

NMK 2007 Ib sessie 1

20 april 2007 - 18:30

Nr. 101 200m rugslag Heren Heren Pre-Masters 20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Merijn Ellenkamp	22	WWV	2:16.06	31.39	34.37	35.16	35.14
2. Thommy Nickel	23	Van Vliet Barra	2:27.32	34.43	36.79	38.35	37.75
3. Henri Kragt	20	Deltasteur	2:29.38	34.52	38.08	39.30	37.48
4. Albert van Piekeren	23	Octopus	2:31.54	35.16	37.87	39.52	38.99
5. Melano Winter	20	RSW	2:51.43	38.24	43.25	45.59	44.35

Nr. 102 200m rugslag Dames Dames Pre-Masters 20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Bianca van Ringelestijn	22	De Gelenberg	2:46.23	37.57	42.42	43.09	43.15
2. Nicole Paul	20	De Gelenberg	2:48.75	39.36	42.26	43.50	43.63
3. Eveline Hilarius	24	Triton	3:00.96	41.19	45.29	49.34	45.14
4. Jennifer Go	23	Triton	3:04.90	41.24	46.80	48.35	48.51
5. Marjolein Griffioen	23	Vecht&Rijn(SG)	3:09.18	44.84	48.32	49.03	46.99
6. Angelique Rotteveel	23	De Hokseberg	3:25.85	45.69	52.75	54.01	53.40

Nr. 1 200m rugslag Heren Heren Masters 25+ 20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Paul Oudendijk	26	Oeza	2:23.77	34.18	36.31	37.04	36.24
2. Menno Bijlsma	26	De Aquaflippers	2:24.82	33.84	35.94	37.89	37.15
3. Ronald Smits	29	PSV	2:26.96	34.45	37.39	37.85	37.27
4. David Vazquez	27	Canal de Isabel	2:35.18	36.55	39.71	40.41	38.51
5. Marcel Reefhuis	26	De Veene	2:37.64	36.26	38.96	39.99	42.43
6. Ferdie Witvoet	29	TriVia	2:38.12	37.00	39.87	40.53	40.72
7. Rene Beens	29	Deltasteur	2:47.37	36.03	40.64	43.03	47.67

Nr. 1 200m rugslag Heren Heren Masters 30+ 20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Patrik Pallai <i>.Hongaars Masters Record</i>	31	Sprint Fortuna	2:24.93	33.67	37.42	37.80	36.04
2. Ivo Roozeboom	30	DES	2:25.14	33.84	37.41	37.50	36.39

Nr. 1 200m rugslag Heren Heren Masters 35+ 20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. René Beetsma	38	DZ&PC	2:34.61	36.13	38.79	40.17	39.52
2. Michael Bes	35	Noordkop-Zeem	2:47.81	37.61	41.87	44.60	43.73
3. Pascal van Lieshout	36	PSV	2:59.50	42.77	45.18	46.76	44.79

Nr. 1 200m rugslag Heren Heren Masters 40+ 20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Ron Korzelius	42	AZ&PC	2:37.84	37.93	39.52	40.40	39.99
2. Lars Damen	44	AquAmigos	2:55.21	42.42	45.23	46.16	41.40
dis. Henk Viering	41	Swol 1894	3:37.92	RD	52.49	54.01	57.10
						54.32	

Nr. 1 200m rugslag Heren Heren Masters 45+ 20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Kees-Jan van Overbeeke	45	WWV	2:31.26	34.70	37.59	38.74	40.23
2. Fred Ketting	47	PSV	2:41.10	38.02	40.09	41.47	41.52
3. Elzo Dijkhuis	47	Haren	2:51.57	39.05	42.27	44.64	45.61
4. Jos Leendertse	45	Arethusa	2:52.30	38.46	42.89	45.42	45.53
5. Paul van der Voort	45	De Zwoer	2:53.86	39.23	44.71	45.82	44.10
6. Rob Ekkel	45	PSV	2:55.31	38.37	43.94	46.89	46.11
7. Arno Stap	46	LZ 1886	2:57.54	40.99	44.67	46.86	45.02
8. Lieven De Rijcke	47	GBZ	3:17.82	43.86	47.09	52.11	54.76
9. Filip Timmermans	47	ShaRK	3:42.93	50.75	56.62	1:00.00	55.56
10. Herbert Katgert	48	HZC-Weusthag	4:01.45	51.37	1:00.84	1:05.54	1:03.70
dis. André Schutte	47	De Stormvogel	2:56.39	RD	41.54	43.82	45.74
ng.za Hans van de Ven	47	GSN Spetters					

Nr. 1 200m rugslag Heren Heren Masters 50+ 20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Hans Piederiet	53	ZPCNumansdorp	2:49.62	39.53	42.97	43.97	43.15
2. Pieter Husslage	54	SBC-2000 (SG)	3:04.35	44.66	46.85	46.68	46.16

Nr. 1 200m rugslag Heren Heren Masters 55+ 20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Ludwig Lorenz	59	SG Gladbeck	3:19.56	47.82	51.59	52.27	47.88

Nr. 1 200m rugslag Heren Heren Masters 60+ 20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Rob Hanou	64	Neptunus	3:23.88	44.88	52.09	53.53	53.38

Nr. 1 200m rugslag Heren Heren Masters 65+ 20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Frans van Enst	67	De Veene	3:03.87	42.16	45.78	49.10	46.83
2. Nico Geers	69	Van Uden-De G	3:20.38	46.02	51.08	53.07	50.21

Nr. 1 200m rugslag Heren Heren Masters 70+ 20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Jan Eichhorn <i>Nat. Masters Record</i>	70	Rapido'82	3:45.04	50.06	57.62	1:00.17	57.19
2. Guy Fricot ng.za Rob van Gestel	74 72	C.C.S PSV	5:17.35	1:13.21	1:22.03	1:20.55	1:21.56

Nr. 1 200m rugslag Heren Heren Masters 80+ 20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Ru Holtes	82	De Dolfijn	4:27.02	1:00.91	1:08.39	1:10.73	1:06.99

Nr. 2 200m rugslag Dames Dames Masters 25+ 20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Bianca Cox <i>Nat. Masters Record</i>	27	PSV	2:32.88	34.87	38.61	39.93	39.47
2. Richelle Roord	27	OZ&PC	2:50.90	40.98	43.03	44.01	42.88
3. Francijna de Kooter	27	De Biesboschzw	3:01.93	41.88	46.62	47.24	46.19

Nr. 2 200m rugslag Dames Dames Masters 30+ 20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Melanie Kuiper	31	De Rijn	2:44.76	37.94	41.14	43.04	42.64
2. Liselotte Joling	32	PSV	2:52.21	39.74	43.87	45.01	43.59
3. Helma Koot	31	AZ&PC	3:03.35	42.66	46.47	47.63	46.59
4. Petra van Oostveen	30	WVZ	3:03.58	42.25	46.55	47.82	46.96
5. Begoña Jara	31	Canal de Isabel	3:16.07	47.78	49.33	51.03	47.93
6. Clementine van Bruxvoort	30	RSW	3:44.63	52.81	58.85	58.39	54.58

Nr. 2 200m rugslag Dames Dames Masters 35+ 20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Dianne Nien	36	RZ	2:59.25	41.52	45.93	46.36	45.44
2. Tina Renken	35	AZ&PC	2:59.98	41.75	45.30	46.90	46.03
3. Elske Koulman	39	AquAmigos	3:40.07	54.44	56.65	57.24	51.74

Nr. 2 200m rugslag Dames Dames Masters 40+ 20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Jacqueline Rolloos	44	De Lansingh	2:56.71	41.44	44.90	46.12	44.25
2. Annemarie Smit	40	Gay Swim A'dam	2:58.18	42.20	44.96	47.14	43.88
3. Annemarie Vuist	44	Swol 1894	3:02.03	43.53	46.05	47.09	45.36
4. Hetty Smalheer	40	SCOM	3:16.84	46.95	50.32	50.95	48.62
5. Pepita Philipsen-Mooijman	41	De Haaien	3:21.48	45.46	51.58	51.69	52.75

