



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



6 - ONMK 2024 lb Sessie 6

05-05-2024 - 9:30

Programmanr. 29
05-05-2024 - 9:30

Heren, 800m vrije slag

Masters Open
Resultaten

rang	naam	vereniging				tijd				RT	PARA
Masters 20+											
1.	Guus Hoogduin	ZVL-1886 Center				NED	200201069	9:22.09		+0.71	
	50m: 30.68	30.68	250m: 2:49.73	35.31	450m: 5:12.92	35.76	650m: 7:37.02	35.76			
	100m: 1:04.82	34.14	300m: 3:25.10	35.37	500m: 5:48.89	35.97	700m: 8:13.02	36.00			
	150m: 1:39.55	34.73	350m: 4:01.36	36.26	550m: 6:25.12	36.23	750m: 8:48.45	35.43			
	200m: 2:14.42	34.87	400m: 4:37.16	35.80	600m: 7:01.26	36.14	800m: 9:22.09	33.64			
2.	Tom Balsen Versteeg	De Warande				NED	200005673	9:23.05		+0.59	
	50m: 30.23	30.23	250m: 2:52.06	36.23	450m: 5:17.62	36.21	650m: 7:41.82	35.67			
	100m: 1:04.61	34.38	300m: 3:28.26	36.20	500m: 5:53.67	36.05	700m: 8:16.76	34.94			
	150m: 1:40.00	35.39	350m: 4:04.79	36.53	550m: 6:29.89	36.22	750m: 8:51.39	34.63			
	200m: 2:15.83	35.83	400m: 4:41.41	36.62	600m: 7:06.15	36.26	800m: 9:23.05	31.66			
3.	Nathan Janssen	De Geul				NED	200401565	9:25.87		+0.66	
	50m: 30.42	30.42	250m: 2:50.58	35.35	450m: 5:14.16	35.99	650m: 7:39.48	36.21			
	100m: 1:04.98	34.56	300m: 3:26.20	35.62	500m: 5:50.75	36.59	700m: 8:15.81	36.33			
	150m: 1:39.91	34.93	350m: 4:02.05	35.85	550m: 6:26.73	35.98	750m: 8:51.19	35.38			
	200m: 2:15.23	35.32	400m: 4:38.17	36.12	600m: 7:03.27	36.54	800m: 9:25.87	34.68			
4.	Tenzin Tieman	Old Dutch				NED	200005549	9:50.09		+0.80	
	50m: 30.56	30.56	250m: 2:51.75	36.68	450m: 5:22.70	37.81	650m: 7:55.78	38.14			
	100m: 1:03.79	33.23	300m: 3:29.52	37.77	500m: 6:00.96	38.26	700m: 8:34.44	38.66			
	150m: 1:38.95	35.16	350m: 4:07.02	37.50	550m: 6:38.92	37.96	750m: 9:12.46	38.02			
	200m: 2:15.07	36.12	400m: 4:44.89	37.87	600m: 7:17.64	38.72	800m: 9:50.09	37.63			
5.	Owen Michels	De Amstel				NED	200402293	10:16.57		+0.67	
	50m: 30.76	30.76	250m: 2:58.42	38.17	450m: 5:36.16	40.01	650m: 8:18.95	40.89			
	100m: 1:05.88	35.12	300m: 3:37.58	39.16	500m: 6:16.76	40.60	700m: 8:57.98	39.03			
	150m: 1:42.68	36.80	350m: 4:16.68	39.10	550m: 6:57.28	40.52	750m: 9:37.52	39.54			
	200m: 2:20.25	37.57	400m: 4:56.15	39.47	600m: 7:38.06	40.78	800m: 10:16.57	39.05			
6.	Pascal Knein	SG Erkelenz - Hückelhoven				GER	336293	10:22.37		+0.79	
	50m: 32.87	32.87	250m: 3:06.28	39.84	450m: 5:47.58	40.89	650m: 8:26.86	39.67			
	100m: 1:08.91	36.04	300m: 3:46.17	39.89	500m: 6:27.60	40.02	700m: 9:06.08	39.22			
	150m: 1:47.42	38.51	350m: 4:26.64	40.47	550m: 7:07.98	40.38	750m: 9:45.35	39.27			
	200m: 2:26.44	39.02	400m: 5:06.69	40.05	600m: 7:47.19	39.21	800m: 10:22.37	37.02			
Masters 25+											
1.	Jeffrey Camphens	Team Noord Holland (SG)				NED	199503113	9:41.10		+0.69	
	50m: 33.10	33.10	250m: 2:59.32	37.07	450m: 5:26.45	37.26	650m: 7:53.99	36.63			
	100m: 1:09.05	35.95	300m: 3:35.57	36.25	500m: 6:03.28	36.83	700m: 8:30.43	36.44			
	150m: 1:45.79	36.74	350m: 4:12.51	36.94	550m: 6:40.59	37.31	750m: 9:06.57	36.14			
	200m: 2:22.25	36.46	400m: 4:49.19	36.68	600m: 7:17.36	36.77	800m: 9:41.10	34.53			
2.	Jelle Blankestijn	ZPC AMERSFOORT				NED	199803737	9:41.55		+0.74	
	50m: 30.98	30.98	250m: 2:55.06	36.61	450m: 5:22.92	37.37	650m: 7:52.65	37.50			
	100m: 1:05.82	34.84	300m: 3:31.67	36.61	500m: 6:00.19	37.27	700m: 8:29.87	37.22			
	150m: 1:42.10	36.28	350m: 4:08.66	36.99	550m: 6:38.01	37.82	750m: 9:07.26	37.39			
	200m: 2:18.45	36.35	400m: 4:45.55	36.89	600m: 7:15.15	37.14	800m: 9:41.55	34.29			
3.	Jordy van Oel	WVZ				NED	199802003	9:52.80		+0.73	
	50m: 31.71	31.71	250m: 2:58.50	37.05	450m: 5:26.63	37.06	650m: 7:57.77	37.78			
	100m: 1:07.05	35.34	300m: 3:35.50	37.00	500m: 6:04.29	37.66	700m: 8:36.04	38.27			
	150m: 1:44.15	37.10	350m: 4:12.31	36.81	550m: 6:42.02	37.73	750m: 9:14.50	38.46			
	200m: 2:21.45	37.30	400m: 4:49.57	37.26	600m: 7:19.99	37.97	800m: 9:52.80	38.30			
4.	Lars Jacobsen	DWK				NED	199705453	S14	10:06.31	+0.80	782
	50m: 31.42	31.42	250m: 3:03.64	38.57	450m: 5:38.89	38.85	650m: 8:15.95	39.31			
	100m: 1:07.35	35.93	300m: 3:42.73	39.09	500m: 6:17.86	38.97	700m: 8:55.05	39.10			
	150m: 1:45.55	38.20	350m: 4:21.00	38.27	550m: 6:56.85	38.99	750m: 9:32.37	37.32			
	200m: 2:25.07	39.52	400m: 5:00.04	39.04	600m: 7:36.64	39.79	800m: 10:06.31	33.94			
5.	Koen Wijnands	Patrick-De Roersoppers (SG)				NED	199800247	10:27.09		+0.68	
	50m: 33.77	33.77	250m: 3:07.65	39.53	450m: 5:48.01	40.16	650m: 8:29.57	39.67			
	100m: 1:10.67	36.90	300m: 3:47.10	39.45	500m: 6:28.09	40.08	700m: 9:10.09	40.52			
	150m: 1:49.49	38.82	350m: 4:27.64	40.54	550m: 7:09.39	41.30	750m: 9:49.19	39.10			
	200m: 2:28.12	38.63	400m: 5:07.85	40.21	600m: 7:49.90	40.51	800m: 10:27.09	37.90			



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Programmanr. 29, Heren, 800m vrije slag, Masters 25+

rang	naam	vereniging							tijd	RT	PARA
6.	Erik Baalbergen *200m	ZVL-1886 Center		NED	199805775				10:29.19	+0.85	
	50m: 32.83	32.83	250m: 3:08.52	40.47	450m: 5:49.84	40.72	650m: 8:31.18	40.62			
	100m: 1:10.25	37.42	300m: 3:48.37	39.85	500m: 6:30.18	40.34	700m: 9:11.45	40.27			
	150m: 1:49.13	38.88	350m: 4:28.80	40.43	550m: 7:10.72	40.54	750m: 9:51.89	40.44			
	200m: 2:28.05	38.92	400m: 5:09.12	40.32	600m: 7:50.56	39.84	800m: 10:29.19	37.30			
7.	Colin Degenars	ZPCH		NED	199505951	S14			10:30.10	+0.81	697
	50m: 32.67	32.67	250m: 3:08.90	39.85	450m: 5:49.28	40.18	650m: 8:33.07	41.26			
	100m: 1:10.60	37.93	300m: 3:49.01	40.11	500m: 6:30.62	41.34	700m: 9:13.37	40.30			
	150m: 1:49.74	39.14	350m: 4:28.92	39.91	550m: 7:11.34	40.72	750m: 9:53.03	39.66			
	200m: 2:29.05	39.31	400m: 5:09.10	40.18	600m: 7:51.81	40.47	800m: 10:30.10	37.07			
8.	Patrick Wyrdean	Westland Swimming Stars		NED	199702475				10:33.22	+0.73	
	50m: 34.92	34.92	250m: 3:14.36	40.34	450m: 5:56.36	39.89	650m: 8:35.65	39.41			
	100m: 1:14.04	39.12	300m: 3:55.44	41.08	500m: 6:36.24	39.88	700m: 9:15.65	40.00			
	150m: 1:53.53	39.49	350m: 4:35.92	40.48	550m: 7:16.00	39.76	750m: 9:55.08	39.43			
	200m: 2:34.02	40.49	400m: 5:16.47	40.55	600m: 7:56.24	40.24	800m: 10:33.22	38.14			

