



Programmanr. 32  
3-5-2026 - 11:37

4 x 100m vrije slag

Masters Open  
Resultaten

rang	vereniging	tijd	RT	PARA
<b>Masters 80+, Dames</b>				
1.	ENC Arnhem 1	<b>4:35.29</b>	+0.86	
	Nienke Lammers +0.86 31.55 1:08.00	+0.36 32.76 1:09.17		
	Luna Uytendewilligen +0.25 32.14 1:09.38	+0.66 31.91 1:08.74		
2.	SG Octopus - ZVV 1	<b>4:37.42</b>	+0.74	
	Ilse Wild +0.74 32.68 1:08.25	+0.42 33.62 1:11.77		
	Lois Hofman +0.39 35.26 1:13.58	+0.73 30.52 1:03.82		
<b>100+, Dames</b>				
1.	NieMo Barracuda 2	<b>4:20.12</b>	+0.74	
	Anouchka Bos +0.74 29.93 1:02.11	+0.25 29.68 1:02.62		
	Esmée Rolloos +0.14 33.45 1:11.25	+0.38 30.89 1:04.14		
2.	PSV 2	<b>4:36.62</b>	+0.74	
	Birgit Hage +0.74 33.69 1:10.52	+0.45 32.09 1:07.62		
	Esther Timersma +0.25 33.67 1:09.98	+0.72 33.46 1:08.50		
3.	De Duck 1	<b>4:42.94</b>	+0.69	
	Noa de Bock +0.69 32.77 1:08.61	+0.44 34.82 1:14.90		
	Judith Kleinjan +0.55 33.75 1:12.53	+0.34 30.28 1:06.90		
<b>120+, Dames</b>				
1.	HZ&PC Heerenveen 2	<b>4:32.69</b>	+0.71	
	Lianne van Wier +0.71 31.21 1:05.25	+0.48 30.61 1:03.01		
	Inge Dekker +0.41 31.45 1:06.11	+0.58 37.55 1:18.32		
2.	DZ&PC 1	<b>4:38.92</b>	+0.77	
	Dyonne Bruggeling +0.77 33.22 1:12.39	+0.52 34.38 1:10.76		
	Krista de Reus-Trompetter +0.62 34.48 1:11.12	+0.51 30.85 1:04.65		
3.	ZPC Amersfoort 4	<b>4:42.27</b>	+0.71	
	Mandy Swart +0.71 33.36 1:11.09	+0.26 32.87 1:11.91		
	Angela Giezen +0.47 35.88 1:15.07	+0.30 30.22 1:04.20		
4.	MSV-Zeemacht 2	<b>4:52.91</b>	+0.82	
	Amber van der Kruk +0.82 30.27 1:04.43	+0.55 32.06 1:07.44		
	Annette van Dok +0.51 45.24 1:36.96	+0.21 28.78 1:04.08		
5.	De Geul 2	<b>5:05.05</b>	+0.75	
	Marcha Admiraal +0.75 30.17 1:02.99	+0.72 47.95 1:38.34		
	Eline Molle +0.61 36.18 1:15.45	+0.60 32.54 1:08.27		
<b>160+, Dames</b>				
1.	Old Dutch 1	<b>4:44.48</b>	+0.79	
	Anne-Marie Verschoor-Vos +0.79 31.97 1:07.52	+0.57 34.44 1:13.29		
	Chantal Verhoeff +0.50 34.20 1:13.28	+0.55 33.56 1:10.39		
2.	De Geul 1	<b>5:05.92</b>	+0.68	
	Faustine Mussig +0.68 31.00 1:05.32	+0.41 45.30 1:38.02		
	Marijke Campfens +0.55 36.17 1:15.61	+0.62 31.36 1:06.97		
3.	Steenwijk 1934 2	<b>5:13.64</b>	+0.78	
	Leonie Scholten +0.78 38.92 1:25.43	+0.40 34.59 1:14.06		
	Astrid Wibbelink +0.40 33.47 1:11.82	+0.40 38.82 1:22.33		
<b>200+, Dames</b>				
1.	GZC Donk 1	<b>5:48.13</b>	+0.91	
	Lia Bijkerk +0.91 44.95 1:34.52	+0.59 42.89 1:31.15		
	Rene Kleinveld +0.39 36.83 1:19.57	+0.53 39.42 1:22.89		



