

6 - ONMK 2018 kb sessie 6

21-01-2018 - 9:00

Programmanr. 31  
21-01-2018 - 9:00

Dames, 800m vrije slag

Masters Open  
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT	IPC		
<b>Masters 20+</b>								
1.	Madelon Dijkstra	ZPCH	9:04.30	199703510	9:08.58	+0,86		
	50m: 30.64	30.64	250m: 2:45.08	34.22	450m: 5:05.04	35.31	650m: 7:25.14	35.26
	100m: 1:03.37	32.73	300m: 3:19.89	34.81	500m: 5:40.13	35.09	700m: 8:00.30	35.16
	150m: 1:36.91	33.54	350m: 3:54.80	34.91	550m: 6:14.56	34.43	750m: 8:35.07	34.77
	200m: 2:10.86	33.95	400m: 4:29.73	34.93	600m: 6:49.88	35.32	800m: 9:08.58	33.51
2.	Maaïke Tijhof	VZC	9:19.92	199800112	9:26.85	+0,84		
	50m: 30.97	30.97	250m: 2:50.40	35.88	450m: 5:14.05	36.03	650m: 7:39.32	36.34
	100m: 1:04.68	33.71	300m: 3:26.28	35.88	500m: 5:50.46	36.41	700m: 8:15.17	35.85
	150m: 1:39.31	34.63	350m: 4:02.10	35.82	550m: 6:26.48	36.02	750m: 8:51.02	35.85
	200m: 2:14.52	35.21	400m: 4:38.02	35.92	600m: 7:02.98	36.50	800m: 9:26.85	35.83
3.	Tamara Grove	De Dolfijn	9:26.44	199601266	9:34.71	+0,78		
	50m: 31.49	31.49	250m: 2:54.22	35.91	450m: 5:19.12	35.97	650m: 7:45.41	36.59
	100m: 1:06.07	34.58	300m: 3:30.41	36.19	500m: 5:55.34	36.22	700m: 8:21.89	36.48
	150m: 1:42.15	36.08	350m: 4:06.63	36.22	550m: 6:31.88	36.54	750m: 8:58.83	36.94
	200m: 2:18.31	36.16	400m: 4:43.15	36.52	600m: 7:08.82	36.94	800m: 9:34.71	35.88
4.	Marïje Dankelman	Dedemsvaart-AC	9:44.08	199701502	9:43.89	+0,84		
	50m: 32.26	32.26	250m: 2:58.66	37.06	450m: 5:27.07	36.82	650m: 7:56.29	37.01
	100m: 1:08.37	36.11	300m: 3:35.75	37.09	500m: 6:04.42	37.35	700m: 8:33.37	37.08
	150m: 1:45.05	36.68	350m: 4:13.01	37.26	550m: 6:42.04	37.62	750m: 9:09.35	35.98
	200m: 2:21.60	36.55	400m: 4:50.25	37.24	600m: 7:19.28	37.24	800m: 9:43.89	34.54
5.	Elianne Huitema	Steenwijk 1934	9:59.28	199700258	9:45.62	+0,79		
	50m: 31.88	31.88	250m: 2:57.18	36.91	450m: 5:24.87	37.46	650m: 7:54.88	37.42
	100m: 1:07.01	35.13	300m: 3:33.81	36.63	500m: 6:02.33	37.46	700m: 8:32.18	37.30
	150m: 1:43.32	36.31	350m: 4:10.44	36.63	550m: 6:39.76	37.43	750m: 9:09.43	37.25
	200m: 2:20.27	36.95	400m: 4:47.41	36.97	600m: 7:17.46	37.70	800m: 9:45.62	36.19
6.	Melissa van der Geld	De Warande	9:36.12	199506250	9:47.88	+0,57		
	50m: 31.81	31.81	250m: 2:57.88	37.57	450m: 5:28.28	37.31	650m: 7:58.34	37.73
	100m: 1:08.61	34.80	300m: 3:35.54	37.66	500m: 6:05.54	37.26	700m: 8:35.22	36.88
	150m: 1:42.79	36.18	350m: 4:13.13	37.59	550m: 6:43.03	37.49	750m: 9:12.23	37.01
	200m: 2:20.31	37.52	400m: 4:50.97	37.84	600m: 7:20.61	37.58	800m: 9:47.88	35.65
7.	Selene Wortel	Hieronymus	9:51.42	199700654	9:59.01	+0,63		
	50m: 31.72	31.72	250m: 3:00.02	38.15	450m: 5:34.49	38.67	650m: 8:06.51	38.15
	100m: 1:07.24	35.52	300m: 3:38.52	38.50	500m: 6:12.43	37.94	700m: 8:44.47	37.96
	150m: 1:44.32	37.08	350m: 4:16.96	38.44	550m: 6:50.20	37.77	750m: 9:22.10	37.63
	200m: 2:21.87	37.55	400m: 4:55.82	38.86	600m: 7:28.36	38.16	800m: 9:59.01	36.91
8.	Nadja Wortel	Hieronymus	9:41.83	199800798	10:13.17	+0,79		
	50m: 32.40	32.40	250m: 2:58.30	37.18	450m: 5:35.93	40.43	650m: 8:18.32	39.86
	100m: 1:07.97	35.57	300m: 3:36.13	37.83	500m: 6:17.86	41.93	700m: 8:58.36	40.04
	150m: 1:44.06	36.09	350m: 4:14.19	38.06	550m: 6:58.29	40.43	750m: 9:37.23	38.87
	200m: 2:21.12	37.06	400m: 4:55.50	41.31	600m: 7:38.46	40.17	800m: 10:13.17	35.94
9.	Chantal Beijer	DWT	10:05.41	199700884	10:16.59	+0,89		
	50m: 34.09	34.09	250m: 3:09.23	39.14	450m: 5:47.71	39.93	650m: 8:23.85	38.37
	100m: 1:11.83	37.74	300m: 3:48.54	39.31	500m: 6:27.33	39.62	700m: 9:02.00	38.15
	150m: 1:51.07	39.24	350m: 4:28.29	39.75	550m: 7:06.69	39.36	750m: 9:39.87	37.87
	200m: 2:30.09	39.02	400m: 5:07.78	39.49	600m: 7:45.48	38.79	800m: 10:16.59	36.72
10.	Diana van Halm Braam	WVZ	10:34.75	199800788	10:31.82	+0,82		
	50m: 34.06	34.06	250m: 3:07.21	39.17	450m: 5:46.82	40.02	650m: 8:32.80	41.64
	100m: 1:11.50	37.44	300m: 3:47.14	39.93	500m: 6:28.32	41.50	700m: 9:13.88	41.08
	150m: 1:49.55	38.05	350m: 4:26.62	39.48	550m: 7:10.01	41.69	750m: 9:54.22	40.34
	200m: 2:28.04	38.49	400m: 5:06.80	40.18	600m: 7:51.16	41.15	800m: 10:31.82	37.60
11.	Chantal van der Vaart	ZVVS	10:30.81	199802266	10:33.71	+0,81		
	50m: 34.66	34.66	250m: 3:13.18	39.96	450m: 5:54.03	40.35	650m: 8:35.86	40.46
	100m: 1:13.48	38.82	300m: 3:53.30	40.12	500m: 6:34.70	40.67	700m: 9:16.31	40.45
	150m: 1:53.28	39.80	350m: 4:33.43	40.13	550m: 7:14.94	40.24	750m: 9:55.89	39.58
	200m: 2:33.22	39.94	400m: 5:13.68	40.25	600m: 7:55.40	40.46	800m: 10:33.71	37.82
12.	Eva van Ginneken	Hieronymus	9:42.07	199800164	10:37.29 *	+0,83		
	50m: 33.97	33.97	250m: 3:12.85	40.33	450m: 5:54.87	40.42	650m: 8:36.91	40.66
	100m: 1:12.40	38.43	300m: 3:53.24	40.39	500m: 6:35.27	40.40	700m: 9:17.46	40.55
	150m: 1:52.34	39.94	350m: 4:33.99	40.75	550m: 7:15.58	40.31	750m: 9:57.64	40.18
	200m: 2:32.52	40.18	400m: 5:14.45	40.46	600m: 7:56.25	40.67	800m: 10:37.29	39.65

