



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



4 - ONMK 2024 lb Sessie 4

04-05-2024 - 9:30

Programmanr. 16
04-05-2024 - 9:30

Dames, 800m vrije slag

Masters Open
Resultaten

rang	naam	vereniging				tijd				RT	PARA
Masters 20+											
1.	Laura Setz	Bubble				NED	200000130	9:25.93		+0.89	
	50m: 30.46	30.46	250m: 2:49.48	35.16	450m: 5:12.78	35.88	650m: 7:38.05		36.34		
	100m: 1:04.28	33.82	300m: 3:24.92	35.44	500m: 5:48.88	36.10	700m: 8:14.61		36.56		
	150m: 1:38.99	34.71	350m: 4:00.65	35.73	550m: 6:24.90	36.02	750m: 8:50.39		35.78		
	200m: 2:14.32	35.33	400m: 4:36.90	36.25	600m: 7:01.71	36.81	800m: 9:25.93		35.54		
2.	Roos Englebert	Hieronymus				NED	200200606	9:47.83		+0.74	
	50m: 32.64	32.64	250m: 2:59.80	36.85	450m: 5:28.84	37.08	650m: 7:58.25		37.22		
	100m: 1:08.79	36.15	300m: 3:37.10	37.30	500m: 6:06.41	37.57	700m: 8:35.71		37.46		
	150m: 1:45.65	36.86	350m: 4:14.20	37.10	550m: 6:43.37	36.96	750m: 9:12.26		36.55		
	200m: 2:22.95	37.30	400m: 4:51.76	37.56	600m: 7:21.03	37.66	800m: 9:47.83		35.57		
3.	Amber van der Kruk PARA record (NED)	MSV-Zeemacht				NED	200102730	S14	9:51.50	+0.87	936
	50m: 32.00	32.00	250m: 3:02.27	38.06	450m: 5:33.90	38.14	650m: 8:04.98		37.82		
	100m: 1:08.02	36.02	300m: 3:40.17	37.90	500m: 6:11.61	37.71	700m: 8:42.40		37.42		
	150m: 1:46.00	37.98	350m: 4:18.37	38.20	550m: 6:49.41	37.80	750m: 9:16.69		34.29		
	200m: 2:24.21	38.21	400m: 4:55.76	37.39	600m: 7:27.16	37.75	800m: 9:51.50		34.81		
4.	Kirsten Walraven	ZPC De Zeeuwse Kust				NED	200001358	10:10.32		+0.78	
	50m: 32.74	32.74	250m: 3:04.16	38.14	450m: 5:37.52	38.65	650m: 8:13.51		39.01		
	100m: 1:09.85	37.11	300m: 3:42.30	38.14	500m: 6:16.33	38.81	700m: 8:53.11		39.60		
	150m: 1:47.64	37.79	350m: 4:20.45	38.15	550m: 6:55.32	38.99	750m: 9:31.97		38.86		
	200m: 2:26.02	38.38	400m: 4:58.87	38.42	600m: 7:34.50	39.18	800m: 10:10.32		38.35		
5.	Marte Vlieg	Aqua-Novio '94				NED	200304996	10:29.42		+0.78	
	50m: 34.80	34.80	250m: 3:14.15	40.37	450m: 5:54.74	40.00	650m: 8:34.40		39.73		
	100m: 1:13.56	38.76	300m: 3:54.42	40.27	500m: 6:34.59	39.85	700m: 9:14.07		39.67		
	150m: 1:53.61	40.05	350m: 4:34.83	40.41	550m: 7:14.65	40.06	750m: 9:52.94		38.87		
	200m: 2:33.78	40.17	400m: 5:14.74	39.91	600m: 7:54.67	40.02	800m: 10:29.42		36.48		
6.	Cynthia Koolman	ZPC Hoogeveen				NED	200300232	10:38.82		+0.68	
	50m: 35.03	35.03	250m: 3:11.62	39.67	450m: 5:55.12	41.19	650m: 8:39.45		40.81		
	100m: 1:13.56	38.53	300m: 3:51.84	40.22	500m: 6:36.23	41.11	700m: 9:19.92		40.47		
	150m: 1:52.26	38.70	350m: 4:32.54	40.70	550m: 7:17.80	41.57	750m: 10:00.26		40.34		
	200m: 2:31.95	39.69	400m: 5:13.93	41.39	600m: 7:58.64	40.84	800m: 10:38.82		38.56		
7.	Manou Blokhorst	WWV Winterswijk				NED	200402554	10:56.01 *		+0.74	
	50m: 35.38	35.38	250m: 3:16.29	40.90	450m: 6:02.93	41.78	650m: 8:52.44		41.92		
	100m: 1:14.92	39.54	300m: 3:57.93	41.64	500m: 6:45.29	42.36	700m: 9:34.74		42.30		
	150m: 1:54.30	39.38	350m: 4:39.41	41.48	550m: 7:27.43	42.14	750m: 10:16.11		41.37		
	200m: 2:35.39	41.09	400m: 5:21.15	41.74	600m: 8:10.52	43.09	800m: 10:56.01		39.90		
8.	Eline Hoekstra	OEZA				NED	200301280	11:03.14		+0.90	
	50m: 33.84	33.84	250m: 3:16.39	41.57	450m: 6:06.45	42.62	650m: 8:57.72		42.38		
	100m: 1:12.48	38.64	300m: 3:58.86	42.47	500m: 6:49.14	42.69	700m: 9:40.62		42.90		
	150m: 1:53.24	40.76	350m: 4:40.93	42.07	550m: 7:32.11	42.97	750m: 10:22.22		41.60		
	200m: 2:34.82	41.58	400m: 5:23.83	42.90	600m: 8:15.34	43.23	800m: 11:03.14		40.92		
9.	Jet van Oudheusden	ZOB'66				NED	200401012	11:13.72		+0.79	
	50m: 34.95	34.95	250m: 3:19.42	42.37	450m: 6:11.09	43.26	650m: 9:04.41		43.72		
	100m: 1:14.02	39.07	300m: 4:02.23	42.81	500m: 6:54.12	43.03	700m: 9:48.37		43.96		
	150m: 1:55.13	41.11	350m: 4:45.07	42.84	550m: 7:37.33	43.21	750m: 10:31.31		42.94		
	200m: 2:37.05	41.92	400m: 5:27.83	42.76	600m: 8:20.69	43.36	800m: 11:13.72		42.41		
10.	Vivian Gravemaker	De Rijn				NED	200400058	11:29.34		+0.72	
	50m: 37.96	37.96	250m: 3:32.75	44.15	450m: 6:29.44	43.92	650m: 9:25.73		44.41		
	100m: 1:20.50	42.54	300m: 4:16.63	43.88	500m: 7:13.81	44.37	700m: 10:08.05		42.32		
	150m: 2:04.46	43.96	350m: 5:00.85	44.22	550m: 7:57.50	43.69	750m: 10:50.37		42.32		
	200m: 2:48.60	44.14	400m: 5:45.52	44.67	600m: 8:41.32	43.82	800m: 11:29.34		38.97		

Masters 25+

1.	Marijke Drent	Bubble				NED	199906232	9:55.64	+0.78
	50m: 32.80	32.80	250m: 3:03.22	38.07	450m: 5:34.71	37.53	650m: 8:05.45	37.48	
	100m: 1:09.31	36.51	300m: 3:41.38	38.16	500m: 6:12.54	37.83	700m: 8:42.97	37.52	
	150m: 1:47.06	37.75	350m: 4:19.11	37.73	550m: 6:50.20	37.66	750m: 9:19.76	36.79	
	200m: 2:25.15	38.09	400m: 4:57.18	38.07	600m: 7:27.97	37.77	800m: 9:55.64	35.88	



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Programmanr. 16, Dames, 800m vrije slag, Masters 25+

rang	naam	vereniging				tijd				RT	PARA
2.	Sarah Strack	SG Aumund - Vegesack				GER	195679	10:16.96		+0.77	
	50m: 33.45	33.45	250m: 3:04.77	38.38	450m: 5:40.56	39.38	650m: 8:20.23	39.79			
	100m: 1:10.51	37.06	300m: 3:43.20	38.43	500m: 6:20.61	40.05	700m: 9:00.30	40.07			
	150m: 1:48.46	37.95	350m: 4:22.08	38.88	550m: 7:00.33	39.72	750m: 9:39.41	39.11			
	200m: 2:26.39	37.93	400m: 5:01.18	39.10	600m: 7:40.44	40.11	800m: 10:16.96	37.55			
3.	Fiona Meuffels	PSV				NED	199504366	10:31.48		+0.74	
	50m: 34.71	34.71	250m: 3:10.58	39.40	450m: 5:53.53	41.15	650m: 8:35.31	40.32			
	100m: 1:12.65	37.94	300m: 3:50.81	40.23	500m: 6:33.73	40.20	700m: 9:14.95	39.64			
	150m: 1:51.61	38.96	350m: 4:31.84	41.03	550m: 7:14.76	41.03	750m: 9:54.05	39.10			
	200m: 2:31.18	39.57	400m: 5:12.38	40.54	600m: 7:54.99	40.23	800m: 10:31.48	37.43			
4.	Floor Weijmans	HZPC				NED	199502522	10:52.83		+0.81	
	50m: 35.79	35.79	250m: 3:15.91	40.94	450m: 6:02.84	41.49	650m: 8:50.72	41.05			
	100m: 1:14.69	38.90	300m: 3:57.72	41.81	500m: 6:45.33	42.49	700m: 9:31.90	41.18			
	150m: 1:54.42	39.73	350m: 4:39.47	41.75	550m: 7:27.30	41.97	750m: 10:12.56	40.66			
	200m: 2:34.97	40.55	400m: 5:21.35	41.88	600m: 8:09.67	42.37	800m: 10:52.83	40.27			
5.	Ageeth de Haan	Steenwijk 1934				NED	199901022	11:44.95		+0.79	
	50m: 36.48	36.48	250m: 3:34.18	45.39	450m: 6:36.12	45.94	650m: 9:36.70	44.31			
	100m: 1:18.98	42.50	300m: 4:19.42	45.24	500m: 7:21.61	45.49	700m: 10:20.50	43.80			
	150m: 2:03.17	44.19	350m: 5:04.96	45.54	550m: 8:07.79	46.18	750m: 11:03.61	43.11			
	200m: 2:48.79	45.62	400m: 5:50.18	45.22	600m: 8:52.39	44.60	800m: 11:44.95	41.34			
6.	Aniek Garritsen	De IJsselmeeuwen				NED	199504290	12:04.27		+0.76	
	50m: 39.07	39.07	250m: 3:37.40	45.64	450m: 6:44.39	47.02	650m: 9:50.74	46.04			
	100m: 1:22.19	43.12	300m: 4:24.06	46.66	500m: 7:30.90	46.51	700m: 10:36.16	45.42			
	150m: 2:06.65	44.46	350m: 5:10.24	46.18	550m: 8:17.78	46.88	750m: 11:21.09	44.93			
	200m: 2:51.76	45.11	400m: 5:57.37	47.13	600m: 9:04.70	46.92	800m: 12:04.27	43.18			
7.	Marenne Huigh	Scheldestroom				NED	199900852	12:17.12		+0.79	
	50m: 38.67	38.67	250m: 3:40.10	46.22	450m: 6:49.26	47.88	650m: 9:59.59	47.18			
	100m: 1:22.99	44.32	300m: 4:26.60	46.50	500m: 7:36.98	47.72	700m: 10:46.39	46.80			
	150m: 2:08.41	45.42	350m: 5:13.62	47.02	550m: 8:25.09	48.11	750m: 11:32.62	46.23			
	200m: 2:53.88	45.47	400m: 6:01.38	47.76	600m: 9:12.41	47.32	800m: 12:17.12	44.50			

