



Programmanr. 3
30-4-2026 - 14:36

Dames, 1500m vrije slag
Pauze na serie 3 / Break after heat 3

Masters Open
Resultaten

rang	naam	vereniging	tijd	RT	PARA			
20+								
1.	Cynthia Koolman	Steenwijk 1934	NED 200300232	19:24.57	+0.74			
	50m: 34.16	34.16	450m: 5:37.06	38.73	850m: 10:49.61	39.36	1250m: 16:07.90	40.00
	100m: 1:11.01	36.85	500m: 6:16.29	39.23	900m: 11:29.02	39.41	1300m: 16:47.73	39.83
	150m: 1:48.28	37.27	550m: 6:55.32	39.03	950m: 12:08.50	39.48	1350m: 17:27.83	40.10
	200m: 2:26.03	37.75	600m: 7:34.30	38.98	1000m: 12:48.38	39.88	1400m: 18:07.25	39.42
	250m: 3:03.53	37.50	650m: 8:13.41	39.11	1050m: 13:28.28	39.90	1450m: 18:46.70	39.45
	300m: 3:41.67	38.14	700m: 8:52.41	39.00	1100m: 14:08.24	39.96	1500m: 19:24.57	37.87
	350m: 4:19.57	37.90	750m: 9:31.36	38.95	1150m: 14:48.24	40.00		
	400m: 4:58.33	38.76	800m: 10:10.25	38.89	1200m: 15:27.90	39.66		
2.	Dido Toornend	Team Noord Holland (SG)	NED 200501718	19:58.44	+0.81			
	50m: 32.60	32.60	450m: 5:50.13	40.86	850m: 11:14.36	40.56	1250m: 16:38.17	40.76
	100m: 1:09.78	37.18	500m: 6:30.50	40.37	900m: 11:54.38	40.02	1300m: 17:18.47	40.30
	150m: 1:48.57	38.79	550m: 7:11.18	40.68	950m: 12:35.14	40.76	1350m: 17:59.76	41.29
	200m: 2:28.19	39.62	600m: 7:51.78	40.60	1000m: 13:15.46	40.32	1400m: 18:39.94	40.18
	250m: 3:08.52	40.33	650m: 8:32.45	40.67	1050m: 13:56.20	40.74	1450m: 19:20.86	40.92
	300m: 3:48.45	39.93	700m: 9:12.63	40.18	1100m: 14:36.29	40.09	1500m: 19:58.44	37.58
	350m: 4:28.84	40.39	750m: 9:53.52	40.89	1150m: 15:17.09	40.80		
	400m: 5:09.27	40.43	800m: 10:33.80	40.28	1200m: 15:57.41	40.32		
3.	Kiki Bootsman	Azuro	NED 200502850	20:35.70	+0.79			
	50m: 37.50	37.50	450m: 6:06.82	41.16	850m: 11:34.73	41.27	1250m: 17:08.81	41.53
	100m: 1:18.38	40.88	500m: 6:47.77	40.95	900m: 12:17.10	42.37	1300m: 17:50.63	41.82
	150m: 1:59.54	41.16	550m: 7:28.54	40.77	950m: 12:58.36	41.26	1350m: 18:34.93	41.30
	200m: 2:40.74	41.20	600m: 8:09.76	41.22	1000m: 13:40.80	42.44	1400m: 19:13.74	41.81
	250m: 3:22.02	41.28	650m: 8:50.50	40.74	1050m: 14:22.38	41.58	1450m: 19:54.14	40.40
	300m: 4:03.08	41.06	700m: 9:31.54	41.04	1100m: 15:04.16	41.78	1500m: 20:35.70	41.56
	350m: 4:44.07	40.99	750m: 10:12.48	40.94	1150m: 15:45.75	41.59		
	400m: 5:25.66	41.59	800m: 10:53.46	40.98	1200m: 16:27.28	41.53		
4.	Tamar Roosen	VZV Njord	NED 200501168	20:46.80	+0.78			
	50m: 36.14	36.14	450m: 6:10.69	42.28	850m: 11:47.67	41.91	1250m: 17:20.79	41.88
	100m: 1:16.01	39.87	500m: 6:52.59	41.90	900m: 12:29.37	41.70	1300m: 18:02.76	41.97
	150m: 1:57.49	41.48	550m: 7:35.24	42.65	950m: 13:11.18	41.81	1350m: 18:44.34	41.58
	200m: 2:39.54	42.05	600m: 8:17.59	42.35	1000m: 13:52.72	41.54	1400m: 19:26.25	41.91
	250m: 3:21.89	42.35	650m: 9:00.11	42.52	1050m: 14:34.40	41.68	1450m: 20:07.57	41.32
	300m: 4:04.18	42.29	700m: 9:42.03	41.92	1100m: 15:16.10	41.70	1500m: 20:46.80	39.23
	350m: 4:46.46	42.28	750m: 10:24.22	42.19	1150m: 15:57.62	41.52		
	400m: 5:28.41	41.95	800m: 11:05.76	41.54	1200m: 16:38.91	41.29		
DIS	Sydney Celie	IJsselmeer	NED 200406054					
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>							
25+								
1.	Fabienne Otto	swimART Solingen	GER 271577	18:51.44	+0.82			
	50m: 33.53	33.53	450m: 5:29.83	37.39	850m: 10:32.61	38.22	1250m: 15:40.72	38.70
	100m: 1:10.24	36.71	500m: 6:06.90	37.07	900m: 11:10.69	38.08	1300m: 16:18.59	37.87
	150m: 1:47.29	37.05	550m: 6:44.32	37.42	950m: 11:49.34	38.65	1350m: 16:57.22	38.63
	200m: 2:23.98	36.69	600m: 7:22.17	37.85	1000m: 12:27.78	38.44	1400m: 17:35.62	38.40
	250m: 3:01.32	37.34	650m: 8:00.38	38.21	1050m: 13:06.46	38.68	1450m: 18:14.35	38.73
	300m: 3:38.22	36.90	700m: 8:38.06	37.68	1100m: 13:45.11	38.65	1500m: 18:51.44	37.09
	350m: 4:15.53	37.31	750m: 9:16.39	38.33	1150m: 14:23.69	38.58		
	400m: 4:52.44	36.91	800m: 9:54.39	38.00	1200m: 15:02.02	38.33		
2.	Anne Noom	Het Y	NED 199800062	19:11.35	+0.77			
	50m: 33.64	33.64	450m: 5:34.09	38.38	850m: 10:43.32	38.96	1250m: 15:55.13	38.77
	100m: 1:10.08	36.44	500m: 6:12.34	38.25	900m: 11:22.08	38.76	1300m: 16:34.51	39.38
	150m: 1:47.61	37.53	550m: 6:50.96	38.62	950m: 12:01.29	39.21	1350m: 17:13.87	39.36
	200m: 2:24.23	36.62	600m: 7:29.28	38.32	1000m: 12:40.14	38.85	1400m: 17:53.00	39.13
	250m: 3:02.10	37.87	650m: 8:07.99	38.71	1050m: 13:18.99	38.85	1450m: 18:32.76	39.76
	300m: 3:39.34	37.24	700m: 8:46.64	38.65	1100m: 13:58.08	39.09	1500m: 19:11.35	38.59
	350m: 4:17.48	38.14	750m: 9:25.58	38.94	1150m: 14:37.49	39.41		
	400m: 4:55.71	38.23	800m: 10:04.36	38.78	1200m: 15:16.36	38.87		
3.	Myra Smulders	Zwemvereniging Hoogland	NED 199904308	19:22.43	+0.71			
	50m: 33.70	33.70	450m: 5:43.02	38.99	850m: 10:56.28	39.40	1250m: 16:08.76	39.19
	100m: 1:10.92	37.22	500m: 6:22.16	39.14	900m: 11:35.56	39.28	1300m: 16:47.83	39.07
	150m: 1:49.01	38.09	550m: 7:01.31	39.15	950m: 12:14.35	38.79	1350m: 17:27.21	39.38
	200m: 2:27.82	38.81	600m: 7:40.45	39.14	1000m: 12:52.87	38.52	1400m: 18:06.41	39.20
	250m: 3:06.94	39.12	650m: 8:19.33	38.88	1050m: 13:32.32	39.45	1450m: 18:45.10	38.69
	300m: 3:45.98	39.04	700m: 8:58.67	39.34	1100m: 14:11.39	39.07	1500m: 19:22.43	37.33
	350m: 4:24.95	38.97	750m: 9:38.05	39.38	1150m: 14:50.42	39.03		
	400m: 5:04.03	39.08	800m: 10:16.88	38.83	1200m: 15:29.57	39.15		



