



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



Programmanr. 5  
1-5-2026 - 10:17

Dames, 400m vrije slag  
Pauze na serie 4 / Break after heat 4

Masters Open  
Resultaten

rang	naam	vereniging	tijd	RT	PARA			
<b>20+</b>								
1.	Dido Toornend	Team Noord Holland (SG)	<b>5:05.31</b>	+0.77				
	50m: 31.29	31.29	150m: 1:45.57	38.18	250m: 3:05.31	40.21	350m: 4:25.86	40.41
	100m: 1:07.39	36.10	200m: 2:25.10	39.53	300m: 3:45.45	40.14	400m: 5:05.31	39.45
2.	Feline Slijkhuis	SG Octopus - ZVV	<b>5:06.62</b>	+0.86				
	50m: 33.91	33.91	150m: 1:50.92	39.19	250m: 3:09.85	39.52	350m: 4:29.52	40.04
	100m: 1:11.73	37.82	200m: 2:30.33	39.41	300m: 3:49.48	39.63	400m: 5:06.62	37.10
3.	Kiki Bootsman	Azuro	<b>5:08.21</b>	+0.74				
	50m: 34.73	34.73	150m: 1:50.64	38.80	250m: 3:09.35	39.82	350m: 4:28.34	39.52
	100m: 1:11.84	37.11	200m: 2:29.53	38.89	300m: 3:48.82	39.47	400m: 5:08.21	39.87
4.	Liselotte Schaap	HZ&PC Heerenveen	<b>5:09.65</b>	+0.67				
	50m: 33.39	33.39	150m: 1:51.04	39.43	250m: 3:10.61	39.86	350m: 4:30.09	39.65
	100m: 1:11.61	38.22	200m: 2:30.75	39.71	300m: 3:50.44	39.83	400m: 5:09.65	39.56
5.	Tamar Roosen	VZV Njord	<b>5:15.95</b>	+0.70				
	50m: 34.08	34.08	150m: 1:51.39	39.60	250m: 3:13.54	41.56	350m: 4:36.88	41.62
	100m: 1:11.79	37.71	200m: 2:31.98	40.59	300m: 3:55.26	41.72	400m: 5:15.95	39.07
6.	Daphne van Tilburg	De Geul	<b>5:18.33</b>	+0.76				
	50m: 35.84	35.84	150m: 1:56.19	40.97	250m: 3:18.00	41.63	350m: 4:39.78	41.01
	100m: 1:15.22	39.38	200m: 2:36.37	40.18	300m: 3:58.77	40.77	400m: 5:18.33	38.55
7.	Claire Bosch	De Dinkel	<b>5:21.44</b>	+0.80				
	50m: 34.08	34.08	150m: 1:53.74	40.81	250m: 3:17.13	41.75	350m: 4:40.30	41.52
	100m: 1:12.93	38.85	200m: 2:35.38	41.64	300m: 3:58.78	41.65	400m: 5:21.44	41.14
8.	Ilse Stut	De Otters Het Gooi	<b>5:33.35</b>	+0.78				
	50m: 35.38	35.38	150m: 1:58.75	42.42	250m: 3:25.32	43.57	350m: 4:51.62	43.51
	100m: 1:16.33	40.95	200m: 2:41.75	43.00	300m: 4:08.11	42.79	400m: 5:33.35	41.73
9.	Lois Hofman	SG Octopus - ZVV	<b>5:39.47</b>	+0.74				
	50m: 37.25	37.25	150m: 2:02.50	43.66	250m: 3:30.08	43.87	350m: 4:58.01	44.04
	100m: 1:18.84	41.59	200m: 2:46.21	43.71	300m: 4:13.97	43.89	400m: 5:39.47	41.46
10.	Jessica Dekkinga	Steenwijk 1934	<b>6:03.68</b>	+0.77				
	50m: 37.47	37.47	150m: 2:04.69	44.79	250m: 3:38.65	48.02	350m: 5:15.86	48.86
	100m: 1:19.90	42.43	200m: 2:50.63	45.94	300m: 4:27.00	48.35	400m: 6:03.68	47.82
<b>25+</b>								
1.	Laura Setz	Bubble	<b>4:37.92</b>	+0.90				
	50m: 30.89	30.89	150m: 1:39.79	34.89	250m: 2:50.71	35.50	350m: 4:02.47	35.95
	100m: 1:04.90	34.01	200m: 2:15.21	35.42	300m: 3:26.52	35.81	400m: 4:37.92	35.45
2.	Femke Backx	Orca	<b>4:41.84</b>	+0.79				
	50m: 31.02	31.02	150m: 1:40.44	34.87	250m: 2:52.34	36.03	350m: 4:05.52	36.42
	100m: 1:05.57	34.55	200m: 2:16.31	35.87	300m: 3:29.10	36.76	400m: 4:41.84	36.32
3.	Fabienne Otto	swimART Solingen	<b>4:47.92</b>	+0.79				
	50m: 33.26	33.26	150m: 1:45.47	36.49	250m: 2:57.94	35.97	350m: 4:12.10	37.56
	100m: 1:08.98	35.72	200m: 2:21.97	36.50	300m: 3:34.54	36.60	400m: 4:47.92	35.82
4.	Myra Smulders	Zwemvereniging Hoogland	<b>4:56.37</b>	+0.71				
	50m: 32.41	32.41	150m: 1:44.92	36.47	250m: 3:01.10	38.18	350m: 4:18.60	38.35
	100m: 1:08.45	36.04	200m: 2:22.92	38.00	300m: 3:40.25	39.15	400m: 4:56.37	37.77
5.	Noa Oldenhof	ZPCH	<b>5:11.31</b>	+0.67				
	50m: 34.16	34.16	150m: 1:51.84	39.63	250m: 3:11.44	40.01	350m: 4:32.04	40.20
	100m: 1:12.21	38.05	200m: 2:31.43	39.59	300m: 3:51.84	40.40	400m: 5:11.31	39.27
6.	Romée Beverdam	WS Twente	<b>5:29.16</b>	+0.85				
	50m: 36.67	36.67	150m: 1:58.26	41.43	250m: 3:23.03	42.79	350m: 4:48.44	42.46
	100m: 1:16.83	40.16	200m: 2:40.24	41.98	300m: 4:05.98	42.95	400m: 5:29.16	40.72
7.	Evelien de Jong	Neptunia '24	<b>5:50.56</b>	+0.79				
	50m: 36.32	36.32	150m: 2:00.49	43.35	250m: 3:30.97	45.77	350m: 5:04.89	46.71
	100m: 1:17.14	40.82	200m: 2:45.20	44.71	300m: 4:18.18	47.21	400m: 5:50.56	45.67
8.	Anouk van der Lans	Westland Swimming Stars	<b>5:57.20</b>	+0.76				
	50m: 37.61	37.61	150m: 2:05.35	44.97	250m: 3:37.91	46.99	350m: 5:11.90	47.07
	100m: 1:20.38	42.77	200m: 2:50.92	45.57	300m: 4:24.83	46.92	400m: 5:57.20	45.30
9.	Mirna Wolters	De Plons	<b>5:58.09</b>	+0.76				
	50m: 38.66	38.66	150m: 2:07.07	44.92	250m: 3:39.61	46.40	350m: 5:12.95	46.29
	100m: 1:22.15	43.49	200m: 2:53.21	46.14	300m: 4:26.66	47.05	400m: 5:58.09	45.14





