



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



2 - ONMK 2024 lb Sessie 2

03-05-2024 - 9:00

Programmanr. 3
03-05-2024 - 9:00

Heren, 400m vrije slag

Masters Open
Resultaten

rang	naam	vereniging				tijd				RT	PARA
Masters 20+											
1.	Luc Mul	DAW				NED	200201025	4:22.90		+0.70	
	50m: 28.80	28.80	150m: 1:35.42	33.82	250m: 2:45.07	34.40	350m: 3:51.59		32.30		
	100m: 1:01.60	32.80	200m: 2:10.67	35.25	300m: 3:19.29	34.22	400m: 4:22.90		31.31		
2.	Guus Hoogduin	ZVL-1886 Center				NED	200201069	4:32.39		+0.69	
	50m: 29.20	29.20	150m: 1:35.78	33.81	250m: 2:46.10	35.18	350m: 3:56.96		35.52		
	100m: 1:01.97	32.77	200m: 2:10.92	35.14	300m: 3:21.44	35.34	400m: 4:32.39		35.43		
3.	Leon Kloots	ZPC De Hof				NED	200001363	4:50.74		+0.79	
	50m: 31.73	31.73	150m: 1:44.50	36.96	250m: 2:58.81	37.16	350m: 4:14.85		37.91		
	100m: 1:07.54	35.81	200m: 2:21.65	37.15	300m: 3:36.94	38.13	400m: 4:50.74		35.89		
4.	Rik Stahlie	TriVia				NED	200201915	5:08.13		+0.74	
	50m: 31.86	31.86	150m: 1:47.41	40.06	250m: 3:09.72	41.45	350m: 4:31.11		39.68		
	100m: 1:07.35	35.49	200m: 2:28.27	40.86	300m: 3:51.43	41.71	400m: 5:08.13		37.02		
Masters 25+											
1.	Nicko Kamphuis	De Warande				NED	199900887	4:23.93		+0.59	
	50m: 28.28	28.28	150m: 1:35.80	34.00	250m: 2:45.18	34.60	350m: 3:53.08		32.98		
	100m: 1:01.80	33.52	200m: 2:10.58	34.78	300m: 3:20.10	34.92	400m: 4:23.93		30.85		
2.	Jeffrey Roest	Zwemvereniging Hoogland				NED	199703401	4:43.93		+0.77	
	50m: 31.67	31.67	150m: 1:42.10	35.72	250m: 2:55.75	36.82	350m: 4:08.81		35.92		
	100m: 1:06.38	34.71	200m: 2:18.93	36.83	300m: 3:32.89	37.14	400m: 4:43.93		35.12		
3.	Tom van Gils	ZPC De Zeeuwse Kust				NED	199501799	4:49.44		+0.67	
	50m: 32.78	32.78	150m: 1:44.90	36.68	250m: 2:59.32	37.15	350m: 4:13.62		37.08		
	100m: 1:08.22	35.44	200m: 2:22.17	37.27	300m: 3:36.54	37.22	400m: 4:49.44		35.82		
4.	Jordy van Oel	WVZ				NED	199802003	4:52.79		+0.75	
	50m: 32.18	32.18	150m: 1:46.77	37.62	250m: 3:02.49	37.10	350m: 4:16.73		37.03		
	100m: 1:09.15	36.97	200m: 2:25.39	38.62	300m: 3:39.70	37.21	400m: 4:52.79		36.06		
5.	Wesley van der Luit	Sassenheim				NED	199701895	4:54.16		+0.77	
	50m: 32.31	32.31	150m: 1:45.82	37.36	250m: 3:01.56	37.90	350m: 4:18.00		37.80		
	100m: 1:08.46	36.15	200m: 2:23.66	37.84	300m: 3:40.20	38.64	400m: 4:54.16		36.16		
6.	Lars Jacobsen	DWK				NED	199705453	S14	4:54.42	+0.78	629
	50m: 31.25	31.25	150m: 1:44.49	37.64	250m: 3:00.75	38.04	350m: 4:18.34		38.52		
	100m: 1:06.85	35.60	200m: 2:22.71	38.22	300m: 3:39.82	39.07	400m: 4:54.42		36.08		
7.	Erik Baalbergen	ZVL-1886 Center				NED	199805775	4:57.14		+0.80	
	50m: 30.71	30.71	150m: 1:44.32	37.56	250m: 3:02.14	38.94	350m: 4:20.57		38.84		
	100m: 1:06.76	36.05	200m: 2:23.20	38.88	300m: 3:41.73	39.59	400m: 4:57.14		36.57		
8.	Patrick Wyrdean	Westland Swimming Stars				NED	199702475	4:59.42		+0.70	
	50m: 31.95	31.95	150m: 1:44.86	36.89	250m: 3:01.27	38.31	350m: 4:20.14		39.51		
	100m: 1:07.97	36.02	200m: 2:22.96	38.10	300m: 3:40.63	39.36	400m: 4:59.42		39.28		
9.	John Smit	Poseidon'56				NED	199500613	5:00.25		+0.67	
	50m: 32.92	32.92	150m: 1:48.72	38.21	250m: 3:05.29	37.94	350m: 4:22.03		38.55		
	100m: 1:10.51	37.59	200m: 2:27.35	38.63	300m: 3:43.48	38.19	400m: 5:00.25		38.22		
10.	Colin Degenars	ZPCH				NED	199505951	S14	5:03.99	+0.83	571
	50m: 32.84	32.84	150m: 1:46.98	37.90	250m: 3:06.15	40.07	350m: 4:26.75		40.64		
	100m: 1:09.08	36.24	200m: 2:26.08	39.10	300m: 3:46.11	39.96	400m: 5:03.99		37.24		
Masters 30+											
1.	Mike Schel	ESCA Zwemmen				NED	199403279	4:33.95		+0.71	
	50m: 31.08	31.08	150m: 1:39.83	34.50	250m: 2:50.04	34.99	350m: 4:00.12		34.37		
	100m: 1:05.33	34.25	200m: 2:15.05	35.22	300m: 3:25.75	35.71	400m: 4:33.95		33.83		
2.	Raoni Schrijvers	Tempo				NED	199302669	4:38.41		+0.60	
	50m: 29.43	29.43	150m: 1:38.18	35.20	250m: 2:50.78	36.44	350m: 4:03.47		36.19		
	100m: 1:02.98	33.55	200m: 2:14.34	36.16	300m: 3:27.28	36.50	400m: 4:38.41		34.94		
3.	Patrick Creemers	Patrick-De Roersoppers (SG)				NED	199000579	4:44.02		+0.74	
	50m: 30.37	30.37	150m: 1:42.76	37.35	250m: 2:55.67	35.29	350m: 4:07.33		36.17		
	100m: 1:05.41	35.04	200m: 2:20.38	37.62	300m: 3:31.16	35.49	400m: 4:44.02		36.69		



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

rang	naam	vereniging	tijd	RT	PARA
4.	Jean Terver	Club Nautique Val de Fensch	FRA 314113	4:45.68	+0.86
	50m: 32.21 32.21	150m: 1:44.50 36.29	250m: 2:57.85 36.14	350m: 4:10.69 36.03	
	100m: 1:08.21 36.00	200m: 2:21.71 37.21	300m: 3:34.66 36.81	400m: 4:45.68 34.99	
5.	Tim Bunnik	Triton	NED 199000505	4:49.88	+0.79
	50m: 31.72 31.72	150m: 1:42.94 36.08	250m: 2:57.48 37.10	350m: 4:12.81 37.49	
	100m: 1:06.86 35.14	200m: 2:20.38 37.44	300m: 3:35.32 37.84	400m: 4:49.88 37.07	
6.	Jeroen Matthijssen	AZC	NED 199103751	4:50.93	+0.74
	50m: 29.02 29.02	150m: 1:38.52 35.97	250m: 2:54.39 37.91	350m: 4:12.42 38.73	
	100m: 1:02.55 33.53	200m: 2:16.48 37.96	300m: 3:33.69 39.30	400m: 4:50.93 38.51	
7.	Koen van der Wallen	Nederweert	NED 199405561	4:54.36	+0.78
	50m: 32.15 32.15	150m: 1:45.28 36.96	250m: 3:00.41 37.37	350m: 4:16.28 38.02	
	100m: 1:08.32 36.17	200m: 2:23.04 37.76	300m: 3:38.26 37.85	400m: 4:54.36 38.08	
8.	Niels Bent	WS Twente	NED 199400465	5:05.39	+0.80
	50m: 31.80 31.80	150m: 1:45.00 37.71	250m: 3:04.96 40.02	350m: 4:25.76 40.26	
	100m: 1:07.29 35.49	200m: 2:24.94 39.94	300m: 3:45.50 40.54	400m: 5:05.39 39.63	
9.	Jacco Doest	DWK	NED 199400711	5:10.99	+0.83
	50m: 33.32 33.32	150m: 1:49.21 38.71	250m: 3:09.60 40.51	350m: 4:31.38 40.58	
	100m: 1:10.50 37.18	200m: 2:29.09 39.88	300m: 3:50.80 41.20	400m: 5:10.99 39.61	
10.	Ruben de Boer	Zwemvereniging Hoogland	NED 199301419	5:34.37	+0.73
	50m: 37.82 37.82	150m: 2:03.03 42.95	250m: 3:28.98 43.00	350m: 4:53.13 41.67	
	100m: 1:20.08 42.26	200m: 2:45.98 42.95	300m: 4:11.46 42.48	400m: 5:34.37 41.24	
DIS	Marc Hoogendam	Blue Marlins	NED 199007713		+0.68
	AF - De aangegeven afstand niet uitgezwommen.				

Masters 35+

1.	Niels Albrechts	De Schotejil	NED 198800039	4:55.65	+0.81	
	50m: 34.09 34.09	150m: 1:48.85 38.06	250m: 3:05.01 38.13	350m: 4:20.94 37.45		
	100m: 1:10.79 36.70	200m: 2:26.88 38.03	300m: 3:43.49 38.48	400m: 4:55.65 34.71		
2.	Wessel Everloo	WS Twente	NED 198906597	4:56.15	+0.89	618
	50m: 33.62 33.62	150m: 1:48.41 37.12	250m: 3:04.98 37.81	350m: 4:20.75 37.79		
	100m: 1:11.29 37.67	200m: 2:27.17 38.76	300m: 3:42.96 37.98	400m: 4:56.15 35.40		
3.	Robert Braad	Steenwijk 1934	NED 198600407	5:00.91	+0.80	
	50m: 32.76 32.76	150m: 1:47.88 38.09	250m: 3:04.93 37.75	350m: 4:22.33 39.29		
	100m: 1:09.79 37.03	200m: 2:27.18 39.30	300m: 3:43.04 38.11	400m: 5:00.91 38.58		
4.	Rick Driezen	Steenwijk 1934	NED 198600713	5:19.67	+0.82	
	50m: 33.24 33.24	150m: 1:49.21 38.96	250m: 3:10.39 41.02	350m: 4:36.45 43.04		
	100m: 1:10.25 37.01	200m: 2:29.37 40.16	300m: 3:53.41 43.02	400m: 5:19.67 43.22		
5.	Sander van Tilburg	De Biesboschzwemmers	NED 198604609	5:34.31	+0.86	
	50m: 36.34 36.34	150m: 2:00.65 42.99	250m: 3:27.56 43.27	350m: 4:54.30 42.96		
	100m: 1:17.66 41.32	200m: 2:44.29 43.64	300m: 4:11.34 43.78	400m: 5:34.31 40.01		
6.	Robert Spekhorst	De Mors	NED 198703141	6:06.19	+0.83	
	50m: 40.14 40.14	150m: 2:09.57 45.49	250m: 3:42.68 46.35	350m: 5:18.60 48.40		
	100m: 1:24.08 43.94	200m: 2:56.33 46.76	300m: 4:30.20 47.52	400m: 6:06.19 47.59		