Masters 30+

1.	Mike Schel	ESCA Zwemmen		NED	199403279				9:32.34	+0.76	
	50m: 32.03	32.03	250m: 2:54.78	35.99	450m: 5:20.00	36.55	650m: 7:45.81	36.73			
	100m: 1:07.22	35.19	300m: 3:30.91	36.13	500m: 5:56.28	36.28	700m: 8:22.17	36.36			
	150m: 1:43.05	35.83	350m: 4:07.13	36.22	550m: 6:32.68	36.40	750m: 8:58.49	36.32			
	200m: 2:18.79	35.74	400m: 4:43.45	36.32	600m: 7:09.08	36.40	800m: 9:32.34	33.85			
2.	Raoni Schrijvers	Tempo		NED	199302669				9:40.82	+0.61	
	50m: 30.79	30.79	250m: 2:55.59	37.16	450m: 5:25.18	37.41	650m: 7:54.24	36.51			
	100m: 1:05.52	34.73	300m: 3:33.02	37.43	500m: 6:02.85	37.67	700m: 8:31.16	36.92			
	150m: 1:41.48	35.96	350m: 4:10.32	37.30	550m: 6:40.32	37.47	750m: 9:07.17	36.01			
	200m: 2:18.43	36.95	400m: 4:47.77	37.45	600m: 7:17.73	37.41	800m: 9:40.82	33.65			
3.	Jean Terver	Club Nautique Val de Fensch		FRA	314113				9:55.56	+0.85	
	50m: 32.33	32.33	250m: 2:59.22	37.87	450m: 5:32.89	38.47	650m: 8:05.94	38.23			
	100m: 1:07.39	35.06	300m: 3:37.53	38.31	500m: 6:11.30	38.41	700m: 8:43.49	37.55			
	150m: 1:43.89	36.50	350m: 4:15.94	38.41	550m: 6:49.32	38.02	750m: 9:20.91	37.42			
	200m: 2:21.35	37.46	400m: 4:54.42	38.48	600m: 7:27.71	38.39	800m: 9:55.56	34.65			
4.	Matteo Viani	Zwemlust- den Hommel		NED	199007717				10:02.88	+0.83	
	50m: 32.54	32.54	250m: 2:58.89	37.95	450m: 5:32.39	38.95	650m: 8:08.34	39.38			
	100m: 1:07.86	35.32	300m: 3:36.60	37.71	500m: 6:10.92	38.53	700m: 8:46.50	38.16			
	150m: 1:44.28	36.42	350m: 4:15.54	38.94	550m: 6:50.64	39.72	750m: 9:25.13	38.63			
	200m: 2:20.94	36.66	400m: 4:53.44	37.90	600m: 7:28.96	38.32	800m: 10:02.88	37.75			
5.	Tim Bunnik	Triton		NED	199000505				10:20.90	+0.79	
	50m: 33.52	33.52	250m: 3:09.65	39.93	450m: 5:48.21	40.40	650m: 8:25.83	39.47			
	100m: 1:10.97	37.45	300m: 3:48.87	39.22	500m: 6:28.15	39.94	700m: 9:04.32	38.49			
	150m: 1:49.76	38.79	350m: 4:28.21	39.34	550m: 7:06.87	38.72	750m: 9:43.38	39.06			
	200m: 2:29.72	39.96	400m: 5:07.81	39.60	600m: 7:46.36	39.49	800m: 10:20.90	37.52			
6.	Niels Bent	WS Twente		NED	199400465				10:39.51	+0.86	
	50m: 35.61	35.61	250m: 3:14.16	40.74	450m: 5:57.99	41.24	650m: 8:41.47	40.03			
	100m: 1:13.90	38.29	300m: 3:54.87	40.71	500m: 6:39.09	41.10	700m: 9:21.63	40.16			
	150m: 1:53.43	39.53	350m: 4:35.70	40.83	550m: 7:20.15	41.06	750m: 10:00.93	39.30			
	200m: 2:33.42	39.99	400m: 5:16.75	41.05	600m: 8:01.44	41.29	800m: 10:39.51	38.58			
7.	Marc Hoogendam	Blue Marlins		NED	199007713				11:25.96	+0.76	
	50m: 34.54	34.54	250m: 3:22.34	43.52	450m: 6:21.32	46.35	650m: 9:21.45	44.57			
	100m: 1:14.09	39.55	300m: 4:05.43	43.09	500m: 7:06.62	45.30	700m: 10:04.72	43.27			
	150m: 1:56.47	42.38	350m: 4:50.13	44.70	550m: 7:52.49	45.87	750m: 10:47.37	42.65			
	200m: 2:38.82	42.35	400m: 5:34.97	44.84	600m: 8:36.88	44.39	800m: 11:25.96	38.59			

Masters 35+

1.	Wessel Everloo	WS Twente		NED	198906597	S14			10:04.71	+0.87	788
	50m: 34.22	34.22	250m: 3:07.39	37.65	450m: 5:38.92	37.80	650m: 8:13.06	37.79			
	100m: 1:12.35	38.13	300m: 3:45.36	37.97	500m: 6:17.11	38.19	700m: 8:51.86	38.80			
	150m: 1:50.43	38.08	350m: 4:23.08	37.72	550m: 6:55.95	38.84	750m: 9:30.36	38.50			
	200m: 2:29.74	39.31	400m: 5:01.12	38.04	600m: 7:35.27	39.32	800m: 10:04.71	34.35			
2.	Niels Albrechts	De Schoteijl		NED	198800039				10:05.77	+0.77	
	50m: 33.85	33.85	250m: 3:05.06	38.05	450m: 5:39.15	38.66	650m: 8:13.69	38.56			
	100m: 1:11.11	37.26	300m: 3:43.53	38.47	500m: 6:17.85	38.70	700m: 8:52.73	39.04			
	150m: 1:49.00	37.89	350m: 4:22.00	38.47	550m: 6:56.27	38.42	750m: 9:30.83	38.10			
	200m: 2:27.01	38.01	400m: 5:00.49	38.49	600m: 7:35.13	38.86	800m: 10:05.77	34.94			



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Kampioenschappen 2024 lange baan
Eindhoven, 2-5 mei 2024



Programmanr. 29, Heren, 800m vrije slag, Masters 35+

rang	naam	vereniging						tijd				RT	PARA	
3.	Jonathan Vaernewyck	Drie Zes Vijf						BEL	DZV/11011/86				10:56.54	+0.80
	50m: 35.32	35.32	250m: 3:14.33	40.93	450m: 5:58.91	41.61	650m: 8:50.29	43.83						
	100m: 1:13.45	38.13	300m: 3:54.94	40.61	500m: 6:40.42	41.51	700m: 9:33.66	43.37						
	150m: 1:53.19	39.74	350m: 4:36.16	41.22	550m: 7:23.32	42.90	750m: 10:16.98	43.32						
	200m: 2:33.40	40.21	400m: 5:17.30	41.14	600m: 8:06.46	43.14	800m: 10:56.54	39.56						

Masters 40+

1.	Frank v.d. Voordt	De Schoteijl				NED	198302259				10:05.21	+0.82
	50m: 33.78	33.78	250m: 3:05.78	38.70	450m: 5:39.32	38.21	650m: 8:12.51	38.10				
	100m: 1:10.69	36.91	300m: 3:44.19	38.41	500m: 6:17.36	38.04	700m: 8:51.21	38.70				
	150m: 1:48.80	38.11	350m: 4:22.66	38.47	550m: 6:55.70	38.34	750m: 9:29.24	38.03				
	200m: 2:27.08	38.28	400m: 5:01.11	38.45	600m: 7:34.41	38.71	800m: 10:05.21	35.97				
2.	Stijn De Pauw	Drie Zes Vijf				BEL	DZV/11020/84				10:36.52	+0.75
	50m: 34.26	34.26	250m: 3:12.17	40.87	450m: 5:55.31	40.25	650m: 8:39.13	40.62				
	100m: 1:11.63	37.37	300m: 3:53.06	40.89	500m: 6:36.64	41.33	700m: 9:19.97	40.84				
	150m: 1:50.46	38.83	350m: 4:33.72	40.66	550m: 7:17.69	41.05	750m: 9:59.60	39.63				
	200m: 2:31.30	40.84	400m: 5:15.06	41.34	600m: 7:58.51	40.82	800m: 10:36.52	36.92				
3.	Arne-Willem Kroonen	PSV				NED	198401297				12:15.77	+1.02
	50m: 40.30	40.30	250m: 3:41.40	45.88	450m: 6:49.71	46.99	650m: 10:03.21	47.64				
	100m: 1:24.34	44.04	300m: 4:27.94	46.54	500m: 7:38.17	48.46	700m: 10:49.81	46.60				
	150m: 2:09.51	45.17	350m: 5:15.05	47.11	550m: 8:26.66	48.49	750m: 11:34.42	44.61				
	200m: 2:55.52	46.01	400m: 6:02.72	47.67	600m: 9:15.57	48.91	800m: 12:15.77	41.35				

Masters 45+

1.	Håkon Skaarud Karlsen <i>Norwegian Masters Record</i>	Oslo I.L.				NOR					9:20.46	+0.67
	50m: 32.83	32.83	250m: 2:54.59	35.83	450m: 5:16.44	35.64	650m: 7:38.58	35.64				
	100m: 1:07.66	34.83	300m: 3:29.86	35.27	500m: 5:51.81	35.37	700m: 8:14.10	35.52				
	150m: 1:43.27	35.61	350m: 4:05.53	35.67	550m: 6:27.58	35.77	750m: 8:49.70	35.60				
	200m: 2:18.76	35.49	400m: 4:40.80	35.27	600m: 7:02.94	35.36	800m: 9:20.46	30.76				
2.	Martijn Butter <i>Nederlands Masters Record</i>	OEZA				NED	197900231				9:38.93	+0.88
	50m: 31.71	31.71	250m: 2:54.70	36.25	450m: 5:21.08	36.77	650m: 7:48.64	36.95				
	100m: 1:06.56	34.85	300m: 3:31.09	36.39	500m: 5:57.88	36.80	700m: 8:25.99	37.35				
	150m: 1:42.36	35.80	350m: 4:07.65	36.56	550m: 6:34.67	36.79	750m: 9:03.36	37.37				
	200m: 2:18.45	36.09	400m: 4:44.31	36.66	600m: 7:11.69	37.02	800m: 9:38.93	35.57				
3.	Ben Rutten	Flemish Ardennes Swimming Team				BEL	FAST/11006/76				9:56.49	+1.12
	50m: 33.18	33.18	250m: 3:01.41	37.78	450m: 5:32.19	37.88	650m: 8:03.46	37.88				
	100m: 1:09.41	36.23	300m: 3:38.80	37.39	500m: 6:10.04	37.85	700m: 8:41.44	37.98				
	150m: 1:46.33	36.92	350m: 4:16.41	37.61	550m: 6:47.80	37.76	750m: 9:19.50	38.06				
	200m: 2:23.63	37.30	400m: 4:54.31	37.90	600m: 7:25.58	37.78	800m: 9:56.49	36.99				
4.	Ivo Roozeboom	WVZ				NED	197700801				10:03.94	+0.80
	50m: 32.90	32.90	250m: 3:08.32	39.49	450m: 5:44.43	38.74	650m: 8:17.03	38.12				
	100m: 1:11.17	38.27	300m: 3:47.56	39.24	500m: 6:22.52	38.09	700m: 8:54.69	37.66				
	150m: 1:49.86	38.69	350m: 4:26.86	39.30	550m: 7:00.97	38.45	750m: 9:32.14	37.45				
	200m: 2:28.83	38.97	400m: 5:05.69	38.83	600m: 7:38.91	37.94	800m: 10:03.94	31.80				
5.	Mark Sponneck <i>Maltese Masters Record</i>	San Giljan ASC				MLT	388523M				10:11.17	+0.74
	50m: 35.19	35.19	250m: 3:07.70	39.32	450m: 5:43.69	39.02	650m: 8:19.69	39.08				
	100m: 1:11.87	36.68	300m: 3:46.76	39.06	500m: 6:22.67	38.98	700m: 8:58.33	38.64				
	150m: 1:49.89	38.02	350m: 4:25.73	38.97	550m: 7:01.73	39.06	750m: 9:36.22	37.89				
	200m: 2:28.38	38.49	400m: 5:04.67	38.94	600m: 7:40.61	38.88	800m: 10:11.17	34.95				
6.	Bas Broekhuis <i>*400m</i>	MZ&PC Maastricht				NED	197601561				10:56.18	+0.86
	50m: 35.90	35.90	250m: 3:20.02	41.64	450m: 6:07.19	41.84	650m: 8:53.90	41.72				
	100m: 1:16.06	40.16	300m: 4:01.64	41.62	500m: 6:48.97	41.78	700m: 9:35.62	41.72				
	150m: 1:56.97	40.91	350m: 4:43.25	41.61	550m: 7:30.41	41.44	750m: 10:16.46	40.84				
	200m: 2:38.38	41.41	400m: 5:25.35	42.10	600m: 8:12.18	41.77	800m: 10:56.18	39.72				



