



Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
Heerenveen, 16-19 februari 2023



1 - ONMK 2023 kb sessie 1

16-02-2023 - 12:30

Programmanr. 2  
16-02-2023 - 12:30

Heren, 1500m vrije slag  
Pauze na Serie 4 / Break after Heat 4 10 Min.

Masters Open  
Resultaten

rang	naam	vereniging	tijd	RT	PARA			
<b>Masters 20+</b>								
1.	Tenzin Tieman	Old Dutch	NED 200005549	<b>17:57.10</b>	+0.80			
	50m: 31.07	31.07	450m: 5:13.43	36.26	850m: 10:04.97	36.72	1250m: 14:57.28	36.88
	100m: 1:04.83	33.76	500m: 5:49.74	36.31	900m: 10:41.13	36.16	1300m: 15:33.66	36.38
	150m: 1:39.43	34.60	550m: 6:25.94	36.20	950m: 11:17.07	35.94	1350m: 16:09.98	36.32
	200m: 2:14.47	35.04	600m: 7:02.76	36.82	1000m: 11:53.71	36.64	1400m: 16:46.99	37.01
	250m: 2:50.04	35.57	650m: 7:39.49	36.73	1050m: 12:30.42	36.71	1450m: 17:22.82	35.83
	300m: 3:25.75	35.71	700m: 8:15.84	36.35	1100m: 13:07.17	36.75	1500m: 17:57.10	34.28
	350m: 4:01.43	35.68	750m: 8:51.99	36.15	1150m: 13:43.76	36.59		
	400m: 4:37.17	35.74	800m: 9:28.25	36.26	1200m: 14:20.40	36.64		
<b>Masters 25+</b>								
1.	Stijn Jansen	ZV 44	NED 199705727	<b>17:29.25</b>				
	50m: 32.41	32.41	450m: 5:12.98	35.50	850m: 9:55.26	35.14	1250m: 14:36.26	34.86
	100m: 1:06.63	34.22	500m: 5:48.21	35.23	900m: 10:30.27	35.01	1300m: 15:11.03	34.77
	150m: 1:41.27	34.64	550m: 6:23.48	35.27	950m: 11:05.32	35.05	1350m: 15:46.14	35.11
	200m: 2:16.26	34.99	600m: 6:58.83	35.35	1000m: 11:40.46	35.14	1400m: 16:20.92	34.78
	250m: 2:51.44	35.18	650m: 7:34.11	35.28	1050m: 12:15.60	35.14	1450m: 16:55.68	34.76
	300m: 3:26.68	35.24	700m: 8:09.31	35.20	1100m: 12:51.02	35.42	1500m: 17:29.25	33.57
	350m: 4:02.00	35.32	750m: 8:44.69	35.38	1150m: 13:26.06	35.04		
	400m: 4:37.48	35.48	800m: 9:20.12	35.43	1200m: 14:01.40	35.34		
2.	Jeffrey Camphens	DWT	NED 199503113	<b>17:34.96</b>				
	50m: 31.97	31.97	450m: 5:13.79	35.53	850m: 9:59.05	35.44	1250m: 14:42.47	35.77
	100m: 1:06.86	34.89	500m: 5:49.18	35.39	900m: 10:34.65	35.60	1300m: 15:17.76	35.29
	150m: 1:42.07	35.21	550m: 6:24.91	35.73	950m: 11:10.18	35.53	1350m: 15:52.41	34.65
	200m: 2:17.24	35.17	600m: 7:00.59	35.68	1000m: 11:45.51	35.33	1400m: 16:27.30	34.89
	250m: 2:52.39	35.15	650m: 7:36.43	35.84	1050m: 12:21.19	35.68	1450m: 17:01.59	34.29
	300m: 3:27.68	35.29	700m: 8:12.39	35.96	1100m: 12:56.61	35.42	1500m: 17:34.96	33.37
	350m: 4:02.87	35.19	750m: 8:48.06	35.67	1150m: 13:31.54	34.93		
	400m: 4:38.26	35.39	800m: 9:23.61	35.55	1200m: 14:06.70	35.16		
3.	Jordy van Oel	WVZ	NED 199802003	<b>17:56.58</b>	+0.75			
	50m: 29.41	29.41	450m: 5:13.33	36.20	850m: 10:05.75	36.74	1250m: 14:42.01	36.53
	100m: 1:02.86	33.45	500m: 5:49.93	36.60	900m: 10:41.94	36.19	1300m: 15:34.96	35.95
	150m: 1:37.87	35.01	550m: 6:26.48	36.55	950m: 11:18.32	36.38	1350m: 16:10.97	36.01
	200m: 2:13.57	35.70	600m: 7:02.76	36.28	1000m: 11:55.10	36.78	1400m: 16:47.23	36.26
	250m: 2:49.36	35.79	650m: 7:39.62	36.86	1050m: 12:32.00	36.90	1450m: 17:22.55	35.32
	300m: 3:25.46	36.10	700m: 8:16.24	36.62	1100m: 13:09.16	37.16	1500m: 17:56.58	34.03
	350m: 4:01.53	36.07	750m: 8:52.54	36.30	1150m: 13:45.69	36.53		
	400m: 4:37.13	35.60	800m: 9:29.01	36.47	1200m: 14:22.48	36.79		
4.	Lars Jacobsen	DWK	NED 199705453	S14 <b>19:07.97</b>	+0.77 714			
	50m: 31.00	31.00	450m: 5:30.33	38.60	850m: 10:40.77	39.35	1250m: 15:55.82	39.79
	100m: 1:06.02	35.02	500m: 6:08.95	38.62	900m: 11:19.53	38.76	1300m: 16:35.54	39.72
	150m: 1:42.45	36.43	550m: 6:47.71	38.76	950m: 11:58.43	38.90	1350m: 17:14.81	39.27
	200m: 2:19.70	37.25	600m: 7:26.24	38.53	1000m: 12:37.87	39.44	1400m: 17:53.36	38.55
	250m: 2:57.38	37.68	650m: 8:04.51	38.27	1050m: 13:16.77	38.90	1450m: 18:32.37	39.01
	300m: 3:35.54	38.16	700m: 8:43.27	38.76	1100m: 13:57.75	40.98	1500m: 19:07.97	35.60
	350m: 4:13.18	37.64	750m: 9:22.30	39.03	1150m: 14:37.60	39.85		
	400m: 4:51.73	38.55	800m: 10:01.42	39.12	1200m: 15:16.03	38.43		
<b>Masters 30+</b>								
1.	Tim Bunnik	Triton	NED 199000505	<b>18:06.95</b>	+0.78			
	50m: 32.01	32.01	450m: 5:21.61	37.01	850m: 10:13.00	35.83	1250m: 15:04.68	36.67
	100m: 1:07.26	35.25	500m: 5:58.22	36.61	900m: 10:49.76	36.76	1300m: 15:41.57	36.89
	150m: 1:43.15	35.89	550m: 6:34.85	36.63	950m: 11:25.88	36.12	1350m: 16:18.34	36.77
	200m: 2:19.41	36.26	600m: 7:11.65	36.80	1000m: 12:02.10	36.22	1400m: 16:55.62	37.28
	250m: 2:55.27	35.86	650m: 7:48.44	36.79	1050m: 12:38.47	36.37	1450m: 17:32.66	37.04
	300m: 3:31.87	36.60	700m: 8:25.02	36.58	1100m: 13:14.93	36.46	1500m: 18:06.95	34.29
	350m: 4:08.31	36.44	750m: 9:01.36	36.34	1150m: 13:51.01	36.08		
	400m: 4:44.60	36.29	800m: 9:37.17	35.81	1200m: 14:28.01	37.00		









Programmanr. 2, Heren, 1500m vrije slag

Masters 60+

<b>1. Gustav van den Berg</b>		TriVia	NED		196100991	<b>19:40.12</b>		
50m:	36.01	36.01	450m:	5:51.01	39.39	850m:	11:10.15	39.76
100m:	1:14.59	38.58	500m:	6:30.38	39.37	900m:	11:50.06	39.91
150m:	1:53.94	39.35	550m:	7:09.97	39.59	950m:	12:30.26	40.20
200m:	2:33.74	39.80	600m:	7:50.05	40.08	1000m:	13:09.80	39.54
250m:	3:13.21	39.47	650m:	8:29.71	39.66	1050m:	13:49.43	39.63
300m:	3:52.69	39.48	700m:	9:10.18	40.47	1100m:	14:29.01	39.58
350m:	4:32.28	39.59	750m:	9:50.20	40.02	1150m:	15:08.51	39.50
400m:	5:11.62	39.34	800m:	10:30.39	40.19	1200m:	15:48.26	39.75
<b>2. Jan Brink</b>		ZPC De Zeeuwse Kust	NED		196200091	<b>19:45.82</b>		+0.76
50m:	33.45	33.45	450m:	5:44.32	39.69	850m:	11:02.30	40.56
100m:	1:10.88	37.43	500m:	6:23.88	39.56	900m:	11:42.24	39.94
150m:	1:49.15	38.27	550m:	7:03.63	39.75	950m:	12:22.54	40.30
200m:	2:28.28	39.13	600m:	7:43.18	39.55	1000m:	13:02.97	40.43
250m:	3:07.24	38.96	650m:	8:22.99	39.81	1050m:	13:43.24	40.27
300m:	3:46.09	38.85	700m:	9:02.61	39.62	1100m:	14:23.93	40.69
350m:	4:25.44	39.35	750m:	9:42.02	39.41	1150m:	15:04.37	40.44
400m:	5:04.63	39.19	800m:	10:21.74	39.72	1200m:	15:45.32	40.95
<b>3. Casper Dollekamp</b>		Steenwijk 1934	NED		196301341	<b>23:10.03</b>		
50m:	36.85	36.85	450m:	6:34.92	46.04	850m:	12:55.44	48.22
100m:	1:18.74	41.89	500m:	7:21.71	46.79	900m:	13:42.77	47.33
150m:	2:02.24	43.50	550m:	8:08.84	47.13	950m:	14:30.52	47.75
200m:	2:46.39	44.15	600m:	8:56.87	48.03	1000m:	15:17.59	47.07
250m:	3:31.35	44.96	650m:	9:45.37	48.50	1050m:	16:05.70	48.11
300m:	4:16.99	45.64	700m:	10:32.43	47.06	1100m:	16:54.57	48.87
350m:	5:02.67	45.68	750m:	11:19.83	47.40	1150m:	17:42.27	47.70
400m:	5:48.88	46.21	800m:	12:07.22	47.39	1200m:	18:30.39	48.12
<b>4. John Dam</b>		ZIGNEA	NED		196000915	<b>23:32.73</b>		
50m:	39.94	39.94	450m:	6:59.57	47.53	850m:	13:22.36	48.10
100m:	1:25.13	45.19	500m:	7:47.54	47.97	900m:	14:09.90	47.54
150m:	2:12.79	47.66	550m:	8:35.09	47.55	950m:	14:57.76	47.86
200m:	3:00.44	47.65	600m:	9:22.87	47.78	1000m:	15:45.23	47.47
250m:	3:48.33	47.89	650m:	10:10.84	47.97	1050m:	16:32.60	47.37
300m:	4:36.13	47.80	700m:	10:58.87	48.03	1100m:	17:20.22	47.62
350m:	5:23.98	47.85	750m:	11:46.72	47.85	1150m:	18:07.96	47.74
400m:	6:12.04	48.06	800m:	12:34.26	47.54	1200m:	18:55.41	47.45
<b>5. Henk Gierveld</b> <i>* alle afstanden</i>		Nat Utrecht	NED		196000869	<b>25:28.89</b>		
50m:	41.17	41.17	450m:	7:24.07	51.93	850m:	14:16.92	52.40
100m:	1:28.56	47.39	500m:	8:15.69	51.62	900m:	15:09.22	52.30
150m:	2:17.64	49.08	550m:	9:07.32	51.63	950m:	15:59.97	50.75
200m:	3:08.03	50.39	600m:	9:59.66	52.34	1000m:	16:51.92	51.95
250m:	3:58.87	50.84	650m:	10:50.64	50.98	1050m:	17:43.41	51.49
300m:	4:49.94	51.07	700m:	11:41.92	51.28	1100m:	18:35.43	52.02
350m:	5:41.04	51.10	750m:	12:33.63	51.71	1150m:	19:27.31	51.88
400m:	6:32.14	51.10	800m:	13:24.52	50.89	1200m:	20:19.10	51.79

Masters 65+

<b>1. Henk Slomp</b>		De Inktvis	NED		195500359	<b>21:48.33</b>		+0.92
50m:	36.42	36.42	450m:	6:24.48	44.01	850m:	12:18.09	44.33
100m:	1:17.50	41.08	500m:	7:08.90	44.42	900m:	13:02.04	43.95
150m:	2:00.01	42.51	550m:	7:53.40	44.50	950m:	13:46.86	44.82
200m:	2:43.90	43.89	600m:	8:37.97	44.57	1000m:	14:30.89	44.03
250m:	3:27.82	43.92	650m:	9:22.27	44.30	1050m:	15:15.24	44.35
300m:	4:12.13	44.31	700m:	10:06.47	44.20	1100m:	15:59.26	44.02
350m:	4:56.94	44.81	750m:	10:50.89	44.42	1150m:	16:44.66	45.40
400m:	5:40.47	43.53	800m:	11:33.76	42.87	1200m:	17:29.11	44.45
<b>2. Otto Zeijpveld</b>		De Berkelduikers	NED		195800497	<b>22:07.60</b>		
50m:	38.96	38.96	450m:	6:33.33	44.50	850m:	12:30.07	44.87
100m:	1:21.83	42.87	500m:	7:17.91	44.58	900m:	13:15.59	45.52
150m:	2:06.40	44.57	550m:	8:02.46	44.55	950m:	14:00.55	44.96
200m:	2:50.74	44.34	600m:	8:46.45	43.99	1000m:	14:45.78	45.23
250m:	3:34.95	44.21	650m:	9:31.06	44.61	1050m:	15:30.82	45.04
300m:	4:19.70	44.75	700m:	10:15.71	44.65	1100m:	16:15.76	44.94
350m:	5:04.17	44.47	750m:	11:00.40	44.69	1150m:	17:00.50	44.74
400m:	5:48.83	44.66	800m:	11:45.20	44.80	1200m:	17:45.14	44.64



Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
Heerenveen, 16-19 februari 2023



Programmanr. 2, Heren, 1500m vrije slag, Masters 65+

rang	naam	vereniging			tijd			RT	PARA
3.	Paul Bunnik	Triton			NED	195600413	<b>22:42.16</b>	+0.91	
	50m: 37.15	37.15	450m: 6:34.08	45.24	850m: 12:40.28	45.39	1250m: 18:51.89	46.92	
	100m: 1:19.14	41.99	500m: 7:19.35	45.27	900m: 13:26.24	45.96	1300m: 19:38.56	46.67	
	150m: 2:02.80	43.66	550m: 8:05.21	45.86	950m: 14:12.41	46.17	1350m: 20:24.69	46.13	
	200m: 2:47.75	44.95	600m: 8:50.82	45.61	1000m: 14:59.51	47.10	1400m: 21:11.61	46.92	
	250m: 3:32.88	45.13	650m: 9:36.42	45.60	1050m: 15:44.70	45.19	1450m: 21:58.00	46.39	
	300m: 4:17.85	44.97	700m: 10:22.08	45.66	1100m: 16:31.64	46.94	1500m: 22:42.16	44.16	
	350m: 5:03.06	45.21	750m: 11:08.40	46.32	1150m: 17:18.66	47.02			
	400m: 5:48.84	45.78	800m: 11:54.89	46.49	1200m: 18:04.97	46.31			
4.	Jaap Vis	TriVia			NED	195600515	<b>23:22.88</b>	+0.97	
	50m: 43.45	43.45	450m: 7:01.32	47.63	850m: 13:21.40	46.61	1250m: 19:35.79	46.67	
	100m: 1:29.72	46.27	500m: 7:49.54	48.22	900m: 14:08.06	46.66	1300m: 20:21.74	45.95	
	150m: 2:17.21	47.49	550m: 8:38.00	48.46	950m: 14:55.51	47.45	1350m: 21:07.85	46.11	
	200m: 3:05.35	48.14	600m: 9:25.40	47.40	1000m: 15:42.36	46.85	1400m: 21:53.86	46.01	
	250m: 3:52.86	47.51	650m: 10:12.78	47.38	1050m: 16:29.06	46.70	1450m: 22:39.85	45.99	
	300m: 4:39.58	46.72	700m: 11:00.02	47.24	1100m: 17:15.99	46.93	1500m: 23:22.88	43.03	
	350m: 5:26.66	47.08	750m: 11:47.74	47.72	1150m: 18:02.51	46.52			
	400m: 6:13.69	47.03	800m: 12:34.79	47.05	1200m: 18:49.12	46.61			
5.	Laurens Klein Breteler	WWV Winterswijk			NED	195400109	<b>23:24.41</b>	+0.84	
	50m: 40.33	40.33	450m: 6:51.28	47.85	850m: 13:08.26	47.17	1250m: 19:27.80	47.58	
	100m: 1:25.01	44.68	500m: 7:38.36	47.08	900m: 13:55.71	47.45	1300m: 20:15.49	47.69	
	150m: 2:10.82	45.81	550m: 8:25.89	47.53	950m: 14:42.89	47.18	1350m: 21:03.34	47.85	
	200m: 2:56.93	46.11	600m: 9:12.51	46.62	1000m: 15:30.70	47.81	1400m: 21:51.53	48.19	
	250m: 3:43.46	46.53	650m: 9:59.73	47.22	1050m: 16:18.27	47.57	1450m: 22:38.50	46.97	
	300m: 4:30.41	46.95	700m: 10:47.11	47.38	1100m: 17:05.43	47.16	1500m: 23:24.41	45.91	
	350m: 5:17.01	46.60	750m: 11:34.49	47.38	1150m: 17:53.18	47.75			
	400m: 6:03.43	46.42	800m: 12:21.09	46.60	1200m: 18:40.22	47.04			
6.	Wolfgang Rossa	TPSK 1925 e.V.			GER	396833	<b>24:02.80</b>	+1.33	
	50m: 42.87	42.87	450m: 7:03.64	48.16	850m: 13:30.76	48.06	1250m: 20:01.61	49.67	
	100m: 1:29.15	46.28	500m: 7:52.44	48.80	900m: 14:19.62	48.86	1300m: 20:50.88	49.27	
	150m: 2:16.57	47.42	550m: 8:41.24	48.80	950m: 15:08.14	48.52	1350m: 21:39.86	48.98	
	200m: 3:04.23	47.66	600m: 9:29.40	48.16	1000m: 15:57.02	48.88	1400m: 22:27.90	48.04	
	250m: 3:51.99	47.76	650m: 10:17.26	47.86	1050m: 16:45.45	48.43	1450m: 23:16.98	49.08	
	300m: 4:40.10	48.11	700m: 11:06.31	49.05	1100m: 17:33.59	48.14	1500m: 24:02.80	45.82	
	350m: 5:27.43	47.33	750m: 11:54.52	48.21	1150m: 18:22.43	48.84			
	400m: 6:15.48	48.05	800m: 12:42.70	48.18	1200m: 19:11.94	49.51			
7.	André Pantekoek	PSV			NED	195800321	<b>27:57.36</b>		
	50m: 46.39	46.39	450m: 8:16.61	57.33	850m: 15:46.05	56.00	1250m: 23:21.85	56.17	
	100m: 1:40.43	54.04	500m: 9:14.57	57.96	900m: 16:43.15	57.10	1300m: 24:16.45	54.60	
	150m: 2:36.33	55.90	550m: 10:11.17	56.60	950m: 17:38.73	55.58	1350m: 25:12.06	55.61	
	200m: 3:33.26	56.93	600m: 11:07.15	55.98	1000m: 18:35.83	57.10	1400m: 26:05.72	53.66	
	250m: 4:29.77	56.51	650m: 12:02.73	55.58	1050m: 19:31.46	55.63	1450m: 27:02.55	56.83	
	300m: 5:26.15	56.38	700m: 12:58.61	55.88	1100m: 20:29.48	58.02	1500m: 27:57.36	54.81	
	350m: 6:22.75	56.60	750m: 13:54.47	55.86	1150m: 21:27.62	58.14			
	400m: 7:19.28	56.53	800m: 14:50.05	55.58	1200m: 22:25.68	58.06			

Masters 70+

1.	Jean-Marie Cadiat	Cercle De Natation Sportcity WolBEL			CNSW/000243/53	<b>21:32.04</b>			
	<i>Kampioenschapsrecord, Belgisch Masters Record</i>								
	50m: 38.89	38.89	450m: 6:20.80	43.18	850m: 12:06.18	43.15	1250m: 17:56.30	43.82	
	100m: 1:22.23	43.34	500m: 7:03.77	42.97	900m: 12:50.07	43.89	1300m: 18:40.25	43.95	
	150m: 2:04.37	42.14	550m: 7:47.12	43.35	950m: 13:33.79	43.72	1350m: 19:23.92	43.67	
	200m: 2:47.12	42.75	600m: 8:30.24	43.12	1000m: 14:17.85	44.06	1400m: 20:07.84	43.92	
	250m: 3:29.81	42.69	650m: 9:13.58	43.34	1050m: 15:01.37	43.52	1450m: 20:51.19	43.35	
	300m: 4:12.21	42.40	700m: 9:56.48	42.90	1100m: 15:44.95	43.58	1500m: 21:32.04	40.85	
	350m: 4:54.62	42.41	750m: 10:39.76	43.28	1150m: 16:29.08	44.13			
	400m: 5:37.62	43.00	800m: 11:23.03	43.27	1200m: 17:12.48	43.40			
2.	Ruud Ruiter	WWV Winterswijk			NED	195300169	<b>23:14.19</b>		
	50m: 40.79	40.79	450m: 6:48.64	46.66	850m: 13:05.26	47.14	1250m: 19:24.03	47.61	
	100m: 1:26.14	45.35	500m: 7:35.56	46.92	900m: 13:52.50	47.24	1300m: 20:11.48	47.45	
	150m: 2:11.93	45.79	550m: 8:22.49	46.93	950m: 14:39.88	47.38	1350m: 20:58.49	47.01	
	200m: 2:57.62	45.69	600m: 9:09.53	47.04	1000m: 15:27.47	47.59	1400m: 21:45.03	46.54	
	250m: 3:43.88	46.26	650m: 9:56.28	46.75	1050m: 16:14.94	47.47	1450m: 22:30.79	45.76	
	300m: 4:29.80	45.92	700m: 10:43.37	47.09	1100m: 17:02.02	47.08	1500m: 23:14.19	43.40	
	350m: 5:15.92	46.12	750m: 11:30.63	47.26	1150m: 17:49.28	47.26			
	400m: 6:01.98	46.06	800m: 12:18.12	47.49	1200m: 18:36.42	47.14			



Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
Heerenveen, 16-19 februari 2023



Programmanr. 2, Heren, 1500m vrije slag, Masters 70+

rang	naam	vereniging		tijd				RT	PARA
3.	Frans Heus	UZSC		<b>26:59.21</b>					
	50m: 50.39	50.39	450m: 7:56.07	54.20	850m: 15:06.22	54.64	1250m: 22:29.21	53.62	
	100m: 1:41.69	51.30	500m: 8:51.53	55.46	900m: 16:01.45	55.23	1300m: 23:22.96	53.75	
	150m: 2:35.28	53.59	550m: 9:43.19	51.66	950m: 16:54.30	52.85	1350m: 24:18.06	55.10	
	200m: 3:28.13	52.85	600m: 10:36.78	53.59	1000m: 17:48.78	54.48	1400m: 25:12.98	54.92	
	250m: 4:21.93	53.80	650m: 11:30.68	53.90	1050m: 18:44.52	55.74	1450m: 26:08.51	55.53	
	300m: 5:14.77	52.84	700m: 12:23.94	53.26	1100m: 19:41.74	57.22	1500m: 26:59.21	50.70	
	350m: 6:08.52	53.75	750m: 13:17.33	53.39	1150m: 20:39.04	57.30			
	400m: 7:01.87	53.35	800m: 14:11.58	54.25	1200m: 21:35.59	56.55			
4.	Jos Kamps *200	Zwemvereniging Hoogland		<b>27:08.05</b>				+1.18	
	50m: 42.75	42.75	450m: 7:43.73	53.33	850m: 15:06.61	54.53	1250m: 22:34.25	55.28	
	100m: 1:31.87	49.12	500m: 8:38.59	54.86	900m: 16:02.03	55.42	1300m: 23:29.18	54.93	
	150m: 2:23.94	52.07	550m: 9:33.29	54.70	950m: 16:57.91	55.88	1350m: 24:25.26	56.08	
	200m: 3:16.27	52.33	600m: 10:28.97	55.68	1000m: 17:54.68	56.77	1400m: 25:21.71	56.45	
	250m: 4:09.73	53.46	650m: 11:25.18	56.21	1050m: 18:51.70	57.02	1450m: 26:17.04	55.33	
	300m: 5:03.50	53.77	700m: 12:21.76	56.58	1100m: 19:47.86	56.16	1500m: 27:08.05	51.01	
	350m: 5:57.04	53.54	750m: 13:17.63	55.87	1150m: 20:43.56	55.70			
	400m: 6:50.40	53.36	800m: 14:12.08	54.45	1200m: 21:38.97	55.41			

Masters 80+

1.	Geza Kaltenecker *50, 100, 800m	AZC		<b>29:43.54</b>				+0.94	
	50m: 49.49	49.49	450m: 8:50.19	1:00.29	850m: 16:52.92	1:00.12	1250m: 24:53.29	59.54	
	100m: 1:47.04	57.55	500m: 9:50.59	1:00.40	900m: 17:53.31	1:00.39	1300m: 25:52.92	59.63	
	150m: 2:46.80	59.76	550m: 10:51.35	1:00.76	950m: 18:53.89	1:00.58	1350m: 26:52.27	59.35	
	200m: 3:46.43	59.63	600m: 11:51.34	59.99	1000m: 19:54.21	1:00.32	1400m: 27:51.80	59.53	
	250m: 4:47.04	1:00.61	650m: 12:51.54	1:00.20	1050m: 20:54.20	59.99	1450m: 28:50.22	58.42	
	300m: 5:47.39	1:00.35	700m: 13:51.69	1:00.15	1100m: 21:54.22	1:00.02	1500m: 29:43.54	53.32	
	350m: 6:48.62	1:01.23	750m: 14:52.46	1:00.77	1150m: 22:54.16	59.94			
	400m: 7:49.90	1:01.28	800m: 15:52.80	1:00.34	1200m: 23:53.75	59.59			
2.	Rob Hanou	PSV		<b>30:01.73</b>				+1.05	
	50m: 54.29	54.29	450m: 8:56.56	1:01.03	850m: 16:59.84	1:00.87	1250m: 25:02.52	1:00.12	
	100m: 1:52.36	58.07	500m: 9:57.53	1:00.97	900m: 17:58.92	59.08	1300m: 26:03.66	1:01.14	
	150m: 2:54.00	1:01.64	550m: 10:57.50	59.97	950m: 18:59.77	1:00.85	1350m: 27:03.90	1:00.24	
	200m: 3:53.39	59.39	600m: 11:58.59	1:01.09	1000m: 20:00.20	1:00.43	1400m: 28:03.05	59.15	
	250m: 4:55.41	1:02.02	650m: 12:58.17	59.58	1050m: 20:59.83	59.63	1450m: 29:04.03	1:00.98	
	300m: 5:55.97	1:00.56	700m: 13:58.46	1:00.29	1100m: 22:00.12	1:00.29	1500m: 30:01.73	57.70	
	350m: 6:55.92	59.95	750m: 14:56.57	58.11	1150m: 23:01.67	1:01.55			
	400m: 7:55.53	59.61	800m: 15:58.97	1:02.40	1200m: 24:02.40	1:00.73			

Masters 85+

1.	Nic Geers	PSV		<b>34:50.52</b>				+1.00	
	50m: 57.17	57.17	450m: 10:18.92	1:11.63	850m: 19:38.36	1:10.22	1250m: 29:07.79	1:11.60	
	100m: 2:02.70	1:05.53	500m: 11:29.43	1:10.51	900m: 20:47.96	1:09.60	1300m: 30:17.60	1:09.81	
	150m: 3:11.92	1:09.22	550m: 12:40.36	1:10.93	950m: 21:59.71	1:11.75	1350m: 31:27.37	1:09.77	
	200m: 4:22.09	1:10.17	600m: 13:49.17	1:08.81	1000m: 23:10.61	1:10.90	1400m: 32:40.72	1:13.35	
	250m: 5:33.16	1:11.07	650m: 14:59.39	1:10.22	1050m: 24:20.16	1:09.55	1450m: 33:47.50	1:06.78	
	300m: 6:45.36	1:12.20	700m: 16:09.44	1:10.05	1100m: 25:32.03	1:11.87	1500m: 34:50.52	1:03.02	
	350m: 7:56.42	1:11.06	750m: 17:18.97	1:09.53	1150m: 26:42.79	1:10.76			
	400m: 9:07.29	1:10.87	800m: 18:28.14	1:09.17	1200m: 27:56.19	1:13.40			
DIS	Frederik Hendrik de Bruijn VRA - Het keer- en/of eindpunt niet aangeraakt met enig lichaamsdeel.	CN Aquamasters		ESP				+1.31	









Programmanr. 3, Dames, 1500m vrije slag

Masters 40+

1. Linda Hoogendam	WVZ	NED	198300892	<b>22:30.57</b>	+0.77		
50m: 37.78	37.78	450m: 6:34.91	45.54	850m: 12:41.93	45.58	1250m: 18:46.91	45.20
100m: 1:21.43	43.65	500m: 7:20.86	45.95	900m: 13:27.44	45.51	1300m: 19:32.72	45.81
150m: 2:05.02	43.59	550m: 8:06.64	45.78	950m: 14:13.49	46.05	1350m: 20:19.33	46.61
200m: 2:49.00	43.98	600m: 8:52.35	45.71	1000m: 14:59.17	45.68	1400m: 21:04.95	45.62
250m: 3:33.78	44.78	650m: 9:38.36	46.01	1050m: 15:44.35	45.18	1450m: 21:49.75	44.80
300m: 4:18.34	44.56	700m: 10:24.40	46.04	1100m: 16:30.28	45.93	1500m: 22:30.57	40.82
350m: 5:03.63	45.29	750m: 11:09.76	45.36	1150m: 17:15.54	45.26		
400m: 5:49.37	45.74	800m: 11:56.35	46.59	1200m: 18:01.71	46.17		

Masters 45+

1. Liselotte Joling	PSV	NED	197500268	<b>18:57.59</b>	+0.71		
50m: 33.44	33.44	450m: 5:34.14	38.57	850m: 10:42.17	38.66	1250m: 15:47.78	38.69
100m: 1:10.44	37.00	500m: 6:13.05	38.91	900m: 11:20.72	38.55	1300m: 16:26.11	38.33
150m: 1:47.55	37.11	550m: 6:51.41	38.36	950m: 11:59.23	38.51	1350m: 17:04.61	38.50
200m: 2:24.67	37.12	600m: 7:30.08	38.67	1000m: 12:37.56	38.33	1400m: 17:43.30	38.69
250m: 3:02.09	37.42	650m: 8:08.54	38.46	1050m: 13:15.11	37.55	1450m: 18:21.03	37.73
300m: 3:39.46	37.37	700m: 8:47.03	38.49	1100m: 13:53.52	38.41	1500m: 18:57.59	36.56
350m: 4:17.32	37.86	750m: 9:25.20	38.17	1150m: 14:31.08	37.56		
400m: 4:55.57	38.25	800m: 10:03.51	38.31	1200m: 15:09.09	38.01		
2. Melanie Kuiper	ZIGNEA	NED	197600350	<b>19:42.33</b>			
50m: 34.93	34.93	450m: 5:49.38	39.64	850m: 11:08.02	39.62	1250m: 16:27.01	39.72
100m: 1:12.77	37.84	500m: 6:29.36	39.98	900m: 11:47.94	39.92	1300m: 17:06.85	39.84
150m: 1:51.44	38.67	550m: 7:09.01	39.65	950m: 12:27.90	39.96	1350m: 17:46.28	39.43
200m: 2:30.16	38.72	600m: 7:49.12	40.11	1000m: 13:07.86	39.96	1400m: 18:25.53	39.25
250m: 3:09.85	39.69	650m: 8:29.06	39.94	1050m: 13:47.79	39.93	1450m: 19:04.58	39.05
300m: 3:49.75	39.90	700m: 9:08.95	39.89	1100m: 14:27.74	39.95	1500m: 19:42.33	37.75
350m: 4:29.95	40.20	750m: 9:48.62	39.67	1150m: 15:07.61	39.87		
400m: 5:09.74	39.79	800m: 10:28.40	39.78	1200m: 15:47.29	39.68		
3. Jannie Vennik	HZ&PC Heerenveen	NED	197601006	<b>21:23.45</b>			
50m: 37.40	37.40	450m: 6:17.51	42.98	850m: 12:00.17	42.92	1250m: 17:46.83	43.67
100m: 1:18.15	40.75	500m: 7:00.01	42.50	900m: 12:43.00	42.83	1300m: 18:30.53	43.70
150m: 2:00.18	42.03	550m: 7:42.83	42.82	950m: 13:26.11	43.11	1350m: 19:14.20	43.67
200m: 2:42.76	42.58	600m: 8:25.77	42.94	1000m: 14:09.15	43.04	1400m: 19:58.66	44.46
250m: 3:25.78	43.02	650m: 9:08.95	43.18	1050m: 14:52.82	43.67	1450m: 20:41.03	42.37
300m: 4:08.66	42.88	700m: 9:51.83	42.88	1100m: 15:35.68	42.86	1500m: 21:23.45	42.42
350m: 4:51.62	42.96	750m: 10:34.30	42.47	1150m: 16:19.36	43.68		
400m: 5:34.53	42.91	800m: 11:17.25	42.95	1200m: 17:03.16	43.80		

Masters 50+

1. Dianna Dr Szokol	Nyiregyhazi Sportcentrum	HUN	<b>19:51.85</b>				
<i>Hungarian Masters Record</i>							
50m: 36.82	36.82	450m: 5:53.24	39.76	850m: 11:14.12	40.10	1250m: 16:34.35	39.81
100m: 1:16.00	39.18	500m: 6:33.05	39.81	900m: 11:54.18	40.06	1300m: 17:14.11	39.76
150m: 1:55.73	39.73	550m: 7:13.24	40.19	950m: 12:34.31	40.13	1350m: 17:54.29	40.18
200m: 2:35.20	39.47	600m: 7:53.29	40.05	1000m: 13:14.05	39.74	1400m: 18:34.30	40.01
250m: 3:14.47	39.27	650m: 8:33.55	40.26	1050m: 13:54.27	40.22	1450m: 19:13.70	39.40
300m: 3:54.05	39.58	700m: 9:13.34	39.79	1100m: 14:34.23	39.96	1500m: 19:51.85	38.15
350m: 4:33.63	39.58	750m: 9:53.72	40.38	1150m: 15:14.44	40.21		
400m: 5:13.48	39.85	800m: 10:34.02	40.30	1200m: 15:54.54	40.10		
2. Karin Stein	ZVVS	NED	197100554	<b>20:29.77</b>			
50m: 36.62	36.62	450m: 6:02.60	40.54	850m: 11:31.89	41.41	1250m: 17:04.27	41.48
100m: 1:16.68	40.06	500m: 6:43.73	41.13	900m: 12:13.85	41.96	1300m: 17:45.84	41.57
150m: 1:56.91	40.23	550m: 7:24.58	40.85	950m: 12:55.46	41.61	1350m: 18:26.91	41.07
200m: 2:37.55	40.64	600m: 8:05.51	40.93	1000m: 13:37.52	42.06	1400m: 19:08.47	41.56
250m: 3:18.99	41.44	650m: 8:46.69	41.18	1050m: 14:18.67	41.15	1450m: 19:50.02	41.55
300m: 4:00.26	41.27	700m: 9:28.06	41.37	1100m: 15:00.40	41.73	1500m: 20:29.77	39.75
350m: 4:40.93	40.67	750m: 10:09.48	41.42	1150m: 15:41.35	40.95		
400m: 5:22.06	41.13	800m: 10:50.48	41.00	1200m: 16:22.79	41.44		
3. Bianca Groot	MSV-Zeemacht	NED	197000652	<b>20:48.83</b>	+0.89		
50m: 36.43	36.43	450m: 6:02.27	40.89	850m: 11:36.95	42.16	1250m: 17:16.12	42.16
100m: 1:16.66	40.23	500m: 6:43.56	41.29	900m: 12:19.57	42.62	1300m: 17:58.08	41.96
150m: 1:57.53	40.87	550m: 7:24.90	41.34	950m: 13:02.75	43.18	1350m: 18:40.11	42.03
200m: 2:38.36	40.83	600m: 8:06.36	41.46	1000m: 13:45.56	42.81	1400m: 19:22.71	42.60
250m: 3:18.72	40.36	650m: 8:48.08	41.72	1050m: 14:27.52	41.96	1450m: 20:05.95	43.24
300m: 3:59.59	40.87	700m: 9:30.01	41.93	1100m: 15:09.70	42.18	1500m: 20:48.83	42.88
350m: 4:40.31	40.72	750m: 10:12.27	42.26	1150m: 15:51.95	42.25		
400m: 5:21.38	41.07	800m: 10:54.79	42.52	1200m: 16:33.96	42.01		







Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
Heerenveen, 16-19 februari 2023



Programmanr. 3, Dames, 1500m vrije slag, Masters 70+

rang	naam	vereniging	tijd	RT	PARA
2.	Ineke Meijer	HZ&PC Heerenveen	<b>34:54.66</b>	+0.80	
	50m: 52.82	450m: 9:43.31	1:10.36	850m: 19:08.81	1:11.15
	100m: 1:54.06	500m: 10:52.94	1:09.63	900m: 20:20.74	1:11.93
	150m: 2:57.72	550m: 12:04.79	1:11.85	950m: 21:32.37	1:11.63
	200m: 4:02.86	600m: 13:16.13	1:11.34	1000m: 22:43.62	1:11.25
	250m: 5:09.54	650m: 14:25.76	1:09.63	1050m: 23:54.67	1:11.05
	300m: 6:16.59	700m: 15:36.48	1:10.72	1100m: 25:06.50	1:11.83
	350m: 7:24.23	750m: 16:46.27	1:09.79	1150m: 26:18.67	1:12.17
	400m: 8:32.95	800m: 17:57.66	1:11.39	1200m: 27:32.59	1:13.92

Masters 85+

1.	Marie Smits	Old Dutch	<b>35:58.75</b>		
	<i>Nederlands Masters Record, NMR 400m en 800m</i>				
	50m: 58.63	450m: 10:29.13	1:12.36	850m: 20:08.83	1:11.63
	100m: 2:06.92	500m: 11:41.71	1:12.58	900m: 21:20.54	1:11.71
	150m: 3:18.49	550m: 12:54.86	1:13.15	950m: 22:34.63	1:14.09
	200m: 4:28.27	600m: 14:07.63	1:12.77	1000m: 23:47.67	1:13.04
	250m: 5:40.78	650m: 15:21.11	1:13.48	1050m: 25:01.99	1:14.32
	300m: 6:52.77	700m: 16:32.73	1:11.62	1100m: 26:15.61	1:13.62
	350m: 8:04.36	750m: 17:44.76	1:12.03	1150m: 27:27.11	1:11.50
	400m: 9:16.77	800m: 18:57.20	1:12.44	1200m: 28:40.91	1:13.80

2 - ONMK 2023 kb sessie 2

17-02-2023 - 9:00

Programmanr. 4  
17-02-2023 - 9:00

Heren, 400m vrije slag

Masters Open  
Resultaten

rang	naam	vereniging	tijd	RT	PARA
<b>Masters 20+</b>					
1.	Jacob Mackloet	De Schotejil	<b>4:20.00</b>	+0.61	
	50m: 28.97	150m: 1:34.86	33.43	250m: 2:42.48	33.76
	100m: 1:01.43	200m: 2:08.72	33.86	300m: 3:16.03	33.55
350m:	3:48.00			400m:	4:20.00
2.	Guus Hoogduin	ZVL-1886 Center	<b>4:20.80</b>	+0.69	
	50m: 29.23	150m: 1:34.57	33.15	250m: 2:42.36	34.04
	100m: 1:01.42	200m: 2:08.32	33.75	300m: 3:16.40	34.04
350m:	3:49.66			400m:	4:20.80
3.	Jasper Breugem	WVZ	<b>4:23.07</b>	+0.58	
	50m: 28.62	150m: 1:34.31	33.18	250m: 2:41.25	33.06
	100m: 1:01.13	200m: 2:08.19	33.88	300m: 3:15.35	34.10
350m:	3:49.76			400m:	4:23.07
4.	Kevin Roest	De Duinkickers	<b>4:31.66</b>	+0.76	
	50m: 30.81	150m: 1:38.25	34.06	250m: 2:47.39	34.50
	100m: 1:04.19	200m: 2:12.89	34.64	300m: 3:22.13	34.74
350m:	3:57.31			400m:	4:31.66
5.	Robin van Peenen	ZVL-1886 Center	<b>4:55.64</b>	+0.84	
	50m: 30.60	150m: 1:43.09	37.22	250m: 2:59.55	38.27
	100m: 1:05.87	200m: 2:21.28	38.19	300m: 3:39.08	39.53
350m:	4:17.99			400m:	4:55.64

Masters 25+

1.	Jeffrey Camphens	DWT	<b>4:20.73</b>	+0.69	
	50m: 29.65	150m: 1:35.49	33.53	250m: 2:42.62	33.43
	100m: 1:01.96	200m: 2:09.19	33.70	300m: 3:15.93	33.31
350m:	3:48.86			400m:	4:20.73
2.	Jelle Blankestijn	ZPC AMERSFOORT	<b>4:23.19</b>	+0.77	
	50m: 28.83	150m: 1:34.59	33.45	250m: 2:42.31	33.95
	100m: 1:01.14	200m: 2:08.36	33.77	300m: 3:16.36	34.05
350m:	3:50.45			400m:	4:23.19
3.	Mike Schel	ESCA Zwemmen	<b>4:23.81</b>	+0.82	
	50m: 29.65	150m: 1:36.25	33.59	250m: 2:44.33	34.07
	100m: 1:02.66	200m: 2:10.26	34.01	300m: 3:18.17	33.84
350m:	3:51.47			400m:	4:23.81
4.	Martijn Kornet	Zwemlust-den Hommel	<b>4:29.40</b>	+0.74	
	50m: 29.65	150m: 1:36.68	33.63	250m: 2:44.99	34.09
	100m: 1:03.05	200m: 2:10.90	34.22	300m: 3:19.88	34.89
350m:	3:55.41			400m:	4:29.40



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Programmanr. 4, Heren, 400m vrije slag, Masters 25+

rang	naam		vereniging				tijd	RT	PARA		
5.	Bas Dries		Zwemvereniging Hoogland	NED	199505177		<b>4:30.68</b>	+0.59			
	50m:	30.71	150m:	1:38.72	34.44	250m:	2:48.29	35.08	350m:	3:56.87	34.02
	100m:	1:04.28	200m:	2:13.21	34.49	300m:	3:22.85	34.56	400m:	4:30.68	33.81
6.	Jordy van Oel		WVZ	NED	199802003		<b>4:30.81</b>	+0.76			
	50m:	28.73	150m:	1:34.06	33.33	250m:	2:43.46	34.98	350m:	3:55.01	36.03
	100m:	1:00.73	200m:	2:08.48	34.42	300m:	3:18.98	35.52	400m:	4:30.81	35.80
7.	Jeffrey Roest		De Duinkickers	NED	199703401		<b>4:39.80</b>	+0.73			
	50m:	32.07	150m:	1:41.79	35.01	250m:	2:53.71	36.32	350m:	4:05.08	35.59
	100m:	1:06.78	200m:	2:17.39	35.60	300m:	3:29.49	35.78	400m:	4:39.80	34.72
8.	Wesley van der Luit		Sassenheim	NED	199701895		<b>4:45.42</b>	+0.73			
	50m:	32.26	150m:	1:42.81	36.10	250m:	2:55.31	35.95	350m:	4:09.03	37.30
	100m:	1:06.71	200m:	2:19.36	36.55	300m:	3:31.73	36.42	400m:	4:45.42	36.39
9.	Lars Jacobsen		DWK	NED	199705453	S14	<b>4:53.55</b>	+0.87	635		
	50m:	31.51	150m:	1:43.89	36.83	250m:	2:58.89	37.94	350m:	4:15.33	38.17
	100m:	1:07.06	200m:	2:20.95	37.06	300m:	3:37.16	38.27	400m:	4:53.55	38.22
10.	Erik Baalbergen		ZVL-1886 Center	NED	199805775		<b>4:57.39</b>				
	50m:	31.28	150m:	1:43.30	36.95	250m:	3:00.11	38.43	350m:	4:18.43	39.42
	100m:	1:06.35	200m:	2:21.68	38.38	300m:	3:39.01	38.90	400m:	4:57.39	38.96
11.	Martijn Lageweg		Steenwijk 1934	NED	199701323		<b>5:07.83</b>	+0.81			
	50m:	31.66	150m:	1:45.92	38.22	250m:	3:06.63	41.00	350m:	4:28.90	41.13
	100m:	1:07.70	200m:	2:25.63	39.71	300m:	3:47.77	41.14	400m:	5:07.83	38.93

Masters 30+

1.	Tim Bunnik		Triton	NED	199000505		<b>4:34.46</b>	+0.80			
	50m:	29.86	150m:	1:37.70	34.38	250m:	2:48.42	35.46	350m:	3:59.76	35.61
	100m:	1:03.32	200m:	2:12.96	35.26	300m:	3:24.15	35.73	400m:	4:34.46	34.70
2.	Olaf Achterberg		VZC	NED	199000011		<b>4:42.60</b>	+0.87			
	50m:	30.96	150m:	1:41.18	35.60	250m:	2:54.62	36.95	350m:	4:08.15	36.34
	100m:	1:05.58	200m:	2:17.67	36.49	300m:	3:31.81	37.19	400m:	4:42.60	34.45
3.	Sybren Groenewegen		De Schotejil	NED	199306223		<b>4:47.11</b>	+0.88			
	50m:	32.81	150m:	1:45.64	36.94	250m:	3:00.34	36.98	350m:	4:14.47	37.47
	100m:	1:08.70	200m:	2:23.36	37.72	300m:	3:37.00	36.66	400m:	4:47.11	32.64
4.	Wessel Everloo		WS Twente	NED	198906597	S14	<b>4:47.41</b>	+0.81	676		
	50m:	32.35	150m:	1:45.43	37.27	250m:	2:59.12	36.58	350m:	4:13.87	37.58
	100m:	1:08.16	200m:	2:22.54	37.11	300m:	3:36.29	37.17	400m:	4:47.41	33.54
5.	Patrick Brouwer		AZC	NED	199303715		<b>4:51.15</b>	+0.80			
	50m:	30.62	150m:	1:43.00	37.05	250m:	2:59.28	38.49	350m:	4:14.87	37.18
	100m:	1:05.95	200m:	2:20.79	37.79	300m:	3:37.69	38.41	400m:	4:51.15	36.28
6.	Marc Hoogendam		Blue Marlins	NED	199007713		<b>4:57.82</b>	+0.66			
	50m:	29.63	150m:	1:41.32	36.91	250m:	2:58.85	39.07	350m:	4:19.05	40.41
	100m:	1:04.41	200m:	2:19.78	38.46	300m:	3:38.64	39.79	400m:	4:57.82	38.77
7.	Jordy van der Drift		ZVL-1886 Center	NED	199307345		<b>5:08.64</b>	+0.77			
	50m:	32.10	150m:	1:45.82	38.02	250m:	3:06.49	41.01	350m:	4:28.94	40.98
	100m:	1:07.80	200m:	2:25.48	39.66	300m:	3:47.96	41.47	400m:	5:08.64	39.70
8.	Ruben de Boer		De Duinkickers	NED	199301419		<b>5:20.97</b>				
	50m:	36.27	150m:	1:57.14	40.66	250m:	3:18.41	40.74	350m:	4:40.59	41.19
	100m:	1:16.48	200m:	2:37.67	40.53	300m:	3:59.40	40.99	400m:	5:20.97	40.38

Masters 35+

1.	Romain Delepine		Lille UC Natation	FRA	266204		<b>4:30.63</b>	+0.79			
	50m:	29.91	150m:	1:37.22	34.35	250m:	2:47.14	35.18	350m:	3:57.56	35.06
	100m:	1:02.87	200m:	2:11.96	34.74	300m:	3:22.50	35.36	400m:	4:30.63	33.07
2.	Klaas van Beek		ZV Haerlem	NED	198805941		<b>4:36.06</b>	+0.63			
	50m:	30.50	150m:	1:38.47	34.54	250m:	2:48.93	35.44	350m:	4:00.47	36.12
	100m:	1:03.93	200m:	2:13.49	35.02	300m:	3:24.35	35.42	400m:	4:36.06	35.59
3.	Niels Albrechts		De Schotejil	NED	198800039		<b>4:41.03</b>	+0.80			
	50m:	31.83	150m:	1:42.53	35.94	250m:	2:54.31	35.64	350m:	4:07.29	36.61
	100m:	1:06.59	200m:	2:18.67	36.14	300m:	3:30.68	36.37	400m:	4:41.03	33.74
4.	Sander van Elburg		TRB-RES	NED	198800937		<b>4:54.16</b>	+0.71			
	50m:	32.26	150m:	1:43.33	35.88	250m:	2:57.53	37.69	350m:	4:15.66	39.39
	100m:	1:07.45	200m:	2:19.84	36.51	300m:	3:36.27	38.74	400m:	4:54.16	38.50





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Masters 40+

1.	Maxime Descatoire	Lille UC Natation	FRA	73751	<b>4:24.36</b>	+0.62		
	50m: 29.81	29.81	150m: 1:34.88	32.87	250m: 2:41.82	33.71	350m: 3:50.40	34.56
	100m: 1:02.01	32.20	200m: 2:08.11	33.23	300m: 3:15.84	34.02	400m: 4:24.36	33.96
2.	Gergely Molnár	Iron Swim	HUN		<b>4:28.73</b>	+0.87		
	50m: 30.14	30.14	150m: 1:38.19	34.49	250m: 2:47.22	34.34	350m: 3:55.69	34.11
	100m: 1:03.70	33.56	200m: 2:12.88	34.69	300m: 3:21.58	34.36	400m: 4:28.73	33.04
3.	Kristiaan Lenos	ZVL-1886 Center	NED	198301331	<b>4:29.01</b>	+0.75		
	50m: 29.03	29.03	150m: 1:35.18	33.52	250m: 2:44.62	34.86	350m: 3:55.32	35.46
	100m: 1:01.66	32.63	200m: 2:09.76	34.58	300m: 3:19.86	35.24	400m: 4:29.01	33.69
4.	Pieter Pickhardt	ZPC De Hof	NED	198301657	<b>4:31.19</b>	+0.82		
	50m: 30.50	30.50	150m: 1:37.76	34.06	250m: 2:46.80	34.60	350m: 3:56.69	35.13
	100m: 1:03.70	33.20	200m: 2:12.20	34.44	300m: 3:21.56	34.76	400m: 4:31.19	34.50
5.	Mark Hensen	NieMo Barracuda	NED	197900497	<b>4:38.74</b>	+0.79		
	50m: 30.70	30.70	150m: 1:40.53	35.23	250m: 2:51.21	35.48	350m: 4:03.14	36.20
	100m: 1:05.30	34.60	200m: 2:15.73	35.20	300m: 3:26.94	35.73	400m: 4:38.74	35.60
6.	Frank v.d. Voordt	De Schotejil	NED	198302259	<b>4:41.00</b>	+0.81		
	50m: 32.17	32.17	150m: 1:42.85	36.01	250m: 2:54.37	35.38	350m: 4:05.57	35.73
	100m: 1:06.84	34.67	200m: 2:18.99	36.14	300m: 3:29.84	35.47	400m: 4:41.00	35.43
7.	Arjan Prins	Dedemsvaart-AC	NED	198201383	<b>4:46.99</b>	+0.89		
	50m: 30.88	30.88	150m: 1:42.64	36.42	250m: 2:56.68	36.85	350m: 4:09.93	36.77
	100m: 1:06.22	35.34	200m: 2:19.83	37.19	300m: 3:33.16	36.48	400m: 4:46.99	37.06
8.	Marcel Reefhuis	WS Twente	NED	198101381	<b>4:48.11</b>	+0.70		
	50m: 32.21	32.21	150m: 1:44.57	36.57	250m: 2:58.45	36.95	350m: 4:12.32	36.85
	100m: 1:08.00	35.79	200m: 2:21.50	36.93	300m: 3:35.47	37.02	400m: 4:48.11	35.79
9.	Ivan van Omme	De Geul	NED	198201263	<b>5:05.01</b>	+0.71		
	50m: 31.40	31.40	150m: 1:45.36	37.71	250m: 3:05.04	40.27	350m: 4:26.21	40.71
	100m: 1:07.65	36.25	200m: 2:24.77	39.41	300m: 3:45.50	40.46	400m: 5:05.01	38.80
10.	Rubert Boer	Aqualero	NED	197902011	<b>5:26.21</b>	+1.08		
	50m: 33.52	33.52	150m: 1:52.36	40.69	250m: 3:17.74	43.19	350m: 4:44.33	42.54
	100m: 1:11.67	38.15	200m: 2:34.55	42.19	300m: 4:01.79	44.05	400m: 5:26.21	41.88
11.	Peter Lommert	SWOL 1894	NED	197900787	<b>5:29.06</b>	+0.97		
	50m: 35.68	35.68	150m: 1:58.63	41.90	250m: 3:24.77	43.12	350m: 4:49.81	42.03
	100m: 1:16.73	41.05	200m: 2:41.65	43.02	300m: 4:07.78	43.01	400m: 5:29.06	39.25
12.	Wilco Steenwijk	Octopus-ZVV (SG)	NED	198002465	<b>5:31.35</b>			
	50m: 34.10	34.10	150m: 1:54.56	41.40	250m: 3:19.61	42.84	350m: 4:48.22	44.74
	100m: 1:13.16	39.06	200m: 2:36.77	42.21	300m: 4:03.48	43.87	400m: 5:31.35	43.13

Masters 45+

1.	Ivo Roozeboom	WVZ	NED	197700801	<b>4:29.54</b>	+0.78		
	50m: 29.50	29.50	150m: 1:38.63	34.80	250m: 2:48.69	35.00	350m: 3:57.64	34.27
	100m: 1:03.83	34.33	200m: 2:13.69	35.06	300m: 3:23.37	34.68	400m: 4:29.54	31.90
2.	Markus van Rest	WVZ	NED	197701197	<b>5:07.91</b>	+0.83		
	50m: 33.67	33.67	150m: 1:51.06	39.53	250m: 3:10.87	39.92	350m: 4:30.56	39.34
	100m: 1:11.53	37.86	200m: 2:30.95	39.89	300m: 3:51.22	40.35	400m: 5:07.91	37.35
3.	Eric Hoekman	WS Twente	NED	197401531	<b>5:11.63</b>	+0.94		
	50m: 31.88	31.88	150m: 1:46.69	39.01	250m: 3:07.92	41.03	350m: 4:30.82	41.34
	100m: 1:07.68	35.80	200m: 2:26.89	40.20	300m: 3:49.48	41.56	400m: 5:11.63	40.81
4.	Tom Bandsma	PSV	NED	197701625	<b>5:40.89</b>	+0.94		
	50m: 35.37	35.37	150m: 1:56.45	41.43	250m: 3:25.18	44.70	350m: 4:56.18	45.94
	100m: 1:15.02	39.65	200m: 2:40.48	44.03	300m: 4:10.24	45.06	400m: 5:40.89	44.71
5.	Marcel van Walt van Praag *200m	Gay Swim Amsterdam	NED	197501425	<b>5:49.01</b>	+0.72		
	50m: 37.15	37.15	150m: 2:05.41	44.89	250m: 3:36.34	45.77	350m: 5:06.98	44.84
	100m: 1:20.52	43.37	200m: 2:50.57	45.16	300m: 4:22.14	45.80	400m: 5:49.01	42.03



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Masters 50+

1. Vedestas Seferlis	Kauno Takas	LTU	<b>4:36.63</b>	+0.67
50m: 30.19 30.19	150m: 1:38.20 34.43	250m: 2:49.15 35.79	350m: 4:01.88 36.49	
100m: 1:03.77 33.58	200m: 2:13.36 35.16	300m: 3:25.39 36.24	400m: 4:36.63 34.75	
2. Casper van den Burgh	Sassenheim	NED 197201413	<b>5:01.11</b>	+0.98
50m: 32.32 32.32	150m: 1:47.04 37.97	250m: 3:04.65 39.04	350m: 4:23.24 39.23	
100m: 1:09.07 36.75	200m: 2:25.61 38.57	300m: 3:44.01 39.36	400m: 5:01.11 37.87	
3. Bruno Nahon	Cercle De Natation Sportcity WolFRA	CNSW/000390/70	<b>5:02.62</b>	
50m: 34.35 34.35	150m: 1:49.14 37.74	250m: 3:06.75 39.13	350m: 4:24.65 39.02	
100m: 1:11.40 37.05	200m: 2:27.62 38.48	300m: 3:45.63 38.88	400m: 5:02.62 37.97	
4. Ingmar de Gelder	ZOB'66	NED 197000333	<b>5:03.22</b>	+0.90
50m: 32.15 32.15	150m: 1:45.12 37.45	250m: 3:03.24 39.64	350m: 4:23.69 40.39	
100m: 1:07.67 35.52	200m: 2:23.60 38.48	300m: 3:43.30 40.06	400m: 5:03.22 39.53	
5. Chris Kouwenhoven	De Grunte	NED 197101669	<b>5:24.76</b>	+0.94
50m: 34.46 34.46	150m: 1:55.81 41.77	250m: 3:19.77 42.13	350m: 4:44.02 42.22	
100m: 1:14.04 39.58	200m: 2:37.64 41.83	300m: 4:01.80 42.03	400m: 5:24.76 40.74	
6. Wouter van der Stelt	De Biesboschwimmers	NED 197200889	<b>5:28.72</b>	
50m: 36.11 36.11	150m: 1:56.46 41.00	250m: 3:20.83 42.52	350m: 4:46.27 42.63	
100m: 1:15.46 39.35	200m: 2:38.31 41.85	300m: 4:03.64 42.81	400m: 5:28.72 42.45	
7. Eric Dumas	Patrick-De Roersoppers (SG)	NED 196901397	<b>5:37.78</b>	+0.92
50m: 36.62 36.62	150m: 2:02.55 43.24	250m: 3:29.67 43.53	350m: 4:56.42 43.14	
100m: 1:19.31 42.69	200m: 2:46.14 43.59	300m: 4:13.28 43.61	400m: 5:37.78 41.36	
8. Ramon Alsina Munoz	Cercle De Natation Sportcity WolESP	CNSW/002552/69	<b>5:46.85</b>	+0.96
50m: 38.89 38.89	150m: 2:05.31 43.32	250m: 3:32.43 43.58	350m: 5:02.05 44.99	
100m: 1:21.99 43.10	200m: 2:48.85 43.54	300m: 4:17.06 44.63	400m: 5:46.85 44.80	

Masters 55+

1. Erlend Alstad	OI Svømming	NOR M210367ERL02	<b>4:43.87</b>	+0.68
50m: 31.94 31.94	150m: 1:42.92 36.13	250m: 2:55.27 36.13	350m: 4:08.05 36.50	
100m: 1:06.79 34.85	200m: 2:19.14 36.22	300m: 3:31.55 36.28	400m: 4:43.87 35.82	
2. Jo-an Mudde	Arethusa	NED 196701457	<b>4:52.89</b>	
50m: 33.03 33.03	150m: 1:46.61 37.03	250m: 3:01.12 37.25	350m: 4:15.52 37.25	
100m: 1:09.58 36.55	200m: 2:23.87 37.26	300m: 3:38.27 37.15	400m: 4:52.89 37.37	
3. Jan-Willem van den Berg	WVZ	NED 196801575	<b>4:58.06</b>	+0.71
50m: 32.02 32.02	150m: 1:46.62 37.74	250m: 3:03.31 38.37	350m: 4:20.33 38.22	
100m: 1:08.88 36.86	200m: 2:24.94 38.32	300m: 3:42.11 38.80	400m: 4:58.06 37.73	
4. Jon Christensen <i>Luxembourg Masters Record</i>	Luxembourg Sharks Swimming CLUX	10008	<b>5:05.11</b>	+0.76
50m: 35.28 35.28	150m: 1:52.41 38.88	250m: 3:10.09 38.74	350m: 4:27.52 38.39	
100m: 1:13.53 38.25	200m: 2:31.35 38.94	300m: 3:49.13 39.04	400m: 5:05.11 37.59	
5. Henri Michels	De Amstel	NED 196501587	<b>5:11.59 *</b>	
50m: 34.21 34.21	150m: 1:48.82 37.71	250m: 3:08.05 40.16	350m: 4:30.47 41.26	
100m: 1:11.11 36.90	200m: 2:27.89 39.07	300m: 3:49.21 41.16	400m: 5:11.59 41.12	
6. Arno Schrauwen	Patrick-De Roersoppers (SG)	NED 196501355	<b>5:13.32</b>	
50m: 33.82 33.82	150m: 1:53.48 40.58	250m: 3:14.17 40.38	350m: 4:34.36 39.77	
100m: 1:12.90 39.08	200m: 2:33.79 40.31	300m: 3:54.59 40.42	400m: 5:13.32 38.96	
7. Nico Paasse	De Schotejil	NED 196501463	<b>5:15.96</b>	+1.06
50m: 34.40 34.40	150m: 1:54.26 40.49	250m: 3:15.18 40.78	350m: 4:36.91 41.01	
100m: 1:13.77 39.37	200m: 2:34.40 40.14	300m: 3:55.90 40.72	400m: 5:15.96 39.05	
8. Pascal Tourton	ZOB'66	NED 196601343	<b>5:37.73</b>	
50m: 35.06 35.06	150m: 1:57.61 42.19	250m: 3:24.32 43.59	350m: 4:53.54 44.75	
100m: 1:15.42 40.36	200m: 2:40.73 43.12	300m: 4:08.79 44.47	400m: 5:37.73 44.19	
9. Leon Slingerland	WVZ	NED 196801707	<b>5:40.43 *</b>	
50m: 37.51 37.51	150m: 2:04.95 44.54	250m: 3:33.32 44.25	350m: 5:00.03 43.11	
100m: 1:20.41 42.90	200m: 2:49.07 44.12	300m: 4:16.92 43.60	400m: 5:40.43 40.40	



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Programmanr. 4, Heren, 400m vrije slag

Masters 60+

1.	Johan Remmits	ZPC AMERSFOORT	NED	196201159	<b>4:44.60</b>	+0.86		
	50m: 31.66	31.66	150m: 1:42.34	35.65	250m: 2:55.65	36.60	350m: 4:09.14	36.72
	100m: 1:06.69	35.03	200m: 2:19.05	36.71	300m: 3:32.42	36.77	400m: 4:44.60	35.46
2.	Jan Brink	ZPC De Zeeuwse Kust	NED	196200091	<b>4:55.77</b>			
	50m: 32.31	32.31	150m: 1:47.84	38.36	250m: 3:04.06	37.89	350m: 4:20.26	37.95
	100m: 1:09.48	37.17	200m: 2:26.17	38.33	300m: 3:42.31	38.25	400m: 4:55.77	35.51
3.	Gustav van den Berg	TriVia	NED	196100991	<b>4:56.35</b>	+0.93		
	50m: 33.98	33.98	150m: 1:48.88	37.97	250m: 3:05.05	38.08	350m: 4:20.83	38.07
	100m: 1:10.91	36.93	200m: 2:26.97	38.09	300m: 3:42.76	37.71	400m: 4:56.35	35.52
4.	Gert Sikkema	Zwemclub Urk 1978	NED	196300687	<b>5:11.61</b>	+0.96		
	* 100, 400m							
	50m: 35.86	35.86	150m: 1:54.99	39.92	250m: 3:15.10	39.93	350m: 4:33.65	37.91
	100m: 1:15.07	39.21	200m: 2:35.17	40.18	300m: 3:55.74	40.64	400m: 5:11.61	37.96
5.	Salvo Andronico	Luxembourg Sharks Swimming CLUX	113		<b>5:20.88</b>			
	Luxembourg Masters Record							
	50m: 36.41	36.41	150m: 1:58.60	41.07	250m: 3:21.29	41.25	350m: 4:42.66	40.51
	100m: 1:17.53	41.12	200m: 2:40.04	41.44	300m: 4:02.15	40.86	400m: 5:20.88	38.22
6.	Casper Dollekamp	Steenwijk 1934	NED	196301341	<b>5:49.07</b>			
	50m: 36.92	36.92	150m: 2:01.94	43.06	250m: 3:33.16	45.96	350m: 5:05.26	46.09
	100m: 1:18.88	41.96	200m: 2:47.20	45.26	300m: 4:19.17	46.01	400m: 5:49.07	43.81

Masters 65+

1.	Marten de Groot	HZ&PC Heerenveen	NED	195800149	<b>4:50.72</b>	+0.72		
	Nederlands Masters Record							
	50m: 32.58	32.58	150m: 1:44.51	36.14	250m: 2:57.73	36.65	350m: 4:13.47	37.96
	100m: 1:08.37	35.79	200m: 2:21.08	36.57	300m: 3:35.51	37.78	400m: 4:50.72	37.25
2.	Henk Slomp	De Inktvis	NED	195500359	<b>5:28.96</b>			
	50m: 35.76	35.76	150m: 1:59.38	42.41	250m: 3:25.46	43.24	350m: 4:50.59	42.40
	100m: 1:16.97	41.21	200m: 2:42.22	42.84	300m: 4:08.19	42.73	400m: 5:28.96	38.37
3.	Wolfgang Rossa	TPSK 1925 e.V.	GER	396833	<b>6:15.73</b>	+1.28		
	50m: 41.66	41.66	150m: 2:13.77	47.19	250m: 3:50.34	47.86	350m: 5:28.04	48.95
	100m: 1:26.58	44.92	200m: 3:02.48	48.71	300m: 4:39.09	48.75	400m: 6:15.73	47.69
4.	Lex Hoogendam	ZZ&PC De Devel	NED	195700541	<b>6:23.94</b>			
	50m: 40.77	40.77	150m: 2:15.34	48.19	250m: 3:52.92	49.18	350m: 5:33.81	50.47
	100m: 1:27.15	46.38	200m: 3:03.74	48.40	300m: 4:43.34	50.42	400m: 6:23.94	50.13
5.	André Pantekoek	PSV	NED	195800321	<b>7:01.93</b>	+1.06		
	50m: 43.60	43.60	150m: 2:31.31	55.70	250m: 4:24.43	57.79	350m: 6:13.54	54.35
	100m: 1:35.61	52.01	200m: 3:26.64	55.33	300m: 5:19.19	54.76	400m: 7:01.93	48.39

Masters 70+

1.	Jean-Marie Cadiat	Cercle De Natation Sportcity WolBEL	CNSW/000243/53		<b>5:21.00</b>	+0.94		
	Kampioenschapsrecord, Belgisch Masters Record							
	50m: 36.72	36.72	150m: 1:57.97	40.71	250m: 3:21.12	41.45	350m: 4:43.20	41.09
	100m: 1:17.26	40.54	200m: 2:39.67	41.70	300m: 4:02.11	40.99	400m: 5:21.00	37.80
2.	Piet Schop	De Bevelanders	NED	195000109	<b>7:27.10</b>	+0.80		
	50m: 48.23	48.23	150m: 2:39.69	56.67	250m: 4:36.04	58.54	350m: 6:33.65	58.48
	100m: 1:43.02	54.79	200m: 3:37.50	57.81	300m: 5:35.17	59.13	400m: 7:27.10	53.45

Masters 75+

1.	Willem Putter	ZVVS	NED	194500135	<b>7:05.10</b>			
	50m: 46.12	46.12	150m: 2:34.42	54.84	250m: 4:23.70	54.41	350m: 6:12.43	54.08
	100m: 1:39.58	53.46	200m: 3:29.29	54.87	300m: 5:18.35	54.65	400m: 7:05.10	52.67



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Programmanr. 4, Heren, 400m vrije slag

Masters 80+

1. Geza Kaltenecker	AZC	NED	194200065	<b>7:38.70</b>			
50m: 49.69	49.69	150m: 2:45.38	59.78	250m: 4:43.72	58.77	350m: 6:43.72	59.79
100m: 1:45.60	55.91	200m: 3:44.95	59.57	300m: 5:43.93	1:00.21	400m: 7:38.70	54.98
2. Rob Hanou	PSV	NED	194300109	<b>7:42.72 *</b>			
50m: 52.22	52.22	150m: 2:50.95	1:00.48	250m: 4:49.99	59.37	350m: 6:48.09	59.26
100m: 1:50.47	58.25	200m: 3:50.62	59.67	300m: 5:48.83	58.84	400m: 7:42.72	54.63

Masters 85+

1. Frederik Hendrik de Bruijn	CN Aquamasters	ESP		<b>7:07.27</b>	+1.31		
<i>Kampioenschapsrecord</i>							
50m: 48.99	48.99	150m: 2:36.79	54.45	250m: 4:26.55	54.63	350m: 6:14.94	54.02
100m: 1:42.34	53.35	200m: 3:31.92	55.13	300m: 5:20.92	54.37	400m: 7:07.27	52.33
2. Nic Geers	PSV	NED	193800007	<b>8:33.53</b>			
50m: 56.36	56.36	150m: 3:08.43	1:07.60	250m: 5:21.71	1:05.50	350m: 7:35.70	1:04.90
100m: 2:00.83	1:04.47	200m: 4:16.21	1:07.78	300m: 6:30.80	1:09.09	400m: 8:33.53	57.83

Programmanr. 5  
17-02-2023 - 9:59

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

Masters Open  
Resultaten

rang	naam	vereniging	tijd	RT	PARA			
1.	Laura Setz	Bubble	NED 200000130	<b>4:26.40</b>	+0.92			
	50m: 29.54	29.54	150m: 1:35.07	33.37	250m: 2:43.22	33.91	350m: 3:52.32	34.75
	100m: 1:01.70	32.16	200m: 2:09.31	34.24	300m: 3:17.57	34.35	400m: 4:26.40	34.08
2.	Amé Hulleman	DZ&PC	NED 200202794	<b>4:31.67</b>	+0.85			
	50m: 30.90	30.90	150m: 1:38.48	34.15	250m: 2:48.19	34.94	350m: 3:57.95	35.06
	100m: 1:04.33	33.43	200m: 2:13.25	34.77	300m: 3:22.89	34.70	400m: 4:31.67	33.72
3.	Silke Molendijk	ZVL-1886 Center	NED 200100178	<b>4:31.88</b>				
	50m: 31.87	31.87	150m: 1:40.79	34.21	250m: 2:50.04	34.58	350m: 3:59.12	34.20
	100m: 1:06.58	34.71	200m: 2:15.46	34.67	300m: 3:24.92	34.88	400m: 4:31.88	32.76
4.	Michelle Zomerdijs	Dedemvaart-AC	NED 200003196	<b>4:38.34</b>	+0.64			
	50m: 30.51	30.51	150m: 1:39.67	34.98	250m: 2:51.54	36.10	350m: 4:03.72	35.57
	100m: 1:04.69	34.18	200m: 2:15.44	35.77	300m: 3:28.15	36.61	400m: 4:38.34	34.62
5.	Kim Zwinkels	ZPCH	NED 200300422	<b>4:38.45</b>				
	50m: 31.28	31.28	150m: 1:40.61	35.14	250m: 2:52.46	35.94	350m: 4:04.74	36.00
	100m: 1:05.47	34.19	200m: 2:16.52	35.91	300m: 3:28.74	36.28	400m: 4:38.45	33.71
6.	Marijke Drent	Bubble	NED 199906232	<b>4:44.09</b>	+0.84			
	50m: 31.02	31.02	150m: 1:40.83	35.50	250m: 2:53.87	36.61	350m: 4:08.08	37.20
	100m: 1:05.33	34.31	200m: 2:17.26	36.43	300m: 3:30.88	37.01	400m: 4:44.09	36.01
7.	Michelle van den Hoofdakker	Steenwijk 1934	NED 200302708	<b>4:53.01</b>	+0.79			
	50m: 31.88	31.88	150m: 1:45.37	37.23	250m: 3:01.21	38.32	350m: 4:16.81	37.22
	100m: 1:08.14	36.26	200m: 2:22.89	37.52	300m: 3:39.59	38.38	400m: 4:53.01	36.20
8.	Cynthia Koolman	Steenwijk 1934	NED 200300232	<b>4:54.82</b>	+0.69			
	50m: 32.88	32.88	150m: 1:46.13	37.22	250m: 3:01.75	37.76	350m: 4:18.33	38.27
	100m: 1:08.91	36.03	200m: 2:23.99	37.86	300m: 3:40.06	38.31	400m: 4:54.82	36.49
9.	Myra Smulders	De Duinkickers	NED 199904308	<b>4:57.73</b>				
	50m: 32.40	32.40	150m: 1:45.86	37.50	250m: 3:01.92	38.15	350m: 4:19.62	39.02
	100m: 1:08.36	35.96	200m: 2:23.77	37.91	300m: 3:40.60	38.68	400m: 4:57.73	38.11
10.	Ariane Krijt	TRB-RES	NED 199906646	<b>5:04.05</b>				
	50m: 34.65	34.65	150m: 1:50.88	38.71	250m: 3:08.73	38.86	350m: 4:26.19	38.80
	100m: 1:12.17	37.52	200m: 2:29.87	38.99	300m: 3:47.39	38.66	400m: 5:04.05	37.86
11.	Lisanne Seising	VZC	NED 200002084	<b>5:08.96</b>	+0.77			
	50m: 33.21	33.21	150m: 1:50.50	39.56	250m: 3:10.18	40.04	350m: 4:30.11	39.08
	100m: 1:10.94	37.73	200m: 2:30.14	39.64	300m: 3:51.03	40.85	400m: 5:08.96	38.85
12.	Marouscha de Vries	DAW	NED 199906628	<b>5:19.91</b>	+0.71			
	50m: 35.11	35.11	150m: 1:54.25	40.00	250m: 3:16.60	41.46	350m: 4:39.72	41.61
	100m: 1:14.25	39.14	200m: 2:35.14	40.89	300m: 3:58.11	41.51	400m: 5:19.91	40.19



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Programmanr. 5, Dames, 400m vrije slag, Masters 20+

rang	naam	vereniging	tijd	RT	PARA			
13.	Ageeth de Haan	Steenwijk 1934	<b>5:25.94</b>	+0.65				
	50m: 35.51	35.51	150m: 1:59.01	42.37	250m: 3:24.70	42.75	350m: 4:47.54	40.33
	100m: 1:16.64	41.13	200m: 2:41.95	42.94	300m: 4:07.21	42.51	400m: 5:25.94	38.40

Masters 25+

1.	Tessa Vermeulen <i>Wereld Masters Record</i>	De Dolfijn	<b>4:13.71</b>	+0.79				
	50m: 29.15	29.15	150m: 1:32.68	32.00	250m: 2:36.93	32.25	350m: 3:41.98	32.41
	100m: 1:00.68	31.53	200m: 2:04.68	32.00	300m: 3:09.57	32.64	400m: 4:13.71	31.73
2.	Moniek van Langevelde	ESCA Zwemmen	<b>4:43.74</b>	+0.75				
	50m: 31.76	31.76	150m: 1:43.99	36.71	250m: 2:56.78	36.17	350m: 4:09.03	36.10
	100m: 1:07.28	35.52	200m: 2:20.61	36.62	300m: 3:32.93	36.15	400m: 4:43.74	34.71
3.	Anne-Irene Ducheine	Zwemvereniging Hoogland	<b>4:48.84</b>					
	50m: 32.42	32.42	150m: 1:44.39	36.39	250m: 2:57.95	36.82	350m: 4:12.11	36.97
	100m: 1:08.00	35.58	200m: 2:21.13	36.74	300m: 3:35.14	37.19	400m: 4:48.84	36.73
4.	Manon Kloosterman	Zwemlust-den Hommel	<b>4:49.07</b>	+0.74				
	50m: 32.65	32.65	150m: 1:45.19	36.69	250m: 2:59.35	37.06	350m: 4:13.26	36.75
	100m: 1:08.50	35.85	200m: 2:22.29	37.10	300m: 3:36.51	37.16	400m: 4:49.07	35.81
5.	Karen Stolk	ZVL-1886 Center	<b>5:01.03</b>	+0.47				
	50m: 31.74	31.74	150m: 1:45.12	37.57	250m: 3:02.18	38.50	350m: 4:12.10	39.76
	100m: 1:07.55	35.81	200m: 2:23.68	38.56	300m: 3:41.34	39.16	400m: 5:01.03	39.93
6.	Larissa Jansen	PSV	<b>5:08.07</b>	+0.81				
	50m: 32.87	32.87	150m: 1:47.26	37.99	250m: 3:06.49	40.01	350m: 4:28.15	41.01
	100m: 1:09.27	36.40	200m: 2:26.48	39.22	300m: 3:47.14	40.65	400m: 5:08.07	39.92
7.	Janine de Groot	NDD	<b>5:12.87</b>	+0.81				
	50m: 33.84	33.84	150m: 1:51.13	39.20	250m: 3:11.63	40.77	350m: 4:33.07	40.45
	100m: 1:11.93	38.09	200m: 2:30.86	39.73	300m: 3:52.62	40.99	400m: 5:12.87	39.80
8.	Jisca Majolee	ZPC AMERSFOORT	<b>5:13.23</b>					
	50m: 34.53	34.53	150m: 1:52.01	39.89	250m: 3:12.39	40.41	350m: 4:34.25	41.01
	100m: 1:12.12	37.59	200m: 2:31.98	39.97	300m: 3:53.24	40.85	400m: 5:13.23	38.98
9.	Mariska Gach	ZVL-1886 Center	<b>5:18.31</b>					
	50m: 35.43	35.43	150m: 1:54.24	40.22	250m: 3:15.71	40.89	350m: 4:37.89	41.04
	100m: 1:14.02	38.59	200m: 2:34.82	40.58	300m: 3:56.85	41.14	400m: 5:18.31	40.42
10.	Eline Hendriks	ZPC AMERSFOORT	<b>5:32.97</b>	+0.78				
	50m: 36.54	36.54	150m: 2:00.67	42.93	250m: 3:26.50	42.51	350m: 4:52.32	42.69
	100m: 1:17.74	41.20	200m: 2:43.99	43.32	300m: 4:09.63	43.13	400m: 5:32.97	40.65
11.	Cynthia van Veen	ZVL-1886 Center	<b>6:10.34</b>	+0.75				
	50m: 35.70	35.70	150m: 2:04.13	45.78	250m: 3:41.84	49.60	350m: 5:23.55	51.35
	100m: 1:18.35	42.65	200m: 2:52.24	48.11	300m: 4:32.20	50.36	400m: 6:10.34	46.79

Masters 30+

1.	Leonie van Noort <i>Nederlands Masters Record</i>	WVZ	<b>4:28.31</b>	+0.83				
	50m: 30.83	30.83	150m: 1:39.18	34.32	250m: 2:47.92	34.22	350m: 3:55.43	33.87
	100m: 1:04.86	34.03	200m: 2:13.70	34.52	300m: 3:21.56	33.64	400m: 4:28.31	32.88
2.	Maaïke Vooren	DAW	<b>4:44.97</b>	+0.87				
	50m: 31.98	31.98	150m: 1:42.52	35.66	250m: 2:54.66	36.19	350m: 4:08.61	37.13
	100m: 1:06.86	34.88	200m: 2:18.47	35.95	300m: 3:31.48	36.82	400m: 4:44.97	36.36
3.	Melissa Zwaan	DAW	<b>4:55.65</b>	+0.80				
	50m: 31.85	31.85	150m: 1:44.77	36.94	250m: 2:59.89	37.65	350m: 4:17.13	38.63
	100m: 1:07.83	35.98	200m: 2:22.24	37.47	300m: 3:38.50	38.61	400m: 4:55.65	38.52
4.	Danielle Vermeulen	Zwemlust-den Hommel	<b>5:05.94</b>	+0.70				
	50m: 34.68	34.68	150m: 1:51.66	39.05	250m: 3:09.67	39.07	350m: 4:27.68	38.91
	100m: 1:12.61	37.93	200m: 2:30.60	38.94	300m: 3:48.77	39.10	400m: 5:05.94	38.26
5.	Suzanne Lange	VZC	<b>5:08.30</b>					
	50m: 34.61	34.61	150m: 1:52.70	39.16	250m: 3:10.86	39.39	350m: 4:29.40	39.38
	100m: 1:13.54	38.93	200m: 2:31.47	38.77	300m: 3:50.02	39.16	400m: 5:08.30	38.90
6.	Nanda van Heteren	PSV	<b>5:14.62</b>					
	50m: 35.19	35.19	150m: 1:54.92	40.48	250m: 3:16.72	40.80	350m: 4:37.46	40.13
	100m: 1:14.44	39.25	200m: 2:35.92	41.00	300m: 3:57.33	40.61	400m: 5:14.62	37.16



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

rang	naam	vereniging	tijd	RT	PARA			
7.	Suzan Blankestijn	ZVL-1886 Center	<b>5:19.91</b>	+0.84				
	50m: 34.25	34.25	150m: 1:54.03	40.68	250m: 3:15.98	40.94	350m: 4:39.00	41.29
	100m: 1:13.35	39.10	200m: 2:35.04	41.01	300m: 3:57.71	41.73	400m: 5:19.91	40.91
8.	Leontine Groeneveldt	De Duck	<b>5:28.35</b>	+0.79				
	50m: 34.94	34.94	150m: 1:56.60	41.89	250m: 3:21.45	42.22	350m: 4:47.69	43.03
	100m: 1:14.71	39.77	200m: 2:39.23	42.63	300m: 4:04.66	43.21	400m: 5:28.35	40.66
9.	Irmgard van Weeghel	ESCA Zwemmen	<b>5:31.25</b>					
	50m: 36.78	36.78	150m: 1:58.26	41.56	250m: 3:23.13	42.53	350m: 4:48.37	42.43
	100m: 1:16.70	39.92	200m: 2:40.60	42.34	300m: 4:05.94	42.81	400m: 5:31.25	42.88
10.	Joëlle Vaes	DIO	<b>5:41.05</b>					
	50m: 37.78	37.78	150m: 2:04.00	44.26	250m: 3:32.49	44.16	350m: 4:59.35	42.76
	100m: 1:19.74	41.96	200m: 2:48.33	44.33	300m: 4:16.59	44.10	400m: 5:41.05	41.70
11.	Marjan Rikken	Octopus-ZVV (SG)	<b>5:55.32</b>	+0.90				
	50m: 38.23	38.23	150m: 2:06.69	45.22	250m: 3:38.17	45.96	350m: 5:11.03	46.53
	100m: 1:21.47	43.24	200m: 2:52.21	45.52	300m: 4:24.50	46.33	400m: 5:55.32	44.29
12.	Anouk Bloem	TRB-RES	<b>7:11.50</b>					
	50m: 46.96	46.96	150m: 2:33.98	54.74	250m: 4:23.72	54.78	350m: 6:16.58	56.81
	100m: 1:39.24	52.28	200m: 3:28.94	54.96	300m: 5:19.77	56.05	400m: 7:11.50	54.92
AFGEM	Lotte Coenen	DES	<b>199301518</b>					

Masters 35+

1.	Viktória Hádén-Felföldi	Iron Swim	<b>4:39.62</b>					
	50m: 31.52	31.52	150m: 1:41.03	35.23	250m: 2:52.89	35.99	350m: 4:04.52	35.90
	100m: 1:05.80	34.28	200m: 2:16.90	35.87	300m: 3:28.62	35.73	400m: 4:39.62	35.10
2.	Jenny Schouten	MZ&PC	<b>4:43.00</b>	+0.87				
	50m: 31.19	31.19	150m: 1:41.17	35.57	250m: 2:53.80	36.32	350m: 4:07.24	36.92
	100m: 1:05.60	34.41	200m: 2:17.48	36.31	300m: 3:30.32	36.52	400m: 4:43.00	35.76
3.	Liesbeth van Mill	Zwemlust-den Hommel	<b>5:20.63</b>	+0.78				
	50m: 35.09	35.09	150m: 1:52.73	39.39	250m: 3:13.98	41.05	350m: 4:38.55	42.68
	100m: 1:13.34	38.25	200m: 2:32.93	40.20	300m: 3:55.87	41.89	400m: 5:20.63	42.08
4.	Sandra Schellekens	Neptunus'58	<b>5:42.46</b>	+0.73				
	50m: 36.90	36.90	150m: 2:02.48	43.78	250m: 3:30.97	44.23	350m: 5:00.55	44.97
	100m: 1:18.70	41.80	200m: 2:46.74	44.26	300m: 4:15.58	44.61	400m: 5:42.46	41.91
5.	Angélique Wammes-Bouman	Zwemvereniging Hoogland	<b>6:09.03</b>	+0.80				
	50m: 41.01	41.01	150m: 2:14.06	47.43	250m: 3:48.70	47.49	350m: 5:24.02	47.76
	100m: 1:26.63	45.62	200m: 3:01.21	47.15	300m: 4:36.26	47.56	400m: 6:09.03	45.01
AFGEM	Hanne Keijzer	DWT	<b>198503932</b>					

Masters 40+

1.	Debbie van Rooijen	IJZPC	<b>5:06.51</b>	+0.72				
	50m: 34.62	34.62	150m: 1:52.55	39.21	250m: 3:11.54	39.07	350m: 4:29.49	38.74
	100m: 1:13.34	38.72	200m: 2:32.47	39.92	300m: 3:50.75	39.21	400m: 5:06.51	37.02
2.	Agnes van Brug	DAW	<b>5:26.47</b>					
	50m: 36.16	36.16	150m: 1:57.64	41.55	250m: 3:21.92	42.12	350m: 4:45.83	41.58
	100m: 1:16.09	39.93	200m: 2:39.80	42.16	300m: 4:04.25	42.33	400m: 5:26.47	40.64
3.	Martine de Haart	Patrick-De Roersoppers (SG)	<b>5:31.42</b>					
	50m: 35.93	35.93	150m: 1:57.08	41.29	250m: 3:22.39	42.85	350m: 4:49.13	43.51
	100m: 1:15.79	39.86	200m: 2:39.54	42.46	300m: 4:05.62	43.23	400m: 5:31.42	42.29
4.	Ramona Linting	AZC	<b>5:34.63</b>					
	50m: 37.02	37.02	150m: 1:59.99	42.00	250m: 3:25.52	43.04	350m: 4:52.04	43.30
	100m: 1:17.99	40.97	200m: 2:42.48	42.49	300m: 4:08.74	43.22	400m: 5:34.63	42.59
5.	Eveline Hacquebord	IJZPC	<b>5:53.51</b>	+0.85				
	50m: 38.59	38.59	150m: 2:05.78	44.29	250m: 3:36.19	45.12	350m: 5:08.93	46.29
	100m: 1:21.49	42.90	200m: 2:51.07	45.29	300m: 4:22.64	46.45	400m: 5:53.51	44.58
6.	Saskia op den Velde	De Duinkickers	<b>6:18.76</b> *	+0.99				
	50m: 41.52	41.52	150m: 2:15.18	47.84	250m: 3:51.26	47.74	350m: 5:29.93	49.79
	100m: 1:27.34	45.82	200m: 3:03.52	48.34	300m: 4:40.14	48.88	400m: 6:18.76	48.83



