

4 - ONMK 2018 kb sessie 4

20-01-2018 - 9:00

Programmanr. 16  
20-01-2018 - 9:00

Heren, 800m vrije slag

Masters Open  
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT	IPC		
<b>Masters 20+</b>								
1.	Robin van Beek	LZ 1886	8:54.69	199704023	9:09.96	+0,70		
	50m: 31.21	31.21	250m: 2:50.44	34.92	450m: 5:10.86	33.87	650m: 7:29.03	34.75
	100m: 1:05.19	33.98	300m: 3:25.83	35.39	500m: 5:44.97	34.11	700m: 8:03.80	34.77
	150m: 1:40.13	34.94	350m: 4:01.31	35.48	550m: 6:19.33	34.36	750m: 8:37.56	33.76
	200m: 2:15.52	35.39	400m: 4:36.99	35.68	600m: 6:54.28	34.95	800m: 9:09.96	32.40
2.	Nordin Termoshuizen	WVZ	9:14.48	199605401	9:13.31	+0,84		
	50m: 30.42	30.42	250m: 2:48.39	34.47	450m: 5:08.60	35.21	650m: 7:30.26	35.51
	100m: 1:04.41	33.99	300m: 3:23.24	34.85	500m: 5:43.94	35.34	700m: 8:05.86	35.60
	150m: 1:39.37	34.96	350m: 3:58.13	34.89	550m: 6:19.38	35.44	750m: 8:40.88	35.02
	200m: 2:13.92	34.55	400m: 4:33.39	35.26	600m: 6:54.75	35.37	800m: 9:13.31	32.43
3.	Jeffrey Camphens	DWT	9:05.77	199503113	9:14.08	+0,74		
	50m: 31.08	31.08	250m: 2:50.96	35.24	450m: 5:11.90	34.86	650m: 7:32.11	34.90
	100m: 1:05.42	34.34	300m: 3:26.17	35.21	500m: 5:46.68	34.78	700m: 8:06.76	34.65
	150m: 1:40.31	34.89	350m: 4:01.69	35.52	550m: 6:21.82	35.14	750m: 8:41.37	34.61
	200m: 2:15.72	35.41	400m: 4:37.04	35.35	600m: 6:57.21	35.39	800m: 9:14.08	32.71
4.	Emiel van Beusekom	Van Vliet-Barracuda	8:51.48	199403951	9:26.23	+0,86		
	50m: 30.57	30.57	250m: 2:50.93	35.60	450m: 5:15.12	36.32	650m: 7:38.83	36.13
	100m: 1:04.62	34.05	300m: 3:26.71	35.78	500m: 5:51.03	35.91	700m: 8:14.91	36.08
	150m: 1:39.70	35.08	350m: 4:02.37	35.66	550m: 6:27.13	36.10	750m: 8:51.78	36.87
	200m: 2:15.33	35.63	400m: 4:38.80	36.43	600m: 7:02.70	35.57	800m: 9:26.23	34.45
5.	Kevin Hobbel 200m*	Patrick-De Roersoppers (SC)	10:46.48	199704915	10:26.12	+0,85		
	50m: 33.82	33.82	250m: 3:09.04	39.41	450m: 5:47.36	39.54	650m: 8:26.28	40.36
	100m: 1:11.46	37.64	300m: 3:48.56	39.52	500m: 6:27.49	40.13	700m: 9:06.18	39.90
	150m: 1:50.53	39.07	350m: 4:27.63	39.07	550m: 7:06.47	38.98	750m: 9:46.47	40.29
	200m: 2:29.63	39.10	400m: 5:07.82	40.19	600m: 7:45.92	39.45	800m: 10:26.12	39.65
<b>Masters 25+</b>								
1.	Tim Bunnik	Triton	9:18.63	199000505	9:30.63	+0,66		
	50m: 31.97	31.97	250m: 2:56.58	36.05	450m: 5:22.15	34.98	650m: 7:44.14	35.50
	100m: 1:07.68	35.71	300m: 3:33.86	37.28	500m: 5:57.78	35.63	700m: 8:10.36	36.22
	150m: 1:44.35	36.67	350m: 4:10.87	37.01	550m: 6:33.44	35.66	750m: 8:56.01	35.65
	200m: 2:20.53	36.18	400m: 4:47.17	36.30	600m: 7:08.64	35.20	800m: 9:30.63	34.62
2.	Wessel Everloo	De Veene	9:30.06	198906597	9:32.72	+0,74	730	
	50m: 32.17	32.17	250m: 2:56.58	35.70	450m: 5:21.68	34.33	650m: 7:48.63	37.09
	100m: 1:07.92	35.75	300m: 3:33.66	37.08	500m: 5:58.56	36.88	700m: 8:23.24	34.61
	150m: 1:44.39	36.47	350m: 4:10.33	36.67	550m: 6:35.11	36.55	750m: 8:59.33	36.09
	200m: 2:20.88	36.49	400m: 4:47.35	37.02	600m: 7:11.54	36.43	800m: 9:32.72	33.39
3.	Maik Steenkamp	Montferland	9:24.54	199103847	9:50.36	+0,85		
	50m: 32.34	32.34	250m: 2:56.81	36.41	450m: 5:26.27	37.53	650m: 7:58.04	37.88
	100m: 1:08.30	35.96	300m: 3:34.21	37.40	500m: 6:04.16	37.89	700m: 8:35.99	37.95
	150m: 1:44.49	36.19	350m: 4:11.55	37.34	550m: 6:42.10	37.94	750m: 9:13.87	37.88
	200m: 2:20.40	35.91	400m: 4:48.74	37.19	600m: 7:20.16	38.06	800m: 9:50.36	36.49
4.	Peter Schelvis 200m*	LinK	10:25.27	198906671	10:16.34	+0,84		
	50m: 33.45	33.45	250m: 3:04.98	38.39	450m: 5:40.89	39.28	650m: 8:19.34	40.02
	100m: 1:10.25	36.80	300m: 3:43.44	38.46	500m: 6:20.42	39.53	700m: 8:58.65	39.31
	150m: 1:48.21	37.96	350m: 4:22.17	38.73	550m: 6:59.66	39.24	750m: 9:38.09	39.44
	200m: 2:26.59	38.38	400m: 5:01.61	39.44	600m: 7:39.32	39.66	800m: 10:16.34	38.25
5.	Maarten Steekelenburg 200-400m*	De Geul	12:31.31	199300479	12:31.66	+0,88		
	50m: 39.23	39.23	250m: 3:45.69	47.41	450m: 6:59.39	48.00	650m: 10:14.32	49.04
	100m: 1:23.33	44.10	300m: 4:33.20	47.51	500m: 7:48.36	48.97	700m: 11:00.74	46.42
	150m: 2:10.79	47.46	350m: 5:21.96	48.76	550m: 8:36.88	48.52	750m: 11:47.27	46.53
	200m: 2:58.28	47.49	400m: 6:11.39	49.43	600m: 9:25.28	48.40	800m: 12:31.66	44.39

Programmanr. 16, Heren, 800m vrije slag

Masters 30+

1. Niels Albrechts	SGGO (SG)	9:32.13	198800039	9:42.00	+0,88
50m: 32.60	32.60	250m: 2:56.19	36.15	450m: 5:23.31	36.21
100m: 1:08.01	35.41	300m: 3:33.07	36.88	500m: 6:00.01	36.70
150m: 1:43.98	35.97	350m: 4:10.12	37.05	550m: 6:37.26	37.25
200m: 2:20.04	36.06	400m: 4:47.10	36.98	600m: 7:14.36	37.10
650m: 7:51.43				700m: 8:29.42	37.99
				750m: 9:06.96	37.54
				800m: 9:42.00	35.04
2. Ralf Tillmans	Patrick-De Roersoppers (SG)10:23.65	198502597	10:18.41	+0,86	
50m: 33.56	33.56	250m: 3:05.15	38.56	450m: 5:42.33	39.61
100m: 1:10.47	36.91	300m: 3:43.94	38.79	500m: 6:21.88	39.55
150m: 1:48.45	37.98	350m: 4:23.19	39.25	550m: 7:01.55	39.67
200m: 2:26.59	38.14	400m: 5:02.72	39.53	600m: 7:41.04	39.49
650m: 8:20.84				700m: 9:00.71	39.80
				750m: 9:40.73	40.02
				800m: 10:18.41	37.68

Masters 35+

1. Kristiaan Lenos	LZ 1886	9:14.36	198301331	9:19.49	+0,86
50m: 31.02	31.02	250m: 2:50.91	35.34	450m: 5:12.03	35.04
100m: 1:05.29	34.27	300m: 3:26.04	35.13	500m: 5:47.00	34.97
150m: 1:40.21	34.92	350m: 4:01.68	35.64	550m: 6:22.71	35.71
200m: 2:15.57	35.36	400m: 4:36.99	35.31	600m: 6:58.46	35.75
650m: 7:33.73				700m: 8:09.41	35.68
				750m: 8:45.32	35.91
				800m: 9:19.49	34.17
2. Marcel Reefhuis	WS Twente	9:33.76	198101381	9:38.75	+0,82
50m: 32.77	32.77	250m: 2:57.16	36.35	450m: 5:24.06	36.84
100m: 1:08.15	35.38	300m: 3:33.64	36.48	500m: 6:00.75	36.69
150m: 1:44.49	36.34	350m: 4:10.35	36.71	550m: 6:37.49	36.74
200m: 2:20.81	36.32	400m: 4:47.22	36.87	600m: 7:14.29	36.80
650m: 7:50.75				700m: 8:27.34	36.59
				750m: 9:03.67	36.33
				800m: 9:38.75	35.08
3. Frank v.d. Voordt	SGGO (SG)	9:50.39	198302259	9:44.92	+0,84
50m: 32.85	32.85	250m: 2:59.84	37.27	450m: 5:28.39	37.06
100m: 1:08.69	35.84	300m: 3:37.22	37.38	500m: 6:05.54	37.15
150m: 1:45.38	36.69	350m: 4:14.43	37.21	550m: 6:42.43	36.89
200m: 2:22.57	37.19	400m: 4:51.33	36.90	600m: 7:19.51	37.08
650m: 7:56.10				700m: 8:32.92	36.82
				750m: 9:09.79	36.87
				800m: 9:44.92	35.13
4. Andrew Kurnosov	TROYKA Club	9:38.69		9:53.36	+0,52
50m: 32.02	32.02	250m: 2:59.79	37.45	450m: 5:32.14	38.00
100m: 1:08.68	36.66	300m: 3:37.80	38.01	500m: 6:10.30	38.16
150m: 1:45.45	36.77	350m: 4:16.34	38.54	550m: 6:48.71	38.41
200m: 2:22.34	36.89	400m: 4:54.14	37.80	600m: 7:26.85	38.14
650m: 8:04.57				700m: 8:42.26	37.69
				750m: 9:19.28	37.02
				800m: 9:53.36	34.08
5. Rob van Wanrooy	Gay Swim Amsterdam	11:13.38	198202627	10:57.23	+0,84
50m: 35.86	35.86	250m: 3:18.27	41.74	450m: 6:06.06	42.07
100m: 1:14.67	38.81	300m: 4:00.27	42.00	500m: 6:48.89	42.83
150m: 1:55.09	40.42	350m: 4:42.31	42.04	550m: 7:31.63	42.74
200m: 2:36.53	41.44	400m: 5:23.99	41.68	600m: 8:13.85	42.22
650m: 8:56.05				700m: 9:37.96	41.91
				750m: 10:19.29	41.33
				800m: 10:57.23	37.94