Masters 30+

1.	Leonie van Noort	WVZ		NED	199301752	9:28.74	+0.82					
	Nederlands Masters Record											
	50m:	31.38	31.38	250m:	2:52.98	35.98	450m:	5:17.36	36.06	650m:	7:42.80	36.11
	100m:	1:05.84	34.46	300m:	3:28.84	35.86	500m:	5:53.85	36.49	700m:	8:18.98	36.18
	150m:	1:41.35	35.51	350m:	4:05.13	36.29	550m:	6:30.20	36.35	750m:	8:54.90	35.92
	200m:	2:17.00	35.65	400m:	4:41.30	36.17	600m:	7:06.69	36.49	800m:	9:28.74	33.84
2.	Nienke Smidt	WS Twente		NED	199407596	10:48.80	+0.88					
	50m:	35.98	35.98	250m:	3:20.07	42.27	450m:	6:06.55	41.18	650m:	8:52.58	41.14
	100m:	1:15.32	39.34	300m:	4:02.10	42.03	500m:	6:48.84	42.29	700m:	9:33.14	40.56
	150m:	1:56.16	40.84	350m:	4:43.63	41.53	550m:	7:30.21	41.37	750m:	10:13.10	39.96
	200m:	2:37.80	41.64	400m:	5:25.37	41.74	600m:	8:11.44	41.23	800m:	10:48.80	35.70
3.	Lucie Terver	Club Nautique Val de Fensch		FRA	412372	10:48.90	+0.80					
	50m:	35.86	35.86	250m:	3:14.51	39.72	450m:	5:56.77	40.30	650m:	8:43.74	42.14
	100m:	1:14.82	38.96	300m:	3:55.33	40.82	500m:	6:38.24	41.47	700m:	9:26.32	42.58
	150m:	1:54.19	39.37	350m:	4:35.29	39.96	550m:	7:19.59	41.35	750m:	10:08.52	42.20
	200m:	2:34.79	40.60	400m:	5:16.47	41.18	600m:	8:01.60	42.01	800m:	10:48.90	40.38
4.	Marijke Kommers	Niemo Barracuda		NED	199305334	10:49.00	+0.85					
	50m:	35.26	35.26	250m:	3:18.76	42.03	450m:	6:05.55	41.56	650m:	8:51.14	40.89
	100m:	1:14.82	39.56	300m:	4:00.75	41.99	500m:	6:47.33	41.78	700m:	9:31.41	40.27
	150m:	1:55.50	40.68	350m:	4:42.25	41.50	550m:	7:29.03	41.70	750m:	10:11.61	40.20
	200m:	2:36.73	41.23	400m:	5:23.99	41.74	600m:	8:10.25	41.22	800m:	10:49.00	37.39
5.	Anouk Kuijlaars	PSV		NED	199401700	10:55.65	+0.75					
	50m:	36.65	36.65	250m:	3:18.35	41.24	450m:	6:03.88	41.64	650m:	8:51.99	42.09
	100m:	1:16.06	39.41	300m:	3:59.71	41.36	500m:	6:45.93	42.05	700m:	9:33.71	41.72
	150m:	1:56.58	40.52	350m:	4:40.76	41.05	550m:	7:27.77	41.84	750m:	10:15.22	41.51
	200m:	2:37.11	40.53	400m:	5:22.24	41.48	600m:	8:09.90	42.13	800m:	10:55.65	40.43
6.	Elmi Roelofsens	Octopus-ZVV (SG)		NED	199008198	11:10.90	+0.87					
	50m:	33.82	33.82	250m:	3:15.88	41.35	450m:	6:06.24	43.20	650m:	9:01.49	44.28
	100m:	1:12.54	38.72	300m:	3:57.56	41.68	500m:	6:49.40	43.16	700m:	9:45.50	44.01
	150m:	1:53.39	40.85	350m:	4:40.21	42.65	550m:	7:33.40	44.00	750m:	10:29.21	43.71
	200m:	2:34.53	41.14	400m:	5:23.04	42.83	600m:	8:17.21	43.81	800m:	11:10.90	41.69
7.	Jisca Majolée	ZPC AMERSFOORT		NED	199403570	11:22.46	+0.88					
	50m:	37.04	37.04	250m:	3:29.26	43.44	450m:	6:23.16	43.45	650m:	9:17.73	43.22
	100m:	1:19.13	42.09	300m:	4:12.54	43.28	500m:	7:06.83	43.67	700m:	10:01.44	43.71
	150m:	2:02.23	43.10	350m:	4:56.01	43.47	550m:	7:50.47	43.64	750m:	10:43.78	42.34
	200m:	2:45.82	43.59	400m:	5:39.71	43.70	600m:	8:34.51	44.04	800m:	11:22.46	38.68



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Programmanr. 16, Dames, 800m vrije slag, Masters 30+

rang	naam	vereniging						tijd		RT	PARA
8.	Leontine Groeneveldt	De Duck		NED		199303526		11:55.74		+0.75	
	50m: 38.01	38.01	250m: 3:37.17	45.83	450m: 6:41.83	46.53	650m: 9:45.34	45.86			
	100m: 1:21.13	43.12	300m: 4:22.57	45.40	500m: 7:28.00	46.17	700m: 10:30.68	45.34			
	150m: 2:06.19	45.06	350m: 5:09.14	46.57	550m: 8:14.46	46.46	750m: 11:15.33	44.65			
	200m: 2:51.34	45.15	400m: 5:55.30	46.16	600m: 8:59.48	45.02	800m: 11:55.74	40.41			
9.	Irmgard van Weeghel	ESCA Zwemmen		NED		199204834		12:40.39		+0.84	
	50m: 40.68	40.68	250m: 3:48.38	48.15	450m: 7:02.27	49.05	650m: 10:17.33	48.87			
	100m: 1:25.29	44.61	300m: 4:36.29	47.91	500m: 7:50.85	48.58	700m: 11:05.55	48.22			
	150m: 2:12.10	46.81	350m: 5:25.00	48.71	550m: 8:39.86	49.01	750m: 11:53.75	48.20			
	200m: 3:00.23	48.13	400m: 6:13.22	48.22	600m: 9:28.46	48.60	800m: 12:40.39	46.64			
10.	Marjan Rikken	Octopus-ZVV (SG)		NED		199206114		13:17.86		+0.86	
	50m: 42.13	42.13	250m: 3:58.25	50.48	450m: 7:24.06	51.29	650m: 10:49.84	51.40			
	100m: 1:29.34	47.21	300m: 4:49.38	51.13	500m: 8:15.23	51.17	700m: 11:40.86	51.02			
	150m: 2:18.33	48.99	350m: 5:41.06	51.68	550m: 9:06.83	51.60	750m: 12:31.19	50.33			
	200m: 3:07.77	49.44	400m: 6:32.77	51.71	600m: 9:58.44	51.61	800m: 13:17.86	46.67			

Masters 35+

1.	Sabine Zimmermann	Aachener SV 06		GER		101578		9:54.62		+0.76	
	50m: 33.21	33.21	250m: 3:02.50	37.77	450m: 5:34.33	38.32	650m: 8:06.01	37.73			
	100m: 1:09.44	36.23	300m: 3:40.35	37.85	500m: 6:12.36	38.03	700m: 8:42.93	36.92			
	150m: 1:47.03	37.59	350m: 4:18.41	38.06	550m: 6:50.51	38.15	750m: 9:19.85	36.92			
	200m: 2:24.73	37.70	400m: 4:56.01	37.60	600m: 7:28.28	37.77	800m: 9:54.62	34.77			
2.	Jenny Schouten	PSV		NED		198703674		10:04.37		+0.80	
	50m: 33.10	33.10	250m: 3:03.38	37.71	450m: 5:37.27	38.72	650m: 8:12.73	38.91			
	100m: 1:10.34	37.24	300m: 3:41.72	38.34	500m: 6:15.77	38.50	700m: 8:50.76	38.03			
	150m: 1:47.93	37.59	350m: 4:20.05	38.33	550m: 6:54.47	38.70	750m: 9:28.39	37.63			
	200m: 2:25.67	37.74	400m: 4:58.55	38.50	600m: 7:33.82	39.35	800m: 10:04.37	35.98			
3.	Viktória Háden-Felföldi	Iron Swim		HUN				10:04.64		+0.72	
	50m: 33.42	33.42	250m: 3:02.58	37.40	450m: 5:35.21	38.01	650m: 8:10.01	38.72			
	100m: 1:10.48	37.06	300m: 3:40.84	38.26	500m: 6:13.69	38.48	700m: 8:49.06	39.05			
	150m: 1:47.46	36.98	350m: 4:18.61	37.77	550m: 6:52.38	38.69	750m: 9:27.48	38.42			
	200m: 2:25.18	37.72	400m: 4:57.20	38.59	600m: 7:31.29	38.91	800m: 10:04.64	37.16			
4.	Lisanne Andeweg	Zuiderzeewimmers		NED		198800092		10:33.32		+0.84	
	50m: 35.04	35.04	250m: 3:14.89	40.17	450m: 5:56.45	40.39	650m: 8:36.79	39.98			
	100m: 1:14.30	39.26	300m: 3:55.36	40.47	500m: 6:36.40	39.95	700m: 9:16.48	39.69			
	150m: 1:54.49	40.19	350m: 4:35.72	40.36	550m: 7:16.62	40.22	750m: 9:55.66	39.18			
	200m: 2:34.72	40.23	400m: 5:16.06	40.34	600m: 7:56.81	40.19	800m: 10:33.32	37.66			
5.	Relinda Baas	TriVia		NED		198900144		10:56.30		+0.83	
	50m: 35.44	35.44	250m: 3:17.68	41.74	450m: 6:04.54	41.89	650m: 8:51.71	41.46			
	100m: 1:14.26	38.82	300m: 3:59.46	41.78	500m: 6:46.64	42.10	700m: 9:33.72	42.01			
	150m: 1:54.50	40.24	350m: 4:41.04	41.58	550m: 7:28.37	41.73	750m: 10:15.35	41.63			
	200m: 2:35.94	41.44	400m: 5:22.65	41.61	600m: 8:10.25	41.88	800m: 10:56.30	40.95			
6.	Nanda van Heteren	PSV		NED		198901728		11:22.86		+0.85	
	50m: 38.07	38.07	250m: 3:32.21	43.72	450m: 6:27.73	43.67	650m: 9:20.94	42.85			
	100m: 1:20.71	42.64	300m: 4:16.53	44.32	500m: 7:11.56	43.83	700m: 10:02.93	41.99			
	150m: 2:04.59	43.88	350m: 4:59.80	43.27	550m: 7:54.92	43.36	750m: 10:44.02	41.09			
	200m: 2:48.49	43.90	400m: 5:44.06	44.26	600m: 8:38.09	43.17	800m: 11:22.86	38.84			
7.	Liesbeth van Mill	Zwemlust- den Hommel		NED		198702786		11:56.55		+0.94	
	50m: 39.03	39.03	250m: 3:37.40	45.04	450m: 6:37.83	44.95	650m: 9:39.93	45.31			
	100m: 1:22.73	43.70	300m: 4:22.86	45.46	500m: 7:23.56	45.73	700m: 10:26.21	46.28			
	150m: 2:07.07	44.34	350m: 5:07.48	44.62	550m: 8:08.85	45.29	750m: 11:11.89	45.68			
	200m: 2:52.36	45.29	400m: 5:52.88	45.40	600m: 8:54.62	45.77	800m: 11:56.55	44.66			
8.	Sandra Schellekens	Neptunus'58		NED		198503416		12:12.92		+0.82	
	50m: 39.07	39.07	250m: 3:41.69	47.13	450m: 6:49.56	47.17	650m: 9:56.67	47.09			
	100m: 1:22.90	43.83	300m: 4:28.60	46.91	500m: 7:36.39	46.83	700m: 10:43.02	46.35			
	150m: 2:08.72	45.82	350m: 5:15.79	47.19	550m: 8:23.05	46.66	750m: 11:29.46	46.44			
	200m: 2:54.56	45.84	400m: 6:02.39	46.60	600m: 9:09.58	46.53	800m: 12:12.92	43.46			