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



Programmanr. 5, Dames, 400m vrije slag, 25+

rang	naam	vereniging	tijd	RT	PARA
10.	Kim van Rossum	SBC2000	<b>7:06.01</b>		
	50m: 45.79	150m: 2:32.25	250m: 4:22.47	350m: 6:11.79	53.69
	100m: 1:38.11	200m: 3:27.74	300m: 5:18.10	400m: 7:06.01	54.22
11.	Jelinke Nicolai	De Wellerobben	<b>7:36.74</b>	+0.80	
	50m: 46.79	150m: 2:39.04	250m: 4:37.84	350m: 6:38.80	1:00.89
	100m: 1:41.26	200m: 3:38.69	300m: 5:37.91	400m: 7:36.74	57.94
<b>30+</b>					
1.	Leonie van Noort	WVZ	<b>4:35.64</b>	+0.82	
	<i>Nederlands Masters Record</i>				
	50m: 31.04	150m: 1:40.02	250m: 2:49.95	350m: 4:01.06	35.65
	100m: 1:05.08	200m: 2:14.80	300m: 3:25.41	400m: 4:35.64	34.58
2.	Tamara Grove	De Dolfijn	<b>4:41.25</b>	+0.69	
	50m: 31.76	150m: 1:42.86	250m: 2:55.02	350m: 4:06.70	35.86
	100m: 1:06.62	200m: 2:19.13	300m: 3:30.84	400m: 4:41.25	34.55
3.	Jamilla van Omme - van Veen	Zwemvereniging Hoogland	<b>4:58.40</b>	+0.80	
	50m: 32.49	150m: 1:46.88	250m: 3:03.31	350m: 4:20.69	38.68
	100m: 1:09.34	200m: 2:25.11	300m: 3:42.01	400m: 4:58.40	37.71
4.	Fiona Meuffels	PSV	<b>5:00.90</b>	+0.67	
	50m: 33.47	150m: 1:47.55	250m: 3:04.86	350m: 4:23.18	39.44
	100m: 1:09.63	200m: 2:25.91	300m: 3:43.74	400m: 5:00.90	37.72
5.	Anne-Irene Ducheine	Zwemvereniging Hoogland	<b>5:02.67</b>	+0.69	
	50m: 33.68	150m: 1:49.62	250m: 3:06.59	350m: 4:24.72	39.18
	100m: 1:11.27	200m: 2:28.37	300m: 3:45.54	400m: 5:02.67	37.95
6.	Larissa Jansen	PSV	<b>5:23.55</b>	+0.89	
	50m: 34.80	150m: 1:54.88	250m: 3:17.04	350m: 4:41.55	42.15
	100m: 1:14.33	200m: 2:35.41	300m: 3:59.40	400m: 5:23.55	42.00
7.	Marijke Kommers	NieMo Barracuda	<b>5:23.87</b>	+0.78	
	50m: 34.59	150m: 1:54.28	250m: 3:17.58	350m: 4:42.01	42.20
	100m: 1:13.70	200m: 2:35.93	300m: 3:59.81	400m: 5:23.87	41.86
8.	Saskia Bergsma	De Wellerobben	<b>5:35.79</b>	+0.87	
	50m: 35.35	150m: 1:57.20	250m: 3:23.91	350m: 4:51.65	44.05
	100m: 1:15.13	200m: 2:40.25	300m: 4:07.60	400m: 5:35.79	44.14
9.	Irmgard van Weeghel	ENC Arnhem	<b>5:37.38</b>	+0.76	
	50m: 36.09	150m: 1:59.30	250m: 3:26.53	350m: 4:54.47	43.92
	100m: 1:16.90	200m: 2:43.10	300m: 4:10.55	400m: 5:37.38	42.91
10.	Mariska Gach	ZVL - 1886	<b>5:45.28</b>	+0.81	
	50m: 37.36	150m: 2:02.51	250m: 3:31.99	350m: 5:02.40	44.86
	100m: 1:19.20	200m: 2:47.14	300m: 4:17.54	400m: 5:45.28	42.88
11.	Hilma Buiten	MZ&PC De Reest	<b>6:16.32</b>	+0.75	
	50m: 40.21	150m: 2:14.09	250m: 3:52.20	350m: 5:29.23	47.52
	100m: 1:26.56	200m: 3:03.68	300m: 4:41.71	400m: 6:16.32	47.09
12.	Cynthia van Veen	BZ en PC	<b>6:28.24</b>	+0.79	
	50m: 38.42	150m: 2:12.97	250m: 3:54.65	350m: 5:39.20	52.33
	100m: 1:24.05	200m: 3:03.47	300m: 4:46.87	400m: 6:28.24	49.04
13.	Chantal Wind-Hemme	De Plons	<b>8:01.35</b>	+0.88	
	50m: 49.62	150m: 2:49.42	250m: 4:57.35	350m: 7:06.99	1:05.55
	100m: 1:46.66	200m: 3:52.72	300m: 6:01.44	400m: 8:01.35	54.36
AFGEM	Michanne Steenbergen	Otter SC			
			GBR 1821931		
<b>35+</b>					
1.	Wendan Poelstra	TriVia	<b>5:09.82</b>	+0.75	
	50m: 34.42	150m: 1:51.38	250m: 3:08.85	350m: 4:29.07	40.12
	100m: 1:13.00	200m: 2:30.06	300m: 3:48.95	400m: 5:09.82	40.75
2.	Lisanne Andeweg	Zuiderzeewemmers	<b>5:16.39</b>	+0.87	
	50m: 35.56	150m: 1:54.86	250m: 3:15.87	350m: 4:37.84	41.20
	100m: 1:14.63	200m: 2:34.91	300m: 3:56.64	400m: 5:16.39	38.55
3.	Relinda Baas	TriVia	<b>5:21.03</b>	+0.75	
	50m: 35.40	150m: 1:54.28	250m: 3:16.29	350m: 4:39.81	41.95
	100m: 1:14.14	200m: 2:34.85	300m: 3:57.86	400m: 5:21.03	41.22
4.	Nanda van Heteren	PSV	<b>5:39.39</b>	+0.97	
	50m: 37.25	150m: 2:03.03	250m: 3:30.62	350m: 4:58.01	43.29
	100m: 1:19.75	200m: 2:47.13	300m: 4:14.72	400m: 5:39.39	41.38





