



Open Nederlandse Masters
Kampioenschappen 2024 lange baan
Eindhoven, 2-5 mei 2024



1 - ONMK 2024 lb Sessie 1

02-05-2024 - 12:30

Programmanr. 1
02-05-2024 - 12:30

Heren, 1500m vrije slag
Pauze na serie 4 / Break after heat 4

Masters Open
Resultaten

rang	naam	vereniging				tijd		RT	PARA
Masters 20+									
1.	Janne Englebert	Hieronymus			NED	200101561	17:24.30	+0.65	
	50m: 30.21	30.21	450m: 5:07.22	34.81	850m: 9:47.46	34.94	1250m: 14:28.81	34.90	
	100m: 1:03.70	33.49	500m: 5:42.52	35.30	900m: 10:22.43	34.97	1300m: 15:04.16	35.35	
	150m: 1:38.16	34.46	550m: 6:17.32	34.80	950m: 10:57.27	34.84	1350m: 15:38.95	34.79	
	200m: 2:12.94	34.78	600m: 6:52.14	34.82	1000m: 11:32.73	35.46	1400m: 16:14.49	35.54	
	250m: 2:47.82	34.88	650m: 7:27.03	34.89	1050m: 12:07.88	35.15	1450m: 16:49.65	35.16	
	300m: 3:22.61	34.79	700m: 8:02.04	35.01	1100m: 12:43.38	35.50	1500m: 17:24.30	34.65	
	350m: 3:57.62	35.01	750m: 8:37.05	35.01	1150m: 13:18.37	34.99			
	400m: 4:32.41	34.79	800m: 9:12.52	35.47	1200m: 13:53.91	35.54			
2.	Tenzin Tieman	Old Dutch			NED	200005549	17:59.26	+0.83	
	50m: 30.89	30.89	450m: 5:15.09	35.59	850m: 10:05.63	36.32	1250m: 14:57.63	36.84	
	100m: 1:05.21	34.32	500m: 5:51.19	36.10	900m: 10:41.91	36.28	1300m: 15:35.08	37.45	
	150m: 1:40.14	34.93	550m: 6:27.00	35.81	950m: 11:18.07	36.16	1350m: 16:11.42	36.34	
	200m: 2:15.69	35.55	600m: 7:03.59	36.59	1000m: 11:54.37	36.30	1400m: 16:48.12	36.70	
	250m: 2:51.53	35.84	650m: 7:39.76	36.17	1050m: 12:30.67	36.30	1450m: 17:24.45	36.33	
	300m: 3:28.07	36.54	700m: 8:16.32	36.56	1100m: 13:07.01	36.34	1500m: 17:59.26	34.81	
	350m: 4:03.74	35.67	750m: 8:52.70	36.38	1150m: 13:43.60	36.59			
	400m: 4:39.50	35.76	800m: 9:29.31	36.61	1200m: 14:20.79	37.19			
3.	Tom Balsen Versteeg	De Warande			NED	200005673	18:23.97	+0.59	
	50m: 30.53	30.53	450m: 5:15.81	35.97	850m: 10:11.96	37.96	1250m: 15:16.35	38.38	
	100m: 1:04.84	34.31	500m: 5:51.91	36.10	900m: 10:49.52	37.56	1300m: 15:55.61	39.26	
	150m: 1:39.70	34.86	550m: 6:28.11	36.20	950m: 11:27.65	38.13	1350m: 16:33.53	37.92	
	200m: 2:15.19	35.49	600m: 7:04.65	36.54	1000m: 12:06.03	38.38	1400m: 17:11.82	38.29	
	250m: 2:51.07	35.88	650m: 7:41.03	36.38	1050m: 12:43.79	37.76	1450m: 17:48.77	36.95	
	300m: 3:27.39	36.32	700m: 8:18.27	37.24	1100m: 13:22.06	38.27	1500m: 18:23.97	35.20	
	350m: 4:03.58	36.19	750m: 8:56.61	38.34	1150m: 13:59.93	37.87			
	400m: 4:39.84	36.26	800m: 9:34.00	37.39	1200m: 14:37.97	38.04			
4.	Leon Kloots	ZPC De Hof			NED	200001363	19:21.97	+0.81	
	50m: 33.03	33.03	450m: 5:35.71	38.55	850m: 10:47.92	38.72	1250m: 16:04.12	38.71	
	100m: 1:09.26	36.23	500m: 6:14.69	38.98	900m: 11:28.04	40.12	1300m: 16:44.30	40.18	
	150m: 1:45.96	36.70	550m: 6:53.27	38.58	950m: 12:07.00	38.96	1350m: 17:23.86	39.56	
	200m: 2:23.86	37.90	600m: 7:32.57	39.30	1000m: 12:46.90	39.90	1400m: 18:03.65	39.79	
	250m: 3:01.73	37.87	650m: 8:11.62	39.05	1050m: 13:26.01	39.11	1450m: 18:43.09	39.44	
	300m: 3:39.88	38.15	700m: 8:51.08	39.46	1100m: 14:05.78	39.77	1500m: 19:21.97	38.88	
	350m: 4:18.20	38.32	750m: 9:29.79	38.71	1150m: 14:45.21	39.43			
	400m: 4:57.16	38.96	800m: 10:09.20	39.41	1200m: 15:25.41	40.20			
5.	Jaimy Voogt	ZOB'66			NED	200005881	22:09.37	+0.78	
	50m: 32.93	32.93	450m: 6:22.82	44.68	850m: 12:28.55	44.42	1250m: 18:27.82	44.45	
	100m: 1:12.01	39.08	500m: 7:08.08	45.26	900m: 13:14.35	45.80	1300m: 19:14.65	46.83	
	150m: 1:54.22	42.21	550m: 7:53.58	45.50	950m: 13:58.26	43.91	1350m: 19:59.23	44.58	
	200m: 2:38.36	44.14	600m: 8:39.48	45.90	1000m: 14:44.75	46.49	1400m: 20:45.13	45.90	
	250m: 3:21.74	43.38	650m: 9:24.36	44.88	1050m: 15:28.92	44.17	1450m: 21:30.72	45.59	
	300m: 4:07.30	45.56	700m: 10:11.68	47.32	1100m: 16:14.24	45.32	1500m: 22:09.37	38.65	
	350m: 4:52.96	45.66	750m: 10:58.26	46.58	1150m: 16:57.99	43.75			
	400m: 5:38.14	45.18	800m: 11:44.13	45.87	1200m: 17:43.37	45.38			

Masters 25+

1.	Jeffrey Camphens	Team Noord Holland (SG)			NED	199503113	18:43.86			+0.73		
	50m:	34.14	34.14	450m:	5:35.06	37.98	850m:	10:37.68	38.05	1250m:	15:40.62	37.34
	100m:	1:11.32	37.18	500m:	6:12.26	37.20	900m:	11:15.45	37.77	1300m:	16:18.28	37.66
	150m:	1:49.11	37.79	550m:	6:49.81	37.55	950m:	11:53.60	38.15	1350m:	16:56.10	37.82
	200m:	2:26.12	37.01	600m:	7:27.28	37.47	1000m:	12:31.27	37.67	1400m:	17:32.92	36.82
	250m:	3:04.05	37.93	650m:	8:05.62	38.34	1050m:	13:09.57	38.30	1450m:	18:09.32	36.40
	300m:	3:41.46	37.41	700m:	8:43.60	37.98	1100m:	13:47.61	38.04	1500m:	18:43.86	34.54
	350m:	4:19.79	38.33	750m:	9:21.86	38.26	1150m:	14:25.45	37.84			
	400m:	4:57.08	37.29	800m:	9:59.63	37.77	1200m:	15:03.28	37.83			
2.	Jordy van Oel	WVZ			NED	199802003	19:25.74			+0.76		
	50m:	30.98	30.98	450m:	5:32.11	37.76	850m:	10:47.31	39.46	1250m:	16:06.75	40.54
	100m:	1:07.15	36.17	500m:	6:11.14	39.03	900m:	11:26.74	39.43	1300m:	16:46.97	40.22
	150m:	1:44.52	37.37	550m:	6:50.33	39.19	950m:	12:05.25	38.51	1350m:	17:27.23	40.26
	200m:	2:21.91	37.39	600m:	7:29.77	39.44	1000m:	12:45.08	39.83	1400m:	18:06.95	39.72
	250m:	2:59.86	37.95	650m:	8:09.00	39.23	1050m:	13:25.17	40.09	1450m:	18:46.56	39.61
	300m:	3:38.19	38.33	700m:	8:48.66	39.66	1100m:	14:05.28	40.11	1500m:	19:25.74	39.18
	350m:	4:15.95	37.76	750m:	9:27.95	39.29	1150m:	14:45.30	40.02			
	400m:	4:54.35	38.40	800m:	10:07.85	39.90	1200m:	15:26.21	40.91			



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Eindhoven, 2-5 mei 2024



Programmanr. 1, Heren, 1500m vrije slag, Masters 25+

rang	naam	vereniging	tijd	RT	PARA
3.	Lars Jacobsen	DWK	NED 199705453 S14	19:38.06	+0.78 661
	50m: 31.39	31.39 450m: 5:33.51	32.78 850m: 11:01.66	39.77 1250m: 16:23.52	39.37
	100m: 1:07.32	35.93 500m: 6:19.70	46.19 900m: 11:42.90	41.24 1300m: 17:04.22	40.70
	150m: 1:44.91	37.59 550m: 6:59.62	39.92 950m: 12:22.57	39.67 1350m: 17:44.38	40.16
	200m: 2:23.50	38.59 600m: 7:40.93	41.31 1000m: 13:02.51	39.94 1400m: 18:24.58	40.20
	250m: 3:02.80	39.30 650m: 8:20.70	39.77 1050m: 13:41.94	39.43 1450m: 19:02.39	37.81
	300m: 3:42.41	39.61 700m: 9:01.52	40.82 1100m: 14:22.82	40.88 1500m: 19:38.06	35.67
	350m: 4:21.36	38.95 750m: 9:41.49	39.97 1150m: 15:02.59	39.77	
	400m: 5:00.73	39.37 800m: 10:21.89	40.40 1200m: 15:44.15	41.56	
4.	Colin Degenars	ZPCH	NED 199505951 S14	20:09.38	+0.80 611
	50m: 32.94	32.94 450m: 5:53.91	40.24 850m: 11:20.59	40.83 1250m: 16:50.08	41.29
	100m: 1:10.64	37.70 500m: 6:34.58	40.67 900m: 12:02.04	41.45 1300m: 17:31.59	41.51
	150m: 1:50.45	39.81 550m: 7:15.19	40.61 950m: 12:42.61	40.57 1350m: 18:12.25	40.66
	200m: 2:30.52	40.07 600m: 7:56.41	41.22 1000m: 13:23.42	40.81 1400m: 18:53.41	41.16
	250m: 3:10.75	40.23 650m: 8:37.31	40.90 1050m: 14:05.38	41.96 1450m: 19:32.24	38.83
	300m: 3:51.68	40.93 700m: 9:18.14	40.83 1100m: 14:46.44	41.06 1500m: 20:09.38	37.14
	350m: 4:32.46	40.78 750m: 9:58.94	40.80 1150m: 15:27.43	40.99	
	400m: 5:13.67	41.21 800m: 10:39.76	40.82 1200m: 16:08.79	41.36	
5.	Sven Dubbeld	De Schoteijl	NED 199601141	21:00.68	+0.85
	50m: 34.90	34.90 450m: 6:09.70	42.93 850m: 11:52.95	42.74 1250m: 17:36.61	42.22
	100m: 1:14.57	39.67 500m: 6:53.01	43.31 900m: 12:35.71	42.76 1300m: 18:19.06	42.45
	150m: 1:56.15	41.58 550m: 7:35.60	42.59 950m: 13:18.82	43.11 1350m: 19:01.36	42.30
	200m: 2:38.36	42.21 600m: 8:18.78	43.18 1000m: 14:01.95	43.13 1400m: 19:43.27	41.91
	250m: 3:20.52	42.16 650m: 9:02.11	43.33 1050m: 14:45.39	43.44 1450m: 20:25.28	42.01
	300m: 4:02.46	41.94 700m: 9:44.91	42.80 1100m: 15:28.95	43.56 1500m: 21:00.68	35.40
	350m: 4:44.47	42.01 750m: 10:27.33	42.42 1150m: 16:11.97	43.02	
	400m: 5:26.77	42.30 800m: 11:10.21	42.88 1200m: 16:54.39	42.42	

Masters 30+

1.	Tim Bunnik	Triton	NED 199000505	19:26.11	+0.80
	50m: 33.84	33.84 450m: 5:49.87	39.33 850m: 11:02.81	38.89 1250m: 16:16.48	39.49
	100m: 1:12.51	38.67 500m: 6:29.23	39.36 900m: 11:41.88	39.07 1300m: 16:55.93	39.45
	150m: 1:51.59	39.08 550m: 7:08.18	38.95 950m: 12:20.91	39.03 1350m: 17:34.90	38.97
	200m: 2:31.21	39.62 600m: 7:47.17	38.99 1000m: 13:00.42	39.51 1400m: 18:13.90	39.00
	250m: 3:11.10	39.89 650m: 8:26.32	39.15 1050m: 13:39.97	39.55 1450m: 18:51.38	37.48
	300m: 3:51.20	40.10 700m: 9:05.85	39.53 1100m: 14:19.45	39.48 1500m: 19:26.11	34.73
	350m: 4:31.05	39.85 750m: 9:44.59	38.74 1150m: 14:58.13	38.68	
	400m: 5:10.54	39.49 800m: 10:23.92	39.33 1200m: 15:36.99	38.86	
2.	Patrick Creemers	Patrick-De Roersoppers (SG)	NED 199000579	19:45.73	+0.77
	50m: 31.42	31.42 450m: 5:37.93	39.44 850m: 10:58.73	40.31 1250m: 16:23.45	40.22
	100m: 1:07.28	35.86 500m: 6:18.46	40.53 900m: 11:39.28	40.55 1300m: 17:04.23	40.78
	150m: 1:44.58	37.30 550m: 6:58.64	40.18 950m: 12:20.21	40.93 1350m: 17:45.19	40.96
	200m: 2:22.83	38.25 600m: 7:39.02	40.38 1000m: 13:00.57	40.36 1400m: 18:25.79	40.60
	250m: 3:01.62	38.79 650m: 8:19.31	40.29 1050m: 13:40.96	40.39 1450m: 19:06.25	40.46
	300m: 3:40.38	38.76 700m: 8:58.97	39.66 1100m: 14:20.80	39.84 1500m: 19:45.73	39.48
	350m: 4:19.30	38.92 750m: 9:38.78	39.81 1150m: 15:01.50	40.70	
	400m: 4:58.49	39.19 800m: 10:18.42	39.64 1200m: 15:43.23	41.73	
3.	Jeroen Matthijssen	AZC	NED 199103751	20:43.84	+0.72
	50m: 30.98	30.98 450m: 5:47.29	41.88 850m: 11:24.98	43.01 1250m: 17:06.85	43.13
	100m: 1:06.26	35.28 500m: 6:29.80	42.51 900m: 12:07.74	42.76 1300m: 17:50.04	43.19
	150m: 1:43.49	37.23 550m: 7:11.27	41.47 950m: 12:50.87	43.13 1350m: 18:33.50	43.46
	200m: 2:22.92	39.43 600m: 7:53.41	42.14 1000m: 13:33.07	42.20 1400m: 19:15.95	42.45
	250m: 3:02.80	39.88 650m: 8:35.61	42.20 1050m: 14:15.81	42.74 1450m: 19:59.59	43.64
	300m: 3:42.90	40.10 700m: 9:17.82	42.21 1100m: 14:58.55	42.74 1500m: 20:43.84	44.25
	350m: 4:23.92	41.02 750m: 9:59.59	41.77 1150m: 15:40.83	42.28	
	400m: 5:05.41	41.49 800m: 10:41.97	42.38 1200m: 16:23.72	42.89	
4.	Niels Bent	WS Twente	NED 199400465	21:18.58	+0.85
	50m: 35.00	35.00 450m: 6:10.47	42.95 850m: 11:55.00	43.09 1250m: 17:45.06	43.41
	100m: 1:14.04	39.04 500m: 6:53.62	43.15 900m: 12:38.36	43.36 1300m: 18:28.80	43.74
	150m: 1:54.77	40.73 550m: 7:36.79	43.17 950m: 13:22.37	44.01 1350m: 19:12.05	43.25
	200m: 2:37.19	42.42 600m: 8:19.94	43.15 1000m: 14:06.35	43.98 1400m: 19:54.91	42.86
	250m: 3:20.14	42.95 650m: 9:03.18	43.24 1050m: 14:50.68	44.33 1450m: 20:37.18	42.27
	300m: 4:02.48	42.34 700m: 9:46.43	43.25 1100m: 15:33.80	43.12 1500m: 21:18.58	41.40
	350m: 4:44.93	42.45 750m: 10:29.07	42.64 1150m: 16:17.51	43.71	
	400m: 5:27.52	42.59 800m: 11:11.91	42.84 1200m: 17:01.65	44.14	
5.	Marc Hoogendam	Blue Marlins	NED 199007713	21:54.91	+0.71
	50m: 33.61	33.61 450m: 6:16.19	45.10 850m: 12:15.98	45.59 1250m: 18:21.19	45.22
	100m: 1:13.07	39.46 500m: 7:00.56	44.37 900m: 13:01.75	45.77 1300m: 19:05.18	43.99
	150m: 1:54.22	41.15 550m: 7:44.79	44.23 950m: 13:46.74	44.99 1350m: 19:48.74	43.56
	200m: 2:36.19	41.97 600m: 8:29.65	44.86 1000m: 14:33.03	46.29 1400m: 20:31.62	42.88
	250m: 3:18.69	42.50 650m: 9:14.27	44.62 1050m: 15:18.77	45.74 1450m: 21:14.17	42.55
	300m: 4:02.86	44.17 700m: 9:59.68	45.41 1100m: 16:04.76	45.99 1500m: 21:54.91	40.74
	350m: 4:46.44	43.58 750m: 10:44.52	44.84 1150m: 16:50.68	45.92	
	400m: 5:31.09	44.65 800m: 11:30.39	45.87 1200m: 17:35.97	45.29	



