



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



Event 17
10-5-2025 - 10:59

Women, 400m Medley

Masters Open
Results

rang	naam	vereniging						tijd	RT	PARA
Masters 20+										
1.	Marte Hieke van der Kamp <i>Nederlands Masters Record</i>	HZ&PC Heerenveen	NED	200500218				5:03.65	+0,79	
	50m: 32.05	32.05	150m: 1:47.70	39.68	250m: 3:11.13	46.44	350m: 4:31.98	34.11		
	100m: 1:08.02	35.97	200m: 2:24.69	36.99	300m: 3:57.87	46.74	400m: 5:03.65	31.67		
2.	Emma Riemers	MSV-Zeemacht	NED	200500748				5:44.09	+0,67	
	50m: 33.82	33.82	150m: 2:02.24	45.84	250m: 3:37.97	49.81	350m: 5:06.96	37.51		
	100m: 1:16.40	42.58	200m: 2:48.16	45.92	300m: 4:29.45	51.48	400m: 5:44.09	37.13		
3.	Eline Hoekstra	OEZA	NED	200301280				5:49.40	+0,98	
	50m: 34.61	34.61	150m: 2:01.61	44.77	250m: 3:38.38	51.63	350m: 5:10.85	40.18		
	100m: 1:16.84	42.23	200m: 2:46.75	45.14	300m: 4:30.67	52.29	400m: 5:49.40	38.55		
4.	Feline Slijkhuis	SG Octopus - ZVV	NED	200501042				5:56.96	+0,98	
	50m: 36.45	36.45	150m: 2:09.69	45.88	250m: 3:43.59	50.28	350m: 5:16.75	41.42		
	100m: 1:23.81	47.36	200m: 2:53.31	43.62	300m: 4:35.33	51.74	400m: 5:56.96	40.21		
5.	Iris Lok	WS Twente	NED	200301094				6:07.47	+0,72	
	50m: 37.50	37.50	150m: 2:09.77	46.79	250m: 3:47.90	54.04	350m: 5:25.40	44.10		
	100m: 1:22.98	45.48	200m: 2:53.86	44.09	300m: 4:41.30	53.40	400m: 6:07.47	42.07		
6.	Cynthia Koolman	Steenwijk 1934	NED	200300232				6:14.01		
	50m: 44.48	44.48	150m: 2:24.56	46.02	250m: 4:03.27	54.10	350m: 5:36.21	38.78		
	100m: 1:38.54	54.06	200m: 3:09.17	44.61	300m: 4:57.43	54.16	400m: 6:14.01	37.80		
7.	Pien Ooijman	WS Twente	NED	200504500				6:22.28	+0,88	
	50m: 40.47	40.47	150m: 2:21.55	46.41	250m: 4:00.44	53.72	350m: 5:39.90	44.21		
	100m: 1:35.14	54.67	200m: 3:06.72	45.17	300m: 4:55.69	55.25	400m: 6:22.28	42.38		
Masters 25+										
1.	Tamara Grove	De Dolfijn	NED	199601266				5:21.07	+0,86	
	50m: 33.08	33.08	150m: 1:55.31	43.11	250m: 3:22.20	45.63	350m: 4:45.32	36.12		
	100m: 1:12.20	39.12	200m: 2:36.57	41.26	300m: 4:09.20	47.00	400m: 5:21.07	35.75		
2.	Anne Noom	Het Y	NED	199800062				5:26.86		
	50m: 33.00	33.00	150m: 1:52.94	41.49	250m: 3:20.60	47.71	350m: 4:48.39	39.01		
	100m: 1:11.45	38.45	200m: 2:32.89	39.95	300m: 4:09.38	48.78	400m: 5:26.86	38.47		
3.	Kaylee de Jong	ZPCH	NED	200001234				5:30.79	+0,94	
	50m: 34.72	34.72	150m: 2:00.77	45.23	250m: 3:31.18	47.73	350m: 4:55.58	37.54		
	100m: 1:15.54	40.82	200m: 2:43.45	42.68	300m: 4:18.04	46.86	400m: 5:30.79	35.21		
4.	Ageeth de Haan	Steenwijk 1934	NED	199901022				6:16.48	+0,86	
	50m: 40.39	40.39	150m: 2:23.24	53.24	250m: 4:05.37	51.89	350m: 5:36.76	40.26		
	100m: 1:30.00	49.61	200m: 3:13.48	50.24	300m: 4:56.50	51.13	400m: 6:16.48	39.72		
5.	Marouscha de Vries	DAW	NED	199906628				6:26.85	+0,62	
	50m: 40.61	40.61	150m: 2:22.34	51.29	250m: 4:05.65	51.83	350m: 5:43.61	44.25		
	100m: 1:31.05	50.44	200m: 3:13.82	51.48	300m: 4:59.36	53.71	400m: 6:26.85	43.24		
6.	Anouk van der Lans	Westland Swimming Stars	NED	199801614				6:32.95	+0,79	
	50m: 42.16	42.16	150m: 2:23.53	47.85	250m: 4:07.50	57.10	350m: 5:50.22	45.05		
	100m: 1:35.68	53.52	200m: 3:10.40	46.87	300m: 5:05.17	57.67	400m: 6:32.95	42.73		
7.	Melanie Zondag	ZC Polaris	NED	199804476				7:08.95	+0,79	
	50m: 44.20	44.20	150m: 2:38.31	55.68	250m: 4:32.10	58.87	350m: 6:21.43	48.10		
	100m: 1:42.63	58.43	200m: 3:33.23	54.92	300m: 5:33.33	1:01.23	400m: 7:08.95	47.52		
Masters 30+										
1.	Sietske Veldkamp	ZPC De Hof	NED	199501628				5:35.87	+0,74	
	50m: 33.97	33.97	150m: 1:59.63	43.62	250m: 3:30.34	47.13	350m: 4:57.69	39.32		
	100m: 1:16.01	42.04	200m: 2:43.21	43.58	300m: 4:18.37	48.03	400m: 5:35.87	38.18		
2.	Fiona Meuffels	PSV	NED	199504366				5:42.00	+0,73	
	50m: 34.72	34.72	150m: 2:06.24	48.29	250m: 3:38.87	47.26	350m: 5:04.75	37.90		
	100m: 1:17.95	43.23	200m: 2:51.61	45.37	300m: 4:26.85	47.98	400m: 5:42.00	37.25		
3.	Wendan Poelstra	TriVia	NED	199102496				5:48.93		
	50m: 34.85	34.85	150m: 2:03.37	46.12	250m: 3:37.50	49.32	350m: 5:09.15	41.10		
	100m: 1:17.25	42.40	200m: 2:48.18	44.81	300m: 4:28.05	50.55	400m: 5:48.93	39.78		





