

| rang               | naam                   | vereniging         | inschrijftijd | tijd      |         |
|--------------------|------------------------|--------------------|---------------|-----------|---------|
| Masters 20+, Dames |                        |                    |               |           |         |
| 1.                 | Marloes Benjamins      | Aqualero           | 1:20.60       | 199105110 | 1:21.53 |
| AFGEM              | Krista Kostwinder      | Scom               | 1:15.03       | 199401058 |         |
| Masters 20+, Heren |                        |                    |               |           |         |
| 1.                 | Mike Koelewijn         | Steenwijk 1934     | 1:07.54       | 199303597 | 1:09.69 |
| Masters 25+, Dames |                        |                    |               |           |         |
| 1.                 | Karin Hovenkamp        | De Spatters        | 1:20.39       | 198701850 | 1:22.83 |
| 2.                 | Sabrina Dessens        | ZV De Bron         | 1:29.51       | 198503486 | 1:33.28 |
| 3.                 | Anne van den Besselaar | HZ&PC Heerenveen   | 2:40.00       | 198504062 | 2:46.05 |
| AFGEM              | Christien Kruithof     | zpc Stadskanaal    | 1:19.50       | 198602124 |         |
| AFGEM              | Margo Kruithof         | zpc Stadskanaal    | 1:21.53       | 198702408 |         |
| Masters 25+, Heren |                        |                    |               |           |         |
| 1.                 | Tim Essers             | Oeza               | 1:12.62       | 198800987 | 1:11.42 |
| 2.                 | Robin Eggenkamp        | De Duinkickers     | 1:19.78       | 198700847 | 1:19.80 |
| AFGEM              | Bob (RPJ) Peters       | De Spatters        | 1:23.54       | 198702565 |         |
| Masters 30+, Dames |                        |                    |               |           |         |
| 1.                 | Mariska Stins          | Oeza               | 1:19.47       | 198402364 | 1:20.91 |
| 2.                 | Marijke Dirkse         | Ijzpc              | 1:28.92       | 198403480 | 1:25.17 |
| 3.                 | Esther van Buren       | De Duinkickers     | 1:40.00       | 198001670 | 1:36.57 |
| Masters 30+, Heren |                        |                    |               |           |         |
| 1.                 | Lauren Vis             | Steenwijk 1934     | 1:04.72       | 198201883 | 1:04.43 |
| 2.                 | Marcel Reefhuis        | WS Twente          | 1:06.05       | 198101381 | 1:07.86 |
| 3.                 | Hans Cligge            | De Futen           | 1:24.82       | 198100315 | 1:20.51 |
| 4.                 | Maarten Prot           | Upstream Amsterdam | 1:25.00       | 198403195 | 1:22.92 |
| 5.                 | Remco Veerkamp         | Zuiderzeewemmers   | 1:30.62       | 198102311 | 1:30.27 |
| Masters 35+, Dames |                        |                    |               |           |         |
| 1.                 | Marty Krans-de Weerd   | Zcnf'34            | 1:23.06       | 197500604 | 1:20.16 |
| Masters 35+, Heren |                        |                    |               |           |         |
| 1.                 | Erwin Zuidervelt       | De Futen           | 1:12.15       | 197501015 | 1:13.57 |
| 2.                 | Arjan Aalbers          | Swol 1894          | 1:14.32       | 197500001 | 1:15.11 |
| 3.                 | Alex Slooten           | Upstream Amsterdam | 1:19.00       | 197600849 | 1:20.21 |
| AFGEM              | Niels Buiten           | Zcnf'34            | 1:21.16       | 197701553 |         |
| Masters 40+, Dames |                        |                    |               |           |         |
| 1.                 | Miranda Straetemans    | Zignea             | 1:35.00       | 197400514 | 1:35.58 |
| 2.                 | Sylvia Tetteroo        | Ijzpc              | 1:52.64       | 197300476 | 1:54.28 |
| Masters 40+, Heren |                        |                    |               |           |         |
| 1.                 | Machiel Stolk          | Swol 1894          | 1:12.70       | 197400779 | 1:12.51 |
| Masters 45+, Dames |                        |                    |               |           |         |
| 1.                 | Laura Staal            | Z.S.C. Oceanus     | 1:22.00       | 196700358 | 1:21.53 |
| 2.                 | Iris van Aurich        | Dwk                | 1:27.56       | 196900866 | 1:30.73 |
| 3.                 | Hetty Smalheer         | Scom               | 1:32.18       | 196700352 | 1:32.64 |
| 4.                 | Annette van Dok        | MSV- Zeemacht      | 1:33.87       | 196800742 | 1:36.53 |

## Programmanr. 1, 100m rugslag

### Masters 45+, Heren

|       |                |                  |         |           |                |
|-------|----------------|------------------|---------|-----------|----------------|
| 1.    | Erik Wetsteijn | Swol 1894        | 1:15.29 | 196501019 | <b>1:18.85</b> |
| 2.    | Willem Jannink | Swol 1894        | 1:35.00 | 196500423 | <b>1:26.38</b> |
| 3.    | Huyb Stegeman  | Steenwijk 1934   | 1:23.83 | 196701535 | <b>1:26.82</b> |
| AFGEM | René Beetsma   | HZ&PC Heerenveen | 1:10.00 | 196900069 |                |

### Masters 50+, Dames

|    |                         |             |         |           |                |
|----|-------------------------|-------------|---------|-----------|----------------|
| 1. | Wilna Heijman           | 't Tolhekke | 1:19.34 | 196400506 | <b>1:21.01</b> |
| 2. | Jennie Resink-lindeboom | Dwk         | 1:38.63 | 196000142 | <b>1:39.12</b> |
| 3. | Marjan Spoelstra        | Swol 1894   | 1:40.45 | 196000236 | <b>1:45.03</b> |
| 4. | Gea Kuiper              | Zcnf'34     | 1:51.09 | 196100104 | <b>1:52.16</b> |

### Masters 50+, Heren

|    |                  |                |         |           |                |
|----|------------------|----------------|---------|-----------|----------------|
| 1. | Casper Dollekamp | Steenwijk 1934 | 1:17.28 | 196301341 | <b>1:20.45</b> |
| 2. | Jack Barends     | WS Twente      | 1:27.61 | 196201011 | <b>1:25.05</b> |
| 3. | Jan Smalheer     | Scom           | 1:30.79 | 196400701 | <b>1:26.89</b> |
| 4. | Edzo Huisman     | Aquapoldro     | 1:25.00 | 196301029 | <b>1:28.10</b> |
| 5. | Michiel Tonsbeek | Dwt            | 1:41.95 | 196000889 | <b>1:41.47</b> |

### Masters 55+, Dames

|    |                  |      |         |           |                |
|----|------------------|------|---------|-----------|----------------|
| 1. | Tonny den Braber | Scom | 1:51.43 | 195700022 | <b>1:53.04</b> |
|----|------------------|------|---------|-----------|----------------|

### Masters 55+, Heren

|    |                  |      |         |           |                |
|----|------------------|------|---------|-----------|----------------|
| 1. | Mark Eligh,      | Uzsc | 1:16.52 | 195700497 | <b>1:17.50</b> |
| 2. | Evertjan Masurel | Psv  | 1:19.68 | 195600495 | <b>1:19.26</b> |

### Masters 60+, Dames

|    |                     |                |         |           |                |
|----|---------------------|----------------|---------|-----------|----------------|
| 1. | Patty Krupiarz      | Psv            | 1:33.28 | 195400074 | <b>1:32.32</b> |
| 2. | Tineke van Diggelen | Z.S.C. Oceanus | 1:49.84 | 195200048 | <b>1:48.92</b> |

## Programmanr. 2

## 50m schoolslag

## 20 - 89 jaar

25-05-2014 - 13:50

Resultaten

| rang | naam | vereniging | inschrijftijd | tijd |
|------|------|------------|---------------|------|
|------|------|------------|---------------|------|

### Masters 20+, Dames

|    |                 |             |       |           |              |
|----|-----------------|-------------|-------|-----------|--------------|
| 1. | Denise Koerhuis | De Spatters | 36.82 | 199400306 | <b>38.36</b> |
|----|-----------------|-------------|-------|-----------|--------------|

### Masters 20+, Heren

|    |                    |         |       |           |              |
|----|--------------------|---------|-------|-----------|--------------|
| 1. | Daniël Kunne       | Uzsc    | 34.54 | 199001709 | <b>34.23</b> |
| 2. | Harry Dijkma       | isis    | 37.81 | 199100487 | <b>38.95</b> |
| 3. | Eric Kalee         | De Amer | 39.67 | 199005307 | <b>39.92</b> |
| 4. | Leo Zijlstra       | isis    | 42.73 | 199007483 | <b>41.54</b> |
| 5. | Bart van Olst      | Ducdalf | 44.74 | 199101709 | <b>43.76</b> |
| 6. | Gerwin Bouwmeester | Zvv     | 49.37 | 199103501 | <b>49.82</b> |

### Masters 25+, Dames

|                                                                                                                   |                          |                  |       |           |              |
|-------------------------------------------------------------------------------------------------------------------|--------------------------|------------------|-------|-----------|--------------|
| 1.                                                                                                                | Annelette de Vries       | WS Twente        | 38.55 | 198603908 | <b>39.18</b> |
| 2.                                                                                                                | Gerlinde van de Wetering | Deltasteur       | 43.10 | 198904678 | <b>42.93</b> |
| 3.                                                                                                                | Martine Heres            | Ducdalf          | 41.44 | 198701668 | <b>43.41</b> |
| 4.                                                                                                                | Chantal Netjes           | Zignea           | 45.14 | 198903014 | <b>44.87</b> |
| 5.                                                                                                                | Rosemarie Veerkamp       | Zuiderzeewimmers | 46.75 | 198706092 | <b>47.26</b> |
| 6.                                                                                                                | Aukje De Jong            | Aqualero         | 52.91 | 198706158 | <b>53.52</b> |
| 7.                                                                                                                | Brechtje de Jong         | De Forel         | 52.04 | 198907422 | <b>55.82</b> |
| DIS                                                                                                               | Jeanette van Dijk        | isis             | 42.99 | 198700880 |              |
| <i>SP - Tijdens de eerste slag na start/keerpunt een vlinderbeenslag gemaakt voordat de armslag werd ingezet.</i> |                          |                  |       |           |              |
| AFGEM                                                                                                             | Christien Kruithof       | zpc Stadskanaal  | 40.73 | 198602124 |              |

## Programmanr. 2, 50m schoolslag

### Masters 25+, Heren

|    |                     |              |       |           |              |
|----|---------------------|--------------|-------|-----------|--------------|
| 1. | Jeroen Leenslag     | Scom         | 33.87 | 198802129 | <b>34.02</b> |
| 2. | Rik Bos             | Ducdalf      | 36.56 | 198600345 | <b>36.74</b> |
| 3. | Danny Jannenga      | Ducdalf      | 41.89 | 198801673 | <b>42.32</b> |
| 4. | Henk-Jan van 't Hof | De Hokseberg | 43.34 | 198804325 | <b>42.98</b> |

