



Programmanr. 16
1-5-2026 - 17:15

4 x 200m vrije slag

Masters Open
Resultaten

| rang | vereniging | | | | | | tijd | RT | PARA |
|---------------------------|--|------------------|-------|-------|---------|---------|-----------------|---------|------|
| Masters 80+, Dames | | | | | | | | | |
| 1. | HZ&PC Heerenveen 1 | HZ&PC Heerenveen | NED | | | | 9:54.52 | +0.71 | |
| | Leonie van Wier | 02 | +0.71 | 33.27 | 1:11.04 | 1:50.50 | 2:29.01 | 2:29.01 | |
| | Inge Dekker | 02 | +0.54 | 33.56 | 1:11.87 | 1:50.65 | 2:28.90 | 2:28.90 | |
| | Lianne van Wier | 02 | +0.41 | 32.75 | 1:09.94 | 1:49.46 | 2:29.50 | 2:29.50 | |
| | Liselotte Schaap | 06 | +0.50 | 32.82 | 1:09.15 | 1:48.19 | 2:27.11 | 2:27.11 | |
| 100+, Dames | | | | | | | | | |
| 1. | Bubble 1 <i>Nederlands Masters Record</i> | Bubble | NED | | | | 9:19.88 | +0.81 | |
| | Marijke Drent | 99 | +0.81 | 31.50 | 1:06.47 | 1:41.93 | 2:17.32 | 2:17.32 | |
| | Esmee Kloezen | 02 | +0.59 | 33.52 | 1:10.69 | 1:50.09 | 2:28.50 | 2:28.50 | |
| | Sanne Kloezen | 02 | +0.52 | 31.36 | 1:07.27 | 1:44.94 | 2:22.09 | 2:22.09 | |
| | Laura Setz | 00 | +0.60 | 30.27 | 1:03.96 | 1:38.88 | 2:11.97 | 2:11.97 | |
| 2. | NieMo Barracuda 2 | NieMo Barracuda | NED | | | | 9:57.46 | +0.82 | |
| | Marijke Kommers | 93 | +0.82 | 34.01 | 1:12.53 | 1:53.35 | 2:33.84 | 2:33.84 | |
| | Esmée Rolloos | 98 | +0.29 | 34.56 | 1:14.69 | 1:58.15 | 2:42.30 | 2:42.30 | |
| | Robin Pienaar | 01 | +0.27 | 31.93 | 1:08.33 | 1:46.59 | 2:24.70 | 2:24.70 | |
| | Anouchka Bos | 05 | +0.60 | 31.85 | 1:06.23 | 1:42.57 | 2:16.62 | 2:16.62 | |
| 3. | ENC Arnhem 1 | ENC Arnhem | NED | | | | 10:27.05 | +0.80 | |
| | Irmgard van Weeghel | 92 | +0.80 | 34.65 | 1:15.39 | 1:58.19 | 2:42.05 | 2:42.05 | |
| | Jara Schmidt | 94 | +0.38 | 33.10 | 1:11.15 | 1:49.86 | 2:27.59 | 2:27.59 | |
| | Sabine Uytendewilligen | 05 | +0.52 | 35.03 | 1:15.10 | 1:56.52 | 2:37.32 | 2:37.32 | |
| | Ellen ter Stege | 99 | +0.21 | 34.87 | 1:15.77 | 1:57.58 | 2:40.09 | 2:40.09 | |
| 120+, Dames | | | | | | | | | |
| 1. | WVZ 2 <i>Nederlands Masters Record</i> | WVZ | NED | | | | 9:20.75 | +0.79 | |
| | Delia Badoux | 80 | +0.79 | 31.51 | 1:07.74 | 1:45.41 | 2:23.11 | 2:23.11 | |
| | Lauren van IJl | 00 | +0.28 | 33.41 | 1:11.85 | 1:50.92 | 2:28.69 | 2:28.69 | |