Masters 40+

1.	Pieter Pickhardt	ZPC De Hof	NED 198301657	4:44.10	+0.80	
	50m: 31.96 31.96	150m: 1:42.38 35.62	250m: 2:54.34 36.00	350m: 4:07.64 36.87		
	100m: 1:06.76 34.80	200m: 2:18.34 35.96	300m: 3:30.77 36.43	400m: 4:44.10 36.46		
2.	Frank v.d. Voordt	De Schotejil	NED 198302259	4:53.33	+0.81	
	50m: 33.35 33.35	150m: 1:46.91 36.84	250m: 3:01.73 37.31	350m: 4:16.85 37.59		
	100m: 1:10.07 36.72	200m: 2:24.42 37.51	300m: 3:39.26 37.53	400m: 4:53.33 36.48		
3.	Kristiaan Lenos	ZVL-1886 Center	NED 198301331	4:59.56	+0.78	
	50m: 30.46 30.46	150m: 1:41.22 36.43	250m: 2:58.89 39.39	350m: 4:19.98 40.73		
	100m: 1:04.79 34.33	200m: 2:19.50 38.28	300m: 3:39.25 40.36	400m: 4:59.56 39.58		
4.	Wagner Augusto Camargo	ZZ&PC De Devel	NED 198002547	5:15.85	+0.91	
	50m: 34.74 34.74	150m: 1:51.79 39.14	250m: 3:12.84 40.48	350m: 4:35.24 41.10		
	100m: 1:12.65 37.91	200m: 2:32.36 40.57	300m: 3:54.14 41.30	400m: 5:15.85 40.61		
5.	Oscar Monge	IJZPC	NED 198102599	5:26.74	+0.66	
	50m: 34.11 34.11	150m: 1:53.23 39.99	250m: 3:16.57 42.19	350m: 4:43.21 43.98		
	100m: 1:13.24 39.13	200m: 2:34.38 41.15	300m: 3:59.23 42.66	400m: 5:26.74 43.53		



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Programmanr. 3, Heren, 400m vrije slag, Masters 40+

rang	naam	vereniging						tijd				RT	PARA	
6.	Arne-Willem Kroonen	PSV						NED	198401297				5:39.86	+0.92
	50m: 36.90	36.90	150m: 1:59.04	41.46	250m: 3:25.88	43.88	350m: 4:56.54	45.57						
	100m: 1:17.58	40.68	200m: 2:42.00	42.96	300m: 4:10.97	45.09	400m: 5:39.86	43.32						
7.	Rob van Wanrooy	Feijenoord Albion Zwemclub						NED	198202627				5:50.90	+0.75
	50m: 36.55	36.55	150m: 2:01.26	43.77	250m: 3:31.50	45.43	350m: 5:04.38	46.46						
	100m: 1:17.49	40.94	200m: 2:46.07	44.81	300m: 4:17.92	46.42	400m: 5:50.90	46.52						
8.	Cetin Cetiner	AZ&PC De Futen						NED	198303155				5:57.37	+0.71
	50m: 38.99	38.99	150m: 2:08.62	45.32	250m: 3:40.54	46.08	350m: 5:13.65	45.94						
	100m: 1:23.30	44.31	200m: 2:54.46	45.84	300m: 4:27.71	47.17	400m: 5:57.37	43.72						

Masters 45+

1.	Dennis Brouwers			HZPC			NED 197800167			4:40.10			+0.72
	50m:	31.62	31.62	150m:	1:42.61	36.10	250m:	2:54.63	35.27	350m:	4:05.05	34.90	
	100m:	1:06.51	34.89	200m:	2:19.36	36.75	300m:	3:30.15	35.52	400m:	4:40.10	35.05	
2.	Ivo Roozeboom			WVZ			NED 197700801			4:43.32			+0.82
	50m:	30.52	30.52	150m:	1:43.39	36.77	250m:	2:56.91	36.55	350m:	4:09.04	35.92	
	100m:	1:06.62	36.10	200m:	2:20.36	36.97	300m:	3:33.12	36.21	400m:	4:43.32	34.28	
3.	Mark Sponneck <i>Maltese Masters Record</i>			San Giljan ASC			MLT 388523M			4:54.65			+0.69
	50m:	31.71	31.71	150m:	1:42.73	36.25	250m:	2:58.81	38.50	350m:	4:16.96	39.13	
	100m:	1:06.48	34.77	200m:	2:20.31	37.58	300m:	3:37.83	39.02	400m:	4:54.65	37.69	
4.	Jonathan Fiene			SAS Swiss Alumni Swimming			SUI #45997			5:03.70			+0.79
	50m:	33.61	33.61	150m:	1:52.01	39.47	250m:	3:10.75	38.83	350m:	4:28.01	38.31	
	100m:	1:12.54	38.93	200m:	2:31.92	39.91	300m:	3:49.70	38.95	400m:	5:03.70	35.69	
5.	Bart Sieczynski			Masters Krasnik (LKR)			POL			5:24.04			+0.79
	50m:	36.76	36.76	150m:	1:57.72	40.71	250m:	3:20.30	41.29	350m:	4:43.86	41.39	
	100m:	1:17.01	40.25	200m:	2:39.01	41.29	300m:	4:02.47	42.17	400m:	5:24.04	40.18	
6.	Tom Bandsma			PSV			NED 197701625			6:01.44			+1.10
	50m:	37.62	37.62	150m:	2:03.97	44.67	250m:	3:39.14	48.29	350m:	5:15.78	48.91	
	100m:	1:19.30	41.68	200m:	2:50.85	46.88	300m:	4:26.87	47.73	400m:	6:01.44	45.66	

Masters 50+

1.	Richard Ricksen		Hellas-Glana		NED	197000841		5:01.66	+0.86			
	50m:	33.70	33.70	150m:	1:48.39	37.79	250m:	3:05.75	38.79	350m:	4:24.15	39.24
	100m:	1:10.60	36.90	200m:	2:26.96	38.57	300m:	3:44.91	39.16	400m:	5:01.66	37.51
2.	Ingmar de Gelder		ZOB'66		NED	197000333		5:09.33	+0.93			
	50m:	33.70	33.70	150m:	1:49.78	39.10	250m:	3:09.59	40.27	350m:	4:30.70	40.45
	100m:	1:10.68	36.98	200m:	2:29.32	39.54	300m:	3:50.25	40.66	400m:	5:09.33	38.63
3.	Bruno Nahon		Cercle De Natation Sportcity WolBEL		CNSW/000390/70		5:12.08	+0.79				
	50m:	35.23	35.23	150m:	1:53.23	39.28	250m:	3:12.89	39.65	350m:	4:32.86	39.91
	100m:	1:13.95	38.72	200m:	2:33.24	40.01	300m:	3:52.95	40.06	400m:	5:12.08	39.22
4.	Paul Bosch		Team Noord Holland (SG)		NED	197201533		5:23.75	+0.91			
	50m:	36.54	36.54	150m:	1:57.51	41.47	250m:	3:20.28	41.45	350m:	4:43.46	41.57
	100m:	1:16.04	39.50	200m:	2:38.83	41.32	300m:	4:01.89	41.61	400m:	5:23.75	40.29
5.	Chris Kouwenhoven		De Grunte		NED	197101669		5:25.15	+0.95			
	50m:	36.18	36.18	150m:	1:59.65	41.78	250m:	3:22.83	41.59	350m:	4:46.60	41.76
	100m:	1:17.87	41.69	200m:	2:41.24	41.59	300m:	4:04.84	42.01	400m:	5:25.15	38.55
6.	Wouter van der Stelt		De Biesboschzwemmers		NED	197200889		5:51.83	+0.85			
	50m:	38.02	38.02	150m:	2:05.21	44.46	250m:	3:35.39	45.40	350m:	5:06.59	46.17
	100m:	1:20.75	42.73	200m:	2:49.99	44.78	300m:	4:20.42	45.03	400m:	5:51.83	45.24
7.	Jeroen Hoeksel		ZVVS		NED	197401533		6:18.41	+1.01			
	50m:	40.99	40.99	150m:	2:14.94	47.78	250m:	3:51.58	48.46	350m:	5:29.96	49.67
	100m:	1:27.16	46.17	200m:	3:03.12	48.18	300m:	4:40.29	48.71	400m:	6:18.41	48.45

Programmanr. 3, Heren, 400m vrije slag

Masters 55+

1.	Glen Le Clercq		De Rog		NED	196800177		5:05.10	+0.82
	50m: 33.91	33.91	150m: 1:51.01	38.72	250m: 3:09.41	39.41	350m: 4:27.10	38.11	
	100m: 1:12.29	38.38	200m: 2:30.00	38.99	300m: 3:48.99	39.58	400m: 5:05.10	38.00	
2.	Erlend Alstad		Oslo I.L.		NOR			5:09.08	+0.89
	50m: 34.82	34.82	150m: 1:52.89	39.59	250m: 3:11.04	39.30	350m: 4:31.58	40.99	
	100m: 1:13.30	38.48	200m: 2:31.74	38.85	300m: 3:50.59	39.55	400m: 5:09.08	37.50	
3.	Frank van Nobelen		Sassenheim		NED	196900753		5:12.36	+0.83
	50m: 34.37	34.37	150m: 1:51.94	39.28	250m: 3:12.58	40.55	350m: 4:33.54	40.34	
	100m: 1:12.66	38.29	200m: 2:32.03	40.09	300m: 3:53.20	40.62	400m: 5:12.36	38.82	
4.	Henri Michels		De Amstel		NED	196501587		5:21.89	+0.86
	50m: 35.82	35.82	150m: 1:55.70	40.82	250m: 3:19.23	41.87	350m: 4:41.45	40.98	
	100m: 1:14.88	39.06	200m: 2:37.36	41.66	300m: 4:00.47	41.24	400m: 5:21.89	40.44	
5.	Gerko Versluis		Zuiderzeewimmers		NED	196901439		5:24.88	+0.94
	50m: 33.79	33.79	150m: 1:53.17	40.93	250m: 3:18.85	42.94	350m: 4:44.59	42.30	
	100m: 1:12.24	38.45	200m: 2:35.91	42.74	300m: 4:02.29	43.44	400m: 5:24.88	40.29	
6.	Edwin Petri		De Otters Het Gooi		NED	196601687		5:25.47	+0.87
	50m: 37.16	37.16	150m: 2:00.66	42.84	250m: 3:24.44	40.53	350m: 4:45.60	40.02	
	100m: 1:17.82	40.66	200m: 2:43.91	43.25	300m: 4:05.58	41.14	400m: 5:25.47	39.87	
7.	Francis Roosen		VZV Njord		NED	196801581		5:31.18	+0.71
	50m: 36.10	36.10	150m: 1:58.13	41.66	250m: 3:23.35	43.24	350m: 4:50.64	43.69	
	100m: 1:16.47	40.37	200m: 2:40.11	41.98	300m: 4:06.95	43.60	400m: 5:31.18	40.54	
8.	Jan-Willem van den Berg		WVZ		NED	196801575		5:32.96	+0.78
	50m: 34.99	34.99	150m: 1:57.74	42.53	250m: 3:23.88	43.16	350m: 4:50.83	43.00	
	100m: 1:15.21	40.22	200m: 2:40.72	42.98	300m: 4:07.83	43.95	400m: 5:32.96	42.13	
9.	Leon Slingerland		WVZ		NED	196801707		5:35.00	+0.92
	50m: 35.77	35.77	150m: 1:59.22	42.54	250m: 3:26.87	43.84	350m: 4:54.03	42.75	
	100m: 1:16.68	40.91	200m: 2:43.03	43.81	300m: 4:11.28	44.41	400m: 5:35.00	40.97	
10.	Eric Dumas		Patrick-De Roersoppers (SG)		NED	196901397		5:48.70	+0.80
	50m: 38.62	38.62	150m: 2:07.40	44.55	250m: 3:37.45	44.97	350m: 5:05.77	44.48	
	100m: 1:22.85	44.23	200m: 2:52.48	45.08	300m: 4:21.29	43.84	400m: 5:48.70	42.93	
11.	Jeroen Wilmer		Vichy Val D'Allier Natation		FRA	2169893		5:56.03	+1.04
	50m: 39.96	39.96	150m: 2:09.47	45.23	250m: 3:41.75	46.19	350m: 5:13.45	46.15	
	100m: 1:24.24	44.28	200m: 2:55.56	46.09	300m: 4:27.30	45.55	400m: 5:56.03	42.58	

