

ZMC 6  
Amersfoort, 24-3-2013

Programmanr. 1	200m rugslag	20 - 84 jaar
24-3-2013 - 14:00		Resultaten

Rang			In.tijd		100m	200m
<b>Masters 20+, Dames</b>						
1.	Maaïke de Boer	De Duinkickers	2:47.48	199000362	1:22.72	2:48.54
2.	Irmgard van Weeghel	Octopus	2:54.41	199204834	1:26.58	2:54.66
3.	Désirée Hulsmeyer	Het Ravijn	3:06.06	199001656	1:25.60	2:55.51
4.	Marloes Benjamins	Aqualero	2:53.49	199105110	1:29.39	3:03.02
5.	Eline Schoenmaker	De Duinkickers	2:56.07	199003322	1:31.42	3:03.16
6.	Elzemieke Gersen	zpc Stadskanaal	3:03.31	199108460	1:33.55	3:06.96
7.	Gerlinde van de Wetering	Deltasteur	2:59.81	198904678	1:30.78	3:07.03
8.	Jorinde Veraar	De Amer	3:45.54	199204726	1:53.57	3:49.50
9.	Liesbeth Bruinekool	Zuiderzeezwemmers	4:20.68	199007958	2:16.69	4:37.95
AFGEM	Elmi Roelofsen	ZVV	2:42.82	199008198		
<b>Masters 20+, Heren</b>						
1.	Jeffrey Breedijk	De Amer	2:15.37	198900451	1:08.62	2:21.74
2.	Harry Dijkema	ISIS	2:39.05	199100487	1:19.66	2:44.98
<b>Masters 25+, Dames</b>						
1.	Lisanne Andeweg	Zuiderzeezwemmers	2:45.02	198800092	1:22.74	2:47.43
2.	Laura Oosterbroek	SWOL 1894	3:06.63	198803264		2:48.51
3.	Yvette Nota - Peters	De Spatters	2:46.41	198703158	1:24.16	2:50.75
4.	Marjan van der Star	WS Twente	2:55.00	198403192	1:26.20	2:57.32
5.	Margo Kruithof	zpc Stadskanaal	3:00.45	198702408		2:59.94
6.	Mariska Stins	OEZA	2:52.06	198402364	1:28.85	3:03.02
7.	Renske Eilers	De Amer	3:04.26	198806072	1:28.52	3:04.00
8.	Mirjam van Kampen	ZV De Aalscholver	2:58.76	198704214	1:31.70	3:07.74
9.	Marijke Dirkse	IJZPC	3:15.00	198403480	1:35.94	3:17.91
DIS	Sabrina Dessens	ZV De Bron	3:17.98	198503486		
<i>RC - Rugligging verlaten tijdens de race zonder met de keerhandeling bezig te zijn.</i>						
AFGEM	Milja Breed	Torpedo	2:45.04	198800594		
<b>Masters 25+, Heren</b>						
1.	Erik van der Heide	Zuiderzeezwemmers	2:25.71	198801337	1:13.54	2:31.84
2.	Dick Kampman	De Amer	2:31.30	198801789	1:14.04	2:33.99
3.	Rick Driezen	Steenwijk 1934	2:38.29	198600713	1:27.81	2:59.41
4.	Willem van der Zwaag	ISIS	3:10.39	198503111	1:35.20	3:14.58
<b>Masters 30+, Dames</b>						
1.	Linda Hoogendam	Zoetermeer	2:58.27	198300892	1:29.21	3:00.86
2.	Carmen Haan	De Spatters	2:53.52	197901458	1:30.63	3:05.22
3.	Rianne van Vegchelen	Deltasteur	3:41.13	198101530	1:51.32	3:39.60
<b>Masters 30+, Heren</b>						
1.	Marcel Reefhuis	WS Twente	2:33.57	198101381	1:14.39	2:32.98
2.	Reinier Vis	IJZPC	2:50.00	198002289	1:22.27	2:48.27
3.	Remco Veerkamp	Zuiderzeezwemmers	3:14.33	198102311	1:35.98	3:24.66

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Masters 35+, Dames

1.	Liselotte Joling	PSV	2:52.21	197500268	1:21.53	2:47.22
2.	Monique Boets	zpc Stadskanaal	2:51.30	197600230	1:22.84	2:49.63
3.	Marina van Staveren	OEZA	3:15.00	197801234	1:28.78	3:04.40
4.	Diane Scholing	Het Ravijn	3:13.98	197701090	1:32.15	3:07.81
5.	Babette Rens	Dedemsvaart-AC	3:08.07	197801200	1:34.72	3:15.49
6.	Anneke de Groot	De Fuut	3:25.43	197701140	1:38.02	3:17.69
7.	Clementine van Bruxvoort	ZPB H&L	3:22.73	197700138	1:43.41	3:31.19

Masters 35+, Heren

1.	Gerard Eghuizen	HZ&PC Heerenveen	3:00.00	197400197	1:19.38	2:44.11
2.	Erwin Zuijdervelt	De Futen	2:41.92	197501015	1:20.70	2:49.57

Masters 40+, Dames

1.	Ageeth Boomsma	Orca	3:20.00	197000826	1:32.95	3:13.13
2.	Greta Wyma	DWK	3:50.00	197100696	1:50.22	3:44.59
3.	Sylvia Tetteroo	IJZPC	3:56.07	197300476	1:53.48	3:54.45

Masters 40+, Heren

1.	Kasper van den Berghe	SWOL 1894	2:52.73	197301125	1:27.25	2:56.72
2.	Gerhard Knol	ZV De Aalscholver	2:57.22	197100483	1:26.26	2:57.27
3.	Alex Hagedoorn	zpc Stadskanaal	3:10.23	197100319	1:34.72	3:19.30
4.	Sander Komen	ZV De Bron	3:26.00	197201507	1:42.65	3:32.77
5.	Arnold Jonker	HZ&PC Heerenveen	3:35.00	197000529	1:47.91	3:37.56

Masters 45+, Dames

1.	Caroline Schreuder	W.Z. & P.C. Triton	2:59.60	196700550	1:29.60	3:03.50
2.	Jantine Braakman	ZV De Bron	3:08.00	196500036	1:30.39	3:05.57
3.	Hetty Smalheer	Scom	3:23.95	196700352	1:42.79	3:25.82

Masters 45+, Heren

1.	Ron Korzelius	AZ&PC	2:42.82	196500513	1:19.13	2:41.95
2.	Arnold de Rover	De Futen	2:42.47	196400645	1:17.48	2:42.67
AFGEM	Erik Wetsteijn	SWOL 1894	2:55.57	196501019		
AFGEM	Henk van Zetten	Octopus	3:15.26	196701261		

Masters 50+, Dames

1.	Annemarie Vuist	SWOL 1894	3:12.32	196300282	1:32.97	3:08.42
2.	Pia van der Molen	HZ&PC Heerenveen	3:41.17	196000116	1:41.16	3:27.98
3.	Ellen Parma	W.Z. & P.C. Triton	3:23.84	196200366	1:44.54	3:34.06
4.	Jennie Resink-lindeboom	DWK	3:35.30	196000142	1:48.60	3:36.04
5.	Marjan Spoelstra	SWOL 1894	3:38.95	196000236	1:51.36	3:44.87
6.	Joke Burgers	SWOL 1894	4:27.23	196000226	2:12.10	4:31.98
AFGEM	Gonnie Paas	ZV Vlaardingen-Schiedam	3:40.02	196200418		

Masters 50+, Heren

1.	Jos Verhoeven	ZV De Aalscholver	2:55.10	196301161	1:29.78	3:01.17
2.	Casper Dollekamp	Steenwijk 1934	3:05.00	196301341	1:32.16	3:06.21
3.	Jack Barends	WS Twente	3:03.38	196201011	1:32.58	3:08.53
4.	Edzo Huisman	Aquapoldro	3:05.00	196301029	1:34.24	3:13.91
5.	Bart van Calker	WS Twente	3:18.00	196100067	1:38.87	3:15.06
6.	Michiel Tonsbeek	DWT	3:44.02	196000889	1:55.03	3:51.73

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Masters 55+, Dames

1.	Atie Pijtak-Radersma	AZ&PC	2:59.54	195600048	1:28.91	3:00.47
2.	Monica Bakker	ZVZwartsluis	3:34.26	195600082	1:44.93	3:30.85

Masters 55+, Heren

1.	Evertjan Masurel	PSV	2:58.77	195600495	1:35.58	3:11.09
2.	Peter Duijst	ZV De Bron	3:30.55	195400319	1:45.46	3:30.92
AFGEM	Henk Slomp	De Pinquin	3:04.82	195500359		
AFGEM	Harry Paas	ZV Vlaardingen-Schiedam	3:15.02	195800689		

Masters 60+, Dames

1.	Ineke Meijer	HZ&PC Heerenveen	3:35.00	195200034	1:52.25	3:45.63
2.	Antoinette Gilding-Tussau	WS Twente	3:50.88	195000038	1:52.91	3:47.27
3.	Corine Kalbfleisch	DWT	3:57.53	195200024	1:58.15	4:06.51
DIS	Christien Nieuwenhuis	SWOL 1894	3:27.00	195100022		

*RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder met de keerhandeling bezig te zijn.*

Masters 60+, Heren

1.	Rob Berkhof	SWOL 1894	3:25.16	195200245	1:38.33	3:18.74
2.	Jos Kamps	De Amer	3:42.45	195100085	1:47.15	3:37.48

Masters 65+, Heren

1.	Donald Uijtenbogaart	Het Y	3:06.84	194700107	1:33.44	3:09.50
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Masters 70+, Heren

1.	Rob Hanou	PSV	3:33.33	194300109	1:45.65	3:37.31
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Programmanr. 2  
24-3-2013 - 14:42

50m vlinderslag

20 - 84 jaar  
Resultaten

Rang			In.tijd		Tijd
<b>Masters 20+, Dames</b>					
1.	Leonie Nijenhuis	Zuiderzeewemmers	36.87	199204340	<b>35.73</b>
2.	Nikki Thie	De Duinkickers	37.26	199202424	<b>36.73</b>
3.	Selly Swieringa	Aqualero	37.56	199008320	<b>38.54</b>
4.	Marjan Rikken	ZVV	38.69	199206114	<b>39.46</b> FJ 1
5.	Wieteke Jansen	Montferland	38.77	199001750	<b>39.46</b> FJ 2
6.	Saskia Alles	ZVV	50.82	199108474	<b>49.98</b>
7.	Brechtje de Jong	De Forel	56.00	198907422	<b>55.44</b>
AFGEM	Danique Stoop	Zuiderzeewemmers	28.88	199106956	
AFGEM	Elmi Roelofsen	ZVV	32.18	199008198	
<b>Masters 20+, Heren</b>					
1.	Jens Boer	Z&PC de Inktvis	28.18	198900289	<b>27.85</b>
2.	Sven van Zanten	De Duinkickers	29.80	199003405	<b>30.77</b>
3.	Gert Jan Jong	ZV De Bron	31.36	199004165	<b>30.88</b>
4.	Sander Pastink	De Duinkickers	33.20	198902405	<b>32.23</b>
5.	Gerwin Bouwmeester	ZVV	46.61	199103501	<b>48.89</b>
AFGEM	Justin Post	De Fuut	32.74	199207009	

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Programmanr. 2, 50m vlinderslag

Masters 25+, Dames

1.	Stephanie Rombout	PSV	30.18	198803696	<b>30.44</b>
2.	Annelette de Vries	WS Twente	33.33	198603908	<b>32.60</b>
3.	Nienke van Stipriaan	PSV	32.62	198703970	<b>33.27</b>
4.	Serima Louise Wildvank	De Spatters	36.89	198604104	<b>35.94</b>
5.	Karin Hovenkamp	De Spatters	34.72	198701850	<b>36.13</b>
6.	Marije Jansen	Montferland	33.32	198504088	<b>36.49</b>
7.	Sabine Duijst	De Amer	41.86	198701032	<b>37.36</b>
8.	Mariska Stins	OEZA	35.79	198402364	<b>39.02</b>
9.	Jennifer Go	W.Z. & P.C. Triton	40.13	198400766	<b>40.34</b>
10.	Martine Heres	Ducdalf	36.04	198701668	<b>41.20</b>
11.	Melina Walrave	ZV De Aalscholver	43.00	198605248	<b>41.66</b>
12.	Monique Alles	ZVV	48.31	198706112	<b>48.83</b>
AFGEM	Jeanette van Dijk	ISIS	36.23	198700880	

Masters 25+, Heren

1.	Wesley van Diejen	PSV	31.06	198604551	<b>30.22</b>
2.	Stefan van der Grift	Octopus	28.88	198701121	<b>30.78</b>
3.	Niels Vlug	De Duinkickers	32.20	198803651	<b>32.33</b>
4.	René van Dijk	ISIS	32.87	198400489	<b>32.83</b>
5.	Albert Dijkma	De Forel	33.83	198700711	<b>34.02</b>
6.	Robin Eggenkamp	De Duinkickers	36.00	198700847	<b>36.59</b>
7.	Wesley Determann	De Amer	44.39	198806107	<b>45.67</b>