| | Marit Huisman | 05 | +0.32 | 30.87 | 1:06.29 | 1:42.56 | 2:18.32 | 2:18.32 | |
| | Leonie van Noort | 93 | +0.43 | 29.60 | 1:02.70 | 1:36.72 | 2:10.63 | 2:10.63 | |
| 2. | PSV 3 | PSV | NED | | | | 10:07.37 | +0.83 | |
| | Nanda van Heteren | 89 | +0.83 | 37.95 | 1:19.46 | 2:01.73 | 2:41.35 | 2:41.35 | |
| | Esther Tiemersma | 02 | +0.63 | 36.72 | 1:16.63 | 1:57.56 | 2:36.27 | 2:36.27 | |
| | Laura van Sabben | 98 | +0.43 | 32.57 | 1:08.81 | 1:46.62 | 2:22.93 | 2:22.93 | |
| | Larissa Jansen | 95 | +0.63 | 34.29 | 1:11.33 | 1:49.29 | 2:26.82 | 2:26.82 | |
| 3. | AZC 2 | AZC | NED | | | | 10:31.52 | +0.66 | |
| | Jessica Braat | 02 | +0.66 | 33.37 | 1:12.13 | 1:52.83 | 2:34.20 | 2:34.20 | |
| | Esther Boerdam-Delfos | 87 | +0.51 | 37.45 | 1:20.32 | 2:05.11 | 2:49.28 | 2:49.28 | |
| | Monique van Huizen | 87 | +0.62 | 34.76 | 1:14.26 | 1:55.85 | 2:37.40 | 2:37.40 | |
| | Dominique Rijntjes-Duesman | 96 | +0.38 | 34.89 | 1:13.69 | 1:52.33 | 2:30.64 | 2:30.64 | |
| 4. | VZV Njord 1 | VZV Njord | NED | | | | 11:21.82 | +0.75 | |
| | Susanne van den Bosch - Kentgens | 77 | +0.75 | 38.94 | 1:22.43 | 2:06.74 | 2:50.98 | 2:50.98 | |
| | Karin Sagonas-Koolen | 70 | +0.35 | 40.85 | 1:27.14 | 2:16.19 | 3:03.10 | 3:03.10 | |
| | Ghislaine Lisitano | 05 | +0.68 | 40.57 | 1:25.79 | 2:14.38 | 2:58.95 | 2:58.95 | |
| | Tamar Roosen | 05 | +0.41 | 34.51 | 1:12.19 | 1:50.85 | 2:28.79 | 2:28.79 | |
| 200+, Dames | | | | | | | | | |
| 1. | Old Dutch 1 | Old Dutch | NED | | | | 11:18.70 | +0.81 | |
| | Jessica Venema | 79 | +0.81 | 36.63 | 1:17.91 | 2:02.25 | 2:46.11 | 2:46.11 | |
| | Karin van Nassau-van den Heuvel | 66 | +0.46 | 43.36 | 1:32.61 | 2:23.72 | 3:13.69 | 3:13.69 | |
| | Chantal Verhoeff | 79 | +0.51 | 35.26 | 1:16.92 | 1:59.01 | 2:40.37 | 2:40.37 | |
| | Patricia Brooijmans | 79 | +0.60 | 36.04 | 1:16.17 | 1:57.97 | 2:38.53 | 2:38.53 | |
| 2. | Steenwijk 1934 1 | Steenwijk 1934 | NED | | | | 11:51.85 | +0.80 | |
| | Astrid Wibbelink | 96 | +0.80 | 38.00 | 1:20.94 | 2:06.16 | 2:48.49 | 2:48.49 | |
| | Linda Wibbelink | 59 | +0.73 | 44.52 | 1:33.16 | 2:22.26 | 3:08.72 | 3:08.72 | |
| | Leonie Scholten | 79 | +0.56 | 40.65 | 1:27.58 | 2:15.85 | 3:04.49 | 3:04.49 | |
| | Wilna Heijman | 64 | +0.56 | 38.52 | 1:21.26 | 2:06.03 | 2:50.15 | 2:50.15 | |



