

1 - ONMK 2011 kb sessie 1

21-01-2011 - 9:30

Programmanr. 1
21-01-2011 - 9:30

Dames, 1500m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	
Masters 20+						
1.	Cynthia Grooteboer	De Reest	20:16.94	8901462	20:38.86	
	50m: 35.36	35.36	450m: 6:03.96	42.03	850m: 11:40.15	42.22
	100m: 1:13.82	38.46	500m: 6:45.74	41.78	900m: 12:22.26	42.11
	150m: 1:54.08	40.26	550m: 7:27.83	42.09	950m: 13:04.26	42.00
	200m: 2:35.59	41.51	600m: 8:09.91	42.08	1000m: 13:46.36	42.10
	250m: 3:16.78	41.19	650m: 8:51.99	42.08	1050m: 14:28.43	42.07
	300m: 3:58.38	41.60	700m: 9:33.75	41.76	1100m: 15:10.58	42.15
	350m: 4:40.03	41.65	750m: 10:16.08	42.33	1150m: 15:52.52	41.94
	400m: 5:21.93	41.90	800m: 10:57.93	41.85	1200m: 16:34.53	42.01
					1250m: 17:16.24	41.71
					1300m: 17:57.87	41.63
					1350m: 18:38.64	40.77
					1400m: 19:19.86	41.22
					1450m: 20:00.66	40.80
					1500m: 20:38.86	38.20
2.	Sunanda van Heteren	PCG	21:13.43	8901728	20:50.41	
	50m: 35.56	35.56	450m: 6:09.96	42.73	850m: 11:53.11	43.47
	100m: 1:14.93	39.37	500m: 6:51.77	41.81	900m: 12:36.14	43.03
	150m: 1:55.69	40.76	550m: 7:34.05	42.28	950m: 13:18.54	42.40
	200m: 2:37.45	41.76	600m: 8:16.70	42.65	1000m: 14:00.06	41.52
	250m: 3:18.88	41.43	650m: 8:59.52	42.82	1050m: 14:42.30	42.24
	300m: 4:01.73	42.85	700m: 9:42.11	42.59	1100m: 15:23.63	41.33
	350m: 4:43.82	42.09	750m: 10:25.49	43.38	1150m: 16:04.96	41.33
	400m: 5:27.23	43.41	800m: 11:09.64	44.15	1200m: 16:46.93	41.97
					1250m: 17:29.38	42.45
					1300m: 18:10.63	41.25
					1350m: 18:52.34	41.71
					1400m: 19:33.48	41.14
					1450m: 20:13.34	39.86
					1500m: 20:50.41	37.07

Masters 25+

1.	Linda Hoogendam	D'Elft	19:50.44	8300892	19:46.23	
	50m: 32.89	32.89	450m: 5:45.57	40.08	850m: 11:09.40	40.33
	100m: 1:10.48	37.59	500m: 6:25.68	40.11	900m: 11:50.10	40.70
	150m: 1:49.11	38.63	550m: 7:06.07	40.39	950m: 12:30.36	40.26
	200m: 2:27.19	38.08	600m: 7:46.34	40.27	1000m: 13:11.39	41.03
	250m: 3:06.20	39.01	650m: 8:26.76	40.42	1050m: 13:51.60	40.21
	300m: 3:46.01	39.81	700m: 9:07.50	40.74	1100m: 14:31.94	40.34
	350m: 4:25.16	39.15	750m: 9:48.48	40.98	1150m: 15:12.13	40.19
	400m: 5:05.49	40.33	800m: 10:29.07	40.59	1200m: 15:52.31	40.18
					1250m: 16:32.33	40.02
					1300m: 17:13.31	40.98
					1350m: 17:52.01	38.70
					1400m: 18:31.43	39.42
					1450m: 19:10.40	38.97
					1500m: 19:46.23	35.83
2.	Petra Wolsing	De Futen	21:36.57	8402796	21:18.18	
	50m: 36.71	36.71	450m: 6:14.55	42.75	850m: 11:56.54	42.92
	100m: 1:16.88	40.17	500m: 6:56.88	42.33	900m: 12:39.59	43.05
	150m: 1:59.15	42.27	550m: 7:39.64	42.76	950m: 13:22.77	43.18
	200m: 2:41.03	41.88	600m: 8:22.13	42.49	1000m: 14:06.38	43.61
	250m: 3:24.19	43.16	650m: 9:05.33	43.20	1050m: 14:49.16	42.78
	300m: 4:06.88	42.69	700m: 9:48.02	42.69	1100m: 15:32.40	43.24
	350m: 4:48.93	42.05	750m: 10:30.80	42.78	1150m: 16:15.81	43.41
	400m: 5:31.80	42.87	800m: 11:13.62	42.82	1200m: 16:59.53	43.72
					1250m: 17:43.68	44.15
					1300m: 18:27.11	43.43
					1350m: 19:11.36	44.25
					1400m: 19:54.69	43.33
					1450m: 20:36.65	41.96
					1500m: 21:18.18	41.53
3.	Bianca van Ringelestijn	De Gelenberg	20:37.21	8502466	22:10.23	
	50m: 36.69	36.69	450m: 6:23.02	44.98	850m: 12:21.23	45.07
	100m: 1:17.97	41.28	500m: 7:07.80	44.78	900m: 13:06.92	45.69
	150m: 2:00.57	42.60	550m: 7:52.65	44.85	950m: 13:52.18	45.26
	200m: 2:43.22	42.65	600m: 8:36.96	44.31	1000m: 14:37.67	45.49
	250m: 3:26.41	43.19	650m: 9:21.55	44.59	1050m: 15:23.73	46.06
	300m: 4:09.99	43.58	700m: 10:06.11	44.56	1100m: 16:09.01	45.28
	350m: 4:53.69	43.70	750m: 10:50.90	44.79	1150m: 16:54.20	45.19
	400m: 5:38.04	44.35	800m: 11:36.16	45.26	1200m: 17:39.61	45.41
					1250m: 18:25.52	45.91
					1300m: 19:10.98	45.46
					1350m: 19:56.75	45.77
					1400m: 20:42.85	46.10
					1450m: 21:27.74	44.89
					1500m: 22:10.23	42.49

Masters 40+

1.	Karin Stein	ZVVS	18:52.30	7100554	18:54.57	
	<i>Nederlands Masters Record, tt 800 m NMR</i>					
	50m: 34.51	34.51	450m: 5:34.96	37.71	850m: 10:38.77	38.76
	100m: 1:11.34	36.83	500m: 6:12.91	37.95	900m: 11:17.23	38.46
	150m: 1:48.79	37.45	550m: 6:50.62	37.71	950m: 11:55.56	38.33
	200m: 2:26.37	37.58	600m: 7:28.50	37.88	1000m: 12:34.02	38.46
	250m: 3:04.28	37.91	650m: 8:06.63	38.13	1050m: 13:12.64	38.62
	300m: 3:41.87	37.59	700m: 8:44.89	38.26	1100m: 13:50.91	38.27
	350m: 4:19.64	37.77	750m: 9:22.77	37.88	1150m: 14:28.90	37.99
	400m: 4:57.25	37.61	800m: 10:00.01	37.24	1200m: 15:07.23	38.33
					1250m: 15:45.43	38.20
					1300m: 16:23.82	38.39
					1350m: 17:01.94	38.12
					1400m: 17:40.50	38.56
					1450m: 18:18.58	38.08
					1500m: 18:54.57	35.99

Programmanr. 1, Dames, 1500m vrije slag, Masters 40+

rang	naam	vereniging	inschrijftijd	startnr.	tijd			
2.	Cynthia Noordermeer	Het Y	19:53.52	7000358	20:12.00			
	50m: 36.71	36.71	450m: 5:55.98	40.78	850m: 11:21.74	40.50	1250m: 16:49.69	40.90
	100m: 1:15.70	38.99	500m: 6:36.97	40.99	900m: 12:02.77	41.03	1300m: 17:30.26	40.57
	150m: 1:55.13	39.43	550m: 7:17.49	40.52	950m: 12:43.76	40.99	1350m: 18:11.27	41.01
	200m: 2:34.74	39.61	600m: 7:58.26	40.77	1000m: 13:24.49	40.73	1400m: 18:52.47	41.20
	250m: 3:14.68	39.94	650m: 8:38.98	40.72	1050m: 14:05.66	41.17	1450m: 19:32.59	40.12
	300m: 3:54.46	39.78	700m: 9:19.68	40.70	1100m: 14:46.69	41.03	1500m: 20:12.00	39.41
	350m: 4:34.68	40.22	750m: 10:00.27	40.59	1150m: 15:27.71	41.02		
	400m: 5:15.20	40.52	800m: 10:41.24	40.97	1200m: 16:08.79	41.08		
3.	Hetty Smalheer	SCOM	23:50.85	6700352	24:00.78			
	50m: 42.22	42.22	450m: 7:04.78	49.45	850m: 13:33.68	48.11	1250m: 20:02.85	47.92
	100m: 1:28.79	46.57	500m: 7:53.03	48.25	900m: 14:21.41	47.73	1300m: 20:49.94	47.09
	150m: 2:16.54	47.75	550m: 8:41.00	47.97	950m: 15:10.47	49.06	1350m: 21:37.55	47.61
	200m: 3:03.84	47.30	600m: 9:28.84	47.84	1000m: 15:59.63	49.16	1400m: 22:25.99	48.44
	250m: 3:51.35	47.51	650m: 10:18.63	49.79	1050m: 16:48.51	48.88	1450m: 23:14.19	48.20
	300m: 4:39.50	48.15	700m: 11:07.67	49.04	1100m: 17:37.08	48.57	1500m: 24:00.78	46.59
	350m: 5:27.12	47.62	750m: 11:56.84	49.17	1150m: 18:25.18	48.10		
	400m: 6:15.33	48.21	800m: 12:45.57	48.73	1200m: 19:14.93	49.75		

Masters 45+

1.	Margreet van der Pol	De Futen	22:54.30	6600276	23:10.73			
	50m: 40.40	40.40	450m: 6:51.18	46.22	850m: 13:04.80	46.63	1250m: 19:16.09	46.97
	100m: 1:24.65	44.25	500m: 7:37.47	46.29	900m: 13:51.75	46.95	1300m: 20:03.57	47.48
	150m: 2:10.78	46.13	550m: 8:23.98	46.51	950m: 14:37.57	45.82	1350m: 20:50.70	47.13
	200m: 2:57.66	46.88	600m: 9:10.74	46.76	1000m: 15:24.28	46.71	1400m: 21:38.02	47.32
	250m: 3:44.66	47.00	650m: 9:57.50	46.76	1050m: 16:10.27	45.99	1450m: 22:25.82	47.80
	300m: 4:32.03	47.37	700m: 10:44.36	46.86	1100m: 16:56.65	46.38	1500m: 23:10.73	44.91
	350m: 5:18.80	46.77	750m: 11:31.38	47.02	1150m: 17:42.88	46.23		
	400m: 6:04.96	46.16	800m: 12:18.17	46.79	1200m: 18:29.12	46.24		
2.	Karin van den Heuvel	AquAmigos	22:01.22	6600188	23:33.74			
	50m: 40.75	40.75	450m: 6:46.62	46.31	850m: 13:06.01	51.62	1250m: 19:29.50	48.61
	100m: 1:25.18	44.43	500m: 7:33.38	46.76	900m: 13:55.89	49.88	1300m: 20:18.30	48.80
	150m: 2:09.00	43.82	550m: 8:19.67	46.29	950m: 14:42.99	47.10	1350m: 21:07.34	49.04
	200m: 2:54.80	45.80	600m: 9:06.42	46.75	1000m: 15:31.27	48.28	1400m: 21:55.98	48.64
	250m: 3:40.87	46.07	650m: 9:53.87	47.45	1050m: 16:17.35	46.08	1450m: 22:44.52	48.54
	300m: 4:26.97	46.10	700m: 10:40.20	46.33	1100m: 17:04.45	47.10	1500m: 23:33.74	49.22
	350m: 5:13.81	46.84	750m: 11:27.13	46.93	1150m: 17:52.76	48.31		
	400m: 6:00.31	46.50	800m: 12:14.39	47.26	1200m: 18:40.89	48.13		

Masters 50+

1.	Patty Verhagen	AquAmigos	20:39.05	5900146	21:01.17			
	50m: 38.64	38.64	450m: 6:12.94	42.40	850m: 11:50.95	42.75	1250m: 17:31.05	42.45
	100m: 1:19.36	40.72	500m: 6:55.22	42.28	900m: 12:33.24	42.29	1300m: 18:13.54	42.49
	150m: 2:00.96	41.60	550m: 7:37.38	42.16	950m: 13:15.70	42.46	1350m: 18:56.00	42.46
	200m: 2:42.54	41.58	600m: 8:19.45	42.07	1000m: 13:58.23	42.53	1400m: 19:38.44	42.44
	250m: 3:24.31	41.77	650m: 9:01.50	42.05	1050m: 14:41.08	42.85	1450m: 20:20.60	42.16
	300m: 4:06.16	41.85	700m: 9:43.52	42.02	1100m: 15:23.38	42.30	1500m: 21:01.17	40.57
	350m: 4:48.25	42.09	750m: 10:25.71	42.19	1150m: 16:06.14	42.76		
	400m: 5:30.54	42.29	800m: 11:08.20	42.49	1200m: 16:48.60	42.46		

AFGEM Pia van der Molen HZ&PC Heerenveen 24:54.32 6000116

Masters 55+

1.	Margriet Pasma	De Pinquin	23:16.72	5500088	23:38.58			
	50m: 41.84	41.84	450m: 7:02.45	47.49	850m: 13:23.46	47.64	1250m: 19:43.48	47.54
	100m: 1:27.81	45.97	500m: 7:50.03	47.58	900m: 14:10.95	47.49	1300m: 20:31.86	48.38
	150m: 2:15.90	48.09	550m: 8:37.59	47.56	950m: 14:58.27	47.32	1350m: 21:19.29	47.43
	200m: 3:03.83	47.93	600m: 9:25.46	47.87	1000m: 15:45.48	47.21	1400m: 22:06.94	47.65
	250m: 3:51.68	47.85	650m: 10:13.11	47.65	1050m: 16:32.91	47.43	1450m: 22:53.86	46.92
	300m: 4:39.74	48.06	700m: 11:00.90	47.79	1100m: 17:20.63	47.72	1500m: 23:38.58	44.72
	350m: 5:27.36	47.62	750m: 11:48.32	47.42	1150m: 18:07.95	47.32		
	400m: 6:14.96	47.60	800m: 12:35.82	47.50	1200m: 18:55.94	47.99		
2.	Ineke Meijer	HZ&PC Heerenveen	26:49.07	5200034	26:09.85			
	50m: 44.01	44.01	450m: 7:41.46	52.22	850m: 14:43.01	52.74	1250m: 21:48.10	53.46
	100m: 1:34.23	50.22	500m: 8:33.69	52.23	900m: 15:35.43	52.42	1300m: 22:41.63	53.53
	150m: 2:26.95	52.72	550m: 9:26.20	52.51	950m: 16:28.78	53.35	1350m: 23:35.03	53.40
	200m: 3:19.14	52.19	600m: 10:18.66	52.46	1000m: 17:22.12	53.34	1400m: 24:27.66	52.63
	250m: 4:12.17	53.03	650m: 11:11.59	52.93	1050m: 18:15.16	53.04	1450m: 25:20.10	52.44
	300m: 5:04.55	52.38	700m: 12:04.75	53.16	1100m: 19:07.94	52.78	1500m: 26:09.85	49.75
	350m: 5:57.07	52.52	750m: 12:57.51	52.76	1150m: 20:01.29	53.35		
	400m: 6:49.24	52.17	800m: 13:50.27	52.76	1200m: 20:54.64	53.35		



Open Nederlandse Masters Kampioenschappen 2010 kb
Heerenveen, 21-23 januari 2011



Programmanr. 1, Dames, 1500m vrije slag

Masters 60+

1. Gonnie Bak			PSV		28:09.32		5100064		29:05.72		
50m:	50.61	50.61	450m:	8:32.69	58.41	850m:	16:17.83	58.65	1250m:	24:11.20	59.63
100m:	1:46.05	55.44	500m:	9:30.00	57.31	900m:	17:17.22	59.39	1300m:	25:09.91	58.71
150m:	2:43.50	57.45	550m:	10:27.30	57.30	950m:	18:15.62	58.40	1350m:	26:08.49	58.58
200m:	3:41.29	57.79	600m:	11:25.65	58.35	1000m:	19:14.87	59.25	1400m:	27:07.38	58.89
250m:	4:39.76	58.47	650m:	12:24.09	58.44	1050m:	20:13.51	58.64	1450m:	28:05.99	58.61
300m:	5:37.86	58.10	700m:	13:23.16	59.07	1100m:	21:13.42	59.91	1500m:	29:05.72	59.73
350m:	6:35.71	57.85	750m:	14:20.67	57.51	1150m:	22:12.38	58.96			
400m:	7:34.28	58.57	800m:	15:19.18	58.51	1200m:	23:11.57	59.19			

Masters 65+

1. Matty van der Veen			Old Dutch		28:59.25		4400020		27:32.59		
50m:	48.55	48.55	450m:	8:04.20	55.57	850m:	15:27.98	55.46	1250m:	22:53.06	56.01
100m:	1:40.85	52.30	500m:	8:59.19	54.99	900m:	16:23.13	55.15	1300m:	23:49.02	55.96
150m:	2:34.64	53.79	550m:	9:55.16	55.97	950m:	17:18.54	55.41	1350m:	24:44.77	55.75
200m:	3:29.28	54.64	600m:	10:50.32	55.16	1000m:	18:13.81	55.27	1400m:	25:41.24	56.47
250m:	4:23.62	54.34	650m:	11:46.16	55.84	1050m:	19:09.45	55.64	1450m:	26:37.03	55.79
300m:	5:17.97	54.35	700m:	12:41.88	55.72	1100m:	20:05.32	55.87	1500m:	27:32.59	55.56
350m:	6:13.03	55.06	750m:	13:37.17	55.29	1150m:	21:01.22	55.90			
400m:	7:08.63	55.60	800m:	14:32.52	55.35	1200m:	21:57.05	55.83			

Masters 75+

1. Annie de Vos			Old Dutch		37:05.84		3400004		34:42.22		
<i>Kampioenschaps Record</i>											
50m:	58.87	58.87	450m:	10:11.68	1:09.08	850m:	19:26.71	1:10.05	1250m:	28:50.83	1:10.57
100m:	2:05.41	1:06.54	500m:	11:21.29	1:09.61	900m:	20:37.67	1:10.96	1300m:	30:01.87	1:11.04
150m:	3:14.63	1:09.22	550m:	12:29.68	1:08.39	950m:	21:46.61	1:08.94	1350m:	31:12.50	1:10.63
200m:	4:24.77	1:10.14	600m:	13:39.00	1:09.32	1000m:	22:57.37	1:10.76	1400m:	32:22.88	1:10.38
250m:	5:34.92	1:10.15	650m:	14:47.92	1:08.92	1050m:	24:07.40	1:10.03	1450m:	33:33.34	1:10.46
300m:	6:44.53	1:09.61	700m:	15:57.98	1:10.06	1100m:	25:17.85	1:10.45	1500m:	34:42.22	1:08.88
350m:	7:53.54	1:09.01	750m:	17:07.41	1:09.43	1150m:	26:28.91	1:11.06			
400m:	9:02.60	1:09.06	800m:	18:16.66	1:09.25	1200m:	27:40.26	1:11.35			

Programmanr. 2
21-01-2011 - 11:13

Heren, 800m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd							
Masters 20+												
1.	Tim Bunnik	Triton	9:39.73	9000505	9:23.76							
	50m:	31.79	31.79	250m:	2:53.05	36.21	450m:	5:15.67	35.27	650m:	7:38.27	35.44
	100m:	1:05.77	33.98	300m:	3:28.74	35.69	500m:	5:51.39	35.72	700m:	8:14.67	36.40
	150m:	1:41.19	35.42	350m:	4:04.66	35.92	550m:	6:27.00	35.61	750m:	8:49.97	35.30
	200m:	2:16.84	35.65	400m:	4:40.40	35.74	600m:	7:02.83	35.83	800m:	9:23.76	33.79
2.	Maik Steenkamp	NDD	9:28.56	9103847	9:27.61							
	50m:	31.22	31.22	250m:	2:54.05	36.26	450m:	5:16.86	35.29	650m:	7:41.01	36.32
	100m:	1:06.40	35.18	300m:	3:29.86	35.81	500m:	5:52.99	36.13	700m:	8:16.83	35.82
	150m:	1:41.92	35.52	350m:	4:05.73	35.87	550m:	6:29.45	36.46	750m:	8:52.03	35.20
	200m:	2:17.79	35.87	400m:	4:41.57	35.84	600m:	7:04.69	35.24	800m:	9:27.61	35.58
3.	Remko Hooft	De Duinkickers	9:47.02	8701405	9:55.68							
	50m:	31.67	31.67	250m:	2:56.48	37.11	450m:	5:29.31	38.34	650m:	8:03.62	38.66
	100m:	1:07.00	35.33	300m:	3:34.64	38.16	500m:	6:07.38	38.07	700m:	8:42.48	38.86
	150m:	1:42.84	35.84	350m:	4:12.49	37.85	550m:	6:45.73	38.35	750m:	9:20.47	37.99
	200m:	2:19.37	36.53	400m:	4:50.97	38.48	600m:	7:24.96	39.23	800m:	9:55.68	35.21
DIS	Niels Albrechts	De Schotelij	10:38.08	8800039	AM							

Masters 25+

1. Remco van Althuis			SBC2000		9:42.42		8300029		9:32.18		
50m:	30.87	30.87	250m:	2:50.85	35.98	450m:	5:16.45	36.38	650m:	7:44.01	36.87
100m:	1:04.59	33.72	300m:	3:27.13	36.28	500m:	5:52.92	36.47	700m:	8:21.44	37.43
150m:	1:39.43	34.84	350m:	4:03.63	36.50	550m:	6:29.68	36.76	750m:	8:57.68	36.24
200m:	2:14.87	35.44	400m:	4:40.07	36.44	600m:	7:07.14	37.46	800m:	9:32.18	34.50



Programmanr. 2, Heren, 800m vrije slag

Masters 30+

1. Ivo Roozeboom	DES	9:25.66	7700801	9:30.87
50m: 31.15 31.15	250m: 2:53.69 35.97	450m: 5:16.42 35.82	650m: 7:42.03 36.64	
100m: 1:06.22 35.07	300m: 3:29.31 35.62	500m: 5:52.61 36.19	700m: 8:18.82 36.79	
150m: 1:41.83 35.61	350m: 4:04.87 35.56	550m: 6:28.88 36.27	750m: 8:55.57 36.75	
200m: 2:17.72 35.89	400m: 4:40.60 35.73	600m: 7:05.39 36.51	800m: 9:30.87 35.30	
2. Dirkjan Beugelsdijk	De Zijl/LGB	9:39.21	8100123	9:36.81
50m: 31.91 31.91	250m: 2:56.47 36.60	450m: 5:24.13 37.07	650m: 7:53.18 37.11	
100m: 1:07.59 35.68	300m: 3:33.13 36.66	500m: 6:01.47 37.34	700m: 8:29.59 36.41	
150m: 1:43.63 36.04	350m: 4:09.81 36.68	550m: 6:38.67 37.20	750m: 9:05.20 35.61	
200m: 2:19.87 36.24	400m: 4:47.06 37.25	600m: 7:16.07 37.40	800m: 9:36.81 31.61	
3. Marcel Reefhuis	De Veene	9:35.62	8101381	9:38.25
50m: 31.84 31.84	250m: 2:54.42 36.12	450m: 5:20.14 36.30	650m: 7:48.79 37.21	
100m: 1:06.87 35.03	300m: 3:30.68 36.26	500m: 5:57.25 37.11	700m: 8:26.14 37.35	
150m: 1:42.45 35.58	350m: 4:06.98 36.30	550m: 6:34.50 37.25	750m: 9:02.99 36.85	
200m: 2:18.30 35.85	400m: 4:43.84 36.86	600m: 7:11.58 37.08	800m: 9:38.25 35.26	
4. Jeroen Vogelsang	Het Y	9:37.09	8001645	10:13.31
50m: 31.83 31.83	250m: 2:58.82 38.48	450m: 5:35.49 39.65	650m: 8:15.60 39.66	
100m: 1:06.82 34.99	300m: 3:37.47 38.65	500m: 6:15.81 40.32	700m: 8:55.87 40.27	
150m: 1:43.31 36.49	350m: 4:16.33 38.86	550m: 6:55.19 39.38	750m: 9:36.08 40.21	
200m: 2:20.34 37.03	400m: 4:55.84 39.51	600m: 7:35.94 40.75	800m: 10:13.31 37.23	

Masters 35+

1. Ralf Peters	KZPC	9:32.25	7600737	9:44.91
50m: 31.41 31.41	250m: 2:54.34 36.31	450m: 5:20.19 36.69	650m: 7:51.26 37.78	
100m: 1:06.30 34.89	300m: 3:30.57 36.23	500m: 5:57.68 37.49	700m: 8:29.89 38.63	
150m: 1:42.19 35.89	350m: 4:07.03 36.46	550m: 6:35.34 37.66	750m: 9:08.02 38.13	
200m: 2:18.03 35.84	400m: 4:43.50 36.47	600m: 7:13.48 38.14	800m: 9:44.91 38.89	
2. Johnny Westra	ZPD	10:06.89	7601017	10:01.11
50m: 33.64 33.64	250m: 3:03.94 38.02	450m: 5:36.68 38.06	650m: 8:09.16 37.79	
100m: 1:10.29 36.65	300m: 3:42.01 38.07	500m: 6:14.83 38.15	700m: 8:47.48 38.32	
150m: 1:47.82 37.53	350m: 4:20.27 38.26	550m: 6:53.05 38.22	750m: 9:25.61 38.13	
200m: 2:25.92 38.10	400m: 4:58.62 38.35	600m: 7:31.37 38.32	800m: 10:01.11 35.50	
3. Sander de Weert	OEZA	12:17.51	7201443	12:13.81
50m: 41.01 41.01	250m: 3:40.66 45.04	450m: 6:44.24 45.98	650m: 9:53.93 48.38	
100m: 1:25.77 44.76	300m: 4:26.18 45.52	500m: 7:30.97 46.73	700m: 10:42.29 48.36	
150m: 2:10.67 44.90	350m: 5:12.41 46.23	550m: 8:18.27 47.30	750m: 11:30.64 48.35	
200m: 2:55.62 44.95	400m: 5:58.26 45.85	600m: 9:05.55 47.28	800m: 12:13.81 43.17	