### Masters 30+, Dames

|    |                   |                    |       |           |              |
|----|-------------------|--------------------|-------|-----------|--------------|
| 1. | Johanna Schuitema | De Spatters        | 44.12 | 198102232 | <b>42.19</b> |
| 2. | Esther Beerling   | W.Z. & P.C. Triton | 43.39 | 198400120 | <b>44.13</b> |
| 3. | Jennifer Go       | W.Z. & P.C. Triton | 44.72 | 198400766 | <b>44.67</b> |

### Masters 30+, Heren

|    |                 |                    |       |           |              |
|----|-----------------|--------------------|-------|-----------|--------------|
| 1. | Rob van Wanrooy | Gay Swim Amsterdam | 33.17 | 198202627 | <b>34.13</b> |
| 2. | Erik van Hell   | De Amer            | 36.25 | 198200643 | <b>35.58</b> |
| 3. | Rutger Stam     | De Amer            | 40.77 | 198102463 | <b>37.28</b> |
| 4. | Mark Brinkhuis  | Hera'11            | 37.76 | 198302609 | <b>38.14</b> |
| 5. | Remco Smit      | ZV De Aalscholver  | 40.48 | 198102477 | <b>39.26</b> |
| 6. | René van Dijk   | isis               | 39.20 | 198400489 | <b>39.70</b> |

### Masters 35+, Dames

|    |                   |                |       |           |              |
|----|-------------------|----------------|-------|-----------|--------------|
| 1. | Inge Roskam       | De Duinkickers | 47.50 | 197801296 | <b>42.44</b> |
| 2. | Margriet Leeffers | Deltasteur     | 48.01 | 197800448 | <b>50.59</b> |

### Masters 35+, Heren

|       |                |                 |       |           |              |
|-------|----------------|-----------------|-------|-----------|--------------|
| 1.    | Martijn Butter | Oeza            | 37.83 | 197900231 | <b>38.20</b> |
| 2.    | Arjan Aalbers  | Swol 1894       | 39.36 | 197500001 | <b>39.10</b> |
| AFGEM | Peter Lutjes   | zpc Stadskanaal | 39.38 | 197601471 |              |

### Masters 40+, Dames

|    |                  |             |       |           |              |
|----|------------------|-------------|-------|-----------|--------------|
| 1. | Angeline Hamstra | Scom        | 47.70 | 197200782 | <b>46.68</b> |
| 2. | Diana Westerdijk | De Spatters | 46.43 | 197200704 | <b>47.26</b> |

### Masters 40+, Heren

|       |                       |                 |       |           |              |
|-------|-----------------------|-----------------|-------|-----------|--------------|
| 1.    | Michael van Bakkum    | Swol 1894       | 35.86 | 197200051 | <b>35.09</b> |
| 2.    | Martin Postma         | De Fuut         | 36.33 | 197301493 | <b>36.25</b> |
| 3.    | Kasper van den Berghe | Swol 1894       | 38.77 | 197301125 | <b>38.33</b> |
| 4.    | Sander Komen          | ZV De Bron      | 38.81 | 197201507 | <b>39.44</b> |
| 5.    | Gertjan van de Bosch  | Ijzpc           | 39.65 | 197001615 | <b>40.03</b> |
| 6.    | Eric van den Blink    | De Houtrib      | 45.00 | 197001667 | <b>44.52</b> |
| 7.    | Oebele Boomsma        | Orca            | 49.75 | 197001659 | <b>48.76</b> |
| AFGEM | Erik Veltman          | zpc Stadskanaal | 42.64 | 197200941 |              |

### Masters 45+, Dames

|    |                           |              |       |           |              |
|----|---------------------------|--------------|-------|-----------|--------------|
| 1. | Jantine Braakman          | ZV De Bron   | 42.00 | 196500036 | <b>41.70</b> |
| 2. | Remona Dekker             | ZV De Bron   | 45.88 | 196600620 | <b>44.39</b> |
| 3. | Roelien Speelman-Tigelaar | De Spatters  | 45.56 | 196600664 | <b>45.43</b> |
| 4. | Ilse Vos-Viergever        | De Hokseberg | 45.57 | 196800644 | <b>45.60</b> |
| 5. | Marion Broekhuis          | WS Twente    | 46.02 | 196800060 | <b>46.78</b> |
| 6. | Miranda Keijl             | Zignea       | 58.40 | 196500588 | <b>50.34</b> |

### Masters 45+, Heren

|    |                      |                |       |           |              |
|----|----------------------|----------------|-------|-----------|--------------|
| 1. | Huyb Stegeman        | Steenwijk 1934 | 37.50 | 196701535 | <b>38.36</b> |
| 2. | Roelof Broekman      | De Spatters    | 39.32 | 196800155 | <b>38.99</b> |
| 3. | Martijn van de Deure | ZV De Bron     | 41.13 | 196901709 | <b>41.94</b> |

### Masters 50+, Dames

|    |              |                |       |           |                |
|----|--------------|----------------|-------|-----------|----------------|
| 1. | Riekie Schra | Steenwijk 1934 | 59.95 | 196400404 | <b>1:01.35</b> |
|----|--------------|----------------|-------|-----------|----------------|

## Programmanr. 2, 50m schoolslag

### Masters 50+, Heren

|    |                  |                   |       |           |              |
|----|------------------|-------------------|-------|-----------|--------------|
| 1. | Jan Wierenga     | ZV De Aalscholver | 37.61 | 196400843 | <b>37.91</b> |
| 2. | Ronald van Vliet | ZV De Aalscholver | 37.62 | 196300997 | <b>39.21</b> |
| 3. | Perry Dekker     | ZV De Bron        | 43.38 | 196201081 | <b>43.63</b> |
| 4. | Michiel Tonsbeek | Dwt               | 44.92 | 196000889 | <b>45.70</b> |

### Masters 55+, Dames

|    |               |           |       |           |              |
|----|---------------|-----------|-------|-----------|--------------|
| 1. | Mathilde Vink | Swol 1894 | 44.64 | 195800128 | <b>44.52</b> |
|----|---------------|-----------|-------|-----------|--------------|

### Masters 55+, Heren

|     |                      |                    |       |           |              |
|-----|----------------------|--------------------|-------|-----------|--------------|
| 1.  | Paul Bunnik          | W.Z. & P.C. Triton | 37.66 | 195600413 | <b>39.21</b> |
| 2.  | Nico Rozemeijer      | AquaFit            | 44.25 | 195900751 | <b>41.23</b> |
| 3.  | Jappie Kuiper        | Swol 1894          | 46.94 | 195500417 | <b>46.78</b> |
| DIS | Adrie van der Gracht | Oeza               | 45.24 | 195700485 |              |

AA - Gestart voor startsignaal bij de 1e (1-startregel) of 2e start.

### Masters 60+, Dames

|    |                     |            |         |           |                |
|----|---------------------|------------|---------|-----------|----------------|
| 1. | Janny van der Weide | Deltasteur | 1:01.90 | 195100066 | <b>1:08.64</b> |
|----|---------------------|------------|---------|-----------|----------------|

### Masters 60+, Heren

|    |           |         |       |           |              |
|----|-----------|---------|-------|-----------|--------------|
| 1. | Jos Kamps | De Amer | 51.26 | 195100085 | <b>48.76</b> |
|----|-----------|---------|-------|-----------|--------------|

### Masters 65+, Heren

|    |                 |            |       |           |              |
|----|-----------------|------------|-------|-----------|--------------|
| 1. | Han Roos        | ZV De Bron | 45.00 | 194500081 | <b>47.10</b> |
| 2. | Mans Buis       | Het Ravijn | 49.09 | 194700133 | <b>50.04</b> |
| 3. | Henk Oostendorp | ZV De Bron | 54.00 | 194800093 | <b>52.08</b> |

### Masters 70+, Dames

|    |           |            |         |           |                |
|----|-----------|------------|---------|-----------|----------------|
| 1. | Leny Kamp | Aquapoldro | 1:07.00 | 194400008 | <b>1:05.64</b> |
|----|-----------|------------|---------|-----------|----------------|

### Masters 70+, Heren

|       |                |      |         |           |  |
|-------|----------------|------|---------|-----------|--|
| AFGEM | Aad Grapendaal | Oeza | 1:01.41 | 194200063 |  |
|-------|----------------|------|---------|-----------|--|

### Masters 75+, Heren

|    |           |               |       |           |              |
|----|-----------|---------------|-------|-----------|--------------|
| 1. | Nic Geers | Z&PC De Gouwe | 52.00 | 193800007 | <b>58.49</b> |
|----|-----------|---------------|-------|-----------|--------------|

## Programmanr. 3

25-05-2014 - 14:10

## 100m wisselslag

20 - 89 jaar

Resultaten

| rang               | naam              | vereniging         | inschrijftijd |           | tijd    |
|--------------------|-------------------|--------------------|---------------|-----------|---------|
| Masters 20+, Dames |                   |                    |               |           |         |
| 1.                 | Selly Swieringa   | Aqualero           | 1:22.98       | 199008320 | 1:23.22 |
| 2.                 | Kimberly Kluft    | Zuiderzeewemmers   | 1:28.50       | 199203502 | 1:27.07 |
| 3.                 | Birgit Wiersma    | Zuiderzeewemmers   | 1:28.60       | 199300840 | 1:27.66 |
| 4.                 | Charine de Ruiter | Steenwijk 1934     | 1:22.42       | 199403668 | 1:27.75 |
| 5.                 | Marloes Benjamins | Aqualero           | 1:23.75       | 199105110 | 1:28.10 |
| 6.                 | Janneke Wynia     | WS Twente          | 1:33.69       | 199005500 | 1:29.77 |
| 7.                 | Jannica Lieste    | Deltasteur         | 1:33.42       | 199008348 | 1:30.11 |
| 8.                 | Tessa van Dijk    | isis               | 1:45.74       | 199401252 | 1:42.80 |
| AFGEM              | Krista Kostwinder | Scom               | 1:19.00       | 199401058 |         |
| AFGEM              | Maaïke Hiemstra   | Aqualero           | 1:34.74       | 199008318 |         |
| Masters 20+, Heren |                   |                    |               |           |         |
| 1.                 | Mike Koelewijn    | Steenwijk 1934     | 1:05.96       | 199303597 | 1:06.87 |
| 2.                 | Kevin Hooijer     | W.Z. & P.C. Triton | 1:10.10       | 199401643 | 1:09.32 |
| 3.                 | Eric Kalee        | De Amer            | 1:16.38       | 199005307 | 1:17.58 |
| 4.                 | Rob Rikken        | Zvv                | 1:19.50       | 199402521 | 1:19.94 |