Programmanr. 16, Dames, 4 x 200m vrije slag, 200+

| rang | vereniging | | | | | | tijd | RT | PARA |
|------|------------------------|----|-------|-------|---------|---------|-----------------|---------|------|
| 3. | De Geul | | | NED | | | 12:12.08 | +0.82 | |
| | Marian Nederlof | 76 | +0.82 | 38.67 | 1:21.88 | 2:06.74 | 2:52.52 | 2:52.52 | |
| | Erica Muller | 64 | +0.66 | 47.30 | 1:42.91 | 2:39.69 | 3:36.19 | 3:36.19 | |
| | Marijke Campfens | 69 | +0.65 | 39.32 | 1:22.43 | 2:07.03 | 2:51.73 | 2:51.73 | |
| | Anne Besseling-de Jong | 81 | +0.96 | 39.49 | 1:24.25 | 2:09.25 | 2:51.64 | 2:51.64 | |

240+, Dames

| | | | | | | | | | |
|----|---|----|-------|-------|---------|---------|-----------------|---------|--|
| 1. | PSV | | | NED | | | 11:03.16 | +0.85 | |
| | <i>Nederlands Masters Record, tevens Nederlands Masters Record 200m vrij Corrie Verhoeven</i> | | | | | | | | |
| | Corrie Verhoeven | 46 | +0.85 | 44.74 | 1:38.03 | 2:34.35 | 3:32.53 | 3:32.53 | |
| | Jeanne Petit | 70 | +0.43 | 35.53 | 1:16.37 | 1:59.15 | 2:41.70 | 2:41.70 | |
| | Liselotte Joling | 75 | +0.60 | 34.51 | 1:11.50 | 1:49.12 | 2:25.12 | 2:25.12 | |
| | Carla Geurts | 71 | +0.37 | 32.99 | 1:09.95 | 1:48.05 | 2:23.81 | 2:23.81 | |
| 2. | SWOL 1894 | | | NED | | | 12:27.51 | +0.82 | |
| | Marijke Kraak-Beckers | 60 | +0.82 | 39.45 | 1:25.82 | 2:14.15 | 3:03.18 | 3:03.18 | |
| | Annet Kootstra | 71 | +0.81 | 43.67 | 1:32.92 | 2:21.94 | 3:11.12 | 3:11.12 | |
| | Christine Nieuwenhuis | 51 | +0.51 | 43.89 | 1:34.42 | 2:24.88 | 3:14.32 | 3:14.32 | |
| | Mireille Nijhuis | 81 | +0.72 | 37.37 | 1:22.17 | 2:10.82 | 2:58.89 | 2:58.89 | |
| 3. | ENC Arnhem | | | NED | | | 13:40.15 | +0.83 | |
| | Karin van der Star-Verhoeven | 61 | +0.83 | 40.53 | 1:27.51 | 2:16.61 | 3:06.28 | 3:06.28 | |
| | Marion Kolkman-Pluim | 60 | +0.62 | 47.89 | 1:40.04 | 2:32.84 | 3:21.93 | 3:21.93 | |
| | Yoka de Vegt-van Dijk | 62 | +0.94 | 49.43 | 1:44.22 | 2:39.71 | 3:33.01 | 3:33.01 | |
| | Cora Smulders | 66 | +0.35 | 46.34 | 1:44.19 | 2:41.93 | 3:38.93 | 3:38.93 | |

Masters 80+, Heren

| | | | | | | | | | |
|----|-----------------|----|-------|-------|---------|---------|----------------|---------|--|
| 1. | De Schotejil | | | NED | | | 8:45.42 | +0.80 | |
| | Christian Kalle | 04 | +0.80 | 28.99 | 1:02.11 | 1:37.46 | 2:11.14 | 2:11.14 | |
| | David Kievit | 99 | +0.66 | 30.36 | 1:04.91 | 1:41.71 | 2:19.04 | 2:19.04 | |
| | Jacob Mackloet | 00 | +0.23 | 29.04 | 1:02.26 | 1:36.82 | 2:09.96 | 2:09.96 | |
| | Laurens Kalle | 06 | +0.39 | 28.50 | 1:00.18 | 1:33.84 | 2:05.28 | 2:05.28 | |

100+, Heren

| | | | | | | | | | |
|----|----------------------------------|----|-------|-------|---------|---------|----------------|---------|--|
| 1. | ZPC Amersfoort | | | NED | | | 8:26.38 | +0.71 | |
| | <i>Nederlands Masters Record</i> | | | | | | | | |
| | Jelle Opmeer | 01 | +0.71 | 29.06 | 1:01.99 | 1:37.55 | 2:13.56 | 2:13.56 | |
| | Darren Chen | 00 | +0.46 | 27.93 | 58.65 | 1:30.05 | 2:00.87 | 2:00.87 | |
| | Jelle Blankestijn | 98 | +0.35 | 27.52 | 59.02 | 1:31.64 | 2:04.39 | 2:04.39 | |
| | Bas Braun | 91 | +0.37 | 28.52 | 1:00.72 | 1:34.23 | 2:07.56 | 2:07.56 | |
| 2. | De Rijn | | | NED | | | 9:36.97 | +0.69 | |
| | Rick Haanschoten | 01 | +0.69 | 31.96 | 1:07.65 | 1:45.86 | 2:22.74 | 2:22.74 | |
| | Johan Krakou | 91 | +0.73 | 30.70 | 1:06.77 | 1:46.89 | 2:26.41 | 2:26.41 | |
| | Sjoerd Boogert | 99 | +0.57 | 32.19 | 1:09.61 | 1:50.99 | 2:33.09 | 2:33.09 | |
| | Jeroen Louwinger | 99 | +0.48 | 30.37 | 1:04.33 | 1:40.01 | 2:14.73 | 2:14.73 | |
| 3. | ZOB'66 | | | NED | | | 9:50.02 | +0.74 | |
| | Ian van Mullem | 96 | +0.74 | 31.24 | 1:08.20 | 1:48.29 | 2:29.08 | 2:29.08 | |
| | Julian Mes | 01 | +0.65 | 31.56 | 1:08.19 | 1:45.20 | 2:21.89 | 2:21.89 | |
| | Boaz Troost | 01 | +0.55 | 32.87 | 1:13.39 | 1:55.82 | 2:36.83 | 2:36.83 | |
| | Nino van Krimpen | 00 | +0.52 | 31.50 | 1:08.01 | 1:45.95 | 2:22.22 | 2:22.22 | |

120+, Heren

| | | | | | | | | | |
|----|-----------------|----|-------|-------|---------|---------|----------------|---------|--|
| 1. | ENC Arnhem | | | NED | | | 8:45.62 | +0.61 | |
| | Kaelan Betrian | 99 | +0.61 | 31.36 | 1:05.47 | 1:40.23 | 2:15.02 | 2:15.02 | |
| | Sander de Vrugt | 89 | +0.47 | 29.79 | 1:03.19 | 1:37.93 | 2:10.68 | 2:10.68 | |
| | Tim de Vrugt | 93 | +0.50 | 28.97 | 1:01.90 | 1:36.90 | 2:11.39 | 2:11.39 | |
| | Mike Schel | 94 | +0.36 | 28.53 | 1:00.55 | 1:34.84 | 2:08.53 | 2:08.53 | |



