



Open Nederlandse Masters  
Kampioenschappen 2025 lange baan  
Drachten, 8-11 mei 2025



Event 15  
9-5-2025 - 17:10

4 x 200m Freestyle

Masters Open  
Results

rang	vereniging					tijd	RT	PARA
<b>Masters 80+, Women</b>								
1.	Bubble 1	Bubble	NED			<b>9:22.41</b>		
	Marijke Drent	99	31.75	1:06.61	1:42.10	2:17.23	2:17.23	
	Esmee Kloezen	02	33.16	1:10.69	1:49.99	2:29.41	2:29.41	
	Sanne Kloezen	02	30.84	1:07.12	1:46.07	2:24.82	2:24.82	
	Laura Setz	00	29.74	1:02.49	1:37.40	2:10.95	2:10.95	
<b>100+, Women</b>								
1.	Orca Leeuwarden 1 <i>Nederlands Masters Record</i>	Orca Leeuwarden	NED			<b>9:24.07</b>		
	Annemiek Meulenbeld	95	33.35	1:09.89	1:49.29	2:29.28	2:29.28	
	Marre Zandringa	97	30.63	1:05.62	1:42.43	2:18.39	2:18.39	
	Lize Janna de Vries	01	31.74	1:07.01	1:44.00	2:20.82	2:20.82	
	Femke Backx	01	30.76	1:04.98	1:40.56	2:15.58	2:15.58	
2.	NieMo Barracuda 1	NieMo Barracuda	NED			<b>9:45.00</b>		+0,79
	Denise Boereboom	92	+0,79	30.84	1:06.21	1:42.99	2:21.54	2:21.54
	Robin Pienaar	01	+0,36	32.15	1:08.92	1:48.19	2:24.79	2:24.79
	Esmee Rolloos	98	+0,48	34.46	1:14.06	1:56.42	2:40.19	2:40.19
	Anouchka Bos	05	+0,11	31.60	1:06.79	1:43.50	2:18.48	2:18.48
3.	ZuiderZeeZwemmers 2	ZuiderZeeZwemmers	NED			<b>10:25.72</b>		+0,33
	Irene Hanse	98	+0,33	35.30	1:14.45	1:57.48	2:39.55	2:39.55
	Annemarie ten Have	98	+0,13	36.05	1:17.01	1:59.96	2:43.12	2:43.12
	Gaby Zittersteijn	97	+0,40	34.38	1:13.67	1:53.98	2:32.86	2:32.86
	Lisanne Andeweg	88	+0,32	33.67	1:12.33	1:52.28	2:30.19	2:30.19
4.	ENC Arnhem 2	ENC Arnhem	NED			<b>10:33.11</b>		+0,73
	Rose Lether	04	+0,73	35.62	1:13.98	1:54.17	2:34.06	2:34.06
	Sabine Uytdewilligen	05	+0,51	36.19	1:17.54	1:59.84	2:39.51	2:39.51
	Ellen ter Stege	99	+0,24	35.52	1:15.73	1:56.72	2:37.12	2:37.12
	Irmgard van Weeghel	92	+0,50	35.34	1:16.01	1:59.52	2:42.42	2:42.42
5.	ZPC Amersfoort 2	ZPC Amersfoort	NED			<b>10:45.35</b>		+0,95
	Angela Giezen	83	+0,95	37.73	1:20.26	2:03.26	2:45.20	2:45.20
	Maddy van der Hoeven	04	+0,56	34.11	1:14.11	1:57.14	2:40.62	2:40.62
	Michelle van Wijhe	04	+0,61	36.25	1:17.00	2:00.03	2:42.44	2:42.44
	Mandy Swart	99	+0,29	34.55	1:14.20	1:55.65	2:37.09	2:37.09
6.	Steenwijk 1934 4	Steenwijk 1934	NED			<b>11:04.44</b>		
	Anna Lauxen	91		39.70	1:24.70	2:12.65	2:58.23	2:58.23
	Ageeth de Haan	99		36.84	1:21.26	2:06.76	2:48.00	2:48.00
	Astrid Wibbelink	96	+0,56	36.21	1:18.56	2:04.00	2:47.57	2:47.57
	Cynthia Koolman	03	+0,59	35.32	1:13.32	1:51.99	2:30.64	2:30.64
<b>120+, Women</b>								
1.	MSV-Zeemacht 2	MSV-Zeemacht	NED			<b>9:39.33</b>		+0,94
	Amber van der Kruk	01	+0,94	31.37	1:06.84	1:41.94	2:18.37	2:18.37
	Jet Kleine	99	+0,13	33.79	1:11.85	1:51.21	2:29.70	2:29.70
	Bianca Groot	70	+0,53	34.50	1:13.53	1:54.07	2:33.97	2:33.97
	Emma Riemers	05	+0,69	31.16	1:05.96	1:42.01	2:17.29	2:17.29
2.	De Geul 1	De Geul	NED			<b>11:06.64</b>		+0,82
	Marian Nederlof	76	+0,82	37.79	1:19.87	2:03.08	2:45.29	2:45.29
	Eline Molle	94	+0,56	37.80	1:21.77	2:08.17	2:55.08	2:55.08
	Anne Besseling-de Jong	81	+0,95	38.40	1:21.70	2:06.12	2:49.34	2:49.34
	Esmee Wijnmaalen	01	+0,32	36.38	1:17.01	1:58.39	2:36.93	2:36.93
3.	ZPC De Rog Weert 1	ZPC De Rog Weert	NED			<b>11:57.30</b>		+0,83
	Kim Hamakers	98	+0,83	40.29	1:25.42	2:13.96	2:59.93	2:59.93
	Sandra Van der Helm	78	+0,46	44.86	1:35.38	2:28.39	3:22.05	3:22.05
	Esther Vergeest	77	+0,67	39.31	1:23.37	2:08.40	2:53.53	2:53.53
	Jamie Stals	04	+0,53	37.04	1:18.60	2:01.06	2:41.79	2:41.79



