

rang	vereniging	inschrijftijd	startnr.	tijd	RT
<b>100+, Heren</b>					
1.	BGS 1	Brussels Gay Sports	2:20.00	<b>2:26.10</b>	+0,82
	Jure Tanko	86 +0,82 38.96	Ryan Heath	80 +0,17 31.91	
	Pablo Lourenza Quatra	90 +0,45 35.50	Johnathan Healy	83 +0,64 39.73	
<b>100+, Gemengd</b>					
1.	Nat Utrecht 6	Nat Utrecht	3:05.00	<b>2:59.82</b>	+0,81
	Charon Tessels-Blok	86 +0,81 44.82	Ruben Verwaal	86 +0,84 44.22	
	Manon Zaagman	83 +0,64 50.13	Rick Helmink	90 40.65	
2.	Plons 2	PLONS	3:11.00	<b>3:24.52</b>	+1,00
	Marke Kamphuis	81 +1,00 52.91	Christos Ellinas	82 +0,44 57.18	
	Astrid Valk	84 +0,39 52.81	Thijs Fleer	87 +0,60 41.62	
<b>120+, Heren</b>					
1.	Plons 3	PLONS	2:22.00	<b>2:20.07</b>	+0,85
	René Correljé	68 +0,85 35.18	Stan Dekker	79 +0,58 35.86	
	Jerry Grondel	72 +0,45 33.62	Bart Groenemans	82 +0,27 35.41	
2.	Upstream Amsterdam 3	Upstream Amsterdam	2:25.00	<b>2:26.25</b>	+0,90
	Pastor Manrique Valero	82 +0,90 39.20	Joost Roelofs	76 +0,61 35.55	
	Dirk Driessen	69 36.71	Dennis Schouten	75 +0,13 34.79	
3.	Ketelbinkie 1	GLS Ketelbinkie	2:30.00	<b>2:31.40</b>	+0,76
	Amko Hokken	79 +0,76 38.79	Alexander Jonker	80 +0,05 37.29	
	Robert Jan Zandee	77 +0,61 38.59	Harry Raven	70 +0,42 36.73	
4.	Nat Utrecht 4	Nat Utrecht	2:35.74	<b>2:33.69</b>	+0,81
	Héctor Miralles Gonzáles	85 +0,81 34.73	Bastian Vos	83 +0,79 40.45	
	Menno Deen	82 +0,52 39.90	Steve Welch	76 +0,24 38.61	
5.	Active Company 1	Active Company	2:32.00	<b>2:40.52</b>	+0,80
	David Roels	79 +0,80 33.51	Ken Plateus	77 +0,19 45.09	
	Gert Wouters	79 +0,74 39.45	Tim Van Hoydonck	78 +0,65 42.47	
6.	Plons 7	PLONS	2:45.00	<b>2:51.64</b>	+0,85
	Jeroen Kraaijeveld	73 +0,85 47.51	Peter Rem	76 +0,12 39.25	
	Yann Martineau	77 +0,74 41.74	Jan Berkvens	72 +0,63 43.14	
7.	Upstream Amsterdam 6	Upstream Amsterdam	2:52.00	<b>3:02.22</b>	+0,88
	Maarten Prot	84 +0,88 42.15	Christian Wicke	69 +0,50 47.06	
	David Kramer	84 +0,70 48.34	Mario Maidana Cardozo	68 +0,46 44.67	
DIS	Upstream Amsterdam 7	Upstream Amsterdam	2:50.00	SC	+0,94
	<i>SC 2e zwemmer</i>				
	Monllor Palacios	82 +0,94 47.38	Michiel de Gier	76 +0,22	
	Roberto Bonilla	75 +0,37	Fritjof Röntgen	78 +0,53	
DIS	Ketelbinkie 2	GLS Ketelbinkie	2:55.00	EA	+0,83
	<i>EA 4e zwemmer</i>				
	Bart de Mooij	77 +0,83 43.72	Ferdie Smits	80 +0,38 45.70	
	Michel Honders	69 +0,62 41.12	Sander Korz	74 -0,07	
<b>120+, Gemengd</b>					
1.	Nat Utrecht 7	Nat Utrecht	3:20.00	<b>3:27.19</b>	+1,04
	John Ryan	74 +1,04 47.46	Eveline Tromp	81 +0,50 48.37	
	Gio van den Heuvel	69 +0,86 56.74	Mariëlle Roeters	73 +0,68 54.62	
<b>160+, Heren</b>					
1.	Gay Swim Amsterdam 1	Gay Swim Amsterdam	2:37.86	<b>2:32.99</b>	+0,70
	Ruud Endenburg	69 +0,70 40.06	Frank van den Haak	66 +0,46 40.64	
	Rob van Wanrooy	82 +0,51 35.73	Kees Bakker	75 +0,30 36.56	
2.	Upstream Amsterdam 4	Upstream Amsterdam	2:30.00	<b>2:35.05</b>	+0,92
	Guido van der Heijden	64 +0,92 43.42	Warwick Tucker	80 +0,53 38.22	
	Paul Kakerissa	67 +0,39 38.21	Jan Gert Notenbomer	66 +0,32 35.20	
3.	Ketelbinkie 3	GLS Ketelbinkie	2:45.00	<b>2:46.40</b>	+0,87
	Ruud van der Zwan	63 +0,87 42.30	Peter Klein Gunnewiek	63 +0,61 44.67	
	Ad van Heijst	66 +0,30 40.84	Martin Oosters	72 +0,16 38.59	
4.	Plons 4	PLONS	2:50.00	<b>2:47.35</b>	+0,79
	Francois Boudreaault	74 +0,79 39.99	Marc-Peter Don	67 +0,32 41.65	
	Johan Ligterink	64 +0,35 41.43	Joris de la Court	71 +0,64 44.28	
5.	Nat Utrecht 3	Nat Utrecht	2:45.00	<b>2:47.56</b>	+0,79
	Erik Roseboom	63 +0,79 39.41	Jan Laterveer	64 +0,69 42.59	
	Ivo Kokje	66 +0,67 44.06	Roeland Looman	74 +0,80 41.50	

Programmanr. 1, Heren, 4 x 50m schoolslag, 160+

rang	vereniging	inschrijftijd	startnr.	tijd	RT
6.	BGS 2	Brussels Gay Sports	2:30.00	<b>2:49.56</b>	+0,97
	Alain Janssens	68 +0,97 41.76	Ruben Alonso	77 +0,50 45.20	
	Jan Briffaerts	71 +0,35 42.06	Damien Frébutte	76 +0,64 40.54	
7.	Active Company 2	Active Company	2:56.00	<b>2:52.41</b>	+1,02
	Didier De Braekeler	75 +1,02 43.04	Remco De Boer	71 +0,84 42.21	
	Frederic Wille	72 +0,21 45.29	Wim Cools	74 +0,49 41.87	
8.	Ketelbinkie 5	GLS Ketelbinkie	3:15.00	<b>2:57.35</b>	+0,95
	Pim Pompen	72 +0,95 43.30	Derk ten Berge	69 +0,32 45.43	
	Pieter Heesbeen	82 +0,47 44.90	Hubert Breukers	66 +0,73 43.72	
9.	Upstream Amsterdam 8	Upstream Amsterdam	2:50.00	<b>2:59.44</b>	+0,88
	Marco Visser	74 +0,88 41.40	Wolfgang Vintan	64 +0,63 45.67	
	Folkert van der Hoek	63 +0,47 47.43	Bark Stoffels	68 +0,19 44.94	
10.	Plons 10	PLONS	3:10.00	<b>2:59.76</b>	+0,89
	Hans Maas	65 +0,89 48.69	Steven Prins	79 +0,10 45.23	
	Perry Prince	70 +0,44 42.76	Jeroen Gerritsen	71 +0,70 43.08	
11.	Plons 8	PLONS	3:06.00	<b>3:02.91</b>	+1,07
	Norbert Kets	68 +1,07 44.89	Joost Niermeijer	75 +0,64 42.39	
	Sjoerd Wierda	73 +0,66 46.98	Erik Boertjes	70 +0,69 48.65	

160+, Dames

1.	Plons 1	PLONS	3:10.00	<b>3:07.75</b>	+0,82
	Gabi Vink	84 +0,82 50.65	Hanneke Grutterink	78 +0,46 45.63	
	Danielle Toonen	68 +0,21 48.66	Inge Wolfs	60 +0,44 42.81	
2.	Active Company 1	Active Company	3:40.00	<b>3:41.81</b>	+1,18
	Ines De Clerck	71 +1,18 58.39	Annick Sioen	82 +0,55 49.70	
	Monique Bergmans	66 +0,53 57.77	Cindy Struyf	72 55.95	
AFGEM	Nat Utrecht 5	Nat Utrecht	3:24.48		

160+, Gemengd

1.	Upstream Amsterdam 2	Upstream Amsterdam	3:00.00	<b>3:04.11</b>	+1,06
	Anita van der Voorden	75 +1,06 50.91	Frederik Kunst	69 +0,75 42.86	
	Magali Meijers	79 +0,10 47.13	Bas van der Geest	67 +0,27 43.21	
2.	Nat Utrecht 8	Nat Utrecht	3:36.00	<b>3:16.39</b>	+0,88
	Jan van Gorp	63 +0,88 51.90	Joan van den Ende	81 +0,63 46.00	
	Hans Stevens	63 +0,80 49.22	Agnes ter Elst	65 +0,49 49.27	

200+, Heren

1.	Plons 5	PLONS	2:39.00	<b>2:44.06</b>	+0,93
	Jan Vlasblom	61 +0,93 38.88	Vincent de Keijzer	58 +0,45 41.16	
	Art Nieuwpoort	57 +0,67 42.55	Mark Kas	61 +0,58 41.47	
2.	Ketelbinkie 4	GLS Ketelbinkie	2:45.00	<b>2:45.63</b>	+0,88
	Gerard Tel	67 +0,88 38.54	Wim Sanders	55 +0,49 44.09	
	Harm Muntinga	60 +0,46 42.89	Henk Niemansverdriet	67 +0,20 40.11	
3.	Active Company 3	Active Company	3:05.00	<b>2:54.59</b>	+0,98
	Arnoud Bonemeyer	62 +0,98 39.12	Danny Roggeman	60 +0,79 47.64	
	Bart Goethals	64 +0,34 40.00	Jan Heylen	55 +0,83 47.83	
4.	Nat Utrecht 2	Nat Utrecht	3:00.00	<b>2:59.86</b>	+0,94
	Rob Wieleman	60 +0,94 44.33	Bas Hoogeboom	68 +0,49 40.81	
	Hans de Groot	59 +0,60 49.42	Gert Mooij	58 +0,53 45.30	
5.	Gay Swim Amsterdam 2	Gay Swim Amsterdam	2:55.00	<b>3:01.33</b>	+0,90
	Marcel Holtslag	58 +0,90 45.96	Etan Sela	60 +0,80 49.47	
	Jos Kuijs	57 +0,36 44.89	Johan Bos	65 41.01	
6.	Plons 9	PLONS	3:02.00	<b>3:20.31</b>	+1,04
	Hans Dijkstra	58 +1,04 53.30	Han van Ruler	63 +0,42 50.65	
	James Norman	60 +0,06 45.59	Jeroen Rikkerink	63 +0,55 50.77	
DIS	Upstream Amsterdam 5	Upstream Amsterdam	2:45.00		+0,80
	<i>EA 2e zwemmer</i>				
	Jan van der Meer	62 +0,80 43.96	Peter van Vuuren	60 43.96	
	Bauke Ylstra	65 -0,23 43.96	Richard van de Steeg	62 43.96	

Programmanr. 1, 4 x 50m schoolslag

240+, Heren

1. Upstream Amsterdam 1	Upstream Amsterdam	3:00.00	<b>3:17.44</b>	+0,99
Kees Roza	48 +0,99 54.93	Aubert van Engelen	57 +0,77 45.95	
Fred Dwarshuis	50 +0,29 53.63	Bram de Vries	52 +0,43 42.93	
2. Nat Utrecht 1	Nat Utrecht	3:22.00	<b>3:21.06</b>	+0,99
Han Vermeer	50 +0,99 49.59	Rob Toet	42 +0,25 58.76	
Bert Kwakemaak	55 +0,39 44.66	Martin Oortwijn	54 +0,73 48.05	
DIS Plons 6	PLONS	3:05.00		SC +0,94
SC 2e zwemmer				
Leo de Keizer	56 +0,94 43.84	Peter Cornelissen	55	
Sjef Voets	49	Gerard van Reijssen	48	

240+, Gemengd

1. Ketelbinkie 1	GLS Ketelbinkie	3:40.00	<b>3:52.92</b>	+0,96
Vera van der Horst	55 +0,96 56.68	Willy Zuidema	53 +0,74 1:06.26	
Herman Meijer	47 +0,32 52.67	Herbert van Sluys	50 +0,37 57.31	

Programmanr. 2  
29-06-2013 - 13:19

1500m vrije slag

20 - 94 jaar  
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
1.	Svet Gavrilov	GLS Ketelbinkie	21:00.00	197501263	<b>21:14.66</b>	+0,78
	50m: 38.38 38.38	450m: 6:27.33 43.72	850m: 12:12.20 42.14	1250m: 17:50.58 41.54		
	100m: 1:21.12 42.74	500m: 7:11.65 44.32	900m: 12:55.29 43.09	1300m: 18:32.37 41.79		
	150m: 2:03.86 42.74	550m: 7:54.69 43.04	950m: 13:37.49 42.20	1350m: 19:13.18 40.81		
	200m: 2:47.45 43.59	600m: 8:38.38 43.69	1000m: 14:20.65 43.16	1400m: 19:54.53 41.35		
	250m: 3:31.38 43.93	650m: 9:21.00 42.62	1050m: 15:03.10 42.45	1450m: 20:34.72 40.19		
	300m: 4:15.91 44.53	700m: 10:04.18 43.18	1100m: 15:45.36 42.26	1500m: 21:14.66 39.94		
	350m: 4:59.71 43.80	750m: 10:47.09 42.91	1150m: 16:26.95 41.59			
	400m: 5:43.61 43.90	800m: 11:30.06 42.97	1200m: 17:09.04 42.09			

Masters 45+, Heren

DIS Alain Janssens	Brussels Gay Sports	30:00.00	061/68	AF
50m:	450m:	850m:	1250m:	
100m:	500m:	900m:	1300m:	
150m:	550m:	950m:	1350m:	
200m:	600m:	1000m:	1400m:	
250m:	650m:	1050m:	1450m:	
300m:	700m:	1100m:	1500m:	
350m:	750m:	1150m:		
400m:	800m:	1200m:		

