

3 - ONMK 2014 kb sessie 3

25-01-2014 - 9:00

Programmanr. 16
25-01-2014 - 9:00

Dames, 400m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
Masters 20+						
1.	Maaïke Vooren	DAW	4:49.33	199103324	4:37.62	+0,86
	50m: 31.73	150m: 1:41.52	250m: 2:52.71	350m: 4:03.33	34.98	
	100m: 1:06.33	200m: 2:17.35	300m: 3:28.35	400m: 4:37.62	34.29	
2.	Iris Pijtak	AZ&PC	4:32.36	199300602	4:38.90	+0,78
	50m: 31.25	150m: 1:41.16	250m: 2:53.04	350m: 4:04.72	35.54	
	100m: 1:05.59	200m: 2:17.33	300m: 3:29.18	400m: 4:38.90	34.18	
3.	Rebecca Vroomen	Eurode KZC	4:51.02	199301772	4:46.28	+1,05
	50m: 32.40	150m: 1:44.79	250m: 2:57.79	350m: 4:11.30	36.49	
	100m: 1:08.25	200m: 2:21.36	300m: 3:34.81	400m: 4:46.28	34.98	
4.	Seline Koek	LZ 1886	4:48.13	199400622	4:48.98 *	+0,86
	50m: 31.66	150m: 1:42.79	250m: 2:56.66	350m: 4:12.48	37.93	
	100m: 1:06.63	200m: 2:19.47	300m: 3:34.55	400m: 4:48.98	36.50	
5.	Sigrit Aarten	Deltasteur	4:52.48	199302868	4:59.22	+1,00
	50m: 32.09	150m: 1:45.33	250m: 3:03.03	350m: 4:21.69	39.02	
	100m: 1:07.86	200m: 2:23.67	300m: 3:42.67	400m: 4:59.22	37.53	
6.	Wendy de Bruin	ZOB'66	4:55.40	199206320	5:01.22	+0,72
	50m: 33.51	150m: 1:48.53	250m: 3:06.27	350m: 4:23.58	38.47	
	100m: 1:10.40	200m: 2:27.22	300m: 3:45.11	400m: 5:01.22	37.64	
7.	Irmgard van Weeghel	Octopus	5:12.10	199204834	5:15.09	+0,69
	50m: 34.37	150m: 1:51.41	250m: 3:12.75	350m: 4:35.10	41.10	
	100m: 1:12.03	200m: 2:31.83	300m: 3:54.00	400m: 5:15.09	39.99	
8.	Yvonne Bruls	Eurode KZC	5:33.76	199008114	5:24.51	+0,83
	50m: 35.72	150m: 1:56.06	250m: 3:18.78	350m: 4:43.46	42.36	
	100m: 1:15.00	200m: 2:37.00	300m: 4:01.10	400m: 5:24.51	41.05	
9.	Marloes Benjamins	Aqualero	5:36.22	199105110	5:26.65	+1,02
	50m: 36.26	150m: 1:57.60	250m: 3:21.49	350m: 4:46.60	42.83	
	100m: 1:16.30	200m: 2:39.54	300m: 4:03.77	400m: 5:26.65	40.05	
10.	Inge Kuiper	Swol 1894	5:26.95	199002180	5:28.04	+0,84
	50m: 36.71	150m: 1:58.95	250m: 3:22.99	350m: 4:47.19	41.64	
	100m: 1:17.38	200m: 2:40.78	300m: 4:05.55	400m: 5:28.04	40.85	
11.	Melina Dejonckheere	CNSW	5:38.70	CNSW/525/91	5:30.78	+0,93
	50m: 37.98	150m: 2:01.28	250m: 3:26.84	350m: 4:52.03	42.28	
	100m: 1:18.91	200m: 2:44.09	300m: 4:09.75	400m: 5:30.78	38.75	
12.	Heleen Ten Have	De Pinquin	5:38.93	199403000	5:47.35	+0,84
	50m: 38.12	150m: 2:03.67	250m: 3:32.72	350m: 5:03.06	45.17	
	100m: 1:20.43	200m: 2:47.99	300m: 4:17.89	400m: 5:47.35	44.29	
13.	Wieteke Jansen	Montferland	6:21.12	199001750	6:10.48	+0,53
	50m: 38.43	150m: 2:07.98	250m: 3:44.87	350m: 5:23.31	49.37	
	100m: 1:21.70	200m: 2:55.74	300m: 4:33.94	400m: 6:10.48	47.17	
14.	Claudia Creemers	De Roersoppers	6:22.54	199202864	6:14.24	+0,80
	50m: 38.74	150m: 2:07.03	250m: 3:44.92	350m: 5:25.80	50.96	
	100m: 1:21.75	200m: 2:54.98	300m: 4:34.84	400m: 6:14.24	48.44	
15.	Pauline Magnée	De Warande	6:14.32	199205434	6:19.00	+0,75
	50m: 40.07	150m: 2:13.15	250m: 3:51.95	350m: 5:32.08	50.18	
	100m: 1:25.20	200m: 3:02.20	300m: 4:41.90	400m: 6:19.00	46.92	
16.	Liesbeth Bruineekool	Zuiderzeewimmers	8:10.54	199007958	8:23.74	+0,87
	50m: 53.64	150m: 2:59.56	250m: 5:10.28	350m: 7:22.96	1:06.32	
	100m: 1:55.92	200m: 4:04.39	300m: 6:16.64	400m: 8:23.74	1:00.78	

Programmanr. 16, Dames, 400m vrije slag

Masters 25+

1.	Marion van den Berg	DWK	4:15.63	198600272	4:18.54	+0,83
	<i>Nederlands Masters Record</i>					
	50m: 29.14	150m: 1:34.55	33.06	250m: 2:40.01	32.25	350m: 3:45.93
	100m: 1:01.49	200m: 2:07.76	33.21	300m: 3:13.36	33.35	400m: 4:18.54
	32.35					32.57
						32.61
2.	Lisanne Andeweg	Zuiderzeezwimmers	4:37.29	198800092	4:39.82	+0,89
	50m: 31.74	150m: 1:42.47	35.90	250m: 2:54.35	35.83	350m: 4:05.54
	100m: 1:06.57	200m: 2:18.52	36.05	300m: 3:30.16	35.81	400m: 4:39.82
	31.74					35.38
	34.83					34.28
3.	Chantal Nap	HZ&PC Heerenveen	4:32.93	198903004	4:49.59	+0,80
	50m: 31.59	150m: 1:43.31	36.85	250m: 2:57.59	36.99	350m: 4:12.61
	100m: 1:06.46	200m: 2:20.60	37.29	300m: 3:35.23	37.64	400m: 4:49.59
	31.59					37.38
	34.87					36.98
4.	Ilse van den Wijngaard	ZPC Woerden	5:00.81	198904736	5:17.45	+0,75
	50m: 34.12	150m: 1:51.93	39.53	250m: 3:13.91	41.23	350m: 4:36.74
	100m: 1:12.40	200m: 2:32.68	40.75	300m: 3:55.40	41.49	400m: 5:17.45
	34.12					41.34
	38.28					40.71
5.	Danielle Stevens	Arethusa	5:37.33	198800226	5:34.39	+0,99
	50m: 37.02	150m: 1:59.53	42.03	250m: 3:25.43	42.85	350m: 4:52.87
	100m: 1:17.50	200m: 2:42.58	43.05	300m: 4:08.98	43.55	400m: 5:34.39
	37.02					43.89
	40.48					41.52
6.	Fleur Maas	Zoetermeer	5:41.32	198902768	5:38.03	+0,91
	50m: 37.90	150m: 2:04.42	43.16	250m: 3:30.02	42.91	350m: 4:55.99
	100m: 1:21.26	200m: 2:47.11	42.69	300m: 4:13.16	43.14	400m: 5:38.03
	37.90					42.83
	43.36					42.04
7.	Channe Noort	DAW	5:21.39	198605032	5:39.65	+0,82
	50m: 36.12	150m: 1:58.23	42.34	250m: 3:26.05	44.22	350m: 4:55.32
	100m: 1:15.89	200m: 2:41.83	43.60	300m: 4:10.78	44.73	400m: 5:39.65
	36.12					44.54
	39.77					44.33
8.	Isaline Manchel	CNSW	5:45.21	CNSW/475/85	5:42.28	+0,88
	50m: 38.96	150m: 2:04.78	43.24	250m: 3:32.19	43.96	350m: 4:59.63
	100m: 1:21.54	200m: 2:48.23	43.45	300m: 4:16.00	43.81	400m: 5:42.28
	38.96					43.63
	42.58					42.65
9.	Liesbeth van Mill	DWK	5:38.73	198702786	5:56.03	+0,97
	50m: 39.87	150m: 2:09.21	45.09	250m: 3:39.30	45.20	350m: 5:11.19
	100m: 1:24.12	200m: 2:54.10	44.89	300m: 4:24.92	45.62	400m: 5:56.03
	39.87					46.27
	44.25					44.84

Masters 30+

1.	Pauline Tieleman	De Geul	5:04.05	198403348	5:11.43	+0,80
	50m: 34.34	150m: 1:50.76	38.68	250m: 3:10.00	39.91	350m: 4:31.26
	100m: 1:12.08	200m: 2:30.09	39.33	300m: 3:50.30	40.30	400m: 5:11.43
	34.34					40.96
	37.74					40.17
2.	Petra Benani-Wolsing	De Futen	5:20.55	198402796	5:11.46	+0,88
	50m: 35.00	150m: 1:53.86	39.85	250m: 3:13.94	40.17	350m: 4:33.04
	100m: 1:14.01	200m: 2:33.77	39.91	300m: 3:53.74	39.80	400m: 5:11.46
	35.00					39.30
	39.01					38.42
3.	Linda Hoogendam	Zoetermeer	4:59.14	198300892	5:20.45	+0,77
	50m: 34.91	150m: 1:55.29	40.79	250m: 3:17.58	40.91	350m: 4:41.01
	100m: 1:14.50	200m: 2:36.67	41.38	300m: 3:59.36	41.78	400m: 5:20.45
	34.91					41.65
	39.59					39.44
4.	Denise de Riet	De Devel	5:30.59	198402040	5:31.12	+0,98
	50m: 36.58	150m: 1:58.54	41.46	250m: 3:23.11	42.14	350m: 4:49.94
	100m: 1:17.08	200m: 2:40.97	42.43	300m: 4:06.34	43.23	400m: 5:31.12
	36.58					43.60
	40.50					41.18
5.	Marijke Dirkse	IJZPC	6:06.73	198403480	6:00.95	+1,04
	50m: 37.59	150m: 2:04.03	44.36	250m: 3:37.60	47.30	350m: 5:15.13
	100m: 1:19.67	200m: 2:50.30	46.27	300m: 4:26.01	48.41	400m: 6:00.95
	37.59					49.12
	42.08					45.82
6.	Rianne van Vegchelen	Deltasteur	6:30.07	198101530	6:46.33	+1,12
	50m: 44.52	150m: 2:25.11	51.51	250m: 4:09.92	52.56	350m: 5:55.34
	100m: 1:33.60	200m: 3:17.36	52.25	300m: 5:02.68	52.76	400m: 6:46.33
	44.52					52.66
	49.08					50.99
7.	Marloes Rebel	WS Twente	7:16.82	198403474	6:58.69	+1,04
	50m: 45.02	150m: 2:29.07	52.66	250m: 4:17.89	54.53	350m: 6:06.94
	100m: 1:36.41	200m: 3:23.36	54.29	300m: 5:13.17	55.28	400m: 6:58.69
	45.02					53.77
	51.39					51.75
DIS	Angela Giezen	Montferland	6:25.77	198302796		AF
	50m:	150m:	250m:			
	100m:	200m:	300m:			