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Programmanr. 5, Dames, 400m vrije slag

Masters 45+

1. Liselotte Joling	PSV	NED	197500268	<b>4:48.92</b>			
50m: 32.92	32.92	150m: 1:46.47	36.90	250m: 2:59.77	36.21	350m: 4:13.24	36.66
100m: 1:09.57	36.65	200m: 2:23.56	37.09	300m: 3:36.58	36.81	400m: 4:48.92	35.68
2. Melanie Kuiper	ZIGNEA	NED	197600350	<b>5:05.12</b>			
50m: 34.06	34.06	150m: 1:49.36	38.17	250m: 3:07.69	39.34	350m: 4:27.20	39.81
100m: 1:11.19	37.13	200m: 2:28.35	38.99	300m: 3:47.39	39.70	400m: 5:05.12	37.92
3. Petra Guijt	RZC	NED	197600978	<b>5:29.40</b> *			
50m: 35.89	35.89	150m: 1:58.86	42.30	250m: 3:24.67	42.92	350m: 4:49.31	41.76
100m: 1:16.56	40.67	200m: 2:41.75	42.89	300m: 4:07.55	42.88	400m: 5:29.40	40.09
4. Alina Spijkerman	DAW	NED	197701220	<b>5:31.16</b>	+1.01		
50m: 34.14	34.14	150m: 1:54.20	41.92	250m: 3:19.44	42.81	350m: 4:47.48	44.26
100m: 1:12.28	38.14	200m: 2:36.63	42.43	300m: 4:03.22	43.78	400m: 5:31.16	43.68
5. Karin van Dijk	THOR	NED	197601066	<b>5:41.17</b>			
50m: 37.28	37.28	150m: 2:01.52	42.91	250m: 3:29.59	44.33	350m: 4:59.33	44.82
100m: 1:18.61	41.33	200m: 2:45.26	43.74	300m: 4:14.51	44.92	400m: 5:41.17	41.84
6. Clementine Bruxvoort	SCOM/De Zeehond'73 (SG)	NED	197700138	<b>6:38.53</b>			
50m: 43.92	43.92	150m: 2:23.56	50.39	250m: 4:05.41	50.95	350m: 5:48.82	52.03
100m: 1:33.17	49.25	200m: 3:14.46	50.90	300m: 4:56.79	51.38	400m: 6:38.53	49.71

Masters 50+

1. Bianca Groot	MSV-Zeemacht	NED	197000652	<b>5:04.68</b>	+0.85		
50m: 34.54	34.54	150m: 1:50.74	38.42	250m: 3:08.31	38.92	350m: 4:26.38	38.89
100m: 1:12.32	37.78	200m: 2:29.39	38.65	300m: 3:47.49	39.18	400m: 5:04.68	38.30
2. Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	NED	197000054	<b>5:08.28</b>			
50m: 34.70	34.70	150m: 1:52.27	39.08	250m: 3:11.13	38.94	350m: 4:30.16	39.46
100m: 1:13.19	38.49	200m: 2:32.19	39.92	300m: 3:50.70	39.57	400m: 5:08.28	38.12
3. Dianna Dr Szokol	Nyiregyhazi Sportcentrum	HUN		<b>5:08.57</b>			
50m: 35.84	35.84	150m: 1:52.95	38.77	250m: 3:11.15	39.37	350m: 4:29.95	39.50
100m: 1:14.18	38.34	200m: 2:31.78	38.83	300m: 3:50.45	39.30	400m: 5:08.57	38.62
4. Micky Grulms	Luxembourg Sharks Swimming CLUX	4029		<b>5:11.70</b>			
50m: 36.02	36.02	150m: 1:54.36	39.23	250m: 3:13.09	39.48	350m: 4:33.04	39.82
100m: 1:15.13	39.11	200m: 2:33.61	39.25	300m: 3:53.22	40.13	400m: 5:11.70	38.66
5. Annette de Visser	Oceanus	NED	197100602	<b>5:14.03</b>			
50m: 35.02	35.02	150m: 1:53.33	40.02	250m: 3:13.07	40.08	350m: 4:34.05	40.70
100m: 1:13.31	38.29	200m: 2:32.99	39.66	300m: 3:53.35	40.28	400m: 5:14.03	39.98
6. Inken Wemheuer	DWT	NED	197101016	<b>5:32.06</b>			
50m: 37.43	37.43	150m: 2:01.52	42.78	250m: 3:27.82	42.98	350m: 4:52.79	42.21
100m: 1:18.74	41.31	200m: 2:44.84	43.32	300m: 4:10.58	42.76	400m: 5:32.06	39.27
7. Cherry Bas-Ott	DAW	NED	197100464	<b>6:08.84</b> *	+0.66		
50m: 40.16	40.16	150m: 2:12.36	47.01	250m: 3:46.70	47.31	350m: 5:22.60	48.63
100m: 1:25.35	45.19	200m: 2:59.39	47.03	300m: 4:33.97	47.27	400m: 6:08.84	46.24
8. Annet Kootstra	SWOL 1894	NED	197100344	<b>6:19.14</b>			
50m: 42.65	42.65	150m: 2:17.77	47.90	250m: 3:55.25	48.67	350m: 5:32.18	48.58
100m: 1:29.87	47.22	200m: 3:06.58	48.81	300m: 4:43.60	48.35	400m: 6:19.14	46.96
9. Nathasja Konijn	GZC DONK	NED	197100992	<b>6:35.36</b>	+0.81		
50m: 42.66	42.66	150m: 2:20.19	49.30	250m: 4:02.34	51.32	350m: 5:45.48	51.64
100m: 1:30.89	48.23	200m: 3:11.02	50.83	300m: 4:53.84	51.50	400m: 6:35.36	49.88
10. Kristien Van de Moortel	Shark	BEL	ShaRK/20315/69	<b>6:43.08</b>			
50m: 45.22	45.22	150m: 2:27.54	51.50	250m: 4:10.27	51.55	350m: 5:54.13	51.92
100m: 1:36.04	50.82	200m: 3:18.72	51.18	300m: 5:02.21	51.94	400m: 6:43.08	48.95
11. Greta Wyma-Teitsma	DWK	NED	197100696	<b>6:55.59</b>	+1.03		
50m: 45.38	45.38	150m: 2:28.24	52.41	250m: 4:14.79	53.81	350m: 6:02.89	54.42
100m: 1:35.83	50.45	200m: 3:20.98	52.74	300m: 5:08.47	53.68	400m: 6:55.59	52.70

Masters 55+

1. Wilna Heijman	Steenwijk 1934	NED	196400506	<b>5:25.44</b>	+0.66		
50m: 37.26	37.26	150m: 1:58.38	40.93	250m: 3:21.58	41.60	350m: 4:44.54	41.43
100m: 1:17.45	40.19	200m: 2:39.98	41.60	300m: 4:03.11	41.53	400m: 5:25.44	40.90
2. Anita Steijger	WVZ	NED	196500628	<b>5:48.87</b> *	+0.75		
50m: 39.85	39.85	150m: 2:06.67	43.97	250m: 3:35.49	44.44	350m: 5:05.24	44.94
100m: 1:22.70	42.85	200m: 2:51.05	44.38	300m: 4:20.30	44.81	400m: 5:48.87	43.63



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

rang	naam	vereniging	tijd				RT	PARA
3.	K. van Nassau-van den Heuvel	Old Dutch	NED	196600188	<b>6:10.43</b>		+0.81	
	50m: 40.59	150m: 2:11.99	47.03	250m: 3:47.90	48.15	350m: 5:24.52	48.33	
	100m: 1:24.96	200m: 2:59.75	47.76	300m: 4:36.19	48.29	400m: 6:10.43	45.91	
4.	Erica Muller	De Geul	NED	196400412	<b>6:47.23</b>		+0.63	
	50m: 44.10	150m: 2:23.80	50.90	250m: 4:07.17	52.23	350m: 5:55.15	54.07	
	100m: 1:32.90	200m: 3:14.94	51.14	300m: 5:01.08	53.91	400m: 6:47.23	52.08	
5.	Baukje Ipema	HZ&PC Heerenveen	NED	196800964	<b>7:32.22</b>			
	50m: 49.44	150m: 2:41.06	56.87	250m: 4:37.53	58.50	350m: 6:35.31	58.53	
	100m: 1:44.19	200m: 3:39.03	57.97	300m: 5:36.78	59.25	400m: 7:32.22	56.91	

Masters 65+

1.	Margriet Pasma	TriVia	NED	195500088	<b>6:02.72</b>		+0.75
	50m: 41.37	150m: 2:13.89	46.76	250m: 3:47.16	46.46	350m: 5:18.79	45.56
	100m: 1:27.13	200m: 3:00.70	46.81	300m: 4:33.23	46.07	400m: 6:02.72	43.93
2.	Monica Bakker	Steenwijk 1934	NED	195600082	<b>6:45.48</b>		
	50m: 45.27	150m: 2:25.09	50.44	250m: 4:07.99	51.60	350m: 5:52.85	52.76
	100m: 1:34.65	200m: 3:16.39	51.30	300m: 5:00.09	52.10	400m: 6:45.48	52.63
3.	Karien Musters	Old Dutch	NED	195800236	<b>8:06.24</b>		
	50m: 51.10	150m: 2:48.16	1:00.26	250m: 4:53.74	1:03.53	350m: 7:03.78	1:05.14
	100m: 1:47.90	200m: 3:50.21	1:02.05	300m: 5:58.64	1:04.90	400m: 8:06.24	1:02.46

Masters 70+

1.	Conny Boer-Buys	ZVVS	NED	195000006	<b>6:21.22</b>		+0.97
	50m: 40.50	150m: 2:15.24	49.14	250m: 3:54.37	49.53	350m: 5:34.76	50.04
	100m: 1:26.10	200m: 3:04.84	49.60	300m: 4:44.72	50.35	400m: 6:21.22	46.46
2.	Geerdien Meerwaldt	De Geul	NED	195200058	<b>8:56.44</b> *		
	50m: 58.95	150m: 3:12.66	1:06.24	250m: 5:29.42	1:07.30	350m: 7:50.07	1:11.54
	100m: 2:06.42	200m: 4:22.12	1:09.46	300m: 6:38.53	1:09.11	400m: 8:56.44	1:06.37

Masters 75+

1.	Loekie van Huissteden	ZPC AMERSFOORT	NED	194500002	<b>8:56.15</b>		
	50m: 1:00.25	150m: 3:14.06	1:07.66	250m: 5:32.06	1:10.23	350m: 7:49.56	1:07.90
	100m: 2:06.40	200m: 4:21.83	1:07.77	300m: 6:41.66	1:09.60	400m: 8:56.15	1:06.59

Masters 85+

1.	Marie Smits <i>Nederlands Masters Record</i>	Old Dutch	NED	193800004	<b>8:50.10</b>		
	50m: 57.12	150m: 3:13.55	1:08.39	250m: 5:31.67	1:10.13	350m: 7:47.29	1:08.58
	100m: 2:05.16	200m: 4:21.54	1:07.99	300m: 6:38.71	1:07.04	400m: 8:50.10	1:02.81

Programmanr. 6  
17-02-2023 - 11:19

Heren, 100m rugslag

Masters Open  
Resultaten

rang	naam	vereniging	tijd		RT	PARA	50m	100m
<b>Masters 20+</b>								
1.	Daan Hogerhuis	De Columbiaan	NED	200300317	<b>1:00.45</b>		29.14	1:00.45
2.	Aron Paasse	De Schotejil	NED	200000099	<b>1:01.28</b>		30.08	1:01.28
3.	Jasper Breugem	WVZ	NED	200000303	<b>1:01.88</b>		30.22	1:01.88
4.	Ian Terlouw	ZPC Woerden	NED	200002345	<b>1:03.03</b>		29.86	1:03.03
5.	Remco Dijkstra	HZ&PC Heerenveen	NED	200100789	<b>1:04.14</b>		29.78	1:04.14
6.	David Kievit	De Schotejil	NED	199900325	<b>1:05.03</b>		31.78	1:05.03
7.	Jacob Mackloet	De Schotejil	NED	200001171	<b>1:06.26</b>		31.84	1:06.26
8.	Jeroen Louwinger	De Rijn	NED	199900583	<b>1:08.15</b>		32.58	1:08.15
9.	Bartho Visser	Triton Putten	NED	200005595	<b>1:14.27</b>		34.93	1:14.27





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Programmanr. 6, Heren, 100m rugslag

Masters 25+

1. Felix Geenen	DAW	NED	199501085	<b>1:01.68</b>		29.15	1:01.68
2. Robin van Beek	ZVL-1886 Center	NED	199704023	<b>1:01.75</b>		29.72	1:01.75
3. Jordy van Oel	WVZ	NED	199802003	<b>1:06.46</b>		31.94	1:06.46
4. Hans Stoffers	Triton Putten	NED	199604027	<b>1:07.03</b>		32.09	1:07.03
5. Ian van Mullem	ZOB'66	NED	199602545	<b>1:09.14</b>		33.40	1:09.14
6. Martijn Lageweg	Steenwijk 1934	NED	199701323	<b>1:09.15</b>		33.30	1:09.15
7. Patrick Wyrdeman	Feijenoord Zwemmen (SG)	NED	199702475	<b>1:11.12</b>		34.31	1:11.12

Masters 30+

1. Jesper Oranje	De Duck	NED	199200997	<b>58.29</b>		28.49	58.29
<i>Nederlands Masters Record</i>							
2. Jelmer Meijer	HZ&PC Heerenveen	NED	199001961	<b>1:01.99</b>		30.15	1:01.99
3. Olaf Achterberg	VZC	NED	199000011	<b>1:05.59</b>		31.55	1:05.59
4. Patrick Brouwer	AZC	NED	199303715	<b>1:10.67</b>		33.94	1:10.67
5. Wessel Everloo	WS Twente	NED	198906597	<b>1:12.53</b>	S14	569	35.40 1:12.53
6. Maarten Steekelenburg	De Geul	NED	199300479	<b>1:23.34</b>		39.70	1:23.34
<i>* 50m</i>							

Masters 35+

1. Martijn Giezen	ZPC AMERSFOORT	NED	198500813	<b>1:03.39</b>		30.41	1:03.39
2. Robert Braad	Steenwijk 1934	NED	198600407	<b>1:05.57</b>		31.22	1:05.57
3. Pascal van Haren	NieMo Barracuda	NED	198704101	<b>1:07.45</b>		32.68	1:07.45
4. Arne-Willem Kroonen	MZ&PC	NED	198401297	<b>1:15.81</b>		35.58	1:15.81
5. Harmen Reemst	ZOB'66	NED	198702715	<b>1:16.55</b>		36.90	1:16.55

Masters 40+

1. Mark Hensen	NieMo Barracuda	NED	197900497	<b>1:05.89</b>		31.70	1:05.89
2. Ivan van Omme	De Geul	NED	198201263	<b>1:06.83</b>		32.39	1:06.83
3. Arjan Prins	Dedemsvaart-AC	NED	198201383	<b>1:07.66</b>		32.39	1:07.66
4. Dirk Smit	Tiamat	NED	198101559	<b>1:08.63</b>		33.41	1:08.63
5. Marcel Reefhuis	WS Twente	NED	198101381	<b>1:09.05</b>		33.97	1:09.05
6. F. Cascales Miñana	Lille UC Natation	FRA	3228717	<b>1:12.88</b>		34.93	1:12.88
7. Rogier van Gent	IJZPC	NED	198000405	<b>1:17.22</b>		36.28	1:17.22
<i>* 50 m</i>							
8. Peter Lommert	SWOL 1894	NED	197900787	<b>1:18.07</b>		37.82	1:18.07

Masters 45+

1. Ruud Holswilder	ZPCH	NED	197800435	<b>1:03.46</b>		30.81	1:03.46
2. Ivo Roozeboom	WVZ	NED	197700801	<b>1:03.76</b>		31.44	1:03.76
3. Jasper van Heijst	Het Y	NED	197601699	<b>1:07.39</b>		32.51	1:07.39
4. Alex Damen	DAW	NED	197501371	<b>1:07.97</b>		32.80	1:07.97
5. Kees Bakker	Gay Swim Amsterdam	NED	197501055	<b>1:09.98</b>		33.86	1:09.98
6. Markus van Rest	WVZ	NED	197701197	<b>1:11.54</b>		34.50	1:11.54
7. Pieter Broek	Feijenoord Zwemmen (SG)	NED	197701637	<b>1:11.99</b>		34.21	1:11.99
8. Eric Hoekman	WS Twente	NED	197401531	<b>1:14.56</b>		36.67	1:14.56
9. Jeroen Hoeksel	ZVVS	NED	197401533	<b>1:31.80</b>		42.59	1:31.80

Masters 50+

1. Chester Marsman	ZPC AMERSFOORT	NED	196900671	<b>1:04.40</b>		31.21	1:04.40
2. Linas Kersevicius	Kauno Takas	LTU		<b>1:08.40</b>		33.23	1:08.40
3. Markus Löber	SSF Bonn 1905 e.V.	GER	444684	<b>1:09.66</b>		33.67	1:09.66
4. Mindaugas Sakys	Kaisiadoriu Plaukiam	LTU		<b>1:12.03</b>		35.24	1:12.03
5. Ramon de Bondt	ZPB H&L Productions	NED	197300105	<b>1:12.60</b>		34.55	1:12.60
6. René Beetsma	HZ&PC Heerenveen	NED	196900069	<b>1:12.79</b>		34.91	1:12.79
7. Bruno Nahon	Cercle De Natation Sportcity	VFR	Ave CNSW/000390/70	<b>1:17.37</b>		37.57	1:17.37
8. Korstiaan de Boer	Steenwijk 1934	NED	197101629	<b>1:18.37</b>		38.75	1:18.37



Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
Heerenveen, 16-19 februari 2023



Programmanr. 6, Heren, 100m rugslag

Masters 55+

1. Jan-Willem van den Berg	WVZ	NED	196801575	<b>1:07.41</b>	33.13	1:07.41
2. Guido Keutgen	Steenwijk 1934	NED	196801551	<b>1:10.10</b>	33.36	1:10.10
3. Hugues Herman	Cercle De Natation Sportcity VBELwe CNSW/009743/66			<b>1:11.08</b>	34.12	1:11.08
4. Ron Korzelius	ZPC AMERSFOORT	NED	196500513	<b>1:15.23</b>	36.26	1:15.23
5. Nico Swart	De Biesboschzwemmers	NED	196801475	<b>1:17.31</b>	37.18	1:17.31
6. Henri Michels	De Amstel	NED	196501587	<b>1:18.38</b>	38.85	1:18.38
7. Pascal Tourton	ZOB'66	NED	196601343	<b>1:19.77</b>	39.95	1:19.77
8. Andy Feyen	Zwemclub Iloka Kapellen	BEL	ZIK/11034/67	<b>1:20.43</b>	38.42	1:20.43
9. Bert Jonker	HZ&PC Heerenveen	NED	196600355	<b>1:22.17</b>	39.88	1:22.17
10. Hans Bijleveld	HHZV PLONS	NED	196601649	<b>1:29.14</b>	44.27	1:29.14

Masters 60+

1. Peter Bernsen	De Rog	NED	196301119	<b>1:08.48</b>	32.53	1:08.48
<i>Nederlands Masters Record</i>						
2. Johan Remmits	ZPC AMERSFOORT	NED	196201159	<b>1:09.35</b>	33.56	1:09.35
3. Erik Kamphuis	De Rog	NED	196001035	<b>1:14.60</b>	37.01	1:14.60
4. Clemens de Waal	De Ward	NED	196001063	<b>1:16.11</b>	36.98	1:16.11
5. Casper Dollekamp	Steenwijk 1934	NED	196301341	<b>1:23.86</b>	40.49	1:23.86
6. Evert-Jan Verweij	SWOL 1894	NED	196301143	<b>1:23.95</b> *	40.53	1:23.95
7. Jack Barends	WS Twente	NED	196201011	<b>1:31.84</b>	45.74	1:31.84

Masters 65+

1. Hugo Bregman	WVZ	NED	195800069	<b>1:10.02</b>	33.54	1:10.02
<i>Nederlands Masters Record, NMR 50 m</i>						
2. Hans Piederiet	ZPC Numansdorp	NED	195400177	<b>1:22.81</b>	39.03	1:22.81
3. Paul Bunnik	Triton	NED	195600413	<b>1:24.06</b>	40.27	1:24.06
4. André Pantekoek	PSV	NED	195800321	<b>1:36.52</b>	47.04	1:36.52
5. Klaas Landeweer	IJZPC	NED	195600163	<b>1:46.84</b>	51.10	1:46.84

Masters 70+

1. Jean-Marie Cadiat	Cercle De Natation Sportcity VBELwe CNSW/000243/53			<b>1:19.76</b>	39.32	1:19.76
<i>Kampioenschapsrecord</i>						
2. Brend Brevé	PSV	NED	195200265	<b>1:19.92</b>	39.51	1:19.92
<i>Nederlands Masters Record</i>						
3. Ruud Ruiters	WWV Winterswijk	NED	195300169	<b>1:25.03</b>	41.65	1:25.03
4. Pierre Monnet	Entente Sportive Nanterre	FRA	2609667	<b>1:37.38</b>	48.69	1:37.38
5. Jos Kamps	Zwemvereniging Hoogland	NED	195100085	<b>1:40.74</b>	47.82	1:40.74
6. Rob Berkhof	SWOL 1894	NED	195200245	<b>1:45.91</b>	51.10	1:45.91
7. Piet Schop	De Bevelanders	NED	195000109	<b>1:48.27</b>	50.91	1:48.27

Masters 75+

1. Mans Buis	SWOL 1894	NED	194700133	<b>1:54.18</b> *	54.21	1:54.18
2. Nico van Dongen	ZZ&PC De Devel	NED	194800159	<b>2:30.04</b> *	1:10.83	2:30.04

Masters 80+

1. Rob Hanou	PSV	NED	194300109	<b>1:58.72</b>	55.86	1:58.72
2. Nico Baay	Old Dutch	NED	194200053	<b>2:01.22</b>	57.49	2:01.22



Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
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Programmanr. 7  
17-02-2023 - 11:42

Dames, 100m rugslag

Masters Open  
Resultaten

rang naam	vereniging		tijd	RT	PARA	50m	100m
<b>Masters 20+</b>							
1. Arianne Kooijinga	TriVia	NED 200001544	<b>1:03.82</b>			31.16	1:03.82
2. Merel Phaff	Nuenen	NED 200100434	<b>1:05.43</b>			32.21	1:05.43
3. Julia Notenboom	De Columbiaan	NED 200302596	<b>1:07.07</b>			32.37	1:07.07
4. Inge Dekker	HZ&PC Heerenveen	NED 200200476	<b>1:07.37</b>			32.01	1:07.37
5. M. van den Hoofdakker	Steenwijk 1934	NED 200302708	<b>1:08.17</b>			32.85	1:08.17
6. Laura Setz	Bubble	NED 200000130	<b>1:08.19</b>			32.47	1:08.19
7. Alessia Sluis	Dedemsvaart-AC	NED 200300896	<b>1:10.16</b>			33.77	1:10.16
8. Lauren van IJll	WVZ	NED 200001064	<b>1:10.17</b>			33.45	1:10.17
9. Lianne van Wier	HZ&PC Heerenveen	NED 200200438	<b>1:10.38</b>			33.58	1:10.38
10. Leonie van Wier	HZ&PC Heerenveen	NED 200200436	<b>1:12.48</b>			34.87	1:12.48
11. Cynthia Koolman	Steenwijk 1934	NED 200300232	<b>1:13.03</b>			36.01	1:13.03
12. Lindi Bos	DWK	NED 200101256	<b>1:14.07</b>			35.02	1:14.07
13. Jet Kleine	MSV-Zeemacht	NED 199903384	<b>1:16.48</b>			37.14	1:16.48
14. Iris Bastiaansen	De Amstel	NED 199902006	<b>1:17.74</b>			38.14	1:17.74
15. Iris van der Moolen	De Amstel	NED 199902052	<b>1:18.03</b>			37.27	1:18.03
16. Ageeth de Haan	Steenwijk 1934	NED 199901022	<b>1:19.52</b>			38.31	1:19.52
17. Mandy Swart	De Biesboschzwemmers	NED 199904916	<b>1:20.07</b> *			38.70	1:20.07
18. Daphne van Rees	Octopus-ZVV (SG)	NED 200301766	<b>1:21.12</b>			39.29	1:21.12
19. Valerie Bakker	ZVL-1886 Center	NED 200103672	<b>1:21.39</b>			39.35	1:21.39
20. Leonie Smit	EZCL (SG)	NED 200301978	<b>1:22.90</b>			40.02	1:22.90
* 50m							

**Masters 25+**

1. Celine Schoenmaker	DWK	NED 199801976	<b>1:04.93</b>			31.20	1:04.93
<i>Kampioenschapsrecord</i>							
2. Tamara Grove	De Dolfijn	NED 199601266	<b>1:06.03</b>			31.88	1:06.03
3. Maaïke van Veen	Dedemsvaart-AC	NED 199700292	<b>1:07.34</b>			32.77	1:07.34
4. J. van Omme - van Veen	Zwemvereniging Hoogland	NED 199603192	<b>1:08.14</b>			32.70	1:08.14
5. Anne-Irene Ducheine	Zwemvereniging Hoogland	NED 199506824	<b>1:08.69</b>			33.44	1:08.69
6. Laura Compagner	Dedemsvaart-AC	NED 199804602	<b>1:09.36</b>			33.00	1:09.36
7. Manon van Strien	WVZ	NED 199400770	<b>1:11.51</b>			34.29	1:11.51
8. Chantal Beijer	DWT	NED 199700884	<b>1:12.26</b>			35.41	1:12.26
9. Suzanne Mosch	MSV-Zeemacht	NED 199400548	<b>1:12.86</b>			34.96	1:12.86
10. Janine de Groot	NDD	NED 199500092	<b>1:13.71</b>			34.95	1:13.71
11. Lotte Eising	ZPC AMERSFOORT	NED 199502098	<b>1:15.76</b>			36.67	1:15.76
12. Hjordis Wagenaar	TRI-X-Kufstein	NED 49731	<b>1:16.79</b>			36.47	1:16.79
13. Mariska Gach	ZVL-1886 Center	NED 199501760	<b>1:17.69</b>			38.12	1:17.69
14. Diane Schoenmaker	PSV	NED 199502920	<b>1:18.27</b>			37.24	1:18.27
15. Eline Hendriks	ZPC AMERSFOORT	NED 199802794	<b>1:18.57</b>			38.29	1:18.57
16. Anouk van der Lans	Feijenoord Zwemmen (SG)	NED 199801614	<b>1:19.23</b>			38.42	1:19.23
17. Chantal Lokhorst	Aqualero	NED 199401362	<b>1:21.66</b>			38.65	1:21.66
18. Cynthia van Veen	ZVL-1886 Center	NED 199606736	<b>1:28.63</b>			41.76	1:28.63

**Masters 30+**

1. Danique Stoop	Zuiderzeezwemmers	NED 199106956	<b>1:07.27</b>			31.96	1:07.27
2. Denise Boereboom	NieMo Barracuda	NED 199202144	<b>1:09.78</b>			33.51	1:09.78
3. Jacyntha Plat	Steenwijk 1934	NED 199002956	<b>1:10.57</b>			33.89	1:10.57
4. Désirée Emmen	De Warande	NED 199204862	<b>1:10.73</b>			34.39	1:10.73
5. Elmi Roelofsen	Octopus-ZVV (SG)	NED 199008198	<b>1:12.92</b> *			34.04	1:12.92
6. Getrude Corporaal	Steenwijk 1934	NED 199200380	<b>1:16.24</b>			36.29	1:16.24
7. Joëlle Vaes	DIO	NED 199007576	<b>1:22.12</b>			40.04	1:22.12
8. Marjan Rikken	Octopus-ZVV (SG)	NED 199206114	<b>1:25.29</b>			41.12	1:25.29
AFGEM Lotte Coenen	DES	NED 199301518					



Open Nederlandse Masters  
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Programmanr. 7, Dames, 100m rugslag

Masters 35+

1. Jenny Schouten	MZ&PC	NED	198703674	<b>1:10.16</b>	34.34	1:10.16
2. Samantha van Eijk	De Geul	NED	198806826	<b>1:12.40</b>	35.40	1:12.40
3. Marije Jansen	ZPC AMERSFOORT	NED	198504088	<b>1:14.51</b>	34.82	1:14.51
4. Jolanda Kuiper-Crossen	Neptunia'24	NED	198600712	<b>1:17.29</b>	37.54	1:17.29
5. Hanneke Heymen	WS Twente	NED	198400968	<b>1:18.85</b>	37.71	1:18.85
6. Marieke van Dodeweerd	RZC	NED	198600896	<b>1:23.80</b> *	40.50	1:23.80

Masters 40+

1. Ausra Razgune	Kaisiadoriu Plaukiam	LTU		<b>1:09.16</b>	32.79	1:09.16
<i>Kampioenschapsrecord, Lithuanian Masters Record</i>						
2. Roos van Esch	ACZ	NED	198200468	<b>1:11.01</b>	35.06	1:11.01
3. Elke Popma - Blox	Tiamat	NED	198200154	<b>1:16.33</b>	37.36	1:16.33
4. Angela Giezen	Zwemvereniging Hoogland	NED	198302796	<b>1:18.32</b>	39.38	1:18.32
5. Nadya Putter	ZVVS	NED	198301630	<b>1:18.33</b>	37.76	1:18.33
6. E. Poortvliet - Koedam	De Duinkickers	NED	198001824	<b>1:20.88</b>	39.96	1:20.88
7. Leonie Scholten	Steenwijk 1934	NED	197901560	<b>1:24.41</b> *	40.39	1:24.41

Masters 45+

1. Melanie Kuiper	ZIGNEA	NED	197600350	<b>1:17.05</b>	37.69	1:17.05
2. Mirjan den Drijver	Feijenoord Zwemmen (SG)	NED	197500884	<b>1:18.63</b>	38.55	1:18.63
3. Karin van Dijk	THOR	NED	197601066	<b>1:24.66</b>	40.87	1:24.66
4. Petra Guijt	RZC	NED	197600978	<b>1:30.13</b> *	44.81	1:30.13
5. Clementine Bruxvoort	SCOM/De Zeehond'73 (SG)	NED	197700138	<b>1:38.78</b>	48.00	1:38.78

Masters 50+

1. Edith Janssen-Koolen	TRB-RES	NED	197300898	<b>1:16.09</b>	36.51	1:16.09
2. Bianca Groot	MSV-Zeemacht	NED	197000652	<b>1:22.42</b>	40.24	1:22.42
3. Janine Franssen	Zwemsport Parkstad	NED	197101108	<b>1:22.49</b>	39.67	1:22.49
4. Marjolein Klunne	Hieronymus	NED	197101098	<b>1:23.15</b>	39.25	1:23.15
5. Peggi Hurenkamp	HZ&PC Heerenveen	NED	196900922	<b>1:25.38</b>	42.13	1:25.38
6. H. Manting-Holthuis	H2Oldambt	NED	197100246	<b>1:30.95</b>	43.95	1:30.95
DIS Nathasja Konijn	GZC DONK	NED	197100992			

*RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.*

Masters 55+

1. Henriëtte v. Norden	ZPC AMERSFOORT	NED	196800046	<b>1:21.25</b>	39.17	1:21.25
2. Annette Wijnja-Visser	De Biesboschzwemmers	NED	196700528	<b>1:21.90</b>	39.06	1:21.90
3. Marinka vd Zwet	Sassenheim	NED	196500346	<b>1:22.24</b>	39.63	1:22.24
4. Roselinda van der Vlugt	De Geul	NED	196700710	<b>1:47.87</b> *	53.13	1:47.87

Masters 60+

1. Marjan Remmits-de Lange	ZPC AMERSFOORT	NED	196300518	<b>1:21.03</b>	39.78	1:21.03
<i>Nederlands Masters Record</i>						
2. Margriet Grove-Lingeman	Triton	NED	196200080	<b>1:24.19</b>	40.41	1:24.19
3. Patty Verhagen	PSV	NED	195900146	<b>1:31.64</b>	45.72	1:31.64
4. Annemarie Vuisst-Blum	SWOL 1894	NED	196300282	<b>1:39.36</b>	49.35	1:39.36
5. Jennie Resink-lindeboom	DWK	NED	196000142	<b>1:39.77</b>	48.82	1:39.77
6. Jenny Westervaarder	H2Oldambt	NED	196200424	<b>1:49.71</b>	53.16	1:49.71
NG.ZA Katinka Elders	HZ&PC Heerenveen	NED	196000292			



Open Nederlandse Masters  
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Programmanr. 7, Dames, 100m rugslag

Masters 65+

1. Atie Pijtak-Radersma	ZPC AMERSFOORT	NED	195600048	<b>1:20.80</b>	39.54	1:20.80
<i>Nederlands Masters Record</i>						
2. Margriet Pasma	TriVia	NED	195500088	<b>1:34.70</b>	46.29	1:34.70

Masters 70+

1. Christine Nieuwenhuis	SWOL 1894	NED	195100022	<b>1:37.24</b>	47.60	1:37.24
<i>Nederlands Masters Record</i>						
2. A. Gilding-Tussaud	WS Twente	NED	195000038	<b>1:51.81</b>	54.35	1:51.81
3. Ineke Meijer	HZ&PC Heerenveen	NED	195200034	<b>1:58.60</b>	58.24	1:58.60



3 - ONMK 2023 kb sessie 3

17-02-2023 - 13:00

Programmanr. 8  
17-02-2023 - 13:00

Heren, 50m vlinderslag

Masters Open  
Resultaten

rang	naam	vereniging		tijd	RT	PARA
<b>Masters 20+</b>						
1.	Nikolas Spyrou	Piranha	NED 200105553	<b>25.67</b>	+0.76	
2.	Jorian Darwinkel	HZ&PC Heerenveen	NED 200300565	<b>26.47</b>	+0.69	
3.	Remco Dijkstra	HZ&PC Heerenveen	NED 200100789	<b>26.53</b>	+0.73	
4.	Jesse van Dijk	Zuiderzeezwemmers	NED 199903259	<b>26.55</b>	+0.67	
5.	Ilmar Stoop	Zuiderzeezwemmers	NED 200100871	<b>26.88</b>		
6.	Ian Terlouw	ZPC Woerden	NED 200002345	<b>26.98</b>	+0.56	
	Jort Vizee	Feijenoord Zwemmen (SG)	NED 200201779	<b>26.98</b>	+0.62	
8.	Arjan Dekker	De Golfbreker	NED 200000499	<b>27.09</b>	+0.67	
9.	Daan Hogerhuis	De Columbiaan	NED 200300317	<b>27.11</b>	+0.59	
10.	Stijn Boertien	Dedemsvaart-AC	NED 200100719	<b>27.15</b>	+0.72	
11.	Edwin Jager	De Golfbreker	NED 199901571	<b>27.36</b>	+0.78	
12.	Franklin Paassen	ZV 44	NED 200003881	<b>27.37</b>	+0.63	
13.	Saviël Armand	ACZ	NED 200204461	<b>27.38</b>	+0.64	
14.	Aron Paasse	De Schotejil	NED 200000099	<b>27.54</b>	+0.65	
15.	Milan de Roo	ZPC Woerden	NED 200102215	<b>27.80</b>	+0.65	
16.	Julian Mes	ZOB'66	NED 200103755	<b>28.26</b>	+0.70	
17.	Mees Minneboo	MSV-Zeemacht	NED 200203465	<b>28.43</b>	+0.67	
18.	Jacob Mackloet	De Schotejil	NED 200001171	<b>28.47</b>	+0.74	
19.	Kylian Kooijman	Steenwijk 1934	NED 199900763	<b>29.05</b>		
20.	Tom Blankestijn	ZPC AMERSFOORT	NED 200201185	<b>29.17</b>	+0.73	
21.	Robin van Peenen	ZVL-1886 Center	NED 200201059	<b>29.22</b>	+0.77	
22.	Marco van der Wulp	MSV-Zeemacht	NED 200302051	<b>29.62</b>	+0.71	
23.	Jelle Heijman	Steenwijk 1934	NED 200000635	<b>30.66</b>	+0.84	
24.	Rik Stahlie	TriVia	NED 200201915	<b>30.97</b>	+0.75	
25.	Jeroen Louwinger	De Rijn	NED 199900583	<b>31.34</b>	+0.72	
26.	Auke Sijperda	AZC	NED 199905115	<b>31.67</b>	+0.69	
27.	Jesper Luppés	De Golfbreker	NED 200005403	<b>31.89</b>	+0.92	

**Masters 25+**

1.	Felix Geenen	DAW	NED 199501085	<b>25.43</b>	+0.70	
2.	Dominique Sikkema	TriVia	NED 199500399	<b>25.65</b> *	+0.65	
3.	Bert Duivenvoorde	Noordwijkerhout	NED 199701805	<b>25.82</b>	+0.69	
4.	Bas Dries	Zwemvereniging Hoogland	NED 199505177	<b>26.27</b>	+0.65	
5.	Jarick Stoop	Zuiderzeezwemmers	NED 199604181	<b>26.30</b>	+0.66	
6.	Robin van Beek	ZVL-1886 Center	NED 199704023	<b>26.77</b>	+0.67	
7.	Erik Nijholt	DZ&PC	NED 199401349	<b>26.80</b>	+0.70	
8.	Hans Stoffers	Triton Putten	NED 199604027	<b>27.68</b>	+0.67	
9.	Jordi de Nijs	MSV-Zeemacht	NED 199801851	<b>28.10</b>	+0.66	
10.	Jordy van Oel	WVZ	NED 199802003	<b>28.25</b>	+0.76	
11.	Jorrik Kerdijk	Bubble	NED 199602135	<b>28.57</b>	+0.68	
12.	Sam Beer	Poseidon'56	NED 199605521	<b>28.88</b>	+0.58	
13.	Paco de Voogt	De Duck	NED 199400859	<b>29.16</b>		
14.	Ian van Mullem	ZOB'66	NED 199602545	<b>29.74</b>	+0.73	
15.	Martijn Lageweg	Steenwijk 1934	NED 199701323	<b>30.75</b>	+0.81	
16.	Patrick Wyrdean	Feijenoord Zwemmen (SG)	NED 199702475	<b>30.78</b>	+0.72	
17.	Rutger Curfs	SWOL 1894	NED 199402893	<b>33.48</b>		

**Masters 30+**

1.	Jesper Oranje <i>Nederlands Masters Record</i>	De Duck	NED 199200997	<b>25.18</b>	+0.61	
2.	Aziz Nosairi	Zwemlust-den Hommel	NED 199104645	<b>25.31</b>	+0.71	
3.	Romero Hennep	De Kempvis	NED 199304929	<b>26.69</b>	+0.71	
4.	Marc Hoogendam	Blue Marlins	NED 199007713	<b>28.57</b>	+0.68	
5.	Tim de Vrugt	ESCA Zwemmen	NED 199306719	<b>29.31</b>	+0.71	
6.	Ruben Stolk	ZOB'66	NED 199005665	<b>29.71</b>	+0.75	



Open Nederlandse Masters  
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Programmanr. 8, Heren, 50m vlinderslag, Masters 30+

rang	naam	vereniging		tijd	RT	PARA
7.	Eric Kalee	Zwemvereniging Hoogland	NED 199005307	<b>30.34</b>		
8.	Sybre Groenewegen	De Schotejil	NED 199306223	<b>30.67</b>	+0.83	
9.	Jordy van der Drift	ZVL-1886 Center	NED 199307345	<b>31.31</b>	+0.81	
10.	Patrick de Jonge	Deltasteur	NED 198906635	<b>32.30</b>	+0.77	
11.	Laurens de Nijn	SwimGym	NED 199107815	<b>33.68</b>		
12.	Mark van der Want	GLS Ketelbinkie	NED 199107511	<b>34.88</b>		

Masters 35+

1.	Joan Kentrop	Zwemlust-den Hommel	NED 198503575	<b>26.54</b>	+0.72	
2.	Robert Braad	Steenwijk 1934	NED 198600407	<b>29.74</b>	+0.70	
3.	Ricardo van Dam	AZC	NED 198503965	<b>31.67</b>	+0.75	
4.	Arne-Willem Kroonen	MZ&PC	NED 198401297	<b>31.90</b>	+0.80	
5.	Harmen Reemst	ZOB'66	NED 198702715	<b>33.40</b>	+0.74	
6.	Edward van Dootingh	ZV 44	NED 198403341	<b>35.01</b>		
NG	Steffen Hackbarth	SSF Bonn 1905 e.V.	GER 425979			

Masters 40+

1.	Lauren Vis	Steenwijk 1934	NED 198201883	<b>27.11</b>	+0.64	
2.	Christopher Cardenas	Upstream Amsterdam	NED 198002505	<b>28.84</b>	+0.68	
3.	Mark Hensen	NieMo Barracuda	NED 197900497	<b>29.08</b>		
4.	Pieter Pickhardt	ZPC De Hof	NED 198301657	<b>30.15</b>	+0.65	
5.	Dirk Smit	Tiamat	NED 198101559	<b>30.48</b>	+0.57	
6.	Wouter Zijlstra	DAW	NED 198202077	<b>30.52</b>	+0.72	
7.	Michael Buurmeijer	THOR	NED 197901977	<b>31.29</b>		
8.	Rogier van Gent	IJZPC	NED 198000405	<b>31.55</b>	+0.63	
9.	Arjan Mondria	Upstream Amsterdam	NED 198202699	<b>31.64</b>	+0.81	
10.	Rutger Stam	Zwemvereniging Hoogland	NED 198102463	<b>32.04</b>	+0.60	
11.	Wilco Steenwijk	Octopus-ZVV (SG)	NED 198002465	<b>34.09</b>	+0.75	
12.	Ingmar Kooman	ZVL-1886 Center	NED 197901517	<b>34.47</b>		
13.	Michel Wigbers	DWT	NED 198001743	<b>34.85</b>	+0.68	
14.	Peter Lommert	SWOL 1894	NED 197900787	<b>36.34</b>	+0.93	

Masters 45+

1.	Casper Hut <i>Nederlands Masters Record</i>	HZ&PC Heerenveen	NED 197800471	<b>26.55</b>	+0.67	
2.	Ruud Holswilder	ZPCH	NED 197800435	<b>28.72</b>		
3.	Jasper van Heijst	Het Y	NED 197601699	<b>28.90</b>	+0.77	
4.	Alex Damen	DAW	NED 197501371	<b>28.95</b>		
5.	Kees Bakker	Gay Swim Amsterdam	NED 197501055	<b>29.16</b>		
6.	Markus van Rest	WVZ	NED 197701197	<b>29.67</b>		
7.	Dennis Dortland	NieMo Barracuda	NED 197800261	<b>29.90</b>		
8.	Pieter Broek	Feijenoord Zwemmen (SG)	NED 197701637	<b>30.02</b>	+0.69	
9.	Eric Hoekman	WS Twente	NED 197401531	<b>30.13</b>	+0.77	
10.	Michael Go	AZC	NED 197501397	<b>32.26</b>	+0.67	
11.	Bogdan Androne	Sassenheim	NED 197701783	<b>33.52</b>	+0.89	
12.	Johan Wezenberg	SWOL 1894	NED 197601023	<b>33.68</b>		
13.	Marcel van Walt van Praag	Gay Swim Amsterdam	NED 197501425	<b>35.35</b>	+0.81	

Masters 50+

1.	Frederic Tonus <i>Europees Masters Record</i>	Luxembourg Sharks Swimming CLUX	10449	<b>25.86</b>	+0.72	
2.	Antwan van Engen	De Ward	NED 197101577	<b>27.96</b>		
3.	Chester Marsman	ZPC AMERSFOORT	NED 196900671	<b>28.95</b>	+0.75	
4.	Markus Löber	SSF Bonn 1905 e.V.	GER 444684	<b>29.73</b>	+0.66	
5.	Eelco van Gemert	ZPC De Zeeuwse Kust	NED 197200299	<b>30.71</b>	+0.65	
6.	Arjan Verheij	De Rog	NED 197101617	<b>30.79</b>	+0.77	
7.	René Beetsma	HZ&PC Heerenveen	NED 196900069	<b>31.57</b>	+0.68	
8.	Ramon de Bondt	ZPB H&L Productions	NED 197300105	<b>31.91</b>		
9.	Kees Akershoek	De Stelle	NED 196900009	<b>32.03</b>	+0.63	



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Programmanr. 8, Heren, 50m vlinderslag, Masters 50+

rang	naam	vereniging			tijd	RT	PARA
10.	Henri Verschoor	De Biesboschzweimmers	NED	197001041	<b>33.00</b>		
11.	Gerko Versluis	Zuiderzeezweimmers	NED	196901439	<b>33.19</b>	+0.88	
12.	Pieter Veenstra	DZ&PC	NED	197301345	<b>34.19</b>	+0.73	
13.	Wilbert Hietbrink	ZPC De Hof	NED	196901879	<b>34.23</b>	+0.77	
14.	Ramon Alsina Munoz	Cercle De Natation Sportcity WolESP	ESP	CNSW/002552/69	<b>39.17</b>	+0.93	

Masters 55+

1.	Darius Andrzejczak	SG Erkelenz-Hückelhoven	GER	326924	<b>29.09</b>	+0.68	
2.	Gijsbert van der Leden	PSV	NED	196700597	<b>29.85</b>	+0.95	
3.	Edo Boonstra	PSV	NED	196801713	<b>31.58</b>	+0.78	
4.	Erik Wetsteijn	SWOL 1894	NED	196501019	<b>32.77</b>	+0.69	
5.	Robert de Brauwer	De Duinkickers	NED	196401383	<b>33.69</b>	+0.71	
6.	Pascal Tourton	ZOB'66	NED	196601343	<b>34.50</b>		
7.	Bert Jonker	HZ&PC Heerenveen	NED	196600355	<b>35.64</b>	+0.83	
8.	Nico Swart	De Biesboschzweimmers	NED	196801475	<b>35.68</b>	+0.79	
9.	Pieter-Sjoerd de Wijn	DES	NED	196501027	<b>35.96</b>		
10.	Henri Michels	De Amstel	NED	196501587	<b>36.06</b>		

Masters 60+

1.	Peter Bernsen	De Rog	NED	196301119	<b>30.09</b>	+0.67	
2.	Fred Ketting	PSV	NED	196000289	<b>31.14</b>		
3.	Paul Wijnja	De Biesboschzweimmers	NED	196301403	<b>32.93</b>		
4.	Henk Kuipers	ZPC AMERSFOORT	NED	196201207	<b>33.68</b>		
5.	Peter van Vuuren	Upstream Amsterdam	NED	196000641	<b>33.97</b>		
6.	Evert-Jan Verweij	SWOL 1894	NED	196301143	<b>34.47</b> *		
7.	Adrian Ortiz Buitrago	GZC DONK	NED	196000931	<b>36.44</b>	+0.83	
8.	Ronald Pijtak	ZPC AMERSFOORT	NED	196100475	<b>42.62</b>	+0.95	

Masters 65+

1.	Hugo Bregman <i>Wereld Masters Record</i>	WVZ	NED	195800069	<b>28.42</b>		
2.	Mark Eligh	ZPC AMERSFOORT	NED	195700497	<b>33.75</b>		
3.	Henk Slomp	De Inktvis	NED	195500359	<b>34.48</b>	+0.98	
4.	Paul Bunnik	Triton	NED	195600413	<b>35.36</b>		
5.	Fred Zanting	TriVia	NED	195400323	<b>35.86</b>		
6.	Jaap de Boer	De Duinkickers	NED	195800691	<b>39.81</b>		

Masters 70+

1.	Brend Brevé <i>Nederlands Masters Record</i>	PSV	NED	195200265	<b>34.61</b>		
2.	Ruud Ruiters	WWV Winterswijk	NED	195300169	<b>36.38</b>		
3.	Piet Schop	De Bevelanders	NED	195000109	<b>41.90</b>		
4.	Rob Berkhof	SWOL 1894	NED	195200245	<b>48.12</b>		
5.	Nello Spiteri	DAW	NED	195200295	<b>58.07</b>		





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Programmanr. 9  
17-02-2023 - 13:18

Dames, 50m vlinderslag

Masters Open  
Resultaten

rang	naam	vereniging		tijd	RT	PARA
<b>Masters 20+</b>						
1.	Babette van der Kaaij	Blue Marlins	NED 199902234	<b>28.51</b>	+0.56	
2.	Silke Molendijk	ZVL-1886 Center	NED 200100178	<b>28.64</b>	+0.70	
3.	Linde Kolkman	Dedemsvaart-AC	NED 200001114	<b>29.03</b>	+0.68	
4.	Ariane Kooijinga	TriVia	NED 200001544	<b>29.17</b>	+0.52	
5.	Marije Sweering	De Golfbreker	NED 200101228	<b>29.32</b>	+0.62	
6.	Merel Phaff	Nuenen	NED 200100434	<b>29.52</b>		
7.	Inge Dekker	HZ&PC Heerenveen	NED 200200476	<b>29.75</b>		
8.	Lianne van Wier	HZ&PC Heerenveen	NED 200200438	<b>30.10</b>	+0.66	
9.	Alessia Sluis	Dedemsvaart-AC	NED 200300896	<b>30.42</b>	+0.74	
10.	Marije de Jager	De Columbiaan	NED 200301394	<b>30.50</b>	+0.60	
11.	Kiki Koopman	De Golfbreker	NED 200200232	<b>30.57</b>	+0.81	
12.	Femke-Romy Wiersma	Neptunia'24	NED 200103078	<b>31.03</b>	+0.60	
13.	Rozemarijn van Haaff	ZOB'66	NED 200201852	<b>31.13</b>	+0.73	
14.	Alisha Vieira	Blue Marlins	NED 199904554	<b>31.30</b>	+0.70	
15.	Leonie van Wier	HZ&PC Heerenveen	NED 200200436	<b>31.35</b>		
16.	Julia Notenboom	De Columbiaan	NED 200302596	<b>31.37</b>		
17.	Annabel Kuipers	DWK	NED 200001076	<b>31.38</b>	+0.62	
18.	Hanna Looi	Blue Marlins	NED 200006090	<b>31.40</b>		
19.	Jessica Braat	AZC	NED 200205684	<b>31.43</b>		
20.	Lauren van IJll	WVZ	NED 200001064	<b>31.51</b>	+0.63	
21.	Mirelle de Kort	Neptunus'58	NED 200005546	<b>31.61</b>	+0.64	
22.	Michelle van den Hoofdakker	Steenwijk 1934	NED 200302708	<b>31.66</b>	+0.82	
23.	Lisanne Seising	VZC	NED 200002084	<b>32.08</b>	+0.73	
24.	Marijke Drent	Bubble	NED 199906232	<b>32.14</b>		
25.	Amber Hesper	VZC	NED 200202188	<b>32.36</b>	+0.65	
26.	Sanne Kloezen	Bubble	NED 200204644	<b>32.55</b>	+0.65	
27.	Redine van Breugel	De Biesboschzwemmers	NED 200004404	<b>32.74</b>	+0.53	
28.	Lindi Bos	DWK	NED 200101256	<b>32.99</b>	+0.69	
29.	Sharon Wolfs	Patrick-De Roersoppers (SG)	NED 200004800	<b>33.53</b>	+0.76	
30.	Romy Jalving	HZ&PC Heerenveen	NED 200000616	<b>33.73</b>		
31.	Iris van der Moolen	De Amstel	NED 199902052	<b>34.07</b>		
32.	Selma Boertien	Aqua'68	NED 200203834	<b>34.08</b>	+0.70	
33.	Rosalie Baarda	Orca	NED 199903460	<b>34.25</b>	+0.76	
34.	Jet Kleine	MSV-Zeemacht	NED 199903384	<b>34.39</b>		
35.	Rosa Huntjens	EZCL (SG)	NED 200301402	<b>34.56</b>		
36.	Mandy Swart	De Biesboschzwemmers	NED 199904916	<b>34.65</b>		
37.	Sabine Lageweg	Steenwijk 1934	NED 199900926	<b>34.80</b>		
38.	Kayra Deger	Blue Marlins	NED 200003890	<b>35.29</b>		
39.	Marouscha de Vries	DAW	NED 199906628	<b>35.82</b>	+0.53	
40.	Tessa Schipper	Bubble	NED 200301578	<b>36.72</b>		
41.	Esmee Kloezen	Bubble	NED 200204646	<b>36.74</b>	+0.86	
42.	Alies Wagter	Steenwijk 1934	NED 199900840	<b>37.66</b>	+0.80	
43.	Daphne van Rees	Octopus-ZVV (SG)	NED 200301766	<b>37.73</b>	+0.66	
44.	Femke Dollekamp	De Golfbreker	NED 200103912	<b>39.35</b>	+0.82	
45.	Leonie Smit	EZCL (SG)	NED 200301978	<b>39.71</b>	+0.92	
46.	Tove Kienhuis	Aqua'68	NED 200203486	<b>41.11</b>	+0.60	
47.	Rebecca de Klein	DZ&PC	NED 200002812	<b>44.54</b>		

**Masters 25+**

1.	Karin Rijkelijhuizen	DZ&PC	NED 199403358	<b>28.74</b>	+0.72	
2.	Caroline Damen	De Golfbreker	NED 199703088	<b>29.84</b>	+0.71	
3.	Tamara Grove	De Dolfijn	NED 199601266	<b>29.97</b>	+0.71	
4.	Laura Compagner	Dedemsvaart-AC	NED 199804602	<b>30.09</b>	+0.69	
5.	Celine Schoenmaker	DWK	NED 199801976	<b>30.17</b>	+0.74	
6.	Karin Groen	Nova	NED 199502440	<b>30.28</b>		
7.	Marre Zandringa	Orca	NED 199701136	<b>30.96</b>	+0.70	
8.	Myrna Gorter	Neptunia'24	NED 199503158	<b>31.24</b>		
9.	Karen Stolk	ZVL-1886 Center	NED 199403950	<b>31.38</b>		
10.	Dagmar Kruik	Zuiderzeezwemmers	NED 199800008	<b>31.41</b>	+0.70	
11.	Manon Kloosterman	Zwemlust-den Hommel	NED 199702082	<b>31.59</b>	+0.79	



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Programmanr. 9, Dames, 50m vlinderslag, Masters 25+

rang	naam	vereniging			tijd	RT	PARA
12.	Linda Kamperman	Zwemlust-den Hommel	NED	199601238	<b>31.82</b>		
13.	Rianne van Rijssen	Noord Veluwe	NED	199702360	<b>32.42</b>		
14.	Ariane Jonkman	De Wellerobben	NED	199801590	<b>32.45</b>		
15.	Jisca Majolee	ZPC AMERSFOORT	NED	199403570	<b>33.23</b>		
16.	Sanne van de Pol	De Biesboschzwemmers	NED	199800722	<b>33.29</b>	+0.58	
17.	Lotte Eising	ZPC AMERSFOORT	NED	199502098	<b>33.60</b>		
18.	Annemiek Meulenbeld	Orca	NED	199506230	<b>33.93</b>	+0.71	
19.	Kirsten Opmeer	ZPC AMERSFOORT	NED	199800014	<b>33.94</b>	+0.62	
20.	Suzanne Mosch	MSV-Zeemacht	NED	199400548	<b>34.01</b>		
21.	Eline Hendriks	ZPC AMERSFOORT	NED	199802794	<b>35.84</b>	+0.89	
22.	Chantal Lokhorst	Aqualero	NED	199401362	<b>37.03</b>	+0.92	
23.	Margien Timmer	ZVL-1886 Center	NED	199506760	<b>38.03</b>	+0.72	
NG	Nina Tourton	ZOB'66	NED	199603612			

Masters 30+

1.	Daniëke Stoop	Zuiderzeezwemmers	NED	199106956	<b>28.58</b>		
2.	Denise Boereboom	NieMo Barracuda	NED	199202144	<b>29.69</b>	+0.72	
3.	Marcha Admiraal	De Geul	NED	199300012	<b>30.29</b>	+0.79	
4.	Elmi Roelofsen	Octopus-ZVV (SG)	NED	199008198	<b>31.14</b>	+0.55	
5.	Daphne Robijn-Jongedijk	EZCL (SG)	NED	198903520	<b>31.41</b>	+0.81	
6.	Saskia de Klerk	GoSwim	NED	199004612	<b>31.74</b>	+0.71	
	Joanne van Essen	ZPC AMERSFOORT	NED	199303506	<b>31.74</b>		
8.	Jolanda Post	DIO	NED	199004848	<b>32.85</b>	+0.69	
9.	Suzanne Lange	VZC	NED	199202998	<b>32.94</b>		
10.	Melissa Zwaan	DAW	NED	199103666	<b>33.63</b>	+0.76	
11.	Leontine Groeneveldt	De Duck	NED	199303526	<b>33.99</b>	+0.79	
12.	Marloes Wiekens	THOR	NED	199302970	<b>35.15</b>	+0.78	
13.	Daphne Kievit	ZPC AMERSFOORT	NED	199207058	<b>36.06</b>		
14.	Celine Bakker	DAW	NED	199302562	<b>37.23</b>		
15.	Elke Schellekens	Neptunus'58	NED	199301550	<b>37.49</b>	+0.87	
16.	Lidwine Tax	ZVL-1886 Center	NED	199306658	<b>41.52</b> *	+0.84	
17.	Ingrid Johannes	De Kempvis	NED	198907370	<b>42.13</b>		

Masters 35+

1.	Daniëlle Reijnders	AquAmigos	NED	198504234	<b>31.20</b>	+0.74	
2.	Monique van Huizen	AZC	NED	198706236	<b>32.95</b>		
3.	Ramona Hulshof	THOR	NED	198503948	<b>34.92</b>		
4.	Marieke van Dodeweerd	RZC	NED	198600896	<b>37.97</b>	+0.86	
AFGEM	Hanne Keijzer	DWT	NED	198503932			

Masters 40+

1.	Delia Badoux <i>Nederlands Masters Record</i>	WVZ	NED	198000042	<b>29.40</b>		
2.	Ausra Razgune <i>Lithuanian Masters Record</i>	Kaisiadoriu Plaukiam	LTU		<b>30.41</b>	+0.85	
3.	Roos van Esch	ACZ	NED	198200468	<b>31.86</b>	+0.84	
4.	Elke Popma - Blox	Tiamat	NED	198200154	<b>33.08</b>	+0.70	
5.	Anne-Marie Verschoor-Vos	De Biesboschzwemmers	NED	198102300	<b>33.54</b>		
6.	Pauline van Gelder - Dieker	Steenwijk 1934	NED	198102346	<b>34.43</b>	+0.70	
7.	Tineke Kleve	THOR	NED	198001810	<b>37.49</b>		
8.	Christel Geneuglijk	TriVia	NED	198101894	<b>41.52</b>	+0.83	
9.	Irene Kasteel-Jaspersen	Zuiderzeezwemmers	NED	198102278	<b>43.32</b>		



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Programmanr. 9, Dames, 50m vlinderslag

Masters 45+

1.	Ilona Hogerheyde	DAW	NED	197400224	<b>33.17</b>	+0.62
2.	Mirjan den Drijver	Feijenoord Zwemmen (SG)	NED	197500884	<b>33.44</b>	
3.	Lina Bielinienė	Kaisiadoriu Plaukiam	LTU		<b>33.82</b>	
4.	Monique Boets	Stadskanaal	NED	197600230	<b>34.17</b>	
5.	Marian Nederlof	De Geul	NED	197600950	<b>36.72</b>	+0.79
6.	Inge Roskam	De Duinkickers	NED	197801296	<b>37.96</b>	+0.77
7.	Sandra Van der Helm	De Rog	NED	197801340	<b>43.99</b>	+0.79
8.	Nicolette Zuidema	ZV 44	NED	197500978	<b>47.67</b>	
9.	Jessica van Velzen	ZV 44	NED	197601122	<b>49.73</b>	*

Masters 50+

1.	Jeanne Petit	PSV	NED	197001020	<b>31.81</b>	
2.	Edith Janssen-Koolen	TRB-RES	NED	197300898	<b>32.58</b>	
3.	Marjo Goelema-Koek	De Biesboschzwemmers	NED	196900192	<b>33.94</b>	+0.79
4.	Yvette Ratering	De Ward	NED	197200990	<b>34.38</b>	+0.85
5.	Marjolein Klunne	Hieronymus	NED	197101098	<b>35.59</b>	
6.	Henriëtte Manting-Holthuis	H2Oldambt	NED	197100246	<b>38.47</b>	+0.97
7.	Marijke Campfens	De Geul	NED	196900960	<b>39.70</b>	

Masters 55+

1.	Marinka vd Zwet	Sassenheim	NED	196500346	<b>36.25</b>	
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Masters 60+

1.	Marjan Remmits-de Lange <i>Nederlands Masters Record</i>	ZPC AMERSFOORT	NED	196300518	<b>33.64</b>	
2.	Netty Burik-Geijsen	Feijenoord Zwemmen (SG)	NED	196300048	<b>35.69</b>	
3.	Marijke Kraak-Beckers	WS Twente	NED	196000240	<b>40.16</b>	
4.	Yoka de Vegt-van Dijk	ESCA Zwemmen	NED	196200420	<b>41.69</b>	
5.	Hannie Poletiek	TriVia	NED	195900278	<b>46.59</b>	+0.94

Masters 65+

1.	Karien Musters	Old Dutch	NED	195800236	<b>1:13.67</b>	
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Masters 70+

1.	Christine Nieuwenhuis	SWOL 1894	NED	195100022	<b>39.64</b>	
2.	Antoinette Gilding-Tussaud	WS Twente	NED	195000038	<b>59.11</b>	

Masters 75+

1.	Leny Kamp	Aquapoldro	NED	194400008	<b>1:31.85</b>	*
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Programmanr. 10  
17-02-2023 - 13:36

Heren, 200m schoolslag

Masters Open  
Resultaten

rang naam	vereniging	tijd	RT PARA	50m	100m	150m	200m		
<b>Masters 20+</b>									
1.	Derk Jan van Duijn	De Golfbreker	NED 200105575	<b>2:22.33</b>	+0.76	32.39	1:07.85	1:44.31	2:22.33
2.	Stefanos Eleftheriou	De Golfbreker	NED 200305095	<b>2:24.43</b>	+0.73	32.79	1:08.86	1:46.34	2:24.43
3.	D. van den Nieuwendijk	De Columbiaan	NED 200100475	<b>2:27.37</b>	+0.72	31.99	1:08.67	1:46.80	2:27.37
4.	Jelle Opmeer	ZPC AMERSFOORT	NED 200100269	<b>2:31.19</b>	+0.71	32.25	1:10.09	1:50.11	2:31.19
5.	Thomas Hesper	Blue Marlins	NED 200004181	<b>2:31.46</b>	+0.83	33.01	1:10.81	1:50.57	2:31.46
6.	Wim van Duuren	TRB-RES	NED 200102103	<b>2:34.76</b>	+0.73	33.36	1:11.53	1:51.95	2:34.76
7.	Guus Hoogduin	ZVL-1886 Center	NED 200201069	<b>2:36.45</b>	+0.77	34.33	1:14.06	1:56.10	2:36.45



Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
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Programmanr. 10, Heren, 200m schoolslag, Masters 20+

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
8. Robin van Peenen	ZVL-1886 Center	NED 200201059	<b>2:39.75</b>	+0.70	34.19	1:14.89	1:57.29	2:39.75
9. Bart Spaans	ACZ	NED 199902559	<b>2:44.42</b>	+0.62	36.38	1:18.42	2:01.42	2:44.42
10. Tiemen Jonkman	DZ&PC	NED 200301193	<b>2:48.73</b>	+0.79	34.25	1:15.83	2:01.90	2:48.73
11. Boaz Troost	ZOB'66	NED 200100371	<b>2:49.69</b>	+0.75	36.21	1:18.51	2:03.80	2:49.69
12. David Kievit	De Schoteijl	NED 199900325	<b>2:53.79</b>	+0.80	38.76	1:22.80	2:08.11	2:53.79

Masters 25+

1. Kalle van Gemert	ZPC De Zeeuwse Kust	NED 199801259	<b>2:23.37</b>	+0.71	31.96	1:08.30	1:45.65	2:23.37
2. Jurre Stammes	ESCA Zwemmen	NED 199701843	<b>2:27.45</b>	+0.59	32.23	1:09.92	1:47.66	2:27.45
3. Jeffrey Camphens	DWT	NED 199503113	<b>2:35.89</b>	+0.70	35.84	1:16.04	1:56.06	2:35.89

Masters 30+

1. Gavin van der Werf	HZ&PC Heerenveen	NED 199302971	<b>2:20.07</b>	+0.70	31.24	1:07.21	1:43.92	2:20.07
<i>Nederlands Masters Record</i>								
2. Sander de Vrucht	ESCA Zwemmen	NED 198903499	<b>2:31.25</b>	+0.67	32.70	1:11.12	1:51.18	2:31.25
3. Patrick Creemers	RZ	NED 199000579	<b>2:38.77</b>	+0.70	34.53	1:14.26	1:56.79	2:38.77
4. Herman van Dijk	De Wellerobben	NED 198900691	<b>2:49.96</b>	+0.89	36.42	1:18.92	2:04.24	2:49.96
5. Marten Ettema	HZ&PC Heerenveen	NED 199007703	<b>2:58.60</b>	+0.76	40.03	1:26.24	2:13.37	2:58.60
6. Jordy van der Drift	ZVL-1886 Center	NED 199307345	<b>3:01.39</b>	+0.76	38.68	1:24.55	2:13.32	3:01.39

Masters 35+

1. Yuri van Omme	Zwemvereniging Hoogland	NED 198501887	<b>2:32.16</b>	+0.80	33.78	1:11.27	1:50.80	2:32.16
2. Rob van Vliet	ZPC AMERSFOORT	NED 198402459	<b>2:43.31</b>	+0.83	36.19	1:17.20	1:59.26	2:43.31
3. Dennis Kraakman	DAW	NED 198705325	<b>2:49.94</b>	+0.78	36.79	1:20.27	2:05.63	2:49.94
4. Thommy Nickel	ZPC Woerden	NED 198401627	<b>2:53.12</b>	+0.88	38.20	1:21.14	2:06.45	2:53.12
5. Sander van Elburg	TRB-RES	NED 198800937	<b>2:57.27</b>		38.50	1:22.02	2:07.94	2:57.27

Masters 40+

1. Kristiaan Lenos	ZVL-1886 Center	NED 198301331	<b>2:36.23</b>	+0.70	33.96	1:13.37	1:56.26	2:36.23
2. Gergely Molnár	Iron Swim	HUN	<b>2:37.25</b>		34.77	1:14.42	1:55.72	2:37.25
<i>Hungarian Masters Record</i>								
3. Freddie Geerlings	Zwemsport Parkstad	NED 197900379	<b>2:49.33</b>	+0.98	36.43	1:17.65	2:03.47	2:49.33
4. Marcel Reefhuis	WS Twente	NED 198101381	<b>2:50.09</b>	+0.52	37.34	1:20.20	2:04.51	2:50.09
5. Arjan Buijsse	Sassenheim	NED 197901767	<b>2:56.28</b>	+0.82	38.36	1:22.68	2:09.73	2:56.28

Masters 45+

1. Victor Barnar	GoSwim	NED 197801805	<b>2:34.93</b>	+0.76	34.08	1:13.51	1:53.57	2:34.93
2. Vincent Versteeg	Zwemlust-den Hommel	NED 197701003	<b>2:36.47</b>	+0.75	34.16	1:14.38	1:56.10	2:36.47
3. László Jüllich	ZPCH	NED 197801893	<b>2:49.75</b>	+0.89	37.70	1:21.77	2:05.57	2:49.75

Masters 50+

1. R. van Ombergen	ZPC De Zeeuwse Kust	NED 197201685	<b>2:46.83</b>		36.31	1:16.97	2:00.47	2:46.83
2. Paul van den Heuvel	Arethusa	NED 197000441	<b>2:53.30</b>		38.38	1:22.37	2:07.96	2:53.30
3. Michael van Bekkum	SWOL 1894	NED 197200051	<b>2:54.59</b>	* +0.79	38.77	1:22.61	2:07.77	2:54.59
4. Martijn de Jong	DWK	NED 197101659	<b>3:02.12</b>	+0.74	39.60	1:24.92	2:14.99	3:02.12
5. Hans Schoenmakers	DAW	NED 196900863	<b>3:02.34</b>	+0.77	39.64	1:26.29	2:14.44	3:02.34
6. Korstiaan de Boer	Steenwijk 1934	NED 197101629	<b>3:12.47</b>		43.97	1:32.41	2:22.47	3:12.47
7. Alberto Randazzo	DES	NED 197101757	<b>3:13.21</b>		43.00	1:32.46	2:23.27	3:13.21
8. Rob van de Ven	Neptunus'58	NED 197101695	<b>3:17.92</b>	+0.57	42.87	1:31.67	2:24.71	3:17.92
9. Marcel Brittijn	De Duinkickers	NED 196900159	<b>3:31.43</b>	+0.59	46.67	1:41.70	2:38.28	3:31.43



Open Nederlandse Masters  
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Programmanr. 10, Heren, 200m schoolslag

Masters 55+

1. Jan Gert Notenbomer	Upstream Amsterdam	NED 196600557	<b>2:40.25</b>	+0.76	36.55	1:17.22	1:58.47	2:40.25
2. Erlend Alstad	OI Svømming	NOR M210367ERL02	<b>2:44.10</b>	+0.85	37.82	1:19.58	2:02.82	2:44.10
3. J. van den Berg	WVZ	NED 196801575	<b>2:49.38</b>		38.52	1:21.86	2:06.16	2:49.38
4. Arno Schrauwen	Patrick-De Roersoppers (SG)	NED 196501355	<b>2:59.61</b>		40.85	1:25.39	2:12.46	2:59.61
5. Theo Bakker	TriVia	NED 196401231	<b>3:02.01</b>		40.21	1:29.10	2:18.63	3:02.01
6. Joop Weenink	WS Twente	NED 196801535	<b>3:05.13</b>	+1.02	41.34	1:27.68	2:16.71	3:05.13
7. Andy Feyen	Zwemclub Iloka Kapellen	BEL ZIK/11034/67	<b>3:26.35</b>		46.29	1:38.78	2:32.84	3:26.35
8. Hans Bijleveld	HHZV PLONS	NED 196601649	<b>3:33.13</b>		48.31	1:44.89	2:40.50	3:33.13
9. Gertjan van der Vaart	ZVVS	NED 196801529	<b>3:36.72</b>	+0.81	46.30	1:41.74	2:40.66	3:36.72
10. Pierre de Groot	GZC DONK	NED 196401431	<b>3:40.88</b>	+0.78	47.53	1:42.53	2:41.73	3:40.88

Masters 60+

1. Gert Sikkema	Zwemclub Urk 1978	NED 196300687	<b>3:02.83</b>	*	41.00	1:26.60	2:13.41	3:02.83
2. Ronald Grove	Triton	NED 196100161	<b>3:06.33</b>	+0.83	40.90	1:29.73	2:18.97	3:06.33
3. Ron Phaff	PSV	NED 196200495	<b>3:16.84</b>		42.49	1:31.80	2:23.71	3:16.84
4. Casper Dollekamp	Steenwijk 1934	NED 196301341	<b>3:26.86</b>		42.83	1:31.86	2:26.36	3:26.86
5. Jack Barends	WS Twente	NED 196201011	<b>3:34.66</b>		47.59	1:42.31	2:39.08	3:34.66
6. Robert Schulein	H2Oldambt	NED 195900843	<b>4:10.72</b>	+0.78	51.28	1:53.36	3:01.77	4:10.72

Masters 65+

1. Sigitas Katkevicius	Dzukijos Vandenis	LTU	<b>2:53.88</b>	+0.85	37.78	1:19.77	2:04.42	2:53.88
<i>Kampioenschapsrecord</i>								
2. Wim de Lange	AZC	NED 195800533	<b>3:19.61</b>		42.87	1:32.80	2:25.75	3:19.61
3. V. Sobolevsky	Chubinsky Beavers	UKR	<b>3:35.35</b>		47.74	1:42.13	2:40.16	3:35.35
4. André Pantekoek	PSV	NED 195800321	<b>4:14.11</b>	+1.10	55.06	2:01.07	3:10.15	4:14.11
AFGEM Peter Coffeng	GZC DONK	NED 195700063						

Masters 70+

1. Jean-Marie Cadiat	Cercle De Natation Sportcity	BELuCNSW/000243/53	<b>3:09.38</b>	+0.95	43.97	1:32.76	2:21.84	3:09.38
<i>Kampioenschapsrecord, Belgisch Masters Record</i>								
2. Charles Bos	Patrick-De Roersoppers (SG)	NED 195300019	<b>3:14.92</b>		43.23	1:32.38	2:23.37	3:14.92
<i>Nederlands Masters Record</i>								
3. Piet Schop	De Bevelanders	NED 195000109	<b>3:59.01</b>	*	55.48	1:56.10	2:59.43	3:59.01

Masters 75+

1. Mans Buis	SWOL 1894	NED 194700133	<b>4:26.79</b>		1:00.57	2:08.53	3:17.90	4:26.79
2. Nico van Dongen	<td>NED 194800159</td> <td><b>5:20.00</b></td> <td></td> <td>1:09.66</td> <td>2:34.48</td> <td>3:57.34</td> <td>5:20.00</td>	NED 194800159	<b>5:20.00</b>		1:09.66	2:34.48	3:57.34	5:20.00

Masters 80+

1. Rob Hanou	PSV	NED 194300109	<b>4:09.85</b>	+1.04	54.53	2:00.14	3:06.04	4:09.85
2. Nico Baay	Old Dutch	NED 194200053	<b>4:10.64</b>	+0.81	55.22	1:59.63	3:05.20	4:10.64

Masters 85+

1. F. Hendrik de Bruijn	CN Aquamasters	ESP	<b>4:11.58</b>		58.73	2:03.28	3:09.25	4:11.58
<i>Kampioenschapsrecord</i>								



Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
Heerenveen, 16-19 februari 2023



Programmanr. 11  
17-02-2023 - 14:09

Dames, 200m schoolslag

Masters Open  
Resultaten

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
<b>Masters 20+</b>								
1. Kim Vos	Triton Putten	NED 200000990	<b>2:42.43</b>	* +0.65	36.16	1:17.54	2:00.26	2:42.43
2. Alessia Sluis	Dedemsvaart-AC	NED 200300896	<b>2:47.69</b>	+0.76	37.26	1:19.95	2:03.56	2:47.69
3. Lonneke Graansma	ZVL-1886 Center	NED 199900936	<b>2:50.49</b>		38.20	1:21.40	2:05.61	2:50.49
4. Kim de Jong	De Columbiaan	NED 200301026	<b>2:51.96</b>		37.91	1:21.28	2:05.85	2:51.96
5. Veerle van Munster	ZPC Woerden	NED 200102632	<b>2:53.45</b>		38.76	1:22.59	2:07.33	2:53.45
6. Lisanne Seising	VZC	NED 200002084	<b>2:53.67</b>	+0.76	39.09	1:23.47	2:08.68	2:53.67
7. Elisah Velgersdijk	ZPC AMERSFOORT	NED 200102436	<b>2:54.28</b>	+0.66	37.25	1:20.82	2:07.35	2:54.28
8. Ageeth de Haan	Steenwijk 1934	NED 199901022	<b>3:00.38</b>	+0.65	40.52	1:26.88	2:13.76	3:00.38
9. Cynthia Koolman	Steenwijk 1934	NED 200300232	<b>3:03.58</b>		40.12	1:26.83	2:14.84	3:03.58
10. Marouscha de Vries	DAW	NED 199906628	<b>3:06.71</b>	+0.65	42.62	1:30.60	2:19.11	3:06.71
11. Sheila ten Voorde	Octopus-ZVV (SG)	NED 199904538	<b>3:10.21</b>	+0.82	40.94	1:28.95	2:19.30	3:10.21
12. Maartje Hids	ZVL-1886 Center	NED 199903042	<b>3:15.03</b>	+0.73	45.68	1:34.27	2:24.42	3:15.03
13. Valerie Bakker	ZVL-1886 Center	NED 200103672	<b>3:23.19</b>		45.76	1:37.11	2:31.41	3:23.19
14. Megan Vis	De Kempvis	NED 200303326	<b>3:33.30</b>	+0.77	44.80	1:38.60	2:37.91	3:33.30
NG Hannah Ledingham	SSF Bonn 1905 e.V,	GER 458077						
<b>Masters 25+</b>								
1. Chantal Beijer	DWT	NED 199700884	<b>2:56.91</b>		39.43	1:23.65	2:09.63	2:56.91
2. Yvette Meijer	Zwemvereniging Hoogland	NED 199706590	<b>3:16.36</b>		44.52	1:34.32	2:25.27	3:16.36
<b>Masters 30+</b>								
1. Jacyntha Plat	Steenwijk 1934	NED 199002956	<b>2:49.77</b>	+0.78	37.13	1:20.15	2:04.58	2:49.77
2. Suzan Blankestijn	ZVL-1886 Center	NED 198900350	<b>2:55.23</b>		38.92	1:22.82	2:08.60	2:55.23
3. Maaike de Boer	De Duinkickers	NED 199000362	<b>2:59.84</b>		41.49	1:27.74	2:13.16	2:59.84
4. Danielle Vermeulen	Zwemlust-den Hommel	NED 199108534	<b>3:02.58</b>		41.23	1:28.15	2:15.26	3:02.58
5. N. Wobben - de Vries	Steenwijk 1934	NED 199204328	<b>3:04.26</b>		41.35	1:28.55	2:16.50	3:04.26
<b>Masters 35+</b>								
1. S. van der Linden	DIO	NED 198802736	<b>2:54.29</b>	+0.69	39.59	1:23.46	2:09.56	2:54.29
2. Larissa Brak	ZPC AMERSFOORT	NED 198800572	<b>3:00.79</b>	+0.73	40.64	1:26.90	2:14.86	3:00.79
3. Liesbeth van Mill	Zwemlust-den Hommel	NED 198702786	<b>3:05.05</b>		41.94	1:29.02	2:16.95	3:05.05
4. A. Wammes-Bouman	Zwemvereniging Hoogland	NED 198403604	<b>3:22.40</b>	+0.74	46.71	1:37.74	2:29.91	3:22.40
<b>Masters 40+</b>								
1. Laura Badoux	DAW	NED 198200038	<b>2:49.60</b>		38.59	1:21.16	2:05.78	2:49.60
<i>Nederlands Masters Record</i>								
2. Nadya Putter	ZVVS	NED 198301630	<b>3:07.41</b>	+0.75	42.99	1:29.70	2:17.52	3:07.41
3. Angela Giezen	Zwemvereniging Hoogland	NED 198302796	<b>3:16.02</b>	+0.77	45.58	1:37.36	2:27.06	3:16.02
4. Eveline Hacquebord	IJZPC	NED 197901206	<b>3:17.66</b>	+0.74	44.82	1:35.38	2:27.47	3:17.66
5. Simone Weijland	ZV 44	NED 197901610	<b>3:48.51</b>		49.03	1:47.10	2:48.97	3:48.51
<b>Masters 45+</b>								
1. Liselotte Joling	PSV	NED 197500268	<b>3:02.43</b>	+0.83	40.94	1:27.62	2:15.67	3:02.43
2. Monica Korndewal	ZPC AMERSFOORT	NED 197701258	<b>3:20.35</b>	+0.87	44.80	1:33.88	2:26.52	3:20.35
<b>Masters 50+</b>								
1. Trudy Ketting	PSV	NED 197000268	<b>2:59.86</b>		39.98	1:24.80	2:11.69	2:59.86
2. L. v. Bon-Rosenbrand	ZPC AMERSFOORT	NED 197000054	<b>3:05.26</b>	+0.88	42.25	1:28.33	2:15.92	3:05.26
3. Katharina Schlipp	De Vliet (SG)	NED 197301004	<b>3:11.01</b>	+0.83	42.37	1:29.96	2:20.21	3:11.01
4. Trudie van Niejenhuis	TZC-Vahalis	NED 197100444	<b>3:16.76</b>	* +0.88	44.70	1:34.74	2:25.58	3:16.76
5. Pascalie Janssen	Patrick-De Roersoppers (SG)	NED 197300852	<b>3:19.21</b>		45.85	1:36.24	2:27.57	3:19.21
6. Greta Wyma-Teitsma	DWK	NED 197100696	<b>3:51.50</b>	+0.86	51.85	1:51.68	2:51.64	3:51.50



Open Nederlandse Masters  
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Programmanr. 11, Dames, 200m schoolslag, Masters 50+

rang naam	vereniging		tijd	RT	PARA	50m	100m	150m	200m
DIS Bianca Groot	MSV-Zeemacht	NED 197000652							
<i>AF - De aangegeven afstand niet uitgezwommen.</i>									

Masters 55+

1. Annette Wijnja-Visser	De Biesboschzwemmers	NED 196700528	<b>3:05.53</b>			42.27	1:29.13	2:17.13	3:05.53
<i>Kampioenschapsrecord</i>									
2. A. Korving-Leijenaar	Aqualero	NED 196700662	<b>3:20.66</b>	+0.76		44.74	1:36.87	2:29.66	3:20.66
3. K. van Nassau-van den IJold	Dutch	NED 196600188	<b>3:32.14</b>	+0.90		47.23	1:40.34	2:35.91	3:32.14
4. Riekje Schra	Steenwijk 1934	NED 196400404	<b>5:24.04</b>	*		1:13.59	2:35.57	4:00.34	5:24.04

Masters 60+

1. P. Tossings-van de Hoo	GZC DONK	NED 196100376	<b>3:27.00</b>			48.23	1:41.32	2:34.98	3:27.00
2. Yoka de Vegt-van Dijk	ESCA Zwemmen	NED 196200420	<b>3:32.84</b>			47.76	1:40.97	2:36.75	3:32.84
3. A. Vuist-Blum	SWOL 1894	NED 196300282	<b>3:34.17</b>			49.59	1:43.99	2:39.41	3:34.17
4. Lia Bijkerk	GZC DONK	NED 196000014	<b>3:57.90</b>			51.67	1:51.99	2:56.16	3:57.90
5. W. Schoenmaker-ter Ver	DWK	NED 195900254	<b>4:11.25</b>			55.79	1:58.52	3:04.41	4:11.25

Masters 65+

1. Marijke van Hoek	ZPC De Zeeuwse Kust	NED 195800050	<b>3:36.82</b>	+0.75		48.48	1:43.39	2:39.80	3:36.82
2. Ria Peters-Veurman	ESCA Zwemmen	NED 195800242	<b>4:29.90</b>			58.84	2:07.78	3:20.85	4:29.90

Masters 70+

1. Tineke van Diggelen	ZPCH	NED 195200048	<b>4:35.47</b>			1:01.16	2:12.44	3:24.19	4:35.47
2. N. van Dongen-de Paep	ZZ&PC De Devel	NED 195100044	<b>5:05.68</b>	+1.36		1:08.97	2:25.70	3:45.45	5:05.68

Masters 75+

1. L. van Huissteden	ZPC AMERSFOORT	NED 194500002	<b>4:46.23</b>	*		1:05.69	2:17.89	3:32.78	4:46.23
2. A. Verhoeven - Stegger	De Duinkickers	NED 194600024	<b>4:54.46</b>	*		1:05.36	2:18.08	3:35.90	4:54.46

Programmanr. 12  
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Heren, 50m vrije slag

Masters Open  
Resultaten

rang	naam	vereniging		tijd	RT	PARA
<b>Masters 20+</b>						
1.	Nikolas Spyrou	Piranha	NED 200105553	<b>23.86</b>	+0.71	
2.	Daan Hogerhuis	De Columbiaan	NED 200300317	<b>24.02</b>	+0.73	
3.	Saviël Armand	ACZ	NED 200204461	<b>24.25</b>	+0.64	
4.	Jorian Darwinkel	HZ&PC Heerenveen	NED 200300565	<b>24.63</b>	+0.67	
5.	Wim van Duuren	TRB-RES	NED 200102103	<b>24.78</b>	+0.71	
6.	Stijn Boertien	Dedemsvaart-AC	NED 200100719	<b>24.94</b>	+0.69	
7.	Remco Dijkstra	HZ&PC Heerenveen	NED 200100789	<b>24.99</b>	+0.73	
8.	Aron Paasse	De Schotejil	NED 200000099	<b>25.05</b>	+0.65	
9.	Franklin Paassen	ZV 44	NED 200003881	<b>25.09</b>	+0.64	
10.	Edwin Jager	De Golfbreker	NED 199901571	<b>25.22</b>	+0.74	
11.	Ian Terlouw	ZPC Woerden	NED 200002345	<b>25.33</b>		
12.	Jort Vizee	Feijenoord Zwemmen (SG)	NED 200201779	<b>25.42</b>	+0.59	
13.	Arjan Dekker	De Golfbreker	NED 200000499	<b>25.44</b>	+0.46	
14.	Jesse van Dijk	Zuiderzeezwemmers	NED 199903259	<b>25.76</b>	+0.73	
15.	Ilmar Stoop	Zuiderzeezwemmers	NED 200100871	<b>25.85</b>	+0.55	
16.	Milan de Roo	ZPC Woerden	NED 200102215	<b>26.02</b>	+0.66	
17.	Mees Minneboo	MSV-Zeemacht	NED 200203465	<b>26.05</b>	+0.59	
18.	Jacob Mackloet	De Schotejil	NED 200001171	<b>26.14</b>	+0.73	
19.	Julian Mes	ZOB'66	NED 200103755	<b>26.33</b>	+0.71	
20.	Derk Jan van Duijn	De Golfbreker	NED 200105575	<b>26.84</b>	+0.76	
21.	Kylian Kooijman	Steenwijk 1934	NED 199900763	<b>27.08</b>	+0.76	



Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
Heerenveen, 16-19 februari 2023