Programmanr. 31, Dames, 800m vrije slag

Masters 25+

1.	Yvon Versteeg	De Veene	10:06.76	199201864	9:38.11	+0,87
	50m: 31.41 31.41	250m: 2:54.38 36.38	450m: 5:21.45 37.02	650m: 7:50.87 37.22		
	100m: 1:05.91 34.50	300m: 3:30.84 36.46	500m: 5:58.75 37.30	700m: 8:27.55 36.68		
	150m: 1:41.74 35.83	350m: 4:07.66 36.82	550m: 6:36.29 37.54	750m: 9:04.00 36.45		
	200m: 2:18.00 36.26	400m: 4:44.43 36.77	600m: 7:13.65 37.36	800m: 9:38.11 34.11		
2.	Maaïke Vooren	DAW	9:42.02	199103324	9:41.00	+0,89
	50m: 33.40 33.40	250m: 3:00.89 37.01	450m: 5:27.65 36.35	650m: 7:53.71 36.54		
	100m: 1:09.81 36.41	300m: 3:38.03 37.14	500m: 6:04.26 36.61	700m: 8:30.10 36.39		
	150m: 1:46.73 36.92	350m: 4:14.89 36.86	550m: 6:40.75 36.49	750m: 9:06.36 36.26		
	200m: 2:23.88 37.15	400m: 4:51.30 36.41	600m: 7:17.17 36.42	800m: 9:41.00 34.64		
3.	Fraukje Puts	HZ&PC Heerenveen	10:01.48	199206470	10:00.06	+0,83
	50m: 32.58 32.58	250m: 3:00.21 37.61	450m: 5:33.07 38.18	650m: 8:07.51 38.61		
	100m: 1:08.21 35.63	300m: 3:38.38 38.17	500m: 6:11.41 38.34	700m: 8:45.97 38.46		
	150m: 1:45.09 36.88	350m: 4:16.26 37.88	550m: 6:50.09 38.68	750m: 9:23.64 37.67		
	200m: 2:22.60 37.51	400m: 4:54.89 38.63	600m: 7:28.90 38.81	800m: 10:00.06 36.42		
4.	Désirée Emmen	De Warande	9:58.15	199204862	10:05.75	+0,77
	50m: 32.99 32.99	250m: 3:01.86 38.04	450m: 5:35.96 39.08	650m: 8:11.67 38.62		
	100m: 1:09.34 36.35	300m: 3:39.90 38.04	500m: 6:14.99 39.03	700m: 8:50.26 38.59		
	150m: 1:46.32 36.98	350m: 4:18.04 38.14	550m: 6:54.00 39.01	750m: 9:28.82 38.56		
	200m: 2:23.82 37.50	400m: 4:56.88 38.84	600m: 7:33.05 39.05	800m: 10:05.75 36.93		
5.	Mandy Verbakel	ZPC Woerden	10:34.13	199003908	10:29.65	+0,67
	50m: 34.71 34.71	250m: 3:11.64 39.66	450m: 5:51.66 40.17	650m: 8:31.55 39.78		
	100m: 1:12.89 38.18	300m: 3:51.49 39.85	500m: 6:31.56 39.90	700m: 9:11.64 40.09		
	150m: 1:52.28 39.39	350m: 4:31.60 40.11	550m: 7:11.67 40.11	750m: 9:51.53 39.89		
	200m: 2:31.98 39.70	400m: 5:11.49 39.89	600m: 7:51.77 40.10	800m: 10:29.65 38.12		
6.	Clara Van Roeyen	GBZ	11:40.84	20082/90	10:37.14	+0,91
	50m: 34.82 34.82	250m: 3:13.41 40.07	450m: 5:55.06 40.43	650m: 8:38.08 40.48		
	100m: 1:13.13 38.31	300m: 3:53.89 40.48	500m: 6:35.79 40.73	700m: 9:18.43 40.35		
	150m: 1:52.97 39.84	350m: 4:34.51 40.62	550m: 7:16.82 41.03	750m: 9:58.34 39.91		
	200m: 2:33.34 40.37	400m: 5:14.63 40.12	600m: 7:57.60 40.78	800m: 10:37.14 38.80		
7.	Gina Lopez Quinto	CN Aquamasters	11:01.51		10:38.44	+0,83
	50m: 35.47 35.47	250m: 3:12.51 40.01	450m: 5:55.59 41.09	650m: 8:39.29 40.68		
	100m: 1:13.62 38.15	300m: 3:53.07 40.56	500m: 6:36.82 41.23	700m: 9:19.90 40.61		
	150m: 1:52.53 38.91	350m: 4:33.65 40.58	550m: 7:17.76 40.94	750m: 9:59.82 39.92		
	200m: 2:32.50 39.97	400m: 5:14.50 40.85	600m: 7:58.61 40.85	800m: 10:38.44 38.62		
8.	Sunanda van Heteren	De Geul	10:55.22	198901728	10:58.04	
	50m: 35.37 35.37	250m: 3:22.09 42.67	450m: 6:11.38 42.70	650m: 8:58.02 40.97		
	100m: 1:15.81 40.44	300m: 4:04.10 42.01	500m: 6:53.69 42.31	700m: 9:38.93 40.91		
	150m: 1:57.25 41.44	350m: 4:46.15 42.05	550m: 7:35.42 41.73	750m: 10:19.69 40.76		
	200m: 2:39.42 42.17	400m: 5:28.68 42.53	600m: 8:17.05 41.63	800m: 10:58.04 38.35		
9.	Suzan Blankestijn	LZ 1886	10:43.67	198900350	10:58.29	+0,71
	50m: 35.66 35.66	250m: 3:23.47 42.26	450m: 6:10.68 41.54	650m: 8:56.53 41.42		
	100m: 1:16.27 40.61	300m: 4:05.15 41.68	500m: 6:52.32 41.64	700m: 9:37.82 41.29		
	150m: 1:58.92 42.65	350m: 4:46.89 41.74	550m: 7:34.02 41.70	750m: 10:18.65 40.83		
	200m: 2:41.21 42.29	400m: 5:29.14 42.25	600m: 8:15.11 41.09	800m: 10:58.29 39.64		
10.	Martje Godschalk	De IJsel	10:40.03	199001186	10:58.41	+0,86
	50m: 35.64 35.64	250m: 3:18.26 41.69	450m: 6:06.49 42.14	650m: 8:53.88 41.91		
	100m: 1:15.03 39.39	300m: 4:00.08 41.82	500m: 6:47.99 41.50	700m: 9:35.46 41.58		
	150m: 1:55.48 40.45	350m: 4:42.14 42.06	550m: 7:29.97 41.98	750m: 10:16.99 41.53		
	200m: 2:36.57 41.09	400m: 5:24.35 42.21	600m: 8:11.97 42.00	800m: 10:58.41 41.42		
11.	Linda van der Voort	LZ 1886	11:20.57	199207784	11:02.31	+0,86
	50m: 34.96 34.96	250m: 3:16.81 41.41	450m: 6:05.56 42.31	650m: 8:56.87 42.77		
	100m: 1:13.91 38.95	300m: 3:58.61 41.80	500m: 6:48.46 42.90	700m: 9:39.44 42.57		
	150m: 1:54.33 40.42	350m: 4:40.93 42.32	550m: 7:31.38 42.92	750m: 10:21.30 41.86		
	200m: 2:35.40 41.07	400m: 5:23.25 42.32	600m: 8:14.10 42.72	800m: 11:02.31 41.01		
12.	Mara Epifani	LZ 1886	10:43.59	198907548	11:06.72	+0,92
	50m: 37.17 37.17	250m: 3:23.78 42.39	450m: 6:13.38 42.52	650m: 9:01.06 41.88		
	100m: 1:17.64 40.47	300m: 4:06.03 42.25	500m: 6:55.39 42.01	700m: 9:43.35 42.29		
	150m: 1:59.12 41.48	350m: 4:48.35 42.32	550m: 7:37.60 42.21	750m: 10:25.72 42.37		
	200m: 2:41.39 42.27	400m: 5:30.86 42.51	600m: 8:19.18 41.58	800m: 11:06.72 41.00		
13.	Ilse Blankvoort	Steenwijk 1934	11:40.91	199204458	11:35.94	+1,00
	50m: 36.57 36.57	250m: 3:26.62 43.84	450m: 6:22.94 44.06	650m: 9:22.91 45.89		
	100m: 1:16.71 40.14	300m: 4:10.46 43.84	500m: 7:07.34 44.40	700m: 10:07.88 44.97		
	150m: 1:59.23 42.52	350m: 4:54.72 44.26	550m: 7:52.09 44.75	750m: 10:52.42 44.54		
	200m: 2:42.78 43.55	400m: 5:38.88 44.16	600m: 8:37.02 44.93	800m: 11:35.94 43.52		
AFGEM	Nanda de Vries	Steenwijk 1934	10:26.94	199204328		

Programmanr. 31, Dames, 800m vrije slag

Masters 30+

1.	Marlijn Hendriksen <i>Nederlands Masters Record</i>	Hieronymus	9:30.97	198806828	<b>9:29.80</b>	+0,77
	50m: 32.72 32.72	250m: 2:54.39 35.78	450m: 5:17.88 36.08	650m: 7:42.49 36.29		
	100m: 1:07.72 35.00	300m: 3:30.29 35.90	500m: 5:54.02 36.14	700m: 8:18.80 36.31		
	150m: 1:43.14 35.42	350m: 4:06.08 35.79	550m: 6:30.11 36.09	750m: 8:54.50 35.70		
	200m: 2:18.61 35.47	400m: 4:41.80 35.72	600m: 7:06.20 36.09	800m: 9:29.80 35.30		
2.	Viktória Felföldi <i>Hungarian Masters Record</i>	Iron Aquatics	9:49.61		<b>9:41.97</b>	+0,88
	50m: 32.11 32.11	250m: 2:55.72 36.43	450m: 5:23.05 37.08	650m: 7:52.46 37.48		
	100m: 1:07.21 35.10	300m: 3:32.16 36.44	500m: 6:00.35 37.30	700m: 8:30.07 37.61		
	150m: 1:43.15 35.94	350m: 4:09.07 36.91	550m: 6:37.66 37.31	750m: 9:07.53 37.46		
	200m: 2:19.29 36.14	400m: 4:45.97 36.90	600m: 7:14.98 37.32	800m: 9:41.97 34.44		
3.	Lisanne Andeweg	Zuiderzeewimmers	9:40.59	198800092	<b>9:58.09</b>	+0,97
	50m: 33.09 33.09	250m: 3:01.11 37.32	450m: 5:32.49 38.28	650m: 8:05.96 38.55		
	100m: 1:09.18 36.09	300m: 3:38.78 37.67	500m: 6:10.79 38.30	700m: 8:44.02 38.06		
	150m: 1:46.34 37.16	350m: 4:16.31 37.53	550m: 6:48.92 38.13	750m: 9:21.72 37.70		
	200m: 2:23.79 37.45	400m: 4:54.21 37.90	600m: 7:27.41 38.49	800m: 9:58.09 36.37		
4.	Denise de Riet	ZZ&PC De Devel	10:11.01	198402040	<b>10:03.64</b>	+0,99
	50m: 32.91 32.91	250m: 3:01.90 38.25	450m: 5:36.04 38.51	650m: 8:09.70 38.67		
	100m: 1:08.62 35.71	300m: 3:40.24 38.34	500m: 6:14.15 38.11	700m: 8:48.06 38.36		
	150m: 1:45.67 37.05	350m: 4:18.69 38.45	550m: 6:52.72 38.57	750m: 9:26.70 38.64		
	200m: 2:23.65 37.98	400m: 4:57.53 38.84	600m: 7:31.03 38.31	800m: 10:03.64 36.94		
5.	Sabina Martinez Leon	CN Aquamasters	9:51.35		<b>10:15.77</b>	+0,82
	50m: 34.80 34.80	250m: 3:06.72 38.70	450m: 5:42.78 39.09	650m: 8:19.33 39.03		
	100m: 1:12.32 37.52	300m: 3:45.56 38.84	500m: 6:21.73 38.95	700m: 8:58.35 39.02		
	150m: 1:50.12 37.80	350m: 4:24.69 39.13	550m: 7:01.10 39.37	750m: 9:37.26 38.91		
	200m: 2:28.02 37.90	400m: 5:03.69 39.00	600m: 7:40.30 39.20	800m: 10:15.77 38.51		
6.	Pauline Tieleman	De Warande	10:50.85	198403348	<b>10:24.51</b>	+0,76
	50m: 33.74 33.74	250m: 3:08.53 39.34	450m: 5:47.56 39.47	650m: 8:26.74 39.56		
	100m: 1:11.21 37.47	300m: 3:48.38 39.85	500m: 6:27.39 39.83	700m: 9:06.68 39.94		
	150m: 1:49.87 38.66	350m: 4:27.91 39.53	550m: 7:07.41 40.02	750m: 9:46.39 39.71		
	200m: 2:29.19 39.32	400m: 5:08.09 40.18	600m: 7:47.18 39.77	800m: 10:24.51 38.12		
7.	Liesbeth van Mill	DWK	11:52.03	198702786	<b>11:23.67</b>	+0,96
	50m: 38.72 38.72	250m: 3:29.78 42.77	450m: 6:21.55 42.71	650m: 9:14.59 43.29		
	100m: 1:21.39 42.67	300m: 4:12.56 42.78	500m: 7:04.45 42.90	700m: 9:58.03 43.44		
	150m: 2:04.29 42.90	350m: 4:55.77 43.21	550m: 7:47.60 43.15	750m: 10:41.71 43.68		
	200m: 2:47.01 42.72	400m: 5:38.84 43.07	600m: 8:31.30 43.70	800m: 11:23.67 41.96		
8.	Kathleen Laloi	CNSW	11:49.24	007830/88	<b>11:26.70</b>	+1,00
	50m: 36.74 36.74	250m: 3:27.71 43.65	450m: 6:22.85 43.59	650m: 9:17.77 43.82		
	100m: 1:17.61 40.87	300m: 4:11.44 43.73	500m: 7:06.48 43.63	700m: 10:01.98 44.21		
	150m: 2:00.70 43.09	350m: 4:55.46 44.02	550m: 7:50.07 43.59	750m: 10:45.45 43.47		
	200m: 2:44.06 43.36	400m: 5:39.26 43.80	600m: 8:33.95 43.88	800m: 11:26.70 41.25		

