

6 - ONMK 2024 kb - Sessie 6

24-11-2024 - 9:30

Programmanr. 31  
24-11-2024 - 9:30

Dames, 800m vrije slag

Masters Open  
Resultaten

rang	naam		vereniging				tijd	RT	PARA
<b>Masters 20+</b>									
1.	Laura Setz		Bubble		NED	200000130	<b>9:11.77</b>	+0.71	
	50m: 30.91	30.91	250m: 2:51.41	35.40	450m: 5:11.93	34.87	650m: 7:30.50	34.30	
	100m: 1:05.40	34.49	300m: 3:26.56	35.15	500m: 5:46.84	34.91	700m: 8:04.39	33.89	
	150m: 1:40.64	35.24	350m: 4:01.96	35.40	550m: 6:21.55	34.71	750m: 8:38.58	34.19	
	200m: 2:16.01	35.37	400m: 4:37.06	35.10	600m: 6:56.20	34.65	800m: 9:11.77	33.19	
2.	Roos Englebort		Hieronymus		NED	200200606	<b>9:21.00</b>	+0.76	
	50m: 31.19	31.19	250m: 2:51.60	35.53	450m: 5:13.79	35.61	650m: 7:35.64	35.24	
	100m: 1:05.43	34.24	300m: 3:27.18	35.58	500m: 5:49.38	35.59	700m: 8:10.99	35.35	
	150m: 1:40.45	35.02	350m: 4:02.70	35.52	550m: 6:24.74	35.36	750m: 8:46.15	35.16	
	200m: 2:16.07	35.62	400m: 4:38.18	35.48	600m: 7:00.40	35.66	800m: 9:21.00	34.85	
3.	Lieke Broere		De Otters Het Gooi		NED	200303890	<b>10:22.65</b>	+0.62	
	50m: 34.05	34.05	250m: 3:09.20	38.89	450m: 5:47.17	39.60	650m: 8:27.41	40.02	
	100m: 1:12.51	38.46	300m: 3:48.80	39.60	500m: 6:27.20	40.03	700m: 9:06.23	38.82	
	150m: 1:51.62	39.11	350m: 4:27.70	38.90	550m: 7:06.92	39.72	750m: 9:45.58	39.35	
	200m: 2:30.31	38.69	400m: 5:07.57	39.87	600m: 7:47.39	40.47	800m: 10:22.65	37.07	
4.	Eline Hoekstra		OEZA		NED	200301280	<b>10:34.89</b>	+0.88	
	50m: 33.41	33.41	250m: 3:07.45	39.54	450m: 5:49.22	39.89	650m: 8:32.49	41.03	
	100m: 1:10.44	37.03	300m: 3:47.87	40.42	500m: 6:29.58	40.36	700m: 9:13.48	40.99	
	150m: 1:48.49	38.05	350m: 4:28.61	40.74	550m: 7:10.25	40.67	750m: 9:54.52	41.04	
	200m: 2:27.91	39.42	400m: 5:09.33	40.72	600m: 7:51.46	41.21	800m: 10:34.89	40.37	
5.	Cynthia Koolman		Steenwijk 1934		NED	200300232	<b>10:40.80</b>	+0.66	
	50m: 34.77	34.77	250m: 3:10.89	39.93	450m: 5:54.83	41.59	650m: 8:40.24	41.96	
	100m: 1:12.54	37.77	300m: 3:51.44	40.55	500m: 6:35.81	40.98	700m: 9:20.75	40.51	
	150m: 1:51.17	38.63	350m: 4:32.18	40.74	550m: 7:16.84	41.03	750m: 10:00.98	40.23	
	200m: 2:30.96	39.79	400m: 5:13.24	41.06	600m: 7:58.28	41.44	800m: 10:40.80	39.82	
<b>Masters 25+</b>									
1.	Tamara Grove		De Dolfijn		NED	199601266	<b>9:26.16</b>	+0.74	
	50m: 31.24	31.24	250m: 2:51.87	35.85	450m: 5:15.08	35.89	650m: 7:39.57	36.64	
	100m: 1:05.60	34.36	300m: 3:27.76	35.89	500m: 5:50.96	35.88	700m: 8:15.66	36.09	
	150m: 1:40.74	35.14	350m: 4:03.29	35.53	550m: 6:26.91	35.95	750m: 8:51.72	36.06	
	200m: 2:16.02	35.28	400m: 4:39.19	35.90	600m: 7:02.93	36.02	800m: 9:26.16	34.44	
2.	Anne Noom		Het Y		NED	199800062	<b>9:34.36</b>	+0.74	
	50m: 31.45	31.45	250m: 2:52.62	35.93	450m: 5:17.51	36.60	650m: 7:44.93	36.99	
	100m: 1:06.06	34.61	300m: 3:28.53	35.91	500m: 5:54.16	36.65	700m: 8:21.82	36.89	
	150m: 1:41.20	35.14	350m: 4:04.59	36.06	550m: 6:30.87	36.71	750m: 8:58.69	36.87	
	200m: 2:16.69	35.49	400m: 4:40.91	36.32	600m: 7:07.94	37.07	800m: 9:34.36	35.67	
3.	Marijke Drent		Bubble		NED	199906232	<b>9:35.53</b>	+0.65	
	50m: 32.04	32.04	250m: 2:57.11	37.17	450m: 5:24.43	36.65	650m: 7:49.22	36.01	
	100m: 1:07.22	35.18	300m: 3:34.07	36.96	500m: 6:01.07	36.64	700m: 8:25.30	36.08	
	150m: 1:43.39	36.17	350m: 4:11.08	37.01	550m: 6:37.24	36.17	750m: 9:00.93	35.63	
	200m: 2:19.94	36.55	400m: 4:47.78	36.70	600m: 7:13.21	35.97	800m: 9:35.53	34.60	
4.	Jamilla van Omme - van Veen		Zwemvereniging Hoogland		NED	199603192	<b>9:41.12</b>	+0.73	
	50m: 31.21	31.21	250m: 2:55.88	37.00	450m: 5:23.66	37.28	650m: 7:52.28	37.15	
	100m: 1:06.31	35.10	300m: 3:32.72	36.84	500m: 6:00.68	37.02	700m: 8:29.11	36.83	
	150m: 1:42.41	36.10	350m: 4:09.54	36.82	550m: 6:38.16	37.48	750m: 9:05.70	36.59	
	200m: 2:18.88	36.47	400m: 4:46.38	36.84	600m: 7:15.13	36.97	800m: 9:41.12	35.42	
5.	Fiona Meuffels		PSV		NED	199504366	<b>10:05.68</b>	+0.70	
	50m: 33.39	33.39	250m: 3:02.71	38.09	450m: 5:37.91	38.71	650m: 8:12.64	38.46	
	100m: 1:09.97	36.58	300m: 3:41.41	38.70	500m: 6:17.33	39.42	700m: 8:51.11	38.47	
	150m: 1:46.71	36.74	350m: 4:20.01	38.60	550m: 6:56.06	38.73	750m: 9:29.13	38.02	
	200m: 2:24.62	37.91	400m: 4:59.20	39.19	600m: 7:34.18	38.12	800m: 10:05.68	36.55	
6.	Kirsten Opmeer		ZPC AMERSFOORT		NED	199800014	<b>10:29.46</b>	+0.74	
	50m: 34.07	34.07	250m: 3:10.24	39.74	450m: 5:50.13	40.46	650m: 8:30.72	39.82	
	100m: 1:12.07	38.00	300m: 3:49.81	39.57	500m: 6:30.41	40.28	700m: 9:10.96	40.24	
	150m: 1:50.98	38.91	350m: 4:29.61	39.80	550m: 7:10.65	40.24	750m: 9:50.70	39.74	
	200m: 2:30.50	39.52	400m: 5:09.67	40.06	600m: 7:50.90	40.25	800m: 10:29.46	38.76	
7.	Diane Schoenmaker		PSV		NED	199502920	<b>10:39.39</b>	+0.68	
	50m: 34.59	34.59	250m: 3:10.90	39.87	450m: 5:51.00	40.63	650m: 8:35.75	41.65	
	100m: 1:12.65	38.06	300m: 3:50.23	39.33	500m: 6:31.94	40.94	700m: 9:17.74	41.99	
	150m: 1:51.30	38.65	350m: 4:30.00	39.77	550m: 7:12.86	40.92	750m: 9:59.22	41.48	
	200m: 2:31.03	39.73	400m: 5:10.37	40.37	600m: 7:54.10	41.24	800m: 10:39.39	40.17	