Masters 40+

1. Jo-an Mudde	Zeester-Meerval	9:40.63	6701457	9:39.78
50m: 32.77 32.77	250m: 2:57.57 36.49	450m: 5:24.62 36.89	650m: 7:52.25 36.64	
100m: 1:08.31 35.54	300m: 3:34.28 36.71	500m: 6:01.51 36.89	700m: 8:28.40 36.15	
150m: 1:44.61 36.30	350m: 4:10.92 36.64	550m: 6:38.54 37.03	750m: 9:03.98 35.58	
200m: 2:21.08 36.47	400m: 4:47.73 36.81	600m: 7:15.61 37.07	800m: 9:39.78 35.80	
2. John Pfaff	Zwemlust-den Hommel	10:55.09	6901475	10:41.42
50m: 34.35 34.35	250m: 3:13.89 40.94	450m: 5:57.84 40.91	650m: 8:42.29 41.24	
100m: 1:12.81 38.46	300m: 3:54.58 40.69	500m: 6:38.69 40.85	700m: 9:23.14 40.85	
150m: 1:52.27 39.46	350m: 4:35.91 41.33	550m: 7:20.01 41.32	750m: 10:03.08 39.94	
200m: 2:32.95 40.68	400m: 5:16.93 41.02	600m: 8:01.05 41.04	800m: 10:41.42 38.34	
3. Hayo v.d. Werf	Het Y	12:08.21	6701085	12:00.06
50m: 42.10 42.10	250m: 3:45.28 45.68	450m: 6:47.35 45.27	650m: 9:48.70 45.12	
100m: 1:27.79 45.69	300m: 4:30.98 45.70	500m: 7:32.78 45.43	700m: 10:33.16 44.46	
150m: 2:13.78 45.99	350m: 5:16.30 45.32	550m: 8:18.41 45.63	750m: 11:17.13 43.97	
200m: 2:59.60 45.82	400m: 6:02.08 45.78	600m: 9:03.58 45.17	800m: 12:00.06 42.93	
4. Arnold Jonker	HZ&PC Heerenveen	13:35.26	7000529	13:00.81
50m: 43.70 43.70	250m: 3:55.76 47.98	450m: 7:10.32 49.07	650m: 10:30.32 50.31	
100m: 1:31.66 47.96	300m: 4:43.95 48.19	500m: 7:59.40 49.08	700m: 11:20.33 50.01	
150m: 2:19.49 47.83	350m: 5:32.59 48.64	550m: 8:49.21 49.81	750m: 12:10.62 50.29	
200m: 3:07.78 48.29	400m: 6:21.25 48.66	600m: 9:40.01 50.80	800m: 13:00.81 50.19	
5. Jean-Claude Callens	Royal Dauphins Mouscronnois	14:05.14	DM/601/67	13:56.00
50, 100 en 400m*				
50m: 44.23 44.23	250m: 4:07.48 52.31	450m: 7:42.52 54.23	650m: 11:19.19 53.91	
100m: 1:32.46 48.23	300m: 5:00.24 52.76	500m: 8:36.88 54.36	700m: 12:13.42 54.23	
150m: 2:22.91 50.45	350m: 5:53.73 53.49	550m: 9:30.85 53.97	750m: 13:07.11 53.69	
200m: 3:15.17 52.26	400m: 6:48.29 54.56	600m: 10:25.28 54.43	800m: 13:56.00 48.89	

Programmanr. 2, Heren, 800m vrije slag

Masters 45+

1. Sergey Makarychev	Poseidon	9:50.08	37018	9:36.18
50m: 33.25	33.25	250m: 3:00.26	36.87	450m: 5:27.50
100m: 1:09.74	36.49	300m: 3:37.43	37.17	500m: 6:03.73
150m: 1:46.41	36.67	350m: 4:14.46	37.03	550m: 6:40.11
200m: 2:23.39	36.98	400m: 4:51.22	36.76	600m: 7:15.98
650m: 7:51.58	35.60			
700m: 8:26.91	35.33			
750m: 9:02.34	35.43			
800m: 9:36.18	33.84			
2. Valery Tyrin	Poseidon	10:02.44	37021	9:49.43
50m: 33.28	33.28	250m: 3:01.51	37.20	450m: 5:29.62
100m: 1:09.65	36.37	300m: 3:38.72	37.21	500m: 6:06.59
150m: 1:47.02	37.37	350m: 4:15.66	36.94	550m: 6:43.92
200m: 2:24.31	37.29	400m: 4:52.64	36.98	600m: 7:21.23
650m: 7:58.52	37.29			
700m: 8:36.75	38.23			
750m: 9:14.61	37.86			
800m: 9:49.43	34.82			
3. Johan Neevel	Deltasteur	10:30.00	6501475	10:05.73
50m: 34.84	34.84	250m: 3:06.12	38.02	450m: 5:39.51
100m: 1:12.35	37.51	300m: 3:44.44	38.32	500m: 6:17.80
150m: 1:50.07	37.72	350m: 4:23.30	38.86	550m: 6:55.86
200m: 2:28.10	38.03	400m: 5:01.53	38.23	600m: 7:34.48
650m: 8:12.78	38.30			
700m: 8:51.32	38.54			
750m: 9:29.06	37.74			
800m: 10:05.73	36.67			
4. Eric Langhorst	Het Y	10:22.65	6200389	10:40.00
400m*		250m: 3:11.99	40.03	450m: 5:51.43
50m: 35.37	35.37	300m: 3:51.70	39.71	500m: 6:31.28
100m: 1:13.58	38.21	350m: 4:31.02	39.32	550m: 7:11.68
150m: 1:52.58	39.00	400m: 5:11.49	40.47	600m: 7:56.19
200m: 2:31.96	39.38			
650m: 8:36.75	40.56			
700m: 9:17.71	40.96			
750m: 9:59.34	41.63			
800m: 10:40.00	40.66			
5. Otto Jansen	LZ 1886	10:48.61	6501403	10:52.42
50m: 35.26	35.26	250m: 3:19.70	42.06	450m: 6:03.60
100m: 1:15.30	40.04	300m: 4:01.21	41.51	500m: 6:45.18
150m: 1:56.17	40.87	350m: 4:42.06	40.85	550m: 7:26.18
200m: 2:37.64	41.47	400m: 5:22.98	40.92	600m: 8:08.28
650m: 8:49.90	41.62			
700m: 9:31.43	41.53			
750m: 10:12.79	41.36			
800m: 10:52.42	39.63			
6. Edzo Huisman	Aquapoldro	11:29.07	6301029	10:57.51
50m: 36.06	36.06	250m: 3:18.80	41.37	450m: 6:06.42
100m: 1:15.42	39.36	300m: 4:00.79	41.99	500m: 6:47.37
150m: 1:56.28	40.86	350m: 4:42.84	42.05	550m: 7:28.47
200m: 2:37.43	41.15	400m: 5:24.65	41.81	600m: 8:09.50
650m: 8:50.73	41.23			
700m: 9:33.19	42.46			
750m: 10:16.29	43.10			
800m: 10:57.51	41.22			
7. Eric Smits	Z&PC De Gouwe	11:34.59	6501453	11:03.66
50m: 35.10	35.10	250m: 3:19.30	42.25	450m: 6:09.07
100m: 1:13.85	38.75	300m: 4:01.59	42.29	500m: 6:51.73
150m: 1:55.33	41.48	350m: 4:44.00	42.41	550m: 7:34.10
200m: 2:37.05	41.72	400m: 5:26.30	42.30	600m: 8:16.22
650m: 8:58.66	42.44			
700m: 9:41.33	42.67			
750m: 10:22.68	41.35			
800m: 11:03.66	40.98			
8. Joost de Kroon	AquAmigos	11:18.57	6400999	11:13.28
200m*		250m: 3:30.77	42.77	450m: 6:20.60
50m: 39.77	39.77	300m: 4:13.00	42.23	500m: 7:03.42
100m: 1:21.91	42.14	350m: 4:55.83	42.83	550m: 7:44.95
150m: 2:05.12	43.21	400m: 5:38.58	42.75	600m: 8:27.88
200m: 2:48.00	42.88			
650m: 9:10.85	42.97			
700m: 9:52.74	41.89			
750m: 10:34.51	41.77			
800m: 11:13.28	38.77			
9. Bert Jonker	HZ&PC Heerenveen	12:00.00	6600355	11:29.53
50m: 34.88	34.88	250m: 3:18.05	42.11	450m: 6:13.98
100m: 1:13.93	39.05	300m: 4:01.10	43.05	500m: 6:59.20
150m: 1:54.50	40.57	350m: 4:45.29	44.19	550m: 7:44.74
200m: 2:35.94	41.44	400m: 5:29.06	43.77	600m: 8:29.92
650m: 9:15.55	45.63			
700m: 10:01.01	45.46			
750m: 10:46.57	45.56			
800m: 11:29.53	42.96			
10. Jan Smalheer	SCOM	11:46.80	6400701	11:39.82
50m: 35.68	35.68	250m: 3:27.04	44.42	450m: 6:26.67
100m: 1:16.22	40.54	300m: 4:11.25	44.21	500m: 7:11.96
150m: 1:58.06	41.84	350m: 4:56.46	45.21	550m: 7:57.45
200m: 2:42.62	44.56	400m: 5:41.25	44.79	600m: 8:42.53
650m: 9:27.45	44.92			
700m: 10:11.68	44.23			
750m: 10:56.08	44.40			
800m: 11:39.82	43.74			
11. Jack Barends	WS Twente	12:18.46	6201011	11:41.56
50m: 38.37	38.37	250m: 3:30.74	44.01	450m: 6:28.60
100m: 1:20.12	41.75	300m: 4:15.10	44.36	500m: 7:13.27
150m: 2:02.81	42.69	350m: 4:59.49	44.39	550m: 7:58.05
200m: 2:46.73	43.92	400m: 5:44.08	44.59	600m: 8:42.77
650m: 9:28.16	45.39			
700m: 10:13.55	45.39			
750m: 10:58.81	45.26			
800m: 11:41.56	42.75			
12. Rik van Gasteren	AquAmigos	13:47.02	6401015	13:40.46
50m: 45.92	45.92	250m: 4:07.08	51.30	450m: 7:35.24
100m: 1:34.16	48.24	300m: 4:58.82	51.74	500m: 8:27.61
150m: 2:24.30	50.14	350m: 5:51.17	52.35	550m: 9:20.12
200m: 3:15.78	51.48	400m: 6:43.12	51.95	600m: 10:13.15
650m: 11:06.74	53.59			
700m: 11:58.95	52.21			
750m: 12:51.62	52.67			
800m: 13:40.46	48.84			

Programmanr. 2, Heren, 800m vrije slag

Masters 50+

1. Marten de Groot		HZ&PC Heerenveen	10:22.92	5800149	9:57.76
50m: 34.04	34.04	250m: 3:02.47	37.21	450m: 5:31.48	36.85
100m: 1:10.27	36.23	300m: 3:39.89	37.42	500m: 6:08.71	37.23
150m: 1:47.76	37.49	350m: 4:17.42	37.53	550m: 6:46.86	38.15
200m: 2:25.26	37.50	400m: 4:54.63	37.21	600m: 7:25.40	38.54
				650m: 8:04.05	38.65
				700m: 8:42.82	38.77
				750m: 9:21.78	38.96
				800m: 9:57.76	39.98
2. Gustav van den Berg		TriVia	10:47.07	6100991	10:20.18
50m: 35.20	35.20	250m: 3:12.21	39.33	450m: 5:49.97	39.05
100m: 1:13.59	38.39	300m: 3:51.76	39.55	500m: 6:28.22	38.25
150m: 1:53.04	39.45	350m: 4:31.24	39.48	550m: 7:07.48	39.26
200m: 2:32.88	39.84	400m: 5:10.92	39.68	600m: 7:46.61	39.13
				650m: 8:25.69	39.08
				700m: 9:04.52	38.83
				750m: 9:43.13	38.61
				800m: 10:20.18	37.05
3. Marius Ros		ZCNF'34	10:31.53	5900779	10:40.54
50m: 35.61	35.61	250m: 3:12.67	39.89	450m: 5:53.22	40.88
100m: 1:13.84	38.23	300m: 3:52.23	39.56	500m: 6:34.04	40.82
150m: 1:53.46	39.62	350m: 4:32.00	39.77	550m: 7:15.64	41.60
200m: 2:32.78	39.32	400m: 5:12.34	40.34	600m: 7:58.05	42.41
				650m: 8:39.67	41.62
				700m: 9:21.42	41.75
				750m: 10:02.35	40.93
				800m: 10:40.54	38.19
4. Peter Marc de Rooij		Zwemvereniging Utrecht	11:05.77	6100829	11:01.35
50m: 35.50	35.50	250m: 3:19.02	41.35	450m: 6:05.65	41.66
100m: 1:14.73	39.23	300m: 4:00.30	41.28	500m: 6:47.87	42.22
150m: 1:55.88	41.15	350m: 4:41.93	41.63	550m: 7:30.37	42.50
200m: 2:37.67	41.79	400m: 5:23.99	42.06	600m: 8:12.99	42.62
				650m: 8:56.24	43.25
				700m: 9:38.55	42.31
				750m: 10:20.77	42.22
				800m: 11:01.35	40.58
5. Wim de Lange		Electrolux AZC	11:22.92	5800533	11:29.89
50m: 35.52	35.52	250m: 3:20.13	42.47	450m: 6:12.03	43.85
100m: 1:14.94	39.42	300m: 4:02.38	42.25	500m: 6:56.31	44.28
150m: 1:55.88	40.94	350m: 4:45.06	42.68	550m: 7:41.13	44.82
200m: 2:37.66	41.78	400m: 5:28.18	43.12	600m: 8:26.45	45.32
				650m: 9:12.58	46.13
				700m: 9:58.26	45.68
				750m: 10:44.28	46.02
				800m: 11:29.89	45.61
6. Peter Verbene		ACZ	11:57.61	5900719	11:46.31
50m: 38.60	38.60	250m: 3:31.95	44.55	450m: 6:32.01	44.95
100m: 1:20.00	41.40	300m: 4:16.72	44.77	500m: 7:17.47	45.46
150m: 2:03.29	43.29	350m: 5:01.96	45.24	550m: 8:02.43	44.96
200m: 2:47.40	44.11	400m: 5:47.06	45.10	600m: 8:47.89	45.46
				650m: 9:32.84	44.95
				700m: 10:17.82	44.98
				750m: 11:02.79	44.97
				800m: 11:46.31	43.52
7. Rene Groot		ZV De Bron	13:41.50	5900617	14:20.24
50m: 47.97	47.97	250m: 4:21.24	53.29	450m: 7:59.46	53.97
100m: 1:38.75	50.78	300m: 5:16.47	55.23	500m: 8:55.72	56.26
150m: 2:32.67	53.92	350m: 6:10.68	54.21	550m: 9:50.34	54.62
200m: 3:27.95	55.28	400m: 7:05.49	54.81	600m: 10:45.01	54.67
				650m: 11:39.33	54.32
				700m: 12:33.17	53.84
				750m: 13:28.01	54.84
				800m: 14:20.24	52.23

Masters 55+

1. Paul Bunnik		Triton	12:12.38	5600413	11:15.52
50m: 36.99	36.99	250m: 3:25.45	42.69	450m: 6:16.57	43.41
100m: 1:17.86	40.87	300m: 4:07.67	42.22	500m: 6:59.19	42.62
150m: 1:59.93	42.07	350m: 4:50.40	42.73	550m: 7:42.95	43.76
200m: 2:42.76	42.83	400m: 5:33.16	42.76	600m: 8:26.24	43.29
				650m: 9:09.25	43.01
				700m: 9:53.20	43.95
				750m: 10:36.32	43.12
				800m: 11:15.52	39.20
DIS Henk Slomp		De Pinquin	11:04.38	5500359	AF

Masters 60+

1. Donald Uijtenbogaart		Het Y	10:31.16	4700107	10:25.72
50m: 36.76	36.76	250m: 3:16.01	39.81	450m: 5:55.67	39.42
100m: 1:16.68	39.92	300m: 3:56.09	40.08	500m: 6:35.01	39.34
150m: 1:56.36	39.68	350m: 4:36.37	40.28	550m: 7:14.41	39.40
200m: 2:36.20	39.84	400m: 5:16.25	39.88	600m: 7:53.86	39.45
				650m: 8:33.04	39.18
				700m: 9:11.33	38.29
				750m: 9:49.33	38.00
				800m: 10:25.72	36.39

Masters 65+

1. Alexander Bashmakov		Poseidon	12:46.04	37001	11:56.07
<i>Kampioenschaps Record</i>					
50m: 38.68	38.68	250m: 3:32.29	44.48	450m: 6:32.64	45.46
100m: 1:21.69	43.01	300m: 4:17.73	45.44	500m: 7:18.20	45.56
150m: 2:04.28	42.59	350m: 5:02.05	44.32	550m: 8:03.52	45.32
200m: 2:47.81	43.53	400m: 5:47.18	45.13	600m: 8:48.90	45.38
				650m: 9:34.35	45.45
				700m: 10:19.39	45.04
				750m: 11:11.94	52.55
				800m: 11:56.07	44.13
2. Joop Draaisma		DZ&PC	12:26.17	4600155	12:25.88
50m: 39.81	39.81	250m: 3:42.51	46.70	450m: 6:53.19	48.30
100m: 1:24.08	44.27	300m: 4:29.77	47.26	500m: 7:40.53	47.34
150m: 2:09.50	45.42	350m: 5:17.00	47.23	550m: 8:28.41	47.88
200m: 2:55.81	46.31	400m: 6:04.89	47.89	600m: 9:16.03	47.62
				650m: 10:04.00	47.97
				700m: 10:52.06	48.06
				750m: 11:40.09	48.03
				800m: 12:25.88	45.79

Programmanr. 2, Heren, 800m vrije slag, Masters 65+

rang	naam		vereniging		inschrijftijd		startnr.		tijd			
3.	Rob Hanou		PSV		12:29.00		4300109		12:29.96			
	50m:	39.20	39.20	250m:	3:49.34	48.38	450m:	7:00.66	47.62	650m:	10:10.67	46.69
	100m:	1:25.14	45.94	300m:	4:37.10	47.76	500m:	7:48.10	47.44	700m:	10:58.05	47.38
	150m:	2:13.17	48.03	350m:	5:25.22	48.12	550m:	8:35.69	47.59	750m:	11:44.62	46.57
	200m:	3:00.96	47.79	400m:	6:13.04	47.82	600m:	9:23.98	48.29	800m:	12:29.96	45.34

Masters 70+

1.	Nico Geers		Z&PC De Gouwe		12:03.18		3800007		12:15.45			
	50m:	41.03	41.03	250m:	3:41.21	46.15	450m:	6:47.69	47.05	650m:	9:56.54	48.57
	100m:	1:25.30	44.27	300m:	4:27.66	46.45	500m:	7:34.16	46.47	700m:	10:44.99	48.45
	150m:	2:10.14	44.84	350m:	5:14.26	46.60	550m:	8:20.56	46.40	750m:	11:32.46	47.47
	200m:	2:55.06	44.92	400m:	6:00.64	46.38	600m:	9:07.97	47.41	800m:	12:15.45	42.99
2.	Frans van Enst		WS Twente		13:12.03		4000011		12:31.50			
	50m:	40.69	40.69	250m:	3:50.45	48.09	450m:	7:02.95	48.14	650m:	10:13.39	48.18
	100m:	1:26.51	45.82	300m:	4:38.51	48.06	500m:	7:50.40	47.45	700m:	11:00.58	47.19
	150m:	2:13.99	47.48	350m:	5:26.79	48.28	550m:	8:37.84	47.44	750m:	11:47.59	47.01
	200m:	3:02.36	48.37	400m:	6:14.81	48.02	600m:	9:25.21	47.37	800m:	12:31.50	43.91
3.	Gregor Pompen		Aqua-Novio'94		13:37.20		3700021		14:17.15			
	50m:	46.33	46.33	250m:	4:15.88	53.00	450m:	7:50.98	54.42	650m:	11:32.93	55.18
	100m:	1:37.02	50.69	300m:	5:08.81	52.93	500m:	8:46.15	55.17	700m:	12:28.59	55.66
	150m:	2:29.91	52.89	350m:	6:02.29	53.48	550m:	9:41.03	54.88	750m:	13:24.16	55.57
	200m:	3:22.88	52.97	400m:	6:56.56	54.27	600m:	10:37.75	56.72	800m:	14:17.15	52.99

2 - ONMK 2011 kb sessie 2

21-01-2011 - 14:00

Programmanr. 3 4 x 200m vrije slag Masters Open
21-01-2011 - 14:00 Resultaten

rang	vereniging	inschrijftijd					tijd	
80+, Heren								
1.	LZ 1886 1 <i>Nederlands Masters Record</i>	LZ 1886	8:07.20					8:10.63
	Kristiaan Lenos	83	26.89	56.76	1:28.46	1:59.98	1:59.98	
	Ralf van der Poel	84	28.25	59.70	1:32.29	2:05.00	2:05.00	
	Joost Rijntjes	91	26.68	57.27	1:29.92	2:02.95	2:02.95	
	Sjoerd Sieval	90	27.57	58.15	1:30.21	2:02.70	2:02.70	
2.	Octopus 1	Octopus	8:41.46					8:44.11
	Albert van Piekeren	84	30.63	1:05.07	1:39.94	2:14.56	2:14.56	
	Stefan van der Grift	87	29.68	1:03.56	1:40.34	2:17.81	2:17.81	
	Floris Manni	88	29.37	1:02.58	1:36.44	2:09.77	2:09.77	
	Emile Manni	90	27.36	57.91	1:29.50	2:01.97	2:01.97	
120+, Heren								
1.	RZ 1 <i>Kampioenschaps Record</i>	RZ	10:09.13					10:30.92
	Ralph Caster	61	35.66	1:14.96	1:55.99	2:37.90	2:37.90	
	Han Ruijs	79	36.86	1:18.58	2:03.63	2:47.49	2:47.49	
	Erik van der Zeijden	86	34.01	1:11.72	1:52.25	2:33.75	2:33.75	
	Gino Martijn	79	34.32	1:11.57	1:50.68	2:31.78	2:31.78	
120+, Gemengd								
1.	De Futen 1 <i>Europees Masters Record</i>	De Futen	9:42.58					9:41.73
	Petra Wolsing	84	34.67	1:13.34	1:52.97	2:32.69	2:32.69	
	Erwin Zuidervelt	75	31.05	1:06.38	1:42.85	2:19.39	2:19.39	
	Margreet van der Pol	66	36.53	1:16.12	1:58.75	2:39.48	2:39.48	
	Arnold de Rover	64	29.26	1:01.36	1:34.79	2:10.17	2:10.17	
160+, Dames								
1.	AZ&PC 1 <i>Kampioenschaps Record, Startzwemmer Europees Masters Record</i>	AZ&PC	9:53.78					9:54.60
	Atie Pijtak-Radersma	56	33.96	1:10.84	1:48.88	2:28.11	2:28.11	
	Françoise Heijderman-Duran	69	35.33	1:14.45	1:53.60	2:33.34	2:33.34	
	Petra Casteleijn	66	33.30	1:09.60	1:48.54	2:27.11	2:27.11	
	Lidia v. Bon-Rosenbrand	70	32.61	1:08.90	1:47.05	2:26.04	2:26.04	
160+, Heren								
1.	Het Y 1 <i>Kampioenschaps Record</i>	Het Y	9:09.44					9:26.66
	Donald Uijtenbogaart	47	35.03	1:11.88	1:49.15	2:25.87	2:25.87	
	Arjen Kervezee	70	28.94	1:01.68	1:37.36	2:12.49	2:12.49	
	Eric Langhorst	62	34.14	1:13.07	1:51.63	2:28.06	2:28.06	
	Jeroen Vogelsang	80	31.38	1:06.32	1:43.93	2:20.24	2:20.24	
160+, Gemengd								
1.	HZ&PC Heerenveen 1 <i>Kampioenschaps Record</i>	HZ&PC Heerenveen	11:21.00					11:13.15
	Jannie Vennik	76	38.36	1:20.68	2:04.59	2:49.29	2:49.29	
	Ineke Meijer	52	43.92	1:34.38	2:27.04	3:15.69	3:15.69	
	Arnold Jonker	70	38.68	1:21.78	2:06.85	2:54.01	2:54.01	
	René Beetsma	69	30.05	1:04.18	1:39.09	2:14.16	2:14.16	

Programmanr. 3, 4 x 200m vrije slag

200+, Heren

1. Poseidon 1	Poseidon		9:14.21				9:08.84
<i>Europees Masters Record</i>							
Dmitry Kromskiy	61	31.10	1:04.50	1:38.03	2:11.18		2:11.18
Alexander Bashmakov	46	35.49	1:16.09	1:57.23	2:35.99		2:35.99
Valery Tyrin	65	30.73	1:04.47	1:39.61	2:13.87		2:13.87
Sergey Makarychev	65	30.25	1:02.77	1:35.49	2:07.80		2:07.80

200+, Gemengd

1. HZ&PC Heerenveen 2	HZ&PC Heerenveen		10:59.72				11:25.67
<i>Europees Masters Record</i>							
Allie Visser	64	44.57	1:35.95	2:29.02	3:23.43		3:23.43
Jan van der Heide	51	40.18	1:24.39	2:12.56	3:01.48		3:01.48
Christien de Wit	64	36.65	1:17.87	2:01.89	2:45.68		2:45.68
Marten de Groot	58	30.80	1:04.20	1:39.78	2:15.08		2:15.08