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



Programmanr. 5, Dames, 400m vrije slag, 35+

rang	naam	vereniging	tijd	RT	PARA
5.	Esther Kwebeman	TriVia	<b>5:45.03</b>	+0.81	
	50m: 37.06	37.06	150m: 2:01.26	42.62	NED 199106374
	100m: 1:18.64	41.58	200m: 2:45.08	43.82	250m: 3:29.13
			300m: 4:13.74	44.61	350m: 4:59.63
			400m: 5:45.03	45.40	400m: 5:45.03
6.	Monique van Huizen	AZC	<b>5:46.01</b>	+0.78	
	50m: 36.90	36.90	150m: 2:02.53	43.77	NED 198706236
	100m: 1:18.76	41.86	200m: 2:48.06	45.53	250m: 3:33.22
			300m: 4:18.52	45.30	350m: 5:02.97
			400m: 5:46.01	43.04	400m: 5:46.01
7.	Liesbeth van Mill	Zwemlust- den Hommel	<b>5:49.88</b>	+0.94	
	50m: 38.53	38.53	150m: 2:05.88	44.35	NED 198702786
	100m: 1:21.53	43.00	200m: 2:50.36	44.48	250m: 3:35.23
			300m: 4:19.95	44.72	350m: 5:05.53
			400m: 5:49.88	44.35	400m: 5:49.88
8.	Esther Boerdam-Delfos	AZC	<b>5:57.01</b>	+0.73	
	50m: 38.24	38.24	150m: 2:06.88	45.58	NED 198705256
	100m: 1:21.30	43.06	200m: 2:52.69	45.81	250m: 3:39.16
			300m: 4:26.18	47.02	350m: 5:12.83
			400m: 5:57.01	44.18	400m: 5:57.01
9.	Cemre Artan Koc	Frekans Yüzme Akademisi Spor	<b>6:06.00</b>	+0.89	
	50m: 39.96	39.96	150m: 2:09.83	46.67	TURbü
	100m: 1:23.16	43.20	200m: 2:56.76	46.93	250m: 3:45.04
			300m: 4:33.10	48.06	350m: 5:21.27
			400m: 6:06.00	44.73	400m: 6:06.00
10.	Marieke Weering	De Plons	<b>6:25.94</b>	+0.75	
	50m: 40.76	40.76	150m: 2:17.75	49.79	NED 198704550
	100m: 1:27.96	47.20	200m: 3:07.34	49.59	250m: 3:57.68
			300m: 4:47.47	49.79	350m: 5:37.96
			400m: 6:25.94	47.98	400m: 6:25.94
<b>40+</b>					
1.	Sabine Zimmermann	Aachener SV 06	<b>4:56.08</b>	+0.75	
	50m: 33.56	33.56	150m: 1:48.80	37.75	GER 101578
	100m: 1:11.05	37.49	200m: 2:27.16	38.36	250m: 3:05.12
			300m: 3:43.29	38.17	350m: 4:20.59
			400m: 4:56.08	35.49	400m: 4:56.08
2.	Ann Wanter	Zwemclub Geel	<b>5:01.72</b>	+0.82	
	50m: 34.23	34.23	150m: 1:50.61	38.64	BEL ZGEEEL/21082/82
	100m: 1:11.97	37.74	200m: 2:29.38	38.77	250m: 3:08.11
			300m: 3:46.77	38.66	350m: 4:24.89
			400m: 5:01.72	36.83	400m: 5:01.72
3.	Maïke Zeterberg	Zehlendorfer TSV von 1888	<b>5:10.35</b>	+0.75	
	50m: 34.41	34.41	150m: 1:51.87	38.73	GER 066680
	100m: 1:13.14	38.73	200m: 2:31.72	39.85	250m: 3:11.07
			300m: 3:51.28	40.21	350m: 4:31.23
			400m: 5:10.35	39.12	400m: 5:10.35
4.	Evita van de Ketterij	De Treffers	<b>5:11.89</b>	+0.79	
	50m: 35.19	35.19	150m: 1:52.66	39.48	NED 198504284
	100m: 1:13.18	37.99	200m: 2:31.98	39.32	250m: 3:11.83
