

5 - ONMK 2013 lb sessie 5

05-05-2013 - 9:00

Programmanr. 35
05-05-2013 - 9:00

Heren, 1500m 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	17:28.25	198901023	17:22.77	+0,66
	50m: 30.56 30.56	450m: 5:09.38 34.75	850m: 9:48.45 34.69	1250m: 14:29.67 34.84		
	100m: 1:05.41 34.85	500m: 5:44.67 35.29	900m: 10:23.55 35.10	1300m: 15:05.21 35.54		
	150m: 1:40.06 34.65	550m: 6:19.04 34.37	950m: 10:58.84 35.29	1350m: 15:40.31 35.10		
	200m: 2:15.10 35.04	600m: 6:53.85 34.81	1000m: 11:34.57 35.73	1400m: 16:15.73 35.42		
	250m: 2:49.77 34.67	650m: 7:28.52 34.67	1050m: 12:08.76 34.19	1450m: 16:49.50 33.77		
	300m: 3:24.63 34.86	700m: 8:03.76 35.24	1100m: 12:44.17 35.41	1500m: 17:22.77 33.27		
	350m: 3:59.31 34.68	750m: 8:38.63 34.87	1150m: 13:19.38 35.21			
	400m: 4:34.63 35.32	800m: 9:13.76 35.13	1200m: 13:54.83 35.45			
2.	Tim Bunnik	Triton	17:54.17	199000505	19:03.29	+0,84
	50m: 33.38 33.38	450m: 5:52.12 40.39	850m: 11:01.59 38.36	1250m: 16:02.70 36.88		
	100m: 1:10.92 37.54	500m: 6:31.39 39.27	900m: 11:39.77 38.18	1300m: 16:39.61 36.91		
	150m: 1:49.98 39.06	550m: 7:10.14 38.75	950m: 12:18.25 38.48	1350m: 17:16.36 36.75		
	200m: 2:29.90 39.92	600m: 7:48.56 38.42	1000m: 12:56.32 38.07	1400m: 17:53.40 37.04		
	250m: 3:10.54 40.64	650m: 8:27.20 38.64	1050m: 13:33.20 36.88	1450m: 18:30.33 35.93		
	300m: 3:50.73 40.19	700m: 9:05.58 38.38	1100m: 14:10.86 37.66	1500m: 19:03.29 33.96		
	350m: 4:31.81 41.08	750m: 9:44.18 38.60	1150m: 14:48.27 37.41			
	400m: 5:11.73 39.92	800m: 10:23.23 39.05	1200m: 15:25.82 37.55			
3.	Maik Steenkamp	Montferland	19:13.94	199103847	19:05.51	+0,75
	50m: 32.61 32.61	450m: 5:34.27 37.94	850m: 10:44.56 38.85	1250m: 15:56.40 38.98		
	100m: 1:09.62 37.01	500m: 6:13.31 39.04	900m: 11:23.48 38.92	1300m: 16:35.70 39.30		
	150m: 1:47.19 37.57	550m: 6:52.22 38.91	950m: 12:02.16 38.68	1350m: 17:14.60 38.90		
	200m: 2:24.49 37.30	600m: 7:30.93 38.71	1000m: 12:41.24 39.08	1400m: 17:52.81 38.21		
	250m: 3:02.08 37.59	650m: 8:09.83 38.90	1050m: 13:20.53 39.29	1450m: 18:30.96 38.15		
	300m: 3:40.07 37.99	700m: 8:48.59 38.76	1100m: 13:59.32 38.79	1500m: 19:05.51 34.55		
	350m: 4:17.99 37.92	750m: 9:27.49 38.90	1150m: 14:38.29 38.97			
	400m: 4:56.33 38.34	800m: 10:05.71 38.22	1200m: 15:17.42 39.13			
Masters 25+						
1.	Erik Schröder	TriVia	16:32.15	198402025	17:43.73	+0,89
	50m: 30.35 30.35	450m: 5:14.47 35.95	850m: 10:03.42 35.88	1250m: 14:48.28 35.99		
	100m: 1:04.36 34.01	500m: 5:50.47 36.00	900m: 10:39.25 35.83	1300m: 15:23.98 35.70		
	150m: 1:39.74 35.38	550m: 6:26.74 36.27	950m: 11:15.02 35.77	1350m: 15:59.80 35.82		
	200m: 2:15.40 35.66	600m: 7:02.91 36.17	1000m: 11:50.68 35.66	1400m: 16:35.38 35.58		
	250m: 2:50.98 35.58	650m: 7:39.32 36.41	1050m: 12:25.74 35.06	1450m: 17:10.09 34.71		
	300m: 3:26.69 35.71	700m: 8:15.38 36.06	1100m: 13:01.14 35.40	1500m: 17:43.73 33.64		
	350m: 4:02.65 35.96	750m: 8:51.25 35.87	1150m: 13:36.71 35.57			
	400m: 4:38.52 35.87	800m: 9:27.54 36.29	1200m: 14:12.29 35.58			
2.	Sander Bouts	RZ	18:46.49	198500331	18:38.48	+0,91
	50m: 33.17 33.17	450m: 5:34.38 37.79	850m: 10:34.35 37.04	1250m: 15:32.56 37.23		
	100m: 1:10.26 37.09	500m: 6:12.19 37.81	900m: 11:11.73 37.38	1300m: 16:09.83 37.27		
	150m: 1:47.41 37.15	550m: 6:49.83 37.64	950m: 11:48.82 37.09	1350m: 16:46.96 37.13		
	200m: 2:25.27 37.86	600m: 7:27.54 37.71	1000m: 12:26.21 37.39	1400m: 17:24.50 37.54		
	250m: 3:03.01 37.74	650m: 8:04.99 37.45	1050m: 13:03.28 37.07	1450m: 18:01.99 37.49		
	300m: 3:40.87 37.86	700m: 8:42.40 37.41	1100m: 13:40.82 37.54	1500m: 18:38.48 36.49		
	350m: 4:18.48 37.61	750m: 9:19.90 37.50	1150m: 14:17.93 37.11			
	400m: 4:56.59 38.11	800m: 9:57.31 37.41	1200m: 14:55.33 37.40			
3.	Mark Gorissen	HGN (SG)	19:31.04	198600973	19:11.39	+0,91
	50m: 33.49 33.49	450m: 5:35.23 38.57	850m: 10:44.00 38.98	1250m: 15:57.98 39.25		
	100m: 1:09.01 35.52	500m: 6:13.18 37.95	900m: 11:23.03 39.03	1300m: 16:37.77 39.79		
	150m: 1:45.98 36.97	550m: 6:51.83 38.65	950m: 12:02.14 39.11	1350m: 17:17.54 39.77		
	200m: 2:23.84 37.86	600m: 7:30.71 38.88	1000m: 12:41.37 39.23	1400m: 17:56.97 39.43		
	250m: 3:01.84 38.00	650m: 8:09.23 38.52	1050m: 13:20.68 39.31	1450m: 18:35.43 38.46		
	300m: 3:40.17 38.33	700m: 8:47.92 38.69	1100m: 13:59.73 39.05	1500m: 19:11.39 35.96		
	350m: 4:18.50 38.33	750m: 9:26.73 38.81	1150m: 14:39.12 39.39			
	400m: 4:56.66 38.16	800m: 10:05.02 38.29	1200m: 15:18.73 39.61			

Programmanr. 35, Heren, 1500m vrije slag, Masters 25+

rang	naam	vereniging			inschrijftijd	startnr.	tijd			RT		
4.	Ralf van der Poel	Zuiderzeewimmers			18:15.39	198401783	19:15.81			+0,59		
	50m:	32.44	32.44	450m:	5:43.40	39.49	850m:	11:00.46	39.01	1250m:	16:11.16	38.92
	100m:	1:09.10	36.66	500m:	6:23.96	40.56	900m:	11:39.61	39.15	1300m:	16:49.55	38.39
	150m:	1:46.85	37.75	550m:	7:03.49	39.53	950m:	12:17.78	38.17	1350m:	17:27.68	38.13
	200m:	2:25.74	38.89	600m:	7:43.78	40.29	1000m:	12:56.99	39.21	1400m:	18:05.86	38.18
	250m:	3:04.66	38.92	650m:	8:23.00	39.22	1050m:	13:35.47	38.48	1450m:	18:41.03	35.17
	300m:	3:44.84	40.18	700m:	9:02.65	39.65	1100m:	14:14.54	39.07	1500m:	19:15.81	34.78
	350m:	4:23.82	38.98	750m:	9:41.93	39.28	1150m:	14:53.36	38.82			
	400m:	5:03.91	40.09	800m:	10:21.45	39.52	1200m:	15:32.24	38.88			
5.	Niels Albrechts	De Schoteijl			18:45.21	198800039	19:19.96			+0,81		
	50m:	34.20	34.20	450m:	5:45.59	38.67	850m:	10:57.80	38.93	1250m:	16:09.43	38.90
	100m:	1:12.70	38.50	500m:	6:25.50	39.91	900m:	11:36.69	38.89	1300m:	16:48.34	38.91
	150m:	1:50.42	37.72	550m:	7:04.13	38.63	950m:	12:15.36	38.67	1350m:	17:27.07	38.73
	200m:	2:30.28	39.86	600m:	7:43.83	39.70	1000m:	12:54.46	39.10	1400m:	18:06.12	39.05
	250m:	3:09.13	38.85	650m:	8:22.68	38.85	1050m:	13:33.42	38.96	1450m:	18:42.99	36.87
	300m:	3:48.67	39.54	700m:	9:01.44	38.76	1100m:	14:12.64	39.22	1500m:	19:19.96	36.97
	350m:	4:27.47	38.80	750m:	9:40.16	38.72	1150m:	14:51.37	38.73			
	400m:	5:06.92	39.45	800m:	10:18.87	38.71	1200m:	15:30.53	39.16			