Programmanr. 5
21-01-2011 - 14:28

Dames, 200m schoolslag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd	tijd	50m	100m	150m	200m
Masters 20+							
1. Gea Hagting	Nova	2:40.59 8801584	2:44.31	37.82	1:18.72	2:00.87	2:44.31
2. Jacyntha Plat	TriVia	2:49.92 9002956	2:48.84	37.81	1:20.77	2:04.68	2:48.84
3. Maaik de Boer	De Duinkickers	3:01.62 9000362	3:01.79	42.27	1:29.12	2:14.92	3:01.79
4. Ilse van den Wijngaard	One Team Swimming	3:06.20 8904736	3:05.62	41.15	1:27.37	2:15.85	3:05.62
5. Leonie Versteeg	De Veene	3:14.45 9003962	3:11.57	41.57	1:29.73	2:20.87	3:11.57
6. Kitty van Gendt	PSV	3:17.09 8701288	3:20.28	44.70	1:34.62	2:27.53	3:20.28
Masters 25+							
1. Laura Badoux	DAW	2:53.97 8200038	2:44.91	36.87	1:19.16	2:01.83	2:44.91
<i>Nederlands Masters Record</i>							
2. Karin van Dijk	HZ&PC Heerenveen	2:48.92 8600850	2:47.38	37.65	1:20.17	2:04.15	2:47.38
3. Nadya Putter	ZVVS	2:59.79 8301630	2:53.98	39.72	1:23.29	2:07.87	2:53.98
4. Pauline Tieleman	De Geul	3:11.39 8403348	3:12.65	43.89	1:32.68	2:22.56	3:12.65
5. Renee de Kok	PSV	3:25.28 8403350	3:14.17	43.77	1:33.68	2:23.91	3:14.17
6. Sandra Zwaanswijk	Aquarius	3:17.12 8503934	3:15.67	42.40	1:31.64	2:23.05	3:15.67
Masters 30+							
1. Judith Kremers	De Spatters	3:12.82 8102094	3:12.66	41.65	1:30.43	2:21.14	3:12.66
2. Anneke Veenstra	't Tolhekke	3:20.74 7900882	3:17.57	42.81	1:32.32	2:24.71	3:17.57
Masters 35+							
1. Liselotte Joling	PSV	3:04.19 7500268	3:02.61	40.68	1:26.54	2:14.32	3:02.61
2. Inez Heideman	WS Twente	3:21.67 7500198	3:10.13	43.40	1:31.75	2:20.71	3:10.13
3. Tony de Groot	De Futen	3:29.49 7300758	3:36.06	47.45	1:42.09	2:40.24	3:36.06
Masters 40+							
1. Karin Stein	ZVVS	2:52.18 7100554	2:53.36	40.64	1:25.13	2:09.77	2:53.36
<i>Nederlands Masters Record</i>							
2. Annette Wijnja-Visser	De Biesboschzwemmers	2:58.79 6700528	3:01.48	40.82	1:26.83	2:13.60	3:01.48
3. F. Heijdeman-Duran	AZ&PC	3:06.54 6900222	3:03.78	43.00	1:29.14	2:16.61	3:03.78
4. Desiree van der Lem	Ed-Vo	3:16.07 6800282	3:10.98	42.24	1:31.19	2:22.11	3:10.98



Open Nederlandse Masters Kampioenschappen 2010 kb
Heerenveen, 21-23 januari 2011



Programmanr. 5, Dames, 200m schoolslag

Masters 45+

1. Karin van den Heuvel	AquAmigos	3:17.02	6600188	3:22.30	45.67	1:36.16	2:29.10	3:22.30
2. Hanny Rotteveel	Zigna	3:30.22	6600538	3:23.67	45.09	1:36.18	2:29.90	3:23.67
3. Friderika Kerekes	AZ&PC	3:38.19	6500540	3:31.72	47.23	1:39.71	2:35.10	3:31.72

Masters 50+

1. Olga Kedrova	Poseidon	3:24.01	37010	3:15.24	43.20	1:32.41	2:23.95	3:15.24
2. Susanne Sailer-Lehrum	SV Neptun Kiel	3:33.93	163629	3:38.83	49.18	1:44.13	2:41.26	3:38.83
3. Marjan Spoelstra	Swol 1894	3:40.35	6000236	3:46.09	51.67	1:49.08	2:47.31	3:46.09
4. Willy Schoenmaker	DWK	3:58.92	5900254	4:04.25	54.43	1:56.71	3:01.56	4:04.25
5. Mies Kuipers	Old Dutch	4:18.30	5800202	4:22.58	1:00.80	2:08.97	3:18.98	4:22.58
6. Simonet Schroot	Gay Swim Amsterdam	4:34.67	5800108	4:32.67	1:02.98	2:12.13	3:23.20	4:32.67

Masters 60+

1. Gonnje Bak	PSV	3:55.08	5100064	4:00.65	56.13	1:58.07	3:00.05	4:00.65
2. Anna de Weert	Gay Swim Amsterdam	4:41.57	4900020	4:41.80	1:04.43	2:16.05	3:29.65	4:41.80
3. Nini van Dongen	De Lansingh	4:50.11	5100044	4:45.53	1:04.85	2:17.94	3:31.59	4:45.53

Masters 65+

1. Matty van der Veen	Old Dutch	3:55.80	4400020	4:02.17	55.32	1:57.03	3:01.10	4:02.17
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Masters 75+

1. Annie de Vos	Old Dutch	5:34.97	3400004	5:41.52	1:17.36	2:43.68	4:12.63	5:41.52
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Masters 80+

1. Anneke Logtenberg	OZ&PC	5:31.43	2900004	5:55.46	1:17.96	2:53.96	4:29.41	5:55.46
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Programmanr. 6
21-01-2011 - 14:51

Heren, 200m schoolslag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd	tijd	50m	100m	150m	200m	
Masters 20+								
1. Dennis Wijbenga	Stadskanaal	2:21.62	9003283	2:22.47	32.01	1:08.34	1:45.34	2:22.47
<i>Nederlands Masters Record</i>								
2. Remko Hooft	De Duinkickers	2:35.65	8701405	2:35.29	35.54	1:15.42	1:55.92	2:35.29
3. Maik Steenkamp	NDD	2:29.76	9103847	2:35.31	35.81	1:16.24	1:55.85	2:35.31
4. Stefan van der Grift	Octopus	2:34.60	8701121	2:37.32	35.16	1:14.85	1:55.37	2:37.32
5. Mark van Damme	't Tolhekke	2:52.10	9100435	3:00.17 *	38.28	1:22.43	2:09.97	3:00.17
AFGEM Martin Lutke	Nova	2:47.86	8802263					

Masters 25+

1. Kristiaan Lenos	LZ 1886	2:29.64	8301331	2:29.68	32.85	1:10.23	1:49.71	2:29.68
2. Albert van Piekeren	Octopus	2:38.27	8401767	2:32.75	34.80	1:13.42	1:52.41	2:32.75
3. Jauke Hamstra	Deltasteur	2:43.33	8601089	2:39.57	35.06	1:14.88	1:56.09	2:39.57
4. Thommy Nickel	Van Vliet-Barracuda	2:36.53	8401627	2:47.94	37.63	1:19.59	2:03.09	2:47.94
5. Jan Hofstede	De Reest	2:53.42	8601269	2:50.03	37.44	1:19.99	2:04.44	2:50.03
6. Sebastiaan Baars	WS Twente	2:50.80	8300053	2:54.72	38.60	1:22.30	2:08.16	2:54.72
7. Dennis Klop	De Biesboschwemmers	2:51.48	8302643	2:57.39	38.83	1:22.84	2:09.92	2:57.39



Programmanr. 6, Heren, 200m schoolslag

Masters 30+

1. Eugeniy Ryzhov	All Stars	2:29.60	101628	2:27.62	33.29	1:10.43	1:48.95	2:27.62
2. Freddie Geerlings	NIMO	2:32.68	7900379	2:34.04	34.86	1:13.76	1:53.64	2:34.04
3. Ron Langelaan	DAW	2:36.92	7800643	2:35.81	33.90	1:12.95	1:54.03	2:35.81
4. Paul Oudendijk	OEZA	2:32.55	8101287	2:42.25	36.15	1:17.41	1:59.95	2:42.25
5. Simon van Ravensteijn	Zoetermeer	2:48.57	8002263	2:46.79	36.57	1:17.87	2:00.72	2:46.79

Masters 35+

1. Jerry Grondel	PLONS	2:50.03	7201223	2:47.85	38.09	1:20.17	2:04.06	2:47.85
2. Heiner Stevens	Zignea	2:52.42	7201299	2:54.45	38.55	1:22.03	2:07.95	2:54.45

Masters 40+

1. Harry Cornet	De Biesboschzwemmers	2:36.58	7100175	2:34.72	33.11	1:12.01	1:52.00	2:34.72
2. Marcel van Winssen	De Gelenberg	2:41.57	7101477	2:37.88	34.62	1:14.55	1:55.93	2:37.88
3. Harold Matla	PSV	2:38.20	6800591	2:43.55	36.23	1:17.95	2:01.09	2:43.55
4. Richard Ricksen	Brunssum	2:43.87	7000841	2:44.81	35.88	1:16.91	2:00.41	2:44.81
5. Paul van den Heuvel	Arethusa	2:46.09	7000441	2:44.86	36.44	1:18.03	2:00.84	2:44.86
6. Maurice Deelen	AZ&PC	2:52.16	7101407	2:45.29	36.55	1:18.71	2:02.22	2:45.29
7. Roelof Broekman	De Spatters	3:08.02	6800155	3:08.31	41.95	1:28.93	2:18.64	3:08.31
8. Marcel Jonkman	Aqualero	3:18.80	6801389	3:12.02	42.69	1:32.82	2:25.11	3:12.02
9. Henk van Zetten	Octopus	3:34.04	6701261	3:26.50	46.03	1:37.99	2:31.67	3:26.50
10. Arnold Jonker	HZ&PC Heerenveen	3:32.82	7000529	3:34.24	48.10	1:42.30	2:37.97	3:34.24
11. David van 't Hooft	PSV	3:48.54	6901595	3:55.82	54.54	1:55.27	2:56.07	3:55.82

Masters 45+

1. Cees van Houweligen	De Schelde	2:37.52	6300351	2:37.74	34.64	1:13.97	1:55.33	2:37.74
2. Gert Sikkema	Zignea	2:43.03	6300687	2:43.34	36.18	1:16.27	1:58.93	2:43.34
3. Peter Fölker	Aqua-Novio'94	3:08.58	6401021	2:55.47	39.56	1:23.44	2:08.64	2:55.47
4. Theo Bakker	TriVia	2:55.14	6401231	2:58.03	39.37	1:24.06	2:10.15	2:58.03
5. Marcel van der Lem	Ed-Vo	3:00.82	6500563	3:02.80	39.00	1:24.77	2:12.45	3:02.80
6. Jack Barends	WS Twente	3:14.89	6201011	3:12.82	45.00	1:34.47	2:24.32	3:12.82
7. Jan Smalheer	SCOM	3:30.82	6400701	3:16.11	44.56	1:34.62	2:25.15	3:16.11
8. Rene Bakker	De Forel	3:33.60	6501245	3:23.52	44.96	1:37.21	2:31.20	3:23.52

Masters 50+

1. Sergey Pakhomov	All Stars	2:53.67	101469	2:47.48	37.63	1:19.71	2:03.38	2:47.48
2. Ronald van Voskuilen	De Aalscholver	2:56.26	6101003	2:51.41	36.13	1:19.01	2:04.74	2:51.41
3. Ralph Caster	RZ	2:52.29	6100069	2:51.46	39.26	1:23.37	2:07.76	2:51.46
4. Ronald Grove	Oceanus	2:53.87	6100161	2:53.26	38.59	1:23.12	2:08.36	2:53.26
5. Wim de Lange	Electrolux AZC	3:06.93	5800533	3:10.42	42.26	1:30.02	2:20.68	3:10.42
6. Bart van Calker	WS Twente	3:20.19	6100067	3:19.92	46.12	1:36.36	2:29.02	3:19.92
7. André Schutte	De Stormvogel	3:19.07	6000521	3:23.99	45.08	1:37.86	2:31.88	3:23.99
8. Jan Haitsma	De Spatters	3:42.97	6000929	3:33.50	50.43	1:44.14	2:39.93	3:33.50
9. Eddy Mourmans	R.D. Mouscronnois	3:51.16	DM/630/57	3:35.63	47.85	1:42.74	2:38.73	3:35.63
10. Herbert Katgert	WS Twente	3:35.73	5900739	3:35.66	48.71	1:42.49	2:37.69	3:35.66
DIS Arlandas Juodeska	TAKAS	3:04.55	61AJ	3:04.96 SP	41.63	1:30.05	2:19.18	3:04.96

Masters 55+

1. Paul Bunnik	Triton	3:06.66	5600413	3:17.06	42.11	1:31.81	2:24.98	3:17.06
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Masters 60+

1. Donald Uijtenbogaart	Het Y	3:04.92	4700107	3:08.18	43.25	1:30.76	2:19.32	3:08.18
2. Jan van der Heide	HZ&PC Heerenveen	3:44.63	5100059	3:44.17	51.21	1:48.24	2:46.53	3:44.17

Programmanr. 6, Heren, 200m schoolslag

Masters 65+

1. Rob Hanou	PSV	3:14.68	4300109	3:19.89	44.88	1:35.53	2:27.73	3:19.89
2. Joop Draaisma	DZ&PC	3:27.06	4600155	3:24.51	45.42	1:37.85	2:32.37	3:24.51
3. Ruud Sloof	De Rijn	3:36.74	4400073	3:38.18	49.18	1:44.63	2:42.27	3:38.18

Masters 70+

DIS Jan Eichhorn	ZV Haerlem	3:54.97	3700015		AA			
DIS Gregor Pompen	Aqua-Novio'94	4:02.65	3700021	4:14.54	SD	57.20	2:01.47	3:07.35 4:14.54

Programmanr. 7
21-01-2011 - 15:22

Dames, 200m vlinderslag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd		tijd	50m	100m	150m	200m
Masters 20+								
1. Maaïke van Diggele	ZPB H&L Productions	3:10.74	8700868	3:08.02	37.09	1:23.09	2:14.39	3:08.02
Masters 25+								
1. Roos van Esch	TRB-RES	2:34.23	8200468	2:42.34	34.90	1:15.38	1:58.50	2:42.34
Masters 30+								
1. Angelique Boersma	De Vikings	2:44.32	8001586	2:43.15	34.95	1:15.31	1:58.35	2:43.15
Masters 35+								
1. Melanie Kuiper	Zignea	3:06.79	7600350	3:12.25	39.39	1:28.54	2:20.23	3:12.25
Masters 40+								
1. Hetty Smalheer	SCOM	3:21.88	6700352	3:27.43	44.34	1:37.20	2:32.85	3:27.43
Masters 45+								
1. Karin van den Heuvel	AquAmigos	3:12.50	6600188	3:14.85	42.70	1:33.16	2:25.01	3:14.85
2. Hanny Rotteveel	Zignea	3:21.89	6600538	3:18.44	43.36	1:33.72	2:23.40	3:18.44
3. Alie Visser	HZ&PC Heerenveen	3:59.17	6400494	3:59.59 *	50.32	1:51.05	2:54.16	3:59.59

Programmanr. 8
21-01-2011 - 15:27

Heren, 200m vlinderslag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd		tijd	50m	100m	150m	200m
Masters 20+								
1. Maik Steenkamp	NDD	2:19.60	9103847	2:22.00	32.14	1:09.55	1:45.91	2:22.00
2. Ruben Stolk	ZOB'66	2:32.31	9005665	2:27.15	30.77	1:08.04	1:47.77	2:27.15
3. Tim Bunnik	Triton	2:33.83	9000505	2:30.74	31.84	1:09.42	1:49.59	2:30.74
4. Rick Hellenbrand	NIMO	2:39.51	8901173	2:36.47	34.20	1:13.65	1:55.04	2:36.47
5. Roy Pattipeiluhu	RSW (SG)	2:37.44	9101761	2:39.03	33.32	1:13.30	1:55.25	2:39.03
Masters 25+								
1. Remco van Althuis	SBC2000	2:26.63	8300029	2:27.68	31.41	1:08.50	1:47.96	2:27.68

Programmanr. 8, Heren, 200m vlinderslag

Masters 30+

1. Dirkjan Beugelsdijk	De Zijl/LGB	2:35.07	8100123	2:31.49	33.18	1:13.71	1:52.89	2:31.49
2. Jeroen Vogelsang	Het Y	2:34.94	8001645	2:48.62	34.97	1:17.98	2:03.55	2:48.62

Masters 35+

1. Wouter Hulleman	ZVV	2:44.33	7401261	2:44.56	34.36	1:15.30	1:57.78	2:44.56
2. Heiner Stevens	Zigna	2:53.23	7201299	2:54.16	36.30	1:19.69	2:07.25	2:54.16
3. Kasper van den Berghe	Swol 1894	2:49.54	7301125	3:05.69	36.82	1:21.04	2:11.02	3:05.69

Masters 40+

1. René Beetsma	HZ&PC Heerenveen	2:23.76	6900069	2:23.46	31.82	1:08.72	1:46.15	2:23.46
2. Frank v Nobelen	Sassenheim	2:37.76	6900753	2:34.73	34.01	1:13.22	1:54.49	2:34.73
3. Arvydas Burinskas	TAKAS	2:57.61	69AB	2:48.53	34.98	1:16.11	1:59.99	2:48.53
4. Hayo v.d. Werf	Het Y	3:38.82	6701085	3:42.43	50.43	1:47.97	2:46.29	3:42.43
DIS Oscar van Holsteyn	AquAmigos	2:32.23	7100373	2:41.32 VE	33.22	1:11.22	1:54.73	2:41.32

Masters 45+

1. Rene de Boer	DAW	2:35.77	6400087	2:35.14	33.77	1:11.90	1:52.12	2:35.14
2. Rik van Gasteren	AquAmigos	4:29.05	6401015	4:34.14	1:02.38	2:14.54	3:27.72	4:34.14
DIS Eric Smits	Z&PC De Gouwe	3:03.21	6501453	3:01.75 VE	38.05	1:22.74	2:11.19	3:01.75

Masters 50+

1. Ron van Vliet	De Stormvogel	2:52.32	6100849	2:50.84	36.73	1:18.03	2:03.13	2:50.84
2. Jan Willem Heuten	WS Twente	3:21.60	6000883	3:17.91	40.37	1:29.12	2:22.72	3:17.91
3. Peter Verbene	ACZ	3:46.29	5900719	3:39.97	47.13	1:44.34	2:42.84	3:39.97

Masters 65+

1. Rob Hanou	PSV	3:28.30	4300109	3:31.34	45.31	1:39.54	2:36.74	3:31.34
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Masters 70+

1. Nico Geers	Z&PC De Gouwe	3:48.05	3800007	3:49.04	50.11	1:48.14	2:48.96	3:49.04
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Programmanr. 9

Dames, 200m vrije slag

Masters Open

21-01-2011 - 15:53

Resultaten

rang naam	vereniging	inschrijftijd	tijd	50m	100m	150m	200m	
Masters 20+								
1. Sabine Lina	HoogenboomTours/BZ&PC	2:17.81	8902680	2:18.23	32.18	1:07.01	1:42.88	2:18.23
2. Cynthia Grooteboer	De Reest	2:21.20	8901462	2:23.13	33.24	1:09.61	1:47.18	2:23.13
3. Martiene Klasen	De Golfbreker	2:26.50	8902256	2:23.32	32.80	1:08.61	1:46.62	2:23.32
4. Tonny Methorst	De Biesboschzwemmers	2:22.15	8802998	2:25.51	31.58	1:06.95	1:46.00	2:25.51
5. Henrike de Vries	De Veene	2:26.26	8904490	2:28.24	34.82	1:12.16	1:50.46	2:28.24
6. Kim Wijnja	De Biesboschzwemmers	2:28.84	9107812	2:28.47	33.96	1:12.13	1:51.71	2:28.47
Masters 25+								
1. Marlies Reinders	De Dinkel	2:06.74	8602976	2:07.22	29.69	1:01.56	1:34.24	2:07.22
<i>Nederlands Masters Record</i>								
2. Annelette de Vries	De Veene	2:19.67	8603908	2:18.87	30.87	1:05.54	1:41.85	2:18.87
3. Linda Hoogendam	D'Elft	2:19.16	8300892	2:20.95	32.59	1:09.71	1:46.50	2:20.95
4. Esther Versteeg	Van Vliet-Barracuda	2:23.13	8302112	2:23.18	33.00	1:08.49	1:45.30	2:23.18
5. Sandra Schellekens	Neptunus'58	2:30.94	8503416	2:28.02	33.50	1:11.66	1:50.74	2:28.02
6. Sandra Zwaanswijk	Aquarius	2:24.87	8503934	2:30.19	33.57	1:10.01	1:48.90	2:30.19
7. Petra Wolsing	De Futen	2:31.76	8402796	2:30.80	33.95	1:11.57	1:51.41	2:30.80
8. Gosina van Stralen	HZ&PC Heerenveen	2:37.39	8603450	2:34.57	33.85	1:12.45	1:53.13	2:34.57

Programmanr. 9, Dames, 200m vrije slag

Masters 30+

1. Angelique Boersma	De Vikings	2:16.21	8001586	2:16.48	31.16	1:05.47	1:41.36	2:16.48
2. C. van Bruxvoort	ZPB H&L Productions	3:09.84	7700138	3:12.10	43.19	1:32.13	2:23.93	3:12.10

Masters 35+

1. Liselotte Joling	PSV	2:26.80	7500268	2:24.35	33.47	1:10.91	1:48.36	2:24.35
2. Inez Heideman	WS Twente	2:35.55	7500198	2:34.15	34.33	1:13.49	1:54.26	2:34.15
3. Marian Nederlof	DWF	2:44.29	7600950	2:39.60	37.14	1:17.77	1:59.67	2:39.60

Masters 40+

1. Heidi van Stein	LZ 1886	2:27.66	6900864	2:23.56	31.61	1:07.11	1:45.15	2:23.56
2. Annette de Visser	Oceanus	2:24.77	7100602	2:28.12	33.77	1:10.14	1:48.98	2:28.12
3. Cynthia Noordermeer	Het Y	2:27.24	7000358	2:34.01	36.01	1:14.86	1:54.91	2:34.01
4. C. van der Goorbergh	Zoetermeer	2:37.76	6800762	2:37.44	35.14	1:15.51	1:56.54	2:37.44
5. Anja Reinhard	PLONS	2:48.09	7000818	2:40.89	37.80	1:18.94	2:00.97	2:40.89
6. Sabine Delaere	R.D. Mouscronnois	2:46.50	DM/554/69	2:48.44 *	38.12	1:20.40	2:04.83	2:48.44

Masters 45+

1. Petra Casteleijn	AZ&PC	2:23.69	6600098	2:23.80	33.30	1:08.96	1:46.45	2:23.80
2. Jeannette Ruesink	WS Twente	2:32.54	6300212	2:30.29	35.87	1:13.68	1:52.41	2:30.29
3. Margreet van der Pol	De Futen	2:44.73	6600276	2:43.50	37.65	1:18.67	2:02.35	2:43.50
4. Ellen Parma	Triton	3:07.19	6200366	3:06.41	42.08	1:30.26	2:20.23	3:06.41

Masters 50+

1. Dymphna Morris	Aer Lingus Swimming Club	2:18.99	1007454	2:19.09	32.03	1:06.30	1:41.95	2:19.09
<i>Europees Masters Record</i>								
2. Patty Verhagen	AquAmigos	2:30.90	5900146	2:36.50	37.00	1:16.66	1:57.06	2:36.50
3. Olga Kedrova	Poseidon	2:43.73	37010	2:39.40	37.30	1:17.11	1:58.35	2:39.40
4. Marlien Wijnhof	Nat Utrecht	2:39.09	6100300	2:42.18	37.05	1:17.43	1:59.62	2:42.18
5. Marijke Kraak	WS Twente	2:47.46	6000240	2:42.92	36.21	1:16.07	1:58.60	2:42.92
6. Inge Wolfs	PLONS	2:59.09	6000304	2:55.40	41.71	1:26.26	2:10.56	2:55.40
7. Marjan Spoelstra	Swol 1894	3:06.37	6000236	3:06.25	43.51	1:31.47	2:19.97	3:06.25

Masters 55+

1. Ineke Meijer	HZ&PC Heerenveen	3:17.36	5200034	3:13.71	45.33	1:34.83	2:26.54	3:13.71
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Masters 60+

1. Conny Boer-Buys	ZVVS	2:39.83	5000006	2:35.38	35.67	1:15.48	1:56.07	2:35.38
2. Christien Nieuwenhuis	Swol 1894	2:44.55	5100022	2:39.56	36.41	1:16.26	1:58.72	2:39.56

Masters 65+

1. Annie Smits	PSV	3:27.80	4600016	3:29.89	48.88	1:43.09	2:37.54	3:29.89
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Masters 75+

AFGEM Lottie Geurts	PSV	3:20.65	3500006					
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Programmanr. 10
21-01-2011 - 16:14