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



Programmanr. 3, Dames, 1500m vrije slag, 25+

rang	naam	vereniging	tijd	RT	PARA			
4.	Noa Oldenhof	ZPCH	20:49.30	+0.69				
	50m: 35.56	35.56	450m: 6:04.79	41.91	850m: 11:42.16	42.44	1250m: 17:22.15	42.53
	100m: 1:14.66	39.10	500m: 6:47.00	42.21	900m: 12:24.27	42.11	1300m: 18:04.25	42.10
	150m: 1:55.07	40.41	550m: 7:28.87	41.87	950m: 13:07.08	42.81	1350m: 18:45.95	41.70
	200m: 2:36.08	41.01	600m: 8:10.88	42.01	1000m: 13:49.48	42.40	1400m: 19:28.11	42.16
	250m: 3:17.63	41.55	650m: 8:52.89	42.01	1050m: 14:32.06	42.58	1450m: 20:09.47	41.36
	300m: 3:59.37	41.74	700m: 9:35.25	42.36	1100m: 15:14.72	42.66	1500m: 20:49.30	39.83
	350m: 4:40.92	41.55	750m: 10:17.42	42.17	1150m: 15:57.38	42.66		
	400m: 5:22.88	41.96	800m: 10:59.72	42.30	1200m: 16:39.62	42.24		
5.	Selina Janssen	Neptunus'58	21:33.03	+0.77				
	50m: 36.85	36.85	450m: 6:17.32	43.41	850m: 12:05.49	44.17	1250m: 17:27.52	44.62
	100m: 1:16.85	40.00	500m: 6:59.86	42.54	900m: 12:49.07	43.58	1300m: 18:41.49	43.97
	150m: 1:59.10	42.25	550m: 7:43.47	43.61	950m: 13:33.35	44.28	1350m: 19:25.47	43.98
	200m: 2:41.47	42.37	600m: 8:26.54	43.07	1000m: 14:17.01	43.66	1400m: 20:08.99	43.52
	250m: 3:24.83	43.36	650m: 9:10.47	43.93	1050m: 15:01.67	44.66	1450m: 20:53.04	44.05
	300m: 4:07.54	42.71	700m: 9:53.88	43.41	1100m: 15:45.01	43.34	1500m: 21:33.03	39.99
	350m: 4:51.23	43.69	750m: 10:37.96	44.08	1150m: 16:29.41	44.40		
	400m: 5:33.91	42.68	800m: 11:21.32	43.36	1200m: 17:12.90	43.49		
6.	Isabelle Janssen	De Geul	22:18.99	+0.87				
	50m: 38.41	38.41	450m: 6:30.96	45.38	850m: 12:31.73	45.18	1250m: 18:35.23	46.11
	100m: 1:19.43	41.02	500m: 7:16.09	45.13	900m: 13:16.84	45.11	1300m: 19:20.39	45.16
	150m: 2:02.55	43.12	550m: 8:01.61	45.52	950m: 14:02.27	45.43	1350m: 20:06.36	45.97
	200m: 2:46.35	43.80	600m: 8:46.52	44.91	1000m: 14:47.48	45.21	1400m: 20:51.15	44.79
	250m: 3:31.14	44.79	650m: 9:31.41	44.89	1050m: 15:33.17	45.69	1450m: 21:36.47	45.32
	300m: 4:15.57	44.43	700m: 10:16.47	45.06	1100m: 16:18.42	45.25	1500m: 22:18.99	42.52
	350m: 5:00.67	45.10	750m: 11:01.75	45.28	1150m: 17:03.95	45.53		
	400m: 5:45.58	44.91	800m: 11:46.55	44.80	1200m: 17:49.12	45.17		
30+								
1.	Leonie van Noord	WVZ	18:09.12	+0.88				
	<i>Nederlands Masters Record</i>							
	50m: 31.33	31.33	450m: 5:20.48	36.74	850m: 10:12.60	36.97	1250m: 15:06.67	36.89
	100m: 1:06.45	35.12	500m: 5:56.68	36.20	900m: 10:48.99	36.39	1300m: 15:43.30	36.63
	150m: 1:42.67	36.22	550m: 6:33.21	36.53	950m: 11:25.98	36.99	1350m: 16:20.25	36.95
	200m: 2:18.43	35.76	600m: 7:09.66	36.45	1000m: 12:02.53	36.55	1400m: 16:57.20	36.75
	250m: 2:55.03	36.60	650m: 7:46.15	36.49	1050m: 12:39.33	36.80	1450m: 17:33.70	36.70
	300m: 3:31.37	36.34	700m: 8:22.27	36.12	1100m: 13:15.68	36.35	1500m: 18:09.12	35.42
	350m: 4:07.85	36.48	750m: 8:59.22	36.95	1150m: 13:52.93	37.25		
	400m: 4:43.74	35.89	800m: 9:35.63	36.41	1200m: 14:29.78	36.85		
2.	Anne-Irene Ducheine	Zwemvereniging Hoogland	19:31.85	+0.75				
	50m: 35.50	35.50	450m: 5:48.17	39.49	850m: 11:02.48	39.39	1250m: 16:16.19	39.23
	100m: 1:13.30	37.80	500m: 6:27.18	39.01	900m: 11:41.65	39.17	1300m: 16:55.54	39.35
	150m: 1:52.02	38.72	550m: 7:06.65	39.47	950m: 12:20.86	39.21	1350m: 17:34.86	39.32
	200m: 2:30.89	38.87	600m: 7:46.00	39.35	1000m: 12:59.69	38.83	1400m: 18:14.11	39.25
	250m: 3:10.66	39.77	650m: 8:25.54	39.54	1050m: 13:38.95	39.26	1450m: 18:53.50	39.39
	300m: 3:49.66	39.00	700m: 9:04.53	38.99	1100m: 14:18.06	39.11	1500m: 19:31.85	38.35
	350m: 4:29.50	39.84	750m: 9:44.15	39.62	1150m: 14:57.53	39.47		
	400m: 5:08.68	39.18	800m: 10:23.09	38.94	1200m: 15:36.96	39.43		
3.	Fiona Meuffels	PSV	19:58.78	+0.72				
	50m: 33.39	33.39	450m: 5:47.84	40.16	850m: 11:13.09	40.51	1250m: 16:38.54	40.53
	100m: 1:10.46	37.07	500m: 6:28.19	40.35	900m: 11:53.62	40.53	1300m: 17:19.23	40.69
	150m: 1:48.72	38.26	550m: 7:08.79	40.60	950m: 12:34.18	40.56	1350m: 17:59.02	39.79
	200m: 2:27.92	39.20	600m: 7:49.66	40.87	1000m: 13:14.94	40.76	1400m: 18:39.50	40.48
	250m: 3:07.58	39.66	650m: 8:30.43	40.77	1050m: 13:55.77	40.83	1450m: 19:20.03	40.53
	300m: 3:47.50	39.92	700m: 9:11.41	40.98	1100m: 14:36.49	40.72	1500m: 19:58.78	38.75
	350m: 4:27.59	40.09	750m: 9:52.18	40.77	1150m: 15:17.34	40.85		
	400m: 5:07.68	40.09	800m: 10:32.58	40.40	1200m: 15:58.01	40.67		
4.	Michanne Steenbergen	Otter SC	20:58.92	+0.82				
	50m: 34.32	34.32	450m: 6:01.71	43.22	850m: 11:44.49	43.18	1250m: 17:27.45	43.57
	100m: 1:11.79	37.47	500m: 6:44.45	42.74	900m: 12:26.55	42.06	1300m: 18:10.00	42.55
	150m: 1:51.10	39.31	550m: 7:28.18	43.73	950m: 13:09.41	42.86	1350m: 18:53.07	43.07
	200m: 2:31.08	39.98	600m: 8:10.45	42.27	1000m: 13:51.75	42.34	1400m: 19:35.89	42.82
	250m: 3:12.43	41.35	650m: 8:53.86	43.41	1050m: 14:34.54	42.79	1450m: 20:18.68	42.79
	300m: 3:53.96	41.53	700m: 9:36.19	42.33	1100m: 15:17.08	42.54	1500m: 20:58.92	40.24
	350m: 4:36.36	42.40	750m: 10:19.11	42.92	1150m: 16:00.48	43.40		
	400m: 5:18.49	42.13	800m: 11:01.31	42.20	1200m: 16:43.88	43.40		
5.	Nienke Smidt	WS Twente	21:14.42	+0.96				
	50m: 36.36	36.36	450m: 6:16.84	43.15	850m: 11:59.17	43.96	1250m: 17:45.35	43.09
	100m: 1:16.80	40.44	500m: 6:58.45	41.61	900m: 12:41.93	42.76	1300m: 18:29.03	43.68
	150m: 1:59.01	42.21	550m: 7:41.45	43.00	950m: 13:26.86	44.93	1350m: 19:11.71	42.68
	200m: 2:41.55	42.54	600m: 8:23.65	42.20	1000m: 14:10.06	43.20	1400m: 19:53.98	42.27
	250m: 3:24.94	43.39	650m: 9:06.90	43.25	1050m: 14:53.92	43.86	1450m: 20:36.17	42.19
	300m: 4:07.85	42.91	700m: 9:49.28	42.38	1100m: 15:36.13	42.21	1500m: 21:14.42	38.25
	350m: 4:50.80	42.95	750m: 10:32.88	43.60	1150m: 16:19.58	43.45		
	400m: 5:33.69	42.89	800m: 11:15.21	42.33	1200m: 17:02.26	42.68		





