



Programmanr. 29
2-5-2026 - 17:57

4 x 50m vrije slag

Masters Open
Resultaten

rang	vereniging	tijd	RT	PARA
Masters 80+, Dames				
1.	ENC Arnhem 2	1:59.19	+0.65	
	Luna Uytendewilligen 06 +0.65 30.08	94 +0.52 29.36		
	Rose Lether 04 +0.34 30.13	02 +0.31 29.62		
2.	Neptunia '24 1	2:00.69	+0.74	
	Femke-Romy Wiersma 01 +0.74 31.49	05 +0.26 30.98		
	Noël Iris Hettinga 00 29.07	01 +0.11 29.15		
100+, Dames				
1.	NieMo Barracuda 1	1:57.89	+0.70	
	Melissa van der Heijden 96 +0.70 29.68	01 +0.47 28.64		
	Tamara van den Brink 98 31.19	05 28.38		
2.	Blue Marlins 1	1:58.07	+0.73	
	Hanna Looi 00 +0.73 30.83	99 +0.38 28.74		
	Berinda van Dijk 01 31.57	99 +0.62 26.93		
3.	PSV 3	1:59.77	+0.67	
	Laura van Sabben 98 +0.67 29.33	06 +0.63 30.78		
	Esther Tiemersma 02 30.82	95 +0.37 28.84		
4.	SG Octopus - ZVV 1	2:00.30	+1.03	
	Elmi Roelofsens 90 +1.03 28.48	04 +0.63 30.32		
	Feline Slijkhuis 05 +0.22 30.08	99 +0.56 31.42		
5.	Orca 1	2:03.21	+0.65	
	Annemiek Meulenbeld 95 +0.65 30.46	99 +0.27 31.38		
	Eva Berring 04 33.15	01 28.22		
120+, Dames				
1.	WVZ 1	1:52.68	+0.73	
	Delia Badoux 80 +0.73 28.32	93 +0.30 27.65		
	Lauren van IJl 00 +0.28 29.89	05 26.82		
2.	MSV-Zeemacht 2	1:59.55	+0.84	
	Amber van der Kruk 01 +0.84 29.46	02 +0.40 30.49		
	Bianca Groot 70 +0.63 33.00	00 +0.36 26.60		
3.	TriVia 2	1:59.97	+0.75	
	Heleen Arends 94 +0.75 30.36	89 +0.37 30.48		
	Wendan Poelstra 91 30.68	02 28.45		
4.	Zuiderzeezwemmers 2	2:00.12	+0.90	
	Irene Hanse 98 +0.90 31.34	98 +0.46 28.58		
	Lisanne Andeweg 88 +0.21 31.50	91 +0.56 28.70		
5.	ACZ 1	2:01.97	+0.71	
	Laura Hoogenboezem 05 +0.71 30.44	69 +0.48 30.00		
	Linda van Klei 88 31.45	02 30.08		
6.	De Geul 1	2:05.37	+0.75	
	Daphne van Tilburg 05 +0.75 30.08	69 +0.58 34.27		
	Faustine Mussig 02 +0.39 30.37	06 +0.55 30.65		
7.	HZ&PC Heerenveen 3	2:06.70	+0.86	
	Jannie Vennik 76 +0.86 36.01	00 +0.24 32.74		
	Inge Dekker 02 +0.15 29.52	02 +0.31 28.43		
8.	Steenwijk 1934 3	2:13.02	+0.82	
	Jessica Dekkinga 06 +0.82 32.15	79 +0.40 36.77		
	Getrude Corporaal 92 33.32	96 30.78		
9.	Aqualero 1	2:20.52	+0.85	
	Charlotte Mennenga-Wegman 85 +0.85 37.72	93 +0.42 38.09		
	Annemieke Schuiling-De Reus 79 31.88	94 32.83		