Open Nederlandse Masters
Kampioenschappen 2024 lange baan
Eindhoven, 2-5 mei 2024



Programmanr. 1, Heren, 1500m vrije slag

Masters 35+

1.	Ozkan Dizar	Uskudar su sporlari kulubu	TUR	19:12.89	+0.76							
	Turkish Masters Redord											
	50m:	33.13	33.13	450m:	5:35.94	38.69	850m:	10:46.59	38.87	1250m:	15:59.76	39.43
	100m:	1:09.68	36.55	500m:	6:14.41	38.47	900m:	11:25.67	39.08	1300m:	16:39.00	39.24
	150m:	1:46.95	37.27	550m:	6:53.61	39.20	950m:	12:04.87	39.20	1350m:	17:18.65	39.65
	200m:	2:24.72	37.77	600m:	7:32.42	38.81	1000m:	12:43.84	38.97	1400m:	17:57.95	39.30
	250m:	3:02.64	37.92	650m:	8:11.36	38.94	1050m:	13:22.90	39.06	1450m:	18:36.86	38.91
	300m:	3:40.56	37.92	700m:	8:50.05	38.69	1100m:	14:01.92	39.02	1500m:	19:12.89	36.03
	350m:	4:18.88	38.32	750m:	9:28.98	38.93	1150m:	14:41.21	39.29			
	400m:	4:57.25	38.37	800m:	10:07.72	38.74	1200m:	15:20.33	39.12			
2.	Niels Albrechts	De Schoteijl	NED	198800039	19:25.36	+0.83						
	50m:	33.67	33.67	450m:	5:40.60	38.74	850m:	10:54.07	39.02	1250m:	16:09.49	39.15
	100m:	1:10.96	37.29	500m:	6:20.05	39.45	900m:	11:33.34	39.27	1300m:	16:50.19	40.70
	150m:	1:48.98	38.02	550m:	6:58.99	38.94	950m:	12:12.64	39.30	1350m:	17:30.21	40.02
	200m:	2:27.10	38.12	600m:	7:38.18	39.19	1000m:	12:52.23	39.59	1400m:	18:10.28	40.07
	250m:	3:05.28	38.18	650m:	8:16.98	38.80	1050m:	13:31.60	39.37	1450m:	18:49.31	39.03
	300m:	3:44.12	38.84	700m:	8:56.32	39.34	1100m:	14:10.91	39.31	1500m:	19:25.36	36.05
	350m:	4:22.86	38.74	750m:	9:35.10	38.78	1150m:	14:49.99	39.08			
	400m:	5:01.86	39.00	800m:	10:15.05	39.95	1200m:	15:30.34	40.35			
3.	Wessel Everloo	WS Twente	NED	198906597	S14	19:35.82	+0.87	665				
	50m:	33.45	33.45	450m:	5:42.36	39.77	850m:	10:57.77	39.78	1250m:	16:18.76	41.18
	100m:	1:10.44	36.99	500m:	6:21.82	39.46	900m:	11:37.07	39.30	1300m:	16:59.13	40.37
	150m:	1:48.80	38.36	550m:	7:01.03	39.21	950m:	12:16.64	39.57	1350m:	17:40.02	40.89
	200m:	2:27.03	38.23	600m:	7:41.26	40.23	1000m:	12:57.40	40.76	1400m:	18:20.20	40.18
	250m:	3:05.15	38.12	650m:	8:20.14	38.88	1050m:	13:36.63	39.23	1450m:	18:59.34	39.14
	300m:	3:44.12	38.97	700m:	8:59.74	39.60	1100m:	14:16.46	39.83	1500m:	19:35.82	36.48
	350m:	4:23.30	39.18	750m:	9:38.54	38.80	1150m:	14:56.33	39.87			
	400m:	5:02.59	39.29	800m:	10:17.99	39.45	1200m:	15:37.58	41.25			
4.	Mark Godwaldt	PSV	NED	198701039	21:55.52	+0.86						
	50m:	34.36	34.36	450m:	6:17.39	43.94	850m:	12:16.35	44.63	1250m:	18:12.73	45.10
	100m:	1:15.44	41.08	500m:	7:01.98	44.59	900m:	13:01.41	45.06	1300m:	18:57.72	44.99
	150m:	1:56.79	41.35	550m:	7:46.20	44.22	950m:	13:46.52	45.11	1350m:	19:42.16	44.44
	200m:	2:40.06	43.27	600m:	8:31.33	45.13	1000m:	14:31.78	45.26	1400m:	20:27.37	45.21
	250m:	3:23.39	43.33	650m:	9:16.42	45.09	1050m:	15:15.79	44.01	1450m:	21:12.11	44.74
	300m:	4:06.65	43.26	700m:	10:01.44	45.02	1100m:	16:00.18	44.39	1500m:	21:55.52	43.41
	350m:	4:50.02	43.37	750m:	10:46.15	44.71	1150m:	16:42.80	42.62			
	400m:	5:33.45	43.43	800m:	11:31.72	45.57	1200m:	17:27.63	44.83			
5.	Sander van Tilburg	De Biesboschzwemmers	NED	198604609	22:21.13	+0.83						
	50m:	38.83	38.83	450m:	6:37.77	45.33	850m:	12:40.46	44.96	1250m:	18:42.80	45.20
	100m:	1:22.02	43.19	500m:	7:22.93	45.16	900m:	13:26.04	45.58	1300m:	19:28.35	45.55
	150m:	2:06.85	44.83	550m:	8:08.25	45.32	950m:	14:11.40	45.36	1350m:	20:12.70	44.35
	200m:	2:51.33	44.48	600m:	8:53.65	45.40	1000m:	14:56.94	45.54	1400m:	20:57.58	44.88
	250m:	3:36.32	44.99	650m:	9:39.15	45.50	1050m:	15:42.29	45.35	1450m:	21:40.79	43.21
	300m:	4:21.61	45.29	700m:	10:24.58	45.43	1100m:	16:27.99	45.70	1500m:	22:21.13	40.34
	350m:	5:06.72	45.11	750m:	11:10.00	45.42	1150m:	17:12.75	44.76			
	400m:	5:52.44	45.72	800m:	11:55.50	45.50	1200m:	17:57.60	44.85			
6.	Rudi Butselaar	GoSwim	NED	198700577	25:16.38	+0.85						
	50m:	38.18	38.18	450m:	7:06.79	50.90	850m:	13:59.83	52.15	1250m:	20:55.07	51.56
	100m:	1:21.94	43.76	500m:	7:58.42	51.63	900m:	14:50.91	51.08	1300m:	21:46.94	51.87
	150m:	2:07.75	45.81	550m:	8:49.96	51.54	950m:	15:43.56	52.65	1350m:	22:39.50	52.56
	200m:	2:56.16	48.41	600m:	9:41.88	51.92	1000m:	16:35.38	51.82	1400m:	23:31.92	52.42
	250m:	3:44.48	48.32	650m:	10:33.32	51.44	1050m:	17:28.06	52.68	1450m:	24:24.76	52.84
	300m:	4:34.44	49.96	700m:	11:24.58	51.26	1100m:	18:19.79	51.73	1500m:	25:16.38	51.62
	350m:	5:25.56	51.12	750m:	12:16.43	51.85	1150m:	19:12.07	52.28			
	400m:	6:15.89	50.33	800m:	13:07.68	51.25	1200m:	20:03.51	51.44			

Masters 40+

1. Frank v.d. Voordt	De Schoteijl			NED	198302259	19:13.45		+0.80
50m: 33.15	33.15	450m: 5:40.56	38.57	850m: 10:49.60	38.71	1250m: 15:59.89	38.47	
100m: 1:10.14	36.99	500m: 6:19.49	38.93	900m: 11:28.67	39.07	1300m: 16:38.91	39.02	
150m: 1:48.33	38.19	550m: 6:57.77	38.28	950m: 12:07.34	38.67	1350m: 17:18.16	39.25	
200m: 2:27.19	38.86	600m: 7:36.57	38.80	1000m: 12:46.21	38.87	1400m: 17:57.43	39.27	
250m: 3:05.97	38.78	650m: 8:15.07	38.50	1050m: 13:25.05	38.84	1450m: 18:35.75	38.32	
300m: 3:44.84	38.87	700m: 8:53.74	38.67	1100m: 14:03.63	38.58	1500m: 19:13.45	37.70	
350m: 4:22.98	38.14	750m: 9:32.17	38.43	1150m: 14:42.23	38.60			
400m: 5:01.99	39.01	800m: 10:10.89	38.72	1200m: 15:21.42	39.19			



Open Nederlandse Masters
Kampioenschappen 2024 lange baan
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Programmanr. 1, Heren, 1500m vrije slag, Masters 40+

rang	naam	vereniging								tijd	RT	PARA
2.	Martin van Vaardegem	GoSwim				NED	198201767		23:32.18		+0.86	
	50m:	38.17	38.17	450m:	6:51.44	47.36	850m:	13:10.15	47.52	1250m:	19:33.54	48.19
	100m:	1:22.04	43.87	500m:	7:39.34	47.90	900m:	13:57.90	47.75	1300m:	20:21.69	48.15
	150m:	2:08.02	45.98	550m:	8:26.77	47.43	950m:	14:45.41	47.51	1350m:	21:09.87	48.18
	200m:	2:54.64	46.62	600m:	9:13.99	47.22	1000m:	15:33.32	47.91	1400m:	21:58.32	48.45
	250m:	3:41.97	47.33	650m:	10:00.92	46.93	1050m:	16:21.16	47.84	1450m:	22:46.38	48.06
	300m:	4:28.93	46.96	700m:	10:48.06	47.14	1100m:	17:09.26	48.10	1500m:	23:32.18	45.80
	350m:	5:16.56	47.63	750m:	11:35.49	47.43	1150m:	17:57.15	47.89			
	400m:	6:04.08	47.52	800m:	12:22.63	47.14	1200m:	18:45.35	48.20			
3.	Arne-Willem Kroonen	PSV				NED	198401297		23:43.18		+0.89	
	50m:	39.83	39.83	450m:	6:49.14	47.51	850m:	13:16.29	48.54	1250m:	19:50.78	50.18
	100m:	1:24.52	44.69	500m:	7:37.17	48.03	900m:	14:05.28	48.99	1300m:	20:40.30	49.52
	150m:	2:09.20	44.68	550m:	8:25.78	48.61	950m:	14:54.32	49.04	1350m:	21:30.12	49.82
	200m:	2:55.11	45.91	600m:	9:14.00	48.22	1000m:	15:43.08	48.76	1400m:	22:17.43	47.31
	250m:	3:41.02	45.91	650m:	10:02.25	48.25	1050m:	16:32.23	49.15	1450m:	23:02.84	45.41
	300m:	4:27.46	46.44	700m:	10:50.86	48.61	1100m:	17:21.52	49.29	1500m:	23:43.18	40.34
	350m:	5:14.62	47.16	750m:	11:39.50	48.64	1150m:	18:10.83	49.31			
	400m:	6:01.63	47.01	800m:	12:27.75	48.25	1200m:	19:00.60	49.77			

Masters 45+

1.	Ben Rutten	Flemish Ardennes		Swimming Team		BEL		FAST/11006/76		18:52.00		+1.06
	50m:	33.55	33.55	450m:	5:33.97	37.48	850m:	10:37.16	37.97	1250m:	15:41.68	38.16
	100m:	1:11.20	37.65	500m:	6:11.45	37.48	900m:	11:15.14	37.98	1300m:	16:19.53	37.85
	150m:	1:48.44	37.24	550m:	6:49.31	37.86	950m:	11:52.89	37.75	1350m:	16:57.80	38.27
	200m:	2:26.23	37.79	600m:	7:27.21	37.90	1000m:	12:30.82	37.93	1400m:	17:35.74	37.94
	250m:	3:03.73	37.50	650m:	8:05.23	38.02	1050m:	13:08.89	38.07	1450m:	18:14.24	38.50
	300m:	3:41.38	37.65	700m:	8:43.33	38.10	1100m:	13:47.01	38.12	1500m:	18:52.00	37.76
	350m:	4:18.80	37.42	750m:	9:21.06	37.73	1150m:	14:25.23	38.22			
	400m:	4:56.49	37.69	800m:	9:59.19	38.13	1200m:	15:03.52	38.29			
2.	Mark Sponneck	San Giljan ASC		MLT		388523M		19:53.89		+0.73		
	Maltese Masters Record											
	50m:	33.55	33.55	450m:	5:43.56	39.78	850m:	11:03.41	40.14	1250m:	16:29.16	41.53
	100m:	1:09.83	36.28	500m:	6:23.57	40.01	900m:	11:43.77	40.36	1300m:	17:10.42	41.26
	150m:	1:47.12	37.29	550m:	7:03.42	39.85	950m:	12:24.05	40.28	1350m:	17:51.46	41.04
	200m:	2:26.21	39.09	600m:	7:43.37	39.95	1000m:	13:04.61	40.56	1400m:	18:33.12	41.66
	250m:	3:05.18	38.97	650m:	8:23.11	39.74	1050m:	13:44.93	40.32	1450m:	19:14.34	41.22
	300m:	3:44.69	39.51	700m:	9:03.20	40.09	1100m:	14:25.65	40.72	1500m:	19:53.89	39.55
	350m:	4:23.87	39.18	750m:	9:43.00	39.80	1150m:	15:06.36	40.71			
	400m:	5:03.78	39.91	800m:	10:23.27	40.27	1200m:	15:47.63	41.27			
3.	Freddie Geerlings	Zwemsport Parkstad		NED		197900379		20:46.71		+0.90		
	50m:	34.68	34.68	450m:	6:03.23	41.90	850m:	11:41.50	42.41	1250m:	17:20.58	42.12
	100m:	1:14.24	39.56	500m:	6:45.34	42.11	900m:	12:24.44	42.94	1300m:	18:02.78	42.20
	150m:	1:54.69	40.45	550m:	7:27.24	41.90	950m:	13:07.02	42.58	1350m:	18:44.64	41.86
	200m:	2:35.61	40.92	600m:	8:09.75	42.51	1000m:	13:49.72	42.70	1400m:	19:26.94	42.30
	250m:	3:16.20	40.59	650m:	8:52.09	42.34	1050m:	14:32.45	42.73	1450m:	20:07.64	40.70
	300m:	3:57.86	41.66	700m:	9:34.70	42.61	1100m:	15:14.82	42.37	1500m:	20:46.71	39.07
	350m:	4:39.51	41.65	750m:	10:16.77	42.07	1150m:	15:56.38	41.56			
	400m:	5:21.33	41.82	800m:	10:59.09	42.32	1200m:	16:38.46	42.08			
4.	Ruud Holswilder	ZPCH		NED		197800435		21:00.51		+0.78		
	50m:	34.39	34.39	450m:	6:12.89	43.36	850m:	11:50.29	42.06	1250m:	17:33.50	43.49
	100m:	1:14.20	39.81	500m:	6:54.86	41.97	900m:	12:32.48	42.19	1300m:	18:16.92	43.42
	150m:	1:55.88	41.68	550m:	7:37.37	42.51	950m:	13:15.35	42.87	1350m:	19:00.33	43.41
	200m:	2:37.62	41.74	600m:	8:19.12	41.75	1000m:	13:57.62	42.27	1400m:	19:43.12	42.79
	250m:	3:20.56	42.94	650m:	9:02.33	43.21	1050m:	14:40.77	43.15	1450m:	20:24.83	41.71
	300m:	4:03.36	42.80	700m:	9:44.04	41.71	1100m:	15:23.62	42.85	1500m:	21:00.51	35.68
	350m:	4:46.95	43.59	750m:	10:26.84	42.80	1150m:	16:06.89	43.27			
	400m:	5:29.53	42.58	800m:	11:08.23	41.39	1200m:	16:50.01	43.12			
5.	Erwin Zuidervelt	AZ&PC De Futen		NED		197501015		22:16.12		+0.88		
	50m:	38.61	38.61	450m:	6:27.42	43.68	850m:	12:27.22	45.01	1250m:	18:31.58	46.71
	100m:	1:20.96	42.35	500m:	7:11.64	44.22	900m:	13:12.17	44.95	1300m:	19:17.68	46.10
	150m:	2:04.39	43.43	550m:	7:56.47	44.83	950m:	13:57.42	45.25	1350m:	20:03.36	45.68
	200m:	2:47.93	43.54	600m:	8:41.30	44.83	1000m:	14:42.58	45.16	1400m:	20:48.72	45.36
	250m:	3:31.38	43.45	650m:	9:27.01	45.71	1050m:	15:28.18	45.60	1450m:	21:34.71	45.99
	300m:	4:15.42	44.04	700m:	10:11.76	44.75	1100m:	16:12.75	44.57	1500m:	22:16.12	41.41
	350m:	4:59.55	44.13	750m:	10:57.46	45.70	1150m:	16:57.94	45.19			
	400m:	5:43.74	44.19	800m:	11:42.21	44.75	1200m:	17:44.87	46.93			



