



Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



1 - ONMK 2014 lb sessie 1

02-05-2014 - 9:00

Programmanr. 2  
02-05-2014 - 9:00

Dames, 1500m vrije slag

Masters Open  
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
<b>Masters 20+</b>								
1.	Rebecca Vroomen	Eurode KZC	18:26.90	199301772	<b>19:06.33</b>	+0,87		
	50m: 34.30	34.30	450m: 5:40.66	38.78	850m: 10:48.45	38.24	1250m: 15:55.66	38.80
	100m: 1:11.87	37.57	500m: 6:19.16	38.50	900m: 11:26.55	38.10	1300m: 16:34.59	38.93
	150m: 1:50.15	38.28	550m: 6:58.02	38.86	950m: 12:05.42	38.87	1350m: 17:13.02	38.43
	200m: 2:28.50	38.35	600m: 7:36.52	38.50	1000m: 12:43.86	38.44	1400m: 17:51.70	38.68
	250m: 3:07.05	38.55	650m: 8:15.10	38.58	1050m: 13:22.49	38.63	1450m: 18:29.49	37.79
	300m: 3:44.94	37.89	700m: 8:53.47	38.37	1100m: 14:00.70	38.21	1500m: 19:06.33	36.84
	350m: 4:23.63	38.69	750m: 9:32.12	38.65	1150m: 14:38.89	38.19		
	400m: 5:01.88	38.25	800m: 10:10.21	38.09	1200m: 15:16.86	37.97		
2.	Suzanne Brummel	LZ 1886	19:14.84	199401366	<b>20:04.76</b>	+0,82		
	50m: 34.13	34.13	450m: 5:51.17	40.84	850m: 11:17.90	40.82	1250m: 16:46.17	40.31
	100m: 1:11.48	37.35	500m: 6:31.54	40.37	900m: 11:58.73	40.83	1300m: 17:27.02	40.85
	150m: 1:50.13	38.65	550m: 7:12.54	41.00	950m: 12:40.13	41.40	1350m: 18:07.46	40.44
	200m: 2:29.45	39.32	600m: 7:52.83	40.29	1000m: 13:21.12	40.99	1400m: 18:47.63	40.17
	250m: 3:09.14	39.69	650m: 8:33.78	40.95	1050m: 14:01.88	40.76	1450m: 19:27.51	39.88
	300m: 3:49.43	40.29	700m: 9:14.87	41.09	1100m: 14:43.12	41.24	1500m: 20:04.76	37.25
	350m: 4:29.81	40.38	750m: 9:55.97	41.10	1150m: 15:24.76	41.64		
	400m: 5:10.33	40.52	800m: 10:37.08	41.11	1200m: 16:05.86	41.10		
3.	Sigrit Aarten	Deltasteur	19:53.88	199302868	<b>20:14.35</b>	+1,01		
	50m: 33.64	33.64	450m: 5:54.17	40.98	850m: 11:21.65	41.13	1250m: 16:51.94	41.18
	100m: 1:11.42	37.78	500m: 6:35.21	41.04	900m: 12:02.99	41.34	1300m: 17:33.23	41.29
	150m: 1:51.05	39.63	550m: 7:16.06	40.85	950m: 12:43.83	40.84	1350m: 18:13.85	40.62
	200m: 2:30.97	39.92	600m: 7:57.04	40.98	1000m: 13:25.24	41.41	1400m: 18:54.98	41.13
	250m: 3:11.23	40.26	650m: 8:37.86	40.82	1050m: 14:06.50	41.26	1450m: 19:34.64	39.66
	300m: 3:51.81	40.58	700m: 9:18.66	40.80	1100m: 14:48.32	41.82	1500m: 20:14.35	39.71
	350m: 4:32.58	40.77	750m: 9:59.55	40.89	1150m: 15:29.29	40.97		
	400m: 5:13.19	40.61	800m: 10:40.52	40.97	1200m: 16:10.76	41.47		
4.	Anouk Kuijlaars	ZC Aquadream	20:35.73	199401700	<b>20:34.59</b>	+0,78		
	50m: 35.13	35.13	450m: 5:59.74	41.21	850m: 11:34.24	42.04	1250m: 17:09.13	42.11
	100m: 1:14.05	38.92	500m: 6:40.94	41.20	900m: 12:16.03	41.79	1300m: 17:51.05	41.92
	150m: 1:53.53	39.48	550m: 7:22.67	41.73	950m: 12:57.92	41.89	1350m: 18:32.86	41.81
	200m: 2:34.30	40.77	600m: 8:04.63	41.96	1000m: 13:39.64	41.72	1400m: 19:14.58	41.72
	250m: 3:14.53	40.23	650m: 8:46.70	42.07	1050m: 14:21.25	41.61	1450m: 19:55.30	40.72
	300m: 3:56.07	41.54	700m: 9:28.48	41.78	1100m: 15:03.11	41.86	1500m: 20:34.59	39.29
	350m: 4:37.14	41.07	750m: 10:10.39	41.91	1150m: 15:45.09	41.98		
	400m: 5:18.53	41.39	800m: 10:52.20	41.81	1200m: 16:27.02	41.93		
5.	Sigrid Dogger	De Zwoer	19:51.97	199200452	<b>21:00.69</b>	+0,88		
	50m: 33.63	33.63	450m: 5:55.14	41.37	850m: 11:33.90	43.98	1250m: 17:24.94	44.25
	100m: 1:12.05	38.42	500m: 6:36.69	41.55	900m: 12:17.74	43.84	1300m: 18:08.56	43.62
	150m: 1:51.83	39.78	550m: 7:18.43	41.74	950m: 13:01.84	44.10	1350m: 18:52.19	43.63
	200m: 2:31.76	39.93	600m: 8:00.21	41.78	1000m: 13:45.38	43.54	1400m: 19:35.69	43.50
	250m: 3:12.27	40.51	650m: 8:41.98	41.77	1050m: 14:29.67	44.29	1450m: 20:18.72	43.03
	300m: 3:52.19	39.92	700m: 9:24.09	42.11	1100m: 15:12.73	43.06	1500m: 21:00.69	41.97
	350m: 4:32.85	40.66	750m: 10:07.07	42.98	1150m: 15:56.94	44.21		
	400m: 5:13.77	40.92	800m: 10:49.92	42.85	1200m: 16:40.69	43.75		
6.	Alinda Damsteegt	MNC Dordrecht	20:02.95	199400222	<b>21:10.47</b>	+0,88		
	50m: 35.49	35.49	450m: 6:10.13	43.18	850m: 11:54.64	43.91	1250m: 17:40.54	43.73
	100m: 1:15.05	39.56	500m: 6:52.99	42.86	900m: 12:37.41	42.77	1300m: 18:22.71	42.17
	150m: 1:56.19	41.14	550m: 7:36.17	43.18	950m: 13:20.07	42.66	1350m: 19:05.61	42.90
	200m: 2:37.22	41.03	600m: 8:18.64	42.47	1000m: 14:03.52	43.45	1400m: 19:47.66	42.05
	250m: 3:19.40	42.18	650m: 9:01.88	43.24	1050m: 14:47.37	43.85	1450m: 20:29.54	41.88
	300m: 4:01.60	42.20	700m: 9:44.50	42.62	1100m: 15:30.63	43.26	1500m: 21:10.47	40.93
	350m: 4:44.32	42.72	750m: 10:27.41	42.91	1150m: 16:13.41	42.78		
	400m: 5:26.95	42.63	800m: 11:10.73	43.32	1200m: 16:56.81	43.40		
7.	Myrthe Lampe	De Devel	20:29.86	199002236	<b>21:34.70</b>	+0,87		
	50m: 35.65	35.65	450m: 6:16.87	43.51	850m: 12:04.99	43.72	1250m: 17:56.12	43.92
	100m: 1:16.42	40.77	500m: 7:00.73	43.86	900m: 12:48.48	43.49	1300m: 18:40.11	43.99
	150m: 1:58.65	42.23	550m: 7:43.83	43.10	950m: 13:32.24	43.76	1350m: 19:24.26	44.15
	200m: 2:40.63	41.98	600m: 8:27.26	43.43	1000m: 14:15.92	43.68	1400m: 20:07.77	43.51
	250m: 3:23.44	42.81	650m: 9:10.91	43.65	1050m: 14:59.85	43.93	1450m: 20:51.84	44.07
	300m: 4:06.41	42.97	700m: 9:54.82	43.91	1100m: 15:44.18	44.33	1500m: 21:34.70	42.86
	350m: 4:50.02	43.61	750m: 10:38.19	43.37	1150m: 16:28.71	44.53		
	400m: 5:33.36	43.34	800m: 11:21.27	43.08	1200m: 17:12.20	43.49		



Programmanr. 2, Dames, 1500m vrije slag, Masters 20+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
8.	Lieke Janssen	HGN (SG)	21:47.24	199305954	<b>22:05.61</b>	+0,92		
	50m: 37.43	37.43	450m: 6:27.60	43.69	850m: 12:23.77	44.90	1250m: 18:25.38	45.10
	100m: 1:20.24	42.81	500m: 7:11.47	43.87	900m: 13:09.37	45.60	1300m: 19:11.09	45.71
	150m: 2:03.77	43.53	550m: 7:55.94	44.47	950m: 13:54.82	45.45	1350m: 19:56.31	45.22
	200m: 2:47.68	43.91	600m: 8:40.15	44.21	1000m: 14:40.30	45.48	1400m: 20:40.58	44.27
	250m: 3:31.31	43.63	650m: 9:24.18	44.03	1050m: 15:25.42	45.12	1450m: 21:24.46	43.88
	300m: 4:15.74	44.43	700m: 10:09.04	44.86	1100m: 16:10.45	45.03	1500m: 22:05.61	41.15
	350m: 4:59.51	43.77	750m: 10:53.91	44.87	1150m: 16:55.07	44.62		
	400m: 5:43.91	44.40	800m: 11:38.87	44.96	1200m: 17:40.28	45.21		
9.	Irmgard van Weeghel	Octopus	20:31.19	199204834	<b>22:14.19</b>	+0,76		
	50m: 36.27	36.27	450m: 6:22.37	44.90	850m: 12:25.16	46.02	1250m: 18:29.44	45.52
	100m: 1:16.47	40.20	500m: 7:06.82	44.45	900m: 13:11.04	45.88	1300m: 19:15.10	45.66
	150m: 1:58.27	41.80	550m: 7:52.02	45.20	950m: 13:57.35	46.31	1350m: 20:00.32	45.22
	200m: 2:41.30	43.03	600m: 8:37.40	45.38	1000m: 14:42.91	45.56	1400m: 20:45.46	45.14
	250m: 3:25.02	43.72	650m: 9:22.21	44.81	1050m: 15:28.48	45.57	1450m: 21:30.64	45.18
	300m: 4:08.80	43.78	700m: 10:07.63	45.42	1100m: 16:13.49	45.01	1500m: 22:14.19	43.55
	350m: 4:53.10	44.30	750m: 10:53.57	45.94	1150m: 16:58.70	45.21		
	400m: 5:37.47	44.37	800m: 11:39.14	45.57	1200m: 17:43.92	45.22		
10.	Yvonne Bruls	Eurode KZC	21:54.49	199008114	<b>22:37.84</b>	+0,80		
	50m: 36.06	36.06	450m: 6:28.81	45.53	850m: 12:35.80	46.46	1250m: 18:49.53	46.82
	100m: 1:17.31	41.25	500m: 7:14.27	45.46	900m: 13:22.03	46.23	1300m: 19:36.54	47.01
	150m: 2:00.43	43.12	550m: 7:59.76	45.49	950m: 14:08.69	46.66	1350m: 20:23.18	46.64
	200m: 2:44.21	43.78	600m: 8:45.26	45.50	1000m: 14:55.25	46.56	1400m: 21:08.98	45.80
	250m: 3:28.48	44.27	650m: 9:30.97	45.71	1050m: 15:42.02	46.77	1450m: 21:54.30	45.32
	300m: 4:13.24	44.76	700m: 10:17.03	46.06	1100m: 16:28.72	46.70	1500m: 22:37.84	43.54
	350m: 4:58.45	45.21	750m: 11:02.88	45.85	1150m: 17:15.75	47.03		
	400m: 5:43.28	44.83	800m: 11:49.34	46.46	1200m: 18:02.71	46.96		
11.	Claudia Creemers	RZ	27:13.11	199202864	<b>25:56.13</b>	+0,81		
	50m: 41.16	41.16	450m: 7:27.28	52.79	850m: 14:30.54	52.75	1250m: 21:38.61	53.55
	100m: 1:27.67	46.51	500m: 8:20.63	53.35	900m: 15:24.06	53.52	1300m: 22:31.82	53.21
	150m: 2:16.40	48.73	550m: 9:12.56	51.93	950m: 16:16.49	52.43	1350m: 23:23.50	51.68
	200m: 3:07.00	50.60	600m: 10:05.63	53.07	1000m: 17:09.84	53.35	1400m: 24:16.48	52.98
	250m: 3:58.33	51.33	650m: 10:58.05	52.42	1050m: 18:03.75	53.91	1450m: 25:06.92	50.44
	300m: 4:50.20	51.87	700m: 11:51.30	53.25	1100m: 18:57.30	53.55	1500m: 25:56.13	49.21
	350m: 5:42.49	52.29	750m: 12:44.36	53.06	1150m: 19:51.79	54.49		
	400m: 6:34.49	52.00	800m: 13:37.79	53.43	1200m: 20:45.06	53.27		

Masters 25+

1.	Lisanne Andeweg	Zuiderzeezwimmers	18:53.53	198800092	<b>19:07.32</b>	+0,81		
	50m: 33.98	33.98	450m: 5:40.70	38.58	850m: 10:49.93	38.54	1250m: 15:59.70	38.72
	100m: 1:11.49	37.51	500m: 6:19.31	38.61	900m: 11:28.95	39.02	1300m: 16:38.01	38.31
	150m: 1:49.69	38.20	550m: 6:58.20	38.89	950m: 12:08.01	39.06	1350m: 17:16.05	38.04
	200m: 2:28.03	38.34	600m: 7:36.81	38.61	1000m: 12:46.75	38.74	1400m: 17:54.08	38.03
	250m: 3:06.65	38.62	650m: 8:15.45	38.64	1050m: 13:25.94	39.19	1450m: 18:31.60	37.52
	300m: 3:45.04	38.39	700m: 8:54.19	38.74	1100m: 14:04.48	38.54	1500m: 19:07.32	35.72
	350m: 4:23.76	38.72	750m: 9:32.54	38.35	1150m: 14:42.68	38.20		
	400m: 5:02.12	38.36	800m: 10:11.39	38.85	1200m: 15:20.98	38.30		
2.	Ilse van den Wijngaard	ZPC Woerden	20:42.61	198904736	<b>21:31.62</b>	+0,77		
	50m: 35.90	35.90	450m: 6:17.45	43.49	850m: 12:07.96	44.14	1250m: 17:58.53	43.60
	100m: 1:17.17	41.27	500m: 7:01.58	44.13	900m: 12:51.76	43.80	1300m: 18:42.38	43.85
	150m: 1:59.39	42.22	550m: 7:44.59	43.01	950m: 13:36.37	44.61	1350m: 19:25.57	43.19
	200m: 2:42.13	42.74	600m: 8:27.84	43.25	1000m: 14:20.04	43.67	1400m: 20:08.75	43.18
	250m: 3:24.65	42.52	650m: 9:11.86	44.02	1050m: 15:04.00	43.96	1450m: 20:50.92	42.17
	300m: 4:07.32	42.67	700m: 9:55.50	43.64	1100m: 15:48.48	44.48	1500m: 21:31.62	40.70
	350m: 4:50.36	43.04	750m: 10:39.50	44.00	1150m: 16:31.74	43.26		
	400m: 5:33.96	43.60	800m: 11:23.82	44.32	1200m: 17:14.93	43.19		
3.	Sunanda van Heteren	De Geul	20:41.54	198901728	<b>21:44.35</b>	+0,84		
	50m: 36.86	36.86	450m: 6:21.19	44.54	850m: 12:14.39	44.85	1250m: 18:07.68	44.55
	100m: 1:17.64	40.78	500m: 7:04.58	43.39	900m: 12:58.50	44.11	1300m: 18:51.79	44.11
	150m: 1:59.69	42.05	550m: 7:48.41	43.83	950m: 13:42.34	43.84	1350m: 19:36.55	44.76
	200m: 2:42.44	42.75	600m: 8:32.68	44.27	1000m: 14:26.00	43.66	1400m: 20:20.73	44.18
	250m: 3:25.72	43.28	650m: 9:17.14	44.46	1050m: 15:10.32	44.32	1450m: 21:04.27	43.54
	300m: 4:08.77	43.05	700m: 10:00.87	43.73	1100m: 15:53.92	43.60	1500m: 21:44.35	40.08
	350m: 4:52.68	43.91	750m: 10:45.48	44.61	1150m: 16:37.91	43.99		
	400m: 5:36.65	43.97	800m: 11:29.54	44.06	1200m: 17:23.13	45.22		
4.	Karin Hovenkamp	De Spatters	22:14.48	198701850	<b>22:44.42</b>	+0,73		
	50m: 37.97	37.97	450m: 6:44.97	46.25	850m: 12:56.04	46.42	1250m: 19:03.31	45.83
	100m: 1:22.19	44.22	500m: 7:31.80	46.83	900m: 13:41.89	45.85	1300m: 19:49.47	46.16
	150m: 2:07.43	45.24	550m: 8:18.99	47.19	950m: 14:28.04	46.15	1350m: 20:35.05	45.58
	200m: 2:53.13	45.70	600m: 9:05.35	46.36	1000m: 15:13.60	45.56	1400m: 21:20.42	45.37
	250m: 3:39.21	46.08	650m: 9:52.02	46.67	1050m: 15:59.80	46.20	1450m: 22:05.09	44.67
	300m: 4:25.61	46.40	700m: 10:37.92	45.90	1100m: 16:45.63	45.83	1500m: 22:44.42	39.33
	350m: 5:12.49	46.88	750m: 11:24.28	46.36	1150m: 17:31.95	46.32		
	400m: 5:58.72	46.23	800m: 12:09.62	45.34	1200m: 18:17.48	45.53		



Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



Programmanr. 2, Dames, 1500m vrije slag, Masters 25+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
5.	Liset de Veer	Aqua-Novio'94	23:00.51	198704190	<b>22:50.33</b>	+0,93		
	50m: 39.94	39.94	450m: 6:39.95	45.78	850m: 12:47.40	45.74	1250m: 19:00.99	46.23
	100m: 1:23.18	43.24	500m: 7:25.73	45.78	900m: 13:34.52	47.12	1300m: 19:47.74	46.75
	150m: 2:07.51	44.33	550m: 8:11.47	45.74	950m: 14:20.80	46.28	1350m: 20:34.01	46.27
	200m: 2:52.26	44.75	600m: 8:57.99	46.52	1000m: 15:07.99	47.19	1400m: 21:20.38	46.37
	250m: 3:37.37	45.11	650m: 9:43.79	45.80	1050m: 15:54.12	46.13	1450m: 22:06.05	45.67
	300m: 4:22.80	45.43	700m: 10:29.36	45.57	1100m: 16:40.75	46.63	1500m: 22:50.33	44.28
	350m: 5:08.50	45.70	750m: 11:15.22	45.86	1150m: 17:27.72	46.97		
	400m: 5:54.17	45.67	800m: 12:01.66	46.44	1200m: 18:14.76	47.04		
6.	Karin van Leersum	Piranha	23:08.89	198802658	<b>23:59.96</b>	+0,94		
	50m: 41.82	41.82	450m: 7:06.36	48.59	850m: 13:36.70	48.79	1250m: 20:02.85	48.65
	100m: 1:28.25	46.43	500m: 7:55.55	49.19	900m: 14:24.87	48.17	1300m: 20:51.23	48.38
	150m: 2:15.86	47.61	550m: 8:44.70	49.15	950m: 15:13.16	48.29	1350m: 21:39.51	48.28
	200m: 3:03.85	47.99	600m: 9:33.49	48.79	1000m: 16:01.40	48.24	1400m: 22:27.58	48.07
	250m: 3:51.95	48.10	650m: 10:22.18	48.69	1050m: 16:50.08	48.68	1450m: 23:14.46	46.88
	300m: 4:40.51	48.56	700m: 11:10.69	48.51	1100m: 17:38.31	48.23	1500m: 23:59.96	45.50
	350m: 5:29.23	48.72	750m: 11:59.31	48.62	1150m: 18:26.61	48.30		
	400m: 6:17.77	48.54	800m: 12:47.91	48.60	1200m: 19:14.20	47.59		
7.	Lisette van den Bos	Poseidon'56	23:30.18	198700468	<b>24:18.66</b>	+0,93		
	50m: 42.86	42.86	450m: 7:01.40	47.83	850m: 13:34.48	48.17	1250m: 20:12.55	49.65
	100m: 1:29.50	46.64	500m: 7:50.19	48.79	900m: 14:24.14	49.66	1300m: 21:02.71	50.16
	150m: 2:15.59	46.09	550m: 8:38.54	48.35	950m: 15:13.80	49.66	1350m: 21:52.56	49.85
	200m: 3:03.04	47.45	600m: 9:27.67	49.13	1000m: 16:03.57	49.77	1400m: 22:41.76	49.20
	250m: 3:50.14	47.10	650m: 10:17.16	49.49	1050m: 16:52.90	49.33	1450m: 23:30.66	48.90
	300m: 4:37.68	47.54	700m: 11:06.91	49.75	1100m: 17:42.41	49.51	1500m: 24:18.66	48.00
	350m: 5:25.37	47.69	750m: 11:56.43	49.52	1150m: 18:32.56	50.15		
	400m: 6:13.57	48.20	800m: 12:46.31	49.88	1200m: 19:22.90	50.34		

Masters 30+

1.	Petra Benani-Wolsing	De Futen	19:40.12	198402796	<b>19:52.71</b>	+0,77		
	50m: 34.43	34.43	450m: 5:50.75	40.45	850m: 11:12.69	40.54	1250m: 16:35.43	40.05
	100m: 1:12.23	37.80	500m: 6:30.54	39.79	900m: 11:53.42	40.73	1300m: 17:15.28	39.85
	150m: 1:51.27	39.04	550m: 7:10.60	40.06	950m: 12:34.09	40.67	1350m: 17:55.32	40.04
	200m: 2:30.71	39.44	600m: 7:50.69	40.09	1000m: 13:14.67	40.58	1400m: 18:34.99	39.67
	250m: 3:10.28	39.57	650m: 8:30.99	40.30	1050m: 13:55.31	40.64	1450m: 19:14.80	39.81
	300m: 3:50.24	39.96	700m: 9:11.43	40.44	1100m: 14:35.18	39.87	1500m: 19:52.71	37.91
	350m: 4:30.35	40.11	750m: 9:52.10	40.67	1150m: 15:15.17	39.99		
	400m: 5:10.30	39.95	800m: 10:32.15	40.05	1200m: 15:55.38	40.21		
2.	Pauline Tieleman	De Geul	21:01.90	198403348	<b>20:40.14</b>	+0,73		
	50m: 35.17	35.17	450m: 6:00.69	41.21	850m: 11:33.78	41.79	1250m: 17:10.05	41.72
	100m: 1:14.38	39.21	500m: 6:41.91	41.22	900m: 12:15.67	41.89	1300m: 17:52.41	42.36
	150m: 1:54.51	40.13	550m: 7:23.74	41.83	950m: 12:57.58	41.91	1350m: 18:35.11	42.70
	200m: 2:35.00	40.49	600m: 8:05.01	41.27	1000m: 13:39.50	41.92	1400m: 19:17.44	42.33
	250m: 3:15.78	40.78	650m: 8:46.58	41.57	1050m: 14:21.73	42.23	1450m: 19:59.17	41.73
	300m: 3:57.20	41.42	700m: 9:28.61	42.03	1100m: 15:04.07	42.34	1500m: 20:40.14	40.97
	350m: 4:38.18	40.98	750m: 10:10.12	41.51	1150m: 15:46.07	42.00		
	400m: 5:19.48	41.30	800m: 10:51.99	41.87	1200m: 16:28.33	42.26		
3.	Linda Hoogendam	Zoetermeer	21:05.92	198300892	<b>21:46.63</b>	+0,82		
	50m: 35.14	35.14	450m: 6:18.08	44.10	850m: 12:11.25	45.17	1250m: 18:08.50	45.29
	100m: 1:16.18	41.04	500m: 7:01.55	43.47	900m: 12:55.18	43.93	1300m: 18:52.70	44.20
	150m: 1:57.84	41.66	550m: 7:45.47	43.92	950m: 13:39.97	44.79	1350m: 19:37.55	44.85
	200m: 2:40.48	42.64	600m: 8:29.51	44.04	1000m: 14:23.86	43.89	1400m: 20:21.53	43.98
	250m: 3:23.25	42.77	650m: 9:13.98	44.47	1050m: 15:09.09	45.23	1450m: 21:05.72	44.19
	300m: 4:06.72	43.47	700m: 9:57.80	43.82	1100m: 15:53.41	44.32	1500m: 21:46.63	40.91
	350m: 4:50.12	43.40	750m: 10:41.75	43.95	1150m: 16:38.62	45.21		
	400m: 5:33.98	43.86	800m: 11:26.08	44.33	1200m: 17:23.21	44.59		
4.	Annette Vogelsang	ZV De Bron	22:55.16	198402632	<b>23:28.06</b>	+0,90		
	50m: 36.70	36.70	450m: 6:33.34	46.56	850m: 13:00.09	49.26	1250m: 19:27.07	48.88
	100m: 1:17.64	40.94	500m: 7:21.01	47.67	900m: 13:48.00	47.91	1300m: 20:16.54	49.47
	150m: 2:00.49	42.85	550m: 8:08.06	47.05	950m: 14:36.14	48.14	1350m: 21:06.01	49.47
	200m: 2:44.26	43.77	600m: 8:55.94	47.88	1000m: 15:25.43	49.29	1400m: 21:53.97	47.96
	250m: 3:29.27	45.01	650m: 9:44.08	48.14	1050m: 16:12.11	46.68	1450m: 22:41.61	47.64
	300m: 4:14.66	45.39	700m: 10:32.64	48.56	1100m: 17:00.82	48.71	1500m: 23:28.06	46.45
	350m: 5:00.49	45.83	750m: 11:21.76	49.12	1150m: 17:49.17	48.35		
	400m: 5:46.78	46.29	800m: 12:10.83	49.07	1200m: 18:38.19	49.02		
5.	Rianne van Vegchelen	Deltasteur	26:43.46	198101530	<b>27:06.57</b>	+1,13		
	50m: 46.13	46.13	450m: 7:54.05	54.74	850m: 15:12.94	55.66	1250m: 22:35.45	56.78
	100m: 1:37.38	51.25	500m: 8:48.26	54.21	900m: 16:07.11	54.17	1300m: 23:30.68	55.23
	150m: 2:30.19	52.81	550m: 9:43.27	55.01	950m: 17:02.77	55.66	1350m: 24:27.44	56.76
	200m: 3:23.80	53.61	600m: 10:38.06	54.79	1000m: 17:57.00	54.23	1400m: 25:22.10	54.66
	250m: 4:17.27	53.47	650m: 11:33.26	55.20	1050m: 18:53.05	56.05	1450m: 26:15.22	53.12
	300m: 5:10.48	53.21	700m: 12:27.70	54.44	1100m: 19:47.84	54.79	1500m: 27:06.57	51.35
	350m: 6:05.04	54.56	750m: 13:23.12	55.42	1150m: 20:43.55	55.71		
	400m: 6:59.31	54.27	800m: 14:17.28	54.16	1200m: 21:38.67	55.12		



Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



Programmanr. 2, Dames, 1500m vrije slag, Masters 30+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
	AFGEM Denise de Riet	De Devel	21:41.73	198402040		

Masters 35+

1.	Liselotte Joling	PSV	19:49.32	197500268	<b>19:44.37</b>	+0,95		
	50m: 34.64	34.64	450m: 5:47.51	39.21	850m: 11:05.62	40.28	1250m: 16:26.46	40.39
	100m: 1:13.36	38.72	500m: 6:27.42	39.91	900m: 11:45.95	40.33	1300m: 17:06.27	39.81
	150m: 1:52.46	39.10	550m: 7:05.49	38.07	950m: 12:26.61	40.66	1350m: 17:45.88	39.61
	200m: 2:31.27	38.81	600m: 7:44.87	39.38	1000m: 13:07.22	40.61	1400m: 18:26.54	40.66
	250m: 3:10.36	39.09	650m: 8:24.25	39.38	1050m: 13:46.18	38.96	1450m: 19:05.95	39.41
	300m: 3:49.65	39.29	700m: 9:04.51	40.26	1100m: 14:26.27	40.09	1500m: 19:44.37	38.42
	350m: 4:28.84	39.19	750m: 9:44.90	40.39	1150m: 15:05.89	39.62		
	400m: 5:08.30	39.46	800m: 10:25.34	40.44	1200m: 15:46.07	40.18		
2.	Carmen Haan	De Spatters	22:48.14	197901458	<b>23:58.89</b>	+1,18		
	50m: 40.01	40.01	450m: 6:58.32	48.58	850m: 13:29.82	48.57	1250m: 19:57.10	48.29
	100m: 1:24.75	44.74	500m: 7:47.52	49.20	900m: 14:18.62	48.80	1300m: 20:45.69	48.59
	150m: 2:11.33	46.58	550m: 8:36.39	48.87	950m: 15:06.77	48.15	1350m: 21:33.45	47.76
	200m: 2:58.18	46.85	600m: 9:25.93	49.54	1000m: 15:55.53	48.76	1400m: 22:22.12	48.67
	250m: 3:45.76	47.58	650m: 10:14.74	48.81	1050m: 16:43.17	47.64	1450m: 23:10.94	48.82
	300m: 4:33.30	47.54	700m: 11:03.45	48.71	1100m: 17:31.57	48.40	1500m: 23:58.89	47.95
	350m: 5:21.52	48.22	750m: 11:52.48	49.03	1150m: 18:20.05	48.48		
	400m: 6:09.74	48.22	800m: 12:41.25	48.77	1200m: 19:08.81	48.76		

Masters 40+

1.	Grith Sigsgaard	Zwemlust-den Hommel	18:47.76	197200772	<b>18:58.84</b>	+0,91		
	50m: 34.20	34.20	450m: 5:37.25	38.32	850m: 10:42.61	38.50	1250m: 15:49.15	38.63
	100m: 1:11.56	37.36	500m: 6:15.43	38.18	900m: 11:20.55	37.94	1300m: 16:27.50	38.35
	150m: 1:49.48	37.92	550m: 6:53.73	38.30	950m: 11:58.84	38.29	1350m: 17:06.18	38.68
	200m: 2:27.22	37.74	600m: 7:31.75	38.02	1000m: 12:36.93	38.09	1400m: 17:44.09	37.91
	250m: 3:05.02	37.80	650m: 8:10.09	38.34	1050m: 13:15.79	38.86	1450m: 18:22.09	38.00
	300m: 3:43.11	38.09	700m: 8:48.03	37.94	1100m: 13:54.03	38.24	1500m: 18:58.84	36.75
	350m: 4:21.20	38.09	750m: 9:26.44	38.41	1150m: 14:32.63	38.60		
	400m: 4:58.93	37.73	800m: 10:04.11	37.67	1200m: 15:10.52	37.89		
2.	Karin Stein	ZVVS	19:23.64	197100554	<b>19:35.58</b>	+0,85		
	50m: 34.82	34.82	450m: 5:44.98	38.97	850m: 10:59.79	39.67	1250m: 16:17.72	39.90
	100m: 1:13.12	38.30	500m: 6:23.94	38.96	900m: 11:39.30	39.51	1300m: 16:58.07	40.35
	150m: 1:51.77	38.65	550m: 7:03.01	39.07	950m: 12:18.92	39.62	1350m: 17:37.94	39.87
	200m: 2:30.64	38.87	600m: 7:42.32	39.31	1000m: 12:58.50	39.58	1400m: 18:17.70	39.76
	250m: 3:09.44	38.80	650m: 8:21.72	39.40	1050m: 13:38.50	40.00	1450m: 18:57.26	39.56
	300m: 3:48.35	38.91	700m: 9:01.27	39.55	1100m: 14:18.11	39.61	1500m: 19:35.58	38.32
	350m: 4:27.29	38.94	750m: 9:40.59	39.32	1150m: 14:57.88	39.77		
	400m: 5:06.01	38.72	800m: 10:20.12	39.53	1200m: 15:37.82	39.94		
3.	Pascal Neiss-Janssen	De Roersoppers	22:58.48	197300852	<b>23:32.96</b> *	+0,92		
	50m: 39.30	39.30	450m: 6:52.09	47.10	850m: 13:13.30	47.16	1250m: 19:37.45	47.93
	100m: 1:23.32	44.02	500m: 7:39.77	47.68	900m: 14:01.41	48.11	1300m: 20:25.38	47.93
	150m: 2:09.48	46.16	550m: 8:26.85	47.08	950m: 14:48.93	47.52	1350m: 21:13.23	47.85
	200m: 2:56.35	46.87	600m: 9:15.06	48.21	1000m: 15:37.57	48.64	1400m: 22:01.39	48.16
	250m: 3:43.32	46.97	650m: 10:02.43	47.37	1050m: 16:24.67	47.10	1450m: 22:48.36	46.97
	300m: 4:30.43	47.11	700m: 10:50.65	48.22	1100m: 17:13.24	48.57	1500m: 23:32.96	44.60
	350m: 5:17.37	46.94	750m: 11:37.77	47.12	1150m: 18:01.14	47.90		
	400m: 6:04.99	47.62	800m: 12:26.14	48.37	1200m: 18:49.52	48.38		
4.	Marjan Smeets-Rolffs	De Warande	26:01.76	197000976	<b>26:36.33</b>	+1,26		
	50m: 45.08	45.08	450m: 7:48.86	53.80	850m: 14:56.25	53.40	1250m: 22:08.24	54.45
	100m: 1:36.55	51.47	500m: 8:41.90	53.04	900m: 15:49.83	53.58	1300m: 23:02.70	54.46
	150m: 2:29.98	53.43	550m: 9:35.46	53.56	950m: 16:43.75	53.92	1350m: 23:56.72	54.02
	200m: 3:22.38	52.40	600m: 10:28.81	53.35	1000m: 17:37.26	53.51	1400m: 24:51.58	54.86
	250m: 4:15.72	53.34	650m: 11:22.36	53.55	1050m: 18:31.14	53.88	1450m: 25:46.24	54.66
	300m: 5:08.86	53.14	700m: 12:15.83	53.47	1100m: 19:25.29	54.15	1500m: 26:36.33	50.09
	350m: 6:02.09	53.23	750m: 13:09.93	54.10	1150m: 20:19.73	54.44		
	400m: 6:55.06	52.97	800m: 14:02.85	52.92	1200m: 21:13.79	54.06		
5.	Greta Wyma-Teitsma	DWK	27:17.79	197100696	<b>27:55.46</b>	+0,94		
	50m: 47.64	47.64	450m: 8:06.34	56.01	850m: 15:34.31	55.10	1250m: 23:08.81	56.69
	100m: 1:40.06	52.42	500m: 9:02.05	55.71	900m: 16:30.45	56.14	1300m: 24:05.36	56.55
	150m: 2:34.51	54.45	550m: 9:58.07	56.02	950m: 17:25.82	55.37	1350m: 25:02.62	57.26
	200m: 3:29.42	54.91	600m: 10:53.58	55.51	1000m: 18:23.06	57.24	1400m: 26:00.38	57.76
	250m: 4:23.83	54.41	650m: 11:50.30	56.72	1050m: 19:20.16	57.10	1450m: 26:57.97	57.59
	300m: 5:18.95	55.12	700m: 12:45.11	54.81	1100m: 20:17.26	57.10	1500m: 27:55.46	57.49
	350m: 6:14.67	55.72	750m: 13:41.99	56.88	1150m: 21:15.02	57.76		
	400m: 7:10.33	55.66	800m: 14:39.21	57.22	1200m: 22:12.12	57.10		



Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



Programmanr. 2, Dames, 1500m vrije slag, Masters 40+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
AFGEM	Claudia Broeke	De Fuut	24:00.70	197300058		

Masters 45+

1.	Lisenka Kornet-van den Akker	ZPC Woerden	20:56.14	196900914	<b>20:54.38</b>	+0,94
	50m: 36.41 36.41	450m: 6:07.11 42.08	850m: 11:43.03 42.40	1250m: 17:22.43 42.91		
	100m: 1:15.87 39.46	500m: 6:48.89 41.78	900m: 12:25.43 42.40	1300m: 18:05.52 43.09		
	150m: 1:56.97 41.10	550m: 7:30.99 42.10	950m: 13:07.72 42.29	1350m: 18:48.28 42.76		
	200m: 2:38.23 41.26	600m: 8:12.70 41.71	1000m: 13:50.21 42.49	1400m: 19:31.45 43.17		
	250m: 3:19.90 41.67	650m: 8:54.73 42.03	1050m: 14:32.29 42.08	1450m: 20:13.49 42.04		
	300m: 4:01.42 41.52	700m: 9:36.52 41.79	1100m: 15:14.60 42.31	1500m: 20:54.38 40.89		
	350m: 4:43.31 41.89	750m: 10:18.68 42.16	1150m: 15:57.15 42.55			
	400m: 5:25.03 41.72	800m: 11:00.63 41.95	1200m: 16:39.52 42.37			
2.	Laura Staal	Oceanus	21:01.87	196700358	<b>21:24.38</b>	+0,88
	50m: 37.29 37.29	450m: 6:19.95 43.08	850m: 12:07.83 43.33	1250m: 17:51.83 43.01		
	100m: 1:18.70 41.41	500m: 7:03.40 43.45	900m: 12:50.96 43.13	1300m: 18:34.70 42.87		
	150m: 2:01.65 42.95	550m: 7:46.69 43.29	950m: 13:33.97 43.01	1350m: 19:17.76 43.06		
	200m: 2:44.73 43.08	600m: 8:30.44 43.75	1000m: 14:17.08 43.11	1400m: 20:00.67 42.91		
	250m: 3:27.88 43.15	650m: 9:13.92 43.48	1050m: 14:59.95 42.87	1450m: 20:43.00 42.33		
	300m: 4:10.77 42.89	700m: 9:57.54 43.62	1100m: 15:42.87 42.92	1500m: 21:24.38 41.38		
	350m: 4:53.73 42.96	750m: 10:41.08 43.54	1150m: 16:25.93 43.06			
	400m: 5:36.87 43.14	800m: 11:24.50 43.42	1200m: 17:08.82 42.89			
3.	Marion Broekhuis	WS Twente	22:11.07	196800060	<b>22:30.82</b>	+0,79
	50m: 38.35 38.35	450m: 6:36.96 45.28	850m: 12:40.04 45.76	1250m: 18:44.54 46.03		
	100m: 1:21.43 43.08	500m: 7:22.47 45.51	900m: 13:25.21 45.17	1300m: 19:29.88 45.34		
	150m: 2:06.19 44.76	550m: 8:07.89 45.42	950m: 14:10.78 45.57	1350m: 20:15.70 45.82		
	200m: 2:51.10 44.91	600m: 8:53.23 45.34	1000m: 14:56.02 45.24	1400m: 21:01.37 45.67		
	250m: 3:36.24 45.14	650m: 9:38.42 45.19	1050m: 15:41.58 45.56	1450m: 21:47.55 46.18		
	300m: 4:21.44 45.20	700m: 10:23.71 45.29	1100m: 16:27.24 45.66	1500m: 22:30.82 43.27		
	350m: 5:06.43 44.99	750m: 11:09.14 45.43	1150m: 17:13.14 45.90			
	400m: 5:51.68 45.25	800m: 11:54.28 45.14	1200m: 17:58.51 45.37			
4.	Karin van den Heuvel	Old Dutch	23:23.53	196600188	<b>23:21.29</b>	+0,90
	50m: 41.25 41.25	450m: 6:52.04 46.27	850m: 13:07.60 47.31	1250m: 19:26.82 46.92		
	100m: 1:26.53 45.28	500m: 7:38.60 46.56	900m: 13:55.06 47.46	1300m: 20:14.60 47.78		
	150m: 2:12.62 46.09	550m: 8:25.26 46.66	950m: 14:43.04 47.98	1350m: 21:01.96 47.36		
	200m: 2:59.57 46.95	600m: 9:11.86 46.60	1000m: 15:31.57 48.53	1400m: 21:49.48 47.52		
	250m: 3:46.62 47.05	650m: 9:58.75 46.89	1050m: 16:18.16 46.59	1450m: 22:36.54 47.06		
	300m: 4:33.03 46.41	700m: 10:45.85 47.10	1100m: 17:05.42 47.26	1500m: 23:21.29 44.75		
	350m: 5:19.36 46.33	750m: 11:33.19 47.34	1150m: 17:52.50 47.08			
	400m: 6:05.77 46.41	800m: 12:20.29 47.10	1200m: 18:39.90 47.40			
5.	Margreet van der Pol	Oceanus	23:11.35	196600276	<b>23:58.66</b>	+1,13
	50m: 40.72 40.72	450m: 6:58.68 48.49	850m: 13:27.56 49.22	1250m: 19:58.41 48.29		
	100m: 1:25.70 44.98	500m: 7:46.83 48.15	900m: 14:16.06 48.50	1300m: 20:47.62 49.21		
	150m: 2:12.27 46.57	550m: 8:35.13 48.30	950m: 15:04.98 48.92	1350m: 21:36.20 48.58		
	200m: 2:59.52 47.25	600m: 9:23.60 48.47	1000m: 15:53.30 48.32	1400m: 22:24.86 48.66		
	250m: 3:47.17 47.65	650m: 10:11.16 47.56	1050m: 16:42.61 49.31	1450m: 23:13.33 48.47		
	300m: 4:34.29 47.12	700m: 10:59.97 48.81	1100m: 17:31.54 48.93	1500m: 23:58.66 45.33		
	350m: 5:22.23 47.94	750m: 11:49.40 49.43	1150m: 18:20.82 49.28			
	400m: 6:10.19 47.96	800m: 12:38.34 48.94	1200m: 19:10.12 49.30			
6.	Jacqueline Tuin	DAW	23:59.49	196600690	<b>24:26.00</b>	+1,00
	50m: 41.77 41.77	450m: 7:09.17 48.76	850m: 13:46.07 49.61	1250m: 20:22.69 50.05		
	100m: 1:27.71 45.94	500m: 7:58.16 48.99	900m: 14:35.54 49.47	1300m: 21:13.29 50.60		
	150m: 2:15.06 47.35	550m: 8:47.60 49.44	950m: 15:24.55 49.01	1350m: 22:03.22 49.93		
	200m: 3:03.49 48.43	600m: 9:37.23 49.63	1000m: 16:14.06 49.51	1400m: 22:52.94 49.72		
	250m: 3:52.25 48.76	650m: 10:26.74 49.51	1050m: 17:03.36 49.30	1450m: 23:41.86 48.92		
	300m: 4:42.00 49.75	700m: 11:16.80 50.06	1100m: 17:53.32 49.96	1500m: 24:26.00 44.14		
	350m: 5:30.99 48.99	750m: 12:06.48 49.68	1150m: 18:43.46 50.14			
	400m: 6:20.41 49.42	800m: 12:56.46 49.98	1200m: 19:32.64 49.18			
AFGEM	Betty van Kemenade	PSV	26:35.74	196800832		
AFGEM	Ymke Snellen van Vollenhoven	PSV	27:10.99	196800836		

Masters 50+

1.	Irene van der Laan	ZV De Bron	20:48.86	196000096	<b>21:38.28</b>	+0,94
	50m: 41.09 41.09	450m: 6:29.51 43.34	850m: 12:15.44 43.33	1250m: 18:01.66 43.33		
	100m: 1:24.53 43.44	500m: 7:12.81 43.30	900m: 12:58.50 43.06	1300m: 18:45.03 43.37		
	150m: 2:08.23 43.70	550m: 7:56.11 43.30	950m: 13:41.94 43.44	1350m: 19:28.74 43.71		
	200m: 2:52.04 43.81	600m: 8:39.64 43.53	1000m: 14:25.14 43.20	1400m: 20:12.41 43.67		
	250m: 3:35.90 43.86	650m: 9:22.60 42.96	1050m: 15:08.15 43.01	1450m: 20:55.60 43.19		
	300m: 4:19.65 43.75	700m: 10:05.65 43.05	1100m: 15:51.03 42.88	1500m: 21:38.28 42.68		
	350m: 5:02.74 43.09	750m: 10:48.88 43.23	1150m: 16:34.77 43.74			
	400m: 5:46.17 43.43	800m: 11:32.11 43.23	1200m: 17:18.33 43.56			



Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



Programmanr. 2, Dames, 1500m vrije slag, Masters 50+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
2.	Inge Wolfs	PLONS	22:09.28	196000304	<b>23:15.50</b>	+0,85		
	50m: 39.47	39.47	450m: 6:46.14	46.56	850m: 12:58.60	46.77	1250m: 19:17.94	47.86
	100m: 1:22.77	43.30	500m: 7:32.80	46.66	900m: 13:45.30	46.70	1300m: 20:06.20	48.26
	150m: 2:07.82	45.05	550m: 8:19.07	46.27	950m: 14:32.13	46.83	1350m: 20:53.80	47.60
	200m: 2:53.67	45.85	600m: 9:05.65	46.58	1000m: 15:19.19	47.06	1400m: 21:42.13	48.33
	250m: 3:40.02	46.35	650m: 9:52.04	46.39	1050m: 16:07.25	48.06	1450m: 22:29.17	47.04
	300m: 4:26.55	46.53	700m: 10:38.57	46.53	1100m: 16:55.14	47.89	1500m: 23:15.50	46.33
	350m: 5:13.24	46.69	750m: 11:24.75	46.18	1150m: 17:42.35	47.21		
	400m: 5:59.58	46.34	800m: 12:11.83	47.08	1200m: 18:30.08	47.73		
3.	Katinka Elders	Oceanus	24:58.65	196000292	<b>25:30.81</b> *	+0,76		
	50m: 44.17	44.17	450m: 7:29.22	51.83	850m: 14:21.58	51.37	1250m: 21:17.61	52.75
	100m: 1:32.75	48.58	500m: 8:20.68	51.46	900m: 15:13.49	51.91	1300m: 22:09.11	51.50
	150m: 2:23.09	50.34	550m: 9:12.43	51.75	950m: 16:05.45	51.96	1350m: 23:00.60	51.49
	200m: 3:13.50	50.41	600m: 10:03.59	51.16	1000m: 16:57.22	51.77	1400m: 23:52.93	52.33
	250m: 4:04.26	50.76	650m: 10:55.28	51.69	1050m: 17:49.31	52.09	1450m: 24:44.37	51.44
	300m: 4:55.08	50.82	700m: 11:47.00	51.72	1100m: 18:40.97	51.66	1500m: 25:30.81	46.44
	350m: 5:46.04	50.96	750m: 12:38.52	51.52	1150m: 19:32.98	52.01		
	400m: 6:37.39	51.35	800m: 13:30.21	51.69	1200m: 20:24.86	51.88		
4.	Marjan Spoelstra	Swol 1894	26:00.70	196000236	<b>26:19.71</b>	+0,96		
	50m: 46.63	46.63	450m: 7:47.68	52.79	850m: 14:54.22	53.66	1250m: 21:58.70	52.97
	100m: 1:37.67	51.24	500m: 8:40.50	52.82	900m: 15:47.27	53.05	1300m: 22:51.52	52.82
	150m: 2:30.17	52.30	550m: 9:33.67	53.17	950m: 16:40.27	53.00	1350m: 23:44.35	52.83
	200m: 3:23.00	52.83	600m: 10:27.02	53.35	1000m: 17:33.07	52.80	1400m: 24:37.19	52.84
	250m: 4:15.82	52.82	650m: 11:20.57	53.55	1050m: 18:25.86	52.79	1450m: 25:28.91	51.72
	300m: 5:08.97	53.15	700m: 12:13.80	53.23	1100m: 19:19.15	53.29	1500m: 26:19.71	50.80
	350m: 6:01.80	52.83	750m: 13:07.46	53.66	1150m: 20:12.15	53.00		
	400m: 6:54.89	53.09	800m: 14:00.56	53.10	1200m: 21:05.73	53.58		
AFGEM	Judith Cromjongh	De Zwoer	22:13.78	196400054				

Masters 55+

1.	Patty Verhagen	PSV	21:41.96	195900146	<b>22:19.74</b>	+1,15		
	50m: 41.04	41.04	450m: 6:35.69	44.63	850m: 12:32.00	44.72	1250m: 18:33.24	45.11
	100m: 1:24.40	43.36	500m: 7:20.57	44.88	900m: 13:16.89	44.89	1300m: 19:18.50	45.26
	150m: 2:08.36	43.96	550m: 8:05.30	44.73	950m: 14:01.75	44.86	1350m: 20:03.89	45.39
	200m: 2:52.58	44.22	600m: 8:49.72	44.42	1000m: 14:46.81	45.06	1400m: 20:49.47	45.58
	250m: 3:37.00	44.42	650m: 9:33.81	44.09	1050m: 15:31.78	44.97	1450m: 21:34.97	45.50
	300m: 4:21.63	44.63	700m: 10:18.37	44.56	1100m: 16:17.19	45.41	1500m: 22:19.74	44.77
	350m: 5:06.22	44.59	750m: 11:02.74	44.37	1150m: 17:02.64	45.45		
	400m: 5:51.06	44.84	800m: 11:47.28	44.54	1200m: 17:48.13	45.49		
2.	Dorothy Ledwith	Ennis Masters	22:27.96	10009706	<b>22:46.06</b>	+0,93		
	50m: 38.88	38.88	450m: 6:41.32	45.74	850m: 12:48.53	45.71	1250m: 18:57.81	45.92
	100m: 1:22.43	43.55	500m: 7:27.45	46.13	900m: 13:34.92	46.39	1300m: 19:44.44	46.63
	150m: 2:07.40	44.97	550m: 8:12.90	45.45	950m: 14:20.47	45.55	1350m: 20:31.04	46.60
	200m: 2:52.86	45.46	600m: 8:59.20	46.30	1000m: 15:06.78	46.31	1400m: 21:17.86	46.82
	250m: 3:38.07	45.21	650m: 9:44.68	45.48	1050m: 15:52.30	45.52	1450m: 22:03.01	45.15
	300m: 4:23.92	45.85	700m: 10:30.77	46.09	1100m: 16:38.85	46.55	1500m: 22:46.06	43.05
	350m: 5:09.16	45.24	750m: 11:16.37	45.60	1150m: 17:24.86	46.01		
	400m: 5:55.58	46.42	800m: 12:02.82	46.45	1200m: 18:11.89	47.03		
3.	Ada de Voogd	ZVVS	22:32.50	195900280	<b>22:52.92</b>	+0,86		
	50m: 40.21	40.21	450m: 6:53.96	46.78	850m: 13:01.61	46.02	1250m: 19:10.71	45.95
	100m: 1:25.78	45.57	500m: 7:39.86	45.90	900m: 13:47.64	46.03	1300m: 19:56.18	45.47
	150m: 2:12.39	46.61	550m: 8:26.59	46.73	950m: 14:33.43	45.79	1350m: 20:41.41	45.23
	200m: 2:59.54	47.15	600m: 9:12.90	46.31	1000m: 15:20.02	46.59	1400m: 21:27.89	46.48
	250m: 3:46.15	46.61	650m: 9:58.97	46.07	1050m: 16:06.22	46.20	1450m: 22:12.78	44.89
	300m: 4:33.25	47.10	700m: 10:44.45	45.48	1100m: 16:52.78	46.56	1500m: 22:52.92	40.14
	350m: 5:20.00	46.75	750m: 11:30.32	45.87	1150m: 17:38.84	46.06		
	400m: 6:07.18	47.18	800m: 12:15.59	45.27	1200m: 18:24.76	45.92		
4.	Margriet Pasma	De Pinquin	23:18.15	195500088	<b>23:53.17</b>	+0,93		
	50m: 43.61	43.61	450m: 7:12.70	47.75	850m: 13:32.97	47.03	1250m: 19:54.82	47.85
	100m: 1:32.26	48.65	500m: 8:00.53	47.83	900m: 14:20.69	47.72	1300m: 20:42.84	48.02
	150m: 2:20.90	48.64	550m: 8:47.39	46.86	950m: 15:08.23	47.54	1350m: 21:30.26	47.42
	200m: 3:10.66	49.76	600m: 9:35.48	48.09	1000m: 15:56.37	48.14	1400m: 22:18.54	48.28
	250m: 3:59.44	48.78	650m: 10:22.79	47.31	1050m: 16:43.90	47.53	1450m: 23:06.43	47.89
	300m: 4:48.69	49.25	700m: 11:10.53	47.74	1100m: 17:31.91	48.01	1500m: 23:53.17	46.74
	350m: 5:36.74	48.05	750m: 11:58.00	47.47	1150m: 18:18.87	46.96		
	400m: 6:24.95	48.21	800m: 12:45.94	47.94	1200m: 19:06.97	48.10		



Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
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Programmanr. 2, Dames, 1500m vrije slag, Masters 55+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
5.	Jolanda Rob	ZV De Bron	25:14.26	195700144	<b>26:51.98</b>			
	50m: 45.18	45.18	450m: 7:58.87	55.34	850m: 15:15.20	54.52	1250m: 22:28.87	53.75
	100m: 1:36.98	51.80	500m: 8:53.41	54.54	900m: 16:09.89	54.69	1300m: 23:22.40	53.53
	150m: 2:31.05	54.07	550m: 9:47.83	54.42	950m: 17:04.16	54.27	1350m: 24:16.67	54.27
	200m: 3:25.51	54.46	600m: 10:42.33	54.50	1000m: 17:58.30	54.14	1400m: 25:09.70	53.03
	250m: 4:20.07	54.56	650m: 11:36.83	54.50	1050m: 18:52.65	54.35	1450m: 26:02.42	52.72
	300m: 5:15.08	55.01	700m: 12:31.51	54.68	1100m: 19:46.41	53.76	1500m: 26:51.98	49.56
	350m: 6:09.31	54.23	750m: 13:26.01	54.50	1150m: 20:41.41	55.00		
	400m: 7:03.53	54.22	800m: 14:20.68	54.67	1200m: 21:35.12	53.71		

Masters 60+

1.	Ineke Meijer	HZ&PC Heerenveen	26:24.63	195200034	<b>27:27.66</b>	+0,94		
	50m: 47.70	47.70	450m: 8:04.39	55.56	850m: 15:29.72	55.69	1250m: 22:55.49	56.03
	100m: 1:39.78	52.08	500m: 8:59.68	55.29	900m: 16:25.53	55.81	1300m: 23:51.74	56.25
	150m: 2:34.52	54.74	550m: 9:55.96	56.28	950m: 17:20.97	55.44	1350m: 24:47.20	55.46
	200m: 3:29.12	54.60	600m: 10:51.83	55.87	1000m: 18:16.72	55.75	1400m: 25:42.72	55.52
	250m: 4:23.72	54.60	650m: 11:47.05	55.22	1050m: 19:11.04	54.32	1450m: 26:36.86	54.14
	300m: 5:18.56	54.84	700m: 12:42.86	55.81	1100m: 20:07.31	56.27	1500m: 27:27.66	50.80
	350m: 6:13.35	54.79	750m: 13:38.32	55.46	1150m: 21:03.30	55.99		
	400m: 7:08.83	55.48	800m: 14:34.03	55.71	1200m: 21:59.46	56.16		

Masters 70+

1.	Matty van der Veen	Old Dutch	27:49.26	194400020	<b>32:23.27</b>	+1,34		
	50m: 52.78	52.78	450m: 9:12.98	1:02.00	850m: 17:52.79	1:03.96	1250m: 26:45.52	1:04.81
	100m: 1:53.28	1:00.50	500m: 10:17.27	1:04.29	900m: 18:58.34	1:05.55	1300m: 27:53.94	1:08.42
	150m: 2:52.35	59.07	550m: 11:21.63	1:04.36	950m: 20:05.32	1:06.98	1350m: 28:59.38	1:05.44
	200m: 3:54.57	1:02.22	600m: 12:26.41	1:04.78	1000m: 21:13.15	1:07.83	1400m: 30:07.16	1:07.78
	250m: 4:56.32	1:01.75	650m: 13:31.00	1:04.59	1050m: 22:18.36	1:05.21	1450m: 31:15.52	1:08.36
	300m: 6:01.66	1:05.34	700m: 14:36.73	1:05.73	1100m: 23:26.49	1:08.13	1500m: 32:23.27	1:07.75
	350m: 7:04.56	1:02.90	750m: 15:41.93	1:05.20	1150m: 24:31.82	1:05.33		
	400m: 8:10.98	1:06.42	800m: 16:48.83	1:06.90	1200m: 25:40.71	1:08.89		

Masters 80+

1.	Annie de Vos	Old Dutch	36:06.89	193400004	<b>38:50.24</b>			
<i>Kampioenschaps Record</i>								
	50m: 1:05.39	1:05.39	450m: 11:18.61	1:16.55	850m: 21:38.70	1:18.48	1250m: 32:12.96	1:19.82
	100m: 2:20.23	1:14.84	500m: 12:35.63	1:17.02	900m: 22:57.40	1:18.70	1300m: 33:31.79	1:18.83
	150m: 3:36.53	1:16.30	550m: 13:52.39	1:16.76	950m: 24:15.75	1:18.35	1350m: 34:51.58	1:19.79
	200m: 4:53.67	1:17.14	600m: 15:10.05	1:17.66	1000m: 25:34.21	1:18.46	1400m: 36:11.21	1:19.63
	250m: 6:10.41	1:16.74	650m: 16:27.32	1:17.27	1050m: 26:53.70	1:19.49	1450m: 37:31.66	1:20.45
	300m: 7:27.58	1:17.17	700m: 17:44.28	1:16.96	1100m: 28:12.97	1:19.27	1500m: 38:50.24	1:18.58
	350m: 8:44.81	1:17.23	750m: 19:02.34	1:18.06	1150m: 29:32.75	1:19.78		
	400m: 10:02.06	1:17.25	800m: 20:20.22	1:17.88	1200m: 30:53.14	1:20.39		

Programmanr. 3  
02-05-2014 - 11:46

Heren, 800m vrije slag

Masters Open  
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
<b>Masters 20+</b>								
1.	Joost Rijntjes	LZ 1886	9:37.58	199101899	<b>9:41.06</b>	+0,74		
	50m: 30.07	30.07	250m: 2:51.51	36.19	450m: 5:19.13	36.89	650m: 7:49.87	38.15
	100m: 1:04.42	34.35	300m: 3:28.40	36.89	500m: 5:56.72	37.59	700m: 8:27.40	37.53
	150m: 1:39.27	34.85	350m: 4:05.45	37.05	550m: 6:34.20	37.48	750m: 9:05.02	37.62
	200m: 2:15.32	36.05	400m: 4:42.24	36.79	600m: 7:11.72	37.52	800m: 9:41.06	36.04
2.	Dennis Wijbenga	Stadskanaal	9:53.18	199003283	<b>9:41.15</b>	+0,93		
	50m: 30.71	30.71	250m: 2:57.07	36.86	450m: 5:25.39	36.92	650m: 7:55.19	37.39
	100m: 1:06.66	35.95	300m: 3:34.41	37.34	500m: 6:02.77	37.38	700m: 8:31.80	36.61
	150m: 1:43.00	36.34	350m: 4:11.30	36.89	550m: 6:40.40	37.63	750m: 9:07.69	35.89
	200m: 2:20.21	37.21	400m: 4:48.47	37.17	600m: 7:17.80	37.40	800m: 9:41.15	33.46
3.	Maik Steenkamp	Montferland	9:35.58	199103847	<b>10:38.17</b>	+0,74		
	50m: 32.46	32.46	250m: 3:04.55	39.76	450m: 5:47.20	41.42	650m: 8:34.03	41.67
	100m: 1:08.61	36.15	300m: 3:44.66	40.11	500m: 6:28.66	41.46	700m: 9:15.80	41.77
	150m: 1:46.23	37.62	350m: 4:25.34	40.68	550m: 7:10.75	42.09	750m: 9:57.84	42.04
	200m: 2:24.79	38.56	400m: 5:05.78	40.44	600m: 7:52.36	41.61	800m: 10:38.17	40.33



Open Nederlandse Masters  
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Programmanr. 3, Heren, 800m vrije slag

Masters 25+

1. Richard Huisken	ZPC De Hof	9:02.41	198501141	<b>9:25.17</b>	+0,74		
50m: 30.12	30.12	250m: 2:46.76	35.06	450m: 5:07.99	36.26	650m: 7:35.58	37.08
100m: 1:03.25	33.13	300m: 3:21.44	34.68	500m: 5:44.44	36.45	700m: 8:12.51	36.93
150m: 1:37.56	34.31	350m: 3:56.58	35.14	550m: 6:21.52	37.08	750m: 8:49.37	36.86
200m: 2:11.70	34.14	400m: 4:31.73	35.15	600m: 6:58.50	36.98	800m: 9:25.17	35.80
2. Emiel Huisken	ZPC De Hof	9:09.24	198501139	<b>9:35.98</b>	+0,82		
50m: 29.99	29.99	250m: 2:48.70	35.54	450m: 5:15.35	37.16	650m: 7:45.41	37.33
100m: 1:03.53	33.54	300m: 3:24.87	36.17	500m: 5:52.89	37.54	700m: 8:23.06	37.65
150m: 1:37.73	34.20	350m: 4:01.21	36.34	550m: 6:30.15	37.26	750m: 9:00.33	37.27
200m: 2:13.16	35.43	400m: 4:38.19	36.98	600m: 7:08.08	37.93	800m: 9:35.98	35.65
3. Bastian Zoon	MGO (SG)	10:07.60	198703929	<b>10:14.11</b>	+0,73		
50m: 33.29	33.29	250m: 3:08.60	39.56	450m: 5:45.52	39.43	650m: 8:22.13	39.02
100m: 1:11.07	37.78	300m: 3:47.87	39.27	500m: 6:25.00	39.48	700m: 9:01.47	39.34
150m: 1:49.56	38.49	350m: 4:27.13	39.26	550m: 7:03.75	38.75	750m: 9:38.09	36.62
200m: 2:29.04	39.48	400m: 5:06.09	38.96	600m: 7:43.11	39.36	800m: 10:14.11	36.02
4. Roel van Beek	Montferland	10:50.00	198905861	<b>10:43.69</b>	+0,97		
50m: 34.43	34.43	250m: 3:09.70	39.96	450m: 5:53.85	41.11	650m: 8:39.49	41.57
100m: 1:11.60	37.17	300m: 3:50.49	40.79	500m: 6:35.25	41.40	700m: 9:21.46	41.97
150m: 1:50.23	38.63	350m: 4:31.61	41.12	550m: 7:16.29	41.04	750m: 10:03.28	41.82
200m: 2:29.74	39.51	400m: 5:12.74	41.13	600m: 7:57.92	41.63	800m: 10:43.69	40.41

Masters 30+

1. Erik Schröder	TriVia	8:47.52	198402025	<b>9:08.04</b>	+0,92		
<i>Nederlands Masters Record</i>							
50m: 30.06	30.06	250m: 2:45.90	34.62	450m: 5:05.01	34.92	650m: 7:25.00	35.20
100m: 1:03.07	33.01	300m: 3:20.71	34.81	500m: 5:39.74	34.73	700m: 8:00.39	35.39
150m: 1:37.06	33.99	350m: 3:55.30	34.59	550m: 6:14.69	34.95	750m: 8:34.69	34.30
200m: 2:11.28	34.22	400m: 4:30.09	34.79	600m: 6:49.80	35.11	800m: 9:08.04	33.35
2. Kristiaan Lenos	LZ 1886	9:37.75	198301331	<b>9:21.05</b>	+0,80		
50m: 29.68	29.68	250m: 2:46.30	34.50	450m: 5:07.81	35.84	650m: 7:33.34	36.67
100m: 1:03.27	33.59	300m: 3:21.65	35.35	500m: 5:44.00	36.19	700m: 8:09.79	36.45
150m: 1:37.64	34.37	350m: 3:56.79	35.14	550m: 6:20.38	36.38	750m: 8:46.05	36.26
200m: 2:11.80	34.16	400m: 4:31.97	35.18	600m: 6:56.67	36.29	800m: 9:21.05	35.00
3. Marcel Reefhuis	WS Twente	9:52.42	198101381	<b>9:58.65</b>	+0,82		
50m: 32.63	32.63	250m: 3:01.40	37.58	450m: 5:33.43	37.93	650m: 8:06.84	38.62
100m: 1:08.97	36.34	300m: 3:39.10	37.70	500m: 6:11.54	38.11	700m: 8:45.48	38.64
150m: 1:46.28	37.31	350m: 4:17.28	38.18	550m: 6:50.15	38.61	750m: 9:23.86	38.38
200m: 2:23.82	37.54	400m: 4:55.50	38.22	600m: 7:28.22	38.07	800m: 9:58.65	34.79
4. Jeroen Vogelsang	DAW	9:53.75	198001645	<b>10:27.81</b>	+0,86		
50m: 32.79	32.79	250m: 3:02.92	38.38	450m: 5:42.55	39.97	650m: 8:28.49	42.80
100m: 1:09.17	36.38	300m: 3:41.51	38.59	500m: 6:22.93	40.38	700m: 9:08.87	40.38
150m: 1:46.73	37.56	350m: 4:22.12	40.61	550m: 7:04.43	41.50	750m: 9:49.90	41.03
200m: 2:24.54	37.81	400m: 5:02.58	40.46	600m: 7:45.69	41.26	800m: 10:27.81	37.91

Masters 35+

1. Roland de Jong	Eurode KZC	9:34.07	197601513	<b>9:39.00</b>	+0,75		
50m: 31.16	31.16	250m: 2:51.21	36.09	450m: 5:18.27	36.75	650m: 7:48.17	37.90
100m: 1:04.89	33.73	300m: 3:27.64	36.43	500m: 5:55.45	37.18	700m: 8:25.82	37.65
150m: 1:39.43	34.54	350m: 4:04.47	36.83	550m: 6:32.57	37.12	750m: 9:03.59	37.77
200m: 2:15.12	35.69	400m: 4:41.52	37.05	600m: 7:10.27	37.70	800m: 9:39.00	35.41
2. Ivo Roozeboom	WVZ	9:52.06	197700801	<b>10:01.87</b>	+0,84		
50m: 32.42	32.42	250m: 3:03.88	37.86	450m: 5:36.67	38.15	650m: 8:10.15	38.24
100m: 1:09.98	37.56	300m: 3:42.07	38.19	500m: 6:15.09	38.42	700m: 8:48.52	38.37
150m: 1:47.86	37.88	350m: 4:20.29	38.22	550m: 6:53.53	38.44	750m: 9:26.31	37.79
200m: 2:26.02	38.16	400m: 4:58.52	38.23	600m: 7:31.91	38.38	800m: 10:01.87	35.56
3. Freddie Geerlings	HGN (SG)	10:00.76	197900379	<b>10:11.90</b>	+0,91		
50m: 34.05	34.05	250m: 3:06.56	38.12	450m: 5:39.77	38.17	650m: 8:16.29	39.73
100m: 1:12.03	37.98	300m: 3:44.65	38.09	500m: 6:18.55	38.78	700m: 8:55.80	39.51
150m: 1:49.88	37.85	350m: 4:22.82	38.17	550m: 6:57.16	38.61	750m: 9:34.40	38.60
200m: 2:28.44	38.56	400m: 5:01.60	38.78	600m: 7:36.56	39.40	800m: 10:11.90	37.50
4. Erwin Zuidervelt	De Futen	11:03.58	197501015	<b>11:22.88</b>	+0,81		
50m: 37.95	37.95	250m: 3:28.47	43.12	450m: 6:21.17	43.24	650m: 9:15.99	43.85
100m: 1:20.17	42.22	300m: 4:11.65	43.18	500m: 7:04.85	43.68	700m: 9:59.77	43.78
150m: 2:02.79	42.62	350m: 4:54.57	42.92	550m: 7:48.37	43.52	750m: 10:44.26	44.49
200m: 2:45.35	42.56	400m: 5:37.93	43.36	600m: 8:32.14	43.77	800m: 11:22.88	38.62





Programmanr. 3, Heren, 800m vrije slag

Masters 40+

1. Richard Rickson	HGN (SG)	9:52.32	197000841	<b>10:27.54</b>	+0,95
50m: 35.02 35.02	250m: 3:09.69 38.95	450m: 5:48.15 39.21	650m: 8:28.21 39.55		
100m: 1:13.26 38.24	300m: 3:49.61 39.92	500m: 6:28.36 40.21	700m: 9:08.71 40.50		
150m: 1:51.64 38.38	350m: 4:28.62 39.01	550m: 7:08.18 39.82	750m: 9:48.72 40.01		
200m: 2:30.74 39.10	400m: 5:08.94 40.32	600m: 7:48.66 40.48	800m: 10:27.54 38.82		
2. Roy Danckaerts	De Fuut	10:39.45	197000231	<b>11:04.04</b>	+0,92
50m: 36.20 36.20	250m: 3:22.03 42.08	450m: 6:11.42 42.44	650m: 9:00.42 42.45		
100m: 1:16.03 39.83	300m: 4:04.23 42.20	500m: 6:53.93 42.51	700m: 9:42.32 41.90		
150m: 1:57.56 41.53	350m: 4:46.70 42.47	550m: 7:36.01 42.08	750m: 10:24.33 42.01		
200m: 2:39.95 42.39	400m: 5:28.98 42.28	600m: 8:17.97 41.96	800m: 11:04.04 39.71		
3. Kasper van den Berghe	Swol 1894	11:29.38	197301125	<b>11:22.67</b>	+0,77
50m: 36.52 36.52	250m: 3:25.35 42.47	450m: 6:15.60 43.18	650m: 9:09.85 44.08		
100m: 1:17.76 41.24	300m: 4:07.60 42.25	500m: 6:58.56 42.96	700m: 9:54.36 44.51		
150m: 2:00.22 42.46	350m: 4:50.15 42.55	550m: 7:42.42 43.86	750m: 10:39.53 45.17		
200m: 2:42.88 42.66	400m: 5:32.42 42.27	600m: 8:25.77 43.35	800m: 11:22.67 43.14		
4. Marcel Hoeksels	ZVVS	11:16.63	197001655	<b>11:23.62</b>	+1,08
50m: 36.63 36.63	250m: 3:26.04 42.91	450m: 6:21.56 44.19	650m: 9:15.89 43.13		
100m: 1:17.86 41.23	300m: 4:09.62 43.58	500m: 7:05.63 44.07	700m: 9:59.80 43.91		
150m: 2:00.13 42.27	350m: 4:53.53 43.91	550m: 7:49.69 44.06	750m: 10:42.21 42.41		
200m: 2:43.13 43.00	400m: 5:37.37 43.84	600m: 8:32.76 43.07	800m: 11:23.62 41.41		

Masters 45+

1. Maurice van den Berge	HZ Zian	9:37.96	196900087	<b>10:04.27</b>	+0,94
50m: 33.95 33.95	250m: 3:05.82 38.44	450m: 5:37.88 37.98	650m: 8:09.93 38.04		
100m: 1:11.27 37.32	300m: 3:43.78 37.96	500m: 6:15.63 37.75	700m: 8:48.20 38.27		
150m: 1:49.46 38.19	350m: 4:21.92 38.14	550m: 6:53.71 38.08	750m: 9:26.50 38.30		
200m: 2:27.38 37.92	400m: 4:59.90 37.98	600m: 7:31.89 38.18	800m: 10:04.27 37.77		
2. René Beetsma	HZ&PC Heerenveen	9:40.26	196900069	<b>10:09.59</b>	+0,83
50m: 33.78 33.78	250m: 3:04.25 37.84	450m: 5:38.67 38.56	650m: 8:14.98 40.10		
100m: 1:11.14 37.36	300m: 3:42.56 38.31	500m: 6:17.32 38.65	700m: 8:53.46 38.48		
150m: 1:48.66 37.52	350m: 4:20.60 38.04	550m: 6:56.12 38.80	750m: 9:32.17 38.71		
200m: 2:26.41 37.75	400m: 5:00.11 39.51	600m: 7:34.88 38.76	800m: 10:09.59 37.42		
3. Harold Matla	PSV	10:39.34	196800591	<b>11:25.03</b>	+0,90
50m: 35.91 35.91	250m: 3:23.52 42.70	450m: 6:19.18 43.83	650m: 9:17.77 44.75		
100m: 1:16.31 40.40	300m: 4:07.09 43.57	500m: 7:03.98 44.80	700m: 10:02.32 44.55		
150m: 1:58.55 42.24	350m: 4:51.10 44.01	550m: 7:48.39 44.41	750m: 10:44.79 42.47		
200m: 2:40.82 42.27	400m: 5:35.35 44.25	600m: 8:33.02 44.63	800m: 11:25.03 40.24		
4. Erik van Dartel	PSV	11:05.17	196700185	<b>11:38.57</b>	+1,03
50m: 38.30 38.30	250m: 3:28.84 43.37	450m: 6:24.93 43.83	650m: 9:24.55 45.25		
100m: 1:19.49 41.19	300m: 4:12.65 43.81	500m: 7:10.13 45.20	700m: 10:09.31 44.76		
150m: 2:01.72 42.23	350m: 4:56.33 43.68	550m: 7:54.48 44.35	750m: 10:54.39 45.08		
200m: 2:45.47 43.75	400m: 5:41.10 44.77	600m: 8:39.30 44.82	800m: 11:38.57 44.18		
5. Ramon Alsina Munoz	CNSW	11:56.59	CNSW/608/69	<b>12:02.34</b>	+0,93
50m: 39.18 39.18	250m: 3:36.39 45.75	450m: 6:38.95 45.71	650m: 9:43.60 46.59		
100m: 1:21.60 42.42	300m: 4:21.72 45.33	500m: 7:24.87 45.92	700m: 10:29.74 46.14		
150m: 2:05.88 44.28	350m: 5:07.60 45.88	550m: 8:11.13 46.26	750m: 11:16.50 46.76		
200m: 2:50.64 44.76	400m: 5:53.24 45.64	600m: 8:57.01 45.88	800m: 12:02.34 45.84		

AFGEM Michel Honders  
AFGEM Konstantin Sklyar

GLS Ketelbinkie 13:04.72 196901395  
TG Lage 1862 11:00.77 321129

Masters 50+

1. Jan Brink	ZPC De Zeeuwse Kust	9:31.11	196200091	<b>10:02.14</b>	+0,81
50m: 32.74 32.74	250m: 3:02.53 38.17	450m: 5:34.21 38.35	650m: 8:07.88 38.68		
100m: 1:08.96 36.22	300m: 3:40.39 37.86	500m: 6:12.44 38.23	700m: 8:46.38 38.50		
150m: 1:46.51 37.55	350m: 4:18.01 37.62	550m: 6:50.84 38.40	750m: 9:25.04 38.66		
200m: 2:24.36 37.85	400m: 4:55.86 37.85	600m: 7:29.20 38.36	800m: 10:02.14 37.10		
2. Gustav van den Berg	TriVia	9:54.37	196100991	<b>10:14.34</b>	+0,91
50m: 34.90 34.90	250m: 3:10.29 39.58	450m: 5:46.39 38.61	650m: 8:21.56 38.82		
100m: 1:13.14 38.24	300m: 3:49.42 39.13	500m: 6:25.11 38.72	700m: 9:00.74 39.18		
150m: 1:51.67 38.53	350m: 4:28.56 39.14	550m: 7:03.85 38.74	750m: 9:39.27 38.53		
200m: 2:30.71 39.04	400m: 5:07.78 39.22	600m: 7:42.74 38.89	800m: 10:14.34 35.07		
3. Menno Lomans	d'ELFT WAVE (SG)	10:25.49	196101071	<b>10:56.33</b>	+0,86
50m: 36.67 36.67	250m: 3:21.66 41.99	450m: 6:09.28 41.69	650m: 8:55.57 41.72		
100m: 1:16.93 40.26	300m: 4:03.18 41.52	500m: 6:50.81 41.53	700m: 9:37.57 42.00		
150m: 1:57.80 40.87	350m: 4:45.01 41.83	550m: 7:32.33 41.52	750m: 10:18.46 40.89		
200m: 2:39.67 41.87	400m: 5:27.59 42.58	600m: 8:13.85 41.52	800m: 10:56.33 37.87		



Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



Programmanr. 3, Heren, 800m vrije slag, Masters 50+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
4.	Eric Langhorst	De Rijn	10:58.66	196200389	11:21.43	+0,82		
	50m: 37.94	37.94	250m: 3:32.76	43.78	450m: 6:25.89	43.09	650m: 9:16.86	42.65
	100m: 1:20.92	42.98	300m: 4:16.16	43.40	500m: 7:08.85	42.96	700m: 9:59.24	42.38
	150m: 2:05.19	44.27	350m: 4:59.45	43.29	550m: 7:51.68	42.83	750m: 10:40.99	41.75
	200m: 2:48.98	43.79	400m: 5:42.80	43.35	600m: 8:34.21	42.53	800m: 11:21.43	40.44
5.	Paul van der Voort	De Zwoer	11:26.62	196200715	11:25.37	+1,00		
	50m: 35.70	35.70	250m: 3:27.29	44.28	450m: 6:23.66	44.37	650m: 9:18.50	43.73
	100m: 1:16.19	40.49	300m: 4:10.71	43.42	500m: 7:07.34	43.68	700m: 10:01.86	43.36
	150m: 1:59.54	43.35	350m: 4:55.47	44.76	550m: 7:51.00	43.66	750m: 10:44.48	42.62
	200m: 2:43.01	43.47	400m: 5:39.29	43.82	600m: 8:34.77	43.77	800m: 11:25.37	40.89
6.	Eric Tijms	OEZA	12:32.98	196401125	12:35.14	+1,01		
	50m: 39.95	39.95	250m: 3:43.25	47.72	450m: 6:57.76	49.19	650m: 10:14.80	49.60
	100m: 1:22.68	42.73	300m: 4:31.19	47.94	500m: 7:46.75	48.99	700m: 11:03.25	48.45
	150m: 2:08.75	46.07	350m: 5:19.82	48.63	550m: 8:36.05	49.30	750m: 11:51.49	48.24
	200m: 2:55.53	46.78	400m: 6:08.57	48.75	600m: 9:25.20	49.15	800m: 12:35.14	43.65
7.	Ger van Veen	Arethusa	12:38.29	196000583	12:35.57	+1,01		
	50m: 41.13	41.13	250m: 3:46.40	46.86	450m: 7:00.60	47.82	650m: 10:15.16	49.88
	100m: 1:26.18	45.05	300m: 4:34.73	48.33	500m: 7:48.18	47.58	700m: 11:04.78	49.62
	150m: 2:12.30	46.12	350m: 5:23.45	48.72	550m: 8:36.98	48.80	750m: 11:53.28	48.50
	200m: 2:59.54	47.24	400m: 6:12.78	49.33	600m: 9:25.28	48.30	800m: 12:35.57	42.29
8.	Henk Gierveld	Nat Utrecht	13:01.30	196000869	13:08.45	+0,96		
	50m: 41.38	41.38	250m: 3:52.90	49.32	450m: 7:17.01	51.15	650m: 10:40.50	50.05
	100m: 1:27.07	45.69	300m: 4:43.58	50.68	500m: 8:08.28	51.27	700m: 11:31.76	51.26
	150m: 2:14.98	47.91	350m: 5:34.33	50.75	550m: 8:59.52	51.24	750m: 12:21.37	49.61
	200m: 3:03.58	48.60	400m: 6:25.86	51.53	600m: 9:50.45	50.93	800m: 13:08.45	47.08

