	150m: 2:03.48	45.28	250m: 3:30.92	44.45
	100m: 1:18.20	42.66	200m: 2:46.47	42.99	300m: 4:16.90	45.98
			350m: 4:54.20	37.30	400m: 5:30.81	36.61
5.	Larissa Jansen	PSV	5:48.48	+0.88		
	50m: 37.50	37.50	150m: 2:07.10	45.71	250m: 3:40.62	49.10
	100m: 1:21.39	43.89	200m: 2:51.52	44.42	300m: 4:30.27	49.65
			350m: 5:10.74	40.47	400m: 5:48.48	37.74
6.	Deborah Wissink	ZPC De Hof	5:55.72	+0.63		
	50m: 37.74	37.74	150m: 2:11.06	46.84	250m: 3:46.35	49.65
	100m: 1:24.22	46.48	200m: 2:56.70	45.64	300m: 4:36.29	49.94
			350m: 5:16.59	40.30	400m: 5:55.72	39.13
7.	Aniek Garritsen	De IJsselmeeuwen	6:08.84	+0.68		
	50m: 35.91	35.91	150m: 2:05.81	45.50	250m: 3:45.18	54.61
	100m: 1:20.31	44.40	200m: 2:50.57	44.76	300m: 4:40.45	55.27
			350m: 5:24.96	44.51	400m: 6:08.84	43.88
Masters 30+						
1.	Lisa Dreesens	Blue Marlins	5:06.18	+0.83		
	50m: 31.36	31.36	150m: 1:48.78	40.39	250m: 3:12.30	43.86
	100m: 1:08.39	37.03	200m: 2:28.44	39.66	300m: 3:56.65	44.35
			350m: 4:32.11	35.46	400m: 5:06.18	34.07
2.	Jacyntha Plat	Steenwijk 1934	5:45.36	+0.75		
	50m: 33.80	33.80	150m: 2:00.61	45.35	250m: 3:32.78	46.48
	100m: 1:15.26	41.46	200m: 2:46.30	45.69	300m: 4:20.54	47.76
			350m: 5:03.79	43.25	400m: 5:45.36	41.57
3.	Jisca Majolée	ZPC AMERSFOORT	5:56.37	+0.90		
	50m: 36.93	36.93	150m: 2:08.80	48.29	250m: 3:44.76	49.99
	100m: 1:20.51	43.58	200m: 2:54.77	45.97	300m: 4:35.50	50.74
			350m: 5:17.71	42.21	400m: 5:56.37	38.66
4.	Irmgard van Weeghel	ENC Arnhem	6:17.74	+0.87		
	50m: 42.06	42.06	150m: 2:20.61	47.83	250m: 3:59.43	52.95
	100m: 1:32.78	50.72	200m: 3:06.48	45.87	300m: 4:53.39	53.96
			350m: 5:36.09	42.70	400m: 6:17.74	41.65
Masters 35+						
1.	Marlijn Hendriksen	DIO	5:37.83	+0.80		
	50m: 34.17	34.17	150m: 1:58.05	44.03	250m: 3:30.93	48.95
	100m: 1:14.02	39.85	200m: 2:41.98	43.93	300m: 4:19.61	48.68
			350m: 4:59.54	39.93	400m: 5:37.83	38.29
Masters 40+						
1.	Stephanie Vaernewyck <i>Belgisch Masters Record</i>	MEGA zwemteam	5:28.16	+0.90		
	50m: 35.48	35.48	150m: 1:58.86	42.40	250m: 3:26.53	45.20
	100m: 1:16.46	40.98	200m: 2:41.33	42.47	300m: 4:12.48	45.95
			350m: 4:50.67	38.19	400m: 5:28.16	37.49

Programmanr. 17, Dames, 400m wisselslag, Masters 40+

rang	naam	vereniging	tijd	RT	PARA			
2.	Roos van Esch	ACZ	5:51.82	+0.80				
	50m: 36.50	36.50	150m: 2:04.14	45.26	250m: 3:39.57	50.88	350m: 5:12.57	42.23
	100m: 1:18.88	42.38	200m: 2:48.69	44.55	300m: 4:30.34	50.77	400m: 5:51.82	39.25
3.	Michelle de Villiers	Hellas-Glana	6:25.58	+0.80				
	50m: 37.08	37.08	150m: 2:13.35	51.14	250m: 3:58.68	56.28	350m: 5:41.45	46.31
	100m: 1:22.21	45.13	200m: 3:02.40	49.05	300m: 4:55.14	56.46	400m: 6:25.58	44.13
4.	Linda Hoogendam	WVZ	6:50.32	+0.90				
	50m: 43.80	43.80	150m: 2:28.97	51.73	250m: 4:20.15	1:00.99	350m: 6:07.25	46.67
	100m: 1:37.24	53.44	200m: 3:19.16	50.19	300m: 5:20.58	1:00.43	400m: 6:50.32	43.07