Programmanr. 32, 4 x 100m vrije slag

240+, Dames

1.	SWOL 1894 1	SWOL 1894	NED	<b>5:22.03</b>	+0.76
	Christine Nieuwenhuis	+0.76 37.01 1:20.99	Marijke Kraak-Beckers	+0.51 38.22 1:20.11	
	Annet Kootstra	+0.49 40.61 1:25.73	Mireille Nijhuis	+0.74 35.25 1:15.20	
2.	ENC Arnhem 3	ENC Arnhem	NED	<b>5:56.57</b>	+0.76
	Karin van der Star-Verhoeven	+0.76 38.05 1:20.83	Yoka de Vegt-van Dijk	+0.57 43.73 1:30.85	
	Marion Kolkman-Pluim	+0.79 45.91 1:34.48	Marleen Schuurung	+0.57 43.87 1:30.41	
AFGEM	ZPC Amersfoort 2	ZPC Amersfoort	NED		

320+, Dames

1.	PSV 1	PSV	NED	<b>7:39.90</b>	+1.26
	<i>Europees Masters Record, tevens NMR Lottie Geurts Dames 90+ 100m vrije slag</i>				
	Lottie Geurts	+1.26 1:01.40 2:11.21	Gonnie Bak	+0.75 54.61 1:58.54	
	Ineke Brouwers	+0.72 54.01 1:57.99	Corrie Verhoeven	+0.39 43.33 1:32.16	

Masters 80+, Heren

1.	DZ&PC 2	DZ&PC	NED	<b>3:41.04</b>	+0.69
	<i>Nederlands Masters Record</i>				
	Colin Bes	+0.69 25.18 53.17	Tycho Veenstra	+0.36 27.94 58.70	
	Floris Stork	+0.31 24.85 52.38	Ruben Trompetter	+0.75 27.21 56.79	
2.	ZPC Woerden 1	ZPC Woerden	NED	<b>3:59.70</b>	+0.68
	Ian Terlouw	+0.68 26.92 57.75	Ruben Zwartbol	+0.38 28.36 1:00.35	
	Milan de Roo	+0.46 29.03 1:01.38	Daan Hoogendoorn	+0.54 28.70 1:00.22	

100+, Heren

1.	De Schotejil 1	De Schotejil	NED	<b>4:11.17</b>	+0.74
	Dennis van der Bok	+0.74 31.67 1:07.10	Frank v.d. Voordt	+0.57 31.60 1:06.29	
	David Kievit	+0.49 28.93 1:00.53	Jacob Mackloet	+0.30 27.21 57.25	
2.	De Rijn 1	De Rijn	NED	<b>4:22.60</b>	+0.70
	Rick Haanschoten	+0.70 30.91 1:03.70	Rick van Nieuwenhuizen	+0.58 33.41 1:14.87	
	Jeroen Louwinger	+0.34 29.10 1:01.78	Sjoerd Boogert	+0.40 28.93 1:02.25	

