



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



Programmanr. 30  
3-5-2026 - 9:30

Heren, 800m vrije slag

Masters Open  
Resultaten

rang	naam	vereniging	tijd	RT	PARA			
<b>20+</b>								
1.	Owen Michels	De Amstel	NED 200402293	<b>10:14.14</b>	+0.69			
	50m: 32.64	32.64	250m: 3:02.96	38.46	450m: 5:39.31	39.57	650m: 8:17.40	39.60
	100m: 1:08.67	36.03	300m: 3:41.65	38.69	500m: 6:18.59	39.28	700m: 8:57.12	39.72
	150m: 1:45.87	37.20	350m: 4:20.63	38.98	550m: 6:58.27	39.68	750m: 9:36.66	39.54
	200m: 2:24.50	38.63	400m: 4:59.74	39.11	600m: 7:37.80	39.53	800m: 10:14.14	37.48
2.	Rik Stahlie	TriVia	NED 200201915	<b>10:41.37</b>	+0.80			
	50m: 33.08	33.08	250m: 3:12.78	40.78	450m: 5:58.77	42.37	650m: 8:45.64	41.71
	100m: 1:12.07	38.99	300m: 3:53.31	40.53	500m: 6:40.48	41.71	700m: 9:27.19	41.55
	150m: 1:51.84	39.77	350m: 4:35.13	41.82	550m: 7:22.75	42.27	750m: 10:05.51	38.32
	200m: 2:32.00	40.16	400m: 5:16.40	41.27	600m: 8:03.93	41.18	800m: 10:41.37	35.86
<b>25+</b>								
1.	Jacob Mackloet	De Schotejil	NED 200001171	<b>9:34.54</b>	+0.68			
	50m: 30.57	30.57	250m: 2:54.29	36.91	450m: 5:23.63	37.25	650m: 7:50.03	35.86
	100m: 1:05.57	35.00	300m: 3:31.33	37.04	500m: 6:00.72	37.09	700m: 8:25.44	35.41
	150m: 1:41.18	35.61	350m: 4:08.86	37.53	550m: 6:37.83	37.11	750m: 9:00.73	35.29
	200m: 2:17.38	36.20	400m: 4:46.38	37.52	600m: 7:14.17	36.34	800m: 9:34.54	33.81
2.	Jeroen Louwinger	De Rijn	NED 199900583	<b>10:06.69</b>	+0.76			
	50m: 33.99	33.99	250m: 3:07.16	38.50	450m: 5:41.87	38.78	650m: 8:16.46	38.88
	100m: 1:11.46	37.47	300m: 3:45.44	38.28	500m: 6:20.41	38.54	700m: 8:54.77	38.31
	150m: 1:50.11	38.65	350m: 4:24.65	39.21	550m: 6:58.92	38.51	750m: 9:33.54	38.77
	200m: 2:28.66	38.55	400m: 5:03.09	38.44	600m: 7:37.58	38.66	800m: 10:06.69	33.15
3.	Lars Jacobsen	DWK	NED 199705453	S14 <b>10:18.27</b>	+0.82			
	50m: 32.24	32.24	250m: 3:02.19	38.62	450m: 5:40.50	40.65	650m: 8:24.76	41.01
	100m: 1:08.35	36.11	300m: 3:41.85	39.66	500m: 6:22.09	41.59	700m: 9:04.48	39.72
	150m: 1:45.67	37.32	350m: 4:20.44	38.59	550m: 7:02.90	40.81	750m: 9:43.02	38.54
	200m: 2:23.57	37.90	400m: 4:59.85	39.41	600m: 7:43.75	40.85	800m: 10:18.27	35.25
4.	Tenzin Tieman	Old Dutch	NED 200005549	<b>10:20.68</b>	+0.86			
	50m: 32.42	32.42	250m: 3:03.45	38.50	450m: 5:40.27	39.35	650m: 8:19.85	40.38
	100m: 1:08.80	36.38	300m: 3:42.49	39.04	500m: 6:19.77	39.50	700m: 9:00.53	40.68
	150m: 1:46.75	37.95	350m: 4:21.60	39.11	550m: 6:59.44	39.67	750m: 9:40.87	40.34
	200m: 2:24.95	38.20	400m: 5:00.92	39.32	600m: 7:39.47	40.03	800m: 10:20.68	39.81
5.	Jordy van Oel	WVZ	NED 199802003	<b>10:30.93</b>	+0.77			
	50m: 34.10	34.10	250m: 3:11.34	39.77	450m: 5:53.56	40.73	650m: 8:36.24	39.92
	100m: 1:12.16	38.06	300m: 3:51.83	40.49	500m: 6:33.92	40.36	700m: 9:14.57	39.33
	150m: 1:51.78	39.62	350m: 4:32.38	40.55	550m: 7:14.63	40.71	750m: 9:53.82	39.25
	200m: 2:31.57	39.79	400m: 5:12.83	40.45	600m: 7:55.32	40.69	800m: 10:30.93	37.11
6.	Patrick Wyrdean	Westland Swimming Stars	NED 199702475	<b>10:37.74</b>	+0.69			
	50m: 34.10	34.10	250m: 3:15.26	40.96	450m: 5:57.94	40.26	650m: 8:38.67	39.96
	100m: 1:13.26	39.16	300m: 3:56.10	40.84	500m: 6:37.82	39.88	700m: 9:19.35	40.68
	150m: 1:53.67	40.41	350m: 4:36.76	40.66	550m: 7:17.90	40.08	750m: 9:58.93	39.58
	200m: 2:34.30	40.63	400m: 5:17.68	40.92	600m: 7:58.71	40.81	800m: 10:37.74	38.81
7.	Milan Adriaenssens	De Vrije Slag	NED 199705783	<b>10:58.07</b>	+0.73			
	50m: 34.12	34.12	250m: 3:18.09	41.27	450m: 6:05.24	41.76	650m: 8:53.44	41.24
	100m: 1:14.37	40.25	300m: 4:00.09	42.00	500m: 6:47.44	42.20	700m: 9:35.55	42.11
	150m: 1:54.97	40.60	350m: 4:41.38	41.29	550m: 7:29.89	42.45	750m: 10:17.16	41.61
	200m: 2:36.82	41.85	400m: 5:23.48	42.10	600m: 8:12.20	42.31	800m: 10:58.07	40.91
8.	Rick Haanschoten	De Rijn	NED 200100291	<b>11:03.38</b>	+0.68			
	50m: 37.21	37.21	250m: 3:27.70	43.36	450m: 6:19.63	42.20	650m: 9:08.35	41.46
	100m: 1:18.74	41.53	300m: 4:11.31	43.61	500m: 7:02.45	42.82	700m: 9:49.39	41.04
	150m: 2:00.83	42.09	350m: 4:54.11	42.80	550m: 7:44.75	42.30	750m: 10:28.68	39.29
	200m: 2:44.34	43.51	400m: 5:37.43	43.32	600m: 8:26.89	42.14	800m: 11:03.38	34.70
<b>30+</b>								
1.	Mike Schel	ENC Arnhem	NED 199403279	<b>9:13.70</b>	+0.74			
	50m: 30.59	30.59	250m: 2:49.57	35.43	450m: 5:10.75	35.28	650m: 7:31.50	35.38
	100m: 1:04.57	33.98	300m: 3:24.74	35.17	500m: 5:45.76	35.01	700m: 8:06.30	34.80
	150m: 1:39.21	34.64	350m: 4:00.01	35.27	550m: 6:20.99	35.23	750m: 8:41.10	34.80
	200m: 2:14.14	34.93	400m: 4:35.47	35.46	600m: 6:56.12	35.13	800m: 9:13.70	32.60
2.	Colin Degenars	ZPCH	NED 199505951	S14 <b>10:36.71</b>	+0.78			
	50m: 34.48	34.48	250m: 3:13.62	40.87	450m: 5:56.58	40.85	650m: 8:38.85	40.22
	100m: 1:13.04	38.56	300m: 3:54.16	40.54	500m: 6:37.10	40.52	700m: 9:19.30	40.45
	150m: 1:52.72	39.68	350m: 4:35.15	40.99	550m: 7:17.84	40.74	750m: 9:59.58	40.28
	200m: 2:32.75	40.03	400m: 5:15.73	40.58	600m: 7:58.63	40.79	800m: 10:36.71	37.13