## Programmanr. 3, 100m wisselslag

### Masters 25+, Dames

|       |                          |                  |         |           |                |
|-------|--------------------------|------------------|---------|-----------|----------------|
| 1.    | Gerlinde van de Wetering | Deltasteur       | 1:24.06 | 198904678 | <b>1:22.42</b> |
| 2.    | Karin Hovenkamp          | De Spatters      | 1:20.46 | 198701850 | <b>1:22.89</b> |
| 3.    | Serima Veen              | De Spatters      | 1:22.13 | 198604104 | <b>1:22.98</b> |
| 4.    | Martine Heres            | Ducdalf          | 1:21.40 | 198701668 | <b>1:25.12</b> |
| 5.    | Chantal Netjes           | Zignea           | 1:28.44 | 198903014 | <b>1:27.82</b> |
| 6.    | Sabrina Dessens          | ZV De Bron       | 1:32.71 | 198503486 | <b>1:36.53</b> |
| 7.    | Anne van den Besselaar   | HZ&PC Heerenveen | 3:00.00 | 198504062 | <b>2:44.59</b> |
| AFGEM | Margo Kruithof           | zpc Stadskanaal  | 1:18.17 | 198702408 |                |

### Masters 25+, Heren

|       |                  |                |         |           |                |
|-------|------------------|----------------|---------|-----------|----------------|
| 1.    | Jeroen Leenslag  | Scom           | 1:06.94 | 198802129 | <b>1:07.41</b> |
| 2.    | Albert Dijkma    | De Forel       | 1:14.67 | 198700711 | <b>1:17.29</b> |
| 3.    | Simon Hogenstijn | Zvv            | 1:19.84 | 198805915 | <b>1:18.10</b> |
| 4.    | Robin Eggenkamp  | De Duinkickers | 1:17.85 | 198700847 | <b>1:19.08</b> |
| AFGEM | Bob (RPJ) Peters | De Spatters    | 1.20    | 198702565 |                |

### Masters 30+, Dames

|    |                      |                    |         |           |                |
|----|----------------------|--------------------|---------|-----------|----------------|
| 1. | Mariska Stins        | Oeza               | 1:21.05 | 198402364 | <b>1:23.05</b> |
| 2. | Esther Beerling      | W.Z. & P.C. Triton | 1:26.85 | 198400120 | <b>1:24.79</b> |
| 3. | Jennifer Go          | W.Z. & P.C. Triton | 1:26.94 | 198400766 | <b>1:25.63</b> |
| 4. | Marijke Dirkse       | Ijzpc              | 1:30.58 | 198403480 | <b>1:28.14</b> |
| 5. | Aleida Groenendijk   | Zuiderzeewemmers   | 1:30.02 | 198400816 | <b>1:33.36</b> |
| 6. | Esther van Buren     | De Duinkickers     | 1:33.67 | 198001670 | <b>1:35.25</b> |
| 7. | Rianne van Vegchelen | Deltasteur         | 1:37.21 | 198101530 | <b>1:35.68</b> |

### Masters 30+, Heren

|    |                 |                    |         |           |                |
|----|-----------------|--------------------|---------|-----------|----------------|
| 1. | Gerwin Vonk     | De Spatters        | 1:06.12 | 198201907 | <b>1:07.50</b> |
| 2. | Rob van Wanrooy | Gay Swim Amsterdam | 1:08.89 | 198202627 | <b>1:09.92</b> |
| 3. | Erik van Hell   | De Amer            | 1:12.29 | 198200643 | <b>1:14.12</b> |
| 4. | Maarten Prot    | Upstream Amsterdam | 1:19.00 | 198403195 | <b>1:17.93</b> |
| 5. | Remco Veerkamp  | Zuiderzeewemmers   | 1:25.41 | 198102311 | <b>1:26.81</b> |

### Masters 35+, Dames

|    |                      |                  |         |           |                |
|----|----------------------|------------------|---------|-----------|----------------|
| 1. | Inez Heideman        | WS Twente        | 1:18.20 | 197500198 | <b>1:15.45</b> |
| 2. | Marty Krans-de Weerd | Zcnf'34          | 1:18.23 | 197500604 | <b>1:17.57</b> |
| 3. | Carmen Haan          | De Spatters      | 1:20.55 | 197901458 | <b>1:25.31</b> |
| 4. | Eveline Hacquebord   | Ijzpc            | 1:21.75 | 197901206 | <b>1:25.38</b> |
| 5. | Jannie Vennik        | HZ&PC Heerenveen | 1:32.18 | 197601006 | <b>1:29.97</b> |
| 6. | Margriet Leeffers    | Deltasteur       | 1:29.72 | 197800448 | <b>1:35.49</b> |

### Masters 35+, Heren

|       |                  |                    |         |           |                |
|-------|------------------|--------------------|---------|-----------|----------------|
| 1.    | Erwin Zuidervelt | De Futen           | 1:12.38 | 197501015 | <b>1:12.35</b> |
| 2.    | Alex Slooten     | Upstream Amsterdam | 1:16.00 | 197600849 | <b>1:17.37</b> |
| 3.    | Robin Roskam     | De Duinkickers     | 1:20.00 | 197801831 | <b>1:34.20</b> |
| AFGEM | Bouke Oortwijn   | Oeza               | 1:30.00 | 197801813 |                |
| AFGEM | Niels Buiten     | Zcnf'34            | 1:16.18 | 197701553 |                |

### Masters 40+, Dames

|                                                                                                                   |                                  |                  |         |           |                |
|-------------------------------------------------------------------------------------------------------------------|----------------------------------|------------------|---------|-----------|----------------|
| 1.                                                                                                                | Annette de Visser                | Z.S.C. Oceanus   | 1:19.20 | 197100602 | <b>1:19.31</b> |
| 2.                                                                                                                | Evelien van Klaarbergen-kleinuis | HZ&PC Heerenveen | 1:23.00 | 197200964 | <b>1:20.53</b> |
| 3.                                                                                                                | Diana Westerdijk                 | De Spatters      | 1:30.89 | 197200704 | <b>1:31.27</b> |
| 4.                                                                                                                | Annet Kootstra                   | Swol 1894        | 1:35.38 | 197100344 | <b>1:35.16</b> |
| DIS                                                                                                               | Sylvia Tetteroo                  | Ijzpc            | 1:49.17 | 197300476 |                |
| <i>SD - De bewegingen van de benen niet te allen tijde gelijktijdig in hetzelfde horizontale vlak uitgevoerd.</i> |                                  |                  |         |           |                |
| DIS                                                                                                               | Henriëtte van Ijssemluiden       | De Spatters      | 1:29.78 | 197100958 |                |
| <i>AA - Gestart voor startsignaal bij de 1e (1-startregel) of 2e start.</i>                                       |                                  |                  |         |           |                |

### Masters 40+, Heren

|       |                       |                  |         |           |                |
|-------|-----------------------|------------------|---------|-----------|----------------|
| 1.    | Machiel Stolk         | Swol 1894        | 1:10.30 | 197400779 | <b>1:10.84</b> |
| 2.    | Heiner Stevens        | Zignea           | 1:10.03 | 197201299 | <b>1:12.80</b> |
| 3.    | Kasper van den Berghe | Swol 1894        | 1:12.73 | 197301125 | <b>1:13.18</b> |
| 4.    | Arnold Jonker         | HZ&PC Heerenveen | 1:30.00 | 197000529 | <b>1:31.69</b> |
| AFGEM | Erik Veltman          | zpc Stadskanaal  | 1:19.44 | 197200941 |                |

## Programmanr. 3, 100m wisselslag

### Masters 45+, Dames

|     |                  |               |         |           |                |
|-----|------------------|---------------|---------|-----------|----------------|
| 1.  | Jantine Braakman | ZV De Bron    | 1:20.49 | 196500036 | <b>1:21.37</b> |
| 2.  | Marion Broekhuis | WS Twente     | 1:27.28 | 196800060 | <b>1:27.68</b> |
| 3.  | Miranda Keijl    | Zignea        | 1:34.14 | 196500588 | <b>1:32.67</b> |
| 4.  | Annette van Dok  | MSV- Zeemacht | 1:40.00 | 196800742 | <b>1:35.75</b> |
| DIS | Zilla Fokke      | De Futen      | 1:48.00 | 196800866 |                |

AA - Gestart voor startsignaal bij de 1e (1-startregel) of 2e start.

### Masters 45+, Heren

|     |                 |                    |         |           |                     |
|-----|-----------------|--------------------|---------|-----------|---------------------|
| 1.  | Marcel Jonkman  | Aqualero           | 1:12.92 | 196801389 | <b>1:11.82</b>      |
| 2.  | Paul de Boer    | De Amer            | 1:15.24 | 196801413 | <b>1:15.98</b> FJ 1 |
| 3.  | Gerko Versluis  | Zuiderzeewimmers   | 1:15.00 | 196901439 | <b>1:15.98</b> FJ 2 |
| 4.  | Erik Wetsteijn  | Swol 1894          | 1:15.93 | 196501019 | <b>1:16.32</b>      |
| 5.  | Jan Lindenaar   | Uzsc               | 1:22.00 | 196701623 | <b>1:17.29</b>      |
| 6.  | Marcel Brittijn | De Duinkickers     | 1:18.46 | 196900159 | <b>1:20.68</b>      |
| 7.  | Lambert Morsink | W.Z. & P.C. Triton | 1:21.32 | 196501427 | <b>1:23.25</b>      |
| DIS | Willem Jannink  | Swol 1894          | 1:21.83 | 196500423 |                     |

AA - Gestart voor startsignaal bij de 1e (1-startregel) of 2e start.

