



Programmanr. 17
2-5-2026 - 9:30

Dames, 800m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	tijd	RT	PARA			
20+								
1.	Roos de Jong	ZCNF'34	NED 200302948	10:21.53	+0.77			
	50m: 34.45	34.45	250m: 3:09.92	39.03	450m: 5:47.56	39.53	650m: 8:25.64	39.45
	100m: 1:12.48	38.03	300m: 3:49.36	39.44	500m: 6:27.02	39.46	700m: 9:05.35	39.71
	150m: 1:51.56	39.08	350m: 4:28.87	39.51	550m: 7:06.79	39.77	750m: 9:44.32	38.97
	200m: 2:30.89	39.33	400m: 5:08.03	39.16	600m: 7:46.19	39.40	800m: 10:21.53	37.21
2.	Dido Toornend	Team Noord Holland (SG)	NED 200501718	10:31.88	+0.78			
	50m: 32.14	32.14	250m: 3:07.17	40.37	450m: 5:49.96	40.60	650m: 8:33.20	41.04
	100m: 1:08.62	36.48	300m: 3:47.67	40.50	500m: 6:30.56	40.60	700m: 9:13.89	40.69
	150m: 1:47.01	38.39	350m: 4:28.49	40.82	550m: 7:11.47	40.91	750m: 9:54.76	40.87
	200m: 2:26.80	39.79	400m: 5:09.36	40.87	600m: 7:52.16	40.69	800m: 10:31.88	37.12
3.	Feline Slijkhuis	SG Octopus - ZVV	NED 200501042	10:32.03	+0.84			
	50m: 34.73	34.73	250m: 3:11.14	40.04	450m: 5:53.57	41.08	650m: 8:35.61	40.22
	100m: 1:12.47	37.74	300m: 3:51.47	40.33	500m: 6:34.11	40.54	700m: 9:15.55	39.94
	150m: 1:51.53	39.06	350m: 4:32.03	40.56	550m: 7:14.60	40.49	750m: 9:54.86	39.31
	200m: 2:31.10	39.57	400m: 5:12.49	40.46	600m: 7:55.39	40.79	800m: 10:32.03	37.17
4.	Myrthe Dam	Zuiderzeewimmers	NED 200602336	10:42.58	+0.71			
	50m: 34.23	34.23	250m: 3:11.68	40.29	450m: 5:55.79	40.89	650m: 8:42.10	40.98
	100m: 1:12.34	38.11	300m: 3:52.91	41.23	500m: 6:37.97	42.18	700m: 9:23.85	41.75
	150m: 1:51.07	38.73	350m: 4:33.39	40.48	550m: 7:19.08	41.11	750m: 10:03.53	39.68
	200m: 2:31.39	40.32	400m: 5:14.90	41.51	600m: 8:01.12	42.04	800m: 10:42.58	39.05
5.	Kiki Bootsman	Azuro	NED 200502850	10:44.12	+0.73			
	50m: 36.13	36.13	250m: 3:15.60	40.51	450m: 5:58.20	40.61	650m: 8:41.46	40.78
	100m: 1:15.56	39.43	300m: 3:56.03	40.43	500m: 6:38.87	40.67	700m: 9:22.80	41.34
	150m: 1:55.19	39.63	350m: 4:36.81	40.78	550m: 7:19.69	40.82	750m: 10:04.32	41.52
	200m: 2:35.09	39.90	400m: 5:17.59	40.78	600m: 8:00.68	40.99	800m: 10:44.12	39.80
6.	Tamar Roosen	VZV Njord	NED 200501168	10:48.23	+0.73			
	50m: 34.92	34.92	250m: 3:13.07	40.62	450m: 5:59.56	41.40	650m: 8:46.23	41.24
	100m: 1:13.02	38.10	300m: 3:54.25	41.18	500m: 6:41.85	42.29	700m: 9:27.75	41.52
	150m: 1:52.42	39.40	350m: 4:35.91	41.66	550m: 7:23.25	41.40	750m: 10:08.86	41.11
	200m: 2:32.45	40.03	400m: 5:18.16	42.25	600m: 8:04.99	41.74	800m: 10:48.23	39.37
7.	Claire Bosch	De Dinkel	NED 200401480	10:51.83	+0.76			
	50m: 35.15	35.15	250m: 3:16.86	41.03	450m: 6:01.36	41.38	650m: 8:48.34	41.85
	100m: 1:14.47	39.32	300m: 3:57.48	40.62	500m: 6:42.81	41.45	700m: 9:29.62	41.28
	150m: 1:55.12	40.65	350m: 4:38.75	41.27	550m: 7:24.68	41.87	750m: 10:10.99	41.37
	200m: 2:35.83	40.71	400m: 5:19.98	41.23	600m: 8:06.49	41.81	800m: 10:51.83	40.84
8.	Birgit Hage	PSV	NED 200602898	11:36.29	+0.74			
	50m: 37.86	37.86	250m: 3:27.88	44.07	450m: 6:27.20	44.82	650m: 8:13.28	43.91
	100m: 1:18.83	40.97	300m: 4:12.56	44.68	500m: 7:12.47	45.27	700m: 10:10.20	43.92
	150m: 2:00.90	42.07	350m: 4:56.98	44.42	550m: 7:56.79	44.32	750m: 10:55.31	45.11
	200m: 2:43.81	42.91	400m: 5:42.38	45.40	600m: 8:42.37	45.58	800m: 11:36.29	40.98
25+								
1.	Laura Setz	Bubble	NED 200000130	9:29.93	+0.91			
	50m: 32.06	32.06	250m: 2:55.97	36.50	450m: 5:21.81	35.88	650m: 7:45.40	35.85
	100m: 1:07.03	34.97	300m: 3:32.42	36.45	500m: 5:57.48	35.67	700m: 8:21.18	35.78
	150m: 1:43.19	36.16	350m: 4:09.12	36.70	550m: 6:33.52	36.04	750m: 8:56.53	35.35
	200m: 2:19.47	36.28	400m: 4:45.93	36.81	600m: 7:09.55	36.03	800m: 9:29.93	33.40
2.	Fabienne Otto	swimART Solingen	GER 271577	9:52.95	+0.77			
	50m: 34.00	34.00	250m: 3:02.36	37.34	450m: 5:32.10	37.57	650m: 8:03.39	38.01
	100m: 1:10.53	36.53	300m: 3:39.64	37.28	500m: 6:09.60	37.50	700m: 8:40.96	37.57
	150m: 1:48.01	37.48	350m: 4:17.14	37.50	550m: 6:47.52	37.92	750m: 9:18.26	37.30
	200m: 2:25.02	37.01	400m: 4:54.53	37.39	600m: 7:25.38	37.86	800m: 9:52.95	34.69
3.	Amber van der Kruk	MSV-Zeemacht	NED 200102730	S14 9:54.19	+0.84			
	50m: 32.19	32.19	250m: 3:02.22	37.74	450m: 5:32.32	37.78	650m: 8:04.30	38.29
	100m: 1:08.23	36.04	300m: 3:39.56	37.34	500m: 6:10.01	37.69	700m: 8:41.79	37.49
	150m: 1:46.73	38.50	350m: 4:17.28	37.72	550m: 6:48.46	38.45	750m: 9:19.12	37.33
	200m: 2:24.48	37.75	400m: 4:54.54	37.26	600m: 7:26.01	37.55	800m: 9:54.19	35.07
4.	Marijke Drent	Bubble	NED 199906232	10:04.38	+0.78			
	50m: 33.45	33.45	250m: 3:06.42	38.25	450m: 5:40.91	38.46	650m: 8:14.22	37.30
	100m: 1:11.13	37.68	300m: 3:45.37	38.95	500m: 6:19.92	39.01	700m: 8:52.28	38.06
	150m: 1:49.40	38.27	350m: 4:23.57	38.20	550m: 6:58.00	38.08	750m: 9:28.79	36.51
	200m: 2:28.17	38.77	400m: 5:02.45	38.88	600m: 7:36.92	38.92	800m: 10:04.38	35.59
5.	Myra Smulders	Zwemvereniging Hoogland	NED 199904308	10:05.99	+0.70			
	50m: 32.72	32.72	250m: 3:02.88	38.50	450m: 5:38.02	38.84	650m: 8:13.80	39.20
	100m: 1:08.94	36.22	300m: 3:41.45	38.57	500m: 6:16.66	38.64	700m: 8:52.26	38.46
	150m: 1:46.70	37.76	350m: 4:20.53	39.08	550m: 6:55.81	39.15	750m: 9:30.65	38.39
	200m: 2:24.38	37.68	400m: 4:59.18	38.65	600m: 7:34.60	38.79	800m: 10:05.99	35.34