Masters 40+

1. Ben Rutten	Oudenaardse Zwemclub	9:21.23	10220/76	9:23.43	+0,92
50m: 31.53	31.53	250m: 2:49.74	34.93	450m: 5:11.22	35.58
100m: 1:05.44	33.91	300m: 3:24.76	35.02	500m: 5:46.97	35.75
150m: 1:39.94	34.50	350m: 4:00.26	35.50	550m: 6:23.12	36.15
200m: 2:14.81	34.87	400m: 4:35.64	35.38	600m: 6:59.26	36.14
650m: 7:35.55				700m: 8:12.05	36.50
				750m: 8:48.55	36.50
				800m: 9:23.43	34.88

Masters 45+

1. Pieter van Gemeren	DAW	10:01.64	196901779	9:39.65	+0,85
50m: 32.96	32.96	250m: 2:57.87	36.76	450m: 5:26.36	37.09
100m: 1:08.45	35.49	300m: 3:34.75	36.88	500m: 6:03.11	36.75
150m: 1:44.69	36.24	350m: 4:12.00	37.25	550m: 6:39.85	36.74
200m: 2:21.11	36.42	400m: 4:49.27	37.27	600m: 7:16.10	36.25
650m: 7:52.77				700m: 8:29.56	36.79
				750m: 9:05.64	36.08
				800m: 9:39.65	34.01
2. René Beetsma	HZ&PC Heerenveen	9:50.08	196900069	9:53.87	+0,91
50m: 34.19	34.19	250m: 3:04.31	37.62	450m: 5:34.15	37.32
100m: 1:11.46	37.27	300m: 3:42.10	37.79	500m: 6:11.51	37.36
150m: 1:48.99	37.53	350m: 4:19.44	37.34	550m: 6:48.79	37.28
200m: 2:26.69	37.70	400m: 4:56.83	37.39	600m: 7:26.50	37.71
650m: 8:04.20				700m: 8:41.61	37.41
				750m: 9:18.77	37.16
				800m: 9:53.87	35.10
3. Antwan van Engen	De Ward	9:57.27	197101577	10:00.75	+0,84
50m: 33.72	33.72	250m: 3:02.68	37.76	450m: 5:34.08	38.37
100m: 1:10.28	36.56	300m: 3:39.78	37.10	500m: 6:12.63	38.55
150m: 1:47.31	37.03	350m: 4:17.73	37.95	550m: 6:50.93	38.30
200m: 2:24.92	37.61	400m: 4:55.71	37.98	600m: 7:28.67	37.74
650m: 8:06.48				700m: 8:44.63	38.15
				750m: 9:22.89	38.26
				800m: 10:00.75	37.86
4. Richard Rickens	Zwemsport Parkstad (SG)	9:53.41	197000841	10:11.97	+0,96
50m: 33.40	33.40	250m: 3:03.83	38.62	450m: 5:39.94	38.38
100m: 1:10.04	36.64	300m: 3:42.84	39.01	500m: 6:18.61	38.67
150m: 1:47.65	37.61	350m: 4:22.37	39.53	550m: 6:57.50	38.89
200m: 2:25.21	37.56	400m: 5:01.56	39.19	600m: 7:35.62	38.12
650m: 8:14.58				700m: 8:53.68	39.10
				750m: 9:33.00	39.32
				800m: 10:11.97	38.97

Programmanr. 16, Heren, 800m vrije slag, Masters 45+

rang	naam	vereniging	inschrijftijd	tijd	RT	IPC
5.	Eric Wattez	ZCNF'34	11:25.10	197001727	<b>10:49.68</b>	+0,95
	50m: 35.87	35.87	250m: 3:18.30	41.45	450m: 6:05.81	42.16
	100m: 1:15.39	39.52	300m: 4:00.01	41.71	500m: 6:47.36	41.55
	150m: 1:55.89	40.50	350m: 4:41.96	41.95	550m: 7:28.94	41.58
	200m: 2:36.85	40.96	400m: 5:23.65	41.69	600m: 8:10.52	41.58
					650m: 8:51.61	41.09
					700m: 9:32.73	41.12
					750m: 10:11.19	38.46
					800m: 10:49.68	38.49
6.	Kasper van den Berghe	Swol 1894	10:47.24	197301125	<b>11:03.99</b>	+0,91
	50m: 38.22	38.22	250m: 3:28.80	42.77	450m: 6:17.22	42.03
	100m: 1:19.54	41.32	300m: 4:10.65	41.85	500m: 6:58.24	41.02
	150m: 2:02.94	43.40	350m: 4:52.99	42.34	550m: 7:39.52	41.28
	200m: 2:46.03	43.09	400m: 5:35.19	42.20	600m: 8:21.04	41.52
					650m: 9:02.95	41.91
					700m: 9:44.72	41.77
					750m: 10:26.04	41.32
					800m: 11:03.99	37.95
7.	Chris Kouwenhoven	De Spatters	11:07.38	197101669	<b>11:12.07</b>	+1,00
	50m: 36.98	36.98	250m: 3:25.78	42.37	450m: 6:16.38	42.53
	100m: 1:18.96	41.98	300m: 4:08.12	42.34	500m: 6:59.32	42.94
	150m: 2:01.22	42.26	350m: 4:50.83	42.71	550m: 7:41.45	42.13
	200m: 2:43.41	42.19	400m: 5:33.85	43.02	600m: 8:23.98	42.53
					650m: 9:06.60	42.62
					700m: 9:49.19	42.59
					750m: 10:31.13	41.94
					800m: 11:12.07	40.94
8.	Wouter van der Stelt	Den Doorn	11:18.00	197200889	<b>11:26.24</b>	+0,97
	50m: 36.15	36.15	250m: 3:23.38	43.09	450m: 6:18.13	43.75
	100m: 1:16.40	40.25	300m: 4:06.55	43.17	500m: 7:02.20	44.07
	150m: 1:58.12	41.72	350m: 4:50.45	43.90	550m: 7:46.46	44.26
	200m: 2:40.29	42.17	400m: 5:34.38	43.93	600m: 8:31.13	44.67
					650m: 9:15.43	44.30
					700m: 9:59.54	44.11
					750m: 10:43.49	43.95
					800m: 11:26.24	42.75
9.	Ramon Alsina Munoz	CNSW	11:50.43	2552/69	<b>11:30.81</b>	+0,89
	50m: 39.29	39.29	250m: 3:32.16	43.20	450m: 6:25.36	43.20
	100m: 1:21.29	42.00	300m: 4:15.76	43.60	500m: 7:08.22	42.86
	150m: 2:05.09	43.80	350m: 4:59.15	43.39	550m: 7:51.51	43.29
	200m: 2:48.96	43.87	400m: 5:42.16	43.01	600m: 8:35.04	43.53
					650m: 9:18.73	43.69
					700m: 10:02.17	43.44
					750m: 10:47.17	45.00
					800m: 11:30.81	43.64
10.	Ingmar de Gelder 50-100-200-400m*	ZOB'66	11:41.99	197000333	<b>11:56.11</b> *	+0,97
	50m: 38.04	38.04	250m: 3:33.17	45.94	450m: 6:36.96	46.49
	100m: 1:19.86	41.82	300m: 4:18.97	45.80	500m: 7:23.20	46.24
	150m: 2:02.85	42.99	350m: 5:04.69	45.72	550m: 8:09.03	45.83
	200m: 2:47.23	44.38	400m: 5:50.47	45.78	600m: 8:55.51	46.48
					650m: 9:41.27	45.76
					700m: 10:27.64	46.37
					750m: 11:13.25	45.61
					800m: 11:56.11	42.86

AFGEM Korstiaan de Boer Steenwijk 1934 11:58.01 197101629

Masters 50+

1.	Nico Paasse	SGGO (SG)	10:26.91	196501463	<b>10:28.47</b>	+0,92
	50m: 33.42	33.42	250m: 3:09.64	39.21	450m: 5:50.01	40.04
	100m: 1:11.62	38.20	300m: 3:49.32	39.68	500m: 6:30.13	40.12
	150m: 1:51.00	39.38	350m: 4:28.30	38.98	550m: 7:10.12	39.99
	200m: 2:30.43	39.43	400m: 5:09.97	41.67	600m: 7:50.20	40.08
					650m: 8:30.36	40.16
					700m: 9:10.49	40.13
					750m: 9:50.51	40.02
					800m: 10:28.47	37.96
2.	Arno Schrauwen	Patrick-De Roersoppers (SC)	10:51.41	196501355	<b>10:47.48</b>	+0,93
	50m: 35.36	35.36	250m: 3:19.15	41.33	450m: 6:04.64	41.22
	100m: 1:15.40	40.04	300m: 4:00.68	41.53	500m: 6:45.84	41.20
	150m: 1:56.52	41.12	350m: 4:41.81	41.13	550m: 7:26.80	40.96
	200m: 2:37.82	41.30	400m: 5:23.42	41.61	600m: 8:07.58	40.78
					650m: 8:48.45	40.87
					700m: 9:28.94	40.49
					750m: 10:08.40	39.46
					800m: 10:47.48	39.08
3.	Fred Dijkshoorn	Zwemvereniging Westland	11:10.15	196501539	<b>11:13.61</b>	+0,89
	50m: 36.65	36.65	250m: 3:26.14	43.28	450m: 6:18.61	43.01
	100m: 1:17.29	40.64	300m: 4:09.17	43.03	500m: 7:02.07	43.46
	150m: 1:59.56	42.27	350m: 4:52.54	43.37	550m: 7:44.88	42.81
	200m: 2:42.86	43.30	400m: 5:35.60	43.06	600m: 8:28.17	43.29
					650m: 9:10.95	42.78
					700m: 9:53.65	42.70
					750m: 10:35.38	41.73
					800m: 11:13.61	38.23
4.	Jan Smalheer	SCOM	11:33.30	196400701	<b>11:48.37</b>	+1,16
	50m: 37.67	37.67	250m: 3:32.52	44.32	450m: 6:31.92	45.46
	100m: 1:20.22	42.55	300m: 4:16.91	44.39	500m: 7:16.70	44.78
	150m: 2:03.83	43.61	350m: 5:01.15	44.24	550m: 8:02.06	45.36
	200m: 2:48.20	44.37	400m: 5:46.46	45.31	600m: 8:47.96	45.90
					650m: 9:33.81	45.85
					700m: 10:19.49	45.68
					750m: 11:04.62	45.13
					800m: 11:48.37	43.75