Masters 45+

1.	Liselotte Joling	PSV	5:46.85	+0.86				
	50m: 36.88	36.88	150m: 2:04.75	45.94	250m: 3:38.58	49.50	350m: 5:09.19	39.74
	100m: 1:18.81	41.93	200m: 2:49.08	44.33	300m: 4:29.45	50.87	400m: 5:46.85	37.66
2.	Melanie Kuiper	ZIGNEA	6:14.07	+0.86				
	50m: 41.43	41.43	150m: 2:17.39	46.71	250m: 3:58.79	55.02	350m: 5:35.73	41.30
	100m: 1:30.68	49.25	200m: 3:03.77	46.38	300m: 4:54.43	55.64	400m: 6:14.07	38.34
3.	Leontine Loeber	SwimGym	6:37.12	+0.94				
	50m: 41.61	41.61	150m: 2:23.68	50.08	250m: 4:09.52	55.18	350m: 5:52.10	45.40
	100m: 1:33.60	51.99	200m: 3:14.34	50.66	300m: 5:06.70	57.18	400m: 6:37.12	45.02
4.	Jannie Vennik	HZ&PC Heerenvveen	6:42.22					
	50m: 45.20	45.20	150m: 2:33.23	53.48	250m: 4:21.85	54.33	350m: 6:01.50	42.78
	100m: 1:39.75	54.55	200m: 3:27.52	54.29	300m: 5:18.72	56.87	400m: 6:42.22	40.72

Masters 50+

1.	Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	5:55.88					
	50m: 36.79	36.79	150m: 2:06.89	48.16	250m: 3:44.58	49.73	350m: 5:15.72	40.77
	100m: 1:18.73	41.94	200m: 2:54.85	47.96	300m: 4:34.95	50.37	400m: 5:55.88	40.16
2.	Bianca Groot	MSV-Zeemacht	6:36.80	+0.81				
	50m: 40.13	40.13	150m: 2:24.25	52.34	250m: 4:13.20	54.30	350m: 5:52.39	43.91
	100m: 1:31.91	51.78	200m: 3:18.90	54.65	300m: 5:08.48	55.28	400m: 6:36.80	44.41
3.	Kathy Van Lindt *100	Cercle De Natation Sportcity WolBEL	7:34.99 *					
	50m: 52.82	52.82	150m: 2:54.19	59.79	250m: 4:57.98	1:02.41	350m: 6:49.01	48.22
	100m: 1:54.40	1:01.58	200m: 3:55.57	1:01.38	300m: 6:00.79	1:02.81	400m: 7:34.99	45.98

Masters 55+

1.	Laura Staal	Oceanus	6:27.72	+0.84				
	50m: 44.00	44.00	150m: 2:24.14	48.54	250m: 4:05.86	53.91	350m: 5:45.33	43.66
	100m: 1:35.60	51.60	200m: 3:11.95	47.81	300m: 5:01.67	55.81	400m: 6:27.72	42.39
2.	Iris van Aurich	DWK	6:29.06	+0.86				
	50m: 45.78	45.78	150m: 2:27.74	49.67	250m: 4:08.93	52.54	350m: 5:47.03	44.56
	100m: 1:38.07	52.29	200m: 3:16.39	48.65	300m: 5:02.47	53.54	400m: 6:29.06	42.03
3.	Peggy Hurenkamp	HZ&PC Heerenvveen	6:41.06	+0.68				
	50m: 41.52	41.52	150m: 2:20.69	51.25	250m: 4:08.86	57.38	350m: 5:54.62	47.59
	100m: 1:29.44	47.92	200m: 3:11.48	50.79	300m: 5:07.03	58.17	400m: 6:41.06	46.44
4.	Anita Steijger	WVZ	6:54.44	+0.91				
	50m: 43.94	43.94	150m: 2:30.41	53.60	250m: 4:20.34	59.47	350m: 6:08.20	48.64
	100m: 1:36.81	52.87	200m: 3:20.87	50.46	300m: 5:19.56	59.22	400m: 6:54.44	46.24
5.	K. van Nassau-van den Heuvel	Old Dutch	7:07.25					
	50m: 48.86	48.86	150m: 2:40.09	56.46	250m: 4:32.02	55.96	350m: 6:19.13	50.01
	100m: 1:43.63	54.77	200m: 3:36.06	55.97	300m: 5:29.12	57.10	400m: 7:07.25	48.12