Programmanr. 31, Dames, 800m vrije slag, Masters 25+

rang	naam	vereniging	tijd	RT	PARA			
8.	Larissa Jansen	PSV	<b>10:43.63</b>	+0.81				
	50m: 35.56	35.56	250m: 3:16.42	40.73	450m: 6:00.71	41.05	650m: 8:44.50	41.08
	100m: 1:14.71	39.15	300m: 3:57.39	40.97	500m: 6:41.97	41.26	700m: 9:24.92	40.42
	150m: 1:54.99	40.28	350m: 4:38.46	41.07	550m: 7:22.72	40.75	750m: 10:05.47	40.55
	200m: 2:35.69	40.70	400m: 5:19.66	41.20	600m: 8:03.42	40.70	800m: 10:43.63	38.16
9.	Selina Janssen	Neptunus'58	<b>10:51.04</b>					
	50m: 36.12	36.12	250m: 3:16.29	40.72	450m: 6:00.91	41.46	650m: 8:48.24	42.06
	100m: 1:15.06	38.94	300m: 3:57.08	40.79	500m: 6:42.42	41.51	700m: 9:29.75	41.51
	150m: 1:55.16	40.10	350m: 4:38.36	41.28	550m: 7:24.19	41.77	750m: 10:11.40	41.65
	200m: 2:35.57	40.41	400m: 5:19.45	41.09	600m: 8:06.18	41.99	800m: 10:51.04	39.64
10.	Kristien Peeters	ZVL-1886	<b>11:14.92</b>	+0.67				
	50m: 38.02	38.02	250m: 3:28.42	43.02	450m: 6:19.77	42.42	650m: 9:09.98	42.44
	100m: 1:19.44	41.42	300m: 4:11.58	43.16	500m: 7:02.22	42.45	700m: 9:52.76	42.78
	150m: 2:01.93	42.49	350m: 4:54.61	43.03	550m: 7:44.84	42.62	750m: 10:35.04	42.28
	200m: 2:45.40	43.47	400m: 5:37.35	42.74	600m: 8:27.54	42.70	800m: 11:14.92	39.88
11.	Laura ter Stege	CWW Swim team (SG)	<b>11:27.74</b>	+0.76				
	50m: 35.42	35.42	250m: 3:25.66	43.36	450m: 6:20.68	43.99	650m: 9:17.34	43.85
	100m: 1:16.72	41.30	300m: 4:09.15	43.49	500m: 7:04.73	44.05	700m: 10:01.59	44.25
	150m: 1:59.39	42.67	350m: 4:52.81	43.66	550m: 7:48.91	44.18	750m: 10:45.40	43.81
	200m: 2:42.30	42.91	400m: 5:36.69	43.88	600m: 8:33.49	44.58	800m: 11:27.74	42.34

Masters 30+

1.	Maaïke Vooren	DAW	<b>9:35.95</b>	+0.80				
	50m: 32.65	32.65	250m: 2:56.97	36.57	450m: 5:23.08	36.50	650m: 7:49.00	36.49
	100m: 1:07.70	35.05	300m: 3:33.50	36.53	500m: 5:59.35	36.27	700m: 8:25.51	36.51
	150m: 1:43.90	36.20	350m: 4:10.08	36.58	550m: 6:35.87	36.52	750m: 9:01.51	36.00
	200m: 2:20.40	36.50	400m: 4:46.58	36.50	600m: 7:12.51	36.64	800m: 9:35.95	34.44
2.	Lotte Coenen	DES	<b>10:11.32</b>	+0.84				
	50m: 33.38	33.38	250m: 3:03.47	37.97	450m: 5:38.27	39.12	650m: 8:14.86	38.97
	100m: 1:10.34	36.96	300m: 3:41.65	38.18	500m: 6:17.34	39.07	700m: 8:54.53	39.67
	150m: 1:47.71	37.37	350m: 4:20.38	38.73	550m: 6:57.07	39.73	750m: 9:33.77	39.24
	200m: 2:25.50	37.79	400m: 4:59.15	38.77	600m: 7:35.89	38.82	800m: 10:11.32	37.55
3.	Melissa Zwaan	DAW	<b>10:37.62</b>	+0.78				
	50m: 33.91	33.91	250m: 3:09.19	39.26	450m: 5:49.52	40.46	650m: 8:33.96	40.93
	100m: 1:11.91	38.00	300m: 3:48.88	39.69	500m: 6:30.42	40.90	700m: 9:15.37	41.41
	150m: 1:50.81	38.90	350m: 4:28.73	39.85	550m: 7:11.61	41.19	750m: 9:56.90	41.53
	200m: 2:29.93	39.12	400m: 5:09.06	40.33	600m: 7:53.03	41.42	800m: 10:37.62	40.72
4.	Nienke Smidt	WS Twente	<b>10:48.39</b>	+0.84				
	50m: 35.81	35.81	250m: 3:19.22	41.24	450m: 6:04.83	41.12	650m: 8:49.33	40.40
	100m: 1:15.93	40.12	300m: 4:00.75	41.53	500m: 6:46.72	41.89	700m: 9:30.55	41.22
	150m: 1:56.55	40.62	350m: 4:42.65	41.90	550m: 7:27.95	41.23	750m: 10:10.85	40.30
	200m: 2:37.98	41.43	400m: 5:23.71	41.06	600m: 8:08.93	40.98	800m: 10:48.39	37.54
5.	Nienke van Zoggel	De Treffers	<b>11:16.87</b>	+0.67				
	50m: 37.59	37.59	250m: 3:26.90	43.14	450m: 6:18.34	43.01	650m: 9:09.56	43.00
	100m: 1:18.90	41.31	300m: 4:09.81	42.91	500m: 7:01.36	43.02	700m: 9:52.80	43.24
	150m: 2:01.30	42.40	350m: 4:52.73	42.92	550m: 7:43.71	42.35	750m: 10:35.83	43.03
	200m: 2:43.76	42.46	400m: 5:35.33	42.60	600m: 8:26.56	42.85	800m: 11:16.87	41.04
6.	Irmgard van Weeghel	ENC Arnhem	<b>11:23.28</b>	+0.85				
	50m: 37.36	37.36	250m: 3:27.02	43.02	450m: 6:21.10	43.68	650m: 9:15.84	43.13
	100m: 1:18.67	41.31	300m: 4:10.59	43.57	500m: 7:04.78	43.68	700m: 9:59.24	43.40
	150m: 2:00.95	42.28	350m: 4:54.01	43.42	550m: 7:48.75	43.97	750m: 10:41.81	42.57
	200m: 2:44.00	43.05	400m: 5:37.42	43.41	600m: 8:32.71	43.96	800m: 11:23.28	41.47

Masters 35+

1.	Relinda Baas	TriVia	<b>10:51.14</b>	+0.76				
	50m: 35.50	35.50	250m: 3:15.78	40.91	450m: 6:01.01	41.41	650m: 8:47.43	41.42
	100m: 1:14.56	39.06	300m: 3:57.11	41.33	500m: 6:42.60	41.59	700m: 9:29.18	41.75
	150m: 1:54.70	40.14	350m: 4:38.08	40.97	550m: 7:24.39	41.79	750m: 10:10.69	41.51
	200m: 2:34.87	40.17	400m: 5:19.60	41.52	600m: 8:06.01	41.62	800m: 10:51.14	40.45
2.	Nanda van Heteren	PSV	<b>11:00.03</b>	+0.99				
	50m: 36.42	36.42	250m: 3:23.11	42.59	450m: 6:10.26	41.63	650m: 8:57.93	41.67
	100m: 1:16.77	40.35	300m: 4:05.33	42.22	500m: 6:51.93	41.67	700m: 9:39.76	41.83
	150m: 1:58.41	41.64	350m: 4:47.19	41.86	550m: 7:34.08	42.15	750m: 10:21.71	41.95
	200m: 2:40.52	42.11	400m: 5:28.63	41.44	600m: 8:16.26	42.18	800m: 11:00.03	38.32
3.	Liesbeth van Mill	Zwemlust- den Hommel	<b>11:33.94</b>	+0.91				
	50m: 37.88	37.88	250m: 3:29.87	43.45	450m: 6:25.23	43.84	650m: 9:23.24	44.41
	100m: 1:19.65	41.77	300m: 4:13.42	43.55	500m: 7:09.79	44.56	700m: 10:07.29	44.05
	150m: 2:02.73	43.08	350m: 4:57.21	43.79	550m: 7:54.34	44.55	750m: 10:51.48	44.19
	200m: 2:46.42	43.69	400m: 5:41.39	44.18	600m: 8:38.83	44.49	800m: 11:33.94	42.46

Programmanr. 31, Dames, 800m vrije slag, Masters 35+

rang	naam	vereniging							tijd	RT	PARA
4.	Sandra Schellekens	Neptunus'58	NED	198503416					<b>11:41.72</b>	+0.81	
	50m: 36.61	36.61	250m: 3:31.08	44.77	450m: 6:30.98	44.88	650m: 9:29.59	44.68			
	100m: 1:18.47	41.86	300m: 4:16.08	45.00	500m: 7:15.74	44.76	700m: 10:14.43	44.84			
	150m: 2:02.04	43.57	350m: 5:01.10	45.02	550m: 8:00.65	44.91	750m: 10:59.32	44.89			
	200m: 2:46.31	44.27	400m: 5:46.10	45.00	600m: 8:44.91	44.26	800m: 11:41.72	42.40			