Programmanr. 29, 4 x 50m vrije slag

160+, Dames

1. ZPC Amersfoort 3	ZPC Amersfoort	NED	1:58.78	+0.76
Joanne van Essen	93 +0.76	29.68	85 +0.29	29.63
Lidia van Bon-Rosenbrand	70 +0.42	30.80	92 +0.17	28.67
2. Old Dutch 1	Old Dutch	NED	2:10.78	+0.70
Patricia Brooijmans	79 +0.70	31.15	87 +0.36	33.79
Chantal Verhoeff	79 +0.46	32.77	79 +0.46	33.07
3. ENC Arnhem 1	ENC Arnhem	NED	2:13.47	+0.66
Sabine Uytendewilligen	05 +0.66	32.08	81 +0.39	33.09
Irmgard van Weeghel	92	33.01	61 +0.63	35.29
4. De Biesboschzwemmers 2	De Biesboschzwemmers	NED	2:15.05	+0.86
Sabine Vink	87 +0.86	33.11	97 +0.75	35.22
Annette Wijnja-Visser	67 +0.09	33.54	81 +0.40	33.18
5. WS Twente 2	WS Twente	NED	2:28.22	+0.85
Hanneke Heymen	84 +0.85	35.30	69 +0.54	38.75
Marloes Rebel	84 +0.51	38.67	72	35.50

200+, Dames

1. PSV 2	PSV	NED	2:02.32	+0.71
Saskia Phaff	66 +0.71	31.32	71 +0.32	30.62
Jeanne Petit	70 +0.37	31.70	77 +0.58	28.68
2. GZC Donk 1	GZC Donk	NED	2:33.11	+0.92
Lia Bijkerk	60 +0.92	41.45	71 +0.65	39.40
Petra Tossings	61 +0.62	35.95	90 +0.47	36.31
3. De Duinkickers 2	De Duinkickers	NED	2:41.97	+0.88
Annet Verhoeven - Steggerda	46 +0.88	52.44	90 +0.60	31.43
Christine Buist	64 +0.50	40.05	79 +0.54	38.05
4. De Geul 3	De Geul	NED	2:47.82	+0.80
Eline Molle	94 +0.80	34.77	52 +0.76	57.03
Roselinda van der Vlugt	67	42.13	81 +0.55	33.89

240+, Dames

1. ENC Arnhem 5	ENC Arnhem	NED	2:52.42	+0.83
Yoka de Vegt-van Dijk	62 +0.83	39.82	58 +0.66	46.72
Cora Smulders	66	44.03	60	41.85

320+, Dames

1. PSV 1	PSV	NED	3:13.56	+1.14
<i>Nederlands Masters Record</i>				
Lottie Geurts	35 +1.14	55.94	51 +0.38	47.81
Ineke Brouwers	52 +0.55	49.48	46 +0.25	40.33

Masters 80+, Heren

1. ZPC Woerden 1	ZPC Woerden	NED	1:44.36	+0.61
Milan de Roo	01 +0.61	26.23	01 +0.46	26.95
Ian Terlouw	00 +0.27	25.55	05 +0.42	25.63
2. WS Twente 1	WS Twente	NED	1:49.24	+0.82
Dago Hofmeijer	06 +0.82	25.79	94 +0.22	28.38
Lars Haytink	06 +0.41	28.44	06 +0.34	26.63



Programmanr. 29, 4 x 50m vrije slag

100+, Heren

1. ENC Arnhem 3	ENC Arnhem	NED	1:41.89	+0.72
Peter Rothengatter	97 +0.72	Kaelan Betrian	99 +0.23	25.72
Sander de Vrugt	89	Mika Bongers	05	25.04
2. ZV Hoogland 1	Zwemvereniging Hoogland	NED	1:43.49	+0.64
Bas Dries	95 +0.64	Tim de Zoete	97 +0.31	26.14
Kevin Roest	00 +0.56	Jeffrey Roest	97 +0.24	27.76
3. ZPC Amersfoort 4	ZPC Amersfoort	NED	1:45.03	+0.72
Martijn Bartels	96 +0.72	Jelle Blankestijn	98 +0.36	25.75
Jorick van Bon	03 +0.07	Jelle Opmeer	01 +0.36	26.12
4. MSV-Zeemacht 1	MSV-Zeemacht	NED	1:45.84	+0.66
Jordi de Nijs	98 +0.66	Matthew Humphreys	89 +0.12	26.82
Marco van der Wulp	03 +0.47	Mees Minneboo	02 +0.37	24.96
5. De Schotejil 1	De Schotejil	NED	1:51.01	+0.70
Dennis van der Bok	05 +0.70	Jacob Mackloet	00 +0.29	25.64
Niels Albrechts	88 +0.22	David Kievit	99 +0.09	26.94
DIS ZVL - 1886 1	ZVL - 1886	NED		+0.74
<i>EA - Te vroeg overgenomen.</i>				
Robin van Muijen	02 +0.74	Erik Baalbergen	98 +0.17	27.26
Robin van Beek	97 +0.35	Sytze van Stein	05 -0.05	