Masters 40+

1.	Ann Wanter	Zwemclub Geel		BEL		ZGEEL/21082/82		10:23.94		+0.77	
	50m: 34.00	34.00	250m: 3:08.76	39.22	450m: 5:48.08	39.93	650m: 8:26.81	39.34			
	100m: 1:11.80	37.80	300m: 3:48.66	39.90	500m: 6:27.87	39.79	700m: 9:06.65	39.84			
	150m: 1:50.17	38.37	350m: 4:28.29	39.63	550m: 7:07.72	39.85	750m: 9:46.15	39.50			
	200m: 2:29.54	39.37	400m: 5:08.15	39.86	600m: 7:47.47	39.75	800m: 10:23.94	37.79			
2.	Heather Frees	Lone Star Masters		USA				10:27.86		+0.67	
	50m: 34.96	34.96	250m: 3:10.41	39.25	450m: 5:49.05	39.78	650m: 8:28.78	40.05			
	100m: 1:12.86	37.90	300m: 3:49.98	39.57	500m: 6:28.89	39.84	700m: 9:08.66	39.88			
	150m: 1:51.82	38.96	350m: 4:29.80	39.82	550m: 7:08.76	39.87	750m: 9:48.93	40.27			
	200m: 2:31.16	39.34	400m: 5:09.27	39.47	600m: 7:48.73	39.97	800m: 10:27.86	38.93			



Open Nederlandse Masters
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Eindhoven, 2-5 mei 2024



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

rang	naam	vereniging						tijd		RT	PARA
3.	Steffi Krul- Meinhold	d'ELFT		NED		198001542		10:57.34		+0.84	
	50m:	36.05	36.05	250m:	3:22.81	42.57	450m:	6:10.97	42.12	650m:	8:57.50
	100m:	1:16.26	40.21	300m:	4:04.84	42.03	500m:	6:53.05	42.08	700m:	9:38.35
	150m:	1:58.36	42.10	350m:	4:46.91	42.07	550m:	7:34.83	41.78	750m:	10:18.67
	200m:	2:40.24	41.88	400m:	5:28.85	41.94	600m:	8:16.16	41.33	800m:	10:57.34
4.	Ramona Linting	AZC		NED		198301274		12:09.47		+0.77	
	50m:	38.16	38.16	250m:	3:36.84	45.99	450m:	6:43.03	46.86	650m:	9:50.53
	100m:	1:21.23	43.07	300m:	4:22.89	46.05	500m:	7:29.48	46.45	700m:	10:36.99
	150m:	2:05.40	44.17	350m:	5:09.49	46.60	550m:	8:16.85	47.37	750m:	11:24.01
	200m:	2:50.85	45.45	400m:	5:56.17	46.68	600m:	9:03.73	46.88	800m:	12:09.47
5.	Linda Hoogendam	WVZ		NED		198300892		12:25.07		+0.84	
	50m:	39.93	39.93	250m:	3:44.31	46.50	450m:	6:52.74	47.22	650m:	10:05.74
	100m:	1:25.45	45.52	300m:	4:31.00	46.69	500m:	7:41.01	48.27	700m:	10:54.19
	150m:	2:11.60	46.15	350m:	5:17.94	46.94	550m:	8:29.57	48.56	750m:	11:40.73
	200m:	2:57.81	46.21	400m:	6:05.52	47.58	600m:	9:17.89	48.32	800m:	12:25.07

Masters 45+

1.	Liselotte Joling	PSV		NED		197500268		10:18.66		+0.82	
	50m:	35.87	35.87	250m:	3:12.89	38.59	450m:	5:49.40	37.77	650m:	8:25.41
	100m:	1:15.38	39.51	300m:	3:52.68	39.79	500m:	6:28.47	39.07	700m:	9:04.66
	150m:	1:54.34	38.96	350m:	4:31.57	38.89	550m:	7:06.93	38.46	750m:	9:42.74
	200m:	2:34.30	39.96	400m:	5:11.63	40.06	600m:	7:46.31	39.38	800m:	10:18.66
2.	Petra Guijt	Aqua-Novio '94		NED		197600978		11:36.89		+0.86	
	50m:	37.95	37.95	250m:	3:35.68	44.85	450m:	6:33.57	44.36	650m:	9:29.75
	100m:	1:21.12	43.17	300m:	4:20.24	44.56	500m:	7:17.81	44.24	700m:	10:13.68
	150m:	2:05.81	44.69	350m:	5:04.90	44.66	550m:	8:02.11	44.30	750m:	10:56.27
	200m:	2:50.83	45.02	400m:	5:49.21	44.31	600m:	8:45.59	43.48	800m:	11:36.89
3.	Chantal Verhoeff	Old Dutch		NED		197900912		11:41.29		+0.79	
	50m:	37.32	37.32	250m:	3:35.07	45.01	450m:	6:33.86	44.98	650m:	9:31.33
	100m:	1:19.98	42.66	300m:	4:19.45	44.38	500m:	7:18.17	44.31	700m:	10:15.27
	150m:	2:05.17	45.19	350m:	5:04.89	45.44	550m:	8:02.90	44.73	750m:	10:59.16
	200m:	2:50.06	44.89	400m:	5:48.88	43.99	600m:	8:46.99	44.09	800m:	11:41.29
4.	Jessica Venema	GZC DONK		NED		197901526		11:52.77		+0.86	
	50m:	37.24	37.24	250m:	3:33.35	44.82	450m:	6:36.02	45.29	650m:	9:39.11
	100m:	1:19.50	42.26	300m:	4:18.94	45.59	500m:	7:22.16	46.14	700m:	10:25.68
	150m:	2:03.27	43.77	350m:	5:04.27	45.33	550m:	8:08.44	46.28	750m:	11:10.81
	200m:	2:48.53	45.26	400m:	5:50.73	46.46	600m:	8:54.07	45.63	800m:	11:52.77

Masters 50+

1.	Carla Geurts	PSV		NED		197100178		10:14.51		+0.73	
	50m:	33.27	33.27	250m:	3:06.88	38.31	450m:	5:42.62	38.65	650m:	8:18.88
	100m:	1:10.94	37.67	300m:	3:45.80	38.92	500m:	6:21.82	39.20	700m:	8:57.26
	150m:	1:49.54	38.60	350m:	4:25.14	39.34	550m:	7:00.83	39.01	750m:	9:36.76
	200m:	2:28.57	39.03	400m:	5:03.97	38.83	600m:	7:39.77	38.94	800m:	10:14.51
2.	Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT		NED		197000054		10:52.90		+0.89	
	50m:	36.32	36.32	250m:	3:22.04	42.06	450m:	6:08.71	40.31	650m:	8:52.66
	100m:	1:16.51	40.19	300m:	4:04.08	42.04	500m:	6:49.80	41.09	700m:	9:33.63
	150m:	1:58.08	41.57	350m:	4:46.53	42.45	550m:	7:30.91	41.11	750m:	10:14.37
	200m:	2:39.98	41.90	400m:	5:28.40	41.87	600m:	8:11.81	40.90	800m:	10:52.90
3.	Bianca Groot	MSV-Zeemacht		NED		197000652		11:05.77		+0.84	
	50m:	37.25	37.25	250m:	3:25.82	42.52	450m:	6:15.21	42.20	650m:	9:01.46
	100m:	1:18.37	41.12	300m:	4:08.48	42.66	500m:	6:56.75	41.54	700m:	9:43.16
	150m:	2:01.23	42.86	350m:	4:50.99	42.51	550m:	7:38.71	41.96	750m:	10:24.70
	200m:	2:43.30	42.07	400m:	5:33.01	42.02	600m:	8:20.28	41.57	800m:	11:05.77
4.	Karin Stein	ZVVS		NED		197100554		11:19.52		+0.79	
	50m:	38.01	38.01	250m:	3:25.57	42.46	450m:	6:16.11	42.77	650m:	9:09.91
	100m:	1:19.11	41.10	300m:	4:07.98	42.41	500m:	6:58.89	42.78	700m:	9:53.66
	150m:	2:01.00	41.89	350m:	4:50.79	42.81	550m:	7:42.31	43.42	750m:	10:37.46
	200m:	2:43.11	42.11	400m:	5:33.34	42.55	600m:	8:25.99	43.68	800m:	11:19.52
5.	Annette de Visser	Oceanus		NED		197100602		11:20.06		+0.82	
	50m:	36.53	36.53	250m:	3:26.95	43.48	450m:	6:20.99	43.48	650m:	9:13.15
	100m:	1:17.26	40.73	300m:	4:10.24	43.29	500m:	7:04.29	43.30	700m:	9:56.18
	150m:	2:00.09	42.83	350m:	4:54.06	43.82	550m:	7:47.28	42.99	750m:	10:38.73
	200m:	2:43.47	43.38	400m:	5:37.51	43.45	600m:	8:29.98	42.70	800m:	11:20.06
6.	Mariska van Doorn	Arethusa		NED		197200444		11:56.53		+0.95	
	50m:	37.86	37.86	250m:	3:34.14	44.86	450m:	6:36.51	45.50	650m:	9:40.01
	100m:	1:20.34	42.48	300m:	4:19.97	45.83	500m:	7:22.22	45.71	700m:	10:26.47
	150m:	2:04.29	43.95	350m:	5:05.38	45.41	550m:	8:08.19	45.97	750m:	11:12.30
	200m:	2:49.28	44.99	400m:	5:51.01	45.63	600m:	8:54.24	46.05	800m:	11:56.53