Masters 40+

1.	Stephanie Vaernewyck <i>Belgisch Masters Record</i>	MEGA zwemteam	BEL	MEGA/20352/83					<b>10:07.19</b>	+0.91	
	50m: 34.15	34.15	250m: 3:06.06	38.56	450m: 5:40.18	38.37	650m: 8:13.31	38.31			
	100m: 1:11.15	37.00	300m: 3:44.69	38.63	500m: 6:18.44	38.26	700m: 8:51.78	38.47			
	150m: 1:48.92	37.77	350m: 4:23.18	38.49	550m: 6:56.64	38.20	750m: 9:30.30	38.52			
	200m: 2:27.50	38.58	400m: 5:01.81	38.63	600m: 7:35.00	38.36	800m: 10:07.19	36.89			
2.	Steffi Meinhold	d'ELFT	NED	198001542					<b>10:11.81</b>	+0.90	
	50m: 34.40	34.40	250m: 3:07.73	38.45	450m: 5:41.38	38.60	650m: 8:16.66	38.95			
	100m: 1:12.27	37.87	300m: 3:46.16	38.43	500m: 6:20.20	38.82	700m: 8:55.56	38.90			
	150m: 1:50.67	38.40	350m: 4:24.46	38.30	550m: 6:59.14	38.94	750m: 9:34.60	39.04			
	200m: 2:29.28	38.61	400m: 5:02.78	38.32	600m: 7:37.71	38.57	800m: 10:11.81	37.21			
3.	Anke Lambooi	AZL	NED	198001182					<b>10:42.08</b>	+0.64	
	50m: 34.34	34.34	250m: 3:12.63	40.43	450m: 5:55.62	41.04	650m: 8:40.68	41.46			
	100m: 1:12.16	37.82	300m: 3:53.58	40.95	500m: 6:36.48	40.86	700m: 9:21.83	41.15			
	150m: 1:51.95	39.79	350m: 4:34.27	40.69	550m: 7:17.82	41.34	750m: 10:02.79	40.96			
	200m: 2:32.20	40.25	400m: 5:14.58	40.31	600m: 7:59.22	41.40	800m: 10:42.08	39.29			
4.	Ramona Linting	AZC	NED	198301274					<b>10:58.39</b>	+0.77	
	50m: 35.46	35.46	250m: 3:19.25	41.51	450m: 6:06.43	41.98	650m: 8:53.60	41.55			
	100m: 1:15.70	40.24	300m: 4:00.83	41.58	500m: 6:48.58	42.15	700m: 9:35.41	41.81			
	150m: 1:56.56	40.86	350m: 4:42.76	41.93	550m: 7:30.49	41.91	750m: 10:17.53	42.12			
	200m: 2:37.74	41.18	400m: 5:24.45	41.69	600m: 8:12.05	41.56	800m: 10:58.39	40.86			
5.	Agnes van Brug	DAW	NED	198001726					<b>11:29.95</b>		
	50m: 38.31	38.31	250m: 3:30.68	43.85	450m: 6:26.58	43.84	650m: 9:22.14	43.62			
	100m: 1:20.34	42.03	300m: 4:14.50	43.82	500m: 7:10.71	44.13	700m: 10:05.50	43.36			
	150m: 2:03.42	43.08	350m: 4:58.63	44.13	550m: 7:54.61	43.90	750m: 10:48.78	43.28			
	200m: 2:46.83	43.41	400m: 5:42.74	44.11	600m: 8:38.52	43.91	800m: 11:29.95	41.17			
6.	Sabrina Boekhout	De Biesboschwimmers	NED	198100120					<b>11:34.85</b>	+0.84	
	50m: 35.93	35.93	250m: 3:26.33	44.14	450m: 6:23.89	44.83	650m: 9:23.81	45.14			
	100m: 1:16.21	40.28	300m: 4:10.19	43.86	500m: 7:08.77	44.88	700m: 10:08.31	44.50			
	150m: 1:58.79	42.58	350m: 4:54.52	44.33	550m: 7:53.61	44.84	750m: 10:51.83	43.52			
	200m: 2:42.19	43.40	400m: 5:39.06	44.54	600m: 8:38.67	45.06	800m: 11:34.85	43.02			
7.	Linda Hoogendam	WVZ	NED	198300892					<b>12:10.74</b>	+0.81	
	50m: 39.69	39.69	250m: 3:43.04	45.88	450m: 6:48.13	45.88	650m: 9:54.11	46.58			
	100m: 1:24.91	45.22	300m: 4:29.01	45.97	500m: 7:34.43	46.30	700m: 10:40.68	46.57			
	150m: 2:10.97	46.06	350m: 5:15.23	46.22	550m: 8:20.07	45.64	750m: 11:27.57	46.89			
	200m: 2:57.16	46.19	400m: 6:02.25	47.02	600m: 9:07.53	47.46	800m: 12:10.74	43.17			

Masters 45+

1.	Liselotte Joling	PSV	NED	197500268					<b>10:02.68</b>	+0.85	
	50m: 35.02	35.02	250m: 3:06.56	37.55	450m: 5:38.58	37.78	650m: 8:10.78	38.05			
	100m: 1:13.07	38.05	300m: 3:44.89	38.33	500m: 6:16.65	38.07	700m: 8:48.98	38.20			
	150m: 1:50.64	37.57	350m: 4:22.52	37.63	550m: 6:54.29	37.64	750m: 9:26.25	37.27			
	200m: 2:29.01	38.37	400m: 5:00.80	38.28	600m: 7:32.73	38.44	800m: 10:02.68	36.43			
2.	Melanie Kuiper	ZIGNEA	NED	197600350					<b>10:33.76</b>	+0.85	
	50m: 35.33	35.33	250m: 3:13.27	40.50	450m: 5:55.17	40.05	650m: 8:35.61	40.24			
	100m: 1:13.72	38.39	300m: 3:53.61	40.34	500m: 6:34.86	39.69	700m: 9:16.12	40.51			
	150m: 1:52.93	39.21	350m: 4:34.27	40.66	550m: 7:15.20	40.34	750m: 9:56.06	39.94			
	200m: 2:32.77	39.84	400m: 5:15.12	40.85	600m: 7:55.37	40.17	800m: 10:33.76	37.70			
3.	Alina Spijkerman	DAW	NED	197701220					<b>10:53.42</b>	+0.86	
	50m: 35.92	35.92	250m: 3:18.79	40.99	450m: 6:03.87	41.16	650m: 8:50.63	41.84			
	100m: 1:15.92	40.00	300m: 4:00.15	41.36	500m: 6:45.71	41.84	700m: 9:32.20	41.57			
	150m: 1:56.61	40.69	350m: 4:41.51	41.36	550m: 7:27.10	41.39	750m: 10:13.96	41.76			
	200m: 2:37.80	41.19	400m: 5:22.71	41.20	600m: 8:08.79	41.69	800m: 10:53.42	39.46			
4.	Jannie Vennik	HZ&PC Heerenveen	NED	197601006					<b>11:23.35</b>	+0.90	
	50m: 38.39	38.39	250m: 3:31.38	43.55	450m: 6:25.02	43.38	650m: 9:16.89	42.43			
	100m: 1:20.97	42.58	300m: 4:14.90	43.52	500m: 7:08.27	43.25	700m: 9:59.29	42.40			
	150m: 2:04.56	43.59	350m: 4:58.35	43.45	550m: 7:51.07	42.80	750m: 10:42.35	43.06			
	200m: 2:47.83	43.27	400m: 5:41.64	43.29	600m: 8:34.46	43.39	800m: 11:23.35	41.00			

Programmanr. 31, Dames, 800m vrije slag, Masters 45+

rang	naam	vereniging					tijd	RT	PARA
5.	Chantal Verhoeff	Old Dutch	NED 197900912				<b>11:26.40</b>	+0.61	
	50m: 37.48	37.48	250m: 3:29.85	43.78	450m: 6:24.70	43.67	650m: 9:17.84	43.53	
	100m: 1:19.36	41.88	300m: 4:13.20	43.35	500m: 7:07.86	43.16	700m: 10:01.08	43.24	
	150m: 2:02.38	43.02	350m: 4:57.32	44.12	550m: 7:51.02	43.16	750m: 10:43.94	42.86	
	200m: 2:46.07	43.69	400m: 5:41.03	43.71	600m: 8:34.31	43.29	800m: 11:26.40	42.46	
6.	Jessica Venema	GZC Donk	NED 197901526				<b>11:44.84</b>	+0.63	
	50m: 37.32	37.32	250m: 3:30.36	44.03	450m: 6:28.77	44.86	650m: 9:30.88	45.12	
	100m: 1:19.18	41.86	300m: 4:14.92	44.56	500m: 7:14.73	45.96	700m: 10:16.57	45.69	
	150m: 2:02.43	43.25	350m: 4:59.37	44.45	550m: 7:59.75	45.02	750m: 11:02.80	46.23	
	200m: 2:46.33	43.90	400m: 5:43.91	44.54	600m: 8:45.76	46.01	800m: 11:44.84	42.04	

Masters 50+

1.	Carla Geurts	PSV	NED 197100178				<b>9:59.89</b>	+0.81	
	50m: 33.33	33.33	250m: 3:01.61	37.51	450m: 5:33.15	37.85	650m: 8:06.35	38.22	
	100m: 1:09.66	36.33	300m: 3:39.43	37.82	500m: 6:11.35	38.20	700m: 8:44.67	38.32	
	150m: 1:46.65	36.99	350m: 4:17.37	37.94	550m: 6:49.77	38.42	750m: 9:23.38	38.71	
	200m: 2:24.10	37.45	400m: 4:55.30	37.93	600m: 7:28.13	38.36	800m: 9:59.89	36.51	
2.	Grith Sigsgaard	Zwemlust- den Hommel	NED 197200772				<b>10:17.21</b>	+0.64	
	50m: 33.65	33.65	250m: 3:06.50	38.36	450m: 5:42.71	39.63	650m: 8:20.05	39.78	
	100m: 1:11.11	37.46	300m: 3:45.19	38.69	500m: 6:21.65	38.94	700m: 8:59.11	39.06	
	150m: 1:49.57	38.46	350m: 4:23.88	38.69	550m: 7:00.70	39.05	750m: 9:38.26	39.15	
	200m: 2:28.14	38.57	400m: 5:03.08	39.20	600m: 7:40.27	39.57	800m: 10:17.21	38.95	
3.	Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	NED 197000054				<b>10:51.43</b>	+0.94	
	50m: 36.13	36.13	250m: 3:20.58	41.82	450m: 6:07.21	41.11	650m: 8:50.66	40.56	
	100m: 1:16.13	40.00	300m: 4:02.70	42.12	500m: 6:48.38	41.17	700m: 9:31.11	40.45	
	150m: 1:57.17	41.04	350m: 4:44.45	41.75	550m: 7:29.39	41.01	750m: 10:11.87	40.76	
	200m: 2:38.76	41.59	400m: 5:26.10	41.65	600m: 8:10.10	40.71	800m: 10:51.43	39.56	
4.	Annette de Visser	Oceanus	NED 197100602				<b>11:09.52</b>	+0.86	
	50m: 36.16	36.16	250m: 3:22.04	41.60	450m: 6:11.33	42.80	650m: 9:02.32	42.62	
	100m: 1:16.60	40.44	300m: 4:03.92	41.88	500m: 6:54.03	42.70	700m: 9:45.09	42.77	
	150m: 1:58.25	41.65	350m: 4:45.90	41.98	550m: 7:36.87	42.84	750m: 10:27.43	42.34	
	200m: 2:40.44	42.19	400m: 5:28.53	42.63	600m: 8:19.70	42.83	800m: 11:09.52	42.09	
5.	Kathy Van Lindt *200	Cercle De Natation Sportcity WolBEL	CNSW/007949/71				<b>13:01.25</b>		
	50m: 43.46	43.46	250m: 3:58.53	48.96	450m: 7:17.93	50.08	650m: 10:37.15	49.39	
	100m: 1:30.88	47.42	300m: 4:48.58	50.05	500m: 8:07.98	50.05	700m: 11:26.35	49.20	
	150m: 2:19.84	48.96	350m: 5:37.77	49.19	550m: 8:57.90	49.92	750m: 12:15.10	48.75	
	200m: 3:09.57	49.73	400m: 6:27.85	50.08	600m: 9:47.76	49.86	800m: 13:01.25	46.15	