Masters 30+

1.	Alexander Hulleman	Steenwijk 1934	17:07.83	198300989	18:08.38	+0,77		
	50m: 32.72	32.72	450m: 5:18.91	35.74	850m: 10:06.10	36.22	1250m: 15:02.84	38.19
	100m: 1:08.82	36.10	500m: 5:54.44	35.53	900m: 10:41.65	35.55	1300m: 15:40.02	37.18
	150m: 1:45.41	36.59	550m: 6:30.69	36.25	950m: 11:18.45	36.80	1350m: 16:17.88	37.86
	200m: 2:21.23	35.82	600m: 7:06.13	35.44	1000m: 11:54.90	36.45	1400m: 16:55.78	37.90
	250m: 2:56.81	35.58	650m: 7:42.32	36.19	1050m: 12:32.14	37.24	1450m: 17:33.96	38.18
	300m: 3:32.14	35.33	700m: 8:18.02	35.70	1100m: 13:09.50	37.36	1500m: 18:08.38	34.42
	350m: 4:07.69	35.55	750m: 8:54.30	36.28	1150m: 13:47.42	37.92		
	400m: 4:43.17	35.48	800m: 9:29.88	35.58	1200m: 14:24.65	37.23		
2.	Kristiaan Lenos	LZ 1886	18:22.36	198301331	18:39.76	+0,82		
	50m: 30.95	30.95	450m: 5:28.00	38.31	850m: 10:31.66	38.41	1250m: 15:35.13	37.56
	100m: 1:06.35	35.40	500m: 6:06.19	38.19	900m: 11:09.86	38.20	1300m: 16:13.01	37.88
	150m: 1:42.97	36.62	550m: 6:43.68	37.49	950m: 11:47.23	37.37	1350m: 16:51.41	38.40
	200m: 2:20.28	37.31	600m: 7:21.56	37.88	1000m: 12:25.16	37.93	1400m: 17:28.86	37.45
	250m: 2:57.19	36.91	650m: 7:59.47	37.91	1050m: 13:03.02	37.86	1450m: 18:06.74	37.88
	300m: 3:34.24	37.05	700m: 8:37.31	37.84	1100m: 13:41.80	38.78	1500m: 18:39.76	33.02
	350m: 4:11.49	37.25	750m: 9:15.30	37.99	1150m: 14:19.81	38.01		
	400m: 4:49.69	38.20	800m: 9:53.25	37.95	1200m: 14:57.57	37.76		
3.	Marcel Reefhuis	WS Twente	18:45.40	198101381	19:01.60	+0,85		
	50m: 33.20	33.20	450m: 5:37.17	38.46	850m: 10:43.50	38.64	1250m: 15:52.98	38.75
	100m: 1:09.78	36.58	500m: 6:15.46	38.29	900m: 11:22.08	38.58	1300m: 16:32.06	39.08
	150m: 1:47.53	37.75	550m: 6:53.91	38.45	950m: 12:00.67	38.59	1350m: 17:10.71	38.65
	200m: 2:25.71	38.18	600m: 7:32.07	38.16	1000m: 12:39.45	38.78	1400m: 17:49.03	38.32
	250m: 3:03.99	38.28	650m: 8:10.23	38.16	1050m: 13:18.16	38.71	1450m: 18:27.23	38.20
	300m: 3:42.22	38.23	700m: 8:48.52	38.29	1100m: 13:56.99	38.83	1500m: 19:01.60	34.37
	350m: 4:20.43	38.21	750m: 9:26.62	38.10	1150m: 14:35.70	38.71		
	400m: 4:58.71	38.28	800m: 10:04.86	38.24	1200m: 15:14.23	38.53		
4.	Jeroen Vogelsang	DAW	19:27.81	198001645	20:07.39	+0,87		
	50m: 34.25	34.25	450m: 5:49.72	39.89	850m: 11:16.48	40.30	1250m: 16:44.32	40.17
	100m: 1:13.06	38.81	500m: 6:30.49	40.77	900m: 11:57.70	41.22	1300m: 17:25.10	40.78
	150m: 1:51.67	38.61	550m: 7:10.62	40.13	950m: 12:39.00	41.30	1350m: 18:05.63	40.53
	200m: 2:31.55	39.88	600m: 7:51.42	40.80	1000m: 13:20.64	41.64	1400m: 18:46.93	41.30
	250m: 3:10.66	39.11	650m: 8:32.03	40.61	1050m: 14:01.80	41.16	1450m: 19:26.70	39.77
	300m: 3:50.55	39.89	700m: 9:13.24	41.21	1100m: 14:43.72	41.92	1500m: 20:07.39	40.69
	350m: 4:29.67	39.12	750m: 9:54.20	40.96	1150m: 15:24.13	40.41		
	400m: 5:09.83	40.16	800m: 10:36.18	41.98	1200m: 16:04.15	40.02		
5.	Sebastian Hoppe	SV Blau-Weiss Bochum	19:20.06	260235	20:26.68	+0,78		
	50m: 32.85	32.85	450m: 5:54.67	41.49	850m: 11:27.02	41.53	1250m: 16:59.98	41.66
	100m: 1:10.57	37.72	500m: 6:35.98	41.31	900m: 12:08.62	41.60	1300m: 17:41.93	41.95
	150m: 1:49.55	38.98	550m: 7:18.01	42.03	950m: 12:50.73	42.11	1350m: 18:23.93	42.00
	200m: 2:29.47	39.92	600m: 7:59.66	41.65	1000m: 13:32.24	41.51	1400m: 19:05.00	41.07
	250m: 3:10.15	40.68	650m: 8:41.39	41.73	1050m: 14:13.64	41.40	1450m: 19:46.46	41.46
	300m: 3:50.79	40.64	700m: 9:22.88	41.49	1100m: 14:55.08	41.44	1500m: 20:26.68	40.22
	350m: 4:31.69	40.90	750m: 10:04.38	41.50	1150m: 15:36.80	41.72		
	400m: 5:13.18	41.49	800m: 10:45.49	41.11	1200m: 16:18.32	41.52		
6.	Victor den Heijer	D'Eft WAVE (SG)	19:52.51	198300867	21:56.31	+0,71		
	50m: 35.20	35.20	450m: 6:12.76	43.82	850m: 12:12.72	45.17	1250m: 18:14.53	44.98
	100m: 1:14.54	39.34	500m: 6:57.52	44.76	900m: 12:57.23	44.51	1300m: 19:01.03	46.50
	150m: 1:55.70	41.16	550m: 7:42.62	45.10	950m: 13:42.42	45.19	1350m: 19:46.80	45.77
	200m: 2:36.79	41.09	600m: 8:27.31	44.69	1000m: 14:27.37	44.95	1400m: 20:29.36	42.56
	250m: 3:19.09	42.30	650m: 9:11.78	44.47	1050m: 15:13.70	46.33	1450m: 21:14.02	44.66
	300m: 4:01.33	42.24	700m: 9:56.88	45.10	1100m: 15:58.59	44.89	1500m: 21:56.31	42.29
	350m: 4:44.80	43.47	750m: 10:42.21	45.33	1150m: 16:44.42	45.83		
	400m: 5:28.94	44.14	800m: 11:27.55	45.34	1200m: 17:29.55	45.13		

Programmanr. 35, Heren, 1500m vrije slag

Masters 35+

1.	Eric Richelle		Plouf Club		19:10.38	PLOUF/007/77		18:17.33	+0,68			
	50m:	32.72	32.72	450m:	5:18.26	36.32	850m:	10:11.51	37.38	1250m:	15:11.44	37.75
	100m:	1:07.52	34.80	500m:	5:54.60	36.34	900m:	10:48.25	36.74	1300m:	15:48.84	37.40
	150m:	1:43.23	35.71	550m:	6:31.15	36.55	950m:	11:25.34	37.09	1350m:	16:26.45	37.61
	200m:	2:18.59	35.36	600m:	7:07.77	36.62	1000m:	12:02.46	37.12	1400m:	17:03.93	37.48
	250m:	2:54.37	35.78	650m:	7:44.26	36.49	1050m:	12:40.00	37.54	1450m:	17:41.54	37.61
	300m:	3:30.15	35.78	700m:	8:21.19	36.93	1100m:	13:17.51	37.51	1500m:	18:17.33	35.79
	350m:	4:05.89	35.74	750m:	8:57.55	36.36	1150m:	13:56.02	38.51			
	400m:	4:41.94	36.05	800m:	9:34.13	36.58	1200m:	14:33.69	37.67			
2.	Robin Sprinkhuizen		De Zijl/LGB		18:50.53	197400767		19:21.06	+0,88			
	50m:	31.79	31.79	450m:	5:37.04	38.69	850m:	10:50.65	39.48	1250m:	16:05.75	39.73
	100m:	1:08.40	36.61	500m:	6:15.69	38.65	900m:	11:29.60	38.95	1300m:	16:45.37	39.62
	150m:	1:46.49	38.09	550m:	6:54.58	38.89	950m:	12:09.00	39.40	1350m:	17:25.02	39.65
	200m:	2:24.30	37.81	600m:	7:33.44	38.86	1000m:	12:47.94	38.94	1400m:	18:04.51	39.49
	250m:	3:02.74	38.44	650m:	8:13.06	39.62	1050m:	13:27.56	39.62	1450m:	18:43.56	39.05
	300m:	3:40.84	38.10	700m:	8:52.34	39.28	1100m:	14:07.05	39.49	1500m:	19:21.06	37.50
	350m:	4:19.87	39.03	750m:	9:31.79	39.45	1150m:	14:46.73	39.68			
	400m:	4:58.35	38.48	800m:	10:11.17	39.38	1200m:	15:26.02	39.29			
3.	Erik van der Wel		SBC2000		20:36.21	197401101		21:10.43	+1,07			
	50m:	37.20	37.20	450m:	6:20.93	42.53	850m:	11:58.77	42.01	1250m:	17:40.58	42.94
	100m:	1:19.14	41.94	500m:	7:03.38	42.45	900m:	12:41.60	42.83	1300m:	18:22.99	42.41
	150m:	2:02.19	43.05	550m:	7:45.75	42.37	950m:	13:24.36	42.76	1350m:	19:05.63	42.64
	200m:	2:45.15	42.96	600m:	8:28.27	42.52	1000m:	14:06.84	42.48	1400m:	19:47.74	42.11
	250m:	3:28.11	42.96	650m:	9:10.06	41.79	1050m:	14:49.46	42.62	1450m:	20:29.71	41.97
	300m:	4:11.93	43.82	700m:	9:52.38	42.32	1100m:	15:32.41	42.95	1500m:	21:10.43	40.72
	350m:	4:55.21	43.28	750m:	10:33.95	41.57	1150m:	16:15.03	42.62			
	400m:	5:38.40	43.19	800m:	11:16.76	42.81	1200m:	16:57.64	42.61			

Masters 40+

1.	Arjan Bellaart		Oceanus		19:25.18	196900079		19:46.47	+0,75			
	50m:	34.14	34.14	450m:	5:49.58	39.74	850m:	11:08.19	39.96	1250m:	16:27.79	39.84
	100m:	1:12.52	38.38	500m:	6:29.27	39.69	900m:	11:48.04	39.85	1300m:	17:07.84	40.05
	150m:	1:51.70	39.18	550m:	7:09.03	39.76	950m:	12:27.86	39.82	1350m:	17:47.96	40.12
	200m:	2:31.12	39.42	600m:	7:48.70	39.67	1000m:	13:07.92	40.06	1400m:	18:28.00	40.04
	250m:	3:10.62	39.50	650m:	8:28.53	39.83	1050m:	13:48.03	40.11	1450m:	19:07.96	39.96
	300m:	3:50.43	39.81	700m:	9:08.62	40.09	1100m:	14:28.35	40.32	1500m:	19:46.47	38.51
	350m:	4:30.29	39.86	750m:	9:48.37	39.75	1150m:	15:08.06	39.71			
	400m:	5:09.84	39.55	800m:	10:28.23	39.86	1200m:	15:47.95	39.89			
2.	Agnus Gerringa		Zuiderzeewimmers		19:50.01	197100285		20:36.92	+0,95			
	50m:	34.88	34.88	450m:	6:04.87	41.51	850m:	11:39.54	42.25	1250m:	17:13.80	41.08
	100m:	1:14.32	39.44	500m:	6:46.64	41.77	900m:	12:20.94	41.40	1300m:	17:54.88	41.08
	150m:	1:54.72	40.40	550m:	7:27.94	41.30	950m:	13:02.98	42.04	1350m:	18:35.54	40.66
	200m:	2:36.37	41.65	600m:	8:09.62	41.68	1000m:	13:45.35	42.37	1400m:	19:16.67	41.13
	250m:	3:18.29	41.92	650m:	8:51.51	41.89	1050m:	14:27.16	41.81	1450m:	19:56.83	40.16
	300m:	4:00.15	41.86	700m:	9:33.20	41.69	1100m:	15:09.39	42.23	1500m:	20:36.92	40.09
	350m:	4:41.79	41.64	750m:	10:15.44	42.24	1150m:	15:51.58	42.19			
	400m:	5:23.36	41.57	800m:	10:57.29	41.85	1200m:	16:32.72	41.14			