Masters 60+

1.	Pierrette Michel	Cercle De Natation Sportcity WolBEL	6:02.94					
	50m: 38.27	38.27	150m: 2:08.79	44.67	250m: 3:45.85	53.12	350m: 5:21.70	42.02
	100m: 1:24.12	45.85	200m: 2:52.73	43.94	300m: 4:39.68	53.83	400m: 6:02.94	41.24
2.	Petra Tossings	GZC Donk	6:44.45					
	50m: 43.20	43.20	150m: 2:29.72	53.47	250m: 4:18.42	56.46	350m: 6:01.25	45.48
	100m: 1:36.25	53.05	200m: 3:21.96	52.24	300m: 5:15.77	57.35	400m: 6:44.45	43.20

Programmanr. 18
23-11-2024 - 11:41

4 x 100m vrije slag

Masters Open
Resultaten

rang	vereniging				tijd	RT	PARA
80+, Heren							
1.	HZ&PC Heerenveen 1 <i>Nederlands Masters Record</i>	HZ&PC Heerenveen	NED		3:35.50	+0.63	
	Jorian Darwinkel	+0.63 25.22	53.85	Remco Dijkstra	+0.31 25.60	55.04	
	Richard Kuipers	+0.35 25.91	55.05	Wouter Zijlstra	+0.18 24.38	51.56	
2.	De Columbiaan 2	De Columbiaan	NED		3:39.70	+0.72	
	Daan Hogerhuis	+0.72 24.30	52.07	Jorn Blom	+0.38 27.29	56.95	
	Dave van den Nieuwendijk	+0.41 26.39	56.89	Bert Duivenvoorde	+0.47 25.31	53.79	
3.	MSV-Zeemacht 2	MSV-Zeemacht	NED		3:50.51	+0.68	
	Jordi de Nijs	+0.68 26.38	56.94	Marco van der Wulp	+0.86 28.57	1:00.55	
	Boyd Wijkman	+0.38 27.52	56.96	Mees Minneboo	+0.43 26.35	56.06	
100+, Heren							
1.	ENC Arnhem 2	ENC Arnhem	NED		3:48.81	+0.72	
	Peter Rothengatter	+0.72 26.73	56.12	Sander de Vrugt	+0.33 27.10	56.62	
	Mees Laar	+0.43 28.00	58.59	Wessel Haverkamp	+0.21 27.03	57.48	
2.	De Schotejil 1	De Schotejil	NED		3:55.37	+0.71	
	Jacob Mackloet	+0.71 26.52	54.97	Sybren Groenewegen	+0.46 28.22	59.86	
	Niels Albrechts	+0.36 29.76	1:02.28	David Kievit	+0.29 27.82	58.26	
120+, Heren							
1.	ZPCH 1	ZPCH	NED		3:40.28	+0.76	
	Ruud Holswilder	+0.76 27.02	55.81	Jasper van Heijst	+0.15 26.54	56.06	
	Lucas Douwma	+0.29 26.72	55.90	Thomas Vastenhouw	+0.39 24.63	52.51	
2.	VSK Univerzita Brno 1 <i>Czech Masters Record</i>	VSK Univerzita Brno	CZE		3:41.12		
	Vojtech Patek	+0.67 26.21	54.71	Jakub Horacek	+0.39 26.19	55.26	
	Jan Vencel	+0.24 25.53	53.65	Dominik Volavy	+0.21 27.17	57.50	
3.	DAW 1	DAW	NED		3:42.29	+0.67	
	Luc Mul	+0.67 24.91	52.19	Alex Damen	+0.34 27.90	58.64	
	Paul Oudendijk	+0.35 28.41	1:01.13	Felix Geenen	+0.33 23.97	50.33	
4.	Poseidon'56 1	Poseidon'56	NED		3:52.04	+0.70	
	John Smit	+0.70 27.21	57.07	Marcel Vroegindewei	+0.47 29.66	1:03.01	
	Jim Geestman	+0.43 27.03	56.92	Erik van Gemert	+0.49 26.63	55.04	
5.	ZVL-1886 2	ZVL-1886	NED		4:10.34	+0.72	
	Kristiaan Lenos	+0.72 27.07	57.06	Guus Hoogduin	+0.32 26.91	57.03	
	Ingmar Kooman	+0.45 33.54	1:11.87	Jordy van der Drift	+0.23 29.50	1:04.38	
6.	Swol 1894 2	Swol 1894	NED		4:16.42	+0.73	
	Huub Scholing	+0.73 29.29	1:00.97	Michael van Bekkum	+0.48 31.05	1:05.95	
	Stefan van de Grift	+0.33 31.31	1:07.22	Hugo Herbers	+0.40 29.19	1:02.28	
160+, Heren							
1.	Niemo Barracuda 7	Niemo Barracuda	NED		3:41.77	+0.73	
	Jeroen Baars	+0.73 23.95	50.65	Pascal van Haren	+0.29 26.40	55.88	
	Dennis Dortland	+0.21 28.18	59.47	Mark Hensen	+0.30 26.42	55.77	
2.	Oslo I.L 1 <i>Norwegian Masters Record</i>	Oslo I.L	NOR		3:48.02	+0.79	
	Øivind Martin Mr Hasle	+0.79 26.84	55.35	Knut Ivan Mr Rasmussen	+0.15 27.86	58.92	
	Håkon Skaarud Karlsen	+0.08 26.81	56.11	Oddvar Mr Sandvin	+0.16 27.30	57.64	
3.	Zwemlust- den Hommel 1	Zwemlust- den Hommel	NED		3:59.40	+0.75	
	Vincent Versteeg	+0.75 27.71	58.22	Nigel Werring	+0.33 28.10	1:00.05	
	John Hardeman	+0.08 28.93	1:00.89	Mark Zwart	+0.33 28.82	1:00.24	
4.	ZPC AMERSFOORT 3	ZPC AMERSFOORT	NED		4:04.42	+0.70	
	Jorick van Bon	+0.70 27.95	59.72	Ron Korzelijs	+0.36 30.28	1:04.17	
	Edwin v. Norden	+0.01 28.98	1:02.30	Martijn Bartels	+0.27 27.52	58.23	