Masters 55+

1.	Marten de Groot	HZ&PC Heerenvveen	9:42.68	195800149	9:39.03	+0,79		
	<i>Nederlands Masters Record</i>							
	50m: 33.52	33.52	250m: 2:59.08	36.40	450m: 5:24.73	36.55	650m: 7:51.99	36.74
	100m: 1:10.08	36.56	300m: 3:35.39	36.31	500m: 6:01.40	36.67	700m: 8:28.37	36.38
	150m: 1:46.60	36.52	350m: 4:11.56	36.17	550m: 6:38.22	36.82	750m: 9:04.61	36.24
	200m: 2:22.68	36.08	400m: 4:48.18	36.62	600m: 7:15.25	37.03	800m: 9:39.03	34.42
2.	Marius Ros	ZCNF'34	10:51.72	195900779	10:56.56	+0,77		
	50m: 37.13	37.13	250m: 3:20.17	41.25	450m: 6:07.46	42.14	650m: 8:55.71	42.09
	100m: 1:16.67	39.54	300m: 4:01.60	41.43	500m: 6:49.03	41.57	700m: 9:37.04	41.33
	150m: 1:57.76	41.09	350m: 4:43.60	42.00	550m: 7:31.46	42.43	750m: 10:18.86	41.82
	200m: 2:38.92	41.16	400m: 5:25.32	41.72	600m: 8:13.62	42.16	800m: 10:56.56	37.70
3.	Richard Broer	PLONS	11:09.58	195900077	11:04.45	+0,99		
	50m: 35.55	35.55	250m: 3:20.46	40.33	450m: 6:08.11	42.02	650m: 8:58.85	42.80
	100m: 1:16.04	40.49	300m: 4:02.04	41.58	500m: 6:50.60	42.49	700m: 9:41.67	42.82
	150m: 1:57.95	41.91	350m: 4:43.19	41.15	550m: 7:32.89	42.29	750m: 10:24.05	42.38
	200m: 2:40.13	42.18	400m: 5:26.09	42.90	600m: 8:16.05	43.16	800m: 11:04.45	40.40
4.	Henk Slomp	De Pinquin	11:11.91	195500359	11:33.90	+0,81		
	50m: 36.80	36.80	250m: 3:29.03	44.29	450m: 6:27.81	44.55	650m: 9:26.64	44.88
	100m: 1:17.79	40.99	300m: 4:13.33	44.30	500m: 7:12.16	44.35	700m: 10:11.29	44.65
	150m: 2:01.25	43.46	350m: 4:58.58	45.25	550m: 7:57.56	45.40	750m: 10:55.31	44.02
	200m: 2:44.74	43.49	400m: 5:43.26	44.68	600m: 8:41.76	44.20	800m: 11:33.90	38.59
5.	Lex Hoogendam	MNC Dordrecht	11:53.76	195700541	12:25.80	+1,11		
	50m: 39.57	39.57	250m: 3:43.98	47.24	450m: 6:54.42	49.24	650m: 10:06.02	47.67
	100m: 1:23.46	43.89	300m: 4:31.26	47.28	500m: 7:41.37	46.95	700m: 10:53.87	47.85
	150m: 2:09.60	46.14	350m: 5:18.67	47.41	550m: 8:30.58	49.21	750m: 11:41.13	47.26
	200m: 2:56.74	47.14	400m: 6:05.18	46.51	600m: 9:18.35	47.77	800m: 12:25.80	44.67
6.	Dirk Crok	OEZA	12:58.61	195800547	13:20.08	+1,28		
	50m: 42.82	42.82	250m: 3:58.95	50.58	450m: 7:22.86	51.12	650m: 10:48.39	50.94
	100m: 1:29.49	46.67	300m: 4:49.64	50.69	500m: 8:14.70	51.84	700m: 11:39.66	51.27
	150m: 2:18.44	48.95	350m: 5:40.61	50.97	550m: 9:05.82	51.12	750m: 12:29.80	50.14
	200m: 3:08.37	49.93	400m: 6:31.74	51.13	600m: 9:57.45	51.63	800m: 13:20.08	50.28

Masters 60+

1.	Piet Schop	De Bevelanders	12:35.92	195000109	12:22.18	+0,73		
	50m: 40.20	40.20	250m: 3:44.24	47.30	450m: 6:57.02	48.26	650m: 10:08.17	47.01
	100m: 1:23.45	43.25	300m: 4:32.80	48.56	500m: 7:45.16	48.14	700m: 10:56.56	48.39
	150m: 2:09.33	45.88	350m: 5:20.85	48.05	550m: 8:33.32	48.16	750m: 11:41.26	44.70
	200m: 2:56.94	47.61	400m: 6:08.76	47.91	600m: 9:21.16	47.84	800m: 12:22.18	40.92



Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



Programmanr. 3, Heren, 800m vrije slag, Masters 60+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
2.	Jos Kamps	De Amer	13:52.76	195100085	<b>13:48.23</b>	+1,21		
	50m: 42.30	42.30	250m: 4:03.35	52.70	450m: 7:38.26	53.57	650m: 11:16.54	54.66
	100m: 1:29.53	47.23	300m: 4:57.41	54.06	500m: 8:33.36	55.10	700m: 12:09.13	52.59
	150m: 2:18.93	49.40	350m: 5:51.49	54.08	550m: 9:27.68	54.32	750m: 13:02.80	53.67
	200m: 3:10.65	51.72	400m: 6:44.69	53.20	600m: 10:21.88	54.20	800m: 13:48.23	45.43

Masters 65+

1.	Donald Uijtenbogaart	Het Y	11:05.13	194700107	<b>11:12.72</b>	+0,89		
	50m: 38.53	38.53	250m: 3:32.10	43.44	450m: 6:23.97	42.90	650m: 9:12.16	41.43
	100m: 1:21.46	42.93	300m: 4:15.26	43.16	500m: 7:06.49	42.52	700m: 9:53.49	41.33
	150m: 2:05.06	43.60	350m: 4:58.24	42.98	550m: 7:49.23	42.74	750m: 10:34.24	40.75
	200m: 2:48.66	43.60	400m: 5:41.07	42.83	600m: 8:30.73	41.50	800m: 11:12.72	38.48
2.	Willem Putter	ZVVS	13:44.48	194500135	<b>13:41.31</b>	+1,03		
	50m: 43.63	43.63	250m: 4:12.41	53.03	450m: 7:42.04	52.13	650m: 11:12.86	51.85
	100m: 1:33.98	50.35	300m: 5:05.70	53.29	500m: 8:35.32	53.28	700m: 12:04.17	51.31
	150m: 2:25.79	51.81	350m: 5:58.13	52.43	550m: 9:28.29	52.97	750m: 12:55.39	51.22
	200m: 3:19.38	53.59	400m: 6:49.91	51.78	600m: 10:21.01	52.72	800m: 13:41.31	45.92
3.	Ludwig Lorenz	SV Gladbeck 13	13:39.86	127866	<b>13:44.17</b>	+1,05		
	50m: 47.96	47.96	250m: 4:19.04	52.31	450m: 7:48.60	53.40	650m: 11:11.20	53.25
	100m: 1:40.49	52.53	300m: 5:10.93	51.89	500m: 8:38.85	50.25	700m: 12:07.07	50.77
	150m: 2:34.55	54.06	350m: 6:03.78	52.85	550m: 9:31.33	52.48	750m: 12:59.21	52.14
	200m: 3:26.73	52.18	400m: 6:55.20	51.42	600m: 10:23.05	51.72	800m: 13:44.17	44.96

Masters 70+

1.	Frans van Enst	WS Twente	13:06.78	194000011	<b>13:40.13</b>	+1,01		
	50m: 43.14	43.14	250m: 4:12.63	53.16	450m: 7:44.43	52.36	650m: 11:11.20	51.09
	100m: 1:33.34	50.20	300m: 5:06.10	53.47	500m: 8:36.27	51.84	700m: 12:02.72	51.52
	150m: 2:25.51	52.17	350m: 5:58.97	52.87	550m: 9:28.26	51.99	750m: 12:53.18	50.46
	200m: 3:19.47	53.96	400m: 6:52.07	53.10	600m: 10:20.11	51.85	800m: 13:40.13	46.95
2.	Rob Hanou	PSV	12:57.37	194300109	<b>14:00.76</b>	+1,17		
	50m: 43.03	43.03	250m: 4:17.32	52.72	450m: 7:51.75	51.98	650m: 11:27.00	52.77
	100m: 1:36.01	52.98	300m: 5:12.31	54.99	500m: 8:46.67	54.92	700m: 12:21.94	54.94
	150m: 2:29.61	53.60	350m: 6:05.05	52.74	550m: 9:39.59	52.92	750m: 13:13.97	52.03
	200m: 3:24.60	54.99	400m: 6:59.77	54.72	600m: 10:34.23	54.64	800m: 14:00.76	46.79
3.	Geza Kaltenecker	AZC	14:02.64	194200065	<b>14:27.25</b>	+1,10		
	50m: 43.32	43.32	250m: 4:22.74	55.94	450m: 8:07.12	54.08	650m: 11:49.28	54.70
	100m: 1:36.49	53.17	300m: 5:20.01	57.27	500m: 9:03.87	56.75	700m: 12:45.57	56.29
	150m: 2:30.08	53.59	350m: 6:15.16	55.15	550m: 9:58.37	54.50	750m: 13:37.52	51.95
	200m: 3:26.80	56.72	400m: 7:13.04	57.88	600m: 10:54.58	56.21	800m: 14:27.25	49.73

Masters 75+

1.	Nic Geers <i>Nederlands Masters Record</i>	Z&PC De Gouwe	13:06.11	193800007	<b>13:37.10</b>	+0,96		
	50m: 46.66	46.66	250m: 4:11.64	52.36	450m: 7:41.33	52.48	650m: 11:13.04	52.37
	100m: 1:36.46	49.80	300m: 5:03.50	51.86	500m: 8:34.04	52.71	700m: 12:04.00	50.96
	150m: 2:28.18	51.72	350m: 5:56.54	53.04	550m: 9:27.55	53.51	750m: 12:52.93	48.93
	200m: 3:19.28	51.10	400m: 6:48.85	52.31	600m: 10:20.67	53.12	800m: 13:37.10	44.17

Masters 80+

NG	Bob Berg	PSV	16:46.81	193300011		
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2 - ONMK 2014 lb sessie 2

02-05-2014 - 14:00

Programmanr. 5  
02-05-2014 - 14:00

4 x 200m vrije slag

Masters Open  
Resultaten

rang	vereniging	inschrijftijd	startnr.	tijd	RT			
<b>100+, Heren</b>								
1.	ZPC De Hof 1 <i>Nederlands Masters Record</i>	ZPC De Hof	8:10.60	<b>8:33.26</b>	+0,85			
	Jasper de Boer	93	+0,85	30.58	1:03.64	1:38.13	2:12.46	2:12.46
	Pieter Pickhardt	83	+0,45	28.92	1:01.67	1:36.10	2:09.78	2:09.78
	Emiel Huisken	85	+0,49	27.91	59.60	1:32.94	2:06.21	2:06.21
	Richard Huisken	85	+0,51	28.07	59.32	1:31.99	2:04.81	2:04.81
2.	LZ 1886 1	LZ 1886	8:35.48	<b>8:46.66</b> *	+0,72			
	Thomas Hansen	92	+0,72	29.78	1:03.53	1:38.31	2:13.03	2:13.03
	Kristiaan Lenos	83	+0,50	27.45	58.31	1:31.19	2:03.55	2:03.55
	Sjoerd Sieval	90	+0,07	29.27	1:02.86	1:39.23	2:17.30	2:17.30
	Joost Rijntjes	91	+0,39	28.18	1:01.07	1:36.69	2:12.78	2:12.78
3.	MGO (SG) 1	MGO (SG)	9:01.09	<b>9:19.14</b>	+0,73			
	Bastian Zoon	87	+0,73	30.50	1:06.42	1:43.24	2:19.16	2:19.16
	Leander Noordijk	81	+0,60	30.79	1:06.29	1:43.48	2:19.29	2:19.29
	Frank van der Voordt	83	+0,42	32.05	1:08.35	1:46.10	2:24.45	2:24.45
	Niels Albrechts	88	+0,34	30.50	1:04.55	1:39.98	2:16.24	2:16.24
<b>100+, Gemengd</b>								
1.	Steenwijk 1934 1	Steenwijk 1934	10:33.12	<b>10:56.50</b>	+0,84			
	Charine de Ruiter	94	+0,84	36.03	1:17.88	2:02.04	2:46.36	2:46.36
	Mike Koelewijn	93	+0,71	30.71	1:06.51	1:45.12	2:20.66	2:20.66
	Tara Keijzer	91	+0,77	40.57	1:28.10	2:16.43	3:03.70	3:03.70
	Casper Dollekamp	63	+0,56	37.48	1:20.31	2:03.86	2:45.78	2:45.78
<b>120+, Dames</b>								
1.	Het Y 1 <i>Nederlands Masters Record</i>	Het Y	9:24.45	<b>9:32.87</b>	+0,79			
	Alice Bravo	87	+0,79	31.41	1:05.80	1:41.12	2:15.77	2:15.77
	Cynthia Noordermeer	70	+0,63	36.84	1:16.72	1:57.07	2:35.64	2:35.64
	Ana-Lara da Silva	80	+0,55	33.55	1:10.96	1:49.20	2:26.87	2:26.87
	Evelien Sohl	86	+0,41	31.33	1:05.43	1:39.98	2:14.59	2:14.59
<b>120+, Heren</b>								
1.	Zwemlust-den Hommel 1 <i>Nederlands Masters Record</i>	Zwemlust-den Hommel	8:31.25	<b>8:39.33</b>	+0,75			
	Vincent Versteeg	77	+0,75	29.43	1:02.87	1:37.57	2:12.11	2:12.11
	Mark Musch	84	+0,27	28.32	1:00.45	1:34.98	2:10.85	2:10.85
	Mark Zwart	79	+0,47	30.21	1:04.09	1:39.61	2:14.71	2:14.71
	Raoul Engelenburg	89		27.58	58.25	1:29.48	2:01.66	2:01.66
2.	DAW 1	DAW	9:38.52	<b>9:19.47</b>	+0,82			
	Rene de Boer	64	+0,82	31.30	1:06.18	1:43.47	2:20.38	2:20.38
	Alex Damen	75	+0,40	30.22	1:04.15	1:39.89	2:16.27	2:16.27
	Kars Lutik	78		30.25	1:05.76	1:42.09	2:18.73	2:18.73
	Jeroen Vogelsang	80	+0,53	31.81	1:07.65	1:46.07	2:24.09	2:24.09
3.	RZ 1	RZ	9:42.48	<b>9:44.80</b>	+0,74			
	Kenneth Caster	91	+0,74	29.36	1:02.78	1:39.72	2:19.35	2:19.35
	Patrick Creemers	90	+0,54	29.94	1:03.44	1:37.85	2:11.87	2:11.87
	Mark van Wingerden	70	+0,50	32.39	1:10.18	1:50.78	2:32.71	2:32.71
	Ralph Caster	61	+0,47	34.76	1:15.12	1:57.82	2:40.87	2:40.87
<b>160+, Dames</b>								
1.	Oceanus 1	Oceanus	10:40.00	<b>10:46.50</b>	+0,84			
	Annette de Visser	71	+0,84	34.30	1:12.94	1:53.04	2:33.11	2:33.11
	Margreet van der Pol	66	+0,63	38.33	1:20.77	2:05.06	2:48.94	2:48.94
	Margriet Grove-Lingeman	62	+0,43	36.71	1:19.21	2:02.98	2:46.73	2:46.73
	Laura Staal	67	+0,59	35.97	1:16.43	1:57.27	2:37.72	2:37.72

Programmanr. 5, 4 x 200m vrije slag

160+, Heren

1.	d'ELFT WAVE (SG) 1 <i>Nederlands Masters Record</i>	d'ELFT WAVE (SG)		8:58.42				<b>9:03.49</b>	+0,79
	Erik Simons	89	+0,79	26.99	57.58	1:30.54	2:03.26	2:03.26	
	Menno Lomans	61	+0,56	32.15	1:09.78	1:49.98	2:29.05	2:29.05	
	Marc Bleeker	69	+0,56	32.70	1:08.89	1:46.45	2:23.43	2:23.43	
	Egbert Stolk	76	+0,47	29.53	1:01.54	1:34.76	2:07.75	2:07.75	
2.	Upstream Amsterdam 1	Upstream Amsterdam		9:24.00				<b>9:17.55</b>	+0,98
	Peter van Vuuren	60	+0,98	32.68	1:10.48	1:49.71	2:28.11	2:28.11	
	Edwin van der Meulen	81	+0,40	29.89	1:04.42	1:42.11	2:22.39	2:22.39	
	Jeroen Zelsmann	77	+0,46	28.42	1:02.46	1:38.73	2:12.96	2:12.96	
	Dennis Schouten	75	+0,23	29.66	1:03.59	1:38.52	2:14.09	2:14.09	
3.	PLONS 1	PLONS		9:19.50				<b>9:27.96</b>	+0,71
	Jerry Grondel	72	+0,71	30.16	1:04.82	1:43.26	2:22.72	2:22.72	
	Stan Dekker	79	+0,17	30.69	1:05.13	1:42.11	2:18.46	2:18.46	
	Richard Broer	59	+0,68	32.79	1:10.80	1:51.18	2:32.83	2:32.83	
	Bart Groenemans	82	+0,26	30.60	1:04.38	1:39.26	2:13.95	2:13.95	
4.	ZVVS 1	ZVVS		9:28.31				<b>9:47.89</b>	+0,86
	Rene de Jong	66	+0,86	32.81	1:09.65	1:49.10	2:28.20	2:28.20	
	Marcel Hoeksel	70	+0,88	35.34	1:15.67	1:57.70	2:39.13	2:39.13	
	Bas van den Nouwelant	80	+0,60	31.68	1:07.52	1:46.41	2:27.04	2:27.04	
	Mario Verbeek	73	+0,38	30.70	1:04.71	1:40.06	2:13.52	2:13.52	

160+, Gemengd

1.	De Futen 1	De Futen		10:18.75				<b>10:02.69</b>	+0,79
	Petra Benani-Wolsing	84	+0,79	32.35	1:09.61	1:49.52	2:28.85	2:28.85	
	Tony de Groot	73	+0,18	36.75	1:19.35	2:05.15	2:48.83	2:48.83	
	Arnold de Rover	64	+0,50	31.16	1:05.87	1:41.76	2:18.59	2:18.59	
	Erwin Zuidervelt	75	+0,60	33.35	1:11.03	1:50.24	2:26.42	2:26.42	
2.	PLONS 1	PLONS		11:12.00				<b>11:19.77</b>	+0,86
	Inge Wolfs	60	+0,86	37.79	1:19.68	2:04.79	2:50.12	2:50.12	
	Gabi Vink	84	+0,83	46.34	1:36.30	2:28.39	3:18.73	3:18.73	
	Mark Kas	61	+0,55	36.19	1:16.42	1:57.90	2:39.68	2:39.68	
	Leo den Dekker	66	+0,58	33.97	1:12.79	1:52.15	2:31.24	2:31.24	

200+, Heren

1.	WWV 1 <i>Kampioenschaps Record</i>	WWV		10:36.56				<b>10:37.65</b>	+0,78
	Eddy Lamers	77	+0,78	33.13	1:10.94	1:49.02	2:24.00	2:24.00	
	Theo Schouten	46	+0,48	39.21	1:25.22	2:14.21	3:01.09	3:01.09	
	Laurens Klein Breteler	54	+0,34	37.79	1:20.66	2:04.48	2:45.78	2:45.78	
	Kees-Jan van Overbeeke	62	+0,45	34.16	1:11.92	1:50.84	2:26.78	2:26.78	

240+, Dames

1.	PSV 1 <i>Nederlands Masters Record, NMR startzwemster</i>	PSV		11:52.77				<b>11:50.14</b>	+0,77
	Corrie Verhoeven	46	+0,77	38.74	1:24.23	2:14.79	3:08.52	3:08.52	
	Lottie Geurts	35	+0,63	49.92	1:45.98	2:42.01	3:33.40	3:33.40	
	Patty Verhagen	59	+0,56	39.80	1:22.04	2:05.06	2:47.29	2:47.29	
	Liselotte Joling	75	+0,73	31.82	1:08.75	1:45.47	2:20.93	2:20.93	
2.	Old Dutch 1	Old Dutch		14:55.58				<b>16:12.61</b>	
	Annie de Vos	34		1:08.88	2:25.88	3:43.73	5:01.30	5:01.30	
	Karin van den Heuvel	66	+0,49	40.29	1:24.22	2:10.57	2:55.78	2:55.78	
	Matty van der Veen	44	+0,71	51.28	1:48.73	2:49.46	3:50.91	3:50.91	
	Truus Ruitter	40		57.41	2:04.29	3:15.43	4:24.62	4:24.62	

240+, Heren

1.	PSV 2 <i>200m*</i>	PSV		11:43.84				<b>15:05.77</b>	+0,83
	Frans Suijkerbuijk	56	+0,83	58.51	2:07.74	3:22.03	4:32.67	4:32.67	
	Wim ter Laak	40		1:00.27	2:10.84	3:20.29	4:24.44	4:24.44	
	Rob Hanou	43	+0,48	43.08	1:38.24	2:31.17	3:25.96	3:25.96	
	Erik van Dartel	67	+0,12	36.86	1:18.02	2:00.75	2:42.70	2:42.70	



Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



Programmanr. 5, 4 x 200m vrije slag

240+, Gemengd

1. ZVVS 1	ZVVS		11:25.79				<b>11:35.63</b>	+0,79
Ada de Voogd		59	+0,79	37.00	1:20.57	2:05.98	2:48.48	2:48.48
Willem Putter		45	+0,55	39.72	1:27.49	2:17.58	3:03.99	3:03.99
Emiel van Elderen		56	+0,79	37.60	1:18.67	2:01.48	2:44.16	2:44.16
Conny Boer-Buys		50	+0,92	39.89	1:23.30	2:09.69	2:59.00	2:59.00

Programmanr. 6  
02-05-2014 - 14:42

Dames, 50m schoolslag

Masters Open  
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
<b>Masters 20+</b>						
1.	Sharon Gelmers	Octopus	34.02	199400416	<b>35.29</b>	+0,73
2.	Carmen Seesing	NDD	34.33	199406220	<b>35.51</b>	+0,76
3.	Marissa Minkman	ZC Aquadream	33.96	199306054	<b>35.94</b>	+0,73
4.	Suzanne Brummel	LZ 1886	36.03	199401366	<b>36.75</b>	+0,74
5.	Désirée Hulsmeyer	Het Ravijn	37.86	199001656	<b>37.10</b>	+0,68
6.	Chantal van der Horst	De Meer	37.61	199400616	<b>37.51</b>	+0,72
7.	Erika Aan het Rot	Octopus	35.65	199000010	<b>37.60</b>	+0,77
8.	Isabelle Massar	WVZ	35.41	199102034	<b>37.66</b>	+0,74
9.	Sabine Gaspersz	DSZ	36.97	199100972	<b>38.28</b>	+0,79
10.	Chantal Meyerink	De Grunte	39.51	199105212	<b>38.40</b>	
11.	Catherine Holmes	Maidenhead Marlins	38.77	36934	<b>38.87</b>	+0,75
12.	Rosanne de Boer	LZ 1886	40.06	199104060	<b>39.13</b>	+0,80
13.	Melissa de Zeeuw	WVZ	38.73	199305674	<b>39.27</b>	+0,88
14.	Karin Verbeek	Nautilus	37.81	199201848	<b>39.83</b>	
15.	Kimberley Kranenberg	ZPC De Hof	39.97	199400292	<b>42.14</b>	+0,76
16.	Ramona Noordermeer	ZVVS	42.03	199401746	<b>42.20</b>	+0,74
17.	Tara Keijzer	Steenwijk 1934	40.25	199108498	<b>42.51</b>	+0,75
18.	Yvonne Bruls	Eurode KZC	43.35	199008114	<b>42.59</b>	+0,78
19.	Mieke Cornelisse	Sassenheim	42.05	199405090	<b>42.66</b>	+0,85
20.	Daniëlle de Klein	DWF	46.68	199404786	<b>48.85</b>	
AFGEM	Maartje Lenten	De Spatters	39.46	199204286		

Masters 25+

1.	Larissa Brak	AZ&PC	33.41	198800572	<b>34.57</b>	+0,76
2.	Suzan van den Bogaard	RZ	35.71	198900450	<b>36.76</b>	+0,74
3.	Aniek Huijsman	De Lansingh	37.19	198801932	<b>37.18</b>	+0,77
4.	Carly Noordermeer	ZOB'66	38.04	198702984	<b>39.06</b>	+0,60
5.	Annelette de Vries	WS Twente	44.85	198603908	<b>40.44</b>	+0,83
6.	Rianne Hofland	Sassenheim	39.66	198801820	<b>41.50</b>	+0,72
7.	Esther Steltenpohl	DAW	41.61	198504116	<b>42.56</b>	+0,72
8.	Jose Janssen	TRB-RES	40.81	198907324	<b>43.53</b>	+0,65
9.	Marian Bouts	RZ	42.25	198600492	<b>43.64</b>	
10.	Carola Hompes	Budel	41.11	198801868	<b>43.93</b>	+0,79
11.	Margriet Aan het Rot	Octopus	42.72	198603088	<b>44.43</b>	+0,86
12.	Anne van den Besselaar	HZ&PC Heerenveen	1:24.48	198504062	SB8 <b>1:23.10</b>	+1,11

Masters 30+

1.	Tamar Bakker	PLONS	35.94	198400080	<b>36.92</b>	+0,78
2.	Laura Badoux	DAW	34.45	198200038	<b>37.73</b>	+0,83
3.	C. Schrijvershof-van der Zijden	PLONS	41.31	198202446	<b>40.75</b>	+0,76
4.	Esther Versteeg	Van Vliet-Barracuda	40.85	198302112	<b>41.40</b>	
5.	Angela Giezen	Montferland	44.41	198302796	<b>44.01</b>	
6.	Marijke Dirkse	IJZPC	45.48	198403480	<b>47.00</b>	+1,05
7.	Ilse Franken	WIDEX GZC DONK	46.73	198302572	<b>49.99</b>	+0,96
DIS	Annette Vogelsang	ZV De Bron	41.06	198402632		AA



Open Nederlandse Masters  
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Programmanr. 6, Dames, 50m schoolslag

Masters 35+

1.	Inez Heideman	WS Twente	38.80	197500198	<b>39.48</b>	+0,82
2.	Geraldine Trainor	De Duck	39.30	197500544	<b>40.04</b>	+0,81
3.	Evelien Meeuwissen	Sassenheim	41.33	197500360	<b>42.43</b>	+0,80
4.	Marian Nederlof	DWF	42.34	197600950	<b>42.54</b>	+0,83
5.	Petra Verstegen	WVZ	43.47	197700906	<b>42.59</b>	+0,80

Masters 40+

1.	Karin Stein	ZVVS	37.70	197100554	<b>37.38</b>	+0,81
2.	Caroline Griffin	Potters Bar SC	45.34	955690	<b>45.72</b>	+1,06
3.	Daniëlle Hoeksel-Verveen	ZVVS	44.84	197300724	<b>46.48</b>	+0,88

Masters 45+

1.	Annette Wijnja-Visser	De Biesboschzwemmers	38.41	196700528	<b>38.51</b>	+0,64
2.	Yvette Kilian	Zoetermeer	42.85	196600534	<b>45.06</b>	+0,83
3.	Roelien Speelman-Tigelaar	De Spatters	47.46	196600664	<b>47.13</b>	+0,82
4.	Irna van der Molen	Het Ravijn	45.57	196900938	<b>47.48</b>	+0,80
5.	Margriet de Hoop	De Fuut	49.25	196800848	<b>52.17</b>	+0,79

Masters 50+

1.	Marja Bloemzaad	AZ&PC	36.97	196100014	<b>38.53</b>	+0,79
2.	Jacqueline Rolloos-Bakker	De Lansingh	40.81	196300222	<b>41.88</b>	+0,84
3.	Anita Bottger	De Berkelduikers	42.40	196300498	<b>42.84</b>	+0,78
4.	Marijke Kraak-Beckers	WS Twente	43.72	196000240	<b>44.10</b>	+0,85
5.	Lia Bijkerk	WIDEX GZC DONK	47.08	196000014	<b>49.87</b>	+0,98

Masters 55+

1.	Colette Crabbe <i>BMR</i>	CNSW	39.66	CNSW/559/56	<b>39.55</b>	+0,78
2.	Claire Anthony	CNSW	47.08	CNSW/487/57	<b>48.16</b>	+0,90
3.	Anje Manuputty	De Dolfijn	51.20	195700176	<b>51.03</b> *	

Masters 60+

1.	Patty Krupiarz	PSV	46.96	195400074	<b>47.95</b>	+0,77
2.	Gonnie Bak	PSV	52.68	195100064	<b>51.84</b>	+0,91
3.	Tineke van Diggelen	Oceanus	53.70	195200048	<b>53.79</b>	+0,89
4.	Geerdien Meerwaldt	De Geul	56.52	195200058	<b>56.03</b>	+1,23
5.	Nini van Dongen-de Paepe	De Devel	1:01.51	195100044	<b>1:00.70</b>	+1,19
6.	Janny van der Weide	Deltasteur	1:04.81	195100066	<b>1:10.40</b>	

Masters 65+

1.	Bea Swijnenberg <i>Nederlands Masters Record</i>	Swol 1894	45.02	194900010	<b>45.45</b>	+0,87
2.	Corrie Verhoeven	PSV	45.74	194600026	<b>46.16</b>	+0,72
3.	Annet Verhoeven	De Duinkickers	52.47	194600024	<b>56.27</b>	+1,16

Masters 70+

1.	Liesbeth ter Laak	PSV	1:09.99	194200008	<b>1:11.30</b>	+1,11
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Masters 75+

DIS	Alice Lindhout	PSV	1:04.53	193500010		SA
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Open Nederlandse Masters  
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Programmanr. 6, Dames, 50m schoolslag

Masters 80+

1.	Agnes Van Obberghen	AZSC	49.49	AZSC/20696/31	<b>50.93</b>	+1,01
2.	Annie de Vos	Old Dutch	1:24.75	193400004	<b>1:25.42</b>	

Programmanr. 7  
02-05-2014 - 14:55

Heren, 50m schoolslag

Masters Open  
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
<b>Masters 20+</b>						
1.	Roald Blok	Octopus	30.07	199302685	<b>30.50</b>	+0,67
	<i>Nederlands Masters Record</i>					
2.	Dennis Wijbenga	Stadskanaal	32.27	199003283	<b>32.75</b>	+0,84
3.	Patrick Creemers	RZ	31.41	199000579	<b>33.03</b>	+0,73
4.	Kenneth Caster	RZ	31.86	199100375	<b>33.31</b>	+0,74
5.	Ricardo Hauber	DES	34.19	199402029	<b>34.02</b>	+0,72
6.	Mike Koelewijn	Steenwijk 1934	33.64	199303597	<b>35.42</b>	+0,76
7.	Thomas Hansen	LZ 1886	36.70	199204327	<b>35.61</b>	+0,70
8.	Nick Baron	WVZ	33.32	199103533	<b>35.78</b>	+0,73
9.	Rens Post	WVZ	33.78	199101827	<b>35.83</b>	+0,73
10.	Michael Schlijper	Eurode KZC	39.64	199303691	<b>39.69</b>	+0,89
11.	Daniel van den Wildenberg	Eurode KZC	37.88	199206491	<b>41.96</b>	+0,73
AFGEM	Daniel Rosenkranz	Montferland	39.95	199107601		

Masters 25+

1.	Roderik Meijers	ZOB'66	30.83	198602063	<b>32.63</b>	+0,70
2.	Remko Hooft	De Duinkickers	32.44	198701405	<b>33.37</b>	+0,67
3.	Brian Narain	DSZ	34.50	198904363	<b>34.60</b>	+0,78
4.	Wouter van 't Klooster	AZ&PC	36.96	198806159	<b>36.53</b>	+0,75
5.	Martijn van Hoorn	MGO (SG)	36.87	198901343	<b>37.17</b>	+0,79
6.	Harmen Reemst	ZOB'66	36.92	198702715	<b>38.38</b>	+0,78

Masters 30+

1.	Simon van Ravesteijn	Zoetermeer	31.42	198002263	<b>32.13</b>	+0,79
2.	Jim Geestman	RSW (SG)	33.48	198300699	<b>35.05</b>	+0,89
3.	Gerwin Vonk	De Spatters	36.42	198201907	<b>35.40</b>	+0,68
4.	Erik Drewes	De Biesboschzwemmers	34.61	198400543	<b>36.15</b>	+0,75
5.	Hans Cligge	De Futen	37.06	198100315	<b>37.64</b>	+0,83
6.	Sebastian Baars	WS Twente	38.67	198300053	<b>38.91</b>	+0,97

Masters 35+

1.	Evgeny Ryzhov	Sprut	30.56	101628	<b>31.47</b>	+0,77
2.	Victor Barnar	GoSwim	32.73	197801805	<b>32.37</b>	+0,72
3.	Vincent Versteeg	Zwemlust-den Hommel	32.26	197701003	<b>32.64</b>	+0,74
4.	Freddie Geerlings	HGN (SG)	33.61	197900379	<b>33.51</b>	+0,81
5.	Ewoud Rupert	WS Twente	32.73	197801795	<b>34.49</b>	+0,86
6.	Mark Zwart	Zwemlust-den Hommel	32.68	197901461	<b>35.16</b>	+0,85
7.	Ron Langelaan	DAW	33.08	197800643	<b>35.60</b>	+0,70

Masters 40+

1.	Marcel van Winssen	De Gelenberg	32.30	197101477	<b>33.50</b>	+0,85
2.	Mark van Wingerden	RZ	33.57	197001665	<b>34.88</b>	+0,89
3.	Jerry Grondel	PLONS	34.26	197201223	<b>35.03</b>	+0,67
4.	Reinier Beek	WZK Zwemmen	36.97	197101243	<b>36.93</b>	+1,12
5.	Michael van Bekkum	Swol 1894	35.86	197200051	<b>37.01</b>	+0,90
6.	Martin Berkhout	LZ 1886	40.54	197101123	<b>38.49</b>	+0,84
7.	Gertjan van de Bosch	IJZPC	39.65	197001615	<b>40.64</b>	+1,10
8.	Mike Molenaar	Zoetermeer	41.43	197201493	<b>44.12</b>	+1,18





Open Nederlandse Masters  
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Programmanr. 7, Heren, 50m schoolslag, Masters 40+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
9.	Oebele Boomsma	Orca	49.75	197001659	<b>49.94</b>	+1,07
AFGEM	Sergey Petrov	Poseidon	32.53	102211		

Masters 45+

1.	Harold Matla	PSV	32.21	196800591	<b>32.47</b>	+0,86
	<i>Kampioenschaps Record</i>					
2.	Marcel Jonkman	Aqualero	34.51	196801389	<b>34.07</b>	+0,75
3.	Roeland van der Heijden	PSV	35.24	196701389	<b>34.95</b>	+0,75
4.	Jeroen Kort	DAW	36.77	196801543	<b>36.37</b>	+0,70
5.	Hans Schoenmakers	DAW	37.11	196900863	<b>36.63</b>	+0,87
6.	Gerard Tel	GLS Ketelbinkie	37.22	196701175	<b>37.65</b>	+0,87
7.	Eric van der Burgt	Arethusa	37.82	196701613	<b>38.05</b>	+0,70
8.	Joop Weenink	WS Twente	39.37	196801535	<b>39.13</b>	+0,95
9.	Gertjan van der Vaart	ZVVS	40.68	196801529	<b>40.63</b>	+0,77
10.	Mark Formby	Potters Bar SC	44.30	907997	<b>44.28</b>	+0,83
11.	René Speelman	De Spatters	43.79	196601521	<b>44.72</b>	+0,86

Masters 50+

1.	Cees van Houwelingen	De Schelde	33.85	196300351	<b>34.34</b>	+0,91
	<i>Kampioenschaps Record</i>					
2.	Theo Bakker	TriVia	34.64	196401231	<b>36.43</b>	+0,76
3.	Ralph Caster	RZ	34.55	196100069	<b>36.59</b>	+0,80
4.	Adrian Ortiz Buitrago	WIDEX GZC DONK	38.33	196000931	<b>40.05</b>	+0,85
5.	John Stoffer	Zoetermeer	37.63	196300725	<b>40.37</b>	+0,74
6.	Jack Barends	WS Twente	41.70	196201011	<b>41.53</b>	+0,80
7.	Eric Tijms	OEZA	41.02	196401125	<b>42.07</b>	+0,89
8.	Ger de Hoop	Zwemclub Polaris	41.97	196401367	<b>42.58</b>	+1,12
9.	Jan Willem Heuten	WS Twente	42.49	196000883	<b>43.03</b>	+0,95
10.	Bart van Calker	WS Twente	44.29	196100067	<b>43.35</b>	+0,89
11.	Hendrik Haze	GoSwim	44.41	196401387	<b>46.36</b>	+0,85

Masters 55+

1.	Paul Bunnik	Triton	38.19	195600413	<b>38.85</b>	+0,95
2.	Philippe Godbille	CNSW	38.49	CNSW/053/57	<b>39.16</b>	+0,90
3.	Dirk Crok	OEZA	45.78	195800547	<b>44.52</b>	+1,06
4.	Adrie van der Gracht	OEZA	46.21	195700485	<b>46.56</b>	+1,25
5.	Herbert Katgert	WS Twente	47.16	195900739	<b>49.02</b>	+1,23
6.	Frans Suijkerbuijk	PSV	53.65	195600499	<b>53.46</b>	+0,84

Masters 60+

1.	Laurens klein Breteler	WWV	39.36	195400109	<b>40.90</b>	+0,89
2.	Nikolay Dronov	Troyka	43.07	003037	<b>43.26</b>	+1,11
3.	Etienne Languillier	CNSW	1:09.72	CNSW/061/50	<b>1:17.63</b>	+1,36

Masters 65+

1.	Willem Putter	ZVVS	44.60	194500135	<b>45.63</b>	+1,06
2.	Peter Ouweneel	RSW (SG)	53.45	194500077	<b>52.71</b>	+1,18
3.	Nico van Dongen	De Devel	52.31	194800159	<b>53.06</b>	+1,04

Masters 70+

1.	Nico Baay	Old Dutch	43.38	194200053	<b>44.65</b>	+0,84
2.	Ruud Sloof	De Rijn	46.70	194400073	<b>47.00</b>	+0,92
3.	Kevork Boyrazian	CNSW	51.24	CNSW/609/44	<b>52.13</b>	+1,16



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Programmanr. 7, Heren, 50m schoolslag

Masters 75+

1. Jan Eichhorn	ZV Haerlem	52.49	193700015	<b>53.99</b>	+1,08
2. Gregor Pompen	Aqua-Novio'94	54.61	193700021	<b>54.03</b>	+1,14

Programmanr. 8  
02-05-2014 - 15:07

Dames, 200m wisselslag

Masters Open  
Resultaten

rang naam	vereniging	inschrijftijd	tijd	RT	50m	100m	150m	200m
<b>Masters 20+</b>								
1. Wendan Poelstra	TriVia	2:22.56 199102496	<b>2:30.04</b>	+0,73	31.45	1:10.27	1:54.72	2:30.04
2. Maaïke Vooren	DAW	2:36.18 199103324	<b>2:33.99</b>	+0,86	32.47	1:14.83	1:59.07	2:33.99
3. Suzanne Brummel	LZ 1886	2:33.61 199401366	<b>2:35.78</b>	+0,81	33.79	1:16.06	1:59.78	2:35.78
4. Manon van Strien	WVZ	2:34.78 199400770	<b>2:36.25</b>	+0,82	33.90	1:14.39	2:00.32	2:36.25
5. Henrieke ten Bokkel	NDD	2:30.04 199402764	<b>2:40.00</b>	+0,80	32.82	1:13.97	2:00.98	2:40.00
6. Chantal van der Horst	De Meer	2:41.22 199400616	<b>2:41.80</b>	+0,71	36.90	1:19.77	2:04.35	2:41.80
7. Wendy de Bruin	ZOB'66	2:36.77 199206320	<b>2:44.23</b>	+0,68	34.00	1:18.06	2:05.88	2:44.23
8. Melissa de Zeeuw	WVZ	2:43.28 199305674	<b>2:46.81</b>	+0,91	37.66	1:23.27	2:09.51	2:46.81
9. Simone de Boer	LZ 1886	2:45.98 199306858	<b>2:47.12</b>	+0,87	35.31	1:17.45	2:08.02	2:47.12
10. Maaïke de Boer	De Duinkickers	2:40.75 199000362	<b>2:50.69</b>	+0,79	38.76	1:23.65	2:11.90	2:50.69
11. Catherine Holmes	Maidenhead Marlins	2:53.75 36934	<b>2:50.98</b>	+0,75	38.32	1:24.82	2:10.77	2:50.98
12. Lindsey Hol	De Meer	2:52.29 199008088	<b>2:54.56</b>	+0,65	36.73	1:20.85	2:12.70	2:54.56
13. Chantal Meyerink	De Grunte	2:41.52 199105212	<b>2:56.77</b>	+0,79	36.79	1:23.72	2:13.04	2:56.77
14. Jora Broerse	De Futen	2:59.26 199203946	<b>3:00.96</b>	+0,85	39.68	1:28.57	2:19.98	3:00.96
15. Claudia Creemers	RZ	3:25.94 199202864	<b>3:30.70</b>	+0,79	44.88	1:39.70	2:43.37	3:30.70
16. Liesbeth Bruinekoel	Zuiderzeezwemmers	4:32.43 199007958	<b>4:41.68</b>	+0,85	1:05.38	2:19.16	3:37.35	4:41.68

Masters 25+

1. Samantha van Eijk	De Geul	2:33.31 198806826	<b>2:36.27</b>	+0,68	33.70	1:13.18	2:00.87	2:36.27
2. Larissa Brak	AZ&PC	2:32.04 198800572	<b>2:37.12</b>	+0,78	34.23	1:18.54	2:01.78	2:37.12
3. Stephanie Rombout	PSV	2:34.16 198803696	<b>2:42.12</b>	+0,71	32.48	1:15.45	2:04.40	2:42.12
4. Aniek Huijsman	De Lansingh	2:42.84 198801932	<b>2:42.55</b>	+0,80	34.13	1:17.96	2:04.45	2:42.55
5. Maryse Lampe	Van Vliet-Barracuda	2:38.42 198702458	<b>2:43.80</b>	+0,76	33.54	1:16.78	2:05.07	2:43.80
6. Suzan van den Bogaard	RZ	2:36.04 198900450	<b>2:45.69</b>	+0,74	32.85	1:16.41	2:05.12	2:45.69
7. Anna Boef	LZ 1886	2:44.30 198806288	<b>2:46.03</b>	+0,84	34.72	1:16.50	2:06.28	2:46.03
8. Ilse van den Wijngaard	ZPC Woerden	2:43.90 198904736	<b>2:48.31</b>	+0,74	35.40	1:20.83	2:10.49	2:48.31
9. Bianca Paape	DAW	2:50.12 198502262	<b>2:53.13</b>	+0,76	36.65	1:25.05	2:14.20	2:53.13
10. Liset de Veer	Aqua-Novio'94	2:53.81 198704190	<b>2:56.52</b>	+0,89	36.58	1:20.92	2:15.70	2:56.52
11. Sandra Koenig	CNSW	2:56.60 CNSW/612/86	<b>2:57.32</b>	+0,81	36.91	1:24.61	2:17.15	2:57.32
12. Isaline Manchel	CNSW	2:58.01 CNSW/475/85	<b>3:00.30</b>	+0,83	38.46	1:28.71	2:19.07	3:00.30
13. Liesbeth van Mill	DWK	2:52.67 198702786	<b>3:03.21</b>	+0,88	37.95	1:25.51	2:18.90	3:03.21
14. Serima Veen	De Spatters	3:04.57 198604104	<b>3:05.14</b>	+0,79	38.78	1:28.34	2:25.43	3:05.14

Masters 30+

1. Nadya Putter	ZVVS	2:36.35 198301630	<b>2:38.40</b>	+0,71	34.07	1:15.63	2:01.55	2:38.40
2. Stephanie Vaernewyck	Mega	2:42.45 MEGA/20352/83	<b>2:44.47</b>	+0,87	34.70	1:17.46	2:05.91	2:44.47
3. Joana Carneiro	d'ELFT WAVE (SG)	2:48.78 198202256	<b>2:47.26</b>	+0,86	33.11	1:18.42	2:06.67	2:47.26
4. Annette Vogelsang	ZV De Bron	2:58.74 198402632	<b>3:00.40</b>	+0,98	38.46	1:26.32	2:20.15	3:00.40
5. Rianne van Vegchelen	Deltasteur	3:37.26 198101530	<b>3:43.61</b>	+1,12	48.64	1:50.79	2:54.90	3:43.61

Masters 35+

1. Liselotte Joling	PSV	2:44.96 197500268	<b>2:39.77</b>	+0,99	34.65	1:17.88	2:03.93	2:39.77
2. M. den Drijver-Aarse	Zwemvereniging Westland	2:55.49 197500884	<b>2:59.86</b>	+0,96	36.78	1:24.42	2:17.96	2:59.86
3. Paula 't Hart-Buitelaar	ZVVS	3:30.62 197701132	<b>3:20.70</b>	+0,81	45.24	1:36.01	2:34.13	3:20.70



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Programmanr. 8, Dames, 200m wisselslag

Masters 40+

1. Gudule van der Meer	PSV	2:44.48	197200396	<b>2:38.94</b>	+0,82	31.97	1:13.62	2:00.84	2:38.94
<i>Nederlands Masters Record</i>									
2. Karin Stein	ZVVS	2:46.35	197100554	<b>2:47.38</b>	* +0,81	35.95	1:24.39	2:09.82	2:47.38
3. Ilona Hogerheyde	DAW	2:49.38	197400224	<b>2:50.60</b>	+0,71	34.72	1:20.73	2:10.62	2:50.60
4. Annette de Visser	Oceanus	2:59.35	197100602	<b>2:53.33</b>	+0,84	37.97	1:25.65	2:14.97	2:53.33
5. J. de Ruiter-Wijnolst	WIDEX GZC DONK	2:49.89	197400446	<b>2:56.68</b>	+0,87	36.27	1:23.48	2:15.61	2:56.68
6. L. v. Bon-Rosenbrand	AZ&PC	2:45.70	197000054	<b>2:56.70</b>	+0,90	36.87	1:25.32	2:14.54	2:56.70
7. Henriëtte Manting	GZVW	3:00.17	197100246	<b>3:10.58</b>	+0,96	37.96	1:28.30	2:25.94	3:10.58
8. Ageeth Boomsma	Orca	3:09.38	197000826	<b>3:12.60</b>	+0,89	42.89	1:33.32	2:30.22	3:12.60
9. Annet Kootstra	Swol 1894	3:19.74	197100344	<b>3:20.54</b>	+0,90	43.06	1:39.54	2:34.81	3:20.54
10. Greta Wyma-Teitsma	DWK	3:37.85	197100696	<b>3:35.64</b>	+0,93	54.00	1:46.57	2:46.49	3:35.64

Masters 45+

1. Heidi van Stein	LZ 1886	2:51.45	196900864	<b>2:48.08</b>	+0,80	35.86	1:18.51	2:09.82	2:48.08
2. Bridget Bewick	Maidenhead Marlins	2:48.91	36934	<b>2:48.52</b>	+0,99	35.69	1:19.81	2:08.79	2:48.52
3. Karin van den Heuvel	Old Dutch	3:10.81	196600188	<b>3:14.62</b>	+0,89	39.70	1:36.57	2:30.22	3:14.62
4. Peggi Hurenkamp	HZ&PC Heerenveen	3:18.01	196900922	<b>3:16.75</b>	+0,93	40.24	1:34.85	2:32.63	3:16.75
5. Ingeborg Stokx	DAW	3:38.52	196700666	<b>3:37.42</b>	* +0,72	52.24	1:53.10	2:51.72	3:37.42

Masters 50+

1. M. Remmits-De Lange	ZPC Woerden	2:48.91	196300518	<b>2:50.17</b>	+0,77	34.20	1:20.55	2:11.34	2:50.17
2. Petra Tossings	DAW	3:00.74	196100376	<b>3:06.10</b>	+0,80	37.86	1:28.77	2:23.21	3:06.10
3. Inge Wolfs	PLONS	2:59.76	196000304	<b>3:08.40</b>	+0,88	36.99	1:27.70	2:22.53	3:08.40
4. Lia Bijkerk	WIDEX GZC DONK	3:44.64	196000014	<b>3:40.89</b>	+0,92	49.48	1:50.39	2:52.17	3:40.89

Masters 55+

1. Mathilde Vink	Swol 1894	3:08.40	195800128	<b>3:06.93</b>	+1,02	37.54	1:28.00	2:25.90	3:06.93
2. Patty Verhagen	PSV	3:07.55	195900146	<b>3:14.23</b>	+1,15	41.87	1:34.52	2:30.49	3:14.23
3. Anje Manuputty	De Dolfijn	4:14.26	195700176	<b>4:00.90</b>	* +0,85	57.15	2:02.03	3:02.21	4:00.90

Masters 60+

1. Christien Nieuwenhuis	Swol 1894	3:13.67	195100022	<b>3:14.79</b>	+0,82	37.82	1:33.58	2:32.85	3:14.79
2. Carla Hensen	PSV	3:37.68	195300062	<b>3:34.06</b>	+1,02	44.87	1:40.51	2:46.07	3:34.06
3. Gonnie Bak	PSV	3:46.13	195100064	<b>3:53.12</b>	+0,90	56.95	2:00.40	3:01.13	3:53.12

Masters 70+

1. Matty van der Veen	Old Dutch	4:06.34	194400020	<b>4:32.93</b>	+1,15	1:07.84	2:23.82	3:35.28	4:32.93
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Programmanr. 9  
02-05-2014 - 15:37

Heren, 200m wisselslag

Masters Open  
Resultaten

rang naam	vereniging	inschrijftijd	tijd	RT	50m	100m	150m	200m	
<b>Masters 20+</b>									
1. Ensger Kotterink	Albion	2:02.04	199403391	<b>2:10.80</b>	+0,66	26.79	58.81	1:38.08	2:10.80
<i>Nederlands Masters Record</i>									
2. Dennis Wijbenga	Stadskanaal	2:22.74	199003283	<b>2:27.56</b>	+0,78	32.60	1:13.23	1:52.16	2:27.56
3. Maik Steenkamp	Montferland	2:24.02	199103847	<b>2:35.45</b>	+0,73	32.36	1:15.36	1:59.98	2:35.45
4. Frank Hezemans	LZ 1886	2:31.91	199200521	<b>2:36.81</b>	+0,88	31.94	1:14.57	2:00.96	2:36.81
5. John van Heteren	DWF	2:51.59	199305017	<b>2:57.56</b>	+0,85	37.39	1:25.33	2:16.05	2:57.56
NG.ZA Rutger Dalm	De Lansingh	2:26.30	199005561						





Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
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Programmanr. 9, Heren, 200m wisselslag

Masters 25+

1. Niels Albrechts	MGO (SG)	2:40.18	198800039	<b>2:40.83</b>	+0,85	34.33	1:14.25	2:07.72	2:40.83
2. Roel van Beek	Montferland	2:47.87	198905861	<b>2:41.07</b>	+0,90	32.60	1:16.72	2:07.40	2:41.07
3. Wesley van Diejen	PSV	2:43.18	198604551	<b>2:44.05</b>	+0,84	32.89	1:16.11	2:07.43	2:44.05
4. Melano Winter	RSW (SG)	2:46.65	198703847	<b>2:46.12</b>	+0,79	32.63	1:16.14	2:07.01	2:46.12
5. Willem Jacobs	d'ELFT WAVE (SG)	2:52.86	198705037	<b>2:48.34</b>	+0,70	37.28	1:18.66	2:06.77	2:48.34

Masters 30+

1. Kristiaan Lenos	LZ 1886	2:23.39	198301331	<b>2:19.64</b>	+0,80	28.95	1:05.39	1:47.26	2:19.64
2. Thommy Nickel	Van Vliet-Barracuda	2:25.51	198401627	<b>2:23.77</b>	+0,76	31.25	1:07.75	1:49.74	2:23.77
3. Marcel Reefhuis	WS Twente	2:30.00	198101381	<b>2:31.85</b>	+0,82	32.12	1:12.26	1:56.72	2:31.85
4. Rob van Vliet	AZ&PC	2:30.75	198402459	<b>2:34.24</b>	+0,90	31.04	1:12.68	1:56.93	2:34.24
5. Frank van der Voordt	MGO (SG)	2:29.79	198302259	<b>2:37.48</b>	+0,88	32.05	1:13.00	1:58.86	2:37.48
6. Jeroen Vogelsang	DAW	2:40.93	198001645	<b>2:45.12</b>	+0,86	34.27	1:22.35	2:09.52	2:45.12
7. Maarten Prot	Upstream Amsterdam	2:59.32	198403195	<b>3:00.96</b>	+0,83	36.50	1:23.88	2:16.73	3:00.96
8. Remco Veerkamp	Zuiderzeewemmers	3:31.96	198102311	<b>3:15.02</b>	+0,90	38.26	1:31.35	2:28.93	3:15.02

Masters 35+

1. Egbert Stolk	d'ELFT WAVE (SG)	2:13.37	197600889	<b>2:18.56</b>	+0,77	28.71	1:04.36	1:46.14	2:18.56
<i>Kampioenschaps Record</i>									
2. Freddie Geerlings	HGN (SG)	2:25.53	197900379	<b>2:32.90</b>	+0,84	32.01	1:13.13	1:56.41	2:32.90
3. Arjan Buijsse	Sassenheim	2:26.33	197901767	<b>2:34.36</b>	+0,80	32.03	1:11.59	1:56.32	2:34.36
4. Victor Barnar	GoSwim	2:32.57	197801805	<b>2:36.61</b>	+0,79	31.97	1:15.73	1:58.65	2:36.61
5. Mark van Wijk	WZK Zwemmen	2:59.68	197801725	<b>2:57.32</b>	+0,86	36.77	1:22.78	2:18.06	2:57.32
6. Remco Luijnenburg	WIDEX GZC DONK	3:30.16	197901851	<b>3:33.64</b>	+0,95	46.45	1:46.06	2:42.27	3:33.64

Masters 40+

1. Marcel van Winssen	De Gelenberg	2:34.79	197101477	<b>2:32.19</b>	+0,83	31.33	1:11.83	1:56.60	2:32.19
2. Joeri Stoffels	AZC	2:31.68	197300851	<b>2:37.09</b>	+0,93	30.85	1:13.27	2:01.73	2:37.09
3. Richard Ricksen	HGN (SG)	2:26.86	197000841	<b>2:37.84</b>	+0,90	32.96	1:16.33	2:01.71	2:37.84
4. Gerard Eghuizen	HZ&PC Heerenveen	2:35.51	197400197	<b>2:38.11</b>	+0,85	32.25	1:13.67	1:59.81	2:38.11
5. Martin Berkhout	LZ 1886	2:50.36	197101123	<b>2:51.29</b>	+0,82	34.13	1:22.15	2:12.51	2:51.29

Masters 45+

1. René Beetsma	HZ&PC Heerenveen	2:31.04	196900069	<b>2:32.10</b>	+0,80	32.20	1:11.74	1:57.05	2:32.10
2. Arjan Bellaart	Oceanus	2:33.14	196900079	<b>2:32.93</b>	+0,75	31.45	1:10.54	1:57.65	2:32.93
3. Frank v Nobelen	Sassenheim	2:34.55	196900753	<b>2:37.21</b>	+0,78	31.99	1:13.34	2:01.07	2:37.21
4. Harold Matla	PSV	2:40.98	196800591	<b>2:42.98</b>	+0,91	36.04	1:21.21	2:07.34	2:42.98
5. Thijs Geurts	De Watervogels	2:40.08	196601557	<b>2:44.18</b>	+1,07	33.08	1:15.99	2:04.17	2:44.18
6. Marc Bleeker	d'ELFT WAVE (SG)	2:44.44	196901729	<b>2:44.99</b>	+1,06	32.33	1:17.92	2:07.70	2:44.99
7. Erik Saan	De Duck	3:00.73	196500769	<b>3:00.63</b>	+0,99	36.83	1:25.25	2:17.87	3:00.63
8. Marcel Brittijn	De Duinkickers	2:56.88	196900159	<b>3:01.21</b>	+0,70	35.85	1:26.77	2:19.74	3:01.21
AFGEM Konstantin Sklyar	TG Lage 1862	2:40.75	321129						

Masters 50+

1. Rene de Boer	DAW	2:42.43	196400087	<b>2:43.47</b>	+0,78	34.01	1:19.50	2:08.26	2:43.47
2. Ronald Grove	Oceanus	2:45.48	196100161	<b>2:47.74</b>	+0,73	34.95	1:22.45	2:09.91	2:47.74
3. John Stokx	DAW	2:41.18	196401341	<b>2:48.89</b>	+0,80	33.78	1:16.65	2:09.37	2:48.89
4. Adrian Ortiz Buitrago	WIDEX GZC DONK	2:51.49	196000931	<b>2:57.16</b>	+0,85	37.06	1:24.40	2:16.83	2:57.16
5. Paul van der Voort	De Zwoer	2:59.01	196200715	<b>2:58.91</b>	+1,06	37.95	1:25.85	2:21.95	2:58.91
6. Nico van Maanen	De Duck	3:05.56	196100371	<b>3:08.46</b>	+0,74	37.07	1:27.06	2:24.89	3:08.46

Masters 55+

1. Jan Timmerman	IJZPC	3:36.86	195700347	<b>3:40.74</b>	+0,75	43.91	1:42.61	2:47.90	3:40.74
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Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
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Programmanr. 9, Heren, 200m wisselslag

Masters 60+

1. Piet Schop	De Bevelanders	3:06.78	195000109	<b>2:59.97</b>	+0,68	36.35	1:24.99	2:19.34	2:59.97
2. Jos Kamps	De Amer	3:42.97	195100085	<b>3:42.17</b>	+1,10	49.57	1:48.80	2:56.86	3:42.17

Masters 65+

1. Donald Uijtenbogaart	Het Y	2:56.83	194700107	<b>2:57.80</b>	+0,82	38.71	1:27.90	2:18.55	2:57.80
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Masters 70+

1. Frans van Enst	WS Twente	3:20.89	194000011	<b>3:25.61</b>	+1,09	41.87	1:32.15	2:37.64	3:25.61
2. Rob Hanou	PSV	3:14.15	194300109	<b>3:30.91</b>	+1,12	47.08	1:47.25	2:46.19	3:30.91

Masters 75+

1. Nic Geers	Z&PC De Gouwe	3:31.84	193800007	<b>4:01.42</b>	+1,02	57.87	2:00.17	3:15.13	4:01.42
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Programmanr. 10  
02-05-2014 - 16:01

Dames, 100m vlinderslag

Masters Open  
Resultaten

rang naam	vereniging	inschrijftijd	tijd	RT	50m	100m
<b>Masters 20+</b>						
1. Karin Verbeek	Nautilus	1:12.42 199201848	<b>1:11.83</b>	+0,69	33.00	1:11.83
2. Anouk van der Pligt	ZOB'66	1:13.85 199303296	<b>1:17.18</b>	+0,62	34.55	1:17.18
3. Eva Engelen	NDD	1:12.91 199405514	<b>1:17.63</b>	+0,69	33.29	1:17.63
4. Nicky Vanhijfte	Scheldestroom	1:29.31 199201806	<b>1:23.70</b>	+0,77	37.21	1:23.70
5. Chantal Willems	Noord-Limburg (SG)	1:20.30 199105482	<b>1:24.65</b>	+0,88	37.03	1:24.65
6. Sanne van Dijk	Zoetermeer	1:22.59 199000818	<b>1:24.99</b>	+0,92	37.15	1:24.99
7. Lindsey Hol	De Meer	1:26.13 199008088	<b>1:26.25</b>	+0,69	38.71	1:26.25
8. Aure Lampe	De Devel	1:18.14 199400072	<b>1:30.17</b>	+0,83	38.10	1:30.17
9. Lieke Janssen	HGN (SG)	1:28.42 199305954	<b>1:30.25</b>	+0,88	40.20	1:30.25
10. Tessa Karels	Scheldestroom	1:30.53 199401520	<b>1:34.14</b>	+0,78	39.75	1:34.14
11. Heleen ten Have	De Pinquin	1:24.65 199403000	<b>1:35.43</b>	+0,88	42.09	1:35.43
12. Tara Keijzer	Steenwijk 1934	1:32.25 199108498	<b>1:37.22</b>	+0,79	42.23	1:37.22
<b>Masters 25+</b>						
1. Rianne Hofland	Sassenheim	1:10.84 198801820	<b>1:14.17</b>	+0,75	33.06	1:14.17
2. Maaïke van Diggele	ZPB H&L Productions	1:18.71 198700868	<b>1:21.88</b>	+0,86	36.26	1:21.88
3. Liset de Veer	Aqua-Novio'94	1:19.27 198704190	<b>1:22.20</b> *	+0,88	36.83	1:22.20
4. Liesbeth van Mill	DWK	1:20.73 198702786	<b>1:25.79</b>	+0,87	38.76	1:25.79
<b>Masters 30+</b>						
1. Pauline Gouwens	DWK	1:04.53 198400790	<b>1:05.48</b>	+0,74	30.19	1:05.48
<i>Nederlands Masters Record</i>						
2. Delia Badoux	Zoetermeer	1:08.01 198000042	<b>1:09.99</b>	+0,70	31.97	1:09.99
3. Nadya Putter	ZVVS	1:09.25 198301630	<b>1:11.38</b>	+0,71	33.62	1:11.38
4. Tonia Ruybroek	Poseidon'56	1:09.53 198101290	<b>1:12.54</b>	+0,88	34.30	1:12.54
5. Esther Versteeg	Van Vliet-Barracuda	1:11.98 198302112	<b>1:12.77</b>	+0,90	34.10	1:12.77
6. Roos van Esch	TRB-RES	1:12.31 198200468	<b>1:12.79</b>	+0,84	33.77	1:12.79
7. Pauline Tieleman	De Geul	1:15.21 198403348	<b>1:19.67</b> *	+0,74	35.30	1:19.67
8. Marjolein v.d Sanden	Noord-Limburg (SG)	1:33.53 198402136	<b>1:36.73</b>	+0,85	41.99	1:36.73
<b>Masters 35+</b>						
1. Inez Heideman	WS Twente	1:20.18 197500198	<b>1:19.50</b>	+0,88	36.03	1:19.50
2. Geraldine Trainor	De Duck	1:16.50 197500544	<b>1:19.88</b>	+0,79	34.94	1:19.88



Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
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Programmanr. 10, Dames, 100m vlinderslag

Masters 40+

1. Gudule van der Meer	PSV	1:15.70	197200396	<b>1:13.23</b>	+0,81	33.23	1:13.23
2. Jeanne Petit	Maxwell SC	1:13.50	1112847	<b>1:15.33</b>	+0,78	34.23	1:15.33
3. Ilona Hogerheyde	DAW	1:14.92	197400224	<b>1:18.27</b>	+0,71	35.05	1:18.27
4. Lidia v. Bon-Rosenbrand	AZ&PC	1:15.58	197000054	<b>1:21.55</b>	+0,90	36.70	1:21.55

Masters 45+

1. Karin van den Heuvel	Old Dutch	1:29.24	196600188	<b>1:31.86</b>	+0,90	41.63	1:31.86
NG.ZA Lesley Cordial	Neptunus	1:09.96	196700684				

Masters 50+

1. Anita Bottger	De Berkelduikers	1:17.44	196300498	<b>1:18.80</b>	+0,83	36.45	1:18.80
2. Marjan Remmits-De Lange	ZPC Woerden	1:16.49	196300518	<b>1:18.81</b>	+0,79	35.06	1:18.81
3. Margriet Grove-Lingeman	Oceanus	1:25.60	196200080	<b>1:24.38</b>	+0,82	38.37	1:24.38

Masters 55+

1. Mathilde Vink	Swol 1894	1:15.20	195800128	<b>1:18.03</b>	+0,99	38.21	1:18.03
<i>Kampioenschaps Record</i>							
2. Claire Anthony	CNSW	1:22.67	CNSW/487/57	<b>1:26.04</b>	+0,93	39.33	1:26.04

Masters 60+

1. Carla Hensen	PSV	1:41.99	195300062	<b>1:40.95</b>	+1,01	47.43	1:40.95
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Programmanr. 11  
02-05-2014 - 16:26

Heren, 100m vlinderslag

Masters Open  
Resultaten

rang naam	vereniging	inschrijftijd	tijd	RT	50m	100m	
<b>Masters 20+</b>							
1. Ensger Kotterink	Albion	54.87	199403391	<b>57.25</b>	+0,67	27.12	57.25
<i>Nederlands Masters Record</i>							
2. Bruno Carissimi Boff	WVZ	57.92	199207283	<b>59.14</b>	+0,70	27.51	59.14
3. Joost Rijntjes	LZ 1886	1:00.63	199101899	<b>1:02.74</b>	+0,75	28.82	1:02.74
4. Simon Kassing	d'ELFT WAVE (SG)	1:00.32	199406553	<b>1:03.11</b>	+0,74	29.51	1:03.11
5. Thomas Hansen	LZ 1886	1:06.45	199204327	<b>1:05.54</b>	+0,71	30.26	1:05.54
6. Erwin Sneek	De Futen	1:04.16	199102153	<b>1:07.34</b>	+0,79	30.65	1:07.34
7. Robin Eltink	NDD	1:03.06	199406147	<b>1:07.71</b>	+0,83	30.77	1:07.71
8. Kenneth Caster	RZ	1:04.73	199100375	<b>1:11.47</b>	+0,76	31.17	1:11.47
9. Mike Koelewijn	Steenwijk 1934	1:10.08	199303597	<b>1:13.22</b>	+0,74	31.85	1:13.22
AFGEM Ruben Stolk	ZOB'66	1:04.20	199005665				
<b>Masters 25+</b>							
1. Philipp Müller	Piranha	58.48	198604633	<b>57.06</b>	* +0,71	26.18	57.06
<i>Nederlands Masters Record</i>							
2. Alex Schelvis	NZ&PC	58.51	198702927	<b>58.09</b>	+0,78	27.23	58.09
3. Jean Pierre Bisslik	DES	59.63	198705243	<b>1:02.82</b>	+0,61	28.94	1:02.82
4. Roderik Meijers	ZOB'66	1:03.67	198602063	<b>1:04.50</b>	+0,73	28.59	1:04.50
5. Bastian Zoon	MGO (SG)	1:04.07	198703929	<b>1:04.61</b>	+0,70	30.37	1:04.61
6. Hjalmar de Ruiter	NDD	1:02.57	198902695	<b>1:10.45</b>	+0,73	31.23	1:10.45
7. Melano Winter	RSW (SG)	1:12.95	198703847	<b>1:18.45</b>	+0,83	36.18	1:18.45



Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



Programmanr. 11, Heren, 100m vlinderslag

Masters 30+

1. Pieter Pickhardt	ZPC De Hof	1:03.83	198301657	<b>1:06.08</b>	+0,83	30.69	1:06.08
2. Erik Drewes	De Biesboschzweimmers	1:05.81	198400543	<b>1:06.13</b>	+0,75	30.42	1:06.13
3. Thommy Nickel	Van Vliet-Barracuda	1:07.42	198401627	<b>1:07.53</b>	+0,76	31.41	1:07.53
4. Mark Musch	Zwemlust-den Hommel	1:06.25	198401609	<b>1:08.28</b>	+0,82	29.87	1:08.28
5. Leander Noordijk	MGO (SG)	1:09.76	198101221	<b>1:08.84</b>	* +1,12	31.78	1:08.84
6. Rob van Vliet	AZ&PC	1:09.16	198402459	<b>1:11.13</b>	+0,92	32.62	1:11.13
7. Gerwin Vonk	De Spatters	1:08.56	198201907	<b>1:12.17</b>	+0,67	30.35	1:12.17

Masters 35+

1. Evgeny Ryzhov	Sprut	58.85	101628	<b>1:02.41</b>	+0,79	28.30	1:02.41
<i>Kampioenschaps Record</i>							
2. Dennis Schouten	Upstream Amsterdam	1:05.02	197501351	<b>1:05.62</b>	+0,79	29.85	1:05.62
3. Alex Damen	DAW	1:06.87	197501371	<b>1:09.57</b>	+0,89	32.00	1:09.57
4. Markus van Rest	Zoetermeer	1:06.24	197701197	<b>1:10.12</b>	+0,86	31.69	1:10.12
5. Kars Luttik	DAW	1:08.22	197800675	<b>1:11.60</b>	+0,78	31.64	1:11.60
6. Ingmar Kooman	De Zijl/LGB	1:13.87	197901517	<b>1:15.35</b>	+0,88	34.48	1:15.35

Masters 40+

1. Mario Verbeek	ZVVS	1:09.36	197300913	<b>1:07.07</b>	+1,06	31.12	1:07.07
2. Antwan van Engen	De Ward	1:08.84	197101577	<b>1:09.34</b>	+0,73	30.70	1:09.34
3. Richard Ricksen	HGN (SG)	1:06.18	197000841	<b>1:12.95</b>	+0,83	34.01	1:12.95
4. Machiel Stolk	Swol 1894	1:09.30	197400779	<b>1:13.21</b>	+0,91	33.26	1:13.21
5. Gertjan van der Knaap	De Duck	1:11.58	197300459	<b>1:13.41</b>	+0,88	32.90	1:13.41

Masters 45+

1. Marc Bleeker	d'ELFT WAVE (SG)	1:11.62	196901729	<b>1:08.52</b>	+0,96	31.70	1:08.52
2. Frank v Nobelen	Sassenheim	1:08.84	196900753	<b>1:10.09</b>	+0,79	32.19	1:10.09
3. Hans Schoenmakers	DAW	1:18.93	196900863	<b>1:18.40</b>	+0,80	34.78	1:18.40
4. Danny Zulver	ZVVS	1:19.79	196701617	<b>1:19.02</b>	+0,76	33.90	1:19.02
5. Harald Mulder	Zoetermeer	1:17.18	196701459	<b>1:19.60</b>	+0,98	35.67	1:19.60
6. Jeroen Kort	DAW	1:24.99	196801543	<b>1:25.74</b>	* +0,71	36.04	1:25.74
DIS Richard Rozema	d'ELFT WAVE (SG)	1:32.34	196701583		AF		
AFGEM Konstantin Sklyar	TG Lage 1862	1:10.87	321129				

Masters 50+

1. Arnold de Rover	De Futen	1:09.14	196400645	<b>1:14.66</b>	+0,94	33.31	1:14.66
2. Peter van Vuuren	Upstream Amsterdam	1:19.51	196000641	<b>1:17.97</b>	+0,91	33.66	1:17.97
DIS Johan Remmits	ZPC Woerden	1:05.85	196201159		VH		

Masters 55+

1. Gerhard Prohaska	EW Donau SC 1903	1:11.33	19054	<b>1:14.23</b>	+0,84	36.25	1:14.23
2. Paul Bunnik	Triton	1:23.89	195600413	<b>1:22.52</b>	+0,97	38.13	1:22.52

Masters 60+

1. Jean-Marie Cadiat	CNSW	1:08.99	CNSW/557/53	<b>1:09.77</b>	+0,90	31.49	1:09.77
<i>Kampioenschaps Record</i>							
2. Brend Brevé	PSV	1:19.70	195200265	<b>1:14.85</b>	+0,88	33.86	1:14.85
<i>Nederlands Masters Record</i>							





Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
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Programmanr. 12  
02-05-2014 - 16:36

Dames, 200m vrije slag

Masters Open  
Resultaten

rang naam	vereniging	inschrijftijd	tijd	RT	50m	100m	150m	200m
<b>Masters 20+</b>								
1. Wendan Poelstra	TriVia	2:09.66 199102496	<b>2:13.50</b>	+0,72	31.18	1:05.09	1:39.17	2:13.50
2. Maaike Vooren	DAW	2:17.55 199103324	<b>2:16.21</b>	+0,84	31.69	1:06.19	1:41.05	2:16.21
3. Rebecca Vroomen	Eurode KZC	2:17.08 199301772	<b>2:21.33</b>	+0,86	32.08	1:08.68	1:45.77	2:21.33
4. Sigrid Dogger	De Zwoer	2:25.20 199200452	<b>2:23.91</b>	+0,88	31.49	1:08.37	1:46.61	2:23.91
5. Isabelle Massar	WVZ	2:17.07 199102034	<b>2:24.01</b>	+0,81	32.14	1:07.97	1:46.33	2:24.01
6. Marissa Minkman	ZC Aquadream	2:13.41 199306054	<b>2:25.84</b>	+0,71	31.46	1:07.45	1:46.36	2:25.84
7. Wendy de Bruin	ZOB'66	2:20.05 199206320	<b>2:26.63</b>	+0,66	33.35	1:09.96	1:48.20	2:26.63
8. Kimberley Kranenberg	ZPC De Hof	2:19.02 199400292	<b>2:28.10</b>	+0,87	33.07	1:11.23	1:50.70	2:28.10
9. Myrthe Lampe	De Devel	2:23.93 199002236	<b>2:31.37</b>	+0,89	34.45	1:12.98	1:52.29	2:31.37
10. Mieke Cornelisse	Sassenheim	2:28.45 199405090	<b>2:32.67</b>	+0,86	34.29	1:12.86	1:53.22	2:32.67
11. Mandy Verbakel	ZPC Woerden	2:34.35 199003908	<b>2:33.27</b>	+0,93	35.02	1:14.19	1:54.14	2:33.27
12. Ramona Noordermeer	ZVVS	2:35.21 199401746	<b>2:34.88</b>	+0,77	35.51	1:15.05	1:56.86	2:34.88
13. Irmgard van Weeghel	Octopus	2:27.46 199204834	<b>2:35.60</b>	+0,72	34.82	1:13.33	1:54.30	2:35.60
14. Yvonne Bruls	Eurode KZC	2:31.09 199008114	<b>2:37.34</b>	+0,72	34.94	1:14.07	1:55.50	2:37.34
15. Jora Broerse	De Futen	2:37.83 199203946	<b>2:41.86</b>	+0,93	36.78	1:18.76	2:01.73	2:41.86
16. Charine de Rooter	Steenwijk 1934	2:41.44 199403668	<b>2:43.24</b>	+0,84	36.65	1:17.49	2:00.55	2:43.24
17. Eline Schoenmaker	Zwemlust-den Hommel	2:46.18 199003322	<b>2:46.71</b>	+0,67	38.35	1:21.29	2:05.10	2:46.71
18. Heleen ten Have	De Pinquin	2:42.05 199403000	<b>2:49.40</b>	+0,87	36.94	1:19.00	2:04.17	2:49.40
19. Daniëlle de Klein	DWF	2:45.61 199404786	<b>2:52.54</b>	+0,84	38.79	1:22.29	2:07.63	2:52.54
20. Wieteke Jansen	Montferland	2:51.25 199001750	<b>2:52.86</b>	+0,86	38.44	1:22.29	2:09.23	2:52.86
21. Liesbeth Bruinekoel	Zuiderzeezwemmers	4:06.45 199007958	<b>4:16.28</b>	+0,83	57.95	2:04.17	3:12.20	4:16.28
AFGEM Maartje Lenten	De Spatters	2:32.34 199204286						
<b>Masters 25+</b>								
1. Lisanne Andeweg	Zuiderzeezwemmers	2:16.58 198800092	<b>2:18.71</b>	+0,80	32.11	1:07.52	1:43.68	2:18.71
2. Samantha van Eijk	De Geul	2:17.41 198806826	<b>2:20.10</b>	+0,70	32.48	1:08.73	1:45.19	2:20.10
3. Stephanie Rombout	PSV	2:17.70 198803696	<b>2:23.71</b>	+0,73	31.29	1:06.77	1:44.22	2:23.71
4. Jose Janssen	TRB-RES	2:22.21 198907324	<b>2:27.66</b> *	+0,65	33.79	1:11.06	1:50.10	2:27.66
5. Marije Jansen	Montferland	2:38.25 198504088	<b>2:33.69</b>	+0,77	34.57	1:13.73	1:54.23	2:33.69
6. Bianca Paape	DAW	2:35.27 198502262	<b>2:38.60</b>	+0,79	34.44	1:14.56	1:56.96	2:38.60
7. Isaline Manchel	CNSW	2:38.01 CNSW/475/85	<b>2:39.29</b>	+0,85	36.63	1:17.25	1:59.19	2:39.29
8. Sandra Koenig	CNSW	2:40.87 CNSW/612/86	<b>2:41.15</b>	+0,84	37.73	1:18.94	2:00.67	2:41.15
9. Maaike van Diggele	ZPB H&L Productions	2:44.02 198700868	<b>2:45.05</b>	+0,87	38.00	1:20.02	2:03.80	2:45.05
10. Tineke Roelofs	PSV	2:46.61 198504004	<b>2:46.07</b>	+0,76	37.27	1:18.51	2:01.89	2:46.07
11. Esther Steltenpohl	DAW	2:48.45 198504116	<b>2:48.05</b>	+0,71	35.63	1:18.54	2:03.56	2:48.05
12. Annebeth van Ark	Octopus	2:48.50 198805588	<b>2:56.01</b>	+0,85	39.24	1:24.21	2:10.72	2:56.01
13. Anne van den Besselaar	HZ&PC Heerenveen	5:07.27 198504062	<b>5:19.49</b>	+1,18	1:11.39	2:33.72	3:59.08	5:19.49
<b>Masters 30+</b>								
1. Roos van Esch	TRB-RES	2:24.41 198200468	<b>2:26.18</b>	+0,85	33.81	1:10.85	1:48.99	2:26.18
2. Stephanie Vaernewyck	Mega	2:28.81 MEGA/20352/83	<b>2:29.00</b> *	+0,84	33.65	1:11.75	1:50.49	2:29.00
3. Anke Lamboij	AZL	2:24.79 198001182	<b>2:33.05</b>	+0,84	34.94	1:13.75	1:53.44	2:33.05
4. Linda Hoogendam	Zoetermeer	2:29.45 198300892	<b>2:35.33</b>	+0,72	34.73	1:14.38	1:56.26	2:35.33
5. Marijke Dirkse	IJZPC	2:53.57 198403480	<b>2:47.39</b>	+0,99	36.50	1:18.40	2:02.67	2:47.39
6. Marjolein v.d Sanden	Noord-Limburg (SG)	2:53.41 198402136	<b>3:02.77</b>	+0,78	40.98	1:26.77	2:15.30	3:02.77
7. Marloes Rebel	WS Twente	3:17.67 198403474	<b>3:14.61</b>	+0,92	43.15	1:33.05	2:24.64	3:14.61
8. Rianne van Vegchelen	Deltasteur	3:01.32 198101530	<b>3:18.08</b>	+1,10	42.42	1:31.61	2:24.65	3:18.08
AFGEM Ramona Linting	Zoetermeer	2:29.51 198301274						
<b>Masters 35+</b>								
1. H. Spelde - Fransens	THOR	2:36.92 197901358	<b>2:33.60</b>	+1,04	34.21	1:12.70	1:53.43	2:33.60
2. Evelien Meeuwissen	Sassenheim	2:35.81 197500360	<b>2:37.61</b>	+0,83	34.18	1:13.16	1:55.45	2:37.61
3. Marian Nederlof	DWF	2:40.76 197600950	<b>2:40.47</b> *	+0,79	36.14	1:15.63	1:57.71	2:40.47
4. Carmen Haan	De Spatters	2:39.83 197901458	<b>2:43.89</b>	+0,97	36.29	1:17.12	1:59.76	2:43.89
5. C. van Bruxvoort	ZPB H&L Productions	3:09.85 197700138	<b>3:19.39</b>	+0,98	43.33	1:34.91	2:29.44	3:19.39







