

3 - ONMK 2013 lb sessie 3

04-05-2013 - 9:00

Programmanr. 16
04-05-2013 - 9:00

Dames, 400m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
Masters 20+						
1.	Maaïke Vooren	DAW	5:00.41	199103324	4:52.74	+0,87
	50m: 31.72	31.72	150m: 1:46.90	37.35	250m: 3:01.39	37.04
	100m: 1:09.55	36.38	200m: 2:24.35	37.45	300m: 3:38.67	37.28
					350m: 4:16.31	37.64
					400m: 4:52.74	36.43
2.	Désirée Emmen	De Warande	4:47.01	199204862	4:57.28	+0,71
	50m: 31.72	31.72	150m: 1:44.02	36.86	250m: 3:00.34	38.57
	100m: 1:07.16	35.44	200m: 2:21.77	37.75	300m: 3:39.47	39.13
					350m: 4:18.91	39.44
					400m: 4:57.28	38.37
3.	Rebecca Vroomen	Eurode KZC	4:52.31	199301772	5:02.30	+0,83
	50m: 33.42	33.42	150m: 1:50.61	39.21	250m: 3:08.45	38.73
	100m: 1:11.40	37.98	200m: 2:29.72	39.11	300m: 3:47.43	38.98
					350m: 4:25.79	38.36
					400m: 5:02.30	36.51
4.	Sigrit Aarten	Deltasteur	4:49.03	199302868	5:07.22	
	50m: 33.51	33.51	150m: 1:50.10	39.17	250m: 3:09.65	40.05
	100m: 1:10.93	37.42	200m: 2:29.60	39.50	300m: 3:49.72	40.07
					350m: 4:28.79	39.07
					400m: 5:07.22	38.43
5.	Anne Duijst	De Amer	5:05.75	198901030	5:11.77	+0,92
	50m: 34.21	34.21	150m: 1:51.13	39.30	250m: 3:12.06	40.64
	100m: 1:11.83	37.62	200m: 2:31.42	40.29	300m: 3:52.68	40.62
					350m: 4:32.87	40.19
					400m: 5:11.77	38.90
6.	Wendy de Bruin	ZOB'66	4:55.40	199206320	5:12.18	+0,68
	50m: 34.78	34.78	150m: 1:52.50	39.73	250m: 3:13.02	40.65
	100m: 1:12.77	37.99	200m: 2:32.37	39.87	300m: 3:53.35	40.33
					350m: 4:33.38	40.03
					400m: 5:12.18	38.80
7.	Lenja Witlox	Olympia	5:03.11	199202004	5:17.39	
	50m: 34.10	34.10	150m: 1:50.97	39.22	250m: 3:13.41	41.46
	100m: 1:11.75	37.65	200m: 2:31.95	40.98	300m: 3:54.75	41.34
					350m: 4:37.30	42.55
					400m: 5:17.39	40.09
8.	Melissa de Zeeuw	WVZ	4:54.71	199305674	5:21.29	+0,80
	50m: 36.40	36.40	150m: 1:56.20	39.48	250m: 3:18.09	40.79
	100m: 1:16.72	40.32	200m: 2:37.30	41.10	300m: 3:59.51	41.42
					350m: 4:41.13	41.62
					400m: 5:21.29	40.16
9.	Pascalie Rovers	ZV De Bron	5:27.31	199301064	5:22.68	+0,77
	50m: 33.52	33.52	150m: 1:52.73	40.80	250m: 3:15.79	41.42
	100m: 1:11.93	38.41	200m: 2:34.37	41.64	300m: 3:59.20	43.41
					350m: 4:41.50	42.30
					400m: 5:22.68	41.18
10.	Irmgard van Weeghel	Octopus	5:22.09	199204834	5:29.72	+0,74
	50m: 35.28	35.28	150m: 1:56.79	41.16	250m: 3:21.73	42.12
	100m: 1:15.63	40.35	200m: 2:39.61	42.82	300m: 4:05.44	43.71
					350m: 4:48.10	42.66
					400m: 5:29.72	41.62
11.	Jannie Janssen	HZPC	5:21.39	198902022	5:35.75	+0,84
	50m: 37.21	37.21	150m: 2:00.78	42.11	250m: 3:27.59	42.78
	100m: 1:18.67	41.46	200m: 2:44.81	44.03	300m: 4:11.71	44.12
					350m: 4:54.27	42.56
					400m: 5:35.75	41.48
12.	Pauline Magnée	De Warande	6:14.32	199205434	6:17.96	+0,73
	50m: 40.31	40.31	150m: 2:12.29	47.14	250m: 3:50.51	49.32
	100m: 1:25.15	44.84	200m: 3:01.19	48.90	300m: 4:40.50	49.99
					350m: 5:30.69	50.19
					400m: 6:17.96	47.27
13.	Claudia Creemers	De Roersoppers	6:16.73	199202864	6:41.58	+0,77
	50m: 41.80	41.80	150m: 2:20.75	51.10	250m: 4:06.35	53.45
	100m: 1:29.65	47.85	200m: 3:12.90	52.15	300m: 4:59.54	53.19
					350m: 5:52.78	53.24
					400m: 6:41.58	48.80
14.	Liesbeth Bruinekool	Zuiderzeezwemmers	8:36.57	199007958	8:49.69	+0,84
	50m: 57.20	57.20	150m: 3:12.63	1:08.89	250m: 5:31.30	1:09.91
	100m: 2:03.74	1:06.54	200m: 4:21.39	1:08.76	300m: 6:39.57	1:08.27
					350m: 7:47.05	1:07.48
					400m: 8:49.69	1:02.64

Masters 25+

1.	Marlies Reinders	De Dinkel	4:32.00	198602976	4:41.81	+0,79
	50m: 31.47	31.47	150m: 1:43.04	36.19	250m: 2:55.23	36.73
	100m: 1:06.85	35.38	200m: 2:19.50	36.46	300m: 3:31.24	36.01
					350m: 4:06.73	35.49
					400m: 4:41.81	35.08
2.	Lisanne Andeweg	Zuiderzeezwemmers	4:48.26	198800092	4:45.07	+0,84
	50m: 32.27	32.27	150m: 1:44.00	36.22	250m: 2:57.38	36.56
	100m: 1:07.78	35.51	200m: 2:20.82	36.82	300m: 3:34.01	36.63
					350m: 4:10.15	36.14
					400m: 4:45.07	34.92
3.	Ann Van Beylen	RSCM	5:01.48	RSCM/264/84	5:00.41	+0,82
	50m: 33.87	33.87	150m: 1:49.22	37.96	250m: 3:05.48	38.46
	100m: 1:11.26	37.39	200m: 2:27.02	37.80	300m: 3:44.30	38.82
					350m: 4:23.04	38.74
					400m: 5:00.41	37.37
4.	Pauline Tieleman	De Geul	5:04.05	198403348	5:13.96	+0,81
	50m: 34.69	34.69	150m: 1:52.78	39.24	250m: 3:12.73	40.06
	100m: 1:13.54	38.85	200m: 2:32.67	39.89	300m: 3:53.38	40.65
					350m: 4:33.85	40.47
					400m: 5:13.96	40.11

Programmanr. 16, Dames, 400m vrije slag, Masters 25+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
5.	Tine Soetewey	MZVA	5:21.59	MZVA/293/86	5:27.71	+0,84
	50m: 35.49 100m: 1:15.80	35.49 40.31	150m: 1:58.02 200m: 2:40.54	42.22 42.52	250m: 3:22.92 300m: 4:05.47	42.38 39.86
6.	Céline Saver	Club Nautique Croix	5:26.79	204299	5:28.01	+0,84
	50m: 36.98 100m: 1:16.47	36.98 39.49	150m: 1:58.23 200m: 2:40.14	41.76 41.91	250m: 3:22.89 300m: 4:05.69	42.99 39.33
7.	Marjan van der Star	WS Twente	5:30.24	198403192	5:29.09	+0,83
	50m: 34.47 100m: 1:13.56	34.47 39.09	150m: 1:54.72 200m: 2:37.60	41.16 42.88	250m: 3:20.49 300m: 4:04.20	43.33 41.56
8.	Sandra Schellekens	Neptunus'58	5:28.23	198503416	5:36.92	+0,83
	50m: 36.52 100m: 1:17.65	36.52 41.13	150m: 2:00.86 200m: 2:44.52	43.21 43.66	250m: 3:28.73 300m: 4:12.82	43.42 40.68
9.	Yvette Nota - Peters	De Spatters	5:50.63	198703158	5:39.66	+0,88
	50m: 37.55 100m: 1:20.42	37.55 42.87	150m: 2:04.63 200m: 2:48.64	44.21 44.01	250m: 3:32.92 300m: 4:16.12	42.93 40.61
10.	Channe Noort	DAW	5:21.39	198605032	5:41.05	+0,79
	50m: 35.96 100m: 1:16.23	35.96 40.27	150m: 1:59.04 200m: 2:42.90	42.81 43.86	250m: 3:27.57 300m: 4:12.48	45.13 43.44
11.	Karin Hovenkamp	De Spatters	5:50.04	198701850	5:41.76	+0,79
	50m: 37.87 100m: 1:21.05	37.87 43.18	150m: 2:04.90 200m: 2:49.95	43.85 45.05	250m: 3:34.48 300m: 4:19.23	42.86 39.67
12.	Liesbeth van Mill	DWK	5:38.73	198702786	5:56.61	+0,86
	50m: 39.05 100m: 1:23.38	39.05 44.33	150m: 2:08.02 200m: 2:54.21	44.64 46.19	250m: 3:39.41 300m: 4:26.33	45.56 44.72
13.	Karin van Leersum	Piranha	5:44.66	198802658	6:02.54	+0,83
	50m: 40.26 100m: 1:25.10	40.26 44.84	150m: 2:11.65 200m: 2:58.57	46.55 46.92	250m: 3:45.59 300m: 4:32.34	46.14 44.06
14.	Renske Eilers	De Amer	5:44.85	198806072	6:07.62	+0,80
	50m: 38.74 100m: 1:23.30	38.74 44.56	150m: 2:09.49 200m: 2:56.54	46.19 47.05	250m: 3:44.09 300m: 4:31.59	49.18 46.85
15.	Angélique Rotteveel	Aquapoldro	6:22.92	198402090	6:29.76	+0,99
	50m: 42.54 100m: 1:30.46	42.54 47.92	150m: 2:21.07 200m: 3:10.51	50.61 49.44	250m: 4:01.96 300m: 4:51.00	50.25 48.51
16.	Marloes Rebel	WS Twente	7:16.82	198403474	7:08.54	+0,98
	50m: 48.90 100m: 1:41.83	48.90 52.93	150m: 2:36.12 200m: 3:31.54	54.29 55.42	250m: 4:26.66 300m: 5:22.34	55.18 51.02

Masters 30+

1.	Bianca Cox	PSV	5:06.93	198000214	5:09.01	+0,91
	50m: 34.50 100m: 1:13.12	34.50 38.62	150m: 1:52.31 200m: 2:32.03	39.19 39.72	250m: 3:11.62 300m: 3:51.45	39.54 38.02
2.	Stephanie Vaernewyck	MEGA	5:10.58	MEGA/352/83	5:11.25	+0,90
	50m: 35.64 100m: 1:13.45	35.64 37.81	150m: 1:52.99 200m: 2:32.27	39.54 39.28	250m: 3:12.38 300m: 3:51.99	40.52 38.74
3.	Roos van Esch	TRB-RES	5:16.31	198200468	5:16.41	+0,83
	50m: 37.47 100m: 1:17.28	37.47 39.81	150m: 1:57.46 200m: 2:37.43	40.18 39.97	250m: 3:17.40 300m: 3:57.27	40.29 38.85
4.	Anke Lambooj	AZL	5:28.80	198001182	5:16.93	+0,86
	50m: 33.68 100m: 1:11.88	33.68 38.20	150m: 1:52.10 200m: 2:33.22	40.22 41.12	250m: 3:14.19 300m: 3:55.54	41.27 40.12
5.	Linda Hoogendam	Zoetermeer	5:09.83	198300892	5:20.70	+0,76
	50m: 35.61 100m: 1:16.36	35.61 40.75	150m: 1:57.99 200m: 2:39.81	41.63 41.82	250m: 3:21.04 300m: 4:02.47	40.28 37.95
6.	Yvonne Gerritsen	WVZ	5:21.18	198000342	5:38.90	+0,84
	50m: 37.31 100m: 1:19.15	37.31 41.84	150m: 2:01.47 200m: 2:44.65	42.32 43.18	250m: 3:28.09 300m: 4:12.45	44.21 42.24
7.	Natascha Hartman	PSV	5:59.43	198101780	5:46.53	+0,99
	50m: 37.25 100m: 1:20.17	37.25 42.92	150m: 2:04.90 200m: 2:49.23	44.73 44.33	250m: 3:33.98 300m: 4:18.33	45.05 43.15
8.	Carmen Haan	De Spatters	5:41.96	197901458	5:46.64	+1,06
	50m: 37.67 100m: 1:19.84	37.67 42.17	150m: 2:03.96 200m: 2:48.46	44.12 44.50	250m: 3:33.36 300m: 4:18.16	44.66 43.82

Programmanr. 16, Dames, 400m vrije slag, Masters 30+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
9.	Yvette Roozen	DWT	5:55.44	198000926	5:53.14	+0,82		
	50m: 37.90 100m: 1:21.31	37.90 43.41	150m: 2:06.31 200m: 2:51.73	45.00 45.42	250m: 3:37.24 300m: 4:23.19	45.51 45.95	350m: 5:08.60 400m: 5:53.14	45.41 44.54
10.	Angela Giezen	Montferland	6:25.77	198302796	6:26.79	+1,01		
	50m: 41.97 100m: 1:30.13	41.97 48.16	150m: 2:20.84 200m: 3:11.49	50.71 50.65	250m: 4:02.02 300m: 4:50.83	50.53 48.81	350m: 5:41.08 400m: 6:26.79	50.25 45.71
11.	Marjolein Kiewiet	Aquapoldro	6:27.14	197901404	6:31.93	+1,03		
	50m: 41.60 100m: 1:29.83	41.60 48.23	150m: 2:20.70 200m: 3:10.99	50.87 50.29	250m: 4:02.20 300m: 4:52.39	51.21 50.19	350m: 5:43.63 400m: 6:31.93	51.24 48.30
12.	Rianne van Vegchelen	Deltasteur	6:45.63	198101530	6:38.70	+1,13		
	50m: 43.53 100m: 1:32.49	43.53 48.96	150m: 2:22.72 200m: 3:14.54	50.23 51.82	250m: 4:06.30 300m: 4:58.56	51.76 52.26	350m: 5:51.33 400m: 6:38.70	52.77 47.37

Masters 35+

1.	Liselotte Joling	PSV	5:03.09	197500268	5:00.00	+0,96		
	50m: 34.11 100m: 1:12.20	34.11 38.09	150m: 1:50.77 200m: 2:29.77	38.57 39.00	250m: 3:06.86 300m: 3:45.01	37.09 38.15	350m: 4:22.73 400m: 5:00.00	37.72 37.27
2.	Babette Rens	Dedemvaart-AC	6:02.88	197801200	5:56.58	+0,90		
	50m: 38.58 100m: 1:21.63	38.58 43.05	150m: 2:05.65 200m: 2:51.26	44.02 45.61	250m: 3:37.06 300m: 4:23.71	45.80 46.65	350m: 5:10.64 400m: 5:56.58	46.93 45.94
3.	Jannie Vennik	HZ&PC Heerenveen	5:57.67	197601006	6:13.67	+0,90		
	50m: 41.54 100m: 1:27.39	41.54 45.85	150m: 2:15.70 200m: 3:04.02	48.31 48.32	250m: 3:52.87 300m: 4:41.38	48.85 48.51	350m: 5:29.35 400m: 6:13.67	47.97 44.32
4.	Anneke de Groot	De Fuut	6:07.55	197701140	6:24.15	+0,83		
	50m: 41.48 100m: 1:28.05	41.48 46.57	150m: 2:16.41 200m: 3:05.99	48.36 49.58	250m: 3:56.25 300m: 4:46.36	50.26 50.11	350m: 5:36.26 400m: 6:24.15	49.90 47.89
5.	Margriet Leeffers	Deltasteur	6:17.93	197800448	6:27.54	+1,00		
	50m: 40.66 100m: 1:26.68	40.66 46.02	150m: 2:15.99 200m: 3:05.86	49.31 49.87	250m: 3:56.63 300m: 4:47.58	50.77 50.95	350m: 5:38.01 400m: 6:27.54	50.43 49.53
6.	Clementine van Bruxvoort	ZPB H&L Productions	6:47.04	197700138	6:59.72	+0,87		
	50m: 45.42 100m: 1:37.70	45.42 52.28	150m: 2:31.68 200m: 3:25.36	53.98 53.68	250m: 4:20.46 300m: 5:15.42	55.10 54.96	350m: 6:10.20 400m: 6:59.72	54.78 49.52
7.	Fabienne Verriet-Regensburg	Njord	7:15.93	197500428	7:34.08	+0,82		
	50m: 49.94 100m: 1:46.53	49.94 56.59	150m: 2:44.68 200m: 3:43.81	58.15 59.13	250m: 4:42.17 300m: 5:40.71	58.36 58.54	350m: 6:38.74 400m: 7:34.08	58.03 55.34