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Programmanr. 16, Dames, 800m vrije slag, Masters 50+

rang	naam	vereniging						tijd	RT	PARA
7.	Cherry Bas-Ott	DAW	NED	197100464				12:38.30	+0.76	
	50m: 42.23	42.23	250m: 3:53.64	48.37	450m: 7:05.57	47.83	650m: 10:18.85	48.21		
	100m: 1:28.65	46.42	300m: 4:41.75	48.11	500m: 7:53.97	48.40	700m: 11:06.51	47.66		
	150m: 2:17.08	48.43	350m: 5:29.59	47.84	550m: 8:42.53	48.56	750m: 11:54.27	47.76		
	200m: 3:05.27	48.19	400m: 6:17.74	48.15	600m: 9:30.64	48.11	800m: 12:38.30	44.03		
8.	Kathy Van Lindt	Cercle De Natation Sportcity WolBEL	CNSW/007949/71					13:25.27	+0.98	
	50m: 46.32	46.32	250m: 4:12.69	50.94	450m: 7:35.56	49.77	650m: 10:58.48	50.17		
	100m: 1:37.81	51.49	300m: 5:04.47	51.78	500m: 8:26.21	50.65	700m: 11:48.58	50.10		
	150m: 2:29.26	51.45	350m: 5:54.67	50.20	550m: 9:16.91	50.70	750m: 12:37.37	48.79		
	200m: 3:21.75	52.49	400m: 6:45.79	51.12	600m: 10:08.31	51.40	800m: 13:25.27	47.90		
9.	Annet Kootstra	SWOL 1894	NED	197100344				13:32.67	+0.87	
	50m: 43.89	43.89	250m: 4:06.11	51.29	450m: 7:33.50	52.20	650m: 11:00.53	51.60		
	100m: 1:32.94	49.05	300m: 4:57.78	51.67	500m: 8:25.64	52.14	700m: 11:52.21	51.68		
	150m: 2:23.85	50.91	350m: 5:49.72	51.94	550m: 9:17.72	52.08	750m: 12:43.35	51.14		
	200m: 3:14.82	50.97	400m: 6:41.30	51.58	600m: 10:08.93	51.21	800m: 13:32.67	49.32		
10.	Annette Spies *200m, 800m	Link	NED	197001110				13:42.74	+0.74	
	50m: 44.92	44.92	250m: 4:07.35	50.79	450m: 7:38.06	52.79	650m: 11:08.02	52.28		
	100m: 1:34.44	49.52	300m: 4:59.70	52.35	500m: 8:30.94	52.88	700m: 12:00.45	52.43		
	150m: 2:25.46	51.02	350m: 5:51.96	52.26	550m: 9:23.15	52.21	750m: 12:53.23	52.78		
	200m: 3:16.56	51.10	400m: 6:45.27	53.31	600m: 10:15.74	52.59	800m: 13:42.74	49.51		
11.	Britta Fritz	SC Janus Köln	GER	262038				13:53.78	+0.92	
	50m: 47.16	47.16	250m: 4:12.37	51.90	450m: 7:42.19	52.80	650m: 11:17.03	53.32		
	100m: 1:38.12	50.96	300m: 5:04.35	51.98	500m: 8:35.93	53.74	700m: 12:10.54	53.51		
	150m: 2:28.65	50.53	350m: 5:56.71	52.36	550m: 9:28.92	52.99	750m: 13:02.86	52.32		
	200m: 3:20.47	51.82	400m: 6:49.39	52.68	600m: 10:23.71	54.79	800m: 13:53.78	50.92		

Masters 55+

1.	Claudia Thielemann	SG Bayer	GER	333958				10:24.44	+0.76	
	50m: 35.91	35.91	250m: 3:13.59	39.62	450m: 5:51.44	39.36	650m: 8:28.03	39.27		
	100m: 1:14.92	39.01	300m: 3:52.91	39.32	500m: 6:30.56	39.12	700m: 9:07.12	39.09		
	150m: 1:54.51	39.59	350m: 4:32.39	39.48	550m: 7:09.64	39.08	750m: 9:46.39	39.27		
	200m: 2:33.97	39.46	400m: 5:12.08	39.69	600m: 7:48.76	39.12	800m: 10:24.44	38.05		
2.	Iris van Aurich	DWK	NED	196900866				11:54.53	+0.68	
	50m: 39.68	39.68	250m: 3:38.27	44.93	450m: 6:41.24	46.08	650m: 9:43.72	45.23		
	100m: 1:24.23	44.55	300m: 4:23.41	45.14	500m: 7:27.26	46.02	700m: 10:28.48	44.76		
	150m: 2:09.40	45.17	350m: 5:09.62	46.21	550m: 8:13.88	46.62	750m: 11:13.68	45.20		
	200m: 2:53.34	43.94	400m: 5:55.16	45.54	600m: 8:58.49	44.61	800m: 11:54.53	40.85		
3.	Laura Staal	Oceanus	NED	196700358				12:13.16	+0.73	
	50m: 41.17	41.17	250m: 3:44.72	46.54	450m: 6:51.23	46.48	650m: 9:56.57	46.31		
	100m: 1:26.03	44.86	300m: 4:31.47	46.75	500m: 7:37.82	46.59	700m: 10:43.15	46.58		
	150m: 2:11.31	45.28	350m: 5:17.84	46.37	550m: 8:23.77	45.95	750m: 11:28.95	45.80		
	200m: 2:58.18	46.87	400m: 6:04.75	46.91	600m: 9:10.26	46.49	800m: 12:13.16	44.21		
4.	Anita Steijger	WVZ	NED	196500628				12:54.55	+0.91	
	50m: 43.04	43.04	250m: 3:54.49	48.63	450m: 7:11.53	48.86	650m: 10:28.84	49.15		
	100m: 1:30.05	47.01	300m: 4:43.63	49.14	500m: 8:01.18	49.65	700m: 11:18.09	49.25		
	150m: 2:17.54	47.49	350m: 5:33.11	49.48	550m: 8:50.42	49.24	750m: 12:06.98	48.89		
	200m: 3:05.86	48.32	400m: 6:22.67	49.56	600m: 9:39.69	49.27	800m: 12:54.55	47.57		

Masters 60+

1.	Wilna Heijman	Steenwijk 1934	NED	196400506				11:44.37	+0.73	
	50m: 39.34	39.34	250m: 3:35.20	44.10	450m: 6:33.57	44.59	650m: 9:32.73	44.37		
	100m: 1:22.79	43.45	300m: 4:20.15	44.95	500m: 7:18.38	44.81	700m: 10:17.64	44.91		
	150m: 2:06.64	43.85	350m: 5:04.35	44.20	550m: 8:03.02	44.64	750m: 11:01.74	44.10		
	200m: 2:51.10	44.46	400m: 5:48.98	44.63	600m: 8:48.36	45.34	800m: 11:44.37	42.63		
2.	Katrin Pennings	PSV	NED	196400570				11:48.03	+0.73	
	50m: 37.51	37.51	250m: 3:35.06	45.01	450m: 6:35.00	45.16	650m: 9:36.04	45.13		
	100m: 1:20.43	42.92	300m: 4:20.14	45.08	500m: 7:20.31	45.31	700m: 10:21.07	45.03		
	150m: 2:05.03	44.60	350m: 5:04.92	44.78	550m: 8:05.65	45.34	750m: 11:05.21	44.14		
	200m: 2:50.05	45.02	400m: 5:49.84	44.92	600m: 8:50.91	45.26	800m: 11:48.03	42.82		
3.	P. Tossings-van de Hooven	GZC DONK	NED	196100376				12:22.29	+0.92	
	50m: 41.97	41.97	250m: 3:47.73	47.00	450m: 6:56.58	46.94	650m: 10:04.65	47.18		
	100m: 1:27.97	46.00	300m: 4:35.33	47.60	500m: 7:43.68	47.10	700m: 10:51.86	47.21		
	150m: 2:13.89	45.92	350m: 5:22.19	46.86	550m: 8:30.49	46.81	750m: 11:38.34	46.48		
	200m: 3:00.73	46.84	400m: 6:09.64	47.45	600m: 9:17.47	46.98	800m: 12:22.29	43.95		



Open Nederlandse Masters
Kampioenschappen 2024 lange baan
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Programmanr. 16, Dames, 800m vrije slag, Masters 60+

rang	naam	vereniging	tijd	RT	PARA
4.	Erica Muller	De Geul	14:20.34	+0.77	
	50m: 48.68	250m: 4:24.63	450m: 8:02.41	650m: 11:40.43	54.86
	100m: 1:42.25	300m: 5:18.95	500m: 8:56.71	700m: 12:34.58	54.15
	150m: 2:36.34	350m: 6:13.52	550m: 9:51.38	750m: 13:29.30	54.72
	200m: 3:30.46	400m: 7:08.13	600m: 10:45.57	800m: 14:20.34	51.04
5.	Kirsten Stamer	SC Janus Köln	14:27.01		
	50m: 46.68	250m: 4:19.66	450m: 7:59.04	650m: 11:40.71	55.12
	100m: 1:38.25	300m: 5:14.80	500m: 8:54.67	700m: 12:36.83	56.12
	150m: 2:30.48	350m: 6:08.92	550m: 9:49.70	750m: 13:32.70	55.87
	200m: 3:24.90	400m: 7:03.89	600m: 10:45.59	800m: 14:27.01	54.31