Masters 55+

1.	Johan Remmits	ZPC Woerden	9:41.93	196201159	<b>9:49.90</b>	+0,88
	50m: 32.37	32.37	250m: 2:58.52	36.56	450m: 5:27.52	37.28
	100m: 1:08.63	36.26	300m: 3:35.69	37.17	500m: 6:04.99	37.47
	150m: 1:45.02	36.39	350m: 4:12.87	37.18	550m: 6:42.59	37.60
	200m: 2:21.96	36.94	400m: 4:50.24	37.37	600m: 7:20.13	37.54
					650m: 7:57.84	37.71
					700m: 8:35.85	38.01
					750m: 9:13.52	37.67
					800m: 9:49.90	36.38
2.	Gert Sikkema	Zwemclub Urk 1978	11:00.98	196300687	<b>10:36.85</b>	+1,06
	50m: 34.83	34.83	250m: 3:12.29	39.87	450m: 5:54.83	40.68
	100m: 1:13.68	38.85	300m: 3:52.84	40.55	500m: 6:34.91	40.08
	150m: 1:52.76	39.08	350m: 4:33.57	40.73	550m: 7:15.86	40.95
	200m: 2:32.42	39.66	400m: 5:14.15	40.58	600m: 7:57.61	41.75
					650m: 8:38.86	41.25
					700m: 9:19.67	40.81
					750m: 9:59.10	39.43
					800m: 10:36.85	37.75

Programmanr. 16, Heren, 800m vrije slag, Masters 55+

rang	naam	vereniging	inschrijftijd	tijd	RT	IPC
3.	Henk Kuipers	UZSC	10:54.60	196201207	10:57.01	+0,83
	50m: 38.30	38.30	250m: 3:23.81	40.99	450m: 6:09.23	41.25
	100m: 1:19.57	41.27	300m: 4:04.31	40.50	500m: 6:50.93	41.70
	150m: 2:01.18	41.61	350m: 4:46.18	41.87	550m: 7:32.65	41.72
	200m: 2:42.82	41.64	400m: 5:27.98	41.80	600m: 8:13.64	40.99
					650m: 8:55.20	41.56
					700m: 9:36.63	41.43
					750m: 10:17.92	41.29
					800m: 10:57.01	39.09
4.	Marius Ros	ZCNF'34	10:36.34	195900779	10:58.32	+0,80
	50m: 38.82	38.82	250m: 3:25.22	41.14	450m: 6:12.19	42.13
	100m: 1:20.65	41.83	300m: 4:06.56	41.34	500m: 6:54.18	41.99
	150m: 2:02.73	42.08	350m: 4:48.46	41.90	550m: 7:36.14	41.96
	200m: 2:44.08	41.35	400m: 5:30.06	41.60	600m: 8:17.94	41.80
					650m: 8:58.98	41.04
					700m: 9:39.17	40.19
					750m: 10:19.49	40.32
					800m: 10:58.32	38.83
5.	Hans Westerhof	WS Twente	11:16.98	196200743	11:04.67	+0,92
	50m: 39.03	39.03	250m: 3:26.26	42.05	450m: 6:14.12	41.19
	100m: 1:20.49	41.46	300m: 4:08.71	42.45	500m: 6:55.28	41.16
	150m: 2:02.13	41.64	350m: 4:50.93	42.22	550m: 7:36.28	41.00
	200m: 2:44.21	42.08	400m: 5:32.93	42.00	600m: 8:17.19	40.91
					650m: 8:58.91	41.72
					700m: 9:40.57	41.66
					750m: 10:22.91	42.34
					800m: 11:04.67	41.76
6.	John Dam	ZIGNEA	12:10.96	196000915	12:09.99	+1,15
	50m: 38.25	38.25	250m: 3:42.49	47.63	450m: 6:52.36	46.84
	100m: 1:21.55	43.30	300m: 4:30.14	47.65	500m: 7:39.39	47.03
	150m: 2:07.27	45.72	350m: 5:18.53	48.39	550m: 8:26.36	46.97
	200m: 2:54.86	47.59	400m: 6:05.52	46.99	600m: 9:11.98	45.62
					650m: 9:58.33	46.35
					700m: 10:44.26	45.93
					750m: 11:29.60	45.34
					800m: 12:09.99	40.39
7.	Bart van Calker	WS Twente	12:04.21	196100067	12:16.27	+1,03
	50m: 40.74	40.74	250m: 3:43.70	46.09	450m: 6:50.55	46.32
	100m: 1:25.12	44.38	300m: 4:30.08	46.38	500m: 7:35.94	45.39
	150m: 2:11.68	46.56	350m: 5:17.33	47.25	550m: 8:21.70	45.76
	200m: 2:57.61	45.93	400m: 6:04.23	46.90	600m: 9:08.24	46.54
					650m: 9:56.70	48.46
					700m: 10:44.79	48.09
					750m: 11:32.33	47.54
					800m: 12:16.27	43.94
8.	Nico van Maanen	De Duck	13:18.21	196100371	13:34.12	+0,91
	50m: 43.00	43.00	250m: 4:09.43	52.39	450m: 7:40.67	53.04
	100m: 1:32.75	49.75	300m: 5:02.06	52.63	500m: 8:32.54	51.87
	150m: 2:25.48	52.73	350m: 5:55.02	52.96	550m: 9:25.84	53.30
	200m: 3:17.04	51.56	400m: 6:47.63	52.61	600m: 10:16.77	50.93
					650m: 11:07.86	51.09
					700m: 11:58.54	50.68
					750m: 12:48.00	49.46
					800m: 13:34.12	46.12
9.	Filip Timmermans	ShaRK	13:20.64	10163/60	13:34.63	+1,05
	50m: 43.72	43.72	250m: 4:00.03	49.92	450m: 7:24.88	51.53
	100m: 1:30.73	47.01	300m: 4:50.14	50.11	500m: 8:16.42	51.54
	150m: 2:20.06	49.33	350m: 5:42.15	52.01	550m: 9:09.52	53.10
	200m: 3:10.11	50.05	400m: 6:33.35	51.20	600m: 10:03.15	53.63
					650m: 10:57.04	53.89
					700m: 11:51.82	54.78
					750m: 12:43.97	52.15
					800m: 13:34.63	50.66
AFGEM	Casper Dollekamp	Steenwijk 1934	12:18.11	196301341		
<b>Masters 60+</b>						
1.	Marten de Groot <i>Nederlands Masters Record</i>	HZ&PC Heerenveen	9:39.03	195800149	9:52.15	+0,92
	50m: 34.01	34.01	250m: 3:04.17	37.60	450m: 5:33.92	36.91
	100m: 1:11.49	37.48	300m: 3:41.82	37.65	500m: 6:11.88	37.96
	150m: 1:49.07	37.58	350m: 4:19.27	37.45	550m: 6:49.19	37.31
	200m: 2:26.57	37.50	400m: 4:57.01	37.74	600m: 7:26.44	37.25
					650m: 8:04.01	37.57
					700m: 8:41.43	37.42
					750m: 9:18.43	37.00
					800m: 9:52.15	33.72
2.	Otto Zeijpveld	De Berkelduikers	10:52.38	195800497	11:03.16	+0,84
	50m: 36.59	36.59	250m: 3:28.13	42.82	450m: 6:18.72	42.48
	100m: 1:18.67	42.08	300m: 4:11.11	42.98	500m: 7:00.27	41.55
	150m: 2:01.97	43.30	350m: 4:53.70	42.59	550m: 7:41.60	41.33
	200m: 2:45.31	43.34	400m: 5:36.24	42.54	600m: 8:22.55	40.95
					650m: 9:03.69	41.14
					700m: 9:44.69	41.00
					750m: 10:24.69	40.00
					800m: 11:03.16	38.47
3.	Paul Bunnik	Triton	11:37.56	195600413	11:26.35	+0,87
	50m: 35.98	35.98	250m: 3:24.02	43.22	450m: 6:19.85	44.18
	100m: 1:16.33	40.35	300m: 4:07.39	43.37	500m: 7:04.25	44.40
	150m: 1:58.21	41.88	350m: 4:51.03	43.64	550m: 7:48.93	44.68
	200m: 2:40.80	42.59	400m: 5:35.67	44.64	600m: 8:33.19	44.26
					650m: 9:17.49	44.30
					700m: 10:01.93	44.44
					750m: 10:46.44	44.51
					800m: 11:26.35	39.91
4.	Lex Hoogendam	ZZ&PC De Devel	12:11.31	195700541	12:19.63	+1,09
	50m: 38.40	38.40	250m: 3:43.61	47.03	450m: 6:52.17	46.83
	100m: 1:23.00	44.60	300m: 4:30.60	46.99	500m: 7:40.41	46.24
	150m: 2:09.52	46.52	350m: 5:17.68	47.08	550m: 8:27.43	47.02
	200m: 2:56.58	47.06	400m: 6:05.34	47.66	600m: 9:14.63	47.20
					650m: 10:02.28	47.65
					700m: 10:50.59	48.31
					750m: 11:35.59	45.00
					800m: 12:19.63	44.04
<b>Masters 65+</b>						
1.	Brend Brevé	PSV	11:39.53	195200265	11:22.26	+1,05
	50m: 38.04	38.04	250m: 3:32.31	43.61	450m: 6:23.87	42.70
	100m: 1:20.88	42.84	300m: 4:15.00	42.69	500m: 7:06.44	42.57
	150m: 2:04.85	43.97	350m: 4:58.01	43.01	550m: 7:49.86	43.42
	200m: 2:48.70	43.85	400m: 5:41.17	43.16	600m: 8:33.42	43.56
					650m: 9:16.58	43.16
					700m: 9:59.55	42.97
					750m: 10:41.68	42.13
					800m: 11:22.26	40.58