Masters 50+, Heren

1. Richard Broer	PLONS	20:15.00	195900077	<b>20:56.78</b>	+1,18
50m: 37.51 37.51	450m: 6:14.68 41.50	850m: 11:51.27 41.69	1250m: 17:27.19 42.28		
100m: 1:19.27 41.76	500m: 6:57.06 42.38	900m: 12:33.52 42.25	1300m: 18:09.43 42.24		
150m: 2:01.31 42.04	550m: 7:38.61 41.55	950m: 13:15.46 41.94	1350m: 18:52.43 43.00		
200m: 2:43.85 42.54	600m: 8:20.99 42.38	1000m: 13:57.93 42.47	1400m: 19:34.39 41.96		
250m: 3:26.23 42.38	650m: 9:03.41 42.42	1050m: 14:39.80 41.87	1450m: 20:15.89 41.50		
300m: 4:08.75 42.52	700m: 9:45.43 42.02	1100m: 15:21.84 42.04	1500m: 20:56.78 40.89		
350m: 4:50.48 41.73	750m: 10:27.27 41.84	1150m: 16:03.17 41.33			
400m: 5:33.18 42.70	800m: 11:09.58 42.31	1200m: 16:44.91 41.74			
2. Henk Gierveld	Nat Utrecht	23:16.67	196000869	<b>24:43.89</b>	+0,89
50m: 41.67 41.67	450m: 7:11.94 49.38	850m: 13:51.74 50.44	1250m: 20:35.43 50.38		
100m: 1:27.26 45.59	500m: 8:02.00 50.06	900m: 14:42.20 50.46	1300m: 21:25.50 50.07		
150m: 2:14.68 47.42	550m: 8:51.12 49.12	950m: 15:31.94 49.74	1350m: 22:16.31 50.81		
200m: 3:03.57 48.89	600m: 9:41.36 50.24	1000m: 16:22.57 50.63	1400m: 23:06.20 49.89		
250m: 3:52.73 49.16	650m: 10:31.65 50.29	1050m: 17:12.98 50.41	1450m: 23:55.53 49.33		
300m: 4:42.00 49.27	700m: 11:21.01 49.36	1100m: 18:03.68 50.70	1500m: 24:43.89 48.36		
350m: 5:31.60 49.60	750m: 12:11.33 50.32	1150m: 18:54.51 50.83			
400m: 6:22.56 50.96	800m: 13:01.30 49.97	1200m: 19:45.05 50.54			
3. Joe Chapman	Upstream Amsterdam	25:00.00	195900711	<b>25:38.16</b>	+0,90
50m: 42.07 42.07	450m: 7:29.25 52.41	850m: 14:25.20 51.96	1250m: 21:23.02 51.98		
100m: 1:29.55 47.48	500m: 8:22.43 53.18	900m: 15:17.92 52.72	1300m: 22:15.15 52.13		
150m: 2:18.91 49.36	550m: 9:13.30 50.87	950m: 16:09.57 51.65	1350m: 23:07.16 52.01		
200m: 3:09.79 50.88	600m: 10:05.51 52.21	1000m: 17:02.24 52.67	1400m: 23:59.29 52.13		
250m: 4:00.16 50.37	650m: 10:56.48 50.97	1050m: 17:54.46 52.22	1450m: 24:49.45 50.16		
300m: 4:52.98 52.82	700m: 11:48.72 52.24	1100m: 18:47.20 52.74	1500m: 25:38.16 48.71		
350m: 5:44.71 51.73	750m: 12:40.64 51.92	1150m: 19:38.38 51.18			
400m: 6:36.84 52.13	800m: 13:33.24 52.60	1200m: 20:31.04 52.66			

Programmanr. 2, 1500m vrije slag

Masters 55+, Heren

1. Rudolf Post		Gay Swim Amsterdam	30:00.00	195500325	<b>29:42.58</b>	+1,05	
50m: 48.44	48.44	450m: 8:31.87	59.07	850m: 16:28.32	1:00.05	1250m: 24:43.36	1:02.30
100m: 1:42.57	54.13	500m: 9:30.44	58.57	900m: 17:27.92	59.60	1300m: 25:45.14	1:01.78
150m: 2:40.17	57.60	550m: 10:30.41	59.97	950m: 18:28.40	1:00.48	1350m: 26:47.24	1:02.10
200m: 3:38.16	57.99	600m: 11:28.60	58.19	1000m: 19:30.79	1:02.39	1400m: 27:47.68	1:00.44
250m: 4:37.04	58.88	650m: 12:28.74	1:00.14	1050m: 20:34.49	1:03.70	1450m: 28:47.07	59.39
300m: 5:34.85	57.81	700m: 13:28.58	59.84	1100m: 21:36.83	1:02.34	1500m: 29:42.58	55.51
350m: 6:34.82	59.97	750m: 14:28.19	59.61	1150m: 22:38.94	1:02.11		
400m: 7:32.80	57.98	800m: 15:28.27	1:00.08	1200m: 23:41.06	1:02.12		

Masters 40+, Dames

1. Nicole Pouliart		Active Company	27:00.00	AC/20014/69	<b>28:53.61</b>	+1,00	
50m: 48.94	48.94	450m: 8:30.74	58.44	850m: 16:19.89	58.18	1250m: 24:07.65	59.02
100m: 1:43.45	54.51	500m: 9:29.33	58.59	900m: 17:17.89	58.00	1300m: 25:05.91	58.26
150m: 2:39.89	56.44	550m: 10:29.03	59.70	950m: 18:16.74	58.85	1350m: 26:03.54	57.63
200m: 3:37.09	57.20	600m: 11:27.73	58.70	1000m: 19:15.04	58.30	1400m: 27:01.31	57.77
250m: 4:36.05	58.96	650m: 12:26.83	59.10	1050m: 20:13.93	58.89	1450m: 27:59.27	57.96
300m: 5:34.37	58.32	700m: 13:25.56	58.73	1100m: 21:12.11	58.18	1500m: 28:53.61	54.34
350m: 6:33.96	59.59	750m: 14:24.20	58.64	1150m: 22:11.13	59.02		
400m: 7:32.30	58.34	800m: 15:21.71	57.51	1200m: 23:08.63	57.50		

Programmanr. 3

100m schoolslag

20 - 94 jaar

29-06-2013 - 13:49

Resultaten

rang naam	vereniging	inschrijftijd	tijd	RT	50m	100m	
<b>Masters 20+, Heren</b>							
1. Pablo Lourenza Quatra	Brussels Gay Sports	1:16.00	082/90	<b>1:20.12</b>	+0,92	36.68	1:20.12
2. Rick Helmink	Nat Utrecht	1:40.00	199007397	<b>1:36.30</b>	+1,06	42.70	1:36.30
<b>Masters 25+, Heren</b>							
1. Frank van 't Klooster	Zwem Goud	1:30.00	198801879	<b>1:20.94</b>	+0,75	36.55	1:20.94
2. Thijs Fleer	PLONS	1:30.00	198705285	<b>1:30.65</b>	+0,82	41.03	1:30.65
3. Ruben Verwaal	Nat Utrecht	1:38.46	198604541	<b>1:38.72</b>	+0,87	44.90	1:38.72
<b>Masters 30+, Heren</b>							
1. Ryan Heath	Brussels Gay Sports	1:12.00	070/80	<b>1:11.85</b>	+0,78	32.96	1:11.85
2. David Roels	Active Company	1:12.50	AC/10043/79	<b>1:13.63</b>	+0,80	34.82	1:13.63
3. Rob van Wanrooy	Gay Swim Amsterdam	1:30.00	198202627	<b>1:20.46</b>	+0,94	36.57	1:20.46
4. Pastor Manrique Valero	Upstream Amsterdam	1:25.00	198202605	<b>1:25.59</b>	+1,01	41.35	1:25.59
5. Warwick Tucker	Upstream Amsterdam	1:25.00	198002249	<b>1:27.33</b>	+0,81	42.11	1:27.33
6. Alexander Jonker	GLS Ketelbinkie	1:28.00	198002325	<b>1:27.47</b>	+0,92	39.23	1:27.47
7. Gert Wouters	Active Company	1:24.00	AC/10116/79	<b>1:28.42</b>	+1,06	42.55	1:28.42
8. Menno Deen	Nat Utrecht	1:30.00	198202571	<b>1:29.55</b>	+0,96	42.06	1:29.55
9. Jeroen Casatelli	Brussels Gay Sports	1:30.00	043/80	<b>1:32.79</b>	+0,94	42.80	1:32.79
10. Michel Hormes	Gay Swim Amsterdam	NT	198002319	<b>1:35.17</b>	+1,09	44.56	1:35.17
11. Gilliam Conradi	Aqua-Novio'94	1:41.00	198102487	<b>1:45.50</b>	+0,90	47.71	1:45.50
<b>Masters 35+, Heren</b>							
1. Yann Martineau	PLONS	1:41.21	197701579	<b>1:36.80</b>	+0,97	46.16	1:36.80
2. Koen van Schooten	Gay Swim Amsterdam	1:37.00	197501205	<b>1:36.97</b>	+1,00	44.83	1:36.97
3. Joost Klaren	Upstream Amsterdam	1:40.00	197601487	<b>1:37.69</b>	+0,96	45.36	1:37.69
4. Ken Plateus	Active Company	1:30.00	AC/10110/77	<b>1:41.13</b>	+1,08	46.68	1:41.13
5. Edwin van der Linden	GLS Ketelbinkie	1:45.88	197701563	<b>1:43.18</b>	+1,00	49.32	1:43.18
6. Ronald Hof	Gay Swim Amsterdam	NT	197801829	<b>1:50.90</b>	+1,02	52.64	1:50.90
7. John Ryan	Nat Utrecht	1:49.70	197401381	<b>1:55.43</b>	+1,16	50.87	1:55.43
<b>Masters 40+, Heren</b>							
1. Jerry Grondel	PLONS	1:18.27	197201223	<b>1:16.20</b>	+0,77	36.52	1:16.20
2. Dirk Driessen	Upstream Amsterdam	1:25.00	196901263	<b>1:24.05</b>	+0,99	39.91	1:24.05
3. Harry Raven	GLS Ketelbinkie	1:23.48	197000831	<b>1:24.73</b>	+0,94	39.55	1:24.73
4. Ruud Endenburg	Gay Swim Amsterdam	1:31.05	196901453	<b>1:31.59</b>	+0,71	42.50	1:31.59
5. Jan Berkvens	PLONS	1:30.80	197201519	<b>1:32.49</b>	+0,82	43.67	1:32.49
6. Sjoerd Wierda	PLONS	1:40.00	197301371	<b>1:42.50</b>	+1,38	49.20	1:42.50

Programmanr. 3, 100m schoolslag

Masters 45+, Heren

1. René Correljé	PLONS	1:19.01	196801231	<b>1:19.24</b>	+0,89	37.16	1:19.24
2. Gerard Tel	GLS Ketelbinkie	1:22.30	196701175	<b>1:24.73</b>	+0,86	40.60	1:24.73
3. Bart Goethals	Active Company	1:32.00	AC/10059/64	<b>1:31.00</b>	+0,94	43.25	1:31.00
4. Bas Hoozeboom	Nat Utrecht	1:34.20	196801449	<b>1:32.71</b>	+0,98	44.09	1:32.71
5. Guido van der Heijden	Upstream Amsterdam	1:37.00	196400979	<b>1:35.41</b>	+1,00	44.32	1:35.41
6. Johan Ligterink	PLONS	1:34.71	196401283	<b>1:36.52</b>	+1,17	44.98	1:36.52
7. Raymond Bosdriesz	Upstream Amsterdam	1:32.00	196701653	<b>1:36.55</b>	+0,86	44.44	1:36.55
8. Johan Bos	Gay Swim Amsterdam	1:37.00	196501375	<b>1:38.12</b>	+1,27	46.66	1:38.12
9. Mario Maidana Cardozo	Upstream Amsterdam	1:50.00	196801465	<b>1:41.94</b>	+0,80	48.33	1:41.94
DIS Arno de Keizer	Upstream Amsterdam	1:38.00	196401405				SR

Masters 50+, Heren

1. Jan Vlasblom	PLONS	1:26.88	196100823	<b>1:28.17</b>	+0,97	42.42	1:28.17
2. Richard van de Steeg	Upstream Amsterdam	1:23.00	196200633	<b>1:28.80</b>	+0,88	41.71	1:28.80
3. Tim Zwanikken	Aqua-Novio'94	1:27.00	195900571	<b>1:29.47</b>	+1,15	42.15	1:29.47
4. Harm Muntinga	GLS Ketelbinkie	1:38.91	196001057	<b>1:40.17</b>	+1,17	47.64	1:40.17
5. Jan van Gorp	Nat Utrecht	1:54.41	196300263	<b>1:55.63</b>	+0,88	53.77	1:55.63
6. Mark North	Active Company	2:08.00	AC/10100/62	<b>1:59.59</b>	+1,23	56.65	1:59.59
7. Hans Stevens	Nat Utrecht	2:01.00	196301367	<b>2:01.15</b>	+0,97	50.21	2:01.15

Masters 55+, Heren

1. Bert Kwakernaak	Nat Utrecht	1:47.00	195500431	<b>1:39.93</b>	+0,84	47.48	1:39.93
2. Jos Kuijs	Gay Swim Amsterdam	1:52.00	195700511	<b>1:47.48</b>	+0,92	50.47	1:47.48
3. Jan Heylen	Active Company	1:55.00	AC/10064/55	<b>1:53.26</b>	+1,24	51.18	1:53.26
DIS Peter Cornelissen	PLONS	1:50.00	195300025				AB

Masters 60+, Heren

1. Herbert van Sluys	GLS Ketelbinkie	2:09.21	195000173	<b>2:15.18</b>	+1,23	1:01.27	2:15.18
DIS Jan Hoogland	Upstream Amsterdam	1:50.00	194900053			AB	
AFGEM Dieter Kleinjan	PLONS	1:40.00	195000067				

Masters 65+, Heren

1. Herman Meijer	GLS Ketelbinkie	2:03.38	194700159	<b>2:02.09</b>	+0,97	57.20	2:02.09
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Masters 30+, Dames

1. Annick Sioen	Active Company	2:01.00	AC/20106/82	<b>1:45.99</b>	+1,09	49.42	1:45.99
2. Marike Kamphuis	PLONS	2:03.79	198102200	<b>1:58.16</b>	+1,04	56.43	1:58.16

Masters 35+, Dames

1. Jessica Schnieders	Nat Utrecht	2:00.00	197500900	<b>2:00.91</b>	+1,42	57.41	2:00.91
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Masters 40+, Dames

1. Leonie van Bommel	Nat Utrecht	1:52.00	197000804	<b>1:46.42</b>	+0,86	49.26	1:46.42
2. Mariëlle Roeters	Nat Utrecht	1:56.99	197300900	<b>2:01.33</b>	+1,41	56.03	2:01.33
3. Cindy Struyf	Active Company	1:58.00	AC/20092/72	<b>2:09.32</b>	+1,20	1:00.34	2:09.32

Masters 45+, Dames

1. Danielle Toonen	PLONS	1:59.59	196800858	<b>1:49.30</b>	+0,89	51.37	1:49.30
2. Monique Bergmans	Active Company	2:05.00	AC/20107/66	<b>2:07.81</b>	+1,44	59.78	2:07.81