Nr. 2 200m rugslag Dames Dames Masters 45+ 20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Patty Verhagen	48	AquAmigos	2:58.70	43.23	46.17	45.39	43.91
2. Margriet Grove	45	Oceanus	2:59.43	42.29	45.89	46.84	44.41
3. Marleen Slegers	46	AZV	3:04.14	42.91	46.76	47.96	46.51
<i>.Belgisch Masters Record</i>							
4. Jacqueline Covents	48	GBZ	4:10.78	57.71	1:05.82	1:07.64	59.61
dis. Monica Heinsbroek	47	WVZ	2:54.90	RD	40.40	44.37	45.44

Nr. 2 200m rugslag Dames Dames Masters 55+ 20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Christien Nieuwenhuis <i>Nat. Masters Record</i>	56	Swol 1894	3:17.67	45.98	51.06	51.54	49.09
2. Tineke van Diggelen	55	Oceanus	3:51.31	54.94	57.99	59.71	58.67

Nr. 2 200m rugslag Dames Dames Masters 60+ 20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Leny Kamp-Van Loenen	63	Aquapoldro	4:21.10	57.41	1:07.20	1:08.62	1:07.87
2. Nicole Davidson	63	ShaRK	4:24.61	56.92	1:07.52	1:10.71	1:09.46

Nr. 2 200m rugslag Dames Dames Masters 65+ 20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Judith van Berkel-De Nijs <i>Nat. Masters Record</i>	65	Van Uden-De Gooijer	3:39.79	51.23	54.00	58.56	56.00

Nr. 2 200m rugslag Dames Dames Masters 70+ 20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Annie de Vos	73	Old Dutch	4:26.13	1:00.31	1:08.31	1:07.79	1:09.72
2. Bep van Riessen	70	Aquapoldro	4:29.39	1:03.76	1:07.81	1:09.70	1:08.12

Nr. 2 200m rugslag Dames Dames Masters 80+ 20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Virginia Keteleer <i>.Belgisch Masters Record</i>	82	ShaRK	4:42.99	1:07.83	1:10.22	1:13.13	1:11.81
dis. Marianne Maandonks	81	PSV					AF

Nr. 103 200m schoolslag Heren Heren Pre-Masters 20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Nick Heister	22	PSV	2:38.75	35.54	40.65	41.10	41.46
2. Stefan van der Grift	20	Octopus	2:43.40	36.03	42.76	42.93	41.68
3. Thommy Nickel	23	Van Vliet Barra	2:44.25	37.31	41.71	42.42	42.81
4. Albert van Piekeren	23	Octopus	2:47.09	37.15	42.05	43.58	44.31
5. Jim Geestman	24	RSW	2:55.00	39.69	44.03	45.47	45.81
6. Sebastiaan Baars	24	HZC-Weusthag	3:00.90	39.28	46.99	47.05	47.58
7. Dennis Klop	24	De Biesboschzwembad	3:01.33	40.41	45.58	47.93	47.41

Nr. 104 200m schoolslag Dames Dames Pre-Masters

20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Kim van der Beek	20	PSV	2:59.35	40.34	47.18	46.74	45.09
2. Lilian Dekkers	24	De Haaien	3:12.09	42.03	48.17	50.58	51.31
3. Sabina Caruso	22	RSW	3:45.91	49.45	57.15	59.80	59.51

Nr. 3 200m schoolslag Heren Heren Masters 25+

20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Mischa de Gier	25	De Aquaflippers	2:34.27	34.20	39.61	39.75	40.71
2. Paul Oudendijk	26	Oeza	2:45.35	37.37	42.37	44.13	41.48
3. Freddie Geerlings	28	ZON/S&S	2:45.83	37.65	42.27	43.74	42.17
4. Jeroen Vogelsang	27	De Dolfijn	2:51.76	38.07	44.00	44.92	44.77
5. Eric Botella	26	Canal de Isabel	3:03.56	40.62	46.91	49.21	46.82

Nr. 3 200m schoolslag Heren Heren Masters 30+

20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Richard Scholtens	31	TriVia	3:04.50	40.24	46.82	48.05	49.39

Nr. 3 200m schoolslag Heren Heren Masters 35+

20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Paul van den Heuvel	37	Arethusa	2:49.09	37.58	43.35	43.94	44.22
2. Harold Matla	39	PSV	2:49.20	38.51	43.85	43.91	42.93
3. Michael Bes	35	Noordkop-Zeemac	2:49.30	38.12	43.33	44.22	43.63
4. Jan-Willem van Herpen	37	Arethusa	2:59.52	39.35	46.92	46.82	46.43

Nr. 3 200m schoolslag Heren Heren Masters 40+

20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Patrick Juncker <i>.Luxemburgs Masters Record</i>	40	Swimming Luxer	2:48.81	39.87	43.72	43.02	42.20
2. Peter v. Meerveld	40	AZ&PC	2:55.16	39.19	44.27	45.19	46.51
3. Arno Schrauwen	42	De Roersoppers	3:03.69	40.76	46.02	48.02	48.89
4. Ronald Stolk	41	De Fuut	3:07.21	39.45	46.58	50.37	50.81
5. Marcel Zweerus	41	Swol 1894	3:10.35	42.89	48.72	50.03	48.71
6. Luc Stappaerts	42	ShaRK	3:12.74	41.94	49.17	50.42	51.21
7. Jan de Lange	42	HZC-Weusthag	3:29.07	47.31	53.57	54.56	53.63
8. Eric Tijms	43	Oeza	3:35.84	45.16	53.65	58.56	58.47
ng.za Jo Rogiers	44	RSCM					

Nr. 3 200m schoolslag Heren Heren Masters 45+

20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Ronald Grove	46	Oceanus	2:57.76	40.02	46.07	46.17	45.50
2. Ron Phaff	45	PSV	2:58.46	38.65	45.37	46.25	48.19
3. Peter Romkes	48	Luctor et Emerg	2:59.98	41.09	45.53	47.59	45.77
4. Ralph Caster	46	RZ	3:02.69	39.00	46.18	48.43	49.08
5. Eric Henrard	47	AZV	3:10.37	43.52	48.15	49.43	49.27
6. Jack Barends	45	HZC-Weusthag	3:20.93	43.43	50.42	52.63	54.45
7. Bart van Calker	46	HZC-Weusthag	3:27.83	48.88	54.00	53.35	51.60
8. Henk Schutte	46	Deltasteur	3:30.00	46.15	53.35	56.23	54.27
9. Marc Geysmans	45	ShaRK	3:38.87	49.21	54.89	58.27	56.50
dis. Walter Rolloos	48	Van Vliet Barra	3:07.78	40.81	46.49	49.76	50.72

SJ

Nr. 3 200m schoolslag Heren Heren Masters 50+

20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Charles Bos	54	De Roersoppers	2:58.31	39.58	45.67	47.13	45.93
2. Paul Bunnik	51	Triton	3:19.41	40.87	51.66	53.55	53.33
3. Pieter Husslage	54	SBC-2000 (SG)	3:25.46	49.18	54.68	53.91	47.69
4. Berry van Elderen	51	PSV	3:28.33	45.15	53.47	55.59	54.12
5. Hans Oudendijk	53	Oeza	3:43.89	49.82	58.97	1:00.53	54.57
6. Adrie van der Gracht	50	Oeza	4:04.49	52.03	1:03.46	1:07.15	1:01.85

Nr. 3 200m schoolslag Heren Heren Masters 55+

20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Herman ten Kate	56	Het Y	3:42.76	44.87	55.81	1:01.05	1:01.03

Nr. 3 200m schoolslag Heren Heren Masters 60+

20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Rob Hanou	64	Neptunus	3:18.08	44.06	51.29	52.89	49.84
2. Ruud Sloof	63	De Rijn	3:34.88	49.70	53.65	57.00	54.53
3. Mar van Geel	60	Old Dutch	4:01.44	51.67	1:00.75	1:04.35	1:04.67