Masters 30+, Dames

1.	Laura Badoux	DAW	31.52	198200038	<b>32.67</b>
2.	Nienke Nieuwenhuis	SWOL 1894	40.00	198101850	<b>37.67</b>
3.	Yvette Roozen	DWT	40.00	198000926	<b>37.82</b>
4.	Mirjam Minderhoud	Zignea	45.39	198301398	<b>45.13</b>
5.	Esther van Buren	De Duinkickers	42.72	198001670	<b>47.22</b>
6.	Marjolein Kiewiet	Aquapoldro	44.76	197901404	<b>48.17</b>

Masters 30+, Heren

1.	Lauren Vis	Steenwijk 1934	27.80	198201883	<b>27.66</b>
2.	Alexander Hulleman	Steenwijk 1934	30.62	198300989	<b>30.98</b>
3.	Michel Wigbers	DWT	31.45	198001743	<b>32.14</b>
4.	Rutger Stam	De Amer	33.46	198102463	<b>33.03</b>
5.	Oliver de Haas	ZV De Bron	33.33	198002213	<b>35.09</b>
6.	Rudy de Jong	De Forel	34.42	198301061	<b>36.02</b>
7.	Mark Brinkhuis	Hera'11	32.95	198302609	<b>36.34</b>
8.	Hans Cligge	De Futen	35.02	198100315	<b>36.92</b>

Masters 35+, Dames

1.	Marina van Staveren	OEZA	33.96	197801234	<b>33.87</b>
2.	Monique Boets	zpc Stadskanaal	35.90	197600230	<b>34.00</b>
3.	Marty Krans-de Weerd	ZCNF'34	34.06	197500604	<b>34.38</b>
4.	Babette Rens	Dedemsvaart-AC	35.73	197801200	<b>36.23</b>
5.	Margriet Leeffers	Deltasteur	45.82	197800448	<b>43.07</b>
6.	Jannie Vennik	HZ&PC Heerenveen	45.00	197601006	<b>45.62</b>

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Programmanr. 2, 50m vlinderslag

Masters 35+, Heren

1.	Markus van Rest	Zoetermeer	29.22	197701197	<b>29.58</b>
2.	Bas Spoelstra	De Futen	35.00	197701573	<b>30.41</b>
3.	Gerard Eghuizen	HZ&PC Heerenveen	30.82	197400197	<b>30.68</b>
4.	Robert Ottjes	De Amer	33.50	197501381	<b>33.03</b>
5.	Johan Wezenberg	Deltasteur	32.64	197601023	<b>34.38</b>
6.	René Benne	ZVZwartsluis	38.06	197501317	<b>41.65</b>
AFGEM	Raoul Kariodimedjo	De Futen	36.47	197601223	
NG	Niels Buiten	ZCNF'34	45.02	197701553	

Masters 40+, Dames

1.	Ingrid Boot-De Groot	ZV De Aalscholver	30.73	197000168	<b>33.16</b>
2.	Lidia v. Bon-Rosenbrand	AZ&PC	34.81	197000054	<b>34.81</b>
3.	Henriëtte Manting	Gzww	35.70	197100246	<b>36.09</b>
4.	Cynthia Noordermeer	Het Y	36.40	197000358	<b>36.58</b>
5.	Iris van Aurich	DWK	39.76	196900866	<b>38.52</b>
6.	Annet Kootstra	SWOL 1894	39.66	197100344	<b>39.07</b>
7.	Esther Mijnen	ZV De Zaan	39.82	196900846	<b>41.80</b>
8.	Angeline Hamstra	Scm	43.24	197200782	<b>42.76</b>
9.	Ageeth Boomsma	Orca	39.32	197000826	<b>42.88</b>

Masters 40+, Heren

1.	Arjan Bellaart	Z.S.C. Oceanus	30.49	196900079	<b>30.12</b>
2.	Peter ter Horst	SWOL 1894	30.54	197201261	<b>30.68</b>
3.	René Beetsma	HZ&PC Heerenveen	32.00	196900069	<b>30.70</b>
4.	Rudi Boets	zpc Stadskanaal	33.00	197100101	<b>31.03</b>
5.	Gerhard Knol	ZV De Aalscholver	30.82	197100483	<b>32.10</b>
6.	Paul Hardeman	AZ&PC	31.28	197300327	<b>32.33</b>
7.	Michel Terhaar	IJZPC	32.30	197101549	<b>32.64</b>
8.	Tiemen Stegenga	HZ&PC Heerenveen	35.72	197101379	<b>36.75</b>

Masters 45+, Dames

1.	Jantine Braakman	ZV De Bron	38.00	196500036	<b>38.10</b>
2.	Friderika Kerekes	AZ&PC	37.48	196500540	<b>39.08</b>
3.	Miranda Keijl	Zignea	42.44	196500588	<b>43.82</b>
4.	Ilse Vos-Viergever	De Hokseberg	42.48	196800644	<b>45.86</b>
5.	Ingeborg Stokx	DAW	50.00	196700666	<b>51.87</b>

Masters 45+, Heren

1.	Arnold de Rover	De Futen	31.46	196400645	<b>31.69</b>
2.	John Stokx	DAW	31.81	196401341	<b>31.93</b>
3.	Marcel Jonkman	Aqualero	33.73	196801389	<b>32.13</b>
4.	Walter Slijkerman	De Spatters	36.98	196401179	<b>33.42</b>
5.	Eric Giling	De Fuut	32.39	196400237	<b>34.11</b>
6.	Roelof Broekman	De Spatters	33.26	196800155	<b>35.08</b>
7.	Eric Blaauw	OEZA	36.49	196701619	<b>36.86</b>
8.	Jan de Lange	WS Twente	37.53	196501273	<b>38.20</b>
9.	Peter Schielen	De Fuut	39.15	196501531	<b>40.95</b>
10.	Nico Ringenoldus	ISIS	38.85	196501535	<b>42.65</b>
AFGEM	Harald Mulder	Zoetermeer	33.00	196701459	
AFGEM	Lambert Morsink	W.Z. & P.C. Triton	36.29	196501427	

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Programmanr. 2, 50m vlinderslag

Masters 50+, Dames

1.	Marjan Remmits	One Team Swimming	38.00	196300518	<b>33.39</b>
2.	Margriet Grove-Lingeman	Z.S.C. Oceanus	37.60	196200080	<b>36.51</b>
3.	Marlien Wijnhof	Nat Utrecht	47.51	196100300	<b>43.28</b>
4.	Gea Kuiper	ZCNF'34	58.40	196100104	<b>57.92</b>

Masters 50+, Heren

1.	Rudolf Meijer	De Amer	32.73	196000995	<b>33.87</b>
2.	Ronald van Vliet	ZV De Aalscholver	33.15	196300997	<b>34.37</b> FJ 1
3.	Tom Dimmendaal	Z.S.C. Oceanus	33.00	196301011	<b>34.37</b> FJ 2
4.	Jan Willem Heuten	WS Twente	35.40	196000883	<b>35.08</b>
5.	Jan Willem Schokking	UZSC	35.00	196001043	<b>36.92</b>
6.	Henk Kuipers	UZSC	36.90	196201207	<b>37.92</b>
7.	Hans de Groot	Nat Utrecht	39.00	195900177	<b>38.10</b>
8.	Jan van Rennes	ISIS	37.76	196200539	<b>38.11</b>
9.	John Dam	Zignea	37.79	196000915	<b>40.84</b>
10.	Perry Ligthart	ZV De Bron	43.00	196101093	<b>41.29</b>
11.	Henk Gierveld	Nat Utrecht	43.10	196000869	<b>42.15</b>

Masters 55+, Dames

1.	Mathilde Vink	SWOL 1894	34.18	195800128	<b>35.39</b>
2.	Janny van Eijk	ZV De Bron	39.08	195800022	<b>39.21</b>
3.	Patty Krupiarz	PSV	42.13	195400074	<b>41.66</b>
4.	Tonny den Braber	Scom	53.56	195700022	<b>54.76</b>

Masters 55+, Heren

1.	Marten de Groot	HZ&PC Heerenveen	32.15	195800149	<b>32.19</b>
2.	Mark Eligh,	UZSC	31.74	195700497	<b>32.42</b>
3.	Ron van der Zande	ZV De Aalscholver	35.37	195500307	<b>34.68</b>
4.	Paul Bunnik	W.Z. & P.C. Triton	34.23	195600413	<b>35.26</b>
5.	Jaap de Boer	De Duinkickers	36.52	195800691	<b>37.54</b>
6.	Jan Vonk	De Amer	34.00	195400237	<b>37.62</b>
7.	Aaldert Mellema	Nat Utrecht	36.10	195700233	<b>38.12</b>
8.	Jappie Kuiper	SWOL 1894	41.77	195500417	<b>44.58</b>
9.	Kees Karsten	Gay Swim Amsterdam	47.00	195800203	<b>47.25</b>
AFGEM	Henk Slomp	De Pinquin	33.02	195500359	

Masters 60+, Dames

1.	Christien Nieuwenhuis	SWOL 1894	36.08	195100022	<b>35.65</b>
2.	Bea Swijnenberg	SWOL 1894	42.52	194900010	<b>44.25</b>
3.	Corine Kalbfleisch	DWT	52.86	195200024	<b>55.97</b>

Masters 60+, Heren

1.	Richard Catoire	Z.S.C. Oceanus	43.11	195200253	<b>43.35</b>
2.	Jos Kamps	De Amer	44.48	195100085	<b>48.17</b>

Masters 65+, Dames

1.	Greet Brehler	ZV Hatto Heim	1:10.00	194400004	<b>1:10.72</b>
2.	Leny Kamp	Aquapoldro	1:20.00	194400008	<b>1:25.47</b>

ZMC 6  
Amersfoort, 24-3-2013

Programmanr. 2, 50m vlinderslag

Masters 70+, Heren

1. Aad Grapendaal	OEZA	1:15.26	194200063	<b>1:14.59</b>
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Masters 75+, Heren

1. Pieter Scharphorn	Neptunus	1:15.08	193800037	<b>1:19.64</b>
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Programmanr. 3  
24-3-2013 - 15:02

100m schoolslag

20 - 84 jaar  
Resultaten

Rang		In.tijd		Tijd
<b>Masters 20+, Dames</b>				
1.	Anne Duijst	De Amer	1:24.79 198901030	<b>1:25.94</b> FJ 2
2.	Leonie Nijenhuis	Zuiderzeewemmers	1:24.96 199204340	<b>1:25.94</b> FJ 3
3.	Désirée Hulsmeijer	Het Ravijn	1:27.80 199001656	<b>1:25.99</b>
4.	Maaïke de Boer	De Duinkickers	1:25.67 199000362	<b>1:29.62</b>
5.	Gerlinde van de Wetering	Deltasteur	1:36.55 198904678	<b>1:42.14</b>
6.	Janneke Wynia	WS Twente	1:42.10 199005500	<b>1:43.67</b>
7.	Brechtje de Jong	De Forel	1:59.00 198907422	<b>1:59.90</b>
AFGEM	Karin Ursem	Torpedo	1:29.27 198904178	
<b>Masters 20+, Heren</b>				
1.	Marco de Vries	Z&PC de Inktvis	1:32.32 199003181	<b>1:31.63</b>
2.	Jurrian Werler	ZVV	1:34.28 199003259	<b>1:37.46</b>
3.	Bart van Olst	Ducdalf	1:30.00 199101709	<b>1:40.52</b>
4.	Matthijs van Doorn	Het Ravijn	1:47.38 199207231	<b>1:41.41</b>
<b>Masters 25+, Dames</b>				
1.	Sabine Duijst	De Amer	1:37.01 198701032	<b>1:36.00</b>
2.	Laura Oosterbroek	SWOL 1894	1:36.51 198803264	<b>1:36.34</b>
3.	Sabrina Dessens	ZV De Bron	1:38.09 198503486	<b>1:43.07</b>
4.	Marijke Dirkse	IJZPC	1:40.00 198403480	<b>1:46.26</b>
5.	Marloes Rebel	WS Twente	1:50.00 198403474	<b>1:59.56</b>
6.	Merel Benthem	ZCNF'34	2:55.00 198706082	<b>3:13.47</b>
AFGEM	Jeanette van Dijk	ISIS	1:35.38 198700880	
AFGEM	Annemiek Willems	Montferland	2:16.69 198706116	
<b>Masters 25+, Heren</b>				
1.	Albert van Piekeren	Octopus	1:11.09 198401767	<b>1:09.94</b>
2.	Stefan van der Grift	Octopus	1:14.95 198701121	<b>1:18.46</b>
3.	Robbert H.	De Duinkickers	1:35.00 198705269	<b>1:26.74</b>
4.	Rik Bos	Ducdalf	1:25.72 198600345	<b>1:29.12</b>
5.	Niels Willemsen	Z&PC de Inktvis	1:32.86 198603557	<b>1:31.06</b>
6.	Robin Eggenkamp	De Duinkickers	1:30.11 198700847	<b>1:31.61</b>
7.	Killian Yntema	SWOL 1894	1:36.51 198806151	<b>1:35.36</b>
8.	Mike Nupoort	De Duinkickers	1:32.03 198503755	<b>1:36.70</b>
9.	Wesley Determann	De Amer	1:36.47 198806107	<b>1:37.52</b>
10.	Willem van der Zwaag	ISIS	1:33.28 198503111	<b>1:40.75</b>
11.	Danny Jannenga	Ducdalf	1:34.11 198801673	<b>1:42.81</b>
DIS	Wouter van 't Klooster	AZ&PC	1:30.00 198806159	