Programmanr. 18, Heren, 4 x 100m vrije slag, 160+

rang	vereniging				tijd	RT	PARA
5.	Steenwijk 1934 3	Steenwijk 1934		NED	4:18.72	+0.89	
	Korstiaan de Boer	+0.89	33.56	1:10.01	+0.69	33.67	1:12.75
	Robert Braad	+0.46	27.10	58.09	+0.44	27.00	57.87

200+, Heren

1.	ZOB'66 2	ZOB'66		NED	4:12.65	+0.72	
	Nol van Thull	+0.72	27.19	56.40	+0.19	31.04	1:04.77
	Ingmar de Gelder	+0.58	30.05	1:04.08	+0.67	31.89	1:07.40
2.	ZPC De Zeeuwse Kust 2	ZPC De Zeeuwse Kust		NED	4:13.67	+0.76	
	Eelco van Gemert	+0.76	29.83	1:02.35	+0.49	29.52	1:03.04
	Ronald van Ombergen	+0.18	30.66	1:04.89	+0.37	29.34	1:03.39
3.	AZC 1	AZC		NED	4:54.26	+0.71	
	Wim de Lange	+0.71	35.73	1:15.83	+0.66	29.18	1:01.79
	Geza Kaltenecker	+0.58	44.89	1:34.90	+0.85	28.65	1:01.74

240+, Heren

1.	De Rog 1	De Rog		NED	4:12.71	+0.84	
	<i>Nederlands Masters Record</i>						
	Erik Kamphuis	+0.84	32.58	1:05.94	+0.28	28.53	1:00.28
	Rob Spetter	+0.41	31.96	1:06.72	+0.46	27.95	59.77
2.	CNSW 3	Cercle De Natation Sportcity WolBEL			4:43.29		
	Lionel Godeaux	+0.70	30.46	1:04.67	+0.56	34.14	1:10.05
	Olivier Bresoux	+0.44	32.74	1:07.66	+0.56	38.58	1:20.91

280+, Heren

1.	Swol 1894 1	Swol 1894		NED	5:37.19	+0.73	
	<i>Nederlands Masters Record</i>						
	Jappie Kuiper	+0.73	38.66	1:21.65	+0.79	42.41	1:31.31
	Be van der Ziel	+0.59	43.50	1:33.07	+0.56	33.00	1:11.16