Nr. 3 200m schoolslag Heren Heren Masters 65+ 20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Nico Baay	65	Old Dutch	3:42.50	47.16	56.86	58.30	1:00.18

Nr. 3 200m schoolslag Heren Heren Masters 70+ 20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Gregor Pompen	70	Aqua-Novio'94	4:01.93	55.35	1:02.54	1:02.42	1:01.62
2. Cor Sprengers	72	PSV	4:04.73	52.08	1:00.96	1:06.67	1:05.02
3. Rob van Gestel	72	PSV	4:05.74	55.33	1:03.12	1:04.33	1:02.96
4. Guy Fricot	74	C.C.S	6:03.47	1:22.68	1:32.49	1:36.22	1:32.08

Nr. 3 200m schoolslag Heren Heren Masters 75+ 20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Coen Zoutendijk	77	Aquapoldro	7:09.93	1:43.67	1:53.30	1:46.59	1:46.37

Nr. 4 200m schoolslag Dames Dames Masters 25+ 20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Yvonne Gerritsen	27	ZVW'74	3:07.88	41.17	47.86	49.68	49.17
2. Anneke Willemsen	27	EZZ	3:21.52	44.06	50.97	52.80	53.69
3. Margriet Leeffers	29	Deltasteur	3:37.51	49.62	55.93	55.84	56.12

Nr. 4 200m schoolslag Dames Dames Masters 30+ 20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Miranda Straetemans	33	Deltasteur	3:07.79	41.13	48.11	49.67	48.88
2. Alice Meijer	32	De Pinquin	3:54.35	49.17	58.32	1:01.74	1:05.12

Nr. 4 200m schoolslag Dames Dames Masters 35+ 20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Annetje Dieleman	36	PSV	3:13.17	42.50	48.27	49.84	52.56
2. Ilse Vos	39	De Hokseberg	3:42.24	49.50	56.67	58.19	57.88

Nr. 4 200m schoolslag Dames Dames Masters 40+ 20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Karin Kuijlaars	41	AquAmigos	3:18.54	45.82	50.30	51.50	50.92
2. Dédé Van Hamel	41	ShaRK	3:50.66	51.99	58.97	1:00.09	59.61
ng. Linda Swennen	44	AZV					

Nr. 4 200m schoolslag Dames Dames Masters 45+ 20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Marja Bloemzaad <i>Nat. Masters Record</i>	46	AZ&PC	2:59.16	39.90	45.53	46.94	46.79
2. Karin Vrijburg	46	De Columbiaan	3:22.40	46.05	50.75	53.06	52.54
3. Agnes van Doesburg	47	PSV	3:25.23	46.93	52.33	52.12	53.85

Nr. 4 200m schoolslag Dames Dames Masters 50+ 20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Mieke van der Fluit	53	SBC-2000 (SG)	3:25.44	47.60	52.49	53.22	52.13
2. Ingrid van Assche	52	De Schelde	3:32.82	49.18	53.99	56.14	53.51
3. Janneke van Liesdonk	50	Arethusa	4:14.48	57.80	1:03.07	1:05.97	1:07.64
ng.za Ineke Weekers	54	PSV					

Nr. 4 200m schoolslag Dames Dames Masters 55+ 20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Gonnie Bak	56	Swol 1894	4:02.69	57.03	1:03.31	1:02.14	1:00.21
2. Tineke van Diggelen	55	Oceanus	4:03.93	57.17	1:01.11	1:04.09	1:01.56
3. Geerdien Meerwaldt	55	De Lansingh	4:44.30	1:02.85	1:10.70	1:14.05	1:16.70

Nr. 4 200m schoolslag Dames Dames Masters 60+ 20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Annie Smits	61	PSV	4:25.46	1:02.08	1:07.21	1:07.96	1:08.21

Nr. 4 200m schoolslag Dames Dames Masters 65+ 20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Judith van Berkel-De Nijs <i>Nat. Masters Record</i>	65	Van Uden-De Groot	4:51.99	51.50	58.21	1:00.56	1:01.72
2. Liesbeth ter Laak	65	Katwijk	4:50.07	1:05.04	1:14.82	1:15.51	1:14.70

Nr. 4 200m schoolslag Dames Dames Masters 70+ 20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Tineke de Bueger	70	Old Dutch	4:21.31	1:00.98	1:06.15	1:07.73	1:06.45
2. Lea Maes	70	GBZ	4:34.63	1:05.08	1:11.69	1:10.25	1:07.61

Nr. 4 200m schoolslag Dames Dames Masters 75+ 20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
1. Agnes Van Obberghen <i>.Belgisch Masters Record</i>	76	AZSC	3:57.34	53.06	58.66	1:02.51	1:03.11

Nr. 4 200m schoolslag Dames Dames Masters 80+ 20.04.2007

	Lft.	Afk./depot	Tijd	50m	100m	150m	200m
dis. Marianne Maandonks	81	PSV	6:40.04	SK	1:31.38	1:42.67	1:41.95 1:44.04

Nr. 105 400m vrije slag Heren Heren Pre-Masters 20.04.2007

	Lft.	Afk./depot	Tijd
1. Thomas Felten	24	Aqua-Novio'94	4:17.05
50m: 28.18 28.18	150m: 1:32.05 32.27	250m: 2:37.92 33.20	350m: 3:44.09 33.00
100m: 59.78 31.60	200m: 2:04.72 32.67	300m: 3:11.09 33.17	400m: 4:17.05 32.96
2. Merijn Ellenkamp	22	WWV	4:24.45
50m: 29.88 29.88	150m: 1:36.40 33.46	250m: 2:43.13 33.08	350m: 3:50.97 33.86
100m: 1:02.94 33.06	200m: 2:10.05 33.65	300m: 3:17.11 33.98	400m: 4:24.45 33.48
3. Gerjan Wezenberg	22	Deltasteur	4:45.07
50m: 30.09 30.09	150m: 1:40.12 35.61	250m: 2:53.79 36.88	350m: 4:09.26 37.46
100m: 1:04.51 34.42	200m: 2:16.91 36.79	300m: 3:31.80 38.01	400m: 4:45.07 35.81
4. Sebastian Hoppe	24	WWV	5:00.30
50m: 31.91 31.91	150m: 1:46.86 38.25	250m: 3:04.02 39.03	350m: 4:22.28 38.90
100m: 1:08.61 36.70	200m: 2:24.99 38.13	300m: 3:43.38 39.36	400m: 5:00.30 38.02
dis. Sebastiaan Baars	24	HZC-Weusthag	AA
50m: :-:--	150m: :-:--	250m: :-:--	350m: :-:--
100m: :-:--	200m: :-:--	300m: :-:--	400m: :-:--

Nr. 106 400m vrije slag Dames Dames Pre-Masters

20.04.2007

	Lft.	Afk./depot	Tijd
1. Denise de Riet	23	Van Vliet Barra	4:54.32
50m: 32.40 32.40	150m: 1:45.44 37.21	250m: 3:00.98 37.95	350m: 4:16.85 37.99
100m: 1:08.23 35.83	200m: 2:23.03 37.59	300m: 3:38.86 37.88	400m: 4:54.32 37.47
2. Bianca van Ringelestijn	22	De Gelenberg	5:08.25
50m: 33.83 33.83	150m: 1:52.62 40.03	250m: 3:11.52 39.67	350m: 4:30.52 39.90
100m: 1:12.59 38.76	200m: 2:31.85 39.23	300m: 3:50.62 39.10	400m: 5:08.25 37.73
3. Begoña Vázquez	24	Canal de Isabel	5:08.30
50m: 35.73 35.73	150m: 1:54.42 39.72	250m: 3:14.45 40.19	350m: 4:33.08 38.91
100m: 1:14.70 38.97	200m: 2:34.26 39.84	300m: 3:54.17 39.72	400m: 5:08.30 35.22
4. Marjolein Griffioen	23	Vecht&Rijn(SG)	5:54.32
50m: 37.34 37.34	150m: 2:04.46 44.95	250m: 3:36.65 45.94	350m: 5:10.61 47.36
100m: 1:19.51 42.17	200m: 2:50.71 46.25	300m: 4:23.25 46.60	400m: 5:54.32 43.71
5. Angelique Rotteveel	23	De Hokseberg	6:25.92
50m: 38.97 38.97	150m: 2:15.15 49.73	250m: 3:55.43 49.89	350m: 5:37.69 50.63
100m: 1:25.42 46.45	200m: 3:05.54 50.39	300m: 4:47.06 51.63	400m: 6:25.92 48.23