Masters 35+

1.	Stephanie Vaernewyck <i>Belgisch Masters Record</i>	MEGA-zwemteam	9:55.15	20352/83	<b>9:57.27</b>	+0,93
	50m: 33.20 33.20	250m: 3:00.91 37.57	450m: 5:31.58 37.89	650m: 8:04.18 38.24		
	100m: 1:09.18 35.98	300m: 3:38.38 37.47	500m: 6:09.73 38.15	700m: 8:42.25 38.07		
	150m: 1:45.99 36.81	350m: 4:16.01 37.63	550m: 6:47.81 38.08	750m: 9:20.51 38.26		
	200m: 2:23.34 37.35	400m: 4:53.69 37.68	600m: 7:25.94 38.13	800m: 9:57.27 38.76		
2.	Ann Wanter	Zwemclub Geel	10:26.25	21082/82	<b>10:11.80</b>	+0,85
	50m: 34.97 34.97	250m: 3:07.30 38.30	450m: 5:41.05 38.36	650m: 8:16.26 38.83		
	100m: 1:12.46 37.49	300m: 3:45.91 38.61	500m: 6:19.83 38.78	700m: 8:55.36 39.10		
	150m: 1:50.60 38.14	350m: 4:24.37 38.46	550m: 6:58.64 38.81	750m: 9:34.16 38.80		
	200m: 2:29.00 38.40	400m: 5:02.69 38.32	600m: 7:37.43 38.79	800m: 10:11.80 37.64		
3.	Ramona Linting	LinK	10:15.73	198301274	<b>10:40.42</b>	+0,87
	50m: 34.83 34.83	250m: 3:14.30 40.57	450m: 5:57.81 40.67	650m: 8:40.35 40.07		
	100m: 1:13.62 38.79	300m: 3:54.86 40.56	500m: 6:38.69 40.88	700m: 9:21.05 40.70		
	150m: 1:53.24 39.62	350m: 4:35.97 41.11	550m: 7:19.38 40.69	750m: 10:00.96 39.91		
	200m: 2:33.73 40.49	400m: 5:17.14 41.17	600m: 8:00.28 40.90	800m: 10:40.42 39.46		
4.	Linda Hoogendam	WVZ	10:49.69	198300892	<b>11:03.68</b>	+0,85
	50m: 36.06 36.06	250m: 3:21.14 42.21	450m: 6:10.02 42.59	650m: 8:59.76 41.47		
	100m: 1:16.71 40.65	300m: 4:02.56 41.42	500m: 6:53.14 43.12	700m: 9:42.00 42.24		
	150m: 1:57.50 40.79	350m: 4:44.73 42.17	550m: 7:36.15 43.01	750m: 10:24.18 42.18		
	200m: 2:38.93 41.43	400m: 5:27.43 42.70	600m: 8:18.29 42.14	800m: 11:03.68 39.50		

Programmanr. 31, Dames, 800m vrije slag, Masters 35+

rang	naam	vereniging	inschrijftijd	tijd	RT	IPC		
5.	Martine de Haart	Patrick-De Roersoppers (SC11:29.60)	197901492	<b>11:17.93</b>	+0,86			
	50m: 36.84	36.84	250m: 3:27.27	43.69	450m: 6:22.05	42.98	650m: 9:14.19	42.42
	100m: 1:17.72	40.88	300m: 4:11.20	43.93	500m: 7:05.31	43.26	700m: 9:56.59	42.40
	150m: 2:00.07	42.35	350m: 4:55.27	44.07	550m: 7:48.30	42.99	750m: 10:38.41	41.82
	200m: 2:43.58	43.51	400m: 5:39.07	43.80	600m: 8:31.77	43.47	800m: 11:17.93	39.52
6.	Jessica Venema	WIDEX GZC DONK	11:08.16	197901526	<b>11:22.89</b>	+0,86		
	50m: 36.21	36.21	250m: 3:24.26	43.07	450m: 6:17.10	43.20	650m: 9:12.69	44.37
	100m: 1:16.81	40.60	300m: 4:07.77	43.51	500m: 7:00.54	43.44	700m: 9:56.97	44.28
	150m: 1:58.77	41.96	350m: 4:50.91	43.14	550m: 7:44.38	43.84	750m: 10:41.11	44.14
	200m: 2:41.19	42.42	400m: 5:33.90	42.99	600m: 8:28.32	43.94	800m: 11:22.89	41.78
AFGEM	Yvonne Gerritsen	WVZ	10:43.22	198000342				

Masters 40+

1.	Meritxell Gonfaus Brunet	CN Aquamasters	11:36.49	<b>10:46.95</b>	+0,76			
	50m: 35.71	35.71	250m: 3:16.66	40.75	450m: 5:59.82	40.86	650m: 8:43.72	41.56
	100m: 1:14.80	39.09	300m: 3:57.40	40.74	500m: 6:40.35	40.53	700m: 9:25.57	41.85
	150m: 1:55.23	40.43	350m: 4:38.11	40.71	550m: 7:20.95	40.60	750m: 10:07.20	41.63
	200m: 2:35.91	40.68	400m: 5:18.96	40.85	600m: 8:02.16	41.21	800m: 10:46.95	39.75
2.	Petra Guijt	Aqua-Novio'94	11:07.63	197600978	<b>11:13.61</b>	+0,89		
	50m: 36.62	36.62	250m: 3:23.52	42.37	450m: 6:15.85	42.97	650m: 9:08.28	42.40
	100m: 1:17.14	40.52	300m: 4:06.52	43.00	500m: 6:59.31	43.46	700m: 9:51.52	43.24
	150m: 1:58.99	41.85	350m: 4:49.57	43.05	550m: 7:42.34	43.03	750m: 10:31.88	40.36
	200m: 2:41.15	42.16	400m: 5:32.88	43.31	600m: 8:25.88	43.54	800m: 11:13.61	41.73
3.	Jannie Vennik	HZ&PC Heerenveen	11:14.24	197601006	<b>11:14.01</b>	+0,98		
	50m: 37.47	37.47	250m: 3:26.01	42.21	450m: 6:16.54	42.72	650m: 9:07.87	42.88
	100m: 1:18.73	41.26	300m: 4:08.55	42.54	500m: 6:59.45	42.91	700m: 9:50.55	42.68
	150m: 2:01.46	42.73	350m: 4:51.01	42.46	550m: 7:42.28	42.83	750m: 10:33.25	42.70
	200m: 2:43.80	42.34	400m: 5:33.82	42.81	600m: 8:24.99	42.71	800m: 11:14.01	40.76
AFGEM	Liselotte Joling	PSV	9:56.70	197500268				

Masters 45+

1.	Karin Stein	ZVVS	10:08.14	197100554	<b>10:17.97</b>	+0,94		
	50m: 34.94	34.94	250m: 3:08.99	39.00	450m: 5:44.85	39.04	650m: 8:21.62	39.25
	100m: 1:12.57	37.63	300m: 3:47.96	38.97	500m: 6:23.96	39.11	700m: 9:01.21	39.59
	150m: 1:51.10	38.53	350m: 4:26.73	38.77	550m: 7:03.30	39.34	750m: 9:40.58	39.37
	200m: 2:29.99	38.89	400m: 5:05.81	39.08	600m: 7:42.37	39.07	800m: 10:17.97	37.39
2.	Cinta Vilanova Belmonte	CN Aquamasters	10:29.54	<b>10:21.84</b>	+0,81			
	50m: 35.02	35.02	250m: 3:09.29	38.96	450m: 5:46.73	39.23	650m: 8:25.35	39.31
	100m: 1:13.06	38.04	300m: 3:48.52	39.23	500m: 6:26.28	39.55	700m: 9:04.95	39.60
	150m: 1:51.47	38.41	350m: 4:28.07	39.55	550m: 7:06.01	39.73	750m: 9:44.54	39.59
	200m: 2:30.33	38.86	400m: 5:07.50	39.43	600m: 7:46.04	40.03	800m: 10:21.84	37.30
3.	Heidi den Boer	LinK	10:26.09	196900864	<b>10:35.03</b>	+0,89		
	50m: 33.58	33.58	250m: 3:08.15	39.35	450m: 5:48.50	40.53	650m: 8:31.94	41.13
	100m: 1:10.70	37.12	300m: 3:47.77	39.62	500m: 6:28.99	40.49	700m: 9:13.19	41.25
	150m: 1:49.41	38.71	350m: 4:27.66	39.89	550m: 7:09.93	40.94	750m: 9:55.02	41.83
	200m: 2:28.80	39.39	400m: 5:07.97	40.31	600m: 7:50.81	40.88	800m: 10:35.03	40.01
4.	Kathy Van Lindt	CNSW	10:45.20	007949/71	<b>10:36.96</b>	+1,05		
	50m: 36.70	36.70	250m: 3:17.07	40.63	450m: 5:57.70	40.15	650m: 8:38.65	39.87
	100m: 1:15.88	39.18	300m: 3:57.35	40.28	500m: 6:37.76	40.06	700m: 9:18.94	40.29
	150m: 1:56.04	40.16	350m: 4:37.37	40.02	550m: 7:18.25	40.49	750m: 9:58.34	39.40
	200m: 2:36.44	40.40	400m: 5:17.55	40.18	600m: 7:58.78	40.53	800m: 10:36.96	38.62
5.	Annette de Visser	Oceanus	10:33.37	197100602	<b>10:40.13</b>	+0,91		
	50m: 34.12	34.12	250m: 3:12.04	40.19	450m: 5:55.44	41.08	650m: 8:39.92	40.92
	100m: 1:12.11	37.99	300m: 3:52.82	40.78	500m: 6:36.59	41.15	700m: 9:20.84	40.92
	150m: 1:51.64	39.53	350m: 4:33.53	40.71	550m: 7:17.70	41.11	750m: 10:01.62	40.78
	200m: 2:31.85	40.21	400m: 5:14.36	40.83	600m: 7:59.00	41.30	800m: 10:40.13	38.51
6.	Lisenka Kornet-van den Akker	Zwemlust-den Hommel	10:46.99	196901052	<b>10:58.45</b>	+0,95		
	50m: 35.80	35.80	250m: 3:20.16	41.59	450m: 6:06.97	41.61	650m: 8:54.74	41.99
	100m: 1:15.78	39.98	300m: 4:01.95	41.79	500m: 6:49.09	42.12	700m: 9:37.11	42.37
	150m: 1:56.81	41.03	350m: 4:43.72	41.77	550m: 7:31.05	41.96	750m: 10:19.30	42.19
	200m: 2:38.57	41.76	400m: 5:25.36	41.64	600m: 8:12.75	41.70	800m: 10:58.45	39.15
7.	Nicole Vrijhoeven	PSV	11:27.02	196900834	<b>11:14.60</b>	+0,95		
	50m: 39.05	39.05	250m: 3:29.74	42.74	450m: 6:19.80	42.40	650m: 9:10.23	42.75
	100m: 1:21.15	42.10	300m: 4:12.33	42.59	500m: 7:02.55	42.75	700m: 9:52.93	42.70
	150m: 2:04.05	42.90	350m: 4:54.83	42.50	550m: 7:44.92	42.37	750m: 10:35.25	42.32
	200m: 2:47.00	42.95	400m: 5:37.40	42.57	600m: 8:27.48	42.56	800m: 11:14.60	39.35