Open Nederlandse Masters
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Programmanr. 29, Heren, 800m vrije slag

Masters 50+

1.	Richard Ricksen	Hellas-Glana	NED	197000841	10:46.49	+0.91		
	50m: 34.72	34.72	250m: 3:13.73	40.45	450m: 6:00.05	42.27	650m: 8:46.24	41.49
	100m: 1:12.96	38.24	300m: 3:54.56	40.83	500m: 6:41.81	41.76	700m: 9:27.25	41.01
	150m: 1:52.77	39.81	350m: 4:36.60	42.04	550m: 7:23.12	41.31	750m: 10:07.57	40.32
	200m: 2:33.28	40.51	400m: 5:17.78	41.18	600m: 8:04.75	41.63	800m: 10:46.49	38.92
2.	Ingmar de Gelder	ZOB'66	NED	197000333	10:55.73	+1.01		
	50m: 35.63	35.63	250m: 3:18.53	41.39	450m: 6:04.45	41.45	650m: 8:52.58	42.24
	100m: 1:14.79	39.16	300m: 4:00.02	41.49	500m: 6:46.13	41.68	700m: 9:35.47	42.89
	150m: 1:55.61	40.82	350m: 4:41.37	41.35	550m: 7:28.51	42.38	750m: 10:16.85	41.38
	200m: 2:37.14	41.53	400m: 5:23.00	41.63	600m: 8:10.34	41.83	800m: 10:55.73	38.88
3.	Chris Kouwenhoven	De Grunte	NED	197101669	11:10.35	+0.96		
	50m: 37.38	37.38	250m: 3:25.70	42.61	450m: 6:14.78	42.61	650m: 9:05.29	42.68
	100m: 1:18.90	41.52	300m: 4:07.49	41.79	500m: 6:57.63	42.85	700m: 9:47.50	42.21
	150m: 2:01.15	42.25	350m: 4:49.87	42.38	550m: 7:40.04	42.41	750m: 10:29.65	42.15
	200m: 2:43.09	41.94	400m: 5:32.17	42.30	600m: 8:22.61	42.57	800m: 11:10.35	40.70
4.	Wouter van der Stelt	De Biesboschzwemmers	NED	197200889	12:13.49	+0.88		
	50m: 38.39	38.39	250m: 3:39.40	46.02	450m: 6:45.95	46.04	650m: 9:53.33	46.72
	100m: 1:22.28	43.89	300m: 4:26.28	46.88	500m: 7:32.97	47.02	700m: 10:40.91	47.58
	150m: 2:07.61	45.33	350m: 5:13.01	46.73	550m: 8:19.50	46.53	750m: 11:27.68	46.77
	200m: 2:53.38	45.77	400m: 5:59.91	46.90	600m: 9:06.61	47.11	800m: 12:13.49	45.81

Masters 55+

1.	Erlend Alstad		Oslo I.L.		NOR			10:05.54	+0.87			
	50m:	33.64	33.64	250m:	3:06.72	38.93	450m:	5:39.09	38.16	650m:	8:12.78	38.17
	100m:	1:11.42	37.78	300m:	3:44.52	37.80	500m:	6:17.63	38.54	700m:	8:51.09	38.31
	150m:	1:49.41	37.99	350m:	4:23.00	38.48	550m:	6:55.98	38.35	750m:	9:29.13	38.04
	200m:	2:27.79	38.38	400m:	5:00.93	37.93	600m:	7:34.61	38.63	800m:	10:05.54	36.41
2.	Roland Klein-Bölting		Bocholter WSV		GER	74076		10:16.68	+0.82			
	50m:	34.60	34.60	250m:	3:10.06	39.14	450m:	5:46.21	38.87	650m:	8:22.09	38.92
	100m:	1:12.45	37.85	300m:	3:49.19	39.13	500m:	6:24.78	38.57	700m:	9:01.36	39.27
	150m:	1:51.56	39.11	350m:	4:28.21	39.02	550m:	7:03.78	39.00	750m:	9:40.23	38.87
	200m:	2:30.92	39.36	400m:	5:07.34	39.13	600m:	7:43.17	39.39	800m:	10:16.68	36.45
3.	John Hardeman		Zwemlust- den Hommel		NED	196601615		10:19.98	+0.77			
	50m:	34.46	34.46	250m:	3:10.55	39.57	450m:	5:47.64	39.17	650m:	8:25.59	39.76
	100m:	1:13.05	38.59	300m:	3:49.92	39.37	500m:	6:27.19	39.55	700m:	9:05.20	39.61
	150m:	1:51.58	38.53	350m:	4:29.01	39.09	550m:	7:06.35	39.16	750m:	9:43.69	38.49
	200m:	2:30.98	39.40	400m:	5:08.47	39.46	600m:	7:45.83	39.48	800m:	10:19.98	36.29
4.	Henri Michels		De Amstel		NED	196501587		11:06.35	+0.89			
	50m:	36.11	36.11	250m:	3:21.91	41.98	450m:	6:12.22	42.32	650m:	9:02.58	42.13
	100m:	1:16.10	39.99	300m:	4:04.89	42.98	500m:	6:54.94	42.72	700m:	9:45.00	42.42
	150m:	1:57.44	41.34	350m:	4:47.13	42.24	550m:	7:37.54	42.60	750m:	10:26.43	41.43
	200m:	2:39.93	42.49	400m:	5:29.90	42.77	600m:	8:20.45	42.91	800m:	11:06.35	39.92
5.	Jan-Willem van den Berg		WVZ		NED	196801575		11:30.99	+0.75			
	50m:	36.50	36.50	250m:	3:28.75	43.43	450m:	6:24.04	43.44	650m:	9:19.64	43.89
	100m:	1:18.37	41.87	300m:	4:12.82	44.07	500m:	7:07.90	43.86	700m:	10:04.09	44.45
	150m:	2:01.71	43.34	350m:	4:56.77	43.95	550m:	7:51.61	43.71	750m:	10:47.63	43.54
	200m:	2:45.32	43.61	400m:	5:40.60	43.83	600m:	8:35.75	44.14	800m:	11:30.99	43.36
6.	Eymert van Rooij		PSV		NED	196601631		11:36.86	+0.84			
	50m:	38.01	38.01	250m:	3:34.24	43.57	450m:	6:30.03	42.52	650m:	9:27.39	44.23
	100m:	1:21.23	43.22	300m:	4:19.46	45.22	500m:	7:14.06	44.03	700m:	10:11.05	43.66
	150m:	2:05.54	44.31	350m:	5:02.83	43.37	550m:	7:58.67	44.61	750m:	10:54.28	43.23
	200m:	2:50.67	45.13	400m:	5:47.51	44.68	600m:	8:43.16	44.49	800m:	11:36.86	42.58
7.	Pascal Tourton		ZOB'66		NED	196601343		11:41.59	+0.94			
	50m:	39.25	39.25	250m:	3:35.35	45.04	450m:	6:32.61	44.94	650m:	9:32.46	45.11
	100m:	1:21.76	42.51	300m:	4:19.20	43.85	500m:	7:17.21	44.60	700m:	10:16.19	43.73
	150m:	2:06.47	44.71	350m:	5:03.81	44.61	550m:	8:02.57	45.36	750m:	11:00.18	43.99
	200m:	2:50.31	43.84	400m:	5:47.67	43.86	600m:	8:47.35	44.78	800m:	11:41.59	41.41
8.	Leon Slingerland		WVZ		NED	196801707		11:58.34	+0.89			
	50m:	35.59	35.59	250m:	3:34.33	46.80	450m:	6:41.05	46.85	650m:	9:46.80	46.10
	100m:	1:17.69	42.10	300m:	4:20.76	46.43	500m:	7:28.25	47.20	700m:	10:32.37	45.57
	150m:	2:02.38	44.69	350m:	5:07.69	46.93	550m:	8:14.66	46.41	750m:	11:16.64	44.27
	200m:	2:47.53	45.15	400m:	5:54.20	46.51	600m:	9:00.70	46.04	800m:	11:58.34	41.70



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Programmanr. 29, Heren, 800m vrije slag

Masters 60+

1.	Johan Remmits	ZPC AMERSFOORT	NED	196201159	10:34.73	+0.83		
	50m: 35.52	35.52	250m: 3:13.93	39.98	450m: 5:54.30	39.91	650m: 8:36.62	40.10
	100m: 1:14.54	39.02	300m: 3:54.51	40.58	500m: 6:35.42	41.12	700m: 9:17.39	40.77
	150m: 1:53.88	39.34	350m: 4:34.38	39.87	550m: 7:15.50	40.08	750m: 9:56.62	39.23
	200m: 2:33.95	40.07	400m: 5:14.39	40.01	600m: 7:56.52	41.02	800m: 10:34.73	38.11
2.	Jon Christensen	Luxembourg Sharks Swimming CLUX	10008	10:34.98	+0.77			
	Luxembourg Masters Record							
	50m: 36.26	36.26	250m: 3:17.25	40.36	450m: 5:56.35	39.56	650m: 8:35.04	39.93
	100m: 1:15.99	39.73	300m: 3:56.72	39.47	500m: 6:35.78	39.43	700m: 9:15.18	40.14
	150m: 1:56.60	40.61	350m: 4:37.01	40.29	550m: 7:15.42	39.64	750m: 9:55.49	40.31
	200m: 2:36.89	40.29	400m: 5:16.79	39.78	600m: 7:55.11	39.69	800m: 10:34.98	39.49
3.	Axel Sondermann	Lone Star Masters	USA	11:20.99	+0.91			
	50m: 38.91	38.91	250m: 3:30.40	42.94	450m: 6:24.10	42.83	650m: 9:15.86	42.98
	100m: 1:21.25	42.34	300m: 4:14.42	44.02	500m: 7:07.38	43.28	700m: 9:58.86	43.00
	150m: 2:04.46	43.21	350m: 4:57.81	43.39	550m: 7:50.13	42.75	750m: 10:39.90	41.04
	200m: 2:47.46	43.00	400m: 5:41.27	43.46	600m: 8:32.88	42.75	800m: 11:20.99	41.09
4.	Menno Lomans	PSV	NED	196101071	12:09.14	+0.83		
	50m: 38.18	38.18	250m: 3:41.43	46.69	450m: 6:48.67	46.24	650m: 9:55.07	46.57
	100m: 1:22.87	44.69	300m: 4:28.63	47.20	500m: 7:35.34	46.67	700m: 10:40.82	45.75
	150m: 2:08.55	45.68	350m: 5:15.77	47.14	550m: 8:21.97	46.63	750m: 11:26.47	45.65
	200m: 2:54.74	46.19	400m: 6:02.43	46.66	600m: 9:08.50	46.53	800m: 12:09.14	42.67
5.	Joost de Kroon	AquAmigos	NED	196400999	12:14.05	+1.02		
	50m: 41.68	41.68	250m: 3:47.17	47.13	450m: 6:56.81	47.66	650m: 10:03.19	46.57
	100m: 1:27.02	45.34	300m: 4:34.53	47.36	500m: 7:43.49	46.68	700m: 10:48.88	45.69
	150m: 2:13.51	46.49	350m: 5:21.98	47.45	550m: 8:30.01	46.52	750m: 11:33.04	44.16
	200m: 3:00.04	46.53	400m: 6:09.15	47.17	600m: 9:16.62	46.61	800m: 12:14.05	41.01