Masters 60+, Dames

1. Willy Zuidema	GLS Ketelbinkie	2:17.00	195300066	<b>2:24.79</b>	+1,27	1:10.72	2:24.79
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rang naam	vereniging	inschrijftijd	tijd	RT	50m	100m	150m	200m
<b>Masters 25+, Heren</b>								
1. Jure Tanko	Brussels Gay Sports	2:16.00 083/86	<b>2:21.86</b>	+0,82	31.63	1:07.19	1:44.19	2:21.86
<b>Masters 30+, Heren</b>								
1. Steven Prins	PLONS	2:44.36 197901833	<b>2:30.21</b>	+0,71	34.56	1:12.28	1:51.99	2:30.21
2. Bert Crauwels	Active Company	3:30.00 AC/10094/80	<b>3:21.40</b>	+1,21	46.43	1:38.50	2:33.16	3:21.40
<b>Masters 35+, Heren</b>								
1. Dennis Schouten	Upstream Amsterdam	2:10.12 197501351	<b>2:19.17</b>	+0,79	31.37	1:06.98	1:43.62	2:19.17
2. Sander Korz	GLS Ketelbinkie	2:42.50 197401253	<b>2:50.28</b>	+1,02	37.44	1:19.44	2:05.26	2:50.28
3. Andy Vandervoort	Active Company	2:48.00 AC/10060/76	<b>2:56.35</b>	+0,86	38.22	1:22.85	2:11.01	2:56.35
4. Koen van Schooten	Gay Swim Amsterdam	2:47.00 197501205	<b>2:56.70</b>	+1,05	40.52	1:24.77	2:11.02	2:56.70
5. Damien Frébutte	Brussels Gay Sports	2:58.00 072/76	<b>3:16.21</b>	+0,92	38.80	1:25.45	2:17.98	3:16.21
6. Ken Plateus	Active Company	3:30.00 AC/10110/77	<b>3:36.80</b>	+0,82	45.64	1:40.88	2:41.73	3:36.80
<b>Masters 40+, Heren</b>								
1. Remco De Boer	Active Company	2:40.00 AC/10113/71	<b>2:44.28</b>	+1,06	35.11	1:14.73	1:57.84	2:44.28
2. Michel Honders	GLS Ketelbinkie	2:49.40 196901395	<b>2:49.04</b>	+1,05	36.85	1:17.46	2:02.71	2:49.04
3. Rodney Goijer	GLS Ketelbinkie	2:38.24 197101371	<b>2:49.86</b>	+0,70	39.99	1:22.58	2:07.17	2:49.86
4. Jeroen Gerritsen	PLONS	3:00.00 197101203	<b>2:58.96</b>	+1,07	39.95	1:26.44	2:14.57	2:58.96
5. Frederik Kunst	Upstream Amsterdam	2:50.00 196901465	<b>3:04.57</b>	+0,95	40.41	1:26.49	2:16.45	3:04.57
<b>Masters 45+, Heren</b>								
1. Ivo Kokje	Nat Utrecht	2:41.33 196601483	<b>2:28.94</b>	+0,90	35.31	1:12.93	1:53.33	2:28.94
2. Leo den Dekker	PLONS	2:39.05 196600151	<b>2:33.23</b>	+0,76	33.96	1:14.08	1:54.32	2:33.23
3. Aan Pander	Gay Swim Amsterdam	2:40.00 196400569	<b>2:33.70</b>	+0,83	35.70	1:14.80	1:54.96	2:33.70
4. Bas van der Geest	Upstream Amsterdam	3:00.00 196700309	<b>2:51.01</b>	+1,03	38.06	1:21.53	2:06.80	2:51.01
5. Ad van Heijst	GLS Ketelbinkie	2:47.97 196601251	<b>2:54.18</b>	+0,88	39.07	1:23.09	2:08.28	2:54.18
6. Frank Bunte	PLONS	3:00.00 196801335	<b>3:08.58</b>	+1,08	39.78	1:27.35	2:17.36	3:08.58
<b>Masters 50+, Heren</b>								
1. Peter van Vuuren	Upstream Amsterdam	2:25.00 196000641	<b>2:34.50</b>	+0,97	34.51	1:14.72	1:55.95	2:34.50
2. James Norman	PLONS	2:45.71 196001209	<b>2:46.46</b>	+0,91	36.42	1:18.47	2:02.83	2:46.46
3. Jeroen Rikkerink	PLONS	2:40.00 196301337	<b>2:48.24</b>	+1,08	36.55	1:18.20	2:03.99	2:48.24
4. Rob Wieleman	Nat Utrecht	2:49.25 196000665	<b>2:51.17</b>	+1,01	39.29	1:22.49	2:08.53	2:51.17
5. Luc Lambrigts	Active Company	3:02.00 AC/10008/62	<b>3:03.63</b>	+1,05	42.01	1:29.28	2:18.50	3:03.63
6. Adriaan Norbart	Upstream Amsterdam	3:38.00 196301379	<b>3:46.81</b>	+1,19	43.88	1:38.76	2:40.82	3:46.81
7. David Baker	Brussels Gay Sports	3:40.00 063/63	<b>3:55.27</b>	+1,09	48.89	1:47.33	2:52.96	3:55.27
<b>Masters 55+, Heren</b>								
1. Wim Sanders	GLS Ketelbinkie	2:46.76 195500387	<b>2:48.23</b>	+1,07	38.69	1:21.26	2:06.02	2:48.23
2. Gert Mooij	Nat Utrecht	2:52.09 195800293	<b>2:51.14</b>	+0,88	39.62	1:24.19	2:08.52	2:51.14
3. Leo de Keizer	PLONS	3:04.42 195600487	<b>3:10.29</b>	+0,90	40.01	1:26.89	2:19.57	3:10.29
<b>Masters 25+, Dames</b>								
1. Charon Tessels-Blok	Nat Utrecht	2:31.10 198605170	<b>2:32.82</b>	+0,80	34.22	1:13.36	1:53.57	2:32.82
<b>Masters 30+, Dames</b>								
1. Manon Zaagman	Nat Utrecht	3:00.00 198302338	<b>2:59.24</b>	+0,90	41.16	1:26.95	2:13.94	2:59.24
<b>Masters 40+, Dames</b>								
1. Nicole Pouliart	Active Company	3:20.00 AC/20014/69	<b>3:40.61</b>	+1,01	48.42	1:44.01	2:42.40	3:40.61
<b>Masters 45+, Dames</b>								
1. Agnes ter Elst	Nat Utrecht	3:27.97 196500442	<b>3:27.30</b>	+1,10	45.02	1:37.46	2:33.62	3:27.30

Programmanr. 4, 200m vrije slag

Masters 50+, Dames

1. Inge Wolfs	PLONS	2:39.11	196000304	<b>2:43.33</b>	+0,85	37.65	1:19.28	2:01.19	2:43.33
2. Jos Ensink	UZSC	3:10.00	196100384	<b>3:05.04</b>	+0,99	42.71	1:29.89	2:18.99	3:05.04
AFGEM Marlien Wijnhof	Nat Utrecht	2:45.44	196100300						

Programmanr. 5  
29-06-2013 - 14:27

50m vrije slag

20 - 94 jaar  
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
<b>Masters 20+, Heren</b>						
1.	Rick Helmink	Nat Utrecht	35.00	199007397	<b>34.17</b>	+0,89
<b>Masters 25+, Heren</b>						
1.	Héctor Miralles Gonzáles	Nat Utrecht	27.00	198503849	<b>26.01</b>	+0,75
2.	David Kramer	Upstream Amsterdam	42.00	198403281	<b>33.14</b>	+0,99
<b>Masters 30+, Heren</b>						
1.	Menno Deen	Nat Utrecht	29.27	198202571	<b>29.36</b>	+1,03
2.	Amko Hokken	GLS Ketelbinkie	29.03	197901981	<b>29.81</b>	+0,75
3.	Jeroen Casatelli	Brussels Gay Sports	30.00	043/80	<b>31.85</b>	+0,88
4.	Ferdi Smits	GLS Ketelbinkie	34.14	198002315	<b>32.47</b>	+0,73
5.	Monllor Palacios	Upstream Amsterdam	36.00	198202581	<b>34.66</b>	+1,12
6.	Alexander Jonker	GLS Ketelbinkie	35.00	198002325	<b>35.40</b>	+0,91
7.	Bert Bosqué	Active Company	46.00	AC/10118/79	<b>35.42</b>	+1,17
8.	Giliam Conradi	Aqua-Novio'94	43.00	198102487	<b>40.77</b>	+0,98
NG.ZA	Christos Ellinas	PLONS	40.00	198202631		
<b>Masters 35+, Heren</b>						
1.	Joost Roelofs	Upstream Amsterdam	26.50	197601337	<b>26.59</b>	+0,83
2.	Francois Boudreault	PLONS	28.27	197401155	<b>29.15</b>	+0,79
3.	Peter Rem	PLONS	30.50	197601495	<b>30.56</b>	+1,03
4.	Marco Visser	Upstream Amsterdam	30.30	197401369	<b>30.71</b>	+0,82
5.	Frithjof Röntgen	Upstream Amsterdam	33.00	197801733	<b>32.19</b>	+1,09
6.	Robert Jan Zandee	GLS Ketelbinkie	31.61	197701439	<b>32.26</b>	+1,07
7.	Didier De Braekeler	Active Company	31.00	AC/10108/75	<b>32.82</b>	+1,02
8.	Joost Klaren	Upstream Amsterdam	36.00	197601487	<b>34.60</b>	+0,87
9.	Joost Niermeijer	PLONS	40.00	197501403	<b>38.30</b>	+0,88
10.	Pim Kool	Nat Utrecht	53.00	197601541	<b>43.92</b>	+0,96
DIS	Michiel de Gier	Upstream Amsterdam	34.00	197601509		AA
AFGEM	Kai Glerum	GLS Ketelbinkie	42.03	197601539		
AFGEM	Marcel van Walt van Praag	Gay Swim Amsterdam	NT	197501401		
<b>Masters 40+, Heren</b>						
1.	Willem van der Bend	Upstream Amsterdam	30.00	197301201	<b>29.95</b>	+0,92
2.	Perry Prince	PLONS	29.30	197000817	<b>30.14</b>	+0,85
3.	Peter Musschenga	Zwem Goud	30.45	196901347	<b>31.25</b>	+0,83
4.	Jeroen Kraaijeveld	PLONS	32.28	197301257	<b>31.60</b>	+0,89
5.	Pim Pompen	GLS Ketelbinkie	31.09	197201381	<b>32.01</b>	+0,95
6.	Ruud Endenburg	Gay Swim Amsterdam	31.45	196901453	<b>32.51</b>	+0,70
7.	Erik Boertjes	PLONS	31.52	197001455	<b>32.99</b>	+1,00
8.	Rob Bergervoet	PLONS	38.00	196901697	<b>33.38</b>	+0,93
9.	Frederic Wille	Active Company	36.00	AC/10109/72	<b>34.72</b>	+1,10
10.	Gio van den Heuvel	Nat Utrecht	44.00	196901693	<b>44.78</b>	+1,55
11.	Derk ten Berge	GLS Ketelbinkie	55.00	196901701	<b>52.02</b>	+1,20
<b>Masters 45+, Heren</b>						
1.	Dave de Bruin	Nat Utrecht	30.00	196400141	<b>29.79</b>	+0,71
2.	Marc-Peter Don	PLONS	29.90	196700223	<b>30.97</b>	+0,91
3.	Frank van den Haak	Gay Swim Amsterdam	30.42	196601429	<b>31.24</b>	+0,70
4.	Bauke Ylstra	Upstream Amsterdam	35.00	196501431	<b>32.44</b>	+1,00
5.	Bark Stoffels	Upstream Amsterdam	32.00	196801227	<b>32.47</b>	+1,06
6.	Antoine Lelieveld	Gay Swim Amsterdam	36.00	196701661	<b>32.58</b>	+1,07
7.	Wolfgang Vintan	Upstream Amsterdam	34.00	196401331	<b>33.00</b>	+0,87
8.	Johan Bos	Gay Swim Amsterdam	35.00	196501375	<b>35.53</b>	+1,03

Programmanr. 5, Heren, 50m vrije slag, Masters 45+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
9.	Guido van der Heijden	Upstream Amsterdam	34.00	196400979	<b>37.19</b>	+0,84
10.	Romke van der Wal	Gay Swim Amsterdam	36.75	196801351	<b>37.77</b>	+1,18
11.	Hubert Breukers	GLS Ketelbinkie	40.00	196601547	<b>38.06</b>	+1,07
12.	Marcel Daas	PLONS	45.00	196601119	<b>38.07</b>	+1,16
13.	Wouter Vinken	Gay Swim Amsterdam	36.85	196401309	<b>39.02</b>	
14.	Patrick van de Rijt	Aqua-Novio'94	39.00	196801505	<b>39.03</b>	+1,05
15.	Maia Ascanio	Aqua-Novio'94	44.00	196601539	<b>39.21</b>	+1,06
16.	Habibe Allah Ait Sabri	Active Company	45.00	AC/10079/65	<b>39.27</b>	+0,96
17.	Harko Meijer	Gay Swim Amsterdam	NT	196601541	<b>43.74</b>	+1,22
DIS	Raymond Bosdriesz	Upstream Amsterdam	35.00	196701653		AA

Masters 50+, Heren

1.	Arnoud Bonemeyer	Active Company	30.00	AC/10076/62	<b>29.02</b>	+1,01
2.	Ruud van der Zwan	GLS Ketelbinkie	34.27	196301373	<b>31.98</b>	+0,97
3.	Tim Zwanikken	Aqua-Novio'94	31.00	195900571	<b>32.03</b>	+1,10
4.	Henk Kuipers	UZSC	32.43	196201207	<b>32.35</b>	+0,91
5.	Jan van der Meer	Upstream Amsterdam	32.50	196200439	<b>32.59</b>	+0,68
6.	Peter Klein Gunnewiek	GLS Ketelbinkie	34.86	196301371	<b>35.30</b>	+0,99
7.	Marius Weiland	Upstream Amsterdam	38.00	196200949	<b>38.55</b>	+0,93
8.	Han van Ruler	PLONS	37.00	196301165	<b>38.71</b>	+0,88
9.	Jan van Gorp	Nat Utrecht	39.72	196300263	<b>39.05</b>	+0,92
10.	Folkert van der Hoek	Upstream Amsterdam	38.00	196301347	<b>39.12</b>	+0,79
11.	Hans Stevens	Nat Utrecht	41.89	196301367	<b>39.40</b>	+1,12
12.	Etan Sela	Gay Swim Amsterdam	44.00	196001011	<b>42.62</b>	+0,91
13.	Mark North	Active Company	58.00	AC/10100/62	<b>44.68</b>	+1,28
14.	Alfred Boonstra	Nat Utrecht	1:01.23	196301349	<b>53.08</b>	+1,02

Masters 55+, Heren

1.	Marcel Holtslag	Gay Swim Amsterdam	32.80	195800693	<b>33.81</b>	+0,88
2.	Arthur Jansen	Gay Swim Amsterdam	34.00	195400299	<b>36.20</b>	+0,81
3.	Art Nieuwpoort	PLONS	36.59	195700469	<b>36.34</b>	+0,91
4.	Hans Dijkstra	PLONS	36.50	195800649	<b>36.95</b>	+0,99
5.	Jos Kuijs	Gay Swim Amsterdam	40.13	195700511	<b>39.54</b>	+0,88
6.	Jan Heylen	Active Company	49.00	AC/10064/55	<b>42.36</b>	+1,15
7.	Arnold de Haan	Nat Utrecht	59.00	195400371	<b>51.06</b>	+1,14
NG.ZA	Martin Oortwijn	Nat Utrecht	41.59	195400357		

Masters 60+, Heren

1.	Sjef Voets	PLONS	35.00	194900165	<b>36.93</b>	+0,90
2.	Fred Dwarshuis	Upstream Amsterdam	40.90	195000033	<b>43.95</b>	+0,89
3.	Herbert van Sluys	GLS Ketelbinkie	57.30	195000173	<b>56.96</b>	+1,14
DIS	Han Vermeer	Nat Utrecht	39.00	195000159		AA

Masters 65+, Heren

1.	Kees Roza	Upstream Amsterdam	36.00	194800155	<b>37.41</b>	+1,02
2.	Gerard van Reijssen	PLONS	41.03	194800165	<b>40.47</b>	+1,06
3.	Herman Meijer	GLS Ketelbinkie	48.68	194700159	<b>50.47</b>	+0,87

Masters 70+, Heren

1.	Rob Toet	Nat Utrecht	45.46	194200061	<b>46.31</b>	+1,24
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Masters 75+, Heren

1.	Pieter Scharphorn	Neptunus	56.98	193800037	<b>58.36</b>	+1,37
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Masters 25+, Dames

1.	Gabi Vink	PLONS	37.31	198403472	<b>37.24</b>	+0,79
2.	Astrid Valk	PLONS	50.00	198403148	<b>40.93</b>	+1,04

Masters 30+, Dames

1.	Corine den Engelsens	UZSC	35.30	198302822	<b>34.00</b>	+0,90
2.	Eveline Tromp	Nat Utrecht	45.00	198102214	<b>43.91</b>	+1,00
3.	Annick Sioen	Active Company	48.00	AC/20106/82	<b>45.59</b>	+1,06
4.	Natalie Sturkenboom	Nat Utrecht	50.00	198202438	<b>56.98</b>	+1,12



Programmanr. 5, 50m vrije slag

Masters 35+, Dames

1.	Hanneke Grutterink	PLONS	36.00	197800950	<b>33.08</b>	+0,81
2.	Anita van der Voorden	Upstream Amsterdam	43.00	197500906	<b>42.60</b>	+1,04
3.	Jessica Schnieders	Nat Utrecht	44.00	197500900	<b>49.55</b>	+0,90

Masters 40+, Dames

1.	Anik Martinot	Upstream Amsterdam	45.00	197200874	<b>41.48</b>	+1,11
2.	Mariëlle Roeters	Nat Utrecht	44.77	197300900	<b>44.42</b>	+0,92
3.	Cindy Struyf	Active Company	46.00	AC/20092/72	<b>53.61</b>	+1,13

Masters 45+, Dames

1.	Marjan Vliegen	GLS Ketelbinkie	39.50	196700586	<b>41.36</b>	+1,15
2.	Monique Bergmans	Active Company	1:00.00	AC/20107/66	<b>57.14</b>	+1,16