Programmanr. 16, Dames, 400m vrije slag

Masters 35+

1. Liselotte Joling	PSV	4:48.49	197500268	4:46.27	+0,98
50m: 32.77	150m: 1:44.90	250m: 2:57.90	350m: 4:10.81	36.30	
100m: 1:08.72	200m: 2:21.58	300m: 3:34.51	400m: 4:46.27	35.46	
2. Melanie Kuiper	Zignea	5:07.45	197600350	4:59.34	+0,87
50m: 34.10	150m: 1:48.93	250m: 3:05.73	350m: 4:23.65	38.89	
100m: 1:10.86	200m: 2:27.37	300m: 3:44.76	400m: 4:59.34	35.69	
3. Karin van Dijk	H2Oldambt	5:20.04	197600806	5:24.02	+0,93
50m: 34.65	150m: 1:54.26	250m: 3:18.41	350m: 4:44.08	42.94	
100m: 1:13.51	200m: 2:35.95	300m: 4:01.14	400m: 5:24.02	39.94	
4. Diane Scholing	Het Ravijn	5:38.25	197701090	5:32.78	+0,68
50m: 36.94	150m: 1:59.75	250m: 3:25.59	350m: 4:51.74	43.07	
100m: 1:17.53	200m: 2:42.69	300m: 4:08.67	400m: 5:32.78	41.04	
5. Carmen Haan	De Spatters	5:34.80	197901458	5:35.79	+1,05
50m: 36.35	150m: 2:01.46	250m: 3:27.99	350m: 4:54.15	42.86	
100m: 1:18.24	200m: 2:44.50	300m: 4:11.29	400m: 5:35.79	41.64	
6. Anneke Veenstra	't Tolhekke	5:36.71	197900882	5:38.25	+0,87
50m: 37.31	150m: 2:02.02	250m: 3:28.53	350m: 4:54.71	42.92	
100m: 1:19.04	200m: 2:45.11	300m: 4:11.79	400m: 5:38.25	43.54	
7. Eveline Hacquebord	IJZPC	6:00.38	197901206	5:45.26	+1,00
50m: 37.42	150m: 2:01.66	250m: 3:31.22	350m: 5:02.02	45.44	
100m: 1:18.85	200m: 2:46.25	300m: 4:16.58	400m: 5:45.26	43.24	
8. Anneke de Groot	De Fuut	6:07.55	197701140	6:06.93	+0,84
50m: 39.81	150m: 2:09.87	250m: 3:44.48	350m: 5:20.99	48.55	
100m: 1:24.10	200m: 2:57.01	300m: 4:32.44	400m: 6:06.93	45.94	
9. Clementine van Bruxvoort	ZPB H&L Productions	6:43.64	197700138	6:44.03	+0,99
50m: 43.68	150m: 2:24.07	250m: 4:08.12	350m: 5:54.67	53.63	
100m: 1:33.01	200m: 3:15.61	300m: 5:01.04	400m: 6:44.03	49.36	

Masters 40+

1. Grith Sigsgaard <i>Nederlands Masters Record</i>	Zwemlust-den Hommel	4:43.80	197200772	4:42.74	+0,95
50m: 32.68	150m: 1:44.09	250m: 2:56.13	350m: 4:07.73	35.68	
100m: 1:08.32	200m: 2:19.86	300m: 3:32.05	400m: 4:42.74	35.01	
2. Karin Stein	ZVVS	4:53.44	197100554	4:53.40	+0,83
50m: 33.82	150m: 1:46.17	250m: 3:00.17	350m: 4:16.22	38.19	
100m: 1:09.85	200m: 2:23.08	300m: 3:38.03	400m: 4:53.40	37.18	
3. Annette de Visser	Oceanus	5:06.00	197100602	5:03.45	+0,85
50m: 34.27	150m: 1:48.87	250m: 3:06.69	350m: 4:25.19	39.41	
100m: 1:11.10	200m: 2:27.58	300m: 3:45.78	400m: 5:03.45	38.26	
4. Jacqueline de Ruiter-Wijnolst	WIDEX GZC DONK	5:20.26	197400446	5:23.72	+0,70
50m: 35.59	150m: 1:56.69	250m: 3:20.50	350m: 4:44.51	41.76	
100m: 1:15.46	200m: 2:38.36	300m: 4:02.75	400m: 5:23.72	39.21	
5. Pascale Neiss-Janssen	De Roersoppers	5:51.03	197300852	5:47.67 *	+0,96
50m: 37.09	150m: 2:04.17	250m: 3:33.66	350m: 5:04.39	45.31	
100m: 1:19.60	200m: 2:48.82	300m: 4:19.08	400m: 5:47.67	43.28	
6. Renata van Essen	Zuiderzeewimmers	5:50.24	197300740	5:52.33	+0,77
50m: 37.50	150m: 2:04.70	250m: 3:36.52	350m: 5:08.89	46.24	
100m: 1:20.08	200m: 2:50.47	300m: 4:22.65	400m: 5:52.33	43.44	
7. Natalie van den Broek	Nautilus	6:00.77	197300810	6:05.35	+0,95
50m: 37.97	150m: 2:05.48	250m: 3:41.32	350m: 5:19.26	49.23	
100m: 1:20.22	200m: 2:53.04	300m: 4:30.03	400m: 6:05.35	46.09	
8. Ingrid Versteegen	DBD	6:12.47	197300770	6:05.57	+0,91
50m: 41.14	150m: 2:12.30	250m: 3:46.03	350m: 5:20.33	46.19	
100m: 1:26.14	200m: 2:59.04	300m: 4:34.14	400m: 6:05.57	45.24	
9. Evelien Breman-Alers	Nautilus	6:45.87	197200878	6:41.29	+0,87
50m: 42.80	150m: 2:23.73	250m: 4:07.73	350m: 5:51.66	51.74	
100m: 1:31.24	200m: 3:16.09	300m: 4:59.92	400m: 6:41.29	49.63	

Programmanr. 16, Dames, 400m vrije slag

Masters 45+

1.	Heidi van Stein	LZ 1886	50m: 32.75 100m: 1:08.66	150m: 32.75 200m: 35.91	250m: 1:46.05 300m: 2:23.60	350m: 37.39 400m: 37.55	45:59.03	196900864	350m: 38.36 400m: 39.27	4:58.82	+0,79
2.	Petra Casteleijn	AZ&PC	50m: 35.74 100m: 1:15.04	150m: 35.74 200m: 39.30	250m: 1:55.51 300m: 2:36.58	350m: 40.47 400m: 41.07	5:25.06	196600098	350m: 41.09 400m: 42.27	5:22.77	+0,88
3.	Marion Broekhuis	WS Twente	50m: 36.77 100m: 1:16.48	150m: 36.77 200m: 39.71	250m: 1:57.87 300m: 2:40.20	350m: 41.39 400m: 42.33	5:45.41	196800060	350m: 43.02 400m: 43.03	5:29.54	+0,77
4.	Iris van Aurich	DWK	50m: 36.48 100m: 1:18.29	150m: 36.48 200m: 41.81	250m: 2:01.83 300m: 2:45.48	350m: 43.54 400m: 43.65	5:47.77	196900866	350m: 45.01 400m: 45.82	5:46.65	+0,82
5.	Ingeborg Stokx	DAW	50m: 43.50 100m: 1:32.85	150m: 43.50 200m: 49.35	250m: 2:24.23 300m: 3:15.35	350m: 51.38 400m: 51.12	6:45.91	196700666	350m: 51.00 400m: 51.28	6:36.40	+0,66
6.	Ymke Snellen van Vollenhoven	PSV	50m: 43.62 100m: 1:33.89	150m: 43.62 200m: 50.27	250m: 2:26.54 300m: 3:20.22	350m: 52.65 400m: 53.68	6:45.10	196800836	350m: 53.43 400m: 52.63	6:43.30	+1,07
7.	Betty van Kemenade	PSV	50m: 46.11 100m: 1:39.13	150m: 46.11 200m: 53.02	250m: 2:33.87 300m: 3:27.91	350m: 54.74 400m: 54.04	6:52.02	196800832	350m: 53.83 400m: 54.32	7:03.39	+1,18

Masters 50+

1.	Christine Moerkerken	Poseidon'56	50m: 35.77 100m: 1:14.90	150m: 35.77 200m: 39.13	250m: 1:55.24 300m: 2:36.00	350m: 40.34 400m: 40.76	5:22.95	196300524	350m: 3:16.48 400m: 3:56.46	5:15.74	+0,93
2.	Jacqueline Rolloos-Bakker	De Lansingh	50m: 36.92 100m: 1:18.38	150m: 36.92 200m: 41.46	250m: 2:01.23 300m: 2:44.60	350m: 42.85 400m: 43.37	5:24.21	196300222	350m: 43.09 400m: 43.90	5:35.25	+0,98
3.	Ramune Ivanauskaitė	Takas	50m: 39.48 100m: 1:23.71	150m: 39.48 200m: 44.23	250m: 2:08.87 300m: 2:54.49	350m: 45.16 400m: 45.62	5:50.04	19641018	350m: 3:40.73 400m: 4:26.54	5:55.15	
4.	Petra Tossings	DAW	50m: 39.30 100m: 1:23.19	150m: 39.30 200m: 43.89	250m: 2:08.17 300m: 2:53.57	350m: 44.98 400m: 45.40	6:22.02	196100376	350m: 3:39.35 400m: 4:25.55	5:55.17	+0,89
5.	Marlien Wijnhof	Nat Utrecht	50m: 42.07 100m: 1:29.21	150m: 42.07 200m: 47.14	250m: 2:17.19 300m: 3:04.59	350m: 47.98 400m: 47.40	5:59.67	196100300	350m: 3:49.82 400m: 4:35.30	6:03.97	+0,79
6.	Marie-Josée Matte	WVZ	50m: 39.85 100m: 1:25.56	150m: 39.85 200m: 45.71	250m: 2:13.71 300m: 3:02.86	350m: 48.15 400m: 49.15	7:01.92	196000326	350m: 3:52.04 400m: 4:42.15	6:21.07	+0,94
7.	Ellen Parma	Triton	50m: 41.25 100m: 1:30.76	150m: 41.25 200m: 49.51	250m: 2:24.30 300m: 3:17.60	350m: 53.54 400m: 53.30	6:18.98	196200366	350m: 4:10.85 400m: 5:04.50	6:49.02	+1,03

Masters 55+

1.	Atie Pijtak-Radersma	AZ&PC	50m: 35.70 100m: 1:15.24	150m: 35.70 200m: 39.54	250m: 1:55.98 300m: 2:38.08	350m: 40.74 400m: 42.10	5:17.62	195600048	350m: 42.20 400m: 42.61	5:28.96 *	+0,84
2.	Patty Verhagen	PSV	50m: 39.70 100m: 1:21.87	150m: 39.70 200m: 42.17	250m: 2:04.25 300m: 2:46.96	350m: 42.38 400m: 42.71	5:32.72	195900146	350m: 3:29.64 400m: 4:12.36	5:36.19	+0,71
3.	Mathilde Vink	Swol 1894	50m: 40.94 100m: 1:25.70	150m: 40.94 200m: 44.76	250m: 2:10.58 300m: 2:55.58	350m: 44.88 400m: 45.00	6:03.27	195800128	350m: 45.13 400m: 44.58	5:50.91	+0,99
4.	Monica Bakker	ZVZ	50m: 40.62 100m: 1:25.39	150m: 40.62 200m: 44.77	250m: 2:10.52 300m: 2:56.36	350m: 45.13 400m: 45.84	5:58.69	195600082	350m: 3:42.42 400m: 4:27.73	5:55.22	+1,08
5.	Margriet Pasma	De Pinquin	50m: 40.17 100m: 1:25.03	150m: 40.17 200m: 44.86	250m: 2:10.59 300m: 2:56.52	350m: 45.56 400m: 45.93	5:59.37	195500088	350m: 3:42.46 400m: 4:27.96	5:55.30	+0,99