DIS Bianca Groot MSV-Zeemacht NED 197000652  
*AF - De aangegeven afstand niet uitgezwommen.*

Masters 55+

1.	Iris van Aurich	DWK	NED 196900866				<b>11:37.02</b>	+0.81	
	50m: 37.62	37.62	250m: 3:31.42	44.34	450m: 6:30.97	44.83	650m: 9:29.23	44.36	
	100m: 1:20.05	42.43	300m: 4:15.97	44.55	500m: 7:15.75	44.78	700m: 10:13.06	43.83	
	150m: 2:03.65	43.60	350m: 5:00.91	44.94	550m: 8:00.24	44.49	750m: 10:56.04	42.98	
	200m: 2:47.08	43.43	400m: 5:46.14	45.23	600m: 8:44.87	44.63	800m: 11:37.02	40.98	
2.	Laura Staal	Oceanus	NED 196700358				<b>11:46.87</b>	+0.93	
	50m: 39.68	39.68	250m: 3:38.52	45.47	450m: 6:37.67	44.25	650m: 9:34.66	44.49	
	100m: 1:23.26	43.58	300m: 4:23.83	45.31	500m: 7:21.88	44.21	700m: 10:19.74	45.08	
	150m: 2:07.81	44.55	350m: 5:08.64	44.81	550m: 8:06.14	44.26	750m: 11:04.56	44.82	
	200m: 2:53.05	45.24	400m: 5:53.42	44.78	600m: 8:50.17	44.03	800m: 11:46.87	42.31	
3.	Marijke Campfens	De Geul	NED 196900960				<b>12:32.70</b>		
	50m: 39.80	39.80	250m: 3:43.85	47.01	450m: 6:55.62	48.11	650m: 10:08.77	48.63	
	100m: 1:23.72	43.92	300m: 4:31.57	47.72	500m: 7:43.71	48.09	700m: 10:57.41	48.64	
	150m: 2:10.08	46.36	350m: 5:19.52	47.95	550m: 8:31.96	48.25	750m: 11:45.95	48.54	
	200m: 2:56.84	46.76	400m: 6:07.51	47.99	600m: 9:20.14	48.18	800m: 12:32.70	46.75	
4.	K. van Nassau-van den Heuvel	Old Dutch	NED 196600188				<b>12:39.91</b>	+0.97	
	50m: 43.32	43.32	250m: 3:52.25	47.49	450m: 7:04.72	48.05	650m: 10:18.80	48.21	
	100m: 1:29.82	46.50	300m: 4:40.26	48.01	500m: 7:53.21	48.49	700m: 11:07.38	48.58	
	150m: 2:17.53	47.71	350m: 5:28.59	48.33	550m: 8:42.18	48.97	750m: 11:55.15	47.77	
	200m: 3:04.76	47.23	400m: 6:16.67	48.08	600m: 9:30.59	48.41	800m: 12:39.91	44.76	
5.	Peggi Hurenkamp	HZ&PC Heerenveen	NED 196900922				<b>12:48.68</b>	+0.90	
	50m: 41.35	41.35	250m: 3:55.23	49.07	450m: 7:10.77	49.03	650m: 10:24.94	48.31	
	100m: 1:28.45	47.10	300m: 4:44.11	48.88	500m: 7:59.47	48.70	700m: 11:13.23	48.29	
	150m: 2:17.19	48.74	350m: 5:32.92	48.81	550m: 8:48.13	48.66	750m: 12:01.66	48.43	
	200m: 3:06.16	48.97	400m: 6:21.74	48.82	600m: 9:36.63	48.50	800m: 12:48.68	47.02	

Programmanr. 31, Dames, 800m vrije slag

Masters 60+

1. Wilna Heijman	Steenwijk 1934	NED	196400506	<b>11:30.46</b>	+0.83
50m: 39.12	39.12	250m: 3:32.93	44.10	450m: 6:28.10	43.63
100m: 1:21.64	42.52	300m: 4:16.80	43.87	500m: 7:11.56	43.46
150m: 2:05.08	43.44	350m: 5:00.49	43.69	550m: 7:55.13	43.57
200m: 2:48.83	43.75	400m: 5:44.47	43.98	600m: 8:38.84	43.71
650m: 9:22.28	43.44	700m: 10:05.69	43.41	750m: 10:48.55	42.86
800m: 11:30.46	41.91				
2. Petra Tossings	GZC Donk	NED	196100376	<b>12:20.23</b>	+0.84
50m: 41.15	41.15	250m: 3:48.44	46.91	450m: 6:55.58	46.82
100m: 1:27.02	45.87	300m: 4:34.85	46.41	500m: 7:42.43	46.85
150m: 2:13.95	46.93	350m: 5:21.54	46.69	550m: 8:29.26	46.83
200m: 3:01.53	47.58	400m: 6:08.76	47.22	600m: 9:16.32	47.06
650m: 10:02.61	46.29	700m: 10:49.61	47.00	750m: 11:35.90	46.29
800m: 12:20.23	44.33				
3. Erica Muller	De Geul	NED	196400412	<b>14:24.08</b>	+0.80
50m: 47.75	47.75	250m: 4:24.28	54.86	450m: 8:01.93	54.37
100m: 1:40.99	53.24	300m: 5:18.61	54.33	500m: 8:56.78	54.85
150m: 2:34.81	53.82	350m: 6:12.84	54.23	550m: 9:51.41	54.63
200m: 3:29.42	54.61	400m: 7:07.56	54.72	600m: 10:45.95	54.54
650m: 11:40.60	54.65	700m: 12:34.90	54.30	750m: 13:29.86	54.96
800m: 14:24.08	54.22				

Masters 65+

1. Margriet Pasma	TriVia	NED	195500088	<b>12:40.62</b>	
50m: 43.84	43.84	250m: 3:59.21	48.41	450m: 7:10.90	47.90
100m: 1:31.95	48.11	300m: 4:47.49	48.28	500m: 7:58.93	48.03
150m: 2:21.66	49.71	350m: 5:35.23	47.74	550m: 8:47.03	48.10
200m: 3:10.80	49.14	400m: 6:23.00	47.77	600m: 9:35.29	48.26
650m: 10:23.36	48.07	700m: 11:10.79	47.43	750m: 11:57.62	46.83
800m: 12:40.62	43.00				

Masters 70+

1. Conny Boer-Buys	ZVVS	NED	195000006	<b>13:00.87</b>	+0.85
50m: 42.17	42.17	250m: 3:56.74	49.71	450m: 7:17.87	50.13
100m: 1:29.03	46.86	300m: 4:46.83	50.09	500m: 8:07.72	49.85
150m: 2:17.48	48.45	350m: 5:37.40	50.57	550m: 8:57.09	49.37
200m: 3:07.03	49.55	400m: 6:27.74	50.34	600m: 9:46.51	49.42
650m: 10:36.28	49.77	700m: 11:25.71	49.43	750m: 12:14.80	49.09
800m: 13:00.87	46.07				
2. Carla Hensen	PSV	NED	195300062	<b>14:35.70</b>	
50m: 47.17	47.17	250m: 4:27.78	55.37	450m: 8:10.27	55.56
100m: 1:41.29	54.12	300m: 5:23.68	55.90	500m: 9:05.54	55.27
150m: 2:36.82	55.53	350m: 6:19.33	55.65	550m: 10:01.08	55.54
200m: 3:32.41	55.59	400m: 7:14.71	55.38	600m: 10:56.42	55.34
650m: 11:52.06	56.64	700m: 12:47.24	55.18	750m: 13:42.32	55.08
800m: 14:35.70	53.38				