Masters 60+

1.	Johan Remmits	ZPC AMERSFOORT			NED	196201159	4:59.46			+0.80		
	50m:	34.05	34.05	150m:	1:50.37	38.44	250m:	3:07.29	38.06	350m:	4:22.92	37.64
	100m:	1:11.93	37.88	200m:	2:29.23	38.86	300m:	3:45.28	37.99	400m:	4:59.46	36.54
2.	Jon Christensen	Luxembourg Sharks Swimming CLUX			10008		5:03.44			+0.78		
	Luxembourg Masters Record											
	50m:	35.48	35.48	150m:	1:52.49	39.08	250m:	3:09.85	38.49	350m:	4:26.21	38.45
	100m:	1:13.41	37.93	200m:	2:31.36	38.87	300m:	3:47.76	37.91	400m:	5:03.44	37.23
3.	Jan Brink	ZPC De Zeeuwse Kust			NED	196200091	5:06.75			+0.78		
	50m:	33.10	33.10	150m:	1:50.49	39.24	250m:	3:10.14	39.37	350m:	4:29.18	39.43
	100m:	1:11.25	38.15	200m:	2:30.77	40.28	300m:	3:49.75	39.61	400m:	5:06.75	37.57
4.	Karol Lacko	Vysokoskolsky klub Univerzity kcSVKskcSVK16793						5:23.45			+0.84	
	50m:	37.81	37.81	150m:	2:00.09	41.28	250m:	3:21.94	40.48	350m:	4:44.27	40.59
	100m:	1:18.81	41.00	200m:	2:41.46	41.37	300m:	4:03.68	41.74	400m:	5:23.45	39.18
5.	Axel Sondermann	Lone Star Masters			USA		5:30.40			+0.84		
	50m:	36.02	36.02	150m:	1:57.67	41.04	250m:	3:22.86	42.74	350m:	4:48.72	43.08
	100m:	1:16.63	40.61	200m:	2:40.12	42.45	300m:	4:05.64	42.78	400m:	5:30.40	41.68
6.	Richard Tiemstra	De Biesboschzwimmers			NED	196301397	6:03.98			+1.02		
	50m:	39.29	39.29	150m:	2:10.65	46.00	250m:	3:46.19	47.56	350m:	5:20.61	46.46
	100m:	1:24.65	45.36	200m:	2:58.63	47.98	300m:	4:34.15	47.96	400m:	6:03.98	43.37



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Programmanr. 3, Heren, 400m vrije slag

Masters 65+

1.	Marten de Groot		HZ&PC Heerenveen		NED	195800149		5:09.18	+0.76
	50m:	34.24	34.24	150m:	1:52.25	39.34	250m:	3:12.16	40.08
	100m:	1:12.91	38.67	200m:	2:32.08	39.83	300m:	3:51.98	39.82
							350m:	4:31.59	39.61
							400m:	5:09.18	37.59
2.	Dirk Zeterberg		Zehlendorfer TSV 1888		GER	101339		5:24.16	+0.97
	50m:	37.54	37.54	150m:	1:58.76	40.61	250m:	3:23.72	42.26
	100m:	1:18.15	40.61	200m:	2:41.46	42.70	300m:	4:05.44	41.72
							350m:	4:45.94	40.50
							400m:	5:24.16	38.22
3.	Paul Bunnik		Triton		NED	195600413		6:03.19	+0.83
	50m:	36.71	36.71	150m:	2:06.75	46.84	250m:	3:41.96	47.51
	100m:	1:19.91	43.20	200m:	2:54.45	47.70	300m:	4:30.75	48.79
							350m:	5:20.03	49.28
							400m:	6:03.19	43.16
4.	Lex Hoogendam		ZZ&PC De Devel		NED	195700541		6:37.00	+1.02
	50m:	40.61	40.61	150m:	2:15.83	48.95	250m:	3:57.95	51.26
	100m:	1:26.88	46.27	200m:	3:06.69	50.86	300m:	4:50.77	52.82
							350m:	5:43.49	52.72
							400m:	6:37.00	53.51
5.	Peter Coffeng		GZC DONK		NED	195700063		7:01.47	+0.97
	50m:	46.04	46.04	150m:	2:30.48	53.75	250m:	4:20.00	54.45
	100m:	1:36.73	50.69	200m:	3:25.55	55.07	300m:	5:15.77	55.77
							350m:	6:09.81	54.04
							400m:	7:01.47	51.66

Masters 75+

1.	Wout Hemmes		De Plons		NED	194800059		6:48.85	+1.13
	50m:	44.83	44.83	150m:	2:27.68	52.06	250m:	4:12.49	52.41
	100m:	1:35.62	50.79	200m:	3:20.08	52.40	300m:	5:04.98	52.49
							350m:	5:56.48	51.50
							400m:	6:48.85	52.37
2.	Willem Putter		ZVVS		NED	194500135		7:08.32	+1.06
	50m:	47.10	47.10	150m:	2:35.78	54.96	250m:	4:27.17	55.32
	100m:	1:40.82	53.72	200m:	3:31.85	56.07	300m:	5:22.67	55.50
							350m:	6:17.37	54.70
							400m:	7:08.32	50.95
3.	Guenter Mitlewski		SV Blau-Weiß Bochum		GER	081309		7:28.53	+1.10
	50m:	48.26	48.26	150m:	2:41.84	57.30	250m:	4:37.78	57.80
	100m:	1:44.54	56.28	200m:	3:39.98	58.14	300m:	5:36.47	58.69
							350m:	6:34.31	57.84
							400m:	7:28.53	54.22

Masters 80+

1.	Geza Kaltenecker		AZC		NED	194200065		7:59.25	+0.89
	50m:	53.00	53.00	150m:	2:54.19	1:01.14	250m:	4:59.28	1:02.79
	100m:	1:53.05	1:00.05	200m:	3:56.49	1:02.30	300m:	6:02.24	1:02.96
							350m:	7:03.99	1:01.75
							400m:	7:59.25	55.26
2.	Rob Hanou		PSV		NED	194300109		8:30.75	+1.05
	50m:	55.78	55.78	150m:	3:08.20	1:06.35	250m:	5:20.44	1:05.70
	100m:	2:01.85	1:06.07	200m:	4:14.74	1:06.54	300m:	6:26.61	1:06.17
							350m:	7:30.12	1:03.51
							400m:	8:30.75	1:00.63

Masters 85+

1.	Nic Geers		PSV		NED	193800007		9:29.84	+1.04
	50m:	1:00.22	1:00.22	150m:	3:26.29	1:13.22	250m:	5:56.24	1:13.90
	100m:	2:13.07	1:12.85	200m:	4:42.34	1:16.05	300m:	7:12.17	1:15.93
							350m:	8:25.68	1:13.51
							400m:	9:29.84	1:04.16

Programmanr. 4
03-05-2024 - 9:51

Dames, 400m vrije slag

Masters Open
Resultaten

rang	naam		vereniging				tijd	RT	PARA
Masters 20+									
1.	Laura Setz		Bubble		NED	200000130		4:34.58	+0.94
	50m:	30.47	30.47	150m:	1:38.19	34.59	250m:	2:48.68	35.36
	100m:	1:03.60	33.13	200m:	2:13.32	35.13	300m:	3:24.34	35.66
							350m:	4:00.12	35.78
							400m:	4:34.58	34.46
2.	Amber van der Kruk		MSV-Zeemacht		NED	200102730	S14	4:43.44	+0.85
	50m:	30.96	30.96	150m:	1:40.11	35.43	250m:	2:52.92	35.94
	100m:	1:04.68	33.72	200m:	2:16.98	36.87	300m:	3:29.74	36.82
							350m:	4:06.76	37.02
							400m:	4:43.44	36.68
3.	Michelle van Wijk		WWV Winterswijk		NED	200204746		4:44.52	+0.70
	50m:	31.86	31.86	150m:	1:43.68	36.18	250m:	2:56.84	36.49
	100m:	1:07.50	35.64	200m:	2:20.35	36.67	300m:	3:33.62	36.78
							350m:	4:10.01	36.39
							400m:	4:44.52	34.51
4.	Kirsten Walraven		ZPC De Zeeuwse Kust		NED	200001358		4:51.05	+0.80
	50m:	31.79	31.79	150m:	1:44.15	36.83	250m:	2:58.58	37.14
	100m:	1:07.32	35.53	200m:	2:21.44	37.29	300m:	3:36.52	37.94
							350m:	4:14.05	37.53
							400m:	4:51.05	37.00



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Programmanr. 4, Dames, 400m vrije slag, Masters 20+

rang	naam	vereniging	tijd	RT	PARA
5.	Marte Vlieg	Aqua-Novio '94	5:05.51	+0.75	
	50m: 33.07	150m: 1:48.45	250m: 3:07.31	350m: 4:27.18	39.86
	100m: 1:10.28	200m: 2:27.49	300m: 3:47.32	400m: 5:05.51	38.33
6.	Cynthia Koolman	ZPC Hoogeveen	5:11.86	+0.69	
	50m: 34.30	150m: 1:51.02	250m: 3:11.38	350m: 4:32.49	40.28
	100m: 1:12.20	200m: 2:30.68	300m: 3:52.21	400m: 5:11.86	39.37
7.	Romée Jabben	Dedemsvaart-AC	5:33.85	+0.90	
	50m: 36.06	150m: 1:59.66	250m: 3:25.73	350m: 4:52.23	42.81
	100m: 1:17.20	200m: 2:42.61	300m: 4:09.42	400m: 5:33.85	41.62
8.	Nasca van Dijk	De Marlijn (SG)	5:44.68	+0.81	
	50m: 36.22	150m: 2:01.29	250m: 3:31.41	350m: 5:00.93	45.01
	100m: 1:16.88	200m: 2:46.08	300m: 4:15.92	400m: 5:44.68	43.75
9.	Esther de Laat	De Biesboschzwemmers	5:46.51	+0.76	
	50m: 34.70	150m: 1:57.41	250m: 3:28.23	350m: 5:02.06	47.17
	100m: 1:14.53	200m: 2:42.10	300m: 4:14.89	400m: 5:46.51	44.45
10.	Marieke Speijer	Bubble	5:50.98	+0.83	
	50m: 37.12	150m: 2:03.05	250m: 3:33.66	350m: 5:05.40	45.67
	100m: 1:18.73	200m: 2:47.89	300m: 4:19.73	400m: 5:50.98	45.58
11.	Esmeralda Elbers	Blue Marlins	6:40.24	+0.80	
	50m: 41.14	150m: 2:18.36	250m: 4:02.75	350m: 5:48.75	51.98
	100m: 1:27.98	200m: 3:09.95	300m: 4:56.77	400m: 6:40.24	51.49