Nr. 5 400m vrije slag Heren Heren Masters 25+

20.04.2007

	Lft.	Afk./depot	Tijd
1. Marcel Thijsse	25	WVZ	4:19.51
<i>Nat. Masters Record</i>			
50m: 29.63 29.63	150m: 1:33.65 32.32	250m: 2:40.87 34.04	350m: 3:48.42 33.44
100m: 1:01.33 31.70	200m: 2:06.83 33.18	300m: 3:14.98 34.11	400m: 4:19.51 31.09
2. Martijn Smeets	26	WVZ	4:19.64
50m: 29.16 29.16	150m: 1:34.13 33.20	250m: 2:41.20 33.69	350m: 3:48.42 33.24
100m: 1:00.93 31.77	200m: 2:07.51 33.38	300m: 3:15.18 33.98	400m: 4:19.64 31.22
3. Rory Bob de Haan	26	De Aquaflippers	4:23.55
50m: 29.49 29.49	150m: 1:34.39 32.80	250m: 2:41.84 33.94	350m: 3:50.39 34.16
100m: 1:01.59 32.10	200m: 2:07.90 33.51	300m: 3:16.23 34.39	400m: 4:23.55 33.16
4. Martijn Butter	28	Oeza	4:45.12
50m: 31.74 31.74	150m: 1:43.21 36.40	250m: 2:56.07 36.04	350m: 4:09.09 36.76
100m: 1:06.81 35.07	200m: 2:20.03 36.82	300m: 3:32.33 36.26	400m: 4:45.12 36.03
5. Jeroen Vogelsang	27	De Dolfijn	4:48.32
50m: 31.04 31.04	150m: 1:41.95 35.76	250m: 3:04.48 45.63	350m: 4:11.40 37.85
100m: 1:06.19 35.15	200m: 2:18.85 36.90	300m: 3:33.55 29.07	400m: 4:48.32 36.92
6. Tonie van Wijk	25	Brunssum	4:49.03
50m: 32.20 32.20	150m: 1:44.55 36.36	250m: 2:57.83 36.32	350m: 4:12.34 37.22
100m: 1:08.19 35.99	200m: 2:21.51 36.96	300m: 3:35.12 37.29	400m: 4:49.03 36.69
7. Ferdie Witvoet	29	TriVia	4:50.51
50m: 32.07 32.07	150m: 1:43.54 36.27	250m: 2:56.94 36.91	350m: 4:12.23 38.68
100m: 1:07.27 35.20	200m: 2:20.03 36.49	300m: 3:33.55 36.61	400m: 4:50.51 38.28
8. Joris Haest	28	PSV	5:01.54
50m: 31.92 31.92	150m: 1:45.69 37.88	250m: 3:03.77 39.25	350m: 4:23.06 39.89
100m: 1:07.81 35.89	200m: 2:24.52 38.83	300m: 3:43.17 39.40	400m: 5:01.54 38.48
9. Freddie Geerlings	28	ZON/S&S	5:02.71
50m: 32.14 32.14	150m: 1:46.76 37.44	250m: 3:04.45 38.48	350m: 4:24.06 39.61
100m: 1:09.32 37.18	200m: 2:25.97 39.21	300m: 3:44.45 40.00	400m: 5:02.71 38.65

	Lft.	Afk./depot	Tijd
10. Remco Jorink	27	Octopus	5:05.64
50m: 32.57 32.57	150m: 1:48.40 39.05	250m: 3:06.89 39.31	350m: 4:26.13 39.52
100m: 1:09.35 36.78	200m: 2:27.58 39.18	300m: 3:46.61 39.72	400m: 5:05.64 39.51
11. Marcel Reefhuis	26	De Veene	5:06.13
50m: 34.05 34.05	150m: 1:50.31 38.42	250m: 3:09.13 39.55	350m: 4:28.56 39.07
100m: 1:11.89 37.84	200m: 2:29.58 39.27	300m: 3:49.49 40.36	400m: 5:06.13 37.57
12. Michel Wigbers	27	De Futen	5:06.62
50m: 33.81 33.81	150m: 1:50.00 39.16	250m: 3:09.96 40.30	350m: 4:29.41 39.63
100m: 1:10.84 37.03	200m: 2:29.66 39.66	300m: 3:49.78 39.82	400m: 5:06.62 37.21
13. Marcel van Berge	25	Zaanstad (SG)	5:07.41
50m: 33.61 33.61	150m: 1:49.28 38.88	250m: 3:09.32 40.33	350m: 4:29.36 39.36
100m: 1:10.40 36.79	200m: 2:28.99 39.71	300m: 3:50.00 40.68	400m: 5:07.41 38.05

Nr. 5 400m vrije slag Heren Heren Masters 30+

20.04.2007

	Lft.	Afk./depot	Tijd
1. Miguel Alcalde	31	Canal de Isabel	4:15.90
50m: 29.33 29.33	150m: 1:32.41 31.87	250m: 2:37.12 32.47	350m: 3:42.77 32.64
100m: 1:00.54 31.21	200m: 2:04.65 32.24	300m: 3:10.13 33.01	400m: 4:15.90 33.13
2. David Llanos	32	Canal de Isabel	4:39.70
50m: 31.16 31.16	150m: 1:40.85 35.19	250m: 2:52.91 35.86	350m: 4:05.72 35.88
100m: 1:05.66 34.50	200m: 2:17.05 36.20	300m: 3:29.84 36.93	400m: 4:39.70 33.98
3. Ivo Roozeboom	30	DES	4:42.13
50m: 31.01 31.01	150m: 1:42.58 36.32	250m: 2:55.67 36.47	350m: 4:08.02 35.88
100m: 1:06.26 35.25	200m: 2:19.20 36.62	300m: 3:32.14 36.47	400m: 4:42.13 34.11

Nr. 5 400m vrije slag Heren Heren Masters 35+

20.04.2007

	Lft.	Afk./depot	Tijd
1. René Beetsma	38	DZ&PC	4:42.71
50m: 31.38 31.38	150m: 1:43.13 36.35	250m: 2:55.47 36.41	350m: 4:08.05 36.12
100m: 1:06.78 35.40	200m: 2:19.06 35.93	300m: 3:31.93 36.46	400m: 4:42.71 34.66
2. Richard Rickson	37	Brunssum	4:57.90
50m: 32.62 32.62	150m: 1:46.26 37.11	250m: 3:02.63 37.97	350m: 4:20.04 38.81
100m: 1:09.15 36.53	200m: 2:24.66 38.40	300m: 3:41.23 38.60	400m: 4:57.90 37.86
3. Jean-François Folie	38	CNSW	5:10.37
50m: 34.25 34.25	150m: 1:51.24 39.55	250m: 3:11.55 40.48	350m: 4:31.77 40.12
100m: 1:11.69 37.44	200m: 2:31.07 39.83	300m: 3:51.65 40.10	400m: 5:10.37 38.60
4. René Philipsen	39	De Haaien	6:13.27
50m: 37.64 37.64	150m: 2:10.21 47.41	250m: 3:46.31 48.52	350m: 5:23.89 48.41
100m: 1:22.80 45.16	200m: 2:57.79 47.58	300m: 4:35.48 49.17	400m: 6:13.27 49.38
ng. Eric Munoz	38	FOC	