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



Programmanr. 17, Dames, 800m vrije slag, 25+

rang	naam	vereniging	tijd	RT	PARA			
6.	Noa Oldenhof	ZPCH	10:49.58	+0.68				
	50m: 34.62	34.62	250m: 3:14.11	40.60	450m: 5:59.61	41.30	650m: 8:46.81	41.37
	100m: 1:13.15	38.53	300m: 3:55.67	41.56	500m: 6:41.69	42.08	700m: 9:28.68	41.87
	150m: 1:52.70	39.55	350m: 4:36.71	41.04	550m: 7:23.09	41.40	750m: 10:09.72	41.04
	200m: 2:33.51	40.81	400m: 5:18.31	41.60	600m: 8:05.44	42.35	800m: 10:49.58	39.86
7.	Selina Janssen	Neptunus'58	11:16.82	+0.72				
	50m: 35.71	35.71	250m: 3:19.97	42.22	450m: 6:12.48	43.80	650m: 9:07.74	44.18
	100m: 1:15.25	39.54	300m: 4:02.68	42.71	500m: 6:55.93	43.45	700m: 9:51.26	43.52
	150m: 1:56.05	40.80	350m: 4:45.62	42.94	550m: 7:39.97	44.04	750m: 10:35.63	44.37
	200m: 2:37.75	41.70	400m: 5:28.68	43.06	600m: 8:23.56	43.59	800m: 11:16.82	41.19
8.	Nadine Scheeve	De Biesboschzwemmers	12:46.22	+0.82				
	50m: 41.55	41.55	250m: 3:53.58	48.58	450m: 7:09.91	48.95	650m: 10:25.96	48.19
	100m: 1:28.16	46.61	300m: 4:42.42	48.84	500m: 7:59.50	49.59	700m: 11:14.40	48.44
	150m: 2:16.47	48.31	350m: 5:32.01	49.59	550m: 8:48.45	48.95	750m: 12:01.17	46.77
	200m: 3:05.00	48.53	400m: 6:20.96	48.95	600m: 9:37.77	49.32	800m: 12:46.22	45.05