Open Nederlandse Masters  
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Programmanr. 12, Dames, 200m vrije slag

Masters 40+

1. Annette de Visser	Oceanus	2:30.29	197100602	<b>2:27.65</b>	+0,85	33.80	1:10.94	1:49.67	2:27.65
2. Pascalie Neiss-Janssen	De Roersoppers	2:41.54	197300852	<b>2:43.21</b>	+0,92	36.43	1:17.90	2:00.66	2:43.21
3. Renata van Essen	Zuiderzeezwemmers	2:44.22	197300740	<b>2:44.94</b>	+0,80	38.35	1:21.35	2:04.48	2:44.94
4. Tanya Lyvbarskaya	SCOM	2:44.16	197101000	<b>2:48.02</b>	* +0,79	37.01	1:19.04	2:04.22	2:48.02
5. Annet Kootstra	Swol 1894	2:49.92	197100344	<b>2:52.72</b>	+0,90	39.64	1:23.49	2:08.95	2:52.72
6. Daniella Harrison	Potters Bar SC	2:39.42	692010	<b>2:56.85</b>	+0,99	40.68	1:26.70	2:13.27	2:56.85
7. D. Hoeksel-Verveen	ZVVS	2:56.12	197300724	<b>3:11.67</b>	* +0,87	40.29	1:27.28	2:17.95	3:11.67
DIS Edith Janssen-Koolen	TRB-RES	2:26.77	197300898						

AA

Masters 45+

1. Heidi van Stein	LZ 1886	2:23.01	196900864	<b>2:23.59</b>	+0,86	32.60	1:08.61	1:46.21	2:23.59
2. Annette Wijnja-Visser	De Biesboschzwemmers	2:34.07	196700528	<b>2:31.10</b>	+0,75	33.78	1:11.65	1:51.33	2:31.10
3. Bridget Bewick	Maidenhead Marlins	2:27.87	36934	<b>2:31.96</b>	+0,97	34.97	1:13.52	1:53.34	2:31.96
4. Claudia Goldschmidt	Maidenhead Marlins	2:30.98	954626	<b>2:32.37</b>	+0,95	34.93	1:13.85	1:53.78	2:32.37
5. Marion Broekhuis	WS Twente	2:43.51	196800060	<b>2:39.79</b>	+0,77	36.80	1:17.61	1:59.27	2:39.79
6. Irna van der Molen	Het Ravijn	2:48.49	196900938	<b>2:52.12</b>	* +0,74	37.12	1:20.66	2:06.74	2:52.12
7. Peggi Hurenkamp	HZ&PC Heerenveen	2:52.08	196900922	<b>2:53.28</b>	+0,85	38.01	1:21.41	2:08.12	2:53.28
8. R. Speelman-Tigelaar	De Spatters	2:59.43	196600664	<b>2:55.44</b>	+0,79	39.26	1:23.44	2:09.83	2:55.44
9. Ingeborg Stokx	DAW	3:03.48	196700666	<b>3:06.66</b>	+0,77	42.45	1:29.46	2:19.31	3:06.66
10. Sandra Daamen-Posma	AZC	3:08.27	196800854	<b>3:12.74</b>	+1,12	41.84	1:29.63	2:21.94	3:12.74
AFGEM Friderika Kerekes	AZ&PC	3:01.84	196500540						

Masters 50+

1. C. Moerkerken-Beukema	ZPB H&L Productions	2:30.92	196300524	<b>2:34.47</b>	+0,93	34.67	1:13.39	1:53.22	2:34.47
2. J. Rolloos-Bakker	De Lansingh	2:38.60	196300222	<b>2:43.46</b>	+0,87	38.17	1:19.99	2:03.07	2:43.46
3. Petra Tossings	DAW	2:43.53	196100376	<b>2:46.01</b>	+0,83	37.03	1:19.65	2:03.69	2:46.01
4. Inge Wolfs	PLONS	2:39.11	196000304	<b>2:49.73</b>	+0,88	37.46	1:19.84	2:04.55	2:49.73
5. Marijke Kraak-Beckers	WS Twente	2:53.06	196000240	<b>2:50.20</b>	+0,90	38.29	1:21.69	2:06.20	2:50.20
6. J. Resink-Lindeboom	DWK	3:02.02	196000142	<b>3:05.79</b>	+0,96	41.93	1:28.62	2:17.65	3:05.79
7. Marie-Josée Matte	WVZ	2:58.41	196000326	<b>3:07.34</b>	+0,90	38.97	1:25.57	2:16.43	3:07.34

Masters 55+

1. Colette Crabbe	CNSW	2:33.99	CNSW/559/56	<b>2:33.06</b>		35.27	1:14.50	1:54.32	2:33.06
<i>BMR</i>									
2. Ada de Voogd	ZVVS	2:45.39	195900280	<b>2:45.43</b>	+0,84	37.11	1:19.23	2:04.02	2:45.43
3. Margriet Pasma	De Pinquin	2:46.78	195500088	<b>2:57.81</b>	+0,94	40.77	1:26.67	2:12.49	2:57.81

Masters 60+

1. Christien Nieuwenhuis	Swol 1894	2:46.56	195100022	<b>2:48.86</b>	+0,86	37.22	1:20.66	2:05.80	2:48.86
2. Ineke Meijer	HZ&PC Heerenveen	3:11.89	195200034	<b>3:18.70</b>	+0,91	45.28	1:36.89	2:29.79	3:18.70
3. Fernande Blondeel	CNSW	3:29.88	CNSW/011/52	<b>3:36.69</b>	* +0,84	46.93	1:41.76	2:39.27	3:36.69
4. Tineke van Diggelen	Oceanus	3:32.34	195200048	<b>3:42.56</b>	+1,00	49.48	1:44.64	2:44.01	3:42.56
5. Geerdien Meerwaldt	De Geul	4:08.10	195200058	<b>4:21.26</b>	+1,16	56.44	2:03.17	3:12.23	4:21.26
6. Janny van der Weide	Deltasteur	4:21.50	195100066	<b>4:30.38</b>		1:01.67	2:09.96	3:20.08	4:30.38
AFGEM Conny Boer-Buys	ZVVS	2:36.64	195000006						

Masters 65+

1. Corrie Verhoeven	PSV	3:16.31	194600026	<b>3:10.92</b>	+0,76	41.63	1:30.26	2:21.57	3:10.92
AFGEM Loekie v. Huissteden	AZ&PC	4:20.90	194500002						

Masters 70+

1. Truus Ruiters	Old Dutch	4:02.00	194000004	<b>4:28.43</b>	+0,73	57.75	2:06.81	3:17.53	4:28.43
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Open Nederlandse Masters  
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Programmanr. 12, Dames, 200m vrije slag

Masters 75+

1. Lottie Geurts	PSV	3:28.87	193500006	<b>3:36.45</b>	+1,14	51.19	1:46.58	2:43.33	3:36.45
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Masters 80+

1. Eliane Pellis	AZSC	3:44.51	AZSC/20672/33	<b>3:53.43</b>	+0,95	49.15	1:47.28	2:50.23	3:53.43
<i>Kampioenschaps Record</i>									
2. Annie de Vos	Old Dutch	4:27.01	193400004	<b>5:00.99</b>		1:08.55	2:25.43	3:43.77	5:00.99

Programmanr. 13  
02-05-2014 - 17:14

Heren, 200m vrije slag

Masters Open  
Resultaten

rang naam	vereniging	inschrijftijd		tijd	RT	50m	100m	150m	200m
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Masters 20+

1. Patrick Creemers	RZ	2:01.14	199000579	<b>2:11.69</b>	+0,76	27.57	1:01.22	1:36.52	2:11.69
2. Michael Schlijper	Eurode KZC	2:29.22	199303691	<b>2:26.58</b>	+0,92	33.64	1:10.12	1:48.89	2:26.58
3. Ruben de Boer	De Duinkickers	2:25.11	199301419	<b>2:32.14</b>	+0,76	33.25	1:10.90	1:51.07	2:32.14
4. John van Heteren	DWF	2:34.76	199305017	<b>2:38.36</b>	+0,90	35.91	1:15.99	1:58.13	2:38.36

Masters 25+

1. Raoul Engelenburg	Zwemlust-den Hommel	2:01.29	198900843	<b>2:00.87</b>	+0,69	28.22	59.80	1:30.22	2:00.87
2. Richard Huisken	ZPC De Hof	1:59.67	198501141	<b>2:05.52</b>	+0,74	28.13	1:00.05	1:32.65	2:05.52
3. Emiel Huisken	ZPC De Hof	2:00.94	198501139	<b>2:07.04</b>	+0,74	28.57	1:00.72	1:34.01	2:07.04
4. Erik van der Heide	Zuiderzeezwemmers	2:09.40	198801337	<b>2:09.19</b>	+0,78	28.68	1:01.05	1:34.67	2:09.19
5. Roel van Beek	Montferland	2:24.68	198905861	<b>2:17.93</b>	+0,85	32.04	1:07.37	1:42.43	2:17.93
6. Dimitri Sauvage	TRB-RES	2:16.77	198906755	<b>2:19.37</b>	+0,69	29.96	1:03.84	1:41.12	2:19.37
7. Remko Hoof	De Duinkickers	2:10.01	198701405	<b>2:21.59</b>	+0,69	31.91	1:07.34	1:43.63	2:21.59
8. Wesley van Diejen	PSV	2:19.15	198604551	<b>2:26.90</b>	+0,82	32.79	1:09.46	1:47.52	2:26.90

Masters 30+

1. Stefan Oosting	PSV	1:58.93	198101265	<b>2:00.84</b>	+0,81	27.61	58.72	1:29.71	2:00.84
2. Kristiaan Lenos	LZ 1886	2:05.54	198301331	<b>2:04.87</b>	+0,77	28.04	59.62	1:32.64	2:04.87
3. Jim Geestman	RSW (SG)	2:03.95	198300699	<b>2:12.80</b>	+0,87	30.05	1:02.98	1:37.73	2:12.80
4. Marcel Reefhuis	WS Twente	2:11.56	198101381	<b>2:13.06</b>	+0,80	30.29	1:03.67	1:38.61	2:13.06
5. Bart Groenemans	PLONS	2:14.56	198200551	<b>2:13.22</b>	+0,72	30.83	1:04.68	1:39.30	2:13.22
6. Jeroen Vogelsang	DAW	2:21.04	198001645	<b>2:21.83</b>	+0,84	31.66	1:07.14	1:44.04	2:21.83
7. Sebastiaan Baars	WS Twente	2:39.06	198300053	<b>2:27.98</b>	+0,97	32.84	1:09.86	1:49.08	2:27.98
8. Maarten Prot	Upstream Amsterdam	2:39.73	198403195	<b>2:38.95</b>	+0,83	34.66	1:15.26	1:57.44	2:38.95
9. Marnix Cornelisse	LZ 1886	2:49.10	198002343	<b>2:50.78</b>	+0,96	36.12	1:16.23	2:02.60	2:50.78
10. Hans Cligge	De Futen	2:49.38	198100315	<b>2:55.57</b>	+0,85	35.06	1:18.30	2:08.28	2:55.57

Masters 35+

1. Roland de Jong	Eurode KZC	2:03.37	197601513	<b>2:07.36</b>	+0,71	29.02	1:00.70	1:34.43	2:07.36
2. Ewoud Rupert	WS Twente	2:19.75	197801795	<b>2:16.18</b>	+0,83	31.01	1:05.21	1:41.01	2:16.18
3. Arjan Buijsse	Sassenheim	2:14.86	197901767	<b>2:23.24</b>	+0,78	31.62	1:07.18	1:45.20	2:23.24
4. Bas Broekhuis	MZ&PC	2:27.88	197601561	<b>2:29.02</b>	+0,88	31.72	1:07.09	1:46.85	2:29.02
5. Ingmar Kooman	De Zijl/LGB	2:31.86	197901517	<b>2:34.85</b>	+0,89	35.99	1:16.34	1:56.96	2:34.85
6. Roan Doves	ZVVS	3:04.64	197501427	<b>2:59.10</b>	+0,83	35.83	1:19.18	2:07.35	2:59.10

Masters 40+

1. Marcel Hoeksel	ZVVS	2:30.13	197001655	<b>2:43.30</b>	+1,04	35.45	1:16.68	2:00.42	2:43.30
2. Bas van Gool	De Geul	2:57.20	197201435	<b>3:05.36</b>	+0,87	37.57	1:23.58	2:14.82	3:05.36
3. Oebele Boomsma	Orca	3:27.93	197001659	<b>3:25.58</b>	+1,15	45.97	1:39.16	2:33.57	3:25.58





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Programmanr. 13, Heren, 200m vrije slag

Masters 45+

1. Arjan Bellaart	Oceanus	2:15.04	196900079	<b>2:15.52</b>	+0,74	29.86	1:04.17	1:40.06	2:15.52
2. Maurice van den Berge	HZ Zian	2:13.74	196900087	<b>2:15.73</b>	+0,86	31.27	1:05.57	1:40.78	2:15.73
3. René Beetsma	HZ&PC Heerenveen	2:23.60	196900069	<b>2:16.92</b>	+0,81	31.53	1:06.15	1:41.88	2:16.92
4. Thijs Geurts	De Watervogels	2:26.38	196601557	<b>2:26.06</b>		32.13	1:08.25	1:47.28	2:26.06
5. Pieter-Sjoerd de Wijn	Aqua-Novio'94	2:34.99	196501027	<b>2:33.83</b>	+0,82	35.49	1:14.64	1:55.10	2:33.83
6. Darren Hamshere	Potters Bar SC	2:38.27	955680	<b>2:34.84</b>	+0,84	35.08	1:15.11	1:56.60	2:34.84
7. Marc Wouters	PSV	2:40.30	196501501	<b>2:34.98</b>	+0,75	34.29	1:13.28	1:55.19	2:34.98
8. Frederic Robin	CNSW	2:27.22	CNSW/603/69	<b>2:36.06</b>	+0,81	33.09	1:10.33	1:51.76	2:36.06
9. Erik van Dartel	PSV	2:30.46	196700185	<b>2:41.08</b>	+1,01	36.44	1:17.38	1:59.23	2:41.08
10. Erik Saan	De Duck	2:41.67	196500769	<b>2:42.68</b>	+1,03	35.97	1:18.71	2:01.00	2:42.68
11. Marcel Brittijn	De Duinkickers	2:42.65	196900159	<b>2:44.35</b>	+0,70	35.38	1:16.21	2:02.29	2:44.35
12. Ramon Alsina Munoz	CNSW	2:50.03	CNSW/608/69	<b>2:47.32</b>	+0,91	36.98	1:18.72	2:03.18	2:47.32
13. Eugene Gormley	Potters Bar SC	2:40.10	778738	<b>2:51.71</b>		36.24	1:18.34	2:04.61	2:51.71
14. René Speelman	De Spatters	2:56.51	196601521	<b>2:57.47</b>	+0,92	39.24	1:23.45	2:11.22	2:57.47

Masters 50+

1. Cees van Houweligen	De Schelde	2:11.07	196300351	<b>2:14.92</b>	+0,93	29.95	1:04.06	1:39.78	2:14.92
2. Dmitry Kromskiy	Poseidon	2:20.49	037011	<b>2:17.46</b>	+0,84	32.36	1:07.37	1:42.80	2:17.46
3. Rene de Boer	DAW	2:17.64	196400087	<b>2:19.51</b>	+0,81	31.65	1:06.71	1:43.43	2:19.51
4. Casper Dollekamp	Steenwijk 1934	2:49.26	196301341	<b>2:41.10</b>	+0,86	35.23	1:16.15	1:59.23	2:41.10
5. Mark Kas	PLONS	2:34.81	196100285	<b>2:43.62</b>	+0,87	36.72	1:19.02	2:00.95	2:43.62
6. Jack Barends	WS Twente	2:36.00	196201011	<b>2:43.81</b>	+0,86	37.06	1:18.87	2:02.17	2:43.81
7. Bart van Calker	WS Twente	2:43.55	196100067	<b>2:44.59</b>	+0,85	37.96	1:18.94	2:01.43	2:44.59
8. Eric Tijms	OEZA	2:42.92	196401125	<b>2:48.22</b>	+0,91	36.99	1:18.88	2:03.88	2:48.22
9. Hendrik Haze	GoSwim	2:44.34	196401387	<b>2:48.42</b>	+0,79	35.40	1:16.70	2:02.48	2:48.42
10. Jan Willem Heuten	WS Twente	2:51.86	196000883	<b>2:51.60</b>	+0,95	37.69	1:19.96	2:06.52	2:51.60
11. Nico van Maanen	De Duck	2:43.58	196100371	<b>2:53.17</b>	+0,77	36.86	1:20.23	2:07.91	2:53.17
12. Ger van Veen	Arethusa	2:49.33	196000583	<b>2:53.29</b>	+0,89	37.62	1:20.75	2:07.58	2:53.29
13. Marco Schoenmakers	ZVVS	3:14.79	196401375	<b>3:07.66</b>	+0,89	41.62	1:29.50	2:19.63	3:07.66

Masters 55+

1. Marten de Groot	HZ&PC Heerenveen	2:11.29	195800149	<b>2:10.32</b>	+0,82	30.94	1:03.81	1:37.00	2:10.32
<i>Nederlands Masters Record</i>									
2. Andre Storm	Zoetermeer	2:43.77	195600407	<b>2:33.54</b>	+0,89	34.06	1:13.48	1:54.21	2:33.54
3. Henk Slomp	De Pinquin	2:30.10	195500359	<b>2:37.86</b>	+0,79	34.40	1:13.78	1:56.76	2:37.86
4. Lex Hoogendam	MNC Dordrecht	2:47.22	195700541	<b>2:57.42</b>	+1,06	37.07	1:21.71	2:09.11	2:57.42
5. Leo de Keizer	PLONS	3:04.42	195600487	<b>3:01.90</b>	+0,91	37.82	1:22.18	2:11.74	3:01.90
6. Dirk Crok	OEZA	2:54.93	195800547	<b>3:02.26</b>	+1,23	38.81	1:23.37	2:13.22	3:02.26
7. Herbert Katgert	WS Twente	3:09.08	195900739	<b>3:13.38</b>	+1,31	42.58	1:31.71	2:23.57	3:13.38
AFGEM Evertjan Masurel	PSV	2:46.37	195600495						

Masters 60+

1. Brend Brevé	PSV	2:31.85	195200265	<b>2:30.28</b>	+0,83	34.90	1:13.82	1:53.54	2:30.28
2. Piet Schop	De Bevelanders	2:51.24	195000109	<b>2:50.04</b>	+0,68	36.83	1:18.59	2:04.86	2:50.04
3. Frank Zwijnenberg	PSV	2:58.11	195400361	<b>2:55.91</b>	+0,76	37.71	1:22.05	2:10.43	2:55.91
DIS Jos Kamps	De Amer	2:53.47	195100085		AA				

Masters 65+

1. Ludwig Lorenz	SV Gladbeck 13	3:17.43	127866	<b>3:17.45</b>	+0,99	46.24	1:37.14	2:29.43	3:17.45
2. Peter Ouweneel	RSW (SG)	3:56.29	194500077	<b>4:19.46</b>	+1,07	52.71	1:56.20	3:07.01	4:19.46

Masters 70+

1. Frans van Enst	WS Twente	3:09.07	194000011	<b>3:06.45</b>	+1,01	39.58	1:29.31	2:18.55	3:06.45
2. Rob Hanou	PSV	3:05.62	194300109	<b>3:06.86</b>	+1,07	41.48	1:30.54	2:22.47	3:06.86
3. Ruud Sloof	De Rijn	3:11.54	194400073	<b>3:14.39</b>	+1,06	41.93	1:32.84	2:25.07	3:14.39
4. Geza Kaltenecker	AZC	3:07.20	194200065	<b>3:18.54</b>	+1,14	42.25	1:35.84	2:28.89	3:18.54
5. Wim ter Laak	PSV	4:12.16	194000027	<b>4:23.79</b>	+1,21	1:01.07	2:10.57	3:20.12	4:23.79





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Programmanr. 13, Heren, 200m vrije slag

Masters 75+

1. Nic Geers	Z&PC De Gouwe	2:45.37	193800007	<b>3:05.42</b>	+0,96	44.20	1:32.87	2:21.38	3:05.42
2. Gregor Pompen	Aqua-Novio'94	3:17.74	193700021	<b>3:32.78</b>	+1,12	48.35	1:42.43	2:38.75	3:32.78

Programmanr. 14  
02-05-2014 - 17:52

Dames, 4 x 50m wisselslag

Masters Open  
Resultaten

rang	vereniging	inschrijftijd	startnr.	tijd	RT
<b>80+</b>					
1.	Octopus 1	2:19.45		<b>2:22.86</b>	+0,69
	Sharon Gelmers	31.59	Margriet Aan het Rot	86	+0,60
	Erika Aan het Rot	37.00	Annebeth van Ark	88	+0,48
<b>100+</b>					
1.	DAW 1	2:10.33		<b>2:14.53</b>	+0,74
	Wieteke Elzinga	35.82	Maaïke Vooren	91	+0,63
	Laura Badoux	37.86	Bianca Paape	85	+0,33
2.	LZ 1886 1	2:18.33		<b>2:15.87</b>	+0,74
	Anna Boef	35.82	Simone de Boer	93	
	Suzanne Brummel	36.98	Heidi van Stein	69	+0,26
3.	Montferland 1	2:31.43		<b>2:30.31</b> *	+0,77
	Marïje Jansen	35.80	Wieteke Jansen	90	+0,70
	Angela Giezen	43.31	Daphne Meijer	93	+0,35
<b>120+</b>					
1.	Het Y 1	2:19.17		<b>2:16.82</b>	+0,76
	Alice Bravo	33.60	Cynthia Noordermeer	70	+0,58
	Evelien Sohl	37.64	Ana-Lara da Silva	80	+0,48
2.	ZPC Woerden 1	2:16.74		<b>2:18.94</b>	+0,50
	Ilse van den Wijngaard	36.66	Marjan Remmits-De Lange	63	+0,39
	Sabine Lina	38.65	Mandy Verbakel	90	+0,57
3.	PLONS 1	2:23.50		<b>2:20.08</b>	+0,78
	Tamar Bakker	33.98	Inge Wolfs	60	+0,40
	Carlien Schrijvershof-van der Zijden	41.18	Marïje Bouma	86	+0,45
4.	RZ 1	2:23.05		<b>2:26.60</b>	+0,90
	Wendy Knoops	39.27	Marian Bouts	86	+0,43
	Suzan van den Bogaard	36.30	Claudia Creemers	92	+0,37
5.	Zoetermeer 1	2:24.87		<b>2:26.87</b>	+0,83
	Linda Hoogendam	40.74	Delia Badoux	80	+0,20
	Fleur Maas	43.69	Chita van der Goorbergh	68	+0,45
6.	De Spatters 1	2:28.56		<b>2:34.09</b>	+1,01
	Carmen Haan	40.73	Serima Veen	86	+0,52
	Karin Hovenkamp	43.46	Roelien Speelman-Tigelaar	66	+0,32
7.	DWK 1	2:37.11		<b>2:38.11</b>	+0,72
	Greta Wyma-Teitsma	46.32	Pauline Gouwens	84	+0,36
	Liesbeth van Mill	45.61	Jennie Resink-Lindeboom	60	+0,49
8.	Budel 1	2:48.30		<b>2:43.76</b>	+0,63
	Jolanda van Knippenberg	43.28	Carola Hompes	88	
	Lilian Kelly	53.79	Joyce Raemaekers	91	





Open Nederlandse Masters  
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Programmanr. 14, Dames, 4 x 50m wisselslag

160+

Rang	Vereniging	Inschrijftijd	Startnr.	Tijd	RT
1.	WS Twente 1	2:24.76		<b>2:26.30</b>	+0,69
	Marijke Kraak-Beckers	60 +0,69 41.18	Annelette de Vries	86	32.27
	Inez Heideman	75 +0,30 39.84	Marion Broekhuis	68	+0,58 33.01
2.	DAW 2	2:35.85		<b>2:34.25</b>	+0,90
	Sandra Pannekeet	84 +0,90 39.72	Ilona Hogerheyde	74	+0,39 33.03
	Petra Tossings	61 +0,75 45.17	Ingeborg Stokx	67	+0,53 36.33
3.	Zwemvereniging Westland 1	2:40.11		<b>2:41.52</b>	+0,80
	Tineke Brouwer-Maat	53 +0,80 48.08	Petra Schoon-Spaans	69	36.53
	Mirjan den Drijver-Aarse	75 42.63	Elke Nuijten	64	34.28
4.	WIDEX GZC DONK 1	2:45.17		<b>2:44.14</b>	+1,13
	Feikje Wittermans	64 +1,13 38.48	Lia Bijkerk	60	45.91
	Ilse Franken	83 49.25	Jacqueline de Ruiter-Wijnolst	74	30.50

200+

1.	CNSW 1	2:38.00		<b>2:38.00 *</b>	+0,71
	Sandra Koenig	86 +0,71 41.52	Claire Anthony	57	+0,25 34.85
	Colette Crabbe	56 +0,11 38.53	Fernande Blondeel	52	+0,33 43.10
2.	Swol 1894 1	2:37.00		<b>2:40.93</b>	
	Mathilde Vink	58 41.55	Annet Kootstra	71	+0,43 40.02
	Bea Swijnenberg	49 +0,35 46.18	Christien Nieuwenhuis	51	+0,33 33.18

240+

1.	PSV 1	2:39.15		<b>2:43.22</b>	+0,74
	<i>Nederlands Masters Record</i>				
	Patty Krupiarz	54 +0,74 42.26	Gudule van der Meer	72	31.52
	Corrie Verhoeven	46 +0,31 47.62	Lottie Geurts	35	+0,76 41.82

Programmanr. 15  
02-05-2014 - 18:01

Heren, 4 x 50m wisselslag

Masters Open  
Resultaten

rang	vereniging	inschrijftijd	startnr.	tijd	RT
80+					
1.	WVZ 1	1:54.52		<b>1:56.89</b>	+0,61
	Mark Costeris	92 +0,61 28.83	Bruno Carissimi Boff	92	+0,37 26.57
	Rens Post	91 +0,42 35.16	Nick Baron	91	+0,21 26.33
2.	LZ 1886 1	2:01.02		<b>2:00.04</b>	+0,76
	Frank Hezemans	92 +0,76 32.75	Thomas Hansen	92	+0,06 28.10
	Kristiaan Lenos	83 +0,59 33.64	Joost Rijntjes	91	+0,48 25.55
100+					
1.	ZPC De Hof 1	1:56.01		<b>1:59.62</b>	+0,61
	Richard Huisken	85 +0,61 31.25	Jasper de Boer	93	+0,41 27.97
	Pieter Pickhardt	83 +0,48 34.07	Emiel Huisken	85	+0,34 26.33
2.	MGO (SG) 1	2:08.29		<b>2:04.67</b>	+0,87
	Leander Noordijk	81 +0,87 32.29	Frank van der Voordt	83	+0,48 30.63
	Bastian Zoon	87 +0,36 34.86	Martijn van Hoom	89	+0,67 26.89
3.	ZOB'66 1	2:00.83		<b>2:04.85</b>	
	Harmen Reemst	87 35.52	Ruben Stolk	90	+0,29 29.47
	Roderik Meijers	86 +0,35 33.38	Ferry Blangé	83	+0,25 26.48



Open Nederlandse Masters  
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Programmanr. 15, Heren, 4 x 50m wisselslag

120+

1. Zwemlust-den Hommel 1	Zwemlust-den Hommel	1:55.28			<b>1:57.80</b>	+0,99
Raoul Engelenburg	89 +0,99	30.85	Mark Zwart	79	+0,31	29.97
Vincent Versteeg	77 +0,25	31.94	Mark Musch	84	+0,07	25.04
2. PLONS 1	PLONS	2:02.69			<b>2:02.10</b>	+0,71
Stan Dekker	79 +0,71	32.17	René Correljé-Kets	68		29.49
Jerry Grondel	72 +0,28	33.67	Bart Groenemans	82	+0,44	26.77
3. RZ 1	RZ	2:08.07			<b>2:08.82</b>	+1,13
Patrick Creemers	90 +1,13	32.47	Kenneth Caster	91	+0,47	29.72
Ralph Caster	61 +0,61	37.20	Mark van Wingerden	70	+0,50	29.43
4. De Futen 1	De Futen	2:09.11			<b>2:09.96</b>	+0,69
Erwin Zuidervelt	75 +0,69	35.04	Erwin Sneek	91	+0,04	28.36
Hans Cligge	81 +0,39	38.40	Arnold de Rover	64	+0,41	28.16

160+

1. PSV 1	PSV	2:01.42			<b>2:03.09</b>	+0,72
Stefan Oosting	81 +0,72	30.81	Wesley van Diejen	86	+0,38	30.22
Harold Matla	68 +0,39	32.45	Brend Brevé	52	+0,51	29.61
2. DAW 1	DAW	2:06.51			<b>2:06.35</b>	+0,76
John Stokx	64 +0,76	33.87	Alex Damen	75	+0,43	29.88
Ron Langelaan	78 +0,26	35.24	Kars Luttk	78	+0,17	27.36
3. Zoetermeer 1	Zoetermeer	2:08.35			<b>2:09.04</b>	+0,60
Andre Storm	56 +0,60	36.56	Markus van Rest	77	+0,25	30.28
Simon van Ravesteijn	80 +0,37	31.59	John Stoffer	63	+0,72	30.61
4. ZVVS 1	ZVVS	2:09.97			<b>2:10.56</b>	+0,71
Danny Zulver	67 +0,71	37.63	Mario Verbeek	73	+0,36	29.87
Rene de Jong	66 +0,41	36.26	Bas van den Nouweland	80	+0,41	26.80
5. WS Twente 1	WS Twente	2:10.28			<b>2:15.52</b>	+0,64
Frans van Enst	40 +0,64	39.96	Marcel Reefhuis	81	+0,26	30.56
Ewoud Rupert	78 +0,39	34.42	Sebastiaan Baars	83	+0,50	30.58
DIS Upstream Amsterdam 1	Upstream Amsterdam	1:59.00				EA +0,70
Edwin van der Meulen	81 +0,70	34.29	Peter van Vuuren	60	+0,57	
Dennis Schouten	75 -0,08		Jeroen Zelsmann	77	+0,02	
AFGEM De Fuut 1	De Fuut	2:29.69				

200+

1. WWV 1	WWV	2:23.30			<b>2:21.70</b>	+0,67
Theo Schouten	46 +0,67	42.32	Kees-Jan van Overbeeke	62	+0,45	30.98
Laurens Klein Breteler	54 +0,44	40.34	Eddy Lamers	77	+0,20	28.06
2. CNSW 1	CNSW	2:20.00			<b>2:21.81</b>	+0,86
Ramon Alsina Munoz	69 +0,86	44.23	Jean-Marie Cadiat	53		30.11
Philippe Godbille	57 +0,31	38.79	Frederic Robin	69	+0,43	28.68
3. PLONS 2	PLONS	2:26.50			<b>2:35.59</b>	+0,92
Hans Maas	65 +0,92	43.01	Mark Kas	61	+0,60	35.76
Vincent de Keijzer	58 +0,42	42.59	Leo de Keizer	56	+0,33	34.23

240+

NG.ZA PSV 2	PSV	2:56.84				
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Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



3 - ONMK 2014 lb sessie 3

03-05-2014 - 9:00

Programmanr. 17  
03-05-2014 - 9:00

Heren, 400m vrije slag

Masters Open  
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
<b>Masters 20+</b>						
1.	Roderick van Doeselaar	De Rijn	4:33.12	199200261	<b>4:31.15</b>	+0,66
	50m: 29.57 29.57 100m: 1:03.50 33.93	150m: 1:37.92 34.42 200m: 2:12.48 34.56	250m: 2:47.13 34.65 300m: 3:22.30 35.17	350m: 3:57.45 35.15 400m: 4:31.15 33.70		
2.	Joost Rijntjes	LZ 1886	4:29.41	199101899	<b>4:37.40</b>	+0,75
	50m: 29.59 29.59 100m: 1:03.56 33.97	150m: 1:38.80 35.24 200m: 2:14.80 36.00	250m: 2:50.52 35.72 300m: 3:25.99 35.47	350m: 4:01.88 35.89 400m: 4:37.40 35.52		
3.	Dennis Wijbenga	Stadskanaal	4:45.98	199003283	<b>4:42.88</b>	+0,86
	50m: 31.59 31.59 100m: 1:06.28 34.69	150m: 1:42.85 36.57 200m: 2:18.97 36.12	250m: 2:56.01 37.04 300m: 3:32.48 36.47	350m: 4:08.81 36.33 400m: 4:42.88 34.07		
4.	Rens Post	WVZ	4:55.97	199101827	<b>5:00.62</b>	+0,80
	50m: 32.30 32.30 100m: 1:09.00 36.70	150m: 1:46.67 37.67 200m: 2:26.05 39.38	250m: 3:04.40 38.35 300m: 3:44.13 39.73	350m: 4:24.39 40.26 400m: 5:00.62 36.23		
5.	Ruben de Boer	De Duinkickers	5:23.32	199301419	<b>5:25.54</b>	+0,82
	50m: 37.03 37.03 100m: 1:18.11 41.08	150m: 2:00.16 42.05 200m: 2:41.87 41.71	250m: 3:24.24 42.37 300m: 4:05.38 41.14	350m: 4:45.92 40.54 400m: 5:25.54 39.62		
6.	John van Heteren	DWF	5:26.23	199305017	<b>5:37.13</b>	+0,93
	50m: 36.63 36.63 100m: 1:17.41 40.78	150m: 2:00.41 43.00 200m: 2:44.53 44.12	250m: 3:28.54 44.01 300m: 4:12.50 43.96	350m: 4:55.59 43.09 400m: 5:37.13 41.54		
7.	Danny Vochteloo	ZZG de Boskickers (SG)	6:33.64	199207251	<b>6:20.91</b>	+0,97
	50m: 42.96 42.96 100m: 1:29.55 46.59	150m: 2:17.83 48.28 200m: 3:06.84 49.01	250m: 3:56.23 49.39 300m: 4:45.88 49.65	350m: 5:35.07 49.19 400m: 6:20.91 45.84		
<b>Masters 25+</b>						
1.	Alex Schelvis	NZ&PC	4:02.28	198702927	<b>4:14.18</b>	+0,77
	50m: 28.40 28.40 100m: 59.92 31.52	150m: 1:32.09 32.17 200m: 2:04.49 32.40	250m: 2:36.96 32.47 300m: 3:09.69 32.73	350m: 3:42.13 32.44 400m: 4:14.18 32.05		
2.	Raoul Engelenburg	Zwemlust-den Hommel	4:27.47	198900843	<b>4:24.12</b>	+0,70
	50m: 29.49 29.49 100m: 1:02.68 33.19	150m: 1:37.03 34.35 200m: 2:10.47 33.44	250m: 2:44.16 33.69 300m: 3:17.76 33.60	350m: 3:51.17 33.41 400m: 4:24.12 32.95		
3.	Richard Huisken	ZPC De Hof	4:16.57	198501141	<b>4:25.53</b>	+0,76
	50m: 29.13 29.13 100m: 1:01.61 32.48	150m: 1:35.18 33.57 200m: 2:09.15 33.97	250m: 2:43.63 34.48 300m: 3:18.26 34.63	350m: 3:52.68 34.42 400m: 4:25.53 32.85		
4.	Erik Simons	d'ELFT WAVE (SG)	4:32.33	198902845	<b>4:26.87</b>	+0,77
	50m: 29.06 29.06 100m: 1:02.60 33.54	150m: 1:36.73 34.13 200m: 2:10.84 34.11	250m: 2:44.46 33.62 300m: 3:19.31 34.85	350m: 3:53.44 34.13 400m: 4:26.87 33.43		
5.	Emiel Huisken	ZPC De Hof	4:16.26	198501139	<b>4:38.94</b>	+0,78
	50m: 29.34 29.34 100m: 1:02.38 33.04	150m: 1:36.65 34.27 200m: 2:12.08 35.43	250m: 2:48.12 36.04 300m: 3:24.99 36.87	350m: 4:02.26 37.27 400m: 4:38.94 36.68		
6.	Roel van Beek	Montferland	5:17.61	198905861	<b>5:01.21</b>	+0,90
	50m: 33.89 33.89 100m: 1:11.03 37.14	150m: 1:49.51 38.48 200m: 2:28.48 38.97	250m: 3:06.81 38.33 300m: 3:45.39 38.58	350m: 4:23.60 38.21 400m: 5:01.21 37.61		
7.	Wesley van Diejen	PSV	5:11.60	198604551	<b>5:21.84</b>	+0,87
	50m: 34.26 34.26 100m: 1:13.50 39.24	150m: 1:53.76 40.26 200m: 2:35.35 41.59	250m: 3:16.63 41.28 300m: 3:58.67 42.04	350m: 4:40.20 41.53 400m: 5:21.84 41.64		
8.	Willem Jacobs	d'ELFT WAVE (SG)	5:35.17	198705037	<b>5:33.85</b>	+0,71
	50m: 34.20 34.20 100m: 1:12.66 38.46	150m: 1:54.22 41.56 200m: 2:37.79 43.57	250m: 3:21.88 44.09 300m: 4:06.51 44.63	350m: 4:50.62 44.11 400m: 5:33.85 43.23		
9.	Niels van der Wekken	MGO (SG)	5:35.78	198905103	<b>5:37.43</b>	+0,79
	50m: 35.41 35.41 100m: 1:15.98 40.57	150m: 1:58.30 42.32 200m: 2:42.20 43.90	250m: 3:26.30 44.10 300m: 4:11.25 44.95	350m: 4:55.88 44.63 400m: 5:37.43 41.55		
AFGEM	Niels Albrechts	MGO (SG)	4:50.11	198800039		





Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



Programmanr. 17, Heren, 400m vrije slag

Masters 30+

1. Erik Schröder	TriVia	4:07.08	198402025	<b>4:23.65</b>	+0,79	
50m: 29.09	150m: 1:34.30	33.19	250m: 2:42.67	34.46	350m: 3:50.91	34.19
100m: 1:01.11	200m: 2:08.21	33.91	300m: 3:16.72	34.05	400m: 4:23.65	32.74
2. Kristiaan Lenos	LZ 1886	4:30.96	198301331	<b>4:26.33</b>	+0,80	
50m: 29.35	150m: 1:35.51	33.11	250m: 2:43.41	34.19	350m: 3:52.79	34.48
100m: 1:02.40	200m: 2:09.22	33.71	300m: 3:18.31	34.90	400m: 4:26.33	33.54
3. Marcel Reefhuis	WS Twente	4:42.04	198101381	<b>4:48.14</b>	+0,79	
50m: 32.30	150m: 1:44.06	36.48	250m: 2:57.67	37.00	350m: 4:11.93	37.22
100m: 1:07.58	200m: 2:20.67	36.61	300m: 3:34.71	37.04	400m: 4:48.14	36.21
4. Jim Geestman	RSW (SG)	4:34.13	198300699	<b>4:54.12</b>	+0,92	
50m: 30.87	150m: 1:40.62	35.89	250m: 2:57.82	39.11	350m: 4:17.26	39.96
100m: 1:04.73	200m: 2:18.71	38.09	300m: 3:37.30	39.48	400m: 4:54.12	36.86
5. Jeroen Vogelsang	DAW	4:53.63	198001645	<b>4:59.36</b>	+0,86	
50m: 32.82	150m: 1:46.12	37.37	250m: 3:01.99	38.73	350m: 4:20.70	39.43
100m: 1:08.75	200m: 2:23.26	37.14	300m: 3:41.27	39.28	400m: 4:59.36	38.66
6. Rob van Vliet	AZ&PC	5:10.71	198402459	<b>5:00.38</b>	+0,92	
50m: 32.58	150m: 1:46.66	37.96	250m: 3:03.82	38.81	350m: 4:22.06	39.10
100m: 1:08.70	200m: 2:25.01	38.35	300m: 3:42.96	39.14	400m: 5:00.38	38.32
7. Maarten Prot	Upstream Amsterdam	5:44.77	198403195	<b>5:49.09</b>	+0,81	
50m: 36.74	150m: 2:04.15	44.94	250m: 3:36.06	45.93	350m: 5:08.34	46.14
100m: 1:19.21	200m: 2:50.13	45.98	300m: 4:22.20	46.14	400m: 5:49.09	40.75

Masters 35+

1. Roland de Jong	Eurode KZC	4:27.04	197601513	<b>4:36.38</b>	+0,72	
50m: 30.16	150m: 1:37.72	34.60	250m: 2:49.30	36.20	350m: 4:01.78	36.25
100m: 1:03.12	200m: 2:13.10	35.38	300m: 3:25.53	36.23	400m: 4:36.38	34.60
2. Ivo Roozeboom	WVZ	4:40.07	197700801	<b>4:45.18</b>	+0,88	
50m: 31.18	150m: 1:43.88	36.65	250m: 2:57.67	36.68	350m: 4:10.54	36.41
100m: 1:07.23	200m: 2:20.99	37.11	300m: 3:34.13	36.46	400m: 4:45.18	34.64
3. Bas Broekhuis	MZ&PC	5:29.08	197601561	<b>5:23.43</b>	+0,93	
50m: 36.57	150m: 1:59.19	41.83	250m: 3:23.06	42.04	350m: 4:46.57	41.13
100m: 1:17.36	200m: 2:41.02	41.83	300m: 4:05.44	42.38	400m: 5:23.43	36.86
4. Markus van Rest	Zoetermeer	4:57.20	197701197	<b>5:25.65</b>	+0,86	
50m: 34.76	150m: 1:55.49	41.46	250m: 3:20.92	43.09	350m: 4:45.30	41.58
100m: 1:14.03	200m: 2:37.83	42.34	300m: 4:03.72	42.80	400m: 5:25.65	40.35
5. Steven Prins	PLONS	5:16.80	197901833	<b>5:27.68</b>	+0,73	
50m: 35.49	150m: 1:56.70	41.22	250m: 3:20.23	41.30	350m: 4:45.45	42.15
100m: 1:15.48	200m: 2:38.93	42.23	300m: 4:03.30	43.07	400m: 5:27.68	42.23

AFGEM Svet Gavrilov

GLS Ketelbinkie 5:04.29 197501263

Masters 40+

1. Richard Rickson	HGN (SG)	4:45.01	197000841	<b>5:05.89</b>	+0,90	
50m: 33.70	150m: 1:49.72	38.54	250m: 3:08.24	38.93	350m: 4:27.51	39.19
100m: 1:11.18	200m: 2:29.31	39.59	300m: 3:48.32	40.08	400m: 5:05.89	38.38
2. Wouter van der Stelt	Den Doorn	5:18.60	197200889	<b>5:32.17</b>	+0,74	
50m: 34.34	150m: 1:53.97	40.97	250m: 3:19.88	43.49	350m: 4:47.76	44.04
100m: 1:13.00	200m: 2:36.39	42.42	300m: 4:03.72	43.84	400m: 5:32.17	44.41
3. Marcel Hoeksel	ZVVS	5:14.25	197001655	<b>5:35.58</b>	+1,11	
50m: 35.99	150m: 1:58.79	42.47	250m: 3:26.36	44.02	350m: 4:53.24	43.19
100m: 1:16.32	200m: 2:42.34	43.55	300m: 4:10.05	43.69	400m: 5:35.58	42.34
4. Stefan Vogel	Racing Club	5:37.55	197101589	<b>5:53.04</b>	+0,80	
50m: 36.40	150m: 2:02.31	44.58	250m: 3:35.67	47.14	350m: 5:10.15	46.96
100m: 1:17.73	200m: 2:48.53	46.22	300m: 4:23.19	47.52	400m: 5:53.04	42.89
5. Bas van Gool	De Geul	6:30.75	197201435	<b>6:53.35</b>	+0,87	
50m: 41.84	150m: 2:21.30	51.59	250m: 4:11.08	55.59	350m: 6:01.69	54.64
100m: 1:29.71	200m: 3:15.49	54.19	300m: 5:07.05	55.97	400m: 6:53.35	51.66



Programmanr. 17, Heren, 400m vrije slag

Masters 45+

1.	Maurice van den Berge	HZ Zian	4:48.09	196900087	<b>4:49.54</b>	+0,85
	50m: 32.75 32.75	150m: 1:45.86 37.17	250m: 3:00.56 37.51	350m: 4:14.52 36.80		
	100m: 1:08.69 35.94	200m: 2:23.05 37.19	300m: 3:37.72 37.16	400m: 4:49.54 35.02		
2.	Arjan Bellaart	Oceanus	4:47.98	196900079	<b>4:50.66</b>	+0,80
	50m: 32.56 32.56	150m: 1:45.39 36.93	250m: 2:59.79 37.11	350m: 4:14.60 37.24		
	100m: 1:08.46 35.90	200m: 2:22.68 37.29	300m: 3:37.36	400m: 4:50.66 36.06		
3.	René Beetsma	HZ&PC Heerenveen	4:55.82	196900069	<b>4:52.23</b>	+0,82
	50m: 33.05 33.05	150m: 1:46.41 36.79	250m: 3:01.13 37.01	350m: 4:16.09 37.06		
	100m: 1:09.62 36.57	200m: 2:24.12 37.71	300m: 3:39.03 37.90	400m: 4:52.23 36.14		
4.	Harold Matla	PSV	5:14.43	196800591	<b>5:13.24</b>	+0,90
	50m: 35.36 35.36	150m: 1:53.87 39.71	250m: 3:15.52 40.62	350m: 4:35.58 39.88		
	100m: 1:14.16 38.80	200m: 2:34.90 41.03	300m: 3:55.70 40.18	400m: 5:13.24 37.66		
5.	Francis Roosen	VZV Njord	6:08.38	196801581	<b>5:35.66</b>	+0,69
	50m: 36.24 36.24	150m: 1:55.94 40.24	250m: 3:21.81 43.60	350m: 4:51.93 45.93		
	100m: 1:15.70 39.46	200m: 2:38.21 42.27	300m: 4:06.00 44.19	400m: 5:35.66 43.73		
6.	Erik van Dartel	PSV	5:18.50	196700185	<b>5:42.05</b>	+1,07
	50m: 38.88 38.88	150m: 2:03.95 42.98	250m: 3:31.23 43.51	350m: 4:59.25 43.74		
	100m: 1:20.97 42.09	200m: 2:47.72 43.77	300m: 4:15.51 44.28	400m: 5:42.05 42.80		
7.	Freddy van der Veen	ZVVS	5:49.00	196601161	<b>5:46.09</b>	+1,03
	50m: 34.45 34.45	150m: 1:57.78 42.97	250m: 3:27.82 45.66	350m: 5:00.68 47.08		
	100m: 1:14.81 40.36	200m: 2:42.16 44.38	300m: 4:13.60 45.78	400m: 5:46.09 45.41		
8.	Ramon Alsina Munoz	CNSW	5:50.96	CNSW/608/69	<b>5:49.01</b>	+0,90
	50m: 38.75 38.75	150m: 2:05.97 44.52	250m: 3:34.17 43.89	350m: 5:04.60 45.43		
	100m: 1:21.45 42.70	200m: 2:50.28 44.31	300m: 4:19.17 45.00	400m: 5:49.01 44.41		
9.	Fred Dijkshoorn	Zwemvereniging Westland	6:16.65	196501539	<b>5:57.83</b>	+1,01
	50m: 36.74 36.74	150m: 2:04.69 45.91	250m: 3:39.34 47.25	350m: 5:13.85 47.03		
	100m: 1:18.78 42.04	200m: 2:52.09 47.40	300m: 4:26.82 47.48	400m: 5:57.83 43.98		
10.	Marcel Brittijn	De Duinkickers	5:52.39	196900159	<b>6:12.42</b>	+0,73
	50m: 38.03 38.03	150m: 2:08.88 46.91	250m: 3:46.80 49.33	350m: 5:27.36 49.32		
	100m: 1:21.97 43.94	200m: 2:57.47 48.59	300m: 4:38.04 51.24	400m: 6:12.42 45.06		
AFGEM	Henk van Zetten	Octopus	6:29.56	196701261		
AFGEM	Konstantin Sklyar	TG Lage 1862	5:02.98	321129		

Masters 50+

1.	Paul van der Voort	De Zwoer	5:36.91	196200715	<b>5:33.09</b>	+1,05
	50m: 35.05 35.05	150m: 1:57.62 42.28	250m: 3:23.69 43.31	350m: 4:51.85 44.12		
	100m: 1:15.34 40.29	200m: 2:40.38 42.76	300m: 4:07.73 44.04	400m: 5:33.09 41.24		
2.	Eric Tijms	OEZA	6:10.09	196401125	<b>6:05.69</b>	+1,02
	50m: 39.09 39.09	150m: 2:07.41 45.29	250m: 3:42.69 47.23	350m: 5:19.36 49.05		
	100m: 1:22.12 43.03	200m: 2:55.46 48.05	300m: 4:30.31 47.62	400m: 6:05.69 46.33		
3.	Nico van Maanen	De Duck	6:22.99	196100371	<b>6:21.19</b>	+0,76
	50m: 39.26 39.26	150m: 2:11.74 47.83	250m: 3:51.27 50.07	350m: 5:34.05 51.27		
	100m: 1:23.91 44.65	200m: 3:01.20 49.46	300m: 4:42.78 51.51	400m: 6:21.19 47.14		
4.	Marco Schoenmakers	ZVVS	7:01.51	196401375	<b>6:45.69</b>	+1,00
	50m: 42.53 42.53	150m: 2:24.91 52.84	250m: 4:10.64 52.85	350m: 5:58.08 53.68		
	100m: 1:32.07 49.54	200m: 3:17.79 52.88	300m: 5:04.40 53.76	400m: 6:45.69 47.61		
5.	Jan Haitsma	De Spatters	7:00.16	196000929	<b>6:59.05</b>	+1,10
	50m: 46.93 46.93	150m: 2:32.65 53.34	250m: 4:19.10 53.63	350m: 6:07.42 54.55		
	100m: 1:39.31 52.38	200m: 3:25.47 52.82	300m: 5:12.87 53.77	400m: 6:59.05 51.63		
AFGEM	Hendrik Haze	GoSwim	5:44.21	196401387		

Masters 55+

1.	Marten de Groot	HZ&PC Heerenveen	4:39.18	195800149	<b>4:39.58</b>	+0,82
	<i>Kampioenschaps Record</i>					
	50m: 32.41 32.41	150m: 1:43.73 35.71	250m: 2:55.23 35.58	350m: 4:05.52 35.15		
	100m: 1:08.02 35.61	200m: 2:19.65 35.92	300m: 3:30.37 35.14	400m: 4:39.58 34.06		
2.	Albert Boonstra	Aqua-Novio'94	4:47.84	195700425	<b>4:57.71</b>	+0,90
	50m: 33.60 33.60	150m: 1:48.95 38.06	250m: 3:04.77 37.52	350m: 4:20.61 37.65		
	100m: 1:10.89 37.29	200m: 2:27.25 38.30	300m: 3:42.96 38.19	400m: 4:57.71 37.10		
3.	Richard Broer	PLONS	5:19.11	195900077	<b>5:18.19</b>	+0,99
	50m: 35.55 35.55	150m: 1:56.82 41.62	250m: 3:18.74 41.18	350m: 4:39.01 40.40		
	100m: 1:15.20 39.65	200m: 2:37.56 40.74	300m: 3:58.61 39.87	400m: 5:18.19 39.18		



Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



Programmanr. 17, Heren, 400m vrije slag, Masters 55+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
4.	Henk Slomp	De Pinquin	5:20.70	195500359	<b>5:35.60</b>	+0,84
	50m: 36.61 100m: 1:18.46	150m: 2:01.98 200m: 2:45.97	250m: 3:29.78 300m: 4:13.76	350m: 4:57.10 400m: 5:35.60	43.34 38.50	
5.	Hans Groothelm	DBD	5:35.81	195800151	<b>5:44.62</b>	+0,76
	50m: 35.72 100m: 1:16.53	150m: 1:59.56 200m: 2:43.98	250m: 3:29.76 300m: 4:15.19	350m: 5:00.82 400m: 5:44.62	45.63 43.80	
6.	Lex Hoogendam	MNC Dordrecht	5:44.05	195700541	<b>6:04.25</b>	+1,04
	50m: 37.61 100m: 1:27.70	150m: 2:06.96 200m: 2:54.25	250m: 3:41.41 300m: 4:29.41	350m: 5:17.26 400m: 6:04.25	47.85 46.99	
7.	Dirk Crok	OEZA	6:18.51	195800547	<b>6:30.53</b>	+1,34
	50m: 41.26 100m: 1:27.58	150m: 2:17.21 200m: 3:07.41	250m: 3:58.37 300m: 4:49.55	350m: 5:40.44 400m: 6:30.53	50.89 50.09	
8.	Leo de Keizer	PLONS	6:38.38	195600487	<b>6:52.57</b>	+0,96
	50m: 42.31 100m: 1:30.77	150m: 2:23.25 200m: 3:17.85	250m: 4:12.03 300m: 5:06.49	350m: 5:59.47 400m: 6:52.57	52.98 53.10	
9.	Dré Klaassen	ZOB'66	6:42.11	195600141	<b>7:07.40</b>	+0,92
	50m: 46.74 100m: 1:38.79	150m: 2:32.39 200m: 3:27.13	250m: 4:22.40 300m: 5:18.18	350m: 6:14.65 400m: 7:07.40	56.47 52.75	

Masters 60+

1.	Brend Brevé	PSV	5:29.24	195200265	<b>5:21.37</b>	+0,87
	50m: 36.08 100m: 1:16.22	150m: 1:57.85 200m: 2:39.46	250m: 3:21.16 300m: 4:02.38	350m: 4:43.56 400m: 5:21.37	41.18 37.81	
2.	Piet Schop	De Bevelanders	6:01.99	195000109	<b>5:52.89</b>	+0,65
	50m: 37.37 100m: 1:21.19	150m: 2:07.73 200m: 2:53.98	250m: 3:40.59 300m: 4:26.00	350m: 5:11.30 400m: 5:52.89	45.30 41.59	
3.	Jos Kamps	De Amer	6:35.30	195100085	<b>6:36.19</b>	+1,17
	50m: 40.96 100m: 1:27.37	150m: 2:17.29 200m: 3:07.52	250m: 3:59.54 300m: 4:52.92	350m: 5:44.56 400m: 6:36.19	51.64 51.63	

Masters 65+

1.	Ludwig Lorenz	SV Gladbeck 13	6:51.39	127866	<b>6:44.04</b>	+0,95
	50m: 47.82 100m: 1:39.94	150m: 2:32.45 200m: 3:24.17	250m: 4:16.32 300m: 5:07.44	350m: 5:57.27 400m: 6:44.04	49.83 46.77	
2.	Peter Ouweneel	RSW (SG)	8:48.31	194500077	<b>9:13.51</b>	+1,18
	50m: 58.43 100m: 2:05.37	150m: 3:13.29 200m: 4:26.07	250m: 5:40.90 300m: 6:54.16	350m: 8:06.56 400m: 9:13.51	1:12.40 1:06.95	

Masters 70+

1.	Rob Hanou	PSV	6:24.23	194300109	<b>6:47.82</b>	+1,09
	50m: 44.35 100m: 1:36.69	150m: 2:30.47 200m: 3:23.86	250m: 4:16.16 300m: 5:08.35	350m: 6:01.46 400m: 6:47.82	53.11 46.36	
2.	Geza Kaltenecker	AZC	6:47.34	194200065	<b>6:57.79</b>	+1,05
	50m: 46.36 100m: 1:37.54	150m: 2:33.76 200m: 3:28.24	250m: 4:24.13 300m: 5:17.80	350m: 6:11.84 400m: 6:57.79	54.04 45.95	
3.	Wim ter Laak	PSV	8:51.00	194000027	<b>9:20.67</b>	+1,19
	50m: 1:02.21 100m: 2:15.75	150m: 3:30.60 200m: 4:44.65	250m: 5:58.39 300m: 7:08.66	350m: 8:17.06 400m: 9:20.67	1:08.40 1:03.61	

Masters 75+

1.	Nic Geers <i>Kampioenschaps Record</i>	Z&PC De Gouwe	5:54.80	193800007	<b>6:44.07</b>	+0,93
	50m: 45.02 100m: 1:36.38	150m: 2:29.40 200m: 3:21.89	250m: 4:14.77 300m: 5:07.54	350m: 5:58.76 400m: 6:44.07	51.22 45.31	

Programmanr. 18  
03-05-2014 - 9:59

Dames, 400m vrije slag

Masters Open  
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT				
<b>Masters 20+</b>										
1.	Wendan Poelstra	TriVia	4:40.09	199102496	<b>4:44.52</b>	+0,73				
	50m: 31.87	31.87	150m: 1:43.41	36.00	250m: 2:55.81	36.10	350m: 4:08.23	36.22	400m: 4:44.52	36.29
	100m: 1:07.41	35.54	200m: 2:19.71	36.30	300m: 3:32.01	36.20				
2.	Maaïke Vooren	DAW	4:52.74	199103324	<b>4:46.38</b>	+0,85				
	50m: 32.30	32.30	150m: 1:44.13	36.16	250m: 2:57.10	36.40	350m: 4:10.35	36.51	400m: 4:46.38	36.03
	100m: 1:07.97	35.67	200m: 2:20.70	36.57	300m: 3:33.84	36.74				
3.	Iris Pijtak	AZ&PC	4:41.15	199300602	<b>4:51.50</b>	+0,69				
	50m: 32.35	32.35	150m: 1:45.30	37.02	250m: 3:00.67	37.44	350m: 4:16.31	37.69	400m: 4:51.50	35.19
	100m: 1:08.28	35.93	200m: 2:23.23	37.93	300m: 3:38.62	37.95				
4.	Rebecca Vroomen	Eurode KZC	4:46.14	199301772	<b>4:55.61</b>	+0,86				
	50m: 33.06	33.06	150m: 1:47.78	37.68	250m: 3:04.04	38.29	350m: 4:19.65	38.00	400m: 4:55.61	35.96
	100m: 1:10.10	37.04	200m: 2:25.75	37.97	300m: 3:41.65	37.61				
5.	Sigrit Aarten	Deltasteur	4:52.48	199302868	<b>4:57.67</b>	+0,98				
	50m: 32.73	32.73	150m: 1:46.47	37.68	250m: 3:02.92	37.96	350m: 4:19.81	38.40	400m: 4:57.67	37.86
	100m: 1:08.79	36.06	200m: 2:24.96	38.49	300m: 3:41.41	38.49				
6.	Jasmijn Ruijgrok	De Zijl/LGB	5:03.66	199401032	<b>4:58.25</b>	+0,76				
	50m: 32.36	32.36	150m: 1:46.80	37.59	250m: 3:03.15	38.32	350m: 4:20.48	38.51	400m: 4:58.25	37.77
	100m: 1:09.21	36.85	200m: 2:24.83	38.03	300m: 3:41.97	38.82				
7.	Seline Koek	LZ 1886	4:55.72	199400622	<b>5:06.61</b>	+0,86				
	50m: 31.79	31.79	150m: 1:45.45	37.93	250m: 3:07.44	41.49	350m: 4:29.37	40.40	400m: 5:06.61	37.24
	100m: 1:07.52	35.73	200m: 2:25.95	40.50	300m: 3:48.97	41.53				
8.	Suzanne Brummel	LZ 1886	4:57.70	199401366	<b>5:07.00</b>	+0,79				
	50m: 32.21	32.21	150m: 1:47.67	38.54	250m: 3:07.49	39.55	350m: 4:28.69	40.59	400m: 5:07.00	38.31
	100m: 1:09.13	36.92	200m: 2:27.94	40.27	300m: 3:48.10	40.61				
9.	Anouk Kuijlaars	ZC Aquadream	5:16.32	199401700	<b>5:08.86</b>	+0,74				
	50m: 33.08	33.08	150m: 1:49.44	39.12	250m: 3:10.09	40.06	350m: 4:30.26	40.07	400m: 5:08.86	38.60
	100m: 1:10.32	37.24	200m: 2:30.03	40.59	300m: 3:50.19	40.10				
10.	Eline Roobol	De Lansingh	5:07.42	199106414	<b>5:11.28</b>	+0,76				
	50m: 33.35	33.35	150m: 1:50.23	39.34	250m: 3:10.81	40.32	350m: 4:32.20	40.75	400m: 5:11.28	39.08
	100m: 1:10.89	37.54	200m: 2:30.49	40.26	300m: 3:51.45	40.64				
11.	Wendy de Bruin	ZOB'66	4:55.40	199206320	<b>5:12.34</b>	+0,67				
	50m: 34.77	34.77	150m: 1:52.63	39.79	250m: 3:13.85	40.71	350m: 4:33.56	39.75	400m: 5:12.34	38.78
	100m: 1:12.84	38.07	200m: 2:33.14	40.51	300m: 3:53.81	39.96				
12.	Denise Koerhuis	De Spatters	5:11.18	199400306	<b>5:23.44</b>	+0,75				
	50m: 34.03	34.03	150m: 1:56.00	42.34	250m: 3:21.19	42.63	350m: 4:46.26	42.20	400m: 5:23.44	37.18
	100m: 1:13.66	39.63	200m: 2:38.56	42.56	300m: 4:04.06	42.87				
13.	Maaïke de Boer	De Duinkickers	5:16.03	199000362	<b>5:25.13</b>	+0,78				
	50m: 35.15	35.15	150m: 1:56.24	41.14	250m: 3:19.49	41.81	350m: 4:43.47	41.74	400m: 5:25.13	41.66
	100m: 1:15.10	39.95	200m: 2:37.68	41.44	300m: 4:01.73	42.24				
14.	Myrthe Lampe	De Devel	5:05.40	199002236	<b>5:27.73</b>	+0,89				
	50m: 35.60	35.60	150m: 1:56.57	41.10	250m: 3:20.55	42.26	350m: 4:45.73	42.87	400m: 5:27.73	42.00
	100m: 1:15.47	39.87	200m: 2:38.29	41.72	300m: 4:02.86	42.31				
15.	Irmgard van Weeghel	Octopus	5:12.10	199204834	<b>5:31.87</b>	+0,71				
	50m: 35.07	35.07	150m: 1:56.05	41.43	250m: 3:22.04	43.29	350m: 4:49.91	44.03	400m: 5:31.87	41.96
	100m: 1:14.62	39.55	200m: 2:38.75	42.70	300m: 4:05.88	43.84				
16.	Lieke Janssen	HGN (SG)	5:25.76	199305954	<b>5:35.51</b>	+0,90				
	50m: 37.44	37.44	150m: 2:02.95	43.19	250m: 3:29.08	42.96	350m: 4:54.83	42.60	400m: 5:35.51	40.68
	100m: 1:19.76	42.32	200m: 2:46.12	43.17	300m: 4:12.23	43.15				
17.	Ramona Noordermeer	ZVVS	5:27.36	199401746	<b>5:36.16</b>	+0,77				
	50m: 37.60	37.60	150m: 2:03.12	43.45	250m: 3:30.79	43.55	350m: 4:56.27	42.54	400m: 5:36.16	39.89
	100m: 1:19.67	42.07	200m: 2:47.24	44.12	300m: 4:13.73	42.94				
18.	Carmen Veldkamp	WVZ	5:21.54	199406114	<b>5:37.77</b>	+0,79				
	50m: 37.00	37.00	150m: 2:02.58	43.15	250m: 3:30.15	43.81	350m: 4:56.82	43.18	400m: 5:37.77	40.95
	100m: 1:19.43	42.43	200m: 2:46.34	43.76	300m: 4:13.64	43.49				
19.	Yvonne Bruls	Eurode KZC	5:24.51	199008114	<b>5:38.84</b>	+0,74				
	50m: 35.49	35.49	150m: 1:59.24	43.23	250m: 3:27.47	44.57	350m: 4:55.97	44.38	400m: 5:38.84	42.87
	100m: 1:16.01	40.52	200m: 2:42.90	43.66	300m: 4:11.59	44.12				
20.	Rowie Hooff	De Duinkickers	5:44.04	199301988	<b>6:03.66</b>	+0,89				
	50m: 36.58	36.58	150m: 2:03.32	45.22	250m: 3:37.06	47.52	350m: 5:15.11	49.35	400m: 6:03.66	48.55
	100m: 1:18.10	41.52	200m: 2:49.54	46.22	300m: 4:25.76	48.70				

Programmanr. 18, Dames, 400m vrije slag, Masters 20+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
21.	Claudia Creemers	RZ	6:29.83	199202864	<b>6:34.61</b>	+0,77		
	50m: 40.57	40.57	150m: 2:17.63	50.19	250m: 4:02.89	52.94	350m: 5:47.48	52.32
	100m: 1:27.44	46.87	200m: 3:09.95	52.32	300m: 4:55.16	52.27	400m: 6:34.61	47.13

Masters 25+

1.	Lisanne Andeweg	Zuiderzeezwemmers	4:43.32	198800092	<b>4:49.30</b>	+0,83		
	50m: 32.63	32.63	150m: 1:45.63	37.15	250m: 2:59.88	37.09	350m: 4:13.89	36.70
	100m: 1:08.48	35.85	200m: 2:22.79	37.16	300m: 3:37.19	37.31	400m: 4:49.30	35.41
2.	Stephanie Rombout	PSV	5:00.02	198803696	<b>5:16.17</b>	+0,70		
	50m: 32.76	32.76	150m: 1:47.88	38.58	250m: 3:08.67	40.92	350m: 4:33.43	43.45
	100m: 1:09.30	36.54	200m: 2:27.75	39.87	300m: 3:49.98	41.31	400m: 5:16.17	42.74
3.	Anna Boef	LZ 1886	5:27.46	198806288	<b>5:21.03</b>	+0,83		
	50m: 34.25	34.25	150m: 1:53.18	40.33	250m: 3:15.79	41.78	350m: 4:39.96	42.39
	100m: 1:12.85	38.60	200m: 2:34.01	40.83	300m: 3:57.57	41.78	400m: 5:21.03	41.07
4.	Sandra Koenig	CNSW	5:34.59	CNSW/612/86	<b>5:36.44</b>	+0,83		
	50m: 39.08	39.08	150m: 2:03.75	42.91	250m: 3:29.22	42.67	350m: 4:55.16	42.86
	100m: 1:20.84	41.76	200m: 2:46.55	42.80	300m: 4:12.30	43.08	400m: 5:36.44	41.28
5.	Marije van Manen	AZ&PC	5:37.75	198602386	<b>5:37.75</b>	+0,74		
	50m: 36.36	36.36	150m: 2:00.34	43.17	250m: 3:28.80	44.26	350m: 4:57.04	43.79
	100m: 1:17.17	40.81	200m: 2:44.54	44.20	300m: 4:13.25	44.45	400m: 5:37.75	40.71
6.	Isaline Manchel	CNSW	5:38.16	CNSW/475/85	<b>5:42.52</b>	+0,90		
	50m: 39.26	39.26	150m: 2:06.93	44.17	250m: 3:35.18	43.41	350m: 5:01.56	42.68
	100m: 1:22.76	43.50	200m: 2:51.77	44.84	300m: 4:18.88	43.70	400m: 5:42.52	40.96
7.	Fleur Maas	Zoetermeer	5:38.03	198902768	<b>5:42.63</b>	+0,91		
	50m: 38.11	38.11	150m: 2:05.00	43.48	250m: 3:33.39	44.34	350m: 5:01.02	43.52
	100m: 1:21.52	43.41	200m: 2:49.05	44.05	300m: 4:17.50	44.11	400m: 5:42.63	41.61
8.	Danielle Stevens	Arethusa	5:34.39	198800226	<b>5:42.88</b>	+0,90		
	50m: 39.56	39.56	150m: 2:06.12	43.63	250m: 3:33.61	43.47	350m: 5:00.43	43.19
	100m: 1:22.49	42.93	200m: 2:50.14	44.02	300m: 4:17.24	43.63	400m: 5:42.88	42.45
9.	Desiree Baltés	ZPC De Hof	5:40.58	198900182	<b>5:54.75</b>	+0,92		
	50m: 38.45	38.45	150m: 2:07.14	45.02	250m: 3:38.38	45.63	350m: 5:10.91	46.49
	100m: 1:22.12	43.67	200m: 2:52.75	45.61	300m: 4:24.42	46.04	400m: 5:54.75	43.84

Masters 30+

1.	Petra Benani-Wolsing	De Futen	5:06.90	198402796	<b>4:59.64</b>	+0,79		
	50m: 32.16	32.16	150m: 1:45.77	37.61	250m: 3:03.15	38.81	350m: 4:22.14	39.48
	100m: 1:08.16	36.00	200m: 2:24.34	38.57	300m: 3:42.66	39.51	400m: 4:59.64	37.50
2.	Stephanie Vaernewyck	Mega	5:06.40	MEGA/20352/83	<b>5:13.17</b>	+0,88		
	50m: 34.73	34.73	150m: 1:51.94	39.59	250m: 3:12.36	40.39	350m: 4:33.21	40.63
	100m: 1:12.35	37.62	200m: 2:31.97	40.03	300m: 3:52.58	40.22	400m: 5:13.17	39.96
3.	Linda Hoogendam	Zoetermeer	5:13.11	198300892	<b>5:23.16</b>	+0,73		
	50m: 35.77	35.77	150m: 1:58.31	41.73	250m: 3:21.92	41.53	350m: 4:44.39	40.88
	100m: 1:16.58	40.81	200m: 2:40.39	42.08	300m: 4:03.51	41.59	400m: 5:23.16	38.77
4.	Anke Lambooj	AZL	5:15.61	198001182	<b>5:31.80</b>	+0,83		
	50m: 35.93	35.93	150m: 1:59.14	42.61	250m: 3:26.16	43.60	350m: 4:52.20	42.54
	100m: 1:16.53	40.60	200m: 2:42.56	43.42	300m: 4:09.66	43.50	400m: 5:31.80	39.60
5.	Gabi Vink	PLONS	7:12.33	198403472	<b>6:43.97</b>	+0,81		
	50m: 44.95	44.95	150m: 2:25.83	51.30	250m: 4:08.70	51.37	350m: 5:52.91	52.01
	100m: 1:34.53	49.58	200m: 3:17.33	51.50	300m: 5:00.90	52.20	400m: 6:43.97	51.06
6.	Rianne van Vegchelen	Deltasteur	6:30.07	198101530	<b>6:55.78</b>	+1,13		
	50m: 45.38	45.38	150m: 2:29.25	52.75	250m: 4:15.70	53.57	350m: 6:03.74	54.22
	100m: 1:36.50	51.12	200m: 3:22.13	52.88	300m: 5:09.52	53.82	400m: 6:55.78	52.04
AFGEM	Denise de Riet	De Devel	5:30.59	198402040				
AFGEM	Ramona Linting	Zoetermeer	5:23.72	198301274				

Masters 35+

1.	Carmen Haan	De Spatters	5:46.13	197901458	<b>5:56.63</b>	+1,02		
	50m: 37.73	37.73	150m: 2:07.72	46.05	250m: 3:40.32	46.37	350m: 5:12.44	45.92
	100m: 1:21.67	43.94	200m: 2:53.95	46.23	300m: 4:26.52	46.20	400m: 5:56.63	44.19



Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



Programmanr. 18, Dames, 400m vrije slag, Masters 35+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
2.	Clementine van Bruxvoort	ZPB H&L Productions	6:43.64	197700138	<b>7:00.13</b>	+0,95
	50m: 45.02 45.02	150m: 2:31.12 53.93	250m: 4:20.03 54.66	350m: 6:10.59 55.27		
	100m: 1:37.19 52.17	200m: 3:25.37 54.25	300m: 5:15.32 55.29	400m: 7:00.13 49.54		

Masters 40+

1.	Grith Sigsgaard	Zwemlust-den Hommel	4:49.48	197200772	<b>4:51.19</b>	+0,91
	50m: 32.93 32.93	150m: 1:46.31 36.97	250m: 3:00.77 37.18	350m: 4:15.12 37.13		
	100m: 1:09.34 36.41	200m: 2:23.59 37.28	300m: 3:37.99 37.22	400m: 4:51.19 36.07		
2.	Karin Stein	ZVVS	4:59.83	197100554	<b>5:03.57</b>	+0,84
	50m: 34.77 34.77	150m: 1:51.07 38.74	250m: 3:08.91 38.53	350m: 4:25.91 38.40		
	100m: 1:12.33 37.56	200m: 2:30.38 39.31	300m: 3:47.51 38.60	400m: 5:03.57 37.66		
3.	Annette de Visser	Oceanus	5:15.96	197100602	<b>5:10.12</b>	+0,83
	50m: 34.06 34.06	150m: 1:51.22 39.09	250m: 3:11.21 39.98	350m: 4:31.52 40.03		
	100m: 1:12.13 38.07	200m: 2:31.23 40.01	300m: 3:51.49 40.28	400m: 5:10.12 38.60		
4.	Jeanne Petit	Maxwell SC	5:10.10	1112847	<b>5:26.95</b>	+0,82
	50m: 34.79 34.79	150m: 1:55.98 41.45	250m: 3:19.94 41.64	350m: 4:45.10 42.62		
	100m: 1:14.53 39.74	200m: 2:38.30 42.32	300m: 4:02.48 42.54	400m: 5:26.95 41.85		
5.	Joyce Brummelkamp	ZVVS	5:55.75	197000952	<b>6:00.13</b>	+0,89
	50m: 38.55 38.55	150m: 2:06.92 45.32	250m: 3:40.66 46.93	350m: 5:14.55 46.76		
	100m: 1:21.60 43.05	200m: 2:53.73 46.81	300m: 4:27.79 47.13	400m: 6:00.13 45.58		
6.	Renata van Essen	Zuiderzeezwemmers	5:51.87	197300740	<b>6:04.89</b>	+0,83
	50m: 40.13 40.13	150m: 2:11.48 47.02	250m: 3:46.32 47.50	350m: 5:20.70 47.51		
	100m: 1:24.46 44.33	200m: 2:58.82 47.34	300m: 4:33.19 46.87	400m: 6:04.89 44.19		
7.	Karin Sagonas-Koolen	VZV Njord	5:59.32	197000964	<b>6:13.47</b>	+0,81
	50m: 38.66 38.66	150m: 2:09.43 46.78	250m: 3:46.62 48.93	350m: 5:25.24 49.01		
	100m: 1:22.65 43.99	200m: 2:57.69 48.26	300m: 4:36.23 49.61	400m: 6:13.47 48.23		
8.	Greta Wyma-Teitsma	DWK	6:38.84	197100696	<b>6:53.56</b>	+0,85
	50m: 43.38 43.38	150m: 2:26.88 53.37	250m: 4:15.94 54.88	350m: 6:02.81 52.13		
	100m: 1:33.51 50.13	200m: 3:21.06 54.18	300m: 5:10.68 54.74	400m: 6:53.56 50.75		

Masters 45+

1.	Heidi van Stein	LZ 1886	5:04.74	196900864	<b>5:01.21</b>	+0,81
	<i>Nederlands Masters Record</i>					
	50m: 32.85 32.85	150m: 1:47.56 38.63	250m: 3:05.71 39.15	350m: 4:23.24 39.03		
	100m: 1:08.93 36.08	200m: 2:26.56 39.00	300m: 3:44.21 38.50	400m: 5:01.21 37.97		
2.	Bridget Bewick	Maidenhead Marlines	5:18.52	36934	<b>5:18.18</b>	+0,97
	50m: 35.23 35.23	150m: 1:54.69 40.31	250m: 3:16.37 40.80	350m: 4:38.07 40.93		
	100m: 1:14.38 39.15	200m: 2:35.57 40.88	300m: 3:57.14 40.77	400m: 5:18.18 40.11		
3.	Claudia Goldschmidt	Maidenhead Marlines	5:29.48	954626	<b>5:28.44</b>	+0,98
	50m: 37.04 37.04	150m: 2:01.20 42.87	250m: 3:26.09 42.20	350m: 4:49.96 41.81		
	100m: 1:18.33 41.29	200m: 2:43.89 42.69	300m: 4:08.15 42.06	400m: 5:28.44 38.48		
4.	Marion Broekhuis	WS Twente	5:33.54	196800060	<b>5:44.12</b>	+0,75
	50m: 38.52 38.52	150m: 2:03.16 43.08	250m: 3:31.60 44.53	350m: 5:00.80 44.84		
	100m: 1:20.08 41.56	200m: 2:47.07 43.91	300m: 4:15.96 44.36	400m: 5:44.12 43.32		
5.	Ellen van Wingerden	DWK	5:40.82	196900970	<b>5:53.90</b>	+0,97
	50m: 37.13 37.13	150m: 2:04.40 44.69	250m: 3:35.68 45.59	350m: 5:09.05 46.75		
	100m: 1:19.71 42.58	200m: 2:50.09 45.69	300m: 4:22.30 46.62	400m: 5:53.90 44.85		
6.	Jacqueline Tuin	DAW	6:09.44	196600690	<b>6:05.18</b>	+0,87
	50m: 38.96 38.96	150m: 2:08.93 46.10	250m: 3:44.40 47.82	350m: 5:21.49 48.71		
	100m: 1:22.83 43.87	200m: 2:56.58 47.65	300m: 4:32.78 48.38	400m: 6:05.18 43.69		
7.	Ingeborg Stokx	DAW	6:36.40	196700666	<b>6:32.64</b>	+0,77
	50m: 43.31 43.31	150m: 2:22.34 50.59	250m: 4:03.77 51.00	350m: 5:44.99 50.20		
	100m: 1:31.75 48.44	200m: 3:12.77 50.43	300m: 4:54.79 51.02	400m: 6:32.64 47.65		
8.	Sandra Daamen-Posma	AZC	6:57.92	196800854	<b>7:00.91</b>	+1,02
	50m: 42.85 42.85	150m: 2:24.63 52.83	250m: 4:14.10 54.73	350m: 6:07.33 56.40		
	100m: 1:31.80 48.95	200m: 3:19.37 54.74	300m: 5:10.93 56.83	400m: 7:00.91 53.58		
9.	Monika Millet	The Mermaids	7:36.37	66MONI	<b>7:49.32</b>	+1,09
	50m: 52.57 52.57	150m: 2:50.77 59.15	250m: 4:51.95 1:00.89	350m: 6:52.21 59.60		
	100m: 1:51.62 59.05	200m: 3:51.06 1:00.29	300m: 5:52.61 1:00.66	400m: 7:49.32 57.11		