Masters 45+

1.	Roland Klein-Bölting			Bocholter WSV			18:51.15	74076	18:32.16			+1,08
	<i>Kampioenschaps Record</i>											
	50m:	32.48	32.48	450m:	5:27.74	37.43	850m:	10:26.35	37.31	1250m:	15:25.61	37.10
	100m:	1:07.68	35.20	500m:	6:05.58	37.84	900m:	11:03.67	37.32	1300m:	16:03.47	37.86
	150m:	1:44.17	36.49	550m:	6:42.55	36.97	950m:	11:41.04	37.37	1350m:	16:40.94	37.47
	200m:	2:21.23	37.06	600m:	7:20.33	37.78	1000m:	12:18.57	37.53	1400m:	17:18.74	37.80
	250m:	2:58.56	37.33	650m:	7:57.86	37.53	1050m:	12:55.94	37.37	1450m:	17:56.22	37.48
	300m:	3:35.75	37.19	700m:	8:34.76	36.90	1100m:	13:33.19	37.25	1500m:	18:32.16	35.94
	350m:	4:12.89	37.14	750m:	9:11.84	37.08	1150m:	14:10.73	37.54			
	400m:	4:50.31	37.42	800m:	9:49.04	37.20	1200m:	14:48.51	37.78			
2.	Ronald van Maurik			Nat Utrecht			19:24.82	196600509	19:59.93			+0,89
	50m:	34.26	34.26	450m:	5:49.70	39.22	850m:	11:15.53	40.16	1250m:	16:41.89	39.79
	100m:	1:12.79	38.53	500m:	6:30.88	41.18	900m:	11:56.53	41.00	1300m:	17:22.97	41.08
	150m:	1:51.50	38.71	550m:	7:10.78	39.90	950m:	12:36.18	39.65	1350m:	18:02.14	39.17
	200m:	2:31.72	40.22	600m:	7:51.87	41.09	1000m:	13:17.31	41.13	1400m:	18:42.22	40.08
	250m:	3:10.68	38.96	650m:	8:31.98	40.11	1050m:	13:57.47	40.16	1450m:	19:21.67	39.45
	300m:	3:51.13	40.45	700m:	9:13.42	41.44	1100m:	14:38.40	40.93	1500m:	19:59.93	38.26
	350m:	4:30.04	38.91	750m:	9:53.69	40.27	1150m:	15:19.08	40.68			
	400m:	5:10.48	40.44	800m:	10:35.37	41.68	1200m:	16:02.10	43.02			

Programmanr. 35, Heren, 1500m vrije slag, Masters 45+

rang	naam	vereniging		inschrijftijd		startnr.		tijd		RT		
3.	Marcel Molendijk	De Vrije Slag		20:27.14		196501117		20:40.15		+0,72		
	50m:	37.33	37.33	450m:	6:10.97	41.90	850m:	11:44.12	41.48	1250m:	17:16.96	41.61
	100m:	1:18.64	41.31	500m:	6:52.74	41.77	900m:	12:26.01	41.89	1300m:	17:58.23	41.27
	150m:	1:59.76	41.12	550m:	7:34.44	41.70	950m:	13:07.55	41.54	1350m:	18:39.63	41.40
	200m:	2:41.38	41.62	600m:	8:15.88	41.44	1000m:	13:48.96	41.41	1400m:	19:21.00	41.37
	250m:	3:23.17	41.79	650m:	8:57.59	41.71	1050m:	14:30.83	41.87	1450m:	20:01.60	40.60
	300m:	4:04.87	41.70	700m:	9:39.32	41.73	1100m:	15:12.47	41.64	1500m:	20:40.15	38.55
	350m:	4:46.92	42.05	750m:	10:21.22	41.90	1150m:	15:54.04	41.57			
	400m:	5:29.07	42.15	800m:	11:02.64	41.42	1200m:	16:35.35	41.31			
4.	Karim Naili	CNBA		21:05.86		CNBA/830/66		20:51.16		+1,00		
	50m:	35.58	35.58	450m:	6:06.05	42.50	850m:	11:43.33	42.40	1250m:	17:20.62	42.85
	100m:	1:14.72	39.14	500m:	6:47.88	41.83	900m:	12:25.29	41.96	1300m:	18:02.97	42.35
	150m:	1:56.02	41.30	550m:	7:30.03	42.15	950m:	13:07.76	42.47	1350m:	18:46.24	43.27
	200m:	2:37.13	41.11	600m:	8:11.50	41.47	1000m:	13:49.42	41.66	1400m:	19:28.19	41.95
	250m:	3:18.94	41.81	650m:	8:53.98	42.48	1050m:	14:31.58	42.16	1450m:	20:10.74	42.55
	300m:	4:00.26	41.32	700m:	9:36.10	42.12	1100m:	15:13.59	42.01	1500m:	20:51.16	40.42
	350m:	4:42.21	41.95	750m:	10:18.85	42.75	1150m:	15:56.05	42.46			
	400m:	5:23.55	41.34	800m:	11:00.93	42.08	1200m:	16:37.77	41.72			
5.	Marcel Stroet	ZV De Bron		20:29.16		196400929		21:37.73		+1,10		
	50m:	35.68	35.68	450m:	6:17.74	42.98	850m:	12:04.73	43.59	1250m:	17:57.44	44.16
	100m:	1:17.25	41.57	500m:	7:00.99	43.25	900m:	12:48.79	44.06	1300m:	18:41.69	44.25
	150m:	1:59.20	41.95	550m:	7:43.76	42.77	950m:	13:32.26	43.47	1350m:	19:25.61	43.92
	200m:	2:41.87	42.67	600m:	8:27.66	43.90	1000m:	14:16.42	44.16	1400m:	20:09.85	44.24
	250m:	3:24.82	42.95	650m:	9:10.80	43.14	1050m:	15:00.62	44.20	1450m:	20:54.13	44.28
	300m:	4:08.14	43.32	700m:	9:54.15	43.35	1100m:	15:44.97	44.35	1500m:	21:37.73	43.60
	350m:	4:51.35	43.21	750m:	10:37.40	43.25	1150m:	16:28.76	43.79			
	400m:	5:34.76	43.41	800m:	11:21.14	43.74	1200m:	17:13.28	44.52			

Masters 50+

1.	Jan Brink		De Zeeuwse Kust (SG)	19:04.19	196200091	19:52.57	+0,88					
	50m:	34.60	34.60	450m:	5:49.41	39.82	850m:	11:09.63	40.10	1250m:	16:31.37	40.68
	100m:	1:12.80	38.20	500m:	6:29.46	40.05	900m:	11:49.63	40.00	1300m:	17:11.86	40.49
	150m:	1:51.86	39.06	550m:	7:09.19	39.73	950m:	12:29.76	40.13	1350m:	17:52.30	40.44
	200m:	2:31.22	39.36	600m:	7:49.68	40.49	1000m:	13:09.71	39.95	1400m:	18:33.01	40.71
	250m:	3:10.97	39.75	650m:	8:29.53	39.85	1050m:	13:50.11	40.40	1450m:	19:13.41	40.40
	300m:	3:50.45	39.48	700m:	9:09.52	39.99	1100m:	14:30.48	40.37	1500m:	19:52.57	39.16
	350m:	4:29.92	39.47	750m:	9:49.45	39.93	1150m:	15:10.65	40.17			
	400m:	5:09.59	39.67	800m:	10:29.53	40.08	1200m:	15:50.69	40.04			
2.	Gustav van den Berg		TriVia	20:08.06	196100991	20:10.64	+0,89					
	50m:	36.47	36.47	450m:	6:10.81	42.00	850m:	11:37.21	39.96	1250m:	16:56.55	40.41
	100m:	1:17.10	40.63	500m:	6:52.25	41.44	900m:	12:16.92	39.71	1300m:	17:36.32	39.77
	150m:	1:58.67	41.57	550m:	7:33.77	41.52	950m:	12:56.86	39.94	1350m:	18:16.12	39.80
	200m:	2:40.72	42.05	600m:	8:14.56	40.79	1000m:	13:36.68	39.82	1400m:	18:55.54	39.42
	250m:	3:22.90	42.18	650m:	8:55.78	41.22	1050m:	14:16.47	39.79	1450m:	19:34.95	39.41
	300m:	4:04.81	41.91	700m:	9:36.83	41.05	1100m:	14:56.04	39.57	1500m:	20:10.64	35.69
	350m:	4:47.12	42.31	750m:	10:17.31	40.48	1150m:	15:35.89	39.85			
	400m:	5:28.81	41.69	800m:	10:57.25	39.94	1200m:	16:16.14	40.25			
3.	Menno Lomans		D'Eft WAVE (SG)	20:04.45	196101071	21:00.49	+0,90					
	50m:	36.68	36.68	450m:	6:14.72	42.50	850m:	11:53.73	42.37	1250m:	17:32.37	42.19
	100m:	1:17.42	40.74	500m:	6:56.80	42.08	900m:	12:36.44	42.71	1300m:	18:14.48	42.11
	150m:	1:59.35	41.93	550m:	7:39.05	42.25	950m:	13:18.76	42.32	1350m:	18:56.81	42.33
	200m:	2:41.51	42.16	600m:	8:21.51	42.46	1000m:	14:01.54	42.78	1400m:	19:39.13	42.32
	250m:	3:24.24	42.73	650m:	9:04.01	42.50	1050m:	14:43.69	42.15	1450m:	20:21.07	41.94
	300m:	4:06.96	42.72	700m:	9:46.73	42.72	1100m:	15:26.28	42.59	1500m:	21:00.49	39.42
	350m:	4:49.69	42.73	750m:	10:29.00	42.27	1150m:	16:08.43	42.15			
	400m:	5:32.22	42.53	800m:	11:11.36	42.36	1200m:	16:50.18	41.75			
4.	Paul van der Voort		De Zwoer	22:05.31	196200715	21:51.91	+1,09					
	50m:	35.95	35.95	450m:	6:28.71	45.36	850m:	12:23.08	44.37	1250m:	18:17.40	44.53
	100m:	1:17.05	41.10	500m:	7:13.25	44.54	900m:	13:07.37	44.29	1300m:	19:01.62	44.22
	150m:	2:00.88	43.83	550m:	7:58.06	44.81	950m:	13:52.14	44.77	1350m:	19:46.13	44.51
	200m:	2:44.91	44.03	600m:	8:43.04	44.98	1000m:	14:36.16	44.02	1400m:	20:30.50	44.37
	250m:	3:29.87	44.96	650m:	9:26.88	43.84	1050m:	15:20.28	44.12	1450m:	21:13.47	42.97
	300m:	4:14.21	44.34	700m:	10:10.12	43.24	1100m:	16:04.55	44.27	1500m:	21:51.91	38.44
	350m:	4:58.65	44.44	750m:	10:54.79	44.67	1150m:	16:48.96	44.41			
	400m:	5:43.35	44.70	800m:	11:38.71	43.92	1200m:	17:32.87	43.91			
5.	James Norman		PLONS	22:07.12	196001209	22:26.79	+0,92					
	50m:	37.56	37.56	450m:	6:36.00	45.89	850m:	12:42.13	45.83	1250m:	18:44.40	45.09
	100m:	1:19.42	41.86	500m:	7:21.18	45.18	900m:	13:27.30	45.17	1300m:	19:30.28	45.88
	150m:	2:03.83	44.41	550m:	8:07.08	45.90	950m:	14:12.49	45.19	1350m:	20:16.15	45.87
	200m:	2:49.02	45.19	600m:	8:52.49	45.41	1000m:	14:58.10	45.61	1400m:	21:00.88	44.73
	250m:	3:34.15	45.13	650m:	9:39.22	46.73	1050m:	15:43.41	45.31	1450m:	21:45.02	44.14
	300m:	4:19.50	45.35	700m:	10:24.99	45.77	1100m:	16:28.74	45.33	1500m:	22:26.79	41.77
	350m:	5:04.86	45.36	750m:	11:10.88	45.89	1150m:	17:14.05	45.31			
	400m:	5:50.11	45.25	800m:	11:56.30	45.42	1200m:	17:59.31	45.26			

Programmanr. 35, Heren, 1500m vrije slag, Masters 50+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
NG.ZA	Marius Ros	ZCNF'34	20:09.18	195900779		