Programmanr. 16, Dames, 400m vrije slag, Masters 55+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
6.	Karien Musters	Old Dutch	7:51.90	195800236	8:00.08 *	
	50m: 50.20 50.20	150m: 2:43.90 58.44	250m: 4:48.76 1:03.61	350m: 6:57.66 1:04.33		
	100m: 1:45.46 55.26	200m: 3:45.15 1:01.25	300m: 5:53.33 1:04.57	400m: 8:00.08 1:02.42		
7.	Cindy Cencen	Han Batur Spor Kulübü	9:49.51	1958CENC	9:09.36	+1,08
	50m: 1:00.21 1:00.21	150m: 3:18.69 1:11.23	250m: 5:39.19 1:10.11	350m: 8:00.56 1:10.33		
	100m: 2:07.46 1:07.25	200m: 4:29.08 1:10.39	300m: 6:50.23 1:11.04	400m: 9:09.36 1:08.80		

Masters 60+

1.	Ineke Weekers	PSV	5:37.88	195300050	5:34.32	+0,85
	50m: 38.95 38.95	150m: 2:03.25 42.53	250m: 3:28.66 43.03	350m: 4:53.81 42.32		
	100m: 1:20.72 41.77	200m: 2:45.63 42.38	300m: 4:11.49 42.83	400m: 5:34.32 40.51		
2.	Conny Boer-Buys	ZVVS	5:38.81	195000006	5:41.30	+1,02
	50m: 38.10 38.10	150m: 2:05.31 44.52	250m: 3:32.64 43.29	350m: 5:00.20 43.33		
	100m: 1:20.79 42.69	200m: 2:49.35 44.04	300m: 4:16.87 44.23	400m: 5:41.30 41.10		
3.	Carla Hensen	PSV	6:44.46	195300062	6:33.76	+1,02
	50m: 43.23 43.23	150m: 2:23.19 50.85	250m: 4:04.56 50.63	350m: 5:45.86 50.16		
	100m: 1:32.34 49.11	200m: 3:13.93 50.74	300m: 4:55.70 51.14	400m: 6:33.76 47.90		
4.	Ineke Meijer	HZ&PC Heerenveen	6:48.98	195200034	6:52.46	+0,97
	50m: 45.22 45.22	150m: 2:30.14 53.55	250m: 4:17.51 53.59	350m: 6:03.55 52.56		
	100m: 1:36.59 51.37	200m: 3:23.92 53.78	300m: 5:10.99 53.48	400m: 6:52.46 48.91		

Masters 65+

1.	Annie Smits	PSV	7:17.52	194600016	7:32.82	+1,34
	50m: 51.50 51.50	150m: 2:49.04 59.16	250m: 4:45.78 58.35	350m: 6:40.08 56.23		
	100m: 1:49.88 58.38	200m: 3:47.43 58.39	300m: 5:43.85 58.07	400m: 7:32.82 52.74		
2.	Mieke Strijbis-v.d.Kroft	DAW	8:02.92	194500004	7:50.09 *	+1,21
	50m: 54.29 54.29	150m: 2:53.25 1:00.21	250m: 4:53.86 1:00.50	350m: 6:52.21 59.53		
	100m: 1:53.04 58.75	200m: 3:53.36 1:00.11	300m: 5:52.68 58.82	400m: 7:50.09 57.88		

Masters 80+

1.	Annie de Vos	Old Dutch	8:36.83	193400004	9:48.91	
	50+100+200m*					
	50m: 1:03.13 1:03.13	150m: 3:29.36 1:14.00	250m: 6:01.80 1:16.30	350m: 8:34.18 1:15.79		
	100m: 2:15.36 1:12.23	200m: 4:45.50 1:16.14	300m: 7:18.39 1:16.59	400m: 9:48.91 1:14.73		

Programmanr. 17
25-01-2014 - 10:08

Heren, 400m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
1.	Joost Rijntjes	LZ 1886	4:23.69	199101899	4:26.61	+0,75
	50m: 28.87 28.87	150m: 1:34.56 33.39	250m: 2:43.59 34.61	350m: 3:52.92 34.68		
	100m: 1:01.17 32.30	200m: 2:08.98 34.42	300m: 3:18.24 34.65	400m: 4:26.61 33.69		
2.	Tim Bunnik	Triton	4:27.60	199000505	4:32.07	+0,84
	50m: 29.95 29.95	150m: 1:39.05 35.29	250m: 2:49.32 35.04	350m: 3:58.83 34.47		
	100m: 1:03.76 33.81	200m: 2:14.28 35.23	300m: 3:24.36 35.04	400m: 4:32.07 33.24		
3.	Maik Steenkamp	Montferland	4:36.67	199103847	4:36.19	+0,77
	50m: 30.54 30.54	150m: 1:39.09 34.77	250m: 2:49.74 35.53	350m: 4:01.52 35.89		
	100m: 1:04.32 33.78	200m: 2:14.21 35.12	300m: 3:25.63 35.89	400m: 4:36.19 34.67		
4.	Dennis Bosma	Montferland	4:51.87	199403851	4:51.50	+0,70
	50m: 31.15 31.15	150m: 1:44.08 37.11	250m: 2:59.45 37.96	350m: 4:15.26 37.93		
	100m: 1:06.97 35.82	200m: 2:21.49 37.41	300m: 3:37.33 37.88	400m: 4:51.50 36.24		

Programmanr. 17, Heren, 400m vrije slag

Masters 25+

1.	Emiel Huisken		ZPC De Hof			4:16.66		198501139		4:16.26	+0,83	
	50m:	28.57	28.57	150m:	1:32.32	32.33	250m:	2:38.26	33.11	350m:	3:44.30	33.02
	100m:	59.99	31.42	200m:	2:05.15	32.83	300m:	3:11.28	33.02	400m:	4:16.26	31.96
2.	Richard Huisken		ZPC De Hof			4:16.57		198501141		4:17.51	+0,77	
	50m:	28.13	28.13	150m:	1:32.35	32.70	250m:	2:38.76	33.08	350m:	3:45.62	33.61
	100m:	59.65	31.52	200m:	2:05.68	33.33	300m:	3:12.01	33.25	400m:	4:17.51	31.89
3.	Klaas van Beek		ZV Haerlem			4:30.72		198805941		4:25.95	+0,82	
	50m:	29.87	29.87	150m:	1:36.95	33.87	250m:	2:45.26	34.26	350m:	3:53.67	34.11
	100m:	1:03.08	33.21	200m:	2:11.00	34.05	300m:	3:19.56	34.30	400m:	4:25.95	32.28
4.	Wessel Everloo		De Veene			4:30.72		198906597	S14	4:31.38	+0,87	
	50m:	30.13	30.13	150m:	1:39.16	35.18	250m:	2:48.30	34.03	350m:	3:58.29	35.17
	100m:	1:03.98	33.85	200m:	2:14.27	35.11	300m:	3:23.12	34.82	400m:	4:31.38	33.09
5.	Niels Albrechts		MGO (SG)			4:37.23		198800039		4:37.36	+0,72	
	100m*											
	50m:	30.92	30.92	150m:	1:40.58	35.30	250m:	2:51.92	35.80	350m:	4:04.02	36.03
	100m:	1:05.28	34.36	200m:	2:16.12	35.54	300m:	3:27.99	36.07	400m:	4:37.36	33.34
6.	Roel van Beek		Montferland			5:06.87		198905861		5:00.10	+0,89	
	50m:	33.72	33.72	150m:	1:50.04	39.22	250m:	3:06.78	36.74	350m:	4:22.67	38.23
	100m:	1:10.82	37.10	200m:	2:30.04	40.00	300m:	3:44.44	37.66	400m:	5:00.10	37.43
7.	Lars Erik Beute		't Tolhekke			5:14.70		198600227		5:30.26	+0,99	
	50m:	33.54	33.54	150m:	1:51.77	40.32	250m:	3:17.83	43.63	350m:	4:46.31	44.30
	100m:	1:11.45	37.91	200m:	2:34.20	42.43	300m:	4:02.01	44.18	400m:	5:30.26	43.95

Masters 30+

1.	Erik Schröder		TriVia			4:07.08		198402025		4:13.47	+0,86			
		50m:	28.44	28.44	150m:	1:31.93	31.93	250m:	2:37.74	32.93		350m:	3:42.18	32.17
		100m:	1:00.00	31.56	200m:	2:04.81	32.88	300m:	3:10.01	32.27		400m:	4:13.47	31.29
2.	Kristiaan Lenos		LZ 1886			4:17.45		198301331		4:16.53	+0,81			
		50m:	27.37	27.37	150m:	1:30.00	31.88	250m:	2:36.44	33.69		350m:	3:43.43	33.72
		100m:	58.12	30.75	200m:	2:02.75	32.75	300m:	3:09.71	33.27		400m:	4:16.53	33.10
3.	Ralf van der Poel		Zuiderzeezwimmers			4:25.89		198401783		4:18.53	+0,82			
		50m:	29.08	29.08	150m:	1:33.36	32.63	250m:	2:40.16	33.47		350m:	3:46.86	33.22
		100m:	1:00.73	31.65	200m:	2:06.69	33.33	300m:	3:13.64	33.48		400m:	4:18.53	31.67
4.	Marcel Reefhuis		WS Twente			4:31.67		198101381		4:33.27	+0,78			
		50m:	30.32	30.32	150m:	1:38.61	34.52	250m:	2:48.81	35.14		350m:	3:59.18	34.98
		100m:	1:04.09	33.77	200m:	2:13.67	35.06	300m:	3:24.20	35.39		400m:	4:33.27	34.09
5.	John Meijdam		DAW			4:36.79		198301439		4:35.82	+0,84			
		50m:	31.85	31.85	150m:	1:42.09	35.29	250m:	2:53.17	35.65		350m:	4:03.39	34.96
		100m:	1:06.80	34.95	200m:	2:17.52	35.43	300m:	3:28.43	35.26		400m:	4:35.82	32.43
6.	Mathijs Lenos		HPC			4:44.41		198401407		4:43.00	+1,03			
		50m:	32.43	32.43	150m:	1:44.38	36.48	250m:	2:57.29	35.65		350m:	4:07.47	34.79
		100m:	1:07.90	35.47	200m:	2:21.64	37.26	300m:	3:32.68	35.39		400m:	4:43.00	35.53
7.	Jeroen Vogelsang		DAW			4:49.19		198001645		4:47.36	+0,84			
		50m:	32.09	32.09	150m:	1:42.79	35.66	250m:	2:55.85	36.88		350m:	4:10.36	37.18
		100m:	1:07.13	35.04	200m:	2:18.97	36.18	300m:	3:33.18	37.33		400m:	4:47.36	37.00

