



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



Event 24  
10-5-2025 - 15:21

Men, 200m Freestyle

Masters Open  
Results

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
<b>Masters 20+</b>								
1. Wouter Zijlstra	HZ&PC Heerenveen	NED 200401545	<b>1:57.10</b>	+0,68	27.29	56.79	1:27.15	1:57.10
2. Luc Mul	DAW	NED 200201025	<b>2:02.15</b>	+0,97	28.85	1:00.22	1:31.85	2:02.15
3. Lars Kerremans	Hellas-Glana	NED 200100305	<b>2:02.67</b>		28.58	59.92	1:32.25	2:02.67
4. Thomas Vastenhout	ZPCH	NED 200204545	<b>2:08.04</b>	+0,71	29.27	1:01.61	1:35.16	2:08.04
5. Niels van der Mast	ZOB'66	NED 200401917	<b>2:09.34</b>	+0,73	29.27	1:02.29	1:36.50	2:09.34
6. Fayssal Lanterna	Zwemlust- den Hommel	NED 200101379	<b>2:10.73</b>	+0,77	28.89	1:01.19	1:35.59	2:10.73
7. Tim Speijer	Bubble	NED 200301661	<b>2:11.33</b>		29.51	1:02.69	1:37.61	2:11.33
8. Niels Kragt	G.S.Z.V. De Golfbreker	NED 200300155	<b>2:11.59</b>	+0,77	30.22	1:03.70	1:38.70	2:11.59
9. Rik Stahlie	TriVia	NED 200201915	<b>2:12.85</b>	+0,63	30.05	1:03.60	1:38.73	2:12.85
10. Jelle Opmeer	ZPC Amersfoort	NED 200100269	<b>2:15.06</b>	+0,99	30.21	1:04.66	1:40.22	2:15.06
11. Kay van Sleen	Steenwijk 1934	NED 200400083	<b>2:16.90</b>	+0,82	31.01	1:05.35	1:41.22	2:16.90
12. Owen Michels	De Amstel	NED 200402293	<b>2:16.99</b>	+0,77	30.10	1:04.65	1:40.66	2:16.99
13. Nigel Werring	Zwemlust- den Hommel	NED 200301503	<b>2:17.16</b>		30.73	1:05.71	1:41.86	2:17.16
14. Reinier Velthuijs	NieMo Barracuda	NED 200503537	<b>2:20.93</b>	+0,87	32.69	1:08.90	1:45.30	2:20.93
15. Wessel Haverkamp	ENC Arnhem	NED 200204755	<b>2:21.39</b>	+0,72	31.75	1:06.64	1:43.68	2:21.39
16. Mika Bongers	ENC Arnhem	NED 200502683	<b>2:23.77</b>	+0,72	31.15	1:07.42	1:45.66	2:23.77
17. Jorick van Bon	ZPC Amersfoort	NED 200300091	<b>2:29.41</b>	+0,95	33.39	1:11.12	1:50.61	2:29.41
18. Lanco Manaf	Het Ravijn	NED 200402715	<b>2:31.13</b>	+0,74	32.53	1:10.23	1:51.48	2:31.13
19. Carsten Bruinink	Noord-Veluwe	NED 200303861	<b>2:37.06</b>		35.32	1:15.85	1:57.88	2:37.06
<b>Masters 25+</b>								
1. Jelle Blankestijn	ZPC Amersfoort	NED 199803737	<b>2:06.77</b>	+0,77	28.76	1:01.04	1:33.47	2:06.77
2. Jacob Mackloet	z.c De Schoteijl	NED 200001171	<b>2:07.27</b>	+0,73	29.13	1:02.23	1:35.50	2:07.27
3. Jasper Breugem	WVZ	NED 200000303	<b>2:07.46</b>		28.77	1:01.36	1:34.53	2:07.46
4. Mathieu Boers	WS Twente	NED 199800187	<b>2:07.84</b>	+0,91	27.80	1:01.40	1:34.57	2:07.84
5. Robin van Beek	ZVL-1886	NED 199704023	<b>2:09.60</b>	+0,71	29.36	1:02.20	1:35.59	2:09.60
6. Richard Kuipers	HZ&PC Heerenveen	NED 199704171	<b>2:11.19</b>	+0,80	29.63	1:01.59	1:36.01	2:11.19