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Programmanr. 1, Heren, 1500m vrije slag, Masters 45+

rang	naam	vereniging				tijd				RT	PARA
6.	Bart Liekens	ShaRK - Swimming Region KemBEL SHARK/10374/79				22:20.99				+0.83	
	50m: 37.69	37.69	450m: 6:37.82	45.64	850m: 12:40.34	45.42	1250m: 18:42.12	45.17			
	100m: 1:21.90	44.21	500m: 7:23.02	45.20	900m: 13:25.76	45.42	1300m: 19:27.21	45.09			
	150m: 2:07.44	45.54	550m: 8:08.58	45.56	950m: 14:11.32	45.56	1350m: 20:11.91	44.70			
	200m: 2:52.71	45.27	600m: 8:53.64	45.06	1000m: 14:56.50	45.18	1400m: 20:56.76	44.85			
	250m: 3:36.49	43.78	650m: 9:38.95	45.31	1050m: 15:41.76	45.26	1450m: 21:40.82	44.06			
	300m: 4:21.28	44.79	700m: 10:24.48	45.53	1100m: 16:26.88	45.12	1500m: 22:20.99	40.17			
	350m: 5:06.59	45.31	750m: 11:09.74	45.26	1150m: 17:11.94	45.06					
	400m: 5:52.18	45.59	800m: 11:54.92	45.18	1200m: 17:56.95	45.01					
7.	Tom Bandsma	PSV NED 197701625				24:23.92				+1.18	
	50m: 39.80	39.80	450m: 6:58.31	48.92	850m: 13:36.20	50.20	1250m: 20:20.04	50.37			
	100m: 1:23.78	43.98	500m: 7:47.52	49.21	900m: 14:27.10	50.90	1300m: 21:10.57	50.53			
	150m: 2:09.51	45.73	550m: 8:37.01	49.49	950m: 15:17.19	50.09	1350m: 21:59.59	49.02			
	200m: 2:56.24	46.73	600m: 9:26.30	49.29	1000m: 16:07.93	50.74	1400m: 22:50.13	50.54			
	250m: 3:44.35	48.11	650m: 10:15.97	49.67	1050m: 16:57.81	49.88	1450m: 23:38.30	48.17			
	300m: 4:32.11	47.76	700m: 11:06.02	50.05	1100m: 17:49.00	51.19	1500m: 24:23.92	45.62			
	350m: 5:20.84	48.73	750m: 11:55.67	49.65	1150m: 18:39.64	50.64					
	400m: 6:09.39	48.55	800m: 12:46.00	50.33	1200m: 19:29.67	50.03					

Masters 50+

1.	Ingmar de Gelder *200m	ZOB'66	NED	197000333	20:45.59	+1.01		
	50m: 35.22	35.22	450m: 6:05.06	42.22	850m: 11:43.33	41.88	1250m: 17:20.27	41.15
	100m: 1:13.73	38.51	500m: 6:47.11	42.05	900m: 12:25.91	42.58	1300m: 18:02.69	42.42
	150m: 1:53.47	39.74	550m: 7:29.46	42.35	950m: 13:07.59	41.68	1350m: 18:44.13	41.44
	200m: 2:34.87	41.40	600m: 8:11.90	42.44	1000m: 13:49.68	42.09	1400m: 19:26.93	42.80
	250m: 3:16.44	41.57	650m: 8:54.22	42.32	1050m: 14:31.91	42.23	1450m: 20:08.06	41.13
	300m: 3:58.68	42.24	700m: 9:36.79	42.57	1100m: 15:14.54	42.63	1500m: 20:45.59	37.53
	350m: 4:40.65	41.97	750m: 10:18.99	42.20	1150m: 15:56.69	42.15		
	400m: 5:22.84	42.19	800m: 11:01.45	42.46	1200m: 16:39.12	42.43		
2.	Paul Bosch	Team Noord Holland (SG)	NED	197201533	21:10.83	+0.87		
	50m: 37.97	37.97	450m: 6:14.03	42.36	850m: 11:54.08	43.00	1250m: 17:39.60	43.00
	100m: 1:19.24	41.27	500m: 6:56.10	42.07	900m: 12:37.00	42.92	1300m: 18:23.05	43.45
	150m: 2:01.13	41.89	550m: 7:37.98	41.88	950m: 13:20.30	43.30	1350m: 19:05.30	42.25
	200m: 2:43.01	41.88	600m: 8:20.02	42.04	1000m: 14:03.39	43.09	1400m: 19:47.71	42.41
	250m: 3:25.21	42.20	650m: 9:02.59	42.57	1050m: 14:46.06	42.67	1450m: 20:29.89	42.18
	300m: 4:07.26	42.05	700m: 9:45.43	42.84	1100m: 15:29.13	43.07	1500m: 21:10.83	40.94
	350m: 4:49.50	42.24	750m: 10:28.05	42.62	1150m: 16:12.51	43.38		
	400m: 5:31.67	42.17	800m: 11:11.08	43.03	1200m: 16:56.60	44.09		
3.	Chris Kouwenhoven	De Grunte	NED	197101669	21:31.15			
	50m: 36.39	36.39	450m: 6:17.25	43.07	850m: 12:03.69	43.51	1250m: 17:53.83	43.62
	100m: 1:17.82	41.43	500m: 7:00.71	43.46	900m: 12:46.90	43.21	1300m: 18:37.78	43.95
	150m: 1:59.62	41.80	550m: 7:44.07	43.36	950m: 13:30.60	43.70	1350m: 19:21.63	43.85
	200m: 2:42.04	42.42	600m: 8:27.62	43.55	1000m: 14:14.89	44.29	1400m: 20:05.41	43.78
	250m: 3:24.46	42.42	650m: 9:10.65	43.03	1050m: 14:58.55	43.66	1450m: 20:48.71	43.30
	300m: 4:07.41	42.95	700m: 9:53.56	42.91	1100m: 15:42.64	44.09	1500m: 21:31.15	42.44
	350m: 4:50.47	43.06	750m: 10:36.95	43.39	1150m: 16:26.08	43.44		
	400m: 5:34.18	43.71	800m: 11:20.18	43.23	1200m: 17:10.21	44.13		
4.	Eric Hoekman	WS Twente	NED	197401531	21:56.54	+0.89		
	50m: 34.91	34.91	450m: 6:17.03	44.31	850m: 12:16.90	45.45	1250m: 18:17.64	45.66
	100m: 1:12.95	38.04	500m: 7:01.73	44.70	900m: 13:02.03	45.13	1300m: 19:02.36	44.72
	150m: 1:54.25	41.30	550m: 7:47.59	45.86	950m: 13:47.25	45.22	1350m: 19:46.83	44.47
	200m: 2:36.92	42.67	600m: 8:32.53	44.94	1000m: 14:30.70	43.45	1400m: 20:31.45	44.62
	250m: 3:20.68	43.76	650m: 9:17.12	44.59	1050m: 15:16.38	45.68	1450m: 21:15.40	43.95
	300m: 4:04.02	43.34	700m: 10:01.05	43.93	1100m: 16:01.22	44.84	1500m: 21:56.54	41.14
	350m: 4:48.68	44.66	750m: 10:46.60	45.55	1150m: 16:46.63	45.41		
	400m: 5:32.72	44.04	800m: 11:31.45	44.85	1200m: 17:31.98	45.35		
5.	Wouter van der Stelt	De Biesboschzwemmers	NED	197200889	23:46.13	+1.01		
	50m: 38.20	38.20	450m: 6:52.05	47.12	850m: 13:16.16	48.58	1250m: 19:44.91	48.32
	100m: 1:22.10	43.90	500m: 7:40.25	48.20	900m: 14:04.84	48.68	1300m: 20:34.06	49.15
	150m: 2:07.94	45.84	550m: 8:27.42	47.17	950m: 14:53.09	48.25	1350m: 21:22.70	48.64
	200m: 2:54.78	46.84	600m: 9:15.36	47.94	1000m: 15:41.84	48.75	1400m: 22:10.86	48.16
	250m: 3:42.10	47.32	650m: 10:03.14	47.78	1050m: 16:30.12	48.28	1450m: 22:59.90	49.04
	300m: 4:29.46	47.36	700m: 10:50.86	47.72	1100m: 17:18.45	48.33	1500m: 23:46.13	46.23
	350m: 5:16.91	47.45	750m: 11:39.32	48.46	1150m: 18:07.14	48.69		
	400m: 6:04.93	48.02	800m: 12:27.58	48.26	1200m: 18:56.59	49.45		



Open Nederlandse Masters
Kampioenschappen 2024 lange baan
Eindhoven, 2-5 mei 2024



Programmanr. 1, Heren, 1500m vrije slag

Masters 55+

1.	Jan-Willem van den Berg	WVZ	NED	196801575	21:24.72	+0.76
	50m: 36.01 36.01	450m: 6:15.11 42.65	850m: 11:57.37 42.66	1250m: 17:45.69 43.91		
	100m: 1:16.82 40.81	500m: 6:57.87 42.76	900m: 12:40.42 43.05	1300m: 18:29.73 44.04		
	150m: 1:59.00 42.18	550m: 7:40.49 42.62	950m: 13:23.28 42.86	1350m: 19:13.46 43.73		
	200m: 2:41.75 42.75	600m: 8:23.34 42.85	1000m: 14:06.84 43.56	1400m: 19:57.59 44.13		
	250m: 3:24.18 42.43	650m: 9:05.66 42.32	1050m: 14:49.95 43.11	1450m: 20:41.48 43.89		
	300m: 4:07.13 42.95	700m: 9:48.63 42.97	1100m: 15:33.70 43.75	1500m: 21:24.72 43.24		
	350m: 4:49.63 42.50	750m: 10:31.65 43.02	1150m: 16:16.95 43.25			
	400m: 5:32.46 42.83	800m: 11:14.71 43.06	1200m: 17:01.78 44.83			
2.	Leon Slingerland *100m	WVZ	NED	196801707	21:59.13	+0.90
	50m: 36.79 36.79	450m: 6:30.54 44.68	850m: 12:25.86 44.04	1250m: 18:20.68 44.35		
	100m: 1:18.98 42.19	500m: 7:15.66 45.12	900m: 13:10.03 44.17	1300m: 19:05.64 44.96		
	150m: 2:02.54 43.56	550m: 8:00.27 44.61	950m: 13:53.94 43.91	1350m: 19:49.60 43.96		
	200m: 2:46.53 43.99	600m: 8:45.09 44.82	1000m: 14:38.28 44.34	1400m: 20:34.94 45.34		
	250m: 3:31.43 44.90	650m: 9:29.46 44.37	1050m: 15:21.98 43.70	1450m: 21:18.24 43.30		
	300m: 4:16.27 44.84	700m: 10:13.76 44.30	1100m: 16:06.96 44.98	1500m: 21:59.13 40.89		
	350m: 5:00.92 44.65	750m: 10:58.03 44.27	1150m: 16:51.36 44.40			
	400m: 5:45.86 44.94	800m: 11:41.82 43.79	1200m: 17:36.33 44.97			
3.	Arno Schrauwen	Patrick-De Roersoppers (SG)	NED	196501355	22:31.25	+0.87
	50m: 38.55 38.55	450m: 6:42.87 45.65	850m: 12:48.30 45.20	1250m: 18:50.24 44.74		
	100m: 1:22.74 44.19	500m: 7:29.24 46.37	900m: 13:33.69 45.39	1300m: 19:35.43 45.19		
	150m: 2:07.51 44.77	550m: 8:14.83 45.59	950m: 14:18.91 45.22	1350m: 20:20.12 44.69		
	200m: 2:53.16 45.65	600m: 9:00.86 46.03	1000m: 15:04.49 45.58	1400m: 21:05.48 45.36		
	250m: 3:38.43 45.27	650m: 9:46.10 45.24	1050m: 15:49.72 45.23	1450m: 21:48.43 42.95		
	300m: 4:24.77 46.34	700m: 10:32.16 46.06	1100m: 16:34.90 45.18	1500m: 22:31.25 42.82		
	350m: 5:10.56 45.79	750m: 11:17.43 45.27	1150m: 17:19.85 44.95			
	400m: 5:57.22 46.66	800m: 12:03.10 45.67	1200m: 18:05.50 45.65			
4.	Marc van Groen	De Mors	NED	196601085	22:33.03	+1.33
	50m: 38.54 38.54	450m: 6:37.11 45.84	850m: 12:42.25 45.83	1250m: 18:46.75 45.76		
	100m: 1:21.66 43.12	500m: 7:22.89 45.78	900m: 13:28.22 45.97	1300m: 19:32.49 45.74		
	150m: 2:04.97 43.31	550m: 8:08.14 45.25	950m: 14:12.90 44.68	1350m: 20:17.77 45.28		
	200m: 2:49.95 44.98	600m: 8:54.19 46.05	1000m: 14:58.73 45.83	1400m: 21:03.75 45.98		
	250m: 3:35.23 45.28	650m: 9:39.45 45.26	1050m: 15:43.67 44.94	1450m: 21:48.46 44.71		
	300m: 4:20.07 44.84	700m: 10:25.13 45.68	1100m: 16:29.59 45.92	1500m: 22:33.03 44.57		
	350m: 5:05.22 45.15	750m: 11:10.26 45.13	1150m: 17:15.45 45.86			
	400m: 5:51.27 46.05	800m: 11:56.42 46.16	1200m: 18:00.99 45.54			
5.	Eduard Leusink	De Mors	NED	196901573	22:39.17	+0.82
	50m: 40.60 40.60	450m: 6:42.03 45.33	850m: 12:42.11 45.77	1250m: 18:50.41 45.81		
	100m: 1:24.43 43.83	500m: 7:27.06 45.03	900m: 13:28.50 46.39	1300m: 19:37.58 47.17		
	150m: 2:09.02 44.59	550m: 8:11.80 44.74	950m: 14:14.69 46.19	1350m: 20:24.11 46.53		
	200m: 2:54.35 45.33	600m: 8:56.56 44.76	1000m: 15:01.01 46.32	1400m: 21:10.23 46.12		
	250m: 3:40.17 45.82	650m: 9:41.33 44.77	1050m: 15:46.83 45.82	1450m: 21:56.34 46.11		
	300m: 4:25.89 45.72	700m: 10:26.27 44.94	1100m: 16:32.95 46.12	1500m: 22:39.17 42.83		
	350m: 5:11.40 45.51	750m: 11:11.17 44.90	1150m: 17:18.63 45.68			
	400m: 5:56.70 45.30	800m: 11:56.34 45.17	1200m: 18:04.60 45.97			

Masters 60+

1.	Jon Christensen			Luxembourg Sharks Swimming CLUX			10008			20:51.23			+0.80
	Luxembourg Masters Record												
	50m:	36.78	36.78	450m:	6:01.05	40.06	850m:	11:30.22	40.72	1250m:	17:12.93	43.62	
	100m:	1:16.91	40.13	500m:	6:41.14	40.09	900m:	12:11.71	41.49	1300m:	17:56.45	43.52	
	150m:	1:57.57	40.66	550m:	7:21.47	40.33	950m:	12:54.05	42.34	1350m:	18:41.13	44.68	
	200m:	2:38.15	40.58	600m:	8:01.69	40.22	1000m:	13:38.50	44.45	1400m:	19:25.08	43.95	
	250m:	3:18.94	40.79	650m:	8:44.22	42.53	1050m:	14:20.77	42.27	1450m:	20:08.77	43.69	
	300m:	4:00.21	41.27	700m:	9:24.38	40.16	1100m:	15:02.93	42.16	1500m:	20:51.23	42.46	
	350m:	4:40.67	40.46	750m:	10:05.86	41.48	1150m:	15:45.70	42.77				
	400m:	5:20.99	40.32	800m:	10:49.50	43.64	1200m:	16:29.31	43.61				
2.	Kees-Jan van Overbeeke			WWV Winterswijk			NED 196200489			21:12.56			+0.87
	50m:	37.57	37.57	450m:	6:17.74	42.88	850m:	12:00.95	42.39	1250m:	17:44.27	42.89	
	100m:	1:18.16	40.59	500m:	7:01.04	43.30	900m:	12:44.36	43.41	1300m:	18:26.27	42.00	
	150m:	2:00.82	42.66	550m:	7:43.72	42.68	950m:	13:27.01	42.65	1350m:	19:09.14	42.87	
	200m:	2:44.40	43.58	600m:	8:26.90	43.18	1000m:	14:10.23	43.22	1400m:	19:51.03	41.89	
	250m:	3:27.19	42.79	650m:	9:09.27	42.37	1050m:	14:52.64	42.41	1450m:	20:32.91	41.88	
	300m:	4:09.79	42.60	700m:	9:52.74	43.47	1100m:	15:35.62	42.98	1500m:	21:12.56	39.65	
	350m:	4:52.24	42.45	750m:	10:35.48	42.74	1150m:	16:17.97	42.35				
	400m:	5:34.86	42.62	800m:	11:18.56	43.08	1200m:	17:01.38	43.41				