			300m: 3:51.57	39.74	350m: 4:32.11
			400m: 5:11.89	39.78	400m: 5:11.89
5.	Ramona Linting	AZC	<b>5:30.87</b>	+0.75	
	50m: 35.95	35.95	150m: 1:57.00	41.22	NED 198301274
	100m: 1:15.78	39.83	200m: 2:39.01	42.01	250m: 3:21.30
			300m: 4:04.99	43.69	350m: 4:49.04
			400m: 5:30.87	41.83	400m: 5:30.87
6.	Sandra Schellekens	Neptunus'58	<b>6:02.86</b>	+0.85	
	50m: 38.79	38.79	150m: 2:09.81	46.37	NED 198503416
	100m: 1:23.44	44.65	200m: 2:56.83	47.02	250m: 3:43.98
			300m: 4:31.07	47.09	350m: 5:17.90
			400m: 6:02.86	44.96	400m: 6:02.86
7.	Linda Hoogendam	WVZ	<b>6:09.70</b>	+0.85	
	50m: 41.40	41.40	150m: 2:16.20	48.12	NED 198300892
	100m: 1:28.08	46.68	200m: 3:03.91	47.71	250m: 3:50.89
			300m: 4:38.56	47.67	350m: 5:26.08
			400m: 6:09.70	43.62	400m: 6:09.70
<b>45+</b>					
1.	Patricia Brooijmans	Old Dutch	<b>5:34.58</b>	+0.70	
	50m: 36.32	36.32	150m: 1:57.48	41.24	NED 197901608
	100m: 1:16.24	39.92	200m: 2:40.54	43.06	250m: 3:23.79
			300m: 4:08.23	44.44	350m: 4:52.21
			400m: 5:34.58	42.37	400m: 5:34.58
2.	Chantal Verhoeff	Old Dutch	<b>5:37.24</b>	+0.80	
	50m: 36.98	36.98	150m: 2:02.10	43.72	NED 197900912
	100m: 1:18.38	41.40	200m: 2:45.63	43.53	250m: 3:28.82
			300m: 4:12.21	43.39	350m: 4:55.94
			400m: 5:37.24	41.30	400m: 5:37.24
3.	Jessica Venema	Old Dutch	<b>5:52.22</b>	+0.87	
	50m: 37.40	37.40	150m: 2:05.01	45.00	NED 197901526
	100m: 1:20.01	42.61	200m: 2:50.80	45.79	250m: 3:36.75
			300m: 4:22.40	45.65	350m: 5:08.14
			400m: 5:52.22	44.08	400m: 5:52.22
4.	Sabrina Boekhout	De Biesboschzwemmers	<b>5:58.62</b>	+0.76	
	50m: 37.60	37.60	150m: 2:06.42	45.35	NED 198100120
	100m: 1:21.07	43.47	200m: 2:53.07	46.65	250m: 3:39.83
			300m: 4:26.75	46.92	350m: 5:13.16
			400m: 5:58.62	45.46	400m: 5:58.62
5.	Luisiana Bigea	Sassenheim	<b>5:58.64</b>	+0.80	
	50m: 37.03	37.03	150m: 2:06.61	45.64	NED 197701300
	100m: 1:20.97	43.94	200m: 2:53.44	46.83	250m: 3:39.80
			300m: 4:27.82	48.02	350m: 5:15.11
			400m: 5:58.64	43.53	400m: 5:58.64
6.	Femke Hofkens	Aqua-Novio '94	<b>6:24.32</b>	+0.79	
	50m: 42.08	42.08	150m: 2:18.59	49.48	NED 197801094
	100m: 1:29.11	47.03	200m: 3:08.26	49.67	250m: 3:58.91
			300m: 4:49.12	50.21	350m: 5:38.69
			400m: 6:24.32	45.63	400m: 6:24.32
7.	Clementine van Bruxvoort	Albion	<b>7:08.34</b>	+0.90	
	50m: 46.89	46.89	150m: 2:32.12	52.68	NED 197700138
	100m: 1:39.44	52.55	200m: 3:26.04	53.92	250m: 4:20.64
			300m: 5:17.66	57.02	350m: 6:13.97
			400m: 7:08.34	54.37	400m: 7:08.34