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Programmanr. 30, Heren, 800m vrije slag, 30+

rang	naam		vereniging				tijd	RT	PARA
3.	Pieter Pijnenburg		De Biesboschzweimmers	NED	199305227		<b>10:47.06</b>	+0.83	
	50m: 34.02	34.02	250m: 3:15.47	41.15	450m: 6:02.15	41.91	650m: 8:47.56	41.26	
	100m: 1:12.84	38.82	300m: 3:56.86	41.39	500m: 6:43.68	41.53	700m: 9:27.63	40.07	
	150m: 1:53.24	40.40	350m: 4:38.69	41.83	550m: 7:25.44	41.76	750m: 10:08.64	41.01	
	200m: 2:34.32	41.08	400m: 5:20.24	41.55	600m: 8:06.30	40.86	800m: 10:47.06	38.42	
4.	Remco Visser		ZPC Woerden	NED	199503185		<b>11:20.60</b>	+0.74	
	50m: 36.76	36.76	250m: 3:23.29	42.00	450m: 6:16.27	43.28	650m: 9:11.84	44.26	
	100m: 1:17.15	40.39	300m: 4:05.93	42.64	500m: 6:59.73	43.46	700m: 9:56.06	44.22	
	150m: 1:58.98	41.83	350m: 4:49.17	43.24	550m: 7:43.32	43.59	750m: 10:39.04	42.98	
	200m: 2:41.29	42.31	400m: 5:32.99	43.82	600m: 8:27.58	44.26	800m: 11:20.60	41.56	
5.	Derek Valkenier		MSV-Zeemacht	NED	199207397		<b>11:30.06</b>	+0.82	
	50m: 38.19	38.19	250m: 3:27.73	43.12	450m: 6:20.55	43.59	650m: 9:18.73	45.30	
	100m: 1:19.33	41.14	300m: 4:11.00	43.27	500m: 7:05.07	44.52	700m: 10:03.10	44.37	
	150m: 2:01.62	42.29	350m: 4:54.06	43.06	550m: 7:49.06	43.99	750m: 10:47.11	44.01	
	200m: 2:44.61	42.99	400m: 5:36.96	42.90	600m: 8:33.43	44.37	800m: 11:30.06	42.95	
<b>35+</b>									
1.	Matteo Viani		Zwemlust- den Hommel	NED	199007717		<b>9:23.16</b>	+0.73	
	50m: 31.54	31.54	250m: 2:49.72	34.79	450m: 5:10.85	35.51	650m: 7:35.01	36.24	
	100m: 1:06.03	34.49	300m: 3:24.50	34.78	500m: 5:46.69	35.84	700m: 8:11.48	36.47	
	150m: 1:40.59	34.56	350m: 3:59.83	35.33	550m: 6:22.59	35.90	750m: 8:47.43	35.95	
	200m: 2:14.93	34.34	400m: 4:35.34	35.51	600m: 6:58.77	36.18	800m: 9:23.16	35.73	
2.	Tim Bunnik		Triton	NED	199000505		<b>10:04.75</b>	+0.79	
	50m: 33.24	33.24	250m: 3:04.91	38.34	450m: 5:39.47	38.55	650m: 8:13.82	38.33	
	100m: 1:10.40	37.16	300m: 3:43.46	38.55	500m: 6:18.15	38.68	700m: 8:52.10	38.28	
	150m: 1:48.41	38.01	350m: 4:22.09	38.63	550m: 6:57.08	38.93	750m: 9:28.74	36.64	
	200m: 2:26.57	38.16	400m: 5:00.92	38.83	600m: 7:35.49	38.41	800m: 10:04.75	36.01	
3.	Matthew Humphreys		MSV-Zeemacht	NED	198906983		<b>10:06.72</b>	+0.82	
	50m: 32.64	32.64	250m: 3:01.50	37.69	450m: 5:36.72	39.18	650m: 8:12.48	38.86	
	100m: 1:08.55	35.91	300m: 3:39.83	38.33	500m: 6:15.36	38.64	700m: 8:51.07	38.59	
	150m: 1:45.98	37.43	350m: 4:18.30	38.47	550m: 6:54.07	38.71	750m: 9:30.37	39.30	
	200m: 2:23.81	37.83	400m: 4:57.54	39.24	600m: 7:33.62	39.55	800m: 10:06.72	36.35	
4.	Niels Albrechts		De Schotejil	NED	198800039		<b>10:20.98</b>	+0.85	
	50m: 34.68	34.68	250m: 3:09.79	39.59	450m: 5:47.43	39.65	650m: 8:26.50	39.81	