*AB - De 1e (1 startregel), 2e of volgende valse start veroorzaakt (uitsluiten voor dat progr.nr.).*

ZMC 6  
Amersfoort, 24-3-2013

Programmanr. 3, 100m schoolslag

Masters 30+, Dames

1.	Laura Badoux	DAW	1:19.36	198200038	<b>1:24.53</b>
2.	Ingrid van der Does	ZV De Bron	1:36.00	198001690	<b>1:36.90</b>
3.	Angela Giezen	Montferland	1:39.72	198302796	<b>1:38.03</b>
4.	Eveline Hacquebord	IJZPC	1:36.23	197901206	<b>1:39.27</b>
5.	Carmen Haan	De Spatters	1:34.41	197901458	<b>1:44.11</b>
6.	Esther van Buren	De Duinkickers	1:45.00	198001670	<b>1:56.51</b>
7.	Rianne van Vegchelen	Deltasteur	1:56.78	198101530	<b>1:57.50</b>

Masters 30+, Heren

1.	Hans Cligge	De Futen	1:24.84	198100315	<b>1:25.94</b>
2.	Reinier Vis	IJZPC	1:30.00	198002289	<b>1:30.64</b>
3.	Joost Bosman	ZV De Aalscholver	1:35.51	198302937	<b>1:32.98</b>
4.	Remco Smit	ZV De Aalscholver	1:45.00	198102477	<b>1:33.22</b>
5.	Remco Veerkamp	Zuiderzeezwemmers	1:33.18	198102311	<b>1:38.60</b>

Masters 35+, Dames

1.	Inez Heideman	WS Twente	1:31.13	197500198	<b>1:30.32</b>
2.	Pauline Heus	OEZA	1:37.86	197800332	<b>1:40.91</b>

Masters 35+, Heren

1.	Ron Langelaan	DAW	1:17.29	197800643	<b>1:19.70</b>
2.	Kees Bakker	Gay Swim Amsterdam	1:20.00	197501055	<b>1:23.87</b>
3.	René Benne	ZVZwartsluis	1:38.09	197501317	<b>1:41.27</b>
NG	Niels Buiten	ZCNF'34	1:27.81	197701553	

Masters 40+, Dames

1.	Annette de Visser	Z.S.C. Oceanus	1:31.95	197100602	<b>1:33.40</b>
2.	Annet Kootstra	SWOL 1894	1:42.05	197100344	<b>1:40.97</b>
3.	Peggi Hurenkamp	HZ&PC Heerenveen	1:43.00	196900922	<b>1:44.83</b>
4.	Angeline Hamstra	Scom	1:45.33	197200782	<b>1:47.57</b>
5.	Mariëlle Roeters	Nat Utrecht	2:00.00	197300900	<b>1:56.99</b>
6.	Mijke Smit	De Duinkickers	1:57.00	197200934	<b>2:12.18</b>
7.	Klasien Blankestijn	De Duinkickers	2:19.14	196900934	<b>2:14.44</b>
AFGEM	Marleen Prins	De Fuut	1:51.23	197300864	

Masters 40+, Heren

1.	René Beetsma	HZ&PC Heerenveen	1:20.50	196900069	<b>1:19.74</b>
2.	Arjan Bellaart	Z.S.C. Oceanus	1:24.91	196900079	<b>1:23.81</b>
3.	Agnus Gerringa	Zuiderzeezwemmers	1:25.00	197100285	<b>1:24.30</b>
4.	Sander Komen	ZV De Bron	1:26.30	197201507	<b>1:27.64</b>
5.	Mike Molenaar	Zoetermeer	1:36.51	197201493	<b>1:35.29</b>
6.	Gertjan van de Bosch	IJZPC	1:39.10	197001615	<b>1:36.13</b>
7.	Sander Weert de	OEZA	1:35.18	197201453	<b>1:39.61</b>
DIS	Taco Eikelenboom	De Futen	1:32.32	196900275	
<i>SD - De bewegingen van de benen niet te allen tijde gelijktijdig in hetzelfde horizontale vlak uitgevoerd.</i>					
AFGEM	Marcel Brittijn	De Duinkickers	1:32.42	196900159	



ZMC 6  
Amersfoort, 24-3-2013

Programmanr. 3, 100m schoolslag

Masters 45+, Dames

1.	Laura Staal	Z.S.C. Oceanus	1:32.00	196700358	<b>1:35.24</b>
2.	Caroline Schreuder	W.Z. & P.C. Triton	1:32.58	196700550	<b>1:37.23</b>
3.	Yvette Kilian	Zoetermeer	1:40.20	196600534	<b>1:41.10</b>
4.	Roelien (T.R.) Speelman - Tigelaar	De Spatters	1:44.83	196600664	<b>1:46.27</b>
5.	Hetty Smalheer	Scm	1:44.64	196700352	<b>1:47.65</b>
6.	Marion Broekhuis	WS Twente	1:45.47	196800060	<b>1:48.81</b>
7.	Riekie Schra	Steenwijk 1934	2:11.41	196400404	<b>2:22.41</b>
AFGEM	Margriet de Hoop	De Fuut	2:00.00	196800848	

Masters 45+, Heren

1.	Arnold de Rover	De Futen	1:22.92	196400645	<b>1:23.87</b>
2.	Eric Giling	De Fuut	1:20.86	196400237	<b>1:28.63</b>
3.	Huyb Stegeman	Steenwijk 1934	1:30.66	196701535	<b>1:30.23</b>
4.	Robert de Brauwer	De Duinkickers	1:32.50	196401383	<b>1:31.94</b>
5.	Roelof Broekman	De Spatters	1:31.92	196800155	<b>1:32.80</b>
6.	Jan Smalheer	Scm	1:33.48	196400701	<b>1:33.00</b>
7.	Eric Blaauw	OEZA	1:34.61	196701619	<b>1:38.29</b>
8.	Jan de Lange	WS Twente	1:37.95	196501273	<b>1:39.19</b>
9.	Peter Schielen	De Fuut	1:31.61	196501531	<b>1:39.57</b>
10.	Sjaak Meinders	De Spatters	1:33.92	196601327	<b>1:40.42</b>
11.	Nico Ringenoldus	ISIS	1:36.70	196501535	<b>1:40.89</b>
12.	Rene Speelman	De Spatters	1:44.19	196601521	<b>1:45.60</b>
13.	Robert Witvliet	Zoetermeer	1:48.23	196601507	<b>1:45.67</b>
AFGEM	Erik Wetsteijn	SWOL 1894	1:31.67	196501019	

Masters 50+, Dames

1.	Annemarie Vuist	SWOL 1894	1:36.11	196300282	<b>1:36.04</b>
2.	Francine Sommer	W.Z. & P.C. Triton	1:37.70	196200384	<b>1:39.91</b>
3.	Marijke Kraak-Beckers	WS Twente	1:40.13	196000240	<b>1:40.45</b>
4.	Willy Schoenmaker	DWK	1:56.45	195900254	<b>1:59.44</b>
5.	Irene Hoenderdos	Aquapoldro	2:01.52	196300428	<b>2:03.19</b>
AFGEM	Marja Bloemzaad	AZ&PC	1:24.80	196100014	

Masters 50+, Heren

1.	Ronald Grove	Z.S.C. Oceanus	1:23.74	196100161	<b>1:26.44</b>
2.	Ronald van Vliet	ZV De Aalscholver	1:26.23	196300997	<b>1:28.66</b>
3.	Jack Barends	WS Twente	1:27.36	196201011	<b>1:30.98</b>
4.	Bart van Calker	WS Twente	1:31.95	196100067	<b>1:34.89</b>
5.	Perry Ligthart	ZV De Bron	1:35.00	196101093	<b>1:35.61</b>
6.	Ton Witkamp	Wvz	1:40.28	196101089	<b>1:37.55</b>
7.	Edzo Huisman	Aquapoldro	1:35.00	196301029	<b>1:38.29</b>
8.	John Tersteeg	De Fuut	1:38.45	196001039	<b>1:42.86</b>
9.	Michiel Tonsbeek	DWT	1:45.45	196000889	<b>1:48.50</b>

Masters 55+, Dames

1.	Tonny den Braber	Scm	2:07.64	195700022	<b>2:11.52</b>
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Masters 55+, Heren

1.	Paul Bunnik	W.Z. & P.C. Triton	1:25.00	195600413	<b>1:32.99</b>
2.	Ron van der Zande	ZV De Aalscholver	1:38.86	195500307	<b>1:42.97</b>
3.	Adrie van der Gracht	OEZA	1:45.65	195700485	<b>1:46.19</b>
AFGEM	Henk Slomp	De Pinquin	1:35.10	195500359	



ZMC 6  
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Programmanr. 4, 4 x 100m wisselslag

160+

1. UZSC 1		UZSC		5:26.00		<b>5:49.62</b>
Corine den Engelsen	83	1:36.68	Mark Eligh,		57	
Jan Lindenaar	67		Jos Ensink		61	

200+, Heren

DIS De Amer 3		De Amer		5:56.56		
<i>VH - Niet met twee handen gelijktijdig keer- en/of eindpunt aangetikt.</i>						
Rudolf Meijer	60	1:24.36	Jos Kamps		51	
Paul de Boer	68		Jan Vonk		54	

200+

1. PSV 1		PSV		5:20.82		<b>5:42.12</b>
Patty Krupiarz	54	1:38.65	Stephanie Rombout		88	
Rob Hanou	43		Evertjan Masurel		56	
2. SWOL 1894 1		SWOL 1894		5:30.66		<b>5:59.13</b>
Annemarie Vuist	63	1:31.58	Peter ter Horst		72	
Christien Nieuwenhuis	51		Rob Berkhof		52	
3. HZ&PC Heerenveen 1		HZ&PC Heerenveen		6:02.00		<b>6:04.60</b>
Ineke Meijer	52	1:46.02	René Beetsma		69	
Arnold Jonker	70		Pia van der Molen		60	

Programmanr. 5  
24-3-2013 - 15:49

50m vrije slag

20 - 84 jaar  
Resultaten

Rang			In.tijd		Tijd
Masters 20+, Dames					
1.	Leonie Nijenhuis	Zuiderzeezwemmers	34.90	199204340	<b>31.52</b>
2.	Selly Swieringa	Aqualero	32.67	199008320	<b>33.09</b>
3.	Irmgard van Weeghel	Octopus	31.61	199204834	<b>33.23</b>
4.	Wieteke Jansen	Montferland	33.55	199001750	<b>34.03</b>
5.	Marjan Rikken	ZVV	34.08	199206114	<b>34.54</b>
6.	Eline Schoenmaker	De Duinkickers	34.59	199003322	<b>36.30</b>
7.	Janneke Wynia	WS Twente	38.60	199005500	<b>38.02</b>
8.	Jorinde Veraar	De Amer	40.60	199204726	<b>41.76</b>
9.	Saskia Alles	ZVV	39.50	199108474	<b>43.04</b>
10.	Brechtje de Jong	De Forel	48.60	198907422	<b>47.38</b>
11.	Liesbeth Bruinekool	Zuiderzeezwemmers	54.80	199007958	<b>50.81</b>
AFGEM	Danique Stoop	Zuiderzeezwemmers	27.30	199106956	
AFGEM	Karin Ursem	Torpedo	35.09	198904178	
Masters 20+, Heren					
1.	Rick Kuipers	Z&PC de Inktvis	26.60	199203449	<b>27.45</b>
2.	Sven van Zanten	De Duinkickers	28.51	199003405	<b>28.81</b>
3.	Harry Dijkstra	ISIS	28.65	199100487	<b>29.07</b>
4.	Sander Pastink	De Duinkickers	28.23	198902405	<b>29.57</b>
5.	Gert Jan Jong	ZV De Bron	29.44	199004165	<b>29.88</b>
6.	Jurrian Werler	ZVV	32.58	199003259	<b>32.86</b>
7.	Bart van Olst	Ducdalf	32.86	199101709	<b>33.69</b>
8.	Gerwin Bouwmeester	ZVV	38.82	199103501	<b>40.77</b>
9.	Danny Vochteloo	De Spatters	38.45	199207251	<b>40.79</b>
AFGEM	Justin Post	De Fuut	30.52	199207009	

ZMC 6  
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Programmanr. 5, 50m vrije slag