Programmanr. 16, Heren, 800m vrije slag, Masters 65+

rang	naam	vereniging	inschrijftijd	tijd	RT	IPC		
2.	Hilbert Prins	OEZA	13:01.37	195100223	13:21.31	+1,22		
	50m: 43.66	43.66	250m: 4:00.78	50.49	450m: 7:22.70	50.68	650m: 10:48.56	50.65
	100m: 1:31.22	47.56	300m: 4:50.73	49.95	500m: 8:14.51	51.81	700m: 11:40.10	51.54
	150m: 2:20.35	49.13	350m: 5:41.46	50.73	550m: 9:06.29	51.78	750m: 12:31.68	51.58
	200m: 3:10.29	49.94	400m: 6:32.02	50.56	600m: 9:57.91	51.62	800m: 13:21.31	49.63
3.	Piet Schop	De Bevelanders	13:21.67	195000109	13:41.18	+0,73		
	50m: 43.26	43.26	250m: 4:06.28	51.75	450m: 7:35.37	52.39	650m: 11:07.97	53.19
	100m: 1:31.41	48.15	300m: 4:58.10	51.82	500m: 8:27.85	52.48	700m: 12:00.22	52.25
	150m: 2:22.44	51.03	350m: 5:50.63	52.53	550m: 9:21.89	54.04	750m: 12:53.31	53.09
	200m: 3:14.53	52.09	400m: 6:42.98	52.35	600m: 10:14.78	52.89	800m: 13:41.18	47.87

Masters 70+

1.	Willem Putter	ZVVS	13:22.24	194500135	13:28.47	+1,36		
	50m: 44.31	44.31	250m: 4:07.96	51.12	450m: 7:34.56	51.22	650m: 11:00.78	51.64
	100m: 1:33.57	49.26	300m: 4:59.30	51.34	500m: 8:26.30	51.74	700m: 11:52.40	51.62
	150m: 2:25.22	51.65	350m: 5:51.30	52.00	550m: 9:17.68	51.38	750m: 12:42.96	50.56
	200m: 3:16.84	51.62	400m: 6:43.34	52.04	600m: 10:09.14	51.46	800m: 13:28.47	45.51
DIS	Ludwig Lorenz	SG Gladbeck	13:10.80	127866				
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>							
NG.ZA	Wout Hemmes	De Plons	12:23.35	194800059				

Masters 75+

1.	Rob Hanou	PSV	13:04.87	194300109	13:41.35	+1,10		
	50m: 43.71	43.71	250m: 4:04.97	50.04	450m: 7:24.96	50.05	650m: 10:53.26	56.49
	100m: 1:34.07	50.36	300m: 4:54.60	49.63	500m: 8:15.01	50.05	700m: 11:52.25	58.99
	150m: 2:25.69	51.62	350m: 5:44.84	50.24	550m: 9:05.05	50.04	750m: 12:50.27	58.02
	200m: 3:14.93	49.24	400m: 6:34.91	50.07	600m: 9:56.77	51.72	800m: 13:41.35	51.08
2.	Frans van Enst	WS Twente	13:26.59	194000011	14:08.06	+1,15		
	50m: 44.68	44.68	250m: 4:20.26	55.36	450m: 7:58.59	54.69	650m: 11:34.05	52.78
	100m: 1:36.45	51.77	300m: 5:14.58	54.32	500m: 8:53.24	54.65	700m: 12:27.02	52.97
	150m: 2:29.42	52.97	350m: 6:08.61	54.03	550m: 9:47.38	54.14	750m: 13:19.32	52.30
	200m: 3:24.90	55.48	400m: 7:03.90	55.29	600m: 10:41.27	53.89	800m: 14:08.06	48.74
3.	Geza Kaltenecker	AZC	14:22.97	194200065	15:13.36	+1,22		
	50m: 49.46	49.46	250m: 4:39.34	58.82	450m: 8:34.29	58.49	650m: 12:26.36	56.77
	100m: 1:44.79	55.33	300m: 5:38.46	59.12	500m: 9:31.92	57.63	700m: 13:23.72	57.36
	150m: 2:41.97	57.18	350m: 6:36.90	58.44	550m: 10:30.37	58.45	750m: 14:20.45	56.73
	200m: 3:40.52	58.55	400m: 7:35.80	58.90	600m: 11:29.59	59.22	800m: 15:13.36	52.91
4.	Rudolf Degenaar	PSV	16:47.03	193900033	17:40.52	+1,77		
	50m: 1:00.32	1:00.32	250m: 5:33.59	1:07.72	450m: 10:00.76	1:06.94	650m: 14:25.80	1:04.23
	100m: 2:09.29	1:08.97	300m: 6:40.23	1:06.64	500m: 11:08.95	1:08.19	700m: 15:32.56	1:06.76
	150m: 3:16.87	1:07.58	350m: 7:45.12	1:04.89	550m: 12:14.92	1:05.97	750m: 16:38.39	1:05.83
	200m: 4:25.87	1:09.00	400m: 8:53.82	1:08.70	600m: 13:21.57	1:06.65	800m: 17:40.52	1:02.13

Masters 80+

1.	Frederik Hendrik De Bruijn	CN Aquamasters	13:02.17		13:19.77	+1,13		
	<i>Kampioenschaps Record, 200-400m*</i>							
	50m: 47.33	47.33	250m: 4:08.17	50.32	450m: 7:28.65	50.07	650m: 10:49.83	49.85
	100m: 1:37.19	49.86	300m: 4:58.58	50.41	500m: 8:19.20	50.55	700m: 11:40.95	51.12
	150m: 2:28.21	51.02	350m: 5:49.75	51.17	550m: 9:09.07	49.87	750m: 12:31.04	50.09
	200m: 3:17.85	49.64	400m: 6:38.58	48.83	600m: 9:59.98	50.91	800m: 13:19.77	48.73
2.	Gregor Pompen	Aqua-Novio'94	16:27.72	193700021	17:19.68	+1,42		
	50m: 55.01	55.01	250m: 5:13.15	1:06.16	450m: 9:37.71	1:06.54	650m: 14:04.13	1:06.85
	100m: 1:55.96	1:00.95	300m: 6:18.12	1:04.97	500m: 10:44.17	1:06.46	700m: 15:11.29	1:07.16
	150m: 3:00.78	1:04.82	350m: 7:23.78	1:05.66	550m: 11:50.71	1:06.54	750m: 16:17.60	1:06.31
	200m: 4:06.99	1:06.21	400m: 8:31.17	1:07.39	600m: 12:57.28	1:06.57	800m: 17:19.68	1:02.08

Masters 85+

Programmanr. 16, Heren, 800m vrije slag, Masters 85+

rang	naam	vereniging	inschrijftijd						tijd	RT	IPC	
1.	Bob Berg	PSV	17:44.00						193300011	17:56.70 *		
	<i>Nederlands Masters Record</i>											
	50m:	56.15	56.15	250m:	5:21.47	1:06.71	450m:	9:55.69	1:10.76	650m:	14:32.67	1:07.80
	100m:	2:01.01	1:04.86	300m:	6:27.91	1:06.44	500m:	11:03.48	1:07.79	700m:	15:40.63	1:07.96
	150m:	3:06.34	1:05.33	350m:	7:36.36	1:08.45	550m:	12:13.55	1:10.07	750m:	16:50.33	1:09.70
	200m:	4:14.76	1:08.42	400m:	8:44.93	1:08.57	600m:	13:24.87	1:11.32	800m:	17:56.70	1:06.37

Programmanr. 17  
20-01-2018 - 10:43

Dames, 400m wisselslag

Masters Open  
Resultaten

rang	naam	vereniging	inschrijftijd						tijd	RT	IPC	
<b>Masters 20+</b>												
1.	Madelon Dijkstra	ZPCH	5:06.81						199703510	5:05.95	+0,90	
	50m:	33.70	33.70	150m:	1:51.81	39.79	250m:	3:14.33	43.46	350m:	4:32.28	33.77
	100m:	1:12.02	38.32	200m:	2:30.87	39.06	300m:	3:58.51	44.18	400m:	5:05.95	33.67
2.	Anne Noom	Het Y	5:08.27						199800062	5:07.39	+0,82	
	50m:	31.79	31.79	150m:	1:47.55	38.65	250m:	3:11.15	44.98	350m:	4:32.62	35.38
	100m:	1:08.90	37.11	200m:	2:26.17	38.62	300m:	3:57.24	46.09	400m:	5:07.39	34.77
3.	Manon van Esch	TRB-RES	5:22.00						199702090	5:18.26	+0,77	
	50m:	32.15	32.15	150m:	1:49.19	39.60	250m:	3:17.44	48.07	350m:	4:43.28	36.83
	100m:	1:09.59	37.44	200m:	2:29.37	40.18	300m:	4:06.45	49.01	400m:	5:18.26	34.98
4.	Tamara Grove	De Dolfijn	5:12.12						199601266	5:18.99	+0,78	
	50m:	32.94	32.94	150m:	1:52.46	41.11	250m:	3:18.76	45.73	350m:	4:42.62	36.45
	100m:	1:11.35	38.41	200m:	2:33.03	40.57	300m:	4:06.17	47.41	400m:	5:18.99	36.37
5.	Chantal Beijer	DWT	5:24.53						199700884	5:30.84	+0,92	
	50m:	35.89	35.89	150m:	2:00.80	43.09	250m:	3:28.35	44.26	350m:	4:54.02	37.69
	100m:	1:17.71	41.82	200m:	2:44.09	43.29	300m:	4:16.33	47.98	400m:	5:30.84	36.82
6.	Manon Kloosterman	De Bevelanders	5:29.52						199702082	5:32.35	+0,64	
	50m:	33.92	33.92	150m:	1:59.67	44.80	250m:	3:29.88	46.62	350m:	4:55.01	38.93
	100m:	1:14.87	40.95	200m:	2:43.26	43.59	300m:	4:16.08	46.20	400m:	5:32.35	37.34
7.	Maaïke Tijhof	VZC	5:20.89						199800112	5:33.17	+0,82	
	50m:	34.97	34.97	150m:	2:02.36	43.30	250m:	3:31.95	47.18	350m:	4:57.56	37.05
	100m:	1:19.06	44.09	200m:	2:44.77	42.41	300m:	4:20.51	48.56	400m:	5:33.17	35.61
8.	Celine Schoenmaker	DWK	5:26.49						199801976	5:34.49	+0,76	
	50m:	32.93	32.93	150m:	1:53.91	41.34	250m:	3:24.75	49.16	350m:	4:56.50	40.61
	100m:	1:12.57	39.64	200m:	2:35.59	41.68	300m:	4:15.89	51.14	400m:	5:34.49	37.99
9.	Moniek Heemskerck	LZ 1886	5:21.32						199601964	5:34.60	+0,78	
	50m:	35.67	35.67	150m:	2:02.62	45.16	250m:	3:30.39	43.89	350m:	4:56.54	40.16
	100m:	1:17.46	41.79	200m:	2:46.50	43.88	300m:	4:16.38	45.99	400m:	5:34.60	38.06
10.	Tamara Maassen	Aquapoldro	5:54.23						199801270	5:57.16	+0,85	
	50m:	35.99	35.99	150m:	2:03.71	45.21	250m:	3:40.15	51.86	350m:	5:16.13	43.12
	100m:	1:18.50	42.51	200m:	2:48.29	44.58	300m:	4:33.01	52.86	400m:	5:57.16	41.03
11.	Maike Korthout	TRB-RES	5:41.86						199406034	6:03.43	+0,79	
	50m:	35.39	35.39	150m:	2:01.27	44.32	250m:	3:40.97	54.71	350m:	5:20.12	42.75
	100m:	1:16.95	41.56	200m:	2:46.26	44.99	300m:	4:37.37	56.40	400m:	6:03.43	43.31
12.	Sanne de Roo	ZZ&PC De Devel	6:15.70						199501934	6:16.92	+0,79	
	50m:	40.55	40.55	150m:	2:19.24	50.71	250m:	3:59.05	49.65	350m:	5:34.85	43.52
	100m:	1:28.53	47.98	200m:	3:09.40	50.16	300m:	4:51.33	52.28	400m:	6:16.92	42.07