Programmanr. 32  
24-11-2024 - 11:09

Heren, 400m wisselslag

Masters Open  
Resultaten

rang	naam	vereniging	tijd	RT	PARA	
<b>Masters 20+</b>						
1.	Abel te Riele	WVZ	NED 200402317	<b>4:38.17</b>	+0.73	
	50m: 28.71	28.71	150m: 1:38.24	35.73	250m: 2:52.35	38.19
	100m: 1:02.51	33.80	200m: 2:14.16	35.92	300m: 3:32.28	39.93
					350m: 4:06.04	33.76
					400m: 4:38.17	32.13
2.	Guus Hoogduin	ZVL-1886	NED 200201069	<b>4:50.45</b>	+0.74	
	50m: 29.89	29.89	150m: 1:42.40	38.46	250m: 2:59.82	40.69
	100m: 1:03.94	34.05	200m: 2:19.13	36.73	300m: 3:41.24	41.42
					350m: 4:17.53	36.29
					400m: 4:50.45	32.92
<b>Masters 25+</b>						
1.	Jelle Blankestijn	ZPC AMERSFOORT	NED 199803737	<b>4:58.35</b>		
	50m: 30.60	30.60	150m: 1:45.89	38.55	250m: 3:07.66	43.61
	100m: 1:07.34	36.74	200m: 2:24.05	38.16	300m: 3:51.89	44.23
					350m: 4:25.95	34.06
					400m: 4:58.35	32.40
2.	David Kievit	De Schotejil	NED 199900325	<b>5:03.63</b>	+0.78	
	50m: 30.77	30.77	150m: 1:47.47	39.25	250m: 3:09.33	43.09
	100m: 1:08.22	37.45	200m: 2:26.24	38.77	300m: 3:52.91	43.58
					350m: 4:28.66	35.75
					400m: 5:03.63	34.97
3.	Jeroen Louwinger	De Rijn	NED 199900583	<b>5:18.23</b>	+0.73	
	50m: 33.43	33.43	150m: 1:50.93	39.49	250m: 3:17.29	47.80
	100m: 1:11.44	38.01	200m: 2:29.49	38.56	300m: 4:05.82	48.53
					350m: 4:43.31	37.49
					400m: 5:18.23	34.92
4.	Colin Degenars	ZPCH	NED 199505951	<b>5:48.80</b>	+0.83	
	50m: 34.15	34.15	150m: 2:03.40	46.01	250m: 3:41.87	52.31
	100m: 1:17.39	43.24	200m: 2:49.56	46.16	300m: 4:33.36	51.49
					350m: 5:12.41	39.05
					400m: 5:48.80	36.39



Programmanr. 32, Heren, 400m wisselslag

Masters 30+

1.	Matteo Viani	Zwemlust- den Hommel	NED	199007717	<b>4:56.77</b>	+0.77		
	50m: 29.81	29.81	150m: 1:44.46	40.39	250m: 3:06.95	42.60	350m: 4:23.76	33.78
	100m: 1:04.07	34.26	200m: 2:24.35	39.89	300m: 3:49.98	43.03	400m: 4:56.77	33.01
2.	Tim Bunnik	Triton	NED	199000505	<b>5:01.59</b>	+0.80		
	50m: 32.28	32.28	150m: 1:47.71	37.45	250m: 3:08.96	43.52	350m: 4:28.37	34.31
	100m: 1:10.26	37.98	200m: 2:25.44	37.73	300m: 3:54.06	45.10	400m: 5:01.59	33.22
3.	Mike Schel	ENC Arnhem	NED	199403279	<b>5:04.66</b>	+0.75		
	50m: 31.91	31.91	150m: 1:50.94	40.60	250m: 3:13.60	44.27	350m: 4:31.93	34.38
	100m: 1:10.34	38.43	200m: 2:29.33	38.39	300m: 3:57.55	43.95	400m: 5:04.66	32.73
4.	Patrick Creemers	Patrick - De Roersoppers (SG)	NED	199000579	<b>5:13.63</b>	+0.70		
	50m: 33.81	33.81	150m: 1:58.88	41.71	250m: 3:23.06	42.59	350m: 4:40.28	34.67
	100m: 1:17.17	43.36	200m: 2:40.47	41.59	300m: 4:05.61	42.55	400m: 5:13.63	33.35
5.	Jeroen Burggraaf	De Blauwe Schuur	NED	199000467	<b>5:23.25</b>	+0.80		
	50m: 32.71	32.71	150m: 1:52.71	41.10	250m: 3:20.02	45.97	350m: 4:44.97	38.87
	100m: 1:11.61	38.90	200m: 2:34.05	41.34	300m: 4:06.10	46.08	400m: 5:23.25	38.28
6.	Robin van Beusekom	Niemo Barracuda	NED	199205841	<b>5:44.12</b>	+0.77		
	50m: 34.15	34.15	150m: 2:00.82	45.23	250m: 3:32.65	47.03	350m: 5:04.01	41.55
	100m: 1:15.59	41.44	200m: 2:45.62	44.80	300m: 4:22.46	49.81	400m: 5:44.12	40.11

Masters 35+

1.	Yuri van Omme	Zwemvereniging Hoogland	NED	198501887	<b>5:07.51</b>	+0.80		
	50m: 32.53	32.53	150m: 1:51.22	40.01	250m: 3:12.71	41.68	350m: 4:32.09	36.57
	100m: 1:11.21	38.68	200m: 2:31.03	39.81	300m: 3:55.52	42.81	400m: 5:07.51	35.42
2.	Martijn Giezen	ZPC AMERSFOORT	NED	198500813	<b>5:16.34</b>	+0.79		
	50m: 31.44	31.44	150m: 1:50.33	40.55	250m: 3:17.29	47.03	350m: 4:41.22	37.16
	100m: 1:09.78	38.34	200m: 2:30.26	39.93	300m: 4:04.06	46.77	400m: 5:16.34	35.12
3.	Wessel Everloo	WS Twente	NED	198906597	<b>5:42.23</b>	+0.88		
	50m: 36.34	36.34	150m: 2:03.32	42.45	250m: 3:36.63	51.86	350m: 5:07.24	37.56
	100m: 1:20.87	44.53	200m: 2:44.77	41.45	300m: 4:29.68	53.05	400m: 5:42.23	34.99

Masters 40+

1.	Heijmen van Vliet	De Geul	NED	198001637	<b>5:16.88</b>	+0.71		
	50m: 33.52	33.52	150m: 1:52.17	41.67	250m: 3:19.16	46.23	350m: 4:42.91	37.01
	100m: 1:10.50	36.98	200m: 2:32.93	40.76	300m: 4:05.90	46.74	400m: 5:16.88	33.97
2.	Frank v.d. Voordt	De Schotejil	NED	198302259	<b>5:18.54</b>	+0.75		
	50m: 32.20	32.20	150m: 1:51.56	41.48	250m: 3:18.44	46.52	350m: 4:42.42	37.40
	100m: 1:10.08	37.88	200m: 2:31.92	40.36	300m: 4:05.02	46.58	400m: 5:18.54	36.12
3.	Grzegorz Kasprzyk	ZVVS	NED	198303163	<b>5:36.04</b>	+0.82		
	50m: 33.90	33.90	150m: 1:57.23	44.73	250m: 3:30.77	48.88	350m: 4:59.56	39.08
	100m: 1:12.50	38.60	200m: 2:41.89	44.66	300m: 4:20.48	49.71	400m: 5:36.04	36.48
4.	Harm Jan Otter	Het Ravijn	NED	198101283	<b>5:50.01</b>	+0.93		
	50m: 35.91	35.91	150m: 2:06.98	47.30	250m: 3:41.04	47.17	350m: 5:10.48	41.52
	100m: 1:19.68	43.77	200m: 2:53.87	46.89	300m: 4:28.96	47.92	400m: 5:50.01	39.53

DIS Kristiaan Lenos ZVL-1886  
*RH - Het eindpunt niet in rugligging aangeraakt.*

AFGEM Bertrand Maillet Asptt Clermont-Ferrand FRA 88948

Masters 45+

1.	Håkon Skaarud Karlsen	Oslo I.L	NOR	M05011979HÅK01	<b>4:58.97</b>	+0.66		
	<i>Kampioenschapsrecord</i>							
	50m: 32.74	32.74	150m: 1:48.80	39.05	250m: 3:11.17	43.82	350m: 4:28.66	34.16
	100m: 1:09.75	37.01	200m: 2:27.35	38.55	300m: 3:54.50	43.33	400m: 4:58.97	30.31
2.	Kees Bakker	Gay Swim Amsterdam	NED	197501055	<b>5:49.59</b>	+0.51		
	50m: 37.26	37.26	150m: 2:05.85	45.26	250m: 3:41.17	50.49	350m: 5:11.76	40.09
	100m: 1:20.59	43.33	200m: 2:50.68	44.83	300m: 4:31.67	50.50	400m: 5:49.59	37.83

Programmanr. 32, Heren, 400m wisselslag

Masters 55+

1. Erlend Alstad	Oslo I.L	NOR	M210367ERL02	<b>5:20.47</b>	+0.83
50m: 34.12	34.12	150m: 1:55.18	43.07	250m: 3:22.48	45.32
100m: 1:12.11	37.99	200m: 2:37.16	41.98	300m: 4:07.97	45.49
350m: 4:45.64	37.67	400m: 5:20.47	34.83		
2. Jan-Willem van den Berg	WVZ	NED	196801575	<b>5:39.40</b>	+0.83
50m: 35.43	35.43	150m: 2:00.42	43.16	250m: 3:31.53	47.76
100m: 1:17.26	41.83	200m: 2:43.77	43.35	300m: 4:19.84	48.31
350m: 5:00.54	40.70	400m: 5:39.40	38.86		