Masters 40+

1.	Karin Stein	ZVVS	4:56.66	197100554	5:01.92	+0,86		
	50m: 34.40 100m: 1:11.84	34.40 37.44	150m: 1:50.41 200m: 2:28.93	38.57 38.52	250m: 3:07.85 300m: 3:46.21	38.92 38.36	350m: 4:24.82 400m: 5:01.92	38.61 37.10
2.	Heidi van Stein	LZ 1886	4:59.03	196900864	5:05.58	+0,80		
	50m: 32.48 100m: 1:09.05	32.48 36.57	150m: 1:47.64 200m: 2:26.53	38.59 38.89	250m: 3:06.11 300m: 3:45.84	39.58 39.73	350m: 4:26.16 400m: 5:05.58	40.32 39.42
3.	Annette de Visser	Oceanus	5:21.12	197100602	5:23.70	+0,81		
	50m: 35.81 100m: 1:15.06	35.81 39.25	150m: 1:56.35 200m: 2:38.32	41.29 41.97	250m: 3:20.47 300m: 4:02.34	42.15 41.87	350m: 4:43.87 400m: 5:23.70	41.53 39.83
4.	Nicole Vrijhoeven	PSV	5:49.18	196900834	5:48.85	+0,57		
	50m: 40.35 100m: 1:23.41	40.35 43.06	150m: 2:08.00 200m: 2:52.57	44.59 44.57	250m: 3:37.49 300m: 4:22.19	44.92 44.70	350m: 5:07.06 400m: 5:48.85	44.87 41.79
5.	Renata van Essen	Zuiderzeewimmers	5:51.00	197300740	5:51.87	+0,74		
	50m: 38.60 100m: 1:21.50	38.60 42.90	150m: 2:06.10 200m: 2:51.53	44.60 45.43	250m: 3:37.61 300m: 4:23.31	46.08 45.70	350m: 5:08.84 400m: 5:51.87	45.53 43.03
6.	Natacha Van Hoof	ShaRK	5:44.20	SHARK/260/73	5:52.37	+0,93		
	50m: 40.06 100m: 1:24.43	40.06 44.37	150m: 2:09.73 200m: 2:54.84	45.30 45.11	250m: 3:38.79 300m: 4:23.88	43.95 45.09	350m: 5:08.43 400m: 5:52.37	44.55 43.94
7.	Dianne Nien	RZ	5:19.60	197100452	6:01.24	+0,83		
	50m: 38.58 100m: 1:24.48	38.58 45.90	150m: 2:10.34 200m: 2:57.39	45.86 47.05	250m: 3:44.40 300m: 4:31.26	47.01 46.86	350m: 5:17.69 400m: 6:01.24	46.43 43.55
8.	Annet Kootstra	Swol 1894	6:00.56	197100344	6:04.22	+0,94		
	50m: 39.22 100m: 1:24.79	39.22 45.57	150m: 2:10.80 200m: 2:58.29	46.01 47.49	250m: 3:44.45 300m: 4:32.12	46.16 47.67	350m: 5:18.15 400m: 6:04.22	46.03 46.07

Programmanr. 16, Dames, 400m vrije slag, Masters 40+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
9.	Pascalie Neiss-Janssen	De Roersoppers	6:02.76	197300852	6:06.91	+1,00
	50m: 40.03 40.03	150m: 2:11.92 47.02	250m: 3:47.10 47.98	350m: 5:21.79 47.76		
	100m: 1:24.90 44.87	200m: 2:59.12 47.20	300m: 4:34.03 46.93	400m: 6:06.91 45.12		
10.	Natalie van den Broek	Nautilus	6:19.95	197300810	6:27.57	+0,98
	50m: 40.96 40.96	150m: 2:14.48 48.47	250m: 3:55.21 51.37	350m: 5:39.12 51.97		
	100m: 1:26.01 45.05	200m: 3:03.84 49.36	300m: 4:47.15 51.94	400m: 6:27.57 48.45		
11.	Kristien Van de Moortel	ShaRK	6:26.72	SHARK/315/69	6:46.42	+0,84
	50m: 44.45 44.45	150m: 2:28.50 52.30	250m: 4:11.77 51.18	350m: 5:56.27 51.87		
	100m: 1:36.20 51.75	200m: 3:20.59 52.09	300m: 5:04.40 52.63	400m: 6:46.42 50.15		
12.	Greta Wyma-Teitsma	DWK	6:58.31	197100696	6:52.87	+0,94
	50m: 43.63 43.63	150m: 2:28.36 53.23	250m: 4:15.17 52.27	350m: 6:00.26 51.69		
	100m: 1:35.13 51.50	200m: 3:22.90 54.54	300m: 5:08.57 53.40	400m: 6:52.87 52.61		
13.	Evelien Breman-Alers	Nautilus	6:58.35	197200878	7:29.76	+0,89
	50m: 44.88 44.88	150m: 2:31.55 55.36	250m: 4:28.77 59.05	350m: 6:30.00 1:01.21		
	100m: 1:36.19 51.31	200m: 3:29.72 58.17	300m: 5:28.79 1:00.02	400m: 7:29.76 59.76		
AFGEM	Grith Sigsgaard	Zwemlust-den Hommel	4:49.48	197200772		

Masters 45+

1.	Bridget Bewick	Maidenhead ASC	5:09.06	462298	5:18.52	+1,00
	50m: 35.77 35.77	150m: 1:55.27 40.82	250m: 3:17.67 41.21	350m: 4:39.38 41.31		
	100m: 1:14.45 38.68	200m: 2:36.46 41.19	300m: 3:58.07 40.40	400m: 5:18.52 39.14		
2.	Chita van der Goorbergh	Zoetermeer	5:12.88	196800762	5:28.88	+0,81
	50m: 36.02 36.02	150m: 1:58.72 41.89	250m: 3:23.57 42.18	350m: 4:48.09 41.93		
	100m: 1:16.83 40.81	200m: 2:41.39 42.67	300m: 4:06.16 42.59	400m: 5:28.88 40.79		
3.	Claudia Goldschmidt	Maidenhead Marlins ASC	5:32.40	954626	5:29.48	+0,92
	50m: 36.54 36.54	150m: 2:00.19 42.09	250m: 3:26.35 42.84	350m: 4:50.70 41.20		
	100m: 1:18.10 41.56	200m: 2:43.51 43.32	300m: 4:09.50 43.15	400m: 5:29.48 38.78		
4.	Petra Casteleijn	AZ&PC	5:30.85	196600098	5:29.56	+0,88
	50m: 36.32 36.32	150m: 1:57.07 41.31	250m: 3:22.48 43.43	350m: 4:48.97 43.25		
	100m: 1:15.76 39.44	200m: 2:39.05 41.98	300m: 4:05.72 43.24	400m: 5:29.56 40.59		
5.	Henriëtte v. Norden	AZ&PC	5:34.67	196800046	5:31.27	+0,94
	50m: 36.70 36.70	150m: 2:00.14 42.82	250m: 3:26.36 43.07	350m: 4:51.94 42.81		
	100m: 1:17.32 40.62	200m: 2:43.29 43.15	300m: 4:09.13 42.77	400m: 5:31.27 39.33		
6.	Susanne Prins - Molenwijk	SBC2000	5:41.29	196600284	5:41.17	+0,87
	50m: 38.80 38.80	150m: 2:04.70 43.39	250m: 3:31.30 43.42	350m: 4:58.18 43.72		
	100m: 1:21.31 42.51	200m: 2:47.88 43.18	300m: 4:14.46 43.16	400m: 5:41.17 42.99		
7.	Marion Broekhuis	WS Twente	5:54.85	196800060	5:48.83	+0,86
	50m: 38.93 38.93	150m: 2:07.04 44.96	250m: 3:37.12 44.91	350m: 5:05.83 44.10		
	100m: 1:22.08 43.15	200m: 2:52.21 45.17	300m: 4:21.73 44.61	400m: 5:48.83 43.00		
8.	Maud Peuten-Evers	Swimteam Helden-Mosa (SG)	6:37.14	196400584	6:40.79	+1,16
	50m: 44.88 44.88	150m: 2:25.92 51.96	250m: 4:08.41 51.99	350m: 5:50.99 51.60		
	100m: 1:33.96 49.08	200m: 3:16.42 50.50	300m: 4:59.39 50.98	400m: 6:40.79 49.80		
9.	Ingeborg Stokx	DAW	7:01.15	196700666	6:45.91	+0,64
	50m: 43.94 43.94	150m: 2:26.94 52.73	250m: 4:12.21 54.33	350m: 5:57.69 52.96		
	100m: 1:34.21 50.27	200m: 3:17.88 50.94	300m: 5:04.73 52.52	400m: 6:45.91 48.22		
10.	Ymke Snellen van Vollenhoven	PSV	6:49.83	196800836	6:47.69	
	50m: 43.81 43.81	150m: 2:27.45 53.72	250m: 4:14.71 53.42	350m: 5:59.59 51.75		
	100m: 1:33.73 49.92	200m: 3:21.29 53.84	300m: 5:07.84 53.13	400m: 6:47.69 48.10		
11.	Betty van Kemenade	PSV	7:00.06	196800832	6:52.93	+1,10
	50m: 45.46 45.46	150m: 2:28.11 51.87	250m: 4:15.66 53.79	350m: 6:01.43 52.68		
	100m: 1:36.24 50.78	200m: 3:21.87 53.76	300m: 5:08.75 53.09	400m: 6:52.93 51.50		
12.	Els De Keyzer	MZVA	7:00.64	MZVA/052/65	7:06.73	+0,95
	50m: 45.65 45.65	150m: 2:31.76 55.13	250m: 4:24.15 56.77	350m: 6:15.34 54.90		
	100m: 1:36.63 50.98	200m: 3:27.38 55.62	300m: 5:20.44 56.29	400m: 7:06.73 51.39		
13.	Ann Vandembrouck	Royal Ostend SC	8:02.51	ROSC/321/65	8:00.88	+0,96
	50m: 46.65 46.65	150m: 2:43.43 59.96	250m: 4:51.15 1:04.16	350m: 6:58.65 1:03.10		
	100m: 1:43.47 56.82	200m: 3:46.99 1:03.56	300m: 5:55.55 1:04.40	400m: 8:00.88 1:02.23		

Programmanr. 16, Dames, 400m vrije slag

Masters 50+

1. Francine Sommer	Triton	5:41.51	196200384	5:44.38	+0,83
50m: 37.43	150m: 2:03.37	44.42	250m: 3:33.68	45.65	350m: 5:01.80
100m: 1:18.95	200m: 2:48.03	44.66	300m: 4:18.35	44.67	400m: 5:44.38
42.58					42.58
2. Inge Wolfs	PLONS	5:48.77	196000304	5:45.19	+0,95
50m: 38.94	150m: 2:07.43	44.71	250m: 3:36.78	44.40	350m: 5:03.60
100m: 1:22.72	200m: 2:52.38	44.95	300m: 4:21.28	44.50	400m: 5:45.19
42.32					41.59
3. Patty Verhagen	PSV	5:29.75	195900146	5:49.55	+0,74
50m: 39.86	150m: 2:06.75	44.00	250m: 3:36.08	44.80	350m: 5:05.81
100m: 1:22.75	200m: 2:51.28	44.53	300m: 4:20.90	44.82	400m: 5:49.55
44.91					43.74
4. Petra Tossings	DAW	6:22.41	196100376	6:22.02	+0,78
50m: 41.23	150m: 2:16.54	48.56	250m: 3:54.54	49.12	350m: 5:34.64
100m: 1:27.98	200m: 3:05.42	48.88	300m: 4:44.56	50.02	400m: 6:22.02
50.08					47.38
5. Katinka Elders	Oceanus	6:25.46	196000292	6:25.67	+0,77
50m: 41.78	150m: 2:17.23	48.69	250m: 3:57.82	50.45	350m: 5:37.45
100m: 1:28.54	200m: 3:07.37	50.14	300m: 4:48.14	50.32	400m: 6:25.67
49.31					48.22
6. Els Laureys	MZVA	7:07.54	MZVA/039/63	7:06.54	+1,08
50m: 47.34	150m: 2:36.61	55.83	250m: 4:25.73	54.20	350m: 6:16.07
100m: 1:40.78	200m: 3:31.53	54.92	300m: 5:21.16	55.43	400m: 7:06.54
54.91					50.47

Masters 55+

1. Dorothy Ledwith <i>IMR</i>	Ennis Masters	5:48.02	10009706	5:46.55	+0,81
50m: 38.90	150m: 2:05.40	43.76	250m: 3:34.67	44.62	350m: 5:04.38
100m: 1:21.64	200m: 2:50.05	44.65	300m: 4:19.75	45.08	400m: 5:46.55
44.63					42.17
2. Margriet Pasma	De Pinquin	6:00.42	195500088	6:12.61	+0,99
50m: 42.58	150m: 2:18.13	48.11	250m: 3:54.71	47.88	350m: 5:29.19
100m: 1:30.02	200m: 3:06.83	48.70	300m: 4:43.09	48.38	400m: 6:12.61
46.10					43.42
3. Rona Eijkelhoff	Aqua-Novio'94	6:30.51	195600026	6:37.87	+0,94
50m: 44.98	150m: 2:25.37	50.86	250m: 4:07.60	51.62	350m: 5:49.95
100m: 1:34.51	200m: 3:15.98	50.61	300m: 4:58.82	51.22	400m: 6:37.87
51.13					47.92
4. Lies Hartman	VfR Übach-Palenberg	9:30.12	164684	9:46.32	+1,17
50m: 59.36	150m: 3:30.21	1:19.30	250m: 6:03.27	1:17.30	350m: 8:34.46
100m: 2:10.91	200m: 4:45.97	1:15.76	300m: 7:18.45	1:15.18	400m: 9:46.32
1:16.01					1:11.86

Masters 60+

1. Ineke Meijer	HZ&PC Heerenveen	6:51.83	195200034	6:58.99	+0,88
50m: 46.54	150m: 2:33.27	54.08	250m: 4:23.60	54.81	350m: 6:10.97
100m: 1:39.19	200m: 3:28.79	55.52	300m: 5:17.78	54.18	400m: 6:58.99
53.19					48.02
2. Gonnie Bak	PSV	7:38.32	195100064	7:20.49	+0,86
50m: 47.80	150m: 2:41.06	57.58	250m: 4:34.81	57.39	350m: 6:28.46
100m: 1:43.48	200m: 3:37.42	56.36	300m: 5:31.85	57.04	400m: 7:20.49
56.61					52.03
3. Corine Kalbfleisch	DWT	7:33.88	195200024	7:26.88	+1,16
50m: 46.35	150m: 2:38.54	56.60	250m: 4:36.80	58.80	350m: 6:33.07
100m: 1:41.94	200m: 3:38.00	59.46	300m: 5:36.62	59.82	400m: 7:26.88
56.45					53.81