Masters 25+

1.	Yvon Versteeg	De Veene	5:19.35						199201864	5:10.46	+0,83	
	<i>Nederlands Masters Record</i>											
	50m:	32.40	32.40	150m:	1:52.67	41.35	250m:	3:16.90	43.33	350m:	4:36.09	34.44
	100m:	1:11.32	38.92	200m:	2:33.57	40.90	300m:	4:01.65	44.75	400m:	5:10.46	34.37
2.	Maaïke Vooren	DAW	5:19.15						199103324	5:21.00	+0,94	
	50m:	33.92	33.92	150m:	1:57.33	43.17	250m:	3:24.98	44.64	350m:	4:46.28	36.09
	100m:	1:14.16	40.24	200m:	2:40.34	43.01	300m:	4:10.19	45.21	400m:	5:21.00	34.72
3.	Fraukje Puts	HZ&PC Heerenveen	5:31.02						199206470	5:27.15	+0,80	
	50m:	34.89	34.89	150m:	1:58.80	43.40	250m:	3:27.04	45.96	350m:	4:51.68	37.90
	100m:	1:15.40	40.51	200m:	2:41.08	42.28	300m:	4:13.78	46.74	400m:	5:27.15	35.47

Programmanr. 17, Dames, 400m wisselslag, Masters 25+

rang	naam	vereniging	inschrijftijd	tijd	RT	IPC
4.	Wendy de Bruin	ZOB'66	5:28.53	199206320	<b>5:32.05</b>	+0,83
	50m: 34.19 34.19	150m: 1:58.42 43.20	250m: 3:28.30 45.97	350m: 4:55.58 38.58		
	100m: 1:15.22 41.03	200m: 2:42.33 43.91	300m: 4:17.00 48.70	400m: 5:32.05 36.47		
5.	Danila van den Hoogenband	Nuene	5:49.43	199001558	<b>5:40.32</b>	+0,84
	50m: 34.44 34.44	150m: 1:59.27 44.72	250m: 3:32.91 50.61	350m: 5:03.99 39.28		
	100m: 1:14.55 40.11	200m: 2:42.30 43.03	300m: 4:24.71 51.80	400m: 5:40.32 36.33		
6.	Désirée Emmen	De Warande	5:37.83	199204862	<b>5:46.50</b>	+0,60
	50m: 35.88 35.88	150m: 2:00.89 43.12	250m: 3:33.85 51.34	350m: 5:07.60 41.67		
	100m: 1:17.77 41.89	200m: 2:42.51 41.62	300m: 4:25.93 52.08	400m: 5:46.50 38.90		
7.	Martje Godschalk	De IJssel	6:06.13	199001186	<b>5:51.62</b>	+0,83
	50m: 36.64 36.64	150m: 2:06.52 46.47	250m: 3:41.02 48.73	350m: 5:11.39 39.19		
	100m: 1:20.05 43.41	200m: 2:52.29 45.77	300m: 4:32.20 51.18	400m: 5:51.62 40.23		
8.	Suzan Blankestijn	LZ 1886	5:54.74	198900350	<b>5:59.43</b>	+0,85
	50m: 37.37 37.37	150m: 2:14.21 51.50	250m: 3:50.42 45.53	350m: 5:20.69 41.02		
	100m: 1:22.71 45.34	200m: 3:04.89 50.68	300m: 4:39.67 49.25	400m: 5:59.43 38.74		
9.	Marjan Rikken	ZVV	6:20.43	199206114	<b>6:16.12</b>	+0,98
	50m: 42.59 42.59	150m: 2:20.08 45.50	250m: 3:57.80 52.91	350m: 5:35.31 43.26		
	100m: 1:34.58 51.99	200m: 3:04.89 44.81	300m: 4:52.05 54.25	400m: 6:16.12 40.81		
10.	Jacoline van den Beukel	Zwemvereniging Westland	6:30.68	199100238	<b>6:20.58</b>	+0,90
	50m: 41.15 41.15	150m: 2:17.15 45.46	250m: 3:58.51 56.94	350m: 5:37.39 42.89		
	100m: 1:31.69 50.54	200m: 3:01.57 44.42	300m: 4:54.50 55.99	400m: 6:20.58 43.19		
11.	Eline Schoenmaker	Zwemlust-den Hommel	6:24.27	199003322	<b>6:26.00</b>	+0,79
	50m: 41.01 41.01	150m: 2:18.57 47.52	250m: 4:03.55 56.73	350m: 5:43.05 43.74		
	100m: 1:31.05 50.04	200m: 3:06.82 48.25	300m: 4:59.31 55.76	400m: 6:26.00 42.95		
12.	Claudia Creemers	RZ	7:11.81	199202864	<b>7:12.36</b>	+0,90
	50m: 42.75 42.75	150m: 2:33.28 56.79	250m: 4:30.82 100.10	350m: 6:24.39 49.68		
	100m: 1:36.49 53.74	200m: 3:30.72 57.44	300m: 5:34.71 103.89	400m: 7:12.36 47.97		
13.	Janneke Wynia	WS Twente	7:00.99	199005500	<b>7:12.57</b>	+0,92
	50m: 48.32 48.32	150m: 2:41.75 54.37	250m: 4:37.88 57.82	350m: 6:26.08 49.35		
	100m: 1:47.38 59.06	200m: 3:40.06 58.31	300m: 5:36.73 58.85	400m: 7:12.57 46.49		
AFGEM	Nanda de Vries	Steenwijk 1934	5:38.49	199204328		
AFGEM	Emmy van Thiel	Rotterdam Swimming (SG)	6:24.03	199003728		

Masters 30+

1.	Marlijn Hendriksen <i>Nederlands Masters Record</i>	Hieronymus	4:55.46	198806828	<b>5:03.27</b>	+0,78
	50m: 33.34 33.34	150m: 1:50.36 39.88	250m: 3:11.28 42.19	350m: 4:29.26 35.43		
	100m: 1:10.48 37.14	200m: 2:29.09 38.73	300m: 3:53.83 42.55	400m: 5:03.27 34.01		
2.	Viktória Felföldi <i>Hungarian Masters Record</i>	Iron Aquatics	5:18.06		<b>5:14.14</b>	+0,91
	50m: 32.79 32.79	150m: 1:50.86 40.13	250m: 3:16.08 45.52	350m: 4:37.76 36.24		
	100m: 1:10.73 37.94	200m: 2:30.56 39.70	300m: 4:01.52 45.44	400m: 5:14.14 36.38		
3.	Nele Vanbuel-Goffin	Nelaur	5:26.84	001811/85	<b>5:24.15</b>	+0,88
	50m: 33.83 33.83	150m: 1:55.45 43.33	250m: 3:22.79 43.86	350m: 4:46.16 38.37		
	100m: 1:12.12 38.29	200m: 2:38.93 43.48	300m: 4:07.79 45.00	400m: 5:24.15 37.99		
4.	Susanne van der Linden	DIO	5:38.72	198802736	<b>5:39.65</b>	+0,82
	50m: 37.43 37.43	150m: 2:03.48 43.04	250m: 3:34.75 46.05	350m: 5:00.73 39.34		
	100m: 1:20.44 43.01	200m: 2:48.70 45.22	300m: 4:21.39 46.64	400m: 5:39.65 38.92		
5.	Liesbeth van Mill	DWK	5:59.35	198702786	<b>5:59.63</b>	+0,82
	50m: 38.50 38.50	150m: 2:09.81 46.34	250m: 3:44.75 49.54	350m: 5:17.90 42.73		
	100m: 1:23.47 44.97	200m: 2:55.21 45.40	300m: 4:35.17 50.42	400m: 5:59.63 41.73		
6.	Rita Spithoff	Rotterdam Swimming (SG)	6:06.59	198804124	<b>6:09.05</b>	+0,88
	50m: 39.19 39.19	150m: 2:13.69 47.96	250m: 3:54.24 52.31	350m: 5:31.06 43.89		
	100m: 1:25.73 46.54	200m: 3:01.93 48.24	300m: 4:47.17 52.93	400m: 6:09.05 37.99		
7.	Marloes Rebel <i>100m*</i>	WS Twente	7:53.88	198403474	<b>7:21.99</b>	+1,09
	50m: 48.60 48.60	150m: 2:45.01 59.86	250m: 4:44.52 102.20	350m: 6:34.73 47.23		
	100m: 1:45.15 56.55	200m: 3:42.32 57.31	300m: 5:47.50 102.98	400m: 7:21.99 47.26		

Programmanr. 17, Dames, 400m wisselslag

Masters 35+

1.	Stephanie Vaernewyck	MEGA-zwemteam	5:30.32	20352/83	<b>5:25.27</b>	+0,92
	<i>Kampioenschaps Record, Belgisch Masters Record</i>					
	50m: 34.35	34.35	150m: 1:56.70	41.76	250m: 3:23.66	44.31
	100m: 1:14.94	40.59	200m: 2:39.35	42.65	300m: 4:09.62	45.96
					350m: 4:47.39	37.77
					400m: 5:25.27	37.88
2.	Nadya Putter	ZVVS	5:30.38	198301630	<b>5:29.89</b>	+0,87
	50m: 35.01	35.01	150m: 1:56.17	41.92	250m: 3:24.38	45.12
	100m: 1:14.25	39.24	200m: 2:39.26	43.09	300m: 4:12.56	48.18
					350m: 4:52.10	39.54
					400m: 5:29.89	37.79
3.	Roos van Esch	Albion d'ELFT (SG)	5:24.52	198200468	<b>5:32.43</b>	+0,93
	50m: 35.79	35.79	150m: 1:59.00	42.91	250m: 3:30.40	48.41
	100m: 1:16.09	40.30	200m: 2:41.99	42.99	300m: 4:18.38	47.98
					350m: 4:56.72	38.34
					400m: 5:32.43	35.71
4.	Ann Wanter	Zwemclub Geel	5:26.82	21082/82	<b>5:34.77</b>	+0,87
	<i>Belgisch Masters Record</i>					
	50m: 35.79	35.79	150m: 1:59.18	42.27	250m: 3:30.16	48.85
	100m: 1:16.91	41.12	200m: 2:41.31	42.13	300m: 4:19.22	49.06
					350m: 4:57.21	37.99
					400m: 5:34.77	37.56
5.	Jessica Venema	WIDEX GZC DONK	6:23.59	197901526	<b>6:32.68</b>	+0,96
	50m: 41.79	41.79	150m: 2:23.50	47.57	250m: 4:08.74	57.28
	100m: 1:35.93	54.14	200m: 3:11.46	47.96	300m: 5:06.48	57.74
					350m: 5:49.75	43.27
					400m: 6:32.68	42.93