Masters 55+

1.	Marten de Groot	HZ&PC Heerenveen	18:54.97	195800149	18:50.61	+0,82
	<i>Nederlands Masters Record</i>					

50m:	34.00	34.00	450m:	5:37.08	38.13	850m:	10:39.98	38.06	1250m:	15:42.61	38.18
100m:	1:10.90	36.90	500m:	6:15.14	38.06	900m:	11:17.78	37.80	1300m:	16:20.65	38.04
150m:	1:48.79	37.89	550m:	6:52.68	37.54	950m:	11:55.95	38.17	1350m:	16:58.64	37.99
200m:	2:27.35	38.56	600m:	7:30.35	37.67	1000m:	12:34.07	38.12	1400m:	17:36.80	38.16
250m:	3:05.09	37.74	650m:	8:08.51	38.16	1050m:	13:11.82	37.75	1450m:	18:14.72	37.92
300m:	3:43.06	37.97	700m:	8:46.37	37.86	1100m:	13:49.26	37.44	1500m:	18:50.61	35.89
350m:	4:21.23	38.17	750m:	9:24.60	38.23	1150m:	14:26.77	37.51			
400m:	4:58.95	37.72	800m:	10:01.92	37.32	1200m:	15:04.43	37.66			

2.	Otto Zeijpveld	Aquapoldro	20:45.49	195800497	20:54.85	+0,83
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50m:	35.38	35.38	450m:	6:17.92	42.58	850m:	11:54.41	41.75	1250m:	17:30.33	41.95
100m:	1:17.84	42.46	500m:	7:00.75	42.83	900m:	12:36.28	41.87	1300m:	18:12.51	42.18
150m:	2:00.78	42.94	550m:	7:42.56	41.81	950m:	13:17.48	41.20	1350m:	18:58.99	41.48
200m:	2:44.33	43.55	600m:	8:25.30	42.74	1000m:	13:58.89	41.41	1400m:	19:35.85	41.86
250m:	3:26.96	42.63	650m:	9:07.17	41.87	1050m:	14:41.47	42.58	1450m:	20:16.47	40.62
300m:	4:09.64	42.68	700m:	9:49.37	42.20	1100m:	15:23.96	42.49	1500m:	20:54.85	38.38
350m:	4:52.45	42.81	750m:	10:30.87	41.50	1150m:	16:05.89	41.93			
400m:	5:35.34	42.89	800m:	11:12.66	41.79	1200m:	16:48.38	42.49			

3.	Michael Dolg	Pulheimer SC 24/57	22:42.14	330776	21:48.90	+1,03
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50m:	39.75	39.75	450m:	6:26.04	43.64	850m:	12:16.87	44.55	1250m:	18:10.22	44.33
100m:	1:22.20	42.45	500m:	7:09.70	43.66	900m:	13:01.27	44.40	1300m:	18:54.98	44.76
150m:	2:04.79	42.59	550m:	7:53.23	43.53	950m:	13:45.25	43.98	1350m:	19:39.42	44.44
200m:	2:48.23	43.44	600m:	8:36.72	43.49	1000m:	14:29.46	44.21	1400m:	20:22.62	43.20
250m:	3:31.74	43.51	650m:	9:20.47	43.75	1050m:	15:13.89	44.43	1450m:	21:07.16	44.54
300m:	4:15.64	43.90	700m:	10:04.47	44.00	1100m:	15:57.61	43.72	1500m:	21:48.90	41.74
350m:	4:58.89	43.25	750m:	10:48.34	43.87	1150m:	16:41.70	44.09			
400m:	5:42.40	43.51	800m:	11:32.32	43.98	1200m:	17:25.89	44.19			

4.	Henk Slomp	De Pinquin	22:17.18	195500359	22:24.07	+0,84
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50m:	36.68	36.68	450m:	6:31.88	45.42	850m:	12:36.91	46.53	1250m:	18:44.34	45.20
100m:	1:18.98	42.30	500m:	7:16.47	44.59	900m:	13:22.69	45.78	1300m:	19:30.11	45.77
150m:	2:03.15	44.17	550m:	8:02.27	45.80	950m:	14:08.18	45.49	1350m:	20:15.87	45.76
200m:	2:48.14	44.99	600m:	8:47.44	45.17	1000m:	14:54.23	46.05	1400m:	20:59.86	43.99
250m:	3:32.96	44.82	650m:	9:33.64	46.20	1050m:	15:41.19	46.96	1450m:	21:45.37	45.51
300m:	4:16.88	43.92	700m:	10:18.96	45.32	1100m:	16:26.04	44.85	1500m:	22:24.07	38.70
350m:	5:01.80	44.92	750m:	11:05.12	46.16	1150m:	17:12.96	46.92			
400m:	5:46.46	44.66	800m:	11:50.38	45.26	1200m:	17:59.14	46.18			

5.	Andreas Wenning	Bocholter WSV	22:59.98	99336	22:40.59	+1,69
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50m:	38.32	38.32	450m:	6:36.26	45.09	850m:	12:41.93	45.07	1250m:	18:49.52	45.59
100m:	1:21.06	42.74	500m:	7:22.00	45.74	900m:	13:28.21	46.28	1300m:	19:35.94	46.42
150m:	2:04.58	43.52	550m:	8:07.00	45.00	950m:	14:13.32	45.11	1350m:	20:21.96	46.02
200m:	2:50.49	45.91	600m:	8:53.42	46.42	1000m:	14:59.47	46.15	1400m:	21:08.89	46.93
250m:	3:35.19	44.70	650m:	9:38.84	45.42	1050m:	15:45.28	45.81	1450m:	21:54.70	45.81
300m:	4:20.82	45.63	700m:	10:25.23	46.39	1100m:	16:31.86	46.58	1500m:	22:40.59	45.89
350m:	5:05.72	44.90	750m:	11:10.28	45.05	1150m:	17:17.37	45.51			
400m:	5:51.17	45.45	800m:	11:56.86	46.58	1200m:	18:03.93	46.56			

6.	Paul Bunnik	Triton	22:29.00	195600413	23:30.86	+1,06
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50m:	37.64	37.64	450m:	6:46.29	47.51	850m:	13:10.51	48.13	1250m:	19:34.17	48.22
100m:	1:20.21	42.57	500m:	7:33.74	47.45	900m:	13:58.35	47.84	1300m:	20:22.65	48.48
150m:	2:05.17	44.96	550m:	8:22.23	48.49	950m:	14:45.97	47.62	1350m:	21:10.67	48.02
200m:	2:51.12	45.95	600m:	9:10.89	48.66	1000m:	15:34.67	48.70	1400m:	21:58.37	47.70
250m:	3:36.72	45.60	650m:	9:58.22	47.33	1050m:	16:22.45	47.78	1450m:	22:44.64	46.27
300m:	4:23.23	46.51	700m:	10:46.40	48.18	1100m:	17:11.09	48.64	1500m:	23:30.86	46.22
350m:	5:10.74	47.51	750m:	11:34.34	47.94	1150m:	17:57.50	46.41			
400m:	5:58.78	48.04	800m:	12:22.38	48.04	1200m:	18:45.95	48.45			

Masters 60+

1.	Georg Dombrowski	SV Gladbeck 13	22:10.32	217978	21:50.45	+0,88
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50m:	37.97	37.97	450m:	6:30.51	44.23	850m:	12:25.30	43.97	1250m:	18:19.14	44.19
100m:	1:20.21	42.24	500m:	7:15.31	44.80	900m:	13:09.21	43.91	1300m:	19:03.85	44.71
150m:	2:03.60	43.39	550m:	7:59.68	44.37	950m:	13:53.80	44.59	1350m:	19:47.88	44.03
200m:	2:47.81	44.21	600m:	8:43.98	44.30	1000m:	14:38.03	44.23	1400m:	20:31.73	43.85
250m:	3:32.47	44.66	650m:	9:27.80	43.82	1050m:	15:22.32	44.29	1450m:	21:13.85	42.12
300m:	4:17.12	44.65	700m:	10:12.59	44.79	1100m:	16:06.59	44.27	1500m:	21:50.45	36.60
350m:	5:01.62	44.50	750m:	10:56.88	44.29	1150m:	16:50.93	44.34			
400m:	5:46.28	44.66	800m:	11:41.33	44.45	1200m:	17:34.95	44.02			

Programmanr. 35, Heren, 1500m vrije slag, Masters 60+

rang	naam			vereniging			inschrijftijd			startnr.			tijd	RT
2.	Hugo Staudt			WS Twente			23:20.84			195300253			23:56.68	+0,95
	50m:	42.00	42.00	450m:	7:12.00	49.36	850m:	13:37.30	48.49	1250m:	20:01.84	48.10		
	100m:	1:29.30	47.30	500m:	8:00.07	48.07	900m:	14:24.97	47.67	1300m:	20:50.05	48.21		
	150m:	2:17.96	48.66	550m:	8:48.70	48.63	950m:	15:13.89	48.92	1350m:	21:38.13	48.08		
	200m:	3:07.02	49.06	600m:	9:36.84	48.14	1000m:	16:02.05	48.16	1400m:	22:26.05	47.92		
	250m:	3:55.81	48.79	650m:	10:25.20	48.36	1050m:	16:50.02	47.97	1450m:	23:13.91	47.86		
	300m:	4:44.97	49.16	700m:	11:12.70	47.50	1100m:	17:38.32	48.30	1500m:	23:56.68	42.77		
	350m:	5:34.20	49.23	750m:	12:01.18	48.48	1150m:	18:26.28	47.96					
	400m:	6:22.64	48.44	800m:	12:48.81	47.63	1200m:	19:13.74	47.46					

Masters 70+

1.	Rob Hanou	PSV			25:08.50	194300109			26:26.89		+1,09	
	50m:	42.63	42.63	450m:	7:41.65	52.24	850m:	14:52.10	53.05	1250m:	22:03.76	53.16
	100m:	1:33.97	51.34	500m:	8:35.37	53.72	900m:	15:47.82	55.72	1300m:	22:58.05	54.29
	150m:	2:26.37	52.40	550m:	9:28.43	53.06	950m:	16:41.82	54.00	1350m:	23:50.55	52.50
	200m:	3:19.82	53.45	600m:	10:22.38	53.95	1000m:	17:36.16	54.34	1400m:	24:44.61	54.06
	250m:	4:11.57	51.75	650m:	11:16.02	53.64	1050m:	18:29.45	53.29	1450m:	25:36.87	52.26
	300m:	5:04.30	52.73	700m:	12:10.73	54.71	1100m:	19:23.77	54.32	1500m:	26:26.89	50.02
	350m:	5:56.29	51.99	750m:	13:03.82	53.09	1150m:	20:16.77	53.00			
	400m:	6:49.41	53.12	800m:	13:59.05	55.23	1200m:	21:10.60	53.83			
2.	Manfred Bottin	SV Langenfeld			28:35.10	57993			30:04.01		+1,19	
	50m:	49.37	49.37	450m:	9:05.46	1:01.86	850m:	17:15.44	1:00.75	1250m:	25:17.79	59.06
	100m:	1:47.61	58.24	500m:	10:06.75	1:01.29	900m:	18:14.65	59.21	1300m:	26:16.65	58.86
	150m:	2:49.13	1:01.52	550m:	11:08.32	1:01.57	950m:	19:15.42	1:00.77	1350m:	27:15.62	58.97
	200m:	3:51.07	1:01.94	600m:	12:09.68	1:01.36	1000m:	20:16.69	1:01.27	1400m:	28:12.90	57.28
	250m:	4:54.57	1:03.50	650m:	13:11.30	1:01.62	1050m:	21:18.78	1:02.09	1450m:	29:11.29	58.39
	300m:	5:57.35	1:02.78	700m:	14:12.10	1:00.80	1100m:	22:19.63	1:00.85	1500m:	30:04.01	52.72
	350m:	7:01.91	1:04.56	750m:	15:13.38	1:01.28	1150m:	23:20.55	1:00.92			
	400m:	8:03.60	1:01.69	800m:	16:14.69	1:01.31	1200m:	24:18.73	58.18			