Masters 55+, Dames

1.	Vera van der Horst	GLS Ketelbinkie	45.00	195500096	<b>43.47</b>	+0,98
2.	Inge Wallaert	Active Company	1:05.00	AC/20119/55	<b>1:34.88</b>	+1,89

Masters 60+, Dames

1.	Henna Goudzand	Upstream Amsterdam	46.50	195300040	<b>50.10</b>	+1,32
2.	Willy Zuidema	GLS Ketelbinkie	55.00	195300066	<b>1:04.59</b>	+1,18

Programmanr. 6

29-06-2013 - 14:45

100m rugslag

20 - 94 jaar

Resultaten

rang naam	vereniging	inschrijftijd		tijd	RT	50m	100m	
<b>Masters 25+, Heren</b>								
1.	Frank van 't Klooster	Zwem Goud	1:15.00	198801879	<b>1:11.74</b>	+0,70	34.81	1:11.74
2.	Thijs Fleer	PLONS	1:30.00	198705285	<b>1:25.38</b>	+0,75	41.68	1:25.38
<b>Masters 30+, Heren</b>								
1.	Stan Dekker	PLONS	1:09.59	197901823	<b>1:12.32</b>	+0,75	35.14	1:12.32
<b>Masters 35+, Heren</b>								
1.	Roeland Looman	Nat Utrecht	1:14.00	197401145	<b>1:16.61</b>	+0,85	37.83	1:16.61
2.	Wim Cools	Active Company	1:25.00	AC/10077/74	<b>1:30.91</b>	+0,72	42.58	1:30.91
3.	Jurryt Jannink	GLS Ketelbinkie	1:33.03	197701547	<b>1:31.37</b>	+0,89	43.39	1:31.37
	DIS Edwin van der Linden	GLS Ketelbinkie	NT	197701563		RD+RF		
<b>Masters 40+, Heren</b>								
1.	Martin Oosters	GLS Ketelbinkie	1:20.00	197201305	<b>1:25.21</b>	+0,79	41.76	1:25.21
2.	Jan Briffaerts	Brussels Gay Sports	1:30.00	022/71	<b>1:28.74</b>	+0,78	42.86	1:28.74
3.	Jan Berkvens	PLONS	1:30.00	197201519	<b>1:29.93</b>	+0,97	44.45	1:29.93
	DIS Frederic Wille	Active Company	1:32.00	AC/10109/72		RD		
<b>Masters 45+, Heren</b>								
1.	Paul Kakerissa	Upstream Amsterdam	1:15.00	196700475	<b>1:18.09</b>	+0,85	38.43	1:18.09
2.	Henk Niemansverdriet	GLS Ketelbinkie	1:30.00	196701395	<b>1:30.17</b>	+0,80	43.83	1:30.17
3.	Hans Maas	PLONS	1:27.57	196501433	<b>1:30.46</b>	+0,68	43.10	1:30.46
	AFGEM Ron Propst	Zwem Goud	1:26.78	196501525				
<b>Masters 50+, Heren</b>								
1.	Erik Roseboom	Nat Utrecht	1:17.85	196301095	<b>1:18.73</b>	+0,54	38.16	1:18.73
2.	James Norman	PLONS	1:22.00	196001209	<b>1:36.00</b>	+0,78	47.06	1:36.00
3.	Harm Muntinga	GLS Ketelbinkie	1:30.00	196001057	<b>1:50.08</b>	+1,56	52.87	1:50.08

Programmanr. 6, 100m rugslag

Masters 55+, Heren

1. Vincent de Keijzer PLONS 1:24.00 195800207 **1:30.59** +0,96 43.72 1:30.59

Masters 60+, Heren

1. Bram de Vries Upstream Amsterdam 1:35.00 195200195 **1:33.25** +0,83 45.28 1:33.25  
 2. Jan W Munsterman Gay Swim Amsterdam 1:44.64 194900077 **1:41.55** +0,67 49.24 1:41.55

Masters 30+, Dames

1. Naomi Koning DES 1:16.74 198100824 **1:16.99** +0,76 37.00 1:16.99  
 2. Joan van den Ende Nat Utrecht 1:40.00 198102202 **1:30.71** +0,88 43.48 1:30.71

Masters 55+, Dames

DIS Inge Wallaert Active Company 2:10.00 AC/20119/55 RC

Programmanr. 7

200m wisselslag

20 - 94 jaar

29-06-2013 - 14:52

Resultaten

rang naam	vereniging	inschrijftijd	tijd	RT	50m	100m	150m	200m
<b>Masters 20+, Heren</b>								
1. Pablo Lourenza Quatra	Brussels Gay Sports	2:35.00 082/90	<b>2:37.43</b>	+0,80	30.82	1:13.10	1:57.41	2:37.43
<b>Masters 25+, Heren</b>								
1. Maarten Prot	Upstream Amsterdam	3:00.00 198403195	<b>3:02.43</b>	+0,90	36.77	1:26.81	2:20.20	3:02.43
<b>Masters 30+, Heren</b>								
1. David Roels	Active Company	2:24.24 AC/10043/79	<b>2:27.95</b>	+0,80	31.77	1:11.52	1:52.33	2:27.95
2. Bart Groenemans	PLONS	2:37.72 198200551	<b>2:35.22</b>	+0,74	30.53	1:09.92	1:57.83	2:35.22
3. Bastian Vos	Nat Utrecht	2:50.17 198302263	<b>2:49.15</b>	+0,83	37.06	1:20.28	2:09.30	2:49.15
4. Johnathan Healy	Brussels Gay Sports	3:00.00 073/83	<b>2:55.25</b>	+1,00	35.17	1:23.03	2:14.63	2:55.25
5. Warwick Tucker	Upstream Amsterdam	3:00.00 198002249	<b>3:00.80</b>	+0,88	35.29	1:26.85	2:18.99	3:00.80
NG.ZA Ryan Heath	Brussels Gay Sports	2:26.00 070/80						
<b>Masters 35+, Heren</b>								
1. Steve Welch	Nat Utrecht	2:35.00 197601543	<b>2:41.70</b>	+0,98	32.17	1:14.14	2:03.65	2:41.70
2. Kees Bakker	Gay Swim Amsterdam	2:55.00 197501055	<b>2:43.22</b>	+0,77	32.83	1:16.71	2:04.07	2:43.22
3. Joost Roelofs	Upstream Amsterdam	2:55.00 197601337	<b>2:44.52</b>	+0,83	33.01	1:16.68	2:06.63	2:44.52
4. Bart de Mooij	GLS Ketelbinkie	3:14.70 197701543	<b>3:13.11</b>	+0,88	40.35	1:31.80	2:27.10	3:13.11
5. Damien Frébutte	Brussels Gay Sports	3:20.00 072/76	<b>3:30.68</b>	+0,93	44.54	1:46.60	2:44.05	3:30.68
6. Ronald Hof	Gay Swim Amsterdam	NT 197801829	<b>3:38.77</b>	+0,95	45.08	1:41.28	2:45.57	3:38.77
NG.ZA Tim Van Hoydonck	Active Company	3:20.00 AC/10082/78						
<b>Masters 40+, Heren</b>								
1. Michel Honders	GLS Ketelbinkie	3:03.48 196901395	<b>3:06.61</b>	+1,17	39.34	1:26.21	2:19.90	3:06.61
2. Joris de la Court	PLONS	NT 197101369	<b>3:10.93</b>	+1,20	38.99	1:33.26	2:29.90	3:10.93
3. Christian Wicke	Upstream Amsterdam	3:15.00 196901281	<b>3:19.77</b>	+0,93	44.55	1:36.64	2:35.68	3:19.77
4. Remco De Boer	Active Company	3:20.00 AC/10113/71	<b>3:20.34</b>	+1,03	45.00	1:33.74	2:30.60	3:20.34
<b>Masters 45+, Heren</b>								
1. Jan Laterveer	Nat Utrecht	3:05.00 196400935	<b>2:56.78</b>	+0,93	36.49	1:24.22	2:16.96	2:56.78
2. Marc-Peter Don	PLONS	3:07.71 196700223	<b>3:09.77</b>	+1,01	40.26	1:32.52	2:27.23	3:09.77
3. Kristian Buedts	Brussels Gay Sports	3:18.29 064/68	<b>3:15.94</b>	+0,90	38.69	1:34.30	2:31.80	3:15.94
4. Ad van Heijst	GLS Ketelbinkie	3:26.86 196601251	<b>3:20.03</b>	+1,07	45.04	1:41.77	2:35.06	3:20.03
5. Arno de Keizer	Upstream Amsterdam	3:30.00 196401405	<b>3:36.92</b>	+0,87	47.27	1:46.10	2:47.37	3:36.92
6. Marcel Daas	PLONS	4:00.00 196601119	<b>4:01.84</b>	+1,14	56.64	2:01.51	3:07.96	4:01.84
DIS Jan Gert Notenbomer	Upstream Amsterdam	2:25.00 196600557		A A				
AFGEM Aegidius Kap	PLONS	3:40.00 196801233						

Programmanr. 7, 200m wisselslag

Masters 50+, Heren

1. Mark Kas	PLONS	2:59.84	196100285	<b>2:57.70</b>	+0,98	36.21	1:27.18	2:17.13	2:57.70
2. Tim Zwanikken	Aqua-Novio'94	3:03.00	195900571	<b>3:04.68</b>	+1,12	38.46	1:31.15	2:22.82	3:04.68
3. Hans de Groot	Nat Utrecht	3:17.76	195900177	<b>3:15.89</b>	+0,95	44.80	1:31.61	2:29.52	3:15.89
4. Jan van der Meer	Upstream Amsterdam	3:30.00	196200439	<b>3:31.75</b>	+0,85	44.66	1:45.55	2:45.24	3:31.75
5. Etan Sela	Gay Swim Amsterdam	3:58.66	196001011	<b>3:59.03</b>	+0,96	51.53	1:59.20	3:02.39	3:59.03

Masters 60+, Heren

1. Han Vermeer	Nat Utrecht	3:50.00	195000159	<b>3:34.71</b>	+0,89	49.14	1:45.54	2:48.02	3:34.71
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Masters 30+, Dames

1. Manon Zaagman	Nat Utrecht	3:45.00	198302338	<b>3:24.17</b>	+0,89	48.19	1:39.43	2:38.92	3:24.17
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Masters 40+, Dames

1. Ines De Clerck	Active Company	4:05.00	AC/20066/71	<b>4:19.45</b>	+1,29	1:04.73	2:20.30	3:27.15	4:19.45
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Masters 50+, Dames

1. Inge Wolfs	PLONS	2:59.76	196000304	<b>3:05.10</b>	+0,81	35.92	1:25.23	2:19.76	3:05.10
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Programmanr. 8

50m vlinderslag

20 - 94 jaar

29-06-2013 - 15:13

Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
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Masters 25+, Heren

1.	Héctor Miralles Gonzáles	Nat Utrecht	29.00	198503849	<b>27.89</b>	+0,76
2.	Thijs Fleer	PLONS	36.00	198705285	<b>35.92</b>	+0,81

Masters 30+, Heren

1.	Bart Groenemans	PLONS	30.23	198200551	<b>31.38</b>	+0,72
2.	Rob van Wanrooy	Gay Swim Amsterdam	40.00	198202627	<b>33.32</b>	+0,87
3.	Menno Deen	Nat Utrecht	40.00	198202571	<b>34.68</b>	+0,88
4.	Gert Wouters	Active Company	38.00	AC/10116/79	<b>36.30</b>	+1,15
5.	Monllor Palacios	Upstream Amsterdam	50.00	198202581	<b>44.98</b>	+0,83
6.	Ferdi Smits	GLS Ketelbinkie	48.12	198002315	<b>47.02</b>	+0,78
7.	Christos Ellinas	PLONS	48.00	198202631	<b>56.65</b>	+0,96

Masters 35+, Heren

1.	Peter Rem	PLONS	33.25	197601495	<b>33.65</b>	+0,91
2.	Francois Boudreault	PLONS	34.00	197401155	<b>34.23</b>	+0,80
3.	Svet Gavrilov	GLS Ketelbinkie	33.20	197501263	<b>34.38</b>	+0,81
4.	Sander Korz	GLS Ketelbinkie	40.40	197401253	<b>38.67</b>	+0,98
5.	Jurryt Jannink	GLS Ketelbinkie	40.52	197701547	<b>39.54</b>	+0,92
6.	Roberto Bonilla	Upstream Amsterdam	45.00	197501333	<b>49.04</b>	+0,87
7.	John Ryan	Nat Utrecht	51.53	197401381	<b>50.86</b>	+1,16
NG.ZA	Tim Van Hoydonck	Active Company	42.00	AC/10082/78		
AFGEM	Marcel van Walt van Praag	Gay Swim Amsterdam	48.00	197501401		

Masters 40+, Heren

1.	Harry Raven	GLS Ketelbinkie	31.52	197000831	<b>33.62</b>	+1,00
2.	Jeroen Kraaijeveld	PLONS	36.91	197301257	<b>35.77</b>	+0,86
3.	Joris de la Court	PLONS	35.00	197101369	<b>35.82</b>	+1,00
4.	Perry Prince	PLONS	35.22	197000817	<b>36.21</b>	+0,87
5.	Pim Pompen	GLS Ketelbinkie	39.97	197201381	<b>38.13</b>	+0,88
DIS	Rob Bergervoet	PLONS	42.00	196901697		A A
NG.ZA	Frederik Kunst	Upstream Amsterdam	45.00	196901465		

Programmanr. 8, 50m vlinderslag

Masters 45+, Heren

1.	René Correljé	PLONS	32.00	196801231	<b>30.35</b>	+0,87
2.	Sjaak Postma	PLONS	31.06	196601211	<b>31.42</b>	+0,86
3.	Ivo Kokje	Nat Utrecht	33.00	196601483	<b>35.61</b>	+0,87
4.	Alain Janssens	Brussels Gay Sports	37.00	061/68	<b>36.04</b>	+1,00
5.	Wolfgang Vintan	Upstream Amsterdam	38.00	196401331	<b>41.44</b>	+0,96
6.	Frank Bunte	PLONS	40.00	196801335	<b>41.80</b>	+1,02

Masters 50+, Heren

1.	Erik Roseboom	Nat Utrecht	33.14	196301095	<b>34.02</b>	+0,79
2.	Arnoud Bonemeyer	Active Company	36.00	AC/10076/62	<b>35.29</b>	+0,91
3.	Rob Wieleman	Nat Utrecht	36.41	196000665	<b>36.17</b>	+1,03
4.	Henk Kuipers	UZSC	37.92	196201207	<b>36.97</b>	+0,86
5.	Jeroen Rikkerink	PLONS	50.00	196301337	<b>39.86</b>	+1,07
6.	Peter Klein Gunnewiek	GLS Ketelbinkie	39.00	196301371	<b>39.99</b>	+1,07
7.	Folkert van der Hoek	Upstream Amsterdam	49.42	196301347	<b>46.58</b>	+0,80
8.	David Baker	Brussels Gay Sports	50.00	063/63	<b>51.94</b>	+1,11
DIS	Han van Ruler	PLONS	40.00	196301165		AE

Masters 55+, Heren

1.	Aubert van Engelen	Upstream Amsterdam	39.00	195700527	<b>40.50</b>	+1,01
DIS	Arthur Jansen	Gay Swim Amsterdam	40.00	195400299		AE

Masters 65+, Heren

1.	Kees Roza	Upstream Amsterdam	40.00	194800155	<b>45.63</b>	+0,92
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Masters 30+, Dames

1.	Naomi Koning	DES	36.55	198100824	<b>35.98</b>	+0,82
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Masters 35+, Dames

1.	Hanneke Grutterink	PLONS	37.00	197800950	<b>40.20</b>	+0,80
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Masters 45+, Dames

1.	Marjan Vliegen	GLS Ketelbinkie	50.00	196700586	<b>52.13</b>	+0,96
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Masters 50+, Dames

