



Open Nederlandse Masters
Kampioenschappen 2026 lange baan
Drachten, 30 april-3 mei 2026



2 - ONMK2026lb - Sessie 2

1-5-2026 - 9:30

Programmanr. 4
1-5-2026 - 9:30

Heren, 400m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	tijd	RT	PARA
20+					
1.	Laurens Kalle	De Schotejil	4:32.83	+0,77	
	50m: 29.01 100m: 1:01.93	29.01 32.92	150m: 1:36.76 200m: 2:12.76	34.83 36.00	250m: 2:48.60 300m: 3:24.93
			35.84 36.33	350m: 3:59.79 400m: 4:32.83	34.86 33.04
2.	Christian Kalle	De Schotejil	4:38.53	+0,84	
	50m: 29.85 100m: 1:04.16	29.85 34.31	150m: 1:39.81 200m: 2:15.97	35.65 36.16	250m: 2:51.91 300m: 3:27.70
			35.94 35.79	350m: 4:04.04 400m: 4:38.53	36.34 34.49
3.	Jacco Nijland	ZPC De Hof	4:41.05	+0,78	
	50m: 31.62 100m: 1:07.64	31.62 36.02	150m: 1:43.89 200m: 2:20.38	36.25 36.49	250m: 2:56.92 300m: 3:34.32
			36.54 37.40	350m: 4:10.63 400m: 4:41.05	36.31 30.42
4.	Niels Kragt	TriVia	4:43.64	+0,70	
	50m: 30.42 100m: 1:04.63	30.42 34.21	150m: 1:41.02 200m: 2:17.76	36.39 36.74	250m: 2:55.03 300m: 3:31.42
			37.27 36.39	350m: 4:08.14 400m: 4:43.64	36.72 35.50
5.	Rik Stahlie	TriVia	4:46.11	+0,75	
	50m: 30.60 100m: 1:04.69	30.60 34.09	150m: 1:40.72 200m: 2:17.93	36.03 37.21	250m: 2:55.06 300m: 3:33.34
			37.13 38.28	350m: 4:10.30 400m: 4:46.11	36.96 35.81
6.	Jesper Pas	VZV Njord	4:47.26	+0,74	
	50m: 31.37 100m: 1:06.84	31.37 35.47	150m: 1:43.68 200m: 2:21.38	36.84 37.70	250m: 2:58.37 300m: 3:36.12
			36.99 37.75	350m: 4:13.26 400m: 4:47.26	37.14 34.00
7.	Owen Michels	De Amstel	4:51.69	+0,71	
	50m: 31.88 100m: 1:07.78	31.88 35.90	150m: 1:44.46 200m: 2:21.61	36.68 37.15	250m: 2:59.18 300m: 3:37.10
			37.57 37.92	350m: 4:15.06 400m: 4:51.69	37.96 36.63
8.	Mika Heskamp	De Dinkel	4:54.74	+0,74	
	50m: 30.75 100m: 1:06.65	30.75 35.90	150m: 1:43.87 200m: 2:21.76	37.22 37.89	250m: 2:59.84 300m: 3:38.63
			38.08 38.79	350m: 4:17.14 400m: 4:54.74	38.51 37.60
25+					
1.	Jasper Breugem	WVZ	4:31.84	+0,69	
	50m: 30.13 100m: 1:03.79	30.13 33.66	150m: 1:38.34 200m: 2:12.86	34.55 34.52	250m: 2:47.60 300m: 3:22.55
			34.74 34.95	350m: 3:57.60 400m: 4:31.84	35.05 34.24
2.	Jacob Mackloet	De Schotejil	4:32.71	+0,70	
	50m: 30.28 100m: 1:04.14	30.28 33.86	150m: 1:39.40 200m: 2:14.80	35.26 35.40	250m: 2:50.06 300m: 3:25.23
			35.26 35.17	350m: 3:59.65 400m: 4:32.71	34.42 33.06
3.	Wesley van der Luit	Sassenheim	4:54.67	+0,82	
	50m: 33.61 100m: 1:09.55	33.61 35.94	150m: 1:46.90 200m: 2:23.91	37.35 37.01	250m: 3:01.73 300m: 3:39.20
			37.82 37.47	350m: 4:16.80 400m: 4:54.67	37.60 37.87
4.	Leon Kloots	ZPC De Hof	4:55.67	+0,81	
	50m: 31.70 100m: 1:08.07	31.70 36.37	150m: 1:45.38 200m: 2:23.39	37.31 38.01	250m: 3:00.06 300m: 3:38.73
			36.67 38.67	350m: 4:17.37 400m: 4:55.67	38.64 38.30
5.	Lars Jacobsen	DWK	4:56.85	+0,81	578
	50m: 31.44 100m: 1:07.10	31.44 35.66	150m: 1:44.59 200m: 2:23.24	37.49 38.65	250m: 3:03.05 300m: 3:41.25
			39.81 38.20	350m: 4:20.68 400m: 4:56.85	39.43 36.17
6.	Jordy van Oel	WVZ	4:59.58	+0,76	
	50m: 32.63 100m: 1:09.19	32.63 36.56	150m: 1:47.45 200m: 2:25.89	38.26 38.44	250m: 3:03.96 300m: 3:43.05
			38.07 39.09	350m: 4:21.46 400m: 4:59.58	38.41 38.12
7.	Patrick Wyrdeман	Westland Swimming Stars	5:01.98	+0,67	
	50m: 31.99 100m: 1:07.11	31.99 35.12	150m: 1:44.65 200m: 2:23.02	37.54 38.37	250m: 3:02.30 300m: 3:41.62
			39.28 39.32	350m: 4:22.22 400m: 5:01.98	40.60 39.76
8.	Erik Baalbergen	ZVL - 1886	5:19.44	+0,79	
	50m: 32.32 100m: 1:08.99	32.32 36.67	150m: 1:48.73 200m: 2:29.86	39.74 41.13	250m: 3:12.58 300m: 3:55.30
			42.72 42.72	350m: 4:38.19 400m: 5:19.44	42.89 41.25
9.	Auke Sijperda	AZC	5:33.23	+0,71	
	50m: 34.19 100m: 1:13.54	34.19 39.35	150m: 1:54.69 200m: 2:37.74	41.15 43.05	250m: 3:20.84 300m: 4:05.17
			43.10 44.33	350m: 4:49.30 400m: 5:33.23	44.13 43.93





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Kampioenschappen 2026 lange baan
Drachten, 30 april-3 mei 2026



Programmanr. 4, Heren, 400m vrije slag

30+

1.	Mike Schel	ENC Arnhem	NED	199403279		4:27.41	+0,74	
	50m: 30.16	30.16	150m: 1:37.22	34.00	250m: 2:46.23	34.61	350m: 3:54.66	34.25
	100m: 1:03.22	33.06	200m: 2:11.62	34.40	300m: 3:20.41	34.18	400m: 4:27.41	32.75
2.	Tim de Vrught	ENC Arnhem	NED	199306719		4:45.34	+0,71	
	50m: 30.42	30.42	150m: 1:40.97	36.10	250m: 2:55.18	37.21	350m: 4:09.89	36.88
	100m: 1:04.87	34.45	200m: 2:17.97	37.00	300m: 3:33.01	37.83	400m: 4:45.34	35.45
3.	Sander Riezebos	WS Twente	NED	199400467		4:59.79	+0,79	
	50m: 31.63	31.63	150m: 1:45.64	38.04	250m: 3:03.82	39.35	350m: 4:22.91	39.09
	100m: 1:07.60	35.97	200m: 2:24.47	38.83	300m: 3:43.82	40.00	400m: 4:59.79	36.88
4.	Colin Degenaars	ZPCH	NED	199505951	S14	5:12.10	+0,77	497
	50m: 33.85	33.85	150m: 1:52.41	39.60	250m: 3:13.13	40.41	350m: 4:34.62	40.57
	100m: 1:12.81	38.96	200m: 2:32.72	40.31	300m: 3:54.05	40.92	400m: 5:12.10	37.48
5.	Remco Visser	ZPC Woerden	NED	199503185		5:25.75	+0,76	
	50m: 34.95	34.95	150m: 1:54.35	40.26	250m: 3:16.95	41.40	350m: 4:42.45	43.02
	100m: 1:14.09	39.14	200m: 2:35.55	41.20	300m: 3:59.43	42.48	400m: 5:25.75	43.30
6.	Ruben de Boer	Zwemvereniging Hoogland	NED	199301419		5:47.90	+0,81	
	50m: 36.85	36.85	150m: 2:03.96	43.76	250m: 3:32.86	45.04	350m: 5:03.02	45.09
	100m: 1:20.20	43.35	200m: 2:47.82	43.86	300m: 4:17.93	45.07	400m: 5:47.90	44.88