120+, Heren

1.	ENC Arnhem 2	ENC Arnhem	NED	<b>3:52.12</b>	+0.72
	Peter Rothengatter	+0.72 27.93 58.27	Tim de Vrught	+0.42 27.18 57.82	
	Sander de Vrught	+0.28 27.48 57.55	Kaelan Betrian	+0.27 28.12 58.48	
2.	ZPC Amersfoort 5	ZPC Amersfoort	NED	<b>4:01.53</b>	+0.65
	Dries Cavelaars	+0.65 28.99 1:00.13	Rob van Vliet	+0.34 29.59 1:02.65	
	Jelle Opmeer	+0.30 28.01 59.17	Martijn Bartels	+0.40 28.59 59.58	
3.	WVZ 2	WVZ	NED	<b>4:06.55</b>	+0.76
	Ivo Roozeboom	+0.76 28.42 59.67	Markus van Rest	+0.30 30.87 1:06.17	
	Jordy van Oel	+0.40 29.99 1:02.75	Jasper Breugem	+0.41 27.31 57.96	
4.	MSV-Zeemacht 1	MSV-Zeemacht	NED	<b>4:11.73</b>	+0.67
	Jordi de Nijs	+0.67 27.01 58.18	Marco van der Wulp	+0.56 29.11 1:04.01	
	Derek Valkenier	+0.42 31.89 1:08.37	Matthew Humphreys	+0.57 29.17 1:01.17	
5.	Het Ravijn 1	Het Ravijn	NED	<b>4:19.20</b>	+0.82
	Marcel Zijderhand	+0.82 30.61 1:04.87	Harm Jan Otter	+0.27 30.65 1:04.95	
	Lanco Manaf	+0.32 30.77 1:05.89	William Kruithof	+0.21 29.06 1:03.49	
6.	De Biesboschzwemmers 1	De Biesboschzwemmers	NED	<b>4:39.33</b>	+0.72
	Thomas Verschoor	+0.72 32.79 1:08.85	Sander van Tilburg	+0.49 33.31 1:10.60	
	Wouter van der Stelt	+0.35 34.53 1:14.17	Pieter Pijnenburg	+0.61 31.73 1:05.71	



Programmanr. 32, 4 x 100m vrije slag

160+, Heren

1. ZPC Amersfoort 1 <i>Nederlands Masters Record</i>	ZPC Amersfoort		NED	<b>3:47.63</b>	+0.65		
Darren Chen	+0.65	25.93	54.62	Jeroen Zelsmann	+0.33	26.80	57.57
Jelle Blankestijn	+0.39	26.40	55.57	Chester Marsman	+0.44	28.50	59.87
2. HZ&PC Heerenveen 1	HZ&PC Heerenveen		NED	<b>4:07.50</b>	+0.72		
Richard Kuipers	+0.72	27.15	57.78	René Beetsma	+0.29	31.71	1:07.39
Remco Dijkstra	+0.26	27.16	58.70	Peter de Vries	+0.23	29.65	1:03.63
3. NieMo Barracuda 1	NieMo Barracuda		NED	<b>4:17.34</b>	+0.94		
Dennis Dortland	+0.94	30.49	1:04.45	Marco Horneman	+0.41	30.66	1:06.58
André Noordwijk	+0.45	30.97	1:07.17	Mark Hensen	+0.47	27.77	59.14
4. ZV Hoogland 1	Zwemvereniging Hoogland		NED	<b>4:34.02</b>	+0.92		
Jos Kamps	+0.92	39.75	1:26.18	Yuri van Omme	+0.35	28.67	1:01.39
Bas Dries	+0.39	25.41	53.95	Ruben de Boer	+0.34	34.28	1:12.50

200+, Heren

1. ZPC Amersfoort 3	ZPC Amersfoort		NED	<b>4:00.64</b>	+0.70		
Erwin Buijs	+0.70	27.25	57.66	Edwin van Norden	+0.27	30.82	1:04.07
Johan Remmits	+0.22	30.15	1:03.37	Bas Braun	+0.29	26.31	55.54
2. PSV 3	PSV		NED	<b>4:20.61</b>	+0.70		
Jos de Graaf	+0.70	27.46	57.80	Harold Matla	+0.56	34.19	1:10.67
Eymert van Rooij	+0.19	32.70	1:08.97	Olivier van Heezik	+0.46	30.26	1:03.17
3. De Duinkickers 1	De Duinkickers		NED	<b>4:47.30</b>	+0.88		
Robert de Brauwer	+0.88	35.08	1:15.27	Marcel Brittijn	+0.46	36.28	1:16.43
Mathieu Rikken	+0.68	33.31	1:09.73	Erik Cooman	+0.58	31.79	1:05.87