Heren, 200m vrije slag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd	tijd	50m	100m	150m	200m
Masters 20+							
1. Kevin Eltink	NDD	1:55.82 9100589	1:57.48	27.13	57.08	1:27.46	1:57.48
2. Peter van Heukelem	De Golfbreker	1:58.39 8901243	2:00.37	27.25	57.60	1:28.82	2:00.37
3. Joost Rijntjes	LZ 1886	2:01.64 9101899	2:01.04	27.15	57.90	1:29.49	2:01.04
4. Tim Pattipeiluhu	RSW (SG)	2:05.79 8902409	2:04.14	28.74	1:00.64	1:33.47	2:04.14
5. Tim Bunnik	Triton	2:06.47 9000505	2:06.79	28.89	1:00.87	1:33.53	2:06.79
6. Wessel Everloo	De Veene	2:11.92 8906597	2:14.66	30.64	1:04.65	1:40.08	2:14.66
7. Rick Hellenbrand	NIMO	2:18.14 8901173	2:16.73	31.35	1:06.11	1:41.63	2:16.73
8. Remko Hoof	De Duinkickers	2:08.35 8701405	2:17.20	31.21	1:05.71	1:41.62	2:17.20
9. Mark van Damme	't Tolhekke	2:25.78 9100435	2:30.06	32.59	1:09.29	1:49.01	2:30.06
Masters 25+							
1. Kristiaan Lenos	LZ 1886	1:58.20 8301331	1:59.26	27.03	57.19	1:28.41	1:59.26
2. Ralf van der Poel	LZ 1886	2:06.24 8401783	2:05.54	28.97	1:00.32	1:33.36	2:05.54
3. Jan van Opstal	DIO	2:08.90 8602291	2:08.48	30.04	1:03.07	1:36.57	2:08.48
4. Jim Geestman	RSW (SG)	2:10.70 8300699	2:09.37	30.04	1:02.62	1:37.23	2:09.37
5. Remco van Althuis	SBC2000	2:09.43 8300029	2:09.43	29.80	1:02.70	1:36.71	2:09.43
6. Rudy de Jong	De Forel	2:28.59 8301061	2:34.97	33.23	1:10.48	1:51.67	2:34.97
7. Erik van der Zeijden	RZ	2:32.75 8604569	2:35.81	33.63	1:11.95	1:53.22	2:35.81
Masters 30+							
1. Nol van Thull	ZOB'66	1:58.69 8001513	1:59.08	27.38	57.34	1:28.15	1:59.08
<i>Kampioenschaps Record</i>							
2. Ivo Roozeboom	DES	2:01.67 7700801	2:03.96	28.31	59.89	1:31.97	2:03.96
3. Marcel Reefhuis	De Veene	2:07.19 8101381	2:08.78	29.37	1:02.04	1:35.32	2:08.78
4. Freddie Geerlings	NIMO	2:08.73 7900379	2:09.52	29.90	1:02.30	1:35.90	2:09.52
5. Dirkjan Beugelsdijk	De Zijl/LGB	2:06.48 8100123	2:10.84	29.59	1:03.11	1:37.59	2:10.84
6. Thorben Sangkuhl	SV Neptun Kiel	2:16.10 149313	2:15.69	31.22	1:05.63	1:41.15	2:15.69
7. Gino Martijn	RZ	2:27.00 7901865	2:30.40	33.01	1:09.80	1:49.68	2:30.40
Masters 35+							
1. Ralf Peters	KZPC	2:03.70 7600737	2:08.36	28.48	1:00.86	1:34.31	2:08.36
2. Wouter Hulleman	ZVV	2:16.92 7401261	2:14.74	30.57	1:05.50	1:39.88	2:14.74
3. Jerry Grondel	PLONS	2:14.83 7201223	2:17.12	31.42	1:05.28	1:40.89	2:17.12
4. Erwin Zuidervelt	De Futen	2:14.39 7501015	2:18.26	30.53	1:04.46	1:41.07	2:18.26
5. Kasper van den Berghe	Swol 1894	2:24.76 7301125	2:24.75	32.35	1:08.55	1:46.88	2:24.75
6. Dennis van Markesteijn	TZC-Vahalis	2:36.25 7201333	2:36.89	35.07	1:13.83	1:55.47	2:36.89
7. Sander de Weert	OEZA	2:48.14 7201443	2:37.40	36.64	1:17.02	1:58.23	2:37.40
Masters 40+							
1. Harry Cornet	De Biesboschzwemmers	2:03.71 7100175	2:05.20	28.56	1:00.10	1:32.65	2:05.20
2. Geert Wijn	De Gelenberg	2:06.31 6701101	2:05.47	28.27	1:00.16	1:32.95	2:05.47
3. Agnus Gerringa	DWK	2:09.66 7100285	2:08.58	30.05	1:02.44	1:35.87	2:08.58
4. Richard Rickson	Brunssum	2:12.80 7000841	2:08.76	30.65	1:03.91	1:36.63	2:08.76
5. Marcel van Winssen	De Gelenberg	2:13.57 7101477	2:12.02	29.50	1:02.76	1:37.09	2:12.02
6. Maurice Deelen	AZ&PC	2:18.57 7101407	2:12.92	30.98	1:05.50	1:39.96	2:12.92
7. Martin van den Berg	ZVV	2:13.13 7101437	2:14.47	30.25	1:03.64	1:38.88	2:14.47
8. Kees Akershoek	De Stelle	2:13.00 6900009	2:16.88	30.19	1:03.99	1:39.91	2:16.88
9. Jos� de Pooter	De Schelde	2:22.26 6900797	2:19.03	29.72	1:04.65	1:42.28	2:19.03
10. Arjen Kervezee	Het Y	2:16.70 7000563	2:23.66	32.98	1:08.90	1:47.00	2:23.66
11. Marcel Brittijn	De Duinkickers	2:48.64 6900159	2:42.90	35.08	1:17.24	2:00.83	2:42.90
12. Hayo v.d. Werf	Het Y	2:46.16 6701085	2:46.37	39.71	1:23.31	2:06.50	2:46.37
13. Jean-Claude Callens	R.D. Mouscronnois	3:11.11 DM/601/67	2:58.15	39.83	1:24.50	2:12.04	2:58.15
<i>50 en 100m*</i>							

Programmanr. 10, Heren, 200m vrije slag

Masters 45+

1. Cees van Houwelingen	De Schelde	2:02.63	6300351	2:03.78	28.13	59.13	1:31.64	2:03.78
2. Arnold de Rover	De Futen	2:08.41	6400645	2:10.19	29.63	1:02.17	1:36.11	2:10.19
3. Gert Sikkema	Zignea	2:14.16	6300687	2:12.05	30.97	1:04.61	1:38.29	2:12.05
<i>100m*</i>								
4. Rene de Boer	DAW	2:12.09	6400087	2:12.87	30.71	1:04.27	1:38.94	2:12.87
5. Edzo Huisman	Aquapoldro	2:19.16	6301029	2:19.54	31.86	1:06.67	1:42.35	2:19.54
6. Otto Jansen	LZ 1886	2:22.87	6501403	2:20.04	30.56	1:05.45	1:43.05	2:20.04
7. Eric Langhorst	Het Y	2:21.86	6200389	2:22.60	32.57	1:08.68	1:45.23	2:22.60
8. John Stoffer	Zoetermeer	2:21.32	6300725	2:24.52	31.90	1:07.22	1:45.12	2:24.52
9. Theo Bakker	TriVia	2:29.94	6401231	2:25.74	32.24	1:08.90	1:47.85	2:25.74
10. Marcel van der Lem	Ed-Vo	2:24.34	6500563	2:26.74	32.30	1:09.25	1:48.19	2:26.74
11. Pieter-Sjoerd de Wijn	Aqua-Novio'94	2:34.70	6501027	2:30.38	34.93	1:13.12	1:52.23	2:30.38
12. André Zandberg	TRB-RES	2:36.39	6601369	2:32.31	34.08	1:11.68	1:52.07	2:32.31
13. Jack Barends	WS Twente	2:33.82	6201011	2:32.34	34.97	1:13.74	1:54.08	2:32.34
14. Erik Saan	De Duck	2:42.11	6500769	2:35.75	35.13	1:14.88	1:55.94	2:35.75
15. Jan Smalheer	SCOM	2:35.21	6400701	2:36.60	33.69	1:13.18	1:55.29	2:36.60
16. Eric Tijms	OEZA	2:52.22	6401125	2:49.36	38.14	1:20.65	2:06.45	2:49.36

Masters 50+

1. Albert Boonstra	Aqua-Novio'94	2:14.16	5700425	2:15.38	30.63	1:05.22	1:40.89	2:15.38
2. Mark Kas	PLONS	2:30.20	6100285	2:29.47	34.87	1:13.01	1:51.24	2:29.47
3. Wim de Lange	Electrolux AZC	2:31.41	5800533	2:32.44	33.37	1:12.02	1:53.03	2:32.44
4. Bart van Calker	WS Twente	2:34.57	6100067	2:42.66	36.27	1:16.11	1:58.09	2:42.66
5. Jan Willem Heuten	WS Twente	2:40.92	6000883	2:42.94	36.49	1:17.48	2:00.80	2:42.94
6. Eddy Mourmans	R.D. Mouscronnois	2:53.66	DM/630/57	2:45.31	37.32	1:18.97	2:03.04	2:45.31
7. Jan Haitsma	De Spatters	3:03.43	6000929	3:06.37	43.19	1:30.17	2:19.54	3:06.37

Masters 55+

1. Andre Storm	Zoetermeer	2:27.51	5600407	2:23.58	31.67	1:08.39	1:46.44	2:23.58
2. Brend Brevé	PSV	2:23.23	5200265	2:30.29	33.94	1:11.65	1:51.80	2:30.29
3. Paul Bunnik	Triton	2:29.20	5600413	2:32.36	33.78	1:11.14	1:52.22	2:32.36
NG Henk Slomp	De Pinquin	2:27.57	5500359					

Masters 60+

1. Donald Uijtenbogaart	Het Y	2:25.98	4700107	2:28.18	35.09	1:13.04	1:51.05	2:28.18
2. Jan van der Heide	HZ&PC Heerenveen	3:06.39	5100059	3:03.83	39.72	1:25.37	2:15.05	3:03.83

Masters 65+

1. Alexander Bashmakov	Poseidon	2:29.72	37001	2:38.01	37.12	1:18.02	1:59.19	2:38.01
2. Joop Draaisma	DZ&PC	2:48.46	4600155	2:48.42	38.11	1:21.36	2:05.70	2:48.42
3. Ruud Sloof	De Rijn	3:04.78	4400073	3:05.12	41.24	1:28.89	2:18.73	3:05.12

Masters 70+

1. Nico Geers	Z&PC De Gouwe	2:41.50	3800007	2:45.37	39.34	1:22.18	2:05.53	2:45.37
BM Eric Smits	Z&PC De Gouwe	2:27.60	6501453	2:30.34	34.48	1:11.11	1:51.30	2:30.34

Programmanr. 11
21-01-2011 - 16:46

Dames, 200m rugslag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd	tijd	50m	100m	150m	200m
Masters 20+							
voelopige resultaten							
Gea Hagting	Nova	2:31.00 8801584	2:30.09	35.82	1:13.82	1:52.38	2:30.09
Ilse van den Wijngaard	One Team Swimming	2:32.10 8904736	2:33.91	36.45	1:15.48	1:55.12	2:33.91
Sabine Lina	HoogenboomTours/BZ&PC	2:37.20 8902680	2:35.44	35.90	1:15.04	1:55.55	2:35.44
Maaïke de Boer	De Duinkickers	2:44.80 9000362	2:43.28	38.19	1:19.73	2:01.76	2:43.28
Cynthia Grootboer	De Reest	2:37.70 8901462	2:44.18	38.68	1:20.82	2:03.04	2:44.18
Sunanda van Heteren	PCG	2:39.42 8901728	2:47.31	39.21	1:21.40	2:04.88	2:47.31
Eline Schoemaker	De Duinkickers	2:58.67 9003322	2:52.49	41.04	1:25.43	2:10.38	2:52.49
Maaïke van Diggele	ZPB H&L Productions	2:53.08 8700868	2:53.74	40.94	1:24.60	2:09.69	2:53.74
Liset de Veer	Aqua-Novio'94	2:56.50 8704190	2:55.84	40.31	1:24.60	2:10.35	2:55.84
DIS Joukje Breitsma	De Golfbreker	2:52.20 8906474	2:54.44 RD	40.06	1:24.53	2:11.35	2:54.44
Masters 25+							
voelopige resultaten							
Nadya Putter	ZVVS	2:38.89 8301630	2:36.32	37.41	1:17.02	1:56.81	2:36.32
Roos van Esch	TRB-RES	2:35.96 8200468	2:39.07	38.16	1:18.97	1:59.80	2:39.07
Wieteke Elzinga	DAW	2:38.71 8601038	2:40.25	37.98	1:18.20	1:59.72	2:40.25
Annelette de Vries	De Veene	2:51.60 8603908	2:56.95	41.13	1:25.88	2:11.23	2:56.95
Pauline Tieleman	De Geul	2:51.86 8403348	2:59.16	41.54	1:26.32	2:12.85	2:59.16
NG.ZA Bianca van Ringelestijn	De Golenberg	2:43.60 8502466					
Masters 30+							
1. Janneke Harmsen	De Spatters	2:42.09 7700938	2:33.16	34.84	1:12.98	1:53.10	2:33.16
2. Jolanda van Gendt	PSV	2:45.51 7800266	2:46.28	38.59	1:20.83	2:04.28	2:46.28
Masters 35+							
1. Melanie Kuiper	Zignea	2:58.07 7600350	2:46.49	39.05	1:21.52	2:04.05	2:46.49
2. Tony de Groot	De Futen	3:16.70 7300758	3:05.06	42.92	1:30.34	2:19.51	3:05.06
Masters 40+							
voelopige resultaten							
Henriëtte v. Norden	AZ&PC	2:55.39 6800046	2:49.45	39.39	1:22.31	2:06.35	2:49.45
Heidi van Stein	LZ 1886	2:54.22 6900864	2:49.47	39.02	1:21.07	2:05.10	2:49.47
Trudie van Niejenhuis	TZC-Vahalis	2:54.48 7100444	2:51.10	39.55	1:23.17	2:08.18	2:51.10
Annette Wijnja-Visser	De Biesboschzwemmers	2:52.06 6700528	2:53.13	40.20	1:24.56	2:09.26	2:53.13
Susanne van Hooven	De Schotejil	2:56.49 6800752	2:56.49	40.59	1:24.22	2:10.52	2:56.49
Henriëtte Manting	GZVW	3:04.90 7100246	2:59.97	40.29	1:25.89	2:12.85	2:59.97
100m*							
Desiree van der Lem	Ed-Vo	3:06.33 6800282	3:03.67	41.94	1:27.70	2:15.87	3:03.67
Hetty Smalheer	SCOM	3:14.98 6700352	3:13.98	47.30	1:35.87	2:25.84	3:13.98
DIS F. Heijdeleman-Duran	AZ&PC	2:51.54 6900222	2:53.61 RC	41.89	1:24.58	2:08.15	2:53.61
Masters 45+							
voelopige resultaten							
Wilna Heijman	't Tolhekke	2:51.02 6400506	2:45.88	39.27	1:20.39	2:03.91	2:45.88
Jacqueline Rolloos	De Lansingh	2:53.72 6300222	2:49.69	39.79	1:23.03	2:07.33	2:49.69
Ellen Parma	Triton	3:11.93 6200366	3:20.15	47.04	1:36.13	2:28.63	3:20.15
Haya Mellema	Aquapoldro	4:05.98 6600482	3:45.75	51.60	1:48.08	2:46.88	3:45.75
Masters 50+							
voelopige resultaten							
Julia Moh Klaren	Apsap Ville De Paris	2:52.77 922540	2:56.62	40.93	1:24.86	2:11.33	2:56.62
50 en 100m*							
DIS Gea Kuiper	ZCNF'34	3:53.66 6100104	3:56.25 RC	53.64	1:52.56	2:54.23	3:56.25
AFGEM Pia van der Molen	HZ&PC Heerenveen	3:20.81 6000116					

Programmanr. 11, Dames, 200m rugslag

Masters 55+

1. Atie Pijtak-Radersma	AZ&PC	2:51.63	5600048	2:58.48	42.06	1:26.69	2:12.57	2:58.48
<i>Nederlands Masters Record</i>								
2. Margriet Pasma	De Pinquin	3:07.84	5500088	3:13.60	45.11	1:34.28	2:24.20	3:13.60
3. Ineke Meijer	HZ&PC Heerenveen	3:37.74	5200034	3:40.00	51.73	1:48.32	2:45.39	3:40.00

Masters 60+

1. Conny Boer-Buys	ZVVS	3:13.78	5000006	3:11.30	45.98	1:36.14	2:25.21	3:11.30
<i>Nederlands Masters Record, tt 100m Nederlands Masters Record</i>								
2. Christien Nieuwenhuis	Swol 1894	3:19.64	5100022	3:16.81	47.18	1:37.29	2:28.44	3:16.81
3. A. Gilding-Tussaud	WS Twente	3:39.94	5000038	3:33.62	49.16	1:44.65	2:40.03	3:33.62

Masters 65+

1. Matty van der Veen	Old Dutch	4:13.17	4400020	4:06.27	59.76	2:01.68	3:05.12	4:06.27
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Masters 75+

1. Annie de Vos	Old Dutch	4:32.68	3400004	4:29.05	1:04.00	2:11.56	3:19.64	4:29.05
<i>Kampioenschaps Record</i>								
2. Jeltje van Bergen	De Pinquin	4:15.20	3500002	4:31.24	59.31	2:08.90	3:20.49	4:31.24

Programmanr. 12
21-01-2011 - 17:10

Heren, 200m rugslag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd	tijd	50m	100m	150m	200m		
Masters 20+									
1. Emile Manni	Octopus	2:11.50	9001901	2:10.24	30.17	1:02.33	1:35.84	2:10.24	
<i>Nederlands Masters Record</i>									
2. Sjoerd Sieval	LZ 1886	2:12.75	9002663	2:13.91	32.10	1:05.47	1:39.67	2:13.91	
3. Dennis Wijbenga	Stadskanaal	2:12.16	9003283	2:13.92	32.13	1:05.67	1:40.11	2:13.92	
4. Peter van Heukelem	De Golfbreker	2:15.77	8901243	2:15.12	31.31	1:05.49	1:40.72	2:15.12	
5. Floris Manni	Octopus	2:14.54	8805679	2:21.69	32.67	1:08.67	1:45.55	2:21.69	
6. Mark Pijtak	AZ&PC	2:37.24	9002287	2:36.04	35.37	1:15.05	1:56.23	2:36.04	
7. Niels Albrechts	De Schotejil	2:32.01	8800039	2:36.37	37.24	1:17.06	1:57.40	2:36.37	
8. Sven van Zanten	De Duinkickers	2:41.67	9003405	2:43.65	37.75	1:19.95	2:02.96	2:43.65	
Masters 25+									
1. Thommy Nickel	Van Vliet-Barracuda	2:19.97	8401627	2:21.72	33.11	1:08.30	1:44.28	2:21.72	
2. Robbin Blokpoel	De Duinkickers	2:26.26	8400161	2:28.36	33.58	1:10.87	1:49.71	2:28.36	
Masters 30+									
1. Ivo Roozeboom	DES	2:15.63	7700801	2:19.02	33.23	1:08.88	1:44.64	2:19.02	
2. Marcel Reefhuis	De Veene	2:20.31	8101381	2:19.88	32.58	1:07.76	1:43.84	2:19.88	
3. Stan Dekker	PLONS	2:26.68	7901823	2:26.80	33.34	1:09.36	1:47.46	2:26.80	
4. Thorben Sangkuhl	SV Neptun Kiel	2:34.50	149313	2:34.67	35.88	1:15.35	1:55.37	2:34.67	
DIS Paul Oudendijk	OEZA	2:17.53	8101287	2:24.25	RC	34.85	1:11.52	1:48.14	2:24.25
Masters 35+									
1. Gerard Eghuizen	HZ&PC Heerenveen	2:39.78	7400197	2:35.88	36.54	1:16.22	1:56.74	2:35.88	
2. Erwin Zuidervelt	De Futen	2:36.96	7501015	2:38.06	36.79	1:15.74	1:57.23	2:38.06	
3. Pieter Ponne	HZ&PC Heerenveen	2:54.09	7600749	2:55.18	41.92	1:25.53	2:09.67	2:55.18	
<i>50m*</i>									



Programmanr. 12, Heren, 200m rugslag

Masters 40+

1. René Beetsma	HZ&PC Heerenveen	2:31.15	6900069	2:26.49	34.67	1:11.45	1:49.37	2:26.49	
2. Frank v Nobelen	Sassenheim	2:32.75	6900753	2:29.30	36.14	1:13.67	1:51.66	2:29.30	
3. Agnus Gerringa	DWK	2:30.99	7100285	2:35.41	36.58	1:15.13	1:55.20	2:35.41	
4. Roelof Broekman 50m*	De Spatters	2:55.05	6800155	2:57.47	41.29	1:25.88	2:12.16	2:57.47	
5. Henk van Zetten	Octopus	3:20.10	6701261	3:14.52	44.94	1:33.64	2:24.37	3:14.52	
DIS Paul van den Heuvel	Arethusa	2:37.74	7000441	2:35.90	RC	36.36	1:15.53	1:55.97	2:35.90

Masters 45+

1. Ron Korzelius	AZ&PC	2:31.28	6500513	2:33.28	36.43	1:14.70	1:53.90	2:33.28
2. Fred Heemstra	DAW	2:34.52	6500357	2:34.73	35.47	1:14.63	1:55.12	2:34.73
3. Arnold de Rover 100m*	De Futen	2:33.10	6400645	2:39.76	37.59	1:17.12	1:57.62	2:39.76
4. Bert Jonker	HZ&PC Heerenveen	3:02.31	6600355	2:53.07	38.53	1:21.58	2:07.83	2:53.07
5. Rik van Gasteren	AquAmigos	3:43.41	6401015	3:55.91	57.43	1:57.73	2:57.25	3:55.91

Masters 50+

1. Dmitry Kromskiy	Poseidon	2:38.92	37011	2:30.23	35.64	1:13.08	1:51.21	2:30.23
2. Ron van Vliet	De Stormvogel	2:50.18	6100849	2:50.91	39.01	1:22.18	2:07.17	2:50.91
3. André Schutte	De Stormvogel	2:53.94	6000521	2:53.77	40.69	1:23.91	2:08.98	2:53.77
4. Peter Verbene 50 en 100m*	ACZ	2:56.20	5900719	2:59.21	43.09	1:28.12	2:14.23	2:59.21

Masters 55+

1. Andre Storm	Zoetermeer	2:52.42	5600407	2:51.38	38.79	1:21.32	2:06.08	2:51.38	
DIS Brend Brevé 100m*	PSV	2:44.74	5200265	2:47.80	RD	38.12	1:20.34	2:04.50	2:47.80
NG Henk Slomp	De Pinquin	3:01.11	5500359						

Masters 70+

1. Frans van Enst <i>Nederlands Masters Record</i>	WS Twente	3:04.41	4000011	3:02.13	41.72	1:28.00	2:15.81	3:02.13
2. Jan Eichhorn	ZV Haerlem	3:41.87	3700015	3:48.60	52.33	1:49.77	2:50.45	3:48.60
3. Gregor Pompen	Aqua-Novio'94	3:54.04	3700021	4:01.32	56.18	1:57.33	2:59.83	4:01.32

Masters 80+

1. Georges Verhelst <i>Kampioenschaps Record</i>	KRZV	3:58.54	RZV/160/31	4:03.02	55.29	1:58.47	3:01.61	4:03.02
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Programmanr. 13
21-01-2011 - 17:32

4 x 100m wisselslag

Masters Open
Resultaten

rang	vereniging	inschrijftijd	tijd				
80+, Heren							
1. NDD 1 <i>Nederlands Masters Record</i>	NDD	4:08.11	4:03.88				
Hjalmar de Ruiter	89	29.49	1:00.10	Maik Steenkamp	91	29.17	1:03.47
Kevin Etink	91	30.67	1:05.38	Roland Boon	88	25.62	54.93
2. LZ 1886 1	LZ 1886	4:06.61	4:07.31				
Sjoerd Sieval	90	30.99	1:02.87	Joost Rijntjes	91	27.16	1:00.42
Ralf van der Poel	84	32.80	1:10.37	Kristiaan Lenos	83	25.27	53.65
3. Octopus 1	Octopus	4:13.55	4:21.28				
Floris Manni	88	31.11	1:04.03	Stefan van der Griift	87	30.80	1:08.30
Albert van Piekeren	84	33.62	1:11.76	Emile Manni	90	26.97	57.19



Programmanr. 13, 4 x 100m wisselslag

80+, Gemengd

1. De Duinkickers 1 <i>Kampioenschaps Record</i>	De Duinkickers	4:42.32		4:48.68
Eline Schoenmaker	90 39.29	1:19.06	Sven van Zanten	90 31.46 1:10.20
Remko Hooft	87 33.34	1:11.57	Maaïke de Boer	90 32.81 1:07.85
2. De Veene 1	De Veene	4:46.25		4:55.65
Wessel Everloo	89 36.38	1:12.20	Marcel Reefhuis	81 30.53 1:07.88
Leonie Versteeg	90 39.96	1:27.01	Henrike de Vries	89 32.84 1:08.56

100+, Heren

1. ZOB'66 1 <i>Nederlands Masters Record</i>	ZOB'66	4:24.87		4:25.10
Harmen Reemst	87 36.28	1:15.49	Ruben Stolk	90 29.54 1:04.79
Roderik Meijers	86 32.14	1:10.05	Nol van Thull	80 26.26 54.77

100+, Gemengd

1. De Schotejil 1	De Schotejil	5:03.56		5:18.06
Susanne van Hooven	68 40.92	1:23.31	Whitley Rens	90 39.17 1:24.19
Niels Albrechts	88 44.58	1:32.56	Martijn van Hoon	89 27.33 58.00

120+, Dames

1. PSV 2 <i>Nederlands Masters Record</i>	PSV	5:14.01		5:21.03
Jolanda van Gendt	78 37.80	1:17.68	Liselotte Joling	75 36.06 1:19.21
Renee de Kok	84 42.93	1:30.63	Kitty van Gendt	87 34.84 1:13.51