30+

1.	Leonie van Noort	WVZ	9:30.06	+0.83				
	50m: 31.87	31.87	250m: 2:55.12	36.15	450m: 5:17.77	36.24	650m: 7:43.89	36.69
	100m: 1:07.01	35.14	300m: 3:30.37	35.25	500m: 5:53.88	36.11	700m: 8:20.56	36.67
	150m: 1:43.03	36.02	350m: 4:06.09	35.72	550m: 6:30.53	36.65	750m: 8:56.78	36.22
	200m: 2:18.97	35.94	400m: 4:41.53	35.44	600m: 7:07.20	36.67	800m: 9:30.06	33.28
2.	Tamara Grove	De Dolfijn	9:54.58	+0.69				
	50m: 32.91	32.91	250m: 3:02.03	37.97	450m: 5:34.03	37.78	650m: 8:03.89	37.18
	100m: 1:09.20	36.29	300m: 3:39.85	37.82	500m: 6:11.85	37.82	700m: 8:40.96	37.07
	150m: 1:46.49	37.29	350m: 4:18.17	38.32	550m: 6:49.46	37.61	750m: 9:18.45	37.49
	200m: 2:24.06	37.57	400m: 4:56.25	38.08	600m: 7:26.71	37.25	800m: 9:54.58	36.13
3.	Anne-Irene Ducheine	Zwemvereniging Hoogland	10:21.91	+0.76				
	50m: 34.96	34.96	250m: 3:09.60	38.73	450m: 5:47.14	39.02	650m: 8:25.83	39.43
	100m: 1:13.27	38.31	300m: 3:49.26	39.66	500m: 6:27.26	40.12	700m: 9:05.47	39.64
	150m: 1:52.00	38.73	350m: 4:28.26	39.00	550m: 7:06.35	39.09	750m: 9:44.56	39.09
	200m: 2:30.87	38.87	400m: 5:08.12	39.86	600m: 7:46.40	40.05	800m: 10:21.91	37.35
4.	Fiona Meuffels	PSV	10:22.21	+0.67				
	50m: 34.00	34.00	250m: 3:07.57	39.15	450m: 5:46.79	39.55	650m: 8:26.31	39.64
	100m: 1:11.49	37.49	300m: 3:47.49	39.92	500m: 6:26.90	40.11	700m: 9:06.13	39.82
	150m: 1:49.46	37.97	350m: 4:27.06	39.57	550m: 7:06.44	39.54	750m: 9:45.46	39.33
	200m: 2:28.42	38.96	400m: 5:07.24	40.18	600m: 7:46.67	40.23	800m: 10:22.21	36.75
5.	Marijke Kommers	NieMo Barracuda	11:05.20	+0.79				
	50m: 34.94	34.94	250m: 3:18.74	42.26	450m: 6:08.99	42.85	650m: 9:00.96	42.76
	100m: 1:13.87	38.93	300m: 4:01.14	42.40	500m: 6:51.72	42.73	700m: 9:42.83	41.87
	150m: 1:55.04	41.17	350m: 4:43.70	42.56	550m: 7:35.16	43.44	750m: 10:25.05	42.22
	200m: 2:36.48	41.44	400m: 5:26.14	42.44	600m: 8:18.20	43.04	800m: 11:05.20	40.15
6.	Nienke Smidt	WS Twente	11:07.98	+0.86				
	50m: 36.62	36.62	250m: 3:24.76	42.84	450m: 6:14.46	43.08	650m: 9:04.67	42.27
	100m: 1:16.86	40.24	300m: 4:06.38	41.62	500m: 6:56.93	42.47	700m: 9:46.94	42.27
	150m: 1:59.70	42.84	350m: 4:49.49	43.11	550m: 7:40.28	43.35	750m: 10:28.53	41.59
	200m: 2:41.92	42.22	400m: 5:31.38	41.89	600m: 8:22.40	42.12	800m: 11:07.98	39.45
7.	Irmgard van Weeghel	ENC Arnhem	11:37.35	+0.81				
	50m: 37.71	37.71	250m: 3:28.25	43.49	450m: 6:25.56	44.73	650m: 9:25.57	45.13
	100m: 1:18.99	41.28	300m: 4:11.98	43.73	500m: 7:09.89	44.33	700m: 10:10.38	44.81
	150m: 2:01.78	42.79	350m: 4:56.63	44.65	550m: 7:55.21	45.32	750m: 10:54.74	44.36
	200m: 2:44.76	42.98	400m: 5:40.83	44.20	600m: 8:40.44	45.23	800m: 11:37.35	42.61

