



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



Programmanr. 2
30-4-2026 - 12:30

Heren, 1500m vrije slag
Pauze na serie 4 / Break after heat 4

Masters Open
Resultaten

rang	naam	vereniging						tijd	RT	PARA
20+										
1.	Jacco Nijland	ZPC De Hof	NED	200400081				19:16.50		+0.84
	50m: 33.05	33.05	450m: 5:38.28	38.94	850m: 10:52.67	39.62	1250m: 16:08.99	39.67		
	100m: 1:09.60	36.55	500m: 6:16.74	38.46	900m: 11:31.81	39.14	1300m: 16:48.45	39.46		
	150m: 1:46.86	37.26	550m: 6:56.35	39.61	950m: 12:11.38	39.57	1350m: 17:28.01	39.56		
	200m: 2:24.70	37.84	600m: 7:35.48	39.13	1000m: 12:50.92	39.54	1400m: 18:07.66	39.65		
	250m: 3:03.04	38.34	650m: 8:15.02	39.54	1050m: 13:30.52	39.60	1450m: 18:45.69	38.03		
	300m: 3:41.65	38.61	700m: 8:54.06	39.04	1100m: 14:10.02	39.50	1500m: 19:16.50	30.81		
	350m: 4:20.39	38.74	750m: 9:33.18	39.12	1150m: 14:49.62	39.60				
	400m: 4:59.34	38.95	800m: 10:13.05	39.87	1200m: 15:29.32	39.70				
2.	Jesper Pas	VZV Njord	NED	200200967				19:37.29		+0.79
	50m: 32.63	32.63	450m: 5:43.31	39.61	850m: 11:06.27	40.37	1250m: 16:27.88	39.26		
	100m: 1:09.81	37.18	500m: 6:23.10	39.79	900m: 11:47.01	40.74	1300m: 17:07.28	39.40		
	150m: 1:47.89	38.08	550m: 7:03.07	39.97	950m: 12:27.33	40.32	1350m: 17:46.31	39.03		
	200m: 2:26.61	38.72	600m: 7:43.68	40.61	1000m: 13:08.05	40.72	1400m: 18:25.41	39.10		
	250m: 3:05.46	38.85	650m: 8:24.04	40.36	1050m: 13:48.85	40.80	1450m: 19:02.75	37.34		
	300m: 3:45.05	39.59	700m: 9:05.38	41.34	1100m: 14:29.19	40.34	1500m: 19:37.29	34.54		
	350m: 4:24.38	39.33	750m: 9:45.11	39.73	1150m: 15:08.58	39.39				
	400m: 5:03.70	39.32	800m: 10:25.90	40.79	1200m: 15:48.62	40.04				
3.	Marijn Snel	IJsselmeer	NED	200400001				21:47.73		+0.74
	50m: 33.10	33.10	450m: 6:06.36	43.35	850m: 12:02.92	43.21	1250m: 18:04.38	44.97		
	100m: 1:12.27	39.17	500m: 6:50.86	44.50	900m: 12:48.04	45.12	1300m: 18:49.98	45.60		
	150m: 1:51.92	39.65	550m: 7:35.15	44.29	950m: 13:32.55	44.51	1350m: 19:34.58	44.60		
	200m: 2:32.74	40.82	600m: 8:20.14	44.99	1000m: 14:17.30	44.75	1400m: 20:19.76	45.18		
	250m: 3:14.59	41.85	650m: 9:04.71	44.57	1050m: 15:02.26	44.96	1450m: 21:03.80	44.04		
	300m: 3:57.33	42.74	700m: 9:50.27	45.56	1100m: 15:47.36	45.10	1500m: 21:47.73	43.93		
	350m: 4:39.49	42.16	750m: 10:35.34	45.07	1150m: 16:33.20	45.84				
	400m: 5:23.01	43.52	800m: 11:19.71	44.37	1200m: 17:19.41	46.21				
4.	Jesse Bruines <i>Nederlands Para Record</i>	Batavia Swim	NED	200402413	S8			22:20.34		+0.81
	50m: 38.75	38.75	450m: 6:36.72	45.48	850m: 12:38.71	45.15	1250m: 18:39.61	46.08		
	100m: 1:21.50	42.75	500m: 7:22.09	45.37	900m: 13:23.42	44.71	1300m: 19:24.93	45.32		
	150m: 2:06.28	44.78	550m: 8:07.34	45.25	950m: 14:08.42	45.00	1350m: 20:10.67	45.74		
	200m: 2:51.21	44.93	600m: 8:52.22	44.88	1000m: 14:53.33	44.91	1400m: 20:54.55	43.88		
	250m: 3:35.62	44.41	650m: 9:38.01	45.79	1050m: 15:38.57	45.24	1450m: 21:39.41	44.86		
	300m: 4:20.68	45.06	700m: 10:23.01	45.00	1100m: 16:23.43	44.86	1500m: 22:20.34	40.93		
	350m: 5:06.25	45.57	750m: 11:08.04	45.03	1150m: 17:08.79	45.36				
	400m: 5:51.24	44.99	800m: 11:53.56	45.52	1200m: 17:53.53	44.74				
25+										
1.	Lars Jacobsen	DWK	NED	199705453	S14			19:36.99		+0.81
	50m: 31.77	31.77	450m: 5:39.06	39.53	850m: 11:00.86	39.59	1250m: 16:25.66	40.24		
	100m: 1:07.82	36.05	500m: 6:18.35	39.29	900m: 11:41.43	40.57	1300m: 17:06.58	40.92		
	150m: 1:44.95	37.13	550m: 6:57.86	39.51	950m: 12:21.57	40.14	1350m: 17:47.37	40.79		
	200m: 2:23.01	38.06	600m: 7:38.52	40.66	1000m: 13:02.92	41.35	1400m: 18:25.74	38.37		
	250m: 3:01.35	38.34	650m: 8:17.57	39.05	1050m: 13:42.46	39.54	1450m: 19:03.36	37.62		
	300m: 3:40.65	39.30	700m: 8:58.69	41.12	1100m: 14:23.47	41.01	1500m: 19:36.99	33.63		
	350m: 4:19.74	39.09	750m: 9:39.86	41.17	1150m: 15:03.78	40.31				
	400m: 4:59.53	39.79	800m: 10:21.27	41.41	1200m: 15:45.42	41.64				
2.	Leon Kloots	ZPC De Hof	NED	200001363				19:40.64		+0.91
	50m: 32.77	32.77	450m: 5:43.35	39.32	850m: 10:59.93	40.04	1250m: 16:21.49	40.67		
	100m: 1:09.88	37.11	500m: 6:22.50	39.15	900m: 11:39.57	39.64	1300m: 17:02.15	40.66		
	150m: 1:48.29	38.41	550m: 7:02.09	39.59	950m: 12:19.53	39.96	1350m: 17:42.18	40.03		
	200m: 2:26.63	38.34	600m: 7:41.20	39.11	1000m: 12:59.73	40.20	1400m: 18:22.34	40.16		
	250m: 3:05.84	39.21	650m: 8:21.05	39.85	1050m: 13:40.02	40.29	1450m: 19:02.27	39.93		
	300m: 3:44.49	38.65	700m: 9:00.52	39.47	1100m: 14:20.06	40.04	1500m: 19:40.64	38.37		
	350m: 4:24.33	39.84	750m: 9:40.20	39.68	1150m: 15:00.46	40.40				
	400m: 5:04.03	39.70	800m: 10:19.89	39.69	1200m: 15:40.82	40.36				
3.	Dries Cavelaars	ZPC Amersfoort	NED	199804597				20:46.98		+0.71
	50m: 34.82	34.82	450m: 6:08.24	43.04	850m: 11:47.17	42.62	1250m: 17:23.70	42.22		
	100m: 1:13.91	39.09	500m: 6:50.04	41.80	900m: 12:29.40	42.23	1300m: 18:05.63	41.93		
	150m: 1:54.90	40.99	550m: 7:32.69	42.65	950m: 13:12.11	42.71	1350m: 18:48.32	42.69		
	200m: 2:36.18	41.28	600m: 8:14.14	41.45	1000m: 13:54.06	41.95	1400m: 19:29.07	40.75		
	250m: 3:18.51	42.33	650m: 8:56.80	42.66	1050m: 14:35.92	41.86	1450m: 20:10.20	41.13		
	300m: 4:00.63	42.12	700m: 9:39.19	42.39	1100m: 15:17.22	41.30	1500m: 20:46.98	36.78		
	350m: 4:42.98	42.35	750m: 10:22.18	42.99	1150m: 15:59.67	42.45				
	400m: 5:25.20	42.22	800m: 11:04.55	42.37	1200m: 16:41.48	41.81				