Masters 65+

1.	Esther van Lohuizen	PSV	11:36.25	+0.79	
	<i>Nederlands Masters Record</i>				
	50m: 38.97	250m: 3:36.85	450m: 6:34.76	650m: 9:31.04	44.19
	100m: 1:22.10	300m: 4:20.90	500m: 7:18.70	700m: 10:14.58	43.54
	150m: 2:07.42	350m: 5:05.94	550m: 8:03.12	750m: 10:57.55	42.97
	200m: 2:51.52	400m: 5:49.87	600m: 8:46.85	800m: 11:36.25	38.70
2.	Patty Verhagen	PSV	12:23.60	+0.89	
	50m: 43.77	250m: 3:49.69	450m: 6:58.11	650m: 10:05.50	46.64
	100m: 1:29.48	300m: 4:36.87	500m: 7:45.06	700m: 10:52.23	46.73
	150m: 2:16.02	350m: 5:23.73	550m: 8:31.86	750m: 11:38.82	46.59
	200m: 3:03.07	400m: 6:10.93	600m: 9:18.86	800m: 12:23.60	44.78
3.	Linda Wibbelink	Steenwijk 1934	13:21.25	+0.87	
	50m: 44.33	250m: 4:04.89	450m: 7:30.58	650m: 10:52.85	50.54
	100m: 1:33.62	300m: 4:56.29	500m: 8:20.39	700m: 11:43.13	50.28
	150m: 2:23.78	350m: 5:47.51	550m: 9:11.23	750m: 12:33.45	50.32
	200m: 3:14.25	400m: 6:38.73	600m: 10:02.31	800m: 13:21.25	47.80
4.	Hannie Poletiek	TriVia	14:20.16	+1.04	
	50m: 47.11	250m: 4:21.45	450m: 8:01.11	650m: 11:40.95	54.36
	100m: 1:38.96	300m: 5:17.16	500m: 8:56.18	700m: 12:35.29	54.34
	150m: 2:32.64	350m: 6:11.28	550m: 9:51.36	750m: 13:28.89	53.60
	200m: 3:27.26	400m: 7:06.43	600m: 10:46.59	800m: 14:20.16	51.27

Masters 70+

1.	Ineke Weekers	PSV	12:26.48	+0.79	
	<i>Europees Masters Record</i>				
	50m: 43.37	250m: 3:52.72	450m: 7:00.86	650m: 10:08.26	47.14
	100m: 1:30.39	300m: 4:39.40	500m: 7:47.03	700m: 10:55.04	46.78
	150m: 2:17.77	350m: 5:26.37	550m: 8:34.47	750m: 11:42.22	47.18
	200m: 3:04.73	400m: 6:13.21	600m: 9:21.12	800m: 12:26.48	44.26
2.	Gonnie Bak	PSV	17:22.27	+0.95	
	50m: 56.47	250m: 5:17.65	450m: 9:40.31	650m: 14:07.67	1:07.16
	100m: 2:00.70	300m: 6:23.07	500m: 10:46.37	700m: 15:13.24	1:05.57
	150m: 3:06.80	350m: 7:29.26	550m: 11:54.48	750m: 16:18.59	1:05.35
	200m: 4:12.14	400m: 8:34.13	600m: 13:00.51	800m: 17:22.27	1:03.68

Programmanr. 17
04-05-2024 - 11:14

Heren, 400m wisselslag

Masters Open
Resultaten

rang	naam	vereniging	tijd	RT	PARA
Masters 20+					
1.	Guus Hoogduin	ZVL-1886 Center	5:01.49	+0.70	
	50m: 29.66	150m: 1:43.18	250m: 3:05.04	350m: 4:26.54	37.14
	100m: 1:03.87	200m: 2:21.46	300m: 3:49.40	400m: 5:01.49	34.95
2.	Tom Balsen Versteeg	De Warande	5:13.57	+0.61	
	50m: 30.44	150m: 1:48.66	250m: 3:16.04	350m: 4:37.97	36.02
	100m: 1:07.11	200m: 2:31.23	300m: 4:01.95	400m: 5:13.57	35.60



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Programmanr. 17, Heren, 400m wisselslag

Masters 25+

1.	Nicko Kamphuis		De Warande		NED	199900887	4:50.97			+0.60		
	50m:	29.26	29.26	150m:	1:43.90	39.68	250m:	3:03.94	40.91	350m:	4:19.92	34.21
	100m:	1:04.22	34.96	200m:	2:23.03	39.13	300m:	3:45.71	41.77	400m:	4:50.97	31.05
2.	Bas van Tintelen		OZ&PC		NED	199800455	5:29.55			+0.79		
	50m:	33.62	33.62	150m:	1:57.41	44.23	250m:	3:28.43	49.02	350m:	4:54.43	37.68
	100m:	1:13.18	39.56	200m:	2:39.41	42.00	300m:	4:16.75	48.32	400m:	5:29.55	35.12
3.	Koen Wijnands		Patrick-De Roersoppers (SG)		NED	199800247	5:39.18			+0.70		
	50m:	31.90	31.90	150m:	1:58.39	46.56	250m:	3:32.32	49.26	350m:	5:01.45	39.75
	100m:	1:11.83	39.93	200m:	2:43.06	44.67	300m:	4:21.70	49.38	400m:	5:39.18	37.73
4.	Patrick Wyrdean		Westland Swimming Stars		NED	199702475	5:48.67			+0.73		
	50m:	34.84	34.84	150m:	2:05.15	46.01	250m:	3:40.47	51.14	350m:	5:10.98	39.50
	100m:	1:19.14	44.30	200m:	2:49.33	44.18	300m:	4:31.48	51.01	400m:	5:48.67	37.69

Masters 30+

1.	Mike Schel			ESCA Zwemmen			NED	199403279	5:13.62			+0.73			
	50m:	31.05	31.05	150m:	1:53.24	42.13			250m:	3:18.80	46.12		350m:	4:39.79	35.26
	100m:	1:11.11	40.06	200m:	2:32.68	39.44			300m:	4:04.53	45.73		400m:	5:13.62	33.83
2.	Tim Bunnik			Triton			NED	199000505	5:21.38			+0.80			
	50m:	33.28	33.28	150m:	1:54.31	41.58			250m:	3:22.21	47.29		350m:	4:46.75	35.40
	100m:	1:12.73	39.45	200m:	2:34.92	40.61			300m:	4:11.35	49.14		400m:	5:21.38	34.63
3.	Patrick Creemers			Patrick-De Roersoppers (SG)			NED	199000579	5:25.97			+0.78			
	50m:	34.23	34.23	150m:	2:03.60	44.52			250m:	3:32.01	44.68		350m:	4:51.76	35.65
	100m:	1:19.08	44.85	200m:	2:47.33	43.73			300m:	4:16.11	44.10		400m:	5:25.97	34.21
4.	Jeroen Matthijssen			AZC			NED	199103751	5:38.13			+0.63			
	50m:	31.03	31.03	150m:	1:52.69	42.44			250m:	3:27.12	51.52		350m:	5:01.20	40.30
	100m:	1:10.25	39.22	200m:	2:35.60	42.91			300m:	4:20.90	53.78		400m:	5:38.13	36.93

Masters 35+

1.	Yuri van Omme	Zwemvereniging Hoogland			NED	198501887		5:21.62	+0.82	
	50m: 33.86	33.86	150m: 1:57.77	42.97	250m: 3:22.81	42.80	350m: 4:44.34	37.78		
	100m: 1:14.80	40.94	200m: 2:40.01	42.24	300m: 4:06.56	43.75	400m: 5:21.62	37.28		
2.	Martijn Giezen	ZPC AMERSFOORT			NED	198500813		5:45.34	+0.80	
	50m: 33.53	33.53	150m: 2:03.02	45.53	250m: 3:36.46	49.81	350m: 5:06.18	40.31		
	100m: 1:17.49	43.96	200m: 2:46.65	43.63	300m: 4:25.87	49.41	400m: 5:45.34	39.16		
3.	Wessel Everloo	WS Twente			NED	198906597	SM14	6:00.19	+0.85	534
	50m: 37.16	37.16	150m: 2:10.23	46.13	250m: 3:47.29	53.55	350m: 5:23.02	40.16		
	100m: 1:24.10	46.94	200m: 2:53.74	43.51	300m: 4:42.86	55.57	400m: 6:00.19	37.17		

Masters 40+

1.	Rob van Vliet		ZPC AMERSFOORT		NED	198402459		5:27.18	+0.83			
	50m:	33.34	33.34	150m:	1:57.85	43.86	250m:	3:25.78	45.58	350m:	4:49.86	37.78
	100m:	1:13.99	40.65	200m:	2:40.20	42.35	300m:	4:12.08	46.30	400m:	5:27.18	37.32
2.	Frank v.d. Voordt		De Schoteijl		NED	198302259		5:28.63	+0.76			
	50m:	32.96	32.96	150m:	1:55.39	43.68	250m:	3:25.88	48.03	350m:	4:51.62	38.04
	100m:	1:11.71	38.75	200m:	2:37.85	42.46	300m:	4:13.58	47.70	400m:	5:28.63	37.01
3.	Kristiaan Lenos		ZVL-1886 Center		NED	198301331		5:31.23	+0.74			
	50m:	32.56	32.56	150m:	1:55.50	44.54	250m:	3:26.51	46.58	350m:	4:52.95	38.86
	100m:	1:10.96	38.40	200m:	2:39.93	44.43	300m:	4:14.09	47.58	400m:	5:31.23	38.28
4.	Luc Steijvers		ZVL-1886 Center		NED	198201661		6:00.70	+0.77			
	50m:	34.80	34.80	150m:	2:08.57	49.39	250m:	3:47.36	50.50	350m:	5:20.04	41.84
	100m:	1:19.18	44.38	200m:	2:56.86	48.29	300m:	4:38.20	50.84	400m:	6:00.70	40.66
5.	Rob van Wanrooy		Feijenoord Albion Zwemclub		NED	198202627		6:19.78	+0.82			
	50m:	40.51	40.51	150m:	2:18.87	47.46	250m:	4:00.43	53.48	350m:	5:36.84	41.20
	100m:	1:31.41	50.90	200m:	3:06.95	48.08	300m:	4:55.64	55.21	400m:	6:19.78	42.94

Masters 45+

1.	Mark Hensen	Niemo Barracuda			NED	197900497	5:14.28		+0.84			
	50m:	31.04	31.04	150m:	1:48.21	40.87	250m:	3:14.19	46.35	350m:	4:37.77	37.21
	100m:	1:07.34	36.30	200m:	2:27.84	39.63	300m:	4:00.56	46.37	400m:	5:14.28	36.51



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Programmanr. 17, Heren, 400m wisselslag, Masters 45+

rang	naam	vereniging						tijd		RT	PARA
2.	Dennis Brouwers	HZPC		NED		197800167		5:20.34		+0.80	
	50m:	34.88	34.88	150m:	1:56.84	38.78	250m:	3:21.38	46.80	35.97	
	100m:	1:18.06	43.18	200m:	2:34.58	37.74	300m:	4:08.56	47.18	35.81	
3.	Vincent Versteeg	Zwemlust- den Hommel		NED		197701003		5:22.81		+0.76	
	50m:	34.68	34.68	150m:	1:59.31	42.81	250m:	3:25.48	43.64	36.43	
	100m:	1:16.50	41.82	200m:	2:41.84	42.53	300m:	4:10.56	45.08	35.82	