Programmanr. 12, Heren, 50m vrije slag, Masters 20+

rang	naam	vereniging		tijd	RT	PARA
22.	Rob van Wier	HZ&PC Heerenveen	NED 199900697	<b>27.41</b>	+0.79	
23.	Rik Stahlie	TriVia	NED 200201915	<b>27.61</b>	+0.58	
24.	Bartho Visser	Triton Putten	NED 200005595	<b>27.69</b>	+0.74	
25.	Thomas van Scheepen	Steenwijk 1934	NED 200001387	<b>27.75</b>	+0.68	
26.	Auke Sijperda	AZC	NED 199905115	<b>27.96</b>	+0.72	
27.	Jelle Heijman	Steenwijk 1934	NED 200000635	<b>28.02</b>	+0.77	
28.	Boaz Troost	ZOB'66	NED 200100371	<b>28.16</b>	+0.68	
29.	Jesper Luppés	De Golfbreker	NED 200005403	<b>29.40</b>		
30.	Mathijs Krieger	EZCL (SG)	NED 199905361	<b>32.72</b>	+0.71	
31.	Christiaan Matser	EZCL (SG)	NED 200105573	<b>35.40</b>	+0.78	

Masters 25+

1.	Felix Geenen	DAW	NED 199501085	<b>23.00</b>	+0.70	
2.	Dominique Sikkema	TriVia	NED 199500399	<b>23.50</b>	+0.66	
3.	Bas Dries	Zwemvereniging Hoogland	NED 199505177	<b>23.63</b>	+0.65	
4.	Erik Nijholt	DZ&PC	NED 199401349	<b>24.54</b>	+0.70	
5.	Jarick Stoop	Zuiderzeezwemmers	NED 199604181	<b>25.44</b>	+0.66	
6.	Jurre Stammes	ESCA Zwemmen	NED 199701843	<b>25.53</b>	+0.58	
7.	Jorrik Kerdijk	Bubble	NED 199602135	<b>25.85</b>	+0.71	
8.	Sam Beer	Poseidon'56	NED 199605521	<b>26.03</b>	+0.69	
9.	Martijn Kornet	Zwemlust-den Hommel	NED 199700231	<b>26.07</b>	+0.74	
10.	Jelle Blankestijn	ZPC AMERSFOORT	NED 199803737	<b>26.09</b>	+0.74	
11.	Jordi de Nijs	MSV-Zeemacht	NED 199801851	<b>26.48</b>	+0.64	
12.	Hans Stoffers	Triton Putten	NED 199604027	<b>26.63</b>	+0.53	
13.	Paco de Voogt	De Duck	NED 199400859	<b>26.64</b>	+0.71	
14.	Ian van Mullem	ZOB'66	NED 199602545	<b>26.79</b>	+0.71	
15.	Erik Baalbergen	ZVL-1886 Center	NED 199805775	<b>27.06</b>		
16.	Martijn Lageweg	Steenwijk 1934	NED 199701323	<b>27.22</b>	+0.79	
17.	Patrick Wyrdeeman	Feijenoord Zwemmen (SG)	NED 199702475	<b>27.76</b>	+0.68	
18.	Jeroen van Dinther	Neptunus'58	NED 199701569	<b>27.93</b>		
19.	Rutger Curfs	SWOL 1894	NED 199402893	<b>29.28</b>		

Masters 30+

1.	Aziz Nosairi	Zwemlust-den Hommel	NED 199104645	<b>22.96</b>	+0.69	
2.	Romero Hennep	De Kempvis	NED 199304929	<b>24.36</b>	+0.66	
3.	Olaf Achterberg	VZC	NED 199000011	<b>24.68</b>	+0.72	
4.	Sander de Vrugt	ESCA Zwemmen	NED 198903499	<b>25.79</b>	+0.67	
5.	Bas Braun	ZPC AMERSFOORT	NED 199106545	<b>25.95</b>		
6.	Tim de Vrugt	ESCA Zwemmen	NED 199306719	<b>26.21</b>	+0.70	
7.	Marc Hoogendam	Blue Marlins	NED 199007713	<b>26.52</b>	+0.67	
8.	Sybren Groenewegen	De Schotejil	NED 199306223	<b>26.76</b>	+0.86	
9.	Ruben Stolk	ZOB'66	NED 199005665	<b>27.18</b>	+0.75	
10.	Patrick Brouwer	AZC	NED 199303715	<b>27.73</b>	+0.85	
11.	Laurens de Nijn	SwimGym	NED 199107815	<b>28.15</b>	+0.75	
12.	Patrick de Jonge	Deltasteur	NED 198906635	<b>28.80</b>	+0.78	
13.	Marten Ettema	HZ&PC Heerenveen	NED 199007703	<b>28.85</b>	+0.63	
14.	Eric Kalee	Zwemvereniging Hoogland	NED 199005307	<b>29.54</b>		
15.	Derek Valkenier	MSV-Zeemacht	NED 199207397	<b>30.38</b>		
16.	Patrick Wobben	Steenwijk 1934	NED 199300559	<b>32.04</b>	+0.84	

Masters 35+

1.	Joan Kentrop	Zwemlust-den Hommel	NED 198503575	<b>23.76</b>	+0.73	
2.	Pascal van Haren	NieMo Barracuda	NED 198704101	<b>25.99</b>	+0.70	
3.	Romain Delepine	Lille UC Natation	FRA 266204	<b>26.96</b>	+0.76	
4.	Arne-Willem Kroonen	MZ&PC	NED 198401297	<b>28.08</b>	+0.77	
5.	Dennis Kraakman	DAW	NED 198705325	<b>28.93</b>	+0.71	
6.	Ricardo van Dam	AZC	NED 198503965	<b>29.24</b>	+0.70	
7.	Edward van Dootingh	ZV 44	NED 198403341	<b>29.33</b>	+0.83	
8.	Jort Wildschut	SwimGym	NED 198806307	<b>30.06</b>	+0.72	
9.	Steffen Hackbarth	SSF Bonn 1905 e.V.	GER 425979	<b>30.14</b>		
10.	Remco van der Graaf	PSV	NED 198704007	<b>30.20</b>	+0.78	





Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
Heerenveen, 16-19 februari 2023



Programmanr. 12, Heren, 50m vrije slag, Masters 35+

rang	naam	vereniging		tijd	RT	PARA
DIS	Alexander Trubin	SwimGym	NED 198403381			
	<i>AM - Gebruik gemaakt van hulpmiddelen of tape gebruikt op het lichaam.</i>					

Masters 40+

1.	Lauren Vis	Steenwijk 1934	NED 198201883	<b>25.23</b>	+0.67	
2.	Ivan van Omme	De Geul	NED 198201263	<b>25.81</b>	+0.67	
3.	Rutger Stam	Zwemvereniging Hoogland	NED 198102463	<b>27.48</b>	+0.68	
4.	Wouter Zijlstra	DAW	NED 198202077	<b>27.72</b>	+0.73	
5.	F. Cascales Miñana	Lille UC Natation	FRA 3228717	<b>27.95</b>	+0.81	
6.	Arjan Mondria	Upstream Amsterdam	NED 198202699	<b>28.15</b>		
7.	Rubert Boer	Aqualero	NED 197902011	<b>28.77</b>		
8.	Peter Lommert	SWOL 1894	NED 197900787	<b>29.63</b>		
9.	Michel Wigbers	DWT	NED 198001743	<b>30.86</b>	+0.78	
10.	Ingmar Kooman	ZVL-1886 Center	NED 197901517	<b>32.10</b>		

Masters 45+

1.	Casper Hut	HZ&PC Heerenveen	NED 197800471	<b>24.22</b>	+0.68	
	<i>Nederlands Masters Record</i>					
2.	Jasper van Heijst	Het Y	NED 197601699	<b>26.18</b>	+0.74	
3.	Ruud Holswilder	ZPCH	NED 197800435	<b>26.19</b>		
4.	Alex Damen	DAW	NED 197501371	<b>26.45</b>	+0.76	
5.	Victor Barnar	GoSwim	NED 197801805	<b>26.85</b>	+0.70	
6.	Pieter Broek	Feijenoord Zwemmen (SG)	NED 197701637	<b>27.06</b>	+0.68	
7.	Dennis Dortland	NieMo Barracuda	NED 197800261	<b>27.28</b>		
8.	Eric Hoekman	WS Twente	NED 197401531	<b>27.52</b>	+0.77	
9.	Markus van Rest	WVZ	NED 197701197	<b>28.42</b>	+0.83	
10.	Johan Wezenberg	SWOL 1894	NED 197601023	<b>29.18</b>	+0.87	
11.	Michael Go	AZC	NED 197501397	<b>30.11</b>	+0.73	
12.	Bogdan Androne	Sassenheim	NED 197701783	<b>30.13</b>		
13.	Tom Bandsma	PSV	NED 197701625	<b>30.62</b>	+0.90	
14.	Jeroen Hoeksel	ZVVS	NED 197401533	<b>34.08</b>	+0.99	

Masters 50+

1.	Frederic Tonus	Luxembourg Sharks Swimming CLUX	10449	<b>24.51</b>	+0.71	
	<i>Kampioenschapsrecord, Luxembourg Masters Record</i>					
2.	Chester Marsman	ZPC AMERSFOORT	NED 196900671	<b>26.14</b>	+0.75	
3.	Markus Löber	SSF Bonn 1905 e.V.,	GER 444684	<b>26.90</b>	+0.61	
4.	Arjan Verheij	De Rog	NED 197101617	<b>27.21</b>	+0.72	
5.	Eelco van Gemert	ZPC De Zeeuwse Kust	NED 197200299	<b>28.14</b>	+0.75	
6.	Gerko Versluis	Zuiderzeewimmers	NED 196901439	<b>28.34</b>	+0.81	
7.	Kees Akershoek	De Stelle	NED 196900009	<b>28.69</b>	+0.70	
8.	Linas Kersevicius	Kauno Takas	LTU	<b>28.77</b>	+0.90	
9.	Michael van Bekkum	SWOL 1894	NED 197200051	<b>28.89</b>	+0.71	
10.	Ingmar de Gelder	ZOB'66	NED 197000333	<b>28.93</b>	+0.69	
11.	Pieter Veenstra	DZ&PC	NED 197301345	<b>29.57</b>		
12.	Chris Kouwenhoven	De Grunte	NED 197101669	<b>29.75</b>	+0.92	
13.	Henri Verschoor	De Biesboschwimmers	NED 197001041	<b>29.76</b>	+0.87	
14.	Wilbert Hietbrink	ZPC De Hof	NED 196901879	<b>29.86</b>		
15.	Marcus Köhler	SSF Bonn 1905 e.V.,	GER 444688	<b>30.90</b>	+0.88	
16.	Wouter van der Stelt	De Biesboschwimmers	NED 197200889	<b>31.09</b>		
17.	Hugo Jansen	Zwemvereniging Hoogland	NED 197101779	<b>31.11</b>	+0.84	
18.	Rob van de Ven	Neptunus'58	NED 197101695	<b>31.51</b>	+0.61	
19.	Erik Zoethout	Aqualero	NED 196901157	<b>31.56</b>		
20.	Eric Dumas	Patrick-De Roersoppers (SG)	NED 196901397	<b>32.72</b>	+0.77	
21.	Alberto Randazzo	DES	NED 197101757	<b>33.49</b>	+0.67	

Programmanr. 12, Heren, 50m vrije slag

Masters 55+

1.	Darius Andrzejczak	SG Erkelenz-Hückelhoven	GER	326924	<b>26.16</b>	+0.79
2.	Edo Boonstra	PSV	NED	196801713	<b>28.62</b>	
3.	Theo Bakker	TriVia	NED	196401231	<b>28.67</b>	+0.77
4.	Guido Keutgen	Steenwijk 1934	NED	196801551	<b>28.70</b>	+0.79
5.	Erik Saan	De Duck	NED	196500769	<b>29.94</b>	+0.99
6.	Erik Wetsteijn	SWOL 1894	NED	196501019	<b>30.20</b>	+0.55
7.	Wijnand Vergeest	De Rog	NED	196800949	<b>30.62</b>	
8.	Bert Jonker	HZ&PC Heerenveen	NED	196600355	<b>30.85</b>	+0.67
9.	Meindert Tuinstra	H2Oldambt	NED	196600853	<b>31.11</b>	
10.	Huyb Stegeman	Steenwijk 1934	NED	196701535	<b>31.20</b>	+0.93
11.	Leon Slingerland	WVZ	NED	196801707	<b>31.39</b>	+0.92
12.	Pieter-Sjoerd de Wijn	DES	NED	196501027	<b>31.68</b>	+0.85
13.	Roy Le Clercq	De Rog	NED	196401041	<b>32.39</b>	
14.	Pierre de Groot	GZC DONK	NED	196401431	<b>33.42</b>	
15.	Gertjan van der Vaart	ZVVS	NED	196801529	<b>33.83</b>	+0.60
16.	Hans Bijleveld	HHZV PLONS	NED	196601649	<b>34.46</b> *	
17.	Wim Donkersloot	Hieronymus	NED	196801715	<b>34.72</b>	
18.	Bauke Posthumus	HZ&PC Heerenveen	NED	196401505	<b>36.27</b>	
19.	Maarten Koolman	Steenwijk 1934	NED	196801649	<b>45.77</b>	

Masters 60+

1.	Peter Bernsen	De Rog	NED	196301119	<b>26.60</b>	+0.66
	<i>Nederlands Masters Record</i>					
2.	Fred Ketting	PSV	NED	196000289	<b>27.85</b>	+0.83
3.	Gert Sikkema	Zwemclub Urk 1978	NED	196300687	<b>28.46</b>	+0.82
4.	Paul Wijnja	De Biesboschzwemmers	NED	196301403	<b>29.50</b>	+0.81
5.	Henk Kuipers	ZPC AMERSFOORT	NED	196201207	<b>29.92</b>	
6.	Peter van Vuuren	Upstream Amsterdam	NED	196000641	<b>30.61</b>	+0.95
7.	Adrian Ortiz Buitrago	GZC DONK	NED	196000931	<b>31.34</b>	+0.74
8.	Evert-Jan Verweij	SWOL 1894	NED	196301143	<b>31.71</b>	
9.	Clemens de Waal	De Ward	NED	196001063	<b>32.27</b>	
10.	Ronald Pijtak	ZPC AMERSFOORT	NED	196100475	<b>34.51</b>	+0.84
11.	Pier van der Sluis	De Vikings	NED	195900757	<b>35.85</b>	+1.04
12.	Robert Schulein	H2Oldambt	NED	195900843	<b>38.28</b>	+0.75

Masters 65+

1.	Marten de Groot	HZ&PC Heerenveen	NED	195800149	<b>27.90</b>	+0.76
	<i>Nederlands Masters Record</i>					
2.	Mark Eligh	ZPC AMERSFOORT	NED	195700497	<b>31.23</b>	+0.73
3.	Fred Zanting	TriVia	NED	195400323	<b>33.83</b>	+0.84
4.	Volodymyr Sobolevsky	Chubinsky Beavers	UKR		<b>34.59</b>	
5.	Wiebren Dijkstra	HZ&PC Heerenveen	NED	195800745	<b>35.11</b>	
6.	Klaas Landeweer	IJZPC	NED	195600163	<b>38.06</b>	
AFGEM	Peter Coffeng	GZC DONK	NED	195700063		

Masters 70+

1.	Harry Dokter	SWOL 1894	NED	195100037	<b>30.74</b>	+0.91
2.	Ruud Ruiten	WWV Winterswijk	NED	195300169	<b>30.75</b>	
3.	Brend Brevé	PSV	NED	195200265	<b>31.31</b>	
4.	Ferenc Erdelyi	Torokbalint Senior Uszo Club	HUN		<b>31.97</b>	
5.	Charles Bos	Patrick-De Roersoppers (SG)	NED	195300019	<b>32.63</b>	+0.66
6.	Jos Kamps	Zwemvereniging Hoogland	NED	195100085	<b>35.42</b>	

Masters 75+

1.	Willem Putter	ZVVS	NED	194500135	<b>37.24</b>	+1.03
2.	Mans Buis	SWOL 1894	NED	194700133	<b>41.99</b>	
3.	Nico van Dongen	<td>NED</td> <td>194800159</td> <td><b>50.40</b></td> <td>+1.27</td>	NED	194800159	<b>50.40</b>	+1.27



Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
Heerenveen, 16-19 februari 2023



Programmanr. 12, Heren, 50m vrije slag

Masters 80+

1. Geza Kaltenecker AZC NED 194200065 **39.15**

Masters 85+

1. Nic Geers PSV NED 193800007 **43.48**  
*Nederlands Masters Record*

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Dames, 50m vrije slag

Masters Open  
Resultaten

rang	naam	vereniging		tijd	RT	PARA
<b>Masters 20+</b>						
1.	Babette van der Kaaij	Blue Marlins	NED 199902234	<b>26.24</b>		
2.	Ariane Kooijinga	TriVia	NED 200001544	<b>26.71</b>	+0.56	
3.	Linde Kolkman	Dedemsvaart-AC	NED 200001114	<b>27.14</b>	+0.66	
4.	Marije Sweering	De Golfbreker	NED 200101228	<b>27.23</b>	+0.68	
5.	Lianne van Wier	HZ&PC Heerenveen	NED 200200438	<b>27.30</b>	+0.65	
6.	Laura Setz	Bubble	NED 200000130	<b>27.31</b>		
7.	Leonie van Wier	HZ&PC Heerenveen	NED 200200436	<b>27.38</b>		
8.	Merel Phaff	Nueneen	NED 200100434	<b>27.45</b>		
9.	Michelle Zomerdijk	Dedemsvaart-AC	NED 200003196	<b>27.57</b>	+0.71	
10.	Sharon Wolfs	Patrick-De Roersoppers (SG)	NED 200004800	<b>28.12</b>		
11.	Amé Hulleman	DZ&PC	NED 200202794	<b>28.24</b>	+0.59	
12.	Amber Hesper	VZC	NED 200202188	<b>28.29</b> *		
13.	Sanne Kloezen	Bubble	NED 200204644	<b>28.31</b>	+0.73	
	Alisha Vieira	Blue Marlins	NED 199904554	<b>28.31</b>		
15.	Inge Dekker	HZ&PC Heerenveen	NED 200200476	<b>28.38</b>	+0.74	
16.	Michelle van den Hoofdakker	Steenwijk 1934	NED 200302708	<b>29.12</b>	+0.74	
	Bibi Stokvis	ZV De Bron	NED 199900892	<b>29.12</b>	+0.70	
18.	Hannah Ledingham	SSF Bonn 1905 e.V.	GER 458077	<b>29.36</b>	+0.70	
19.	Annabel Kuipers	DWK	NED 200001076	<b>29.52</b>		
20.	Alies Wagter	Steenwijk 1934	NED 199900840	<b>29.72</b>	+0.79	
21.	Jessica Braat	AZC	NED 200205684	<b>29.81</b>	+0.56	
22.	Veerle van Munster	ZPC Woerden	NED 200102632	<b>29.91</b>		
23.	Ageeth de Haan	Steenwijk 1934	NED 199901022	<b>30.00</b>	+0.65	
24.	Esmee Kloezen	Bubble	NED 200204646	<b>30.01</b>	+0.83	
25.	Marije de Jager	De Columbian	NED 200301394	<b>30.11</b>	+0.72	
26.	Kyra Wesemann	MSV-Zeemacht	NED 200201440	<b>30.15</b>	+0.82	
27.	Sheila ten Voorde	Octopus-ZVV (SG)	NED 199904538	<b>30.42</b>		
28.	Redine van Breugel	De Biesboschzwemmers	NED 200004404	<b>30.57</b>	+0.54	
29.	Cynthia Koolman	Steenwijk 1934	NED 200300232	<b>30.67</b>		
30.	Mandy Swart	De Biesboschzwemmers	NED 199904916	<b>30.85</b>		
31.	Daphne van Rees	Octopus-ZVV (SG)	NED 200301766	<b>31.03</b>	+0.72	
	Iris van der Moolen	De Amstel	NED 199902052	<b>31.03</b>	+0.74	
33.	Romy Jalving	HZ&PC Heerenveen	NED 200000616	<b>31.05</b>		
34.	Rosalie Baarda	Orca	NED 199903460	<b>31.28</b>		
35.	Tessa Schipper	Bubble	NED 200301578	<b>31.51</b>		
36.	Iris Bastiaansen	De Amstel	NED 199902006	<b>31.78</b>		
37.	Rosa Huntjens	EZCL (SG)	NED 200301402	<b>31.85</b>		
38.	Kayra Deger	Blue Marlins	NED 200003890	<b>32.15</b>		
39.	Selma Boertien	Aqua'68	NED 200203834	<b>32.26</b>		
40.	Tove Kienhuis	Aqua'68	NED 200203486	<b>32.75</b>	+0.71	
41.	Maaïke van Houten	Zwemvereniging Hoogland	NED 200206266	<b>32.82</b>		
42.	Leonie Smit	EZCL (SG)	NED 200301978	<b>33.05</b>		
43.	Ineke Visser	De Wellerobben	NED 199902948	<b>34.90</b>	+0.74	
44.	Meike Numeijer	De Golfbreker	NED 200106400	<b>38.47</b>		
45.	Rebecca de Klein	DZ&PC	NED 200002812	<b>39.30</b>	+1.10	

Programmanr. 13, Dames, 50m vrije slag

Masters 25+

1.	Tamara Grove	De Dolfijn	NED	199601266	<b>26.91</b>	+0.70
2.	Caroline Damen	De Golfbreker	NED	199703088	<b>27.56</b>	
3.	Marre Zandringa	Orca	NED	199701136	<b>27.58</b>	+0.72
4.	Laura Compagner	Dedemsvaart-AC	NED	199804602	<b>27.71</b>	+0.70
5.	Karin Groen	Nova	NED	199502440	<b>27.77</b>	+0.68
6.	Celine Schoenmaker	DWK	NED	199801976	<b>27.96</b>	+0.74
7.	Sietske Veldkamp	ZPC De Hof	NED	199501628	<b>28.27</b>	+0.64
8.	Sanne van de Pol	De Biesboschzwemmers	NED	199800722	<b>28.40</b>	+0.71
9.	Rixt Meijer	HZ&PC Heerenveen	NED	199700202	<b>28.45</b>	+0.73
10.	Dagmar Kruik	Zuiderzeezwemmers	NED	199800008	<b>28.51</b>	+0.69
11.	Myrna Gorter	Neptunia'24	NED	199503158	<b>29.20</b>	+0.74
12.	Evelien de Jong	Neptunia'24	NED	199805316	<b>29.40</b>	+0.75
13.	Lotte Eising	ZPC AMERSFOORT	NED	199502098	<b>29.51</b>	+0.74
14.	Arienne Jonkman	De Wellerobben	NED	199801590	<b>29.54</b>	
15.	Anoeska van de Kraats	DWK	NED	199701284	<b>29.66</b>	+0.66
16.	Hjordis Wagenaar	TRI-X-Kufstein	NED	49731	<b>29.71</b>	+0.77
17.	Rianne van Rijssen	Noord Veluwe	NED	199702360	<b>30.01</b>	
18.	Ana Ramirez de las Heras	SWOL 1894	NED	199806690	<b>30.08</b>	+0.51
19.	Diane Schoenmaker	PSV	NED	199502920	<b>30.18</b>	+0.79
20.	Annemiek Meulenbeld	Orca	NED	199506230	<b>30.29</b>	+0.70
21.	Margien Timmer	ZVL-1886 Center	NED	199506760	<b>31.75</b>	+0.71
22.	Eline Hendriks	ZPC AMERSFOORT	NED	199802794	<b>32.23</b>	+0.92
23.	Anouk van der Lans	Feijenoord Zwemmen (SG)	NED	199801614	<b>32.89</b>	+0.77
24.	Cynthia van Veen	ZVL-1886 Center	NED	199606736	<b>33.37</b>	+0.59
NG	Nina Tourton	ZOB'66	NED	199603612		

Masters 30+

1.	Danique Stoop	Zuiderzeezwemmers	NED	199106956	<b>27.48</b>	+0.68
2.	Marcha Admiraal	De Geul	NED	199300012	<b>27.89</b>	
3.	Elmi Roelofsen	Octopus-ZVV (SG)	NED	199008198	<b>27.97</b>	+0.79
4.	Denise Boereboom	NieMo Barracuda	NED	199202144	<b>28.08</b>	+0.73
5.	Saskia de Klerk	GoSwim	NED	199004612	<b>28.37</b>	+0.72
6.	Joanne van Essen	ZPC AMERSFOORT	NED	199303506	<b>28.96</b>	+0.81
7.	Jolanda Post	DIO	NED	199004848	<b>29.50</b>	+0.75
8.	Suzanne Lange	VZC	NED	199202998	<b>29.86</b>	+0.77
9.	Daphne Robijn-Jongedijk	EZCL (SG)	NED	198903520	<b>29.90</b>	+0.69
10.	Nanda Wobben - de Vries	Steenwijk 1934	NED	199204328	<b>30.17</b>	+0.82
11.	Leontine Groeneveldt	De Duck	NED	199303526	<b>30.27</b>	+0.65
12.	Melissa Zwaan	DAW	NED	199103666	<b>30.45</b>	+0.74
13.	Getrude Corporaal	Steenwijk 1934	NED	199200380	<b>30.49</b>	
14.	Celine Bakker	DAW	NED	199302562	<b>32.48</b>	
15.	Daphne Kievit	ZPC AMERSFOORT	NED	199207058	<b>33.13</b>	+0.87
16.	Ingrid Johannes	De Kempvis	NED	198907370	<b>35.02</b>	
17.	Lidwine Tax	ZVL-1886 Center	NED	199306658	<b>37.55</b>	

Masters 35+

1.	Daniëlle Reijnders	AquAmigos	NED	198504234	<b>29.09</b>	+0.75
2.	Marije Jansen	ZPC AMERSFOORT	NED	198504088	<b>29.11</b>	+0.63
3.	Monique van Huizen	AZC	NED	198706236	<b>29.73</b>	+0.79
4.	Sandra Schellekens	Neptunus'58	NED	198503416	<b>31.41</b>	+0.84
5.	Ramona Hulshof	THOR	NED	198503948	<b>31.50</b>	+0.74
6.	Mariska Zaal	AZC	NED	198806916	<b>32.36</b>	+0.77
7.	Marieke van Dodeweerd	RZC	NED	198600896	<b>33.00</b>	+0.87
8.	Kim Visser	H2Oldambt	NED	198704350	<b>35.55</b>	
9.	Angelique Wammes-Bouman	Zwemvereniging Hoogland	NED	198403604	<b>39.15</b>	



Open Nederlandse Masters  
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Programmanr. 13, Dames, 50m vrije slag

Masters 40+

1.	Ausra Razgune <i>Lithuanian Masters Record</i>	Kaisiadoriu Plaukiam	LTU		<b>27.54</b>	+0.82
2.	Anke Lambooj	De Vliet (SG)	NED	198001182	<b>27.96</b>	
3.	Anne-Marie Verschoor-Vos	De Biesboschzwemmers	NED	198102300	<b>30.04</b>	
4.	Pauline van Gelder - Dieker	Steenwijk 1934	NED	198102346	<b>31.02</b>	+0.84
5.	Esther Poortvliet - Koedam	De Duinkickers	NED	198001824	<b>32.27</b>	
6.	Agnes Vosselman	Octopus-ZVV (SG)	NED	198302184	<b>33.28</b>	
7.	Tineke Kleve	THOR	NED	198001810	<b>33.64</b>	
8.	Martine de Haart	Patrick-De Roersoppers (SG)	NED	197901492	<b>34.00</b>	
9.	Irene Kasteel-Jaspersen	Zuiderzeezwemmers	NED	198102278	<b>34.17</b>	+0.91
10.	Christel Geneuglijk	TriVia	NED	198101894	<b>34.33</b>	+0.70
11.	Tessa Piek	DZ&PC	NED	198102360	<b>34.37</b>	+0.82
12.	Saskia op den Velde	De Duinkickers	NED	197901530	<b>35.25</b>	+0.89
13.	Leonie Scholten	Steenwijk 1934	NED	197901560	<b>35.47</b>	+0.66
14.	Simone Weijland	ZV 44	NED	197901610	<b>42.12</b>	

Masters 45+

1.	Monique Boets	Stadskanaal	NED	197600230	<b>29.64</b>	
2.	Lina Bieliniene	Kaisiadoriu Plaukiam	LTU		<b>30.60</b>	+0.70
3.	Krista de Reus-Trompetter	DZ&PC	NED	197600520	<b>31.05</b>	+0.87
4.	Petra Guijt	RZC	NED	197600978	<b>31.67</b>	
5.	Marian Nederlof	De Geul	NED	197600950	<b>33.14</b>	+0.70
6.	Karin van Dijk	THOR	NED	197601066	<b>34.04</b>	
7.	Sandra Van der Helm	De Rog	NED	197801340	<b>35.91</b>	+0.89
8.	Nicolette Zuidema	ZV 44	NED	197500978	<b>38.91</b>	
9.	Martine Stahlie-Bos	TriVia	NED	197401054	<b>41.64</b>	+1.03

Masters 50+

1.	Edith Janssen-Koolen	TRB-RES	NED	197300898	<b>29.57</b>	+0.69
2.	Yvette Ratering	De Ward	NED	197200990	<b>30.01</b>	
3.	Marjo Goelema-Koek	De Biesboschzwemmers	NED	196900192	<b>30.05</b>	
4.	Annette de Visser	Oceanus	NED	197100602	<b>30.66</b>	+0.87
5.	Janine Franssen	Zwemsport Parkstad	NED	197101108	<b>31.10</b>	
6.	Marjolein Klunne	Hieronymus	NED	197101098	<b>31.53</b>	
7.	Inken Wemheuer	DWT	NED	197101016	<b>31.78</b>	
8.	Trudie van Niejenhuis	TZC-Vahalis	NED	197100444	<b>32.46</b>	
9.	Henriëtte Manting-Holthuis	H2Oldambt	NED	197100246	<b>35.35</b>	+0.95
10.	Hilly Brugmans	Hieronymus	NED	197001112	<b>37.08</b>	+0.81
11.	Irna van der Molen	WS Twente	NED	196900938	<b>37.36</b>	
12.	Kristien Van de Moortel	Shark	BEL	ShaRK/20315/69	<b>38.08</b>	
13.	Rinette van der Vliet	SWOL 1894	NED	197300518	<b>38.58</b>	+0.90

Masters 55+

1.	Saskia Phaff	PSV	NED	196600242	<b>30.69</b>	
2.	Ania Bultena-Rusek	TriVia	NED	196600764	<b>35.98</b>	
3.	Sandra Daamen-Posma	AZC	NED	196800854	<b>36.40</b>	
4.	Christine Buist	De Duinkickers	NED	196400608	<b>37.83</b>	
5.	Ageeth Westenbrink	De Rog	NED	196700712	<b>38.45</b>	+1.00
6.	Roselinda van der Vlugt	De Geul	NED	196700710	<b>39.64</b>	
7.	Riekje Schra	Steenwijk 1934	NED	196400404	<b>1:01.44</b>	

Masters 60+

1.	Marjan Remmits-de Lange	ZPC AMERSFOORT	NED	196300518	<b>30.72</b>	+0.64
2.	Netty Burik-Geijsen	Feijenoord Zwemmen (SG)	NED	196300048	<b>31.52</b>	
3.	Linda Wibbelink	Steenwijk 1934	NED	195900158	<b>35.17</b>	+0.69
4.	Marijke Kraak-Beckers	WS Twente	NED	196000240	<b>35.21</b>	+0.76
5.	Jennie Resink-lindeboom	DWK	NED	196000142	<b>39.57</b>	
6.	Lia Bijkerk	GZC DONK	NED	196000014	<b>40.18</b>	+0.93
7.	Jenny Westervaarder	H2Oldambt	NED	196200424	<b>40.73</b>	



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Programmanr. 13, Dames, 50m vrije slag, Masters 60+

rang	naam	vereniging			tijd	RT	PARA
8.	Katinka Elders	HZ&PC Heerenveen	NED	196000292	<b>44.23</b>		
9.	Gea Kuiper	ZCNF'34	NED	196100104	<b>47.13</b>	+0.86	

Masters 65+

1.	Atie Pijtak-Radersma <i>Kampioenschapsrecord</i>	ZPC AMERSFOORT	NED	195600048	<b>31.19</b>	+0.69	
2.	Marijke van Hoek	ZPC De Zeeuwse Kust	NED	195800050	<b>34.44</b>	+0.75	
3.	Karien Musters	Old Dutch	NED	195800236	<b>50.52</b> *		
4.	Lies Hartman	PSV	NED	195600116	<b>1:00.54</b>		

Masters 70+

1.	Conny Boer-Buys	ZVVS	NED	195000006	<b>34.54</b>	+0.94	
2.	Tineke van Diggelen	ZPCH	NED	195200048	<b>44.95</b>		
3.	Geerdien Meerwaldt	De Geul	NED	195200058	<b>52.09</b>		
4.	Nini van Dongen-de Paepe	ZZ&PC De Devel	NED	195100044	<b>1:07.14</b> *	+1.26	

Masters 85+

1.	Marie Smits	Old Dutch	NED	193800004	<b>52.42</b>		
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Programmanr. 14  
17-02-2023 - 15:35

Heren, 200m wisselslag

Masters Open  
Resultaten

rang	naam	vereniging			tijd	RT	PARA	50m	100m	150m	200m
<b>Masters 20+</b>											
1.	Jasper Breugem	WVZ	NED	200000303	<b>2:14.87</b>	+0.75		29.20	1:03.42	1:43.49	2:14.87
2.	Guus Hoogduin	ZVL-1886 Center	NED	200201069	<b>2:16.31</b>	+0.75		29.07	1:04.30	1:45.27	2:16.31
3.	Remco de Heij	ZPCH	NED	200200161	<b>2:18.51</b>			29.38	1:05.55	1:47.37	2:18.51
4.	David Kievit	De Schotejil	NED	199900325	<b>2:21.39</b>			30.43	1:06.85	1:47.42	2:21.39
5.	Tom Blankestijn	ZPC AMERSFOORT	NED	200201185	<b>2:23.77</b>	+0.75		29.93	1:07.00	1:51.41	2:23.77
6.	D. van den Nieuwendijk	De Columbiaan	NED	200100475	<b>2:23.98</b>	+0.78		29.62	1:06.98	1:47.48	2:23.98
7.	Jelle Opmeer	ZPC AMERSFOORT	NED	200100269	<b>2:24.15</b>	+0.72		30.62	1:07.91	1:49.31	2:24.15
8.	Thomas Hesper	Blue Marlins	NED	200004181	<b>2:26.07</b>	+0.84		29.82	1:09.92	1:50.05	2:26.07
9.	Bart Spaans	ACZ	NED	199902559	<b>2:31.25</b>	+0.50		31.77	1:12.97	1:56.46	2:31.25
10.	Jeroen Louwinger	De Rijn	NED	199900583	<b>2:32.58</b>	+0.70		31.91	1:09.05	1:56.71	2:32.58
11.	Marco van der Wulp	MSV-Zeemacht	NED	200302051	<b>2:33.10</b>	+0.70		30.90	1:11.31	1:56.47	2:33.10

Masters 25+

1.	Kalle van Gemert * 50, 200	ZPC De Zeeuwse Kust	NED	199801259	<b>2:10.52</b>	+0.66		26.73	1:00.54	1:38.95	2:10.52
2.	Bert Duivenvoorde	Noordwijkerhout	NED	199701805	<b>2:12.65</b>	+0.76		27.08	1:02.37	1:40.99	2:12.65
3.	Robin van Beek	ZVL-1886 Center	NED	199704023	<b>2:16.39</b>	+0.73		29.03	1:04.07	1:45.15	2:16.39
4.	Jelle Blankestijn	ZPC AMERSFOORT	NED	199803737	<b>2:20.72</b>	+0.67		30.10	1:06.45	1:49.09	2:20.72
5.	Wesley van der Luit	Sassenheim	NED	199701895	<b>2:35.50</b>			33.52	1:15.10	2:02.08	2:35.50
6.	Jeroen van Dinther	Neptunus'58	NED	199701569	<b>2:37.24</b>	+0.72		33.43	1:14.67	2:00.27	2:37.24
7.	Lars Jacobsen	DWK	NED	199705453	<b>2:39.70</b>	+0.80	528	32.91	1:13.55	2:05.76	2:39.70

Masters 30+

1.	Jesper Oranje	De Duck	NED	199200997	<b>2:16.98</b>	+0.62		27.71	1:02.35	1:43.19	2:16.98
2.	Tim Bunnik	Triton	NED	199000505	<b>2:18.37</b>	+0.77		29.82	1:04.49	1:45.99	2:18.37
3.	Olaf Achterberg	VZC	NED	199000011	<b>2:20.81</b>	+0.82		30.16	1:07.59	1:49.63	2:20.81
4.	Jelmer Meijer	HZ&PC Heerenveen	NED	199001961	<b>2:21.93</b>	+0.58		30.63	1:06.23	1:49.30	2:21.93
5.	Patrick Creemers	RZ	NED	199000579	<b>2:25.69</b>			32.37	1:12.55	1:52.96	2:25.69
6.	Bas Braun	ZPC AMERSFOORT	NED	199106545	<b>2:25.77</b>	+0.80		30.42	1:05.73	1:50.81	2:25.77
7.	M. Steekenburg	De Geul	NED	199300479	<b>3:00.90</b>	+0.79		37.42	1:23.68	2:18.42	3:00.90



Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
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Programmanr. 14, Heren, 200m wisselslag, Masters 30+

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
8. Mark van der Want	GLS Ketelbinkie	NED 199107511	<b>3:04.58</b>		36.22	1:23.89	2:19.63	3:04.58

Masters 35+

1. Yuri van Omme	Zwemvereniging Hoogland	NED 198501887	<b>2:23.14</b>	+0.80	30.91	1:08.89	1:48.74	2:23.14
2. Rob van Vliet	ZPC AMERSFOORT	NED 198402459	<b>2:26.04</b>		31.24	1:09.31	1:50.92	2:26.04
3. Sander van Elburg	TRB-RES	NED 198800937	<b>2:31.72</b>	+0.77	33.15	1:13.78	1:58.63	2:31.72
4. Albert van Piekeren	SWOL 1894	NED 198401767	<b>2:33.02</b>		33.42	1:13.16	1:56.23	2:33.02
5. Harmen Reemst	ZOB'66	NED 198702715	<b>2:42.40</b>	+0.79	33.64	1:15.13	2:02.03	2:42.40

Masters 40+

1. Kristiaan Lenos	ZVL-1886 Center	NED 198301331	<b>2:20.10</b>	* +0.80	29.57	1:06.34	1:46.83	2:20.10
2. Maxime Descatoire	Lille UC Natation	FRA 73751	<b>2:20.87</b>	+0.71	29.20	1:05.40	1:47.34	2:20.87
3. Mark Hensen	NieMo Barracuda	NED 197900497	<b>2:23.70</b>	+0.74	30.67	1:08.34	1:51.04	2:23.70
4. Frank v.d. Voordt	De Schotejil	NED 198302259	<b>2:30.22</b>		31.48	1:10.19	1:54.55	2:30.22
5. Marcel Reefhuis	WS Twente	NED 198101381	<b>2:33.97</b>	+0.53	32.01	1:12.43	1:57.69	2:33.97
6. Dirk Smit	Tiamat	NED 198101559	<b>2:34.32</b>		32.22	1:12.21	1:57.70	2:34.32
7. Michael Buurmeijer	THOR	NED 197901977	<b>2:41.44</b>		33.28	1:15.78	2:03.92	2:41.44
8. Wilco Steenwijk	Octopus-ZVV (SG)	NED 198002465	<b>2:48.45</b>		36.13	1:19.61	2:09.23	2:48.45
9. Rogier van Gent	IJZPC	NED 198000405	<b>2:50.02</b>	+0.80	34.26	1:19.02	2:07.39	2:50.02

Masters 45+

1. Ivo Roozeboom	WVZ	NED 197700801	<b>2:22.34</b>	+0.78	31.18	1:08.62	1:51.91	2:22.34
2. Vincent Versteeg	Zwemlust-den Hommel	NED 197701003	<b>2:25.55</b>	+0.75	31.59	1:11.09	1:51.43	2:25.55
3. László Jüllich	ZPCH	NED 197801893	<b>2:33.35</b>	+0.86	30.63	1:12.01	1:57.23	2:33.35
4. Kees Bakker	Gay Swim Amsterdam	NED 197501055	<b>2:35.04</b>	+0.67	34.69	1:14.83	1:59.65	2:35.04
5. M. van Walt van Praag	Gay Swim Amsterdam	NED 197501425	<b>3:14.68</b>		41.45	1:36.45	2:32.09	3:14.68
6. Tom Bandsma	PSV	NED 197701625	<b>3:17.25</b>	+0.89	46.65	1:34.63	2:31.59	3:17.25

Masters 50+

1. A. Zamorskis	Kaisiadoriu Plaukiam	LTU	<b>2:22.30</b>	+0.62	30.67	1:07.97	1:48.66	2:22.30
2. Vedeastas Seferis	Kauno Takas	LTU	<b>2:24.27</b>		29.75	1:06.66	1:51.34	2:24.27
3. Antwan van Engen	De Ward	NED 197101577	<b>2:34.66</b>		30.45	1:11.22	1:57.62	2:34.66
4. René Beetsma	HZ&PC Heerenveen	NED 196900069	<b>2:42.37</b>	+0.77	33.48	1:13.40	2:02.17	2:42.37
5. Bruno Nahon	Cercle De Natation Sportcity	FRA CNSW/000390/70	<b>2:44.82</b>		34.61	1:17.58	2:05.66	2:44.82
6. Korstiaan de Boer	Steenwijk 1934	NED 197101629	<b>2:49.26</b>	+0.90	36.50	1:19.08	2:09.59	2:49.26
7. Martijn de Jong	DWK	NED 197101659	<b>2:53.73</b>		34.73	1:23.07	2:12.70	2:53.73
8. Ramon Alsina Munoz	Cercle De Natation Sportcity	ESPU CNSW/002552/69	<b>3:12.74</b>		41.91	1:28.78	2:30.18	3:12.74

Masters 55+

1. Erlend Alstad	OI Svømming	NOR M210367ERL02	<b>2:29.64</b>	+0.91	33.02	1:12.68	1:55.46	2:29.64
2. G. van der Leden	PSV	NED 196700597	<b>2:31.58</b>	+1.06	32.09	1:12.02	1:57.97	2:31.58
3. J. van den Berg	WVZ	NED 196801575	<b>2:32.87</b>	+0.82	32.85	1:12.03	1:58.15	2:32.87
4. Hugues Herman	Cercle De Natation Sportcity	BELu CNSW/009743/66	<b>2:33.23</b>	+0.56	33.85	1:12.95	1:58.67	2:33.23
5. Ron Korzelijs	ZPC AMERSFOORT	NED 196500513	<b>2:44.63</b>	+0.68	35.70	1:16.88	2:06.46	2:44.63
6. Henri Michels	De Amstel	NED 196501587	<b>2:49.57</b>		36.95	1:20.53	2:11.59	2:49.57
7. Pascal Tourton	ZOB'66	NED 196601343	<b>2:56.57</b>	+1.02	37.13	1:22.86	2:15.97	2:56.57
8. Robert de Brauwer	De Duinkickers	NED 196401383	<b>3:00.57</b>		39.27	1:24.78	2:19.27	3:00.57
DIS Arnold de Rover	AZ&PC De Futen	NED 196400645	<b>3:39.00</b>		35.24	1:16.35	2:02.64	2:39.00

VL - Het lichaam niet op de borstzijde gehouden (met uitzondering van het keerpunt).

Masters 60+

1. Ronald Grove	Triton	NED 196100161	<b>2:51.64</b>	+0.74	38.30	1:26.89	2:13.61	2:51.64
2. Ron Phaff	PSV	NED 196200495	<b>3:02.67</b>		38.14	1:25.97	2:19.81	3:02.67



Open Nederlandse Masters  
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Programmanr. 14, Heren, 200m wisselslag

Masters 65+

1. Hugo Bregman	WVZ	NED 195800069	<b>2:32.25</b>	+0.75	31.50	1:11.10	1:57.55	2:32.25
<i>Europees Masters Record</i>								
2. Paul Bunnik	Triton	NED 195600413	<b>3:07.95</b>	+0.96	38.94	1:31.50	2:26.20	3:07.95

Masters 70+

1. Pierre Monnet	Entente Sportive Nanterre	FRA 2609667	<b>3:27.77</b>	+0.53	44.13	1:36.75	2:40.54	3:27.77
DIS Nello Spiteri	DAW	NED 195200295						
<i>RF - Nadat het contact met de wand is verbroken na het keerpunt de rugligging niet aangenomen.</i>								

Masters 80+

1. Geza Kaltenecker	AZC	NED 194200065	<b>4:08.10</b>		57.30	2:02.95	3:12.49	4:08.10
<i>Nederlands Masters Record</i>								
2. Rob Hanou	PSV	NED 194300109	<b>4:18.58</b>		1:07.28	2:13.21	3:22.18	4:18.58

Programmanr. 15  
17-02-2023 - 16:05

Dames, 200m wisselslag

Masters Open  
Resultaten

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
<b>Masters 20+</b>								
1. Silke Molendijk	ZVL-1886 Center	NED 200100178	<b>2:22.38</b>		29.76	1:07.54	1:48.94	2:22.38
2. Michelle Zomerdijk	Dedemsvaart-AC	NED 200003196	<b>2:26.85</b>	+0.79	31.88	1:10.61	1:53.18	2:26.85
3. Julia Notenboom	De Columbiaan	NED 200302596	<b>2:28.64</b>	+0.79	31.28	1:09.62	1:54.68	2:28.64
4. Kim Vos	Triton Putten	NED 200000990	<b>2:32.47</b>	+0.66	31.72	1:12.33	1:55.98	2:32.47
5. Rozemarijn van Haaff	ZOB'66	NED 200201852	<b>2:32.89</b>	+0.76	31.91	1:11.65	1:55.83	2:32.89
6. Kim de Jong	De Columbiaan	NED 200301026	<b>2:37.29</b>		33.37	1:14.56	1:59.23	2:37.29
7. Merel Visser	De Duinkickers	NED 199904398	<b>2:37.91</b>	+0.67	33.14	1:14.22	2:01.69	2:37.91
8. Elisah Velgersdijk	ZPC AMERSFOORT	NED 200102436	<b>2:38.97</b>		34.41	1:16.50	2:01.06	2:38.97
9. Mirelle de Kort	Neptunus'58	NED 200005546	<b>2:45.22</b>	+0.65	34.91	1:19.36	2:06.53	2:45.22
10. Sabine Lageweg	Steenwijk 1934	NED 199900926	<b>2:52.29</b>	*	36.39	1:20.22	2:11.09	2:52.29
<b>Masters 25+</b>								
1. Linda Kamperman	Zwemlust-den Hommel	NED 199601238	<b>2:29.16</b>	+0.73	32.09	1:09.34	1:54.74	2:29.16
2. Maaïke van Veen	Dedemsvaart-AC	NED 199700292	<b>2:30.39</b>		32.23	1:09.36	1:53.43	2:30.39
3. Sietske Veldkamp	ZPC De Hof	NED 199501628	<b>2:30.74</b>	+0.59	32.10	1:10.63	1:55.02	2:30.74
4. Manon Kloosterman	Zwemlust-den Hommel	NED 199702082	<b>2:33.66</b>	+0.96	32.91	1:14.02	1:57.95	2:33.66
5. M. van Langevelde	ESCA Zwemmen	NED 199803160	<b>2:36.57</b>	+0.75	33.24	1:14.23	2:01.32	2:36.57
6. Rixt Meijer	HZ&PC Heerenveen	NED 199700202	<b>2:37.87</b>	+0.60	34.35	1:14.20	2:00.31	2:37.87
7. Larissa Jansen	PSV	NED 199500660	<b>2:43.27</b>	+0.88	35.21	1:18.80	2:06.85	2:43.27
8. Diane Schoenmaker	PSV	NED 199502920	<b>2:45.65</b>		35.55	1:16.96	2:06.63	2:45.65
9. Jisca Majolee	ZPC AMERSFOORT	NED 199403570	<b>2:46.35</b>		35.49	1:19.36	2:07.53	2:46.35
10. Janine de Groot	NDD	NED 199500092	<b>2:46.39</b>	+0.85	36.16	1:17.14	2:07.53	2:46.39
11. Chantal Lokhorst	Aqualero	NED 199401362	<b>3:00.02</b>	+0.91	38.03	1:22.00	2:18.33	3:00.02
12. Heleen ten Have	ZVVS	NED 199403000	<b>3:13.50</b>	+1.06	44.58	1:32.28	2:30.57	3:13.50
<b>Masters 30+</b>								
1. Jacyntha Plat	Steenwijk 1934	NED 199002956	<b>2:39.32</b>	+0.78	33.37	1:15.62	2:00.93	2:39.32
2. Wendy de Bruin	ZOB'66	NED 199206320	<b>2:41.77</b>	+0.70	34.78	1:16.49	2:03.38	2:41.77
3. Suzan Blankestijn	ZVL-1886 Center	NED 198900350	<b>2:45.34</b>		34.85	1:19.01	2:04.33	2:45.34
4. Irmgard van Weeghel	ESCA Zwemmen	NED 199204834	<b>2:56.42</b>	+0.81	38.80	1:24.10	2:15.17	2:56.42
5. Joëlle Vaes	DIO	NED 199007576	<b>3:00.75</b>		39.00	1:27.18	2:18.24	3:00.75
6. Marloes Wiekens	THOR	NED 199302970	<b>3:04.57</b>	+0.82	36.34	1:24.22	2:20.36	3:04.57
7. Elke Schellekens	Neptunus'58	NED 199301550	<b>3:06.86</b>	+0.73	39.88	1:28.99	2:23.48	3:06.86
8. Nada Lisa Hut	Aqualero	NED 199307280	<b>3:07.53</b>	+0.76	42.51	1:27.27	2:25.64	3:07.53





Open Nederlandse Masters  
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Programmanr. 15, Dames, 200m wisselslag

Masters 35+

1. V. Háden-Felföldi	Iron Swim	HUN	<b>2:28.82</b>		32.18	1:10.61	1:54.97	2:28.82
2. S. van der Linden	DIO	NED 198802736	<b>2:42.27</b>	+0.69	35.51	1:19.14	2:04.69	2:42.27
3. Samantha van Eijk	De Geul	NED 198806826	<b>2:44.37</b>		38.02	1:19.25	2:07.90	2:44.37
4. Liesbeth van Mill	Zwemlust-den Hommel	NED 198702786	<b>2:48.20</b>		36.38	1:20.37	2:08.42	2:48.20
5. Larissa Brak	ZPC AMERSFOORT	NED 198800572	<b>2:53.84</b>		37.30	1:26.62	2:13.20	2:53.84

Masters 40+

1. Delia Badoux	WVZ	NED 198000042	<b>2:31.96</b>		31.02	1:11.91	1:56.31	2:31.96
<i>Kampioenschapsrecord</i>								
2. Laura Badoux	DAW	NED 198200038	<b>2:40.66</b>		33.89	1:17.59	2:02.29	2:40.66
3. Debbie van Rooijen	IJZPC	NED 198201402	<b>2:44.03</b>		35.26	1:17.32	2:07.26	2:44.03
4. Elke Popma - Blox	Tiamat	NED 198200154	<b>2:48.61</b>	* +0.68	36.06	1:18.47	2:09.55	2:48.61
5. Angela Giezen	Zwemvereniging Hoogland	NED 198302796	<b>2:56.21</b>	* +0.70	40.76	1:25.45	2:15.96	2:56.21
6. E. Poortvliet - Koedam	De Duinkickers	NED 198001824	<b>2:58.60</b>		39.53	1:24.12	2:17.95	2:58.60

Masters 45+

1. Liselotte Joling	PSV	NED 197500268	<b>2:44.73</b>		35.85	1:19.40	2:07.12	2:44.73
2. Ilona Hogerheyde	DAW	NED 197400224	<b>2:46.37</b>	+0.75	34.79	1:17.15	2:06.80	2:46.37
3. Melanie Kuiper	ZIGNEA	NED 197600350	<b>2:52.74</b>	+0.89	38.16	1:20.61	2:14.71	2:52.74
4. Mirjan den Drijver	Feijenoord Zwemmen (SG)	NED 197500884	<b>2:53.86</b>	+0.68	35.46	1:20.05	2:12.31	2:53.86
5. Alina Spijkerman	DAW	NED 197701220	<b>2:58.11</b>	+0.86	39.01	1:24.00	2:18.84	2:58.11
6. Leontine Loeber	SwimGym	NED 197701010	<b>2:58.21</b>		39.15	1:23.99	2:16.06	2:58.21
7. K. de Reus-Trompetter	DZ&PC	NED 197600520	<b>2:59.07</b>		39.26	1:26.07	2:19.10	2:59.07
8. Monica Korndewal	ZPC AMERSFOORT	NED 197701258	<b>3:04.44</b>		37.56	1:28.06	2:21.10	3:04.44
9. Inge Roskam	De Duinkickers	NED 197801296	<b>3:24.49</b>		43.98	1:38.92	2:36.29	3:24.49
10. Clementine Bruxvoort	SCOM/De Zeehond'73 (SG)	NED 197700138	<b>3:34.43</b>	+0.90	46.05	1:39.96	2:45.86	3:34.43

Masters 50+

1. L. v. Bon-Rosenbrand	ZPC AMERSFOORT	NED 197000054	<b>2:43.55</b>	+0.94	35.77	1:19.80	2:06.26	2:43.55
2. Jeanne Petit	PSV	NED 197001020	<b>2:51.69</b>		33.58	1:22.43	2:11.57	2:51.69
3. Bianca Groot	MSV-Zeemacht	NED 197000652	<b>2:55.94</b>		37.18	1:27.88	2:16.73	2:55.94
4. Peggi Hurenkamp	HZ&PC Heerenveen	NED 196900922	<b>3:07.67</b>	+0.69	41.48	1:29.28	2:23.89	3:07.67

Masters 55+

1. Anita Steijger	WVZ	NED 196500628	<b>3:11.68</b>	+0.75	42.43	1:33.99	2:27.97	3:11.68
2. K. van Nassau-van den	IOld Dutch	NED 196600188	<b>3:20.24</b>	+0.96	46.12	1:39.41	2:35.17	3:20.24

Masters 60+

1. Pierrette Michel	Cercle De Natation Sportcity	BELuCNSW/000835/62	<b>2:50.36</b>	*	35.27	1:16.90	2:10.77	2:50.36
<i>Kampioenschapsrecord</i>								
2. P. Tossings-van de Hoo	GZC DONK	NED 196100376	<b>3:07.06</b>		41.31	1:31.30	2:26.27	3:07.06
3. Patty Verhagen	PSV	NED 195900146	<b>3:18.92</b>	+0.81	42.77	1:34.55	2:33.91	3:18.92
4. Linda Wibbelink	Steenwijk 1934	NED 195900158	<b>3:26.73</b>		44.83	1:39.27	2:38.16	3:26.73
5. Hannie Poletiek	TriVia	NED 195900278	<b>3:32.58</b>		50.73	1:45.14	2:46.43	3:32.58

Masters 70+

1. C. Nieuwenhuis	SWOL 1894	NED 195100022	<b>3:27.73</b>		43.27	1:37.23	2:41.24	3:27.73
<i>Nederlands Masters Record</i>								
2. A. Gilding-Tussaud	WS Twente	NED 195000038	<b>4:14.76</b>		1:04.02	2:03.73	3:19.23	4:14.76



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Programmanr. 16  
17-02-2023 - 16:38

4 x 200m vrije slag

Masters Open  
Resultaten

rang	vereniging					tijd	RT	PARA
<b>80+, Dames</b>								
1.	Bubble 1	Bubble	NED			<b>8:57.06</b>		
	<i>Nederlands Masters Record</i>							
	Laura Setz	00	28.77	1:00.28	1:33.50	2:06.55	2:06.55	
	Esmee Kloezen	02	32.32	1:08.75	1:45.58	2:23.76	2:23.76	
	Marijke Drent	99	30.23	1:04.00	1:38.79	2:13.29	2:13.29	
	Sanne Kloezen	02	+0.44 29.51	1:01.95	1:37.12	2:13.46	2:13.46	
2.	Dedemsvaart-AC 1	Dedemsvaart-AC	NED			<b>9:01.76</b>	+0.74	
	Alessia Sluis	03	+0.74 29.60	1:02.47	1:38.05	2:14.51	2:14.51	
	Laura Compagner	98	+0.53 30.48	1:05.60	1:43.07	2:20.90	2:20.90	
	Linde Kolkman	00	+0.20 29.21	1:03.32	1:39.23	2:15.39	2:15.39	
	Michelle Zomerdijk	00	+0.34 28.78	1:01.82	1:36.27	2:10.96	2:10.96	
<b>80+, Heren</b>								
1.	De Golfbreker 1	De Golfbreker	NED			<b>8:11.75</b>	+0.76	
	Derk Jan van Duijn	01	+0.76 29.14	1:00.61	1:32.57	2:04.16	2:04.16	
	Coenraad Floris Stork	03	+0.07 27.76	58.65	1:30.09	2:01.70	2:01.70	
	Edwin Jager	99	+0.31 26.81	57.62	1:30.45	2:04.56	2:04.56	
	Vincent Visser	97	+0.43 27.15	58.14	1:29.65	2:01.33	2:01.33	
2.	MSV-Zeemacht 2	MSV-Zeemacht	NED			<b>9:11.06</b>	+0.54	
	Jordi de Nijs	98	+0.54 28.07	1:00.48	1:35.87	2:12.43	2:12.43	
	Derek Valkenier	92	33.21	1:10.74	1:50.47	2:28.79	2:28.79	
	Mees Minneboo	02	+0.16 28.24	1:01.59	1:37.88	2:14.60	2:14.60	
	Marco van der Wulp	03	29.22	1:03.39	1:40.21	2:15.24	2:15.24	
3.	Steenwijk 1934 3	Steenwijk 1934	NED			<b>9:27.96</b>		
	Jelle Heijman	00	32.74	1:08.77	1:46.50	2:23.07	2:23.07	
	Kylian Kooijman	99	29.42	1:02.79	1:37.86	2:13.85	2:13.85	
	Martijn Lageweg	97	31.14	1:06.91	1:44.38	2:20.17	2:20.17	
	Thomas van Scheepen	00	32.00	1:09.06	1:49.75	2:30.87	2:30.87	
<b>80+, Gemengd</b>								
1.	ZVL-1886 Center 1	ZVL-1886 Center	NED			<b>8:31.48</b>	+0.65	
	<i>Nederlands Masters Record</i>							
	Robin van Beek	97	+0.65 28.38	59.28	1:30.35	2:00.54	2:00.54	
	Guus Hoogduin	02	28.40	59.60	1:32.05	2:03.53	2:03.53	
	Karen Stoik	94	30.67	1:06.26	1:43.75	2:20.49	2:20.49	
	Silke Molendijk	01	+0.25 29.73	1:02.38	1:35.33	2:06.92	2:06.92	
2.	De Columbiaan 1	De Columbiaan	NED			<b>8:46.01</b>		
	Dave van den Nieuwendijk	01	28.16	1:00.77	1:34.91	2:10.96	2:10.96	
	Marjje de Jager	03	30.00	1:05.13	1:43.72	2:23.61	2:23.61	
	Julia Notenboom	03	29.75	1:03.49	1:38.54	2:13.84	2:13.84	
	Daan Hogerhuis	03	26.13	55.39	1:26.15	1:57.60	1:57.60	
<b>100+, Dames</b>								
1.	ZPC AMERSFOORT 4	ZPC AMERSFOORT	NED			<b>10:09.43</b>		
	Lotte Eising	95	34.38	1:13.72	1:55.19	2:36.08	2:36.08	
	Eline Hendriks	98	35.10	1:13.98	1:54.51	2:33.63	2:33.63	
	Larissa Brak	88	34.85	1:14.18	1:55.33	2:35.59	2:35.59	
	Jisca Majolee	94	32.92	1:10.18	1:48.02	2:24.13	2:24.13	
2.	ZVL-1886 Center 3	ZVL-1886 Center	NED			<b>10:29.67</b>	+0.59	
	Lonneke Graansma	99	+0.59 33.98	1:12.92	1:51.97	2:29.19	2:29.19	
	Suzan Blankestijn	89	+0.67 33.80	1:13.44	1:54.03	2:34.06	2:34.06	
	Cynthia van Veen	96	+0.45 36.81	1:20.35	2:07.28	2:52.00	2:52.00	
	Mariska Gach	95	34.93	1:14.05	1:54.76	2:34.42	2:34.42	
3.	De Kempvis 1	De Kempvis	NED			<b>11:31.28</b>		
	Megan Vis	03	38.94	1:24.20	2:12.02	2:57.71	2:57.71	
	Elisabeth Slagboom	92	35.63	1:18.88	2:06.36	2:55.88	2:55.88	
	Ingrid Johannes	89	40.04	1:26.90	2:16.25	3:05.05	3:05.05	
	Rianne Kreft - vd Hoeven	92	33.45	1:11.79	1:52.27	2:32.64	2:32.64	



Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
Heerenveen, 16-19 februari 2023



Programmanr. 16, 4 x 200m vrije slag

100+, Heren

1.	ESCA Zwemmen 1	ESCA Zwemmen	NED				<b>8:30.53</b>	+0.74
	Tim de Vrught	93	+0.74	28.95	1:01.68	1:36.96	2:11.96	2:11.96
	Sander de Vrught	89		28.02	1:00.07	1:33.59	2:06.51	2:06.51
	Jurre Stammes	97		28.06		59.81	1:32.47	2:04.75
	Mike Schel	94	+0.54	28.47	1:00.64	1:34.12	2:07.31	2:07.31
2.	ZVL-1886 Center 2	ZVL-1886 Center	NED				<b>8:55.24</b>	+0.67
	Kristiaan Lenos	83	+0.67	27.43	58.36	1:31.46	2:04.38	2:04.38
	Robin van Peenen	02		28.90	1:02.39	1:38.63	2:14.54	2:14.54
	Jordy van der Drift	93		30.37	1:05.79	1:44.55	2:23.68	2:23.68
	Erik Baalbergen	98		28.84	1:01.42	1:36.87	2:12.64	2:12.64
3.	ZOB'66 3	ZOB'66	NED				<b>9:27.19</b>	+0.72
	Ian van Mullem	96	+0.72	30.58	1:05.34	1:41.98	2:17.66	2:17.66
	Julian Mes	01		29.36	1:03.79	1:40.27	2:14.88	2:14.88
	Boaz Troost	01	+0.37	30.88	1:07.09	1:46.63	2:24.25	2:24.25
	Harmen Reemst	87	+0.29	32.15	1:09.70	1:49.60	2:30.40	2:30.40

100+, Gemengd

1.	DZ&PC 1	DZ&PC	NED				<b>8:16.24</b>	+0.69
	<i>Nederlands Masters Record</i>							
	Amé Hulleman	02	+0.69	29.85	1:02.24	1:35.29	2:08.43	2:08.43
	Erik Nijholt	94		26.92	57.17	1:27.98	1:58.47	1:58.47
	Karin Rijkelijhuizen	94		30.63	1:05.12	1:40.93	2:16.30	2:16.30
	Jelle Betten	00		24.60	52.38	1:22.01	1:53.04	1:53.04
2.	WVZ 1	WVZ	NED				<b>8:47.26</b>	+0.76
	Jordy van Oel	98	+0.76	28.65	1:01.55	1:35.60	2:09.57	2:09.57
	Lauren van IJll	00	+0.58	32.31	1:09.37	1:48.23	2:26.02	2:26.02
	Leonie van Noort	93	+0.27	29.23	1:02.08	1:35.97	2:10.25	2:10.25
	Jasper Breugem	00		27.43	58.39	1:30.16	2:01.42	2:01.42
3.	Steenwijk 1934 5	Steenwijk 1934	NED				<b>9:55.69</b>	
	Getrude Corporaal	92		32.99	1:10.90	1:52.38	2:32.89	2:32.89
	Cynthia Koolman	03		33.73	1:10.33	1:48.34	2:24.63	2:24.63
	Robert Braad	86		28.63	1:02.57	1:37.45	2:11.86	2:11.86
	Patrick Wobben	93	+0.50	36.25	1:17.80	2:02.56	2:46.31	2:46.31

120+, Dames

1.	MSV-Zeemacht 1	MSV-Zeemacht	NED				<b>9:41.38</b>	+0.81
	Kyra Wesemann	02	+0.81	31.90	1:07.19	1:45.89	2:24.52	2:24.52
	Jet Kleine	99		33.63	1:10.77	1:49.32	2:27.29	2:27.29
	Bianca Groot	70		33.45	1:09.81	1:47.42	2:25.21	2:25.21
	Suzanne Mosch	94		33.08	1:09.90	1:47.37	2:24.36	2:24.36
2.	PSV 2	PSV	NED				<b>9:45.66</b>	+0.83
	Diane Schoenmaker	95	+0.83	32.66	1:09.71	1:47.96	2:26.12	2:26.12
	Larissa Jansen	95		31.43	1:06.86	1:44.32	2:22.06	2:22.06
	Nanda van Heteren	89		34.05	1:12.46	1:52.44	2:31.29	2:31.29
	Liselotte Joling	75		33.45	1:11.09	1:49.28	2:26.19	2:26.19
3.	DAW 2	DAW	NED				<b>9:52.72</b>	*
	Laura Badoux	82		32.84	1:09.15	1:47.60	2:26.82	2:26.82
	Marouscha de Vries	99	+0.29	33.59	1:11.29	1:51.68	2:32.24	2:32.24
	Alina Spijkerman	77		33.95	1:12.65	1:52.93	2:33.54	2:33.54
	Melissa Zwaan	91	+0.47	30.74	1:05.84	1:42.93	2:20.12	2:20.12
4.	Steenwijk 1934 1	Steenwijk 1934	NED				<b>10:29.49</b>	+0.84
	Pauline van Gelder - Dieker	81	+0.84	34.50	1:14.06	1:55.80	2:36.22	2:36.22
	Leonie Scholten	79		38.42	1:23.62	2:11.24	2:58.23	2:58.23
	Ageeth de Haan	99		32.69	1:11.08	1:50.05	2:28.15	2:28.15
	Jacyntha Plat	90		32.39	1:10.27	1:49.76	2:26.89	2:26.89
5.	ZOB'66 1	ZOB'66	NED				<b>10:31.56</b>	*
	Nina Tourton	96	+0.87	35.52	1:14.43	1:56.03	2:37.65	2:37.65
	Rozemarijn van Haaff	02		31.51	1:06.34	1:42.63	2:18.55	2:18.55
	Wendy de Bruin	92		33.20	1:09.81	1:48.00	2:25.19	2:25.19
	Danielle Schipper	70		40.45	1:26.60	2:18.13	3:10.17	3:10.17
6.	ZV Hoogland 1	Zwemvereniging Hoogland	NED				<b>10:41.24</b>	+0.78
	Anne-Irene Duchaine	95	+0.78	31.57	1:07.10	1:44.02	2:20.61	2:20.61
	Yvette Meijer	97		36.68	1:18.23	2:02.10	2:44.11	2:44.11
	Angelique Wammes-Bouman	84		38.76	1:23.30	2:09.14	2:55.53	2:55.53
	Angela Giezen	83	+0.41	35.52	1:16.69	1:59.15	2:40.99	2:40.99



Open Nederlandse Masters  
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Programmanr. 16, Dames, 4 x 200m vrije slag, 120+

rang	vereniging					tijd	RT	PARA
7.	De Duinkickers 1	De Duinkickers	NED			<b>10:49.94</b>		
	Merel Visser	99	31.42	1:05.92	1:41.83	2:17.99	2:17.99	
	Saskia op den Velde	79	39.17	1:23.86	2:10.91	2:59.90	2:59.90	
	Inge Roskam	78	40.08	1:27.01	2:16.05	3:04.19	3:04.19	
	Myra Smulders	99	34.54	1:11.78	1:50.11	2:27.86	2:27.86	

120+, Heren

1.	Zuiderzeewimmers 1	Zuiderzeewimmers	NED			<b>8:50.25</b>	+0.59	
	Ilmar Stoop	01	+0.59	28.52	1:00.60	1:33.64	2:06.57	2:06.57
	Gerko Versluis	69	+0.18	31.78	1:08.07	1:46.10	2:22.96	2:22.96
	Jarick Stoop	96	+0.44	28.89	1:02.88	1:38.15	2:12.47	2:12.47
	Jesse van Dijk	99	+0.34	28.72	1:01.51	1:34.86	2:08.25	2:08.25
2.	De Duinkickers 2	De Duinkickers	NED			<b>9:51.60</b>		
	Ruben de Boer	93		35.19	1:14.56	1:55.09	2:32.93	2:32.93
	Jeffrey Roest	97	+0.22	29.79	1:02.63	1:36.19	2:08.99	2:08.99
	Kevin Roest	00	+0.21	30.28	1:04.10	1:37.88	2:11.51	2:11.51
	Marcel Brittijn	69		38.08	1:23.03	2:10.13	2:58.17	2:58.17
3.	SWOL 1894 1	SWOL 1894	NED			<b>10:04.18</b>	+0.82	
	Albert van Piekeren	84	+0.82	32.80	1:08.66	1:45.45	2:22.23	2:22.23
	Peter Lommert	79		32.19	1:11.05	1:53.16	2:33.07	2:33.07
	Rutger Curfs	94		32.02	1:09.04	1:50.16	2:29.62	2:29.62
	Johan Wezenberg	76		32.74	1:12.55	1:56.36	2:39.26	2:39.26

120+, Gemengd

1.	Zwemlust-den Hommel 1	Zwemlust-den Hommel	NED			<b>9:06.37</b>	+0.72	
	Martijn Kornet	97	+0.72	28.60	1:00.14	1:32.97	2:05.34	2:05.34
	Liesbeth van Mill	87	+0.60	34.50	1:13.10	1:53.18	2:33.49	2:33.49
	Danielle Vermeulen	91		33.20	1:10.38	1:48.50	2:27.07	2:27.07
	Matteo Viani	90	+0.41	27.14	57.46	1:28.48	2:00.47	2:00.47
2.	TRB-RES 1	TRB-RES	NED			<b>9:07.17</b>	+0.63	
	Wim van Duuren	01	+0.63	27.53	58.95	1:31.62	2:04.85	2:04.85
	Sander van Elburg	88		29.89	1:03.19	1:37.30	2:11.59	2:11.59
	Edith Janssen-Koolen	73		32.87	1:09.99	1:47.85	2:25.34	2:25.34
	Ariane Krijt	99		32.83	1:09.77	1:48.09	2:25.39	2:25.39
3.	Feijenoord Zwemmen (SG) 1	Feijenoord Zwemmen (SG)	NED			<b>9:57.05</b>	+0.66	
	Patrick Wyrdeeman	97	+0.66	31.35	1:06.21	1:41.33	2:16.28	2:16.28
	Anouk van der Lans	98	+0.44	35.44	1:15.09	1:57.37	2:38.46	2:38.46
	Pieter Broek	77		30.61	1:06.31	1:45.83	2:23.36	2:23.36
	Mirjan den Drijver	75	+0.28	35.25	1:15.06	1:57.00	2:38.95	2:38.95
4.	De Biesboschzwemmers 1	De Biesboschzwemmers	NED			<b>10:09.77</b>	+0.87	
	Wouter van der Stelt	72	+0.87	34.61	1:12.90	1:52.48	2:31.66	2:31.66
	Nico Swart	68	+0.40	35.04	1:15.80	1:58.01	2:38.65	2:38.65
	Mandy Swart	99	+0.30	34.64	1:14.50	1:55.88	2:35.29	2:35.29
	Sanne van de Pol	98	+0.25	33.52	1:10.64	1:48.17	2:24.17	2:24.17

160+, Dames

1.	ZPC AMERSFOORT 2	ZPC AMERSFOORT	NED			<b>10:04.08</b>		
	Lidia v. Bon-Rosenbrand	70		33.23	1:10.00	1:47.67	2:25.03	2:25.03
	Kirsten Opmeer	98		32.46	1:08.48	1:45.54	2:22.80	2:22.80
	Henriëtte v. Norden	68		35.79	1:16.77	1:59.32	2:40.53	2:40.53
	Daphne Kievit	92		34.32	1:13.39	1:54.50	2:35.72	2:35.72

160+, Heren

1.	DAW 1	DAW	NED			<b>9:04.69</b>	+0.77	
	Hans Schoenmakers	69	+0.77	33.63	1:12.71	1:53.45	2:33.69	2:33.69
	Wouter Zijlstra	82	+0.22	31.49	1:07.55	1:44.87	2:22.38	2:22.38
	Alex Damen	75		29.98	1:02.99	1:36.91	2:10.91	2:10.91
	Felix Geenen	95	+0.24	24.69	54.31	1:26.16	1:57.71	1:57.71
2.	ZPC AMERSFOORT 3 * 200m	ZPC AMERSFOORT	NED			<b>9:09.91</b>	+0.76	
	Henk Kuipers	62	+0.76	34.42	1:12.94	1:52.45	2:32.23	2:32.23
	Tom Blankestijn	02		28.42	1:02.27	1:37.00	2:09.92	2:09.92
	Ron Korzelius	65		32.15	1:09.49	1:48.22	2:25.54	2:25.54
	Jelle Blankestijn	98	+0.65	27.27	58.05	1:30.11	2:02.22	2:02.22



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Programmanr. 16, Heren, 4 x 200m vrije slag, 160+

rang	vereniging					tijd	RT	PARA
3.	De Schotejil 1			NED		<b>9:10.42</b>	+0.79	
	Sybren Groenewegen	93	+0.79	30.09	1:03.87	1:38.45	2:12.13	2:12.13
	Nico Paasse	65		33.68	1:11.41	1:51.01	2:29.67	2:29.67
	Frank v.d. Voordt	83	+0.59	30.53	1:04.66	1:40.52	2:15.51	2:15.51
	Niels Albrechts	88		30.20	1:04.90	1:40.23	2:13.11	2:13.11

160+, Gemengd

1.	Kaisiadoriu Plaukiam 1 <i>Lithuanian Masters Record</i>	Kaisiadoriu Plaukiam		LTU		<b>9:40.75</b>	+0.63	
	Lina Bielinienė	74	+0.63	34.17	1:12.01	1:52.74	2:33.63	2:33.63
	Ausra Razgunė	83		30.85	1:06.87	1:44.38	2:20.62	2:20.62
	Mindaugas Sakys	73		33.50	1:10.22	1:48.07	2:24.90	2:24.90
	Raimondas Gincas	74	+0.70	31.65	1:07.80	1:45.37	2:21.60	2:21.60
2.	WVZ 2	WVZ		NED		<b>9:42.07</b>	+0.91	
	Anita Steijger	65	+0.91	39.31	1:22.09	2:05.28	2:47.95	2:47.95
	Markus van Rest	77		31.71	1:07.25	1:44.37	2:20.97	2:20.97
	Manon van Strien	94	+0.55	32.26	1:09.90	1:47.92	2:24.81	2:24.81
	Ivo Roozeboom	77	+0.33	28.82	1:02.58	1:36.64	2:08.34	2:08.34
3.	AZC 1	AZC		NED		<b>10:28.11</b>	+0.76	
	Wim de Lange	58	+0.76	37.82	1:19.62	2:03.32	2:46.30	2:46.30
	Mariska Zaal	88		35.79	1:17.23	2:03.26	2:47.57	2:47.57
	Monique van Huizen	87		33.77	1:11.99	1:53.57	2:34.89	2:34.89
	Patrick Brouwer	93	+0.73	30.63	1:05.89	1:43.13	2:19.35	2:19.35
4.	DWK 1	DWK		NED		<b>11:32.38</b>		
	Jennie Resink-lindeboom	60		43.25	1:30.12	2:19.29	3:06.66	3:06.66
	Greta Wyma-Teitsma	71		43.97	1:36.92	2:32.70	3:24.83	3:24.83
	Martijn de Jong	71		36.13	1:17.17	1:59.98	2:42.10	2:42.10
	Lars Jacobsen	97	+0.45	30.25	1:06.35	1:44.00	2:18.79	2:18.79

200+, Dames

1.	Steenwijk 1934 2	Steenwijk 1934		NED		<b>11:07.86</b>	+0.82	
	Nanda Wobben - de Vries	92	+0.82	32.53	1:09.51	1:47.52	2:24.38	2:24.38
	Monica Bakker	56		42.97	1:31.74	2:21.01	3:08.19	3:08.19
	Wilna Heijman	64		36.40	1:16.93	1:58.84	2:39.82	2:39.82
	Linda Wibbelink	59		40.83	1:26.09	2:11.53	2:55.47	2:55.47
2.	De Geul 1	De Geul		NED		<b>12:57.50</b>		
	Marijke Campfens	69		37.79	1:20.10	2:04.55	2:49.39	2:49.39
	Geerdien Meerwaldt	52		57.55	2:02.73	3:11.32	4:19.53	4:19.53
	Roselinda van der Vlugt	67		47.20	1:42.15	2:38.79	3:32.39	3:32.39
	Marcha Admiraal	93		30.20	1:04.54	1:40.05	2:16.19	2:16.19

200+, Heren

1.	Upstream Amsterdam 1	Upstream Amsterdam		NED		<b>9:23.60</b>	+0.85	
	Arjan Mondria	82	+0.85	31.95	1:07.05	1:43.36	2:20.22	2:20.22
	Peter van Vuuren	60	+0.39	34.25	1:14.18	1:54.37	2:33.08	2:33.08
	Christopher Cardenas	80	+0.54	31.53	1:05.19	1:39.28	2:14.39	2:14.39
	Jan Gert Notenbomer	66		30.69	1:05.41	1:40.65	2:15.91	2:15.91
2.	Sassenheim 1	Sassenheim		NED		<b>9:32.63</b>	+0.79	
	Arjan Buijsse	79	+0.79	31.58	1:07.14	1:44.00	2:20.41	2:20.41
	Rene de Bruin	71		32.38	1:08.85	1:46.46	2:22.92	2:22.92
	Robert Langeveld	71	+0.46	30.91	1:05.66	1:43.12	2:21.84	2:21.84
	Frank van Nobelen	69		32.40	1:09.24	1:48.10	2:27.46	2:27.46
3.	De Ward 1	De Ward		NED		<b>9:38.09</b>		
	Hans Roodzant	60		36.55	1:15.44	1:54.21	2:33.92	2:33.92
	Daniel Prinse	74		33.31	1:09.88	1:46.96	2:24.02	2:24.02
	Clemens de Waal	60		32.99	1:09.65	1:48.27	2:27.26	2:27.26
	Antwan van Engen	71		30.35	1:03.78	1:38.50	2:12.89	2:12.89
4.	Steenwijk 1934 4	Steenwijk 1934		NED		<b>9:45.54</b>	+0.64	
	Casper Dollekamp	63	+0.64	35.32	1:15.18	1:57.37	2:40.14	2:40.14
	Guido Keutgen	68	+0.14	31.27	1:08.40	1:48.62	2:28.58	2:28.58
	Huyb Stegeman	67	+0.48	33.11	1:10.33	1:50.52	2:31.36	2:31.36
	Lauren Vis	82	+0.20	27.18	58.38	1:31.63	2:05.46	2:05.46
5.	De Rog 1	De Rog		NED		<b>10:07.52</b>	+0.90	
	Erik Kamphuis	60	+0.90	35.28	1:14.02	1:53.41	2:31.40	2:31.40
	Roy Le Clercq	64	+0.45	35.70	1:15.45	1:57.17	2:41.33	2:41.33
	Wijnand Vergeest	68		32.00	1:11.69	1:54.16	2:34.85	2:34.85
	Peter Bensen	63		32.29	1:08.27	1:43.95	2:19.94	2:19.94



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Programmanr. 16, 4 x 200m vrije slag

200+, Gemengd

1.	De Biesboschzwemmers 2	De Biesboschzwemmers	NED				<b>10:02.92</b>	+0.96
	Henri Verschoor	70	+0.96	33.57	1:09.81	1:47.79	2:25.30	2:25.30
	Paul Wijnja	63	+0.30	32.41	1:10.19	1:49.08	2:26.96	2:26.96
	Annette Wijnja-Visser	67		35.18	1:14.65	1:55.83	2:36.11	2:36.11
	Anne-Marie Verschoor-Vos	81		34.31	1:13.54	1:53.75	2:34.55	2:34.55
2.	Patrick-De Roersoppers (SG) 1	Patrick-De Roersoppers (SG)	NED				<b>10:29.87</b>	
	Pascal Janssen	73		37.58	1:19.86	2:03.40	2:46.38	2:46.38
	Eric Dumas	69		33.07	1:12.73	1:55.19	2:37.20	2:37.20
	Martine de Haart	79		36.33	1:17.49	1:59.31	2:39.43	2:39.43
	Arno Schrauwen	65		32.94	1:10.56	1:48.90	2:26.86	2:26.86
3.	WS Twente 1	WS Twente	NED				<b>11:27.90</b>	
	Hanneke Heymen	84		39.40	1:23.92	2:10.01	2:54.31	2:54.31
	Jack Barends	62		39.97	1:24.74	2:11.36	2:57.76	2:57.76
	Ima van der Molen	69		42.44	1:31.95	2:22.89	3:12.67	3:12.67
	Eric Hoekman	74		32.23	1:07.81	1:45.99	2:23.16	2:23.16

240+, Gemengd

1.	ZPC AMERSFOORT 1	ZPC AMERSFOORT	NED				<b>9:25.75</b>	+0.90
	<i>Wereld Masters Record</i>							
	Chester Marsman	69	+0.90	28.97	1:01.75	1:35.44	2:09.36	2:09.36
	Atie Pijtak-Radersma	56		34.32	1:13.30	1:53.68	2:33.51	2:33.51
	Marjan Remmits-de Lange	63		33.16	1:10.22	1:49.05	2:28.66	2:28.66
	Johan Remmits	62		30.01	1:03.81	1:39.01	2:14.22	2:14.22
2.	SWOL 1894 2	SWOL 1894	NED				<b>11:35.70</b>	
	Evert-Jan Verweij	63		37.81	1:17.54	1:57.58	2:40.19	2:40.19
	Annet Kootstra	71		40.81	1:26.79	2:14.26	3:01.56	3:01.56
	Erik Wetsteijn	65	+0.55	36.99	1:18.92	2:03.73	2:47.18	2:47.18
	Christine Nieuwenhuis	51		40.61	1:28.77	2:18.12	3:06.77	3:06.77
3.	HZ&PC Heerenveen 1	HZ&PC Heerenveen	NED				<b>12:45.13</b>	+0.78
	Marten de Groot	58	+0.78	32.46	1:09.10	1:47.01	2:24.67	2:24.67
	Ineke Meijer	52		52.57	1:58.48	3:04.90	4:04.87	4:04.87
	Peggi Hurenkamp	69	+0.66	38.84	1:22.29	2:07.19	2:52.99	2:52.99
	Wiebren Dijkstra	58	+0.50	42.90	1:30.90	2:22.15	3:22.60	3:22.60

4 - ONMK 2023 kb sessie 4

18-02-2023 - 9:00

Programmanr. 17 Dames, 800m vrije slag Masters Open  
18-02-2023 - 9:00 Resultaten

rang	naam	vereniging	tijd	RT	PARA
<b>Masters 20+</b>					
1.	Laura Setz	Bubble	NED 200000130	<b>9:15.04</b>	
	50m: 30.47	250m: 2:47.65	450m: 5:08.49	650m: 7:31.01	35.96
	100m: 1:03.90	300m: 3:22.45	500m: 5:43.87	700m: 8:06.48	35.47
	150m: 1:38.64	350m: 3:57.68	550m: 6:19.27	750m: 8:41.64	35.16
	200m: 2:13.37	400m: 4:32.82	600m: 6:55.05	800m: 9:15.04	33.40
2.	Amé Hulleman	DZ&PC	NED 200202794	<b>9:21.15</b>	
	50m: 31.51	250m: 2:51.71	450m: 5:13.62	650m: 7:36.17	35.50
	100m: 1:05.96	300m: 3:27.07	500m: 5:49.43	700m: 8:10.90	34.73
	150m: 1:41.04	350m: 4:02.38	550m: 6:25.12	750m: 8:46.15	35.25
	200m: 2:16.36	400m: 4:38.00	600m: 7:00.67	800m: 9:21.15	35.00
3.	Kim Zwinkels	ZPCH	NED 200300422	<b>9:32.08</b>	
	50m: 32.01	250m: 2:53.89	450m: 5:19.92	650m: 7:46.05	36.31
	100m: 1:06.52	300m: 3:30.16	500m: 5:56.69	700m: 8:22.44	36.39
	150m: 1:41.97	350m: 4:06.47	550m: 6:33.37	750m: 8:58.24	35.80
	200m: 2:17.87	400m: 4:43.17	600m: 7:09.74	800m: 9:32.08	33.84
4.	Marijke Drent	Bubble	NED 199906232	<b>9:41.62</b>	
	50m: 32.50	250m: 2:59.75	450m: 5:28.73	650m: 7:55.53	36.46
	100m: 1:08.18	300m: 3:36.93	500m: 6:05.63	700m: 8:31.67	36.14
	150m: 1:44.82	350m: 4:14.39	550m: 6:42.61	750m: 9:07.42	35.75
	200m: 2:22.23	400m: 4:51.65	600m: 7:19.07	800m: 9:41.62	34.20
5.	Myra Smulders	De Duinkickers	NED 199904308	<b>10:21.47</b>	
	50m: 33.46	250m: 3:05.76	450m: 5:44.23	650m: 8:24.63	40.02
	100m: 1:09.82	300m: 3:45.16	500m: 6:24.50	700m: 9:04.62	39.99
	150m: 1:48.10	350m: 4:24.28	550m: 7:04.71	750m: 9:44.00	39.38
	200m: 2:26.91	400m: 5:04.10	600m: 7:44.61	800m: 10:21.47	37.47
<b>Masters 25+</b>					
1.	Sietske Veldkamp	ZPC De Hof	NED 199501628	<b>9:45.60</b>	+0.73
	50m: 32.00	250m: 2:57.52	450m: 5:25.44	650m: 7:54.39	37.08
	100m: 1:07.89	300m: 3:34.18	500m: 6:02.75	700m: 8:31.67	37.28
	150m: 1:44.23	350m: 4:11.14	550m: 6:39.98	750m: 9:09.22	37.55
	200m: 2:20.74	400m: 4:48.07	600m: 7:17.31	800m: 9:45.60	36.38
2.	Anne-Irene Ducheine	Zwemvereniging Hoogland	NED 199506824	<b>9:54.71</b>	+0.66
	50m: 32.93	250m: 3:01.46	450m: 5:31.31	650m: 8:02.09	37.90
	100m: 1:08.98	300m: 3:39.07	500m: 6:09.04	700m: 8:39.94	37.85
	150m: 1:46.26	350m: 4:16.56	550m: 6:46.56	750m: 9:17.97	38.03
	200m: 2:23.99	400m: 4:53.68	600m: 7:24.19	800m: 9:54.71	36.74
3.	Chantal Beijer	DWT	NED 199700884	<b>10:24.65</b>	
	50m: 34.57	250m: 3:10.53	450m: 5:50.92	650m: 8:30.57	39.18
	100m: 1:12.39	300m: 3:50.00	500m: 6:31.30	700m: 9:09.33	38.76
	150m: 1:51.07	350m: 4:30.01	550m: 7:11.53	750m: 9:48.52	39.19
	200m: 2:30.53	400m: 5:10.45	600m: 7:51.39	800m: 10:24.65	36.13
4.	Karen Stolk	ZVL-1886 Center	NED 199403950	<b>10:29.55</b>	
	50m: 33.99	250m: 3:10.39	450m: 5:50.59	650m: 8:31.35	39.79
	100m: 1:11.35	300m: 3:50.25	500m: 6:30.95	700m: 9:11.25	39.90
	150m: 1:50.68	350m: 4:30.13	550m: 7:11.68	750m: 9:51.47	40.22
	200m: 2:30.43	400m: 5:10.24	600m: 7:51.56	800m: 10:29.55	38.08
5.	Kirsten Opmeer	ZPC AMERSFOORT	NED 199800014	<b>10:30.57</b>	
	50m: 33.97	250m: 3:10.49	450m: 5:51.00	650m: 8:32.45	40.51
	100m: 1:11.78	300m: 3:50.77	500m: 6:31.23	700m: 9:12.58	40.13
	150m: 1:50.84	350m: 4:31.03	550m: 7:11.65	750m: 9:52.81	40.23
	200m: 2:30.66	400m: 5:11.22	600m: 7:51.94	800m: 10:30.57	37.76
6.	Deborah Wissink	ZPC De Hof	NED 199503484	<b>10:30.76</b>	+0.65
	50m: 33.88	250m: 3:10.04	450m: 5:49.55	650m: 8:31.03	40.77
	100m: 1:12.05	300m: 3:49.65	500m: 6:29.71	700m: 9:11.00	39.97
	150m: 1:50.94	350m: 4:29.42	550m: 7:09.90	750m: 9:51.14	40.14
	200m: 2:30.58	400m: 5:09.18	600m: 7:50.26	800m: 10:30.76	39.62
7.	Larissa Jansen	PSV	NED 199500660	<b>10:41.21</b>	
	50m: 35.81	250m: 3:15.92	450m: 5:59.42	650m: 8:41.79	40.55
	100m: 1:14.98	300m: 3:56.92	500m: 6:40.19	700m: 9:22.22	40.43
	150m: 1:54.80	350m: 4:37.58	550m: 7:20.72	750m: 10:02.52	40.30
	200m: 2:35.22	400m: 5:18.72	600m: 8:01.24	800m: 10:41.21	38.69



Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
Heerenveen, 16-19 februari 2023



Programmanr. 17, Dames, 800m vrije slag

Masters 30+

1. Leonie van Noort	WVZ	NED	199301752	<b>9:16.42</b>	+0.81		
<i>Nederlands Masters Record</i>							
50m: 31.24	31.24	250m: 2:50.56	34.84	450m: 5:11.80	35.20	650m: 7:33.26	35.42
100m: 1:05.34	34.10	300m: 3:25.77	35.21	500m: 5:47.12	35.32	700m: 8:08.60	35.34
150m: 1:40.66	35.32	350m: 4:01.33	35.56	550m: 6:22.21	35.09	750m: 8:43.44	34.84
200m: 2:15.72	35.06	400m: 4:36.60	35.27	600m: 6:57.84	35.63	800m: 9:16.42	32.98
2. Maaike Vooren	DAW	NED	199103324	<b>9:40.05</b>			
50m: 33.56	33.56	250m: 2:59.68	37.04	450m: 5:26.61	36.67	650m: 7:53.05	36.14
100m: 1:09.90	36.34	300m: 3:36.66	36.98	500m: 6:03.32	36.71	700m: 8:29.37	36.32
150m: 1:46.15	36.25	350m: 4:13.49	36.83	550m: 6:39.99	36.67	750m: 9:05.20	35.83
200m: 2:22.64	36.49	400m: 4:49.94	36.45	600m: 7:16.91	36.92	800m: 9:40.05	34.85
3. Nanda Wobben - de Vries	Steenwijk 1934	NED	199204328	<b>10:27.82</b>	+0.86		
50m: 34.15	34.15	250m: 3:09.81	39.55	450m: 5:50.27	40.52	650m: 8:30.46	40.23
100m: 1:12.37	38.22	300m: 3:49.38	39.57	500m: 6:30.19	39.92	700m: 9:10.41	39.95
150m: 1:51.01	38.64	350m: 4:29.75	40.37	550m: 7:10.28	40.09	750m: 9:49.79	39.38
200m: 2:30.26	39.25	400m: 5:09.75	40.00	600m: 7:50.23	39.95	800m: 10:27.82	38.03
4. Melissa Zwaan	DAW	NED	199103666	<b>10:36.52</b>			
50m: 34.22	34.22	250m: 3:12.52	40.02	450m: 5:53.04	39.85	650m: 8:34.33	40.57
100m: 1:12.77	38.55	300m: 3:52.81	40.29	500m: 6:33.51	40.47	700m: 9:15.02	40.69
150m: 1:52.57	39.80	350m: 4:32.79	39.98	550m: 7:13.87	40.36	750m: 9:56.11	41.09
200m: 2:32.50	39.93	400m: 5:13.19	40.40	600m: 7:53.76	39.89	800m: 10:36.52	40.41
5. Suzanne Lange	VZC	NED	199202998	<b>10:38.02</b>			
50m: 34.63	34.63	250m: 3:13.46	39.68	450m: 5:53.80	40.13	650m: 8:36.74	40.76
100m: 1:13.51	38.88	300m: 3:53.59	40.13	500m: 6:34.35	40.55	700m: 9:17.63	40.89
150m: 1:53.48	39.97	350m: 4:33.45	39.86	550m: 7:15.08	40.73	750m: 9:58.92	41.29
200m: 2:33.78	40.30	400m: 5:13.67	40.22	600m: 7:55.98	40.90	800m: 10:38.02	39.10
6. Danielle Vermeulen	Zwemlust-den Hommel	NED	199108534	<b>10:40.72</b>	+0.78		
50m: 35.93	35.93	250m: 3:17.68	40.52	450m: 6:01.63	40.77	650m: 8:43.08	39.79
100m: 1:15.55	39.62	300m: 3:58.61	40.93	500m: 6:42.21	40.58	700m: 9:22.87	39.79
150m: 1:56.09	40.54	350m: 4:39.71	41.10	550m: 7:22.75	40.54	750m: 10:02.28	39.41
200m: 2:37.16	41.07	400m: 5:20.86	41.15	600m: 8:03.29	40.54	800m: 10:40.72	38.44
7. Nanda van Heteren	PSV	NED	198901728	<b>10:53.60</b>			
50m: 35.79	35.79	250m: 3:20.74	41.88	450m: 6:08.09	41.30	650m: 8:53.87	41.74
100m: 1:15.88	40.09	300m: 4:03.27	42.53	500m: 6:49.66	41.57	700m: 9:35.12	41.25
150m: 1:57.12	41.24	350m: 4:44.78	41.51	550m: 7:30.74	41.08	750m: 10:15.66	40.54
200m: 2:38.86	41.74	400m: 5:26.79	42.01	600m: 8:12.13	41.39	800m: 10:53.60	37.94
8. Suzan Blankestijn	ZVL-1886 Center	NED	198900350	<b>11:00.16</b>			
50m: 35.31	35.31	250m: 3:21.84	42.22	450m: 6:08.65	41.59	650m: 8:56.15	42.15
100m: 1:15.87	40.56	300m: 4:03.23	41.39	500m: 6:50.57	41.92	700m: 9:37.86	41.71
150m: 1:57.52	41.65	350m: 4:45.11	41.88	550m: 7:32.46	41.89	750m: 10:19.89	42.03
200m: 2:39.62	42.10	400m: 5:27.06	41.95	600m: 8:14.00	41.54	800m: 11:00.16	40.27
9. Jacqueline van den Beukel	NieMo Barracuda	NED	199100238	<b>11:34.50</b>			
50m: 37.33	37.33	250m: 3:27.05	42.52	450m: 6:23.64	44.83	650m: 9:23.56	44.55
100m: 1:19.05	41.72	300m: 4:10.66	43.61	500m: 7:08.50	44.86	700m: 10:08.36	44.80
150m: 2:01.82	42.77	350m: 4:54.56	43.90	550m: 7:53.80	45.30	750m: 10:52.94	44.58
200m: 2:44.53	42.71	400m: 5:38.81	44.25	600m: 8:39.01	45.21	800m: 11:34.50	41.56

Masters 35+

1. Viktória Háden-Felföldi	Iron Swim	HUN		<b>9:37.37</b>			
<i>Hungarian Masters Record</i>							
50m: 32.61	32.61	250m: 2:55.73	36.29	450m: 5:22.01	36.71	650m: 7:49.12	36.64
100m: 1:07.65	35.04	300m: 3:32.10	36.37	500m: 5:58.48	36.47	700m: 8:25.80	36.68
150m: 1:43.33	35.68	350m: 4:08.75	36.65	550m: 6:35.56	37.08	750m: 9:02.34	36.54
200m: 2:19.44	36.11	400m: 4:45.30	36.55	600m: 7:12.48	36.92	800m: 9:37.37	35.03
2. Jenny Schouten	MZ&PC	NED	198703674	<b>9:47.40</b>			
50m: 32.08	32.08	250m: 2:57.96	37.29	450m: 5:28.76	38.13	650m: 7:58.04	36.88
100m: 1:07.17	35.09	300m: 3:35.87	37.91	500m: 6:06.06	37.30	700m: 8:35.26	37.22
150m: 1:43.68	36.51	350m: 4:13.48	37.61	550m: 6:43.58	37.52	750m: 9:12.46	37.20
200m: 2:20.67	36.99	400m: 4:50.63	37.15	600m: 7:21.16	37.58	800m: 9:47.40	34.94
3. Irene Snakenborg	De Inktvis	NED	198603334	<b>10:48.96</b>			
50m: 34.91	34.91	250m: 3:14.16	40.57	450m: 5:59.89	41.72	650m: 8:46.81	41.74
100m: 1:13.44	38.53	300m: 3:55.49	41.33	500m: 6:41.62	41.73	700m: 9:28.40	41.59
150m: 1:53.34	39.90	350m: 4:36.65	41.16	550m: 7:23.30	41.68	750m: 10:09.63	41.23
200m: 2:33.59	40.25	400m: 5:18.17	41.52	600m: 8:05.07	41.77	800m: 10:48.96	39.33





Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
Heerenveen, 16-19 februari 2023



Programmanr. 17, Dames, 800m vrije slag, Masters 35+

rang	naam	vereniging	tijd	RT	PARA			
4.	Linda van Klei	GZC DONK	<b>10:50.22</b>					
	50m: 36.22	36.22	250m: 3:18.45	41.21	450m: 6:04.42	41.70	650m: 8:50.18	41.10
	100m: 1:15.64	39.42	300m: 3:59.80	41.35	500m: 6:46.04	41.62	700m: 9:31.47	41.29
	150m: 1:56.21	40.57	350m: 4:41.04	41.24	550m: 7:27.58	41.54	750m: 10:12.03	40.56
	200m: 2:37.24	41.03	400m: 5:22.72	41.68	600m: 8:09.08	41.50	800m: 10:50.22	38.19
5.	Liesbeth van Mill	Zwemlust-den Hommel	<b>11:08.84</b>					
	50m: 37.67	37.67	250m: 3:25.50	42.19	450m: 6:12.84	41.83	650m: 9:02.07	42.35
	100m: 1:18.96	41.29	300m: 4:07.15	41.65	500m: 6:54.94	42.10	700m: 9:44.55	42.48
	150m: 2:01.04	42.08	350m: 4:49.10	41.95	550m: 7:37.46	42.52	750m: 10:27.49	42.94
	200m: 2:43.31	42.27	400m: 5:31.01	41.91	600m: 8:19.72	42.26	800m: 11:08.84	41.35
6.	Nikki Roon	IJZPC	<b>11:26.97</b>					
	50m: 37.40	37.40	250m: 3:24.45	42.89	450m: 6:18.45	44.06	650m: 9:16.66	44.72
	100m: 1:18.02	40.62	300m: 4:07.55	43.10	500m: 7:02.82	44.37	700m: 10:01.00	44.34
	150m: 1:59.58	41.56	350m: 4:50.82	43.27	550m: 7:47.35	44.53	750m: 10:45.48	44.48
	200m: 2:41.56	41.98	400m: 5:34.39	43.57	600m: 8:31.94	44.59	800m: 11:26.97	41.49

Masters 40+

1.	Anke Lambooij	De Vliet (SG)	<b>10:30.73</b>	+0.89				
	50m: 33.53	33.53	250m: 3:10.79	40.54	450m: 5:50.72	39.90	650m: 8:31.95	40.66
	100m: 1:10.85	37.32	300m: 3:50.62	39.83	500m: 6:31.09	40.37	700m: 9:12.72	40.77
	150m: 1:50.14	39.29	350m: 4:30.80	40.18	550m: 7:11.22	40.13	750m: 9:52.86	40.14
	200m: 2:30.25	40.11	400m: 5:10.82	40.02	600m: 7:51.29	40.07	800m: 10:30.73	37.87
2.	Agnes van Brug	DAW	<b>11:08.39</b>					
	50m: 37.76	37.76	250m: 3:25.58	42.56	450m: 6:14.33	41.94	650m: 9:03.33	42.27
	100m: 1:18.83	41.07	300m: 4:07.99	42.41	500m: 6:56.40	42.07	700m: 9:45.49	42.16
	150m: 2:00.73	41.90	350m: 4:50.13	42.14	550m: 7:38.72	42.32	750m: 10:27.93	42.44
	200m: 2:43.02	42.29	400m: 5:32.39	42.26	600m: 8:21.06	42.34	800m: 11:08.39	40.46
3.	Jessica Venema	GZC DONK	<b>11:25.78</b>					
	50m: 37.14	37.14	250m: 3:25.80	43.34	450m: 6:20.62	43.78	650m: 9:16.51	44.12
	100m: 1:17.92	40.78	300m: 4:09.42	43.62	500m: 7:04.40	43.78	700m: 10:00.94	44.43
	150m: 1:59.62	41.70	350m: 4:53.23	43.81	550m: 7:48.30	43.90	750m: 10:45.12	44.18
	200m: 2:42.46	42.84	400m: 5:36.84	43.61	600m: 8:32.39	44.09	800m: 11:25.78	40.66
4.	Linda Hoogendam	WVZ	<b>11:47.89</b>	+0.80				
	50m: 38.24	38.24	250m: 3:34.91	44.52	450m: 6:34.78	44.91	650m: 9:36.65	45.41
	100m: 1:21.67	43.43	300m: 4:19.51	44.60	500m: 7:20.25	45.47	700m: 10:22.03	45.38
	150m: 2:05.77	44.10	350m: 5:04.39	44.88	550m: 8:05.26	45.01	750m: 11:06.86	44.83
	200m: 2:50.39	44.62	400m: 5:49.87	45.48	600m: 8:51.24	45.98	800m: 11:47.89	41.03

Masters 45+

1.	Liselotte Joling	PSV	<b>10:05.32</b>					
	50m: 34.42	34.42	250m: 3:05.39	37.66	450m: 5:39.45	38.88	650m: 8:12.21	38.13
	100m: 1:11.55	37.13	300m: 3:43.41	38.02	500m: 6:17.68	38.23	700m: 8:50.37	38.16
	150m: 1:49.51	37.96	350m: 4:21.51	38.10	550m: 6:55.83	38.15	750m: 9:28.78	38.41
	200m: 2:27.73	38.22	400m: 5:00.57	39.06	600m: 7:34.08	38.25	800m: 10:05.32	36.54
2.	Melanie Kuiper	ZIGNEA	<b>10:26.48</b>					
	50m: 35.27	35.27	250m: 3:12.77	40.23	450m: 5:53.44	40.01	650m: 8:32.12	39.00
	100m: 1:13.54	38.27	300m: 3:52.70	39.93	500m: 6:33.60	40.16	700m: 9:11.25	39.13
	150m: 1:52.91	39.37	350m: 4:33.15	40.45	550m: 7:13.55	39.95	750m: 9:49.97	38.72
	200m: 2:32.54	39.63	400m: 5:13.43	40.28	600m: 7:53.12	39.57	800m: 10:26.48	36.51
3.	Alina Spijkerman	DAW	<b>11:13.51</b>					
	50m: 37.19	37.19	250m: 3:27.56	42.91	450m: 6:19.21	42.75	650m: 9:09.43	42.36
	100m: 1:18.90	41.71	300m: 4:11.00	43.44	500m: 7:01.39	42.18	700m: 9:52.91	43.48
	150m: 2:01.83	42.93	350m: 4:53.52	42.52	550m: 7:43.91	42.52	750m: 10:35.20	42.29
	200m: 2:44.65	42.82	400m: 5:36.46	42.94	600m: 8:27.07	43.16	800m: 11:13.51	38.31
4.	Petra Guijt	RZC	<b>11:24.46</b>					
	50m: 38.07	38.07	250m: 3:30.60	43.53	450m: 6:24.71	43.21	650m: 9:17.52	42.87
	100m: 1:20.36	42.29	300m: 4:14.47	43.87	500m: 7:07.88	43.17	700m: 10:00.79	43.27
	150m: 2:03.85	43.49	350m: 4:58.22	43.75	550m: 7:51.32	43.44	750m: 10:44.66	43.87
	200m: 2:47.07	43.22	400m: 5:41.50	43.28	600m: 8:34.65	43.33	800m: 11:24.46	39.80

Masters 50+

1.	Bianca Groot	MSV-Zeemacht	<b>10:32.74</b>					
	50m: 35.70	35.70	250m: 3:13.34	39.72	450m: 5:52.23	39.73	650m: 8:32.05	40.03
	100m: 1:14.61	38.91	300m: 3:53.02	39.68	500m: 6:32.00	39.77	700m: 9:12.36	40.31
	150m: 1:54.17	39.56	350m: 4:32.67	39.65	550m: 7:11.85	39.85	750m: 9:52.91	40.55
	200m: 2:33.62	39.45	400m: 5:12.50	39.83	600m: 7:52.02	40.17	800m: 10:32.74	39.83



Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
Heerenveen, 16-19 februari 2023



Programmanr. 17, Dames, 800m vrije slag, Masters 50+

rang	naam	vereniging	tijd	RT	PARA
2.	Micky Grulms <i>Luxembourg Masters Record</i>	Luxembourg Sharks Swimming CLUX 4029	<b>10:38.48</b>		
	50m: 36.57 36.57	250m: 3:17.03 39.76	450m: 5:58.25 40.60	650m: 8:38.77 39.75	
	100m: 1:16.00 39.43	300m: 3:56.92 39.89	500m: 6:38.37 40.12	700m: 9:19.17 40.40	
	150m: 1:56.44 40.44	350m: 4:37.14 40.22	550m: 7:18.72 40.35	750m: 9:59.51 40.34	
	200m: 2:37.27 40.83	400m: 5:17.65 40.51	600m: 7:59.02 40.30	800m: 10:38.48 38.97	
3.	Annette de Visser	Oceanus NED 197100602	<b>10:55.39 *</b>		
	50m: 35.92 35.92	250m: 3:19.95 41.48	450m: 6:06.51 41.36	650m: 8:52.22 41.21	
	100m: 1:15.68 39.76	300m: 4:01.56 41.61	500m: 6:47.78 41.27	700m: 9:33.73 41.51	
	150m: 1:57.09 41.41	350m: 4:43.23 41.67	550m: 7:29.46 41.68	750m: 10:15.63 41.90	
	200m: 2:38.47 41.38	400m: 5:25.15 41.92	600m: 8:11.01 41.55	800m: 10:55.39 39.76	
4.	Karin Stein	ZVVS NED 197100554	<b>10:56.68</b>		
	50m: 37.13 37.13	250m: 3:18.57 41.10	450m: 6:04.68 41.68	650m: 8:52.27 42.13	
	100m: 1:16.57 39.44	300m: 3:59.81 41.24	500m: 6:46.74 42.06	700m: 9:34.08 41.81	
	150m: 1:56.92 40.35	350m: 4:41.54 41.73	550m: 7:28.53 41.79	750m: 10:16.00 41.92	
	200m: 2:37.47 40.55	400m: 5:23.00 41.46	600m: 8:10.14 41.61	800m: 10:56.68 40.68	
5.	Inken Wemheuer	DWT NED 197101016	<b>11:32.38</b>		
	50m: 37.77 37.77	250m: 3:31.93 44.62	450m: 6:30.31 44.43	650m: 9:26.06 43.94	
	100m: 1:19.81 42.04	300m: 4:16.85 44.92	500m: 7:13.81 43.50	700m: 10:09.40 43.34	
	150m: 2:03.25 43.44	350m: 5:01.37 44.52	550m: 7:57.85 44.04	750m: 10:52.49 43.09	
	200m: 2:47.31 44.06	400m: 5:45.88 44.51	600m: 8:42.12 44.27	800m: 11:32.38 39.89	

Masters 55+

1.	Wilna Heijman	Steenwijk 1934 NED 196400506	<b>11:11.89</b>		
	50m: 38.39 38.39	250m: 3:26.08 42.31	450m: 6:16.72 42.82	650m: 9:07.40 42.75	
	100m: 1:19.74 41.35	300m: 4:08.61 42.53	500m: 6:59.41 42.69	700m: 9:49.84 42.44	
	150m: 2:01.75 42.01	350m: 4:51.45 42.84	550m: 7:41.92 42.51	750m: 10:31.55 41.71	
	200m: 2:43.77 42.02	400m: 5:33.90 42.45	600m: 8:24.65 42.73	800m: 11:11.89 40.34	
2.	Laura Staal	Oceanus NED 196700358	<b>12:21.48</b>		
	50m: 40.54 40.54	250m: 3:45.31 46.93	450m: 6:53.84 46.95	650m: 10:01.50 47.08	
	100m: 1:25.87 45.33	300m: 4:32.22 46.91	500m: 7:41.01 47.17	700m: 10:48.71 47.21	
	150m: 2:11.86 45.99	350m: 5:19.74 47.52	550m: 8:27.63 46.62	750m: 11:35.68 46.97	
	200m: 2:58.38 46.52	400m: 6:06.89 47.15	600m: 9:14.42 46.79	800m: 12:21.48 45.80	

Masters 60+

1.	Dr. Barbara Gellrich <i>Kampioenschapsrecord, German Masters Record</i>	Mainzer Schwimmverein 01 GER 61226	<b>10:48.22</b>		
	50m: 35.79 35.79	250m: 3:18.84 41.28	450m: 6:04.16 41.18	650m: 8:48.83 41.07	
	100m: 1:15.51 39.72	300m: 4:00.30 41.46	500m: 6:45.41 41.25	700m: 9:29.69 40.86	
	150m: 1:56.24 40.73	350m: 4:41.65 41.35	550m: 7:26.80 41.39	750m: 10:10.03 40.34	
	200m: 2:37.56 41.32	400m: 5:22.98 41.33	600m: 8:07.76 40.96	800m: 10:48.22 38.19	
2.	P. Tossings-van de Hooven	GZC DONK NED 196100376	<b>11:54.81</b>		
	50m: 40.32 40.32	250m: 3:40.39 45.37	450m: 6:40.70 45.38	650m: 9:41.97 45.41	
	100m: 1:24.63 44.31	300m: 4:25.02 44.63	500m: 7:25.84 45.14	700m: 10:27.24 45.27	
	150m: 2:09.77 45.14	350m: 5:10.13 45.11	550m: 8:11.14 45.30	750m: 11:12.33 45.09	
	200m: 2:55.02 45.25	400m: 5:55.32 45.19	600m: 8:56.56 45.42	800m: 11:54.81 42.48	
3.	Patty Verhagen	PSV NED 195900146	<b>11:56.44</b>		
	50m: 41.93 41.93	250m: 3:40.51 45.12	450m: 6:41.15 45.18	650m: 9:42.93 45.58	
	100m: 1:25.94 44.01	300m: 4:25.75 45.24	500m: 7:26.51 45.36	700m: 10:28.04 45.11	
	150m: 2:10.48 44.54	350m: 5:10.87 45.12	550m: 8:11.92 45.41	750m: 11:12.96 44.92	
	200m: 2:55.39 44.91	400m: 5:55.97 45.10	600m: 8:57.35 45.43	800m: 11:56.44 43.48	

Masters 65+

1.	Monica Bakker	Steenwijk 1934 NED 195600082	<b>13:52.15 *</b>		
	50m: 46.88 46.88	250m: 4:11.60 52.28	450m: 7:42.17 52.40	650m: 11:14.97 53.44	
	100m: 1:36.30 49.42	300m: 5:04.39 52.79	500m: 8:35.37 53.20	700m: 12:08.22 53.25	
	150m: 2:27.44 51.14	350m: 5:56.86 52.47	550m: 9:28.39 53.02	750m: 13:01.21 52.99	
	200m: 3:19.32 51.88	400m: 6:49.77 52.91	600m: 10:21.53 53.14	800m: 13:52.15 50.94	

Masters 70+



Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
Heerenveen, 16-19 februari 2023



Programmanr. 17, Dames, 800m vrije slag, Masters 70+

rang	naam	vereniging					tijd	RT	PARA
1.	Conny Boer-Buys	ZVVS	NED 195000006				<b>12:55.33</b>		
	50m: 41.63	41.63	250m: 3:59.48	49.78	450m: 7:15.97	49.17	650m: 10:32.29	49.72	
	100m: 1:28.51	46.88	300m: 4:48.94	49.46	500m: 8:05.20	49.23	700m: 11:21.19	48.90	
	150m: 2:19.63	51.12	350m: 5:38.44	49.50	550m: 8:53.82	48.62	750m: 12:09.77	48.58	
	200m: 3:09.70	50.07	400m: 6:26.80	48.36	600m: 9:42.57	48.75	800m: 12:55.33	45.56	
2.	Gonnie Bak	PSV	NED 195100064				<b>16:06.33</b>		
	50m: 50.83	50.83	250m: 4:55.25	1:00.88	450m: 9:03.29	1:03.53	650m: 13:07.27	1:01.27	
	100m: 1:49.68	58.85	300m: 5:55.87	1:00.62	500m: 10:04.55	1:01.26	700m: 14:09.56	1:02.29	
	150m: 2:52.92	1:03.24	350m: 6:57.63	1:01.76	550m: 11:05.43	1:00.88	750m: 15:09.29	59.73	
	200m: 3:54.37	1:01.45	400m: 7:59.76	1:02.13	600m: 12:06.00	1:00.57	800m: 16:06.33	57.04	

Programmanr. 18  
18-02-2023 - 10:28

Heren, 400m wisselslag

Masters Open  
Resultaten

rang	naam	vereniging					tijd	RT	PARA
<b>Masters 20+</b>									
1.	Guus Hoogduin * 100 m	ZVL-1886 Center	NED 200201069				<b>4:44.37 *</b>		
	50m: 29.41	29.41	150m: 1:39.54	36.84	250m: 2:56.94	40.90	350m: 4:12.85	34.27	
	100m: 1:02.70	33.29	200m: 2:16.04	36.50	300m: 3:38.58	41.64	400m: 4:44.37	31.52	
2.	Daan Hogerhuis	De Columbiaan	NED 200300317				<b>4:49.27</b>	+0.78	
	50m: 28.99	28.99	150m: 1:40.66	36.80	250m: 2:58.48	41.62	350m: 4:15.50	34.29	
	100m: 1:03.86	34.87	200m: 2:16.86	36.20	300m: 3:41.21	42.73	400m: 4:49.27	33.77	
3.	Aron Paasse	De Schotejil	NED 200000099				<b>4:59.02</b>	+0.59	
	50m: 30.88	30.88	150m: 1:44.38	38.09	250m: 3:05.51	42.40	350m: 4:24.28	35.58	
	100m: 1:06.29	35.41	200m: 2:23.11	38.73	300m: 3:48.70	43.19	400m: 4:59.02	34.74	
4.	David Kievit	De Schotejil	NED 199900325				<b>5:03.18</b>		
	50m: 30.64	30.64	150m: 1:46.74	39.68	250m: 3:07.75	42.24	350m: 4:27.15	36.23	
	100m: 1:07.06	36.42	200m: 2:25.51	38.77	300m: 3:50.92	43.17	400m: 5:03.18	36.03	

Masters 25+

1.	Jeffrey Camphens	DWT	NED 199503113				<b>4:51.45</b>	+0.71	
	50m: 30.93	30.93	150m: 1:45.89	39.23	250m: 3:05.65	41.28	350m: 4:19.77	33.31	
	100m: 1:06.66	35.73	200m: 2:24.37	38.48	300m: 3:46.46	40.81	400m: 4:51.45	31.68	
2.	Bert Duivenvoorde	Noordwijkerhout	NED 199701805				<b>4:55.38</b>		
	50m: 28.97	28.97	150m: 1:41.65	38.90	250m: 3:03.36	43.29	350m: 4:22.83	34.77	
	100m: 1:02.75	33.78	200m: 2:20.07	38.42	300m: 3:48.06	44.70	400m: 4:55.38	32.55	
3.	Donny van den Bosch	Zwemlust-den Hommel	NED 199502001				<b>5:00.67</b>	+0.73	
	50m: 29.39	29.39	150m: 1:42.47	38.87	250m: 3:05.67	44.29	350m: 4:25.52	36.61	
	100m: 1:03.60	34.21	200m: 2:21.38	38.91	300m: 3:48.91	43.24	400m: 5:00.67	35.15	

Masters 30+

1.	Tim Bunnik	Triton	NED 199000505				<b>4:58.71</b>		
	50m: 31.82	31.82	150m: 1:46.94	37.36	250m: 3:06.02	41.84	350m: 4:24.07	34.33	
	100m: 1:09.58	37.76	200m: 2:24.18	37.24	300m: 3:49.74	43.72	400m: 4:58.71	34.64	
2.	Jelmer Meijer	HZ&PC Heerenveen	NED 199001961				<b>5:01.93</b>	+0.85	
	50m: 32.04	32.04	150m: 1:47.19	37.67	250m: 3:08.32	44.58	350m: 4:28.05	35.62	
	100m: 1:09.52	37.48	200m: 2:23.74	36.55	300m: 3:52.43	44.11	400m: 5:01.93	33.88	
3.	Patrick Creemers	RZ	NED 199000579				<b>5:21.63</b>	+0.82	
	50m: 34.55	34.55	150m: 1:59.51	40.24	250m: 3:24.24	43.31	350m: 4:44.91	37.27	
	100m: 1:19.27	44.72	200m: 2:40.93	41.42	300m: 4:07.64	43.40	400m: 5:21.63	36.72	

Masters 35+

1.	Rob van Vliet	ZPC AMERSFOORT	NED 198402459				<b>5:16.33</b>		
	50m: 32.67	32.67	150m: 1:53.54	41.71	250m: 3:16.37	43.07	350m: 4:39.31	38.69	
	100m: 1:11.83	39.16	200m: 2:33.30	39.76	300m: 4:00.62	44.25	400m: 5:16.33	37.02	



Open Nederlandse Masters  
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Heerenveen, 16-19 februari 2023



Programmanr. 18, Heren, 400m wisselslag, Masters 35+

rang	naam	vereniging	tijd	RT	PARA			
2.	Peter van de Bor	DWT	<b>5:46.61</b>	+0.80				
	50m: 34.91	34.91	150m: 2:02.64	41.92	250m: 3:37.14	50.19	350m: 5:05.62	40.00
	100m: 1:20.72	45.81	200m: 2:46.95	44.31	300m: 4:25.62	48.48	400m: 5:46.61	40.99
3.	Sander van Elburg	TRB-RES	<b>6:09.00</b>	+1.13				
	50m: 42.37	42.37	150m: 2:19.12	48.06	250m: 3:55.78	50.20	350m: 5:28.50	42.12
	100m: 1:31.06	48.69	200m: 3:05.58	46.46	300m: 4:46.38	50.60	400m: 6:09.00	40.50

Masters 40+

1.	Maxime Descatoire	Lille UC Natation	<b>5:00.91</b>	+0.74				
	50m: 30.97	30.97	150m: 1:47.06	39.70	250m: 3:09.17	43.21	350m: 4:27.53	34.98
	100m: 1:07.36	36.39	200m: 2:25.96	38.90	300m: 3:52.55	43.38	400m: 5:00.91	33.38
2.	Kristiaan Lenos * 100 m	ZVL-1886 Center	<b>5:05.48</b>					
	50m: 31.05	31.05	150m: 1:47.48	39.67	250m: 3:10.89	42.81	350m: 4:30.64	35.34
	100m: 1:07.81	36.76	200m: 2:28.08	40.60	300m: 3:55.30	44.41	400m: 5:05.48	34.84
3.	Gergely Molnár	Iron Swim	<b>5:07.46</b>	+0.74				
	50m: 30.78	30.78	150m: 1:49.03	41.82	250m: 3:13.36	44.20	350m: 4:33.12	34.66
	100m: 1:07.21	36.43	200m: 2:29.16	40.13	300m: 3:58.46	45.10	400m: 5:07.46	34.34
4.	Mark Hensen	NieMo Barracuda	<b>5:10.92</b>	+0.84				
	50m: 31.54	31.54	150m: 1:48.79	40.52	250m: 3:14.32	45.39	350m: 4:35.76	35.72
	100m: 1:08.27	36.73	200m: 2:28.93	40.14	300m: 4:00.04	45.72	400m: 5:10.92	35.16
5.	Frank v.d. Voordt	De Schotejil	<b>5:15.51</b>	+0.81				
	50m: 32.47	32.47	150m: 1:51.67	41.78	250m: 3:17.92	45.59	350m: 4:40.21	36.85
	100m: 1:09.89	37.42	200m: 2:32.33	40.66	300m: 4:03.36	45.44	400m: 5:15.51	35.30
6.	Arjan Prins	Dedemvaart-AC	<b>5:27.89</b>					
	50m: 35.68	35.68	150m: 1:58.56	42.53	250m: 3:27.54	47.27	350m: 4:53.01	37.47
	100m: 1:16.03	40.35	200m: 2:40.27	41.71	300m: 4:15.54	48.00	400m: 5:27.89	34.88
7.	Rob van Wanrooy	Feijenoord Zwemmen (SG)	<b>5:53.79</b>	+0.70				
	50m: 35.33	35.33	150m: 2:03.20	45.48	250m: 3:39.42	50.78	350m: 5:13.18	42.71
	100m: 1:17.72	42.39	200m: 2:48.64	45.44	300m: 4:30.47	51.05	400m: 5:53.79	40.61

Masters 45+

1.	Vincent Versteeg	Zwemlust-den Hommel	<b>5:09.67</b>	+0.67				
	50m: 32.56	32.56	150m: 1:51.54	40.35	250m: 3:14.25	42.37	350m: 4:33.71	34.63
	100m: 1:11.19	38.63	200m: 2:31.88	40.34	300m: 3:59.08	44.83	400m: 5:09.67	35.96
2.	Kees Bakker	Gay Swim Amsterdam	<b>5:41.81</b>	+0.69				
	50m: 36.33	36.33	150m: 2:02.91	44.21	250m: 3:36.86	49.88	350m: 5:04.57	39.71
	100m: 1:18.70	42.37	200m: 2:46.98	44.07	300m: 4:24.86	48.00	400m: 5:41.81	37.24

Masters 50+

1.	Vedestas Seferlis <i>Lithuanian Masters Record</i>	Kauno Takas	<b>5:11.77</b>	+0.69				
	50m: 31.53	31.53	150m: 1:50.18	42.11	250m: 3:17.55	46.22	350m: 4:38.86	35.94
	100m: 1:08.07	36.54	200m: 2:31.33	41.15	300m: 4:02.92	45.37	400m: 5:11.77	32.91
2.	Bruno Nahon	Cercle De Natation Sportcity WolFR	<b>5:46.69</b>					
	50m: 36.20	36.20	150m: 2:05.94	44.65	250m: 3:39.27	49.67	350m: 5:08.43	39.55
	100m: 1:21.29	45.09	200m: 2:49.60	43.66	300m: 4:28.88	49.61	400m: 5:46.69	38.26

Masters 55+

1.	Erlend Alstad	OI Svømming	<b>5:15.56</b>					
	50m: 32.73	32.73	150m: 1:53.10	41.46	250m: 3:19.31	43.23	350m: 4:41.05	36.82
	100m: 1:11.64	38.91	200m: 2:36.08	42.98	300m: 4:04.23	44.92	400m: 5:15.56	34.51
2.	Hugues Herman	Cercle De Natation Sportcity WolBEL	<b>5:41.10</b>					
	50m: 36.99	36.99	150m: 2:02.99	41.43	250m: 3:33.46	48.81	350m: 5:03.82	39.19
	100m: 1:21.56	44.57	200m: 2:44.65	41.66	300m: 4:24.63	51.17	400m: 5:41.10	37.28
3.	Jan-Willem van den Berg	WVZ	<b>5:44.20</b>					
	50m: 35.04	35.04	150m: 2:01.52	44.08	250m: 3:34.85	48.68	350m: 5:06.12	41.38
	100m: 1:17.44	42.40	200m: 2:46.17	44.65	300m: 4:24.74	49.89	400m: 5:44.20	38.08



Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
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Programmanr. 18, Heren, 400m wisselslag, Masters 55+

rang	naam	vereniging	tijd	RT	PARA				
4.	Arnold de Rover	AZ&PC De Futen	<b>5:44.61</b>						
	50m: 39.01	39.01	150m: 2:05.95	44.60	250m: 3:38.18	48.49	350m: 5:06.73	38.67	
	100m: 1:21.35	42.34	200m: 2:49.69	43.74	300m: 4:28.06	49.88	400m: 5:44.61	37.88	

Masters 60+

1.	Jan Brink	ZPC De Zeeuwse Kust	<b>5:39.97</b>						
	50m: 37.49	37.49	150m: 2:06.00	43.27	250m: 3:36.42	47.94	350m: 5:04.05	39.12	
	100m: 1:22.73	45.24	200m: 2:48.48	42.48	300m: 4:24.93	48.51	400m: 5:39.97	35.92	
2.	Ronald Grove	Triton	<b>6:17.20</b>	+0.89					
	50m: 40.34	40.34	150m: 2:18.40	49.42	250m: 4:00.63	52.68	350m: 5:36.01	41.25	
	100m: 1:28.98	48.64	200m: 3:07.95	49.55	300m: 4:54.76	54.13	400m: 6:17.20	41.19	

Masters 65+

1.	Paul Bunnik	Triton	<b>6:49.70</b>						
	50m: 41.58	41.58	150m: 2:28.00	56.43	250m: 4:19.49	57.34	350m: 6:04.75	45.69	
	100m: 1:31.57	49.99	200m: 3:22.15	54.15	300m: 5:19.06	59.57	400m: 6:49.70	44.95	

Masters 80+

1.	Rob Hanou	PSV	<b>9:28.62</b>						
	<i>Nederlands Masters Record, *100 m</i>								
	50m: 1:10.35	1:10.35	150m: 3:54.24	1:15.58	250m: 6:18.91	1:11.63	350m: 8:31.28	1:00.50	
	100m: 2:38.66	1:28.31	200m: 5:07.28	1:13.04	300m: 7:30.78	1:11.87	400m: 9:28.62	57.34	

Programmanr. 19  
18-02-2023 - 10:59

4 x 100m wisselslag

Masters Open  
Resultaten

rang	vereniging	tijd	RT	PARA				
80+, Dames								
1.	Dedemvaart-AC 2 * 100m	Dedemvaart-AC	<b>4:33.07</b>					
	Maaïke van Veen	97	32.10	1:07.35	Michelle Zomerdijk	00	31.06	1:07.89
	Alessia Sluis	03	35.40	1:16.28	Laura Compagner	98	28.02	1:01.55
2.	HZ&PC Heerenveen 2	HZ&PC Heerenveen	<b>4:37.67</b>					
	Inge Dekker	02	32.29	1:07.73	Lianne van Wier	02	29.83	1:09.59
	Rixt Meijer	97	38.28	1:21.63	Leonie van Wier	02	27.45	58.72
3.	DWK 1	DWK	<b>4:39.82</b>					
	Celine Schoenmaker		31.61	1:05.76	Lindi Bos		33.84	1:13.41
	Annabel Kuipers		35.87	1:17.11	Anoeska van de Kraats	+0.14	29.55	1:03.54
4.	Bubble 1	Bubble	<b>4:46.76</b>					
	Laura Setz		32.86	1:09.17	Marijke Drent	+0.37	32.71	1:12.16
	Sanne Kloezen	+0.44	37.04	1:18.49	Esmee Kloezen		31.39	1:06.94
5.	ZPC De Hof 1	ZPC De Hof	<b>4:48.90</b>					
	Lianne Roescher	99	34.96	1:13.02	Linde Haverkate	99	31.98	1:09.78
	Deborah Wissink	95	40.58	1:26.03	Elisa Haverkate	02	28.41	1:00.07
6.	Octopus-ZVV (SG) 1	Octopus-ZVV (SG)	<b>5:31.03</b>					
	Daphne van Rees		39.25	1:20.68	Ilse Hallie	+0.37	39.60	1:27.67
	Sheila ten Voorde	+0.62	41.19	1:28.77	Marjan Rikken		35.26	1:13.91



Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
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Programmanr. 19, 4 x 100m wisselslag

80+, Heren

1.	HZ&PC Heerenveen 1 <i>Nederlands Masters Record</i>	HZ&PC Heerenveen	NED	<b>3:58.07</b>	
	Richard Kuipers	97 28.83	1:00.74	Jorian Darwinkel	03 27.35 1:00.92
	Gavin van der Werf	93 28.48	1:01.80	Remco Dijkstra	01 25.28 54.61
2.	ZVL-1886 Center 2	ZVL-1886 Center	NED	<b>4:06.76</b>	
	Guus Hoogduin	29.20	1:00.88	Robin van Beek	+0.31 26.88 58.55
	Robin van Peenen	30.94	1:09.30	Erik Baalbergen	+0.31 27.58 58.03
3.	ZOB'66 1	ZOB'66	NED	<b>4:21.56</b>	
	Daan Siebenheller	30.66	1:04.59	Mart de Koning	+0.37 28.43 1:02.47
	Boaz Troost	+0.56 34.77	1:16.24	Julian Mes	+0.16 27.17 58.26
4.	MSV-Zeemacht 2	MSV-Zeemacht	NED	<b>4:35.41</b>	
	Marco van der Wulp	03 33.68	1:11.54	Jordi de Nijs	98 29.22 1:03.51
	Derek Valkenier	92 38.43	1:22.90	Mees Minneboo	02 26.12 57.46

80+, Gemengd

1.	De Columbiaan 1	De Columbiaan	NED	<b>4:23.32</b>	
	Julia Notenboom	32.59	1:07.15	Kim de Jong	+0.71 32.94 1:13.69
	Dave van den Nieuwendijk	+0.55 30.42	1:07.27	Bas van Wieringen	+0.31 26.56 55.21
2.	de Veene 1	De Veene	NED	<b>4:36.50</b>	
	Kayleigh Westenberg	36.43	1:16.31	Diederick Schothans	+0.24 28.47 1:03.84
	Gideon Teeuw	33.35	1:11.65	Lindy Elkerbout	+0.33 30.76 1:04.70

100+, Dames

1.	Steenwijk 1934 1	Steenwijk 1934	NED	<b>4:51.20</b>	
	Michelle van den Hoofdakker	03 32.16	1:07.31	Nanda Wobben - de Vries	92 35.45 1:19.35
	Jacyntha Plat	90 36.23	1:18.29	Cynthia Koolman	03 31.93 1:06.25
2.	ZPC AMERSFOORT 4	ZPC AMERSFOORT	NED	<b>5:01.11</b>	
	Eline Hendriks	38.16	1:18.58	Kirsten Opmeer	+0.39 33.46 1:15.04
	Wendy van der Iest	37.40	1:21.31	Lotte Eising	+0.29 30.86 1:06.18
3.	ESCA Zwemmen 1	ESCA Zwemmen	NED	<b>5:12.00</b>	
	Moniek van Langevelde	34.07	1:10.84	Cheyenne Verburgt	34.74 1:19.09
	Ijla Janssen	+0.35 41.44	1:29.61	Rachel Verburgt	+0.10 34.18 1:12.46
4.	Neptunus'58 1	Neptunus'58	NED	<b>5:13.50</b>	
	Elke Schellekens	42.36	1:28.10	Selina Janssen	+0.41 33.11 1:12.78
	Mirelle de Kort	38.54	1:23.74	Sandra Schellekens	33.30 1:08.88
5.	De Duck 1	De Duck	NED	<b>5:17.90</b>	
	Judith Kleinjan	41.01	1:26.20	Noa de Bock	+0.41 34.59 1:15.13
	Kimberley van Buren	+0.41 40.09	1:25.89	Sandra Vermeulen	+0.56 34.01 1:10.68
6.	ZVL-1886 Center 3	ZVL-1886 Center	NED	<b>5:37.47</b>	
	Cynthia van Veen	40.77	1:27.20	Margien Timmer	39.77 1:27.27
	Maartje Hids	42.06	1:28.65	Valerie Bakker	+0.36 34.47 1:14.35
NG	ZVL-1886 Center 4	ZVL-1886 Center	NED		

100+, Heren

1.	De Kempvis 1	De Kempvis	NED	<b>4:06.04</b>	
	Joris Bezemer	28.91	1:01.59	Floyd van Duyvenbode	+0.48 27.71 1:01.26
	Romero Hennep	+0.24 30.04	1:06.28	Erik Wegman	26.80 56.91
2.	ESCA Zwemmen 2	ESCA Zwemmen	NED	<b>4:07.21</b>	
	Mike Schel	30.60	1:03.45	Peter Rothengatter	28.13 1:02.96
	Jurre Stammes	+0.29 30.21	1:05.87	Sander de Vrugt	26.13 54.93
3.	Poseidon'56 1	Poseidon'56	NED	<b>4:10.89</b>	
	Gerard Willighagen	01 28.38	1:00.91	Ryan van den Ouden	99 26.36 1:01.03
	John Smit	95 32.12	1:09.40	Sam Beer	96 27.99 59.55
4.	De Schotejil 1	De Schotejil	NED	<b>4:14.97</b>	
	Aron Paasse	29.14	1:00.59	Frank v.d. Voordt	+0.56 30.87 1:07.42
	David Kievit	+0.35 33.31	1:11.50	Jacob Mackloet	25.99 55.46
5.	Feijenoord Zwemmen (SG) 1	Feijenoord Zwemmen (SG)	NED	<b>4:15.88</b>	
	Pascal Nuijten	28.68	1:01.25	Jort Vizee	28.11 1:01.53
	Rob van Wanrooy	+0.42 34.28	1:15.17	Nick Boekestijn	+0.37 27.79 57.93



Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
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Programmanr. 19, Heren, 4 x 100m wisselslag, 100+

rang	vereniging	tijd	RT	PARA
6.	Steenwijk 1934	<b>4:45.23</b>		
	Martijn Lageweg	+0.53 29.48	1:05.13	
	Thomas van Scheepen	+0.68 34.14	1:11.38	

100+, Gemengd

1.	VZC	<b>4:30.06</b>		
	Olaf Achterberg	30.44 1:03.25	1:05.30	
	Lisanne Seising	36.67 1:18.99	1:02.52	
2.	De Duinkickers	<b>4:49.73</b>		
	Jeffrey Roest	97 32.87 1:07.40	1:10.81	
	Maaïke de Boer	90 39.29 1:23.43	1:08.09	
3.	De Kempvis	<b>5:03.22</b>		
	Victor Poot	33.89 1:09.63	1:30.53	
	Daniel van der Sluijs	+0.38 33.28 1:14.96	1:08.10	
4.	Het Ravijn	<b>5:08.56</b>		
	Tico Wind	34.58 1:14.55	1:24.62	
	William Kruithof	+0.06 36.08 1:19.06	1:10.33	

120+, Dames

1.	WVZ	<b>4:38.67</b>		
	Manon van Strien	34.03 1:11.49	1:07.13	
	Lauren van IJl	+0.60 37.70 1:21.04	59.01	
2.	ZPC AMERSFOORT	<b>4:52.39</b>		
	Marjje Jansen	35.30 1:14.43	1:14.06	
	Larissa Brak	36.38 1:19.56	1:04.34	
3.	De Biesboschzwemmers	<b>5:03.05</b>		
	Mandy Swart	37.72 1:19.86	1:18.10	
	Marjo Goelerna-Koek	36.91 1:20.94	1:04.15	
4.	Steenwijk 1934	<b>5:18.53</b>		
	Leonie Scholten	40.69 1:25.04	1:23.88	
	Ageeth de Haan	+0.35 39.58 1:24.12	1:05.49	
5.	ZOB'66	<b>5:19.24 *</b>		
	Nina Tourton	96 39.25 1:20.51	1:15.88	
	Rozemarijn van Haaff	02 35.94 1:19.23	1:23.62	
6.	De Duinkickers	<b>5:32.54 *</b>		
	Rachel Trapman	96 39.32 1:22.79	1:19.03	
	Inge Roskam	78 43.49 1:31.91	1:18.81	

120+, Heren

1.	ZPCH	<b>4:18.16</b>		
	Ruud Holswilder	30.84 1:03.49	1:06.44	
	Thomas Vastenhout	+0.30 31.34 1:07.51	28.55 1:00.72	
2.	ZPC AMERSFOORT	<b>4:26.71</b>		
	Jelle Blankestijn	30.85 1:04.57	1:02.62	
	Ron Korzelius	+0.17 36.43 1:20.23	59.29	
3.	Dedemsvaart-AC	<b>4:27.45</b>		
	Jesper Kloek	32.74 1:08.23	1:04.87	
	Kelvin Bergsma	34.61 1:16.71	57.64	
4.	SWOL 1894	<b>4:34.80</b>		
	Albert van Piekeren	84 32.71 1:08.94	1:08.82	
	Stefan van de Griff	87 34.38 1:15.56	28.99 1:01.48	
5.	De Duck	<b>4:39.46</b>		
	Erik Saan	39.98 1:23.88	56.15	
	Paco de Voogt	+0.47 36.76 1:18.81	28.43 1:00.62	
6.	ESCA Zwemmen	<b>4:43.22</b>		
	Koen Bak	03 37.14 1:17.45	1:09.28	
	Mees Laar	96 33.85 1:13.39	28.84 1:03.10	
7.	AZC	<b>4:55.39</b>		
	Patrick Brouwer	34.81 1:12.37	1:14.38	
	Ricardo van Dam	+0.27 36.07 1:15.37	34.33 1:13.27	



Open Nederlandse Masters  
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Programmanr. 19, 4 x 100m wisselslag

120+, Gemengd

1.	ZV Hoogland 1	Zwemvereniging Hoogland	NED	<b>4:21.20</b>				
	Anne-Irene Ducheine	32.84	1:08.99	Bas Dries	+0.30	27.25	1:01.54	
	Yuri van Omme	32.04	1:09.10	Jamilla van Omme - van Veen	+0.19	28.78	1:01.57	
2.	NieMo Barracuda 1	NieMo Barracuda	NED	<b>4:28.70</b>				
	Mark Hensen	31.95	1:05.87	Denise Boereboom	+0.34	31.10	1:06.62	
	Melissa van der Heijden	+0.24	37.01	1:19.12	Pascal van Haren	+0.08	26.57	57.09
3.	ZPC AMERSFOORT 3	ZPC AMERSFOORT	NED	<b>4:30.23</b>				
	Martijn Giezen	85	30.25	1:03.26	Lidia v. Bon-Rosenbrand	70	34.58	1:15.35
	Jelle Opmeer	01	30.52	1:07.26	Jisca Majolee	94	30.57	1:04.36
4.	Zuiderzeezwemmers 1	Zuiderzeezwemmers	NED	<b>4:35.08</b>				
	Annemarie ten Have	35.00	1:13.94	Danique Stoop		29.89	1:07.65	
	Ilmar Stoop	+0.48	31.73	1:10.03	Gerko Versluis	+0.32	29.31	1:03.46
5.	TRB-RES 1	TRB-RES	NED	<b>4:44.02</b>				
	Edith Janssen-Koolen	36.73	1:17.16	Wim van Duuren	+0.20	28.02	1:03.28	
	Robin Hermans	34.31	1:15.22	Ariane Krijt	+0.39	32.27	1:08.36	
6.	DWT 1	DWT	NED	<b>4:48.81</b>				
	Jeffrey Camphens	95	31.96	1:06.58	Peter van de Bor	84	30.87	1:10.74
	Chantal Beijer	97	38.26	1:21.22	Inken Wemheuer	71	33.38	1:10.27
7.	De Amstel 1	De Amstel	NED	<b>4:49.32</b>				
	Iris Bastiaansen	37.32	1:17.88	Nick Sijmons		27.15	59.84	
	Henri Michels	+0.37	40.07	1:26.64	Iris van der Moolen	+0.08	30.95	1:04.96
8.	Sassenheim 1	Sassenheim	NED	<b>5:01.85</b>				
	Maaïke Hofland	41.24	1:25.28	Rianne Hofland	+0.55	34.35	1:15.41	
	Bogdan Androne	+0.60	36.60	1:20.94	Wesley van der Luit	+0.45	29.31	1:00.22
9.	Deltasteur 1	Deltasteur	NED	<b>5:11.45</b>				
	* 50 m							
	Patrick de Jonge	34.93	1:14.78	Maud Heldoorn	+0.60	35.86	1:20.48	
	Marleen Welten	38.31	1:21.68	Alistair Critchell	+0.14	34.27	1:14.51	
10.	ZVL-1886 Center 5	ZVL-1886 Center	NED	<b>5:15.65</b>				
	Adela Vázquez García	93	39.19	1:22.52	Jordy van der Drift	93	32.40	1:10.88
	Mariska Gach	95	42.65	1:30.57	Ingmar Kooman	79	33.30	1:11.68
DIS	NieMo Barracuda 2	NieMo Barracuda	NED					
	<i>AA - De start ingezet voor het startsignaal (en wel gezwommen).</i>							
	Esmée Rolloos, Marijke Kommers, Emiel Ghali, Robin van Beusekom							

160+, Dames

1.	PSV 3	PSV	NED	<b>5:00.47</b>				
	Diane Schoenmaker	95	36.54	1:16.57	Jeanne Petit	70	33.74	1:14.46
	Trudy Ketting	70	37.81	1:21.64	Liselotte Joling	75	32.95	1:07.80
2.	DAW 2	DAW	NED	<b>5:07.80</b>				
	Agnes van Brug	80	43.09	1:27.65	Ilona Hogerheyde	74	34.13	1:15.87
	Laura Badoux	82	37.12	1:20.01	Maaïke Vooren	91	31.08	1:04.27
3.	HZ&PC Heerenveen 3	HZ&PC Heerenveen	NED	<b>5:42.99</b>				
	Lisette Dooper	38.54	1:19.65	Peggi Hurenkamp		41.49	1:27.73	
	Michelle Frijlink	+0.53	47.79	1:40.93	Jannie Vennik	+0.24	35.32	1:14.68
4.	De Geul 1	De Geul	NED	<b>6:08.79</b>				
	Geerdien Meerwaldt	52	1:01.99	2:12.31	Marcha Admiraal	93	31.82	1:09.19
	Aafke Groot	83	42.16	1:31.09	Eline Molle	94	35.88	1:16.20





Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
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Programmanr. 19, 4 x 100m wisselslag

160+, Heren

1. Steenwijk 1934 5	Steenwijk 1934	NED	<b>4:24.24</b>	
Robert Braad	31.27	1:05.32	Rick Driezen	28.55 1:01.55
Lauren Vis	+0.42 32.28	1:10.22	Huyb Stegeman	31.35 1:07.15
2. DAW 1	DAW	NED	<b>4:38.85</b>	
Alex Damen	33.16	1:08.62	Felix Geenen	+0.21 25.60 57.57
Dennis Kraakman	+0.43 34.08	1:14.84	Erik Schweitzer	36.36 1:17.82
3. ZVL-1886 Center 1	ZVL-1886 Center	NED	<b>4:43.70</b>	
Otto Jansen	37.16	1:16.90	Luc Steijvers	+0.26 31.78 1:15.59
Kristiaan Lenos	32.76	1:11.36	Gijs Ruijgrok	+0.20 27.81 59.85
4. ZOB'66 2	ZOB'66	NED	<b>4:50.88</b>	
Pascal Tourton	38.03	1:16.82	Ruben Stolk	+0.62 31.32 1:08.30
Harmen Reemst	36.95	1:20.73	Ingmar de Gelder	30.71 1:05.03

160+, Gemengd

1. Kaisiadoriu Plaukiam 1 <i>Lithuanian Masters Record</i>	Kaisiadoriu Plaukiam	LTU	<b>4:39.44</b>	
Ausra Razgune	83 33.41	1:09.58	Aleksandras Zamorskis	71 28.87 1:04.14
Raimondas Gincas	74 35.48	1:16.71	Lina Beliniene	74 31.93 1:09.01
2. ZVVS 1 * 100 m	ZVVS	NED	<b>5:02.50</b>	
Nadya Putter	38.65	1:19.78	Bram Piederiet	+0.36 31.76 1:10.84
Karin Stein	42.46	1:30.52	Bas van den Nouwelant	+0.30 29.23 1:01.36
3. DAW 3	DAW	NED	<b>5:11.13</b>	
Wouter Zijlstra	34.25	1:12.21	Alina Spijkerman	39.51 1:25.33
Hans Schoenmakers	+0.34 38.95	1:25.04	Sandra Zwaanswijk	32.86 1:08.55
4. DWK 2	DWK	NED	<b>5:20.43</b>	
Jennie Resink-lindeboom	48.75	1:40.34	Lars Jacobsen	+0.75 32.11 1:11.96
Iris van Aurich	41.74	1:27.66	Alex Resink	27.94 1:00.47
5. Patrick-De Roersoppers (SG) 1	Patrick-De Roersoppers (SG)	NED	<b>5:47.92</b>	
Eric Dumas	43.47	1:30.15	Sharon Wolfs	+0.56 35.63 1:28.87
Pascalie Janssen	+0.70 44.77	1:33.72	Charles Bos	+0.12 35.41 1:15.18

200+, Dames

DIS ESCA Zwemmen 4	ESCA Zwemmen	NED		
<i>SR - Meer dan 1 vlinderbeenslag gemaakt voordat de 1e schoolslagbeenslag is gemaakt.</i>				
Karin van der Star-Verhoeven	44.19	1:31.91	Danique de Vegt	+0.48
Yoka de Vegt-van Dijk			Marion Kolkman-Pluim	

200+, Heren

1. WVZ 2 <i>Nederlands Masters Record</i>	WVZ	NED	<b>4:25.59</b>	
Ivo Roozeboom	77 31.22	1:04.31	Hugo Bregman	58 29.23 1:03.17
Jan-Willem van den Berg	68 36.05	1:15.49	Markus van Rest	77 29.68 1:02.62
2. ZPC De Zeeuwse Kust 1	ZPC De Zeeuwse Kust	NED	<b>4:37.84</b>	
Eelco van Gemert	72 34.37	1:10.97	Sandy Pleyte	75 31.96 1:09.84
Ronald van Ombergen	72 34.93	1:14.79	Jan Brink	62 28.94 1:02.24
3. PSV 2	PSV	NED	<b>4:39.52</b>	
Fred Ketting	60 36.47	1:15.47	Gijsbert van der Leden	67 31.71 1:08.01
Harold Matfa	68 34.47	1:13.42	Edo Boonstra	68 30.11 1:02.62
4. De Rog 1	De Rog	NED	<b>4:55.88</b>	
Erik Kamphuis	38.18	1:17.43	Peter Bensen	+0.25 32.25 1:10.52
Arjan Verheij	37.48	1:19.15	Wijnand Vergeest	+0.40 32.60 1:08.78
5. HZ&PC Heerenveen 4	HZ&PC Heerenveen	NED	<b>4:57.23</b>	
Jelmer Meijer	30.27	1:01.44	René Beetsma	32.92 1:14.33
Wiebren Dijkstra	+0.36 45.24	1:37.99	Marten de Groot	29.37 1:03.47
6. De Biesboschzwemmers 2	De Biesboschzwemmers	NED	<b>5:14.16</b>	
Nico Swart	68 37.98	1:18.90	Paul Wijnja	63 34.41 1:16.50
Richard Tiemstra	63 42.52	1:31.30	Wouter van der Stelt	72 32.16 1:07.46



Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
Heerenveen, 16-19 februari 2023



Programmanr. 19, Heren, 4 x 100m wisselslag, 200+

rang	vereniging	tijd	RT	PARA
7.	Steenwijk 1934 6	<b>5:26.69</b>		
	Guido Keutgen	68 32.82 1:09.65	71 36.75 1:20.03	
	Hans van Scheepen	62 50.53 1:45.87	63 33.68 1:11.14	

200+, Gemengd

1.	Feijenoord Zwemmen (SG) 2	Feijenoord Zwemmen (SG)	NED	<b>5:04.95</b>	
	Mark Nuijten	37.95 1:17.04	Mirjan den Drijver	+0.61 35.42 1:17.04	
	Pieter Broek	+0.38 38.70 1:22.66	Netty Burik-Geijsen	32.55 1:08.21	
2.	ZPC AMERSFOORT 5	ZPC AMERSFOORT	NED	<b>5:17.83</b>	
	Henriëtte v. Norden	40.17 1:24.69	Rob van Vliet	30.84 1:08.10	
	Monica Kornedwal	41.07 1:29.35	Ronald Pijtak	+0.36 36.22 1:15.69	
3.	Sassenheim 2 * 100 m	Sassenheim	NED	<b>5:28.81</b> *	
	Yvonne van Nobelen - Kampschreur	42.89 1:29.13	Marinka vd Zwet	40.36 1:27.74	
	Frank van Nobelen	+0.21 40.43 1:27.14	Casper van den Burgh	30.59 1:04.80	
4.	AZC 2	AZC	NED	<b>5:41.60</b>	
	Monique van Huizen	40.69 1:22.45	Jessica Braat	33.58 1:15.37	
	Wim de Lange	+0.44 43.45 1:32.68	Geza Kaltenecker	42.69 1:31.10	
5.	Hieronymus 1	Hieronymus	NED	<b>6:03.59</b>	
	Lené Wessels	46.37 1:38.46	Marjolein Klunne	+0.69 38.80 1:26.36	
	Hilly Brugmans	+0.75 47.01 1:39.67	Wim Donkersloot	+0.45 36.05 1:19.10	
6.	GZC DONK 2	GZC DONK	NED	<b>6:19.50</b>	
	Nathasja Konijn	71 46.62 1:35.81	Clara Groenhorst	82 42.76 1:36.59	
	Peter Coffeng	57 50.90 1:51.83	Pierre de Groot	64 35.49 1:15.27	

240+, Dames

1.	Steenwijk 1934 3	Steenwijk 1934	NED	<b>6:55.81</b>	
	Inge Soeters	73 57.97 1:56.64	Linda Wibbelink	59 48.21 1:44.44	
	Wilna Heijman	64 48.04 1:45.16	Monica Bakker	56 42.86 1:29.57	

240+, Gemengd

1.	ZPC AMERSFOORT 1 <i>Europees Masters Record</i>	ZPC AMERSFOORT	NED	<b>4:48.46</b>	
	Atie Pijtak-Radersma	39.84 1:21.61	Chester Marsman	+0.41 29.49 1:04.21	
	Edwin v. Norden	35.72 1:16.30	Marjan Remmits-de Lange	31.73 1:06.34	
2.	GZC DONK 1	GZC DONK	NED	<b>6:11.34</b>	
	Lia Bijkerk	51.47 1:48.29	Petra Tossings-van de Hooven	+0.69 42.88 1:30.51	
	Willem Jan Ribberink	-0.12 45.70 1:36.80	Adrian Ortiz Buitrago	36.20 1:15.74	
3.	De Duinkickers 3	De Duinkickers	NED	<b>6:31.90</b>	
	Marcel Brittijn	45.49 1:32.51	Robert de Brauer	+0.61 38.75 1:21.74	
	Annet Verhoeven - Steggerda	1:02.64 2:11.92	Christine Buist	41.42 1:25.73	
4.	PSV 4	PSV	NED	<b>7:34.18</b>	
	Lies Hartman	56 1:07.38 2:21.13	Tom Bandsma	77 43.54 1:39.40	
	Gonnie Bak	51 59.13 2:05.13	André Pantekoek	58 42.20 1:28.52	



5 - ONMK 2023 kb sessie 5

18-02-2023 - 13:00

Programmanr. 21  
18-02-2023 - 13:00

Dames, 50m rugslag

Masters Open  
Resultaten

rang	naam	vereniging		tijd	RT	PARA
<b>Masters 20+</b>						
1.	Babette van der Kaaij	Blue Marlins	NED	199902234	<b>29.90</b>	
2.	Merel Phaff	Nuene	NED	200100434	<b>30.54</b>	
3.	Inge Dekker	HZ&PC Heerenveen	NED	200200476	<b>30.70</b>	
4.	Julia Notenboom	De Columbiaan	NED	200302596	<b>31.22</b>	
5.	Michelle van den Hoofdakker	Steenwijk 1934	NED	200302708	<b>31.23</b>	
6.	Marije Sweering	De Golfbreker	NED	200101228	<b>31.98</b>	
7.	Lauren van IJll	WVZ	NED	200001064	<b>32.28</b>	
8.	Hanna Looi	Blue Marlins	NED	200006090	<b>32.41</b>	
9.	Alisha Vieira	Blue Marlins	NED	199904554	<b>32.57</b>	
10.	Lianne van Wier	HZ&PC Heerenveen	NED	200200438	<b>33.02</b>	
11.	Veerle van Munster	ZPC Woerden	NED	200102632	<b>33.11</b>	
12.	Lianne Roescher	ZPC De Hof	NED	199900248	<b>33.75</b> *	
13.	Romy Verhagen	De Dolfijn	NED	199906620	<b>34.07</b>	
14.	Cynthia Koolman	Steenwijk 1934	NED	200300232	<b>34.27</b>	
15.	Rozemarijn van Haaff	ZOB'66	NED	200201852	<b>34.38</b>	
16.	Rosalie Baarda	Orca	NED	199903460	<b>34.53</b>	
17.	Marije de Jager	De Columbiaan	NED	200301394	<b>34.56</b>	
18.	Redine van Breugel	De Biesboschzwemmers	NED	200004404	<b>34.79</b>	
19.	Iris van der Moolen	De Amstel	NED	199902052	<b>35.12</b>	
20.	Noa de Bock	De Duck	NED	200300318	<b>35.41</b>	
21.	Kayleigh Westenberg	De Veene	NED	200004064	<b>35.43</b>	
22.	Jet Kleine	MSV-Zeemacht	NED	199903384	<b>35.83</b>	
23.	Iris Bastiaansen	De Amstel	NED	199902006	<b>36.08</b>	
24.	Lianne Dekker	DAW	NED	200305438	<b>36.14</b>	
25.	Esmee Kloezen	Bubble	NED	200204646	<b>36.22</b>	
26.	Daphne van Rees	Octopus-ZVV (SG)	NED	200301766	<b>36.69</b>	
27.	Mandy Swart	De Biesboschzwemmers	NED	199904916	<b>36.97</b>	
28.	Alies Wagter	Steenwijk 1934	NED	199900840	<b>37.12</b>	
29.	Leonie Smit	EZCL (SG)	NED	200301978	<b>37.19</b>	
30.	Romy Jalving	HZ&PC Heerenveen	NED	200000616	<b>37.20</b>	
DIS	Lindi Bos	DWK	NED	200101256		

RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.

### Masters 25+

1.	Celine Schoenmaker	DWK	NED	199801976	<b>31.07</b>	
2.	Jamilla van Omme - van Veen	Zwemvereniging Hoogland	NED	199603192	<b>31.55</b>	
3.	Tamara Grove	De Dolfijn	NED	199601266	<b>31.71</b> *	
4.	Maaïke van Veen	Dedemsvaart-AC	NED	199700292	<b>31.80</b>	
5.	Laura Compagner	Dedemsvaart-AC	NED	199804602	<b>31.89</b>	
6.	Moniek van Langevelde	ESCA Zwemmen	NED	199803160	<b>32.11</b>	
7.	Anne-Irene Ducheine	Zwemvereniging Hoogland	NED	199506824	<b>32.60</b>	
8.	Manon van Strien	WVZ	NED	199400770	<b>32.98</b>	
9.	Suzanne Mosch	MSV-Zeemacht	NED	199400548	<b>33.46</b>	
10.	Annemarie ten Have	Zuiderzeezwemmers	NED	199802662	<b>34.49</b>	
11.	Lotte Eising	ZPC AMERSFOORT	NED	199502098	<b>34.97</b>	
12.	Hjordis Wagenaar	TRI-X-Kufstein	NED	49731	<b>35.04</b>	
13.	Myrthe Meenhorst	SWOL 1894	NED	199507062	<b>35.74</b>	
14.	Kirsten Opmeer	ZPC AMERSFOORT	NED	199800014	<b>35.79</b>	
15.	Diane Schoenmaker	PSV	NED	199502920	<b>35.80</b> *	
16.	Eline Hendriks	ZPC AMERSFOORT	NED	199802794	<b>36.42</b>	
17.	Julia Koopman	SWOL 1894	NED	199606688	<b>37.01</b>	
18.	Anouk van der Lans	Feijenoord Zwemmen (SG)	NED	199801614	<b>37.18</b>	
19.	Chantal Lokhorst	Aqualero	NED	199401362	<b>37.35</b>	
20.	Tamara van den Brink	NieMo Barracuda	NED	199804182	<b>37.87</b>	
21.	Rachel Trapman	De Duinkickers	NED	199606760	<b>38.32</b>	
22.	Judith Kleinjan	De Duck	NED	199802710	<b>39.05</b> *	



Open Nederlandse Masters  
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Programmanr. 21, Dames, 50m rugslag, Masters 25+

rang	naam	vereniging			tijd	RT	PARA
23.	Cynthia van Veen	ZVL-1886 Center	NED	199606736	<b>40.00</b>		
24.	Eline Molle	De Geul	NED	199404276	<b>40.16</b>		

Masters 30+

1.	Danique Stoop	Zuiderzeewimmers	NED	199106956	<b>31.05</b>		
2.	Denise Boereboom	NieMo Barracuda	NED	199202144	<b>32.34</b>		
3.	Elmi Roelofsen	Octopus-ZVV (SG)	NED	199008198	<b>32.35</b>		
4.	Désirée Emmen	De Warande	NED	199204862	<b>32.86</b>		
5.	Saskia de Klerk	GoSwim	NED	199004612	<b>33.22</b>		
6.	Daphne Robijn-Jongedijk	EZCL (SG)	NED	198903520	<b>35.04</b>		
7.	Getrude Corporaal	Steenwijk 1934	NED	199200380	<b>35.23</b>		
8.	Jacoline van den Beukel	NieMo Barracuda	NED	199100238	<b>36.93</b>		
9.	Adela Vázquez García	ZVL-1886 Center	NED	199307952	<b>37.39</b>		
10.	Joëlle Vaes	DIO	NED	199007576	<b>38.25</b>		
11.	Maaïke Hofland	Sassenheim	NED	199203754	<b>40.35</b>		
12.	Ingrid Johannes	De Kempvis	NED	198907370	<b>43.13</b>		

Masters 35+

1.	Jenny Schouten	MZ&PC	NED	198703674	<b>32.48</b> *		
2.	Samantha van Eijk	De Geul	NED	198806826	<b>33.57</b>		
3.	Marije Jansen	ZPC AMERSFOORT	NED	198504088	<b>33.58</b>		
4.	Rianne Hofland	Sassenheim	NED	198801820	<b>34.73</b> *		
5.	Hanneke Heymen	WS Twente	NED	198400968	<b>36.50</b>		
6.	Ramona Hulshof	THOR	NED	198503948	<b>36.52</b>		

Masters 40+

1.	Ausra Razgune	Kaisiadoriu Plaukiam	LTU		<b>30.87</b>		
		<i>Kampioenschapsrecord, Lithuanian Masters Record</i>					
2.	Pauline van Gelder - Dieker	Steenwijk 1934	NED	198102346	<b>35.71</b>		
3.	Angela Giezen	Zwemvereniging Hoogland	NED	198302796	<b>36.30</b> *		
4.	Esther Poortvliet - Koedam	De Duinkickers	NED	198001824	<b>37.49</b>		
5.	Ilja Janssen	ESCA Zwemmen	NED	198102234	<b>38.41</b> *		
6.	Leonie Scholten	Steenwijk 1934	NED	197901560	<b>38.53</b>		
7.	Jessica Venema	GZC DONK	NED	197901526	<b>38.75</b>		
8.	Clara Groenhorst	GZC DONK	NED	198202506	<b>41.10</b> *		
9.	Tessa Piek	DZ&PC	NED	198102360	<b>43.27</b>		

Masters 45+

1.	Janneke Harmsen-Bakker	PSV	NED	197700938	<b>33.83</b>		
2.	Monique Boets	Stadskanaal	NED	197600230	<b>34.18</b>		
3.	Mirjan den Drijver	Feijenoord Zwemmen (SG)	NED	197500884	<b>36.10</b>		
4.	Melanie Kuiper	ZIGNEA	NED	197600350	<b>36.27</b>		
5.	Anuschka Glazema-Boelema	Stadskanaal	NED	197701166	<b>38.66</b>		
6.	Margriet Leeffers	Deltasteur	NED	197800448	<b>43.58</b>		
7.	Jessica van Velzen	ZV 44	NED	197601122	<b>45.07</b>		

Masters 50+

1.	Edith Janssen-Koolen	TRB-RES	NED	197300898	<b>34.83</b>		
2.	Janine Franssen	Zwemsport Parkstad	NED	197101108	<b>36.94</b>		
3.	Trudie van Niejenhuis	TZC-Vahalis	NED	197100444	<b>37.57</b> *		
4.	Marjolein Klunne	Hieronymus	NED	197101098	<b>38.19</b>		
5.	Henriëtte Manting-Holthuis	H2Oldambt	NED	197100246	<b>41.02</b>		
6.	Cherry Bas-Ott	DAW	NED	197100464	<b>44.55</b> *		
7.	Daniëlle Schipper	ZOB'66	NED	197001078	<b>44.94</b>		
8.	Kristien Van de Moortel	Shark	BEL	ShaRK/20315/69	<b>51.59</b>		



Open Nederlandse Masters  
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Programmanr. 21, Dames, 50m rugslag

Masters 55+

1.	Marinka vd Zwet	Sassenheim	NED	196500346	<b>38.11</b>
2.	Annette Wijnja-Visser	De Biesboschzwemmers	NED	196700528	<b>38.27</b>
3.	Talje Dijkhuis	ZPC AMERSFOORT	NED	196600072	<b>38.53</b> *
4.	Henriëtte v. Norden	ZPC AMERSFOORT	NED	196800046	<b>38.84</b>
5.	Annette Korving-Leijenaar	Aqualero	NED	196700662	<b>42.29</b>
6.	Roselinda van der Vlugt	De Geul	NED	196700710	<b>46.59</b>
DIS	Christine Buist	De Duinkickers	NED	196400608	

RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.

AFGEM Laura Staal Oceanus NED 196700358

Masters 60+

1.	Karin van der Star-Verhoeven	ESCA Zwemmen	NED	196100382	<b>41.27</b> *
2.	Marijke Kraak-Beckers	WS Twente	NED	196000240	<b>43.31</b>
3.	Marleen Malais	ESCA Zwemmen	NED	196300542	<b>44.04</b>
4.	Jennie Resink-lindeboom	DWK	NED	196000142	<b>46.82</b>
5.	Katinka Elders	HZ&PC Heerenveen	NED	196000292	<b>48.18</b>

Masters 65+

1.	Atie Pijtak-Radersma	ZPC AMERSFOORT	NED	195600048	<b>38.34</b>
	<i>Nederlands Masters Record</i>				
2.	Ria Peters-Veurman	ESCA Zwemmen	NED	195800242	<b>55.25</b>
3.	Mies Kuipers	Old Dutch	NED	195800202	<b>1:02.63</b>
4.	Lies Hartman	PSV	NED	195600116	<b>1:05.13</b>

Masters 70+

1.	Antoinette Gilding-Tussaud	WS Twente	NED	195000038	<b>51.24</b> *
2.	Ineke Brouwers	PSV	NED	195200070	<b>58.08</b>
3.	Geerdien Meerwaldt	De Geul	NED	195200058	<b>1:01.44</b> *
4.	Nini van Dongen-de Paepe	ZZ&PC De Devel	NED	195100044	<b>1:08.33</b> *

Masters 75+

1.	Leny Kamp	Aquapoldro	NED	194400008	<b>1:02.41</b>
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Masters 85+

1.	Marie Smits	Old Dutch	NED	193800004	<b>1:06.89</b>
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Programmanr. 22  
18-02-2023 - 13:20

Heren, 50m rugslag

Masters Open  
Resultaten

rang	naam	vereniging		tijd	RT	PARA
<b>Masters 20+</b>						
1.	Leon van den Hof	Dedemsvaart-AC	NED	200203269	<b>26.70</b>	
2.	Daan Hogerhuis	De Columbaan	NED	200300317	<b>27.83</b>	
3.	Arjan Dekker	De Golfbreker	NED	200000499	<b>28.48</b>	
4.	Aron Paasse	De Schotejil	NED	200000099	<b>28.78</b>	
	Ian Terlouw	ZPC Woerden	NED	200002345	<b>28.78</b> *	
6.	Gerard Willighagen	Poseidon'56	NED	200103663	<b>28.93</b>	
7.	Remco Dijkstra	HZ&PC Heerenveen	NED	200100789	<b>29.04</b>	
8.	Jorian Darwinkel	HZ&PC Heerenveen	NED	200300565	<b>29.16</b>	
9.	Jasper Breugem	WVZ	NED	200000303	<b>29.26</b>	
10.	Mart de Koning	ZOB'66	NED	200203253	<b>29.79</b>	
11.	Franklin Paassen	ZV 44	NED	200003881	<b>29.92</b>	
12.	Marc Hoogeveen	DZ&PC	NED	200101585	<b>29.93</b>	
13.	Ilmar Stoop	Zuiderzeezwemmers	NED	200100871	<b>30.37</b>	



Open Nederlandse Masters  
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Programmanr. 22, Heren, 50m rugslag, Masters 20+

rang	naam	vereniging			tijd	RT	PARA
14.	David Kievit	De Schotejil	NED	199900325	<b>30.56</b>		
15.	Daan Rienties	SWOL 1894	NED	200103369	<b>31.03</b>		
16.	Ian van der Pal	SWOL 1894	NED	200203645	<b>31.42</b>		
17.	Jacob Mackloet	De Schotejil	NED	200001171	<b>31.71</b>		
18.	Mees Minneboo	MSV-Zeemacht	NED	200203465	<b>31.91</b>		
19.	Marco van der Wulp	MSV-Zeemacht	NED	200302051	<b>31.99</b>		
20.	Jeroen Louwinger	De Rijn	NED	199900583	<b>32.16</b>		
21.	Rob van Wier	HZ&PC Heerenveen	NED	199900697	<b>32.38</b>		
22.	Kylian Kooijman	Steenwijk 1934	NED	199900763	<b>32.54</b>		
23.	Bartho Visser	Triton Putten	NED	200005595	<b>33.66</b>		
24.	Mick van den Houten	De Duck	NED	200302211	<b>34.64</b>		
25.	Nick Swinkels	De Veene	NED	200201619	<b>34.77</b>		
26.	Auke Sijperda	AZC	NED	199905115	<b>35.18</b>		

Masters 25+

1.	Dominique Sikkema	TriVia	NED	199500399	<b>26.03</b>		
2.	Richard Kuipers	HZ&PC Heerenveen	NED	199704171	<b>28.46</b>		
3.	Rob van Beek	ZVL-1886 Center	NED	199704023	<b>28.87</b>		
4.	Mike Schel	ESCA Zwemmen	NED	199403279	<b>29.75</b>		
5.	Jelle Blankestijn	ZPC AMERSFOORT	NED	199803737	<b>30.24</b>		
6.	Jeffrey Roest	De Duinkickers	NED	199703401	<b>30.61</b>		
7.	Hans Stoffers	Triton Putten	NED	199604027	<b>30.62</b>		
8.	Martijn Lageweg	Steenwijk 1934	NED	199701323	<b>32.23</b>		
9.	Tico Wind	Het Ravijn	NED	199502705	<b>33.16</b>		

Masters 30+

1.	Jeroen Baars <i>Nederlands Masters Record</i>	Blue Marlins	NED	199200031	<b>26.23</b>		
2.	Jesper Oranje	De Duck	NED	199200997	<b>26.86</b>		
3.	Olaf Achterberg	VZC	NED	199000011	<b>29.16</b>		
4.	Romero Hennep	De Kempvis	NED	199304929	<b>29.74</b>		
5.	Alex Vermeulen	Aquapoldro	NED	198905811	<b>30.70</b>		
6.	Jesper Kloek	Dedemsvaart-AC	NED	199001585	<b>31.33</b>		
7.	Ruben Stolk	ZOB'66	NED	199005665	<b>32.49</b>		
8.	Patrick de Jonge	Deltasteur	NED	198906635	<b>33.57</b>		
9.	Patrick Brouwer	AZC	NED	199303715	<b>34.19</b>		
10.	Jermaine Braumuller	ZPCH	NED	199007691	<b>35.61</b>		

Masters 35+

1.	Joan Kentrop	Zwemlust-den Hommel	NED	198503575	<b>27.32</b>		
2.	Martijn Giezen	ZPC AMERSFOORT	NED	198500813	<b>29.14</b>		
3.	Robert Braad	Steenwijk 1934	NED	198600407	<b>30.73</b>		
4.	Rick Driezen	Steenwijk 1934	NED	198600713	<b>31.35</b>		
5.	Albert van Piekeren	SWOL 1894	NED	198401767	<b>31.46</b>		
6.	Pascal van Haren	NieMo Barracuda	NED	198704101	<b>32.00</b>		
7.	Emiel Ghali	NieMo Barracuda	NED	198701019	<b>32.23</b>		
8.	Thommy Nickel	ZPC Woerden	NED	198401627	<b>32.46</b>		
9.	Peter van de Bor	DWT	NED	198402897	<b>32.93</b>		
10.	Arne-Willem Kroonen	MZ&PC	NED	198401297	<b>34.41</b>		
11.	Remco van der Graaf	PSV	NED	198704007	<b>36.08</b>		

Masters 40+

1.	Ivan van Omme	De Geul	NED	198201263	<b>29.91</b>		
2.	Mark Hensen	NieMo Barracuda	NED	197900497	<b>31.03</b>		
3.	Wouter Zijlstra	DAW	NED	198202077	<b>33.30</b> *		
4.	Peter Lommert	SWOL 1894	NED	197900787	<b>35.31</b>		



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Programmanr. 22, Heren, 50m rugslag

Masters 45+

1.	Ruud Holswilder	ZPCH	NED	197800435	<b>29.54</b>
	<i>Kampioenschapsrecord</i>				
2.	Ivo Roozeboom	WVZ	NED	197700801	<b>29.85</b>
3.	Jasper van Heijst	Het Y	NED	197601699	<b>30.75</b>
4.	Alex Damen	DAW	NED	197501371	<b>31.93</b>
5.	Pieter Broek	Feijenoord Zwemmen (SG)	NED	197701637	<b>33.50</b>
6.	Markus van Rest	WVZ	NED	197701197	<b>33.58</b>
7.	Arjan Aalbers	SWOL 1894	NED	197500001	<b>35.66</b>
8.	Daniel Prinse	De Ward	NED	197401385	<b>36.13</b>
9.	Jeroen Hoeksel	ZVVS	NED	197401533	<b>41.69</b>
DIS	Robert van der Kamp	Deltasteur	NED	197800537	

*RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.*

Masters 50+

1.	Chester Marsman	ZPC AMERSFOORT	NED	196900671	<b>29.43</b>
	<i>Nederlands Masters Record</i>				
2.	Markus Löber	SSF Bonn 1905 e.V.	GER	444684	<b>31.25</b>
3.	Linas Kersevicius	Kauno Takas	LTU		<b>31.91</b>
4.	René Beetsma	HZ&PC Heerenveen	NED	196900069	<b>33.23</b>
5.	Eelco van Gemert	ZPC De Zeeuwse Kust	NED	197200299	<b>33.55</b>
6.	Mindaugas Sakys	Kaisiadoriu Plaukiam	LTU		<b>33.64</b>
7.	Wilbert Hietbrink	ZPC De Hof	NED	196901879	<b>36.43</b> *
8.	Bruno Nahon	Cercle De Natation Sportcity WolfRA	CNSW/000390/70		<b>36.58</b>
9.	Ingmar de Gelder	ZOB'66	NED	197000333	<b>37.55</b>

Masters 55+

1.	Guido Keutgen	Steenwijk 1934	NED	196801551	<b>31.30</b>
2.	Hugues Herman	Cercle De Natation Sportcity WolBEL	CNSW/009743/66		<b>32.79</b> *
3.	Dariusz Andrzejczak	SG Erkelenz-Hückelhoven	GER	326924	<b>33.18</b>
4.	Bert Jonker	HZ&PC Heerenveen	NED	196600355	<b>35.25</b> *
5.	Nico Swart	De Biesboschzwemmers	NED	196801475	<b>35.81</b>
6.	Erik Saan	De Duck	NED	196500769	<b>37.01</b>
7.	Hans Bijleveld	HHZV PLONS	NED	196601649	<b>41.82</b>

Masters 60+

1.	Peter Bernsen	De Rog	NED	196301119	<b>31.38</b>
2.	Erik Kamphuis	De Rog	NED	196001035	<b>33.88</b>
3.	Mark Nuijten	Feijenoord Zwemmen (SG)	NED	196000411	<b>36.26</b> *
4.	Casper Dollekamp	Steenwijk 1934	NED	196301341	<b>36.68</b>
5.	Ron Phaff	PSV	NED	196200495	<b>37.45</b>
6.	Richard Tiemstra	De Biesboschzwemmers	NED	196301397	<b>38.30</b>
7.	Jack Barends	WS Twente	NED	196201011	<b>40.69</b>
8.	Adrian Ortiz Buitrago	GZC DONK	NED	196000931	<b>42.56</b>

Masters 65+

1.	Hans Piederiet	ZPC Numansdorp	NED	195400177	<b>37.53</b>
2.	André Pantekoek	PSV	NED	195800321	<b>43.03</b>
3.	Klaas Landeweer	IJZPC	NED	195600163	<b>46.79</b>



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Programmanr. 22, Heren, 50m rugslag

Masters 70+

1.	Brend Brevé	PSV	NED	195200265	<b>36.47</b>
	<i>Kampioenschapsrecord</i>				
2.	Jos Kamps	Zwemvereniging Hoogland	NED	195100085	<b>46.68</b>
3.	Rob Berkhof	SWOL 1894	NED	195200245	<b>49.35</b>
4.	Nello Spiteri	DAW	NED	195200295	<b>58.10</b>
NG	Ruud Ruiter	WWV Winterswijk	NED	195300169	

Masters 75+

1.	Mans Buis	SWOL 1894	NED	194700133	<b>50.32</b>
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Masters 80+

1.	Nico Baay	Old Dutch	NED	194200053	<b>53.88</b>
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Programmanr. 23  
18-02-2023 - 13:36

Dames, 200m vlinderslag

Masters Open  
Resultaten

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m	
<b>Masters 20+</b>									
1.	Kim Zwinkels	ZPCH	NED 200300422	<b>2:30.74</b>	+0.84	33.27	1:10.97	1:51.61	2:30.74
2.	Michelle Zomerdijk	Dedemsvaart-AC	NED 200003196	<b>2:33.71</b>	+0.71	33.66	1:12.06	1:52.20	2:33.71
3.	Merel Visser	De Duinkickers	NED 199904398	<b>2:37.81</b>	+0.87	34.63	1:14.77	1:56.12	2:37.81
<b>Masters 25+</b>									
1.	Linda Kamperman	Zwemlust-den Hommel	NED 199601238	<b>2:35.52</b>	+0.71	32.37	1:09.78	1:50.43	2:35.52
2.	Rianne van Rijssen	Noord Veluwe	NED 199702360	<b>2:48.72</b>		35.72	1:18.59	2:03.15	2:48.72
<b>Masters 30+</b>									
1.	Marcha Admiraal	De Geul	NED 199300012	<b>2:35.82</b>		34.36	1:15.28	1:56.72	2:35.82
2.	Melissa Zwaan	DAW	NED 199103666	<b>2:40.81</b>	+0.80	35.28	1:15.51	1:56.92	2:40.81
3.	D. van den Hoogenband	Nuenen	NED 199001558	<b>2:56.02</b>	+0.80	37.01	1:21.54	2:08.38	2:56.02
4.	Inge Koopman	OEZA	NED 199303382	<b>3:02.12</b>	+0.73	35.43	1:19.00	2:08.59	3:02.12
5.	Irmgard van Weeghel	ESCA Zwemmen	NED 199204834	<b>3:07.90</b>		39.03	1:25.71	2:15.77	3:07.90
<b>Masters 35+</b>									
1.	V. Hádén-Felföldi	Iron Swim	HUN	<b>2:23.20</b>		32.01	1:08.10	1:46.42	2:23.20
2.	Marlijn Hendriksen	DIO	NED 198806828	<b>2:34.28</b>		34.78	1:14.18	1:53.87	2:34.28
<b>Masters 40+</b>									
1.	Roos van Esch	ACZ	NED 198200468	<b>2:34.12</b>	+0.70	34.76	1:13.87	1:54.68	2:34.12
2.	Linda Hoogendam	WVZ	NED 198300892	<b>3:21.15</b>	+0.93	43.91	1:35.89	2:29.38	3:21.15
<b>Masters 45+</b>									
1.	Liselotte Joling	PSV	NED 197500268	<b>2:47.13</b>		37.07	1:19.55	2:03.77	2:47.13
2.	Alina Spijkerman	DAW	NED 197701220	<b>3:11.96</b>		41.94	1:30.90	2:21.88	3:11.96
3.	Jannie Vennik	HZ&PC Heerenveen	NED 197601006	<b>3:27.02</b>		43.19	1:35.42	2:31.23	3:27.02
DIS	Sandra Van der Helm	De Rog	NED 197801340						

VE - Afwisselende bewegingen van de benen of voeten ten opzichte van elkaar gemaakt.