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



Programmanr. 3, Dames, 1500m vrije slag, 30+

rang	naam	vereniging	tijd	RT	PARA			
6.	Larissa Jansen	PSV	21:29.14	+0.94				
	50m: 38.05	38.05	450m: 6:14.46	43.12	850m: 12:02.10	43.68	1250m: 17:52.30	44.08
	100m: 1:18.71	40.66	500m: 6:57.55	43.09	900m: 12:45.47	43.37	1300m: 18:36.10	43.80
	150m: 2:00.12	41.41	550m: 7:41.15	43.60	950m: 13:29.31	43.84	1350m: 19:19.90	43.80
	200m: 2:41.84	41.72	600m: 8:24.40	43.25	1000m: 14:13.12	43.81	1400m: 20:03.62	43.72
	250m: 3:24.14	42.30	650m: 9:07.59	43.19	1050m: 14:57.19	44.07	1450m: 20:47.15	43.53
	300m: 4:06.38	42.24	700m: 9:51.05	43.46	1100m: 15:40.62	43.43	1500m: 21:29.14	41.99
	350m: 4:48.68	42.30	750m: 10:35.24	44.19	1150m: 16:23.92	43.30		
	400m: 5:31.34	42.66	800m: 11:18.42	43.18	1200m: 17:08.22	44.30		
7.	Irmgard van Weeghel	ENC Arnhem	22:28.12	+0.80				
	50m: 37.10	37.10	450m: 6:30.08	44.70	850m: 12:35.58	45.53	1250m: 18:41.90	44.99
	100m: 1:19.38	42.28	500m: 7:15.53	45.45	900m: 13:21.89	46.31	1300m: 19:27.96	46.06
	150m: 2:02.91	43.53	550m: 8:00.59	45.06	950m: 14:07.05	45.16	1350m: 20:13.30	45.34
	200m: 2:47.18	44.27	600m: 8:46.69	46.10	1000m: 14:53.24	46.19	1400m: 20:59.17	45.87
	250m: 3:31.44	44.26	650m: 9:31.93	45.24	1050m: 15:38.38	45.14	1450m: 21:44.21	45.04
	300m: 4:15.87	44.43	700m: 10:18.05	46.12	1100m: 16:24.78	46.40	1500m: 22:28.12	43.91
	350m: 5:00.25	44.38	750m: 11:03.58	45.53	1150m: 17:10.34	45.56		
	400m: 5:45.38	45.13	800m: 11:50.05	46.47	1200m: 17:56.91	46.57		
8.	Marjan Rikken	SG Octopus - ZVV	24:14.92	+0.99				
	50m: 41.54	41.54	450m: 7:10.05	49.38	850m: 13:40.99	48.76	1250m: 20:13.70	49.60
	100m: 1:28.15	46.61	500m: 7:59.37	49.32	900m: 14:30.06	49.07	1300m: 21:02.89	49.19
	150m: 2:16.22	48.07	550m: 8:48.36	48.99	950m: 15:19.09	49.03	1350m: 21:52.12	49.23
	200m: 3:04.08	47.86	600m: 9:37.04	48.68	1000m: 16:07.89	48.80	1400m: 22:41.54	49.42
	250m: 3:52.98	48.90	650m: 10:25.87	48.83	1050m: 16:56.99	49.10	1450m: 23:30.31	48.77
	300m: 4:42.05	49.07	700m: 11:14.63	48.76	1100m: 17:45.81	48.82	1500m: 24:14.92	44.61
	350m: 5:31.42	49.37	750m: 12:03.57	48.94	1150m: 18:35.23	49.42		
	400m: 6:20.67	49.25	800m: 12:52.23	48.66	1200m: 19:24.10	48.87		
9.	Hilma Buiten	MZ&PC De Reest	25:24.12	+0.82				
	50m: 42.54	42.54	450m: 7:23.85	51.00	850m: 14:11.72	49.44	1250m: 21:05.99	52.50
	100m: 1:30.35	47.81	500m: 8:15.35	51.50	900m: 15:03.31	51.59	1300m: 21:57.99	52.00
	150m: 2:19.35	49.00	550m: 9:06.54	51.19	950m: 15:54.50	51.19	1350m: 22:49.07	51.08
	200m: 3:08.31	48.96	600m: 9:57.99	51.45	1000m: 16:46.36	51.86	1400m: 23:42.50	53.43
	250m: 3:58.45	50.14	650m: 10:49.53	51.54	1050m: 17:37.73	51.37	1450m: 24:33.82	51.32
	300m: 4:50.00	51.55	700m: 11:40.27	50.74	1100m: 18:29.93	52.20	1500m: 25:24.12	50.30
	350m: 5:41.33	51.33	750m: 12:31.23	50.96	1150m: 19:21.17	51.24		
	400m: 6:32.85	51.52	800m: 13:22.28	51.05	1200m: 20:13.49	52.32		
10.	Cynthia van Veen	BZ en PC	26:03.44	+0.82				
	50m: 38.57	38.57	450m: 7:22.67	52.45	850m: 14:29.05	52.40	1250m: 21:37.46	53.08
	100m: 1:24.85	46.28	500m: 8:16.72	54.05	900m: 15:23.00	53.95	1300m: 22:31.59	54.13
	150m: 2:13.26	48.41	550m: 9:09.07	52.35	950m: 16:15.94	52.94	1350m: 23:24.61	53.02
	200m: 3:03.29	50.03	600m: 10:02.64	53.57	1000m: 17:10.01	54.07	1400m: 24:19.94	55.33
	250m: 3:53.96	50.67	650m: 10:55.30	52.66	1050m: 18:03.34	53.33	1450m: 25:12.95	53.01
	300m: 4:45.76	51.80	700m: 11:49.51	54.21	1100m: 18:57.56	54.22	1500m: 26:03.44	50.49
	350m: 5:37.09	51.33	750m: 12:42.50	52.99	1150m: 19:50.11	52.55		
	400m: 6:30.22	53.13	800m: 13:36.65	54.15	1200m: 20:44.38	54.27		
AFGEM	Sietske Veldkamp	ZPC De Hof	26:03.44	+0.82				
			450m: 7:22.67	52.45	850m: 14:29.05	52.40	1250m: 21:37.46	53.08
			500m: 8:16.72	54.05	900m: 15:23.00	53.95	1300m: 22:31.59	54.13
			550m: 9:09.07	52.35	950m: 16:15.94	52.94	1350m: 23:24.61	53.02
			600m: 10:02.64	53.57	1000m: 17:10.01	54.07	1400m: 24:19.94	55.33
			650m: 10:55.30	52.66	1050m: 18:03.34	53.33	1450m: 25:12.95	53.01
			700m: 11:49.51	54.21	1100m: 18:57.56	54.22	1500m: 26:03.44	50.49
			750m: 12:42.50	52.99	1150m: 19:50.11	52.55		
			800m: 13:36.65	54.15	1200m: 20:44.38	54.27		
35+								
1.	Lisanne Andeweg	Zuiderzeewimmers	20:46.31	+0.90				
	50m: 36.32	36.32	450m: 6:07.58	41.53	850m: 11:42.09	41.31	1250m: 17:17.07	41.69
	100m: 1:16.72	40.40	500m: 6:49.66	42.08	900m: 12:24.46	42.37	1300m: 17:59.39	42.32
	150m: 1:57.79	41.07	550m: 7:31.05	41.39	950m: 13:05.85	41.39	1350m: 18:41.71	42.32
	200m: 2:39.01	41.22	600m: 8:13.13	42.08	1000m: 13:47.81	41.96	1400m: 19:24.24	42.53
	250m: 3:20.29	41.28	650m: 8:54.91	41.78	1050m: 14:29.49	41.68	1450m: 20:06.46	42.22
	300m: 4:02.05	41.76	700m: 9:37.18	42.27	1100m: 15:11.64	42.15	1500m: 20:46.31	39.85
	350m: 4:43.76	41.71	750m: 10:18.87	41.69	1150m: 15:53.47	41.83		
	400m: 5:26.05	42.29	800m: 11:00.78	41.91	1200m: 16:35.38	41.91		
2.	Relinda Baas	TriVia	21:09.43	+0.83				
	50m: 36.69	36.69	450m: 6:11.81	41.87	850m: 11:53.58	42.99	1250m: 17:35.77	42.61
	100m: 1:17.55	40.86	500m: 6:54.58	42.77	900m: 12:36.48	42.90	1300m: 18:18.97	43.20
	150m: 1:58.39	40.84	550m: 7:36.77	42.19	950m: 13:19.05	42.57	1350m: 19:01.71	42.74
	200m: 2:40.88	42.49	600m: 8:19.52	42.75	1000m: 14:01.94	42.89	1400m: 19:44.89	43.18
	250m: 3:22.50	41.62	650m: 9:01.70	42.18	1050m: 14:44.48	42.54	1450m: 20:27.39	42.50
	300m: 4:05.11	42.61	700m: 9:45.00	43.30	1100m: 15:27.31	42.83	1500m: 21:09.43	42.04
	350m: 4:47.00	41.89	750m: 10:27.42	42.42	1150m: 16:09.85	42.54		
	400m: 5:29.94	42.94	800m: 11:10.59	43.17	1200m: 16:53.16	43.31		
3.	Nanda van Heteren	PSV	21:47.07	+0.71				
	50m: 38.58	38.58	450m: 6:25.76	44.25	850m: 12:16.99	43.98	1250m: 18:09.93	44.06
	100m: 1:20.31	41.73	500m: 7:08.96	43.20	900m: 13:00.37	43.38	1300m: 18:54.06	44.13
	150m: 2:03.68	43.37	550m: 7:53.08	44.12	950m: 13:44.61	44.24	1350m: 19:38.50	44.44
	200m: 2:46.98	43.30	600m: 8:37.01	43.93	1000m: 14:28.26	43.65	1400m: 20:22.36	43.86
	250m: 3:30.64	43.66	650m: 9:21.70	44.69	1050m: 15:12.58	44.32	1450m: 21:06.13	43.77
	300m: 4:14.24	43.60	700m: 10:05.69	43.99	1100m: 15:56.97	44.39	1500m: 21:47.07	40.94
	350m: 4:57.90	43.66	750m: 10:49.71	44.02	1150m: 16:41.51	44.54		
	400m: 5:41.51	43.61	800m: 11:33.01	43.30	1200m: 17:25.87	44.36		