Programmanr. 36
05-05-2013 - 10:46

Dames, 800m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
Masters 20+								
1.	Nanda de Vries	HZ&PC Heerenveen	9:52.76	199204328	10:05.93	+0,76		
	50m: 33.43	33.43	250m: 3:05.46	38.00	450m: 5:37.21	37.95	650m: 8:11.72	38.82
	100m: 1:11.20	37.77	300m: 3:43.54	38.08	500m: 6:15.82	38.61	700m: 8:50.25	38.53
	150m: 1:49.23	38.03	350m: 4:21.48	37.94	550m: 6:54.33	38.51	750m: 9:28.46	38.21
	200m: 2:27.46	38.23	400m: 4:59.26	37.78	600m: 7:32.90	38.57	800m: 10:05.93	37.47
2.	Désirée Emmen	De Warande	10:01.43	199204862	10:17.95			
	50m: 33.25	33.25	250m: 3:07.21	39.40	450m: 5:45.54	39.60	650m: 8:23.95	38.97
	100m: 1:10.38	37.13	300m: 3:46.75	39.54	500m: 6:24.84	39.30	700m: 9:02.79	38.84
	150m: 1:48.52	38.14	350m: 4:26.34	39.59	550m: 7:04.70	39.86	750m: 9:41.12	38.33
	200m: 2:27.81	39.29	400m: 5:05.94	39.60	600m: 7:44.98	40.28	800m: 10:17.95	36.83
3.	Rebecca Vroomen	Eurode KZC	9:57.10	199301772	10:18.30	+0,90		
	50m: 33.89	33.89	250m: 3:10.10	39.20	450m: 5:47.23	38.76	650m: 8:24.15	38.58
	100m: 1:12.40	38.51	300m: 3:49.72	39.62	500m: 6:26.79	39.56	700m: 9:03.39	39.24
	150m: 1:51.57	39.17	350m: 4:28.91	39.19	550m: 7:05.88	39.09	750m: 9:41.98	38.59
	200m: 2:30.90	39.33	400m: 5:08.47	39.56	600m: 7:45.57	39.69	800m: 10:18.30	36.32
4.	Maaïke Vooren	DAW	10:16.92	199103324	10:23.42	+0,88		
	50m: 34.56	34.56	250m: 3:09.83	38.97	450m: 5:47.28	39.11	650m: 8:25.40	39.26
	100m: 1:12.83	38.27	300m: 3:49.28	39.45	500m: 6:27.26	39.98	700m: 9:05.88	40.48
	150m: 1:51.61	38.78	350m: 4:28.44	39.16	550m: 7:06.23	38.97	750m: 9:45.20	39.32
	200m: 2:30.86	39.25	400m: 5:08.17	39.73	600m: 7:46.14	39.91	800m: 10:23.42	38.22
5.	Ruby Boudstein	De Lansingh	11:02.82	199303430	10:59.90	+0,70		
	50m: 35.89	35.89	250m: 3:20.15	42.09	450m: 6:09.82	42.88	650m: 9:00.02	42.20
	100m: 1:15.58	39.69	300m: 4:02.26	42.11	500m: 6:52.58	42.76	700m: 9:41.52	41.50
	150m: 1:56.70	41.12	350m: 4:44.89	42.63	550m: 7:35.54	42.96	750m: 10:21.90	40.38
	200m: 2:38.06	41.36	400m: 5:26.94	42.05	600m: 8:17.82	42.28	800m: 10:59.90	38.00
6.	Sunanda van Heteren	De Geul	10:54.57	198901728	11:01.04	+0,79		
	50m: 34.70	34.70	250m: 3:19.24	41.64	450m: 6:08.38	42.45	650m: 8:59.64	41.93
	100m: 1:14.11	39.41	300m: 4:01.46	42.22	500m: 6:51.97	43.59	700m: 9:42.86	43.22
	150m: 1:55.36	41.25	350m: 4:43.50	42.04	550m: 7:34.51	42.54	750m: 10:23.24	40.38
	200m: 2:37.60	42.24	400m: 5:25.93	42.43	600m: 8:17.71	43.20	800m: 11:01.04	37.80

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

rang	naam	vereniging		inschrijftijd		startnr.		tijd		RT
7.	Danielle Scheepers	Njord		10:41.05		199005428		11:05.63		+0,78
	50m: 35.01	35.01	250m: 3:18.94	41.79	450m: 6:08.02	42.23	650m: 8:58.71	42.49		
	100m: 1:14.28	39.27	300m: 4:01.03	42.09	500m: 6:51.07	43.05	700m: 9:41.98	43.27		
	150m: 1:55.09	40.81	350m: 4:43.16	42.13	550m: 7:33.43	42.36	750m: 10:24.36	42.38		
	200m: 2:37.15	42.06	400m: 5:25.79	42.63	600m: 8:16.22	42.79	800m: 11:05.63	41.27		
8.	Lenja Witlox	Olympia		10:25.65		199202004		11:06.02		+0,73
	50m: 36.48	36.48	250m: 3:26.37	43.87	450m: 6:16.54	42.81	650m: 9:04.57	42.68		
	100m: 1:17.80	41.32	300m: 4:08.98	42.61	500m: 6:58.62	42.08	700m: 9:45.89	41.32		
	150m: 2:00.16	42.36	350m: 4:51.27	42.29	550m: 7:40.66	42.04	750m: 10:27.10	41.21		
	200m: 2:42.50	42.34	400m: 5:33.73	42.46	600m: 8:21.89	41.23	800m: 11:06.02	38.92		
9.	Irmgard van Weeghel	Octopus		11:05.98		199204834		11:10.09		+0,79
	50m: 36.98	36.98	250m: 3:21.48	41.71	450m: 6:12.71	42.61	650m: 9:04.11	42.59		
	100m: 1:17.10	40.12	300m: 4:04.00	42.52	500m: 6:55.61	42.90	700m: 9:47.16	43.05		
	150m: 1:58.06	40.96	350m: 4:46.60	42.60	550m: 7:38.47	42.86	750m: 10:28.83	41.67		
	200m: 2:39.77	41.71	400m: 5:30.10	43.50	600m: 8:21.52	43.05	800m: 11:10.09	41.26		
10.	Jannie Janssen	HZPC		11:36.36		198902022		11:26.34		+0,87
	50m: 37.69	37.69	250m: 3:27.89	43.80	450m: 6:23.81	44.09	650m: 9:18.99	43.96		
	100m: 1:18.83	41.14	300m: 4:11.41	43.52	500m: 7:07.39	43.58	700m: 10:02.34	43.35		
	150m: 2:01.45	42.62	350m: 4:55.76	44.35	550m: 7:51.06	43.67	750m: 10:45.51	43.17		
	200m: 2:44.09	42.64	400m: 5:39.72	43.96	600m: 8:35.03	43.97	800m: 11:26.34	40.83		
11.	Esther Sprick	EZ&PC		11:34.06		199107930		11:53.18		+0,76
	50m: 37.67	37.67	250m: 3:32.72	44.95	450m: 6:36.15	45.15	650m: 9:40.80	44.63		
	100m: 1:19.65	41.98	300m: 4:18.97	46.25	500m: 7:23.73	47.58	700m: 10:25.80	45.00		
	150m: 2:03.01	43.36	350m: 5:04.53	45.56	550m: 8:09.89	46.16	750m: 11:09.81	44.01		
	200m: 2:47.77	44.76	400m: 5:51.00	46.47	600m: 8:56.17	46.28	800m: 11:53.18	43.37		
12.	Pauline Magnée	De Warande		12:48.76		199205434		12:59.71		+0,81
	50m: 40.36	40.36	250m: 3:51.58	50.08	450m: 7:12.91	50.95	650m: 10:37.08	50.98		
	100m: 1:25.12	44.76	300m: 4:40.84	49.26	500m: 8:03.75	50.84	700m: 11:26.60	49.52		
	150m: 2:13.10	47.98	350m: 5:31.64	50.80	550m: 8:55.13	51.38	750m: 12:15.15	48.55		
	200m: 3:01.50	48.40	400m: 6:21.96	50.32	600m: 9:46.10	50.97	800m: 12:59.71	44.56		
13.	Claudia Creemers	De Roersoppers		12:44.03		199202864		13:57.73		+0,75
	50m: 41.30	41.30	250m: 4:04.64	52.99	450m: 7:42.09	54.37	650m: 11:18.79	54.09		
	100m: 1:29.03	47.73	300m: 4:58.87	54.23	500m: 8:37.35	55.26	700m: 12:14.76	55.97		
	150m: 2:19.12	50.09	350m: 5:53.31	54.44	550m: 9:31.33	53.98	750m: 13:07.44	52.68		
	200m: 3:11.65	52.53	400m: 6:47.72	54.41	600m: 10:24.70	53.37	800m: 13:57.73	50.29		

Masters 25+

1.	Lisanne Andeweg <i>Kampioenschaps Record</i>	Zuiderzeewimmers	9:54.21	198800092	9:50.37	+0,90		
	50m: 32.89	32.89	250m: 3:02.49	37.97	450m: 5:34.22	37.72	650m: 8:02.63	37.12
	100m: 1:09.35	36.46	300m: 3:40.35	37.86	500m: 6:11.16	36.94	700m: 8:39.41	36.78
	150m: 1:46.76	37.41	350m: 4:18.44	38.09	550m: 6:48.32	37.16	750m: 9:15.92	36.51
	200m: 2:24.52	37.76	400m: 4:56.50	38.06	600m: 7:25.51	37.19	800m: 9:50.37	34.45
2.	Ann Van Beylen	RSCM	10:22.10	RSCM/264/84	10:16.13	+0,87		
	50m: 33.75	33.75	250m: 3:05.99	38.93	450m: 5:43.08	39.62	650m: 8:20.58	39.55
	100m: 1:10.89	37.14	300m: 3:45.06	39.07	500m: 6:22.30	39.22	700m: 8:59.46	38.88
	150m: 1:48.79	37.90	350m: 4:24.40	39.34	550m: 7:01.96	39.66	750m: 9:38.63	39.17
	200m: 2:27.06	38.27	400m: 5:03.46	39.06	600m: 7:41.03	39.07	800m: 10:16.13	37.50
3.	Margot Stenveld	SBC2000	10:02.58	198804170	10:20.92	+0,63		
	50m: 36.78	36.78	250m: 3:13.54	38.97	450m: 5:50.30	39.18	650m: 8:27.08	39.11
	100m: 1:16.37	39.59	300m: 3:52.83	39.29	500m: 6:29.82	39.52	700m: 9:06.21	39.13
	150m: 1:55.68	39.31	350m: 4:31.95	39.12	550m: 7:08.62	38.80	750m: 9:44.60	38.39
	200m: 2:34.57	38.89	400m: 5:11.12	39.17	600m: 7:47.97	39.35	800m: 10:20.92	36.32
4.	Pauline Tieleman	De Geul	10:31.47	198403348	10:48.36	+0,79		
	50m: 34.82	34.82	250m: 3:11.89	36.80	450m: 6:02.20	41.09	650m: 8:47.72	41.53
	100m: 1:14.35	39.53	300m: 3:57.87	45.98	500m: 6:43.50	41.30	700m: 9:28.75	41.03
	150m: 1:54.36	40.01	350m: 4:39.38	41.51	550m: 7:24.74	41.24	750m: 10:09.55	40.80
	200m: 2:35.09	40.73	400m: 5:21.11	41.73	600m: 8:06.19	41.45	800m: 10:48.36	38.81
5.	Sandra Schellekens	Neptunus'58	11:10.85	198503416	11:34.87	+0,85		
	50m: 37.36	37.36	250m: 3:30.42	44.13	450m: 6:27.71	44.43	650m: 9:25.07	44.23
	100m: 1:19.34	41.98	300m: 4:14.14	43.72	500m: 7:11.88	44.17	700m: 10:09.38	44.31
	150m: 2:02.27	42.93	350m: 4:58.39	44.25	550m: 7:56.23	44.35	750m: 10:53.21	43.83
	200m: 2:46.29	44.02	400m: 5:43.28	44.89	600m: 8:40.84	44.61	800m: 11:34.87	41.66
6.	Annette Vogelsang	ZV De Bron	11:32.03	198402632	11:55.85	+0,89		
	50m: 36.59	36.59	250m: 3:31.01	45.21	450m: 6:36.20	46.33	650m: 9:42.78	46.62
	100m: 1:18.02	41.43	300m: 4:17.68	46.67	500m: 7:23.10	46.90	700m: 10:29.94	47.16
	150m: 2:01.20	43.18	350m: 5:04.00	46.32	550m: 8:09.85	46.75	750m: 11:14.51	44.57
	200m: 2:45.80	44.60	400m: 5:49.87	45.87	600m: 8:56.16	46.31	800m: 11:55.85	41.34