35+

1.	Tim Bunnik	Triton	NED	199000505		4:46.35	+0,73	
	50m: 30.95	30.95	150m: 1:41.86	36.15	250m: 2:56.08	37.49	350m: 4:10.28	37.16
	100m: 1:05.71	34.76	200m: 2:18.59	36.73	300m: 3:33.12	37.04	400m: 4:46.35	36.07
2.	Matthew Humphreys	MSV-Zeemacht	NED	198906983		4:49.88	+0,75	
	50m: 31.63	31.63	150m: 1:41.39	35.92	250m: 2:55.50	37.41	350m: 4:12.39	38.86
	100m: 1:05.47	33.84	200m: 2:18.09	36.70	300m: 3:33.53	38.03	400m: 4:49.88	37.49
3.	Jeroen Matthijssen	AZC	NED	199103751		4:51.67	+0,66	
	50m: 30.93	30.93	150m: 1:44.07	37.17	250m: 2:58.83	36.62	350m: 4:14.43	37.88
	100m: 1:06.90	35.97	200m: 2:22.21	38.14	300m: 3:36.55	37.72	400m: 4:51.67	37.24
4.	Jos de Graaf	PSV	NED	199106095		4:52.40	+0,73	
	50m: 30.59	30.59	150m: 1:40.73	35.70	250m: 2:53.97	36.63	350m: 4:11.79	39.25
	100m: 1:05.03	34.44	200m: 2:17.34	36.61	300m: 3:32.54	38.57	400m: 4:52.40	40.61
5.	Patrick Creemers	SG Patrick - De Roersoppers	NED	199000579		4:54.10	+0,72	
	50m: 32.68	32.68	150m: 1:47.45	37.96	250m: 3:02.98	37.16	350m: 4:18.05	37.16
	100m: 1:09.49	36.81	200m: 2:25.82	38.37	300m: 3:40.89	37.91	400m: 4:54.10	36.05
6.	Wessel Everloo	WS Twente	NED	198906597	S14	5:01.78	+0,87	550
	50m: 33.96	33.96	150m: 1:51.05	39.04	250m: 3:08.89	38.88	350m: 4:25.71	36.92
	100m: 1:12.01	38.05	200m: 2:30.01	38.96	300m: 3:48.79	39.90	400m: 5:01.78	36.07
7.	Niels Albrechts	De Schotejil	NED	198800039		5:04.02	+0,85	
	50m: 33.82	33.82	150m: 1:49.90	38.36	250m: 3:08.35	39.01	350m: 4:27.22	38.98
	100m: 1:11.54	37.72	200m: 2:29.34	39.44	300m: 3:48.24	39.89	400m: 5:04.02	36.80

40+

1.	Pieter Pickhardt	ZPC De Hof	NED	198301657		4:49.89	+0,82	
	50m: 32.40	32.40	150m: 1:44.36	36.60	250m: 2:57.99	36.75	350m: 4:13.38	37.41
	100m: 1:07.76	35.36	200m: 2:21.24	36.88	300m: 3:35.97	37.98	400m: 4:49.89	36.51
2.	Frank v.d. Voordt	De Schotejil	NED	198302259		5:03.39	+0,83	
	50m: 33.65	33.65	150m: 1:48.86	37.95	250m: 3:06.10	38.69	350m: 4:24.44	39.46
	100m: 1:10.91	37.26	200m: 2:27.41	38.55	300m: 3:44.98	38.88	400m: 5:03.39	38.95
3.	Rob van Wanrooy	Albion	NED	198202627		5:23.66	+0,75	
	50m: 35.99	35.99	150m: 1:55.97	40.46	250m: 3:16.66	40.13	350m: 4:41.56	42.41
	100m: 1:15.51	39.52	200m: 2:36.53	40.56	300m: 3:59.15	42.49	400m: 5:23.66	42.10
4.	Sander van Tilburg	De Biesboschwimmers	NED	198604609		5:32.39	+0,85	
	50m: 36.31	36.31	150m: 1:57.97	42.17	250m: 3:23.82	43.26	350m: 4:51.65	43.99
	100m: 1:15.80	39.49	200m: 2:40.56	42.59	300m: 4:07.66	43.84	400m: 5:32.39	40.74



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Programmanr. 4, Heren, 400m vrije slag

45+

1.	Gergely Molnár	Iron Swim	HUN	66/752	4:45.80	+0,78
	50m: 31.88	31.88	150m: 1:44.07	36.35	250m: 2:57.40	36.67
	100m: 1:07.72	35.84	200m: 2:20.73	36.66	300m: 3:34.14	36.74
					350m: 4:10.47	36.33
					400m: 4:45.80	35.33
2.	Dennis Brouwers	HZPC	NED	197800167	4:45.99	+0,84
	50m: 31.97	31.97	150m: 1:42.32	35.91	250m: 2:55.54	36.76
	100m: 1:06.41	34.44	200m: 2:18.78	36.46	300m: 3:32.35	36.81
					350m: 4:09.48	37.13
					400m: 4:45.99	36.51
3.	Ivo Roozeboom	WVZ	NED	197700801	4:46.30	+0,71
	50m: 31.27	31.27	150m: 1:45.46	37.65	250m: 2:59.63	37.17
	100m: 1:07.81	36.54	200m: 2:22.46	37.00	300m: 3:36.30	36.67
					350m: 4:12.61	36.31
					400m: 4:46.30	33.69
4.	Oliver Grundmann	SG Essen	GER	501511	4:55.65	+0,86
	50m: 32.69	32.69	150m: 1:49.50	38.79	250m: 3:05.62	36.95
	100m: 1:10.71	38.02	200m: 2:28.67	39.17	300m: 3:43.42	37.80
					350m: 4:20.11	36.69
					400m: 4:55.65	35.54
5.	Marcel Reefhuis	WS Twente	NED	198101381	5:04.92	+0,66
	50m: 33.86	33.86	150m: 1:50.98	39.18	250m: 3:08.92	38.80
	100m: 1:11.80	37.94	200m: 2:30.12	39.14	300m: 3:48.16	39.24
					350m: 4:27.16	39.00
					400m: 5:04.92	37.76
6.	Arjen Nieveen	DZ&PC	NED	198002545	5:11.39	+0,73
	50m: 33.23	33.23	150m: 1:48.47	38.29	250m: 3:07.46	39.71
	100m: 1:10.18	36.95	200m: 2:27.75	39.28	300m: 3:48.39	40.93
					350m: 4:29.83	41.44
					400m: 5:11.39	41.56
7.	Tom Bandsma	PSV	NED	197701625	5:38.44	
	50m: 37.12	37.12	150m: 2:02.19	43.05	250m: 3:29.63	43.45
	100m: 1:19.14	42.02	200m: 2:46.18	43.99	300m: 4:13.92	44.29
					350m: 4:56.82	42.90
					400m: 5:38.44	41.62
8.	Stefan Witwerts	KSN (SG)	NED	197902159	6:57.56	
	200m *					
	50m: 42.61	42.61	150m: 2:24.74	52.76	250m: 4:14.46	55.14
	100m: 1:31.98	49.37	200m: 3:19.32	54.58	300m: 5:10.08	55.62
					350m: 6:05.93	55.85
					400m: 6:57.56	51.63

50+

1.	Pieter Veenstra	DZ&PC	NED	197301345	5:12.95	+0,85
	50m: 35.59	35.59	150m: 1:54.24	39.60	250m: 3:13.93	40.02
	100m: 1:14.64	39.05	200m: 2:33.91	39.67	300m: 3:53.93	40.00
					350m: 4:33.99	40.06
					400m: 5:12.95	38.96
2.	Peter Meijer	DZ&PC	NED	197300613	5:31.12	+0,71
	50m: 36.90	36.90	150m: 2:02.35	43.15	250m: 3:29.31	43.95
	100m: 1:19.20	42.30	200m: 2:45.36	43.01	300m: 4:13.42	44.11
					350m: 4:55.41	41.99
					400m: 5:31.12	35.71
3.	Wouter van der Stelt	De Biesboschzwemmers	NED	197200889	6:02.58	+0,91
	50m: 39.31	39.31	150m: 2:09.01	45.89	250m: 3:42.21	46.54
	100m: 1:23.12	43.81	200m: 2:55.67	46.66	300m: 4:28.89	46.68
					350m: 5:15.93	47.04
					400m: 6:02.58	46.65
4.	Jeroen Hoeksels	ZV Vlaardingen-Schiedam	NED	197401533	6:18.99	
	50m: 39.38	39.38	150m: 2:12.92	47.50	250m: 3:50.60	48.34
	100m: 1:25.42	46.04	200m: 3:02.26	49.34	300m: 4:40.56	49.96
					350m: 5:29.71	49.15
					400m: 6:18.99	49.28