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



Programmanr. 3, Dames, 1500m vrije slag, 35+

rang	naam	vereniging	tijd	RT	PARA			
4.	Esther Kwebeman	TriVia	22:50.31	+0.91				
	50m: 39.67	39.67	450m: 6:41.75	45.53	850m: 12:47.74	46.48	1250m: 19:00.08	45.53
	100m: 1:23.66	43.99	500m: 7:27.05	45.30	900m: 13:34.46	46.72	1300m: 19:46.84	46.76
	150m: 2:09.59	45.93	550m: 8:12.27	45.22	950m: 14:21.21	46.75	1350m: 20:33.55	46.71
	200m: 2:54.61	45.02	600m: 8:57.45	45.18	1000m: 15:07.81	46.60	1400m: 21:19.28	45.73
	250m: 3:40.55	45.94	650m: 9:44.07	46.62	1050m: 15:54.33	46.52	1450m: 22:04.68	45.40
	300m: 4:25.54	44.99	700m: 10:29.08	45.01	1100m: 16:40.62	46.29	1500m: 22:50.31	45.63
	350m: 5:11.02	45.48	750m: 11:15.33	46.25	1150m: 17:27.45	46.83		
	400m: 5:56.22	45.20	800m: 12:01.26	45.93	1200m: 18:14.55	47.10		
5.	Esther Boerdam-Delfos	AZC	23:27.96	+0.81				
	50m: 38.90	38.90	450m: 6:47.06	46.61	850m: 13:07.07	47.36	1250m: 19:32.33	48.40
	100m: 1:23.15	44.25	500m: 7:33.87	46.81	900m: 13:55.33	48.26	1300m: 20:20.49	48.16
	150m: 2:08.01	44.86	550m: 8:21.07	47.20	950m: 14:43.64	48.31	1350m: 21:08.53	48.04
	200m: 2:54.19	46.18	600m: 9:08.98	47.91	1000m: 15:31.68	48.04	1400m: 21:56.32	47.79
	250m: 3:40.49	46.30	650m: 9:56.63	47.65	1050m: 16:19.64	47.96	1450m: 22:42.97	46.65
	300m: 4:27.20	46.71	700m: 10:44.79	48.16	1100m: 17:07.88	48.24	1500m: 23:27.96	44.99
	350m: 5:13.53	46.33	750m: 11:32.15	47.36	1150m: 17:55.61	47.73		
	400m: 6:00.45	46.92	800m: 12:19.71	47.56	1200m: 18:43.93	48.32		
6.	Anna Lauxen	Steenwijk 1934	24:30.95	+0.96				
	50m: 41.34	41.34	450m: 7:14.23	49.70	850m: 13:48.21	49.07	1250m: 20:26.05	51.23
	100m: 1:27.95	46.61	500m: 8:04.00	49.77	900m: 14:36.78	48.57	1300m: 21:14.47	48.42
	150m: 2:15.91	47.96	550m: 8:52.85	48.85	950m: 15:26.09	49.31	1350m: 22:04.86	50.39
	200m: 3:05.55	49.64	600m: 9:41.84	48.99	1000m: 16:14.96	48.87	1400m: 22:54.41	49.55
	250m: 3:55.24	49.69	650m: 10:31.52	49.68	1050m: 17:05.16	50.20	1450m: 23:45.90	51.49
	300m: 4:45.31	50.07	700m: 11:20.50	48.98	1100m: 17:54.72	49.56	1500m: 24:30.95	45.05
	350m: 5:34.50	49.19	750m: 12:10.03	49.53	1150m: 18:44.72	50.00		
	400m: 6:24.53	50.03	800m: 12:59.14	49.11	1200m: 19:34.82	50.10		
7.	Carmen Kooij	Orca	25:03.01	+0.90				
	50m: 44.36	44.36	450m: 7:26.13	50.97	850m: 14:07.14	50.18	1250m: 20:51.38	51.05
	100m: 1:33.29	48.93	500m: 8:16.22	50.09	900m: 14:56.93	49.79	1300m: 21:42.28	50.90
	150m: 2:23.56	50.27	550m: 9:06.70	50.48	950m: 15:47.09	50.16	1350m: 22:32.88	50.60
	200m: 3:14.06	50.50	600m: 9:57.12	50.42	1000m: 16:37.49	50.40	1400m: 23:23.52	50.64
	250m: 4:04.63	50.57	650m: 10:46.63	49.51	1050m: 17:28.21	50.72	1450m: 24:14.14	50.62
	300m: 4:54.61	49.98	700m: 11:36.64	50.01	1100m: 18:18.61	50.40	1500m: 25:03.01	48.87
	350m: 5:45.15	50.54	750m: 12:26.96	50.32	1150m: 19:09.99	51.38		
	400m: 6:35.16	50.01	800m: 13:16.96	50.00	1200m: 20:00.33	50.34		

40+

1.	Sabine Zimmermann <i>German Masters Record</i>	Aachener SV 06	18:57.46	+0.85				
	50m: 34.26	34.26	450m: 5:40.00	38.30	850m: 10:45.61	37.92	1250m: 15:50.97	38.29
	100m: 1:11.69	37.43	500m: 6:18.14	38.14	900m: 11:24.10	38.49	1300m: 16:29.44	38.47
	150m: 1:48.99	37.30	550m: 6:56.58	38.44	950m: 12:02.13	38.03	1350m: 17:07.17	37.73
	200m: 2:27.14	38.15	600m: 7:34.61	38.03	1000m: 12:40.63	38.50	1400m: 17:45.25	38.08
	250m: 3:05.88	38.74	650m: 8:12.85	38.24	1050m: 13:18.34	37.71	1450m: 18:22.54	37.29
	300m: 3:44.59	38.71	700m: 8:51.03	38.18	1100m: 13:56.48	38.14	1500m: 18:57.46	34.92
	350m: 4:23.42	38.83	750m: 9:29.19	38.16	1150m: 14:34.27	37.79		
	400m: 5:01.70	38.28	800m: 10:07.69	38.50	1200m: 15:12.68	38.41		
2.	Viktória Háden-Felföldi	Iron Swim	19:19.60	+0.82				
	50m: 34.21	34.21	450m: 5:38.46	38.36	850m: 10:47.25	38.78	1250m: 16:02.51	40.25
	100m: 1:11.48	37.27	500m: 6:16.78	38.32	900m: 11:25.88	38.63	1300m: 16:42.32	39.81
	150m: 1:49.46	37.98	550m: 6:55.47	38.69	950m: 12:05.00	39.12	1350m: 17:21.93	39.61
	200m: 2:27.34	37.88	600m: 7:33.90	38.43	1000m: 12:43.68	38.68	1400m: 18:01.74	39.81
	250m: 3:05.48	38.14	650m: 8:12.52	38.62	1050m: 13:23.38	39.70	1450m: 18:41.23	39.49
	300m: 3:43.37	37.89	700m: 8:50.95	38.43	1100m: 14:02.73	39.35	1500m: 19:19.60	38.37
	350m: 4:21.79	38.42	750m: 9:29.82	38.87	1150m: 14:42.45	39.72		
	400m: 5:00.10	38.31	800m: 10:08.47	38.65	1200m: 15:22.26	39.81		
3.	Maike Zeterberg	Zehlendorfer TSV von 1888	20:27.90	+0.75				
	50m: 35.69	35.69	450m: 5:57.60	40.35	850m: 11:27.05	41.46	1250m: 16:59.87	41.45
	100m: 1:15.94	40.25	500m: 6:38.36	40.76	900m: 12:09.58	42.53	1300m: 17:42.20	42.33
	150m: 1:55.46	39.52	550m: 7:18.88	40.52	950m: 12:50.64	41.06	1350m: 18:23.55	41.35
	200m: 2:35.88	40.42	600m: 8:00.11	41.23	1000m: 13:32.51	41.87	1400m: 19:05.50	41.95
	250m: 3:15.84	39.96	650m: 8:40.99	40.88	1050m: 14:13.67	41.16	1450m: 19:46.36	40.86
	300m: 3:56.39	40.55	700m: 9:22.57	41.58	1100m: 14:55.37	41.70	1500m: 20:27.90	41.54
	350m: 4:36.48	40.09	750m: 10:03.59	41.02	1150m: 15:36.60	41.23		
	400m: 5:17.25	40.77	800m: 10:45.59	42.00	1200m: 16:18.42	41.82		
4.	Ramona Linting	AZC	21:52.41	+0.77				
	50m: 36.85	36.85	450m: 6:16.88	43.59	850m: 12:09.06	44.22	1250m: 18:06.70	44.69
	100m: 1:17.26	40.41	500m: 7:00.57	43.69	900m: 12:53.26	44.20	1300m: 18:53.77	47.07
	150m: 1:59.01	41.75	550m: 7:44.55	43.98	950m: 13:37.53	44.27	1350m: 19:40.06	46.29
	200m: 2:40.84	41.83	600m: 8:28.21	43.66	1000m: 14:21.70	44.17	1400m: 20:24.67	44.61
	250m: 3:23.57	42.73	650m: 9:12.19	43.98	1050m: 15:06.19	44.49	1450m: 21:09.12	44.45
	300m: 4:06.99	43.42	700m: 9:56.15	43.96	1100m: 15:50.85	44.66	1500m: 21:52.41	43.29
	350m: 4:50.31	43.32	750m: 10:40.23	44.08	1150m: 16:36.71	45.86		
	400m: 5:33.29	42.98	800m: 11:24.84	44.61	1200m: 17:22.01	45.30		