1.	Jos Ensink	UZSC	52.00	196100384	<b>47.69</b>	+1,01
AFGEM	Marlien Wijnhof	Nat Utrecht	47.51	196100300		

Programmanr. 9

400m vrije slag

20 - 94 jaar

29-06-2013 - 15:36

Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
<b>Masters 25+, Heren</b>						
1.	Jure Tanko	Brussels Gay Sports	4:52.00	083/86	<b>5:15.79</b>	+0,79
	50m: 34.59	34.59	150m: 1:56.01	41.29	250m: 3:18.37	41.22
	100m: 1:14.72	40.13	200m: 2:37.15	41.14	300m: 3:59.19	40.82
					350m: 4:38.29	39.10
					400m: 5:15.79	37.50
2.	Maarten Prot	Upstream Amsterdam	5:45.00	198403195	<b>5:51.49</b>	+0,91
	50m: 37.00	37.00	150m: 2:04.14	44.44	250m: 3:36.56	46.78
	100m: 1:19.70	42.70	200m: 2:49.78	45.64	300m: 4:22.39	45.83
					350m: 5:08.66	46.27
					400m: 5:51.49	42.83
<b>Masters 30+, Heren</b>						
1.	Bastian Vos	Nat Utrecht	5:31.98	198302263	<b>5:23.94</b>	+0,90
	50m: 36.77	36.77	150m: 1:55.76	39.71	250m: 3:18.04	41.19
	100m: 1:16.05	39.28	200m: 2:36.85	41.09	300m: 4:00.63	42.59
					350m: 4:42.68	42.05
					400m: 5:23.94	41.26
2.	Steven Prins	PLONS	5:38.98	197901833	<b>5:34.27</b>	+0,74
	50m: 36.25	36.25	150m: 2:00.90	43.80	250m: 3:26.99	43.17
	100m: 1:17.10	40.85	200m: 2:43.82	42.92	300m: 4:10.37	43.38
					350m: 4:53.26	42.89
					400m: 5:34.27	41.01

Programmanr. 9, 400m vrije slag

Masters 35+, Heren

1.	Ruben Alonso	Brussels Gay Sports	5:30.00	045/77	<b>5:26.48</b>	+0,86		
	50m: 37.05	37.05	150m: 1:58.39	41.32	250m: 3:22.79	42.50	350m: 4:47.26	42.76
	100m: 1:17.07	40.02	200m: 2:40.29	41.90	300m: 4:04.50	41.71	400m: 5:26.48	39.22
2.	Roeland Looman	Nat Utrecht	5:14.59	197401145	<b>5:29.30</b>	+1,06		
	50m: 35.85	35.85	150m: 1:56.73	41.85	250m: 3:23.57	43.93	350m: 4:50.33	43.25
	100m: 1:14.88	39.03	200m: 2:39.64	42.91	300m: 4:07.08	43.51	400m: 5:29.30	38.97
3.	Marco Visser	Upstream Amsterdam	6:00.00	197401369	<b>5:55.84</b>	+0,89		
	50m: 38.37	38.37	150m: 2:06.38	45.35	250m: 3:42.51	49.56	350m: 5:14.89	46.45
	100m: 1:21.03	42.66	200m: 2:52.95	46.57	300m: 4:28.44	45.93	400m: 5:55.84	40.95
4.	Andy Vandervoort	Active Company	6:20.00	AC/10060/76	<b>6:39.29</b>	+0,82		
	50m: 42.81	42.81	150m: 2:21.71	50.67	250m: 4:06.77	52.52	350m: 5:50.14	52.52
	100m: 1:31.04	48.23	200m: 3:14.25	52.54	300m: 4:57.62	50.85	400m: 6:39.29	49.15
5.	Ronald Hof	Gay Swim Amsterdam	NT	197801829	<b>7:16.15</b>	+0,96		
	50m: 41.94	41.94	150m: 2:27.63	53.85	250m: 4:22.50	58.21	350m: 6:20.56	59.13
	100m: 1:33.78	51.84	200m: 3:24.29	56.66	300m: 5:21.43	58.93	400m: 7:16.15	55.59

Masters 40+, Heren

1.	Martin Oosters	GLS Ketelbinkie	5:34.77	197201305	<b>5:45.29</b>	+0,91		
	50m: 37.68	37.68	150m: 2:04.00	44.14	250m: 3:33.29	44.09	350m: 5:02.05	43.84
	100m: 1:19.86	42.18	200m: 2:49.20	45.20	300m: 4:18.21	44.92	400m: 5:45.29	43.24
2.	Rodney Goijer	GLS Ketelbinkie	6:00.11	197101371	<b>6:05.19</b>	+0,83		
	50m: 40.90	40.90	150m: 2:12.10	46.06	250m: 3:45.71	46.90	350m: 5:20.21	47.29
	100m: 1:26.04	45.14	200m: 2:58.81	46.71	300m: 4:32.92	47.21	400m: 6:05.19	44.98
3.	Remco De Boer	Active Company	5:59.59	AC/10113/71	<b>6:09.71</b>	+1,03		
	50m: 39.72	39.72	150m: 2:09.63	46.02	250m: 3:45.76	48.26	350m: 5:24.08	49.33
	100m: 1:23.61	43.89	200m: 2:57.50	47.87	300m: 4:34.75	48.99	400m: 6:09.71	45.63

Masters 45+, Heren

1.	Leo den Dekker	PLONS	5:30.00	196600151	<b>5:24.35</b>	+0,77		
	50m: 34.87	34.87	150m: 1:56.95	42.12	250m: 3:20.84	42.42	350m: 4:44.00	41.50
	100m: 1:14.83	39.96	200m: 2:38.42	41.47	300m: 4:02.50	41.66	400m: 5:24.35	40.35
2.	Henk Niemansverdriet	GLS Ketelbinkie	5:48.29	196701395	<b>5:49.22</b>	+0,90		
	50m: 38.67	38.67	150m: 2:05.30	43.75	250m: 3:35.17	45.00	350m: 5:06.33	45.03
	100m: 1:21.55	42.88	200m: 2:50.17	44.87	300m: 4:21.30	46.13	400m: 5:49.22	42.89
3.	Kristian Buedts	Brussels Gay Sports	5:52.86	064/68	<b>6:08.33</b>	+0,95		
	50m: 37.04	37.04	150m: 2:05.80	46.11	250m: 3:42.87	49.06	350m: 5:21.75	49.23
	100m: 1:19.69	42.65	200m: 2:53.81	48.01	300m: 4:32.52	49.65	400m: 6:08.33	46.58
4.	Bas van der Geest	Upstream Amsterdam	6:20.00	196700309	<b>6:23.00</b>	+1,00		
	50m: 39.40	39.40	150m: 2:12.79	48.57	250m: 3:52.74	50.23	350m: 5:33.93	50.47
	100m: 1:24.22	44.82	200m: 3:02.51	49.72	300m: 4:43.46	50.72	400m: 6:23.00	49.07

AFGEM Ron Propst Zwem Goud 5:33.61 196501525

Masters 50+, Heren

1.	Richard Broer	PLONS	4:47.00	195900077	<b>5:19.11</b>	+1,07		
	50m: 34.43	34.43	150m: 1:56.22	41.55	250m: 3:18.26	40.96	350m: 4:39.99	40.73
	100m: 1:14.67	40.24	200m: 2:37.30	41.08	300m: 3:59.26	41.00	400m: 5:19.11	39.12
2.	Peter van Vuuren	Upstream Amsterdam	5:20.00	196000641	<b>5:22.33</b>	+1,01		
	50m: 35.12	35.12	150m: 1:56.77	41.72	250m: 3:20.30	41.76	350m: 4:43.76	41.71
	100m: 1:15.05	39.93	200m: 2:38.54	41.77	300m: 4:02.05	41.75	400m: 5:22.33	38.57
3.	Henk Gierveld	Nat Utrecht	6:02.10	196000869	<b>6:19.81</b>	+0,91		
	50m: 40.75	40.75	150m: 2:14.27	48.48	250m: 3:52.87	49.53	350m: 5:32.96	49.74
	100m: 1:25.79	45.04	200m: 3:03.34	49.07	300m: 4:43.22	50.35	400m: 6:19.81	46.85
4.	Luc Lamberigts	Active Company	6:38.00	AC/10008/62	<b>6:34.91</b>	+0,96		
	50m: 44.29	44.29	150m: 2:24.80	50.95	250m: 4:07.58	51.06	350m: 5:47.83	50.00
	100m: 1:33.85	49.56	200m: 3:16.52	51.72	300m: 4:57.83	50.25	400m: 6:34.91	47.08
5.	David Baker	Brussels Gay Sports	7:00.00	063/63	<b>8:20.36</b>	+1,16		
	50m: 51.59	51.59	150m: 2:55.49	1:03.73	250m: 5:06.66	1:05.38	350m: 7:16.86	1:04.47
	100m: 1:51.76	1:00.17	200m: 4:01.28	1:05.79	300m: 6:12.39	1:05.73	400m: 8:20.36	1:03.50

Masters 55+, Heren

1.	Leo de Keizer	PLONS	7:04.98	195600487	<b>7:01.38</b>	+0,97		
	50m: 45.35	45.35	150m: 2:30.70	54.26	250m: 4:19.86	54.16	350m: 6:09.44	54.99
	100m: 1:36.44	51.09	200m: 3:25.70	55.00	300m: 5:14.45	54.59	400m: 7:01.38	51.94

Programmanr. 9, 400m vrije slag

Masters 60+, Heren

1. Bram de Vries	Upstream Amsterdam	5:45.00	195200195	<b>6:07.92</b>	+0,84
100m * 50m: 38.40 38.40 100m: 1:21.57 43.17	150m: 2:07.46 45.89 200m: 2:53.84 46.38	250m: 3:42.04 48.20 300m: 4:30.45 48.41	350m: 5:19.58 49.13 400m: 6:07.92 48.34		
AFGEM Dieter Kleinjan	PLONS	7:05.00	195000067		

Masters 25+, Dames

1. Charon Tessels-Blok	Nat Utrecht	5:22.74	198605170	<b>5:26.88</b>	+0,88
100m: 1:17.71 36.90 200m: 2:42.66 40.81	150m: 2:00.46 42.75 200m: 2:42.66 42.20	250m: 3:24.99 42.33 300m: 4:06.22 41.23	350m: 4:47.36 41.14 400m: 5:26.88 39.52		
2. Gabi Vink	PLONS	7:12.33	198403472	<b>7:20.37</b>	+0,86
100m: 1:41.14 48.85 200m: 3:31.90 52.29	150m: 2:35.86 54.72 200m: 3:31.90 56.04	250m: 4:28.71 56.81 300m: 5:26.28 57.57	350m: 6:25.56 59.28 400m: 7:20.37 54.81		

Masters 30+, Dames

1. Joan van den Ende	Nat Utrecht	6:05.00	198102202	<b>6:06.42</b>	+1,22
100m: 1:26.40 40.52 200m: 3:00.04 45.88	150m: 2:12.62 46.22 200m: 3:00.04 47.42	250m: 3:47.51 47.47 300m: 4:35.12 47.61	350m: 5:21.76 46.64 400m: 6:06.42 44.66		
2. Marike Kamphuis	PLONS	8:00.00	198102200	<b>8:13.41</b>	+1,10
100m: 1:56.29 52.58 200m: 1:03.71 52.58	150m: 2:56.05 59.76 200m: 3:59.72 1:03.67	250m: 5:03.55 1:03.83 300m: 6:09.44 1:05.89	350m: 7:12.45 1:03.01 400m: 8:13.41 1:00.96		

Masters 40+, Dames

1. Ines De Clerck	Active Company	7:45.00	AC/20066/71	<b>7:10.77</b>	+1,11
100m: 1:43.67 49.69 200m: 3:33.79 53.98	150m: 2:38.59 54.92 200m: 3:33.79 55.20	250m: 4:28.22 54.43 300m: 5:22.96 54.74	350m: 6:18.57 55.61 400m: 7:10.77 52.20		

Masters 45+, Dames

1. Agnes ter Elst	Nat Utrecht	7:12.78	196500442	<b>7:14.34</b>	+1,02
100m: 1:40.26 46.50 200m: 3:34.12 53.76	150m: 2:36.96 56.70 200m: 3:34.12 57.16	250m: 4:30.69 56.57 300m: 5:28.08 57.39	350m: 6:23.32 55.24 400m: 7:14.34 51.02		

Programmanr. 10  
29-06-2013 - 16:05

200m schoolslag

20 - 94 jaar  
Resultaten

rang naam	vereniging	inschrijftijd	tijd	RT	50m	100m	150m	200m
<b>Masters 25+, Heren</b>								
1. Ruben Verwaal	Nat Utrecht	3:30.00 198604541	<b>3:33.72</b>	+0,90	48.17	1:44.28	2:39.57	3:33.72
<b>Masters 30+, Heren</b>								
1. David Roels	Active Company	2:42.42 AC/10043/79	<b>2:44.05</b>	+0,81	38.57	1:21.94	2:03.77	2:44.05
2. Pastor Manrique Valero	Upstream Amsterdam	3:05.00 198202605	<b>3:10.13</b>	+0,92	43.45	1:30.75	2:20.04	3:10.13
3. Michel Hormes	Gay Swim Amsterdam	NT 198002319	<b>3:32.30</b>	+1,03	47.88	1:41.13	2:36.79	3:32.30
<b>Masters 35+, Heren</b>								
1. Robert Jan Zandee	GLS Ketelbinkie	3:15.00 197701439	<b>3:12.92</b>	+0,96	41.89	1:30.13	2:20.98	3:12.92
2. Yann Martineau	PLONS	3:20.00 197701579	<b>3:39.84</b>	+1,07	46.14	1:41.11	2:40.03	3:39.84
3. Roberto Bonilla	Upstream Amsterdam	3:35.00 197501333	<b>3:51.98</b>	+0,97	53.17	1:51.76	2:53.75	3:51.98
NG.ZA Tim Van Hoydonck	Active Company	3:15.00 AC/10082/78						
<b>Masters 40+, Heren</b>								
1. Jerry Grondel	PLONS	2:52.07 197201223	<b>2:51.09</b>	+0,73	38.40	1:22.14	2:07.22	2:51.09
2. Ruud Endenburg	Gay Swim Amsterdam	3:18.55 196901453	<b>3:25.93</b>	+0,74	44.65	1:36.47	2:32.04	3:25.93
3. Peter Musschenga	Zwem Goud	3:17.94 196901347	<b>3:30.23</b>	+0,90	46.08	1:38.59	2:33.89	3:30.23
DIS Frederik Kunst	Upstream Amsterdam	3:40.00 196901465		AA				

Programmanr. 10, 200m schoolslag

Masters 45+, Heren

1. Jan Gert Notenbomer	Upstream Amsterdam	2:50.00	196600557	<b>2:45.37</b>	+0,88	37.46	1:19.73	2:02.27	2:45.37
2. Gerard Tel	GLS Ketelbinkie	3:02.46	196701175	<b>3:04.58</b>	+0,91	42.20	1:29.74	2:17.41	3:04.58
3. Ad van Heijst	GLS Ketelbinkie	3:13.01	196601251	<b>3:20.82</b>	+0,90	43.34	1:35.05	2:28.13	3:20.82
4. Bart Goethals	Active Company	3:35.00	AC/10059/64	<b>3:22.63</b>	+0,94	45.59	1:36.42	2:30.66	3:22.63
5. Bas Hoogeboom	Nat Utrecht	3:35.00	196801449	<b>3:27.69</b>	+0,98	47.04	1:40.59	2:34.96	3:27.69
6. Johan Ligterink	PLONS	3:45.00	196401283	<b>3:33.53</b>	+1,20	46.26	1:40.08	2:38.03	3:33.53
7. Harko Meijer	Gay Swim Amsterdam	NT	196601541	<b>4:09.52</b>	+1,16	53.81	1:56.02	3:03.26	4:09.52

Masters 50+, Heren

1. Richard van de Steeg	Upstream Amsterdam	3:10.00	196200633	<b>3:16.23</b>	+0,87	44.45	1:34.90	2:25.84	3:16.23
2. Jan Vlasblom	PLONS	3:13.13	196100823	<b>3:18.89</b>	+0,81	44.31	1:36.56	2:27.69	3:18.89