7. Erwin Pras	GZVW	NED 199601781	<b>2:18.38</b>	+0,80	31.22	1:06.15	1:42.75	2:18.38
8. Bas van Tintelen	OZ&PC	NED 199800455	<b>2:18.54</b>	+0,86	31.18	1:06.36	1:42.35	2:18.54
9. Jordy van Oel	WVZ	NED 199802003	<b>2:21.70</b>	+0,80	32.13	1:08.85	1:45.26	2:21.70
10. Patrick Wyrdeeman	Westland Swimming Stars	NED 199702475	<b>2:22.06</b>	+0,74	31.76	1:08.52	1:45.83	2:22.06
11. Gijs Ruijgrok	ZVL-1886	NED 199600863	<b>2:23.77</b>		31.97	1:08.28	1:47.21	2:23.77
12. Jelle Heijman	Steenwijk 1934	NED 200000635	<b>2:26.94</b>	+0,78	32.94	1:09.15	1:48.11	2:26.94
13. Jaimy Voogt	ZOB'66	NED 200005881	<b>2:27.12</b>	+0,70	32.17	1:09.02	1:48.49	2:27.12
14. Auke Sijperda	AZC	NED 199905115	<b>2:27.21</b>	+0,69	33.39	1:12.39	1:51.12	2:27.21
15. Sven Dubbeld	z.c De Schoteijl	NED 199601141	<b>2:32.51</b>		34.12	1:13.24	1:54.10	2:32.51
16. Wout Wilens	EZCL (SG)	NED 200001431	<b>2:36.20</b>	+0,85	35.71	1:15.26	1:56.43	2:36.20
17. Mathijs Krieger	EZCL (SG)	NED 199905361	<b>2:49.86</b>	+0,97	35.58	1:17.97	2:03.89	2:49.86
18. Tuur Ottenheim	Zwemvereniging Hoogland	NED 199805933	<b>3:15.44</b>	+0,77	38.82	1:24.96	2:16.21	3:15.44
<b>Masters 30+</b>								
1. Eric Rodriguez Ramos	Club Natacio Swimfaster SaltESP		<b>2:05.11</b>	+0,69	27.91	59.75	1:32.18	2:05.11
2. Nick Sijmons	De Amstel	NED 199500491	<b>2:08.73</b>		29.46	1:02.81	1:37.72	2:08.73
3. Mike Schel	ENC Arnhem	NED 199403279	<b>2:10.39</b>	+0,84	30.31	1:03.77	1:37.10	2:10.39
4. Erik Nijholt	DZ&PC	NED 199401349	<b>2:11.54</b>		29.07	1:01.66	1:36.05	2:11.54
5. Bas Braun	ZPC Amersfoort	NED 199106545	<b>2:12.34</b>	+0,91	29.79	1:03.47	1:37.62	2:12.34
6. Stefan Petersen	Blue Marlins	NED 199403067	<b>2:13.03</b>		29.74	1:02.65	1:37.98	2:13.03
7. Tim de Vrugt	ENC Arnhem	NED 199306719	<b>2:13.11</b>	+0,96	30.30	1:04.42	1:39.88	2:13.11
8. Pieter Ytsma	ZV Zaltbommel	NED 199501809	<b>2:16.89</b>	+0,76	29.99	1:04.81	1:41.35	2:16.89
9. Niels Bent	WS Twente	NED 199400465	<b>2:18.35</b>	+0,81	31.30	1:05.58	1:41.97	2:18.35
10. Jeffrey van 't Schip	AZC	NED 199102035	<b>2:18.89</b>	+0,84	30.16	1:04.91	1:41.63	2:18.89
11. Bram Siebers	EZCL (SG)	NED 199302241	<b>2:23.21</b>	+0,85	31.28	1:07.70	1:45.62	2:23.21
12. Bryan Morsink	GZC Donk	NED 199101629	<b>2:23.76</b>		32.78	1:08.51	1:45.73	2:23.76
13. Remco Visser	ZPC Woerden	NED 199503185	<b>2:33.63</b>	+0,70	33.55	1:10.78	1:51.18	2:33.63
14. Richard Heijnen	ZC Polaris	NED 199107793	<b>2:37.35</b>	+0,86	34.70	1:14.64	1:55.93	2:37.35
15. Patrick Wobben	Steenwijk 1934	NED 199300559	<b>3:18.42</b>	+0,75	41.30	1:30.32	2:23.83	3:18.42