Masters 25+, Dames

1.	Nienke van Stipriaan	PSV	29.62	198703970	<b>29.68</b>
2.	Annelette de Vries	WS Twente	28.58	198603908	<b>29.73</b>
3.	Marije Jansen	Montferland	29.74	198504088	<b>30.66</b>
4.	Lisanne Andeweg	Zuiderzeezwemmers	30.34	198800092	<b>31.10</b>
5.	Margo Kruithof	zpc Stadskanaal	32.13	198702408	<b>31.69</b>
6.	Karin Hovenkamp	De Spatters	32.35	198701850	<b>32.95</b> FJ 1
7.	Serima Louise Wildvank	De Spatters	32.05	198604104	<b>32.95</b> FJ 2
8.	Sabine Duijst	De Amer	34.14	198701032	<b>33.48</b>
9.	Jennifer Go	W.Z. & P.C. Triton	34.42	198400766	<b>34.69</b>
10.	Martine Heres	Ducdalf	31.60	198701668	<b>35.13</b>
11.	Aleida Groenendijk	Zuiderzeezwemmers	37.29	198400816	<b>36.70</b>
12.	Rosemarie Veerkamp	Zuiderzeezwemmers	38.47	198706092	<b>38.13</b>
13.	Dora Kemecei	D'elft	35.00	198403466	<b>38.20</b>
14.	Marloes Rebel	WS Twente	39.98	198403474	<b>39.71</b>
15.	Monique Alles	ZVV	38.80	198706112	<b>41.24</b>
16.	Merel Benthem	ZCNF'34	1:01.51	198706082	<b>58.59</b>
AFGEM	Jeanette van Dijk	ISIS	31.16	198700880	
AFGEM	Annemiek Willems	Montferland	48.63	198706116	

Masters 25+, Heren

1.	Jeroen Leenslag	Scom	27.51	198802129	<b>26.78</b>
2.	Erik van der Heide	Zuiderzeezwemmers	26.60	198801337	<b>26.90</b>
3.	Rik Bos	Ducdalf	26.80	198600345	<b>28.95</b>
4.	Niels Vlug	De Duinkickers	27.70	198803651	<b>29.15</b>
5.	René van Dijk	ISIS	29.16	198400489	<b>30.45</b>
6.	Robbert H.	De Duinkickers	31.20	198705269	<b>31.54</b>
7.	Niels Willemsen	Z&PC de Inktvis	30.70	198603557	<b>31.55</b>
8.	Wouter van 't Klooster	AZ&PC	32.52	198806159	<b>32.42</b>
9.	Wesley Determann	De Amer	33.67	198806107	<b>33.73</b>
10.	Killian Yntema	SWOL 1894	36.96	198806151	<b>36.38</b>
11.	Mike Nupoort	De Duinkickers	38.04	198503755	<b>37.25</b>

Masters 30+, Dames

1.	Yvette Roozen	DWT	32.60	198000926	<b>31.80</b>
2.	Nienke Nieuwenhuis	SWOL 1894	32.00	198101850	<b>31.84</b>
3.	Linda Panman	zpc Stadskanaal	33.50	198202430	<b>32.92</b>
4.	Linda Hoogendam	Zoetermeer	32.76	198300892	<b>33.06</b>
5.	Ingrid van der Does	ZV De Bron	35.36	198001690	<b>34.30</b>
6.	Eveline Hacquebord	IJZPC	33.17	197901206	<b>35.12</b>
7.	Angela Giezen	Montferland	34.28	198302796	<b>35.42</b>
8.	Corine den Engelsen	UZSC	34.35	198302822	<b>35.77</b>
9.	Marjolein Kiewiet	Aquapoldro	35.87	197901404	<b>37.09</b>
10.	Mirjam Minderhoud	Zignea	37.60	198301398	<b>38.51</b>

Masters 30+, Heren

1.	Lauren Vis	Steenwijk 1934	25.82	198201883	<b>25.94</b>
2.	Marcel Reefhuis	WS Twente	27.90	198101381	<b>28.32</b>
3.	Rutger Stam	De Amer	27.35	198102463	<b>28.39</b>
4.	Oliver de Haas	ZV De Bron	26.85	198002213	<b>29.29</b>
	Michel Wigbers	DWT	27.86	198001743	<b>29.29</b>
6.	Remco Smit	ZV De Aalscholver	36.00	198102477	<b>30.86</b>
7.	Rudy de Jong	De Forel	29.18	198301061	<b>31.43</b>
8.	Mark Brinkhuis	Hera'11	31.63	198302609	<b>32.33</b>
9.	Joost Bosman	ZV De Aalscholver	36.16	198302937	<b>35.59</b>

ZMC 6  
Amersfoort, 24-3-2013

Programmanr. 5, Heren, 50m vrije slag, Masters 30+

Rang			In.tijd		Tijd
10.	Judith Hup	Steenwijk 1934	35.00	198001694	<b>36.05</b>

Masters 35+, Dames

1.	Marty Krans-de Weerd	ZCNF'34	29.60	197500604	<b>30.01</b>
2.	Inez Heideman	WS Twente	30.87	197500198	<b>30.98</b>
3.	Margriet Leeffers	Deltasteur	33.98	197800448	<b>35.41</b>
4.	Pauline Heus	OEZA	34.91	197800332	<b>36.04</b>
5.	Clementine van Bruxvoort	ZPB H&L	39.36	197700138	<b>39.71</b>

Masters 35+, Heren

1.	Bas Spoelstra	De Futen	28.60	197701573	<b>28.94</b>
2.	Markus van Rest	Zoetermeer	29.00	197701197	<b>29.04</b>
3.	Ron Langelaan	DAW	28.29	197800643	<b>29.55</b>
4.	Rene Beens	Deltasteur	30.00	197800045	<b>29.84</b>
5.	Johan Wezenberg	Deltasteur	29.09	197601023	<b>30.46</b>
6.	René Benne	ZVZwartsluis	32.69	197501317	<b>33.44</b>
DIS	Robert Ottjes	De Amer	30.00	197501381	
<i>AA - Te vroeg bewogen bij de 1e (1-startregel) of 2e start.</i>					
AFGEM	Raoul Kariodimedjo	De Futen	29.99	197601223	

Masters 40+, Dames

1.	Lidia v. Bon-Rosenbrand	AZ&PC	30.25	197000054	<b>31.10</b>
2.	Annette de Visser	Z.S.C. Oceanus	31.09	197100602	<b>31.23</b>
3.	Iris van Aurich	DWK	33.71	196900866	<b>33.40</b>
4.	Henriëtte Manting	Gzww	32.91	197100246	<b>33.79</b>
5.	Esther Mijnen	ZV De Zaan	32.13	196900846	<b>34.28</b>
6.	Cynthia Noordermeer	Het Y	34.94	197000358	<b>35.37</b>
7.	Ageeth Boomsma	Orca	33.36	197000826	<b>36.16</b>
8.	Greta Wyma	DWK	40.83	197100696	<b>40.16</b>
9.	Mariëlle Roeters	Nat Utrecht	41.70	197300900	<b>44.77</b>
10.	Mijke Smit	De Duinkickers	46.20	197200934	<b>46.88</b>
11.	Sylvia Tetteroo	IJZPC	43.35	197300476	<b>47.50</b>
12.	Klasien Blankestijn	De Duinkickers	49.06	196900934	<b>49.08</b>
AFGEM	Marleen Prins	De Fuut	39.24	197300864	

Masters 40+, Heren

1.	Agnus Gerringa	Zuiderzeezwemmers	28.50	197100285	<b>27.80</b>
2.	René Beetsma	HZ&PC Heerenveen	28.80	196900069	<b>28.13</b>
3.	Michel Terhaar	IJZPC	28.21	197101549	<b>28.16</b>
4.	Rudi Boets	zpc Stadskanaal	29.50	197100101	<b>28.73</b>
5.	Peter ter Horst	SWOL 1894	28.16	197201261	<b>28.96</b>
6.	Tiemen Stegenga	HZ&PC Heerenveen	29.77	197101379	<b>30.89</b>
7.	Sander Weert de	OEZA	30.66	197201453	<b>30.97</b>
8.	David Blom	AZ&PC	32.68	197001577	<b>31.02</b>
9.	Erik Smink	De Amer	33.00	197301467	<b>31.58</b>
10.	Alex Hagedoorn	zpc Stadskanaal	31.26	197100319	<b>32.13</b>
11.	Mike Molenaar	Zoetermeer	33.08	197201493	<b>33.88</b>
12.	Gertjan van de Bosch	IJZPC	38.44	197001615	<b>36.26</b>
13.	Sander Komen	ZV De Bron	33.53	197201507	<b>36.76</b>
AFGEM	Marcel Brittijn	De Duinkickers	29.61	196900159	

ZMC 6  
Amersfoort, 24-3-2013

Programmanr. 5, 50m vrije slag

Masters 45+, Dames

1.	Laura Staal	Z.S.C. Oceanus	32.00	196700358	<b>32.64</b>
2.	Yvette Kilian	Zoetermeer	33.56	196600534	<b>34.70</b>
3.	Marion Broekhuis	WS Twente	33.48	196800060	<b>34.76</b>
4.	Ilse Vos-Viergever	De Hokseberg	34.01	196800644	<b>35.41</b>
5.	Roelien (T.R.) Speelman - Tigelaar	De Spatters	36.65	196600664	<b>35.68</b>
6.	Friderika Kerekes	AZ&PC	33.92	196500540	<b>37.22</b>
7.	Wilma Roest	De Duinkickers	36.98	196800816	<b>38.31</b>
8.	Riekie Schra	Steenwijk 1934	50.35	196400404	<b>57.44</b>
AFGEM	Margriet de Hoop	De Fuut	47.05	196800848	

Masters 45+, Heren

1.	Walter Slijkerman	De Spatters	29.54	196401179	<b>28.72</b>
2.	Ron Korzelius	AZ&PC	28.25	196500513	<b>28.89</b>
3.	Ivo Kokje	Nat Utrecht	29.00	196601483	<b>28.94</b>
4.	Marcel Jonkman	Aqualero	29.16	196801389	<b>29.58</b>
5.	Robert de Brauwer	De Duinkickers	30.79	196401383	<b>29.91</b>
6.	Frank van den Haak	Gay Swim Amsterdam	30.62	196601429	<b>30.42</b>
7.	Jan Smalheer	Scm	30.91	196400701	<b>31.86</b>
8.	Sander Nieuwenhuys	De Fuut	31.42	196801423	<b>31.88</b>
9.	Eric Giling	De Fuut	30.17	196400237	<b>32.03</b>
10.	Roel van der Sluis	UZSC	31.00	196701625	<b>32.83</b>
11.	Peter Schielen	De Fuut	31.91	196501531	<b>32.99</b>
12.	Roelof Broekman	De Spatters	30.68	196800155	<b>34.18</b>
13.	Rene Speelman	De Spatters	33.81	196601521	<b>34.91</b>
14.	Robert Witvliet	Zoetermeer	35.01	196601507	<b>35.59</b>
15.	Sjaak Meinders	De Spatters	36.44	196601327	<b>37.30</b>
16.	Nico Ringenoldus	ISIS	38.70	196501535	<b>39.09</b>
DIS	Jan Lindenaar	UZSC	30.11	196701623	
	<i>AA - Te vroeg bewogen bij de 1e (1-startregel) of 2e start.</i>				
AFGEM	Lambert Morsink	W.Z. & P.C. Triton	30.03	196501427	
AFGEM	Henk van Zetten	Octopus	33.13	196701261	

Masters 50+, Dames

1.	Marjan Remmits	One Team Swimming	31.17	196300518	<b>30.98</b>
2.	Francine Sommer	W.Z. & P.C. Triton	31.76	196200384	<b>33.02</b>
3.	Pia van der Molen	HZ&PC Heerenveen	36.19	196000116	<b>35.48</b>
4.	Annemarie Vuist	SWOL 1894	34.00	196300282	<b>36.11</b>
5.	Jennie Resink-lindeboom	DWK	38.13	196000142	<b>38.45</b>
6.	Ellen Parma	W.Z. & P.C. Triton	38.11	196200366	<b>38.80</b>
7.	Jos Ensink	UZSC	41.00	196101079	<b>39.37</b>
8.	Irene Hoenderdos	Aquapoldro	45.31	196300428	<b>43.23</b>
9.	Willy Schoenmaker	DWK	43.37	195900254	<b>44.87</b>
10.	Gea Kuiper	ZCNF'34	43.67	196100104	<b>45.12</b>
AFGEM	Gonnie Paas	ZV Vlaardingen-Schiedam	37.46	196200418	

Masters 50+, Heren

1.	Jos Verhoeven	ZV De Aalscholver	28.95	196301161	<b>29.58</b>
2.	Harrie Oude Weernink	WS Twente	30.87	196001037	<b>30.52</b>
3.	Bob Nieuwenhuys	De Fuut	45.00	196201227	<b>30.74</b>
4.	Tom Dimmendaal	Z.S.C. Oceanus	30.00	196301011	<b>30.95</b>
5.	Ronald van Vliet	ZV De Aalscholver	30.93	196300997	<b>31.02</b>
6.	Henry Brouwer	Aqualero	33.00	196301223	<b>32.35</b>
7.	Henk Kuipers	UZSC	32.53	196201207	<b>32.43</b>
8.	Perry Ligthart	ZV De Bron	32.00	196101093	<b>32.87</b>