80+, Dames

1.	HZ&PC Heerenveen 2	HZ&PC Heerenveen		NED	4:07.53	+0.66	
	Leonie van Wier	+0.66	28.74	59.87	+0.27	28.78	1:01.45
	Simone Mus	+0.40	30.37	1:04.41	+0.18	28.64	1:01.80
2.	DWK 1	DWK		NED	4:08.87	+0.76	
	Moniek van Langevelde	+0.76	29.64	1:02.86	+0.48	29.55	1:01.62
	Anoeska van de Kraats	+0.38	30.05	1:03.41	+0.32	28.98	1:00.98
3.	Bubble 1	Bubble		NED	4:09.56	+0.81	
	Marijke Drent	+0.81	30.00	1:02.43	+0.35	30.54	1:04.67
	Sanne Kloezen	+0.47	29.32	1:03.82	+0.69	27.55	58.64
4.	De Columbiaan 1	De Columbiaan		NED	4:14.19	+0.76	
	Julia Notenboom	+0.76	28.56	1:00.86	+0.32	31.18	1:06.36
	Anouk Vis	+0.48	30.71	1:03.97	+0.38	29.88	1:03.00
5.	ENC Arnhem 1	ENC Arnhem		NED	4:28.60		
	Sanne Landman	+0.78	31.34	1:05.90	+0.44	32.60	1:09.68
	Rose Lether	+0.44	31.70	1:06.16	+0.54	31.59	1:06.86
6.	Steenwijk 1934 1	Steenwijk 1934		NED	4:33.25	+0.84	
	Alies Wagter	+0.84	31.99	1:06.59	+0.21	34.20	1:11.98
	Michelle van den Hoofdakker	+0.48	31.11	1:05.46	+0.54	32.48	1:09.22

Programmanr. 18, 4 x 100m vrije slag

100+, Dames

1. Niemo Barracuda 6	Niemo Barracuda	NED	4:03.53	
Robin Pienaar	+0.76 28.97 1:00.41	Denise Boereboom	+0.43 29.61 1:02.07	
Melissa van der Heijden	+0.36 30.16 1:02.08	Amber Hesper	+0.49 28.49 58.97	
2. Orca 1	Orca	NED	4:22.71	
Marre Zandringa	+0.69 28.38 1:00.91	Anneke van der Laan	+0.43 32.06 1:08.33	
Rosalie Baarda	+0.45 31.94 1:07.35	Annemiek Meulenbeld	+0.31 31.03 1:06.12	
3. Octopus - ZVV (SG) 1	Octopus - ZVV (SG)	NED	4:35.93	
Sheila ten Voorde	+0.78 32.35 1:08.41	Ellen Rikken	+0.44 34.44 1:13.40	
Daphne van Rees	+0.57 32.63 1:09.75	Elmi Roelofsen	+0.73 30.77 1:04.37	
4. ZVL-1886 3	ZVL-1886	NED	4:48.31	+0.70
Margien Timmer	+0.70 34.06 1:10.84	Suzan Blankestijn	+0.59 34.55 1:12.62	
Adela Vázquez Garcia	+0.66 33.43 1:12.26	Valerie Bakker	+0.78 34.28 1:12.59	
5. ZPC AMERSFOORT 5	ZPC AMERSFOORT	NED	4:50.32	+0.73
Maddy van der Hoeven	+0.73 32.24 1:07.00	Monica Kornewal	+0.47 35.13 1:14.74	
Catannia Nortan	+0.56 36.74 1:18.82	Michelle van Wijhe	+0.37 33.47 1:09.76	

120+, Dames

1. De Duck 1	De Duck	NED	4:33.09	+0.77
Rachel Trainor	+0.77 34.96 1:14.05	Geraldine Trainor	+0.55 33.32 1:10.52	
Noa de Bock	+0.54 30.36 1:03.36	Marcella van der Ent	+0.42 30.27 1:05.16	
2. ZPC AMERSFOORT 4	ZPC AMERSFOORT	NED	4:35.61	+0.79
Daphne Kievit	+0.79 33.97 1:11.90	Angela Giezen	+0.37 33.99 1:10.59	
Jisca Majolée	+0.39 33.42 1:08.72	Kirsten Opmeer	+0.44 31.11 1:04.40	
3. DIO 1	DIO	NED	4:36.97	+0.73
Jolanda Post	+0.73 31.24 1:05.00	Ramona Noordermeer	+0.63 35.50 1:15.51	
Joëlle Vaes	+0.20 34.05 1:12.35	Marijijn Hendriksen	+0.21 30.73 1:04.11	
4. ZOB'66 1	ZOB'66	NED	4:44.08	+0.64
Wendy de Bruin	+0.64 32.27 1:06.60	Daniëlle Schipper	+0.43 40.08 1:24.45	
Rozemarijn van Haaff	+0.48 30.17 1:03.56	Nina Tourton	+0.31 32.84 1:09.47	