35+

1.	Lisanne Andeweg	Zuiderzeezwemmers	10:47.15	+0.84				
	50m: 35.64	35.64	250m: 3:17.58	40.97	450m: 6:02.23	40.80	650m: 8:46.94	41.11
	100m: 1:15.38	39.74	300m: 3:58.98	41.40	500m: 6:43.49	41.26	700m: 9:28.52	41.58
	150m: 1:55.66	40.28	350m: 4:40.13	41.15	550m: 7:24.41	40.92	750m: 10:08.87	40.35
	200m: 2:36.61	40.95	400m: 5:21.43	41.30	600m: 8:05.83	41.42	800m: 10:47.15	38.28
2.	Relinda Baas	TriVia	11:05.72	+0.77				
	50m: 36.58	36.58	250m: 3:21.64	41.84	450m: 6:11.71	42.53	650m: 9:01.80	42.33
	100m: 1:16.48	39.90	300m: 4:03.88	42.24	500m: 6:54.28	42.57	700m: 9:43.74	41.94
	150m: 1:57.77	41.29	350m: 4:46.43	42.55	550m: 7:36.96	42.68	750m: 10:25.04	41.30
	200m: 2:39.80	42.03	400m: 5:29.18	42.75	600m: 8:19.47	42.51	800m: 11:05.72	40.68
3.	Nanda van Heteren	PSV	11:29.41	+0.86				
	50m: 38.36	38.36	250m: 3:31.96	43.68	450m: 6:28.98	43.95	650m: 9:23.92	43.52
	100m: 1:20.87	42.51	300m: 4:16.26	44.30	500m: 7:12.90	43.92	700m: 10:06.98	43.06
	150m: 2:04.14	43.27	350m: 5:00.10	43.84	550m: 7:56.64	43.74	750m: 10:49.45	42.47
	200m: 2:48.28	44.14	400m: 5:45.03	44.93	600m: 8:40.40	43.76	800m: 11:29.41	39.96