	100m: 1:12.67	37.99	300m: 3:48.59	38.80	500m: 6:26.66	39.23	700m: 9:05.70	39.20	
	150m: 1:51.59	38.92	350m: 4:28.20	39.61	550m: 7:06.71	40.05	750m: 9:45.06	39.36	
	200m: 2:30.20	38.61	400m: 5:07.78	39.58	600m: 7:46.69	39.98	800m: 10:20.98	35.92	
5.	Wessel Everloo		WS Twente	NED	198906597	S14	<b>10:22.60</b>	+1.02	
	50m: 35.12	35.12	250m: 3:10.80	38.58	450m: 5:48.84	39.60	650m: 8:28.99	41.10	
	100m: 1:13.35	38.23	300m: 3:50.15	39.35	500m: 6:28.90	40.06	700m: 9:08.74	39.75	
	150m: 1:52.65	39.30	350m: 4:29.13	38.98	550m: 7:07.77	38.87	750m: 9:47.96	39.22	
	200m: 2:32.22	39.57	400m: 5:09.24	40.11	600m: 7:47.89	40.12	800m: 10:22.60	34.64	
<b>40+</b>									
1.	Pieter Pickhardt		ZPC De Hof	NED	198301657		<b>10:07.07</b>	+0.84	
	50m: 33.53	33.53	250m: 3:04.96	38.42	450m: 5:39.66	38.62	650m: 8:14.18	38.41	
	100m: 1:10.42	36.89	300m: 3:43.38	38.42	500m: 6:18.52	38.86	700m: 8:52.82	38.64	
	150m: 1:48.29	37.87	350m: 4:22.02	38.64	550m: 6:57.01	38.49	750m: 9:30.84	38.02	
	200m: 2:26.54	38.25	400m: 5:01.04	39.02	600m: 7:35.77	38.76	800m: 10:07.07	36.23	
2.	Frank v.d. Voordt		De Schotejil	NED	198302259		<b>10:40.66</b>	+0.77	
	50m: 34.07	34.07	250m: 3:11.78	40.09	450m: 5:54.96	41.15	650m: 8:39.27	41.16	
	100m: 1:12.25	38.18	300m: 3:52.42	40.64	500m: 6:36.07	41.11	700m: 9:19.91	40.64	
	150m: 1:51.48	39.23	350m: 4:32.84	40.42	550m: 7:17.21	41.14	750m: 10:00.46	40.55	
	200m: 2:31.69	40.21	400m: 5:13.81	40.97	600m: 7:58.11	40.90	800m: 10:40.66	40.20	
3.	Yuri van Omme		Zwemvereniging Hoogland	NED	198501887		<b>10:45.44</b>	+0.82	
	50m: 33.60	33.60	250m: 3:12.14	39.85	450m: 5:55.36	40.82	650m: 8:42.82	42.00	
	100m: 1:12.34	38.74	300m: 3:53.08	40.94	500m: 6:37.04	41.68	700m: 9:25.17	42.35	
	150m: 1:51.57	39.23	350m: 4:33.22	40.14	550m: 7:18.47	41.43	750m: 10:05.88	40.71	
	200m: 2:32.29	40.72	400m: 5:14.54	41.32	600m: 8:00.82	42.35	800m: 10:45.44	39.56	
4.	Rob van Wanrooy		Albion	NED	198202627		<b>11:26.37</b>	+0.77	
	50m: 36.53	36.53	250m: 3:21.51	42.49	450m: 6:16.38	44.39	650m: 9:15.01	44.55	
	100m: 1:16.42	39.89	300m: 4:04.35	42.84	500m: 7:01.15	44.77	700m: 9:59.36	44.35	
	150m: 1:57.41	40.99	350m: 4:47.91	43.56	550m: 7:45.88	44.73	750m: 10:43.79	44.43	
	200m: 2:39.02	41.61	400m: 5:31.99	44.08	600m: 8:30.46	44.58	800m: 11:26.37	42.58	
5.	Sander van Tilburg		De Biesboschzweimmers	NED	198604609		<b>11:46.74</b>	+0.83	
	50m: 38.37	38.37	250m: 3:33.19	45.24	450m: 6:35.07	45.94	650m: 9:36.91	45.74	
	100m: 1:20.37	42.00	300m: 4:18.34	45.15	500m: 7:20.28	45.21	700m: 10:21.21	44.30	
	150m: 2:04.14	43.77	350m: 5:04.04	45.70	550m: 8:05.97	45.69	750m: 11:05.40	44.19	
	200m: 2:47.95	43.81	400m: 5:49.13	45.09	600m: 8:51.17	45.20	800m: 11:46.74	41.34	