Event 24, Men, 200m Freestyle

Masters 35+

1. Sander de Vrugt	ENC Arnhem	NED 198903499	<b>2:11.82</b>	+0,68	29.00	1:01.84	1:36.48	2:11.82
2. Matthew Humphreys	MSV-Zeemacht	NED 198906983	<b>2:12.67</b>	+0,84	30.14	1:03.88	1:38.30	2:12.67
3. Tim Bunnik	Triton	NED 199000505	<b>2:14.51</b>	+0,88	30.76	1:05.05	1:40.08	2:14.51
4. Robert Braad	Steenwijk 1934	NED 198600407	<b>2:15.34</b>	+0,84	29.85	1:04.72	1:40.39	2:15.34
5. Patrick Creemers	SG Patrick - De Roersoppers	NED 199000579	<b>2:16.78</b>	+0,78	32.24	1:08.26	1:43.33	2:16.78
6. Rick Driezen	Steenwijk 1934	NED 198600713	<b>2:21.43</b>		32.30	1:08.16	1:45.02	2:21.43
7. Bram Piederiet	ZV Vlaardingen-Schiedam	NED 199007757	<b>2:21.93</b>	+0,96	31.44	1:07.75	1:44.80	2:21.93
8. Remco van der Graaf	De Geul	NED 198704007	<b>2:26.49</b>	+0,93	33.64	1:10.86	1:50.20	2:26.49
9. Wessel Everloo	WS Twente	NED 198906597	<b>2:27.51</b>	+0,90	33.48	1:11.06	1:50.41	2:27.51
10. Sander van Tilburg	De Biesboschzwemmers	NED 198604609	<b>2:33.52</b>	+0,87	35.36	1:14.58	1:55.12	2:33.52

Masters 40+

1. Federico Cappello	Luxembourg Sharks SwimmirLUXI09598		<b>2:09.94</b>	+0,83	29.76	1:02.98	1:37.86	2:09.94
<i>Luxemburg Masters Record</i>								
2. Alan Smeets	Zwemsport Parkstad	NED 198402089	<b>2:14.64</b>		29.33	1:03.17	1:38.43	2:14.64
3. Pieter Pickhardt	ZPC De Hof	NED 198301657	<b>2:15.47</b>	+0,88	32.07	1:06.99	1:41.96	2:15.47
4. Jan-Eggo Huininga	HZ&PC Heerenveen	NED 198401001	<b>2:36.69</b>	+0,99	35.00	1:14.62	1:56.04	2:36.69

Masters 45+

1. Oivind Martin Hasle	Oslo I.L.	NOR M2607770IV01	<b>2:10.84</b>		30.44	1:03.36	1:37.71	2:10.84
2. Mark Hensen	NieMo Barracuda	NED 197900497	<b>2:14.43</b>	+0,85	30.39	1:05.22	1:40.50	2:14.43
3. Heijmen van Vliet	De Geul	NED 198001637	<b>2:16.49</b>	+0,75	30.88	1:05.32	1:41.46	2:16.49
4. Vincent Versteeg	Zwemlust- den Hommel	NED 197701003	<b>2:17.47</b>	+0,78	30.38	1:06.39	1:42.17	2:17.47
5. Mark Zwart	Zwemlust- den Hommel	NED 197901461	<b>2:22.26</b>	+0,88	31.92	1:08.45	1:45.96	2:22.26
6. Arjen Nieveen	DZ&PC	NED 198002545	<b>2:25.65</b>	+0,65	33.88	1:10.91	1:48.80	2:25.65
7. Arjen Koop	ENC Arnhem	NED 197900697	<b>2:33.40</b>	+0,85	35.51	1:14.23	1:54.40	2:33.40
8. Markus van Rest	WVZ	NED 197701197	<b>2:37.04</b>	+0,84	35.56	1:14.89	1:57.06	2:37.04
9. Tom Bandsma	PSV	NED 197701625	<b>2:40.17</b>		36.68	1:16.46	1:58.45	2:40.17