Programmanr. 36, Dames, 800m vrije slag, Masters 25+

rang	naam	vereniging		inschrijftijd		startnr.		tijd		RT	
7.	Channe Noort	DAW		12:06.53		198605032		12:04.32		+0,79	
	50m:	37.43	250m:	3:35.46	45.89	450m:	6:42.35	45.30	650m:	9:48.36	45.68
	100m:	1:19.86	300m:	4:23.04	47.58	500m:	7:29.61	47.26	700m:	10:35.28	46.92
	150m:	2:03.45	350m:	5:09.52	46.48	550m:	8:15.16	45.55	750m:	11:19.86	44.58
	200m:	2:49.57	400m:	5:57.05	47.53	600m:	9:02.68	47.52	800m:	12:04.32	44.46
8.	Annemarie Jakobs	EZ&PC		12:00.11		198601744		12:05.44		+0,85	
	50m:	38.18	250m:	3:37.48	46.28	450m:	6:45.06	47.19	650m:	9:53.20	46.81
	100m:	1:21.00	300m:	4:23.69	46.21	500m:	7:32.17	47.11	700m:	10:38.60	45.40
	150m:	2:05.84	350m:	5:10.13	46.44	550m:	8:19.47	47.30	750m:	11:23.81	45.21
	200m:	2:51.20	400m:	5:57.87	47.74	600m:	9:06.39	46.92	800m:	12:05.44	41.63
9.	Esther van Maastrigt	Montferland		11:39.55		198802836		12:11.42		+0,81	
	50m:	40.19	250m:	3:42.43	46.22	450m:	6:48.03	46.83	650m:	9:55.80	46.62
	100m:	1:24.73	300m:	4:29.29	46.86	500m:	7:35.22	47.19	700m:	10:42.63	46.83
	150m:	2:10.21	350m:	5:15.88	46.59	550m:	8:22.17	46.95	750m:	11:27.91	45.28
	200m:	2:56.21	400m:	6:01.20	45.32	600m:	9:09.18	47.01	800m:	12:11.42	43.51

Masters 30+

1.	Stephanie Vaernewyck	MEGA			10:45.16	MEGA/352/83			10:31.23		+0,87				
		50m:	34.64	34.64		250m:	3:11.65	39.76	450m:	5:51.61		39.76	650m:	8:32.07	40.09
		100m:	1:13.33	38.69		300m:	3:51.86	40.21	500m:	6:31.87		40.26	700m:	9:12.19	40.12
		150m:	1:52.23	38.90		350m:	4:31.68	39.82	550m:	7:11.69		39.82	750m:	9:52.16	39.97
		200m:	2:31.89	39.66		400m:	5:11.85	40.17	600m:	7:51.98		40.29	800m:	10:31.23	39.07
2.	Bianca Cox	PSV			10:25.11	198000214			10:32.19		+0,87				
		50m:	35.64	35.64		250m:	3:14.59	39.62	450m:	5:54.92		39.44	650m:	8:34.22	39.78
		100m:	1:15.36	39.72		300m:	3:55.17	40.58	500m:	6:35.09		40.17	700m:	9:14.40	40.18
		150m:	1:54.71	39.35		350m:	4:35.07	39.90	550m:	7:14.44		39.35	750m:	9:53.75	39.35
		200m:	2:34.97	40.26		400m:	5:15.48	40.41	600m:	7:54.44		40.00	800m:	10:32.19	38.44
3.	Linda Hoogendam	Zoetermeer			10:44.59	198300892			10:53.81						
		50m:	35.60	35.60		250m:	3:19.72	41.73	450m:	6:06.63		41.88	650m:	8:53.54	41.69
		100m:	1:15.59	39.99		300m:	4:01.09	41.37	500m:	6:48.38		41.75	700m:	9:34.53	40.99
		150m:	1:56.84	41.25		350m:	4:43.32	42.23	550m:	7:30.01		41.63	750m:	10:15.67	41.14
		200m:	2:37.99	41.15		400m:	5:24.75	41.43	600m:	8:11.85		41.84	800m:	10:53.81	38.14
4.	Natascha Hartman	PSV			12:26.02	198101780			11:58.47		+1,07				
		50m:	37.13	37.13		250m:	3:32.31	44.65	450m:	6:35.42		45.99	650m:	9:40.94	46.64
		100m:	1:19.44	42.31		300m:	4:17.24	44.93	500m:	7:21.53		46.11	700m:	10:27.79	46.85
		150m:	2:02.96	43.52		350m:	5:02.93	45.69	550m:	8:07.84		46.31	750m:	11:14.56	46.77
		200m:	2:47.66	44.70		400m:	5:49.43	46.50	600m:	8:54.30		46.46	800m:	11:58.47	43.91
5.	Yvette Roozen	DWT			12:01.09	198000926			12:07.87		+0,88				
		50m:	39.64	39.64		250m:	3:42.25	46.25	450m:	6:48.35		45.87	650m:	9:53.25	45.88
		100m:	1:24.59	44.95		300m:	4:28.95	46.70	500m:	7:34.49		46.14	700m:	10:39.26	46.01
		150m:	2:09.50	44.91		350m:	5:15.67	46.72	550m:	8:20.73		46.24	750m:	11:24.79	45.53
		200m:	2:56.00	46.50		400m:	6:02.48	46.81	600m:	9:07.37		46.64	800m:	12:07.87	43.08
6.	Rianne van Vegchelen	Deltasteur			13:48.35	198101530			13:34.02		+1,09				
		50m:	42.99	42.99		250m:	4:04.84	51.16	450m:	7:34.58		52.17	650m:	11:03.65	51.63
		100m:	1:32.28	49.29		300m:	4:57.80	52.96	500m:	8:27.51		52.93	700m:	11:55.49	51.84
		150m:	2:22.01	49.73		350m:	5:49.64	51.84	550m:	9:19.53		52.02	750m:	12:46.02	50.53
		200m:	3:13.68	51.67		400m:	6:42.41	52.77	600m:	10:12.02		52.49	800m:	13:34.02	48.00

Masters 35+

1.	Liselotte Joling	PSV				10:38.93	197500268		10:17.48		+0,94			
		50m:	33.70	33.70	250m:	3:08.30	38.20	450m:	5:44.02	37.99		650m:	8:22.21	39.22
		100m:	1:11.69	37.99	300m:	3:47.36	39.06	500m:	6:23.59	39.57		700m:	9:02.08	39.87
		150m:	1:50.65	38.96	350m:	4:26.48	39.12	550m:	7:03.34	39.75		750m:	9:40.33	38.25
		200m:	2:30.10	39.45	400m:	5:06.03	39.55	600m:	7:42.99	39.65		800m:	10:17.48	37.15
2.	Babette Rens	Dedemsvaart-AC				11:43.72	197801200		12:10.12		+0,85			
		50m:	38.91	38.91	250m:	3:37.75	46.14	450m:	6:44.56	46.74		650m:	9:51.77	46.50
		100m:	1:21.39	42.48	300m:	4:24.59	46.84	500m:	7:31.29	46.73		700m:	10:38.07	46.30
		150m:	2:06.33	44.94	350m:	5:11.26	46.67	550m:	8:18.46	47.17		750m:	11:24.49	46.42
		200m:	2:51.61	45.28	400m:	5:57.82	46.56	600m:	9:05.27	46.81		800m:	12:10.12	45.63
3.	Anneke de Groot	De Fuut				12:37.35	197701140		13:14.50		+0,81			
		50m:	40.89	40.89	250m:	3:56.66	50.30	450m:	7:12.90	43.93		650m:	10:44.04	50.90
		100m:	1:27.94	47.05	300m:	4:47.26	50.60	500m:	8:10.57	57.67		700m:	11:35.73	51.69
		150m:	2:16.52	48.58	350m:	5:38.28	51.02	550m:	9:01.99	51.42		750m:	12:27.09	51.36
		200m:	3:06.36	49.84	400m:	6:28.97	50.69	600m:	9:53.14	51.15		800m:	13:14.50	47.41

Programmanr. 36, Dames, 800m vrije slag, Masters 35+

rang	naam	vereniging		inschrijftijd		startnr.		tijd		RT		
4.	Clementine van Bruxvoort	ZPB H&L Productions		14:02.79		197700138		14:38.93		+0,95		
	50m:	44.59	44.59	250m:	4:22.11	55.08	450m:	8:06.01	55.74	650m:	11:52.08	56.66
	100m:	1:37.59	53.00	300m:	5:18.20	56.09	500m:	9:02.01	56.00	700m:	12:49.51	57.43
	150m:	2:32.18	54.59	350m:	6:13.25	55.05	550m:	9:58.92	56.91	750m:	13:46.68	57.17
	200m:	3:27.03	54.85	400m:	7:10.27	57.02	600m:	10:55.42	56.50	800m:	14:38.93	52.25