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



Programmanr. 30, Heren, 800m vrije slag

45+

1. Martijn Butter	OEZA	NED	197900231	<b>9:44.64</b>	+0.77
50m: 33.46	250m: 3:00.14	37.40	450m: 5:28.51	37.40	650m: 7:56.70
100m: 1:09.17	300m: 3:37.01	37.12	500m: 6:05.63	37.12	700m: 8:33.45
150m: 1:46.06	350m: 4:14.22	36.92	550m: 6:42.55	36.92	750m: 9:10.43
200m: 2:23.01	400m: 4:51.11	36.89	600m: 7:19.55	37.00	800m: 9:44.64
2. Gergely Molnár	Iron Swim	HUN	66/752	<b>9:45.49</b>	+0.81
50m: 32.20	250m: 2:58.47	36.86	450m: 5:27.74	37.02	650m: 7:58.01
100m: 1:08.12	300m: 3:35.61	37.14	500m: 6:06.08	38.34	700m: 8:35.19
150m: 1:44.65	350m: 4:12.97	37.36	550m: 6:43.02	36.94	750m: 9:11.05
200m: 2:21.61	400m: 4:50.72	37.75	600m: 7:21.30	38.28	800m: 9:45.49
3. Ivo Roozeboom	WVZ	NED	197700801	<b>10:17.06</b>	+0.77
50m: 32.81	250m: 3:10.44	39.51	450m: 5:48.01	38.88	650m: 8:23.37
100m: 1:11.20	300m: 3:50.36	39.92	500m: 6:27.06	39.05	700m: 9:01.97
150m: 1:50.83	350m: 4:29.61	39.25	550m: 7:05.94	38.88	750m: 9:40.15
200m: 2:30.93	400m: 5:09.13	39.52	600m: 7:44.86	38.92	800m: 10:17.06
4. Marcel Reefhuis	WS Twente	NED	198101381	<b>10:38.52</b>	+0.66
50m: 34.39	250m: 3:13.86	40.00	450m: 5:55.58	40.10	650m: 8:39.82
100m: 1:13.43	300m: 3:54.28	40.42	500m: 6:36.77	41.19	700m: 9:21.04
150m: 1:53.21	350m: 4:34.67	40.39	550m: 7:17.62	40.85	750m: 10:00.82
200m: 2:33.86	400m: 5:15.48	40.81	600m: 7:59.46	41.84	800m: 10:38.52
5. Freddie Geerlings	Zwemsport Parkstad	NED	197900379	<b>11:02.05</b>	+0.89
50m: 36.27	250m: 3:19.75	41.71	450m: 6:08.59	42.19	650m: 8:59.27
100m: 1:16.23	300m: 4:01.80	42.05	500m: 6:51.28	42.69	700m: 9:42.15
150m: 1:56.70	350m: 4:43.71	41.91	550m: 7:34.01	42.73	750m: 10:24.61
200m: 2:38.04	400m: 5:26.40	42.69	600m: 8:16.78	42.77	800m: 11:02.05
6. Tom Bandsma	PSV	NED	197701625	<b>11:42.28</b>	+1.07
50m: 38.72	250m: 3:32.91	44.12	450m: 6:31.37	44.36	650m: 9:29.23
100m: 1:21.48	300m: 4:17.69	44.78	500m: 7:16.09	44.72	700m: 10:14.03
150m: 2:05.00	350m: 5:02.21	44.52	550m: 8:00.52	44.43	750m: 10:58.52
200m: 2:48.79	400m: 5:47.01	44.80	600m: 8:44.95	44.43	800m: 11:42.28
7. Arjen Koop	ENC Arnhem	NED	197900697	<b>11:48.64</b>	+0.74
50m: 38.85	250m: 3:38.15	46.00	450m: 6:37.82	44.72	650m: 9:39.47
100m: 1:22.24	300m: 4:22.45	44.30	500m: 7:23.14	45.32	700m: 10:24.66
150m: 2:06.94	350m: 5:08.02	45.57	550m: 8:08.50	45.36	750m: 11:07.18
200m: 2:52.15	400m: 5:53.10	45.08	600m: 8:53.89	45.39	800m: 11:48.64