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



Programmanr. 2, Heren, 1500m vrije slag, 25+

rang	naam	vereniging	tijd	RT	PARA			
4.	Teun van Rooij	VZ&PC Nautilus	NED 199904387	21:05.62	+0.67			
	50m: 35.11	35.11	450m: 6:13.06	42.55	850m: 11:54.13	42.59	1250m: 17:35.49	41.91
	100m: 1:15.24	40.13	500m: 6:55.55	42.49	900m: 12:37.21	43.08	1300m: 18:18.43	42.94
	150m: 1:57.30	42.06	550m: 7:38.48	42.93	950m: 13:20.08	42.87	1350m: 19:00.30	41.87
	200m: 2:39.47	42.17	600m: 8:20.83	42.35	1000m: 14:02.75	42.67	1400m: 19:42.71	42.41
	250m: 3:22.22	42.75	650m: 9:03.27	42.44	1050m: 14:45.54	42.79	1450m: 20:24.83	42.12
	300m: 4:04.67	42.45	700m: 9:45.83	42.56	1100m: 15:28.24	42.70	1500m: 21:05.62	40.79
	350m: 4:47.78	43.11	750m: 10:28.95	43.12	1150m: 16:10.99	42.75		
	400m: 5:30.51	42.73	800m: 11:11.54	42.59	1200m: 16:53.58	42.59		
5.	Erik Baalbergen	ZVL - 1886	NED 199805775	21:55.41	+0.85			
	50m: 33.52	33.52	450m: 6:14.57	44.71	850m: 12:12.62	45.40	1250m: 18:13.19	45.72
	100m: 1:11.95	38.43	500m: 6:58.90	44.33	900m: 12:57.76	45.14	1300m: 18:58.34	45.15
	150m: 1:52.36	40.41	550m: 7:43.68	44.78	950m: 13:42.68	44.92	1350m: 19:43.66	45.32
	200m: 2:34.44	42.08	600m: 8:28.14	44.46	1000m: 14:26.91	44.23	1400m: 20:28.51	44.85
	250m: 3:17.60	43.16	650m: 9:12.88	44.74	1050m: 15:12.12	45.21	1450m: 21:13.64	45.13
	300m: 4:01.44	43.84	700m: 9:57.32	44.44	1100m: 15:56.98	44.86	1500m: 21:55.41	41.77
	350m: 4:45.74	44.30	750m: 10:42.50	45.18	1150m: 16:42.70	45.72		
	400m: 5:29.86	44.12	800m: 11:27.22	44.72	1200m: 17:27.47	44.77		
6.	Bart Klootwijk	DES	NED 199801353	23:24.97	+0.84			
	50m: 37.63	37.63	450m: 6:43.17	46.95	850m: 13:02.92	47.60	1250m: 19:29.29	48.96
	100m: 1:21.49	43.86	500m: 7:30.54	47.37	900m: 13:50.55	47.63	1300m: 20:17.89	48.60
	150m: 2:06.78	45.29	550m: 8:17.42	46.88	950m: 14:38.24	47.69	1350m: 21:06.84	48.95
	200m: 2:52.05	45.27	600m: 9:04.31	46.89	1000m: 15:26.54	48.30	1400m: 21:54.82	47.98
	250m: 3:37.64	45.59	650m: 9:52.33	48.02	1050m: 16:14.96	48.42	1450m: 22:42.26	47.44
	300m: 4:23.53	45.89	700m: 10:39.33	47.00	1100m: 17:03.39	48.43	1500m: 23:24.97	42.71
	350m: 5:09.80	46.27	750m: 11:27.20	47.87	1150m: 17:52.04	48.65		
	400m: 5:56.22	46.42	800m: 12:15.32	48.12	1200m: 18:40.33	48.29		
30+								
1.	Lester Snackers	HZPC	NED 199400947	19:11.59	+0.89			
	50m: 31.71	31.71	450m: 5:32.55	38.20	850m: 10:40.99	38.85	1250m: 15:54.70	39.58
	100m: 1:07.62	35.91	500m: 6:10.82	38.27	900m: 11:20.08	39.09	1300m: 16:34.12	39.42
	150m: 1:44.67	37.05	550m: 6:49.55	38.73	950m: 11:58.92	38.84	1350m: 17:14.12	40.00
	200m: 2:22.18	37.51	600m: 7:28.07	38.52	1000m: 12:37.81	38.89	1400m: 17:53.61	39.49
	250m: 2:59.92	37.74	650m: 8:06.57	38.50	1050m: 13:16.81	39.00	1450m: 18:33.23	39.62
	300m: 3:37.80	37.88	700m: 8:44.85	38.28	1100m: 13:56.16	39.35	1500m: 19:11.59	38.36
	350m: 4:16.33	38.53	750m: 9:23.47	38.62	1150m: 14:35.68	39.52		
	400m: 4:54.35	38.02	800m: 10:02.14	38.67	1200m: 15:15.12	39.44		
2.	John Smit	Poseidon'56	NED 199500613	20:33.98	+0.80			
	50m: 35.51	35.51	450m: 5:56.48	40.62	850m: 11:25.26	41.40	1250m: 17:03.03	43.07
	100m: 1:13.86	38.35	500m: 6:37.18	40.70	900m: 12:06.86	41.60	1300m: 17:45.80	42.77
	150m: 1:53.70	39.84	550m: 7:18.02	40.84	950m: 12:48.91	42.05	1350m: 18:28.54	42.74
	200m: 2:34.17	40.47	600m: 7:58.94	40.92	1000m: 13:30.82	41.91	1400m: 19:10.74	42.20
	250m: 3:14.58	40.41	650m: 8:40.20	41.26	1050m: 14:12.75	41.93	1450m: 19:53.18	42.44
	300m: 3:55.38	40.80	700m: 9:21.40	41.20	1100m: 14:54.98	42.23	1500m: 20:33.98	40.80
	350m: 4:35.66	40.28	750m: 10:02.84	41.44	1150m: 15:37.54	42.56		
	400m: 5:15.86	40.20	800m: 10:43.86	41.02	1200m: 16:19.96	42.42		
3.	Colin Degenaars	ZPCH	NED 199505951	S14 20:49.26	+0.81			
	50m: 35.78	35.78	450m: 6:10.85	42.77	850m: 11:51.12	42.41	1250m: 17:28.26	41.94
	100m: 1:15.77	39.99	500m: 6:53.75	42.90	900m: 12:34.17	43.05	1300m: 18:10.61	42.35
	150m: 1:57.01	41.24	550m: 7:35.66	41.91	950m: 13:15.82	41.65	1350m: 18:51.83	41.22
	200m: 2:39.11	42.10	600m: 8:18.47	42.81	1000m: 13:58.17	42.35	1400m: 19:32.27	40.44
	250m: 3:20.91	41.80	650m: 9:00.85	42.38	1050m: 14:40.27	42.10	1450m: 20:11.87	39.60
	300m: 4:03.47	42.56	700m: 9:43.78	42.93	1100m: 15:22.11	41.84	1500m: 20:49.26	37.39
	350m: 4:45.47	42.00	750m: 10:26.07	42.29	1150m: 16:03.50	41.39		
	400m: 5:28.08	42.61	800m: 11:08.71	42.64	1200m: 16:46.32	42.82		
4.	Remco Visser	ZPC Woerden	NED 199503185	22:19.54	+0.84			
	50m: 36.80	36.80	450m: 6:26.61	45.60	850m: 12:30.70	45.08	1250m: 18:37.99	45.19
	100m: 1:17.66	40.86	500m: 7:12.48	45.87	900m: 13:16.19	45.49	1300m: 19:22.42	44.43
	150m: 1:59.69	42.03	550m: 7:58.10	45.62	950m: 14:02.24	46.05	1350m: 20:07.45	45.03
	200m: 2:42.81	43.12	600m: 8:43.48	45.38	1000m: 14:48.90	46.66	1400m: 20:51.87	44.42
	250m: 3:26.44	43.63	650m: 9:29.41	45.93	1050m: 15:34.86	45.96	1450m: 21:36.14	44.27
	300m: 4:10.88	44.44	700m: 10:15.44	46.03	1100m: 16:20.67	45.81	1500m: 22:19.54	43.40
	350m: 4:55.50	44.62	750m: 11:00.32	44.88	1150m: 17:07.09	46.42		
	400m: 5:41.01	45.51	800m: 11:45.62	45.30	1200m: 17:52.80	45.71		