Programmanr. 31, Dames, 800m vrije slag, Masters 45+

rang	naam	vereniging	inschrijftijd	tijd	RT	IPC
8.	Pascal Janssen	Patrick-De Roersoppers (SC11)	11:59.65	197300852	<b>12:08.52</b>	+1,04
	50m: 38.82	38.82	250m: 3:40.16	46.38	450m: 6:46.65	46.78
	100m: 1:22.78	43.96	300m: 4:27.00	46.84	500m: 7:33.07	46.42
	150m: 2:07.86	45.08	350m: 5:13.50	46.50	550m: 8:19.40	46.33
	200m: 2:53.78	45.92	400m: 5:59.87	46.37	600m: 9:06.23	46.83
					650m: 9:52.52	46.29
					700m: 10:38.89	46.37
					750m: 11:25.46	46.57
					800m: 12:08.52	43.06
9.	Nathasja Konijn	WIDEX GZC DONK	12:54.75	197100992	<b>12:35.60</b>	+0,96
	50m: 40.40	40.40	250m: 3:48.43	47.84	450m: 6:59.06	48.06
	100m: 1:25.61	45.21	300m: 4:35.58	47.15	500m: 7:47.19	48.13
	150m: 2:12.69	47.08	350m: 5:23.15	47.57	550m: 8:35.79	48.60
	200m: 3:00.59	47.90	400m: 6:11.00	47.85	600m: 9:25.02	49.23
					650m: 10:13.88	48.86
					700m: 11:01.74	47.86
					750m: 11:49.27	47.53
					800m: 12:35.60	46.33
10.	Peggi Hurenkamp 200m*	HZ&PC Heerenveen	12:24.28	196900922	<b>12:41.81</b>	+0,87
	50m: 40.40	40.40	250m: 3:49.52	47.60	450m: 7:03.02	48.46
	100m: 1:25.80	45.40	300m: 4:37.63	48.11	500m: 7:52.00	48.98
	150m: 2:13.44	47.64	350m: 5:26.10	48.47	550m: 8:40.73	48.73
	200m: 3:01.92	48.48	400m: 6:14.56	48.46	600m: 9:29.43	48.70
					650m: 10:18.69	49.26
					700m: 11:06.99	48.30
					750m: 11:56.45	49.46
					800m: 12:41.81	45.36
11.	Irna van der Molen	WS Twente	12:53.25	196900938	<b>12:42.07</b> *	+0,69
	50m: 39.85	39.85	250m: 3:51.32	49.02	450m: 7:08.43	49.00
	100m: 1:25.45	45.60	300m: 4:40.39	49.07	500m: 7:56.84	48.41
	150m: 2:13.19	47.74	350m: 5:29.98	49.59	550m: 8:45.45	48.61
	200m: 3:02.30	49.11	400m: 6:19.43	49.45	600m: 9:33.81	48.36
					650m: 10:22.51	48.70
					700m: 11:10.67	48.16
					750m: 11:59.13	48.46
					800m: 12:42.07	42.94

Masters 50+

1.	Wilna Heijman	Steenwijk 1934	11:01.77	196400506	<b>11:06.99</b>	+0,92
	50m: 38.05	38.05	250m: 3:25.35	42.37	450m: 6:14.77	42.43
	100m: 1:19.26	41.21	300m: 4:07.48	42.13	500m: 6:56.72	41.95
	150m: 2:01.04	41.78	350m: 4:49.72	42.24	550m: 7:38.96	42.24
	200m: 2:42.98	41.94	400m: 5:32.34	42.62	600m: 8:21.03	42.07
					650m: 9:03.13	42.10
					700m: 9:45.06	41.93
					750m: 10:26.44	41.38
					800m: 11:06.99	40.55
2.	Laura Staal	Oceanus	11:15.15	196700358	<b>11:31.91</b>	+0,72
	50m: 38.26	38.26	250m: 3:29.90	43.20	450m: 6:24.27	43.77
	100m: 1:20.11	41.85	300m: 4:13.14	43.24	500m: 7:08.19	43.92
	150m: 2:03.35	43.24	350m: 4:56.37	43.23	550m: 7:52.80	44.61
	200m: 2:46.70	43.35	400m: 5:40.50	44.13	600m: 8:36.71	43.91
					650m: 9:20.77	44.06
					700m: 10:04.90	44.13
					750m: 10:49.07	44.17
					800m: 11:31.91	42.84
3.	Marion Broekhuis	WS Twente	11:50.37	196800060	<b>12:07.01</b>	+0,65
	50m: 40.27	40.27	250m: 3:42.96	46.31	450m: 6:48.87	46.53
	100m: 1:24.68	44.41	300m: 4:29.44	46.48	500m: 7:35.02	46.15
	150m: 2:10.55	45.87	350m: 5:16.00	46.56	550m: 8:21.08	46.06
	200m: 2:56.65	46.10	400m: 6:02.34	46.34	600m: 9:07.08	46.00
					650m: 9:53.34	46.26
					700m: 10:39.14	45.80
					750m: 11:24.24	45.10
					800m: 12:07.01	42.77
4.	Hetty Smalheer	SCOM	12:56.57	196700352	<b>13:06.46</b>	+1,11
	50m: 44.07	44.07	250m: 3:59.30	49.44	450m: 7:19.17	50.19
	100m: 1:31.82	47.75	300m: 4:49.07	49.77	500m: 8:09.15	49.98
	150m: 2:20.71	48.89	350m: 5:39.67	50.60	550m: 8:58.93	49.78
	200m: 3:09.86	49.15	400m: 6:28.98	49.31	600m: 9:48.41	49.48
					650m: 10:38.43	50.02
					700m: 11:28.11	49.68
					750m: 12:18.47	50.36
					800m: 13:06.46	47.99
5.	Miranda Keijl	ZIGNEA	13:12.08	196500588	<b>13:40.75</b>	+1,02
	50m: 44.10	44.10	250m: 4:10.92	53.42	450m: 7:41.31	52.60
	100m: 1:33.45	49.35	300m: 5:03.97	53.05	500m: 8:33.27	51.96
	150m: 2:25.23	51.78	350m: 5:56.64	52.67	550m: 9:26.68	53.41
	200m: 3:17.50	52.27	400m: 6:48.71	52.07	600m: 10:18.59	51.91
					650m: 11:11.61	53.02
					700m: 12:03.38	51.77
					750m: 12:54.38	51.00
					800m: 13:40.75	46.37

Masters 55+

1.	Jacqueline Rolloos-Bakkers	De Lansingh	11:29.19	196300222	<b>11:33.55</b>	+0,87
	50m: 38.32	38.32	250m: 3:32.59	43.79	450m: 6:30.34	44.24
	100m: 1:21.14	42.82	300m: 4:17.00	44.41	500m: 7:14.06	43.72
	150m: 2:04.70	43.56	350m: 5:01.49	44.49	550m: 7:57.80	43.74
	200m: 2:48.80	44.10	400m: 5:46.10	44.61	600m: 8:41.35	43.55
					650m: 9:25.08	43.73
					700m: 10:09.15	44.07
					750m: 10:52.47	43.32
					800m: 11:33.55	41.08
2.	Ingrid Van Cauteren	LZV	11:58.25	20097/62	<b>11:55.99</b>	+0,86
	50m: 39.47	39.47	250m: 3:38.60	45.63	450m: 6:40.63	45.68
	100m: 1:22.91	43.44	300m: 4:24.05	45.45	500m: 7:26.56	45.93
	150m: 2:07.70	44.79	350m: 5:09.46	45.41	550m: 8:12.28	45.72
	200m: 2:52.97	45.27	400m: 5:54.95	45.49	600m: 8:57.88	45.60
					650m: 9:43.11	45.23
					700m: 10:28.07	44.96
					750m: 11:13.12	45.05
					800m: 11:55.99	42.87
3.	Riny Zeijveld-Meuleman	De Berkelduikers	12:50.62	196000204	<b>12:21.68</b>	+1,02
	50m: 41.08	41.08	250m: 3:45.76	47.34	450m: 6:54.77	47.06
	100m: 1:25.49	44.41	300m: 4:33.80	48.04	500m: 7:41.56	46.79
	150m: 2:11.10	45.61	350m: 5:20.87	47.07	550m: 8:28.73	47.17
	200m: 2:58.42	47.32	400m: 6:07.71	46.84	600m: 9:15.31	46.58
					650m: 10:02.69	47.38
					700m: 10:49.81	47.12
					750m: 11:36.95	47.14
					800m: 12:21.68	44.73

Programmanr. 31, Dames, 800m vrije slag, Masters 55+

rang	naam	vereniging	inschrijftijd	tijd	RT	IPC		
4.	Marian de Jong	HZ&PC Heerenveen	13:06.94	195900052	<b>12:44.74</b>	+0,64		
	50m: 42.02	42.02	250m: 3:52.11	48.32	450m: 7:07.56	48.73	650m: 10:21.93	48.61
	100m: 1:28.48	46.46	300m: 4:40.59	48.48	500m: 7:55.74	48.18	700m: 11:10.67	48.74
	150m: 2:16.09	47.61	350m: 5:29.89	49.30	550m: 8:44.04	48.30	750m: 11:59.31	48.64
	200m: 3:03.79	47.70	400m: 6:18.83	48.94	600m: 9:33.32	49.28	800m: 12:44.74	45.43
5.	Marjan Spoelstra	Swol 1894	13:31.27	196000236	<b>13:12.44</b>	+0,97		
	50m: 44.77	44.77	250m: 4:03.18	49.92	450m: 7:24.18	50.31	650m: 10:45.13	50.40
	100m: 1:33.51	48.74	300m: 4:53.42	50.24	500m: 8:14.36	50.18	700m: 11:34.70	49.57
	150m: 2:23.61	50.10	350m: 5:43.72	50.30	550m: 9:04.52	50.16	750m: 12:24.14	49.44
	200m: 3:13.26	49.65	400m: 6:33.87	50.15	600m: 9:54.73	50.21	800m: 13:12.44	48.30