55+

1.	Richard Rickson	Hellas-Glana	NED	197000841	5:05.27	+0,82
	50m: 33.73	33.73	150m: 1:49.07	37.90	250m: 3:06.74	38.84
	100m: 1:11.17	37.44	200m: 2:27.90	38.83	300m: 3:45.62	38.88
					350m: 4:25.82	40.20
					400m: 5:05.27	39.45
2.	Bruno Nahon	Cercle De Natation Sportcity WolBEL	CNSW/000390/70	5:15.25	+0,83	
	50m: 36.23	36.23	150m: 1:55.48	39.87	250m: 3:16.22	40.27
	100m: 1:15.61	39.38	200m: 2:35.95	40.47	300m: 3:56.43	40.21
					350m: 4:36.34	39.91
					400m: 5:15.25	38.91
3.	Frank van Nobelen	Sassenheim	NED	196900753	5:19.82	+0,79
	50m: 35.76	35.76	150m: 1:54.91	40.03	250m: 3:16.31	40.63
	100m: 1:14.88	39.12	200m: 2:35.68	40.77	300m: 3:57.99	41.68
					350m: 4:38.85	40.86
					400m: 5:19.82	40.97
4.	Leon Slingerland	WVZ	NED	196801707	5:57.46	+0,93
	50m: 36.92	36.92	150m: 2:07.34	46.37	250m: 3:41.20	46.80
	100m: 1:20.97	44.05	200m: 2:54.40	47.06	300m: 4:27.69	46.49
					350m: 5:13.90	46.21
					400m: 5:57.46	43.56
5.	Ramon Alsina Munoz	Cercle De Natation Sportcity WolBEL	CNSW/002552/69	6:11.03	+0,87	
	50m: 42.90	42.90	150m: 2:17.66	47.64	250m: 3:52.03	46.86
	100m: 1:30.02	47.12	200m: 3:05.17	47.51	300m: 4:38.94	46.91
					350m: 5:25.91	46.97
					400m: 6:11.03	45.12



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60+

1.	Bob de Vries	SG Octopus - ZVV	NED	196601101	4:51.95	+0,69		
	50m: 31.65	31.65	150m: 1:45.43	36.98	250m: 2:59.65	36.91	350m: 4:15.03	37.58
	100m: 1:08.45	36.80	200m: 2:22.74	37.31	300m: 3:37.45	37.80	400m: 4:51.95	36.92
2.	Jon Christensen	Luxembourg Sharks Swimming CLUX		10008	5:03.02	+0,77		
	50m: 35.10	35.10	150m: 1:50.81	38.30	250m: 3:07.81	38.69	350m: 4:25.53	39.35
	100m: 1:12.51	37.41	200m: 2:29.12	38.31	300m: 3:46.18	38.37	400m: 5:03.02	37.49
3.	Hugues Herman	Cercle De Natation Sportcity WolBEL		CNSW/014976/66	5:05.07	+0,72		
	50m: 35.48	35.48	150m: 1:54.07	39.37	250m: 3:12.39	38.31	350m: 4:28.78	37.98
	100m: 1:14.70	39.22	200m: 2:34.08	40.01	300m: 3:50.80	38.41	400m: 5:05.07	36.29
4.	Henri Michels	De Amstel	NED	196501587	5:27.70	+0,84		
	50m: 35.40	35.40	150m: 1:55.19	40.91	250m: 3:20.20	43.15	350m: 4:46.05	43.40
	100m: 1:14.28	38.88	200m: 2:37.05	41.86	300m: 4:02.65	42.45	400m: 5:27.70	41.65
5.	Gert Sikkema	Zignea	NED	196300687	5:32.22	+0,88		
	50m: 36.21	36.21	150m: 1:59.87	42.55	250m: 3:25.54	43.15	350m: 4:52.78	43.55
	100m: 1:17.32	41.11	200m: 2:42.39	42.52	300m: 4:09.23	43.69	400m: 5:32.22	39.44
6.	Kees-Jan van Overbeeke	WWV Winterswijk	NED	196200489	5:43.10	+0,86		
	50m: 38.09	38.09	150m: 2:06.09	44.55	250m: 3:34.81	43.23	350m: 5:01.58	43.11
	100m: 1:21.54	43.45	200m: 2:51.58	45.49	300m: 4:18.47	43.66	400m: 5:43.10	41.52
7.	Jeroen Wilmer	Enkhuizer Zwem Vereniging	NED	196601711	5:59.57	+0,91		
	50m: 40.21	40.21	150m: 2:11.54	46.72	250m: 3:45.02	46.71	350m: 5:16.53	45.06
	100m: 1:24.82	44.61	200m: 2:58.31	46.77	300m: 4:31.47	46.45	400m: 5:59.57	43.04
8.	Peter Janssen	Team Noord Holland (SG)	NED	196201307	6:23.59			
	50m: 41.19	41.19	150m: 2:16.13	48.99	250m: 3:56.00	49.93	350m: 5:35.82	50.12
	100m: 1:27.14	45.95	200m: 3:06.07	49.94	300m: 4:45.70	49.70	400m: 6:23.59	47.77
9.	Casper Dollekamp	Steenwijk 1934	NED	196301341	6:35.93	+0,84		
	50m: 42.30	42.30	150m: 2:19.12	49.02	250m: 4:01.65	51.84	350m: 5:47.19	52.57
	100m: 1:30.10	47.80	200m: 3:09.81	50.69	300m: 4:54.62	52.97	400m: 6:35.93	48.74

65+

1.	Marten de Groot	HZ&PC Heerenveen	NED	195800149	5:18.35	+0,81		
	50m: 36.57	36.57	150m: 1:56.90	39.72	250m: 3:17.57	40.40	350m: 4:38.36	40.16
	100m: 1:17.18	40.61	200m: 2:37.17	40.27	300m: 3:58.20	40.63	400m: 5:18.35	39.99
2.	Dirk Zeterberg	Zehlendorfer TSV von 1888	GER	101339	5:31.68	+0,89		
	50m: 38.17	38.17	150m: 2:01.88	42.39	250m: 3:26.62	43.00	350m: 4:51.24	41.97
	100m: 1:19.49	41.32	200m: 2:43.62	41.74	300m: 4:09.27	42.65	400m: 5:31.68	40.44
3.	Rene Janssen	Team Noord Holland (SG)	NED	195700169	6:04.27	+0,93		
	50m: 39.48	39.48	150m: 2:10.76	47.23	250m: 3:46.48	47.88	350m: 5:20.74	47.29
	100m: 1:23.53	44.05	200m: 2:58.60	47.84	300m: 4:33.45	46.97	400m: 6:04.27	43.53
4.	Wim de Lange	AZC	NED	195800533	6:11.55	+0,84		
	50m: 41.74	41.74	150m: 2:16.93	47.98	250m: 3:52.70	47.94	350m: 5:27.30	47.45
	100m: 1:28.95	47.21	200m: 3:04.76	47.83	300m: 4:39.85	47.15	400m: 6:11.55	44.25
5.	Lex Hoogendam	ZZ&PC De Devel	NED	195700541	6:42.83	+0,97		
	50m: 42.25	42.25	150m: 2:22.17	51.99	250m: 4:06.37	52.54	350m: 5:52.08	53.07
	100m: 1:30.18	47.93	200m: 3:13.83	51.66	300m: 4:59.01	52.64	400m: 6:42.83	50.75

70+

1.	Henk Slomp	De Inktvis	NED	195500359	5:51.70	+0,93		
	50m: 38.76	38.76	150m: 2:09.10	46.15	250m: 3:40.46	45.36	350m: 5:10.50	44.45
	100m: 1:22.95	44.19	200m: 2:55.10	46.00	300m: 4:26.05	45.59	400m: 5:51.70	41.20
2.	Laurens Klein Breteler	WS Twente	NED	195400109	6:39.56	+0,89		
	50m: 42.77	42.77	150m: 2:23.63	51.61	250m: 4:08.19	52.22	350m: 5:52.08	51.44
	100m: 1:32.02	49.25	200m: 3:15.97	52.34	300m: 5:00.64	52.45	400m: 6:39.56	47.48
3.	Rob Berkhof	SWOL 1894	NED	195200245	7:27.38	+0,52		
	50m: 47.57	47.57	150m: 2:37.55	55.18	250m: 4:32.22	57.63	350m: 6:29.56	58.73
	100m: 1:42.37	54.80	200m: 3:34.59	57.04	300m: 5:30.83	58.61	400m: 7:27.38	57.82