Masters 35+

1.	Ivo Roozeboom	WVZ				4:28.20	197700801	4:24.75			+0,82			
		50m:	29.56	29.56	150m:	1:37.30	34.08	250m:	2:44.98	33.75		350m:	3:52.65	33.48
		100m:	1:03.22	33.66	200m:	2:11.23	33.93	300m:	3:19.17	34.19		400m:	4:24.75	32.10
2.	Roland de Jong	Eurode KZC				4:27.04	197601513	4:32.39			+0,73			
		50m:	29.40	29.40	150m:	1:35.09	33.57	250m:	2:44.34	34.85		350m:	3:55.98	36.00
		100m:	1:01.52	32.12	200m:	2:09.49	34.40	300m:	3:19.98	35.64		400m:	4:32.39	36.41
3.	Casper Hut	HZ&PC Heerenveen				4:36.09	197800471	4:34.08			+0,73			
		50m:	29.59	29.59	150m:	1:38.04	34.92	250m:	2:48.33	34.92		350m:	4:00.05	36.04
		100m:	1:03.12	33.53	200m:	2:13.41	35.37	300m:	3:24.01	35.68		400m:	4:34.08	34.03
4.	Markus van Rest	Zoetermeer				4:50.06	197701197	4:57.44			+0,85			
		50m:	33.00	33.00	150m:	1:46.96	37.59	250m:	3:04.09	38.97		350m:	4:21.50	38.71
		100m:	1:09.37	36.37	200m:	2:25.12	38.16	300m:	3:42.79	38.70		400m:	4:57.44	35.94

Programmanr. 17, Heren, 400m vrije slag

Masters 40+

1.	Peter van Grootheest	Hatto Heim			5:09.55	197000375	4:55.36			+1,04				
		50m:	33.65	33.65	150m:	1:47.47	37.33	250m:	3:03.30		37.99	350m:	4:19.03	37.78
		100m:	1:10.14	36.49	200m:	2:25.31	37.84	300m:	3:41.25		37.95	400m:	4:55.36	36.33
2.	Gerald Hösl	SC Schaffhausen			5:07.57	27749	4:59.97			+0,95				
		50m:	34.47	34.47	150m:	1:49.98	38.19	250m:	3:07.60		38.74	350m:	4:23.98	38.30
		100m:	1:11.79	37.32	200m:	2:28.86	38.88	300m:	3:45.68		38.08	400m:	4:59.97	35.99
3.	Rogier Becker	De Dinkel			5:26.07	197301439	5:13.68			+0,91				
		50m:	34.96	34.96	150m:	1:53.71	40.06	250m:	3:14.08		40.23	350m:	4:35.45	40.74
		100m:	1:13.65	38.69	200m:	2:33.85	40.14	300m:	3:54.71		40.63	400m:	5:13.68	38.23
4.	Marcel Hoeksel	ZVVS			5:35.48	197001655	5:14.37			+0,94				
		50m:	34.80	34.80	150m:	1:52.83	39.57	250m:	3:13.42		40.55	350m:	4:34.80	40.73
		100m:	1:13.26	38.46	200m:	2:32.87	40.04	300m:	3:54.07		40.65	400m:	5:14.37	39.57
5.	Wouter van der Stelt	Den Doorn			5:20.11	197200889	5:18.60			+0,74				
		50m:	33.81	33.81	150m:	1:51.88	39.99	250m:	3:14.02		41.30	350m:	4:36.85	41.66
		100m:	1:11.89	38.08	200m:	2:32.72	40.84	300m:	3:55.19		41.17	400m:	5:18.60	41.75
6.	Bas van Gool	De Geul			7:12.84	197201435	6:30.75			+0,96				
		50m:	38.97	38.97	150m:	2:13.58	48.90	250m:	3:56.68		52.51	350m:	5:41.12	52.17
		100m:	1:24.68	45.71	200m:	3:04.17	50.59	300m:	4:48.95		52.27	400m:	6:30.75	49.63

Masters 45+

1.	Geert Wijn		De Gelenberg	4:40.22	196701101	4:36.60	+0,84	
	50m: 31.48	31.48	150m: 1:42.00	35.57	250m: 2:52.68	35.12	350m: 4:03.09	35.09
	100m: 1:06.43	34.95	200m: 2:17.56	35.56	300m: 3:28.00	35.32	400m: 4:36.60	33.51
2.	Frank v Nobelen		Sassenheim	4:49.65	196900753	4:55.67	+0,83	
	50m: 32.41	32.41	150m: 1:44.64	36.35	250m: 2:59.98	37.93	350m: 4:17.39	38.86
	100m: 1:08.29	35.88	200m: 2:22.05	37.41	300m: 3:38.53	38.55	400m: 4:55.67	38.28
3.	Harold Matla		PSV	4:59.75	196800591	5:00.78	+0,91	
	50m: 33.40	33.40	150m: 1:49.20	38.44	250m: 3:08.33	39.68	350m: 4:25.11	37.59
	100m: 1:10.76	37.36	200m: 2:28.65	39.45	300m: 3:47.52	39.19	400m: 5:00.78	35.67
4.	Jean-Francois Folie		CNSW	5:13.02	CNSW/136/69	5:10.11	+0,97	
	50m: 34.93	34.93	150m: 1:52.05	39.22	250m: 3:11.82	39.84	350m: 4:31.57	39.80
	100m: 1:12.83	37.90	200m: 2:31.98	39.93	300m: 3:51.77	39.95	400m: 5:10.11	38.54
5.	Philippe van der Beke		PSV	5:31.52	196801541	5:18.37	+1,10	
	50m: 34.80	34.80	150m: 1:54.95	41.53	250m: 3:18.35	41.77	350m: 4:40.38	40.62
	100m: 1:13.42	38.62	200m: 2:36.58	41.63	300m: 3:59.76	41.41	400m: 5:18.37	37.99
6.	Ramon Alsina Munoz		CNSW	6:01.01	CNSW/608/69	5:50.96	+0,48	
	50m: 37.97	37.97	150m: 2:02.91	43.10	250m: 3:32.24	45.20	350m: 5:04.50	46.66
	100m: 1:19.81	41.84	200m: 2:47.04	44.13	300m: 4:17.84	45.60	400m: 5:50.96	46.46
7.	Marcel Brittijn		De Duinkickers	5:56.65	196900159	5:52.39	+0,78	
	50m: 35.86	35.86	150m: 2:01.36	44.28	250m: 3:34.68	46.55	350m: 5:04.16	42.41
	100m: 1:17.08	41.22	200m: 2:48.13	46.77	300m: 4:21.75	47.07	400m: 5:52.39	48.23

Masters 50+

1.	Edwin v. Norden	AZ&PC			4:55.83	196300563	4:32.59	+0,75				
	Nederlands Masters Record											
	50m:	30.51	30.51	150m:	1:38.97	34.51	250m:	2:48.68	34.87	350m:	3:58.87	34.90
	100m:	1:04.46	33.95	200m:	2:13.81	34.84	300m:	3:23.97	35.29	400m:	4:32.59	33.72
2.	Jan Brink	ZPC De Zeeuwse Kust			4:35.87	196200091	4:34.32	+0,78				
	50m:	30.19	30.19	150m:	1:39.29	35.03	250m:	2:49.80	35.33	350m:	4:00.57	35.04
	100m:	1:04.26	34.07	200m:	2:14.47	35.18	300m:	3:25.53	35.73	400m:	4:34.32	33.75
3.	Johan Remmits	ZPC Woerden			4:36.97	196201159	4:36.89	+0,83				
	50m:	31.66	31.66	150m:	1:42.28	35.49	250m:	2:52.79	35.04	350m:	4:03.00	35.07
	100m:	1:06.79	35.13	200m:	2:17.75	35.47	300m:	3:27.93	35.14	400m:	4:36.89	33.89
4.	Cees van Houwelingen	De Schelde			4:48.54	196300351	4:45.40 *	+1,02				
	50m:	31.34	31.34	150m:	1:42.42	36.24	250m:	2:55.77	36.44	350m:	4:09.52	36.91
	100m:	1:06.18	34.84	200m:	2:19.33	36.91	300m:	3:32.61	36.84	400m:	4:45.40	35.88
5.	Gustav van den Berg	TriVia			4:53.81	196100991	4:47.20	+0,88				
	50m:	32.90	32.90	150m:	1:46.08	37.19	250m:	2:59.96	36.93	350m:	4:13.65	36.90
	100m:	1:08.89	35.99	200m:	2:23.03	36.95	300m:	3:36.75	36.79	400m:	4:47.20	33.55
6.	Gert Sikkema	Zignea			4:49.85	196300687	4:58.29	+0,84				
	50m:	33.70	33.70	150m:	1:50.07	38.58	250m:	3:07.14	37.36	350m:	4:22.33	37.26
	100m:	1:11.49	37.79	200m:	2:29.78	39.71	300m:	3:45.07	37.93	400m:	4:58.29	35.96

Programmanr. 17, Heren, 400m vrije slag, Masters 50+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
7.	Wout van Dijk	DBD	5:41.54	196200145	5:34.02	+1,11
	50m: 36.87 36.87 150m: 2:00.07 42.36 250m: 3:26.48 43.34 350m: 4:52.69 42.76					
	100m: 1:17.71 40.84 200m: 2:43.14 43.07 300m: 4:09.93 43.45 400m: 5:34.02 41.33					
8.	Jan Smalheer	SCOM	5:40.09	196400701	5:36.13	+1,16
	50m: 36.29 36.29 150m: 1:58.05 41.93 250m: 3:24.77 43.59 350m: 4:52.81 44.01					
	100m: 1:16.12 39.83 200m: 2:41.18 43.13 300m: 4:08.80 44.03 400m: 5:36.13 43.32					
9.	Bart van Calker	WS Twente	5:41.54	196100067	5:42.19	+0,94
	50m: 38.79 38.79 150m: 2:02.06 43.04 250m: 3:29.79 44.10 350m: 4:58.74 44.74					
	100m: 1:19.02 40.23 200m: 2:45.69 43.63 300m: 4:14.00 44.21 400m: 5:42.19 43.45					
10.	Hendrik Haze	GoSwim	6:04.05	196401387	5:44.21	+0,88
	50m: 36.63 36.63 150m: 2:01.48 43.23 250m: 3:29.83 44.14 350m: 5:00.85 45.54					
	100m: 1:18.25 41.62 200m: 2:45.69 44.21 300m: 4:15.31 45.48 400m: 5:44.21 43.36					
11.	John Dam	Zignea	5:50.34	196000915	5:48.02	+0,95
	50m: 37.02 37.02 150m: 2:02.69 44.27 250m: 3:33.60 46.06 350m: 5:05.73 45.70					
	100m: 1:18.42 41.40 200m: 2:47.54 44.85 300m: 4:20.03 46.43 400m: 5:48.02 42.29					
12.	Adri Pasman	Zuiderzeewimmers	6:11.60	196400573	6:09.93	+1,03
	50m: 37.95 37.95 150m: 2:05.67 45.33 250m: 3:41.59 49.07 350m: 5:20.16 49.65					
	100m: 1:20.34 42.39 200m: 2:52.52 46.85 300m: 4:30.51 48.92 400m: 6:09.93 49.77					
13.	Marco Schoenmakers	ZVVS	6:36.25	196401375	6:42.85	+0,85
	50m: 41.82 41.82 150m: 2:22.16 52.50 250m: 4:08.81 53.35 350m: 5:55.52 52.58					
	100m: 1:29.66 47.84 200m: 3:15.46 53.30 300m: 5:02.94 54.13 400m: 6:42.85 47.33					
AFGEM	Henk Gierveld	Nat Utrecht	6:12.96	196000869		