50+

1. Kai Kremer	SG Erkelenz-Hückelhoven	GER	468899	<b>12:08.70</b>	+0.83
50m: 37.03	250m: 3:36.77	45.88	450m: 6:42.65	46.37	650m: 9:48.34
100m: 1:19.89	300m: 4:23.17	46.40	500m: 7:30.29	47.64	700m: 10:36.59
150m: 2:04.55	350m: 5:09.49	46.32	550m: 8:15.30	45.01	750m: 11:22.96
200m: 2:50.89	400m: 5:56.28	46.79	600m: 9:02.14	46.84	800m: 12:08.70
2. Ditmar Schelhaas	De Mors	NED	197501593	<b>12:18.81</b>	+1.07
50m: 37.71	250m: 3:35.49	46.63	450m: 6:46.72	48.20	650m: 9:59.57
100m: 1:19.27	300m: 4:22.97	47.48	500m: 7:35.18	48.46	700m: 10:47.65
150m: 2:03.15	350m: 5:10.52	47.55	550m: 8:23.25	48.07	750m: 11:34.39
200m: 2:48.86	400m: 5:58.52	48.00	600m: 9:11.65	48.40	800m: 12:18.81
3. Wouter van der Stelt	De Biesboschzwemmers	NED	197200889	<b>12:38.71</b>	+0.90
50m: 40.09	250m: 3:46.16	47.56	450m: 6:58.89	48.27	650m: 10:12.37
100m: 1:24.89	300m: 4:34.01	47.85	500m: 7:47.35	48.46	700m: 11:01.30
150m: 2:11.41	350m: 5:22.12	48.11	550m: 8:35.64	48.29	750m: 11:50.42
200m: 2:58.60	400m: 6:10.62	48.50	600m: 9:23.90	48.26	800m: 12:38.71

55+

1. Axel Werkhausen	SSF Bonn	GER	451927	<b>9:55.41</b>	+0.76
50m: 32.81	250m: 2:59.98	37.37	450m: 5:31.79	38.16	650m: 8:04.07
100m: 1:08.30	300m: 3:37.72	37.74	500m: 6:09.74	37.95	700m: 8:42.09
150m: 1:44.94	350m: 4:15.75	38.03	550m: 6:47.84	38.10	750m: 9:19.49
200m: 2:22.61	400m: 4:53.63	37.88	600m: 7:25.99	38.15	800m: 9:55.41
2. Richard Ricksen	Hellas-Glana	NED	197000841	<b>10:58.00</b>	+0.88
50m: 36.12	250m: 3:20.45	41.15	450m: 6:09.88	42.31	650m: 8:57.65
100m: 1:16.26	300m: 4:02.87	42.42	500m: 6:52.39	42.51	700m: 9:37.82
150m: 1:57.15	350m: 4:45.09	42.22	550m: 7:34.53	42.14	750m: 10:18.36
200m: 2:39.30	400m: 5:27.57	42.48	600m: 8:16.87	42.34	800m: 10:58.00
3. Chris Kouwenhoven	De Grunte	NED	197101669	<b>11:10.93</b>	+1.00
50m: 37.09	250m: 3:24.37	42.39	450m: 6:14.94	43.18	650m: 9:06.32
100m: 1:17.85	300m: 4:06.51	42.14	500m: 6:57.76	42.82	700m: 9:48.76
150m: 1:59.86	350m: 4:49.49	42.98	550m: 7:40.82	43.06	750m: 10:31.44
200m: 2:41.98	400m: 5:31.76	42.27	600m: 8:23.22	42.40	800m: 11:10.93