240+, Heren

1. Oslo I.L. 1 <i>Norwegian Masters Record</i>	Oslo I.L.		NOR	<b>4:08.16</b>	+0.75		
Oddvar Sandvin	+0.75	28.74	1:00.11	Bjørn Werner Johansen	+0.26	31.18	1:06.14
Jarl Inge Melberg	+0.35	27.47	57.81	Erlend Alstad	+0.55	31.50	1:04.10
2. ZPC De Rog 1	ZPC De Rog		NED	<b>4:18.05</b>	+0.71		
Arjan Verheij	+0.71	29.60	1:03.69	Peter Bensen	+0.20	29.25	1:03.09
Rob Spetter	+0.35	31.68	1:08.49	Glen Le Clercq	+0.65	29.90	1:02.78
3. GZC Donk 2	GZC Donk		NED	<b>5:29.64</b>	+1.00		
Peter Coffeng	+1.00	40.96	1:27.73	Jordey Wijnbergen	+0.57	38.53	1:20.95
Pierre de Groot	+0.59	39.58	1:22.09	Willem Jan Ribberink	+0.48	38.93	1:18.87
4. WS Twente 3	WS Twente		NED	<b>5:35.09</b>	+0.91		
Joop Weenink	+0.91	38.32	1:21.03	Bart van Calker	+0.40	39.51	1:22.32
Jack Barends	+0.57	37.59	1:19.59	Jan Willem Heuten	+0.78	42.16	1:32.15

80+, Gemengd

1. ZVL - 1886 1	ZVL - 1886		NED	<b>4:10.76</b>	+0.66		
Silke Molendijk	+0.66	29.92	1:02.21	Fieke Hoogduin	+0.11	32.20	1:08.65
Thijs Huizer	+0.48	28.83	1:01.86	Robin van Beek	+0.34	27.64	58.04
2. ZVL - 1886 3	ZVL - 1886		NED	<b>4:16.66</b>	+0.71		
Jelsie van Ruijven	+0.71	29.49	1:01.38	Lonneke Graansma	+0.56	33.70	1:12.14
Sytze van Stein	+0.39	27.74	1:00.37	Erik Baalbergen	+0.42	29.58	1:02.77
3. De Valken 1	De Valken		NED	<b>4:45.05</b>	+0.75		
Yarnick Visscher	+0.75	31.27	1:06.52	Sharon Oldenkamp	+0.29	32.98	1:10.49
Kimberly Kootstra	+0.18	38.18	1:22.69	Rens Meijberg	+0.23	30.32	1:05.35