Masters 60+

1. Johan Remmits	ZPC AMERSFOORT	NED	196201159	<b>5:41.89</b>	+0.84
50m: 34.48	34.48	150m: 1:57.75	43.64	250m: 3:32.54	51.98
100m: 1:14.11	39.63	200m: 2:40.56	42.81	300m: 4:25.58	53.04
350m: 5:04.46	38.88	400m: 5:41.89	37.43		
2. Rob Spetter	De Rog	NED	196201239	<b>6:12.55</b>	
50m: 41.73	41.73	150m: 2:16.85	46.16	250m: 3:57.66	54.44
100m: 1:30.69	48.96	200m: 3:03.22	46.37	300m: 4:53.01	55.35
350m: 5:33.62	40.61	400m: 6:12.55	38.93		
3. Hans Vloedgraven	Old Dutch	NED	196400917	<b>6:15.95</b>	+0.87
50m: 38.22	38.22	150m: 2:09.56	47.41	250m: 3:49.38	55.58
100m: 1:22.15	43.93	200m: 2:53.80	44.24	300m: 4:47.46	58.08
350m: 5:32.32	44.86	400m: 6:15.95	43.63		
4. Ronald Grove	Triton	NED	196100161	<b>6:19.61</b>	+0.88
50m: 40.52	40.52	150m: 2:20.58	50.88	250m: 4:03.26	52.76
100m: 1:29.70	49.18	200m: 3:10.50	49.92	300m: 4:57.09	53.83
350m: 5:37.82	40.73	400m: 6:19.61	41.79		

Masters 65+

1. Paul Bunnik	Triton	NED	195600413	<b>6:56.48</b>	+0.99
50m: 42.58	42.58	150m: 2:31.92	57.38	250m: 4:25.02	57.68
100m: 1:34.54	51.96	200m: 3:27.34	55.42	300m: 5:26.73	1:01.71
350m: 6:11.58	44.85	400m: 6:56.48	44.90		

Masters 70+

1. Hans Piederiet	Hoeksche Waard (SGHW) (SG)	NED	195400177	<b>7:40.93</b>	
50m: 46.96	46.96	150m: 2:44.78	56.00	250m: 4:50.95	1:13.03
100m: 1:48.78	1:01.82	200m: 3:37.92	53.14	300m: 6:02.95	1:12.00
350m: 6:54.07	51.12	400m: 7:40.93	46.86		

Masters 80+

1. Rob Hanou	PSV	NED	194300109	<b>9:44.77</b>	+0.74
50m: 1:16.78	1:16.78	150m: 4:06.12	1:14.57	250m: 6:32.64	1:13.71
100m: 2:51.55	1:34.77	200m: 5:18.93	1:12.81	300m: 7:48.50	1:15.86
350m: 8:47.59	59.09	400m: 9:44.77	57.18		

Programmanr. 33  
24-11-2024 - 11:43

4 x 100m wisselslag

Masters Open  
Resultaten

rang	vereniging	tijd	RT	PARA			
80+, Heren							
1. De Columbiaan 2	De Columbiaan	NED	<b>4:05.36</b>	+0.62			
Daan Hogerhuis	+0.62	28.27	59.77	Bert Duivenvoorde	+0.45	26.83	58.58
Dave van den Nieuwendijk	+0.43	30.91	1:07.06	Bram Daalman	+0.43	27.73	59.95
2. HZ&PC Heerenveen 1	HZ&PC Heerenveen	NED	<b>4:06.96</b>	+0.68			
Richard Kuipers	+0.68	29.86	1:01.56	Wouter Zijstra	+0.18	26.08	58.15
Jorian Darwinkel	+0.20	30.32	1:07.48	Rob van Wier	+0.16	27.94	59.77
3. ZOB'66 2	ZOB'66	NED	<b>4:20.37</b>	+0.62			
Ian van Mullem	+0.62	32.83	1:08.92	Niels van der Mast	+0.27	28.81	1:03.29
Mart de Koning	+0.47	32.77	1:11.19	Nino van Krimpen	+0.37	26.87	56.97

Programmanr. 33, 4 x 100m wisselslag

100+, Heren

1. Zuiderzeewimmers 2	Zuiderzeewimmers	NED	<b>4:19.06</b>	+0.75
Jesse van Dijk	+0.75 31.03 1:06.34	Ilmar Stoop	+0.54 28.70 1:03.65	
Jarick Stoop	+0.29 32.55 1:12.35	Peter de Boer	+0.02 26.45 56.72	
2. ENC Arnhem 2	ENC Arnhem	NED	<b>4:22.90</b>	+0.78
Mike Schel	+0.78 31.84 1:05.35	Wessel Haverkamp	+0.10 29.10 1:04.91	
Sander de Vrugt	+0.42 31.34 1:06.96	Job Esink	+0.41 30.66 1:05.68	

120+, Heren

1. ZPCH 1	ZPCH	NED	<b>4:04.52</b>	+0.67
Jasper van Heijst	+0.67 30.23 1:04.75	Thomas Vastenhou	+0.51 27.76 1:00.13	
Lucas Douwma	+0.32 29.93 1:04.18	Ruud Holswilder	+0.21 26.73 55.46	
2. WVZ 2	WVZ	NED	<b>4:08.19</b>	+0.68
Jasper Breugem	+0.68 29.65 1:01.45	Sander Kirillova	+0.26 26.25 56.79	
Simon van Ravesteijn	+0.22 32.59 1:12.33	Jordy van Oel	+0.21 27.56 57.62	
3. Onderdak 2	Onderdak	NED	<b>4:11.70</b>	+0.77
Stefan Roovers	+0.77 32.01 1:05.98	Niek de Ridder	+0.38 28.74 1:02.52	
Simon Edenburg	+0.56 31.15 1:07.18	Joeri van Wallenburg	+0.22 26.74 56.02	
4. Poseidon'56 1	Poseidon'56	NED	<b>4:14.74</b>	+0.64
Gerard Willighagen	+0.64 29.43 1:00.87	Erik van Gemert	+0.28 27.58 1:01.78	
Ryan van den Ouden	+0.40 31.15 1:07.93	Marcel Vroegindewei	+0.31 29.95 1:04.16	
5. ZOB'66 1	ZOB'66	NED	<b>4:17.48</b>	+0.75
Nol van Thull	+0.75 31.82 1:05.18	Daan Siebenheller	+0.37 28.01 1:02.50	
Roderik Meijers	+0.25 32.56 1:11.97	Julian Mes	+0.30 27.25 57.83	
6. De Schotejil 1	De Schotejil	NED	<b>4:36.89</b>	+0.87
David Kievit	+0.87 32.39 1:06.80	Frank v.d. Voordt	+0.49 31.37 1:07.40	
Sven Dubbeld	37.82 1:23.08	Sybren Groenewegen	+0.46 27.78 59.61	

160+, Heren

1. Niemo Barracuda 12	Niemo Barracuda	NED	<b>4:13.15</b>	+0.74
Mark Hensen	+0.74 31.50 1:05.24	Jeroen Baars	+0.28 25.15 55.27	
Dennis Dortland	+0.19 35.88 1:16.75	Pascal van Haren	+0.29 26.52 55.89	
2. Oslo I.L 1	Oslo I.L	NOR	<b>4:24.82</b>	+0.70
<i>Norwegian Masters Record</i>				
Knut Ivan Rasmussen	+0.70 33.52 1:08.62	Øivind Martin Hasle	+0.23 28.69 1:01.70	
Erlend Alstad	+0.07 37.15 1:18.61	Håkon Skaarud Karlsen	+0.13 27.00 55.89	
3. Steenwijk 1934 3	Steenwijk 1934	NED	<b>4:43.37</b>	+0.75
Robert Braad	+0.75 30.87 1:04.35	Rick Driezen	+0.48 28.74 1:02.16	
Patrick Wobben	+0.60 39.39 1:26.85	Korstiaan de Boer	+0.47 33.06 1:10.01	

200+, Heren

1. ZPC AMERSFOORT 1	ZPC AMERSFOORT	NED	<b>4:28.23</b>	+0.79
Chester Marsman	+0.79 31.89 1:06.60	Darren Chen	+0.32 27.04 59.36	
Ron Korzelius	+0.29 37.04 1:20.32	Johan Remmits	+0.48 29.72 1:01.95	
2. Patrick - De Roersoppers (SG) 1	Patrick - De Roersoppers (SG)	NED	<b>5:02.80</b>	+0.72
Jeroen Meuleners	+0.72 35.76 1:12.53	Patrick Creemers	+0.48 31.63 1:09.51	
Charles Bos	+0.39 42.69 1:31.82	Arno Schrauwen	0.00 32.71 1:08.94	
3. AZC 1	AZC	NED	<b>5:38.64</b>	+0.78
Patrick Brouwer	+0.78 34.24 1:11.13	Auke Sijperda	+0.82 32.57 1:16.34	
Wim de Lange	+0.40 43.17 1:32.55	Geza Kaltenecker	+0.72 46.67 1:38.62	

240+, Heren

1. De Rog 1	De Rog	NED	<b>4:50.96</b>	+0.77
Erik Kamphuis	+0.77 37.67 1:14.86	Peter Bernsen	+0.28 32.59 1:11.66	
Glen Le Clercq	+0.40 35.81 1:17.65	Rob Spetter	+0.22 32.02 1:06.79	