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



Programmanr. 3, Dames, 1500m vrije slag, 40+

rang	naam	vereniging	tijd	RT	PARA
5.	Sandra Schellekens	Neptunus'58	24:17.25	+0.96	
	50m: 39.29	450m: 7:00.76	850m: 13:33.86	49.67	1250m: 20:10.52
	100m: 1:24.02	500m: 7:49.54	900m: 14:22.84	48.98	1300m: 21:00.64
	150m: 2:11.05	550m: 8:38.69	950m: 15:12.51	49.67	1350m: 21:50.35
	200m: 2:58.57	600m: 9:28.32	1000m: 16:02.16	49.65	1400m: 22:40.01
	250m: 3:46.59	650m: 10:17.88	1050m: 16:52.11	49.95	1450m: 23:29.72
	300m: 4:34.81	700m: 11:06.87	1100m: 17:41.62	49.51	1500m: 24:17.25
	350m: 5:23.57	750m: 11:55.84	1150m: 18:31.48	49.86	
	400m: 6:12.10	800m: 12:44.39	1200m: 19:20.86	49.38	
6.	Linda Hoogendam	WVZ	24:27.01	+0.88	
	50m: 42.29	450m: 7:13.48	850m: 13:49.44	49.62	1250m: 20:26.70
	100m: 1:29.84	500m: 8:03.11	900m: 14:38.83	49.39	1300m: 21:15.48
	150m: 2:18.18	550m: 8:52.15	950m: 15:28.60	49.77	1350m: 22:04.63
	200m: 3:14.87	600m: 9:41.91	1000m: 16:18.56	49.96	1400m: 22:54.14
	250m: 3:56.36	650m: 10:31.38	1050m: 17:07.62	49.06	1450m: 23:42.57
	300m: 4:45.65	700m: 11:20.60	1100m: 17:57.01	49.39	1500m: 24:27.01
	350m: 5:34.70	750m: 12:10.08	1150m: 18:47.08	50.07	
	400m: 6:23.82	800m: 12:59.82	1200m: 19:36.75	49.67	
7.	Suzanne Mol	Aqualero	25:12.00	+0.99	
	50m: 44.88	450m: 7:30.37	850m: 14:16.23	50.72	1250m: 21:02.75
	100m: 1:33.84	500m: 8:21.10	900m: 15:06.73	50.50	1300m: 21:53.83
	150m: 2:23.84	550m: 9:11.78	950m: 15:57.69	50.96	1350m: 22:43.69
	200m: 3:14.87	600m: 10:03.19	1000m: 16:48.62	50.93	1400m: 23:34.45
	250m: 4:06.16	650m: 10:54.25	1050m: 17:38.89	50.27	1450m: 24:23.98
	300m: 4:57.43	700m: 11:44.81	1100m: 18:29.61	50.72	1500m: 25:12.00
	350m: 5:48.39	750m: 12:35.25	1150m: 19:20.41	50.80	
	400m: 6:40.03	800m: 13:25.51	1200m: 20:11.21	50.80	
8.	Marloes Rebel	WS Twente	27:08.03		
	50m: 46.72	450m: 7:54.53	850m: 15:13.32	55.76	1250m: 22:35.97
	100m: 1:37.57	500m: 8:49.08	900m: 16:08.85	55.53	1300m: 23:32.19
	150m: 2:30.61	550m: 9:44.25	950m: 17:03.28	54.43	1350m: 24:28.09
	200m: 3:24.07	600m: 10:39.01	1000m: 17:58.06	54.78	1400m: 25:23.41
	250m: 4:18.27	650m: 11:33.71	1050m: 18:53.23	55.17	1450m: 26:17.73
	300m: 5:11.99	700m: 12:28.54	1100m: 19:49.49	56.26	1500m: 27:08.03
	350m: 6:06.00	750m: 13:23.16	1150m: 20:44.80	55.31	
	400m: 6:59.69	800m: 14:17.56	1200m: 21:40.58	55.78	

45+

1.	Chantal Verhoeff	Old Dutch	22:37.70	+0.88	
	50m: 38.39	450m: 6:34.64	850m: 12:36.98	45.98	1250m: 18:47.14
	100m: 1:21.13	500m: 7:19.64	900m: 13:22.98	46.00	1300m: 19:34.03
	150m: 2:05.54	550m: 8:04.44	950m: 14:08.60	45.62	1350m: 20:20.55
	200m: 2:50.29	600m: 8:49.48	1000m: 14:55.00	46.40	1400m: 21:06.72
	250m: 3:35.11	650m: 9:34.72	1050m: 15:41.20	46.20	1450m: 21:52.53
	300m: 4:19.82	700m: 10:20.39	1100m: 16:27.64	46.44	1500m: 22:37.70
	350m: 5:04.75	750m: 11:05.56	1150m: 17:14.14	46.50	
	400m: 5:49.72	800m: 11:51.00	1200m: 18:00.76	46.62	
2.	Sabrina Boekhout	De Biesboschzwemmers	23:10.83	+0.86	
	50m: 39.42	450m: 6:44.69	850m: 12:58.50	47.68	1250m: 19:17.62
	100m: 1:22.89	500m: 7:30.97	900m: 13:45.31	46.81	1300m: 20:03.87
	150m: 2:08.04	550m: 8:17.44	950m: 14:32.57	47.26	1350m: 20:51.28
	200m: 2:53.63	600m: 9:03.81	1000m: 15:19.86	47.29	1400m: 21:38.69
	250m: 3:40.00	650m: 9:50.49	1050m: 16:07.23	47.37	1450m: 22:26.31
	300m: 4:26.10	700m: 10:36.63	1100m: 16:54.27	47.04	1500m: 23:10.83
	350m: 5:12.28	750m: 11:23.80	1150m: 17:41.89	47.62	
	400m: 5:58.43	800m: 12:10.82	1200m: 18:29.46	47.57	
3.	Jessica Venema	Old Dutch	23:11.71	+0.90	
	50m: 37.14	450m: 6:41.62	850m: 13:00.43	47.51	1250m: 19:19.62
	100m: 1:20.92	500m: 7:30.81	900m: 13:47.67	47.24	1300m: 20:07.45
	150m: 2:05.41	550m: 8:16.91	950m: 14:34.74	47.07	1350m: 20:54.36
	200m: 2:51.15	600m: 9:04.19	1000m: 15:22.61	47.87	1400m: 21:42.74
	250m: 3:36.53	650m: 9:50.67	1050m: 16:09.58	46.97	1450m: 22:28.78
	300m: 4:23.28	700m: 10:38.82	1100m: 16:58.07	48.49	1500m: 23:11.71
	350m: 5:09.01	750m: 11:25.26	1150m: 17:44.65	46.58	
	400m: 5:55.72	800m: 12:12.92	1200m: 18:32.86	48.21	

50+



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



Programmanr. 3, Dames, 1500m vrije slag, 50+

rang	naam	vereniging	tijd	RT	PARA			
1.	Liselotte Joling	PSV	19:42.60	+0.87				
	50m: 34.90	34.90	450m: 5:47.77	39.26	850m: 11:04.63	39.51	1250m: 16:25.04	39.87
	100m: 1:13.36	38.46	500m: 6:27.49	39.72	900m: 11:44.96	40.33	1300m: 17:05.11	40.07
	150m: 1:51.96	38.60	550m: 7:06.52	39.03	950m: 12:24.58	39.62	1350m: 17:45.07	39.96
	200m: 2:31.02	39.06	600m: 7:46.01	39.49	1000m: 13:04.85	40.27	1400m: 18:25.45	40.38
	250m: 3:10.40	39.38	650m: 8:25.56	39.55	1050m: 13:44.68	39.83	1450m: 19:04.70	39.25
	300m: 3:49.81	39.41	700m: 9:05.50	39.94	1100m: 14:24.89	40.21	1500m: 19:42.60	37.90
	350m: 4:29.01	39.20	750m: 9:45.20	39.70	1150m: 15:04.62	39.73		
	400m: 5:08.51	39.50	800m: 10:25.12	39.92	1200m: 15:45.17	40.55		
2.	Annett von Rekowski	Schwimmverein Gera	20:07.65	+0.82				
	50m: 35.10	35.10	450m: 5:55.20	40.52	850m: 11:21.10	40.74	1250m: 16:47.62	41.07
	100m: 1:14.23	39.13	500m: 6:35.70	40.50	900m: 12:01.61	40.51	1300m: 17:28.02	40.40
	150m: 1:53.78	39.55	550m: 7:16.64	40.94	950m: 12:42.50	40.89	1350m: 18:08.88	40.86
	200m: 2:33.75	39.97	600m: 7:57.57	40.93	1000m: 13:23.76	41.26	1400m: 18:49.86	40.98
	250m: 3:13.48	39.73	650m: 8:38.50	40.93	1050m: 14:04.59	40.83	1450m: 19:29.24	39.38
	300m: 3:53.85	40.37	700m: 9:19.14	40.64	1100m: 14:45.14	40.55	1500m: 20:07.65	38.41
	350m: 4:34.25	40.40	750m: 9:59.85	40.71	1150m: 15:25.84	40.70		
	400m: 5:14.68	40.43	800m: 10:40.36	40.51	1200m: 16:06.55	40.71		
3.	Marleen Gerringa-Vos	Batavia Swim	21:14.73	+0.88				
	50m: 38.19	38.19	450m: 6:19.95	42.98	850m: 12:02.26	42.89	1250m: 17:44.70	43.32
	100m: 1:20.06	41.87	500m: 7:02.77	42.82	900m: 12:44.96	42.70	1300m: 18:27.62	42.92
	150m: 2:02.82	42.76	550m: 7:45.64	42.87	950m: 13:27.76	42.80	1350m: 19:10.61	42.99
	200m: 2:45.54	42.72	600m: 8:28.25	42.61	1000m: 14:10.21	42.45	1400m: 19:52.99	42.38
	250m: 3:28.43	42.89	650m: 9:11.29	43.04	1050m: 14:53.05	42.84	1450m: 20:35.74	42.75
	300m: 4:11.24	42.81	700m: 9:53.90	42.61	1100m: 15:35.56	42.51	1500m: 21:14.73	38.99
	350m: 4:54.03	42.79	750m: 10:36.57	42.67	1150m: 16:18.65	43.09		
	400m: 5:36.97	42.94	800m: 11:19.37	42.80	1200m: 17:01.38	42.73		
4.	Jannie Vennik	HZ&PC Heerenveen	22:28.55	+0.99				
	50m: 38.10	38.10	450m: 6:40.43	45.55	850m: 12:42.26	45.10	1250m: 18:43.62	45.37
	100m: 1:21.80	43.70	500m: 7:25.81	45.38	900m: 13:27.54	45.28	1300m: 19:28.85	45.23
	150m: 2:06.44	44.64	550m: 8:10.90	45.09	950m: 14:12.50	44.96	1350m: 20:14.24	45.39
	200m: 2:52.19	45.75	600m: 8:56.24	45.34	1000m: 14:58.08	45.58	1400m: 20:59.61	45.37
	250m: 3:37.42	45.23	650m: 9:41.63	45.39	1050m: 15:42.95	44.87	1450m: 21:44.47	44.86
	300m: 4:23.36	45.94	700m: 10:26.50	44.87	1100m: 16:28.08	45.13	1500m: 22:28.55	44.08
	350m: 5:09.07	45.71	750m: 11:11.70	45.20	1150m: 17:13.39	45.31		
	400m: 5:54.88	45.81	800m: 11:57.16	45.46	1200m: 17:58.25	44.86		
5.	Marita Pongers	De Mors	27:55.87					
	50m: 48.58	48.58	450m: 8:10.63	56.50	850m: 15:40.54	56.22	1250m: 23:16.84	58.01
	100m: 1:42.38	53.80	500m: 9:06.26	55.63	900m: 16:37.54	57.00	1300m: 24:14.26	57.42
	150m: 2:36.64	54.26	550m: 10:02.08	55.82	950m: 17:33.99	56.45	1350m: 25:10.03	55.77
	200m: 3:32.33	55.69	600m: 10:58.57	56.49	1000m: 18:31.18	57.19	1400m: 26:06.41	56.38
	250m: 4:27.45	55.12	650m: 11:54.29	55.72	1050m: 19:27.38	56.20	1450m: 27:01.42	55.01
	300m: 5:22.98	55.53	700m: 12:50.92	56.63	1100m: 20:24.26	56.88	1500m: 27:55.87	54.45
	350m: 6:18.64	55.66	750m: 13:47.97	57.05	1150m: 21:22.30	58.04		
	400m: 7:14.13	55.49	800m: 14:44.32	56.35	1200m: 22:18.83	56.53		