Masters 40+

1.	Jannie Vennik	HZ&PC Heerenveen	6:30.55	197601006	<b>6:32.32</b>	+1,01
	50m: 43.58	43.58	150m: 2:25.73	50.44	250m: 4:12.28	55.09
	100m: 1:35.29	51.71	200m: 3:17.19	51.46	300m: 5:09.21	56.93
					350m: 5:50.63	41.42
					400m: 6:32.32	41.69
AFGEM	Liselotte Joling	PSV	5:31.26	197500268		

Masters 45+

1.	Evelien van Klaarbergen	HZ&PC Heerenveen	5:36.57	197200964	<b>5:38.29</b>	+0,97
	<i>Kampioenschaps Record</i>					
	50m: 36.60	36.60	150m: 2:01.56	42.76	250m: 3:33.50	50.24
	100m: 1:18.80	42.20	200m: 2:43.26	41.70	300m: 4:21.19	47.69
					350m: 5:00.13	38.94
					400m: 5:38.29	38.16
2.	Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	5:59.35	197000054	<b>5:55.85</b>	+0,97
	50m: 36.46	36.46	150m: 2:05.12	47.60	250m: 3:42.98	48.43
	100m: 1:17.52	41.06	200m: 2:54.55	49.43	300m: 4:33.05	50.07
					350m: 5:14.94	41.89
					400m: 5:55.85	40.91
3.	Heidi den Boer	LinK	5:52.61	196900864	<b>5:56.86</b>	+0,82
	50m: 36.89	36.89	150m: 2:06.59	44.10	250m: 3:43.24	51.33
	100m: 1:22.49	45.60	200m: 2:51.91	45.32	300m: 4:36.67	53.43
					350m: 5:17.56	40.89
					400m: 5:56.86	39.30
4.	Lisenka Kornet-van den Akker	Zwemlust-den Hommel	6:05.10	196901052	<b>6:10.04</b>	+1,00
	50m: 40.83	40.83	150m: 2:18.02	47.85	250m: 3:58.24	53.48
	100m: 1:30.17	49.34	200m: 3:04.76	46.74	300m: 4:52.02	53.78
					350m: 5:31.48	39.46
					400m: 6:10.04	38.56
5.	Peggi Hurenkamp	HZ&PC Heerenveen	6:37.57	196900922	<b>6:45.10</b>	+0,87
	50m: 43.67	43.67	150m: 2:22.15	51.22	250m: 4:13.82	1:00.36
	100m: 1:30.93	47.26	200m: 3:13.46	51.31	300m: 5:12.99	59.17
					350m: 5:58.91	45.92
					400m: 6:45.10	46.19

Masters 50+

1.	Laura Staal	Oceanus	6:07.36	196700358	<b>6:16.30</b>	+0,70
	50m: 41.34	41.34	150m: 2:17.70	47.94	250m: 3:58.77	53.63
	100m: 1:29.76	48.42	200m: 3:05.14	47.44	300m: 4:51.99	53.22
					350m: 5:34.58	42.59
					400m: 6:16.30	41.72
2.	K. van Nassau van den Heuvel	Old Dutch	6:39.68	196600188	<b>6:58.35</b>	+0,98
	50m: 46.19	46.19	150m: 2:35.61	54.66	250m: 4:26.59	55.65
	100m: 1:40.95	54.76	200m: 3:30.94	55.33	300m: 5:23.87	57.28
					350m: 6:11.94	48.07
					400m: 6:58.35	46.41
3.	Miranda Keijl	ZIGNEA	7:18.31	196500588	<b>7:12.68</b>	+0,99
	<i>100m*</i>					
	50m: 48.15	48.15	150m: 2:39.34	55.10	250m: 4:37.15	1:05.26
	100m: 1:44.24	56.09	200m: 3:31.89	52.55	300m: 5:40.31	1:03.16
					350m: 6:29.87	49.56
					400m: 7:12.68	42.81
4.	Hetty Smalheer	SCOM	7:03.52	196700352	<b>7:14.45</b>	+1,14
	50m: 51.38	51.38	150m: 2:45.80	54.03	250m: 4:39.54	58.35
	100m: 1:51.77	1:00.39	200m: 3:41.19	55.39	300m: 5:37.77	58.23
					350m: 6:26.59	48.82
					400m: 7:14.45	47.86
5.	Annette van Dok	MSV-Zeemacht	7:05.08	196800742	<b>7:21.08</b>	+0,90
	50m: 50.35	50.35	150m: 2:41.94	54.23	250m: 4:36.51	1:01.59
	100m: 1:47.71	57.36	200m: 3:34.92	52.98	300m: 5:40.61	1:04.10
					350m: 6:31.64	51.03
					400m: 7:21.08	49.44



Programmanr. 17, Dames, 400m wisselslag

Masters 55+

1.	Pierrette Michel	CNSW	5:41.55	000835/62	<b>5:48.40</b>	+0,96
	<i>Kampioenschaps Record</i>					
	50m: 35.70	35.70	150m: 2:00.81	41.87	250m: 3:34.27	50.96
	100m: 1:18.94	43.24	200m: 2:43.31	42.50	300m: 4:27.16	52.89
					350m: 5:08.31	41.15
					400m: 5:48.40	40.09
2.	Hannie Poletiek	TriVia	7:14.83	195900278	<b>7:26.10</b>	+1,09
	<i>100m*</i>					
	50m: 48.25	48.25	150m: 2:46.59	57.10	250m: 4:44.95	1:00.76
	100m: 1:49.49	1:01.24	200m: 3:44.19	57.60	300m: 5:44.75	59.80
					350m: 6:35.24	50.49
					400m: 7:26.10	50.86
3.	Marjan Spoelstra	Swol 1894	7:33.12	196000236	<b>7:33.51</b>	+1,00
	50m: 53.11	53.11	150m: 2:55.37	1:00.92	250m: 4:54.69	1:00.57
	100m: 1:54.45	1:01.34	200m: 3:54.12	58.75	300m: 5:55.24	1:00.55
					350m: 6:45.67	50.43
					400m: 7:33.51	47.84

Masters 60+

1.	Mies Kuipers	Old Dutch	10:19.51	195800202	<b>9:45.37</b>	+0,95
	50m: 1:08.42	1:08.42	150m: 3:47.52	1:17.61	250m: 6:18.37	1:16.33
	100m: 2:29.91	1:21.49	200m: 5:02.04	1:14.52	300m: 7:33.61	1:15.24
					350m: 8:43.57	1:09.96
					400m: 9:45.37	1:01.80

Masters 65+

1.	Antoinette Gilding-Tussaud	WS Twente	8:24.71	195000038	<b>8:46.26</b>	+1,28
	50m: 1:03.27	1:03.27	150m: 3:23.50	1:02.77	250m: 5:38.59	1:14.63
	100m: 2:20.73	1:17.46	200m: 4:23.96	1:00.46	300m: 6:51.20	1:12.61
					350m: 7:49.15	57.95
					400m: 8:46.26	57.11

Programmanr. 18  
20-01-2018 - 11:39

4 x 100m vrije slag

Masters Open  
Resultaten

rang	vereniging	inschrijftijd	tijd	RT	IPC
<b>80+, Dames</b>					
1.	Hieronymus	3:56.62	<b>4:01.31</b>	+0,77	
	Marlijn Hendriksen	+0,77 28.72	59.28	Nadja Wortel	+0,12 27.97
	Eva van Ginneken	+0,20 30.36	1:03.58	Selene Wortel	+0,35 27.82
2.	Steenwijk 1934 2	4:14.30	<b>4:17.46</b>	+0,83	
	Jacyntha Plat	+0,83 30.88	1:03.90	Nanda de Vries	+0,32 30.19
	Leandra Vedder	+0,43 30.31	1:05.88	Elianne Huitema	+0,47 30.12
3.	Steenwijk 1934 4	4:49.97	<b>4:51.61</b>	+0,80	
	Getrude Corporaal	+0,80 32.05	1:08.28	Ilse Blankvoort	+0,32 33.14
	Maranka Huitema	+0,60 38.11	1:21.44	Charine de Ruiter	+0,56 34.45
<b>80+, Heren</b>					
1.	TRB-RES 1	3:54.97	<b>3:58.01</b>	+0,86	
	Robin Hermans	+0,86 29.19	1:00.93	Bart Kiesewetter	+0,49 27.21
	Rik Bakker	+0,25 30.27	1:03.06	Ruben Schellekens	+0,41 26.43
<b>80+, Gemengd</b>					
1.	Dedemsvaart-AC 1	3:52.50	<b>3:51.55</b>	+0,79	
	<i>Nederlands Masters Record</i>				
	Marije Dankelman	+0,79 29.97	1:03.05	Peter de Boer	+0,45 25.53
	Laura Compagner	+0,40 28.94	1:02.17	Sepp Kalter	+0,22 25.44
2.	DWK 1	3:52.94	<b>3:52.38</b>	+0,76	
	Ruben Koek	+0,76 27.42	57.68	Kevin Eltink	+0,05 23.99
	Anoeska van de Kraats	+0,43 29.69	1:03.23	Celine Schoenmaker	+0,08 29.35
3.	DWT 1	3:58.40	<b>3:59.97</b>	+0,70	
	Hiras Ferrandino	+0,70 26.37	56.64	Evy Witlox	+0,41 29.34
	Chantal Beijer	+0,54 30.76	1:04.45	Jeffrey Camphens	+0,33 27.11

Programmanr. 18, Gemengd, 4 x 100m vrije slag, 80+

rang	vereniging	inschrijftijd		tijd	RT	IPC		
4.	De Veene	3:59.61		<b>4:02.32</b>	+0,82			
	Diederick Schothans	+0,82	27.28	57.09	Diana Lammers	+0,32	32.24	1:08.14
	Gideon Teeuw	+0,13	27.17	57.75	Yvon Versteeg	+0,43	28.70	59.34
5.	Nova	3:58.25		<b>4:02.34</b>	+0,69			
	Karin Groen	+0,69	28.63	1:00.26	Jesper Honken	+0,28	28.32	1:00.84
	Janine de Groot	+0,43	30.49	1:04.11	Stefan Kwant	+0,16	26.69	57.13
6.	ZPC Woerden	4:31.13		<b>4:38.83</b>	+0,84			
	Mandy Verbakel	+0,84	30.58	1:03.35	Michiel van Vliet	+0,34	30.97	1:05.17
	Cynthia van Veen	+0,52	36.08	1:18.15	Rens Klok	+0,59	33.66	1:12.16