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Programmanr. 18, Dames, 400m vrije slag

Masters 50+

1.	Christine Moerkerken-Beukema	ZPB H&L Productions	5:15.74	196300524	<b>5:28.09</b>	+0,94
	50m: 35.13	35.13	150m: 1:56.46	41.74	250m: 3:21.21	42.41
	100m: 1:14.72	39.59	200m: 2:38.80	42.34	300m: 4:03.87	42.66
					350m: 4:46.51	42.64
					400m: 5:28.09	41.58
2.	Hannah Ueckermann	Witham Dolphins	5:29.87	50524	<b>5:31.74</b>	+0,90
	50m: 39.66	39.66	150m: 2:04.07	42.02	250m: 3:28.55	42.36
	100m: 1:22.05	42.39	200m: 2:46.19	42.12	300m: 4:10.79	42.24
					350m: 4:52.51	41.72
					400m: 5:31.74	39.23
3.	Jacqueline Rolloos-Bakker	De Lansingh	5:34.77	196300222	<b>5:38.97</b>	+0,75
	50m: 38.02	38.02	150m: 2:04.99	43.63	250m: 3:32.21	43.49
	100m: 1:21.36	43.34	200m: 2:48.72	43.73	300m: 4:15.93	43.72
					350m: 4:58.70	42.77
					400m: 5:38.97	40.27
4.	Petra Tossings	DAW	5:55.17	196100376	<b>5:56.76</b>	+0,80
	50m: 38.93	38.93	150m: 2:08.84	45.35	250m: 3:40.86	46.15
	100m: 1:23.49	44.56	200m: 2:54.71	45.87	300m: 4:27.32	46.46
					350m: 5:13.37	46.05
					400m: 5:56.76	43.39
5.	Annemarie Vuist	Swol 1894	5:40.95	196300282	<b>6:06.40</b>	+0,96
	50m: 39.83	39.83	150m: 2:08.97	45.27	250m: 3:42.40	47.02
	100m: 1:23.70	43.87	200m: 2:55.38	46.41	300m: 4:30.45	48.05
					350m: 5:18.58	48.13
					400m: 6:06.40	47.82
6.	Marie-Josée Matte	WVZ	6:21.07	196000326	<b>6:34.92</b>	+0,91
	50m: 42.52	42.52	150m: 2:21.36	50.49	250m: 4:03.39	50.63
	100m: 1:30.87	48.35	200m: 3:12.76	51.40	300m: 4:54.83	51.44
					350m: 5:45.56	50.73
					400m: 6:34.92	49.36
7.	Jennie Resink-Lindeboom	DWK	6:31.07	196000142	<b>6:43.83</b>	+1,04
	50m: 44.42	44.42	150m: 2:25.58	52.05	250m: 4:11.76	53.12
	100m: 1:33.53	49.11	200m: 3:18.64	53.06	300m: 5:05.41	53.65
					350m: 5:56.87	51.46
					400m: 6:43.83	46.96
8.	Frances van der Moolen	Aqua-Novio'94	6:49.78	196400454	<b>6:49.88</b>	+1,24
	50m: 47.64	47.64	150m: 2:30.80	52.21	250m: 4:15.23	52.59
	100m: 1:38.59	50.95	200m: 3:22.64	51.84	300m: 5:08.33	53.10
					350m: 6:00.73	52.40
					400m: 6:49.88	49.15
9.	Marlies Kinzel	The Mermaids	7:05.70	60MARL	<b>7:37.01</b>	+0,97
	50m: 51.80	51.80	150m: 2:46.80	58.57	250m: 4:45.44	59.78
	100m: 1:48.23	56.43	200m: 3:45.66	58.86	300m: 5:43.61	58.17
					350m: 6:41.79	58.18
					400m: 7:37.01	55.22
AFGEM	Inge Wolfs	PLONS	5:44.87	196000304		

Masters 55+

1.	Colette Crabbe	CNSW	5:41.88	CNSW/559/56	<b>5:26.65</b>	+0,84
	<i>BMR</i>					
	50m: 36.10	36.10	150m: 1:58.53	41.90	250m: 3:23.24	42.17
	100m: 1:16.63	40.53	200m: 2:41.07	42.54	300m: 4:05.29	42.05
					350m: 4:46.66	41.37
					400m: 5:26.65	39.99
2.	Patty Verhagen	PSV	5:29.75	195900146	<b>5:49.45</b>	+1,14
	50m: 41.63	41.63	150m: 2:08.85	43.74	250m: 3:37.52	44.50
	100m: 1:25.11	43.48	200m: 2:53.02	44.17	300m: 4:21.92	44.40
					350m: 5:06.28	44.36
					400m: 5:49.45	43.17
3.	Dorothy Ledwith	Ennis Masters	5:46.55	10009706	<b>5:49.72</b>	+0,88
	50m: 38.82	38.82	150m: 2:05.90	44.32	250m: 3:35.54	44.88
	100m: 1:21.58	42.76	200m: 2:50.66	44.76	300m: 4:20.96	45.42
					350m: 5:05.90	44.94
					400m: 5:49.72	43.82
4.	Ada de Voogd	ZVVS	5:48.62	195900280	<b>5:55.98</b>	+0,79
	50m: 38.85	38.85	150m: 2:09.32	46.30	250m: 3:42.76	46.85
	100m: 1:23.02	44.17	200m: 2:55.91	46.59	300m: 4:29.69	46.93
					350m: 5:15.63	45.94
					400m: 5:55.98	40.35
5.	Mathilde Vink	Swol 1894	6:03.27	195800128	<b>5:56.48</b>	+0,91
	50m: 41.37	41.37	150m: 2:13.08	45.94	250m: 3:44.66	45.75
	100m: 1:27.14	45.77	200m: 2:58.91	45.83	300m: 4:30.18	45.52
					350m: 5:14.51	44.33
					400m: 5:56.48	41.97
6.	Monica Bakker	ZVZ	6:16.02	195600082	<b>6:03.72</b>	+1,06
	50m: 41.95	41.95	150m: 2:13.71	46.61	250m: 3:46.74	46.76
	100m: 1:27.10	45.15	200m: 2:59.98	46.27	300m: 4:33.01	46.27
					350m: 5:18.54	45.53
					400m: 6:03.72	45.18
7.	Margriet Pasma	De Pinquin	5:55.30	195500088	<b>6:11.44</b>	+1,05
	50m: 41.68	41.68	150m: 2:15.59	48.28	250m: 3:52.02	48.57
	100m: 1:27.31	45.63	200m: 3:03.45	47.86	300m: 4:39.50	47.48
					350m: 5:26.99	47.49
					400m: 6:11.44	44.45

Masters 60+

1.	Conny Boer-Buys	ZVVS	5:32.67	195000006	<b>6:13.01</b>	+1,13
	50m: 40.11	40.11	150m: 2:11.43	47.19	250m: 3:47.20	47.38
	100m: 1:24.24	44.13	200m: 2:59.82	48.39	300m: 4:36.41	49.21
					350m: 5:25.69	49.28
					400m: 6:13.01	47.32
2.	Ineke Meijer	HZ&PC Heerenveen	6:48.98	195200034	<b>7:04.31</b>	+0,93
	50m: 45.91	45.91	150m: 2:33.10	54.93	250m: 4:23.89	55.14
	100m: 1:38.17	52.26	200m: 3:28.75	55.65	300m: 5:19.62	55.73
					350m: 6:14.02	54.40
					400m: 7:04.31	50.29



Open Nederlandse Masters  
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Programmanr. 18, Dames, 400m vrije slag, Masters 60+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
3.	Gonnie Bak	PSV	7:20.49	195100064	<b>7:29.84</b>	+0,88
	50m: 49.27 49.27	150m: 2:45.03 58.32	250m: 4:41.02 58.68	350m: 6:37.31 58.10		
	100m: 1:46.71 57.44	200m: 3:42.34 57.31	300m: 5:39.21 58.19	400m: 7:29.84 52.53		
4.	Janny van der Weide	Deltasteur	9:24.59	195100066	<b>9:25.21</b>	
	50m: 1:01.41 1:01.41	150m: 3:21.71 1:11.68	250m: 5:47.45 1:12.48	350m: 8:13.26 1:10.41		
	100m: 2:10.03 1:08.62	200m: 4:34.97 1:13.26	300m: 7:02.85 1:15.40	400m: 9:25.21 1:11.95		

Masters 65+

1.	Annie Smits	PSV	7:06.82	194600016	<b>7:31.29</b>	+1,03
	50m: 53.43 53.43	150m: 2:49.06 57.98	250m: 4:47.11 57.86	350m: 6:38.98 54.78		
	100m: 1:51.08 57.65	200m: 3:49.25 1:00.19	300m: 5:44.20 57.09	400m: 7:31.29 52.31		
AFGEM	Loekie v. Huissteden	AZ&PC	9:00.57	194500002		

Masters 70+

1.	Matty van der Veen	Old Dutch	7:09.20	194400020	<b>7:58.51</b>	+1,13
	50m: 52.28 52.28	150m: 2:47.67 58.40	250m: 4:50.41 1:01.44	350m: 6:56.19 1:04.01		
	100m: 1:49.27 56.99	200m: 3:48.97 1:01.30	300m: 5:52.18 1:01.77	400m: 7:58.51 1:02.32		
2.	Liesbeth ter Laak	PSV	11:49.24	194200008	<b>12:01.28</b>	+0,97
	50m: 1:14.83 1:14.83	150m: 4:18.94 1:33.63	250m: 7:25.45 1:33.53	350m: 10:31.27 1:34.26		
	100m: 2:45.31 1:30.48	200m: 5:51.92 1:32.98	300m: 8:57.01 1:31.56	400m: 12:01.28 1:30.01		

Masters 80+

1.	Annie de Vos	Old Dutch	9:09.85	193400004	<b>10:04.45</b>	
	50m: 1:06.21 1:06.21	150m: 3:38.95 1:17.11	250m: 6:14.35 1:18.07	350m: 8:48.98 1:17.34		
	100m: 2:21.84 1:15.63	200m: 4:56.28 1:17.33	300m: 7:31.64 1:17.29	400m: 10:04.45 1:15.47		

Programmanr. 19  
03-05-2014 - 11:08

Heren, 200m vlinderslag

Masters Open  
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT	50m	100m	150m	200m
<b>Masters 20+</b>									
1.	Ensger Kotterink	Albion	2:02.43 199403391	<b>2:06.38</b>	+0,67	27.27	58.94	1:31.89	2:06.38
	<i>Nederlands Masters Record</i>								
2.	Bruno Carissimi Boff	WVZ	2:11.22 199207283	<b>2:19.82</b>	+0,76	30.34	1:05.98	1:41.72	2:19.82
3.	Simon Kassing	d'ELFT WAVE (SG)	2:17.96 199406553	<b>2:21.13</b>	+0,76	30.93	1:06.98	1:44.11	2:21.13
4.	Roderick van Doeselaar	De Rijn	2:24.90 199200261	<b>2:23.93</b>	+0,69	31.23	1:09.18	1:46.95	2:23.93
5.	Maik Steenkamp	Montferland	2:21.01 199103847	<b>2:31.76</b>	+0,72	32.81	1:11.34	1:50.91	2:31.76
6.	Erwin Sneek	De Futen	2:28.42 199102153	<b>2:36.38</b>	+0,82	33.24	1:12.05	1:53.96	2:36.38
7.	Robin Eltink	NDD	2:32.84 199406147	<b>2:47.57</b>	+0,86	33.31	1:14.59	1:59.38	2:47.57
NG	Emile Manni	Octopus	2:12.78 199001901						
<b>Masters 25+</b>									
1.	Alex Schelvis	NZ&PC	2:08.77 198702927	<b>2:13.07</b>	+0,77	28.51	1:00.76	1:34.95	2:13.07
2.	Bastian Zoon	MGO (SG)	2:35.68 198703929	<b>2:37.81</b>	+0,73	32.19	1:11.52	1:53.76	2:37.81
3.	Rick Driezen	Steenwijk 1934	2:33.88 198600713	<b>2:38.68</b>	+0,83	33.68	1:14.70	1:54.98	2:38.68
4.	Remko Hooft	De Duinkickers	2:38.86 198701405	<b>2:44.78</b>	+0,77	33.30	1:15.46	1:59.66	2:44.78
5.	Niels van der Wekken	MGO (SG)	3:03.17 198905103	<b>3:09.28</b>	+0,79	36.50	1:21.30	2:12.10	3:09.28
<b>Masters 30+</b>									
1.	Pieter Pickhardt	ZPC De Hof	2:21.48 198301657	<b>2:29.12</b>	+0,82	32.56	1:11.48	1:49.13	2:29.12
2.	Thommy Nickel	Van Vliet-Barracuda	2:34.71 198401627	<b>2:33.40</b>	+0,74	34.70	1:13.40	1:53.14	2:33.40
3.	Erik Drewes	De Biesboschwimmers	2:29.37 198400543	<b>2:37.43</b>	+0,78	33.03	1:12.31	1:54.69	2:37.43
4.	Jeroen Vogelsang	DAW	2:58.35 198001645	<b>2:58.46</b>	+0,90	36.22	1:20.59	2:09.85	2:58.46



Open Nederlandse Masters  
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Programmanr. 19, Heren, 200m vlinderslag

Masters 35+

1. Dennis Schouten	Upstream Amsterdam	2:30.26	197501351	<b>2:31.35</b>	+0,80	32.65	1:11.07	1:51.15	2:31.35
2. Joris Haest	ZV De Zaan	2:38.43	197900441	<b>2:45.25</b>	+0,94	34.42	1:16.31	2:01.07	2:45.25
3. Freddie Geerlings	HGN (SG)	2:43.02	197900379	<b>2:54.12</b>	+0,88	36.23	1:20.56	2:06.48	2:54.12
NG.ZA Erwin Zuidervelt	De Futen	2:58.70	197501015						

Masters 40+

1. Gerard Eghuizen	HZ&PC Heerenveen	2:42.04	197400197	<b>2:52.95</b>	+0,87	35.94	1:20.54	2:07.69	2:52.95
2. Stefan Dortmund	AZ&PC	2:57.98	197201167	<b>2:58.45</b>	+0,88	34.02	1:15.28	2:04.33	2:58.45

Masters 45+

1. Ron Korzelius	AZ&PC	2:48.70	196500513	<b>3:02.45</b>	+0,87	38.48	1:25.38	2:13.77	3:02.45
DIS Marcel Jonkman	Aqualero	3:05.22	196801389						
VC									
AFGEM Konstantin Sklyar	TG Lage 1862	2:53.35	321129						

Masters 50+

1. Johan Remmits	ZPC Woerden	2:29.63	196201159	<b>2:40.80</b>	+0,87	34.42	1:14.77	1:56.62	2:40.80
2. Rene de Boer	DAW	2:45.96	196400087	<b>2:46.41</b>	+0,79	36.05	1:18.70	2:02.56	2:46.41
3. Paul van der Voort	De Zwoer	3:12.97	196200715	<b>3:08.52</b>	+1,07	38.28	1:25.91	2:17.59	3:08.52

Masters 55+

1. Albert Boonstra	Aqua-Novio'94	2:33.34	195700425	<b>2:41.29</b>	+0,88	34.14	1:14.53	1:56.57	2:41.29
2. Paul Bunnik	Triton	3:20.37	195600413	<b>3:20.75</b>	* +1,01	40.26	1:28.32	2:22.20	3:20.75
100m*									

Masters 60+

1. Jean-Marie Cadiat	CNSW	2:43.98	CNSW/557/53	<b>2:47.29</b>	+0,93	37.16	1:21.40	2:06.39	2:47.29
<i>Kampioenschaps Record</i>									

Masters 70+

1. Rob Hanou	PSV	3:29.74	194300109	<b>4:00.32</b>	+1,10	50.69	1:53.90	2:59.39	4:00.32
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Programmanr. 20  
03-05-2014 - 11:22

Dames, 200m vlinderslag

Masters Open  
Resultaten

rang naam	vereniging	inschrijftijd	tijd	RT	50m	100m	150m	200m	
<b>Masters 20+</b>									
1. Jasmijn Ruijgrok	De Zijl/LGB	2:39.85	199401032	<b>2:43.34</b>	+0,83	34.87	1:16.18	2:00.02	2:43.34
2. Suzanne Brummel	LZ 1886	2:41.28	199401366	<b>2:45.94</b>	+0,76	34.37	1:15.82	2:00.04	2:45.94
<b>Masters 25+</b>									
1. Marlijn Hendriksen	Arethusa	2:31.64	198806828	<b>2:30.05</b>	+0,69	32.57	1:10.20	1:48.98	2:30.05
<i>Kampioenschaps Record</i>									
2. Samantha van Eijk	De Geul	2:34.30	198806826	<b>2:41.31</b>	+0,72	35.68	1:16.53	1:58.84	2:41.31
3. Fanny Koenig	CNSW	2:58.66	CNSW/638/89	<b>2:47.71</b>	+0,79	35.61	1:17.53	2:01.50	2:47.71
4. Liset de Veer	Aqua-Novio'94	2:52.41	198704190	<b>3:02.33</b>	+0,92	37.85	1:22.66	2:11.98	3:02.33
5. Karin Hovenkamp	De Spatters	3:03.07	198701850	<b>3:05.73</b>	+0,63	36.73	1:22.65	2:12.39	3:05.73
6. Linda Janssen	ZPB H&L Productions	3:10.38	198802088	<b>3:26.57</b>	+0,96	40.75	1:32.16	2:29.27	3:26.57







Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



Programmanr. 20, Dames, 200m vlinderslag

Masters 30+

1. Tonia Ruybroek	Poseidon'56	2:37.48	198101290	<b>2:37.87</b>	+0,89	34.54	1:14.05	1:55.23	2:37.87
2. Roos van Esch	TRB-RES	2:37.44	198200468	<b>2:38.18</b>	+0,85	35.34	1:16.29	1:57.25	2:38.18
3. Nadya Putter	ZVVS	2:37.78	198301630	<b>2:38.97</b>	+0,72	35.22	1:15.69	1:56.82	2:38.97
4. Joana Carneiro	d'ELFT WAVE (SG)	2:49.50	198202256	<b>2:51.19</b>	+0,93	37.68	1:19.77	2:03.66	2:51.19
5. Annette Vogelsang	ZV De Bron	3:17.09	198402632	<b>3:21.48</b>	+0,96	39.95	1:28.80	2:23.29	3:21.48
6. Rianne van Vegchelen	Deltasteur	4:04.81	198101530	<b>4:10.52</b>	+1,07	54.47	1:58.41	3:04.35	4:10.52

Masters 35+

1. Liselotte Joling	PSV	2:44.06	197500268	<b>2:41.90</b>	+0,94	35.43	1:16.64	1:59.95	2:41.90
<i>Nederlands Masters Record</i>									
2. Paula 't Hart-Buitelaar	ZVVS	4:00.08	197701132	<b>4:05.88</b>	+0,80	46.29	1:46.26	2:54.52	4:05.88

Masters 40+

1. Ilona Hogerheyde	DAW	2:54.40	197400224	<b>2:58.20</b>	+0,73	34.93	1:18.45	2:06.62	2:58.20
2. Miranda Straetemans	Zignea	3:14.29	197400514	<b>3:28.24</b>	+0,84	39.36	1:30.38	2:28.72	3:28.24
3. Annet Kootstra	Swol 1894	3:30.87	197100344	<b>3:28.73</b>	+0,94	44.84	1:40.10	2:33.79	3:28.73

Masters 45+

1. Janine Horsthuis	De Granaet	3:15.67	196900890	<b>3:07.03</b>	+0,94	38.53	1:25.24	2:15.08	3:07.03
2. Nicky Slinger	HPC	3:18.02	196600316	<b>3:16.76</b>	+0,94	40.60	1:29.37	2:22.20	3:16.76
3. Karin van den Heuvel	Old Dutch	3:16.26	196600188	<b>3:25.65</b>	+0,84	41.85	1:33.04	2:30.39	3:25.65
AFGEM Miranda Keijl	Zignea	3:46.73	196500588						

Masters 50+

1. Pierrette Michel	CNSW	2:58.11	CNSW/500/62	<b>2:48.96</b>	+0,90	35.18	1:17.09	2:01.85	2:48.96
<i>BMR</i>									
2. M. Grove-Lingeman	Oceanus	3:03.36	196200080	<b>3:02.38</b>	+0,83	39.21	1:24.99	2:13.53	3:02.38

Masters 55+

1. Claire Anthony	CNSW	3:27.07	CNSW/487/57	<b>3:37.45</b>	+1,00	42.08	1:35.22	2:38.20	3:37.45
2. Mies Kuipers	Old Dutch	4:29.02	195800202	<b>4:41.62</b>	+0,94	1:03.42	2:15.10	3:29.32	4:41.62

Masters 60+

1. Fernande Blondeel	CNSW	4:14.06	CNSW/011/52	<b>4:07.01</b>	+0,93	53.62	1:55.54	3:00.78	4:07.01
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Programmanr. 21  
03-05-2014 - 11:38

Heren, 50m rugslag

Masters Open  
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
<b>Masters 20+</b>						
1.	Ensgar Kotterink	Albion	25.67	199403391	<b>27.78</b>	+0,58
2.	Mark Costeris	WVZ	27.64	199202327	<b>28.83</b>	+0,99
3.	Jos de Graaf	PSV	28.02	199106095	<b>29.74</b>	+0,78
4.	Lorenzo Cavallini	De Futen	30.85	199007465	<b>31.04</b>	+0,60
5.	Mike Koelewijn	Steenwijk 1934	31.86	199303597	<b>32.56</b>	+0,78
6.	Daniël Kunne	UZSC	33.67	199001709	<b>33.71</b>	+1,06
7.	Ruben de Boer	De Duinkickers	35.01	199301419	<b>36.21</b>	+0,74
8.	Daniel van den Wildenberg	Eurode KZC	35.71	199206491	<b>37.64</b>	+0,71
9.	Daniel Rosenkranz	Montferland	40.75	199107601	<b>39.28</b>	+0,95





Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



Programmanr. 21, Heren, 50m rugslag

Masters 25+

1.	Martijn Giezen	Montferland	29.56	198500813	<b>30.00</b>	+0,67
2.	Hjalmar de Ruiter	NDD	28.10	198902695	<b>30.16</b>	+0,65
3.	Mike Stoffer	WVZ	28.73	198903041	<b>30.48</b>	+0,76
4.	Raoul Engelenburg	Zwemlust-den Hommel	31.45	198900843	<b>30.66</b>	+0,90
5.	Jean Pierre Bisslik	DES	31.13	198705243	<b>31.73</b>	+0,76
6.	Roderik Meijers	ZOB'66	29.57	198602063	<b>32.16</b>	+0,74
7.	Erik Simons	d'ELFT WAVE (SG)	32.35	198902845	<b>32.22</b>	+0,87
8.	Erik van der Heide	Zuiderzeezwemmers	32.30	198801337	<b>32.74</b>	+0,75
9.	Martin Teley	PSV	30.75	198906059	<b>34.05</b>	+0,78
10.	Harmen Reemst	ZOB'66	34.96	198702715	<b>36.28</b>	+0,68
11.	Robin Eggenkamp	De Duinkickers	36.25	198700847	<b>37.73</b>	+0,89
12.	Erik van der Zeijden	RZ	37.18	198604569	<b>38.21</b>	+0,75

Masters 30+

1.	Mark Spijkerboer	Nautilus	29.33	198101589	<b>30.07</b>	+0,78
2.	Lauren Vis	Steenwijk 1934	30.92	198201883	<b>31.01</b>	+0,66
3.	Richard Claus	Swimteam Helden-Mosa (SG)	29.94	198000265	<b>31.58</b>	+1,09
4.	Reinier Ellenkamp	De Rog	29.71	198002109	<b>31.81</b>	+0,72
5.	Gerwin Vonk	De Spatters	32.22	198201907	<b>32.19</b>	+0,77
6.	Leander Noordijk	MGO (SG)	32.43	198101221	<b>32.49</b>	+0,89
7.	Jim Geestman	RSW (SG)	31.76	198300699	<b>32.93</b>	+0,81
8.	Erik Drewes	De Biesboschzwemmers	33.27	198400543	<b>35.32</b>	+0,72
9.	Joël Kapelle	ZVW'74	35.39	198200857	<b>36.40</b>	+0,67
10.	Hans Cligge	De Futen	37.17	198100315	<b>38.53</b>	+0,71

Masters 35+

1.	Ronald Smits	PSV	32.68	197800981	<b>30.94</b>	+0,68
2.	Ivo Roozeboom	WVZ	30.48	197700801	<b>31.04</b>	+0,72
3.	Alex Damen	DAW	34.55	197501371	<b>33.08</b>	+0,80
4.	Gino Martijn	RZ	34.66	197901865	<b>35.20</b>	+0,99
5.	Steven Prins	PLONS	37.87	197901833	<b>37.49</b>	+0,58

Masters 40+

1.	Remco Plass	De Lansingh	33.05	197300687	<b>33.48</b>	+0,72
2.	Machiel Stolk	Swol 1894	35.26	197400779	<b>34.87</b>	+0,94
3.	Gertjan van der Knaap	De Duck	36.07	197300459	<b>36.52</b>	+1,08
4.	Dennis van Markesteijn	TZC-Vahalis	38.55	197201333	<b>38.91</b>	+0,73
5.	Sead Cilic	PSV	59.52	197001649	<b>58.92</b>	+1,22
AFGEM	Harry Raven	GLS Ketelbinkie	35.59	197000831		

Masters 45+

1.	Guido Keutgen	AZC	30.24	196801551	<b>30.95</b>	+0,69
2.	René Beetsma	HZ&PC Heerenveen	34.03	196900069	<b>32.70</b>	+0,81
3.	Martin Kaptein	DWK	32.60	196701677	<b>33.31</b>	+0,67
4.	Bernd Bienek	SV Gladbeck 13	33.18	278658	<b>33.57</b>	+0,77
5.	Nico Swart	Den Doorn	33.28	196801475	<b>34.76</b>	+0,73
6.	Harold Matla	PSV	33.90	196800591	<b>35.15</b>	+0,81
7.	Fred Heemstra	DAW	34.12	196500357	<b>35.80</b>	+0,68
8.	Jeroen Kort	DAW	35.70	196801543	<b>35.85</b>	+0,80
9.	Roelof Broekman	De Spatters	36.91	196800155	<b>37.53</b>	+0,75
10.	Marcel Brittijn	De Duinkickers	38.53	196900159	<b>38.99</b>	+0,67
11.	Pieter-Sjoerd de Wijn	Aqua-Novio'94	42.04	196501027	<b>41.91</b>	+0,89
12.	Hans Maas	PLONS	37.50	196501433	<b>43.16</b>	+0,72
13.	Ramon Alsina Munoz	CNSW	44.18	CNSW/608/69	<b>43.18</b>	+0,83
14.	Gertjan van der Vaart	ZVVS	45.81	196801529	<b>43.21</b>	+0,72
AFGEM	Henk van Zetten	Octopus	41.86	196701261		



Programmanr. 21, Heren, 50m rugslag

Masters 50+

1.	Peter Bernsen <i>Kampioenschaps Record</i>	De Rog	30.65	196301119	<b>31.48</b>	+0,63
2.	John Stokx	DAW	32.63	196401341	<b>33.92</b>	+1,09
3.	Clemens de Waal	De Ward	33.03	196001063	<b>34.01</b>	+0,78
4.	Mark Nuijten	Zwemvereniging Westland	34.08	196000411	<b>34.71</b>	+0,88
5.	Dmitry Kromskiy	Poseidon	33.46	037011	<b>34.85</b>	+0,81
6.	Jetze Sipma	HZ&PC Heerenveen	34.38	196201025	<b>34.90</b>	+0,73
7.	Eric Langhorst	De Rijn	39.36	196200389	<b>37.43</b>	+1,15
8.	Nico van Maanen	De Duck	37.05	196100371	<b>38.22</b>	+0,68
9.	Casper Dollekamp	Steenwijk 1934	36.43	196301341	<b>38.70</b>	+0,71
10.	Jack Barends	WS Twente	39.13	196201011	<b>39.67</b>	+0,78
11.	Bart van Calker	WS Twente	39.82	196100067	<b>39.86</b>	+0,78
AFGEM	Hendrik Haze	GoSwim	44.37	196401387		

Masters 55+

1.	Joop Ariaens	PSV	34.56	195900747	<b>34.22</b>	+0,74
2.	Andre Storm	Zoetermeer	36.30	195600407	<b>35.81</b>	+0,59
3.	Hans Groothelm	DBD	37.63	195800151	<b>38.02</b>	+0,74
4.	Evertjan Masurel	PSV	38.07	195600495	<b>38.94</b>	+0,77
5.	Herbert Katgert	WS Twente	46.94	195900739	<b>49.00</b>	+0,96
6.	Adrie van der Gracht	OEZA	54.29	195700485	<b>54.50</b>	+1,08

Masters 60+

1.	Brend Brevé	PSV	35.02	195200265	<b>35.04</b>	+0,76
2.	Piet Schop	De Bevelanders	40.22	195000109	<b>39.58</b>	+0,69
3.	Jos Kamps	De Amer	43.78	195100085	<b>43.49</b>	+0,78

Masters 65+

1.	Anton Lovink	Speedeaus	46.87	47ANTO	<b>45.94</b>	+0,75
2.	Willem Putter	ZVVS	44.77	194500135	<b>45.99</b>	+0,86

Masters 70+

1.	Frans van Enst	WS Twente	37.39	194000011	<b>39.21</b>	+0,88
2.	Nico Baay	Old Dutch	48.07	194200053	<b>49.88</b>	+0,77
3.	Kevork Boyrazian	CNSW	59.74	CNSW/609/44	<b>1:00.33</b>	+0,85

Masters 75+

1.	Nic Geers	Z&PC De Gouwe	43.57	193800007	<b>46.88</b>	+0,77
2.	Jan Eichhorn	ZV Haerlem	47.79	193700015	<b>48.88</b>	+0,87
3.	Gregor Pompen	Aqua-Novio'94	55.85	193700021	<b>51.90</b>	+1,06

Programmanr. 22  
03-05-2014 - 11:52

Dames, 50m rugslag

Masters Open  
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
<b>Masters 20+</b>						
1.	Anja van der Hout <i>Nederlands Masters Record</i>	WVZ	28.92	199001598	<b>29.77</b>	+0,65
2.	Kimberley Albers	WVZ	31.26	199204102	<b>31.46</b>	+0,65
3.	Sharon Gelmers	Octopus	30.05	199400416	<b>31.56</b>	+1,05
4.	Chantal Grove	De Dolfijn	31.72	199401844	<b>32.08</b>	+0,72
5.	Malissa van der Horst	Zwemlust-den Hommel	30.68	199200810	<b>32.49</b>	+0,70
6.	Désirée Emmen	De Warande	31.63	199204862	<b>32.86</b>	+0,72
7.	Henriëke ten Bokkel	NDD	31.78	199402764	<b>32.91</b>	+0,71
8.	Manon van Strien	WVZ	32.42	199400770	<b>33.12</b>	+0,85

Programmanr. 22, Dames, 50m rugslag, Masters 20+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
9.	Lis Kop Jansen	Z&PC De Gouwe	33.94	199101740	<b>34.18</b>	+0,74
10.	Ilse Noorlander	d'ELFT WAVE (SG)	36.14	199307810	<b>34.71</b>	+0,60
11.	Iris Pijtak	AZ&PC	33.47	199300602	<b>34.96</b>	+0,69
12.	Kimberley Kranenberg	ZPC De Hof	34.18	199400292	<b>35.71</b>	+0,98
13.	Simone de Boer	LZ 1886	36.58	199306858	<b>36.54</b>	+0,71
14.	Getrude Corporaal	ZVZ	35.25	199200380	<b>36.73</b>	+0,69
15.	Joyce Raemaekers	Budel	34.73	199106106	<b>36.84</b>	+0,75
16.	Lindsey Hol	De Meer	35.91	199008088	<b>37.03</b>	+0,63
17.	Eline Schoenmaker	Zwemlust-den Hommel	37.25	199003322	<b>37.43</b>	+0,75
18.	Yvonne Bruls	Eurode KZC	35.96	199008114	<b>37.44</b>	+0,79
19.	Madeleine Sielemann	GoSwim	37.78	199106166	<b>37.52</b>	+0,72
20.	Denise Austen	RZ	34.16	199303778	<b>37.84</b>	+0,71
21.	Pauline Magnée	De Warande	38.43	199205434	<b>39.84</b>	+1,08
22.	Aure Lampe	De Devel	37.75	199400072	<b>40.24</b>	+0,69
23.	Charine de Ruiter	Steenwijk 1934	38.92	199403668	<b>40.32</b>	+0,82
24.	Ramona Noordermeer	ZVVS	39.70	199401746	<b>40.80</b>	+0,77
25.	Tara Keijzer	Steenwijk 1934	41.17	199108498	<b>41.74</b>	+0,79

Masters 25+

1.	Charlotte Groeneveld	Zwemlust-den Hommel	32.49	198701404	<b>32.75</b>	+0,80
2.	Stephanie Rombout	PSV	33.61	198803696	<b>33.93</b>	+0,66
3.	Samantha van Eijk	De Geul	32.75	198806826	<b>34.15</b>	+1,11
4.	Sabine Lina	ZPC Woerden	33.83	198902680	<b>34.52</b>	+0,72
5.	Maryse Lampe	Van Vliet-Barracuda	34.16	198702458	<b>35.07</b>	+0,74
6.	Ilse van den Wijngaard	ZPC Woerden	34.95	198904736	<b>35.80</b>	+0,65
7.	Marije Jansen	Montferland	36.54	198504088	<b>36.38</b>	+0,81
8.	Lisette Prins	WVZ	35.65	198803522	<b>36.54</b>	+0,68
9.	Carly Noordermeer	ZOB'66	35.66	198702984	<b>37.68</b>	+1,02
10.	Bianca Paape	DAW	37.29	198502262	<b>37.78</b>	+0,71
11.	Marian Bouts	RZ	37.88	198600492	<b>39.35</b>	+0,65
12.	Liesbeth van Mill	DWK	37.54	198702786	<b>39.90</b>	+0,77
13.	Annebeth van Ark	Octopus	42.99	198805588	<b>41.59</b>	+0,82
14.	Anne van den Besselaar	HZ&PC Heerenveen	1:18.56	198504062	S8 <b>1:21.37</b>	+0,68

Masters 30+

1.	Roos van Esch	TRB-RES	34.49	198200468	<b>35.05</b>	+0,79
2.	Marjon van Kempen	MGO (SG)	36.04	198000578	<b>36.20</b>	+0,83
3.	Esther Versteeg	Van Vliet-Barracuda	36.44	198302112	<b>36.44</b>	+0,68
4.	Emmy Slabbers	De Roersoppers	34.55	198101386	<b>38.44</b>	+0,71
5.	Angela Giezen	Montferland	39.72	198302796	<b>39.72</b>	+0,80
6.	Marloes Rebel	WS Twente	46.97	198403474	<b>47.72</b>	+1,26
AFGEM	Ramona Linting	Zoetermeer	37.80	198301274		

Masters 35+

1.	Geraldine Trainor	De Duck	37.59	197500544	<b>37.17</b>	+1,10
2.	Petra Verstegen	WVZ	37.72	197700906	<b>37.70</b>	+0,78
3.	Mirjan den Drijver-Aarse	Zwemvereniging Westland	37.77	197500884	<b>38.29</b>	+0,75
4.	Heleen Spelde - Fransens	THOR	37.08	197901358	<b>38.44</b>	+0,81
5.	Inge Otter	De Bevelanders	38.44	197801242	<b>39.13</b>	+0,87

Masters 40+

1.	Gudule van der Meer	PSV	33.70	197200396	<b>33.73</b>	+0,66
2.	Edith Janssen-Koolen	TRB-RES	35.39	197300898	<b>35.52</b>	+0,81
3.	Jacqueline de Ruiter-Wijnolst	WIDEX GZC DONK	36.52	197400446	<b>37.45</b>	+0,73
4.	Trudie van Niejenhuis	TZC-Vahalis	37.01	197100444	<b>38.10</b>	+0,74
5.	Daniëlle Hoeksel-Verveen	ZVVS	39.61	197300724	<b>40.84</b>	+0,82
6.	Greta Wyma-Teitsma	DWK	45.17	197100696	<b>44.93</b>	+0,72
7.	Patricia Austen	RZ	46.12	197000968	<b>47.48</b>	+0,77
AFGEM	Viviane Delvaux	CNSW	43.26	CNSW/623/74		

Programmanr. 22, Dames, 50m rugslag

Masters 45+

1.	Heidi van Stein	LZ 1886	36.57	196900864	<b>36.63</b>	+1,15
2.	Ellen van Wingerden	DWK	39.57	196900970	<b>39.64</b>	+0,76
3.	Wendy Knoops	RZ	38.25	196800720	<b>39.79</b>	+0,78
4.	Antoinette Kant	Den Doorn	42.07	196900920	<b>42.01</b>	+0,71
5.	Jolanda van Knippenberg	Budel	42.24	196600688	<b>43.32</b>	+0,73
6.	Sandra Daamen-Posma	AZC	44.00	196800854	<b>46.25</b>	+0,85
7.	Cora Smulders	ESCA Zwemmen	48.85	196600668	<b>48.97</b>	+0,72

Masters 50+

1.	Jacqueline Rolloos-Bakker	De Lansingh	36.87	196300222	<b>39.13</b>	+0,80
2.	Inge Wolfs	PLONS	38.29	196000304	<b>40.75</b>	+0,72
3.	Monique Munnik	AZC	42.95	196200328	<b>41.38</b>	+0,92
4.	Marijke Kraak-Beckers	WS Twente	40.30	196000240	<b>41.65</b>	+1,11
5.	Marie-Josée Matte	WVZ	41.14	196000326	<b>42.06</b>	+0,72
6.	Annemarie Vuist	Swol 1894	43.27	196300282	<b>44.36</b>	+1,30
7.	Alie Visser	HZ&PC Heerenveen	46.19	196400494	<b>46.54</b>	+0,81
8.	Lia Bijkerk	WIDEX GZC DONK	47.59	196000014	<b>47.61</b>	
9.	Alice de Haan	WIDEX GZC DONK	51.49	196400590	<b>49.63</b> *	+0,91
10.	Riekje Schra	Steenwijk 1934	1:03.42	196400404	<b>1:06.03</b>	+0,69

Masters 55+

1.	Mathilde Vink	Swol 1894	39.76	195800128	<b>41.21</b>	+1,00
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Masters 60+

1.	Patty Krupiarz	PSV	42.03	195400074	<b>42.34</b>	+0,76
2.	Tineke Brouwer-Maat	Zwemvereniging Westland	45.83	195300074	<b>47.32</b>	+0,79
3.	Antoinette Gilding-Tussaud	WS Twente	46.65	195000038	<b>47.67</b>	+0,79
4.	Janny van der Weide	Deltasteur	1:09.54	195100066	<b>1:11.55</b>	+1,24
AFGEM	Alison Gilbert	De Futen	42.53	195300068		
AFGEM	Carla Hensen	PSV	52.11	195300062		

Masters 65+

1.	Corrie Verhoeven	PSV	46.20	194600026	<b>45.63</b>	+0,75
	<i>Nederlands Masters Record</i>					
2.	Loekie v. Huissteden	AZ&PC	56.33	194500002	<b>56.72</b>	+0,87

Masters 70+

1.	Leny Kamp	Aquapoldro	55.98	194400008	<b>58.53</b>	+0,67
2.	Truus Ruiter	Old Dutch	57.55	194000004	<b>1:04.38</b> *	+1,18

Masters 75+

1.	Lottie Geurts	PSV	51.19	193500006	<b>54.36</b>	+0,85
2.	Alice Lindhout	PSV	53.75	193500010	<b>55.43</b>	+0,79

Masters 80+

1.	Annie de Vos	Old Dutch	1:01.26	193400004	<b>1:06.16</b>	+0,77
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Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



Programmanr. 23  
03-05-2014 - 12:11

4 x 100m wisselslag

Masters Open  
Resultaten

rang	vereniging	inschrijftijd	startnr.	tijd	RT	
<b>80+, Dames</b>						
1.	LZ 1886 1 <i>Nederlands Masters Record</i>	LZ 1886	4:57.32	<b>4:56.97</b>	+0,80	
	Simone de Boer Suzanne Brummel	+0,80 37.72 +0,35 37.69	1:17.66 1:20.11	Janet van der Poel Seline Koek	+0,25 31.88 +0,56 31.31	1:13.36 1:05.84
2.	Aqua-Novio'94 1	Aqua-Novio'94	4:51.31	<b>5:06.19</b>	+0,79	
	Natasja Snijders Inge Pepping	+0,79 38.51 +0,54 38.28	1:18.60 1:23.29	Lodi Broeder Milène Catoire	+0,27 31.26 +0,29 33.89	1:09.92 1:14.38
3.	Octopus 1	Octopus	4:59.42	<b>5:18.10</b>	+0,75	
	Sharon Gelmers Erika Aan het Rot	+0,75 35.00 +0,58 38.14	1:12.96 1:22.73	Margriet Aan het Rot Irmgard van Weeghel	+0,43 39.16 +0,30 33.62	1:31.08 1:11.33
4.	De Amer 1	De Amer	5:34.46	<b>5:37.84</b>	+0,67	
	Renske Eilers Kathy van Zuilen	+0,67 41.38 +0,63 40.99	1:26.11 1:27.51	Anne Duijst Sabine Duijst	+0,67 39.56 +0,19 34.76	1:30.91 1:13.31
<b>80+, Heren</b>						
1.	LZ 1886 2	LZ 1886	4:18.03	<b>4:22.00</b>	+0,72	
	Sjoerd Sieval Kristiaan Lenos	+0,72 34.52 +0,52 33.78	1:10.29 1:14.04	Joost Rijntjes Lars Sieval	+0,47 28.18 +0,45 26.31	1:02.08 55.59
2.	Montferland 1	Montferland	4:16.92	<b>4:33.21</b>	+0,76	
	Martijn Giezen Dennis Bosma	+0,76 32.58 +0,51 34.97	1:06.89 1:16.51	Maik Steenkamp Roel van Beek	+0,39 31.44 +0,28 29.74	1:07.13 1:02.68
<b>80+, Gemengd</b>						
1.	NDD 1 <i>Nederlands Masters Record</i>	NDD	4:22.40	<b>4:39.50</b>	+0,63	
	Hjalmar de Ruiter Carmen Seesing	+0,63 33.29 +0,65 36.41	1:07.89 1:21.15	Robin Eltink Henriette ten Bokkel	+0,50 31.15 +0,35 30.42	1:06.98 1:03.48
2.	ZOB'66 1	ZOB'66	4:44.12	<b>4:57.88</b>	+0,96	
	Wendy de Bruin Harmen Reemst	+0,96 37.95 +0,52 38.36	1:17.79 1:24.37	Ruben Stolk Anouk van der Pliigt	+0,58 29.85 +0,15 30.73	1:08.25 1:07.47
3.	De Duinkkickers 1	De Duinkkickers	4:49.51	<b>5:12.65</b>	+0,86	
	Maaïke de Boer Remko Hooft	+0,86 39.04 +0,52 36.71	1:20.69 1:17.94	Sven van Zanten Rowie Hooft	+0,36 31.75 +0,33 34.87	1:16.80 1:17.22
<b>100+, Heren</b>						
1.	d'ELFT WAVE (SG) 1	d'ELFT WAVE (SG)	4:16.43	<b>4:16.28</b>	+0,61	
	Victor den Heijer Egbert Stolk	+0,61 32.71 +0,50 32.32	1:09.30 1:10.44	Simon Kassing Erik Simons	+0,64 29.04 +0,47 25.91	1:02.39 54.15
2.	ZPC De Hof 1	ZPC De Hof	4:11.87	<b>4:25.40</b>	+0,79	
	Jasper de Boer Richard Huisken	+0,79 32.40 +0,30 34.02	1:06.01 1:15.23	Pieter Pickhardt Emiel Huisken	+0,41 30.67 +0,43 26.94	1:06.78 57.38
3.	MGO (SG) 1	MGO (SG)	4:35.39	<b>4:41.56</b>	+1,04	
	Bastian Zoon Jos Terlouw	+1,04 36.64 +0,49 35.47	1:14.58 1:18.21	Leander Noordijk Niels Albrechts	+0,58 31.28 +0,27 28.57	1:08.66 1:00.11

Programmanr. 23, 4 x 100m wisselslag

100+, Gemengd

1. Zwemlust-den Hommel 1	Zwemlust-den Hommel	4:25.78	<b>4:26.55</b>	+0,80
Charlotte Groeneveld	+0,80 33.96	1:11.68	Raoul Engelenburg	+0,52 29.51 1:04.05
Vincent Versteeg	+0,51 32.53	1:11.90	Malissa van der Horst	27.63 58.92
2. De Lansingh 1	De Lansingh	4:43.84	<b>4:55.57</b>	+0,80
Remco Plass	+0,80 37.79	1:16.12	Petra van Achteren	+0,36 34.22 1:14.75
Rutger Dalm	+0,39 37.42	1:19.88	Eline Roobol	+0,20 31.30 1:04.82
3. MGO (SG) 2	MGO (SG)	4:55.99	<b>5:02.98</b>	+0,81
Marjon van Kempen	+0,81 39.82	1:21.24	Coen van der Wekken	+0,28 32.72 1:13.36
Eline Roeland	+0,81 41.66	1:28.03	Martijn van Hoorn	+0,70 28.30 1:00.35

120+, Dames

1. DAW 1	DAW	5:26.48	<b>5:31.57</b>	+1,17
Wietke Elzinga	+1,17 39.38	1:19.46	Petra Tossings	+0,62 40.36 1:31.15
Bianca Paape	+0,59 42.37	1:29.93	Sandra Pannekeet	+0,54 32.97 1:11.03
2. Zoetermeer 1	Zoetermeer	5:47.09	<b>5:45.34</b>	+0,73
Chita van der Goorbergh	+0,73 41.08	1:27.11	Linda Hoogendam	+0,53 37.79 1:25.58
Yvette Kilian	+0,16 46.44	1:39.34	Fleur Maas	+0,64 34.00 1:13.31

120+, Heren

1. WVZ 1	WVZ	4:14.10	<b>4:23.13</b>	+1,11
<i>Nederlands Masters Record</i>				
Ivo Roozeboom	+1,11 33.18	1:07.51	Bruno Carissimi Boff	+0,44 27.12 58.19
Jan-Willem van den Berg	+0,33 36.51	1:18.41	Mike Stoffer	+0,27 28.21 59.02
2. PLONS 1	PLONS	4:40.00	<b>4:37.37</b>	+0,70
Stan Dekker	+0,70 33.69	1:10.27	René Correljé-Kets	+0,49 32.26 1:12.09
Jerry Grondel	+0,31 35.49	1:16.19	Bart Groenemans	+0,34 27.35 58.82
3. Steenwijk 1934 1	Steenwijk 1934	4:36.78	<b>4:37.48</b>	+0,68
Casper Dollekamp	+0,68 40.42	1:22.11	Rick Driezen	+0,58 28.61 1:02.63
Lauren Vis	+0,42 33.83	1:14.00	Mike Koelewijn	+0,37 26.78 58.74
4. PSV 1	PSV	4:42.06	<b>4:52.95</b>	+0,82
Martin Teley	+0,82 34.53	1:13.51	Wesley van Diejen	+0,42 31.96 1:14.85
Ronald Smits	+0,27 35.00	1:17.15	Albert Garcia i Tormo	+0,66 32.39 1:07.44
5. AZC 1	AZC	5:09.53	<b>5:06.19</b>	+0,70
Guido Keutgen	+0,70 32.68	1:09.76	Michael Go	+0,47 35.09 1:27.36
Patrick Brouwer	+0,77 41.93	1:29.74	Joeri Stoffels	26.73 59.33

AFGEM Octopus 1

Octopus 4:23.73

120+, Gemengd

1. PSV 1	PSV	4:30.51	<b>4:40.51</b>	+0,84
<i>Nederlands Masters Record</i>				
Jos de Graaf	+0,84 30.75	1:03.35	Stephanie Rombout	+0,68 32.93 1:15.65
Harold Matla	+0,46 35.65	1:14.88	Liselotte Joling	+0,76 32.07 1:06.63
2. Zoetermeer 1	Zoetermeer	4:41.52	<b>4:44.95</b>	+0,77
Markus van Rest	+0,77 36.49	1:15.43	Delia Badoux	+0,12 31.67 1:10.81
Simon van Ravesteijn	+0,42 32.68	1:11.68	Sanne van Dijk	+0,38 31.83 1:07.03
3. ZPC Woerden 1	ZPC Woerden	4:37.08	<b>4:47.97</b>	+0,78
Sabine Lina	+0,78 36.46	1:16.28	Johan Remmits	+0,27 31.03 1:07.52
Niels van Beurden	+0,24 36.15	1:19.10	Ilse van den Wijngaard	+0,23 30.96 1:05.07
4. d'ELFT WAVE (SG) 1	d'ELFT WAVE (SG)	5:04.59	<b>5:04.80</b>	+0,71
Willem Jacobs	+0,71 37.09	1:16.36	Joana Carneiro	+0,55 34.12 1:15.05
Zarife Gela	+0,48 40.20	1:28.85	Marc Bleeker	+0,60 31.19 1:04.54
5. AZ&PC 2	AZ&PC	5:01.88	<b>5:05.87</b>	+0,76
Françoise Duran	+0,76 47.39	1:36.73	Rob van Vliet	+0,30 31.06 1:08.54
Larissa Brak	+0,25 35.15	1:16.81	Ron Korzelius	+0,70 30.73 1:03.79
6. Steenwijk 1934 1	Steenwijk 1934	5:35.38	<b>5:51.76</b>	+0,71
Arnold Kiburg	+0,71 41.11	1:27.89	Lonneke Oenema	+0,53 41.68 1:32.88
Tara Keijzer	+0,57 47.01	1:39.35	Huib Stegeman	+0,18 32.67 1:11.64

Programmanr. 23, 4 x 100m wisselslag

160+, Dames

1. DWK 1	DWK			6:17.83			<b>6:17.04</b>	+0,71
Liesbeth van Mill	+0,71	41.85	1:26.57	Ellen van Wingerden	+0,81	41.16	1:30.15	
Greta Wyma-Teitsma	+0,65	53.51	1:54.54	Jennie Resink-Lindeboom	+0,78	40.57	1:25.78	

160+, Heren

1. Upstream Amsterdam 1 <i>Nederlands Masters Record</i>	Upstream Amsterdam			4:33.00			<b>4:31.50</b>	+0,73
Jan Gert Notenbomer	+0,73	32.86	1:07.50	Dennis Schouten	+0,26	30.05	1:05.02	
Jeroen Zelsmann	+0,30	36.04	1:17.76	Joost Roelofs	+0,49	27.72	1:01.22	
2. De Rog 2	De Rog			4:43.20			<b>4:53.61</b>	+0,62
Peter Bernsen	+0,62	33.62	1:09.64	Erik Kamphuis	+0,65	34.28	1:15.99	
Reinier Ellenkamp	+0,25	35.64	1:16.47	Roy le Clercq	+0,47	32.67	1:11.51	
3. ZVVS 1	ZVVS			4:57.97			<b>4:55.98</b>	+1,02
Danny Zulver	+1,02	40.45	1:24.43	Mario Verbeek	+0,50	30.79	1:07.04	
Rene de Jong	+0,59	37.34	1:22.65	Bas van den Nouwelandt	+0,56	30.07	1:01.86	
4. DAW 1	DAW			5:03.99			<b>5:09.42</b>	+0,75
Fred Heemstra	+0,75	38.57	1:20.69	Jeroen Vogelsang	+0,39	35.12	1:18.64	
Hans Schoenmakers	+0,42	37.64	1:23.84	Jeroen Kort	+0,55	32.63	1:06.25	
5. De Rijn 1	De Rijn			4:56.32			<b>5:18.62</b>	+0,79
Hans de Korte	+0,79	38.59	1:22.61	Roderick van Doeselaar	+0,40	28.11	1:02.76	
Ruud Sloof	+0,74	48.42	1:43.06	Eric Langhorst	+0,41	33.29	1:10.19	

160+, Gemengd

1. De Roersoppers 1	De Roersoppers			4:53.49			<b>4:58.72</b>	+0,76
Wieke Bos	+0,76	37.50	1:17.22	Ilse Clevers	+0,33	32.32	1:12.90	
Arno Schrauwen	+0,24	37.39	1:20.79	Charles Bos	+0,33	31.81	1:07.81	
2. Oceanus 1	Oceanus			5:10.00			<b>5:03.74</b>	+0,70
Arjan Bellaart	+0,70	34.01	1:09.94	Margriet Grove-Lingeman	+0,30	37.00	1:21.68	
Ronald Grove	+0,34	38.20	1:24.56	Annette de Visser	+0,60	32.05	1:07.56	
3. Zwemvereniging Westland 1	Zwemvereniging Westland			5:18.22			<b>5:27.96</b>	+0,96
Mark Nuijten	+0,96	37.06	1:18.08	Ronald Koeckhoven	+0,17	29.47	1:06.54	
Mirjan den Drijver-Aarse	+0,65	44.89	1:34.04	Tineke Brouwer-Maat	+0,52	42.21	1:29.30	
4. ZV De Bron 1	ZV De Bron			5:40.18			<b>5:42.38</b>	+0,96
Han Roos	+0,96	47.21	1:37.63	Kristel Lips	+0,64	39.53	1:27.38	
Okko de Haas	+0,43	37.86	1:21.19	Annette Vogelsang	+0,75	34.34	1:16.18	
5. Den Doorn 1	Den Doorn			5:55.02			<b>6:03.29</b>	+0,82
Nico Swart	+0,82	36.42	1:17.38	Wouter van der Stelt		34.85	1:21.95	
Antoinette Kant	+0,61	48.04	1:42.72	Ineke Branderhorst	+0,44	45.97	1:41.24	

200+, Dames

1. Swol 1894 1	Swol 1894			5:40.00			<b>5:52.15</b>	+1,00
Annemarie Vuijst	+1,00	48.40	1:37.30	Mathilde Vink	+0,73	38.08	1:19.06	
Bea Swijnenberg	+0,36	48.81	1:41.80	Christien Nieuwenhuis	+0,42	35.16	1:13.99	

200+, Gemengd

1. AZ&PC 1	AZ&PC			4:46.74			<b>4:47.52</b>	+0,73
<i>Wereld Masters Record, Startzwemmer NMR</i>								
Edwin v. Norden	+0,73	32.29	1:06.44	Stefan Dortmund	+0,37	29.40	1:09.26	
Mirja Bloemzaad	+0,37	38.37	1:23.13	Atie Pijtak-Radersma	+0,27	31.76	1:08.69	

240+, Dames

1. PSV 3	PSV			6:08.72			<b>6:14.06</b>	+1,01
<i>Nederlands Masters Record</i>								
Gudule van der Meer	+1,01	36.68	1:15.47	Patty Verhagen	+0,82	40.70	1:34.22	
Corrie Verhoeven	+0,58	49.79	1:47.37	Lottie Geurts	+0,65	47.59	1:37.00	
2. Old Dutch 1	Old Dutch			7:34.31			<b>8:20.29</b>	+0,82
Annie de Vos	+0,82	1:07.62	2:22.74	Karin van den Heuvel	+0,32	40.78	1:30.59	
Matty van der Veen	+0,92	1:04.73	2:15.82	Truus Ruiter	+0,38	59.31	2:11.14	





Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



Programmanr. 23, 4 x 100m wisselslag

240+, Gemengd

DIS	CNSW 1	CNSW		5:40.00		+0,82
	<i>EA - Took over too quickly**</i>					
	Pierrette Michel	+0,82	38.69	1:18.87	Jean-Marie Cadiat	-0,08
	Kevork Boyrazian	+0,60	58.17	2:04.03	Colette Crabbe	

280+, Dames

1.	PSV 4	PSV		8:13.81		8:20.64	+0,78
	Alice Lindhout	+0,78	59.57	2:04.07	Gonnie Bak	+0,81	59.63
	Liesbeth ter Laak	+1,03	1:13.45	2:33.94	Annie Smits	+0,51	46.74
							2:03.80
							1:38.83

4 - ONMK 2014 lb sessie 4

03-05-2014 - 13:45

Programmanr. 25  
03-05-2014 - 13:45

Heren, 4 x 50m vrije slag

Masters Open  
Resultaten

rang	vereniging	inschrijftijd	startnr.	tijd	RT	
<b>80+</b>						
1.	LZ 1886 1	LZ 1886	1:45.16		1:43.26	+0,63
	Lars Sieval	93 +0,63	25.76	Sjoerd Sieval	90 +0,27	26.61
	Kristiaan Lenos	83 +0,34	25.49	Joost Rijntjes	91 +0,43	25.40
2.	Montferland 1	Montferland	1:50.64		1:51.41	+0,82
	Martijn Giezen	85 +0,82	27.16	Dennis Bosma	94 +0,43	26.41
	Maik Steenkamp	91 +0,57	28.30	Daniel Rosenkranz	91 +0,38	29.54
<b>100+</b>						
1.	WVZ 1	WVZ	1:42.52		1:41.31	+0,70
	Bruno Carissimi Boff	92 +0,70	26.39	Ivo Roozeboom	77 +0,37	25.96
	Thomas Kersten	90 +0,35	25.34	Mark Costeris	92 +0,21	23.62
2.	ZPC De Hof 1	ZPC De Hof	1:46.08		1:44.96	+0,74
	Emiel Huisken	85 +0,74	26.07	Pieter Pickhardt	83 +0,44	27.15
	Jasper de Boer	93 +0,46	26.16	Richard Huisken	85 +0,36	25.58
3.	PSV 1	PSV	1:47.95		1:45.06	+0,69
	Martin Teley	89 +0,69	25.59	Ronald Smits	78 +0,12	25.62
	Wesley van Diejen	86 +0,33	28.09	Jos de Graaf	91 +0,13	25.76
4.	WVZ 2	WVZ	1:45.82		1:47.81	+0,70
	Rens Post	91 +0,70	27.36	Mike Stoffer	89 +0,32	26.33
	Bas v.d. Laan	83 +0,27	26.96	Nick Baron	91 +0,51	27.16
5.	MGO (SG) 1	MGO (SG)	1:48.07		1:48.62	+0,86
	Martijn van Hoorn	89 +0,86	27.37	Leander Noordijk	81 +0,39	27.39
	Niels Albrechts	88 +0,39	27.39	Bastian Zoon	87 +0,13	26.47
6.	De Futen 1	De Futen	1:52.22		1:48.90	+0,74
	Lorenzo Cavallini	90 +0,74	25.34	Erwin Zuidervelt	75 +0,22	27.95
	Hans Cligge	81 +0,08	28.83	Erwin Sneek	91 +0,27	26.78
7.	RZ 1	RZ	1:50.25		1:49.41	+0,75
	Kenneth Caster	91 +0,75	27.20	Erik van der Zeijden	86 +0,38	29.64
	Patrick Creemers	90 +0,34	25.85	Dimitrie Sonnemans	75 +0,54	26.72
8.	De Lansingh 1	De Lansingh	1:50.20		1:50.21	+0,68
	Martijn van den Berge	85 +0,68	27.49	Remco Plass	73 +0,29	27.96
	Mark Huijsman	90 +0,40	28.51	Rutger Dalm	90 +0,33	26.25
9.	MGO (SG) 2	MGO (SG)	2:01.54		2:00.07	+0,89
	Marcel Stolk	80 +0,89	31.97	Niels van der Wekken	89 +0,31	30.48
	Jos Terlouw	94 +0,42	28.65	Coen van der Wekken	92 +0,33	28.97

Programmanr. 25, Heren, 4 x 50m vrije slag

120+

1. Zwemlust-den Hommel 1	Zwemlust-den Hommel	1:46.03	<b>1:45.70</b>	+0,78
Mark Musch	84 +0,78	26.31	79 +0,39	27.02
Vincent Versteeg	77 +0,24	26.58	89 +0,45	25.79
2. PLONS 1	PLONS	1:48.93	<b>1:47.78</b>	+0,80
René Correljé-Kets	68 +0,80	27.65	79 +0,24	26.07
Jerry Grondel	72 +0,39	27.87	82 +0,26	26.19
3. Steenwijk 1934 1	Steenwijk 1934	1:49.29	<b>1:49.32</b>	+0,77
Mike Koelewijn	93 +0,77	26.49	86 +0,36	26.86
Arnold Kiburg	75 +0,56	30.85	82 +0,26	25.12
4. DAW 1	DAW	1:55.53	<b>1:53.44</b>	+0,68
Ron Langelaan	78 +0,68	30.37	75 +0,16	26.69
Jeroen Kort	68 +0,48	29.46	78 +0,14	26.92
5. AZC 1	AZC	1:53.10	<b>1:53.92</b>	+0,78
Guido Keutgen	68 +0,78	28.54	75 +0,50	30.13
Patrick Brouwer	93 +0,66	29.21	73 +0,27	26.04
6. Swol 1894 1	Swol 1894	1:56.00	<b>1:56.32</b>	+0,93
Arjan Aalbers	75 +0,93	29.36	73 +0,52	29.17
Johan Wezenberg	76 +0,35	29.26	74 +0,61	28.53
7. ZOB'66 1	ZOB'66	1:57.48	<b>1:57.08</b>	+0,72
Roderik Meijers	86 +0,72	25.50	83 +0,39	27.02
Ruben Stolk	90 +0,57	27.12	56 +0,40	37.44
8. d'ELFT WAVE (SG) 1	d'ELFT WAVE (SG)	1:59.12	<b>1:57.47</b>	+1,08
Marc Bleeker	69 +1,08	29.81	88 +0,07	29.75
Menno Lomans	61 +0,72	30.98	83 +0,09	26.93
9. ESCA Zwemmen 1	ESCA Zwemmen	2:00.36	<b>2:01.23</b>	+1,18
Durand Lammers	60 +1,18	32.01	80 +0,57	32.17
David van Limpt	90 +0,52	30.77	94 +0,51	26.28

160+

1. Upstream Amsterdam 1	Upstream Amsterdam	1:45.00	<b>1:45.90</b>	+0,72
Jeroen Zelsmann	77 +0,72	25.12	75 +0,26	26.59
Jan Gert Notenbomer	66 +0,25	27.53	76 +0,53	26.66
2. ZVVS 1	ZVVS	1:55.56	<b>1:52.95</b>	+0,91
Rene de Jong	66 +0,91	29.34	80 +0,53	26.77
Danny Zulver	67 +0,33	29.34	73 +0,53	27.50
3. De Rog 1	De Rog	1:55.10	<b>1:54.98</b>	+0,67
Peter Bensen	63 +0,67	26.73	64 +0,48	31.77
Erik Kamphuis	60 +0,26	29.05	80 +0,05	27.43
4. PLONS 2	PLONS	1:59.00	<b>2:01.80</b>	+0,77
Francois Boudreault	74 +0,77	28.20	58 +0,49	34.33
Jeroen Rikkerink	63 +0,22	30.05	79 +0,01	29.22
5. Zoetermeer 1	Zoetermeer	2:02.51	<b>2:02.23</b>	+1,06
Mike Molenaar	72 +1,06	33.18	63 +0,40	30.64
Simon van Ravesteijn	80 +0,46	28.22	56 +0,72	30.19
6. De Rijn 1	De Rijn	2:00.23	<b>2:04.67</b>	+0,85
Eric Langhorst	62 +0,85	31.08	44 +0,76	36.68
Hans de Korte	86 +0,53	30.83	92 +0,31	26.08
7. De Duinkickers 1	De Duinkickers	2:04.25	<b>2:08.35</b>	+0,94
Robert de Brauer	64 +0,94	30.77	87 +0,40	31.93
Jaap de Boer	58 +0,40	34.15	69 +0,57	31.50
8. WIDEX GZC DONK 1	WIDEX GZC DONK	2:10.98	<b>2:18.98</b>	+0,86
Yves van den Berg	66 +0,86	32.63	57 +0,66	36.75
Remco Luijnenburg	79 +0,45	39.54	60 +0,65	30.06



Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



Programmanr. 25, Heren, 4 x 50m vrije slag

200+

rank	team	swimmer	time	RT
1.	De Amer	Paul de Boer Jos Kamps	1:59.30	1:59.86 +0,83
2.	PSV	Rob Penninks Frank Zwijnenberg	2:06.72	2:08.00 +0,76
3.	PLONS	Mark Kas Leo de Keizer	2:15.00	2:10.65 +0,84

240+

rank	team	swimmer	time	RT
1.	PSV 3	Joop Ariaens Rob Hanou	2:07.53	2:04.84 +0,75

*Nederlands Masters Record*

Programmanr. 26  
03-05-2014 - 13:55

Dames, 4 x 50m vrije slag

Masters Open  
Resultaten

rang	vereniging	inschrijftijd	startnr.	tijd	RT	
80+						
1.	WVZ	1:51.84		1:51.98	+0,76	
	<i>Nederlands Masters Record</i>					
	Kimberley Albers Isabelle Massar	92 +0,76 91 +0,49	28.38 28.63	Manon van Strien Anja van der Hout	94 +0,65 90 +0,20	28.38 26.59
2.	LZ 1886	1:58.75		1:58.78	+0,79	
	Janet van der Poel Suzanne Brummel	93 +0,79 94 +0,50	29.38 29.39	Seline Koek Simone de Boer	94 +0,53 93 +0,50	30.34 29.67
3.	Aqua-Novio'94	1:55.95		1:59.22	+0,72	
	Lodi Broeder Natasja Snijders	93 +0,72 91 +0,56	29.00 29.15	Milène Catoire Inge Pepping	87 +0,49 94 +0,63	32.27 28.80
4.	De Amer	2:05.00		2:05.84	+0,79	
	Renske Eilers Sabine Duijst	88 +0,79 87 +0,34	33.09 32.46	Kathy van Zuilen Anne Duijst	93 +0,47 89 +0,47	30.95 29.34
5.	RZ	2:14.05		2:09.88	+0,79	
	Claudia Creemers Denise Austen	92 +0,79 93 +0,27	36.03 31.29	Marian Bouts Suzan van den Bogaard	86 +0,36 89 +0,49	32.39 30.17

100+

1.	WVZ	2:05.96		2:10.03 *	+0,79	
	Melissa de Zeeuw Tessa Verheijdt	93 +0,79 89 +0,26	29.28 34.36	Petra Versteegen Lisette Prins	77 +0,56 88 +0,30	32.99 33.40

AFGEM De Spatters 1

De Spatters 2:07.85

120+

1.	DAW	2:03.35		2:03.92	+0,92	
	Wietke Etzinga Esther Steltenpohl	86 +0,92 85 +0,53	32.53 32.48	Ilona Hogerheyde Bianca Paape	74 +0,31 85 +0,35	29.82 29.09
2.	De Roersoppers	2:06.50		2:04.50	+0,67	
	Ilse Clevers Wieke Bos	85 +0,67 82 +0,38	29.33 30.69	Pascalie Neiss-Janssen Emmy Slabbers	73 +0,42 81 +0,33	33.29 31.19
3.	Zoetermeer	2:05.49		2:05.30	+0,73	
	Delia Badoux Chita van der Goorbergh	80 +0,73 68 +0,35	29.63 31.24	Yvette Kilian Linda Hoogendam	66 +0,51 83 +0,42	33.31 31.12

Programmanr. 26, Dames, 4 x 50m vrije slag, 120+

rang		vereniging		inschrijftijd	startnr.		tijd	RT	
4.	CNSW 1 <i>BMR</i>	CNSW		2:09.38			<b>2:07.96</b>	+0,76	
	Colette Crabbe	56	+0,76	32.06	Isaline Manchel	85	+0,33	32.08	
	Fanny Koenig	89	+0,32	29.90	Sandra Koenig	86	+0,38	33.92	
5.	ZVVS 1	ZVVS		2:16.37			<b>2:16.32</b>	+0,91	
	Daniëlle Hoeksel-Verveen	73	+0,91	34.97	Joyce Brummelkamp	70	+0,38	34.55	
	Paula 't Hart-Buitelaar	77	+0,19	34.82	Ramona Noordermeer	94	+0,48	31.98	
6.	Budel 1	Budel		2:25.66			<b>2:23.32</b>	+1,11	
	Lilian Kelly	63	+1,11	43.50	Carola Hompes	88	+0,53	31.86	
	Jolanda van Knippenberg	66	+0,04	37.81	Joyce Raemaekers	91	+0,18	30.15	
7.	Steenwijk 1934 1	Steenwijk 1934		2:42.56			<b>3:01.06</b>	+0,95	
	Ciska Wagter	70	+0,95	44.56	Riekje Schra	64	+0,85	1:07.32	
	Charine de Ruiter	94	+0,63	34.37	Lonneke Oenema	91	+0,48	34.81	
<b>160+</b>									
1.	WS Twente 1	WS Twente		2:09.33			<b>2:04.42</b>	+0,75	
	Marion Broekhuis	68	+0,75	33.12	Marijke Kraak-Beckers	60	+0,48	32.93	
	Inez Heideman	75	+0,29	29.57	Annette de Vries	86	+0,28	28.80	
2.	WIDEX GZC DONK 1	WIDEX GZC DONK		2:10.63			<b>2:18.45</b>	+0,81	
	Jacqueline de Ruiter-Wijnolst	74	+0,81	30.54	Feikje Wittermans	64	+0,49	34.57	
	Alice de Haan	64	+0,59	39.58	Laura van Manen	84	+0,60	33.76	
3.	RZ 2	RZ		2:16.36			<b>2:19.04</b>	+0,96	
	Patricia Austen	70	+0,96	38.34	Marion van Gerwen	65	+0,46	34.36	
	Vivian van Kerkwijk	75	+0,59	34.55	Wendy Kroops	68	+0,41	31.79	
4.	DWK 1	DWK		2:25.69			<b>2:25.33</b>	+0,87	
	Liesbeth van Mill	87	+0,87	34.45	Jennie Resink-Lindeboom	60	+0,49	37.57	
	Greta Wyma-Teitsma	71	+0,87	39.66	Ellen van Wingerden	69	+0,87	33.65	
<b>200+</b>									
1.	Swol 1894 1	Swol 1894		2:22.00			<b>2:27.80</b>	+0,85	
	Marjan Spoelstra	60	+0,85	38.62	Annemarie Vuist	63	+0,19	37.13	
	Annet Kootstra	71	+0,51	39.37	Christien Nieuwenhuis	51	+0,25	32.68	
2.	ESCA Zwemmen 1	ESCA Zwemmen		2:45.48			<b>2:43.44</b>	+0,91	
	Yoka de Vegt- van Dijk	62	+0,91	37.55	Cora Smulders	66	+0,56	41.04	
	Marion Kolkman-Pluim	60	+0,52	41.42	Ria Peters-Veurman	58	+0,41	43.43	
<b>240+</b>									
1.	PSV 1 <i>Kampioenschaps Record</i>	PSV		2:22.59			<b>2:26.14</b>	+0,97	
	Liselotte Joling	75	+0,97	31.13	Patty Krupiarz	54	+0,44	36.91	
	Lottie Geurts	35	+0,67	41.33	Corrie Verhoeven	46	+0,43	36.77	
<b>280+</b>									
1.	Old Dutch 1	Old Dutch		3:40.71			<b>3:47.87</b>	+0,90	
	Mies Kuipers	58	+0,90	51.21	Truus Ruiter	40		57.96	
	Matty van der Veen	44	+0,72	49.60	Annie de Vos	34		1:09.10	



Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



Programmanr. 27  
03-05-2014 - 14:10

Heren, 200m schoolslag

Masters Open  
Resultaten

rang naam	vereniging	inschrijftijd	tijd	RT	50m	100m	150m	200m
<b>Masters 20+</b>								
1. Roald Blok	Octopus	2:22.90 199302685	<b>2:25.31</b>	+0,71	32.14	1:09.06	1:47.23	2:25.31
<i>Nederlands Masters Record</i>								
2. Dennis Wijbenga	Stadskanaal	2:31.83 199003283	<b>2:36.71</b>	+0,83	35.27	1:15.28	1:57.07	2:36.71
3. Ricardo Hauber	DES	2:36.08 199402029	<b>2:42.88</b>	+0,70	34.82	1:15.14	1:58.09	2:42.88
4. Patrick Creemers	RZ	2:44.36 199000579	<b>2:43.25</b>	+0,71	36.61	1:18.10	2:00.97	2:43.25
5. Thomas Kersten	WVZ	2:38.72 199001515	<b>2:44.52</b>	+0,74	36.44	1:17.99	2:01.21	2:44.52
6. Bram Becks	HZPC	2:40.59 199303701	<b>2:47.44</b>	+0,70	37.34	1:19.59	2:03.77	2:47.44
7. Kenneth Caster	RZ	2:43.79 199100375	<b>2:48.28</b>	+0,78	37.15	1:19.90	2:04.24	2:48.28
8. Maik Steenkamp	Montferland	2:35.74 199103847	<b>2:51.72</b>	+0,73	38.25	1:22.26	2:07.33	2:51.72
9. Patrick Janssen	HZPC	2:40.62 199302009	<b>2:52.59</b>	+0,75	37.26	1:20.67	2:06.25	2:52.59
10. Jos Terlouw	MGO (SG)	2:43.46 199400601	<b>2:56.98</b>	+0,78	37.33	1:22.04	2:09.38	2:56.98
11. Mark Huijsman	De Lansingh	2:48.70 199001305	<b>3:00.54</b>	+0,78	40.26	1:26.92	2:13.97	3:00.54
12. Mike Koelewijn	Steenwijk 1934	2:59.34 199303597	<b>3:00.65</b>	+0,75	39.40	1:25.48	2:13.60	3:00.65
13. D. van den Wildenberg	Eurode KZC	3:04.82 199206491	<b>3:17.83</b>	+0,79	44.89	1:36.76	2:28.64	3:17.83
14. Danny Vochteloo	ZZG de Boskickers (SG)	3:20.56 199207251	<b>3:26.43</b>	+0,99	49.16	1:42.06	2:35.49	3:26.43
<b>Masters 25+</b>								
1. Tim van den Berg	MNC Dordrecht	2:26.71 198500157	<b>2:25.25</b>	+0,73	32.71	1:09.57	1:47.64	2:25.25
<i>Nederlands Masters Record</i>								
2. Remko Hooft	De Duinkickers	2:36.82 198701405	<b>2:47.74</b>	+0,73	37.42	1:20.77	2:04.39	2:47.74
3. Niels van Beurden	ZPC Woerden	2:41.93 198805669	<b>2:54.85</b>	+0,90	38.62	1:22.62	2:08.46	2:54.85
4. Alex Vermeulen	WZK Zwemmen	2:45.69 198905811	<b>2:59.34</b>	+0,78	39.29	1:25.05	2:13.06	2:59.34
<b>Masters 30+</b>								
1. Richard Claus	Swimteam Helden-Mosa	2:33.99 198000265	<b>2:32.94</b>	+0,78	33.86	1:13.70	1:53.43	2:32.94
<i>Nederlands Masters Record</i>								
2. Jan Boier Pedersen	Hovedstaden SK	2:36.93 8371AA	<b>2:36.16</b>	+0,87	35.11	1:14.60	1:54.96	2:36.16
3. Kristiaan Lenos	LZ 1886	2:42.90 198301331	<b>2:44.28</b>	+0,84	36.41	1:18.02	2:01.52	2:44.28
4. Pieter Pickhardt	ZPC De Hof	2:33.91 198301657	<b>2:45.04</b>	+0,84	37.28	1:19.37	2:02.14	2:45.04
5. Reinier Ellenkamp	De Rog	2:39.90 198002109	<b>2:46.29</b>	+0,87	36.21	1:18.58	2:02.71	2:46.29
6. Albert Garcia i Tormo	PSV	2:54.19 198202583	<b>2:59.84</b>	+0,66	39.50	1:24.67	2:11.90	2:59.84
7. Sebastiaan Baars	WS Twente	2:54.64 198300053	<b>3:05.14</b>	+0,92	40.18	1:27.11	2:15.85	3:05.14
<b>Masters 35+</b>								
1. Egbert Stolk	d'ELFT WAVE (SG)	2:27.21 197600889	<b>2:35.25</b>	+0,77	34.89	1:13.77	1:54.20	2:35.25
2. Vincent Versteeg	Zwemlust-den Hommel	2:41.97 197701003	<b>2:43.15</b>	+0,74	37.44	1:19.97	2:04.52	2:43.15
3. Victor Barnar	GoSwim	2:39.63 197801805	<b>2:44.52</b>	+0,77	37.51	1:20.50	2:02.10	2:44.52
4. Freddie Geerlings	HGN (SG)	2:41.96 197900379	<b>2:45.09</b>	+0,85	38.09	1:20.63	2:03.34	2:45.09
5. Okko de Haas	ZV De Bron	2:47.28 197801593	<b>2:57.79</b>	+0,85	40.26	1:25.08	2:11.64	2:57.79
<b>Masters 40+</b>								
1. Jerry Grondel	PLONS	2:49.35 197201223	<b>2:50.69</b>	+0,77	38.63	1:21.88	2:06.51	2:50.69
2. Wibo Mooibroek	ZV De Zaan	2:58.82 197401339	<b>3:02.86</b>	+1,04	39.68	1:24.64	2:12.69	3:02.86
3. Kasper van den Berghe	Swol 1894	3:02.30 197301125	<b>3:16.75</b>	+0,81	45.93	1:34.99	2:25.86	3:16.75
4. Gertjan van de Bosch	IJZPC	3:30.20 197001615	<b>3:35.66</b>	+1,00	44.17	1:37.05	2:35.57	3:35.66
<b>Masters 45+</b>								
1. Jan Gert Notenbomer	Upstream Amsterdam	2:45.37 196600557	<b>2:44.87</b>	+0,83	38.31	1:21.63	2:03.00	2:44.87
<i>Kampioenschaps Record</i>								
2. Harold Matla	PSV	2:47.72 196800591	<b>2:49.51</b>	+0,86	38.75	1:23.21	2:08.04	2:49.51
3. René Beetsma	HZ&PC Heerenveen	2:47.94 196900069	<b>2:50.79</b>	+0,80	39.05	1:22.38	2:06.61	2:50.79
4. Thijs Geurts	De Watervogels	3:01.43 196601557	<b>2:55.01</b>	+1,03	38.68	1:22.02	2:08.01	2:55.01
5. J. van den Berg	WVZ	2:48.91 196801575	<b>2:56.92</b>	+0,81	40.59	1:25.28	2:11.56	2:56.92
6. Arno Schrauwen	De Roersoppers	2:52.61 196501355	<b>3:01.04</b>	+0,81	40.60	1:27.82	2:15.32	3:01.04



Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



Programmanr. 27, Heren, 200m schoolslag, Masters 45+

rang naam	vereniging	inschrijftijd	tijd	RT	50m	100m	150m	200m
7. Joop Weenink	WS Twente	3:10.82 196801535	<b>3:06.93</b>	+1,04	42.65	1:29.94	2:18.81	3:06.93
8. Hans Schoenmakers	DAW	3:00.11 196900863	<b>3:08.38</b>	* +0,80	40.89	1:30.01	2:19.67	3:08.38
9. Roelof Broekman	De Spatters	3:19.22 196800155	<b>3:19.44</b>	+0,81	45.00	1:35.66	2:27.71	3:19.44
10. Gertjan van der Vaart	ZVVS	3:43.26 196801529	<b>3:39.96</b>	+0,80	47.59	1:45.41	2:43.81	3:39.96
11. Mark Formby	Potters Bar SC	3:59.49 907997	<b>3:47.42</b>	+0,84	50.22	1:47.64	2:48.58	3:47.42
AFGEM Gerard Tel	GLS Ketelbinkie	3:02.46 196701175						
AFGEM Henk van Zetten	Octopus	3:26.14 196701261						
NG Huyb Stegeman	Steenwijk 1934	3:16.39 196701535						

Masters 50+

1. Cees van Houwelingen	De Schelde	2:47.40 196300351	<b>2:54.19</b>	+0,94	38.92	1:22.80	2:08.12	2:54.19
2. Ronald Grove	Oceanus	3:03.62 196100161	<b>3:03.41</b>	+0,79	41.62	1:28.70	2:16.43	3:03.41
3. Ralph Caster	RZ	2:59.55 196100069	<b>3:06.96</b>	+0,87	41.18	1:29.25	2:19.68	3:06.96
4. Theo Bakker	TriVia	2:58.78 196401231	<b>3:09.55</b>	+0,75	40.71	1:29.20	2:18.83	3:09.55
5. Eric Giling	De Fuut	3:05.38 196400237	<b>3:19.03</b>	+0,77	42.70	1:33.40	2:26.54	3:19.03
6. Jack Barends	WS Twente	3:13.55 196201011	<b>3:20.47</b>	+0,86	45.76	1:36.28	2:28.54	3:20.47
7. Roy le Clercq	De Rog	3:16.80 196401041	<b>3:24.48</b>	+0,94	46.28	1:38.97	2:33.41	3:24.48
8. Bart van Calker	WS Twente	3:32.45 196100067	<b>3:33.02</b>	+0,89	49.93	1:43.53	2:40.41	3:33.02
9. Jan Haitsma	De Spatters	3:38.61 196000929	<b>3:46.22</b>	+0,98	52.29	1:49.68	2:49.00	3:46.22
10. Martin Dorsman	De Devel	3:36.46 196301339	<b>3:47.74</b>	+0,93	46.20	1:42.87	2:43.48	3:47.74
11. John Tersteeg	De Fuut	3:39.28 196001039	<b>3:51.81</b>	* +0,89	52.04	1:51.73	2:53.03	3:51.81

Masters 55+

1. Vincent de Keijzer	PLONS	3:16.16 195800207	<b>3:24.25</b>	+0,92	45.13	1:37.90	2:31.84	3:24.25
2. Paul Bunnik	Triton	3:21.61 195600413	<b>3:26.08</b>		46.35	1:40.79	2:34.80	3:26.08
3. Dré Klaassen	ZOB'66	3:25.68 195600141	<b>3:30.31</b>	+0,93	48.71	1:41.12	2:35.42	3:30.31
4. Jan Timmerman	IJZPC	3:41.70 195700347	<b>3:53.41</b>	+0,82	48.05	1:48.30	2:51.99	3:53.41
5. Herbert Katgert	WS Twente	3:46.31 195900739	<b>3:59.08</b>	+1,31	53.36	1:53.47	2:56.96	3:59.08
6. Adrie van der Gracht	OEZA	3:57.40 195700485	<b>4:15.97</b>	+0,97	57.87	2:04.29	3:11.82	4:15.97

Masters 60+

1. Charles Bos	De Roersoppers	3:02.56 195300019	<b>3:13.23</b>	+0,84	43.44	1:32.41	2:22.62	3:13.23
2. Piet Schop	De Bevelanders	3:22.94 195000109	<b>3:20.58</b>	+0,69	44.10	1:35.26	2:29.17	3:20.58
3. Laurens klein Breteler	WWV	3:13.03 195400109	<b>3:20.90</b>	+0,87	42.44	1:33.65	2:27.84	3:20.90

Masters 65+

1. Donald Uijtenbogaart	Het Y	3:13.89 194700107	<b>3:14.68</b>	+0,89	44.92	1:34.32	2:24.47	3:14.68
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Masters 70+

1. Rob Hanou	PSV	3:22.36 194300109	<b>3:36.13</b>	+1,08	48.53	1:44.35	2:42.45	3:36.13
2. Nico Baay	Old Dutch	3:39.37 194200053	<b>3:45.07</b>	+0,85	48.29	1:44.96	2:45.04	3:45.07
3. Ruud Sloof	De Rijn	3:41.48 194400073	<b>3:51.37</b>	+0,98	53.58	1:52.50	2:52.97	3:51.37
4. Kevork Boyrazian	CNSW	4:38.32 CNSW/609/44	<b>4:47.38</b>	* +1,33	1:02.32	2:16.30	3:34.32	4:47.38

Masters 75+

1. Jan Eichhorn	ZV Haerlem	4:12.86 193700015	<b>4:22.36</b>	+1,10	59.60	2:05.74	3:13.31	4:22.36
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Dames, 200m schoolslag

Masters Open  
Resultaten

rang naam	vereniging	inschrijftijd	tijd	RT	50m	100m	150m	200m
<b>Masters 20+</b>								
1. Suzanne Brummel	LZ 1886	2:49.57 199401366	<b>2:45.23</b>	+0,83	39.00	1:20.79	2:03.32	2:45.23
<i>Nederlands Masters Record</i>								
2. Chantal van der Horst	De Meer	2:51.62 199400616	<b>2:47.96</b>	+0,76	38.59	1:21.10	2:04.45	2:47.96
3. Maaïke Vooren	DAW	2:48.73 199103324	<b>2:52.46</b>	+0,88	38.92	1:22.73	2:07.38	2:52.46
4. Jasmijn Ruijgrok	De Zijl/LGB	2:59.39 199401032	<b>3:01.27</b>	+0,85	40.93	1:26.86	2:14.33	3:01.27
5. Rosanne de Boer	LZ 1886	2:55.39 199104060	<b>3:02.15</b>	+0,79	40.92	1:27.02	2:14.65	3:02.15
6. Désirée Hulsmeijer	Het Ravijn	3:17.41 199001656	<b>3:02.90</b>	+0,62	40.57	1:27.87	2:15.53	3:02.90
7. Erika Aan het Rot	Octopus	2:51.84 199000010	<b>3:02.94</b>	+0,71	39.59	1:25.34	2:13.51	3:02.94
8. Catherine Holmes	Maidenhead Marlins	3:04.42 36934	<b>3:05.21</b>	+0,77	40.32	1:27.51	2:16.09	3:05.21
9. Maaïke de Boer	De Duinkickers	2:58.51 199000362	<b>3:08.60</b>	+0,79	43.02	1:31.06	2:19.64	3:08.60
10. Nicky Vanhijfte	Scheldestroom	3:15.09 199201806	<b>3:20.42</b>	+0,73	42.90	1:31.84	2:24.86	3:20.42
11. Lieke Janssen	HGN (SG)	3:14.34 199305954	<b>3:26.27</b>	+0,90	46.33	1:38.77	2:33.14	3:26.27
12. Tara Keijzer	Steenwijk 1934	3:34.07 199108498	<b>3:33.53</b>	+0,76	47.28	1:40.30	2:36.75	3:33.53
13. Janneke Wynia	WS Twente	3:34.21 199005500	<b>3:49.40</b>	+1,00	50.86	1:51.37	2:51.51	3:49.40
14. Carmen Ensink	Piranha	3:55.66 199307842	<b>3:55.75</b>	+0,98	51.06	1:47.65	2:50.81	3:55.75
AFGEM Maartje Lenten	De Spatters	3:01.29 199204286						
AFGEM Zarife Gela	d'ELFT WAVE (SG)	2:54.26 199200584						
<b>Masters 25+</b>								
1. Larissa Brak	AZ&PC	2:42.69 198800572	<b>2:45.34</b>	+0,76	37.00	1:19.80	2:03.25	2:45.34
<i>Nederlands Masters Record</i>								
2. Marlijn Hendriksen	Arethusa	2:50.74 198806828	<b>2:54.29</b>	+0,74	40.19	1:24.46	2:09.59	2:54.29
3. Suzan van den Bogaard	RZ	2:54.21 198900450	<b>3:02.24</b>	+0,73	40.15	1:26.02	2:13.63	3:02.24
4. Aniek Huijsman	De Lansingh	3:04.02 198801932	<b>3:04.49</b>	+0,78	40.49	1:26.89	2:15.02	3:04.49
5. Anne Duijst	De Amer	3:03.37 198901030	<b>3:10.20</b>	+0,89	42.54	1:30.49	2:20.13	3:10.20
6. Monique Pronk	WVZ	3:02.81 198803528	<b>3:10.81</b>	* +0,83	41.75	1:29.97	2:19.09	3:10.81
7. Maryse Lampe	Van Vliet-Barracuda	3:02.34 198702458	<b>3:11.31</b>	+0,76	43.06	1:31.07	2:21.12	3:11.31
8. Isaline Manchel	CNSW	3:14.75 CNSW/475/85	<b>3:15.84</b>	+0,84	44.10	1:33.51	2:24.21	3:15.84
9. Linda Janssen	ZPB H&L Productions	3:04.48 198802088	<b>3:19.40</b>	+0,87	43.92	1:34.14	2:26.70	3:19.40
10. Liesbeth van Mill	DWK	3:16.38 198702786	<b>3:26.78</b>	+0,90	46.56	1:38.71	2:32.24	3:26.78
11. Carola Hompes	Budel	3:20.29 198801868	<b>3:27.38</b>	+0,80	48.16	1:39.46	2:33.48	3:27.38
12. Margriet Aan het Rot	Octopus	3:18.68 198603088	<b>3:28.96</b>	+0,81	46.22	1:39.01	2:33.57	3:28.96
13. Sabine Duijst	De Amer	3:21.16 198701032	<b>3:32.63</b>	+0,87	47.11	1:40.70	2:36.74	3:32.63
14. Anne van den Besselaar	HZ&PC Heerenveen	6:23.24 198504062	<b>6:30.36</b>	+1,04	1:30.88	3:10.48	4:49.45	6:30.36
DIS Karin Hovenkamp	De Spatters	3:13.12 198701850		AA				
<b>Masters 30+</b>								
1. Nadya Putter	ZVVS	3:00.59 198301630	<b>2:59.42</b>	+0,70	41.82	1:27.96	2:13.81	2:59.42
2. Pauline Tieleman	De Geul	3:10.42 198403348	<b>3:10.11</b>	* +0,77	43.51	1:32.60	2:20.59	3:10.11
3. Roos van Esch	TRB-RES	3:12.45 198200468	<b>3:13.00</b>	+0,83	43.86	1:32.48	2:22.67	3:13.00
4. Annette Vogelsang	ZV De Bron	3:13.55 198402632	<b>3:23.00</b>	+0,91	44.95	1:34.59	2:28.26	3:23.00
<b>Masters 35+</b>								
1. Liselotte Joling	PSV	3:07.03 197500268	<b>3:03.57</b>	+0,98	41.85	1:30.00	2:17.37	3:03.57
2. Inez Heideman	WS Twente	3:16.95 197500198	<b>3:08.22</b>	+0,91	42.00	1:29.84	2:19.32	3:08.22
3. Kristel Lips	ZV De Bron	3:13.93 197900562	<b>3:23.49</b>	+0,99	45.76	1:36.67	2:29.68	3:23.49
<b>Masters 40+</b>								
1. Nadège van Meeteren	De Meer	3:05.97 197400736	<b>3:00.41</b>	+0,79	40.68	1:26.29	2:13.97	3:00.41
2. Karin Stein	ZVVS	2:58.64 197100554	<b>3:00.99</b>	+0,85	40.40	1:27.46	2:14.20	3:00.99
3. Miranda Straetemans	Zignea	3:11.36 197400514	<b>3:10.89</b>	+0,91	43.20	1:31.45	2:20.85	3:10.89
4. Pascaline Neiss-Janssen	De Roersoppers	3:14.48 197300852	<b>3:19.50</b>	* +0,99	45.37	1:36.90	2:27.55	3:19.50
5. Ageeth Boomsma	Orca	3:30.33 197000826	<b>3:39.21</b>	+0,95	49.68	1:43.99	2:42.04	3:39.21
6. Annet Kootstra	Swol 1894	3:31.49 197100344	<b>3:40.08</b>	+0,88	50.83	1:47.54	2:44.49	3:40.08



Open Nederlandse Masters  
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Programmanr. 28, Dames, 200m schoolslag

Masters 45+

1. Annette Wijnja-Visser	De Biesboschzwermmers	2:58.80	196700528	<b>2:59.87</b>	+0,74	40.48	1:25.75	2:12.27	2:59.87
2. Bridget Bewick	Maidenhead Marlins	3:11.93	36934	<b>3:10.66</b>	+0,90	43.52	1:31.77	2:21.25	3:10.66
3. Esther Mijnen	ZV De Zaan	3:19.77	196900846	<b>3:27.25</b>	+0,81	45.11	1:37.58	2:32.23	3:27.25
4. Irna van der Molen	Het Ravijn	3:29.08	196900938	<b>3:33.42</b>	+0,71	48.47	1:43.99	2:38.65	3:33.42
5. Monika Millet	The Mermaids	3:43.38	66MONI	<b>3:45.94</b>	+1,01	51.80	1:48.77	2:48.10	3:45.94
6. Yvette Kilian	Zoetermeer	3:38.42	196600534	<b>3:46.63</b>	+0,85	51.57	1:48.93	2:48.34	3:46.63
7. Ingeborg Stokx	DAW	3:57.23	196700666	<b>3:49.29</b>	+0,71	52.47	1:52.28	2:51.24	3:49.29
AFGEM Margriet de Hoop	De Fuut	4:05.82	196800848						
AFGEM Friderika Kerekes	AZ&PC	3:41.37	196500540						

Masters 50+

1. Hannah Ueckermann	Witham Dolphins	3:07.54	50524	<b>3:06.33</b>	+0,82	44.93	1:31.32	2:19.27	3:06.33
2. Annemarie Vuist	Swol 1894	3:15.45	196300282	<b>3:20.59</b>	+0,95	46.62	1:37.92	2:30.02	3:20.59
3. Petra Tossings	DAW	3:20.52	196100376	<b>3:27.69</b>	+0,86	47.48	1:40.81	2:34.97	3:27.69
4. Inge Wolfs	PLONS	3:34.88	196000304	<b>3:31.08</b>	+0,83	49.68	1:44.67	2:39.46	3:31.08
5. Marjan Spoelstra	Swol 1894	3:51.00	196000236	<b>3:54.48</b>	+0,94	54.20	1:53.85	2:54.34	3:54.48
6. Lilian Kelly	Budel	4:34.42	196300534	<b>4:41.21</b>	+1,08	1:03.87	2:15.78	3:31.00	4:41.21

Masters 55+

1. Monica Bakker	ZVZ	3:48.43	195600082	<b>3:40.39</b>	+1,00	50.28	1:45.36	2:43.96	3:40.39
2. Anje Manuputty	De Dolfijn	4:12.31	195700176	<b>4:05.23</b>	+0,95	55.10	1:56.77	3:00.76	4:05.23
3. Mies Kuipers	Old Dutch	4:18.20	195800202	<b>4:35.06</b>	+0,87	1:05.37	2:15.39	3:27.32	4:35.06

Masters 60+

1. Gonnie Bak	PSV	3:59.46	195100064	<b>4:13.02</b>	+0,90	59.50	2:04.32	3:08.04	4:13.02
2. Geerdien Meerwaldt	De Geul	4:41.45	195200058	<b>4:38.27</b>	+1,14	1:00.88	2:12.36	3:24.07	4:38.27
3. N. van Dongen-de Paape	De Devel	4:47.95	195100044	<b>4:52.62</b>	+1,31	1:03.88	2:19.14	3:36.10	4:52.62
4. Janny van der Weide	Deltasteur	5:13.30	195100066	<b>5:33.25</b>		1:17.57	2:41.00	4:07.51	5:33.25

Masters 65+

1. Bea Swijnenberg	Swol 1894	3:44.47	194900010	<b>3:35.80</b>	+0,78	49.58	1:45.67	2:41.99	3:35.80
<i>Nederlands Masters Record, tt 100m NMR</i>									
2. Loekie v. Huissteden	AZ&PC	4:20.21	194500002	<b>4:27.68</b>	+1,00	1:02.15	2:11.10	3:19.95	4:27.68

Masters 70+

1. Matty van der Veen	Old Dutch	4:08.85	194400020	<b>4:38.93</b>	+1,28	1:04.84	2:15.12	3:27.14	4:38.93
2. Liesbeth ter Laak	PSV	5:17.47	194200008	<b>5:20.79</b>	+1,09	1:14.12	2:37.24	3:58.76	5:20.79

Masters 80+

1. Agnes Van Obberghen	AZSC	4:05.52	AZSC/20696/31	<b>4:13.03</b>	+1,12	55.93	2:00.09	3:06.81	4:13.03
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Masters 85+

AFGEM Anneke Logtenberg	OZ&PC	6:05.55	192900004						
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Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
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Heren, 100m vrije slag

Masters Open  
Resultaten

rang naam	vereniging	inschrijftijd	tijd	RT	50m	100m
<b>Masters 20+</b>						
1. Ensger Kotterink	Albion	51.15 199403391	<b>53.09</b>	+0,68	25.28	53.09
2. Lars Sieval	LZ 1886	55.65 199300723	<b>56.33</b>	+0,62	27.04	56.33
3. Rutger Dalm	De Lansingh	56.70 199005561	<b>57.77</b>	+0,77	27.81	57.77
4. Mike Koelewijn	Steenwijk 1934	56.31 199303597	<b>58.91</b>	+0,71	27.84	58.91
5. Bram Meijlis	ESCA Zwemmen	55.57 199401967	<b>59.04</b>	+0,71	27.91	59.04
6. Robin Eltink	NDD	57.64 199406147	<b>59.21</b>	+0,82	28.39	59.21
7. Rens Post	WVZ	57.96 199101827	<b>59.85</b>	+0,72	28.33	59.85
8. Jasper de Boer	ZPC De Hof	57.08 199300051	<b>59.90</b>	+0,79	28.49	59.90
9. Sjoerd Sieval	LZ 1886	59.65 199002663	<b>1:00.34</b>	+0,74	29.14	1:00.34
10. Dennis Bosma	Montferland	56.55 199403851	<b>1:01.16</b>	+0,67	28.52	1:01.16
11. Patrick Brouwer	AZC	1:02.61 199303715	<b>1:04.34</b> *	+0,92	30.67	1:04.34
12. Michael Schlijper	Eurode KZC	1:04.28 199303691	<b>1:04.80</b>	+0,94	31.39	1:04.80
13. Coen van der Wekken	MGO (SG)	1:04.42 199202965	<b>1:05.07</b>	+0,72	30.94	1:05.07
14. Timo van der Wel	Piranha	1:13.05 199307221	<b>1:10.83</b>	+0,91	34.58	1:10.83
15. Mark Meijerink	d'ELFT WAVE (SG)	1:16.21 199107559	<b>1:11.93</b>	+1,05	34.01	1:11.93
16. Jerry Alberto	De Futen	1:10.51 199406523	<b>1:12.53</b>	+0,73	32.49	1:12.53
AFGEM Ruben Stolk	ZOB'66	57.68 199005665				
<b>Masters 25+</b>						
1. Alex Schelvis	NZ&PC	54.30 198702927	<b>55.10</b>	+0,74	26.32	55.10
2. Raoul Engelenburg	Zwemlust-den Hommel	56.08 198900843	<b>55.63</b>	+0,68	27.26	55.63
3. Martin Teley	PSV	55.70 198906059	<b>56.76</b>	+0,72	27.35	56.76
4. Richard Huiskens	ZPC De Hof	55.02 198501141	<b>57.47</b>	+0,71	27.29	57.47
5. Jean Pierre Bisslik	DES	56.34 198705243	<b>57.70</b>	+0,59	28.15	57.70
6. Roderik Meijers	ZOB'66	56.72 198602063	<b>57.89</b>	+0,74	27.17	57.89
7. Erik van der Heide	Zuiderzeezwemmers	58.21 198801337	<b>58.27</b>	+0,73	28.04	58.27
8. Emiel Huiskens	ZPC De Hof	55.11 198501139	<b>58.59</b>	+0,74	27.61	58.59
9. Brian Narain	DSZ	56.93 198904363	<b>58.89</b>	+0,77	28.06	58.89
10. Rick Driezen	Steenwijk 1934	1:00.77 198600713	<b>1:00.49</b>	+0,88	29.48	1:00.49
11. Hjalmar de Ruiters	NDD	54.25 198902695	<b>1:01.29</b>	+0,66	28.55	1:01.29
12. Peter van den Dool	GoSwim	1:00.49 198704973	<b>1:01.31</b>	+0,86	29.07	1:01.31
13. Martijn van Hoorn	MGO (SG)	58.53 198901343	<b>1:02.01</b>	+0,79	29.63	1:02.01
14. Melano Winter	RSW (SG)	1:02.16 198703847	<b>1:02.36</b>	+0,76	29.33	1:02.36
15. Dirk-Jan Pronk	LZ 1886	1:02.46 198702665	<b>1:04.06</b>	+0,85	30.56	1:04.06
16. Dimitri Sauvage	TRB-RES	1:04.38 198906755	<b>1:04.15</b>	+0,71	29.98	1:04.15
17. Erik van der Zeijden	RZ	1:05.25 198604569	<b>1:07.03</b>	+0,82	31.62	1:07.03
18. Willem Jacobs	d'ELFT WAVE (SG)	1:07.02 198705037	<b>1:07.78</b>	+0,68	32.25	1:07.78
19. Patrick de Jonge	ZPC Woerden	1:14.42 198906635	<b>1:08.31</b>	+0,81	32.13	1:08.31
20. Mark den Blanken	d'ELFT WAVE (SG)	1:10.35 198806087	<b>1:08.96</b>	+0,72	32.01	1:08.96
21. Elmar Steenhof	ZVW'74	1:05.90 198502481	<b>1:09.27</b>	+0,82	32.70	1:09.27
22. Wouter van 't Klooster	AZ&PC	1:11.15 198806159	<b>1:10.95</b>	+0,70	32.92	1:10.95
<b>Masters 30+</b>						
1. Kristiaan Lenos	LZ 1886	56.45 198301331	<b>56.13</b>	+0,83	27.27	56.13
2. Lauren Vis	Steenwijk 1934	56.60 198201883	<b>56.58</b>	+0,74	27.13	56.58
3. Jim Geestman	RSW (SG)	56.10 198300699	<b>58.18</b>	+0,86	28.13	58.18
4. Bart Groenemans	PLONS	1:01.01 198200551	<b>59.13</b>	+0,72	27.92	59.13
5. Mark Musch	Zwemlust-den Hommel	1:00.43 198401609	<b>59.29</b>	+0,77	27.27	59.29
6. Ronald Koeckhoven	Zwemvereniging Westland	58.73 198102017	<b>1:00.57</b>	+0,80	28.66	1:00.57
7. Ferry Blangé	ZOB'66	58.51 198300185	<b>1:00.67</b>	+0,78	28.36	1:00.67
8. Erik Drewes	De Biesboschzwemmers	1:04.99 198400543	<b>1:01.11</b>	+0,75	28.89	1:01.11
9. Fabian Kissler	The Mermaids	1:01.89 81FABI	<b>1:02.85</b>	+0,82	29.22	1:02.85
10. Bas v.d. Laan	WVZ	1:00.18 198302471	<b>1:03.09</b>	+0,77	28.86	1:03.09
11. Jeroen Vogelsang	DAW	1:03.69 198001645	<b>1:04.92</b>	+0,86	31.23	1:04.92
12. Joël Kapelle	ZVW'74	1:03.95 198200857	<b>1:05.72</b>	+0,69	30.37	1:05.72
Albert Garcia i Tormo	PSV	1:03.24 198202583	<b>1:05.72</b>	+0,65	30.52	1:05.72
14. Hans Cligge	De Futen	1:11.43 198100315	<b>1:11.51</b>	+0,82	32.53	1:11.51



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Programmanr. 29, Heren, 100m vrije slag, Masters 30+

rang naam	vereniging	inschrijftijd		tijd	RT	50m	100m
15. Marnix Cornelisse	LZ 1886	1:12.13	198002343	<b>1:13.08</b>	+0,74	33.62	1:13.08
DIS Maarten Prot	Upstream Amsterdam	1:08.80	198403195		AA		

Masters 35+

1. Roland de Jong	Eurode KZC	55.71	197601513	<b>56.93</b>	+0,74	27.40	56.93
2. Jeroen Zelsmann	Upstream Amsterdam	57.32	197701551	<b>57.54</b>	+0,76	27.29	57.54
3. Dennis Schouten	Upstream Amsterdam	57.93	197501351	<b>58.54</b>	+0,77	27.97	58.54
4. Alex Damen	DAW	59.77	197501371	<b>59.58</b>	+0,78	29.09	59.58
5. Mark Zwart	Zwemlust-den Hommel	57.56	197901461	<b>59.88</b>	+0,83	28.82	59.88
6. Victor Barnar	GoSwim	58.80	197801805	<b>1:00.65</b>	+0,74	29.08	1:00.65
7. Erik Lamers	De Gelenberg	59.63	197500507	<b>1:01.02</b>	+0,70	28.39	1:01.02
8. Dimitrie Sonnemans	RZ	1:00.58	197501391	<b>1:01.45</b>	+0,85	28.69	1:01.45
9. Erwin Zuidervelt	De Futen	1:00.97	197501015	<b>1:02.91</b>	+0,78	30.10	1:02.91
10. Kelvin Isselt	RZ	1:03.45	197601119	<b>1:03.98</b>	+0,72	29.24	1:03.98
11. Bas Broekhuis	MZ&PC	1:05.52	197601561	<b>1:04.62</b>	+0,82	30.80	1:04.62
12. Steven Prins	PLONS	1:04.01	197901833	<b>1:05.13</b>	+0,70	31.12	1:05.13
13. Mark van Wijk	WZK Zwemmen	1:07.90	197801725	<b>1:05.20</b>	+0,85	30.85	1:05.20
14. Okko de Haas	ZV De Bron	1:03.97	197801593	<b>1:06.02</b>	+0,87	31.13	1:06.02
15. Gino Martijn	RZ	1:05.62	197901865	<b>1:06.35</b>	+0,70	30.41	1:06.35
16. Arjan Aalbers	Swol 1894	1:04.22	197500001	<b>1:06.40</b>	+0,88	30.29	1:06.40
17. Johan Wezenberg	Swol 1894	1:05.97	197601023	<b>1:09.69</b>	+1,09	32.78	1:09.69
18. Arnold Kiburg	Steenwijk 1934	1:13.68	197501423	<b>1:16.86</b>	+0,80	35.73	1:16.86
19. Remco Luijnenburg	WIDEX GZC DONK	1:23.42	197901851	<b>1:31.66</b>	+0,98	42.97	1:31.66
AFGEM Svet Gavrilov	GLS Ketelbinkie	1:02.93	197501263				

Masters 40+

1. Marcel van Winssen	De Gelenberg	1:01.31	197101477	<b>58.65</b>	+0,79	27.67	58.65
2. Richard Rickson	HGN (SG)	59.08	197000841	<b>1:01.67</b>	+0,79	29.62	1:01.67
3. Antwan van Engen	De Ward	1:01.80	197101577	<b>1:02.24</b>	+0,77	29.18	1:02.24
4. Francois Boudreault	PLONS	1:05.60	197401155	<b>1:03.32</b>	+0,79	30.07	1:03.32
5. Machiel Stolk	Swol 1894	1:01.03	197400779	<b>1:04.00</b>	+0,91	30.42	1:04.00
6. Mark van Wingerden	RZ	1:03.82	197001665	<b>1:05.46</b>	+0,89	30.40	1:05.46
7. Martin Berkhout	LZ 1886	1:04.93	197101123	<b>1:05.81</b>	+0,79	31.26	1:05.81
8. Stefan Vogel	Racing Club	1:07.14	197101589	<b>1:09.05</b>	+0,80	33.49	1:09.05
9. Edward van Nijmweegen	Budel	1:12.72	197001635	<b>1:12.13</b>	+0,99	33.91	1:12.13
10. Marcel Hoeksel	ZVVS	1:10.20	197001655	<b>1:13.38</b>	+1,03	34.28	1:13.38
11. Mike Molenaar	Zoetermeer	1:16.81	197201493	<b>1:15.50</b>	+1,21	36.48	1:15.50
12. Bas van Gool	De Geul	1:17.48	197201435	<b>1:20.62</b>	+0,88	36.33	1:20.62
13. Oebele Boomsma	Orca	1:30.16	197001659	<b>1:28.39</b>	+1,02	40.77	1:28.39
AFGEM Harry Raven	GLS Ketelbinkie	1:07.25	197000831				
AFGEM Jeroen Kraaijeveld	PLONS	1:11.10	197301257				

Masters 45+

1. Arjan Bellaart	Oceanus	1:00.60	196900079	<b>1:00.28</b>	+0,77	28.52	1:00.28
2. Ron Korzelius	AZ&PC	1:02.71	196500513	<b>1:03.25</b>	+0,75	30.50	1:03.25
3. Marc Bleeker	d'ELFT WAVE (SG)	1:09.09	196901729	<b>1:05.80</b>	+1,00	31.69	1:05.80
4. Jeroen Kort	DAW	1:07.83	196801543	<b>1:05.89</b>	+0,70	32.38	1:05.89
5. Francis Roosen	VZV Njord	1:06.11	196801581	<b>1:06.16</b>	+0,78	31.39	1:06.16
6. Jos Wensink	WS Twente	1:04.10	196901719	<b>1:06.50</b>	+0,65	30.08	1:06.50
7. Freddy van der Veen	ZVVS	1:07.62	196601161	<b>1:06.86</b>	+1,07	30.82	1:06.86
8. Darren Hamshere	Potters Bar SC	1:06.28	955680	<b>1:07.42</b>	+0,77	32.91	1:07.42
9. Pieter-Sjoerd de Wijn	Aqua-Novio'94	1:08.24	196501027	<b>1:07.68</b>	+0,75	32.05	1:07.68
10. Marc Wouters	PSV	1:06.02	196501501	<b>1:07.80</b>	+1,07	32.40	1:07.80
11. Fred Dijkshoorn	Zwemvereniging Westland	1:06.97	196501539	<b>1:07.81</b>	+0,89	31.95	1:07.81
12. Erik Saan	De Duck	1:07.91	196500769	<b>1:08.60</b>	+0,93	31.92	1:08.60
13. Marcel Brittijn	De Duinkickers	1:08.51	196900159	<b>1:11.69</b>	+0,70	32.75	1:11.69
14. Eugene Gormley	Potters Bar SC	1:09.49	778738	<b>1:12.10</b>	+0,86	33.54	1:12.10
15. Harald Mulder	Zoetermeer	1:12.52	196701459	<b>1:12.40</b>	+1,01	35.09	1:12.40
16. Peter Schielen	De Fuut	1:11.99	196501531	<b>1:12.98</b>	+0,75	33.85	1:12.98
17. Yves van den Berg	WIDEX GZC DONK	1:11.22	196601437	<b>1:14.35</b>	+0,94	35.54	1:14.35





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Programmanr. 29, Heren, 100m vrije slag, Masters 45+

rang naam	vereniging	inschrijftijd		tijd	RT	50m	100m
18. Ramon Alsina Munoz	CNSW	1:15.89	CNSW/608/69	<b>1:15.47</b>	+0,88	35.24	1:15.47
19. Richard Rozema	d'ELFT WAVE (SG)	1:24.67	196701583	<b>1:17.00</b>	+1,03	35.37	1:17.00
20. Gertjan van der Vaart	ZVVS	1:16.71	196801529	<b>1:17.22</b>	+0,80	36.29	1:17.22
21. Mark Formby	Potters Bar SC	1:27.43	907997	<b>1:26.07</b>	+0,86	39.85	1:26.07

Masters 50+

1. Edwin v. Norden	AZ&PC	59.08	196300563	<b>57.53</b>	+0,71	27.66	57.53
<i>Kampioenschaps Record</i>							
2. Cees van Houwelingen	De Schelde	57.05	196300351	<b>59.47</b>	+0,93	28.61	59.47
3. Dmitry Kromskiy	Poseidon	1:00.75	037011	<b>1:00.83</b>	+0,83	29.28	1:00.83
4. Rene de Boer	DAW	1:01.98	196400087	<b>1:02.42</b>	+0,82	30.18	1:02.42
5. John Stokx	DAW	1:03.38	196401341	<b>1:05.40</b>	+0,79	30.78	1:05.40
6. Rob Penninks	PSV	1:08.39	196000897	<b>1:08.64</b>	+0,81	32.56	1:08.64
7. Henk Kuipers	UZSC	1:13.39	196201207	<b>1:08.91</b>	+0,84	32.41	1:08.91
8. Eric Langhorst	De Rijn	1:12.99	196200389	<b>1:09.03</b>	+0,85	33.61	1:09.03
9. Bob Nieuwenhuys	De Fuut	1:08.92	196201227	<b>1:09.06</b>	+0,82	32.35	1:09.06
10. Robert de Brauwer	De Duinkickers	1:08.84	196401383	<b>1:09.94</b>	+0,90	32.53	1:09.94
11. Rob van Wijk	DES	1:11.43	196401213	<b>1:11.97</b>	+0,89	34.35	1:11.97
12. James Norman	PLONS	1:12.49	196001029	<b>1:12.68</b>	+0,88	34.94	1:12.68
13. Nico Buurman	PSV	1:14.57	196401357	<b>1:15.33</b>	+0,92	35.24	1:15.33
14. John Tersteeg	De Fuut	1:19.76	196001039	<b>1:23.54</b>	+0,88	39.56	1:23.54
15. Marco Schoenmakers	ZVVS	1:27.98	196401375	<b>1:24.10</b>	+0,89	38.95	1:24.10
AFGEM Hendrik Haze	GoSwim	1:09.42	196401387				

Masters 55+

1. Albert Boonstra	Aqua-Novio'94	59.55	195700425	<b>1:00.32</b>	+0,84	29.39	1:00.32
2. Marten de Groot	HZ&PC Heerenveen	59.65	195800149	<b>1:00.82</b>	+0,86	29.93	1:00.82
3. Gerhard Prohaska	EW Donau SC 1903	1:07.10	19054	<b>1:08.47</b>	+0,80	32.73	1:08.47
4. Evertjan Masurel	PSV	1:08.55	195600495	<b>1:09.26</b>	+0,87	32.99	1:09.26
5. Hans Groothelm	DBD	1:08.87	195800151	<b>1:09.76</b>	+0,76	32.91	1:09.76
6. Johan Wouda	Neptunus	1:12.85	195500395	<b>1:12.87</b>	+1,01	34.90	1:12.87
7. Leo de Keizer	PLONS	1:19.27	195600487	<b>1:18.75</b>	+0,89	35.81	1:18.75
8. Peter Coffeng	WIDEX GZC DONK	1:22.09	195700063	<b>1:22.45</b>	+0,97	38.65	1:22.45

Masters 60+

1. Brend Brevé	PSV	1:06.97	195200265	<b>1:06.08</b>	+0,81	32.06	1:06.08
<i>Kampioenschaps Record</i>							
2. Piet Schop	De Bevelanders	1:11.32	195000109	<b>1:10.14</b>	+0,69	33.32	1:10.14
3. Jan Vonk	De Amer	1:11.60	195400237	<b>1:10.61</b>	+0,89	34.02	1:10.61
4. Laurens klein Breteler	WWV	1:13.04	195400109	<b>1:15.29</b>	+0,87	35.59	1:15.29
5. Frank Zwijnenberg	PSV	1:18.26	195400361	<b>1:16.71</b>	+0,65	36.79	1:16.71
6. Jos Kamps	De Amer	1:15.04	195100085	<b>1:17.79</b>	+1,21	37.40	1:17.79
7. Richard Catoire	Oceanus	1:19.31	195200253	<b>1:20.74</b>	+0,99	37.41	1:20.74

Masters 65+

1. Han Roos	ZV De Bron	1:14.47	194500081	<b>1:15.76</b>	+0,99	36.35	1:15.76
2. Willem Putter	ZVVS	1:16.05	194500135	<b>1:18.30</b>	+1,01	37.98	1:18.30

Masters 70+

1. Frans van Enst	WS Twente	1:19.13	194000011	<b>1:20.40</b>	+0,99	36.75	1:20.40
2. Ruud Sloof	De Rijn	1:20.77	194400073	<b>1:24.51</b>	+1,01	40.09	1:24.51
3. Geza Kaltenecker	AZC	1:23.26	194200065	<b>1:25.81</b>	+1,02	39.38	1:25.81
4. Wim ter Laak	PSV	1:46.56	194000027	<b>1:52.41</b>	+1,18	52.96	1:52.41



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Programmanr. 29, Heren, 100m vrije slag

Masters 75+

1. Nic Geers	Z&PC De Gouwe	1:16.12	193800007	<b>1:22.11</b>	+0,94	41.14	1:22.11
2. Gregor Pompen	Aqua-Novio'94	1:28.88	193700021	<b>1:34.68</b>	+1,09	45.87	1:34.68

Masters 80+

AFGEM Bob Berg	PSV	1:42.85	193300011				
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Programmanr. 30  
03-05-2014 - 15:54

Dames, 100m vrije slag

Masters Open  
Resultaten

rang naam	vereniging	inschrijftijd		tijd	RT	50m	100m
<b>Masters 20+</b>							
1. Malissa van der Horst	Zwemlust-den Hommel	58.79	199200810	<b>59.20</b>	+0,73	28.44	59.20
2. Jolanda Post	DIO	58.97	199004848	<b>1:01.02</b>	+0,73	29.15	1:01.02
3. Inge Pepping	Aqua-Novio'94	59.36	199402308	<b>1:03.71</b>	+0,78	30.34	1:03.71
4. Natasja Snijders	Aqua-Novio'94	1:01.59	199107966	<b>1:03.82</b>	+0,81	30.91	1:03.82
5. Isabelle Massar	WVZ	1:02.38	199102034	<b>1:04.11</b>	+0,82	30.39	1:04.11
6. Kimberley Kranenberg	ZPC De Hof	1:03.05	199400292	<b>1:04.47</b>	+0,75	31.09	1:04.47
7. Eline Roobol	De Lansingh	1:03.89	199106414	<b>1:04.74</b>	+0,75	30.84	1:04.74
8. Janet van der Poel	LZ 1886	1:04.27	199301842	<b>1:04.96</b>	+0,76	31.23	1:04.96
9. Ilse Noorlander	d'ELFT WAVE (SG)	1:05.34	199307810	<b>1:05.12</b>	+0,70	30.19	1:05.12
10. Melissa de Zeeuw	WVZ	1:04.73	199305674	<b>1:05.61</b>	+0,81	31.65	1:05.61
11. Seline Koek	LZ 1886	1:04.76	199400622	<b>1:05.82</b>	+0,83	31.68	1:05.82
12. Wendy de Bruin	ZOB'66	1:04.10	199206320	<b>1:06.35</b>	+0,65	31.79	1:06.35
13. Chantal van der Horst	De Meer	1:06.42	199400616	<b>1:06.81</b>	+0,73	31.89	1:06.81
14. Mandy Verbakel	ZPC Woerden	1:07.36	199003908	<b>1:07.03</b>	+0,88	32.29	1:07.03
15. Emma Siemensma	De Zijl/LGB	1:05.40	199402716	<b>1:07.32</b>	+0,76	32.53	1:07.32
16. Simone de Boer	LZ 1886	1:06.78	199306858	<b>1:07.45</b>	+0,78	31.71	1:07.45
17. Myrthe Lampe	De Devel	1:04.73	199002236	<b>1:08.10</b>	+0,88	32.55	1:08.10
18. Chantal Willems	Noord-Limburg (SG)	1:09.77	199105482	<b>1:08.11</b>	+0,85	32.75	1:08.11
19. Getrude Corporaal	ZVZ	1:12.67	199200380	<b>1:08.25</b>	+0,75	33.85	1:08.25
20. Denise Koerhuis	De Spatters	1:08.17	199400306	<b>1:08.55</b>	+0,73	32.66	1:08.55
21. Sanne van Dijk	Zoetermeer	1:07.15	199000818	<b>1:09.37</b>	+0,90	32.77	1:09.37
22. Ramona Noordermeer	ZVVS	1:10.53	199401746	<b>1:11.22</b>	+0,74	34.54	1:11.22
23. Carmen Veldkamp	WVZ	1:10.35	199406114	<b>1:12.66</b>	+0,81	34.66	1:12.66
24. Aure Lampe	De Devel	1:08.94	199400072	<b>1:12.69</b>	+0,81	34.00	1:12.69
25. Charine de Ruiter	Steenwijk 1934	1:12.05	199403668	<b>1:12.72</b>	+0,77	34.48	1:12.72
26. Irmgard van Weeghel	Octopus	1:07.45	199204834	<b>1:13.12</b>	+0,75	34.57	1:13.12
27. Anouk van der Pligt	ZOB'66	1:03.35	199303296	<b>1:13.27</b>	+0,61	33.08	1:13.27
28. Daphne Meijer	Montferland	1:10.70	199303850	<b>1:14.28</b>	+1,00	35.81	1:14.28
29. Eline Schoenmaker	Zwemlust-den Hommel	1:12.72	199003322	<b>1:15.78</b>	+0,65	36.36	1:15.78
30. Rowie Hooff	De Duinkickers	1:13.34	199301988	<b>1:15.94</b>	+0,88	36.39	1:15.94
31. Heleen ten Have	De Pinquin	1:09.48	199403000	<b>1:16.54</b>	+0,82	35.67	1:16.54
32. Kelly Bocking	Montferland	1:16.62	199104050	<b>1:17.00</b>	+0,79	36.91	1:17.00
33. Tessa Karels	Scheldestroom	1:14.54	199401520	<b>1:17.31</b>	+0,79	35.45	1:17.31
34. Lonneke Oenema	Steenwijk 1934	1:12.48	199102314	<b>1:18.63</b>	+0,80	36.08	1:18.63
35. Sharon van Dooren	De Rog	1:43.39	199207902	<b>1:37.04</b>	+0,77	46.16	1:37.04
36. Jorinde Veraar	De Amer	1:37.26	199204726	<b>1:38.56</b>	+1,04	45.51	1:38.56
AFGEM Zarife Gela	d'ELFT WAVE (SG)	1:07.41	199200584				

Masters 25+

1. Lisanne Andeweg	Zuiderzeezwimmers	1:04.48	198800092	<b>1:04.89</b>	+0,80	31.60	1:04.89
2. Sabine Lina	ZPC Woerden	1:02.43	198902680	<b>1:04.97</b>	+0,71	30.39	1:04.97
3. Ilse van den Wijngaard	ZPC Woerden	1:05.10	198904736	<b>1:05.87</b>	+0,72	31.45	1:05.87
4. Bianca Paape	DAW	1:06.42	198502262	<b>1:06.35</b>	+0,74	30.68	1:06.35
5. Annelette de Vries	WS Twente	1:05.96	198603908	<b>1:07.08</b>	+0,71	31.70	1:07.08
6. Marije van Manen	AZ&PC	1:06.52	198602386	<b>1:08.34</b>	+0,77	33.20	1:08.34
7. Jose Janssen	TRB-RES	1:11.78	198907324	<b>1:08.51</b>	+0,64	32.79	1:08.51



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Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



Programmanr. 30, Dames, 100m vrije slag, Masters 25+

rang naam	vereniging	inschrijftijd	tijd	RT	50m	100m
8. Carly Noordermeer	ZOB'66	1:05.66 198702984	<b>1:09.39</b>	+0,68	32.55	1:09.39
9. Serima Veen	De Spatters	1:10.64 198604104	<b>1:10.45</b>	+0,78	33.43	1:10.45
10. Desiree Baltes	ZPC De Hof	1:10.93 198900182	<b>1:13.78</b>	+0,94	36.34	1:13.78
11. Danielle Stevens	Arethusa	1:13.08 198800226	<b>1:13.95</b>	+0,78	35.69	1:13.95
12. Esther Steltenpohl	DAW	1:14.49 198504116	<b>1:14.33</b>	+0,74	34.78	1:14.33
13. Tessa Verheijdt	WVZ	1:12.81 198904290	<b>1:14.49</b>	+0,79	35.06	1:14.49
14. Milène Catoire	Aqua-Novio'94	1:14.85 198705886	<b>1:15.80</b>	+0,90	35.29	1:15.80
15. Annebeth van Ark	Octopus	1:16.45 198805588	<b>1:18.37</b>	+0,83	38.04	1:18.37
AFGEM Renske Eilers	De Amer	1:12.03 198806072				
AFGEM Nina Ferreira	WVZ	1:03.26 198901196				

Masters 30+

1. Pauline Gouwens	DWK	59.74 198400790	<b>59.73</b>	+0,68	28.75	59.73
<i>Kampioenschaps Record</i>						
2. Anke Lambooi	AZL	1:02.89 198001182	<b>1:07.67</b>	+0,78	31.34	1:07.67
3. Pauline Tieleman	De Geul	1:08.08 198403348	<b>1:07.94</b>	+0,74	32.23	1:07.94
4. Sandra Pannekeet	DAW	1:05.35 198403458	<b>1:11.46</b>	+0,66	32.63	1:11.46
5. Angela Giezen	Montferland	1:15.68 198302796	<b>1:14.70</b>	+0,98	36.57	1:14.70
6. Laura van Manen	WIDEX GZC DONK	1:13.15 198403288	<b>1:15.82</b>	+0,81	35.85	1:15.82
7. Miriam Geuskens	NDD	1:11.58 198300660	<b>1:16.14</b>	+0,77	36.01	1:16.14
8. Marjolein v.d Sanden	Noord-Limburg (SG)	1:22.21 198402136	<b>1:22.19</b>	+0,79	38.96	1:22.19
9. Marloes Rebel	WS Twente	1:29.61 198403474	<b>1:28.36</b>	+0,99	41.10	1:28.36

Masters 35+

1. Heleen Spelde - Fransens	THOR	1:09.31 197901358	<b>1:08.43</b>	+0,92	32.97	1:08.43
2. Marian Nederlof	DWF	1:10.10 197600950	<b>1:10.41</b>	+0,81	33.07	1:10.41
3. Inge Otter	De Bevelanders	1:14.16 197801242	<b>1:14.18</b>	+0,94	34.57	1:14.18
4. Vivian van Kerkwijk	RZ	1:13.62 197500892	<b>1:16.67</b>	+0,81	37.25	1:16.67
5. Paula 't Hart-Buitelaar	ZVVS	1:25.31 197701132	<b>1:22.04</b>	+0,85	38.08	1:22.04
6. Clementine van Bruxvoort	ZPB H&L Productions	1:25.32 197700138	<b>1:29.75</b>	+0,91	42.55	1:29.75

Masters 40+

1. Ilona Hogerheyde	DAW	1:08.01 197400224	<b>1:06.95</b>	+0,71	31.49	1:06.95
2. Edith Janssen-Koolen	TRB-RES	1:07.66 197300898	<b>1:07.60</b>	+0,92	31.68	1:07.60
3. J. de Ruiters-Wijnolst	WIDEX GZC DONK	1:06.17 197400446	<b>1:09.46</b>	+0,84	33.09	1:09.46
4. Lidia v. Bon-Rosenbrand	AZ&PC	1:05.39 197000054	<b>1:10.36</b>	+0,88	32.61	1:10.36
5. Renata van Essen	Zuiderzeezwemmers	1:13.04 197300740	<b>1:12.71</b>	+0,82	34.70	1:12.71
6. Joyce Brummelkamp	ZVVS	1:17.01 197000952	<b>1:17.99</b>	+0,79	36.85	1:17.99
7. Karin Sagonas-Koolen	VZV Njord	1:13.92 197000964	<b>1:18.02</b>	+0,88	36.39	1:18.02
8. Caroline Griffin	Potters Bar SC	1:22.46 955690	<b>1:26.12</b>	+0,92	38.85	1:26.12
9. Patricia Austen	RZ	1:27.31 197000968	<b>1:30.82</b>	+0,93	42.52	1:30.82
10. Ciska Wagter	Steenwijk 1934	1:49.91 197000978	<b>1:45.05</b>	+0,86	48.48	1:45.05
DIS Annette de Visser	Oceanus	1:09.14 197100602				
AFGEM Viviane Delvaux	CNSW	1:25.24 CNSW/623/74				

Masters 45+

1. Monique Tuijp	WZ&PC Purmerend	1:03.05 196900800	<b>1:03.54</b>	+0,89	30.43	1:03.54
2. Heidi van Stein	LZ 1886	1:05.02 196900864	<b>1:05.41</b>	+0,80	31.26	1:05.41
3. Claudia Goldschmidt	Maidenhead Marlins	1:08.70 954626	<b>1:08.86</b>	+0,90	32.93	1:08.86
4. Wendy Knoops	RZ	1:12.65 196800720	<b>1:12.79</b>	+0,90	33.79	1:12.79
5. Marion Broekhuis	WS Twente	1:12.43 196800060	<b>1:13.12</b>	+0,72	34.83	1:13.12
6. Ellen van Wingerden	DWK	1:13.94 196900970	<b>1:13.78</b>	+0,92	34.83	1:13.78
7. Peggi Hurenkamp	HZ&PC Heerenveen	1:16.44 196900922	<b>1:15.56</b>	+0,84	35.72	1:15.56
8. Irna van der Molen	Het Ravijn	1:15.30 196900938	<b>1:16.36</b>	+0,83	36.61	1:16.36
9. Marion van Gerwen	RZ	1:16.33 196500566	<b>1:16.77</b>	+0,91	36.36	1:16.77
10. Sandra Hoofs-Buil	Racing Club	1:17.61 196600678	<b>1:17.71</b>	+0,78	36.48	1:17.71
11. Antoinette Kant	Den Doorn	1:22.26 196900920	<b>1:19.97</b>	+0,94	37.65	1:19.97
12. Ingeborg Stokx	DAW	1:26.67 196700666	<b>1:22.59</b>	+0,73	39.28	1:22.59
13. Myra Vink	De Fuut	1:26.71 196600526	<b>1:24.40</b>	+0,84	41.36	1:24.40



Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



Programmanr. 30, Dames, 100m vrije slag, Masters 45+

rang naam	vereniging	inschrijftijd		tijd	RT	50m	100m
14. Sandra Daamen-Posma	AZC	1:22.46	196800854	<b>1:25.38</b>	+1,08	40.55	1:25.38
15. Ineke Branderhorst	Den Doorn	1:38.88	196900918	<b>1:41.38</b>	+1,13	45.27	1:41.38
AFGEM Miranda Keijl	Zignea	1:24.63	196500588				

Masters 50+

1. Marjan Remmits-De Lange	ZPC Woerden	1:07.94	196300518	<b>1:08.45</b>	+0,70	32.98	1:08.45
2. C. Moerkerken-Beukema	ZPB H&L Productions	1:09.71	196300524	<b>1:12.06</b>	+0,87	33.92	1:12.06
3. Margriet Grove-Lingeman	Oceanus	1:13.58	196200080	<b>1:13.52</b>	+0,79	34.69	1:13.52
4. Marijke Kraak-Beckers	WS Twente	1:14.77	196000240	<b>1:14.71</b>	+0,81	35.68	1:14.71
5. Monique Munnik	AZC	1:19.70	196200328	<b>1:20.64</b>	+0,86	37.59	1:20.64
6. Alice de Haan	WIDEX GZC DONK	1:29.35	196400590	<b>1:29.90</b>	+0,93	41.72	1:29.90
7. Yoka de Vegt- van Dijk	ESCA Zwemmen	1:33.00	196200420	<b>1:30.81</b>	+0,88	40.84	1:30.81
8. Lia Bijkerk	WIDEX GZC DONK	1:34.92	196000014	<b>1:33.00</b>	+0,88	44.12	1:33.00
9. Marlies Kinzel	The Mermaids	1:29.17	60MARL	<b>1:35.29</b>	+0,84	45.48	1:35.29
10. Riekie Schra	Steenwijk 1934	2:01.10	196400404	<b>2:13.41</b>	+1,36	59.27	2:13.41
AFGEM Frances van der Moolen	Aqua-Novio'94	1:35.62	196400454				

Masters 55+

1. Colette Crabbe <i>BMR</i>	CNSW	1:13.87	CNSW/559/56	<b>1:10.19</b>	+0,84	33.45	1:10.19
2. Atie Pijtak-Radersma	AZ&PC	1:08.13	195600048	<b>1:11.49</b>	+0,79	33.85	1:11.49
3. Ada de Voogd	ZVVS	1:14.66	195900280	<b>1:14.32</b>	+0,77	35.76	1:14.32
4. Marijke van Hoek	ZPC De Zeeuwse Kust	1:15.35	195800050	<b>1:15.14</b>	+0,81	36.39	1:15.14
5. Claire Anthony	CNSW	1:20.32	CNSW/487/57	<b>1:20.48</b>	+0,88	38.39	1:20.48
6. Hannie Poletiek	TriVia	1:23.07	195900278	<b>1:27.06</b>	+1,08	39.59	1:27.06

Masters 60+

1. Christien Nieuwenhuis	Swol 1894	1:11.78	195100022	<b>1:12.62</b>	+0,75	34.44	1:12.62
2. Ineke Meijer	HZ&PC Heerenveen	1:28.51	195200034	<b>1:31.80</b>	+0,95	44.24	1:31.80
3. Antoinette Gilding-Tussaud	WS Twente	1:43.43	195000038	<b>1:48.50</b>	+1,09	49.61	1:48.50
AFGEM Alison Gilbert	De Futen	1:15.80	195300068				
AFGEM Conny Boer-Buys	ZVVS	1:11.37	195000006				

Masters 65+

1. Corrie Verhoeven <i>Kampioenschaps Record</i>	PSV	1:20.76	194600026	<b>1:23.09</b>	+0,78	38.25	1:23.09
2. Annie Smits	PSV	1:32.61	194600016	<b>1:38.30</b>	+1,22	47.85	1:38.30

Masters 70+

1. Truus Ruiter	Old Dutch	1:52.23	194000004	<b>2:05.37</b>	+0,95	57.19	2:05.37
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Masters 75+

1. Lottie Geurts	PSV	1:31.89	193500006	<b>1:35.89</b>	+1,14	46.57	1:35.89
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Masters 80+

1. Eliane Pellis <i>Kampioenschaps Record</i>	AZSC	1:37.18	AZSC/20672/33	<b>1:42.13</b> *	+0,90	46.42	1:42.13
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Masters 85+

AFGEM Anneke Logtenberg	OZ&PC	2:22.02	192900004				
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Programmanr. 31  
03-05-2014 - 16:21

Heren, 50m vlinderslag

Masters Open  
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
<b>Masters 20+</b>						
1.	Bruno Carissimi Boff	WVZ	27.02	199207283	<b>27.03</b>	+0,71
2.	Lars Sieval	LZ 1886	28.55	199300723	<b>27.43</b>	+0,62
3.	Thomas Kersten	WVZ	27.33	199001515	<b>27.68</b>	+0,77
4.	Jos de Graaf	PSV	26.97	199106095	<b>27.73</b>	+0,76
5.	Joost Rijntjes	LZ 1886	27.61	199101899	<b>27.89</b>	+0,74
6.	Jasper de Boer	ZPC De Hof	28.37	199300051	<b>28.32</b>	+0,82
7.	Erwin Sneek	De Futen	28.66	199102153	<b>29.43</b>	+0,77
8.	Kenneth Caster	RZ	29.44	199100375	<b>30.04</b>	+0,76
9.	Ruben Stolk	ZOB'66	28.32	199005665	<b>30.09</b>	+0,77
10.	Patrick Janssen	HZPC	29.98	199302009	<b>30.35</b>	+0,76
11.	Mark Huijsman	De Lansingh	30.99	199001305	<b>31.36</b>	+0,76
12.	Coen van der Wekken	MGO (SG)	31.73	199202965	<b>31.62</b>	+0,68
13.	Sven van Zanten	De Duinkickers	29.80	199003405	<b>31.66</b>	+0,74
14.	Mark Meijerink	d'ELFT WAVE (SG)	36.20	199107559	<b>34.72</b>	+0,98
15.	Michael Schlijper	Eurode KZC	34.69	199303691	<b>34.82</b>	+0,91
16.	Jerry Alberto	De Futen	35.23	199406523	<b>34.92</b>	+0,72
17.	Daniel Rosenkranz	Montferland	36.00	199107601	<b>35.38</b>	+0,85
18.	Daniel van den Wildenberg	Eurode KZC	34.10	199206491	<b>37.64</b>	+0,73
19.	Jeffrey Smits-Velthuis	VZV Njord	38.70	199007257	<b>43.50</b>	+0,98
NG	Emile Manni	Octopus	25.71	199001901		

**Masters 25+**

1.	Filipp Müller	Piranha	25.52	198604633	<b>25.31</b>	+0,70
2.	Alex Schelvis	NZ&PC	27.10	198702927	<b>26.89</b>	+0,73
3.	Jean Pierre Bisslik	DES	27.23	198705243	<b>27.47</b>	+0,58
4.	Teun Groeneweg	Piranha	27.53	198701133	<b>27.62</b>	+0,74
5.	Roderik Meijers	ZOB'66	27.21	198602063	<b>28.08</b>	+0,68
6.	Rick Driezen	Steenwijk 1934	28.81	198600713	<b>28.69</b>	+0,88
7.	Bastian Zoon	MGO (SG)	28.04	198703929	<b>28.73</b>	+0,68
8.	Brian Narain	DSZ	30.45	198904363	<b>29.76</b>	+0,76
9.	Martin Teley	PSV	28.98	198906059	<b>30.04</b>	+0,74
10.	Erik van der Heide	Zuiderzeezwemmers	28.73	198801337	<b>30.22</b>	+0,76
11.	Wesley van Diejen	PSV	29.58	198604551	<b>30.40</b>	+0,73
12.	Remko Hooft	De Duinkickers	29.53	198701405	<b>30.73</b>	+0,72
13.	Melano Winter	RSW (SG)	31.54	198703847	<b>30.79</b>	+0,76
14.	Martijn van den Berge	De Lansingh	30.60	198503539	<b>31.04</b>	+0,66
15.	Niels van Beurden	ZPC Woerden	29.06	198805669	<b>31.24</b>	+0,86
16.	Dirk-Jan Pronk	LZ 1886	32.11	198702665	<b>31.77</b>	+0,83
17.	Patrick de Jonge	ZPC Woerden	35.49	198906635	<b>31.91</b>	+0,81
18.	Dimitri Sauvage	TRB-RES	32.65	198906755	<b>32.28</b>	+0,71
19.	Mark den Blanken	d'ELFT WAVE (SG)	33.79	198806087	<b>32.85</b>	+0,78
20.	Erik van der Zeijden	RZ	35.07	198604569	<b>35.34</b>	+0,81
21.	Robin Eggenkamp	De Duinkickers	34.58	198700847	<b>35.66</b>	+0,81

**Masters 30+**

1.	Lauren Vis	Steenwijk 1934	27.34	198201883	<b>27.49</b>	+0,74
2.	Richard Claus	Swimteam Helden-Mosa (SG)	28.70	198000265	<b>28.45</b>	+0,74
3.	Erik Drewes	De Biesboschzwemmers	28.61	198400543	<b>29.03</b>	+0,77
4.	Mark van Ballegooij	Zeester-Meerval	28.43	198200071	<b>29.23</b>	+0,77
5.	Ronald Koeckhoven	Zwemvereniging Westland	28.26	198102017	<b>29.30</b>	+0,82
6.	Rob van Vliet	AZ&PC	31.70	198402459	<b>29.61</b>	+0,90
7.	Gerwin Vonk	De Spatters	29.59	198201907	<b>29.75</b>	+0,68
8.	Reinier Ellenkamp	De Rog	29.90	198002109	<b>30.01</b>	+0,83
9.	Mark Musch	Zwemlust-den Hommel	29.64	198401609	<b>30.08</b>	+0,62
	Leander Noordijk	MGO (SG)	30.27	198101221	<b>30.08</b>	+0,99
11.	Jim Geestman	RSW (SG)	29.65	198300699	<b>30.41</b>	+0,90
12.	Bart Groenemans	PLONS	30.23	198200551	<b>30.99</b>	+0,76
13.	Fabian Kissler	The Mermaids	31.09	81FABI	<b>32.43</b>	+0,86

Programmanr. 31, Heren, 50m vlinderslag, Masters 30+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
14.	Sebastiaan Baars	WS Twente	33.81	198300053	<b>34.28</b>	+0,93
15.	Paul Rutten	ESCA Zwemmen	35.61	198001293	<b>37.80</b>	+0,82

Masters 35+

1.	Evgeny Ryzhov	Sprut	27.28	101628	<b>27.94</b>	+0,78
2.	Jeroen Zelsmann	Upstream Amsterdam	27.79	197701551	<b>28.41</b>	+0,73
3.	Ronald Smits	PSV	28.69	197800981	<b>28.63</b>	+0,70
4.	Kars Luttik	DAW	29.70	197800675	<b>30.26</b>	+0,74
5.	Kelvin Isselt	RZ	29.39	197601119	<b>30.51</b>	+0,77
6.	Alex Damen	DAW	29.38	197501371	<b>30.59</b>	+0,77
7.	Michael Go	AZC	31.27	197501397	<b>32.25</b>	+0,82
8.	Johan Wezenberg	Swol 1894	32.71	197601023	<b>34.92</b>	+0,99
9.	Arnold Kiburg	Steenwijk 1934	37.71	197501423	<b>39.95</b>	+0,86

Masters 40+

1.	Marcel van Winssen	De Gelenberg	29.89	197101477	<b>29.22</b>	+0,81
2.	Joeri Stoffels	AZC	31.34	197300851	<b>30.11</b>	+0,88
3.	Antwan van Engen	De Ward	31.07	197101577	<b>30.48</b>	+0,73
4.	Machiel Stolk	Swol 1894	29.50	197400779	<b>30.69</b>	+0,89
5.	Gertjan van der Knaap	De Duck	31.27	197300459	<b>31.04</b>	+0,81
6.	Richard Ricksen	HGN (SG)	29.11	197000841	<b>31.46</b>	+0,84
7.	Wibo Mooibroek	ZV De Zaan	32.70	197401339	<b>32.72</b>	+0,96
8.	Mark van Wingerden	RZ	31.65	197001665	<b>32.76</b>	+0,84
9.	Francois Boudreault	PLONS	34.23	197401155	<b>33.25</b>	+0,78
10.	Martin Berkhout	LZ 1886	33.18	197101123	<b>33.67</b>	+0,83
11.	Wouter van der Stelt	Den Doorn	34.79	197200889	<b>36.41</b>	+0,69
12.	Bas van Gool	De Geul	37.31	197201435	<b>37.39</b>	+0,88
DIS	Gertjan van de Bosch	IJZPC	37.38	197001615		AA
AFGEM	Sergey Petrov	Poseidon	29.35	102211		

Masters 45+

1.	Marc Bleeker	d'ELFT WAVE (SG)	32.90	196901729	<b>30.99</b>	+0,94
2.	Jos Wensink	WS Twente	30.87	196901719	<b>31.21</b>	+0,73
3.	Fred Heemstra	DAW	30.90	196500357	<b>31.71</b>	+0,92
4.	Erik Saan	De Duck	31.71	196500769	<b>32.29</b>	+0,95
5.	Jeroen Kort	DAW	31.69	196801543	<b>33.04</b>	+0,66
6.	Danny Zulver	ZVVS	33.43	196701617	<b>33.21</b>	+0,78
7.	Thijs Geurts	De Watervogels	32.97	196601557	<b>33.46</b>	+1,03
8.	Hans Schoenmakers	DAW	32.96	196900863	<b>33.68</b>	+0,89
9.	Darren Hamshere	Potters Bar SC	32.55	955680	<b>34.09</b>	+0,83
10.	Pieter-Sjoerd de Wijn	Aqua-Novio'94	33.95	196501027	<b>34.26</b>	+0,82
11.	Sander Nieuwenhuys	De Fuut	35.58	196801423	<b>35.09</b>	+0,73
12.	Marcel Brittijn	De Duinkickers	33.37	196900159	<b>35.60</b>	+0,75
13.	Roelof Broekman	De Spatters	34.26	196800155	<b>35.81</b>	+0,84
14.	Huyb Stegeman	Steenwijk 1934	35.36	196701535	<b>37.71</b>	+0,89
15.	Peter Schielen	De Fuut	39.15	196501531	<b>38.60</b>	+0,76
16.	Ramon Alsina Munoz	CNSW	41.51	CNSW/608/69	<b>42.74</b>	+0,90
DIS	Ruud Goudswaard	ZPC De Zeeuwse Kust	28.80	196901437		AA

Masters 50+

1.	Johan Remmits	ZPC Woerden	28.82	196201159	<b>29.39</b>	+0,72
2.	Eric Giling	De Fuut	34.11	196400237	<b>33.76</b>	+0,72
3.	Adrian Ortiz Buitrago	WIDEX GZC DONK	34.80	196000931	<b>34.51</b>	+0,78
4.	James Norman	PLONS	35.24	196001029	<b>34.71</b>	+0,89
5.	Henk Kuipers	UZSC	36.97	196201207	<b>35.18</b>	+0,86
6.	Robert de Brauwier	De Duinkickers	32.08	196401383	<b>35.25</b>	+1,03
7.	Jan Willem Heuten	WS Twente	35.08	196000883	<b>35.66</b>	+0,91
8.	Mark Kas	PLONS	34.44	196100285	<b>35.80</b>	+0,89
9.	John Stoffer	Zoetermeer	34.78	196300725	<b>35.94</b>	+0,75
10.	Jeroen Rikkerink	PLONS	39.86	196301337	<b>38.78</b>	+1,06





Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



Programmanr. 31, Heren, 50m vlinderslag

Masters 55+

1.	Joop Ariaens	PSV	30.46	195900747	<b>30.22</b>	+0,84
2.	Gerhard Prohaska	EW Donau SC 1903	30.78	19054	<b>31.48</b>	+0,84
3.	Paul Bunnik	Triton	35.26	195600413	<b>35.48</b>	+0,97
4.	Johan Wouda	Neptunus	35.63	195500395	<b>36.17</b>	+1,10
5.	Jaap de Boer	De Duinkickers	36.52	195800691	<b>37.07</b>	+0,81
6.	Hans Groothelm	DBD	34.66	195800151	<b>38.45</b>	+0,72
7.	Adrie van der Gracht	OEZA	46.57	195700485	<b>47.35</b>	+0,89

Masters 60+

1.	Jean-Marie Cadiat	CNSW	29.49	CNSW/557/53	<b>29.59</b>	+0,82
	<i>Kampioenschaps Record</i>					
2.	Charles Bos	De Roersoppers	32.37	195300019	<b>32.77</b>	+0,84
3.	Jan Vonk	De Amer	37.62	195400237	<b>38.75</b>	+0,94
4.	Richard Catoire	Oceanus	43.35	195200253	<b>43.31</b>	+0,93

Masters 65+

1.	Han Roos	ZV De Bron	38.55	194500081	<b>38.38</b>	+1,00
2.	Anton Lovink	Speedeaus	51.17	47ANTO	<b>51.55</b>	+0,85

Masters 70+

1.	Rob Hanou	PSV	40.31	194300109	<b>43.72</b>	+1,06
2.	Nico Baay	Old Dutch	58.16	194200053	<b>59.95</b>	+0,92

Programmanr. 32  
03-05-2014 - 16:37

Dames, 50m vlinderslag

Masters Open  
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
<b>Masters 20+</b>						
1.	Jolanda Post	DIO	29.34	199004848	<b>29.78</b>	+0,76
	<i>Kampioenschaps Record</i>					
2.	Carmen Seesing	NDD	31.04	199406220	<b>30.78</b>	+0,73
3.	Lodi Broeder	Aqua-Novio'94	30.28	199302620	<b>31.13</b>	+0,75
4.	Sharon Gelmers	Octopus	30.00	199400416	<b>31.20</b>	+0,72
5.	Linda van der Hout	Piranha	30.84	199300344	<b>31.22</b>	+0,70
6.	Eva Engelen	NDD	30.98	199405514	<b>31.62</b>	+0,69
7.	Inge Pepping	Aqua-Novio'94	29.42	199402308	<b>31.77</b>	+0,77
8.	Janet van der Poel	LZ 1886	31.57	199301842	<b>32.13</b>	+0,79
9.	Suzanne Brummel	LZ 1886	31.96	199401366	<b>32.26</b>	+0,74
10.	Whitney van Hoeckel	DIO	32.00	199402390	<b>32.87</b>	+0,76
11.	Anouk van der Pligt	ZOB'66	31.21	199303296	<b>33.15</b>	+0,63
12.	Natasja Snijders	Aqua-Novio'94	32.57	199107966	<b>33.84</b>	+0,79
13.	Eline Schaft	Piranha	34.43	199202692	<b>33.93</b>	+0,79
14.	Denise Austen	RZ	32.67	199303778	<b>33.95</b>	+0,65
15.	Nicky Vanhijfte	Scheldestroom	36.49	199201806	<b>34.84</b>	+0,75
16.	Chantal Willems	Noord-Limburg (SG)	35.26	199105482	<b>34.99</b>	+0,90
17.	Aure Lampe	De Devel	33.72	199400072	<b>35.67</b>	+0,77
18.	Mandy Verbakel	ZPC Woerden	35.83	199003908	<b>35.75</b>	+0,88
19.	Carmen Veldkamp	WVZ	35.12	199406114	<b>36.37</b>	+0,76
20.	Tara Keijzer	Steenwijk 1934	37.70	199108498	<b>36.82</b>	+0,78
21.	Madeleine Sielemann	GoSwim	37.83	199106166	<b>38.07</b>	+0,84
22.	Daphne Meijer	Montferland	38.12	199303850	<b>39.08</b>	+0,97
23.	Kelly Bockting	Montferland	38.78	199104050	<b>39.10</b>	+0,80
24.	Pauline Magnée	De Warande	40.11	199205434	<b>39.71</b>	+0,91
25.	Claudia Creemers	RZ	38.32	199202864	<b>41.46</b>	+0,74
26.	Janneke Wynia	WS Twente	43.48	199005500	<b>42.76</b>	+1,05

Programmanr. 32, Dames, 50m vlinderslag

Masters 25+

1.	Marlijn Hendriksen	Arethusa	29.96	198806828	<b>30.51</b>	+0,76
2.	Fanny Koenig	CNSW	31.14	CNSW/638/89	<b>30.86</b>	+0,73
3.	Charlotte Groeneveld	Zwemlust-den Hommel	32.18	198701404	<b>30.96</b>	+0,76
4.	Stephanie Rombout	PSV	30.16	198803696	<b>31.26</b>	+0,71
5.	Suzan van den Bogaard	RZ	30.51	198900450	<b>31.37</b>	+0,71
6.	Ilse Clevers	De Roersoppers	32.62	198503908	<b>31.76</b>	+0,72
7.	Maryse Lampe	Van Vliet-Barracuda	32.06	198702458	<b>31.82</b>	+0,74
8.	Larissa Brak	AZ&PC	31.27	198800572	<b>32.23</b>	+0,74
9.	Annelette de Vries	WS Twente	32.60	198603908	<b>32.96</b>	+0,71
10.	Carly Noordermeer	ZOB'66	33.21	198702984	<b>34.24</b>	+0,67
11.	Marian Bouts	RZ	34.63	198600492	<b>34.44</b>	+0,89
12.	Jose Janssen	TRB-RES	33.51	198907324	<b>34.64</b>	+0,66
13.	Monique Pronk	WVZ	34.80	198803528	<b>35.98</b>	+0,80
14.	Liesbeth van Mill	DWK	35.84	198702786	<b>36.02</b>	+0,90
15.	Eline Roeland	MGO (SG)	37.87	198805970	<b>36.06</b>	+0,86
16.	Esther Steltenpohl	DAW	36.40	198504116	<b>36.44</b>	+0,75
17.	Carola Hompes	Budel	35.57	198801868	<b>36.64</b>	+0,81
18.	Sabine Duijst	De Amer	36.82	198701032	<b>38.19</b>	+0,89
19.	Danielle Stevens	Arethusa	38.39	198800226	<b>39.55</b>	+0,88
20.	Milène Catoire	Aqua-Novio'94	37.29	198705886	<b>39.67</b>	+0,88

Masters 30+

1.	Pauline Gouwens	DWK	28.34	198400790	<b>28.66</b>	+0,72
	<i>Europees Masters Record</i>					
2.	Delia Badoux	Zoetermeer	30.03	198000042	<b>30.65</b>	+0,72
3.	Esther Versteeg	Van Vliet-Barracuda	31.50	198302112	<b>32.35</b>	+0,84
	Nadya Putter	ZVVS	32.30	198301630	<b>32.35</b>	+0,73
5.	Petra van Achteren	De Lansingh	34.29	198400020	<b>32.71</b>	+0,71
6.	Wieke Bos	De Roersoppers	32.95	198200218	<b>33.52</b>	+0,82
7.	Laura Badoux	DAW	31.65	198200038	<b>33.89</b>	+0,81
8.	Marjolein v.d Sanden	Noord-Limburg (SG)	38.55	198402136	<b>38.89</b>	+0,76
9.	Miriam Geuskens	NDD	38.53	198300660	<b>40.77</b>	+0,74
10.	Laura van Manen	WIDEX GZC DONK	40.32	198403288	<b>42.66</b>	+0,83

Masters 35+

1.	Inez Heideman	WS Twente	32.31	197500198	<b>32.92</b>	+0,86
2.	Geraldine Trainor	De Duck	34.00	197500544	<b>33.77</b>	+0,77
3.	Mirjan den Drijver-Aarse	Zwemvereniging Westland	34.92	197500884	<b>36.31</b>	+0,85
4.	Inge Otter	De Bevelanders	35.84	197801242	<b>36.58</b>	+0,95
5.	Kristel Lips	ZV De Bron	36.67	197900562	<b>38.78</b>	+0,94
AFGEM	Kirsten Savelberg	AZC	37.00	197901192		

Masters 40+

1.	Jeanne Petit	Maxwell SC	32.12	1112847	<b>32.20</b>	+0,81
2.	Ilona Hogerheyde	DAW	33.07	197400224	<b>33.28</b>	+0,74
3.	Lidia v. Bon-Rosenbrand	AZ&PC	34.81	197000054	<b>35.52</b>	+0,82
4.	Henriëtte Manting	GZVW	35.64	197100246	<b>35.75</b>	+0,96
5.	Tanya Lyvbarskaya	SCOM	35.89	197101000	<b>36.42</b>	+0,79
6.	Tony de Groot	De Futen	37.14	197300758	<b>38.31</b>	+0,89
7.	Daniella Harrison	Potters Bar SC	36.81	692010	<b>38.32</b>	+0,93
8.	Karin Sagonas-Koolen	VZV Njord	37.12	197000964	<b>38.68</b>	+0,83
9.	Joyce Brummelkamp	ZVVS	38.58	197000952	<b>39.60</b>	+0,80
10.	Annet Kootstra	Swol 1894	39.07	197100344	<b>40.03</b>	+0,86



Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
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Programmanr. 32, Dames, 50m vlinderslag

Masters 45+

1.	Lesley Cordial <i>Kampioenschaps Record</i>	Neptunus	31.15	196700684	<b>31.55</b>	+0,80
2.	Monique Tuijp	WZ&PC Purmerend	33.22	196900800	<b>33.52</b>	+0,89
3.	Chita van der Goorbergh	Zoetermeer	33.04	196800762	<b>35.12</b>	+0,71
4.	Sandra Hoofs-Buil	Racing Club	37.56	196600678	<b>37.92</b>	+0,77
5.	Peggi Hurenkamp	HZ&PC Heerenveen	37.73	196900922	<b>38.70</b>	+0,81
6.	Monika Millet	The Mermaids	51.44	66MONI	<b>51.34</b>	+1,00

Masters 50+

1.	Marjan Remmits-De Lange	ZPC Woerden	33.11	196300518	<b>33.47</b>	+0,76
2.	Jacqueline Rolloos-Bakker	De Lansingh	35.58	196300222	<b>35.74</b>	+0,78
3.	Inge Wolfs	PLONS	35.29	196000304	<b>37.04</b>	+0,78
4.	Petra Tossings	DAW	36.10	196100376	<b>37.91</b>	+0,86
5.	Marijke Kraak-Beckers	WS Twente	37.59	196000240	<b>38.01</b>	+0,78
6.	Lia Bijkerk	WIDEX GZC DONK	45.92	196000014	<b>47.76</b>	+0,89
7.	Marlies Kinzel	The Mermaids	47.39	60MARL	<b>49.41</b>	+0,95

Masters 55+

1.	Mathilde Vink	Swol 1894	34.27	195800128	<b>34.99</b>	+0,84
2.	Claire Anthony	CNSW	35.90	CNSW/487/57	<b>35.91</b>	+0,90
3.	Hannie Poletiek	TriVia	44.11	195900278	<b>47.33</b>	+1,34

Masters 60+

1.	Christien Nieuwenhuis	Swol 1894	35.65	195100022	<b>36.19</b>	+0,74
2.	Fernande Blondeel	CNSW	47.90	CNSW/011/52	<b>49.78</b>	+0,88

Masters 65+

1.	Bea Swijnenberg <i>Kampioenschaps Record</i>	Swol 1894	41.79	194900010	<b>41.89</b>	+0,84
DIS	Annet Verhoeven	De Duinkickers	1:11.45	194600024		AA

Masters 70+

1.	Leny Kamp	Aquapoldro	1:16.76	194400008	<b>1:22.59</b>	+1,12
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Programmanr. 33  
03-05-2014 - 16:51

Heren, 100m rugslag

Masters Open  
Resultaten

rang naam	vereniging	inschrijftijd	tijd	RT	50m	100m
<b>Masters 20+</b>						
1.	Ensgel Kotterink <i>Nederlands Masters Record</i>	Albion	54.70 199403391	<b>58.98</b>	+0,60	28.65 58.98
2.	Bram Becks	HZPC	1:07.69 199303701	<b>1:11.70</b>	+0,69	34.79 1:11.70
3.	Daniël Kunne	UZSC	1:12.38 199001709	<b>1:15.51</b>	+0,67	37.28 1:15.51
4.	Patrick Brouwer	AZC	1:13.26 199303715	<b>1:17.08</b>	+0,71	37.82 1:17.08
5.	Bram Meijlis	ESCA Zwemmen	1:05.00 199401967	<b>1:21.89</b>	+0,66	39.65 1:21.89
AFGEM	Jos de Graaf	PSV	58.78 199106095			





Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
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Programmanr. 33, Heren, 100m rugslag