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



Programmanr. 30, Heren, 800m vrije slag, 55+

rang	naam	vereniging					tijd	RT	PARA
4.	Jan-Willem van den Berg	WVZ	NED 196801575				<b>11:13.37</b>	<b>+0.73</b>	
	50m: 36.02	36.02	250m: 3:28.18	43.55	450m: 6:20.67	43.15	650m: 9:10.75	42.17	
	100m: 1:17.12	41.10	300m: 4:11.63	43.45	500m: 7:03.21	42.54	700m: 9:52.96	42.21	
	150m: 2:00.38	43.26	350m: 4:54.57	42.94	550m: 7:46.04	42.83	750m: 10:34.18	41.22	
	200m: 2:44.63	44.25	400m: 5:37.52	42.95	600m: 8:28.58	42.54	800m: 11:13.37	39.19	
5.	Eduard Leusink	De Mors	NED 196901573				<b>11:51.30</b>	<b>+0.91</b>	
	50m: 38.10	38.10	250m: 3:32.49	44.96	450m: 6:36.59	45.51	650m: 9:37.39	45.11	
	100m: 1:19.80	41.70	300m: 4:18.42	45.93	500m: 7:22.07	45.48	700m: 10:23.13	45.74	
	150m: 2:02.68	42.88	350m: 5:04.54	46.12	550m: 8:07.02	44.95	750m: 11:08.28	45.15	
	200m: 2:47.53	44.85	400m: 5:51.08	46.54	600m: 8:52.28	45.26	800m: 11:51.30	43.02	
6.	Leon Slingerland	WVZ	NED 196801707				<b>12:08.62</b>	<b>+0.96</b>	
	50m: 38.02	38.02	250m: 3:42.64	46.94	450m: 6:50.87	46.91	650m: 9:56.51	46.20	
	100m: 1:22.91	44.89	300m: 4:29.52	46.88	500m: 7:37.36	46.49	700m: 10:41.70	45.19	
	150m: 2:09.07	46.16	350m: 5:16.78	47.26	550m: 8:24.34	46.98	750m: 11:26.87	45.17	
	200m: 2:55.70	46.63	400m: 6:03.96	47.18	600m: 9:10.31	45.97	800m: 12:08.62	41.75	

60+

1.	Bob de Vries	SG Octopus - ZVV	NED 196601101				<b>10:07.98</b>	<b>+0.71</b>	
	50m: 31.66	31.66	250m: 3:02.95	37.85	450m: 5:36.61	38.54	650m: 8:12.45	38.87	
	100m: 1:08.88	37.22	300m: 3:40.95	38.00	500m: 6:15.59	38.98	700m: 8:51.64	39.19	
	150m: 1:46.68	37.80	350m: 4:19.06	38.11	550m: 6:54.14	38.55	750m: 9:30.20	38.56	
	200m: 2:25.10	38.42	400m: 4:58.07	39.01	600m: 7:33.58	39.44	800m: 10:07.98	37.78	
2.	Jon Christensen	Luxembourg Sharks Swimming CLUX	10008				<b>10:36.88</b>	<b>+0.75</b>	
	50m: 35.67	35.67	250m: 3:13.46	40.17	450m: 5:53.25	40.18	650m: 8:36.83	41.60	
	100m: 1:14.14	38.47	300m: 3:53.19	39.73	500m: 6:33.54	40.29	700m: 9:17.65	40.82	
	150m: 1:53.50	39.36	350m: 4:33.16	39.97	550m: 7:14.18	40.64	750m: 9:57.94	40.29	
	200m: 2:33.29	39.79	400m: 5:13.07	39.91	600m: 7:55.23	41.05	800m: 10:36.88	38.94	
3.	Henri Michels	De Amstel	NED 196501587				<b>11:32.64</b>	<b>+0.86</b>	
	50m: 37.55	37.55	250m: 3:28.14	43.62	450m: 6:22.86	44.11	650m: 9:20.62	44.58	
	100m: 1:18.57	41.02	300m: 4:11.88	43.74	500m: 7:07.07	44.21	700m: 10:05.36	44.74	
	150m: 2:01.51	42.94	350m: 4:55.52	43.64	550m: 7:51.34	44.27	750m: 10:49.95	44.59	
	200m: 2:44.52	43.01	400m: 5:38.75	43.23	600m: 8:36.04	44.70	800m: 11:32.64	42.69	
4.	Jeroen Wilmer	Enkhuizer Zwem Vereniging	NED 196601711				<b>12:12.75</b>	<b>+0.97</b>	
	50m: 40.87	40.87	250m: 3:45.56	46.51	450m: 6:52.41	46.65	650m: 9:58.41	46.68	
	100m: 1:26.37	45.50	300m: 4:32.64	47.08	500m: 7:39.27	46.86	700m: 10:45.18	46.77	
	150m: 2:12.21	45.84	350m: 5:19.07	46.43	550m: 8:25.28	46.01	750m: 11:30.39	45.21	
	200m: 2:59.05	46.84	400m: 6:05.76	46.69	600m: 9:11.73	46.45	800m: 12:12.75	42.36	
5.	Peter Janssen	Team Noord Holland (SG)	NED 196201307				<b>12:42.31</b>	<b>+1.06</b>	
	50m: 43.36	43.36	250m: 3:57.04	48.69	450m: 7:10.09	48.01	650m: 10:21.32	47.37	
	100m: 1:31.04	47.68	300m: 4:45.71	48.67	500m: 7:58.24	48.15	700m: 11:09.03	47.71	
	150m: 2:19.35	48.31	350m: 5:33.87	48.16	550m: 8:46.00	47.76	750m: 11:56.11	47.08	
	200m: 3:08.35	49.00	400m: 6:22.08	48.21	600m: 9:33.95	47.95	800m: 12:42.31	46.20	
6.	Erik Saan	De Duck	NED 196500769				<b>13:06.04</b>	<b>+1.09</b>	
	50m: 41.38	41.38	250m: 3:56.51	50.80	450m: 7:22.41	51.85	650m: 10:45.19	49.33	
	100m: 1:27.05	45.67	300m: 4:47.29	50.78	500m: 8:13.70	51.29	700m: 11:34.77	49.58	
	150m: 2:16.70	49.65	350m: 5:38.60	51.31	550m: 9:05.02	51.32	750m: 12:22.43	47.66	
	200m: 3:05.71	49.01	400m: 6:30.56	51.96	600m: 9:55.86	50.84	800m: 13:06.04	43.61	