100+, Dames

1.	WVZ 1 <i>Nederlands Masters Record</i>	WVZ	4:05.47		<b>4:06.62</b>	+0,81		
	Delia Badoux	+0,81	29.57	1:00.98	Isabelle Massar	+0,40	29.80	1:02.74
	Manon van Strien	+0,52	29.73	1:02.98	Nicole Bennis	+0,37	28.16	59.92
2.	LZ 1886 1	LZ 1886	4:38.84		<b>4:37.89</b>	+0,79		
	Moniek Heemskerck	+0,79	31.77	1:06.71	Suzan Blankestijn	+0,64	33.29	1:10.81
	Marieke Ipema	+0,57	33.04	1:10.37	Adela Vázquez Garcia	+0,56	32.28	1:10.00

100+, Heren

1.	Albion d'ELFT (SG) 1 <i>Nederlands Masters Record</i>	Albion d'ELFT (SG)	3:35.00		<b>3:34.75</b>	+0,49		
	Romero Hennep	+0,49	25.04	53.77	Jordi van der Weel	+0,55	25.78	54.09
	Erik Simons	+0,31	25.41	53.94	Nol van Thull	+0,40	25.30	52.95
2.	Zwemvereniging Hoogland 1	Zwemvereniging Hoogland	3:47.50		<b>3:42.21</b>	+0,77		
	Stephan Putman	+0,77	24.56	51.19	Rutger Stam	+0,18	28.95	1:00.82
	David Wendt	+0,48	26.77	57.58	Bas Dries	+0,07	24.82	52.62
3.	Merlet 1	Merlet	3:43.64		<b>3:43.16</b>	+0,71		
	Dieder Schuurmans	+0,71	26.21	55.85	Bas Berndes	+0,27	26.77	56.51
	Jelte Schuurmans	+0,42	26.88	56.22	Teun Strijbosch	+0,23	26.21	54.58
4.	De Kempvis 1	De Kempvis	3:47.40		<b>3:48.53</b>	+0,78		
	Floyd van Duyvenbode	+0,78	26.61	56.00	Jory Sloof	+0,38	29.17	59.96
	Dennis Doove	+0,34	26.05	56.17	Erik Wegman	+0,30	26.41	56.40
5.	ZPC Woerden 1	ZPC Woerden	4:01.11		<b>4:07.90</b>	+0,88		
	Niels van Beurden	+0,88	29.24	1:03.09	Thijs van den End	+0,29	28.05	59.13
	Patrick de Jonge	+0,45	29.65	1:03.15	Thommy Nickel	+0,56	29.89	1:02.53

100+, Gemengd

1.	Van Vliet-Barracuda 1	Van Vliet-Barracuda	3:52.97		<b>3:57.91</b>	+0,81		
	Denise Boereboom	+0,81	29.75	1:02.26	Emiel van Beusekom	+0,20	27.33	57.47
	Melissa van der Heijden	+0,29	29.74	1:01.77	Pascal van Haren	+0,49	26.86	56.41
2.	LZ 1886 2	LZ 1886	4:14.48		<b>4:04.51</b>	+0,71		
	Robin van Beek	+0,71	26.72	55.62	Eloise Cilia	+0,62	31.84	1:06.93
	Mara Epifani	+0,52	32.18	1:07.43	Kristiaan Lenos	+0,41	25.82	54.53
3.	WVZ 2	WVZ	4:19.85		<b>4:21.07</b>	+0,84		
	Monique Pronk	+0,84	32.75	1:09.24	Rens Post	+0,53	28.21	1:00.61
	Tessa Verheijdt	+0,45	34.94	1:12.09	Vincent Lapouge	+0,60	28.05	59.13
4.	DWK 2	DWK	4:33.74		<b>4:37.34</b>	+0,85		
	Lars Jacobsen	+0,85	31.04	1:06.41	Liesbeth van Mill	+0,69	34.00	1:11.42
	Arno Bruijnes	+0,39	32.78	1:10.79	Lisette Groeneveld	+0,65	32.86	1:08.72

Programmanr. 18, 4 x 100m vrije slag

120+, Dames

1. ZPC Woerden 2	ZPC Woerden	4:11.55	<b>4:15.95</b>	+0,66
Marjan Remmits	+0,66 32.10	1:06.78 Sabine Lina	+0,39 30.82	1:04.90
Ilse van den Wijngaard	+0,41 30.98	1:05.67 Jamilla van Veen	+0,56 28.05	58.60
2. HZ&PC Heerenveen 2	HZ&PC Heerenveen	4:20.81	<b>4:25.36</b>	+0,79
Daniëlle de Boer	+0,79 30.78	1:04.34 Evelien van Klaarbergen	+0,41 33.30	1:08.37
Karin van Dijk	+0,60 33.05	1:10.28 Fraukje Puts	+0,43 29.90	1:02.37
3. CNSW 3	CNSW	4:41.69	<b>4:36.93</b>	+0,75
Fanny Koenig	+0,75 31.51	1:05.37 Isaline Manchel	+0,42 34.11	1:11.46
Charlotte Six	+0,54 32.37	1:06.50 Kathleen Laloï	+0,51 34.67	1:13.60
4. SGGO (SG) 2	SGGO (SG)	4:45.67	<b>4:54.90</b>	+1,29
Marjon Tieleman	+1,29 41.62	1:28.21 Marjon van Kempen	+0,67 31.50	1:06.99
Eline Roeland	+0,37 34.70	1:13.23 Danica Koedoot	+0,44 31.51	1:06.47

120+, Heren

1. ZPC AMERSFOORT 2	ZPC AMERSFOORT	3:59.08	<b>3:56.90</b>	+0,84
Rob van Vliet	+0,84 28.05	59.56 Martijn Giezen	+0,18 27.67	58.34
Ron Korzelius	+0,41 29.24	1:01.77 Martijn Bartels	+0,34 28.08	57.23
2. ZOB'66 1	ZOB'66	3:59.17	<b>3:58.80</b>	+0,72
Daan Siebenthaler	+0,72 27.15	56.77 Ian van Mullem	+0,26 28.57	1:00.80
Ingmar de Gelder	+0,46 30.56	1:05.33 Roderik Meijers	+0,31 25.84	55.90
3. Steenwijk 1934 1	Steenwijk 1934	4:08.06	<b>4:05.03</b>	+0,88
Robert Braad	+0,88 28.49	1:01.49 Rick Driezen	+0,54 27.75	58.41
Patrick Wobben	+0,43 32.71	1:10.52 Lauren Vis	+0,28 25.57	54.61
4. SGGO (SG) 1	SGGO (SG)	4:04.31	<b>4:06.29</b>	+0,91
Nico Paasse	+0,91 32.34	1:07.23 Niels Albrechts	+0,45 29.12	1:00.45
Frank v.d. Voorde	+0,58 29.27	1:02.39 Mark Costeris	+0,29 26.82	56.22
5. PSV 5	PSV	4:11.25	<b>4:15.66</b>	+0,90
Erik Drost	+0,90 31.19	1:05.01 Albert Garcia i Tormo	+0,39 32.12	1:06.67
Mark Godwaldt	+0,49 30.11	1:04.63 Kevin Kuypers	+0,64 28.02	59.35
6. De Duinkickers 1	De Duinkickers	4:19.46	<b>4:20.19</b>	+0,83
Robert de Brauwer	+0,83 31.27	1:09.07 Marcel Brittijn	+0,36 33.08	1:10.06
Ruben de Boer	+0,24 29.40	1:02.88 Jeffrey Roest	+0,47 28.39	58.18

NG.ZA Patrick-De Roersoppers (SG) 2 Patrick-De Roersoppers (SG)4:08.58

120+, Gemengd

1. TRB-RES 2	TRB-RES	4:07.42	<b>4:05.38</b>	+0,76
Walter Stielstra	+0,76 28.72	1:00.44 Edith Janssen-Koolen	+0,26 29.45	1:02.60
Rob Verheul	+0,42 29.18	1:02.34 Manon van Esch	+0,28 28.93	1:00.00
2. De Ward 1	De Ward	4:03.69	<b>4:06.60</b>	+0,76
Eva Kattouw	+0,76 30.84	1:04.26 Yvette Ratering	+0,72 31.27	1:05.06
Antwan van Engen	+0,61 28.77	59.42 Niels Versteeg	+0,26 27.58	57.86
3. De Duck 1	De Duck	4:09.88	<b>4:11.43</b>	+0,94
Erik Saan	+0,94 31.95	1:06.66 Jesper Oranje	+0,59 25.27	52.20
Lenneke Bagijn	+0,61 31.80	1:07.54 Céline Verhoef	+0,49 30.61	1:05.03
4. De Rijn 1	De Rijn	4:14.80	<b>4:11.60</b>	+0,84
Johan Krakou	+0,84 27.74	58.71 Gaby Zittersteijn	+0,44 29.36	1:02.36
Eric Langhorst	+0,18 31.42	1:05.57 Marte Stoorvogel	+0,37 31.07	1:04.96
5. Zwemlust-den Hommel 1	Zwemlust-den Hommel	4:12.44	<b>4:14.78</b>	+0,80
Vincent Versteeg	+0,80 27.99	58.08 Marlou de Jong	+0,45 32.10	1:09.90
Eline Overeem	+0,51 32.71	1:08.95 Martijn Kornet	+0,36 27.23	57.85
6. De Meer 1	De Meer	4:25.00	<b>4:34.06</b>	+0,85
Richard van der Horst	+0,85 29.70	1:01.36 Eline van Gemert	+0,30 31.97	1:08.35
Lindsey Hol	+0,56 36.03	1:15.63 Pieter-Sjoerd de Wijn	+0,07 32.17	1:08.72
7. Zwemvereniging Westland 2	Zwemvereniging Westland	4:31.80	<b>4:34.76</b>	+0,88
Jacoline van den Beukel	+0,88 33.04	1:11.45 Anouk van der Lans	+0,35 32.37	1:08.84
Philip van der Gaag	+0,25 31.42	1:08.88 Fred Dijkshoorn	+0,49 30.63	1:05.59
8. Budel 2	Budel	4:39.71	<b>4:50.23</b>	+0,82
Wijjo Mackus	+0,82 31.16	1:05.84 Edward van Nijmweegen	+0,42 35.15	1:14.73
Carola Hompes	+0,27 36.23	1:19.09 Joyce Raemaekers	+0,52 33.45	1:10.57