Open Nederlandse Masters
Kampioenschappen 2024 lange baan
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Programmanr. 1, Heren, 1500m vrije slag, Masters 60+

rang	naam	vereniging						tijd		RT	PARA
3.	Karol Lacko	Vysokoskolsky klub Univerzity kcSVKskeSVK16793						21:31.29		+0.86	
	Slovakian Masters Record, *400m										
	50m:	39.76	39.76	450m:	6:20.35	42.25	850m:	12:07.14	42.97	1250m:	17:56.51
	100m:	1:21.87	42.11	500m:	7:03.51	43.16	900m:	12:51.43	44.29	1300m:	18:40.52 44.01
	150m:	2:04.60	42.73	550m:	7:46.85	43.34	950m:	13:34.99	43.56	1350m:	19:23.62 43.10
	200m:	2:47.44	42.84	600m:	8:30.65	43.80	1000m:	14:18.80	43.81	1400m:	20:07.54 43.92
	250m:	3:30.04	42.60	650m:	9:14.17	43.52	1050m:	15:02.08	43.28	1450m:	20:50.84 43.30
	300m:	4:12.82	42.78	700m:	9:57.39	43.22	1100m:	15:46.03	43.95	1500m:	21:31.29 40.45
	350m:	4:55.11	42.29	750m:	10:40.90	43.51	1150m:	16:28.99	42.96		
	400m:	5:38.10	42.99	800m:	11:24.17	43.27	1200m:				
4.	Axel Sondermann	Lone Star Masters						USA		21:37.04	+0.86
	50m:	37.48	37.48	450m:	6:20.06	42.46	850m:	12:05.93	42.76	1250m:	17:56.75 44.54
	100m:	1:19.78	42.30	500m:	7:03.21	43.15	900m:	12:49.30	43.37	1300m:	18:40.59 43.84
	150m:	2:02.45	42.67	550m:	7:45.99	42.78	950m:	13:32.66	43.36	1350m:	19:24.67 44.08
	200m:	2:45.92	43.47	600m:	8:29.72	43.73	1000m:	14:16.68	44.02	1400m:	20:09.36 44.69
	250m:	3:29.42	43.50	650m:	9:12.77	43.05	1050m:	14:59.74	43.06	1450m:	20:53.55 44.19
	300m:	4:13.02	43.60	700m:	9:56.81	44.04	1100m:	15:44.45	44.71	1500m:	21:37.04 43.49
	350m:	4:54.80	41.78	750m:	10:39.76	42.95	1150m:	16:28.26	43.81		
	400m:	5:37.60	42.80	800m:	11:23.17	43.41	1200m:	17:12.21	43.95		
5.	Menno Lomans	PSV						NED 196101071		23:01.26	+0.65
	50m:	38.09	38.09	450m:	6:43.05	45.82	850m:	12:55.28	46.22	1250m:	19:09.97 47.07
	100m:	1:22.27	44.18	500m:	7:29.78	46.73	900m:	13:42.14	46.86	1300m:	19:57.31 47.34
	150m:	2:07.20	44.93	550m:	8:16.15	46.37	950m:	14:28.52	46.38	1350m:	20:44.10 46.79
	200m:	2:53.02	45.82	600m:	9:02.64	46.49	1000m:	15:15.27	46.75	1400m:	21:31.88 47.78
	250m:	3:38.91	45.89	650m:	9:49.21	46.57	1050m:	16:02.10	46.83	1450m:	22:17.72 45.84
	300m:	4:25.18	46.27	700m:	10:36.08	46.87	1100m:	16:49.26	47.16	1500m:	23:01.26 43.54
	350m:	5:11.12	45.94	750m:	11:22.45	46.37	1150m:	17:36.04	46.78		
	400m:	5:57.23	46.11	800m:	12:09.06	46.61	1200m:	18:22.90	46.86		
6.	Joost de Kroon	AquAmigos						NED 196400999		23:26.28	+1.02
	50m:	41.44	41.44	450m:	6:56.43	46.95	850m:	13:17.78	47.36	1250m:	19:40.15 47.33
	100m:	1:26.79	45.35	500m:	7:43.85	47.42	900m:	14:06.06	48.28	1300m:	20:27.64 47.49
	150m:	2:12.74	45.95	550m:	8:31.49	47.64	950m:	14:53.48	47.42	1350m:	21:14.36 46.72
	200m:	2:59.91	47.17	600m:	9:18.94	47.45	1000m:	15:41.37	47.89	1400m:	22:00.11 45.75
	250m:	3:46.64	46.73	650m:	10:06.79	47.85	1050m:	16:28.81	47.44	1450m:	22:44.46 44.35
	300m:	4:33.95	47.31	700m:	10:54.89	48.10	1100m:	17:17.03	48.22	1500m:	23:26.28 41.82
	350m:	5:21.34	47.39	750m:	11:42.47	47.58	1150m:	18:04.65	47.62		
	400m:	6:09.48	48.14	800m:	12:30.42	47.95	1200m:	18:52.82	48.17		
DIS	Casper Dollekamp	Steenwijk 1934						NED 196301341		+0.79	
	AF - De aangegeven afstand niet uitgezwommen.										

Masters 65+

1.	Marten de Groot			HZ&PC Heerenveen			NED 195800149			20:36.49		+0.83
	Nederlands Masters Record											
	50m:	36.07	36.07	450m:	6:04.39	41.10	850m:	11:36.12	42.22	1250m:	17:10.52	41.96
	100m:	1:16.40	40.33	500m:	6:45.05	40.66	900m:	12:17.56	41.44	1300m:	17:52.49	41.97
	150m:	1:57.69	41.29	550m:	7:26.68	41.63	950m:	12:59.50	41.94	1350m:	18:33.77	41.28
	200m:	2:38.97	41.28	600m:	8:07.46	40.78	1000m:	13:41.46	41.96	1400m:	19:15.48	41.71
	250m:	3:20.09	41.12	650m:	8:49.48	42.02	1050m:	14:23.19	41.73	1450m:	19:57.08	41.60
	300m:	4:00.97	40.88	700m:	9:30.61	41.13	1100m:	15:05.12	41.93	1500m:	20:36.49	39.41
	350m:	4:42.41	41.44	750m:	10:12.06	41.45	1150m:	15:47.32	42.20			
	400m:	5:23.29	40.88	800m:	10:53.90	41.84	1200m:	16:28.56	41.24			
2.	Otto Zeijveld			De Berkelduikers			NED 195800497			22:32.74		+0.91
	50m:	39.92	39.92	450m:	6:51.98	45.17	850m:	12:53.75	45.11	1250m:	18:54.62	44.82
	100m:	1:26.45	46.53	500m:	7:37.38	45.40	900m:	13:39.15	45.40	1300m:	19:39.71	45.09
	150m:	2:14.93	48.48	550m:	8:22.26	44.88	950m:	14:24.42	45.27	1350m:	20:24.17	44.46
	200m:	3:02.93	48.00	600m:	9:07.61	45.35	1000m:	15:09.70	45.28	1400m:	21:08.59	44.42
	250m:	3:49.48	46.55	650m:	9:52.94	45.33	1050m:	15:54.50	44.80	1450m:	21:51.56	42.97
	300m:	4:35.71	46.23	700m:	10:38.33	45.39	1100m:	16:39.77	45.27	1500m:	22:32.74	41.18
	350m:	5:21.25	45.54	750m:	11:23.39	45.06	1150m:	17:24.59	44.82			
	400m:	6:06.81	45.56	800m:	12:08.64	45.25	1200m:	18:09.80	45.21			
3.	Jan Preuter			De Mors			NED 195600245			23:43.81		+1.38
	50m:	40.20	40.20	450m:	6:56.08	48.09	850m:	13:19.21	47.84	1250m:	19:44.57	48.08
	100m:	1:25.25	45.05	500m:	7:43.74	47.66	900m:	14:07.41	48.20	1300m:	20:33.32	48.75
	150m:	2:12.58	47.33	550m:	8:31.76	48.02	950m:	14:55.12	47.71	1350m:	21:21.82	48.50
	200m:	2:58.42	45.84	600m:	9:20.05	48.29	1000m:	15:43.44	48.32	1400m:	22:10.42	48.60
	250m:	3:45.56	47.14	650m:	10:08.31	48.26	1050m:	16:31.60	48.16	1450m:	22:57.55	47.13
	300m:	4:32.97	47.41	700m:	10:55.61	47.30	1100m:	17:19.80	48.20	1500m:	23:43.81	46.26
	350m:	5:20.10	47.13	750m:	11:43.09	47.48	1150m:	18:07.57	47.77			
	400m:	6:07.99	47.89	800m:	12:31.37	48.28	1200m:	18:56.49	48.92			



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Programmanr. 1, Heren, 1500m vrije slag, Masters 65+

rang	naam	vereniging						tijd	RT	PARA
4.	Jaap Vis	TriVia		NED		195600515		24:29.37	+1.67	
	50m: 43.82	43.82	450m: 7:25.72	50.12	850m: 14:01.01	48.75	1250m: 20:32.88	49.47		
	100m: 1:33.26	49.44	500m: 8:15.70	49.98	900m: 14:48.86	47.85	1300m: 21:20.70	47.82		
	150m: 2:24.67	51.41	550m: 9:05.56	49.86	950m: 15:38.22	49.36	1350m: 22:08.08	47.38		
	200m: 3:15.57	50.90	600m: 9:54.39	48.83	1000m: 16:26.99	48.77	1400m: 22:56.40	48.32		
	250m: 4:05.77	50.20	650m: 10:44.14	49.75	1050m: 17:15.86	48.87	1450m: 23:43.64	47.24		
	300m: 4:55.85	50.08	700m: 11:34.17	50.03	1100m: 18:05.41	49.55	1500m: 24:29.37	45.73		
	350m: 5:46.05	50.20	750m: 12:23.53	49.36	1150m: 18:54.42	49.01				
	400m: 6:35.60	49.55	800m: 13:12.26	48.73	1200m: 19:43.41	48.99				
5.	André Pantekoek	PSV		NED		195800321		31:21.49	+1.08	
	50m: 52.49	52.49	450m: 9:02.94	1:01.77	850m: 17:23.65	1:05.07	1250m: 26:04.10	1:04.06		
	100m: 1:53.27	1:00.78	500m: 10:04.47	1:01.53	900m: 18:28.87	1:05.22	1300m: 27:10.88	1:06.78		
	150m: 2:54.78	1:01.51	550m: 11:06.13	1:01.66	950m: 19:33.50	1:04.63	1350m: 28:15.70	1:04.82		
	200m: 3:56.37	1:01.59	600m: 12:07.05	1:00.92	1000m: 20:39.29	1:05.79	1400m: 29:21.58	1:05.88		
	250m: 4:57.90	1:01.53	650m: 13:08.06	1:01.01	1050m: 21:44.27	1:04.98	1450m: 30:24.81	1:03.23		
	300m: 5:58.91	1:01.01	700m: 14:09.77	1:01.71	1100m: 22:49.58	1:05.31	1500m: 31:21.49	56.68		
	350m: 7:00.11	1:01.20	750m: 15:13.62	1:03.85	1150m: 23:54.31	1:04.73				
	400m: 8:01.17	1:01.06	800m: 16:18.58	1:04.96	1200m: 25:00.04	1:05.73				

Masters 70+

1.	Karl-Heinz Nottrodt			SG Mönchengladbach			GER		123148		21:20.45		+0.99	
	German Masters Record													
	50m:	38.08	38.08	450m:	6:20.10	42.70	850m:	12:06.89	43.21	1250m:	17:50.23	42.60		
	100m:	1:19.88	41.80	500m:	7:03.59	43.49	900m:	12:49.81	42.92	1300m:	18:32.75	42.52		
	150m:	2:02.40	42.52	550m:	7:47.22	43.63	950m:	13:33.35	43.54	1350m:	19:15.53	42.78		
	200m:	2:45.52	43.12	600m:	8:30.71	43.49	1000m:	14:16.04	42.69	1400m:	19:58.08	42.55		
	250m:	3:27.81	42.29	650m:	9:13.73	43.02	1050m:	14:58.86	42.82	1450m:	20:39.74	41.66		
	300m:	4:11.19	43.38	700m:	9:57.14	43.41	1100m:	15:42.02	43.16	1500m:	21:20.45	40.71		
	350m:	4:53.78	42.59	750m:	10:40.33	43.19	1150m:	16:24.76	42.74					
	400m:	5:37.40	43.62	800m:	11:23.68	43.35	1200m:	17:07.63	42.87					
DIS	Frans Heus			UZSC			NED		195100067				+1.11	
	AF - De aangegeven afstand niet uitgezwommen.													

Masters 75+

1.	Wout Hemmes	De Plons		NED		194800059		26:22.21	+1.18	
	50m: 46.50	46.50	450m: 7:54.56	52.96	850m: 15:05.77	53.89	1250m: 22:09.07	51.76		
	100m: 1:40.01	53.51	500m: 8:49.21	54.65	900m: 15:59.88	54.11	1300m: 23:00.44	51.37		
	150m: 2:32.74	52.73	550m: 9:42.11	52.90	950m: 16:53.38	53.50	1350m: 23:51.78	51.34		
	200m: 3:26.77	54.03	600m: 10:36.29	54.18	1000m: 17:47.10	53.72	1400m: 24:42.96	51.18		
	250m: 4:20.00	53.23	650m: 11:30.95	54.66	1050m: 18:40.48	53.38	1450m: 25:34.02	51.06		
	300m: 5:14.63	54.63	700m: 12:24.88	53.93	1100m: 19:33.30	52.82	1500m: 26:22.21	48.19		
	350m: 6:07.09	52.46	750m: 13:17.48	52.60	1150m: 20:25.78	52.48				
	400m: 7:01.60	54.51	800m: 14:11.88	54.40	1200m: 21:17.31	51.53				
2.	Guenter Mitlewski	SV Blau-Weiß Bochum		GER		081309		29:03.60 *	+1.14	
	50m: 48.75	48.75	450m: 8:26.07	57.31	850m: 16:14.95	59.09	1250m: 24:09.58	59.57		
	100m: 1:43.71	54.96	500m: 9:24.13	58.06	900m: 17:13.92	58.97	1300m: 25:08.46	58.88		
	150m: 2:39.81	56.10	550m: 10:22.15	58.02	950m: 18:12.30	58.38	1350m: 26:08.45	59.99		
	200m: 3:37.20	57.39	600m: 11:20.92	58.77	1000m: 19:11.69	59.39	1400m: 27:07.67	59.22		
	250m: 4:34.63	57.43	650m: 12:19.53	58.61	1050m: 20:11.08	59.39	1450m: 28:06.48	58.81		
	300m: 5:32.70	58.07	700m: 13:18.47	58.94	1100m: 21:10.24	59.16	1500m: 29:03.60	57.12		
	350m: 6:30.56	57.86	750m: 14:16.85	58.38	1150m: 22:09.83	59.59				
	400m: 7:28.76	58.20	800m: 15:15.86	59.01	1200m: 23:10.01	1:00.18				

Masters 80+

1.	Geza Kaltenecker	AZC		NED		194200065		31:13.23	+0.97	
	50m: 52.77	52.77	450m: 9:01.97	51.51	850m: 17:38.22	1:02.34	1250m: 26:04.78	1:02.39		
	100m: 1:53.76	1:00.99	500m: 10:16.83	1:14.86	900m: 18:42.52	1:04.30	1300m: 27:09.36	1:04.58		
	150m: 2:55.63	1:01.87	550m: 11:19.27	1:02.44	950m: 19:44.52	1:02.00	1350m: 28:11.47	1:02.11		
	200m: 3:58.28	1:02.65	600m: 12:23.04	1:03.77	1000m: 20:48.15	1:03.63	1400m: 29:14.68	1:03.21		
	250m: 5:00.03	1:01.75	650m: 13:24.83	1:01.79	1050m: 21:50.81	1:02.66	1450m: 30:14.82	1:00.14		
	300m: 6:03.09	1:03.06	700m: 14:28.82	1:03.99	1100m: 22:55.74	1:04.93	1500m: 31:13.23	58.41		
	350m: 7:06.09	1:03.00	750m: 15:31.55	1:02.73	1150m: 23:57.95	1:02.21				
	400m: 8:10.46	1:04.37	800m: 16:35.88	1:04.33	1200m: 25:02.39	1:04.44				



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Programmanr. 1, Heren, 1500m vrije slag, Masters 80+

rang	naam	vereniging						tijd		RT	PARA
2.	Rob Hanou	PSV		NED 194300109				32:26.92		+1.15	
	50m: 55.12	55.12	450m: 9:33.71	1:04.26	850m: 18:16.43	1:05.08	1250m: 27:01.76	1:05.33			
	100m: 1:58.71	1:03.59	500m: 10:39.70	1:05.99	900m: 19:22.70	1:06.27	1300m: 28:07.89	1:06.13			
	150m: 3:02.86	1:04.15	550m: 11:44.85	1:05.15	950m: 20:28.44	1:05.74	1350m: 29:12.94	1:05.05			
	200m: 4:07.37	1:04.51	600m: 12:50.34	1:05.49	1000m: 21:33.16	1:04.72	1400m: 30:19.44	1:06.50			
	250m: 5:12.22	1:04.85	650m: 13:54.51	1:04.17	1050m: 22:38.56	1:05.40	1450m: 31:25.07	1:05.63			
	300m: 6:18.07	1:05.85	700m: 14:59.99	1:05.48	1100m: 23:45.15	1:06.59	1500m: 32:26.92	1:01.85			
	350m: 7:23.47	1:05.40	750m: 16:05.02	1:05.03	1150m: 24:49.82	1:04.67					
	400m: 8:29.45	1:05.98	800m: 17:11.35	1:06.33	1200m: 25:56.43	1:06.61					

Masters 85+

DIS	Nic Geers	PSV	NED	193800007	+1.13
AF - De aangegeven afstand niet uitgezwommen.					