Masters 55+, Heren

1. Vincent de Keijzer	PLONS	3:10.00	195800207	<b>3:16.22</b>	+0,92	44.16	1:34.57	2:26.04	3:16.22
2. Gert Mooij	Nat Utrecht	3:30.00	195800293	<b>3:34.92</b>	+0,94	49.20	1:44.83	2:40.45	3:34.92
3. Peter Cornelissen	PLONS	3:54.00	195300025	<b>4:05.85</b>	+1,16	54.57	1:56.99	3:01.51	4:05.85

Masters 60+, Heren

1. Fred Dwarshuis	Upstream Amsterdam	3:50.00	195000033	<b>4:07.27</b>	+0,85	55.57	1:58.42	3:02.06	4:07.27
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Programmanr. 11  
29-06-2013 - 16:22

50m rugslag

20 - 94 jaar  
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
<b>Masters 25+, Heren</b>						
1.	Frank van 't Klooster	Zwem Goud	35.00	198801879	<b>32.40</b>	+0,78
<b>Masters 30+, Heren</b>						
1.	Stan Dekker	PLONS	32.20	197901823	<b>32.68</b>	+0,77
2.	Amko Hokken	GLS Ketelbinkie	38.25	197901981	<b>38.40</b>	+0,74
3.	Steven Prins	PLONS	37.79	197901833	<b>38.94</b>	+0,62
4.	Warwick Tucker	Upstream Amsterdam	40.00	198002249	<b>40.32</b>	+0,74
5.	Jeroen Casatelli	Brussels Gay Sports	42.00	043/80	<b>43.76</b>	+0,89
6.	Pieter Heesbeen	GLS Ketelbinkie	54.45	198202625	<b>54.43</b>	+1,12
7.	Bert Crauwels	Active Company	45.00	AC/10094/80	<b>1:00.59</b>	+1,37
<b>Masters 35+, Heren</b>						
1.	Wim Cools	Active Company	41.00	AC/10077/74	<b>38.26</b>	+0,73
2.	Bart de Mooij	GLS Ketelbinkie	42.74	197701543	<b>43.29</b>	+0,90
3.	Didier De Braekeler	Active Company	42.00	AC/10108/75	<b>44.50</b>	+0,95
4.	Joost Klaren	Upstream Amsterdam	48.00	197601487	<b>44.77</b>	+0,64
5.	Koen van Schooten	Gay Swim Amsterdam	43.00	197501205	<b>47.40</b>	+0,73
<b>Masters 40+, Heren</b>						
1.	Jan Briffaerts	Brussels Gay Sports	40.00	022/71	<b>38.61</b>	+0,70
2.	Willem van der Bend	Upstream Amsterdam	40.00	197301201	<b>39.07</b>	+0,89
3.	Pim Pompen	GLS Ketelbinkie	38.00	197201381	<b>40.70</b>	+0,96
4.	Derk ten Berge	GLS Ketelbinkie	55.00	196901701	<b>1:04.52</b>	+0,91
<b>Masters 45+, Heren</b>						
1.	Paul Kakerissa	Upstream Amsterdam	34.50	196700475	<b>34.42</b>	+0,66
2.	Sjaak Postma	PLONS	40.00	196601211	<b>37.87</b>	+1,09
3.	Frank van den Haak	Gay Swim Amsterdam	38.38	196601429	<b>38.37</b>	+0,70
4.	Aan Pander	Gay Swim Amsterdam	40.60	196400569	<b>38.89</b> *	+0,82
5.	Hans Maas	PLONS	39.65	196501433	<b>41.00</b>	+0,69
6.	Bauke Ylstra	Upstream Amsterdam	41.00	196501431	<b>41.18</b>	+0,76
7.	Wouter Vinken	Gay Swim Amsterdam	42.46	196401309	<b>42.38</b>	+0,70
8.	Habibe Allah Ait Sabri	Active Company	52.00	AC/10079/65	<b>56.38</b>	+0,98

Programmanr. 11, 50m rugslag

Masters 50+, Heren

1.	Hans de Groot	Nat Utrecht	38.00	195900177	<b>38.33</b>	+0,78
2.	Marius Weiland	Upstream Amsterdam	50.00	196200949	<b>50.52</b>	+0,95
3.	Etan Sela	Gay Swim Amsterdam	50.00	196001011	<b>57.24</b>	+0,93
4.	Alfred Boonstra	Nat Utrecht	1:05.29	196301349	<b>1:00.30</b>	+1,01
5.	Danny Roggeman	Active Company	54.00	AC/10073/60	<b>1:04.84</b>	+0,71
DIS	Ruud van der Zwan	GLS Ketelbinkie	43.00	196301373		RH

Masters 55+, Heren

1.	Wim Sanders	GLS Ketelbinkie	40.91	195500387	<b>43.73</b>	+0,81
2.	Arthur Jansen	Gay Swim Amsterdam	48.00	195400299	<b>45.66</b>	+0,98
3.	Hans Dijkstra	PLONS	48.30	195800649	<b>48.13</b>	+1,22
4.	Jos Kuijs	Gay Swim Amsterdam	47.68	195700511	<b>48.25</b>	+0,93
5.	Bert Kwakernaak	Nat Utrecht	48.00	195500431	<b>48.87</b>	+0,91
6.	Art Nieuwpoort	PLONS	45.00	195700469	<b>49.96</b>	+0,85
7.	Martin Oortwijn	Nat Utrecht	1:00.00	195400357	<b>1:01.26</b>	+1,07

Masters 60+, Heren

1.	Jan W Munsterman	Gay Swim Amsterdam	44.52	194900077	<b>44.87</b>	+0,72
2.	Jan Hoogland	Upstream Amsterdam	55.00	194900053	<b>58.76</b>	+0,97

Masters 65+, Heren

1.	Gerard van Reijssen	PLONS	1:07.35	194800165	<b>1:06.01</b>	+0,69
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Masters 70+, Heren

1.	Rob Toet	Nat Utrecht	1:00.00	194200061	<b>1:01.77</b>	+0,79
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Masters 75+, Heren

1.	Pieter Scharphorn	Neptunus	59.85	193800037	<b>1:04.16</b>	+0,96
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Masters 30+, Dames

1.	Corine den Engelsens	UZSC	44.00	198302822	<b>43.72</b> *	+0,81
2.	Magali Meijers	Upstream Amsterdam	48.00	197901462	<b>48.48</b>	+0,86

Masters 40+, Dames

1.	Leonie van Bommel	Nat Utrecht	52.00	197000804	<b>56.05</b>	+0,98
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Masters 45+, Dames

1.	Danielle Toonen	PLONS	55.60	196800858	<b>54.26</b>	+0,78
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Programmanr. 12

29-06-2013 - 16:31

100m vlinderslag

20 - 94 jaar

Resultaten

rang naam	vereniging	inschrijftijd	tijd	RT	50m	100m
<b>Masters 20+, Heren</b>						
1.	Pablo Lourenza Quatra	Brussels Gay Sports	1:10.00 082/90	<b>1:09.07</b>	+0,79	30.98 1:09.07
<b>Masters 25+, Heren</b>						
1.	Ruben Verwaal	Nat Utrecht	1:40.00 198604541	<b>1:35.06</b>	+0,84	45.74 1:35.06
<b>Masters 30+, Heren</b>						
1.	Bert Crauwels	Active Company	1:50.00 AC/10094/80	<b>1:50.89</b>	+1,21	51.37 1:50.89



Programmanr. 12, 100m vlinderslag

Masters 35+, Heren

1. Dennis Schouten	Upstream Amsterdam	1:07.49	197501351	<b>1:05.02</b>	+0,79	29.98	1:05.02
2. Steve Welch	Nat Utrecht	1:10.00	197601543	<b>1:09.95</b>	+0,76	31.77	1:09.95
3. Kees Bakker	Gay Swim Amsterdam	1:16.00	197501055	<b>1:16.51</b>	+0,76	34.45	1:16.51
4. Ruben Alonso	Brussels Gay Sports	1:15.00	045/77	<b>1:20.60</b>	+0,84	36.83	1:20.60
5. Damien Frébutte	Brussels Gay Sports	1:35.00	072/76	<b>1:41.38</b>	+0,95	43.86	1:41.38

Masters 40+, Heren

1. Harry Raven	GLS Ketelbinkie	1:17.00	197000831	<b>1:23.05</b>	+0,94	36.67	1:23.05
2. Jeroen Gerritsen	PLONS	2:00.00	197101203	<b>1:40.37</b>	+1,01	45.85	1:40.37

Masters 45+, Heren

1. Jan Laterveer	Nat Utrecht	1:25.00	196400935	<b>1:19.26</b>	+0,92	36.91	1:19.26
2. Alain Janssens	Brussels Gay Sports	1:27.00	061/68	<b>1:28.56</b>	+0,89	40.02	1:28.56
3. Wolfgang Vintan	Upstream Amsterdam	1:40.00	196401331	<b>1:40.68</b>	+1,02	44.99	1:40.68
AFGEM Aegidius Kap	PLONS	1:40.00	196801233				

Masters 50+, Heren

1. Peter van Vuuren	Upstream Amsterdam	1:18.00	196000641	<b>1:20.17</b>	+1,07	36.41	1:20.17
2. Arnoud Bonemeyer	Active Company	1:35.00	AC/10076/62	<b>1:26.68</b>	+1,04	40.70	1:26.68
3. Rob Wieleman	Nat Utrecht	1:27.90	196000665	<b>1:36.05</b>	+0,99	42.06	1:36.05

Masters 55+, Heren

1. Gert Mooij	Nat Utrecht	1:35.68	195800293	<b>1:39.33</b>	+0,90	47.94	1:39.33
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Masters 40+, Dames

1. Nicole Pouliart	Active Company	1:50.00	AC/20014/69	<b>2:08.25</b>	+1,04	58.47	2:08.25
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Programmanr. 13

50m schoolslag

20 - 94 jaar

29-06-2013 - 16:38

Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
<b>Masters 20+, Heren</b>						
1.	Rick Helmink	Nat Utrecht	44.00	199007397	<b>39.52</b>	+0,89
<b>Masters 30+, Heren</b>						
1.	Alexander Jonker	GLS Ketelbinkie	38.00	198002325	<b>38.82</b>	+0,86
2.	Gert Wouters	Active Company	38.00	AC/10116/79	<b>39.06</b>	+0,92
3.	Johnathan Healy	Brussels Gay Sports	37.00	073/83	<b>39.39</b>	+0,88
4.	Pastor Manrique Valero	Upstream Amsterdam	38.00	198202605	<b>39.43</b>	+0,94
5.	Monllor Palacios	Upstream Amsterdam	43.00	198202581	<b>42.53</b>	+0,96
	Michel Hormes	Gay Swim Amsterdam	NT	198002319	<b>42.53</b>	+1,13
7.	Bert Bosqué	Active Company	48.00	AC/10118/79	<b>42.88</b>	+1,12
8.	Giliam Conradi	Aqua-Novio'94	44.00	198102487	<b>45.56</b>	+0,83
<b>Masters 35+, Heren</b>						
1.	Joost Roelofs	Upstream Amsterdam	36.00	197601337	<b>35.46</b>	+0,81
2.	Yann Martineau	PLONS	41.97	197701579	<b>42.78</b>	+0,92
3.	Michiel de Gier	Upstream Amsterdam	44.00	197601509	<b>44.09</b>	+1,32
4.	John Ryan	Nat Utrecht	44.83	197401381	<b>47.48</b>	+1,28
DIS	Joost Niermeijer	PLONS	50.00	197501403		SL
AFGEM	Kai Glerum	GLS Ketelbinkie	44.75	197601539		
AFGEM	Marcel van Walt van Praag	Gay Swim Amsterdam	44.00	197501401		

Programmanr. 13, 50m schoolslag

Masters 40+, Heren

1.	Dirk Driessen	Upstream Amsterdam	34.00	196901263	<b>37.64</b>	+0,91
2.	Jan Briffaerts	Brussels Gay Sports	40.00	022/71	<b>40.47</b>	+0,86
3.	Rob Bergervoet	PLONS	40.00	196901697	<b>40.86</b>	+0,98
4.	Frederic Wille	Active Company	44.00	AC/10109/72	<b>45.98</b>	+1,04
5.	Derk ten Berge	GLS Ketelbinkie	50.00	196901701	<b>47.18</b>	+1,22
6.	Gio van den Heuvel	Nat Utrecht	54.00	196901693	<b>56.55</b>	+1,28

Masters 45+, Heren

1.	René Correljé	PLONS	38.00	196801231	<b>35.45</b>	+0,88
2.	Gerard Tel	GLS Ketelbinkie	36.76	196701175	<b>38.08</b>	+0,91
3.	Bart Goethals	Active Company	42.00	AC/10059/64	<b>39.48</b>	+0,84
4.	Frank van den Haak	Gay Swim Amsterdam	40.27	196601429	<b>40.82</b>	+0,73
5.	Bas Hoogeboom	Nat Utrecht	40.50	196801449	<b>41.42</b>	+0,85
6.	Guido van der Heijden	Upstream Amsterdam	42.00	196400979	<b>42.33</b>	+0,90
7.	Johan Ligterink	PLONS	41.79	196401283	<b>43.55</b>	+1,12
8.	Mario Maidana Cardozo	Upstream Amsterdam	48.00	196801465	<b>43.98</b>	+0,82
9.	Hubert Breukers	GLS Ketelbinkie	45.00	196601547	<b>44.15</b>	+1,16
10.	Bark Stoffels	Upstream Amsterdam	44.00	196801227	<b>45.30</b>	+1,08
	Romke van der Wal	Gay Swim Amsterdam	44.54	196801351	<b>45.30</b>	+1,11
12.	Norbert Kets	PLONS	44.33	196801303	<b>45.46</b>	+1,03
13.	Wouter Vinken	Gay Swim Amsterdam	43.09	196401309	<b>46.15</b>	+0,97
14.	Patrick van de Rijt	Aqua-Novio'94	51.00	196801505	<b>51.28</b>	+1,12
15.	Harko Meijer	Gay Swim Amsterdam	NT	196601541	<b>53.88</b>	
DIS	Maia Ascanio	Aqua-Novio'94	45.00	196601539		AB

Masters 50+, Heren

1.	Jan Vlasblom	PLONS	37.14	196100823	<b>38.38</b>	+0,87
2.	Erik Roseboom	Nat Utrecht	39.41	196301095	<b>39.18</b>	+0,80
3.	Richard van de Steeg	Upstream Amsterdam	38.50	196200633	<b>40.12</b>	+0,85
4.	Harm Muntinga	GLS Ketelbinkie	42.32	196001057	<b>44.43</b>	+1,01
5.	Folkert van der Hoek	Upstream Amsterdam	46.00	196301347	<b>47.42</b>	+0,78
6.	Adriaan Norbart	Upstream Amsterdam	49.00	196301379	<b>48.62</b>	+1,16
7.	Hans Stevens	Nat Utrecht	49.05	196301367	<b>48.80</b>	+1,13
8.	Danny Roggeman	Active Company	52.00	AC/10073/60	<b>49.64</b>	+1,09
9.	Mark North	Active Company	1:02.00	AC/10100/62	<b>53.26</b>	+1,28
10.	Alfred Boonstra	Nat Utrecht	1:02.29	196301349	<b>1:00.97</b>	+0,92

Masters 55+, Heren

1.	Art Nieuwpoort	PLONS	42.43	195700469	<b>42.88</b>	+1,01
2.	Bert Kwakernaak	Nat Utrecht	47.00	195500431	<b>45.12</b>	+0,81
3.	Jan Heylen	Active Company	52.00	AC/10064/55	<b>47.39</b>	+1,12
4.	Martin Oortwijn	Nat Utrecht	46.77	195400357	<b>48.85</b>	+0,95
5.	Peter Cornelissen	PLONS	47.00	195300025	<b>49.75</b>	+1,06

Masters 60+, Heren

1.	Fred Dwarshuis	Upstream Amsterdam	48.00	195000033	<b>51.91</b>	+0,83
2.	Jan Hoogland	Upstream Amsterdam	50.00	194900053	<b>53.07</b>	+1,17
3.	Herbert van Sluys	GLS Ketelbinkie	55.30	195000173	<b>57.31</b>	+1,11