Open Nederlandse Masters  
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Programmanr. 23, Dames, 200m vlinderslag

Masters 50+

1. L. v. Bon-Rosenbrand	ZPC AMERSFOORT	NED 197000054	<b>2:46.39</b>		36.96	1:18.69	2:01.87	2:46.39
2. Bianca Groot	MSV-Zeemacht	NED 197000652	<b>3:16.90</b>	+0.94	39.03	1:31.16	2:23.27	3:16.90

Masters 55+

1. Anita Steijger	WVZ	NED 196500628	<b>3:33.60</b>		43.63	1:36.04	2:34.37	3:33.60
2. K. van Nassau-van den IOld Dutch		NED 196600188	<b>3:38.41</b>	+0.91	45.87	1:40.83	2:39.37	3:38.41

Masters 60+

1. M. Grove-Lingeman	Triton <i>Nederlands Masters Record</i>	NED 196200080	<b>3:08.51</b>	*	40.19	1:27.40	2:16.85	3:08.51
2. P. Tossings-van de HooGZC DONK		NED 196100376	<b>3:23.07</b>		46.45	1:38.55	2:33.97	3:23.07

Programmanr. 24  
18-02-2023 - 13:47

Heren, 200m vlinderslag

Masters Open  
Resultaten

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
<b>Masters 20+</b>								
1. Guus Hoogduin	ZVL-1886 Center	NED 200201069	<b>2:11.61</b>	+0.74	30.18	1:04.38	1:38.45	2:11.61
2. Freek Hollander	Blue Marlins	NED 200103815	<b>2:16.84</b>	+0.79	29.17	1:03.79	1:39.86	2:16.84
3. Tom Blankestijn	ZPC AMERSFOORT	NED 200201185	<b>2:17.16</b>	+0.79	31.14	1:06.14	1:41.25	2:17.16
4. Kevin Roest	De Duinkickers	NED 200001223	<b>2:19.81</b>	+0.79	31.20	1:06.42	1:43.50	2:19.81
5. Tenzin Tieman	Old Dutch	NED 200005549	<b>2:27.44</b>	+0.70	31.37	1:07.94	1:46.76	2:27.44
6. Niels Kragt	Dedemsvaart-AC	NED 200300155	<b>2:31.76</b>	+0.75	30.25	1:07.28	1:48.47	2:31.76
<b>Masters 25+</b>								
1. Kalle van Gemert	ZPC De Zeeuwse Kust	NED 199801259	<b>2:11.03</b>	+0.66	27.59	1:00.25	1:34.38	2:11.03
2. Nick Sijmons	De Amstel	NED 199500491	<b>2:15.41</b>	+0.88	30.49	1:06.14	1:40.90	2:15.41
3. Donny van den Bosch	Zwemlust-den Hommel	NED 199502001	<b>2:19.58</b>	+0.85	29.74	1:04.53	1:41.56	2:19.58
4. Daan Siebenheller	ZOB'66	NED 199804955	<b>2:25.12</b>	+0.68	31.03	1:07.30	1:45.52	2:25.12
<b>Masters 30+</b>								
1. Tim Bunnik	Triton	NED 199000505	<b>2:25.84</b>	+0.81	31.77	1:08.77	1:46.90	2:25.84
2. Huub Scholing	SWOL 1894	NED 199301179	<b>2:41.47</b>	+0.78	35.29	1:16.21	1:58.54	2:41.47
3. Marc Hoogendam	Blue Marlins	NED 199007713	<b>2:43.14</b>	+0.61	32.12	1:10.77	1:55.38	2:43.14
<b>Masters 35+</b>								
1. Sander van Elburg	TRB-RES	NED 198800937	<b>3:12.79</b>		43.43	1:33.93	2:25.51	3:12.79
<b>Masters 40+</b>								
1. Gergely Molnár	Iron Swim <i>Hungarian Masters Record</i>	HUN	<b>2:20.20</b>	+0.84	30.70	1:06.72	1:43.53	2:20.20
2. Pieter Pickhardt	ZPC De Hof	NED 198301657	<b>2:26.65</b>	+0.79	32.25	1:09.35	1:47.65	2:26.65
3. Heijmen van Vliet	Wiekslag	NED 198001637	<b>2:31.69</b>		32.65	1:09.10	1:47.78	2:31.69
4. Arjan Prins	Dedemsvaart-AC	NED 198201383	<b>2:35.55</b>		36.35	1:15.60	1:57.02	2:35.55
5. Freddie Geerlings	Zwemsport Parkstad	NED 197900379	<b>2:52.09</b>	+0.85	37.06	1:21.85	2:06.57	2:52.09
6. Wilco Steenwijk	Octopus-ZVV (SG)	NED 198002465	<b>3:07.70</b>	+0.92	37.49	1:23.26	2:12.72	3:07.70
DS Rob van Wanrooy	Feijenoord Zwemmen (SG)	NED 198202627		+0.79				
<i>VH - Niet met twee handen gelijktijdig keer- en/of eindpunt aangetikt.</i>								



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Programmanr. 24, Heren, 200m vlinderslag

Masters 45+

1. László Jüllich	ZPCH	NED 197801893	<b>2:36.77</b>	+0.81	34.23	1:10.79	1:51.78	2:36.77
2. Dennis Dortland	NieMo Barracuda	NED 197800261	<b>2:39.03</b>		32.53	1:11.89	1:54.62	2:39.03

Masters 50+

1. Chester Marsman	ZPC AMERSFOORT	NED 196900671	<b>2:27.49</b>		31.99	1:09.37	1:48.59	2:27.49
2. Korstiaan de Boer	Steenwijk 1934	NED 197101629	<b>3:04.12</b>	+0.77	39.07	1:26.52	2:16.14	3:04.12
AFGEM Antwan van Engen	De Ward	NED 197101577						

Masters 55+

1. G. van der Leden	PSV	NED 196700597	<b>2:37.69</b>	+1.01	33.40	1:12.88	1:55.00	2:37.69
2. Huyb Stegeman	Steenwijk 1934	NED 196701535	<b>3:15.19</b>	+1.00	40.86	1:28.90	2:20.40	3:15.19

Masters 60+

1. Johan Remmits	ZPC AMERSFOORT	NED 196201159	<b>2:43.25</b>	* +0.91	36.07	1:17.02	1:58.80	2:43.25
2. Ronald Grove	Triton	NED 196100161	<b>3:09.99</b>		40.49	1:29.07	2:18.91	3:09.99

Masters 65+

1. Hugo Bregman	WVZ	NED 195800069	<b>2:22.90</b>		31.24	1:07.12	1:44.61	2:22.90
<i>Wereld Masters Record, NMR 100m</i>								

Masters 70+

1. Pierre Monnet	Entente Sportive Nanterre	FRA 2609667	<b>3:33.01</b>		46.92	1:42.50	2:39.07	3:33.01
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Programmanr. 25  
18-02-2023 - 14:00

Dames, 100m wisselslag

Masters Open  
Resultaten

rang naam	vereniging			tijd	RT	PARA	50m	100m
<b>Masters 20+</b>								
1. Lotte Pieterman	SWOL 1894	NED 200301838		<b>1:05.14</b>	+0.68		29.47	1:05.14
<i>Nederlands Masters Record</i>								
2. Merel Phaff	Nueneen	NED 200100434		<b>1:08.36</b>	+0.64		30.62	1:08.36
3. Alessia Sluis	Dedemsvaart-AC	NED 200300896		<b>1:08.59</b>	+0.72		32.31	1:08.59
4. Kim Vos	Triton Putten	NED 200000990		<b>1:08.70</b>	+0.75		31.56	1:08.70
5. Julia Notenboom	De Columbiaan	NED 200302596		<b>1:09.00</b>	+0.76		30.97	1:09.00
6. Michelle Zomerdijk	Dedemsvaart-AC	NED 200003196		<b>1:09.32</b>	+0.73		32.57	1:09.32
7. Leonie van Wier	HZ&PC Heerenveen	NED 200200436		<b>1:09.83</b>	+0.68		31.92	1:09.83
8. Elisa Haverkate	ZPC De Hof	NED 200200266		<b>1:10.45</b>	+0.70		31.93	1:10.45
9. Lauren van IJl	WVZ	NED 200001064		<b>1:10.70</b>	+0.61		32.66	1:10.70
10. Sanne Kloezen	Bubble	NED 200204644		<b>1:11.26</b>	+0.77		34.48	1:11.26
11. Marije de Jager	De Columbiaan	NED 200301394		<b>1:11.87</b>			32.49	1:11.87
12. Hannah Ledingham	SSF Bonn 1905 e.V.	GER 458077		<b>1:12.25</b>	+0.67		33.81	1:12.25
13. Alisha Vieira	Blue Marlins	NED 199904554		<b>1:12.54</b>	+0.70		33.24	1:12.54
14. Elisah Velgersdijk	ZPC AMERSFOORT	NED 200102436		<b>1:12.78</b>			33.77	1:12.78
15. Kim de Jong	De Columbiaan	NED 200301026		<b>1:12.98</b>	+0.77		34.19	1:12.98
16. Lindy Elkerbout	De Veene	NED 200000604		<b>1:13.05</b>	+0.80		32.97	1:13.05
17. Amber Hesper	VZC	NED 200202188		<b>1:13.46</b>			34.40	1:13.46
18. Mirelle de Kort	Neptunus'58	NED 200005546		<b>1:13.77</b>	+0.62		34.45	1:13.77
19. Romy Verhagen	De Dolfijn	NED 199906620		<b>1:14.37</b>	+0.67		33.03	1:14.37
20. Lisanne Seising	VZC	NED 200002084		<b>1:14.45</b>	+0.78		34.82	1:14.45
21. Linde Haverkate	ZPC De Hof	NED 199900244		<b>1:15.36</b>	+0.70		34.07	1:15.36
22. Sheila ten Voorde	Octopus-ZVV (SG)	NED 199904538		<b>1:15.37</b>	+0.83		34.53	1:15.37
23. Meike Cleveringa	SWOL 1894	NED 200206096		<b>1:15.43</b>	+0.68		34.57	1:15.43
24. Noa de Bock	De Duck	NED 200300318		<b>1:15.89</b>	+0.70		34.17	1:15.89





Open Nederlandse Masters  
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Programmanr. 25, Dames, 100m wisselslag, Masters 20+

rang naam	vereniging			tijd	RT	PARA	50m	100m
25. Ageeth de Haan	Steenwijk 1934	NED	199901022	<b>1:15.99</b>	+0.64		36.73	1:15.99
26. Kyra Wesemann	MSV-Zeemacht	NED	200201440	<b>1:16.01</b>	+0.81		35.36	1:16.01
27. Sharon Wolfs	Patrick-De Roersoppers (SG)	NED	200004800	<b>1:16.53</b>	+0.77		35.37	1:16.53
28. Redine van Breugel	De Biesboschzwemmers	NED	200004404	<b>1:17.03</b>	+0.46		33.28	1:17.03
29. Lonneke van Veen	De Duinkickers	NED	200104170	<b>1:17.55</b>			35.29	1:17.55
30. Jessica Braat	AZC	NED	200205684	<b>1:17.66</b>	+0.56		35.66	1:17.66
31. Sabine Lageweg	Steenwijk 1934	NED	199900926	<b>1:17.68</b>	+0.57		34.79	1:17.68
32. Romy Jalving	HZ&PC Heerenveen	NED	200000616	<b>1:17.70</b>			35.43	1:17.70
33. Iris van der Moolen	De Amstel	NED	199902052	<b>1:17.78</b>	+0.65		35.38	1:17.78
34. Rosalie Baarda	Orca	NED	199903460	<b>1:17.89</b>	+0.77		34.12	1:17.89
35. Maud Heldoorn	Deltasteur	NED	200000564	<b>1:18.04</b>	+0.64		35.57	1:18.04
36. Anneke van der Laan	Orca	NED	200201154	<b>1:18.82</b>	+0.76		37.50	1:18.82
37. Lianne Dekker	DAW	NED	200305438	<b>1:18.85</b>	+0.67		35.55	1:18.85
38. Luka Stoker	Nova	NED	200200558	<b>1:19.37</b>			38.33	1:19.37
39. Tessa Schipper	Bubble	NED	200301578	<b>1:19.69</b>			37.69	1:19.69
40. Noortje Wijnstekers	De Duinkickers	NED	200301010	<b>1:20.32</b>	+0.88		37.67	1:20.32
41. Daphne van Rees	Octopus-ZVV (SG)	NED	200301766	<b>1:22.28</b>	+0.78		38.06	1:22.28
42. Alies Wagter	Steenwijk 1934	NED	199900840	<b>1:22.77</b>	+0.81		38.00	1:22.77
DIS Annabel Kuipers	DWK	NED	200001076		+0.69			

SR - Meer dan 1 vlinderbeenslag gemaakt voordat de 1e schoolslagbeenslag is gemaakt.

NG Silke Molendijk ZVL-1886 Center NED 200100178

Masters 25+

1. Karin Rijkelijhuizen	DZ&PC	NED	199403358	<b>1:07.16</b>	+0.76		32.56	1:07.16
2. Sietske Veldkamp	ZPC De Hof	NED	199501628	<b>1:08.81</b>	+0.74		31.78	1:08.81
3. Celine Schoenmaker	DWK	NED	199801976	<b>1:08.88</b>			31.34	1:08.88
4. Maaïke van Veen	Dedemsvaart-AC	NED	199700292	<b>1:09.62</b>	+0.83		31.59	1:09.62
5. Melissa van der Heijden	NieMo Barracuda	NED	199605226	<b>1:10.28</b>			32.86	1:10.28
6. Marre Zandringa	Orca	NED	199701136	<b>1:11.14</b>	+0.61		31.64	1:11.14
7. Laura Compagner	Dedemsvaart-AC	NED	199804602	<b>1:11.75</b>	+0.69		31.77	1:11.75
8. Rixt Meijer	HZ&PC Heerenveen	NED	199700202	<b>1:11.94</b>			33.15	1:11.94
9. Willemeï Hoving	De Rijn	NED	199800106	<b>1:12.10</b>	+0.63		33.25	1:12.10
10. Karin Groen	Nova	NED	199502440	<b>1:12.36</b>	+0.68		34.35	1:12.36
11. Karen Stolk	ZVL-1886 Center	NED	199403950	<b>1:13.07</b>			32.64	1:13.07
12. Lieke van Essen	SWOL 1894	NED	199502814	<b>1:13.83</b>	+0.59		34.42	1:13.83
13. Janine de Groot	NDD	NED	199500092	<b>1:14.04</b>	*+0.82		34.12	1:14.04
14. Anoeska van de Kraats	DWK	NED	199701284	<b>1:14.20</b>			35.61	1:14.20
15. Larissa Jansen	PSV	NED	199500660	<b>1:14.67</b>	+0.82		34.97	1:14.67
16. Eef Hollander	Blue Marlins	NED	199602074	<b>1:15.33</b>			34.96	1:15.33
17. Ana Ramirez de las Heras	SWOL 1894	NED	199806690	<b>1:15.87</b>	+0.64		34.68	1:15.87
18. Annemarie ten Have	Zuiderzeezwemmers	NED	199802662	<b>1:15.90</b>			34.16	1:15.90
19. Kirsten Opmeer	ZPC AMERSFOORT	NED	199800014	<b>1:16.60</b>	+0.61		35.55	1:16.60
20. Lotte Eising	ZPC AMERSFOORT	NED	199502098	<b>1:16.80</b>	+0.72		34.50	1:16.80
21. Marleen Welten	Deltasteur	NED	199701526	<b>1:16.82</b>			36.09	1:16.82
22. Myrthe Meenhorst	SWOL 1894	NED	199507062	<b>1:18.39</b>			35.03	1:18.39
23. Mariska Gach	ZVL-1886 Center	NED	199501760	<b>1:19.03</b>	+0.70		36.65	1:19.03
24. Annemiek Meulenbeld	Orca	NED	199506230	<b>1:19.86</b>	+0.66		36.58	1:19.86
25. Yvette Meijer	Zwemvereniging Hoogland	NED	199706590	<b>1:20.56</b>	+0.72		38.90	1:20.56
26. Danique de Vegt	ESCA Zwemmen	NED	199802692	<b>1:21.32</b>	+0.70		36.60	1:21.32
27. Rachel Trapman	De Duinkickers	NED	199606760	<b>1:22.55</b>			37.62	1:22.55
28. Esmée Rolloos	NieMo Barracuda	NED	199800056	<b>1:23.34</b>	+0.89		38.96	1:23.34
29. Jolijn Walgjen	SWOL 1894	NED	199602284	<b>1:23.51</b>	+0.85		39.19	1:23.51
30. Benice Flietstra	De Veene	NED	199702264	<b>1:24.94</b>	+0.88		39.04	1:24.94
31. Emma van der Meer	De Ward	NED	199702524	<b>1:26.05</b>			39.38	1:26.05



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Programmanr. 25, Dames, 100m wisselslag

Masters 30+

1. Danique Stoop	Zuiderzeezwemmers	NED	199106956	<b>1:08.34</b>		30.90	1:08.34
2. Jacyntha Plat	Steenwijk 1934	NED	199002956	<b>1:12.17</b>	+0.65	33.91	1:12.17
3. Joanne van Essen	ZPC AMERSFOORT	NED	199303506	<b>1:12.91</b>	+0.79	32.80	1:12.91
4. Saskia de Klerk	GoSwim	NED	199004612	<b>1:13.14</b>	+0.74	33.98	1:13.14
5. Suzan Blankestijn	ZVL-1886 Center	NED	198900350	<b>1:16.03</b>	+0.67	35.84	1:16.03
6. Kimberley van Buren	De Duck	NED	199304136	<b>1:16.19</b>	+0.80	36.19	1:16.19
7. Getrude Corporaal	Steenwijk 1934	NED	199200380	<b>1:16.62</b>		35.07	1:16.62
8. Leontine Groeneveldt	De Duck	NED	199303526	<b>1:17.69</b>		37.66	1:17.69
9. Marijke Kommers	NieMo Barracuda	NED	199305334	<b>1:20.04</b>	+0.85	37.38	1:20.04
10. Relinda Baas	TriVia	NED	198900144	<b>1:22.08</b>	+0.83	38.75	1:22.08
11. Nadine Blouw	TriVia	NED	199302314	<b>1:23.31</b>		37.73	1:23.31
12. Adela Vázquez García	ZVL-1886 Center	NED	199307952	<b>1:23.77</b>		36.98	1:23.77
13. Marloes Wiekens	THOR	NED	199302970	<b>1:24.06</b>		37.15	1:24.06
14. Elke Schellekens	Neptunus'58	NED	199301550	<b>1:24.43</b>	+0.74	39.61	1:24.43
15. Marjan Rikken	Octopus-ZVV (SG)	NED	199206114	<b>1:24.58</b>	+0.87	38.03	1:24.58
16. Nada Lisa Hut	Aqualero	NED	199307280	<b>1:28.63</b>		40.91	1:28.63
17. Maaïke Hofland	Sassenheim	NED	199203754	<b>1:29.61</b>		40.86	1:29.61
18. Ingrid Johannes	De Kempvis	NED	198907370	<b>1:35.07</b>		42.80	1:35.07

Masters 35+

1. Viktória Háden-Felföldi	Iron Swim	HUN		<b>1:09.97</b>	+0.58	32.20	1:09.97
<i>Hungarian Masters Record</i>							
2. Daniëlle Reijnders	AquAmigos	NED	198504234	<b>1:12.15</b>		34.60	1:12.15
3. Samantha van Eijk	De Geul	NED	198806826	<b>1:14.29</b>		33.86	1:14.29
4. Wendy van der Iest	ZPC AMERSFOORT	NED	198701904	<b>1:15.15</b>	+0.74	34.70	1:15.15
5. Monique van Huizen	AZC	NED	198706236	<b>1:16.22</b>	+0.85	35.55	1:16.22
6. Linda van Klei	GZC DONK	NED	198802088	<b>1:16.60</b>		36.05	1:16.60
7. Larissa Brak	ZPC AMERSFOORT	NED	198800572	<b>1:17.23</b>	+0.79	36.53	1:17.23
8. Marije Jansen	ZPC AMERSFOORT	NED	198504088	<b>1:17.63</b>	+0.75	35.05	1:17.63
9. Nikki Roon	IJZPC	NED	198803712	<b>1:19.22</b>		36.03	1:19.22
10. Sandra Zwaanswijk	DAW	NED	198503934	<b>1:19.59</b>		36.09	1:19.59
11. Kim Visser	H2Oldambt	NED	198704350	<b>1:28.67</b>		40.87	1:28.67

Masters 40+

1. Delia Badoux	WVZ	NED	198000042	<b>1:07.94</b>	+0.82	31.43	1:07.94
<i>Nederlands Masters Record</i>							
2. Anke Lambooj	De Vliet (SG)	NED	198001182	<b>1:14.65</b>	+0.82	36.19	1:14.65
3. Debbie van Rooijen	IJZPC	NED	198201402	<b>1:16.69</b>		36.02	1:16.69
4. Nadya Putter	ZVVS	NED	198301630	<b>1:16.91</b>		35.23	1:16.91
5. Chantal Verhoeff	Old Dutch	NED	197900912	<b>1:21.75</b>		37.51	1:21.75
6. Jessica Venema	GZC DONK	NED	197901526	<b>1:26.66</b>		40.08	1:26.66
7. Roelien Stegeman	ZV 44	NED	198102350	<b>1:26.92</b>	+0.85	40.26	1:26.92
8. Clara Groenhorst	GZC DONK	NED	198202506	<b>1:28.61</b>		40.68	1:28.61

Masters 45+

1. Janneke Harmsen-Bakker	PSV	NED	197700938	<b>1:14.62</b>	+0.84	34.53	1:14.62
2. Monique Boets	Stadskanaal	NED	197600230	<b>1:16.64</b>	+0.76	35.50	1:16.64
3. Ilona Hogerheyde	DAW	NED	197400224	<b>1:17.97</b>	+0.75	35.57	1:17.97
4. Mirjan den Drijver	Feijenoord Zwemmen (SG)	NED	197500884	<b>1:18.75</b>	+0.81	36.19	1:18.75
5. Krista de Reus-Trompetter	DZ&PC	NED	197600520	<b>1:18.95</b>	+0.89	36.94	1:18.95
6. Monica Korndewal	ZPC AMERSFOORT	NED	197701258	<b>1:23.35</b>	+0.82	39.27	1:23.35
7. Esmeralda Stokman	ZPCH	NED	197600940	<b>1:28.94</b>		40.46	1:28.94
8. Margriet Leeffers	Deltasteur	NED	197800448	<b>1:31.96</b>	+1.00	45.62	1:31.96



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Programmanr. 25, Dames, 100m wisselslag

Masters 50+

1. Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	NED	197000054	<b>1:15.49</b>	+0.84	35.77	1:15.49
2. Edith Janssen-Koolen	TRB-RES	NED	197300898	<b>1:16.53</b>	+0.64	35.51	1:16.53
3. Yvette Ratering	De Ward	NED	197200990	<b>1:18.65</b>		36.71	1:18.65
4. Jeanne Petit	PSV	NED	197001020	<b>1:19.09</b>	+0.78	36.99	1:19.09
5. Trudy Ketting	PSV	NED	197000268	<b>1:20.37</b>	+0.89	39.62	1:20.37
6. Iris van Aurich	DWK	NED	196900866	<b>1:22.40</b>	*+0.80	39.46	1:22.40
7. Annette de Visser	Oceanus	NED	197100602	<b>1:22.79</b>	*	40.61	1:22.79
8. Katharina Schlipp	De Vliet (SG)	NED	197301004	<b>1:23.86</b>	+0.84	40.01	1:23.86
9. Marjolein Klunne	Hieronymus	NED	197101098	<b>1:25.09</b>	+0.84	38.00	1:25.09
10. Peggi Hurenkamp	HZ&PC Heerenveen	NED	196900922	<b>1:25.14</b>	+0.70	40.32	1:25.14
11. Nathasja Konijn	GZC DONK	NED	197100992	<b>1:34.62</b>	+0.87	43.72	1:34.62
12. Danielle Schipper	ZOB'66	NED	197001078	<b>1:36.66</b>		45.91	1:36.66

Masters 55+

1. Marinka vd Zwet	Sassenheim	NED	196500346	<b>1:23.30</b>		36.98	1:23.30
2. Sandra Daamen-Posma	AZC	NED	196800854	<b>1:37.66</b>	+0.86	48.82	1:37.66
AFGEM Laura Staal	Oceanus	NED	196700358				

Masters 60+

1. Marjan Remmits-de Lange	ZPC AMERSFOORT	NED	196300518	<b>1:16.88</b>	+0.67	35.95	1:16.88
<i>Nederlands Masters Record</i>							
2. Marijke Kraak-Beckers	WS Twente	NED	196000240	<b>1:29.08</b>	+0.74	42.26	1:29.08
3. J. Rolloos-Bakkers	NieMo Barracuda	NED	196300022	<b>1:29.66</b>		39.88	1:29.66
4. Patty Verhagen	PSV	NED	195900146	<b>1:30.74</b>		42.20	1:30.74
5. Linda Wibbelink	Steenwijk 1934	NED	195900158	<b>1:32.28</b>		44.90	1:32.28
6. Yoka de Vegt-van Dijk	ESCA Zwemmen	NED	196200420	<b>1:34.03</b>		43.10	1:34.03
7. Annemarie Vuist-Blum	SWOL 1894	NED	196300282	<b>1:35.40</b>		45.53	1:35.40
8. Hannie Poletiek	TriVia	NED	195900278	<b>1:36.58</b>		45.59	1:36.58
9. Jennie Resink-lindeboom	DWK	NED	196000142	<b>1:44.61</b>		51.21	1:44.61
10. Lia Bijkerk	GZC DONK	NED	196000014	<b>1:45.45</b>	+0.93	50.32	1:45.45
11. Jenny Westervaarder	H2Oldambt	NED	196200424	<b>1:48.14</b>		52.05	1:48.14
12. Katinka Elders	HZ&PC Heerenveen	NED	196000292	<b>1:49.94</b>		51.89	1:49.94

Masters 65+

DIS Ria Peters-Veurman	ESCA Zwemmen	NED	195800242		*		
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AA - De start ingezet voor het startsignaal (en wel gezwommen).

Masters 70+

1. Christine Nieuwenhuis	SWOL 1894	NED	195100022	<b>1:31.73</b>	+0.66	42.98	1:31.73
<i>Kampioenschapsrecord</i>							
2. Gonne Bak	PSV	NED	195100064	<b>1:56.01</b>		59.29	1:56.01
3. Tineke van Diggelen	ZPCH	NED	195200048	<b>1:56.54</b>		58.95	1:56.54

Masters 75+

1. A. Verhoeven - Steggerda	De Duinkickers	NED	194600024	<b>2:17.18</b>	*	1:10.48	2:17.18
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Programmanr. 26  
18-02-2023 - 14:35

Heren, 100m wisselslag

Masters Open  
Resultaten

rang naam	vereniging		tijd	RT	PARA	50m	100m
<b>Masters 20+</b>							
1. Leon van den Hof	Dedemsvaart-AC	NED 200203269	<b>59.04</b>	+0.66		26.71	59.04
2. Arjan Dekker	De Golfbreker	NED 200000499	<b>1:01.47</b>			28.03	1:01.47
3. Coenraad Floris Stork	De Golfbreker	NED 200305075	<b>1:01.52</b>	+0.59		28.56	1:01.52
4. Gerard Willighagen	Poseidon'56	NED 200103663	<b>1:01.62</b>	+0.73		28.31	1:01.62
5. Jorian Darwinkel	HZ&PC Heerenveen	NED 200300565	<b>1:01.79</b>	+0.72		28.36	1:01.79
6. Joris Bezemer	De Kempvis	NED 199900527	<b>1:02.29</b>	+0.77		28.91	1:02.29
7. Aron Paasse	De Schotelij	NED 200000099	<b>1:02.75</b>	+0.65		28.37	1:02.75
8. Ian Terlouw	ZPC Woerden	NED 200002345	<b>1:02.80</b>	+0.56		27.28	1:02.80
9. Ryan van den Ouden	Poseidon'56	NED 199900377	<b>1:02.96</b>	+0.84		28.46	1:02.96
10. Remco de Heij	ZPCH	NED 200200161	<b>1:03.05</b>	+0.58		29.90	1:03.05
11. Ilmar Stoop	Zuiderzeezwemmers	NED 200100871	<b>1:03.59</b>	+0.64		29.32	1:03.59
12. Franklin Paassen	ZV 44	NED 200003881	<b>1:04.61</b>	+0.65		29.04	1:04.61
13. Tim Speijer	Bubble	NED 200301661	<b>1:04.67</b>	+0.68		29.13	1:04.67
14. Marc Hoogeveen	DZ&PC	NED 200101585	<b>1:04.80</b>			28.51	1:04.80
15. David Kievit	De Schotelij	NED 199900325	<b>1:05.10</b>			29.86	1:05.10
16. Jelle Opmeer	ZPC AMERSFOORT	NED 200100269	<b>1:05.14</b>	+0.60		30.38	1:05.14
17. Dave van den Nieuwendijk	De Columbiaan	NED 200100475	<b>1:05.21</b>	+0.76		29.86	1:05.21
18. Jort Vizee	Feijenoord Zwemmen (SG)	NED 200201779	<b>1:05.27</b>	+0.60		30.59	1:05.27
19. Bas van Wieringen	De Columbiaan	NED 200200119	<b>1:05.34</b>	+0.45		30.27	1:05.34
20. Milan de Roo	ZPC Woerden	NED 200102215	<b>1:05.56</b>	+0.63		30.07	1:05.56
21. Ian van der Pal	SWOL 1894	NED 200203645	<b>1:06.60</b>			30.70	1:06.60
22. Derk Jan van Duijn	De Golfbreker	NED 200105575	<b>1:06.64</b>	+0.78		31.83	1:06.64
23. Mees Minneboo	MSV-Zeemacht	NED 200203465	<b>1:06.89</b>	+0.69		30.53	1:06.89
24. Daan Rienties	SWOL 1894	NED 200103369	<b>1:07.15</b>			29.77	1:07.15
25. Thomas Hesper	Blue Marlins	NED 200004181	<b>1:07.84</b>	+0.78		31.66	1:07.84
26. Julian Mes	ZOB'66	NED 200103755	<b>1:08.37</b>	+0.58		29.89	1:08.37
27. Lucas Muntinga	ZPCH	NED 200300123	<b>1:08.76</b>	+0.68		32.78	1:08.76
28. Nick Boekestijn	Feijenoord Zwemmen (SG)	NED 199900291	<b>1:09.06</b>	+0.55		30.69	1:09.06
29. Boaz Troost	ZOB'66	NED 200100371	<b>1:10.37</b>	+0.68		33.10	1:10.37
30. Marijn Heetkamp	Het Ravijn	NED 199903407	<b>1:14.29</b>	+0.66		36.45	1:14.29

**Masters 25+**

1. Dominique Sikkema	TriVia	NED 199500399	<b>57.60</b>	+0.66		26.26	57.60
2. Felix Geenen	DAW	NED 199501085	<b>58.97</b>	+0.75		26.87	58.97
3. Bas Dries	Zwemvereniging Hoogland	NED 199505177	<b>59.08</b>	+0.66		27.20	59.08
4. Bert Duivenvoorde	Noordwijkerhout	NED 199701805	<b>59.87</b>			27.86	59.87
5. Pascal Nuijten	Feijenoord Zwemmen (SG)	NED 199701353	<b>1:00.34</b>	+0.75		27.55	1:00.34
6. Sepp Kalter	Dedemsvaart-AC	NED 199704327	<b>1:01.86</b>	+0.72		28.10	1:01.86
7. Jelle Nap	VZC	NED 199502875	<b>1:02.49</b>	+0.78		29.37	1:02.49
8. Jurre Stammes	ESCA Zwemmen	NED 199701843	<b>1:02.61</b>			30.28	1:02.61
9. John Smit	Poseidon'56	NED 199500613	<b>1:03.82</b>	+0.72		29.47	1:03.82
10. Floyd van Duyvenbode	De Kempvis	NED 199600357	<b>1:04.03</b>	+0.57		28.39	1:04.03
11. Stefan Petersen	Blue Marlins	NED 199403067	<b>1:04.55</b>	+0.72		31.16	1:04.55
12. Mees Laar	ESCA Zwemmen	NED 199601719	<b>1:05.76</b>	+0.72		30.46	1:05.76
13. Robin Hermans	TRB-RES	NED 199400987	<b>1:07.67</b>	+0.59		31.88	1:07.67
14. Ian van Mullem	ZOB'66	NED 199602545	<b>1:08.11</b>	+0.75		31.78	1:08.11
15. Sam Beer	Poseidon'56	NED 199605521	<b>1:08.37</b>	+0.70		31.49	1:08.37
16. Gijs Ruijgrok	ZVL-1886 Center	NED 199600863	<b>1:09.35</b>	+0.73		31.78	1:09.35
17. Jeffrey van der Sluis	Orca	NED 199704593	<b>1:09.82</b>			31.49	1:09.82
18. Martijn Bartels	ZPC AMERSFOORT	NED 199603493	<b>1:10.35</b>	+0.79		32.11	1:10.35
19. Paco de Voogt	De Duck	NED 199400859	<b>1:10.42</b>	+0.75		31.63	1:10.42
20. Patrick Wyrdeman	Feijenoord Zwemmen (SG)	NED 199702475	<b>1:11.04</b>	+0.72		32.12	1:11.04
21. Hugo Herbers	SWOL 1894	NED 199500507	<b>1:11.42</b>	+0.78		33.12	1:11.42
22. Jeroen van Dinther	Neptunus'58	NED 199701569	<b>1:11.74</b>	+0.66		32.45	1:11.74
23. Tico Wind	Het Ravijn	NED 199502705	<b>1:15.56</b>	+0.66		33.80	1:15.56



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Masters 30+

1. Jeroen Baars	Blue Marlins	NED	199200031	<b>57.46</b>	+0.75	26.00	57.46
<i>Nederlands Masters Record</i>							
2. Jesper Oranje	De Duck	NED	199200997	<b>58.35</b>	+0.75	26.22	58.35
3. Bas Braun	ZPC AMERSFOORT	NED	199106545	<b>1:05.20</b>	+0.80	29.31	1:05.20
4. Erik Wegman	De Kempvis	NED	199201465	<b>1:05.98</b>	+0.69	30.35	1:05.98
5. Hans van Wijk	BZ&PC	NED	198903605	<b>1:06.08</b>	+0.73	31.52	1:06.08
6. Bart van der Zwaan	BZ&PC	NED	199005149	<b>1:06.61</b>		30.36	1:06.61
7. Alex Vermeulen	Aquapoldro	NED	198905811	<b>1:06.77</b>	+0.78	30.60	1:06.77
8. Patrick Creemers	RZ	NED	199000579	<b>1:06.81</b>	+0.69	30.89	1:06.81
9. Jesper Kloek	Dedemsvaart-AC	NED	199001585	<b>1:07.94</b>	+0.73	31.52	1:07.94
10. Dennis Doove	De Kempvis	NED	199202413	<b>1:08.07</b>	+0.78	30.35	1:08.07
11. Tim de Vrugt	ESCA Zwemmen	NED	199306719	<b>1:08.92</b>	+0.72	32.36	1:08.92
12. Robin van Beusekom	NieMo Barracuda	NED	199205841	<b>1:10.13</b>	+0.83	32.78	1:10.13
13. Bram Piederiet	ZVVS	NED	199007757	<b>1:11.39</b>	+0.77	33.15	1:11.39
14. Patrick de Jonge	Deltasteur	NED	198906635	<b>1:15.36</b>	+0.63	31.87	1:15.36
15. Gerald van de Riet	De Mors	NED	199307161	<b>1:15.56</b>	+0.82	35.22	1:15.56
DIS Sander de Vrugt	ESCA Zwemmen	NED	198903499				

SR - Meer dan 1 vlinderbeenslag gemaakt voordat de 1e schoolslagbeenslag is gemaakt.

Masters 35+

1. Joan Kentrop	Zwemlust-den Hommel	NED	198503575	<b>1:00.09</b>	+0.77	27.01	1:00.09
2. Yuri van Ommе	Zwemvereniging Hoogland	NED	198501887	<b>1:04.08</b>	+0.77	29.95	1:04.08
3. Romain Delepine	Lille UC Natation	FRA	266204	<b>1:06.28</b>	+0.76	31.13	1:06.28
4. Rob van Vliet	ZPC AMERSFOORT	NED	198402459	<b>1:06.69</b>	+0.82	31.44	1:06.69
5. Albert van Piekeren	SWOL 1894	NED	198401767	<b>1:09.08</b>	+0.83	31.53	1:09.08
6. Arjen van der Boom	ZIGNEA	NED	198604449	<b>1:11.24</b>		33.15	1:11.24
7. Arne-Willem Kroonen	MZ&PC	NED	198401297	<b>1:11.81</b>	+0.79	32.94	1:11.81
8. Dennis Kraakman	DAW	NED	198705325	<b>1:12.81</b>	+0.72	33.77	1:12.81
9. Peter van de Bor	DWT	NED	198402897	<b>1:14.66</b>	+0.79	31.05	1:14.66
10. Harmen Reemst	ZOB'66	NED	198702715	<b>1:14.77</b>	+0.76	33.74	1:14.77

Masters 40+

1. Lauren Vis	Steenwijk 1934	NED	198201883	<b>1:03.19</b>	+0.64	28.89	1:03.19
2. Maxime Descatoire	Lille UC Natation	FRA	73751	<b>1:03.73</b>	+0.59	29.11	1:03.73
3. Kristiaan Lenos	ZVL-1886 Center	NED	198301331	<b>1:03.74</b>	+0.74	29.35	1:03.74
4. Sander Zoer	Dedemsvaart-AC	NED	198302447	<b>1:07.09</b>	+0.80	30.30	1:07.09
5. Wouter Zijlstra	DAW	NED	198202077	<b>1:10.16</b>	+0.75	32.25	1:10.16
6. F. Cascales Miñana	Lille UC Natation	FRA	3228717	<b>1:10.64</b>		32.51	1:10.64
7. William Kruihof	Het Ravijn	NED	198000857	<b>1:11.56</b>		33.02	1:11.56
8. Luc Steijvers	ZVL-1886 Center	NED	198201661	<b>1:12.58</b>	+0.62	33.15	1:12.58
9. Michael Buurmeijer	THOR	NED	197901977	<b>1:12.67</b>	+0.78	33.41	1:12.67
10. Bas van den Nouwelant	ZVVS	NED	198001103	<b>1:13.70</b>	+0.87	35.50	1:13.70
11. Peter Lommert	SWOL 1894	NED	197900787	<b>1:16.91</b>		34.57	1:16.91
12. Mark Brinkhuis	TriVia	NED	198302609	<b>1:23.34</b>	+0.83	41.84	1:23.34

Masters 45+

1. Victor Barnar	GoSwim	NED	197801805	<b>1:05.99</b>	+0.73	31.20	1:05.99
2. Kees Bakker	Gay Swim Amsterdam	NED	197501055	<b>1:06.72</b>	+0.63	30.51	1:06.72
3. Alex Damen	DAW	NED	197501371	<b>1:07.17</b>	+0.73	31.87	1:07.17
4. Sandy Pleyte	ZPC De Zeeuwse Kust	NED	197501559	<b>1:09.96</b>	+0.84	32.56	1:09.96
5. Pieter Broek	Feijenoord Zwemmen (SG)	NED	197701637	<b>1:12.02</b>		32.85	1:12.02
6. Markus van Rest	WVZ	NED	197701197	<b>1:12.67</b>	+0.80	31.85	1:12.67
7. Johan Wezenberg	SWOL 1894	NED	197601023	<b>1:17.83</b>	+0.86	35.65	1:17.83
8. Arjan Aalbers	SWOL 1894	NED	197500001	<b>1:19.06</b>		35.72	1:19.06



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Masters 50+

1. Markus Löber	SSF Bonn 1905 e.V.	GER	444684	<b>1:10.04</b>	+0.69	32.43	1:10.04
2. Eelco van Gemert	ZPC De Zeeuwse Kust	NED	197200299	<b>1:11.81</b>	+0.78	33.21	1:11.81
3. René Beetsma	HZ&PC Heerenveen	NED	196900069	<b>1:11.95</b>	*+0.76	33.19	1:11.95
4. Pieter Veenstra	DZ&PC	NED	197301345	<b>1:14.46</b>	+0.83	34.93	1:14.46
5. Michael van Bekkum	SWOL 1894	NED	197200051	<b>1:14.59</b>	+0.77	35.51	1:14.59
6. Heiner Stevens	ZIGNEA	NED	197201299	<b>1:14.77</b>	+0.80	36.25	1:14.77
7. Berry Koning	Aqualero	NED	197300479	<b>1:20.47</b>		38.33	1:20.47
8. Hans Schoenmakers	DAW	NED	196900863	<b>1:23.52</b>	+0.81	41.16	1:23.52
DIS Linas Kersevicius	Kauno Takas	LTU					
<i>RH - Het eindpunt niet in rugligging aangeraakt.</i>							
DIS Gerko Versluis	Zuiderzeewimmers	NED	196901439				
<i>RH - Het eindpunt niet in rugligging aangeraakt.</i>							

Masters 55+

1. Dariusz Andrzejczak	SG Erkelenz-Hückelhoven	GER	326924	<b>1:09.14</b>	+0.67	31.66	1:09.14
2. Jan-Willem van den Berg	WVZ	NED	196801575	<b>1:09.38</b>	+0.83	32.08	1:09.38
3. Harold Matla	PSV	NED	196800591	<b>1:11.76</b>	+0.83	36.19	1:11.76
4. Ron Korzélius	ZPC AMERSFOORT	NED	196500513	<b>1:14.59</b>	+0.79	34.53	1:14.59
5. Henri Michels	De Amstel	NED	196501587	<b>1:17.60</b>		36.54	1:17.60
6. Robert de Brauwer	De Duinkickers	NED	196401383	<b>1:18.58</b>	+0.87	35.85	1:18.58
7. Bert Jonker	HZ&PC Heerenveen	NED	196600355	<b>1:19.70</b>	+0.78	35.35	1:19.70
8. Pieter-Sjoerd de Wijn	DES	NED	196501027	<b>1:24.79</b>	+0.72	40.44	1:24.79
9. Gertjan van der Vaart	ZVVS	NED	196801529	<b>1:32.98</b>	+0.78	47.71	1:32.98

Masters 60+

1. Edwin v. Norden	ZPC AMERSFOORT	NED	196300563	<b>1:08.87</b>		31.15	1:08.87
2. Jan Brink	ZPC De Zeeuwse Kust	NED	196200091	<b>1:12.31</b>	+0.78	33.62	1:12.31
3. Fred Ketting	PSV	NED	196000289	<b>1:12.50</b>	+0.83	34.32	1:12.50
4. Henk Kuipers	ZPC AMERSFOORT	NED	196201207	<b>1:17.87</b>	+0.66	35.89	1:17.87
5. Evert-Jan Verweij	SWOL 1894	NED	196301143	<b>1:19.73</b>		37.27	1:19.73
6. Richard Tiemstra	De Biesboschwimmers	NED	196301397	<b>1:20.93</b>	+0.91	37.45	1:20.93
7. Casper Dollekamp	Steenwijk 1934	NED	196301341	<b>1:21.03</b>	+0.79	38.20	1:21.03
8. Ronald Pijtak	ZPC AMERSFOORT	NED	196100475	<b>1:36.22</b>		45.46	1:36.22

Masters 65+

1. Paul Bunnik	Triton	NED	195600413	<b>1:20.89</b>		37.66	1:20.89
2. Wim de Lange	AZC	NED	195800533	<b>1:23.97</b>	+0.78	40.06	1:23.97
3. Wiebren Dijkstra	HZ&PC Heerenveen	NED	195800745	<b>1:41.53</b>	+0.90	54.47	1:41.53
AFGEM Wim Witjes	Aqua-Novio'94	NED	195800483				

Masters 70+

1. Charles Bos	Patrick-De Roersoppers (SG)	NED	195300019	<b>1:22.40</b>	*	38.97	1:22.40
<i>Nederlands Masters Record</i>							
2. Piet Schop	De Bevelanders	NED	195000109	<b>1:37.29</b>		44.94	1:37.29

Masters 75+

1. Willem Putter	ZVVS	NED	194500135	<b>1:42.78</b>	+1.11	48.41	1:42.78
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Masters 80+

1. Geza Kaltenecker	AZC	NED	194200065	<b>1:48.98</b>	+0.88	54.47	1:48.98
2. Rob Hanou	PSV	NED	194300109	<b>1:55.80</b>		57.19	1:55.80





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Masters 85+

1. Frederik Hendrik de Bruijn	CN Aquamasters	ESP	<b>1:52.11</b>	58.10	1:52.11
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*Kampioenschapsrecord*

Programmanr. 27  
18-02-2023 - 15:19

Dames, 200m vrije slag

Masters Open  
Resultaten

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
<b>Masters 20+</b>								
1. Laura Setz	Bubble	NED 200000130	<b>2:08.36</b>		29.33	1:01.31	1:34.68	2:08.36
2. Amé Hulleman	DZ&PC	NED 200202794	<b>2:10.43</b>	+0.78	30.10	1:03.25	1:36.98	2:10.43
3. Lianne van Wier	HZ&PC Heerenveen	NED 200200438	<b>2:12.54</b>	+0.65	30.72	1:04.74	1:39.12	2:12.54
4. Marijke Drent	Bubble	NED 199906232	<b>2:14.51</b>	+0.71	30.95	1:05.41	1:40.44	2:14.51
5. Rozemarijn van Haaff	ZOB'66	NED 200201852	<b>2:17.31</b>	+0.71	30.97	1:04.89	1:40.66	2:17.31
6. Cynthia Koolman	Steenwijk 1934	NED 200300232	<b>2:18.61</b>	+0.55	32.01	1:07.92	1:43.60	2:18.61
7. M. van den Hoofdakker	Steenwijk 1934	NED 200302708	<b>2:19.85</b>	+0.79	31.55	1:07.75	1:45.07	2:19.85
8. Myra Smulders	De Duinkickers	NED 199904308	<b>2:20.70</b>		31.97	1:07.43	1:44.21	2:20.70
9. Inge Dekker	HZ&PC Heerenveen	NED 200200476	<b>2:21.51</b>		30.91	1:06.93	1:44.52	2:21.51
10. Ariane Krijt	TRB-RES	NED 199906646	<b>2:24.05</b>		32.96	1:09.28	1:47.07	2:24.05
11. Esmee Kloezen	Bubble	NED 200204646	<b>2:24.33</b>		33.68	1:11.01	1:48.27	2:24.33
12. Selina Janssen	Neptunus'58	NED 199905974	<b>2:25.51</b>	+0.63	33.28	1:09.67	1:47.80	2:25.51
13. Lonneke Graansma	ZVL-1886 Center	NED 199900936	<b>2:25.69</b>	+0.70	32.82	1:10.20	1:48.89	2:25.69
14. Lianne Roescher	ZPC De Hof	NED 199900248	<b>2:25.92</b>	+0.96	33.56	1:10.82	1:48.57	2:25.92
15. Kayleigh Westenberg	De Veene	NED 200004064	<b>2:29.06</b>	+0.82	33.50	1:10.74	1:49.54	2:29.06
16. Lonneke van Veen	De Duinkickers	NED 200104170	<b>2:30.17</b>		34.75	1:13.39	1:52.17	2:30.17
17. Ilse Hallie	Octopus-ZVV (SG)	NED 200200128	<b>2:33.72</b>	+0.73	35.26	1:14.55	1:54.59	2:33.72
18. Noortje Wijnstekers	De Duinkickers	NED 200301010	<b>2:33.76</b>	+0.85	35.40	1:14.75	1:54.94	2:33.76
19. Rosa Huntjens	EZCL (SG)	NED 200301402	<b>2:38.09</b>		34.86	1:14.09	1:55.92	2:38.09
20. Lotte de Vente	Het Ravijn	NED 199905814	<b>2:44.98</b>		35.93	1:17.31	2:01.17	2:44.98

Masters 25+

1. Tessa Vermeulen	De Dolfijn	NED 199800068	<b>1:57.99</b>	+0.59	27.28	56.86	1:27.21	1:57.99
<i>Wereld Masters Record</i>								
2. Tamara Grove	De Dolfijn	NED 199601266	<b>2:05.90</b>		29.09	1:01.05	1:33.55	2:05.90
3. M. van Langevelde	ESCA Zwemmen	NED 199803160	<b>2:10.29</b>	+0.72	30.76	1:04.07	1:37.84	2:10.29
4. Manon Kloosterman	Zwemlust-den Hommel	NED 199702082	<b>2:13.56</b>	+0.78	31.34	1:05.17	1:39.73	2:13.56
5. J. van Omme - van Veen	Zwemvereniging Hoogland	NED 199603192	<b>2:16.19</b>	+0.73	30.98	1:05.66	1:40.68	2:16.19
6. Sietske Veldkamp	ZPC De Hof	NED 199501628	<b>2:17.71</b>	+0.58	31.11	1:06.77	1:43.03	2:17.71
7. Anne-Irene Ducheine	Zwemvereniging Hoogland	NED 199506824	<b>2:18.38</b>		32.67	1:07.44	1:43.39	2:18.38
8. Larissa Jansen	PSV	NED 199500660	<b>2:20.60</b>	+0.89	31.39	1:05.78	1:42.51	2:20.60
9. Jisca Majolee	ZPC AMERSFOORT	NED 199403570	<b>2:23.27</b>		32.91	1:09.55	1:46.71	2:23.27
10. Deborah Wissink	ZPC De Hof	NED 199503484	<b>2:23.61</b>	+0.49	32.62	1:08.87	1:46.14	2:23.61
11. Diane Schoenmaker	PSV	NED 199502920	<b>2:25.69</b>		32.96	1:09.70	1:47.69	2:25.69
12. Janine de Groot	NDD	NED 199500092	<b>2:26.21</b>	+0.83	33.33	1:10.47	1:49.23	2:26.21
13. Meike Nauta	Nuene	NED 199405180	<b>2:26.90</b>	+0.73	31.84	1:07.60	1:46.76	2:26.90
14. Suzanne Mosch	MSV-Zeemacht	NED 199400548	<b>2:27.33</b>		34.03	1:11.77	1:50.04	2:27.33
15. Mariska Gach	ZVL-1886 Center	NED 199501760	<b>2:29.54</b>		34.18	1:11.39	1:50.35	2:29.54
16. Esmée Rolloos	NieMo Barracuda	NED 199800056	<b>2:32.15</b>	+0.79	34.70	1:12.56	1:52.43	2:32.15
17. Eline Hendriks	ZPC AMERSFOORT	NED 199802794	<b>2:33.92</b>	+0.92	35.03	1:14.25	1:54.78	2:33.92
18. Judith Kleinjan	De Duck	NED 199802710	<b>2:41.79</b>	+0.71	36.05	1:16.94	1:58.78	2:41.79
19. Margien Timmer	ZVL-1886 Center	NED 199506760	<b>2:42.61</b>	+0.75	36.65	1:17.79	2:01.24	2:42.61
20. Eline Molle	De Geul	NED 199404276	<b>2:44.46</b>		36.20	1:17.97	2:01.72	2:44.46
21. Julia Koopman	SWOL 1894	NED 199606688	<b>2:45.71</b>		35.93	1:17.31	2:01.51	2:45.71
22. Cynthia van Veen	ZVL-1886 Center	NED 199606736	<b>2:50.23</b>	+0.72	36.91	1:20.24	2:06.06	2:50.23



Programmanr. 27, Dames, 200m vrije slag

Masters 30+

1. Leonie van Noort	WVZ	NED 199301752	<b>2:05.69</b>	+0.66	29.75	1:02.05	1:34.51	2:05.69
<i>Nederlands Masters Record</i>								
2. Denise Boereboom	NieMo Barracuda	NED 199202144	<b>2:12.93</b>		30.71	1:04.40	1:39.07	2:12.93
3. Marcha Admiraal	De Geul	NED 199300012	<b>2:14.55</b>	+0.77	30.42	1:04.61	1:39.67	2:14.55
4. Melissa Zwaan	DAW	NED 199103666	<b>2:20.71</b>	+0.78	31.07	1:06.40	1:43.24	2:20.71
5. Elmi Roelofs	Octopus-ZVV (SG)	NED 199008198	<b>2:21.95</b>	+0.80	30.91	1:06.24	1:44.11	2:21.95
6. N. Wobben - de Vries	Steenwijk 1934	NED 199204328	<b>2:23.08</b>	+0.72	32.84	1:09.89	1:47.48	2:23.08
7. D. Robijn-Jongedijk	EZCL (SG)	NED 198903520	<b>2:24.65</b>		33.11	1:09.91	1:47.85	2:24.65
8. Wendy de Bruin	ZOB'66	NED 199206320	<b>2:25.46</b>	+0.64	33.31	1:10.01	1:48.27	2:25.46
9. Kimberley van Buren	De Duck	NED 199304136	<b>2:26.87</b>	+0.83	33.47	1:10.32	1:48.90	2:26.87
10. Marijke Kommers	NieMo Barracuda	NED 199305334	<b>2:27.14</b>		34.23	1:12.13	1:50.47	2:27.14
11. Sandra Vermeulen	De Duck	NED 199303522	<b>2:35.85</b>	+0.76	35.28	1:14.99	1:56.24	2:35.85
12. Daphne Kievit	ZPC AMERSFOORT	NED 199207058	<b>2:37.08</b>		35.10	1:14.45	1:55.56	2:37.08
13. Relinda Baas	TriVia	NED 198900144	<b>2:37.16</b>	+0.68	35.18	1:13.70	1:54.83	2:37.16
14. J. van den Beukel	NieMo Barracuda	NED 199100238	<b>2:37.33</b>	+0.83	34.59	1:14.02	1:55.49	2:37.33
15. Nadine Blouw	TriVia	NED 199302314	<b>2:37.35</b>	+0.71	35.21	1:15.21	1:56.60	2:37.35
16. Joëlle Vaes	DIO	NED 199007576	<b>2:40.87</b>		36.71	1:18.33	2:00.16	2:40.87
17. Nada Lisa Hut	Aqualero	NED 199307280	<b>2:48.82</b>	+0.79	37.47	1:19.57	2:04.17	2:48.82

Masters 35+

1. Jenny Schouten	MZ&PC	NED 198703674	<b>2:14.84</b>	+0.83	31.03	1:05.30	1:40.29	2:14.84
2. Rianne Hofland	Sassenheim	NED 198801820	<b>2:26.77</b>		33.57	1:10.64	1:49.06	2:26.77
3. Irene Snakenborg	De Inktvis	NED 198603334	<b>2:26.83</b>	+0.92	32.53	1:09.23	1:48.27	2:26.83
4. Monique van Huizen	AZC	NED 198706236	<b>2:27.60</b>		33.31	1:11.32	1:50.49	2:27.60
5. Liesbeth van Mill	Zwemlust-den Hommel	NED 198702786	<b>2:31.88</b>	+0.82	35.11	1:13.26	1:52.64	2:31.88
6. Sandra Schellekens	Neptunus'58	NED 198503416	<b>2:38.27</b>	+0.64	35.45	1:15.75	1:57.88	2:38.27
7. A. Wammes-Bouman	Zwemvereniging Hoogland	NED 198403604	<b>2:54.66</b>	+0.60	39.45	1:23.18	2:09.12	2:54.66
AFGEM E. Boerdam-Delfos	AZC	NED 198705256						

Masters 40+

1. Anke Lambooj	De Vliet (SG)	NED 198001182	<b>2:19.99</b>	+0.83	31.27	1:06.44	1:43.63	2:19.99
2. Debbie van Rooijen	IJZPC	NED 198201402	<b>2:25.53</b>	+0.68	33.61	1:11.23	1:48.71	2:25.53
3. Chantal Verhoeff	Old Dutch	NED 197900912	<b>2:33.17</b>		35.10	1:13.62	1:53.30	2:33.17
4. P. van Gelder - Dieker	Steenwijk 1934	NED 198102346	<b>2:35.73</b>	+0.81	34.66	1:14.42	1:55.69	2:35.73
* 50m								
5. Agnes van Brug	DAW	NED 198001726	<b>2:36.07</b>		34.99	1:14.12	1:55.42	2:36.07
6. Ramona Linting	AZC	NED 198301274	<b>2:38.06</b>		35.82	1:15.78	1:57.13	2:38.06
7. E. Poortvliet - Koedam	De Duinkickers	NED 198001824	<b>2:41.98</b>		36.42	1:17.75	2:00.64	2:41.98
8. Aafke Groot	De Geul	NED 198302748	<b>2:47.66</b>		38.77	1:21.65	2:05.36	2:47.66
9. Tineke Kleve	THOR	NED 198001810	<b>2:49.20</b>		36.64	1:18.42	2:03.64	2:49.20
10. Linda Hoogendam	WVZ	NED 198300892	<b>2:49.65</b>	+0.89	39.17	1:23.38	2:07.25	2:49.65
11. Saskia op den Velde	De Duinkickers	NED 197901530	<b>3:00.17</b>		38.60	1:24.32	2:12.85	3:00.17
12. Leonie Scholten	Steenwijk 1934	NED 197901560	<b>3:00.60</b>		39.50	1:25.27	2:13.69	3:00.60
AFGEM Martine de Haart	Patrick-De Roersoppers (SG)	NED 197901492						

Masters 45+

1. Liselotte Joling	PSV	NED 197500268	<b>2:23.02</b>	+0.85	33.24	1:10.63	1:47.53	2:23.02
2. Melanie Kuiper	ZIGNEA	NED 197600350	<b>2:25.27</b>		33.48	1:10.58	1:48.25	2:25.27
3. Alina Spijkerman	DAW	NED 197701220	<b>2:32.56</b>		34.44	1:13.31	1:53.34	2:32.56
4. Petra Guijt	RZC	NED 197600978	<b>2:34.10</b>	+0.82	34.38	1:13.46	1:53.97	2:34.10
5. K. de Reus-Trompetter	DZ&PC	NED 197600520	<b>2:36.74</b>		35.02	1:14.16	1:55.35	2:36.74
6. Marleen Zantingh	Old Dutch	NED 197801378	<b>2:40.04</b>		36.76	1:17.60	2:00.15	2:40.04
7. Jannie Vennik	HZ&PC Heerenveen	NED 197601006	<b>2:41.06</b>		37.29	1:18.33	2:00.25	2:41.06
8. Karin van Dijk	THOR	NED 197601066	<b>2:41.61</b>		36.90	1:17.69	2:00.45	2:41.61
9. A. Glazema-Boelema	Stadskanaal	NED 197701166	<b>2:44.43</b>		36.94	1:18.46	2:02.20	2:44.43
10. Clementine Bruxvoort	SCOM/De Zeehond'73 (SG)	NED 197700138	<b>3:08.80</b>		42.71	1:30.65	2:20.86	3:08.80
11. Sandra Van der Helm	De Rog	NED 197801340	<b>3:09.90</b>	+0.86	42.14	1:29.71	2:20.39	3:09.90
NG Inge Roskam	De Duinkickers	NED 197801296						



Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
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Programmanr. 27, Dames, 200m vrije slag

Masters 50+

1. Bianca Groot	MSV-Zeemacht	NED 197000652	<b>2:25.41</b>	+0.71	34.14	1:10.98	1:48.49	2:25.41
2. Annette de Visser	Oceanus	NED 197100602	<b>2:29.70</b>	* +0.91	33.95	1:11.81	1:50.98	2:29.70
3. Jeanne Petit	PSV	NED 197001020	<b>2:32.99</b>		35.03	1:14.37	1:53.79	2:32.99
4. Janine Franssen	Zwemsport Parkstad	NED 197101108	<b>2:40.37</b>		37.48	1:17.77	1:59.34	2:40.37
5. Marijke Campfens	De Geul	NED 196900960	<b>2:48.15</b>		37.58	1:19.07	2:02.79	2:48.15
6. Peggi Hurenkamp	HZ&PC Heerenveen	NED 196900922	<b>2:49.42</b>		38.10	1:20.63	2:05.02	2:49.42
7. K. Van de Moortel	Shark	BEL ShaRK/20315/69	<b>3:10.83</b>		42.64	1:31.71	2:21.89	3:10.83
DIS Nathasja Konijn	GZC DONK	NED 197100992						

AA - De start ingezet voor het startsignaal (en wel gezwommen).

Masters 55+

1. Wilna Heijman	Steenwijk 1934	NED 196400506	<b>2:37.37</b>		37.02	1:17.37	1:58.03	2:37.37
2. Henriëtte v. Norden	ZPC AMERSFOORT	NED 196800046	<b>2:37.53</b>		35.97	1:16.54	1:58.56	2:37.53
3. S. Daamen-Posma	AZC	NED 196800854	<b>3:03.12</b>	+0.89	40.62	1:26.90	2:16.10	3:03.12
4. Erica Muller	De Geul	NED 196400412	<b>3:09.56</b>	+0.75	42.53	1:30.35	2:20.03	3:09.56
NG Ageeth Westenbrink	De Rog	NED 196700712						

Masters 60+

1. Dr. Barbara Gellrich	Mainzer Schwimmverein 01	GER 61226	<b>2:27.62</b>		33.81	1:11.34	1:49.96	2:27.62
<i>Kampioenschapsrecord</i>								
2. M. Remmits-de Lange	ZPC AMERSFOORT	NED 196300518	<b>2:29.67</b>	+0.73	34.04	1:11.64	1:50.46	2:29.67
3. Netty Burik-Geijzen	Feijenoord Zwemmen (SG)	NED 196300048	<b>2:31.85</b>		34.53	1:13.31	1:53.16	2:31.85
4. M. Grove-Lingeman	Triton	NED 196200080	<b>2:44.55</b>	*	36.87	1:18.34	2:01.38	2:44.55
5. Linda Wibbelink	Steenwijk 1934	NED 195900158	<b>2:54.50</b>		39.62	1:24.16	2:09.79	2:54.50
6. K. van der Star-Verhoev	ESCA Zwemmen	NED 196100382	<b>2:58.10</b>	*	39.18	1:23.71	2:10.75	2:58.10
7. M. Kolkman-Pluim	ESCA Zwemmen	NED 196000330	<b>3:09.55</b>	+0.88	43.86	1:31.15	2:20.98	3:09.55
8. Marleen Malais	ESCA Zwemmen	NED 196300542	<b>3:31.09</b>	* +1.02	44.75	1:35.17	2:32.16	3:31.09

Masters 65+

1. Atie Pijtak-Radersma	ZPC AMERSFOORT	NED 195600048	<b>2:34.17</b>		35.36	1:14.56	1:54.65	2:34.17
<i>Nederlands Masters Record</i>								
2. Marijke van Hoek	ZPC De Zeeuwse Kust	NED 195800050	<b>2:52.54</b>	+0.64	39.40	1:23.81	2:09.40	2:52.54
3. Margriet Pasma	TriVia	NED 195500088	<b>2:53.79</b>	+0.76	39.34	1:23.09	2:08.61	2:53.79

Masters 70+

1. Conny Boer-Buys	ZVVS	NED 195000006	<b>2:53.29</b>	+1.00	39.24	1:23.88	2:09.98	2:53.29
2. C. Nieuwenhuis	SWOL 1894	NED 195100022	<b>2:58.72</b>		39.31	1:23.64	2:11.45	2:58.72

Masters 75+

1. L. van Huissteden	ZPC AMERSFOORT	NED 194500002	<b>4:16.37</b>		1:00.34	2:04.45	3:11.06	4:16.37
<i>* 100m</i>								

Masters 85+

1. Marie Smits	Old Dutch	NED 193800004	<b>4:13.19</b>		56.77	2:00.83	3:09.85	4:13.19
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Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
Heerenveen, 16-19 februari 2023



Programmanr. 28  
18-02-2023 - 16:07

Heren, 200m vrije slag

Masters Open  
Resultaten

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
<b>Masters 20+</b>								
1. Daan Hogerhuis	De Columbiaan	NED 200300317	<b>1:59.81</b>	+0.60	27.16	57.42	1:28.68	1:59.81
2. Jasper Breugem	WVZ	NED 20000303	<b>2:00.75</b>	+0.75	27.73	59.09	1:30.02	2:00.75
3. Jacob Mackloet	De Schoteijl	NED 200001171	<b>2:01.77</b>	+0.59	27.42	58.24	1:29.87	2:01.77
4. Coenraad Floris Stork	De Golfbreker	NED 200305075	<b>2:02.40</b>	+0.55	28.28	59.15	1:31.05	2:02.40
5. Guus Hoogduin	ZVL-1886 Center	NED 200201069	<b>2:02.75</b>	+0.76	28.00	59.22	1:31.42	2:02.75
6. Ryan van den Ouden	Poseidon'56	NED 199900377	<b>2:05.06</b>	+0.83	27.99	59.68	1:32.82	2:05.06
7. Wim van Duuren	TRB-RES	NED 200102103	<b>2:05.20</b>	+0.71	28.22	1:00.72	1:33.04	2:05.20
8. Niels Kragt	Dedemsvaart-AC	NED 200300155	<b>2:08.48</b>	+0.74	28.83	1:01.53	1:35.30	2:08.48
9. Leon Kloots	ZPC De Hof	NED 200001363	<b>2:09.33</b>		29.01	1:01.54	1:36.42	2:09.33
10. Jeroen Louwinger	De Rijn	NED 199900583	<b>2:10.35</b>	+0.73	29.23	1:02.01	1:35.96	2:10.35
11. Tenzin Tieman	Old Dutch	NED 200005549	<b>2:14.20</b>	+0.81	29.84	1:03.04	1:38.38	2:14.20
12. Rik Stahlie	TriVia	NED 200201915	<b>2:14.64</b>		28.97	1:02.63	1:38.68	2:14.64
13. Nick Boekestijn	Feijenoord Zwemmen (SG)	NED 199900291	<b>2:15.67</b>	+0.55	30.53	1:04.36	1:40.25	2:15.67
14. Mick van den Houten	De Duck	NED 200302211	<b>2:19.49</b>	+0.73	28.83	1:02.22	1:39.64	2:19.49
15. Carsten Bruinink	Noord Veluwe	NED 200303861	<b>2:29.28</b>	+0.64	33.24	1:11.81	1:51.57	2:29.28
<b>Masters 25+</b>								
1. Erik Nijholt	DZ&PC	NED 199401349	<b>1:57.32</b>	+0.73	27.32	57.33	1:27.32	1:57.32
2. Pascal Nuijten	Feijenoord Zwemmen (SG)	NED 199701353	<b>1:58.36</b>	+0.73	26.54	56.46	1:26.82	1:58.36
3. Robin van Beek	ZVL-1886 Center	NED 199704023	<b>1:58.66</b>	+0.63	27.75	57.56	1:28.11	1:58.66
4. Jelle Blankestijn	ZPC AMERSFOORT	NED 199803737	<b>2:00.56</b>	+0.61	26.99	57.10	1:28.66	2:00.56
5. Richard Kuipers	HZ&PC Heerenveen	NED 199704171	<b>2:01.96</b>	+0.80	27.51	57.98	1:29.96	2:01.96
6. Nick Sijmons	De Amstel	NED 199500491	<b>2:02.28</b>	+0.72	28.22	59.40	1:31.08	2:02.28
7. Sepp Kalter	Dedemsvaart-AC	NED 199704327	<b>2:04.10</b>	+0.75	27.29	57.90	1:30.25	2:04.10
8. Diederick Schothans	De Veene	NED 199703185	<b>2:04.20</b>	+0.79	28.25	59.36	1:31.42	2:04.20
9. Jordy van Oel	WVZ	NED 199802003	<b>2:04.68</b>	+0.77	27.59	58.95	1:31.47	2:04.68
10. Jelle Nap	VZC	NED 199502875	<b>2:05.36</b>	+0.83	28.68	1:00.27	1:32.96	2:05.36
11. Martijn Kornet	Zwemlust-den Hommel	NED 199700231	<b>2:05.80</b>	+0.73	28.50	1:00.07	1:33.26	2:05.80
12. Hans Stoffers	Triton Putten	NED 199604027	<b>2:07.67</b>	+0.69	28.66	1:00.78	1:33.92	2:07.67
13. Leonid Mishevski	Orca	NED 199605895	<b>2:11.06</b>		30.51	1:03.70	1:37.51	2:11.06
14. Daan Siebenheller	ZOB'66	NED 199804955	<b>2:11.16</b>	+0.75	30.21	1:03.69	1:37.89	2:11.16
15. Jorrik Kerdijk	Bubble	NED 199602135	<b>2:11.72</b>	+0.67	29.24	1:02.39	1:37.24	2:11.72
16. Wesley van der Luit	Sassenheim	NED 199701895	<b>2:12.23</b>	+0.63	30.59	1:04.14	1:38.37	2:12.23
17. Paco de Voogt	De Duck	NED 199400859	<b>2:13.32</b>		29.67	1:03.25	1:38.61	2:13.32
18. Erik Baalbergen	ZVL-1886 Center	NED 199805775	<b>2:14.70</b>		30.08	1:03.92	1:39.60	2:14.70
19. Martijn Lageweg	Steenwijk 1934	NED 199701323	<b>2:19.86</b>	+0.83	31.30	1:07.06	1:44.45	2:19.86
<b>Masters 30+</b>								
1. Olaf Achterberg	VZC	NED 199000011	<b>2:05.06</b>	+0.80	28.77	1:00.89	1:33.23	2:05.06
2. Tim Bunnik	Triton	NED 199000505	<b>2:05.56</b>	+0.79	28.59	1:00.28	1:32.88	2:05.56
3. Steven Uijl	Aqua-Novio'94	NED 199304075	<b>2:07.84</b>	+0.72	27.57	58.39	1:31.87	2:07.84
4. Bas Braun	ZPC AMERSFOORT	NED 199106545	<b>2:09.60</b>	+0.83	28.62	1:01.21	1:35.66	2:09.60
5. Patrick Brouwer	AZC	NED 199303715	<b>2:14.99</b>	+0.64	30.03	1:04.02	1:39.68	2:14.99
6. Ruben Stolk	ZOB'66	NED 199005665	<b>2:16.11</b>	+0.75	30.21	1:04.63	1:40.92	2:16.11
7. Anne Terlouw	IJZPC	NED 199002877	<b>2:19.22</b>	+0.79	32.24	1:08.00	1:44.45	2:19.22
8. Gerald van de Riet	De Mors	NED 199307161	<b>2:26.62</b>	+0.88	32.93	1:09.88	1:49.12	2:26.62
9. Derek Valkenier	MSV-Zeemacht	NED 199207397	<b>2:29.34</b>	+0.63	33.65	1:09.91	1:46.16	2:29.34
<b>Masters 35+</b>								
1. Klaas van Beek	ZV Haerlem	NED 198805941	<b>2:09.73</b>	+0.76	28.94	1:01.59	1:35.84	2:09.73
2. Rick Driezen	Steenwijk 1934	NED 198600713	<b>2:10.76</b>	+0.70	30.46	1:03.17	1:37.11	2:10.76
3. Niels Albrechts	De Schoteijl	NED 198800039	<b>2:11.20</b>	+0.79	31.13	1:04.58	1:38.60	2:11.20
4. Sander van Elburg	TRB-RES	NED 198800937	<b>2:13.03</b>	+0.64	30.05	1:03.40	1:38.09	2:13.03
5. Robert Braad	Steenwijk 1934	NED 198600407	<b>2:14.20</b>	+0.85	29.87	1:04.19	1:39.13	2:14.20
6. Steffen Hackbarth	SSF Bonn 1905 e.V.	GER 425979	<b>2:24.88</b>	+0.87	32.79	1:09.04	1:46.85	2:24.88
7. Edward van Dootingh	ZV 44	NED 198403341	<b>2:26.83</b>	+0.83	33.09	1:10.57	1:49.10	2:26.83



Open Nederlandse Masters  
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Programmanr. 28, Heren, 200m vrije slag

Masters 40+

1. Kristiaan Lenos	ZVL-1886 Center	NED 198301331	<b>2:04.85</b>	+0.75	28.25	59.70	1:32.19	2:04.85
2. Pieter Pickhardt	ZPC De Hof	NED 198301657	<b>2:07.62</b>	+0.62	29.91	1:02.29	1:35.32	2:07.62
3. Mark Hensen	NieMo Barracuda	NED 197900497	<b>2:07.74</b>	+0.80	28.33	1:00.44	1:33.84	2:07.74
4. Arjan Prins	Dedemsvaart-AC	NED 198201383	<b>2:10.94</b>		29.57	1:02.97	1:37.13	2:10.94
5. Sander Zoer	Dedemsvaart-AC	NED 198302447	<b>2:14.34</b>		29.81	1:03.90	1:39.55	2:14.34
6. Luc Steijvers	ZVL-1886 Center	NED 198201661	<b>2:20.47</b>		31.60	1:07.29	1:44.31	2:20.47
7. Oscar Monge	IJZPC	NED 198102599	<b>2:24.42</b>		31.03	1:06.48	1:45.38	2:24.42
8. Rubert Boer	Aqualero	NED 197902011	<b>2:25.14</b>		32.84	1:09.54	1:48.25	2:25.14
9. Ingmar Kooman	ZVL-1886 Center	NED 197901517	<b>2:40.20</b>		35.16	1:16.13	1:58.78	2:40.20

Masters 45+

1. Ivo Roozeboom	WVZ	NED 197700801	<b>2:05.28</b>	+0.65	28.38	1:01.07	1:33.64	2:05.28
2. Ruud Holswilder	ZPCH	NED 197800435	<b>2:08.58</b>	+0.79	29.14	1:01.98	1:35.57	2:08.58
3. Daniel Prinse	De Ward	NED 197401385	<b>2:22.89</b>	+0.86	32.81	1:08.56	1:45.59	2:22.89
4. Tom Bandsma	PSV	NED 197701625	<b>2:39.84</b>	+0.95	33.76	1:12.77	1:55.68	2:39.84
5. Jeroen Hoeksel	ZVVS	NED 197401533	<b>2:49.20</b>		36.50	1:18.87	2:04.13	2:49.20

Masters 50+

1. Frederic Tonus	Luxembourg Sharks SwimmirLUXi10449		<b>1:58.59</b>	+0.74	27.58	57.45	1:28.46	1:58.59
<i>Kampioenschapsrecord, Luxembourg Masters Record</i>								
2. Vedestas Sefleris	Kauno Takas	LTU	<b>2:09.01</b>	+0.70	29.63	1:02.58	1:36.12	2:09.01
3. Ingmar de Gelder	ZOB'66	NED 197000333	<b>2:20.73</b>	+0.82	31.05	1:05.72	1:42.19	2:20.73
4. Casper van den Burgh	Sassenheim	NED 197201413	<b>2:22.49</b>	+0.74	31.69	1:07.84	1:45.22	2:22.49
5. Chris Kouwenhoven	De Grunte	NED 197101669	<b>2:27.85</b>		33.09	1:10.88	1:49.58	2:27.85
6. Eduard Leusink	De Mors	NED 196901573	<b>2:30.12</b>		36.53	1:14.58	1:52.48	2:30.12
7. Wouter van der Stelt	De Biesboschzwemmers	NED 197200889	<b>2:32.20</b>		34.75	1:12.86	1:52.61	2:32.20
8. Berry Koning	Aqualero	NED 197300479	<b>2:35.91</b>		35.58	1:14.49	1:54.93	2:35.91
9. Eric Dumas	Patrick-De Roersoppers (SG)	NED 196901397	<b>2:42.49</b>		34.99	1:16.64	1:59.79	2:42.49
10. Ramon Alsina Munoz	Cercle De Natation Sportcity	ESPuCNSW/002552/69	<b>2:45.96</b>		37.51	1:19.11	2:02.70	2:45.96

Masters 55+

1. Erlend Alstad	OI Svømming	NOR M210367ERL02	<b>2:09.69</b>	+0.77	30.13	1:03.23	1:36.71	2:09.69
<i>Norwegian Masters Record</i>								
2. G. van der Leden	PSV	NED 196700597	<b>2:12.39</b>	*	31.08	1:04.81	1:38.92	2:12.39
3. John Hardeman	Zwemlust-den Hommel	NED 196601615	<b>2:14.18</b>		30.90	1:04.54	1:39.55	2:14.18
4. Hugues Herman	Cercle De Natation Sportcity	BELuCNSW/009743/66	<b>2:14.57</b>		30.04	1:03.15	1:38.50	2:14.57
5. Edo Boonstra	PSV	NED 196801713	<b>2:19.79</b>	+0.50	32.56	1:08.53	1:44.01	2:19.79
6. Jon Christensen	Luxembourg Sharks SwimmirLUXi10008		<b>2:23.70</b>		32.11	1:07.90	1:45.42	2:23.70
<i>Luxembourg Masters Record</i>								
7. Ron Korzelius	ZPC AMERSFOORT	NED 196500513	<b>2:24.92</b>	+0.81	32.90	1:10.47	1:48.16	2:24.92
8. Otto Jansen	ZVL-1886 Center	NED 196501403	<b>2:28.15</b>		32.43	1:09.93	1:48.79	2:28.15
9. Nico Paasse	De Schotejil	NED 196501463	<b>2:30.28</b>		33.82	1:12.31	1:51.78	2:30.28
10. Arno Schrauwen	Patrick-De Roersoppers (SG)	NED 196501355	<b>2:30.42</b>		32.78	1:10.05	1:49.87	2:30.42
11. Wijnand Vergeest	De Rog	NED 196800949	<b>2:34.24</b>	+0.80	35.15	1:14.22	1:54.68	2:34.24
12. Leon Slingerland	WVZ	NED 196801707	<b>2:39.03</b>	+0.85	34.14	1:15.45	1:59.03	2:39.03
13. Erik Saan	De Duck	NED 196500769	<b>2:39.25</b>		35.13	1:15.10	1:58.47	2:39.25
14. Roy Le Clercq	De Rog	NED 196401041	<b>2:40.76</b>	+0.91	34.81	1:15.75	1:58.98	2:40.76
15. Pieter-Sjoerd de Wijn	DES	NED 196501027	<b>2:51.49</b>	+0.86	37.92	1:20.39	2:05.68	2:51.49
16. Erik Schweitzer	DAW	NED 196701751	<b>3:04.58</b>	+0.92	39.01	1:24.65	2:14.75	3:04.58
17. Bauke Posthumus	HZ&PC Heerenveen	NED 196401505	<b>3:09.58</b>		39.02	1:24.07	2:15.30	3:09.58
NG.ZA Pascal Tourton	ZOB'66	NED 196601343						



Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
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Programmanr. 28, Heren, 200m vrije slag

Masters 60+

1. Johan Remmits	ZPC AMERSFOORT	NED 196201159	<b>2:14.14</b>	+0.81	29.97	1:03.65	1:39.04	2:14.14
2. Gert Sikkema	Zwemclub Urk 1978	NED 196300687	<b>2:21.71</b>	+0.89	32.37	1:07.77	1:44.35	2:21.71
3. Paul Wijnja	De Biesboschzwemmers	NED 196301403	<b>2:27.09</b>		32.44	1:10.15	1:48.66	2:27.09
4. Henk Kuipers	ZPC AMERSFOORT	NED 196201207	<b>2:31.29</b>		35.41	1:13.77	1:53.35	2:31.29
5. Peter van Vuuren	Upstream Amsterdam	NED 196000641	<b>2:32.49</b>	+0.87	32.62	1:10.53	1:51.17	2:32.49
6. Pier van der Sluis	De Vikings	NED 195900757	<b>2:56.39</b>	+1.00	39.27	1:23.91	2:10.63	2:56.39

Masters 65+

1. Marten de Groot	HZ&PC Heerenveen <i>Nederlands Masters Record</i>	NED 195800149	<b>2:16.33</b>	+0.75	31.85	1:06.73	1:41.97	2:16.33
2. Sigitas Katkevicius	Dzukijos Vandenis <i>Lithuanian Masters Record</i>	LTU	<b>2:19.35</b>		33.16	1:08.53	1:44.22	2:19.35
3. Henk Slomp	De Inktvis	NED 195500359	<b>2:37.82</b>	+0.77	34.88	1:15.05	1:56.44	2:37.82
4. Lex Hoogendam	<td>NED 195700541</td> <td><b>3:01.77</b></td> <td></td> <td>39.31</td> <td>1:25.31</td> <td>2:13.42</td> <td>3:01.77</td>	NED 195700541	<b>3:01.77</b>		39.31	1:25.31	2:13.42	3:01.77
5. Wiebren Dijkstra	HZ&PC Heerenveen	NED 195800745	<b>3:09.32</b>		40.09	1:26.83	2:17.62	3:09.32
6. Peter Coffeng	GZC DONK	NED 195700063	<b>3:16.97</b>	+0.79	40.82	1:27.85	2:20.00	3:16.97
AFGEM Wim Witjes	Aqua-Novio'94	NED 195800483						

Masters 70+

1. Brend Brevé	PSV	NED 195200265	<b>2:42.17</b>		37.46	1:18.47	2:01.24	2:42.17
2. Jos Kamps	Zwemvereniging Hoogland	NED 195100085	<b>3:05.73</b>	+0.90	39.52	1:26.88	2:17.13	3:05.73

Masters 75+

1. Willem Putter	ZVVS	NED 194500135	<b>3:14.77</b>		42.60	1:32.37	2:25.01	3:14.77
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Masters 80+

1. Geza Kaltenecker	AZC	NED 194200065	<b>3:40.76</b>		47.80	1:45.11	2:44.39	3:40.76
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Masters 85+

1. Nic Geers	PSV <i>Nederlands Masters Record</i>	NED 193800007	<b>3:46.15</b>		51.26	1:50.74	2:52.14	3:46.15
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Programmanr. 29  
18-02-2023 - 16:48

Dames, 100m schoolslag

Masters Open  
Resultaten

rang naam	vereniging		tijd	RT	PARA	50m	100m
<b>Masters 20+</b>							
1. Lotte Pieterman	SWOL 1894	NED 200301838	<b>1:13.10</b>	+0.66		33.97	1:13.10
2. Kim Vos	Triton Putten	NED 200000990	<b>1:14.28</b>	+0.72		34.64	1:14.28
3. Annabel Kuipers	DWK	NED 200001076	<b>1:17.22</b>	+0.80		35.91	1:17.22
4. Hannah Ledingham	SSF Bonn 1905 e.V.	GER 458077	<b>1:17.45</b>	+0.67		36.86	1:17.45
5. Alessia Sluis	Dedemsvaart-AC	NED 200300896	<b>1:17.65</b>	+0.72		36.11	1:17.65
6. Veerle van Munster	ZPC Woerden	NED 200102632	<b>1:17.88</b>			35.83	1:17.88
7. Lonneke Graansma	ZVL-1886 Center	NED 199900936	<b>1:18.30</b>			36.92	1:18.30
8. Lisanne Seising	VZC	NED 200002084	<b>1:18.99</b>	+0.75		38.18	1:18.99
9. Sanne Kloezen	Bubble	NED 200204644	<b>1:19.59</b>	+0.79		36.76	1:19.59
10. Leonie van Wier	HZ&PC Heerenveen	NED 200200436	<b>1:20.52</b>			37.15	1:20.52
11. Anneke van der Laan	Orca	NED 200201154	<b>1:20.66</b>			37.49	1:20.66
12. Kim de Jong	De Columbiaan	NED 200301026	<b>1:20.72</b>	+0.63		36.87	1:20.72
13. Elisah Velgersdijk	ZPC AMERSFOORT	NED 200102436	<b>1:20.90</b>	+0.77		38.16	1:20.90
14. Bibi Stokvis	ZV De Bron	NED 199900892	<b>1:21.01</b>	+0.58		37.00	1:21.01
15. Amber Hesper	VZC	NED 200202188	<b>1:21.42</b>	+0.70		38.13	1:21.42



Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
Heerenveen, 16-19 februari 2023



Programmanr. 29, Dames, 100m schoolslag, Masters 20+

rang naam	vereniging			tijd	RT	PARA	50m	100m
16. Lindy Elkerbout	De Veene	NED	200000604	<b>1:22.21</b>			38.48	1:22.21
17. Mandy Swart	De Biesboschzweimmers	NED	199904916	<b>1:22.87</b>			39.14	1:22.87
18. Meike Cleveringa	SWOL 1894	NED	200206096	<b>1:23.01</b>			38.76	1:23.01
19. Mirelle de Kort	Neptunus'58	NED	200005546	<b>1:24.19</b>			38.90	1:24.19
20. Sharon Wolfs	Patrick-De Roersoppers (SG)	NED	200004800	<b>1:24.34</b>	+0.70		39.31	1:24.34
21. Tessa Schipper	Bubble	NED	200301578	<b>1:24.48</b>			39.52	1:24.48
22. Luka Stoker	Nova	NED	200200558	<b>1:25.61</b>			40.11	1:25.61
23. Ageeth de Haan	Steenwijk 1934	NED	199901022	<b>1:26.38</b>	+0.80		40.61	1:26.38
24. Sheila ten Voorde	Octopus-ZVV (SG)	NED	199904538	<b>1:27.25</b>	+0.85		40.25	1:27.25
25. Kyra Wesemann	MSV-Zeemacht	NED	200201440	<b>1:27.93</b>	+0.80		41.65	1:27.93
NG Silke Molendijk	ZVL-1886 Center	NED	200100178					

Masters 25+

1. Manon Kloosterman	Zwemlust-den Hommel	NED	199702082	<b>1:18.60</b>			37.13	1:18.60
2. Melissa van der Heijden	NieMo Barracuda	NED	199605226	<b>1:19.90</b>			37.90	1:19.90
3. Willemeijn Hoving	De Rijn	NED	199800106	<b>1:20.55</b>	+0.77		37.79	1:20.55
4. Marleen Welten	Deltasteur	NED	199701526	<b>1:20.98</b>	+0.81		37.64	1:20.98
5. Anoeska van de Kraats	DWK	NED	199701284	<b>1:21.36</b>			38.40	1:21.36
6. Rixt Meijer	HZ&PC Heerenveen	NED	199700202	<b>1:22.29</b>			38.94	1:22.29
7. Sanne van de Pol	De Biesboschzweimmers	NED	199800722	<b>1:22.31</b>	+0.60		39.00	1:22.31
8. Manon van Strien	WVZ	NED	199400770	<b>1:22.36</b>	+0.89		38.54	1:22.36
9. Lieke van Essen	SWOL 1894	NED	199502814	<b>1:24.54</b>			39.98	1:24.54
10. Ana Ramirez de las Heras	SWOL 1894	NED	199806690	<b>1:27.01</b>	+0.63		39.66	1:27.01
11. Yvette Meijer	Zwemvereniging Hoogland	NED	199706590	<b>1:27.96</b>	+0.77		41.87	1:27.96
12. Jolijn Walgien	SWOL 1894	NED	199602284	<b>1:28.40</b>			41.50	1:28.40
13. Tamara van den Brink	NieMo Barracuda	NED	199804182	<b>1:28.45</b>	+0.72		41.25	1:28.45
14. Danique de Vegt	ESCA Zwemmen	NED	199802692	<b>1:31.62</b>			42.93	1:31.62

Masters 30+

1. Jacyntha Plat	Steenwijk 1934	NED	199002956	<b>1:18.05</b>	+0.63		36.99	1:18.05
2. Suzan Blankestijn	ZVL-1886 Center	NED	198900350	<b>1:22.48</b>			38.79	1:22.48
3. Wendy de Bruin	ZOB'66	NED	199206320	<b>1:23.87</b>	+0.69		39.38	1:23.87
4. Danielle Vermeulen	Zwemlust-den Hommel	NED	199108534	<b>1:23.96</b>			39.36	1:23.96
5. Suzanne Lange	VZC	NED	199202998	<b>1:24.32</b>	+0.67		39.39	1:24.32
6. Leontine Groeneveldt	De Duck	NED	199303526	<b>1:27.18</b>			40.94	1:27.18
7. Elke Schellekens	Neptunus'58	NED	199301550	<b>1:34.37</b>	+0.72		44.71	1:34.37

Masters 35+

1. Daniëlle Reijnders <i>Nederlands Masters Record</i>	AquAmigos	NED	198504234	<b>1:16.45</b>			36.41	1:16.45
2. Larissa Brak	ZPC AMERSFOORT	NED	198800572	<b>1:20.25</b>	+0.80		37.31	1:20.25
3. Wendy van der Iest	ZPC AMERSFOORT	NED	198701904	<b>1:21.78</b>	+0.80		38.31	1:21.78
4. Liesbeth van Mill	Zwemlust-den Hommel	NED	198702786	<b>1:28.93</b>			42.53	1:28.93
5. A. Wammes-Bouman	Zwemvereniging Hoogland	NED	198403604	<b>1:37.49</b>	*		46.86	1:37.49

Masters 40+

1. Delia Badoux <i>Nederlands Masters Record</i>	WVZ	NED	198000042	<b>1:18.24</b>	+0.81		36.82	1:18.24
2. Laura Badoux	DAW	NED	198200038	<b>1:18.42</b>			36.18	1:18.42
3. Roos van Esch	ACZ	NED	198200468	<b>1:22.05</b>			38.95	1:22.05
4. Nadya Putter	ZVVS	NED	198301630	<b>1:28.55</b>	+0.74		41.23	1:28.55
5. Ilja Janssen	ESCA Zwemmen	NED	198102234	<b>1:28.71</b>	+0.92		41.31	1:28.71
6. Angela Giezen	Zwemvereniging Hoogland	NED	198302796	<b>1:31.21</b>			43.39	1:31.21
7. Roelien Stegeman	ZV 44	NED	198102350	<b>1:32.19</b>			42.95	1:32.19
8. Tineke Kleve	THOR	NED	198001810	<b>1:34.68</b>	+0.87		44.55	1:34.68
DIS Aafke Groot	De Geul	NED	198302748					

SS - Met handen over elkaar keer- of eindpunt aangetikt.