Masters 60+

1.	Elly Kiestra-Broertjes	ZIGNEA	13:42.76	195600100	<b>14:05.08</b> *	+1,07		
	50m: 45.30	45.30	250m: 4:18.85	54.11	450m: 7:53.75	54.26	650m: 11:28.66	53.78
	100m: 1:35.73	50.43	300m: 5:12.33	53.48	500m: 8:47.43	53.68	700m: 12:22.29	53.63
	150m: 2:30.38	54.65	350m: 6:06.05	53.72	550m: 9:41.06	53.63	750m: 13:14.99	52.70
	200m: 3:24.74	54.36	400m: 6:59.49	53.44	600m: 10:34.88	53.82	800m: 14:05.08	50.09

Masters 65+

1.	Conny Boer-Buys	ZVVS	11:50.33	195000006	<b>11:57.17</b>	+1,02		
	50m: 39.31	39.31	250m: 3:41.10	46.02	450m: 6:44.73	45.62	650m: 9:46.77	45.43
	100m: 1:22.97	43.66	300m: 4:27.08	45.98	500m: 7:30.28	45.55	700m: 10:32.04	45.27
	150m: 2:08.93	45.96	350m: 5:13.16	46.08	550m: 8:15.95	45.67	750m: 11:16.56	44.52
	200m: 2:55.08	46.15	400m: 5:59.11	45.95	600m: 9:01.34	45.39	800m: 11:57.17	40.61

Masters 70+

1.	Corrie Verhoeven	PSV	14:02.18	194600026	<b>13:38.55</b>	+1,00		
	<i>Nederlands Masters Record</i>							
	50m: 42.43	42.43	250m: 4:08.44	53.05	450m: 7:37.37	52.33	650m: 11:06.42	51.71
	100m: 1:31.31	48.88	300m: 5:00.28	51.84	500m: 8:29.58	52.21	700m: 11:58.24	51.82
	150m: 2:22.71	51.40	350m: 5:52.21	51.93	550m: 9:22.14	52.56	750m: 12:49.68	51.44
	200m: 3:15.39	52.68	400m: 6:45.04	52.83	600m: 10:14.71	52.57	800m: 13:38.55	48.87

Masters 80+

1.	Lottie Geurts	PSV	16:22.39	193500006	<b>16:44.79</b> *	+1,16		
	<i>Nederlands Masters Record</i>							
	50m: 56.99	56.99	250m: 5:08.40	1:03.75	450m: 9:23.16	1:03.74	650m: 13:37.55	1:03.66
	100m: 1:58.86	1:01.87	300m: 6:11.96	1:03.56	500m: 10:26.89	1:03.73	700m: 14:41.27	1:03.72
	150m: 3:01.39	1:02.53	350m: 7:15.61	1:03.65	550m: 11:30.26	1:03.37	750m: 15:45.21	1:03.94
	200m: 4:04.65	1:03.26	400m: 8:19.42	1:03.81	600m: 12:33.89	1:03.63	800m: 16:44.79	59.58
2.	Marie Smits	Old Dutch	17:09.99	193800004	<b>17:44.69</b> *	+1,19		
	<i>50m*</i>							
	50m: 55.50	55.50	250m: 5:21.54	1:06.27	450m: 9:50.99	1:08.48	650m: 14:24.06	1:07.07
	100m: 2:01.67	1:06.17	300m: 6:28.97	1:07.43	500m: 10:59.06	1:08.07	700m: 15:31.77	1:07.71
	150m: 3:09.18	1:07.51	350m: 7:36.14	1:07.17	550m: 12:08.42	1:09.36	750m: 16:41.12	1:09.35
	200m: 4:15.27	1:06.09	400m: 8:42.51	1:06.37	600m: 13:16.99	1:08.57	800m: 17:44.69	1:03.57

Masters 85+

1.	Eliane Pellis	AZSC	18:03.09	20672/33	<b>18:29.90</b>	+1,05		
	<i>European Masters Record, Belgisch Masters Record</i>							
	50m: 1:02.13	1:02.13	250m: 5:42.16	1:12.73	450m: 10:33.51	1:13.74	650m: 15:12.97	1:08.76
	100m: 2:07.99	1:05.86	300m: 6:54.14	1:11.98	500m: 11:42.72	1:09.21	700m: 16:18.81	1:05.84
	150m: 3:18.10	1:10.11	350m: 8:07.81	1:13.67	550m: 12:54.26	1:11.54	750m: 17:24.69	1:05.88
	200m: 4:29.43	1:11.33	400m: 9:19.77	1:11.96	600m: 14:04.21	1:09.95	800m: 18:29.90	1:05.21

Programmanr. 32  
21-01-2018 - 11:07

Heren, 400m wisselslag

Masters Open  
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT	IPC		
<b>Masters 20+</b>								
1.	Nordin Termoshuizen	WVZ	4:53.51	199605401	4:55.15	+0,68		
	50m: 30.85	30.85	150m: 1:44.49	37.73	250m: 3:06.16	43.46	350m: 4:24.08	32.90
	100m: 1:06.76	35.91	200m: 2:22.70	38.21	300m: 3:51.18	45.02	400m: 4:55.15	31.07
2.	Robin van Beek	LZ 1886	4:52.49	199704023	4:55.26	+0,73		
	50m: 31.02	31.02	150m: 1:45.65	38.91	250m: 3:05.42	42.59	350m: 4:23.73	34.00
	100m: 1:06.74	35.72	200m: 2:22.83	37.18	300m: 3:49.73	44.31	400m: 4:55.26	31.53
3.	Emiel van Beusekom	Van Vliet-Barracuda	4:49.69	199403951	4:59.22	+0,86		
	50m: 30.41	30.41	150m: 1:46.65	39.78	250m: 3:08.61	42.17	350m: 4:27.34	33.85
	100m: 1:06.87	36.46	200m: 2:26.44	39.79	300m: 3:53.49	44.88	400m: 4:59.22	31.88
4.	Vincent Dermaux	ZC Aquadream	4:56.12	199600599	4:59.31	+0,82		
	50m: 30.29	30.29	150m: 1:44.44	37.80	250m: 3:05.31	43.75	350m: 4:25.43	34.89
	100m: 1:06.64	36.35	200m: 2:21.56	37.12	300m: 3:50.54	45.23	400m: 4:59.31	33.88
5.	Jeffrey Camphens	DWT	4:57.73	199503113	5:04.36	+0,68		
	50m: 31.34	31.34	150m: 1:51.62	42.22	250m: 3:14.31	41.52	350m: 4:31.30	34.61
	100m: 1:09.40	38.06	200m: 2:32.79	41.17	300m: 3:56.69	42.38	400m: 5:04.36	33.06
6.	Richard van der Horst	De Meer	5:05.45	199700179	5:08.22	+0,87		
	50m: 32.60	32.60	150m: 1:53.27	41.12	250m: 3:17.28	41.47	350m: 4:34.43	34.83
	100m: 1:12.15	39.55	200m: 2:35.81	42.54	300m: 3:59.60	42.32	400m: 5:08.22	33.79
7.	Martijn Kornet	Zwemlust-den Hommel	5:24.87	199700231	5:16.12	+0,88		
	50m: 31.89	31.89	150m: 1:52.79	42.09	250m: 3:20.68	46.62	350m: 4:42.85	35.04
	100m: 1:10.70	38.81	200m: 2:34.06	41.27	300m: 4:07.81	47.13	400m: 5:16.12	33.27
8.	Hans Stoffers	Triton Putten	5:29.51	199604027	5:33.89	+0,54		
	50m: 30.99	30.99	150m: 1:53.68	43.57	250m: 3:24.50	48.12	350m: 4:54.30	40.02
	100m: 1:10.11	39.12	200m: 2:36.38	42.70	300m: 4:14.28	49.78	400m: 5:33.89	39.59
<b>Masters 25+</b>								
1.	Tim Bunnik	Triton	4:56.46	199000505	4:58.36	+0,90		
	50m: 30.75	30.75	150m: 1:45.44	37.91	250m: 3:06.21	42.49	350m: 4:23.42	34.01
	100m: 1:07.53	36.78	200m: 2:23.72	38.28	300m: 3:49.41	43.20	400m: 4:58.36	34.94
2.	Martijn Dolk	The Hague Swimming (SG)	5:06.01	198900737	5:05.54	+0,88		
	50m: 29.53	29.53	150m: 1:43.89	38.19	250m: 3:09.07	46.61	350m: 4:31.22	35.47
	100m: 1:05.70	36.17	200m: 2:22.46	38.57	300m: 3:55.75	46.68	400m: 5:05.54	34.32
3.	Maik Steenkamp	Montferland	5:03.15	199103847	5:10.30	+0,81		
	50m: 32.44	32.44	150m: 1:51.88	41.90	250m: 3:16.35	42.65	350m: 4:36.01	36.85
	100m: 1:09.98	37.54	200m: 2:33.70	41.82	300m: 3:59.16	42.81	400m: 5:10.30	34.29
4.	Patrick Creemers	RZ	5:19.37	199000579	5:15.59	+0,56		
	50m: 33.28	33.28	150m: 1:56.66	42.50	250m: 3:20.53	42.30	350m: 4:40.97	35.91
	100m: 1:14.16	40.88	200m: 2:38.23	41.57	300m: 4:05.06	44.53	400m: 5:15.59	34.62
5.	Wessel Everloo	De Veene	5:09.73	198906597	5:16.39	+0,91	793	
	50m: 32.39	32.39	150m: 1:51.16	39.99	250m: 3:17.83	47.63	350m: 4:42.10	35.66
	100m: 1:11.17	38.78	200m: 2:30.20	39.04	300m: 4:06.45	48.62	400m: 5:16.39	34.29
6.	Rens Post	WVZ	5:28.13	199101827	5:24.41	+0,80		
	50m: 32.81	32.81	150m: 1:55.94	43.66	250m: 3:25.50	45.07	350m: 4:50.52	38.38
	100m: 1:12.28	39.47	200m: 2:40.43	44.49	300m: 4:12.14	46.64	400m: 5:24.41	33.89
7.	Robin van Beusekom	Van Vliet-Barracuda	5:33.27	199205841	6:10.36	+0,93		
	50m: 34.84	34.84	150m: 2:06.20	46.89	250m: 3:44.65	51.56	350m: 5:24.03	45.45
	100m: 1:19.31	44.47	200m: 2:53.09	46.89	300m: 4:38.58	53.93	400m: 6:10.36	46.33
<b>Masters 30+</b>								
1.	Thommy Nickel	ZPC Woerden	5:07.37	198401627	5:07.48	+0,88		
	50m: 34.29	34.29	150m: 1:51.53	38.70	250m: 3:14.64	43.10	350m: 4:33.63	35.03
	100m: 1:12.83	38.54	200m: 2:31.54	40.01	300m: 3:58.60	43.96	400m: 5:07.48	33.85
2.	Tim van den Berg	The Hague Swimming (SG)	5:07.98	198500157	5:14.19	+0,77		
	50m: 32.64	32.64	150m: 1:56.82	43.57	250m: 3:21.17	41.10	350m: 4:39.29	36.47
	100m: 1:13.25	40.61	200m: 2:40.07	43.25	300m: 4:02.82	41.65	400m: 5:14.19	34.90
3.	Niels Albrechts	SGGO (SG)	5:31.39	198800039	5:39.70	+0,85		
	50m: 35.33	35.33	150m: 2:01.13	42.47	250m: 3:37.58	54.59	350m: 5:06.07	35.30
	100m: 1:18.66	43.33	200m: 2:42.99	41.86	300m: 4:30.77	53.19	400m: 5:39.70	33.63