Masters 50+

1.	Bruno Nahon	Cercle De Natation Sportcity WolBEL				CNSW/000390/70				6:05.32		
	50m:	39.05	39.05	150m:	2:14.59	46.48	250m:	3:52.20	52.08	350m:	5:26.32	39.79
	100m:	1:28.11	49.06	200m:	3:00.12	45.53	300m:	4:46.53	54.33	400m:	6:05.32	39.00

Masters 55+

1.	Erlend Alstad			Oslo I.L.			NOR				5:33.88	+0.82
	50m:	34.36	34.36	150m:	2:01.36	46.24	250m:	3:30.92	46.29	350m:	4:56.64	38.28
	100m:	1:15.12	40.76	200m:	2:44.63	43.27	300m:	4:18.36	47.44	400m:	5:33.88	37.24
2.	Hugues Herman			Cercle De Natation Sportcity WolBEL			CNSW/009743/66				5:55.35	+0.74
	50m:	39.12	39.12	150m:	2:12.24	46.18	250m:	3:49.37	51.86	350m:	5:19.75	38.68
	100m:	1:26.06	46.94	200m:	2:57.51	45.27	300m:	4:41.07	51.70	400m:	5:55.35	35.60
3.	Jan-Willem van den Berg			WVZ			NED	196801575			6:02.30	+0.76
	50m:	35.56	35.56	150m:	2:07.13	47.42	250m:	3:42.06	50.34	350m:	5:18.37	45.19
	100m:	1:19.71	44.15	200m:	2:51.72	44.59	300m:	4:33.18	51.12	400m:	6:02.30	43.93
4.	Eymert van Rooij			PSV			NED	196601631			6:18.21	+0.82
	50m:	40.24	40.24	150m:	2:17.42	48.32	250m:	3:58.64	53.54	350m:	5:36.14	43.00
	100m:	1:29.10	48.86	200m:	3:05.10	47.68	300m:	4:53.14	54.50	400m:	6:18.21	42.07

Masters 60+

1.	Rob Spetter	De Rog		NED		196201239		6:23.88		+0.81		
	50m:	43.71	43.71	150m:	2:22.81	48.07	250m:	4:06.35	56.28	350m:	5:43.76	40.06
	100m:	1:34.74	51.03	200m:	3:10.07	47.26	300m:	5:03.70	57.35	400m:	6:23.88	40.12
2.	Ronald Grove	Triton		NED		196100161		6:39.25		+0.82		
	50m:	40.75	40.75	150m:	2:27.76	54.42	250m:	4:16.03	53.85	350m:	5:55.55	43.68
	100m:	1:33.34	52.59	200m:	3:22.18	54.42	300m:	5:11.87	55.84	400m:	6:39.25	43.70

Masters 65+

1.	Paul Bunnik	Triton				NED	195600413	7:17.70		+0.80
	50m:	41.00	41.00	150m:	2:38.98	1:04.30	250m:	4:40.90	1:02.07	45.77
	100m:	1:34.68	53.68	200m:	3:38.83	59.85	300m:	5:44.57	1:03.67	47.36

Masters 80+

1.	Rob Hanou			PSV			NED			194300109			9:38.55		+1.12
	Nederlands Masters Record														
	50m:	1:14.00	1:14.00	150m:	3:57.42	1:12.94	250m:	6:23.28	1:14.87	350m:	8:38.91	1:01.51			
	100m:	2:44.48	1:30.48	200m:	5:08.41	1:10.99	300m:	7:37.40	1:14.12	400m:	9:38.55	59.64			



Open Nederlandse Masters
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Eindhoven, 2-5 mei 2024



Programmanr. 18
04-05-2024 - 11:42

4 x 100m vrije slag

Masters Open
Resultaten

rang	vereniging				tijd		RT	PARA
80+, Heren								
1.	Poseidon'56 1	Poseidon'56		NED	3:47.43		+0.66	
	Gerard Willighagen	+0.66	26.64	55.60	Ryan van den Ouden	+0.35	25.72	55.13
	Sam Beer	+0.45	28.11	1:00.56	Erik van Gemert	+0.44	26.83	56.14
2.	HZ&PC Heerenveen 1	HZ&PC Heerenveen		NED	3:52.84		+0.68	
	Jorian Darwinkel	+0.68	26.94	56.09	Remco Dijkstra	+0.30	27.13	57.81
	Rob van Wier	+0.43	28.96	1:01.34	Richard Kuipers	+0.42	26.57	57.60
3.	Bubble 1	Bubble		NED	3:53.60		+0.66	
	Hendrik Broekema	+0.66	27.28	57.29	Jorrik Kerdijk	+0.39	28.35	1:00.69
	Tim Speijer	+0.39	26.61	55.84	Kevin Vermeulen	+0.37	27.88	59.78
4.	MSV-Zeemacht 2	MSV-Zeemacht		NED	3:59.33		+0.67	
	Jordi de Nijs	+0.67	27.17	57.84	Collin Schouten	+0.29	29.21	1:01.31
	Boyd Wijkman	+0.40	27.79	1:00.00	Mees Minneboo	+0.45	27.04	1:00.18
5.	ZOB'66 2	ZOB'66		NED	4:08.52		+0.72	
	Boaz Troost	+0.72	29.88	1:04.66	Julian Mes	+0.43	28.31	1:00.56
	Jaimy Voogt	+0.19	29.57	1:03.81	Nino van Krimpen	+0.36	28.04	59.49

100+, Heren

1.	De Warande 1	De Warande	NED	3:46.82		+0.59	
	Tom Balsen Versteeg	+0.59 27.44 56.58	Craig Frankum	+0.33 27.88	59.77		
	Marijn in 't Veld	+0.36 26.34 56.97	Nicko Kamphuis	+0.42 25.68	53.50		
2.	ZV Hoogland 1	Zwemvereniging Hoogland	NED	3:51.30		+0.64	
	Bas Dries	+0.64 25.01 54.33	Jeffrey Roest	+0.29 28.18	58.77		
	Yuri van Omme	+0.35 28.91 1:00.93	Kevin Roest	+0.32 27.28	57.27		
3.	ESCA Zwemmen 2	ESCA Zwemmen	NED	4:08.74		+0.71	
	Mees Laar	+0.71 28.98 1:01.45	Wessel Haverkamp	+0.22 27.60	59.40		
	Job Esink	+0.31 31.89 1:07.85	Mike Schel	+0.29 28.03	1:00.04		

120+, Heren

1.	DAW 1	DAW	NED	3:49.86		+0.69	
	Luc Mul	+0.69 25.58 53.31	Alex Damen	+0.47 28.84	1:01.03		
	Paul Oudendijk	+0.56 29.66 1:03.26	Felix Geenen	+0.30 24.60	52.26		
2.	ESCA Zwemmen 3	ESCA Zwemmen	NED	3:50.71		+0.72	
	Jurre Stammes	+0.72 27.49 57.28	Tim de Vrugt	+0.41 27.71	58.97		
	Sander de Vrugt	+0.29 27.45 57.64	Peter Rothengatter	+0.37 27.29	56.82		
3.	Zuiderzeezwemmers 1	Zuiderzeezwemmers	NED	4:00.43		+0.76	
	Bram van Heuven	+0.76 27.89 58.56	Ilmar Stoop	+0.59 28.05	59.12		
	Gerko Versluis	+0.31 29.76 1:04.65	Jarick Stoop	+0.10 27.28	58.10		
4.	De Schoteijl 1	De Schoteijl	NED	4:03.16		+0.68	
	Jacob Mackloet	+0.68 27.17 56.81	Frank v.d. Voordt	+0.61 30.99	1:04.52		
	Niels Albrechts	+0.36 29.86 1:02.27	David Kievit	+0.33 28.10	59.56		
5.	Niemo Barracuda 2	Niemo Barracuda	NED	4:06.90		+0.82	
	Mark Hensen	+0.82 28.24 58.84	Robin van Beusekom	+0.38 30.02	1:03.46		
	Thomas Hesper	+0.49 29.59 1:02.58	Dennis Dortland	+0.42 29.78	1:02.02		
6.	PSV 7	PSV	NED	4:23.80		+0.63	
	Basem Rashed	+0.63 31.98 1:10.48	Andrea Guzzon	29.41	1:02.90		
	Harold Matla	34.04 1:11.30	Bas van den Akker	28.12	59.12		



Open Nederlandse Masters
Kampioenschappen 2024 lange baan
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Programmanr. 18, 4 x 100m vrije slag

160+, Heren

1. ZPCH 1	ZPCH	NED	3:57.97	+0.64
Thomas Vastenhout	+0.64 26.31 56.23	László Jüllich	+0.48 30.07 1:03.77	
Jasper van Heijst	+0.29 28.42 1:00.32	Ruud Holswilder	+0.15 27.74 57.65	
2. ZPC AMERSFOORT 2	ZPC AMERSFOORT	NED	4:01.73	+0.78
Martijn Bartels	+0.78 28.63 59.90	Johan Remmits	+0.32 30.11 1:03.68	
Erwin Buist	+0.30 28.83 1:01.45	Jelle Blankestijn	+0.31 26.80 56.70	
3. ZOB'66 3	ZOB'66	NED	4:18.60	+0.73
Ferry Blangé	+0.73 29.92 1:05.17	Pascal Tourton	+0.26 32.33 1:07.17	
Ian van Mullem	+0.27 28.83 1:01.57	Ingmar de Gelder	+0.55 31.19 1:04.69	
4. ZVL-1886 Center 2	ZVL-1886 Center	NED	4:21.25	+0.73
Kristiaan Lenos	+0.73 28.97 59.72	Emiel Volker	+0.43 31.67 1:06.83	
Luc Steijvers	+0.28 29.67 1:03.47	Ingmar Kooman	+0.19 32.38 1:11.23	
5. Sassenheim 2	Sassenheim	NED	4:26.92	+0.74
Wesley van der Luit	+0.74 30.60 1:02.18	Frank van Nobelen	+0.29 32.23 1:06.94	
Bogdan Androne	+0.47 33.41 1:10.70	Arjan Buijsse	+0.49 31.09 1:07.10	
6. Patrick-De Roersoppers (SG) 1	Patrick-De Roersoppers (SG)	NED	4:27.00	+0.84
Eric Dumas	+0.84 34.81 1:14.69	Patrick Creemers	+0.23 29.18 59.54	
Arno Schrauwen	+0.24 34.17 1:12.70	Mike Jansen	+0.18 28.19 1:00.07	
7. PSV 9	PSV	NED	4:32.11	+0.80
Mark Godwaldt	+0.80 32.50 1:08.58	Arne-Willem Kroonen	+0.40 30.30 1:06.13	
Remco van der Graaf	+0.48 31.50 1:05.37	Tom Bandsma	+0.82 32.92 1:12.03	