Masters 40+

1.	Karin Stein	ZVVS	10:06.08	197100554	10:19.30	+0,88		
	50m: 34.46	34.46	250m: 3:07.86	39.09	450m: 5:45.17	39.21	650m: 8:22.23	39.04
	100m: 1:11.95	37.49	300m: 3:47.15	39.29	500m: 6:24.64	39.47	700m: 9:01.72	39.49
	150m: 1:50.19	38.24	350m: 4:26.58	39.43	550m: 7:03.67	39.03	750m: 9:41.34	39.62
	200m: 2:28.77	38.58	400m: 5:05.96	39.38	600m: 7:43.19	39.52	800m: 10:19.30	37.96
2.	Lisenka Kornet	One Team Swimming	10:47.32	196900914	10:46.74	+0,85		
	50m: 35.61	35.61	250m: 3:16.62	40.66	450m: 6:01.12	40.86	650m: 8:45.43	40.79
	100m: 1:14.77	39.16	300m: 3:57.68	41.06	500m: 6:42.35	41.23	700m: 9:26.52	41.09
	150m: 1:54.85	40.08	350m: 4:38.77	41.09	550m: 7:23.48	41.13	750m: 10:07.19	40.67
	200m: 2:35.96	41.11	400m: 5:20.26	41.49	600m: 8:04.64	41.16	800m: 10:46.74	39.55
3.	Annette de Visser	Oceanus	10:58.48	197100602	11:02.93	+0,84		
	50m: 35.72	35.72	250m: 3:19.00	42.08	450m: 6:09.64	42.61	650m: 8:59.85	42.29
	100m: 1:14.94	39.22	300m: 4:01.57	42.57	500m: 6:52.58	42.94	700m: 9:42.09	42.24
	150m: 1:55.68	40.74	350m: 4:44.31	42.74	550m: 7:35.22	42.64	750m: 10:23.35	41.26
	200m: 2:36.92	41.24	400m: 5:27.03	42.72	600m: 8:17.56	42.34	800m: 11:02.93	39.58
4.	Nicole Vrijhoeven	PSV	11:59.92	196900834	11:57.11	+0,54		
	50m: 40.53	40.53	250m: 3:39.85	44.80	450m: 6:39.47	44.96	650m: 9:38.83	44.46
	100m: 1:25.23	44.70	300m: 4:24.75	44.90	500m: 7:24.35	44.88	700m: 10:21.12	42.29
	150m: 2:09.72	44.49	350m: 5:09.42	44.67	550m: 8:09.24	44.89	750m: 11:07.11	
	200m: 2:55.05	45.33	400m: 5:54.51	45.09	600m: 8:54.37	45.13	800m: 11:57.11	
5.	Natacha Van Hoof	ShaRK	11:31.70	SHARK/260/73	12:07.60	+0,93		
	50m: 41.06	41.06	250m: 3:42.70	45.39	450m: 6:46.18	46.09	650m: 9:51.40	46.00
	100m: 1:25.76	44.70	300m: 4:28.57	45.87	500m: 7:32.95	46.77	700m: 10:38.16	46.76
	150m: 2:11.36	45.60	350m: 5:14.34	45.77	550m: 8:18.71	45.76	750m: 11:23.81	45.65
	200m: 2:57.31	45.95	400m: 6:00.09	45.75	600m: 9:05.40	46.69	800m: 12:07.60	43.79
6.	Annet Kootstra	Swol 1894	12:14.10	197100344	12:11.50	+1,01		
	50m: 39.77	39.77	250m: 3:42.08	46.41	450m: 6:49.88	46.87	650m: 9:56.12	45.87
	100m: 1:24.22	44.45	300m: 4:29.07	46.99	500m: 7:37.01	47.13	700m: 10:42.30	46.18
	150m: 2:09.31	45.09	350m: 5:15.66	46.59	550m: 8:23.31	46.30	750m: 11:27.08	44.78
	200m: 2:55.67	46.36	400m: 6:03.01	47.35	600m: 9:10.25	46.94	800m: 12:11.50	44.42
7.	Renata van Essen	Zuiderzeewimmers	12:25.10	197300740	12:27.60	+0,90		
	50m: 40.67	40.67	250m: 3:46.73	47.70	450m: 6:57.69	47.82	650m: 10:09.11	47.96
	100m: 1:25.13	44.46	300m: 4:34.29	47.56	500m: 7:45.54	47.85	700m: 10:56.40	47.29
	150m: 2:11.93	46.80	350m: 5:22.10	47.81	550m: 8:33.14	47.60	750m: 11:43.17	46.77
	200m: 2:59.03	47.10	400m: 6:09.87	47.77	600m: 9:21.15	48.01	800m: 12:27.60	44.43
8.	Pascale Neiss-Janssen	De Roersoppers	12:18.65	197300852	12:29.32	+1,09		
	50m: 40.71	40.71	250m: 3:46.64	47.37	450m: 6:56.69	48.08	650m: 10:09.35	48.71
	100m: 1:25.42	44.71	300m: 4:33.91	47.27	500m: 7:44.43	47.74	700m: 10:56.94	47.59
	150m: 2:12.31	46.89	350m: 5:21.40	47.49	550m: 8:32.72	48.29	750m: 11:44.86	47.92
	200m: 2:59.27	46.96	400m: 6:08.61	47.21	600m: 9:20.64	47.92	800m: 12:29.32	44.46
9.	Ingrid Versteegen	DBD	13:00.29	197300770	12:57.17	+0,86		
	50m: 42.85	42.85	250m: 3:58.35	49.75	450m: 7:15.27	49.57	650m: 10:32.64	49.48
	100m: 1:29.96	47.11	300m: 4:47.39	49.04	500m: 8:03.99	48.72	700m: 11:21.29	48.65
	150m: 2:19.12	49.16	350m: 5:36.61	49.22	550m: 8:53.28	49.29	750m: 12:10.94	49.65
	200m: 3:08.60	49.48	400m: 6:25.70	49.09	600m: 9:43.16	49.88	800m: 12:57.17	46.23
10.	Natalie van den Broek	Nautilus	13:17.60	197300810	13:21.80	+1,22		
	50m: 41.97	41.97	250m: 3:54.77	50.97	450m: 7:23.41	51.80	650m: 10:52.32	52.11
	100m: 1:26.32	44.35	300m: 4:45.79	51.02	500m: 8:15.58	52.17	700m: 11:44.43	52.11
	150m: 2:13.80	47.48	350m: 5:39.05	53.26	550m: 9:08.64	53.06	750m: 12:36.14	51.71
	200m: 3:03.80	50.00	400m: 6:31.61	52.56	600m: 10:00.21	51.57	800m: 13:21.80	45.66
11.	Karin Sagonas	Njord	12:34.00	197000964	13:29.34	+0,85		
	50m: 40.42	40.42	250m: 3:55.41	50.40	450m: 7:23.98	52.73	650m: 10:55.00	52.77
	100m: 1:26.85	46.43	300m: 4:46.39	50.98	500m: 8:16.89	52.91	700m: 11:46.79	51.79
	150m: 2:14.86	48.01	350m: 5:38.73	52.34	550m: 9:09.30	52.41	750m: 12:39.29	52.50
	200m: 3:05.01	50.15	400m: 6:31.25	52.52	600m: 10:02.23	52.93	800m: 13:29.34	50.05
12.	Kristien Van de Moortel	ShaRK	12:32.88	SHARK/315/69	13:51.22	+0,64		
	50m: 44.19	44.19	250m: 4:15.02	53.04	450m: 7:47.74	53.87	650m: 11:17.18	52.58
	100m: 1:36.05	51.86	300m: 5:08.32	53.30	500m: 8:40.06	52.32	700m: 12:09.83	52.65
	150m: 2:29.37	53.32	350m: 6:01.90	53.58	550m: 9:32.80	52.74	750m: 13:02.39	52.56
	200m: 3:21.98	52.61	400m: 6:53.87	51.97	600m: 10:24.60	51.80	800m: 13:51.22	48.83

Programmanr. 36, Dames, 800m vrije slag, Masters 40+

rang	naam	vereniging				inschrijftijd				startnr.				tijd		RT
13.	Greta Wyma-Teitsma	DWK				13:58.14				197100696				14:19.23		+1,00
	50m:	45.84	45.84	250m:	4:18.64	54.89	450m:	7:58.95	55.24	650m:	11:38.51	54.69				
	100m:	1:37.43	51.59	300m:	5:13.25	54.61	500m:	8:54.08	55.13	700m:	12:34.34	55.83				
	150m:	2:30.41	52.98	350m:	6:08.30	55.05	550m:	9:48.94	54.86	750m:	13:27.77	53.43				
	200m:	3:23.75	53.34	400m:	7:03.71	55.41	600m:	10:43.82	54.88	800m:	14:19.23	51.46				
14.	Evelien Breman-Alers	Nautilus				14:33.80				197200878				15:14.97		+0,80
	50m:	43.38	43.38	250m:	4:21.91	58.64	450m:	8:19.47	1:00.30	650m:	12:18.61	1:00.23				
	100m:	1:32.21	48.83	300m:	5:20.18	58.27	500m:	9:18.65	59.18	700m:	13:17.94	59.33				
	150m:	2:26.71	54.50	350m:	6:20.07	59.89	550m:	10:18.13	59.48	750m:	14:17.75	59.81				
	200m:	3:23.27	56.56	400m:	7:19.17	59.10	600m:	11:18.38	1:00.25	800m:	15:14.97	57.22				

Masters 45+

1.	Claudia Goldschmidt	Maidenhead Marlins ASC	11:12.35	954626	11:30.58	+0,94		
	50m: 36.57	36.57	250m: 3:24.98	43.47	450m: 6:24.08	45.00	650m: 9:21.87	44.44
	100m: 1:17.22	40.65	300m: 4:09.60	44.62	500m: 7:08.30	44.22	700m: 10:06.19	44.32
	150m: 1:58.68	41.46	350m: 4:54.16	44.56	550m: 7:53.05	44.75	750m: 10:49.98	43.79
	200m: 2:41.51	42.83	400m: 5:39.08	44.92	600m: 8:37.43	44.38	800m: 11:30.58	40.60
2.	Margreet van der Pol	Oceanus	12:08.69	196600276	12:09.00	+1,07		
	50m: 40.14	40.14	250m: 3:45.43	46.91	450m: 6:49.62	45.39	650m: 9:53.06	46.05
	100m: 1:24.55	44.41	300m: 4:31.84	46.41	500m: 7:35.24	45.62	700m: 10:38.52	45.46
	150m: 2:11.82	47.27	350m: 5:18.58	46.74	550m: 8:21.37	46.13	750m: 11:24.50	45.98
	200m: 2:58.52	46.70	400m: 6:04.23	45.65	600m: 9:07.01	45.64	800m: 12:09.00	44.50
3.	Lilian Schippers	Njord	13:37.04	196800850	13:38.94	+0,92		
	50m: 45.11	45.11	250m: 4:11.73	51.95	450m: 7:40.77	52.34	650m: 11:10.15	52.53
	100m: 1:35.75	50.64	300m: 5:03.98	52.25	500m: 8:33.30	52.53	700m: 12:01.14	50.99
	150m: 2:27.50	51.75	350m: 5:56.28	52.30	550m: 9:25.38	52.08	750m: 12:51.71	50.57
	200m: 3:19.78	52.28	400m: 6:48.43	52.15	600m: 10:17.62	52.24	800m: 13:38.94	47.23
4.	Ymke Snellen van Vollenhoven	PSV	14:05.69	196800836	13:52.74	+1,04		
	200/400m*							
	50m: 44.41	44.41	250m: 4:14.63	53.12	450m: 7:48.03	53.47	650m: 11:17.97	53.25
	100m: 1:33.77	49.36	300m: 5:07.69	53.06	500m: 8:40.46	52.43	700m: 12:11.27	53.30
	150m: 2:27.48	53.71	350m: 6:01.43	53.74	550m: 9:32.05	51.59	750m: 13:04.34	53.07
	200m: 3:21.51	54.03	400m: 6:54.56	53.13	600m: 10:24.72	52.67	800m: 13:52.74	48.40
5.	Betty van Kemenade	PSV	14:08.61	196800832	14:06.05	+1,13		
	50m: 43.81	43.81	250m: 4:10.33	53.62	450m: 7:45.95	53.93	650m: 11:24.24	54.88
	100m: 1:32.55	48.74	300m: 5:03.78	53.45	500m: 8:40.03	54.08	700m: 12:19.14	54.90
	150m: 2:24.57	52.02	350m: 5:58.37	54.59	550m: 9:34.86	54.83	750m: 13:14.52	55.38
	200m: 3:16.71	52.14	400m: 6:52.02	53.65	600m: 10:29.36	54.50	800m: 14:06.05	51.53
6.	Frances van der Moolen	Aqua-Novio'94	14:12.48	196400454	14:14.89			
	50m: 48.42	48.42	250m: 4:22.75	53.89	450m: 7:59.15	54.31	650m: 11:36.04	53.50
	100m: 1:41.45	53.03	300m: 5:16.62	53.87	500m: 8:53.53	54.38	700m: 12:30.29	54.25
	150m: 2:34.84	53.39	350m: 6:09.84	53.22	550m: 9:47.91	54.38	750m: 13:23.56	53.27
	200m: 3:28.86	54.02	400m: 7:04.84	55.00	600m: 10:42.54	54.63	800m: 14:14.89	51.33