55+

1.	Carla Geurts	PSV	19:05.74					
	<i>Europees Masters Record, Europees Masters Record 1500m; Nederlands Masters Record 200m, 400m, 800m, 1500m</i>							
	50m: 33.97	33.97	450m: 5:41.19	38.45	850m: 10:47.47	37.91	1250m: 15:54.33	38.50
	100m: 1:11.74	37.77	500m: 6:19.83	38.64	900m: 11:26.24	38.77	1300m: 16:32.98	38.65
	150m: 1:49.67	37.93	550m: 6:57.84	38.01	950m: 12:04.67	38.43	1350m: 17:11.39	38.41
	200m: 2:28.34	38.67	600m: 7:36.24	38.40	1000m: 12:43.55	38.88	1400m: 17:50.34	38.95
	250m: 3:06.85	38.51	650m: 8:14.45	38.21	1050m: 13:21.83	38.28	1450m: 18:28.66	38.32
	300m: 3:45.94	39.09	700m: 8:52.63	38.18	1100m: 13:59.74	37.91	1500m: 19:05.74	37.08
	350m: 4:24.12	38.18	750m: 9:30.80	38.17	1150m: 14:37.82	38.08		
	400m: 5:02.74	38.62	800m: 10:09.56	38.76	1200m: 15:15.83	38.01		
2.	Karin Stein	ZV Vlaardingen-Schiedam	21:24.15	+0.88				
	50m: 38.55	38.55	450m: 6:21.23	43.33	850m: 12:04.41	43.14	1250m: 17:49.45	42.92
	100m: 1:20.71	42.16	500m: 7:03.64	42.41	900m: 12:47.49	43.08	1300m: 18:32.95	43.50
	150m: 2:03.61	42.90	550m: 7:46.77	43.13	950m: 13:30.50	43.01	1350m: 19:16.01	43.06
	200m: 2:46.59	42.98	600m: 8:29.24	42.47	1000m: 14:13.54	43.04	1400m: 19:59.21	43.20
	250m: 3:29.47	42.88	650m: 9:12.55	43.31	1050m: 14:56.79	43.25	1450m: 20:42.33	43.12
	300m: 4:12.11	42.64	700m: 9:55.37	42.82	1100m: 15:40.01	43.22	1500m: 21:24.15	41.82
	350m: 4:54.95	42.84	750m: 10:38.40	43.03	1150m: 16:23.22	43.21		
	400m: 5:37.90	42.95	800m: 11:21.27	42.87	1200m: 17:06.53	43.31		



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



Programmanr. 3, Dames, 1500m vrije slag, 55+

rang	naam	vereniging	tijd	RT	PARA			
3.	Iris van Aurich	DWK	23:20.27	+0.86				
	50m: 40.24	40.24	450m: 6:48.30	46.88	850m: 13:05.34	46.92	1250m: 19:24.77	47.32
	100m: 1:24.92	44.68	500m: 7:35.70	47.40	900m: 13:53.00	47.66	1300m: 20:12.80	48.03
	150m: 2:10.20	45.28	550m: 8:22.75	47.05	950m: 14:40.63	47.63	1350m: 21:00.79	47.99
	200m: 2:56.35	46.15	600m: 9:09.48	46.73	1000m: 15:27.89	47.26	1400m: 21:48.35	47.56
	250m: 3:42.37	46.02	650m: 9:56.63	47.15	1050m: 16:15.39	47.50	1450m: 22:34.97	46.62
	300m: 4:28.57	46.20	700m: 10:43.82	47.19	1100m: 17:02.91	47.52	1500m: 23:20.27	45.30
	350m: 5:14.22	45.65	750m: 11:31.15	47.33	1150m: 17:49.64	46.73		
	400m: 6:01.42	47.20	800m: 12:18.42	47.27	1200m: 18:37.45	47.81		
4.	Cancia Ouwerkerk	Albion	25:26.52					
	50m: 43.88	43.88	450m: 7:34.65	51.32	850m: 14:25.32	51.26	1250m: 21:15.58	50.93
	100m: 1:33.62	49.74	500m: 8:25.70	51.05	900m: 15:15.87	50.55	1300m: 22:06.55	50.97
	150m: 2:24.58	50.96	550m: 9:16.99	51.29	950m: 16:06.89	51.02	1350m: 22:57.20	50.65
	200m: 3:16.22	51.64	600m: 10:08.23	51.24	1000m: 16:58.33	51.44	1400m: 23:48.25	51.05
	250m: 4:08.61	52.39	650m: 10:59.55	51.32	1050m: 17:49.94	51.61	1450m: 24:37.65	49.40
	300m: 4:59.97	51.36	700m: 11:50.85	51.30	1100m: 18:42.18	52.24	1500m: 25:26.52	48.87
	350m: 5:51.44	51.47	750m: 12:42.43	51.58	1150m: 19:33.40	51.22		
	400m: 6:43.33	51.89	800m: 13:34.06	51.63	1200m: 20:24.65	51.25		
5.	Annette Spies	Link	25:50.34	+0.89				
	50m: 45.79	45.79	450m: 7:40.38	52.09	850m: 14:36.50	51.80	1250m: 21:31.93	51.54
	100m: 1:35.09	49.30	500m: 8:32.98	52.60	900m: 15:29.00	52.50	1300m: 22:24.57	52.64
	150m: 2:26.80	51.71	550m: 9:24.38	51.40	950m: 16:20.50	51.50	1350m: 23:16.09	51.52
	200m: 3:19.45	52.65	600m: 10:16.38	52.00	1000m: 17:12.81	52.31	1400m: 24:08.59	52.50
	250m: 4:11.32	51.87	650m: 11:07.86	51.48	1050m: 18:04.53	51.72	1450m: 24:59.93	51.34
	300m: 5:03.92	52.60	700m: 12:00.24	52.38	1100m: 18:56.65	52.12	1500m: 25:50.34	50.41
	350m: 5:55.69	51.77	750m: 12:51.74	51.50	1150m: 19:48.43	51.78		
	400m: 6:48.29	52.60	800m: 13:44.70	52.96	1200m: 20:40.39	51.96		
6.	Annet Kootstra	SWOL 1894	26:33.67					
	50m: 45.91	45.91	450m: 7:43.60	52.64	850m: 14:51.10	54.01	1250m: 22:04.20	54.22
	100m: 1:36.77	50.86	500m: 8:37.10	53.50	900m: 15:45.29	54.19	1300m: 22:58.21	54.01
	150m: 2:27.92	51.15	550m: 9:29.81	52.71	950m: 16:39.16	53.87	1350m: 23:52.33	54.12
	200m: 3:20.48	52.56	600m: 10:23.53	53.72	1000m: 17:33.90	54.74	1400m: 24:46.76	54.43
	250m: 4:12.74	52.26	650m: 11:15.92	52.39	1050m: 18:27.40	53.50	1450m: 25:40.75	53.99
	300m: 5:05.63	52.89	700m: 12:09.64	53.72	1100m: 19:21.98	54.58	1500m: 26:33.67	52.92
	350m: 5:58.04	52.41	750m: 13:02.88	53.24	1150m: 20:16.05	54.07		
	400m: 6:50.96	52.92	800m: 13:57.09	54.21	1200m: 21:09.98	53.93		
7.	Kristien Van de Moortel	Shark	27:01.61	+0.97				
	50m: 46.95	46.95	450m: 7:57.80	53.67	850m: 15:13.12	54.15	1250m: 22:29.77	54.18
	100m: 1:40.54	53.59	500m: 8:52.26	54.46	900m: 16:07.89	54.77	1300m: 23:25.39	55.62
	150m: 2:33.93	53.39	550m: 9:46.48	54.22	950m: 17:02.72	54.83	1350m: 24:19.48	54.09
	200m: 3:28.20	54.27	600m: 10:41.03	54.55	1000m: 17:57.90	55.18	1400m: 25:15.10	55.62
	250m: 4:21.89	53.69	650m: 11:34.68	53.65	1050m: 18:52.14	54.24	1450m: 26:09.33	54.23
	300m: 5:16.32	54.43	700m: 12:29.82	55.14	1100m: 19:46.83	54.69	1500m: 27:01.61	52.28
	350m: 6:09.64	53.32	750m: 13:24.16	54.34	1150m: 20:40.76	53.93		
	400m: 7:04.13	54.49	800m: 14:18.97	54.81	1200m: 21:35.59	54.83		
8.	Britta Fritz	SC Janus Köln	27:28.58					
	50m: 51.69	51.69	450m: 8:12.17	55.93	850m: 15:31.62	55.13	1250m: 22:56.41	56.84
	100m: 1:46.13	54.44	500m: 9:06.85	54.68	900m: 16:26.23	54.61	1300m: 23:51.70	55.29
	150m: 2:42.31	56.18	550m: 10:02.08	55.23	950m: 17:21.88	55.65	1350m: 24:47.27	55.57
	200m: 3:37.63	55.32	600m: 10:56.90	54.82	1000m: 18:16.04	54.16	1400m: 25:42.03	54.76
	250m: 4:33.56	55.93	650m: 11:52.28	55.38	1050m: 19:11.99	55.95	1450m: 26:37.44	55.41
	300m: 5:28.07	54.51	700m: 12:46.74	54.46	1100m: 20:08.24	56.25	1500m: 27:28.58	51.14
	350m: 6:23.25	55.18	750m: 13:41.79	55.05	1150m: 21:03.97	55.73		
	400m: 7:16.24	52.99	800m: 14:36.49	54.70	1200m: 21:59.57	55.60		
9.	Roselinda van der Vlugt	De Geul	29:45.93					
	50m: 52.20	52.20	450m: 8:41.09	59.60	850m: 16:40.83	1:00.77	1250m: 24:47.75	1:00.87
	100m: 1:48.91	56.71	500m: 9:41.28	1:00.19	900m: 17:41.57	1:00.74	1300m: 25:48.52	1:00.77
	150m: 2:46.70	57.79	550m: 10:40.79	59.51	950m: 18:41.98	1:00.41	1350m: 26:50.52	1:02.00
	200m: 3:45.15	58.45	600m: 11:39.96	59.17	1000m: 19:42.71	1:00.73	1400m: 27:50.83	1:00.31
	250m: 4:43.75	58.60	650m: 12:39.17	59.21	1050m: 20:43.09	1:00.38	1450m: 28:50.88	1:00.05
	300m: 5:43.46	59.71	700m: 13:39.58	1:00.41	1100m: 21:44.94	1:01.85	1500m: 29:45.93	55.05
	350m: 6:42.55	59.09	750m: 14:39.61	1:00.03	1150m: 22:45.92	1:00.98		
	400m: 7:41.49	58.94	800m: 15:40.06	1:00.45	1200m: 23:46.88	1:00.96		
10.	Annette van Dok	MSV-Zeemacht	29:55.81					
	50m: 52.27	52.27	450m: 8:35.94	59.71	850m: 16:37.52	1:00.43	1250m: 24:51.97	1:00.83
	100m: 1:48.11	55.84	500m: 9:35.54	59.60	900m: 17:38.21	1:00.69	1300m: 25:52.31	1:00.34
	150m: 2:45.29	57.18	550m: 10:34.92	59.38	950m: 18:38.28	1:00.07	1350m: 26:53.31	1:01.00
	200m: 3:41.82	56.53	600m: 11:36.28	1:01.36	1000m: 19:41.34	1:03.06	1400m: 27:54.26	1:00.95
	250m: 4:39.51	57.69	650m: 12:35.55	59.27	1050m: 20:44.80	1:03.46	1450m: 28:53.24	58.98
	300m: 5:37.57	58.06	700m: 13:36.52	1:00.97	1100m: 21:46.71	1:01.91	1500m: 29:55.81	1:02.57
	350m: 6:36.84	59.27	750m: 14:36.80	1:00.28	1150m: 22:48.71	1:02.00		
	400m: 7:36.23	59.39	800m: 15:37.09	1:00.29	1200m: 23:51.14	1:02.43		