### Masters 50+, Dames

|    |                         |                    |         |           |                |
|----|-------------------------|--------------------|---------|-----------|----------------|
| 1. | Margriet Grove-Lingeman | Z.S.C. Oceanus     | 1:28.00 | 196200080 | <b>1:22.62</b> |
| 2. | Marijke Kraak-Beckers   | WS Twente          | 1:24.98 | 196000240 | <b>1:25.20</b> |
| 3. | Wilna Heijman           | 't Tolhekke        | 1:24.36 | 196400506 | <b>1:25.72</b> |
| 4. | Francine Sommer         | W.Z. & P.C. Triton | 1:31.12 | 196200384 | <b>1:30.73</b> |
| 5. | Ellen Parma             | W.Z. & P.C. Triton | 1:38.29 | 196200366 | <b>1:36.90</b> |
| 6. | Jennie Resink-lindeboom | Dwk                | 1:37.91 | 196000142 | <b>1:40.06</b> |
| 7. | Marjan Spoelstra        | Swol 1894          | 1:38.86 | 196000236 | <b>1:40.37</b> |

### Masters 50+, Heren

|    |                    |                   |         |           |                |
|----|--------------------|-------------------|---------|-----------|----------------|
| 1. | Arnold de Rover    | De Futen          | 1:11.11 | 196400645 | <b>1:09.96</b> |
| 2. | Andre Oud          | ZV De Bron        | 1:21.00 | 196300575 | <b>1:14.54</b> |
| 3. | Jan Wierenga       | ZV De Aalscholver | 1:15.37 | 196400843 | <b>1:16.74</b> |
| 4. | Henk Kuipers       | Uzsc              | 1:24.00 | 196201207 | <b>1:18.89</b> |
| 5. | Ronald van Vliet   | ZV De Aalscholver | 1:17.19 | 196300997 | <b>1:20.15</b> |
| 6. | Robert de Brauwier | De Duinkickers    | 1:19.01 | 196401383 | <b>1:20.48</b> |
| 7. | Jan Smalheer       | Scom              | 1:21.89 | 196400701 | <b>1:23.16</b> |
| 8. | Roel van der Schee | De Houtrib        | 1:40.00 | 196301389 | <b>1:50.31</b> |

### Masters 55+, Dames

|    |                  |            |         |           |                |
|----|------------------|------------|---------|-----------|----------------|
| 1. | Mathilde Vink    | Swol 1894  | 1:22.29 | 195800128 | <b>1:24.18</b> |
| 2. | Janny van Eijk   | ZV De Bron | 1:31.58 | 195800022 | <b>1:33.86</b> |
| 3. | Tonny den Braber | Scom       | 1:47.23 | 195700022 | <b>1:47.02</b> |

### Masters 55+, Heren

|    |                  |           |         |           |                |
|----|------------------|-----------|---------|-----------|----------------|
| 1. | Mark Eligh,      | Uzsc      | 1:14.52 | 195700497 | <b>1:15.10</b> |
| 2. | Nico Rozemeijer  | Aquafit   | 1:18.47 | 195900751 | <b>1:17.21</b> |
| 3. | Evertjan Masurel | Psv       | 1:22.29 | 195600495 | <b>1:19.57</b> |
| 4. | Jappie Kuiper    | Swol 1894 | 1:32.27 | 195500417 | <b>1:30.96</b> |
| 5. | Jan Timmerman    | Ijzpc     | 1:32.47 | 195700347 | <b>1:33.25</b> |

### Masters 60+, Dames

|    |                            |                |         |           |                |
|----|----------------------------|----------------|---------|-----------|----------------|
| 1. | Tineke van Diggelen        | Z.S.C. Oceanus | 1:49.81 | 195200048 | <b>1:48.74</b> |
| 2. | Corine Kalbfleisch         | Dwt            | 1:47.80 | 195200024 | <b>1:50.48</b> |
| 3. | Antoinette Gilding-Tussaud | WS Twente      | 1:50.52 | 195000038 | <b>1:51.38</b> |
| 4. | Janny van der Weide        | Deltasteur     | 2:35.81 | 195100066 | <b>2:35.92</b> |

### Masters 60+, Heren

|       |               |                  |         |           |  |
|-------|---------------|------------------|---------|-----------|--|
| AFGEM | Bert Veerkamp | Zuiderzeewimmers | 2:20.00 | 195200271 |  |
|-------|---------------|------------------|---------|-----------|--|

### Masters 65+, Heren

|    |           |            |         |           |                |
|----|-----------|------------|---------|-----------|----------------|
| 1. | Mans Buis | Het Ravijn | 1:47.76 | 194700133 | <b>1:47.60</b> |
|----|-----------|------------|---------|-----------|----------------|

## Programmanr. 3, 100m wisselslag

### Masters 70+, Heren

|    |           |     |         |           |                |
|----|-----------|-----|---------|-----------|----------------|
| 1. | Rob Hanou | Psv | 1:27.00 | 194300109 | <b>1:30.72</b> |
|----|-----------|-----|---------|-----------|----------------|

### Masters 75+, Heren

|    |           |               |         |           |                |
|----|-----------|---------------|---------|-----------|----------------|
| 1. | Nic Geers | Z&PC De Gouwe | 1:38.57 | 193800007 | <b>1:43.15</b> |
|----|-----------|---------------|---------|-----------|----------------|

## Programmanr. 4

25-05-2014 - 14:55

## 25m rugslag

20 - 89 jaar

Resultaten

| rang | naam | vereniging | inschrijftijd | tijd |
|------|------|------------|---------------|------|
|------|------|------------|---------------|------|

### Masters 20+, Dames

|    |                 |            |       |           |              |
|----|-----------------|------------|-------|-----------|--------------|
| 1. | Selly Swieringa | Aqualero   | 18.07 | 199008320 | <b>18.97</b> |
| 2. | Jannica Lieste  | Deltasteur | 18.60 | 199008348 | <b>19.21</b> |
| 3. | Maaïke Hiemstra | Aqualero   | 19.47 | 199008318 | <b>19.86</b> |
| 4. | Tessa van Dijk  | isis       | 21.96 | 199401252 | <b>20.74</b> |
| 5. | Janneke Wynia   | WS Twente  | 20.00 | 199005500 | <b>21.54</b> |

### Masters 20+, Heren

|    |                    |                    |       |           |              |
|----|--------------------|--------------------|-------|-----------|--------------|
| 1. | Kevin Hooijer      | W.Z. & P.C. Triton | 15.50 | 199401643 | <b>14.62</b> |
| 2. | Tim Bunnik         | W.Z. & P.C. Triton | 15.60 | 199000505 | <b>14.95</b> |
| 3. | Harry Dijkma       | isis               | 15.67 | 199100487 | <b>15.48</b> |
| 4. | Daniël Kunne       | Uzsc               | 15.55 | 199001709 | <b>15.57</b> |
| 5. | Bart van Olst      | Ducdalf            | 17.87 | 199101709 | <b>17.83</b> |
| 6. | Eric Kalee         | De Amer            | 17.00 | 199005307 | <b>17.88</b> |
| 7. | Leo Zijlstra       | isis               | 20.14 | 199007483 | <b>19.15</b> |
| 8. | Gerwin Bouwmeester | Zvv                | 22.22 | 199103501 | <b>21.35</b> |

### Masters 25+, Dames

|    |                          |                  |       |           |              |
|----|--------------------------|------------------|-------|-----------|--------------|
| 1. | Jeanette van Dijk        | isis             | 16.92 | 198700880 | <b>17.09</b> |
| 2. | Gerlinde van de Wetering | Deltasteur       | 17.11 | 198904678 | <b>18.06</b> |
| 3. | Martine Heres            | Ducdalf          | 17.11 | 198701668 | <b>18.82</b> |
| 4. | Rosemarie Veerkamp       | Zuiderzeewemmers | 20.51 | 198706092 | <b>20.42</b> |
| 5. | Aukje De Jong            | Aqualero         | 25.00 | 198706158 | <b>23.27</b> |
| 6. | Brechtje de Jong         | De Forel         | 24.11 | 198907422 | <b>23.67</b> |

### Masters 25+, Heren

|    |                  |         |       |           |              |
|----|------------------|---------|-------|-----------|--------------|
| 1. | Danny Jannenga   | Ducdalf | 16.93 | 198801673 | <b>17.00</b> |
| 2. | Simon Hogenstijn | Zvv     | 17.50 | 198805915 | <b>17.01</b> |
| 3. | Rik Bos          | Ducdalf | 17.01 | 198600345 | <b>17.13</b> |

### Masters 30+, Dames

|    |                      |                    |       |           |              |
|----|----------------------|--------------------|-------|-----------|--------------|
| 1. | Johanna Schuitema    | De Spatters        | 16.08 | 198102232 | <b>18.21</b> |
| 2. | Corine den Engelsens | Uzsc               | 21.00 | 198302822 | <b>18.75</b> |
| 3. | Jennifer Go          | W.Z. & P.C. Triton | 19.13 | 198400766 | <b>19.92</b> |
| 4. | Aleida Groenendijk   | Zuiderzeewemmers   | 18.61 | 198400816 | <b>20.80</b> |
| 5. | Rianne van Vegchelen | Deltasteur         | 23.29 | 198101530 | <b>23.64</b> |

### Masters 30+, Heren

|    |                 |                    |       |           |              |
|----|-----------------|--------------------|-------|-----------|--------------|
| 1. | Gerwin Vonk     | De Spatters        | 15.03 | 198201907 | <b>15.07</b> |
| 2. | Marcel Reefhuis | WS Twente          | 15.01 | 198101381 | <b>15.11</b> |
| 3. | Rob van Wanrooy | Gay Swim Amsterdam | 16.00 | 198202627 | <b>15.90</b> |
| 4. | René van Dijk   | isis               | 17.23 | 198400489 | <b>16.94</b> |
| 5. | Rutger Stam     | De Amer            | 16.63 | 198102463 | <b>17.03</b> |
| 6. | Remco Smit      | ZV De Aalscholver  | 17.79 | 198102477 | <b>18.32</b> |
| 7. | Mark Brinkhuis  | Hera'11            | 17.93 | 198302609 | <b>18.33</b> |

### Masters 35+, Dames

|    |                   |                |       |           |              |
|----|-------------------|----------------|-------|-----------|--------------|
| 1. | Fabiola Bosman    | Deltasteur     | 20.02 | 197701148 | <b>19.15</b> |
| 2. | Inge Roskam       | De Duinkickers | 20.00 | 197801296 | <b>20.50</b> |
| 3. | Margriet Leefters | Deltasteur     | 20.90 | 197800448 | <b>20.98</b> |

## Programmanr. 4, 25m rugslag

### Masters 35+, Heren

|       |                |                    |       |           |              |
|-------|----------------|--------------------|-------|-----------|--------------|
| 1.    | Kees Bakker    | Gay Swim Amsterdam | 15.59 | 197501055 | <b>15.47</b> |
| 2.    | Robin Roskam   | De Duinkickers     | 20.00 | 197801831 | <b>20.13</b> |
| AFGEM | Bouke Oortwijn | Oeza               | 22.00 | 197801813 |              |

### Masters 40+, Dames

|    |                    |          |       |           |              |
|----|--------------------|----------|-------|-----------|--------------|
| 1. | Tony de Groot      | De Futen | 18.73 | 197300758 | <b>18.61</b> |
| 2. | Ageeth Boomsma     | Orca     | 18.76 | 197000826 | <b>19.10</b> |
| 3. | Greta Wyma-Teitsma | Dwk      | 19.80 | 197100696 | <b>19.22</b> |
| 4. | Angeline Hamstra   | Scom     | 22.80 | 197200782 | <b>23.39</b> |

### Masters 40+, Heren

|    |                      |       |       |           |              |
|----|----------------------|-------|-------|-----------|--------------|
| 1. | Gertjan van de Bosch | Ijzpc | 22.00 | 197001615 | <b>20.74</b> |
|----|----------------------|-------|-------|-----------|--------------|