Programmanr. 16, 4 x 200m vrije slag

160+, Heren

| | | | | | | | | | |
|----|-------------------------|----------------------|-------|-------|---------|---------|---------|-----------------|-------|
| 1. | WVZ 1 | WVZ | | NED | | | | 9:33.50 | +0.85 |
| | Markus van Rest | 77 | +0.85 | 34.13 | 1:13.21 | 1:54.24 | 2:33.60 | 2:33.60 | |
| | Jordy van Oel | 98 | +0.48 | 31.93 | 1:07.03 | 1:43.77 | 2:19.59 | 2:19.59 | |
| | Jan-Willem van den Berg | 68 | +0.42 | 32.14 | 1:09.07 | 1:48.97 | 2:26.41 | 2:26.41 | |
| | Ivo Roozeboom | 77 | +0.42 | 30.22 | 1:04.75 | 1:40.69 | 2:13.90 | 2:13.90 | |
| 2. | NieMo Barracuda 1 | NieMo Barracuda | | NED | | | | 9:45.72 | +0.81 |
| | Dennis Dortland | 78 | +0.81 | 32.01 | 1:09.19 | 1:46.20 | 2:22.29 | 2:22.29 | |
| | Marco Horneman | 80 | +0.54 | 34.29 | 1:12.47 | 1:53.68 | 2:35.86 | 2:35.86 | |
| | Mark Hensen | 79 | +0.64 | 30.37 | 1:05.30 | 1:40.92 | 2:14.51 | 2:14.51 | |
| | André Noordwijk | 79 | +0.80 | 32.77 | 1:10.94 | 1:51.78 | 2:33.06 | 2:33.06 | |
| 3. | AZC 1 | AZC | | NED | | | | 10:09.94 | +0.66 |
| | Auke Sijperda | 99 | +0.66 | 32.99 | 1:11.24 | 1:51.17 | 2:30.90 | 2:30.90 | |
| | Wim de Lange | 58 | +0.43 | 39.01 | 1:23.24 | 2:09.39 | 2:54.28 | 2:54.28 | |
| | Patrick Brouwer | 93 | +0.50 | 32.02 | 1:09.85 | 1:48.74 | 2:27.52 | 2:27.52 | |
| | Jeroen Matthijssen | 91 | +0.56 | 29.79 | 1:05.68 | 1:41.85 | 2:17.24 | 2:17.24 | |
| 4. | De Biesboschzwemmers 1 | De Biesboschzwemmers | | NED | | | | 10:49.79 | +0.81 |
| | Nico Swart | 68 | +0.81 | 35.36 | 1:18.54 | 2:04.00 | 2:50.09 | 2:50.09 | |
| | Wouter van der Stelt | 72 | +0.37 | 36.80 | 1:18.45 | 2:02.32 | 2:46.05 | 2:46.05 | |
| | Michael Verschoor | 06 | +0.71 | 36.14 | 1:16.93 | 1:58.26 | 2:37.62 | 2:37.62 | |
| | Sander van Tilburg | 86 | +0.58 | 36.02 | 1:16.09 | 1:56.94 | 2:36.03 | 2:36.03 | |

200+, Heren

| | | | | | | | | | |
|----|------------------|----------------|-------|-------|---------|---------|---------|-----------------|-------|
| 1. | Steenwijk 1934 2 | Steenwijk 1934 | | NED | | | | 10:28.47 | +0.85 |
| | Rick Driezen | 86 | +0.85 | 31.28 | 1:06.67 | 1:43.47 | 2:20.06 | 2:20.06 | |
| | Robert Braad | 86 | +0.14 | 30.91 | 1:06.13 | 1:42.99 | 2:19.35 | 2:19.35 | |
| | Huyb Stegeman | 67 | +0.63 | 37.70 | 1:20.03 | 2:04.99 | 2:49.86 | 2:49.86 | |
| | Casper Dollekamp | 63 | +0.69 | 39.82 | 1:25.49 | 2:13.59 | 2:59.20 | 2:59.20 | |