NG Van Vliet-Barracuda 2 Van Vliet-Barracuda 4:18.79

Programmanr. 18, 4 x 100m vrije slag

160+, Dames

1. PSV 3	PSV		4:25.11	<b>4:46.79</b>	+0,84
Gudule van der Meer	+0,84	31.32	1:05.90	Renee de Kok	+0,55 33.19 1:09.05
Liselotte Joling	+0,85	37.01	1:19.28	Jeanne Petit	+0,44 33.96 1:12.56
2. De Rog 2	De Rog		5:06.73	<b>4:59.58</b>	+1,03
Arienne Hamakers	+1,03	34.14	1:12.95	Ageeth Westenbrink	+0,76 38.49 1:19.51
Sandra van der Helm	+0,39	37.17	1:17.77	Esther Vergeest	+0,41 33.70 1:09.35
3. WS Twente 2	WS Twente		5:12.26	<b>5:07.32</b>	+0,92
Karin Leverink	+0,92	36.29	1:18.11	Irna van der Molen	+0,66 36.57 1:17.86
Evelien Naatje	+0,08	36.22	1:16.10	Marion Broekhuis	+0,62 36.02 1:15.25

160+, Heren

1. HZ&PC Heerenveen 1	HZ&PC Heerenveen		3:49.94	<b>3:48.58</b>	+0,70
Dennis Bos	+0,70	26.66	55.14	Marten de Groot	+0,32 28.51 59.87
René Beetsma	+0,51	28.86	1:00.98	Casper Hut	+0,41 25.21 52.59
2. De Gelenberg 1	De Gelenberg		3:53.98	<b>3:54.40</b>	+0,62
Jeroen Jacobs	+0,62	27.62	58.04	Roel van der Kruis	+0,15 28.39 1:00.59
John Cobussen	+0,30	27.65	58.28	Marcel van Winssen	+0,27 27.17 57.49

160+, Gemengd

1. ZPC AMERSFOORT 1 <i>Nederlands Masters Record</i>	ZPC AMERSFOORT		4:06.54	<b>4:01.45</b>	+0,90
Jeroen Zelsmann	+0,90	26.85	56.75	Atie Pijtak-Radersma	+0,48 32.76 1:08.67
Larissa Brak	+0,40	29.49	1:01.57	Erwin Buist	+0,27 25.66 54.46
2. DAW 1	DAW		4:10.38	<b>4:05.61</b>	+0,83
Ilona Hogerheyde	+0,83	31.28	1:06.76	Laura Badoux	+0,53 30.97 1:05.05
Pieter van Gemeren	+0,32	27.44	57.78	Joost Hoetjes	+0,41 26.58 56.02
3. WVZ 3	WVZ		4:16.51	<b>4:14.11</b>	+0,86
Chita van der Goorbergh	+0,86	32.85	1:10.70	Jan-Willem van den Berg	+0,02 27.88 58.59
Yvonne Gerritsen	+0,69	32.04	1:08.58	Ivo Roozeboom	+0,38 26.84 56.24
4. DAW 2	DAW		4:20.08	<b>4:22.54</b>	+0,93
Wouter Zijlstra	+0,93	29.25	1:01.33	Alex Damen	+0,40 28.83 59.81
Jacqueline Tuin	+0,44	32.78	1:09.07	Esther Steltenpohl	+0,64 33.84 1:12.33
5. ZVVS 6	ZVVS		4:28.01	<b>4:24.05</b>	+0,82
Natalie van der Hoeven	+0,82	30.23	1:03.98	Rene de Jong	+0,49 30.86 1:03.83
Helena Mels	+0,52	34.22	1:13.41	Freddy v.d. Veen	+0,31 28.87 1:02.83
6. TRB-RES 3	TRB-RES		4:42.07	<b>4:43.14</b>	+0,79
Maïke Korthout	+0,79	31.69	1:05.32	Wendy Hendrikx-Verhagen	+0,51 36.28 1:15.45
Jack van Dijk	+0,41	35.37	1:14.54	Bas Kremers	+0,50 30.96 1:07.83
AFGEM Swol 1894 1	Swol 1894		4:35.31		

200+, Dames

1. Zwemvereniging Westland 1	Zwemvereniging Westland		5:09.64	<b>4:41.31</b>	+0,93
Tineke Janssen	+0,93	33.94	1:10.55	Netty Burik-Geijsen	+0,15 32.71 1:08.07
Petra Schoon-Spaans	+0,30	35.16	1:14.23	Mirjan den Drijver-Aarse	+0,26 32.90 1:08.46
2. CNSW 2 <i>Belgisch Masters Record</i>	CNSW		5:19.42	<b>4:53.76</b>	+0,80
Valerie Rolland	+0,80	32.42	1:07.76	Kathy Van Lindt	+0,70 33.66 1:09.64
Claire Anthony	+0,50	38.97	1:22.02	Pierrette Michel	+0,49 35.12 1:14.34
3. De Duinkickers 2 <i>400m*</i>	De Duinkickers		5:53.61	<b>5:50.88</b>	+0,92
Saskia op den Velde	+0,92	36.66	1:18.67	Inge Roskam	+0,46 37.65 1:20.48
Christine Buist	+0,72	38.22	1:21.29	Annet Verhoeven	+0,50 51.19 1:50.44

Programmanr. 18, 4 x 100m vrije slag

200+, Heren

1.	De Rog 1 Glen le Clercq Erik Kamphuis	De Rog	4:00.62	<b>4:00.60</b>	+0,41
		+0,41 26.90 56.65	Rob Spetter	+0,36 29.81	1:02.41
		+0,45 30.94 1:03.88	Peter Bensen	+0,35 27.78	57.66
2.	De Schelde 1 Arno Loof Marco de Bat	De Schelde	4:31.20	<b>4:33.74</b>	+1,10
		+1,10 36.96 1:22.32	Robert Martens	+0,74 30.73	1:05.24
		+0,48 31.90 1:08.07	Cees van Houwelingen	+0,29 27.59	58.11
3.	De Rog 3 50m*	De Rog	4:43.28	<b>4:40.48</b>	+0,90
	Frank van Engelen	+0,90 34.50 1:13.72	Cees Kersten	+0,37 33.30	1:10.75
	Roy le Clercq	+0,52 32.33 1:08.87	Wijnand Vergeest	+0,57 31.93	1:07.14
4.	CNSW 1 Lionel Godeaux Christian Schoenaers	CNSW	4:50.67	<b>5:00.57</b>	+0,80
		+0,80 27.82 59.54	Ramon Alsina Munoz	+0,57 36.32	1:17.74
		+0,85 39.20 1:24.39	Luc Laloi	+0,54 37.41	1:18.90

200+, Gemengd

1.	Patrick-De Roersoppers (SG) 1	Patrick-De Roersoppers (SG)	4:40.95	<b>4:39.00</b>	+0,92
	Pascalie Janssen	+0,92 35.24 1:15.66	Charles Bos	+0,47 33.57	1:10.05
	Martine de Haart	+0,38 32.82 1:08.34	Arno Schrauwen	+0,34 30.86	1:04.95
2.	DWK 3	DWK	4:44.80	<b>4:46.82</b>	+0,81
	Martijn de Jong	+0,81 32.77 1:09.45	Jennie Resink-lindeboom	+0,46 39.58	1:23.45
	Ellen van Wingerden-Dijkhuizen	+0,66 35.44 1:14.36	Martin Kaptein	+0,40 28.00	59.56
3.	AZC 1	AZC	4:55.99	<b>5:01.24</b>	+0,93
	Mariska Zaal	+0,93 33.44 1:11.10	Sandra Daamen-Posma	+0,59 38.10	1:20.43
	Geza Kaltenecker	+0,51 40.68 1:26.95	Guido Keutgen	+0,13 29.71	1:02.76
4.	Swol 1894 2	Swol 1894	5:06.95	<b>5:04.51</b>	+0,87
	Marjan Spoelstra	+0,87 41.50 1:27.15	Kasper van den Berghe	+0,54 31.60	1:05.97
	Annemarie Vuist	+0,62 37.23 1:17.48	Willem Jannink	+0,57 34.48	1:13.91
5.	Budel 1	Budel	5:05.45	<b>5:13.76</b>	+0,96
	Karin Smolders	+0,96 37.26 1:20.86	Jos Zentjens	+0,60 34.27	1:11.98
	Sylvia Avitabile	+0,78 43.24 1:32.22	Ruud Kennis	+0,52 32.42	1:08.70
6.	WIDEX GZC DONK 1	WIDEX GZC DONK	5:06.05	<b>5:15.91</b>	+0,77
	Lia Bijkerk	+0,77 43.11 1:35.21	Willem Jan Ribberink	+0,38 34.00	1:10.20
	Alice de Haan	+0,43 38.49 1:21.57	Adrian Ortiz Buitrago	+0,69 33.10	1:08.93
7.	Steenwijk 1934 3	Steenwijk 1934	5:10.60	<b>5:16.94</b>	+0,88
	Inge Lolkema-Soeters	+0,88 39.48 1:23.44	Wilna Heijman	+0,34 35.80	1:14.73
	Hans van Scheepen	+0,90 40.24 1:28.00	Korstiaan de Boer	+0,43 33.61	1:10.77
DIS	ZVVS 1 EA - Te vroeg overgenomen. **, dis 2e zwemmer	ZVVS	4:41.24		+0,86
	Nadya Putter	+0,86 30.77 1:03.43	Ada de Voogd		
	Willem Putter	-0,07	Bas van de Nouwelant		

240+, Dames

1.	Old Dutch 2	Old Dutch	6:55.03	<b>7:06.34</b>	+0,76
	Karien Musters	+0,76 48.47 1:46.02	Karin van Nassau van den Heuvel	+0,47 41.41	1:25.97
	Mies Kuipers	+0,73 59.88 2:02.17	Marie Smits	+0,83 51.86	1:52.18

240+, Gemengd

1.	WS Twente 1	WS Twente	4:55.40	<b>4:56.39</b>	+0,89
	Hans Westerhof	+0,89 29.93 1:02.10	Frans van Ernst	+0,69 38.03	1:24.05
	Marijke Kraak-Beckers	+0,52 34.98 1:14.12	Jeanette Ruesink	+0,53 36.39	1:16.12

280+, Gemengd

1.	PSV 1 European Masters Record	PSV	5:19.56	<b>5:18.73</b>	+0,89
	Corrie Verhoeven	+0,89 37.97 1:21.80	Harold Matla	+0,38 29.34	1:01.62
	Lottie Geurts	+0,46 44.68 1:33.72	Rob Hanou	+0,39 38.09	1:21.59