Masters 25+

1. Hjalmar de Ruiter	NDD	59.80	198902695	<b>1:05.18</b>	+1,02	31.80	1:05.18
2. Raoul Engelenburg	Zwemlust-den Hommel	1:08.08	198900843	<b>1:06.31</b>	+0,60	32.47	1:06.31
3. Martijn Giezen	Montferland	1:05.47	198500813	<b>1:06.56</b>	+0,67	32.08	1:06.56
4. Alex Vermeulen	WZK Zwemmen	1:04.24	198905811	<b>1:09.69</b>	+0,69	33.07	1:09.69
5. Bastian Zoon	MGO (SG)	1:11.71	198703929	<b>1:14.44</b>	+0,68	36.19	1:14.44
6. Willem Jacobs	d'ELFT WAVE (SG)	1:15.82	198705037	<b>1:16.63</b>	+0,66	38.02	1:16.63
7. Harmen Reemst	ZOB'66	1:15.97	198702715	<b>1:19.68</b>	+0,67	38.55	1:19.68
8. Robin Eggenkamp	De Duinkickers	1:19.78	198700847	<b>1:23.33</b>	+0,94	40.19	1:23.33

Masters 30+

1. Mark Spijkerboer	Nautilus	1:03.53	198101589	<b>1:06.41</b>	+0,78	31.97	1:06.41
2. Thommy Nickel	Van Vliet-Barracuda	1:08.03	198401627	<b>1:07.23</b>	+0,76	33.09	1:07.23
3. Marcel Reefhuis	WS Twente	1:09.42	198101381	<b>1:09.97</b>	+0,59	34.26	1:09.97
4. Bas v.d. Laan	WVZ	1:10.98	198302471	<b>1:14.53</b>	+0,78	36.39	1:14.53
5. Marcel Stolk	MGO (SG)	1:17.96	198001461	<b>1:22.43</b>	+0,86	39.23	1:22.43
6. Maarten Prot	Upstream Amsterdam	1:27.53	198403195	<b>1:25.46</b>	+0,94	41.13	1:25.46

Masters 35+

1. Egbert Stolk	d'ELFT WAVE (SG)	1:01.56	197600889	<b>1:04.11</b>	+0,79	31.11	1:04.11
2. Dennis Brouwers	HZPC	1:03.64	197800167	<b>1:04.94</b>	+0,77	32.43	1:04.94
3. Ivo Roozeboom	WVZ	1:07.03	197700801	<b>1:07.13</b>	+0,73	33.33	1:07.13
4. Ronald Smits	PSV	1:07.16	197800981	<b>1:08.30</b>	+1,09	33.45	1:08.30
5. Stan Dekker	PLONS	1:07.16	197901823	<b>1:10.14</b>	+0,75	34.18	1:10.14
6. Arjan Aalbers	Swol 1894	1:14.79	197500001	<b>1:17.55</b>	+1,13	38.11	1:17.55
7. Erik Lamers	De Gelenberg	1:12.45	197500507	<b>1:17.75</b>	+0,72	37.25	1:17.75
8. Gino Martijn	RZ	1:19.78	197901865	<b>1:21.14</b>	+0,67	40.07	1:21.14

Masters 40+

1. Gerard Eghuizen	HZ&PC Heerenveen	1:11.16	197400197	<b>1:13.22</b>	+0,86	36.01	1:13.22
2. Remco Plass	De Lansingh	1:10.66	197300687	<b>1:13.52</b>	+0,71	36.46	1:13.52
AFGEM Harry Raven	GLS Ketelbinkie	1:14.14	197000831				

Masters 45+

1. Guido Keutgen	AZC	1:07.27	196801551	<b>1:09.92</b>	+0,74	33.52	1:09.92
2. Arjan Bellaart	Oceanus	1:09.98	196900079	<b>1:10.52</b>	+0,78	34.66	1:10.52
3. René Beetsma	HZ&PC Heerenveen	1:12.32	196900069	<b>1:11.31</b>	+0,81	34.64	1:11.31
4. Jan-Willem van den Berg	WVZ	1:09.37	196801575	<b>1:12.38</b>	+0,78	34.72	1:12.38
5. Nico Swart	Den Doorn	1:15.45	196801475	<b>1:16.75</b>	+0,73	36.34	1:16.75
6. Bernd Bienek	SV Gladbeck 13	1:15.29	278658	<b>1:16.86</b>	+0,87	39.15	1:16.86
7. Harold Matla	PSV	1:19.49	196800591	<b>1:18.33</b>	+0,82	38.71	1:18.33
8. Fred Heemstra	DAW	1:15.16	196500357	<b>1:18.65</b>	+0,71	37.67	1:18.65
9. Fred Dijkshoorn	Zwemvereniging Westland	1:19.11	196501539	<b>1:21.17</b>	+0,75	39.70	1:21.17
10. Hans Maas	PLONS	1:28.28	196501433	<b>1:43.14</b>	+0,77	51.56	1:43.14
AFGEM Henk van Zetten	Octopus	1:35.16	196701261				

Masters 50+

1. Edwin v. Norden	AZ&PC	1:08.34	196300563	<b>1:06.23</b>	+0,83	32.48	1:06.23
<i>Nederlands Masters Record</i>							
2. Peter Bernsen	De Rog	1:08.53	196301119	<b>1:08.98</b>	+0,98	33.23	1:08.98
3. Johan Remmits	ZPC Woerden	1:08.22	196201159	<b>1:12.09</b>	+0,77	35.73	1:12.09
4. Clemens de Waal	De Ward	1:13.39	196001063	<b>1:13.13</b>	+0,77	35.61	1:13.13
5. John Stokx	DAW	1:11.95	196401341	<b>1:16.13</b>	+1,08	36.87	1:16.13
6. Erik Kamphuis	De Rog	1:13.90	196001035	<b>1:17.76</b>	+0,76	38.31	1:17.76
7. Menno Lomans	d'ELFT WAVE (SG)	1:18.35	196101071	<b>1:20.12</b>	+1,17	39.10	1:20.12
8. Eric Langhorst	De Rijn	1:19.99	196200389	<b>1:20.68</b>	+0,79	39.95	1:20.68
9. Casper Dollekamp	Steenwijk 1934	1:22.48	196301341	<b>1:22.58</b>	+0,67	40.72	1:22.58
10. Jack Barends	WS Twente	1:26.72	196201011	<b>1:29.90</b>	+0,77	43.59	1:29.90



Open Nederlandse Masters  
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Programmanr. 33, Heren, 100m rugslag, Masters 50+

rang naam	vereniging	inschrijftijd	tijd	RT	50m	100m
11. Bart van Calker	WS Twente	1:27.42 196100067	<b>1:32.19</b>	+0,97	46.26	1:32.19

Masters 55+

1. Evertjan Masurel	PSV	1:22.25 195600495	<b>1:22.37</b>	+0,75	40.48	1:22.37
2. Andre Storm	Zoetermeer	1:29.51 195600407	<b>1:25.19</b>	+0,57	41.59	1:25.19
3. Dré Klaassen	ZOB'66	1:39.42 195600141	<b>1:43.88</b>	+1,32	50.94	1:43.88
4. Herbert Katgert	WS Twente	1:51.65 195900739	<b>1:55.54</b>	+1,09	56.55	1:55.54
NG Albert Boonstra	Aqua-Novio'94	1:12.14 195700425				

Masters 60+

1. Brend Brevé	PSV	1:16.41 195200265	<b>1:20.34</b>	+0,79	40.18	1:20.34
2. Jos Kamps	De Amer	1:36.81 195100085	<b>1:39.60</b>	+0,89	47.67	1:39.60

Masters 65+

1. Ludwig Lorenz	SV Gladbeck 13	1:42.62 127866	<b>1:38.37</b>	+0,72	48.48	1:38.37
2. Anton Lovink	Speedeaus	1:46.69 47ANTO	<b>1:48.27</b>	+0,84	52.52	1:48.27

Masters 70+

1. Frans van Enst	WS Twente	1:24.65 194000011	<b>1:28.09</b>	+0,98	43.67	1:28.09
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Masters 75+

1. Nic Geers	Z&PC De Gouwe	1:31.40 193800007	<b>1:46.38</b>	+0,88	54.38	1:46.38
2. Jan Eichhorn	ZV Haerlem	1:44.28 193700015	<b>1:50.22</b>	+0,95	53.18	1:50.22

Programmanr. 34  
03-05-2014 - 17:05

Dames, 100m rugslag

Masters Open  
Resultaten

rang naam	vereniging	inschrijftijd	tijd	RT	50m	100m
<b>Masters 20+</b>						
1. Chantal Grove	De Dolfijn	1:08.17 199401844	<b>1:08.46</b>	+0,80	33.07	1:08.46
2. Malissa van der Horst	Zwemlust-den Hommel	1:06.83 199200810	<b>1:09.58</b>	+0,73	33.61	1:09.58
3. Désirée Emmen	De Warande	1:08.36 199204862	<b>1:10.78</b>	+0,72	34.15	1:10.78
Sharon Gelmers	Octopus	1:07.24 199400416	<b>1:10.78</b>	+1,11	34.08	1:10.78
5. Manon van Strien	WVZ	1:08.56 199400770	<b>1:11.62</b>	+0,87	34.57	1:11.62
6. Sigrid Dogger	De Zwoer	1:13.10 199200452	<b>1:12.69</b>	+0,70	34.75	1:12.69
7. Lodi Broeder	Aqua-Novio'94	1:08.78 199302620	<b>1:13.78</b>	+0,67	35.32	1:13.78
8. Iris Pijtak	AZ&PC	1:09.67 199300602	<b>1:13.87</b>	+0,67	35.89	1:13.87
9. Lis Kop Jansen	Z&PC De Gouwe	1:11.68 199101740	<b>1:14.60</b>	+0,77	35.53	1:14.60
10. Whitney van Hoeckel	DIO	1:15.48 199402390	<b>1:15.08</b>	+0,73	37.49	1:15.08
11. Ilse Noorlander	d'ELFT WAVE (SG)	1:20.28 199307810	<b>1:15.70</b>	+0,95	37.02	1:15.70
12. Eline Roobol	De Lansingh	1:14.31 199106414	<b>1:16.21</b>	+0,78	36.39	1:16.21
13. Carmen Seesing	NDD	1:09.50 199406220	<b>1:18.34</b>		36.55	1:18.34
14. Wendy de Bruin	ZOB'66	1:14.38 199206320	<b>1:18.58</b>	+0,63	38.81	1:18.58
15. Simone de Boer	LZ 1886	1:19.52 199306858	<b>1:18.67</b>	+0,73	38.62	1:18.67
16. Getrude Corporaal	ZVZ	1:20.58 199200380	<b>1:20.67</b>	+0,77	39.06	1:20.67
17. Denise Austen	RZ	1:12.60 199303778	<b>1:20.93</b>	+0,71	39.32	1:20.93
18. Emma Siemensma	De Zijl/LGB	1:17.01 199402716	<b>1:21.87</b>	+0,72	39.35	1:21.87
19. Madeleine Sielemann	GoSwim	1:19.15 199106166	<b>1:22.23</b>	+0,76	39.77	1:22.23
20. Joyce Raemaekers	Budel	1:18.92 199106106	<b>1:22.37</b>	+0,66	39.13	1:22.37
21. Eline Schoenmaker	Zwemlust-den Hommel	1:20.55 199003322	<b>1:23.77</b>	+0,71	41.81	1:23.77
22. Heleen ten Have	De Pinquin	1:19.91 199403000	<b>1:26.87</b>	+0,79	41.77	1:26.87
23. Ramona Noordermeer	ZVVS	1:24.89 199401746	<b>1:27.09</b>	+0,75	42.98	1:27.09
24. Charine de Ruiter	Steenwijk 1934	1:25.92 199403668	<b>1:27.88</b>	+0,80	43.91	1:27.88
25. Lonneke Oenema	Steenwijk 1934	1:22.07 199102314	<b>1:28.18</b>	+0,78	42.38	1:28.18



Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



Programmanr. 34, Dames, 100m rugslag, Masters 20+

rang naam	vereniging	inschrijftijd		tijd	RT	50m	100m
26. Pauline Magnée	De Warande	1:24.70	199205434	<b>1:29.19</b>	+0,67	44.23	1:29.19
27. Jorinde Veraar	De Amer	1:46.66	199204726	<b>1:46.72</b>	+1,21	50.65	1:46.72
DIS Sharon van Dooren	De Rog	2:08.37	199207902		RD		
AFGEM Maartje Lenten	De Spatters	1:19.23	199204286				

Masters 25+

1. Charlotte Groeneveld	Zwemlust-den Hommel	1:10.70	198701404	<b>1:11.13</b>	+1,17	34.02	1:11.13
2. Samantha van Eijk	De Geul	1:09.75	198806826	<b>1:11.79</b>	+0,84	35.28	1:11.79
3. Anna Boef	LZ 1886	1:16.33	198806288	<b>1:14.64</b>	+0,67	36.28	1:14.64
4. Aniek Huijsman	De Lansingh	1:12.17	198801932	<b>1:16.19</b>	+0,80	35.59	1:16.19
5. Ilse van den Wijngaard	ZPC Woerden	1:14.23	198904736	<b>1:17.21</b>	+0,72	37.46	1:17.21
6. Lisette Prins	WVZ	1:17.39	198803522	<b>1:20.04</b>	+0,78	38.99	1:20.04
7. Bianca Paape	DAW	1:22.17	198502262	<b>1:24.93</b>	+1,11	42.30	1:24.93
8. Liset de Veer	Aqua-Novio'94	1:26.90	198704190	<b>1:25.21</b>	+0,75	41.39	1:25.21
9. Sabine Lina	ZPC Woerden	1:13.17	198902680	<b>1:28.78</b>	+0,79	42.77	1:28.78
10. Annebeth van Ark	Octopus	1:27.31	198805588	<b>1:29.42</b>	+0,84	43.37	1:29.42
11. Anne van den Besselaar	HZ&PC Heerenveen	2:49.10	198504062	S8 <b>2:53.79</b>	+0,87	1:25.43	2:53.79

Masters 30+

1. Roos van Esch	TRB-RES	1:14.42	198200468	<b>1:15.01</b>	+0,85	37.61	1:15.01
2. Marjon van Kempen	MGO (SG)	1:14.37	198000578	<b>1:18.75</b>	+1,18	37.76	1:18.75
3. Esther Versteeg	Van Vliet-Barracuda	1:19.38	198302112	<b>1:21.86</b>	+0,68	40.89	1:21.86
4. Angela Giezen	Montferland	1:30.28	198302796	<b>1:27.90</b>	+1,17	46.38	1:27.90

Masters 35+

1. Geraldine Trainor	De Duck	1:20.63	197500544	<b>1:20.47</b>	+0,73	39.00	1:20.47
2. Petra Verstegen	WVZ	1:22.14	197700906	<b>1:23.00</b>	+0,74	39.97	1:23.00
3. Heleen Spelde - Fransens	THOR	1:21.56	197901358	<b>1:24.11</b>	+0,86	40.80	1:24.11
4. Mirjan den Drijver-Aarse	Zwemvereniging Westland	1:22.15	197500884	<b>1:24.53</b>	+0,74	41.83	1:24.53
5. Carmen Haan	De Spatters	1:27.41	197901458	<b>1:26.24</b>	+0,83	41.88	1:26.24

Masters 40+

1. Edith Janssen-Koolen	TRB-RES	1:19.08	197300898	<b>1:19.14</b>	+0,78	39.24	1:19.14
2. Henriëtte Manting	GZVW	1:23.13	197100246	<b>1:28.29</b>	+0,80	43.00	1:28.29
3. Ageeth Boomsma	Orca	1:26.24	197000826	<b>1:29.29</b>	+1,10	43.70	1:29.29
4. Daniëlle Hoeksel-Verveen	ZVVS	1:29.37	197300724	<b>1:34.64</b>	+0,68	46.78	1:34.64

Masters 45+

1. Lesley Cordial	Neptunus	1:15.23	196700684	<b>1:18.96</b>	+0,66	38.22	1:18.96
2. Bridget Bewick	Maidenhead Marlins	1:20.10	36934	<b>1:20.35</b>	+0,78	40.12	1:20.35
3. Heidi van Stein	LZ 1886	1:18.22	196900864	<b>1:20.36</b>	+1,13	38.84	1:20.36
4. Ellen van Wingerden	DWK	1:23.91	196900970	<b>1:27.87</b>	+0,81	42.33	1:27.87
5. Esther Mijnen	ZV De Zaan	1:30.58	196900846	<b>1:33.33</b>	+0,85	45.18	1:33.33
6. Françoise Duran	AZ&PC	1:32.22	196900222	<b>1:36.29</b>		48.11	1:36.29
7. Cora Smulders	ESCA Zwemmen	1:46.92	196600668	<b>1:47.61</b>	+0,64	52.26	1:47.61

Masters 50+

1. Feikje Wittermans	WIDEX GZC DONK	1:25.04	196400408	<b>1:24.47</b>	+0,79	39.98	1:24.47
2. Marie-Josée Matte	WVZ	1:28.74	196000326	<b>1:33.86</b>	+0,41	43.44	1:33.86
3. Annemarie Vuist	Swol 1894	1:29.71	196300282	<b>1:34.60</b>	+0,92	47.10	1:34.60
4. Alie Visser	HZ&PC Heerenveen	1:40.64	196400494	<b>1:42.24</b>	* +0,81	49.67	1:42.24
AFGEM Judith Cromjongh	De Zwoer	1:18.94	196400054				



Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



Programmanr. 34, Dames, 100m rugslag

Masters 55+

1. Atie Pijtak-Radersma	AZ&PC	1:23.49	195600048	<b>1:27.01</b>	+0,80	42.72	1:27.01
2. Mathilde Vink	Swol 1894	1:27.91	195800128	<b>1:33.50</b>	+0,90	46.40	1:33.50

Masters 60+

1. Patty Krupiarz	PSV	1:34.57	195400074	<b>1:36.13</b>	+0,73	45.42	1:36.13
2. Tineke Brouwer-Maat	Zwemvereniging Westland	1:39.87	195300074	<b>1:42.98</b>	+0,76	50.84	1:42.98
3. Antoinette Gilding-Tussaud	WS Twente	1:43.33	195000038	<b>1:46.53</b>	+0,83	52.30	1:46.53
4. Ineke Meijer	HZ&PC Heerenveen	1:41.44	195200034	<b>1:48.95</b>	+0,74	53.71	1:48.95
5. Janny van der Weide	Deltasteur	2:41.54	195100066	<b>2:52.24</b>	+1,68	1:20.85	2:52.24
AFGEM Carla Hensen	PSV	1:48.47	195300062				

Masters 65+

1. Loekie v. Huissteden	AZ&PC	2:03.49	194500002	<b>2:10.16</b>	+0,96	1:06.09	2:10.16
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Masters 70+

1. Leny Kamp	Aquapoldro	2:04.58	194400008	<b>2:12.20</b>	+0,65	1:02.49	2:12.20
2. Truus Ruiter	Old Dutch	2:03.30	194000004	<b>2:18.33</b>	+0,84	1:06.96	2:18.33

Masters 75+

1. Alice Lindhout	PSV	2:01.64	193500010	<b>2:02.73</b>		58.74	2:02.73
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Masters 80+

1. Annie de Vos	Old Dutch	2:11.73	193400004	<b>2:22.80</b>	+0,82	1:07.39	2:22.80
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Programmanr. 35  
03-05-2014 - 17:31

Gemengd, 4 x 50m wisselslag

Masters Open  
Resultaten

rang	vereniging	inschrijftijd	startnr.	tijd	RT	
<b>80+</b>						
1.	WVZ 3 <i>Nederlands Masters Record, startzwemster NMR</i>	1:54.36		<b>1:57.14</b>	+0,65	
	Anja van der Hout	90 +0,65	29.64	Bruno Carissimi Boff	92 +0,28	26.38
	Isabelle Massar	91 +0,54	37.72	Mark Costeris	92 +0,15	23.40
2.	Piranha 1	2:05.28		<b>2:02.00</b>	+0,64	
	Linda van der Hout	93 +0,64	33.53	Filipp Müller	86 +0,33	25.08
	Teun Groeneweg	87 +0,42	32.38	Eline Schaft	92 +0,28	31.01
3.	NDD 1	1:59.83		<b>2:02.77</b>	+1,01	
	Hjalmar de Ruiter	89 +1,01	30.21	Eva Engelen	94 +0,35	30.79
	Carmen Seesing	94 +0,52	35.39	Robin Eltink	94 +0,47	26.38
4.	LZ 1886 1	2:05.90		<b>2:06.10</b>	+0,81	
	Kristiaan Lenos	83 +0,81	31.96	Janet van der Poel	93 +0,34	31.60
	Suzanne Brummel	94 +0,57	37.27	Lars Sieval	93 +0,50	25.27
5.	Octopus 1	2:00.87		<b>2:07.10</b>	+0,75	
	Albert van Piekeren	84 +0,75	31.66	Sharon Gelmers	94 +0,40	31.03
	Roald Blok	93 +0,41	29.90	Margriet Aan het Rot	86 +0,49	34.51
6.	RZ 1	2:14.23		<b>2:08.22</b>	+0,68	
	Denise Austen	93 +0,68	38.07	Suzan van den Bogaard	89 +0,27	31.22
	Kenneth Caster	91 +0,53	32.89	Patrick Creemers	90 +0,30	26.04
7.	LZ 1886 2	2:10.37		<b>2:08.58</b>	+0,74	
	Sjoerd Sieval	90 +0,74	32.77	Joost Rijntjes	91 +0,32	27.59
	Rosanne de Boer	91 +0,30	38.43	Simone de Boer	93 +0,35	29.79
8.	d'ELFT WAVE (SG) 1	2:06.20		<b>2:08.89</b>	+0,62	
	Victor den Heijer	83 +0,62	31.89	Simon Kassing	94 +0,49	27.70
	Zarife Gela	92 +0,42	40.08	Ilse Noorlander	93 +0,49	29.22

Programmanr. 35, Gemengd, 4 x 50m wisselslag, 80+

rang	vereniging	inschrijftijd	startnr.	tijd	RT
9.	ZPC De Hof 1	ZPC De Hof	2:08.70	<b>2:09.14</b>	+0,66
	Kimberley Kranenberg	94 +0,66 34.34	Jasper de Boer	93 +0,49 28.26	
	Richard Huisken	85 +0,37 33.58	Desiree Baltes	89 +0,68 32.96	
10.	Montferland 1	Montferland	2:29.18	<b>2:29.00</b>	+0,76
	Kelly Bocking	91 +0,76 45.04	Dennis Bosma	94 +0,43 28.77	
	Daniel Rosenkranz	91 +0,73 41.66	Daphne Meijer	93 +0,39 33.53	

100+

1.	Zwemlust-den Hommel 1	Zwemlust-den Hommel	2:00.40	<b>1:58.98</b>	+0,80
	Charlotte Groeneveld	87 +0,80 32.41	Raoul Engelenburg	89 +0,52 28.09	
	Vincent Versteeg	77 +0,32 31.81	Malissa van der Horst	92 +0,27 26.67	
2.	ZOB'66 1	ZOB'66	2:04.65	<b>2:09.38</b>	+0,59
	Wendy de Bruin	92 +0,59 36.94	Ferry Blangé	83 +0,38 29.17	
	Roderik Meijers	86 +0,36 32.70	Carly Noordermeer	87 +0,23 30.57	
3.	MGO (SG) 1	MGO (SG)	2:11.87	<b>2:12.17</b>	+0,80
	Marjon van Kempen	80 +0,80 37.26	Bastian Zoon	87 +0,21 28.25	
	Eline Roeland	88 +0,65 39.89	Martijn van Hoorn	89 +0,65 26.77	
4.	WVZ 4	WVZ	2:10.70	<b>2:13.43</b>	+0,82
	Manon van Strien	94 +0,82 33.23	Mike Stoffer	89 +0,11 29.42	
	Tessa Verheijdt	89 +0,24 43.39	Bas v.d. Laan	83 +0,28 27.39	
5.	ZPC Woerden 1	ZPC Woerden	2:14.81	<b>2:14.44</b>	+0,46
	Ilse van den Wijngaard	89 +0,46 36.84	Sabine Lina	89 +0,40 35.06	
	Niels van Beurden	88 +0,30 34.88	Patrick de Jonge	89 0.00 27.66	
6.	Steenwijk 1934 1	Steenwijk 1934	2:12.21	<b>2:14.49</b>	+0,68
	Lauren Vis	82 +0,68 31.59	Rick Driezen	86 +0,51 28.28	
	Tara Keijzer	91 +0,66 42.29	Charine de Ruiter	94 +0,66 32.33	

120+

1.	PSV 2	PSV	2:03.35	<b>2:03.29</b>	+0,78
	Jos de Graaf	91 +0,78 29.93	Stephanie Rombout	88 +0,69 31.16	
	Harold Matla	68 +0,37 31.93	Liselotte Joling	75 +0,79 30.27	
2.	WS Twente 1	WS Twente	2:07.83	<b>2:06.58</b>	+0,58
	Marcel Reefhuis	81 +0,58 32.34	Inez Heideman	75 +0,39 32.34	
	Ewoud Rupert	78 +0,31 33.29	Annelette de Vries	86 +0,27 28.61	
3.	Zoetermeer 1	Zoetermeer	2:05.89	<b>2:07.62</b>	+0,67
	Markus van Rest	77 +0,67 34.64	Delia Badoux	80 +0,15 30.81	
	Simon van Ravesteijn	80 +0,31 31.57	Sanne van Dijk	90 +0,56 30.60	
4.	WVZ 1	WVZ	2:06.07	<b>2:11.45</b>	+1,07
	Ivo Roozeboom	77 +1,07 30.95	Mea Ferreira	89 +0,32 31.64	
	Nick Baron	91 +0,48 36.89	Petra Versteegen	77 +0,55 31.97	
5.	Van Vliet-Barracuda 1	Van Vliet-Barracuda	2:12.13	<b>2:11.92</b>	+1,10
	Maryse Lampe	87 +1,10 35.13	Esther Versteeg	83 +0,54 32.45	
	Walter Rolloos	59 +0,29 37.98	Thommy Nickel	84 +0,33 26.36	
6.	DAW 1	DAW	2:06.56	<b>2:12.35</b>	+0,85
	Wieteke Elzinga	86 +0,85 36.39	Alex Damen	75 +0,37 29.93	
	Laura Badoux	82 +0,39 38.33	Kars Luttik	78 +0,39 27.70	
7.	RZ 2	RZ	2:18.09	<b>2:16.67</b>	+0,76
	Dimitrie Sonnemans	75 +0,76 34.67	Marian Bouts	86 +0,53 33.91	
	Mark van Wingerden	70 +0,42 34.39	Vivian van Kerkwijk	75 +0,46 33.70	
8.	De Lansingh 1	De Lansingh	2:12.21	<b>2:16.78</b>	+0,77
	Jacqueline Rolloos-Bakker	63 +0,77 39.99	Mark Huijsman	90 +0,35 31.18	
	Aniek Huijsman	88 +0,30 38.01	Martijn van den Berge	85 +0,44 27.60	
9.	WVZ 2	WVZ	2:15.73	<b>2:17.43</b>	+1,14
	Jan-Willem van den Berg	68 +1,14 33.55	Thomas Kersten	90 +0,20 27.26	
	Monique Pronk	88 +0,62 39.82	Marie-Josée Matte	60 +0,45 36.80	
10.	De Amer 1	De Amer	2:14.89	<b>2:18.73</b>	+0,89
	Anne Duijst	89 +0,89 38.76	Paul de Boer	68 +0,40 33.48	
	Kathy van Zuilen	93 +0,41 39.90	Rutger Stam	81 +0,25 26.59	
11.	De Futen 1	De Futen	2:23.72	<b>2:19.97</b>	+0,72
	Erwin Zuidervelt	75 +0,72 35.09	Tony de Groot	73 +0,43 38.86	
	Erwin Sneek	91 +0,28 35.62	Petra Benani-Wolsing	84 +0,48 30.40	



Programmanr. 35, Gemengd, 4 x 50m wisselslag, 120+

rang	vereniging	inschrijftijd	startnr.	tijd	RT
12.	<b>AZ&amp;PC 2</b>	<b>2:18.81</b>		<b>2:20.40</b>	+0,75
	Françoise Duran 69 +0,75 45.48	Rob van Vliet 84 +0,44 28.79			
	Wouter van 't Klooster 88 +0,29 35.63	Marije van Manen 86 +0,28 30.50			
13.	<b>VZV Njord 1</b>	<b>2:31.61</b>		<b>2:28.74</b>	+0,84
	Jeffrey Smits-Velthuis 90 +0,84 41.29	Karin Sagonas-Koolen 70 +0,56 38.11			
	Joke Smits-Velthuis 90 +0,42 40.54	Francis Roosen 68 +0,49 28.80			
14.	<b>De Spatters 1</b>	<b>2:30.89</b>		<b>2:34.56</b>	+0,68
	Roelof Broekman 68 +0,68 37.61	Karin Hovenkamp 87 +0,42 39.29			
	Jan Haitsma 60 +0,55 47.19	Denise Koerhuis 94 +0,10 30.47			
15.	<b>WIDEX GZC DONK 1</b>	<b>2:30.96</b>		<b>2:38.50</b>	+0,79
	Jacqueline de Ruiter-Wijnolst 74 +0,79 37.90	Laura van Manen 84 +0,63 43.31			
	Remco Luijnenburg 79 +0,61 45.33	Yves van den Berg 66 +0,40 31.96			

160+

1.	<b>De Roersoppers 1</b>	<b>2:13.16</b>		<b>2:16.33</b>	+0,78
	Emmy Slabbers 81 +0,78 38.15	Wieke Bos 82 +0,28 33.16			
	Arno Schrauwen 65 +0,20 35.58	Charles Bos 53 +0,61 29.44			
2.	<b>DAW 3</b>	<b>2:21.54</b>		<b>2:20.13</b>	+0,68
	John Stokx 64 +0,68 34.09	Ilona Hogerheyde 74 +0,30 33.36			
	Hans Schoenmakers 69 +0,42 36.69	Ilonborg Stokx 67 +0,42 35.99			
3.	<b>Zwemvereniging Westland 1</b>	<b>2:21.98</b>		<b>2:22.17</b>	+0,77
	Fred Dijkshoorn 65 +0,77 35.61	Ronald Koeckhoven 81 28.38			
	Mirjan den Drijver-Aarse 75 +0,65 43.60	Elke Nuijten 64 +0,35 34.58			
4.	<b>DAW 2</b>	<b>2:24.68</b>		<b>2:23.84</b>	+1,10
	Sandra Pannekeet 84 +1,10 39.36	Petra Tossings 61 +0,59 39.94			
	Ron Langelaan 78 +0,01 35.33	Jeroen Kort 68 +0,20 29.21			
5.	<b>AZC 1</b>	<b>2:17.22</b>		<b>2:29.32</b>	+0,60
	Guido Keutgen 68 +0,60 31.53	Michael Go 75 +0,44 31.84			
	Sandra Daamen-Posma 68 +0,41 49.21	Monique Munnik 62 +0,54 36.74			
6.	<b>Potters Bar Sharks</b>	<b>2:30.85</b>		<b>2:36.70</b>	+0,74
	Daniella Harrison 72 +0,74 43.87	Darren Hamshere 67 34.75			
	Caroline Griffin 73 +0,42 46.14	Eugene Gormley 67 +0,44 31.94			
7.	<b>Swol 1894 1</b>	<b>2:29.00</b>		<b>2:39.32</b>	+0,94
	Annemarie Vuist 63 +0,94 46.01	Kasper van den Berghe 73 +0,27 34.24			
	Marjan Spoelstra 60 +0,41 50.02	Johan Wezenberg 76 +0,07 29.05			
8.	<b>Den Doorn 1</b>	<b>2:39.24</b>		<b>2:45.43</b>	+0,78
	Antoinette Kant 69 +0,78 43.19	Ineke Branderhorst 69 +0,49 51.61			
	Wouter van der Stelt 72 +0,29 41.39	Nico Swart 68 +0,57 29.24			
9.	<b>ESCA Zwemmen 1 50m*</b>	<b>2:56.73</b>		<b>3:03.62</b>	+0,89
	Ria Peters-Veurman 58 +0,89 1:00.07	Paul Rutten 80 +0,34 37.67			
	Durand Lammers 60 +0,65 43.48	Marion Kolkman-Pluim 60 42.40			

200+

1.	<b>AZ&amp;PC 1</b>	<b>2:13.77</b>		<b>2:11.60</b>	+0,68
	<i>Nederlands Masters Record</i>				
	Lidia v. Bon-Rosenbrand 70 +0,68 37.35	Edwin v. Norden 63 +0,25 27.25			
	Ron Korzelius 65 +0,36 35.65	Atie Pijtak-Radersma 56 +0,27 31.35			
2.	<b>Swol 1894 2</b>	<b>2:24.00</b>		<b>2:24.53</b>	+0,81
	Arjan Aalbers 75 +0,81 35.23	Machiel Stolk 74 +0,35 30.93			
	Bea Swijnenberg 49 +0,27 45.97	Christien Nieuwenhuis 51 +0,53 32.40			
3.	<b>ZVVS 1</b>	<b>2:29.79</b>		<b>2:30.04</b>	+0,75
	Emiel van Elderen 56 +0,75 39.99	Nadya Putter 83 +0,28 32.34			
	Willem Putter 45 +0,55 44.96	Ada de Voogd 59 +0,38 32.75			
4.	<b>WS Twente 2</b>	<b>2:31.24</b>		<b>2:30.87</b>	+1,07
	Antoinette Gilding-Tussaud 50 +1,07 48.52	Jos Wensink 69 +0,48 30.76			
	Joop Weenink 68 +0,58 38.67	Marion Broekhuis 68 +0,33 32.92			
5.	<b>WIDEX GZC DONK 2</b>	<b>2:40.06</b>		<b>2:40.81</b>	+0,65
	Feikje Wittermans 64 +0,65 38.65	Lia Bijkerk 60 +0,26 46.54			
	Peter Coffeng 57 +0,69 46.31	Adrian Ortiz Buitrago 60 +0,36 29.31			



Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



Programmanr. 35, Gemengd, 4 x 50m wisselslag, 200+

rang	vereniging	inschrijftijd	startnr.	tijd	RT
6.	Steenwijk 1934	3:07.35		<b>3:17.74</b>	+0,86
	Ciska Wagter	70 +0,86 1:02.87	Huyb Stegeman	67 +0,54 36.54	
	Riekie Schra	64 +0,90 1:03.73	Sierd Tilma	53 +0,78 34.60	

240+

rang	vereniging	inschrijftijd	startnr.	tijd	RT
1.	PSV	2:27.58		<b>2:30.25</b>	+0,73
	Brend Brevé	52 +0,73 35.54	Joop Ariaens	59 +0,67 30.69	
	Patty Krupiarz	54 +0,58 48.64	Corrie Verhoeven	46 +0,59 35.38	

5 - ONMK 2014 lb sessie 5

04-05-2014 - 9:00

Programmanr. 36  
04-05-2014 - 9:00

Dames, 800m vrije slag

Masters Open  
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
<b>Masters 20+</b>						
1.	Iris Pijtak	AZ&PC	9:39.37	199300602	<b>9:57.55</b>	+0,74
	50m: 33.86 33.86	250m: 3:05.33 38.25	450m: 5:37.61 37.40	650m: 8:08.18 37.24		
	100m: 1:11.24 37.38	300m: 3:43.60 38.27	500m: 6:15.36 37.75	700m: 8:45.49 37.31		
	150m: 1:49.21 37.97	350m: 4:21.90 38.30	550m: 6:53.39 38.03	750m: 9:22.58 37.09		
	200m: 2:27.08 37.87	400m: 5:00.21 38.31	600m: 7:30.94 37.55	800m: 9:57.55 34.97		
2.	Rebecca Vroomen	Eurode KZC	9:33.69	199301772	<b>10:03.92</b>	+0,85
	50m: 34.04 34.04	250m: 3:07.32 38.69	450m: 5:39.31 37.91	650m: 8:10.69 38.07		
	100m: 1:11.86 37.82	300m: 3:45.41 38.09	500m: 6:16.95 37.64	700m: 8:48.47 37.78		
	150m: 1:50.20 38.34	350m: 4:23.83 38.42	550m: 6:54.99 38.04	750m: 9:26.76 38.29		
	200m: 2:28.63 38.43	400m: 5:01.40 37.57	600m: 7:32.62 37.63	800m: 10:03.92 37.16		
3.	Jasmijn Ruijgrok	De Zijl/LGB	10:16.01	199401032	<b>10:22.25</b>	+0,85
	50m: 34.89 34.89	250m: 3:12.75 40.14	450m: 5:50.87 38.81	650m: 8:28.08 39.46		
	100m: 1:13.62 38.73	300m: 3:52.80 40.05	500m: 6:30.25 39.38	700m: 9:06.98 38.90		
	150m: 1:53.24 39.62	350m: 4:32.37 39.57	550m: 7:09.55 39.30	750m: 9:45.57 38.59		
	200m: 2:32.61 39.37	400m: 5:12.06 39.69	600m: 7:48.62 39.07	800m: 10:22.25 36.68		
4.	Suzanne Brummel	LZ 1886	10:11.43	199401366	<b>10:23.28</b>	+0,78
	50m: 35.60 35.60	250m: 3:13.18 39.93	450m: 5:52.04 39.36	650m: 8:30.31 39.11		
	100m: 1:14.13 38.53	300m: 3:53.20 40.02	500m: 6:31.77 39.73	700m: 9:09.23 38.92		
	150m: 1:53.62 39.49	350m: 4:33.00 39.80	550m: 7:10.90 39.13	750m: 9:47.73 38.50		
	200m: 2:33.25 39.63	400m: 5:12.68 39.68	600m: 7:51.20 40.30	800m: 10:23.28 35.55		
5.	Anouk Kuijlaars	ZC Aquadream	10:49.32	199401700	<b>10:36.47</b>	+0,74
	50m: 35.84 35.84	250m: 3:15.33 40.84	450m: 5:57.24 40.65	650m: 8:38.62 40.11		
	100m: 1:14.40 38.56	300m: 3:55.61 40.28	500m: 6:37.71 40.47	700m: 9:18.88 40.26		
	150m: 1:54.36 39.96	350m: 4:36.05 40.44	550m: 7:17.99 40.28	750m: 9:58.78 39.90		
	200m: 2:34.49 40.13	400m: 5:16.59 40.54	600m: 7:58.51 40.52	800m: 10:36.47 37.69		
6.	Emma Siemensma	De Zijl/LGB	10:42.49	199402716	<b>10:50.08</b>	+0,77
	50m: 35.53 35.53	250m: 3:14.91 40.87	450m: 5:59.76 41.19	650m: 8:46.69 41.98		
	100m: 1:14.41 38.88	300m: 3:56.05 41.14	500m: 6:41.13 41.37	700m: 9:28.64 41.95		
	150m: 1:54.10 39.69	350m: 4:37.43 41.38	550m: 7:22.53 41.40	750m: 10:09.82 41.18		
	200m: 2:34.04 39.94	400m: 5:18.57 41.14	600m: 8:04.71 42.18	800m: 10:50.08 40.26		
7.	Irmgard van Weeghel	Octopus	10:40.59	199204834	<b>11:23.18</b>	+0,70
	50m: 36.59 36.59	250m: 3:26.52 43.33	450m: 6:20.66 43.85	650m: 9:15.20 43.78		
	100m: 1:17.68 41.09	300m: 4:09.63 43.11	500m: 7:04.26 43.60	700m: 9:58.57 43.37		
	150m: 2:00.19 42.51	350m: 4:53.48 43.85	550m: 7:47.93 43.67	750m: 10:41.76 43.19		
	200m: 2:43.19 43.00	400m: 5:36.81 43.33	600m: 8:31.42 43.49	800m: 11:23.18 41.42		
8.	Lieke Janssen	HGN (SG)	11:25.87	199305954	<b>11:36.92</b>	+0,90
	50m: 38.25 38.25	250m: 3:34.69 44.26	450m: 6:32.38 44.18	650m: 9:29.70 44.00		
	100m: 1:21.29 43.04	300m: 4:19.03 44.34	500m: 7:16.96 44.58	700m: 10:13.79 44.09		
	150m: 2:05.43 44.14	350m: 5:03.69 44.66	550m: 8:01.00 44.04	750m: 10:56.39 42.60		
	200m: 2:50.43 45.00	400m: 5:48.20 44.51	600m: 8:45.70 44.70	800m: 11:36.92 40.53		
9.	Denise Koerhuis	De Spatters	10:43.01	199400306	<b>11:41.22</b>	+0,70
	50m: 36.10 36.10	250m: 3:28.86 44.51	450m: 6:29.63 44.73	650m: 9:30.07 44.86		
	100m: 1:17.18 41.08	300m: 4:13.98 45.12	500m: 7:15.10 45.47	700m: 10:14.38 44.31		
	150m: 1:59.87 42.69	350m: 4:59.76 45.78	550m: 8:00.08 44.98	750m: 10:58.29 43.91		
	200m: 2:44.35 44.48	400m: 5:44.90 45.14	600m: 8:45.21 45.13	800m: 11:41.22 42.93		



Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



Programmanr. 36, Dames, 800m vrije slag, Masters 20+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
10.	Yvonne Bruls	Eurode KZC	11:17.76	199008114	<b>11:42.36</b>	+0,73		
	50m: 37.76	37.76	250m: 3:34.47	44.42	450m: 6:32.71	44.33	650m: 9:31.05	44.90
	100m: 1:21.20	43.44	300m: 4:18.73	44.26	500m: 7:17.42	44.71	700m: 10:15.34	44.29
	150m: 2:05.53	44.33	350m: 5:03.72	44.99	550m: 8:01.75	44.33	750m: 10:59.37	44.03
	200m: 2:50.05	44.52	400m: 5:48.38	44.66	600m: 8:46.15	44.40	800m: 11:42.36	42.99

Masters 25+

1.	Lisanne Andeweg	Zuiderzeewimmers	9:41.77	198800092	<b>9:54.59</b>	+0,84		
	50m: 33.87	33.87	250m: 3:04.19	37.64	450m: 5:35.48	37.88	650m: 8:06.14	37.38
	100m: 1:10.88	37.01	300m: 3:41.86	37.67	500m: 6:13.12	37.64	700m: 8:43.21	37.07
	150m: 1:48.66	37.78	350m: 4:19.57	37.71	550m: 6:51.07	37.95	750m: 9:19.75	36.54
	200m: 2:26.55	37.89	400m: 4:57.60	38.03	600m: 7:28.76	37.69	800m: 9:54.59	34.84
2.	Sunanda van Heteren	De Geul	10:42.44	198901728	<b>11:25.72</b>	+0,94		
	50m: 36.61	36.61	250m: 3:25.06	43.52	450m: 6:21.95	44.09	650m: 9:19.08	44.10
	100m: 1:17.04	40.43	300m: 4:09.19	44.13	500m: 7:06.84	44.89	700m: 10:02.80	43.72
	150m: 1:58.97	41.93	350m: 4:53.34	44.15	550m: 7:51.14	44.30	750m: 10:45.64	42.84
	200m: 2:41.54	42.57	400m: 5:37.86	44.52	600m: 8:34.98	43.84	800m: 11:25.72	40.08
3.	Desiree Baltés	ZPC De Hof	11:35.07	198900182	<b>12:20.28</b>	+0,97		
	50m: 39.56	39.56	250m: 3:41.93	45.71	450m: 6:51.77	48.01	650m: 10:02.29	47.32
	100m: 1:24.90	45.34	300m: 4:29.11	47.18	500m: 7:39.66	47.89	700m: 10:50.00	47.71
	150m: 2:10.20	45.30	350m: 5:16.77	47.66	550m: 8:27.27	47.61	750m: 11:36.88	46.88
	200m: 2:56.22	46.02	400m: 6:03.76	46.99	600m: 9:14.97	47.70	800m: 12:20.28	43.40
4.	Karin van Leersum	Piranha	12:18.64	198802658	<b>12:36.02</b>	+0,94		
	50m: 41.19	41.19	250m: 3:52.76	48.95	450m: 7:06.85	48.51	650m: 10:18.79	47.65
	100m: 1:27.40	46.21	300m: 4:41.43	48.67	500m: 7:55.06	48.21	700m: 11:06.70	47.91
	150m: 2:15.15	47.75	350m: 5:29.97	48.54	550m: 8:43.12	48.06	750m: 11:52.59	45.89
	200m: 3:03.81	48.66	400m: 6:18.34	48.37	600m: 9:31.14	48.02	800m: 12:36.02	43.43

Masters 30+

1.	Petra Benani-Wolsing	De Futen	10:22.88	198402796	<b>10:23.52</b>	+0,78		
	50m: 33.00	33.00	250m: 3:08.32	40.17	450m: 5:47.70	39.88	650m: 8:27.69	39.89
	100m: 1:10.31	37.31	300m: 3:47.89	39.57	500m: 6:27.78	40.08	700m: 9:07.39	39.70
	150m: 1:49.13	38.82	350m: 4:27.96	40.07	550m: 7:07.86	40.08	750m: 9:46.49	39.10
	200m: 2:28.15	39.02	400m: 5:07.82	39.86	600m: 7:47.80	39.94	800m: 10:23.52	37.03
2.	Pauline Tieleman	De Geul	10:48.36	198403348	<b>10:36.96</b>	+0,72		
	50m: 34.80	34.80	250m: 3:14.46	40.73	450m: 5:56.87	40.77	650m: 8:39.22	40.79
	100m: 1:13.75	38.95	300m: 3:54.89	40.43	500m: 6:37.45	40.58	700m: 9:19.02	39.80
	150m: 1:53.55	39.80	350m: 4:35.72	40.83	550m: 7:18.03	40.58	750m: 9:59.11	40.09
	200m: 2:33.73	40.18	400m: 5:16.10	40.38	600m: 7:58.43	40.40	800m: 10:36.96	37.85
3.	Stephanie Vaernewyck	Mega	10:22.26	MEGA/20352/83	<b>10:53.96</b>	+0,87		
	50m: 34.87	34.87	250m: 3:16.55	41.11	450m: 6:04.01	42.20	650m: 8:50.95	41.81
	100m: 1:13.81	38.94	300m: 3:58.21	41.66	500m: 6:45.94	41.93	700m: 9:32.18	41.23
	150m: 1:54.40	40.59	350m: 4:39.97	41.76	550m: 7:27.95	42.01	750m: 10:13.84	41.66
	200m: 2:35.44	41.04	400m: 5:21.81	41.84	600m: 8:09.14	41.19	800m: 10:53.96	40.12
4.	Linda Hoogendam	Zoetermeer	10:44.59	198300892	<b>11:08.99</b>	+0,76		
	50m: 36.40	36.40	250m: 3:24.85	42.23	450m: 6:14.19	42.22	650m: 9:05.02	43.12
	100m: 1:18.26	41.86	300m: 4:06.80	41.95	500m: 6:56.00	41.81	700m: 9:47.43	42.41
	150m: 2:00.43	42.17	350m: 4:49.74	42.94	550m: 7:38.90	42.90	750m: 10:29.37	41.94
	200m: 2:42.62	42.19	400m: 5:31.97	42.23	600m: 8:21.90	43.00	800m: 11:08.99	39.62
5.	Annette Vogelsang	ZV De Bron	11:26.15	198402632	<b>12:19.28</b>	+0,93		
	50m: 36.98	36.98	250m: 3:33.12	45.54	450m: 6:41.66	47.35	650m: 9:57.53	48.72
	100m: 1:19.01	42.03	300m: 4:19.08	45.96	500m: 7:30.76	49.10	700m: 10:45.16	47.63
	150m: 2:03.02	44.01	350m: 5:06.59	47.51	550m: 8:19.65	48.89	750m: 11:32.56	47.40
	200m: 2:47.58	44.56	400m: 5:54.31	47.72	600m: 9:08.81	49.16	800m: 12:19.28	46.72

AFGEM	Denise de Riet	De Devel	11:18.69	198402040		
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Masters 35+

1.	Liselotte Joling	PSV	10:10.02	197500268	<b>10:18.74</b>	+0,95		
	50m: 35.59	35.59	250m: 3:13.47	39.61	450m: 5:49.18	35.96	650m: 8:25.42	39.52
	100m: 1:14.68	39.09	300m: 3:53.13	39.66	500m: 6:27.87	38.69	700m: 9:04.91	39.49
	150m: 1:54.25	39.57	350m: 4:33.18	40.05	550m: 7:07.06	39.19	750m: 9:43.19	38.28
	200m: 2:33.86	39.61	400m: 5:13.22	40.04	600m: 7:45.90	38.84	800m: 10:18.74	35.55
2.	Heleen Spelde - Fransens	THOR	11:47.42	197901358	<b>12:04.25</b>	+1,01		
	50m: 37.01	37.01	250m: 3:36.98	46.37	450m: 6:44.12	46.75	650m: 9:50.12	45.98
	100m: 1:19.37	42.36	300m: 4:23.64	46.66	500m: 7:30.27	46.15	700m: 10:36.20	46.08
	150m: 2:04.59	45.22	350m: 5:10.43	46.79	550m: 8:17.00	46.73	750m: 11:20.77	44.57
	200m: 2:50.61	46.02	400m: 5:57.37	46.94	600m: 9:04.14	47.14	800m: 12:04.25	43.48





Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
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Programmanr. 36, Dames, 800m vrije slag

Masters 40+

1. Grith Sigsgaard	Zwemlust-den Hommel	9:52.17	197200772	<b>9:52.79</b>	+0,91	
50m: 34.05	250m: 3:03.62	37.74	450m: 5:33.29	37.47	650m: 8:03.11	37.68
100m: 1:11.10	300m: 3:40.81	37.19	500m: 6:10.59	37.30	700m: 8:40.43	37.32
150m: 1:48.66	350m: 4:18.36	37.55	550m: 6:48.18	37.59	750m: 9:17.74	37.31
200m: 2:25.88	400m: 4:55.82	37.46	600m: 7:25.43	37.25	800m: 9:52.79	35.05
2. Karin Stein	ZVVS	10:06.08	197100554	<b>10:19.35</b>	+0,87	
50m: 35.58	250m: 3:08.73	38.64	450m: 5:45.45	39.36	650m: 8:24.08	39.59
100m: 1:13.37	300m: 3:47.63	38.90	500m: 6:25.37	39.92	700m: 9:03.61	39.53
150m: 1:51.48	350m: 4:26.90	39.27	550m: 7:05.05	39.68	750m: 9:42.37	38.76
200m: 2:30.09	400m: 5:06.09	39.19	600m: 7:44.49	39.44	800m: 10:19.35	36.98
3. Annette de Visser	Oceanus	10:50.32	197100602	<b>10:48.26</b>	+0,93	
50m: 35.69	250m: 3:16.27	40.87	450m: 6:01.34	41.31	650m: 8:46.91	41.40
100m: 1:14.40	300m: 3:57.51	41.24	500m: 6:42.95	41.61	700m: 9:28.23	41.32
150m: 1:54.40	350m: 4:38.59	41.08	550m: 7:24.13	41.18	750m: 10:08.43	40.20
200m: 2:35.40	400m: 5:20.03	41.44	600m: 8:05.51	41.38	800m: 10:48.26	39.83
4. Pascale Neiss-Janssen	De Roersoppers	11:58.72	197300852	<b>12:22.38</b>	+0,98	
50m: 38.89	250m: 3:43.62	47.47	450m: 6:52.96	47.78	650m: 10:03.33	47.70
100m: 1:23.23	300m: 4:30.45	46.83	500m: 7:40.22	47.26	700m: 10:50.63	47.30
150m: 2:09.54	350m: 5:17.62	47.17	550m: 8:27.72	47.50	750m: 11:37.52	46.89
200m: 2:56.15	400m: 6:05.18	47.56	600m: 9:15.63	47.91	800m: 12:22.38	44.86
5. Renata van Essen	Zuiderzeezwemmers	12:27.60	197300740	<b>12:30.76</b>	+0,74	
50m: 41.51	250m: 3:51.28	48.09	450m: 7:02.15	47.98	650m: 10:13.17	48.13
100m: 1:27.99	300m: 4:38.87	47.59	500m: 7:49.44	47.29	700m: 11:00.21	47.04
150m: 2:15.47	350m: 5:26.83	47.96	550m: 8:37.07	47.63	750m: 11:46.47	46.26
200m: 3:03.19	400m: 6:14.17	47.34	600m: 9:25.04	47.97	800m: 12:30.76	44.29
6. Ingrid Versteegen	DBD	12:57.17	197300770	<b>12:48.16</b>	+0,88	
50m: 43.49	250m: 3:53.34	48.59	450m: 7:08.15	48.93	650m: 10:23.60	49.30
100m: 1:30.19	300m: 4:41.71	48.37	500m: 7:57.19	49.04	700m: 11:12.64	49.04
150m: 2:17.63	350m: 5:30.75	49.04	550m: 8:46.09	48.90	750m: 12:01.72	49.08
200m: 3:04.75	400m: 6:19.22	48.47	600m: 9:34.30	48.21	800m: 12:48.16	46.44
7. Greta Wyma-Teitsma	DWK	13:26.77	197100696	<b>14:02.35</b>	+0,86	
100m*	250m: 4:13.61	53.08	450m: 7:48.67	54.26	650m: 11:25.24	54.06
50m: 44.30	300m: 5:07.17	53.56	500m: 8:42.68	54.01	700m: 12:18.98	53.74
100m: 1:35.66	350m: 6:01.16	53.99	550m: 9:37.65	54.97	750m: 13:11.34	52.36
150m: 2:28.33	400m: 6:54.41	53.25	600m: 10:31.18	53.53	800m: 14:02.35	51.01

Masters 45+

1. Lisenka Kornet-van den Akker	ZPC Woerden	10:46.74	196900914	<b>10:55.39</b>	+0,92	
50m: 36.09	250m: 3:18.75	41.18	450m: 6:04.82	41.51	650m: 8:51.85	41.42
100m: 1:15.78	300m: 4:00.21	41.46	500m: 6:46.64	41.82	700m: 9:33.88	42.03
150m: 1:56.18	350m: 4:41.35	41.14	550m: 7:28.46	41.82	750m: 10:15.01	41.13
200m: 2:37.57	400m: 5:23.31	41.96	600m: 8:10.43	41.97	800m: 10:55.39	40.38
2. Laura Staal	Oceanus	10:55.23	196700358	<b>11:16.68</b>	+0,85	
50m: 37.21	250m: 3:26.62	43.06	450m: 6:18.67	43.15	650m: 9:10.63	42.92
100m: 1:18.31	300m: 4:09.55	42.93	500m: 7:01.89	43.22	700m: 9:52.98	42.35
150m: 2:00.72	350m: 4:52.58	43.03	550m: 7:45.10	43.21	750m: 10:35.28	42.30
200m: 2:43.56	400m: 5:35.52	42.94	600m: 8:27.71	42.61	800m: 11:16.68	41.40
3. Claudia Goldschmidt	Maidenhead Marlins	11:12.35	954626	<b>11:23.92</b>	+0,97	
50m: 37.52	250m: 3:26.84	42.93	450m: 6:19.55	43.23	650m: 9:14.22	44.37
100m: 1:19.09	300m: 4:10.04	43.20	500m: 7:02.80	43.25	700m: 9:58.22	44.00
150m: 2:01.43	350m: 4:53.20	43.16	550m: 7:46.44	43.64	750m: 10:42.56	44.34
200m: 2:43.91	400m: 5:36.32	43.12	600m: 8:29.85	43.41	800m: 11:23.92	41.36
4. Marion Broekhuis	WS Twente	11:38.03	196800060	<b>11:52.31</b>	+0,76	
50m: 38.68	250m: 3:37.36	45.68	450m: 6:40.36	45.66	650m: 9:41.51	45.18
100m: 1:21.41	300m: 4:23.31	45.95	500m: 7:26.04	45.68	700m: 10:26.38	44.87
150m: 2:06.16	350m: 5:08.88	45.57	550m: 8:11.17	45.13	750m: 11:10.86	44.48
200m: 2:51.68	400m: 5:54.70	45.82	600m: 8:56.33	45.16	800m: 11:52.31	41.45
5. Ellen van Wingerden	DWK	11:48.85	196900970	<b>11:58.40</b>	+1,03	
50m: 38.54	250m: 3:36.24	45.15	450m: 6:40.53	46.13	650m: 9:44.60	45.91
100m: 1:21.37	300m: 4:21.99	45.75	500m: 7:25.94	45.41	700m: 10:31.17	46.57
150m: 2:05.69	350m: 5:08.36	46.37	550m: 8:12.85	46.91	750m: 11:16.30	45.13
200m: 2:51.09	400m: 5:54.40	46.04	600m: 8:58.69	45.84	800m: 11:58.40	42.10
6. Jacqueline Tuin	DAW	12:38.06	196600690	<b>12:41.34</b>	+1,00	
50m: 41.99	250m: 3:52.15	47.98	450m: 7:08.04	49.15	650m: 10:21.43	48.15
100m: 1:27.74	300m: 4:40.70	48.55	500m: 7:56.83	48.79	700m: 11:09.51	48.08
150m: 2:15.46	350m: 5:29.87	49.17	550m: 8:45.36	48.53	750m: 11:57.77	48.26
200m: 3:04.17	400m: 6:18.89	49.02	600m: 9:33.28	47.92	800m: 12:41.34	43.57

Programmanr. 36, Dames, 800m vrije slag, Masters 45+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
AFGEM	Margreet van der Pol	Oceanus	12:08.69	196600276		

Masters 50+

1.	Pierrette Michel	CNSW	10:36.98	CNSW/500/62	<b>10:41.48</b>	+0,96					
<i>Kampioenschaps Record</i>											
50m:	36.07	36.07	250m:	3:17.15	40.32	450m:	5:58.13	39.93	650m:	8:40.48	40.75
100m:	1:16.21	40.14	300m:	3:57.82	40.67	500m:	6:38.52	40.39	700m:	9:21.37	40.89
150m:	1:56.12	39.91	350m:	4:38.01	40.19	550m:	7:19.05	40.53	750m:	10:01.94	40.57
200m:	2:36.83	40.71	400m:	5:18.20	40.19	600m:	7:59.73	40.68	800m:	10:41.48	39.54
2.	Christine Moerkerken-Beukema	ZPB H&L Productions	10:48.97	196300524	<b>11:02.11</b>	+0,88					
50m:	37.18	37.18	250m:	3:22.67	41.30	450m:	6:10.19	41.62	650m:	8:57.89	41.63
100m:	1:18.54	41.36	300m:	4:04.54	41.87	500m:	6:52.20	42.01	700m:	9:41.16	43.27
150m:	1:59.50	40.96	350m:	4:46.09	41.55	550m:	7:34.14	41.94	750m:	10:22.14	40.98
200m:	2:41.37	41.87	400m:	5:28.57	42.48	600m:	8:16.26	42.12	800m:	11:02.11	39.97
3.	Marlien Wijnhof	Nat Utrecht	12:24.67	196100300	<b>12:37.98</b>	+0,77					
50m:	42.47	42.47	250m:	3:54.58	48.09	450m:	7:08.67	48.48	650m:	10:19.88	47.37
100m:	1:29.69	47.22	300m:	4:43.41	48.83	500m:	7:56.28	47.61	700m:	11:07.45	47.57
150m:	2:18.47	48.78	350m:	5:31.59	48.18	550m:	8:43.64	47.36	750m:	11:53.55	46.10
200m:	3:06.49	48.02	400m:	6:20.19	48.60	600m:	9:32.51	48.87	800m:	12:37.98	44.43
4.	Katinka Elders	Oceanus	13:15.15	196000292	<b>13:25.40</b>	+0,75					
50m:	43.48	43.48	250m:	4:03.02	51.73	450m:	7:31.05	52.38	650m:	10:57.08	51.49
100m:	1:31.41	47.93	300m:	4:54.28	51.26	500m:	8:22.60	51.55	700m:	11:49.04	51.96
150m:	2:21.52	50.11	350m:	5:46.50	52.22	550m:	9:14.08	51.48	750m:	12:39.75	50.71
200m:	3:11.29	49.77	400m:	6:38.67	52.17	600m:	10:05.59	51.51	800m:	13:25.40	46.65
5.	Marjan Spoelstra	Swol 1894	13:51.04	196000236	<b>13:33.53</b>	+0,87					
50m:	45.69	45.69	250m:	4:12.06	52.27	450m:	7:40.31	52.00	650m:	11:06.37	52.08
100m:	1:36.43	50.74	300m:	5:03.91	51.85	500m:	8:31.63	51.32	700m:	11:57.33	50.96
150m:	2:28.05	51.62	350m:	5:56.23	52.32	550m:	9:22.94	51.31	750m:	12:46.88	49.55
200m:	3:19.79	51.74	400m:	6:48.31	52.08	600m:	10:14.29	51.35	800m:	13:33.53	46.65

Masters 55+

1.	Atie Pijtak-Radersma	AZ&PC	11:10.72	195600048	<b>11:34.16</b>	+0,83					
50m:	37.41	37.41	250m:	3:29.38	43.72	450m:	6:26.70	44.39	650m:	9:24.64	44.71
100m:	1:19.07	41.66	300m:	4:13.63	44.25	500m:	7:11.33	44.63	700m:	10:09.30	44.66
150m:	2:02.25	43.18	350m:	4:58.00	44.37	550m:	7:55.63	44.30	750m:	10:53.10	43.80
200m:	2:45.66	43.41	400m:	5:42.31	44.31	600m:	8:39.93	44.30	800m:	11:34.16	41.06
2.	Patty Verhagen	PSV	11:22.58	195900146	<b>11:52.86</b>	+1,17					
50m:	42.11	42.11	250m:	3:41.47	45.24	450m:	6:42.82	44.48	650m:	9:40.82	44.47
100m:	1:26.34	44.23	300m:	4:26.95	45.48	500m:	7:27.39	44.57	700m:	10:25.49	44.67
150m:	2:11.34	45.00	350m:	5:12.49	45.54	550m:	8:11.56	44.17	750m:	11:09.79	44.30
200m:	2:56.23	44.89	400m:	5:58.34	45.85	600m:	8:56.35	44.79	800m:	11:52.86	43.07
3.	Ada de Voogd	ZVVS	12:02.56	195900280	<b>11:58.21</b>	+0,80					
50m:	40.80	40.80	250m:	3:45.91	46.79	450m:	6:48.08	44.63	650m:	9:49.40	45.45
100m:	1:25.68	44.88	300m:	4:31.90	45.99	500m:	7:32.96	44.88	700m:	10:34.33	44.93
150m:	2:12.49	46.81	350m:	5:18.22	46.32	550m:	8:18.59	45.63	750m:	11:18.75	44.42
200m:	2:59.12	46.63	400m:	6:03.45	45.23	600m:	9:03.95	45.36	800m:	11:58.21	39.46
4.	Mathilde Vink	Swol 1894	12:18.38	195800128	<b>12:24.34</b>	+1,02					
50m:	42.43	42.43	250m:	3:52.54	47.38	450m:	7:02.33	47.72	650m:	10:10.61	46.70
100m:	1:29.57	47.14	300m:	4:39.93	47.39	500m:	7:49.55	47.22	700m:	10:57.15	46.54
150m:	2:17.52	47.95	350m:	5:27.50	47.57	550m:	8:37.50	47.95	750m:	11:42.63	45.48
200m:	3:05.16	47.64	400m:	6:14.61	47.11	600m:	9:23.91	46.41	800m:	12:24.34	41.71
5.	Monica Bakker	ZVZ	12:04.74	195600082	<b>12:28.86</b>	+1,04					
50m:	42.30	42.30	250m:	3:49.80	46.99	450m:	6:59.92	47.82	650m:	10:09.94	47.45
100m:	1:28.31	46.01	300m:	4:37.00	47.20	500m:	7:47.55	47.63	700m:	10:57.14	47.20
150m:	2:15.70	47.39	350m:	5:24.79	47.79	550m:	8:35.31	47.76	750m:	11:43.82	46.68
200m:	3:02.81	47.11	400m:	6:12.10	47.31	600m:	9:22.49	47.18	800m:	12:28.86	45.04
6.	Margriet Pasma	De Pinquin	12:13.87	195500088	<b>12:35.97</b>	+0,97					
50m:	42.54	42.54	250m:	3:54.72	47.96	450m:	7:08.01	47.65	650m:	10:19.32	47.60
100m:	1:30.17	47.63	300m:	4:44.14	49.42	500m:	7:56.12	48.11	700m:	11:06.86	47.54
150m:	2:18.34	48.17	350m:	5:32.32	48.18	550m:	8:43.95	47.83	750m:	11:53.23	46.37
200m:	3:06.76	48.42	400m:	6:20.36	48.04	600m:	9:31.72	47.77	800m:	12:35.97	42.74



Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



Programmanr. 36, Dames, 800m vrije slag

Masters 60+

1. Ineke Meijer		HZ&PC Heerenveen		13:49.14	195200034		<b>14:40.07</b>	+0,88
50m: 48.38	48.38	250m: 4:32.79	56.79	450m: 8:15.95	55.16	650m: 11:58.56	55.61	
100m: 1:43.21	54.83	300m: 5:29.07	56.28	500m: 9:11.96	56.01	700m: 12:54.15	55.59	
150m: 2:39.75	56.54	350m: 6:24.60	55.53	550m: 10:07.00	55.04	750m: 13:49.28	55.13	
200m: 3:36.00	56.25	400m: 7:20.79	56.19	600m: 11:02.95	55.95	800m: 14:40.07	50.79	
AFGEM Conny Boer-Buys		ZVVS		11:26.49	195000006			

Masters 65+

AFGEM Loekie v. Huissteden		AZ&PC		18:27.77	194500002			
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Masters 70+

1. Matty van der Veen		Old Dutch		14:39.11	194400020		<b>16:35.39</b>	+1,15
50m: 51.94	51.94	250m: 4:53.41	1:01.96	450m: 9:07.19	1:03.76	650m: 13:22.43	1:04.13	
100m: 1:49.60	57.66	300m: 5:55.53	1:02.12	500m: 10:10.28	1:03.09	700m: 14:27.22	1:04.79	
150m: 2:49.94	1:00.34	350m: 6:58.79	1:03.26	550m: 11:14.28	1:04.00	750m: 15:31.62	1:04.40	
200m: 3:51.45	1:01.51	400m: 8:03.43	1:04.64	600m: 12:18.30	1:04.02	800m: 16:35.39	1:03.77	

Masters 80+

1. Annie de Vos		Old Dutch		18:27.18	193400004		<b>20:42.20</b>	
50m: 1:06.62	1:06.62	250m: 6:14.75	1:18.26	450m: 11:30.07	1:17.98	650m: 16:44.58	1:18.86	
100m: 2:22.76	1:16.14	300m: 7:33.00	1:18.25	500m: 12:48.11	1:18.04	700m: 18:03.83	1:19.25	
150m: 3:39.39	1:16.63	350m: 8:52.18	1:19.18	550m: 14:07.44	1:19.33	750m: 19:23.77	1:19.94	
200m: 4:56.49	1:17.10	400m: 10:12.09	1:19.91	600m: 15:25.72	1:18.28	800m: 20:42.20	1:18.43	

Programmanr. 37  
04-05-2014 - 10:34

Heren, 1500m vrije slag

Masters Open  
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
<b>Masters 20+</b>								
1.	Dennis Wijbenga	Stadskanaal	18:31.80	199003283	<b>18:48.95</b>	+0,85		
	50m: 32.57	32.57	450m: 5:34.79	38.37	850m: 10:42.88	38.85	1250m: 15:43.66	37.22
	100m: 1:08.81	36.24	500m: 6:13.17	38.38	900m: 11:22.50	39.62	1300m: 16:20.71	37.05
	150m: 1:46.74	37.93	550m: 6:51.26	38.09	950m: 12:01.43	38.93	1350m: 16:58.47	37.76
	200m: 2:24.80	38.06	600m: 7:29.32	38.06	1000m: 12:39.22	37.79	1400m: 17:35.48	37.01
	250m: 3:02.73	37.93	650m: 8:08.07	38.75	1050m: 13:15.92	36.70	1450m: 18:13.40	37.92
	300m: 3:40.75	38.02	700m: 8:46.84	38.77	1100m: 13:52.31	36.39	1500m: 18:48.95	35.55
	350m: 4:18.67	37.92	750m: 9:25.69	38.85	1150m: 14:29.45	37.14		
	400m: 4:56.42	37.75	800m: 10:04.03	38.34	1200m: 15:06.44	36.99		
2.	Maik Steenkamp	Montferland	18:38.81	199103847	<b>20:18.23</b>	+0,77		
	50m: 32.95	32.95	450m: 5:48.52	41.29	850m: 11:21.28	40.98	1250m: 16:54.59	42.11
	100m: 1:09.52	36.57	500m: 6:30.36	41.84	900m: 12:03.36	42.08	1300m: 17:35.86	41.27
	150m: 1:47.24	37.72	550m: 7:11.90	41.54	950m: 12:44.72	41.36	1350m: 18:17.06	41.20
	200m: 2:25.77	38.53	600m: 7:53.87	41.97	1000m: 13:26.26	41.54	1400m: 18:57.77	40.71
	250m: 3:05.50	39.73	650m: 8:35.59	41.72	1050m: 14:07.91	41.65	1450m: 19:38.91	41.14
	300m: 3:45.61	40.11	700m: 9:17.76	42.17	1100m: 14:49.36	41.45	1500m: 20:18.23	39.32
	350m: 4:26.32	40.71	750m: 9:58.81	41.05	1150m: 15:30.52	41.16		
	400m: 5:07.23	40.91	800m: 10:40.30	41.49	1200m: 16:12.48	41.96		
<b>Masters 25+</b>								
1.	Emiel Huisken	ZPC De Hof	17:26.15	198501139	<b>18:03.65</b>	+0,81		
	50m: 30.47	30.47	450m: 5:15.08	36.54	850m: 10:08.36	36.80	1250m: 15:02.00	36.97
	100m: 1:04.34	33.87	500m: 5:51.73	36.65	900m: 10:44.88	36.52	1300m: 15:38.66	36.66
	150m: 1:39.35	35.01	550m: 6:28.38	36.65	950m: 11:21.54	36.66	1350m: 16:15.40	36.74
	200m: 2:15.03	35.68	600m: 7:04.70	36.32	1000m: 11:58.10	36.56	1400m: 16:51.83	36.43
	250m: 2:50.50	35.47	650m: 7:41.67	36.97	1050m: 12:34.88	36.78	1450m: 17:28.25	36.42
	300m: 3:26.46	35.96	700m: 8:18.19	36.52	1100m: 13:11.43	36.55	1500m: 18:03.65	35.40
	350m: 4:02.21	35.75	750m: 8:55.03	36.84	1150m: 13:48.23	36.80		
	400m: 4:38.54	36.33	800m: 9:31.56	36.53	1200m: 14:25.03	36.80		



Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



Programmanr. 37, Heren, 1500m vrije slag, Masters 25+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
2.	Richard Huisken	ZPC De Hof	17:19.47	198501141	18:14.37	+0,77		
	50m: 30.04	30.04	450m: 5:13.97	36.40	850m: 10:09.89	37.15	1250m: 15:08.24	37.71
	100m: 1:04.33	34.29	500m: 5:50.30	36.33	900m: 10:47.00	37.11	1300m: 15:45.37	37.13
	150m: 1:39.60	35.27	550m: 6:27.14	36.84	950m: 11:24.83	37.83	1350m: 16:22.47	37.10
	200m: 2:14.94	35.34	600m: 7:04.29	37.15	1000m: 12:01.82	36.99	1400m: 17:00.38	37.91
	250m: 2:50.71	35.77	650m: 7:41.54	37.25	1050m: 12:39.32	37.50	1450m: 17:37.63	37.25
	300m: 3:25.91	35.20	700m: 8:18.39	36.85	1100m: 13:16.48	37.16	1500m: 18:14.37	36.74
	350m: 4:01.64	35.73	750m: 8:56.24	37.85	1150m: 13:53.51	37.03		
	400m: 4:37.57	35.93	800m: 9:32.74	36.50	1200m: 14:30.53	37.02		
3.	Niels Albrechts	MGO (SG)	19:19.96	198800039	19:51.59	+0,91		
	50m: 35.29	35.29	450m: 5:51.54	39.92	850m: 11:11.51	39.73	1250m: 16:35.70	40.80
	100m: 1:13.82	38.53	500m: 6:31.66	40.12	900m: 11:50.80	39.29	1300m: 17:15.32	39.62
	150m: 1:52.92	39.10	550m: 7:11.84	40.18	950m: 12:30.80	40.00	1350m: 17:55.11	39.79
	200m: 2:32.97	40.05	600m: 7:52.17	40.33	1000m: 13:11.01	40.21	1400m: 18:35.26	40.15
	250m: 3:12.11	39.14	650m: 8:32.40	40.23	1050m: 13:51.54	40.53	1450m: 19:14.76	39.50
	300m: 3:52.00	39.89	700m: 9:12.55	40.15	1100m: 14:32.21	40.67	1500m: 19:51.59	36.83
	350m: 4:31.47	39.47	750m: 9:52.26	39.71	1150m: 15:13.72	41.51		
	400m: 5:11.62	40.15	800m: 10:31.78	39.52	1200m: 15:54.90	41.18		
4.	Roel van Beek	Montferland	21:09.42	198905861	21:06.58	+0,90		
	50m: 36.51	36.51	450m: 6:09.96	42.79	850m: 11:52.80	43.06	1250m: 17:37.03	42.03
	100m: 1:16.05	39.54	500m: 6:52.55	42.59	900m: 12:35.11	42.31	1300m: 18:19.31	42.28
	150m: 1:56.54	40.49	550m: 7:34.52	41.97	950m: 13:18.81	43.70	1350m: 19:01.68	42.37
	200m: 2:37.79	41.25	600m: 8:17.15	42.63	1000m: 14:01.99	43.18	1400m: 19:43.92	42.24
	250m: 3:19.54	41.75	650m: 8:59.86	42.71	1050m: 14:45.35	43.36	1450m: 20:25.78	41.86
	300m: 4:01.45	41.91	700m: 9:43.13	43.27	1100m: 15:28.01	42.66	1500m: 21:06.58	40.80
	350m: 4:44.26	42.81	750m: 10:26.68	43.55	1150m: 16:11.25	43.24		
	400m: 5:27.17	42.91	800m: 11:09.74	43.06	1200m: 16:55.00	43.75		

Masters 30+

1.	Erik Schröder	TriVia	16:50.53	198402025	17:32.21	+0,82		
	50m: 30.16	30.16	450m: 5:12.29	35.64	850m: 9:57.27	35.49	1250m: 14:39.83	34.99
	100m: 1:04.17	34.01	500m: 5:47.80	35.51	900m: 10:32.83	35.56	1300m: 15:15.21	35.38
	150m: 1:39.15	34.98	550m: 6:23.49	35.69	950m: 11:08.23	35.40	1350m: 15:49.80	34.59
	200m: 2:14.48	35.33	600m: 6:59.04	35.55	1000m: 11:43.81	35.58	1400m: 16:25.11	35.31
	250m: 2:49.83	35.35	650m: 7:34.61	35.57	1050m: 12:19.05	35.24	1450m: 16:59.22	34.11
	300m: 3:25.34	35.51	700m: 8:10.44	35.83	1100m: 12:54.45	35.40	1500m: 17:32.21	32.99
	350m: 4:00.86	35.52	750m: 8:46.08	35.64	1150m: 13:29.64	35.19		
	400m: 4:36.65	35.79	800m: 9:21.78	35.70	1200m: 14:04.84	35.20		
2.	Kristiaan Lenos	LZ 1886	18:08.34	198301331	18:02.41	+0,77		
	50m: 30.67	30.67	450m: 5:15.02	36.36	850m: 10:08.79	36.79	1250m: 15:02.13	36.95
	100m: 1:04.55	33.88	500m: 5:51.43	36.41	900m: 10:45.22	36.43	1300m: 15:38.73	36.60
	150m: 1:39.96	35.41	550m: 6:28.16	36.73	950m: 11:21.86	36.64	1350m: 16:15.59	36.86
	200m: 2:15.21	35.25	600m: 7:04.82	36.66	1000m: 11:58.20	36.34	1400m: 16:51.99	36.40
	250m: 2:50.71	35.50	650m: 7:41.74	36.92	1050m: 12:35.01	36.81	1450m: 17:28.84	36.85
	300m: 3:26.59	35.88	700m: 8:18.41	36.67	1100m: 13:11.64	36.63	1500m: 18:02.41	33.57
	350m: 4:02.65	36.06	750m: 8:55.55	37.14	1150m: 13:48.82	37.18		
	400m: 4:38.66	36.01	800m: 9:32.00	36.45	1200m: 14:25.18	36.36		
3.	Jan Boier Pedersen <i>Danish Masters Record</i>	Hovedstaden SK	17:42.52	8371AA	18:26.83	+0,88		
	50m: 32.42	32.42	450m: 5:26.35	37.09	850m: 10:24.26	36.93	1250m: 15:22.62	37.45
	100m: 1:07.26	34.84	500m: 6:03.59	37.24	900m: 11:01.66	37.40	1300m: 16:00.32	37.70
	150m: 1:43.30	36.04	550m: 6:40.70	37.11	950m: 11:38.92	37.26	1350m: 16:37.46	37.14
	200m: 2:20.15	36.85	600m: 7:17.90	37.20	1000m: 12:15.90	36.98	1400m: 17:14.71	37.25
	250m: 2:57.47	37.32	650m: 7:55.25	37.35	1050m: 12:53.21	37.31	1450m: 17:51.53	36.82
	300m: 3:34.91	37.44	700m: 8:32.44	37.19	1100m: 13:30.69	37.48	1500m: 18:26.83	35.30
	350m: 4:12.08	37.17	750m: 9:09.81	37.37	1150m: 14:07.79	37.10		
	400m: 4:49.26	37.18	800m: 9:47.33	37.52	1200m: 14:45.17	37.38		
4.	Erik Wolsing	VZC E&P	18:34.46	198001777	18:31.71	+0,81		
	50m: 32.72	32.72	450m: 5:26.71	37.06	850m: 10:24.49	37.34	1250m: 15:26.64	37.86
	100m: 1:08.28	35.56	500m: 6:03.90	37.19	900m: 11:02.20	37.71	1300m: 16:04.53	37.89
	150m: 1:44.95	36.67	550m: 6:40.92	37.02	950m: 11:40.23	38.03	1350m: 16:42.28	37.75
	200m: 2:21.42	36.47	600m: 7:17.95	37.03	1000m: 12:17.78	37.55	1400m: 17:19.69	37.41
	250m: 2:58.33	36.91	650m: 7:55.26	37.31	1050m: 12:55.51	37.73	1450m: 17:56.96	37.27
	300m: 3:35.04	36.71	700m: 8:32.48	37.22	1100m: 13:33.29	37.78	1500m: 18:31.71	34.75
	350m: 4:12.15	37.11	750m: 9:09.69	37.21	1150m: 14:11.21	37.92		
	400m: 4:49.65	37.50	800m: 9:47.15	37.46	1200m: 14:48.78	37.57		



Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



Programmanr. 37, Heren, 1500m vrije slag, Masters 30+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
5.	Marcel Reefhuis	WS Twente	18:45.40	198101381	19:12.74	+0,83		
	50m: 33.80	33.80	450m: 5:37.22	38.45	850m: 10:45.74	38.44	1250m: 16:00.23	39.17
	100m: 1:10.77	36.97	500m: 6:15.64	38.42	900m: 11:24.96	39.22	1300m: 16:39.39	39.16
	150m: 1:48.32	37.55	550m: 6:54.02	38.38	950m: 12:03.84	38.88	1350m: 17:18.19	38.80
	200m: 2:26.20	37.88	600m: 7:32.63	38.61	1000m: 12:43.19	39.35	1400m: 17:58.10	39.91
	250m: 3:04.28	38.08	650m: 8:10.91	38.28	1050m: 13:22.30	39.11	1450m: 18:36.46	38.36
	300m: 3:42.25	37.97	700m: 8:49.87	38.96	1100m: 14:01.94	39.64	1500m: 19:12.74	36.28
	350m: 4:20.47	38.22	750m: 9:28.12	38.25	1150m: 14:41.18	39.24		
	400m: 4:58.77	38.30	800m: 10:07.30	39.18	1200m: 15:21.06	39.88		
6.	Jeroen Vogelsang	DAW	19:27.81	198001645	19:52.12	+0,85		
	50m: 34.38	34.38	450m: 5:45.27	39.85	850m: 11:10.43	40.41	1250m: 16:34.60	40.97
	100m: 1:11.63	37.25	500m: 6:25.78	40.51	900m: 11:50.99	40.56	1300m: 17:16.56	41.96
	150m: 1:49.99	38.36	550m: 7:05.91	40.13	950m: 12:31.43	40.44	1350m: 17:56.01	39.45
	200m: 2:29.03	39.04	600m: 7:46.76	40.85	1000m: 13:12.77	41.34	1400m: 18:35.45	39.44
	250m: 3:08.27	39.24	650m: 8:26.80	40.04	1050m: 13:52.99	40.22	1450m: 19:14.58	39.13
	300m: 3:47.76	39.49	700m: 9:08.84	42.04	1100m: 14:33.28	40.29	1500m: 19:52.12	37.54
	350m: 4:26.45	38.69	750m: 9:49.52	40.68	1150m: 15:13.62	40.34		
	400m: 5:05.42	38.97	800m: 10:30.02	40.50	1200m: 15:53.63	40.01		
7.	Remco Veerkamp	Zuiderzeezwemmers	25:23.39	198102311	26:04.78	+0,94		
	50m: 40.57	40.57	450m: 7:24.84	52.81	850m: 14:27.36	53.28	1250m: 21:38.15	54.91
	100m: 1:26.89	46.32	500m: 8:17.40	52.56	900m: 15:20.33	52.97	1300m: 22:32.17	54.02
	150m: 2:15.80	48.91	550m: 9:10.01	52.61	950m: 16:13.49	53.16	1350m: 23:26.29	54.12
	200m: 3:05.79	49.99	600m: 10:02.60	52.59	1000m: 17:06.77	53.28	1400m: 24:22.21	55.92
	250m: 3:56.97	51.18	650m: 10:55.37	52.77	1050m: 17:59.73	52.96	1450m: 25:15.44	53.23
	300m: 4:48.02	51.05	700m: 11:48.36	52.99	1100m: 18:54.07	54.34	1500m: 26:04.78	49.34
	350m: 5:40.26	52.24	750m: 12:41.88	53.52	1150m: 19:47.18	53.11		
	400m: 6:32.03	51.77	800m: 13:34.08	52.20	1200m: 20:43.24	56.06		

Masters 35+

1.	Roland de Jong	Eurode KZC	18:17.54	197601513	19:02.38	+0,79		
	50m: 33.06	33.06	450m: 5:35.00	38.11	850m: 10:42.66	38.44	1250m: 15:46.55	38.43
	100m: 1:09.25	36.19	500m: 6:13.43	38.43	900m: 11:21.59	38.93	1300m: 16:24.95	38.40
	150m: 1:47.32	38.07	550m: 6:52.08	38.65	950m: 12:00.60	39.01	1350m: 17:04.68	39.73
	200m: 2:25.38	38.06	600m: 7:29.98	37.90	1000m: 12:39.30	38.70	1400m: 17:44.26	39.58
	250m: 3:03.62	38.24	650m: 8:08.66	38.68	1050m: 13:16.82	37.52	1450m: 18:23.57	39.31
	300m: 3:41.36	37.74	700m: 8:47.27	38.61	1100m: 13:53.41	36.59	1500m: 19:02.38	38.81
	350m: 4:19.27	37.91	750m: 9:25.63	38.36	1150m: 14:30.59	37.18		
	400m: 4:58.89	37.62	800m: 10:04.22	38.59	1200m: 15:08.12	37.53		
2.	Roan Doves	ZVVS	26:00.82	197501427	26:53.90	+1,19		
	50m: 44.57	44.57	450m: 7:42.43	54.86	850m: 14:58.39	54.30	1250m: 22:20.20	56.93
	100m: 1:33.28	48.71	500m: 8:36.10	53.67	900m: 15:53.28	54.89	1300m: 23:16.38	56.18
	150m: 2:23.56	50.28	550m: 9:30.21	54.11	950m: 16:48.36	55.08	1350m: 24:11.82	55.44
	200m: 3:14.10	50.54	600m: 10:24.77	54.56	1000m: 17:42.72	54.36	1400m: 25:06.48	54.66
	250m: 4:07.00	52.90	650m: 11:18.81	54.04	1050m: 18:38.13	55.41	1450m: 26:01.57	55.09
	300m: 4:59.73	52.73	700m: 12:13.79	54.98	1100m: 19:31.67	53.54	1500m: 26:53.90	52.33
	350m: 5:53.26	53.53	750m: 13:08.30	54.51	1150m: 20:28.09	56.42		
	400m: 6:47.57	54.31	800m: 14:04.09	55.79	1200m: 21:23.27	55.18		

Masters 40+

1.	Richard Ricksen	HGN (SG)	19:44.58	197000841	20:07.92	+1,14		
	50m: 35.48	35.48	450m: 5:53.76	40.66	850m: 11:20.32	40.85	1250m: 16:47.80	40.16
	100m: 1:13.98	38.50	500m: 6:35.31	41.55	900m: 12:00.89	40.57	1300m: 17:28.65	40.85
	150m: 1:53.06	39.08	550m: 7:15.63	40.32	950m: 12:41.49	40.60	1350m: 18:09.89	41.24
	200m: 2:32.63	39.57	600m: 7:56.88	41.25	1000m: 13:22.23	40.74	1400m: 18:49.27	39.38
	250m: 3:12.36	39.73	650m: 8:37.60	40.72	1050m: 14:03.36	41.13	1450m: 19:28.63	39.36
	300m: 3:52.55	40.19	700m: 9:18.43	40.83	1100m: 14:45.42	42.06	1500m: 20:07.92	39.29
	350m: 4:32.65	40.10	750m: 9:58.76	40.33	1150m: 15:26.02	40.60		
	400m: 5:13.10	40.45	800m: 10:39.47	40.71	1200m: 16:07.64	41.62		
2.	Kasper van den Berghe	Swol 1894	22:17.69	197301125	22:12.32	+0,79		
	50m: 36.38	36.38	450m: 6:16.72	43.69	850m: 12:13.81	44.50	1250m: 18:26.37	46.79
	100m: 1:16.49	40.11	500m: 7:01.12	44.40	900m: 12:59.47	45.66	1300m: 19:12.83	46.46
	150m: 1:58.83	42.34	550m: 7:45.25	44.13	950m: 13:45.82	46.35	1350m: 20:00.50	47.67
	200m: 2:40.87	42.04	600m: 8:29.79	44.54	1000m: 14:32.68	46.86	1400m: 20:46.59	46.09
	250m: 3:23.05	42.18	650m: 9:14.20	44.41	1050m: 15:19.43	46.75	1450m: 21:32.58	45.99
	300m: 4:06.58	43.53	700m: 9:59.27	45.07	1100m: 16:06.25	46.82	1500m: 22:12.32	39.74
	350m: 4:49.48	42.90	750m: 10:44.11	44.84	1150m: 16:53.03	46.78		
	400m: 5:33.03	43.55	800m: 11:29.31	45.20	1200m: 17:39.58	46.55		







Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



Programmanr. 37, Heren, 1500m vrije slag, Masters 40+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
3.	Albert Roosenboom	Budel	22:19.68	197101599	<b>22:40.42</b>	+1,15		
	50m: 36.48	36.48	450m: 6:37.81	46.18	850m: 12:50.32	46.92	1250m: 18:56.78	46.40
	100m: 1:18.49	42.01	500m: 7:23.93	46.12	900m: 13:35.47	45.15	1300m: 19:42.90	46.12
	150m: 2:03.52	45.03	550m: 8:10.47	46.54	950m: 14:22.50	47.03	1350m: 20:29.08	46.18
	200m: 2:48.71	45.19	600m: 8:56.79	46.32	1000m: 15:07.79	45.29	1400m: 21:14.66	45.58
	250m: 3:34.38	45.67	650m: 9:43.55	46.76	1050m: 15:53.96	46.17	1450m: 21:59.79	45.13
	300m: 4:19.94	45.56	700m: 10:30.03	46.48	1100m: 16:38.65	44.69	1500m: 22:40.42	40.63
	350m: 5:05.89	45.95	750m: 11:17.24	47.21	1150m: 17:25.14	46.49		
	400m: 5:51.63	45.74	800m: 12:03.40	46.16	1200m: 18:10.38	45.24		
4.	Edward van Nijmweegen	Budel	24:55.30	197001635	<b>26:40.81</b>	+1,06		
	50m: 39.52	39.52	450m: 7:33.55	55.33	850m: 14:56.83	55.96	1250m: 22:16.90	56.25
	100m: 1:24.59	45.07	500m: 8:28.28	54.73	900m: 15:51.02	54.19	1300m: 23:11.45	54.55
	150m: 2:12.10	47.51	550m: 9:23.57	55.29	950m: 16:44.10	53.08	1350m: 24:06.14	54.69
	200m: 3:01.57	49.47	600m: 10:19.06	55.49	1000m: 17:38.60	54.50	1400m: 24:59.00	52.86
	250m: 3:53.86	52.29	650m: 11:15.64	56.58	1050m: 18:35.35	56.75	1450m: 25:50.07	51.07
	300m: 4:48.22	54.36	700m: 12:10.46	54.82	1100m: 19:30.98	55.63	1500m: 26:40.81	50.74
	350m: 5:43.05	54.83	750m: 13:06.33	55.87	1150m: 20:25.83	54.85		
	400m: 6:38.22	55.17	800m: 14:00.87	54.54	1200m: 21:20.65	54.82		

Masters 45+

1.	Maurice van den Berge	HZ Zian	18:25.18	196900087	<b>19:05.41</b>	+0,87		
	<i>Nederlands Masters Record</i>							
	50m: 32.79	32.79	450m: 5:34.74	38.19	850m: 10:42.11	38.21	1250m: 15:53.94	38.23
	100m: 1:09.12	36.33	500m: 6:12.95	38.21	900m: 11:21.36	39.25	1300m: 16:32.58	38.64
	150m: 1:46.40	37.28	550m: 6:51.08	38.13	950m: 11:59.92	38.56	1350m: 17:11.20	38.62
	200m: 2:24.09	37.69	600m: 7:29.28	38.20	1000m: 12:38.97	39.05	1400m: 17:49.34	38.14
	250m: 3:02.09	38.00	650m: 8:07.78	38.50	1050m: 13:18.23	39.26	1450m: 18:27.88	38.54
	300m: 3:39.94	37.85	700m: 8:47.03	39.25	1100m: 13:57.23	39.00	1500m: 19:05.41	37.53
	350m: 4:18.34	38.40	750m: 9:25.40	38.37	1150m: 14:36.12	38.89		
	400m: 4:56.55	38.21	800m: 10:03.90	38.50	1200m: 15:15.71	39.59		
2.	Arjan Bellaart	Oceanus	19:46.47	196900079	<b>19:41.24</b>	+0,84		
	50m: 33.88	33.88	450m: 5:46.32	39.79	850m: 11:05.13	39.64	1250m: 16:23.60	39.74
	100m: 1:11.70	37.82	500m: 6:25.85	39.53	900m: 11:44.76	39.63	1300m: 17:03.60	40.00
	150m: 1:50.40	38.70	550m: 7:05.43	39.58	950m: 12:24.52	39.76	1350m: 17:43.81	40.21
	200m: 2:29.28	38.88	600m: 7:45.21	39.78	1000m: 13:04.15	39.63	1400m: 18:23.73	39.92
	250m: 3:08.62	39.34	650m: 8:25.31	40.10	1050m: 13:43.79	39.64	1450m: 19:03.56	39.83
	300m: 3:47.76	39.14	700m: 9:05.33	40.02	1100m: 14:23.80	40.01	1500m: 19:41.24	37.68
	350m: 4:27.33	39.57	750m: 9:45.43	40.10	1150m: 15:03.74	39.94		
	400m: 5:06.53	39.20	800m: 10:25.49	40.06	1200m: 15:43.86	40.12		
3.	Mario Cuelenaere	ZPC De Zeeuwse Kust	22:40.07	196901569	<b>23:20.54</b>	+1,09		
	50m: 39.63	39.63	450m: 6:53.77	47.72	850m: 13:10.59	47.32	1250m: 19:27.64	47.35
	100m: 1:23.51	43.88	500m: 7:40.78	47.01	900m: 13:57.44	46.85	1300m: 20:14.53	46.89
	150m: 2:09.85	46.34	550m: 8:28.09	47.31	950m: 14:44.54	47.10	1350m: 21:02.12	47.59
	200m: 2:56.61	46.76	600m: 9:15.17	47.08	1000m: 15:32.12	47.58	1400m: 21:48.68	46.56
	250m: 3:43.80	47.19	650m: 10:02.17	47.00	1050m: 16:19.18	47.06	1450m: 22:35.10	46.42
	300m: 4:30.78	46.98	700m: 10:48.93	46.76	1100m: 17:05.80	46.62	1500m: 23:20.54	45.44
	350m: 5:18.55	47.77	750m: 11:36.06	47.13	1150m: 17:52.43	46.63		
	400m: 6:06.05	47.50	800m: 12:23.27	47.21	1200m: 18:40.29	47.86		
4.	Fred Dijkshoorn	Zwemvereniging Westland	23:03.01	196501539	<b>23:53.77</b>	+0,93		
	50m: 40.05	40.05	450m: 7:08.26	48.91	850m: 13:38.40	48.71	1250m: 20:02.34	47.42
	100m: 1:25.30	45.25	500m: 7:57.39	49.13	900m: 14:26.82	48.42	1300m: 20:50.20	47.86
	150m: 2:13.64	48.34	550m: 8:46.00	48.61	950m: 15:14.75	47.93	1350m: 21:37.67	47.47
	200m: 3:02.54	48.90	600m: 9:34.90	48.90	1000m: 16:03.24	48.49	1400m: 22:24.04	46.37
	250m: 3:52.07	49.53	650m: 10:24.08	49.18	1050m: 16:51.48	48.24	1450m: 23:09.71	45.67
	300m: 4:41.40	49.33	700m: 11:13.01	48.93	1100m: 17:40.32	48.84	1500m: 23:53.77	44.06
	350m: 5:30.72	49.32	750m: 12:01.44	48.43	1150m: 18:27.59	47.27		
	400m: 6:19.35	48.63	800m: 12:49.69	48.25	1200m: 19:14.92	47.33		
DIS	Roland Klein-Böltgen	Bocholter WSV	18:32.16	74076		VRA		
	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:					



Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



Programmanr. 37, Heren, 1500m vrije slag, Masters 45+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
	AFGEM Michel Honders	GLS Ketelbinkie	25:07.09	196901395		

Masters 50+

1.	Jan Brink	ZPC De Zeeuwse Kust	18:35.36	196200091	<b>19:18.28</b>	+0,83		
	50m: 34.05	34.05	450m: 5:38.06	38.40	850m: 10:46.67	38.57	1250m: 16:01.40	39.39
	100m: 1:11.41	37.36	500m: 6:16.60	38.54	900m: 11:25.62	38.95	1300m: 16:41.00	39.60
	150m: 1:49.22	37.81	550m: 6:54.91	38.31	950m: 12:04.38	38.76	1350m: 17:20.84	39.84
	200m: 2:27.26	38.04	600m: 7:33.37	38.46	1000m: 12:43.67	39.29	1400m: 18:00.46	39.62
	250m: 3:05.15	37.89	650m: 8:11.97	38.60	1050m: 13:23.10	39.43	1450m: 18:40.15	39.69
	300m: 3:43.43	38.28	700m: 8:50.67	38.70	1100m: 14:02.49	39.39	1500m: 19:18.28	38.13
	350m: 4:21.43	38.00	750m: 9:28.98	38.31	1150m: 14:41.85	39.36		
	400m: 4:59.66	38.23	800m: 10:08.10	39.12	1200m: 15:22.01	40.16		
2.	Menno Lomans	d'ELFT WAVE (SG)	19:58.29	196101071	<b>21:21.15</b>	+0,80		
	50m: 37.05	37.05	450m: 6:20.19	43.51	850m: 12:06.35	42.64	1250m: 17:50.23	43.40
	100m: 1:18.09	41.04	500m: 7:03.68	43.49	900m: 12:49.28	42.93	1300m: 18:33.46	43.23
	150m: 2:00.65	42.56	550m: 7:46.87	43.19	950m: 13:32.22	42.94	1350m: 19:16.23	42.77
	200m: 2:43.50	42.85	600m: 8:30.36	43.49	1000m: 14:15.30	43.08	1400m: 19:59.43	43.20
	250m: 3:26.51	43.01	650m: 9:13.87	43.51	1050m: 14:58.56	43.26	1450m: 20:41.76	42.33
	300m: 4:09.86	43.35	700m: 9:57.24	43.37	1100m: 15:41.37	42.81	1500m: 21:21.15	39.39
	350m: 4:53.17	43.31	750m: 10:40.57	43.33	1150m: 16:23.71	42.34		
	400m: 5:36.68	43.51	800m: 11:23.71	43.14	1200m: 17:06.83	43.12		
3.	Paul van der Voort	De Zwoer	21:51.91	196200715	<b>21:50.28</b>	+1,05		
	50m: 35.53	35.53	450m: 6:20.91	43.95	850m: 12:12.37	43.78	1250m: 18:07.24	44.66
	100m: 1:16.01	40.48	500m: 7:04.92	44.01	900m: 12:56.14	43.77	1300m: 18:51.91	44.67
	150m: 1:58.74	42.73	550m: 7:49.00	44.08	950m: 13:40.79	44.65	1350m: 19:36.03	44.12
	200m: 2:42.10	43.36	600m: 8:32.70	43.70	1000m: 14:24.71	43.92	1400m: 20:21.89	45.86
	250m: 3:25.35	43.25	650m: 9:16.77	44.07	1050m: 15:09.16	44.45	1450m: 21:06.91	45.02
	300m: 4:09.03	43.68	700m: 10:00.94	44.17	1100m: 15:53.55	44.39	1500m: 21:50.28	43.37
	350m: 4:53.19	44.16	750m: 10:44.70	43.76	1150m: 16:38.19	44.64		
	400m: 5:36.96	43.77	800m: 11:28.59	43.89	1200m: 17:22.58	44.39		
4.	Ronald Grove	Oceanus	21:02.77	196100161	<b>22:16.92</b>	+0,86		
	50m: 36.51	36.51	450m: 6:28.13	45.04	850m: 12:29.71	45.41	1250m: 18:33.59	45.62
	100m: 1:18.25	41.74	500m: 7:13.29	45.16	900m: 13:14.61	44.90	1300m: 19:18.49	44.90
	150m: 2:01.20	42.95	550m: 7:58.35	45.06	950m: 14:00.28	45.67	1350m: 20:04.29	45.80
	200m: 2:44.65	43.45	600m: 8:44.05	45.70	1000m: 14:45.85	45.57	1400m: 20:47.96	43.67
	250m: 3:29.39	44.74	650m: 9:29.23	45.18	1050m: 15:30.92	45.07	1450m: 21:33.27	45.31
	300m: 4:13.46	44.07	700m: 10:14.13	44.90	1100m: 16:16.09	45.17	1500m: 22:16.92	43.65
	350m: 4:57.76	44.30	750m: 10:58.95	44.82	1150m: 17:01.86	45.77		
	400m: 5:43.09	45.33	800m: 11:44.30	45.35	1200m: 17:47.97	46.11		
5.	James Norman	PLONS	22:07.12	196001029	<b>22:36.99</b>	+0,88		
	50m: 39.45	39.45	450m: 6:42.00	46.34	850m: 12:50.77	46.10	1250m: 18:56.11	46.37
	100m: 1:22.48	43.03	500m: 7:28.33	46.33	900m: 13:36.23	45.46	1300m: 19:42.75	46.64
	150m: 2:07.84	45.36	550m: 8:14.54	46.21	950m: 14:22.08	45.85	1350m: 20:26.81	44.06
	200m: 2:52.95	45.11	600m: 9:00.36	45.82	1000m: 15:07.78	45.70	1400m: 21:10.71	43.90
	250m: 3:37.79	44.84	650m: 9:46.16	45.80	1050m: 15:52.79	45.01	1450m: 21:54.78	44.07
	300m: 4:23.98	46.19	700m: 10:32.57	46.41	1100m: 16:38.78	45.99	1500m: 22:36.99	42.21
	350m: 5:09.55	45.57	750m: 11:18.41	45.84	1150m: 17:24.15	45.37		
	400m: 5:55.66	46.11	800m: 12:04.67	46.26	1200m: 18:09.74	45.59		
6.	Eric Tijms	OEZA	23:50.34	196401125	<b>24:10.66</b>	+0,96		
	50m: 40.64	40.64	450m: 7:01.85	49.98	850m: 13:34.84	49.27	1250m: 20:07.69	48.69
	100m: 1:25.46	44.82	500m: 7:50.29	48.44	900m: 14:23.14	48.30	1300m: 20:57.07	49.38
	150m: 2:11.34	45.88	550m: 8:39.27	48.98	950m: 15:12.16	49.02	1350m: 21:45.94	48.87
	200m: 2:59.19	47.85	600m: 9:29.10	49.83	1000m: 16:01.56	49.40	1400m: 22:35.32	49.38
	250m: 3:46.82	47.63	650m: 10:18.27	49.17	1050m: 16:50.04	48.48	1450m: 23:24.26	48.94
	300m: 4:35.23	48.41	700m: 11:07.40	49.13	1100m: 17:40.96	50.92	1500m: 24:10.66	46.40
	350m: 5:23.83	48.60	750m: 11:56.33	48.93	1150m: 18:29.20	48.24		
	400m: 6:11.87	48.04	800m: 12:45.57	49.24	1200m: 19:19.00	49.80		
7.	Henk Gierveld	Nat Utrecht	24:43.89	196000869	<b>24:56.00</b>	+1,04		
	50m: 42.93	42.93	450m: 7:23.19	50.96	850m: 14:08.63	50.17	1250m: 20:49.81	49.79
	100m: 1:29.36	46.43	500m: 8:13.92	50.73	900m: 14:58.60	49.97	1300m: 21:40.45	50.64
	150m: 2:18.63	49.27	550m: 9:04.43	50.51	950m: 15:48.64	50.04	1350m: 22:30.01	49.56
	200m: 3:08.49	49.86	600m: 9:54.94	50.51	1000m: 16:38.79	50.15	1400m: 23:19.94	49.93
	250m: 3:59.66	51.17	650m: 10:45.56	50.62	1050m: 17:29.81	51.02	1450m: 24:09.49	49.55
	300m: 4:49.86	50.20	700m: 11:36.14	50.58	1100m: 18:19.92	50.11	1500m: 24:56.00	46.51
	350m: 5:40.54	50.68	750m: 12:26.79	50.65	1150m: 19:10.25	50.33		
	400m: 6:32.23	51.69	800m: 13:18.46	51.67	1200m: 20:00.02	49.77		

Programmanr. 37, Heren, 1500m vrije slag, Masters 50+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
8.	Rik van Gasteren	AquAmigos	28:01.71	196401015	<b>27:38.34</b>	+1,21		
	50m: 44.21	44.21	450m: 7:54.82	55.64	850m: 15:28.00	58.88	1250m: 23:04.07	59.25
	100m: 1:33.56	49.35	500m: 8:51.96	57.14	900m: 16:26.26	58.26	1300m: 24:01.07	57.00
	150m: 2:26.12	52.56	550m: 9:48.23	56.27	950m: 17:21.42	55.16	1350m: 24:58.11	57.04
	200m: 3:19.53	53.41	600m: 10:44.68	56.45	1000m: 18:17.82	56.40	1400m: 25:54.32	56.21
	250m: 4:13.80	54.27	650m: 11:41.21	56.53	1050m: 19:16.57	58.75	1450m: 26:49.46	55.14
	300m: 5:08.88	55.08	700m: 12:36.95	55.74	1100m: 20:12.53	55.96	1500m: 27:38.34	48.88
	350m: 6:03.95	55.07	750m: 13:33.00	56.05	1150m: 21:08.92	56.39		
	400m: 6:59.18	55.23	800m: 14:29.12	56.12	1200m: 22:04.82	55.90		

Masters 55+

1.	Marten de Groot	HZ&PC Heerenveen	18:45.51	195800149	<b>18:41.25</b>	+0,79		
	<i>Nederlands Masters Record</i>							
	50m: 33.80	33.80	450m: 5:31.10	37.31	850m: 10:32.80	37.92	1250m: 15:35.04	38.01
	100m: 1:10.50	36.70	500m: 6:08.39	37.29	900m: 11:10.57	37.77	1300m: 16:12.63	37.59
	150m: 1:47.21	36.71	550m: 6:46.05	37.66	950m: 11:48.56	37.99	1350m: 16:50.60	37.97
	200m: 2:24.46	37.25	600m: 7:23.56	37.51	1000m: 12:26.35	37.79	1400m: 17:28.38	37.78
	250m: 3:02.07	37.61	650m: 8:01.39	37.83	1050m: 13:04.35	38.00	1450m: 18:05.78	37.40
	300m: 3:39.16	37.09	700m: 8:38.88	37.49	1100m: 13:41.73	37.38	1500m: 18:41.25	35.47
	350m: 4:16.75	37.59	750m: 9:16.63	37.75	1150m: 14:19.61	37.88		
	400m: 4:53.79	37.04	800m: 9:54.88	38.25	1200m: 14:57.03	37.42		
2.	Richard Broer	PLONS	20:56.78	195900077	<b>21:09.07</b>	+0,95		
	50m: 36.84	36.84	450m: 6:14.53	42.88	850m: 11:53.25	42.35	1250m: 17:36.52	43.25
	100m: 1:17.87	41.03	500m: 6:56.85	42.32	900m: 12:35.91	42.66	1300m: 18:19.52	43.00
	150m: 2:00.71	42.84	550m: 7:38.80	41.95	950m: 13:18.48	42.57	1350m: 19:02.45	42.93
	200m: 2:43.27	42.56	600m: 8:21.55	42.75	1000m: 14:01.64	43.16	1400m: 19:45.90	43.45
	250m: 3:25.02	41.75	650m: 9:03.51	41.96	1050m: 14:44.90	43.26	1450m: 20:28.31	42.41
	300m: 4:07.18	42.16	700m: 9:46.05	42.54	1100m: 15:27.66	42.76	1500m: 21:09.07	40.76
	350m: 4:49.29	42.11	750m: 10:28.52	42.47	1150m: 16:09.98	42.32		
	400m: 5:31.65	42.36	800m: 11:10.90	42.38	1200m: 16:53.27	43.29		
3.	Henk Slomp	De Pinquin	21:30.89	195500359	<b>22:17.95</b>	+0,83		
	50m: 36.84	36.84	450m: 6:29.21	44.89	850m: 12:30.28	45.15	1250m: 18:35.69	45.62
	100m: 1:17.89	41.05	500m: 7:14.43	45.22	900m: 13:15.34	45.06	1300m: 19:21.61	45.92
	150m: 2:01.16	43.27	550m: 7:59.28	44.85	950m: 14:00.27	44.93	1350m: 20:07.97	46.36
	200m: 2:45.76	44.60	600m: 8:44.82	45.54	1000m: 14:45.93	45.66	1400m: 20:52.91	44.94
	250m: 3:29.60	43.84	650m: 9:30.10	45.28	1050m: 15:32.06	46.13	1450m: 21:37.46	44.55
	300m: 4:14.54	44.94	700m: 10:15.08	44.98	1100m: 16:18.02	45.96	1500m: 22:17.95	40.49
	350m: 4:59.34	44.80	750m: 10:59.88	44.80	1150m: 17:03.71	45.69		
	400m: 5:44.32	44.98	800m: 11:45.13	45.25	1200m: 17:50.07	46.36		
4.	Andreas Wenning	Bocholter WSV	22:40.59	99336	<b>22:53.41</b>	+1,54		
	50m: 39.84	39.84	450m: 6:40.26	45.91	850m: 12:48.05	46.45	1250m: 18:59.29	46.95
	100m: 1:21.89	42.05	500m: 7:24.97	44.71	900m: 13:34.37	46.32	1300m: 19:47.66	48.37
	150m: 2:05.45	43.56	550m: 8:11.01	46.04	950m: 14:20.82	46.45	1350m: 20:33.44	45.78
	200m: 2:50.27	44.82	600m: 8:56.97	45.96	1000m: 15:07.37	46.55	1400m: 21:20.27	46.83
	250m: 3:36.64	46.37	650m: 9:44.24	47.27	1050m: 15:53.27	45.90	1450m: 22:07.47	47.20
	300m: 4:22.06	45.42	700m: 10:29.47	45.23	1100m: 16:39.48	46.21	1500m: 22:53.41	45.94
	350m: 5:08.06	46.00	750m: 11:15.55	46.08	1150m: 17:25.72	46.24		
	400m: 5:54.35	46.29	800m: 12:01.60	46.05	1200m: 18:12.34	46.62		
5.	Lex Hoogendam	MNC Dordrecht	22:37.34	195700541	<b>23:50.83</b>	+1,00		
	50m: 38.86	38.86	450m: 6:54.58	47.96	850m: 13:21.68	48.82	1250m: 19:49.02	48.84
	100m: 1:22.31	43.45	500m: 7:42.87	48.29	900m: 14:09.92	48.24	1300m: 20:38.02	49.00
	150m: 2:08.40	46.09	550m: 8:31.14	48.27	950m: 14:58.23	48.31	1350m: 21:26.67	48.65
	200m: 2:55.50	47.10	600m: 9:19.17	48.03	1000m: 15:47.04	48.81	1400m: 22:14.91	48.24
	250m: 3:42.65	47.15	650m: 10:07.65	48.48	1050m: 16:35.18	48.14	1450m: 23:03.36	48.45
	300m: 4:30.29	47.64	700m: 10:55.82	48.17	1100m: 17:23.52	48.34	1500m: 23:50.83	47.47
	350m: 5:18.30	48.01	750m: 11:44.39	48.57	1150m: 18:11.57	48.05		
	400m: 6:06.62	48.32	800m: 12:32.86	48.47	1200m: 19:00.18	48.61		
6.	Paul Spaans	Zwemvereniging Westland	24:01.07	195900647	<b>25:05.98</b>	+1,32		
	50m: 40.83	40.83	450m: 7:18.38	50.88	850m: 14:05.65	50.92	1250m: 20:55.80	51.22
	100m: 1:26.79	45.96	500m: 8:09.69	51.31	900m: 14:57.08	51.43	1300m: 21:46.65	50.85
	150m: 2:15.60	48.81	550m: 9:00.57	50.88	950m: 15:48.32	51.24	1350m: 22:36.47	49.82
	200m: 3:05.21	49.61	600m: 9:51.12	50.55	1000m: 16:39.94	51.62	1400m: 23:27.16	50.69
	250m: 3:54.65	49.44	650m: 10:42.40	51.28	1050m: 17:30.70	50.76	1450m: 24:17.48	50.32
	300m: 4:44.88	50.23	700m: 11:33.30	50.90	1100m: 18:22.16	51.46	1500m: 25:05.98	48.50
	350m: 5:35.86	50.98	750m: 12:23.36	50.06	1150m: 19:12.74	50.58		
	400m: 6:27.50	51.64	800m: 13:14.73	51.37	1200m: 20:04.58	51.84		



Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



Programmanr. 37, Heren, 1500m vrije slag, Masters 55+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
7.	Dirk Crok	OEZA	24:39.30	195800547	<b>25:24.21</b>	+1,20		
	50m: 43.53	43.53	450m: 7:31.59	51.80	850m: 14:23.50	51.59	1250m: 21:10.80	51.15
	100m: 1:31.62	48.09	500m: 8:23.15	51.56	900m: 15:14.05	50.55	1300m: 22:01.63	50.83
	150m: 2:22.00	50.38	550m: 9:14.83	51.68	950m: 16:04.94	50.89	1350m: 22:53.21	51.58
	200m: 3:13.37	51.37	600m: 10:06.09	51.26	1000m: 16:55.70	50.76	1400m: 23:43.71	50.50
	250m: 4:04.98	51.61	650m: 10:58.13	52.04	1050m: 17:46.79	51.09	1450m: 24:34.79	51.08
	300m: 4:56.65	51.67	700m: 11:49.94	51.81	1100m: 18:37.76	50.97	1500m: 25:24.21	49.42
	350m: 5:48.32	51.67	750m: 12:40.82	50.88	1150m: 19:28.99	51.23		
	400m: 6:39.79	51.47	800m: 13:31.91	51.09	1200m: 20:19.65	50.66		
8.	Jeroen Ouendag	GoSwim	26:16.64	195900725	<b>26:34.59</b>	+1,24		
	50m: 45.74	45.74	450m: 7:51.44	53.86	850m: 15:00.35	53.56	1250m: 22:13.68	55.32
	100m: 1:36.05	50.31	500m: 8:44.68	53.24	900m: 15:53.58	53.23	1300m: 23:06.28	52.60
	150m: 2:29.30	53.25	550m: 9:38.59	53.91	950m: 16:47.44	53.86	1350m: 23:58.89	52.61
	200m: 3:22.01	52.71	600m: 10:32.15	53.56	1000m: 17:40.64	53.20	1400m: 24:52.63	53.74
	250m: 4:16.41	54.40	650m: 11:25.84	53.69	1050m: 18:35.31	54.67	1450m: 25:44.85	52.22
	300m: 5:09.83	53.42	700m: 12:19.69	53.85	1100m: 19:28.88	53.57	1500m: 26:34.59	49.74
	350m: 6:03.72	53.89	750m: 13:13.63	53.94	1150m: 20:23.62	54.74		
	400m: 6:57.58	53.86	800m: 14:06.79	53.16	1200m: 21:18.36	54.74		
AFGEM	Marius Ros	ZCNF'34	20:11.48	195900779				

Masters 60+

1.	Piet Schop	De Bevelanders	24:40.06	195000109	<b>23:43.64</b>	+0,62		
	50m: 39.59	39.59	450m: 6:59.34	48.41	850m: 13:26.31	49.36	1250m: 19:51.37	47.81
	100m: 1:24.71	45.12	500m: 7:48.29	48.95	900m: 14:14.63	48.32	1300m: 20:39.17	47.80
	150m: 2:11.02	46.31	550m: 8:35.79	47.50	950m: 15:03.28	48.65	1350m: 21:26.55	47.38
	200m: 2:59.44	48.42	600m: 9:24.67	48.88	1000m: 15:51.53	48.25	1400m: 22:14.89	48.34
	250m: 3:46.81	47.37	650m: 10:11.94	47.27	1050m: 16:39.74	48.21	1450m: 23:00.61	45.72
	300m: 4:35.13	48.32	700m: 11:00.76	48.82	1100m: 17:27.76	48.02	1500m: 23:43.64	43.03
	350m: 5:22.68	47.55	750m: 11:49.30	48.54	1150m: 18:15.66	47.90		
	400m: 6:10.93	48.25	800m: 12:36.95	47.65	1200m: 19:03.56	47.90		

Masters 65+

1.	Donald Uijtenbogaart	Het Y	21:05.26	194700107	<b>21:18.53</b>	+0,88		
	<i>Nederlands Masters Record</i>							
	50m: 39.84	39.84	450m: 6:27.46	42.99	850m: 12:13.67	42.87	1250m: 17:53.43	41.93
	100m: 1:22.96	43.12	500m: 7:11.00	43.54	900m: 12:56.97	43.30	1300m: 18:35.76	42.33
	150m: 2:06.69	43.73	550m: 7:54.38	43.38	950m: 13:39.85	42.88	1350m: 19:17.33	41.57
	200m: 2:50.70	44.01	600m: 8:37.80	43.42	1000m: 14:22.49	42.64	1400m: 19:58.98	41.65
	250m: 3:33.98	43.28	650m: 9:21.00	43.20	1050m: 15:04.66	42.17	1450m: 20:40.00	41.02
	300m: 4:17.67	43.69	700m: 10:04.46	43.46	1100m: 15:46.97	42.31	1500m: 21:18.53	38.53
	350m: 5:00.87	43.20	750m: 10:47.48	43.02	1150m: 16:28.93	41.96		
	400m: 5:44.47	43.60	800m: 11:30.80	43.32	1200m: 17:11.50	42.57		
2.	Ludwig Lorenz	SV Gladbeck 13	26:25.88	127866	<b>26:09.96</b>	+1,08		
	100/200m*							
	50m: 50.13	50.13	450m: 7:51.34	51.39	850m: 14:51.84	53.29	1250m: 21:53.41	52.72
	100m: 1:43.00	52.87	500m: 8:43.97	52.63	900m: 15:43.89	52.05	1300m: 22:45.27	51.86
	150m: 2:36.84	53.84	550m: 9:36.57	52.60	950m: 16:36.78	52.89	1350m: 23:38.40	53.13
	200m: 3:29.19	52.35	600m: 10:28.48	51.91	1000m: 17:30.21	53.43	1400m: 24:30.44	52.04
	250m: 4:22.94	53.75	650m: 11:21.70	53.22	1050m: 18:21.77	51.56	1450m: 25:22.07	51.63
	300m: 5:15.29	52.35	700m: 12:13.79	52.09	1100m: 19:14.70	52.93	1500m: 26:09.96	47.89
	350m: 6:07.68	52.39	750m: 13:06.28	52.49	1150m: 20:07.84	53.14		
	400m: 6:59.95	52.27	800m: 13:58.55	52.27	1200m: 21:00.69	52.85		

Masters 70+

1.	Rob Hanou	PSV	25:25.16	194300109	<b>27:18.87</b>	+1,12		
	50m: 45.65	45.65	450m: 8:01.74	55.38	850m: 15:23.13	55.73	1250m: 22:47.30	56.62
	100m: 1:37.61	51.96	500m: 8:56.03	54.29	900m: 16:19.37	56.24	1300m: 23:42.50	55.20
	150m: 2:31.74	54.13	550m: 9:51.84	55.81	950m: 17:14.97	55.60	1350m: 24:37.80	55.30
	200m: 3:26.97	55.23	600m: 10:46.97	55.13	1000m: 18:09.47	54.50	1400m: 25:32.17	54.37
	250m: 4:22.23	55.26	650m: 11:41.73	54.76	1050m: 19:05.82	56.35	1450m: 26:27.80	55.63
	300m: 5:16.90	54.67	700m: 12:36.95	55.22	1100m: 20:01.21	55.39	1500m: 27:18.87	51.07
	350m: 6:11.86	54.96	750m: 13:33.03	56.08	1150m: 20:56.10	54.89		
	400m: 7:06.36	54.50	800m: 14:27.40	54.37	1200m: 21:50.68	54.58		



Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



Programmanr. 37, Heren, 1500m vrije slag, Masters 70+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
2.	Geza Kaltenecker	AZC	26:25.28	194200065	<b>27:39.93</b>	+1,04
	50m: 45.28	45.28	450m: 8:11.97	56.10	850m: 15:42.60	55.68
	100m: 1:39.70	54.42	500m: 9:09.04	57.07	900m: 16:38.84	56.24
	150m: 2:34.68	54.98	550m: 10:04.69	55.65	950m: 17:33.92	55.08
	200m: 3:30.85	56.17	600m: 11:01.27	56.58	1000m: 18:30.19	56.27
	250m: 4:27.27	56.42	650m: 11:57.15	55.88	1050m: 19:25.69	55.50
	300m: 5:23.80	56.53	700m: 12:53.85	56.70	1100m: 20:21.87	56.18
	350m: 6:19.19	55.39	750m: 13:50.20	56.35	1150m: 21:17.40	55.53
	400m: 7:15.87	56.68	800m: 14:46.92	56.72	1200m: 22:12.97	55.57
3.	Bob Arendsen	De Futen	28:53.90	194400005	<b>29:43.28</b>	
	50m: 48.70	48.70	450m: 8:42.14	1:00.71	850m: 16:47.12	1:00.32
	100m: 1:44.61	55.91	500m: 9:43.02	1:00.88	900m: 17:48.83	1:01.71
	150m: 2:42.45	57.84	550m: 10:43.54	1:00.52	950m: 18:50.37	1:01.54
	200m: 3:41.81	59.36	600m: 11:43.69	1:00.15	1000m: 19:50.56	1:00.19
	250m: 4:41.12	59.31	650m: 12:44.16	1:00.47	1050m: 20:51.38	1:00.82
	300m: 5:41.46	1:00.34	700m: 13:44.56	1:00.40	1100m: 21:51.91	1:00.53
	350m: 6:40.89	59.43	750m: 14:45.60	1:01.04	1150m: 22:50.99	59.08
	400m: 7:41.43	1:00.54	800m: 15:46.80	1:01.20	1200m: 23:51.89	1:00.90

Masters 75+

1.	Nic Geers	Z&PC De Gouwe	25:00.47	193800007	<b>26:32.12</b>	+1,03
	<i>Nederlands Masters Record</i>					
	50m: 48.46	48.46	450m: 8:00.64	53.67	850m: 15:07.32	53.78
	100m: 1:42.13	53.67	500m: 8:53.79	53.15	900m: 16:00.92	53.60
	150m: 2:36.94	54.81	550m: 9:47.51	53.72	950m: 16:54.55	53.63
	200m: 3:31.16	54.22	600m: 10:40.09	52.58	1000m: 17:48.87	54.32
	250m: 4:25.31	54.15	650m: 11:33.12	53.03	1050m: 18:42.56	53.69
	300m: 5:19.01	53.70	700m: 12:26.29	53.17	1100m: 19:35.94	53.38
	350m: 6:13.11	54.10	750m: 13:20.28	53.99	1150m: 20:30.17	54.23
	400m: 7:06.97	53.86	800m: 14:13.54	53.26	1200m: 21:23.77	53.60

6 - ONMK 2014 lb sessie 6

04-05-2014 - 14:00

Programmanr. 39  
04-05-2014 - 14:00

4 x 100m vrije slag

Masters Open  
Resultaten

rang	vereniging	inschrijftijd	startnr.	tijd	RT	
<b>80+, Dames</b>						
1.	ZOB'66 2 <i>Nederlands Masters Record</i>	ZOB'66	4:26.33	<b>4:33.36</b>	+0,63	
	Anouk van der Pliigt Rebecca Evers	+0,63 31.64 +0,60 34.22	1:07.43 1:12.16	Wendy de Bruin Carly Noordermeer	+0,25 31.58 +0,32 32.46	1:06.15 1:07.62
2.	Piranha 1	Piranha	5:06.33	<b>5:02.70</b>	+0,86	
	Eline Schaft Karin van Leersum	+0,86 35.35 +0,39 36.96	1:14.59 1:18.51	Carmen Ensink Linda van der Hout	+0,72 40.16 +0,22 30.10	1:24.24 1:05.36
<b>80+, Heren</b>						
1.	De Lansingh 1	De Lansingh	3:58.38	<b>4:04.62</b>	+0,71	
	Martijn van den Berge Jeroen van Blanken	+0,71 29.07 +0,48 29.66	1:00.80 1:03.46	Mark Huijsman Rutger Dalm	+0,45 29.65 +0,36 27.62	1:03.06 57.30
<b>80+, Gemengd</b>						
1.	NDD 1 <i>Nederlands Masters Record</i>	NDD	3:56.86	<b>4:06.39</b>	+0,80	
	Robin Eltink Carmen Seesing	+0,80 28.04 +0,50 30.18	58.38 1:05.17	Eva Engelen Hjalmar de Ruiter	+0,33 30.57 +0,50 26.77	1:05.67 57.17
2.	LZ 1886 1	LZ 1886	4:09.75	<b>4:08.15</b>	+0,70	
	Sjoerd Sieval Simone de Boer	+0,70 28.67 +0,47 30.53	59.71 1:05.78	Rosanne de Boer Kristiaan Lenos	+0,22 31.59 +0,27 26.48	1:06.94 55.72
3.	RZ 1	RZ	4:17.57	<b>4:12.73</b>	+0,77	
	Kenneth Caster Denise Austen	+0,77 28.01 +0,25 32.86	59.86 1:08.95	Suzan van den Bogaard Patrick Creemers	+0,46 32.10 +0,43 26.99	1:07.06 56.86
<b>100+, Heren</b>						
1.	ZPC De Hof 1 50m*	ZPC De Hof	3:45.88	<b>3:51.79</b>	+0,84	
	Jasper de Boer Emiel Huisken	+0,84 27.90 +0,37 27.28	59.47 56.70	Pieter Pickhardt Richard Huisken	+0,45 28.21 +0,44 26.75	59.38 56.24
2.	De Futen 1	De Futen	3:57.35	<b>3:52.99</b>	+0,76	
	Lorenzo Cavallini Mike Hereijgers	+0,76 27.19 +0,29 28.21	57.36 1:00.53	Erwin Sheek Matteo Mattacchione	+0,41 27.76 +0,22 26.19	59.57 55.53
3.	WVZ 1	WVZ	3:45.58	<b>3:56.03</b>	+0,69	
	Rens Post Ivo Roozeboom	+0,69 27.66 +0,29 28.51	59.90 58.99	Bas v.d. Laan Mark Costeris	+0,24 29.08 +0,45 26.33	1:02.29 54.85
<b>100+, Gemengd</b>						
1.	Steenwijk 1934 1	Steenwijk 1934	4:37.20	<b>4:50.50</b>	+0,90	
	Lonneke Oenema Huyb Stegeman	+0,90 35.22 +0,52 33.52	1:16.70 1:11.47	Tara Keijzer Mike Koelewijn	+0,59 38.50 +0,32 28.35	1:23.28 59.05

Programmanr. 39, 4 x 100m vrije slag

120+, Dames

1.	DAW 1 Petra Tossings Esther Steltenpohl	DAW +0,79 36.32 1:16.88 +0,64 34.76 1:14.28	4:50.57 Sandra Pannekeet Bianca Paape	+0,37 +0,54	33.45 1:11.67 31.11 1:06.44	<b>4:49.27</b>	+0,79
2.	ZPB H&L Productions 1 Linda Janssen Clementine van Bruxvoort	ZPB H&L Productions +0,88 32.73 1:09.06 +0,47 41.26 1:26.68	4:49.74 Maaïke van Diggele Christine Moerkerken-Beukema	+0,09 +0,70	34.35 1:12.68 33.21 1:10.56	<b>4:58.98</b>	+0,88
3.	WVZ 1 Marie-Josée Matte Petra Versteegen	WVZ +0,87 38.84 1:23.97 +0,18 34.61 1:15.26	4:54.97 Tessa Verheijdt Monique Pronk	+0,32 +0,72	34.99 1:14.36 33.59 1:11.10	<b>5:04.69</b>	+0,87

120+, Heren

1.	d'ELFT WAVE (SG) 1 Menno Lomans Marc Bleeker	d'ELFT WAVE (SG) +0,80 32.65 1:08.97 +0,66 31.81 1:05.88	4:29.85 Mark den Blanken Marc Verhaeg	+0,12 +0,36	32.30 1:07.93 30.22 1:04.52	<b>4:27.30</b>	+0,80
2.	De Rijn 1 Erwin van den Born Hans de Korte	De Rijn +0,95 29.07 1:02.43 +0,45 31.79 1:07.50	4:14.91 Ruud Sloof Roderick van Doeselaar	+0,70 +0,51	38.04 1:22.64 26.92 56.19	<b>4:28.76</b>	+0,95
3.	ZOB'66 1 Ruben Stolk Dré Klaassen	ZOB'66 +0,78 29.66 1:04.46 +0,43 40.81 1:28.39	4:30.68 Harmen Reemst Ferry Blangé	+0,35 +0,33	33.09 1:12.37 28.24 1:01.24	<b>4:46.46</b>	+0,78

120+, Gemengd

1.	De Futen 2 Petra Benani-Wolsing Tony de Groot	De Futen +0,78 30.62 1:04.87 +0,34 33.63 1:13.52	4:44.54 Hans Cligge Erwin Zuidervelt	+0,43 +0,28	33.40 1:10.91 28.39 1:01.63	<b>4:30.93</b>	+0,78
2.	Den Doorn 1 Lars Duijnhouwer Ineke Branderhorst	Den Doorn +0,79 29.54 1:02.76 +0,58 44.92 1:40.86	5:07.22 Wouter van der Stelt Antoinette Kant	+0,49 +0,69	32.05 1:08.02 37.91 1:22.90	<b>5:14.54</b>	+0,79

160+, Heren

1.	PLONS 1 <i>Nederlands Masters Record</i> Jerry Grondel Stan Dekker	PLONS +0,73 29.21 1:02.06 +0,48 28.09 1:00.60	4:09.50 Richard Broer Bart Groenemans	+0,70 +0,34	32.20 1:07.79 27.78 58.43	<b>4:08.88</b>	+0,73
2.	RZ 1 Gino Martijn Mark van Wingerden	RZ +0,71 30.05 1:06.44 +0,20 31.14 1:06.87	4:28.42 Dimitrie Sonnemans Ralph Caster	+0,42 +0,37	28.77 1:00.61 31.73 1:09.10	<b>4:23.02</b>	+0,71
3.	PSV 2 Martin Teley Rob Hanou	PSV +0,71 27.24 57.39 +0,64 38.92 1:23.95	4:23.49 Harold Matta Wesley van Diejen	+0,36 +0,54	30.49 1:03.43 29.03 1:01.81	<b>4:26.58</b>	+0,71
4.	Zwemvereniging Westland 1 Fred Dijkshoorn Ronald Koeckhoven	Zwemvereniging Westland +0,85 31.81 1:06.91 +0,31 28.22 1:00.03	4:30.78 Paul Spaans Mark Nuijten	+0,64 +0,36	37.15 1:18.20 31.77 1:06.46	<b>4:31.60</b>	+0,85

160+, Gemengd

1.	Zoetermeer 1 Delia Badoux Simon van Ravesteijn	Zoetermeer +0,75 31.21 1:05.65 +0,61 29.96 1:02.47	4:20.55 John Stoffer Chita van der Goorbergh	+0,34 +0,46	32.00 1:09.13 33.14 1:11.20	<b>4:28.45</b>	+0,75
2.	PLONS 1 Francois Boudreault Inge Wolfs	PLONS +0,80 29.77 1:03.48 +0,62 35.52 1:15.33	4:35.00 Marije Bouma Leo den Dekker	+0,32 +0,61	30.74 1:04.96 31.60 1:06.02	<b>4:29.79</b>	+0,80

240+, Dames

1.	PSV 1 <i>Nederlands Masters Record</i> Corrie Verhoeven Lottie Geurts	PSV +0,82 38.28 1:22.03 +0,62 46.07 1:34.85	5:35.48 Gonnie Bak Liselotte Joling	+0,56 +0,85	47.07 1:36.99 32.27 1:07.22	<b>5:41.09</b>	+0,82
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Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



Programmanr. 39, 4 x 100m vrije slag

240+, Gemengd

1. WS Twente 1	WS Twente			5:00.07		<b>5:00.40</b>	+1,00
Frans van Enst	+1,00	35.86	1:19.54	Jeannette Ruesink	+0,16	35.37	1:13.90
Marijke Kraak-Beckers	+0,25	35.08	1:14.52	Hugo Staudt	+0,24	34.69	1:12.44
2. Old Dutch 1	Old Dutch			6:25.53		<b>6:30.35</b>	+0,89
Marc van Nassau	+0,89	34.83	1:21.38	Karin van den Heuvel	+0,49	39.03	1:22.06
Truus Ruitter		55.36	2:02.99	Nico Baay	+0,77	47.98	1:43.92
AFGEM ZVVS 1	ZVVS			5:07.57			

Programmanr. 40  
04-05-2014 - 14:27

Dames, 200m rugslag

Masters Open  
Resultaten

rang naam	vereniging	inschrijftijd	inschrijftijd	tijd	RT	50m	100m	150m	200m
<b>Masters 20+</b>									
1. Manon van Strien	WVZ	2:31.98	199400770	<b>2:33.34</b>	+0,92	34.97	1:13.70	1:54.27	2:33.34
2. Désirée Emmen	De Warande	2:26.92	199204862	<b>2:33.75</b>	+0,76	34.68	1:12.44	1:54.00	2:33.75
3. Iris Pijtak	AZ&PC	2:28.70	199300602	<b>2:37.06</b>	+1,18	36.58	1:16.77	1:58.16	2:37.06
4. Sigrid Dogger	De Zwoer	2:36.56	199200452	<b>2:37.13</b>	+0,67	36.77	1:16.88	1:57.75	2:37.13
5. Ilse Noorlander	d'ELFT WAVE (SG)	2:48.64	199307810	<b>2:46.31</b>	+0,69	38.41	1:20.68	2:03.75	2:46.31
6. Simone de Boer	LZ 1886	2:42.22	199306858	<b>2:49.32</b>	+0,75	39.68	1:22.36	2:06.16	2:49.32
7. Lindsey Hol	De Meer	2:57.60	199008088	<b>2:49.66</b>	+0,72	40.81	1:23.50	2:06.80	2:49.66
8. Maaike de Boer	De Duinkickers	2:38.33	199000362	<b>2:50.82</b>	+0,81	39.93	1:23.19	2:07.20	2:50.82
9. Getrude Corporaal	ZVZ	2:47.36	199200380	<b>2:53.88</b>	+0,75	39.79	1:23.13	2:09.76	2:53.88
10. Eline Schoenmaker	Zwemlust-den Hommel	2:59.60	199003322	<b>2:59.65</b>	+0,67	42.82	1:29.05	2:15.30	2:59.65
11. Denise Austen	RZ	2:39.08	199303778	<b>3:01.66</b>	+1,18	42.05	1:28.20	2:15.80	3:01.66
12. Maaike Hofland	Sassenheim	2:56.84	199203754	<b>3:03.05</b>	+0,90	42.63	1:28.96	2:16.90	3:03.05
13. Pauline Magnée	De Warande	3:03.61	199205434	<b>3:11.11</b>	+0,76	45.63	1:33.30	2:23.17	3:11.11
<b>Masters 25+</b>									
1. Samantha van Eijk	De Geul	2:30.33	198806826	<b>2:35.81</b>	+0,77	36.87	1:16.70	1:57.09	2:35.81
2. Anna Boef	LZ 1886	2:44.46	198806288	<b>2:38.81</b>	+0,71	37.13	1:16.90	1:57.75	2:38.81
3. Rianne Hofland	Sassenheim	2:34.52	198801820	<b>2:43.69</b>	+0,80	39.19	1:20.58	2:02.44	2:43.69
4. Ilse van den Wijngaard	ZPC Woerden	2:38.24	198904736	<b>2:45.35</b>	+0,73	38.92	1:21.28	2:03.81	2:45.35
5. Marije van Manen	AZ&PC	2:48.84	198602386	<b>2:50.30</b>	+0,64	38.74	1:21.82	2:06.78	2:50.30
6. Lisette Prins	WVZ	2:46.71	198803522	<b>2:55.57</b>	+0,79	39.81	1:23.65	2:10.04	2:55.57
7. Milja Breed	Torpedo	2:58.05	198800594	<b>2:57.94</b> *	+0,78	41.24	1:25.97	2:12.81	2:57.94
8. Maaike van Diggele	ZPB H&L Productions	3:00.17	198700868	<b>3:08.93</b>	+1,25	45.44	1:32.84	2:21.53	3:08.93
9. Isaline Manchel	CNSW	3:07.20	CNSW/475/85	<b>3:11.61</b>	+0,66	45.13	1:33.86	2:23.22	3:11.61
<b>Masters 30+</b>									
1. Tonia Ruybroek	Poseidon'56	2:38.38	198101290	<b>2:41.85</b>	+0,76	37.15	1:17.58	2:00.04	2:41.85
2. Marijke Dirkse	IJZPC	3:17.91	198403480	<b>3:09.13</b>	+0,79	45.40	1:31.85	2:21.27	3:09.13
AFGEM Ramona Linting	Zoetermeer	3:00.05	198301274						
<b>Masters 40+</b>									
1. Trudie van Niejenhuis	TZC-Vahalis	2:59.51	197100444	<b>3:02.05</b>	+0,78	43.44	1:30.21	2:17.35	3:02.05
2. Henriëtte Manting	GZVW	3:01.49	197100246	<b>3:14.99</b>	+0,79	44.57	1:34.32	2:25.40	3:14.99
3. Ingrid Versteegen	DBD	3:23.65	197300770	<b>3:28.88</b>	+0,82	50.53	1:43.67	2:37.26	3:28.88
<b>Masters 45+</b>									
1. Heidi van Stein	LZ 1886	2:49.20	196900864	<b>2:49.20</b>	+0,74	39.18	1:21.16	2:05.55	2:49.20
2. Laura Staal	Oceanus	2:54.65	196700358	<b>3:02.58</b>	+0,77	42.90	1:29.43	2:16.37	3:02.58
3. Ellen van Wingerden	DWK	3:05.98	196900970	<b>3:04.80</b>	+0,76	42.88	1:29.98	2:18.21	3:04.80
4. Wendy Knoops	RZ	2:59.96	196800720	<b>3:15.00</b>	+0,88	45.54	1:35.75	2:27.56	3:15.00
5. Esther Mijnen	ZV De Zaan	3:09.71	196900846	<b>3:19.00</b>	+1,34	46.54	1:36.88	2:29.12	3:19.00





Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
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Programmanr. 40, Dames, 200m rugslag

Masters 50+

1. M. Grove-Lingeman	Oceanus	3:05.14	196200080	<b>3:03.13</b>	+0,79	41.56	1:27.93	2:15.68	3:03.13
2. J. Rolloos-Bakker	De Lansingh	2:54.47	196300222	<b>3:06.01</b>	+1,21	42.67	1:29.50	2:18.61	3:06.01
3. Inge Wolfs	PLONS	3:06.12	196000304	<b>3:09.38</b>	+0,79	45.59	1:33.32	2:20.85	3:09.38
4. Marie-Josee Matte	WVZ	3:17.62	196000326	<b>3:25.44</b>	+0,80	45.84	1:38.19	2:32.40	3:25.44
5. J. Resink-Lindeboom	DWK	3:29.94	196000142	<b>3:42.39</b>	+0,88	52.74	1:47.99	2:46.21	3:42.39
6. Alie Visser	HZ&PC Heerenveen	3:39.16	196400494	<b>3:42.50</b>	+1,31	49.98	1:46.00	2:45.18	3:42.50
AFGEM Judith Cromjongh	De Zwoer	2:45.22	196400054						

Masters 55+

1. Mathilde Vink	Swol 1894	3:09.53	195800128	<b>3:19.66</b>	+0,97	48.08	1:39.25	2:31.29	3:19.66
2. Margriet Pasma	De Pinquin	3:14.27	195500088	<b>3:28.82</b>	+0,79	49.84	1:42.71	2:36.34	3:28.82

Masters 60+

1. Carla Hensen	PSV	3:39.35	195300062	<b>3:32.74</b>	+0,83	49.39	1:43.91	2:39.11	3:32.74
2. Tineke Brouwer-Maat	Zwemvereniging Westland	3:36.84	195300074	<b>3:42.77</b>	+0,85	53.54	1:51.69	2:50.01	3:42.77
3. Ineke Meijer	HZ&PC Heerenveen	3:32.88	195200034	<b>3:48.97</b>	+0,75	54.57	1:52.82	2:52.60	3:48.97
4. A. Gilding-Tussaud	WS Twente	3:47.27	195000038	<b>3:51.10</b>	+0,79	53.81	1:53.94	2:54.52	3:51.10
5. Janny van der Weide	Deltasteur	5:44.02	195100066	<b>6:07.17</b>	+0,54	1:24.14	2:59.32	4:37.64	6:07.17

Masters 65+

1. Loekie v. Huissteden	AZ&PC	4:17.78	194500002	<b>4:39.59</b>	+0,94	1:02.90	2:15.01	3:29.79	4:39.59
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Masters 70+

1. Truus Ruiter	Old Dutch	4:27.94	194000004	<b>4:53.23</b>	* +0,78	1:09.81	2:24.98	3:41.56	4:53.23
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Masters 80+

1. Annie de Vos	Old Dutch	4:36.69	193400004	<b>5:01.82</b>	+0,84	1:08.58	2:25.44	3:44.07	5:01.82
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Programmanr. 41  
04-05-2014 - 14:51

Heren, 200m rugslag

Masters Open  
Resultaten

rang naam vereniging inschrijftijd tijd RT 50m 100m 150m 200m

Masters 20+

1. Ensger Kotterink	Albion	1:58.61	199403391	<b>2:10.58</b>	+0,57	30.40	1:03.41	1:37.15	2:10.58
<i>Nederlands Masters Record</i>									
2. Bruno Carissimi Boff	WVZ	2:24.10	199207283	<b>2:23.37</b>	+0,67	34.68	1:11.34	1:47.88	2:23.37
3. Jasper de Boer	ZPC De Hof	2:16.91	199300051	<b>2:25.39</b>	+0,78	34.10	1:10.46	1:48.63	2:25.39
4. Sjoerd Sieval	LZ 1886	2:28.29	199002663	<b>2:33.03</b>	+1,16	36.49	1:14.92	1:54.53	2:33.03

Masters 25+

1. Hjalmar de Ruiter	NDD	2:15.57	198902695	<b>2:24.71</b>	+0,69	33.30	1:10.60	1:48.23	2:24.71
2. Martijn Giezen	Montferland	2:17.36	198500813	<b>2:26.19</b>	+0,72	33.46	1:10.36	1:49.11	2:26.19
3. Paul Notenboom	Strijen	2:46.07	198805513	<b>2:45.56</b>	+0,73	39.27	1:21.59	2:04.79	2:45.56
4. Marc Verhaeg	d'ELFT WAVE (SG)	2:30.94	198905665	<b>2:45.84</b>	+0,71	37.86	1:19.32	2:02.96	2:45.84
AFGEM Niels Albrechts	MGO (SG)	2:33.55	198800039						

Masters 30+

1. Thommy Nickel	Van Vliet-Barracuda	2:25.95	198401627	<b>2:24.61</b>	+0,80	33.99	1:10.00	1:47.50	2:24.61
2. Marcel Reefhuis	WS Twente	2:30.94	198101381	<b>2:34.88</b>	+0,64	35.83	1:15.52	1:55.78	2:34.88
3. Marco van Antwerpen	Strijen	2:42.27	198000027	<b>2:56.17</b>	+0,93	41.88	1:27.50	2:14.02	2:56.17



Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



Programmanr. 41, Heren, 200m rugslag

Masters 35+

1. Dennis Brouwers	HZPC	2:14.41	197800167	<b>2:19.68</b>	+1,27	33.49	1:08.73	1:44.00	2:19.68
2. Ivo Roozeboom	WVZ	2:25.12	197700801	<b>2:30.85</b>	+0,75	35.76	1:15.08	1:54.30	2:30.85
3. Stan Dekker	PLONS	2:31.63	197901823	<b>2:33.60</b>	+0,72	35.95	1:13.97	1:53.95	2:33.60
4. Alex Damen	DAW	2:30.97	197501371	<b>2:42.75</b>	+0,88	37.61	1:18.28	2:00.86	2:42.75
5. Markus van Rest	Zoetermeer	2:31.42	197701197	<b>2:46.13</b>	+0,79	37.94	1:20.78	2:04.34	2:46.13
6. Arjan Aalbers	Swol 1894	2:42.01	197500001	<b>2:46.43</b>	+0,78	38.02	1:20.70	2:04.56	2:46.43
7. Erwin Zuidervelt	De Futen	2:41.19	197501015	<b>2:47.51</b>	+0,68	38.86	1:20.30	2:04.15	2:47.51
8. Gino Martijn	RZ	2:57.38	197901865	<b>3:00.87</b>	+0,73	43.05	1:28.91	2:16.51	3:00.87

Masters 40+

1. Gerard Eghuizen	HZ&PC Heerenveen	2:35.92	197400197	<b>2:42.01</b>	+0,86	36.84	1:15.96	1:58.97	2:42.01
2. Remco Plass	De Lansingh	2:38.06	197300687	<b>2:45.42</b>	+0,79	38.58	1:20.55	2:04.19	2:45.42

Masters 45+

1. Arjan Bellaart	Oceanus	2:32.91	196900079	<b>2:33.27</b>	+1,23	35.56	1:13.75	1:53.53	2:33.27
2. Guido Keutgen	AZC	2:30.38	196801551	<b>2:35.23</b>	+0,69	35.39	1:14.62	1:55.51	2:35.23
3. J. van den Berg	WVZ	2:32.29	196801575	<b>2:40.69</b>	+0,80	35.53	1:15.11	1:57.55	2:40.69
4. Ron Korzelius	AZ&PC	2:37.48	196500513	<b>2:40.97</b>	+0,72	37.18	1:17.71	2:00.01	2:40.97
5. Harold Matla	PSV	2:56.51	196800591	<b>2:51.85</b>	+0,82	41.33	1:24.74	2:09.32	2:51.85
6. Nico Swart	Den Doorn	2:47.12	196801475	<b>2:52.25</b>	+1,33	40.23	1:24.83	2:10.48	2:52.25

Masters 50+

1. Johan Remmits	ZPC Woerden	2:27.40	196201159	<b>2:32.64</b>	+0,82	35.69	1:13.53	1:53.03	2:32.64
2. John Stokx	DAW	2:49.70	196401341	<b>2:49.20</b>	+0,74	38.86	1:22.00	2:05.92	2:49.20
3. Casper Dollekamp	Steenwijk 1934	3:00.84	196301341	<b>3:01.16</b>	+0,77	42.52	1:28.94	2:15.12	3:01.16
4. Jack Barends	WS Twente	3:03.38	196201011	<b>3:05.82</b>	+0,84	43.56	1:30.02	2:17.98	3:05.82
5. Bart van Calker	WS Twente	3:15.06	196100067	<b>3:15.47</b>	+0,75	46.10	1:34.54	2:25.81	3:15.47

Masters 55+

1. Andre Storm	Zoetermeer	3:02.01	195600407	<b>3:06.81</b>	+0,59	43.47	1:31.10	2:20.20	3:06.81
2. Dré Klaassen	ZOB'66	3:29.07	195600141	<b>3:44.03</b>	+0,85	53.87	1:51.49	2:48.85	3:44.03

Masters 60+

1. Brend Brevé	PSV	2:51.08	195200265	<b>2:49.50</b>	+0,79	40.16	1:23.10	2:07.28	2:49.50
2. Jos Kamps	De Amer	3:37.48	195100085	<b>3:36.47</b>	+0,78	49.53	1:45.92	2:42.95	3:36.47

Masters 65+

1. Ludwig Lorenz	SV Gladbeck 13	3:29.12	127866	<b>3:32.45</b>	+0,88	50.43	1:45.32	2:40.79	3:32.45
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Masters 70+

1. Frans van Enst	WS Twente	3:09.52	194000011	<b>3:18.53</b>	+1,16	46.80	1:36.61	2:30.43	3:18.53
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Masters 75+

1. Nic Geers	Z&PC De Gouwe	3:22.51	193800007	<b>3:46.37</b>	+0,91	55.78	1:55.48	2:52.36	3:46.37
2. Jan Eichhorn	ZV Haerlem	3:48.36	193700015	<b>3:56.39</b>	+0,89	53.48	1:53.17	2:54.78	3:56.39



Programmanr. 42  
04-05-2014 - 15:08

Dames, 400m wisselslag

Masters Open  
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
<b>Masters 20+</b>						
1.	Marjolein Maris <i>Kampioenschaps Record</i>	De Houtrib	5:17.49	199400210	<b>5:30.27</b>	+0,69
	50m: 32.62 32.62 100m: 1:10.90 38.28	150m: 1:51.56 40.66 200m: 2:31.87 40.31	250m: 3:21.00 49.13 300m: 4:11.03 50.03	350m: 4:50.47 39.44 400m: 5:30.27 39.80		
2.	Suzanne Brummel	LZ 1886	5:38.60	199401366	<b>5:30.66</b>	+0,82
	50m: 34.04 34.04 100m: 1:15.16 41.12	150m: 2:01.00 45.84 200m: 2:45.11 44.11	250m: 3:30.19 45.08 300m: 4:14.82 44.63	350m: 4:53.38 38.56 400m: 5:30.66 37.28		
3.	Maaïke Vooren	DAW	5:37.45	199103324	<b>5:31.81</b>	+0,80
	50m: 34.10 34.10 100m: 1:15.21 41.11	150m: 2:00.48 45.27 200m: 2:45.06 44.58	250m: 3:31.03 45.97 300m: 4:18.02 46.99	350m: 4:55.72 37.70 400m: 5:31.81 36.09		
4.	Jasmijn Ruijgrok	De Zijl/LGB	5:54.30	199401032	<b>5:39.44</b>	+0,86
	50m: 34.01 34.01 100m: 1:13.78 39.77	150m: 2:01.11 47.33 200m: 2:45.48 44.37	250m: 3:34.09 48.61 300m: 4:21.78 47.69	350m: 5:01.44 39.66 400m: 5:39.44 38.00		
5.	Wendy de Bruin	ZOB'66	5:38.15	199206320	<b>5:52.64</b>	+0,69
	50m: 35.73 35.73 100m: 1:20.16 44.43	150m: 2:06.43 46.27 200m: 2:51.65 45.22	250m: 3:42.56 50.91 300m: 4:33.47 50.91	350m: 5:14.07 40.60 400m: 5:52.64 38.57		
6.	Irmgard van Weeghel	Octopus	5:50.20	199204834	<b>6:17.03</b>	+0,74
	50m: 39.05 39.05 100m: 1:27.41 48.36	150m: 2:16.90 49.49 200m: 3:03.96 47.06	250m: 3:57.72 53.76 300m: 4:52.04 54.32	350m: 5:35.65 43.61 400m: 6:17.03 41.38		
7.	Mieke Cornelisse	Sassenheim	6:03.60	199405090	<b>6:21.98</b>	+0,86
	50m: 36.70 36.70 100m: 1:25.82 49.12	150m: 2:14.65 48.83 200m: 3:03.20 48.55	250m: 4:00.45 57.25 300m: 4:57.50 57.05	350m: 5:40.07 42.57 400m: 6:21.98 41.91		
8.	Lieke Janssen	HGN (SG)	6:13.67	199305954	<b>6:27.90</b>	+0,92
	50m: 41.28 41.28 100m: 1:32.26 50.98	150m: 2:23.41 51.15 200m: 3:12.17 48.76	250m: 4:07.62 55.45 300m: 5:00.46 52.84	350m: 5:45.00 44.54 400m: 6:27.90 42.90		
<b>Masters 25+</b>						
1.	Marlijn Hendriksen <i>Nederlands Masters Record</i>	Arethusa	5:29.06	198806828	<b>5:19.43</b>	+0,72
	50m: 32.68 32.68 100m: 1:10.84 38.16	150m: 1:52.48 41.64 200m: 2:33.73 41.25	250m: 3:18.99 45.26 300m: 4:04.74 45.75	350m: 4:42.54 37.80 400m: 5:19.43 36.89		
2.	Samantha van Eijk	De Geul	5:27.49	198806826	<b>5:36.56</b>	+0,75
	50m: 36.33 36.33 100m: 1:17.68 41.35	150m: 2:00.47 42.79 200m: 2:43.07 42.60	250m: 3:31.95 48.88 300m: 4:21.42 49.47	350m: 4:59.35 37.93 400m: 5:36.56 37.21		
3.	Larissa Brak	AZ&PC	5:32.16	198800572	<b>5:36.87</b>	+0,78
	50m: 34.66 34.66 100m: 1:16.71 42.05	150m: 2:05.26 48.55 200m: 2:49.91 44.65	250m: 3:35.40 45.49 300m: 4:22.35 46.95	350m: 5:01.07 38.72 400m: 5:36.87 35.80		
4.	Aniek Huijsman	De Lansingh	5:40.89	198801932	<b>5:57.09</b>	+0,84
	50m: 35.49 35.49 100m: 1:18.51 43.02	150m: 2:06.33 47.82 200m: 2:53.52 47.19	250m: 3:44.01 50.49 300m: 4:34.92 50.91	350m: 5:16.91 41.99 400m: 5:57.09 40.18		
5.	Stephanie Rombout	PSV	5:35.69	198803696	<b>6:08.72</b>	+0,76
	50m: 34.92 34.92 100m: 1:21.90 46.98	150m: 2:10.55 48.65 200m: 2:58.35 47.80	250m: 3:50.96 52.61 300m: 4:42.67 51.71	350m: 5:24.91 42.24 400m: 6:08.72 43.81		
6.	Liset de Veer	Aqua-Novio'94	6:15.32	198704190	<b>6:10.33</b>	+0,85
	50m: 38.22 38.22 100m: 1:23.59 45.37	150m: 2:11.00 47.41 200m: 2:57.36 46.36	250m: 3:52.64 55.28 300m: 4:47.40 54.76	350m: 5:29.66 42.26 400m: 6:10.33 40.67		
7.	Milja Breed	Torpedo	6:01.77	198800594	<b>6:13.47</b>	+0,91
	50m: 38.09 38.09 100m: 1:24.24 46.15	150m: 2:13.05 48.81 200m: 3:01.17 48.12	250m: 3:54.40 53.23 300m: 4:48.52 54.12	350m: 5:31.65 43.13 400m: 6:13.47 41.82		
8.	Sandra Koenig	CNSW	6:20.46	CNSW/612/86	<b>6:22.74</b>	+0,84
	50m: 39.29 39.29 100m: 1:24.96 45.67	150m: 2:16.27 51.31 200m: 3:05.99 49.72	250m: 4:01.12 55.13 300m: 4:56.71 55.59	350m: 5:41.14 44.43 400m: 6:22.74 41.60		
9.	Linda Janssen	ZPB H&L Productions	5:54.61	198802088	<b>6:29.78</b>	+0,89
	50m: 40.44 40.44 100m: 1:34.34 53.90	150m: 2:26.38 52.04 200m: 3:15.85 49.47	250m: 4:10.82 54.97 300m: 5:06.46 55.64	350m: 5:50.11 43.65 400m: 6:29.78 39.67		
10.	Desiree Baltes	ZPC De Hof	6:26.34	198900182	<b>6:48.93</b>	+1,00
	50m: 40.98 40.98 100m: 1:28.86 47.88	150m: 2:27.99 59.13 200m: 3:22.38 54.39	250m: 4:21.14 58.76 300m: 5:18.98 57.84	350m: 6:05.45 46.47 400m: 6:48.93 43.48		



Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



Programmanr. 42, Dames, 400m wisselslag, Masters 25+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
11.	Karin van Leersum	Piranha	6:35.09	198802658	<b>6:55.29</b>	+0,99		
	50m: 49.54	49.54	150m: 2:40.64	52.13	250m: 4:28.02	57.38	350m: 6:09.98	46.30
	100m: 1:48.51	58.97	200m: 3:30.64	50.00	300m: 5:23.68	56.66	400m: 6:55.29	45.31

Masters 30+

1.	Nadya Putter	ZVVS	5:30.74	198301630	<b>5:37.74</b>	+0,74		
	50m: 34.98	34.98	150m: 1:59.37	44.96	250m: 3:31.48	48.13	350m: 5:00.11	39.50
	100m: 1:14.41	39.43	200m: 2:43.35	43.98	300m: 4:20.61	49.13	400m: 5:37.74	37.63
2.	Roos van Esch	TRB-RES	5:40.52	198200468	<b>5:46.25</b>	+0,82		
	50m: 34.82	34.82	150m: 2:00.97	45.49	250m: 3:35.56	50.73	350m: 5:06.53	40.13
	100m: 1:15.48	40.66	200m: 2:44.83	43.86	300m: 4:26.40	50.84	400m: 5:46.25	39.72
3.	Stephanie Vaernewyck	Mega	5:44.11	MEGA/20352/83	<b>5:59.74</b>	+0,90		
	50m: 36.45	36.45	150m: 2:08.22	46.52	250m: 3:45.10	50.63	350m: 5:18.97	42.00
	100m: 1:21.70	45.25	200m: 2:54.47	46.25	300m: 4:36.97	51.87	400m: 5:59.74	40.77
4.	Linda Hoogendam	Zoetermeer	6:21.08	198300892	<b>6:33.55</b>	+0,72		
	50m: 39.28	39.28	150m: 2:21.49	51.72	250m: 4:10.40	59.29	350m: 5:52.65	42.90
	100m: 1:29.77	50.49	200m: 3:11.11	49.62	300m: 5:09.75	59.35	400m: 6:33.55	40.90
5.	Annette Vogelsang	ZV De Bron	6:22.47	198402632	<b>6:52.32</b>	+0,92		
	50m: 42.40	42.40	150m: 2:31.38	54.00	250m: 4:22.83	58.75	350m: 6:07.26	45.68
	100m: 1:37.38	54.98	200m: 3:24.08	52.70	300m: 5:21.58	58.75	400m: 6:52.32	45.06

Masters 35+

1.	Liselotte Joling	PSV	5:39.72	197500268	<b>5:39.61</b>	+0,97		
	<i>Nederlands Masters Record</i>							
	50m: 35.63	35.63	150m: 2:03.89	46.39	250m: 3:35.66	47.85	350m: 5:03.15	38.66
	100m: 1:17.50	41.87	200m: 2:47.81	43.92	300m: 4:24.49	48.83	400m: 5:39.61	36.46
2.	Paula 't Hart-Buitelaar	ZVVS	7:09.40	197701132	<b>7:15.96</b>	+0,80		
	50m: 45.20	45.20	150m: 2:39.22	55.25	250m: 4:33.38	59.76	350m: 6:24.55	49.02
	100m: 1:43.97	58.77	200m: 3:33.62	54.40	300m: 5:35.53	1:02.15	400m: 7:15.96	51.41

Masters 40+

1.	Annette de Visser	Oceanus	6:10.35	197100602	<b>6:14.39</b>	+0,94		
	50m: 39.90	39.90	150m: 2:23.44	51.80	250m: 4:04.01	52.44	350m: 5:36.11	39.29
	100m: 1:31.64	51.74	200m: 3:11.57	48.13	300m: 4:56.82	52.81	400m: 6:14.39	38.28
2.	Annet Kootstra	Swol 1894	6:34.12	197100344	<b>6:54.40</b>	+0,93		
	50m: 42.82	42.82	150m: 2:32.81	57.15	250m: 4:24.63	55.72	350m: 6:08.58	46.40
	100m: 1:35.66	52.84	200m: 3:28.91	56.10	300m: 5:22.18	57.55	400m: 6:54.40	45.82
3.	Ageeth Boomsma	Orca	6:45.07	197000826	<b>6:57.32</b>	+0,93		
	50m: 48.54	48.54	150m: 2:37.63	52.65	250m: 4:26.60	56.60	350m: 6:12.36	47.50
	100m: 1:44.98	56.44	200m: 3:30.00	52.37	300m: 5:24.86	58.26	400m: 6:57.32	44.96
4.	Ingrid Versteegen	DBD	7:09.45	197300770	<b>7:37.99</b>	+0,99		
	50m: 55.88	55.88	150m: 2:57.13	57.33	250m: 4:56.64	1:04.97	350m: 6:50.94	48.45
	100m: 1:59.80	1:03.92	200m: 3:51.67	54.54	300m: 6:02.49	1:05.85	400m: 7:37.99	47.05