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



Programmanr. 5, Dames, 400m vrije slag, 45+

rang	naam	vereniging	tijd	RT	PARA			
8.	Betty Wali-Nutma	De Granaet	<b>8:03.65</b>					
	50m: 47.14	47.14	150m: 2:47.29	1:01.74	250m: 4:53.80	1:02.68	350m: 7:01.98	1:03.81
	100m: 1:45.55	58.41	200m: 3:51.12	1:03.83	300m: 5:58.17	1:04.37	400m: 8:03.65	1:01.67
<b>50+</b>								
1.	Liselotte Joling	PSV	<b>4:58.63</b>	+0.85				
	50m: 34.99	34.99	150m: 1:50.85	37.81	250m: 3:07.25	37.61	350m: 4:22.72	37.56
	100m: 1:13.04	38.05	200m: 2:29.64	38.79	300m: 3:45.16	37.91	400m: 4:58.63	35.91
2.	Annett von Rekowski	Schwimmverein Gera	<b>5:06.18</b>	+0.73				
	50m: 34.81	34.81	150m: 1:52.59	39.41	250m: 3:10.11	38.65	350m: 4:28.31	39.38
	100m: 1:13.18	38.37	200m: 2:31.46	38.87	300m: 3:48.93	38.82	400m: 5:06.18	37.87
3.	Marleen Gerringa-Vos	Batavia Swim	<b>5:25.86</b>	+0.81				
	50m: 36.55	36.55	150m: 1:58.37	41.30	250m: 3:22.23	41.87	350m: 4:46.07	41.70
	100m: 1:17.07	40.52	200m: 2:40.36	41.99	300m: 4:04.37	42.14	400m: 5:25.86	39.79
4.	Petra Guijt	Aqua-Novio '94	<b>5:41.21</b>	+0.86				
	50m: 37.46	37.46	150m: 2:04.20	44.02	250m: 3:31.89	43.54	350m: 4:59.17	43.25
	100m: 1:20.18	42.72	200m: 2:48.35	44.15	300m: 4:15.92	44.03	400m: 5:41.21	42.04
5.	Julia Barke	Zehlendorfer TSV von 1888	<b>5:42.99</b>	+0.75				
	50m: 37.56	37.56	150m: 2:03.78	43.95	250m: 3:31.85	44.26	350m: 5:00.88	44.77
	100m: 1:19.83	42.27	200m: 2:47.59	43.81	300m: 4:16.11	44.26	400m: 5:42.99	42.11
6.	Nataliia Boryshkevych	Ukraine Swim	<b>6:09.77</b>	+0.83				
	50m: 44.02	44.02	150m: 2:21.91	48.71	250m: 3:57.31	46.77	350m: 5:28.78	44.20
	100m: 1:33.20	49.18	200m: 3:10.54	48.63	300m: 4:44.58	47.27	400m: 6:09.77	40.99
7.	Wendy Nederkoorn	Arethusa	<b>6:18.57</b>	+0.90				
	50m: 40.36	40.36	150m: 2:14.65	48.17	250m: 3:53.00	48.70	350m: 5:31.45	48.86
	100m: 1:26.48	46.12	200m: 3:04.30	49.65	300m: 4:42.59	49.59	400m: 6:18.57	47.12
<b>55+</b>								
1.	Carla Geurts	PSV	<b>4:55.16</b>	+0.72				
	<i>Nederlands Masters Record, Nederlands Masters Record 200m en 400m</i>							
	50m: 33.22	33.22	150m: 1:48.08	37.74	250m: 3:03.47	37.71	350m: 4:18.93	37.11
	100m: 1:10.34	37.12	200m: 2:25.76	37.68	300m: 3:41.82	38.35	400m: 4:55.16	36.23