120+, Heren

1. WVZ 2	WVZ	NED	1:41.09	+0.64
Sander Kirillova	98 +0.64	Ivo Roozeboom	77 +0.37	26.38
Jasper Breugem	00 +0.13	Scott Jansen	02 +0.55	23.57
2. Aqua-Novio '94 1	Aqua-Novio '94	NED	1:43.31	+0.77
Fedde Beukers	97 +0.77	Steven Uijl	93 +0.31	25.10
Joey Papaioannou	98 +0.32	David Koers	95 +0.31	25.59
3. DAW 1	DAW	NED	1:45.41	+0.74
Sherif Badawy	89 +0.74	Alex Damen	75 +0.37	27.36
Jard Pronk	99 +0.28	Felix Geenen	95 +0.16	23.71
4. HZ&PC Heerenveen 2	HZ&PC Heerenveen	NED	1:55.30	+0.76
Rob van Wier	99 +0.76	Remco Dijkstra	01 +0.28	25.77
Richard Kuipers	97 +0.34	Wiebren Dijkstra	58 +0.45	36.02
5. Wahoo Swimming 1	Wahoo Swimming	NED	1:58.74	+0.76
Craig Frankum	90 +0.76	Christian Van Genderen	83 +0.44	32.45
Remco van Krieken	03	Robert Den Breejen	04	30.92

160+, Heren

1. ZPC Amersfoort 1	ZPC Amersfoort	NED	1:40.79	+0.63
<i>Nederlands Masters Record</i>				
Darren Chen	00 +0.63	Bas Braun	91 +0.32	24.87
Chester Marsman	69	Jeroen Zelsmann	77	25.00
2. ENC Arnhem 6	ENC Arnhem	NED	1:48.63	+0.75
Jordi Jolink	86 +0.75	Arjen Koop	79 +0.56	28.74
Rik Registering	79	Mike Schel	94	25.53
3. DZ&PC 1	DZ&PC	NED	1:51.87	+0.70
Arjen Nieveen	80 +0.70	Chiel Abma	80 +0.49	30.81
Alan Slomp	87 +0.10	Willem-Jan van der Vegte	87 +0.34	26.10
4. MZ&PC De Reest 1	MZ&PC De Reest	NED	1:53.68	+0.76
Daan Schra	02 +0.76	Erwin Akkerman	79 +0.54	30.87
Sebastiaan Nieuwenhuizen	74 +0.36	Robin Wolbers	85 +0.29	26.38
5. Het Ravijn 1	Het Ravijn	NED	1:56.58	+0.77
Harm Jan Otter	81 +0.77	Marcel Zijderhand	80 +0.42	29.05
Gerrit Poortman	67 +0.34	William Kruithof	80 +0.15	27.53
6. Steenwijk 1934 2	Steenwijk 1934	NED	1:59.55	+0.80
Robert Braad	86 +0.80	Huyb Stegeman	67 +0.48	33.18
Patrick Wobben	93 +0.53	Rick Driezen	86 +0.20	26.95
7. TriVia 3	TriVia	NED	2:00.71	+0.84
Fred Zanting	54 +0.84	Jeroen Temme	72 +0.57	29.98
Niels Kragt	03 +0.37	Rik Stahlie	02 +0.46	28.13