Masters 50+

1.	Irene van der Laan	ZV De Bron	11:01.68	196000096	11:08.84	+0,92						
	50m:	38.90	38.90	250m:	3:27.14	41.59	450m:	6:15.34	41.83	650m:	9:03.53	41.56
	100m:	1:21.13	42.23	300m:	4:09.22	42.08	500m:	6:57.49	42.15	700m:	9:45.97	42.44
	150m:	2:03.25	42.12	350m:	4:50.96	41.74	550m:	7:39.39	41.90	750m:	10:27.55	41.58
	200m:	2:45.55	42.30	400m:	5:33.51	42.55	600m:	8:21.97	42.58	800m:	11:08.84	41.29
2.	Patty Verhagen	PSV	11:20.47	195900146	11:51.63	+0,70						
	50m:	40.86	40.86	250m:	3:39.23	45.26	450m:	6:39.50	45.16	650m:	9:38.91	45.21
	100m:	1:24.60	43.74	300m:	4:24.33	45.10	500m:	7:24.01	44.51	700m:	10:23.65	44.74
	150m:	2:09.54	44.94	350m:	5:09.46	45.13	550m:	8:08.91	44.90	750m:	11:08.71	45.06
	200m:	2:53.97	44.43	400m:	5:54.34	44.88	600m:	8:53.70	44.79	800m:	11:51.63	42.92
3.	Francine Sommer	Triton	11:44.23	196200384	11:58.28	+0,84						
	50m:	38.21	38.21	250m:	3:36.93	44.88	450m:	6:37.89	45.75	650m:	9:42.50	47.04
	100m:	1:20.70	42.49	300m:	4:22.58	45.65	500m:	7:23.51	45.62	700m:	10:28.86	46.36
	150m:	2:06.21	45.51	350m:	5:07.81	45.23	550m:	8:09.12	45.61	750m:	11:14.85	45.99
	200m:	2:52.05	45.84	400m:	5:52.14	44.33	600m:	8:55.46	46.34	800m:	11:58.28	43.43
4.	Ingrid Van Cauteren	LZV	12:30.32	LZV/097/62	12:35.45	+0,86						
	50m:	41.72	41.72	250m:	3:52.50	48.55	450m:	7:05.87	47.91	650m:	10:16.69	47.32
	100m:	1:27.92	46.20	300m:	4:40.97	48.47	500m:	7:53.92	48.05	700m:	11:04.49	47.80
	150m:	2:15.77	47.85	350m:	5:28.98	48.01	550m:	8:41.59	47.67	750m:	11:51.08	46.59
	200m:	3:03.95	48.18	400m:	6:17.96	48.98	600m:	9:29.37	47.78	800m:	12:35.45	44.37

Programmanr. 36, Dames, 800m vrije slag, Masters 50+

rang	naam			vereniging			inschrijftijd			startnr.			tijd	RT
5.	Riny Zeijpveld			De Berkelduikers			12:58.81			196000204			13:21.92	+0,93
	50m:	42.99	42.99	250m:	4:02.05	50.50	450m:	7:26.68	50.23	650m:	10:50.75	50.53		
	100m:	1:31.99	49.00	300m:	4:53.84	51.79	500m:	8:18.28	51.60	700m:	11:41.84	51.09		
	150m:	2:21.13	49.14	350m:	5:44.64	50.80	550m:	9:08.78	50.50	750m:	12:31.72	49.88		
	200m:	3:11.55	50.42	400m:	6:36.45	51.81	600m:	10:00.22	51.44	800m:	13:21.92	50.20		
6.	Pia van der Molen			HZ&PC Heerenveen			13:13.27			196000116			13:25.99	+0,97
	50m:	42.07	42.07	250m:	3:59.75	51.46	450m:	7:29.58	52.88	650m:	10:56.86	51.35		
	100m:	1:28.36	46.29	300m:	4:51.95	52.20	500m:	8:21.97	52.39	700m:	11:48.05	51.19		
	150m:	2:17.62	49.26	350m:	5:44.27	52.32	550m:	9:14.48	52.51	750m:	12:38.53	50.48		
	200m:	3:08.29	50.67	400m:	6:36.70	52.43	600m:	10:05.51	51.03	800m:	13:25.99	47.46		

Masters 55+

1.	Dorothy Ledwith <i>IMR</i>	Ennis Masters	11:39.64	10009706	11:46.59	+0,89		
	50m: 39.05	39.05	250m: 3:34.46	45.16	450m: 6:34.28	45.63	650m: 9:34.82	45.47
	100m: 1:21.24	42.19	300m: 4:18.76	44.30	500m: 7:19.19	44.91	700m: 10:19.15	44.33
	150m: 2:05.34	44.10	350m: 5:04.02	45.26	550m: 8:04.61	45.42	750m: 11:04.28	45.13
	200m: 2:49.30	43.96	400m: 5:48.65	44.63	600m: 8:49.35	44.74	800m: 11:46.59	42.31
2.	Jolanda Rob	ZV De Bron	13:20.37	195700144	13:46.61	+0,95		
	50m: 43.73	43.73	250m: 4:11.79	52.95	450m: 7:44.36	52.87	650m: 11:13.76	51.77
	100m: 1:33.90	50.17	300m: 5:05.39	53.60	500m: 8:37.79	53.43	700m: 12:05.96	52.20
	150m: 2:25.37	51.47	350m: 5:58.58	53.19	550m: 9:29.16	51.37	750m: 12:57.06	51.10
	200m: 3:18.84	53.47	400m: 6:51.49	52.91	600m: 10:21.99	52.83	800m: 13:46.61	49.55
3.	Monika Zilliken	SC Wiesbaden 1911 e.V.	14:06.35	231829	13:48.64	+0,81		
	50m: 43.90	43.90	250m: 4:11.95	52.42	450m: 7:40.69	52.35	650m: 11:12.14	53.29
	100m: 1:34.27	50.37	300m: 5:03.89	51.94	500m: 8:33.35	52.66	700m: 12:05.55	53.41
	150m: 2:26.53	52.26	350m: 5:56.30	52.41	550m: 9:25.75	52.40	750m: 12:58.19	52.64
	200m: 3:19.53	53.00	400m: 6:48.34	52.04	600m: 10:18.85	53.10	800m: 13:48.64	50.45
4.	Elly Kiestra-Broertjes	Zignea	13:42.68	195600100	14:16.58	+0,97		
	50m: 44.37	44.37	250m: 4:16.54	54.86	450m: 7:56.28	54.71	650m: 11:35.63	54.94
	100m: 1:34.84	50.47	300m: 5:11.49	54.95	500m: 8:50.39	54.11	700m: 12:30.04	54.41
	150m: 2:27.81	52.97	350m: 6:06.81	55.32	550m: 9:44.98	54.59	750m: 13:24.65	54.61
	200m: 3:21.68	53.87	400m: 7:01.57	54.76	600m: 10:40.69	55.71	800m: 14:16.58	51.93

Masters 60+

1.	Ineke Weekers <i>Kampioenschaps Record</i>	PSV	12:06.00	195300050	11:46.85	+0,90		
	50m: 40.80	40.80	250m: 3:38.37	44.59	450m: 6:37.55	44.79	650m: 9:36.42	44.40
	100m: 1:24.52	43.72	300m: 4:23.28	44.91	500m: 7:22.53	44.98	700m: 10:21.24	44.82
	150m: 2:09.14	44.62	350m: 5:08.02	44.74	550m: 8:07.21	44.68	750m: 11:04.95	43.71
	200m: 2:53.78	44.64	400m: 5:52.76	44.74	600m: 8:52.02	44.81	800m: 11:46.85	41.90
2.	Ineke Meijer	HZ&PC Heerenveen	13:47.56	195200034	14:39.68	+0,95		
	50m: 47.27	47.27	250m: 4:28.63	55.74	450m: 8:13.17	56.10	650m: 11:57.80	55.99
	100m: 1:41.07	53.80	300m: 5:24.78	56.15	500m: 9:10.47	57.30	700m: 12:53.58	55.78
	150m: 2:36.62	55.55	350m: 6:20.53	55.75	550m: 10:06.81	56.34	750m: 13:48.30	54.72
	200m: 3:32.89	56.27	400m: 7:17.07	56.54	600m: 11:01.81	55.00	800m: 14:39.68	51.38
3.	Corine Kalbfleisch	DWT	15:28.03	195200024	14:51.47	+1,26		
	50m: 47.70	47.70	250m: 4:34.26	56.49	450m: 8:21.27	55.54	650m: 12:09.88	56.12
	100m: 1:44.18	56.48	300m: 5:31.73	57.47	500m: 9:18.59	57.32	700m: 13:06.39	56.51
	150m: 2:40.99	56.81	350m: 6:27.73	56.00	550m: 10:15.71	57.12	750m: 14:00.44	54.05
	200m: 3:37.77	56.78	400m: 7:25.73	58.00	600m: 11:13.76	58.05	800m: 14:51.47	51.03
4.	Gonnie Bak	PSV	15:39.91	195100064	15:01.44	+0,90		
	50m: 49.88	49.88	250m: 4:36.78	57.98	450m: 8:24.67	58.23	650m: 12:13.73	57.72
	100m: 1:44.62	54.74	300m: 5:32.19	55.41	500m: 9:20.87	56.20	700m: 13:10.05	56.32
	150m: 2:43.43	58.81	350m: 6:30.29	58.10	550m: 10:19.61	58.74	750m: 14:07.87	57.82
	200m: 3:38.80	55.37	400m: 7:26.44	56.15	600m: 11:16.01	56.40	800m: 15:01.44	53.57
5.	Tineke van Diggelen	Oceanus	15:22.48	195200048	15:59.31	+1,00		
	50m: 50.99	50.99	250m: 4:47.54	59.53	450m: 8:52.59	1:01.27	650m: 12:58.12	1:01.21
	100m: 1:48.47	57.48	300m: 5:48.78	1:01.24	500m: 9:53.86	1:01.27	700m: 13:59.26	1:01.14
	150m: 2:47.72	59.25	350m: 6:49.75	1:00.97	550m: 10:55.25	1:01.39	750m: 14:59.81	1:00.55
	200m: 3:48.01	1:00.29	400m: 7:51.32	1:01.57	600m: 11:56.91	1:01.66	800m: 15:59.31	59.50

Programmanr. 36, Dames, 800m vrije slag

Masters 65+

1.	Matty van der Veen	Old Dutch	14:39.11	194400020	15:48.54	+1,13		
	50m: 48.76	48.76	250m: 4:36.89	59.09	450m: 8:38.49	1:00.90	650m: 12:43.61	1:00.96
	100m: 1:43.21	54.45	300m: 5:36.28	59.39	500m: 9:39.23	1:00.74	700m: 13:45.38	1:01.77
	150m: 2:39.82	56.61	350m: 6:37.07	1:00.79	550m: 10:40.62	1:01.39	750m: 14:47.65	1:02.27
	200m: 3:37.80	57.98	400m: 7:37.59	1:00.52	600m: 11:42.65	1:02.03	800m: 15:48.54	1:00.89
2.	Greet Brehler-Middag	Hatto Heim	16:48.37	194400004	17:55.48	+1,11		
	50m: 55.30	55.30	250m: 5:23.91	1:07.63	450m: 9:57.73	1:07.40	650m: 14:31.31	1:07.53
	100m: 2:00.27	1:04.97	300m: 6:34.06	1:10.15	500m: 11:06.62	1:08.89	700m: 15:41.52	1:10.21
	150m: 3:07.37	1:07.10	350m: 7:41.85	1:07.79	550m: 12:14.32	1:07.70	750m: 16:50.52	1:09.00
	200m: 4:16.28	1:08.91	400m: 8:50.33	1:08.48	600m: 13:23.78	1:09.46	800m: 17:55.48	1:04.96

Masters 75+

1. Bep van Riessen			Aquapoldro			20:14.80		193700006		19:42.96 *		+1,31
50m:	1:01.47	1:01.47	250m:	5:56.87	1:13.38	450m:	10:55.49	1:15.66	650m:	15:58.40	1:16.78	
100m:	2:13.87	1:12.40	300m:	7:10.70	1:13.83	500m:	12:11.20	1:15.71	700m:	17:13.71	1:15.31	
150m:	3:29.84	1:15.97	350m:	8:25.22	1:14.52	550m:	13:26.36	1:15.16	750m:	18:30.63	1:16.92	
200m:	4:43.49	1:13.65	400m:	9:39.83	1:14.61	600m:	14:41.62	1:15.26	800m:	19:42.96	1:12.33	