240+, Heren

| | | | | | | | | | |
|----|----------------------------------|-------------------------------------|-------|-------|---------|---------|---------|-----------------|-------|
| 1. | Oslo I.L. 1 | Oslo I.L. | | NOR | | | | 9:24.20 | +0.88 |
| | <i>Europees Masters Record</i> | | | | | | | | |
| | Jarl Inge Melberg | 70 | +0.88 | 30.31 | 1:02.89 | 1:37.21 | 2:12.21 | 2:12.21 | |
| | Oddvar Sandvin | 66 | +0.35 | 31.48 | 1:06.11 | 1:41.87 | 2:18.38 | 2:18.38 | |
| | Bjørn Werner Johansen | 60 | +0.15 | 34.39 | 1:14.36 | 1:55.26 | 2:33.62 | 2:33.62 | |
| | Erlend Alstad | 67 | +0.56 | 33.58 | 1:09.77 | 1:45.30 | 2:19.99 | 2:19.99 | |
| 2. | ZPC Amersfoort 2 | ZPC Amersfoort | | NED | | | | 9:31.09 | +0.80 |
| | <i>Nederlands Masters Record</i> | | | | | | | | |
| | Chester Marsman | 69 | +0.80 | 30.21 | 1:05.09 | 1:41.36 | 2:18.52 | 2:18.52 | |
| | Edwin van Norden | 63 | +0.18 | 33.22 | 1:10.01 | 1:47.48 | 2:24.19 | 2:24.19 | |
| | Johan Remmits | 62 | +0.28 | 32.01 | 1:07.62 | 1:45.38 | 2:21.08 | 2:21.08 | |
| | Ron Korzelius | 65 | +0.44 | 32.85 | 1:10.08 | 1:49.58 | 2:27.30 | 2:27.30 | |
| 3. | ZPC De Rog 1 | ZPC De Rog | | NED | | | | 9:55.81 | +0.75 |
| | Arjan Verheij | 71 | +0.75 | 33.54 | 1:12.19 | 1:51.81 | 2:29.95 | 2:29.95 | |
| | Rob Spetter | 62 | +0.48 | 35.57 | 1:14.82 | 1:55.49 | 2:35.27 | 2:35.27 | |
| | Peter Bensen | 63 | +0.27 | 33.65 | 1:11.45 | 1:49.61 | 2:26.08 | 2:26.08 | |
| | Glen Le Clercq | 68 | +0.37 | 32.63 | 1:09.83 | 1:47.64 | 2:24.51 | 2:24.51 | |
| 4. | CN Sportcity Woluwe 1 | Cercle De Natation Sportcity WolBEL | | | | | | 10:22.40 | +0.95 |
| | <i>Belgian Masters Record</i> | | | | | | | | |
| | Philippe Morelle | 56 | +0.95 | 36.02 | 1:17.64 | 2:01.80 | 2:43.23 | 2:43.23 | |
| | Hugues Herman | 66 | +0.55 | 32.00 | 1:07.58 | 1:44.81 | 2:21.01 | 2:21.01 | |
| | Bruno Nahon | 70 | +0.71 | 35.50 | 1:14.66 | 1:55.04 | 2:33.72 | 2:33.72 | |
| | Olivier Bresoux | 69 | +0.67 | 38.55 | 1:20.56 | 2:04.23 | 2:44.44 | 2:44.44 | |
| 5. | Team Noord Holland (SG) 1 | Team Noord Holland (SG) | | NED | | | | 11:03.98 | +0.92 |
| | Dennis de Waard | 70 | +0.92 | 33.72 | 1:13.01 | 1:55.22 | 2:34.61 | 2:34.61 | |
| | Peter Janssen | 62 | +0.65 | 40.73 | 1:24.63 | 2:13.01 | 2:59.89 | 2:59.89 | |
| | Rene Janssen | 57 | +0.53 | 40.67 | 1:24.39 | 2:09.84 | 2:52.37 | 2:52.37 | |
| | Sjoerd de Jong | 72 | +0.78 | 34.41 | 1:13.30 | 1:55.16 | 2:37.11 | 2:37.11 | |
| 6. | WS Twente 1 | WS Twente | | NED | | | | 12:46.59 | +1.03 |
| | Laurens Klein Breteler | 54 | +1.03 | 43.60 | 1:34.85 | 2:26.70 | 3:15.75 | 3:15.75 | |
| | Joop Weenink | 68 | +0.76 | 40.72 | 1:26.08 | 2:15.72 | 3:06.45 | 3:06.45 | |
| | Bart van Calker | 61 | +0.69 | 45.70 | 1:33.47 | 2:23.13 | 3:09.29 | 3:09.29 | |
| | Jack Barends | 62 | +0.47 | 42.74 | 1:32.40 | 2:24.79 | 3:15.10 | 3:15.10 | |



Programmanr. 16, 4 x 200m vrije slag

80+, Gemengd

| | | | | | | | | | |
|----------------------------------|-------|-------|-------|---------|---------|---------|---------|----------------|-------|
| 1. DZ&PC 2 | DZ&PC | | | NED | | | | 8:28.56 | +0.77 |
| <i>Nederlands Masters Record</i> | | | | | | | | | |
| Vince Van der Pal | 04 | +0.77 | 27.17 | 58.46 | 1:31.87 | 2:06.63 | 2:06.63 | | |
| Jelle Betten | 00 | +0.11 | 26.63 | 56.64 | 1:27.18 | 1:57.89 | 1:57.89 | | |
| Myrthe Natzijs | 04 | +0.45 | 31.05 | 1:06.18 | 1:42.82 | 2:18.47 | 2:18.47 | | |
| Sara Korhuis | 06 | +0.48 | 28.44 | 1:00.72 | 1:33.50 | 2:05.57 | 2:05.57 | | |