Programmanr. 29, Heren, 4 x 50m vrije slag, 160+

rang	vereniging	tijd	RT	PARA
8.	SWOL 1894 2	2:02.10	+0.83	
	Thijs de Roo	72	+0.59	30.14
	Peter Lommert	84		30.09
9.	De Biesboschzwemmers 1	2:06.83	+0.77	
	Wouter van der Stelt	86	+0.80	30.84
	Nico Swart	93	+0.71	31.10

200+, Heren

1.	PSV 4	1:53.66	+0.71	
	Jos de Graaf	74	+0.42	28.40
	Harold Matla	71	+0.42	28.19
2.	CN Sportcity Woluwe 1	2:01.85	+0.61	
	Hugues Herman	56	+0.54	31.48
	Nick Mens	69		30.57

240+, Heren

1.	Oslo I.L. 1 <i>Norwegian Masters Record</i>	1:50.66	+0.74	
	Oddvar Sandvin	60	+0.20	28.40
	Jarl Inge Melberg	67		28.67
2.	ZPC De Rog 1 <i>Nederlands Masters Record</i>	1:53.50	+0.70	
	Arjan Verheij	63	+0.25	27.45
	Rob Spetter	68	+0.55	27.90
3.	De Duinkickers 1	2:14.29	+0.63	
	Marcel Brittijn	64	+0.48	31.56
	Jaap de Boer	67		30.24
4.	GZC Donk 2	2:21.30	+0.90	
	Willem Jan Ribberink	64	+0.59	35.90
	Jordey Wijnbergen	57		35.06
5.	WS Twente 4	2:21.78	+0.97	
	Jan Willem Heuten	62	+0.63	34.66
	Joop Weenink	53	+0.38	32.95
6.	AZC 1	2:26.80	+0.84	
	Ron van der Zande	58	+0.27	36.30
	Geza Kaltenecker	75	+0.37	31.83

80+, Gemengd

1.	Bubble 1	1:48.93	+0.80	
	Sanne Kloezen	00	+0.69	28.70
	Tim Speijer	03	+0.29	25.59
2.	Zuiderzeezwemmers 1	1:55.20	+0.66	
	Ilmar Stoop	98	+0.44	31.03
	Jesper Dinger	06	+0.34	29.13

100+, Gemengd

1.	DZ&PC 3	1:41.28	+0.68	
	Jelle Betten	97	+0.21	27.48
	Matthijs van Meerendonk	06		26.06
2.	DZ&PC 4	1:51.32	+0.73	
	Erik Nijholt	05	+0.63	30.23
	Karin Rijkelijhuizen	05	+0.37	26.81
3.	ZVL - 1886 2	1:52.10	+0.69	
	Silke Molendijk	05	+0.34	27.71
	Thijs Huizer	93		28.75
4.	Poseidon'56 2	1:53.15	+0.66	
	Sam Beer	97	+0.60	29.87
	Rianne Bresser	95	+0.43	25.84
5.	AZC 3	2:01.33	+0.78	
	Sharlene Both	02	+0.40	30.31
	Auke Sijperda	93	+0.46	29.48