Masters 65+, Heren

1.	Herman Meijer	GLS Ketelbinkie	49.14	194700159	<b>53.77</b>	+0,89
2.	Kees Roza	Upstream Amsterdam	45.00	194800155	<b>53.79</b>	+1,02
3.	Gerard van Reijssen	PLONS	59.06	194800165	<b>1:02.64</b>	+1,06

Masters 70+, Heren

1.	Rob Toet	Nat Utrecht	1:00.00	194200061	<b>1:01.27</b>	+1,42
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Masters 75+, Heren

AFGEM	Pieter Scharphorn	Neptunus	1:03.70	193800037		
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Programmanr. 13, 50m schoolslag

Masters 30+, Dames

1.	Annick Sioen	Active Company	53.00	AC/20106/82	<b>49.10</b>	+0,90
2.	Eveline Tromp	Nat Utrecht	55.00	198102214	<b>49.36</b>	+0,99
3.	Natalie Sturkenboom	Nat Utrecht	1:00.00	198202438	<b>50.43</b>	+1,18
4.	Marika Kamphuis	PLONS	52.14	198102200	<b>54.27</b>	+1,04

Masters 35+, Dames

1.	Anita van der Voorden	Upstream Amsterdam	49.00	197500906	<b>50.10</b>	+1,05
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Masters 40+, Dames

1.	Ines De Clerck	Active Company	58.00	AC/20066/71	<b>59.34</b>	+1,16
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Masters 45+, Dames

1.	Danielle Toonen	PLONS	50.70	196800858	<b>49.58</b>	+0,93
2.	Agnes ter Elst	Nat Utrecht	58.00	196500442	<b>50.13</b>	+1,10
3.	Monique Bergmans	Active Company	55.00	AC/20107/66	<b>58.23</b>	+1,26

Masters 55+, Dames

1.	Vera van der Horst	GLS Ketelbinkie	57.00	195500096	<b>56.76</b>	+0,94
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Masters 60+, Dames

1.	Henna Goudzand	Upstream Amsterdam	51.00	195300040	<b>55.22</b>	+1,14
2.	Willy Zuidema	GLS Ketelbinkie	1:02.00	195300066	<b>1:10.06</b>	+1,18

Programmanr. 14  
29-06-2013 - 16:52

100m vrije slag

20 - 94 jaar  
Resultaten

rang naam	vereniging	inschrijftijd	tijd	RT	50m	100m
<b>Masters 25+, Heren</b>						
1.	Héctor Miralles Gonzáles	Nat Utrecht	1:00.00	198503849	<b>58.81</b>	+0,75
2.	Jure Tanko	Brussels Gay Sports	1:00.57	083/86	<b>1:04.14</b>	+0,76
3.	Maarten Prot	Upstream Amsterdam	1:10.00	198403195	<b>1:10.27</b>	+0,84
4.	David Kramer	Upstream Amsterdam	1:25.00	198403281	<b>1:16.82</b>	+1,05
<b>Masters 30+, Heren</b>						
1.	Ryan Heath	Brussels Gay Sports	58.00	070/80	<b>1:00.65</b>	+0,76
2.	Bart Groenemans	PLONS	1:01.00	198200551	<b>1:01.01</b>	+0,77
3.	Ferdi Smits	GLS Ketelbinkie	1:32.00	198002315	<b>1:20.50</b>	+0,73
4.	Bert Bosqué	Active Company	1:40.00	AC/10118/79	<b>1:27.57</b>	+1,20
<b>Masters 35+, Heren</b>						
1.	Svet Gavrilov	GLS Ketelbinkie	1:02.00	197501263	<b>1:03.47</b>	+0,76
2.	Kees Bakker	Gay Swim Amsterdam	1:06.00	197501055	<b>1:06.21</b>	+0,71
3.	Francois Boudreault	PLONS	1:05.60	197401155	<b>1:07.71</b>	+0,79
4.	Robert Jan Zandee	GLS Ketelbinkie	1:15.00	197701439	<b>1:13.91</b>	+1,00
5.	Sander Korz	GLS Ketelbinkie	1:12.79	197401253	<b>1:14.60</b>	+0,97
6.	Didier De Braekeler	Active Company	1:22.00	AC/10108/75	<b>1:15.29</b>	+1,04
7.	Andy Vandervoort	Active Company	1:15.00	AC/10060/76	<b>1:17.88</b>	+0,83
8.	Ken Plateus	Active Company	1:24.00	AC/10110/77	<b>1:24.82</b>	+1,02
9.	Edwin van der Linden	GLS Ketelbinkie	1:35.00	197701563	<b>1:27.62</b>	+0,90
DIS	Frithjof Röntgen	Upstream Amsterdam	1:16.00	197801733	VRA	
<b>Masters 40+, Heren</b>						
1.	Jerry Grondel	PLONS	1:02.24	197201223	<b>1:04.13</b>	+0,80
2.	Willem van der Bend	Upstream Amsterdam	1:08.00	197301201	<b>1:07.19</b>	+0,92
3.	Dirk Driessen	Upstream Amsterdam	1:05.00	196901263	<b>1:08.54</b>	+0,91
4.	Christian Wicke	Upstream Amsterdam	1:09.00	196901281	<b>1:10.05</b>	+0,88
5.	Perry Prince	PLONS	1:10.53	197000817	<b>1:11.36</b>	+0,85
6.	Jeroen Kraaijeveld	PLONS	1:13.09	197301257	<b>1:13.17</b>	+0,83
7.	Jan Berkvens	PLONS	1:15.12	197201519	<b>1:14.99</b>	+0,84

Programmanr. 14, Heren, 100m vrije slag, Masters 40+

rang naam	vereniging	inschrijftijd		tijd	RT	50m	100m
8. Peter Musschenga	Zwem Goud	NT	196901347	<b>1:15.18</b>	+0,85	33.95	1:15.18
9. Rodney Goijer	GLS Ketelbinkie	1:14.00	197101371	<b>1:17.41</b>	+0,82	38.13	1:17.41
10. Erik Boertjes	PLONS	1:25.00	197001455	<b>1:22.92</b>	+0,98	40.30	1:22.92

Masters 45+, Heren

1. Ivo Kokje	Nat Utrecht	1:06.20	196601483	<b>1:05.16</b>	+0,89	31.05	1:05.16
2. Aan Pander	Gay Swim Amsterdam	1:10.00	196400569	<b>1:06.78</b>	+0,89	32.91	1:06.78
3. Leo den Dekker	PLONS	1:07.00	196600151	<b>1:07.31</b>	+0,77	32.67	1:07.31
4. Marc-Peter Don	PLONS	1:18.00	196700223	<b>1:09.83</b>	+0,84	33.51	1:09.83
5. Sjaak Postma	PLONS	1:15.00	196601211	<b>1:13.33</b>	+0,93	36.74	1:13.33
6. Johan Bos	Gay Swim Amsterdam	1:18.00	196501375	<b>1:20.58</b>	+0,95	38.02	1:20.58
7. Frank Bunte	PLONS	1:20.53	196801335	<b>1:21.96</b>	+0,95	38.31	1:21.96
8. Raymond Bosdriesz	Upstream Amsterdam	1:17.00	196701653	<b>1:24.19</b>	+1,00	38.89	1:24.19
9. Arno de Keizer	Upstream Amsterdam	1:17.00	196401405	<b>1:26.07</b>	+0,85	41.36	1:26.07
10. Marcel Daas	PLONS	1:35.00	196601119	<b>1:29.21</b>	+1,06	42.71	1:29.21
11. Maia Ascanio	Aqua-Novio'94	1:40.00	196601539	<b>1:32.86</b>	+0,97	42.90	1:32.86
12. Patrick van de Rijt	Aqua-Novio'94	1:36.00	196801505	<b>1:37.44</b>	+1,01	42.10	1:37.44
13. Habibe Allah Ait Sabri	Active Company	1:45.00	AC/10079/65	<b>1:41.85</b>	+1,06	48.69	1:41.85
AFGEM Ron Propst	Zwem Goud	1:07.47	196501525				

Masters 50+, Heren

1. Mark Kas	PLONS	1:10.15	196100285	<b>1:09.47</b>	+0,87	33.09	1:09.47
2. Henk Kuipers	UZSC	1:15.00	196201207	<b>1:13.39</b>	+0,90	35.22	1:13.39
3. James Norman	PLONS	1:12.69	196001209	<b>1:13.93</b>	+0,94	36.12	1:13.93
4. Jeroen Rikkerink	PLONS	1:20.00	196301337	<b>1:15.13</b>	+1,14	35.89	1:15.13
5. Jan van der Meer	Upstream Amsterdam	1:16.00	196200439	<b>1:16.88</b>	+0,75	36.51	1:16.88
6. Ruud van der Zwan	GLS Ketelbinkie	1:23.10	196301373	<b>1:17.43</b>	+1,23	35.78	1:17.43
7. Henk Gierveld	Nat Utrecht	1:12.90	196000869	<b>1:18.00</b>	+0,90	37.07	1:18.00
8. Peter Klein Gunnewiek	GLS Ketelbinkie	1:23.00	196301371	<b>1:23.30</b>	+0,96	40.69	1:23.30
9. Jan van Gorp	Nat Utrecht	1:31.92	196300263	<b>1:33.28</b>	+0,84	43.12	1:33.28
10. Danny Roggeman	Active Company	1:46.00	AC/10073/60	<b>1:42.38</b>	+1,14	49.60	1:42.38

Masters 55+, Heren

1. Aubert van Engelen	Upstream Amsterdam	1:15.00	195700527	<b>1:15.84</b>	+1,10	37.07	1:15.84
2. Leo de Keizer	PLONS	1:19.86	195600487	<b>1:19.27</b>	+0,85	37.67	1:19.27

Masters 60+, Heren

1. Han Vermeer	Nat Utrecht	1:20.00	195000159	<b>1:25.49</b>	+0,87	42.36	1:25.49
2. Jan W Munsterman	Gay Swim Amsterdam	1:28.00	194900077	<b>1:28.78</b>	+1,00	42.44	1:28.78

Masters 25+, Dames

1. Astrid Valk	PLONS	1:55.00	198403148	<b>1:39.35</b>	+1,00	45.92	1:39.35
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Masters 30+, Dames

1. Joan van den Ende	Nat Utrecht	1:18.00	198102202	<b>1:20.03</b>	+1,04	38.01	1:20.03
2. Magali Meijers	Upstream Amsterdam	1:31.00	197901462	<b>1:37.46</b>	+1,04	44.76	1:37.46

Masters 35+, Dames

1. Hanneke Grutterink	PLONS	1:22.00	197800950	<b>1:18.47</b>	+0,81	38.83	1:18.47
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Masters 40+, Dames

1. Mariëlle Roeters	Nat Utrecht	1:45.00	197300900	<b>1:46.49</b>	+0,84	47.89	1:46.49
2. Cindy Struyf	Active Company	1:55.00	AC/20092/72	<b>1:58.69</b>	+1,15	57.89	1:58.69

Masters 45+, Dames

1. Marjan Vliegen	GLS Ketelbinkie	1:35.00	196700586	<b>1:41.91</b>	+0,91	47.64	1:41.91
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Programmanr. 14, 100m vrije slag

Masters 50+, Dames

AFGEM Marlien Wijnhof Nat Utrecht 1:17.02 196100300

Masters 55+, Dames

1. Vera van der Horst GLS Ketelbinkie 1:46.83 195500096 **1:46.09** +1,13 48.03 1:46.09

Programmanr. 15  
29-06-2013 - 17:08

200m rugslag

20 - 94 jaar  
Resultaten

rang naam	vereniging	inschrijftijd	tijd	RT	50m	100m	150m	200m
<b>Masters 30+, Heren</b>								
1. Stan Dekker	PLONS	2:31.63 197901823	<b>2:38.67</b>	+0,78	36.47	1:16.19	1:57.34	2:38.67
2. Rob van Wanrooy	Gay Swim Amsterdam	3:30.00 198202627	<b>2:49.42</b>	+0,69	40.15	1:22.99	2:07.09	2:49.42
<b>Masters 35+, Heren</b>								
1. Dennis Schouten	Upstream Amsterdam	2:30.00 197501351	<b>2:32.64</b>	+0,67	35.48	1:14.06	1:53.70	2:32.64
2. Roeland Looman	Nat Utrecht	2:50.00 197401145	<b>2:46.75</b>	+0,80	41.06	1:23.76	2:06.89	2:46.75
3. Bart de Mooij	GLS Ketelbinkie	3:15.00 197701543	<b>3:23.75</b>	+0,78	48.35	1:40.38	2:33.19	3:23.75
4. Jurryt Jannink	GLS Ketelbinkie	3:15.00 197701547	<b>3:27.40</b>	+0,88	50.39	1:44.36	2:39.88	3:27.40
5. Wim Cools	Active Company	3:02.00 AC/10077/74	<b>3:40.13</b>	+0,77	50.08	1:44.98	2:42.55	3:40.13
<b>Masters 40+, Heren</b>								
1. Michel Honders	GLS Ketelbinkie	3:16.64 196901395	<b>3:18.42</b>	+0,90	48.03	1:38.87	2:29.71	3:18.42
<b>Masters 45+, Heren</b>								
1. Jan Gert Notenbomer	Upstream Amsterdam	2:25.00 196600557	<b>2:29.91</b>	+0,72	34.66	1:12.05	1:50.62	2:29.91
2. Henk Niemansverdriet	GLS Ketelbinkie	3:15.00 196701395	<b>3:20.71</b>	+0,80	50.01	1:40.66	2:32.66	3:20.71
3. Hans Maas	PLONS	3:19.18 196501433	<b>3:27.98</b>	+1,09	49.51	1:43.27	2:38.28	3:27.98
<b>Masters 50+, Heren</b>								
1. Hans de Groot	Nat Utrecht	3:10.00 195900177	<b>3:08.77</b>	+0,76	44.44	1:32.09	2:21.21	3:08.77
2. Luc Lamberigts	Active Company	4:00.00 AC/10008/62	<b>3:58.57</b>	+0,96	57.02	1:57.44	2:59.85	3:58.57
<b>Masters 55+, Heren</b>								
1. Wim Sanders	GLS Ketelbinkie	3:15.00 195500387	<b>3:32.12</b>	+0,89	51.36	1:45.79	2:41.78	3:32.12
2. Hans Dijkstra	PLONS	4:00.00 195800649	<b>4:02.06</b>	+0,85	54.09	1:58.37	3:02.62	4:02.06
<b>Masters 25+, Dames</b>								
1. Charon Tessels-Blok	Nat Utrecht	2:52.00 198605170	<b>2:49.35</b>	+0,65	39.74	1:21.99	2:06.23	2:49.35
<b>Masters 30+, Dames</b>								
1. Naomi Koning	DES	2:50.00 198100824	<b>2:48.00</b>	+0,75	38.47	1:20.59	2:04.76	2:48.00
2. Manon Zaagman	Nat Utrecht	3:45.00 198302338	<b>3:20.84</b>	+0,90	48.22	1:39.16	2:30.71	3:20.84
<b>Masters 40+, Dames</b>								
1. Leonie van Bommel	Nat Utrecht	4:30.00 197000804	<b>4:20.00</b>	+0,99	1:02.56	2:10.53	3:16.94	4:20.00
<b>Masters 50+, Dames</b>								
1. Inge Wolfs	PLONS	3:06.12 196000304	<b>3:13.50</b>	+0,77	44.65	1:33.81	2:23.80	3:13.50
<b>Masters 55+, Dames</b>								
1. Inge Wallaert	Active Company	4:40.00 AC/20119/55	<b>7:38.10</b>	+1,24	1:43.82	3:37.93	5:41.61	7:38.10