Masters 65+

1.	Marten de Groot		HZ&PC Heerenveen		NED	195800149		10:41.77	+0.78			
	50m:	35.42	35.42	250m:	3:18.36	41.06	450m:	6:02.15	40.34	650m:	8:43.96	40.21
	100m:	1:15.26	39.84	300m:	3:59.50	41.14	500m:	6:42.53	40.38	700m:	9:24.39	40.43
	150m:	1:56.15	40.89	350m:	4:40.79	41.29	550m:	7:23.08	40.55	750m:	10:04.62	40.23
	200m:	2:37.30	41.15	400m:	5:21.81	41.02	600m:	8:03.75	40.67	800m:	10:41.77	37.15
2.	Dirk Zeterberg		Zehlendorfer TSV 1888		GER	101339		11:20.14	+0.95			
	50m:	38.54	38.54	250m:	3:32.60	43.54	450m:	6:26.09	43.03	650m:	9:18.19	42.68
	100m:	1:21.49	42.95	300m:	4:16.32	43.72	500m:	7:09.45	43.36	700m:	10:00.45	42.26
	150m:	2:05.13	43.64	350m:	4:59.71	43.39	550m:	7:52.56	43.11	750m:	10:42.09	41.64
	200m:	2:49.06	43.93	400m:	5:43.06	43.35	600m:	8:35.51	42.95	800m:	11:20.14	38.05
3.	Andreas Wenning		Bocholter WSV		GER	99336		12:34.74	+1.47			
	50m:	42.32	42.32	250m:	3:49.56	47.52	450m:	7:00.48	47.55	650m:	10:12.41	47.73
	100m:	1:28.01	45.69	300m:	4:37.03	47.47	500m:	7:48.72	48.24	700m:	11:00.72	48.31
	150m:	2:14.47	46.46	350m:	5:24.61	47.58	550m:	8:36.49	47.77	750m:	11:48.28	47.56
	200m:	3:02.04	47.57	400m:	6:12.93	48.32	600m:	9:24.68	48.19	800m:	12:34.74	46.46
4.	Lex Hoogendam		ZZ&PC De Devel		NED	195700541		13:49.49	+1.02			
	50m:	41.28	41.28	250m:	4:01.81	52.49	450m:	7:34.34	53.30	650m:	11:07.78	52.96
	100m:	1:28.02	46.74	300m:	4:54.65	52.84	500m:	8:28.01	53.67	700m:	12:01.16	53.38
	150m:	2:17.81	49.79	350m:	5:47.98	53.33	550m:	9:20.89	52.88	750m:	12:55.51	54.35
	200m:	3:09.32	51.51	400m:	6:41.04	53.06	600m:	10:14.82	53.93	800m:	13:49.49	53.98

Masters 70+

1.	Frans Heus	UZSC			NED	195100067	14:36.42					
	50m:	50.05	50.05	250m:	4:30.82	55.96	450m:	8:10.91	55.31	650m:	11:52.71	55.63
	100m:	1:44.01	53.96	300m:	5:26.30	55.48	500m:	9:06.19	55.28	700m:	12:49.65	56.94
	150m:	2:38.50	54.49	350m:	6:20.60	54.30	550m:	10:01.71	55.52	750m:	13:45.13	55.48
	200m:	3:34.86	56.36	400m:	7:15.60	55.00	600m:	10:57.08	55.37	800m:	14:36.42	51.29

Masters 75+

1.	Wout Hemmes			De Plons			NED 194800059			13:43.47			+0.93
	50m:	44.63	44.63	250m:	4:14.01	51.80	450m:	7:42.85	51.68	650m:	11:11.69	51.51	
	100m:	1:36.79	52.16	300m:	5:06.67	52.66	500m:	8:35.58	52.73	700m:	12:03.51	51.82	
	150m:	2:28.53	51.74	350m:	5:58.69	52.02	550m:	9:27.63	52.05	750m:	12:54.71	51.20	
	200m:	3:22.21	53.68	400m:	6:51.17	52.48	600m:	10:20.18	52.55	800m:	13:43.47	48.76	



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Programmanr. 29, Heren, 800m vrije slag, Masters 75+

rang	naam	vereniging	tijd	RT	PARA
2.	Willem Putter	ZVVS	14:57.70	+1.03	
	50m: 47.13	250m: 4:31.75	56.08	450m: 8:21.84	57.10
	100m: 1:42.05	300m: 5:29.83	58.08	500m: 9:19.96	58.12
	150m: 2:38.38	350m: 6:26.02	56.19	550m: 10:17.78	57.82
	200m: 3:35.67	400m: 7:24.74	58.72	600m: 11:15.02	57.24
				650m: 12:12.25	57.23
				700m: 13:09.23	56.98
				750m: 14:05.21	55.98
				800m: 14:57.70	52.49

Masters 80+

1.	Geza Kaltenecker	AZC	16:45.63	+0.89	
	50m: 54.27	250m: 5:09.55	1:05.72	450m: 9:28.33	1:05.56
	100m: 1:54.89	300m: 6:13.50	1:03.95	500m: 10:31.84	1:03.51
	150m: 2:59.85	350m: 7:19.08	1:05.58	550m: 11:36.98	1:05.14
	200m: 4:03.83	400m: 8:22.77	1:03.69	600m: 12:40.65	1:03.67
				650m: 13:45.09	1:04.44
				700m: 14:47.43	1:02.34
				750m: 15:50.98	1:03.55
				800m: 16:45.63	54.65
2.	Rob Hanou	PSV	17:20.64	+1.13	
	50m: 56.56	250m: 5:22.73	1:04.59	450m: 9:45.12	1:04.62
	100m: 2:04.04	300m: 6:29.14	1:06.41	500m: 10:50.13	1:05.01
	150m: 3:11.47	350m: 7:35.85	1:06.71	550m: 11:55.32	1:05.19
	200m: 4:18.14	400m: 8:40.50	1:04.65	600m: 13:02.08	1:06.76
				650m: 14:07.24	1:05.16
				700m: 15:12.53	1:05.29
				750m: 16:17.52	1:04.99
				800m: 17:20.64	1:03.12

Masters 85+

1.	Nic Geers	PSV	19:08.69	+1.07	
	50m: 1:01.55	250m: 5:54.35	1:15.05	450m: 10:50.22	1:14.10
	100m: 2:11.96	300m: 7:07.84	1:13.49	500m: 12:04.70	1:14.48
	150m: 3:24.15	350m: 8:21.52	1:13.68	550m: 13:18.54	1:13.84
	200m: 4:39.30	400m: 9:36.12	1:14.60	600m: 14:33.04	1:14.50
				650m: 15:46.76	1:13.72
				700m: 16:58.52	1:11.76
				750m: 18:08.59	1:10.07
				800m: 19:08.69	1:00.10

Programmanr. 30
05-05-2024 - 11:00

Dames, 400m wisselslag

Masters Open
Resultaten

rang	naam	vereniging	tijd	RT	PARA
Masters 20+					
1.	Roos Englebert	Hieronymus	5:15.83	+0.74	
	50m: 32.88	150m: 1:53.72	42.76	250m: 3:19.74	44.62
	100m: 1:10.96	200m: 2:35.12	41.40	300m: 4:04.64	44.90
				350m: 4:41.37	36.73
				400m: 5:15.83	34.46
2.	Valesca van den Bogert	Hieronymus	5:24.80	+0.73	
	50m: 34.27	150m: 1:54.52	42.43	250m: 3:22.17	45.38
	100m: 1:12.09	200m: 2:36.79	42.27	300m: 4:06.23	44.06
				350m: 4:45.42	39.19
				400m: 5:24.80	39.38
3.	Eline Hoekstra	OEZA	5:51.04	+0.81	
	50m: 34.70	150m: 2:03.05	44.23	250m: 3:38.30	50.88
	100m: 1:18.82	200m: 2:47.42	44.37	300m: 4:30.09	51.79
				350m: 5:10.48	40.39
				400m: 5:51.04	40.56
4.	Ilse Valk	Het Ravijn	6:05.16	+0.69	
	50m: 37.30	150m: 2:12.19	49.74	250m: 3:52.53	51.35
	100m: 1:22.45	200m: 3:01.18	48.99	300m: 4:44.92	52.39
				350m: 5:25.62	40.70
				400m: 6:05.16	39.54
5.	Cynthia Koolman	ZPC Hoogeveen	6:06.97	+0.66	
	50m: 40.88	150m: 2:16.18	45.75	250m: 3:54.59	53.44
	100m: 1:30.43	200m: 3:01.15	44.97	300m: 4:47.55	52.96
				350m: 5:28.19	40.64
				400m: 6:06.97	38.78
6.	Senna Bongartz	Patrick-De Roersoppers (SG)	6:23.30	+0.72	
	50m: 41.16	150m: 2:23.08	53.21	250m: 4:07.21	55.33
	100m: 1:29.87	200m: 3:11.88	48.80	300m: 5:02.00	54.79
				350m: 5:43.69	41.69
				400m: 6:23.30	39.61
7.	Isabelle Janssen	De Geul	6:39.84	+0.77	
	50m: 42.19	150m: 2:23.33	50.47	250m: 4:12.72	57.68
	100m: 1:32.86	200m: 3:15.04	51.71	300m: 5:12.43	59.71
				350m: 5:56.42	43.99
				400m: 6:39.84	43.42
8.	Nasca van Dijk	De Marlijn (SG)	6:40.56	+0.68	
	50m: 38.49	150m: 2:23.39	53.57	250m: 4:12.28	58.12
	100m: 1:29.82	200m: 3:14.16	50.77	300m: 5:11.16	58.88
				350m: 5:56.40	45.24
				400m: 6:40.56	44.16