Programmanr. 29, 4 x 50m vrije slag

120+, Gemengd

1. De Treffers 1	De Treffers	NED	1:53.64	+0.75
Tim van Grunsven	98 +0.75 26.59	Evita van de Ketterij	85 +0.46 29.95	
Cristina Rodriguez Bouzo	88 +0.31 29.65	Werner van Wyk	83 +0.40 27.45	
2. Poseidon'56 1	Poseidon'56	NED	1:54.19	+0.74
Kim van Gemert	01 +0.74 28.62	Tonia Ruybroek	81 +0.64 33.02	
Marcel Vroegindewei	68 27.67	Ryan van den Ouden	99 24.88	
WS Twente 3	WS Twente	NED	1:54.19	+0.71
Niels Bent	94 +0.71 27.17	Marleen Hof	98 +0.41 30.52	
Nienke Smidt	94 30.66	Mathieu Boers	98 +0.36 25.84	
4. Westland Swimming Stars 1	Westland Swimming Stars	NED	1:57.62	+0.67
Kim de Jong	04 +0.67 29.81	Pieter Broek	77 +0.32 27.90	
Anouk van der Lans	98 31.98	Patrick Wyrdekan	97 27.93	
5. De Duck 1	De Duck	NED	1:58.48	+1.03
Erik Saan	65 +1.03 30.21	Marcella van der Ent	96 +0.48 28.19	
Judith Kleinjan	98 +0.71 33.09	Jort Vizee	02 +0.42 26.99	
6. ZPC De Hof 1	ZPC De Hof	NED	2:00.47	+0.77
Leon Kloots	00 +0.77 28.47	Lianne Verhoef	95 +0.59 32.67	
Kimberley Kranenberg	94 +0.52 31.69	Jorden Theijink	94 +0.16 27.64	
7. ZPC Amersfoort 6	ZPC Amersfoort	NED	2:00.87	+0.78
Angela Giezen	83 +0.78 32.67	Mandy Swart	99 +0.29 31.39	
Ron Korzelius	65 +0.31 29.42	Dries Cavelaars	98 +0.44 27.39	
8. NieMo Barracuda 2	NieMo Barracuda	NED	2:04.05	+0.82
Esmée Rolloos	98 +0.82 32.92	Marco Horneman	80 +0.29 29.84	
Marijke Kommers	93 +0.41 32.77	Robin van Beusekom	92 +0.15 28.52	
9. ZOB'66 1	ZOB'66	NED	2:06.94	+0.67
Nino van Krimpen	00 +0.67 25.33	Daniëlle Schipper - van Est	70 +0.51 38.87	
Marit van Krimpen	04 34.16	Boaz Troost	01 28.58	

160+, Gemengd

1. ZPCH 1	ZPCH	NED	1:51.12	+0.84
Linda van Schaik	86 +0.84 29.06	Jasper van Heijst	76 +0.31 25.47	
Noa Oldenhof	97 +0.40 30.62	Ruud Holswilder	78 +0.27 25.97	
2. Zwemlust- den Hommel 1	Zwemlust- den Hommel	NED	1:56.96	+0.72
Vincent Versteeg	77 +0.72 27.55	Manon Kloosterman	97 +0.38 28.37	
Liesbeth van Mill	87 33.68	Victor Barnar	78 +0.39 27.36	
3. HZ&PC Heerenveen 1	HZ&PC Heerenveen	NED	1:59.86	+0.81
Karin van Dijk	86 +0.81 35.14	Peter de Vries	74 +0.41 28.47	
Stefan Damen	74 28.37	Leonie van Wier	02 27.88	
4. ZPC Amersfoort 5	ZPC Amersfoort	NED	2:00.15	+0.79
Lotte Eising	95 +0.79 30.85	Henriëtte van Norden	68 +0.42 33.11	
Rob van Vliet	84 27.63	Johan Remmits	62 28.56	
5. De Geul 2	De Geul	NED	2:00.19	+0.67
Heijmen van Vliet	80 +0.67 28.36	Mitchell van Uiter	90 +0.54 29.91	
Marian Nederlof	76 +0.44 33.70	Marcha Admiraal	93 +0.63 28.22	
6. Team Noord Holland (SG) 1	Team Noord Holland (SG)	NED	2:01.43	+0.74
Inken Wemheuer	71 +0.74 32.96	Peter van de Bor	84 +0.39 28.15	
Sjoerd de Jong	72 31.22	Dido Toomend	05 29.10	
7. DZ&PC 2	DZ&PC	NED	2:02.10	+0.77
Dyonne Bruggeling	91 +0.77 31.56	Linda Kuiper	88 +0.59 31.41	
Pieter Veenstra	73 +0.51 30.01	Wim van Steen	77 +0.34 29.12	
8. Sassenheim 1	Sassenheim	NED	2:03.67	+0.72
Rianne Hofland	88 +0.72 32.17	Luisiana Bigea	77 +0.65 32.60	
Arjan Buijsse	79 +0.27 29.97	Wesley van der Luit	97 +0.45 28.93	
9. ZV Hoogland 2	Zwemvereniging Hoogland	NED	2:03.77	+0.70
Anne-Irene Ducheine	95 +0.70 31.00	Yuri van Ommes	85 +0.28 27.40	
Myra Smulders	99 +0.19 29.24	Jos Kamps	51 +0.12 36.13	
10. DAW 2	DAW	NED	2:07.01	+0.76
Ilona Hogerheyde	74 +0.76 33.12	Hans Schoenmakers	69 +0.41 32.86	
Laura Badoux	82 +0.49 31.58	Paul Oudendijk	81 +0.36 29.45	
11. ZVL - 1886 3	ZVL - 1886	NED	2:07.16	+0.79
Suzan Blankestijn	89 +0.79 33.85	Anneloes Lens	86 +0.32 32.92	
Martin Berkhout	71 +0.29 31.23	Jaime Santiago Patterson	94 +0.31 29.16	
12. Albion 1	Albion	NED	2:11.54	+0.77
Cancia Ouwerkerk	67 +0.77 34.90	Rob van Wanrooy	82 +0.52 28.25	
Caroline Kruger	68 +0.03 36.20	Richard Camacho Saravia	91 +0.39 32.19	