35+





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



Programmanr. 2, Heren, 1500m vrije slag, 35+

rang	naam	vereniging	tijd	RT	PARA			
1.	Tim Bunnik	Triton	19:22.21	+0.79				
	50m: 33.72	33.72	450m: 5:49.04	39.46	850m: 11:03.71	38.47	1250m: 16:12.94	38.82
	100m: 1:11.63	37.91	500m: 6:28.89	39.85	900m: 11:42.74	39.03	1300m: 16:51.71	38.77
	150m: 1:49.97	38.34	550m: 7:07.91	39.02	950m: 12:21.49	38.75	1350m: 17:30.95	39.24
	200m: 2:29.26	39.29	600m: 7:47.45	39.54	1000m: 13:00.46	38.97	1400m: 18:09.18	38.23
	250m: 3:08.98	39.72	650m: 8:26.63	39.18	1050m: 13:39.16	38.70	1450m: 18:46.14	36.96
	300m: 3:49.16	40.18	700m: 9:06.52	39.89	1100m: 14:17.41	38.25	1500m: 19:22.21	36.07
	350m: 4:29.26	40.10	750m: 9:46.35	39.83	1150m: 14:55.71	38.30		
	400m: 5:09.58	40.32	800m: 10:25.24	38.89	1200m: 15:34.12	38.41		
2.	Patrick Creemers	SG Patrick - De Roersoppers	19:37.08	+0.77				
	50m: 32.71	32.71	450m: 5:46.68	39.92	850m: 11:05.94	39.61	1250m: 16:24.40	39.43
	100m: 1:10.12	37.41	500m: 6:26.56	39.88	900m: 11:45.72	39.78	1300m: 17:03.77	39.37
	150m: 1:49.16	39.04	550m: 7:06.70	40.14	950m: 12:25.18	39.46	1350m: 17:43.41	39.64
	200m: 2:28.24	39.08	600m: 7:46.45	39.75	1000m: 13:05.08	39.90	1400m: 18:21.90	38.49
	250m: 3:07.49	39.25	650m: 8:26.25	39.80	1050m: 13:45.24	40.16	1450m: 19:00.09	38.19
	300m: 3:47.09	39.60	700m: 9:06.08	39.83	1100m: 14:24.61	39.37	1500m: 19:37.08	36.99
	350m: 4:27.34	40.25	750m: 9:46.29	40.21	1150m: 15:04.57	39.96		
	400m: 5:06.76	39.42	800m: 10:26.33	40.04	1200m: 15:44.97	40.40		
3.	Niels Albrechts	De Schotelijl	19:55.29	+0.88				
	50m: 35.54	35.54	450m: 5:52.08	39.82	850m: 11:10.41	40.14	1250m: 16:24.10	40.98
	100m: 1:13.44	37.90	500m: 6:31.32	39.24	900m: 11:49.60	39.19	1300m: 17:14.84	40.74
	150m: 1:52.41	38.97	550m: 7:11.36	40.04	950m: 12:30.24	40.64	1350m: 17:55.97	41.13
	200m: 2:31.75	39.34	600m: 7:50.79	39.43	1000m: 13:10.65	40.41	1400m: 18:36.45	40.48
	250m: 3:11.73	39.98	650m: 8:30.38	39.59	1050m: 13:51.31	40.66	1450m: 19:17.87	41.42
	300m: 3:51.58	39.85	700m: 9:10.56	40.18	1100m: 14:31.75	40.44	1500m: 19:55.29	37.42
	350m: 4:31.72	40.14	750m: 9:50.38	39.82	1150m: 15:12.65	40.90		
	400m: 5:12.26	40.54	800m: 10:30.27	39.89	1200m: 15:53.12	40.47		
4.	Wessel Everloo	WS Twente	19:58.27					
	50m: 34.48	34.48	450m: 5:52.14	39.31	850m: 11:16.74	40.57	1250m: 16:41.58	40.13
	100m: 1:13.67	39.19	500m: 6:32.29	40.15	900m: 11:57.23	40.49	1300m: 17:21.91	40.33
	150m: 1:53.96	40.29	550m: 7:12.85	40.56	950m: 12:36.97	39.74	1350m: 18:01.38	39.47
	200m: 2:34.02	40.06	600m: 7:53.64	40.79	1000m: 13:18.24	41.27	1400m: 18:42.25	40.87
	250m: 3:13.97	39.95	650m: 8:33.81	40.17	1050m: 13:58.50	40.26	1450m: 19:20.57	38.32
	300m: 3:53.87	39.90	700m: 9:14.76	40.95	1100m: 14:39.75	41.25	1500m: 19:58.27	37.70
	350m: 4:33.11	39.24	750m: 9:54.81	40.05	1150m: 15:20.37	40.62		
	400m: 5:12.83	39.72	800m: 10:36.17	41.36	1200m: 16:01.45	41.08		
5.	Matthew Humphreys	MSV-Zeemacht	20:10.53	+0.81				
	50m: 33.72	33.72	450m: 5:48.66	39.54	850m: 11:06.33	39.15	1250m: 16:37.74	42.15
	100m: 1:11.36	37.64	500m: 6:28.69	40.03	900m: 11:46.95	40.62	1300m: 17:20.02	42.28
	150m: 1:49.60	38.24	550m: 7:08.19	39.50	950m: 12:27.41	40.46	1350m: 18:02.39	42.37
	200m: 2:28.89	39.29	600m: 7:47.68	39.49	1000m: 13:08.54	41.13	1400m: 18:44.40	42.01
	250m: 3:08.65	39.76	650m: 8:27.39	39.71	1050m: 13:49.71	41.17	1450m: 19:27.47	43.07
	300m: 3:48.91	40.26	700m: 9:07.41	40.02	1100m: 14:31.68	41.97	1500m: 20:10.53	43.06
	350m: 4:29.06	40.15	750m: 9:47.58	40.17	1150m: 15:13.41	41.73		
	400m: 5:09.12	40.06	800m: 10:27.18	39.60	1200m: 15:55.59	42.18		
6.	Eric Kalee	Zwemvereniging Hoogland	21:08.47	+0.85				
	50m: 36.47	36.47	450m: 6:11.99	42.66	850m: 11:52.78	42.81	1250m: 17:36.67	42.99
	100m: 1:17.01	40.54	500m: 6:55.03	43.04	900m: 12:35.42	42.64	1300m: 18:19.26	42.59
	150m: 1:58.89	41.88	550m: 7:37.70	42.67	950m: 13:18.29	42.87	1350m: 19:02.43	43.17
	200m: 2:41.03	42.14	600m: 8:19.77	42.07	1000m: 14:00.93	42.64	1400m: 19:45.10	42.67
	250m: 3:23.08	42.05	650m: 9:02.59	42.82	1050m: 14:44.21	43.28	1450m: 20:27.44	42.34
	300m: 4:05.07	41.99	700m: 9:45.04	42.45	1100m: 15:27.21	43.00	1500m: 21:08.47	41.03
	350m: 4:47.24	42.17	750m: 10:27.90	42.86	1150m: 16:10.62	43.41		
	400m: 5:29.33	42.09	800m: 11:09.97	42.07	1200m: 16:53.68	43.06		