Masters 65+

1. Annie Smits	PSV	7:06.82	194600016	7:35.18	+1,31
50m: 51.27	150m: 2:43.69	56.93	250m: 4:40.91	59.08	350m: 6:39.61
100m: 1:46.76	200m: 3:41.83	58.14	300m: 5:40.46	59.55	400m: 7:35.18
55.57					55.57
2. Matty van der Veen	Old Dutch	7:09.20	194400020	7:43.91	
50m: 50.09	150m: 2:42.11	58.28	250m: 4:41.63	1:00.81	350m: 6:43.99
100m: 1:43.83	200m: 3:40.82	58.71	300m: 5:41.52	59.89	400m: 7:43.91
1:02.47					59.92
3. Greet Brehler-Middag	Hatto Heim	8:19.37	194400004	8:44.70	+1,19
50m: 57.94	150m: 3:10.85	1:07.91	250m: 5:25.93	1:08.32	350m: 7:40.46
100m: 2:02.94	200m: 4:17.61	1:06.76	300m: 6:33.01	1:07.08	400m: 8:44.70
1:07.45					1:04.24

Programmanr. 16, Dames, 400m vrije slag

Masters 70+

1. Gitti Wahl		VfR Übach-Palenberg	8:55.78	164688	9:03.93	+1,07	
50m: 1:00.56	1:00.56	150m: 3:20.50	1:12.46	250m: 5:38.66	1:08.70	350m: 7:57.02	1:09.71
100m: 2:08.04	1:07.48	200m: 4:29.96	1:09.46	300m: 6:47.31	1:08.65	400m: 9:03.93	1:06.91
2. Liesbeth ter Laak		PSV	11:48.87	194200008	12:23.50	+1,37	
50m: 1:19.31	1:19.31	150m: 4:28.83	1:38.26	250m: 7:39.48	1:37.17	350m: 10:51.05	1:35.96
100m: 2:50.57	1:31.26	200m: 6:02.31	1:33.48	300m: 9:15.09	1:35.61	400m: 12:23.50	1:32.45

Programmanr. 17
04-05-2013 - 10:14

Heren, 400m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
Masters 20+								
1.	Jan-Willem v.d. Graaff <i>Kampioenschaps Record</i>	Het Y	4:20.75	198901023	4:23.97	+0,68		
	50m: 30.71	30.71	150m: 1:38.05	33.68	250m: 2:45.45	33.10	350m: 3:51.76	32.89
	100m: 1:04.37	33.66	200m: 2:12.35	34.30	300m: 3:18.87	34.42	400m: 4:23.97	32.21
2.	Joost Rijntjes	LZ 1886	4:23.69	199101899	4:31.38	+0,80		
	50m: 29.89	29.89	150m: 1:38.26	34.46	250m: 2:47.83	34.33	350m: 3:57.51	34.54
	100m: 1:03.80	33.91	200m: 2:13.50	35.24	300m: 3:22.97	35.14	400m: 4:31.38	33.87
3.	Raoul Engelenburg	Het Y	4:28.10	198900843	4:34.31	+0,62		
	50m: 31.42	31.42	150m: 1:41.37	35.38	250m: 2:51.78	35.05	350m: 4:01.24	33.82
	100m: 1:05.99	34.57	200m: 2:16.73	35.36	300m: 3:27.42	35.64	400m: 4:34.31	33.07
4.	Tim Bunnik	Triton	4:27.60	199000505	4:40.68	+0,79		
	50m: 30.67	30.67	150m: 1:41.95	36.38	250m: 2:53.96	35.37	350m: 4:05.21	35.41
	100m: 1:05.57	34.90	200m: 2:18.59	36.64	300m: 3:29.80	35.84	400m: 4:40.68	35.47
5.	Maik Steenkamp	Montferland	4:52.45	199103847	4:46.73			
	50m: 31.63	31.63	150m: 1:43.70	36.23	250m: 2:56.34	36.30	350m: 4:11.11	37.69
	100m: 1:07.47	35.84	200m: 2:20.04	36.34	300m: 3:33.42	37.08	400m: 4:46.73	35.62
6.	Stefan Grudelbach	ZVVS	5:06.80	199202073	5:14.28	+0,74		
	50m: 32.91	32.91	150m: 1:49.79	39.94	250m: 3:11.39	41.61	350m: 4:34.47	41.81
	100m: 1:09.85	36.94	200m: 2:29.78	39.99	300m: 3:52.66	41.27	400m: 5:14.28	39.81
7.	Roel van Beek	Montferland	5:06.87	198905861	5:17.61	+0,90		
	50m: 35.86	35.86	150m: 1:54.63	40.28	250m: 3:16.75	41.40	350m: 4:38.45	40.75
	100m: 1:14.35	38.49	200m: 2:35.35	40.72	300m: 3:57.70	40.95	400m: 5:17.61	39.16
8.	Danny Vochtelo	De Spatters	6:49.92	199207251	6:37.59			
	50m: 45.15	45.15	150m: 2:26.38	51.23	250m: 4:09.09	51.47	350m: 5:53.32	52.28
	100m: 1:35.15	50.00	200m: 3:17.62	51.24	300m: 5:01.04	51.95	400m: 6:37.59	44.27
Masters 25+								
1.	Erik Schröder	TriVia	4:06.32	198402025	4:26.11	+0,82		
	50m: 30.47	30.47	150m: 1:38.07	34.07	250m: 2:45.47	33.25	350m: 3:52.93	33.59
	100m: 1:04.00	33.53	200m: 2:12.22	34.15	300m: 3:19.34	33.87	400m: 4:26.11	33.18
2.	Sander Bouts	RZ	4:44.66	198500331	4:38.20	+0,91		
	50m: 30.93	30.93	150m: 1:40.27	34.90	250m: 2:51.10	35.40	350m: 4:02.68	35.65
	100m: 1:05.37	34.44	200m: 2:15.70	35.43	300m: 3:27.03	35.93	400m: 4:38.20	35.52
3.	Ralf van der Poel	Zuiderzeewimmers	4:43.13	198401783	4:44.21	+0,74		
	50m: 30.21	30.21	150m: 1:39.69	35.35	250m: 2:53.66	37.21	350m: 4:08.72	37.26
	100m: 1:04.34	34.13	200m: 2:16.45	36.76	300m: 3:31.46	37.80	400m: 4:44.21	35.49
4.	Klaas van Beek	ZV Haerlem	4:50.76	198805941	4:55.21	+0,72		
	50m: 31.18	31.18	150m: 1:42.81	36.29	250m: 2:59.61	38.64	350m: 4:17.30	38.98
	100m: 1:06.52	35.34	200m: 2:20.97	38.16	300m: 3:38.32	38.71	400m: 4:55.21	37.91
5.	Rick Driezen	Steenwijk 1934	5:10.25	198600713	5:04.05	+0,85		
	50m: 32.64	32.64	150m: 1:48.79	38.93	250m: 3:09.26	40.89	350m: 4:27.85	38.80
	100m: 1:09.86	37.22	200m: 2:28.37	39.58	300m: 3:49.05	39.79	400m: 5:04.05	36.20
6.	Pascal van Kassel	Triton	5:12.34	198501289	5:16.58			
	50m: 33.56	33.56	150m: 1:51.80	40.25	250m: 3:15.01	42.25	350m: 4:39.74	42.96
	100m: 1:11.55	37.99	200m: 2:32.76	40.96	300m: 3:56.78	41.77	400m: 5:16.58	36.84

Programmanr. 17, Heren, 400m vrije slag, Masters 25+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
7.	Robin Dellaert	Scheldestroom	4:56.37	198800745	5:17.25	+0,88		
	50m: 32.86	32.86	150m: 1:49.96	39.65	250m: 3:13.26	41.72	350m: 4:37.59	40.87
	100m: 1:10.31	37.45	200m: 2:31.54	41.58	300m: 3:56.72	43.46	400m: 5:17.25	39.66
8.	Remco Joukes	Triton	5:24.43	198801763	5:43.67			
	50m: 33.62	33.62	150m: 1:53.97	41.81	250m: 3:25.04	46.27	350m: 4:57.91	46.86
	100m: 1:12.16	38.54	200m: 2:38.77	44.80	300m: 4:11.05	46.01	400m: 5:43.67	45.76

Masters 30+

1.	Alexander Hulleman	Steenwijk 1934	4:22.09	198300989	4:29.94			
	50m: 30.59	30.59	150m: 1:37.86	34.03	250m: 2:47.76	35.23	350m: 3:56.57	34.63
	100m: 1:03.83	33.24	200m: 2:12.53	34.67	300m: 3:21.94	34.18	400m: 4:29.94	33.37
2.	Kristiaan Lenos	LZ 1886	4:17.45	198301331	4:34.70	+0,78		
	50m: 29.54	29.54	150m: 1:37.47	34.96	250m: 2:47.89	35.02	350m: 4:00.21	36.65
	100m: 1:02.51	32.97	200m: 2:12.87	35.40	300m: 3:23.56	35.67	400m: 4:34.70	34.49
3.	Marcel Reefhuis	WS Twente	4:43.72	198101381	4:46.04	+0,84		
	50m: 32.08	32.08	150m: 1:43.44	36.01	250m: 2:56.63	36.50	350m: 4:10.42	36.91
	100m: 1:07.43	35.35	200m: 2:20.13	36.69	300m: 3:33.51	36.88	400m: 4:46.04	35.62
4.	Mark Zwart	Zwemlust-den Hommel	4:42.55	197901461	4:51.49	+0,81		
	50m: 31.25	31.25	150m: 1:43.07	36.93	250m: 2:58.82	37.89	350m: 4:14.68	37.26
	100m: 1:06.14	34.89	200m: 2:20.93	37.86	300m: 3:37.42	38.60	400m: 4:51.49	36.81
5.	Jim Geestman	RSW (SG)	4:57.42	198300699	4:55.28	+0,84		
	50m: 31.91	31.91	150m: 1:43.88	36.33	250m: 3:00.42	38.34	350m: 4:18.97	39.16
	100m: 1:07.55	35.64	200m: 2:22.08	38.20	300m: 3:39.81	39.39	400m: 4:55.28	36.31
6.	Jeroen Vogelsang	DAW	4:49.19	198001645	4:59.35	+0,86		
	50m: 32.63	32.63	150m: 1:46.67	37.50	250m: 3:03.63	38.31	350m: 4:21.33	38.10
	100m: 1:09.17	36.54	200m: 2:25.32	38.65	300m: 3:43.23	39.60	400m: 4:59.35	38.02
7.	Jetse Scholma	Arethusa	4:54.43	197901973	5:08.26	+1,07		
	50m: 32.11	32.11	150m: 1:46.21	38.31	250m: 3:06.05	40.51	350m: 4:27.81	41.11
	100m: 1:07.90	35.79	200m: 2:25.54	39.33	300m: 3:46.70	40.65	400m: 5:08.26	40.45
8.	Peter Eshuis	DBD	5:41.17	198000375	5:09.48	+0,88		
	50m: 32.44	32.44	150m: 1:49.58	39.55	250m: 3:10.38	40.56	350m: 4:31.36	40.03
	100m: 1:10.03	37.59	200m: 2:29.82	40.24	300m: 3:51.33	40.95	400m: 5:09.48	38.12
9.	Bas v.d. Laan	WVZ	4:54.39	198302471	5:13.12	+0,91		
	50m: 31.29	31.29	150m: 1:45.72	38.28	250m: 3:08.10	40.72	350m: 4:31.96	42.72
	100m: 1:07.44	36.15	200m: 2:27.38	41.66	300m: 3:49.24	41.14	400m: 5:13.12	41.16

Masters 35+

1.	Jeroen Van Den Bosch	RSCM	4:28.18	RSCM/074/75	4:37.16	+0,78		
	50m: 31.02	31.02	150m: 1:41.28	35.56	250m: 2:52.71	36.65	350m: 4:03.52	35.05
	100m: 1:05.72	34.70	200m: 2:17.06	35.78	300m: 3:28.47	35.76	400m: 4:37.16	33.64
2.	Ivo Roozeboom	WVZ	4:28.83	197700801	4:40.21	+0,80		
	50m: 30.47	30.47	150m: 1:42.44	36.32	250m: 2:54.97	35.87	350m: 4:05.86	35.06
	100m: 1:06.12	35.65	200m: 2:19.10	36.66	300m: 3:30.80	35.83	400m: 4:40.21	34.35
3.	Dennis Brouwers	HZPC	4:37.42	197800167	4:44.93	+0,84		
	50m: 31.81	31.81	150m: 1:43.19	36.68	250m: 2:55.59	35.56	350m: 4:08.32	37.26
	100m: 1:06.51	34.70	200m: 2:20.03	36.84	300m: 3:31.06	35.47	400m: 4:44.93	36.61
4.	Robin Sprinkhuizen	De Zijl/LGB	4:48.72	197400767	4:51.36	+0,85		
	50m: 31.36	31.36	150m: 1:43.07	36.23	250m: 2:57.96	37.26	350m: 4:14.19	37.50
	100m: 1:06.84	35.48	200m: 2:20.70	37.63	300m: 3:36.69	38.73	400m: 4:51.36	37.17
5.	Michel Bogaerts	SCZ-Zaventem	4:58.53	SCZ/008/75	4:55.89	+0,84		
	50m: 32.04	32.04	150m: 1:44.98	37.50	250m: 3:01.43	38.55	350m: 4:18.68	38.79
	100m: 1:07.48	35.44	200m: 2:22.88	37.90	300m: 3:39.89	38.46	400m: 4:55.89	37.21
6.	Kars Luttk	DAW	4:49.45	197800675	5:00.77	+0,86		
	50m: 32.52	32.52	150m: 1:46.95	38.00	250m: 3:04.28	38.65	350m: 4:22.90	39.28
	100m: 1:08.95	36.43	200m: 2:25.63	38.68	300m: 3:43.62	39.34	400m: 5:00.77	37.87
7.	Svet Gavrilov	GLS Ketelbinkie	5:04.29	197501263	5:13.01	+0,79		
	50m: 34.83	34.83	150m: 1:52.48	39.32	250m: 3:12.10	40.12	350m: 4:33.52	40.93
	100m: 1:13.16	38.33	200m: 2:31.98	39.50	300m: 3:52.59	40.49	400m: 5:13.01	39.49
8.	Markus van Rest	Zoetermeer	5:20.10	197701197	5:17.68	+0,80		
	50m: 34.53	34.53	150m: 1:55.32	41.25	250m: 3:18.65	41.90	350m: 4:40.93	40.84
	100m: 1:14.07	39.54	200m: 2:36.75	41.43	300m: 4:00.09	41.44	400m: 5:17.68	36.75

Programmanr. 17, Heren, 400m vrije slag, Masters 35+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
9.	Daniel Wencker	Avan Villeneuve-D'Ascq	5:06.00	1540660	5:20.67	+0,85		
	50m: 35.68	35.68	150m: 1:55.43	40.57	250m: 3:19.17	42.15	350m: 4:42.02	41.33
	100m: 1:14.86	39.18	200m: 2:37.02	41.59	300m: 4:00.69	41.52	400m: 5:20.67	38.65