Programmanr. 29, Dames, 100m schoolslag

Masters 45+

1. Lina Bielinienė	Kaisiadoriu Plaukiam	LTU		<b>1:26.14</b>	41.60	1:26.14
2. Monica Korndewal	ZPC AMERSFOORT	NED	197701258	<b>1:29.80</b>	42.41	1:29.80
3. Inge Roskam	De Duinkickers	NED	197801296	<b>1:29.83</b> * +0.63	41.28	1:29.83
4. Marleen Zantingh	Old Dutch	NED	197801378	<b>1:30.96</b>	43.58	1:30.96
5. Marian Nederlof	De Geul	NED	197600950	<b>1:37.36</b>	46.16	1:37.36
6. Esmeralda Stokman	ZPCH	NED	197600940	<b>1:39.42</b> * +0.79	46.09	1:39.42

Masters 50+

1. Marjo Goelema-Koek	De Biesboschzwemmers	NED	196900192	<b>1:20.92</b>	37.16	1:20.92
2. Trudy Ketting	PSV	NED	197000268	<b>1:22.52</b> +0.85	39.06	1:22.52
3. Katharina Schlipp	De Vliet (SG)	NED	197301004	<b>1:26.21</b>	40.55	1:26.21
4. Karin Stein	ZVVS	NED	197100554	<b>1:27.90</b> +0.68	42.25	1:27.90
5. Iris van Aurich	DWK	NED	196900866	<b>1:28.91</b>	42.55	1:28.91
6. Yvette Ratering	De Ward	NED	197200990	<b>1:30.65</b>	42.72	1:30.65
7. Pascalle Janssen	Patrick-De Roersoppers (SG)	NED	197300852	<b>1:33.81</b>	45.85	1:33.81
8. Hilly Brugmans	Hieronymus	NED	197001112	<b>1:38.92</b> +0.70	46.03	1:38.92
9. Irna van der Molen	WS Twente	NED	196900938	<b>1:42.29</b> +0.68	48.65	1:42.29
10. Greta Wyma-Teitsma	DWK	NED	197100696	<b>1:49.37</b>	51.59	1:49.37

Masters 55+

1. Annette Wijnja-Visser <i>Kampioenschapsrecord</i>	De Biesboschzwemmers	NED	196700528	<b>1:25.78</b>	41.08	1:25.78
2. Annette Korving-Leijenaar	Aqualero	NED	196700662	<b>1:31.61</b> +0.65	43.44	1:31.61

Masters 60+

1. Linda van de Ree <i>Nederlands Masters Record</i>	De Ganze	NED	196300452	<b>1:30.30</b>	42.23	1:30.30
2. Yoka de Vegt-van Dijk	ESCA Zwemmen	NED	196200420	<b>1:36.19</b>	44.75	1:36.19
3. P. Tossings-van de Hooven	GZC DONK	NED	196100376	<b>1:37.59</b> +0.89	46.85	1:37.59
4. Annemarie Vuisst-Blum	SWOL 1894	NED	196300282	<b>1:40.61</b>	47.95	1:40.61
5. Hannie Poletiek	TriVia	NED	195900278	<b>1:49.31</b>	52.34	1:49.31
6. Lia Bijkerk	GZC DONK	NED	196000014	<b>1:51.14</b>	53.15	1:51.14
7. Jacqueline Brouwer	EZV	NED	196100296	<b>1:54.42</b>	54.55	1:54.42
8. W. Schoenmaker-ter Veer	DWK	NED	195900254	<b>1:56.67</b>	55.57	1:56.67
9. Jenny Westervaarder	H2Oldambt	NED	196200424	<b>1:57.10</b>	55.31	1:57.10

Masters 65+

1. Marijke van Hoek	ZPC De Zeeuwse Kust	NED	195800050	<b>1:41.37</b>	47.69	1:41.37
2. Karien Musters	Old Dutch	NED	195800236	<b>2:20.73</b>	1:07.48	2:20.73
3. Mies Kuipers	Old Dutch	NED	195800202	<b>2:28.05</b> *	1:12.30	2:28.05

Masters 70+

1. Gonnje Bak	PSV	NED	195100064	<b>2:01.84</b>	59.91	2:01.84
2. Tineke van Diggelen	ZPCH	NED	195200048	<b>2:04.71</b>	59.44	2:04.71
3. Ineke Brouwers	PSV	NED	195200070	<b>2:14.71</b>	1:02.23	2:14.71
4. N. van Dongen-de Paepe	ZZ&PC De Devel	NED	195100044	<b>2:31.29</b>	1:11.77	2:31.29

Masters 75+

1. A. Verhoeven - Steggerda	De Duinkickers	NED	194600024	<b>2:15.30</b> *	1:04.04	2:15.30
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Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
Heerenveen, 16-19 februari 2023



Programmanr. 30  
18-02-2023 - 17:13

Heren, 100m schoolslag

Masters Open  
Resultaten

rang naam	vereniging		tijd	RT	PARA	50m	100m
<b>Masters 20+</b>							
1. Stefanos Eleftheriou	De Golfbreker	NED 200305095	<b>1:05.73</b>	+0.76		30.87	1:05.73
2. Dave van den Nieuwendijk	De Columbiaan	NED 200100475	<b>1:06.51</b>			31.37	1:06.51
3. Derk Jan van Duijn	De Golfbreker	NED 200105575	<b>1:06.79</b>	+0.76		31.87	1:06.79
4. Thomas Vastenhout	ZPCH	NED 200204545	<b>1:07.95</b>	+0.71		32.15	1:07.95
5. Arjan Dekker	De Golfbreker	NED 200000499	<b>1:08.22</b>	*+0.64		32.20	1:08.22
6. Jelle Opmeer	ZPC AMERSFOORT	NED 200100269	<b>1:08.68</b>	+0.58		31.31	1:08.68
7. Wim van Duuren	TRB-RES	NED 200102103	<b>1:09.56</b>	+0.69		32.12	1:09.56
8. Mart de Koning	ZOB'66	NED 200203253	<b>1:09.88</b>	+0.78		32.59	1:09.88
9. Robin van Peenen	ZVL-1886 Center	NED 200201059	<b>1:10.23</b>	+0.75		32.01	1:10.23
10. Remco de Heij	ZPCH	NED 200200161	<b>1:10.60</b>			33.99	1:10.60
11. Thomas Hesper	Blue Marlins	NED 200004181	<b>1:11.00</b>	+0.82		32.53	1:11.00
12. Tiemen Jonkman	DZ&PC	NED 200301193	<b>1:11.76</b>			32.47	1:11.76
13. Tim Speijer	Bubble	NED 200301661	<b>1:11.86</b>	+0.68		33.80	1:11.86
14. Bas van Wieringen	De Columbiaan	NED 200200119	<b>1:12.66</b>	+0.70		33.98	1:12.66
15. Kylian Kooijman	Steenwijk 1934	NED 199900763	<b>1:12.73</b>	+0.76		33.61	1:12.73
16. Milan de Roo	ZPC Woerden	NED 200102215	<b>1:12.76</b>	+0.66		33.86	1:12.76
17. Jort Vizee	Feijenoord Zwemmen (SG)	NED 200201779	<b>1:13.29</b>	+0.60		33.87	1:13.29
18. Julian Mes	ZOB'66	NED 200103755	<b>1:15.86</b>	+0.63		35.00	1:15.86
19. Tom Blankestijn	ZPC AMERSFOORT	NED 200201185	<b>1:15.89</b>	+0.68		35.62	1:15.89
20. Boaz Troost	ZOB'66	NED 200100371	<b>1:16.05</b>	+0.67		35.42	1:16.05
21. Lucas Muntinga	ZPCH	NED 200300123	<b>1:16.68</b>	+0.54		36.47	1:16.68
22. Thomas van Scheepen	Steenwijk 1934	NED 200001387	<b>1:20.63</b>	+0.65		37.95	1:20.63
23. Bartho Visser	Triton Putten	NED 200005595	<b>1:20.64</b>	+0.74		36.19	1:20.64
24. Marco van der Wulp	MSV-Zeemacht	NED 200302051	<b>1:20.72</b>	+0.68		37.87	1:20.72
25. Marijn Heetkamp	Het Ravijn	NED 199903407	<b>1:23.04</b>			38.38	1:23.04
26. Koen Bak	ESCA Zwemmen	NED 200300101	<b>1:23.19</b>	+0.76		38.46	1:23.19
27. Mathijs Krieger	EZCL (SG)	NED 199905361	<b>1:24.16</b>	+0.82		38.84	1:24.16

**Masters 25+**

1. Bert Duivenvoorde	Noordwijkerhout	NED 199701805	<b>1:05.01</b>	+0.66		30.60	1:05.01
2. Bas Dries	Zwemvereniging Hoogland	NED 199505177	<b>1:05.35</b>	+0.65		30.06	1:05.35
3. Felix Geenen	DAW	NED 199501085	<b>1:06.33</b>	+0.74		30.13	1:06.33
4. Jurre Stammes	ESCA Zwemmen	NED 199701843	<b>1:06.35</b>	+0.68		31.25	1:06.35
5. Stefan Petersen	Blue Marlins	NED 199403067	<b>1:06.95</b>	+0.68		31.18	1:06.95
6. Kalle van Gemert	ZPC De Zeeuwse Kust	NED 199801259	<b>1:07.08</b>	+0.67		31.20	1:07.08
7. Gideon Teeuw	De Veene	NED 199801237	<b>1:12.26</b>	+0.66		33.72	1:12.26
8. Robin Hermans	TRB-RES	NED 199400987	<b>1:15.96</b>			34.67	1:15.96
9. Martijn Bartels	ZPC AMERSFOORT	NED 199603493	<b>1:16.51</b>	+0.88		35.53	1:16.51
10. Sam Beer	Poseidon'56	NED 199605521	<b>1:16.86</b>	+0.72		35.55	1:16.86
11. Ian van Mullem	ZOB'66	NED 199602545	<b>1:17.13</b>	+0.70		36.04	1:17.13
12. Jeroen van Dinther	Neptunus'58	NED 199701569	<b>1:20.37</b>	+0.64		38.36	1:20.37
13. Patrick Wyrdean	Feijenoord Zwemmen (SG)	NED 199702475	<b>1:21.30</b>	+0.69		38.16	1:21.30

**Masters 30+**

1. Gavin van der Werf	HZ&PC Heerenveen	NED 199302971	<b>1:03.62</b>	+0.66		29.81	1:03.62
<i>Nederlands Masters Record</i>							
2. Romero Hennep	De Kempvis	NED 199304929	<b>1:07.09</b>	+0.71		30.19	1:07.09
3. Sander de Vrugth	ESCA Zwemmen	NED 198903499	<b>1:07.86</b>	+0.68		31.41	1:07.86
4. Patrick Creemers	RZ	NED 199000579	<b>1:11.82</b>	+0.71		33.08	1:11.82
5. Bart van der Zwaan	BZ&PC	NED 199005149	<b>1:14.11</b>	+0.65		34.23	1:14.11
6. Hans van Wijk	BZ&PC	NED 198903605	<b>1:14.21</b>			35.06	1:14.21
7. Robin van Beusekom	NieMo Barracuda	NED 199205841	<b>1:15.91</b>	+0.72		35.37	1:15.91
8. Herman van Dijk	De Wellerobben	NED 198900691	<b>1:16.15</b>	+0.85		35.25	1:16.15
9. Marten Ettema	HZ&PC Heerenveen	NED 199007703	<b>1:17.75</b>	+0.64		36.43	1:17.75
10. Anne Terlouw	IJZPC	NED 199002877	<b>1:19.18</b>	+0.80		37.12	1:19.18
11. Jordy van der Drift	ZVL-1886 Center	NED 199307345	<b>1:24.51</b>	+0.83		40.15	1:24.51
12. Patrick Wobben	Steenwijk 1934	NED 199300559	<b>1:26.18</b>	+0.82		40.13	1:26.18



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Programmanr. 30, Heren, 100m schoolslag

Masters 35+

1. Yuri van Omme	Zwemvereniging Hoogland	NED	198501887	<b>1:09.73</b>	*+0.77	33.07	1:09.73
2. Martijn Giezen	ZPC AMERSFOORT	NED	198500813	<b>1:13.55</b>	+0.79	34.32	1:13.55
3. Dennis Kraakman	DAW	NED	198705325	<b>1:14.21</b>	+0.72	34.29	1:14.21
4. Ricardo van Dam	AZC	NED	198503965	<b>1:14.36</b>	+0.66	34.89	1:14.36
5. Stefan van de Grift	SWOL 1894	NED	198701121	<b>1:16.39</b>	+0.52	35.01	1:16.39
6. Thommy Nickel	ZPC Woerden	NED	198401627	<b>1:16.55</b>	+0.84	35.53	1:16.55
7. Kelvin Bergsma	Dedemsvaart-AC	NED	198602133	<b>1:17.10</b>	+0.64	34.97	1:17.10
8. Harmen Reemst	ZOB'66	NED	198702715	<b>1:20.82</b>	+0.78	37.28	1:20.82

Masters 40+

1. Lauren Vis	Steenwijk 1934	NED	198201883	<b>1:10.16</b>	+0.67	32.27	1:10.16
2. Ivan van Omme	De Geul	NED	198201263	<b>1:13.26</b>	+0.70	34.53	1:13.26
3. Heijmen van Vliet	Wiekslag	NED	198001637	<b>1:15.45</b>	+0.56	35.24	1:15.45
4. Rob van Wanrooy	Feijenoord Zwemmen (SG)	NED	198202627	<b>1:16.43</b>		35.53	1:16.43
5. Freddie Geerlings	Zwemsport Parkstad	NED	197900379	<b>1:16.55</b>	+0.81	35.22	1:16.55
6. William Kruithof	Het Ravijn	NED	198000857	<b>1:21.73</b>	+0.94	37.55	1:21.73
7. Mark Brinkhuis	TriVia	NED	198302609	<b>1:25.12</b>	+0.67	39.86	1:25.12

Masters 45+

1. Victor Barnar	GoSwim	NED	197801805	<b>1:09.87</b>	+0.76	32.63	1:09.87
2. Vincent Versteeg	Zwemlust-den Hommel	NED	197701003	<b>1:10.67</b>	+0.77	32.72	1:10.67
3. Kees Bakker	Gay Swim Amsterdam	NED	197501055	<b>1:14.40</b>	+0.66	34.68	1:14.40
4. László Jüllich	ZPCH	NED	197801893	<b>1:15.08</b>		34.60	1:15.08
5. Dennis Dortland	NieMo Barracuda	NED	197800261	<b>1:18.21</b>	+0.84	36.48	1:18.21
6. Bogdan Androne	Sassenheim	NED	197701783	<b>1:23.21</b>		37.00	1:23.21
7. Marcel van Walt van Praag	Gay Swim Amsterdam	NED	197501425	<b>1:27.56</b>		41.52	1:27.56
8. Lené Wessels	Hieronymus	NED	197601707	<b>1:38.68</b>		47.64	1:38.68

Masters 50+

1. Aleksandras Zamorskis	Kaisiadoriu Plaukiam	LTU		<b>1:09.80</b>	+0.58	32.76	1:09.80
<i>Kampioenschapsrecord, Lithuanian Masters Record</i>							
2. Ronald van Ombergen	ZPC De Zeeuwse Kust	NED	197201685	<b>1:15.47</b>		35.06	1:15.47
3. Michael van Bekkum	SWOL 1894	NED	197200051	<b>1:19.30</b>	+0.80	36.64	1:19.30
4. Arjan Verheij	De Rog	NED	197101617	<b>1:21.51</b>	+0.79	38.25	1:21.51
5. Heiner Stevens	ZIGNEA	NED	197201299	<b>1:22.17</b>	+0.76	38.96	1:22.17
6. Hans Schoenmakers	DAW	NED	196900863	<b>1:24.70</b>	+0.86	39.00	1:24.70
7. Rob van de Ven	Neptunus'58	NED	197101695	<b>1:25.06</b>	+0.79	39.52	1:25.06
8. Alberto Randazzo	DES	NED	197101757	<b>1:26.14</b>	+0.60	40.73	1:26.14
9. Bruno Nahon	Cercle De Natation Sportcity VFR	AVE	CNSW/000390/70	<b>1:27.09</b>		40.23	1:27.09
10. Marcel Brittijn	De Duinkickers	NED	196900159	<b>1:37.02</b>	+0.60	46.21	1:37.02
NG Antwan van Engen	De Ward	NED	197101577				

Masters 55+

1. Harold Matla	PSV	NED	196800591	<b>1:13.42</b>	+0.81	34.55	1:13.42
2. Erlend Alstad	OI Svømming	NOR	M210367ERL02	<b>1:15.72</b>	+0.83	35.92	1:15.72
3. Jan-Willem van den Berg	WVZ	NED	196801575	<b>1:16.54</b>	+0.83	36.29	1:16.54
4. Theo Bakker	TriVia	NED	196401231	<b>1:20.69</b>	+0.79	36.94	1:20.69
5. Arno Schrauwen	Patrick-De Roersoppers (SG)	NED	196501355	<b>1:21.27</b>		38.84	1:21.27
6. Joop Weenink	WS Twente	NED	196801535	<b>1:25.24</b>	+0.99	40.84	1:25.24
7. Nico Swart	De Biesboschwimmers	NED	196801475	<b>1:26.25</b>	+0.82	40.08	1:26.25
8. Pascal Tourton	ZOB'66	NED	196601343	<b>1:27.67</b>	+1.02	41.92	1:27.67
9. Henri Michels	De Amstel	NED	196501587	<b>1:27.76</b>		41.91	1:27.76
10. Robert de Brauer	De Duinkickers	NED	196401383	<b>1:28.31</b>	+0.83	41.55	1:28.31
11. Gertjan van der Vaart	ZVVS	NED	196801529	<b>1:32.38</b>	+0.73	42.61	1:32.38
12. Willem Jan Ribberink	GZC DONK	NED	196501327	<b>1:34.98</b>	+0.61	44.43	1:34.98
13. Hans Bijleveld	HHZV PLONS	NED	196601649	<b>1:37.68</b>	+0.84	47.12	1:37.68
Pierre de Groot	GZC DONK	NED	196401431	<b>1:37.68</b>		46.06	1:37.68



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Programmanr. 30, Heren, 100m schoolslag

Masters 60+

1. Edwin v. Norden <i>Kampioenschapsrecord</i>	ZPC AMERSFOORT	NED	196300563	<b>1:16.94</b>	+0.61	36.07	1:16.94
2. Gert Sikkema	Zwemclub Urk 1978	NED	196300687	<b>1:20.25</b>		37.99	1:20.25
3. Fred Ketting	PSV	NED	196000289	<b>1:21.44</b>		38.28	1:21.44
4. Ronald Grove	Triton	NED	196100161	<b>1:26.56</b>	+0.62	39.98	1:26.56
5. Walter Rolloos	NieMo Barracuda	NED	195900387	<b>1:28.78</b>	+1.04	40.94	1:28.78
6. Jack Barends	WS Twente	NED	196201011	<b>1:37.38</b>		46.26	1:37.38
7. Robert Schulein	H2Oldambt	NED	195900843	<b>1:43.45</b>		48.86	1:43.45
8. Hans van Scheepen	Steenwijk 1934	NED	196201245	<b>1:45.57</b>		49.60	1:45.57
NG Ron Phaff	PSV	NED	196200495				

Masters 65+

1. Wim de Lange	AZC	NED	195800533	<b>1:28.92</b>	+0.75	41.32	1:28.92
2. Paul Bunnik	Triton	NED	195600413	<b>1:34.15</b>	+0.78	41.64	1:34.15
3. André Pantekoek	PSV	NED	195800321	<b>1:46.83</b>	+1.07	49.76	1:46.83
4. Peter Coffeng	GZC DONK	NED	195700063	<b>1:50.63</b>		53.03	1:50.63

Masters 70+

1. Charles Bos <i>Nederlands Masters Record</i>	Patrick-De Roersoppers (SG)	NED	195300019	<b>1:29.77</b>		42.59	1:29.77
2. Piet Schop	De Bevelanders	NED	195000109	<b>1:45.26</b>	*	49.69	1:45.26
3. Nello Spiteri	DAW	NED	195200295	<b>2:04.15</b>		58.25	2:04.15

Masters 75+

1. Mans Buis	SWOL 1894	NED	194700133	<b>2:04.70</b>		59.41	2:04.70
2. Nico van Dongen	ZZ&PC De Devel	NED	194800159	<b>2:35.37</b>		1:11.76	2:35.37

Masters 80+

1. Nico Baay	Old Dutch	NED	194200053	<b>1:52.42</b>	+0.83	52.36	1:52.42
2. Rob Hanou	PSV	NED	194300109	<b>1:52.64</b>		52.43	1:52.64

Programmanr. 31  
18-02-2023 - 17:46

4 x 50m vrije slag

Masters Open  
Resultaten

rang	vereniging	tijd	RT	PARA			
1. De Dolfijn 1 <i>Nederlands Masters Record</i>	De Dolfijn	<b>1:47.94</b>	+0.71				
Tamara Grove	96	+0.71	26.79	Romy Verhagen	99	29.23	
Alinda Dingshoff	00	26.54	Tessa Vermeulen	98	+0.25	25.38	
2. HZ&PC Heerenveen 3	HZ&PC Heerenveen	<b>1:51.35</b>					
Lianne van Wier	02	27.36	Rixt Meijer	97	28.54		
Inge Dekker	02	28.33	Leonie van Wier	02	27.12		
3. DWK 1	DWK	<b>1:55.56</b>	+0.78				
Annel Kuipers	00	+0.78	29.31	Anoeska van de Kraats	97	+0.32	28.87
Lindi Bos	01	29.53	Celine Schoenmaker	98	27.85		
4. Steenwijk 1934 1	Steenwijk 1934	<b>1:57.82</b>					
Sabine Lageweg	99	30.67	Ageeth de Haan	99	28.96		
Alies Wagter	99	29.98	Michelle van den Hoofdakker	03	28.21		
5. Orca 1	Orca	<b>1:58.63</b>	+0.66				
Anneke van der Laan	02	+0.66	31.40	Rosalie Baarda	99	30.47	
Annie Meulenbeld	95	29.63	Marre Zandringa	97	27.13		



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Programmanr. 31, Dames, 4 x 50m vrije slag, 80+

rang	vereniging	tijd	RT	PARA
6.	Octopus-ZVV (SG) 1 Sheila ten Voorde Ilse Hallie	Octopus-ZVV (SG) 99 +0.83 30.50 02 33.34	NED Daphne van Rees Elmi Roelofsen	<b>2:02.84</b> +0.83 03 31.08 90 +0.41 27.92
7.	De Duinkickers 1 Maaïke de Boer Lonneke van Veen	De Duinkickers 90 31.73 01 31.00	NED Noortje Wijnstekers Merel Visser	<b>2:03.36</b> 03 31.27 99 29.36
8.	de Veene 1 Benice Flietstra Naomi Slamp	De Veene 97 34.13 00 34.36	NED Laura Verwoerd Jalie Visschedijk	<b>2:15.22</b> 03 34.52 01 32.21

80+, Heren

1.	ZOB'66 1 Julian Mes Daan Siebenheller	ZOB'66 01 +0.71 26.41 98 +0.15 26.68	NED Mart de Koning Ian van Mullem	<b>1:45.50</b> +0.71 02 +0.59 26.21 96 26.20
2.	de Veene 2 Gideon Teeuw Nick Swinkels	De Veene 98 +0.72 26.00 02 +0.51 28.76	NED Roy Swinkels Diederick Schothans	<b>1:48.67</b> +0.72 02 +0.51 28.96 97 24.95
3.	MSV-Zeemacht 2 Mees Minneboo Marco van der Wulp	MSV-Zeemacht 02 +0.70 25.70 03 27.01	NED Derek Valkenier Jordi de Nijs	<b>1:48.82</b> +0.70 92 30.69 98 25.42

80+, Gemengd

1.	Dedemsvaart-AC 2 Leon van den Hof Sepp Kalter	Dedemsvaart-AC 02 +0.67 23.71 97 +0.15 24.23	NED Michelle Zomerdijk Laura Compagner	<b>1:42.18</b> +0.67 00 +0.36 26.89 98 +0.57 27.35
2.	DZ&PC 1 Erik Nijholt Tiemen Jonkman	DZ&PC 94 +0.71 24.29 03 +0.30 26.07	NED Karin Rijkelijhuizen Arné Hulleman	<b>1:44.54</b> +0.71 94 +0.27 26.42 02 27.76
3.	Bubble 1 Jorrik Kerdijk Laura Setz	Bubble 96 +0.72 25.78 00 +0.54 27.28	NED Sanne Kloezen Tim Speijer	<b>1:46.36</b> +0.72 02 +0.19 27.91 03 +0.33 25.39
4.	SWOL 1894 3 Ian van der Pal Lieke van Essen	SWOL 1894 02 25.86 95 28.80	NED Lotte Pieterman Daan Rienties	<b>1:46.73</b> 03 26.55 01 25.52
5.	De Columbiaan 1 Bas van Wieringen Daan Hogerhuis	De Columbiaan 02 +0.62 24.89 03 23.61	NED Marije de Jager Kim de Jong	<b>1:47.18</b> +0.62 03 28.94 03 29.74
6.	ZPC AMERSFOORT 3 Elisah Velgersdijk Martijn Bartels	ZPC AMERSFOORT 01 +0.79 29.80 96 +0.13 26.22	NED Eline Hendriks Jelle Blankestijn	<b>1:52.92</b> +0.79 98 +0.57 31.79 98 +0.16 25.11
NG	ZVL-1886 Center 1	ZVL-1886 Center	NED	

100+, Dames

1.	ZPC De Hof 1 Elisa Haverkate Deborah Wissink	ZPC De Hof 02 +0.77 27.49 95 29.82	NED Linde Haverkate Sietske Veldkamp	<b>1:54.61</b> +0.77 99 29.48 95 27.82
2.	ZPC AMERSFOORT 4 Daphne Kievit Lotte Eising	ZPC AMERSFOORT 92 32.34 95 29.16	NED Jisca Majolee Joanne van Essen	<b>1:59.40</b> 94 28.93 93 28.97
3.	NieMo Barracuda 2 Melissa van der Heijden Tamara van den Brink	NieMo Barracuda 96 29.22 98 +0.35 31.10	NED Esmée Rolloos Denise Boereboom	<b>1:59.94</b> 98 31.72 92 27.90
4.	De Duck 1 Kimberley van Buren Leontine Groeneveldt	De Duck 93 +0.82 30.11 93 +0.17 30.14	NED Sandra Vermeulen Noa de Bock	<b>2:00.03</b> +0.82 93 30.89 03 28.89
5.	ZVL-1886 Center 3 Lonneke Graansma Karen Stolk	ZVL-1886 Center 99 +0.58 30.01 94 28.45	NED Adela Vázquez García Mariska Gach	<b>2:02.98</b> +0.58 93 32.34 95 32.18
6.	ESCA Zwemmen 1 Irmgard van Weeghel Cheyenne Verburgt	ESCA Zwemmen 92 32.81 99 30.32	NED Rachel Verburgt Moniek van Langevelde	<b>2:03.66</b> 02 +0.43 32.39 98 28.14



Open Nederlandse Masters  
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Programmanr. 31, Dames, 4 x 50m vrije slag, 100+

rang	vereniging	tijd	RT	PARA
7.	ZVL-1886 Center 4	<b>2:11.08</b>	+0.66	
	Valerie Bakker	99	35.40	
	Suzan Blankestijn	95	31.16	

100+, Heren

1.	HZ&PC Heerenveen 2	<b>1:38.86</b>	+0.81	
	Richard Kuipers	97	+0.81	25.22
	Gavin van der Werf	93	+0.40	24.74
2.	Poseidon'56 1	<b>1:40.13</b>	+0.69	
	Gerard Willighagen	01	+0.69	24.82
	Sam Beer	96		26.18
3.	De Kempvis 1	<b>1:40.27</b>	+0.69	
	Romero Hennep	93	+0.69	24.55
	Joris Bezemer	99	+0.26	24.61
4.	ESCA Zwemmen 2	<b>1:40.31</b>	+0.63	
	Jurre Stammes	97	+0.63	25.29
	Sander de Vrugt	89		24.93
5.	Feijenoord Zwemmen (SG) 1	<b>1:43.19</b>	+0.80	
	Pascal Nuijten	97	+0.80	23.92
	Rob van Wanrooy	82	+0.16	28.04
6.	De Schotejil 1	<b>1:43.89</b>		
	Aron Paasse	00		24.77
	David Kievit	99		26.65
7.	Blue Marlins 1	<b>1:43.99</b>	+0.67	
	Marc Hoogendam	90	+0.67	26.73
	Freek Hollander	01	+0.28	25.17
8.	Steenwijk 1934 3	<b>1:46.70</b>	+0.78	
	Kylian Kooijman	99	+0.78	26.82
	Martijn Lageweg	97	+0.35	27.25
9.	Orca 2	<b>1:48.30</b>	+0.65	
	Jeffrey van der Sluis	97	+0.65	26.29
	Michiel Punter	84	+0.23	25.13

100+, Gemengd

1.	VZC 1	<b>1:47.24</b>	+0.81	
	Jelle Nap	95	+0.81	25.43
	Olaf Achterberg	90	+0.40	23.91
2.	Zuiderzeezwemmers 1	<b>1:47.36</b>	+0.69	
	Annemarie ten Have	98	+0.69	29.79
	Daniëque Stoop	91		27.14
3.	De Kempvis 2	<b>1:58.52</b>		
	Rianne Krefit - vd Hoeven	92		30.71
	Victor Poot	92		27.20
4.	SWOL 1894 5	<b>2:00.67</b>		
	Ana Ramirez de las Heras	98		29.73
	Jolijn Walgjen	96	+0.40	33.07

120+, Dames

1.	WVZ 1	<b>1:53.49</b>	+0.70	
	Delia Badoux	80	+0.70	28.15
	Lauren van IJl	00	+0.45	29.22
2.	De Biesboschzwemmers 1	<b>1:58.59</b>		
	Mandy Swart	99		30.30
	Marjo Goelma-Koek	69		29.69
3.	MSV-Zeemacht 1	<b>2:01.01</b>		
	Jet Kleine	99		30.95
	Bianca Groot	70	+0.32	31.05
4.	DAW 2	<b>2:01.30</b>	+0.78	
	Lianne Dekker	03	+0.78	31.77
	Melissa Zwaan	91	+0.37	29.54



Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
Heerenveen, 16-19 februari 2023



Programmanr. 31, Dames, 4 x 50m vrije slag, 120+

rang	vereniging				tijd	RT	PARA
5.	ZOB'66 2	ZOB'66	NED		<b>2:06.91</b>		
	Wendy de Bruin	92	30.26	Danielle Schipper	70	36.51	
	Nina Tourton	96	32.15	Rozemarijn van Haaff	02	27.99	
6.	THOR 1	THOR	NED		<b>2:11.15</b>	+0.69	
	Ramona Hulshof	85	+0.69 31.59	Karin van Dijk	76	+0.42 33.59	
	Tineke Kleve	80	33.88	Marloes Wiekens	93	32.09	
DIS	ZV Hoogland 2	Zwemvereniging Hoogland	NED				
	<i>AA - De start ingezet voor het startsignaal (en wel gezwommen).</i>						
	Maaik van Houten, Angélique Wammes-Bouman, Tiffany Tsui, Yvette Meijer						
DIS	De Duinkickers 2	De Duinkickers	NED				
	<i>EA - Te vroeg overgenomen., 4de zwemmer</i>						
	Saskia op den Velde	79	34.99	Esther Poortvliet - Koedam	80	+0.43 31.97	
	Inge Roskam	78	+0.06 35.43	Rachel Trapman	96	-0.13	

120+, Heren

1.	Zwemlust-den Hommel 1	Zwemlust-den Hommel	NED		<b>1:41.04</b>	+0.71	
	Matteo Viani	90	+0.71 25.09	Martijn Kornet	97	+0.51 26.11	
	Vincent Versteeg	77	+0.27 26.41	Joan Kentrop	85	+0.47 23.43	
2.	WVZ 2	WVZ	NED		<b>1:44.38</b>	+0.76	
	Jordy van Oel	98	+0.76 26.66	Hugo Bregman	58	+0.23 27.57	
	Jasper Breugem	00	24.99	Ivo Roozeboom	77	+0.25 25.16	
3.	Dedemsvaart-AC 1	Dedemsvaart-AC	NED		<b>1:45.23</b>		
	Sander Zoer	83	26.37	Arjan Prins	82	26.19	
	Kelvin Bergsma	86	27.33	Jesper Kloek	90	+0.27 25.34	
4.	ZPCH 1	ZPCH	NED		<b>1:46.44</b>	+0.83	
	Ruud Holswilder	78	+0.83 25.85	Jermaine Braumuller	90	+0.73 30.30	
	Thomas Vastenhou	02	24.82	Remco de Heij	02	+0.39 25.47	
5.	De Duck 2	De Duck	NED		<b>1:46.52</b>		
	Erik Saan	65	29.44	Mick van den Houten	03	+0.38 26.18	
	Paco de Voogt	94	27.02	Jesper Oranje	92	+0.39 23.88	
6.	ESCA Zwemmen 3	ESCA Zwemmen	NED		<b>1:47.90</b>	+0.75	
	Tim de Vrugt	93	+0.75 26.59	Mike Schel	94	+0.46 25.72	
	Koen Bak	03	+0.17 28.37	Rik Regtering	79	+0.53 27.22	
7.	ZVL-1886 Center 5	ZVL-1886 Center	NED		<b>1:54.26</b>	+0.74	
	Robin van Peenen	02	+0.74 27.35	Jordy van der Drift	93	29.37	
	Erik Baalbergen	98	26.47	Ingmar Kooman	79	31.07	

120+, Gemengd

1.	ZV Hoogland 1	Zwemvereniging Hoogland	NED		<b>1:50.61</b>	+0.80	
	Yuri van Omme	85	+0.80 26.95	Angela Giezen	83	+0.37 31.69	
	Anne-Irene Ducheine	95	-0.06 28.99	Bas Dries	95	+0.18 22.98	
2.	TRB-RES 1	TRB-RES	NED		<b>1:52.46</b>		
	Sander van Elburg	88	27.43	Ariane Krijt	99	31.59	
	Edith Janssen-Koolen	73	+0.42 29.49	Wim van Duuren	01	+0.09 23.95	
3.	De Geul 2	De Geul	NED		<b>1:56.36</b>	+0.79	
	Marcha Admiraal	93	+0.79 27.94	Marian Nederlof	76	+0.39 33.09	
	Maarten Steekelenburg	93	+0.31 29.75	Ivan van Omme	82	+0.34 25.58	
4.	De Amstel 1	De Amstel	NED		<b>1:56.61</b>	+0.78	
	Iris Bastiaansen	99	+0.78 31.38	Iris van der Moolen	99	+0.20 30.28	
	Henri Michels	65	30.27	Nick Sijmons	95	+0.25 24.68	
5.	SWOL 1894 4	SWOL 1894	NED		<b>1:57.66</b>		
	Julia Koopman	96	31.84	Huub Scholing	93	27.78	
	Myrthe Meenhorst	95	+0.14 29.59	Albert van Piekeren	84	+0.44 28.45	
6.	HZ&PC Heerenveen 1	HZ&PC Heerenveen	NED		<b>1:57.74</b>	+0.72	
	Liesette Bruinsma	00	+0.72 30.07	Romy Jalving	00	30.29	
	Rob van Wier	99	+0.62 27.30	Bert Jonker	66	+0.30 30.08	
7.	IJZPC 1	IJZPC	NED		<b>1:57.81</b>	+0.60	
	Oscar Monge	81	+0.60 29.07	Debbie van Rooijen	82	30.35	
	Nikki Roon	88	30.48	Anne Terlouw	90	27.91	



Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
Heerenveen, 16-19 februari 2023



Programmanr. 31, Gemengd, 4 x 50m vrije slag, 120+

rang	vereniging			tijd	RT	PARA
8.	ZPCH 2	ZPCH	NED	<b>2:00.18</b>		
	Lucas Muntinga	03	28.01	Esmeralda Stokman	76	35.08
	Kim Zwinkels	03	28.48	László Jüllich	78	28.61
9.	TriVia 2	TriVia	NED	<b>2:02.98</b>		
	Nadine Blouw	93	32.29	Mark Brinkhuis	83	31.78
	Relinda Baas	89	31.72	Rik Stahlie	02	27.19
10.	Neptunus'58 1	Neptunus'58	NED	<b>2:06.15</b>	+0.79	
	Sandra Schellekens	85	+0.79	Elke Schellekens	93	34.52
	Rob van de Ven	71	+0.29	Jeroen van Dinther	97	27.73
11.	DZ&PC 2	DZ&PC	NED	<b>2:12.73</b>		
	Tessa Piek	81	33.97	Rebecca de Klein	00	38.17
	Arnold Hofman	94	31.49	Pieter Veenstra	73	29.10

160+, Dames

1.	ZPC AMERSFOORT 5	ZPC AMERSFOORT	NED	<b>2:06.04</b>	+1.03		
	Henriëtte v. Norden	68	+1.03	Monica Kornewal	77	+0.47	33.14
	Larissa Brak	88	+0.41	Lidia v. Bon-Rosenbrand	70	+0.29	29.86
2.	Sassenheim 2	Sassenheim	NED	<b>2:10.81</b>			
	Marinka vd Zwet	65		Maaïke Hofland	92		35.65
	Yvonne van Nobelen - Kampschreur	72		Rianne Hofland	88		29.39
3.	AZC 2	AZC	NED	<b>2:14.01</b>	+0.69		
	Jessica Braat	02	+0.69	Sandra Daamen-Posma	68		36.89
	Monique Munnik	62		Mariska Zaal	88		32.08
4.	GZC DONK 2	GZC DONK	NED	<b>2:20.52</b>	+0.84		
	Nathasja Konijn	71	+0.84	Jessica Venema	79	+0.42	33.05
	Clara Groenhorst	82	+0.63	Linda van Klei	88	+0.68	30.80
5.	De Geul 1	De Geul	NED	<b>2:29.94</b>	+0.83		
	Eline Molle	94	+0.83	Aafke Groot	83		34.59
	Roselinda van der Vlugt	67		Erica Muller	64	+0.34	40.04

160+, Heren

1.	DAW 1	DAW	NED	<b>1:42.72</b>	+0.67		
	Wouter Zijlstra	82	+0.67	Alex Damen	75		26.43
	Joost Hoetjes	78	+0.34	Felix Geenen	95	+0.11	22.41
2.	NieMo Barracuda 1	NieMo Barracuda	NED	<b>1:44.99</b>			
	Emiel Ghali	87		Pascal van Haren	87	+0.25	25.54
	Dennis Dortland	78		Mark Hensen	79		25.75
3.	ZVL-1886 Center 2	ZVL-1886 Center	NED	<b>1:48.52</b>	+0.67		
	Luc Steijvers	82	+0.67	Otto Jansen	65		28.56
	Kristiaan Lenos	83	+0.17	Gijs Ruijgrok	96	+0.47	26.97
4.	ZPC AMERSFOORT 6	ZPC AMERSFOORT	NED	<b>1:51.20</b>	+0.83		
	Bas Braun	91	+0.83	Ron Korzelius	65		28.88
	Henk Kuipers	62	+0.09	Rob van Vliet	84		26.65
5.	ZOB'66 3	ZOB'66	NED	<b>1:54.71</b>	+0.46		
	Boaz Troost	01	+0.46	Pascal Tourton	66		29.41
	Ingmar de Gelder	70	+0.13	Ruben Stolk	90	+0.53	27.09
6.	Sassenheim 1	Sassenheim	NED	<b>1:58.76</b>	+0.77		
	Bogdan Androne	77	+0.77	Frank van Nobelen	69	+0.09	30.61
	Casper van den Burgh	72	+0.42	Wesley van der Luit	97	+0.33	28.31
7.	Steenwijk 1934 4	Steenwijk 1934	NED	<b>2:03.66</b>	+0.79		
	Casper Dollekamp	63	+0.79	Korstiaan de Boer	71		32.21
	Patrick Wobben	93	+0.48	Guido Keutgen	68	+0.12	28.29



Open Nederlandse Masters  
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Programmanr. 31, 4 x 50m vrije slag

160+, Gemengd

1. Kaisiadoriu Plaukiam 1	Kaisiadoriu Plaukiam	LTU	<b>1:50.93</b>	+0.57
Aleksandras Zamorskis	71 +0.57	26.44	Ausra Razgune	83 +0.21
Lina Bielinienė	74	30.62	Raimondas Gincas	74
2. ZPC AMERSFOORT 2	ZPC AMERSFOORT	NED	<b>1:54.75</b>	+0.63
Edwin v. Norden	63 +0.63	28.13	Marije Jansen	85 +0.14
Talje Dijkhuis	66	32.65	Jelle Opmeer	01 +0.04
3. Steenwijk 1934 5	Steenwijk 1934	NED	<b>1:58.94</b>	+0.62
Robert Braad	86 +0.62	26.92	Rick Driezen	86
Leonie Scholten	79	35.55	Pauline van Gelder - Dieker	81 +0.49
4. De Ward 1	De Ward	NED	<b>1:59.17</b>	+0.79
Daniel Prinse	74 +0.79	29.33	Yvette Ratering	72 +0.42
Emma van der Meer	97 +0.63	33.00	Antwan van Engen	71 +0.33
5. ZVVS 1	ZVVS	NED	<b>1:59.83</b>	
Nadya Putter	83	31.66	Bram Piederiet	90 +0.37
Karin Stein	71 +0.51	34.02	Bas van den Nouwelant	80
6. Aqualero 1	Aqualero	NED	<b>2:06.79</b>	+0.83
Rubert Boer	79 +0.83	28.37	Berry Koning	73
Chantal Lokhorst	94 +0.43	31.32	Annette Korving-Leijenaar	67
7. Deltasteur 1	Deltasteur	NED	<b>2:07.73</b>	
Robert van der Kamp	78	31.02	Margriet Leeffers	78
Alistair Critchell	71	32.08	Maud Heldoorn	00
8. NieMo Barracuda 3	NieMo Barracuda	NED	<b>2:08.06</b>	
Jacoline van den Beukel	91	31.68	Walter Rolloos	59
Jacqueline Rolloos-Bakkers	63 +0.03	34.19	Robin van Beusekom	92
9. DWK 2	DWK	NED	<b>2:10.11</b>	+0.79
Lars Jacobsen	97 +0.79	28.79	Iris van Aurich	69
Greta Wyma-Teitsma	71	41.08	Alex Resink	88 +0.23

200+, Dames

1. HZ&PC Heerenveen 5	HZ&PC Heerenveen	NED	<b>2:37.93</b>	+0.65
Peggy Hurenkamp	69 +0.65	34.72	Katinka Elders	60
Ineke Meijer	52	43.53	Jannie Vennik	76

200+, Heren

1. De Rog 1	De Rog	NED	<b>1:52.98</b>	+0.85
Erik Kamphuis	60 +0.85	29.14	Peter Bensen	63 +0.15
Wijnand Vergeest	68 +0.41	31.04	Arjan Verheij	71
2. ZPC De Zeeuwse Kust 1	ZPC De Zeeuwse Kust	NED	<b>1:53.36</b>	
Eelco van Gemert	72	28.83	Sandy Pleyte	75
Ronald van Ombergen	72	28.73	Jan Brink	62
3. SWOL 1894 1	SWOL 1894	NED	<b>1:57.27</b>	
Peter Lommert	79	29.14	Michael van Bekkum	72
Evert-Jan Verweij	63	31.15	Johan Wezenberg	76 +0.32
4. De Biesboschzwemmers 2	De Biesboschzwemmers	NED	<b>2:01.93</b>	+0.89
Richard Tiemstra	63 +0.89	31.11	Wouter van der Stelt	72 +0.22
Nico Swart	68 +0.35	30.69	Paul Wijnja	63 +0.30

200+, Gemengd

1. PSV 2	PSV	NED	<b>1:54.19</b>	
Janneke Hamsen-Bakker	77	29.44	Fred Ketting	60
Jeanne Petit	70	30.70	Gijsbert van der Leden	67
2. Feijenoord Zwemmen (SG) 2	Feijenoord Zwemmen (SG)	NED	<b>2:00.24</b>	+0.99
Mark Nuijten	60 +0.99	30.55	Mirjan den Drijver	75 +0.42
Netty Burik-Geijssen	63	31.19	Pieter Broek	77 +0.39
3. PSV 5	PSV	NED	<b>2:01.83</b>	
Liselotte Joling	75	31.15	Edo Boonstra	68
Trudy Ketting	70 +0.34	31.96	Tom Bandsma	77
4. Patrick-De Roersoppers (SG) 1	Patrick-De Roersoppers (SG)	NED	<b>2:05.65</b>	+0.80
Charles Bos	53 +0.80	33.86	Pascalle Janssen	73 +0.66
Arno Schrauwen	65	30.21	Sharon Wolfs	00 +0.19





Open Nederlandse Masters  
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Programmanr. 31, Gemengd, 4 x 50m vrije slag, 200+

rang	vereniging				tijd	RT	PARA	
5.	DAW			NED	<b>2:08.07</b>	+0.68		
	Ilona Hogerheyde	74	+0.68	30.41	Erik Schweitzer	67	+0.39	34.23
	Hans Schoenmakers	69		31.83	Alina Spijkerman	77		31.60
6.	Hieronymus 1			NED	<b>2:18.89</b>			
	Marjolein Klunne	71		31.56	Hilly Brugmans	70		37.30
	Lené Wessels	76	+0.30	36.01	Wim Donkersloot	68		34.02
7.	Steenwijk 1934 6			NED	<b>2:49.41</b>	+0.87		
	Huyb Stegeman	67	+0.87	31.54	Riekie Schra	64		1:07.31
	Hans van Scheepen	62		41.29	Jacyntha Plat	90		29.27

240+, Dames

1.	Steenwijk 1934 2	Steenwijk 1934		NED	<b>2:29.40</b>			
	Linda Wibbelink	59		35.14	Wilna Heijman	64		34.51
	Monica Bakker	56		40.30	Inge Soeters	73	+0.40	39.45
2.	ESCA Zwemmen 4	ESCA Zwemmen		NED	<b>2:36.47</b>			
	Karin van der Star-Verhoeven	61		34.49	Marion Kolkman-Pluim	60		40.57
	Ria Peters-Veurman	58		43.03	Marleen Malais	63		38.38

240+, Heren

1.	GZC DONK 1	GZC DONK		NED	<b>2:15.58</b>	+0.92		
	Pierre de Groot	64	+0.92	33.76	Willem Jan Ribberink	65	+0.65	33.48
	Peter Coffeng	57		37.46	Adrian Ortiz Buitrago	60	+0.66	30.88
2.	HZ&PC Heerenveen 4	HZ&PC Heerenveen		NED	<b>2:21.11</b>	+0.64		
	René Beetsma	69	+0.64	28.60	Bauke Posthumus	64		35.64
	Jan van der Heide	51	+0.58	42.34	Wiebren Dijkstra	58	+0.20	34.53

240+, Gemengd

1.	ZPC AMERSFOORT 1 <i>Europees Masters Record</i>	ZPC AMERSFOORT		NED	<b>1:53.75</b>	+0.63		
	Atie Pijtak-Radersma	56	+0.63	30.91	Johan Remmits	62	+0.23	27.15
	Marjan Remmits-de Lange	63		30.23	Chester Marsman	69	+0.37	25.46
2.	TriVia 1	TriVia		NED	<b>2:16.89</b>			
	Margriet Pasma	55		35.76	Amoud van Royen	72	+0.41	34.95
	Hannie Poletiek	59		37.66	Theo Bakker	64	+0.28	28.52
3.	AZC 1	AZC		NED	<b>2:26.71</b>	+0.65		
	Wim de Lange	58	+0.65	33.67	Wil Ponsioen-van Mil	61		43.60
	Geza Kaltenecker	42		39.75	Monique van Huizen	87		29.69
4.	De Duinkickers 3 * 50m	De Duinkickers		NED	<b>2:31.57</b>			
	Annet Verhoeven - Steggerda	46		52.07	Marcel Brittijn	69	+0.21	31.96
	Christine Buist	64		37.81	Robert de Brauwer	64		29.73
5.	WS Twente 1	WS Twente		NED	<b>2:33.27</b>	+0.96		
	Joop Weenink	68	+0.96	33.62	Jack Barends	62		34.21
	Ima van der Molen	69	+0.53	36.94	Antoinette Gilding-Tussaud	50		48.50

280+, Heren

1.	SWOL 1894 2 <i>Nederlands Masters Record</i>	SWOL 1894		NED	<b>2:25.42</b>			
	Jappie Kuiper	55		33.72	Rob Berkhof	52		39.68
	Mans Buis	47		40.58	Harry Dokter	51		31.44

280+, Gemengd

1.	PSV 4	PSV		NED	<b>2:56.26</b>			
	Ineke Brouwers	52		48.68	André Pantekoek	58		37.17
	Gonnie Bak	51		45.04	Rob Hanou	43		45.37



Open Nederlandse Masters  
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6 - ONMK 2023 kb sessie 6

19-02-2023 - 9:00

Programmanr. 32 Heren, 800m vrije slag Masters Open Resultaten  
19-02-2023 - 9:00

rang	naam	vereniging	tijd	RT	PARA			
<b>Masters 20+</b>								
1.	Ronis van Everdingen	DWK	NED 200300043	<b>8:50.93</b>	+0.89			
	50m: 28.57	28.57	250m: 2:39.09	32.76	450m: 4:50.93	33.14	650m: 7:07.15	34.28
	100m: 1:00.72	32.15	300m: 3:11.87	32.78	500m: 5:24.79	33.86	700m: 7:42.32	35.17
	150m: 1:34.08	33.36	350m: 3:45.51	33.64	550m: 5:58.56	33.77	750m: 8:17.15	34.83
	200m: 2:06.33	32.25	400m: 4:17.79	32.28	600m: 6:32.87	34.31	800m: 8:50.93	33.78
2.	Guus Hoogduin	ZVL-1886 Center	NED 200201069	<b>8:57.97</b>	+0.60			
	50m: 30.06	30.06	250m: 2:43.41	33.54	450m: 4:59.65	34.21	650m: 7:17.31	34.57
	100m: 1:02.83	32.77	300m: 3:17.55	34.14	500m: 5:34.05	34.40	700m: 7:51.57	34.26
	150m: 1:36.05	33.22	350m: 3:51.42	33.87	550m: 6:08.44	34.39	750m: 8:25.33	33.76
	200m: 2:09.87	33.82	400m: 4:25.44	34.02	600m: 6:42.74	34.30	800m: 8:57.97	32.64
3.	Tom Blankestijn	ZPC AMERSFOORT	NED 200201185	<b>9:22.09</b>	+0.67			
	50m: 30.35	30.35	250m: 2:50.50	35.55	450m: 5:13.23	35.85	650m: 7:37.36	35.83
	100m: 1:04.42	34.07	300m: 3:26.17	35.67	500m: 5:49.37	36.14	700m: 8:13.53	36.17
	150m: 1:39.54	35.12	350m: 4:02.07	35.90	550m: 6:25.51	36.14	750m: 8:48.96	35.43
	200m: 2:14.95	35.41	400m: 4:37.38	35.31	600m: 7:01.53	36.02	800m: 9:22.09	33.13
<b>Masters 25+</b>								
1.	Jeffrey Camphens	DWT	NED 199503113	<b>8:55.59</b>	+0.59			
	50m: 30.51	30.51	250m: 2:45.16	33.64	450m: 5:00.17	33.60	650m: 7:15.98	33.73
	100m: 1:03.90	33.39	300m: 3:18.59	33.43	500m: 5:34.14	33.97	700m: 7:49.90	33.92
	150m: 1:37.82	33.92	350m: 3:52.61	34.02	550m: 6:08.47	34.33	750m: 8:23.36	33.46
	200m: 2:11.52	33.70	400m: 4:26.57	33.96	600m: 6:42.25	33.78	800m: 8:55.59	32.23
2.	Mike Schel	ESCA Zwemmen	NED 199403279	<b>9:11.74</b>	+0.80			
	50m: 30.79	30.79	250m: 2:48.68	34.93	450m: 5:08.59	34.64	650m: 7:28.62	35.41
	100m: 1:04.63	33.84	300m: 3:23.77	35.09	500m: 5:43.06	34.47	700m: 8:03.85	35.23
	150m: 1:39.09	34.46	350m: 3:58.88	35.11	550m: 6:17.95	34.89	750m: 8:38.90	35.05
	200m: 2:13.75	34.66	400m: 4:33.95	35.07	600m: 6:53.21	35.26	800m: 9:11.74	32.84
3.	Donny van den Bosch	Zwemlust-den Hommel	NED 199502001	<b>9:15.23</b>	+0.78			
	50m: 31.24	31.24	250m: 2:51.44	35.43	450m: 5:13.93	35.22	650m: 7:33.98	34.42
	100m: 1:05.58	34.34	300m: 3:27.40	35.96	500m: 5:49.15	35.22	700m: 8:08.45	34.47
	150m: 1:40.62	35.04	350m: 4:03.18	35.78	550m: 6:24.43	35.28	750m: 8:42.63	34.18
	200m: 2:16.01	35.39	400m: 4:38.71	35.53	600m: 6:59.56	35.13	800m: 9:15.23	32.60
4.	Jordy van Oel	WVZ	NED 199802003	<b>9:23.41</b>	+0.63			
	50m: 29.87	29.87	250m: 2:52.06	36.24	450m: 5:15.52	35.80	650m: 7:39.24	35.83
	100m: 1:03.69	33.82	300m: 3:28.14	36.08	500m: 5:51.78	36.26	700m: 8:14.46	35.22
	150m: 1:39.26	35.57	350m: 4:04.11	35.97	550m: 6:27.77	35.99	750m: 8:49.67	35.21
	200m: 2:15.82	36.56	400m: 4:39.72	35.61	600m: 7:03.41	35.64	800m: 9:23.41	33.74
5.	Lars Jacobsen	DWK	NED 199705453	<b>10:06.27</b>	+0.84	782		
	50m: 31.66	31.66	250m: 3:01.10	38.23	450m: 5:36.96	38.87	650m: 8:12.54	38.12
	100m: 1:08.00	36.34	300m: 3:39.94	38.84	500m: 6:16.26	39.30	700m: 8:52.13	39.59
	150m: 1:45.33	37.33	350m: 4:18.97	39.03	550m: 6:55.06	38.80	750m: 9:31.36	39.23
	200m: 2:22.87	37.54	400m: 4:58.09	39.12	600m: 7:34.42	39.36	800m: 10:06.27	34.91
<b>Masters 30+</b>								
1.	Tim Bunnik	Triton	NED 199000505	<b>9:38.83</b>	+0.81			
	50m: 31.71	31.71	250m: 2:55.38	36.34	450m: 5:21.52	37.36	650m: 7:49.01	36.93
	100m: 1:06.93	35.22	300m: 3:31.42	36.04	500m: 5:58.61	37.09	700m: 8:26.17	37.16
	150m: 1:43.02	36.09	350m: 4:07.93	36.51	550m: 6:35.56	36.95	750m: 9:03.44	37.27
	200m: 2:19.04	36.02	400m: 4:44.16	36.23	600m: 7:12.08	36.52	800m: 9:38.83	35.39
2.	Wessel Everloo	WS Twente	NED 198906597	<b>9:40.28</b>	+0.68	892		
	50m: 32.19	32.19	250m: 2:57.45	36.08	450m: 5:24.57	36.90	650m: 7:53.31	36.95
	100m: 1:08.65	36.46	300m: 3:34.63	37.18	500m: 6:01.99	37.42	700m: 8:29.72	36.41
	150m: 1:45.45	36.80	350m: 4:10.66	36.03	550m: 6:40.03	38.04	750m: 9:06.97	37.25
	200m: 2:21.37	35.92	400m: 4:47.67	37.01	600m: 7:16.36	36.33	800m: 9:40.28	33.31



Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
Heerenveen, 16-19 februari 2023



Programmanr. 32, Heren, 800m vrije slag

Masters 35+

1. Niels Albrechts	De Schotejil	NED	198800039	<b>9:40.78</b>			
50m: 33.09	33.09	250m: 3:00.13	36.71	450m: 5:27.83	36.50	650m: 7:54.98	36.95
100m: 1:09.21	36.12	300m: 3:37.14	37.01	500m: 6:04.16	36.33	700m: 8:31.41	36.43
150m: 1:46.18	36.97	350m: 4:14.25	37.11	550m: 6:41.00	36.84	750m: 9:08.04	36.63
200m: 2:23.42	37.24	400m: 4:51.33	37.08	600m: 7:18.03	37.03	800m: 9:40.78	32.74
2. Rob van Vliet	ZPC AMERSFOORT	NED	198402459	<b>10:00.85</b>	+0.84		
50m: 30.83	30.83	250m: 3:00.21	38.06	450m: 5:34.47	38.44	650m: 8:08.36	38.33
100m: 1:06.77	35.94	300m: 3:38.87	38.66	500m: 6:13.01	38.54	700m: 8:46.22	37.86
150m: 1:44.19	37.42	350m: 4:17.28	38.41	550m: 6:51.54	38.53	750m: 9:24.14	37.92
200m: 2:22.15	37.96	400m: 4:56.03	38.75	600m: 7:30.03	38.49	800m: 10:00.85	36.71
3. Sander van Elburg	TRB-RES	NED	198800937	<b>10:51.89</b>	+0.90		
50m: 32.37	32.37	250m: 3:03.72	40.82	450m: 5:55.70	43.47	650m: 8:46.50	42.76
100m: 1:08.24	35.87	300m: 3:46.00	42.28	500m: 6:38.32	42.62	700m: 9:28.86	42.36
150m: 1:45.18	36.94	350m: 4:29.28	43.28	550m: 7:20.82	42.50	750m: 10:10.43	41.57
200m: 2:22.90	37.72	400m: 5:12.23	42.95	600m: 8:03.74	42.92	800m: 10:51.89	41.46

Masters 40+

1. Gergely Molnár	Iron Swim	HUN		<b>9:21.83</b>	+0.81		
50m: 31.52	31.52	250m: 2:54.15	35.60	450m: 5:16.21	34.96	650m: 7:38.02	35.23
100m: 1:06.82	35.30	300m: 3:29.99	35.84	500m: 5:51.76	35.55	700m: 8:13.19	35.17
150m: 1:42.60	35.78	350m: 4:05.62	35.63	550m: 6:27.36	35.60	750m: 8:48.40	35.21
200m: 2:18.55	35.95	400m: 4:41.25	35.63	600m: 7:02.79	35.43	800m: 9:21.83	33.43
2. Martijn Butter	OEZA	NED	197900231	<b>9:37.77</b>			
50m: 32.41	32.41	250m: 2:58.41	36.98	450m: 5:25.82	36.71	650m: 7:51.97	36.60
100m: 1:07.93	35.52	300m: 3:35.05	36.64	500m: 6:02.59	36.77	700m: 8:28.25	36.28
150m: 1:44.40	36.47	350m: 4:12.04	36.99	550m: 6:39.20	36.61	750m: 9:03.33	35.08
200m: 2:21.43	37.03	400m: 4:49.11	37.07	600m: 7:15.37	36.17	800m: 9:37.77	34.44
3. Frank v.d. Voordt	De Schotejil	NED	198302259	<b>9:41.22</b>	+0.80		
50m: 32.86	32.86	250m: 2:59.76	37.20	450m: 5:28.50	37.22	650m: 7:55.59	35.52
100m: 1:08.50	35.64	300m: 3:36.97	37.21	500m: 6:05.79	37.29	700m: 8:31.34	35.75
150m: 1:45.29	36.79	350m: 4:14.31	37.34	550m: 6:43.04	37.25	750m: 9:06.97	35.63
200m: 2:22.56	37.27	400m: 4:51.28	36.97	600m: 7:20.07	37.03	800m: 9:41.22	34.25
4. Mark Hensen	NieMo Barracuda	NED	197900497	<b>9:52.52</b>			
50m: 33.69	33.69	250m: 3:04.94	38.04	450m: 5:36.52	37.67	650m: 8:06.10	37.24
100m: 1:11.39	37.70	300m: 3:43.11	38.17	500m: 6:13.86	37.34	700m: 8:43.27	37.17
150m: 1:49.30	37.91	350m: 4:21.05	37.94	550m: 6:51.55	37.69	750m: 9:19.21	35.94
200m: 2:26.90	37.60	400m: 4:58.85	37.80	600m: 7:28.86	37.31	800m: 9:52.52	33.31
5. Marcel Reefhuis	WS Twente	NED	198101381	<b>10:03.85</b>	+0.56		
50m: 33.39	33.39	250m: 3:04.40	37.97	450m: 5:37.05	38.00	650m: 8:11.19	38.67
100m: 1:10.31	36.92	300m: 3:42.65	38.25	500m: 6:15.21	38.16	700m: 8:49.82	38.63
150m: 1:48.22	37.91	350m: 4:20.85	38.20	550m: 6:53.69	38.48	750m: 9:28.19	38.37
200m: 2:26.43	38.21	400m: 4:59.05	38.20	600m: 7:32.52	38.83	800m: 10:03.85	35.66
DIS Rob van Wanrooy	Feijenoord Zwemmen (SG)	NED	198202627				
<i>AF - De aangegeven afstand niet uitgezwommen.</i>							

Masters 45+

1. Ivo Roozeboom	WVZ	NED	197700801	<b>9:33.32</b>	+0.66		
50m: 30.95	30.95	250m: 2:57.38	37.13	450m: 5:25.15	36.51	650m: 7:50.22	35.89
100m: 1:06.79	35.84	300m: 3:34.43	37.05	500m: 6:01.83	36.68	700m: 8:25.91	35.69
150m: 1:43.59	36.80	350m: 4:11.50	37.07	550m: 6:37.97	36.14	750m: 9:01.10	35.19
200m: 2:20.25	36.66	400m: 4:48.64	37.14	600m: 7:14.33	36.36	800m: 9:33.32	32.22
2. Dennis Dortland	NieMo Barracuda	NED	197800261	<b>10:12.35</b>	+0.90		
50m: 32.93	32.93	250m: 3:08.66	39.43	450m: 5:45.87	39.00	650m: 8:21.34	38.43
100m: 1:10.42	37.49	300m: 3:47.95	39.29	500m: 6:24.78	38.91	700m: 8:59.38	38.04
150m: 1:49.64	39.22	350m: 4:27.47	39.52	550m: 7:03.96	39.18	750m: 9:36.68	37.30
200m: 2:29.23	39.59	400m: 5:06.87	39.40	600m: 7:42.91	38.95	800m: 10:12.35	35.67

Masters 50+

1. Vedestas Seferlis	Kauno Takas	LTU		<b>9:33.12</b>	+0.67		
<i>Lithuanian Masters Record</i>							
50m: 30.61	30.61	250m: 2:51.79	36.10	450m: 5:16.03	36.29	650m: 7:43.58	37.09
100m: 1:04.74	34.13	300m: 3:27.60	35.81	500m: 5:52.87	36.84	700m: 8:21.00	37.42
150m: 1:40.10	35.36	350m: 4:03.76	36.16	550m: 6:29.54	36.67	750m: 8:57.73	36.73
200m: 2:15.69	35.59	400m: 4:39.74	35.98	600m: 7:06.49	36.95	800m: 9:33.12	35.39

Programmanr. 32, Heren, 800m vrije slag, Masters 50+

rang	naam	vereniging							tijd	RT	PARA
2.	Ingmar de Gelder * 200, 800	ZOB'66			NED	197000333			<b>10:30.42</b>		
	50m: 34.17	34.17	250m: 3:10.86	40.05	450m: 5:52.35	40.37	650m: 8:34.78	40.85			
	100m: 1:11.80	37.63	300m: 3:51.27	40.41	500m: 6:32.62	40.27	700m: 9:15.28	40.50			
	150m: 1:50.97	39.17	350m: 4:31.49	40.22	550m: 7:13.37	40.75	750m: 9:54.20	38.92			
	200m: 2:30.81	39.84	400m: 5:11.98	40.49	600m: 7:53.93	40.56	800m: 10:30.42	36.22			
3.	Casper van den Burgh	Sassenheim			NED	197201413			<b>10:36.24</b>	+0.83	
	50m: 34.59	34.59	250m: 3:12.15	39.81	450m: 5:52.59	40.29	650m: 8:35.03	40.82			
	100m: 1:13.23	38.64	300m: 3:51.84	39.69	500m: 6:32.86	40.27	700m: 9:16.00	40.97			
	150m: 1:52.41	39.18	350m: 4:32.13	40.29	550m: 7:13.57	40.71	750m: 9:56.47	40.47			
	200m: 2:32.34	39.93	400m: 5:12.30	40.17	600m: 7:54.21	40.64	800m: 10:36.24	39.77			
4.	Chris Kouwenhoven * alle afstanden	De Grunte			NED	197101669			<b>11:06.00</b>		
	50m: 35.56	35.56	250m: 3:21.68	42.01	450m: 6:11.29	42.46	650m: 9:00.89	42.29			
	100m: 1:16.16	40.60	300m: 4:04.11	42.43	500m: 6:53.90	42.61	700m: 9:43.09	42.20			
	150m: 1:57.66	41.50	350m: 4:46.50	42.39	550m: 7:35.96	42.06	750m: 10:25.48	42.39			
	200m: 2:39.67	42.01	400m: 5:28.83	42.33	600m: 8:18.60	42.64	800m: 11:06.00	40.52			

Masters 55+

1.	Jo-an Mudde	Arethusa			NED	196701457			<b>10:14.10</b>		
	50m: 35.01	35.01	250m: 3:10.54	39.19	450m: 5:47.18	38.97	650m: 8:21.96	38.65			
	100m: 1:13.14	38.13	300m: 3:49.80	39.26	500m: 6:25.92	38.74	700m: 9:00.15	38.19			
	150m: 1:51.99	38.85	350m: 4:29.11	39.31	550m: 7:04.65	38.73	750m: 9:38.22	38.07			
	200m: 2:31.35	39.36	400m: 5:08.21	39.10	600m: 7:43.31	38.66	800m: 10:14.10	35.88			
2.	Jon Christensen <i>Luxembourg Masters Record</i>	Luxembourg Sharks Swimming CLUX				10008			<b>10:23.98</b>	+0.66	
	50m: 35.40	35.40	250m: 3:13.65	39.44	450m: 5:50.91	39.18	650m: 8:28.76	39.29			
	100m: 1:14.40	39.00	300m: 3:53.08	39.43	500m: 6:30.18	39.27	700m: 9:07.74	38.98			
	150m: 1:54.27	39.87	350m: 4:32.52	39.44	550m: 7:09.81	39.63	750m: 9:46.48	38.74			
	200m: 2:34.21	39.94	400m: 5:11.73	39.21	600m: 7:49.47	39.66	800m: 10:23.98	37.50			
3.	Henri Michels	De Amstel			NED	196501587			<b>10:33.69</b>		
	50m: 35.08	35.08	250m: 3:12.62	40.34	450m: 5:52.71	40.12	650m: 8:34.60	40.70			
	100m: 1:13.10	38.02	300m: 3:52.23	39.61	500m: 6:33.18	40.47	700m: 9:14.91	40.31			
	150m: 1:52.70	39.60	350m: 4:32.28	40.05	550m: 7:13.53	40.35	750m: 9:55.83	40.92			
	200m: 2:32.28	39.58	400m: 5:12.59	40.31	600m: 7:53.90	40.37	800m: 10:33.69	37.86			
4.	Huyb Stegeman	Steenwijk 1934			NED	196701535			<b>11:26.65</b>		
	50m: 36.42	36.42	250m: 3:24.82	43.53	450m: 6:20.65	43.86	650m: 9:17.32	44.21			
	100m: 1:16.55	40.13	300m: 4:08.54	43.72	500m: 7:04.89	44.24	700m: 10:01.41	44.09			
	150m: 1:58.16	41.61	350m: 4:52.68	44.14	550m: 7:49.05	44.16	750m: 10:45.24	43.83			
	200m: 2:41.29	43.13	400m: 5:36.79	44.11	600m: 8:33.11	44.06	800m: 11:26.65	41.41			
5.	Pascal Tourton	ZOB'66			NED	196601343			<b>11:39.90</b>	+1.03	
	50m: 39.36	39.36	250m: 3:37.42	45.20	450m: 6:37.07	44.52	650m: 9:33.01	43.82			
	100m: 1:22.13	42.77	300m: 4:22.54	45.12	500m: 7:21.32	44.25	700m: 10:16.34	43.33			
	150m: 2:06.75	44.62	350m: 5:07.62	45.08	550m: 8:05.39	44.07	750m: 10:59.68	43.34			
	200m: 2:52.22	45.47	400m: 5:52.55	44.93	600m: 8:49.19	43.80	800m: 11:39.90	40.22			
6.	Leon Slingerland	WVZ			NED	196801707			<b>11:40.43</b>		
	50m: 37.54	37.54	250m: 3:32.95	44.94	450m: 6:33.52	44.41	650m: 9:32.78	44.33			
	100m: 1:20.44	42.90	300m: 4:17.94	44.99	500m: 7:18.70	45.18	700m: 10:17.38	44.60			
	150m: 2:03.91	43.47	350m: 5:03.57	45.63	550m: 8:03.26	44.56	750m: 11:00.32	42.94			
	200m: 2:48.01	44.10	400m: 5:49.11	45.54	600m: 8:48.45	45.19	800m: 11:40.43	40.11			
7.	Erik Saan * 400	De Duck			NED	196500769			<b>12:44.70</b>		
	50m: 42.09	42.09	250m: 3:55.84	48.44	450m: 7:15.17	49.56	650m: 10:30.53	49.33			
	100m: 1:28.99	46.90	300m: 4:47.15	51.31	500m: 8:05.41	50.24	700m: 11:18.63	48.10			
	150m: 2:17.94	48.95	350m: 5:36.14	48.99	550m: 8:52.86	47.45	750m: 12:04.26	45.63			
	200m: 3:07.40	49.46	400m: 6:25.61	49.47	600m: 9:41.20	48.34	800m: 12:44.70	40.44			

Masters 60+

1.	Johan Remmits	ZPC AMERSFOORT			NED	196201159			<b>10:03.87</b>		
	50m: 32.95	32.95	250m: 3:04.28	38.24	450m: 5:38.37	38.74	650m: 8:12.13	37.96			
	100m: 1:09.69	36.74	300m: 3:42.97	38.69	500m: 6:16.59	38.22	700m: 8:50.61	38.48			
	150m: 1:47.37	37.68	350m: 4:21.13	38.16	550m: 6:55.15	38.56	750m: 9:28.80	38.19			
	200m: 2:26.04	38.67	400m: 4:59.63	38.50	600m: 7:34.17	39.02	800m: 10:03.87	35.07			



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Programmanr. 32, Heren, 800m vrije slag, Masters 60+

rang	naam	vereniging				tijd				RT	PARA
2.	Jan Brink	ZPC De Zeeuwse Kust				NED	196200091	<b>10:10.46</b>		+0.56	
	50m: 34.41	34.41	250m: 3:09.98	38.81	450m: 5:45.29	38.70	650m: 8:19.43	38.60			
	100m: 1:13.11	38.70	300m: 3:49.10	39.12	500m: 6:23.98	38.69	700m: 8:57.93	38.50			
	150m: 1:51.98	38.87	350m: 4:27.79	38.69	550m: 7:02.48	38.50	750m: 9:35.66	37.73			
	200m: 2:31.17	39.19	400m: 5:06.59	38.80	600m: 7:40.83	38.35	800m: 10:10.46	34.80			
3.	Gustav van den Berg	TriVia				NED	196100991	<b>10:26.90</b>			
	50m: 37.30	37.30	250m: 3:18.96	40.45	450m: 5:59.76	40.04	650m: 8:35.29	38.36			
	100m: 1:17.31	40.01	300m: 3:59.23	40.27	500m: 6:39.00	39.24	700m: 9:13.40	38.11			
	150m: 1:57.64	40.33	350m: 4:39.46	40.23	550m: 7:18.19	39.19	750m: 9:51.07	37.67			
	200m: 2:38.51	40.87	400m: 5:19.72	40.26	600m: 7:56.93	38.74	800m: 10:26.90	35.83			
4.	Menno Lomans	d'ELFT				NED	196101071	<b>11:36.83</b>		+0.81	
	50m: 38.01	38.01	250m: 3:32.04	44.52	450m: 6:30.26	44.29	650m: 9:27.94	45.11			
	100m: 1:20.23	42.22	300m: 4:16.98	44.94	500m: 7:14.84	44.58	700m: 10:12.59	44.65			
	150m: 2:03.51	43.28	350m: 5:01.87	44.89	550m: 7:59.08	44.24	750m: 10:56.39	43.80			
	200m: 2:47.52	44.01	400m: 5:45.97	44.10	600m: 8:42.83	43.75	800m: 11:36.83	40.44			
5.	Marius Ros	ZCNF'34				NED	195900779	<b>12:19.41</b>			
	50m: 40.43	40.43	250m: 3:44.50	46.93	450m: 6:52.77	46.16	650m: 10:00.85	46.85			
	100m: 1:24.54	44.11	300m: 4:31.83	47.33	500m: 7:39.97	47.20	700m: 10:47.01	46.16			
	150m: 2:10.78	46.24	350m: 5:19.01	47.18	550m: 8:26.96	46.99	750m: 11:34.24	47.23			
	200m: 2:57.57	46.79	400m: 6:06.61	47.60	600m: 9:14.00	47.04	800m: 12:19.41	45.17			
6.	John Dam * alle tijden	ZIGNEA				NED	196000915	<b>12:44.46</b>			
	50m: 40.47	40.47	250m: 3:53.34	49.17	450m: 7:10.49	49.34	650m: 10:26.10	49.23			
	100m: 1:26.96	46.49	300m: 4:43.21	49.87	500m: 7:59.39	48.90	700m: 11:14.40	48.30			
	150m: 2:15.72	48.76	350m: 5:31.70	48.49	550m: 8:48.49	49.10	750m: 12:01.64	47.24			
	200m: 3:04.17	48.45	400m: 6:21.15	49.45	600m: 9:36.87	48.38	800m: 12:44.46	42.82			

Masters 65+

1.	Marten de Groot <i>Europees Masters Record</i>	HZ&PC Heerenveen				NED	195800149	<b>9:58.48</b>		+0.80	
	50m: 34.17	34.17	250m: 3:06.76	38.37	450m: 5:38.89	37.47	650m: 8:08.47	37.34			
	100m: 1:11.70	37.53	300m: 3:44.98	38.22	500m: 6:16.30	37.41	700m: 8:45.93	37.46			
	150m: 1:50.06	38.36	350m: 4:23.42	38.44	550m: 6:53.72	37.42	750m: 9:22.70	36.77			
	200m: 2:28.39	38.33	400m: 5:01.42	38.00	600m: 7:31.13	37.41	800m: 9:58.48	35.78			
2.	Henk Slomp	De Inktvis				NED	195500359	<b>11:24.73</b>		+0.81	
	50m: 37.90	37.90	250m: 3:30.69	44.00	450m: 6:26.41	43.94	650m: 9:19.92	43.86			
	100m: 1:20.32	42.42	300m: 4:14.45	43.76	500m: 7:10.34	43.93	700m: 10:02.86	42.94			
	150m: 2:03.53	43.21	350m: 4:58.92	44.47	550m: 7:53.52	43.18	750m: 10:44.83	41.97			
	200m: 2:46.69	43.16	400m: 5:42.47	43.55	600m: 8:36.06	42.54	800m: 11:24.73	39.90			
3.	Jaap Vis	TriVia				NED	195600515	<b>12:17.82</b>			
	50m: 42.15	42.15	250m: 3:48.71	46.87	450m: 6:55.40	47.40	650m: 10:00.31	47.00			
	100m: 1:28.17	46.02	300m: 4:35.54	46.83	500m: 7:41.48	46.08	700m: 10:46.86	46.55			
	150m: 2:14.80	46.63	350m: 5:21.86	46.32	550m: 8:27.33	45.85	750m: 11:33.69	46.83			
	200m: 3:01.84	47.04	400m: 6:08.00	46.14	600m: 9:13.31	45.98	800m: 12:17.82	44.13			
4.	Wolfgang Rossa	TPSK 1925 e.V.				GER	396833	<b>12:39.41</b>			
	50m: 42.78	42.78	250m: 3:53.61	47.96	450m: 7:02.05	46.98	650m: 10:14.74	48.53			
	100m: 1:29.71	46.93	300m: 4:40.39	46.78	500m: 7:49.81	47.76	700m: 11:03.55	48.81			
	150m: 2:17.64	47.93	350m: 5:27.69	47.30	550m: 8:37.87	48.06	750m: 12:23.43				
	200m: 3:05.65	48.01	400m: 6:15.07	47.38	600m: 9:26.21	48.34	800m: 12:39.41				
5.	Lex Hoogendam	ZZ&PC De Devel				NED	195700541	<b>13:13.93</b>			
	50m: 41.31	41.31	250m: 3:54.47	49.52	450m: 7:18.51	51.31	650m: 10:41.86	50.62			
	100m: 1:27.74	46.43	300m: 4:45.03	50.56	500m: 8:09.70	51.19	700m: 11:32.46	50.60			
	150m: 2:16.12	48.38	350m: 5:36.18	51.15	550m: 9:00.81	51.11	750m: 12:23.43	50.97			
	200m: 3:04.95	48.83	400m: 6:27.20	51.02	600m: 9:51.24	50.43	800m: 13:13.93	50.50			

Masters 75+

1.	Willem Putter	ZVVS				NED	194500135	<b>14:24.43</b>			
	50m: 45.70	45.70	250m: 4:23.55	55.05	450m: 8:05.21	56.53	650m: 11:45.45	54.34			
	100m: 1:38.26	52.56	300m: 5:19.65	56.10	500m: 8:59.08	53.87	700m: 12:41.59	56.14			
	150m: 2:32.94	54.68	350m: 6:13.81	54.16	550m: 9:54.70	55.62	750m: 13:35.24	53.65			
	200m: 3:28.50	55.56	400m: 7:08.68	54.87	600m: 10:51.11	56.41	800m: 14:24.43	49.19			



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Programmanr. 32, Heren, 800m vrije slag

Masters 80+

1. Geza Kaltenecker	AZC	NED	194200065	<b>16:11.03</b>			
50m: 49.65	49.65	250m: 4:57.49	1:03.54	450m: 9:11.23	1:02.43	650m: 13:18.60	1:02.19
100m: 1:48.88	59.23	300m: 6:01.93	1:04.44	500m: 10:14.00	1:02.77	700m: 14:19.78	1:01.18
150m: 2:49.96	1:01.08	350m: 7:05.23	1:03.30	550m: 11:15.33	1:01.33	750m: 15:19.35	59.57
200m: 3:53.95	1:03.99	400m: 8:08.80	1:03.57	600m: 12:16.41	1:01.08	800m: 16:11.03	51.68
2. Rob Hanou	PSV	NED	194300109	<b>16:13.52</b>			
50m: 54.86	54.86	250m: 5:03.07	1:02.67	450m: 9:07.06	1:00.82	650m: 13:16.13	1:01.88
100m: 1:56.54	1:01.68	300m: 6:05.08	1:02.01	500m: 10:07.84	1:00.78	700m: 14:16.36	1:00.23
150m: 2:59.32	1:02.78	350m: 7:06.33	1:01.25	550m: 11:11.72	1:03.88	750m: 15:17.06	1:00.70
200m: 4:00.40	1:01.08	400m: 8:06.24	59.91	600m: 12:14.25	1:02.53	800m: 16:13.52	56.46