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Event 17, Women, 400m Medley, Masters 30+

rang	naam	vereniging	tijd	RT	PARA			
4.	Floor Weijmans	HZPC	5:56.46	+0,83				
	50m: 37.47	37.47	150m: 2:07.14	44.92	250m: 3:43.81	51.57	350m: 5:17.23	39.99
	100m: 1:22.22	44.75	200m: 2:52.24	45.10	300m: 4:37.24	53.43	400m: 5:56.46	39.23
5.	Nienke Smidt	WS Twente	6:04.12	+0,99				
	50m: 37.69	37.69	150m: 2:10.63	48.25	250m: 3:49.23	54.03	350m: 5:26.55	41.85
	100m: 1:22.38	44.69	200m: 2:55.20	44.57	300m: 4:44.70	55.47	400m: 6:04.12	37.57
6.	Larissa Jansen	PSV	6:07.92	+0,98				
	50m: 37.50	37.50	150m: 2:16.01	49.93	250m: 3:56.29	52.10	350m: 5:28.84	41.35
	100m: 1:26.08	48.58	200m: 3:04.19	48.18	300m: 4:47.49	51.20	400m: 6:07.92	39.08
7.	Nanda Wobben-de Vries	Steenwijk 1934	6:08.27					
	50m: 39.51	39.51	150m: 2:15.52	46.51	250m: 3:54.40	52.06	350m: 5:27.67	41.24
	100m: 1:29.01	49.50	200m: 3:02.34	46.82	300m: 4:46.43	52.03	400m: 6:08.27	40.60
8.	Aniek Garritsen	De IJsselmeeuwen	6:16.84	+0,74				
	50m: 34.77	34.77	150m: 2:09.57	49.51	250m: 3:53.21	55.06	350m: 5:33.81	44.81
	100m: 1:20.06	45.29	200m: 2:58.15	48.58	300m: 4:49.00	55.79	400m: 6:16.84	43.03
9.	Irmgard van Weeghel	ENC Arnhem	6:37.55	+0,87				
	50m: 42.70	42.70	150m: 2:25.65	50.86	250m: 4:11.52	55.63	350m: 5:32.89	44.84
	100m: 1:34.79	52.09	200m: 3:15.89	50.24	300m: 5:08.05	56.53	400m: 6:37.55	44.66
10.	Marjan Rikken	SG Octopus - ZVV	6:48.75					
	50m: 43.37	43.37	150m: 2:28.00	50.10	250m: 4:15.39	58.35	350m: 6:02.50	47.89
	100m: 1:37.90	54.53	200m: 3:17.04	49.04	300m: 5:14.61	59.22	400m: 6:48.75	46.25