Masters 40+

1.	Arjan Bellaart	Oceanus	4:47.98	196900079	4:51.61	+0,72		
	50m: 31.45	31.45	150m: 1:43.16	36.24	250m: 2:57.23	37.04	350m: 4:12.92	38.38
	100m: 1:06.92	35.47	200m: 2:20.19	37.03	300m: 3:34.54	37.31	400m: 4:51.61	38.69
2.	René Beetsma	HZ&PC Heerenveen	4:39.97	196900069	4:55.82	+0,77		
	50m: 33.73	33.73	150m: 1:48.03	37.38	250m: 3:03.33	37.43	350m: 4:18.68	37.83
	100m: 1:10.65	36.92	200m: 2:25.90	37.87	300m: 3:40.85	37.52	400m: 4:55.82	37.14
3.	Agnus Gerringa	Zuiderzeezwemmers	5:10.73	197100285	5:04.76	+0,88		
	50m: 31.53	31.53	150m: 1:45.97	38.59	250m: 3:05.61	40.04	350m: 4:26.21	40.59
	100m: 1:07.38	35.85	200m: 2:25.57	39.60	300m: 3:45.62	40.01	400m: 5:04.76	38.55
4.	Ferry Adema	D'Elft WAVE (SG)	4:58.84	197100007	5:06.20	+0,79		
	50m: 32.69	32.69	150m: 1:48.55	39.01	250m: 3:08.37	40.36	350m: 4:28.71	40.41
	100m: 1:09.54	36.85	200m: 2:28.01	39.46	300m: 3:48.30	39.93	400m: 5:06.20	37.49
5.	Gerald Hösl	SC Winterthur	5:32.27	0007586-1	5:13.04	+0,85		
	50m: 35.31	35.31	150m: 1:52.94	39.89	250m: 3:13.37	40.41	350m: 4:33.76	40.17
	100m: 1:13.05	37.74	200m: 2:32.96	40.02	300m: 3:53.59	40.22	400m: 5:13.04	39.28
6.	Kasper van den Berghe	Swol 1894	5:26.30	197301125	5:20.61	+0,84		
	50m: 35.50	35.50	150m: 1:55.76	40.73	250m: 3:19.17	41.53	350m: 4:41.81	41.26
	100m: 1:15.03	39.53	200m: 2:37.64	41.88	300m: 4:00.55	41.38	400m: 5:20.61	38.80
7.	Hans Schoenmakers	DAW	5:06.14	196900863	5:29.19	+0,81		
	50m: 34.74	34.74	150m: 1:56.46	41.68	250m: 3:21.05	42.04	350m: 4:46.92	42.77
	100m: 1:14.78	40.04	200m: 2:39.01	42.55	300m: 4:04.15	43.10	400m: 5:29.19	42.27
8.	Harry Raven	GLS Ketelinkie	5:31.75	197000831	5:34.18	+1,04		
	50m: 36.44	36.44	150m: 2:01.16	42.51	250m: 3:27.21	42.90	350m: 4:52.88	42.81
	100m: 1:18.65	42.21	200m: 2:44.31	43.15	300m: 4:10.07	42.86	400m: 5:34.18	41.30
9.	Wouter van der Stelt	Den Doorn	5:20.11	197200889	5:39.52	+0,86		
	50m: 35.62	35.62	150m: 1:58.17	42.62	250m: 3:25.76	44.63	350m: 4:55.14	44.98
	100m: 1:15.55	39.93	200m: 2:41.13	42.96	300m: 4:10.16	44.40	400m: 5:39.52	44.38
10.	Oliver Podebrad	SC Wiesbaden 1911 e.V.	5:27.11	262705	5:44.75	+0,82		
	50m: 37.65	37.65	150m: 2:02.91	43.16	250m: 3:31.41	44.25	350m: 4:59.96	43.96
	100m: 1:19.75	42.10	200m: 2:47.16	44.25	300m: 4:16.00	44.59	400m: 5:44.75	44.79
11.	Taco Eikelenboom	De Futen	6:09.84	196900275	5:59.42	+1,22		
	50m: 38.05	38.05	150m: 2:08.42	46.20	250m: 3:41.33	46.52	350m: 5:14.80	46.41
	100m: 1:22.22	44.17	200m: 2:54.81	46.39	300m: 4:28.39	47.06	400m: 5:59.42	44.62
12.	Marcel Brittijn	De Duinkickers	5:56.65	196900159	6:15.75	+0,78		
	50m: 37.81	37.81	150m: 2:11.00	48.32	250m: 3:50.49	49.68	350m: 5:30.88	49.83
	100m: 1:22.68	44.87	200m: 3:00.81	49.81	300m: 4:41.05	50.56	400m: 6:15.75	44.87

Masters 45+

1.	Jo-an Mudde	Zeester-Meerval	4:48.95	196701457	4:49.48	+0,82		
	50m: 32.65	32.65	150m: 1:44.40	36.21	250m: 2:58.34	37.13	350m: 4:12.81	37.40
	100m: 1:08.19	35.54	200m: 2:21.21	36.81	300m: 3:35.41	37.07	400m: 4:49.48	36.67
2.	Ronald van Maurik	Nat Utrecht	4:59.60	196600509	4:57.83	+0,82		
	50m: 33.76	33.76	150m: 1:48.82	37.80	250m: 3:04.61	37.90	350m: 4:21.53	38.25
	100m: 1:11.02	37.26	200m: 2:26.71	37.89	300m: 3:43.28	38.67	400m: 4:57.83	36.30
3.	Rene de Boer	DAW	4:58.78	196400087	5:03.62	+0,90		
	50m: 34.37	34.37	150m: 1:50.49	38.55	250m: 3:08.05	38.67	350m: 4:25.90	39.04
	100m: 1:11.94	37.57	200m: 2:29.38	38.89	300m: 3:46.86	38.81	400m: 5:03.62	37.72
4.	Konstantin Sklyar	TG Lage	5:11.88	321129	5:04.78	+0,82		
	50m: 35.62	35.62	150m: 1:52.72	38.22	250m: 3:10.47	38.95	350m: 4:28.53	38.38
	100m: 1:14.50	38.88	200m: 2:31.52	38.80	300m: 3:50.15	39.68	400m: 5:04.78	36.25
5.	Eric Verboven	Club Nautique Croix	5:18.79	732659	5:18.02	+0,95		
	50m: 34.79	34.79	150m: 1:55.93	41.00	250m: 3:19.18	41.34	350m: 4:41.63	40.73
	100m: 1:14.93	40.14	200m: 2:37.84	41.91	300m: 4:00.90	41.72	400m: 5:18.02	36.39
6.	André Zandberg	TRB-RES	5:21.76	196601369	5:32.22	+0,85		
	50m: 36.67	36.67	150m: 2:01.41	42.91	250m: 3:28.23	42.39	350m: 4:51.70	40.13
	100m: 1:18.50	41.83	200m: 2:45.84	44.43	300m: 4:11.57	43.34	400m: 5:32.22	40.52

Programmanr. 17, Heren, 400m vrije slag, Masters 45+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
7.	Volker Mayer	Avan Villeneuve-D'Ascq	5:20.86	1468929	5:36.19	+0,94		
	50m: 37.37	37.37	150m: 2:03.06	43.90	250m: 3:30.02	43.02	350m: 4:55.06	41.62
	100m: 1:19.16	41.79	200m: 2:47.00	43.94	300m: 4:13.44	43.42	400m: 5:36.19	41.13
8.	Pieter-Sjoerd de Wijn	Aqua-Novio'94	5:38.93	196501027	5:38.21	+0,88		
	50m: 38.60	38.60	150m: 2:03.63	42.52	250m: 3:31.76	44.27	350m: 4:58.26	43.35
	100m: 1:21.11	42.51	200m: 2:47.49	43.86	300m: 4:14.91	43.15	400m: 5:38.21	39.95
9.	Huyb Stegeman	Steenwijk 1934	6:03.50	196701535	5:54.65	+0,93		
	50m: 37.86	37.86	150m: 2:05.25	44.66	250m: 3:38.22	46.75	350m: 5:11.16	46.51
	100m: 1:20.59	42.73	200m: 2:51.47	46.22	300m: 4:24.65	46.43	400m: 5:54.65	43.49
10.	Henk van Zetten	Octopus	6:28.86	196701261	6:29.56	+0,91		
	50m: 40.37	40.37	150m: 2:16.65	49.77	250m: 3:58.88	51.12	350m: 5:40.07	49.50
	100m: 1:26.88	46.51	200m: 3:07.76	51.11	300m: 4:50.57	51.69	400m: 6:29.56	49.49
11.	Marco Schoenmakers	ZVVS	7:26.06	196401375	7:01.51	+1,07		
	50m: 45.87	45.87	150m: 2:31.99	54.15	250m: 4:21.17	54.62	350m: 6:11.70	56.85
	100m: 1:37.84	51.97	200m: 3:26.55	54.56	300m: 5:14.85	53.68	400m: 7:01.51	49.81

Masters 50+

1.	Frank Gomoll	SV Gladbeck 13	4:42.97	112232	4:42.79			
	50m: 33.44	33.44	150m: 1:45.25	35.60	250m: 2:56.63	35.57	350m: 4:08.48	36.17
	100m: 1:09.65	36.21	200m: 2:21.06	35.81	300m: 3:32.31	35.68	400m: 4:42.79	34.31
2.	Gustav van den Berg	TriVia	5:00.78	196100991	4:57.63			
	50m: 32.99	32.99	150m: 1:47.95	38.07	250m: 3:05.11	38.51	350m: 4:22.07	38.27
	100m: 1:09.88	36.89	200m: 2:26.80	38.65	300m: 3:43.80	38.69	400m: 4:57.63	35.56
3.	Rensonnet Raymond	Verviers Natation	5:14.76	VN/439/60	5:21.68	+1,18		
	50m: 34.66	34.66	150m: 1:55.26	41.33	250m: 3:19.07	41.81	350m: 4:42.07	40.76
	100m: 1:13.93	39.27	200m: 2:37.26	42.00	300m: 4:01.31	42.24	400m: 5:21.68	39.61
4.	Eric Langhorst	De Rijn	5:17.02	196200389	5:24.82	+0,88		
	50m: 35.68	35.68	150m: 1:59.42	42.50	250m: 3:24.46	42.53	350m: 4:46.91	41.07
	100m: 1:16.92	41.24	200m: 2:41.93	42.51	300m: 4:05.84	41.38	400m: 5:24.82	37.91
5.	Robin Prins	SBC2000	5:21.50	196200515	5:27.03	+0,79		
	50m: 36.28	36.28	150m: 2:00.44	42.90	250m: 3:25.41	42.33	350m: 4:49.21	41.53
	100m: 1:17.54	41.26	200m: 2:43.08	42.64	300m: 4:07.68	42.27	400m: 5:27.03	37.82
6.	Paul van der Voort	De Zwoer	5:40.46	196200715	5:36.91	+1,04		
	50m: 35.73	35.73	150m: 2:01.23	43.93	250m: 3:29.49	44.42	350m: 4:57.81	43.78
	100m: 1:17.30	41.57	200m: 2:45.07	43.84	300m: 4:14.03	44.54	400m: 5:36.91	39.10
7.	Mark Kas	PLONS	5:26.45	196100285	5:37.39	+0,84		
	50m: 37.42	37.42	150m: 2:01.58	42.96	250m: 3:27.90	43.26	350m: 4:54.91	43.22
	100m: 1:18.62	41.20	200m: 2:44.64	43.06	300m: 4:11.69	43.79	400m: 5:37.39	42.48
8.	Jan Willem Heuten	WS Twente	6:03.69	196000883	6:03.81	+0,96		
	50m: 39.93	39.93	150m: 2:10.61	46.49	250m: 3:44.65	47.00	350m: 5:19.61	47.18
	100m: 1:24.12	44.19	200m: 2:57.65	47.04	300m: 4:32.43	47.78	400m: 6:03.81	44.20
9.	Philip Verhelle	MZVA	6:11.89	MZVA/105/59	6:04.64	+0,78		
	50m: 39.43	39.43	150m: 2:10.30	46.33	250m: 3:44.25	47.13	350m: 5:18.93	47.36
	100m: 1:23.97	44.54	200m: 2:57.12	46.82	300m: 4:31.57	47.32	400m: 6:04.64	45.71
10.	Serge Lallemand	Embourg Natation	6:03.96	EMBOU/449/61	6:04.92	+0,91		
	50m: 38.34	38.34	150m: 2:07.62	45.32	250m: 3:42.93	48.00	350m: 5:19.86	48.33
	100m: 1:22.30	43.96	200m: 2:54.93	47.31	300m: 4:31.53	48.60	400m: 6:04.92	45.06
11.	Jan Haitsma	De Spatters	6:48.18	196000929	7:00.16 *	+1,08		
	50m: 46.63	46.63	150m: 2:31.35	53.85	250m: 4:18.79	54.02	350m: 6:07.01	54.55
	100m: 1:37.50	50.87	200m: 3:24.77	53.42	300m: 5:12.46	53.67	400m: 7:00.16	53.15

NG.ZA David Witteboon

MZVA

5:06.82

MZVA/331/63

Masters 55+

1.	Marten de Groot	HZ&PC Heerenveen	4:40.35	195800149	4:47.17	+0,83		
	<i>Nederlands Masters Record</i>							
	50m: 33.56	33.56	150m: 1:45.86	36.36	250m: 2:58.89	36.48	350m: 4:12.25	36.30
	100m: 1:09.50	35.94	200m: 2:22.41	36.55	300m: 3:35.95	37.06	400m: 4:47.17	34.92
2.	Klaus Kalinke	SV Gladbeck 13	4:57.08	72636	5:06.29	+0,88		
	50m: 34.24	34.24	150m: 1:51.43	38.87	250m: 3:10.19	39.37	350m: 4:29.43	39.26
	100m: 1:12.56	38.32	200m: 2:30.82	39.39	300m: 3:50.17	39.98	400m: 5:06.29	36.86

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

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
3.	Henk Slomp	De Pinquin	5:32.70	195500359	5:35.64	+0,86		
	50m: 36.13 100m: 1:17.63	36.13 41.50	150m: 2:01.25 200m: 2:45.15	43.62 43.90	250m: 3:29.72 300m: 4:14.51	44.57 44.79	350m: 4:57.41 400m: 5:35.64	42.90 38.23
4.	Hans Groothelm	DBD	5:38.54	195800151	5:35.81	+0,71		
	50m: 36.02 100m: 1:17.74	36.02 41.72	150m: 2:00.89 200m: 2:44.60	43.15 43.71	250m: 3:28.74 300m: 4:12.99	44.14 44.25	350m: 4:56.43 400m: 5:35.81	43.44 39.38
5.	Harry Paas	ZVVS	6:07.79	195800689	6:08.16			
	50m: 39.84 100m: 1:24.23	39.84 44.39	150m: 2:11.64 200m: 2:58.85	47.41 47.21	250m: 3:46.71 300m: 4:34.78	47.86 48.07	350m: 5:23.84 400m: 6:08.16	49.06 44.32
DIS	Frank Zwijnenberg	PSV	6:39.48	195400361		A A		
	50m: 100m:	150m: 200m:	250m: 300m:	350m: 400m:				
AFGEM	Dre Klaassen	ZOB'66	6:49.75	195600141				

Masters 60+

1.	Georg Dombrowski	SV Gladbeck 13	5:33.43	217978	5:28.08	+0,84		
	50m: 36.23 100m: 1:15.94	36.23 39.71	150m: 1:58.11 200m: 2:40.09	42.17 41.98	250m: 3:22.64 300m: 4:05.31	42.55 42.67	350m: 4:47.89 400m: 5:28.08	42.58 40.19
2.	Brend Brevé	PSV	5:30.10	195200265	5:29.24	+0,89		
	50m: 35.79 100m: 1:16.06	35.79 40.27	150m: 1:59.39 200m: 2:42.46	43.33 43.07	250m: 3:26.05 300m: 4:09.45	43.59 43.40	350m: 4:51.59 400m: 5:29.24	42.14 37.65
3.	Jan Tinholt	PSV	5:58.69	195000185	5:53.56	+1,03		
	50m: 40.42 100m: 1:23.84	40.42 43.42	150m: 2:10.40 200m: 2:55.65	46.56 45.25	250m: 3:41.21 300m: 4:26.45	45.56 45.24	350m: 5:12.32 400m: 5:53.56	45.87 41.24
4.	Hugo Staudt	WS Twente	5:48.62	195300253	5:59.47	+0,89		
	50m: 39.38 100m: 1:22.81	39.38 43.43	150m: 2:09.97 200m: 2:56.95	47.16 46.98	250m: 3:43.89 300m: 4:30.81	46.94 46.92	350m: 5:16.87 400m: 5:59.47	46.06 42.60
5.	Jos Kamps	De Amer	6:39.59	195100085	6:35.30	+0,99		
	50m: 39.95 100m: 1:25.34	39.95 45.39	150m: 2:14.47 200m: 3:05.57	49.13 51.10	250m: 3:58.70 300m: 4:51.54	53.13 52.84	350m: 5:44.22 400m: 6:35.30	52.68 51.08

Masters 65+

1.	Donald Uijtenbogaart	Het Y	5:19.09	194700107	5:25.59	+0,86		
	50m: 37.36 100m: 1:19.35	37.36 41.99	150m: 2:02.40 200m: 2:45.14	43.05 42.74	250m: 3:27.19 300m: 4:07.29	42.05 40.10	350m: 4:47.54 400m: 5:25.59	40.25 38.05
2.	Jaap Kwakkel	DAW	6:24.93	194700157	6:46.38	+0,90		
	50m: 42.17 100m: 1:30.70	42.17 48.53	150m: 2:23.13 200m: 3:16.02	52.43 52.89	250m: 4:08.41 300m: 5:01.74	52.39 53.33	350m: 5:55.86 400m: 6:46.38	54.12 50.52
3.	Peter Ouweneel	RSW (SG)	8:44.28	194500077	9:05.06	+1,22		
	50m: 56.45 100m: 1:59.82	56.45 1:03.37	150m: 3:10.62 200m: 4:20.66	1:10.80 1:10.04	250m: 5:34.12 300m: 6:45.84	1:13.46 1:11.72	350m: 7:58.98 400m: 9:05.06	1:13.14 1:06.08