Programmanr. 29, Gemengd, 4 x 50m vrije slag, 160+

rang	vereniging	tijd	RT	PARA				
DIS	AZC 2 <i>EA - Te vroeg overgenomen.</i>							
			+0.70					
	Ricardo van Dam	85	+0.70	29.85	Esther Boerdam-Delfos	87	+0.47	
	Sandra Daamen-Posma	68		38.44	Ardy Zwanenburg	99		

200+, Gemengd

1.	ZVVS 1	ZV Vlaardingen-Schiedam	NED	2:04.33	+0.70			
	Nadya Putter	83	+0.70	30.91	Karin Stein	71	+0.58	35.14
	Bas van den Nouwelant	80		27.27	Rene de Jong	66		31.01
2.	Sassenheim 2	Sassenheim	NED	2:06.72	+0.67			
	Marinka vd Zwet	65	+0.67	31.91	Yvonne van Nobelen - Kampschreur	72	+0.47	34.06
	Frank van Nobelen	69		32.07	Bogdan Androne	77	+0.50	28.68

240+, Gemengd

1.	ZPC Amersfoort 2 <i>Nederlands Masters Record</i>	ZPC Amersfoort	NED	1:56.08	+0.77			
	Lesley Cordial	67	+0.77	29.98	Edwin van Norden	63	+0.02	28.11
	Atie Pijtak-Radersma	56		32.27	Erwin Buist	78	+0.21	25.72
2.	TriVia 1	TriVia	NED	2:16.44	+1.53			
	Theo Bakker	64	+1.53	30.63	Margriet Pasma	55	+0.48	37.67
	Hannie Poletiek	59	+0.40	38.73	Berry van Holland	80	+0.43	29.41
3.	Steenwijk 1934 1	Steenwijk 1934	NED	2:17.88	+0.70			
	Linda Wibbelink	59	+0.70	37.25	Korstiaan de Boer	71	+0.43	33.76
	Wilna Heijman	64	+0.50	36.89	Guido Keutgen	68	+0.46	29.98
4.	ZVVS 2	ZV Vlaardingen-Schiedam	NED	2:31.96	+0.83			
	Inge Deutz	66	+0.83	42.66	Willem Putter	45	+0.55	39.16
	Helena Mels	69	+0.34	34.85	Jeroen Hoeksel	74	+0.36	35.29
5.	Old Dutch 2	Old Dutch	NED	3:13.83	+1.17			
	Marie Smits	38	+1.17	56.81	Tenzin Tieman	00	+0.68	28.24
	Karien Musters	58		57.00	Nico Baay	42		51.78

280+, Gemengd

1.	SWOL 1894 1 <i>Nederlands Masters Record, Christine Nieuwenhuis D75+</i>	SWOL 1894	NED	2:23.70	+0.77			
	Christine Nieuwenhuis	51	+0.77	35.19	Marijke Kraak-Beckers	60	+0.54	36.18
	Rob Berkhof	52	+0.53	40.11	Harry Dokter	51	+0.36	32.22