ZMC 6  
Amersfoort, 24-3-2013

Programmanr. 5, Heren, 50m vrije slag, Masters 50+

Rang			In.tijd		Tijd
9.	John Dam	Zignea	31.19	196000915	<b>32.90</b>
10.	Jan Willem Heuten	WS Twente	33.48	196000883	<b>33.73</b>
11.	Henk Gierveld	Nat Utrecht	31.42	196000869	<b>34.09</b>
12.	Jan van Rennes	ISIS	31.13	196200539	<b>34.19</b>
13.	Hans de Groot	Nat Utrecht	34.21	195900177	<b>34.33</b>
14.	Jan Willem Schokking	UZSC	32.00	196001043	<b>34.50</b>
15.	John Tersteeg	De Fuut	33.57	196001039	<b>35.87</b>
16.	Ton Witkamp	Wvz	34.73	196101089	<b>36.35</b>
17.	Herbert Katgert	WS Twente	34.79	195900739	<b>37.47</b>
18.	Hans Stevens	Nat Utrecht	48.08	196301367	<b>41.89</b>

Masters 55+, Dames

1.	Atie Pijtak-Radersma	AZ&PC	32.32	195600048	<b>31.80</b>
2.	Janny van Eijk	ZV De Bron	35.32	195800022	<b>35.15</b>
3.	Patty Krupiarz	PSV	34.62	195400074	<b>35.92</b>
4.	Simone Balkenende	De Duinkickers	51.00	195700178	<b>47.61</b>

Masters 55+, Heren

1.	Mark Eligh,	UZSC	29.17	195700497	<b>30.95</b>
2.	Jan Vonk	De Amer	31.34	195400237	<b>31.20</b>
3.	Peter Duijst	ZV De Bron	35.35	195400319	<b>33.02</b>
4.	Jappie Kuiper	SWOL 1894	30.87	195500417	<b>33.39</b>
5.	Aaldert Mellema	Nat Utrecht	31.50	195700233	<b>33.73</b>
6.	Jaap de Boer	De Duinkickers	34.51	195800691	<b>34.69</b>
7.	Kees Karsten	Gay Swim Amsterdam	42.00	195800203	<b>38.22</b>
8.	Adrie van der Gracht	OEZA	40.90	195700485	<b>42.07</b>

Masters 60+, Dames

1.	Christien Nieuwenhuis	SWOL 1894	32.65	195100022	<b>32.86</b>
2.	Bea Swijnenberg	SWOL 1894	38.50	194900010	<b>38.65</b>
3.	Antoinette Gilding-Tussaud	WS Twente	44.09	195000038	<b>45.08</b>
4.	Adrie Oostendorp	ZV De Bron	1:06.81	194900024	<b>1:08.32</b>

Masters 60+, Heren

1.	Richard Catoire	Z.S.C. Oceanus	34.13	195200253	<b>34.16</b>
2.	Rob Berkhof	SWOL 1894	33.59	195200245	<b>35.50</b>
3.	Bert Veerkamp	Zuiderzeezwemmers	50.74	195200271	<b>54.04</b>

Masters 65+, Dames

1.	Greet Brehler	ZV Hatto Heim	47.00	194400004	<b>46.71</b>
2.	Annet Verhoeven	De Duinkickers	48.91	194600024	<b>47.61</b>
3.	Mieke Strijbis-v.d.Kroft	DAW	47.00	194500004	<b>48.51</b>

Masters 65+, Heren

1.	Han Roos	ZV De Bron	32.50	194500081	<b>32.52</b>
2.	Mans Buis	Het Ravijn	36.45	194700133	<b>37.56</b>
3.	Henk Oostendorp	ZV De Bron	43.70	194800093	<b>43.81</b>

Masters 70+, Heren

1.	Wim ter Laak	PSV	47.42	194000027	<b>47.20</b>
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ZMC 6  
Amersfoort, 24-3-2013

Programmanr. 5, 50m vrije slag

Masters 75+, Dames

1. Bep van Riessen                      Aquapoldro                      53.25    193700006                      **52.32**

Masters 75+, Heren

1. Pieter Scharphorn                      Neptunus                      55.16    193800037                      **56.17**  
AFGEM Gregor Pompen                      Aqua-Novio '94                      37.00    193700021

Programmanr. 6  
24-3-2013 - 16:16

200m vlinderslag

20 - 84 jaar  
Resultaten

Rang		In.tijd		100m	200m
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Masters 20+, Dames

1. Désirée Hulsmeijer                      Het Ravijn                      3:33.65    199001656                      1:25.22    3:11.22

Masters 20+, Heren

1. Jens Boer                      Z&PC de Inktvis                      2:35.18    198900289                      1:09.28    2:37.47  
2. Dennis Wijbenga                      zpc Stadskanaal                      2:34.56    199003283                      1:18.00    2:38.03  
DIS Rick Kuipers                      Z&PC de Inktvis                      2:52.44    199203449  
*AF - De aangegeven afstand niet uitgezwommen.*  
AFGEM Marco de Vries                      Z&PC de Inktvis                      3:07.89    199003181

Masters 25+, Dames

1. Mariska Stins                      OEZA                      3:12.70    198402364                      1:30.46    3:15.72  
AFGEM Milja Breed                      Torpedo                      2:53.15    198800594  
AFGEM Stephanie Rombout                      PSV                      2:41.74    198803696

Masters 25+, Heren

1. Wesley van Diejen                      PSV                      2:50.00    198604551                      1:25.24    3:10.21  
2. Rick Driezen                      Steenwijk 1934                      2:38.89    198600713                      1:23.75    3:14.43  
3. Albert Dijkma                      De Forel                      3:39.30    198700711                      1:33.07    3:25.07

Masters 35+, Dames

1. Liselotte Joling                      PSV                      2:45.00    197500268                      1:16.87    2:44.06  
2. Diane Scholing                      Het Ravijn                      3:30.00    197701090                      1:32.53    3:22.47  
3. Babette Rens                      Dedemsvaart-AC                      3:20.96    197801200                      1:37.02    3:27.36

Masters 35+, Heren

1. Erwin Zuijdervelt                      De Futen                      2:58.70    197501015                      1:26.66    3:12.82  
DIS Kees Bakker                      Gay Swim Amsterdam                      3:10.00    197501055  
*AE - De aangegeven zwemslag niet uitgevoerd.*

Masters 40+, Dames

1. Ingrid Boot-De Groot                      ZV De Aalscholver                      3:02.30    197000168                      1:29.08    3:12.82

Masters 40+, Heren

1. Kasper van den Berghe                      SWOL 1894                      3:03.30    197301125                      1:24.25    3:06.44



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Programmanr. 6, 200m vlinderslag

Masters 45+, Dames

1.	Jantine Braakman	ZV De Bron	3:35.00	196500036	1:37.44	3:40.69
2.	Miranda Keijl	Zignea	3:45.00	196500588	1:50.74	3:53.36

Masters 45+, Heren

1.	Ronald van Maurik	Nat Utrecht	3:09.08	196600509	1:15.02	2:50.64
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Masters 50+, Dames

1.	Margriet Grove-Lingeman	Z.S.C. Oceanus	3:04.41	196200080	1:26.88	3:06.84
2.	Marjan Spoelstra	SWOL 1894	4:20.00	196000236	1:54.70	3:59.19
3.	Joke Burgers	SWOL 1894	4:21.57	196000226	2:04.29	4:25.47

Masters 50+, Heren

DIS	Michiel Tonsbeek	DWT	4:20.00	196000889		
	<i>VB - Beide armen niet tezamen naar voren en/of gelijktijdig achterwaarts gebracht.</i>					

Masters 55+, Dames

1.	Tonny den Braber	Scom	4:34.34	195700022	2:08.30	4:38.85
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Masters 55+, Heren

1.	Paul Bunnik	W.Z. & P.C. Triton	3:06.91	195600413	1:29.84	3:21.11
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Masters 65+, Heren

1.	Donald Uijtenbogaart	Het Y	3:14.03	194700107	1:31.24	3:14.96
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Masters 70+, Heren

1.	Rob Hanou	PSV	3:33.33	194300109	1:50.69	3:51.33
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Programmanr. 7  
24-3-2013 - 16:33

50m rugslag

20 - 84 jaar  
Resultaten

Rang			In.tijd		Tijd
Masters 20+, Dames					
1.	Eline Schoenmaker	De Duinkickers	37.04	199003322	<b>38.32</b>
2.	Elzemieke Gersen	zpc Stadskanaal	39.23	199108460	<b>40.54</b>
3.	Marloes Benjamins	Aqualero	38.91	199105110	<b>40.86</b>
4.	Gerlinde van de Wetering	Deltasteur	37.65	198904678	<b>40.93</b>
5.	Selly Swieringa	Aqualero	40.05	199008320	<b>42.42</b>
6.	Janneke Wynia	WS Twente	45.48	199005500	<b>47.80</b>
7.	Saskia Alles	ZVV	49.68	199108474	<b>51.16</b>
AFGEM	Danique Stoop	Zuiderzeewemmers	31.88	199106956	
AFGEM	Karin Ursem	Torpedo	40.89	198904178	
AFGEM	Elmi Roelofsen	ZVV	33.36	199008198	

ZMC 6  
Amersfoort, 24-3-2013

Programmanr. 7, 50m rugslag

Masters 20+, Heren

1.	Dennis Wijbenga	zpc Stadskanaal	31.86	199003283	<b>33.21</b>
2.	Harry Dijkma	ISIS	32.79	199100487	<b>34.30</b>
3.	Sander Pastink	De Duinkickers	35.91	198902405	<b>39.22</b>
4.	Bart van Olst	Ducdalf	40.64	199101709	<b>42.70</b>
5.	Gerwin Bouwmeester	ZVV	48.19	199103501	<b>48.81</b>
6.	Matthijs van Doorn	Het Ravijn	49.75	199207231	<b>50.07</b>
7.	Danny Vochtelloo	De Spatters	47.91	199207251	<b>51.62</b>
AFGEM	Justin Post	De Fuut	39.11	199207009	

Masters 25+, Dames

1.	Nienke van Stipriaan	PSV	38.50	198703970	<b>37.95</b>
2.	Marije Jansen	Montferland	37.10	198504088	<b>38.54</b>
3.	Marjan van der Star	WS Twente	36.68	198403192	<b>38.63</b>
4.	Annelette de Vries	WS Twente	37.77	198603908	<b>39.40</b>
5.	Martine Heres	Ducdalf	37.60	198701668	<b>41.17</b>
6.	Jennifer Go	W.Z. & P.C. Triton	39.82	198400766	<b>42.85</b>
7.	Marijke Dirkse	IJZPC	43.00	198403480	<b>43.25</b>
8.	Aleida Groenendijk	Zuiderzeewemmers	43.64	198400816	<b>43.85</b>
9.	Melina Walrave	ZV De Aalscholver	48.00	198605248	<b>45.27</b>
10.	Rosemarie Veerkamp	Zuiderzeewemmers	45.32	198706092	<b>46.75</b>
11.	Monique Alles	ZVV	40.50	198706112	<b>47.06</b>
12.	Marloes Rebel	WS Twente	47.73	198403474	<b>47.32</b>
AFGEM	Marije van Manen	AZ&PC	40.00	198602368	
NG	Serima Louise Wildvank	De Spatters	38.51	198604104	

Masters 25+, Heren

1.	Albert van Piekeren	Octopus	30.17	198401767	<b>29.84</b>
2.	Erik van der Heide	Zuiderzeewemmers	31.84	198801337	<b>32.42</b>
3.	Albert Dijkma	De Forel	36.16	198700711	<b>36.73</b>
4.	Rik Bos	Ducdalf	35.75	198600345	<b>37.14</b>
5.	Niels Vlug	De Duinkickers	35.58	198803651	<b>37.41</b>
6.	Robin Eggenkamp	De Duinkickers	37.06	198700847	<b>37.48</b>
7.	René van Dijk	ISIS	37.55	198400489	<b>38.20</b>
8.	Killian Yntema	SWOL 1894	42.00	198806151	<b>43.45</b>
9.	Mike Nupoort	De Duinkickers	47.39	198503755	<b>48.26</b>

Masters 30+, Dames

1.	Linda Panman	zpc Stadskanaal	36.50	198202430	<b>38.45</b>
2.	Ingrid van der Does	ZV De Bron	40.51	198001690	<b>41.74</b>
3.	Nienke Nieuwenhuis	SWOL 1894	44.00	198101850	<b>42.69</b>
4.	Corine den Engelsens	UZSC	40.00	198302822	<b>43.78</b>
5.	Mirjam Minderhoud	Zignea	46.54	198301398	<b>45.86</b>
6.	Rianne van Vegchelen	Deltasteur	55.06	198101530	<b>49.95</b>