Programmanr. 32, Heren, 400m wisselslag

Masters 35+

1.	Kristiaan Lenos	LZ 1886	4:55.80	198301331	<b>5:03.66</b>	+0,83
	50m: 30.38	30.38	150m: 1:46.33	39.58	250m: 3:08.67	43.08
	100m: 1:06.75	36.37	200m: 2:25.59	39.26	300m: 3:51.76	43.09
					350m: 4:28.31	36.55
					400m: 5:03.66	35.35
2.	Mikhail Borisov	ReStart	5:17.46	075001	<b>5:15.64</b>	+0,74
	50m: 34.60	34.60	150m: 1:56.60	41.88	250m: 3:22.16	45.03
	100m: 1:14.72	40.12	200m: 2:37.13	40.53	300m: 4:07.08	44.92
					350m: 4:42.41	35.33
					400m: 5:15.64	33.23
3.	Frank v.d. Voordt	SGGO (SG)	5:16.09	198302259	<b>5:16.85</b>	+0,83
	50m: 32.50	32.50	150m: 1:51.14	40.76	250m: 3:17.78	46.33
	100m: 1:10.38	37.88	200m: 2:31.45	40.31	300m: 4:04.77	46.99
					350m: 4:41.45	36.68
					400m: 5:16.85	35.40
4.	Rob van Wanrooy	Gay Swim Amsterdam	6:00.70	198202627	<b>5:38.29</b>	+0,88
	50m: 37.07	37.07	150m: 2:02.52	43.24	250m: 3:30.85	46.28
	100m: 1:19.28	42.21	200m: 2:44.57	42.05	300m: 4:18.94	48.09
					350m: 5:00.07	41.13
					400m: 5:38.29	38.22

Masters 40+

1.	Vincent Versteeg	Zwemlust-den Hommel	5:09.76	197701003	<b>5:16.97</b>	+0,84
	50m: 33.31	33.31	150m: 1:55.79	42.66	250m: 3:20.54	43.25
	100m: 1:13.13	39.82	200m: 2:37.29	41.50	300m: 4:04.98	44.44
					350m: 4:41.57	36.59
					400m: 5:16.97	35.40
2.	Juanma Torralbo Jurado	CN Aquamasters	5:55.43		<b>5:51.48</b>	+0,83
	50m: 34.88	34.88	150m: 2:04.72	47.93	250m: 3:41.38	47.02
	100m: 1:16.79	41.91	200m: 2:54.36	49.64	300m: 4:30.58	49.20
					350m: 5:11.69	41.11
					400m: 5:51.48	39.79

Masters 45+

1.	Marcel van Winssen	De Gelenberg	5:17.19	197101477	<b>5:11.86</b>	+0,86
	50m: 32.81	32.81	150m: 1:53.16	41.06	250m: 3:18.00	44.19
	100m: 1:12.10	39.29	200m: 2:33.81	40.65	300m: 4:01.46	43.46
					350m: 4:37.22	35.76
					400m: 5:11.86	34.64
2.	René Beetsma	HZ&PC Heerenveen	5:16.35	196900069	<b>5:21.20</b>	+0,65
	50m: 33.07	33.07	150m: 1:53.76	40.99	250m: 3:20.71	45.64
	100m: 1:12.77	39.70	200m: 2:35.07	41.31	300m: 4:08.30	47.59
					350m: 4:45.56	37.26
					400m: 5:21.20	35.64
3.	Richard Rickens	Zwemsport Parkstad (SG)	5:18.41	197000841	<b>5:29.90</b>	+0,91
	50m: 32.68	32.68	150m: 1:53.79	42.69	250m: 3:23.14	46.65
	100m: 1:11.10	38.42	200m: 2:36.49	42.70	300m: 4:11.15	48.01
					350m: 4:50.96	39.81
					400m: 5:29.90	38.94
4.	Heiner Stevens	ZIGNEA	5:45.71	197201299	<b>5:50.08</b>	+0,84
	50m: 34.42	34.42	150m: 2:02.84	46.50	250m: 3:39.13	49.66
	100m: 1:16.34	41.92	200m: 2:49.47	46.63	300m: 4:30.15	51.02
					350m: 5:10.67	40.52
					400m: 5:50.08	39.41
5.	Kasper van den Bergh	Swol 1894	5:52.69	197301125	<b>6:01.55</b>	+0,97
	50m: 38.47	38.47	150m: 2:08.84	45.80	250m: 3:46.09	53.01
	100m: 1:23.04	44.57	200m: 2:53.08	44.24	300m: 4:39.01	52.92
					350m: 5:21.10	42.09
					400m: 6:01.55	40.45
6.	Korstiaan de Boer	Steenwijk 1934	6:08.68	197101629	<b>6:09.58</b>	+0,87
	50m: 39.99	39.99	150m: 2:11.46	45.63	250m: 3:48.45	51.85
	100m: 1:25.83	45.84	200m: 2:56.60	45.14	300m: 4:40.90	52.45
					350m: 5:27.27	46.37
					400m: 6:09.58	42.31
7.	Marcel Brittijn	De Duinkickers	6:32.32	196900159	<b>6:36.70</b>	+0,70
	50m: 39.22	39.22	150m: 2:24.08	51.63	250m: 4:08.94	53.21
	100m: 1:32.45	53.23	200m: 3:15.73	51.65	300m: 5:03.40	54.46
					350m: 5:51.41	48.01
					400m: 6:36.70	45.29

NG Antwan van Engen De Ward 5:21.44 197101577

Masters 50+

1.	Gijsbert van der Leden	PSV	5:29.01	196700597	<b>5:24.28</b>	+1,03
	50m: 32.92	32.92	150m: 1:56.01	45.57	250m: 3:27.39	47.54
	100m: 1:10.44	37.52	200m: 2:39.85	43.84	300m: 4:14.90	47.51
					350m: 4:51.21	36.31
					400m: 5:24.28	33.07
2.	Jan-Willem van den Berg	WVZ	5:22.44	196801575	<b>5:28.27</b>	+0,77
	50m: 32.70	32.70	150m: 1:52.09	40.70	250m: 3:20.31	47.38
	100m: 1:11.39	38.69	200m: 2:32.93	40.84	300m: 4:09.26	48.95
					350m: 4:48.91	39.65
					400m: 5:28.27	39.36
3.	Wijam Nijenhuis	De IJssel	5:51.46	196400547	<b>5:45.57</b>	+0,91
	50m: 33.63	33.63	150m: 2:00.53	46.02	250m: 3:35.68	49.97
	100m: 1:14.51	40.88	200m: 2:45.71	45.18	300m: 4:27.75	52.07
					350m: 5:07.34	39.59
					400m: 5:45.57	38.23
4.	Jan Smalheer	SCOM	6:25.02	196400701	<b>6:34.21</b>	+1,22
	50m: 43.95	43.95	150m: 2:27.32	52.82	250m: 4:13.38	55.87
	100m: 1:34.50	50.55	200m: 3:17.51	50.19	300m: 5:09.65	56.27
					350m: 5:52.11	42.46
					400m: 6:34.21	42.10
5.	Erik Saan	De Duck	6:40.76	196500769	<b>6:40.09</b>	+1,03
	50m: 44.50	44.50	150m: 2:26.60	50.17	250m: 4:14.85	56.88
	100m: 1:36.43	51.93	200m: 3:17.97	51.37	300m: 5:13.48	58.63
					350m: 5:58.48	45.00
					400m: 6:40.09	41.61



Programmanr. 32, Heren, 400m wisselslag, Masters 50+

rang	naam	vereniging	inschrijftijd		tijd	RT	IPC
AFGEM	Guido Keutgen	AZC	5:55.68	196801551			

Masters 55+

1.	Ronald Grove	Triton	5:41.70	196100161	<b>5:53.39</b>	+0,89		
	50m: 36.77	36.77	150m: 2:10.68	47.54	250m: 3:46.27	48.58	350m: 5:15.46	38.88
	100m: 1:23.14	46.37	200m: 2:57.69	47.01	300m: 4:36.58	50.31	400m: 5:53.39	37.93
2.	Jan Willem Heuten	WS Twente	6:52.48	196000883	<b>6:54.63</b>	+1,01		
	50m: 43.85	43.85	150m: 2:34.29	57.91	250m: 4:28.97	58.93	350m: 6:11.97	45.21
	100m: 1:36.38	52.53	200m: 3:30.04	55.75	300m: 5:26.76	57.79	400m: 6:54.63	42.66

Masters 60+

1.	Hugo Bregman <i>European Masters Record</i>	Albion d'ELFT (SG)	5:17.83	195800069	<b>5:15.31</b>	+0,83		
	50m: 31.84	31.84	150m: 1:48.98	40.00	250m: 3:16.96	47.02	350m: 4:40.84	37.55
	100m: 1:08.98	37.14	200m: 2:29.94	40.96	300m: 4:03.29	46.33	400m: 5:15.31	34.47
2.	Marten de Groot <i>Kampioenschaps Record</i>	HZ&PC Heerenveen	5:35.40	195800149	<b>5:39.96</b>	+0,87		
	50m: 35.47	35.47	150m: 2:02.11	45.76	250m: 3:38.83	52.11	350m: 5:06.09	37.46
	100m: 1:16.35	40.88	200m: 2:46.72	44.61	300m: 4:28.63	49.80	400m: 5:39.96	33.87
3.	Paul Bunnik	Triton	6:11.21	195600413	<b>6:25.21</b>	+1,01		
	50m: 38.91	38.91	150m: 2:19.33	52.08	250m: 4:05.98	55.84	350m: 5:44.01	41.48
	100m: 1:27.25	48.34	200m: 3:10.14	50.81	300m: 5:02.53	56.55	400m: 6:25.21	41.20
4.	Dré Klaassen	ZOB'66	7:21.93	195600141	<b>7:30.08</b>	+1,02		
	50m: 50.68	50.68	150m: 2:49.68	1:02.64	250m: 4:45.37	57.00	350m: 6:40.05	56.28
	100m: 1:47.04	56.36	200m: 3:48.37	58.69	300m: 5:43.77	58.40	400m: 7:30.08	50.03