40+

1.	Pieter Pickhardt	ZPC De Hof	19:38.89	+0.87				
	50m: 33.70	33.70	450m: 5:37.81	38.89	850m: 10:54.08	40.13	1250m: 16:18.14	40.54
	100m: 1:10.06	36.36	500m: 6:16.69	38.88	900m: 11:34.28	40.20	1300m: 16:58.89	40.75
	150m: 1:47.37	37.31	550m: 6:55.67	38.98	950m: 12:14.82	40.54	1350m: 17:39.54	40.65
	200m: 2:25.09	37.72	600m: 7:34.92	39.25	1000m: 12:55.16	40.34	1400m: 18:20.09	40.55
	250m: 3:03.14	38.05	650m: 8:14.48	39.56	1050m: 13:35.83	40.67	1450m: 19:00.54	40.45
	300m: 3:41.41	38.27	700m: 8:54.05	39.57	1100m: 14:15.98	40.15	1500m: 19:38.89	38.35
	350m: 4:20.39	38.98	750m: 9:34.14	40.09	1150m: 14:56.76	40.78		
	400m: 4:58.92	38.53	800m: 10:13.95	39.81	1200m: 15:37.60	40.84		
2.	Frank v.d. Voordt	De Schotelijl	20:26.22	+0.83				
	50m: 34.37	34.37	450m: 5:52.82	40.43	850m: 11:17.82	40.74	1250m: 16:51.46	42.57
	100m: 1:12.69	38.32	500m: 6:32.89	40.07	900m: 11:59.03	41.21	1300m: 17:33.90	42.44
	150m: 1:51.84	39.15	550m: 7:13.23	40.34	950m: 12:40.41	41.38	1350m: 18:17.07	43.17
	200m: 2:31.61	39.77	600m: 7:53.94	40.71	1000m: 13:22.09	41.68	1400m: 19:00.54	43.47
	250m: 3:11.62	40.01	650m: 8:34.79	40.85	1050m: 14:03.83	41.74	1450m: 19:43.91	43.37
	300m: 3:51.97	40.35	700m: 9:15.56	40.77	1100m: 14:45.27	41.44	1500m: 20:26.22	42.31
	350m: 4:32.06	40.09	750m: 9:56.47	40.91	1150m: 15:27.25	41.98		
	400m: 5:12.39	40.33	800m: 10:37.08	40.61	1200m: 16:08.89	41.64		



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



Programmanr. 2, Heren, 1500m vrije slag, 40+

rang	naam	vereniging	tijd	RT	PARA	
3.	Sander van Tilburg	De Biesboschzweimmers	22:17.34	+0.88		
	50m: 37.91	37.91 450m: 6:35.93	44.77 850m: 12:35.65	44.58	1250m: 18:35.67	44.29
	100m: 1:20.56	42.65 500m: 7:22.62	46.69 900m: 13:20.91	45.26	1300m: 19:21.59	45.92
	150m: 2:03.96	43.40 550m: 8:06.86	44.24 950m: 14:05.37	44.46	1350m: 20:05.71	44.12
	200m: 2:48.99	45.03 600m: 8:52.32	45.46 1000m: 14:50.53	45.16	1400m: 20:50.93	45.22
	250m: 3:33.65	44.66 650m: 9:35.99	43.67 1050m: 15:35.51	44.98	1450m: 21:34.92	43.99
	300m: 4:19.94	46.29 700m: 10:21.18	45.19 1100m: 16:21.30	45.79	1500m: 22:17.34	42.42
	350m: 5:05.26	45.32 750m: 11:05.96	44.78 1150m: 17:05.69	44.39		
	400m: 5:51.16	45.90 800m: 11:51.07	45.11 1200m: 17:51.38	45.69		

4.	Rob van Wanrooy	Albion	22:17.47	+0.82		
	50m: 39.48	39.48 450m: 6:39.67	44.69 850m: 12:41.68	44.91	1250m: 18:38.94	44.01
	100m: 1:23.42	43.94 500m: 7:25.35	45.68 900m: 13:26.59	44.91	1300m: 19:23.13	44.19
	150m: 2:08.80	45.38 550m: 8:10.63	45.28 950m: 14:11.66	45.07	1350m: 20:07.41	44.28
	200m: 2:54.71	45.91 600m: 8:56.18	45.55 1000m: 14:56.56	44.90	1400m: 20:51.60	44.19
	250m: 3:39.74	45.03 650m: 9:41.89	45.71 1050m: 15:41.31	44.75	1450m: 21:35.43	43.83
	300m: 4:25.13	45.39 700m: 10:27.30	45.41 1100m: 16:26.22	44.91	1500m: 22:17.47	42.04
	350m: 5:09.96	44.83 750m: 11:12.24	44.94 1150m: 17:10.36	44.14		
	400m: 5:54.98	45.02 800m: 11:56.77	44.53 1200m: 17:54.93	44.57		