Masters 30+, Heren

1.	Lauren Vis	Steenwijk 1934	30.50	198201883	<b>30.92</b>
2.	Reinier Vis	IJZPC	35.22	198002289	<b>35.54</b>
3.	Michel Wigbers	DWT	37.22	198001743	<b>36.74</b>
4.	Rudy de Jong	De Forel	36.77	198301061	<b>37.26</b>
5.	Rutger Stam	De Amer	37.31	198102463	<b>37.40</b>
6.	Hans Cligge	De Futen	38.28	198100315	<b>38.36</b>
7.	Oliver de Haas	ZV De Bron	36.50	198002213	<b>38.48</b>
8.	Mark Brinkhuis	Hera'11	38.22	198302609	<b>40.23</b>

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Programmanr. 7, Heren, 50m rugslag, Masters 30+

Rang			In.tijd		Tijd
9.	Remco Smit	ZV De Aalscholver	48.00	198102477	<b>42.41</b>
10.	Joost Bosman	ZV De Aalscholver	43.95	198302937	<b>44.13</b>
11.	Judith Hup	Steenwijk 1934	40.00	198001694	<b>46.40</b>
AFGEM	Rogier van Gent	IJZPC	36.20	198000405	

Masters 35+, Dames

1.	Monique Boets	zpc Stadskanaal	35.10	197600230	<b>35.25</b>
2.	Marty Krans-de Weerd	ZCNF'34	36.71	197500604	<b>38.80</b>
3.	Marina van Staveren	OEZA	39.61	197801234	<b>38.91</b>
4.	Diane Scholing	Het Ravijn	43.80	197701090	<b>40.56</b>
5.	Jannie Vennik	HZ&PC Heerenveen	43.46	197601006	<b>44.20</b>
6.	Pauline Heus	OEZA	43.26	197800332	<b>44.67</b>

Masters 35+, Heren

1.	Rene Beens	Deltasteur	34.00	197800045	<b>33.46</b>
2.	Gerard Eghuizen	HZ&PC Heerenveen	33.32	197400197	<b>34.04</b>
3.	Kees Bakker	Gay Swim Amsterdam	36.00	197501055	<b>36.73</b>
4.	Bas Spoelstra	De Futen	36.00	197701573	<b>38.95</b>

Masters 40+, Dames

1.	Lidia v. Bon-Rosenbrand	AZ&PC	36.80	197000054	<b>37.56</b>
2.	Henriëtte Manting	Gzww	39.06	197100246	<b>40.86</b>
3.	Peggi Hurenkamp	HZ&PC Heerenveen	42.00	196900922	<b>44.62</b>
4.	Esther Mijnen	ZV De Zaan	42.20	196900846	<b>46.64</b>
5.	Klasien Blankestijn	De Duinkickers	1:07.04	196900934	<b>1:07.46</b>

Masters 40+, Heren

1.	Paul Hardeman	AZ&PC	33.20	197300327	<b>33.83</b>
2.	Rudi Boets	zpc Stadskanaal	33.00	197100101	<b>33.98</b>
3.	Michel Terhaar	IJZPC	35.17	197101549	<b>36.32</b>
4.	Erik Smink	De Amer	40.00	197301467	<b>37.76</b>
5.	Mike Molenaar	Zoetermeer	41.13	197201493	<b>40.88</b>
6.	Sander Weert de	OEZA	41.17	197201453	<b>43.45</b>
AFGEM	Marcel Brittijn	De Duinkickers	38.73	196900159	

Masters 45+, Dames

1.	Laura Staal	Z.S.C. Oceanus	37.50	196700358	<b>37.97</b>
2.	Caroline Schreuder	W.Z. & P.C. Triton	37.27	196700550	<b>38.86</b>
3.	Roelien (T.R.) Speelman - Tigelaar	De Spatters	49.62	196600664	<b>45.29</b>
4.	Wilma Roest	De Duinkickers	45.66	196800816	<b>46.67</b>
5.	Friderika Kerekes	AZ&PC	44.46	196500540	<b>47.41</b>
6.	Yvette Kilian	Zoetermeer	45.18	196600534	<b>48.12</b>
7.	Riekie Schra	Steenwijk 1934	1:01.89	196400404	<b>1:08.59</b>

Masters 45+, Heren

1.	John Stokx	DAW	34.20	196401341	<b>34.42</b>
2.	Walter Slijkerman	De Spatters	35.78	196401179	<b>35.28</b>
3.	Marcel Jonkman	Aqualero	40.26	196801389	<b>36.25</b>
4.	Ron Korzelius	AZ&PC	35.44	196500513	<b>37.14</b>
5.	Ivo Kokje	Nat Utrecht	33.00	196601483	<b>37.48</b>
	Eric Blaauw	OEZA	35.82	196701619	<b>37.48</b>
7.	Jan Lindenaar	UZSC	38.00	196701623	<b>38.13</b>
8.	Paul de Boer	De Amer	38.00	196801413	<b>38.82</b>

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Programmanr. 7, Heren, 50m rugslag, Masters 45+

Rang			In.tijd		Tijd
9.	Jan de Lange	WS Twente	38.82	196501273	<b>39.89</b>
10.	Rene Speelman	De Spatters	42.44	196601521	<b>40.46</b>
11.	Roel van der Sluis	UZSC	40.00	196701625	<b>44.71</b>
12.	Robert Witvliet	Zoetermeer	42.00	196601507	<b>51.15</b>
AFGEM	Lambert Morsink	W.Z. & P.C. Triton	38.04	196501427	
AFGEM	Erik Wetsteijn	SWOL 1894	35.42	196501019	

Masters 50+, Dames

1.	Marja Bloemzaad	AZ&PC	39.10	196100014	<b>37.35</b>
2.	Marijke Kraak-Beckers	WS Twente	41.27	196000240	<b>41.95</b>
3.	Gea Kuiper	ZCNF'34	49.45	196100104	<b>53.75</b>
4.	Joke Burgers	SWOL 1894	55.69	196000226	<b>58.16</b>
5.	Willy Schoenmaker	DWK	1:06.74	195900254	<b>1:12.80</b>

Masters 50+, Heren

1.	Hans de Groot	Nat Utrecht	38.12	195900177	<b>38.73</b>
2.	Jack Barends	WS Twente	38.41	196201011	<b>40.04</b>
3.	Jan van Rennes	ISIS	37.96	196200539	<b>40.35</b>
4.	John Dam	Zignea	41.81	196000915	<b>43.42</b>
5.	Jan Willem Heuten	WS Twente	46.99	196000883	<b>46.29</b>

Masters 55+, Dames

1.	Mathilde Vink	SWOL 1894	40.66	195800128	<b>40.30</b>
2.	Patty Krupiarz	PSV	43.32	195400074	<b>43.80</b>
3.	Janny van Eijk	ZV De Bron	46.55	195800022	<b>47.38</b>
4.	Simone Balkenende	De Duinkickers	50.00	195700178	<b>52.72</b>

Masters 55+, Heren

1.	Mark Eligh,	UZSC	34.70	195700497	<b>37.41</b>
2.	Peter Duijst	ZV De Bron	40.64	195400319	<b>41.68</b>
3.	Jappie Kuiper	SWOL 1894	40.76	195500417	<b>43.12</b>
4.	Kees Karsten	Gay Swim Amsterdam	52.00	195800203	<b>53.04</b>
5.	Adrie van der Gracht	OEZA	55.33	195700485	<b>54.72</b>

Masters 60+, Dames

1.	Antoinette Gilding-Tussaud	WS Twente	49.24	195000038	<b>46.65</b>
2.	Bea Swijnenberg	SWOL 1894	43.46	194900010	<b>46.69</b>
3.	Adrie Oostendorp	ZV De Bron	1:14.55	194900024	<b>1:15.30</b>

Masters 60+, Heren

1.	Rob Berkhof	SWOL 1894	38.50	195200245	<b>40.18</b>
2.	Bert Veerkamp	Zuiderzeewemmers	1:15.67	195200271	<b>1:06.57</b>

Masters 65+, Dames

1.	Leny Kamp	Aquapoldro	59.00	194400008	<b>59.10</b>
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Masters 65+, Heren

1.	Mans Buis	Het Ravijn	45.05	194700133	<b>46.92</b>
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Programmanr. 7, 50m rugslag

Masters 70+, Heren

1. Aad Grapendaal                      OEZA                                      58.17    194200063                      **56.91**

Masters 75+, Heren

1. Pieter Scharphorn                      Neptunus                                      1:03.45    193800037                      **1:02.80**

Programmanr. 8  
24-3-2013 - 16:54

400m vrije slag

20 - 84 jaar  
Resultaten

Rang			In.tijd		100m	200m	300m	400m
<b>Masters 20+, Dames</b>								
1.	Anne Duijst	De Amer	5:15.10	198901030	1:13.87	2:35.10		5:16.32
	50m:	150m:	250m:		350m:			
	100m: 1:13.87	200m: 2:35.10	300m:		400m: 5:16.32			
2.	Irmgard van Weeghel	Octopus	5:22.09	199204834	1:17.48	2:41.84		5:31.95
	50m:	150m:	250m:		350m:			
	100m: 1:17.48	200m: 2:41.84	300m:		400m: 5:31.95			
3.	Marloes Benjamins	Aqualero	5:48.11	199105110	1:17.41	2:46.46		5:40.79
	50m:	150m:	250m:		350m:			
	100m: 1:17.41	200m: 2:46.46	300m:		400m: 5:40.79			
4.	Nikki Thie	De Duinkickers	5:45.00	199202424	1:21.16	2:51.76		5:52.72
	50m:	150m:	250m:		350m:			
	100m: 1:21.16	200m: 2:51.76	300m:		400m: 5:52.72			
5.	Marjan Rikken	ZVV	5:49.55	199206114	1:22.86	2:54.77		5:56.54
	50m:	150m:	250m:		350m:			
	100m: 1:22.86	200m: 2:54.77	300m:		400m: 5:56.54			
6.	Wieteke Jansen	Montferland	6:36.07	199001750	1:29.24	3:11.31		6:34.08
	50m:	150m:	250m:		350m:			
	100m: 1:29.24	200m: 3:11.31	300m:		400m: 6:34.08			
7.	Jorinde Veraar	De Amer	7:57.71	199204726	1:46.98	3:48.07		7:53.89
	50m:	150m:	250m:		350m:			
	100m: 1:46.98	200m: 3:48.07	300m:		400m: 7:53.89			
8.	Liesbeth Bruinekool	Zuiderzeezwemmers	8:36.57	199007958	2:04.76	4:19.92		8:49.20
	50m:	150m:	250m:		350m:			
	100m: 2:04.76	200m: 4:19.92	300m:		400m: 8:49.20			
<b>Masters 20+, Heren</b>								
1.	Jeffrey Breedijk	De Amer	4:32.41	198900451	1:02.45	2:13.45		4:39.29
	50m:	150m:	250m:		350m:			
	100m: 1:02.45	200m: 2:13.45	300m:		400m: 4:39.29			
2.	Dennis Wijbenga	zpc Stadskanaal	4:37.68	199003283	1:07.95	2:23.37		4:52.43
	50m:	150m:	250m:		350m:			
	100m: 1:07.95	200m: 2:23.37	300m:		400m: 4:52.43			
3.	Gert Jan Jong	ZV De Bron	5:52.56	199004165	1:23.19	2:59.58		6:13.66
	50m:	150m:	250m:		350m:			
	100m: 1:23.19	200m: 2:59.58	300m:		400m: 6:13.66			
4.	Matthijs van Doorn	Het Ravijn	6:22.76	199207231	1:28.09	3:07.87		6:25.91
	50m:	150m:	250m:		350m:			
	100m: 1:28.09	200m: 3:07.87	300m:		400m: 6:25.91			
5.	Danny Vochteloo	De Spatters	7:41.87	199207251	1:37.90	3:21.83		6:49.92
	50m:	150m:	250m:		350m:			
	100m: 1:37.90	200m: 3:21.83	300m:		400m: 6:49.92			

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Programmanr. 8, 400m vrije slag