### Masters 45+, Dames

|    |                           |                    |       |           |              |
|----|---------------------------|--------------------|-------|-----------|--------------|
| 1. | Caroline Schreuder        | W.Z. & P.C. Triton | 17.75 | 196700550 | <b>17.82</b> |
| 2. | Roelien Speelman-Tigelaar | De Spatters        | 18.01 | 196600664 | <b>18.99</b> |
| 3. | Peggi Hurenkamp           | HZ&PC Heerenveen   | 19.15 | 196900922 | <b>19.61</b> |
| 4. | Franciena Eggers          | ZV De Bron         | 18.00 | 196500062 | <b>19.62</b> |
| 5. | Miranda Keijl             | Zignea             | 20.14 | 196500588 | <b>19.91</b> |
| 6. | Hetty Smalheer            | Scom               | 20.48 | 196700352 | <b>20.11</b> |
| 7. | Ilse Vos-Viergever        | De Hokseberg       | 20.60 | 196800644 | <b>23.00</b> |
| 8. | Remona Dekker             | ZV De Bron         | 27.50 | 196600620 | <b>23.26</b> |

### Masters 45+, Heren

|    |                 |                  |       |           |              |
|----|-----------------|------------------|-------|-----------|--------------|
| 1. | Roelof Broekman | De Spatters      | 17.22 | 196800155 | <b>17.31</b> |
| 2. | Marcel Brittijn | De Duinkickers   | 17.00 | 196900159 | <b>17.60</b> |
| 3. | Gerko Versluis  | Zuiderzeewemmers | 18.68 | 196901439 | <b>18.61</b> |
| 4. | Paul de Boer    | De Amer          | 17.22 | 196801413 | <b>18.80</b> |

### Masters 50+, Dames

|    |                       |                    |       |           |              |
|----|-----------------------|--------------------|-------|-----------|--------------|
| 1. | Marijke Kraak-Beckers | WS Twente          | 18.97 | 196000240 | <b>18.92</b> |
| 2. | Ellen Parma           | W.Z. & P.C. Triton | 21.43 | 196200366 | <b>20.80</b> |
| 3. | Gea Kuiper            | Zcnf'34            | 22.94 | 196100104 | <b>23.39</b> |
| 4. | Riek Schra            | Steenwijk 1934     | 29.04 | 196400404 | <b>29.90</b> |

### Masters 50+, Heren

|    |                  |                   |       |           |              |
|----|------------------|-------------------|-------|-----------|--------------|
| 1. | Ronald van Vliet | ZV De Aalscholver | 18.25 | 196300997 | <b>18.98</b> |
|----|------------------|-------------------|-------|-----------|--------------|

### Masters 55+, Heren

|    |                      |                    |       |           |              |
|----|----------------------|--------------------|-------|-----------|--------------|
| 1. | Paul Bunnik          | W.Z. & P.C. Triton | 17.60 | 195600413 | <b>18.34</b> |
| 2. | Pier van der Sluis   | Orca               | 17.00 | 195900757 | <b>19.05</b> |
| 3. | Jan Timmerman        | Ijzpc              | 19.95 | 195700347 | <b>20.51</b> |
| 4. | Adrie van der Gracht | Oeza               | 24.08 | 195700485 | <b>24.23</b> |

### Masters 60+, Dames

|    |                    |     |       |           |              |
|----|--------------------|-----|-------|-----------|--------------|
| 1. | Patty Krupiarz     | Psv | 19.40 | 195400074 | <b>19.04</b> |
| 2. | Corine Kalbfleisch | Dwt | 21.57 | 195200024 | <b>21.98</b> |

### Masters 65+, Dames

|    |                  |                |       |           |              |
|----|------------------|----------------|-------|-----------|--------------|
| 1. | Annet Verhoeven  | De Duinkickers | 26.38 | 194600024 | <b>27.64</b> |
| 2. | Adrie Oostendorp | ZV De Bron     | 35.10 | 194900024 | <b>33.50</b> |

### Masters 65+, Heren

|    |          |            |       |           |              |
|----|----------|------------|-------|-----------|--------------|
| 1. | Han Roos | ZV De Bron | 19.00 | 194500081 | <b>20.00</b> |
|----|----------|------------|-------|-----------|--------------|

### Masters 70+, Dames

|    |           |            |       |           |              |
|----|-----------|------------|-------|-----------|--------------|
| 1. | Leny Kamp | Aquapoldro | 27.00 | 194400008 | <b>26.75</b> |
|----|-----------|------------|-------|-----------|--------------|

## Programmanr. 4, 25m rugslag

### Masters 70+, Heren

|       |                |      |       |           |
|-------|----------------|------|-------|-----------|
| AFGEM | Aad Grapendaal | Oeza | 25.06 | 194200063 |
|-------|----------------|------|-------|-----------|

## Programmanr. 5 25-05-2014 - 15:05

## 100m schoolslag

## 20 - 89 jaar Resultaten

| rang                                                                                                                                             | naam               | vereniging         | inschrijftijd | tijd      |         |
|--------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|--------------------|---------------|-----------|---------|
| Masters 20+, Dames                                                                                                                               |                    |                    |               |           |         |
| 1.                                                                                                                                               | Kimberly Kluit     | Zuiderzeewemmers   | 1:41.28       | 199203502 | 1:38.35 |
| 2.                                                                                                                                               | Birgit Wiersma     | Zuiderzeewemmers   | 1:41.84       | 199300840 | 1:41.12 |
| AFGEM                                                                                                                                            | Krista Kostwinder  | Scom               | 1:30.58       | 199401058 |         |
| Masters 20+, Heren                                                                                                                               |                    |                    |               |           |         |
| 1.                                                                                                                                               | Rob Rikken         | Zvv                | 1:29.57       | 199402521 | 1:29.26 |
| Masters 25+, Dames                                                                                                                               |                    |                    |               |           |         |
| 1.                                                                                                                                               | Annelette de Vries | WS Twente          | 1:25.13       | 198603908 | 1:27.01 |
| Masters 25+, Heren                                                                                                                               |                    |                    |               |           |         |
| 1.                                                                                                                                               | Jeroen Leenslag    | Scom               | 1:15.44       | 198802129 | 1:18.67 |
| 2.                                                                                                                                               | Albert Dijkma      | De Forel           | 1:26.45       | 198700711 | 1:28.95 |
| DIS                                                                                                                                              | Tim Essers         | Oeza               | 1:27.78       | 198800987 |         |
| SA - Na start en/of keerpunt niet met het hoofd het wateroppervlak doorbroken, voordat bij het wijdste gedeelte v.d. 2e armslag de handen naar b |                    |                    |               |           |         |
| AFGEM                                                                                                                                            | Bob (RPJ) Peters   | De Spatters        | 1:33.44       | 198702565 |         |
| Masters 30+, Dames                                                                                                                               |                    |                    |               |           |         |
| 1.                                                                                                                                               | Esther van Buren   | De Duinkickers     | 1:56.51       | 198001670 | 1:46.72 |
| Masters 30+, Heren                                                                                                                               |                    |                    |               |           |         |
| 1.                                                                                                                                               | Lauren Vis         | Steenwijk 1934     | 1:10.96       | 198201883 | 1:10.68 |
| 2.                                                                                                                                               | Hans Cligge        | De Futen           | 1:23.13       | 198100315 | 1:24.57 |
| 3.                                                                                                                                               | Maarten Prot       | Upstream Amsterdam | 1:34.00       | 198403195 | 1:29.41 |
| Masters 35+, Dames                                                                                                                               |                    |                    |               |           |         |
| 1.                                                                                                                                               | Inez Heideman      | WS Twente          | 1:23.10       | 197500198 | 1:24.78 |
| Masters 35+, Heren                                                                                                                               |                    |                    |               |           |         |
| 1.                                                                                                                                               | Alex Slooten       | Upstream Amsterdam | 1:19.00       | 197600849 | 1:21.12 |
| 2.                                                                                                                                               | Martijn Butter     | Oeza               | 1:22.32       | 197900231 | 1:24.30 |
| AFGEM                                                                                                                                            | Niels Buiten       | Zcnf'34            | 1:27.81       | 197701553 |         |
| Masters 40+, Dames                                                                                                                               |                    |                    |               |           |         |
| 1.                                                                                                                                               | Annette de Visser  | Z.S.C. Oceanus     | 1:31.64       | 197100602 | 1:30.36 |
| 2.                                                                                                                                               | Annet Kootstra     | Swol 1894          | 1:41.57       | 197100344 | 1:44.58 |
| Masters 40+, Heren                                                                                                                               |                    |                    |               |           |         |
| 1.                                                                                                                                               | Heiner Stevens     | Zignea             | 1:18.68       | 197201299 | 1:20.70 |
| 2.                                                                                                                                               | Martin Postma      | De Fuut            | 1:23.26       | 197301493 | 1:22.08 |
| 3.                                                                                                                                               | Arnold Jonker      | HZ&PC Heerenveen   | 1:40.00       | 197000529 | 1:41.20 |
| 4.                                                                                                                                               | Oebele Boomsma     | Orca               | 1:50.13       | 197001659 | 1:44.76 |
| DIS                                                                                                                                              | Michael van Bekkum | Swol 1894          | 1:19.92       | 197200051 |         |
| AA - Gestart voor startsignaal bij de 1e (1-startregel) of 2e start.                                                                             |                    |                    |               |           |         |
| Masters 45+, Dames                                                                                                                               |                    |                    |               |           |         |
| 1.                                                                                                                                               | Ilse Vos-Viergever | De Hokseberg       | 1:39.24       | 196800644 | 1:40.90 |
| DIS                                                                                                                                              | Marion Broekhuis   | WS Twente          | 1:42.39       | 196800060 |         |
| SD - De bewegingen van de benen niet te allen tijde gelijktijdig in hetzelfde horizontale vlak uitgevoerd.                                       |                    |                    |               |           |         |

# Programmanr. 5, Dames, 100m schoolslag, Masters 45+

| rang                                                               | naam        | vereniging     | inschrijftijd | tijd      |
|--------------------------------------------------------------------|-------------|----------------|---------------|-----------|
| DIS                                                                | Laura Staal | Z.S.C. Oceanus | 1:35.00       | 196700358 |
| SR - Meer dan één vlinderbeenslag na start en/of keerpunt gemaakt. |             |                |               |           |

## Masters 45+, Heren

|       |                      |                  |         |           |                |
|-------|----------------------|------------------|---------|-----------|----------------|
| 1.    | Martijn van de Deure | ZV De Bron       | 1:40.00 | 196901709 | <b>1:36.54</b> |
| AFGEM | René Beetsma         | HZ&PC Heerenveen | 1:16.00 | 196900069 |                |

## Masters 50+, Dames

|                                                                      |                         |                |         |           |
|----------------------------------------------------------------------|-------------------------|----------------|---------|-----------|
| DIS                                                                  | Margriet Grove-Lingeman | Z.S.C. Oceanus | 1:40.00 | 196200080 |
| AA - Gestart voor startsignaal bij de 1e (1-startregel) of 2e start. |                         |                |         |           |