Programmanr. 32, 4 x 100m vrije slag

100+, Gemengd

1.	DZ&PC 3 <i>Nederlands Masters Record</i>	DZ&PC	NED	<b>3:47.10</b>	+0.71
	Marre Zandringa	+0.71 28.93	1:00.74	Jelle Betten	+0.20 24.56 51.59
	Sara Kothuis	+0.50 27.15	57.62	Erik Nijholt	+0.45 26.76 57.15
2.	WVZ 1	WVZ	NED	<b>3:49.26</b>	+0.69
	Marit Huisman	+0.69 28.44	59.84	Sander Kirillova	+0.30 26.15 55.63
	Delia Badoux	+0.27 29.36	1:01.71	Scott Jansen	+0.50 24.64 52.08
3.	ZV Hoogland 2	Zwemvereniging Hoogland	NED	<b>4:13.69</b>	+0.67
	Anne-Irene Ducheine	+0.67 32.27	1:08.78	Tim de Zoete	+0.17 27.73 59.81
	Jeffrey Roest	+0.34 29.29	59.99	Jamilla van Omme - van Veen	+0.44 30.59 1:05.11
4.	Orca 1	Orca	NED	<b>4:17.23</b>	+0.72
	Dirk van der Eems	+0.72 29.12	1:03.67	Annemiek Meulenbeld	-0.02 30.64 1:05.39
	Rosalie Baarda	+0.29 33.00	1:10.13	Auke Jan Ytsma	+0.36 27.50 58.04
5.	WS Twente 1	WS Twente	NED	<b>4:23.35</b>	+0.71
	Sander Riezebos	+0.71 28.58	1:00.27	Pien Ooijman	+0.48 33.03 1:09.83
	Roméé Beverdam	+0.35 33.30	1:10.67	Laurens Spoelstra	+0.63 29.20 1:02.58
6.	ZVL - 1886 2	ZVL - 1886	NED	<b>4:31.52</b>	+0.81
	Babet van Andel	+0.81 33.41	1:10.15	Suzan Blankestijn	+0.47 35.08 1:14.53
	Robin van Muijen	+0.71 28.90	1:01.74	Jaime Santiago Patterson	+0.43 29.97 1:05.10

120+, Gemengd

1.	Poseidon'56 1	Poseidon'56	NED	<b>4:18.80</b>	+0.81
	Ryan van den Ouden	+0.81 26.45	56.11	Marcel Vroegindewei	+0.43 30.45 1:03.40
	Kim van Gemert	+0.47 30.44	1:04.36	Tonia Ruybroek	+0.62 35.86 1:14.93
2.	De Treffers 1	De Treffers	NED	<b>4:19.11</b>	+0.71
	Cristina Rodriguez Bouzo	+0.71 32.42	1:09.28	Evita van de Ketterij	+0.44 31.23 1:05.82
	Werner van Wyk	+0.58 31.01	1:03.60	Tim van Grunsvan	+0.40 28.03 1:00.41
3.	DAW 1	DAW	NED	<b>4:20.39</b>	+0.71
	Marouscha de Vries	+0.71 33.54	1:10.62	Sherif Badawy	+0.30 27.28 58.32
	Laura Badoux	+0.35 33.00	1:09.37	Paul Oudendijk	+0.41 29.83 1:02.08
4.	VZC 1	VZC	NED	<b>4:20.49</b>	+0.68
	Tim Seising	+0.68 30.28	1:03.63	Kimberly Whittington	+0.44 32.49 1:08.44
	Olaf Achterberg	+0.47 27.35	57.16	Lisanne Seising	+0.34 33.30 1:11.26
5.	Westland Swimming Stars 1	Westland Swimming Stars	NED	<b>4:31.91</b>	+0.70
	Pieter Broek	+0.70 31.16	1:06.28	Anouk van der Lans	+0.53 35.25 1:14.67
	Patrick Wyrdeман	+0.38 30.05	1:03.59	Kim de Jong	+0.19 31.35 1:07.37
6.	NieMo Barracuda 3	NieMo Barracuda	NED	<b>4:33.85</b>	+0.80
	Marijke Komers	+0.80 33.74	1:10.92	Ids de Klerk	+0.54 31.33 1:07.73
	Tamara van den Brink	+0.41 34.25	1:12.62	Robin van Beusekom	+0.48 30.05 1:02.58
7.	AZC 2	AZC	NED	<b>4:39.70</b>	+0.66
	Jessica Braat	+0.66 33.03	1:11.27	Monique van Huizen	+0.38 33.44 1:09.73
	Ardy Zwanenburg	+0.53 33.11	1:09.57	Patrick Brouwer	+0.60 32.61 1:09.13
8.	HZ&PC Heerenveen 3	HZ&PC Heerenveen	NED	<b>4:47.50</b>	+0.76
	Wiebren Dijkstra	+0.76 38.41	1:24.44	Romy Jalving	+0.24 34.79 1:13.59
	Rob van Wier	+0.65 29.69	1:02.47	Liselotte Schaap	+0.42 32.10 1:07.00
9.	ZOB'66 1	ZOB'66	NED	<b>4:51.11</b>	+0.82
	Julian Mes	+0.82 28.35	1:00.16	Daniëlle Schipper - van Est	+0.45 41.73 1:27.42
	Marit van Krimpen	+0.51 37.33	1:21.16	Ian van Mullem	+0.44 29.24 1:02.37