Programmanr. 33, 4 x 100m wisselslag

80+, Dames

1. Hieronymus 1	Hieronymus	NED	<b>4:29.98</b>	+0.80
Nadja Roovers	+0.80 33.09 1:09.74	Selene Wortel	+0.32 29.66 1:05.02	
Valesca van den Bogert	+0.38 33.72 1:13.21	Roos Englebort	+0.37 29.64 1:02.01	
2. De Columbiaan 1	De Columbiaan	NED	<b>4:42.94</b>	+0.58
Julia Notenboom	+0.58 32.03 1:06.55	Anouk Vis	+0.59 32.83 1:12.36	
Daniëlle Vis	+0.35 37.74 1:20.45	Miranda Nijenhuis	+0.41 30.15 1:03.58	
3. HZ&PC Heerenveen 2	HZ&PC Heerenveen	NED	<b>4:50.97</b>	+0.72
Inge Dekker	+0.72 32.33 1:08.29	Lianne van Wier	+0.17 33.79 1:14.77	
Leonie van Wier	+0.33 38.13 1:22.24	Lois Jalving	+0.25 30.74 1:05.67	

100+, Dames

1. Niemo Barracuda 14	Niemo Barracuda	NED	<b>4:38.65</b>	+0.66
Robin Pienaar	+0.66 33.49 1:09.77	Denise Boereboom	+0.59 30.90 1:09.86	
Melissa van der Heijden	+0.53 37.22 1:19.27	Amber Hesper	+0.54 28.89 59.75	
2. DWK 1	DWK	NED	<b>4:40.66</b>	+0.65
Lindi Bos	+0.65 33.74 1:09.87	Celine Schoenmaker	+0.28 31.63 1:09.77	
Anoeska van de Kraats	+0.29 37.03 1:19.45	Moniek van Langevelde	+0.42 29.45 1:01.57	
3. Neptunia '24 1	Neptunia '24	NED	<b>4:55.91</b>	+0.81
Jolanda Kuiper-Crossen	+0.81 38.94 1:20.53	Femke-Romy Wiersma	+0.14 32.50 1:11.35	
Noël Iris Hettinga	+0.09 35.70 1:17.04	Evelien de Jong	+0.37 31.10 1:06.99	
4. Zuiderzeezwemmers 1	Zuiderzeezwemmers	NED	<b>5:07.87</b>	+0.70
Annemarie ten Have	+0.70 36.34 1:15.70	Gaby Zittersteijn	+0.41 34.14 1:16.41	
Irene Hanse	+0.40 41.30 1:28.72	Lisanne Andeweg	+0.18 31.89 1:07.04	

120+, Dames

1. WVZ 1	WVZ	NED	<b>4:36.00</b>	+0.73
<i>Nederlands Masters Record</i>				
Mabel Suli	+0.73 33.51 1:09.30	Leonie van Noort	+0.35 30.17 1:05.60	
Lauren van IJl	+0.22 37.58 1:20.79	Delia Badoux	+0.16 28.48 1:00.31	
2. PSV 3	PSV	NED	<b>4:56.95</b>	+0.69
<i>Kampioenschapsrecord, voor startzwemster</i>				
Gudule van der Meer	+0.69 35.50 1:13.50	Larissa Jansen	+0.49 35.15 1:18.20	
Fiona Meuffels	+0.32 37.61 1:19.84	Diane Schoenmaker	+0.47 31.74 1:05.41	
3. Poseidon'56 2	Poseidon'56	NED	<b>5:06.03</b>	+0.73
Tonia Ruybroek	+0.73 38.43 1:21.25	Kelly de Jonge	+0.45 32.80 1:12.30	
Kelly Wigleven	+0.43 40.69 1:27.41	Rianne Bresser	+0.30 30.56 1:05.07	
4. ENC Arnhem 1	ENC Arnhem	NED	<b>5:28.66</b>	+0.73
Ellen ter Stege	+0.73 36.75 1:16.36	Irmgard van Weeghel	+0.56 40.76 1:31.14	
Ilja Janssen	+0.40 41.65 1:29.61	Marijn Post	+0.55 33.62 1:11.55	
5. MSV-Zeemacht 1	MSV-Zeemacht	NED	<b>5:28.95</b>	
Annette van Dok	49.71 1:41.87	Jet Kleine	+0.21 34.25 1:14.36	
Tessa van Dijk-Mosch	+0.55 40.13 1:26.97	Kyra Wesemann	+0.49 31.99 1:05.75	

160+, Dames

1. DWK 2	DWK	NED	<b>5:59.48</b>	
Jennie Resink-lindeboom	49.33 1:41.39	Inge Koekoek	+0.44 31.70 1:10.20	
Martine Koumassa-Eijsing	+0.64 52.72 1:55.48	Iris van Aurich	+0.16 33.88 1:12.41	

Programmanr. 33, 4 x 100m wisselslag

200+, Dames

1. PSV 1	PSV	NED	<b>4:53.35</b>	+0.74
Janneke Harmsen-Bakker	+0.74 34.35 1:11.03	Jeanne Petit	+0.52 33.89 1:14.64	
Trudy Ketting	+0.31 38.31 1:23.37	Carla Geurts	+0.37 30.51 1:04.31	
2. ZPC AMERSFOORT 2	ZPC AMERSFOORT	NED	<b>4:59.14</b>	+0.93
Jenny Bergwerff	+0.93 37.02 1:16.45	Marije Jansen	+0.35 31.98 1:10.39	
Lidia v. Bon-Rosenbrand	+0.40 40.47 1:26.17	Lesley Cordial	+0.38 31.45 1:06.13	
3. Steenwijk 1934 1	Steenwijk 1934	NED	<b>5:38.26</b>	+0.74
Leonie Scholten	+0.74 41.45 1:26.56	Jacyntha Plat	+0.55 31.99 1:10.84	
Linda Wibelink	+0.52 48.63 1:42.51	Wilna Heijman	+0.43 37.63 1:18.35	
4. TriVia 1	TriVia	NED	<b>6:00.00</b>	+0.86
Margriet Pasma	+0.86 48.18 1:38.03	Esther Kwebeman	+0.43 37.14 1:23.38	
Hannie Poletiek	+0.30 52.71 1:49.67	Relinda Baas	+0.36 32.48 1:08.92	
5. De Rog 3	De Rog	NED	<b>6:09.02</b>	+0.85
Ageeth Westenbrink	+0.85 51.55 1:45.24	Esther Vergeest	+0.19 41.12 1:27.04	
Regine Beckers-Stribos	+0.65 43.59 1:35.50	Sandra Van der Helm	+0.60 38.62 1:21.24	
6. Swol 1894 8	Swol 1894	NED	<b>6:11.95</b>	+0.87
Jessica van Velzen	+0.87 50.37 1:44.96	Marijke Kraak-Beckers	+0.63 41.49 1:35.46	
Roellen Stegeman	+0.50 42.98 1:31.91	Christine Nieuwenhuis	+0.18 36.46 1:19.62	

240+, Dames

1. GZC Donk 1	GZC Donk	NED	<b>6:15.15</b>	+0.78
Feikje Wittermans	+0.78 41.32 1:25.80	Petra Tossings	42.91 1:34.90	
Lia Bijkerk	52.66 1:51.11	Nathasja Konijn	39.79 1:23.34	
2. CNSW 8	Cercle De Natation Sportcity WolBEL		<b>6:15.78</b>	+0.69
<i>Belgisch Masters Record</i>				
Valérie Rolland	+0.69 38.18 1:20.93	Claire Anthony	+0.42 40.62 1:31.91	
Kathy Van Lindt	+0.69 50.63 1:46.13	Brigitte Dugauquier	+0.70 44.39 1:36.81	

80+, Gemengd

1. Bubble 1	Bubble	NED	<b>4:26.05</b>	+0.79
Hendrik Broekema	+0.79 30.32 1:04.67	Marijke Drent	+0.69 33.37 1:12.57	
Arjan Dekker	+0.48 30.34 1:06.48	Sanne Kloezen	+0.36 28.80 1:02.33	
2. ZVL-1886 1	ZVL-1886	NED	<b>4:31.23</b>	+0.61
Robin van Beek	+0.61 30.72 1:03.40	Silke Molendijk	+0.19 29.82 1:03.81	
Maartje Hids	+0.53 40.06 1:25.76	Robin van Muijen	+0.56 27.60 58.26	
3. ACZ 2	ACZ	NED	<b>4:32.33</b>	+0.59
Carmen Lems	+0.59 31.89 1:08.75	Iris van Rossum	+0.18 33.63 1:20.18	
Robin Schols	+0.27 31.03 1:09.25	Saviël Armand	+0.52 25.55 54.15	
4. ZOB'66 4	ZOB'66	NED	<b>4:54.50</b>	+0.66
Jet van Oudheusden	+0.66 37.40 1:18.25	Nina Tourton	+0.51 34.25 1:17.69	
Boaz Troost	+0.43 35.78 1:17.18	Jaimy Voogt	+0.55 29.09 1:01.38	

100+, Gemengd

1. Zwemlust- den Hommel 1	Zwemlust- den Hommel	NED	<b>4:26.01</b>	+0.64
Fayssal Lantema	+0.64 32.74 1:06.32	Matteo Viani	+0.42 27.43 59.59	
Manon Kloosterman	+0.62 36.22 1:18.45	Sophie Stekelenburg	28.87 1:01.65	
2. DAW 1	DAW	NED	<b>4:27.45</b>	+0.71
Felix Geenen	+0.71 28.72 1:00.09	Melissa Zwaan	+0.39 34.70 1:15.04	
Maaïke Vooren	+0.40 38.05 1:20.50	Luc Mul	+0.35 24.82 51.82	
3. ZPC Woerden 1	ZPC Woerden	NED	<b>4:35.39</b>	+0.71
Ilse van den Wijngaard	+0.71 35.99 1:15.11	Ian Terlouw	+0.24 27.55 1:00.19	
Daphne Dols	+0.33 37.55 1:23.36	Milan de Roo	+0.23 26.95 56.73	
4. TriVia 2	TriVia	NED	<b>4:50.69</b>	+0.66
Esmée van Peer	+0.66 35.19 1:13.99	Rik Stahlie	+0.27 30.43 1:07.06	
Ilse Kramer	+0.10 39.47 1:23.93	Jeroen Temme	+0.72 32.03 1:05.71	
5. ZPC AMERSFOORT 5	ZPC AMERSFOORT	NED	<b>4:51.59</b>	+0.74
Angela Giezen	+0.74 38.41 1:17.18	Kirsten Opmeer	+0.38 34.93 1:17.99	
Martijn Bartels	+0.29 35.21 1:16.77	Jorick van Bon	+0.18 27.92 59.65	