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Event 15, 4 x 200m Freestyle

160+, Women

1. PSV 1	PSV			NED				<b>9:57.62</b>	+0,72
Fiona Meuffels	95	+0,72	33.43	1:10.49	1:48.74	2:24.43	2:24.43		
Jeanne Petit	70	+0,58	34.83	1:14.91	1:57.34	2:40.57	2:40.57		
Liselotte Joling	75	+0,61	33.25	1:10.84	1:48.71	2:25.65	2:25.65		
Janneke Harmsen-Bakker	77	+0,69	32.53	1:10.00	1:48.68	2:26.97	2:26.97		
2. DAW 1	DAW			NED				<b>10:38.14</b>	+0,80
Ilona Hogerheyde	74	+0,80	34.73	1:14.28	1:55.66	2:37.58	2:37.58		
Agnes van Brug	80	+0,70	36.96	1:18.57	2:01.40	2:43.15	2:43.15		
Alina Spijkerman	77	+0,67	35.10	1:14.89	1:55.79	2:35.89	2:35.89		
Maria Antonella Zuccaro	96	+0,64	36.87	1:17.92	2:01.00	2:41.52	2:41.52		

200+, Women

1. Steenwijk 1934 3	Steenwijk 1934			NED				<b>11:53.72</b>	+0,86
Nanda Wobben-de Vries	92	+0,86	34.45	1:12.81	1:52.00	2:29.70	2:29.70		
Leonie Scholten	79	+0,57	42.98	1:31.51	2:22.24	3:12.36	3:12.36		
Monica Bakker	56	+0,75	45.94	1:37.00	2:30.40	3:22.43	3:22.43		
Wilna Heijman	64	+0,38	38.89	1:21.11	2:05.47	2:49.23	2:49.23		
2. Old Dutch 1	Old Dutch			NED				<b>12:51.90</b>	
Chantal Verhoeff	79		35.90	1:17.23	1:59.20	2:40.80	2:40.80		
Karien Musters	58		58.78	2:03.82	3:12.16	4:19.86	4:19.86		
Karin van Nassau-van den Heuvel	66		43.41	1:31.54	2:20.57	3:08.08	3:08.08		
Patricia Brooijmans	79		37.60	1:18.82	2:01.58	2:43.16	2:43.16		
3. WS Twente 1	WS Twente			NED				<b>13:28.36</b>	
Antoinette Gilding-Tussaud	50		55.21	1:59.05	3:05.02	4:10.10	4:10.10		
Janneke Wynia	90		41.24	1:26.98	2:17.83	3:11.09	3:11.09		
Marloes Rebel	84		40.20	1:27.07	2:16.46	3:04.89	3:04.89		
Evelien Naatje	72		40.36	1:26.71	2:15.76	3:02.28	3:02.28		
4. De Geul 2	De Geul			NED				<b>14:07.10</b>	+0,83
Marcha Admiraal	93	+0,83	31.27	1:06.79	1:44.44	2:22.27	2:22.27		
Roselinda van der Vlugt	67	+0,73	49.50	1:46.37	2:47.59	3:46.31	3:46.31		
Geerdien Meerwaldt	52	+0,62	1:02.65	2:10.22	3:19.21	4:27.52	4:27.52		
Erica Muller	64	+0,70	47.29	1:41.26	2:37.20	3:31.00	3:31.00		