AFGEM Claudia Broeke

De Fuut 6:44.14 197300058

Masters 45+

1.	Bridget Bewick	Maidenhead Marlins	6:01.58	36934	<b>5:56.08</b>	+0,92		
	<i>Kampioenschaps Record</i>							
	50m: 35.99	35.99	150m: 2:05.31	45.65	250m: 3:41.29	50.16	350m: 5:14.75	42.17
	100m: 1:19.66	43.67	200m: 2:51.13	45.82	300m: 4:32.58	51.29	400m: 5:56.08	41.33
2.	Laura Staal	Oceanus	6:20.20	196700358	<b>6:13.48</b>	+0,91		
	50m: 41.81	41.81	150m: 2:21.65	50.29	250m: 4:01.83	51.83	350m: 5:34.92	40.89
	100m: 1:31.36	49.55	200m: 3:10.00	48.35	300m: 4:54.03	52.20	400m: 6:13.48	38.56
3.	Karin van den Heuvel	Old Dutch	6:38.07	196600188	<b>6:46.87</b>	+0,91		
	50m: 42.17	42.17	150m: 2:30.38	58.18	250m: 4:20.05	54.54	350m: 6:01.01	45.91
	100m: 1:32.20	50.03	200m: 3:25.51	55.13	300m: 5:15.10	55.05	400m: 6:46.87	45.86



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Programmanr. 42, Dames, 400m wisselslag

Masters 50+

1.	Marjan Remmits-De Lange	ZPC Woerden	6:13.12	196300518	<b>6:10.30</b>	+0,82
	50m: 38.09 38.09	150m: 2:13.31 51.02	250m: 3:54.59 53.01	350m: 5:30.54 41.89	400m: 6:10.30 39.76	
	100m: 1:22.29 44.20	200m: 3:01.58 48.27	300m: 4:48.65 54.06			
2.	Marjan Spoelstra	Swol 1894	7:48.54	196000236	<b>7:30.19</b>	+0,93
	50m: 52.56 52.56	150m: 2:53.37 1:00.46	250m: 4:53.23 1:01.01	350m: 6:42.34 48.47	400m: 7:30.19 47.85	
	100m: 1:52.91 1:00.35	200m: 3:52.22 58.85	300m: 5:53.87 1:00.64			

Masters 55+

1.	Patty Verhagen	PSV	6:36.33	195900146	<b>6:41.81</b>	+1,14
	<i>Nederlands Masters Record</i>	150m: 2:27.85 52.19	250m: 4:16.01 57.48	350m: 5:58.46 43.90	400m: 6:41.81 43.35	
	50m: 40.64 40.64	200m: 3:18.53 50.68	300m: 5:14.56 58.55			
	100m: 1:35.66 55.02					
2.	Monica Bakker	ZVZ	7:30.48	195600082	<b>7:06.13</b>	+1,08
	50m: 50.20 50.20	150m: 2:44.69 56.06	250m: 4:37.86 59.83	350m: 6:22.62 45.69	400m: 7:06.13 43.51	
	100m: 1:48.63 58.43	200m: 3:38.03 53.34	300m: 5:36.93 59.07			

Masters 60+

1.	Carla Hensen	PSV	7:20.70	195300062	<b>7:36.04</b>	+0,97
	50m: 46.51 46.51	150m: 2:42.10 58.81	250m: 4:48.62 1:08.56	350m: 6:47.25 50.98	400m: 7:36.04 48.79	
	100m: 1:43.29 56.78	200m: 3:40.06 57.96	300m: 5:56.27 1:07.65			
2.	Gonnie Bak	PSV	8:11.35	195100064	<b>8:24.00</b>	+0,97
	50m: 59.20 59.20	150m: 3:15.79 1:12.02	250m: 5:28.12 1:05.42	350m: 7:29.15 55.66	400m: 8:24.00 54.85	
	100m: 2:03.77 1:04.57	200m: 4:22.70 1:06.91	300m: 6:33.49 1:05.37			
3.	Fernande Blondeel	CNSW	8:22.34	CNSW/011/52	<b>8:37.78</b>	+0,90
	50m: 51.72 51.72	150m: 3:04.03 1:11.08	250m: 5:26.14 1:12.42	350m: 7:39.62 57.69	400m: 8:37.78 58.16	
	100m: 1:52.95 1:01.23	200m: 4:13.72 1:09.69	300m: 6:41.93 1:15.79			

Programmanr. 43  
04-05-2014 - 15:59

Heren, 400m wisselslag

Masters Open  
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
<b>Masters 20+</b>						
1.	Roderick van Doeselaar	De Rijn	4:44.36	199200261	<b>5:01.18</b>	+0,71
	50m: 30.45 30.45	150m: 1:44.97 38.59	250m: 3:06.41 43.20	350m: 4:26.72 34.89	400m: 5:01.18 34.46	
	100m: 1:06.38 35.93	200m: 2:23.21 38.24	300m: 3:51.83 45.42			
2.	Dennis Wijbenga	Stadskanaal	5:03.73	199003283	<b>5:06.94</b>	+0,80
	50m: 33.66 33.66	150m: 1:55.23 41.71	250m: 3:16.65 41.84	350m: 4:33.32 35.85	400m: 5:06.94 33.62	
	100m: 1:13.52 39.86	200m: 2:34.81 39.58	300m: 3:57.47 40.82			
3.	Jeroen van Blanken	De Lansingh	5:40.37	199206451	<b>6:01.25</b>	+0,88
	50m: 34.58 34.58	150m: 2:09.60 50.14	250m: 3:47.43 50.90	350m: 5:21.46 42.18	400m: 6:01.25 39.79	
	100m: 1:19.46 44.88	200m: 2:56.53 46.93	300m: 4:39.28 51.85			
<b>Masters 25+</b>						
1.	Alex Schelvis	NZ&PC	4:35.14	198702927	<b>4:49.19</b>	+0,76
	50m: 28.71 28.71	150m: 1:39.20 37.49	250m: 2:59.39 43.43	350m: 4:16.27 33.03	400m: 4:49.19 32.92	
	100m: 1:01.71 33.00	200m: 2:15.96 36.76	300m: 3:43.24 43.85			
2.	Martijn Giezen	Montferland	5:26.74	198500813	<b>5:41.64</b>	+0,88
	50m: 33.31 33.31	150m: 1:59.75 44.19	250m: 3:33.62 50.22	350m: 5:03.41 40.17	400m: 5:41.64 38.23	
	100m: 1:15.56 42.25	200m: 2:43.40 43.65	300m: 4:23.24 49.62			
3.	Niels Albrechts	MGO (SG)	5:50.36	198800039	<b>5:48.36</b>	+0,83
	50m: 35.05 35.05	150m: 2:00.76 43.24	250m: 3:39.61 56.45	350m: 5:12.97 36.73	400m: 5:48.36 35.39	
	100m: 1:17.52 42.47	200m: 2:43.16 42.40	300m: 4:36.24 56.63			
4.	Roel van Beek	Montferland	5:46.97	198905861	<b>6:01.03</b>	+0,95
	50m: 34.20 34.20	150m: 2:04.01 47.78	250m: 3:43.79 54.14	350m: 5:20.00 40.64	400m: 6:01.03 41.03	
	100m: 1:16.23 42.03	200m: 2:49.65 45.64	300m: 4:39.36 55.57			



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Programmanr. 43, Heren, 400m wisselslag

Masters 30+

1. Kristiaan Lenos	LZ 1886	5:00.17	198301331	<b>5:04.60</b>	+0,82
50m: 30.78 30.78	150m: 1:47.48 40.74	250m: 3:11.44 44.10	350m: 4:31.07 35.57		
100m: 1:06.74 35.96	200m: 2:27.34 39.86	300m: 3:55.50 44.06	400m: 5:04.60 33.53		
2. Thommy Nickel	Van Vliet-Barracuda	5:15.16	198401627	<b>5:14.08</b>	+0,73
50m: 34.24 34.24	150m: 1:54.37 40.41	250m: 3:18.81 44.32	350m: 4:39.03 35.72		
100m: 1:13.96 39.72	200m: 2:34.49 40.12	300m: 4:03.31 44.50	400m: 5:14.08 35.05		
3. Pieter Pickhardt	ZPC De Hof	4:59.91	198301657	<b>5:16.17</b>	+0,86
50m: 32.62 32.62	150m: 1:54.63 44.17	250m: 3:20.44 43.41	350m: 4:41.07 36.33		
100m: 1:10.46 37.84	200m: 2:37.03 42.40	300m: 4:04.74 44.30	400m: 5:16.17 35.10		
4. Jeroen Vogelsang	DAW	5:47.16	198001645	<b>5:51.04</b>	+0,85
50m: 35.62 35.62	150m: 2:11.82 51.25	250m: 3:49.37 48.22	350m: 5:14.61 37.18		
100m: 1:20.57 44.95	200m: 3:01.15 49.33	300m: 4:37.43 48.06	400m: 5:51.04 36.43		

Masters 35+

1. Egbert Stolk	d'ELFT WAVE (SG)	4:46.30	197600889	<b>5:02.59</b>	+0,78
<i>Kampioenschaps Record</i>					
50m: 30.44 30.44	150m: 1:46.97 39.87	250m: 3:09.45 43.69	350m: 4:28.45 34.85		
100m: 1:07.10 36.66	200m: 2:25.76 38.79	300m: 3:53.60 44.15	400m: 5:02.59 34.14		
2. Evgeny Ryzhov	Sprut	4:48.35	101628	<b>5:08.42</b>	+0,82
50m: 30.75 30.75	150m: 1:49.49 43.94	250m: 3:14.51 43.02	350m: 4:34.15 36.58		
100m: 1:05.55 34.80	200m: 2:31.49 42.00	300m: 3:57.57 43.06	400m: 5:08.42 34.27		
3. Dennis Brouwers	HZPC	5:03.64	197800167	<b>5:19.38</b>	+0,88
50m: 35.98 35.98	150m: 1:57.29 38.84	250m: 3:21.58 45.60	350m: 4:43.89 35.48		
100m: 1:18.45 42.47	200m: 2:35.98 38.69	300m: 4:08.41 46.83	400m: 5:19.38 35.49		
4. Freddie Geerlings	HGN (SG)	5:29.35	197900379	<b>5:31.54</b>	+0,87
50m: 35.08 35.08	150m: 2:02.33 44.41	250m: 3:31.58 45.66	350m: 4:55.20 37.77		
100m: 1:17.92 42.84	200m: 2:45.92 43.59	300m: 4:17.43 45.85	400m: 5:31.54 36.34		
NG Arjan Buijsse	Sassenheim	5:16.83	197901767		

Masters 40+

1. Gerard Eghuizen	HZ&PC Heerenveen	5:51.13	197400197	<b>5:55.20</b>	+0,84
50m: 35.72 35.72	150m: 2:07.10 45.01	250m: 3:40.93 49.68	350m: 5:13.22 40.30		
100m: 1:22.09 46.37	200m: 2:51.25 44.15	300m: 4:32.92 51.99	400m: 5:55.20 41.98		
2. Kasper van den Berghe	Swol 1894	6:05.52	197301125	<b>6:13.43</b>	+0,80
50m: 37.16 37.16	150m: 2:11.16 48.46	250m: 3:52.00 54.13	350m: 5:31.00 45.19		
100m: 1:22.70 45.54	200m: 2:57.87 46.71	300m: 4:45.81 53.81	400m: 6:13.43 42.43		

Masters 45+

1. René Beetsma	HZ&PC Heerenveen	5:25.69	196900069	<b>5:30.97</b>	+0,84
50m: 33.65 33.65	150m: 1:58.87 43.72	250m: 3:29.23 47.67	350m: 4:54.70 38.22		
100m: 1:15.15 41.50	200m: 2:41.56 42.69	300m: 4:16.48 47.25	400m: 5:30.97 36.27		

Masters 50+

1. Jan Brink	ZPC De Zeeuwse Kust	5:14.82	196200091	<b>5:38.03</b>	+0,80
50m: 34.81 34.81	150m: 2:03.85 44.99	250m: 3:35.89 48.94	350m: 5:02.25 37.67		
100m: 1:18.86 44.05	200m: 2:46.95 43.10	300m: 4:24.58 48.69	400m: 5:38.03 35.78		
2. Ronald Grove	Oceanus	5:55.20	196100161	<b>6:06.74</b>	+0,79
50m: 37.16 37.16	150m: 2:13.97 51.23	250m: 3:53.32 50.21	350m: 5:25.18 41.05		
100m: 1:22.74 45.58	200m: 3:03.11 49.14	300m: 4:44.13 50.81	400m: 6:06.74 41.56		
3. Paul van der Voort	De Zwoer	6:27.35	196200715	<b>6:26.75</b>	+1,01
50m: 38.30 38.30	150m: 2:18.68 50.67	250m: 4:05.35 57.21	350m: 5:45.47 43.04		
100m: 1:28.01 49.71	200m: 3:08.14 49.46	300m: 5:02.43 57.08	400m: 6:26.75 41.28		

Masters 55+

1. Paul Bunnik	Triton	6:30.60	195600413	<b>6:31.42</b>	+1,03
50m: 38.36 38.36	150m: 2:21.08 52.89	250m: 4:06.82 53.88	350m: 5:47.18 44.14		
100m: 1:28.19 49.83	200m: 3:12.94 51.86	300m: 5:03.04 56.22	400m: 6:31.42 44.24		





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Programmanr. 43, Heren, 400m wisselslag

Masters 70+

1. Rob Hanou			PSV			7:03.09		194300109			<b>7:50.30</b>	+1,14
50m:	51.85	51.85	150m:	2:58.23	1:04.12	250m:	5:03.75	1:03.20	350m:	6:58.15	52.14	
100m:	1:54.11	1:02.26	200m:	4:00.55	1:02.32	300m:	6:06.01	1:02.26	400m:	7:50.30	52.15	

Programmanr. 44  
04-05-2014 - 16:18

Dames, 50m vrije slag

Masters Open  
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
<b>Masters 20+</b>						
1.	Anja van der Hout <i>Kampioenschaps Record</i>	WVZ	26.06	199001598	<b>27.06</b>	+0,67
2.	Kimberley Albers	WVZ	27.12	199204102	<b>28.24</b>	+0,74
3.	Linda van der Hout	Piranha	28.13	199300344	<b>28.71</b>	+0,73
4.	Isabelle Massar	WVZ	27.82	199102034	<b>28.85</b>	+0,74
5.	Carmen Seesing	NDD	27.84	199406220	<b>28.87</b>	+0,72
6.	Désirée Emmen	De Warande	28.16	199204862	<b>29.12</b>	+0,71
7.	Ilse Noorlander	d'ELFT WAVE (SG)	28.95	199307810	<b>29.36</b>	+0,68
8.	Anouk van der Pligt	ZOB'66	28.58	199303296	<b>29.44</b>	+0,62
9.	Sabine Gaspersz	DSZ	30.07	199100972	<b>29.84</b>	+0,80
10.	Denise Koerhuis	De Spatters	29.02	199400306	<b>29.92</b>	+0,70
11.	Lis Kop Jansen	Z&PC De Gouwe	29.06	199101740	<b>29.98</b>	+0,83
12.	Eva Engelen	NDD	28.33	199405514	<b>30.12</b>	+0,71
13.	Simone de Boer	LZ 1886	30.21	199306858	<b>30.37</b>	+0,74
14.	Sanne van Dijk	Zoetermeer	29.87	199000818	<b>30.74</b>	+0,85
15.	Joyce Raemaekers	Budel	30.29	199106106	<b>30.92</b>	+0,77
16.	Emma Siemensma	De Zijl/LGB	31.61	199402716	<b>30.98</b>	+0,81
17.	Chantal Willems	Noord-Limburg (SG)	30.48	199105482	<b>31.02</b>	+0,91
18.	Zarife Gela	d'ELFT WAVE (SG)	29.40	199200584	<b>31.15</b>	+0,65
19.	Chantal van der Horst	De Meer	30.55	199400616	<b>31.22</b>	+0,73
20.	Yvonne Bruls	Eurode KZC	30.78	199008114	<b>31.51</b>	+0,69
21.	Getrude Corporaal	ZVZ	30.68	199200380	<b>31.59</b>	+0,74
22.	Madeleine Sielemann	GoSwim	31.14	199106166	<b>31.61</b>	+0,84
23.	Eline Schaft	Piranha	30.46	199202692	<b>31.65</b>	+0,86
24.	Lindsey Hol	De Meer	31.65	199008088	<b>31.74</b>	+0,71
25.	Mieke Cornelisse	Sassenheim	30.76	199405090	<b>31.98</b>	+0,80
26.	Ramona Noordermeer	ZVVS	32.21	199401746	<b>32.51</b>	+0,73
27.	Charine de Ruiter	Steenwijk 1934	32.23	199403668	<b>32.66</b>	+0,89
28.	Lonneke Oenema	Steenwijk 1934	32.15	199102314	<b>32.79</b>	+0,79
29.	Rebecca Evers	ZOB'66	34.34	199207916	<b>32.80</b>	+0,80
30.	Carmen Veldkamp	WVZ	32.00	199406114	<b>33.16</b>	+0,74
31.	Tara Keijzer	Steenwijk 1934	32.00	199108498	<b>33.33</b>	+0,73
32.	Daphne Meijer	Montferland	33.43	199303850	<b>33.55</b>	+0,88
33.	Eline Schoenmaker	Zwemlust-den Hommel	35.26	199003322	<b>34.47</b>	+0,68
34.	Pauline Magnée	De Warande	34.99	199205434	<b>34.77</b>	+0,85
35.	Kelly Bockting	Montferland	33.80	199104050	<b>35.16</b>	+0,82
36.	Maaïke Hofland	Sassenheim	34.35	199203754	<b>35.18</b>	+0,70
37.	Rachelle Ippel	Torpedo	35.85	199407452	<b>35.57</b>	+0,85
38.	Carmen Ensink	Piranha	39.54	199307842	<b>37.19</b>	+0,98
39.	Liesbeth Bruinekool	Zuiderzeezwemmers	50.81	199007958	<b>51.54</b>	+0,78

Masters 25+

1.	Marije Jansen	Montferland	29.69	198504088	<b>29.36</b>	+0,74
2.	Sabine Lina	ZPC Woerden	28.76	198902680	<b>29.46</b>	+0,69
3.	Rianne Hofland	Sassenheim	29.18	198801820	<b>29.49</b>	+0,72
4.	Annelette de Vries	WS Twente	28.94	198603908	<b>29.52</b>	+0,70
5.	Bianca Paape	DAW	29.43	198502262	<b>29.54</b>	+0,76
6.	Karin Ursem	Torpedo	30.26	198904178	<b>30.05</b>	+0,70
7.	Fanny Koenig	CNSW	30.75	CNSW/638/89	<b>30.08</b>	+0,77
8.	Jose Janssen	TRB-RES	32.00	198907324	<b>30.35</b>	+0,63

Programmanr. 44, Dames, 50m vrije slag, Masters 25+

rang	naam	vereniging	inschrijftijd	startnr.		tijd	RT
9.	Ina Schaafsma	PLONS	30.54	198504152		<b>30.47</b>	+0,83
10.	Ilse van den Wijngaard	ZPC Woerden	30.17	198904736		<b>30.48</b>	+0,75
11.	Carly Noordermeer	ZOB'66	29.94	198702984		<b>30.88</b>	+0,67
12.	Marije van Manen	AZ&PC	29.96	198602386		<b>31.30</b>	+0,80
13.	Esther Steltenpohl	DAW	31.82	198504116		<b>32.62</b>	+0,72
14.	Carola Hompes	Budel	31.52	198801868		<b>32.69</b>	+0,81
15.	Lisette Prins	WVZ	31.52	198803522		<b>33.09</b>	+0,84
16.	Megan ter Braake-Wijnen	WIDEX GZC DONK	32.96	198500424		<b>33.42</b>	+0,91
17.	Annebeth van Ark	Octopus	34.95	198805588		<b>36.05</b>	+0,82
18.	Anne van den Besselaar	HZ&PC Heerenveen	1:05.55	198504062	S8	<b>1:06.90</b>	+1,06

Masters 30+

1.	Delia Badoux	Zoetermeer	28.64	198000042		<b>29.33</b>	+0,70
2.	Anke Lambooy	AZL	28.57	198001182		<b>30.34</b>	+0,82
3.	Sandra Pannekeet	DAW	29.41	198403458		<b>31.80</b>	+0,68
4.	Angela Giezen	Montferland	33.13	198302796		<b>33.47</b>	+0,81
5.	Marijke Dirkse	IJZPC	34.73	198403480		<b>33.56</b>	+1,00
6.	Ilse Franken	WIDEX GZC DONK	37.02	198302572		<b>36.44</b>	+0,98
7.	Marjolein v.d Sanden	Noord-Limburg (SG)	36.69	198402136		<b>36.48</b>	+0,78
8.	Marloes Rebel	WS Twente	39.71	198403474		<b>40.27</b>	+0,92

Masters 35+

1.	Inez Heideman	WS Twente	30.98	197500198		<b>29.69</b>	+0,84
2.	Geraldine Trainor	De Duck	30.24	197500544		<b>30.53</b>	+0,80
3.	Marian Nederlof	DWF	31.69	197600950		<b>31.30</b>	+0,71
4.	Petra Verstegen	WVZ	31.96	197700906		<b>31.88</b>	+0,83
5.	Evelien Meeuwissen	Sassenheim	31.42	197500360		<b>32.09</b>	+0,81
6.	Paula 't Hart-Buitelaar	ZVVS	36.90	197701132		<b>35.35</b>	+0,82
7.	Clementine van Bruxvoort	ZPB H&L Productions	38.10	197700138		<b>39.37</b>	+0,98

Masters 40+

1.	Edith Janssen-Koolen	TRB-RES	30.56	197300898		<b>30.38</b>	+0,90
2.	Ilona Hogerheyde	DAW	30.11	197400224		<b>30.55</b>	+0,72
3.	Tony de Groot	De Futen	32.06	197300758		<b>32.37</b>	+0,88
4.	Tanya Lyvbarskaya	SCOM	32.61	197101000		<b>32.63</b>	+0,84
5.	Renata van Essen	Zuiderzeezwemmers	32.78	197300740		<b>32.73</b>	+0,73
6.	Ageeth Boomsma	Orca	33.64	197000826		<b>34.64</b>	+0,81
7.	Daniella Harrison	Potters Bar SC	33.34	692010		<b>35.64</b>	+0,90
8.	Patricia Austen	RZ	36.51	197000968		<b>38.19</b>	+0,86
9.	Caroline Griffin	Potters Bar SC	37.28	955690		<b>39.13</b>	+0,97

Masters 45+

1.	Monique Tuijp <i>Nederlands Masters Record</i>	WZ&PC Purmerend	27.69	196900800		<b>28.00</b>	+0,84
2.	Heidi van Stein	LZ 1886	30.03	196900864		<b>30.22</b>	+0,82
3.	Annette Wijnja-Visser	De Biesboschzwemmers	31.03	196700528		<b>30.95</b>	+0,74
4.	Claudia Goldschmidt	Maidenhead Marlins	31.02	954626		<b>31.63</b>	+0,91
5.	Marion Broekhuis	WS Twente	33.48	196800060		<b>33.13</b>	+0,74
6.	Esther Mijnen	ZV De Zaan	32.55	196900846		<b>33.38</b>	+0,79
7.	Sandra Hoofs-Buil	Racing Club	33.71	196600678		<b>33.66</b>	+0,80
8.	Antoinette Kant	Den Doorn	34.08	196900920		<b>35.65</b>	+0,94
9.	Ingeborg Stokx	DAW	36.40	196700666		<b>36.48</b>	+0,68
10.	Myra Vink	De Fuut	36.39	196600526		<b>36.72</b>	+0,82
11.	Sandra Daamen-Posma	AZC	35.78	196800854		<b>38.70</b>	+1,12
12.	Ineke Branderhorst	Den Doorn	41.46	196900918		<b>42.24</b>	+1,14





Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



Programmanr. 44, Dames, 50m vrije slag

Masters 50+

1.	Marjan Remmits-De Lange	ZPC Woerden	30.98	196300518	<b>31.63</b>	+0,72
2.	Christine Moerkerken-Beukema	ZPB H&L Productions	33.12	196300524	<b>32.76</b>	+0,86
3.	Marijke Kraak-Beckers	WS Twente	33.83	196000240	<b>34.27</b>	+0,78
4.	Alie Visser	HZ&PC Heerenveen	39.69	196400494	<b>41.26</b>	+0,87
5.	Lilian Kelly	Budel	43.85	196300534	<b>42.32</b>	+0,89
6.	Riekie Schra	Steenwijk 1934	52.34	196400404	<b>55.31</b>	+1,35

Masters 55+

1.	Ada de Voogd	ZVVS	33.33	195900280	<b>32.85</b>	+0,80
2.	Marijke van Hoek	ZPC De Zeeuwse Kust	34.31	195800050	<b>33.94</b>	+0,80
3.	Claire Anthony	CNSW	34.30	CNSW/487/57	<b>34.73</b>	+0,90
4.	Anje Manuputty	De Dolfijn	44.74	195700176	<b>46.82</b>	+0,93

Masters 60+

1.	Christien Nieuwenhuis	Swol 1894	32.38	195100022	<b>32.72</b>	+0,76
2.	Patty Krupiarz	PSV	34.62	195400074	<b>36.50</b>	+0,79
3.	Tineke Brouwer-Maat	Zwemvereniging Westland	37.18	195300074	<b>37.74</b>	+0,89
4.	Tineke van Diggelen	Oceanus	40.20	195200048	<b>41.51</b>	+0,78
5.	Antoinette Gilding-Tussaud	WS Twente	43.99	195000038	<b>46.07</b>	+1,18
6.	Geerdien Meerwaldt	De Geul	50.16	195200058	<b>51.23</b>	+1,06
AFGEM	Alison Gilbert	De Futen	33.34	195300068		

Masters 65+

1.	Corrie Verhoeven	PSV	35.14	194600026	<b>35.19</b>	+0,79
	<i>Kampioenschaps Record</i>					
2.	Iris E. van Glinstra Beker	De Lansingh	43.73	194800032	<b>45.10</b>	+1,17
3.	Annet Verhoeven	De Duinkickers	44.50	194600024	<b>46.16</b>	+1,11
4.	Loekie v. Huissteden	AZ&PC	46.08	194500002	<b>46.62</b>	+1,02

Masters 70+

1.	Truus Ruiter	Old Dutch	51.35	194000004	<b>56.35</b>	+0,91
2.	Liesbeth ter Laak	PSV	1:09.42	194200008	<b>1:11.15</b>	+1,16

Masters 75+

1.	Lottie Geurts	PSV	39.87	193500006	<b>40.98</b>	+1,15
2.	Alice Lindhout	PSV	54.51	193500010	<b>54.33</b>	+1,01

Masters 80+

1.	Eliane Pellis	AZSC	41.80	AZSC/20672/33	<b>43.47</b>	+0,94
	<i>Kampioenschaps Record</i>					
2.	Annie de Vos	Old Dutch	1:00.44	193400004	<b>1:06.58</b>	

Masters 85+

AFGEM	Anneke Logtenberg	OZ&PC	1:03.50	192900004		
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Programmanr. 45  
04-05-2014 - 16:35

Heren, 50m vrije slag

Masters Open  
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
<b>Masters 20+</b>						
1.	Ensger Kotterink <i>Kampioenschaps Record</i>	Albion	23.18	199403391	<b>23.90</b>	+0,58
2.	Mark Costeris	WVZ	23.01	199202327	<b>24.26</b>	+0,72
3.	Lorenzo Cavallini	De Futen	25.16	199007465	<b>25.17</b>	+0,80
4.	Mike Koelewijn	Steenwijk 1934	25.71	199303597	<b>25.99</b>	+0,71
5.	Rutger Dalm	De Lansingh	25.75	199005561	<b>26.33</b>	+0,74
6.	Roald Blok	Octopus	26.02	199302685	<b>26.94</b>	+0,72
7.	Dennis Bosma	Montferland	25.54	199403851	<b>26.98</b>	+0,67
8.	Jasper de Boer	ZPC De Hof	26.23	199300051	<b>27.09</b>	+0,78
	Rens Post	WVZ	26.33	199101827	<b>27.09</b>	+0,71
10.	Robin Eltink	NDD	26.21	199406147	<b>27.14</b>	+0,80
11.	Nick Baron	WVZ	26.08	199103533	<b>27.31</b>	+0,70
12.	Kenneth Caster	RZ	27.47	199100375	<b>27.66</b>	+0,72
13.	Ruben Stolk	ZOB'66	26.35	199005665	<b>28.11</b>	+0,81
14.	Patrick Brouwer	AZC	28.83	199303715	<b>29.79</b>	+0,92
15.	Daniel Rosenkranz	Montferland	31.66	199107601	<b>29.89</b>	+0,85
16.	Michael Schlijper	Eurode KZC	30.14	199303691	<b>30.52</b>	+0,97
17.	Jerry Alberto	De Futen	30.18	199406523	<b>30.53</b>	+0,67
18.	Timo van der Wel	Piranha	32.54	199307221	<b>31.87</b>	+0,89
19.	Daniel van den Wildenberg	Eurode KZC	29.95	199206491	<b>32.27</b>	+0,75
<b>Masters 25+</b>						
1.	Hjalmar de Ruiter	NDD	23.98	198902695	<b>25.68</b>	+0,71
2.	Martin Teley	PSV	25.38	198906059	<b>25.72</b>	+0,72
3.	Jean Pierre Bisslik	DES	25.61	198705243	<b>26.04</b>	+0,57
4.	Emiel Huisken	ZPC De Hof	25.50	198501139	<b>26.18</b>	+0,71
5.	Richard Huisken	ZPC De Hof	25.50	198501141	<b>26.28</b>	+0,71
6.	Erik van der Heide	Zuiderzeezwemmers	26.44	198801337	<b>26.36</b>	+0,70
7.	Brian Narain	DSZ	26.10	198904363	<b>26.70</b>	+0,77
8.	Martijn van Hoorn	MGO (SG)	26.27	198901343	<b>27.17</b>	+0,82
9.	Melano Winter	RSW (SG)	27.23	198703847	<b>27.63</b>	+0,79
10.	Mike Hereijgers	De Futen	25.98	198501007	<b>27.79</b>	+0,78
11.	Patrick de Jonge	ZPC Woerden	31.31	198906635	<b>28.25</b>	+0,80
12.	Dirk-Jan Pronk	LZ 1886	28.45	198702665	<b>28.27</b>	+0,84
13.	Dimitri Sauvage	TRB-RES	29.10	198906755	<b>28.31</b>	+0,74
14.	Peter van den Dool	GoSwim	27.75	198704973	<b>28.61</b>	+0,88
15.	Wesley van Diejen	PSV	29.33	198604551	<b>28.76</b>	+0,76
16.	Paul Notenboom	Strijen	28.35	198805513	<b>29.20</b>	+0,79
17.	Mark den Blanken	d'ELFT WAVE (SG)	31.17	198806087	<b>29.52</b>	+0,73
18.	Elmar Steenhof	ZVW'74	28.07	198502481	<b>29.77</b>	+0,82
19.	Robin Eggenkamp	De Duinkickers	31.00	198700847	<b>32.17</b>	+0,78
20.	Wouter van 't Klooster	AZ&PC	31.51	198806159	<b>32.52</b>	+0,77
<b>Masters 30+</b>						
1.	Richard Claus	Swimteam Helden-Mosa (SG)	26.54	198000265	<b>26.39</b>	+0,77
2.	Bart Groenemans	PLONS	27.28	198200551	<b>26.64</b>	+0,74
3.	Jim Geestman	RSW (SG)	25.84	198300699	<b>26.98</b>	+0,94
4.	Bas v.d. Laan	WVZ	27.49	198302471	<b>27.40</b>	+0,72
5.	Joël Kapelle	ZVW'74	28.18	198200857	<b>29.00</b>	+0,67
6.	Marco van Antwerpen	Strijen	28.56	198000027	<b>29.19</b>	+0,86
7.	Jeroen Vogelsang	DAW	30.93	198001645	<b>30.61</b>	+0,82
8.	Hans Cligge	De Futen	29.52	198100315	<b>30.72</b>	+0,74
9.	Marnix Cornelisse	LZ 1886	31.73	198002343	<b>32.60</b>	+0,77

Programmanr. 45, Heren, 50m vrije slag

Masters 35+

1.	Matteo Mattacchione	De Futen	24.84	197801847	<b>25.12</b>	+0,75
	<i>Kampioenschaps Record</i>					
2.	Jeroen Zelsmann	Upstream Amsterdam	25.23	197701551	<b>25.34</b>	+0,69
3.	Roland de Jong	Eurode KZC	26.35	197601513	<b>26.20</b>	+0,71
4.	Ewoud Rupert	WS Twente	26.46	197801795	<b>27.15</b>	+0,82
	Dimitrie Sonnemans	RZ	26.97	197501391	<b>27.15</b>	+0,86
6.	Erwin van den Born	De Rijn	27.50	197700143	<b>27.33</b>	+0,81
7.	Alex Damen	DAW	27.44	197501371	<b>27.42</b>	+0,73
8.	Victor Barnar	GoSwim	26.82	197801805	<b>27.53</b>	+0,78
9.	Erik Lamers	De Gelenberg	27.05	197500507	<b>27.65</b>	+0,71
10.	Kars Luttik	DAW	27.93	197800675	<b>27.66</b>	+0,71
11.	Kelvin Isselt	RZ	27.14	197601119	<b>27.95</b>	+0,75
12.	Gino Martijn	RZ	28.45	197901865	<b>29.28</b>	+0,71
13.	Michael Go	AZC	29.32	197501397	<b>30.74</b>	+0,85
14.	Roan Doves	ZVVS	34.84	197501427	<b>34.52</b>	+1,00
DIS	Andries de Haan	GLS Ketelbinkie	38.54	197701577		AA

Masters 40+

1.	Joeri Stoffels	AZC	26.39	197300851	<b>26.20</b>	+0,82
2.	Marcel van Winssen	De Gelenberg	26.86	197101477	<b>26.69</b>	+0,82
3.	Richard Rickson	HGN (SG)	26.74	197000841	<b>27.85</b>	+0,83
4.	Phil Airey	LZ 1886	27.38	197401431	<b>28.27</b>	+0,79
5.	Francois Boudreault	PLONS	28.27	197401155	<b>28.63</b>	+0,74
6.	Wibo Mooibroek	ZV De Zaan	28.46	197401339	<b>28.74</b>	+0,93
7.	Martin Berkhout	LZ 1886	29.29	197101123	<b>29.12</b>	+0,71
8.	Gertjan van der Knaap	De Duck	29.45	197300459	<b>29.79</b>	+0,81
9.	Stefan Vogel	Racing Club	30.93	197101589	<b>30.26</b>	+0,77
10.	Wouter van der Stelt	Den Doorn	29.70	197200889	<b>31.18</b>	+0,71
11.	Edward van Nijmweegen	Budel	33.71	197001635	<b>31.68</b>	+0,95
12.	Albert Roosenboom	Budel	31.89	197101599	<b>31.95</b>	+1,00
13.	Mike Molenaar	Zoetermeer	32.05	197201493	<b>32.81</b>	+0,98
14.	Bas van Gool	De Geul	32.00	197201435	<b>33.27</b>	+0,81
15.	Oebele Boomsma	Orca	39.23	197001659	<b>38.44</b>	+1,09
16.	Remco Boerma	WS Twente	37.06	197401427	<b>38.72</b>	+0,94
17.	Sead Cilic	PSV	47.89	197001649	<b>44.29</b>	+1,27
AFGEM	Dennis van Markesteijn	TZC-Vahalis	32.28	197201333		

Masters 45+

1.	René Beetsma	HZ&PC Heerenveen	27.41	196900069	<b>27.74</b>	+0,79
2.	Ruud Goudswaard	ZPC De Zeeuwse Kust	27.71	196901437	<b>28.00</b>	+0,90
3.	Bernd Bienek	SV Gladbeck 13	28.43	278658	<b>28.57</b>	+0,87
4.	Erik Saan	De Duck	27.88	196500769	<b>28.67</b>	+0,93
5.	Marc Bleeker	d'ELFT WAVE (SG)	32.08	196901729	<b>28.99</b>	+0,99
6.	Jeroen Kort	DAW	30.16	196801543	<b>29.03</b>	+0,70
7.	Erwin Beringen	GoSwim	28.61	196601515	<b>29.18</b>	+0,75
8.	Eric van der Burgt	Arethusa	29.57	196701613	<b>29.63</b>	+0,66
9.	Nico Swart	Den Doorn	28.81	196801475	<b>29.73</b>	+0,77
10.	Marcel Brittijn	De Duinkickers	29.42	196900159	<b>30.27</b>	+0,67
11.	Fred Dijkshoorn	Zwemvereniging Westland	30.68	196501539	<b>30.32</b>	+0,76
12.	Darren Hamshere	Potters Bar SC	29.92	955680	<b>30.41</b>	+0,76
13.	Pieter-Sjoerd de Wijn	Aqua-Novio'94	30.01	196501027	<b>30.54</b>	+0,78
14.	Wouter de Bruijn	De Watervogels	29.83	196601561	<b>31.00</b>	+1,09
15.	Ruud Kennis	Budel	34.28	196501555	<b>31.77</b>	+0,82
16.	Huyb Stegeman	Steenwijk 1934	32.11	196701535	<b>32.46</b>	+0,78
17.	Eugene Gormley	Potters Bar SC	31.09	778738	<b>32.48</b>	+0,89
18.	Roelof Broekman	De Spatters	31.06	196800155	<b>33.85</b>	+0,80
19.	Gertjan van der Vaart	ZVVS	33.56	196801529	<b>33.94</b>	+0,79
20.	Hans Maas	PLONS	33.06	196501433	<b>34.08</b>	+0,67
21.	Ramon Alsina Munoz	CNSW	34.11	CNSW/608/69	<b>34.24</b>	+0,91
22.	Marc van Nassau	Old Dutch	33.94	196601563	<b>35.52</b>	+0,84
23.	Mark Formby	Potters Bar SC	35.55	907997	<b>36.67</b>	+0,82

Programmanr. 45, Heren, 50m vrije slag

Masters 50+

1.	Cees van Houwelingen	De Schelde	25.96	196300351	<b>26.78</b>	+0,89
2.	Johan Remmits	ZPC Woerden	27.60	196201159	<b>27.40</b>	+0,83
3.	Dmitry Kromskiy	Poseidon	27.22	037011	<b>27.97</b>	+0,82
4.	John Stokx	DAW	28.80	196401341	<b>28.96</b>	+0,72
5.	Mark Nuijten	Zwemvereniging Westland	28.35	196000411	<b>29.49</b>	+0,96
6.	Adrian Ortiz Buitrago	WIDEX GZC DONK	29.00	196000931	<b>29.59</b>	+0,82
7.	Jetze Sipma	HZ&PC Heerenveen	30.32	196201025	<b>29.86</b>	+0,72
8.	Bob Nieuwenhuys	De Fuut	30.09	196201227	<b>30.59</b>	+0,82
9.	John Stoffer	Zoetermeer	29.15	196300725	<b>30.78</b>	+0,72
10.	Jeroen Rikkerink	PLONS	30.11	196301337	<b>30.89</b>	+0,92
11.	Eric Giling	De Fuut	30.17	196400237	<b>31.12</b>	+0,75
12.	Mark Kas	PLONS	32.26	196100285	<b>32.34</b>	+0,82
13.	John Tersteeg	De Fuut	33.20	196001039	<b>33.14</b>	+0,84
14.	Rob van Wijk	DES	32.90	196401213	<b>33.70</b>	+0,93
15.	Jan Willem Heuten	WS Twente	33.48	196000883	<b>33.98</b>	+0,88
16.	Marco Schoenmakers	ZVVS	39.11	196401375	<b>37.19</b>	+0,88
NG.ZA	James Norman	PLONS	32.99	196001029		
AFGEM	Hendrik Haze	GoSwim	31.29	196401387		

Masters 55+

1.	Andre Storm	Zoetermeer	30.19	195600407	<b>30.27</b>	+0,89
2.	Gerhard Prohaska	EW Donau SC 1903	29.70	19054	<b>30.29</b>	+0,82
3.	Evertjan Masurel	PSV	30.93	195600495	<b>31.00</b>	+0,89
4.	Leo de Keizer	PLONS	33.89	195600487	<b>33.89</b>	+0,88
5.	Jaap de Boer	De Duinkickers	34.02	195800691	<b>34.40</b>	+0,76
6.	Jan Timmerman	IJZPC	34.51	195700347	<b>35.73</b>	+0,79
7.	Adrie van der Gracht	OEZA	40.90	195700485	<b>42.39</b>	+1,10

Masters 60+

1.	Brend Brevé	PSV	29.67	195200265	<b>29.61</b>	+0,81
2.	Piet Schop	De Bevelanders	31.64	195000109	<b>30.60</b>	+0,64
3.	Jos Kamps	De Amer	32.70	195100085	<b>33.06</b>	+0,98
4.	Laurens klein Breteler	WWV	32.17	195400109	<b>33.28</b>	+0,78
5.	Richard Catoire	Oceanus	34.16	195200253	<b>35.06</b>	+0,92

Masters 65+

1.	Willem Putter	ZVVS	33.46	194500135	<b>33.81</b>	+0,82
2.	Jaap Kwakkel	DAW	32.04	194700157	<b>33.94</b>	+1,01
3.	Nico van Dongen	De Devel	40.53	194800159	<b>43.64</b>	+0,84
4.	Peter Ouweneel	RSW (SG)	42.53	194500077	<b>44.98</b>	+1,08

Masters 70+

1.	Frans van Enst	WS Twente	33.27	194000011	<b>34.31</b>	+1,04
2.	Ruud Sloof	De Rijn	35.33	194400073	<b>36.35</b>	+1,04
3.	Geza Kaltenecker	AZC	36.37	194200065	<b>36.46</b>	+0,97
4.	Aad Grapendaal	OEZA	43.98	194200063	<b>44.62</b>	+0,96
5.	Kevork Boyrazian	CNSW	46.92	CNSW/609/44	<b>45.45</b>	+1,23
6.	Wim ter Laak	PSV	46.86	194000027	<b>48.73</b>	+1,15

Masters 75+

1.	Nic Geers	Z&PC De Gouwe	33.43	193800007	<b>35.82</b>	+0,97
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Masters 80+

AFGEM	Bob Berg	PSV	44.94	193300011		
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Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
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Programmanr. 46  
04-05-2014 - 16:53

Dames, 100m schoolslag

Masters Open  
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT	50m	100m
<b>Masters 20+</b>							
1.	Suzanne Brummel	LZ 1886	1:19.52 199401366	<b>1:19.06</b>	+0,73	37.93	1:19.06
2.	Sharon Gelmers	Octopus	1:17.49 199400416	<b>1:20.06</b>	+0,73	37.02	1:20.06
3.	Chantal van der Horst	De Meer	1:20.35 199400616	<b>1:20.31</b>	+0,74	37.61	1:20.31
4.	Isabelle Massar	WVZ	1:18.64 199102034	<b>1:22.15</b>	+0,77	38.29	1:22.15
5.	Désirée Hulsmeyer	Het Ravijn	1:23.83 199001656	<b>1:22.42</b>	+0,64	37.86	1:22.42
6.	Erika Aan het Rot	Octopus	1:17.97 199000010	<b>1:22.80</b>	+0,73	38.39	1:22.80
7.	Rosanne de Boer	LZ 1886	1:24.62 199104060	<b>1:23.90</b>	+0,81	39.30	1:23.90
8.	Jasmijn Ruijgrok	De Zijl/LGB	1:24.46 199401032	<b>1:24.07</b>	+0,76	39.65	1:24.07
9.	Carmen Seesing	NDD	1:19.36 199406220	<b>1:24.19</b>	+0,76	37.53	1:24.19
10.	Catherine Holmes	Maidenhead Marlins	1:25.13 36934	<b>1:25.85</b>	+0,76	40.15	1:25.85
11.	Alinda Damsteegt	MNC Dordrecht	1:23.63 199400222	<b>1:29.27</b>	+0,89	41.85	1:29.27
12.	Denise Koerhuis	De Spatters	1:27.04 199400306	<b>1:30.54</b>	+0,71	42.15	1:30.54
13.	Ramona Noordermeer	ZVVS	1:28.23 199401746	<b>1:32.44</b>	+0,74	43.96	1:32.44
14.	Tara Keijzer	Steenwijk 1934	1:38.49 199108498	<b>1:35.11</b>	+0,63	43.83	1:35.11
15.	Rebecca Evers	ZOB'66	1:31.38 199207916	<b>1:37.59</b>	+0,86	45.81	1:37.59
16.	Janneke Wynia	WS Twente	1:43.67 199005500	<b>1:40.68</b>	+0,97	47.95	1:40.68
AFGEM	Zarife Gela	d'ELFT WAVE (SG)	1:24.35 199200584				
<b>Masters 25+</b>							
1.	Larissa Brak	AZ&PC	1:14.20 198800572	<b>1:17.29</b>	+0,79	36.48	1:17.29
2.	Marlijn Hendriksen	Arethusa	1:18.37 198806828	<b>1:18.98</b>	+0,77	37.09	1:18.98
3.	Suzan van den Bogaard	RZ	1:21.47 198900450	<b>1:20.45</b>	+0,76	38.13	1:20.45
4.	Mea Ferreira	WVZ	1:20.05 198901194	<b>1:20.46</b>	+0,78	37.61	1:20.46
5.	Aniek Huijsman	De Lansingh	1:20.84 198801932	<b>1:25.50</b>	+0,79	38.67	1:25.50
6.	Monique Pronk	WVZ	1:24.21 198803528	<b>1:27.45</b>	+0,82	40.60	1:27.45
7.	Bianca Paape	DAW	1:30.41 198502262	<b>1:29.26</b>	+0,77	42.68	1:29.26
8.	Karin Ursem	Torpedo	1:26.85 198904178	<b>1:29.79</b>	+0,73	41.59	1:29.79
9.	Isaline Manchel	CNSW	1:35.84 CNSW/475/85	<b>1:30.14</b>	+0,72	42.16	1:30.14
10.	Linda Janssen	ZPB H&L Productions	1:25.59 198802088	<b>1:30.86</b>	+0,88	42.70	1:30.86
11.	Carly Noordermeer	ZOB'66	1:27.72 198702984	<b>1:33.72</b>	+0,70	43.41	1:33.72
	Annelette de Vries	WS Twente	1:25.13 198603908	<b>1:33.72</b>	+0,73	43.24	1:33.72
13.	Fleur Maas	Zoetermeer	1:32.22 198902768	<b>1:34.84</b>	+0,96	44.48	1:34.84
14.	Margriet Aan het Rot	Octopus	1:31.98 198603088	<b>1:35.58</b>	+0,82	44.82	1:35.58
15.	Jose Janssen	TRB-RES	1:32.22 198907324	<b>1:36.17</b>	+0,63	45.33	1:36.17
16.	Tessa Verheijdt	WVZ	1:31.63 198904290	<b>1:36.62</b>	+0,79	44.75	1:36.62
17.	Maaïke van Diggele	ZPB H&L Productions	1:32.08 198700868	<b>1:37.08</b>	+0,85	44.41	1:37.08
18.	Carola Hompes	Budel	1:31.23 198801868	<b>1:37.55</b>	+0,79	47.28	1:37.55
AFGEM	Nina Ferreira	WVZ	1:17.73 198901196				
<b>Masters 30+</b>							
1.	Laura Badoux	DAW	1:16.64 198200038	<b>1:23.86</b>	+0,79	39.72	1:23.86
2.	Nadya Putter	ZVVS	1:25.52 198301630	<b>1:24.02</b>	+0,74	39.70	1:24.02
3.	Esther Versteeg	Van Vliet-Barracuda	1:29.51 198302112	<b>1:29.53</b>	+0,83	42.11	1:29.53
4.	Annette Vogelsang	ZV De Bron	1:27.43 198402632	<b>1:29.95</b>	+0,99	42.19	1:29.95
5.	Angela Giezen	Montferland	1:38.03 198302796	<b>1:37.31</b>	+0,85	47.55	1:37.31
6.	Marjolein v.d Sanden	Noord-Limburg (SG)	1:38.02 198402136	<b>1:42.15</b>	+0,74	49.05	1:42.15
<b>Masters 35+</b>							
1.	Inez Heideman	WS Twente	1:30.32 197500198	<b>1:25.88</b>	+0,86	39.93	1:25.88
2.	Geraldine Trainor	De Duck	1:28.25 197500544	<b>1:28.77</b>	+0,73	41.54	1:28.77
3.	Evelien Meeuwissen	Sassenheim	1:28.93 197500360	<b>1:31.49</b>	+0,79	43.45	1:31.49
4.	Marian Nederlof	DWF	1:34.07 197600950	<b>1:33.96</b>	+0,80	44.51	1:33.96



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Programmanr. 46, Dames, 100m schoolslag

Masters 40+

1. Karin Stein	ZVVS	1:22.04	197100554	<b>1:22.79</b>	+0,84	38.93	1:22.79
2. Nadège van Meeteren	De Meer	1:26.46	197400736	<b>1:24.31</b>	+0,81	39.84	1:24.31
3. Ilona Hogerheyde	DAW	1:28.15	197400224	<b>1:29.29</b>	+0,74	42.02	1:29.29
4. Caroline Griffin	Potters Bar SC	1:39.28	955690	<b>1:41.00</b>	+0,92	48.22	1:41.00
5. Annet Kootstra	Swol 1894	1:39.39	197100344	<b>1:43.52</b>	+0,96	49.28	1:43.52
AFGEM Trudie van Niejenhuis	TZC-Vahalis	1:30.59	197100444				

Masters 45+

1. Annette Wijnja-Visser	De Biesboschzweimmers	1:24.68	196700528	<b>1:24.78</b>	+0,76	40.10	1:24.78
2. Bridget Bewick	Maidenhead Marlins	1:29.87	36934	<b>1:29.03</b>	+0,94	42.34	1:29.03
3. Chita van der Goorbergh	Zoetermeer	1:33.09	196800762	<b>1:36.98</b>	+0,71	45.31	1:36.98
4. Yvette Kilian	Zoetermeer	1:37.34	196600534	<b>1:41.48</b>	+0,89	46.40	1:41.48
5. Ingeborg Stokx	DAW	1:43.76	196700666	<b>1:47.92</b>	+0,69	51.49	1:47.92
6. Margriet de Hoop	De Fuut	1:52.22	196800848	<b>1:55.78</b>	+0,88	56.01	1:55.78

Masters 50+

1. Marja Bloemzaad	AZ&PC	1:22.58	196100014	<b>1:23.86</b>	+0,79	39.69	1:23.86
2. C. Moerkerken-Beukema	ZPB H&L Productions	1:30.43	196300524	<b>1:32.81</b>	+0,86	43.61	1:32.81
3. Petra Tossings	DAW	1:36.52	196100376	<b>1:36.78</b>	+0,80	45.87	1:36.78
4. Jacqueline Rolloos-Bakker	De Lansingh	1:33.24	196300222	<b>1:36.95</b>	+0,85	43.97	1:36.95
5. Inge Wolfs	PLONS	1:36.22	196000304	<b>1:37.95</b>	+0,93	45.85	1:37.95
NG.ZA Hannah Ueckermann	Witham Dolphins	1:29.45	50524				

Masters 55+

1. Marijke van Hoek	ZPC De Zeeuwse Kust	1:37.35	195800050	<b>1:39.45</b>	+0,81	47.83	1:39.45
2. Claire Anthony	CNSW	1:49.74	CNSW/487/57	<b>1:45.86</b>	+0,91	51.23	1:45.86

Masters 60+

1. Gonnje Bak	PSV	1:55.21	195100064	<b>1:56.30</b>	+0,94	57.03	1:56.30
2. Tineke van Diggelen	Oceanus	1:56.81	195200048	<b>1:57.69</b>	+0,95	56.07	1:57.69
3. Geerdien Meerwaldt	De Geul	2:01.82	195200058	<b>2:04.44</b>	+1,14	1:00.25	2:04.44
4. Nini van Dongen-de Paepe	De Devel	2:11.27	195100044	<b>2:16.09</b>	+1,15	1:03.77	2:16.09
5. Janny van der Weide	Deltasteur	2:30.45	195100066	<b>2:33.15</b>		1:14.29	2:33.15

Masters 65+

1. Annet Verhoeven	De Duinkickers	2:02.85	194600024	<b>2:07.75</b>	+1,12	1:01.55	2:07.75
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Masters 70+

1. Matty van der Veen	Old Dutch	1:54.57	194400020	<b>2:06.08</b>	+1,14	1:00.60	2:06.08
2. Liesbeth ter Laak	PSV	2:32.92	194200008	<b>2:33.32</b>	+1,11	1:13.59	2:33.32

Masters 80+

1. Agnes Van Obberghen	AZSC	1:51.91	AZSC/20696/31	<b>1:54.27</b>	+1,01	52.22	1:54.27
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Masters 85+

AFGEM Anneke Logtenberg	OZ&PC	2:42.44	192900004				
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04-05-2014 - 17:13

Heren, 100m schoolslag

Masters Open  
Resultaten

rang naam	vereniging	inschrijftijd	tijd	RT	50m	100m
<b>Masters 20+</b>						
1. Roald Blok <i>Nederlands Masters Record</i>	Octopus	1:05.47 199302685	<b>1:06.81</b>	+0,69	30.75	1:06.81
2. Kenneth Caster	RZ	1:10.02 199100375	<b>1:12.09</b>	+0,73	33.29	1:12.09
3. Patrick Creemers	RZ	1:11.41 199000579	<b>1:13.08</b>	+0,72	34.89	1:13.08
4. Dennis Wijbenga	Stadskanaal	1:10.25 199003283	<b>1:13.51</b>	+0,83	34.10	1:13.51
5. Ricardo Hauber	DES	1:11.09 199402029	<b>1:14.84</b>	+0,71	34.61	1:14.84
6. Maik Steenkamp	Montferland	1:11.26 199103847	<b>1:16.66</b>	+0,72	35.73	1:16.66
7. Mike Koelewijn	Steenwijk 1934	1:14.26 199303597	<b>1:16.74</b>	+0,71	36.02	1:16.74
8. Lars Duijnhouwer	Den Doorn	1:12.29 199107161	<b>1:17.64</b>	+0,73	35.70	1:17.64
9. Dennis Bosma	Montferland	1:10.34 199403851	<b>1:18.03</b>	+0,69	35.90	1:18.03
10. Mark Huijsman	De Lansingh	1:16.37 199001305	<b>1:20.82</b>	+0,80	37.29	1:20.82
11. Rens Post	WVZ	1:17.41 199101827	<b>1:23.04</b>	+0,74	37.82	1:23.04
12. Michael Schlijper	Eurode KZC	1:24.69 199303691	<b>1:29.68</b>	+0,83	41.68	1:29.68
13. Timo van der Wel	Piranha	1:31.11 199307221	<b>1:30.03</b>	+0,97	43.62	1:30.03
14. Daniel van den Wildenberg	Eurode KZC	1:23.11 199206491	<b>1:31.77</b>	+0,73	43.22	1:31.77
15. Danny Vochteloo	ZZG de Boskickers (SG)	1:33.29 199207251	<b>1:33.45</b>	+0,99	44.24	1:33.45
<b>Masters 25+</b>						
1. Tim van den Berg	MNC Dordrecht	1:07.72 198500157	<b>1:07.79</b>	+0,73	31.95	1:07.79
2. Remko Hooft	De Duinkickers	1:10.74 198701405	<b>1:15.78</b>	+0,73	34.36	1:15.78
3. Brian Narain	DSZ	1:21.95 198904363	<b>1:18.44</b>	+0,78	36.56	1:18.44
4. Martijn van den Berge	De Lansingh	1:20.50 198503539	<b>1:18.69</b>	+0,68	37.28	1:18.69
5. Niels van Beurden	ZPC Woerden	1:12.96 198805669	<b>1:20.66</b>	+0,76	36.97	1:20.66
6. Wouter van 't Klooster	AZ&PC	1:22.22 198806159	<b>1:23.89</b>	+0,73	37.39	1:23.89
7. Harmen Reemst	ZOB'66	1:22.19 198702715	<b>1:27.21</b>	+0,78	39.71	1:27.21
8. Robin Eggenkamp	De Duinkickers	1:26.79 198700847	<b>1:31.59</b>	+0,81	44.03	1:31.59
<b>Masters 30+</b>						
1. Richard Claus	Swimteam Helden-Mosa (SG)	1:08.79 198000265	<b>1:07.85</b>	+0,78	31.65	1:07.85
2. Simon van Ravesteijn	Zoetermeer	1:08.00 198002263	<b>1:11.75</b>	+0,77	33.21	1:11.75
3. Kristiaan Lenos	LZ 1886	1:13.50 198301331	<b>1:14.33</b>	+0,83	34.89	1:14.33
4. Jim Geestman	RSW (SG)	1:13.39 198300699	<b>1:18.13</b>	+0,88	37.30	1:18.13
5. Ferry Blangé	ZOB'66	1:14.70 198300185	<b>1:19.39</b>	+0,79	35.55	1:19.39
6. Rob van Vliet	AZ&PC	1:23.36 198402459	<b>1:19.58</b>	+0,91	37.87	1:19.58
7. Hans Cligge	De Futen	1:21.84 198100315	<b>1:28.68</b>	+0,73	41.09	1:28.68
8. Remco Veerkamp	Zuiderzeezwemmers	1:37.11 198102311	<b>1:38.97</b>	+1,00	44.63	1:38.97
<b>Masters 35+</b>						
1. Egbert Stolk	d'ELFT WAVE (SG)	1:07.40 197600889	<b>1:10.60</b>	+0,75	32.91	1:10.60
2. Victor Barnar	GoSwim	1:10.40 197801805	<b>1:12.38</b>	+0,76	33.68	1:12.38
3. Vincent Versteeg	Zwemlust-den Hommel	1:13.01 197701003	<b>1:12.77</b>	+0,74	33.13	1:12.77
4. Dennis Schouten	Upstream Amsterdam	1:17.35 197501351	<b>1:15.32</b>	+0,75	34.72	1:15.32
5. Freddie Geerlings	HGN (SG)	1:11.17 197900379	<b>1:16.82</b>	+0,86	35.84	1:16.82
6. Ewoud Rupert	WS Twente	1:14.99 197801795	<b>1:22.04</b>	+0,80	38.05	1:22.04
7. Erwin van den Born	De Rijn	1:20.24 197700143	<b>1:24.91</b>	+0,82	39.80	1:24.91
8. Erik Lamers	De Gelenberg	1:22.50 197500507	<b>1:24.95</b>	+0,73	39.55	1:24.95
9. Arjan Aalbers	Swol 1894	1:24.07 197500001	<b>1:31.02</b>	+0,87	42.97	1:31.02
10. Roan Doves	ZVVS	1:34.17 197501427	<b>1:32.24</b>	+0,98	42.57	1:32.24



Open Nederlandse Masters  
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Programmanr. 47, Heren, 100m schoolslag

Masters 40+

1. Marcel van Winssen	De Golenberg	1:14.04	197101477	<b>1:17.93</b>	+0,88	36.67	1:17.93
2. Richard Ricksen	HGN (SG)	1:11.88	197000841	<b>1:18.75</b>	+0,86	37.18	1:18.75
3. Jerry Grondel	PLONS	1:16.20	197201223	<b>1:19.10</b>	+0,75	36.45	1:19.10
4. Mark van Wingerden	RZ	1:15.47	197001665	<b>1:21.48</b>	+0,80	36.45	1:21.48
5. Reinier Beek	WZK Zwemmen	1:23.89	197101243	<b>1:22.30</b>	+1,03	38.38	1:22.30
6. Wibo Mooibroek	ZV De Zaan	1:21.40	197401339	<b>1:23.42</b>	+0,90	37.85	1:23.42
7. Martin Berkhout	LZ 1886	1:28.27	197101123	<b>1:27.29</b>	+0,71	40.26	1:27.29
8. Mike Molenaar	Zoetermeer	1:32.35	197201493	<b>1:34.59</b>	+1,00	44.57	1:34.59
9. Stefan Vogel	Racing Club	1:31.44	197101589	<b>1:36.07</b>	+0,73	46.48	1:36.07
10. Albert Roosenboom	Budel	1:31.58	197101599	<b>1:36.41</b>	+1,05	44.06	1:36.41
AFGEM Sergey Petrov	Poseidon	1:12.55	102211				

Masters 45+

1. Harold Matla	PSV	1:14.58	196800591	<b>1:14.64</b>	+0,85	35.68	1:14.64
<i>Kampioenschaps Record</i>							
2. Bernd Bienek	SV Gladbeck 13	1:16.37	278658	<b>1:18.00</b>	+0,86	37.91	1:18.00
3. Thijs Geurts	De Watervogels	1:17.32	196601557	<b>1:18.32</b>	+1,00	36.02	1:18.32
4. Roeland van der Heijden	PSV	1:20.48	196701389	<b>1:19.76</b>	+0,80	35.93	1:19.76
5. Guido Keutgen	AZC	1:18.55	196801551	<b>1:20.70</b>	+0,79	37.29	1:20.70
6. Jan-Willem van den Berg	WVZ	1:16.70	196801575	<b>1:20.86</b>	+0,80	36.71	1:20.86
7. Ron Korzelius	AZ&PC	1:23.70	196500513	<b>1:22.51</b>	+0,75	38.30	1:22.51
8. Gerard Tel	GLS Ketelbinkie	1:22.44	196701175	<b>1:22.85</b>	+0,85	39.59	1:22.85
9. Hans Schoenmakers	DAW	1:21.47	196900863	<b>1:23.49</b>	+0,80	37.93	1:23.49
10. Marcel van Lochem	Zoetermeer	1:20.16	196500581	<b>1:24.93</b>	+0,92	38.37	1:24.93
11. Jeroen Kort	DAW	1:33.91	196801543	<b>1:25.31</b>	+0,73	40.01	1:25.31
12. Joop Weenink	WS Twente	1:26.70	196801535	<b>1:26.24</b>	+0,99	41.09	1:26.24
13. Wouter de Bruijn	De Watervogels	1:25.78	196601561	<b>1:27.98</b>	+1,13	41.50	1:27.98
14. Huyb Stegeman	Steenwijk 1934	1:30.23	196701535	<b>1:28.82</b>	+0,82	42.02	1:28.82
15. Erik Saan	De Duck	1:34.58	196500769	<b>1:29.15</b>	+1,00	41.42	1:29.15
16. Erwin Beringen	GoSwim	1:27.45	196601515	<b>1:29.79</b>	+0,67	43.38	1:29.79
17. Marcel Brittijn	De Duinkickers	1:32.16	196900159	<b>1:33.36</b>	+0,70	44.42	1:33.36
18. Roelof Broekman	De Spatters	1:29.92	196800155	<b>1:34.02</b>	+0,76	43.39	1:34.02
19. Gertjan van der Vaart	ZVVS	1:37.88	196801529	<b>1:37.07</b>	+0,81	46.60	1:37.07
20. Mark Formby	Potters Bar SC	1:40.39	907997	<b>1:40.59</b>	+0,82	47.58	1:40.59

Masters 50+

1. Cees van Houwelingen	De Schelde	1:15.60	196300351	<b>1:18.31</b>	+0,97	37.22	1:18.31
2. Ralph Caster	RZ	1:18.12	196100069	<b>1:22.15</b>	+0,82	38.55	1:22.15
3. Theo Bakker	TriVia	1:17.70	196401231	<b>1:23.99</b>	+0,77	36.89	1:23.99
4. Eric Giling	De Fuut	1:26.24	196400237	<b>1:26.92</b>	+0,77	40.82	1:26.92
5. Ronald Grove	Oceanus	1:23.74	196100161	<b>1:27.13</b>	+0,75	39.93	1:27.13
6. Jack Barends	WS Twente	1:29.05	196201011	<b>1:31.57</b>	+0,90	43.42	1:31.57
7. Eric Tijms	OEZA	1:30.16	196401125	<b>1:34.58</b>	+0,90	45.17	1:34.58
8. John Tersteeg	De Fuut	1:38.63	196001039	<b>1:42.85</b>	+0,89	48.79	1:42.85
AFGEM Hendrik Haze	GoSwim	1:48.96	196401387				

Masters 55+

1. Gerhard Prohaska	EW Donau SC 1903	1:16.09	19054	<b>1:20.86</b>	+0,76	39.58	1:20.86
2. Philippe Godbille	CNSW	1:28.05	CNSW/053/57	<b>1:30.45</b>	+0,91	41.24	1:30.45
3. Paul Bunnik	Triton	1:29.13	195600413	<b>1:31.16</b>	+0,96	43.27	1:31.16
4. Vincent de Keijzer	PLONS	1:29.65	195800207	<b>1:33.41</b>	+0,89	44.38	1:33.41
5. Jan Timmerman	IJZPC	1:41.02	195700347	<b>1:42.85</b>	+0,84	47.45	1:42.85
6. Dirk Crok	OEZA	1:43.70	195800547	<b>1:43.18</b>	+1,28	48.71	1:43.18
7. Herbert Katgert	WS Twente	1:45.78	195900739	<b>1:49.38</b>	+1,14	51.99	1:49.38
8. Adrie van der Gracht	OEZA	1:44.76	195700485	<b>1:51.18</b>	+0,97	51.83	1:51.18
9. Frans Suijkerbuijk	PSV	1:58.80	195600499	<b>2:01.51</b>	+0,72	54.62	2:01.51
DIS Dré Klaassen	ZOB'66	1:33.08	195600141				

AA





Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



Programmanr. 47, Heren, 100m schoolslag

Masters 60+

1. Piet Schop	De Bevelanders	1:31.35	195000109	<b>1:29.27</b>	+0,69	41.80	1:29.27
2. Laurens klein Breteler	WWV	1:30.87	195400109	<b>1:32.62</b>	+0,77	43.06	1:32.62
3. Nikolay Dronov	Troyka	1:42.11	003037	<b>1:40.50</b>	+1,15	46.79	1:40.50
4. Richard Catoire	Oceanus	1:46.51	195200253	<b>1:43.43</b>	+0,95	48.36	1:43.43

Masters 65+

1. Willem Putter	ZVVS	1:42.01	194500135	<b>1:42.89</b>	+1,09	48.64	1:42.89
2. Jaap Kwakkel	DAW	1:42.85	194700157	<b>1:43.57</b>	+0,98	49.55	1:43.57
3. Peter Ouweneel	RSW (SG)	1:59.11	194500077	<b>2:07.83</b>	+1,14	1:01.77	2:07.83

Masters 70+

1. Rob Hanou	PSV	1:32.29	194300109	<b>1:36.55</b>	+1,05	45.88	1:36.55
2. Nico Baay	Old Dutch	1:37.16	194200053	<b>1:41.52</b>	+0,83	46.12	1:41.52
3. Ruud Sloof	De Rijn	1:41.84	194400073	<b>1:47.71</b>	+0,99	52.29	1:47.71
DIS Kevork Boyrazian	CNSW	2:01.94	CNSW/609/44		SL		

Masters 75+

1. Jan Eichhorn	ZV Haerlem	1:56.21	193700015	<b>2:01.08</b>	+0,89	57.21	2:01.08
2. Gregor Pompen	Aqua-Novio'94	2:02.47	193700021	<b>2:07.09</b>	+1,13	1:01.15	2:07.09

Programmanr. 48  
04-05-2014 - 17:43

Gemengd, 4 x 50m vrije slag

Masters Open  
Resultaten

rang	vereniging	inschrijftijd	startnr.	tijd	RT
<b>80+</b>					
1.	WVZ 1 <i>Nederlands Masters Record</i>	1:42.99		<b>1:44.27</b>	+0,76
	Kimberley Albers 92 +0,76 28.00	Bruno Carissimi Boff 92 +0,44 25.58			
	Anja van der Hout 90 +0,18 26.72	Mark Costeris 92 +0,37 23.97			
2.	NDD 1	1:46.36		<b>1:50.02</b>	+0,80
	Robin Eltink 94 +0,80 26.95	Eva Engelen 94 +0,33 29.37			
	Carmen Seesing 94 +0,45 28.57	Hjalmar de Ruiter 89 +0,17 25.13			
3.	LZ 1886 2	1:57.57		<b>1:53.62</b>	+0,69
	Sjoerd Sieval 90 +0,69 26.57	Simone de Boer 93 +0,29 29.61			
	Rosanne de Boer 91 +0,40 30.38	Dirk-Jan Pronk 87 +0,03 27.06			
4.	Montferland 1	1:54.58		<b>1:55.63</b>	+0,77
	Marije Jansen 85 +0,77 29.55	Martijn Giezen 85 +0,34 26.50			
	Dennis Bosma 94 +0,62 26.92	Daphne Meijer 93 +0,30 32.66			
5.	RZ 1	2:01.64		<b>1:55.67</b>	+0,67
	Denise Austen 93 +0,67 32.00	Suzan van den Bogaard 89 +0,55 30.02			
	Kenneth Caster 91 +0,44 27.42	Patrick Creemers 90 +0,45 26.23			
6.	Octopus 1	1:53.20		<b>1:58.32</b>	+0,73
	Sharon Gelmers 94 +0,73 28.36	Roald Blok 93 +0,34 26.53			
	Margriet Aan het Rot 86 +0,32 34.93	Albert van Piekeren 84 +0,27 28.50			
7.	WVZ 2	1:56.73		<b>2:00.52</b>	+0,76
	Peter Taal 92 +0,76 29.59	Carmen Veldkamp 94 +0,47 32.80			
	Maik Helgers 91 +0,69 29.77	Manon van Strien 94 +0,51 28.36			





Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



Programmanr. 48, Gemengd, 4 x 50m vrije slag

100+

1. WVZ 4	WVZ	1:53.07	<b>1:51.16</b>	+0,75
Mea Ferreira	89 +0,75	29.88	Ivo Roozeboom	77 +0,16
Isabelle Massar	91 +0,37	29.12	Nick Baron	91 +0,30
2. d'ELFT WAVE (SG) 1	d'ELFT WAVE (SG)	1:53.84	<b>1:51.63</b>	+0,74
Egbert Stolk	76 +0,74	25.98	Ilse Noorlander	93 +0,07
Zarife Gela	92 +0,55	30.38	Victor den Heijer	83 +0,26
3. ZPC Woerden 1	ZPC Woerden	1:58.15	<b>1:55.49</b>	+0,85
Niels van Beurden	88 +0,85	29.27	Ilse van den Wijngaard	89 +0,35
Patrick de Jonge	89 +0,25	27.04	Sabine Lina	89 +0,36
4. AZ&PC 1	AZ&PC	1:57.97	<b>1:59.23</b>	+0,87
Rob van Vliet	84 +0,87	27.80	Larissa Brak	88 +0,31
Marjje van Manen	86 +0,29	30.28	Wouter van 't Klooster	88 +0,38
5. WVZ 3	WVZ	1:57.81	<b>1:59.89</b>	+0,76
Tessa Verheijdt	89 +0,76	33.44	Rens Post	91 +0,37
Monique Pronk	88 +0,66	32.39	Bas v.d. Laan	83 +0,12
6. Montferland 2	Montferland	2:06.90	<b>2:07.22</b>	+0,76
Maik Steenkamp	91 +0,76	28.47	Kelly Bockting	91 +0,16
Angela Giezen	83 +0,42	33.83	Daniel Rosenkranz	91 +0,40

120+

1. De Futen 1	De Futen	1:56.63	<b>1:51.06</b>	+0,75
Lorenzo Cavallini	90 +0,75	25.03	Petra Benani-Wolsing	84 +0,43
Tony de Groot	73 +0,34	31.86	Matteo Mattacchione	78 +0,28
2. DAW 3	DAW	1:55.82	<b>1:51.08</b>	+0,77
Bianca Paape	85 +0,77	29.33	Maaïke Vooren	91 +0,32
Alex Damen	75 +0,23	26.73	Kars Luttk	78 +0,21
3. PLONS 1	PLONS	1:54.00	<b>1:51.12</b>	+0,85
Marjje Bouma	86 +0,85	29.09	Stan Dekker	79 +0,36
Ina Schaafsma	85 +0,25	29.96	Bart Groenemans	82 +0,18
4. WS Twente 1	WS Twente	1:54.94	<b>1:51.89</b>	+0,83
Inez Heideman	75 +0,83	29.55	Annelette de Vries	86 +0,26
Marcel Reefhuis	81 +0,31	27.83	Ewoud Rupert	78 +0,26
5. Zoetermeer 2	Zoetermeer	1:58.71	<b>1:57.45</b>	+0,95
Marcel van Lochem	65 +0,95	30.43	Simon van Ravesteijn	80 +0,43
Sanne van Dijk	90 +0,46	30.29	Delia Badoux	80 +0,04
6. LZ 1886 1	LZ 1886	2:00.09	<b>1:58.72</b>	+0,73
Phil Airey	74 +0,73	27.83	Martin Berkhout	71 +0,65
Anna Boef	88 +0,65	31.96	Heidi van Stein	69 +0,37
7. DAW 4	DAW	2:02.41	<b>2:03.48</b>	+0,69
Ron Langelaan	78 +0,69	30.21	Jeroen Vogelsang	80 +0,31
Laura Badoux	82 +0,38	31.55	Sandra Pannekeet	84 +0,36
8. Budel 1	Budel	2:03.80	<b>2:07.21</b>	+0,80
Carola Hompes	88 +0,80	33.25	Ruud Kennis	65 +0,45
Edward van Nijmweegen	70 +0,37	31.04	Joyce Raemaekers	91 +0,39
9. ZOB'66 1	ZOB'66	2:04.86	<b>2:07.65</b>	+0,70
Carly Noordermeer	87 +0,70	31.64	Anouk van der Pliigt	93 +0,32
Dré Klaassen	56 +0,37	38.14	Ferry Blangé	83 +0,24
10. Zoetermeer 1	Zoetermeer	2:09.52	<b>2:08.80</b>	+1,09
Mike Molenaar	72 +1,09	33.22	Yvette Kilian	66 +0,47
Fleur Maas	89 +0,54	33.18	Markus van Rest	77 +0,28
11. Den Doorn 1	Den Doorn	2:11.84	<b>2:16.05</b>	+1,18
Ineke Branderhorst	69 +1,18	42.92	Antoinette Kant	69 +0,61
Nico Swart	68 +0,47	30.01	Lars Duijnhouwer	91 +0,31



Open Nederlandse Masters  
Kampioenschappen 2014 lange baan  
Den Haag 2-4 mei 2014



Programmanr. 48, Gemengd, 4 x 50m vrije slag

160+

1. AZC 1	AZC		2:05.73	<b>2:01.61</b>	+0,86		
Joeri Stoffels	73	+0,86	26.42	Auke de Lange	86	+0,13	29.75
Sandra Daamen-Posma	68	+0,37	37.84	Guido Keutgen	68	+0,21	27.60
2. RZ 2	RZ		2:04.58	<b>2:06.39</b>	+0,79		
Patricia Austen	70	+0,79	38.12	Gino Martijn	79	+0,50	29.17
Wendy Knoops	68	+0,42	32.31	Dimitrie Sonnemans	75	+0,47	26.79
3. WVZ 5	WVZ		2:15.68	<b>2:09.84</b>	+0,87		
Marie-Josée Matte	60	+0,87	37.00	Susan Breugem	71	+0,46	33.13
Richard Koudijs	63	+0,36	30.35	Jan-Willem van den Berg	68	+0,11	29.36
4. DAW 2	DAW		2:12.66	<b>2:11.47</b>	+0,67		
Ingeborg Stokx	67	+0,67	37.50	Wieteke Elzinga	86	+0,29	33.36
Jeroen Kort	68	+0,25	28.53	Hans Schoenmakers	69	+0,32	32.08
5. Swol 1894 1	Swol 1894		2:10.00	<b>2:14.06</b>	+0,83		
Arjan Aalbers	75	+0,83	29.30	Annet Kootstra	71	+0,38	37.47
Marjan Spoelstra	60	+0,33	37.88	Kasper van den Berghe	73	+0,42	29.41
6. Potters Bar Sharks	Potters Bar SC		2:11.51	<b>2:16.57</b>	+0,88		
Eugene Gormley	67	+0,88	32.25	Daniella Harrison	72	+0,68	35.79
Caroline Griffin	73	+0,69	38.27	Darren Hamshere	67	+0,47	30.26
7. De Fuut 1	De Fuut		2:27.03	<b>2:27.74</b>	+0,80		
Eric Giling	64	+0,80	31.61	Margriet de Hoop	68	+0,75	45.52
John Tersteeg	60	+0,64	34.63	Myra Vink	66	+0,40	35.98
8. Steenwijk 1934 1	Steenwijk 1934		2:29.99	<b>2:35.78</b>	+1,28		
Riekje Schra	64	+1,28	58.71	Charine de Ruiter	94	+0,58	33.70
Casper Dollekamp	63	+0,50	31.52	Huyb Stegeman	67	+0,38	31.85

200+

1. DAW 1	DAW		2:05.87	<b>2:07.80</b>	+0,68		
Ilona Hogerheyde	74	+0,68	30.35	Petra Tossings	61	+0,54	34.71
Jaap Kwakkel	47	+0,44	34.18	John Stokx	64	+0,39	28.56
2. Zwemvereniging Westland 1	Zwemvereniging Westland		2:11.20	<b>2:11.52</b>	+0,87		
Fred Dijkshoorn	65	+0,87	30.56	Mark Nuijten	60	+0,43	28.77
Elke Nuijten	64	+0,39	34.46	Tineke Brouwer-Maat	53	+0,76	37.73

240+

1. WS Twente 2	WS Twente		2:12.54	<b>2:13.74</b>	+0,80		
Jeannette Ruesink	63	+0,80	34.51	Frans van Enst	40	+0,51	33.99
Marijke Kraak-Beckers	60	+0,22	33.67	Hugo Staudt	53	+0,03	31.57
2. CNSW 1	CNSW		2:32.00	<b>2:33.77</b>	+0,85		
Philippe Godbille	57	+0,85	30.51	Fernande Blondeel	52	+0,47	44.43
Claire Anthony	57	+0,26	33.81	Kevork Boyrazian	44	+0,09	45.02
3. Old Dutch 1	Old Dutch		2:53.27	<b>2:59.12</b>	+0,87		
Marc van Nassau	66	+0,87	36.67	Nico Baay	42	+0,77	46.31
Truus Ruiter	40		55.97	Karin van den Heuvel	66	+0,54	40.17

280+

1. PSV 1	PSV		2:22.79	<b>2:23.07</b>	+0,78		
<i>Nederlands Masters Record</i>							
Corrie Verhoeven	46	+0,78	36.17	Lottie Geurts	35	+0,70	41.82
Rob Hanou	43	+0,51	35.87	Brend Brevé	52	+0,32	29.21