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Programmanr. 30, Dames, 400m wisselslag

Masters 25+

1.	Tamara Grove	De Dolfijn	NED	199601266	5:29.36	+0.72		
	50m: 33.66	33.66	150m: 1:58.04	44.18	250m: 3:28.03	47.13	350m: 4:53.06	36.27
	100m: 1:13.86	40.20	200m: 2:40.90	42.86	300m: 4:16.79	48.76	400m: 5:29.36	36.30
2.	Moniek van Langevelde	ESCA Zwemmen	NED	199803160	5:48.49	+0.74		
	50m: 37.64	37.64	150m: 2:10.49	46.12	250m: 3:43.64	48.75	350m: 5:12.28	38.89
	100m: 1:24.37	46.73	200m: 2:54.89	44.40	300m: 4:33.39	49.75	400m: 5:48.49	36.21
3.	Fiona Meuffels	PSV	NED	199504366	5:51.68	+0.71		
	50m: 38.65	38.65	150m: 2:10.45	46.14	250m: 3:44.65	48.87	350m: 5:13.14	38.71
	100m: 1:24.31	45.66	200m: 2:55.78	45.33	300m: 4:34.43	49.78	400m: 5:51.68	38.54
4.	Floor Weijmans	HZPC	NED	199502522	5:58.04	+0.78		
	50m: 38.66	38.66	150m: 2:07.04	44.67	250m: 3:44.33	52.84	350m: 5:19.11	39.86
	100m: 1:22.37	43.71	200m: 2:51.49	44.45	300m: 4:39.25	54.92	400m: 5:58.04	38.93
5.	Larissa Jansen	PSV	NED	199500660	6:00.83	+0.77		
	50m: 38.09	38.09	150m: 2:11.38	47.94	250m: 3:48.37	50.94	350m: 5:20.91	41.20
	100m: 1:23.44	45.35	200m: 2:57.43	46.05	300m: 4:39.71	51.34	400m: 6:00.83	39.92
6.	Diane Schoenmaker	PSV	NED	199502920	6:07.92	+0.82		
	50m: 36.94	36.94	150m: 2:10.24	47.25	250m: 3:48.76	52.55	350m: 5:26.80	43.70
	100m: 1:22.99	46.05	200m: 2:56.21	45.97	300m: 4:43.10	54.34	400m: 6:07.92	41.12
7.	Selina Janssen	Neptunus'58	NED	199905974	6:10.47	+0.76		
	50m: 34.99	34.99	150m: 2:03.42	47.32	250m: 3:48.21	57.60	350m: 5:29.78	42.30
	100m: 1:16.10	41.11	200m: 2:50.61	47.19	300m: 4:47.48	59.27	400m: 6:10.47	40.69
8.	Anouk van der Lans	Westland Swimming Stars	NED	199801614	6:27.46	+0.77		
	50m: 41.12	41.12	150m: 2:22.26	48.25	250m: 4:04.63	55.54	350m: 5:46.43	45.36
	100m: 1:34.01	52.89	200m: 3:09.09	46.83	300m: 5:01.07	56.44	400m: 6:27.46	41.03
9.	Djamari Oetringer	Aqua-Novio '94	NED	199600546	6:36.76	+0.77		
	50m: 44.26	44.26	150m: 2:27.26	50.28	250m: 4:09.33	52.70	350m: 5:49.96	48.14
	100m: 1:36.98	52.72	200m: 3:16.63	49.37	300m: 5:01.82	52.49	400m: 6:36.76	46.80

Masters 30+

1.	Lisa Dreesens <i>Nederlands Masters Record</i>	Blue Marlins			NED	199105798				5:15.63	+0.82		
		50m:	30.98	30.98	150m:	1:50.97	42.80	250m:	3:17.75	45.09	350m:	4:40.30	36.46
		100m:	1:08.17	37.19	200m:	2:32.66	41.69	300m:	4:03.84	46.09	400m:	5:15.63	35.33
2.	Lucie Terver	Club Nautique Val de Fensch			FRA	412372				6:06.09	+0.81		
		50m:	37.09	37.09	150m:	2:10.39	49.82	250m:	3:49.82	51.65	350m:	5:25.79	42.52
		100m:	1:20.57	43.48	200m:	2:58.17	47.78	300m:	4:43.27	53.45	400m:	6:06.09	40.30
3.	Nienke Smidt	WS Twente			NED	199407596				6:09.08	+0.95		
		50m:	38.13	38.13	150m:	2:11.62	49.21	250m:	3:53.02	55.35	350m:	5:32.01	40.98
		100m:	1:22.41	44.28	200m:	2:57.67	46.05	300m:	4:51.03	58.01	400m:	6:09.08	37.07
4.	Alma Janssen	Z&PC Zegenwerp			NED	199401078				6:31.19	+0.67		
		50m:	38.67	38.67	150m:	2:15.37	50.52	250m:	4:03.62	58.22	350m:	5:47.86	45.75
		100m:	1:24.85	46.18	200m:	3:05.40	50.03	300m:	5:02.11	58.49	400m:	6:31.19	43.33

Masters 35+

1.	Viktória Háden-Felföldi		Iron Swim		HUN		5:28.42		+0.66				
	50m:	33.32	33.32	150m:	1:54.98	42.56	250m:	3:25.79		49.01	350m:	4:52.40	37.26
	100m:	1:12.42	39.10	200m:	2:36.78	41.80	300m:	4:15.14		49.35	400m:	5:28.42	36.02
2.	Sabine Zimmermann		Aachener SV 06		GER 101578		5:33.37		+0.75				
	50m:	37.21	37.21	150m:	2:03.99	44.71	250m:	3:33.32		47.49	350m:	4:57.39	37.28
	100m:	1:19.28	42.07	200m:	2:45.83	41.84	300m:	4:20.11		46.79	400m:	5:33.37	35.98
3.	Jenny Schouten		PSV		NED 198703674		5:37.91		+0.79				
	<i>Nederlands Masters Record</i>												
	50m:	35.20	35.20	150m:	2:01.26	44.24	250m:	3:32.87		49.18	350m:	5:01.80	39.33
	100m:	1:17.02	41.82	200m:	2:43.69	42.43	300m:	4:22.47	49.60	400m:	5:37.91	36.11	
4.	Marlijn Hendriksen		DIO		NED 198806828		5:44.59		+0.73				
	50m:	35.70	35.70	150m:	2:02.47	45.30	250m:	3:36.11		48.51	350m:	5:05.72	40.70
	100m:	1:17.17	41.47	200m:	2:47.60	45.13	300m:	4:25.02		48.91	400m:	5:44.59	38.87



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Masters 40+

1. Heather Frees	Lone Star Masters	USA	5:54.02	+0.65
50m: 35.21	150m: 2:03.39	250m: 3:42.79	350m: 5:14.91	40.12
100m: 1:15.43	200m: 2:51.10	300m: 4:34.79	400m: 5:54.02	39.11
2. Michelle de Villiers	Hellas-Glana	NED 198302944	6:41.31	+0.80
50m: 37.96	150m: 2:19.27	250m: 4:10.07	350m: 5:55.66	47.76
100m: 1:25.32	200m: 3:12.29	300m: 5:07.90	400m: 6:41.31	45.65
3. Angela Giezen	Zwemvereniging Hoogland	NED 198302796	6:45.05	+0.73
50m: 44.41	150m: 2:29.24	250m: 4:15.80	350m: 6:00.97	46.95
100m: 1:38.94	200m: 3:17.42	300m: 5:14.02	400m: 6:45.05	44.08
4. Linda Hoogendam	WVZ	NED 198300892	7:06.10	+0.86
50m: 45.56	150m: 2:36.34	250m: 4:34.41	350m: 6:24.13	45.90
100m: 1:40.88	200m: 3:30.77	300m: 5:38.23	400m: 7:06.10	41.97

Masters 45+

1. Carole Kettenmeyer-Reuland	Swimming Club Le Dauphin EtteltLUXc	2017	5:47.66	+0.75
50m: 37.02	150m: 2:05.42	250m: 3:38.63	350m: 5:07.78	39.88
100m: 1:20.10	200m: 2:48.76	300m: 4:27.90	400m: 5:47.66	39.88
2. Liselotte Joling	PSV	NED 197500268	6:05.75	+0.80
50m: 37.27	150m: 2:11.58	250m: 3:51.28	350m: 5:26.73	41.17
100m: 1:21.80	200m: 2:59.46	300m: 4:45.56	400m: 6:05.75	39.02
3. Jolanda van Gendt	PSV	NED 197800266	6:29.16	+0.74
50m: 41.49	150m: 2:20.07	250m: 4:03.43	350m: 5:44.13	45.03
100m: 1:31.44	200m: 3:07.48	300m: 4:59.10	400m: 6:29.16	45.03
4. Leontine Loeber	SwimGym	NED 197701010	6:42.72	+0.83
50m: 43.03	150m: 2:27.73	250m: 4:14.29	350m: 5:58.41	47.11
100m: 1:35.46	200m: 3:20.37	300m: 5:11.30	400m: 6:42.72	44.31

Masters 50+

1. Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	NED 197000054	6:07.34	+0.79
50m: 36.36	150m: 2:10.00	250m: 3:52.62	350m: 5:26.18	41.72
100m: 1:18.45	200m: 3:02.01	300m: 4:44.46	400m: 6:07.34	41.16
2. Bianca Groot	MSV-Zeemacht	NED 197000652	6:35.73	+0.86
50m: 43.50	150m: 2:30.10	250m: 4:15.90	350m: 5:53.67	43.07
100m: 1:36.95	200m: 3:22.08	300m: 5:10.60	400m: 6:35.73	42.06
3. Annet Kootstra	SWOL 1894	NED 197100344	7:37.03	+0.90
50m: 51.16	150m: 2:49.64	250m: 4:50.12	350m: 6:46.35	51.07
100m: 1:48.92	200m: 3:47.89	300m: 5:55.28	400m: 7:37.03	50.68