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



Programmanr. 17, Dames, 800m vrije slag, 35+

rang	naam	vereniging	tijd	RT	PARA			
4.	Suzan Blankestijn	ZVL - 1886	NED 198900350	11:57.47	+0.77			
	50m: 40.46	40.46	250m: 3:41.48	46.14	450m: 6:42.95	45.44	650m: 9:43.67	45.80
	100m: 1:24.45	43.99	300m: 4:27.16	45.68	500m: 7:27.72	44.77	700m: 10:28.51	44.84
	150m: 2:10.23	45.78	350m: 5:12.62	45.46	550m: 8:12.91	45.19	750m: 11:13.95	45.44
	200m: 2:55.34	45.11	400m: 5:57.51	44.89	600m: 8:57.87	44.96	800m: 11:57.47	43.52
5.	Esther Boerdam-Delfos	AZC	NED 198705256	12:17.66	+0.79			
	50m: 39.48	39.48	250m: 3:43.66	46.64	450m: 6:51.56	48.02	650m: 10:00.75	47.57
	100m: 1:24.79	45.31	300m: 4:30.34	46.68	500m: 7:38.43	46.87	700m: 10:47.59	46.84
	150m: 2:10.47	45.68	350m: 5:17.14	46.80	550m: 8:25.99	47.56	750m: 11:34.26	46.67
	200m: 2:57.02	46.55	400m: 6:03.54	46.40	600m: 9:13.18	47.19	800m: 12:17.66	43.40
6.	Liesbeth van Mill	Zwemlust- den Hommel	NED 198702786	12:18.27	+0.91			
	50m: 39.52	39.52	250m: 3:42.05	46.03	450m: 6:48.00	46.97	650m: 9:57.55	47.05
	100m: 1:24.45	44.93	300m: 4:28.03	45.98	500m: 7:35.11	47.11	700m: 10:45.22	47.07
	150m: 2:10.07	45.62	350m: 5:14.32	46.29	550m: 8:22.38	47.27	750m: 11:32.44	47.22
	200m: 2:56.02	45.95	400m: 6:01.03	46.71	600m: 9:10.50	48.12	800m: 12:18.27	45.83
7.	Jacoline van den Beukel	NieMo Barracuda	NED 199100238	13:42.37	+0.80			
	50m: 42.93	42.93	250m: 4:00.61	51.39	450m: 7:30.34	53.61	650m: 11:03.92	53.18
	100m: 1:29.98	47.05	300m: 4:52.24	51.63	500m: 8:23.44	53.10	700m: 11:57.48	53.56
	150m: 2:18.74	48.76	350m: 5:44.52	52.28	550m: 9:17.49	54.05	750m: 12:50.88	53.40
	200m: 3:09.22	50.48	400m: 6:36.73	52.21	600m: 10:10.74	53.25	800m: 13:42.37	51.49
40+								
1.	Sabine Zimmermann	Aachener SV 06	GER 101578	10:07.77	+0.79			
	50m: 34.04	34.04	250m: 3:06.76	38.59	450m: 5:41.30	38.21	650m: 8:15.80	38.19
	100m: 1:11.56	37.52	300m: 3:45.77	39.01	500m: 6:20.19	38.89	700m: 8:53.81	38.01
	150m: 1:49.50	37.94	350m: 4:24.45	38.68	550m: 6:58.98	38.79	750m: 9:31.61	37.80
	200m: 2:28.17	38.67	400m: 5:03.09	38.64	600m: 7:37.61	38.63	800m: 10:07.77	36.16
2.	Viktória Háden-Felföldi	Iron Swim	HUN 66/3267	10:20.84	+0.81			
	50m: 34.64	34.64	250m: 3:09.21	38.82	450m: 5:45.32	39.37	650m: 8:23.39	39.58
	100m: 1:12.89	38.25	300m: 3:47.85	38.64	500m: 6:24.66	39.34	700m: 9:03.03	39.64
	150m: 1:51.55	38.66	350m: 4:27.07	39.22	550m: 7:04.09	39.43	750m: 9:42.51	39.48
	200m: 2:30.39	38.84	400m: 5:05.95	38.88	600m: 7:43.81	39.72	800m: 10:20.84	38.33
3.	Ann Wanter	Zwemclub Geel	BEL ZGEEL/21082/82	10:21.47	+0.80			
	50m: 35.17	35.17	250m: 3:11.62	39.47	450m: 5:49.01	39.45	650m: 8:26.62	39.41