Programmanr. 3, Dames, 1500m vrije slag, 55+

rang	naam	vereniging				tijd	RT	PARA				
DIS	Bianca Groot	MSV-Zeemacht	NED	197000652			+0.90					
<i>AF - De aangegeven afstand niet uitgezwommen.</i>												
60+												
1.	Katrin Pennings	PSV	NED	196400570		22:08.15	+0.78					
<i>Nederlands Masters Record</i>												
	50m:	37.62	37.62	450m:	6:26.86	44.18	850m:	12:23.41	44.92	1250m:	18:23.58	44.94
	100m:	1:19.48	41.86	500m:	7:12.05	45.19	900m:	13:08.52	45.11	1300m:	19:09.13	45.55
	150m:	2:02.39	42.91	550m:	7:56.11	44.06	950m:	13:53.12	44.60	1350m:	19:54.31	45.18
	200m:	2:46.04	43.65	600m:	8:40.82	44.71	1000m:	14:38.35	45.23	1400m:	20:39.81	45.50
	250m:	3:30.01	43.97	650m:	9:25.18	44.36	1050m:	15:23.50	45.15	1450m:	21:25.24	45.43
	300m:	4:14.18	44.17	700m:	10:09.73	44.55	1100m:	16:08.69	45.19	1500m:	22:08.15	42.91
	350m:	4:58.23	44.05	750m:	10:53.94	44.21	1150m:	16:53.42	44.73			
	400m:	5:42.68	44.45	800m:	11:38.49	44.55	1200m:	17:38.64	45.22			
2.	Wilna Heijman	Steenwijk 1934	NED	196400506		22:48.87	+0.82					
	50m:	39.45	39.45	450m:	6:38.21	45.25	850m:	12:43.88	46.03	1250m:	18:55.82	47.06
	100m:	1:22.56	43.11	500m:	7:23.74	45.53	900m:	13:29.71	45.83	1300m:	19:42.60	46.78
	150m:	2:07.09	44.53	550m:	8:09.26	45.52	950m:	14:16.30	46.59	1350m:	20:29.60	47.00
	200m:	2:52.37	45.28	600m:	8:54.92	45.66	1000m:	15:02.37	46.07	1400m:	21:16.31	46.71
	250m:	3:37.11	44.74	650m:	9:40.52	45.60	1050m:	15:49.00	46.63	1450m:	22:03.04	46.73
	300m:	4:22.26	45.15	700m:	10:25.97	45.45	1100m:	16:35.32	46.32	1500m:	22:48.87	45.83
	350m:	5:07.29	45.03	750m:	11:12.04	46.07	1150m:	17:22.10	46.78			
	400m:	5:52.96	45.67	800m:	11:57.85	45.81	1200m:	18:08.76	46.66			
3.	Anita Steijger	WVZ	NED	196500628		24:20.80	+0.95					
	50m:	44.29	44.29	450m:	7:11.86	48.68	850m:	13:42.02	49.23	1250m:	20:17.29	50.27
	100m:	1:31.27	46.98	500m:	8:00.54	48.68	900m:	14:30.88	48.86	1300m:	21:06.14	48.85
	150m:	2:19.30	48.03	550m:	8:49.49	48.95	950m:	15:21.03	50.15	1350m:	21:56.09	49.95
	200m:	3:07.55	48.25	600m:	9:37.80	48.31	1000m:	16:10.05	49.02	1400m:	22:44.73	48.64
	250m:	3:56.95	49.40	650m:	10:26.47	48.67	1050m:	16:59.80	49.75	1450m:	23:33.85	49.12
	300m:	4:45.43	48.48	700m:	11:14.77	48.30	1100m:	17:48.67	48.87	1500m:	24:20.80	46.95
	350m:	5:34.71	49.28	750m:	12:03.85	49.08	1150m:	18:38.40	49.73			
	400m:	6:23.18	48.47	800m:	12:52.79	48.94	1200m:	19:27.02	48.62			
4.	Maud Peuten-Evers	Mosa-Regio	NED	196400584		25:07.88						
	50m:	44.29	44.29	450m:	7:26.59	51.24	850m:	14:08.98	50.74	1250m:	20:55.12	51.18
	100m:	1:32.87	48.58	500m:	8:16.51	49.92	900m:	14:59.13	50.15	1300m:	21:45.59	50.47
	150m:	2:23.07	50.20	550m:	9:07.05	50.54	950m:	15:49.70	50.57	1350m:	22:36.72	51.13
	200m:	3:13.37	50.30	600m:	9:57.47	50.42	1000m:	16:40.02	50.32	1400m:	23:27.47	50.75
	250m:	4:04.89	51.52	650m:	10:47.87	50.40	1050m:	17:31.27	51.25	1450m:	24:18.29	50.82
	300m:	4:54.41	49.52	700m:	11:37.84	49.97	1100m:	18:21.90	50.63	1500m:	25:07.88	49.59
	350m:	5:45.43	51.02	750m:	12:28.16	50.32	1150m:	19:13.08	51.18			
	400m:	6:35.35	49.92	800m:	13:18.24	50.08	1200m:	20:03.94	50.86			
65+												
1.	Petra Tossings	GZC Donk	NED	196100376		23:46.24	+0.83					
	50m:	42.71	42.71	450m:	7:01.86	47.92	850m:	13:23.62	48.33	1250m:	19:48.42	48.62
	100m:	1:29.12	46.41	500m:	7:48.92	47.06	900m:	14:10.85	47.23	1300m:	20:36.06	47.64
	150m:	2:17.06	47.94	550m:	8:36.76	47.84	950m:	14:59.35	48.50	1350m:	21:24.72	48.66
	200m:	3:04.41	47.35	600m:	9:24.25	47.49	1000m:	15:46.98	47.63	1400m:	22:12.35	47.63
	250m:	3:51.89	47.48	650m:	10:12.09	47.84	1050m:	16:35.08	48.10	1450m:	23:00.45	48.10
	300m:	4:39.03	47.14	700m:	10:59.76	47.67	1100m:	17:22.68	47.60	1500m:	23:46.24	45.79
	350m:	5:26.60	47.57	750m:	11:48.13	48.37	1150m:	18:11.85	49.17			
	400m:	6:13.94	47.34	800m:	12:35.29	47.16	1200m:	18:59.80	47.95			
2.	Irene van der Laan	ZV Vlaardingen-Schiedam	NED	196000096		24:16.01	+0.86					
	50m:	43.56	43.56	450m:	7:09.16	49.10	850m:	13:40.94	49.34	1250m:	21:12.46	49.61
	100m:	1:29.49	45.93	500m:	7:58.38	49.22	900m:	14:29.45	48.51	1300m:	21:02.29	48.83
	150m:	2:17.87	48.38	550m:	8:47.30	48.92	950m:	15:18.55	49.10	1350m:	21:51.87	49.58
	200m:	3:05.70	47.83	600m:	9:35.88	48.58	1000m:	16:07.54	48.99	1400m:	22:40.42	48.55
	250m:	3:54.17	48.47	650m:	10:25.23	49.35	1050m:	16:56.87	49.33	1450m:	23:29.51	49.09
	300m:	4:42.54	48.37	700m:	11:14.12	48.89	1100m:	17:45.34	48.47	1500m:	24:16.01	46.50
	350m:	5:31.61	49.07	750m:	12:03.46	49.34	1150m:	18:34.84	49.50			
	400m:	6:20.06	48.45	800m:	12:51.60	48.14	1200m:	19:23.85	49.01			
3.	Linda Wibbelink	Steenwijk 1934	NED	195900158		25:43.95	+0.91					
	50m:	45.73	45.73	450m:	7:37.10	51.25	850m:	14:29.12	51.56	1250m:	21:24.97	52.07
	100m:	1:35.48	49.75	500m:	8:28.63	51.53	900m:	15:20.87	51.75	1300m:	22:17.26	52.29
	150m:	2:26.77	51.29	550m:	9:20.42	51.79	950m:	16:12.66	51.79	1350m:	23:09.27	52.01
	200m:	3:18.07	51.30	600m:	10:12.38	51.96	1000m:	17:04.72	52.06	1400m:	24:01.57	52.30
	250m:	4:09.59	51.52	650m:	11:03.75	51.37	1050m:	17:56.40	51.68	1450m:	24:53.55	51.98
	300m:	5:02.01	52.42	700m:	11:54.82	51.07	1100m:	18:48.34	51.94	1500m:	25:43.95	50.40
	350m:	5:54.12	52.11	750m:	12:45.77	50.95	1150m:	19:40.47	52.13			
	400m:	6:45.85	51.73	800m:	13:37.56	51.79	1200m:	20:32.90	52.43			