2.	Carol Hollemans	ACZ	<b>5:10.32</b>	+0.79				
	50m: 34.56	34.56	150m: 1:51.50	39.45	250m: 3:11.68	40.27	350m: 4:31.60	39.88
	100m: 1:12.05	37.49	200m: 2:31.41	39.91	300m: 3:51.72	40.04	400m: 5:10.32	38.72
3.	Lidia van Bon-Rosenbrand	ZPC Amersfoort	<b>5:15.78</b>	+0.82				
	50m: 35.09	35.09	150m: 1:54.45	40.03	250m: 3:15.94	40.28	350m: 4:36.83	40.14
	100m: 1:14.42	39.33	200m: 2:35.66	41.21	300m: 3:56.69	40.75	400m: 5:15.78	38.95
4.	Annette de Visser	Oceanus	<b>5:26.47</b>	+0.81				
	50m: 36.08	36.08	150m: 1:58.44	41.51	250m: 3:22.43	41.97	350m: 4:46.24	41.40
	100m: 1:16.93	40.85	200m: 2:40.46	42.02	300m: 4:04.84	42.41	400m: 5:26.47	40.23
5.	Karin Sagonas-Koolen	VZV Njord	<b>6:29.85</b>	+0.83				
	50m: 39.94	39.94	150m: 2:17.38	50.46	250m: 3:59.79	51.62	350m: 5:41.56	51.27
	100m: 1:26.92	46.98	200m: 3:08.17	50.79	300m: 4:50.29	50.50	400m: 6:29.85	48.29
6.	Annet Kootstra	SWOL 1894	<b>6:38.62</b>	+0.93				
	50m: 44.69	44.69	150m: 2:25.85	50.94	250m: 4:07.92	50.67	350m: 5:49.63	50.28
	100m: 1:34.91	50.22	200m: 3:17.25	51.40	300m: 4:59.35	51.43	400m: 6:38.62	48.99
7.	Annette Spies	LinK	<b>6:41.66</b>	+0.84				
	50m: 44.82	44.82	150m: 2:24.65	50.95	250m: 4:07.89	51.26	350m: 5:51.11	51.40
	100m: 1:33.70	48.88	200m: 3:16.63	51.98	300m: 4:59.71	51.82	400m: 6:41.66	50.55
8.	Kathy Van Lindt	Cercle De Natation Sportcity WolBEL	<b>6:46.63</b>	+1.05				
	50m: 47.79	47.79	150m: 2:31.24	51.18	250m: 4:15.16	51.55	350m: 5:58.55	50.99
	100m: 1:40.06	52.27	200m: 3:23.61	52.37	300m: 5:07.56	52.40	400m: 6:46.63	48.08
9.	Kristien Van de Moortel	Shark	<b>6:50.94</b>	+0.87				
	50m: 44.94	44.94	150m: 2:29.57	52.46	250m: 4:14.53	52.01	350m: 6:00.59	52.58
	100m: 1:37.11	52.17	200m: 3:22.52	52.95	300m: 5:08.01	53.48	400m: 6:50.94	50.35
10.	Britta Fritz	SC Janus Köln	<b>7:02.93</b>					
	50m: 49.20	49.20	150m: 2:34.91	53.45	250m: 4:23.10	53.58	350m: 6:10.89	53.92
	100m: 1:41.46	52.26	200m: 3:29.52	54.61	300m: 5:16.97	53.87	400m: 7:02.93	52.04
11.	Sandra Daamen-Posma	AZC	<b>7:09.28</b>					
	50m: 47.20	47.20	150m: 2:32.78	54.20	250m: 4:22.76	56.23	350m: 6:15.02	57.33
	100m: 1:38.58	51.38	200m: 3:26.53	53.75	300m: 5:17.69	54.93	400m: 7:09.28	54.26