Masters 70+

1.	Rob Hanou	PSV	6:18.97	194300109	6:37.26	+1,04		
	50m: 41.61 100m: 1:31.29	41.61 49.68	150m: 2:23.08 200m: 3:15.35	51.79 52.27	250m: 4:07.40 300m: 5:00.11	52.05 52.71	350m: 5:49.65 400m: 6:37.26	49.54 47.61
2.	Manfred Bottin	SV Langenfeld	7:12.78	57993	7:22.89	+1,11		
	50m: 46.08 100m: 1:39.87	46.08 53.79	150m: 2:36.48 200m: 3:34.47	56.61 57.99	250m: 4:31.78 300m: 5:29.38	57.31 57.60	350m: 6:26.23 400m: 7:22.89	56.85 56.66
3.	Wim ter Laak	PSV	8:51.00	194000027	9:03.62	+1,30		
	50m: 54.77 100m: 2:07.40	54.77 1:12.63	150m: 3:18.71 200m: 4:33.71	1:11.31 1:15.00	250m: 5:42.81 300m: 6:52.42	1:09.10 1:09.61	350m: 8:00.39 400m: 9:03.62	1:07.97 1:03.23

Masters 75+

AFGEM	Nic Geers	Z&PC De Gouwe	5:48.41	193800007		
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Programmanr. 17, Heren, 400m vrije slag

Masters 80+

1.	Bob Berg		PSV		7:54.60		193300011		8:15.38	+1,06		
	50m:	48.87	48.87	150m:	2:52.02	1:02.53	250m:	5:02.53	1:05.04	350m:	7:13.42	1:04.92
	100m:	1:49.49	1:00.62	200m:	3:57.49	1:05.47	300m:	6:08.50	1:05.97	400m:	8:15.38	1:01.96
BM	Walter Ludwig		SSF Sieglar 1960 e.V.		NT		133686		5:30.03	+0,84		
	50m:	35.65	35.65	150m:	1:59.12	42.52	250m:	3:25.34	43.32	350m:	4:51.38	43.59
	100m:	1:16.60	40.95	200m:	2:42.02	42.90	300m:	4:07.79	42.45	400m:	5:30.03	38.65

Programmanr. 18
04-05-2013 - 11:11

Dames, 50m schoolslag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
Masters 20+						
1.	Suzan van den Bogaard	RZ	36.56	198900450	35.71	+0,75
2.	Erika Aan het Rot	Octopus	35.70	199000010	36.55	+0,75
3.	Isabelle Massar	WVZ	35.41	199102034	37.69	+0,75
4.	Kathy van Zuilen	De Amer	37.18	199306138	38.06	+0,85
5.	Désirée Hulsmeijer	Het Ravijn	40.57	199001656	38.46	+0,69
6.	Nanda de Vries	HZ&PC Heerenveen	37.50	199204328	38.80	+0,69
7.	Leonie Nijenhuis	Zuiderzeezwemmers	38.01	199204340	38.99	+0,77
8.	Jacqueline Schroer	DAW	41.42	199108490	39.40	+0,68
9.	Rosanne de Boer	LZ 1886	38.62	199104060	40.32	+0,88
10.	Janet van der Poel	LZ 1886	37.80	199301842	41.04	+0,75
11.	Tessa Verheijdt	WVZ	41.76	198904290	41.17	+0,77
12.	Fleur Maas	Zoetermeer	43.53	198902768	44.36	+0,98
13.	Joëlle Vaes	DIO	44.95	199007576	47.31	+0,79
14.	Carmen Ensink	Piranha	46.45	199307842	49.93	+1,00

Masters 25+

1.	Karin Hidding	De Dinkel	34.22	198400970	33.81	+0,74
	<i>Nederlands Masters Record</i>					
2.	Femke Hendrixx	Nuenen	33.01	198801698	34.88	+0,73
3.	Stephanie Rombout	PSV	35.71	198803696	36.21	+0,73
4.	Karin van Dijk	HZ&PC Heerenveen	35.47	198600850	36.30	+0,79
5.	Esther van Maastrigt	Montferland	37.20	198802836	37.50	+0,86
6.	Aniek Huijsman	De Lansingh	36.73	198801932	38.03	+0,76
7.	Roshendra Vrolijk	DES	36.32	198403268	38.14	+0,73
8.	Wieteke Elzinga	DAW	38.77	198601038	39.37	+0,86
9.	Roos Lemmen	Eurode KZC	39.39	198403078	39.82	+0,79
	Monique Pronk	WVZ	37.56	198803528	39.82	+0,79
11.	Susanne van der Linden	DIO	36.64	198802736	39.98	+0,81
12.	Bianca Paape	DAW	39.96	198502262	40.03	+0,86
13.	Carly Noordermeer	ZOB'66	38.04	198702984	40.16	+0,62
14.	Eline Roeland	De Schoteijl	40.72	198805970	40.42	+0,91
15.	Annette Vogelsang	ZV De Bron	41.06	198402632	41.69	+0,81
16.	Kim van der Beek	PSV	41.05	198700196	41.97	+0,84
17.	Isaline Manchel	CNSW	45.13	CNSW/475/85	42.01	+0,87
18.	Channe Noort	DAW	41.26	198605032	42.55	+0,78
19.	Marlies Jehoel-van As	PSV	41.82	198500074	43.24	+0,73
20.	Leonie Lennards	Eszet	43.08	198602262	45.04	+0,83
21.	Liesbeth van Mill	DWK	42.88	198702786	45.15	+0,90
22.	Margriet Aan het Rot	Octopus	44.93	198603088	45.24	+0,84
23.	Dorien Vasseur	Scheldestroom	45.30	198704164	45.27	+0,87

Programmanr. 18, Dames, 50m schoolslag

Masters 30+

1.	Yvonne Gerritsen	WVZ	37.93	198000342	38.56	+0,83
2.	Esther Versteeg	Van Vliet-Barracuda	40.85	198302112	41.06	+0,85
3.	Kristel Lips	ZV De Bron	41.22	197900562	41.96	+1,01
4.	Yvette Roozen	DWT	39.47	198000926	43.09	+0,86
5.	Angela Giezen	Montferland	44.06	198302796	44.85	+0,95
6.	Gwenda Swijghuisen	PSV	44.62	198001696	47.36	+0,92
7.	Julia Dros	RZ	50.74	198001692	48.60	+0,77
8.	Marjolein Kiewiet	Aquapoldro	46.87	197901404	50.05	+0,90

Masters 35+

1.	Claudia van Druenen	AquAmigos	38.83	197700810	39.17	+0,76
2.	Geraldine Trainor	De Duck	39.69	197500544	39.30	+0,78
3.	Nadège van Meeteren	De Meer	39.22	197400736	39.43	+0,80
4.	Ilona Hogerheyde	DAW	39.25	197400224	39.86	+0,70
5.	Miranda Straetemans	Zignea	40.79	197400514	41.05	+0,93
6.	Marian Nederlof	DWF	41.69	197600950	42.34	+0,80
7.	Vivian van Kerkwijk	RZ	44.34	197500892	44.11	+0,90
8.	Paula 't Hart-Buitelaar	ZVVS	52.19	197701132	51.66	+0,84

Masters 40+

1.	Karin Stein	ZVVS	37.11	197100554	37.71	+0,89
2.	Trudy Ketting	PSV	38.63	197000268	38.59	+0,80
3.	Annetje Dieleman	PSV	39.49	197100130	38.91	
4.	Dorette Vogels	PSV	39.43	197000938	39.66	+0,83
5.	Esther Mijnen	ZV De Zaan	41.02	196900846	42.11	+0,92
6.	Simone van Lent	Njord	41.96	196900950	42.82	+0,89
7.	Pascalie Neiss-Janssen	De Roersoppers	42.92	197300852	42.84	+0,89
8.	Ageeth Boomsma	Orca	43.74	197000826	45.61	+0,82
9.	Yvonne Russ - Dijk	RZ	47.80	197000950	46.82	+0,91
10.	Diana Westerdijk	De Spatters	46.39	197200704	48.36	+0,81
11.	Jolanda Roijen	Mosaqua Gulpen	49.83	197000854	50.97	
12.	Klasien Blankestijn	De Duinkickers	56.78	196900934	59.06	+0,98
NG.ZA	Gerda Eling	AZ&PC	48.11	197300820		

Masters 45+

1.	Annette Wijnja-Visser	De Biesboschzwemmers	39.87	196700528	40.07	+0,72
2.	Desiree van der Lem	Ed-Vo	40.35	196800282	40.98	+0,88
3.	Friderika Kerekes	AZ&PC	45.23	196500540	47.25	+0,83
4.	Roelien Speelman - Tigelaar	De Spatters	46.89	196600664	47.46	+0,73
5.	Remona Dekker	ZV De Bron	45.06	196600620	47.67	+0,85
6.	José Sanders	PSV	49.96	196800834	47.84	+0,87
7.	Jeanette Smits	Orca	46.76	196600312	48.06	+0,82
8.	Ingeborg Stokx	DAW	48.56	196700666	49.76	+0,74
9.	Margriet de Hoop	De Fuut	51.73	196800848	51.31	+1,04
10.	Ann Vandenbrouck	Royal Ostend SC	48.48	ROSC/321/65	52.60	+0,96
11.	Riekie Schra	Steenwijk 1934	58.80	196400404	1:03.53	+1,21

Masters 50+

1.	Marja Bloemzaad	AZ&PC	36.97	196100014	38.68	+0,82
2.	Agnes van Doesburg	PSV	44.04	196000264	42.84	+0,90
3.	Annemarie Vuist	Swol 1894	43.73	196300282	43.22	+0,95
4.	Marijke Kraak-Beckers	WS Twente	44.04	196000240	43.72	+1,02
5.	Julia Moh-Klaren	CSAKB	43.33	922540	43.85	+0,81
6.	Francine Sommer	Triton	43.50	196200384	44.83	+0,82
7.	Gonnie Paas	ZVVS	47.62	196200418	47.17	+1,04
8.	Herlinde Segers	Groot Beverse Zwemclub	47.80	GBZ/151/60	48.51	
9.	Marjan Spoelstra	Swol 1894	47.79	196000236	49.06	+0,86
10.	Lia Bijkerk	WIDEX GZC DONK	49.64	196000014	49.46	+1,02
11.	Marie-Paule Waterval	Les Dauphins Visétois	48.57	B8817C142	50.36	+0,92
12.	Jacqueline Brouwer	ZV De Bron	49.30	196100296	51.43	+0,98

Programmanr. 18, Dames, 50m schoolslag

Masters 55+

1.	Monika Zilliken	SC Wiesbaden 1911 e.V.	43.59	231829	43.60	+0,84
2.	Marijke van Hoek	De Zeeuwse Kust (SG)	44.28	195800050	44.63	+0,86
3.	Susanne Ostgathe	SV Blau-Weiss Bochum	43.65	083871	44.68	+0,87
4.	Patty Krupiarz	PSV	45.13	195400074	46.96	+0,77
5.	Claire Anthony	CNSW	49.08	CNSW/487/57	47.08	+0,84
6.	Janny van Eijk	ZV De Bron	46.21	195800022	48.59	+1,02
7.	Elly Kiestra-Broertjes	Zignea	50.39	195600100	51.25	+0,99
8.	Dorry Elshout	PSV	53.42	195700180	54.67	+1,02
9.	Mies Kuipers	Old Dutch	51.42	195800202	1:00.41	+0,90
10.	Karien Musters	Old Dutch	59.63	195800236	1:03.16	
DIS	Anje Manuputty	De Dolfijn	53.52	195700176		AA

Masters 60+

1.	Ineke Weekers	PSV	45.23	195300050	44.19	+0,91
	<i>Kampioenschaps Record</i>					
2.	Csanádiné Tóth Magdolna	Budapesti Delfinek	44.60	20037	44.85	+0,97
3.	Bea Swijnenberg	Swol 1894	44.00	194900010	45.81	+0,73
4.	Corine Kalbfleisch	DWT	49.31	195200024	48.92	+1,09
5.	Tineke van Diggelen	Oceanus	53.07	195200048	54.16	+0,95
6.	Geerdien Meerwaldt	Van Vliet-Barracuda	58.36	195200058	57.55	+1,07
7.	Nelly Eijsermans	Mosaqua Gulpen	1:00.53	195100070	1:02.25	+1,07
8.	Adrie Oostendorp	ZV De Bron	1:08.10	194900024	1:11.65	+1,18
9.	Janny van der Weide	Deltasteur	1:04.81	195100066	1:12.38	

Masters 65+

1.	Corrie Verhoeven	PSV	47.65	194600026	46.91	+0,97
	<i>Nederlands Masters Record</i>					
2.	Annet Verhoeven	De Duinkickers	52.38	194600024	53.68	+1,05
3.	Matty van der Veen	Old Dutch	51.20	194400020	56.59	+1,15

Masters 70+

1.	Waltraud Monstadt	SV Blau-Weiss Bochum	54.67	116979	58.61	+1,02
2.	Gitti Wahl	VfR Übach-Palenberg	1:00.92	164688	1:02.96	+0,90
DIS	Liesbeth ter Laak	PSV	1:09.31	194200008		AA

Masters 75+

1.	Ingrid Keusch-Renner	SV Blau-Weiss Bochum	55.64	073495	58.91	+1,00
2.	Lea Maes	Groot Beverse Zwemclub	1:05.00	GBZ/041/37	1:06.56	+1,11
3.	Tineke de Bueger	Old Dutch	1:02.24	193700010	1:09.00	+1,20

Masters 80+

1.	Agnes Van Obberghen	AZSC	49.49	AZSC/491/31	50.83 *	+0,95
2.	Anneke Logtenberg	OZ&PC	1:07.76	192900004	1:18.82	

Masters 85+

1.	Marianne Maandonks	PSV	1:29.00	192600004	1:37.09	+1,10
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Programmanr. 19
04-05-2013 - 11:31

Heren, 50m schoolslag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
Masters 20+						
1.	Roald Blok	Octopus	31.14	199302685	30.86	+0,75
2.	Rian Visser	DAW	30.92	199007141	31.65	+0,68
3.	Dennis Wijbenga	Stadskanaal	30.86	199003283	32.36	+0,81
4.	Boy Heijnekamp	LZ 1886	35.11	198901161	36.07	+0,78
5.	Patrick Janssen	HZPC	35.39	199302009	36.99	+0,77
6.	Mark Huijsman	De Lansingh	34.46	199001305	37.13	+0,79
7.	Bas Zierikzee	LZ 1886	36.55	199204321	37.87	+0,79
8.	Daniel van den Wildenberg	Eurode KZC	39.71	199206491	40.48	+0,79
9.	Niels Blok	WIDEX GZC DONK	38.97	199004405	41.34	+0,82
10.	Danny Vochteloo	De Spatters	45.54	199207251	44.74	+0,96
NG.ZA	Tyrick de Kort	DES	34.58	198906745		

Masters 25+

1.	Sebastian Feidieker	Warendorfer SU	31.26	063045	31.81	+0,77
2.	Antoine Olsen	CNBA	32.20	CNBA/924/87	32.15	+0,72
3.	Albert van Piekeren	Octopus	32.45	198401767	32.22	+0,76
4.	Roderik Meijers	ZOB'66	30.95	198602063	32.39	+0,72
5.	Remko Hooft	De Duinkickers	31.85	198701405	33.11	+0,72
6.	Jan van Opstal	Hieronymus	32.61	198602291	33.74	+0,79
7.	Stefan van der Grift	Octopus	33.73	198701121	34.76	+0,83
8.	Mario Peeters	WIDEX GZC DONK	34.16	198602355	34.82	+0,73
9.	Pascal van Kassel	Triton	33.52	198501289	34.86	+0,73
10.	Jean Pierre Bisslik	DES	38.67	198705243	36.94	+0,59
11.	Harmen Reemst	ZOB'66	36.86	198702715	37.84	+0,78
12.	Remco Joukes	Triton	37.26	198801763	37.87	+0,74
13.	Herm Clabbers	RZ	40.93	198403189	39.52	+0,80
14.	Erik van der Zeijden	RZ	40.51	198604569	40.93	+0,77
15.	Robin Eggenkamp	De Duinkickers	40.46	198700847	42.00	+0,88
16.	Wesley Determann	De Amer	42.22	198806107	43.73	+0,97