240+, Women

1. Swol 1894 5	Swol 1894			NED				<b>12:48.35</b>	
Marjan Spoelstra	60		46.31	1:38.09	2:31.09	3:23.29	3:23.29		
Annet Kootstra	71		42.94	1:32.49	2:23.27	3:12.79	3:12.79		
Marjike Kraak-Beckers	60		42.15	1:28.82	2:17.16	3:03.82	3:03.82		
Christine Nieuwenhuis	51		41.99	1:29.71	2:19.45	3:08.45	3:08.45		

Masters 80+, Men

1. ZPC Woerden 1	ZPC Woerden			NED				<b>9:06.84</b>	+0,75
Ian Terlouw	00	+0,75	28.42	1:01.90	1:36.78	2:11.70	2:11.70		
Ruben Zwartbol	01	+0,35	30.76	1:05.73	1:43.85	2:22.92	2:22.92		
Milan de Roo	01	+0,16	30.31	1:06.08	1:44.11	2:21.96	2:21.96		
Daan Hoogendoorn	05	+0,44	29.26	1:02.15	1:36.07	2:10.26	2:10.26		
2. ZOB'66 2	ZOB'66			NED				<b>9:12.84</b>	+0,78
Mart de Koning	02	+0,78	28.61	1:02.65	1:38.83	2:15.20	2:15.20		
Boaz Troost	01	+0,60	32.06	1:10.37	1:51.83	2:33.04	2:33.04		
Julian Mes	01	+0,34	29.08	1:04.06	1:40.53	2:16.22	2:16.22		
Niels van der Mast	04	+0,44	28.56	1:00.85	1:34.25	2:08.38	2:08.38		

100+, Men

1. ZPC Amersfoort 3	ZPC Amersfoort			NED				<b>9:21.59</b>	+0,82
Jorick van Bon	03	+0,82	33.00	1:11.59	1:51.50	2:33.51	2:33.51		
Jelle Opmeer	01	+0,54	29.76	1:03.83	1:39.73	2:16.12	2:16.12		
Rob van Vliet	84	+0,28	30.69	1:06.52	1:43.92	2:22.12	2:22.12		
Jelle Blankestijn	98	+0,40	28.64	1:01.41	1:35.56	2:09.84	2:09.84		