Masters 50+

1. Kees Bakker	Gay Swim Amsterdam	NED 197501055	<b>2:24.76</b>	+0,78	33.28	1:09.73	1:47.20	2:24.76
2. Vincent Michaux	Cercle De Natation Sportcity BELuCNSW/013356/75	<b>2:27.33</b>	+0,74	33.45	1:11.05	1:49.90	2:27.33	
3. Stefan Damen	HZ&PC Heerenveen	NED 197400153	<b>2:27.53</b>		32.34	1:08.25	1:47.59	2:27.53
4. Pieter Veenstra	DZ&PC	NED 197301345	<b>2:29.01</b>		33.98	1:11.83	1:51.23	2:29.01
5. Peter Meijer	DZ&PC	NED 197300613	<b>2:32.04</b>		33.70	1:12.16	1:54.13	2:32.04
6. Peter de Vries	HZ&PC Heerenveen	NED 197401601	<b>2:32.19</b>	+0,92	34.15	1:11.90	1:51.41	2:32.19
7. Chris Kouwenhoven	De Grunte	NED 197101669	<b>2:35.12</b>		34.29	1:14.31	1:55.25	2:35.12
8. Martin Berkhout	ZVL-1886	NED 197101123	<b>2:39.13</b>		34.85	1:14.87	1:58.12	2:39.13
9. Wouter van der Stelt	De Biesboschzwemmers	NED 197200889	<b>2:45.02</b>		36.70	1:17.74	2:01.28	2:45.02
10. Erwin Veenhoven	ZVL-1886	NED 197101793	<b>2:49.16</b>		36.90	1:18.59	2:05.14	2:49.16
<i>* 50m</i>								
11. M. van Walt van Praag	Gay Swim Amsterdam	NED 197501425	<b>2:49.90</b>	+0,79	38.70	1:22.52	2:08.68	2:49.90
12. Jeroen Hoeksel	ZV Vlaardingen-Schiedam	NED 197401533	<b>3:04.51</b>		40.78	1:27.09	2:16.58	3:04.51
13. Rob van de Ven	Neptunus'58	NED 197101695	<b>3:06.17</b>	+0,76	39.70	1:24.43	2:16.03	3:06.17
14. Maxim Hardziyenka	Swol 1894	NED 197201723	<b>3:08.98</b>	+0,80	41.89	1:29.97	2:19.59	3:08.98
DSQ Jeroen Temme	TriVia	NED 197201703						

AA - De start ingezet voor het startsignaal (en wel gezwommen).

Masters 55+

1. Matthias Millers	SG Wuppertal	GER 113799	<b>2:12.80</b>	+0,90	31.39	1:05.24	1:39.74	2:12.80
2. Bob de Vries	SG Octopus - ZVV	NED 196601101	<b>2:16.39</b>		30.90	1:05.79	1:41.64	2:16.39
3. Richard Ricksen	Hellas-Glana	NED 197000841	<b>2:21.63</b>		31.41	1:06.88	1:44.08	2:21.63
4. Hugues Herman	Cercle De Natation Sportcity BELuCNSW/014976/66	<b>2:23.08</b>		32.37	1:07.95	1:45.52	2:23.08	
5. Ingmar de Gelder	ZOB'66	NED 197000333	<b>2:25.85</b>	+0,86	32.53	1:09.16	1:47.01	2:25.85
6. Edwin Petri	De Otters Het Gooi	NED 196601687	<b>2:27.80</b>	+0,87	33.84	1:12.15	1:50.33	2:27.80
7. Marcel Vroegindewei	Poseidon'56	NED 196801709	<b>2:37.59</b>	+0,87	35.14	1:16.21	1:59.03	2:37.59
8. Eymert van Rooij	PSV	NED 196601631	<b>2:39.07</b>	+0,88	35.47	1:16.17	1:58.79	2:39.07





Open Nederlandse Masters  
Kampioenschappen 2025 lange baan  
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Event 24, Men, 200m Freestyle, Masters 55+