Masters 35+

1.	Jacyntha Plat	Steenwijk 1934	6:04.98	+0,78				
	50m: 35.37	35.37	150m: 2:09.65	50.31	250m: 3:45.35	47.51	350m: 5:19.24	45.72
	100m: 1:19.34	43.97	200m: 2:57.84	48.19	300m: 4:33.52	48.17	400m: 6:04.98	45.74
2.	Monique van Huizen	AZC	6:11.99					
	50m: 39.22	39.22	150m: 2:17.94	49.86	250m: 3:57.80	51.78	350m: 5:32.58	41.44
	100m: 1:28.08	48.86	200m: 3:06.02	48.08	300m: 4:51.14	53.34	400m: 6:11.99	39.41
3.	Ilse van den Wijngaard	ZPC Woerden	6:16.44	+0,75				
	50m: 37.50	37.50	150m: 2:11.89	45.35	250m: 3:51.62	54.14	350m: 5:32.16	44.79
	100m: 1:26.54	49.04	200m: 2:57.48	45.59	300m: 4:47.37	55.75	400m: 6:16.44	44.28

Masters 40+

1.	Viktoria Haden-Felfoldi	Iron Swim	5:26.42					
	50m: 33.87	33.87	150m: 1:56.09	43.13	250m: 3:24.84	46.88	350m: 4:50.11	37.35
	100m: 1:12.96	39.09	200m: 2:37.96	41.87	300m: 4:12.76	47.92	400m: 5:26.42	36.31
2.	Claudia Schoenitz	SV Gronau 1910 e.V.	6:26.39					
	50m: 37.02	37.02	150m: 2:14.40	52.16	250m: 3:58.07	54.50	350m: 5:40.07	47.41
	100m: 1:22.24	45.22	200m: 3:03.57	49.17	300m: 4:52.66	54.59	400m: 6:26.39	46.32
3.	Michelle de de Villiers	Hellas-Glana	6:36.55	+0,79				
	50m: 38.19	38.19	150m: 2:20.24	55.91	250m: 4:09.51	57.55	350m: 5:52.64	46.04
	100m: 1:24.33	46.14	200m: 3:11.96	51.72	300m: 5:06.60	57.09	400m: 6:36.55	43.91
4.	Angela Giezen	ZPC Amersfoort	6:37.69	+0,87				
	50m: 42.57	42.57	150m: 2:23.87	50.35	250m: 4:10.74	58.43	350m: 5:55.08	45.47
	100m: 1:33.52	50.95	200m: 3:12.31	48.44	300m: 5:09.61	58.87	400m: 6:37.69	42.61
5.	Linda Hoogendam	WVZ	7:24.06	+0,97				
	50m: 48.08	48.08	150m: 2:41.81	56.98	250m: 4:43.91	1:07.75	350m: 6:38.00	48.25
	100m: 1:44.83	56.75	200m: 3:36.16	54.35	300m: 5:49.75	1:05.84	400m: 7:24.06	46.06
sick	Ann Wanter	Zwemclub Geel			BEL ZGEEL/21082/82			

Masters 45+

1.	Annett von Rekowski	Schwimmverein Gera	5:55.49	+0,76				
	50m: 36.41	36.41	150m: 2:06.12	46.30	250m: 3:43.69	52.55	350m: 5:17.75	39.48
	100m: 1:19.82	43.41	200m: 2:51.14	45.02	300m: 4:38.27	54.58	400m: 5:55.49	37.74
2.	Anuschka Glazema-Boelema	TriVia	6:42.28	+0,90				
	50m: 39.94	39.94	150m: 2:24.52	55.48	250m: 4:13.29	56.02	350m: 5:56.42	46.61
	100m: 1:29.04	49.10	200m: 3:17.27	52.75	300m: 5:09.81	56.52	400m: 6:42.28	45.86
3.	Leontine Loeber	SwimGym	7:00.74					
	50m: 44.26	44.26	150m: 2:34.36	54.57	250m: 4:25.36	57.24	350m: 6:13.41	48.88
	100m: 1:39.79	55.53	200m: 3:28.12	53.76	300m: 5:24.53	59.17	400m: 7:00.74	47.33