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120+, Men

1.	Hellas-Glana 1 <i>Nederlands Masters Record</i>	Hellas-Glana		NED				<b>8:39.26</b>	+0,76
	Lars Kerremans	01	+0,76	27.88	59.29	1:32.57	2:03.80	2:03.80	
	Richard Rickxen	70	+0,70	31.15	1:05.91	1:41.79	2:16.39	2:16.39	
	Robin Meuwissen	96	+0,39	27.89	59.87	1:35.82	2:12.75	2:12.75	
	Kevin Meuwissen	95	+0,60	27.64	59.05	1:33.17	2:06.32	2:06.32	
2.	ENC Arnhem 1	ENC Arnhem		NED				<b>8:49.85</b>	+0,76
	Peter Rothengatter	97	+0,76	28.34	1:00.44	1:37.14	2:17.08	2:17.08	
	Tim de Vrugt	93	+0,53	29.22	1:02.52	1:37.70	2:12.21	2:12.21	
	Sander de Vrugt	89	+0,44	28.62	1:01.37	1:36.13	2:10.83	2:10.83	
	Mike Schel	94	+0,38	28.89	1:01.37	1:35.93	2:09.73	2:09.73	
3.	De Schotejil 1	z.c De Schotejil		NED				<b>9:03.82</b>	
	David Kievit	99		29.42	1:02.68	1:38.23	2:13.72	2:13.72	
	Frank v.d. Voorde	83		32.19	1:07.45	1:43.89	2:20.54	2:20.54	
	Niels Albrechts	88		31.90	1:08.81	1:46.55	2:22.39	2:22.39	
	Jacob Mackloet	00	+0,27	27.93	1:00.09	1:33.76	2:07.17	2:07.17	
4.	Poseidon'56 1	Poseidon'56		NED				<b>9:21.87</b>	+0,69
	Sam Beer	96	+0,69	31.75	1:09.40	1:48.54	2:28.39	2:28.39	
	Jim Geestman	83	+0,61	32.61	1:08.78	1:46.33	2:21.74	2:21.74	
	John Smit	95	+0,61	30.87	1:06.49	1:42.33	2:19.30	2:19.30	
	Ryan van den Ouden	99	+0,61	29.17	1:02.98	1:38.49	2:12.44	2:12.44	
5.	ZuiderZeeZwemmers 1	ZuiderZeeZwemmers		NED				<b>9:24.37</b>	+0,75
	Jesse van Dijk	99	+0,75	30.23	1:03.99	1:39.53	2:15.00	2:15.00	
	Gerko Versluis	69	+0,65	34.47	1:12.52	1:52.70	2:31.55	2:31.55	
	Jarick Stoop	96	+0,47	30.39	1:06.96	1:45.36	2:21.58	2:21.58	
	Ilmar Stoop	01	+0,50	30.53	1:05.09	1:41.25	2:16.24	2:16.24	
6.	AZC 1	AZC		NED				<b>9:44.21</b>	+0,94
	Auke Sijperda	99	+0,94	31.19	1:08.26	1:49.14	2:30.81	2:30.81	
	Jeffrey van 't Schip	91	+0,50	30.81	1:06.35	1:44.38	2:21.27	2:21.27	
	Patrick Brouwer	93	+0,28	33.87	1:12.61	1:53.29	2:32.42	2:32.42	
	Jeroen Matthijssen	91	+0,54	30.42	1:06.15	1:42.03	2:19.71	2:19.71	
7.	De Rijn 1	De Rijn		NED				<b>10:05.34</b>	+0,80
	Jeroen Louwinger	99	+0,80	31.01	1:05.01	1:39.45	2:13.04	2:13.04	
	Rick van Nieuwenhuizen	90	+0,51	36.27	1:20.20	2:05.91	2:50.23	2:50.23	
	Sjoerd Boogert	99	+0,52	32.60	1:09.97	1:50.91	2:33.74	2:33.74	
	Johan Krakou	91	+0,46	32.17	1:09.44	1:49.29	2:28.33	2:28.33	

160+, Men

1.	Steenwijk 1934 2	Steenwijk 1934		NED				<b>10:42.05</b>	+0,86
	Rick Driezen	86	+0,86	32.60	1:08.75	1:46.07	2:22.48	2:22.48	
	Robert Braad	86	+0,38	31.08	1:07.07	1:42.73	2:18.07	2:18.07	
	Korstaan de Boer	71	+0,54	37.38	1:20.13	2:04.65	2:48.76	2:48.76	
	Patrick Wobben	93	+0,76	39.85	1:27.02	2:19.44	3:12.74	3:12.74	

200+, Men

1.	Oslo I.L. 1	Oslo I.L.		NOR				<b>8:40.78</b>	
	Oivind Martin Hasle	77		29.58	1:01.31	1:35.60	2:09.70	2:09.70	
	Hakon Skaarud Karlsen	79		29.63	1:01.70	1:34.19	2:05.74	2:05.74	
	Jarl Inge Melberg	70		29.33	1:01.61	1:35.61	2:10.17	2:10.17	
	Oddvar Sandvin	66		30.52	1:04.59	1:40.14	2:15.17	2:15.17	