Masters 30+

1.	Simon van Ravesteijn	Zoetermeer	32.32	198002263	31.71	+0,77
2.	Freddie Geerlings	HGN (SG)	33.61	197900379	34.35	+0,84
3.	Reinier Ellenkamp	De Rog	31.69	198002109	34.38	+0,84
4.	Jim Geestman	RSW (SG)	33.75	198300699	35.75	+0,87
5.	Victor den Heijer	D'Elft WAVE (SG)	36.11	198300867	35.83	+0,72
6.	Erik van Hell	De Amer	34.63	198200643	36.25	+0,73
7.	Frits Delicaat	DAW	37.07	197901629	36.66	+0,92
8.	Mark Brinkhuis	Hera'11	39.88	198302609	39.07	+0,84
9.	Gino Martijn	RZ	38.64	197901865	39.34	+0,69
10.	Remco Veerkamp	Zuiderzeewemmers	43.31	198102311	42.47	+0,92

Masters 35+

1.	Vincent Versteeg	Zwemlust-den Hommel	32.85	197701003	32.26	+0,76
2.	Ron Langelaan	DAW	32.51	197800643	34.01	+0,72
3.	Bas Spoelstra	De Futen	35.49	197701573	34.09	+0,67
4.	Michel Bogaerts	SCZ-Zaventem	35.17	SCZ/008/75	37.01	+0,80
5.	Daniel Wencker	Avan Villeneuve-D'Ascq	40.62	1540660	40.46	+0,87
6.	Peter Lutjes	Stadskanaal	38.02	197601471	40.47	+0,83
7.	Johan Wezenberg	Deltasteur	41.78	197601023	42.42	+1,03

Programmanr. 19, Heren, 50m schoolslag

Masters 40+

1.	Richard Ricksen	HGN (SG)	35.12	197000841	33.37	+0,86
2.	Dirk Medland	Genker ZV Neptunus	32.79	GZVN/999/69	33.66	+0,66
	<i>BMR</i>					
3.	Jos Beckers	Patrick	33.42	196901603	34.52	+0,83
4.	René Beetsma	HZ&PC Heerenveen	34.33	196900069	35.74	+0,76
5.	Gertjan van der Knaap	De Duck	35.60	197300459	36.20	+0,84
6.	Sven Schröter	TuS Sundern	36.28	333325	36.75	+0,83
7.	Hans Schoenmakers	DAW	35.39	196900863	37.11	+0,85
8.	Frank Podebrad	SC Wiesbaden 1911 e.V.	36.47	295468	38.30	+0,84
9.	Arjan Dekker	Koewacht	37.57	196900225	39.10	+0,83
10.	Peter Timmerman	Het Ravijn	39.41	197201525	39.82	+1,07
11.	Marcel Brittijn	De Duinkickers	39.84	196900159	40.10	+0,78
12.	Jacques Verriet	Njord	39.16	197001039	40.15	+0,84
13.	Marc Weijers	PSV	43.82	197101347	42.55	+0,83

Masters 45+

1.	Harold Matla	PSV	32.21	196800591	32.60	+0,84
	<i>Kampioenschaps Record</i>					
2.	Bernd Bienek	SV Gladbeck 13	34.13	278658	34.13	+1,04
3.	Patrick Juncker	Swimming Luxembourg	33.71	136	34.39	+0,80
4.	Mark Siebert	SV Gladbeck 13	35.15	093181	34.82	+0,81
5.	Bert de Weerd	RZC	35.59	196701283	35.94	+1,05
6.	Marcel van der Lem	Ed-Vo	35.35	196500563	36.60	+0,80
7.	Jeroen Kort	DAW	37.54	196801543	36.77	+0,75
8.	Eric Verboven	Club Nautique Croix	38.69	732659	37.37	+0,90
9.	Theo Bakker	TriVia	34.71	196401231	37.41	+0,72
10.	Eric Giling	De Fuut	38.11	196400237	37.65	+0,77
11.	Paul de Boer	De Amer	36.59	196801413	37.70	+0,81
12.	Eric van der Burgt	Arethusa	37.13	196701613	38.06	+0,83
13.	Peter Fölker	Aqua-Novio'94	37.39	196401021	38.38	+0,76
14.	Joop Weenink	WS Twente	37.87	196801535	39.88	+1,11
15.	Marc Adriaensen	ShaRK	41.18	SHARK/474/64	39.98	+0,96
16.	Roelof Broekman	De Spatters	38.81	196800155	41.16	+0,78
17.	Guido van der Heijden	Upstream Amsterdam	40.11	196400979	41.22	+0,88
18.	Robert de Brauwier	De Duinkickers	41.83	196401383	41.66	+1,11
19.	Ger de Hoop	Zwemclub Polaris	42.41	196401367	41.97	+1,17
20.	Gertjan van der Vaart	ZVVS	42.42	196801529	42.15	+0,83
21.	John Louwerts	RZ	43.16	196801559	42.98	+0,75
22.	Helmuth Lukassen	Mosaqua Gulpen	42.51	196401335	43.59	+1,03
23.	Rene Speelman	De Spatters	43.51	196601521	43.79	+0,79
24.	Paul Weeren	PSV	44.44	196401339	45.73	+0,99
25.	William Lueb	PSV	50.81	196701579	48.79	+1,10

Masters 50+

1.	Cees van Houwelingen	De Schelde	32.52	196300351	34.48	+0,92
2.	Ralph Caster	RZ	34.55	196100069	35.68	+0,82
3.	John Stoffer	Zoetermeer	38.77	196300725	37.63	+0,70
4.	Johan Vandewalle	Zwemclub Iloka Kapellen	38.11	ZIK/154/60	39.25	+0,89
5.	Michiel Klaren	PSV	40.16	196201087	39.49	+0,85
6.	Jack Barends	WS Twente	42.00	196201011	41.70	+0,99
7.	Ton Witkamp	WVZ	41.20	196101089	43.13	+0,82
8.	Jan Willem Heuten	WS Twente	42.49	196000883	43.31	+0,95
9.	Perry Dekker	ZV De Bron	43.89	196201081	45.42	+1,09
10.	Jan Haitsma	De Spatters	45.69	196000929	46.74	+1,04

Programmanr. 19, Heren, 50m schoolslag

Masters 55+

1.	Peter Kauch <i>Kampioenschaps Record</i>	SV Gladbeck 13	34.04	73094	34.42	+0,83
2.	Wolfgang Grenzing	SG Mönchengladbach	38.98	275182	37.41	+0,86
3.	Paul Bunnik	Triton	36.88	195600413	38.78	+0,96
4.	Viktors Komarovs <i>LMR</i>	Riga Kipsala SC	37.99	1958KOMA	38.98	+0,79
5.	Philippe Godbille	CNSW	38.92	CNSW/053/57	39.19	+0,97
6.	Hans Groothelm	DBD	40.29	195800151	40.05	+0,75
7.	Laurens klein Breteler	WWV	43.25	195400109	41.16	+0,78
8.	Erik Coen	MZVA	39.86	MZVA/093/56	41.49	+0,96
9.	Bart van Doesburg	PSV	41.65	195600463	41.90	+0,74
10.	Kai Andersen	MOSS SK	42.76	M240457KA11	43.37	+0,82
11.	Peter Coffeng	WIDEX GZC DONK	42.17	195700063	44.01	+1,30
12.	Jan Timmerman	IJZPC	44.42	195700347	44.98	+0,77
13.	Wiel Rocks	Mosaqua Gulpen	52.33	195600387	48.49	+1,30
AFGEM	Dre Klaassen	ZOB'66	44.13	195600141		

Masters 60+

1.	Peter Haarstick <i>Kampioenschaps Record</i>	SV Bremen 1910	34.61	258793	34.76	+0,88
2.	Georg Dombrowski	SV Gladbeck 13	36.88	217978	39.39	+0,75
3.	Michel Hougardy	CNBA	45.29	CNBA/648/51	44.20	+1,03
4.	Sierd Tilma	Steenwijk 1934	51.59	195300277	52.89	+1,05
5.	Bert Veerkamp	Zuiderzeezwemmers	54.28	195200271	59.37	+1,46

Masters 65+

1.	Sümeqhy László	Budapesti Delfinek	40.93	20049	41.63	+0,96
2.	Jaap Kwakkel	DAW	42.53	194700157	42.74	+0,87
3.	Chris Trueman	UEA Norwich	43.61	58940	43.54	+0,90
4.	Willem Putter	ZVVS	45.09	194500135	44.60	+1,14
5.	Ruud Sloof	De Rijn	44.75	194400073	46.89	+1,13
6.	Mans Buis	Het Ravijn	50.82	194700133	51.08	+1,02
7.	Henk Oostendorp	ZV De Bron	50.66	194800093	52.51	+1,11

Masters 70+

1.	Gustave Lempereur <i>BMR</i>	HELIOS	42.58	HELIOS/099/42	41.87	+1,04
2.	Rob Hanou	PSV	42.02	194300109	41.98	+1,04

Masters 75+

1.	Wieger Mensonides <i>Nederlands Masters Record</i>	NZ&PC	41.84	193800035	42.76	+0,97
2.	Cor Sprengers	PSV	51.59	193500019	50.90	+0,90
3.	Pieter Scharphorn	Neptunus	59.79	193800037	1:04.19	+1,43
AFGEM	Jan Eichhorn	ZV Haerlem	51.70	193700015		

Masters 85+

1.	Klaas Prins	Steenwijk 1934	1:11.65	192800001	1:15.65	+1,38
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Programmanr. 20
04-05-2013 - 11:54

4 x 100m wisselslag

Masters Open
Resultaten

rang	vereniging	inschrijftijd	startnr.	tijd	RT
80+, Dames					
1.	Octopus 2 <i>Nederlands Masters Record</i>	4:59.54		5:08.02	+0,75
	Marloes Resink +0,75 35.70 1:15.38	Miriam Visserman +0,48 34.73 1:18.68			
	Erika Aan het Rot +0,45 37.37 1:21.62	Irmgard van Weeghel +0,34 33.66 1:12.34			
80+, Heren					
1.	Octopus 1 <i>Nederlands Masters Record</i>	4:14.11		4:11.22	+0,73
	Albert van Piekeren +0,73 31.76 1:05.65	Emile Manni +0,42 26.73 59.70			
	Roald Blok +0,46 31.64 1:08.06	Floris Manni +0,46 27.51 57.81			
2.	LZ 1886 1	4:07.29		4:22.13	+0,69
	Sjoerd Sieval +0,69 33.32 1:08.25	Joost Rijntjes +0,65 28.34 1:03.67			
	Kristiaan Lenos +0,50 33.62 1:13.92	Lars Sieval +0,41 25.96 56.29			
80+, Gemengd					
1.	De Duinkickers 1	4:44.87		5:01.05	+0,68
	Eline Schoenmaker +0,68 39.22 1:21.62	Sven van Zanten +0,33 31.37 1:13.19			
	Renko Hooft +0,38 35.51 1:16.65	Maaik de Boer +0,54 32.35 1:09.59			
2.	De Schotejil 1	4:54.08		5:05.52	+0,79
	Whitley Rens +0,79 40.78 1:24.33	Martijn van Hoorn +0,47 31.84 1:11.00			
	Eline Roeland +0,78 41.49 1:29.93	Niels Albrechts 0.00 28.12 1:00.26			
100+, Dames					
1.	De Dinkel 1 <i>Wereld Masters Record</i>	4:40.54		4:45.47	+0,67
	Franca Willeme +0,67 36.21 1:15.88	Anique Willeme +0,27 31.16 1:08.14			
	Karin Hidding +0,10 36.37 1:19.96	Marlies Reinders +0,35 29.25 1:01.49			
2.	Montferland 2	5:43.52		5:52.76	+0,77
	Kelly Bockting +0,77 46.05 1:33.24	Marije Jansen +0,73 39.74 1:24.10			
	Angela Giezen +0,71 46.72 1:40.40	Wieteke Jansen +0,56 36.56 1:15.02			
100+, Heren					
1.	Montferland 1	5:00.33		5:08.95	+0,72
	Ferdinand Teitink +0,72 40.53 1:25.05	Kevin Dieker +0,49 32.92 1:17.03			
	Maik Steenkamp +0,40 36.91 1:22.02	Roel van Beek +0,36 30.39 1:04.85			
100+, Gemengd					
1.	Zwemlust-den Hommel 1 <i>Nederlands Masters Record</i>	4:22.92		4:22.53	+0,82
	Charlotte Groeneveld +0,82 33.10 1:10.87	Sven Jaeger +0,47 27.35 1:00.14			
	Vincent Versteeg +0,31 32.64 1:12.69	Malissa van der Horst +0,69 27.97 58.83			
2.	Zuiderzeezwemmers 1	4:38.20		4:39.37	+0,71
	Erik van der Heide +0,71 33.63 1:09.50	Jen-Ai van Soelen +0,32 32.35 1:13.04			
	Ralf van der Poel +0,05 33.06 1:12.43	Lisanne Andeweg +0,20 31.05 1:04.40			
3.	ZOB'66 1	4:28.91		4:45.86	+0,58
	Wendy de Bruin +0,58 38.00 1:19.29	Anouk van der Pligt +0,62 34.15 1:16.81			
	Roderik Meijers +0,33 32.63 1:13.00	Nol van Thull +0,37 27.13 56.76			
4.	De Amer 1	5:08.11		5:06.73	+0,70
	Dick Kampman +0,70 33.00 1:08.12	Anne Duijst +0,52 36.87 1:26.26			
	Kathy van Zuijen +0,40 39.91 1:26.97	Rutger Stam 28.51 1:05.38			
5.	RZ 2	5:09.21		5:10.98	+0,55
	Gino Martijn +0,55 39.33 1:20.28	Suzan van den Bogaard +0,52 32.80 1:11.57			
	Marian Bouts +0,35 43.46 1:32.98	Erik van der Zijden +0,36 31.19 1:06.15			

Programmanr. 20, Gemengd, 4 x 100m wisselslag, 100+

rang	vereniging	inschrijftijd	startnr.	tijd	RT
6.	Scheldestroom 1	Scheldestroom	5:12.52	5:17.45	+0,67
	Nicky Vanhijfte	+0,67 40.28 1:22.81	Robin Dellaert	+0,53 33.31	1:14.93
	Sander Boidin	+0,50 35.64 1:19.30	Bianca Hertogh - Buijsse	+0,64 36.79	1:20.41

120+, Dames

1.	PSV 5 <i>Nederlands Masters Record</i>	PSV	5:03.89	5:05.67	+0,74
	Bianca Cox	+0,74 38.73 1:19.01	Stephanie Rombout	+0,59 31.21	1:10.97
	Annetje Dieleman	+0,14 40.72 1:27.56	Liselotte Joling	+0,77 32.04	1:08.13
2.	De Biesboschwemmers 1	De Biesboschwemmers	5:05.75	5:13.86	+0,77
	Sabrina Boekhout	+0,77 39.72 1:23.52	Kim Wijnja	+0,53 33.73	1:16.55
	Annette Wijnja-Visser	+0,49 41.03 1:28.20	Tonny Methorst	+0,41 30.80	1:05.59
3.	De Spatters 1	De Spatters	5:39.99	5:44.56	+0,77
	Serima Louise Wildvank	+0,77 43.02 1:28.06	Karin Hovenkamp	+0,62 35.81	1:19.06
	Roelien Speelman - Tigelaar	+0,17 47.34 1:45.65	Carmen Haan	+0,62 33.26	1:11.79
4.	De Dinkel 2	De Dinkel	5:41.61	5:44.86	+0,79
	Marieke Langendonk	+0,79 45.11 1:32.64	Patricia Strohm	+0,38 34.88	1:18.86
	Ellen Lubben	+0,53 44.32 1:33.75	Natasja van de Schaaf	+0,49 37.43	1:19.61
5.	Den Doorn 2	Den Doorn	6:14.24	6:35.86	+0,71
	Antoinette Kant	+0,71 45.62 1:38.05	Lisanne van Noorloos	47.15	1:44.25
	Devina de With	43.87 1:36.21	Ineke Branderhorst	43.88	1:37.35