Masters 55+

1.	Marten de Groot	HZ&PC Heerenveen	4:32.27	195800149	4:30.73	+0,81
	<i>Nederlands Masters Record</i>					
	50m: 30.72 30.72 150m: 1:38.43 34.12 250m: 2:47.41 34.70 350m: 3:56.86 34.55					
	100m: 1:04.31 33.59 200m: 2:12.71 34.28 300m: 3:22.31 34.90 400m: 4:30.73 33.87					
2.	Marius Ros	ZCNF'34	5:07.35	195900779	5:09.30	+0,84
	50m: 36.20 36.20 150m: 1:53.88 39.12 250m: 3:12.19 39.11 350m: 4:31.16 39.76					
	100m: 1:14.76 38.56 200m: 2:33.08 39.20 300m: 3:51.40 39.21 400m: 5:09.30 38.14					
3.	Henk Slomp	De Pinquin	5:20.70	195500359	5:21.41	+0,87
	50m: 35.96 35.96 150m: 1:58.12 41.77 250m: 3:21.39 41.41 350m: 4:43.58 40.85					
	100m: 1:16.35 40.39 200m: 2:39.98 41.86 300m: 4:02.73 41.34 400m: 5:21.41 37.83					
4.	Lex Hoogendam	MNC Dordrecht	5:53.42	195700541	5:44.05	+1,07
	50m: 37.24 37.24 150m: 2:03.86 44.30 250m: 3:33.03 44.79 350m: 5:01.22 43.69					
	100m: 1:19.56 42.32 200m: 2:48.24 44.38 300m: 4:17.53 44.50 400m: 5:44.05 42.83					
5.	Aaldert Mellema	Nat Utrecht	5:57.49	195700233	5:46.03	+1,01
	50m: 36.75 36.75 150m: 2:02.28 43.99 250m: 3:32.90 45.46 350m: 5:03.49 45.40					
	100m: 1:18.29 41.54 200m: 2:47.44 45.16 300m: 4:18.09 45.19 400m: 5:46.03 42.54					
6.	Dre Klaassen	ZOB'66	6:49.75	195600141	6:42.11	+0,98
	50m: 45.20 45.20 150m: 2:25.70 50.51 250m: 4:07.49 50.67 350m: 5:51.06 51.85					
	100m: 1:35.19 49.99 200m: 3:16.82 51.12 300m: 4:59.21 51.72 400m: 6:42.11 51.05					

Masters 60+

1.	Brend Brevé	PSV	5:21.20	195200265	5:27.04	+0,92
	50m: 36.14 36.14 150m: 1:58.66 42.47 250m: 3:23.93 42.44 350m: 4:47.30 40.81					
	100m: 1:16.19 40.05 200m: 2:41.49 42.83 300m: 4:06.49 42.56 400m: 5:27.04 39.74					
2.	Bé Grave	H2Oldambt	6:05.49	195300231	6:00.47 *	+1,14
	50m: 37.95 37.95 150m: 2:05.42 44.92 250m: 3:38.94 47.37 350m: 5:14.20 47.63					
	100m: 1:20.50 42.55 200m: 2:51.57 46.15 300m: 4:26.57 47.63 400m: 6:00.47 46.27					
3.	Jos Kamps	De Amer	6:35.30	195100085	6:20.98	+1,17
	50m: 38.79 38.79 150m: 2:10.72 46.97 250m: 3:50.40 50.40 350m: 5:33.46 51.35					
	100m: 1:23.75 44.96 200m: 3:00.00 49.28 300m: 4:42.11 51.71 400m: 6:20.98 47.52					

Masters 65+

1.	Donald Uijtenbogaart	Het Y	5:15.16	194700107	5:21.56	+0,91
	50m: 37.74 37.74 150m: 2:00.14 41.36 250m: 3:22.48 40.98 350m: 4:43.62 40.45					
	100m: 1:18.78 41.04 200m: 2:41.50 41.36 300m: 4:03.17 40.69 400m: 5:21.56 37.94					

Programmanr. 17, Heren, 400m vrije slag, Masters 65+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
2.	Mar van Geel	Old Dutch	7:05.99	194700135	7:23.09	+1,14
	50m: 45.26	150m: 2:34.86	250m: 4:31.66	350m: 6:29.89	58.61	
	100m: 1:38.66	200m: 3:33.33	300m: 5:31.28	400m: 7:23.09	53.20	

Masters 70+

1.	Joaquin Canales de Mendoza	RC MEDITERRANEO	5:53.16	24983334	5:45.85	+0,93
	50m: 39.01	150m: 2:05.39	250m: 3:35.06	350m: 5:05.29	45.19	
	100m: 1:20.88	200m: 2:50.09	300m: 4:20.10	400m: 5:45.85	40.56	
2.	Rob Hanou	PSV	6:09.33	194300109	6:32.01	+1,11
	50m: 40.95	150m: 2:20.82	250m: 4:03.03	350m: 5:44.60	50.98	
	100m: 1:29.78	200m: 3:11.93	300m: 4:53.62	400m: 6:32.01	47.41	
3.	Geza Kaltenecker	AZC	6:47.34	194200065	6:53.49	+1,17
	50m: 41.27	150m: 2:24.28	250m: 4:13.09	350m: 6:01.72	54.48	
	100m: 1:30.92	200m: 3:18.46	300m: 5:07.24	400m: 6:53.49	51.77	

Masters 75+

1.	Nico Geers	Z&PC De Gouwe	5:48.41	193800007	6:16.66	+0,96
	<i>Nederlands Masters Record</i>					
	50m: 43.92	150m: 2:21.09	250m: 3:58.80	350m: 5:34.53	47.07	
	100m: 1:31.76	200m: 3:10.44	300m: 4:47.46	400m: 6:16.66	42.13	

Programmanr. 18
25-01-2014 - 10:56

Dames, 200m vlinderslag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT	50m	100m	150m	200m
Masters 20+									
1.	Lisa Dreesens	PSV	2:14.52 199105798	2:18.46	+0,82	30.34	1:05.68	1:42.47	2:18.46
	<i>Nederlands Masters Record</i>								
2.	Johanna de Boer	ZPD	2:50.49 199403944	2:51.54	+0,73	35.73	1:18.53	2:04.19	2:51.54
3.	Chantal van der Horst	De Meer	3:01.89 199400616	2:59.90	+0,76	37.45	1:22.97	2:11.51	2:59.90
4.	Whitley Rens	MGO (SG)	3:05.06 199007520	3:06.03	+0,97	39.69	1:25.81	2:15.79	3:06.03
5.	Désirée Hulsmeijer	Het Ravijn	3:11.22 199001656	3:06.56	+0,77	36.98	1:24.41	2:15.22	3:06.56
6.	Lindsey Hol	De Meer	3:13.67 199008088	3:14.89	+0,79	41.31	1:27.61	2:21.11	3:14.89
Masters 25+									
1.	Anique Willeme	De Dinkel	2:30.61 198604106	2:30.12	+0,78	33.01	1:10.78	1:50.09	2:30.12
2.	Liset de Veer	Aqua-Novio'94	2:54.57 198704190	2:52.41	+0,91	36.55	1:19.86	2:05.39	2:52.41
3.	Karin Hovenkamp	De Spatters	2:56.93 198701850	2:58.96	+0,72	36.76	1:22.51	2:09.87	2:58.96
DIS	Maike van Diggele	ZPB H&L Productions	3:12.22 198700868		VH/VP				
NG.ZA	Chantal Nap	HZ&PC Heerenveen	2:19.02 198903004						
Masters 30+									
1.	Roos van Esch	TRB-RES	2:33.16 198200468	2:32.14	+0,86	34.51	1:13.32	1:52.43	2:32.14
2.	Nadya Putter	ZVVS	2:33.03 198301630	2:36.35	* +0,74	34.65	1:13.55	1:52.66	2:36.35
3.	Annette Vogelsang	ZV De Bron	3:11.33 198402632	3:20.76	+0,78	38.99	1:27.21	2:20.75	3:20.76
4.	Rianne van Vegchelen	Deltasteur	3:59.41 198101530	4:07.29	+1,15	53.64	1:57.02	3:02.22	4:07.29
Masters 35+									
1.	Liselotte Joling	PSV	2:38.70 197500268	2:38.92	+0,94	35.35	1:16.10	1:57.61	2:38.92
2.	Paula 't Hart-Buitelaar	ZVVS	4:00.08 197701132	4:11.87	* +0,91	46.08	1:46.22	2:56.54	4:11.87

Programmanr. 18, Dames, 200m vlinderslag

Masters 40+

1. Jeanne Petit	Maxwell SC	3:02.51	1112847	3:00.34	+0,84	37.00	1:20.18	2:07.74	3:00.34
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Masters 45+

1. Karin van den Heuvel	Old Dutch	3:12.05	196600188	3:17.87	+0,88	42.53	1:31.90	2:23.89	3:17.87
2. Caroline Schreuder	Triton	3:21.10	196700550	3:19.44	+0,87	43.16	1:34.84	2:27.92	3:19.44
3. Hetty Smalheer	SCOM	3:27.06	196700352	3:37.70	+1,16	48.55	1:45.93	2:44.48	3:37.70
4. Miranda Keijl	Zignea	3:42.36	196500588	3:45.04	+1,08	49.38	1:46.91	2:46.35	3:45.04

Masters 50+

1. M. Grove-Lingeman	Oceanus	2:53.54	196200080	2:57.19	+0,85	39.74	1:25.07	2:11.48	2:57.19
2. Inge Wolfs	PLONS	3:04.13	196000304	3:08.88	* +0,87	40.26	1:24.77	2:14.25	3:08.88
3. Loreta Kabasinskiene	Takas	4:07.43	19630410	3:37.72	+0,83	47.24	1:44.84	2:43.08	3:37.72

50m.* LMR

Masters 55+

1. Janny van Eijk	ZV De Bron	3:19.16	195800022	3:32.47	+1,04	45.54	1:40.53	2:35.74	3:32.47
2. Claire Anthony	CNSW	3:20.74	CNSW/487/57	3:40.92	* +0,82	42.88	1:38.29	2:44.72	3:40.92
3. Mies Kuipers	Old Dutch	4:31.19	195800202	4:29.02	+0,96	59.09	2:08.02	3:18.50	4:29.02

Masters 60+

1. Fernande Blondeel	CNSW	4:04.76	CNSW/011/52	4:14.06	*	51.59	1:54.21	2:59.12	4:14.06
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50m.*

Programmanr. 19
25-01-2014 - 11:13

Heren, 200m vlinderslag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd		tijd	RT	50m	100m	150m	200m
Masters 20+									
1. Kevin Eltink	DWK	2:05.67	199100589	2:07.31	+0,91	28.38	1:00.67	1:34.38	2:07.31
Nederlands Masters Record									
2. Maik Steenkamp	Montferland	2:21.11	199103847	2:21.01	+0,78	32.08	1:08.57	1:45.24	2:21.01
3. Tim Bunnik	Triton	2:23.78	199000505	2:26.01	+0,84	32.41	1:09.47	1:46.37	2:26.01
4. Erwin Sneek	De Futen	2:37.93	199102153	2:28.42	+0,85	31.74	1:08.88	1:47.94	2:28.42
5. Ruben Stolk	ZOB'66	2:25.20	199005665	2:30.90	+0,71	31.02	1:07.20	1:46.48	2:30.90
6. Gerben Rozie	MSV-Zeemacht	2:59.07	199002507	2:46.46	+0,84	34.14	1:15.17	1:59.32	2:46.46
Masters 25+									
1. Filipp Müller	Piranha	2:12.53	198604633	2:08.82	+0,71	27.12	59.15	1:32.90	2:08.82
2. Rick Driezen	Steenwijk 1934	2:25.51	198600713	2:30.66	+0,93	33.16	1:10.59	1:49.27	2:30.66
3. Remko Hooft	De Duinkickers	2:38.42	198701405	2:38.86	+0,74	33.22	1:13.77	1:56.20	2:38.86
Masters 30+									
1. Pieter Pickhardt	ZPC De Hof	2:23.45	198301657	2:21.91	+0,96	31.31	1:06.78	1:43.86	2:21.91
2. Thommy Nickel	Van Vliet-Barracuda	2:31.50	198401627	2:27.50	+0,84	31.90	1:09.14	1:48.26	2:27.50
3. Erik Kosters	Noord Veluwe	2:27.91	198000837	2:34.08	+0,82	30.80	1:06.42	1:46.38	2:34.08
4. Jeroen Vogelsang	DAW	2:49.69	198001645	2:49.77	+0,86	35.97	1:18.05	2:03.14	2:49.77
Masters 35+									
1. Freddie Geerlings	HGN (SG)	2:49.19	197900379	2:43.02	+0,92	32.57	1:12.54	1:57.26	2:43.02
2. Erwin Zuijdervelt	De Futen	2:58.70	197501015	3:00.25	+0,83	36.79	1:20.76	2:07.31	3:00.25