75+

1.	Wout Hemmes	De Plons	NED	194800059	6:53.16	+0,54		
	50m: 45.51	45.51	150m: 2:30.15	51.94	250m: 4:15.53	52.01	350m: 6:02.25	52.83
	100m: 1:38.21	52.70	200m: 3:23.52	53.37	300m: 5:09.42	53.89	400m: 6:53.16	50.91



Open Nederlandse Masters
Kampioenschappen 2026 lange baan
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Programmanr. 4, Heren, 400m vrije slag, 75+

rang	naam	vereniging	tijd	RT	PARA			
2.	Jos Kamps	Zwemvereniging Hoogland	7:21.09	+0,90				
	50m: 43.28	43.28	150m: 2:31.05	55.84	250m: 4:26.62	57.57	350m: 6:24.28	58.83
	100m: 1:35.21	51.93	200m: 3:29.05	58.00	300m: 5:25.45	58.83	400m: 7:21.09	56.81
3.	Piet Schop	De Bevelanders	7:54.57	+0,75				
	50m: 54.22	54.22	150m: 2:56.38	1:02.16	250m: 5:00.04	1:02.17	350m: 7:03.25	1:01.20
	100m: 1:54.22	1:00.00	200m: 3:57.87	1:01.49	300m: 6:02.05	1:02.01	400m: 7:54.57	51.32

80+

1.	Willem Putter	ZV Vlaardingen-Schiedam	7:20.99	+0,86				
	50m: 48.36	48.36	150m: 2:40.59	57.24	250m: 4:36.17	57.77	350m: 6:29.33	56.07
	100m: 1:43.35	54.99	200m: 3:38.40	57.81	300m: 5:33.26	57.09	400m: 7:20.99	51.66
2.	Geza Kaltenecker	AZC	8:15.67					
	50m: 55.63	55.63	150m: 3:00.97	1:03.61	250m: 5:08.26	1:04.59	350m: 7:17.30	1:04.26
	100m: 1:57.36	1:01.73	200m: 4:03.67	1:02.70	300m: 6:13.04	1:04.78	400m: 8:15.67	58.37

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			
20+								
1.	Dido Toornend	Team Noord Holland (SG)	5:05.31	+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	5:06.62	+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	5:08.21	+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	5:09.65	+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	5:15.95	+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	5:18.33	+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	5:21.44	+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	5:33.35	+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	5:39.47	+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	6:03.68	+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
25+								
1.	Laura Setz	Bubble	4:37.92	+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	4:41.84	+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





Open Nederlandse Masters
Kampioenschappen 2026 lange baan
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Programmanr. 5, Dames, 400m vrije slag, 25+

rang	naam	vereniging	GER	271577	tijd	RT	PARA	
3.	Fabienne Otto	swimART Solingen	GER	271577	4:47.92	+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	NED	199904308	4:56.37	+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	NED	199700622	5:11.31	+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	NED	200100158	5:29.16	+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	NED	199805316	5:50.56	+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	NED	199801614	5:57.20	+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	NED	199802046	5:58.09	+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
10.	Kim van Rossum	SBC2000	NED	199706374	7:06.01			
	50m: 45.79	45.79	150m: 2:32.25	54.14	250m: 4:22.47	54.73	350m: 6:11.79	53.69
	100m: 1:38.11	52.32	200m: 3:27.74	55.49	300m: 5:18.10	55.63	400m: 7:06.01	54.22
11.	Jelinke Nicolai	De Wellerobben	NED	200006844	7:36.74	+0,80		
	50m: 46.79	46.79	150m: 2:39.04	57.78	250m: 4:37.84	59.15	350m: 6:38.80	1:00.89
	100m: 1:41.26	54.47	200m: 3:38.69	59.65	300m: 5:37.91	1:00.07	400m: 7:36.74	57.94

30+

1.	Leonie van Noort	WVZ	NED	199301752	4:35.64	+0,82		
	<i>Nederlands Masters Record</i>							
	50m: 31.04	31.04	150m: 1:40.02	34.94	250m: 2:49.95	35.15	350m: 4:01.06	35.65
	100m: 1:05.08	34.04	200m: 2:14.80	34.78	300m: 3:25.41	35.46	400m: 4:35.64	34.58
2.	Tamara Grove	De Dolfijn	NED	199601266	4:41.25	+0,69		
	50m: 31.76	31.76	150m: 1:42.86	36.24	250m: 2:55.02	35.89	350m: 4:06.70	35.86
	100m: 1:06.62	34.86	200m: 2:19.13	36.27	300m: 3:30.84	35.82	400m: 4:41.25	34.55
3.	Jamilla van Omme - van Veen	Zwemvereniging Hoogland	NED	199603192	4:58.40	+0,80		
	50m: 32.49	32.49	150m: 1:46.88	37.54	250m: 3:03.31	38.20	350m: 4:20.69	38.68
	100m: 1:09.34	36.85	200m: 2:25.11	38.23	300m: 3:42.01	38.70	400m: 4:58.40	37.71
4.	Fiona Meuffels	PSV	NED	199504366	5:00.90	+0,67		
	50m: 33.47	33.47	150m: 1:47.55	37.92	250m: 3:04.86	38.95	350m: 4:23.18	39.44
	100m: 1:09.63	36.16	200m: 2:25.91	38.36	300m: 3:43.74	38.88	400m: 5:00.90	37.72
5.	Anne-Irene Ducheine	Zwemvereniging Hoogland	NED	199506824	5:02.67	+0,69		
	50m: 33.68	33.68	150m: 1:49.62	38.35	250m: 3:06.59	38.22	350m: 4:24.72	39.18
	100m: 1:11.27	37.59	200m: 2:28.37	38.75	300m: 3:45.54	38.95	400m: 5:02.67	37.95
6.	Larissa Jansen	PSV	NED	199500660	5:23.55	+0,89		
	50m: 34.80	34.80	150m: 1:54.88	40.55	250m: 3:17.04	41.63	350m: 4:41.55	42.15
	100m: 1:14.33	39.53	200m: 2:35.41	40.53	300m: 3:59.40	42.36	400m: 5:23.55	42.00
7.	Marijke Kommers	NieMo Barracuda	NED	199305334	5:23.87	+0,78		
	50m: 34.59	34.59	150m: 1:54.28	40.58	250m: 3:17.58	41.65	350m: 4:42.01	42.20
	100m: 1:13.70	39.11	200m: 2:35.93	41.65	300m: 3:59.81	42.23	400m: 5:23.87	41.86
8.	Saskia Bergsma	De Wellerobben	NED	199301686	5:35.79	+0,87		
	50m: 35.35	35.35	150m: 1:57.20	42.07	250m: 3:23.91	43.66	350m: 4:51.65	44.05
	100m: 1:15.13	39.78	200m: 2:40.25	43.05	300m: 4:07.60	43.69	400m: 5:35.79	44.14
9.	Irmgard van Weeghel	ENC Arnhem	NED	199204834	5:37.38	+0,76		
	50m: 36.09	36.09	150m: 1:59.30	42.40	250m: 3:26.53	43.43	350m: 4:54.47	43.92
	100m: 1:16.90	40.81	200m: 2:43.10	43.80	300m: 4:10.55	44.02	400m: 5:37.38	42.91
10.	Mariska Gach	ZVL - 1886	NED	199501760	5:45.28	+0,81		
	50m: 37.36	37.36	150m: 2:02.51	43.31	250m: 3:31.99	44.85	350m: 5:02.40	44.86
	100m: 1:19.20	41.84	200m: 2:47.14	44.63	300m: 4:17.54	45.55	400m: 5:45.28	42.88
11.	Hilma Buiten	MZ&PC De Reest	NED	199407522	6:16.32	+0,75		
	50m: 40.21	40.21	150m: 2:14.09	47.53	250m: 3:52.20	48.52	350m: 5:29.23	47.52
	100m: 1:26.56	46.35	200m: 3:03.68	49.59	300m: 4:41.71	49.51	400m: 6:16.32	47.09