120+, Heren

1. HZ&PC Heerenveen 1 <i>Nederlands Masters Record</i>	HZ&PC Heerenveen	4:09.37		4:11.51
Richard Koehoorn	79 29.22	1:03.02	René Beetsma	69 29.85 1:04.53
Casper Tichelaar	79 32.13	1:08.38	Casper Hut	78 26.82 55.58
2. RZ 1	RZ	5:00.43		5:09.51
Gino Martijn	79 37.24	1:16.70	Ralph Caster	61 36.05 1:20.82
Han Ruijs	79 40.98	1:25.72	Erik van der Zeijden	86 31.95 1:06.27

120+, Gemengd

1. DAW 1 <i>Nederlands Masters Record</i>	DAW	4:33.33		4:32.67
Wieteke Elzinga	86 36.08	1:13.33	Kars Luttk	78 30.22 1:06.03
Ron Langelaan	78 32.79	1:10.88	Laura Badoux	82 29.69 1:02.43
2. Zoetermeer 1	Zoetermeer	4:49.69		4:56.16
Simon van Ravensteijn	80 35.48	1:12.43	Delia Badoux	80 31.15 1:08.78
John Stoffler	63 40.11	1:25.28	Chita van der Goorbergh	68 33.42 1:09.67
3. De Futen 1	De Futen	4:56.77		5:19.48
Erwin Zuidervelt	75 36.76	1:14.73	Petra Wolsing	84 40.45 1:32.86
Arnold de Rover	64 38.62	1:20.93	Tony de Groot	73 33.64 1:10.96
4. De Spatters 1	De Spatters	5:28.82		5:28.80
Janneke Hammsen	77 35.75	1:12.84	Judith Kremers	81 37.81 1:24.36
Jan Haitsma	60 46.28	1:39.17	Roelof Broekman	68 33.24 1:12.43

160+, Dames

1. AZ&PC 1 <i>Wereld Masters Record, startzwemmer Nederlands Masters Record</i>	AZ&PC	4:55.44		5:01.25
Atie Pijtak-Radersma	56 39.26	1:20.78	Lidia v. Bon-Rosenbrand	70 33.67 1:14.55
Marja Bloemzaad	61 37.13	1:19.75	Petra Casteleijn	66 31.14 1:06.17

Programmanr. 13, 4 x 100m wisselslag

160+, Heren

1. Het Y 1 <i>Kampioenschaps Record</i>	Het Y	4:47.79	4:57.00
Eric Langhorst	62 37.07 1:15.59	Arjen Kervezee	70 32.42 1:12.15
Jeroen Vogelsang	80 38.35 1:21.38	Donald Uijtenbogaart	47 33.76 1:07.88
2. HZ&PC Heerenveen 2	HZ&PC Heerenveen	5:20.46	5:30.03
Gerard Eghuizen	74 36.26 1:15.17	Marten de Groot	58 33.57 1:10.69
Jan van der Heide	51 48.71 1:44.55	Arnold Jonker	70 37.51 1:19.62
DIS TAKAS 1 <i>dis tweede zwemmer</i>	TAKAS	4:55.00	4:57.29 SK
Arlandas Juodeska	61 36.93 1:17.11	Arvydas Burinskas	69 33.07 1:10.46
Raimondas Garbatavicius	61 43.80 1:32.84	Rytas Matuliasukas	68 28.06 56.88

160+, Gemengd

1. AZ&PC 1 <i>Nederlands Masters Record</i>	AZ&PC	5:00.94	4:56.84
Henriëtte v. Norden	68 38.57 1:21.10	Maurice Deelen	71 31.74 1:09.84
Françoise Heijde-Duran	69 38.50 1:23.64	Ron Korzelius	65 30.32 1:02.26
2. WS Twente 1	WS Twente	5:10.76	5:07.65
Jeannette Ruesink	63 40.29 1:21.60	Inez Heideman	75 35.06 1:18.97
Sebastiaan Baars	83 37.20 1:20.19	Jack Barends	62 31.67 1:06.89

200+, Dames

AFGEM HZ&PC Heerenveen 1 HZ&PC Heerenveen 6:27.67

200+, Heren

NG Poseidon 1 Poseidon 4:46.50

240+, Gemengd

1. PSV 1 <i>Nederlands Masters Record, 50m*</i>	PSV	5:56.56	6:25.57
Brend Brevé	52 39.48 1:19.61	Rob Hanou	43 43.60 1:38.32
Gonnie Bak	51 54.26 1:53.71	Annie Smits	46 44.57 1:33.93

3 - ONMK 2011 kb sessie 3

22-01-2011 - 9:00

Programmanr. 14
22-01-2011 - 9:00

Heren, 400m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd
Masters 20+					
1.	Joost Rijntjes <i>Kampioenschaps Record</i>	LZ 1886	4:26.39	9101899	4:16.54
	50m: 28.19 28.19 100m: 59.46 31.27	150m: 1:32.14 32.68 200m: 2:05.37 33.23	250m: 2:38.42 33.05 300m: 3:11.95 33.53	350m: 3:44.63 32.68 400m: 4:16.54 31.91	
2.	Maik Steenkamp	NDD	4:37.23	9103847	4:32.17
	50m: 30.71 30.71 100m: 1:04.81 34.10	150m: 1:39.16 34.35 200m: 2:14.13 34.97	250m: 2:48.95 34.82 300m: 3:23.93 34.98	350m: 3:58.20 34.27 400m: 4:32.17 33.97	
3.	Tim Bunnik	Triton	4:38.34	9000505	4:35.18
	50m: 30.57 30.57 100m: 1:04.56 33.99	150m: 1:39.51 34.95 200m: 2:14.82 35.31	250m: 2:50.31 35.49 300m: 3:25.70 35.39	350m: 4:00.46 34.76 400m: 4:35.18 34.72	
4.	Wessel Everloo	De Veene	4:33.76	8906597	4:36.93
	50m: 30.86 30.86 100m: 1:05.39 34.53	150m: 1:40.92 35.53 200m: 2:17.65 36.73	250m: 2:53.28 35.63 300m: 3:29.99 36.71	350m: 4:04.64 34.65 400m: 4:36.93 32.29	
5.	Remko Hooff	De Duinkickers	4:48.45	8701405	4:44.56
	50m: 31.81 31.81 100m: 1:07.28 35.47	150m: 1:43.78 36.50 200m: 2:20.99 37.21	250m: 2:57.15 36.16 300m: 3:34.10 36.95	350m: 4:10.25 36.15 400m: 4:44.56 34.31	
6.	Rick Hellenbrand	NIMO	4:53.18	8901173	4:50.89
	50m: 33.05 33.05 100m: 1:08.81 35.76	150m: 1:45.21 36.40 200m: 2:22.16 36.95	250m: 2:58.84 36.68 300m: 3:35.67 36.83	350m: 4:13.41 37.74 400m: 4:50.89 37.48	
Masters 25+					
1.	Erik Schröder <i>Nederlands Masters Record</i>	TriVia	4:11.73	8402025	4:07.74
	50m: 27.80 27.80 100m: 57.96 30.16	150m: 1:28.78 30.82 200m: 2:00.15 31.37	250m: 2:32.05 31.90 300m: 3:04.55 32.50	350m: 3:37.00 32.45 400m: 4:07.74 30.74	
2.	Kristiaan Lenos	LZ 1886	4:15.42	8301331	4:16.41
	50m: 27.17 27.17 100m: 58.17 31.00	150m: 1:29.90 31.73 200m: 2:02.17 32.27	250m: 2:35.49 33.32 300m: 3:09.11 33.62	350m: 3:43.26 34.15 400m: 4:16.41 33.15	
3.	Ralf van der Poel	LZ 1886	4:33.36	8401783	4:27.01
	50m: 30.20 30.20 100m: 1:03.22 33.02	150m: 1:37.15 33.93 200m: 2:11.35 34.20	250m: 2:45.76 34.41 300m: 3:20.08 34.32	350m: 3:54.52 34.44 400m: 4:27.01 32.49	
4.	Remco van Althuis	SBC2000	4:36.53	8300029	4:35.39
	50m: 30.31 30.31 100m: 1:03.88 33.57	150m: 1:38.71 34.83 200m: 2:14.22 35.51	250m: 2:49.73 35.51 300m: 3:25.60 35.87	350m: 4:01.11 35.51 400m: 4:35.39 34.28	
5.	Willem vd Zwaag	Isis	5:30.00	8503111	5:19.89
	50m: 34.16 34.16 100m: 1:12.01 37.85	150m: 1:51.68 39.67 200m: 2:32.33 40.65	250m: 3:13.05 40.72 300m: 3:55.56 42.51	350m: 4:37.48 41.92 400m: 5:19.89 42.41	
Masters 30+					
1.	Marcel Reefhuis	De Veene	4:32.29	8101381	4:34.96
	50m: 30.16 30.16 100m: 1:03.39 33.23	150m: 1:37.70 34.31 200m: 2:12.71 35.01	250m: 2:47.79 35.08 300m: 3:23.36 35.57	350m: 3:59.60 36.24 400m: 4:34.96 35.36	
2.	Freddie Geerlings	NIMO	4:38.65	7900379	4:36.67
	50m: 31.19 31.19 100m: 1:05.68 34.49	150m: 1:41.00 35.32 200m: 2:16.26 35.26	250m: 2:51.09 34.83 300m: 3:26.65 35.56	350m: 4:02.01 35.36 400m: 4:36.67 34.66	
3.	Dirkjan Beugelsdijk	De Zijl/LGB	4:35.17	8100123	4:36.70
	50m: 30.79 30.79 100m: 1:04.94 34.15	150m: 1:40.46 35.52 200m: 2:16.20 35.74	250m: 2:52.50 36.30 300m: 3:28.24 35.74	350m: 4:03.72 35.48 400m: 4:36.70 32.98	
4.	Remco Jorink	Octopus	4:38.83	8000719	4:38.34
	50m: 30.20 30.20 100m: 1:04.21 34.01	150m: 1:39.56 35.35 200m: 2:15.59 36.03	250m: 2:51.11 35.52 300m: 3:26.79 35.68	350m: 4:03.00 36.21 400m: 4:38.34 35.34	
5.	Jeroen Vogelsang	Het Y	4:34.50	8001645	4:51.74
	50m: 30.92 30.92 100m: 1:05.66 34.74	150m: 1:42.34 36.68 200m: 2:20.05 37.71	250m: 2:58.02 37.97 300m: 3:36.23 38.21	350m: 4:14.67 38.44 400m: 4:51.74 37.07	

Programmanr. 14, Heren, 400m vrije slag

Masters 35+

1. Ralf Peters		KZPC	4:27.97	7600737	4:33.59
50m: 30.59	30.59	150m: 1:39.62	34.95	250m: 2:49.28	34.43 350m: 3:59.30 34.80
100m: 1:04.67	34.08	200m: 2:14.85	35.23	300m: 3:24.50	35.22 400m: 4:33.59 34.29
2. Johnny Westra		ZPD	4:57.54	7601017	4:48.54
50m: 32.46	32.46	150m: 1:44.12	36.31	250m: 2:59.10	37.68 350m: 4:14.03 37.26
100m: 1:07.81	35.35	200m: 2:21.42	37.30	300m: 3:36.77	37.67 400m: 4:48.54 34.51
3. Erwin Zuidervelt		De Futen	4:52.83	7501015	4:58.83
50m: 32.10	32.10	150m: 1:45.55	37.42	250m: 3:02.95	38.86 350m: 4:21.91 39.10
100m: 1:08.13	36.03	200m: 2:24.09	38.54	300m: 3:42.81	39.86 400m: 4:58.83 36.92
4. Jerry Grondel		PLONS	4:51.35	7201223	5:00.47
50m: 32.30	32.30	150m: 1:44.23	36.73	250m: 3:00.78	38.52 350m: 4:20.69 40.37
100m: 1:07.50	35.20	200m: 2:22.26	38.03	300m: 3:40.32	39.54 400m: 5:00.47 39.78
5. Sander de Weert		OEZA	5:56.73	7201443	5:44.96
50m: 39.67	39.67	150m: 2:06.15	43.40	250m: 3:35.79	45.20 350m: 5:05.87 44.89
100m: 1:22.75	43.08	200m: 2:50.59	44.44	300m: 4:20.98	45.19 400m: 5:44.96 39.09

Masters 40+

1. Geert Wijn		De Gelenberg	4:32.02	6701101	4:31.76
50m: 30.23	30.23	150m: 1:37.85	33.92	250m: 2:45.75	33.86 350m: 3:56.40 35.66
100m: 1:03.93	33.70	200m: 2:11.89	34.04	300m: 3:20.74	34.99 400m: 4:31.76 35.36
2. Jo-an Mudde		Zeester-Meerval	4:39.34	6701457	4:40.51
50m: 31.30	31.30	150m: 1:40.88	35.36	250m: 2:52.42	35.79 350m: 4:04.81 36.40
100m: 1:05.52	34.22	200m: 2:16.63	35.75	300m: 3:28.41	35.99 400m: 4:40.51 35.70
3. René Beetsma		HZ&PC Heerenveen	4:31.94	6900069	4:40.83
50m: 31.20	31.20	150m: 1:41.58	35.72	250m: 2:54.07	36.21 350m: 4:06.11 35.90
100m: 1:05.86	34.66	200m: 2:17.86	36.28	300m: 3:30.21	36.14 400m: 4:40.83 34.72
4. Agnus Gerringa		DWK	4:33.95	7100285	4:40.94
50m: 31.19	31.19	150m: 1:40.20	35.09	250m: 2:51.76	36.11 350m: 4:04.50 36.58
100m: 1:05.11	33.92	200m: 2:15.65	35.45	300m: 3:27.92	36.16 400m: 4:40.94 36.44
5. Maurice Deelen		AZ&PC	4:47.34	7101407	4:44.80
50m: 31.31	31.31	150m: 1:43.14	36.57	250m: 2:56.47	36.56 350m: 4:09.89 36.59
100m: 1:06.57	35.26	200m: 2:19.91	36.77	300m: 3:33.30	36.83 400m: 4:44.80 34.91
6. Arjan Bellaart 100m*		Oceanus	5:00.50	6900079	4:46.29
50m: 31.27	31.27	150m: 1:42.68	35.70	250m: 2:55.24	35.96 350m: 4:09.85 37.25
100m: 1:06.98	35.71	200m: 2:19.28	36.60	300m: 3:32.60	37.36 400m: 4:46.29 36.44
7. Frank v Nobelen		Sassenheim	4:50.17	6900753	4:46.37
50m: 33.01	33.01	150m: 1:44.42	36.14	250m: 2:57.79	36.67 350m: 4:11.21 36.16
100m: 1:08.28	35.27	200m: 2:21.12	36.70	300m: 3:35.05	37.26 400m: 4:46.37 35.16
8. Kees Akershoek		De Stelle	4:51.00	6900009	5:05.43
50m: 32.59	32.59	150m: 1:46.34	37.56	250m: 3:06.31	40.09 350m: 4:27.27 39.90
100m: 1:08.78	36.19	200m: 2:26.22	39.88	300m: 3:47.37	41.06 400m: 5:05.43 38.16
9. Hayo v.d. Werf		Het Y	5:50.53	6701085	5:43.76
50m: 40.53	40.53	150m: 2:07.90	43.54	250m: 3:35.19	43.43 350m: 5:02.24 43.19
100m: 1:24.36	43.83	200m: 2:51.76	43.86	300m: 4:19.05	43.86 400m: 5:43.76 41.52
10. Marcel Brittijn vanaf 100m handtijden		De Duinkickers	6:33.81	6900159	6:00.31
50m: 37.38	37.38	150m: 2:05.22	45.00	250m: 3:38.41	46.69 350m: 5:13.82 47.71
100m: 1:20.22	42.84	200m: 2:51.72	46.50	300m: 4:26.11	47.70 400m: 6:00.31 46.49
11. Arnold Jonker 100 en 200m*		HZ&PC Heerenveen	6:27.21	7000529	6:10.50
50m: 42.37	42.37	150m: 2:14.98	46.96	250m: 3:48.15	46.54 350m: 5:23.22 47.86
100m: 1:28.02	45.65	200m: 3:01.61	46.63	300m: 4:35.36	47.21 400m: 6:10.50 47.28
12. Jean-Claude Callens vanaf 100m handtijden		R.D. Mouscronnois	6:44.19	DM/601/67	6:35.68
50m: 42.03	42.03	150m:		250m: 3:59.89	53.19 350m: 5:46.65 54.38
100m: 1:27.92	45.89	200m: 3:06.70		300m: 4:52.27	52.38 400m: 6:35.68 49.03

Programmanr. 14, Heren, 400m vrije slag

Masters 45+

1. Sergey Makarychev	Poseidon	4:42.99	37018	4:36.39
50m: 32.06	150m: 1:42.33	35.51	250m: 2:53.52	35.35
100m: 1:06.82	200m: 2:18.17	35.84	300m: 3:28.71	35.19
			350m: 4:03.36	34.65
			400m: 4:36.39	33.03
2. Valery Tyrin	Poseidon	4:46.83	37021	4:42.29
50m: 32.42	150m: 1:43.48	35.94	250m: 2:56.05	36.13
100m: 1:07.54	200m: 2:19.92	36.44	300m: 3:32.32	36.27
			350m: 4:08.09	35.77
			400m: 4:42.29	34.20
3. Gert Sikkema <i>50 en 200m*</i>	Zignea	4:56.92	6300687	4:48.23
50m: 32.02	150m: 1:42.44	35.27	250m: 2:55.02	35.95
100m: 1:07.17	200m: 2:19.07	36.63	300m: 3:32.87	37.85
			350m: 4:10.65	37.78
			400m: 4:48.23	37.58
4. Eric Langhorst	Het Y	5:03.80	6200389	5:06.60
50m: 35.18	150m: 1:54.59	40.33	250m: 3:13.39	39.61
100m: 1:14.26	200m: 2:33.78	39.19	300m: 3:52.22	38.83
			350m: 4:30.17	37.95
			400m: 5:06.60	36.43
5. John Stoffer	Zoetermeer	5:01.22	6300725	5:07.51
50m: 34.33	150m: 1:51.22	38.93	250m: 3:10.02	39.40
100m: 1:12.29	200m: 2:30.62	39.40	300m: 3:49.77	39.75
			350m: 4:29.55	39.78
			400m: 5:07.51	37.96
6. Otto Jansen	LZ 1886	5:09.02	6501403	5:07.81
50m: 33.47	150m: 1:50.88	39.55	250m: 3:11.44	40.29
100m: 1:11.33	200m: 2:31.15	40.27	300m: 3:50.46	39.02
			350m: 4:29.90	39.44
			400m: 5:07.81	37.91
7. Edzo Huisman	Aquapoldro	5:09.94	6301029	5:10.23
50m: 36.20	150m: 1:55.40	39.54	250m: 3:14.97	39.61
100m: 1:15.86	200m: 2:35.36	39.96	300m: 3:54.16	39.19
			350m: 4:32.42	38.26
			400m: 5:10.23	37.81
8. Bert Jonker	HZ&PC Heerenveen	5:29.67	6600355	5:24.86
50m: 34.02	150m: 1:53.79	40.69	250m: 3:17.91	42.10
100m: 1:13.10	200m: 2:35.81	42.02	300m: 4:00.64	42.73
			350m: 4:43.55	42.91
			400m: 5:24.86	41.31
9. Jan Smalheer	SCOM	5:36.69	6400701	5:29.09
50m: 34.89	150m: 1:55.57	40.83	250m: 3:19.85	41.96
100m: 1:14.74	200m: 2:37.89	42.32	300m: 4:02.63	42.78
			350m: 4:46.55	43.92
			400m: 5:29.09	42.54
10. Joost de Kroon	AquAmigos	5:26.31	6400999	5:32.18
50m: 38.79	150m: 2:03.01	42.50	250m: 3:28.44	42.67
100m: 1:20.51	200m: 2:45.77	42.76	300m: 4:11.04	42.60
			350m: 4:52.91	41.87
			400m: 5:32.18	39.27
11. André Zandberg	TRB-RES	5:43.36	6601369	5:32.22
50m: 36.29	150m: 1:58.03	41.12	250m: 3:23.63	42.56
100m: 1:16.91	200m: 2:41.07	43.04	300m: 4:07.25	43.62
			350m: 4:50.65	43.40
			400m: 5:32.22	41.57
12. Eric Tijms <i>vanaf 100m handtijden</i>	OEZA	6:48.76	6401125	6:11.39
50m: 41.30	150m: 2:10.48	47.09	250m: 3:46.49	47.60
100m: 1:23.39	200m: 2:58.89	48.41	300m: 4:34.77	48.28
			350m: 5:23.86	49.09
			400m: 6:11.39	47.53
13. Rik van Gasteren <i>vanaf 100m handtijden</i>	AquAmigos	6:45.09	6401015	6:38.26
50m: 44.45	150m: 2:24.89	51.31	250m: 4:08.20	51.53
100m: 1:33.58	200m: 3:16.67	51.78	300m: 4:59.74	51.54
			350m: 5:50.77	51.03
			400m: 6:38.26	47.49

Masters 50+

1. Marten de Groot	HZ&PC Heerenveen	5:11.36	5800149	4:47.44
50m: 34.16	150m: 1:47.19	36.73	250m: 3:00.29	36.05
100m: 1:10.46	200m: 2:24.24	37.05	300m: 3:35.96	35.67
			350m: 4:12.02	36.06
			400m: 4:47.44	35.42
2. Hans Roodzant	Torpedo	5:12.39	6000979	5:02.21
50m: 36.24	150m: 1:53.81	38.67	250m: 3:10.11	37.88
100m: 1:15.14	200m: 2:32.23	38.42	300m: 3:47.48	37.37
			350m: 4:24.16	36.68
			400m: 5:02.21	38.05
3. Marius Ros	ZCNF'34	5:04.00	5900779	5:09.83
50m: 36.52	150m: 1:55.18	39.49	250m: 3:14.43	39.45
100m: 1:15.69	200m: 2:34.98	39.80	300m: 3:53.25	38.82
			350m: 4:32.20	38.95
			400m: 5:09.83	37.63
4. Mark Kas	PLONS	5:20.50	6100285	5:23.00
50m: 35.40	150m: 1:56.76	41.38	250m: 3:19.62	41.59
100m: 1:15.38	200m: 2:38.03	41.27	300m: 4:01.17	41.55
			350m: 4:43.42	42.25
			400m: 5:23.00	39.58
5. Wim de Lange	Electrolux AZC	5:24.62	5800533	5:36.24 *
50m: 36.26	150m: 1:59.36	42.05	250m: 3:27.18	44.18
100m: 1:17.31	200m: 2:43.00	43.64	300m: 4:10.41	43.23
			350m: 4:53.33	42.92
			400m: 5:36.24	42.91
6. Eddy Mourmans	R.D. Mouscronnois	6:15.62	DM/630/57	5:54.18
50m: 39.48	150m: 2:08.32	45.35	250m: 3:39.33	45.79
100m: 1:22.97	200m: 2:53.54	45.22	300m: 4:25.29	45.96
			350m: 5:11.21	45.92
			400m: 5:54.18	42.97

Programmanr. 14, Heren, 400m vrije slag, Masters 50+

rang	naam	vereniging	inschrijftijd	startnr.	tijd
7.	Bart van Calker	WS Twente	5:41.03	6100067	5:58.84
	50m: 41.09 41.09	150m: 2:08.65 44.24	250m: 3:40.04	46.12 350m: 5:14.51 46.87	
	100m: 1:24.41 43.32	200m: 2:53.92 45.27	300m: 4:27.64	47.60 400m: 5:58.84 44.33	
8.	Jan Haitisma <i>vanaf 100m handtijden</i>	De Spatters	6:42.62	6000929	6:38.58
	50m: 45.01 45.01	150m: 2:25.22 51.15	250m: 4:09.04	51.83 350m: 5:52.21 51.23	
	100m: 1:34.07 49.06	200m: 3:17.21 51.99	300m: 5:00.98	51.94 400m: 6:38.58 46.37	
9.	Jan Glorie <i>vanaf 100m handtijden</i>	OEZA	8:39.76	5700513	9:21.06
	50m: 56.09 56.09	150m: 3:14.79 1:11.08	250m: 5:42.22	1:13.98 350m: 8:08.05 1:12.15	
	100m: 2:03.71 1:07.62	200m: 4:28.24 1:13.45	300m: 6:55.90	1:13.68 400m: 9:21.06 1:13.01	
DIS	Gustav van den Berg	TriVia	5:20.95	6100991	AA
	50m:	150m:	250m:	350m:	
	100m:	200m:	300m:	400m:	

Masters 55+

1.	Andre Storm	Zoetermeer	5:09.18	5600407	5:28.88
	50m: 36.54 36.54	150m: 2:00.72 42.48	250m: 3:25.29	42.01 350m: 4:48.39 41.49	
	100m: 1:18.24 41.70	200m: 2:43.28 42.56	300m: 4:06.90	41.61 400m: 5:28.88 40.49	

Masters 60+

1.	Donald Uijtenbogaart	Het Y	5:04.13	4700107	5:08.87
	50m: 36.15 36.15	150m: 1:54.95 39.76	250m: 3:14.09	39.52 350m: 4:32.28 38.80	
	100m: 1:15.19 39.04	200m: 2:34.57 39.62	300m: 3:53.48	39.39 400m: 5:08.87 36.59	
2.	Jan van der Heide <i>vanaf 100m handtijden</i>	HZ&PC Heerenveen	6:30.57	5100059	6:32.61
	50m: 43.61 43.61	150m: 2:20.53 49.72	250m: 4:01.06	50.41 350m: 5:43.24 51.07	
	100m: 1:30.81 47.20	200m: 3:10.65 50.12	300m: 4:52.17	51.11 400m: 6:32.61 49.37	

Masters 65+

1.	Alexander Bashmakov	Poseidon	5:54.59	37001	5:41.02
	50m: 38.02 38.02	150m: 2:04.77 43.72	250m: 3:31.77	42.65 350m: 4:58.53 43.59	
	100m: 1:21.05 43.03	200m: 2:49.12 44.35	300m: 4:14.94	43.17 400m: 5:41.02 42.49	
2.	Joop Draaisma	DZ&PC	5:59.06	4600155	5:58.56
	50m: 39.48 39.48	150m: 2:08.39 44.96	250m: 3:40.58	46.46 350m: 5:13.29 46.43	
	100m: 1:23.43 43.95	200m: 2:54.12 45.73	300m: 4:26.86	46.28 400m: 5:58.56 45.27	
3.	Rob Hanou	PSV	5:58.26	4300109	6:02.32
	50m: 39.04 39.04	150m: 2:11.18 47.52	250m: 3:46.12	47.27 350m: 5:19.33 46.06	
	100m: 1:23.66 44.62	200m: 2:58.85 47.67	300m: 4:33.27	47.15 400m: 6:02.32 42.99	