120+, Heren

1.	D'Eift WAVE (SG) 1	D'Eift WAVE (SG)	4:33.03	4:42.55	+0,74
	Marc Verhaeg	+0,74 35.43 1:14.15	Egbert Stolk	+0,29 29.39	1:05.50
	Victor den Heijer	+0,13 35.72 1:20.07	Ferry Adema	+0,60 30.12	1:02.83
2.	Steenwijk 1934 1	Steenwijk 1934	4:53.99	4:49.47	+0,79
	Casper Dollekamp	+0,79 39.04 1:22.60	Rick Driezen	+0,47 28.65	1:02.01
	Huyb Stegeman	+0,42 40.20 1:28.65	Lauren Vis	+0,26 26.27	56.21
3.	Den Doorn 1	Den Doorn	4:53.56	5:06.35	+0,77
	Tommy Uilenberg	+0,77 39.26 1:19.55	Wouter van der Stelt	+0,42 35.55	1:22.28
	Lars Duijnhouwer	+0,42 33.94 1:16.09	Nico Swart	+0,62 31.38	1:08.43
4.	PSV 6	PSV	5:21.62	5:28.76	+0,76
	Michiel Klaren	+0,76 44.95 1:31.34	Wesley van Diejen	30.90	1:15.58
	Albert Garcia i Tormo	39.80 1:23.73	Marc Weijers	37.13	1:18.11

120+, Gemengd

1.	DES 1	DES	4:40.46	4:58.14	+0,77
	Naomi Koning	+0,77 36.88 1:18.00	Jean Pierre Bisslik	+0,33 29.15	1:05.39
	Roshendra Vrolijk	+0,55 40.76 1:29.35	Peter Hesselting	+0,56 30.93	1:05.40
2.	RZC 1	RZC	4:49.69	5:01.90	+0,76
	Jan Gerard Sterrenburg	+0,76 34.50 1:11.03	Marieke van Dodeweerd	+0,74 36.01	1:18.82
	Geert van Duinhoven	+0,50 37.17 1:22.54	Rita van der Horst	+0,23 32.19	1:09.51
3.	HZ&PC Heerenveen 1	HZ&PC Heerenveen	5:00.43	5:04.71	+0,80
	Gerard Eghuizen	+0,80 36.08 1:14.38	Nanda de Vries	+0,42 31.56	1:10.22
	René Beetsma	+0,36 37.08 1:20.83	Jannie Vennik	+0,23 37.98	1:19.28
4.	DAW 1	DAW	5:07.29	5:04.74	+0,71
	Sandra Pannekeet	+0,71 38.96 1:21.82	Kars Luttk	+0,40 33.50	1:12.59
	Jeroen Vogelsang	+0,74 38.70 1:24.06	Bianca Paape	+0,69 30.76	1:06.27
5.	Zoetermeer 1	Zoetermeer	5:05.69	5:09.16	+0,75
	Marcel van Lochem	+0,75 39.05 1:22.56	Sanne van Dijk	+0,58 37.49	1:25.86
	Simon van Ravesteijn	+0,46 34.33 1:12.58	Chita van der Goorbergh	+0,54 32.14	1:08.16
6.	ZVVS 2	ZVVS	6:24.05	6:04.98	+0,78
	Joyce Brummelkamp	+0,78 43.60 1:32.46	Paula 't Hart-Buitelaar	+0,67 47.46	1:47.05
	Marco Schoenmakers	+0,50 45.38 1:39.56	Stefan Grudelbach	29.64	1:05.91

Programmanr. 20, 4 x 100m wisselslag

160+, Dames

1. ZVVS 1	ZVVS			4:54.27			5:02.77	+0,78
Annie Buitelaar	+0,78	35.47	1:13.27	Nadya Putter	+0,14	32.85	1:11.27	
Karin Stein	+0,29	38.92	1:24.13	Conny Boer-Buys	+0,47	35.30	1:14.10	
2. PSV 4	PSV			5:35.89			5:51.40	+0,88
Nicole Vrijhoeven	+0,88	46.07	1:35.58	Kim van der Beek	+0,70	35.27	1:21.62	
Dorette Vogels	+0,74	45.00	1:34.80	Agnes van Doesburg	+0,49	36.82	1:19.40	

160+, Heren

1. SV Gladbeck 13 1	SV Gladbeck 13			4:38.00			4:31.22	+0,70
<i>Kampioenschaps Record</i>								
Matthias Uhlich	+0,70	31.95	1:08.65	Andreas Kaptur	+0,35	29.19	1:04.44	
Mark Siebert	+0,55	34.58	1:14.99	Frank Gornoll	+0,25	29.93	1:03.14	
2. RZ 1	RZ			4:36.12			4:33.38	+0,69
<i>Nederlands Masters Record</i>								
Bert Schlicher	+0,69	33.20	1:08.76	Sander Bouts	+0,55	29.03	1:02.43	
Ralph Caster	+0,53	35.94	1:20.05	Dimitrie Sonnemans	+0,70	28.89	1:02.14	
3. DAW 2	DAW			4:42.08			4:55.16	+0,79
Alex Damen	+0,79	35.58	1:13.79	Rene de Boer	+0,66	34.12	1:14.10	
Ron Langelaan	+0,42	36.99	1:19.06	Fred Heemstra	+0,50	32.28	1:08.21	

160+, Gemengd

1. Oceanus 1	Oceanus			5:08.00			5:14.07	+0,84
Margriet Grove-Lingeman	+0,84	42.25	1:26.83	Arjan Bellaart	+0,46	32.24	1:11.86	
Ronald Grove	+0,52	39.61	1:26.17	Annette de Visser	+0,61	32.59	1:09.21	
2. Swol 1894 2	Swol 1894			5:40.00			5:39.23	+0,81
Arjan Aalbers	+0,81	36.63	1:15.97	Kasper van den Berghe	+0,53	33.48	1:14.56	
Marjan Spoelstra	+0,79	51.90	1:49.22	Annet Kooistra	+0,23	37.03	1:19.48	
3. WIDEX GZC DONK 1	WIDEX GZC DONK			5:44.00			5:55.11	+0,80
Jacqueline de Ruiter-Wijnolst	+0,80	40.28	1:23.23	Lia Bijkerk	+0,39	49.65	1:53.97	
Mario Peeters	+0,44	35.27	1:16.48	Peter Coffey	+0,28	37.22	1:21.43	

200+, Dames

1. CNSW 2	CNSW			5:10.00			5:14.62	+0,80
<i>Wereld Masters Record</i>								
Pierrette Michel	+0,80	38.58	1:19.22	Claire Anthony	+0,45	38.09	1:27.46	
Colette Crabbe	+0,39	39.43	1:24.93	Nathalie Blondeel	+0,55	30.39	1:03.01	
2. AZ&PC 1	AZ&PC			5:19.77			5:23.84	+0,93
<i>Nederlands Masters Record</i>								
Henriëtte v. Norden	+0,93	40.08	1:23.51	Marja Bloemzaad	+0,18	34.44	1:16.50	
Petra Casteleijn	+0,40	43.84	1:35.48	Atie Pijtak-Radersma	+0,42	32.55	1:08.35	

200+, Heren

1. CNSW 1	CNSW			4:48.00			4:53.54	+0,71
<i>Kampioenschaps Record</i>								
Pascal Balancier	+0,71	36.35	1:15.09	Jean-Marie Cadiat	+0,56	31.40	1:09.81	
Philippe Godbille	+0,13	40.59	1:27.32	Lionel Godeaux	+0,34	28.19	1:01.32	
2. PSV 7	PSV			5:04.84			5:08.11	+0,67
<i>Nederlands Masters Record</i>								
Ron Phaff	+0,67	37.27	1:17.52	Jan Tinholt	+0,38	38.41	1:28.89	
Ronald Smits	+0,36	34.44	1:15.72	Joop Ariaens	+0,63	31.47	1:05.98	

Programmanr. 20, 4 x 100m wisselslag

200+, Gemengd

1.	PSV 2 <i>Nederlands Masters Record</i>	PSV		4:59.88				5:06.93	+0,71
	Brend Brevé	+0,71	39.50	1:19.19	Gudule van der Meer	+0,48	34.60	1:15.11	
	Harold Matla	+0,38	35.97	1:15.95	Patty Verhagen	+0,18	36.96	1:16.68	
2.	DAW 3	DAW		5:30.82				5:33.52	+0,74
	John Stokx	+0,74	35.71	1:15.65	Ilona Hogerheyde	+0,40	33.98	1:17.38	
	Petra Tossings	+0,67	47.92	1:41.45	Jaap Kwakkel	+0,42	36.08	1:19.04	
3.	AZ&PC 2	AZ&PC		5:36.71				5:35.09	+0,69
	Edwin v. Norden	+0,69	33.42	1:09.33	Lidia v. Bon-Rosenbrand	+0,44	34.65	1:17.70	
	Loekie v. Huissteden	+0,26	57.93	2:05.52	Ron Korzelius	+0,28	29.50	1:02.54	

240+, Dames

1.	PSV 3 <i>Nederlands Masters Record</i>	PSV		8:11.23				8:07.05	+0,80
	Irma Hertogs	+0,80	43.32	1:31.23	Jolanda van Gendt	+0,21	38.18	1:28.14	
	Marianne Maandonks	+0,74	1:36.44	3:29.38	Annie Smits	+0,72	46.38	1:38.30	

240+, Gemengd

1.	Swol 1894 1	Swol 1894		5:56.00				6:01.43	+0,89
	Rob Berkhof	+0,89	43.89	1:29.56	Christien Nieuwenhuis	+0,24	38.95	1:29.03	
	Bea Swijnenberg	+0,29	49.21	1:44.25	Be van der Ziel	+0,55	38.16	1:18.59	

280+, Dames

1.	PSV 1 <i>Nederlands Masters Record</i>	PSV		7:20.58				7:31.05	+0,89
	Alice Lindhout	+0,89	59.75	2:08.59	Gonnie Bak	+0,74	57.64	1:59.85	
	Corrie Verhoeven		46.24	1:46.04	Lottie Geurts	+0,36	45.99	1:36.57	
BM	SPONS 1	SPONS		NT				5:55.99	+0,69
	Sarissa Homsmas	+0,69	45.31	1:34.20	Mandy van Wakeren	+0,42	32.05	1:13.57	
	Linde Rustenburg	+0,29	45.65	1:40.62	Kelly van de Weijden	+0,34	40.81	1:27.60	

Programmanr. 22
04-05-2013 - 12:41

Dames, 200m rugslag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd	tijd	RT	50m	100m	150m	200m
Masters 20+								
1.	Silke Oude Weernink	De Dinkel	2:19.87 199002854	2:27.90 *	+0,70	33.78	1:11.24	1:49.75 2:27.90
2.	Désirée Emmen	De Warande	2:31.13 199204862	2:34.75	+0,71	34.80	1:13.05	1:53.87 2:34.75
3.	Sigrid Dogger	De Zwoer	2:35.88 199200452	2:38.10	+0,74	36.77	1:17.63	1:58.55 2:38.10
4.	Ruby Boudestein	De Lansingh	2:40.77 199303430	2:38.56	+0,66	37.80	1:17.49	1:58.87 2:38.56
5.	Kim Anne Bouw	AZ&PC	2:34.98 199000500	2:38.63	+0,77	36.33	1:16.33	1:57.65 2:38.63
6.	Sigrit Aarten	Deltasteur	2:38.82 199302868	2:43.06	+0,75	38.00	1:18.66	2:01.34 2:43.06
7.	Simone de Boer	LZ 1886	2:36.95 199306858	2:46.58	+0,72	38.24	1:20.41	2:03.64 2:46.58
8.	Marloes Resink	Octopus	2:36.91 199003078	2:48.27	+0,84	39.56	1:21.93	2:05.72 2:48.27
9.	Maaïke de Boer	De Duinkickers	2:38.74 199000362	2:49.32	+0,74	40.68	1:23.62	2:07.31 2:49.32
10.	Cynthia Grootbeoer	SBC2000	2:32.76 198901462	2:49.49	+0,83	39.57	1:22.12	2:05.94 2:49.49
11.	Whitley Rens	De Schotelij	2:50.07 199007520	2:58.32	+0,74	42.49	1:27.83	2:13.39 2:58.32
12.	Irmgard van Weeghel	Octopus	2:54.41 199204834	3:00.08	+0,85	42.79	1:27.76	2:14.37 3:00.08
13.	Eline Schoenmaker	De Duinkickers	2:50.68 199003322	3:01.58	+0,73	43.81	1:30.06	2:16.84 3:01.58
14.	Yvonne Bruls	Eurode KZC	3:03.70 199008114	3:06.46	+0,72	43.10	1:31.30	2:20.60 3:06.46
15.	Pauline Magnée	De Warande	3:01.46 199205434	3:08.99	+0,79	45.30	1:33.77	2:23.34 3:08.99
16.	Liesbeth Bruinekoel	Zuiderzeewimmers	4:20.68 199007958	4:43.89	+0,78	1:05.16	2:16.64	3:31.46 4:43.89

Programmanr. 22, Dames, 200m rugslag

Masters 25+

1. Samantha van Eijk	De Geul	2:33.49	198806826	2:43.04	+0,71	37.72	1:18.34	2:01.33	2:43.04
2. Laura Oosterbroek	Swol 1894	2:48.51	198803264	2:47.14	+0,78	38.41	1:20.69	2:04.03	2:47.14
3. Wietke Elzinga	DAW	2:46.71	198601038	2:47.41	+0,72	38.07	1:20.43	2:04.76	2:47.41
4. Esther van Maastrigt	Montferland	2:50.11	198802836	2:47.60	+0,68	39.17	1:20.76	2:04.06	2:47.60
5. Yvette Nota - Peters	De Spatters	2:46.41	198703158	2:47.67	+0,72	38.99	1:22.24	2:05.77	2:47.67
6. Anna Boef	LZ 1886	2:42.75	198806288	2:47.74	+0,70	38.64	1:20.94	2:04.18	2:47.74
7. Marlies Jehoel-van As	PSV	3:00.00	198500074	2:58.02	+0,78	40.86	1:25.94	2:11.52	2:58.02
8. Babette Dessing	WIDEX GZC DONK	2:50.67	198500646	2:58.20	+0,65	41.71	1:27.20	2:12.83	2:58.20
9. Liset de Veer	Aqua-Novio'94	3:00.97	198704190	2:59.38	+0,76	41.90	1:27.41	2:12.80	2:59.38
10. Lisette Prins	WVZ	2:46.33	198803522	3:00.14	+0,79	40.51	1:25.15	2:12.69	3:00.14
11. Renske Eilers	De Amer	2:52.21	198806072	3:03.47	+0,62	42.67	1:28.77	2:16.25	3:03.47
12. Karin van Leersum	Piranha	3:02.77	198802658	3:09.21	+0,77	45.35	1:32.60	2:21.37	3:09.21
13. Serima Louise Wildvank	De Spatters	3:09.99	198604104	3:18.00	+0,78	45.38	1:34.30	2:25.82	3:18.00
14. Angélique Rotteveel	Aquapoldro	3:22.26	198402090	3:27.85	+0,69	47.49	1:41.14	2:35.86	3:27.85
DIS Nicole van Doeselaar	AquAmigos	3:25.65	198500692						AF

Masters 30+

1. Nadya Putter	ZVVS	2:39.63	198301630	2:42.54	+0,77	39.55	1:20.20	2:01.48	2:42.54
2. Stephanie Vaernewyck	MEGA	2:40.74	MEGA/352/83	2:45.24	+0,72	38.70	1:19.98	2:02.60	2:45.24
3. Roos van Esch	TRB-RES	2:43.23	198200468	2:46.01	+0,79	40.31	1:23.45	2:05.86	2:46.01
4. Anke Lambooi	AZL	2:47.80	198001182	2:59.13	+0,74	41.08	1:25.56	2:12.41	2:59.13
5. Natascha Hartman	PSV	2:56.27	198101780	3:07.16	+0,84	43.43	1:30.34	2:19.16	3:07.16
6. Carmen Haan	De Spatters	2:53.52	197901458	3:08.81	+0,88	43.84	1:32.77	2:21.56	3:08.81
DIS Linda Hoogendam	Zoetermeer	2:55.23	198300892						AA
AFGEM Annie Buitelaar	ZVVS	2:34.74	198202284						