Programmanr. 2 Dames, 1500m vrije slag Masters Open
02-05-2024 - 15:15 Pauze na serie 2 / Break after heat 2 Resultaten

rang	naam	vereniging						tijd		RT	PARA
1.	Roos Englebert	Hieronymus		NED 200200606				18:35.79		+0.73	
	50m: 32.98	32.98	450m: 5:30.14	37.54	850m: 10:28.76	37.36	1250m: 15:29.17	37.74			
	100m: 1:09.30	36.32	500m: 6:07.50	37.36	900m: 11:06.03	37.27	1300m: 16:07.13	37.96			
	150m: 1:46.18	36.88	550m: 6:44.86	37.36	950m: 11:43.30	37.27	1350m: 16:44.63	37.50			
	200m: 2:23.06	36.88	600m: 7:22.16	37.30	1000m: 12:20.85	37.55	1400m: 17:22.37	37.74			
	250m: 3:00.33	37.27	650m: 7:59.48	37.32	1050m: 12:58.54	37.69	1450m: 17:59.63	37.26			
	300m: 3:37.77	37.44	700m: 8:36.72	37.24	1100m: 13:36.14	37.60	1500m: 18:35.79	36.16			
	350m: 4:15.34	37.57	750m: 9:14.17	37.45	1150m: 14:13.83	37.69					
	400m: 4:52.60	37.26	800m: 9:51.40	37.23	1200m: 14:51.43	37.60					
2.	Cynthia Koolman	ZPC Hoogeveen		NED 200300232				19:59.01		+0.52	
	50m: 35.50	35.50	450m: 5:46.87	39.77	850m: 11:07.51	40.61	1250m: 16:34.23	40.84			
	100m: 1:13.15	37.65	500m: 6:26.40	39.53	900m: 11:47.74	40.23	1300m: 17:15.59	41.36			
	150m: 1:51.78	38.63	550m: 7:06.41	40.01	950m: 12:28.36	40.62	1350m: 17:56.78	41.19			
	200m: 2:30.37	38.59	600m: 7:46.13	39.72	1000m: 13:08.57	40.21	1400m: 18:38.09	41.31			
	250m: 3:09.36	38.99	650m: 8:26.33	40.20	1050m: 13:49.41	40.84	1450m: 19:19.10	41.01			
	300m: 3:48.37	39.01	700m: 9:06.42	40.09	1100m: 14:30.66	41.25	1500m: 19:59.01	39.91			
	350m: 4:27.86	39.49	750m: 9:46.43	40.01	1150m: 15:11.82	41.16					
	400m: 5:07.10	39.24	800m: 10:26.90	40.47	1200m: 15:53.39	41.57					

Masters 25+

1.	Anne-Irene Ducheine	Zwemvereniging Hoogland		NED 199506824				19:42.87		+0.79	
	50m: 34.39	34.39	450m: 5:48.06	39.57	850m: 11:06.50	39.81	1250m: 16:25.67	40.22			
	100m: 1:12.56	38.17	500m: 6:28.09	40.03	900m: 11:46.22	39.72	1300m: 17:05.97	40.30			
	150m: 1:51.25	38.69	550m: 7:07.65	39.56	950m: 12:25.98	39.76	1350m: 17:45.69	39.72			
	200m: 2:30.33	39.08	600m: 7:47.33	39.68	1000m: 13:05.87	39.89	1400m: 18:25.91	40.22			
	250m: 3:09.84	39.51	650m: 8:27.02	39.69	1050m: 13:45.39	39.52	1450m: 19:04.80	38.89			
	300m: 3:49.29	39.45	700m: 9:07.17	40.15	1100m: 14:25.76	40.37	1500m: 19:42.87	38.07			
	350m: 4:28.71	39.42	750m: 9:46.94	39.77	1150m: 15:05.04	39.28					
	400m: 5:08.49	39.78	800m: 10:26.69	39.75	1200m: 15:45.45	40.41					
2.	Fiona Meuffels	PSV		NED 199504366				20:31.66			
	50m: 35.86	35.86	450m: 6:02.55	41.58	850m: 11:37.23	42.02	1250m: 17:09.99	42.13			
	100m: 1:15.64	39.78	500m: 6:44.36	41.81	900m: 12:18.73	41.50	1300m: 17:50.49	40.50			
	150m: 1:56.22	40.58	550m: 7:25.87	41.51	950m: 13:00.66	41.93	1350m: 18:31.11	40.62			
	200m: 2:36.67	40.45	600m: 8:07.44	41.57	1000m: 13:42.25	41.59	1400m: 19:12.12	41.01			
	250m: 3:17.61	40.94	650m: 8:49.83	42.39	1050m: 14:24.15	41.90	1450m: 19:52.92	40.80			
	300m: 3:58.21	40.60	700m: 9:31.25	41.42	1100m: 15:05.12	40.97	1500m: 20:31.66	38.74			
	350m: 4:39.59	41.38	750m: 10:13.25	42.00	1150m: 15:46.33	41.21					
	400m: 5:20.97	41.38	800m: 10:55.21	41.96	1200m: 16:27.86	41.53					
3.	Diane Schoenmaker	PSV		NED 199502920				20:58.38		+0.70	
	50m: 36.47	36.47	450m: 6:08.82	41.57	850m: 11:45.08	42.42	1250m: 17:25.59	42.04			
	100m: 1:16.71	40.24	500m: 6:50.57	41.75	900m: 12:27.06	41.98	1300m: 18:08.74	43.15			
	150m: 1:57.68	40.97	550m: 7:32.25	41.68	950m: 13:09.47	42.41	1350m: 18:51.76	43.02			
	200m: 2:38.98	41.30	600m: 8:14.34	42.09	1000m: 13:52.96	43.49	1400m: 19:34.50	42.74			
	250m: 3:20.67	41.69	650m: 8:56.42	42.08	1050m: 14:35.21	42.25	1450m: 20:16.87	42.37			
	300m: 4:02.97	42.30	700m: 9:38.43	42.01	1100m: 15:17.82	42.61	1500m: 20:58.38	41.51			
	350m: 4:44.81	41.84	750m: 10:20.57	42.14	1150m: 16:00.40	42.58					
	400m: 5:27.25	42.44	800m: 11:02.66	42.09	1200m: 16:43.55	43.15					



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Programmanr. 2, Dames, 1500m vrije slag, Masters 25+

rang	naam	vereniging	tijd	RT	PARA
4.	Larissa Jansen	PSV	NED 199500660	21:15.68	+0.85
	50m: 37.33	37.33 450m: 6:07.35	41.70 850m: 11:47.85	42.96 1250m: 17:38.64	44.98
	100m: 1:18.26	40.93 500m: 6:49.39	42.04 900m: 12:30.77	42.92 1300m: 18:22.65	44.01
	150m: 1:59.34	41.08 550m: 7:31.85	42.46 950m: 13:14.47	43.70 1350m: 19:07.32	44.67
	200m: 2:40.53	41.19 600m: 8:14.22	42.37 1000m: 13:58.17	43.70 1400m: 19:50.81	43.49
	250m: 3:21.85	41.32 650m: 8:57.05	42.83 1050m: 14:41.83	43.66 1450m: 20:34.37	43.56
	300m: 4:03.08	41.23 700m: 9:39.20	42.15 1100m: 15:25.56	43.73 1500m: 21:15.68	41.31
	350m: 4:44.40	41.32 750m: 10:22.10	42.90 1150m: 16:09.76	44.20	
	400m: 5:25.65	41.25 800m: 11:04.89	42.79 1200m: 16:53.66	43.90	
5.	Selina Janssen	Neptunus'58	NED 199905974	21:26.00	+0.63
	50m: 35.68	35.68 450m: 6:09.28	42.38 850m: 11:56.28	43.23 1250m: 17:47.82	43.45
	100m: 1:15.34	39.66 500m: 6:52.40	43.12 900m: 12:40.55	44.27 1300m: 18:32.48	44.66
	150m: 1:55.94	40.60 550m: 7:34.96	42.56 950m: 13:23.89	43.34 1350m: 19:16.42	43.94
	200m: 2:37.52	41.58 600m: 8:18.77	43.81 1000m: 14:08.31	44.42 1400m: 20:00.90	44.48
	250m: 3:19.08	41.56 650m: 9:01.58	42.81 1050m: 14:51.75	43.44 1450m: 20:44.13	43.23
	300m: 4:01.43	42.35 700m: 9:45.53	43.95 1100m: 15:36.30	44.55 1500m: 21:26.00	41.87
	350m: 4:43.76	42.33 750m: 10:28.59	43.06 1150m: 16:19.76	43.46	
	400m: 5:26.90	43.14 800m: 11:13.05	44.46 1200m: 17:04.37	44.61	
6.	Laura ter Stege	SG CWW Swim Team	NED 199602364	23:15.71	+0.74
	50m: 36.48	36.48 450m: 6:35.51	45.86 850m: 12:52.50	47.13 1250m: 19:19.01	49.32
	100m: 1:18.64	42.16 500m: 7:22.05	46.54 900m: 13:40.26	47.76 1300m: 20:08.34	49.33
	150m: 2:02.01	43.37 550m: 8:08.85	46.80 950m: 14:27.62	47.36 1350m: 20:56.28	47.94
	200m: 2:46.90	44.89 600m: 8:57.01	48.16 1000m: 15:15.56	47.94 1400m: 21:43.86	47.58
	250m: 3:32.21	45.31 650m: 9:43.94	46.93 1050m: 16:04.32	48.76 1450m: 22:31.15	47.29
	300m: 4:17.67	45.46 700m: 10:31.63	47.69 1100m: 16:53.48	49.16 1500m: 23:15.71	44.56
	350m: 5:03.72	46.05 750m: 11:18.12	46.49 1150m: 17:41.21	47.73	
	400m: 5:49.65	45.93 800m: 12:05.37	47.25 1200m: 18:29.69	48.48	
7.	Marenne Huigh	Scheldeestroom	NED 199900852	23:47.12	+0.78
	50m: 37.71	37.71 450m: 6:49.59	48.35 850m: 13:16.43	48.59 1250m: 19:47.35	49.62
	100m: 1:20.48	42.77 500m: 7:37.75	48.16 900m: 14:04.82	48.39 1300m: 20:37.73	50.38
	150m: 2:06.38	45.90 550m: 8:26.32	48.57 950m: 14:53.82	49.00 1350m: 21:26.72	48.99
	200m: 2:52.54	46.16 600m: 9:14.39	48.07 1000m: 15:42.05	48.23 1400m: 22:15.12	48.40
	250m: 3:39.08	46.54 650m: 10:02.64	48.25 1050m: 16:30.96	48.91 1450m: 23:02.70	47.58
	300m: 4:25.70	46.62 700m: 10:50.50	47.86 1100m: 17:19.54	48.58 1500m: 23:47.12	44.42
	350m: 5:13.14	47.44 750m: 11:38.95	48.45 1150m: 18:08.87	49.33	
	400m: 6:01.24	48.10 800m: 12:27.84	48.89 1200m: 18:57.73	48.86	

Masters 30+

1.	Maaïke Vooren	DAW	NED 199103324	19:04.72	+0.82
	50m: 34.51	34.51 450m: 5:40.58	38.48 850m: 10:47.09	38.45 1250m: 15:53.93	38.52
	100m: 1:11.78	37.27 500m: 6:18.78	38.20 900m: 11:25.39	38.30 1300m: 16:32.38	38.45
	150m: 1:50.00	38.22 550m: 6:57.09	38.31 950m: 12:03.71	38.32 1350m: 17:10.79	38.41
	200m: 2:28.40	38.40 600m: 7:35.35	38.26 1000m: 12:42.02	38.31 1400m: 17:49.27	38.48
	250m: 3:07.03	38.63 650m: 8:13.92	38.57 1050m: 13:20.24	38.22 1450m: 18:27.78	38.51
	300m: 3:45.20	38.17 700m: 8:52.00	38.08 1100m: 13:58.51	38.27 1500m: 19:04.72	36.94
	350m: 4:23.85	38.65 750m: 9:30.41	38.41 1150m: 14:36.90	38.39	
	400m: 5:02.10	38.25 800m: 10:08.64	38.23 1200m: 15:15.41	38.51	
2.	Nienke Smidt	WS Twente	NED 199407596	20:52.87	+1.05
	50m: 36.20	36.20 450m: 6:11.81	42.19 850m: 11:51.60	42.86 1250m: 17:30.32	42.33
	100m: 1:16.37	40.17 500m: 6:53.26	41.45 900m: 12:34.44	42.84 1300m: 18:11.97	41.65
	150m: 1:58.01	41.64 550m: 7:35.10	41.84 950m: 13:17.03	42.59 1350m: 18:53.65	41.68
	200m: 2:40.54	42.53 600m: 8:16.84	41.74 1000m: 13:59.20	42.17 1400m: 19:34.46	40.81
	250m: 3:23.32	42.78 650m: 8:59.56	42.72 1050m: 14:41.54	42.34 1450m: 20:15.41	40.95
	300m: 4:05.83	42.51 700m: 9:42.64	43.08 1100m: 15:23.25	41.71 1500m: 20:52.87	37.46
	350m: 4:48.12	42.29 750m: 10:25.70	43.06 1150m: 16:05.52	42.27	
	400m: 5:29.62	41.50 800m: 11:08.74	43.04 1200m: 16:47.99	42.47	
3.	Elmi Roelofsens	Octopus-ZVV (SG)	NED 199008198	21:45.62	+0.90
	50m: 35.40	35.40 450m: 6:11.80	42.35 850m: 12:02.29	44.31 1250m: 18:02.23	44.68
	100m: 1:16.66	41.26 500m: 6:54.52	42.72 900m: 12:47.46	45.17 1300m: 18:47.60	45.37
	150m: 1:58.45	41.79 550m: 7:37.80	43.28 950m: 13:32.59	45.13 1350m: 19:32.54	44.94
	200m: 2:40.63	42.18 600m: 8:21.22	43.42 1000m: 14:17.75	45.16 1400m: 20:18.15	45.61
	250m: 3:22.72	42.09 650m: 9:05.00	43.78 1050m: 15:02.29	44.54 1450m: 21:01.94	43.79
	300m: 4:05.13	42.41 700m: 9:48.99	43.99 1100m: 15:47.40	45.11 1500m: 21:45.62	43.68
	350m: 4:47.41	42.28 750m: 10:33.55	44.56 1150m: 16:32.02	44.62	
	400m: 5:29.45	42.04 800m: 11:17.98	44.43 1200m: 17:17.55	45.53	
4.	Irmgard van Weeghel	ESCA Zwemmen	NED 199204834	24:28.81	+0.86
	50m: 39.74	39.74 450m: 7:03.59	49.06 850m: 13:40.19	49.82 1250m: 20:18.77	49.76
	100m: 1:23.59	43.85 500m: 7:53.55	49.96 900m: 14:29.88	49.69 1300m: 21:09.13	50.36
	150m: 2:09.97	46.38 550m: 8:42.43	48.88 950m: 15:19.07	49.19 1350m: 21:58.31	49.18
	200m: 2:58.04	48.07 600m: 9:32.29	49.86 1000m: 16:09.24	50.17 1400m: 22:49.06	50.75
	250m: 3:46.48	48.44 650m: 10:21.43	49.14 1050m: 16:58.85	49.61 1450m: 23:39.03	49.97
	300m: 4:35.45	48.97 700m: 11:10.89	49.46 1100m: 17:49.16	50.31 1500m: 24:28.81	49.78
	350m: 5:24.63	49.18 750m: 12:00.71	49.82 1150m: 18:38.45	49.29	
	400m: 6:14.53	49.90 800m: 12:50.37	49.66 1200m: 19:29.01	50.56	



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Programmanr. 2, Dames, 1500m vrije slag, Masters 30+

rang	naam	vereniging				tijd				RT	PARA	
5.	Marjan Rikken	Octopus-ZVV (SG)				NED	199206114				25:57.66	
	50m:	42.24	42.24	450m:	7:26.29	52.01	850m:	14:29.42	52.76	1250m:	21:39.97	55.66
	100m:	1:29.27	47.03	500m:	8:18.61	52.32	900m:	15:22.24	52.82	1300m:	22:34.80	54.83
	150m:	2:18.38	49.11	550m:	9:11.37	52.76	950m:	16:15.44	53.20	1350m:	23:25.89	51.09
	200m:	3:07.97	49.59	600m:	10:03.91	52.54	1000m:	17:08.88	53.44	1400m:	24:16.42	50.53
	250m:	3:58.99	51.02	650m:	10:58.02	54.11	1050m:	18:02.19	53.31	1450m:	25:07.98	51.56
	300m:	4:50.04	51.05	700m:	11:50.91	52.89	1100m:	18:55.97	53.78	1500m:	25:57.66	49.68
	350m:	5:42.00	51.96	750m:	12:43.74	52.83	1150m:	19:49.62	53.65			
	400m:	6:34.28	52.28	800m:	13:36.66	52.92	1200m:	20:44.31	54.69			