Masters 70+

1.	Nico Geers	Z&PC De Gouwe	5:41.40	3800007	5:50.62
	50m: 40.43 40.43	150m: 2:11.63 45.63	250m: 3:41.00	44.40 350m: 5:09.83 43.98	
	100m: 1:26.00 45.57	200m: 2:56.60 44.97	300m: 4:25.85	44.85 400m: 5:50.62 40.79	
2.	Gregor Pompen <i>vanaf 100m handtijden</i>	Aqua-Novio'94	6:38.33	3700021	6:52.84
	50m: 45.76 45.76	150m: 2:26.05 50.84	250m: 4:10.56	52.91 350m: 5:58.19 53.98	
	100m: 1:35.21 49.45	200m: 3:17.65 51.60	300m: 5:04.21	53.65 400m: 6:52.84 54.65	

Programmanr. 15
22-01-2011 - 9:51

Dames, 400m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd
Masters 20+					
1.	Wendan Poelstra <i>Kampioenschaps Record</i>	HZ&PC Heerenveen	4:32.94	9102496	4:30.68
	50m: 31.29 31.29 100m: 1:05.78 34.49	150m: 1:40.86 35.08 200m: 2:16.11 35.25	250m: 2:49.27 300m: 3:22.77	33.16 33.50	350m: 3:56.88 34.11 400m: 4:30.68 33.80
2.	Anne Duijst	De Amer	5:14.60	8901030	5:07.37
	50m: 33.61 33.61 100m: 1:10.69 37.08	150m: 1:49.35 38.66 200m: 2:28.56 39.21	250m: 3:08.39 300m: 3:48.44	39.83 40.05	350m: 4:28.55 40.11 400m: 5:07.37 38.82
3.	Laura Oosterbroek	Swol 1894	5:15.67	8803264	5:08.42
	50m: 34.27 34.27 100m: 1:12.75 38.48	150m: 1:52.15 39.40 200m: 2:32.32 40.17	250m: 3:11.57 300m: 3:51.37	39.25 39.80	350m: 4:31.03 39.66 400m: 5:08.42 37.39
4.	Henrike de Vries	De Veene	5:16.00	8904490	5:09.26
	50m: 34.13 34.13 100m: 1:11.62 37.49	150m: 1:50.76 39.14 200m: 2:30.50 39.74	250m: 3:10.44 300m: 3:50.98	39.94 40.54	350m: 4:31.59 40.61 400m: 5:09.26 37.67
5.	Cynthia Grooteboer	De Reest	4:58.84	8901462	5:17.71
	50m: 36.03 36.03 100m: 1:15.42 39.39	150m: 1:55.54 40.12 200m: 2:35.85 40.31	250m: 3:16.78 300m: 3:57.92	40.93 41.14	350m: 4:38.58 40.66 400m: 5:17.71 39.13
6.	Liset de Veer	Aqua-Novio'94	5:36.84	8704190	5:36.10
	50m: 37.64 37.64 100m: 1:18.87 41.23	150m: 2:01.37 42.50 200m: 2:44.45 43.08	250m: 3:27.69 300m: 4:10.98	43.24 43.29	350m: 4:54.09 43.11 400m: 5:36.10 42.01
7.	Eline Schoenmaker	De Duinkickers	6:13.89	9003322	5:54.55
	50m: 40.00 40.00 100m: 1:24.82 44.82	150m: 2:10.78 45.96 200m: 2:56.61 45.83	250m: 3:42.78 300m: 4:28.50	46.17 45.72	350m: 5:13.25 44.75 400m: 5:54.55 41.30

Masters 25+

1.	Marlies Reinders <i>Nederlands Masters Record</i>	De Dinkel	4:23.92	8602976	4:29.39
	50m: 30.99 30.99 100m: 1:05.28 34.29	150m: 1:40.41 35.13 200m: 2:14.89 34.48	250m: 2:48.57 300m: 3:22.57	33.68 34.00	350m: 3:56.44 33.87 400m: 4:29.39 32.95
2.	Iris Barendregt	Van Vliet-Barracuda	4:41.89	8600172	4:49.25
	50m: 33.10 33.10 100m: 1:09.68 36.58	150m: 1:46.50 36.82 200m: 2:23.34 36.84	250m: 2:59.94 300m: 3:36.96	36.60 37.02	350m: 4:14.03 37.07 400m: 4:49.25 35.22
3.	Linda Hoogendam	D'Eift	4:59.87	8300892	4:56.09
	50m: 32.65 32.65 100m: 1:10.31 37.66	150m: 1:48.53 38.22 200m: 2:27.23 38.70	250m: 3:05.31 300m: 3:43.54	38.08 38.23	350m: 4:20.78 37.24 400m: 4:56.09 35.31
4.	Roos van Esch	TRB-RES	4:46.42	8200468	4:59.15
	50m: 33.68 33.68 100m: 1:10.61 36.93	150m: 1:48.44 37.83 200m: 2:27.04 38.60	250m: 3:05.52 300m: 3:43.79	38.48 38.27	350m: 4:21.72 37.93 400m: 4:59.15 37.43
5.	Pauline Tieleman	De Geul	5:11.31	8403348	5:11.22
	50m: 34.26 34.26 100m: 1:12.20 37.94	150m: 1:51.42 39.22 200m: 2:31.58 40.16	250m: 3:11.27 300m: 3:51.81	39.69 40.54	350m: 4:32.32 40.51 400m: 5:11.22 38.90
6.	Susanne Blom	De Pinquin	4:59.66	8500282	5:13.90
	50m: 33.78 33.78 100m: 1:11.31 37.53	150m: 1:50.41 39.10 200m: 2:30.67 40.26	250m: 3:11.04 300m: 3:51.89	40.37 40.85	350m: 4:33.06 41.17 400m: 5:13.90 40.84
7.	Sandra Schellekens	Neptunus'58	5:19.53	8503416	5:17.29
	50m: 34.74 34.74 100m: 1:14.29 39.55	150m: 1:54.70 40.41 200m: 2:35.11 40.41	250m: 3:15.61 300m: 3:57.44	40.50 41.83	350m: 4:38.46 41.02 400m: 5:17.29 38.83
8.	Petra Wolsing	De Futen	5:29.16	8402796	5:18.02
	50m: 34.04 34.04 100m: 1:12.10 38.06	150m: 1:51.54 39.44 200m: 2:31.88 40.34	250m: 3:13.43 300m: 3:55.03	41.55 41.60	350m: 4:37.72 42.69 400m: 5:18.02 40.30
AFGEM	Bianca van Ringelestijn	De Gelenberg	5:07.92	8502466	

Masters 30+

1.	Andrea van Leeuwen	De Zijl/LGB	5:11.42	8100904	5:27.62
	50m: 35.90 35.90 100m: 1:17.00 41.10	150m: 1:59.15 42.15 200m: 2:41.46 42.31	250m: 3:23.68 300m: 4:05.43	42.22 41.75	350m: 4:47.04 41.61 400m: 5:27.62 40.58
2.	Jolanda van Gendt	PSV	5:31.89	7800266	5:37.95 *
	50m: 36.04 36.04 100m: 1:17.09 41.05	150m: 1:59.84 42.75 200m: 2:42.87 43.03	250m: 3:27.00 300m: 4:11.22	44.13 44.22	350m: 4:55.19 43.97 400m: 5:37.95 42.76

Programmanr. 15, Dames, 400m vrije slag, Masters 30+

rang	naam	vereniging	inschrijftijd	startnr.	tijd
3.	Clementine van Bruxvoort	ZPB H&L Productions	6:34.78	7700138	6:56.54
	50m: 44.18 44.18	150m: 2:28.62 53.28	250m: 4:16.71	54.65 350m: 6:05.20	54.75
	100m: 1:35.34 51.16	200m: 3:22.06 53.44	300m: 5:10.45	53.74 400m: 6:56.54	51.34

Masters 35+

1.	Liselotte Joling	PSV	5:05.23	7500268	4:58.39
	50m: 33.82 33.82	150m: 1:48.88 38.12	250m: 3:05.83	38.04 350m: 4:21.71	37.60
	100m: 1:10.76 36.94	200m: 2:27.79 38.91	300m: 3:44.11	38.28 400m: 4:58.39	36.68
2.	Melanie Kuiper	Zignea	5:39.11	7600350	5:16.31
	50m: 35.27 35.27	150m: 1:52.58 39.20	250m: 3:14.01	41.22 350m: 4:36.29	41.28
	100m: 1:13.38 38.11	200m: 2:32.79 40.21	300m: 3:55.01	41.00 400m: 5:16.31	40.02
3.	Renata Bos-van Essen	Zuiderzeezwimmers	6:17.65	7300740	5:56.01
	50m: 40.45 40.45	150m: 2:09.40 45.23	250m: 3:41.51	45.97 350m: 5:12.77	45.25
	100m: 1:24.17 43.72	200m: 2:55.54 46.14	300m: 4:27.52	46.01 400m: 5:56.01	43.24

Masters 40+

1.	Karin Stein <i>Nederlands Masters Record</i>	ZVVS	4:50.54	7100554	4:49.71
	50m: 33.98 33.98	150m: 1:46.74 36.64	250m: 3:00.25	36.63 350m: 4:14.28	36.95
	100m: 1:10.10 36.12	200m: 2:23.62 36.88	300m: 3:37.33	37.08 400m: 4:49.71	35.43
2.	Annette de Visser	Oceanus	5:07.18	7100602	5:12.92
	50m: 34.85 34.85	150m: 1:52.28 39.64	250m: 3:12.79	40.17 350m: 4:33.65	40.82
	100m: 1:12.64 37.79	200m: 2:32.62 40.34	300m: 3:52.83	40.04 400m: 5:12.92	39.27
3.	Anja Reinhard	PLONS	5:49.74	7000818	5:44.90
	50m: 39.24 39.24	150m: 2:05.44 43.89	250m: 3:32.99	43.60 350m: 5:02.37	44.30
	100m: 1:21.55 42.31	200m: 2:49.39 43.95	300m: 4:18.07	45.08 400m: 5:44.90	42.53
4.	Sabine Delaere <i>200m*</i>	R.D. Mouscronnois	5:52.44	DM/554/69	5:55.24
	50m: 39.39 39.39	150m: 2:08.35 45.11	250m: 3:39.67	45.57 350m: 5:11.68	45.77
	100m: 1:23.24 43.85	200m: 2:54.10 45.75	300m: 4:25.91	46.24 400m: 5:55.24	43.56
5.	Hetty Smalheer <i>100m*</i>	SCOM	5:56.69	6700352	6:08.91
	50m: 40.96 40.96	150m: 2:11.64 46.53	250m: 3:46.65	47.55 350m: 5:22.80	48.14
	100m: 1:25.11 44.15	200m: 2:59.10 47.46	300m: 4:34.66	48.01 400m: 6:08.91	46.11

Masters 45+

1.	Petra Casteleijn	AZ&PC	5:21.77	6600098	5:09.61
	50m: 33.73 33.73	150m: 1:49.71 38.30	250m: 3:08.80	40.06 350m: 4:30.40	40.85
	100m: 1:11.41 37.68	200m: 2:28.74 39.03	300m: 3:49.55	40.75 400m: 5:09.61	39.21
2.	Jacqueline Rolloos	De Lansingh	5:28.82	6300222	5:20.88
	50m: 35.63 35.63	150m: 1:57.62 41.65	250m: 3:21.03	41.79 350m: 4:42.84	40.50
	100m: 1:15.97 40.34	200m: 2:39.24 41.62	300m: 4:02.34	41.31 400m: 5:20.88	38.04

Masters 50+

1.	Dymphna Morris <i>Europees Masters Record</i>	Aer Lingus Swimming Club	4:53.90	1007454	4:55.42
	50m: 34.11 34.11	150m: 1:49.22 37.83	250m: 3:05.05	37.68 350m: 4:19.97	37.24
	100m: 1:11.39 37.28	200m: 2:27.37 38.15	300m: 3:42.73	37.68 400m: 4:55.42	35.45
2.	Patty Verhagen	AquAmigos	5:15.39	5900146	5:22.40
	50m: 37.38 37.38	150m: 1:57.89 40.62	250m: 3:19.63	40.92 350m: 4:42.11	41.20
	100m: 1:17.27 39.89	200m: 2:38.71 40.82	300m: 4:00.91	41.28 400m: 5:22.40	40.29
3.	Marlien Wijnhof	Nat Utrecht	5:50.80	6100300	5:49.17
	50m: 39.79 39.79	150m: 2:08.93 45.15	250m: 3:37.74	44.00 350m: 5:05.53	44.04
	100m: 1:23.78 43.99	200m: 2:53.74 44.81	300m: 4:21.49	43.75 400m: 5:49.17	43.64
4.	Inge Wolfs	PLONS	6:25.75	6000304	6:15.69
	50m: 42.73 42.73	150m: 2:17.40 47.93	250m: 3:53.13	47.36 350m: 5:28.81	48.08
	100m: 1:29.47 46.74	200m: 3:05.77 48.37	300m: 4:40.73	47.60 400m: 6:15.69	46.88



Open Nederlandse Masters Kampioenschappen 2010 kb
Heerenveen, 21-23 januari 2011



Programmanr. 15, Dames, 400m vrije slag

Masters 55+

1. Atie Pijtak-Radersma	AZ&PC		5:13.63		5600048		5:25.68	
50m: 36.34	36.34	150m: 1:57.94	41.50	250m: 3:21.58	42.06	350m: 4:45.22	41.57	
100m: 1:16.44	40.10	200m: 2:39.52	41.58	300m: 4:03.65	42.07	400m: 5:25.68	40.46	
2. Ineke Meijer	HZ&PC Heerenveen		6:55.50		5200034		6:49.06	
50m: 43.76	43.76	150m: 2:28.20	53.21	250m: 4:14.19	51.98	350m: 5:59.24	52.22	
100m: 1:34.99	51.23	200m: 3:22.21	54.01	300m: 5:07.02	52.83	400m: 6:49.06	49.82	

Masters 60+

1. Conny Boer-Buys	ZVVS		5:39.07		5000006		5:32.34	
50m: 37.12	37.12	150m: 2:02.28	43.25	250m: 3:28.18	43.05	350m: 4:52.78	41.82	
100m: 1:19.03	41.91	200m: 2:45.13	42.85	300m: 4:10.96	42.78	400m: 5:32.34	39.56	
2. Gonnie Bak	PSV		7:11.79		5100064		7:29.21	
50m: 48.56	48.56	150m: 2:42.38	58.12	250m: 4:37.15	58.05	350m: 6:33.85	58.67	
100m: 1:44.26	55.70	200m: 3:39.10	56.72	300m: 5:35.18	58.03	400m: 7:29.21	55.36	

Masters 65+

1. Matty van der Veen	Old Dutch		7:15.57		4400020		7:02.10	
50m: 46.42	46.42	150m: 2:30.68	53.58	250m: 4:18.99	53.93	350m: 6:07.53	54.18	
100m: 1:37.10	50.68	200m: 3:25.06	54.38	300m: 5:13.35	54.36	400m: 7:02.10	54.57	

Masters 70+

1. Bep van Riessen	Aquapoldro		8:58.62		3700006		9:38.71 *	
50m: 1:00.44	1:00.44	150m: 3:27.74	1:14.42	250m: 5:56.80	1:15.22	350m: 8:25.23	1:13.92	
100m: 2:13.32	1:12.88	200m: 4:41.58	1:13.84	300m: 7:11.31	1:14.51	400m: 9:38.71	1:13.48	

Masters 75+

1. Annie de Vos	Old Dutch		8:39.87		3400004		8:50.88	
50m: 58.16	58.16	150m: 3:10.70	1:07.08	250m: 5:27.48	1:08.01	350m: 7:44.32	1:08.38	
100m: 2:03.62	1:05.46	200m: 4:19.47	1:08.77	300m: 6:35.94	1:08.46	400m: 8:50.88	1:06.56	

Masters 80+

1. Ati Derkse	Aquapoldro		10:43.02		2900002		11:35.63 *	
50m: 1:21.21	1:21.21	150m: 4:21.51	1:30.15	250m: 7:18.13	1:29.16	350m: 10:11.38	1:25.11	
100m: 2:51.36	1:30.15	200m: 5:48.97	1:27.46	300m: 8:46.27	1:28.14	400m: 11:35.63	1:24.25	

Programmanr. 16
22-01-2011 - 10:50

Heren, 100m wisselslag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd	tijd	50m	100m	
Masters 20+						
1. Emile Manni	Octopus	1:01.44	9001901	1:01.35	27.83	1:01.35
<i>Kampioenschaps Record</i>						
2. Sjoerd Sieval	LZ 1886	1:04.39	9002663	1:03.55	29.61	1:03.55
3. Martijn van Hoorn	De Schotejil	1:08.58	8901343	1:08.62	32.56	1:08.62
4. Herman van Dijk	De Wellerobben	1:08.65	8900691	1:09.14	32.99	1:09.14
5. Mark Pijtak	AZ&PC	1:10.60	9002287	1:09.85	31.67	1:09.85
6. Kevin Dieker	Montferland	1:10.48	9100461	1:10.76	32.80	1:10.76
7. Remco Joukes	Triton	1:09.18	8801763	1:11.99	33.00	1:11.99
8. Harmen Reemst	ZOB'66	1:12.67	8702715	1:12.53	33.53	1:12.53
9. Sven van Zanten	De Duinkickers	1:09.39	9003405	1:12.76	32.08	1:12.76



Programmanr. 16, Heren, 100m wisselslag

Masters 25+

1. Roderik Meijers	ZOB'66	1:04.26	8602063	1:02.74	29.01	1:02.74
2. Frank van Buiten	De Golfbreker	1:02.67	8302783	1:06.13	30.11	1:06.13
3. Thommy Nickel	Van Vliet-Barracuda	1:03.53	8401627	1:06.18	30.85	1:06.18
4. Jan van Opstal	DIO	1:09.36	8602291	1:06.67	31.30	1:06.67
5. Pascal van Kassel	Triton	1:05.59	8501289	1:07.37	31.74	1:07.37
6. Sebastiaan Baars	WS Twente	1:14.60	8300053	1:12.31	34.01	1:12.31
7. Mark Dieleman	Zignea	1:14.93	8500545	1:14.69	35.44	1:14.69
8. Dennis Klop	De Biesboschwimmers	1:14.38	8302643	1:16.10	37.72	1:16.10
9. Erik van der Zeijden	RZ	1:19.78	8604569	1:17.99	36.99	1:17.99
DIS Erik Schröder	TriVia	1:04.21	8402025			

Masters 30+

1. Eugeniy Ryzhov	All Stars	1:02.70	101628	1:00.38	28.49	1:00.38
<i>Kampioenschaps Record</i>						
2. Nol van Thull	ZOB'66	1:03.81	8001513	1:02.97	29.11	1:02.97
3. Remco Jorink	Octopus	1:03.21	8000719	1:06.18	30.91	1:06.18
4. Freddie Geerlings	NIMO	1:04.86	7900379	1:06.42	31.44	1:06.42
5. Kars Luttkik	DAW	1:06.33	7800675	1:06.57	29.96	1:06.57
6. Marcel Reefhuis	De Veene	1:07.80	8101381	1:07.85	30.83	1:07.85
7. Paul Oudendijk	OEZA	1:05.21	8101287	1:07.89	31.45	1:07.89
8. Jasper Groeneveld	Haren	1:07.96	8102263	1:09.69	33.86	1:09.69
9. Dirkjan Beugelsdijk	De Zijl/LGB	1:06.17	8100123	1:09.93	32.52	1:09.93
10. Ron Langelaan	DAW	1:09.13	7800643	1:11.68	32.95	1:11.68
11. Jeroen Vogelsang	Het Y	1:11.54	8001645	1:14.09	35.62	1:14.09

Masters 35+

1. Gerard Eghuizen	HZ&PC Heerenveen	1:08.11	7400197	1:08.76	31.68	1:08.76
2. Heiner Stevens	Zignea	1:10.51	7201299	1:11.15	34.26	1:11.15

Masters 40+

1. Harry Cornet	De Biesboschwimmers	1:01.38	7100175	1:04.39	30.19	1:04.39
2. Marcel van Winssen	De Gelenberg	1:06.18	7101477	1:04.86	30.05	1:04.86
3. Richard Ricksen	Brunssum	1:06.16	7000841	1:06.33	31.87	1:06.33
4. Alexander Starshinin	Poseidon	1:06.80	31019	1:06.66	32.91	1:06.66
5. René Correljé	PLONS	1:07.76	6801231	1:07.49	31.36	1:07.49
6. Arjan Bellaart	Oceanus	1:08.92	6900079	1:07.97	31.86	1:07.97
7. Herman Smit	De Veene	1:09.05	7101493	1:09.56	31.75	1:09.56
8. Harold Matla	PSV	1:09.14	6800591	1:09.72	35.89	1:09.72
9. José de Pooter	De Schelde	1:17.20	6900797	1:10.37	32.68	1:10.37
10. Jeroen den Boer	TRB-RES	1:13.42	6701475	1:10.38	31.75	1:10.38
11. Arvydas Burinskas	TAKAS	1:12.52	69AB	1:13.18	33.57	1:13.18
12. Hans Schoenmakers	DAW	1:16.33	6900863	1:14.74	37.18	1:14.74
13. Gerco Schakel	DWK	1:16.71	6900849	1:17.35	35.93	1:17.35
14. Henk van Zetten	Octopus	1:30.03	6701261	1:27.65	42.88	1:27.65

Masters 45+

1. Cees van Houwelingen	De Schelde	1:04.85	6300351	1:04.95	31.32	1:04.95
2. Gert Sikkema	Zignea	1:16.48	6300687	1:08.72	32.64	1:08.72
3. Wiljam Nijenhuis	De IJsel	1:10.10	6400547	1:10.09	32.91	1:10.09
4. Ron Korzelius	AZ&PC	1:08.76	6500513	1:10.16	32.57	1:10.16
5. Otto Jansen	LZ 1886	1:15.89	6501403	1:12.88	34.04	1:12.88
6. Peter Fölker	Aqua-Novio'94	1:12.93	6401021	1:13.90	34.57	1:13.90
7. Fred Heemstra	DAW	1:10.26	6500357	1:15.13	33.98	1:15.13
8. Rene de Boer	DAW	1:10.34	6400087	1:18.05	36.20	1:18.05
9. Pieter-Sjoerd de Wijn	Aqua-Novio'94	1:18.95	6501027	1:19.01	38.66	1:19.01
10. Rik van Gasteren	AquAmigos	1:38.47	6401015	1:49.57	54.28	1:49.57
DIS Bert Jonker	HZ&PC Heerenveen	1:16.15	6600355	1:14.53 RH	33.29	1:14.53



Programmanr. 16, Heren, 100m wisselslag

Masters 50+

1. Albert Boonstra	Aqua-Novio'94	1:05.95	5700425	1:06.70	30.92	1:06.70
2. Ronald Grove	Oceanus	1:11.21	6100161	1:10.77	33.65	1:10.77
3. Ron van Vliet	De Stormvogel	1:09.83	6100849	1:12.12	32.62	1:12.12
4. Marten de Groot	HZ&PC Heerenveen	1:11.19	5800149	1:12.62 SD	34.91	1:12.62
5. Arlandas Juodeska	TAKAS	1:13.91	61AJ	1:14.72	33.80	1:14.72
6. Ralph Caster	RZ	1:14.99	6100069	1:15.08	35.99	1:15.08
7. Walter Rolloos	Van Vliet-Barracuda	1:18.22	5900387	1:17.13	38.13	1:17.13
8. André Schutte	De Stormvogel	1:18.79	6000521	1:18.27	36.65	1:18.27
9. Willem Zwiers	AquAmigos	1:14.98	5800505	1:18.91	39.06	1:18.91
10. Wim de Lange	Electrolux AZC	1:17.11	5800533	1:19.25	37.06	1:19.25
11. Joop v.d. Veen	Haren	1:23.92	6000997	1:22.79	38.69	1:22.79
12. Jan Willem Heuten	WS Twente	1:26.76	6000883	1:26.38	41.77	1:26.38
13. Eddy Mourmans	R.D. Mouscronnois	1:32.08	DM/630/57	1:29.73	42.93	1:29.73
14. Jan Glorie	OEZA	2:14.72	5700513	2:18.77	1:10.64	2:18.77
NG Marius Ros	ZCNF'34	1:19.86	5900779			

Masters 55+

1. Brend Brevé	PSV	1:13.38	5200265	1:15.56	34.82	1:15.56
2. Paul Bunnik	Triton	1:15.73	5600413	1:17.30	37.46	1:17.30
3. Rob Berkhof	Swol 1894	1:32.11	5200245	1:29.93	41.14	1:29.93

Masters 60+

1. Donald Uijtenbogaart	Het Y	1:20.06	4700107	1:19.63	38.97	1:19.63
2. Jaap Kwakkel	DAW	1:27.41	4700157	1:22.21	36.44	1:22.21

Masters 65+

1. Rob Hanou	PSV	1:24.90	4300109	1:25.72	42.81	1:25.72
2. Joop Draaisma	DZ&PC	1:25.74	4600155	1:26.81	41.53	1:26.81

Masters 70+

1. Frans van Enst	WS Twente	1:27.54	4000011	1:25.06	38.70	1:25.06
<i>Nederlands Masters Record</i>						
2. Nico Geers	Z&PC De Gouwe	1:30.36	3800007	1:35.66	43.36	1:35.66
DIS Pieter Scharphorn	Neptunus	2:21.33	3800037	2:15.02 VG	1:05.75	2:15.02