rang	vereniging	inschrijftijd	startnr.	tijd	RT
<b>100+, Heren</b>					
1.	<b>BGS 3</b>	<b>Brussels Gay Sports</b>	<b>1:51.00</b>	<b>1:53.51</b>	<b>+0,77</b>
	Jure Tanko	86 +0,77 29.07	Ryan Heath	80 +0,21 26.50	
	Pablo Lourenza Quatra	90 +0,40 30.95	Jeroen Casatelli	80 +0,46 26.99	
<b>100+, Gemengd</b>					
1.	<b>Nat Utrecht 13</b>	<b>Nat Utrecht</b>	<b>2:17.00</b>	<b>2:13.71</b>	<b>+0,83</b>
	Charon Tessels-Blok	86 +0,83 30.91	Joan van den Ende	81 +0,43 36.13	
	Rick Helmink	90 +0,87 34.26	Ruben Verwaal	86 +0,53 32.41	
2.	<b>Plons 11</b>	<b>PLONS</b>	<b>2:30.00</b>	<b>2:44.76</b>	<b>+1,14</b>
	Marieke Kamphuis	81 +1,14 49.63	Christos Ellinas	82 +0,51 41.56	
	Astrid Valk	84 +0,68 41.28	Thijs Fleer	87 +0,76 32.29	
<b>120+, Heren</b>					
1.	<b>Plons 12</b>	<b>PLONS</b>	<b>1:49.00</b>	<b>1:48.93</b>	<b>+0,87</b>
	René Correljé	68 +0,87 28.01	Stan Dekker	79 +0,48 26.89	
	Jerry Grondel	72 +0,29 27.77	Bart Groenemans	82 +0,26 26.26	
2.	<b>Nat Utrecht 12</b>	<b>Nat Utrecht</b>	<b>1:58.00</b>	<b>1:57.24</b>	<b>+0,78</b>
	Héctor Miralles Gonzáles	85 +0,78 26.17	Steve Welch	76 +0,22 28.78	
	Bastian Vos	83 +0,80 31.56	Roeland Looman	74 +0,72 30.73	
3.	<b>Ketelbinkie 1</b>	<b>GLS Ketelbinkie</b>	<b>1:56.00</b>	<b>2:00.72</b>	<b>+0,74</b>
	Amko Hokken	79 +0,74 29.70	Harry Raven	70 29.13	
	Bart de Mooij	77 +0,56 32.62	Svet Gavrilov	75 +0,53 29.27	
4.	<b>Upstream Amsterdam 4</b>	<b>Upstream Amsterdam</b>	<b>1:59.00</b>	<b>2:01.57</b>	<b>+0,94</b>
	Pastor Manrique Valero	82 +0,94 31.28	Maarten Prot	84 +0,13 30.50	
	Marco Visser	74 0.00 29.44	Christian Wicke	69 +0,25 30.35	
5.	<b>Active Company 1</b>	<b>Active Company</b>	<b>2:08.00</b>	<b>2:02.99</b>	<b>+0,79</b>
	David Roels	79 +0,79 27.13	Wim Cools	74 +0,68 31.67	
	Tim Van Hoydonck	78 +0,40 31.51	Andy Vandervoort	76 +0,34 32.68	
6.	<b>Ketelbinkie 2</b>	<b>GLS Ketelbinkie</b>	<b>2:10.00</b>	<b>2:13.11</b>	<b>+0,81</b>
	Ferdi Smits	80 +0,81 33.84	Sander Korz	74 +0,77 31.72	
	Rodney Goijer	71 +0,42 34.58	Michel Honders	69 +0,60 32.97	
7.	<b>Upstream Amsterdam 7</b>	<b>Upstream Amsterdam</b>	<b>2:15.00</b>	<b>2:14.57</b>	<b>+0,93</b>
	Joost Klaren	76 +0,93 34.51	Frithjof Röntgen	78 +0,34 31.91	
	Monllor Palacios	82 +0,37 34.23	Michiel de Gier	76 +0,54 33.92	
8.	<b>Ketelbinkie 3</b>	<b>GLS Ketelbinkie</b>	<b>2:10.00</b>	<b>2:14.66</b>	<b>+0,81</b>
	Alexander Jonker	80 +0,81 35.14	Henk Niemansverdriet	67 +0,04 32.29	
	Jurijt Jannink	77 +0,70 35.07	Robert Jan Zandee	77 +0,51 32.16	
9.	<b>Active Company 3</b>	<b>Active Company</b>	<b>2:25.00</b>	<b>2:17.59</b>	<b>+1,01</b>
	Bert Crauwels	80 +1,01 36.89	Ken Plateus	77 +0,02 36.10	
	Bert Bosqué	79 +0,39 33.76	Gert Wouters	79 30.84	
10.	<b>Upstream Amsterdam 9</b>	<b>Upstream Amsterdam</b>	<b>2:22.00</b>	<b>2:20.47</b>	<b>+0,98</b>
	David Kramer	84 +0,98 33.91	Roberto Bonilla	75 +0,82 39.56	
	Mario Maidana Cardozo	68 +0,57 36.07	Bark Stoffels	68 +0,08 30.93	
11.	<b>Plons 20</b>	<b>PLONS</b>	<b>2:22.00</b>	<b>2:31.63</b>	<b>+0,90</b>
	Joost Niermeijer	75 +0,90 37.92	Yann Martineau	77 +0,80 41.29	
	Sjoerd Wierda	73 +0,48 38.98	Erik Boertjes	70 +0,24 33.44	
<b>120+, Dames</b>					
1.	<b>Active Company 1</b>	<b>Active Company</b>	<b>3:20.00</b>	<b>3:06.67</b>	<b>+0,95</b>
	Nicole Pouliart	69 +0,95 43.54	Cindy Struyf	72 +0,68 54.41	
	Ines De Clerck	71 +0,44 42.45	Annick Sioen	82 +0,70 46.27	
<b>120+, Gemengd</b>					
1.	<b>Plons 15</b>	<b>PLONS</b>	<b>2:10.00</b>	<b>2:10.31</b>	<b>+0,76</b>
	Steven Prins	79 +0,76 30.10	Gabi Vink	84 +0,51 37.26	
	Peter Rem	76 +0,10 28.91	Hanneke Grutterink	78 +0,56 34.04	

Programmanr. 16, 4 x 50m vrije slag

160+, Heren

1.	Upstream Amsterdam 5	Upstream Amsterdam	1:54.00	<b>1:49.60</b>	+0,82
	Jan Gert Notenbomer	66 +0,82 28.36	Dennis Schouten	75 +0,31 26.43	
	Dirk Driessen	69 +0,35 28.73	Joost Roelofs	76 +0,51 26.08	
2.	Nat Utrecht 11	Nat Utrecht	2:00.00	<b>1:58.02</b>	+0,89
	Ivo Kokje	66 +0,89 29.68	Jan Laterveer	64 +0,69 29.93	
	Dave de Bruin	64 +0,15 28.91	Erik Roseboom	63 +0,27 29.50	
3.	Plons 14	PLONS	1:57.00	<b>1:59.18</b>	+0,83
	Marc-Peter Don	67 +0,83 30.60	Leo den Dekker	66 +0,37 30.39	
	Perry Prince	70 +0,57 29.92	Francois Boudreault	74 +0,35 28.27	
4.	Gay Swim Amsterdam 3	Gay Swim Amsterdam	2:00.00	<b>2:01.75</b>	+0,72
	Kees Bakker	75 +0,72 29.39	Frank van den Haak	66 +0,43 30.77	
	Ruud Endenburg	69 +0,65 31.90	Aan Pander	64 +0,34 29.69	
5.	Active Company 2	Active Company	2:25.00	<b>2:08.92</b>	+0,88
	Arnoud Bonemeyer	62 +0,88 29.51	Didier De Braekeler	75 +0,68 32.49	
	Frederic Wille	72 +0,69 34.71	Remco De Boer	71 +0,73 32.21	
6.	Plons 17	PLONS	2:01.00	<b>2:11.38</b>	+0,94
	Jeroen Gerritsen	71 +0,94 33.30	Jan Berkvens	72 +0,64 33.48	
	Jeroen Kraaijeveld	73 +0,32 31.61	Joris de la Court	71 +0,47 32.99	
7.	Ketelbinkie 4	GLS Ketelbinkie	2:15.00	<b>2:12.06</b>	+0,93
	Ruud van der Zwan	63 +0,93 32.50	Gerard Tel	67 +0,47 33.79	
	Pim Pompen	72 +0,40 31.49	Peter Klein Gunnewiek	63 +0,44 34.28	
8.	Upstream Amsterdam 10	Upstream Amsterdam	2:12.50	<b>2:12.60</b>	+1,03
	Frederik Kunst	69 +1,03 33.97	Raymond Bosdriesz	67 +0,46 35.07	
	Bauke Ylstra	65 +0,45 31.57	Bas van der Geest	67 +0,09 31.99	
9.	Plons 21	PLONS	2:21.00	<b>2:18.42</b>	+1,00
	Frank Bunte	68 +1,00 35.69	Johan Ligterink	64 +0,58 35.14	
	Marcel Daas	66 +0,32 36.61	Jeroen Rikkerink	63 +0,74 30.98	
10.	BGS 4	Brussels Gay Sports	2:14.00	<b>2:19.47</b>	+0,84
	Ruben Alonso	77 +0,84 32.39	David Baker	63 +0,65 41.68	
	Kristian Buedts	68 +0,62 32.45	Damien Frébutte	76 +0,62 32.95	
11.	Plons 19	PLONS	2:17.00	<b>2:23.82</b>	+1,03
	Rob Bergervoet	69 +1,03 33.09	Han van Ruler	63 +0,48 39.59	
	Hans Dijkstra	58 +0,74 36.61	Hans Maas	65 +0,59 34.53	
12.	Ketelbinkie 5	GLS Ketelbinkie	2:35.00	<b>2:33.96</b>	+0,83
	Pieter Heesbeen	82 +0,83 42.25	Edwin van der Linden	77 +0,62 40.07	
	Ad van Heijst	66 33.11	Hubert Breukers	66 +0,42 38.53	
13.	Aqua-Novio'94 1	Aqua-Novio'94	2:35.00	<b>2:34.10</b>	+1,01
	Patrick van de Rijt	68 +1,01 41.37	Maia Ascanio	66 +0,75 38.89	
	Giliam Conradi	81 +0,99 42.25	Tim Zwanikken	59 +0,51 31.59	
14.	Gay Swim Amsterdam 5	Gay Swim Amsterdam	2:40.00	<b>2:37.65</b>	+0,90
	Ronald Hof	78 +0,90 39.77	Harko Meijer	66 +0,85 43.86	
	Jos Kuijs	57 +0,05 38.55	Wouter Vinken	64 35.47	

160+, Dames

1.	Upstream Amsterdam 1	Upstream Amsterdam	2:45.00	<b>2:55.89</b>	+0,97
	Anita van der Voorden	75 +0,97 43.03	Anik Martinot	72 +0,65 41.04	
	Henna Goudzand	53 +0,74 50.38	Magali Meijers	79 +0,87 41.44	
AFGEM	Nat Utrecht 15	Nat Utrecht	2:43.00		

160+, Gemengd

1.	UZSC 1	UZSC	2:22.07	<b>2:17.50</b>	+0,78
	Henk Kuipers	62 +0,78 32.12	Jan Willem Schokking	60 +0,62 34.38	
	Corine den Engelsen	83 +0,59 33.62	Jos Ensink	61 +0,41 37.38	
2.	Nat Utrecht 14	Nat Utrecht	2:48.00	<b>2:39.59</b>	+1,19
	John Ryan	74 +1,19 40.76	Jan van Gorp	63 +0,47 40.32	
	Leonie van Bommel	70 +0,34 42.03	Manon Zaagman	83 +0,46 36.48	

Programmanr. 16, 4 x 50m vrije slag

200+, Heren

1.	Upstream Amsterdam 3	Upstream Amsterdam	2:00.00	<b>2:02.63</b>	+0,87
	Bram de Vries	52 +0,87 31.42	Peter van Vuuren	60 +0,44 29.54	
	Richard van de Steeg	62 +0,53 32.75	Paul Kakerissa	67 +0,37 28.92	
2.	Plons 13	PLONS	2:02.00	<b>2:06.00</b>	+0,99
	Richard Broer	59 +0,99 29.99	Mark Kas	61 +0,23 31.34	
	James Norman	60 +0,36 33.31	Jan Vlasblom	61 +0,37 31.36	
3.	Upstream Amsterdam 8	Upstream Amsterdam	2:12.50	<b>2:12.97</b>	+1,01
	Wolfgang Vintan	64 +1,01 33.72	Guido van der Heijden	64 +0,16 32.94	
	Jan van der Meer	62 +0,52 32.63	Aubert van Engelen	57 +0,58 33.68	
4.	Nat Utrecht 10	Nat Utrecht	2:18.00	<b>2:17.16</b>	+0,96
	Rob Wieleman	60 +0,96 32.66	Hans de Groot	59 +0,60 35.29	
	Bas Hoogetboom	68 +0,52 35.28	Henk Gierveld	60 +0,43 33.93	
5.	Gay Swim Amsterdam 4	Gay Swim Amsterdam	2:29.06	<b>2:22.65</b>	+0,95
	Johan Bos	65 +0,95 35.21	Antoine Lelieveld	67 +0,60 32.81	
	Marcel Holtslag	58 33.36	Etan Sela	60 +0,81 41.27	
6.	Upstream Amsterdam 6	Upstream Amsterdam	2:25.00	<b>2:29.73</b>	+0,77
	Folkert van der Hoek	63 +0,77 39.07	Joe Chapman	59 +0,36 33.06	
	Marius Weiland	62 +0,73 39.16	Arno de Keizer	64 +0,45 38.44	
7.	Active Company 4	Active Company	3:05.00	<b>2:40.72</b>	+1,02
	Luc Lamberigts	62 +1,02 37.83	Danny Roggeman	60 +0,54 41.18	
	Habibe Allah Ait Sabri	65 +0,51 42.20	Bart Goethals	64 +0,64 39.51	
8.	Ketelbinkie 6	GLS Ketelbinkie	3:15.00	<b>3:14.46</b>	+1,02
	Harm Muntinga	60 +1,02 36.58	Herbert van Sluys	50 +0,35 55.89	
	Herman Meijer	47 +0,34 50.33	Derk ten Berge	69 +0,55 51.66	

200+, Gemengd

1.	Plons 16	PLONS	2:15.00	<b>2:22.13</b>	+0,91
	Danielle Toonen	68 +0,91 42.89	Vincent de Keijzer	58 +0,41 35.06	
	Sjaak Postma	66 +0,47 31.01	Inge Wolfs	60 +0,49 33.17	
2.	Ketelbinkie 1	GLS Ketelbinkie	2:25.00	<b>2:33.29</b>	+0,99
	Marjan Vliegen	67 +0,99 41.46	Vera van der Horst	55 +0,48 45.02	
	Wim Sanders	55 34.76	Martin Oosters	72 +0,04 32.05	
DIS	Active Company 1 <i>EA 3e zwemmer</i>	Active Company	3:40.00	<b>EA</b>	+1,35
	Jan Heylen	55 +1,35 42.73	Monique Bergmans	66 -0,06	
	Inge Wallaert	55 1:32.79	Mark North	62 +0,20	

240+, Heren

1.	Plons 18	PLONS	2:24.00	<b>2:36.10</b>	+0,87
	Leo de Keizer	56 +0,87 33.89	Sjef Voets	49 +0,52 36.46	
	Peter Cornelissen	55 +0,78 44.43	Gerard van Reijssen	48 +0,37 41.32	
2.	Nat Utrecht 9	Nat Utrecht	2:41.00	<b>2:41.57</b>	+0,91
	Gert Mooij	58 +0,91 37.86	Bert Kwakemaak	55 +0,70 39.24	
	Rob Toet	42 +0,27 46.75	Han Vermeer	50 +0,25 37.72	
3.	Upstream Amsterdam 2	Upstream Amsterdam	2:50.00	<b>2:55.32</b>	+0,88
	Fred Dwarshuis	50 +0,88 42.82	Adriaan Norbart	63 +0,79 40.10	
	Jan Hoogland	49 +0,78 52.27	Kees Roza	48 +0,69 40.13	

Programmanr. 110

29-06-2013

200m wisselslag

20 - 94 jaar

Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT	50m	100m	150m	200m
1.	Jan Gert Notenbomer	Upstream Amsterdam	NT 196600557	<b>2:28.97</b>	+0,96	31.21	1:10.68	1:54.17	2:28.97

Masters 45+, Heren