Nr. 5 400m vrije slag Heren Heren Masters 40+

20.04.2007

		Lft.	Afk./depot	Tijd
1. Jordi Van Engelen		41	RSCM	4:39.69
50m: 31.77 31.77	150m: 1:43.29 36.42	250m: 2:55.47 35.83	350m: 4:06.99 35.45	
100m: 1:06.87 35.10	200m: 2:19.64 36.35	300m: 3:31.54 36.07	400m: 4:39.69 32.70	
2. Alex Bakkenes		44	Zaanstad (SG)	5:02.21
50m: 30.94 30.94	150m: 1:43.13 36.64	250m: 3:01.83 39.55	350m: 4:22.37 40.32	
100m: 1:06.49 35.55	200m: 2:22.28 39.15	300m: 3:42.05 40.22	400m: 5:02.21 39.84	
3. Lars Damen		44	AquAmigos	5:08.39
50m: 34.52 34.52	150m: 1:51.92 39.28	250m: 3:11.80 39.89	350m: 4:31.06 39.81	
100m: 1:12.64 38.12	200m: 2:31.91 39.99	300m: 3:51.25 39.45	400m: 5:08.39 37.33	
4. Joost de Kroon		43	AquAmigos	5:37.78
50m: 36.79 36.79	150m: 2:01.20 43.14	250m: 3:30.88 45.16	350m: 4:59.27 43.95	
100m: 1:18.06 41.27	200m: 2:45.72 44.52	300m: 4:15.32 44.44	400m: 5:37.78 38.51	
5. Jan Smalheer		43	SCOM	5:38.05
50m: 35.98 35.98	150m: 1:57.88 42.07	250m: 3:25.68 43.73	350m: 4:54.29 43.50	
100m: 1:15.81 39.83	200m: 2:41.95 44.07	300m: 4:10.79 45.11	400m: 5:38.05 43.76	
6. Pieter-Sjoerd de Wijn		42	Aqua-Novio'94	5:39.32
50m: 36.83 36.83	150m: 2:01.07 43.46	250m: 3:28.64 44.08	350m: 4:56.44 44.19	
100m: 1:17.61 40.78	200m: 2:44.56 43.49	300m: 4:12.25 43.61	400m: 5:39.32 42.88	
7. Marcel Zweerus		41	Swol 1894	5:42.04
50m: 37.70 37.70	150m: 2:02.83 43.35	250m: 3:32.94 45.21	350m: 5:01.93 43.70	
100m: 1:19.48 41.78	200m: 2:47.73 44.90	300m: 4:18.23 45.29	400m: 5:42.04 40.11	
8. Aldo Atzeni		43	FOC	5:47.48
50m: 36.87 36.87	150m: 2:02.65 43.63	250m: 3:32.41 44.89	350m: 5:03.05 45.03	
100m: 1:19.02 42.15	200m: 2:47.52 44.87	300m: 4:18.02 45.61	400m: 5:47.48 44.43	
9. Tonny Vinke		40	Scheldestroom	5:52.78
50m: 36.35 36.35	150m: 2:03.14 45.38	250m: 3:34.84 46.55	350m: 5:08.47 47.24	
100m: 1:17.76 41.41	200m: 2:48.29 45.15	300m: 4:21.23 46.39	400m: 5:52.78 44.31	
10. Erik Saan		42	De Duck	5:54.79
50m: 36.72 36.72	150m: 2:01.99 44.20	250m: 3:35.08 46.56	350m: 5:10.27 47.22	
100m: 1:17.79 41.07	200m: 2:48.52 46.53	300m: 4:23.05 47.97	400m: 5:54.79 44.52	
11. Rik van Gasteren		43	AquAmigos	6:16.47
50m: 40.47 40.47	150m: 2:14.26 48.13	250m: 3:53.16 49.84	350m: 5:29.81 47.98	
100m: 1:26.13 45.66	200m: 3:03.32 49.06	300m: 4:41.83 48.67	400m: 6:16.47 46.66	
12. Wilko Versleeuwen		44	PSV	6:32.76
50m: 39.51 39.51	150m: 2:16.73 50.65	250m: 4:01.09 53.55	350m: 5:43.39 52.33	
100m: 1:26.08 46.57	200m: 3:07.54 50.81	300m: 4:51.06 49.97	400m: 6:32.76 49.37	
13. Henk Viering		41	Swol 1894	6:46.44
50m: 42.17 42.17	150m: 2:23.64 51.22	250m: 4:07.02 51.80	350m: 5:53.05 53.11	
100m: 1:32.42 50.25	200m: 3:15.22 51.58	300m: 4:59.94 52.92	400m: 6:46.44 53.39	
14. Johan van der Ven		43	PSV	7:14.65
50m: 47.74 47.74	150m: 2:37.35 55.63	250m: 4:30.49 57.52	350m: 6:22.63 56.83	
100m: 1:41.72 53.98	200m: 3:32.97 55.62	300m: 5:25.80 55.31	400m: 7:14.65 52.02	

Nr. 5 400m vrije slag Heren Heren Masters 45+

20.04.2007

	Lft.	Afk./depot	Tijd
1. Kees-Jan van Overbeeke <i>Nat. Masters Record</i>	45	WWV	4:42.56
50m: 31.97 31.97 150m: 1:43.46 35.96 250m: 2:55.58 35.79 350m: 4:07.17 36.06			
100m: 1:07.50 35.53 200m: 2:19.79 36.33 300m: 3:31.11 35.53 400m: 4:42.56 35.39			
2. Salvo Andronico <i>.Luxemburgs Masters Record</i>	45	Swimming Luxemb	4:59.78
50m: 34.01 34.01 150m: 1:49.90 37.30 250m: 3:06.55 37.72 350m: 4:23.09 37.78			
100m: 1:12.60 38.59 200m: 2:28.83 38.93 300m: 3:45.31 38.76 400m: 4:59.78 36.69			
3. Wim Witjes	49	Aqua-Novio'94	5:03.50
50m: 35.14 35.14 150m: 1:51.47 38.70 250m: 3:09.41 38.69 350m: 4:26.52 38.03			
100m: 1:12.77 37.63 200m: 2:30.72 39.25 300m: 3:48.49 39.08 400m: 5:03.50 36.98			
4. Paul van der Voort	45	De Zwoer	5:18.17
50m: 34.80 34.80 150m: 1:55.29 40.76 250m: 3:18.97 41.64 350m: 4:39.43 39.09			
100m: 1:14.53 39.73 200m: 2:37.33 42.04 300m: 4:00.34 41.37 400m: 5:18.17 38.74			
5. Arno Stap	46	LZ 1886	5:18.39
50m: 34.61 34.61 150m: 1:55.22 41.22 250m: 3:16.47 41.17 350m: 4:38.70 41.54			
100m: 1:14.00 39.39 200m: 2:35.30 40.08 300m: 3:57.16 40.69 400m: 5:18.39 39.69			
6. Elzo Dijkhuis	47	Haren	5:19.53
50m: 33.28 33.28 150m: 1:51.82 40.66 250m: 3:15.88 41.56 350m: 4:39.91 40.79			
100m: 1:11.16 37.88 200m: 2:34.32 42.50 300m: 3:59.12 43.24 400m: 5:19.53 39.62			
7. Eric Henrard	47	AZV	5:30.55
50m: 37.39 37.39 150m: 1:59.50 41.32 250m: 3:23.62 42.08 350m: 4:48.56 41.90			
100m: 1:18.18 40.79 200m: 2:41.54 42.04 300m: 4:06.66 43.04 400m: 5:30.55 41.99			
8. André Schutte	47	De Stormvogel	5:39.10
50m: 36.26 36.26 150m: 1:58.81 42.28 250m: 3:27.73 45.08 350m: 4:57.86 45.30			
100m: 1:16.53 40.27 200m: 2:42.65 43.84 300m: 4:12.56 44.83 400m: 5:39.10 41.24			
9. Arno de Graaf	47	Zaanstad (SG)	5:39.33
50m: 36.98 36.98 150m: 1:57.73 41.36 250m: 3:22.75 43.31 350m: 4:52.97 45.93			
100m: 1:16.37 39.39 200m: 2:39.44 41.71 300m: 4:07.04 44.29 400m: 5:39.33 46.36			
10. Filip Timmermans	47	ShaRK	7:00.32
50m: 41.10 41.10 150m: 2:26.26 54.24 250m: 4:17.20 55.25 350m: 6:07.19 55.22			
100m: 1:32.02 50.92 200m: 3:21.95 55.69 300m: 5:11.97 54.77 400m: 7:00.32 53.13			
11. Aris Jan van Ek	46	IJZPC	7:05.87
50m: 44.53 44.53 150m: 2:30.13 54.77 250m: 4:21.48 56.13 350m: 6:14.97 56.71			
100m: 1:35.36 50.83 200m: 3:25.35 55.22 300m: 5:18.26 56.78 400m: 7:05.87 50.90			
12. Louis Matthijsse	46	PSV	7:08.97
50m: 41.35 41.35 150m: 2:29.16 55.44 250m: 4:21.40 55.98 350m: 6:15.25 56.44			
100m: 1:33.72 52.37 200m: 3:25.42 56.26 300m: 5:18.81 57.41 400m: 7:08.97 53.72			
13. Kees Karsten	49	Gay Swim A'dam	7:32.76
50m: 45.78 45.78 150m: 2:39.52 58.06 250m: 4:39.15 59.35 350m: 6:39.14 59.23			
100m: 1:41.46 55.68 200m: 3:39.80 1:00.28 300m: 5:39.91 1:00.76 400m: 7:32.76 53.62			