Masters 55+

1. Claudia Thielemann	SG Bayer	GER 333958	5:49.93	+0.61
50m: 36.56	150m: 2:04.08	250m: 3:40.26	350m: 5:11.73	39.94
100m: 1:18.21	200m: 2:49.07	300m: 4:31.79	400m: 5:49.93	38.20
2. Iris van Aurich	DWK	NED 196900866	6:32.70	+0.71
50m: 44.76	150m: 2:30.08	250m: 4:13.54	350m: 5:50.90	44.00
100m: 1:39.50	200m: 3:19.07	300m: 5:06.90	400m: 6:32.70	41.80
3. Laura Staal	Oceanus	NED 196700358	6:45.22	+0.79
50m: 44.94	150m: 2:29.42	250m: 4:17.46	350m: 6:01.20	45.86
100m: 1:36.85	200m: 3:20.54	300m: 5:15.34	400m: 6:45.22	44.02
4. Peggi Hurenkamp	HZ&PC Heerenveen	NED 196900922	6:58.23	+0.82
50m: 42.05	150m: 2:27.35	250m: 4:21.21	350m: 6:11.03	49.38
100m: 1:33.05	200m: 3:22.18	300m: 5:21.65	400m: 6:58.23	47.20
5. Anita Steijger	WVZ	NED 196500628	7:05.82	+0.88
50m: 45.76	150m: 2:38.02	250m: 4:31.69	350m: 6:19.53	47.79
100m: 1:41.61	200m: 3:31.96	300m: 5:31.74	400m: 7:05.82	46.29
6. K. van Nassau-van den Heuvel	Old Dutch	NED 196600188	7:20.52	+0.95
50m: 52.73	150m: 2:48.99	250m: 4:43.84	350m: 6:30.53	49.64
100m: 1:49.20	200m: 3:46.58	300m: 5:40.89	400m: 7:20.52	49.99



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Masters 60+

1.	Pierrette Michel	Cercle De Natation Sportcity WolBEL	CNSW/000835/62	6:13.19	+0.93
	50m: 38.32 38.32	150m: 2:09.23 45.65	250m: 3:50.54 54.52	350m: 5:29.87 43.35	
	100m: 1:23.58 45.26	200m: 2:56.02 46.79	300m: 4:46.52 55.98	400m: 6:13.19 43.32	
2.	P. Tossings-van de Hooven	GZC DONK	NED 196100376	6:53.44	+0.89
	50m: 43.87 43.87	150m: 2:32.36 54.73	250m: 4:23.69 58.10	350m: 6:08.78 45.55	
	100m: 1:37.63 53.76	200m: 3:25.59 53.23	300m: 5:23.23 59.54	400m: 6:53.44 44.66	
3.	Margriet Grove-Lingeman	Triton	NED 196200080	7:04.23 *	+0.81
	50m: 42.82 42.82	150m: 2:28.84 55.29	250m: 4:23.80 1:01.38	350m: 6:15.24 49.90	
	100m: 1:33.55 50.73	200m: 3:22.42 53.58	300m: 5:25.34 1:01.54	400m: 7:04.23 48.99	
4.	Lia Bijkerk	GZC DONK	NED 196000014	7:56.86	+0.99
	50m: 51.61 51.61	150m: 3:01.58 1:04.74	250m: 5:05.85 1:04.00	350m: 7:05.65 52.62	
	100m: 1:56.84 1:05.23	200m: 4:01.85 1:00.27	300m: 6:13.03 1:07.18	400m: 7:56.86 51.21	

Masters 65+

1.	Patty Verhagen	PSV	NED 195900146	7:07.60	+0.87
	50m: 51.80 51.80	150m: 2:43.91 53.63	250m: 4:36.81 1:00.83	350m: 6:23.70 46.06	
	100m: 1:50.28 58.48	200m: 3:35.98 52.07	300m: 5:37.64 1:00.83	400m: 7:07.60 43.90	
2.	Margriet Pasma	TriVia	NED 195500088	7:32.95	+1.02
	50m: 55.20 55.20	150m: 2:53.57 56.72	250m: 4:51.81 1:02.20	350m: 6:44.99 48.56	
	100m: 1:56.85 1:01.65	200m: 3:49.61 56.04	300m: 5:56.43 1:04.62	400m: 7:32.95 47.96	
3.	Hannie Poletiek	TriVia	NED 195900278	7:58.88	+0.93
	50m: 54.36 54.36	150m: 3:03.42 1:02.43	250m: 5:10.46 1:04.27	350m: 7:07.32 52.09	
	100m: 2:00.99 1:06.63	200m: 4:06.19 1:02.77	300m: 6:15.23 1:04.77	400m: 7:58.88 51.56	

Masters 70+

1.	Antoinette Gilding-Tussaud	WS Twente	NED 195000038	9:49.32	
	50m: 1:13.25 1:13.25	150m: 3:51.76 1:08.51	250m: 6:19.48 1:19.94	350m: 8:43.89 1:05.25	
	100m: 2:43.25 1:30.00	200m: 4:59.54 1:07.78	300m: 7:38.64 1:19.16	400m: 9:49.32 1:05.43	

Programmanr. 31
05-05-2024 - 11:44

4 x 100m wisselslag

Masters Open
Resultaten

rang	vereniging				tijd		RT	PARA
80+, Heren								
1.	ZVL-1886 Center 1	ZVL-1886 Center			NED	4:21.28		+0.67
	Guus Hoogduin	+0.67	31.62	1:05.43	Robin van Beek	+0.20	27.82	1:02.13
	Robin van Peenen	+0.63	32.84	1:13.68	Erik Baalbergen	+0.27	28.05	1:00.04
2.	ZVDO'74 1	ZVDO'74			NED	4:28.12		+0.63
	Sven Westerlaken	+0.63	32.41	1:06.75	Damian Andel	+0.61	28.71	1:09.02
	Bart de Fijter	+0.45	34.61	1:15.82	Mitchell van der Mooren	+0.08	27.05	56.53
3.	HZ&PC Heerenveen 1	HZ&PC Heerenveen			NED	4:29.76		+0.67
	*50m							
	Remco Dijkstra	+0.67	34.40	1:12.45	Jorian Darwinkel	+0.10	27.71	1:03.21
	Richard Kuipers	+0.26	33.54	1:13.32	Rob van Wier	+0.18	28.57	1:00.78
4.	MSV-Zeemacht 2	MSV-Zeemacht			NED	4:36.18		+0.72
	Marco van der Wulp	+0.72	34.38	1:14.47	Jordi de Nijs	+0.27	28.42	1:03.79
	Boyd Wijkman	+0.41	35.53	1:18.63	Mees Minneboo	+0.39	28.35	59.29



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Programmanr. 31, 4 x 100m wisselslag

100+, Heren

1.	Nuenen 1	Nuenen			NED	4:07.45		+0.61
	Luuk Smits	+0.61	28.25	58.76	Wouter Sijmons	+0.46	28.97	1:03.52
	Lars Diesch	+0.46	30.23	1:05.51	Jeroen Schelling	+0.50	28.19	59.66
2.	ESCA Zwemmen 1	ESCA Zwemmen			NED	4:23.67		+0.68
	Mike Schel	+0.68	33.42	1:07.88	Wessel Haverkamp	+0.45	30.41	1:08.74
	Jurre Stammes	+0.26	31.64	1:09.39	Peter Rothengatter	+0.37	27.34	57.66
3.	Poseidon'56 1	Poseidon'56			NED	4:27.16		+0.61
	Gerard Willighagen	+0.61	31.01	1:04.60	Erik van Gemert	+0.26	27.45	1:03.46
	Jim Geestman	+0.43	34.11	1:17.04	Sam Beer	+0.55	29.03	1:02.06
4.	ZOB'66 2	ZOB'66			NED	4:43.30		+0.56
	*50m							
	Ian van Mullem	+0.56	34.71	1:13.47	Daan Siebenheller	+0.24	29.22	1:06.07
	Boaz Troost	+0.33	36.40	1:20.40	Jaimy Voogt	+0.24	29.57	1:03.36

120+, Heren

1.	WVZ 10	WVZ		NED	4:20.09	+0.77		
	Jasper Breugem	+0.77	31.73	1:05.33	Jordy van Oel	+0.37	29.44	1:04.94
	Sander Kirillova	+0.32	32.60	1:10.94	Ivo Roozeboom	+0.35	28.01	58.88
2.	ZPC AMERSFOORT 4	ZPC AMERSFOORT		NED	4:39.07	+0.69		
	Jelle Blankestijn	+0.69	33.57	1:08.96	Rob van Vliet	+0.03	30.41	1:08.33
	Martijn Bartels	+0.64	37.34	1:21.28	Erwin Buist	+0.31	28.15	1:00.50
3.	De Schotejil 1	De Schotejil		NED	4:42.15	+0.85		
	David Kievit	+0.85	32.85	1:07.47	Frank v.d. Voordt	+0.67	32.08	1:09.27
	Sven Dubbeld		39.13	1:23.37	Niels Albrechts	+0.24	29.42	1:02.04
4.	RZ Roermond 1	RZ		NED	4:47.23	+0.63		
	Sven Doezen	+0.63	36.90	1:14.95	Lars Hilkens	+0.31	29.51	1:06.57
	Bert Schlicher	+0.48	38.09	1:20.52	Gino Martijn	+0.21	29.41	1:05.19
DIS	ESCA Zwemmen 2	ESCA Zwemmen		NED		+0.82		
	VM - Na start en/of keerpunt niet bij of voor de 15m met het hoofd het wateroppervlak doorbroken., 3e zwemmer							
	Job Esink	+0.82	39.18	1:22.51	Tim de Vrugt	+0.42		
	Sander de Vrugt	+0.44	32.65	1:11.20	Mees Laar	+0.27		

160+, Heren

1.	ZPCH 1	ZPCH			NED	4:26.05	+0.68	
	Ruud Holswilder	+0.68	31.98	1:06.06	László Jüllich	+0.40	32.70	1:10.26
	Lucas Douwma	+0.18	32.14	1:08.64	Jasper van Heijst	+0.39	29.41	1:01.09
2.	Patrick-De Roersoppers (SG) 1	Patrick-De Roersoppers (SG)			NED	5:07.04	+0.55	
	Mike Jansen	+0.55	33.31	1:09.70	Koen Wijnands	+0.56	30.97	1:10.31
	Eric Dumas	+0.41	42.64	1:34.29	Arno Schrauwen	+0.11	34.56	1:12.74

200+, Heren

1.	ZPC AMERSFOORT 1 <i>Nederlands Masters Record</i>	ZPC AMERSFOORT		NED		4:40.82	+0.74	
	Johan Remmits	+0.74	35.07	1:13.37	Chester Marsman	+0.37	29.54	1:05.11
	Jelle Opmeer	+0.32	32.37	1:11.05	Henk Kuipers	+0.26	33.68	1:11.29
2.	PSV 5	PSV		NED		5:46.74	+0.71	
	Ron Phaff	+0.71	42.46	1:27.46	Tom Bandsma	+1.03	49.15	1:52.02
	Harold Matla	+0.58	37.73	1:20.97	Arne-Willem Kroonen	+0.45	31.45	1:06.29
DIS	Cercle De Natation Sportcity WolCercle De Natation Sportcity WolBEL: <i>EA - Te vroeg overgenomen., 4e zwemmer</i>							+0.80
	Bruno Nahon	+0.80	38.74	1:20.57	Olivier Bresoux	+0.29	38.84	1:20.94
	Huques Herman	+0.58	39.16	1:23.34	Julien Marquet	-0.07		



Open Nederlandse Masters
Kampioenschappen 2024 lange baan
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Programmanr. 31, 4 x 100m wisselslag