Programmanr. 33, Gemengd, 4 x 100m wisselslag, 100+

rang	vereniging				tijd	RT	PARA
6.	WS Twente 3	WS Twente		NED	<b>4:52.79</b>	+0.83	
	Nienke Smidt	+0.83 38.62	1:19.37	Marleen Hof	+0.49 35.09	1:17.74	
	Laurens Spoelstra	+0.69 35.65	1:15.74	Niels Bent	+0.18 28.49	59.94	
7.	Westland Swimming Stars 1	Westland Swimming Stars		NED	<b>4:56.61</b>	+0.80	
	Anouk van der Lans	+0.80 36.85	1:17.59	Nick Boekestijn	+0.42 31.45	1:08.89	
	Pieter Broek	+0.45 38.90	1:24.47	Kim de Jong	0.00 31.02	1:05.66	
8.	Neptunus'58 1	Neptunus'58		NED	<b>4:58.95</b>	+0.76	
	Sandra Schellekens	+0.76 39.48	1:22.42	Selina Janssen	+0.09 34.09	1:13.99	
	Jeroen van Dinther	+0.11 37.66	1:20.87	Rens Hoogenboom	+0.09 27.97	1:01.67	
9.	Niemo Barracuda 13	Niemo Barracuda		NED	<b>4:59.52</b>	+0.76	
	Esmée Rolloos	+0.76 37.83	1:19.82	Ids de Klerk	+0.44 32.77	1:12.81	
	Robin van Beusekom	+0.09 36.35	1:18.92	Marijke Kommers	+0.51 32.51	1:07.97	
10.	De Kempvis 1	De Kempvis		NED	<b>5:18.43</b>	+0.67	
	Kim Rutters	+0.67 34.22	1:13.06	Mike Boukes	+0.29 31.48	1:10.22	
	Kien Vuong	+0.47 42.30	1:32.66	Ingrid Johannes	+0.41 39.27	1:22.49	
11.	Het Ravijn 1	Het Ravijn		NED	<b>5:22.39</b>	+0.86	
	Lanco Manaf	+0.86 39.48	1:23.33	Noa Boerma	+0.43 37.80	1:26.89	
	William Kruihof	+0.50 37.46	1:20.32	Lotte de Vente	+0.01 33.03	1:11.85	

120+, Gemengd

1.	Zwemvereniging Hoogland 1	Zwemvereniging Hoogland		NED	<b>4:20.23</b>	+0.56	
	Anne-Irene Ducheine	+0.56 33.37	1:09.29	Bas Dries	+0.22 27.39	1:00.74	
	Yuri van Omme	+0.30 32.30	1:09.13	Jamilla van Omme - van Veen	+0.15 28.72	1:01.07	
2.	ZZ&PC De Devel 1	ZZ&PC De Devel		NED	<b>4:34.82</b>	+0.55	
	Stijn den Otter	+0.55 30.75	1:05.68	Katinka van Dongen	+0.23 32.78	1:11.09	
	Lisa van Milt	+0.31 36.95	1:21.07	Esper Paans	+0.36 27.16	56.98	
3.	ZPC AMERSFOORT 4	ZPC AMERSFOORT		NED	<b>4:40.37</b>	+0.67	
	Jelle Blankestijn	+0.67 31.36	1:04.19	Jisca Majolée	+0.42 35.43	1:16.78	
	Mandy Swart	+0.39 37.56	1:22.04	Erwin Buist	+0.09 27.43	57.36	
4.	Hieronymus 2	Hieronymus		NED	<b>4:50.02</b>	+0.79	
	Marjolein Klunne	+0.79 41.19	1:25.36	Teun van der Schrier	+0.28 27.66	59.81	
	Sander van Bentum	+0.45 33.18	1:12.36	Madelon van Uchelen	+0.66 33.84	1:12.49	
5.	ZOB'66 3	ZOB'66		NED	<b>4:50.44</b>	+0.71	
	Rozemarijn van Haaf	+0.71 35.45	1:13.09	Wendy de Bruin	+0.46 35.18	1:16.89	
	Harmen Reerst	+0.03 36.49	1:19.40	Ruben Stolk	+0.42 28.50	1:01.06	
6.	ZVL-1886 2	ZVL-1886		NED	<b>4:51.20</b>	+0.55	
	Adela Vázquez García	+0.55 38.46	1:19.78	Kristiaan Lenos	+0.30 29.99	1:06.48	
	Jose Horcas Nieto	+0.22 34.28	1:14.53	Margien Timmer	+0.39 34.05	1:10.41	
7.	De Treffers 1	De Treffers		NED	<b>4:52.62</b>	+0.65	
	Tim van Grunsven	+0.65 33.35	1:10.43	Miranda Pijnenburg	+0.26 35.45	1:16.05	
	Danny Visser	+0.26 35.51	1:16.13	Nienke van Zoggel	+0.06 33.52	1:10.01	
8.	De Duck 5	De Duck		NED	<b>4:53.10</b>	+0.82	
	Erik Saan	+0.82 39.76	1:24.12	Jesper Oranje	+0.40 25.56	56.34	
	Rachel Trainor	+0.63 41.24	1:29.29	Noa de Bock	+0.51 30.20	1:03.35	
9.	Team Noord Holland (SG) 1	Team Noord Holland (SG)		NED	<b>5:09.37</b>	+0.71	
	Lotte van Gessel	+0.71 36.14	1:14.54	Peter van de Bor	+0.79 31.23	1:12.54	
	Gerrit Orthofer	+0.14 37.21	1:18.88	Herma Seubers-Kip	+0.49 38.72	1:23.41	

160+, Gemengd

1.	ACZ 1	ACZ		NED	<b>4:38.79</b>	+0.77	
	Tjeerd Visser	+0.77 33.02	1:08.59	Roos van Esch	+0.41 33.01	1:12.10	
	Kevin Kingma	+0.34 32.38	1:11.69	Carol Hollemans	+0.44 31.13	1:06.41	
2.	CWW Swim team (SG) 1	CWW Swim team (SG)		NED	<b>4:43.92</b>	+0.82	
	Mathijs van Dijk	+0.82 32.10	1:07.35	Cindy Hendriks	+0.60 34.24	1:14.88	
	Antwan van Engen	+0.46 34.19	1:13.50	Yvette Ratering	+0.76 32.22	1:08.19	
3.	ZPC AMERSFOORT 3	ZPC AMERSFOORT		NED	<b>4:50.15</b>	+0.61	
	Lotte Eising	+0.61 37.59	1:18.91	Marjan Remmits-de Lange	+0.31 37.35	1:24.89	
	Jelle Opmeer	+0.19 31.24	1:07.91	Jeroen Zelsmann	+0.59 27.29	58.44	
4.	ZVVS 1	ZVVS		NED	<b>5:00.07</b>	+0.99	
	Nadya Putter	+0.99 39.47	1:21.19	Bram Piederiet	+0.39 31.15	1:07.19	
	Karin Stein	+0.43 42.70	1:30.64	Bas van den Nouwelant	+0.29 28.17	1:01.05	

Programmanr. 33, 4 x 100m wisselslag

200+, Gemengd

1.	DAW 2	DAW			NED	<b>5:01.75</b>		+0.81
	Alina Spijkerman	+0.81	38.42	1:19.67	Ilona Hogerheyde	+0.36	35.24	1:18.44
	Hans Schoenmakers	+0.51	39.04	1:24.03	Alex Damen	+0.16	28.44	59.61
2.	WVZ 3	WVZ			NED	<b>5:10.29</b>		+0.77
	Markus van Rest	+0.77	34.78	1:11.69	Maaïke van den Brand	+0.54	33.02	1:12.74
	Arthur van Strien	+0.34	40.46	1:26.34	Anita Steijger	+0.33	38.63	1:19.52

240+, Gemengd

1.	Old Dutch 1	Old Dutch			NED	<b>6:06.29</b>		+0.75
	Patricia Brooijmans	+0.75	41.91	1:24.96	Hans Vloedgraven	+0.92	37.17	1:18.93
	Nico Baay	+0.47	52.61	1:55.41	Claudy de Ruijter	+0.71	41.56	1:26.99

280+, Gemengd

1.	PSV 2	PSV			NED	<b>6:23.70</b>		+0.73
	<i>Kampioenschapsrecord</i>							
	Fred Ketting	+0.73	37.51	1:17.85	Jacco Schaap	+0.71	31.25	1:07.08
	Corrie Verhoeven	+0.36	51.67	1:53.04	Lottie Geurts	+0.76	1:03.20	2:05.73
2.	PSV 4	PSV			NED	<b>7:14.17</b>		+0.85
	Carla Hensen	+0.85	53.00	1:49.65	Harold Matla	+0.57	35.53	1:15.49
	Rob Hanou	+0.70	58.64	2:06.67	Ineke Brouwers	+0.72	57.82	2:02.36