Masters 35+

1. Jolanda van Gendt	PSV	2:55.79	197800266	2:55.22	+0,69	40.47	1:25.23	2:10.13	2:55.22
2. Diane Scholing	Het Ravijn	3:07.81	197701090	3:00.11	+0,79	41.76	1:26.84	2:13.30	3:00.11
3. Claudia van Drunen	AquAmigos	3:04.42	197700810	3:02.63	+0,79	42.69	1:29.26	2:17.54	3:02.63
4. Anneke de Groot	De Fuut	3:17.69	197701140	3:16.31	+0,79	45.98	1:36.10	2:26.88	3:16.31
5. Margriet Leeffers	Deltasteur	3:25.10	197800448	3:32.04	+0,78	48.06	1:41.95	2:37.03	3:32.04
6. F. Verriet-Regensburg	Njord	4:25.29	197500428	4:16.90	+0,79	1:00.65	2:06.34	3:12.63	4:16.90

Masters 40+

1. Gudule van der Meer	PSV	2:42.08	197200396	2:43.70	+0,68	38.37	1:20.89	2:02.94	2:43.70
2. Heidi van Stein	LZ 1886	2:46.70	196900864	2:50.63	+0,76	38.86	1:21.48	2:05.82	2:50.63
3. Henriëtte Manting	GZVW	3:01.49	197100246	3:10.91	+0,82	43.41	1:31.61	2:21.58	3:10.91
4. Nicole Vrijhoeven	PSV	3:10.87	196900834	3:20.66	+0,78	47.49	1:37.47	2:29.63	3:20.66
5. Greta Wyma-Teitsma	DWK	3:44.59	197100696	3:40.70	+0,73	49.94	1:46.03	2:43.70	3:40.70

Masters 45+

1. Bridget Bewick	Maidenhead ASC	2:48.39	462298	2:53.41	+0,81	41.42	1:25.70	2:10.02	2:53.41
2. S. Prins - Molenwijk	SBC2000	2:53.51	196600284	2:56.32	+0,64	41.94	1:26.56	2:11.97	2:56.32
3. Susanne van Hooven	De Schoteijl	2:55.77	196800752	3:07.09	+0,77	41.84	1:28.32	2:18.53	3:07.09
4. Ariane Ruymaekers	Zwemclub Iloka Kapellen	3:14.48	ZIK/173/67	3:20.20	+0,85	47.09	1:38.40	2:30.86	3:20.20
5. Donja Extel-Ransdorp	PSV	3:40.00	196600576	3:30.06	+1,00	48.62	1:42.33	2:37.53	3:30.06
6. Jeanette Smits	Orca	3:20.46	196600312	3:31.29	+0,90	48.89	1:42.42	2:38.06	3:31.29

Masters 50+

1. Julia Moh-Klaren	CSAKB	3:01.28	922540	3:03.15	+0,88	42.23	1:27.57	2:15.63	3:03.15
2. Inge Wolfs	PLONS	3:12.75	196000304	3:06.12	+0,75	43.91	1:31.50	2:19.51	3:06.12
3. Jeannette Ruesink	WS Twente	3:02.70	196300212	3:06.63	+0,84	46.35	1:34.46	2:21.71	3:06.63
4. Annemarie Vuist	Swol 1894	3:08.42	196300282	3:07.57	+0,90	45.20	1:32.26	2:20.83	3:07.57
5. Irma Hertogs	PSV	3:12.33	195900222	3:08.88	+0,81	43.63	1:31.89	2:21.12	3:08.88
6. Pia van der Molen	HZ&PC Heerenveen	3:22.53	196000116	3:18.41	+0,80	45.90	1:35.61	2:28.37	3:18.41
7. Marie-Josee Matte	WVZ	3:28.66	196000326	3:30.93	+0,79	45.69	1:39.24	2:35.15	3:30.93

Programmanr. 22, Dames, 200m rugslag, Masters 50+

rang naam	vereniging	inschrijftijd	tijd	RT	50m	100m	150m	200m
8. Jennie Resink-lindeboom	DWK	3:29.94 196000142	3:31.36	+0,84	51.34	1:44.64	2:38.89	3:31.36
9. Joke Burgers	Swol 1894	4:27.23 196000226	4:36.70	+0,79	1:02.29	2:12.98	3:26.19	4:36.70
DIS Katinka Elders	Oceanus	3:34.33 196000292		RD				

Masters 55+

1. Atie Pijtak-Radersma	AZ&PC	3:00.47 195600048	3:03.90	+0,85	43.91	1:30.55	2:18.17	3:03.90
2. Margriet Pasma	De Pinquin	3:14.23 195500088	3:22.18	+0,77	46.99	1:38.33	2:30.26	3:22.18
3. Lies Hartman	VfR Übach-Palenberg	4:43.84 164684	4:38.96	+0,89	1:03.32	2:13.83	3:29.03	4:38.96

Masters 60+

1. Ineke Meijer	HZ&PC Heerenveen	3:32.88 195200034	3:48.71	+0,79	54.73	1:54.42	2:53.29	3:48.71
2. A. Gilding-Tussaud	WS Twente	3:43.32 195000038	3:52.30	+0,82	53.49	1:53.17	2:53.95	3:52.30
3. Gonnie Bak	PSV	3:59.19 195100064	4:03.49	+0,81	59.06	2:02.83	3:07.58	4:03.49
4. Tineke van Diggelen	Oceanus	3:59.00 195200048	4:04.49	+1,01	55.92	1:57.46	3:00.52	4:04.49
5. Fernande Blondeel	CNSW	4:07.96 CNSW/011/52	4:08.35	+0,78	54.90	1:57.47	3:04.42	4:08.35

Masters 65+

1. Loekie v. Huissteden	AZ&PC	4:24.98 194500002	4:27.52	+0,82	1:02.43	2:12.21	3:22.67	4:27.52
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Masters 70+

1. Paulette Kersse-Verbeke	Club Nautique Croix	3:55.90 494441	4:07.49	+0,84	58.45	1:59.73	3:05.00	4:07.49
2. Waltraud Monstadt	SV Blau-Weiss Bochum	4:03.94 116979	4:11.83	+1,04	55.96	2:00.73	3:07.47	4:11.83

Masters 75+

1. Ingrid Keusch-Renner	SV Blau-Weiss Bochum	4:26.70 073495	4:34.98	+0,91	1:02.62	2:13.47	3:26.06	4:34.98
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Programmanr. 23
04-05-2013 - 13:13

Heren, 200m rugslag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd	tijd	RT	50m	100m	150m	200m
1. Jan-Willem v.d. Graaff	Het Y	2:23.84 198901023	2:21.63	+0,53	33.89	1:10.54	1:46.81	2:21.63
2. Sjoerd Sieval	LZ 1886	2:20.76 199002663	2:28.29	+0,70	34.87	1:12.16	1:49.90	2:28.29
3. Raoul Engelenburg	Het Y	2:19.43 198900843	2:31.23	+0,64	35.78	1:14.51	1:53.03	2:31.23
4. Bram Becks	HZPC	2:27.26 199303701	2:33.54	+0,73	36.48	1:15.70	1:54.92	2:33.54
5. Marc Verhaeg	D'Eift WAVE (SG)	2:30.94 198905665	2:42.24	+0,73	37.32	1:18.84	2:00.98	2:42.24
6. Ruben de Boer	De Duinkickers	2:42.93 199301419	2:49.27	+0,67	39.25	1:21.77	2:06.82	2:49.27

Masters 25+

1. Sander Bouts	RZ	2:26.60 198500331	2:23.00	+0,78	33.20	1:09.45	1:46.92	2:23.00
2. Floris Manni	Octopus	2:23.75 198805679	2:23.91	+0,69	32.93	1:09.57	1:47.45	2:23.91
3. Sebastian Feidieker	Warendorfer SU	2:30.76 063045	2:25.78	+0,83	34.39	1:10.65	1:48.36	2:25.78
4. Christiaan Fusers	De Roersoppers	2:16.13 198700977	2:25.79	+0,62	33.26	1:10.48	1:48.54	2:25.79
5. Thommy Nickel	Van Vliet-Barracuda	2:26.96 198401627	2:27.61	+0,75	35.19	1:11.95	1:50.28	2:27.61
6. Mark Gorissen	HGN (SG)	2:30.87 198600973	2:28.95	+0,84	35.34	1:13.09	1:51.38	2:28.95
7. Mario Peeters	WIDEX GZC DONK	2:23.66 198602355	2:33.11	+0,73	35.21	1:14.18	1:54.84	2:33.11
8. Rick Driezen	Steenwijk 1934	2:38.29 198600713	2:36.19	+0,89	37.46	1:16.93	1:57.00	2:36.19

Programmanr. 23, Heren, 200m rugslag

Masters 30+

1. Paul Oudendijk	OEZA	2:27.48	198101287	2:25.62	+0,79	34.15	1:11.48	1:49.76	2:25.62
2. Nol van Thull	ZOB'66	2:18.01	198001513	2:25.75	+0,80	34.93	1:11.59	1:49.07	2:25.75
3. Marcel Reefhuis	WS Twente	2:29.63	198101381	2:30.94	+0,67	35.68	1:13.67	1:52.83	2:30.94
4. Stan Dekker	PLONS	2:32.02	197901823	2:31.63	+0,71	35.12	1:13.66	1:53.05	2:31.63
5. Freddie Geerlings	HGN (SG)	2:31.95	197900379	2:43.69	+0,85	38.32	1:19.71	2:02.14	2:43.69

Masters 35+

1. Dennis Brouwers	HZPC	2:18.20	197800167	2:17.97	+0,72	33.20	1:07.85	1:42.74	2:17.97
<i>Nederlands Masters Record</i>									
2. Egbert Stolk	D'Elft WAVE (SG)	2:15.55	197600889	2:25.30	+0,84	34.86	1:12.09	1:49.39	2:25.30
3. Ivo Roozeboom	WVZ	2:16.45	197700801	2:30.14	+0,75	34.64	1:13.08	1:52.35	2:30.14
4. Jan Gerard Sterenburg	RZC	2:33.38	197501349	2:37.06	+0,80	37.69	1:17.65	1:58.16	2:37.06
5. Roger Flinterman	Zoetermeer	2:29.10	197601261	2:40.07	+0,77	37.16	1:18.10	1:59.06	2:40.07
6. Markus van Rest	Zoetermeer	2:31.42	197701197	2:44.85	+0,75	38.25	1:20.00	2:03.15	2:44.85
7. Arjan Aalbers	Swol 1894	2:45.32	197500001	2:46.15	+0,78	38.40	1:21.45	2:05.53	2:46.15
8. Gerard Eghuizen	HZ&PC Heerenveen	2:40.41	197400197	2:46.52	+0,77	38.83	1:20.91	2:03.81	2:46.52

Masters 40+

1. Janis Plotnieks	Riga Kipsala SC	2:23.41	1971PLOT	2:24.58	+0,71	32.77	1:10.02	1:47.61	2:24.58
<i>Kampioenschaps Record</i>									
2. Arjan Bellaart	Oceanus	2:35.57	196900079	2:33.72	+0,65	35.81	1:15.34	1:54.55	2:33.72
3. Oliver Podebrad	SC Wiesbaden 1911 e.V.	2:51.06	262705	3:00.66	+0,86	43.48	1:28.88	2:15.34	3:00.66
4. Jacques Verriet	Njord	3:07.86	197001039	3:16.37	+0,83	45.85	1:35.79	2:26.72	3:16.37

Masters 45+

1. Jan Gert Notenbomer	Upstream Amsterdam	2:22.73	196600557	2:24.95	+0,78	33.98	1:10.23	1:47.63	2:24.95
2. Tomas Prescher	SSF Sieglar 1960 e.V.	2:29.19	146010	2:30.26	+0,67	35.71	1:13.95	1:52.98	2:30.26
3. Bert Schlicher	RZ	2:28.15	196400669	2:34.64	+0,71	37.17	1:17.17	1:56.19	2:34.64
4. Mark Siebert	SV Gladbeck 13	2:50.76	093181	2:48.74	+0,69	38.57	1:21.77	2:05.84	2:48.74
5. Nico Swart	Den Doorn	2:51.97	196801475	2:51.31	+0,80	39.33	1:22.74	2:07.64	2:51.31
6. Patrick Juncker	Swimming Luxembourg	2:51.42	136	2:51.35	+0,81	41.23	1:24.54	2:08.86	2:51.35
<i>LUX.MR</i>									
7. Fred Heemstra	DAW	2:44.94	196500357	2:59.97	+0,69	41.87	1:28.34	2:14.56	2:59.97
8. Henk van Zetten	Octopus	3:15.26	196701261	3:18.02	+0,68	46.82	1:39.09	2:31.01	3:18.02
9. Hans Maas	PLONS	3:15.68	196501433	3:27.90	+0,76	48.92	1:41.53	2:36.54	3:27.90

Masters 50+

1. Johan Remmits	One Team Swimming	2:29.07	196201159	2:33.71	+0,80	35.68	1:14.04	1:53.85	2:33.71
2. Ron Phaff	PSV	2:49.48	196200495	2:49.07	+0,70	39.25	1:22.29	2:05.57	2:49.07
3. Eric Langhorst	De Rijn	2:50.07	196200389	2:50.47	+0,77	40.86	1:25.18	2:08.54	2:50.47
4. Menno Lomans	D'Elft WAVE (SG)	2:45.37	196101071	2:52.17	+0,81	41.02	1:24.58	2:08.74	2:52.17
5. Rensonnet Raymond	Verviers Natation	2:52.36	VN/439/60	2:56.27	+0,80	41.78	1:27.32	2:12.35	2:56.27
6. Casper Dollekamp	Steenwijk 1934	3:06.21	196301341	3:03.14	+0,79	44.77	1:31.51	2:18.34	3:03.14
7. Berend Geurts	Nuenen	2:59.74	196201121	3:06.41	+0,90	43.08	1:31.22	2:18.76	3:06.41
8. Michiel Klaren	PSV	3:10.00	196201087	3:14.54	+0,74	45.72	1:36.00	2:28.00	3:14.54
9. Jack Barends	WS Twente	3:03.38	196201011	3:15.31	+0,91	47.24	1:36.31	2:26.70	3:15.31
10. Lieven De Rijcke	Groot Beverse Zwemclub	3:22.95	GBZ/130/60	3:24.11	+0,80	45.86	1:37.49	2:30.69	3:24.11
11. Filip Timmermans	ShaRK	3:44.18	SHARK/163/60	3:46.57	+0,75	52.57	1:50.18	2:48.44	3:46.57

Masters 55+

1. Evertjan Masurel	PSV	2:58.77	195600495	3:06.12	+0,90	42.74	1:30.66	2:18.72	3:06.12
2. Harry Paas	ZVVS	3:09.92	195800689	3:21.99	+0,67	46.98	1:38.39	2:31.37	3:21.99

Programmanr. 23, Heren, 200m rugslag

Masters 60+

1. Brend Brevé	PSV	2:51.62	195200265	2:55.37	+0,74	42.46	1:27.71	2:13.32	2:55.37
2. Jos Kamps	De Amer	3:37.48	195100085	3:41.83	+0,79	49.44	1:46.91	2:45.90	3:41.83

Masters 65+

1. Donald Uijtenbogaart	Het Y	3:06.84	194700107	3:09.52	+0,71	44.52	1:33.00	2:21.76	3:09.52
2. Mans Buis	Het Ravijn	3:50.98	194700133	3:48.15	+0,95	53.35	1:53.12	2:52.06	3:48.15

Masters 70+

1. Frans van Enst	WS Twente	3:05.37	194000011	3:11.55	+0,65	44.32	1:32.58	2:22.58	3:11.55
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Masters 75+

1. Jan Eichhorn	ZV Haerlem	3:45.32	193700015	4:01.72	+1,05	55.28	1:55.21	2:59.00	4:01.72
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Masters 80+

1. Georges Verhelst	AZSC	3:55.88	AZSC/952/31	4:06.89	+0,61	57.87	2:00.27	3:05.29	4:06.89
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