Masters 85+

1. Frederik Hendrik de Bruijn	CN Aquamasters	ESP		<b>14:25.82</b>			
<i>Europees Masters Record, * 200m</i>							
50m: 50.43	50.43	250m: 4:27.04	54.75	450m: 8:03.35	54.94	650m: 11:45.00	56.09
100m: 1:43.54	53.11	300m: 5:21.02	53.98	500m: 8:57.86	54.51	700m: 12:38.57	53.57
150m: 2:38.58	55.04	350m: 6:14.75	53.73	550m: 9:53.55	55.69	750m: 13:33.44	54.87
200m: 3:32.29	53.71	400m: 7:08.41	53.66	600m: 10:48.91	55.36	800m: 14:25.82	52.38
2. Nic Geers	PSV	NED	193800007	<b>18:19.86</b>			
<i>* 50, 100, 200, 800m</i>							
50m: 57.81	57.81	250m: 5:32.83	1:10.39	450m: 10:21.17	1:12.68	650m: 15:05.83	1:09.51
100m: 2:04.54	1:06.73	300m: 6:43.08	1:10.25	500m: 11:34.43	1:13.26	700m: 16:17.63	1:11.80
150m: 3:13.69	1:09.15	350m: 7:55.33	1:12.25	550m: 12:46.10	1:11.67	750m: 17:22.81	1:05.18
200m: 4:22.44	1:08.75	400m: 9:08.49	1:13.16	600m: 13:56.32	1:10.22	800m: 18:19.86	57.05

Programmanr. 33  
19-02-2023 - 10:29

Dames, 400m wisselslag

Masters Open  
Resultaten

rang	naam	vereniging	tijd	RT	PARA			
<b>Masters 20+</b>								
1.	Kim Zwinkels	ZPCH	NED 200300422	<b>5:13.27</b>				
	50m: 33.55	33.55	150m: 1:50.37	39.24	250m: 3:16.27	44.52	350m: 4:38.99	36.98
	100m: 1:11.13	37.58	200m: 2:31.75	41.38	300m: 4:02.01	45.74	400m: 5:13.27	34.28
2.	Kim Vos	Triton Putten	NED 200000990	<b>5:25.60</b>				
	50m: 32.16	32.16	150m: 1:55.08	43.91	250m: 3:24.08	44.86	350m: 4:49.48	38.96
	100m: 1:11.17	39.01	200m: 2:39.22	44.14	300m: 4:10.52	46.44	400m: 5:25.60	36.12
3.	Romy Verhagen	De Dolfijn	NED 199906620	<b>5:40.84</b>	+0.73			
	50m: 36.27	36.27	150m: 2:03.72	43.18	250m: 3:33.99	48.68	350m: 5:03.20	38.73
	100m: 1:20.54	44.27	200m: 2:45.31	41.59	300m: 4:24.47	50.48	400m: 5:40.84	37.64
4.	Cynthia Koolman	Steenwijk 1934	NED 200300232	<b>5:49.61</b>	+0.69			
	50m: 39.82	39.82	150m: 2:10.57	41.97	250m: 3:41.91	50.54	350m: 5:11.29	39.42
	100m: 1:28.60	48.78	200m: 2:51.37	40.80	300m: 4:31.87	49.96	400m: 5:49.61	38.32
5.	Noa de Bock	De Duck	NED 200300318	<b>6:02.37</b>				
	50m: 37.08	37.08	150m: 2:09.34	48.35	250m: 3:49.47	52.76	350m: 5:24.15	41.69
	100m: 1:20.99	43.91	200m: 2:56.71	47.37	300m: 4:42.46	52.99	400m: 6:02.37	38.22
DIS	Merel Visser	De Duinkickers	NED 199904398					
<i>SR - Meer dan 1 vlinderbeenslag gemaakt voordat de 1e schoolslagbeenslag is gemaakt.</i>								

Masters 25+

1. Manon Kloosterman	Zwemlust-den Hommel	NED	199702082	<b>5:31.59</b>	+0.91		
50m: 34.64	34.64	150m: 2:00.19	44.59	250m: 3:31.32	47.64	350m: 4:55.90	37.63
100m: 1:15.60	40.96	200m: 2:43.68	43.49	300m: 4:18.27	46.95	400m: 5:31.59	35.69
2. Chantal Beijer	DWT	NED	199700884	<b>5:39.26</b>			
50m: 35.89	35.89	150m: 2:01.89	42.82	250m: 3:32.52	47.09	350m: 5:01.52	39.52
100m: 1:19.07	43.18	200m: 2:45.43	43.54	300m: 4:22.00	49.48	400m: 5:39.26	37.74



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Programmanr. 33, Dames, 400m wisselslag

Masters 30+

1.	Maaike Vooren	DAW	NED	199103324	<b>5:25.39</b>	+0.83		
	50m: 34.34	34.34	150m: 2:00.86	45.52	250m: 3:30.21	44.14	350m: 4:51.44	35.86
	100m: 1:15.34	41.00	200m: 2:46.07	45.21	300m: 4:15.58	45.37	400m: 5:25.39	33.95
2.	Jacyntha Plat	Steenwijk 1934	NED	199002956	<b>5:42.60</b>			
	50m: 35.85	35.85	150m: 2:06.03	45.12	250m: 3:36.32	45.99	350m: 5:03.84	40.32
	100m: 1:20.91	45.06	200m: 2:50.33	44.30	300m: 4:23.52	47.20	400m: 5:42.60	38.76
3.	Elmi Roelofsen	Octopus-ZVV (SG)	NED	199008198	<b>5:50.63</b>	+0.92		
	50m: 35.84	35.84	150m: 2:04.30	43.46	250m: 3:39.02	52.34	350m: 5:12.63	41.03
	100m: 1:20.84	45.00	200m: 2:46.68	42.38	300m: 4:31.60	52.58	400m: 5:50.63	38.00
4.	Melissa Zwaan	DAW	NED	199103666	<b>5:57.21</b>	+0.57		
	50m: 36.37	36.37	150m: 2:04.79	45.73	250m: 3:42.51	52.43	350m: 5:16.76	40.76
	100m: 1:19.06	42.69	200m: 2:50.08	45.29	300m: 4:36.00	53.49	400m: 5:57.21	40.45
5.	Irmgard van Weeghel	ESCA Zwemmen	NED	199204834	<b>6:07.76</b>			
	50m: 39.07	39.07	150m: 2:13.56	47.28	250m: 3:51.11	51.79	350m: 5:25.89	42.50
	100m: 1:26.28	47.21	200m: 2:59.32	45.76	300m: 4:43.39	52.28	400m: 6:07.76	41.87
6.	Marjan Rikken	Octopus-ZVV (SG)	NED	199206114	<b>6:35.64</b>			
	50m: 42.90	42.90	150m: 2:25.26	46.71	250m: 4:07.54	54.27	350m: 5:50.36	46.88
	100m: 1:38.55	55.65	200m: 3:13.27	48.01	300m: 5:03.48	55.94	400m: 6:35.64	45.28
DIS	Suzan Blankestijn	ZVL-1886 Center	NED	198900350				+0.66
	<i>RH - Het eindpunt niet in rugligging aangeraakt.</i>							

Masters 35+

1.	Viktória Háden-Felföldi	Iron Swim	HUN		<b>5:13.67</b>	+0.77		
	<i>Kampioenschapsrecord, Hungarian Masters Record</i>							
	50m: 33.04	33.04	150m: 1:51.76	40.35	250m: 3:16.56	45.21	350m: 4:38.72	36.36
	100m: 1:11.41	38.37	200m: 2:31.35	39.59	300m: 4:02.36	45.80	400m: 5:13.67	34.95
2.	Marlijn Hendriksen	DIO	NED	198806828	<b>5:29.27</b>			
	50m: 34.67	34.67	150m: 1:57.42	43.40	250m: 3:27.36	47.13	350m: 4:52.68	38.29
	100m: 1:14.02	39.35	200m: 2:40.23	42.81	300m: 4:14.39	47.03	400m: 5:29.27	36.59
3.	Rianne Hofland	Sassenheim	NED	198801820	<b>5:48.31</b>			
	50m: 36.14	36.14	150m: 2:03.39	43.41	250m: 3:35.99	50.55	350m: 5:08.34	41.56
	100m: 1:19.98	43.84	200m: 2:45.44	42.05	300m: 4:26.78	50.79	400m: 5:48.31	39.97
4.	Samantha van Eijk	De Geul	NED	198806826	<b>5:49.42</b>	+0.61		
	50m: 38.46	38.46	150m: 2:06.73	43.45	250m: 3:40.16	48.90	350m: 5:12.30	40.30
	100m: 1:23.28	44.82	200m: 2:51.26	44.53	300m: 4:32.00	51.84	400m: 5:49.42	37.12
5.	Linda van Klei	GZC DONK	NED	198802088	<b>5:55.02</b>			
	50m: 37.11	37.11	150m: 2:08.23	46.74	250m: 3:43.42	50.18	350m: 5:15.23	41.83
	100m: 1:21.49	44.38	200m: 2:53.24	45.01	300m: 4:33.40	49.98	400m: 5:55.02	39.79
6.	Liesbeth van Mill	Zwemlust-den Hommel	NED	198702786	<b>6:03.39</b>			
	50m: 38.53	38.53	150m: 2:12.23	47.38	250m: 3:49.40	49.06	350m: 5:21.89	42.15
	100m: 1:24.85	46.32	200m: 3:00.34	48.11	300m: 4:39.74	50.34	400m: 6:03.39	41.50
7.	Renske Eilers	Zwemvereniging Hoogland	NED	198806072	<b>6:16.65</b>	+0.85		
	50m: 41.30	41.30	150m: 2:18.37	46.52	250m: 3:56.31	51.76	350m: 5:34.29	44.27
	100m: 1:31.85	50.55	200m: 3:04.55	46.18	300m: 4:50.02	53.71	400m: 6:16.65	42.36

Masters 40+

1.	Roos van Esch	ACZ	NED	198200468	<b>5:40.06</b>	+0.85		
	50m: 35.20	35.20	150m: 2:01.07	44.35	250m: 3:34.42	48.61	350m: 5:02.85	39.36
	100m: 1:16.72	41.52	200m: 2:45.81	44.74	300m: 4:23.49	49.07	400m: 5:40.06	37.21
2.	Linda Hoogendam	WVZ	NED	198300892	<b>6:44.32</b>	+0.70		
	50m: 43.40	43.40	150m: 2:26.99	51.11	250m: 4:17.47	1:00.19	350m: 6:02.66	44.27
	100m: 1:35.88	52.48	200m: 3:17.28	50.29	300m: 5:18.39	1:00.92	400m: 6:44.32	41.66

Masters 45+

1.	Liselotte Joling	PSV	NED	197500268	<b>5:48.59</b>			
	50m: 36.52	36.52	150m: 2:04.97	46.42	250m: 3:41.58	51.07	350m: 5:11.60	39.84
	100m: 1:18.55	42.03	200m: 2:50.51	45.54	300m: 4:31.76	50.18	400m: 5:48.59	36.99
2.	Melanie Kuiper	ZIGNEA	NED	197600350	<b>6:02.36</b>			
	50m: 38.90	38.90	150m: 2:13.49	46.39	250m: 3:52.17	51.90	350m: 5:25.66	40.25
	100m: 1:27.10	48.20	200m: 3:00.27	46.78	300m: 4:45.41	53.24	400m: 6:02.36	36.70



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Programmanr. 33, Dames, 400m wisselslag, Masters 45+

rang	naam	vereniging	tijd	RT	PARA
3.	Leontine Loeber	SwimGym	<b>6:21.66</b>		
	50m: 41.08 41.08	150m: 2:18.47 49.13	250m: 3:59.48 52.67	350m: 5:37.69 44.35	
	100m: 1:29.34 48.26	200m: 3:06.81 48.34	300m: 4:53.34 53.86	400m: 6:21.66 43.97	
4.	Jannie Vennik	HZ&PC Heerenveen	<b>6:40.10</b>		
	50m: 44.94 44.94	150m: 2:31.78 51.65	250m: 4:20.17 55.14	350m: 5:58.38 41.87	
	100m: 1:40.13 55.19	200m: 3:25.03 53.25	300m: 5:16.51 56.34	400m: 6:40.10 41.72	

Masters 50+

1.	Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	<b>5:55.96</b>		
	50m: 37.04 37.04	150m: 2:07.16 47.05	250m: 3:45.64 47.78	350m: 5:15.86 38.92	
	100m: 1:20.11 43.07	200m: 2:57.86 50.70	300m: 4:36.94 51.30	400m: 5:55.96 40.10	
2.	Bianca Groot	MSV-Zeemacht	<b>6:07.49</b>	+0.90	
	50m: 37.19 37.19	150m: 2:14.96 50.99	250m: 3:55.66 50.02	350m: 5:27.14 40.68	
	100m: 1:23.97 46.78	200m: 3:05.64 50.68	300m: 4:46.46 50.80	400m: 6:07.49 40.35	
3.	Jeanne Petit	PSV	<b>6:17.28</b>		
	50m: 35.49 35.49	150m: 2:10.37 51.12	250m: 3:54.33 52.42	350m: 5:33.35 44.16	
	100m: 1:19.25 43.76	200m: 3:01.91 51.54	300m: 4:49.19 54.86	400m: 6:17.28 43.93	
4.	Peggi Hurenkamp	HZ&PC Heerenveen	<b>6:37.45</b>	+0.71	
	50m: 40.06 40.06	150m: 2:18.83 51.32	250m: 4:05.29 56.49	350m: 5:50.47 47.43	
	100m: 1:27.51 47.45	200m: 3:08.80 49.97	300m: 5:03.04 57.75	400m: 6:37.45 46.98	
5.	Annet Kootstra	SWOL 1894	<b>7:15.91</b>		
	50m: 50.51 50.51	150m: 2:43.01 56.16	250m: 4:39.42 1:01.03	350m: 6:28.80 48.39	
	100m: 1:46.85 56.34	200m: 3:38.39 55.38	300m: 5:40.41 1:00.99	400m: 7:15.91 47.11	

Masters 55+

1.	Anita Steijger	WVZ	<b>6:42.21</b>	+0.77	
	50m: 43.15 43.15	150m: 2:27.56 53.18	250m: 4:15.13 55.90	350m: 5:58.75 46.08	
	100m: 1:34.38 51.23	200m: 3:19.23 51.67	300m: 5:12.67 57.54	400m: 6:42.21 43.46	
2.	K. van Nassau-van den Heuvel	Old Dutch	<b>6:59.27</b>	+0.93	
	50m: 47.41 47.41	150m: 2:38.82 55.76	250m: 4:28.43 55.45	350m: 6:13.59 47.94	
	100m: 1:43.06 55.65	200m: 3:32.98 54.16	300m: 5:25.65 57.22	400m: 6:59.27 45.68	

Masters 60+

1.	Pierrette Michel <i>Kampioenschapsrecord</i>	Cercle De Natation Sportcity WolBEL	<b>5:57.96</b>		
	50m: 36.85 36.85	150m: 2:05.67 43.54	250m: 3:43.27 54.19	350m: 5:17.40 42.12	
	100m: 1:22.13 45.28	200m: 2:49.08 43.41	300m: 4:35.28 52.01	400m: 5:57.96 40.56	
2.	P. Tossings-van de Hooven	GZC DONK	<b>6:38.62</b>		
	50m: 43.11 43.11	150m: 2:24.12 51.52	250m: 4:13.83 57.52	350m: 5:55.58 44.79	
	100m: 1:32.60 49.49	200m: 3:16.31 52.19	300m: 5:10.79 56.96	400m: 6:38.62 43.04	
3.	Patty Verhagen	PSV	<b>6:56.23</b>		
	50m: 51.90 51.90	150m: 2:38.55 50.48	250m: 4:28.67 58.73	350m: 6:12.95 44.51	
	100m: 1:48.07 56.17	200m: 3:29.94 51.39	300m: 5:28.44 59.77	400m: 6:56.23 43.28	
4.	Hannie Poletiek * 100	TriVia	<b>7:30.53</b>		
	50m: 53.76 53.76	150m: 2:53.48 57.69	250m: 4:51.33 1:01.01	350m: 6:41.61 48.15	
	100m: 1:55.79 1:02.03	200m: 3:50.32 56.84	300m: 5:53.46 1:02.13	400m: 7:30.53 48.92	

Masters 70+

1.	Antoinette Gilding-Tussaud	WS Twente	<b>9:09.27</b> *		
	50m: 1:07.90 1:07.90	150m: 3:35.78 1:05.40	250m: 5:57.75 1:19.35	350m: 8:11.10 57.37	
	100m: 2:30.38 1:22.48	200m: 4:38.40 1:02.62	300m: 7:13.73 1:15.98	400m: 9:09.27 58.17	





Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
Heerenveen, 16-19 februari 2023



Programmanr. 34  
19-02-2023 - 11:10

4 x 100m vrije slag

Masters Open  
Resultaten

rang	vereniging	tijd	RT	PARA
<b>80+, Dames</b>				
1.	HZ&PC Heerenveen 2	<b>4:04.98</b>	+0.68	
	Lianne van Wier	29.81	1:02.85	
	Inge Dekker	28.36	1:00.09	
	HZ&PC Heerenveen	+0.68 28.48 59.82		
		+0.53 29.38 1:02.22		
	NED			
	Rixt Meijer			
	Leonie van Wier			
<b>80+, Heren</b>				
1.	HZ&PC Heerenveen 1	<b>3:42.45</b>	+0.65	
	Jorian Darwinkel	+0.59 27.69	59.46	
	Richard Kuipers	+0.26 25.37	54.35	
	HZ&PC Heerenveen	+0.65 25.96 54.32		
		+0.08 25.53 54.32		
	NED			
	Rob van Wier			
	Remco Dijkstra			
2.	Feijenoord Zwemmen (SG) 1	<b>3:47.26</b>	+0.75	
	Pascal Nuijten	+0.46 27.50	57.99	
	Patrick Wyrdean	+0.49 25.30	55.82	
	Feijenoord Zwemmen (SG)	+0.75 24.51 51.82		
		+0.46 29.37 1:01.63		
	NED			
	Nick Boekestijn			
	Luuk van Holstein			
<b>80+, Gemengd</b>				
1.	DWK 1	<b>3:54.36</b>	+0.82	
	Ronis van Everdingen	+0.09 25.27	53.91	
	Anoeska van de Kraats		29.86	1:02.97
	DWK	+0.82 25.16 53.34		
		+0.33 30.36 1:04.14		
	NED			
	Max Voortman			
	Celine Schoenmaker			
2.	ZOB'66 1	<b>4:01.83</b>	+0.81	
	Mart de Koning		29.11	1:02.06
	Wendy de Bruin	+0.32 27.27	57.63	
	ZOB'66	+0.81 27.08 57.46		
		+0.23 30.10 1:04.68		
	NED			
	Rozemarijn van Haaff			
	Daan Siebenheller			
3.	Zuiderzeezwemmers 1	<b>4:02.56</b>	+0.68	
	Jarick Stoop	+0.36 29.37	1:03.77	
	Annemarie ten Have	+0.19 26.43	55.94	
	Zuiderzeezwemmers	+0.68 27.00 56.55		
		+0.16 30.37 1:06.30		
	NED			
	Dagmar Kruik			
	Ilmar Stoop			
4.	Steenwijk 1934 5	<b>4:11.30</b>	+0.78	
	Michelle van den Hoofdakker	+0.27 28.03	59.49	
	Sabine Lageweg		27.69	59.93
	Steenwijk 1934	+0.78 29.89 1:03.33		
		+0.30 31.66 1:08.55		
	NED			
	Martijn Lageweg			
	Kylian Kooijman			
DIS	ZPC AMERSFOORT 3			+0.63
	<i>EA - Te vroeg overgenomen., 2de zwemmer</i>			
	Kirsten Opmeer	+0.63 31.24	1:04.58	
	Jelle Opmeer			
	NED			
	Eline Hendriks			
	Jelle Blankestijn			
<b>100+, Dames</b>				
1.	Steenwijk 1934 1	<b>4:23.77</b>	+0.81	
	Getrude Corporaal		32.24	1:07.99
	Nanda Wobben - de Vries	+0.37 31.63	1:06.15	
	Steenwijk 1934	+0.81 31.12 1:05.33		
		30.84 1:04.30		
	NED			
	Jacyntha Plat			
	Cynthia Koolman			
2.	ZVL-1886 Center 1	<b>4:28.29</b>		
	Karen Stolk	95 34.01	1:09.49	
	Lonneke Graansma	89 32.33	1:07.97	
	ZVL-1886 Center	94 30.26 1:04.43		
		99 31.86 1:06.40		
	NED			
	Mariska Gach			
	Suzan Blankestijn			
3.	ESCA Zwemmen 1	<b>4:31.73</b>	+0.74	
	Moniek van Langevelde	+0.21 34.50	1:12.28	
	Cheyenne Verburgt		33.95	1:10.59
	ESCA Zwemmen	+0.74 29.01 1:00.09		
		+0.27 32.44 1:08.77		
	NED			
	Rachel Verburgt			
	Imgard van Weeghel			
4.	NieMo Barracuda 2	<b>4:34.48</b>		
	Esmée Rolloos	93 32.65	1:07.41	
	Jacoline van den Beukel	98 32.74	1:08.59	
	NieMo Barracuda	98 33.14 1:09.36		
		91 32.07 1:09.12		
	NED			
	Marijke Kommers			
	Tamara van den Brink			
5.	ZVL-1886 Center 4	<b>4:56.01</b>		
	Adela Vázquez García	95 33.42	1:10.01	
	Valerie Bakker	99 37.93	1:18.68	
	ZVL-1886 Center	93 33.07 1:12.08		
		01 34.68 1:15.24		
	NED			
	Margien Timmer			
	Maartje Hids			
DIS	De Kempvis 2			
	<i>EA - Te vroeg overgenomen., 2de zwemmer, * 50m</i>			
	Megan Vis	03 37.20	1:18.44	
	Ingrid Johannes	89		
	NED			
	Elisabeth Slagboom	92		
	Rianne Kreft - vd Hoeven	92		



Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
Heerenveen, 16-19 februari 2023



Programmanr. 34, 4 x 100m vrije slag

100+, Heren

1. ESCA Zwemmen 2	ESCA Zwemmen	NED	<b>3:41.90</b>	+0.81
Peter Rothengatter	+0.81 26.59 55.25	Mees Laar	+0.38 27.57 57.26	
Sander de Vrugt	+0.13 26.36 55.47	Jurre Stammes	+0.34 25.88 53.92	
2. ZVL-1886 Center 2	ZVL-1886 Center	NED	<b>3:43.69</b>	+0.61
Guus Hoogduin	+0.61 26.95 56.05	Robin van Peenen	+0.32 27.94 58.62	
Robin van Beek	+0.22 25.79 54.23	Kristiaan Lenos	+0.32 25.80 54.79	
3. De Kempvis 1	De Kempvis	NED	<b>3:55.00</b>	+0.72
Ayrton Mooldijk	+0.72 28.51 1:01.55	Victor Poot	28.59 1:01.00	
Romero Hennep	+0.42 25.13 55.09	Erik Wegman	27.42 57.36	
4. Steenwijk 1934 3	Steenwijk 1934	NED	<b>4:00.64</b>	+0.74
Mike Koelewijn	+0.74 27.46 58.37	Rick Driezen	+0.20 26.39 56.90	
Thomas van Scheepen	+0.55 30.02 1:03.40	Jelle Heijman	+0.59 28.64 1:01.97	

100+, Gemengd

1. Blue Marlins 1	Blue Marlins	NED	<b>3:57.97</b>	+0.68
Marc Hoogendam	+0.68 28.06 58.99	Hanna Looi	30.57 1:04.25	
Jeroen Baars	24.03 50.56	Alisha Vieira	29.71 1:04.17	
2. De Duck 1	De Duck	NED	<b>4:00.23</b>	+0.64
Mick van den Houten	+0.64 28.00 58.53	Noa de Bock	30.31 1:03.43	
Kimberley van Buren	+0.28 30.55 1:05.01	Jesper Oranje	+0.30 25.36 53.26	
3. De Duinkickers 1	De Duinkickers	NED	<b>4:17.42</b>	+0.64
Ruben de Boer	+0.64 32.87 1:08.72	Myra Smulders	31.86 1:05.24	
Jeffrey Roest	+0.30 28.11 58.36	Merel Visser	31.52 1:05.10	

120+, Dames

1. WVZ 1	WVZ	NED	<b>4:06.40</b>	+0.77
<i>Nederlands Masters Record, NMR startzwemster</i>				
Delia Badoux	+0.77 29.14 1:00.68	Manon van Strien	+0.54 30.43 1:04.36	
Lauren van IJl	+0.51 29.87 1:03.13	Leonie van Noort	+0.50 27.97 58.23	
2. MSV-Zeemacht 1	MSV-Zeemacht	NED	<b>4:25.61</b>	+0.82
Bianca Groot	+0.82 32.81 1:08.15	Suzanne Mosch	+0.38 30.78 1:06.28	
Jet Kleine	+0.35 32.25 1:06.54	Kyra Wesemann	30.99 1:04.64	
DIS ZPC AMERSFOORT 2	ZPC AMERSFOORT	NED		+0.78
<i>EA - Te vroeg overgenomen., 2de zwemmer</i>				
Elisah Velgersdijk	+0.78 30.48 1:04.26	Lidia v. Bon-Rosenbrand		
Jisca Majolee	-0.23	Marije Jansen		

120+, Heren

1. ZPCH 1	ZPCH	NED	<b>3:46.43</b>	+0.67
Remco de Heij	+0.67 27.16 56.38	Ruud Holswilder	26.25 55.53	
László Jülich	+0.44 28.60 1:00.00	Thomas Vastenhout	25.76 54.52	
2. ZPC AMERSFOORT 5	ZPC AMERSFOORT	NED	<b>3:52.82</b>	+0.85
Bas Braun	+0.85 27.44 57.18	Martijn Bartels	27.55 58.18	
Rob van Vliet	27.49 58.95	Jeroen Zelsmann	27.25 58.51	
3. ZOB'66 2	ZOB'66	NED	<b>4:04.73</b>	+0.87
Ingmar de Gelder	+0.87 30.52 1:04.11	Boaz Troost	+0.20 29.24 1:02.24	
Ian van Mullem	+0.41 28.22 1:00.25	Julian Mes	+0.25 27.38 58.13	
4. ZVL-1886 Center 3	ZVL-1886 Center	NED	<b>4:17.53</b>	
Erik Baalbergen	98 28.27 58.80	Andre Schaap	75 35.18 1:14.92	
Gijs Ruijgrok	96 28.02 59.81	Jordy van der Drift	93 30.13 1:04.00	



Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
Heerenveen, 16-19 februari 2023



Programmanr. 34, 4 x 100m vrije slag

120+, Gemengd

1.	NieMo Barracuda 1 Denise Boereboom Melissa van der Heijden	NieMo Barracuda 29.39 30.13	1:01.87 1:02.55	NED Pascal van Haren Mark Hensen	<b>3:58.20</b> +0.09 26.62 56.51 27.26 57.27
2.	DAW 2 Felix Geenen Sandra Zwaanswijk	DAW +0.81 24.51 +0.40 32.03	52.16 1:08.85	NED Alex Damen Melissa Zwaan	<b>4:04.86</b> +0.81 +0.47 27.76 58.00 +0.30 30.52 1:05.85
3.	TRB-RES 1 Wim van Duuren Sander van Elburg	TRB-RES +0.70 25.87 28.06	55.77 1:00.21	NED Ariane Krijt Edith Janssen-Koolen	<b>4:09.13</b> +0.70 +0.53 33.03 1:09.14 30.09 1:04.01
4.	ZV Hoogland 1 Jamilla van Omme - van Veen Rutger Stam	Zwemvereniging Hoogland +0.60 29.43 +0.17 28.49	1:02.03 1:01.51	NED Yvette Meijer Yuri van Omme	<b>4:13.41</b> +0.60 32.71 1:11.50 27.48 58.37
5.	Neptunus'58 1 Jeroen van Dinther Rob van de Ven	Neptunus'58 +0.72 30.08 +0.44 32.87	1:01.52 1:11.27	NED Selina Janssen Mirelle de Kort	<b>4:23.49</b> +0.72 +0.42 31.44 1:05.42 +0.14 31.11 1:05.28
6.	AZC 1 Wim de Lange Jessica Braat	AZC +0.57 35.27 +0.34 31.48	1:13.96 1:07.50	NED Monique van Huizen Patrick Brouwer	<b>4:30.76</b> +0.57 31.00 1:04.76 +0.65 30.80 1:04.54
7.	De Duinkickers 2 Robin Roskam Saskia op den Velde	De Duinkickers +0.96 36.72 36.48	1:18.11 1:18.24	NED Inge Roskam Kevin Roest	<b>4:58.10</b> +0.96 39.57 1:23.55 +0.20 28.09 58.20

160+, Dames

1.	PSV 3 Larissa Jansen Nanda van Heteren	PSV +0.90 30.44 +0.55 33.72	1:03.99 1:10.29	NED Liselotte Joling Jeanne Petit	<b>4:37.47</b> +0.90 +0.56 34.22 1:11.13 +0.27 33.88 1:12.06
2.	DWK 2 Jennie Resink-lindeboom Lindi Bos	DWK 42.02 30.87	1:26.62 1:05.82	NED Iris van Aurich Annabel Kuipers	<b>4:48.50</b> 34.05 1:12.35 +0.33 30.30 1:03.71
3.	Sassenheim 1 Marinka vd Zwet Yvonne van Nobelen - Kampschreur	Sassenheim +0.58 33.08 36.20	1:12.14 1:16.32	NED Maaïke Hofland Rianne Hofland	<b>4:54.86</b> +0.58 36.36 1:19.46 +0.08 32.73 1:06.94
4.	Old Dutch 1 Chantal Verhoeff Johanna van Wijnen	Old Dutch +0.98 32.84 +0.16 34.84	1:10.65 1:12.73	NED Karin van Nassau-van den Heuvel Marleen Zantingh	<b>4:56.40</b> +0.98 +0.51 38.86 1:21.24 +0.44 34.00 1:11.78
5.	De Geul 1 Marcha Admiraal Eline Molle	De Geul +0.79 28.84 35.62	1:00.64 1:15.70	NED Erica Muller Marijke Campfens	<b>5:02.19</b> +0.79 41.98 1:31.38 35.68 1:14.47

160+, Heren

1.	Steenwijk 1934 4 Korstiaan de Boer Robert Braad	Steenwijk 1934 33.74 27.42	1:10.27 58.02	NED Patrick Wobben Lauren Vis	<b>4:13.45</b> 33.14 1:10.59 +0.26 25.83 54.57
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160+, Gemengd

1.	Kaisiadoriu Plaukiam 1 <i>Lithuanian Masters Record</i> Aleksandras Zamorskis Lina Bielinienė	Kaisiadoriu Plaukiam +0.67 27.86 33.16	58.43 1:08.12	LTU Ausra Razgune Raimondas Gincas	<b>4:08.21</b> +0.67 +0.19 28.53 1:01.26 +0.45 28.47 1:00.40
2.	ZPC AMERSFOORT 6 Lotte Eising Ronald Pijtak	ZPC AMERSFOORT +0.66 31.07 +0.35 35.88	1:06.43 1:15.53	NED Monica Korndewal Martijn Giezen	<b>4:34.44</b> +0.66 +0.43 34.61 1:13.56 27.85 58.92
3.	ZOB'66 3 Danielle Schipper Ruben Stolk	ZOB'66 39.70 +0.52 29.89	1:23.77 1:05.30	NED Nina Tourton Pascal Tourton	<b>4:49.43</b> +0.59 34.21 1:10.85 +0.44 33.82 1:09.51



Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
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Programmanr. 34, 4 x 100m vrije slag

200+, Dames

1. HZ&PC Heerenveen 3	HZ&PC Heerenveen	NED	<b>5:45.90</b>	
Peggi Hurenkamp	37.60	1:17.88	Katinka Elders	43.03 1:30.59
Ineke Meijer	47.52	1:42.27	Jannie Vennik	+0.48 35.98 1:15.16

200+, Heren

1. De Rog 1	De Rog	NED	<b>4:31.55</b>	
Erik Kamphuis	33.45	1:07.15	Wijnand Vergeest	+0.45 33.01 1:09.66
Roy Le Clercq	33.45	1:12.00	Peter Bensen	29.61 1:02.74
2. ZVVS 1	ZVVS	NED	<b>4:48.05</b>	+0.72
Bas van den Nouwelant	+0.72 28.83	1:00.64	Willem Putter	40.57 1:24.32
Jeroen Hoeksel	35.45	1:17.70	Bram Piederiet	30.21 1:05.39

200+, Gemengd

1. Feijenoord Zwemmen (SG) 2	Feijenoord Zwemmen (SG)	NED	<b>4:27.02</b>	+0.73
Pieter Broek	+0.73 28.84	1:01.14	Netty Burik-Geijssen	+0.34 32.71 1:08.76
Mirjan den Drijver	+0.45 33.75	1:10.29	Mark Nuijten	+0.24 31.93 1:06.83
2. ZPC AMERSFOORT 4	ZPC AMERSFOORT	NED	<b>4:33.59</b>	+0.68
Henk Kuipers	+0.68 32.13	1:07.43	Larissa Brak	32.35 1:08.51
Henriëtte v. Norden	35.34	1:14.15	Ron Korzelius	+0.13 29.98 1:03.50
3. Patrick-De Roersoppers (SG) 1	Patrick-De Roersoppers (SG)	NED	<b>4:35.18</b>	
Pascalie Janssen	35.88	1:14.72	Arno Schrauwen	31.64 1:06.37
Charles Bos	34.06	1:11.85	Sharon Wolfs	+0.37 29.25 1:02.24
4. Steenwijk 1934 6	Steenwijk 1934	NED	<b>4:47.39</b>	+0.73
Pauline van Gelder - Dieker	+0.73 32.77	1:09.66	Casper Dollekamp	33.78 1:10.50
Leonie Scholten	36.47	1:19.94	Huyb Stegeman	31.78 1:07.29
5. GZC DONK 2	GZC DONK	NED	<b>4:47.45</b>	
Pierre de Groot	35.27	1:15.05	Jessica Venema	33.65 1:12.42
Adrian Ortiz Buitrago	+0.69 33.42	1:13.66	Linda van Klei	+0.54 32.15 1:06.32
6. DAW 1	DAW	NED	<b>4:47.67</b>	+0.87
Steven Kliffen	+0.87 35.66	1:14.03	Alina Spijkerman	+0.73 33.36 1:09.55
Erik Schweitzer	+0.71 37.56	1:18.00	Ilona Hogerheyde	+0.37 31.29 1:06.09
7. SWOL 1894 1	SWOL 1894	NED	<b>4:55.83</b>	
Annemarie Vuisst-Blum	41.78	1:26.70	Albert van Piekeren	+0.18 30.06 1:03.91
Christine Nieuwenhuis	38.54	1:19.98	Johan Wezenberg	30.30 1:05.24
8. De Duinkickers 3	De Duinkickers	NED	<b>5:03.39</b>	+0.70
Robert de Brauwer	+0.70 31.95	1:08.39	Esther Poortvliet - Koedam	33.14 1:10.05
Christine Buist	39.92	1:25.50	Marcel Brittin	+0.39 36.60 1:19.45
9. AZC 2	AZC	NED	<b>5:14.82</b>	+0.66
Ramona Linting	+0.66 35.11	1:13.27	Sandra Daamen-Posma	+0.42 37.96 1:22.30
Geza Kaltenecker	43.74	1:34.80	Bas Onderstal	+0.29 30.41 1:04.45
10. Hieronymus 1	Hieronymus	NED	<b>5:20.90</b>	+0.94
Wim Donkersloot	+0.94 36.03	1:21.04	Lené Wessels	+0.40 36.69 1:21.01
Hilly Brugmans	41.51	1:25.85	Marjolein Klunne	35.74 1:13.00

240+, Dames

1. Steenwijk 1934 2 * 100m	Steenwijk 1934	NED	<b>5:56.47</b>				
Inge Soeters	73	46.07	1:47.89	Linda Wibbelink	59	40.38	1:24.56
Wilna Heijman	64	36.32	1:15.90	Monica Bakker	56	41.10	1:28.12

240+, Heren

1. HZ&PC Heerenveen 4	HZ&PC Heerenveen	NED	<b>4:59.93</b>	+0.79
Marten de Groot	+0.79 31.01	1:05.23	Bauke Posthumus	37.86 1:22.20
Bert Jonker	+0.29 33.56	1:10.47	Wiebren Dijkstra	+0.21 38.78 1:22.03



Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
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Programmanr. 34, 4 x 100m vrije slag

240+, Gemengd

1.	ZPC AMERSFOORT 1 <i>Wereld Masters Record</i>	ZPC AMERSFOORT		NED	<b>4:13.40</b>	+0.70		
	Marjan Remmits-de Lange	+0.70	32.46	1:07.63	Edwin v. Norden	29.56	1:00.62	
	Atie Pijtak-Radersma		32.95	1:08.41	Chester Marsman	+0.21	26.78	56.74
2.	PSV 2	PSV		NED	<b>4:36.41</b>			
	Saskia Phaff	66	33.14	1:10.29	Gijsbert van der Leden	67	30.02	1:02.85
	Patty Verhagen	59	38.20	1:19.37	Fred Ketting	60	30.20	1:03.90
3.	TriVia 1	TriVia		NED	<b>5:14.09</b>			
	Jaap Vis		38.89	1:20.30	Margriet Pasma		37.62	1:19.26
	Hannie Poletiek		41.91	1:26.93	Theo Bakker	+0.47	31.92	1:07.60
4.	GZC DONK 1	GZC DONK		NED	<b>5:25.76</b>			
	Peter Coffeng	57	40.37	1:25.18	Petra Tossings-van de Hooven	61	37.05	1:17.20
	Lia Bijkerk	60	43.58	1:31.17	Willem Jan Ribberink	65	34.49	1:12.21

280+, Gemengd

1.	PSV 4	PSV		NED	<b>7:33.63</b>			
	Lies Hartman	56	1:01.47	2:13.18	André Pantekoek	58	43.71	1:31.50
	Ineke Brouwers	52	53.86	1:59.43	Rob Hanou	43	51.87	1:49.52



Open Nederlandse Masters  
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7 - ONMK 2023 kb sessie 7

19-02-2023 - 13:00

Programmanr. 36  
19-02-2023 - 13:00

Heren, 100m vrije slag

Masters Open  
Resultaten

rang naam	vereniging		tijd	RT	PARA	50m	100m
<b>Masters 20+</b>							
1. Coenraad Floris Stork	De Golfbreker	NED 200305075	<b>53.73</b>	+0.69		26.26	53.73
2. Max Voortman	DWK	NED 199902923	<b>53.85</b>	+0.68		25.85	53.85
3. Ronis van Everdingen	DWK	NED 200300043	<b>53.95</b>	+0.84		25.80	53.95
4. Jorian Darwinkel	HZ&PC Heerenveen	NED 200300565	<b>54.31</b>	+0.67		26.00	54.31
5. Thomas Vastenhout	ZPCH	NED 200204545	<b>55.00</b>	+0.61		26.17	55.00
6. Franklin Paassen	ZV 44	NED 200003881	<b>55.33</b>	+0.65		26.46	55.33
7. Wim van Duuren	TRB-RES	NED 200102103	<b>55.53</b>	+0.69		25.76	55.53
8. Marc Hoogeveen	DZ&PC	NED 200101585	<b>55.86</b>	+0.76		26.53	55.86
Remco Dijkstra	HZ&PC Heerenveen	NED 200100789	<b>55.86</b>	+0.77		26.29	55.86
10. Luuk van Holstein	Feijenoord Zwemmen (SG)	NED 200203841	<b>55.90</b>	+0.73		26.97	55.90
11. Auke Jan Ytsma	Orca	NED 199900905	<b>56.06</b>	+0.74		26.53	56.06
12. Jort Vizee	Feijenoord Zwemmen (SG)	NED 200201779	<b>56.50</b>	+0.62		27.32	56.50
13. Fayssal Lanterna	Zwemlust-den Hommel	NED 200101379	<b>56.67</b>	+0.80		27.24	56.67
14. Freek Hollander	Blue Marlins	NED 200103815	<b>56.88</b>			27.39	56.88
15. Milan de Roo	ZPC Woerden	NED 200102215	<b>56.92</b>	+0.61		27.15	56.92
16. Tom Blankestijn	ZPC AMERSFOORT	NED 200201185	<b>57.21</b>	+0.76		27.35	57.21
17. Mees Minneboo	MSV-Zeemacht	NED 200203465	<b>57.52</b>	+0.69		27.08	57.52
18. Jelle Opmeer	ZPC AMERSFOORT	NED 200100269	<b>57.69</b>	+0.73		27.11	57.69
19. Derk Jan van Duijn	De Golfbreker	NED 200105575	<b>58.02</b>	+0.63		27.84	58.02
20. Mick van den Houten	De Duck	NED 200302211	<b>58.03</b>	+0.61		27.36	58.03
21. Thomas Hesper	Blue Marlins	NED 200004181	<b>58.82</b>	+0.82		28.35	58.82
22. Nick Boekestijn	Feijenoord Zwemmen (SG)	NED 199900291	<b>59.14</b>	+0.65		28.22	59.14
23. Marco van der Wulp	MSV-Zeemacht	NED 200302051	<b>59.45</b>	+0.70		27.90	59.45
24. Robin van Peenen	ZVL-1886 Center	NED 200201059	<b>59.48</b>	+0.74		28.36	59.48
25. Julian Mes	ZOB'66	NED 200103755	<b>59.49</b>	+0.72		28.00	59.49
26. Tenzin Tieman	Old Dutch	NED 200005549	<b>59.66</b>	+0.76		28.60	59.66
27. Kylian Kooijman	Steenwijk 1934	NED 199900763	<b>59.69</b>	+0.79		28.19	59.69
28. Leon Kloots	ZPC De Hof	NED 200001363	<b>59.95</b>			28.54	59.95
29. Rik Stahlie	TriVia	NED 200201915	<b>1:00.39</b>	+0.51		28.52	1:00.39
30. Rob van Wier	HZ&PC Heerenveen	NED 199900697	<b>1:00.71</b>	+0.76		28.26	1:00.71
31. Boaz Troost	ZOB'66	NED 200100371	<b>1:01.47</b>	+0.72		28.75	1:01.47
32. Jelle Heijman	Steenwijk 1934	NED 200000635	<b>1:01.80</b>	+0.86		30.20	1:01.80
33. Auke Sijperda	AZC	NED 199905115	<b>1:02.18</b>	+0.51		29.10	1:02.18
34. Ayrton Mooldijk	De Kempvis	NED 199901449	<b>1:02.32</b>	+0.70		29.25	1:02.32
35. Bartho Visser	Triton Putten	NED 200005595	<b>1:02.67</b>	+0.79		29.48	1:02.67
36. Marijn Heetkamp	Het Ravijn	NED 199903407	<b>1:03.12</b>			30.19	1:03.12
37. Koen Bak	ESCA Zwemmen	NED 200300101	<b>1:03.97</b>	+0.75		29.88	1:03.97
38. Thomas van Scheepen	Steenwijk 1934	NED 200001387	<b>1:06.21</b>	+0.75		30.84	1:06.21
39. Mathijs Krieger	EZCL (SG)	NED 199905361	<b>1:12.42</b>	+0.71		33.95	1:12.42
40. Christiaan Matser	EZCL (SG)	NED 200105573	<b>1:26.82</b>	+0.46		39.80	1:26.82

**Masters 25+**

1. Pascal Nuijten	Feijenoord Zwemmen (SG)	NED 199701353	<b>51.55</b>	+0.79		24.96	51.55
2. Felix Geenen	DAW	NED 199501085	<b>51.88</b>	+0.77		24.23	51.88
3. Dominique Sikkema	TriVia	NED 199500399	<b>52.88</b>	+0.65		24.95	52.88
4. Erik Nijholt	DZ&PC	NED 199401349	<b>53.48</b>	+0.72		25.69	53.48
5. Jurre Stammes	ESCA Zwemmen	NED 199701843	<b>54.68</b>	+0.78		26.34	54.68
6. Richard Kuipers	HZ&PC Heerenveen	NED 199704171	<b>55.37</b>	+0.80		26.66	55.37
7. Stefan Petersen	Blue Marlins	NED 199403067	<b>56.12</b>	+0.57		26.65	56.12
8. Jelle Blankestijn	ZPC AMERSFOORT	NED 199803737	<b>56.39</b>	+0.77		26.88	56.39
9. Donny van den Bosch	Zwemlust-den Hommel	NED 199502001	<b>57.35</b>	+0.76		27.37	57.35
10. Martijn Kornet	Zwemlust-den Hommel	NED 199700231	<b>57.78</b>	+0.71		27.61	57.78
11. Mees Laar	ESCA Zwemmen	NED 199601719	<b>57.88</b>	+0.67		27.62	57.88
12. Martijn Bartels	ZPC AMERSFOORT	NED 199603493	<b>58.10</b>	+0.72		27.88	58.10
13. Jeffrey van der Sluis	Orca	NED 199704593	<b>58.43</b>	+0.78		28.01	58.43



Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
Heerenveen, 16-19 februari 2023



Programmanr. 36, Heren, 100m vrije slag, Masters 25+

rang naam	vereniging		tijd	RT	PARA	50m	100m
14. Daan Siebentheller	ZOB'66	NED 199804955	<b>58.81</b>	+0.66		27.61	58.81
15. Erik Baalbergen	ZVL-1886 Center	NED 199805775	<b>59.13</b>			28.19	59.13
16. Tim van IJl	WVZ	NED 199802297	<b>59.18</b>	+0.70		28.11	59.18
17. Gijs Ruijgrok	ZVL-1886 Center	NED 199600863	<b>59.34</b>	+0.71		28.18	59.34
18. Ian van Mullem	ZOB'66	NED 199602545	<b>59.52</b>	+0.73		28.42	59.52
19. Jeroen van Dinther	Neptunus'58	NED 199701569	<b>1:00.45</b>	+0.73		29.00	1:00.45
20. Sam Beer	Poseidon'56	NED 199605521	<b>1:01.09</b>	+0.75		28.57	1:01.09
21. Patrick Wyrdeeman	Feijenoord Zwemmen (SG)	NED 199702475	<b>1:02.05</b>	+0.70		29.45	1:02.05
22. Kien Vuong	De Kempvis	NED 199506173	<b>1:13.04</b>			33.18	1:13.04

Masters 30+

1. Jeroen Baars	Blue Marlins	NED 199200031	<b>50.78</b>	+0.75		24.50	50.78
2. Jesper Oranje	De Duck	NED 199200997	<b>52.82</b>	+0.73		25.65	52.82
3. Joost Groeneveld	PSV	NED 199200409	<b>54.16</b>	+0.73		25.28	54.16
4. Steven Uijl	Aqua-Novio'94	NED 199304075	<b>55.26</b>	+0.42		26.22	55.26
5. Sander de Vrugt	ESCA Zwemmen	NED 198903499	<b>55.70</b>	+0.67		26.47	55.70
6. Erik Wegman	De Kempvis	NED 199201465	<b>57.64</b>	+0.56		27.88	57.64
7. Bas Braun	ZPC AMERSFOORT	NED 199106545	<b>57.83</b>	+0.85		27.70	57.83
8. Tim de Vrugt	ESCA Zwemmen	NED 199306719	<b>58.14</b>	+0.57		27.62	58.14
9. Marc Hoogendam	Blue Marlins	NED 199007713	<b>59.85</b>	+0.71		28.51	59.85
10. Ruben Stolk	ZOB'66	NED 199005665	<b>1:00.55</b>	+0.76		28.17	1:00.55
11. Patrick Brouwer	AZC	NED 199303715	<b>1:00.64</b>	+0.79		28.79	1:00.64
12. Robin van Beusekom	NieMo Barracuda	NED 199205841	<b>1:01.72</b>	+0.75		29.09	1:01.72
13. Bram Piederiet	ZVVS	NED 199007757	<b>1:04.04</b>			30.42	1:04.04
14. Jordy van der Drift	ZVL-1886 Center	NED 199307345	<b>1:04.36</b>			30.76	1:04.36
15. Bas Onderstal	AZC	NED 199205967	<b>1:05.09</b>	+0.75		30.93	1:05.09
16. Marten Ettema	HZ&PC Heerenveen	NED 199007703	<b>1:05.12</b>	+0.72		30.29	1:05.12
17. Derek Valkenier	MSV-Zeemacht	NED 199207397	<b>1:07.38</b>	+0.78		32.31	1:07.38
18. Maarten Steekelenburg	De Geul	NED 199300479	<b>1:08.87</b>	+0.75		31.91	1:08.87
19. Patrick Wobben	Steenwijk 1934	NED 199300559	<b>1:10.68</b>	+0.73		33.32	1:10.68
20. Mark van der Want	GLS Ketelbinkie	NED 199107511	<b>1:12.28</b>	+0.71		34.27	1:12.28

Masters 35+

1. Pascal van Haren	NieMo Barracuda	NED 198704101	<b>57.97</b>	+0.71		27.47	57.97
2. Klaas van Beek	ZV Haerlem	NED 198805941	<b>59.42</b>	+0.68		28.49	59.42
3. Arne-Willem Kroonen	MZ&PC	NED 198401297	<b>1:01.63</b>			28.52	1:01.63
4. Peter van de Bor	DWT	NED 198402897	<b>1:04.95</b>	+0.77		28.66	1:04.95
5. Steffen Hackbarth	SSF Bonn 1905 e.V.	GER 425979	<b>1:05.40</b>			31.46	1:05.40
6. Edward van Dotingh	ZV 44	NED 198403341	<b>1:06.28</b>	*+0.82		31.87	1:06.28
7. Remco van der Graaf	PSV	NED 198704007	<b>1:06.32</b>	+0.78		30.81	1:06.32
8. Alexander Trubin	SwimGym	NED 198403381	<b>1:08.40</b>	+0.91		33.01	1:08.40
9. Jort Wildschut	SwimGym	NED 198806307	<b>1:12.13</b>			32.68	1:12.13

Masters 40+

1. Lauren Vis	Steenwijk 1934	NED 198201883	<b>54.70</b>	+0.66		25.85	54.70
2. Kristiaan Lenos	ZVL-1886 Center	NED 198301331	<b>55.93</b>	+0.74		26.69	55.93
3. Ivan van Ommen	De Geul	NED 198201263	<b>58.19</b>	+0.72		27.92	58.19
4. Christopher Cardenas	Upstream Amsterdam	NED 198002505	<b>59.02</b>	+0.75		28.46	59.02
5. Dirk Smit	Tiamat	NED 198101559	<b>1:00.70</b>	+0.59		28.93	1:00.70
6. Mark Zwart	Zwemlust-den Hommel	NED 197901461	<b>1:01.20</b>			29.32	1:01.20
7. F. Cascales Miñana	Lille UC Natation	FRA 3228717	<b>1:01.97</b>	+0.67		29.15	1:01.97
Rob van Wanrooy	Feijenoord Zwemmen (SG)	NED 198202627	<b>1:01.97</b>	+0.74		29.58	1:01.97
9. Wouter Zijlstra	DAW	NED 198202077	<b>1:02.46</b>	+0.80		29.63	1:02.46
10. Rubert Boer	Aqualero	NED 197902011	<b>1:02.81</b>	+0.86		30.24	1:02.81
11. Michael Buurmeijer	THOR	NED 197901977	<b>1:02.88</b>	+0.83		29.31	1:02.88
12. Peter Lommert	SWOL 1894	NED 197900787	<b>1:05.69</b>	+0.87		31.44	1:05.69
13. Mark Brinkhuis	TriVia	NED 198302609	<b>1:12.52</b>	+0.67		34.98	1:12.52

Programmanr. 36, Heren, 100m vrije slag

Masters 45+

1. Casper Hut	HZ&PC Heerenveen	NED	197800471	<b>52.71</b>	+0.67	24.87	52.71
<i>Nederlands Masters Record</i>							
2. Ruud Holswilder	ZPCH	NED	197800435	<b>57.13</b>		27.06	57.13
3. Jasper van Heijst	Het Y	NED	197601699	<b>57.98</b>	+0.73	27.27	57.98
4. Victor Barnar	GoSwim	NED	197801805	<b>58.02</b>	+0.70	27.56	58.02
5. Vincent Versteeg	Zwemlust-den Hommel	NED	197701003	<b>58.11</b>	+0.73	27.69	58.11
6. Alex Damen	DAW	NED	197501371	<b>58.72</b>	+0.77	28.22	58.72
7. Dennis Dortland	NieMo Barracuda	NED	197800261	<b>1:00.63</b>	+0.81	28.72	1:00.63
8. Jeroen Zelsmann	ZPC AMERSFOORT	NED	197701551	<b>1:01.17</b>	+0.73	28.88	1:01.17
9. Johan Wezenberg	SWOL 1894	NED	197601023	<b>1:06.50</b>	+0.99	30.96	1:06.50
10. Bogdan Androne	Sassenheim	NED	197701783	<b>1:07.22</b>		31.68	1:07.22
11. Tom Bandsma	PSV	NED	197701625	<b>1:08.68</b>	+0.85	32.35	1:08.68
12. Marcel van Walt van Praag	Gay Swim Amsterdam	NED	197501425	<b>1:11.38</b>	+0.80	34.16	1:11.38
13. Andre Schaap	ZVL-1886 Center	NED	197501357	<b>1:15.56</b>	+1.04	35.72	1:15.56
14. Jeroen Hoeksel	ZVVS	NED	197401533	<b>1:16.65</b>	+0.95	35.13	1:16.65
15. Robin Roskam	De Duinkickers	NED	197801831	<b>1:19.02</b>	+0.69	36.57	1:19.02
16. Lené Wessels	Hieronymus	NED	197601707	<b>1:20.19</b>	+0.80	37.46	1:20.19

Masters 50+

1. Chester Marsman	ZPC AMERSFOORT	NED	196900671	<b>57.87</b>	+0.75	27.23	57.87
2. Aleksandras Zamorskis	Kaisiadoriu Plaukiam	LTU		<b>58.44</b>		27.69	58.44
3. Markus Löber	SSF Bonn 1905 e.V.	GER	444684	<b>1:01.17</b>	+0.69	28.95	1:01.17
4. Arjan Verheij	De Rog	NED	197101617	<b>1:01.57</b>	+0.71	29.18	1:01.57
5. Gerko Versluis	Zuiderzeewemmers	NED	196901439	<b>1:03.13</b>	+0.85	30.00	1:03.13
6. Ingmar de Gelder	ZOB'66	NED	197000333	<b>1:03.34</b>	+0.83	30.42	1:03.34
7. Kees Akershoek	De Stelle	NED	196900009	<b>1:04.60</b>	+0.62	30.49	1:04.60
8. Michael van Bekkum	SWOL 1894	NED	197200051	<b>1:05.17</b>	+0.72	30.61	1:05.17
9. Martin Berkhout	ZVL-1886 Center	NED	197101123	<b>1:06.23</b>	+0.73	31.06	1:06.23
10. Chris Kouwenhoven	De Grunte	NED	197101669	<b>1:07.12</b>		31.71	1:07.12
11. Berry Koning	Aqualero	NED	197300479	<b>1:07.76</b>		32.25	1:07.76
12. Wilbert Hietbrink	ZPC De Hof	NED	196901879	<b>1:10.79</b>		33.00	1:10.79
13. Rob van de Ven	Neptunus'58	NED	197101695	<b>1:12.84</b>	+0.63	33.39	1:12.84
14. Eric Dumas	Patrick-De Roersoppers (SG)	NED	196901397	<b>1:13.11</b>		33.96	1:13.11
15. Marcel Brittijn	De Duinkickers	NED	196900159	<b>1:13.29</b>	+0.64	34.07	1:13.29
16. Steven Kliffen	DAW	NED	197001683	<b>1:13.51</b>	+0.84	35.27	1:13.51
17. Alberto Randazzo	DES	NED	197101757	<b>1:15.03</b>	*+0.86	35.72	1:15.03

Masters 55+

1. Gijsbert van der Leden	PSV	NED	196700597	<b>58.82</b>	+0.94	28.41	58.82
2. Darius Andrzejczak	SG Erkelenz-Hückelhoven	GER	326924	<b>59.15</b>	+0.79	28.40	59.15
3. Hugues Herman	Cercle De Natation Sportcity VBELwe CNSW/009743/66			<b>59.43</b>	+0.69	28.30	59.43
4. John Hardeman	Zwemlust-den Hommel	NED	196601615	<b>1:02.29</b>	+0.71	30.41	1:02.29
5. Arno Schrauwen	Patrick-De Roersoppers (SG)	NED	196501355	<b>1:07.69</b>	+0.85	32.45	1:07.69
6. Pascal Tourton	ZOB'66	NED	196601343	<b>1:08.48</b>		33.60	1:08.48
7. Wijnand Vergeest	De Rog	NED	196800949	<b>1:09.49</b>	+0.73	32.99	1:09.49
8. Bert Jonker	HZ&PC Heerenveen	NED	196600355	<b>1:09.60</b>	+0.69	32.71	1:09.60
<i>* 50m</i>							
9. Erik Saan	De Duck	NED	196500769	<b>1:09.78</b>		32.85	1:09.78
10. Willem Jan Ribberink	GZC DONK	NED	196501327	<b>1:11.41</b>	+0.83	33.84	1:11.41
11. Roy Le Clercq	De Rog	NED	196401041	<b>1:11.79</b>		33.92	1:11.79
12. Pieter-Sjoerd de Wijn	DES	NED	196501027	<b>1:12.79</b>	+0.89	34.18	1:12.79
13. Leon Slingerland	WVZ	NED	196801707	<b>1:12.89</b>		35.08	1:12.89
14. Joop Weenink	WS Twente	NED	196801535	<b>1:14.11</b>		35.12	1:14.11
15. Gertjan van der Vaart	ZVVS	NED	196801529	<b>1:17.50</b>		36.72	1:17.50
16. Erik Schweitzer	DAW	NED	196701751	<b>1:18.94</b>		37.92	1:18.94
17. Hans Bijleveld	HHZV PLONS	NED	196601649	<b>1:19.07</b>	+0.79	38.63	1:19.07
18. Wim Donkersloot	Hieronymus	NED	196801715	<b>1:20.30</b>	+0.88	38.10	1:20.30
19. Adri Pasman	Zuiderzeewemmers	NED	196400573	<b>1:23.53</b>		39.56	1:23.53
20. Bauke Posthumus	HZ&PC Heerenveen	NED	196401505	<b>1:24.17</b>		39.16	1:24.17
21. Maarten Koolman	Steenwijk 1934	NED	196801649	<b>1:48.27</b>	+0.92	48.30	1:48.27





Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
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Programmanr. 36, Heren, 100m vrije slag

Masters 60+

1. Peter Bernsen	De Rog	NED	196301119	<b>59.77</b>	+0.67	28.24	59.77
2. Fred Ketting	PSV	NED	196000289	<b>1:01.77</b>	+0.72	29.54	1:01.77
3. Gert Sikkema	Zwemclub Urk 1978	NED	196300687	<b>1:03.13</b>	+0.86	30.13	1:03.13
4. Paul Wijnja	De Biesboschzwemmers	NED	196301403	<b>1:05.87</b>	+0.67	31.41	1:05.87
5. Henk Kuipers	ZPC AMERSFOORT	NED	196201207	<b>1:07.54</b>	+0.51	32.68	1:07.54
6. Ronald Grove	Triton	NED	196100161	<b>1:08.20</b>	+0.77	31.82	1:08.20
7. Mark Nuijten	Feijenoord Zwemmen (SG)	NED	196000411	<b>1:08.21</b>	+0.97	32.39	1:08.21
8. Ronald Pijtak	ZPC AMERSFOORT	NED	196100475	<b>1:16.41</b>	+0.83	36.56	1:16.41
9. Hans van Scheepen	Steenwijk 1934	NED	196201245	<b>1:35.14</b>	+0.90	43.65	1:35.14

Masters 65+

1. Hugo Bregman	WVZ	NED	195800069	<b>1:00.88</b>	+0.86	29.56	1:00.88
<i>Nederlands Masters Record</i>							
2. Marten de Groot	HZ&PC Heerenveen	NED	195800149	<b>1:02.26</b>	+0.71	29.58	1:02.26
3. Fred Zanting	TriVia	NED	195400323	<b>1:13.88</b>	+0.90	35.24	1:13.88
4. Wiebren Dijkstra	HZ&PC Heerenveen	NED	195800745	<b>1:22.25</b>	+0.78	38.62	1:22.25
5. Lex Hoogendam	ZZ&PC De Devel	NED	195700541	<b>1:23.36</b>		38.41	1:23.36
6. Klaas Landeweer	IJZPC	NED	195600163	<b>1:32.26</b>		44.14	1:32.26

Masters 70+

1. Brend Brevé	PSV	NED	195200265	<b>1:09.29</b>	+0.85	33.81	1:09.29
<i>Nederlands Masters Record</i>							
2. Harry Dokter	SWOL 1894	NED	195100037	<b>1:11.06</b>		32.61	1:11.06
3. Charles Bos	Patrick-De Roersoppers (SG)	NED	195300019	<b>1:13.03</b>	*+0.79	35.08	1:13.03
4. Piet Schop	De Bevelanders	NED	195000109	<b>1:19.39</b>		37.38	1:19.39
5. Jos Kamps	Zwemvereniging Hoogland	NED	195100085	<b>1:21.37</b>		38.78	1:21.37
6. Nello Spiteri	DAW	NED	195200295	<b>1:37.82</b>		47.07	1:37.82
7. Hans van Vastenhoven	Old Dutch	NED	194900141	<b>1:43.00</b>		49.32	1:43.00

Masters 75+

1. Willem Putter	ZVVS	NED	194500135	<b>1:24.72</b>		39.66	1:24.72
2. Nico van Dongen	ZZ&PC De Devel	NED	194800159	<b>1:56.79</b>	+1.32	52.95	1:56.79

Masters 80+

1. Geza Kaltenecker	AZC	NED	194200065	<b>1:33.17</b>		43.66	1:33.17
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Masters 85+

1. Frederik Hendrik de Bruijn	CN Aquamasters	ESP		<b>1:31.84</b>	*	44.31	1:31.84
<i>Kampioenschapsrecord</i>							
2. Nic Geers	PSV	NED	193800007	<b>1:42.03</b>		50.51	1:42.03
<i>Nederlands Masters Record</i>							



Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
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Programmanr. 37  
19-02-2023 - 13:41

Dames, 100m vrije slag

Masters Open  
Resultaten

rang naam	vereniging		tijd	RT	PARA	50m	100m
<b>Masters 20+</b>							
1. Babette van der Kaaij	Blue Marlins	NED 199902234	<b>57.82</b>			27.55	57.82
2. Arianne Kooijinga	TriVia	NED 200001544	<b>58.36</b>	+0.65		28.23	58.36
3. Marije Sweering	De Golfbreker	NED 200101228	<b>58.81</b>	+0.70		27.99	58.81
4. Lianne van Wier	HZ&PC Heerenveen	NED 200200438	<b>59.47</b>	+0.69		28.58	59.47
5. Leonie van Wier	HZ&PC Heerenveen	NED 200200436	<b>59.60</b>	+0.73		28.30	59.60
6. Merel Phaff	Nuenen	NED 200100434	<b>1:00.26</b>			28.70	1:00.26
7. Kiki Koopman	De Golfbreker	NED 200200232	<b>1:00.76</b>	+0.64		28.75	1:00.76
8. M. van den Hoofdakker	Steenwijk 1934	NED 200302708	<b>1:01.84</b>			29.66	1:01.84
9. Amber Hesper	VZC	NED 200202188	<b>1:02.46</b>	+0.77		29.78	1:02.46
10. Inge Dekker	HZ&PC Heerenveen	NED 200200476	<b>1:02.48</b>	+0.61		29.52	1:02.48
11. Sharon Wolfs	Patrick-De Roersoppers (SG)	NED 200004800	<b>1:03.18</b>	+0.74		30.12	1:03.18
12. Alisha Vieira	Blue Marlins	NED 199904554	<b>1:03.39</b>	+0.71		29.36	1:03.39
13. Bibi Stokvis	ZV De Bron	NED 199900892	<b>1:03.73</b>	+0.57		29.95	1:03.73
14. Elisah Velgersdijk	ZPC AMERSFOORT	NED 200102436	<b>1:04.04</b>	+0.78		30.45	1:04.04
15. Annabel Kuipers	DWK	NED 200001076	<b>1:04.08</b>	+0.58		30.55	1:04.08
16. Hanna Looi	Blue Marlins	NED 200006090	<b>1:04.47</b>	+0.71		30.87	1:04.47
17. Noa de Bock	De Duck	NED 200300318	<b>1:05.02</b>			31.24	1:05.02
18. Hannah Ledingham	SSF Bonn 1905 e.V.	GER 458077	<b>1:05.09</b>	+0.67		30.78	1:05.09
19. Selina Janssen	Neptunus'58	NED 199905974	<b>1:05.23</b>			31.37	1:05.23
20. Femke-Romy Wiersma	Neptunia'24	NED 200103078	<b>1:05.32</b>	+0.75		31.63	1:05.32
21. Lonneke Graansma	ZVL-1886 Center	NED 199900936	<b>1:05.69</b>			31.61	1:05.69
22. Kyra Wesemann	MSV-Zeemacht	NED 200201440	<b>1:05.87</b>	+0.81		31.53	1:05.87
23. Mirelle de Kort	Neptunus'58	NED 200005546	<b>1:05.90</b>	+0.82		31.22	1:05.90
24. Romy Verhagen	De Dolfijn	NED 199906620	<b>1:06.08</b>	+0.56		31.20	1:06.08
25. Jessica Braat	AZC	NED 200205684	<b>1:07.10</b>	+0.74		30.98	1:07.10
26. Veerle van Munster	ZPC Woerden	NED 200102632	<b>1:07.22</b>	+0.56		31.23	1:07.22
27. Romy Jalving	HZ&PC Heerenveen	NED 200000616	<b>1:07.37</b>	+0.72		31.97	1:07.37
28. Cheyenne Verburgt	ESCA Zwemmen	NED 199901496	<b>1:08.79</b>			32.45	1:08.79
29. Sabine Lageweg	Steenwijk 1934	NED 199900926	<b>1:09.26</b>	+0.60		32.28	1:09.26
30. Lianne Roescher	ZPC De Hof	NED 199900248	<b>1:09.55</b>	+0.75		32.57	1:09.55
31. Daphne van Rees	Octopus-ZVV (SG)	NED 200301766	<b>1:09.66</b>	+0.80		32.67	1:09.66
32. Anneke van der Laan	Orca	NED 200201154	<b>1:09.97</b>	+0.67		32.86	1:09.97
33. Lotte de Vente	Het Ravijn	NED 199905814	<b>1:10.26</b>			33.25	1:10.26
34. Rosa Huntjens	EZCL (SG)	NED 200301402	<b>1:10.63</b>			34.04	1:10.63
35. Ilse Valk	Het Ravijn	NED 200000172	<b>1:10.85</b>			32.84	1:10.85
36. Tove Kienhuis	Aqua'68	NED 200203486	<b>1:11.14</b>	+0.74		33.50	1:11.14
37. Maaïke van Houten	Zwemvereniging Hoogland	NED 200206266	<b>1:12.48</b>			34.70	1:12.48
38. Selma Boertien	Aqua'68	NED 200203834	<b>1:12.58</b>	+0.80		33.90	1:12.58
39. Leonie Smit	EZCL (SG)	NED 200301978	<b>1:12.83</b>	+0.97		35.11	1:12.83
40. Valerie Bakker	ZVL-1886 Center	NED 200103672	<b>1:13.57</b>	+0.78		34.37	1:13.57
41. Noa Boerma	Het Ravijn	NED 200202736	<b>1:13.73</b>	+0.74		34.18	1:13.73
42. Megan Vis	De Kempvis	NED 200303326	<b>1:18.35</b>	+0.94		37.29	1:18.35
43. Ineke Visser	De Wellerobben	NED 199902948	<b>1:19.24</b>			36.68	1:19.24

**Masters 25+**

1. Tamara Grove	De Dolfijn	NED 199601266	<b>57.46</b>	+0.70		27.81	57.46
2. Karin Rijkelijkhuijzen	DZ&PC	NED 199403358	<b>59.33</b>	+0.72		28.39	59.33
3. Celine Schoenmaker	DWK	NED 199801976	<b>1:00.50</b>			28.89	1:00.50
4. Marre Zandringa	Orca	NED 199701136	<b>1:00.58</b>	+0.75		28.59	1:00.58
5. Moniek van Langevelde	ESCA Zwemmen	NED 199803160	<b>1:00.69</b>	+0.72		29.19	1:00.69
6. Karin Groen	Nova	NED 199502440	<b>1:01.17</b>	+0.68		28.94	1:01.17
7. Linda Kamperman	Zwemlust-den Hommel	NED 199601238	<b>1:02.27</b>	+0.72		29.71	1:02.27
8. J. van Omme - van Veen	Zwemvereniging Hoogland	NED 199603192	<b>1:02.78</b>	+0.77		29.79	1:02.78
Melissa van der Heijden	NieMo Barracuda	NED 199605226	<b>1:02.78</b>			30.52	1:02.78
10. Manon Kloosterman	Zwemlust-den Hommel	NED 199702082	<b>1:02.93</b>	+0.87		30.03	1:02.93
11. Larissa Jansen	PSV	NED 199500660	<b>1:03.77</b>	+0.87		30.55	1:03.77
12. Rixt Meijer	HZ&PC Heerenveen	NED 199700202	<b>1:03.93</b>	+0.62		30.05	1:03.93
13. Anne-Irene Duchaine	Zwemvereniging Hoogland	NED 199506824	<b>1:04.48</b>			30.93	1:04.48
14. Myrna Gorter	Neptunia'24	NED 199503158	<b>1:04.52</b>	+0.75		30.32	1:04.52

Programmanr. 37, Dames, 100m vrije slag, Masters 25+

rang naam	vereniging		tijd	RT	PARA	50m	100m
15. Dagmar Kruijk	Zuiderzeezwemmers	NED 199800008	<b>1:04.63</b>	+0.75		30.19	1:04.63
16. Rianne van Rijssen	Noord Veluwe	NED 199702360	<b>1:05.27</b>	+0.80		31.09	1:05.27
17. Annemiek Meulenbeld	Orca	NED 199506230	<b>1:05.33</b>			31.35	1:05.33
18. Jisca Majolee	ZPC AMERSFOORT	NED 199403570	<b>1:05.57</b>	+0.67		31.53	1:05.57
19. Meike Nauta	Nuenen	NED 199405180	<b>1:05.62</b>	+0.63		31.33	1:05.62
20. Hjordis Wagenaar	TRI-X-Kufstein	NED 49731	<b>1:06.20</b>	+0.58		31.05	1:06.20
21. Evelien de Jong	Neptunia'24	NED 199805316	<b>1:06.29</b>	+0.81		31.71	1:06.29
22. Lotte Eising	ZPC AMERSFOORT	NED 199502098	<b>1:06.91</b>	+0.77		31.02	1:06.91
23. Annemarie ten Have	Zuiderzeezwemmers	NED 199802662	<b>1:07.09</b>			30.76	1:07.09
24. Mariska Gach	ZVL-1886 Center	NED 199501760	<b>1:09.65</b>			33.96	1:09.65
25. Margien Timmer	ZVL-1886 Center	NED 199506760	<b>1:09.76</b>	+0.72		33.64	1:09.76
26. Chantal Lokhorst	Aqualero	NED 199401362	<b>1:10.25</b>	+0.87		33.16	1:10.25
27. Tamara van den Brink	NieMo Barracuda	NED 199804182	<b>1:10.43</b>			33.44	1:10.43
28. Nina Tourton	ZOB'66	NED 199603612	<b>1:10.68</b>	+0.66		33.92	1:10.68
29. Judith Kleinjan	De Duck	NED 199802710	<b>1:11.05</b>	*		33.63	1:11.05
30. Anouk van der Lans	Feijenoord Zwemmen (SG)	NED 199801614	<b>1:11.32</b>	+0.68		34.16	1:11.32
31. Eline Molle	De Geul	NED 199404276	<b>1:14.40</b>			34.88	1:14.40
32. Winnie de Vries	De Wellerobben	NED 199606766	<b>1:16.20</b>	+0.94		36.33	1:16.20

Masters 30+

1. Marcha Admiraal	De Geul	NED 199300012	<b>1:00.57</b>	+0.75		29.31	1:00.57
2. Danique Stoop	Zuiderzeezwemmers	NED 199106956	<b>1:00.89</b>	+0.56		28.82	1:00.89
3. Denise Boereboom	NieMo Barracuda	NED 199202144	<b>1:01.13</b>			29.45	1:01.13
4. Elmi Roelofsen	Octopus-ZVV (SG)	NED 199008198	<b>1:03.73</b>	+0.81		29.61	1:03.73
5. Joanne van Essen	ZPC AMERSFOORT	NED 199303506	<b>1:04.17</b>	+0.63		30.09	1:04.17
6. Saskia de Klerk	GoSwim	NED 199004612	<b>1:04.97</b>	+0.76		29.84	1:04.97
7. Nanda Wobben - de Vries	Steenwijk 1934	NED 199204328	<b>1:05.27</b>	+0.83		31.09	1:05.27
8. Melissa Zwaan	DAW	NED 199103666	<b>1:05.87</b>	+0.76		30.99	1:05.87
9. Wendy de Bruin	ZOB'66	NED 199206320	<b>1:06.24</b>	+0.59		31.77	1:06.24
10. Kimberley van Buren	De Duck	NED 199304136	<b>1:06.50</b>	+0.69		31.63	1:06.50
11. Daphne Robijn-Jongedijk	EZCL (SG)	NED 198903520	<b>1:08.34</b>	+0.71		31.79	1:08.34
12. Leontine Groeneveldt	De Duck	NED 199303526	<b>1:08.36</b>	+0.77		32.47	1:08.36
13. Marijke Kommers	NieMo Barracuda	NED 199305334	<b>1:08.44</b>	+0.84		33.28	1:08.44
14. D. van den Hoogenband	Nuenen	NED 199001558	<b>1:09.34</b>	+0.77		33.62	1:09.34
15. Sandra Vermeulen	De Duck	NED 199303522	<b>1:09.47</b>			33.26	1:09.47
16. Jacqueline van den Beukel	NieMo Barracuda	NED 199100238	<b>1:10.48</b>	+0.69		32.54	1:10.48
17. Daphne Kievit	ZPC AMERSFOORT	NED 199207058	<b>1:11.77</b>	+0.86		33.91	1:11.77
18. Adela Vázquez García	ZVL-1886 Center	NED 199307952	<b>1:12.57</b>	+0.83		33.03	1:12.57
19. Marloes Wiekens	THOR	NED 199302970	<b>1:12.58</b>	+0.72		33.94	1:12.58
20. Elke Schellekens	Neptunus'58	NED 199301550	<b>1:15.44</b>			36.01	1:15.44
21. Ingrid Johannes	De Kempvis	NED 198907370	<b>1:22.91</b>			39.19	1:22.91

Masters 35+

1. Marije Jansen	ZPC AMERSFOORT	NED 198504088	<b>1:04.35</b>	+0.82		31.02	1:04.35
2. Monique van Huizen	AZC	NED 198706236	<b>1:04.42</b>	+0.73		30.71	1:04.42
3. Linda van Klei	GZC DONK	NED 198802088	<b>1:06.49</b>			31.82	1:06.49
4. Liesbeth van Mill	Zwemlust-den Hommel	NED 198702786	<b>1:10.00</b>	+0.79		33.31	1:10.00
5. Sandra Zwaanswijk	DAW	NED 198503934	<b>1:10.78</b>	+0.73		33.45	1:10.78

Masters 40+

1. Laura Badoux	DAW	NED 198200038	<b>1:05.58</b>			31.02	1:05.58
2. P. van Gelder - Dieker	Steenwijk 1934	NED 198102346	<b>1:09.02</b>	+0.88		32.77	1:09.02
3. E. Poortvliet - Koedam	De Duinkickers	NED 198001824	<b>1:09.53</b>			32.82	1:09.53
4. Chantal Verhoeff	Old Dutch	NED 197900912	<b>1:09.75</b>			32.99	1:09.75
5. Tineke Kleve	THOR	NED 198001810	<b>1:15.34</b>	*+0.84		35.27	1:15.34
6. Aafke Groot	De Geul	NED 198302748	<b>1:15.98</b>			35.85	1:15.98
7. Greetje Vos	Aqualero	NED 197901594	<b>1:17.13</b>			36.33	1:17.13
8. Irene Kasteel-Jaspersen	Zuiderzeezwemmers	NED 198102278	<b>1:17.54</b>			34.86	1:17.54
9. Roelien Stegeman	ZV 44	NED 198102350	<b>1:17.98</b>			36.45	1:17.98
10. Saskia op den Velde	De Duinkickers	NED 197901530	<b>1:18.34</b>			35.48	1:18.34
11. Clara Groenhorst	GZC DONK	NED 198202506	<b>1:19.72</b>	+1.00		37.40	1:19.72



Open Nederlandse Masters  
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Programmanr. 37, Dames, 100m vrije slag, Masters 40+

rang naam	vereniging			tijd	RT	PARA	50m	100m
12. Leonie Scholten	Steenwijk 1934	NED	197901560	<b>1:20.54</b>	+0.70		37.08	1:20.54
NG Christel Geneuglijk	TriVia	NED	198101894					

Masters 45+

1. Monique Boets	Stadskanaal	NED	197600230	<b>1:06.01</b>	+0.77		31.59	1:06.01
2. Ilona Hogerheyde	DAW	NED	197400224	<b>1:06.05</b>	+0.74		31.64	1:06.05
3. Krista de Reus-Trompetter	DZ&PC	NED	197600520	<b>1:08.60</b>	+0.90		32.85	1:08.60
4. Lina Bieliniene	Kaisiadoriu Plaukiam	LTU		<b>1:08.70</b>	+0.79		33.35	1:08.70
5. Marleen Zantingh	Old Dutch	NED	197801378	<b>1:11.00</b>			34.00	1:11.00
6. Marian Nederlof	De Geul	NED	197600950	<b>1:13.13</b>	+0.82		34.38	1:13.13
7. Monica Korndewal	ZPC AMERSFOORT	NED	197701258	<b>1:14.48</b>	+0.94		35.02	1:14.48
8. A. Glazema-Boelema	Stadskanaal	NED	197701166	<b>1:14.65</b>			36.22	1:14.65
9. Sandra Van der Helm	De Rog	NED	197801340	<b>1:20.55</b>	+0.82		37.88	1:20.55
10. Esmeralda Stokman	ZPCH	NED	197600940	<b>1:20.72</b>			38.06	1:20.72
11. Inge Roskam	De Duinkickers	NED	197801296	<b>1:21.58</b>	+0.71		38.40	1:21.58
12. Tiffany Tsui	Zwemvereniging Hoogland	NED	197401110	<b>1:29.11</b>			42.24	1:29.11
13. Jessica van Velzen	ZV 44	NED	197601122	<b>1:30.12</b>			43.47	1:30.12
14. Nicolette Zuidema	ZV 44	NED	197500978	<b>1:35.14</b>			44.28	1:35.14

Masters 50+

1. Edith Janssen-Koolen	TRB-RES	NED	197300898	<b>1:05.08</b>	+0.66		30.59	1:05.08
2. Marjo Goelema-Koek	De Biesboschzwemmers	NED	196900192	<b>1:06.53</b>	+0.60		30.99	1:06.53
3. Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	NED	197000054	<b>1:07.55</b>	+0.75		31.75	1:07.55
4. Annette de Visser	Oceanus	NED	197100602	<b>1:07.94</b>			32.62	1:07.94
5. Trudy Ketting	PSV	NED	197000268	<b>1:09.64</b>	+0.76		32.77	1:09.64
6. Janine Franssen	Zwemsport Parkstad	NED	197101108	<b>1:09.87</b>			32.40	1:09.87
7. Katharina Schlipp	De Vliet (SG)	NED	197301004	<b>1:12.85</b>	+0.81		35.04	1:12.85
8. H. Manting-Holthuis	H2Oldambt	NED	197100246	<b>1:16.95</b>			36.10	1:16.95
9. Hilly Brugmans	Hieronymus	NED	197001112	<b>1:26.47</b>			40.80	1:26.47

Masters 55+

1. Saskia Phaff	PSV	NED	196600242	<b>1:07.88</b>	+0.58		32.48	1:07.88
2. Sandra Daamen-Posma	AZC	NED	196800854	<b>1:21.06</b>	+0.92		38.24	1:21.06
3. Christine Buist	De Duinkickers	NED	196400608	<b>1:27.04</b>	+1.12		41.67	1:27.04
4. Ageeth Westenbrink	De Rog	NED	196700712	<b>1:27.24</b>	+0.89		41.26	1:27.24
5. Erica Muller	De Geul	NED	196400412	<b>1:31.59</b>	+0.64		42.25	1:31.59
6. Riekje Schra	Steenwijk 1934	NED	196400404	<b>2:13.88</b>	+1.30		1:00.88	2:13.88

Masters 60+

1. Marjan Remmits-de Lange <i>Nederlands Masters Record</i>	ZPC AMERSFOORT	NED	196300518	<b>1:07.13</b>			32.33	1:07.13
2. Dr. Barbara Gellrich	Mainzer Schwimmverein 01	GER	61226	<b>1:08.98</b>	+0.95		33.24	1:08.98
3. Netty Burik-Geijzen	Feijenoord Zwemmen (SG)	NED	196300048	<b>1:08.99</b>			33.48	1:08.99
4. Linda van de Ree	De Ganze	NED	196300452	<b>1:15.11</b>	+0.83		35.90	1:15.11
5. Marijke Kraak-Beckers	WS Twente	NED	196000240	<b>1:17.03</b>	+0.69		36.18	1:17.03
6. Linda Wibbelink	Steenwijk 1934	NED	195900158	<b>1:18.37</b>			37.45	1:18.37
7. Yoka de Vegt-van Dijk	ESCA Zwemmen	NED	196200420	<b>1:26.68</b>			41.95	1:26.68
8. Jenny Westervaarder	H2Oldambt	NED	196200424	<b>1:28.53</b>			43.13	1:28.53
9. Katinka Elders	HZ&PC Heerenveen	NED	196000292	<b>1:31.81</b>			42.99	1:31.81
10. Jacqueline Brouwer	EZV	NED	196100296	<b>1:33.57</b>	+0.93		44.59	1:33.57

Masters 65+

1. Marijke van Hoek	ZPC De Zeeuwse Kust	NED	195800050	<b>1:16.75</b>	+0.78		36.87	1:16.75
2. Ria Peters-Veurman	ESCA Zwemmen	NED	195800242	<b>1:40.55</b>			47.21	1:40.55
3. Karien Musters	Old Dutch	NED	195800236	<b>1:48.27</b>			50.73	1:48.27



Open Nederlandse Masters  
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Programmanr. 37, Dames, 100m vrije slag

Masters 70+

1. Christine Nieuwenhuis	SWOL 1894	NED	195100022	<b>1:16.37</b>	35.81	1:16.37
2. Conny Boer-Buys	ZVVS	NED	195000006	<b>1:17.05</b>	36.70	1:17.05
3. Ineke Brouwers	PSV	NED	195200070	<b>1:58.42</b> *	53.81	1:58.42

Masters 85+

1. Marie Smits	Old Dutch	NED	193800004	<b>1:56.26</b>	56.23	1:56.26
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*Kampioenschapsrecord*

Programmanr. 38  
19-02-2023 - 14:18

Heren, 200m rugslag

Masters Open  
Resultaten

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m	
<b>Masters 20+</b>									
1. Jasper Breugem	WVZ	NED	200000303	<b>2:11.23</b>	30.62	1:04.09	1:37.54	2:11.23	
2. David Kievit	De Schotejil	NED	199900325	<b>2:19.04</b>	32.63	1:07.63	1:43.48	2:19.04	
3. Jeroen Louwinger	De Rijn	NED	199900583	<b>2:25.01</b>	33.76	1:10.76	1:47.85	2:25.01	
NG Ian Terlouw	ZPC Woerden	NED	200002345						
<b>Masters 25+</b>									
1. Robin van Beek	ZVL-1886 Center	NED	199704023	<b>2:15.54</b>	32.60	1:07.15	1:41.58	2:15.54	
2. Mike Schel	ESCA Zwemmen	NED	199403279	<b>2:18.08</b>	32.05	1:07.33	1:42.84	2:18.08	
3. Jordy van Oel	WVZ	NED	199802003	<b>2:21.84</b>	32.58	1:08.18	1:45.30	2:21.84	
4. Hans Stoffers	Triton Putten	NED	199604027	<b>2:26.47</b>	32.68	1:08.53	1:46.85	2:26.47	
5. Martijn Lageweg	Steenwijk 1934	NED	199701323	<b>2:35.65</b>	35.59	1:14.87	1:55.68	2:35.65	
<b>Masters 30+</b>									
1. Jelmer Meijer	HZ&PC Heerenveen	NED	199001961	<b>2:12.68</b>	30.57	1:03.79	1:37.98	2:12.68	
<i>Kampioenschapsrecord</i>									
2. Patrick Creemers	RZ	NED	199000579	<b>2:25.71</b>	33.01	1:10.60	1:48.59	2:25.71	
3. Patrick Brouwer	AZC	NED	199303715	<b>2:31.60</b>	34.74	1:12.92	1:52.43	2:31.60	
4. Wessel Everloo	WS Twente	NED	198906597	<b>2:32.46</b>	752	36.04	1:14.67	1:54.28	2:32.46
<b>Masters 35+</b>									
1. Martijn Giezen	ZPC AMERSFOORT	NED	198500813	<b>2:20.90</b>	32.46	1:08.31	1:44.84	2:20.90	
2. Robert Braad	Steenwijk 1934	NED	198600407	<b>2:23.68</b>	33.28	1:09.78	1:46.62	2:23.68	
3. Rick Driezen	Steenwijk 1934	NED	198600713	<b>2:25.87</b>	34.76	1:11.02	1:49.04	2:25.87	
4. Yuri van Omme	Zwemvereniging Hoogland	NED	198501887	<b>2:26.32</b>	34.05	1:10.62	1:48.39	2:26.32	
5. Rob van Vliet	ZPC AMERSFOORT	NED	198402459	<b>2:29.03</b>	34.88	1:12.66	1:51.49	2:29.03	
6. Niels Albrechts	De Schotejil	NED	198800039	<b>2:34.48</b>	37.01	1:16.39	1:55.98	2:34.48	
7. Thommy Nickel	ZPC Woerden	NED	198401627	<b>2:37.26</b>	36.06	1:15.18	1:55.91	2:37.26	
8. Sander van Elburg	TRB-RES	NED	198800937	<b>3:00.55</b>	40.04	1:24.98	2:12.60	3:00.55	
<b>Masters 40+</b>									
1. Mark Hensen	NieMo Barracuda	NED	197900497	<b>2:23.05</b>	33.38	1:09.66	1:46.45	2:23.05	
2. Heijmen van Vliet	Wiekslag	NED	198001637	<b>2:24.43</b>	33.84	1:10.00	1:47.39	2:24.43	
3. Marcel Reefhuis	WS Twente	NED	198101381	<b>2:30.96</b>	35.19	1:13.50	1:52.68	2:30.96	
4. Dirk Smit	Tiamat	NED	198101559	<b>2:31.64</b>	35.89	1:14.69	1:53.51	2:31.64	
5. Frank v.d. Voordt	De Schotejil	NED	198302259	<b>2:32.46</b>	35.60	1:13.53	1:52.98	2:32.46	



Open Nederlandse Masters  
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Programmanr. 38, Heren, 200m rugslag

Masters 45+

1. Ivo Roozeboom	WVZ	NED 197700801	<b>2:17.48</b>	32.30	1:07.43	1:42.80	2:17.48
2. Kees Bakker	Gay Swim Amsterdam	NED 197501055	<b>2:36.09</b>	37.40	1:17.73	1:57.39	2:36.09
3. Pieter Broek	Feijenoord Zwemmen (SG)	NED 197701637	<b>2:40.47</b>	37.46	1:18.17	1:59.93	2:40.47
4. Jeroen Hoeksel	ZVVS	NED 197401533	<b>3:15.42</b>	45.47	1:35.99	2:26.43	3:15.42

Masters 50+

1. Linas Kersevicius	Kauno Takas	LTU	<b>2:30.80</b> *	34.88	1:12.60	1:51.30	2:30.80
2. René Beetsma	HZ&PC Heerenveen	NED 196900069	<b>2:39.77</b>	36.94	1:16.95	1:58.96	2:39.77
3. Mindaugas Sakys	Kaisiadoriu Plaukiam	LTU	<b>2:40.75</b>	36.25	1:16.34	1:58.46	2:40.75
4. Bruno Nahon	Cercle De Natation Sportcity	FRA/CNSW/000390/70	<b>2:43.47</b>	38.28	1:19.10	2:01.39	2:43.47
5. Korstiaan de Boer	Steenwijk 1934	NED 197101629	<b>2:52.14</b>	40.32	1:23.43	2:07.50	2:52.14

Masters 55+

1. Jan Gert Notenbomer	Upstream Amsterdam	NED 196600557	<b>2:22.87</b>	33.73	1:09.88	1:45.77	2:22.87
2. J. van den Berg	WVZ	NED 196801575	<b>2:32.56</b>	35.10	1:13.70	1:53.11	2:32.56
3. Ron Korzelius	ZPC AMERSFOORT	NED 196500513	<b>2:41.21</b>	37.69	1:17.73	1:59.56	2:41.21
4. Nico Swart	De Biesboschzwemmers	NED 196801475	<b>2:50.86</b>	38.44	1:21.44	2:06.90	2:50.86
5. Hans Bijleveld	HHZV PLONS	NED 196601649	<b>3:13.52</b>	46.75	1:36.08	2:26.53	3:13.52

\*100m

Masters 60+

1. Edwin v. Norden	ZPC AMERSFOORT	NED 196300563	<b>2:31.69</b>	35.70	1:14.15	1:53.23	2:31.69
2. Johan Remmits	ZPC AMERSFOORT	NED 196201159	<b>2:39.29</b>	34.73	1:12.15	1:50.27	2:39.29
3. Erik Kamphuis	De Rog	NED 196001035	<b>2:49.26</b>	40.58	1:24.01	2:07.09	2:49.26
4. Casper Dollekamp	Steenwijk 1934	NED 196301341	<b>3:01.28</b>	42.27	1:28.18	2:16.18	3:01.28
5. Jack Barends	WS Twente	NED 196201011	<b>3:25.11</b>	47.18	1:38.80	2:31.18	3:25.11

DIS Menno Lomans

AF - De aangegeven afstand niet uitgezwommen.