Masters 25+

1.	Tamara Grove	De Dolfijn	4:42.61	+0.74	
	50m: 31.67	150m: 1:42.39	250m: 2:55.17	350m: 4:07.10	35.76
	100m: 1:06.55	200m: 2:18.81	300m: 3:31.34	400m: 4:42.61	35.51
2.	Marijke Drent	Bubble	4:48.57	+0.76	
	50m: 32.29	150m: 1:44.47	250m: 2:58.13	350m: 4:12.85	37.33
	100m: 1:08.00	200m: 2:21.40	300m: 3:35.52	400m: 4:48.57	35.72
3.	Moniek van Langevelde	ESCA Zwemmen	4:52.04	+0.76	
	50m: 32.72	150m: 1:46.47	250m: 3:00.36	350m: 4:15.17	37.31
	100m: 1:09.74	200m: 2:23.59	300m: 3:37.86	400m: 4:52.04	36.87
4.	Bénédicte Yax	Club Nautique Val de Fensch	4:54.71	+0.66	
	50m: 31.95	150m: 1:44.92	250m: 3:00.41	350m: 4:18.26	38.73
	100m: 1:07.96	200m: 2:22.60	300m: 3:39.53	400m: 4:54.71	36.45
5.	Manon Kloosterman	Zwemlust- den Hommel	5:00.39	+0.72	
	50m: 32.76	150m: 1:46.79	250m: 3:03.90	350m: 4:22.12	39.13
	100m: 1:09.33	200m: 2:25.16	300m: 3:42.99	400m: 5:00.39	38.27
6.	Anne-Irene Ducheine	Zwemvereniging Hoogland	5:04.59	+0.60	
	50m: 33.80	150m: 1:49.92	250m: 3:07.67	350m: 4:26.29	38.89
	100m: 1:11.51	200m: 2:28.64	300m: 3:47.40	400m: 5:04.59	38.30
7.	Fiona Meuffels	PSV	5:04.87	+0.71	
	50m: 33.92	150m: 1:50.07	250m: 3:09.05	350m: 4:28.77	39.86
	100m: 1:11.69	200m: 2:29.55	300m: 3:48.91	400m: 5:04.87	36.10
8.	Larissa Jansen	PSV	5:14.94	+0.75	
	50m: 35.40	150m: 1:55.11	250m: 3:15.30	350m: 4:35.59	40.29
	100m: 1:14.93	200m: 2:35.36	300m: 3:55.30	400m: 5:14.94	39.35
9.	Floor Weijmans	HZPC	5:17.41	+0.79	
	50m: 34.80	150m: 1:52.13	250m: 3:13.51	350m: 4:36.29	41.30
	100m: 1:13.34	200m: 2:32.62	300m: 3:54.99	400m: 5:17.41	41.12
10.	Anouk van der Lans	Westland Swimming Stars	5:34.09	+0.84	
	50m: 36.62	150m: 1:59.75	250m: 3:26.03	350m: 4:52.07	42.72
	100m: 1:17.74	200m: 2:43.00	300m: 4:09.35	400m: 5:34.09	42.02
11.	Ageeth de Haan	Steenwijk 1934	5:40.89	+0.82	
	50m: 36.41	150m: 2:01.56	250m: 3:30.42	350m: 4:58.32	43.14
	100m: 1:17.97	200m: 2:45.82	300m: 4:15.18	400m: 5:40.89	42.57
12.	Marenne Huigh	Scheldestroom	5:51.65	+0.60	
	50m: 38.80	150m: 2:07.05	250m: 3:36.53	350m: 5:07.82	45.43
	100m: 1:22.31	200m: 2:51.50	300m: 4:22.39	400m: 5:51.65	43.83
13.	Cynthia van Veen	ZVL-1886 Center	6:31.25	+0.76	
	50m: 40.30	150m: 2:17.60	250m: 4:00.65	350m: 5:42.87	50.84
	100m: 1:27.72	200m: 3:08.65	300m: 4:52.03	400m: 6:31.25	48.38



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Programmanr. 4, Dames, 400m vrije slag, Masters 25+

rang	naam	vereniging	GER	410575	tijd	RT	PARA
14.	Franziska Wierig	SSF Bonn	GER	410575	6:47.05	+0.68	
	50m: 43.94	43.94	150m: 2:26.57	52.12	250m: 4:12.17	53.64	350m: 5:58.29
	100m: 1:34.45	50.51	200m: 3:18.53	51.96	300m: 5:05.07	52.90	400m: 6:47.05

Masters 30+

1.	Leonie van Noort	WVZ	NED	199301752	4:36.45	+0.82	
	50m: 32.34	32.34	150m: 1:40.79	34.55	250m: 2:51.14	35.09	350m: 4:01.56
	100m: 1:06.24	33.90	200m: 2:16.05	35.26	300m: 3:26.51	35.37	400m: 4:36.45
2.	Lotte Coenen	DES	NED	199301518	5:01.23	+0.81	
	50m: 33.42	33.42	150m: 1:48.82	37.91	250m: 3:06.04	38.47	350m: 4:23.91
	100m: 1:10.91	37.49	200m: 2:27.57	38.75	300m: 3:45.03	38.99	400m: 5:01.23
3.	Lucie Terver *300m	Club Nautique Val de Fensch	FRA	412372	5:12.75	+0.83	
	50m: 35.36	35.36	150m: 1:52.37	38.94	250m: 3:11.19	39.35	350m: 4:32.75
	100m: 1:13.43	38.07	200m: 2:31.84	39.47	300m: 3:50.75	39.56	400m: 5:12.75
4.	Marijke Kommers	Niemo Barracuda	NED	199305334	5:15.47	+0.84	
	50m: 35.23	35.23	150m: 1:55.03	40.66	250m: 3:16.55	40.50	350m: 4:37.26
	100m: 1:14.37	39.14	200m: 2:36.05	41.02	300m: 3:57.19	40.64	400m: 5:15.47
5.	Getrude Corporaal	Steenwijk 1934	NED	199200380	5:29.22	+0.82	
	50m: 34.77	34.77	150m: 1:56.15	41.50	250m: 3:21.21	42.64	350m: 4:47.73
	100m: 1:14.65	39.88	200m: 2:38.57	42.42	300m: 4:04.72	43.51	400m: 5:29.22
6.	Daphne Kievit	ZPC AMERSFOORT	NED	199207058	5:37.30	+0.82	
	50m: 36.41	36.41	150m: 1:59.87	42.25	250m: 3:25.60	43.12	350m: 4:53.15
	100m: 1:17.62	41.21	200m: 2:42.48	42.61	300m: 4:09.48	43.88	400m: 5:37.30
7.	Marloes Manni	Zwemvereniging Hoogland	NED	199003078	5:39.04	+0.73	
	50m: 35.60	35.60	150m: 2:00.18	43.12	250m: 3:27.43	43.97	350m: 4:56.33
	100m: 1:17.06	41.46	200m: 2:43.46	43.28	300m: 4:11.76	44.33	400m: 5:39.04
8.	Joëlle Vaes	DIO	NED	199007576	5:47.53	+0.68	
	50m: 37.79	37.79	150m: 2:05.06	44.74	250m: 3:35.49	45.55	350m: 5:05.74
	100m: 1:20.32	42.53	200m: 2:49.94	44.88	300m: 4:21.61	46.12	400m: 5:47.53
9.	Esther Kwebeman	TriVia	NED	199106374	6:00.26	+0.82	
	50m: 38.40	38.40	150m: 2:08.16	46.08	250m: 3:41.43	46.90	350m: 5:14.48
	100m: 1:22.08	43.68	200m: 2:54.53	46.37	300m: 4:28.12	46.69	400m: 6:00.26
10.	Irmgard van Weeghel	ESCA Zwemmen	NED	199204834	6:12.26	+0.83	
	50m: 39.22	39.22	150m: 2:10.00	46.80	250m: 3:46.47	48.77	350m: 5:24.71
	100m: 1:23.20	43.98	200m: 2:57.70	47.70	300m: 4:35.61	49.14	400m: 6:12.26
11.	Marjan Rikken	Octopus-ZVV (SG)	NED	199206114	6:22.88	+0.87	
	50m: 40.29	40.29	150m: 2:15.22	48.61	250m: 3:54.36	49.75	350m: 5:34.56
	100m: 1:26.61	46.32	200m: 3:04.61	49.39	300m: 4:44.35	49.99	400m: 6:22.88
12.	Jacoline van den Beukel	Niemo Barracuda	NED	199100238	6:32.67	+0.80	
	50m: 39.42	39.42	150m: 2:11.80	47.48	250m: 3:52.21	50.90	350m: 5:39.16
	100m: 1:24.32	44.90	200m: 3:01.31	49.51	300m: 4:45.63	53.42	400m: 6:32.67

Masters 35+

1.	Viktória Háden-Felföldi	Iron Swim	HUN		4:53.76	+0.71	
	50m: 33.11	33.11	150m: 1:46.76	37.01	250m: 3:01.47	37.23	350m: 4:16.51
	100m: 1:09.75	36.64	200m: 2:24.24	37.48	300m: 3:39.11	37.64	400m: 4:53.76
2.	Jenny Schouten	PSV	NED	198703674	4:59.29	+0.63	
	50m: 32.51	32.51	150m: 1:47.65	38.35	250m: 3:04.85	38.70	350m: 4:22.18
	100m: 1:09.30	36.79	200m: 2:26.15	38.50	300m: 3:43.47	38.62	400m: 4:59.29
3.	Lisanne Andeweg	Zuiderzeewimmers	NED	198800092	5:09.30	+0.86	
	50m: 34.63	34.63	150m: 1:52.44	39.23	250m: 3:11.96	39.61	350m: 4:31.37
	100m: 1:13.21	38.58	200m: 2:32.35	39.91	300m: 3:52.29	40.33	400m: 5:09.30
4.	Jana Vanden Broeck	Cercle Royal De Natation De BruBEL:s ACNBA/012311/89			5:16.65	+0.80	
	50m: 33.88	33.88	150m: 1:52.13	39.88	250m: 3:14.15	41.23	350m: 4:36.43
	100m: 1:12.25	38.37	200m: 2:32.92	40.79	300m: 3:55.58	41.43	400m: 5:16.65
5.	Relinda Baas	TriVia	NED	198900144	5:18.59	+0.79	
	50m: 34.42	34.42	150m: 1:52.43	39.84	250m: 3:13.90	40.82	350m: 4:37.12
	100m: 1:12.59	38.17	200m: 2:33.08	40.65	300m: 3:55.43	41.53	400m: 5:18.59
6.	Nanda van Heteren	PSV	NED	198901728	5:30.51	+0.89	
	50m: 36.74	36.74	150m: 2:00.19	42.22	250m: 3:26.18	42.78	350m: 4:51.07
	100m: 1:17.97	41.23	200m: 2:43.40	43.21	300m: 4:08.90	42.72	400m: 5:30.51



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Programmanr. 4, Dames, 400m vrije slag, Masters 35+

rang	naam	vereniging	tijd	RT	PARA
7.	Liesbeth van Mill	Zwemlust- den Hommel	5:47.66	+0.76	
	50m: 37.41	150m: 2:03.74	250m: 3:32.41	350m: 5:03.11	45.97
	100m: 1:20.07	200m: 2:47.57	300m: 4:17.14	400m: 5:47.66	44.55
8.	Esther Boerdam-Delfos	AZC	5:51.59	+0.77	
	50m: 37.57	150m: 2:03.51	250m: 3:34.05	350m: 5:07.10	46.20
	100m: 1:19.88	200m: 2:48.88	300m: 4:20.90	400m: 5:51.59	44.49
9.	Sandra Schellekens	Neptunus'58	5:56.61	+0.85	
	50m: 38.27	150m: 2:07.55	250m: 3:39.39	350m: 5:12.19	46.63
	100m: 1:21.90	200m: 2:53.29	300m: 4:25.56	400m: 5:56.61	44.42
10.	Ingrid Johannes	De Kempvis	6:47.72	+0.85	
	50m: 42.95	150m: 2:25.61	250m: 4:11.35	350m: 5:56.52	52.84
	100m: 1:33.48	200m: 3:18.90	300m: 5:03.68	400m: 6:47.72	51.20