45+

1.	Gergely Molnár	Iron Swim	18:45.11	+0.80		
	50m: 32.90	32.90 450m: 5:32.01	37.76 850m: 10:35.63	38.13	1250m: 15:38.54	37.86
	100m: 1:09.19	36.29 500m: 6:10.13	38.12 900m: 11:13.02	37.39	1300m: 16:16.07	37.53
	150m: 1:46.47	37.28 550m: 6:48.36	38.23 950m: 11:50.89	37.87	1350m: 16:53.42	37.35
	200m: 2:23.29	36.82 600m: 7:26.38	38.02 1000m: 12:28.72	37.83	1400m: 17:31.28	37.86
	250m: 3:01.28	37.99 650m: 8:03.99	37.61 1050m: 13:07.13	38.41	1450m: 18:08.95	37.67
	300m: 3:38.65	37.37 700m: 8:41.92	37.93 1100m: 13:44.50	37.37	1500m: 18:45.11	36.16
	350m: 4:16.61	37.96 750m: 9:20.09	38.17 1150m: 14:22.87	38.37		
	400m: 4:54.25	37.64 800m: 9:57.50	37.41 1200m: 15:00.68	37.81		

2.	Martijn Butter	OEZA	18:53.47	+0.84		
	50m: 34.17	34.17 450m: 5:34.08	37.69 850m: 10:37.12	38.36	1250m: 15:44.72	38.81
	100m: 1:10.87	36.70 500m: 6:11.56	37.48 900m: 11:15.32	38.20	1300m: 16:23.20	38.48
	150m: 1:48.30	37.43 550m: 6:49.40	37.84 950m: 11:53.74	38.42	1350m: 17:01.60	38.40
	200m: 2:25.74	37.44 600m: 7:26.82	37.42 1000m: 12:31.77	38.03	1400m: 17:40.02	38.42
	250m: 3:03.40	37.66 650m: 8:04.74	37.92 1050m: 13:10.34	38.57	1450m: 18:18.10	38.08
	300m: 3:41.00	37.60 700m: 8:42.42	37.68 1100m: 13:48.55	38.21	1500m: 18:53.47	35.37
	350m: 4:18.89	37.89 750m: 9:20.56	38.14 1150m: 14:27.21	38.66		
	400m: 4:56.39	37.50 800m: 9:58.76	38.20 1200m: 15:05.91	38.70		

3.	Marcel Reefhuis	WS Twente	20:40.16	+0.74		
	50m: 34.91	34.91 450m: 5:59.89	40.76 850m: 11:27.09	41.09	1250m: 17:03.63	43.06
	100m: 1:14.60	39.69 500m: 6:40.60	40.71 900m: 12:08.14	41.05	1300m: 17:47.10	43.47
	150m: 1:55.28	40.68 550m: 7:21.67	41.07 950m: 12:49.70	41.56	1350m: 18:30.65	43.55
	200m: 2:36.19	40.91 600m: 8:02.67	41.00 1000m: 13:31.40	41.70	1400m: 19:14.33	43.68
	250m: 3:16.96	40.77 650m: 8:43.39	40.72 1050m: 14:13.53	42.13	1450m: 19:58.37	44.04
	300m: 3:57.75	40.79 700m: 9:24.33	40.94 1100m: 14:55.56	42.03	1500m: 20:40.16	41.79
	350m: 4:38.32	40.57 750m: 10:05.21	40.88 1150m: 15:37.79	42.23		
	400m: 5:19.13	40.81 800m: 10:46.00	40.79 1200m: 16:20.57	42.78		

4.	Freddie Geerlings	Zwemsport Parkstad	21:20.18			
	50m: 37.32	37.32 450m: 6:17.11	42.14 850m: 12:00.27	42.07	1250m: 17:46.02	42.69
	100m: 1:18.84	41.52 500m: 7:00.37	43.26 900m: 12:43.40	43.13	1300m: 18:29.77	43.75
	150m: 2:01.19	42.35 550m: 7:43.11	42.74 950m: 13:26.56	43.16	1350m: 19:12.47	42.70
	200m: 2:44.25	43.06 600m: 8:26.57	43.46 1000m: 14:10.37	43.81	1400m: 19:56.71	44.24
	250m: 3:26.32	42.07 650m: 9:08.92	42.35 1050m: 14:53.49	43.12	1450m: 20:39.91	43.20
	300m: 4:09.49	43.17 700m: 9:52.88	43.96 1100m: 15:37.11	43.62	1500m: 21:20.18	40.27
	350m: 4:51.78	42.29 750m: 10:35.08	42.20 1150m: 16:19.83	42.72		
	400m: 5:34.97	43.19 800m: 11:18.20	43.12 1200m: 17:03.33	43.50		

5.	Tom Bandsma	PSV	22:47.40			
	50m: 40.02	40.02 450m: 6:49.22	46.05 850m: 12:57.23	45.00	1250m: 19:02.24	45.72
	100m: 1:24.25	44.23 500m: 7:35.94	46.72 900m: 13:43.41	46.18	1300m: 19:48.36	46.12
	150m: 2:10.01	45.76 550m: 8:21.83	45.89 950m: 14:28.12	44.71	1350m: 20:33.46	45.10
	200m: 2:56.79	46.78 600m: 9:08.32	46.49 1000m: 15:13.72	45.60	1400m: 21:19.75	46.29
	250m: 3:42.84	46.05 650m: 9:53.85	45.53 1050m: 15:58.85	45.13	1450m: 22:04.59	44.84
	300m: 4:29.95	47.11 700m: 10:40.38	46.53 1100m: 16:45.24	46.39	1500m: 22:47.40	42.81
	350m: 5:16.45	46.50 750m: 11:26.13	45.75 1150m: 17:30.42	45.18		
	400m: 6:03.17	46.72 800m: 12:12.23	46.10 1200m: 18:16.52	46.10		

50+





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



Programmanr. 2, Heren, 1500m vrije slag, 50+

rang	naam	vereniging		NED				tijd	RT	PARA
1.	Aart Kruis	MZ&PC Maastricht		197501383				19:50.62		
	50m: 36.71	36.71	450m: 5:55.45	39.75	850m: 11:12.13	39.47	1250m: 16:31.86	40.17		
	100m: 1:16.49	39.78	500m: 6:35.75	40.30	900m: 11:52.01	39.88	1300m: 17:11.83	39.97		
	150m: 1:56.09	39.60	550m: 7:15.31	39.56	950m: 12:31.85	39.84	1350m: 17:51.93	40.10		
	200m: 2:36.39	40.30	600m: 7:54.65	39.34	1000m: 13:11.72	39.87	1400m: 18:32.26	40.33		
	250m: 3:16.16	39.77	650m: 8:34.20	39.55	1050m: 13:51.77	40.05	1450m: 19:11.60	39.34		
	300m: 3:56.01	39.85	700m: 9:13.87	39.67	1100m: 14:31.62	39.85	1500m: 19:50.62	39.02		
	350m: 4:35.50	39.49	750m: 9:53.14	39.27	1150m: 15:12.00	40.38				
	400m: 5:15.70	40.20	800m: 10:32.66	39.52	1200m: 15:51.69	39.69				
2.	Jeroen Hoeksels	ZV Vlaardingen-Schiedam		197401533				25:29.87	+0.99	
	50m: 43.40	43.40	450m: 7:23.47	51.25	850m: 14:14.06	52.02	1250m: 21:10.16	52.24		
	100m: 1:30.97	47.57	500m: 8:13.92	50.45	900m: 15:05.90	51.84	1300m: 22:02.67	52.51		
	150m: 2:20.62	49.65	550m: 9:05.41	51.49	950m: 15:57.98	52.08	1350m: 22:55.24	52.57		
	200m: 3:09.85	49.23	600m: 9:56.09	50.68	1000m: 16:49.95	51.97	1400m: 23:47.34	52.10		
	250m: 4:00.80	50.95	650m: 10:47.78	51.69	1050m: 17:42.25	52.30	1450m: 24:39.28	51.94		
	300m: 4:50.38	49.58	700m: 11:38.69	50.91	1100m: 18:34.10	51.85	1500m: 25:29.87	50.59		
	350m: 5:41.58	51.20	750m: 12:30.33	51.64	1150m: 19:25.94	51.84				
	400m: 6:32.22	50.64	800m: 13:22.04	51.71	1200m: 20:17.92	51.98				