240+, Men

1.	WS Twente 4	WS Twente		NED				<b>12:35.66</b>	
	Laurens Klein Breteler	54		42.66	1:32.75	2:23.96	3:11.40	3:11.40	
	Joop Weenink	68	+0,95	41.52	1:27.50	2:15.60	3:03.25	3:03.25	
	Bart van Calker	61	+0,67	45.17	1:32.35	2:21.04	3:08.56	3:08.56	
	Jack Barends	62	+0,75	43.38	1:31.66	2:22.82	3:12.45	3:12.45	



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Event 15, 4 x 200m Freestyle

80+, Mixed

1.	HZ&PC Heerenveen 1 <i>Nederlands Masters Record</i>	HZ&PC Heerenveen	NED				<b>8:35.93</b>	+0,73
	Jorian Darwinkel	03	+0,73	28.34	1:00.79	1:34.77	2:07.99	2:07.99
	Leonie van Wier	02	+0,68	32.16	1:08.37	1:47.03	2:24.30	2:24.30
	Marte Hieke van der Kamp	05	+0,27	29.94	1:02.71	1:35.94	2:07.19	2:07.19
	Wouter Zijlstra	04	+0,50	26.10	55.62	1:26.15	1:56.45	1:56.45
2.	Steenwijk 1934 1	Steenwijk 1934	NED				<b>9:49.08</b>	
	Jolijn Liezen	05		32.30	1:08.70	1:46.19	2:23.88	2:23.88
	Alies Wagter	99		34.90	1:14.29	1:55.30	2:36.11	2:36.11
	Kylian Kooijman	99		30.92	1:05.51	1:42.60	2:20.08	2:20.08
	Jelle Heijman	00	+0,68	33.33	1:10.81	1:49.60	2:29.01	2:29.01

100+, Mixed

1.	ZPCH 1	ZPCH	NED				<b>9:09.75</b>	+0,72
	Thomas Vastenhout	02	+0,72	28.81	1:00.83	1:34.27	2:08.63	2:08.63
	Kaylee de Jong	00	+0,68	32.54	1:08.12	1:44.35	2:19.30	2:19.30
	Sophie Brouwer	05	+0,33	33.32	1:10.00	1:49.87	2:29.46	2:29.46
	Ruud Holswilder	78	+0,28	29.60	1:03.50	1:39.26	2:12.36	2:12.36
2.	Zwemvereniging Hoogland 1	Zwemvereniging Hoogland	NED				<b>9:10.27</b>	
	Anne-Irene Ducheine	95		33.39	1:11.55	1:50.63	2:28.39	2:28.39
	Jeffrey Roest	97		30.39	1:03.77	1:39.09	2:13.04	2:13.04
	Jamilla van Ommen - van Veen	96		30.92	1:06.44	1:43.90	2:20.29	2:20.29
	Bas Dries	95		27.65	59.74	1:33.61	2:08.55	2:08.55
3.	MSV-Zeemacht 1	MSV-Zeemacht	NED				<b>9:36.94</b>	
	Jordi de Nijs	98		28.41	1:01.88	1:38.11	2:13.56	2:13.56
	Suzanne Mosch	94		34.82	1:14.59	1:55.92	2:37.60	2:37.60
	Kyra Wesemann	02		34.36	1:11.96	1:50.96	2:29.91	2:29.91
	Matthew Humphreys	89		30.13	1:04.01	1:40.09	2:15.87	2:15.87
4.	WS Twente 3	WS Twente	NED				<b>9:38.65</b>	+0,78
	Mathieu Boers	98	+0,78	28.18	1:01.73	1:34.96	2:10.03	2:10.03
	Nienke Smidt	94	+0,67	33.54	1:11.99	1:53.27	2:33.20	2:33.20
	Marleen Hof	98	+0,43	33.67	1:13.17	1:55.49	2:37.05	2:37.05
	Niels Bent	94	+0,45	31.23	1:06.06	1:43.08	2:18.37	2:18.37
5.	WS Twente 2	WS Twente	NED				<b>10:00.94</b>	+0,75
	Sander Riezebos	94	+0,75	32.12	1:08.84	1:46.38	2:22.30	2:22.30
	Romee Beverdam	01		33.87	1:11.81	1:51.34	2:30.46	2:30.46
	Pien Ooijman	05	+0,50	35.27	1:16.52	1:57.62	2:37.97	2:37.97
	Cars Wiegmann	94	+0,14	32.04	1:10.96	1:51.40	2:30.21	2:30.21