Masters 40+

1.	Maike Zeterberg	Zehlendorfer TSV 1888	4:56.95	+0.64	
	50m: 33.41	150m: 1:47.79	250m: 3:03.02	350m: 4:19.49	38.22
	100m: 1:10.17	200m: 2:25.55	300m: 3:41.27	400m: 4:56.95	37.46
2.	Ann Wanter	Zwemclub Geel	4:59.42	+0.78	
	50m: 33.41	150m: 1:48.74	250m: 3:05.32	350m: 4:22.23	38.15
	100m: 1:10.58	200m: 2:27.40	300m: 3:44.08	400m: 4:59.42	37.19
3.	Heather Frees	Lone Star Masters	5:01.43	+0.63	
	50m: 33.75	150m: 1:47.75	250m: 3:04.89	350m: 4:23.24	39.30
	100m: 1:10.30	200m: 2:26.14	300m: 3:43.94	400m: 5:01.43	38.19
4.	Debbie van Rooijen	IJZPC	5:04.99	+0.77	
	50m: 34.00	150m: 1:50.32	250m: 3:08.18	350m: 4:27.50	39.30
	100m: 1:11.68	200m: 2:29.44	300m: 3:48.20	400m: 5:04.99	37.49
5.	Ramona Linting	AZC	5:46.99	+0.72	
	50m: 37.28	150m: 2:02.98	250m: 3:32.84	350m: 5:03.05	44.97
	100m: 1:19.18	200m: 2:47.92	300m: 4:18.08	400m: 5:46.99	43.94
6.	Linda Hoogendam	WVZ	5:58.53	+0.81	
	50m: 38.66	150m: 2:09.84	250m: 3:41.52	350m: 5:14.85	45.94
	100m: 1:23.80	200m: 2:56.13	300m: 4:28.91	400m: 5:58.53	43.68
7.	Charmaine Cutajar	San Giljan ASC	7:33.43	+0.89	
	50m: 47.00	150m: 2:43.17	250m: 4:40.65	350m: 6:41.29	59.61
	100m: 1:46.26	200m: 3:42.34	300m: 5:41.68	400m: 7:33.43	52.14

Masters 45+

1.	Liselotte Joling	PSV	5:01.80	+0.84	
	50m: 35.89	150m: 1:53.26	250m: 3:09.83	350m: 4:25.46	37.20
	100m: 1:15.11	200m: 2:32.60	300m: 3:48.26	400m: 5:01.80	36.34
2.	Chantal Verhoeff	Old Dutch	5:38.36	+0.78	
	50m: 36.69	150m: 2:02.63	250m: 3:30.33	350m: 4:56.58	42.99
	100m: 1:18.56	200m: 2:46.84	300m: 4:13.59	400m: 5:38.36	41.78
3.	Petra Guijt	Aqua-Novio '94	5:45.03	+0.70	
	50m: 37.55	150m: 2:04.15	250m: 3:33.10	350m: 5:02.27	44.53
	100m: 1:20.26	200m: 2:48.48	300m: 4:17.74	400m: 5:45.03	42.76
4.	Jessica Venema	GZC DONK	5:45.19	+0.82	
	50m: 36.11	150m: 2:03.20	250m: 3:34.83	350m: 5:04.30	44.24
	100m: 1:18.14	200m: 2:48.87	300m: 4:20.06	400m: 5:45.19	40.89
5.	Ilonka van der Meer	Link	6:27.34	+0.95	
	50m: 43.34	150m: 2:19.21	250m: 4:00.14	350m: 5:40.48	49.71
	100m: 1:30.63	200m: 3:09.87	300m: 4:50.77	400m: 6:27.34	46.86
6.	Clementine van Bruxvoort	Feijenoord Albion Zwemclub	7:06.11	+0.91	
	50m: 44.97	150m: 2:29.80	250m: 4:19.58	350m: 6:11.76	56.46
	100m: 1:36.76	200m: 3:23.85	300m: 5:15.30	400m: 7:06.11	54.35
7.	Jessica van Velzen	SWOL 1894	7:39.57	+1.06	
	50m: 50.46	150m: 2:42.87	250m: 4:42.30	350m: 6:43.23	1:00.30
	100m: 1:45.83	200m: 3:42.68	300m: 5:42.93	400m: 7:39.57	56.34



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Programmanr. 4, Dames, 400m vrije slag

Masters 50+

1.	Carla Geurts	PSV	NED	197100178	4:58.83	+0.75
	50m: 33.01 33.01	150m: 1:48.22 38.17	250m: 3:04.43 38.21	350m: 4:21.46 38.44		
	100m: 1:10.05 37.04	200m: 2:26.22 38.00	300m: 3:43.02 38.59	400m: 4:58.83 37.37		
2.	Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	NED	197000054	5:10.80	+0.80
	50m: 35.45 35.45	150m: 1:54.54 39.85	250m: 3:14.66 39.47	350m: 4:33.41 39.43		
	100m: 1:14.69 39.24	200m: 2:35.19 40.65	300m: 3:53.98 39.32	400m: 5:10.80 37.39		
3.	Bianca Groot	MSV-Zeemacht	NED	197000652	5:21.06	+0.80
	50m: 35.54 35.54	150m: 1:55.28 40.02	250m: 3:16.89 40.52	350m: 4:39.91 41.23		
	100m: 1:15.26 39.72	200m: 2:36.37 41.09	300m: 3:58.68 41.79	400m: 5:21.06 41.15		
4.	Annette de Visser	Oceanus	NED	197100602	5:26.19	+0.82
	50m: 35.30 35.30	150m: 1:55.65 41.00	250m: 3:19.78 41.97	350m: 4:44.62 42.21		
	100m: 1:14.65 39.35	200m: 2:37.81 42.16	300m: 4:02.41 42.63	400m: 5:26.19 41.57		
5.	Inken Wemheuer	Team Noord Holland (SG)	NED	197101016	5:45.24	+0.80
	50m: 37.17 37.17	150m: 2:02.83 44.12	250m: 3:33.24 45.43	350m: 5:03.18 45.05		
	100m: 1:18.71 41.54	200m: 2:47.81 44.98	300m: 4:18.13 44.89	400m: 5:45.24 42.06		
6.	Cherry Bas-Ott	DAW	NED	197100464	6:13.26	+0.74
	50m: 38.14 38.14	150m: 2:10.16 47.41	250m: 3:47.16 48.12	350m: 5:25.59 48.89		
	100m: 1:22.75 44.61	200m: 2:59.04 48.88	300m: 4:36.70 49.54	400m: 6:13.26 47.67		
7.	Karin Sagonas-Koolen	VZV Njord	NED	197000964	6:29.09	+0.91
	50m: 40.21 40.21	150m: 2:15.28 49.88	250m: 3:57.34 51.53	350m: 5:40.69 51.80		
	100m: 1:25.40 45.19	200m: 3:05.81 50.53	300m: 4:48.89 51.55	400m: 6:29.09 48.40		
8.	Annet Kootstra	SWOL 1894	NED	197100344	6:34.54	+1.10
	50m: 42.95 42.95	150m: 2:21.48 50.11	250m: 4:03.03 50.55	350m: 5:45.11 50.34		
	100m: 1:31.37 48.42	200m: 3:12.48 51.00	300m: 4:54.77 51.74	400m: 6:34.54 49.43		
9.	Annette Spies	Link	NED	197001110	6:36.18	+0.90
	50m: 43.73 43.73	150m: 2:22.62 50.22	250m: 4:05.26 51.71	350m: 5:48.13 51.25		
	100m: 1:32.40 48.67	200m: 3:13.55 50.93	300m: 4:56.88 51.62	400m: 6:36.18 48.05		
10.	Elise Kenworthy	Link	NED	197101126	6:50.50	+0.85
	50m: 43.46 43.46	150m: 2:24.38 51.59	250m: 4:11.57 54.12	350m: 5:59.30 54.16		
	100m: 1:32.79 49.33	200m: 3:17.45 53.07	300m: 5:05.14 53.57	400m: 6:50.50 51.20		

Masters 55+

1.	Claudia Thielemann	SG Bayer	GER	333958	5:05.03	+0.76
	50m: 34.54 34.54	150m: 1:50.71 38.61	250m: 3:08.04 38.71	350m: 4:26.32 39.16		
	100m: 1:12.10 37.56	200m: 2:29.33 38.62	300m: 3:47.16 39.12	400m: 5:05.03 38.71		
2.	Carol Hollemans	ACZ	NED	196900252	5:28.90	+0.72
	50m: 34.77 34.77	150m: 1:54.86 40.90	250m: 3:20.15 42.84	350m: 4:47.47 43.52		
	100m: 1:13.96 39.19	200m: 2:37.31 42.45	300m: 4:03.95 43.80	400m: 5:28.90 41.43		
3.	Iris van Aurich	DWK	NED	196900866	5:46.56	+0.70
	50m: 36.86 36.86	150m: 2:03.31 43.58	250m: 3:31.98 44.30	350m: 5:02.93 45.43		
	100m: 1:19.73 42.87	200m: 2:47.68 44.37	300m: 4:17.50 45.52	400m: 5:46.56 43.63		
4.	Laura Staal	Oceanus	NED	196700358	5:58.15	+0.85
	50m: 39.70 39.70	150m: 2:08.54 45.28	250m: 3:39.99 45.68	350m: 5:12.95 46.59		
	100m: 1:23.26 43.56	200m: 2:54.31 45.77	300m: 4:26.36 46.37	400m: 5:58.15 45.20		
5.	Anita Steijger	WVZ	NED	196500628	6:08.66	+0.87
	50m: 42.08 42.08	150m: 2:13.38 46.04	250m: 3:46.73 46.76	350m: 5:21.92 47.54		
	100m: 1:27.34 45.26	200m: 2:59.97 46.59	300m: 4:34.38 47.65	400m: 6:08.66 46.74		
6.	Sandra Daamen-Posma	AZC	NED	196800854	6:37.27	+0.85
	50m: 40.93 40.93	150m: 2:15.11 48.70	250m: 3:57.18 51.67	350m: 5:44.44 54.40		
	100m: 1:26.41 45.48	200m: 3:05.51 50.40	300m: 4:50.04 52.86	400m: 6:37.27 52.83		
7.	José Bodde	Link	NED	196901104	6:45.82 *	
	50m: 44.02 44.02	150m: 2:25.64 52.16	250m: 4:11.06 52.58	350m: 5:55.62 52.03		
	100m: 1:33.48 49.46	200m: 3:18.48 52.84	300m: 5:03.59 52.53	400m: 6:45.82 50.20		
8.	Kristien Van de Moortel	ShaRK - Swimming Region KemBEL	SHARK/20315/69	6:47.40	+0.87	
	50m: 44.78 44.78	150m: 2:28.31 52.24	250m: 4:12.54 52.26	350m: 5:58.21 53.28		
	100m: 1:36.07 51.29	200m: 3:20.28 51.97	300m: 5:04.93 52.39	400m: 6:47.40 49.19		
9.	Fulya Gumusburun-De Moor	Istanbul Yuzme Ithtisas Kulubu	TUR	7:16.18	+1.25	
	50m: 50.71 50.71	150m: 2:40.12 55.09	250m: 4:31.24 55.42	350m: 6:22.44 55.43		
	100m: 1:45.03 54.32	200m: 3:35.82 55.70	300m: 5:27.01 55.77	400m: 7:16.18 53.74		
10.	Annette van Dok	MSV-Zeemacht	NED	196800742	7:23.73	+1.17
	50m: 47.72 47.72	150m: 2:39.01 56.18	250m: 4:32.11 56.63	350m: 6:27.28 57.49		
	100m: 1:42.83 55.11	200m: 3:35.48 56.47	300m: 5:29.79 57.68	400m: 7:23.73 56.45		