Programmanr. 19, Heren, 200m vlinderslag

Masters 40+

1. Paul van den Heuvel	Arethusa	2:38.39	197000441	2:36.69	+0,89	35.29	1:15.38	1:55.64	2:36.69
2. Heiner Stevens	Zignea	2:47.18	197201299	2:46.58	+0,80	34.16	1:14.68	1:58.49	2:46.58
3. Kasper van den Berghe	Swol 1894	2:57.78	197301125	2:51.35	+0,77	36.25	1:19.82	2:05.06	2:51.35

Masters 45+

1. Konstantin Sklyar	TG Lage 1862	2:48.25	321129	2:48.44	+0,88	36.97	1:18.75	2:03.56	2:48.44
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Masters 50+

1. Rene de Boer	DAW	2:34.62	196400087	2:36.95	+0,82	34.90	1:14.69	1:55.25	2:36.95
2. Hans Vloedgraven	Old Dutch	2:50.40	196400917	2:43.33	+0,89	35.52	1:15.83	1:58.84	2:43.33
3. Sergey Meskin	Spartak	2:50.18	101449	2:50.79	+0,84	35.23	1:20.11	2:06.11	2:50.79
4. Arturas Tuomas	Takas	2:45.56	19610925	2:55.36	+0,88	38.69	1:24.05	2:12.10	2:55.36
5. Jan Willem Heuten	WS Twente	3:19.83	196000883	3:17.99	+1,06	42.13	1:32.42	2:25.18	3:17.99

Masters 55+

1. Paul Bunnik	Triton	3:06.91	195600413	3:16.02	+1,13	40.56	1:29.96	2:23.33	3:16.02
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Masters 70+

1. Rob Hanou	PSV	3:34.71	194300109	3:48.46	+1,06	47.89	1:48.42	2:50.05	3:48.46
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Programmanr. 20
25-01-2014 - 11:27

Dames, 50m rugslag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
Masters 20+						
1.	Sharon Gelmers	Octopus	30.05	199400416	30.05	
	<i>Nederlands Masters Record</i>					
2.	Chantal Grove	De Dolfijn	30.66	199401844	30.88	
3.	Désirée Emmen	De Warande	31.63	199204862	31.65	
4.	Suzanne Mosch	MSV-Zeemacht	32.23	199400548	32.35	
5.	Manon van Strien	WVZ	32.42	199400770	32.81	
6.	Iris Pijtak	AZ&PC	32.05	199300602	33.34	
7.	Kimberley Kranenberg	ZPC De Hof	34.18	199400292	34.34	
8.	Kim Wijnja	De Biesboschzwemmers	34.74	199107812	34.58	
9.	Joyce Raemaekers	Budel	36.18	199106106	34.73	
10.	Simone de Boer	LZ 1886	34.94	199306858	34.93	
11.	Ilse Noorlander	d'ELFT WAVE (SG)	35.04	199307810	35.08	
12.	Jen-Ai van Soelen	Zuiderzeezwemmers	32.36	199003510	35.53	
13.	Getrude Corporaal	ZVZ	35.25	199200380	35.97	
14.	Sigrit Aarten	Deltasteur	34.84	199302868	35.99	
15.	Sanne van der Stelt	Den Doorn	34.31	199303562	36.85	
16.	Lindsey Hol	De Meer	36.70	199008088	37.25	
17.	Eline Schoenmaker	Zwemlust-den Hommel	35.84	199003322	37.36	
18.	Pauline Magnée	De Warande	38.43	199205434	38.80	
19.	Lisette van der Lende	WWV	42.63	199204258	39.02	
20.	Esther Blekkink	Schuurman BZC	39.71	199302988	39.17	
21.	Ramona Noordermeer	ZVVS	37.82	199401746	39.45	
22.	Wieteke Jansen	Montferland	40.68	199001750	40.06	
23.	Elodie Siroen	Merlet	38.33	199003414	40.77	
24.	Jannica Lieste	Deltasteur	41.46	199008348	41.17	
25.	Desiree Peltenburg	Z & PC Zegenwerp	44.07	199403304	41.94	
26.	Alicia Horlings	Aquapoldro	55.26	199108512	56.53	
27.	Liesbeth Bruinekool	Zuiderzeezwemmers	56.36	199007958	59.33	

Programmanr. 20, Dames, 50m rugslag

Masters 25+

1.	Charlotte Groeneveld	Zwemlust-den Hommel	32.08	198701404	31.20
	<i>Nederlands Masters Record</i>				
2.	Samantha van Eijk	De Geul	32.90	198806826	32.75
3.	Sabine Lina	ZPC Woerden	32.92	198902680	33.00
4.	Monique Jonker	TriVia	33.83	198501472	33.49
5.	Wieteke Elzinga	DAW	34.73	198601038	33.74
6.	Aniek Huijsman	De Lansingh	33.70	198801932	33.89
7.	Marije Jansen	Montferland	35.08	198504088	33.90
8.	Merel Siroen	Merlet	33.72	198804006	33.93
9.	Esther van Maastrigt	Montferland	34.26	198802836	34.69
10.	Anna Boef	LZ 1886	34.82	198806288	35.28
11.	Ilse van den Wijngaard	ZPC Woerden	33.66	198904736	35.36
12.	Marije van Manen	AZ&PC	37.03	198602386	35.42
13.	Bianca Paape	DAW	37.24	198502262	36.43
14.	Annelette de Vries	WS Twente	36.89	198603908	36.49
15.	Lisette Prins	WVZ	35.65	198803522	36.86
16.	Gerlinde van de Wetering	Deltasteur	37.82	198904678	37.25
17.	Liesbeth van Mill	DWK	37.54	198702786	37.91
18.	Diana Lammers	De Veene	37.29	198902572	38.53
19.	Patricia Becks	Z & PC Zegenwerp	37.89	198705946	39.30
20.	Tessa Verheijdt	WVZ	39.85	198904290	40.09
21.	Dian van Pelt	De Biesboschzwemmers	40.41	198502296	40.25
22.	Sandra Koenig	CNSW	43.28	CNSW/612/86	41.65

Masters 30+

1.	Roos van Esch	TRB-RES	33.39	198200468	33.75
2.	Franca Willeme	De Dinkel	34.12	198402760	34.06
3.	Emmy Slabbers	De Roersoppers	37.71	198101386	34.55
4.	Hanneke Heymen	Montferland	34.78	198400968	35.01
5.	Esther Versteeg	Van Vliet-Barracuda	35.27	198302112	35.46
6.	Sandra Pannekeet	DAW	35.52	198403458	36.32
7.	Patricia Strohm	De Dinkel	37.22	198102110	38.25
8.	Angela Giezen	Montferland	38.42	198302796	38.58
9.	Roos Lemmen	Eurode KZC	36.51	198403078	39.24
10.	Mirjam Minderhoud	Zignea	43.82	198301398	43.85

Masters 35+

1.	Melanie Kuiper	Zignea	36.66	197600350	35.14
2.	Petra Verstegen	WVZ	36.57	197700906	36.83
3.	Heleen Spelde - Fransens	THOR	39.93	197901358	37.48
4.	Diane Scholing	Het Ravijn	37.43	197701090	37.55
5.	Mirjan den Drijver-Aarse	Zwemvereniging Westland	38.21	197500884	37.77
6.	Babette Rens	Dedemsvaart-AC	38.24	197801200	38.59
7.	Inge Otter	De Bevelanders	38.92	197801242	38.84
8.	Marian Nederlof	DWF	39.91	197600950	40.52
9.	Marieke Langendonk	De Dinkel	41.02	197900530	40.70
10.	Anneke de Groot	De Fuut	43.09	197701140	41.11
11.	Natasja Linderhof	De Dinkel	42.10	197500786	42.16
12.	Clementine van Bruxvoort	ZPB H&L Productions	43.64	197700138	46.26

Masters 40+

1.	Gudule van der Meer	PSV	33.34	197200396	32.77
	<i>Nederlands Masters Record</i>				
2.	Edith Janssen-Koolen	TRB-RES	34.99	197300898	34.47
3.	Lidia v. Bon-Rosenbrand	AZ&PC	35.52	197000054	36.60
4.	Nadège van Meeteren	De Meer	39.13	197400736	38.27
5.	Daniëlle Hoeksel-Verveen	ZVVS	44.81	197300724	39.61
6.	Ageeth Boomsma	Orca	40.31	197000826	40.73
7.	Edith van Dieren	Swol 1894	44.23	197400764	42.29
8.	Claudia Sutin	De Schelde	43.51	197200908	43.08
9.	Rinette van der Vliet	Swol 1894	42.97	197300518	43.56

Programmanr. 20, Dames, 50m rugslag, Masters 40+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
10.	Ciska Wagter	Steenwijk 1934	1:00.32	197000978	1:00.00	
AFGEM	Henriëtte van Ijsselmuiden	De Spatters	43.56	197100958		

Masters 45+

1.	Heidi van Stein	LZ 1886	36.35	196900864	36.03	
2.	Susanne van Hooven	MGO (SG)	37.15	196800752	36.95	
3.	Jantine Braakman	ZV De Bron	39.82	196500036	37.66	
4.	Caroline Schreuder	Triton	37.26	196700550	37.97	
5.	Natalya Pertceva	Spartak	38.10	030021	38.44	
6.	Jolanda van Knippenberg	Budel	44.77	196600688	42.24	
7.	Marion Broekhuis	WS Twente	42.49	196800060	45.11	
8.	Karin Rikhof	De Dinkel	44.98	196600480	45.44	
9.	Cora Smulders	ESCA Zwemmen	48.91	196600668	48.85	
DIS	Yvonne Voortman-Alkema	De Berkelduikers	43.89	196600686		AF

Masters 50+

1.	Martine Bouw	DWK	35.52	196100368	36.02	
2.	Wilna Heijman	't Tolhekke	37.43	196400506	37.81	
3.	Jacqueline Rolloos-Bakker	De Lansingh	36.87	196300222	38.22	
4.	Pia van der Molen	HZ&PC Heerenveen	39.13	196000116	40.42	
5.	Inge Wolfs	PLONS	38.29	196000304	40.71	
6.	Ramune Ivanauskaite	Takas	40.25	19641018	42.13	
7.	Karin van der Star-Verhoeven	ESCA Zwemmen	43.83	196100382	43.55	
8.	Riekje Schra	Steenwijk 1934	1:03.42	196400404	1:05.53	

Masters 55+

1.	Atie Pijtak-Radersma	AZ&PC	41.28	195600048	38.49	
2.	Mathilde Vink	Swol 1894	38.88	195800128	39.52	
3.	Karien Musters	Old Dutch	1:01.63	195800236	58.06	
4.	Simonet Schroot	Gay Swim Amsterdam	58.57	195800108	1:00.70	
5.	Cindy Cencen	Han Batur Spor Kulübü	1:01.89	1958CENC	1:01.13	*