160+, Dames

1. DAW 2	DAW	NED	4:37.23	+0.83
Agnes van Brug	+0.83 35.33 1:14.13	Laura Badoux	+0.53 31.50 1:06.32	
Alina Spijkerman	+0.57 33.16 1:09.72	Melissa Zwaan	+0.40 31.58 1:07.06	
2. MSV-Zeemacht 1	MSV-Zeemacht	NED	4:52.57	
Kyra Wesemann	+0.74 32.11 1:06.11	Annette van Dok	+0.51 42.57 1:30.96	
Bianca Groot	+0.49 34.10 1:10.99	Tessa van Dijk-Mosch	+0.45 30.99 1:04.51	
3. Steenwijk 1934 2	Steenwijk 1934	NED	4:54.33	+0.79
Getrude Corporaal	+0.79 32.17 1:07.83	Leonie Scholten	+0.51 40.01 1:25.69	
Wilna Heijman	+0.37 37.19 1:16.88	Jacyntha Plat	+0.39 30.80 1:03.93	
4. Old Dutch 1	Old Dutch	NED	4:54.72	+0.79
Marleen Zantingh	+0.79 34.84 1:12.91	Chantal Verhoeff	+0.50 33.28 1:10.20	
Karin van Nassau-van den Heuvel	+0.29 41.25 1:24.62	Patricia Brooijmans	+0.50 32.23 1:06.99	
5. De Rog 2	De Rog	NED	5:06.49	
Regine Beckers-Stribos	+0.85 36.86 1:16.56	Esther Vergeest	+0.25 36.66 1:17.76	
Sandra Van der Helm	+0.42 39.51 1:22.64	Sandra Peeters-Wiermans	+0.56 33.49 1:09.53	

200+, Dames

1. PSV 1	PSV	NED	4:20.69	+0.82
Janneke Harmsen-Bakker	+0.82 29.92 1:02.88	Liselotte Joling	+0.62 32.92 1:07.29	
Gudule van der Meer	+0.48 31.47 1:06.11	Carla Geurts	+0.31 30.70 1:04.41	
2. CNSW 2	Cercle De Natation Sportcity WolBEL		4:51.65	+0.71
Valérie Rolland	+0.71 32.97 1:09.02	Pierrette Michel	+0.34 35.62 1:15.64	
Nathalie Blondeel	+0.28 31.10 1:05.88	Kathy Van Lindt	+0.48 39.94 1:21.11	
3. De Geul 2	De Geul	NED	5:17.48	
Marijke Campfens	36.38 1:15.06	Anne Besseling-de Jong	+0.57 37.70 1:16.98	
Erica Muller	+0.37 43.54 1:32.44	Marian Nedertof	+0.43 34.94 1:13.00	

Programmanr. 18, 4 x 100m vrije slag

240+, Dames

1. Swol 1894 6	Swol 1894	NED	5:31.42	+0.89
Marjan Spoelstra	+0.89 43.62 1:31.36	Marijke Kraak-Beckers	+0.55 36.60	1:17.37
Annet Kootstra	+0.67 39.81 1:24.31	Christine Nieuwenhuis	+0.46 37.01	1:18.38

80+, Gemengd

1. ZVL-1886 1	ZVL-1886	NED	4:00.46	+0.70
Silke Molendijk	+0.70 28.83 1:00.32	Kristien Peeters	+0.30 31.17	1:07.06
Robin van Beek	+0.40 25.81 54.72	Robin van Muijen	+0.46 27.12	58.36
2. De Amstel 1	De Amstel	NED	4:09.24	+0.74
Iris Bastiaansen	+0.74 32.15 1:08.40	Owen Michels	+0.33 27.72	58.64
Iris van der Moolen	+0.26 31.26 1:07.37	Nick Sijmons	+0.18 25.66	54.83

100+, Gemengd

1. Zwemlust- den Hommel 1	Zwemlust- den Hommel	NED	3:52.26	+0.73
Matteo Viani	+0.73 26.05 54.55	Sophie Stekelenburg	+0.43 29.12	1:02.06
Fayssal Lantema	+0.39 25.92 54.36	Manon Kloosterman	+0.25 29.18	1:01.29
2. VZC 1	VZC	NED	3:52.41	
Jelle Nap	+0.78 27.07 55.67	Tess Panjer	+0.41 28.61	59.40
Olaf Achterberg	+0.32 26.04 53.75	Babet Kruger	+0.41 30.12	1:03.59
3. ZPC De Zeeuwse Kust 1	ZPC De Zeeuwse Kust	NED	3:55.69	+0.70
Tom van Gils	+0.70 29.08 1:01.22	Kirsten Walraven	+0.27 28.84	1:01.52
Eva van Elsen	+0.36 28.02 1:00.88	Kalle van Gemert	+0.13 24.46	52.07
4. Poseidon'56 2	Poseidon'56	NED	4:02.28	+0.67
Sam Beer	+0.67 28.19 59.81	Kelly de Jonge	+0.45 30.21	1:03.84
Rianne Bresser	+0.42 31.12 1:05.57	Ryan van den Ouden	+0.38 24.80	53.06
5. HZ&PC Heerenveen 3	HZ&PC Heerenveen	NED	4:09.49	
Romy Jalving	+0.69 32.29 1:09.01	Rob van Wier	+0.55 27.99	59.42
Lois Jalving	+0.24 30.03 1:04.18	Casper Tichelaar	+0.36 27.58	56.88
6. Niemo Barracuda 8	Niemo Barracuda	NED	4:22.62	+0.78
Marijke Kommers	+0.78 32.11 1:07.59	Ids de Klerk	+0.51 30.42	1:04.83
Tamara van den Brink	+0.46 32.58 1:08.66	Robin van Beusekom	+0.19 28.91	1:01.54
7. De Kempvis 1	De Kempvis	NED	4:40.94	+0.77
Kim Rutters	+0.77 31.50 1:07.00	Ingrid Johannes	+0.11 38.68	1:21.82
Kien Vuong	+0.39 32.08 1:11.93	Mike Boukes	+0.07 28.44	1:00.19