100+, Gemengd

| | | | | | | | | | |
|------------------------|-------------------|-------|-------|---------|---------|---------|---------|----------------|-------|
| 1. VZC 1 | VZC | | | NED | | | | 9:04.42 | +0.75 |
| Tess Panjer | 04 | +0.75 | 31.16 | 1:04.90 | 1:40.01 | 2:14.78 | 2:14.78 | | |
| Jelle Nap | 95 | +0.53 | 29.70 | 1:03.44 | 1:38.38 | 2:11.68 | 2:11.68 | | |
| Olaf Achterberg | 90 | +0.57 | 30.47 | 1:04.26 | 1:39.96 | 2:15.19 | 2:15.19 | | |
| Vivianne Woltjes | 05 | +0.50 | 30.76 | 1:06.33 | 1:45.07 | 2:22.77 | 2:22.77 | | |
| 2. Zuiderzeezwemmers 1 | Zuiderzeezwemmers | | | NED | | | | 9:25.98 | +0.66 |
| Ilmar Stoop | 01 | +0.66 | 30.15 | 1:03.58 | 1:39.44 | 2:15.62 | 2:15.62 | | |
| Lisanne Andeweg | 88 | +0.41 | 33.83 | 1:11.93 | 1:50.66 | 2:28.34 | 2:28.34 | | |
| Myrthe Dam | 06 | +0.38 | 32.35 | 1:08.81 | 1:46.36 | 2:22.70 | 2:22.70 | | |
| Jesse van Dijk | 99 | +0.39 | 31.08 | 1:05.82 | 1:42.69 | 2:19.32 | 2:19.32 | | |
| 3. TriVia 1 | TriVia | | | NED | | | | 9:32.74 | +0.73 |
| Niels Kragt | 03 | +0.73 | 30.06 | 1:03.46 | 1:38.15 | 2:12.23 | 2:12.23 | | |
| Wendan Poelstra | 91 | +0.39 | 34.30 | 1:13.30 | 1:53.05 | 2:32.31 | 2:32.31 | | |
| Relinda Baas | 89 | +0.48 | 33.70 | 1:11.36 | 1:51.33 | 2:32.09 | 2:32.09 | | |
| Rik Stahle | 02 | +0.38 | 30.77 | 1:04.81 | 1:40.96 | 2:16.11 | 2:16.11 | | |
| 4. Poseidon'56 1 | Poseidon'56 | | | NED | | | | 9:33.57 | +0.72 |
| John Smit | 95 | +0.72 | 32.03 | 1:07.48 | 1:42.91 | 2:17.89 | 2:17.89 | | |
| Kelly de Jonge | 97 | +0.69 | 33.27 | 1:11.26 | 1:51.24 | 2:30.06 | 2:30.06 | | |
| Rianne Bresser | 99 | +0.61 | 35.69 | 1:15.29 | 1:56.15 | 2:36.35 | 2:36.35 | | |
| Ryan van den Ouden | 99 | +0.41 | 27.93 | 1:00.16 | 1:34.97 | 2:09.27 | 2:09.27 | | |
| 5. ZVL - 1886 1 | ZVL - 1886 | | | NED | | | | 9:53.18 | +0.78 |
| Erik Baalbergen | 98 | +0.78 | 31.83 | 1:08.58 | 1:47.91 | 2:25.93 | 2:25.93 | | |
| Mariska Gach | 95 | +0.56 | 37.00 | 1:18.26 | 2:02.42 | 2:44.66 | 2:44.66 | | |
| Thijs Huizer | 05 | +0.36 | 30.78 | 1:07.63 | 1:45.97 | 2:23.80 | 2:23.80 | | |
| Silke Molendijk | 01 | +0.26 | 32.47 | 1:07.99 | 1:44.04 | 2:18.79 | 2:18.79 | | |