Masters 25+, Dames

1. Lisanne Andeweg	Zuiderzeezwemmers	4:48.26	198800092	1:10.91	2:25.41	4:52.25
50m:	150m:	250m:	350m:			
100m: 1:10.91	200m: 2:25.41	300m:	400m: 4:52.25			
2. Laura Oosterbroek	SWOL 1894	5:02.56	198803264	1:12.06	2:32.97	5:15.70
50m:	150m:	250m:	350m:			
100m: 1:12.06	200m: 2:32.97	300m:	400m: 5:15.70			
3. Marjan van der Star	WS Twente	5:30.00	198403192	1:17.60	2:42.94	5:30.24
50m:	150m:	250m:	350m:			
100m: 1:17.60	200m: 2:42.94	300m:	400m: 5:30.24			
4. Yvette Nota - Peters	De Spatters	5:54.35	198703158	1:22.70	2:53.63	5:50.63
50m:	150m:	250m:	350m:			
100m: 1:22.70	200m: 2:53.63	300m:	400m: 5:50.63			
5. Karin Hovenkamp	De Spatters	6:00.54	198701850	1:25.17	2:56.91	5:55.18
50m:	150m:	250m:	350m:			
100m: 1:25.17	200m: 2:56.91	300m:	400m: 5:55.18			
6. Renske Eilers	De Amer	5:54.57	198806072	1:25.56	3:02.10	6:18.50
50m:	150m:	250m:	350m:			
100m: 1:25.56	200m: 3:02.10	300m:	400m: 6:18.50			
7. Mirjam van Kampen	ZV De Aalscholver	5:41.72	198704214	1:26.07	3:05.43	6:20.45
50m:	150m:	250m:	350m:			
100m: 1:26.07	200m: 3:05.43	300m:	400m: 6:20.45			
8. Dora Kemecei	D'elft	5:54.00	198403466	1:34.04	3:09.63	6:23.69
50m:	150m:	250m:	350m:			
100m: 1:34.04	200m: 3:09.63	300m:	400m: 6:23.69			
9. Sabrina Dessens	ZV De Bron	6:26.47	198503486	1:30.94	3:12.41	6:40.18
50m:	150m:	250m:	350m:			
100m: 1:30.94	200m: 3:12.41	300m:	400m: 6:40.18			
AFGEM Stephanie Rombout	PSV	5:00.02	198803696			
AFGEM Marije van Manen	AZ&PC	5:55.00	198602368			
AFGEM Annemiek Willems	Montferland	9:07.47	198706116			

Masters 25+, Heren

1. Jeroen Leenslag	Scm	5:13.30	198802129	1:10.91	2:29.70	5:14.72
50m:	150m:	250m:	350m:			
100m: 1:10.91	200m: 2:29.70	300m:	400m: 5:14.72			
2. Willem van der Zwaag	ISIS	5:30.00	198503111	1:18.28	2:46.06	5:45.65
50m:	150m:	250m:	350m:			
100m: 1:18.28	200m: 2:46.06	300m:	400m: 5:45.65			
3. Danny Jannenga	Ducdalf	6:17.80	198801673	1:29.37	3:08.22	6:24.63
50m:	150m:	250m:	350m:			
100m: 1:29.37	200m: 3:08.22	300m:	400m: 6:24.63			

Masters 30+, Dames

1. Linda Hoogendam	Zoetermeer	5:20.25	198300892	1:17.78	2:42.94	5:30.42
50m:	150m:	250m:	350m:			
100m: 1:17.78	200m: 2:42.94	300m:	400m: 5:30.42			
2. Yvette Roozen	DWT	6:03.42	198000926	1:22.79	2:53.62	5:55.44
50m:	150m:	250m:	350m:			
100m: 1:22.79	200m: 2:53.62	300m:	400m: 5:55.44			
3. Carmen Haan	De Spatters	5:41.96	197901458	1:22.80	2:54.45	5:57.87
50m:	150m:	250m:	350m:			
100m: 1:22.80	200m: 2:54.45	300m:	400m: 5:57.87			

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Programmanr. 8, Dames, 400m vrije slag, Masters 30+

Rang		In.tijd	100m	200m	300m	400m
4.	Eveline Hacquebord IJZPC	6:04.50 197901206	1:25.64	3:00.45		6:13.85
	50m: 100m: 1:25.64	150m: 200m: 3:00.45	250m: 300m:	350m: 400m: 6:13.85		
5.	Angela Giezen Montferland	6:50.79 198302796	1:27.67	3:07.35		6:25.77
	50m: 100m: 1:27.67	150m: 200m: 3:07.35	250m: 300m:	350m: 400m: 6:25.77		
6.	Marjolein Kiewiet Aquapoldro	6:23.60 197901404	1:32.45	3:15.13		6:36.23
	50m: 100m: 1:32.45	150m: 200m: 3:15.13	250m: 300m:	350m: 400m: 6:36.23		
7.	Esther van Buren De Duinkickers	7:20.08 198001670	1:38.64	3:34.42		7:33.80
	50m: 100m: 1:38.64	150m: 200m: 3:34.42	250m: 300m:	350m: 400m: 7:33.80		

Masters 30+, Heren

1.	Alexander Hulleman Steenwijk 1934	4:31.08 198300989	1:03.93	2:12.65		4:33.19
	50m: 100m: 1:03.93	150m: 200m: 2:12.65	250m: 300m:	350m: 400m: 4:33.19		
2.	Marcel Reefhuis WS Twente	4:43.84 198101381	1:07.55	2:20.77		4:47.80
	50m: 100m: 1:07.55	150m: 200m: 2:20.77	250m: 300m:	350m: 400m: 4:47.80		
3.	Remco Veerkamp Zuiderzeezwimmers	6:27.44 198102311	1:30.75	3:17.91		6:56.56
	50m: 100m: 1:30.75	150m: 200m: 3:17.91	250m: 300m:	350m: 400m: 6:56.56		

Masters 35+, Dames

1.	Liselotte Joling PSV	5:04.19 197500268	1:12.58	2:31.63		5:03.09
	50m: 100m: 1:12.58	150m: 200m: 2:31.63	250m: 300m:	350m: 400m: 5:03.09		
2.	Inez Heideman WS Twente	5:36.80 197500198	1:20.90	2:47.48		5:41.70
	50m: 100m: 1:20.90	150m: 200m: 2:47.48	250m: 300m:	350m: 400m: 5:41.70		
3.	Jannie Vennik HZ&PC Heerenveen	6:10.94 197601006	1:32.51	3:12.79		6:26.37
	50m: 100m: 1:32.51	150m: 200m: 3:12.79	250m: 300m:	350m: 400m: 6:26.37		
4.	Margriet Leeffers Deltasteur	6:17.93 197800448	1:26.02	3:04.57		6:29.92
	50m: 100m: 1:26.02	150m: 200m: 3:04.57	250m: 300m:	350m: 400m: 6:29.92		
5.	Anneke de Groot De Fuut	6:07.55 197701140	1:28.45	3:09.42		6:34.77
	50m: 100m: 1:28.45	150m: 200m: 3:09.42	250m: 300m:	350m: 400m: 6:34.77		
6.	Clementine van Bruxvoort ZPB H&L	6:48.12 197700138	1:35.67	3:22.80		7:01.04
	50m: 100m: 1:35.67	150m: 200m: 3:22.80	250m: 300m:	350m: 400m: 7:01.04		

Masters 35+, Heren

1.	Roeland Looman Nat Utrecht	5:05.00 197401145	1:13.45	2:34.39		5:14.59
	50m: 100m: 1:13.45	150m: 200m: 2:34.39	250m: 300m:	350m: 400m: 5:14.59		
2.	Markus van Rest Zoetermeer	5:28.63 197701197	1:16.01	2:38.93		5:20.10
	50m: 100m: 1:16.01	150m: 200m: 2:38.93	250m: 300m:	350m: 400m: 5:20.10		

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Programmanr. 8, Heren, 400m vrije slag, Masters 35+

Rang		In.tijd	100m	200m	300m	400m
3.	Ron Langelaan 50m: 100m: 1:14.62	DAW 150m: 200m: 2:36.59	6:00.00 197800643 250m: 300m:	1:14.62 2:36.59 350m: 400m: 5:29.84		5:29.84

NG Niels Buiten ZCNF'34 5:05.25 197701553

Masters 40+, Dames

1.	Cynthia Noordermeer 50m: 100m: 1:17.89	Het Y 150m: 200m: 2:38.26	5:14.72 197000358 250m: 300m:	1:17.89 2:38.26 350m: 400m: 5:18.36		5:18.36
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2.	Annette de Visser 50m: 100m: 1:15.90	Z.S.C. Oceanus 150m: 200m: 2:38.33	5:23.27 197100602 250m: 300m:	1:15.90 2:38.33 350m: 400m: 5:21.12		5:21.12
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3.	Lisenka Kornet 50m: 100m: 1:15.93	One Team Swimming 150m: 200m: 2:39.75	5:15.77 196900914 250m: 300m:	1:15.93 2:39.75 350m: 400m: 5:24.56		5:24.56
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4.	Iris van Aurich 50m: 100m:	DWK 150m: 200m: 2:50.72	6:03.78 196900866 250m: 300m:	2:50.72 350m: 400m: 5:52.32		5:52.32
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5.	Annet Kootstra 50m: 100m: 1:25.51	SWOL 1894 150m: 200m: 2:57.30	6:00.56 197100344 250m: 300m:	1:25.51 2:57.30 350m: 400m: 6:01.25		6:01.25
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6.	Peggi Hurenkamp 50m: 100m: 1:29.81	HZ&PC Heerenveen 150m: 200m: 3:11.77	6:30.00 196900922 250m: 300m:	1:29.81 3:11.77 350m: 400m: 6:33.30		6:33.30
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7.	Angeline Hamstra 50m: 100m: 1:34.29	Scom 150m: 200m: 3:18.70	6:42.46 197200782 250m: 300m:	1:34.29 3:18.70 350m: 400m: 6:43.20		6:43.20
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8.	Greta Wyma 50m: 100m: 1:41.10	DWK 150m: 200m: 3:29.80	6:58.31 197100696 250m: 300m:	1:41.10 3:29.80 350m: 400m: 7:02.75		7:02.75
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9.	Sylvia Tetteroo 50m: 100m: 1:50.79	IJZPC 150m: 200m: 3:55.00	8:10.94 197300476 250m: 300m:	1:50.79 3:55.00 350m: 400m: 7:59.17		7:59.17
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AFGEM Marleen Prins De Fuut 7:59.74 197300864

Masters 40+, Heren

1.	Arjan Bellaart 50m: 100m: 1:09.26	Z.S.C. Oceanus 150m: 200m: 2:24.69	4:47.98 196900079 250m: 300m:	1:09.26 2:24.69 350m: 400m: 4:57.56		4:57.56
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2.	Agnus Gerringa 50m: 100m: 1:12.96	Zuiderzeezwemmers 150m: 200m: 2:32.05	5:10.00 197100285 250m: 300m:	1:12.96 2:32.05 350m: 400m: 5:10.73		5:10.73
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3.	Kasper van den Berghe 50m: 100m: 1:19.34	SWOL 1894 150m: 200m: 2:43.88	5:30.59 197301125 250m: 300m:	1:19.34 2:43.88 350m: 400m: 5:31.49		5:31.49
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4.	Gerhard Knol 50m: 100m: 1:20.42	ZV De Aalscholver 150m: 200m: 2:45.69	5:25.00 197100483 250m: 300m:	1:20.42 2:45.69 350m: 400m: 5:42.04		5:42.04
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5.	Tiemen Stegenga 50m: 100m: 1:18.47	HZ&PC Heerenveen 150m: 200m: 2:45.97	5:20.39 197101379 250m: 300m:	1:18.47 2:45.97 350m: 400m: 5:44.32		5:44.32
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6.	Taco Eikelenboom 50m: 100m: 1:24.34	De Futen 150m: 200m: 3:00.38	6:04.28 196900275 250m: 300m:	1:24.34 3:00.38 350m: 400m: 6:09.84		6:09.84
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Programmanr. 8, Heren, 400m vrije slag, Masters 40+

Rang		In.tijd	100m	200m	300m	400m
7.	David Blom 50m: 100m: 1:30.44	AZ&PC 150m: 200m: 3:10.84	6:30.00 197001577 250m: 300m:	1:30.44 3:10.84 350m: 400m: 6:31.43		6:31.43
8.	Arnold Jonker 50m: 100m: 1:35.98	HZ&PC Heerenveen 150m: 200m: 3:21.12	6:50.00 197000529 250m: 300m:	1:35.98 3:21.12 350m: 400m: 6:44.27		6:44.27

Masters 45+, Dames

1.	Henriëtte v. Norden 50m: 100m: 1:28.22	AZ&PC 150m: 200m: 2:45.47	5:55.00 196800046 250m: 300m:	1:28.22 2:45.47 350m: 400m: 5:40.75		5:40.75
2.	Marion Broekhuis 50m: 100m: 1:23.39	WS Twente 150m: 200m: 2:54.88	5:47.72 196800060 250m: 300m:	1:23.39 2:54.88 350m: 400m: 5:54.85		5:54.85
3.	Hetty Smalheer 50m: 100m: 1:31.44	Scom 150m: 200m: 3:13.91	6:27.46 196700352 250m: 300m:	1:31.44 3:13.91 350m: 400m: 6:35.82		6:35.82
4.	Ilse Vos-Viergever 50m: 100m: 1:29.15	De Hokseberg 150m: 200m: 3:08.42	6:30.00 196800644 250m: 300m:	1:29.15 3:08.42 350m: 400m: 6:36.12		6:36.12
5.	Ingeborg Stokx 50m: 100m: 1:36.34	DAW 150m: 200m: 3:24.80	6:30.00 196700666 250m: 300m:	1:36.34 3:24.80 350m: 400m: 7:01.15		7:01.15