Masters 35+

1.	Sabine Zimmermann	Aachener SV 06	GER 101578	18:55.28	+0.79			
	50m: 33.59	33.59	450m: 5:32.19	38.13	850m: 10:39.15	38.83	1250m: 15:47.34	38.85
	100m: 1:09.75	36.16	500m: 6:10.07	37.88	900m: 11:17.12	37.97	1300m: 16:25.55	38.21
	150m: 1:46.76	37.01	550m: 6:48.42	38.35	950m: 11:56.02	38.90	1350m: 17:04.29	38.74
	200m: 2:23.79	37.03	600m: 7:26.64	38.22	1000m: 12:34.50	38.48	1400m: 17:41.79	37.50
	250m: 3:01.35	37.56	650m: 8:04.96	38.32	1050m: 13:13.58	39.08	1450m: 18:19.32	37.53
	300m: 3:38.64	37.29	700m: 8:43.63	38.67	1100m: 13:51.80	38.22	1500m: 18:55.28	35.96
	350m: 4:16.79	38.15	750m: 9:22.66	39.03	1150m: 14:30.82	39.02		
	400m: 4:54.06	37.27	800m: 10:00.32	37.66	1200m: 15:08.49	37.67		
2.	Viktória Háden-Felföldi	Iron Swim	HUN	19:11.65	+0.74			
	50m: 34.14	34.14	450m: 5:39.24	38.45	850m: 10:47.45	38.59	1250m: 15:58.25	39.01
	100m: 1:11.91	37.77	500m: 6:17.71	38.47	900m: 11:26.33	38.88	1300m: 16:37.56	39.31
	150m: 1:49.88	37.97	550m: 6:56.31	38.60	950m: 12:04.98	38.65	1350m: 17:16.36	38.80
	200m: 2:28.08	38.20	600m: 7:34.65	38.34	1000m: 12:43.85	38.87	1400m: 17:55.49	39.13
	250m: 3:06.04	37.96	650m: 8:13.37	38.72	1050m: 13:22.57	38.72	1450m: 18:34.29	38.80
	300m: 3:44.18	38.14	700m: 8:51.85	38.48	1100m: 14:01.40	38.83	1500m: 19:11.65	37.36
	350m: 4:22.59	38.41	750m: 9:30.30	38.45	1150m: 14:40.26	38.86		
	400m: 5:00.79	38.20	800m: 10:08.86	38.56	1200m: 15:19.24	38.98		
3.	Jenny Schouten	PSV	NED 198703674	19:33.28	+0.77			
	50m: 33.39	33.39	450m: 5:42.93	39.59	850m: 10:58.02	39.12	1250m: 16:17.06	40.01
	100m: 1:10.53	37.14	500m: 6:22.38	39.45	900m: 11:37.88	39.86	1300m: 16:57.47	40.41
	150m: 1:49.26	38.73	550m: 7:01.11	38.73	950m: 12:17.89	40.01	1350m: 17:37.26	39.79
	200m: 2:27.64	38.38	600m: 7:40.57	39.46	1000m: 12:57.32	39.43	1400m: 18:16.96	39.70
	250m: 3:06.45	38.81	650m: 8:19.69	39.12	1050m: 13:37.27	39.95	1450m: 18:55.72	38.76
	300m: 3:45.57	39.12	700m: 8:59.74	40.05	1100m: 14:16.85	39.58	1500m: 19:33.28	37.56
	350m: 4:24.72	39.15	750m: 9:39.14	39.40	1150m: 14:57.36	40.51		
	400m: 5:03.34	38.62	800m: 10:18.90	39.76	1200m: 15:37.05	39.69		
4.	Gilda Marussich	ASD Life Academy - Hadria NuotITA	67277	20:29.93	+0.78			
	50m: 35.60	35.60	450m: 6:00.32	40.70	850m: 11:29.76	41.08	1250m: 17:03.30	41.18
	100m: 1:15.06	39.46	500m: 6:41.69	41.37	900m: 12:11.69	41.93	1300m: 17:45.27	41.97
	150m: 1:55.42	40.36	550m: 7:22.38	40.69	950m: 12:52.90	41.21	1350m: 18:26.70	41.43
	200m: 2:36.37	40.95	600m: 8:03.70	41.32	1000m: 13:34.74	41.84	1400m: 19:09.00	42.30
	250m: 3:16.84	40.47	650m: 8:44.29	40.59	1050m: 14:16.02	41.28	1450m: 19:49.84	40.84
	300m: 3:57.82	40.98	700m: 9:25.65	41.36	1100m: 14:58.44	42.42	1500m: 20:29.93	40.09
	350m: 4:38.44	40.62	750m: 10:06.86	41.21	1150m: 15:40.11	41.67		
	400m: 5:19.62	41.18	800m: 10:48.68	41.82	1200m: 16:22.12	42.01		
5.	Relinda Baas	TriVia	NED 198900144	21:16.71	+0.83			
	50m: 36.71	36.71	450m: 6:15.21	42.79	850m: 11:59.38	43.22	1250m: 17:43.65	43.24
	100m: 1:17.61	40.90	500m: 6:58.63	43.42	900m: 12:42.27	42.89	1300m: 18:26.83	43.18
	150m: 1:59.11	41.50	550m: 7:41.15	42.52	950m: 13:24.99	42.72	1350m: 19:09.89	43.06
	200m: 2:41.38	42.27	600m: 8:24.27	43.12	1000m: 14:07.88	42.89	1400m: 19:52.92	43.03
	250m: 3:23.73	42.35	650m: 9:06.91	42.64	1050m: 14:50.68	42.80	1450m: 20:35.27	42.35
	300m: 4:06.80	43.07	700m: 9:50.27	43.36	1100m: 15:33.99	43.31	1500m: 21:16.71	41.44
	350m: 4:49.71	42.91	750m: 10:33.23	42.96	1150m: 16:17.15	43.16		
	400m: 5:32.42	42.71	800m: 11:16.16	42.93	1200m: 17:00.41	43.26		
6.	Nanda van Heteren	PSV	NED 198901728	21:32.74				
	50m: 37.35	37.35	450m: 6:22.29	43.41	850m: 12:09.27	43.53	1250m: 18:00.11	43.20
	100m: 1:19.44	42.09	500m: 7:06.07	43.78	900m: 12:53.15	43.88	1300m: 18:44.61	44.50
	150m: 2:02.02	42.58	550m: 7:49.23	43.16	950m: 13:36.89	43.74	1350m: 19:28.00	43.39
	200m: 2:45.57	43.55	600m: 8:32.90	43.67	1000m: 14:20.47	43.58	1400m: 20:10.59	42.59
	250m: 3:28.77	43.20	650m: 9:15.94	43.04	1050m: 15:04.00	43.53	1450m: 20:52.46	41.87
	300m: 4:12.38	43.61	700m: 9:59.50	43.56	1100m: 15:48.05	44.05	1500m: 21:32.74	40.28
	350m: 4:55.50	43.12	750m: 10:42.33	42.83	1150m: 16:32.62	44.57		
	400m: 5:38.88	43.38	800m: 11:25.74	43.41	1200m: 17:16.91	44.29		
7.	Liesbeth van Mill	Zwemlust- den Hommel	NED 198702786	22:39.65	+0.95			
	50m: 38.94	38.94	450m: 6:33.80	45.03	850m: 12:38.49	45.40	1250m: 18:47.77	46.19
	100m: 1:21.91	42.97	500m: 7:19.43	45.63	900m: 13:24.93	46.44	1300m: 19:34.38	46.61
	150m: 2:05.66	43.75	550m: 8:05.05	45.62	950m: 14:10.67	45.74	1350m: 20:20.71	46.33
	200m: 2:50.15	44.49	600m: 8:50.65	45.60	1000m: 14:56.99	46.32	1400m: 21:07.44	46.73
	250m: 3:34.47	44.32	650m: 9:36.28	45.63	1050m: 15:43.04	46.05	1450m: 21:53.91	46.47
	300m: 4:19.26	44.79	700m: 10:22.04	45.76	1100m: 16:29.60	46.56	1500m: 22:39.65	45.74
	350m: 5:03.82	44.56	750m: 11:07.03	44.99	1150m: 17:15.19	45.59		
	400m: 5:48.77	44.95	800m: 11:53.09	46.06	1200m: 18:01.58	46.39		



Open Nederlandse Masters
Kampioenschappen 2024 lange baan
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Programmanr. 2, Dames, 1500m vrije slag, Masters 35+

rang	naam	vereniging						tijd			RT	PARA
8.	Sandra Schellekens	Neptunus'58						NED	198503416	23:34.73	+0.88	
	50m:	38.59	38.59	450m:	6:50.33	47.63	850m:	13:13.76	47.44	1250m:	19:38.61	48.13
	100m:	1:22.92	44.33	500m:	7:38.08	47.75	900m:	14:01.82	48.06	1300m:	20:27.13	48.52
	150m:	2:08.29	45.37	550m:	8:25.94	47.86	950m:	14:49.64	47.82	1350m:	21:15.19	48.06
	200m:	2:54.34	46.05	600m:	9:14.31	48.37	1000m:	15:37.85	48.21	1400m:	22:04.05	48.86
	250m:	3:41.27	46.93	650m:	10:02.35	48.04	1050m:	16:25.88	48.03	1450m:	22:51.24	47.19
	300m:	4:27.91	46.64	700m:	10:50.59	48.24	1100m:	17:14.05	48.17	1500m:	23:34.73	43.49
	350m:	5:15.27	47.36	750m:	11:38.38	47.79	1150m:	18:01.97	47.92			
	400m:	6:02.70	47.43	800m:	12:26.32	47.94	1200m:	18:50.48	48.51			
9.	Esther Boerdam-Delfos	AZC						NED	198705256	23:40.01	+0.79	
	50m:	39.11	39.11	450m:	6:51.76	47.55	850m:	13:15.87	48.22	1250m:	19:43.94	48.71
	100m:	1:22.86	43.75	500m:	7:39.69	47.93	900m:	14:04.93	49.06	1300m:	20:32.33	48.39
	150m:	2:08.45	45.59	550m:	8:27.48	47.79	950m:	14:52.84	47.91	1350m:	21:20.77	48.44
	200m:	2:55.53	47.08	600m:	9:15.27	47.79	1000m:	15:41.11	48.27	1400m:	22:09.42	48.65
	250m:	3:42.46	46.93	650m:	10:02.97	47.70	1050m:	16:29.76	48.65	1450m:	22:55.52	46.10
	300m:	4:29.80	47.34	700m:	10:51.29	48.32	1100m:	17:18.46	48.70	1500m:	23:40.01	44.49
	350m:	5:16.64	46.84	750m:	11:39.06	47.77	1150m:	18:06.85	48.39			
	400m:	6:04.21	47.57	800m:	12:27.65	48.59	1200m:	18:55.23	48.38			

Masters 40+

1.	Ann Wanter	Zwemclub Geel				BEL	ZGEEL/21082/82	19:19.08		+0.78		
	Belgisch Masters Record											
	50m:	33.90	33.90	450m:	5:42.40	38.85	850m:	10:53.41	39.06	1250m:	16:06.95	39.02
	100m:	1:10.90	37.00	500m:	6:21.05	38.65	900m:	11:32.75	39.34	1300m:	16:46.16	39.21
	150m:	1:49.58	38.68	550m:	6:59.59	38.54	950m:	12:11.99	39.24	1350m:	17:25.52	39.36
	200m:	2:28.46	38.88	600m:	7:38.59	39.00	1000m:	12:51.61	39.62	1400m:	18:04.64	39.12
	250m:	3:06.79	38.33	650m:	8:17.45	38.86	1050m:	13:30.84	39.23	1450m:	18:43.47	38.83
	300m:	3:45.93	39.14	700m:	8:56.50	39.05	1100m:	14:10.01	39.17	1500m:	19:19.08	35.61
	350m:	4:24.76	38.83	750m:	9:35.45	38.95	1150m:	14:48.89	38.88			
	400m:	5:03.55	38.79	800m:	10:14.35	38.90	1200m:	15:27.93	39.04			
2.	Maïke Zeterberg	Zehlendorfer TSV 1888				GER	066680	19:24.09				
	50m:	33.81	33.81	450m:	5:40.05	38.53	850m:	10:53.29	39.02	1250m:	16:08.15	39.07
	100m:	1:11.49	37.68	500m:	6:19.36	39.31	900m:	11:32.93	39.64	1300m:	16:47.91	39.76
	150m:	1:49.68	38.19	550m:	6:58.19	38.83	950m:	12:12.06	39.13	1350m:	17:27.14	39.23
	200m:	2:27.92	38.24	600m:	7:37.43	39.24	1000m:	12:51.86	39.80	1400m:	18:06.98	39.84
	250m:	3:06.09	38.17	650m:	8:16.35	38.92	1050m:	13:30.93	39.07	1450m:	18:45.55	38.57
	300m:	3:44.49	38.40	700m:	8:55.72	39.37	1100m:	14:10.45	39.52	1500m:	19:24.09	38.54
	350m:	4:22.72	38.23	750m:	9:34.77	39.05	1150m:	14:49.47	39.02			
	400m:	5:01.52	38.80	800m:	10:14.27	39.50	1200m:	15:29.08	39.61			
3.	Heather Frees	Lone Star Masters				USA		19:42.13		+0.67		
	50m:	34.39	34.39	450m:	5:46.19	39.84	850m:	11:05.23	40.33	1250m:	16:25.94	40.16
	100m:	1:11.92	37.53	500m:	6:25.94	39.75	900m:	11:45.44	40.21	1300m:	17:06.05	40.11
	150m:	1:50.34	38.42	550m:	7:05.76	39.82	950m:	12:25.29	39.85	1350m:	17:45.83	39.78
	200m:	2:29.10	38.76	600m:	7:45.41	39.65	1000m:	13:05.27	39.98	1400m:	18:25.45	39.62
	250m:	3:08.27	39.17	650m:	8:25.39	39.98	1050m:	13:45.39	40.12	1450m:	19:04.82	39.37
	300m:	3:47.58	39.31	700m:	9:05.14	39.75	1100m:	14:26.09	40.70	1500m:	19:42.13	37.31
	350m:	4:27.03	39.45	750m:	9:45.06	39.92	1150m:	15:05.85	39.76			
	400m:	5:06.35	39.32	800m:	10:24.90	39.84	1200m:	15:45.78	39.93			
4.	Steffi Krul- Meinhold	d'ELFT				NED	198001542	20:39.20		+0.84		
	50m:	36.05	36.05	450m:	6:07.05	41.41	850m:	11:40.65	41.76	1250m:	17:13.84	41.95
	100m:	1:16.46	40.41	500m:	6:48.62	41.57	900m:	12:22.05	41.40	1300m:	17:55.18	41.34
	150m:	1:57.36	40.90	550m:	7:30.67	42.05	950m:	13:03.55	41.50	1350m:	18:36.57	41.39
	200m:	2:38.85	41.49	600m:	8:12.48	41.81	1000m:	13:45.00	41.45	1400m:	19:17.86	41.29
	250m:	3:20.27	41.42	650m:	8:54.37	41.89	1050m:	14:26.71	41.71	1450m:	19:59.08	41.22
	300m:	4:01.92	41.65	700m:	9:35.85	41.48	1100m:	15:08.16	41.45	1500m:	20:39.20	40.12
	350m:	4:43.89	41.97	750m:	10:17.52	41.67	1150m:	15:50.12	41.96			
	400m:	5:25.64	41.75	800m:	10:58.89	41.37	1200m:	16:31.89	41.77			
5.	Ramona Linting	AZC				NED	198301274	22:08.00		+0.58		
	50m:	37.24	37.24	450m:	6:25.13	43.94	850m:	12:21.00	44.70	1250m:	18:21.41	45.14
	100m:	1:18.65	41.41	500m:	7:09.62	44.49	900m:	13:06.20	45.20	1300m:	19:07.40	45.99
	150m:	2:01.32	42.67	550m:	7:53.99	44.37	950m:	13:50.84	44.64	1350m:	19:52.32	44.92
	200m:	2:45.30	43.98	600m:	8:38.28	44.29	1000m:	14:36.09	45.25	1400m:	20:37.61	45.29
	250m:	3:29.18	43.88	650m:	9:22.29	44.01	1050m:	15:20.78	44.69	1450m:	21:22.42	44.81
	300m:	4:13.10	43.92	700m:	10:06.82	44.53	1100m:	16:06.10	45.32	1500m:	22:08.00	45.58
	350m:	4:56.98	43.88	750m:	10:51.29	44.47	1150m:	16:50.67	44.57			
	400m:	5:41.19	44.21	800m:	11:36.30	45.01	1200m:	17:36.27	45.60			



Open Nederlandse Masters
Kampioenschappen 2024 lange baan
Eindhoven, 2-5 mei 2024



Programmanr. 2, Dames, 1500m vrije slag, Masters 40+

rang	naam	vereniging				tijd				RT	PARA
6.	Sabrina Boekhout	De Biesboschzwemmers				NED	198100120	22:31.52		+0.84	
	50m: 37.49	37.49	450m: 6:35.46	44.89	850m: 12:38.68	45.43	1250m: 18:46.02	46.26			
	100m: 1:19.91	42.42	500m: 7:20.23	44.77	900m: 13:24.52	45.84	1300m: 19:31.83	45.81			
	150m: 2:03.94	44.03	550m: 8:05.18	44.95	950m: 14:10.37	45.85	1350m: 20:16.91	45.08			
	200m: 2:48.55	44.61	600m: 8:50.68	45.50	1000m: 14:56.42	46.05	1400m: 21:02.35	45.44			
	250m: 3:33.53	44.98	650m: 9:35.98	45.30	1050m: 15:42.06	45.64	1450m: 21:47.11	44.76			
	300m: 4:19.09	45.56	700m: 10:22.20	46.22	1100m: 16:28.03	45.97	1500m: 22:31.52	44.41			
	350m: 5:04.86	45.77	750m: 11:07.52	45.32	1150m: 17:14.25	46.22					
	400m: 5:50.57	45.71	800m: 11:53.25	45.73	1200m: 17:59.76	45.51					
7.	Linda Hoogendam	WVZ				NED	198300892	23:46.03		+0.91	
	50m: 39.56	39.56	450m: 6:57.69	47.76	850m: 13:25.30	48.45	1250m: 19:53.32	48.12			
	100m: 1:25.37	45.81	500m: 7:46.46	48.77	900m: 14:13.72	48.42	1300m: 20:41.59	48.27			
	150m: 2:11.51	46.14	550m: 8:33.91	47.45	950m: 15:02.45	48.73	1350m: 21:28.60	47.01			
	200m: 2:58.60	47.09	600m: 9:22.22	48.31	1000m: 15:51.31	48.86	1400m: 22:16.05	47.45			
	250m: 3:46.17	47.57	650m: 10:10.74	48.52	1050m: 16:39.02	47.71	1450m: 23:02.19	46.14			
	300m: 4:33.52	47.35	700m: 10:59.38	48.64	1100m: 17:27.52	48.50	1500m: 23:46.03	43.84			
	350m: 5:21.62	48.10	750m: 11:48.05	48.67	1150m: 18:16.57	49.05					
	400m: 6:09.93	48.31	800m: 12:36.85	48.80	1200m: 19:05.20	48.63					