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Event 17, Women, 400m Medley, Masters 45+

rang	naam	vereniging	NED	197601006	tijd	RT	PARA	
4.	Jannie Vennik	HZ&PC Heerenveen	NED	197601006	7:04.66			
	50m: 44.84	44.84	150m: 2:39.83	57.60	250m: 4:36.71	58.20	350m: 6:20.51	43.83
	100m: 1:42.23	57.39	200m: 3:38.51	58.68	300m: 5:36.68	59.97	400m: 7:04.66	44.15
5.	Ute Kremer	SG Erkelenz-Hueckelhoven	GER	492223	7:21.63	+0,97		
	50m: 45.50	45.50	150m: 2:39.60	1:00.53	250m: 4:40.39	59.97	350m: 6:31.72	50.79
	100m: 1:39.07	53.57	200m: 3:40.42	1:00.82	300m: 5:40.93	1:00.54	400m: 7:21.63	49.91

Masters 50+

1.	Nathasja Konijn	GZC Donk	NED	197100992	7:34.63			
	50m: 49.10	49.10	150m: 2:46.29	59.02	250m: 4:46.30	1:03.88	350m: 6:44.29	52.30
	100m: 1:47.27	58.17	200m: 3:42.42	56.13	300m: 5:51.99	1:05.69	400m: 7:34.63	50.34
sick	Liselotte Joling	PSV	NED	197500268				

Masters 55+

1.	Bianca Groot	MSV-Zeemacht	NED	197000652	6:33.65	+0,90		
	50m: 41.26	41.26	150m: 2:28.72	53.30	250m: 4:15.10	52.71	350m: 5:51.83	42.29
	100m: 1:35.42	54.16	200m: 3:22.39	53.67	300m: 5:09.54	54.44	400m: 6:33.65	41.82
2.	Laura Staal	Oceanus	NED	196700358	6:47.37	+0,92		
	50m: 46.22	46.22	150m: 2:35.47	53.11	250m: 4:22.41	54.90	350m: 6:03.35	44.91
	100m: 1:42.36	56.14	200m: 3:27.51	52.04	300m: 5:18.44	56.03	400m: 6:47.37	44.02
3.	Peggy Hurenkamp	HZ&PC Heerenveen	NED	196900922	7:14.10			
	50m: 44.89	44.89	150m: 2:35.40	57.80	250m: 4:32.74	1:01.31	350m: 6:24.29	50.56
	100m: 1:37.60	52.71	200m: 3:31.43	56.03	300m: 5:33.73	1:00.99	400m: 7:14.10	49.81
4.	K. van Nassau-van den Heuvel	Old Dutch	NED	196600188	7:28.75	+0,81		
	50m: 51.31	51.31	150m: 2:52.59	1:01.64	250m: 4:49.77	57.72	350m: 6:38.46	50.73
	100m: 1:50.95	59.64	200m: 3:52.05	59.46	300m: 5:47.73	57.96	400m: 7:28.75	50.29
DSQ	Annette van Dok	MSV-Zeemacht	NED	196800742				
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>							
DSQ	Annette Spies	LinK	NED	197001110				
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>							

Masters 60+

1.	Petra Tossings	GZC Donk	NED	196100376	6:59.33	+0,88		
	50m: 42.59	42.59	150m: 2:30.93	54.64	250m: 4:24.93	58.94	350m: 6:12.33	46.87
	100m: 1:36.29	53.70	200m: 3:25.99	55.06	300m: 5:25.46	1:00.53	400m: 6:59.33	47.00
2.	Anita Steijger	WVZ	NED	196500628	7:04.29			
	50m: 47.27	47.27	150m: 2:40.43	56.60	250m: 4:32.81	1:00.03	350m: 6:18.55	47.78
	100m: 1:43.83	56.56	200m: 3:32.78	52.35	300m: 5:30.77	57.96	400m: 7:04.29	45.74

Masters 70+

1.	Margriet Pasma	TriVia	NED	195500088	7:43.02	+0,91		
	<i>Nederlands Masters Record</i>							
	50m: 56.19	56.19	150m: 2:59.31	56.82	250m: 4:59.93	1:04.01	350m: 6:54.39	49.91
	100m: 2:02.49	1:06.30	200m: 3:55.92	56.61	300m: 6:04.48	1:04.55	400m: 7:43.02	48.63

Masters 75+

1.	Antoinette Gilding-Tussaud	WS Twente	NED	195000038	9:45.14			
	<i>Nederlands Masters Record, op 100m vlinderslag én 400m wisselslag</i>							
	50m: 1:09.14	1:09.14	150m: 3:46.26	1:06.58	250m: 6:13.43	1:19.30	350m: 8:38.45	1:05.17
	100m: 2:39.68	1:30.54	200m: 4:54.13	1:07.87	300m: 7:33.28	1:19.85	400m: 9:45.14	1:06.69