Masters 60+

1.	Patty Krupiarz	PSV	41.52	195400074	41.01	
2.	Alison Gilbert	De Futen	42.53	195300068	42.57	
3.	Tineke Brouwer-Maat	Zwemvereniging Westland	46.50	195300074	46.12	
4.	Antoinette Gilding-Tussaud	WS Twente	46.87	195000038	46.96	
5.	Tineke van Diggelen	Oceanus	49.60	195200048	50.30	

Masters 65+

1.	Loekie v. Huissteden	AZ&PC	59.09	194500002	54.49	
2.	Annet Verhoeven	De Duinkikkers	1:02.90	194600024	1:00.89	
3.	Adrie Oostendorp	ZV De Bron	1:12.59	194900024	1:11.54	*
4.	Anna de Weert	Gay Swim Amsterdam	1:06.85	194900020	1:11.63	

Masters 70+

1.	Leny Kamp	Aquapoldro	55.98	194400008	56.56	
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Masters 80+

1.	Annie de Vos	Old Dutch	59.12	193400004	1:06.58	
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Programmanr. 21
25-01-2014 - 11:46

Heren, 50m rugslag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
Masters 20+						
1.	Mark Costeris	WVZ	27.64	199202327	27.72	
2.	Lars Sieval	LZ 1886	28.76	199300723	28.99	
3.	Jelte Schuurmans	Merlet	29.33	199104841	29.25	
4.	Menno Manning	De Veene	28.45	199300333	29.65	
5.	Jasper de Boer	ZPC De Hof	29.62	199300051	29.96	
6.	Thomas Hansen	LZ 1886	30.63	199204327	30.25	
7.	Lorenzo Cavallini	De Futen	31.73	199007465	30.85	
8.	Ramon van Huizen	MGO (SG)	33.50	199400945	33.73	
9.	Mark Pijtak	AZ&PC	33.63	199002287	34.84	
10.	Coen van der Wekken	MGO (SG)	34.74	199202965	35.07	
11.	Bas Zierikzee	LZ 1886	34.08	199204321	35.56	
12.	Berné Beute	't Tolhekke	35.10	199100135	36.84	
13.	Daniel van den Wildenberg	Eurode KZC	35.71	199206491	36.90	
Masters 25+						
1.	Filipp Müller	Piranha	26.99	198604633	27.38	
2.	Mike Stoffer	WVZ	29.20	198903041	28.73	
3.	Joppe Schuurmans	Merlet	28.55	198905447	28.97	
4.	Martijn Giezen	Montferland	28.28	198500813	29.97	
5.	Erik van der Heide	Zuiderzeewimmers	30.27	198801337	30.98	
6.	Boy Heijnekamp	LZ 1886	31.63	198901161	32.70	
7.	Patrick de Jonge	ZPC Woerden	34.43	198906635	34.07	
8.	Harmen Reemst	ZOB'66	34.33	198702715	35.55	
9.	Robin Eggenkamp	De Duinkikers	36.25	198700847	38.36	
Masters 30+						
1.	Nol van Thull	ZOB'66	28.64	198001513	29.01	
2.	Lauren Vis	Steenwijk 1934	29.92	198201883	29.55	
3.	Albert van Piekeren	Octopus	29.45	198401767	30.60	
4.	Gerwin Vonk	De Spatters	30.78	198201907	31.01	
5.	Thommy Nickel	Van Vliet-Barracuda	30.48	198401627	31.16	
6.	Robert Dekker	De Veene	33.04	198400443	31.32	
7.	Erik Kusters	Noord Veluwe	30.00	198000837	31.34	
8.	Hans Cligge	De Futen	38.28	198100315	37.17	
Masters 35+						
1.	Casper Hut	HZ&PC Heerenveen	28.79	197800471	28.75	
2.	Ivo Roozeboom	WVZ	29.54	197700801	29.59	
3.	John Cobussen	De Gelenberg	32.32	197501323	31.78	
4.	René Beens	Deltasteur	31.73	197800045	32.60	
5.	Dimitrie Sonnemans	RZ	33.78	197501391	33.28	
6.	Gino Martijn	RZ	33.46	197901865	33.65	
7.	Henk Boswinkel	Swol 1894	34.86	197601555	33.84	
8.	Arjan Aalbers	Swol 1894	34.34	197500001	34.96	
9.	Arnold Kiburg	Steenwijk 1934	37.81	197501423	37.64	
Masters 40+						
1.	Tjakko Ruinemans	De Dinkel	28.73	197400687	29.25	
2.	Linus Kersevicius	Takas	30.82	19710618	30.69	
3.	Marco van den Wildenberg	Van Vliet-Barracuda	32.08	197300991	31.72	
4.	Harry Cornet	De Biesboschzwimmers	33.81	197100175	31.85	
5.	Gerard Eghuizen	HZ&PC Heerenveen	32.57	197400197	32.36	
6.	Remco Plass	De Lansingh	34.57	197300687	33.05	
7.	Paul Hardeman	AZ&PC	32.47	197300327	33.06	
8.	Robert Martens	De Schelde	33.86	197301463	33.67	
9.	Paul van den Heuvel	Arethusa	34.28	197000441	33.79	

Programmanr. 21, Heren, 50m rugslag, Masters 40+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
10.	Gerald Hösl	SC Schaffhausen	37.22	27749	38.71	
NG.ZA	Ferdinand Teitink	Montferland	37.40	197001583		

Masters 45+

1.	Guido Keutgen	AZC	30.39	196801551	30.24	
2.	René Beetsma	HZ&PC Heerenveen	31.68	196900069	31.33	
3.	Jan-Willem van den Berg	WVZ	33.75	196801575	31.50	
4.	Paul Jurcka	WS Twente	32.22	196901599	32.10	
5.	Harold Matla	PSV	37.17	196800591	34.49	
6.	Nico Swart	Den Doorn	33.28	196801475	34.53	
7.	Fred Heemstra	DAW	32.51	196500357	34.77	
8.	Otto Jansen	LZ 1886	34.02	196501403	34.86	
9.	Erik Saan	De Duck	34.57	196500769	35.53	
10.	Frank v Nobelen	Sassenheim	34.16	196900753	36.63	
11.	Gerco Schakel	DWK	36.44	196900849	36.83	
12.	Willem Jannink	Swol 1894	39.88	196500423	38.33	
13.	Marcel Brittijn	De Duinkickers	38.53	196900159	38.63	
14.	René Speelman	De Spatters	41.89	196601521	40.03	
15.	Pieter-Sjoerd de Wijn	Aqua-Novio'94	40.53	196501027	40.56	
16.	Henk van Zetten	Octopus	41.86	196701261	42.09	
17.	Ramon Alsina Munoz	CNSW	45.00	CNSW/608/69	44.18	

Masters 50+

1.	Peter Bernsen	De Rog	31.44	196301119	30.65	
2.	Iurii Perin	Spartak	31.79	030044	31.63	
3.	John Stokx	DAW	32.79	196401341	32.63	
4.	Dmitry Kromskiy	Poseidon	31.96	037011	32.91	
5.	Arlandas Antanas Juodeska	Takas	33.08	19611226	33.50	
6.	Walter Slijkerman	De Spatters	35.28	196401179	35.05	
7.	Gert Sikkema	Zignea	34.52	196300687	35.24	
8.	Casper Dollekamp	Steenwijk 1934	36.36	196301341	35.73	
9.	Robert de Brauwer	De Duinkickers	37.33	196401383	38.25	
10.	Bart van Calker	WS Twente	38.97	196100067	38.60	
11.	André Schutte	ZPC De Zeeuwse Kust	38.60	196000521	39.48	
12.	Jack Barends	WS Twente	38.12	196201011	41.25	
13.	John Dam	Zignea	41.35	196000915	42.16	

Masters 55+

1.	Ron van der Zande	De Aalscholver	35.67	195500307	36.62	
2.	Evertjan Masurel	PSV	37.23	195600495	37.48	
3.	Henk Slomp	De Pinquin	37.10	195500359	38.09	
4.	Herbert Katgert	WS Twente	45.73	195900739	47.76	*

Masters 60+

1.	Brend Brevé	PSV	34.31	195200265	36.76	
2.	Jos Kamps	De Amer	42.58	195100085	42.10	

Masters 65+

1.	Ale van der Veen	HPC	36.91	194900159	37.33	
2.	Willem Putter	ZVVS	44.77	194500135	44.45	
3.	Mans Buis	Het Ravijn	46.29	194700133	45.46	
4.	Valery Firsov	Spartak	46.99	030026	47.92	

Masters 70+

1.	Frans van Enst	WS Twente	36.50	194000011	37.65	
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Programmanr. 21, Heren, 50m rugslag

Masters 75+

1.	Nico Geers	Z&PC De Gouwe	43.21	193800007	46.97
2.	Jan Eichhorn	ZV Haerlem	47.36	193700015	48.58
3.	Gregor Pompen	Aqua-Novio'94	55.29	193700021	50.15 *
4.	Pieter Scharphorn	Neptunus	59.85	193800037	1:02.86

Masters 85+

1.	Klaas Prins	Steenwijk 1934	1:04.18	192800001	1:04.36 *
2.	Vladas Vimbaras	Takas	1:23.41	19270421	1:16.20

Programmanr. 22
25-01-2014 - 12:07

4 x 100m wisselslag

Masters Open
Resultaten

rang	vereniging	inschrijftijd	tijd	RT
80+, Dames				
1.	Octopus	4:56.62	5:00.04	
	Sharon Gelmers	32.10	1:07.24	38.43
	Erika Aan het Rot	+0.52	36.54	1:19.03
				+0.40
				+0.50
2.	Swol 1894	5:03.63	5:09.20	
	Madelon Vos	40.65	1:23.67	33.23
	Leonie Nijenhuis	+0.41	37.97	1:22.28
				+0.34
				+0.32
3.	De Amer	5:16.92	5:25.61	
	Renske Eilers	40.62	1:22.52	38.82
	Sabine Duijst	+0.38	43.13	1:32.93
				+0.54
				+0.44
80+, Heren				
1.	ESCA Zwemmen	4:16.49	4:14.85	
	Bram Meijlis	32.20	1:06.72	27.90
	Sander de Vrugt	+0.38	32.78	1:10.17
				+0.25
				+0.47
2.	Z & PC Zegenwerp	4:36.20	4:38.08	
	Bern Hoeven	33.37	1:08.83	27.46
	Stef Hoeven	+0.34	35.62	1:18.26
				+0.21
				+0.26
80+, Gemengd				
1.	LZ 1886	4:29.08	4:27.85	
	<i>Nederlands Masters Record</i>			
	Simone de Boer	35.79	1:13.06	31.42
	Kristiaan Lenos	+0.17	32.02	1:08.86
				+0.40
				+0.27
2.	Montferland	4:31.10	4:34.65	
	Esther van Maastricht	37.23	1:15.57	29.87
	Dennis Bosma	+0.68	31.79	1:10.88
				+0.27
				+0.26
3.	De IJssel	4:46.44	4:56.49	
	Camilo Boon	36.72	1:15.42	34.80
	Lieke Godschalk	+0.39	39.46	1:25.58
				+0.39
				+0.38

Programmanr. 22, 4 x 100m wisselslag

100+, Dames

1. De Dinkel 1	De Dinkel	4:34.79	4:36.62
Franca Willeme	36.11	1:14.85	+0,31 31.38 1:07.40
Karin Hidding	+0,26 34.47	1:15.54	+0,33 28.10 58.83
2. AZ&PC 1	AZ&PC	4:47.23	4:52.87
Marlie van Manen	36.86	1:16.36	+0,27 32.58 1:12.88
Larissa Brak	+0,36 34.22	1:14.73	+0,36 32.73 1:08.90
3. Montferland 1	Montferland	5:49.45	5:45.03
Hanneke Heymen	38.17	1:17.81	+0,72 44.82 1:36.64
Daphne Meijer	+0,50 43.19	1:34.35	+0,57 36.19 1:16.23