Masters 45+

1.	Liselotte Joling	PSV	NED	197500268	19:51.73	+0.84		
	50m: 35.54	35.54	450m: 5:52.77	40.15	850m: 11:10.77	39.85	1250m: 16:32.29	40.43
	100m: 1:14.88	39.34	500m: 6:32.62	39.85	900m: 11:51.00	40.23	1300m: 17:12.53	40.24
	150m: 1:54.12	39.24	550m: 7:11.31	38.69	950m: 12:31.52	40.52	1350m: 17:53.08	40.55
	200m: 2:34.00	39.88	600m: 7:50.94	39.63	1000m: 13:11.26	39.74	1400m: 18:33.89	40.81
	250m: 3:13.79	39.79	650m: 8:31.39	40.45	1050m: 13:51.94	40.68	1450m: 19:13.66	39.77
	300m: 3:53.38	39.59	700m: 9:11.23	39.84	1100m: 14:31.89	39.95	1500m: 19:51.73	38.07
	350m: 4:33.26	39.88	750m: 9:51.15	39.92	1150m: 15:11.44	39.55		
	400m: 5:12.62	39.36	800m: 10:30.92	39.77	1200m: 15:51.86	40.42		
2.	Chantal Verhoeff	Old Dutch	NED	197900912	22:23.77	+0.79		
	50m: 37.48	37.48	450m: 6:34.43	45.06	850m: 12:33.88	45.31	1250m: 18:37.55	45.59
	100m: 1:20.19	42.71	500m: 7:19.06	44.63	900m: 13:19.01	45.13	1300m: 19:23.29	45.74
	150m: 2:04.55	44.36	550m: 8:03.82	44.76	950m: 14:04.20	45.19	1350m: 20:08.73	45.44
	200m: 2:49.12	44.57	600m: 8:48.70	44.88	1000m: 14:49.91	45.71	1400m: 20:54.16	45.43
	250m: 3:34.17	45.05	650m: 9:33.88	45.18	1050m: 15:35.37	45.46	1450m: 21:39.44	45.28
	300m: 4:18.96	44.79	700m: 10:18.63	44.75	1100m: 16:20.99	45.62	1500m: 22:23.77	44.33
	350m: 5:04.40	45.44	750m: 11:03.57	44.94	1150m: 17:06.41	45.42		
	400m: 5:49.37	44.97	800m: 11:48.57	45.00	1200m: 17:51.96	45.55		
3.	Jessica Venema	GZC DONK	NED	197901526	22:44.53	+0.80		
	50m: 36.43	36.43	450m: 6:31.94	45.54	850m: 12:42.17	47.39	1250m: 18:56.66	46.44
	100m: 1:18.58	42.15	500m: 7:17.13	45.19	900m: 13:28.85	46.68	1300m: 19:43.41	46.75
	150m: 2:02.06	43.48	550m: 8:03.31	46.18	950m: 14:15.83	46.98	1350m: 20:30.36	46.95
	200m: 2:46.42	44.36	600m: 8:48.62	45.31	1000m: 15:02.84	47.01	1400m: 21:16.96	46.60
	250m: 3:31.41	44.99	650m: 9:34.85	46.23	1050m: 15:50.03	47.19	1450m: 22:02.69	45.73
	300m: 4:16.34	44.93	700m: 10:21.27	46.42	1100m: 16:37.20	47.17	1500m: 22:44.53	41.84
	350m: 5:01.33	44.99	750m: 11:07.74	46.47	1150m: 17:23.85	46.65		
	400m: 5:46.40	45.07	800m: 11:54.78	47.04	1200m: 18:10.22	46.37		

Masters 50+

1.	Carla Geurts	PSV	NED	197100178	19:33.69		+0.72	
	50m: 34.27	34.27	450m: 5:45.97	39.10	850m: 10:59.59	38.74	1250m: 16:15.30	39.61
	100m: 1:12.11	37.84	500m: 6:25.36	39.39	900m: 11:39.15	39.56	1300m: 16:54.89	39.59
	150m: 1:50.65	38.54	550m: 7:04.48	39.12	950m: 12:18.41	39.26	1350m: 17:34.51	39.62
	200m: 2:29.81	39.16	600m: 7:43.81	39.33	1000m: 12:58.35	39.94	1400m: 18:14.68	40.17
	250m: 3:08.56	38.75	650m: 8:22.75	38.94	1050m: 13:37.73	39.38	1450m: 18:54.25	39.57
	300m: 3:48.15	39.59	700m: 9:02.30	39.55	1100m: 14:17.00	39.27	1500m: 19:33.69	39.44
	350m: 4:27.40	39.25	750m: 9:41.16	38.86	1150m: 14:56.47	39.47		
	400m: 5:06.87	39.47	800m: 10:20.85	39.69	1200m: 15:35.69	39.22		
2.	Bianca Groot	MSV-Zeemacht	NED	197000652	21:19.27		+0.87	
	50m: 36.77	36.77	450m: 6:11.84	42.44	850m: 11:53.05	43.20	1250m: 17:41.47	43.38
	100m: 1:18.03	41.26	500m: 6:54.34	42.50	900m: 12:36.40	43.35	1300m: 18:24.77	43.30
	150m: 1:59.81	41.78	550m: 7:36.65	42.31	950m: 13:19.94	43.54	1350m: 19:08.07	43.30
	200m: 2:41.57	41.76	600m: 8:19.16	42.51	1000m: 14:03.70	43.76	1400m: 19:51.62	43.55
	250m: 3:23.52	41.95	650m: 9:01.51	42.35	1050m: 14:46.59	42.89	1450m: 20:34.91	43.29
	300m: 4:05.32	41.80	700m: 9:44.31	42.80	1100m: 15:30.23	43.64	1500m: 21:19.27	44.36
	350m: 4:47.21	41.89	750m: 10:26.84	42.53	1150m: 16:13.92	43.69		
	400m: 5:29.40	42.19	800m: 11:09.85	43.01	1200m: 16:58.09	44.17		



Open Nederlandse Masters
Kampioenschappen 2024 lange baan
Eindhoven, 2-5 mei 2024



Programmanr. 2, Dames, 1500m vrije slag, Masters 50+

rang	naam	vereniging						tijd	RT	PARA
3.	Karin Stein	ZVVS	NED	197100554				21:35.77	+0.85	
	50m: 38.20	38.20	450m: 6:22.67	43.26	850m: 12:10.60	43.25	1250m: 17:58.82	43.73		
	100m: 1:19.82	41.62	500m: 7:06.03	43.36	900m: 12:54.21	43.61	1300m: 18:43.13	44.31		
	150m: 2:02.71	42.89	550m: 7:49.40	43.37	950m: 13:37.76	43.55	1350m: 19:26.98	43.85		
	200m: 2:45.88	43.17	600m: 8:32.72	43.32	1000m: 14:21.16	43.40	1400m: 20:10.73	43.75		
	250m: 3:29.06	43.18	650m: 9:16.14	43.42	1050m: 15:04.64	43.48	1450m: 20:54.44	43.71		
	300m: 4:12.25	43.19	700m: 9:59.97	43.83	1100m: 15:47.96	43.32	1500m: 21:35.77	41.33		
	350m: 4:55.84	43.59	750m: 10:43.42	43.45	1150m: 16:31.37	43.41				
	400m: 5:39.41	43.57	800m: 11:27.35	43.93	1200m: 17:15.09	43.72				
4.	Marleen Vos	Batavia Swim	NED	197400598				21:38.42	+0.83	
	50m: 37.41	37.41	450m: 6:18.66	43.24	850m: 12:06.65	43.42	1250m: 17:58.98	44.30		
	100m: 1:19.02	41.61	500m: 7:01.75	43.09	900m: 12:50.53	43.88	1300m: 18:43.58	44.60		
	150m: 2:01.11	42.09	550m: 7:45.33	43.58	950m: 13:34.66	44.13	1350m: 19:28.01	44.43		
	200m: 2:43.71	42.60	600m: 8:28.82	43.49	1000m: 14:18.34	43.68	1400m: 20:11.97	43.96		
	250m: 3:26.53	42.82	650m: 9:12.13	43.31	1050m: 15:02.38	44.04	1450m: 20:56.03	44.06		
	300m: 4:09.48	42.95	700m: 9:55.64	43.51	1100m: 15:46.69	44.31	1500m: 21:38.42	42.39		
	350m: 4:52.20	42.72	750m: 10:39.27	43.63	1150m: 16:30.20	43.51				
	400m: 5:35.42	43.22	800m: 11:23.23	43.96	1200m: 17:14.68	44.48				
5.	Nicole Warnier	Zwemclub Eijdsen	NED	197301042				21:58.16	+0.89	
	50m: 38.68	38.68	450m: 6:24.70	43.62	850m: 12:16.59	44.65	1250m: 18:15.26	45.08		
	100m: 1:20.61	41.93	500m: 7:08.25	43.55	900m: 13:01.17	44.58	1300m: 19:00.17	44.91		
	150m: 2:03.87	43.26	550m: 7:51.74	43.49	950m: 13:45.95	44.78	1350m: 19:45.16	44.99		
	200m: 2:47.15	43.28	600m: 8:35.30	43.56	1000m: 14:30.57	44.62	1400m: 20:29.99	44.83		
	250m: 3:30.54	43.39	650m: 9:19.04	43.74	1050m: 15:15.37	44.80	1450m: 21:14.57	44.58		
	300m: 4:13.87	43.33	700m: 10:02.73	43.69	1100m: 16:00.35	44.98	1500m: 21:58.16	43.59		
	350m: 4:57.54	43.67	750m: 10:47.48	44.75	1150m: 16:45.31	44.96				
	400m: 5:41.08	43.54	800m: 11:31.94	44.46	1200m: 17:30.18	44.87				
6.	Mariska van Doorn	Arethusa	NED	197200444				22:48.41	+0.94	
	50m: 38.13	38.13	450m: 6:35.80	45.53	850m: 12:44.55	45.50	1250m: 18:57.43	46.75		
	100m: 1:20.77	42.64	500m: 7:21.50	45.70	900m: 13:30.90	46.35	1300m: 19:44.30	46.87		
	150m: 2:05.02	44.25	550m: 8:07.10	45.60	950m: 14:17.32	46.42	1350m: 20:31.05	46.75		
	200m: 2:49.69	44.67	600m: 8:53.36	46.26	1000m: 15:04.12	46.80	1400m: 21:16.97	45.92		
	250m: 3:34.23	44.54	650m: 9:39.85	46.49	1050m: 15:50.87	46.75	1450m: 22:03.68	46.71		
	300m: 4:19.45	45.22	700m: 10:25.93	46.08	1100m: 16:37.61	46.74	1500m: 22:48.41	44.73		
	350m: 5:04.68	45.23	750m: 11:12.47	46.54	1150m: 17:23.83	46.22				
	400m: 5:50.27	45.59	800m: 11:59.05	46.58	1200m: 18:10.68	46.85				
7.	Inken Wemheuer	Team Noord Holland (SG)	NED	197101016				23:00.45	+0.79	
	50m: 38.66	38.66	450m: 6:48.00	46.59	850m: 13:01.72	46.68	1250m: 19:12.70	46.37		
	100m: 1:22.50	43.84	500m: 7:35.26	47.26	900m: 13:48.20	46.48	1300m: 19:59.22	46.52		
	150m: 2:08.34	45.84	550m: 8:21.94	46.68	950m: 14:33.95	45.75	1350m: 20:45.99	46.77		
	200m: 2:54.63	46.29	600m: 9:08.74	46.80	1000m: 15:20.07	46.12	1400m: 21:33.04	47.05		
	250m: 3:41.01	46.38	650m: 9:55.29	46.55	1050m: 16:06.37	46.30	1450m: 22:18.16	45.12		
	300m: 4:27.77	46.76	700m: 10:42.13	46.84	1100m: 16:53.17	46.80	1500m: 23:00.45	42.29		
	350m: 5:14.41	46.64	750m: 11:28.39	46.26	1150m: 17:39.52	46.35				
	400m: 6:01.41	47.00	800m: 12:15.04	46.65	1200m: 18:26.33	46.81				
8.	Pascale Janssen	Patrick-De Roersoppers (SG)	NED	197300852				23:33.81	+0.98	
	50m: 39.09	39.09	450m: 6:52.18	47.53	850m: 13:14.07	48.03	1250m: 19:38.07	48.50		
	100m: 1:23.32	44.23	500m: 7:39.89	47.71	900m: 14:01.78	47.71	1300m: 20:26.10	48.03		
	150m: 2:09.40	46.08	550m: 8:27.45	47.56	950m: 14:49.95	48.17	1350m: 21:14.38	48.28		
	200m: 2:55.89	46.49	600m: 9:14.81	47.36	1000m: 15:37.61	47.66	1400m: 22:02.66	48.28		
	250m: 3:42.90	47.01	650m: 10:02.56	47.75	1050m: 16:25.48	47.87	1450m: 22:50.09	47.43		
	300m: 4:30.04	47.14	700m: 10:50.09	47.53	1100m: 17:13.29	47.81	1500m: 23:33.81	43.72		
	350m: 5:17.38	47.34	750m: 11:38.02	47.93	1150m: 18:01.53	48.24				
	400m: 6:04.65	47.27	800m: 12:26.04	48.02	1200m: 18:49.57	48.04				
9.	Annette Spies	Link	NED	197001110				25:36.06	+0.92	
	50m: 44.03	44.03	450m: 7:33.73	51.47	850m: 14:26.52	50.25	1250m: 21:19.59	50.58		
	100m: 1:33.06	49.03	500m: 8:25.20	51.47	900m: 15:19.10	52.58	1300m: 22:11.92	52.33		
	150m: 2:24.12	51.06	550m: 9:17.99	52.79	950m: 16:09.64	50.54	1350m: 23:03.03	51.11		
	200m: 3:15.19	51.07	600m: 10:09.92	51.93	1000m: 17:02.23	52.59	1400m: 23:54.97	51.94		
	250m: 4:06.45	51.26	650m: 11:01.27	51.35	1050m: 17:53.78	51.55	1450m: 24:46.35	51.38		
	300m: 4:58.71	52.26	700m: 11:52.88	51.61	1100m: 18:45.58	51.80	1500m: 25:36.06	49.71		
	350m: 5:50.59	51.88	750m: 12:44.36	51.48	1150m: 19:36.51	50.93				
	400m: 6:42.26	51.67	800m: 13:36.27	51.91	1200m: 20:29.01	52.50				
10.	Annet Kootstra	SWOL 1894	NED	197100344				26:25.16	+1.02	
	50m: 43.45	43.45	450m: 7:34.26	52.68	850m: 14:39.90	53.96	1250m: 21:53.27	54.51		
	100m: 1:32.59	49.14	500m: 8:26.40	52.14	900m: 15:33.48	53.58	1300m: 22:47.54	54.27		
	150m: 2:22.59	50.00	550m: 9:19.33	52.93	950m: 16:28.13	54.65	1350m: 23:42.75	55.21		
	200m: 3:13.71	51.12	600m: 10:12.34	53.01	1000m: 17:21.43	53.30	1400m: 24:37.04	54.29		
	250m: 4:05.08	51.37	650m: 11:05.56	53.22	1050m: 18:15.90	54.47	1450m: 25:32.04	55.00		
	300m: 4:56.63	51.55	700m: 11:58.57	53.01	1100m: 19:09.94	54.04	1500m: 26:25.16	53.12		
	350m: 5:48.68	52.05	750m: 12:52.78	54.21	1150m: 20:04.72	54.78				
	400m: 6:41.58	52.90	800m: 13:45.94	53.16	1200m: 20:58.76	54.04				



Open Nederlandse Masters
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Eindhoven, 2-5 mei 2024



Programmanr. 2, Dames, 1500m vrije slag, Masters 50+

rang	naam	vereniging						tijd	RT	PARA
11.	Marita Pongers	ZPC De Hof		NED		197400416		27:15.23		
	50m:	45.17	45.17	450m:	8:00.38	55.84	850m:	15:19.67	55.71	
	100m:	1:36.10	50.93	500m:	8:54.22	53.84	900m:	16:14.86	55.19	
	150m:	2:29.04	52.94	550m:	9:48.61	54.39	950m:	17:11.19	56.33	
	200m:	3:23.64	54.60	600m:	10:43.61	55.00	1000m:	18:05.06	53.87	
	250m:	4:18.40	54.76	650m:	11:37.84	54.23	1050m:	18:59.50	54.44	
	300m:	5:15.01	56.61	700m:	12:34.40	56.56	1100m:	19:56.06	56.56	
	350m:	6:09.89	54.88	750m:	13:29.18	54.78	1150m:	20:51.79	55.73	
	400m:	7:04.54	54.65	800m:	14:23.94	54.76	1200m:	21:47.00	55.21	