Open Nederlandse Masters
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Programmanr. 5, Dames, 400m vrije slag, 30+

rang	naam	vereniging				tijd	RT	PARA
12.	Cynthia van Veen	BZ en PC	NED	199606736	6:28.24	+0,79		
	50m: 38.42	38.42	150m: 2:12.97	48.92	250m: 3:54.65	51.18	350m: 5:39.20	52.33
	100m: 1:24.05	45.63	200m: 3:03.47	50.50	300m: 4:46.87	52.22	400m: 6:28.24	49.04
13.	Chantal Wind-Hemme	De Plons	NED	199501292	8:01.35	+0,88		
	50m: 49.62	49.62	150m: 2:49.42	1:02.76	250m: 4:57.35	1:04.63	350m: 7:06.99	1:05.55
	100m: 1:46.66	57.04	200m: 3:52.72	1:03.30	300m: 6:01.44	1:04.09	400m: 8:01.35	54.36
AFGEM	Michanne Steenbergen	Otter SC	GBR	1821931				
35+								
1.	Wendan Poelstra	TriVia	NED	199102496	5:09.82	+0,75		
	50m: 34.42	34.42	150m: 1:51.38	38.38	250m: 3:08.85	38.79	350m: 4:29.07	40.12
	100m: 1:13.00	38.58	200m: 2:30.06	38.68	300m: 3:48.95	40.10	400m: 5:09.82	40.75
2.	Lisanne Andeweg	Zuiderzeewimmers	NED	198800092	5:16.39	+0,87		
	50m: 35.56	35.56	150m: 1:54.86	40.23	250m: 3:15.87	40.96	350m: 4:37.84	41.20
	100m: 1:14.63	39.07	200m: 2:34.91	40.05	300m: 3:56.64	40.77	400m: 5:16.39	38.55
3.	Relinda Baas	TriVia	NED	198900144	5:21.03	+0,75		
	50m: 35.40	35.40	150m: 1:54.28	40.14	250m: 3:16.29	41.44	350m: 4:39.81	41.95
	100m: 1:14.14	38.74	200m: 2:34.85	40.57	300m: 3:57.86	41.57	400m: 5:21.03	41.22
4.	Nanda van Heteren	PSV	NED	198901728	5:39.39	+0,97		
	50m: 37.25	37.25	150m: 2:03.03	43.28	250m: 3:30.62	43.49	350m: 4:58.01	43.29
	100m: 1:19.75	42.50	200m: 2:47.13	44.10	300m: 4:14.72	44.10	400m: 5:39.39	41.38
5.	Esther Kwebeman	TriVia	NED	199106374	5:45.03	+0,81		
	50m: 37.06	37.06	150m: 2:01.26	42.62	250m: 3:29.13	44.05	350m: 4:59.63	45.89
	100m: 1:18.64	41.58	200m: 2:45.08	43.82	300m: 4:13.74	44.61	400m: 5:45.03	45.40
6.	Monique van Huizen	AZC	NED	198706236	5:46.01	+0,78		
	50m: 36.90	36.90	150m: 2:02.53	43.77	250m: 3:33.22	45.16	350m: 5:02.97	44.45
	100m: 1:18.76	41.86	200m: 2:48.06	45.53	300m: 4:18.52	45.30	400m: 5:46.01	43.04
7.	Liesbeth van Mill	Zwemlust- den Hommel	NED	198702786	5:49.88	+0,94		
	50m: 38.53	38.53	150m: 2:05.88	44.35	250m: 3:35.23	44.87	350m: 5:05.53	45.58
	100m: 1:21.53	43.00	200m: 2:50.36	44.48	300m: 4:19.95	44.72	400m: 5:49.88	44.35
8.	Esther Boerdam-Delfos	AZC	NED	198705256	5:57.01	+0,73		
	50m: 38.24	38.24	150m: 2:06.88	45.58	250m: 3:39.16	46.47	350m: 5:12.83	46.65
	100m: 1:21.30	43.06	200m: 2:52.69	45.81	300m: 4:26.18	47.02	400m: 5:57.01	44.18
9.	Cemre Artan Koc	Frekans Yüzme Akademisi Spor	TUR	bü	6:06.00	+0,89		
	50m: 39.96	39.96	150m: 2:09.83	46.67	250m: 3:45.04	48.28	350m: 5:21.27	48.17
	100m: 1:23.16	43.20	200m: 2:56.76	46.93	300m: 4:33.10	48.06	400m: 6:06.00	44.73
10.	Marieke Weering	De Plons	NED	198704550	6:25.94	+0,75		
	50m: 40.76	40.76	150m: 2:17.75	49.79	250m: 3:57.68	50.34	350m: 5:37.96	50.49
	100m: 1:27.96	47.20	200m: 3:07.34	49.59	300m: 4:47.47	49.79	400m: 6:25.94	47.98
40+								
1.	Sabine Zimmermann	Aachener SV 06	GER	101578	4:56.08	+0,75		
	50m: 33.56	33.56	150m: 1:48.80	37.75	250m: 3:05.12	37.96	350m: 4:20.59	37.30
	100m: 1:11.05	37.49	200m: 2:27.16	38.36	300m: 3:43.29	38.17	400m: 4:56.08	35.49
2.	Ann Wanter	Zwemclub Geel	BEL	ZGEEL/21082/82	5:01.72	+0,82		
	50m: 34.23	34.23	150m: 1:50.61	38.64	250m: 3:08.11	38.73	350m: 4:24.89	38.12
	100m: 1:11.97	37.74	200m: 2:29.38	38.77	300m: 3:46.77	38.66	400m: 5:01.72	36.83
3.	Maïke Zeterberg	Zehlendorfer TSV von 1888	GER	066680	5:10.35	+0,75		
	50m: 34.41	34.41	150m: 1:51.87	38.73	250m: 3:11.07	39.35	350m: 4:31.23	39.95
	100m: 1:13.14	38.73	200m: 2:31.72	39.85	300m: 3:51.28	40.21	400m: 5:10.35	39.12
4.	Evita van de Ketterij	De Treffers	NED	198504284	5:11.89	+0,79		
	50m: 35.19	35.19	150m: 1:52.66	39.48	250m: 3:11.83	39.85	350m: 4:32.11	40.54
	100m: 1:13.18	37.99	200m: 2:31.98	39.32	300m: 3:51.57	39.74	400m: 5:11.89	39.78
5.	Ramona Linting	AZC	NED	198301274	5:30.87	+0,75		
	50m: 35.95	35.95	150m: 1:57.00	41.22	250m: 3:21.30	42.29	350m: 4:49.04	44.05
	100m: 1:15.78	39.83	200m: 2:39.01	42.01	300m: 4:04.99	43.69	400m: 5:30.87	41.83
6.	Sandra Schellekens	Neptunus'58	NED	198503416	6:02.86	+0,85		
	50m: 38.79	38.79	150m: 2:09.81	46.37	250m: 3:43.98	47.15	350m: 5:17.90	46.83
	100m: 1:23.44	44.65	200m: 2:56.83	47.02	300m: 4:31.07	47.09	400m: 6:02.86	44.96
7.	Linda Hoogendam	WVZ	NED	198300892	6:09.70	+0,85		
	50m: 41.40	41.40	150m: 2:16.20	48.12	250m: 3:50.89	46.98	350m: 5:26.08	47.52
	100m: 1:28.08	46.68	200m: 3:03.91	47.71	300m: 4:38.56	47.67	400m: 6:09.70	43.62





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Programmanr. 5, Dames, 400m vrije slag