	100m: 1:14.03	38.86	300m: 3:51.00	39.38	500m: 6:28.43	39.42	700m: 9:05.71	39.09
	150m: 1:53.18	39.15	350m: 4:30.23	39.23	550m: 7:07.85	39.42	750m: 9:44.61	38.90
	200m: 2:32.15	38.97	400m: 5:09.56	39.33	600m: 7:47.21	39.36	800m: 10:21.47	36.86
4.	Evita van de Ketterij	De Treffers	NED 198504284	10:53.71	+0.84			
	50m: 35.95	35.95	250m: 3:18.46	41.29	450m: 6:04.80	41.53	650m: 8:51.36	41.11
	100m: 1:15.54	39.59	300m: 3:59.99	41.53	500m: 6:46.38	41.58	700m: 9:32.98	41.62
	150m: 1:56.13	40.59	350m: 4:41.63	41.64	550m: 7:28.16	41.78	750m: 10:13.89	40.91
	200m: 2:37.17	41.04	400m: 5:23.27	41.64	600m: 8:10.25	42.09	800m: 10:53.71	39.82
5.	Ramona Linting	AZC	NED 198301274	11:26.31	+0.76			
	50m: 37.60	37.60	250m: 3:30.96	43.42	450m: 6:25.62	43.11	650m: 9:19.06	43.49
	100m: 1:20.46	42.86	300m: 4:14.77	43.81	500m: 7:08.82	43.20	700m: 10:02.12	43.06
	150m: 2:03.83	43.37	350m: 4:58.75	43.98	550m: 7:52.00	43.18	750m: 10:44.98	42.86
	200m: 2:47.54	43.71	400m: 5:42.51	43.76	600m: 8:35.57	43.57	800m: 11:26.31	41.33
6.	Sandra Schellekens	Neptunus'58	NED 198503416	12:31.20	+0.91			
	50m: 39.34	39.34	250m: 3:44.80	46.97	450m: 6:55.83	47.53	650m: 10:07.89	47.61
	100m: 1:24.39	45.05	300m: 4:32.95	48.15	500m: 7:44.23	48.40	700m: 10:56.85	48.96
	150m: 2:10.25	45.86	350m: 5:20.49	47.54	550m: 8:31.99	47.76	750m: 11:44.25	47.40
	200m: 2:57.83	47.58	400m: 6:08.30	47.81	600m: 9:20.28	48.29	800m: 12:31.20	46.95
7.	Linda Hoogendam	WVZ	NED 198300892	12:51.19	+0.94			
	50m: 42.65	42.65	250m: 3:57.08	48.22	450m: 7:13.33	48.96	650m: 10:29.62	48.51
	100m: 1:31.69	49.04	300m: 4:46.23	49.15	500m: 8:02.79	49.46	700m: 11:19.44	49.82
	150m: 2:19.47	47.78	350m: 5:34.97	48.74	550m: 8:51.99	49.20	750m: 12:06.37	46.93
	200m: 3:08.86	49.39	400m: 6:24.37	49.40	600m: 9:41.11	49.12	800m: 12:51.19	44.82
45+								
1.	Chantal Verhoeff	Old Dutch	NED 197900912	11:55.78	+0.82			
	50m: 38.94	38.94	250m: 3:38.14	45.12	450m: 6:39.24	45.28	650m: 9:40.74	45.43
	100m: 1:22.97	44.03	300m: 4:23.10	44.96	500m: 7:24.64	45.40	700m: 10:26.49	45.75
	150m: 2:07.86	44.89	350m: 5:08.47	45.37	550m: 8:09.67	45.03	750m: 11:11.20	44.71
	200m: 2:53.02	45.16	400m: 5:53.96	45.49	600m: 8:55.31	45.64	800m: 11:55.78	44.58
2.	Sabrina Boekhout	De Biesboschzwemmers	NED 198100120	12:18.69	+0.87			
	50m: 39.87	39.87	250m: 3:43.12	46.50	450m: 6:50.50	47.18	650m: 9:59.07	46.69
	100m: 1:24.55	44.68	300m: 4:29.30	46.18	500m: 7:37.96	47.46	700m: 10:46.71	47.64
	150m: 2:10.39	45.84	350m: 5:15.94	46.64	550m: 8:25.03	47.07	750m: 11:33.29	46.58
	200m: 2:56.62	46.23	400m: 6:03.32	47.38	600m: 9:12.38	47.35	800m: 12:18.69	45.40