Masters 80+

1. Georges Verhelst	KRZV	1:52.26	RZV/160/31	1:50.80	53.09	1:50.80
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Programmanr. 17
22-01-2011 - 11:12

Dames, 100m wisselslag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd	tijd	50m	100m	
Masters 20+						
1. Gea Hagting	Nova	1:09.45	8801584	1:09.54	32.70	1:09.54
2. Jacyntha Plat	TriVia	1:12.06	9002956	1:10.65	33.52	1:10.65
3. Tonny Methorst	De Biesboschzwemmers	1:12.68	8802998	1:13.47	34.22	1:13.47
4. Cynthia Grootboer	De Reest	1:11.49	8901462	1:13.58	33.93	1:13.58
5. Ilse van den Wijngaard	One Team Swimming	1:12.45	8904736	1:13.72	34.84	1:13.72
6. Esther van Maastrigt	Montferland	1:19.36	8802836	1:17.94	36.26	1:17.94
7. Maaïke van Diggele	ZPB H&L Productions	1:17.58	8700868	1:19.21	36.51	1:19.21
8. Milou Bouwhuis	De Veene	1:16.66	8900532	1:19.35	37.18	1:19.35
9. Kitty van Gendt	PSV	1:17.45	8701288	1:19.52	36.02	1:19.52
10. Liesbeth van Mill	DWK	1:23.15	8702786	1:22.30	37.96	1:22.30
11. Eline Schoenmaker	De Duinkickers	1:21.09	9003322	1:22.78	37.29	1:22.78
12. Anne Volwerk	De Schotejil	1:26.62	9004032	1:23.09	39.72	1:23.09



Programmanr. 17, Dames, 100m wisselslag, Masters 20+

rang naam	vereniging	inschrijftijd		tijd	50m	100m
13. Annebeth van Ark	Octopus	1:22.46	8805588	1:23.17	38.70	1:23.17
14. Leonie Versteeg	De Veene	1:24.28	9003962	1:24.52	40.84	1:24.52
15. Henrike de Vries	De Veene	1:23.23	8904490	1:25.22	40.64	1:25.22
16. Kelly Bockting	Montferland	1:25.57	9104050	1:27.64	40.94	1:27.64
17. Carly Noordermeer	ZOB'66	1:13.39	8702984	1:35.57	41.65	1:35.57
NG.ZA Sunanda van Heteren	PCG	1:16.82	8901728			

Masters 25+

1. Anique Willeme	De Dinkel	1:13.59	8604106	1:10.59	32.35	1:10.59
2. Laura Badoux	DAW	1:10.70	8200038	1:11.18	33.72	1:11.18
3. Nadya Putter	ZVVS	1:12.11	8301630	1:12.10	33.30	1:12.10
4. Marijke Monsma	DWK	1:12.46	8502100	1:12.31	33.69	1:12.31
5. Esther Versteeg	Van Vliet-Barracuda	1:14.10	8302112	1:14.34	33.96	1:14.34
6. Wieteke Elzinga	DAW	1:16.40	8601038	1:15.30	34.83	1:15.30
7. Sandra Zwaanswijk	Aquarius	1:15.23	8503934	1:16.41	35.25	1:16.41
8. Roos Lemmen	Eurode KZC	1:16.57	8403078	1:17.87	35.87	1:17.87
9. Chantal van Kranenburg	Aquarius	1:26.50	8604528	1:25.16	39.35	1:25.16
10. Margriet Aan het Rot	Octopus	1:26.88	8603088	1:25.36	40.27	1:25.36
11. Carin Grondel-Bos	Zoetermeer	1:30.58	8202346	1:28.19	41.04	1:28.19
12. Raisa Neinhuis	De Golfbreker	1:46.72	8502144	1:44.73	50.20	1:44.73

Masters 30+

1. Elvira Jonkers	De Pinquin	1:11.85	7900420	1:12.79	33.58	1:12.79
2. Claudia van Drunen	AquAmigos	1:17.06	7700810	1:15.22	35.78	1:15.22
3. Jolanda van Gendt	PSV	1:19.23	7800266	1:19.19	36.50	1:19.19
4. Petra Verstegen	WVZ	1:21.13	7700906	1:20.98	37.00	1:20.98
5. Andrea van Leeuwen	De Zijl/LGB	1:20.24	8100904	1:23.55	38.49	1:23.55
6. Nienke Nieuwenhuis	Swol 1894	1:28.25	8101850	1:26.75	40.70	1:26.75
7. Clementine van Bruxvoort	ZPB H&L Productions	1:35.76	7700138	1:43.05	47.00	1:43.05

Masters 35+

1. Inez Heideman	WS Twente	1:18.90	7500198	1:18.16	37.29	1:18.16
2. Ilona Hogerheyde	DAW	1:17.88	7400224	1:18.27	36.26	1:18.27
3. Melanie Kuiper	Zignea	1:21.50	7600350	1:19.83	37.09	1:19.83
4. Tony de Groot	De Futen	1:22.33	7300758	1:22.64	37.86	1:22.64
5. Larisa Alekseeva	Sprut	1:25.67	18046	1:22.82	38.45	1:22.82
6. Marian Nederlof	DWF	1:24.55	7600950	1:26.94	43.02	1:26.94
7. Miranda Straetemens	Deltasteur	1:20.76	7400514	1:28.63	41.43	1:28.63

Masters 40+

1. Lidia v. Bon-Rosenbrand	AZ&PC	1:13.25	7000054	1:13.80	34.71	1:13.80
2. Monique Tol-Tuijp	Ed-Vo	1:15.69	6900800	1:15.17	35.30	1:15.17
3. Heidi van Stein	LZ 1886	1:17.89	6900864	1:16.38	35.46	1:16.38
4. Annette Wijnja-Visser	De Biesboschwemmers	1:16.23	6700528	1:17.86	36.48	1:17.86
5. Henriëtte v. Norden	AZ&PC	1:20.52	6800046	1:19.89	37.09	1:19.89
6. Annette de Visser	Oceanus	1:20.08	7100602	1:20.38	39.56	1:20.38
7. Chita van der Goorbergh	Zoetermeer	1:24.13	6800762	1:20.96	37.37	1:20.96
8. Henriëtte Manting	GZVW	1:18.96	7100246	1:22.02	36.79	1:22.02
9. Mengsanne Heijnen	Zignea	1:28.55	7100878	1:26.10	39.43	1:26.10

Masters 45+

1. Jacqueline Rolloos	De Lansingh	1:19.70	6300222	1:19.24	37.27	1:19.24
2. Hanny Rotteveel	Zignea	1:22.51	6600538	1:23.09	38.40	1:23.09
3. Friderika Kerekes	AZ&PC	1:26.49	6500540	1:26.47	41.18	1:26.47
4. Yvette Kilian	Zoetermeer	1:26.02	6600534	1:32.02	43.32	1:32.02
5. Ellen Parma	Triton	1:34.06	6200366	1:35.71	45.06	1:35.71
6. Alie Visser	HZ&PC Heerenveen	1:32.97	6400494	1:35.96	43.65	1:35.96



Programmanr. 17, Dames, 100m wisselslag

Masters 50+

1. Julia Moh Klaren	Apsap Ville De Paris	1:21.17	922540	1:22.53	38.34	1:22.53
2. Marijke Kraak	WS Twente	1:25.23	6000240	1:23.27	40.18	1:23.27
3. Olga Kedrova	Poseidon	1:22.60	37010	1:23.39	39.06	1:23.39
4. Susanne Sailer-Lehrum	SV Neptun Kiel	1:32.59	163629	1:35.35	46.05	1:35.35
5. Mies Kuipers	Old Dutch	2:03.45	5800202	2:02.54	1:00.56	2:02.54

Masters 55+

AFGEM Margriet Pasma	De Pinquin	1:28.34	5500088			
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Masters 60+

1. Conny Boer-Buys	ZVVS	1:23.32	5000006	1:25.42	38.59	1:25.42
2. Christien Nieuwenhuis	Swol 1894	1:26.06	5100022	1:25.44	40.20	1:25.44
3. Bea Pool	Swol 1894	1:29.91	4900010	1:30.32	43.04	1:30.32
4. Gonnje Bak	PSV	1:41.64	5100064	1:45.74	53.88	1:45.74
NG.ZA Antoinette Gilding-Tussaud	WS Twente	1:47.95	5000038			

Masters 65+

1. Matty van der Veen	Old Dutch	1:47.38	4400020	1:45.41	52.80	1:45.41
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Masters 75+

1. Jeltje van Bergen	De Pinquin	1:56.65	3500002	2:04.01	59.54	2:04.01
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Kampioenschaps Record

Programmanr. 18
22-01-2011 - 11:36

4 x 100m vrije slag

Masters Open
Resultaten

rang	vereniging	inschrijftijd		tijd		
80+, Heren						
1.	LZ 1886 1	LZ 1886		3:40.43		3:37.54
	<i>Nederlands Masters Record</i>					
	Sjoerd Sieval	90	26.55	54.55	Joost Rijntjes	91
	Ralf van der Poel	84	26.82	56.47	Kristiaan Lenos	83
						53.70
						52.82
2.	NDD 1	NDD		3:40.19		3:38.30
	Hjalmar de Ruiter	89	25.66	53.68	Roland Boon	88
	Maik Steenkamp	91	28.26	58.83	Kevin Eltink	91
						25.47
						53.64
						52.15
						24.72
						52.15
80+, Gemengd						
1.	De Veene 1	De Veene		4:08.68		4:14.01
	Annelette de Vries	86	29.51	1:02.62	Milou Bouwhuis	89
	Wessel Everloo	89	30.85	1:04.18	Marcel Reefhuis	81
						32.64
						1:08.69
						27.85
						58.52
AFGEM	Montferland 1	Montferland		4:31.82		
100+, Dames						
1.	De Dinkel 1	De Dinkel		4:12.52		4:09.21
	<i>Wereld Masters Record</i>					
	Franca Willeme	84	31.83	1:06.29	Karin Hidding	84
	Anique Willeme	86	29.50	1:01.45	Marlies Reinders	86
						29.39
						1:02.79
						28.17
						58.68
2.	Montferland 1	Montferland		4:42.59		4:48.23
	Hanneke Heymen	84	33.96	1:10.11	Kelly Bockting	91
	Wilma van Velsen	64	32.71	1:08.51	Esther van Maastrigt	88
						37.21
						1:17.92
						34.41
						1:11.69



Programmanr. 18, 4 x 100m vrije slag

100+, Heren

1. Octopus 1 <i>Nederlands Masters Record</i>	Octopus	3:50.85	3:51.29
Floris Manni	88 28.55 59.50	Remco Jorink	80 27.25 57.31
Albert van Piekeren	84 28.55 1:00.32	Emile Manni	90 25.88 54.16
2. De Duinkkikers 1	De Duinkkikers	4:05.20	4:11.21
Willem Beek	71 30.35 1:03.71	Wesley Bezemer	89 30.39 1:02.36
Sven van Zanten	90 29.39 1:05.44	Remko Hooft	87 28.30 59.70

100+, Gemengd

1. De Amer 1 <i>Kampioenschaps Record</i>	De Amer	4:14.23	4:18.18
Paul de Boer	68 30.01 1:03.80	Ingrid den Ouden	87 32.91 1:08.63
Anne Duijst	89 31.17 1:05.21	Dick Kampman	88 28.54 1:00.54
2. De Schotejil 1	De Schotejil	4:23.95	4:23.88 *
Leander Noordijk	81 28.02 58.58	Niels Albrechts	88 28.58 58.94
Susanne van Hooven	68 33.87 1:11.90	Anne Volwerk	90 36.64 1:14.46
3. Deltasteur 1	Deltasteur	4:34.03	4:36.70
Jauke Hamstra	86 27.71 59.38	Margriet Leeffers	78 35.66 1:15.85
Gerlinde van de Wetering	89 34.97 1:15.13	Johan Wezenberg	76 29.94 1:06.34
4. Octopus 1	Octopus	4:56.94	4:58.68
Herik van Zetten	67 37.03 1:17.60	Annebeth van Ark	88 37.10 1:17.31
Margriet Aan het Rot	86 38.73 1:21.26	Stefan van der Grift	87 29.21 1:02.51

120+, Heren

1. HZ&PC Heerenveen 1 <i>Europees Masters Record</i>	HZ&PC Heerenveen	3:44.57	3:42.09
René Beetsma	69 28.22 59.60	Casper Tichelaar	79 25.99 54.90
Richard Koehoom	79 25.00 53.00	Casper Hut	78 25.88 54.59
2. AZ&PC 1	AZ&PC	4:01.26	4:03.21
Maurice Deelen	71 28.02 59.07	Paul Hardeman	73 29.03 1:01.44
Mark Pijtak	90 29.29 1:02.15	Ron Korzelius	65 28.73 1:00.55
3. Triton 1	Triton	3:59.75	4:05.84
Remco Joukes	88 28.81 1:01.61	Tim Bunnik	90 27.46 57.56
Paul Bunnik	56 31.80 1:07.78	Pascal van Kassel	85 27.32 58.89
AFGEM RZ 1	RZ	4:21.68	

120+, Gemengd

1. DWK 1 <i>Kampioenschaps Record</i>	DWK	4:20.48	4:28.47
Marijke Monsma	85 30.00 1:03.41	Liesbeth van Mill	87 36.21 1:16.93
Gerco Schakel	69 33.01 1:09.51	Agnus Gerringa	71 27.88 58.62

160+, Dames

1. AZ&PC 1 <i>Nederlands Masters Record</i>	AZ&PC	4:22.95	4:27.70
Petra Casteleijn	66 31.45 1:06.63	Atie Pijtak-Radersma	56 32.46 1:07.45
Henriëtte v. Norden	68 33.07 1:08.97	Lidia v. Bon-Rosenbrand	70 30.31 1:04.65

Programmanr. 18, 4 x 100m vrije slag

160+, Heren

1. DAW 1 <i>Nederlands Masters Record</i>	DAW	4:25.00	4:08.12
Fred Heemstra	65 29.48 1:01.42	Kars Luttik	78 29.29 1:01.20
Hans Schoenmakers	69 31.31 1:05.83	Rene de Boer	64 28.73 59.67
2. Het Y 1	Het Y	4:09.50	4:16.87
Arjen Kervezee	70 28.90 1:00.32	Eric Langhorst	62 31.03 1:04.78
Donald Uijtenbogaart	47 33.35 1:08.55	Jeroen Vogelsang	80 30.08 1:03.22
3. TAKAS 1	TAKAS	4:30.00	4:22.91
Rytas Matuliuskas	68 26.24 56.33	Arlandas Juodeska	61 32.95 1:07.34
Raimondas Garbatavicius	61 34.00 1:14.03	Arvydas Burinskas	69 31.36 1:05.21
4. HZ&PC Heerenveen 2	HZ&PC Heerenveen	4:42.40	4:44.90
Jan van der Heide	51 38.10 1:20.49	Gerard Eghuizen	74 30.54 1:04.02
Arnold Jonker	70 36.77 1:18.05	Marten de Groot	58 29.60 1:02.34

160+, Gemengd

1. De Dinkel 2 <i>Nederlands Masters Record</i>	De Dinkel	4:28.26	4:17.52
Tjakko Ruinemans	74 26.16 55.28	Gudo Hemeltjen	61 28.74 1:01.03
Anja Tijink	64 31.69 1:06.65	Patricia Strohm	81 35.63 1:14.56
2. DAW 1	DAW	4:34.76	4:26.14
Jaap Kwakkel	47 33.51 1:10.10	Laura Badoux	82 31.13 1:05.17
Ilona Hogerheyde	74 32.80 1:09.11	Ron Langelaan	78 28.77 1:01.76

200+, Heren

1. Poseidon 1 <i>Kampioenschaps Record</i>	Poseidon	4:03.78	4:06.91
Dmitry Kromskiy	61 28.22 58.44	Valery Tyrin	65 29.28 1:01.42
Alexander Bashmakov	46 32.32 1:09.04	Sergey Makarychev	65 28.20 58.01

200+, Gemengd

1. WS Twente 1 <i>Nederlands Masters Record</i>	WS Twente	4:49.68	4:51.88
Marijke Kraak	60 36.09 1:14.14	Bart van Calker	61 35.20 1:12.09
Frans van Enst	40 35.80 1:16.61	Inez Heideman	75 32.74 1:09.04

4 - ONMK 2011 kb sessie 4

22-01-2011 - 14:00

Programmanr. 19
22-01-2011 - 14:00

Gemengd, 4 x 50m wisselslag

Masters Open
Resultaten

rang	vereniging	inschrijftijd	tijd
80+			
1.	Tritium (SG)	2:04.37	2:07.91
	Merel Siroen 88 34.53	Joppe Schuurmans 89 27.40	
	Naomi Feider 91 40.37	Ronald Vullings 87 25.61	
2.	De Duinkickers	2:07.53	2:08.89
	Eline Schoenmaker 90 36.89	Sven van Zanten 90 29.87	
	Remko Hooft 87 31.84	Maaïke de Boer 90 30.29	
3.	Montferland	2:16.48	2:09.44
	Hanneke Heymen 84 35.89	Roel van Beek 89 29.54	
	Esther van Maastrigt 88 36.72	Kevin Dieker 91 27.29	
4.	Tritium (SG) 2	2:14.41	2:13.29
	Jelte Schuurmans 91 29.42	Mark Effing 86 28.83	
	Elodie Siroen 90 41.54	Marjolein van der Sanden 84 33.50	
5.	De Schotejil	2:15.00	2:15.67
	Whitley Rens 90 38.54	Leander Noordijk 81 28.31	
	Anne Volwerk 90 43.06	Martijn van Hoorn 89 25.76	
100+			
1.	Van Vliet-Barracuda	2:04.73	2:07.79
	Thommy Nickel 84 30.70	Esther Versteeg 83 32.43	
	Iris Barendregt 86 39.21	Emiel Ghali 87 25.45	
2.	De Biesboschzwemmers	2:07.17	2:10.53
	Kim Wijnja 91 36.15	Harry Cornet 71 28.96	
	Dennis Klop 83 35.47	Tonny Methorst 88 29.95	
3.	De Amer	2:14.52	2:14.88
	Dick Kampman 88 32.28	Laura Visserman 87 36.13	
	Anne Duijst 89 37.59	Paul de Boer 68 28.88	
4.	Triton	2:15.02	2:16.43
	Ellen Parma 62 42.85	Jessica Hooyer 90 32.46	
	Tim Bunnik 90 35.00	Pascal van Kassel 85 26.12	
120+			
1.	DAW	2:03.92	2:03.83
	Wieteke Etzinga 86 34.20	Kars Luttik 78 28.55	
	Laura Badoux 82 33.70	Ron Langelaan 78 27.38	
2.	Zoetermeer	2:06.78	2:06.85
	Delia Badoux 80 33.68	Markus van Rest 77 28.90	
	Simon van Ravensteijn 80 33.17	Chita van der Goorbergh 68 31.10	
3.	De Veene	2:12.41	2:12.29
	Marcel Reefhuis 81 31.30	Herman Smit 71 29.18	
	Gerlinde Smit 73 42.55	Annette de Vries 86 29.26	
4.	Deltasteur	2:13.08	2:16.11
	Rene Beens 78 31.90	Jauke Hamstra 86 28.65	
	Miranda Straetemans 74 41.58	Margriet Leeffers 78 33.98	
5.	DWK	2:14.50	2:16.32
	Gero Schakel 69 36.21	Agnus Gerringa 71 30.96	
	Marijke Monsma 85 35.81	Liesbeth van Mill 87 33.34	
6.	Zoetermeer	2:13.96	2:20.90
	Sanne van Dijk 90 36.93	Roger Flinterman 76 30.95	
	Fleur Maas 89 43.43	John Stoffer 63 29.59	
7.	WS Twente	2:29.54	2:22.37
	Kim Brokelman 75 41.41	Arno Hofmeijer 69 30.40	
	Michel Ophuis 73 36.14	Hanneke Frenksen 83 34.42	
8.	HZ&PC Heerenveen	2:08.95	2:23.62
	Wendan Poelstra 91 32.24	Marten de Groot 58 31.55	
	Arnold Jonker 70 44.24	Doucette Riemersma 86 35.59	



Open Nederlandse Masters Kampioenschappen 2010 kb
Heerenveen, 21-23 januari 2011



Programmanr. 19, Gemengd, 4 x 50m wisselslag, 120+

rang	vereniging	inschrijftijd		tijd	
9.	Octopus 1	2:40.90		2:38.75	
	Henk van Zetten	67	42.16	86	39.73
	Henrie Renshoff	65	42.14	88	34.72

160+

1.	De Dinkel 1	2:04.67		2:03.98	
	<i>Nederlands Masters Record</i>				
	Tjakko Ruinemans	74	28.30	64	33.18
	Karin Hidding	84	35.28	61	27.22
2.	Oceanus 1	2:16.40		2:14.96	
	Arjan Bellaart	69	32.31	62	34.95
	Ronald Grove	61	37.25	71	30.45
3.	PLONS 1	2:16.02		2:15.49	
	Stan Dekker	79	30.74	60	38.14
	René Correljé	68	33.60	70	33.01
4.	HZ&PC Heerenveen 3	2:37.80		2:22.57	
	Jannie Vennik	76	40.75	69	29.93
	Karin van Dijk	86	34.77	51	37.12
5.	Zoetermeer 3	2:20.89		2:29.59	
	Andre Storm	56	34.59	91	39.28
	Harald Mulder	67	41.70	66	34.02

200+

1.	HZ&PC Heerenveen 4	2:35.38		2:36.91	
	Alie Visser	64	44.15	66	32.92
	Jetze Sipma	62	40.11	52	39.73

240+

1.	PSV 1	2:32.96		2:54.02	
	Brend Brevé	52	37.80	43	41.03
	Gonnie Bak	51	52.36	46	42.83

Programmanr. 20
22-01-2011 - 14:17

Heren, 100m vrije slag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd		tijd	50m	100m
Masters 20+						
1.	Kevin Eltink	NDD	52.26	9100589	52.91	25.47
	<i>Kampioenschaps Record</i>					52.91
2.	Peter van Heukelem	De Golfbreker	51.63	8901243	53.76	25.69
3.	Tim Pattipeiluhu	RSW (SG)	54.76	8902409	54.67	26.66
4.	Sjoerd Sieval	LZ 1886	53.92	9002663	55.22	26.95
5.	Emile Manni	Octopus	54.13	9001901	55.64	26.34
6.	Joost Rijntjes	LZ 1886	54.55	9101899	55.86	26.27
7.	Jelte Schuurmans	Tritium (SG)	57.07	9104841	56.84	27.05
8.	Charel Thewissen	Kimbria	56.65	9005591	56.97	27.62
9.	Jeroen Custers	Kimbria	57.13	9106319	57.50	27.22
10.	Martijn van Hoorn	De Schotejil	58.20	8901343	57.55	27.53
11.	Mike Dam	Zignea	54.81	8805321	57.59	26.77
12.	Tim Bunnik	Triton	57.33	9000505	58.64	28.20
13.	Emiel Ghali	Van Vliet-Barracuda	57.10	8701019	58.69	28.55
14.	Alex Vermeulen	WZK Zwemmen	58.39	8905811	58.82	28.39
15.	Roy Pattipeiluhu	RSW (SG)	58.34	9101761	59.00	28.12
16.	Floris Manni	Octopus	57.43	8805679	59.20	28.55
17.	Ruben Stolk	ZOB'66	1:01.21	9005665	59.73	28.72
18.	Mark Pijtak	AZ&PC	59.75	9002287	1:00.00	28.43
19.	Roel van Beek	Montferland	1:01.02	8905861	1:01.31	28.87



Programmanr. 20, Heren, 100m vrije slag, Masters 20+

rang naam	vereniging	inschrijftijd		tijd	50m	100m
20. Wesley Bezemer 50m*	De Duinkickers	1:02.47	8900237	1:02.42	30.45	1:02.42
21. Mark van Damme	't Tolhekke	1:01.42	9100435	1:02.43	28.52	1:02.43
22. Rick Hellenbrand	NIMO	1:03.25	8901173	1:04.11	30.32	1:04.11
23. Joey Roos	WZK Zwemmen	1:00.12	9006399	1:04.93	28.63	1:04.93

Masters 25+

1. Kristiaan Lenos	LZ 1886	54.16	8301331	53.86	25.94	53.86
2. Erik Schröder	TriVia	55.70	8402025	55.10	27.11	55.10
3. Jan van Opstal	DIO	56.54	8602291	56.69	27.63	56.69
4. Ralf van der Poel	LZ 1886	57.80	8401783	57.39	27.80	57.39
5. Jim Geestman	RSW (SG)	56.96	8300699	57.40	28.07	57.40
6. Maarten de Geus	WZK Zwemmen	57.66	8300737	58.92	28.71	58.92
7. Mark Effing	Tritium (SG)	58.28	8600761	1:00.08	28.83	1:00.08
8. Jasper Peters	Aqua-Novio'94	1:04.19	8602379	1:03.59	29.98	1:03.59
9. Erik van der Zeijden	RZ	1:05.70	8604569	1:04.04	30.27	1:04.04
10. Dennis Klop	De Biesboschzwemmers	1:04.07	8302643	1:05.32	31.62	1:05.32
11. Mark Dieleman	Zignea	1:10.64	8500545	1:05.43	31.36	1:05.43
12. Willem vd Zwaag	Isis	1:05.24	8503111	1:06.62	31.76	1:06.62
13. Rudy de Jong	De Forel	1:04.13	8301061	1:07.78	30.91	1:07.78

Masters 30+

1. Nol van Thull <i>Nederlands Masters Record</i>	ZOB'66	52.77	8001513	53.17	25.76	53.17
2. Richard Koehoorn	HZ&PC Heerenveen	55.43	7907697	54.27	26.02	54.27
3. Dirkjan Beugelsdijk	De Zijl/LGB	56.56	8100123	57.83	27.99	57.83
4. Stan Dekker	PLONS	58.55	7901823	59.29	27.96	59.29
5. Marcel Reefhuis	De Veene	59.13	8101381	1:00.63	28.75	1:00.63
6. Jasper Groeneveld	Haren	1:00.70	8102263	1:02.54	29.63	1:02.54
7. Gino Martijn	RZ	1:03.00	7901865	1:04.65	30.15	1:04.65
8. Remco Luijnenburg	WIDEX GZC DONK	1:26.51	7901851	1:25.77	40.19	1:25.77