Masters 55+

1.	Iris van Aurich	DWK		NED		196900866		22:56.01		*	+0.80	
	50m:	38.07	38.07	450m:	6:45.35	46.34	850m:	12:57.26	47.48	1250m:	19:10.11	46.22
	100m:	1:21.49	43.42	500m:	7:30.91	45.56	900m:	13:44.05	46.79	1300m:	19:56.34	46.23
	150m:	2:06.84	45.35	550m:	8:17.53	46.62	950m:	14:30.91	46.86	1350m:	20:43.08	46.74
	200m:	2:52.99	46.15	600m:	9:03.94	46.41	1000m:	15:17.40	46.49	1400m:	21:28.75	45.67
	250m:	3:39.88	46.89	650m:	9:49.54	45.60	1050m:	16:04.03	46.63	1450m:	22:14.12	45.37
	300m:	4:26.38	46.50	700m:	10:35.70	46.16	1100m:	16:50.94	46.91	1500m:	22:56.01	41.89
	350m:	5:13.20	46.82	750m:	11:23.15	47.45	1150m:	17:37.72	46.78			
	400m:	5:59.01	45.81	800m:	12:09.78	46.63	1200m:	18:23.89	46.17			
2.	Laura Staal	Oceanus		NED		196700358		23:03.53			+0.89	
	50m:	40.27	40.27	450m:	6:46.70	45.84	850m:	12:57.64	46.63	1250m:	19:11.12	46.86
	100m:	1:24.73	44.46	500m:	7:32.99	46.29	900m:	13:44.23	46.59	1300m:	19:58.10	46.98
	150m:	2:10.55	45.82	550m:	8:19.41	46.42	950m:	14:30.75	46.52	1350m:	20:44.58	46.48
	200m:	2:56.72	46.17	600m:	9:05.75	46.34	1000m:	15:17.11	46.36	1400m:	21:31.29	46.71
	250m:	3:42.54	45.82	650m:	9:51.92	46.17	1050m:	16:03.82	46.71	1450m:	22:17.84	46.55
	300m:	4:28.50	45.96	700m:	10:38.24	46.32	1100m:	16:50.47	46.65	1500m:	23:03.53	45.69
	350m:	5:14.79	46.29	750m:	11:24.26	46.02	1150m:	17:37.53	47.06			
	400m:	6:00.86	46.07	800m:	12:11.01	46.75	1200m:	18:24.26	46.73			
3.	K. van Nassau-van den Heuvel	Old Dutch		NED		196600188		25:01.02			+1.08	
	50m:	44.58	44.58	450m:	7:23.69	50.22	850m:	14:06.83	50.35	1250m:	20:51.41	50.01
	100m:	1:33.47	48.89	500m:	8:14.07	50.38	900m:	14:57.88	51.05	1300m:	21:42.25	50.84
	150m:	2:22.83	49.36	550m:	9:03.87	49.80	950m:	15:47.76	49.88	1350m:	22:31.97	49.72
	200m:	3:12.64	49.81	600m:	9:54.36	50.49	1000m:	16:38.69	50.93	1400m:	23:22.33	50.36
	250m:	4:02.66	50.02	650m:	10:44.64	50.28	1050m:	17:29.85	51.16	1450m:	24:12.41	50.08
	300m:	4:52.89	50.23	700m:	11:35.42	50.78	1100m:	18:20.84	50.99	1500m:	25:01.02	48.61
	350m:	5:42.93	50.04	750m:	12:25.65	50.23	1150m:	19:10.86	50.02			
	400m:	6:33.47	50.54	800m:	13:16.48	50.83	1200m:	20:01.40	50.54			
4.	Kristien Van de Moortel	ShaRK - Swimming Region Kempe		BEL		SHARK/20315/69		26:43.38			+0.88	
	50m:	46.30	46.30	450m:	7:50.67	53.32	850m:	14:56.93	53.73	1250m:	22:12.96	54.74
	100m:	1:38.89	52.59	500m:	8:43.28	52.61	900m:	15:51.41	54.48	1300m:	23:08.42	55.46
	150m:	2:32.26	53.37	550m:	9:36.54	53.26	950m:	16:46.10	54.69	1350m:	24:03.37	54.95
	200m:	3:25.66	53.40	600m:	10:29.86	53.32	1000m:	17:40.45	54.35	1400m:	24:58.10	54.73
	250m:	4:18.61	52.95	650m:	11:23.24	53.38	1050m:	18:34.95	54.50	1450m:	25:52.62	54.52
	300m:	5:11.54	52.93	700m:	12:16.40	53.16	1100m:	19:28.99	54.04	1500m:	26:43.38	50.76
	350m:	6:04.69	53.15	750m:	13:09.98	53.58	1150m:	20:23.59	54.60			
	400m:	6:57.35	52.66	800m:	14:03.20	53.22	1200m:	21:18.22	54.63			

Masters 60+

1.	Katrin Pennings	PSV			NED			196400570	22:11.74			+0.78
	Nederlands Masters Record											
	50m:	37.58	37.58	450m:	6:30.26	45.00	850m:	12:27.76	44.79	1250m:	18:27.08	45.51
	100m:	1:19.60	42.02	500m:	7:14.89	44.63	900m:	13:12.34	44.58	1300m:	19:12.14	45.06
	150m:	2:03.02	43.42	550m:	7:59.52	44.63	950m:	13:57.10	44.76	1350m:	19:57.62	45.48
	200m:	2:46.99	43.97	600m:	8:44.09	44.57	1000m:	14:41.95	44.85	1400m:	20:42.77	45.15
	250m:	3:31.40	44.41	650m:	9:28.76	44.67	1050m:	15:27.29	45.34	1450m:	21:28.22	45.45
	300m:	4:15.74	44.34	700m:	10:13.55	44.79	1100m:	16:11.84	44.55	1500m:	22:11.74	43.52
	350m:	5:00.47	44.73	750m:	10:58.15	44.60	1150m:	16:56.80	44.96			
	400m:	5:45.26	44.79	800m:	11:42.97	44.82	1200m:	17:41.57	44.77			
2.	Wilna Heijman	Steenwijk 1934			NED			196400506	22:37.78			+0.83
	50m:	39.24	39.24	450m:	6:33.57	44.39	850m:	12:36.95	45.40	1250m:	18:45.00	46.24
	100m:	1:22.30	43.06	500m:	7:19.07	45.50	900m:	13:22.74	45.79	1300m:	19:31.41	46.41
	150m:	2:05.82	43.52	550m:	8:03.99	44.92	950m:	14:08.02	45.28	1350m:	20:17.71	46.30
	200m:	2:50.33	44.51	600m:	8:49.57	45.58	1000m:	14:53.88	45.86	1400m:	21:05.13	47.42
	250m:	3:34.58	44.25	650m:	9:34.94	45.37	1050m:	15:39.84	45.96	1450m:	21:51.41	46.28
	300m:	4:19.61	45.03	700m:	10:20.67	45.73	1100m:	16:26.16	46.32	1500m:	22:37.78	46.37
	350m:	5:03.74	44.13	750m:	11:05.98	45.31	1150m:	17:12.07	45.91			
	400m:	5:49.18	45.44	800m:	11:51.55	45.57	1200m:	17:58.76	46.69			



Open Nederlandse Masters
Kampioenschappen 2024 lange baan
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Programmanr. 2, Dames, 1500m vrije slag, Masters 60+

rang	naam	vereniging						tijd						RT	PARA	
3.	Monique Kroeze	De Mors						NED	196400546		23:29.79				+0.95	
	50m:	39.32	39.32	450m:	6:50.87	47.21	850m:	13:10.97	47.58	1250m:	19:32.76	47.99				
	100m:	1:23.05	43.73	500m:	7:38.22	47.35	900m:	13:58.66	47.69	1300m:	20:20.61	47.85				
	150m:	2:08.84	45.79	550m:	8:25.26	47.04	950m:	14:46.43	47.77	1350m:	21:08.13	47.52				
	200m:	2:55.57	46.73	600m:	9:13.09	47.83	1000m:	15:34.21	47.78	1400m:	21:57.19	49.06				
	250m:	3:42.22	46.65	650m:	10:00.41	47.32	1050m:	16:21.76	47.55	1450m:	22:44.54	47.35				
	300m:	4:29.19	46.97	700m:	10:47.55	47.14	1100m:	17:09.10	47.34	1500m:	23:29.79	45.25				
	350m:	5:15.88	46.69	750m:	11:35.49	47.94	1150m:	17:57.13	48.03							
	400m:	6:03.66	47.78	800m:	12:23.39	47.90	1200m:	18:44.77	47.64							
4.	P. Tossings-van de Hooven	GZC DONK						NED	196100376		23:38.38				+0.86	
	50m:	40.80	40.80	450m:	6:56.66	47.56	850m:	13:18.00	47.65	1250m:	19:41.35	48.06				
	100m:	1:26.22	45.42	500m:	7:44.29	47.63	900m:	14:05.82	47.82	1300m:	20:29.49	48.14				
	150m:	2:12.48	46.26	550m:	8:31.66	47.37	950m:	14:53.62	47.80	1350m:	21:17.69	48.20				
	200m:	2:59.82	47.34	600m:	9:19.52	47.86	1000m:	15:41.58	47.96	1400m:	22:06.07	48.38				
	250m:	3:46.45	46.63	650m:	10:07.23	47.71	1050m:	16:29.27	47.69	1450m:	22:54.12	48.05				
	300m:	4:33.83	47.38	700m:	10:54.93	47.70	1100m:	17:17.51	48.24	1500m:	23:38.38	44.26				
	350m:	5:21.26	47.43	750m:	11:42.71	47.78	1150m:	18:05.34	47.83							
	400m:	6:09.10	47.84	800m:	12:30.35	47.64	1200m:	18:53.29	47.95							
5.	Riny Zeijveld-Meuleman	De Berkelduikers						NED	196000204		25:24.31				+0.81	
	50m:	42.72	42.72	450m:	7:26.57	51.32	850m:	14:17.29	50.42	1250m:	21:08.87	51.32				
	100m:	1:30.70	47.98	500m:	8:18.13	51.56	900m:	15:09.10	51.81	1300m:	22:00.90	52.03				
	150m:	2:20.02	49.32	550m:	9:08.90	50.77	950m:	16:00.31	51.21	1350m:	22:51.83	50.93				
	200m:	3:10.25	50.23	600m:	10:00.77	51.87	1000m:	16:52.10	51.79	1400m:	23:43.71	51.88				
	250m:	4:00.67	50.42	650m:	10:51.89	51.12	1050m:	17:42.92	50.82	1450m:	24:34.82	51.11				
	300m:	4:52.36	51.69	700m:	11:43.81	51.92	1100m:	18:34.32	51.40	1500m:	25:24.31	49.49				
	350m:	5:44.08	51.72	750m:	12:35.23	51.42	1150m:	19:25.78	51.46							
	400m:	6:35.25	51.17	800m:	13:26.87	51.64	1200m:	20:17.55	51.77							
6.	Jennie Resink-lindeboom	DWK						NED	196000142		26:47.78				+1.03	
	50m:	45.23	45.23	450m:	7:47.09	53.65	850m:	15:00.58	54.93	1250m:	22:18.73	55.09				
	100m:	1:35.37	50.14	500m:	8:40.82	53.73	900m:	15:54.78	54.20	1300m:	23:14.01	55.28				
	150m:	2:27.54	52.17	550m:	9:35.30	54.48	950m:	16:49.44	54.66	1350m:	24:09.54	55.53				
	200m:	3:19.92	52.38	600m:	10:28.74	53.44	1000m:	17:43.94	54.50	1400m:	25:04.06	54.52				
	250m:	4:13.46	53.54	650m:	11:22.43	53.69	1050m:	18:39.02	55.08	1450m:	25:56.94	52.88				
	300m:	5:06.25	52.79	700m:	12:16.51	54.08	1100m:	19:33.22	54.20	1500m:	26:47.78	50.84				
	350m:	6:00.52	54.27	750m:	13:10.99	54.48	1150m:	20:28.47	55.25							
	400m:	6:53.44	52.92	800m:	14:05.65	54.66	1200m:	21:23.64	55.17							
7.	Kirsten Stamer	SC Janus Köln						GER	247144		27:56.97				+0.57	
	50m:	48.54	48.54	450m:	8:09.94	55.31	850m:	15:39.97	56.25	1250m:	23:13.69	56.30				
	100m:	1:42.30	53.76	500m:	9:06.35	56.41	900m:	16:37.49	57.52	1300m:	24:10.69	57.00				
	150m:	2:36.43	54.13	550m:	10:02.06	55.71	950m:	17:33.84	56.35	1350m:	25:07.82	57.13				
	200m:	3:32.24	55.81	600m:	10:58.59	56.53	1000m:	18:31.26	57.42	1400m:	26:05.25	57.43				
	250m:	4:27.39	55.15	650m:	11:55.18	56.59	1050m:	19:28.10	56.84	1450m:	27:01.40	56.15				
	300m:	5:23.44	56.05	700m:	12:51.30	56.12	1100m:	20:24.00	55.90	1500m:	27:56.97	55.57				
	350m:	6:18.83	55.39	750m:	13:47.33	56.03	1150m:	21:20.75	56.75							
	400m:	7:14.63	55.80	800m:	14:43.72	56.39	1200m:	22:17.39	56.64							

Masters 65+

1.	Patty Verhagen			PSV			NED 195900146			23:37.67		+0.88
	50m:	43.35	43.35	450m:	6:57.90	47.05	850m:	13:18.79	47.45	1250m:	19:40.53	47.74
	100m:	1:29.17	45.82	500m:	7:45.48	47.58	900m:	14:06.43	47.64	1300m:	20:28.53	48.00
	150m:	2:15.18	46.01	550m:	8:32.78	47.30	950m:	14:53.70	47.27	1350m:	21:16.21	47.68
	200m:	3:02.24	47.06	600m:	9:20.84	48.06	1000m:	15:41.52	47.82	1400m:	22:04.47	48.26
	250m:	3:49.08	46.84	650m:	10:08.09	47.25	1050m:	16:29.33	47.81	1450m:	22:51.74	47.27
	300m:	4:36.51	47.43	700m:	10:55.87	47.78	1100m:	17:17.25	47.92	1500m:	23:37.67	45.93
	350m:	5:23.42	46.91	750m:	11:43.59	47.72	1150m:	18:05.00	47.75			
	400m:	6:10.85	47.43	800m:	12:31.34	47.75	1200m:	18:52.79	47.79			

Masters 70+

1.	Ineke Weekers			PSV			NED		195300050		23:31.09		+0.80
	<i>Europees Masters Record, EMR 800m</i>												
	50m:	43.51	43.51	450m:	6:57.35	46.07	850m:	13:13.88	47.08	1250m:	19:33.10	47.24	
	100m:	1:30.49	46.98	500m:	7:44.94	47.59	900m:	14:01.15	47.27	1300m:	20:21.33	48.23	
	150m:	2:17.60	47.11	550m:	8:31.34	46.40	950m:	14:48.06	46.91	1350m:	21:08.82	47.49	
	200m:	3:04.74	47.14	600m:	9:18.63	47.29	1000m:	15:35.65	47.59	1400m:	21:57.09	48.27	
	250m:	3:51.09	46.35	650m:	10:05.56	46.93	1050m:	16:22.95	47.30	1450m:	22:44.50	47.41	
	300m:	4:38.07	46.98	700m:	10:53.04	47.48	1100m:	17:10.36	47.41	1500m:	23:31.09	46.59	
	350m:	5:24.21	46.14	750m:	11:39.42	46.38	1150m:	17:57.79	47.43				
	400m:	6:11.28	47.07	800m:	12:26.80	47.38	1200m:	18:45.86	48.07				



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Programmanr. 2, Dames, 1500m vrije slag, Masters 70+

rang	naam	vereniging						tijd	RT	PARA
2.	Carla Hensen	PSV		NED	195300062			28:14.51	+1.00	
	50m: 48.50	48.50	450m: 8:22.34	56.62	850m: 15:55.90	57.06	1250m: 23:31.42	56.80		
	100m: 1:44.08	55.58	500m: 9:19.05	56.71	900m: 16:52.86	56.96	1300m: 24:28.74	57.32		
	150m: 2:40.95	56.87	550m: 10:15.25	56.20	950m: 17:50.04	57.18	1350m: 25:25.52	56.78		
	200m: 3:38.10	57.15	600m: 11:12.10	56.85	1000m: 18:46.78	56.74	1400m: 26:23.03	57.51		
	250m: 4:35.09	56.99	650m: 12:08.48	56.38	1050m: 19:43.69	56.91	1450m: 27:19.75	56.72		
	300m: 5:32.29	57.20	700m: 13:05.27	56.79	1100m: 20:41.13	57.44	1500m: 28:14.51	54.76		
	350m: 6:28.92	56.63	750m: 14:01.81	56.54	1150m: 21:37.58	56.45				
	400m: 7:25.72	56.80	800m: 14:58.84	57.03	1200m: 22:34.62	57.04				
3.	Gonnie Bak	PSV		NED	195100064			33:09.33	+1.05	
	50m: 55.36	55.36	450m: 9:35.63	1:06.23	850m: 18:29.65	1:07.07	1250m: 27:30.30	1:07.48		
	100m: 1:59.46	1:04.10	500m: 10:42.19	1:06.56	900m: 19:37.30	1:07.65	1300m: 28:38.85	1:08.55		
	150m: 3:03.32	1:03.86	550m: 11:47.58	1:05.39	950m: 20:43.77	1:06.47	1350m: 29:46.16	1:07.31		
	200m: 4:08.62	1:05.30	600m: 12:54.84	1:07.26	1000m: 21:51.93	1:08.16	1400m: 30:54.37	1:08.21		
	250m: 5:12.77	1:04.15	650m: 14:00.80	1:05.96	1050m: 22:58.90	1:06.97	1450m: 32:01.58	1:07.21		
	300m: 6:19.01	1:06.24	700m: 15:08.58	1:07.78	1100m: 24:07.35	1:08.45	1500m: 33:09.33	1:07.75		
	350m: 7:22.71	1:03.70	750m: 16:14.79	1:06.21	1150m: 25:14.71	1:07.36				
	400m: 8:29.40	1:06.69	800m: 17:22.58	1:07.79	1200m: 26:22.82	1:08.11				

Masters 85+

1.	Marie Smits	Old Dutch		NED	193800004			37:25.94	+1.17	
	50m: 1:00.13	1:00.13	450m: 10:50.10	1:15.09	850m: 20:52.92	1:15.89	1250m: 31:05.27	1:16.66		
	100m: 2:10.91	1:10.78	500m: 12:04.59	1:14.49	900m: 22:10.03	1:17.11	1300m: 32:21.72	1:16.45		
	150m: 3:24.20	1:13.29	550m: 13:19.39	1:14.80	950m: 23:25.67	1:15.64	1350m: 33:38.93	1:17.21		
	200m: 4:37.32	1:13.12	600m: 14:34.64	1:15.25	1000m: 24:43.14	1:17.47	1400m: 34:55.17	1:16.24		
	250m: 5:51.13	1:13.81	650m: 15:49.85	1:15.21	1050m: 25:59.36	1:16.22	1450m: 36:12.08	1:16.91		
	300m: 7:05.26	1:14.13	700m: 17:05.58	1:15.73	1100m: 27:15.72	1:16.36	1500m: 37:25.94	1:13.86		
	350m: 8:19.76	1:14.50	750m: 18:20.90	1:15.32	1150m: 28:32.25	1:16.53				
	400m: 9:35.01	1:15.25	800m: 19:37.03	1:16.13	1200m: 29:48.61	1:16.36				