Masters 65+

1. Hans Piederiet	ZPC Numansdorp	NED 195400177	<b>3:05.86</b>	43.19	1:30.84	2:19.04	3:05.86
2. Paul Bunnik	Triton	NED 195600413	<b>3:11.89</b> *	44.48	1:33.85	2:23.92	3:11.89
3. Wim de Lange	AZC	NED 195800533	<b>3:14.31</b>	45.66	1:35.25	2:26.34	3:14.31
4. André Pantekoek	PSV	NED 195800321	<b>3:53.19</b>	51.51	1:51.40	2:53.57	3:53.19

NG.ZA Sigitas Katkevicius

Dzukijos Vandenis

LTU

Masters 70+

1. Brend Brevé	PSV	NED 195200265	<b>2:57.05</b>	41.18	1:25.69	2:11.60	2:57.05
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*Nederlands Masters Record*

2. Rob Berkhof	SWOL 1894	NED 195200245	<b>3:49.11</b>	53.94	1:52.95	2:53.12	3:49.11
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\* 100m

3. Jos Kamps	Zwemvereniging Hoogland	NED 195100085	<b>3:49.21</b>	52.02	1:50.97	2:49.98	3:49.21
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Masters 75+

1. Mans Buis	SWOL 1894	NED 194700133	<b>4:14.71</b>	1:01.98	2:06.26	3:12.28	4:14.71
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Masters 80+

1. Nico Baay	Old Dutch	NED 194200053	<b>4:23.20</b>	58.91	2:02.90	3:12.80	4:23.20
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Open Nederlandse Masters  
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Heerenveen, 16-19 februari 2023



Programmanr. 39  
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Dames, 200m rugslag

Masters Open  
Resultaten

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
<b>Masters 20+</b>								
1. Arianne Kooijinga	TriVia	NED 200001544	<b>2:23.86</b>		33.71	1:10.66	1:47.90	2:23.86
2. Rozemarijn van Haaff	ZOB'66	NED 200201852	<b>2:32.82</b>		35.97	1:14.25	1:53.82	2:32.82
3. M. van den Hoofdakker	Steenwijk 1934	NED 200302708	<b>2:33.29</b>		34.25	1:13.78	1:54.57	2:33.29
4. Lauren van IJll	WVZ	NED 200001064	<b>2:35.71</b>		34.93	1:14.24	1:55.38	2:35.71
5. Cynthia Koolman	Steenwijk 1934	NED 200300232	<b>2:35.89</b>		36.70	1:15.76	1:55.67	2:35.89
6. Ariane Krijt	TRB-RES	NED 199906646	<b>2:40.95</b>		38.09	1:18.63	2:00.67	2:40.95
7. Lianne Dekker	DAW	NED 200305438	<b>2:41.10</b>		37.34	1:17.68	1:59.54	2:41.10
8. Jet Kleine	MSV-Zeemacht	NED 199903384	<b>2:45.42</b>		38.77	1:20.92	2:03.77	2:45.42
9. Lianne Roescher	ZPC De Hof	NED 199900248	<b>2:48.06</b>		38.38	1:21.10	2:04.78	2:48.06
10. Luka Stoker	Nova	NED 200200558	<b>2:49.38</b>		39.29	1:21.67	2:04.96	2:49.38
11. Ilse Hallie	Octopus-ZVV (SG)	NED 200200128	<b>2:49.73</b>		39.94	1:22.38	2:06.25	2:49.73
12. Mandy Swart	De Biesboschzwemmers	NED 199904916	<b>2:55.67</b>		40.12	1:24.24	2:10.52	2:55.67
<b>Masters 25+</b>								
1. Tessa Vermeulen	De Dolfijn	NED 199800068	<b>2:10.37</b>		30.61	1:03.84	1:37.27	2:10.37
<i>Wereld Masters Record, NMR 100m</i>								
2. J. van Omme - van Veen	Zwemvereniging Hoogland	NED 199603192	<b>2:26.14</b>		33.51	1:10.34	1:48.21	2:26.14
3. Anne-Irene Ducheine	Zwemvereniging Hoogland	NED 199506824	<b>2:28.56</b>		34.58	1:11.76	1:50.61	2:28.56
4. Eef Hollander	Blue Marlins	NED 199602074	<b>2:39.37</b>		36.46	1:16.64	1:58.20	2:39.37
5. Manon van Strien	WVZ	NED 199400770	<b>2:39.43</b>		35.98	1:16.05	1:57.82	2:39.43
6. Suzanne Mosch	MSV-Zeemacht	NED 199400548	<b>2:42.39</b>		38.54	1:18.69	2:00.58	2:42.39
7. Mariska Gach	ZVL-1886 Center	NED 199501760	<b>2:43.92</b>		39.47	1:21.22	2:03.15	2:43.92
8. Eline Hendriks	ZPC AMERSFOORT	NED 199802794	<b>2:49.52</b>		40.11	1:23.87	2:08.63	2:49.52
9. Anouk van der Lans	Feijenoord Zwemmen (SG)	NED 199801614	<b>2:51.18</b>		39.79	1:22.82	2:07.93	2:51.18
10. Esmée Rolloos	NieMo Barracuda	NED 199800056	<b>2:54.85</b>		40.07	1:24.09	2:09.76	2:54.85
11. Judith Kleinjan	De Duck	NED 199802710	<b>3:00.90</b>		43.14	1:29.79	2:15.53	3:00.90
12. Cynthia van Veen	ZVL-1886 Center	NED 199606736	<b>3:09.74</b> *		42.74	1:31.17	2:21.28	3:09.74
<b>Masters 30+</b>								
1. Leonie van Noort	WVZ	NED 199301752	<b>2:20.26</b>		33.74	1:09.04	1:45.18	2:20.26
<i>Nederlands Masters Record</i>								
2. Désirée Emmen	De Warande	NED 199204862	<b>2:36.62</b>		35.48	1:14.27	1:55.48	2:36.62
3. Jacyntha Plat	Steenwijk 1934	NED 199002956	<b>2:39.56</b>		36.16	1:16.95	1:59.01	2:39.56
4. Getrude Corporaal	Steenwijk 1934	NED 199200380	<b>2:44.98</b>		36.81	1:16.88	2:00.43	2:44.98
5. Irmgard van Weeghel	ESCA Zwemmen	NED 199204834	<b>2:54.13</b>		41.65	1:25.61	2:10.31	2:54.13
6. Marjan Rikken	Octopus-ZVV (SG)	NED 199206114	<b>2:58.52</b>		42.42	1:27.38	2:13.39	2:58.52
7. Nada Lisa Hut	Aqualero	NED 199307280	<b>3:00.14</b> *		42.17	1:26.98	2:13.33	3:00.14
8. J. van den Beukel	NieMo Barracuda	NED 199100238	<b>3:00.30</b>		40.64	1:26.08	2:13.35	3:00.30
9. Maaïke Hofland	Sassenheim	NED 199203754	<b>3:02.85</b>		42.58	1:28.39	2:15.75	3:02.85
10. Anouk Bloem	TRB-RES	NED 199000320	<b>3:49.31</b>		51.42	1:48.42	2:48.30	3:49.31
<b>Masters 35+</b>								
1. V. Hádén-Felföldi	Iron Swim	HUN	<b>2:27.58</b>		34.54	1:11.61	1:50.02	2:27.58
<i>Kampioenschapsrecord, Hungarian Masters Record</i>								
2. Jenny Schouten	MZ&PC	NED 198703674	<b>2:32.18</b>		33.72	1:11.65	1:52.38	2:32.18
<i>Nederlands Masters Record</i>								
3. Rianne Hofland	Sassenheim	NED 198801820	<b>2:36.91</b>		36.62	1:16.06	1:56.36	2:36.91
4. Samantha van Eijk	De Geul	NED 198806826	<b>2:38.39</b>		37.53	1:17.93	1:58.76	2:38.39
5. J. Kuiper-Crossen	Neptunia'24	NED 198600712	<b>2:43.82</b>		38.25	1:19.34	2:01.35	2:43.82
6. Renske Eilers	Zwemvereniging Hoogland	NED 198806072	<b>2:45.28</b>		38.90	1:19.97	2:02.64	2:45.28
7. Sandra Schellekens	Neptunus'58	NED 198503416	<b>2:57.67</b>		42.18	1:26.58	2:12.80	2:57.67



Open Nederlandse Masters  
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Programmanr. 39, Dames, 200m rugslag

Masters 40+

1. Roos van Esch	ACZ	NED 198200468	<b>2:41.12</b>	37.48	1:18.35	2:00.63	2:41.12
2. Ilja Janssen	ESCA Zwemmen	NED 198102234	<b>2:58.37</b>	40.37	1:26.11	2:12.86	2:58.37
3. Clara Groenhorst	GZC DONK	NED 198202506	<b>3:02.70</b>	43.17	1:28.86	2:16.21	3:02.70
4. Jessica Venema	GZC DONK	NED 197901526	<b>3:03.30</b>	40.96	1:26.76	2:15.36	3:03.30
5. Leonie Scholten	Steenwijk 1934	NED 197901560	<b>3:08.46</b>	43.64	1:32.00	2:21.08	3:08.46
6. Linda Hoogendam	WVZ	NED 198300892	<b>3:11.17</b>	44.64	1:34.11	2:23.60	3:11.17

Masters 45+

1. Melanie Kuiper	ZIGNEA	NED 197600350	<b>2:46.50</b>	38.67	1:21.11	2:03.89	2:46.50
2. Liselotte Joling	PSV	NED 197500268	<b>2:47.05</b>	38.85	1:21.23	2:04.80	2:47.05
3. Mirjan den Drijver	Feijenoord Zwemmen (SG)	NED 197500884	<b>2:52.06</b>	40.17	1:23.76	2:08.56	2:52.06
4. Alina Spijkerman	DAW	NED 197701220	<b>2:55.00</b>	40.62	1:24.59	2:10.93	2:55.00
5. A. Glazema-Boelema	Stadskanaal	NED 197701166	<b>2:58.92</b>	42.03	1:27.85	2:15.08	2:58.92
6. Karin van Dijk	THOR	NED 197601066	<b>3:10.54</b>	41.39	1:28.26	2:20.54	3:10.54
7. Fabiola Bosman	Deltasteur	NED 197701148	<b>3:10.75</b>	44.61	1:32.50	2:22.46	3:10.75
8. Clementine Bruxvoort	SCOM/De Zeehond'73 (SG)	NED 197700138	<b>3:34.99</b>	48.44	1:42.10	2:38.78	3:34.99
9. Jessica van Velzen	ZV 44	NED 197601122	<b>3:39.41</b>	51.14	1:47.60	2:44.23	3:39.41

Masters 50+

1. Johanna van Wijnen	Old Dutch	NED 197201072	<b>2:43.88</b>	38.71	1:19.62	2:01.82	2:43.88
2. Trudie van Niejenhuis	TZC-Vahalis	NED 197100444	<b>2:55.41</b>	40.70	1:25.83	2:11.35	2:55.41
3. Bianca Groot	MSV-Zeemacht	NED 197000652	<b>2:59.66</b>	43.12	1:29.91	2:16.36	2:59.66
4. Peggi Hurenkamp	HZ&PC Heerenveen	NED 196900922	<b>3:03.73</b> *	42.74	1:28.31	2:15.88	3:03.73
5. Marjolein Klunne	Hieronymus	NED 197101098	<b>3:05.14</b>	41.84	1:27.68	2:16.36	3:05.14
6. Nathasja Konijn	GZC DONK	NED 197100992	<b>3:20.32</b>	46.79	1:37.26	2:29.03	3:20.32
7. Danielle Schipper	ZOB'66	NED 197001078	<b>3:37.81</b>	50.02	1:44.12	2:41.17	3:37.81

Masters 55+

1. Annette Wijnja-Visser	De Biesboschzwemmers	NED 196700528	<b>2:56.94</b>	40.44	1:24.85	2:10.96	2:56.94
2. Marinka vd Zwet	Sassenheim	NED 196500346	<b>3:01.10</b>	42.50	1:28.56	2:15.69	3:01.10
3. Henriëtte v. Norden	ZPC AMERSFOORT	NED 196800046	<b>3:01.12</b>	42.10	1:28.17	2:15.51	3:01.12
4. Wilna Heijman	Steenwijk 1934	NED 196400506	<b>3:09.57</b>	46.31	1:33.94	2:23.03	3:09.57
5. Anita Steijger	WVZ	NED 196500628	<b>3:12.24</b>	46.17	1:34.27	2:23.86	3:12.24

Masters 60+

1. M. Grove-Lingeman	Triton	NED 196200080	<b>3:06.28</b>	42.93	1:29.54	2:17.72	3:06.28
2. Patty Verhagen	PSV	NED 195900146	<b>3:14.59</b>	47.45	1:36.88	2:26.46	3:14.59
3. A. Vuist-Blum	SWOL 1894	NED 196300282	<b>3:23.23</b>	48.54	1:40.10	2:32.79	3:23.23
4. J. Resink-lindeboom	DWK	NED 196000142	<b>3:35.59</b>	50.96	1:45.27	2:40.76	3:35.59
DIS Gea Kuiper	ZCNF'34	NED 196100104					

RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.

Masters 65+

1. Atie Pijtak-Radersma	ZPC AMERSFOORT	NED 195600048	<b>2:56.62</b>	41.66	1:26.28	2:12.10	2:56.62
<i>Nederlands Masters Record</i>							
2. Margriet Pasma	TriVia	NED 195500088	<b>3:19.28</b>	46.69	1:36.81	2:27.98	3:19.28
3. Mies Kuipers	Old Dutch	NED 195800202	<b>4:48.74</b> *	1:06.18	2:20.64	3:38.37	4:48.74
4. Lies Hartman	PSV	NED 195600116	<b>5:04.37</b>	1:08.27	2:27.80	3:45.40	5:04.37

Masters 70+

1. A. Gilding-Tussaud	WS Twente	NED 195000038	<b>4:01.42</b>	55.35	1:55.56	3:00.32	4:01.42
2. Tineke van Diggelen	ZPCH	NED 195200048	<b>4:07.30</b> *	57.49	1:59.65	3:04.17	4:07.30
3. Geerdien Meerwaldt	De Geul	NED 195200058	<b>4:38.03</b>	1:04.37	2:13.76	3:24.84	4:38.03
4. N. van Dongen-de Paep	ZZ&PC De Devel	NED 195100044	<b>4:51.86</b> *	1:11.40	2:23.35	3:38.78	4:51.86





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Programmanr. 39, Dames, 200m rugslag

Masters 75+

DIS L. van Huissteden ZPC AMERSFOORT NED 194500002  
AM - Gebruik gemaakt van hulpmiddelen of tape gebruikt op het lichaam.

Programmanr. 40  
19-02-2023 - 15:48

Heren, 50m schoolslag

Masters Open  
Resultaten

rang	naam	vereniging		tijd	RT	PARA
<b>Masters 20+</b>						
1.	Max Voortman	DWK	NED 199902923	<b>29.77</b>	+0.65	
2.	Stefanos Eleftheriou	De Golfbreker	NED 200305095	<b>30.39</b>	+0.69	
3.	Derk Jan van Duijn	De Golfbreker	NED 200105575	<b>30.75</b>	+0.76	
4.	Thomas Vastenhout	ZPCH	NED 200204545	<b>31.22</b>	+0.56	
5.	Ilmar Stoop	Zuiderzeezwemmers	NED 200100871	<b>31.29</b>	+0.64	
6.	Mart de Koning	ZOB'66	NED 200203253	<b>31.33</b>	+0.78	
7.	Jelle Opmeer	ZPC AMERSFOORT	NED 200100269	<b>31.44</b>	+0.70	
8.	Robin van Peenen	ZVL-1886 Center	NED 200201059	<b>31.54</b>	+0.75	
9.	Tiemen Jonkman	DZ&PC	NED 200301193	<b>31.60</b>	+0.77	
10.	Wim van Duuren	TRB-RES	NED 200102103	<b>31.62</b>	+0.69	
11.	Thomas Hesper	Blue Marlins	NED 200004181	<b>32.24</b>	+0.75	
12.	Jort Vizee	Feijenoord Zwemmen (SG)	NED 200201779	<b>32.37</b>	+0.61	
13.	Mees Minneboo	MSV-Zeemacht	NED 200203465	<b>33.00</b>	+0.70	
14.	Kylian Kooijman	Steenwijk 1934	NED 199900763	<b>33.04</b>	+0.80	
15.	Daniel van der Sluijs	De Kempvis	NED 200001045	<b>33.65</b>		
16.	Auke Jan Ytsma	Orca	NED 199900905	<b>33.82</b>	+0.59	
17.	Boaz Troost	ZOB'66	NED 200100371	<b>33.98</b>	+0.66	
18.	Marc Hoogeveen	DZ&PC	NED 200101585	<b>34.54</b>	+0.74	
19.	Bartho Visser	Triton Putten	NED 200005595	<b>35.18</b>	+0.84	
20.	Marco van der Wulp	MSV-Zeemacht	NED 200302051	<b>36.40</b>	+0.73	
21.	Thomas van Scheepen	Steenwijk 1934	NED 200001387	<b>36.43</b>	+0.66	
22.	Koen Bak	ESCA Zwemmen	NED 200300101	<b>37.44</b>	+0.75	
23.	Mathijs Krieger	EZCL (SG)	NED 199905361	<b>38.34</b>	+0.77	
24.	Christiaan Matser	EZCL (SG)	NED 200105573	<b>46.11</b>	+0.61	

Masters 25+

1.	Dominique Sikkema <i>Nederlands Masters Record</i>	TriVia	NED 199500399	<b>28.52</b>	+0.64	
2.	Bert Duivenvoorde	Noordwijkerhout	NED 199701805	<b>29.48</b>	+0.68	
3.	Bas Dries	Zwemvereniging Hoogland	NED 199505177	<b>29.83</b>	+0.54	
4.	Jurre Stammes	ESCA Zwemmen	NED 199701843	<b>30.39</b>	+0.74	
5.	Nick Sijmons	De Amstel	NED 199500491	<b>30.57</b>	+0.69	
6.	Stefan Petersen	Blue Marlins	NED 199403067	<b>30.59</b>	+0.69	
7.	Jarick Stoop	Zuiderzeezwemmers	NED 199604181	<b>31.59</b>	+0.67	
8.	Mees Laar	ESCA Zwemmen	NED 199601719	<b>32.52</b>	+0.73	
9.	Sam Beer	Poseidon'56	NED 199605521	<b>33.47</b>	+0.73	
10.	Martijn Bartels	ZPC AMERSFOORT	NED 199603493	<b>34.77</b>	+0.63	
11.	Tim van IJl	WVZ	NED 199802297	<b>34.86</b>	+0.68	
12.	Jeroen van Dinther	Neptunus'58	NED 199701569	<b>37.82</b>	+0.67	
13.	Tico Wind	Het Ravijn	NED 199502705	<b>38.06</b>	+0.77	
14.	Arnold Hofman	DZ&PC	NED 199406759	<b>43.71</b>		



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Programmanr. 40, Heren, 50m schoolslag

Masters 30+

1.	Gavin van der Werf <i>Nederlands Masters Record</i>	HZ&PC Heerenveen	NED	199302971	<b>28.69</b>	+0.56
2.	Romero Hennep	De Kempvis	NED	199304929	<b>30.16</b>	+0.68
3.	Sander de Vrugt	ESCA Zwemmen	NED	198903499	<b>30.40</b>	+0.63
4.	Patrick Creemers	RZ	NED	199000579	<b>32.70</b>	+0.72
5.	Herman van Dijk	De Wellerobben	NED	198900691	<b>33.88</b>	+0.81
6.	Erik Wegman	De Kempvis	NED	199201465	<b>34.18</b>	+0.70
7.	Mike Koelewijn	Steenwijk 1934	NED	199303597	<b>34.49</b>	
8.	Marten Ettema	HZ&PC Heerenveen	NED	199007703	<b>35.54</b>	+0.79
9.	Ruben Stolk	ZOB'66	NED	199005665	<b>35.73</b>	+0.76
10.	Derek Valkenier	MSV-Zeemacht	NED	199207397	<b>38.15</b>	+0.61
11.	Patrick Wobben	Steenwijk 1934	NED	199300559	<b>38.16</b>	+0.76
12.	Bas Onderstal	AZC	NED	199205967	<b>38.55</b>	+0.77

Masters 35+

1.	Yuri van Omme	Zwemvereniging Hoogland	NED	198501887	<b>31.95</b>	+0.75
2.	Ricardo van Dam	AZC	NED	198503965	<b>33.38</b>	+0.76
3.	Martijn Giezen	ZPC AMERSFOORT	NED	198500813	<b>33.72</b>	
4.	Albert van Piekeren	SWOL 1894	NED	198401767	<b>33.83</b>	+0.83
5.	Thommy Nickel	ZPC Woerden	NED	198401627	<b>34.86</b>	+0.72
6.	Emiel Ghali	NieMo Barracuda	NED	198701019	<b>36.57</b>	+0.87
7.	Harmen Reemst	ZOB'66	NED	198702715	<b>36.77</b>	
8.	Arne-Willem Kroonen	MZ&PC	NED	198401297	<b>36.91</b>	

Masters 40+

1.	Ivan van Omme	De Geul	NED	198201263	<b>31.83</b>	+0.71
2.	Kristiaan Lenos	ZVL-1886 Center	NED	198301331	<b>32.58</b>	+0.80
3.	Jim Fanggiday	ZPC Woerden	NED	197902071	<b>32.91</b>	+0.85
4.	Rob van Wanrooy	Feijenoord Zwemmen (SG)	NED	198202627	<b>33.55</b>	+0.73
5.	Pieter Pickhardt	ZPC De Hof	NED	198301657	<b>33.90</b>	+0.65
6.	Wouter Zijlstra	DAW	NED	198202077	<b>34.18</b>	+0.63
7.	Mark Zwart	Zwemlust-den Hommel	NED	197901461	<b>34.20</b>	+0.85
8.	Bas van den Nouwelant	ZVVS	NED	198001103	<b>35.74</b>	
9.	Peter Lommert	SWOL 1894	NED	197900787	<b>39.20</b>	+0.91
10.	Mark Brinkhuis	TriVia	NED	198302609	<b>39.60</b>	+0.66

Masters 45+

1.	Vincent Versteeg	Zwemlust-den Hommel	NED	197701003	<b>32.06</b>	+0.71
2.	Victor Barnar	GoSwim	NED	197801805	<b>32.07</b>	+0.70
3.	Ruud Holswilder	ZPCH	NED	197800435	<b>32.29</b>	+0.74
4.	Kees Bakker	Gay Swim Amsterdam	NED	197501055	<b>32.89</b>	+0.55
5.	László Jüllich	ZPCH	NED	197801893	<b>34.02</b>	+0.77
6.	Jeroen Zelsmann	ZPC AMERSFOORT	NED	197701551	<b>35.92</b>	+0.65
7.	Bogdan Androne	Sassenheim	NED	197701783	<b>36.43</b>	
8.	Robin Roskam	De Duinkickers	NED	197801831	<b>38.46</b>	+1.06
	Tom Bandsma	PSV	NED	197701625	<b>38.46</b>	+0.97
10.	Lené Wessels	Hieronymus	NED	197601707	<b>42.94</b>	+0.90
11.	Andre Schaap	ZVL-1886 Center	NED	197501357	<b>43.50</b>	+1.29

Masters 50+

1.	Michael van Bekkum	SWOL 1894	NED	197200051	<b>36.71</b>	+0.71
2.	Hans Schoenmakers	DAW	NED	196900863	<b>37.12</b>	+0.74
3.	Rob van de Ven	Neptunus'58	NED	197101695	<b>37.17</b>	+0.84
4.	Kees Akershoek	De Stelle	NED	196900009	<b>37.33</b>	
5.	Pieter Veenstra	DZ&PC	NED	197301345	<b>37.43</b>	+0.88
6.	Ingmar de Gelder	ZOB'66	NED	197000333	<b>37.56</b>	+0.68
7.	Wilbert Hietbrink	ZPC De Hof	NED	196901879	<b>38.74</b>	+0.79
8.	Berry Koning	Aqualero	NED	197300479	<b>39.25</b>	
9.	Martin Berkhout	ZVL-1886 Center	NED	197101123	<b>39.31</b>	



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Programmanr. 40, Heren, 50m schoolslag, Masters 50+

rang	naam	vereniging		tijd	RT	PARA
10.	Alberto Randazzo	DES	NED 197101757	<b>39.71</b>	+0.78	
11.	Erik Zoethout	Aqualero	NED 196901157	<b>40.30</b>	+1.01	
12.	Hugo Jansen	Zwemvereniging Hoogland	NED 197101779	<b>41.32</b>	+0.67	
13.	Eric Dumas	Patrick-De Roersoppers (SG)	NED 196901397	<b>41.47</b>	+0.88	
AFGEM	Ronald van Ombergen	ZPC De Zeeuwse Kust	NED 197201685			
AFGEM	Arjan Verheij	De Rog	NED 197101617			

Masters 55+

1.	Harold Matla <i>Nederlands Masters Record</i>	PSV	NED 196800591	<b>32.23</b>	+0.70	
2.	Theo Bakker	TriVia	NED 196401231	<b>35.36</b>	+0.80	
3.	Marcel Jonkman	Aqualero	NED 196801389	<b>35.96</b>	+0.77	
4.	Arno Schrauwen	Patrick-De Roersoppers (SG)	NED 196501355	<b>36.56</b>	+0.83	
5.	Nico Swart	De Biesboschzwemmers	NED 196801475	<b>36.99</b>	+0.66	
6.	Huyb Stegeman	Steenwijk 1934	NED 196701535	<b>38.79</b>	+0.88	
7.	Joop Weenink	WS Twente	NED 196801535	<b>38.96</b>	+0.80	
8.	Robert de Brauwer	De Duinkickers	NED 196401383	<b>39.67</b>	+0.85	
9.	Erik Wetsteijn	SWOL 1894	NED 196501019	<b>41.00</b>	+0.67	
10.	Gertjan van der Vaart	ZVVS	NED 196801529	<b>41.03</b>		
11.	Willem Jan Ribberink	GZC DONK	NED 196501327	<b>42.86</b>	+0.77	
12.	Pierre de Groot	GZC DONK	NED 196401431	<b>43.14</b>	+0.91	
13.	Erik Schweitzer	DAW	NED 196701751	<b>43.35</b>	+0.92	
14.	Adri Pasman	Zuiderzeezwemmers	NED 196400573	<b>49.14</b>		
15.	Maarten Koolman	Steenwijk 1934	NED 196801649	<b>49.36</b>	+1.02	

Masters 60+

1.	Gert Sikkema	Zwemclub Urk 1978	NED 196300687	<b>36.18</b>	+0.86	
2.	Fred Ketting	PSV	NED 196000289	<b>36.99</b>	+0.84	
3.	Rob Hemesath	PSV	NED 196100189	<b>39.84</b>	+0.79	
4.	Adrian Ortiz Buitrago	GZC DONK	NED 196000931	<b>40.35</b>		
5.	Henk Kuipers	ZPC AMERSFOORT	NED 196201207	<b>40.49</b>	+0.75	
6.	Walter Rolloos	NieMo Barracuda	NED 195900387	<b>40.54</b>	+1.00	
7.	Robert Schulein	H2Oldambt	NED 195900843	<b>43.53</b>	+0.66	
8.	Jack Barends	WS Twente	NED 196201011	<b>44.00</b>		
9.	Hans van Scheepen	Steenwijk 1934	NED 196201245	<b>47.00</b>		

Masters 65+

1.	Marten de Groot	HZ&PC Heerenveen	NED 195800149	<b>38.32</b>	+0.70	
2.	Wim de Lange	AZC	NED 195800533	<b>40.20</b>	+0.69	
3.	Wiebren Dijkstra	HZ&PC Heerenveen	NED 195800745	<b>43.45</b>	+0.93	
4.	Peter Coffeng	GZC DONK	NED 195700063	<b>45.88</b>		
5.	André Pantekoek	PSV	NED 195800321	<b>46.48</b>		
6.	Klaas Landeweer	IJZPC	NED 195600163	<b>48.74</b>		

Masters 70+

1.	Charles Bos <i>Nederlands Masters Record</i>	Patrick-De Roersoppers (SG)	NED 195300019	<b>38.80</b>	+0.80	
2.	Harry Dokter	SWOL 1894	NED 195100037	<b>40.65</b>	+0.90	
3.	Piet Schop	De Bevelanders	NED 195000109	<b>45.40</b>		

Masters 75+

1.	Mans Buis	SWOL 1894	NED 194700133	<b>54.21</b>	+0.98	
2.	Nico van Dongen	ZZ&PC De Devel	NED 194800159	<b>1:01.61</b>	+1.38	



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Programmanr. 40, Heren, 50m schoolslag

Masters 80+

1.	Rob Hanou	PSV	NED	194300109	<b>48.28</b>
	<i>Kampioenschapsrecord</i>				
2.	Nico Baay	Old Dutch	NED	194200053	<b>50.03</b>

Programmanr. 41  
19-02-2023 - 16:08

Dames, 50m schoolslag

Masters Open  
Resultaten

rang	naam	vereniging			tijd	RT	PARA
<b>Masters 20+</b>							
1.	Kim Vos	Triton Putten	NED	200000990	<b>34.34</b>	+0.75	
2.	Veerle van Munster	ZPC Woerden	NED	200102632	<b>34.73</b>	+0.68	
3.	Annabel Kuipers	DWK	NED	200001076	<b>35.06</b> *	+0.60	
4.	Lonneke Graansma	ZVL-1886 Center	NED	199900936	<b>35.34</b>	+0.60	
5.	Bibi Stokvis	ZV De Bron	NED	199900892	<b>36.15</b>	+0.73	
6.	Anneke van der Laan	Orca	NED	200201154	<b>36.65</b>	+0.79	
7.	Leonie van Wier	HZ&PC Heerenveen	NED	200200436	<b>36.85</b>	+0.71	
8.	Elisah Velgersdijk	ZPC AMERSFOORT	NED	200102436	<b>37.16</b>	+0.80	
9.	Sharon Wolfs	Patrick-De Roersoppers (SG)	NED	200004800	<b>37.72</b>	+0.64	
10.	Alisha Vieira	Blue Marlins	NED	199904554	<b>37.84</b>	+0.68	
11.	Mandy Swart	De Biesboschzwemmers	NED	199904916	<b>37.86</b>	+0.82	
12.	Mirelle de Kort	Neptunus'58	NED	200005546	<b>38.58</b>	+0.68	
13.	Ilse Valk	Het Ravijn	NED	200000172	<b>39.46</b>	+0.68	
14.	Luka Stoker	Nova	NED	200200558	<b>39.52</b>	+0.73	
15.	Cynthia Koolman	Steenwijk 1934	NED	200300232	<b>39.92</b>		
16.	Kyra Wesemann	MSV-Zeemacht	NED	200201440	<b>41.03</b>	+0.83	
17.	Selma Boertien	Aqua'68	NED	200203834	<b>41.56</b>	+0.66	
18.	Maartje Hids	ZVL-1886 Center	NED	199903042	<b>41.82</b>	+0.89	
19.	Alies Wagter	Steenwijk 1934	NED	199900840	<b>41.92</b>	+0.86	
20.	Lotte de Vente	Het Ravijn	NED	199905814	<b>42.30</b>		
21.	Leonie Smit	EZCL (SG)	NED	200301978	<b>42.55</b>	+0.87	
22.	Tove Kienhuis	Aqua'68	NED	200203486	<b>42.75</b>	+0.71	
23.	Megan Vis	De Kempvis	NED	200303326	<b>43.20</b>	+0.97	
	Valerie Bakker	ZVL-1886 Center	NED	200103672	<b>43.20</b>	+0.82	
25.	Rebecca de Klein	DZ&PC	NED	200002812	<b>47.78</b>		
26.	Ineke Visser	De Wellerobben	NED	199902948	<b>49.63</b>	+0.87	
NG	Noa Sanders	De Golfbreker	NED	200002542			

Masters 25+

1.	Tamara Grove	De Dolfijn	NED	199601266	<b>35.47</b>	+0.57	
2.	Manon Kloosterman	Zwemlust-den Hommel	NED	199702082	<b>35.73</b>	+0.76	
3.	Karin Groen	Nova	NED	199502440	<b>36.03</b>	+0.69	
4.	Celine Schoenmaker	DWK	NED	199801976	<b>36.47</b>		
5.	Dagmar Kruik	Zuiderzeezwemmers	NED	199800008	<b>36.80</b>	+0.70	
6.	Anoeska van de Kraats	DWK	NED	199701284	<b>36.86</b>	+0.56	
7.	Rianne van Rijssen	Noord Veluwe	NED	199702360	<b>37.11</b>	+0.79	
8.	Gaby Zittersteijn	Zuiderzeezwemmers	NED	199700104	<b>38.16</b>	+0.75	
9.	Ana Ramirez de las Heras	SWOL 1894	NED	199806690	<b>38.80</b>	+0.50	
10.	Yvette Meijer	Zwemvereniging Hoogland	NED	199706590	<b>39.13</b>	+0.84	
11.	Meike Nauta	Nuenen	NED	199405180	<b>39.41</b>	+0.65	
12.	Jisca Majolee	ZPC AMERSFOORT	NED	199403570	<b>39.50</b>		
13.	Tamara van den Brink	NieMo Barracuda	NED	199804182	<b>39.63</b>		
14.	Annemarie ten Have	Zuiderzeezwemmers	NED	199802662	<b>39.74</b>	+0.60	
15.	Nina Tourton	ZOB'66	NED	199603612	<b>41.25</b>	+0.85	
16.	Winnie de Vries	De Wellerobben	NED	199606766	<b>44.25</b>		
17.	Sylvia Hidding	H2Oldambt	NED	199603886	<b>52.67</b>	+0.97	

Programmanr. 41, Dames, 50m schoolslag

Masters 30+

1.	Elmi Roelofsen	Octopus-ZVV (SG)	NED	199008198	<b>35.94</b>	+0.71
2.	Saskia de Klerk	GoSwim	NED	199004612	<b>35.95</b>	+0.60
	Jacyntha Plat	Steenwijk 1934	NED	199002956	<b>35.95</b>	+0.78
4.	Chantal Meyerink	De Grunte	NED	199105212	<b>36.04</b>	+0.74
5.	Leontine Groeneveldt	De Duck	NED	199303526	<b>38.01</b>	+0.77
6.	Joanne van Essen	ZPC AMERSFOORT	NED	199303506	<b>38.45</b>	
7.	Suzan Blankestijn	ZVL-1886 Center	NED	198900350	<b>38.54</b>	+0.62
8.	Kimberley van Buren	De Duck	NED	199304136	<b>39.08</b>	+0.84
9.	Marijke Kommers	NieMo Barracuda	NED	199305334	<b>40.62</b>	+0.84
10.	Elke Schellekens	Neptunus'58	NED	199301550	<b>41.86</b>	+0.88

Masters 35+

1.	Daniëlle Reijnders	AquAmigos	NED	198504234	<b>35.10</b>	+0.74
2.	Larissa Brak	ZPC AMERSFOORT	NED	198800572	<b>35.18</b>	+0.65
3.	Wendy van der Iest	ZPC AMERSFOORT	NED	198701904	<b>37.53</b>	+0.80

Masters 40+

1.	Laura Badoux	DAW	NED	198200038	<b>35.57</b>	
	<i>Kampioenschapsrecord</i>					
2.	Ilja Janssen	ESCA Zwemmen	NED	198102234	<b>40.06</b>	+0.92
3.	Aafke Groot	De Geul	NED	198302748	<b>41.47</b>	+0.67
4.	Pauline van Gelder - Dieker	Steenwijk 1934	NED	198102346	<b>41.49</b>	+0.78
5.	Roelien Stegeman	ZV 44	NED	198102350	<b>41.79</b>	
6.	Tineke Kleve	THOR	NED	198001810	<b>42.24</b>	+0.88
7.	Irene Kasteel-Jaspersen	Zuiderzeewimmers	NED	198102278	<b>44.08</b>	+0.90
8.	Greetje Vos	Aqualero	NED	197901594	<b>46.19</b>	

Masters 45+

1.	Inge Roskam	De Duinkickers	NED	197801296	<b>39.64</b>	+0.83
2.	Monique Boets	Stadskanaal	NED	197600230	<b>39.75</b>	+0.52
3.	Lina Bieliniene	Kaisiadoriu Plaukiam	LTU		<b>39.95</b>	
4.	Monica Korndewal	ZPC AMERSFOORT	NED	197701258	<b>41.58</b> *	+0.87
5.	Marleen Zantingh	Old Dutch	NED	197801378	<b>41.79</b>	
6.	Marian Nederlof	De Geul	NED	197600950	<b>43.51</b>	+0.83
7.	Martine Stahlie-Bos	TriVia	NED	197401054	<b>48.62</b>	
8.	Nicolette Zuidema	ZV 44	NED	197500978	<b>51.52</b>	
DIS	Esmeralda Stokman	ZPCH	NED	197600940		
	<i>SL - Het keer- en/of eindpunt met één hand aangetikt.</i>					

Masters 50+

1.	Marjo Goelema-Koek	De Biesboschzimmers	NED	196900192	<b>36.00</b>	+0.75
2.	Trudy Ketting	PSV	NED	197000268	<b>37.85</b>	+0.83
3.	Edith Janssen-Koolen	TRB-RES	NED	197300898	<b>38.95</b>	+0.76
4.	Katharina Schlipp	De Vliet (SG)	NED	197301004	<b>39.02</b>	+0.81
5.	Janine Franssen	Zwemsport Parkstad	NED	197101108	<b>40.14</b>	
6.	Iris van Aurich	DWK	NED	196900866	<b>41.13</b>	+0.67
7.	Trudie van Niejenhuis	TZC-Vahalis	NED	197100444	<b>41.41</b>	
8.	Pascalie Janssen	Patrick-De Roersoppers (SG)	NED	197300852	<b>43.05</b>	+0.92
9.	Hilly Brugmans	Hieronymus	NED	197001112	<b>43.90</b>	
10.	Greta Wyma-Teitsma	DWK	NED	197100696	<b>50.75</b>	+0.93
11.	Daniëlle Schipper	ZOB'66	NED	197001078	<b>51.15</b>	

Masters 55+

1.	Annette Wijnja-Visser	De Biesboschzimmers	NED	196700528	<b>39.88</b>	
2.	Annette Korving-Leijenaar	Aqualero	NED	196700662	<b>41.84</b>	+0.78
3.	K. van Nassau-van den Heuvel	Old Dutch	NED	196600188	<b>46.08</b>	+0.94
4.	Riekje Schra	Steenwijk 1934	NED	196400404	<b>1:07.23</b>	



Open Nederlandse Masters  
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Programmanr. 41, Dames, 50m schoolslag

Masters 60+

1.	Linda van de Ree	De Ganze	NED	196300452	<b>41.34</b>	+0.70
	<i>Nederlands Masters Record</i>					
2.	Yoka de Vegt-van Dijk	ESCA Zwemmen	NED	196200420	<b>42.98</b>	+0.81
3.	Jacqueline Rolloos-Bakkers	NieMo Barracuda	NED	196300022	<b>45.04</b>	
4.	Linda Wibbelink	Steenwijk 1934	NED	195900158	<b>45.12</b>	
5.	Marijke Kraak-Beckers	WS Twente	NED	196000240	<b>45.84</b>	
6.	Annemarie Vuist-Blum	SWOL 1894	NED	196300282	<b>46.67</b>	
7.	Hannie Poletiek	TriVia	NED	195900278	<b>50.32</b>	
8.	Jacqueline Brouwer	EZV	NED	196100296	<b>50.42</b>	+0.91
9.	Lia Bijkerk	GZC DONK	NED	196000014	<b>50.48</b>	
10.	Jenny Westervaarder	H2Oldambt	NED	196200424	<b>52.26</b>	

Masters 65+

1.	Marijke van Hoek	ZPC De Zeeuwse Kust	NED	195800050	<b>44.95</b>	+0.61
2.	Ria Peters-Veurman	ESCA Zwemmen	NED	195800242	<b>54.55</b>	
3.	Karien Musters	Old Dutch	NED	195800236	<b>1:03.92</b>	
4.	Mies Kuipers	Old Dutch	NED	195800202	<b>1:04.18</b>	
5.	Lies Hartman	PSV	NED	195600116	<b>1:13.00</b>	

Masters 70+

1.	Tineke van Diggelen	ZPCH	NED	195200048	<b>54.13</b>	
2.	Ineke Brouwers	PSV	NED	195200070	<b>57.87</b>	
3.	Geerdien Meerwaldt	De Geul	NED	195200058	<b>1:00.47</b>	
4.	Nini van Dongen-de Paepe	ZZ&PC De Devel	NED	195100044	<b>1:06.05</b>	+1.26

Masters 75+

1.	Annet Verhoeven - Steggerda	De Duinkickers	NED	194600024	<b>58.27</b> *	
	<i>Kampioenschapsrecord</i>					

Programmanr. 42  
19-02-2023 - 16:27

Heren, 100m vlinderslag

Masters Open  
Resultaten

rang naam	vereniging		tijd	RT	PARA	50m	100m
<b>Masters 20+</b>							
1.	Marten Zomers	Borger	NED	200003907		<b>59.63</b>	27.64 59.63
2.	Jorian Darwinkel	HZ&PC Heerenveen	NED	200300565	<b>59.99</b>	+0.67	27.86 59.99
3.	Freek Hollander	Blue Marlins	NED	200103815	<b>1:00.34</b>	+0.83	27.80 1:00.34
4.	Guus Hoogduin	ZVL-1886 Center	NED	200201069	<b>1:00.66</b>	+0.70	28.54 1:00.66
5.	Coenraad Floris Stork	De Golfbreker	NED	200305075	<b>1:01.85</b>	+0.68	28.89 1:01.85
6.	Remco de Heij	ZPCH	NED	200200161	<b>1:02.19</b>	+0.74	29.17 1:02.19
7.	Jasper Breugem	WVZ	NED	200000303	<b>1:02.48</b>	+0.60	28.64 1:02.48
8.	Mart de Koning	ZOB'66	NED	200203253	<b>1:02.56</b>	+0.80	28.87 1:02.56
9.	Milan de Roo	ZPC Woerden	NED	200102215	<b>1:02.73</b>	+0.62	28.14 1:02.73
10.	Tom Blankestijn	ZPC AMERSFOORT	NED	200201185	<b>1:03.03</b>	+0.68	30.14 1:03.03
11.	Franklin Paassen	ZV 44	NED	200003881	<b>1:03.58</b>	+0.67	28.50 1:03.58
12.	Luuk van Holstein	Feijenoord Zwemmen (SG)	NED	200203841	<b>1:03.77</b>	+0.78	29.65 1:03.77
13.	Mick van den Houten	De Duck	NED	200302211	<b>1:04.29</b>	+0.66	29.46 1:04.29
14.	Fayssal Lantema	Zwemlust-den Hommel	NED	200101379	<b>1:07.70</b>		31.40 1:07.70
15.	Julian Mes	ZOB'66	NED	200103755	<b>1:07.92</b>	+0.76	31.41 1:07.92
16.	Nick Boekestijn	Feijenoord Zwemmen (SG)	NED	199900291	<b>1:10.17</b>	+0.58	31.27 1:10.17
17.	Rik Stahlie	TriVia	NED	200201915	<b>1:10.88</b>	+0.54	31.36 1:10.88
18.	Jeroen Louwinger	De Rijn	NED	199900583	<b>1:11.02</b>	+0.43	32.88 1:11.02
19.	Marijn Heetkamp	Het Ravijn	NED	199903407	<b>1:12.99</b>	+0.78	33.32 1:12.99
20.	Auke Sijperda	AZC	NED	199905115	<b>1:13.91</b>		32.15 1:13.91
21.	Mick de Jong	De Wellerobben	NED	200303035	<b>1:23.61</b>		36.45 1:23.61



Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
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Programmanr. 42, Heren, 100m vlinderslag, Masters 20+

rang naam	vereniging			tijd	RT	PARA	50m	100m
NG Ian Terlouw	ZPC Woerden	NED	200002345					

Masters 25+

1. Felix Geenen	DAW	NED	199501085	<b>58.02</b>	+0.73		26.21	58.02
2. Bert Duivenvoorde	Noordwijkerhout	NED	199701805	<b>58.50</b>	+0.66		26.64	58.50
3. Nick Sijmons	De Amstel	NED	199500491	<b>58.85</b>	+0.72		27.19	58.85
4. Pascal Nuijten	Feijenoord Zwemmen (SG)	NED	199701353	<b>59.07</b>	+0.65		27.20	59.07
5. Robin van Beek	ZVL-1886 Center	NED	199704023	<b>59.60</b>	+0.72		27.40	59.60
6. Richard Kuipers	HZ&PC Heerenveen	NED	199704171	<b>1:01.37</b>	+0.77		28.29	1:01.37
7. Donny van den Bosch	Zwemlust-den Hommel	NED	199502001	<b>1:01.81</b>	+0.77		28.77	1:01.81
8. Daan Siebenheller	ZOB'66	NED	199804955	<b>1:03.57</b>	+0.77		29.41	1:03.57
9. Hans Stoffers	Triton Putten	NED	199604027	<b>1:03.70</b>	+0.65		28.86	1:03.70
10. Jordy van Oel	WVZ	NED	199802003	<b>1:03.80</b>	+0.77		28.99	1:03.80
11. Ian van Mullem	ZOB'66	NED	199602545	<b>1:08.56</b>	+0.75		31.58	1:08.56
12. Gijs Ruijgrok	ZVL-1886 Center	NED	199600863	<b>1:09.82</b>	+0.77		31.29	1:09.82
13. Patrick Wyrdean	Feijenoord Zwemmen (SG)	NED	199702475	<b>1:11.31</b>	+0.69		32.77	1:11.31
14. Martijn Lageweg	Steenwijk 1934	NED	199701323	<b>1:11.82</b>	+0.80		33.40	1:11.82
15. Rick Vaarkamp	Triton Putten	NED	199404979	<b>1:40.37</b>	+0.88		42.47	1:40.37

Masters 30+

1. Jeroen Baars	Blue Marlins	NED	199200031	<b>56.10</b>	+0.74		26.08	56.10
<i>Nederlands Masters Record</i>								
2. Jesper Oranje	De Duck	NED	199200997	<b>57.40</b>	+0.73		26.40	57.40
3. Matteo Viani	Zwemlust-den Hommel	NED	199007717	<b>59.40</b>	+0.72		27.63	59.40
4. Joost Groeneveld	PSV	NED	199200409	<b>59.99</b>	+0.73		27.75	59.99
5. Tim Bunnik	Triton	NED	199000505	<b>1:04.88</b>	+0.79		29.71	1:04.88
6. Steven Uijl	Aqua-Novio'94	NED	199304075	<b>1:05.02</b>	+0.72		29.26	1:05.02
7. Marc Hoogendam	Blue Marlins	NED	199007713	<b>1:06.99</b>	+0.56		30.53	1:06.99
8. Jordy van der Drift	ZVL-1886 Center	NED	199307345	<b>1:10.70</b>			32.42	1:10.70
9. Bram Piederiet	ZVVS	NED	199007757	<b>1:11.99</b>	+0.79		32.58	1:11.99
10. Robin van Beusekom	NieMo Barracuda	NED	199205841	<b>1:13.31</b>			33.44	1:13.31
11. Mark van der Want	GLS Ketelbinkie	NED	199107511	<b>1:18.95</b>			35.36	1:18.95

Masters 35+

1. Rick Driezen	Steenwijk 1934	NED	198600713	<b>1:02.67</b>			29.10	1:02.67
2. Emiel Ghali	NieMo Barracuda	NED	198701019	<b>1:07.34</b>	+0.86		30.67	1:07.34
3. Peter van de Bor	DWT	NED	198402897	<b>1:14.47</b>	+0.76		31.81	1:14.47

Masters 40+

1. Lauren Vis	Steenwijk 1934	NED	198201883	<b>1:02.12</b>	+0.72		28.28	1:02.12
2. Christopher Cardenas	Upstream Amsterdam	NED	198002505	<b>1:05.64</b>	+0.82		31.65	1:05.64
3. Pieter Pickhardt	ZPC De Hof	NED	198301657	<b>1:06.02</b>	+0.66		30.82	1:06.02
4. Heijmen van Vliet	Wiekslag	NED	198001637	<b>1:06.51</b>	+0.69		30.75	1:06.51
5. Michael Buurmeijer	THOR	NED	197901977	<b>1:10.61</b>	+0.72		32.25	1:10.61
6. Mark Hensen	NieMo Barracuda	NED	197900497	<b>1:12.74</b>			32.44	1:12.74

Masters 45+

1. Casper Hut	HZ&PC Heerenveen	NED	197800471	<b>59.03</b>	+0.72		28.14	59.03
<i>Nederlands Masters Record</i>								
2. László Jüllich	ZPCH	NED	197801893	<b>1:06.61</b>	+0.90		30.97	1:06.61
3. Jasper van Heijst	Het Y	NED	197601699	<b>1:07.42</b>			30.93	1:07.42
4. Alex Damen	DAW	NED	197501371	<b>1:07.59</b>	+0.74		31.43	1:07.59
5. Dennis Dortland	NieMo Barracuda	NED	197800261	<b>1:09.85</b>	+0.80		31.69	1:09.85
6. Marcel van Walt van Praag	Gay Swim Amsterdam	NED	197501425	<b>1:28.23</b>	+0.83		41.69	1:28.23



Open Nederlandse Masters  
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Programmanr. 42, Heren, 100m vlinderslag

Masters 50+

1. Frederic Tonus	Luxembourg Sharks Swimming	LUX	10449	<b>57.36</b>	+0.75	26.86	57.36
<i>Kampioenschapsrecord, Luxembourg Masters Record</i>							
2. Vedestas Seferlis	Kauno Takas	LTU		<b>1:03.32</b>	+0.66	29.26	1:03.32
3. Chester Marsman	ZPC AMERSFOORT	NED	196900671	<b>1:06.27</b>	+0.76	29.48	1:06.27
4. René Beetsma	HZ&PC Heerenveen	NED	196900069	<b>1:12.21</b>	+0.75	32.65	1:12.21
5. Robin Postma	Orca	NED	196901641	<b>1:12.25</b>	+0.59	32.54	1:12.25
6. Bruno Nahon	Cercle De Natation Sportcity	VFR	Ave CNSW/000390/70	<b>1:15.36</b>		34.05	1:15.36
7. Korstiaan de Boer	Steenwijk 1934	NED	197101629	<b>1:19.63</b>	+0.88	36.48	1:19.63
8. Hans Schoenmakers	DAW	NED	196900863	<b>1:20.31</b>	+0.96	37.20	1:20.31

Masters 55+

1. Gijsbert van der Leden	PSV	NED	196700597	<b>1:06.62</b>	+0.98	31.17	1:06.62
2. John Hardeman	Zwemlust-den Hommel	NED	196601615	<b>1:08.72</b>	+0.71	32.36	1:08.72
3. Pascal Tourton	ZOB'66	NED	196601343	<b>1:21.07</b>	+1.01	35.00	1:21.07

Masters 60+

1. Johan Remmits	ZPC AMERSFOORT	NED	196201159	<b>1:10.82</b>		32.88	1:10.82
2. Evert-Jan Verweij	SWOL 1894	NED	196301143	<b>1:17.97</b>		36.82	1:17.97
3. Paul Wijnja	De Biesboschzwemmers	NED	196301403	<b>1:18.37</b>	+0.82	34.94	1:18.37
4. Ronald Grove	Triton	NED	196100161	<b>1:21.88</b>	+0.80	36.75	1:21.88

Masters 65+

1. Hugo Bregman	WVZ	NED	195800069	<b>1:03.85</b>	+0.90	29.60	1:03.85
<i>Wereld Masters Record</i>							
2. Paul Bunnik	Triton	NED	195600413	<b>1:25.31</b>	+0.99	38.88	1:25.31

Masters 80+

1. Rob Hanou	PSV	NED	194300109	<b>2:41.88</b>	*+1.19	1:11.44	2:41.88
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Programmanr. 43  
19-02-2023 - 16:47

Dames, 100m vlinderslag

Masters Open  
Resultaten

rang naam	vereniging			tijd	RT	PARA	50m	100m
<b>Masters 20+</b>								
1. Merel Phaff	Nuenen	NED	200100434	<b>1:06.71</b>			31.46	1:06.71
2. Marije Sweering	De Golfbreker	NED	200101228	<b>1:07.01</b>	+0.66		30.68	1:07.01
3. Kim Vos	Triton Putten	NED	200000990	<b>1:08.68</b>			31.18	1:08.68
4. Lianne van Wier	HZ&PC Heerenveen	NED	200200438	<b>1:09.33</b>	+0.66		31.81	1:09.33
5. Merel Visser	De Duinkickers	NED	199904398	<b>1:10.71</b>	+0.77		32.82	1:10.71
6. Jessica Braat	AZC	NED	200205684	<b>1:13.54</b>	+0.71		33.18	1:13.54
7. Selina Janssen	Neptunus'58	NED	199905974	<b>1:13.82</b>	+0.67		32.82	1:13.82
8. Romy Jalving	HZ&PC Heerenveen	NED	200000616	<b>1:14.43</b>			33.32	1:14.43
9. Romy Verhagen	De Dolfijn	NED	199906620	<b>1:14.55</b>	+0.68		34.09	1:14.55
10. Noa de Bock	De Duck	NED	200300318	<b>1:17.30</b>			35.72	1:17.30
11. Rosalie Baarda	Orca	NED	199903460	<b>1:18.86</b>	+0.77		35.19	1:18.86
12. Cheyenne Verburgt	ESCA Zwemmen	NED	199901496	<b>1:20.11</b>	+0.69		35.83	1:20.11
13. Amber Hesper	VZC	NED	200202188	<b>1:20.22</b>			35.23	1:20.22
14. Sabine Lageweg	Steenwijk 1934	NED	199900926	<b>1:21.82</b>			35.45	1:21.82
15. Lianne Dekker	DAW	NED	200305438	<b>1:22.40</b>	+0.66		37.33	1:22.40
16. Noa Boerma	Het Ravijn	NED	200202736	<b>1:25.00</b>			38.07	1:25.00
17. Rosa Huntjens	EZCL (SG)	NED	200301402	<b>1:26.91</b>	+0.67		40.93	1:26.91
NG Inge Dekker	HZ&PC Heerenveen	NED	200200476					



Programmanr. 43, Dames, 100m vlinderslag

Masters 25+

1. Karin Rijkelijkhuijzen	DZ&PC	NED	199403358	<b>1:06.81</b>	+0.59	31.13	1:06.81
2. Linda Kamperman	Zwemlust-den Hommel	NED	199601238	<b>1:08.44</b>		32.10	1:08.44
3. Melissa van der Heijden	NieMo Barracuda	NED	199605226	<b>1:08.93</b>		32.26	1:08.93
4. Karen Stolk	ZVL-1886 Center	NED	199403950	<b>1:10.35</b>		31.77	1:10.35
5. Eef Hollander	Blue Marlins	NED	199602074	<b>1:15.07</b>		34.79	1:15.07
6. Kirsten Opmeer	ZPC AMERSFOORT	NED	199800014	<b>1:17.95</b>	+0.57	34.87	1:17.95
7. Annemiek Meulenbeld	Orca	NED	199506230	<b>1:22.24</b>	+0.66	36.72	1:22.24
8. Eline Molle	De Geul	NED	199404276	<b>1:24.15</b>		38.77	1:24.15
9. Margien Timmer	ZVL-1886 Center	NED	199506760	<b>1:28.03</b>	+0.74	41.74	1:28.03
10. Cynthia van Veen	ZVL-1886 Center	NED	199606736	<b>1:33.56</b>	+0.73	39.43	1:33.56

Masters 30+

1. Danique Stoop	Zuiderzeezwemmers	NED	199106956	<b>1:06.10</b>		29.99	1:06.10
2. Denise Boereboom	NieMo Barracuda	NED	199202144	<b>1:06.32</b>	+0.74	31.16	1:06.32
3. Marcha Admiraal	De Geul	NED	199300012	<b>1:08.63</b>	+0.78	32.00	1:08.63
4. Chantal Meyerink	De Grunte	NED	199105212	<b>1:14.64</b>	+0.77	35.39	1:14.64
5. Melissa Zwaan	DAW	NED	199103666	<b>1:15.97</b>	+0.79	35.12	1:15.97
6. Daphne Robijn-Jongedijk	EZCL (SG)	NED	198903520	<b>1:16.96</b>	+0.67	35.44	1:16.96
7. D. van den Hoogenband	Nuenen	NED	199001558	<b>1:16.97</b>	+0.80	35.62	1:16.97
8. Marloes Wiekens	THOR	NED	199302970	<b>1:22.46</b>	+0.81	36.71	1:22.46
9. Daphne Kievit	ZPC AMERSFOORT	NED	199207058	<b>1:26.62</b>	+0.89	37.42	1:26.62
10. Lidwine Tax	ZVL-1886 Center	NED	199306658	<b>1:39.77</b>	*	44.98	1:39.77

Masters 35+

1. Viktória Háden-Felföldi	Iron Swim	HUN		<b>1:06.90</b>	+0.79	31.47	1:06.90
2. Daniëlle Reijnders	AquAmigos	NED	198504234	<b>1:10.43</b>	+0.84	32.65	1:10.43
3. Jenny Schouten	MZ&PC	NED	198703674	<b>1:14.24</b>		33.64	1:14.24
4. Monique van Huizen	AZC	NED	198706236	<b>1:22.86</b>		37.85	1:22.86
5. Liesbeth van Mill	Zwemlust-den Hommel	NED	198702786	<b>1:23.13</b>		37.86	1:23.13

Masters 40+

1. Delia Badoux <i>Kampioenschapsrecord</i>	WVZ	NED	198000042	<b>1:06.95</b>	+0.77	30.36	1:06.95
2. Ausra Razgune <i>Lithuanian Masters Record</i>	Kaisiadoriu Plaukiam	LTU		<b>1:08.54</b>		33.22	1:08.54
3. Roos van Esch	ACZ	NED	198200468	<b>1:12.50</b>		34.28	1:12.50
4. Chantal Verhoeff	Old Dutch	NED	197900912	<b>1:23.45</b>		37.04	1:23.45
5. Ramona Linting	AZC	NED	198301274	<b>1:25.56</b>		39.47	1:25.56
6. Saskia op den Velde	De Duinkickers	NED	197901530	<b>1:38.79</b>	+0.92	42.72	1:38.79

Masters 45+

1. Ilona Hogerheyde	DAW	NED	197400224	<b>1:17.78</b>	+0.79	34.56	1:17.78
2. Mirjan den Drijver	Feijenoord Zwemmen (SG)	NED	197500884	<b>1:19.48</b>	*	37.11	1:19.48
3. Krista de Reus-Trompetter	DZ&PC	NED	197600520	<b>1:24.95</b>	+0.94	38.67	1:24.95
4. Sandra Van der Helm	De Rog	NED	197801340	<b>1:42.17</b>	+0.75	45.72	1:42.17

Masters 50+

1. Jeanne Petit	PSV	NED	197001020	<b>1:13.31</b>		34.39	1:13.31
2. Lidia v. Bon-Rosenbrand	ZPC AMERSFOORT	NED	197000054	<b>1:14.41</b>	+0.90	34.50	1:14.41
3. Bianca Groot	MSV-Zeemacht	NED	197000652	<b>1:21.62</b>	+0.82	37.02	1:21.62
4. Peggi Hurenkamp	HZ&PC Heerenveen	NED	196900922	<b>1:27.24</b>		40.29	1:27.24
5. Marjolein Klunne	Hieronymus	NED	197101098	<b>1:29.68</b>		40.64	1:29.68



Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
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Programmanr. 43, Dames, 100m vlinderslag

Masters 55+

1. Anita Steijger	WVZ	NED	196500628	<b>1:30.70</b>	+0.70	42.05	1:30.70
2. K. van Nassau-van den Heuv	Old Dutch	NED	196600188	<b>1:39.53</b>	+0.91	46.23	1:39.53

Masters 60+

1. Marjan Remmits-de Lange	ZPC AMERSFOORT	NED	196300518	<b>1:19.03</b>		36.92	1:19.03
<i>Nederlands Masters Record</i>							
2. Margriet Grove-Lingeman	Triton	NED	196200080	<b>1:31.37</b>	*	41.40	1:31.37
3. Lia Bijkerk	GZC DONK	NED	196000014	<b>1:54.80</b>		54.40	1:54.80

Masters 70+

1. Christine Nieuwenhuis	SWOL 1894	NED	195100022	<b>1:40.04</b>		45.38	1:40.04
<i>Nederlands Masters Record</i>							

Programmanr. 44  
19-02-2023 - 17:07

4 x 50m wisselslag

Masters Open  
Resultaten

rang	vereniging	tijd	RT	PARA
<b>80+, Dames</b>				
1.	HZ&PC Heerenveen 2	<b>2:05.15</b>		
	Inge Dekker	02	29.78	
	Leonie van Wier	02	27.91	+0.18
2.	Orca 1	<b>2:11.35</b>		
	Rosalie Baarda	99	34.18	
	Anneke van der Laan	02	26.80	+0.07
			36.11	+0.34
<b>80+, Heren</b>				
1.	HZ&PC Heerenveen 1	<b>1:47.81</b>		
<i>Nederlands Masters Record</i>				
	Richard Kuipers	97	26.37	+0.29
	Gavin van der Werf	93	24.34	+0.25
			28.65	
			28.45	
2.	Feijenoord Zwemmen (SG) 1	<b>1:57.80</b>		
	Nick Boekestijn	99	28.00	+0.41
	Pascal Nuijten	97	27.64	+0.23
			31.26	
			30.90	
<b>80+, Gemengd</b>				
1.	Blue Marlins 1	<b>1:54.63</b>		
	Babette van der Kaaij	99	26.65	
	Stefan Petersen	94	28.27	+0.54
			29.83	
			29.88	
2.	DWK 1	<b>1:56.85</b>		
	Lindi Bos	01	31.05	+0.47
	Max Voortman	99	23.74	+0.36
			32.19	
			29.87	
3.	ZVL-1886 Center 1	<b>2:02.28</b>		
	Guus Hoogduin	02	31.01	+0.35
	Lonneke Graansma	99	26.39	+0.42
			29.51	
			35.37	+0.40
4.	Steenwijk 1934 7	<b>2:05.30</b>		
	Michelle van den Hoofdakker	03	31.09	+0.45
	Kylian Kooijman	99	30.38	+0.21
			31.26	
			32.57	+0.44
5.	ZOB'66 2	<b>2:06.00</b>		
	Rozemarijn van Haaff	02	27.81	+0.46
	Mart de Koning	02	31.94	+0.42
			33.81	
			32.44	+0.62
6.	Het Ravijn 1	<b>2:16.80</b>		
	Tico Wind	95	34.75	
	Marijn Heetkamp	99	32.88	
			32.93	
			36.24	



Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
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Programmanr. 44, 4 x 50m wisselslag

100+, Dames

1. Neptunia'24 1	Neptunia'24	NED	<b>2:13.47</b>			
Jolanda Kuiper-Crossen	86	35.60	Femke-Romy Wiersma	01	30.82	
Myrna Gorter	95	38.13	Evelien de Jong	98	+0.57	28.92
2. NieMo Barracuda 2	NieMo Barracuda	NED	<b>2:13.87</b>			
Denise Boereboom	92	32.83	Melissa van der Heijden	96	30.35	
Tamara van den Brink	98	39.38	Esmée Rolloos	98	+0.48	31.31
3. ESCA Zwemmen 1	ESCA Zwemmen	NED	<b>2:16.21</b>			
Moniek van Langevelde	98	31.80	Cheyenne Verburgt	99	33.94	
Ilja Janssen	81	+0.27	38.99	Rachel Verburgt	02	31.48
4. Steenwijk 1934 1	Steenwijk 1934	NED	<b>2:16.71</b>			
Getrude Corporaal	92	35.00	Nanda Wobben - de Vries	92	+0.32	32.56
Cynthia Koolman	03	39.86	Alies Wagter	99	+0.16	29.29
5. ZPC AMERSFOORT 7	ZPC AMERSFOORT	NED	<b>2:17.11</b>			
Eline Hendriks	98	35.64	Daphne Kievit	92	35.44	
Elisah Velgersdijk	01	37.07	Jisca Majolee	94	28.96	
6. De Duck 1	De Duck	NED	<b>2:23.34</b>			
Judith Kleinjan	98	39.79	Sandra Vermeulen	93	35.74	
Leontine Groeneveldt	93	38.56	Noa de Bock	03	29.25	
7. Octopus-ZVV (SG) 1	Octopus-ZVV (SG)	NED	<b>2:26.15</b>			
Ilse Hallie	02	39.08	Daphne van Rees	03	37.56	
Elmi Roelofsen	90	+0.57	36.33	Marjan Rikken	92	33.18
8. ZVL-1886 Center 3	ZVL-1886 Center	NED	<b>2:36.97</b>			
Cynthia van Veen	96	39.05	Lidwine Tax	93	43.32	
Maartje Hids	99	41.51	Valerie Bakker	01	33.09	

100+, Heren

1. ESCA Zwemmen 2	ESCA Zwemmen	NED	<b>1:50.77</b>				
Mike Schel	94	29.51	Peter Rothengatter	97	27.14		
Jurre Stammes	97	+0.11	29.41	Sander de Vrught	89	+0.15	24.71
2. ZPC AMERSFOORT 3	ZPC AMERSFOORT	NED	<b>1:55.42</b>				
Bas Braun	91	30.54	Tom Blankestijn	02	+0.37	28.55	
Jelle Opmeer	01	+0.16	30.81	Jelle Blankestijn	98	+0.35	25.52
3. De Kempvis 1	De Kempvis	NED	<b>2:01.39</b>				
Erik Wegman	92	31.59	Ayrton Mooldijk	99	29.96		
Romero Hennep	93	+0.37	29.87	Kien Vuong	95	+0.09	29.97
4. ZOB'66 3	ZOB'66	NED	<b>2:02.15</b>				
Ian van Mullem	96	32.36	Daan Siebenheller	98	+0.42	28.31	
Boaz Troost	01	+0.64	34.27	Ruben Stolk	90	+0.43	27.21

100+, Gemengd

1. Zuiderzeezwemmers 1	Zuiderzeezwemmers	NED	<b>1:57.79</b>				
Gaby Zittersteijn	97	32.73	Jarick Stoop	96	+0.36	26.31	
Ilmar Stoop	01	31.61	Danique Stoop	91	+0.24	27.14	
2. Blue Marlins 2	Blue Marlins	NED	<b>2:03.34</b>				
Hanna Looi	00	31.95	Eef Hollander	96	32.62		
Thomas Hesper	00	+0.42	31.78	Marc Hoogendam	90	+0.33	26.99
3. De Kempvis 2	De Kempvis	NED	<b>2:12.74</b>				
Victor Poot	92	31.55	Rianne Kreft - vd Hoeven	92	33.24		
Daniel van der Sluijs	00	33.10	Elisabeth Slagboom	92	+0.57	34.85	
4. De Wellerobben 1	De Wellerobben	NED	<b>2:22.36</b>				
Winnie de Vries	96	39.74	Mick de Jong	03	+0.26	34.54	
Herman van Dijk	89	+0.38	33.88	Ineke Visser	99	+0.26	34.20



Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
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Programmanr. 44, 4 x 50m wisselslag

120+, Dames

1. WVZ 1 <i>Nederlands Masters Record</i>	WVZ		NED	<b>2:05.30</b>		
Lauren van IJl	00		31.84	80	29.37	
Manon van Strien	94	+0.53	37.30	93	26.79	
2. ZVL-1886 Center 2	ZVL-1886 Center		NED	<b>2:23.40</b>		
Adela Vázquez García	93		37.11	95	36.48	
Suzan Blankestijn	89		38.63	95	+0.11	31.18
3. DWK 2	DWK		NED	<b>2:23.74</b>		
Celine Schoenmaker	98		30.82	97	+0.28	32.86
Iris van Aurich	69		40.01	71	+0.03	40.05
4. AZC 2	AZC		NED	<b>2:25.19</b>		
Monique van Huizen	87		38.61	02	+0.47	31.12
Mariska Zaal	88	+0.55	39.68	68	+0.50	35.78
5. THOR 1	THOR		NED	<b>2:26.72</b>		
Ramona Hulshof	85		35.88	93		35.24
Tineke Kleve	80	+0.54	42.04	76	+0.38	33.56

120+, Heren

1. ZPCH 1	ZPCH		NED	<b>1:55.21</b>		
Ruud Holswilder	78		29.64	78	+0.64	29.47
Thomas Vastenhou	02	+0.42	30.76	02		25.34
2. Steenwijk 1934 4	Steenwijk 1934		NED	<b>1:55.68</b>		
Robert Braad	86		30.64	86	+0.47	27.86
Lauren Vis	82	+0.44	31.68	93	+0.32	25.50
3. ZPC Woerden 1	ZPC Woerden		NED	<b>1:58.51</b>		
Thommy Nickel	84		32.43	01	+0.29	27.30
Jim Faggiday	79	+0.64	32.47	00		26.31
4. Orca 2	Orca		NED	<b>1:59.52</b>		
Auke Jan Ytsma	99		30.33	69	+0.06	30.69
Jelmer Postma	97	+0.21	32.67	97	+0.40	25.83
5. ZVL-1886 Center 4	ZVL-1886 Center		NED	<b>1:59.66</b>		
Robin van Beek	97		28.26	96	+0.32	30.21
Robin van Peenen	02	+0.56	31.70	71	+0.27	29.49
6. AZC 1	AZC		NED	<b>2:08.13</b>		
Patrick Brouwer	93		33.75	99	+0.36	32.20
Ricardo van Dam	85	+0.44	32.63	92		29.55

120+, Gemengd

1. DZ&PC 1	DZ&PC		NED	<b>1:59.06</b>		
Erik Nijholt	94		28.72	94	+0.46	29.03
Tiemen Jonkman	03	+0.31	31.34	76	+0.55	29.97
2. DAW 2	DAW		NED	<b>2:05.30</b>		
Lianne Dekker	03		35.27	91	+0.47	33.49
Felix Geenen	95	+0.11	28.95	82	+0.15	27.59
3. MSV-Zeemacht 1	MSV-Zeemacht		NED	<b>2:06.31</b>		
Suzanne Mosch	94		33.27	03	+0.62	29.92
Mees Minneboo	02	+0.24	32.12	70	+0.45	31.00
4. TRB-RES 1	TRB-RES		NED	<b>2:08.32</b>		
Edith Janssen-Koolen	73		35.23	88		30.52
Wim van Duuren	01	+0.18	31.07	99	+0.48	31.50
5. De Geul 2	De Geul		NED	<b>2:14.08</b>		
Maarten Steekelenburg	93		37.42	94	+0.60	36.67
Ivan van Omme	82	+0.30	31.96	93	+0.36	28.03
6. HZ&PC Heerenveen 3	HZ&PC Heerenveen		NED	<b>2:18.24</b>		
Lisette Dooper	02		36.55	00		33.05
Rob van Wier	99	+0.58	37.98	66	+0.40	30.66
7. Aqualero 2	Aqualero		NED	<b>2:22.45</b>		
Nada Lisa Hut	93		39.35	94		36.44
Berry Koning	73	+0.38	38.92	79	+0.34	27.74
8. ZV 44 1	ZV 44		NED	<b>2:23.66</b>		
Jessica van Velzen	76		45.41	00	+0.45	27.10
Roellen Stegeman	81	+0.45	41.45	84	+0.69	29.70



Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
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Programmanr. 44, Gemengd, 4 x 50m wisselslag, 120+

rang	vereniging	tijd	RT	PARA
DIS	DZ&PC 2 <i>EB - De wisselslag niet gezwommen in de juiste volgorde. (rug, school, vlinder, vrij)**</i>			
	Tessa Piek 81 43.65	Rebecca de Klein 00		
	Arnold Hofman 94	Pieter Veenstra 73		
NG	TriVia 2	NED		
NG	PSV 5	NED		

160+, Dames

1.	Old Dutch 1	Old Dutch	NED	<b>2:26.74</b>	
	Johanna van Wijnen 72 35.72	Chantal Verhooff 79 33.87			
	Karin van Nassau-van den Heuvel 66 +0.24 45.50	Marleen Zantingh 78 31.65			
2.	Steenwijk 1934 2	Steenwijk 1934	NED	<b>2:30.14</b>	
	Leonie Scholten 79 38.41	Pauline van Gelder - Dieker 81 +0.41 34.71			
	Jacyntha Plat 90 36.07	Inge Soeters 73 40.95			

160+, Heren

1.	NieMo Barracuda 1	NieMo Barracuda	NED	<b>1:59.89</b>	
	Mark Hensen 79 30.77	Emiel Ghali 87 +0.46 29.14			
	Dennis Dortland 78 +0.48 34.57	Pascal van Haren 87 +0.28 25.41			
2.	WVZ 2	WVZ	NED	<b>2:03.06</b>	
	Jasper Breugem 00 29.12	Hugo Bregman 58 +0.29 28.17			
	Tim van IJll 98 +0.52 34.58	Leon Slingerland 68 +0.58 31.19			
3.	Steenwijk 1934 6	Steenwijk 1934	NED	<b>2:21.80</b>	
	Casper Dollekamp 63 37.61	Korstiaan de Boer 71 34.89			
	Huyb Stegeman 67 38.17	Patrick Wobben 93 31.13			
4.	Steenwijk 1934 5	Steenwijk 1934	NED	<b>2:43.68</b>	
	Hans van Scheepen 62 52.98	Jelle Heijman 00 +0.53 31.08			
	Maarten Koolman 68 51.60	Thomas van Scheepen 00 +0.30 28.02			

160+, Gemengd

1.	ZPC AMERSFOORT 2	ZPC AMERSFOORT	NED	<b>2:02.91</b>	
	Martijn Giezen 85 29.63	Lidia v. Bon-Rosenbrand 70 33.55			
	Larissa Brak 88 +0.37 34.79	Jeroen Zelsmann 77 24.94			
2.	Kaisiadoriu Plaukiam 1	Kaisiadoriu Plaukiam	LTU	<b>2:05.82</b>	
	Ausra Razgune 83 31.76	Lina Bielinieni 74 34.03			
	Aleksandras Zamorskis 71 +0.49 32.34	Raimondas Gincas 74 +0.51 27.69			
3.	ZPC AMERSFOORT 6	ZPC AMERSFOORT	NED	<b>2:11.10</b>	
	Ron Korzelius 65 35.66	Rob van Vliet 84 28.87			
	Wendy van der Iest 87 37.21	Lotte Eising 95 29.36			
4.	DAW 3	DAW	NED	<b>2:16.25</b>	
	Alex Damen 75 32.59	Sandra Zwaanswijk 85 35.35			
	Laura Badoux 82 +0.55 36.10	Steven Kliffen 70 +0.29 32.21			
5.	De Duinkickers 2	De Duinkickers	NED	<b>2:19.58</b>	
	Esther Poortvliet - Koedam 80 36.86	Merel Visser 99 32.43			
	Robin Roskam 78 +0.03 38.66	Marcel Brittijn 69 +0.27 31.63			
6.	Zuiderzeezwemmers 2	Zuiderzeezwemmers	NED	<b>2:21.55</b>	
	Annemarie ten Have 98 34.87	Dagmar Kruik 98 +0.48 32.01			
	Gerko Versluis 69 +0.34 37.60	Adri Pasman 64 37.07			
7.	HZ&PC Heerenveen 5	HZ&PC Heerenveen	NED	<b>2:22.11</b>	
	Jelmer Meijer 90 28.90	Casper Hut 78 25.77			
	Jannie Vennik 76 +0.51 45.65	Katinka Elders 60 41.79			
8.	ZOB'66 1	ZOB'66	NED	<b>2:22.30</b>	
	Ingmar de Gelder 70 36.46	Wendy de Bruin 92 +0.38 33.15			
	Harmen Reemst 87 +0.23 36.09	Danielle Schipper 70 36.60			
9.	NieMo Barracuda 3	NieMo Barracuda	NED	<b>2:24.22</b>	
	Marijke Kommers 93 37.95	Robin van Beusekom 92 30.86			
	Walter Rolloos 59 +0.31 40.24	Jacqueline Rolloos-Bakkers 63 35.17			
10.	Patrick-De Roersoppers (SG) 1	Patrick-De Roersoppers (SG)	NED	<b>2:31.75</b>	
	Eric Dumas 69 43.15	Sharon Wolfs 00 +0.31 34.56			
	Pascalie Janssen 73 +0.63 43.55	Arno Schrauwen 65 +0.26 30.49			



Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
Heerenveen, 16-19 februari 2023



Programmanr. 44, 4 x 50m wisselslag

200+, Dames

1. PSV 2	PSV	NED	<b>2:18.59</b>		
Liselotte Joling	75	Jeanne Petit	70	+0.50	33.03
Trudy Ketting	70	Saskia Phaff	66		30.73
	+0.49				
37.07	37.76				
2. De Geul 1	De Geul	NED	<b>2:41.11</b>		
Erica Muller	64	Marian Nederlof	76	+0.11	36.28
Aafke Groot	83	Marijke Campfens	69		34.03
49.03	41.77				
3. De Duinkickers 1	De Duinkickers	NED	<b>3:01.68</b>		
Christine Buist	64	Inge Roskam	78		38.58
Annet Verhoeven - Steggerda	46	Saskia op den Velde	79	+0.87	39.21
44.46	59.43				

200+, Heren

1. PSV 3	PSV	NED	<b>1:56.95</b>		
<i>Nederlands Masters Record</i>					
Joost Groeneveld	92	Gijsbert van der Leden	67		29.34
Harold Matla	68	Fred Ketting	60		27.47
28.61	31.53				
2. De Rog 1	De Rog	NED	<b>2:12.96</b>		
Erik Kamphuis	60	Peter Bensen	63		30.30
Wijnand Vergeest	68	Arjan Verheij	71		27.27
	+0.62				
35.28	40.11				
3. ZVVS 1	ZVVS	NED	<b>2:26.63</b>		
Jeroen Hoeksel	74	Bram Piederiet	90	+0.54	30.79
Bas van den Nouweland	80	Willem Putter	45	+0.62	36.77
	+0.68				
42.95	36.12				

200+, Gemengd

1. Feijenoord Zwemmen (SG) 2	Feijenoord Zwemmen (SG)	NED	<b>2:16.27</b>		
Mark Nuijten	60	Pieter Broek	77	+0.41	29.28
Mirjan den Drijver	75	Netty Burik-Geijsen	63	+0.05	30.91
35.84	40.24				
2. De Biesboschzwemmers 1	De Biesboschzwemmers	NED	<b>2:17.42</b>		
Nico Swart	68	Paul Wijnja	63	+0.39	33.69
Marjo Goelma-Koek	69	Annette Wijnja-Visser	67		31.84
36.08	35.81				
3. Sassenheim 1	Sassenheim	NED	<b>2:22.27</b>		
Marinka vd Zwet	65	Frank van Nobelen	69	+0.41	33.34
Bogdan Androne	77	Yvonne van Nobelen - Kampschreur	72	+0.21	33.99
	+0.48				
38.06	36.88				
4. DAW 1	DAW	NED	<b>2:23.21</b>		
Alina Spijkerman	77	Ilona Hogerheyde	74		33.83
Hans Schoenmakers	69	Erik Schweitzer	67	+0.71	34.42
37.03	37.93				
5. Aqualero 1	Aqualero	NED	<b>2:27.97</b>		
Annette Korving-Leijenaar	67	Erik Zoethout	69	+0.42	35.73
Marcel Jonkman	68	Greetje Vos	79	+0.74	34.68
	+0.55				
41.61	35.95				
6. SWOL 1894 3	SWOL 1894	NED	<b>2:28.33</b>		
Peter Lommert	79	Albert van Piekeren	84	+0.39	31.54
Annemarie Vuist-Blum	63	Christine Nieuwenhuis	51		34.34
35.03	47.42				
7. GZC DONK 2	GZC DONK	NED	<b>2:31.79</b>		
Clara Groenhorst	82	Adrian Ortiz Buitrago	60		35.69
Willem Jan Ribberink	65	Jessica Venema	79		32.39
40.82	42.89				
8. Hieronymus 1	Hieronymus	NED	<b>2:43.54</b>		
* 50m					
Lené Wessels	76	Marjolein Klunne	71	+0.55	36.06
Hilly Brugmans	70	Wim Donkersloot	68	+0.32	34.77
47.29	45.42				

240+, Dames

1. Steenwijk 1934 3	Steenwijk 1934	NED	<b>3:13.59</b>		
Wilna Heijman	64	Linda Wibbelink	59		42.43
Riekje Schra	64	Monica Bakker	56	+0.84	39.37
42.85	1:08.94				



Open Nederlandse Masters  
Kampioenschappen 2023 korte baan  
Heerenveen, 16-19 februari 2023



Programmanr. 44, 4 x 50m wisselslag

240+, Heren

1.	SWOL 1894 1	SWOL 1894	NED	<b>2:16.02</b>				
	Erik Wetsteijn	65	35.59	Evert-Jan Verweij	63	+0.31	33.82	
	Michael van Bekkum	72	+0.39	35.28	Harry Dokter	51	+0.41	31.33

240+, Gemengd

1.	ZPC AMERSFOORT 1	ZPC AMERSFOORT	NED	<b>2:10.06</b>				
	<i>Europees Masters Record</i>							
	Chester Marsman	69	29.58	Johan Remmits	62	+0.37	30.14	
	Marjan Remmits-de Lange	63	40.07	Atie Pijtak-Radersma	56	+0.23	30.27	
2.	TriVia 1	TriVia	NED	<b>2:32.99</b>				
	Margriet Pasma	55	44.16	Fred Zanting	54		35.45	
	Theo Bakker	64	+0.49	35.79	Hannie Poletiek	59		37.59
3.	WS Twente 1	WS Twente	NED	<b>2:42.10</b>				
	Antoinette Gilding-Tussaud	50	51.35	Marijke Kraak-Beckers	60		38.56	
	Joop Veenink	68	38.81	Jack Barends	62		33.38	
4.	ZPC AMERSFOORT 4	ZPC AMERSFOORT	NED	<b>2:48.85</b>				
	Loekie van Huissteden	45	1:00.28	Henk Kuipers	62		34.24	
	Monica Korndewal	77	40.89	Ronald Pijtak	61	+0.13	33.44	
5.	HZ&PC Heerenveen 4	HZ&PC Heerenveen	NED	<b>2:50.99</b>				
	Ineke Meijer	52	52.47	Peggi Hurenkamp	69		38.44	
	Jan van der Heide	51	51.81	René Beetsma	69		28.27	
6.	GZC DONK 1	GZC DONK	NED	<b>2:53.76</b>				
	Nathasja Konijn	71	45.67	Lia Bijkerk	60		48.34	
	Peter Coffeng	57	46.42	Pierre de Groot	64	+0.47	33.33	
7.	AZC 3	AZC	NED	<b>2:59.70</b>				
	Monique Munnik	62	44.53	Wim de Lange	58	+0.56	40.03	
	Wil Ponsioen-van Mil	61	+0.69	54.99	Geza Kaltenecker	42	+0.55	40.15

280+, Gemengd

1.	PSV 4	PSV	NED	<b>3:53.17</b>			
	Ineke Brouwers	52	1:00.36	Rob Hanou	43		1:09.59
	Rob Hemesath	61	40.56	Lies Hartman	56		1:02.66