## Masters 50+, Heren

|    |                    |            |         |           |                |
|----|--------------------|------------|---------|-----------|----------------|
| 1. | Andre Oud          | ZV De Bron | 1:30.00 | 196300575 | <b>1:29.14</b> |
| 2. | Jan Smalheer       | Scom       | 1:29.60 | 196400701 | <b>1:31.36</b> |
| 3. | Jack Barends       | WS Twente  | 1:29.20 | 196201011 | <b>1:32.76</b> |
| 4. | Perry Dekker       | ZV De Bron | 1:36.92 | 196201081 | <b>1:38.36</b> |
| 5. | Michiel Tonsbeek   | Dwt        | 1:40.56 | 196000889 | <b>1:41.39</b> |
| 6. | Roel van der Schee | De Houtrib | 1:45.00 | 196301389 | <b>1:50.09</b> |

## Masters 55+, Dames

|    |                |              |         |           |                |
|----|----------------|--------------|---------|-----------|----------------|
| 1. | Monica Bakker  | ZVZwartsluis | 1:36.43 | 195600082 | <b>1:37.86</b> |
| 2. | Mathilde Vink  | Swol 1894    | 1:37.20 | 195800128 | <b>1:38.26</b> |
| 3. | Janny van Eijk | ZV De Bron   | 1:42.83 | 195800022 | <b>1:43.82</b> |

## Masters 55+, Heren

|    |                  |     |         |           |                |
|----|------------------|-----|---------|-----------|----------------|
| 1. | Evertjan Masurel | Psv | 1:30.00 | 195600495 | <b>1:32.83</b> |
|----|------------------|-----|---------|-----------|----------------|

## Masters 60+, Dames

|    |                            |           |         |           |                |
|----|----------------------------|-----------|---------|-----------|----------------|
| 1. | Antoinette Gilding-Tussaud | WS Twente | 2:09.45 | 195000038 | <b>2:11.52</b> |
|----|----------------------------|-----------|---------|-----------|----------------|

## Masters 65+, Heren

|    |                 |            |         |           |                |
|----|-----------------|------------|---------|-----------|----------------|
| 1. | Mans Buis       | Het Ravijn | 1:48.36 | 194700133 | <b>1:52.54</b> |
| 2. | Henk Oostendorp | ZV De Bron | 1:56.66 | 194800093 | <b>1:54.26</b> |

|                    |                |              |
|--------------------|----------------|--------------|
| Programmanr. 6     | 25m vrije slag | 20 - 89 jaar |
| 25-05-2014 - 15:25 |                | Resultaten   |

| rang               | naam            | vereniging | inschrijftijd |           | tijd  |
|--------------------|-----------------|------------|---------------|-----------|-------|
| Masters 20+, Dames |                 |            |               |           |       |
| 1.                 | Selly Swieringa | Aqualero   | 14.50         | 199008320 | 14.74 |
| 2.                 | Jannica Lieste  | Deltasteur | 17.00         | 199008348 | 16.09 |
| 3.                 | Maaïke Hiemstra | Aqualero   | 16.51         | 199008318 | 16.70 |
| 4.                 | Janneke Wynia   | WS Twente  | 17.00         | 199005500 | 17.12 |
| 5.                 | Tessa van Dijk  | isis       | 17.91         | 199401252 | 17.32 |

## Masters 20+, Heren

|    |                    |                    |       |           |              |
|----|--------------------|--------------------|-------|-----------|--------------|
| 1. | Tim Bunnik         | W.Z. & P.C. Triton | 12.32 | 199000505 | <b>11.86</b> |
| 2. | Daniël Kunne       | Uzsc               | 13.50 | 199001709 | <b>12.48</b> |
| 3. | Kevin Hooijer      | W.Z. & P.C. Triton | 13.00 | 199401643 | <b>12.81</b> |
| 4. | Harry Dijkma       | isis               | 13.29 | 199100487 | <b>12.93</b> |
| 5. | Leo Zijlstra       | isis               | 16.83 | 199007483 | <b>14.39</b> |
| 6. | Bart van Olst      | Ducdalf            | 14.92 | 199101709 | <b>14.85</b> |
| 7. | Gerwin Bouwmeester | Zvv                | 17.42 | 199103501 | <b>17.53</b> |

## Programmanr. 6, 25m vrije slag

### Masters 25+, Dames

|    |                    |                   |       |           |              |
|----|--------------------|-------------------|-------|-----------|--------------|
| 1. | Annelette de Vries | WS Twente         | 13.48 | 198603908 | <b>13.57</b> |
| 2. | Jeanette van Dijk  | isis              | 17.98 | 198700880 | <b>14.42</b> |
| 3. | Serima Veen        | De Spatters       | 14.61 | 198604104 | <b>14.98</b> |
| 4. | Chantal Netjes     | Zignea            | 17.25 | 198903014 | <b>16.09</b> |
| 5. | Rosemarie Veerkamp | Zuiderzeezwemmers | 16.92 | 198706092 | <b>16.72</b> |
| 6. | Aukje De Jong      | Aqualero          | 18.68 | 198706158 | <b>18.44</b> |
| 7. | Brechtje de Jong   | De Forel          | 20.03 | 198907422 | <b>20.58</b> |

### Masters 25+, Heren

|    |                  |                |       |           |              |
|----|------------------|----------------|-------|-----------|--------------|
| 1. | Rik Bos          | Ducdalf        | 13.03 | 198600345 | <b>12.89</b> |
| 2. | Robin Eggenkamp  | De Duinkickers | 14.42 | 198700847 | <b>14.10</b> |
| 3. | Simon Hogenstijn | Zvv            | 14.50 | 198805915 | <b>14.74</b> |

### Masters 30+, Dames

|    |                      |                   |       |           |              |
|----|----------------------|-------------------|-------|-----------|--------------|
| 1. | Petra Benani-Wolsing | De Futen          | 13.99 | 198402796 | <b>14.37</b> |
| 2. | Corine den Engelsen  | Uzsc              | 16.50 | 198302822 | <b>15.16</b> |
| 3. | Johanna Schuitema    | De Spatters       | 15.93 | 198102232 | <b>15.67</b> |
| 4. | Aleida Groenendijk   | Zuiderzeezwemmers | 15.54 | 198400816 | <b>16.97</b> |
| 5. | Rianne van Vegchelen | Deltasteur        | 17.16 | 198101530 | <b>17.00</b> |

### Masters 30+, Heren

|    |               |                   |       |           |              |
|----|---------------|-------------------|-------|-----------|--------------|
| 1. | Lauren Vis    | Steenwijk 1934    | 12.10 | 198201883 | <b>11.62</b> |
| 2. | Rutger Stam   | De Amer           | 11.60 | 198102463 | <b>12.16</b> |
| 3. | Gerwin Vonk   | De Spatters       | 12.50 | 198201907 | <b>12.60</b> |
| 4. | Erik van Hell | De Amer           | 12.53 | 198200643 | <b>12.96</b> |
| 5. | René van Dijk | isis              | 13.39 | 198400489 | <b>13.65</b> |
| 6. | Remco Smit    | ZV De Aalscholver | 13.89 | 198102477 | <b>13.94</b> |

### Masters 35+, Dames

|    |                      |            |       |           |              |
|----|----------------------|------------|-------|-----------|--------------|
| 1. | Marty Krans-de Weerd | Zcnf'34    | 13.03 | 197500604 | <b>13.67</b> |
| 2. | Fabiola Bosman       | Deltasteur | 16.00 | 197701148 | <b>15.75</b> |

### Masters 35+, Heren

|       |                |                    |       |           |              |
|-------|----------------|--------------------|-------|-----------|--------------|
| 1.    | Kees Bakker    | Gay Swim Amsterdam | 13.20 | 197501055 | <b>12.75</b> |
| 2.    | Robin Roskam   | De Duinkickers     | 15.00 | 197801831 | <b>16.17</b> |
| AFGEM | Peter Lutjes   | zpc Stadskanaal    | 12.94 | 197601471 |              |
| AFGEM | Bouke Oortwijn | Oeza               | 18.00 | 197801813 |              |

### Masters 40+, Dames

|    |                            |             |       |           |              |
|----|----------------------------|-------------|-------|-----------|--------------|
| 1. | Tony de Groot              | De Futen    | 15.04 | 197300758 | <b>15.14</b> |
| 2. | Miranda Straetemans        | Zignea      | 15.48 | 197400514 | <b>15.60</b> |
| 3. | Ageeth Boomsma             | Orca        | 15.24 | 197000826 | <b>15.72</b> |
| 4. | Henriëtte van Ijsselmuiden | De Spatters | 16.34 | 197100958 | <b>16.04</b> |
| 5. | Diana Westerdijk           | De Spatters | 16.29 | 197200704 | <b>16.28</b> |
| 6. | Greta Wyma-Teitsma         | Dwk         | 18.80 | 197100696 | <b>17.28</b> |
| 7. | Sylvia Tetteroo            | Ijzpc       | 20.69 | 197300476 | <b>21.53</b> |

### Masters 40+, Heren

|       |                |                 |       |           |              |
|-------|----------------|-----------------|-------|-----------|--------------|
| 1.    | Oebele Boomsma | Orca            | 18.56 | 197001659 | <b>16.30</b> |
| 2.    | Sander Komen   | ZV De Bron      | 14.00 | 197201507 | <b>16.34</b> |
| AFGEM | Erik Veltman   | zpc Stadskanaal | 13.70 | 197200941 |              |

### Masters 45+, Dames

|    |                  |                  |       |           |              |
|----|------------------|------------------|-------|-----------|--------------|
| 1. | Iris van Aurich  | Dwk              | 15.55 | 196900866 | <b>14.89</b> |
| 2. | Franciena Eggers | ZV De Bron       | 15.35 | 196500062 | <b>15.20</b> |
| 3. | Jantine Braakman | ZV De Bron       | 14.50 | 196500036 | <b>15.25</b> |
| 4. | Peggi Hurenkamp  | HZ&PC Heerenveen | 15.25 | 196900922 | <b>15.53</b> |
| 5. | Remona Dekker    | ZV De Bron       | 16.74 | 196600620 | <b>16.70</b> |

## Programmanr. 6, 25m vrije slag

### Masters 45+, Heren

|    |                      |                    |       |           |              |
|----|----------------------|--------------------|-------|-----------|--------------|
| 1. | Gerko Versluis       | Zuiderzeewemmers   | 13.10 | 196901439 | <b>12.93</b> |
| 2. | Paul de Boer         | De Amer            | 12.82 | 196801413 | <b>13.51</b> |
| 3. | Lambert Morsink      | W.Z. & P.C. Triton | 13.81 | 196501427 | <b>13.54</b> |
| 4. | Jan Lindenaar        | Uzsc               | 13.35 | 196701623 | <b>13.56</b> |
| 5. | Willem Jannink       | Swol 1894          | 14.04 | 196500423 | <b>13.88</b> |
| 6. | Marcel Brittijn      | De Duinkickers     | 14.17 | 196900159 | <b>13.97</b> |
| 7. | Roelof Broekman      | De Spatters        | 14.07 | 196800155 | <b>14.12</b> |
| 8. | Martijn van de Deure | ZV De Bron         | 15.67 | 196901709 | <b>14.67</b> |