100+, Heren

1. WVZ 1	WVZ	4:03.44	4:05.80
<i>Nederlands Masters Record</i>			
Ivo Roozeboom	31.20	1:03.70	+0,48 27.21 59.58
Thijs van Valkengoed	+0,37 30.67	1:06.31	+0,41 26.95 56.21
2. Octopus 1	Octopus	4:10.84	4:12.78
Albert van Piekeren	31.76	1:05.93	+0,22 26.18 57.30
Stefan van der Grint	+0,43 33.76	1:13.85	+0,44 26.86 55.70
3. ZPC De Hof 1	ZPC De Hof	4:15.22	4:15.72
Jasper de Boer	31.27	1:03.82	+0,55 29.60 1:04.85
Richard Huisken	+0,44 32.74	1:11.84	+0,38 26.03 55.21
4. MGO (SG) 1	MGO (SG)	4:25.30	4:27.59
Frank van der Voordt	34.01	1:10.51	+0,17 28.48 1:02.62
Jos Terlouw	+0,36 33.37	1:13.94	+0,46 28.50 1:00.52
5. Den Doorn 1	Den Doorn	4:44.44	4:41.32
Tommy Uilenberg	36.44	1:14.08	+0,34 29.89 1:10.06
Lars Duijnhouwer	+0,32 32.89	1:11.74	+0,44 31.14 1:05.44
6. Montferland 1	Montferland	4:45.64	4:50.66
Martijn Giezen	31.59	1:04.72	+0,54 33.61 1:12.98
Kevin Dieker	+0,53 36.66	1:21.23	+0,48 33.11 1:11.73

100+, Gemengd

1. DWK 1	DWK	4:26.33	4:05.65
<i>Wereld Masters Record, startzwemmer NMR</i>			
Merijn Ellenkamp	27.97	57.89	+0,50 28.84 1:03.16
Nick van Gemert	+0,20 30.82	1:06.36	+0,10 27.71 58.24
2. Zwemlust-den Hommel 1	Zwemlust-den Hommel	4:19.62	4:16.53
Charlotte Groeneveld	32.37	1:07.71	+0,41 29.01 1:02.02
Vincent Versteeg	+0,36 31.77	1:09.54	+0,44 27.37 57.26
3. De Veene 1	De Veene	4:42.59	4:44.67
Wessel Everloo	33.81	1:08.23	+0,54 30.30 1:07.43
Yvon Versteeg	+0,45 35.93	1:17.20	+0,26 33.35 1:11.81
4. ZPC Woerden 1	ZPC Woerden	5:11.73	4:51.74
Sabine Lina	35.47	1:12.12	+0,50 36.56 1:21.74
Niels van Beurden	+0,43 33.18	1:11.83	+0,76 30.97 1:06.05
5. ZOB'66 1	ZOB'66	4:49.49	4:53.78
Wendy de Bruin	37.84	1:17.63	+0,43 34.32 1:15.40
Harmen Reemst	+0,52 37.88	1:22.96	+0,06 26.79 57.79
DIS MGO (SG) 1	MGO (SG)	5:00.01	SJ
<i>dis 2e zwemmer</i>			
Susanne van Hooen	68	40.68	1:23.66
Martijn van Hooen	89		
			Whitley Rens 90
			Ramon van Huizen 94

Programmanr. 22, 4 x 100m wisselslag

120+, Dames

1. RZ 1	RZ			5:52.88		5:44.52	
Marion van Gerwen		44.94	1:32.22	Linda Dehing	+0,54	36.72	1:20.23
Wendy Knoops	+0,44	45.36	1:37.64	Vivian van Kerkwijk	+0,70	35.25	1:14.43
DIS De Aalscholver 1	De Aalscholver			4:50.92			EA
<i>dis 3e zwemmer</i>							
Saskia Ouwendijk		34.85	1:13.18	Ingrid Boot-De Groot	-0,06		
Jolijn van Valkengoed	+0,42	34.29	1:14.95	Martine Ouwendijk			

120+, Heren

1. Steenwijk 1934 1	Steenwijk 1934			4:30.03		4:24.21	
Mike Koelewijn		32.43	1:07.54	Rick Driezen	+0,48	28.17	1:00.98
Huib Stegeman	+0,55	37.50	1:21.74	Lauren Vis	+0,38	25.74	53.95
2. De Amer 1	De Amer			4:37.72		4:41.12	
Dick Kampman		32.73	1:06.78	Yuri van Omme	+0,36	30.25	1:07.11
Paul de Boer	+0,65	37.64	1:22.96	Rutger Stam	+0,04	29.77	1:04.27
3. RZ 1	RZ			4:37.36		4:41.73	
Gino Martijn		37.58	1:16.50	Patrick Creemers	+0,32	29.87	1:06.70
Ralph Caster	+0,50	36.47	1:19.60	Dimitrie Sonnemans	+0,73	27.63	58.93
4. De Duinkickers 1	De Duinkickers			4:57.12		5:05.15	
Sven van Zanten		34.11	1:13.48	Remko Hooft	+0,60	32.14	1:09.92
Marcel Brittijn	+0,41	43.49	1:32.67	Robert de Brauwier	+0,70	31.28	1:09.08

120+, Gemengd

1. PSV 2	PSV			4:24.24		4:25.42	
<i>Nederlands Masters Record, startzwemmer NMR</i>							
Gudule van der Meer		34.29	1:11.27	Lisa Dreesens	+0,60	29.41	1:03.96
Harold Matla	+0,40	33.21	1:10.19	Wesley van Diejen	+0,59	28.43	1:00.00
2. WVZ 2	WVZ			4:38.89		4:38.84	
Manon van Strien		33.86	1:09.97	Isabelle Massar	+0,72	32.79	1:14.07
Jan-Willem van den Berg	+0,35	35.05	1:15.25	Bas v.d. Laan	+0,23	28.35	59.55
3. DAW 2	DAW			4:43.79		4:39.50	
Wieteke Elzinga		36.30	1:13.81	Alex Damen	+0,14	30.59	1:07.09
Kars Luttk	+0,48	34.41	1:14.19	Bianca Paape	+0,49	30.81	1:04.41
4. DWK 2	DWK			4:44.53		4:55.80	
Gerco Schakel		38.18	1:17.73	Liesbeth van Mill	+0,51	36.66	1:21.96
Kevin Eltink	+0,25	29.84	1:04.55	Iris van Aurich	+0,48	33.62	1:11.56
5. Zoetermeer 1	Zoetermeer			5:14.19		5:08.63	
Linda Hoogendam		40.59	1:23.66	Markus van Rest	+0,38	31.57	1:08.92
Fleur Maas	+0,48	44.42	1:34.50	Simon van Ravesteijn	+0,54	29.80	1:01.55
DIS De Dinkel 1	De Dinkel			5:10.99			EA
<i>dis 4e zwemmer</i>							
Tjakk Ruinemans		30.53	1:02.67	Patricia Strohm	+0,63	35.42	1:20.34
Judith Heijdens-Schasfoort	+0,65	44.16	1:36.62	Tijn Huttenhuis	-0,17		

160+, Dames

1. Zwemvereniging Westland 1	Zwemvereniging Westland			5:56.98		6:06.19	
Petra Schoon-Spaans		42.93	1:27.08	Jacoline van den Beukel	+0,34	39.92	1:34.48
Mirjan den Drijver-Aarse	+0,44	44.85	1:33.84	Tineke Brouwer-Maat		43.97	1:30.79

160+, Heren

1. AZ&PC 1	AZ&PC			4:31.96		4:32.81	
Paul Hardeman		35.01	1:11.81	Stefan Dortmund	+0,42	30.82	1:08.04
Edwin v. Norden	+0,39	33.87	1:12.48	Ron Korzelijs	+0,66	28.76	1:00.48
2. WS Twente 1	WS Twente			4:45.61		4:57.68	
Paul Jurcka		34.95	1:12.47	Marcel Reefhuis	+0,33	30.90	1:09.17
Joop Weenink	+0,64	38.97	1:22.66	Jack Barends	+0,51	34.73	1:13.38

Programmanr. 22, 4 x 100m wisselslag

160+, Gemengd

1. De Roersoppers 1 Emmy Slabbers Arno Schrauwen	De Roersoppers +0,50	37.15 36.11	1:18.66 1:17.21	Wieke Bos Charles Bos	5:08.39 +0,43	4:53.50 33.95 30.26	1:13.51 1:04.12
2. DAW 3 Sandra Pannekeet Hans Schoenmakers	DAW +0,37	37.26 37.25	1:19.22 1:20.99	Rene de Boer Ilona Hogerheyde	4:53.35 +0,48 +0,21	4:56.55 32.75 30.39	1:10.97 1:05.37
3. De Futen 1 Petra Benani-Wolsing Erwin Sneek	De Futen +0,38	38.03 34.05	1:19.06 1:13.74	Arnold de Rover Alison Gilbert	5:01.40 +0,42 +0,25	5:00.42 33.99 35.71	1:13.08 1:14.54
4. Triton 1 Ellen Parma Paul Bunnik	Triton +0,55	47.13 41.28	1:39.00 1:31.08	Tim Bunnik Caroline Schreuder	5:06.64 +0,45 +0,39	5:26.43 28.48 33.95	1:04.22 1:12.13

200+, Heren

1. Neckarsulmer Sport 1 <i>Europees Masters Record</i> Stefan Sell Peter Fischer	Neckarsulmer Sport +0,49	33.66 34.31	1:13.25 1:14.08	Jochen Bär Georg Meckl	4:36.00 +0,50 +0,56	4:30.09 28.71 29.04	1:02.07 1:00.69
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200+, Gemengd

1. HZ&PC Heerenveen 1 Ineke Meijer Gerard Eghuizen	HZ&PC Heerenveen +0,56	52.59 35.15	1:46.38 1:16.02	René Beetsma Pia van der Molen	5:21.07 +0,48 +0,37	5:28.55 30.84 36.47	1:06.91 1:19.24
2. Takas 1 <i>LMR</i> Arlandas Antanas Juodeska Arturas Tuomas	Takas +0,39	40.38 39.88	1:21.31 1:23.51	Loreta Kabasinskiene Ramune Ivanauskaitė	6:30.00 +0,64 +0,66	5:40.89 46.71 37.53	1:37.92 1:18.15

240+, Dames

1. Old Dutch 1 <i>Nederlands Masters Record</i> Annie de Vos Mies Kuipers	Old Dutch +0,47	1:07.42 59.61	2:21.27 2:05.00	Karin van den Heuvel Karien Musters	7:13.91 +0,13 +0,45	7:37.56 40.27 48.58	1:28.74 1:42.55
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240+, Heren

1. WWV 1 <i>Nederlands Masters Record</i> Kees-Jan van Overbeeke Laurens Klein Breteler	WWV +0,16	35.41 39.84	1:12.27 1:26.68	Ruud Ruiter Theo Schouten	5:28.26 +0,65 +0,57	5:17.81 37.29 36.85	1:21.23 1:17.63
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240+, Gemengd

1. PSV 1 Brend Brevé Corrie Verhoeven	PSV +0,58	39.67 48.32	1:20.49 1:44.80	Rob Hanou Patty Verhagen	5:40.80 +0,77 +0,43	6:07.39 47.73 37.35	1:44.81 1:17.29
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