200+, Heren

1. Oslo I.L. 1	Oslo I.L.	NOR	3:55.83	+0.82
<i>Norwegian Masters Record</i>				
Øivind Martin Hasle	+0.82 27.31 56.23	Jarl Inge Melberg	+0.23 27.58 58.89	
Håkon Skaarud Karlsen	+0.13 26.92 57.04	Erlend Alstad	+0.37 30.71 1:03.67	
2. De Rog 2	De Rog	NED	4:47.78	+0.93
Roy Le Clercq	+0.93 35.01 1:14.94	Mark Kuin	+0.31 32.40 1:11.17	
Wijnand Vergeest	+0.63 34.69 1:12.57	Arjan Verheij	+0.51 32.58 1:09.10	

240+, Heren

1. De Rog 1	De Rog	NED	4:28.38	+0.80
Erik Kamphuis	+0.80 33.99 1:08.78	Peter Bernsen	30.53 1:03.28	
Rob Spetter	33.90 1:10.70	Glen Le Clercq	30.86 1:05.62	
2. PSV 8	PSV	NED	4:53.64	+0.77
Soan Thung	+0.77 31.42 1:06.43	Menno Lomans	+0.57 36.33 1:15.85	
André Pantekoek	+0.62 39.75 1:23.45	Eymert van Rooij	+0.53 32.84 1:07.91	
3. AZC 2	AZC	NED	5:29.30	+0.90
Peter Bootsma	+0.90 37.69 1:18.08	Michael Go	+0.51 34.37 1:14.36	
Wim de Lange	+0.54 36.54 1:18.42	Geza Kaltenecker	+0.68 46.83 1:38.44	

280+, Heren

1. SWOL 1894 3	SWOL 1894	NED	5:48.56	+0.85
Jappie Kuiper	+0.85 38.31 1:24.02	Rob Berkhof	+0.62 44.90 1:34.95	
Be van der Ziel	+0.66 44.21 1:33.05	Harry Dokter	+0.43 35.95 1:16.54	

80+, Dames

1. Hieronymus 1	Hieronymus	NED	4:07.97	+0.70
Nadja Roovers	+0.70 29.89 1:02.46	Roos Englebert	+0.35 30.03 1:02.27	
Christel Brugmans	+0.30 29.70 1:02.70	Selene Wortel	+0.27 29.00 1:00.54	
2. HZ&PC Heerenveen 2	HZ&PC Heerenveen	NED	4:16.02	+0.71
Leonie van Wier	+0.71 30.08 1:03.03	Lianne van Wier	+0.43 29.80 1:03.45	
Simone Mus	+0.33 30.58 1:05.09	Inge Dekker	+0.45 30.46 1:04.45	
3. Nederweert 1	Nederweert	NED	4:20.35	+0.70
Danique Klomp	+0.70 30.04 1:04.17	Tamara Bloemers	+0.54 30.12 1:06.78	
Femke de Wit	+0.44 30.76 1:05.91	Dyonne Klomp	+0.38 29.32 1:03.49	



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Programmanr. 18, Dames, 4 x 100m vrije slag, 80+

rang	vereniging	tijd	RT	PARA
4. ESCA Zwemmen 1	ESCA Zwemmen	4:30.78	+0.74	
Moniek van Langevelde	+0.74 30.05 1:03.08	34.01	1:13.38	
Sanne Landman	30.89 1:06.16	31.96	1:08.16	
5. Bubble 2	Bubble	4:31.37	+0.84	
Marieke Speijer	+0.84 35.45 1:16.67	+0.70 29.33	1:02.23	
Esmee Kloezen	+0.51 31.46 1:07.74	+0.31 30.10	1:04.73	
6. ZPC AMERSFOORT 3	ZPC AMERSFOORT	4:36.34	+0.90	
Jisca Majolée	+0.90 32.66 1:09.41	+0.50 31.77	1:08.57	
Lotte Eising	+0.26 32.10 1:10.61	+0.41 32.10	1:07.75	

100+, Dames

1. Nuenen 1	Nuenen	4:06.68	+0.73	
Susan Teijken	+0.73 30.02 1:02.93	+0.44 29.52	1:02.15	
Robin Goossens	+0.17 28.80 1:00.51	+0.18 29.12	1:01.09	
2. Niemo Barracuda 3	Niemo Barracuda	4:26.69	+0.74	
Robin Pienaar	+0.74 29.54 1:02.82	+0.39 30.74	1:03.80	
Marijke Komers	+0.36 32.68 1:09.61	+0.38 32.81	1:10.46	
3. ZOB'66 1	ZOB'66	4:31.60	+0.74	
Rozemarijn van Haaff	+0.74 30.73 1:05.18	+0.27 32.23	1:08.42	
Nina Tourton	+0.33 32.94 1:10.28	+0.44 32.45	1:07.72	
4. De Duck 1	De Duck	4:34.03	+0.71	
Marcella van der Ent	+0.71 30.15 1:07.40	33.69	1:11.34	
Leontine Groeneveldt	32.97 1:10.09	31.13	1:05.20	
5. Zuiderzeewimmers 2	Zuiderzeewimmers	4:34.89	+0.69	
Annemarie ten Have	+0.69 32.42 1:09.80	+0.49 32.78	1:09.21	
Dagmar Kruik	+0.35 32.60 1:07.36	+0.30 32.55	1:08.52	
6. PSV 4	PSV	4:38.60	+0.70	
Fiona Meuffels	+0.70 31.45 1:06.33	+0.23 34.09	1:10.83	
Larissa Jansen	+0.45 32.70 1:09.06	+0.30 32.53	1:12.38	
7. TriVia 1	TriVia	4:45.73	+0.79	
Esther Kwebeman	+0.79 35.64 1:15.77	+0.22 32.94	1:11.12	
Ilse Kramer	+0.48 33.57 1:10.44	+0.28 32.16	1:08.40	
8. Neptunus'58 1	Neptunus'58	4:47.09	+0.81	
Sandra Schellekens	+0.81 35.72 1:14.36	+0.52 33.80	1:13.01	
Naomi Janssen	+0.47 34.64 1:12.93	+0.40 32.06	1:06.79	

120+, Dames

1. ACZ 1	ACZ	4:29.76	+0.70	
Carmen Lems	+0.70 30.81 1:05.92	32.73	1:08.10	
Carol Hollemans	31.38 1:07.82	32.26	1:07.92	
2. MSV-Zeemacht 1	MSV-Zeemacht	4:30.74	+0.85	
Amber van der Kruk	+0.85 30.35 1:04.83	+0.54 32.75	1:07.89	
Bianca Groot	+0.36 33.75 1:10.61	+0.35 31.25	1:07.41	
3. ZV Hoogland 2	Zwemvereniging Hoogland	4:48.86	+0.70	
Anne-Irene Ducheine	+0.70 32.37 1:07.99	+0.10 32.65	1:09.28	
Maaikje van Houten	+0.27 38.21 1:18.92	+0.55 34.18	1:12.67	
4. VZV Njord 2	VZV Njord	5:11.38	+0.59	
Renee de Kok-Meeusen	+0.59 35.11 1:15.17	+0.38 37.12	1:18.29	
Annelieke Verriet	+0.57 40.58 1:25.20	+0.39 34.21	1:12.72	

160+, Dames

1. Sassenheim 3	Sassenheim	4:54.02	+0.61	
Marianne de Bruin	+0.61 35.21 1:12.67	+0.37 33.96	1:13.59	
Yvonne van Nobelen - Kampschreur	+0.25 36.96 1:19.76	+0.32 32.33	1:08.00	
2. De Rog 3	De Rog	5:26.37	+0.84	
Karin Vermeer	+0.84 41.73 1:28.32	+0.55 37.78	1:18.30	
Sandra Van der Helm	+0.62 43.02 1:29.13	+0.71 32.87	1:10.62	



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Programmanr. 18, 4 x 100m vrije slag

200+, Dames

1.	PSV 3 <i>Nederlands Masters Record, voor startzwemster</i>	PSV	NED	4:28.42	+0.81
	Kirsten Cameron	+0.81 31.37 1:03.28	Jeanne Petit	+0.47 33.85 1:11.24	
	Liselotte Joling	+0.54 32.72 1:08.48	Carla Geurts	+0.36 31.00 1:05.42	
2.	PSV 10	PSV	NED	4:55.62	+0.64
	Jenny Schouten	+0.64 31.07 1:04.17	Gudule van der Meer	+0.52 33.25 1:11.02	
	Jolanda van Gendt	+0.41 36.04 1:17.64	Patty Verhagen	40.59 1:22.79	
3.	LinK 1	LinK	NED	5:44.20	+0.89
	Annette Spies	+0.89 40.98 1:26.87	José Bodde	+0.20 43.03 1:27.97	
	Elise Kenworthy	+0.54 40.67 1:26.24	Ilonka van der Meer	+0.74 40.05 1:23.12	
DIS	De Geul 1 <i>AA - De start ingezet voor het startsignaal (en wel gezwommen).</i>	De Geul	NED		
	Marian Nederlof, Geerdien Meerwaldt, Marijke Campfens, Marcha Admiraal				

240+, Dames

1.	Steenwijk 1934 1	Steenwijk 1934	NED	5:55.65	+0.92
	Linda Wibbelink	+0.92 40.37 1:25.43	Wilma Heijman	+0.61 37.88 1:19.21	
	Inge Soeters	+0.58 46.05 1:35.69	Monica Bakker	+0.65 45.96 1:35.32	
2.	Cercle De Natation Sportcity WolCercle De Natation Sportcity WolBEL			5:56.90	+0.72
	Chiho Shoji	+0.72 36.05 1:15.39	Claire Anthony	+0.45 41.03 1:23.98	
	Kathy Van Lindt	+0.58 41.79 1:26.78	Fernande Blondeel-Gourmet	+0.54 53.62 1:50.75	

280+, Dames

1.	PSV 6	PSV	NED	7:20.83	+0.94
	Anje Manuputty	+0.94 47.93 1:42.13	Ineke Brouwers	+0.43 56.71 2:01.53	
	Carla Hensen	+0.90 47.86 1:41.73	Gonnie Bak	+0.64 52.66 1:55.44	