65+

1.	Marten de Groot	HZ&PC Heerenveen	NED 195800149				<b>11:00.16</b>	<b>+0.84</b>	
	50m: 36.91	36.91	250m: 3:22.13	41.41	450m: 6:09.18	41.93	650m: 8:57.26	42.63	
	100m: 1:18.05	41.14	300m: 4:04.26	42.13	500m: 6:51.06	41.88	700m: 9:39.63	42.37	
	150m: 1:59.35	41.30	350m: 4:45.42	41.16	550m: 7:32.58	41.52	750m: 10:21.55	41.92	
	200m: 2:40.72	41.37	400m: 5:27.25	41.83	600m: 8:14.63	42.05	800m: 11:00.16	38.61	
2.	Dirk Zeterberg	Zehlendorfer TSV von 1888	GER 101339				<b>11:45.69</b>	<b>+0.89</b>	
	50m: 38.71	38.71	250m: 3:34.72	44.05	450m: 6:33.87	44.77	650m: 9:33.84	44.77	
	100m: 1:22.43	43.72	300m: 4:19.74	45.02	500m: 7:19.07	45.20	700m: 10:18.95	45.11	
	150m: 2:06.32	43.89	350m: 5:04.22	44.48	550m: 8:04.05	44.98	750m: 11:03.67	44.72	
	200m: 2:50.67	44.35	400m: 5:49.10	44.88	600m: 8:49.07	45.02	800m: 11:45.69	42.02	
3.	Rene Janssen	Team Noord Holland (SG)	NED 195700169				<b>12:20.55</b>	<b>+0.93</b>	
	50m: 41.54	41.54	250m: 3:47.57	46.83	450m: 6:57.25	47.36	650m: 10:04.16	46.30	
	100m: 1:26.87	45.33	300m: 4:35.56	47.99	500m: 7:44.18	46.93	700m: 10:50.84	46.68	
	150m: 2:13.55	46.68	350m: 5:22.67	47.11	550m: 8:31.09	46.91	750m: 11:36.52	45.68	
	200m: 3:00.74	47.19	400m: 6:09.89	47.22	600m: 9:17.86	46.77	800m: 12:20.55	44.03	
4.	Wim de Lange	AZC	NED 195800533				<b>13:20.08</b>	<b>+0.85</b>	
	50m: 43.21	43.21	250m: 4:02.12	50.43	450m: 7:25.23	51.65	650m: 10:50.99	51.58	
	100m: 1:31.07	47.86	300m: 4:52.28	50.16	500m: 8:15.84	50.61	700m: 11:41.50	50.51	
	150m: 2:21.27	50.20	350m: 5:42.99	50.71	550m: 9:07.62	51.78	750m: 12:31.81	50.31	
	200m: 3:11.69	50.42	400m: 6:33.58	50.59	600m: 9:59.41	51.79	800m: 13:20.08	48.27	



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



Programmanr. 30, Heren, 800m vrije slag, 65+

rang	naam	vereniging	tijd	RT	PARA			
5.	Bart van Calker	WS Twente	<b>13:53.16</b>	<b>+0.97</b>				
	50m: 44.62	44.62	250m: 4:12.61	53.27	450m: 7:47.71	54.23	650m: 11:21.17	53.41
	100m: 1:34.95	50.33	300m: 5:06.71	54.10	500m: 8:41.21	53.50	700m: 12:14.17	53.00
	150m: 2:25.82	50.87	350m: 5:59.68	52.97	550m: 9:34.08	52.87	750m: 13:06.20	52.03
	200m: 3:19.34	53.52	400m: 6:53.48	53.80	600m: 10:27.76	53.68	800m: 13:53.16	46.96
6.	Lex Hoogendam	ZZ&PC De Devel	<b>14:13.20</b>	<b>+0.96</b>				
	50m: 43.37	43.37	250m: 4:11.94	53.57	450m: 7:49.06	54.97	650m: 11:29.99	55.71
	100m: 1:32.97	49.60	300m: 5:05.95	54.01	500m: 8:43.65	54.59	700m: 12:24.80	54.81
	150m: 2:25.33	52.36	350m: 6:00.04	54.09	550m: 9:39.60	55.95	750m: 13:20.46	55.66
	200m: 3:18.37	53.04	400m: 6:54.09	54.05	600m: 10:34.28	54.68	800m: 14:13.20	52.74