Masters 45+, Heren

1.	Ivo Kokje 50m: 100m: 1:16.69	Nat Utrecht 150m: 200m: 2:41.33	5:24.88 196601483 250m: 300m:	1:16.69 2:41.33 350m: 400m: 5:27.22		5:27.22
2.	Jan Lindenaar 50m: 100m: 1:16.36	UZSC 150m: 200m: 2:40.44	5:20.00 196701623 250m: 300m:	1:16.36 2:40.44 350m: 400m: 5:30.12		5:30.12
3.	Sander Nieuwenhuys 50m: 100m: 1:19.16	De Fuut 150m: 200m: 2:44.23	5:31.29 196801423 250m: 300m:	1:19.16 2:44.23 350m: 400m: 5:34.53		5:34.53
4.	Jan Smalheer 50m: 100m: 1:22.02	Scom 150m: 200m: 2:53.69	5:47.33 196400701 250m: 300m:	1:22.02 2:53.69 350m: 400m: 5:58.70		5:58.70
5.	Huyb Stegeman 50m: 100m: 1:22.56	Steenwijk 1934 150m: 200m: 2:55.88	6:24.08 196701535 250m: 300m:	1:22.56 2:55.88 350m: 400m: 6:03.50		6:03.50
6.	Frank van den Haak 50m: 100m: 1:23.83	Gay Swim Amsterdam 150m: 200m: 2:58.30	5:57.25 196601429 250m: 300m:	1:23.83 2:58.30 350m: 400m: 6:22.89		6:22.89
7.	Roel van der Sluis 50m: 100m: 1:26.25	UZSC 150m: 200m: 3:08.25	5:40.00 196701625 250m: 300m:	1:26.25 3:08.25 350m: 400m: 6:31.97		6:31.97
8.	Marco Schoenmakers 50m: 100m: 1:39.31	ZV Vlaardingen-Schiedam 150m: 200m: 3:36.35	6:52.00 196401375 250m: 300m:	1:39.31 3:36.35 350m: 400m: 7:26.06		7:26.06

AFGEM Harald Mulder Zoetermeer 6:00.00 196701459  
AFGEM Henk van Zetten Octopus 6:18.77 196701261

ZMC 6  
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Programmanr. 8, 400m vrije slag

Masters 50+, Dames

1. Marja Bloemzaad	AZ&PC	5:20.18	196100014	1:17.35	2:41.11	5:26.73
50m:	150m:	250m:	350m:			
100m: 1:17.35	200m: 2:41.11	300m:	400m: 5:26.73			
2. Francine Sommer	W.Z. & P.C. Triton	5:41.51	196200384	1:20.39	2:51.91	5:52.04
50m:	150m:	250m:	350m:			
100m: 1:20.39	200m: 2:51.91	300m:	400m: 5:52.04			
3. Margriet Grove-Lingeman	Z.S.C. Oceanus	5:45.87	196200080	1:25.60	2:56.42	5:59.32
50m:	150m:	250m:	350m:			
100m: 1:25.60	200m: 2:56.42	300m:	400m: 5:59.32			
4. Marlien Wijnhof	Nat Utrecht	5:56.79	196100300	1:22.67	2:54.79	5:59.67
50m:	150m:	250m:	350m:			
100m: 1:22.67	200m: 2:54.79	300m:	400m: 5:59.67			
5. Marijke Kraak-Beckers	WS Twente	6:14.24	196000240	1:26.68	3:01.01	6:08.55
50m:	150m:	250m:	350m:			
100m: 1:26.68	200m: 3:01.01	300m:	400m: 6:08.55			
6. Pia van der Molen	HZ&PC Heerenveen	6:50.79	196000116	1:30.13	3:09.43	6:34.97
50m:	150m:	250m:	350m:			
100m: 1:30.13	200m: 3:09.43	300m:	400m: 6:34.97			
7. Jos Ensink	UZSC	7:00.00	196101079	1:35.51	3:20.97	6:39.50
50m:	150m:	250m:	350m:			
100m: 1:35.51	200m: 3:20.97	300m:	400m: 6:39.50			
8. Jennie Resink-lindeboom	DWK	6:49.17	196000142	1:35.85	3:20.12	6:40.56
50m:	150m:	250m:	350m:			
100m: 1:35.85	200m: 3:20.12	300m:	400m: 6:40.56			
9. Marjan Spoelstra	SWOL 1894	6:58.15	196000236	1:35.87	3:17.85	6:40.76
50m:	150m:	250m:	350m:			
100m: 1:35.87	200m: 3:17.85	300m:	400m: 6:40.76			
10. Ellen Parma	W.Z. & P.C. Triton	6:33.63	196200366	1:34.57	3:21.94	6:53.59
50m:	150m:	250m:	350m:			
100m: 1:34.57	200m: 3:21.94	300m:	400m: 6:53.59			
11. Irene Hoenderdos	Aquapoldro	8:11.84	196300428	1:56.32	4:07.28	8:28.85
50m:	150m:	250m:	350m:			
100m: 1:56.32	200m: 4:07.28	300m:	400m: 8:28.85			

Masters 50+, Heren

1. Ronald Grove	Z.S.C. Oceanus	5:25.09	196100161	1:16.81	2:41.18	5:30.03
50m:	150m:	250m:	350m:			
100m: 1:16.81	200m: 2:41.18	300m:	400m: 5:30.03			
2. Tom Dimmendaal	Z.S.C. Oceanus	5:20.00	196301011	1:20.00	2:45.20	5:33.60
50m:	150m:	250m:	350m:			
100m: 1:20.00	200m: 2:45.20	300m:	400m: 5:33.60			
3. Harrie Oude Weernink	WS Twente	5:36.80	196001037	1:20.15	2:45.41	5:34.82
50m:	150m:	250m:	350m:			
100m: 1:20.15	200m: 2:45.41	300m:	400m: 5:34.82			
4. Edzo Huisman	Aquapoldro	5:30.00	196301029	1:18.64	2:44.92	5:43.48
50m:	150m:	250m:	350m:			
100m: 1:18.64	200m: 2:44.92	300m:	400m: 5:43.48			
5. Rudolf Meijer	De Amer	5:49.87	196000995	1:23.41	2:52.55	5:46.95
50m:	150m:	250m:	350m:			
100m: 1:23.41	200m: 2:52.55	300m:	400m: 5:46.95			
6. Jos Verhoeven	ZV De Aalscholver	5:30.64	196301161	1:21.61	2:51.64	5:50.58
50m:	150m:	250m:	350m:			
100m: 1:21.61	200m: 2:51.64	300m:	400m: 5:50.58			

ZMC 6  
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Programmanr. 8, Heren, 400m vrije slag, Masters 50+

Rang		In.tijd	100m	200m	300m	400m
7.	Henk Kuipers 50m: 100m: 1:22.20	UZSC 150m: 2:54.20 200m: 2:54.20	5:40.00 196201207 250m: 300m:	1:22.20 2:54.20 350m: 400m: 6:02.09		6:02.09
8.	Bart van Calker 50m: 100m: 1:24.52	WS Twente 150m: 200m: 2:57.84	5:41.54 196100067 250m: 300m:	1:24.52 2:57.84 350m: 400m: 6:05.84		6:05.84
9.	Casper Dollekamp 50m: 100m: 1:24.76	Steenwijk 1934 150m: 200m: 2:59.82	6:01.29 196301341 250m: 300m:	1:24.76 2:59.82 350m: 400m: 6:05.98		6:05.98
10.	Henk Gierveld 50m: 100m: 1:28.72	Nat Utrecht 150m: 200m: 3:04.86	6:02.10 196000869 250m: 300m:	1:28.72 3:04.86 350m: 400m: 6:17.55		6:17.55
11.	Bob Nieuwenhuys 50m: 100m: 1:18.81	De Fuut 150m: 200m: 2:56.69	6:30.00 196201227 250m: 300m:	1:18.81 2:56.69 350m: 400m: 6:40.93		6:40.93
12.	John Tersteeg 50m: 100m: 1:36.53	De Fuut 150m: 200m: 3:23.99	7:08.48 196001039 250m: 300m:	1:36.53 3:23.99 350m: 400m: 6:54.87		6:54.87
13.	Herbert Katgert 50m: 100m: 1:40.23	WS Twente 150m: 200m: 3:28.29	6:46.44 195900739 250m: 300m:	1:40.23 3:28.29 350m: 400m: 7:09.43		7:09.43

Masters 55+, Dames

1.	Atie Pijtak-Radersma 50m: 100m: 1:18.91	AZ&PC 150m: 200m: 2:43.59	5:30.06 195600048 250m: 300m:	1:18.91 2:43.59 350m: 400m: 5:32.38		5:32.38
2.	Mathilde Vink 50m: 100m: 1:29.32	SWOL 1894 150m: 200m: 3:02.72	6:06.02 195800128 250m: 300m:	1:29.32 3:02.72 350m: 400m: 6:03.27		6:03.27
3.	Monica Bakker 50m: 100m: 1:31.35	ZVZwartsluis 150m: 200m: 3:10.07	6:15.68 195600082 250m: 300m:	1:31.35 3:10.07 350m: 400m: 6:28.66		6:28.66

Masters 55+, Heren

1.	Marten de Groot 50m: 100m: 1:10.94	HZ&PC Heerenveen 150m: 200m: 2:24.75	4:44.08 195800149 250m: 300m:	1:10.94 2:24.75 350m: 400m: 4:51.78		4:51.78
2.	Evertjan Masurel 50m: 100m: 1:21.75	PSV 150m: 200m: 2:50.49	5:40.54 195600495 250m: 300m:	1:21.75 2:50.49 350m: 400m: 5:42.11		5:42.11
3.	Aaldert Mellema 50m: 100m: 1:21.83	Nat Utrecht 150m: 200m: 2:54.05	5:45.53 195700233 250m: 300m:	1:21.83 2:54.05 350m: 400m: 5:57.49		5:57.49
4.	Ron van der Zande 50m: 100m: 1:22.83	ZV De Aalscholver 150m: 200m: 2:58.14	5:58.45 195500307 250m: 300m:	1:22.83 2:58.14 350m: 400m: 6:08.23		6:08.23

AFGEM Harry Paas ZV Vlaardingen-Schiedam 6:07.79 195800689

Masters 60+, Dames

1.	Ineke Meijer 50m: 100m: 1:40.67	HZ&PC Heerenveen 150m: 200m: 3:31.70	6:59.40 195200034 250m: 300m:	1:40.67 3:31.70 350m: 400m: 7:02.78		7:02.78
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ZMC 6  
Amersfoort, 24-3-2013

Programmanr. 8, Dames, 400m vrije slag, Masters 60+

Rang			In.tijd		100m	200m	300m	400m
2.	Corine Kalbfleisch	DWT	6:58.41	195200024	1:46.22	3:45.86		7:33.88
	50m:	150m:	250m:			350m:		
	100m: 1:46.22	200m: 3:45.86	300m:			400m: 7:33.88		

Masters 60+, Heren

1.	Jos Kamps	De Amer	6:43.84	195100085	1:29.29	3:12.29		6:39.59
	50m:	150m:	250m:			350m:		
	100m: 1:29.29	200m: 3:12.29	300m:			400m: 6:39.59		

Masters 65+, Dames

1.	Mieke Strijbis-v.d.Kroft	DAW	7:59.00	194500004	1:54.02	3:58.16		8:02.92
	50m:	150m:	250m:			350m:		
	100m: 1:54.02	200m: 3:58.16	300m:			400m: 8:02.92		
2.	Greet Brehler	ZV Hatto Heim	8:45.00	194400004	2:00.41	4:14.22		8:31.64
	50m:	150m:	250m:			350m:		
	100m: 2:00.41	200m: 4:14.22	300m:			400m: 8:31.64		

Masters 70+, Dames

1.	Liesbeth ter Laak	PSV	11:48.87	194200008	2:52.70	6:01.37		12:10.11
	50m:	150m:	250m:			350m:		
	100m: 2:52.70	200m: 6:01.37	300m:			400m: 12:10.11		

Masters 70+, Heren

1.	Rob Hanou	PSV	6:30.00	194300109	1:35.63	3:22.41		6:48.26
	50m:	150m:	250m:			350m:		
	100m: 1:35.63	200m: 3:22.41	300m:			400m: 6:48.26		
2.	Wim ter Laak	PSV	8:54.70	194000027	2:05.86	4:23.39		8:51.00
	50m:	150m:	250m:			350m:		
	100m: 2:05.86	200m: 4:23.39	300m:			400m: 8:51.00		

Masters 75+, Dames

1.	Bep van Riessen	Aquapoldro	9:11.13	193700006	2:10.18	4:36.49		9:25.37
	50m:	150m:	250m:			350m:		
	100m: 2:10.18	200m: 4:36.49	300m:			400m: 9:25.37		

Masters 75+, Heren

AFGEM	Gregor Pompen	Aqua-Novio '94	7:10.00	193700021				
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