Masters 65+

1.	Jean-Marie Cadiat <i>Kampioenschaps Record, Belgisch Masters Record</i>	CNSW	6:08.45	000243/53	<b>5:52.63</b>	+0,95		
	50m: 37.17	37.17	150m: 2:09.28	48.14	250m: 3:45.23	49.66	350m: 5:14.79	39.61
	100m: 1:21.14	43.97	200m: 2:55.57	46.29	300m: 4:35.18	49.95	400m: 5:52.63	37.84
2.	Piet Schop <i>100m*</i>	De Bevelanders	7:15.71	195000109	<b>7:27.55</b>	+0,75		
	50m: 43.53	43.53	150m: 2:38.86	1:01.99	250m: 4:45.20	1:05.30	350m: 6:40.03	50.04
	100m: 1:36.87	53.34	200m: 3:39.90	1:01.04	300m: 5:49.99	1:04.79	400m: 7:27.55	47.52

DIS Jos Kamps Zwemvereniging Hoogland 7:59.31 195100085  
*AF - De aangegeven afstand niet uitgezwommen.*

Masters 75+

1.	Rob Hanou <i>Nederlands Masters Record</i>	PSV	7:03.56	194300109	<b>7:26.05</b>	+1,11		
	50m: 50.31	50.31	150m: 2:50.50	1:00.78	250m: 4:50.98	58.90	350m: 6:39.37	48.34
	100m: 1:49.72	59.41	200m: 3:52.08	1:01.58	300m: 5:51.03	1:00.05	400m: 7:26.05	46.68

Programmanr. 33  
21-01-2018 - 11:52

4 x 100m wisselslag

Masters Open  
Resultaten

rang	vereniging	inschrijftijd	tijd	RT	IPC
<b>80+, Dames</b>					
1.	Hieronymus 1 <i>Nederlands Masters Record</i>	Hieronymus	4:23.08	<b>4:28.06</b>	
	Eva van Ginneken	33.26	1:08.99	Marlijn Hendriksen	+0,21 29.78 1:04.23
	Selene Wortel	+0,37 34.60	1:15.07	Nadja Wortel	+0,17 28.14 59.77
2.	Steenwijk 1934 3	Steenwijk 1934	5:21.89	<b>5:26.75</b>	
	Ilse Blankvoort	40.51	1:22.69	Elianne Huitema	+0,19 33.53 1:14.56
	Lonneke Oenema	+0,37 45.12	1:37.13	Charine de Ruitter	+0,39 34.34 1:12.37
<b>80+, Gemengd</b>					
1.	DWK 1 <i>Nederlands Masters Record</i>	DWK	4:11.75	<b>4:15.01</b>	
	Celine Schoenmaker	32.57	1:07.91	Kevin Eltink	+0,22 25.87 56.23
	Ruben Koek	+0,44 30.62	1:07.36	Anoeska van de Kraats	+0,36 29.80 1:03.51
2.	WVZ 2	WVZ	4:17.87	<b>4:21.34</b>	
	Manon van Strien	33.70	1:10.76	Jordy van Oel	+0,16 27.44 59.77
	Nicole Bennis	+0,39 34.33	1:14.08	Nordin Termoshuizen	+0,20 27.05 56.73
3.	DWT 1 <i>Startzwemmer NMR 100m rugslag</i>	DWT	4:23.75	<b>4:28.18</b>	
	Evy Witlox	32.83	1:07.52	Jeffrey Camphens	+0,14 29.49 1:04.92
	Chantal Beijer	+0,53 37.11	1:20.13	Hiras Ferrandino	+0,29 25.94 55.61
4.	De Veene 1	De Veene	4:28.85	<b>4:33.54</b>	
	Diana Lammers	37.72	1:18.10	Diederick Schothans	+0,67 29.07 1:02.99
	Gideon Teeuw	+0,46 33.68	1:12.36	Yvon Versteeg	+0,37 28.39 1:00.09
5.	ZPC Woerden 3	ZPC Woerden	4:49.05	<b>4:53.65</b>	
	Michiel van Vliet	35.13	1:13.71	Jamilla van Veen	+0,26 30.30 1:08.35
	Rens Klok	+0,55 40.33	1:27.14	Mandy Verbakel	+0,40 30.66 1:04.45
<b>100+, Dames</b>					
1.	Steenwijk 1934 2	Steenwijk 1934	4:50.07	<b>4:52.80</b>	
	Getrude Corporaal	37.80	1:17.14	Jacyntha Plat	+0,51 31.42 1:08.62
	Leandra Vedder	+0,57 37.32	1:21.91	Nanda de Vries	+0,28 30.45 1:05.13
2.	DIO 1	DIO	4:51.03	<b>4:55.51</b>	
	Joëlle Vaes	40.27	1:22.58	Whitney van Hoeckel	+0,48 34.52 1:13.56
	Susanne van der Linden	+0,26 37.51	1:20.32	Jolanda Post	+0,30 28.23 59.05
3.	LZ 1886 1	LZ 1886	5:29.91	<b>5:12.05</b>	
	Mara Epifani	38.95	1:20.23	Linda van der Voort	+0,39 33.85 1:15.47
	Suzan Blankestijn	+0,70 39.30	1:24.34	Marieke Ipema	+0,53 35.04 1:12.01
<b>100+, Heren</b>					
1.	ZPC Woerden 1 <i>50m*</i>	ZPC Woerden	4:29.82	<b>4:33.75</b>	
	Patrick de Jonge	34.10	1:13.21	Thommy Nickel	+0,75 32.19 1:07.70
	Niels van Beurden	+0,59 34.44	1:14.28	Thijs van den End	+0,29 27.95 58.56

Programmanr. 33, 4 x 100m wisselslag

100+, Gemengd

1. Dedemsvaart-AC 1	Dedemsvaart-AC	4:22.06	<b>4:21.72</b>	
Robert Dekker	30.97	1:04.15	Stéphanie Bergsma	+0,43 30.56 1:06.95
Sepp Kalter	+0,34 32.01	1:08.68	Marije Dankelman	+0,55 29.60 1:01.94
2. Van Vliet-Barracuda 1	Van Vliet-Barracuda	4:22.36	<b>4:25.45</b>	
Denise Boereboom	33.65	1:09.34	Emiel van Beusekom	+0,38 28.91 1:02.49
Melissa van der Heijden	+0,17 35.95	1:17.31	Pascal van Haren	+0,02 26.53 56.31
3. LZ 1886 2	LZ 1886	4:31.94	<b>4:27.93</b>	
Eloise Cilia	34.20	1:11.80	Robin van Beek	+0,41 27.52 59.86
Moniek Heemskerck	+0,25 38.35	1:21.49	Kristiaan Lenos	+0,37 26.01 54.78
4. ZOB'66 1	ZOB'66	4:46.94	<b>4:50.01</b>	
Wendy de Bruin	35.84	1:14.62	Rebecca Evers	+0,57 33.68 1:14.44
Harmen Reemst	+0,37 36.87	1:20.63	Ferry Blangé	+0,18 27.99 1:00.32
5. Van Vliet-Barracuda 2	Van Vliet-Barracuda	4:58.19	<b>5:03.35</b>	
Sonja Huisman-Koolmees	38.51	1:20.13	Ids de Klerk	+0,60 31.79 1:12.48
Robin van Beusekom	+0,22 37.04	1:21.02	Esmée Rolloos	+0,08 32.89 1:09.72
6. Zwemvereniging Westland 1	Zwemvereniging Westland	4:59.78	<b>5:05.71</b>	
Pieter Broek	33.83	1:11.31	Patrick Wyrdeeman	+0,48 31.20 1:08.69
Anouk van der Lans	+0,49 43.40	1:33.90	Jacoline van den Beukel	+0,28 33.25 1:11.81
7. De Duinkickers 1	De Duinkickers	5:14.23	<b>5:16.06</b>	
Ruben de Boer	36.01	1:14.47	Maaïke de Boer	+0,25 35.38 1:18.39
Saskia op den Velde	+0,87 47.99	1:44.28	Jeffrey Roest	+0,52 28.95 58.92

120+, Dames

1. HZ&PC Heerenveen 1	HZ&PC Heerenveen	5:14.66	<b>5:12.83</b>	
Daniëlle de Boer	33.79	1:10.50	Peggi Hurenkamp	+0,70 40.61 1:26.43
Karin van Dijk	+0,52 38.45	1:22.50	Jannie Vennik	+0,67 35.43 1:13.40
2. Zwemlust-den Hommel 1	Zwemlust-den Hommel	5:14.52	<b>5:13.39</b>	
Eline Schoenmaker	38.70	1:19.10	Marjon Pol	+0,49 34.03 1:14.26
Marlou de Jong	+0,24 41.12	1:31.33	Eline Overeem	+0,48 32.85 1:08.70
3. WVZ 4	WVZ	5:08.66	<b>5:17.54</b>	
Lisette Prins	39.19	1:21.43	Chita van der Goorbergh	+0,35 36.96 1:29.55
Monique Pronk	+0,65 39.02	1:24.37	Isabelle Massar	+0,13 29.41 1:02.19
4. Montferland 1	Montferland	5:31.94	<b>5:25.14</b>	
Hanneke Heymen	36.76	1:14.64	Angela Giezen	+0,58 39.39 1:24.05
Melanie Witt	+0,45 45.59	1:34.74	Kelly Bockting	+0,45 34.16 1:11.71
5. Budel 2	Budel	5:33.13	<b>5:41.91</b>	
Ely Scheepers	41.44	1:25.05	Carola Hompes	+0,47 39.73 1:31.00
Karin Smolders	+0,43 46.35	1:37.10	Joyce Raemaekers	+0,20 31.94 1:08.76
6. DWK 2	DWK	5:49.98	<b>5:56.29</b>	
Jennie Resink-lindeboom	49.85	1:41.60	Liesbeth van Mill	+0,45 35.96 1:19.90
Greta Wyma-Teitsma	+0,46 48.98	1:45.60	Lisette Groeneveld	+0,36 32.44 1:09.19

120+, Heren

1. WVZ 3	WVZ	4:23.06	<b>4:26.79</b>	
Markus van Rest	33.80	1:09.20	Rens Post	+0,51 30.69 1:07.99
Simon van Ravesteijn	+0,41 33.07	1:10.88	Vincent Lapouge	+0,37 27.82 58.72
2. SGGO (SG) 1	SGGO (SG)	4:32.20	<b>4:37.44</b>	
Niels Albrechts	35.53	1:13.09	Frank v.d. Voordt	+0,47 31.64 1:08.83
Kees Akershoek	+0,51 37.43	1:19.36	Mark Costeris	+0,48 26.43 56.16