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



Programmanr. 3, Dames, 1500m vrije slag, 65+

rang	naam	vereniging	GER	247144	tijd	RT	PARA	
4.	Kirsten Stamer	SC Janus Köln	GER	247144	26:46.46	+0.95		
	50m: 50.93	50.93	450m: 8:07.06	55.21	850m: 15:14.99	53.45	1250m: 22:49.35	54.16
	100m: 1:45.14	54.21	500m: 9:00.85	53.79	900m: 16:07.56	52.57	1300m: 23:13.35	53.00
	150m: 2:40.11	54.97	550m: 9:56.58	55.73	950m: 17:00.85	53.29	1350m: 24:07.60	54.25
	200m: 3:34.04	53.93	600m: 10:50.08	53.50	1000m: 17:53.29	52.44	1400m: 25:00.71	53.11
	250m: 4:28.69	54.65	650m: 11:43.43	53.35	1050m: 18:46.94	53.65	1450m: 25:54.55	53.84
	300m: 5:23.17	54.48	700m: 12:35.62	52.19	1100m: 19:40.04	53.10	1500m: 26:46.46	51.91
	350m: 6:18.10	54.93	750m: 13:28.96	53.34	1150m: 20:33.28	53.24		
	400m: 7:11.85	53.75	800m: 14:21.54	52.58	1200m: 21:26.19	52.91		

70+

5.	Betsie Klompmaker	De Hokseberg	NED	195900200	33:35.21			
	50m: 57.78	57.78	450m: 8:48.17	1:05.84	850m: 18:42.56	1:06.28	1250m: 27:49.58	1:07.93
	100m: 2:03.61	1:05.83	500m: 10:56.02	1:07.85	900m: 19:51.04	1:08.48	1300m: 29:00.59	1:11.01
	150m: 3:09.00	1:05.39	550m: 12:01.57	1:05.55	950m: 20:58.23	1:07.19	1350m: 30:09.02	1:08.43
	200m: 4:17.17	1:08.17	600m: 13:08.74	1:07.17	1000m: 22:07.24	1:09.01	1400m: 31:20.29	1:11.27
	250m: 5:22.11	1:04.94	650m: 14:15.34	1:06.60	1050m: 23:14.74	1:07.50	1450m: 32:27.95	1:07.66
	300m: 6:29.82	1:07.71	700m: 15:22.26	1:06.92	1100m: 24:24.44	1:09.70	1500m: 33:35.21	1:07.26
	350m: 7:35.44	1:05.62	750m: 16:29.69	1:07.43	1150m: 25:33.14	1:08.70		
	400m: 8:42.33	1:06.89	800m: 17:36.28	1:06.59	1200m: 26:41.65	1:08.51		

1.	Ineke Weekers	PSV	NED	195300050	23:55.90	+0.89		
	50m: 43.80	43.80	450m: 7:01.45	47.28	850m: 13:21.76	47.83	1250m: 19:50.85	48.87
	100m: 1:30.59	46.79	500m: 7:48.48	47.03	900m: 14:10.14	48.38	1300m: 20:40.02	49.17
	150m: 2:17.94	47.35	550m: 8:35.87	47.39	950m: 14:58.63	48.49	1350m: 21:29.26	49.24
	200m: 3:05.24	47.30	600m: 9:22.93	47.06	1000m: 15:46.66	48.03	1400m: 22:18.45	49.19
	250m: 3:52.57	47.33	650m: 10:10.37	47.44	1050m: 16:36.02	49.36	1450m: 23:07.20	48.75
	300m: 4:39.82	47.25	700m: 10:58.09	47.72	1100m: 17:24.48	48.46	1500m: 23:55.90	48.70
	350m: 5:27.08	47.26	750m: 11:45.92	47.83	1150m: 18:13.53	49.05		
	400m: 6:14.17	47.09	800m: 12:33.93	48.01	1200m: 19:01.98	48.45		

2.	Margriet Pasma	TriVia	NED	195500088	25:30.97	+0.95		
	50m: 44.83	44.83	450m: 7:36.43	50.59	850m: 14:21.28	51.34	1250m: 21:13.38	51.23
	100m: 1:35.77	50.94	500m: 8:26.54	50.11	900m: 15:12.72	51.44	1300m: 22:05.59	52.21
	150m: 2:27.38	51.61	550m: 9:16.75	50.21	950m: 16:04.07	51.35	1350m: 22:57.16	51.57
	200m: 3:19.58	52.20	600m: 10:06.93	50.18	1000m: 16:55.66	51.59	1400m: 23:49.23	52.07
	250m: 4:11.12	51.54	650m: 10:56.95	50.02	1050m: 17:46.87	51.21	1450m: 24:41.42	52.19
	300m: 5:03.16	52.04	700m: 11:47.52	50.57	1100m: 18:38.65	51.78	1500m: 25:30.97	49.55
	350m: 5:54.82	51.66	750m: 12:38.60	51.08	1150m: 19:30.03	51.38		
	400m: 6:45.84	51.02	800m: 13:29.94	51.34	1200m: 20:22.15	52.12		

75+

1.	Gonnie Bak	PSV	NED	195100064	34:12.03			
	50m: 57.82	57.82	450m: 10:03.56	1:09.37	850m: 19:14.74	1:09.75	1250m: 28:29.47	1:09.12
	100m: 2:04.16	1:06.34	500m: 11:12.39	1:08.83	900m: 20:24.86	1:10.12	1300m: 29:38.52	1:09.05
	150m: 3:11.43	1:07.27	550m: 12:20.86	1:08.47	950m: 21:34.16	1:09.30	1350m: 30:47.23	1:08.71
	200m: 4:19.47	1:08.04	600m: 13:30.31	1:09.45	1000m: 22:43.59	1:09.43	1400m: 31:56.18	1:08.95
	250m: 5:27.36	1:07.89	650m: 14:39.27	1:08.96	1050m: 23:52.86	1:09.27	1450m: 33:05.14	1:08.96
	300m: 6:36.22	1:08.86	700m: 15:48.05	1:08.78	1100m: 25:02.17	1:09.31	1500m: 34:12.03	1:06.89
	350m: 7:45.18	1:08.96	750m: 16:56.53	1:08.48	1150m: 26:11.33	1:09.16		
	400m: 8:54.19	1:09.01	800m: 18:04.99	1:08.46	1200m: 27:20.35	1:09.02		

80+

1.	Loekie van Huissteden	ZPC Amersfoort	NED	194500002	40:15.74			
	50m: 1:07.03	1:07.03	450m: 11:37.69	1:17.86	850m: 22:33.68	1:22.70	1250m: 33:34.32	1:21.27
	100m: 2:26.43	1:19.40	500m: 12:57.29	1:19.60	900m: 23:55.85	1:22.17	1300m: 34:58.23	1:23.91
	150m: 3:45.43	1:19.00	550m: 14:18.87	1:21.58	950m: 25:18.38	1:22.53	1350m: 36:20.10	1:21.87
	200m: 5:04.65	1:19.22	600m: 15:41.04	1:22.17	1000m: 26:41.25	1:22.87	1400m: 37:40.95	1:20.85
	250m: 6:22.64	1:17.99	650m: 17:02.95	1:21.91	1050m: 28:03.46	1:22.21	1450m: 39:00.02	1:19.07
	300m: 7:41.98	1:19.34	700m: 18:25.34	1:22.39	1100m: 29:27.87	1:24.41	1500m: 40:15.74	1:15.72
	350m: 9:00.82	1:18.84	750m: 19:46.64	1:21.30	1150m: 30:49.55	1:21.68		
	400m: 10:19.83	1:19.01	800m: 21:10.98	1:24.34	1200m: 32:13.05	1:23.50		