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Programmanr. 4, Dames, 400m vrije slag, Masters 55+

rang	naam	vereniging				tijd				RT	PARA
11.	Cora Smulders	ESCA Zwemmen				NED 196600668				7:31.51	+0.81
	50m: 47.37	47.37	150m: 2:41.33	58.04	250m: 4:38.52	58.50	350m: 6:36.06	58.33			
	100m: 1:43.29	55.92	200m: 3:40.02	58.69	300m: 5:37.73	59.21	400m: 7:31.51	55.45			
12.	Ann Vandenbrouck	ROSC				BEL ROSC/20321/65				9:00.89	+1.13
	50m: 57.56	57.56	150m: 3:14.12	1:09.20	250m: 5:33.46	1:08.72	350m: 7:52.59	1:09.92			
	100m: 2:04.92	1:07.36	200m: 4:24.74	1:10.62	300m: 6:42.67	1:09.21	400m: 9:00.89	1:08.30			

Masters 60+

1.	Jacqueline Rolloos-Bakkers	Niemo Barracuda				NED 196300222				6:14.96	+0.83
	50m: 40.31	40.31	150m: 2:16.28	48.72	250m: 3:54.30	48.74	350m: 5:30.89	47.66			
	100m: 1:27.56	47.25	200m: 3:05.56	49.28	300m: 4:43.23	48.93	400m: 6:14.96	44.07			
2.	Maud Peuten-Evers	Mosa-Regio				NED 196400584				6:17.84	+1.03
	50m: 41.32	41.32	150m: 2:15.65	47.92	250m: 3:52.04	48.03	350m: 5:29.19	48.54			
	100m: 1:27.73	46.41	200m: 3:04.01	48.36	300m: 4:40.65	48.61	400m: 6:17.84	48.65			
3.	Lia Bijkerk	GZC DONK				NED 196000014				6:47.70	+0.84
	50m: 45.38	45.38	150m: 2:29.66	52.26	250m: 4:14.79	52.35	350m: 5:59.60	52.05			
	100m: 1:37.40	52.02	200m: 3:22.44	52.78	300m: 5:07.55	52.76	400m: 6:47.70	48.10			
4.	Erica Muller	De Geul				NED 196400412				7:00.58	+0.80
	50m: 46.56	46.56	150m: 2:32.79	53.64	250m: 4:20.24	53.97	350m: 6:08.56	54.11			
	100m: 1:39.15	52.59	200m: 3:26.27	53.48	300m: 5:14.45	54.21	400m: 7:00.58	52.02			
5.	Kirsten Stamer	SC Janus Köln				GER 247144				7:24.48	
	50m: 45.34	45.34	150m: 2:31.77	54.42	250m: 4:26.98	58.47	350m: 6:26.11	1:00.15			
	100m: 1:37.35	52.01	200m: 3:28.51	56.74	300m: 5:25.96	58.98	400m: 7:24.48	58.37			
6.	Marie-Jeanne Vandormael	Genker Zwemvereniging Neptun				BEL GZVN/21035/63				8:10.25	+0.62
	50m: 51.73	51.73	150m: 2:53.32	1:02.98	250m: 4:59.99	1:03.49	350m: 7:07.09	1:03.85			
	100m: 1:50.34	58.61	200m: 3:56.50	1:03.18	300m: 6:03.24	1:03.25	400m: 8:10.25	1:03.16			

Masters 65+

1.	Esther van Lohuizen	PSV				NED 195900300				5:41.46	+0.77
	<i>Kampioenschapsrecord</i>										
	50m: 38.27	38.27	150m: 2:05.78	44.61	250m: 3:34.42	44.68	350m: 5:01.94	43.72			
	100m: 1:21.17	42.90	200m: 2:49.74	43.96	300m: 4:18.22	43.80	400m: 5:41.46	39.52			
2.	Lies Hartman	PSV				NED 195600116				10:41.52	+1.15
	50m: 1:04.74	1:04.74	150m: 3:47.52	1:22.80	250m: 6:37.29	1:27.00	350m: 9:22.05	1:21.91			
	100m: 2:24.72	1:19.98	200m: 5:10.29	1:22.77	300m: 8:00.14	1:22.85	400m: 10:41.52	1:19.47			

Masters 70+

1.	Ineke Weekers	PSV				NED 195300050				6:02.42	+0.83
	<i>Europees Masters Record</i>										
	50m: 42.07	42.07	150m: 2:13.91	46.02	250m: 3:45.92	46.02	350m: 5:17.60	45.84			
	100m: 1:27.89	45.82	200m: 2:59.90	45.99	300m: 4:31.76	45.84	400m: 6:02.42	44.82			
2.	Carla Hensen	PSV				NED 195300062				7:23.07 *	+1.09
	50m: 48.08	48.08	150m: 2:39.57	56.72	250m: 4:33.25	56.67	350m: 6:27.35	56.90			
	100m: 1:42.85	54.77	200m: 3:36.58	57.01	300m: 5:30.45	57.20	400m: 7:23.07	55.72			
3.	Gonnie Bak	PSV				NED 195100064				8:20.98	+0.94
	50m: 54.97	54.97	150m: 3:02.32	1:04.37	250m: 5:11.28	1:04.83	350m: 7:19.25	1:04.22			
	100m: 1:57.95	1:02.98	200m: 4:06.45	1:04.13	300m: 6:15.03	1:03.75	400m: 8:20.98	1:01.73			
4.	Geerdien Meerwaldt	De Geul				NED 195200058				9:10.66	
	50m: 1:01.44	1:01.44	150m: 3:18.96	1:09.30	250m: 5:40.10	1:10.31	350m: 8:04.38	1:12.48			
	100m: 2:09.66	1:08.22	200m: 4:29.79	1:10.83	300m: 6:51.90	1:11.80	400m: 9:10.66	1:06.28			

Masters 75+

1.	Corrie Verhoeven	PSV				NED 194600026				7:01.70	+0.71
	<i>Nederlands Masters Record</i>										
	50m: 45.66	45.66	150m: 2:33.61	55.62	250m: 4:23.41	54.97	350m: 6:11.12	54.70			
	100m: 1:37.99	52.33	200m: 3:28.44	54.83	300m: 5:16.42	53.01	400m: 7:01.70	50.58			
2.	Loekie van Huissteden	ZPC AMERSFOORT				NED 194500002				9:20.66	+1.08
	50m: 1:02.87	1:02.87	150m: 3:25.99	1:12.98	250m: 5:47.74	1:10.94	350m: 8:12.04	1:11.71			
	100m: 2:13.01	1:10.14	200m: 4:36.80	1:10.81	300m: 7:00.33	1:12.59	400m: 9:20.66	1:08.62			



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Programmanr. 4, Dames, 400m vrije slag

RES	Denise Cortis		San Giljan ASC		MLT	14886M		8:13.61	+0.77
	50m: 48.29	48.29	150m: 2:51.04	1:02.79	250m: 4:59.84	1:04.51	350m: 7:11.90		
	100m: 1:48.25	59.96	200m: 3:55.33	1:04.29	300m: 6:06.02	1:06.18	400m: 8:13.61		1:05.88

Programmanr. 5
03-05-2024 - 11:16

Heren, 100m schoolslag

Masters Open
Resultaten

rang naam	vereniging			tijd	RT	PARA	50m	100m
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Masters 20+

1. Lucas Douwma	ZPCH	NED	200401337	1:08.94	+0.67		32.65	1:08.94
2. Dave van den Nieuwendijk	De Columbiaan	NED	200100475	1:10.72	+0.76		32.76	1:10.72
3. Benjamin Vermeulen	De Bevelanders	NED	200003721	1:10.92	+0.81		31.54	1:10.92
4. Thomas Hesper	Niemo Barracuda	NED	200004181	1:12.24	+0.79		33.64	1:12.24
5. Jelle Opmeer	ZPC AMERSFOORT	NED	200100269	1:12.57	+0.65		33.02	1:12.57
6. Robin Schols	ACZ	NED	200400433	1:13.90	+0.63		33.67	1:13.90
7. Tim Speijer	Bubble	NED	200301661	1:14.26	+0.67		34.56	1:14.26
8. Bas van den Akker	PSV	NED	200204651	1:14.37	+0.68		33.52	1:14.37
9. Ilmar Stoop	Zuiderzeezwemmers	NED	200100871	1:14.88	+0.66		33.89	1:14.88
10. Robin van Peenen	ZVL-1886 Center	NED	200201059	1:14.89	+0.80		32.79	1:14.89
11. Esper Paans	ZZ&PC De Devel	NED	200100607	1:18.40	+0.75		34.97	1:18.40
12. Nino van Krimpen	ZOB'66	NED	200004611	1:19.09	+0.68		36.87	1:19.09
13. Boaz Troost	ZOB'66	NED	200100371	1:19.73	+0.69		36.81	1:19.73
14. Rens Hoogenboom	Neptunus'58	NED	200403893	1:27.04	+0.62		40.33	1:27.04

Masters 25+

1. Bas Dries	Zwemvereniging Hoogland	NED	199505177	1:09.26	+0.63		31.62	1:09.26
2. Bert Duivenvoorde	De Columbiaan	NED	199701805	1:09.58	+0.68		32.49	1:09.58
3. Sander Kirillova	WVZ	NED	199800121	1:10.80	+0.64		32.72	1:10.80
4. Nick Sijmons	De Amstel	NED	199500491	1:10.92	+0.68		32.90	1:10.92
5. Ryan van den Ouden	Poseidon'56	NED	199900377	1:11.86	+0.82		32.98	1:11.86
6. Nick Bongers	SBC2000	NED	199800843	1:13.56	+0.67		34.22	1:13.56
7. Kevin Kingma	ACZ	NED	199700559	1:14.41	+0.71		34.10	1:14.41
8. Jarick Stoop	Zuiderzeezwemmers	NED	199604181	1:15.69	+0.70		34.64	1:15.69
9. Richard van der Horst	De Meer	NED	199700179	1:15.75	+0.81		36.02	1:15.75
10. Sam Beer	Poseidon'56	NED	199605521	1:20.98	+0.70		36.26	1:20.98
11. Edoardo De Santis	Fonte Meravigliosa Sport	ITA		1:21.71	+0.74		36.40	1:21.71
12. Jeroen van Dinther	Neptunus'58	NED	199701569	1:24.58	+0.71		39.24	1:24.58
13. Kien Vuong	De Kempvis	NED	199506173	1:34.73	+0.79		42.60	1:34.73
DIS Mike van der Sanden	PSV	NED	199506349		+1.03			

SL - Het keer- en/of eindpunt met één hand aangetikt.