240+, Heren

1. De Rog 1	De Rog	NED	5:01.43	+0.78
Erik Kamphuis	+0.78 39.03 1:17.52	Peter Bensen	+0.36 32.61 1:14.27	
Glen Le Clercq	+0.61 36.38 1:21.21	Rob Spetter	+0.45 32.23 1:08.43	

80+, Dames

1. Hieronymus 1 <i>Nederlands Masters Record</i>	Hieronymus	NED	4:34.12	+0.72
Nadja Roovers	+0.72 33.51 1:09.67	Roos Englebert	+0.24 31.06 1:08.15	
Valesca van den Bogert	+0.44 35.82 1:16.12	Selene Wortel	+0.31 28.64 1:00.18	
2. Nederweert 1	Nederweert	NED	5:04.83	+0.58
Femke de Wit	+0.58 35.55 1:16.14	Dyonne Klomp	+0.34 32.78 1:15.28	
Danique Klomp	+0.37 41.06 1:27.29	Tamara Bloemers	+0.08 30.97 1:06.12	
3. HZ&PC Heerenveen 2 <i>*50m</i>	HZ&PC Heerenveen	NED	5:11.50	+0.68
Inge Dekker	+0.68 35.39 1:14.42	Lianne van Wier	+0.42 32.86 1:15.92	
Leonie van Wier	+0.37 41.16 1:30.01	Romy Jalving	+0.47 33.61 1:11.15	

100+, Dames

1. Nuenen 2 <i>Nederlands Masters Record</i>	Nuenen	NED	4:38.17	+0.64
Merel Phaff	+0.64 33.56 1:11.24	Britt Bogers	+0.34 31.84 1:12.49	
Robin Goossens	+0.23 34.17 1:13.61	Anneloes Peulen	+0.36 28.75 1:00.83	
2. Niemo Barracuda 1	Niemo Barracuda	NED	4:54.74	+0.64
Robin Pienaar	+0.64 35.85 1:15.89	Denise Boereboom	+0.43 31.72 1:11.73	
Melissa van der Heijden	+0.27 38.84 1:23.88	Amber Hesper	+0.21 29.62 1:03.24	
3. OEZA 1	OEZA	NED	5:03.26	+0.73
Jade Broek	+0.73 33.50 1:11.81	Eline Hoekstra	+0.39 33.12 1:15.34	
Shira de Haan	+0.55 41.70 1:30.26	Anne Groen	+0.39 30.61 1:05.85	
4. PSV 6	PSV	NED	5:14.31	+0.75
Diane Schoenmaker	+0.75 39.69 1:21.10	Leonor Babo	+0.26 34.55 1:17.48	
Fiona Meuffels	+0.35 40.74 1:26.92	Larissa Jansen	+0.47 33.20 1:08.81	
5. De Duck 6 <i>*50m</i>	De Duck	NED	5:28.79	+0.72
Kimberley van Buren	+0.72 43.25 1:28.47	Marcella van der Ent	+0.57 33.97 1:16.20	
Noa de Bock	+0.47 42.53 1:29.80	Judith Kleinjan	+0.26 34.76 1:14.32	
6. ZVL-1886 Center 2	ZVL-1886 Center	NED	5:44.05	+0.71
Cynthia van Veen	+0.71 45.09 1:34.03	Margien Timmer	+0.43 40.43 1:31.08	
Maartje Hids	+0.41 41.92 1:28.76	Adela Vázquez García	+0.56 33.21 1:10.18	

120+, Dames

1. WVZ 9	WVZ	NED	4:44.84	+0.74
Mabel Sulić	+0.74 34.94 1:11.02	Delia Badoux	+0.29 31.01 1:10.53	
Lauren van IJl	+0.33 38.14 1:23.02	Leonie van Noort	+0.33 28.88 1:00.27	
2. Poseidon'56 2	Poseidon'56	NED	5:16.35	+0.75
Tonia Ruybroek	+0.75 39.29 1:22.75	Kelly de Jonge	+0.58 34.40 1:16.75	
Kelly Wiglevén	+0.55 41.97 1:29.90	Rianne Bresser	+0.41 31.25 1:06.95	
3. ZPC AMERSFOORT 3	ZPC AMERSFOORT	NED	5:19.57	+0.59
Lotte Eising	+0.59 38.48 1:20.55	Jisca Majolée	+0.57 36.21 1:20.53	
Marjan Remmits-de Lange	+0.35 43.07 1:33.75	Marije Jansen	+0.10 29.75 1:04.74	
4. De Geul 2	De Geul	NED	5:27.54	+0.75
Faustine Mussig	+0.75 38.73 1:21.09	Esmee Wijnmaalen	+0.25 32.98 1:14.21	
Aafke Groot	+0.18 44.91 1:35.22	Marijke Campfens	+0.32 36.53 1:17.02	



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Programmanr. 31, 4 x 100m wisselslag

160+, Dames

1.	PSV 7	PSV		NED		5:22.10	+0.74	
	Nanda van Heteren	+0.74	41.49	1:24.86	Carla Geurts	+0.16	34.28	1:12.91
	Jolanda van Gendt	+0.59	46.54	1:39.70	Jenny Schouten	+0.51	31.25	1:04.63
2.	MSV-Zeemacht 1	MSV-Zeemacht		NED		5:44.95	+1.08	
	*50m							
	Annette van Dok	+1.08	48.81	1:41.54	Jet Kleine	+0.37	35.79	1:18.98
	Bianca Groot	+0.56	46.62	1:37.15	Tessa van Dijk-Mosch	+0.11	31.36	1:07.28
3.	Old Dutch 1	Old Dutch		NED		6:03.84	+1.01	
	Karin van Nassau-van den Heuvel	+1.01	51.26	1:45.46	Chantal Verhoeff		38.01	1:30.53
	Marleen Zantingh	+0.53	45.19	1:36.62	Patricia Brooijmans	+0.62	33.62	1:11.23

200+, Dames

1.	PSV 3	PSV		NED	5:08.51		+0.72	
	Gudule van der Meer	+0.72	37.17	1:17.20	Jeanne Petit	+0.43	34.66	1:16.92
	Liselotte Joling	+0.72	42.30	1:31.32	Kirsten Cameron	+0.33	30.49	1:03.07
2.	ESCA Zwemmen 4	ESCA Zwemmen		NED	5:55.71		+0.92	
	*50m							
	Karin van der Star-Verhoeven	+0.92	43.87	1:33.92	Ariette de Vegt	+0.22	31.54	1:09.29
	Yoka de Vegt-van Dijk	+0.78	47.10	1:42.68	Marion Kolkman-Pluim	+0.63	42.88	1:29.82
3.	LinK 1	LinK		NED	7:01.27		+0.84	
	Annette Spies	+0.84	55.77	1:54.13	Elise Kenworthy	+0.69	49.80	1:49.37
	Ilonka van der Meer	+0.42	49.86	1:47.88	José Bodde	+0.49	43.60	1:29.89

80+, Gemengd

1.	De Columbiaan 1	De Columbiaan			NED	4:36.79		+0.69
	Daan Hogerhuis	+0.69	30.41	1:04.25	Julia Notenboom	+0.43	31.95	1:11.61
	Dave van den Nieuwendijk	+0.50	32.55	1:12.96	Anouk Vis	+0.37	31.68	1:07.97
2.	De Amstel 1	De Amstel			NED	4:45.99		+0.79
	Iris Bastiaansen	+0.79	38.24	1:18.03	Nick Sijmons	+0.39	27.16	59.18
	Owen Michels	+0.46	37.49	1:21.04	Iris van der Moolen	+0.27	32.05	1:07.74
3.	Westland Swimming Stars 1	Westland Swimming Stars			NED	5:06.12		+0.74
	*50m							
	Anouk van der Lans	+0.74	40.43	1:23.14	Nick Boekestijn	+0.62	32.82	1:11.80
	Patrick Wyrdean	+0.60	38.91	1:23.88	Kim de Jong	+0.48	32.29	1:07.30

100+, Gemengd

1.	De Warande 1	De Warande	NED	4:30.64	+0.75
	Désirée Emmen	+0.75 35.85 1:14.91	Tom Balsen Versteeg	+0.63 28.68 1:01.59	
	Nicko Kamphuis	+0.36 30.92 1:07.64	Gwen Eygendaal	+0.18 31.40 1:06.50	
2.	DES 1	DES	NED	4:43.78	+0.78
	Lotte Coenen	+0.78 35.25 1:14.40	Anne Aarts	+0.40 35.50 1:18.87	
	Vladislavs Svarnovics	+0.49 33.99 1:13.72	Bart Weiland	+0.22 26.59 56.79	
3.	ZPC Woerden 1	ZPC Woerden	NED	4:52.53	+0.75
	Ilse van den Wijngaard	+0.75 37.65 1:18.10	Ian Terlouw	+0.40 29.48 1:07.19	
	Daphne Dols	+0.27 39.85 1:28.07	Milan de Roo	+0.08 27.85 59.17	
4.	De Geul 1	De Geul	NED	4:52.87	+0.64
	Heijmen van Vliet	+0.64 34.66 1:11.01	Marcha Admiraal	+0.51 31.75 1:10.16	
	Nathan Janssen	+0.24 35.84 1:16.78	Isabelle Janssen	+0.54 35.58 1:14.92	
5.	ZOB'66 1	ZOB'66	NED	4:53.29	+0.70
	Nina Tourton	+0.70 40.27 1:22.29	Nino van Krimpen	+0.40 30.94 1:06.70	
	Mart de Koning	+0.39 34.27 1:16.67	Wendy de Bruin	+0.38 32.15 1:07.63	
6.	Aqua-Novio '94 1	Aqua-Novio '94	NED	4:53.70	+0.71
	Joey Papaioannou	+0.71 31.72 1:07.11	Steven Uijl	+0.50 29.67 1:14.91	
	Guusje van Lent	+0.46 38.07 1:23.28	Natasja Snijders	+0.52 31.11 1:08.40	
7.	Niemo Barracuda 3	Niemo Barracuda	NED	5:02.53	+0.79
	Tamara van den Brink	+0.79 40.62 1:26.17	Ids de Klerk	+0.51 32.85 1:12.44	
	Thomas Hesper	+0.60 34.09 1:13.74	Marijke Kommers	+0.54 33.35 1:10.18	



Open Nederlandse Masters
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Programmanr. 31, Gemengd, 4 x 100m wisselslag, 100+

rang	vereniging				tijd	RT	PARA
8.	ZV Hoogland 2	Zwemvereniging Hoogland	NED		5:03.64	+0.85	
	Angela Giezen	+0.85 40.45	1:23.34	Kevin Roest	+0.38 31.45	1:10.65	
	Yvette Meijer	+0.62 41.87	1:29.48	Jeffrey Roest	+0.42 29.30	1:00.17	
9.	WS Twente 2	WS Twente	NED		5:17.41	+0.86	
	Lieke Stoker	+0.86 39.84	1:23.51	Sander Riezebos	+0.29 31.74	1:13.32	
	Romée Beverdam	+0.22 44.54	1:35.98	Cars Wiegmann	+0.33 29.93	1:04.60	
DIS	Het Ravijn 1	Het Ravijn	NED			+0.84	
	EA - Te vroeg overgenomen., 4e zwemmer						
	William Kruithof	+0.84 38.63	1:21.67	Noa Boerma	+0.36 38.96	1:28.99	
	Marijn Heetkamp	+0.51 39.52	1:25.59	Lotte de Vente	-0.05		