45+

1.	Patricia Brooijmans	Old Dutch	NED	197901608	5:34.58	+0,70
	50m: 36.32	36.32	150m: 1:57.48	41.24	250m: 3:23.79	43.25
	100m: 1:16.24	39.92	200m: 2:40.54	43.06	300m: 4:08.23	44.44
					350m: 4:52.21	43.98
					400m: 5:34.58	42.37
2.	Chantal Verhoeff	Old Dutch	NED	197900912	5:37.24	+0,80
	50m: 36.98	36.98	150m: 2:02.10	43.72	250m: 3:28.82	43.19
	100m: 1:18.38	41.40	200m: 2:45.63	43.53	300m: 4:12.21	43.39
					350m: 4:55.94	43.73
					400m: 5:37.24	41.30
3.	Jessica Venema	Old Dutch	NED	197901526	5:52.22	+0,87
	50m: 37.40	37.40	150m: 2:05.01	45.00	250m: 3:36.75	45.95
	100m: 1:20.01	42.61	200m: 2:50.80	45.79	300m: 4:22.40	45.65
					350m: 5:08.14	45.74
					400m: 5:52.22	44.08
4.	Sabrina Boekhout	De Biesboschzwemmers	NED	198100120	5:58.62	+0,76
	50m: 37.60	37.60	150m: 2:06.42	45.35	250m: 3:39.83	46.76
	100m: 1:21.07	43.47	200m: 2:53.07	46.65	300m: 4:26.75	46.92
					350m: 5:13.16	46.41
					400m: 5:58.62	45.46
5.	Luisiana Bigea	Sassenheim	NED	197701300	5:58.64	+0,80
	50m: 37.03	37.03	150m: 2:06.61	45.64	250m: 3:39.80	46.36
	100m: 1:20.97	43.94	200m: 2:53.44	46.83	300m: 4:27.82	48.02
					350m: 5:15.11	47.29
					400m: 5:58.64	43.53
6.	Femke Hofkens	Aqua-Novio '94	NED	197801094	6:24.32	+0,79
	50m: 42.08	42.08	150m: 2:18.59	49.48	250m: 3:58.91	50.65
	100m: 1:29.11	47.03	200m: 3:08.26	49.67	300m: 4:49.12	50.21
					350m: 5:38.69	49.57
					400m: 6:24.32	45.63
7.	Clementine van Bruxvoort	Albion	NED	197700138	7:08.34	+0,90
	50m: 46.89	46.89	150m: 2:32.12	52.68	250m: 4:20.64	54.60
	100m: 1:39.44	52.55	200m: 3:26.04	53.92	300m: 5:17.66	57.02
					350m: 6:13.97	56.31
					400m: 7:08.34	54.37
8.	Betty Wali-Nutma	De Granaet	NED	198101090	8:03.65	
	50m: 47.14	47.14	150m: 2:47.29	1:01.74	250m: 4:53.80	1:02.68
	100m: 1:45.55	58.41	200m: 3:51.12	1:03.83	300m: 5:58.17	1:04.37
					350m: 7:01.98	1:03.81
					400m: 8:03.65	1:01.67

50+

1.	Liselotte Joling	PSV	NED	197500268	4:58.63	+0,85
	50m: 34.99	34.99	150m: 1:50.85	37.81	250m: 3:07.25	37.61
	100m: 1:13.04	38.05	200m: 2:29.64	38.79	300m: 3:45.16	37.91
					350m: 4:22.72	37.56
					400m: 4:58.63	35.91
2.	Annett von Rekowski	Schwimmverein Gera	GER	097868	5:06.18	+0,73
	50m: 34.81	34.81	150m: 1:52.59	39.41	250m: 3:10.11	38.65
	100m: 1:13.18	38.37	200m: 2:31.46	38.87	300m: 3:48.93	38.82
					350m: 4:28.31	39.38
					400m: 5:06.18	37.87
3.	Marleen Gerringa-Vos	Batavia Swim	NED	197400598	5:25.86	+0,81
	50m: 36.55	36.55	150m: 1:58.37	41.30	250m: 3:22.23	41.87
	100m: 1:17.07	40.52	200m: 2:40.36	41.99	300m: 4:04.37	42.14
					350m: 4:46.07	41.70
					400m: 5:25.86	39.79
4.	Petra Guijt	Aqua-Novio '94	NED	197600978	5:41.21	+0,86
	50m: 37.46	37.46	150m: 2:04.20	44.02	250m: 3:31.89	43.54
	100m: 1:20.18	42.72	200m: 2:48.35	44.15	300m: 4:15.92	44.03
					350m: 4:59.17	43.25
					400m: 5:41.21	42.04
5.	Julia Barke	Zehlendorfer TSV von 1888	GER	480129	5:42.99	+0,75
	50m: 37.56	37.56	150m: 2:03.78	43.95	250m: 3:31.85	44.26
	100m: 1:19.83	42.27	200m: 2:47.59	43.81	300m: 4:16.11	44.26
					350m: 5:00.88	44.77
					400m: 5:42.99	42.11
6.	Nataliia Boryshkevych	Ukraine Swim	UKR		6:09.77	+0,83
	50m: 44.02	44.02	150m: 2:21.91	48.71	250m: 3:57.31	46.77
	100m: 1:33.20	49.18	200m: 3:10.54	48.63	300m: 4:44.58	47.27
					350m: 5:28.78	44.20
					400m: 6:09.77	40.99
7.	Wendy Nederkoorn	Arethusa	NED	197400374	6:18.57	+0,90
	50m: 40.36	40.36	150m: 2:14.65	48.17	250m: 3:53.00	48.70
	100m: 1:26.48	46.12	200m: 3:04.30	49.65	300m: 4:42.59	49.59
					350m: 5:31.45	48.86
					400m: 6:18.57	47.12

55+

1.	Carla Geurts	PSV	NED	197100178	4:55.16	+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
	100m: 1:10.34	37.12	200m: 2:25.76	37.68	300m: 3:41.82	38.35
					350m: 4:18.93	37.11
					400m: 4:55.16	36.23
2.	Carol Hollemans	ACZ	NED	196900252	5:10.32	+0,79
	50m: 34.56	34.56	150m: 1:51.50	39.45	250m: 3:11.68	40.27
	100m: 1:12.05	37.49	200m: 2:31.41	39.91	300m: 3:51.72	40.04
					350m: 4:31.60	39.88
					400m: 5:10.32	38.72
3.	Lidia van Bon-Rosenbrand	ZPC Amersfoort	NED	197000054	5:15.78	+0,82
	50m: 35.09	35.09	150m: 1:54.45	40.03	250m: 3:15.94	40.28
	100m: 1:14.42	39.33	200m: 2:35.66	41.21	300m: 3:56.69	40.75
					350m: 4:36.83	40.14
					400m: 5:15.78	38.95
4.	Annette de Visser	Oceanus	NED	197100602	5:26.47	+0,81
	50m: 36.08	36.08	150m: 1:58.44	41.51	250m: 3:22.43	41.97
	100m: 1:16.93	40.85	200m: 2:40.46	42.02	300m: 4:04.84	42.41
					350m: 4:46.24	41.40
					400m: 5:26.47	40.23



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

rang	naam	vereniging	tijd	RT	PARA				
5.	Karin Sagonas-Koolen	VZV Njord	6:29.85	+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	6:38.62	+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	6:41.66	+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	6:46.63	+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	6:50.94	+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	7:02.93						
	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	7:09.28						
	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	
12.	Annette van Dok	MSV-Zeemacht	7:31.37						
	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	7:37.83						
	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	7:52.88	+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							
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>								

60+

1.	Wilna Heijman	Steenwijk 1934	5:47.34	+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	6:10.97	+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	6:15.95	+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	6:34.72	+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	7:21.76	+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	7:33.19	+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	7:38.56	+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



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Programmanr. 5, Dames, 400m vrije slag

65+

1.	Marijke Kraak-Beckers	SWOL 1894	NED	196000240	6:27.65	+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	NED	196000330	6:54.06	+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	GER	247144	6:57.18	+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	NED	196000142	6:59.66	+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	NED	196000014	7:01.77	+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	NED	196000292	7:12.04	+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	NED	195800242	8:00.13			
	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	NED	195800236	9:24.65			
	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

70+

1.	Ineke Weekers	PSV	NED	195300050	6:12.78	+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	10:03.71			
	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

Programmanr. 6
1-5-2026 - 11:35

Heren, 100m vlinderslag

Masters Open
Resultaten

rang	naam	vereniging			tijd	RT	PARA	50m	100m
20+									
1.	Marijn Snel	IJsselmeer	NED	200400001	1:02.43	+0,72		28.45	1:02.43
2.	Laurens Kalle	De Schotejil	NED	200600161	1:02.74	+0,74		29.09	1:02.74
3.	Christian Kalle	De Schotejil	NED	200400687	1:02.84	+0,79		28.43	1:02.84
4.	Jesper Pas	VZV Njord	NED	200200967	1:05.86	+0,73		30.73	1:05.86
5.	Ruben van Veenen	ZCNF'34	NED	200400425	1:05.93	+0,69		30.40	1:05.93
6.	Jort Vizeé	De Duck	NED	200201779	1:06.08	+0,60		30.00	1:06.08
7.	Lars Haytink	WS Twente	NED	200601815	1:08.09	+0,65		29.36	1:08.09
8.	Finn Ooijman	WS Twente	NED	200603161	1:08.54	+0,70		29.57	1:08.54
9.	Rik Stahlie	TriVia	NED	200201915	1:12.06	+0,90		32.58	1:12.06
10.	Dennis van der Bok	De Schotejil	NED	200504015	1:19.94	+0,74		36.16	1:19.94
	NG Niels Kragt	TriVia	NED	200300155					