55+

1.	Bruno Nahon	Cercle De Natation Sportcity WolBEL		CNSW/000390/70				20:41.84	+0.97	
	50m: 37.37	37.37	450m: 6:09.07	42.04	850m: 11:41.64	41.58	1250m: 17:13.78	41.56		
	100m: 1:17.29	39.92	500m: 6:50.51	41.44	900m: 12:22.95	41.31	1300m: 17:55.76	41.98		
	150m: 1:58.95	41.66	550m: 7:32.38	41.87	950m: 13:04.55	41.60	1350m: 18:37.63	41.87		
	200m: 2:40.25	41.30	600m: 8:13.70	41.32	1000m: 13:46.20	41.65	1400m: 19:19.70	42.07		
	250m: 3:21.98	41.73	650m: 8:55.59	41.89	1050m: 14:27.83	41.63	1450m: 20:01.61	41.91		
	300m: 4:03.30	41.32	700m: 9:37.14	41.55	1100m: 15:09.28	41.45	1500m: 20:41.84	40.23		
	350m: 4:45.32	42.02	750m: 10:18.72	41.58	1150m: 15:50.80	41.52				
	400m: 5:27.03	41.71	800m: 11:00.06	41.34	1200m: 16:32.22	41.42				
2.	Geert Wijn	De Gelenberg		196701101				20:42.50	+0.88	
	50m: 36.48	36.48	450m: 5:59.81	41.04	850m: 11:33.95	41.73	1250m: 17:12.93	42.75		
	100m: 1:16.28	39.80	500m: 6:41.24	41.43	900m: 12:15.92	41.97	1300m: 17:55.90	42.97		
	150m: 1:56.78	40.50	550m: 7:22.70	41.46	950m: 12:58.05	42.13	1350m: 18:39.17	43.27		
	200m: 2:36.89	40.11	600m: 8:04.49	41.79	1000m: 13:40.09	42.04	1400m: 19:21.86	42.69		
	250m: 3:17.26	40.37	650m: 8:46.20	41.71	1050m: 14:22.57	42.48	1450m: 20:03.27	41.41		
	300m: 3:57.75	40.49	700m: 9:28.37	42.17	1100m: 15:05.03	42.46	1500m: 20:42.50	39.23		
	350m: 4:37.89	40.14	750m: 10:10.20	41.83	1150m: 15:48.14	43.11				
	400m: 5:18.77	40.88	800m: 10:52.22	42.02	1200m: 16:30.18	42.04				
3.	Chris Kouwenhoven	De Grunte		197101669				21:32.87		
	50m: 37.77	37.77	450m: 6:15.95	43.58	850m: 12:04.31	43.89	1250m: 17:54.31	44.22		
	100m: 1:18.19	40.42	500m: 6:59.09	43.14	900m: 12:47.87	43.56	1300m: 18:38.47	44.16		
	150m: 2:00.23	42.04	550m: 7:42.70	43.61	950m: 13:31.41	43.54	1350m: 19:22.83	44.36		
	200m: 2:41.67	41.44	600m: 8:26.22	43.52	1000m: 14:15.07	43.66	1400m: 20:06.87	44.04		
	250m: 3:24.33	42.66	650m: 9:10.23	44.01	1050m: 14:58.82	43.75	1450m: 20:50.88	44.01		
	300m: 4:06.49	42.16	700m: 9:53.59	43.36	1100m: 15:42.19	43.37	1500m: 21:32.87	41.99		
	350m: 4:49.39	42.90	750m: 10:37.26	43.67	1150m: 16:26.23	44.04				
	400m: 5:32.37	42.98	800m: 11:20.42	43.16	1200m: 17:10.09	43.86				
4.	Eduard Leusink	De Mors		196901573				22:25.75	+0.94	
	50m: 39.50	39.50	450m: 6:39.10	45.24	850m: 12:37.53	44.70	1250m: 18:40.64	46.07		
	100m: 1:22.14	42.64	500m: 7:23.82	44.72	900m: 13:22.52	44.99	1300m: 19:26.25	45.61		
	150m: 2:06.79	44.65	550m: 8:08.69	44.87	950m: 14:08.30	45.78	1350m: 20:11.94	45.69		
	200m: 2:51.75	44.96	600m: 8:53.07	44.38	1000m: 14:53.84	45.54	1400m: 20:57.06	45.12		
	250m: 3:37.34	45.59	650m: 9:37.86	44.79	1050m: 15:39.07	45.23	1450m: 21:43.46	46.40		
	300m: 4:22.80	45.46	700m: 10:22.78	44.92	1100m: 16:23.88	44.81	1500m: 22:25.75	42.29		
	350m: 5:08.58	45.78	750m: 11:07.92	45.14	1150m: 17:09.16	45.28				
	400m: 5:53.86	45.28	800m: 11:52.83	44.91	1200m: 17:54.57	45.41				
5.	Leon Slingerland	WVZ		196801707				23:22.55	+0.97	
	50m: 39.67	39.67	450m: 7:00.10	47.23	850m: 13:18.41	47.03	1250m: 19:34.41	46.39		
	100m: 1:25.03	45.36	500m: 7:48.30	48.20	900m: 14:05.22	46.81	1300m: 20:21.29	46.88		
	150m: 2:12.58	47.55	550m: 8:35.08	46.78	950m: 14:51.92	46.70	1350m: 21:07.62	46.33		
	200m: 3:00.47	47.89	600m: 9:22.73	47.65	1000m: 15:39.25	47.33	1400m: 21:54.08	46.46		
	250m: 3:48.06	47.59	650m: 10:09.61	46.88	1050m: 16:26.63	47.38	1450m: 22:39.31	45.23		
	300m: 4:36.25	48.19	700m: 10:56.65	47.04	1100m: 17:13.68	47.05	1500m: 23:22.55	43.24		
	350m: 5:24.17	47.92	750m: 11:44.15	47.50	1150m: 18:00.55	46.87				
	400m: 6:12.87	48.70	800m: 12:31.38	47.23	1200m: 18:48.02	47.47				