120+, Gemengd

1. WVZ 1	WVZ	NED	3:47.47	+0.63
Sander Kirillova	+0.63 25.67 54.04	Leonie van Noort	+0.31 27.58	57.83
Delia Badoux	0.00 27.93 59.62	Jasper Breugem	+0.35 26.46	55.98
2. Zwemvereniging Hoogland 1	Zwemvereniging Hoogland	NED	3:57.69	+0.62
Anne-Irene Ducheine	+0.62 30.85 1:05.18	Yuri van Omme	+0.35 27.72	58.42
Bas Dries	+0.32 24.42 52.30	Jamilla van Omme - van Veen	+0.54 29.37	1:01.79
3. Aqua-Novio '94 1	Aqua-Novio '94	NED	4:16.78	+0.78
Fedde Beukers	+0.78 28.26 59.53	Steven Uijl	+0.34 26.32	54.79
Petra Guijt	+0.41 33.62 1:10.52	Djamari Oetringer	+0.44 34.39	1:11.94
4. De Schotejil 2	De Schotejil	NED	4:19.89	+0.76
Whitley Rens	+0.76 33.07 1:09.42	Lotte Middelbos	+0.42 30.15	1:05.13
Sven Dubbeld	+0.45 30.23 1:03.41	Frank v.d. Voordt	+0.55 29.75	1:01.93
5. Patrick - De Roersoppers (SG) 1	Patrick - De Roersoppers (SG)	NED	4:20.58	
Martine de Haart	+0.69 34.74 1:13.22	Patrick Creemers	+0.10 27.05	57.44
Pascalie Janssen	34.81 1:14.94	Luuk Kresin	+0.17 26.04	54.98
6. DWK 2	DWK	NED	4:26.71	+0.75
Lindi Bos	+0.75 30.42 1:04.48	Martijn de Jong	+0.31 32.51	1:08.26
Iris van Aurich	+0.32 34.92 1:13.29	Lars Jacobsen	+0.40 28.59	1:00.68
7. De Duck 2	De Duck	NED	4:29.16	+0.85
Judith Kleinjan	+0.85 33.26 1:11.19	Erik Saan	+0.70 32.62	1:09.31
Leontine Groeneveldt	+0.51 32.63 1:08.97	Jort Vizeé	+0.40 28.52	59.69
8. AZC 2	AZC	NED	4:29.30	+0.72
Michael Go	+0.72 32.51 1:10.32	Jessica Braat	+0.28 30.97	1:06.10
Ardy Zwanenburg	+0.39 31.15 1:08.57	Monique van Huizen	+0.47 30.47	1:04.31

Programmanr. 18, Gemengd, 4 x 100m vrije slag, 120+

rang	vereniging				tijd	RT	PARA	
9.	De Geul			NED	4:29.32	+0.74		
	Marcha Admiraal	+0.74	29.51	1:01.18	Eline Molle	+0.52	36.11	1:15.59
	Mitchell van Uitert	+0.51	31.55	1:05.83	Remco van der Graaf	+0.49	31.69	1:06.72
10.	Hieronymus 2			NED	4:33.90	+0.54		
	Sander van Bentum	+0.54	28.11	59.40	Hilly Brugmans	+0.37	39.29	1:23.50
	Teun van der Schrier	+0.32	26.36	55.97	Marjolein Klunne	+0.32	35.05	1:15.03
11.	Team Noord Holland (SG) 1			NED	4:38.71			
	Herma Seubers-Kip		39.16	1:24.46	Michel Wigbers	+0.32	33.25	1:10.28
	Chantal Beijer	+0.25	31.55	1:06.08	Jeffrey Camphens	+0.26	27.50	57.89
12.	WS Twente 1			NED	4:41.78	+0.68		
	Sander Riezebos	+0.68	29.15	1:01.11	Ursula Spoelstra-de Groot	+0.39	40.97	1:29.45
	Romée Beverdam	+0.41	32.74	1:08.91	Cars Wiegmann	+0.06	28.63	1:02.31
13.	Blue Marlins 1			NED	4:51.66	+0.87		
	Esmeralda Elbers	+0.87	39.32	1:25.17	Berinda van Dijk	+0.50	33.75	1:12.03
	Alfonso Verkerk	+0.65	34.23	1:12.94	Marc Hoogendam	+0.17	29.19	1:01.52
NG	ACZ 1			NED				