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



Programmanr. 17, Dames, 800m vrije slag, 45+

rang	naam	vereniging					tijd	RT	PARA
3.	Jessica Venema	Old Dutch	NED 197901526				12:21.43	+0.77	
	50m: 38.32	38.32	250m: 3:43.95	47.84	450m: 6:53.78	47.00	650m: 10:03.40	47.35	
	100m: 1:22.26	43.94	300m: 4:31.27	47.32	500m: 7:41.28	47.50	700m: 10:51.15	47.75	
	150m: 2:08.72	46.46	350m: 5:19.11	47.84	550m: 8:28.14	46.86	750m: 11:37.17	46.02	
	200m: 2:56.11	47.39	400m: 6:06.78	47.67	600m: 9:16.05	47.91	800m: 12:21.43	44.26	
50+									
1.	Liselotte Joling	PSV	NED 197500268				10:19.33	+0.88	
	50m: 36.08	36.08	250m: 3:11.53	38.42	450m: 5:47.74	38.63	650m: 8:23.89	39.21	
	100m: 1:14.59	38.51	300m: 3:51.09	39.56	500m: 6:26.82	39.08	700m: 9:03.72	39.83	
	150m: 1:53.45	38.86	350m: 4:29.78	38.69	550m: 7:05.68	38.86	750m: 9:42.23	38.51	
	200m: 2:33.11	39.66	400m: 5:09.11	39.33	600m: 7:44.68	39.00	800m: 10:19.33	37.10	
2.	Annett von Rekowski	Schwimmverein Gera	GER 097868				10:29.47	+0.76	
	50m: 35.07	35.07	250m: 3:14.13	39.93	450m: 5:54.76	39.70	650m: 8:32.81	39.51	
	100m: 1:14.54	39.47	300m: 3:54.51	40.38	500m: 6:34.44	39.68	700m: 9:12.69	39.88	
	150m: 1:54.29	39.75	350m: 4:34.36	39.85	550m: 7:13.98	39.54	750m: 9:51.68	38.99	
	200m: 2:34.20	39.91	400m: 5:15.06	40.70	600m: 7:53.30	39.32	800m: 10:29.47	37.79	
3.	Petra Guijt	Aqua-Novio '94	NED 197600978				11:49.77	+0.88	
	50m: 39.25	39.25	250m: 3:39.38	45.67	450m: 6:40.08	44.81	650m: 9:38.28	44.67	
	100m: 1:23.13	43.88	300m: 4:24.74	45.36	500m: 7:24.24	44.16	700m: 10:22.85	44.57	
	150m: 2:08.55	45.42	350m: 5:10.21	45.47	550m: 8:09.01	44.77	750m: 11:07.02	44.17	
	200m: 2:53.71	45.16	400m: 5:55.27	45.06	600m: 8:53.61	44.60	800m: 11:49.77	42.75	
4.	Mariska van Doorn	Arethusa	NED 197200444				12:12.20	+0.91	
	50m: 38.40	38.40	250m: 3:38.02	45.59	450m: 6:44.86	46.94	650m: 9:52.71	46.77	
	100m: 1:21.36	42.96	300m: 4:23.84	45.82	500m: 7:32.41	47.55	700m: 10:39.89	47.18	
	150m: 2:06.70	45.34	350m: 5:10.66	46.82	550m: 8:19.25	46.84	750m: 11:26.48	46.59	
	200m: 2:52.43	45.73	400m: 5:57.92	47.26	600m: 9:05.94	46.69	800m: 12:12.20	45.72	
55+									
1.	Carla Geurts	PSV	NED 197100178				10:06.73	+0.74	
	<i>Nederlands Masters Record</i>								
	50m: 34.03	34.03	250m: 3:06.61	38.30	450m: 5:40.33	38.06	650m: 8:14.28	38.80	
	100m: 1:11.61	37.58	300m: 3:45.37	38.76	500m: 6:18.38	38.05	700m: 8:52.43	38.15	
	150m: 1:49.92	38.31	350m: 4:24.02	38.65	550m: 6:56.85	38.47	750m: 9:30.81	38.38	
	200m: 2:28.31	38.39	400m: 5:02.27	38.25	600m: 7:35.48	38.63	800m: 10:06.73	35.92	
2.	Lidia van Bon-Rosenbrand	ZPC Amersfoort	NED 197000054				10:55.95	+0.86	
	50m: 36.61	36.61	250m: 3:24.67	42.58	450m: 6:12.98	41.11	650m: 8:57.63	41.05	
	100m: 1:17.27	40.66	300m: 4:07.43	42.76	500m: 6:54.50	41.52	700m: 9:38.21	40.58	
	150m: 1:59.11	41.84	350m: 4:49.72	42.29	550m: 7:35.63	41.13	750m: 10:18.18	39.97	
	200m: 2:42.09	42.98	400m: 5:31.87	42.15	600m: 8:16.58	40.95	800m: 10:55.95	37.77	
3.	Annette de Visser	Oceanus	NED 197100602				11:18.59	+0.86	
	50m: 37.25	37.25	250m: 3:26.88	43.44	450m: 6:19.50	43.01	650m: 9:12.16	42.66	
	100m: 1:18.15	40.90	300m: 4:09.91	43.03	500m: 7:02.75	43.25	700m: 9:55.14	42.98	
	150m: 2:00.60	42.45	350m: 4:53.30	43.39	550m: 7:46.12	43.37	750m: 10:37.56	42.42	
	200m: 2:43.44	42.84	400m: 5:36.49	43.19	600m: 8:29.50	43.38	800m: 11:18.59	41.03	
4.	Iris van Aurich	DWK	NED 196900866				12:07.32	+0.80	
	50m: 39.80	39.80	250m: 3:42.66	46.59	450m: 6:49.44	46.19	650m: 9:54.73	46.15	
	100m: 1:23.80	44.00	300m: 4:29.28	46.62	500m: 7:35.90	46.46	700m: 10:39.91	45.18	
	150m: 2:09.40	45.60	350m: 5:16.39	47.11	550m: 8:22.35	46.45	750m: 11:25.00	45.09	
	200m: 2:56.07	46.67	400m: 6:03.25	46.86	600m: 9:08.58	46.23	800m: 12:07.32	42.32	
5.	Inken Wemheuer	Team Noord Holland (SG)	NED 197101016				12:16.87	+0.87	
	50m: 41.10	41.10	250m: 3:49.11	48.06	450m: 6:59.72	47.89	650m: 10:07.07	46.34	
	100m: 1:26.54	45.44	300m: 4:36.57	47.46	500m: 7:46.62	46.90	700m: 10:51.99	44.92	
	150m: 2:14.16	47.62	350m: 5:24.74	48.17	550m: 8:34.09	47.47	750m: 11:36.48	44.49	
	200m: 3:01.05	46.89	400m: 6:11.83	47.09	600m: 9:20.73	46.64	800m: 12:16.87	40.39	
6.	Laura Staal	Oceanus	NED 196700358				12:24.95	+0.82	
	50m: 41.20	41.20	250m: 3:49.02	47.70	450m: 6:58.19	47.44	650m: 10:06.71	47.61	
	100m: 1:27.47	46.27	300m: 4:36.13	47.11	500m: 7:44.97	46.78	700m: 10:53.64	46.93	
	150m: 2:14.21	46.74	350m: 5:23.92	47.79	550m: 8:32.57	47.60	750m: 11:40.30	46.66	
	200m: 3:01.32	47.11	400m: 6:10.75	46.83	600m: 9:19.10	46.53	800m: 12:24.95	44.65	
7.	Annette Spies	LinK	NED 197001110				13:42.79	+0.87	
	50m: 44.22	44.22	250m: 4:11.13	51.76	450m: 7:40.18	52.05	650m: 11:08.96	51.98	
	100m: 1:35.47	51.25	300m: 5:03.57	52.44	500m: 8:32.81	52.63	700m: 12:01.37	52.41	
	150m: 2:27.08	51.61	350m: 5:55.42	51.85	550m: 9:24.37	51.56	750m: 12:52.95	51.58	
	200m: 3:19.37	52.29	400m: 6:48.13	52.71	600m: 10:16.98	52.61	800m: 13:42.79	49.84	