Masters 30+

1. Stefan Petersen	Blue Marlins	NED	199403067	1:09.40	+0.66		31.74	1:09.40
2. Kevin Panoet	Blue Marlins	NED	199307253	1:11.35	+0.66		33.54	1:11.35
3. Patrick Creemers	Patrick-De Roersoppers (SG)	NED	199000579	1:14.32	+0.77		35.17	1:14.32
4. Olaf Achterberg	VZC	NED	199000011	1:15.96	+0.76		34.82	1:15.96
5. Bram Siebers	EZCL (SG)	NED	199302241	1:18.74	+0.83		36.44	1:18.74
6. Bart van der Zwaan	BZ&PC	NED	199005149	1:20.08	+0.67		36.45	1:20.08
7. Jeroen Burggraaf	De Blauwe Schuur	NED	199000467	1:20.45	+0.82		37.86	1:20.45
8. Lars Duijnhouwer	De Biesboschzwemmers	NED	199107161	1:20.69	+0.74		36.62	1:20.69
9. Jose Horcas Nieto	ZVL-1886 Center	NED	199307445	1:23.53	+0.79		38.15	1:23.53
10. Karlo Kok	Zwemvereniging Hoogland	NED	199101265	1:26.14	+0.72		39.53	1:26.14
11. Owen Louwes	BZ&PC	NED	199101487	1:29.32	+0.78		39.83	1:29.32
12. Patrick Wobben	Steenwijk 1934	NED	199300559	1:31.45	+0.87		41.69	1:31.45
NG.ZA Fabian Tristan Niessen	SSF Bonn	GER	343535					



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Programmanr. 5, Heren, 100m schoolslag

Masters 35+

1. Sander de Vrugt	ESCA Zwemmen	NED	198903499	1:10.70	+0.62	32.98	1:10.70
2. Yuri van Omme	Zwemvereniging Hoogland	NED	198501887	1:11.43	+0.79	32.96	1:11.43
3. Hans van Wijk	BZ&PC	NED	198903605	1:13.45	+0.70	34.19	1:13.45
4. Dennis Kraakman	DAW	NED	198705325	1:19.22	+0.72	35.55	1:19.22
5. Pim Loef	ZVDO'74	NED	198705429	1:23.15	+0.79	37.62	1:23.15
6. Robert Spekhorst	De Mors	NED	198703141	1:29.97	+0.80	40.86	1:29.97

Masters 40+

1. Ivan van Omme	De Geul	NED	198201263	1:15.19	+0.70	35.15	1:15.19
2. Simon van Ravesteijn	WVZ	NED	198002263	1:15.80	+0.76	34.05	1:15.80
3. Kristiaan Lenos	ZVL-1886 Center	NED	198301331	1:16.16	+0.76	34.54	1:16.16
4. Jim Geestman	Poseidon'56	NED	198300699	1:16.93	+0.81	34.85	1:16.93
5. Pieter Pickhardt	ZPC De Hof	NED	198301657	1:18.02	+0.81	36.87	1:18.02
6. Rob van Vliet	ZPC AMERSFOORT	NED	198402459	1:18.31	+0.82	36.73	1:18.31
7. Albert van Piekeren	SWOL 1894	NED	198401767	1:18.37	+0.79	36.08	1:18.37
8. Rob van Wanrooy	Feijenoord Albion Zwemclub	NED	198202627	1:20.30	+0.74	36.30	1:20.30
9. Nicolas Gheis	Cercle De Natation Sportcity VBELwe	CNSW/013638/84	1:29.14	+0.74	42.16	1:29.14	
10. Jonathan Gatt Colerio	San Giljan ASC	MLT	174981M	1:31.40	+0.84	41.78	1:31.40
<i>Maltese Masters Record</i>							
11. Arne-Willem Kroonen	PSV	NED	198401297	1:33.33	+0.86	42.76	1:33.33

Masters 45+

1. Vincent Versteeg	Zwemlust- den Hommel	NED	197701003	1:13.45	+0.73	33.80	1:13.45
2. Maarten van der Zwan	Scheldestroom	NED	197501017	1:16.91	+0.77	34.31	1:16.91
3. László Jüllich	ZPCH	NED	197801893	1:20.26	+0.89	37.08	1:20.26
4. Edgar Thimister	ZEPS	NED	197501511	1:20.71	+0.66	37.94	1:20.71
5. Freddie Geerlings	Zwemsport Parkstad	NED	197900379	1:21.19	+0.90	37.31	1:21.19
6. Sandy Pleyte	ZPC De Zeeuwse Kust	NED	197501559	1:21.63	+0.79	38.24	1:21.63
7. Mark Sponneck	San Giljan ASC	MLT	388523M	1:22.49	+0.71	38.10	1:22.49
<i>Maltese Masters Record</i>							
8. Bogdan Androne	Sassenheim	NED	197701783	1:24.06	+0.82	38.21	1:24.06
9. Arjan Buijsse	Sassenheim	NED	197901767	1:25.45	+0.73	39.62	1:25.45
10. Pieter Broek	Westland Swimming Stars	NED	197701637	1:25.68	+0.73	40.03	1:25.68
11. Emiel Volker	ZVL-1886 Center	NED	197601605	1:29.05	+0.75	41.59	1:29.05
12. Christiaan Bouwmeester	SBC2000	NED	197600127	1:29.37	+0.87	40.74	1:29.37
13. Alfonso Verkerk	SCOM/De Zeehond'73 (SG)	NED	197601665	1:31.69	+0.75	42.23	1:31.69
14. Peter van Velzen	SWOL 1894	NED	197801945	1:42.55	+0.73	46.71	1:42.55
15. Marco Broenink	Batavia Swim	NED	197801987	1:46.60	+0.92	50.00	1:46.60

Masters 50+

1. Matthias Millers	SG Wuppertal	GER	113799	1:16.80	+0.86	35.07	1:16.80
2. Antwan van Engen	SG CWW Swim Team	NED	197101577	1:17.45	+0.72	35.77	1:17.45
3. Harry Cornet	De Biesboschzwemmers	NED	197100175	1:18.83	+0.72	35.75	1:18.83
4. Paul van den Heuvel	Arethusa	NED	197000441	1:22.25	+0.82	39.00	1:22.25
5. Martijn de Jong	DWK	NED	197101659	1:24.25	+0.86	39.25	1:24.25
6. Bas Kremers	TRB-RES	NED	197201611	1:24.78	+0.72	39.63	1:24.78
7. Rob van de Ven	Neptunus'58	NED	197101695	1:29.30	+0.74	41.20	1:29.30
8. Paul Bosch	Team Noord Holland (SG)	NED	197201533	1:30.98	+0.84	42.40	1:30.98
9. Bruno Nahon	Cercle De Natation Sportcity VBELwe	CNSW/000390/70	1:32.33	+0.66	42.91	1:32.33	

Masters 55+

1. Glen Le Clercq	De Rog	NED	196800177	1:18.94	+0.82	36.10	1:18.94
2. Harold Matla	PSV	NED	196800591	1:21.33	+0.89	38.40	1:21.33
3. Hugues Herman	Cercle De Natation Sportcity VBELwe	CNSW/009743/66	1:22.86	+0.68	39.12	1:22.86	
4. Hans Schoenmakers	DAW	NED	196900863	1:26.08	+0.70	40.20	1:26.08
5. Mathieu Rikken	De Duinkickers	NED	196701777	1:27.15	+0.80	40.55	1:27.15
6. Henri Michels	De Amstel	NED	196501587	1:30.25	+0.88	41.99	1:30.25
7. Gertjan van der Vaart	ZVVS	NED	196801529	1:38.60	+0.72	45.84	1:38.60



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Programmanr. 5, Heren, 100m schoolslag, Masters 55+

rang naam	vereniging			tijd	RT	PARA	50m	100m
8. Hans Bijleveld	HHZV Plons	NED	196601649	1:46.68	+0.83		50.36	1:46.68
9. Maarten Koolman	Steenwijk 1934	NED	196801649	1:57.11	+0.91		51.20	1:57.11

Masters 60+

1. Theo Bakker	TriVia	NED	196401231	1:25.23	+0.77		40.62	1:25.23
2. Fred Ketting	PSV	NED	196000289	1:27.09	+0.78		40.26	1:27.09
3. Arthur van Strien	WVZ	NED	196301401	1:27.97	+0.90		41.43	1:27.97
4. Ronald Grove	Triton	NED	196100161	1:31.60	+0.72		41.71	1:31.60
5. Pierre de Groot	GZC DONK	NED	196401431	1:40.66	+0.88		47.67	1:40.66
6. Jan Willem Heuten	WS Twente	NED	196000883	1:51.38	+1.13		51.61	1:51.38

Masters 65+

1. Wim de Lange	AZC	NED	195800533	1:34.09	+0.71		42.96	1:34.09
2. Paul Bunnik	Triton	NED	195600413	1:34.38	+0.95		43.00	1:34.38
3. Christian Schoenaers	Cercle De Natation Sportcity VBELwe CNSW/007131/59			1:35.85	+0.96		43.78	1:35.85
4. Philippe Godbille	Cercle De Natation Sportcity VBELwe CNSW/000230/57			1:41.54	+0.94		45.45	1:41.54
5. Peter Coffeng	GZC DONK	NED	195700063	1:45.16	+0.97		49.35	1:45.16
6. André Pantekoek	PSV	NED	195800321	1:55.35	+1.04		54.77	1:55.35
7. Klaas Paulusse	Tempo	NED	195900817	1:56.60	+0.89		54.75	1:56.60

Masters 70+

1. Harry Dokter	SWOL 1894	NED	195100037	1:33.58	+0.84		42.70	1:33.58
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Masters 80+

1. Rob Hanou	PSV	NED	194300109	1:55.10	+1.09		55.76	1:55.10
2. Nico Baay	Old Dutch	NED	194200053	2:01.30	+0.81		54.83	2:01.30

Programmanr. 6
03-05-2024 - 11:40

Dames, 100m schoolslag

Masters Open
Resultaten

rang naam	vereniging			tijd	RT	PARA	50m	100m
Masters 20+								
1. Kim Jansen van Galen	PSV	NED	200201594	1:15.12	+0.74		35.63	1:15.12
2. Valesca van den Bogert	Hieronymus	NED	200102138	1:15.57	+0.70		35.63	1:15.57
3. Serina Damen	De Rog	NED	200100228	1:18.77	+0.64		36.66	1:18.77
4. Lisanne Boets	ZPC De Kanaalstreek	NED	200200346	1:19.09	+0.71		36.25	1:19.09
5. Esther Tiemersma	Nayade	NED	200202962	1:19.43	+0.67		37.56	1:19.43
6. Lisanne Seising	VZC	NED	200002084	1:22.12	+0.73		38.07	1:22.12
7. Christel Brugmans	Hieronymus	NED	200005602	1:22.45	+0.72		38.35	1:22.45
8. Tara Schuurman	Deltasteur	NED	200400386	1:23.91	+0.69		37.53	1:23.91
9. Sanne Kloezen	Bubble	NED	200204644	1:24.28	+0.73		38.40	1:24.28
10. Iris Le Clercq	De Rog	NED	200401404	1:24.50	+0.67		39.85	1:24.50
11. Lauren van IJl	WVZ	NED	200001064	1:24.97	+0.71		39.50	1:24.97
12. Lotte van Gessel	Team Noord Holland (SG)	NED	200300900	1:26.13	+0.72		39.90	1:26.13
Mirelle de Kort	Neptunus'58	NED	200005546	1:26.13	+0.74		40.50	1:26.13
14. Esmée van Peer	TriVia	NED	200201114	1:26.24	+0.77		40.57	1:26.24
15. Michelle van Wijhe	ZPC AMERSFOORT	NED	200402196	1:26.84	+0.72		40.82	1:26.84
16. Esmee Kloezen	Bubble	NED	200204646	1:29.07	+0.81		41.41	1:29.07
17. Annemarie Hoving	De Rijn	NED	200000248	1:29.24	+0.81		40.17	1:29.24
18. Maddy van der Hoeven	ZPC AMERSFOORT	NED	200401298	1:29.41	+0.83		42.34	1:29.41
19. Kim de Jong	Westland Swimming Stars	NED	200401522	1:29.89	+0.69		40.95	1:29.89
20. Lieke van Hofwegen	De Rijn	NED	200105144	1:30.63	+0.63		41.13	1:30.63
21. Ilse Kramer	TriVia	NED	200403072	1:30.97	+0.74		42.79	1:30.97
22. Melissa Schuurman	EZCL (SG)	NED	200006800	1:31.18	+0.65		41.42	1:31.18
23. Merel van den Heuvel	De Meer	NED	200201784	1:32.67	+0.78		41.03	1:32.67
24. Romée Jabben	Dedemsvaart-AC	NED	200404426	1:33.77	+0.86		43.21	1:33.77



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Programmanr. 6, Dames, 100m schoolslag, Masters 20+

rang naam	vereniging			tijd	RT	PARA	50m	100m
25. Cynthia Koolman	ZPC Hoogeveen	NED	200300232	1:34.12	+0.64		44.23	1:34.12