Open Nederlandse Masters
Kampioenschappen 2026 lange baan
Drachten, 30 april-3 mei 2026



Programmanr. 6, Heren, 100m vlinderslag

25+

1. Sander Kirillova	WVZ	NED	199800121	58.89	+0,64	27.31	58.89
2. Darren Chen	ZPC Amersfoort	NED	200001149	1:00.73	+0,63	28.18	1:00.73
3. Kevin Roest	Zwemvereniging Hoogland	NED	200001223	1:01.70		28.30	1:01.70
4. Jordi de Nijs	MSV-Zeemacht	NED	199801851	1:03.49	+0,69	28.19	1:03.49
5. Kaelan Betrian	ENC Arnhem	NED	199905335	1:04.17	+0,63	30.44	1:04.17
6. Ian Terlouw	ZPC Woerden	NED	200002345	1:04.63	+0,70	28.83	1:04.63
7. Bart Weiland	DES	NED	199700777	1:04.94	+0,69	29.12	1:04.94
8. Julian Mes	ZOB'66	NED	200103755	1:06.84	+0,75	30.81	1:06.84
9. Jordy van Oel	WVZ	NED	199802003	1:07.52	+0,82	31.06	1:07.52
10. Jeroen Louwinger	De Rijn	NED	199900583	1:09.12	+0,71	32.00	1:09.12
11. Jacob Mackloet	De Schotejil	NED	200001171	1:09.80	+0,69	30.58	1:09.80
12. Rick Haanschoten	De Rijn	NED	200100291	1:10.26	+0,68	32.82	1:10.26
13. Tim de Zoete	Zwemvereniging Hoogland	NED	199701875	1:10.31	+0,74	31.25	1:10.31
14. Milan de Roo	ZPC Woerden	NED	200102215	1:11.18	+0,66	32.01	1:11.18
15. Dries Cavelaars	ZPC Amersfoort	NED	199804597	1:11.20	+0,66	31.72	1:11.20
16. Luuk Kieviet	De Schotejil	NED	200100469	1:11.59	+0,65	31.88	1:11.59
17. Bart Klootwijk	DES	NED	199801353	1:13.19	+0,80	32.35	1:13.19
18. Boaz Troost	ZOB'66	NED	200100371	1:14.70	+0,76	33.21	1:14.70
19. Auke Sijperda	AZC	NED	199905115	1:16.88	+0,65	33.19	1:16.88
20. Ids de Klerk	NieMo Barracuda	NED	199803237	1:17.65	+0,88	33.48	1:17.65
21. Jesper Luppès	G.S.Z.V. De Golfbreker	NED	200005403	1:18.13	+0,80	33.63	1:18.13
22. Teun van Rooij	VZ&PC Nautilus	NED	199904387	1:19.23	+0,66	33.78	1:19.23

30+

1. Jelle Nap	VZC	NED	199502875	1:05.74	+0,82	29.64	1:05.74
2. Ian van Mullem	ZOB'66	NED	199602545	1:08.66	+0,72	30.69	1:08.66
3. Sander Riezebos	WS Twente	NED	199400467	1:11.60	+0,70	33.00	1:11.60
4. Jaime Santiago Patterson	ZVL - 1886	NED	199406797	1:17.97	+0,70	36.24	1:17.97

35+

1. Matteo Viani	Zwemlust- den Hommel	NED	199007717	1:00.33	+0,69	28.43	1:00.33
2. Bas Braun	ZPC Amersfoort	NED	199106545	1:04.61	+0,76	29.96	1:04.61
3. Olaf Achterberg	VZC	NED	199000011	1:04.88	+0,76	29.80	1:04.88
4. Jeroen Matthijssen	AZC	NED	199103751	1:05.50	+0,71	29.75	1:05.50

40+

1. Rick Driezen	Steenwijk 1934	NED	198600713	1:05.75	+0,83	29.94	1:05.75
2. Pieter Pickhardt	ZPC De Hof	NED	198301657	1:11.93	+0,78	33.62	1:11.93
3. Frank v.d. Voordt	De Schotejil	NED	198302259	1:13.24	+0,82	33.60	1:13.24
4. Rob van Wanrooy	Albion	NED	198202627	1:17.64	+0,76	36.37	1:17.64

45+

1. Oivind Martin Hasle	Oslo I.L.	NOR	M260777ØIV01	1:04.07	+0,78	29.72	1:04.07
2. Erwin Buist	ZPC Amersfoort	NED	197800183	1:05.44	+0,70	29.45	1:05.44
3. Ruud Holswilder	ZPCH	NED	197800435	1:08.89	+0,74	30.04	1:08.89
4. Benoit Gasner	DES	NED	198102645	1:10.28	+0,72	31.41	1:10.28
5. Markus van Rest	WVZ	NED	197701197	1:11.94	+0,82	31.98	1:11.94
6. Arjen Nieveen	DZ&PC	NED	198002545	1:13.36	+0,77	34.73	1:13.36
7. Chiel Abma	DZ&PC	NED	198000003	1:21.08	+0,81	34.92	1:21.08
8. Wilco Steenwijk	SG Octopus - ZVV	NED	198002465	1:26.10	+0,96	39.20	1:26.10



Open Nederlandse Masters
Kampioenschappen 2026 lange baan
Drachten, 30 april-3 mei 2026



Programmanr. 6, Heren, 100m vlinderslag

50+

1. Frederic Tonus	Luxembourg Sharks Swimming	LUX	10449	58.93	+0,76	27.66	58.93
<i>Luxembourg Masters Record</i>							
2. Jasper van Heijst	ZPCH	NED	197601699	1:09.56	+0,78	29.72	1:09.56
3. Jacco Schaap	PSV	NED	197401611	1:12.37	+0,94	32.31	1:12.37
4. Peter de Vries	HZ&PC Heerenveen	NED	197401601	1:14.69	+0,74	34.11	1:14.69
5. Kai Kremer	SG Erkelenz-Hückelhoven	GER	468899	1:17.78	+0,91	35.49	1:17.78
6. Marcel van Walt van Praag	Gay Swim Amsterdam	NED	197501425	1:34.14	+0,72	42.92	1:34.14

55+

1. Antwan van Engen	CWW	NED	197101577	1:04.74	+0,78	29.98	1:04.74
2. Chester Marsman	ZPC Amersfoort	NED	196900671	1:06.06	+0,82	30.46	1:06.06
3. René Beetsma	HZ&PC Heerenveen	NED	196900069	1:17.12	+0,84	34.53	1:17.12
4. Olivier Bresoux	Cercle De Natation Sportcity	VBE	CNSW/004898/69	1:17.56	+0,82	35.90	1:17.56
5. Marcel Vroegindewei	Poseidon'56	NED	196801709	1:19.97	+0,74	35.11	1:19.97
6. Bruno Nahon	Cercle De Natation Sportcity	VBE	CNSW/000390/70	1:20.70	+0,86	36.60	1:20.70
7. Hans Schoenmakers	DAW	NED	196900863	1:21.07	+0,84	36.40	1:21.07
8. Mathieu Rikken	De Duinkickers	NED	196701777	1:24.44	+0,86	38.34	1:24.44
9. Martijn de Jong	DWK	NED	197101659	1:25.68	+0,80	35.32	1:25.68
10. Marcel Brittijn	De Duinkickers	NED	196900159	1:36.06	+0,71	40.76	1:36.06
11. Jordey Wijnbergen	GZC Donk	NED	196901897	2:08.23	+0,83	53.57	2:08.23

60+

1. Hans Vloedgraven	Old Dutch	NED	196400917	1:20.06	+0,82	36.44	1:20.06
2. Eymert van Rooij	PSV	NED	196601631	1:20.79	+0,90	38.13	1:20.79
3. Robert de Brauwer	De Duinkickers	NED	196401383	1:27.26	+0,86	41.51	1:27.26

65+

1. Peter Molecz	SC Diana	AUT	019219	1:24.86	+1,01	39.75	1:24.86
2. Ronald Grove	Triton	NED	196100161	1:27.39	+0,86	38.62	1:27.39

70+

1. Paul Bunnik	Triton	NED	195600413	1:26.51	+0,87	38.10	1:26.51
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Programmanr. 7
1-5-2026 - 11:46