Nr. 5 400m vrije slag Heren Heren Masters 50+

20.04.2007

	Lft.	Afk./depot	Tijd
1. Richard aan de Stegge	50	De Haaien	5:32.18
50m: 35.10 35.10	150m: 1:55.56 41.14	250m: 3:20.86 42.60	350m: 4:48.86 43.86
100m: 1:14.42 39.32	200m: 2:38.26 42.70	300m: 4:05.00 44.14	400m: 5:32.18 43.32
2. Henk Slomp	52	De Pinquin	5:38.21
50m: 35.08 35.08	150m: 1:57.73 42.50	250m: 3:26.71 44.97	350m: 4:57.10 45.45
100m: 1:15.23 40.15	200m: 2:41.74 44.01	300m: 4:11.65 44.94	400m: 5:38.21 41.11
3. Fred Zanting	53	TriVia	5:58.82
50m: 38.82 38.82	150m: 2:08.40 45.78	250m: 3:41.77 46.78	350m: 5:15.02 45.90
100m: 1:22.62 43.80	200m: 2:54.99 46.59	300m: 4:29.12 47.35	400m: 5:58.82 43.80
4. Henk Knoll	53	Noordkop-Zeemac	6:04.55
50m: 37.29 37.29	150m: 2:04.84 45.33	250m: 3:39.82 47.54	350m: 5:17.90 48.41
100m: 1:19.51 42.22	200m: 2:52.28 47.44	300m: 4:29.49 49.67	400m: 6:04.55 46.65
5. Arthur Jansen	53	PSV	6:24.21
50m: 36.55 36.55	150m: 2:08.36 48.24	250m: 3:49.30 50.86	350m: 5:35.23 53.49
100m: 1:20.12 43.57	200m: 2:58.44 50.08	300m: 4:41.74 52.44	400m: 6:24.21 48.98
dis. Hugo Staudt	54	HZC-Weusthag	AA
50m: :-:--	150m: :-:--	250m: :-:--	350m: :-:--
100m: :-:--	200m: :-:--	300m: :-:--	400m: :-:--

Nr. 5 400m vrije slag Heren Heren Masters 55+

20.04.2007

	Lft.	Afk./depot	Tijd
1. Ludwig Lorenz	59	SG Gladbeck	6:00.63
50m: 44.43 44.43	150m: 2:17.96 46.25	250m: 3:49.23 45.28	350m: 5:19.53 44.86
100m: 1:31.71 47.28	200m: 3:03.95 45.99	300m: 4:34.67 45.44	400m: 6:00.63 41.10
ng.za Mart van Lierop	55	DZT'62	

Nr. 5 400m vrije slag Heren Heren Masters 60+

20.04.2007

	Lft.	Afk./depot	Tijd
1. Rob Hanou	64	Neptunus	5:58.49
50m: 38.13 38.13	150m: 2:09.06 45.73	250m: 3:40.27 45.85	350m: 5:13.95 46.46
100m: 1:23.33 45.20	200m: 2:54.42 45.36	300m: 4:27.49 47.22	400m: 5:58.49 44.54
2. Mar van Geel	60	Old Dutch	7:18.66
50m: 43.90 43.90	150m: 2:31.15 55.68	250m: 4:25.88 57.61	350m: 6:21.65 57.21
100m: 1:35.47 51.57	200m: 3:28.27 57.12	300m: 5:24.44 58.56	400m: 7:18.66 57.01

Nr. 5 400m vrije slag Heren Heren Masters 65+

20.04.2007

	Lft.	Afk./depot	Tijd
1. Nico Geers	69	Van Uden-De Gou	5:46.08
50m: 39.94 39.94	150m: 2:09.10 44.58	250m: 3:38.40 44.73	350m: 5:05.97 43.24
100m: 1:24.52 44.58	200m: 2:53.67 44.57	300m: 4:22.73 44.33	400m: 5:46.08 40.11
2. Frans van Enst	67	De Veene	6:13.07
50m: 38.70 38.70	150m: 2:12.45 48.34	250m: 3:50.03 49.36	350m: 5:27.16 48.58
100m: 1:24.11 45.41	200m: 3:00.67 48.22	300m: 4:38.58 48.55	400m: 6:13.07 45.91
3. Jaap van der Velden	67	Oceanus	6:50.88
50m: 42.83 42.83	150m: 2:26.70 52.85	250m: 4:13.61 53.18	350m: 6:00.58 53.03
100m: 1:33.85 51.02	200m: 3:20.43 53.73	300m: 5:07.55 53.94	400m: 6:50.88 50.30
4. Wim ter Laak	67	Katwijk	8:52.16
50m: 56.48 56.48	150m: 3:15.97 1:11.23	250m: 5:36.08 1:10.55	350m: 7:51.63 1:07.40
100m: 2:04.74 1:08.26	200m: 4:25.53 1:09.56	300m: 6:44.23 1:08.15	400m: 8:52.16 1:00.53

Nr. 5 400m vrije slag Heren Heren Masters 70+

20.04.2007

	Lft.	Afk./depot	Tijd
1. Jan van de Wouw	72	Old Dutch	7:56.19
50m: 51.45 51.45	150m: 2:50.36 1:01.43	250m: 4:54.84 1:01.80	350m: 6:58.31 1:01.85
100m: 1:48.93 57.48	200m: 3:53.04 1:02.68	300m: 5:56.46 1:01.62	400m: 7:56.19 57.88
2. Guy Fricot	74	C.C.S	12:11.38
50m: 1:24.38 1:24.38	150m: 4:28.88 1:33.24	250m: 7:37.68 1:35.15	350m: 10:44.37 1:33.57
100m: 2:55.64 1:31.26	200m: 6:02.53 1:33.65	300m: 9:10.80 1:33.12	400m: 12:11.38 1:27.01

Nr. 6 400m vrije slag Dames Dames Masters 25+

20.04.2007

	Lft.	Afk./depot	Tijd
1. Roos van Esch	25	TRB-RES	4:48.56
50m: 32.52 32.52	150m: 1:44.06 36.55	250m: 2:58.41 37.52	350m: 4:12.91 37.23
100m: 1:07.51 34.99	200m: 2:20.89 36.83	300m: 3:35.68 37.27	400m: 4:48.56 35.65
2. Aranka Jorink	25	De Aquaflippers	5:20.33
50m: 33.03 33.03	150m: 1:51.42 40.14	250m: 3:13.70 41.22	350m: 4:39.04 43.12
100m: 1:11.28 38.25	200m: 2:32.48 41.06	300m: 3:55.92 42.22	400m: 5:20.33 41.29
3. Eveline Hacquebord	28	IJZPC	6:17.48
50m: 38.60 38.60	150m: 2:10.52 47.45	250m: 3:48.28 49.19	350m: 5:28.90 50.41
100m: 1:23.07 44.47	200m: 2:59.09 48.57	300m: 4:38.49 50.21	400m: 6:17.48 48.58
4. Rianne van Vegchelen	26	Deltasteur	6:38.12
50m: 41.36 41.36	150m: 2:18.74 48.65	250m: 4:02.03 51.52	350m: 5:47.59 51.97
100m: 1:30.09 48.73	200m: 3:10.51 51.77	300m: 4:55.62 53.59	400m: 6:38.12 50.53