70+

1.	Henk Slomp	De Inktvis	<b>12:07.98</b>	<b>+0.94</b>				
	50m: 38.86	38.86	250m: 3:42.15	46.55	450m: 6:49.28	46.53	650m: 9:55.76	46.19
	100m: 1:23.04	44.18	300m: 4:28.81	46.66	500m: 7:37.19	47.91	700m: 10:42.46	46.70
	150m: 2:09.40	46.36	350m: 5:15.86	47.05	550m: 8:23.36	46.17	750m: 11:26.84	44.38
	200m: 2:55.60	46.20	400m: 6:02.75	46.89	600m: 9:09.57	46.21	800m: 12:07.98	41.14
2.	Jan Preuter	De Mors	<b>12:30.08</b>	<b>+1.17</b>				
	50m: 39.72	39.72	250m: 3:46.69	47.35	450m: 6:59.01	48.12	650m: 10:10.74	48.27
	100m: 1:25.56	45.84	300m: 4:34.83	48.14	500m: 7:46.83	47.82	700m: 10:42.01	47.27
	150m: 2:12.53	46.97	350m: 5:23.05	48.22	550m: 8:34.67	47.84	750m: 11:44.79	46.78
	200m: 2:59.34	46.81	400m: 6:10.89	47.84	600m: 9:22.47	47.80	800m: 12:30.08	45.29

75+

1.	Wout Hemmes	De Plons	<b>14:43.79</b>	<b>+1.01</b>				
	50m: 47.91	47.91	250m: 4:33.43	56.82	450m: 8:20.74	57.37	650m: 12:05.29	55.79
	100m: 1:42.94	55.03	300m: 5:29.94	56.51	500m: 9:17.51	56.77	700m: 12:59.99	54.70
	150m: 2:39.66	56.72	350m: 6:26.84	56.90	550m: 10:13.69	56.18	750m: 13:53.95	53.96
	200m: 3:36.61	56.95	400m: 7:23.37	56.53	600m: 11:09.50	55.81	800m: 14:43.79	49.84
2.	Jos Kamps	Zwemvereniging Hoogland	<b>15:23.34</b>	<b>+1.16</b>				
	50m: 46.67	46.67	250m: 4:33.89	57.85	450m: 8:32.68	59.80	650m: 12:31.03	58.80
	100m: 1:41.82	55.15	300m: 5:34.67	1:00.78	500m: 9:33.04	1:00.36	700m: 13:30.36	59.33
	150m: 2:38.36	56.54	350m: 6:33.15	58.48	550m: 10:32.26	59.22	750m: 14:29.83	59.47
	200m: 3:36.04	57.68	400m: 7:32.88	59.73	600m: 11:32.23	59.97	800m: 15:23.34	53.51
3.	Piet Schop	De Bevelanders	<b>16:31.44</b>	<b>+0.76</b>				
	50m: 53.42	53.42	250m: 5:07.16	1:04.77	450m: 9:22.08	1:04.56	650m: 13:30.48	59.94
	100m: 1:53.81	1:00.39	300m: 6:10.90	1:03.74	500m: 10:26.14	1:04.06	700m: 14:33.86	1:03.38
	150m: 2:58.86	1:05.05	350m: 7:13.67	1:02.77	550m: 11:27.38	1:01.24	750m: 15:32.49	58.63
	200m: 4:02.39	1:03.53	400m: 8:17.52	1:03.85	600m: 12:30.54	1:03.16	800m: 16:31.44	58.95

80+

1.	Willem Putter	ZV Vlaardingen-Schiedam	<b>15:28.13</b>	<b>+1.21</b>				
	50m: 49.63	49.63	250m: 4:44.24	59.07	450m: 8:42.02	58.97	650m: 12:40.39	58.41
	100m: 1:45.86	56.23	300m: 5:43.96	59.72	500m: 9:42.62	1:00.60	700m: 13:39.06	58.67
	150m: 2:45.54	59.68	350m: 6:43.36	59.40	550m: 10:41.80	59.18	750m: 14:36.08	57.02
	200m: 3:45.17	59.63	400m: 7:43.05	59.69	600m: 11:41.98	1:00.18	800m: 15:28.13	52.05
2.	Geza Kaltenecker	AZC	<b>17:51.72</b>	<b>+1.03</b>				
	50m: 56.07	56.07	250m: 5:29.85	1:10.08	450m: 10:07.87	1:08.81	650m: 14:39.24	1:07.92
	100m: 2:02.06	1:05.99	300m: 6:40.48	1:10.63	500m: 11:15.84	1:07.97	700m: 15:46.85	1:07.61
	150m: 3:10.60	1:08.54	350m: 7:49.65	1:09.17	550m: 12:23.67	1:07.83	750m: 16:52.70	1:05.85
	200m: 4:19.77	1:09.17	400m: 8:59.06	1:09.41	600m: 13:31.32	1:07.65	800m: 17:51.72	59.02