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
9. Jeroen Wilmer	Enkhuizer Zwem Vereniging	NED 196601711	<b>2:43.43</b>	+0,99	37.72	1:19.42	2:03.36	2:43.43
10. Leon Slingerland	WVZ	NED 196801707	<b>2:43.77</b>	+0,93	35.78	1:17.55	2:02.23	2:43.77
11. Steffen Dathe	SG Bayer	GER 450025	<b>3:07.42</b>	+0,96	39.85	1:27.30	2:17.78	3:07.42

Masters 60+

1. Johan Remmits	ZPC Amersfoort	NED 196201159	<b>2:21.43</b>	+0,86	32.56	1:08.58	1:45.75	2:21.43
2. Jon Christensen	Luxembourg Sharks Swimmir	LUX110008	<b>2:23.89</b>	+0,79	33.13	1:09.96	1:47.21	2:23.89
<i>Luxemburg Masters Record</i>								
3. Karol Lacko	Vysokoskolsky klub Univerzit	SVK16793	<b>2:27.14</b>	+0,83	33.79	1:10.51	1:48.28	2:27.14
4. Henri Michels	De Amstel	NED 196501587	<b>2:29.83</b>	+0,89	34.25	1:12.46	1:51.47	2:29.83
5. Thomas Frueh	SV Wuppertal-Neuenhof 193	GER/250420	<b>2:38.01</b>		35.54	1:14.91	1:56.29	2:38.01
6. Erik Saan	De Duck	NED 196500769	<b>2:46.72</b>		37.25	1:19.02	2:03.63	2:46.72
7. Jiri Janovsky	Plavecky klub Straz pod Ralsk	CZE 115000	<b>2:53.22</b>		40.01	1:23.36	2:09.17	2:53.22
8. Pieter-Sjoerd de Wijn	D.E.S.	NED 196501027	<b>3:04.34</b>	+0,99	39.79	1:26.75	2:15.45	3:04.34
9. Pierre de Groot	GZC Donk	NED 196401431	<b>3:25.70</b>	+0,89	43.82	1:33.56	2:28.78	3:25.70

Masters 65+

1. Erik Kamphuis	ZPC De Rog Weert	NED 196001035	<b>2:38.76</b>	+0,89	36.78	1:16.58	1:58.23	2:38.76
2. Peter Molecz	SC Diana	AUT 019219	<b>2:53.71</b>	+0,98	38.60	1:24.09	2:10.15	2:53.71
3. Wolfgang Rossa	TPSK 1925 e.V.	GER 396833	<b>3:04.72</b>		42.21	1:29.56	2:17.24	3:04.72
4. Lex Hoogendam	ZZ&PC De Devel	NED 195700541	<b>3:06.34</b>	+0,80	40.01	1:26.68	2:17.21	3:06.34
5. Peter Coffeng	GZC Donk	NED 195700063	<b>3:22.27</b>		44.14	1:35.13	2:29.50	3:22.27

Masters 70+

1. Sverre Kile	Bergen Omegn Masters	NOR M170553SVE03	<b>2:33.58</b>		36.04	1:14.93	1:56.72	2:33.58
<i>Norwegian Masters Record</i>								
2. Henk Slomp	Z&PC de Inktvis	NED 195500359	<b>2:47.50</b>	+0,94	35.62	1:16.93	2:01.78	2:47.50
3. Brend Breve	PSV	NED 195200265	<b>2:49.12</b>	+0,46	37.56	1:21.03	2:06.00	2:49.12
4. Jos Kamps	Zwemvereniging Hoogland	NED 195100085	<b>3:23.81</b>		41.32	1:32.72	2:30.53	3:23.81
5. Rob Berkhof	Swol 1894	NED 195200245	<b>3:26.39</b>		48.03	1:41.42	2:38.18	3:26.39

Masters 80+

1. Willem Putter	ZV Vlaardingen-Schiedam	NED 194500135	<b>3:27.45</b>		45.59	1:39.46	2:35.85	3:27.45
<i>Nederlands Masters Record</i>								
2. Geza Kaltenecker	AZC	NED 194200065	<b>3:51.52</b>	+0,96	51.86	1:52.53	2:54.41	3:51.52
EXH Niels Dijkshoorn	PSV	NED 200203079	<b>1:54.33</b>	+0,74	26.45	55.10	1:24.77	1:54.33