120+, Gemengd

1.	ZV Hoogland 1	Zwemvereniging Hoogland	NED		4:28.38	+0.53	
	Anne-Irene Ducheine	+0.53 34.42	1:11.99	Bas Dries	+1.28 28.95	1:03.26	
	Yuri van Ommen	+0.36 32.64	1:10.30	Jamilla van Ommen - van Veen	+0.41 29.56	1:02.83	
2.	Zwemlust- den Hommel 1	Zwemlust- den Hommel	NED		4:38.64	+0.70	
	Sophie Stekelenburg	+0.70 37.30	1:18.13	Matteo Viani	+0.36 29.04	1:02.74	
	Vincent Versteeg	+0.16 33.87	1:14.40	Manon Kloosterman	+0.33 30.29	1:03.37	
3.	SG CWW Swim Team 1	SG CWW Swim Team	NED		4:40.62	+0.67	
	Lois van Oijen	+0.67 35.19	1:13.83	Antwan van Engen	+0.30 29.59	1:04.86	
	Dirk Zeelte	+0.59 33.41	1:13.01	Yvette Ratering	+0.87 32.77	1:08.92	
4.	De Treffers 1	De Treffers	NED		5:07.50	+0.67	
	Tim van Grunsven	+0.67 34.84	1:12.70	Miranda Pijnenburg	+0.52 37.86	1:21.91	
	Danny Visser	+0.33 37.14	1:22.19	Nienke van Zoggel	+0.38 33.52	1:10.70	
5.	Patrick-De Roersoppers (SG) 2	Patrick-De Roersoppers (SG)	NED		5:13.36	+0.70	
	Patrick Creemers	+0.70 34.29	1:12.23	Max Martens	+0.31 31.08	1:13.82	
	Pascal Janssen	+0.49 43.77	1:35.45	Senna Bongartz	+0.16 34.34	1:11.86	
6.	Cercle De Natation Sportcity WolCercle De Natation Sportcity WolBEL				5:13.53	+0.67	
	*100m						
	Naïs Van Oudenhove	+0.67 38.59	1:19.04	Stéphanie Schoemans	0.00 31.58	1:11.32	
	Nicolas Gheis	40.59	1:27.08	Antonio Friz	+0.38 34.93	1:16.09	
7.	AZC 2	AZC	NED		5:15.07	+0.73	
	Patrick Brouwer	+0.73 36.49	1:15.58	Auke Sijperda	+0.53 33.55	1:17.50	
	Mariska Kroon-Zaal	+0.68 42.99	1:36.26	Monique van Huizen	-0.03 30.56	1:05.73	
8.	Neptunus'58 1	Neptunus'58	NED		5:17.13	+0.74	
	Sandra Schellekens	+0.74 41.48	1:27.16	Selina Janssen	+0.48 34.61	1:14.28	
	Rob van de Ven	+0.43 41.48	1:30.64	Rens Hoogenboom	+0.18 29.78	1:05.05	
9.	VZV Njord 5	VZV Njord	NED		5:32.06	+0.79	
	Laura Folkers	+0.79 44.48	1:33.37	Jesper Pas	+0.38 30.57	1:06.20	
	Jacques Verriet	+0.48 44.24	1:33.96	Karin Sagonas-Koolen	+0.52 37.02	1:18.53	

160+, Gemengd

1.	ACZ 4	ACZ	NED		4:46.90	+0.80	
	Tjeerd Visser	+0.80 33.84	1:11.03	Roos van Esch	+0.47 33.90	1:13.78	
	Kevin Kingma	+0.61 33.96	1:13.85	Carol Hollemans	+0.16 31.68	1:08.24	
2.	ZPC AMERSFOORT 2	ZPC AMERSFOORT	NED		4:47.98	+0.81	
	Martijn Giezen	+0.81 32.35	1:07.87	Lidia v. Bon-Rosenbrand	+0.29 35.42	1:15.49	
	Tom van den Akker	+0.13 33.65	1:15.95	Lesley Cordial	+0.48 31.64	1:08.67	
3.	Cercle De Natation Sportcity WolCercle De Natation Sportcity WolBEL				4:52.69	+0.66	
	Belgisch Masters Record						
	Nicolas Collard	+0.66 31.89	1:06.69	Valérie Rolland	+0.52 35.56	1:20.34	
	Nathalie Blondeel	+0.44 42.06	1:28.83	Sébastien Francotte	+0.52 27.42	56.83	
4.	ZVVS 1	ZVVS	NED		5:11.36	+0.87	
	Nadya Putter	+0.87 40.84	1:23.80	Bram Piederiet	+0.48 31.79	1:12.61	
	Karin Stein	+0.48 42.81	1:32.19	Bas van den Nouweland	+0.53 29.60	1:02.76	
5.	ZPC De Zeeuwse Kust 1	ZPC De Zeeuwse Kust	NED		5:12.35	+0.54	
	Kalle van Gemert	+0.54 30.05	1:04.58	Sandy Pleyte	+0.41 33.30	1:12.65	
	Marijke van Hoek	+0.52 50.05	1:45.70	Jelita van Esseveld	+0.42 32.27	1:09.42	
6.	WVZ 8	WVZ	NED		5:15.66	+0.81	
	Manon van Strien	+0.81 35.96	1:14.96	Markus van Rest	+0.17 31.34	1:10.61	
	Arthur van Strien	+0.72 40.35	1:28.20	Anita Steijger	+0.59 39.49	1:21.89	



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Programmanr. 31, Gemengd, 4 x 100m wisselslag, 160+

rang	vereniging					tijd	RT	PARA
7.	Niemo Barracuda 2 *50m	Niemo Barracuda	NED			5:23.36	+0.76	
	Mark Hensen	+0.76	34.16	1:09.50	Dennis Dortland	+0.28	32.67	1:10.83
	Jacqueline Rolloos-Bakkers	+0.36	46.04	1:42.08	Jacoline van den Beukel	+0.19	36.84	1:20.95
8.	De Duinkickers 1	De Duinkickers	NED			5:31.98	+0.78	
	Maaik de Boer	+0.78	39.59	1:21.72	Mathieu Rikken	+0.60	35.69	1:26.82
	Inge Roskam	+0.30	42.09	1:33.48	Connor Elemans	+0.61	33.97	1:09.96
9.	De Duck 5	De Duck	NED			5:33.48	+0.84	
	Erik Saan	+0.84	40.13	1:25.89	Rachel Trainor	+0.48	39.14	1:28.64
	Geraldine Trainor	+0.73	43.51	1:33.58	Ryan van der Sluijs	+0.55	30.80	1:05.37

200+, Gemengd

1.	DAW 1	DAW	NED			5:09.04	+0.85	
	Paul Oudendijk	+0.85	33.89	1:09.80	Hans Schoenmakers	+0.48	35.89	1:21.24
	Jacqueline Tuin	+0.48	40.85	1:29.07	Iona Hogerheyde	+0.53	32.49	1:08.93
2.	De Biesboschzwemmers 6	De Biesboschzwemmers	NED			5:09.30	+0.73	
	Johanna van Wijnen	+0.73	37.52	1:18.35	Paul Wijnja	+0.50	36.51	1:21.22
	Marjo Goelema-Koek	+0.43	38.26	1:23.27	Henri Verschoor	+0.66	31.92	1:06.46
3.	Westland Swimming Stars 2	Westland Swimming Stars	NED			5:16.54	+0.83	
	Mark Nuijten	+0.83	39.72	1:22.18	Mirjan den Drijver	+0.41	34.53	1:19.68
	Pieter Broek	+0.52	38.75	1:24.17	Netty Burik-Geijssen	-0.01	33.19	1:10.51
4.	AZC 1	AZC	NED			5:50.25	+0.73	
	Wim de Lange	+0.73	47.60	1:37.62	Ramona Linting	+0.60	40.12	1:29.35
	Ricardo van Dam	+0.70	37.79	1:17.95	Sandra Daamen-Posma	+0.35	40.23	1:25.33
5.	De Duinkickers 2	De Duinkickers	NED			5:55.52	+0.81	
	Esther Poortvliet - Koedam	+0.81	40.88	1:22.84	Saskia op den Velde	+0.63	45.09	1:44.36
	Robert de Brauwier	+0.42	43.29	1:33.21	Marcel Brittijn	+0.02	34.78	1:15.11
6.	SWOL 1894 9	SWOL 1894	NED			6:02.01	+0.73	
	Erik Wetsteijn	+0.73	40.85	1:23.17	Christine Nieuwenhuis	+0.60	45.32	1:45.56
	Albert van Piekeren	+0.16	35.89	1:17.52	Jessica van Velzen	+0.63	44.98	1:35.76
7.	De Rog 2 *50m	De Rog	NED			6:14.71	+0.78	
	Ageeth Westenbrink	+0.78	56.79	1:58.06	Esther Vergeest	+0.54	41.37	1:31.07
	Arjan Verheij	+0.53	42.88	1:31.58	Wijnand Vergeest	+0.42	34.35	1:14.00

240+, Gemengd

1.	GZC DONK 1	GZC DONK	NED			6:21.17	+0.82	
	Nathasja Konijn	+0.82	48.21	1:39.82	Petra Tossings-van de Hooven	+0.70	44.28	1:36.17
	Pierre de Groot	+0.60	46.92	1:41.07	Peter Coffeng	+0.57	39.41	1:24.11
DIS	Cercle De Natation Sportcity WolCercle De Natation Sportcity WolBEL:						+0.80	
	VH - Niet met twee handen gelijktijdig keer- en/of eindpunt aangetikt., *3e zwemmer							
	Pierrette Michel	+0.80	40.85	1:23.79	Claire Anthony	+0.26		
	Christian Schoenaers	+0.72	44.25	1:37.08	Philippe Godbille	+0.79		

280+, Gemengd

1.	PSV 1	PSV	NED			6:39.15	+0.75	
	Brend Brevé	+0.75	41.86	1:24.51	Patty Verhagen	+0.69	51.29	1:48.77
	Corrie Verhoeven	+0.56	52.57	1:55.50	Jan Nuijten	+0.77	41.83	1:30.37

320+, Gemengd

1.	PSV 2	PSV	NED			9:40.80	+1.86	
	Marianne Maandonks	+1.86	1:54.33	4:09.03	Soan Thung	+0.53	35.13	1:16.74
	Rob Hanou	+0.72	56.23	2:00.77	Lottie Geurts	+0.89	1:05.76	2:14.26