120+, Mixed

1.	De Amstel 1	De Amstel	NED				<b>9:59.27</b>	
	Iris Bastiaansen	99		34.89	1:13.46	1:54.27	2:34.15	2:34.15
	Iris van der Moolen	99		34.55	1:13.89	1:55.59	2:37.13	2:37.13
	Henri Michels	65		35.68	1:14.23	1:54.37	2:32.06	2:32.06
	Owen Michels	04		30.63	1:04.45	1:39.97	2:15.93	2:15.93
2.	HZ&PC Heerenveen 2	HZ&PC Heerenveen	NED				<b>10:01.91</b>	+0,81
	Remco Dijkstra	01	+0,81	28.90	1:03.31	1:41.13	2:19.51	2:19.51
	Richard Kuipers	97	+0,68	29.71	1:02.09	1:36.30	2:12.19	2:12.19
	Peggi Hurenkamp	69	+0,79	39.71	1:26.21	2:15.47	3:02.52	3:02.52
	Inge Dekker	02	+0,44	32.83	1:11.10	1:50.20	2:27.69	2:27.69
3.	Westland Swimming Stars 1	Westland Swimming Stars	NED				<b>10:16.86</b>	
	Pieter Broek	77		33.93	1:12.25	1:53.24	2:36.84	2:36.84
	Anouk van der Lans	98	+0,31	35.04	1:15.07	1:57.52	2:38.89	2:38.89
	Mirjan den Drijver	75	+0,15	35.53	1:16.62	1:59.26	2:40.00	2:40.00
	Patrick Wyrdean	97	+0,48	32.24	1:07.78	1:44.85	2:21.13	2:21.13
4.	Zwemvereniging Hoogland 2	Zwemvereniging Hoogland	NED				<b>10:36.98</b>	
	Marloes Manni	90		32.83	1:10.72	1:51.15	2:29.57	2:29.57
	Ilana Iskander	89		38.35	1:21.86	2:07.28	2:52.25	2:52.25
	Karlo Kok	91		34.42	1:14.20	1:55.73	2:36.78	2:36.78
	Ruben de Boer	93		34.77	1:14.87	1:57.91	2:38.38	2:38.38



Open Nederlandse Masters  
Kampioenschappen 2025 lange baan  
Drachten, 8-11 mei 2025



Event 15, 4 x 200m Freestyle

160+, Mixed

1.	PSV 3	PSV		NED				<b>10:07.47</b>	
	Larissa Jansen	95		33.99	1:11.32	1:48.68	2:25.59	2:25.59	
	Nanda van Heteren	89		37.01	1:18.13	2:00.60	2:40.82	2:40.82	
	Harold Matla	68		34.82	1:13.53	1:53.59	2:32.32	2:32.32	
	Mark Godwaldt	87		32.38	1:10.12	1:50.31	2:28.74	2:28.74	
2.	Swol 1894 8	Swol 1894		NED				<b>12:38.74</b>	+0,95
	Maxim Hardziyenka	72	+0,95	44.34	1:36.20	2:28.46	3:17.22	3:17.22	
	Jessica van Velzen	76	+0,96	53.38	1:52.91	2:54.55	3:53.21	3:53.21	
	Mireille Nijhuis	81	+0,78	37.31	1:20.75	2:07.42	2:53.50	2:53.50	
	Albert van Piekeren	84	+0,61	35.05	1:14.61	1:55.15	2:34.81	2:34.81	