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



Programmanr. 5, Dames, 400m vrije slag, 55+

rang	naam	vereniging	tijd	RT	PARA
12.	Annette van Dok	MSV-Zeemacht	<b>7:31.37</b>		
	50m: 51.66 51.66	150m: 2:44.22 57.51	250m: 4:39.84 58.66	350m: 6:36.19 57.97	
	100m: 1:46.71 55.05	200m: 3:41.18 56.96	300m: 5:38.22 58.38	400m: 7:31.37 55.18	
13.	Roselinda van der Vlugt	De Geul	<b>7:37.83</b>		
	50m: 48.99 48.99	150m: 2:46.77 1:00.98	250m: 4:45.55 59.89	350m: 6:44.77 59.54	
	100m: 1:45.79 56.80	200m: 3:45.66 58.89	300m: 5:45.23 59.68	400m: 7:37.83 53.06	
14.	Fulya Gumusburun-De Moor	Istanbul Yuzme Ihtisas Kulubu	<b>7:52.88</b>	+0.66	
	50m: 52.37 52.37	150m: 2:50.52 1:00.01	250m: 4:52.68 1:00.31	350m: 6:54.58 1:00.64	
	100m: 1:50.51 58.14	200m: 3:52.37 1:01.85	300m: 5:53.94 1:01.26	400m: 7:52.88 58.30	
DIS	Bianca Groot	MSV-Zeemacht		+0.92	
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>				

60+

1.	Wilna Heijman	Steenwijk 1934	<b>5:47.34</b>	+0.83	
	50m: 38.80 38.80	150m: 2:06.26 44.30	250m: 3:35.28 44.15	350m: 5:04.10 44.20	
	100m: 1:21.96 43.16	200m: 2:51.13 44.87	300m: 4:19.90 44.62	400m: 5:47.34 43.24	
2.	Anita Steijger	WVZ	<b>6:10.97</b>	+0.91	
	50m: 42.81 42.81	150m: 2:15.31 46.81	250m: 3:49.82 47.27	350m: 5:25.28 47.66	
	100m: 1:28.50 45.69	200m: 3:02.55 47.24	300m: 4:37.62 47.80	400m: 6:10.97 45.69	
3.	Margriet Grove-Lingeman	Triton	<b>6:15.95</b>	+0.80	
	50m: 40.49 40.49	150m: 2:13.60 47.37	250m: 3:49.91 48.38	350m: 5:27.49 49.12	
	100m: 1:26.23 45.74	200m: 3:01.53 47.93	300m: 4:38.37 48.46	400m: 6:15.95 48.46	
4.	Maud Peuten-Evers	Mosa-Regio	<b>6:34.72</b>	+1.02	
	50m: 43.23 43.23	150m: 2:22.32 50.88	250m: 4:03.78 51.21	350m: 5:45.26 51.05	
	100m: 1:31.44 48.21	200m: 3:12.57 50.25	300m: 4:54.21 50.43	400m: 6:34.72 49.46	
5.	Yoka de Vegt-van Dijk	ENC Arnhem	<b>7:21.76</b>	+0.80	
	50m: 47.36 47.36	150m: 2:34.22 55.14	250m: 4:29.27 58.64	350m: 6:26.47 59.01	
	100m: 1:39.08 51.72	200m: 3:30.63 56.41	300m: 5:27.46 58.19	400m: 7:21.76 55.29	
6.	Inge Deutz	ZV Vlaardingen-Schiedam	<b>7:33.19</b>	+0.93	
	50m: 48.00 48.00	150m: 2:40.18 56.95	250m: 4:37.30 58.54	350m: 6:35.54 58.13	
	100m: 1:43.23 55.23	200m: 3:38.76 58.58	300m: 5:37.41 1:00.11	400m: 7:33.19 57.65	
7.	Cora Smulders	ENC Arnhem	<b>7:38.56</b>	+0.76	
	50m: 49.74 49.74	150m: 2:46.20 1:00.14	250m: 4:44.62 59.82	350m: 6:43.67 1:00.58	
	100m: 1:46.06 56.32	200m: 3:44.80 58.60	300m: 5:43.09 58.47	400m: 7:38.56 54.89	