Nr. 6 400m vrije slag Dames Dames Masters 30+

20.04.2007

			Lft.	Afk./depot		Tijd					
1. Melanie Kuiper			31	De Rijn		5:00.36					
50m:	33.83	33.83	150m:	1:49.10	38.02	250m:	3:06.55	38.94	350m:	4:24.74	38.80
100m:	1:11.08	37.25	200m:	2:27.61	38.51	300m:	3:45.94	39.39	400m:	5:00.36	35.62
2. Liselotte Joling			32	PSV		5:15.82					
50m:	34.73	34.73	150m:	1:55.18	41.05	250m:	3:15.33	38.27	350m:	4:36.58	39.96
100m:	1:14.13	39.40	200m:	2:37.06	41.88	300m:	3:56.62	41.29	400m:	5:15.82	39.24
3. Helma Koot			31	AZ&PC		5:46.44					
50m:	36.80	36.80	150m:	2:02.36	43.59	250m:	3:32.22	45.11	350m:	5:02.14	45.13
100m:	1:18.77	41.97	200m:	2:47.11	44.75	300m:	4:17.01	44.79	400m:	5:46.44	44.30
4. Odile Ollislagers			34	AquAmigos		5:51.47					
50m:	36.84	36.84	150m:	2:01.89	43.95	250m:	3:33.51	46.29	350m:	5:06.52	46.80
100m:	1:17.94	41.10	200m:	2:47.22	45.33	300m:	4:19.72	46.21	400m:	5:51.47	44.95
5. Natacha Van Hoof			34	ShaRK		6:26.25					
50m:	41.99	41.99	150m:	2:17.79	49.04	250m:	3:57.88	50.21	350m:	5:39.07	51.06
100m:	1:28.75	46.76	200m:	3:07.67	49.88	300m:	4:48.01	50.13	400m:	6:26.25	47.18

Nr. 6 400m vrije slag Dames Dames Masters 35+

20.04.2007

			Lft.	Afk./depot		Tijd					
1. Anita Smits			38	TRB-RES		5:00.66					
50m:	33.49	33.49	150m:	1:49.65	38.29	250m:	3:07.00	38.32	350m:	4:23.99	37.85
100m:	1:11.36	37.87	200m:	2:28.68	39.03	300m:	3:46.14	39.14	400m:	5:00.66	36.67
2. Cynthia Noordermeer			37	Zaanstad (SG)		5:10.61					
50m:	35.68	35.68	150m:	1:52.72	39.08	250m:	3:11.84	39.66	350m:	4:32.07	39.87
100m:	1:13.64	37.96	200m:	2:32.18	39.46	300m:	3:52.20	40.36	400m:	5:10.61	38.54
3. Annette de Visser			36	Oceanus		5:10.80					
50m:	35.24	35.24	150m:	1:53.35	39.16	250m:	3:12.94	39.83	350m:	4:32.83	39.65
100m:	1:14.19	38.95	200m:	2:33.11	39.76	300m:	3:53.18	40.24	400m:	5:10.80	37.97
4. Tina Renken			35	AZ&PC		5:21.39					
50m:	36.38	36.38	150m:	1:57.66	40.69	250m:	3:20.34	41.20	350m:	4:42.12	40.50
100m:	1:16.97	40.59	200m:	2:39.14	41.48	300m:	4:01.62	41.28	400m:	5:21.39	39.27
5. Nuria Martínez			36	Canal de Isabel		5:25.01					
50m:	36.54	36.54	150m:	1:57.95	41.16	250m:	3:22.24	42.28	350m:	4:46.90	42.13
100m:	1:16.79	40.25	200m:	2:39.96	42.01	300m:	4:04.77	42.53	400m:	5:25.01	38.11
6. Dianne Nien			36	RZ		5:30.95					
50m:	35.51	35.51	150m:	1:59.04	42.39	250m:	3:25.38	43.21	350m:	4:50.93	42.67
100m:	1:16.65	41.14	200m:	2:42.17	43.13	300m:	4:08.26	42.88	400m:	5:30.95	40.02
7. Manon Dupont			36	Swimming Luxemb		5:39.93					
50m:	24.51	24.51	150m:	2:02.14	42.49	250m:	3:29.39	43.75	350m:	4:57.37	43.65
100m:	1:19.65	55.14	200m:	2:45.64	43.50	300m:	4:13.72	44.33	400m:	5:39.93	42.56
8. Thérèse de Munck			36	Zeelandia		5:41.53					
50m:	37.22	37.22	150m:	2:02.54	43.16	250m:	3:29.41	43.11	350m:	4:58.48	43.79
100m:	1:19.38	42.16	200m:	2:46.30	43.76	300m:	4:14.69	45.28	400m:	5:41.53	43.05
9. Annet Kootstra			36	Swol 1894		6:04.75					
50m:	40.81	40.81	150m:	2:11.83	45.80	250m:	3:45.68	46.64	350m:	5:20.16	46.97
100m:	1:26.03	45.22	200m:	2:59.04	47.21	300m:	4:33.19	47.51	400m:	6:04.75	44.59

	Lft.	Afk./depot	Tijd
10. Ilse Vos	39	De Hokseberg	7:00.05
50m: 43.88 43.88	150m: 2:25.61 51.55	250m: 4:13.22 54.30	350m: 6:05.63 57.06
100m: 1:34.06 50.18	200m: 3:18.92 53.31	300m: 5:08.57 55.35	400m: 7:00.05 54.42
ng. Mirjam de Koning	38	Oceanus	

Nr. 6 400m vrije slag Dames Dames Masters 40+

20.04.2007

	Lft.	Afk./depot	Tijd
1. Laura Staal	40	Oceanus	5:14.19
50m: 35.90 35.90	150m: 1:55.15 40.18	250m: 3:15.09 40.10	350m: 4:34.96 39.97
100m: 1:14.97 39.07	200m: 2:34.99 39.84	300m: 3:54.99 39.90	400m: 5:14.19 39.23
2. Karin Kuijlaars	41	AquAmigos	5:26.54
50m: 37.37 37.37	150m: 1:59.82 41.93	250m: 3:23.15 41.54	350m: 4:46.84 41.78
100m: 1:17.89 40.52	200m: 2:41.61 41.79	300m: 4:05.06 41.91	400m: 5:26.54 39.70
3. Christine de Wit	43	HZ&PC Heerenveen	5:31.73
50m: 35.93 35.93	150m: 1:56.24 41.69	250m: 3:23.09 43.23	350m: 4:48.42 42.46
100m: 1:14.55 38.62	200m: 2:39.86 43.62	300m: 4:05.96 42.87	400m: 5:31.73 43.31
4. Annemarie Smit	40	Gay Swim A'dam	5:52.68
50m: 38.44 38.44	150m: 2:07.20 45.03	250m: 3:38.09 44.94	350m: 5:08.62 44.46
100m: 1:22.17 43.73	200m: 2:53.15 45.95	300m: 4:24.16 46.07	400m: 5:52.68 44.06
5. Hetty Smalheer	40	SCOM	6:20.60
50m: 41.40 41.40	150m: 2:15.38 46.99	250m: 3:53.58 49.00	350m: 5:33.08 48.82
100m: 1:28.39 46.99	200m: 3:04.58 49.20	300m: 4:44.26 50.68	400m: 6:20.60 47.52
6. Maria Leemans-Eijs	44	Zoetermeer	6:28.36
50m: 40.78 40.78	150m: 2:15.78 48.65	250m: 3:57.07 50.73	350m: 5:39.05 50.87
100m: 1:27.13 46.35	200m: 3:06.34 50.56	300m: 4:48.18 51.11	400m: 6:28.36 49.31