120+, Gemengd

| | | | | | | | | | |
|------------------------------|-------------------------|-------|-------|---------|---------|---------|---------|-----------------|-------|
| 1. ZV Hoogland 1 | Zwemvereniging Hoogland | | | NED | | | | 9:17.67 | +0.75 |
| Anne-Irene Ducheine | 95 | +0.75 | 32.69 | 1:10.13 | 1:48.01 | 2:26.12 | 2:26.12 | | |
| Bas Dries | 95 | +0.46 | 28.92 | 1:02.16 | 1:36.56 | 2:12.34 | 2:12.34 | | |
| Jeffrey Roest | 97 | +0.38 | 31.94 | 1:07.04 | 1:42.17 | 2:16.58 | 2:16.58 | | |
| Jamilla van Omme - van Veen | 96 | +0.28 | 31.08 | 1:07.91 | 1:45.18 | 2:22.63 | 2:22.63 | | |
| 2. WS Twente 3 | WS Twente | | | NED | | | | 9:46.30 | +0.87 |
| Marleen Hof | 98 | +0.87 | 33.97 | 1:13.03 | 1:54.27 | 2:34.92 | 2:34.92 | | |
| Nienke Smidt | 94 | +0.50 | 34.21 | 1:12.71 | 1:53.67 | 2:32.50 | 2:32.50 | | |
| Marcel Reefhuis | 81 | +0.40 | 32.15 | 1:07.71 | 1:44.78 | 2:21.40 | 2:21.40 | | |
| Niels Bent | 94 | +0.59 | 30.86 | 1:05.66 | 1:41.43 | 2:17.48 | 2:17.48 | | |
| 3. MSV-Zeemacht 1 | MSV-Zeemacht | | | NED | | | | 9:56.86 | +0.73 |
| Mees Minneboo | 02 | +0.73 | 31.01 | 1:06.36 | 1:44.39 | 2:24.45 | 2:24.45 | | |
| Kyra Wesemann | 02 | +0.22 | 34.03 | 1:12.51 | 1:52.90 | 2:34.08 | 2:34.08 | | |
| Bianca Groot | 70 | +0.56 | 36.77 | 1:18.09 | 2:00.07 | 2:42.70 | 2:42.70 | | |
| Matthew Humphreys | 89 | +0.31 | 30.55 | 1:04.99 | 1:40.29 | 2:15.63 | 2:15.63 | | |
| 4. ENC Arnhem 2 | ENC Arnhem | | | NED | | | | 9:58.91 | +0.68 |
| Remco Dijcks | 80 | +0.68 | 32.78 | 1:08.85 | 1:46.11 | 2:24.36 | 2:24.36 | | |
| Jaap Stielstra | 90 | +0.48 | 32.00 | 1:07.92 | 1:45.51 | 2:23.39 | 2:23.39 | | |
| Nienke Lammers | 02 | +0.51 | 34.42 | 1:13.73 | 1:53.95 | 2:33.80 | 2:33.80 | | |
| Rose Lether | 04 | +0.64 | 35.52 | 1:15.22 | 1:56.75 | 2:37.36 | 2:37.36 | | |
| 5. Westland Swimming Stars 1 | Westland Swimming Stars | | | NED | | | | 10:21.15 | +0.71 |
| Kim de Jong | 04 | +0.71 | 34.30 | 1:13.87 | 1:56.06 | 2:36.62 | 2:36.62 | | |
| Anouk van der Lans | 98 | +0.55 | 35.83 | 1:16.82 | 2:00.78 | 2:44.37 | 2:44.37 | | |
| Pieter Broek | 77 | +0.18 | 32.92 | 1:11.02 | 1:53.83 | 2:39.26 | 2:39.26 | | |
| Patrick Wyrdean | 97 | +0.43 | 31.31 | 1:06.51 | 1:43.85 | 2:20.90 | 2:20.90 | | |
| 6. De Amstel 1 | De Amstel | | | NED | | | | 10:33.82 | +0.77 |
| Iris Bastiaansen | 99 | +0.77 | 35.18 | 1:13.88 | 1:55.41 | 2:37.67 | 2:37.67 | | |
| Nina Siegers | 05 | +0.40 | 38.73 | 1:24.58 | 2:12.97 | 2:59.93 | 2:59.93 | | |
| Henri Michels | 65 | +0.58 | 35.36 | 1:15.85 | 1:57.08 | 2:37.26 | 2:37.26 | | |
| Owen Michels | 04 | +0.44 | 30.96 | 1:05.83 | 1:42.39 | 2:18.96 | 2:18.96 | | |



ONMK 2026 lange baan
Drachten, 30-4- - 3-5-2026



Programmanr. 16, Gemengd, 4 x 200m vrije slag, 120+

| rang | vereniging | | | | | tijd | RT | PARA |
|------|------------------|----------------|-------|-------|---------|-----------------|---------|---------|
| 7. | MZ&PC De Reest 1 | MZ&PC De Reest | NED | | | 10:43.79 | +0.79 | |
| | Hilma Buiten | 94 | +0.79 | 39.90 | 1:25.41 | 2:13.02 | 3:00.57 | 3:00.57 |
| | Eline Groen | 02 | +0.50 | 34.00 | 1:15.06 | 1:58.79 | 2:42.00 | 2:42.00 |
| | Robin Wolbers | 85 | +0.52 | 34.09 | 1:13.41 | 1:54.86 | 2:37.24 | 2:37.24 |
| | Daan Schra | 02 | +0.43 | 30.89 | 1:06.65 | 1:45.63 | 2:23.98 | 2:23.98 |
| 8. | De Duinkickers 1 | De Duinkickers | NED | | | 10:49.72 | +0.72 | |
| | Marcel Brittin | 69 | +0.72 | 38.82 | 1:26.16 | 2:16.31 | 3:04.42 | 3:04.42 |
| | Lonneke van Veen | 01 | +0.56 | 35.59 | 1:14.52 | 1:54.49 | 2:32.27 | 2:32.27 |
| | Erik Cooman | 97 | +0.72 | 35.08 | 1:15.45 | 1:56.27 | 2:33.98 | 2:33.98 |
| | Maaïke de Boer | 90 | +0.51 | 35.40 | 1:17.26 | 1:59.07 | 2:39.05 | 2:39.05 |