Programmanr. 33, 4 x 100m wisselslag

120+, Gemengd

1.	Albion d'ELFT (SG) 1 <i>Nederlands Masters Record</i>	Albion d'ELFT (SG)	4:13.00		<b>4:16.64</b>		
	Roos van Esch	34.95	1:11.12	Fenna de Groot	+0,44	31.06	1:08.17
	Romero Hennep	+0,31 29.32	1:04.52	Nol van Thull	+0,09	25.16	52.83
2.	HZ&PC Heerenveen 2	HZ&PC Heerenveen	4:18.29		<b>4:22.61</b>		
	Evelien van Klaarbergen	35.34	1:12.98	Casper Hut	+0,38	27.77	59.77
	Dennis Bos	+0,15 31.19	1:07.41	Fraukje Puts	+0,40	29.48	1:02.45
3.	ZVVS 1	ZVVS	4:41.06		<b>4:36.66</b>		
	Nadya Putter	36.07	1:13.95	Paul Brinkman	+0,36	28.38	1:02.09
	Karin Stein	+0,45 38.38	1:22.12	Bas van de Nouwelant	+0,37	27.46	58.50
4.	De Ward 1	De Ward	4:41.46		<b>4:46.72</b>		
	Eva Kattouw	35.91	1:16.99	Niels Versteeg	+0,27	29.70	1:05.74
	Antwan van Engen	+0,71 36.36	1:18.21	Yvette Ratering	+0,63	31.51	1:05.78
5.	De Meer 1	De Meer	4:53.00		<b>4:56.31</b>		
	Christa Verploeg	40.19	1:22.19	Richard van der Horst	+0,69	32.25	1:08.52
	Chantal van der Horst	+0,44 37.31	1:17.74	Pieter-Sjoerd de Wijn	+0,30	31.56	1:07.86
6.	De Duck 1	De Duck	4:58.98		<b>4:59.53</b>		
	Erik Saan	38.40	1:21.55	Jesper Oranje	+0,35	26.25	57.52
	Kimberley van Buren	+0,54 43.87	1:33.59	Lenneke Bagijn	+0,15	31.42	1:06.87
7.	De Treffers 1	De Treffers	4:56.90		<b>5:10.85</b>		
	Tim van Grunsven	34.84	1:10.60	Miranda Pijnenburg	+0,40	37.20	1:19.96
	Martlijn Mulders	+0,35 41.83	1:29.26	Eric de Haas	+0,44	32.73	1:11.03
8.	DWT 2	DWT	5:10.38		<b>5:24.69</b>		
	Yvette Roozen	43.24	1:29.40	Peter van de Bor	+0,53	34.79	1:17.43
	Bertjan Schelhaas	+0,56 37.10	1:19.68	Odette Helsloot	+0,47	36.87	1:18.18
9.	Steenwijk 1934 4	Steenwijk 1934	5:28.11		<b>5:28.58</b>		
	Robert Braad	32.58	1:08.25	Wilna Heijman	+0,56	40.29	1:29.15
	Patrick Wobben	+0,60 40.60	1:28.46	Inge Lolkema-Soeters	+0,55	39.03	1:22.72

160+, Dames

1.	ZPC Woerden 2 <i>100m*</i>	ZPC Woerden	5:03.19		<b>5:11.59</b>		
	Ilse van den Wijngaard	35.81	1:14.19	Marjan Remmits	+0,39	34.59	1:16.81
	Danielle van Veen	+0,32 43.16	1:35.55	Sabine Lina	+0,41	30.63	1:05.04

160+, Heren

1.	ZPC AMERSFOORT 2	ZPC AMERSFOORT	4:23.97		<b>4:21.40</b>		
	Martijn Giezen	30.20	1:02.65	Rob van Vliet	+0,35	29.32	1:04.02
	Ron Korzelius	+0,41 36.38	1:18.24	Jeroen Zelsmann	+0,20	26.26	56.49
2.	De Gelenberg 1	De Gelenberg	4:28.02		<b>4:24.44</b>		
	Arjan van Swam	32.54	1:09.22	John Cobussen	+0,53	30.70	1:06.47
	Marcel van Winssen	+0,62 33.86	1:12.26	Geert Wijn	+0,06	26.64	56.49
3.	Steenwijk 1934 1	Steenwijk 1934	4:35.64		<b>4:32.77</b>		
	Casper Dollekamp	37.35	1:17.34	Rick Driezen	+0,44	27.57	1:00.84
	Huyb Stegeman	+0,52 36.51	1:20.26	Lauren Vis	+0,46	25.68	54.33
4.	DAW 2	DAW	4:34.39		<b>4:36.27</b>		
	Alex Damen	34.19	1:10.00	Pieter van Gemeren	+0,24	30.20	1:05.10
	Hans Schoenmakers	+0,67 37.08	1:20.98	Wouter Zijlstra	+0,23	28.20	1:00.19

Programmanr. 33, 4 x 100m wisselslag

160+, Gemengd

1.	ZPC AMERSFOORT 1	ZPC AMERSFOORT	4:22.87		<b>4:20.45</b>			
	<i>Nederlands Masters Record, Startzwemmer NMR 100m rugslag</i>							
	Edwin v. Norden		30.95	1:03.68	Erwin Buist	+0,25	26.89	58.71
	Larissa Brak	+0,52	33.37	1:12.61	Lidia v. Bon-Rosenbrand	+0,29	30.31	1:05.45
2.	WVZ 1	WVZ		4:29.74		<b>4:35.62</b>		
	Ivo Roozeboom		31.37	1:04.66	Delia Badoux	+0,17	30.81	1:08.25
	Jan-Willem van den Berg	+0,37	34.92	1:14.76	Yvonne Gerritsen	+0,42	32.07	1:07.95
3.	DAW 1	DAW		4:40.64		<b>4:39.00</b>		
	Paul Oudendijk		32.40	1:06.37	Ilona Hogerheyde	+0,57	33.54	1:15.53
	Joost Hoetjes	+0,34	31.46	1:07.66	Jacqueline Tuin	+0,39	32.57	1:09.44
4.	TRB-RES 1	TRB-RES		4:42.23		<b>4:39.29</b>		
	Edith Janssen-Koolen		34.74	1:12.21	Maike Korthout	+0,42	33.04	1:12.98
	Walter Stielstra	+0,46	33.54	1:12.52	Rob Verheul	+0,37	28.76	1:01.58
5.	De Gelenberg 2	De Gelenberg		4:59.38		<b>4:55.72</b>		
	Lizanne Lamens		35.22	1:14.26	Sylvia Reijers	+0,56	34.80	1:16.05
	Rob Janssen	+0,35	36.52	1:17.87	Ron van der Meer	+0,54	31.83	1:07.54
6.	AZC 2	AZC		5:37.67		<b>5:21.37</b>		
	Guido Keutgen		33.16	1:09.35	Monique Remst	+0,04	34.14	1:17.93
	Wil Ponsioen-van Mil	+0,50	52.57	1:52.70	Stefan Oostendorp	+0,30	29.27	1:01.39
7.	De Rog 2	De Rog		5:22.01		<b>5:22.84</b>		
	Cees Kersten		42.44	1:27.78	Sandra Peeters-Wiermans	+0,53	35.18	1:17.56
	Roy le Clercq	+0,61	40.45	1:26.90	Esther Vergeest	+0,48	34.08	1:10.60

200+, Dames

1.	PSV 1	PSV		5:06.64		<b>5:26.40</b>		
	<i>Startzwemmer NMR 100m rugslag</i>							
	Gudule van der Meer		34.40	1:11.64	Jeanne Petit	+0,34	34.31	1:13.81
	Corrie Verhoeven	+0,61	48.81	1:47.47	Nicole Vrijhoeven	+0,24	35.56	1:13.48
2.	CNSW 2 100m*	CNSW		6:11.85		<b>6:01.54</b>		
	Kathleen Laloi		39.75	1:22.66	Claire Anthony	+0,45	39.71	1:28.16
	Kathy Van Lindt	+0,70	42.58	1:29.98	Fernande Gourmet Blondeel	+0,16	48.22	1:40.74

200+, Heren

1.	PSV 2	PSV		4:37.21		<b>4:31.97</b>		
	<i>Nederlands Masters Record</i>							
	Rogier Vissers		33.66	1:09.97	Gijsbert van der Leden	+0,47	30.69	1:05.50
	Harold Matla	+0,37	32.99	1:10.86	Brend Brevé	+0,44	31.39	1:05.64
2.	De Rog 1	De Rog		4:41.75		<b>4:41.67</b>		
	Erik Kamphuis		36.84	1:14.36	Peter Bensen	+0,54	30.07	1:05.84
	Arjan Verheij	+0,37	36.77	1:18.38	Rob Spetter	+0,37	30.21	1:03.09
3.	De Schelde 1	De Schelde		5:18.18		<b>5:25.32</b>		
	Robert Martens		37.12	1:17.71	Marco de Bat	+0,50	39.95	1:27.43
	Cees van Houwelingen	+0,58	35.94	1:16.71	Arno Loof	+0,77	37.56	1:23.47
4.	Budel 1	Budel		5:35.85		<b>5:43.27</b>		
	Jos Zentjens		43.25	1:28.69	Edward van Nijmweegen	+0,43	42.02	1:34.49
	Wijlo Mackus	+0,61	40.02	1:26.23	Joost van Eerdt	+0,63	34.57	1:13.86

AFGEM Patrick-De Roersoppers (SG) 1 Patrick-De Roersoppers (SG)5:05.92

Programmanr. 33, 4 x 100m wisselslag

200+, Gemengd

1.	WS Twente 1	WS Twente	5:19.36	<b>5:09.28</b>		
	Marcel Reefhuis	32.82	1:07.83	Hans Westerhof	+0,58	34.94 1:13.18
	Marijke Kraak-Beckers	+0,63 43.96	1:33.48	Jeannette Ruesink	+0,16	35.72 1:14.79
2.	Swol 1894 1	Swol 1894	5:31.81	<b>5:53.36</b>		
	Annemarie Vuiist	44.80	1:31.19	Kasper van den Berghe	+0,73	36.26 1:18.90
	Willem Jannink	+0,64 43.23	1:33.51	Annet Kootstra	+0,50	43.36 1:29.76
DIS	AZC 1	AZC	5:27.76			
	<i>EA - Te vroeg overgenomen. **, dis 2e zwemmer</i>					
	Monique Munnik	44.85	1:32.65	Mark van der Schrier		
	Wim de Lange	-0,14		Sandra Daamen-Posma		
DIS	WIDEX GZC DONK 1	WIDEX GZC DONK	6:11.83			
	<i>RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.</i>					
	Lia Bijkerk, Pierre de Groot, Nathasja Konijn, Peter Coffeng					

240+, Dames

1.	Old Dutch 1	Old Dutch	7:40.49	<b>7:52.44</b>		
	Mies Kuipers	1:00.40	2:06.46	Karin van Nassau van den Heuvel	+0,48	44.37 1:36.91
	Karien Musters	+0,97 1:05.06	2:17.25	Marie Smits	+0,88	51.85 1:51.82

240+, Heren

1.	CNSW 1	CNSW	5:53.69	<b>5:20.78</b>		
	<i>Belgisch Masters Record</i>					
	Luc Laloi	46.06	1:33.67	Jean-Marie Cadiat	+0,37	34.18 1:12.78
	Christian Schoenaers	+0,71 45.05	1:34.83	Lionel Godeaux	+0,71	27.59 59.50

280+, Gemengd

1.	PSV 3	PSV	6:41.38	<b>7:03.70</b>		
	<i>Kampioenschaps Record</i>					
	Lottie Geurts	1:01.52	2:05.29	Rob Hanou	+0,81	52.91 1:53.69
	Rob Hemesath	+0,66 40.77	1:26.83	Gonnie Bak		47.50 1:37.89