160+, Gemengd

1.	ZPC AMERSFOORT 2	ZPC AMERSFOORT		NED	4:02.09	+0.77		
	Chester Marsman	+0.77	27.50	57.85	Marije Jansen	+0.20	29.22	1:01.75
	Lesley Cordial	+0.54	31.60	1:07.61	Jelle Blankestijn	+0.20	25.54	54.88
2.	Lux Sharks 1	Luxembourg Sharks Swimming CLUX			4:07.24	+0.72		
	<i>Luxembourg Masters Record, voor 50, 100m</i>							
	Miquel Monros Coma	+0.72	27.39	55.20	Olivia Lorton	+0.50	30.88	1:04.68
	Ricardo Nogaroli	+0.42	29.05	1:02.66	Claudia Putzolu	+0.26	30.99	1:04.70
3.	Sassenheim 2	Sassenheim		NED	4:20.70	+0.68		
	Marinka vd Zwet	+0.68	33.45	1:12.05	Casper van den Burgh	+0.53	30.64	1:04.24
	Rianne Hofland	+0.29	30.60	1:04.76	Wesley van der Luit	+0.47	28.72	59.65
4.	PSV 3	PSV		NED	4:22.54	+0.74		
	Jeanne Petit	+0.74	33.33	1:10.62	Jacco Schaap	+0.44	29.64	1:01.86
	Mark Godwaldt	+0.50	30.41	1:04.53	Larissa Jansen	+0.57	32.33	1:05.53
5.	ZVVS 1	ZVVS		NED	4:23.57	+0.75		
	Bas van den Nouwelant	+0.75	28.52	1:00.72	Karin Stein	+0.49	35.61	1:14.37
	Nadya Putter	+0.50	31.34	1:06.28	Grzegorz Kasprzyk	+0.45	29.69	1:02.20
6.	DAW 3	DAW		NED	4:27.81	+0.80		
	Wouter Zijlstra	+0.80	29.95	1:02.58	Maria Antonella Zuccaro	+0.85	32.89	1:08.68
	Dennis Kraakman	+0.40	29.67	1:04.83	Jacqueline Tuin	+0.51	33.58	1:11.72

200+, Gemengd

1.	ZPC AMERSFOORT 1	ZPC AMERSFOORT		NED	4:09.24	+0.86		
	<i>Nederlands Masters Record</i>							
	Marjan Remmits-de Lange	+0.86	33.04	1:09.19	Lidia v. Bon-Rosenbrand	+0.29	31.55	1:06.69
	Johan Remmits	+0.28	28.98	1:01.16	Darren Chen	+0.45	24.97	52.20
2.	Team Noord Holland (SG) 2	Team Noord Holland (SG)		NED	4:42.44	+0.75		
	Inken Wernheuer	+0.75	33.30	1:10.66	Peter Janssen	+0.87	36.65	1:18.68
	Rene Janssen	+0.51	34.43	1:11.79	Lotte van Gessel	+0.64	29.50	1:01.31
3.	GZC Donk 1	GZC Donk		NED	5:03.95	+0.85		
	Pierre de Groot	+0.85	37.19	1:19.78	Jessica Venema	+0.48	33.51	1:11.47
	Peter Coffeng	+0.52	40.48	1:25.35	Linda van Klei	+0.59	32.00	1:07.35
4.	TriVia 1	TriVia		NED	5:11.88	+0.94		
	Jaap Vis	+0.94	38.76	1:23.68	Rik Stahlie	+0.35	27.60	58.21
	Hannie Poletiek	+0.37	41.86	1:26.70	Margriet Pasma	+0.53	39.26	1:23.29

280+, Gemengd

1.	PSV 2	PSV		NED	5:53.29	+0.82		
	Fred Ketting	+0.82	30.76	1:04.52	Lottie Geurts	+0.78	1:02.52	2:07.59
	Corrie Verhoeven	+0.32	41.57	1:27.70	Menno Lomans	+0.70	34.50	1:13.48