Dames, 100m vlinderslag

Masters Open
Resultaten

rang naam	vereniging			tijd	RT	PARA	50m	100m
70+								
1. Marit Huisman	WVZ	NED	200502620	1:06.22	+0,70		29.99	1:06.22
2. Felina Kissel	G.S.Z.V. De Golfbreker	NED	200505526	1:09.08	+0,68		31.84	1:09.08
3. Vivianne Woltjes	VZC	NED	200501524	1:11.02	+0,72		32.14	1:11.02
4. Evelien Husselman	MZ&PC De Reest	NED	200501324	1:13.95	+0,73		33.64	1:13.95
5. Esther Tiemersma	PSV	NED	200202962	1:15.29	+1,56		34.92	1:15.29
6. Laura 't Lam	De Geul	NED	200603376	1:17.24	+0,81		34.21	1:17.24
7. Jessica Braat	AZC	NED	200205684	1:18.46	+0,72		34.42	1:18.46
8. Sydney Celie	IJsselmeer	NED	200406054	1:18.57	+0,85		35.67	1:18.57
9. Leonie Veldhuis	SG Octopus - ZVV	NED	200301768	1:18.59	+0,78		35.86	1:18.59
10. Laura Noord	De Wellerobben	NED	200202568	1:18.64	+0,80		36.48	1:18.64
11. Luna Uytdewilligen	ENC Arnhem	NED	200601922	1:19.45	+0,71		37.16	1:19.45
12. Lianne van Wier	HZ&PC Heerenveen	NED	200200438	1:19.69	+0,72		32.53	1:19.69
13. Ilse Wild	SG Octopus - ZVV	NED	200401812	1:20.12	+0,76		35.91	1:20.12
14. Iris Lok	WS Twente	NED	200301094	1:21.44	+0,71		35.88	1:21.44
15. Tamar Roosen	VZV Njord	NED	200501168	1:22.53	+0,70		37.79	1:22.53
16. Nina Siegers	De Amstel	NED	200502358	1:24.19	+0,72		38.64	1:24.19
17. Pien Ooijman	WS Twente	NED	200504500	1:25.18	+0,88		37.14	1:25.18





Open Nederlandse Masters
Kampioenschappen 2026 lange baan
Drachten, 30 april-3 mei 2026



Programmanr. 7, Dames, 100m vlinderslag, 20+

rang naam	vereniging			tijd	RT	PARA	50m	100m
18. Manon van der Wielen	HZPC	NED	200200550	1:32.77	+1,13		39.39	1:32.77

25+

1. Anne Fleur Willemsen	Azuro	NED	199901396	1:05.02	+0,77		29.85	1:05.02
2. Silke Molendijk	ZVL - 1886	NED	200100178	1:07.04	+0,65		31.44	1:07.04
3. Linde Haverkate	ZPC De Hof	NED	199900244	1:12.00	+1,00		33.80	1:12.00
4. Kelly de Jonge	Poseidon'56	NED	199701210	1:14.71	+0,80		34.54	1:14.71
5. Mirelle de Kort	VZ&PC Nautilus	NED	200005546	1:17.32	+0,76		35.79	1:17.32
6. Marleen Hof	WS Twente	NED	199802464	1:17.52	+0,85		34.60	1:17.52
7. Maartje Slop	De Otters Het Gooi	NED	200106036	1:18.41	+0,77		35.14	1:18.41
8. Romée Beverdam	WS Twente	NED	200100158	1:22.34	+0,87		37.52	1:22.34
9. Ellen ter Stege	ENC Arnhem	NED	199900604	1:23.54	+0,70		37.15	1:23.54

30+

1. Mariska Scheel	ACZ	NED	199306344	1:08.00	+0,74		32.21	1:08.00
2. Marcella van der Ent	De Duck	NED	199600174	1:08.87	+0,74		30.86	1:08.87
3. Melissa van der Heijden	NieMo Barracuda	NED	199605226	1:08.90	+0,69		31.98	1:08.90
4. Marcha Admiraal	De Geul	NED	199300012	1:11.01	+0,78		32.88	1:11.01
5. Nienke Smidt	WS Twente	NED	199407596	1:17.56	+0,90		35.35	1:17.56
6. D. Rijntjes-Duesman	AZC	NED	199606924	1:18.54	+0,75		33.68	1:18.54
7. Lotte Eising	ZPC Amersfoort	NED	199502098	1:22.86	+0,72		36.47	1:22.86
8. Cynthia van Veen	BZ en PC	NED	199606736	1:45.11	+0,75		45.24	1:45.11
AFGEM Michanne Steenbergen	Otter SC	GBR	1821931					

35+

1. Elmi Roelofsen	SG Octopus - ZVV	NED	199008198	1:20.07	+0,85		35.29	1:20.07
2. Wendan Poelstra	TriVia	NED	199102496	1:20.51	+0,85		35.80	1:20.51
3. Rene Kleinveld	GZC Donk	NED	199001966	1:38.94	+0,81		43.57	1:38.94

40+

1. Viktória Háden-Felföldi	Iron Swim	HUN	66/3267	1:11.73	+0,71		33.66	1:11.73
2. Ann Wanter	Zwemclub Geel	BEL	ZGEEEL/21082/82	1:13.00	+0,79		34.46	1:13.00
3. Marije Jansen	ZPC Amersfoort	NED	198504088	1:15.60	+0,70		34.44	1:15.60
4. Nadya Putter	ZV Vlaardingen-Schiedam	NED	198301630	1:16.10	+0,73		35.31	1:16.10
5. Evita van de Ketterij	De Treffers	NED	198504284	1:16.44	+0,76		34.37	1:16.44
6. Elke Popma-Blox	PSV	NED	198200154	1:20.41	+0,79		36.04	1:20.41

45+

1. Delia Badoux	WVZ	NED	198000042	1:09.05	+0,74		31.36	1:09.05
<i>Nederlands Masters Record</i>								
2. Tonia Ruybroek	Poseidon'56	NED	198101290	1:22.93	+0,95		38.33	1:22.93
3. Ute Kremer	SG Erkelenz-Hückelhoven	GER	492223	1:37.88	+0,89		44.79	1:37.88
4. Inge Roskam	De Duinkickers	NED	197801296	1:40.28	+0,88		45.84	1:40.28
5. Tanja Lenz	Uerdinger Schwimmverein 08	GER	451703	1:45.03	+0,82		46.23	1:45.03

50+

1. Mirjan den Drijver	Westland Swimming Stars	NED	197500884	1:22.46	+0,85		35.86	1:22.46
2. Ilona Hogerheyde	DAW	NED	197400224	1:23.43	+0,77		36.74	1:23.43
3. Krista de Reus-Trompetter	DZ&PC	NED	197600520	1:31.26	+0,89		38.85	1:31.26
DIS Marian Nederlof	De Geul	NED	197600950		+0,86			
<i>AE - De aangegeven zwemslag niet uitgevoerd.</i>								



Open Nederlandse Masters
Kampioenschappen 2026 lange baan
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Programmanr. 7, Dames, 100m vlinderslag

55+

1. Lidia van Bon-Rosenbrand	ZPC Amersfoort	NED	197000054	1:16.73	+0,87	35.95	1:16.73
2. Jeanne Petit	PSV	NED	197001020	1:17.95	+0,79	34.65	1:17.95
3. Bianca Groot	MSV-Zeemacht	NED	197000652	1:32.42	+0,92	42.34	1:32.42
4. Iris van Aurich	DWK	NED	196900866	1:36.34	+0,85	44.38	1:36.34
5. Annette van Dok	MSV-Zeemacht	NED	196800742	2:03.79		57.82	2:03.79
6. F. Gumusburun-De Moor	Istanbul Yuzme Ihtisas Kulubu	TUR		2:28.21	*+1,10	1:05.82	2:28.21

60+

1. Margriet Grove-Lingeman	Triton	NED	196200080	1:31.32	+0,83	42.45	1:31.32
2. Anita Steijger	WVZ	NED	196500628	1:40.43	+0,92	46.67	1:40.43
3. K. van Nassau-van den Heuv	Old Dutch	NED	196600188	1:51.49	+1,08	53.21	1:51.49

65+

1. Petra Tossings	GZC Donk	NED	196100376	1:29.66	+0,86	41.76	1:29.66
<i>Nederlands Masters Record</i>							
2. Marijke Kraak-Beckers	SWOL 1894	NED	196000240	1:41.71	+0,92	45.49	1:41.71
3. Hannie Poletiek	TriVia	NED	195900278	1:58.85	+1,02	52.58	1:58.85

75+

1. A. Gilding-Tussaud	WS Twente	NED	195000038	2:27.68	+0,94	1:11.62	2:27.68
<i>Nederlands Masters Record</i>							