### Masters 50+, Dames

|    |                       |                    |       |           |              |
|----|-----------------------|--------------------|-------|-----------|--------------|
| 1. | Francine Sommer       | W.Z. & P.C. Triton | 14.97 | 196200384 | <b>15.45</b> |
| 2. | Marijke Kraak-Beckers | WS Twente          | 16.06 | 196000240 | <b>16.16</b> |
| 3. | Ellen Parma           | W.Z. & P.C. Triton | 16.94 | 196200366 | <b>16.78</b> |
| 4. | Gea Kuiper            | Zcnf'34            | 20.48 | 196100104 | <b>19.95</b> |
| 5. | Riekje Schra          | Steenwijk 1934     | 23.82 | 196400404 | <b>25.08</b> |

### Masters 50+, Heren

|    |                    |            |       |           |              |
|----|--------------------|------------|-------|-----------|--------------|
| 1. | Arnold de Rover    | De Futen   | 12.61 | 196400645 | <b>12.81</b> |
| 2. | Marcel Stroet      | ZV De Bron | 13.95 | 196400929 | <b>14.33</b> |
| 3. | Perry Dekker       | ZV De Bron | 15.94 | 196201081 | <b>16.69</b> |
| 4. | Roel van der Schee | De Houtrib | 18.00 | 196301389 | <b>17.54</b> |

### Masters 55+, Heren

|    |                      |           |       |           |              |
|----|----------------------|-----------|-------|-----------|--------------|
| 1. | Mark Eligh,          | Uzsc      | 13.50 | 195700497 | <b>13.55</b> |
| 2. | Pier van der Sluis   | Orca      | 14.00 | 195900757 | <b>14.58</b> |
| 3. | Jappie Kuiper        | Swol 1894 | 14.78 | 195500417 | <b>14.78</b> |
| 4. | Jan Timmerman        | Ijzpc     | 14.78 | 195700347 | <b>15.54</b> |
| 5. | Adrie van der Gracht | Oeza      | 16.83 | 195700485 | <b>17.59</b> |

### Masters 60+, Dames

|    |                            |            |       |           |              |
|----|----------------------------|------------|-------|-----------|--------------|
| 1. | Patty Krupiarz             | Psv        | 15.56 | 195400074 | <b>15.82</b> |
| 2. | Corine Kalbfleisch         | Dwt        | 17.07 | 195200024 | <b>17.20</b> |
| 3. | Antoinette Gilding-Tussaud | WS Twente  | 19.50 | 195000038 | <b>20.06</b> |
| 4. | Janny van der Weide        | Deltasteur | 23.24 | 195100066 | <b>24.40</b> |

### Masters 60+, Heren

|    |              |            |       |           |              |
|----|--------------|------------|-------|-----------|--------------|
| 1. | Peter Duijst | ZV De Bron | 14.00 | 195400319 | <b>14.12</b> |
| 2. | Jos Kamps    | De Amer    | 14.42 | 195100085 | <b>15.24</b> |

### Masters 65+, Dames

|    |                  |                |       |           |              |
|----|------------------|----------------|-------|-----------|--------------|
| 1. | Annet Verhoeven  | De Duinkickers | 20.10 | 194600024 | <b>20.16</b> |
| 2. | Irene de Boer    | ZV De Bron     | 26.92 | 194600002 | <b>25.37</b> |
| 3. | Adrie Oostendorp | ZV De Bron     | 30.13 | 194900024 | <b>30.34</b> |

### Masters 65+, Heren

|    |          |            |       |           |              |
|----|----------|------------|-------|-----------|--------------|
| 1. | Han Roos | ZV De Bron | 14.50 | 194500081 | <b>14.93</b> |
|----|----------|------------|-------|-----------|--------------|

### Masters 70+, Dames

|    |           |            |       |           |              |
|----|-----------|------------|-------|-----------|--------------|
| 1. | Leny Kamp | Aquapoldro | 26.00 | 194400008 | <b>25.37</b> |
|----|-----------|------------|-------|-----------|--------------|

### Masters 70+, Heren

|       |                |      |       |           |  |
|-------|----------------|------|-------|-----------|--|
| AFGEM | Aad Grapendaal | Oeza | 19.67 | 194200063 |  |
|-------|----------------|------|-------|-----------|--|

| rang                                                                 | naam                              | vereniging         | inschrijftijd | tijd      |          |
|----------------------------------------------------------------------|-----------------------------------|--------------------|---------------|-----------|----------|
| Masters 20+, Dames                                                   |                                   |                    |               |           |          |
| 1.                                                                   | Denise Koerhuis                   | De Spatters        | 5:11.18       | 199400306 | 5:26.89  |
| 2.                                                                   | Marloes Benjamins                 | Aqualero           | 5:26.65       | 199105110 | 5:42.36  |
| 3.                                                                   | Charine de Ruiter                 | Steenwijk 1934     | 5:35.00       | 199403668 | 5:45.60  |
| 4.                                                                   | Kimberly Kluft                    | Zuiderzeewemmers   | 7:00.00       | 199203502 | 6:28.74  |
| 5.                                                                   | Birgit Wiersma                    | Zuiderzeewemmers   | 6:43.26       | 199300840 | 6:41.89  |
| AFGEM                                                                | Liesbeth Bruinekool               | Zuiderzeewemmers   | 8:10.54       | 199007958 |          |
| Masters 20+, Heren                                                   |                                   |                    |               |           |          |
| 1.                                                                   | Tim Bunnik                        | W.Z. & P.C. Triton | 4:28.08       | 199000505 | 4:33.57  |
| 2.                                                                   | Mike Koelewijn                    | Steenwijk 1934     | 5:02.73       | 199303597 | 4:53.21  |
| Masters 25+, Dames                                                   |                                   |                    |               |           |          |
| 1.                                                                   | Karin Hovenkamp                   | De Spatters        | 5:41.76       | 198701850 | 5:38.23  |
| 2.                                                                   | Sabrina Dessens                   | ZV De Bron         | 6:50.17       | 198503486 | 6:47.73  |
| 3.                                                                   | Anne van den Besselaar            | HZ&PC Heerenveen   | 11:00.00      | 198504062 | 11:21.91 |
| Masters 25+, Heren                                                   |                                   |                    |               |           |          |
| 1.                                                                   | Tim Essers                        | Oeza               | 5:26.37       | 198800987 | 5:17.30  |
| 2.                                                                   | Albert Dijkma                     | De Forel           | 5:22.92       | 198700711 | 5:35.15  |
| 3.                                                                   | Danny Jannenga                    | Ducdalf            | 6:16.54       | 198801673 | 5:57.36  |
| 4.                                                                   | Henk-Jan van 't Hof               | De Hokseberg       | 6:22.95       | 198804325 | 6:18.51  |
| Masters 30+, Dames                                                   |                                   |                    |               |           |          |
| 1.                                                                   | Petra Benani-Wolsing              | De Futen           | 5:06.53       | 198402796 | 5:05.58  |
| 2.                                                                   | Mariska Stins                     | Oeza               | 5:36.64       | 198402364 | 5:44.44  |
| 3.                                                                   | Esther Beerling                   | W.Z. & P.C. Triton | 5:46.77       | 198400120 | 5:46.10  |
| 4.                                                                   | Marijke Dirkse                    | Ijzpc              | 6:00.95       | 198403480 | 5:52.04  |
| Masters 30+, Heren                                                   |                                   |                    |               |           |          |
| 1.                                                                   | Marcel Reefhuis                   | WS Twente          | 4:38.24       | 198101381 | 4:48.07  |
| 2.                                                                   | Mark Brinkhuis                    | Hera'11            | 5:41.66       | 198302609 | 5:44.48  |
| 3.                                                                   | Hans Cligge                       | De Futen           | 6:28.43       | 198100315 | 6:20.42  |
| 4.                                                                   | Remco Veerkamp                    | Zuiderzeewemmers   | 6:24.37       | 198102311 | 6:22.18  |
| Masters 35+, Dames                                                   |                                   |                    |               |           |          |
| 1.                                                                   | Inez Heideman                     | WS Twente          | 5:41.70       | 197500198 | 5:27.58  |
| 2.                                                                   | Jannie Vennik                     | HZ&PC Heerenveen   | 5:53.59       | 197601006 | 5:48.43  |
| 3.                                                                   | Carmen Haan                       | De Spatters        | 5:34.80       | 197901458 | 5:49.95  |
| 4.                                                                   | Eveline Hacquebord                | Ijzpc              | 5:45.26       | 197901206 | 5:58.39  |
| 5.                                                                   | Fabiola Bosman                    | Deltasteur         | 6:30.00       | 197701148 | 6:20.70  |
| Masters 35+, Heren                                                   |                                   |                    |               |           |          |
| 1.                                                                   | Martijn Butter                    | Oeza               | 4:34.81       | 197900231 | 4:41.33  |
| 2.                                                                   | Erwin Zuidervelt                  | De Futen           | 5:18.00       | 197501015 | 5:08.33  |
| 3.                                                                   | Arjan Aalbers                     | Swol 1894          | 6:01.71       | 197500001 | 5:23.59  |
| 4.                                                                   | Rinke Nijland                     | Ijzpc              | 6:20.00       | 197901735 | 6:11.13  |
| DIS                                                                  | Kees Bakker                       | Gay Swim Amsterdam | 5:15.00       | 197501055 |          |
| AA - Gestart voor startsignaal bij de 1e (1-startregel) of 2e start. |                                   |                    |               |           |          |
| Masters 40+, Dames                                                   |                                   |                    |               |           |          |
| 1.                                                                   | Annette de Visser                 | Z.S.C. Oceanus     | 5:09.33       | 197100602 | 5:10.57  |
| 2.                                                                   | Evelien van Klaarbergen-kleinhuys | HZ&PC Heerenveen   | 5:40.00       | 197200964 | 5:27.49  |
| 3.                                                                   | Ageeth Boomsma                    | Orca               | 6:06.81       | 197000826 | 5:52.36  |
| 4.                                                                   | Miranda Straetmans                | Zignea             | 5:59.99       | 197400514 | 6:02.62  |
| 5.                                                                   | Annet Kootstra                    | Swol 1894          | 5:56.70       | 197100344 | 6:16.25  |
| 6.                                                                   | Angeline Hamstra                  | Scom               | 6:35.38       | 197200782 | 6:39.29  |
| 7.                                                                   | Greta Wyma-Teitsma                | Dwk                | 6:38.84       | 197100696 | 6:46.03  |
| AFGEM                                                                | Renata van Essen                  | Zuiderzeewemmers   | 5:50.24       | 197300740 |          |

## Programmanr. 7, 400m vrije slag

### Masters 40+, Heren

|    |                       |            |         |           |                |
|----|-----------------------|------------|---------|-----------|----------------|
| 1. | Machiel Stolk         | Swol 1894  | 5:20.54 | 197400779 | <b>5:04.33</b> |
| 2. | Kasper van den Berghe | Swol 1894  | 5:11.72 | 197301125 | <b>5:14.94</b> |
| 3. | Heiner Stevens        | Zignea     | 5:13.64 | 197201299 | <b>5:21.00</b> |
| 4. | Eric van den Blink    | De Houtrib | 7:10.00 | 197001667 | <b>7:04.54</b> |