Nr. 6 400m vrije slag Dames Dames Masters 45+

20.04.2007

	Lft.	Afk./depot	Tijd
1. Patty Verhagen	48	AquAmigos	5:23.51
50m: 36.37 36.37	150m: 1:56.16 40.73	250m: 3:18.81 41.61	350m: 4:42.94 41.93
100m: 1:15.43 39.06	200m: 2:37.20 41.04	300m: 4:01.01 42.20	400m: 5:23.51 40.57
2. Karin Vrijburg	46	De Columbiaan	6:06.06
50m: 40.09 40.09	150m: 2:11.51 46.58	250m: 3:46.16 47.61	350m: 5:21.09 47.51
100m: 1:24.93 44.84	200m: 2:58.55 47.04	300m: 4:33.58 47.42	400m: 6:06.06 44.97
3. Marleen de Waal Malefijt	49	Noordkop-Zeemac	6:30.81
50m: 43.22 43.22	150m: 2:23.45 50.47	250m: 4:03.63 50.08	350m: 5:43.43 49.88
100m: 1:32.98 49.76	200m: 3:13.55 50.10	300m: 4:53.55 49.92	400m: 6:30.81 47.38
4. Lia van de Acker	46	PSV	7:41.16
50m: 50.52 50.52	150m: 2:45.19 58.27	250m: 4:45.71 1:00.02	350m: 6:45.61 59.10
100m: 1:46.92 56.40	200m: 3:45.69 1:00.50	300m: 5:46.51 1:00.80	400m: 7:41.16 55.55
5. Herlinde Segers	47	GBZ	8:05.41
50m: 51.90 51.90	150m: 2:52.34 1:02.26	250m: 4:58.28 1:03.64	350m: 7:05.13 1:03.97
100m: 1:50.08 58.18	200m: 3:54.64 1:02.30	300m: 6:01.16 1:02.88	400m: 8:05.41 1:00.28

Nr. 6 400m vrije slag Dames Dames Masters 50+

20.04.2007

	Lft.	Afk./depot	Tijd
1. Tineke Traa	50	TriVia	6:05.60
50m: 39.18 39.18	150m: 2:10.61 47.21	250m: 3:45.49 47.30	350m: 5:20.53 48.24
100m: 1:23.40 44.22	200m: 2:58.19 47.58	300m: 4:32.29 46.80	400m: 6:05.60 45.07
2. Carolien Maas	50	Zoetermeer	7:08.78
50m: 44.95 44.95	150m: 2:29.33 53.16	250m: 4:20.10 55.77	350m: 6:13.51 57.10
100m: 1:36.17 51.22	200m: 3:24.33 55.00	300m: 5:16.41 56.31	400m: 7:08.78 55.27

Nr. 6 400m vrije slag Dames Dames Masters 55+

20.04.2007

	Lft.	Afk./depot	Tijd
1. Conny Boer-Buys	57	Vlaardingen	5:50.70
50m: 38.31 38.31	150m: 2:07.25 45.75	250m: 3:39.66 46.19	350m: 5:10.46 45.06
100m: 1:21.50 43.19	200m: 2:53.47 46.22	300m: 4:25.40 45.74	400m: 5:50.70 40.24
2. Sjaan van de Jagt	56	NAT Utrecht	7:37.69
50m: 45.99 45.99	150m: 2:32.86 54.78	250m: 4:31.65 59.88	350m: 6:35.82 1:02.06
100m: 1:38.08 52.09	200m: 3:31.77 58.91	300m: 5:33.76 1:02.11	400m: 7:37.69 1:01.87
3. Gonnje Bak	56	Swol 1894	7:48.80
50m: 50.67 50.67	150m: 2:48.29 59.65	250m: 4:48.45 59.80	350m: 6:50.59 59.59
100m: 1:48.64 57.97	200m: 3:48.65 1:00.36	300m: 5:51.00 1:02.55	400m: 7:48.80 58.21

Nr. 6 400m vrije slag Dames Dames Masters 60+

20.04.2007

	Lft.	Afk./depot	Tijd
1. Marja van der Meer	60	Neptunus	6:40.96
50m: 43.37 43.37	150m: 2:24.36 51.15	250m: 4:07.67 51.86	350m: 5:52.06 52.58
100m: 1:33.21 49.84	200m: 3:15.81 51.45	300m: 4:59.48 51.81	400m: 6:40.96 48.90
2. Loekie v. Huissteden	62	AZ&PC	7:33.50
50m: 48.14 48.14	150m: 2:41.77 57.39	250m: 4:40.49 59.07	350m: 6:38.77 58.33
100m: 1:44.38 56.24	200m: 3:41.42 59.65	300m: 5:40.44 59.95	400m: 7:33.50 54.73
3. Greet Brehler	63	Hatto Heim	7:43.99
50m: 50.17 50.17	150m: 2:49.21 1:00.07	250m: 4:50.40 1:00.87	350m: 6:48.54 59.14
100m: 1:49.14 58.97	200m: 3:49.53 1:00.32	300m: 5:49.40 59.00	400m: 7:43.99 55.45

Nr. 6 400m vrije slag Dames Dames Masters 70+

20.04.2007

	Lft.	Afk./depot	Tijd
1. Lenie van der Meer	71	Oceanus	6:48.70
<i>Nat. Masters Record</i>			
50m: 45.82 45.82	150m: 2:27.82 52.24	250m: 4:12.28 52.82	350m: 5:57.08 51.03
100m: 1:35.58 49.76	200m: 3:19.46 51.64	300m: 5:06.05 53.77	400m: 6:48.70 51.62
2. Lottie Geurts	72	PSV	6:58.85
50m: 47.24 47.24	150m: 2:33.35 53.64	250m: 4:21.91 54.62	350m: 6:10.23 53.94
100m: 1:39.71 52.47	200m: 3:27.29 53.94	300m: 5:16.29 54.38	400m: 6:58.85 48.62
3. Bep van Riessen	70	Aquapoldro	8:35.17
50m: 54.91 54.91	150m: 3:07.05 1:06.94	250m: 5:18.88 1:06.64	350m: 7:32.41 1:07.97
100m: 2:00.11 1:05.20	200m: 4:12.24 1:05.19	300m: 6:24.44 1:05.56	400m: 8:35.17 1:02.76
4. Annie de Vos	73	Old Dutch	8:52.20
50m: 56.24 56.24	150m: 3:07.19 1:06.69	250m: 5:25.45 1:09.60	350m: 7:45.29 1:10.12
100m: 2:00.50 1:04.26	200m: 4:15.85 1:08.66	300m: 6:35.17 1:09.72	400m: 8:52.20 1:06.91

Nr. 6 400m vrije slag Dames Dames Masters 75+

20.04.2007

	Lft.	Afk./depot	Tijd
1. Ati Derkse-Den Boer	78	Aquapoldro	10:41.92
50m: 1:11.64 1:11.64	150m: 3:56.67 1:23.30	250m: 6:43.64 1:22.45	350m: 9:26.08 1:19.75
100m: 2:33.37 1:21.73	200m: 5:21.19 1:24.52	300m: 8:06.33 1:22.69	400m: 10:41.92 1:15.84

Nr. 6 400m vrije slag Dames Dames Masters 80+

20.04.2007

	Lft.	Afk./depot	Tijd
1. Virginia Keteleer	82	ShaRK	8:22.37
50m: 56.70 56.70	150m: 3:03.19 1:03.56	250m: 5:11.76 1:04.08	350m: 7:19.63 1:03.69
100m: 1:59.63 1:02.93	200m: 4:07.68 1:04.49	300m: 6:15.94 1:04.18	400m: 8:22.37 1:02.74