80+, Gemengd

1.	Zwemlust- den Hommel 1	Zwemlust- den Hommel	NED	3:58.57	+0.68
	Louis Kappler	+0.68 26.20 54.42	Sophie Stekelenburg	+0.33 29.81 1:03.41	
	Fayssal Lantema	+0.44 27.01 57.75	Manon Kloosterman	+0.36 29.57 1:02.99	
2.	ZVL-1886 Center 1	ZVL-1886 Center	NED	4:03.91	+0.68
	Guus Hoogduin	+0.68 27.96 59.31	Robin van Beek	+0.28 26.98 56.22	
	Silke Molendijk	+0.51 29.31 1:00.88	Lonneke Graansma	+0.45 31.56 1:07.50	
3.	De Columbiaan 1	De Columbiaan	NED	4:07.72	+0.76
	Daniëlle Vis	+0.76 31.90 1:08.03	Daan Hogerhuis	+0.46 25.23 53.54	
	Kim de Jong	+0.49 33.31 1:10.29	Bert Duivenvoorde	+0.54 26.42 55.86	
4.	De Amstel 1	De Amstel	NED	4:15.01	+0.82
	Iris Bastiaansen	+0.82 32.79 1:09.99	Owen Michels	+0.34 28.23 1:00.17	
	Iris van der Moolen	+0.39 32.19 1:08.06	Nick Sijmons	+0.40 26.33 56.79	
5.	Westland Swimming Stars 1	Westland Swimming Stars	NED	4:22.25	+0.69
	Nick Boekestijn	+0.69 29.05 1:00.24	Anouk van der Lans	+0.45 33.82 1:11.96	
	Patrick Wyrdean	+0.48 30.16 1:03.20	Kim de Jong	+0.42 31.31 1:06.85	

100+, Gemengd

1.	VZC 1 <i>Nederlands Masters Record, NMR voor startzwemster</i>	VZC	NED	3:52.06	+0.74
	Marjolein Delno	+0.74 28.78 58.83	Olaf Achterberg	+0.43 27.02 56.46	
	Jelle Nap	+0.53 26.69 56.07	Tess Panjer	+0.55 29.25 1:00.70	
2.	ZPC De Zeeuwse Kust 1	ZPC De Zeeuwse Kust	NED	4:05.97	+0.68
	Tom van Gils	+0.68 29.69 1:02.49	Eva van Elsen	+0.52 30.56 1:05.39	
	Babet de Voogd	+0.61 29.48 1:02.67	Kalle van Gemert	+0.34 26.01 55.42	
3.	De Gelenberg 1	De Gelenberg	NED	4:17.46	+0.57
	Lisa Brouwer	+0.57 34.88 1:14.22	Kim van Dongen	29.78 1:03.55	
	Roel van der Kruijs	28.83 1:00.75	Jochem Janssen	27.57 58.94	
4.	ZPC Woerden 1	ZPC Woerden	NED	4:18.54	+0.63
	Milan de Roo	+0.63 28.36 59.85	Daphne Dols	33.45 1:12.62	
	Ilse van den Wijngaard	32.43 1:08.45	Ian Terlouw	26.83 57.62	



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

rang	vereniging	tijd	RT	PARA
5.	SWOL 1894 4	4:21.52	+0.72	
	Lieke van Essen	+0.37 30.10	1:02.97	
	Beau Rijpers	+0.48 29.63	1:03.98	
6.	Patrick-De Roersoppers (SG) 2	4:21.56	+0.91	
	Pascalie Janssen	+0.41 27.73	58.31	
	Senna Bongartz	+0.34 27.26	57.01	
7.	De Rijn 1	4:28.50	+0.74	
	Vivian Gravemaker	32.61	1:11.35	
	Nienke Lammers	28.95	1:01.58	

120+, Gemengd

1.	WVZ 3 <i>Nederlands Masters Record</i>	WVZ	NED	3:54.62	+0.66
	Delia Badoux	+0.66 29.48	Jasper Breugem	+0.36 26.75	56.87
	Leonie van Noort	+0.46 28.62	Sander Kirillova	+0.15 26.26	55.95
2.	Niemo Barracuda 1	Niemo Barracuda	NED	3:56.51	+0.71
	Jeroen Baars	+0.71 25.22	Amber Hesper	+0.39 29.17	1:02.52
	Pascal van Haren	+0.36 27.36	Denise Boereboom	+0.32 29.38	1:02.91
3.	Poseidon'56 2	Poseidon'56	NED	4:08.76	+0.74
	Rianne Bresser	+0.74 31.35	Jim Geestman	+0.36 27.41	58.52
	Kelly de Jonge	+0.38 30.54	John Smit	+0.47 27.10	58.31
4.	ZPC AMERSFOORT 4	ZPC AMERSFOORT	NED	4:12.08	+0.62
	Tom van den Akker	+0.62 27.78	Marije Jansen	+0.25 30.02	1:04.56
	Marjan Remmits-de Lange	+0.31 33.50	Jelle Opmeer	+0.20 27.26	58.18
5.	Cercle De Natation Sportcity WolCercle De Natation Sportcity WolBEL			4:19.09	+0.74
	Joshua Da Silva Ferra	+0.74 28.32	Coralie Schoemans	+0.43 30.59	1:04.25
	Olivier Bresoux	+0.47 34.54	Stéphanie Schoemans	+0.11 29.59	1:02.64
6.	Steenwijk 1934 2	Steenwijk 1934	NED	4:19.71	+0.75
	Robert Braad	+0.75 29.04	Rick Driezen	+0.42 28.58	1:01.32
	Ageeth de Haan	+0.30 31.48	Getrude Corporaal	+0.59 33.40	1:10.38
7.	Aqua-Novio '94 1	Aqua-Novio '94	NED	4:21.18	+0.75
	Joey Papaioannou	+0.75 27.68	Steven Uijl	+0.30 26.89	58.07
	Petra Guijt	+0.14 34.38	Djamari Oetinger	+0.40 33.74	1:11.88
8.	AZC 1	AZC	NED	4:23.19	+0.68
	Jeroen Matthijssen	+0.68 27.69	Monique van Huizen	+0.45 32.29	1:08.05
	Jessica Braat	+0.38 33.26	Patrick Brouwer	+0.47 31.90	1:07.39
9.	De Duck 2	De Duck	NED	4:28.77	+0.78
	Judith Kleinjan	+0.78 34.40	Geraldine Trainor	35.15	1:13.43
	Ryan van der Sluijs	31.93	Jesper Oranje	26.71	55.70
10.	WVZ 4	WVZ	NED	4:30.14	+0.69
	Lauren van IJl	+0.69 30.75	Markus van Rest	+0.30 30.79	1:06.08
	Linda Hoogendam	+0.51 36.68	Jordy van Oel	+0.21 28.59	1:00.12
11.	Club Nautique Val de Fensch 1	Club Nautique Val de Fensch	FRA	4:43.86	+0.55
	Bénédicte Yax	+0.55 29.97	Lucie Terver	+0.42 32.92	1:08.50
	Xavier Schuster	+0.62 41.32	Jean Terver	+0.27 28.81	1:00.78

160+, Gemengd

1.	ZVVS 1	ZVVS	NED	4:37.94	+0.78
	Bas van den Nouwelant	+0.78 31.38	Nadya Putter	+0.59 32.96	1:09.61
	Karin Stein	+0.68 37.47	Bram Piederiet	+0.28 29.92	1:04.49
2.	HZ&PC Heerenveen 3	HZ&PC Heerenveen	NED	4:41.14	+0.71
	Romy Jalving	+0.71 33.25	Peggi Hurenkamp	+0.64 36.52	1:18.54
	Jan-Eggo Huininga	+0.60 31.15	Marten de Groot	+0.31 31.34	1:04.99
3.	DES 1	DES	NED	4:41.70	+0.69
	Bart Weiland	+0.69 27.38	Pieter-Sjoerd de Wijn	+0.03 34.53	1:12.93
	Louise Schets	+0.75 36.43	Anne Aarts	+0.44 33.78	1:11.75
4.	DWK 1	DWK	NED	4:55.08	+0.92
	Jennie Resink-lindeboom	+0.92 41.76	Lars Jacobsen	+0.50 29.68	1:03.03
	Martijn de Jong	+0.68 34.29	Iris van Aurich	+0.56 34.40	1:12.63
5.	ESCA Zwemmen 4	ESCA Zwemmen	NED	5:09.41	+0.85
	Wridzer Bakker	+0.85 33.61	Karin van der Star-Verhoeven	+0.16 37.13	1:18.95
	Irmgard van Weeghel	+0.55 37.45	Paul Rutten	+0.46 36.42	1:18.36



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Programmanr. 18, 4 x 100m vrije slag

200+, Gemengd

1.	ZPC AMERSFOORT 1	ZPC AMERSFOORT	NED	4:14.66	+0.75			
	Nederlands Masters Record, NMR voor startzwemmer							
	Chester Marsman	+0.75	28.14	59.31	Lesley Cordial	+0.38	31.98	1:08.49
	Lidia v. Bon-Rosenbrand	+0.21	31.31	1:06.28	Rob van Vliet	+0.23	28.42	1:00.58
2.	Cercle De Natation Sportcity WolCercle De Natation Sportcity WolBEL			4:26.40	+0.65			
	Nathalie Blondeel	+0.65	33.02	1:08.90	Martin Mikolas	+0.29	29.55	1:03.50
	Valérie Rolland	+0.44	34.12	1:10.84	Hugues Herman	+0.51	30.10	1:03.16
3.	De Biesboschzwemmers 3	De Biesboschzwemmers	NED	4:26.98	+0.93			
	Henri Verschoor	+0.93	31.29	1:06.72	Marjo Goelema-Koek		32.25	1:09.93
	Harry Cornet		29.51	1:01.96	Anne-Marie Verschoor-Vos		31.63	1:08.37
4.	Westland Swimming Stars 2	Westland Swimming Stars	NED	4:41.36	+1.04			
	Mark Nuijten	+1.04	35.36	1:13.58	Mirjan den Drijver	+0.20	34.71	1:13.36
	Pieter Broek	+0.73	30.62	1:04.24	Netty Burik-Geijssen	+0.25	33.26	1:10.18
5.	De Duinkikkers 1	De Duinkikkers	NED	4:56.68	+0.85			
	Robert de Brauwier	+0.85	33.62	1:12.34	Esther Poortvliet - Koedam	+0.82	33.78	1:11.08
	Mathieu Rikken	+0.28	33.16	1:10.17	Saskia op den Velde	+0.48	38.73	1:23.09
6.	Old Dutch 1	Old Dutch	NED	5:05.27	+1.13			
	Pieter Husslage	+1.13	43.02	1:28.27	Patricia Brooijmans	+0.66	33.30	1:09.27
	Adriaan Kop	+0.53	36.92	1:15.94	Chantal Verhoeff	+0.52	33.91	1:11.79

280+, Gemengd

1.	PSV 2	PSV		NED		5:32.19	+0.84	
	<i>Nederlands Masters Record</i>							
	Brend Brevé	+0.84	34.92	1:12.44	Katrin Pennings	+0.58	34.62	1:13.75
	Esther van Lohuizen	+0.50	35.24	1:12.92	Nic Geers	+0.65	55.49	1:53.08

320+, Gemengd

DIS	PSV 1	PSV	NED
	<i>AA - De start ingezet voor het startsignaal (en wel gezwommen).</i>		
	Corrie Verhoeven, Lottje Geurts, Jan Nuijten, Rob Hanou		