160+, Gemengd

| | | | | | | | | |
|----|---------------------------|----------------|-------|-------|---------|-----------------|---------|---------|
| 1. | ZPC Amersfoort 3 | ZPC Amersfoort | NED | | | 9:56.89 | +0.81 | |
| | Angela Giezen | 83 | +0.81 | 36.56 | 1:18.63 | 2:02.04 | 2:44.01 | 2:44.01 |
| | Lidia van Bon-Rosenbrand | 70 | +0.43 | 34.44 | 1:13.48 | 1:53.68 | 2:32.63 | 2:32.63 |
| | Martijn Bartels | 96 | +0.42 | 31.79 | 1:07.16 | 1:43.37 | 2:18.25 | 2:18.25 |
| | Rob van Vliet | 84 | +0.42 | 30.88 | 1:06.68 | 1:44.55 | 2:22.00 | 2:22.00 |
| 2. | Sassenheim 1 | Sassenheim | NED | | | 10:17.54 | +0.74 | |
| | Marinka vd Zwet | 65 | +0.74 | 38.08 | 1:21.74 | 2:06.54 | 2:50.00 | 2:50.00 |
| | Arjan Buijsse | 79 | +0.38 | 33.25 | 1:11.96 | 1:51.45 | 2:29.76 | 2:29.76 |
| | Rianne Hoffland | 88 | +0.57 | 36.16 | 1:16.17 | 1:58.70 | 2:39.63 | 2:39.63 |
| | Wesley van der Luit | 97 | +0.31 | 32.08 | 1:07.42 | 1:44.43 | 2:18.15 | 2:18.15 |
| 3. | DZ&PC 1 | DZ&PC | NED | | | 10:19.56 | +1.01 | |
| | Krista de Reus-Trompetter | 76 | +1.01 | 37.80 | 1:20.31 | 2:03.41 | 2:45.30 | 2:45.30 |
| | Catherine Hoogeveen | 75 | +0.61 | 37.96 | 1:21.23 | 2:04.46 | 2:48.45 | 2:48.45 |
| | Pieter Veenstra | 73 | +0.50 | 33.20 | 1:11.57 | 1:51.18 | 2:31.59 | 2:31.59 |
| | Ruben Trompetter | 05 | +0.55 | 29.36 | 1:03.32 | 1:38.82 | 2:14.22 | 2:14.22 |

200+, Gemengd

| | | | | | | | | |
|----|--------------------------|-----------|-------|-------|---------|-----------------|---------|---------|
| 1. | Old Dutch 2 | Old Dutch | NED | | | 10:52.68 | +0.84 | |
| | Anne-Marie Verschoor-Vos | 81 | +0.84 | 34.41 | 1:12.80 | 1:53.13 | 2:34.49 | 2:34.49 |
| | Nicole van der Kooij | 87 | +0.40 | 36.16 | 1:17.82 | 2:04.31 | 2:52.09 | 2:52.09 |
| | Hans Vloedgraven | 64 | +0.77 | 39.57 | 1:22.88 | 2:06.90 | 2:47.84 | 2:47.84 |
| | Henri Verschoor | 70 | +0.74 | 37.09 | 1:17.38 | 1:58.42 | 2:38.26 | 2:38.26 |
| 2. | DWK 1 | DWK | NED | | | 11:11.79 | +0.92 | |
| | Martijn de Jong | 71 | +0.92 | 36.34 | 1:19.35 | 2:03.31 | 2:46.16 | 2:46.16 |
| | Jennie Resink-lindeboom | 60 | +0.60 | 44.15 | 1:33.95 | 2:24.30 | 3:13.79 | 3:13.79 |
| | Iris van Aurich | 69 | +0.40 | 37.93 | 1:22.01 | 2:06.27 | 2:49.75 | 2:49.75 |
| | Lars Jacobsen | 97 | +0.68 | 30.33 | 1:07.36 | 1:45.94 | 2:22.09 | 2:22.09 |

240+, Gemengd

| | | | | | | | | |
|----|------------------|-----|-------|-------|---------|-----------------|---------|---------|
| 1. | PSV 4 | PSV | NED | | | 12:08.50 | +0.81 | |
| | Ineke Weekers | 53 | +0.81 | 41.68 | 1:27.35 | 2:13.77 | 2:59.66 | 2:59.66 |
| | Judith Sijbers | 73 | +0.55 | 46.70 | 1:43.40 | 2:45.14 | 3:45.60 | 3:45.60 |
| | Eymert van Rooij | 66 | +0.38 | 37.12 | 1:19.14 | 2:03.41 | 2:45.93 | 2:45.93 |
| | Harold Matla | 68 | +0.81 | 35.94 | 1:16.10 | 1:57.56 | 2:37.31 | 2:37.31 |