60+





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



Programmanr. 2, Heren, 1500m vrije slag, 60+

rang	naam	vereniging	tijd	RT	PARA
1.	Johan Remmits	ZPC Amersfoort	20:15.75	+0.88	
	50m: 35.28	450m: 5:59.97	41.11	850m: 11:26.24	40.61
	100m: 1:15.19	500m: 6:40.47	40.50	900m: 12:06.80	40.56
	150m: 1:56.54	550m: 7:21.19	40.72	950m: 12:47.81	41.01
	200m: 2:37.15	600m: 8:01.98	40.79	1000m: 13:28.81	41.00
	250m: 3:17.96	650m: 8:42.88	40.90	1050m: 14:09.67	40.86
	300m: 3:58.51	700m: 9:23.43	40.55	1100m: 14:50.66	40.99
	350m: 4:38.44	750m: 10:04.82	41.39	1150m: 15:32.04	41.38
	400m: 5:18.86	800m: 10:45.63	40.81	1200m: 16:13.29	41.25
2.	Jon Christensen	Luxembourg Sharks Swimming CLUX	20:16.54	+0.79	
	50m: 36.49	450m: 5:56.81	40.01	850m: 11:21.52	40.99
	100m: 1:16.07	500m: 6:37.32	40.51	900m: 12:02.79	41.27
	150m: 1:56.28	550m: 7:17.34	40.02	950m: 12:43.82	41.03
	200m: 2:36.70	600m: 7:57.43	40.09	1000m: 13:24.84	41.02
	250m: 3:16.98	650m: 8:37.98	40.55	1050m: 14:06.45	41.61
	300m: 3:57.00	700m: 9:18.59	40.61	1100m: 14:48.44	41.99
	350m: 4:36.89	750m: 9:59.46	40.87	1150m: 15:29.94	41.50
	400m: 5:16.80	800m: 10:40.53	41.07	1200m: 16:11.79	41.85
3.	Kees-Jan van Overbeek	WWV Winterswijk	22:32.16	+0.89	
	50m: 39.52	450m: 6:38.83	45.20	850m: 12:44.21	45.25
	100m: 1:23.22	500m: 7:24.68	45.85	900m: 13:30.10	45.89
	150m: 2:08.36	550m: 8:09.88	45.20	950m: 14:15.97	45.87
	200m: 2:53.64	600m: 8:55.78	45.90	1000m: 15:02.22	46.25
	250m: 3:38.86	650m: 9:41.21	45.43	1050m: 15:47.34	45.12
	300m: 4:24.05	700m: 10:27.45	46.24	1100m: 16:33.28	45.94
	350m: 5:08.73	750m: 11:13.35	45.90	1150m: 17:18.59	45.31
	400m: 5:53.63	800m: 11:58.96	45.61	1200m: 18:03.28	44.69
4.	Casper Dollekamp	Steenwijk 1934	25:39.17	+0.97	
	50m: 42.03	450m: 7:25.21	51.61	850m: 14:25.26	52.83
	100m: 1:29.72	500m: 8:17.68	52.47	900m: 15:17.17	51.91
	150m: 2:19.21	550m: 9:09.18	51.50	950m: 16:09.11	51.94
	200m: 3:08.81	600m: 10:02.39	53.21	1000m: 17:02.12	53.01
	250m: 3:59.48	650m: 10:55.15	52.76	1050m: 17:54.27	52.15
	300m: 4:51.02	700m: 11:47.56	52.41	1100m: 18:46.37	52.10
	350m: 5:41.86	750m: 12:40.41	52.85	1150m: 19:39.29	52.92
	400m: 6:33.60	800m: 13:32.43	52.02	1200m: 20:31.12	51.83

65+

1.	Marten de Groot	HZ&PC Heerenveen	21:20.35	+0.93	
	50m: 36.58	450m: 6:16.65	42.60	850m: 11:59.55	43.37
	100m: 1:18.45	500m: 6:59.01	42.36	900m: 12:43.29	43.74
	150m: 2:01.32	550m: 7:41.40	42.39	950m: 13:26.01	42.72
	200m: 2:43.77	600m: 8:24.08	42.68	1000m: 14:09.14	43.13
	250m: 3:26.47	650m: 9:07.17	43.09	1050m: 14:51.43	42.29
	300m: 4:08.72	700m: 9:50.48	43.31	1100m: 15:35.05	43.62
	350m: 4:51.31	750m: 10:32.77	42.29	1150m: 16:18.18	43.13
	400m: 5:34.05	800m: 11:16.18	43.41	1200m: 17:01.75	43.57
2.	Wim Hoogland	ZPCH	22:41.21	+0.94	
	50m: 39.71	450m: 6:40.36	45.77	850m: 12:46.36	46.18
	100m: 1:23.34	500m: 7:26.09	45.73	900m: 13:33.16	46.80
	150m: 2:08.34	550m: 8:11.85	45.76	950m: 14:19.59	46.43
	200m: 2:53.34	600m: 8:57.78	45.93	1000m: 15:05.67	46.08
	250m: 3:38.73	650m: 9:42.98	45.20	1050m: 15:51.95	46.28
	300m: 4:23.74	700m: 10:29.19	46.21	1100m: 16:37.74	45.79
	350m: 5:09.17	750m: 11:14.56	45.37	1150m: 17:23.61	45.87
	400m: 5:54.59	800m: 12:00.18	45.62	1200m: 18:09.88	46.27
3.	Rene Janssen	Team Noord Holland (SG)	23:24.23	+0.95	
	50m: 41.42	450m: 6:58.48	48.01	850m: 13:15.46	47.07
	100m: 1:26.51	500m: 7:45.21	46.73	900m: 14:02.32	46.86
	150m: 2:14.03	550m: 8:32.82	47.61	950m: 14:49.51	47.19
	200m: 3:00.88	600m: 9:19.45	46.63	1000m: 15:35.90	46.39
	250m: 3:48.72	650m: 10:06.93	47.48	1050m: 16:23.91	48.01
	300m: 4:35.74	700m: 10:53.29	46.36	1100m: 17:10.39	46.48
	350m: 5:23.76	750m: 11:41.35	48.06	1150m: 17:58.32	47.93
	400m: 6:10.47	800m: 12:28.39	47.04	1200m: 18:45.09	46.77