65+

1.	Marijke Kraak-Beckers	SWOL 1894	<b>6:27.65</b>	+0.83	
	50m: 41.12 41.12	150m: 2:17.80 49.05	250m: 3:57.75 50.15	350m: 5:38.50 50.33	
	100m: 1:28.75 47.63	200m: 3:07.60 49.80	300m: 4:48.17 50.42	400m: 6:27.65 49.15	
2.	Marion Kolkman-Pluim	ENC Arnhem	<b>6:54.06</b>	+0.94	
	50m: 47.08 47.08	150m: 2:31.96 53.41	250m: 4:19.42 54.11	350m: 6:04.55 52.61	
	100m: 1:38.55 51.47	200m: 3:25.31 53.35	300m: 5:11.94 52.52	400m: 6:54.06 49.51	
3.	Kirsten Stamer	SC Janus Köln	<b>6:57.18</b>	+0.84	
	50m: 47.29 47.29	150m: 2:30.41 52.47	250m: 4:15.94 52.94	350m: 6:03.86 53.83	
	100m: 1:37.94 50.65	200m: 3:23.00 52.59	300m: 5:10.03 54.09	400m: 6:57.18 53.32	
4.	Jennie Resink-lindeboom	DWK	<b>6:59.66</b>	+0.94	
	50m: 45.00 45.00	150m: 2:30.50 53.52	250m: 4:18.52 53.89	350m: 6:06.96 53.64	
	100m: 1:36.98 51.98	200m: 3:24.63 54.13	300m: 5:13.32 54.80	400m: 6:59.66 52.70	
5.	Lia Bijkerk	GZC Donk	<b>7:01.77</b>	+0.96	
	50m: 47.34 47.34	150m: 2:32.87 54.06	250m: 4:22.75 55.06	350m: 6:10.65 54.49	
	100m: 1:38.81 51.47	200m: 3:27.69 54.82	300m: 5:16.16 53.41	400m: 7:01.77 51.12	
6.	Katinka Elders	HZ&PC Heerenveen	<b>7:12.04</b>	+0.83	
	50m: 47.81 47.81	150m: 2:34.76 54.02	250m: 4:25.43 55.15	350m: 6:18.30 55.40	
	100m: 1:40.74 52.93	200m: 3:30.28 55.52	300m: 5:22.90 57.47	400m: 7:12.04 53.74	
7.	Ria Peters-Veurman	ENC Arnhem	<b>8:00.13</b>		
	50m: 52.53 52.53	150m: 2:54.20 1:01.36	250m: 5:00.21 1:03.38	350m: 7:02.23 1:00.03	
	100m: 1:52.84 1:00.31	200m: 3:56.83 1:02.63	300m: 6:02.20 1:01.99	400m: 8:00.13 57.90	
8.	Karien Musters	Old Dutch	<b>9:24.65</b>		
	50m: 59.54 59.54	150m: 3:19.83 1:11.78	250m: 5:46.24 1:12.37	350m: 8:12.04 1:12.32	
	100m: 2:08.05 1:08.51	200m: 4:33.87 1:14.04	300m: 6:59.72 1:13.48	400m: 9:24.65 1:12.61	





Programmanr. 5, Dames, 400m vrije slag

70+

1.	Ineke Weekers		PSV			NED	195300050			<b>6:12.78</b>	+0.88	
	50m:	43.02	43.02	150m:	2:17.15	47.91	250m:	3:52.18	47.72	350m:	5:26.98	47.35
	100m:	1:29.24	46.22	200m:	3:04.46	47.31	300m:	4:39.63	47.45	400m:	6:12.78	45.80

80+

1.	Loekie van Huissteden		ZPC Amersfoort			NED	194500002			<b>10:03.71</b>		
	50m:	1:05.66	1:05.66	150m:	3:40.21	1:18.32	250m:	6:14.89	1:15.93	350m:	8:49.80	1:16.00
	100m:	2:21.89	1:16.23	200m:	4:58.96	1:18.75	300m:	7:33.80	1:18.91	400m:	10:03.71	1:13.91