160+, Gemengd

1.	Zwemlust- den Hommel 1	Zwemlust- den Hommel	NED	<b>4:18.95</b>	+0.74
	Manon Kloosterman	+0.74 30.28	1:03.65	Mark Zwart	+0.45 29.41 1:01.70
	Liesbeth van Mill	+0.50 34.83	1:13.68	Vincent Versteeg	+0.32 28.34 59.92
2.	ACZ 1	ACZ	NED	<b>4:28.70</b>	+0.69
	Ignacio García Rodríguez	+0.69 28.89	1:01.20	Linda van Klei	+0.66 34.23 1:09.40
	Teus Krijgsman	+0.59 33.34	1:11.57	Carol Hollemans	+0.58 31.58 1:06.53
3.	ENC Arnhem 4	ENC Arnhem	NED	<b>4:34.17</b>	+0.68
	Arjen Koop	+0.68 30.00	1:04.52	Marijn Post	+0.40 34.43 1:13.43
	Jordi Jolink	+0.22 29.36	1:02.89	Irmgard van Weeghel	+0.26 34.28 1:13.33
4.	Steenwijk 1934 1	Steenwijk 1934	NED	<b>4:43.73</b>	+0.74
	Jacyntha Plat	+0.74 32.54	1:08.61	Robert Braad	+0.44 27.60 59.26
	Korstiaan de Boer	+0.37 36.76	1:16.41	Wiina Heijman	+0.45 37.46 1:19.45



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



Programmanr. 32, Gemengd, 4 x 100m vrije slag, 160+

rang	vereniging	tijd	RT	PARA
5.	De Inktvis	<b>4:45.30</b>	+0.81	
	Henk Slomp	+0.48	31.38	1:07.65
	Chaira Scholte	+0.55	34.26	1:10.33
6.	WVZ 3	<b>4:47.66</b>	+0.69	
	Lauren van IJl	+0.69	31.92	1:12.80
	Linda Hoogendam	+0.49	38.61	1:04.41
7.	Team Noord Holland (SG) 1	<b>4:53.00</b>	+0.90	
	Anoeska Romein	+0.90	35.52	1:16.45
	Peter Janssen	+0.31	38.60	1:01.92
8.	CN Sportcity Woluwe 1	<b>4:54.97</b>	+0.75	
	Nathalie Blondeel	+0.75	32.89	1:24.62
	Olivier Bresoux	+0.41	34.53	1:11.25
9.	AZC 1	<b>5:09.39</b>	+0.67	
	Michael Go	+0.67	35.51	1:12.42
	Wim de Lange	+0.69	39.06	1:18.84

240+, Gemengd

1.	WS Twente 4	<b>5:17.61</b>	+0.74	
	Ima van der Molen	+0.74	39.27	1:21.05
	Harrie Oude Weermink		33.54	1:19.31
2.	TriVia 1	<b>5:41.57</b>	+0.97	
	Jaap Vis	+0.97	39.85	1:09.27
	Hannie Poletiek	+0.50	44.92	1:34.90
3.	ZVVS 1	<b>5:52.37</b>	+0.86	
	Helena Mels	+0.86	37.56	1:30.38
	Inge Deutz	+0.68	45.76	1:20.74

280+, Gemengd

1.	Old Dutch 2	<b>6:47.22</b>	+0.98	
	Henri Verschoor	+0.98	32.76	2:07.25
	Nico Baay	+0.79	51.71	1:34.94