Masters 25+

1. Selene Wortel	Hieronymus	NED	199700654	1:16.60	+0.66		35.92	1:16.60
2. Nadja Roovers	Hieronymus	NED	199800798	1:20.71	+0.67		38.48	1:20.71
3. Eva van Elsen	ZPC De Zeeuwse Kust	NED	199903026	1:22.96	+0.71		38.68	1:22.96
4. Sanne van de Pol	De Biesboschzwemmers	NED	199800722	1:23.17	+0.67		38.11	1:23.17
5. Lonneke Graansma	ZVL-1886 Center	NED	199900936	1:23.70	+0.75		39.09	1:23.70
6. Manon Kloosterman	Zwemlust- den Hommel	NED	199702082	1:23.91	+0.73		38.70	1:23.91
7. Fiona Meuffels	PSV	NED	199504366	1:25.49	+0.71		40.13	1:25.49
8. Mandy Swart	De Biesboschzwemmers	NED	199904916	1:25.72	+0.72		39.85	1:25.72
9. Daphne Dols	ZPC Woerden	NED	199904622	1:26.91	+0.63		39.63	1:26.91
10. Gaby Zittersteijn	Zuiderzeezwemmers	NED	199700104	1:27.16	+0.82		41.04	1:27.16
11. Maartje Hids	ZVL-1886 Center	NED	199903042	1:28.91	+0.83		42.75	1:28.91
12. Ageeth de Haan	Steenwijk 1934	NED	199901022	1:29.00	+0.84		42.23	1:29.00
13. Sabien Timmers	Vivalo	NED	199904440	1:29.47	+0.73		41.35	1:29.47
14. Jelita van Esseveld	ZPC De Zeeuwse Kust	NED	199806716	1:29.95	+0.79		41.95	1:29.95
15. Sheila ten Voorde	Octopus-ZVV (SG)	NED	199904538	1:30.83	+0.78		42.22	1:30.83
16. Annemarie ten Have	Zuiderzeezwemmers	NED	199802662	1:31.46	+0.71		42.30	1:31.46
17. Yvette Meijer	Zwemvereniging Hoogland	NED	199706590	1:31.60	+0.91		43.04	1:31.60
18. Laura Compagner	Dedemsvaart-AC	NED	199804602	1:32.17	+0.77		41.79	1:32.17
19. Amy Kieboom	AquAmigos	NED	199502580	1:35.31	+0.68		43.61	1:35.31
20. Kim van Rossum	SBC2000	NED	199706374	1:48.37	+1.10		51.79	1:48.37

Masters 30+

1. Marjolein Delno	VZC	NED	199400024	1:16.51	+0.76		35.62	1:16.51
2. Lisa van Milt	ZZ&PC De Devel	NED	199201228	1:22.81	+0.68		37.44	1:22.81
3. Chantal van der Horst	De Meer	NED	199400616	1:23.91	+0.80		39.64	1:23.91
4. Karin Verbeek	Nautilus	NED	199201848	1:24.47	+0.70		39.24	1:24.47
5. Roxanne van Bavel	Poseidon'56	NED	199407378	1:27.68	+0.69		41.37	1:27.68
6. Marie Tigges	SSF Bonn	GER	178462	1:27.97	+0.69		39.99	1:27.97
7. Ines Muilwijk	MNC Dordrecht	NED	199202858	1:28.05	+0.66		42.34	1:28.05
8. Marijke Kommers	Niemo Barracuda	NED	199305334	1:29.48	+0.81		41.84	1:29.48
9. Leontine Groeneveldt	De Duck	NED	199303526	1:29.84	+0.78		42.05	1:29.84
10. Rolijn van Vught	PSV	NED	199004110	1:41.02	+0.79		47.53	1:41.02
11. Elke Schellekens	Neptunus'58	NED	199301550	1:42.96	+0.80		47.17	1:42.96
12. Yvette Senden	De Rog	NED	199307812	1:52.41	+0.76		52.24	1:52.41

Masters 35+

1. Daniëlle Reijnders	AquAmigos	NED	198504234	1:19.98	+0.68		37.69	1:19.98
2. Jenny Schouten	PSV	NED	198703674	1:25.39	+0.80		39.96	1:25.39
3. Ilse van den Wijngaard	ZPC Woerden	NED	198904736	1:30.49	+0.80		41.40	1:30.49
4. Liesbeth van Mill	Zwemlust- den Hommel	NED	198702786	1:34.64	+0.90		45.12	1:34.64
5. Ilana Iskander	Zwemvereniging Hoogland	NED	198907606	1:38.02	+0.89		46.88	1:38.02
6. Janna Brummel	SwimGym	NED	198807018	1:38.38	+0.80		46.04	1:38.38
7. Monique Kok	Octopus-ZVV (SG)	NED	198605398	1:43.80	+0.80		49.06	1:43.80

Masters 40+

1. Laura Badoux	DAW	NED	198200038	1:21.60	+0.81		38.01	1:21.60
2. Elke Popma - Blox	Tiamat	NED	198200154	1:31.08	+0.69		41.48	1:31.08
3. Tonia Ruybroek	Poseidon'56	NED	198101290	1:31.86	+0.90		43.69	1:31.86
4. Renee de Kok-Meeusen	VZV Njord	NED	198403350	1:34.52	+0.70		44.79	1:34.52
5. Michelle de Villiers	Hellas-Glana	NED	198302944	1:35.54	+0.78		45.07	1:35.54
6. Ieva Karpaviciute	Kauno Takas	LTU		1:37.75	+0.79		45.40	1:37.75
7. Angela Giezen	Zwemvereniging Hoogland	NED	198302796	1:38.68	+0.76		47.62	1:38.68



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Masters 45+

1. Jeanette Seitz	SSV Ulm 1846	GER	066368	1:23.09	+0.78	39.33	1:23.09
2. Mirjan den Drijver	Westland Swimming Stars	NED	197500884	1:31.00	+0.78	42.68	1:31.00
3. Inge Roskam	De Duinkikkers	NED	197801296	1:31.11	+0.74	43.60	1:31.11
4. Laura de Pazos Ortega	SSF Bonn	GER	444685	1:35.84	+0.60	45.79	1:35.84
5. Patricia Brooijmans	Old Dutch	NED	197901608	1:37.05	+0.82	46.54	1:37.05
6. Monica Korndewal	ZPC AMERSFOORT	NED	197701258	1:37.89	+0.82	44.90	1:37.89
7. Marian Nederlof	De Geul	NED	197600950	1:41.95	+0.80	47.57	1:41.95
8. Simone Weijland	Deltasteur	NED	197901610	1:44.66	+0.97	48.56	1:44.66
9. A. Knecht-Besseminders	De Spatters	NED	197601064	1:45.64	+0.75	48.44	1:45.64
10. Margriet Leeffers	Deltasteur	NED	197800448	1:46.38	+0.97	49.94	1:46.38

Masters 50+

1. Trudy Ketting	PSV	NED	197000268	1:25.79	+0.72	39.87	1:25.79
2. Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	NED	197000054	1:28.25	+0.82	42.36	1:28.25
3. Karin Stein	ZVVS	NED	197100554	1:31.95	+0.79	43.28	1:31.95
4. Bianca Groot	MSV-Zeemacht	NED	197000652	1:33.09	+0.82	45.11	1:33.09
5. Annette de Visser	Oceanus	NED	197100602	1:33.34	+0.79	44.51	1:33.34
6. Pascale Janssen	Patrick-De Roersoppers (SG)	NED	197300852	1:34.18	+0.89	43.26	1:34.18
7. Valérie Rolland	Cercle De Natation Sportcity VBELwe CNSW/004276/71	NED	197300852	1:36.70	+0.72	45.85	1:36.70
8. Regine Beckers-Stribos	De Rog	NED	197000492	1:37.29	+0.89	43.92	1:37.29
9. Hilly Brugmans	Hieronymus	NED	197001112	1:39.10	+0.84	47.01	1:39.10
10. Bianca Hertogh - Buijsse	Scheldestroom	NED	197400910	1:40.65	+0.80	47.76	1:40.65
11. Martine Stahlie-Bos	TriVia	NED	197401054	1:53.30	+0.98	53.11	1:53.30
12. Judith Sijbers	PSV	NED	197301030	1:57.80	+0.85	54.55	1:57.80
13. Petra Ellul Mercer	San Giljan ASC	MLT	545873M	1:58.75	+0.74	55.36	1:58.75

Maltese Masters Record

Masters 55+

1. Marjo Goelema-Koek	De Biesboschzwemmers	NED	196900192	1:24.35	+0.76	38.67	1:24.35
Nederlands Masters Record							
2. Annette Wijnja-Visser	De Biesboschzwemmers	NED	196700528	1:29.36	+0.76	42.06	1:29.36
3. Jacqueline Tuin	DAW	NED	196600690	1:29.84	+0.77	42.45	1:29.84
4. Iris van Aurich	DWK	NED	196900866	1:32.48	+0.80	43.91	1:32.48
5. Annette Korving-Leijenaar	Aqualero	NED	196700662	1:34.96	+0.83	45.29	1:34.96
6. Marion Bach	TSV Gruitert 1884 e.V	GER	353051	1:36.54	+0.93	45.58	1:36.54
7. K. van Nassau-van den Heuvel	Old Dutch	NED	196600188	1:46.36	+0.96	49.83	1:46.36
8. Roelien Speelman-Tigelaar	De Spatters	NED	196600664	1:47.81	+0.85	50.37	1:47.81
9. Monique Berentse	Batavia Swim	NED	196901066	2:13.73	+1.07	1:04.42	2:13.73
10. F. Gumusburun-De Moor	Istanbul Yuzme Ihtisas Kulubu	TUR		2:17.39	+1.15	1:04.73	2:17.39
Ann Vandenbrouck	ROSC	BEL	ROSC/20321/65	2:17.39	+1.07	1:02.58	2:17.39

Masters 60+

1. Yoka de Vegt-van Dijk	ESCA Zwemmen	NED	196200420	1:38.28	+0.83	45.56	1:38.28
2. Lia Bijkerk	GZC DONK	NED	196000014	1:54.62	+0.94	54.55	1:54.62
3. Jenny Westervander	H2Oldambt	NED	196200424	2:00.21	+0.93	57.22	2:00.21

Masters 65+

1. Liudmila Skopina	Cercle De Natation Sportcity VBELwe CNSW/010673/57	NED	195800050	1:43.29	+0.97	48.87	1:43.29
2. Marijke van Hoek	ZPC De Zeeuwse Kust	NED	195800050	1:45.54	+0.74	50.05	1:45.54
3. Hanneke Poletiek	TriVia	NED	195900278	1:52.59	+0.98	53.53	1:52.59
4. W. Schoenmaker-ter Veer	DWK	NED	195900254	1:57.18	+0.97	54.84	1:57.18
5. Karien Musters	Old Dutch	NED	195800236	2:29.44	+0.67	1:10.30	2:29.44



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Masters 70+

1. Ineke Weekers	PSV	NED	195300050	1:41.33	+0.81	49.05	1:41.33
<i>Nederlands Masters Record</i>							
2. Gonnie Bak	PSV	NED	195100064	2:08.39	+0.97	1:02.93	2:08.39
3. Geerdien Meerwaldt	De Geul	NED	195200058	2:16.51	+0.80	1:05.78	2:16.51
4. N. van Dongen-de Paepe	ZZ&PC De Devel	NED	195100044	2:50.25	+1.54	1:20.40	2:50.25

Masters 75+

1. A. Verhoeven - Steggerda	De Duinkikkers	NED	194600024	2:11.91		59.55	2:11.91
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Masters 85+

1. Marie Smits	Old Dutch	NED	193800004	2:33.17	+1.18	1:13.28	2:33.17
<i>Nederlands Masters Record, NMR 50m</i>							

Masters 95+

1. Marianne Maandonks	PSV	NED	192600004	5:04.23		2:17.24	5:04.23
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