70+



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



Programmanr. 2, Heren, 1500m vrije slag, 70+

rang	naam	vereniging	tijd	RT	PARA			
1.	Henk Slomp	De Inktvis	23:14.90		+0.94			
	50m: 39.54	39.54	450m: 6:48.95	47.50	850m: 13:04.92	47.32	1250m: 19:25.78	47.81
	100m: 1:23.07	43.53	500m: 7:37.11	48.16	900m: 13:52.38	47.46	1300m: 20:12.85	47.07
	150m: 2:07.92	44.85	550m: 8:24.86	47.75	950m: 14:39.52	47.14	1350m: 20:59.20	46.35
	200m: 2:53.16	45.24	600m: 9:11.66	46.80	1000m: 15:26.78	47.26	1400m: 21:46.82	47.62
	250m: 3:39.31	46.15	650m: 9:58.37	46.71	1050m: 16:15.52	48.74	1450m: 22:32.98	46.16
	300m: 4:26.81	47.50	700m: 10:44.56	46.19	1100m: 17:03.60	48.08	1500m: 23:14.90	41.92
	350m: 5:13.80	46.99	750m: 11:31.33	46.77	1150m: 17:50.93	47.33		
	400m: 6:01.45	47.65	800m: 12:17.60	46.27	1200m: 18:37.97	47.04		
2.	Jan Preuter	De Mors	23:48.09					
	50m: 41.94	41.94	450m: 7:03.62	47.88	850m: 13:29.12	47.74	1250m: 19:52.84	47.76
	100m: 1:28.47	46.53	500m: 7:51.86	48.24	900m: 14:17.13	48.01	1300m: 20:40.70	47.86
	150m: 2:16.35	47.88	550m: 8:40.09	48.23	950m: 15:05.31	48.18	1350m: 21:28.20	47.50
	200m: 3:04.31	47.96	600m: 9:28.75	48.66	1000m: 15:53.39	48.08	1400m: 22:15.40	47.20
	250m: 3:51.80	47.49	650m: 10:17.27	48.52	1050m: 16:41.72	48.33	1450m: 23:02.54	47.14
	300m: 4:39.83	48.03	700m: 11:05.20	47.93	1100m: 17:29.32	47.60	1500m: 23:48.09	45.55
	350m: 5:27.92	48.09	750m: 11:52.82	47.62	1150m: 18:17.37	48.05		
	400m: 6:15.74	47.82	800m: 12:41.38	48.56	1200m: 19:05.08	47.71		
3.	Jaap Vis	TriVia	25:01.78					
	50m: 43.43	43.43	450m: 7:21.39	50.97	850m: 14:04.40	50.73	1250m: 20:51.01	51.35
	100m: 1:30.99	47.56	500m: 8:11.53	50.14	900m: 14:54.33	49.93	1300m: 21:41.25	50.24
	150m: 2:19.92	48.93	550m: 9:02.30	50.77	950m: 15:46.46	52.13	1350m: 22:32.99	51.74
	200m: 3:09.52	49.60	600m: 9:52.10	49.80	1000m: 16:36.21	49.75	1400m: 23:23.69	50.70
	250m: 3:59.85	50.33	650m: 10:42.94	50.84	1050m: 17:27.34	51.13	1450m: 24:14.24	50.55
	300m: 4:49.52	49.67	700m: 11:32.96	50.02	1100m: 18:17.79	50.45	1500m: 25:01.78	47.54
	350m: 5:40.54	51.02	750m: 12:23.51	50.55	1150m: 19:09.25	51.46		
	400m: 6:30.42	49.88	800m: 13:13.67	50.16	1200m: 19:59.66	50.41		

75+

1.	Wout Hemmes	De Plons	28:07.65					
	50m: 48.89	48.89	450m: 8:18.85	55.42	850m: 15:53.66	56.84	1250m: 23:30.96	57.24
	100m: 1:44.81	55.92	500m: 9:15.18	56.33	900m: 16:50.24	56.58	1300m: 24:28.08	57.12
	150m: 2:42.01	57.20	550m: 10:11.75	56.57	950m: 17:47.77	57.53	1350m: 25:24.55	56.47
	200m: 3:39.53	57.52	600m: 11:08.87	57.12	1000m: 18:45.55	57.78	1400m: 26:20.65	56.10
	250m: 4:36.29	56.76	650m: 12:04.91	56.04	1050m: 19:43.19	57.64	1450m: 27:16.70	56.05
	300m: 5:32.17	55.88	700m: 13:02.99	58.08	1100m: 20:39.81	56.62	1500m: 28:07.65	50.95
	350m: 6:28.04	55.87	750m: 14:00.18	57.19	1150m: 21:36.52	56.71		
	400m: 7:23.43	55.39	800m: 14:56.82	56.64	1200m: 22:33.72	57.20		
2.	Jos Kamps	Zwemvereniging Hoogland	29:11.96					
	50m: 44.52	44.52	450m: 8:22.85	1:00.66	850m: 16:19.09	58.78	1250m: 24:20.94	59.02
	100m: 1:35.99	51.47	500m: 9:23.33	1:00.48	900m: 17:19.66	1:00.57	1300m: 25:19.82	58.88
	150m: 2:29.49	53.50	550m: 10:22.62	59.29	950m: 18:19.26	59.60	1350m: 26:18.90	59.08
	200m: 3:27.15	57.66	600m: 11:22.63	1:00.01	1000m: 19:19.76	1:00.50	1400m: 27:19.07	1:00.17
	250m: 4:25.59	58.44	650m: 12:21.15	58.52	1050m: 20:20.41	1:00.65	1450m: 28:17.33	58.26
	300m: 5:23.77	58.18	700m: 13:21.92	1:00.77	1100m: 21:20.54	1:00.13	1500m: 29:11.96	54.63
	350m: 6:22.53	58.76	750m: 14:20.58	58.66	1150m: 22:20.85	1:00.31		
	400m: 7:22.19	59.66	800m: 15:20.31	59.73	1200m: 23:21.92	1:01.07		
3.	Piet Schop	De Bevelanders	31:44.76					
	50m: 53.95	53.95	450m: 9:20.22	1:03.36	850m: 17:54.89	1:05.02	1250m: 26:33.42	1:04.88
	100m: 1:56.52	1:02.57	500m: 10:24.88	1:04.66	900m: 18:59.14	1:04.25	1300m: 27:39.34	1:05.92
	150m: 2:59.23	1:02.71	550m: 11:28.93	1:04.05	950m: 20:04.77	1:05.63	1350m: 28:42.10	1:02.76
	200m: 4:03.28	1:04.05	600m: 12:32.83	1:03.90	1000m: 21:09.27	1:04.50	1400m: 29:45.69	1:03.59
	250m: 5:06.45	1:03.17	650m: 13:36.71	1:03.88	1050m: 22:14.37	1:05.10	1450m: 30:49.79	1:04.10
	300m: 6:10.19	1:03.74	700m: 14:41.74	1:05.03	1100m: 23:19.38	1:05.01	1500m: 31:44.76	54.97
	350m: 7:13.64	1:03.45	750m: 15:46.00	1:04.26	1150m: 24:24.54	1:05.16		
	400m: 8:16.86	1:03.22	800m: 16:49.87	1:03.87	1200m: 25:28.54	1:04.00		

80+

1.	Geza Kaltenecker	AZC	33:07.54					
	50m: 59.11	59.11	450m: 9:55.23	1:07.09	850m: 18:52.40	1:06.86	1250m: 27:46.57	1:06.41
	100m: 2:04.52	1:05.41	500m: 11:02.83	1:07.60	900m: 19:59.93	1:07.53	1300m: 28:52.98	1:06.41
	150m: 3:10.61	1:06.09	550m: 12:10.16	1:07.33	950m: 21:06.34	1:06.41	1350m: 29:58.35	1:05.37
	200m: 4:17.79	1:07.18	600m: 13:17.13	1:06.97	1000m: 22:12.92	1:06.58	1400m: 31:04.44	1:06.09
	250m: 5:24.75	1:06.96	650m: 14:24.13	1:07.00	1050m: 23:19.21	1:06.29	1450m: 32:08.30	1:03.86
	300m: 6:32.62	1:07.87	700m: 15:31.02	1:06.89	1100m: 24:26.53	1:07.32	1500m: 33:07.54	59.24
	350m: 7:40.05	1:07.43	750m: 16:37.20	1:06.18	1150m: 25:33.13	1:06.60		
	400m: 8:48.14	1:08.09	800m: 17:45.54	1:08.34	1200m: 26:40.16	1:07.03		