### Masters 45+, Dames

|    |                    |                    |         |           |                |
|----|--------------------|--------------------|---------|-----------|----------------|
| 1. | Laura Staal        | Z.S.C. Oceanus     | 5:35.00 | 196700358 | <b>5:24.96</b> |
| 2. | Caroline Schreuder | W.Z. & P.C. Triton | 5:41.22 | 196700550 | <b>5:44.13</b> |
| 3. | Iris van Aurich    | Dwk                | 5:46.65 | 196900866 | <b>6:02.10</b> |
| 4. | Peggi Hurenkamp    | HZ&PC Heerenveen   | 6:33.30 | 196900922 | <b>6:09.33</b> |
| 5. | Hetty Smalheer     | Scom               | 6:20.17 | 196700352 | <b>6:26.59</b> |
| 6. | Annette van Dok    | MSV- Zeemacht      | 6:27.54 | 196800742 | <b>6:35.09</b> |
| 7. | Zilla Fokke        | De Futen           | 6:40.00 | 196800866 | <b>6:49.42</b> |

### Masters 45+, Heren

|       |                 |                    |         |           |                |
|-------|-----------------|--------------------|---------|-----------|----------------|
| 1.    | Jan Lindenaar   | Uzsc               | 5:28.00 | 196701623 | <b>5:16.94</b> |
| 2.    | Huyb Stegeman   | Steenwijk 1934     | 5:35.00 | 196701535 | <b>5:50.25</b> |
| 3.    | Erik Wetsteijn  | Swol 1894          | 5:54.23 | 196501019 | <b>5:53.67</b> |
| 4.    | Lambert Morsink | W.Z. & P.C. Triton | 5:58.04 | 196501427 | <b>6:10.07</b> |
| AFGEM | René Beetsma    | HZ&PC Heerenveen   | 4:50.00 | 196900069 |                |

### Masters 50+, Dames

|    |                         |                    |         |           |                |
|----|-------------------------|--------------------|---------|-----------|----------------|
| 1. | Irene van der Laan      | ZV De Bron         | 5:18.17 | 196000096 | <b>5:30.98</b> |
| 2. | Wilna Heijman           | 't Tolhekke        | 5:34.04 | 196400506 | <b>5:33.33</b> |
| 3. | Margriet Grove-Lingeman | Z.S.C. Oceanus     | 5:50.00 | 196200080 | <b>5:47.87</b> |
| 4. | Francine Sommer         | W.Z. & P.C. Triton | 5:55.68 | 196200384 | <b>6:02.97</b> |
| 5. | Marjan Spoelstra        | Swol 1894          | 6:40.66 | 196000236 | <b>6:23.73</b> |
| 6. | Jennie Resink-lindeboom | Dwk                | 6:44.73 | 196000142 | <b>6:40.31</b> |

### Masters 50+, Heren

|    |                   |                   |         |           |                |
|----|-------------------|-------------------|---------|-----------|----------------|
| 1. | Arnold de Rover   | De Futen          | 5:11.69 | 196400645 | <b>5:02.39</b> |
| 2. | Marcel Stroet     | ZV De Bron        | 5:27.65 | 196400929 | <b>5:16.22</b> |
| 3. | Jan Wierenga      | ZV De Aalscholver | 5:18.78 | 196400843 | <b>5:20.86</b> |
| 4. | Henk Kuipers      | Uzsc              | 5:46.00 | 196201207 | <b>5:32.94</b> |
| 5. | Edzo Huisman      | Aquapoldro        | 5:40.00 | 196301029 | <b>5:38.15</b> |
| 6. | Casper Dollekamp  | Steenwijk 1934    | 5:35.00 | 196301341 | <b>5:43.76</b> |
| 7. | Jack Barends      | WS Twente         | 5:46.79 | 196201011 | <b>5:56.31</b> |
| 8. | Robert de Brauwer | De Duinkkickers   | 6:17.43 | 196401383 | <b>6:11.13</b> |

### Masters 55+, Dames

|    |                  |              |         |           |                |
|----|------------------|--------------|---------|-----------|----------------|
| 1. | Monica Bakker    | ZVZwartsluis | 5:58.69 | 195600082 | <b>5:55.76</b> |
| 2. | Tonny den Braber | Scom         | 7:24.47 | 195700022 | <b>7:34.65</b> |

### Masters 55+, Heren

|    |                    |                    |         |           |                |
|----|--------------------|--------------------|---------|-----------|----------------|
| 1. | Nico Rozemeijer    | Aquafit            | 5:23.21 | 195900751 | <b>5:28.22</b> |
| 2. | Paul Bunnik        | W.Z. & P.C. Triton | 5:37.80 | 195600413 | <b>5:28.75</b> |
| 3. | Pier van der Sluis | Orca               | 5:45.00 | 195900757 | <b>5:55.78</b> |

### Masters 60+, Heren

|    |           |         |         |           |                |
|----|-----------|---------|---------|-----------|----------------|
| 1. | Jos Kamps | De Amer | 6:20.98 | 195100085 | <b>6:18.26</b> |
|----|-----------|---------|---------|-----------|----------------|

### Masters 70+, Heren

|    |           |     |         |           |                |
|----|-----------|-----|---------|-----------|----------------|
| 1. | Rob Hanou | Psv | 6:22.00 | 194300109 | <b>6:43.51</b> |
|----|-----------|-----|---------|-----------|----------------|

### Masters 75+, Heren

|    |           |               |         |           |                |
|----|-----------|---------------|---------|-----------|----------------|
| 1. | Nic Geers | Z&PC De Gouwe | 6:07.50 | 193800007 | <b>6:45.73</b> |
|----|-----------|---------------|---------|-----------|----------------|

| rang                 | vereniging                           | inschrijftijd | tijd                                                              |
|----------------------|--------------------------------------|---------------|-------------------------------------------------------------------|
| <b>80+, Dames</b>    |                                      |               |                                                                   |
| 1.                   | Aqualero                             | 2:20.46       | <b>2:24.39</b>                                                    |
|                      | Aukje De Jong<br>Maaïke Hiemstra     | 87<br>90      | 40.77<br>Marloes Benjamins<br>Selly Swieringa<br>91<br>90         |
| <b>120+, Dames</b>   |                                      |               |                                                                   |
| 1.                   | Triton 1                             | 2:13.00       | <b>2:16.55</b>                                                    |
|                      | Francine Sommer<br>Jennifer Go       | 62<br>84      | 34.73<br>Esther Beerling<br>Caroline Schreuder<br>84<br>67        |
| <b>120+, Heren</b>   |                                      |               |                                                                   |
| 1.                   | De Amer 1                            | 1:51.32       | <b>1:53.29</b>                                                    |
|                      | Paul de Boer<br>Eric Kalee           | 68<br>90      | 29.39<br>Erik van Hell<br>Rutger Stam<br>82<br>81                 |
| 2.                   | Triton 2                             | 1:54.92       | <b>1:53.36</b>                                                    |
|                      | Kevin Hooijer<br>Paul Bunnik         | 94<br>56      | 27.54<br>Lambert Morsink<br>Tim Bunnik<br>65<br>90                |
| <b>120+, Gemengd</b> |                                      |               |                                                                   |
| 1.                   | De Spatters 1                        | 2:03.23       | <b>2:04.22</b>                                                    |
|                      | Serima Veen<br>Gerwin Vonk           | 86<br>82      | 31.70<br>Roelien Speelman-Tigelaar<br>Roelof Broekman<br>66<br>68 |
| 2.                   | Zzz 1                                | 2:13.61       | <b>2:17.78</b>                                                    |
|                      | Remco Veerkamp<br>Aleida Groenendijk | 81<br>84      | 34.86<br>Rosemarie Veerkamp<br>Gerko Versluis<br>87<br>69         |
| <b>160+, Heren</b>   |                                      |               |                                                                   |
| 1.                   | Swol 1894 1                          | 1:55.61       | <b>1:53.53</b>                                                    |
|                      | Michael van Bekkum<br>Arjan Aalbers  | 72<br>75      | 27.88<br>Willem Jannink<br>Machiel Stolk<br>65<br>74              |
| 2.                   | Uzsc 1                               | 1:58.34       | <b>1:58.00</b>                                                    |
|                      | Henk Kuipers<br>Mark Eligh,          | 62<br>57      | 31.30<br>Jan Lindenaar<br>Daniel Kunne<br>67<br>90                |
| <b>160+, Gemengd</b> |                                      |               |                                                                   |
| 1.                   | De Duinkickers 1                     | 2:24.83       | <b>2:29.95</b>                                                    |
|                      | Inge Roskam<br>Annet Verhoeven       | 78<br>46      | 39.00<br>45.48<br>Robin Roskam<br>Marcel Brittijn<br>78<br>69     |
| <b>200+, Dames</b>   |                                      |               |                                                                   |
| 1.                   | ZV De Bron 1                         | 2:15.39       | <b>2:21.07</b>                                                    |
|                      | Franciena Eggers<br>Remona Dekker    | 65<br>66      | 33.95<br>Irene van der Laan<br>Jantine Braakman<br>60<br>65       |
| <b>200+, Heren</b>   |                                      |               |                                                                   |
| 1.                   | ZV De Bron 1                         | 2:04.80       | <b>2:08.04</b>                                                    |
|                      | Han Roos<br>Sander Komen             | 45<br>72      | 33.15<br>Marcel Stroet<br>Andre Oud<br>64<br>63                   |
| <b>200+, Gemengd</b> |                                      |               |                                                                   |
| 1.                   | Swol 1894 1                          | 2:20.78       | <b>2:20.82</b>                                                    |
|                      | Jappie Kuiper<br>Marjan Spoelstra    | 55<br>60      | 32.82<br>38.22<br>Annet Kootstra<br>Erik Wetsteijn<br>71<br>65    |
| <b>240+, Gemengd</b> |                                      |               |                                                                   |
| 1.                   | ZV De Bron 1                         | 3:09.52       | <b>3:08.25</b>                                                    |
|                      | Irene de Boer<br>Adrie Oostendorp    | 46<br>49      | 58.09<br>Peter Duijst<br>Perry Ligthart<br>54<br>61               |

Programmanr. 8, 4 x 50m vrije slag

|    |                        |                  |         |               |    |                |
|----|------------------------|------------------|---------|---------------|----|----------------|
| BM | HZ&PC Heerenveen 1     | HZ&PC Heerenveen |         | 2:50.00       |    | <b>2:48.95</b> |
|    | Anne van den Besselaar | 85               | 1:07.11 | Arnold Jonker | 70 | 34.29          |
|    | Jannie Vennik          | 76               | 35.81   | René Beetsma  | 69 | 31.74          |