200+, Mixed

1.	Luxembourg Sharks Swimming CLuxembourg Sharks Swimming CLUX <i>European Masters Record</i>							<b>9:08.06</b>	+0,73
	Frederic Tonus	73	+0,73	29.03	1:00.68	1:33.67	2:04.70	2:04.70	
	Steve Seremes	81	+0,45	27.95	59.83	1:33.64	2:08.20	2:08.20	
	Micky Grulms	72	+0,67	35.54	1:14.26	1:52.85	2:29.94	2:29.94	
	Olivia Lorton	74	+0,61	32.54	1:09.20	1:47.10	2:25.22	2:25.22	
2.	ZPC Amersfoort 1 <i>Nederlands Masters Record</i>	ZPC Amersfoort		NED				<b>9:38.70</b>	+0,95
	Johan Remmits	62	+0,95	32.38	1:07.75	1:45.19	2:21.37	2:21.37	
	Marlje Jansen	85	+0,55	32.95	1:11.26	1:51.52	2:30.94	2:30.94	
	Lidia v. Bon-Rosenbrand	70	+0,47	33.28	1:11.18	1:50.98	2:29.47	2:29.47	
	Chester Marsman	69	+0,59	29.89	1:04.85	1:41.47	2:16.92	2:16.92	
3.	DWK 1	DWK		NED				<b>11:01.06</b>	
	Jennie Resink-lindeboom	60		42.55	1:31.51	2:21.28	3:08.93	3:08.93	
	Iris van Aurich	69		35.67	1:17.87	2:01.58	2:43.72	2:43.72	
	Martijn de Jong	71		37.23	1:20.77	2:06.35	2:49.89	2:49.89	
	Lars Jacobsen	97		30.17	1:06.12	1:44.18	2:18.52	2:18.52	
4.	GZC Donk 1	GZC Donk		NED				<b>11:58.50</b>	+0,87
	Pierre de Groot	64	+0,87	44.65	1:35.64	2:28.61	3:20.90	3:20.90	
	Nathasja Konijn	71	+0,87	43.75	1:33.46	2:23.28	3:14.37	3:14.37	
	Petra Tossings	61	+0,57	39.52	1:24.83	2:11.10	2:56.57	2:56.57	
	Bryan Morsink	91	+0,28	31.80	1:07.93	1:46.03	2:26.66	2:26.66	
5.	ENC Arnhem 3	ENC Arnhem		NED				<b>12:17.78</b>	+0,82
	Arjen Koop	79	+0,82	33.94	1:11.80	1:50.96	2:31.95	2:31.95	
	Erwin Snip	70	+0,67	38.42	1:22.84	2:09.18	2:53.35	2:53.35	
	Marion Kolkman-Pluim	60	+0,68	45.41	1:36.22	2:29.16	3:20.44	3:20.44	
	Cora Smulders	66	+0,65	45.33	1:40.39	2:37.37	3:32.04	3:32.04	
DSQ	AZC 2	AZC		NED					
	<i>EC - De estafette niet gezwommen met de opgegeven zwemmers.**, 3e zwemmer 400 meter gezwommen</i>								
	Jessica Braat	02		34.48	1:14.39	1:56.92	2:38.34	2:38.34	
	Esther Boerdam-Delfos	87							
	Wim de Lange	58							
	Geza Kaltenecker	42							

240+, Mixed

1.	PSV 4	PSV		NED				<b>14:42.60</b>	+0,91
	Judith Sijbers	73	+0,91	47.96	1:46.72	2:49.66	3:50.09	3:50.09	
	Gonnie Bak	51	+0,75	54.51	1:56.44	2:59.17	3:57.36	3:57.36	
	Rob Hanou	43	+0,78	54.77	2:03.20	3:10.65	4:12.24	4:12.24	
	Tom Bandsma	77		37.96	1:18.81	2:00.71	2:42.91	2:42.91	

280+, Mixed

1.	PSV 2 <i>Nederlands Masters Record</i>	PSV		NED				<b>12:36.69</b>	
	Ineke Weekers	53		41.97	1:27.83	2:13.78	2:59.15	2:59.15	
	Corrie Verhoeven	46		44.12	1:37.34	2:33.63	3:28.53	3:28.53	
	Andre Pantekoek	58	+0,52	45.67	1:39.12	2:31.59	3:19.88	3:19.88	
	Menno Lomans	61	+0,74	38.48	1:22.38	2:07.08	2:49.13	2:49.13	