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



Programmanr. 17, Dames, 800m vrije slag, 55+

rang	naam	vereniging	tijd	RT	PARA			
8.	Annet Kootstra	SWOL 1894	13:45.52	+0.98				
	50m: 45.79	45.79	250m: 4:12.64	52.57	450m: 7:42.60	52.87	650m: 11:11.96	52.41
	100m: 1:36.43	50.64	300m: 5:04.60	51.96	500m: 8:34.48	51.88	700m: 12:03.79	51.83
	150m: 2:28.38	51.95	350m: 5:57.56	52.96	550m: 9:27.37	52.89	750m: 12:55.88	52.09
	200m: 3:20.07	51.69	400m: 6:49.73	52.17	600m: 10:19.55	52.18	800m: 13:45.52	49.64
9.	Kathy Van Lindt	Cercle De Natation Sportcity WolBEL	14:04.78	+1.02				
	50m: 48.19	48.19	250m: 4:18.47	51.83	450m: 7:53.30	53.23	650m: 11:27.59	52.18
	100m: 1:41.22	53.03	300m: 5:12.72	54.25	500m: 8:47.27	53.97	700m: 12:21.54	53.95
	150m: 2:33.45	52.23	350m: 6:05.98	53.26	550m: 9:40.94	53.67	750m: 13:14.16	52.62
	200m: 3:26.64	53.19	400m: 7:00.07	54.09	600m: 10:35.41	54.47	800m: 14:04.78	50.62
60+								
1.	Wilna Heijman	Steenwijk 1934	12:03.46	+0.84				
	50m: 39.58	39.58	250m: 3:40.17	46.04	450m: 6:43.56	45.55	650m: 9:47.38	45.86
	100m: 1:23.21	43.63	300m: 4:25.95	45.78	500m: 7:29.38	45.82	700m: 10:32.83	45.45
	150m: 2:08.35	45.14	350m: 5:12.38	46.43	550m: 8:15.70	46.32	750m: 11:18.90	46.07
	200m: 2:54.13	45.78	400m: 5:58.01	45.63	600m: 9:01.52	45.82	800m: 12:03.46	44.56
2.	Anita Steijger	WVZ	12:40.25	+0.89				
	50m: 43.94	43.94	250m: 3:54.42	48.51	450m: 7:06.24	48.02	650m: 10:17.85	47.87
	100m: 1:30.63	46.69	300m: 4:42.24	47.82	500m: 7:54.31	48.07	700m: 10:16.29	48.44
	150m: 2:18.14	47.51	350m: 5:30.33	48.09	550m: 8:42.36	48.05	750m: 11:54.28	47.99
	200m: 3:05.91	47.77	400m: 6:18.22	47.89	600m: 9:29.98	47.62	800m: 12:40.25	45.97
65+								
1.	Petra Tossings	GZC Donk	12:42.53	+0.84				
	50m: 42.03	42.03	250m: 3:54.61	48.25	450m: 7:07.38	47.37	650m: 10:20.26	47.77
	100m: 1:29.36	47.33	300m: 4:43.08	48.47	500m: 7:56.17	48.79	700m: 11:08.69	48.43
	150m: 2:17.64	48.28	350m: 5:31.04	47.96	550m: 8:44.15	47.98	750m: 11:55.79	47.10
	200m: 3:06.36	48.72	400m: 6:20.01	48.97	600m: 9:32.49	48.34	800m: 12:42.53	46.74
2.	Kirsten Stamer	SC Janus Köln	14:21.04	+0.90				
	50m: 50.08	50.08	250m: 4:27.01	54.54	450m: 8:05.73	53.91	650m: 11:40.67	54.07
	100m: 1:43.92	53.84	300m: 5:21.88	54.87	500m: 8:59.34	53.61	700m: 12:34.07	53.40
	150m: 2:38.13	54.21	350m: 6:17.28	55.40	550m: 9:53.37	54.03	750m: 13:28.54	54.47
	200m: 3:32.47	54.34	400m: 7:11.82	54.54	600m: 10:46.60	53.23	800m: 14:21.04	52.50
70+								
1.	Ineke Weekers	PSV	13:03.44	+0.88				
	50m: 45.15	45.15	250m: 4:03.23	49.75	450m: 7:21.17	49.52	650m: 10:38.91	50.07
	100m: 1:34.51	49.36	300m: 4:53.01	49.78	500m: 8:10.73	49.56	700m: 11:27.71	48.80
	150m: 2:23.78	49.27	350m: 5:42.31	49.30	550m: 8:59.75	49.02	750m: 12:16.66	48.95
	200m: 3:13.48	49.70	400m: 6:31.65	49.34	600m: 9:48.84	49.09	800m: 13:03.44	46.78
75+								
1.	Gonnie Bak	PSV	17:49.93	+0.96				
	50m: 57.82	57.82	250m: 5:26.56	1:07.36	450m: 9:57.27	1:07.68	650m: 14:29.67	1:08.13
	100m: 2:04.40	1:06.58	300m: 6:34.60	1:08.04	500m: 11:04.96	1:07.69	700m: 15:37.67	1:08.00
	150m: 3:11.63	1:07.23	350m: 7:41.71	1:07.11	550m: 12:12.94	1:07.98	750m: 16:44.68	1:07.01
	200m: 4:19.20	1:07.57	400m: 8:49.59	1:07.88	600m: 13:21.54	1:08.60	800m: 17:49.93	1:05.25
80+								
1.	Loekie van Huissteden	ZPC Amersfoort	20:45.76	+1.06				
	50m: 1:06.29	1:06.29	250m: 6:15.89	1:18.75	450m: 11:33.16	1:19.12	650m: 16:51.40	1:18.83
	100m: 2:23.31	1:17.02	300m: 7:35.47	1:19.58	500m: 12:53.20	1:20.04	700m: 18:11.95	1:20.55
	150m: 3:38.38	1:15.07	350m: 8:53.75	1:18.28	550m: 14:11.46	1:18.26	750m: 19:31.02	1:19.07
	200m: 4:57.14	1:18.76	400m: 10:14.04	1:20.29	600m: 15:32.57	1:21.11	800m: 20:45.76	1:14.74