Masters 35+

1. Ralf Peters	KZPC	57.45	7600737	57.70	27.80	57.70
2. Wouter Hulleman	ZVV	59.85	7401261	59.23	28.12	59.23
3. Jerry Grondel	PLONS	58.71	7201223	1:00.81	29.39	1:00.81
4. Erwin Zuidervelt	De Futen	1:00.66	7501015	1:01.46	29.23	1:01.46
5. Wibo Mooibroek	WZ&PC Purmerend	1:04.33	7401339	1:04.65	30.76	1:04.65
6. Johan Wezenberg	Deltasteur	1:05.75	7601023	1:06.09	30.33	1:06.09
7. Sander de Weert	OEZA	1:12.80	7201443	1:08.97	33.43	1:08.97
8. Dennis van Markesteijn	TZC-Vahalis	1:09.67	7201333	1:10.15	33.47	1:10.15

Masters 40+

1. Harry Cornet	De Biesboschzwemmers	55.85	7100175	55.57	26.60	55.57
2. Geert Wijn	De Gelenberg	55.97	6701101	57.01	27.13	57.01
3. Richard Ricksen	Brunssum	1:01.08	7000841	57.47	27.90	57.47
4. Marcel van Winssen	De Gelenberg	57.61	7101477	57.57	27.38	57.57
5. Maurice Deelen	AZ&PC	57.39	7101407	58.92	28.48	58.92
6. Oscar van Holsteyn	AquAmigos	59.80	7100373	58.95	28.11	58.95
7. Arjan Bellaart	Oceanus	59.82	6900079	59.19	28.48	59.19
8. Martin van den Berg	ZVV	59.64	7101437	59.20	28.76	59.20
9. Agnus Gerringa	DWK	55.48	7100285	59.60	27.91	59.60
10. Kees Akershoek	De Stelle	59.67	6900009	59.86	28.68	59.86
11. Arjen Kervezee	Het Y	1:00.03	7000563	1:00.88	29.28	1:00.88
12. José de Pooter	De Schelde	1:02.86	6900797	1:01.82	29.04	1:01.82
13. Sander van den Berg	WS Twente	1:04.07	6801357	1:05.13	30.54	1:05.13
14. Rob Janssen	De Gelenberg	1:09.06	7001467	1:06.18	31.67	1:06.18
15. Marcel Brittijn	De Duinkickers	1:12.84	6900159	1:08.41	33.05	1:08.41
16. Hayo v.d. Werf	Het Y	1:16.45	6701085	1:15.09	36.94	1:15.09

Programmanr. 20, Heren, 100m vrije slag, Masters 40+

rang naam	vereniging	inschrijftijd		tijd	50m	100m
17. Jean-Claude Callens 50m*	R.D. Mouscronnois	1:20.45	DM/601/67	1:18.37	37.99	1:18.37
NG Rytas Matuliasukas	TAKAS	56.23	68RM			

Masters 45+

1. Cees van Houwelingen	De Schelde	54.56	6300351	55.81	26.93	55.81
2. Gert Sikkema	Zignea	1:12.23	6300687	59.09	27.61	59.09
3. Edzo Huisman	Aquapoldro	1:02.57	6301029	1:03.32	29.48	1:03.32
4. Frank Leusink	Torpedo	1:04.13	6201109	1:03.68	29.98	1:03.68
5. Eric Langhorst	Het Y	1:03.15	6200389	1:04.44	31.09	1:04.44
6. Erik Saan	De Duck	1:06.56	6500769	1:05.13	30.46	1:05.13
7. Jack Barends	WS Twente	1:06.54	6201011	1:07.03	31.98	1:07.03
8. Pieter-Sjoerd de Wijn	Aqua-Novio'94	1:07.51	6501027	1:07.09	33.15	1:07.09
9. Pim Nieuwenkamp	WIDEX GZC DONK	1:13.70	6301331	1:08.19	32.31	1:08.19
10. André Zandberg	TRB-RES	1:08.44	6601369	1:08.89	32.71	1:08.89
11. Willem Jan Ribberink	WIDEX GZC DONK	1:15.70	6501327	1:09.05	32.65	1:09.05
12. Fred van de Meeberg	Steenwijk 1934	1:09.97	6601279	1:10.32	32.69	1:10.32
13. Eric Tijms	OEZA	1:13.72	6401125	1:11.93	33.99	1:11.93
14. Rene Bakker	De Forel	1:12.09	6501245	1:12.22	33.24	1:12.22
15. Yves van den Berg	WIDEX GZC DONK	1:17.74	6601437	1:14.79	35.67	1:14.79
16. Rik van Gasteren	AquAmigos	1:27.48	6401015	1:25.85	40.71	1:25.85
17. Henrie Renshoff	Octopus	1:30.02	6501337	1:27.74	41.56	1:27.74

Masters 50+

1. Dmitry Kromskiy	Poseidon	57.89	37011	58.67	28.73	58.67
2. Albert Boonstra	Aqua-Novio'94	58.17	5700425	58.83	28.66	58.83
3. Ronald Grove	Oceanus	1:00.70	6100161	1:00.38	28.74	1:00.38
4. Gudo Hemeltjen	De Dinkel	1:01.39	6100187	1:01.78	29.31	1:01.78
5. Wim de Lange	Electrolux AZC	1:06.92	5800533	1:09.12	32.74	1:09.12
6. Eddy Mourmans	R.D. Mouscronnois	1:14.48	DM/630/57	1:12.53	35.28	1:12.53
7. Joop v.d. Veen 50m*	Haren	1:11.89	6000997	1:12.98	34.21	1:12.98
8. Willem Zwiers	AquAmigos	1:05.28	5800505	1:15.95	36.23	1:15.95
9. Jan Glorie	OEZA	1:44.57	5700513	1:53.12	48.95	1:53.12

Masters 55+

1. Andre Storm	Zoetermeer	1:04.98	5600407	1:04.08	30.68	1:04.08
2. Brend Brevé	PSV	1:04.74	5200265	1:05.51	31.95	1:05.51
3. Fred Zanting 50m*	TriVia	1:09.00	5400323	1:08.11	33.59	1:08.11
4. Johan Wouda	Neptunus	1:10.54	5500395	1:08.28	32.74	1:08.28

Masters 60+

1. Donald Uijtenbogaart <i>Kampioenschaps Record</i>	Het Y	1:10.02	4700107	1:08.67	33.64	1:08.67
2. Jaap Kwakkel	DAW	1:18.87	4700157	1:10.26	33.39	1:10.26
3. Jan van der Heide	HZ&PC Heerenveen	1:21.61	5100059	1:22.39	39.09	1:22.39

Masters 65+

1. Alexander Bashmakov	Poseidon	1:07.18	37001	1:10.08	34.58	1:10.08
2. Ruud Sloof	De Rijn	1:21.65	4400073	1:19.10	37.74	1:19.10

Masters 70+

1. Nico Geers	Z&PC De Gouwe	1:11.53	3800007	1:15.70	35.92	1:15.70
2. Gregor Pompen	Aqua-Novio'94	1:23.44	3700021	1:24.79	41.16	1:24.79

Programmanr. 21
22-01-2011 - 14:42

Dames, 100m vrije slag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd	tijd	50m	100m
Masters 20+					
1. Wendan Poelstra	HZ&PC Heerenveen	59.89 9102496	59.11	28.91	59.11
2. Elmi Roelofsen	ZVV	1:01.58 9008198	1:01.26	28.78	1:01.26
3. Martiene Klasen	De Golfbreker	1:04.57 8902256	1:04.68	31.10	1:04.68
4. Cynthia Grootenboer	De Reest	1:04.08 8901462	1:04.69	31.59	1:04.69
5. Jessica Hooyer	Triton	1:06.34 9001582	1:04.71	31.15	1:04.71
6. Gerrie Onink	TZC-Vahalis	1:04.23 8704828	1:06.25	31.15	1:06.25
7. Kim Wijnja	De Biesboschzweimmers	1:06.35 9107812	1:06.60	31.89	1:06.60
8. Henrike de Vries	De Veene	1:06.80 8904490	1:06.80	32.43	1:06.80
9. Siska Post	DIO	1:06.82 8805562	1:07.85	33.14	1:07.85
10. Jacyntha Plat	TriVia	1:02.76 9002956	1:08.29	30.81	1:08.29
11. Sanne van Dijk	Zoetermeer	1:07.77 9000818	1:09.26	32.86	1:09.26
12. Madeleine Sielemann	Zoetermeer	1:08.44 9106166	1:09.42	33.29	1:09.42
13. Elodie Siroen	Tritium (SG)	1:07.50 9003414	1:09.59	33.54	1:09.59
14. Laura Visserman	De Amer	1:09.59 8704362	1:10.95	34.35	1:10.95
15. Liesbeth van Mill	DWK	1:13.07 8702786	1:12.17	34.74	1:12.17
16. Carla Spithoff	De Golfbreker	1:14.16 8806780	1:12.54	34.62	1:12.54
17. Annebeth van Ark	Octopus	1:15.42 8805588	1:12.55	34.97	1:12.55
18. Fleur Maas	Zoetermeer	1:12.10 8902768	1:14.44	34.76	1:14.44
19. Ingrid den Ouden	De Amer	1:06.76 8703058	1:15.61	35.68	1:15.61
20. Kelly Bockting	Montferland	1:15.30 9104050	1:15.90	36.54	1:15.90
21. Kitty van Gendt	PSV	1:09.59 8701288	1:18.34	37.43	1:18.34

Masters 25+

1. Marlies Reinders	De Dinkel	57.80 8602976	58.73	28.71	58.73
2. Anique Willeme	De Dinkel	1:02.92 8604106	1:01.95	29.83	1:01.95
3. Annelette de Vries	De Veene	1:02.01 8603908	1:02.51	29.84	1:02.51
4. Joyce van Keulen	De Zijl/LGB	1:02.99 8401278	1:02.63	29.74	1:02.63
5. Iris Barendregt	Van Vliet-Barracuda	1:01.30 8600172	1:02.81	30.07	1:02.81
6. Marijke Monsma	DWK	1:02.83 8502100	1:03.96	30.25	1:03.96
7. Sandra Zwaanswijk	Aquarius	1:03.96 8503934	1:05.25	31.42	1:05.25
8. Linda Hoogendam	D'Elft	1:05.25 8300892	1:06.22	32.26	1:06.22
9. Susanne Blom	De Pinquin	1:05.95 8500282	1:06.50	31.97	1:06.50
10. Sandra Schellekens	Neptunus'58	1:07.32 8503416	1:07.71	32.29	1:07.71
11. Pauline Tieleman	De Geul	1:06.23 8403348	1:08.97	32.21	1:08.97
12. Elles van Leeuwen	PSV	1:09.45 8602240	1:09.61	33.55	1:09.61
13. Marije Jansen	Montferland	1:11.73 8504088	1:10.03	32.21	1:10.03
14. Chantal van Kranenburg	Aquarius	1:15.62 8604528	1:13.77	35.23	1:13.77
15. Raisa Neinhuis	De Golfbreker	1:31.96 8502144	1:31.76	41.15	1:31.76
AFGEM Angela Giezen	Montferland	1:18.95 8302796			

Masters 30+

1. Janneke Harmsen	De Spatters	1:01.34 7700938	1:01.95	28.66	1:01.95
2. Angelique Boersma	De Vikings	1:03.00 8001586	1:02.14	29.59	1:02.14
3. Claudia van Drunen	AquAmigos	1:06.86 7700810	1:04.98	31.23	1:04.98
4. Andrea van Leeuwen	De Zijl/LGB	1:08.40 8100904	1:11.53	33.57	1:11.53
5. Nienke Nieuwenhuis	Swol 1894	1:13.58 8101850	1:12.91	34.44	1:12.91
6. Eveline Hacquebord	IJZPC	1:11.71 7901206	1:13.94	35.07	1:13.94

Masters 35+

1. Elena Babikova	Sprut	1:05.67 18010	1:02.52	30.81	1:02.52
<i>Kampioenschaps Record</i>					
2. Inez Heideman	WS Twente	1:06.70 7500198	1:07.12	31.68	1:07.12
3. Liselotte Joling	PSV	1:06.66 7500268	1:07.13	32.23	1:07.13
4. Jacqueline de Ruiter	WIDEX GZC DONK	1:08.31 7400446	1:07.91	32.38	1:07.91
5. Melanie Kuiper	Zignea	1:14.98 7600350	1:09.36	33.42	1:09.36
6. Marian Nederlof	DWF	1:11.29 7600950	1:11.21	34.11	1:11.21
7. Renata Bos-van Essen	Zuiderzeezweimmers	1:11.54 7300740	1:12.29	35.22	1:12.29

Programmanr. 21, Dames, 100m vrije slag, Masters 35+

rang naam	vereniging	inschrijftijd		tijd	50m	100m
8. Jannie Vennik	HZ&PC Heerenveen	1:22.00	7601006	1:15.72	36.63	1:15.72

Masters 40+

1. Ana Paula Grilo	Usms 072bw	1:04.06	121D-072BW	1:03.01	30.38	1:03.01
2. Monique Tol-Tuijpp	Ed-Vo	1:05.01	6900800	1:03.47	30.64	1:03.47
3. Lidia v. Bon-Rosenbrand	AZ&PC	1:04.63	7000054	1:05.04	30.66	1:05.04
4. Heidi van Stein	LZ 1886	1:06.84	6900864	1:05.17	31.04	1:05.17
5. Annette de Visser	Oceanus	1:06.81	7100602	1:08.18	32.97	1:08.18
6. Chita van der Goorbergh	Zoetermeer	1:10.32	6800762	1:09.72	33.64	1:09.72
7. Françoise Heijdemann-Duran	AZ&PC	1:13.82	6900222	1:12.05	34.98	1:12.05
8. Esther Mijnen	WZ&PC Purmerend	1:13.09	6900846	1:12.53	34.78	1:12.53
9. Sabine Delaere	R.D. Mouscronnois	1:16.12	DM/554/69	1:16.91 *	36.86	1:16.91
10. Hetty Smalheer	SCOM	1:18.80	6700352	1:20.41	37.49	1:20.41

Masters 45+

1. Petra Casteleijn	AZ&PC	1:04.82	6600098	1:06.45	32.16	1:06.45
2. Jeannette Ruesink	WS Twente	1:11.65	6300212	1:11.24	34.55	1:11.24
3. Wilna Heijman	't Tolhekke	1:12.57	6400506	1:12.49	35.29	1:12.49
4. Haya Mellema	Aquapoldro	1:40.29	6600482	1:37.88	46.28	1:37.88

Masters 50+

1. Julia Moh Klaren	Apsap Ville De Paris	1:10.26	922540	1:11.88	34.25	1:11.88
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Masters 55+

1. Atie Pijtak-Radersma	AZ&PC	1:04.95	5600048	1:08.08	32.91	1:08.08
2. Elly Kiestra-Broertjes	Zignea	1:26.84	5600100	1:27.86	39.70	1:27.86
3. Ineke Meijer	HZ&PC Heerenveen	1:29.98	5200034	1:28.54	43.10	1:28.54

Masters 60+

1. Conny Boer-Buys	ZVVS	1:10.29	5000006	1:10.37	33.54	1:10.37
2. Christien Nieuwenhuis	Swol 1894	1:11.61	5100022	1:11.44	34.24	1:11.44

Masters 65+

1. Annie Smits	PSV	1:34.74	4600016	1:35.12	45.92	1:35.12
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Programmanr. 22
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Heren, 50m schoolslag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd	startnr.	tijd
Masters 20+				
1. Dennis Wijbenga	Stadskanaal	30.67	9003283	30.96
2. Remko Hooft	De Duinkickers	31.39	8701405	32.50
3. Mark van Damme	't Tolhekke	32.76	9100435	32.76
4. Martin Lutke	Nova	33.08	8802263	33.37
5. Herman van Dijk	De Wellerobben	32.05	8900691	33.44
6. Stefan van der Grift	Octopus	32.53	8701121	33.91
7. Niels Vlug	De Duinkickers	34.44	8803651	33.99
8. Remco Joukes	Triton	36.05	8801763	36.29
9. Harmen Reemst	ZOB'66	36.46	8702715	36.98
10. Kevin Dieker	Montferland	35.64	9100461	37.10
11. Joey Roos	WZK Zwemmen	36.86	9006399	37.69
12. Maikel Hulsman	De Amer	43.70	8705171	42.98
DIS Maik Steenkamp	NDD	31.08	9103847	33.65 SA

Programmanr. 22, Heren, 50m schoolslag

Masters 25+

1.	Roderik Meijers	ZOB'66	31.54	8602063	31.59
2.	Albert van Piekeren	Octopus	32.20	8401767	32.91
3.	Martijn Giezen	Montferland	33.67	8500813	33.20
4.	Jauke Hamstra	Deltasteur	34.04	8601089	33.78
5.	Dennis Klop	De Biesboschzweimmers	34.54	8302643	35.97
6.	Sebastiaan Baars	WS Twente	36.96	8300053	37.04
7.	Jasper Peters	Aqua-Novio'94	36.26	8602379	37.15

Masters 30+

1.	Eugeniy Ryzhov	All Stars	30.60	101628	29.89
	<i>Kampioenschaps Record</i>				
2.	Richard Claus	Heldense Zwemvereniging	29.98	8000265	30.85
3.	Ron Langelaan	DAW	30.42	7800643	31.99
4.	Freddie Geerlings	NIMO	31.21	7900379	32.70
5.	Simon van Ravensteijn	Zoetermeer	33.45	8002263	33.45
6.	Paul Oudendijk	OEZA	32.21	8101287	33.94
7.	Jasper Groeneveld	Haren	32.50	8102263	34.26
8.	Remco Luijnenburg	WIDEX GZC DONK	42.14	7901851	43.23
AFGEM	Han Ruijs	RZ	36.32	7901867	

Masters 35+

1.	Heiner Stevens	Zignea	35.03	7201299	34.19
2.	Gerard Eghuizen	HZ&PC Heerenveen	35.50	7400197	35.14
3.	Wibo Mooibroek	WZ&PC Purmerend	38.01	7401339	37.16
4.	Dennis van Markesteijn	TZC-Vahalis	41.41	7201333	42.90

Masters 40+

1.	Harry Cornet	De Biesboschzweimmers	31.70	7100175	31.90
2.	Harold Matla	PSV	31.03	6800591	32.10
3.	Geert Wijn	De Gelenberg	32.22	6701101	33.46
4.	Roeland van der Heijden	PSV	34.13	6701389	34.20
5.	Igor Penchukov	Sprut	38.81	102154	34.68
6.	Bernd Hendriksen	Aqua-Novio'94	34.98	7001491	34.96
7.	Albert Rosmalen	De Gelenberg	37.26	6901529	35.96
8.	Rob Janssen	De Gelenberg	37.57	7001467	36.66
9.	Paul de Boer	De Amer	36.10	6801413	37.53
10.	Henk van Zetten	Octopus	41.94	6701261	43.19
11.	David van 't Hooft	PSV	45.20	6901595	45.53
DIS	Maurice Deelen	AZ&PC	33.24	7101407	AA
DIS	Marcel Jonkman	Aqualero	36.05	6801389	AA

Masters 45+

1.	Cees van Houwelingen	De Schelde	32.54	6300351	32.65
2.	Theo Bakker	TriVia	35.14	6401231	34.33
3.	Marcel van der Lem	Ed-Vo	35.21	6500563	35.79
4.	Peter Fölker	Aqua-Novio'94	37.29	6401021	37.50
5.	John Stoffer	Zoetermeer	35.16	6300725	38.11
6.	Jan van Rennes	Isis	39.77	6200539	38.19
7.	Willem Jan Ribberink	WIDEX GZC DONK	41.02	6501327	39.68
8.	Yves van den Berg	WIDEX GZC DONK	44.62	6601437	42.74
9.	Gerard Welten	Deltasteur	42.02	6601387	42.94
10.	Henrie Renshoff	Octopus	45.61	6501337	43.21
DIS	Gert Sikkema	Zignea	33.13	6300687	AA
DIS	Jan Smalheer	SCOM	37.65	6400701	37.91 SD
DIS	Eric Tijms	OEZA	39.91	6401125	41.94 SA

Programmanr. 22, Heren, 50m schoolslag

Masters 50+

1.	Sergey Pakhomov <i>Kampioenschaps Record</i>	All Stars	33.31	101469	32.96
2.	Ralph Caster	RZ	35.10	6100069	35.35
3.	Arlandas Juodeska	TAKAS	38.26	61AJ	36.19
4.	Jan Vlasblom	PLONS	36.78	6100823	37.18
5.	Willem Zwiers	AquAmigos	36.37	5800505	37.65
6.	Vincent de Keijzer	PLONS	39.30	5800207	39.37
7.	Bart van Calker	WS Twente	40.69	6100067	40.64
8.	Jan Willem Heuten	WS Twente	41.79	6000883	42.79
9.	Raimondas Garbatavicius	TAKAS	37.50	61RG	43.53
10.	Herbert Katgert	WS Twente	45.19	5900739	47.12
11.	Jan Glorie	OEZA	50.88	5700513	53.18
DIS	Mark Eligh	Old Dutch	36.95	5700497	37.62 SA

Masters 55+

1.	Paul Bunnik	Triton	37.07	5600413	38.90
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Masters 60+

1.	Yoshihiro Yasumi	De Futen	38.01	4900163	39.37
2.	Arjaan den Haan	PSV	38.86	4800181	39.76
3.	Jaap Kwakkel	DAW	46.14	4700157	42.08
4.	Jan van der Heide	HZ&PC Heerenveen	48.29	5100059	47.51
5.	Nico van Dongen	De Lansingh	50.29	4800159	50.93

Masters 65+

1.	Joop Draaisma	DZ&PC	39.82	4600155	40.27
2.	Ruud Sloof	De Rijn	44.65	4400073	44.16

Masters 70+

1.	Jan Eichhorn	ZV Haerlem	48.01	3700015	48.83
2.	Pieter Scharphorn	Neptunus	1:00.30	3800037	1:00.47

Masters 75+

1.	Herman Rademaker	De Dolfijn	50.54	3600011	51.21
2.	Taco van Blommestein	Aquapoldro	55.65	3300007	58.21

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Dames, 50m schoolslag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd
Masters 20+					
1.	Jacyntha Plat	TriVia	35.13	9002956	35.98
2.	Esther van Maastrigt	Montferland	36.07	8802836	36.58
3.	Susanne van der Linden	DIO	37.31	8802736	37.59
4.	Tonny Methorst	De Biesboschzweimmers	37.75	8802998	37.67
5.	Anne Duijst	De Amer	38.30	8901030	38.12
6.	Leonie Versteeg	De Veene	39.67	9003962	40.49
7.	Naomi Feider	Tritium (SG)	39.17	9107956	42.66
NG	Carly Noordermeer	ZOB'66	37.21	8702984	

Programmanr. 23, Dames, 50m schoolslag

Masters 25+

1.	Laura Badoux	DAW	33.56	8200038	33.92
	<i>Kampioenschaps Record</i>				
2.	Marijke Monsma	DWK	34.30	8502100	34.91
3.	Karin Hidding	De Dinkel	33.73	8400970	35.41
4.	Karin van Dijk	HZ&PC Heerenveen	35.64	8600850	35.69
5.	Wieteke Elzinga	DAW	37.93	8601038	38.24
6.	Roos Lemmen	Eurode KZC	38.69	8403078	38.87
7.	Renee de Kok	PSV	40.22	8403350	39.12
8.	Margriet Aan het Rot	Octopus	43.97	8603088	43.27
AFGEM	Angela Giezen	Montferland	43.61	8302796	

Masters 30+

1.	Claudia van Drunen	AquAmigos	38.30	7700810	38.21
2.	Anneke Veenstra	't Tolhekke	40.72	7900882	40.03
3.	Petra Verstegen	WVZ	42.36	7700906	42.19

Masters 35+

1.	Miranda Straetemans	Deltasteur	38.70	7400514	41.72
2.	Tony de Groot	De Futen	42.48	7300758	42.94
3.	Gerlinde Smit	De Veene	43.14	7300816	43.47
4.	Kim Brokelman	WS Twente	45.00	7500788	45.18

Masters 40+

1.	Karin Stein	ZVVS	36.65	7100554	36.73
	<i>Nederlands Masters Record</i>				
2.	Annette Wijnja-Visser	De Biesboschzweimmers	37.09	6700528	38.21
3.	Desiree van der Lem	Ed-Vo	39.93	6800282	39.88
4.	Trudie van Niejenhuis	TZC-Vahalis	39.30	7100444	39.92
5.	Esther Mijnen	WZ&PC Purmerend	42.72	6900846	42.94
6.	Mengsanne Heijnen	Zignea	46.17	7100878	43.57

Masters 45+

1.	Friderika Kerekes	AZ&PC	42.60	6500540	43.17
2.	Karin van den Heuvel	AquAmigos	42.95	6600188	43.80
3.	Yvette Kilian	Zoetermeer	43.24	6600534	44.82
DIS	Monique Gerritsen	WS Twente	43.16	6500188	AA

Masters 50+

1.	Olga Kedrova	Poseidon	40.83	37010	41.63
	<i>Kampioenschaps Record</i>				
2.	Marijke Kraak	WS Twente	42.59	6000240	43.53
3.	Gea Kuiper	ZCNF'34	51.37	6100104	50.26
4.	Mies Kuipers	Old Dutch	56.08	5800202	55.02
5.	Simonet Schroot	Gay Swim Amsterdam	56.60	5800108	57.22

Masters 55+

1.	Elly Kiestra-Broertjes	Zignea	49.50	5600100	49.74
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Masters 60+

1.	Bea Pool	Swol 1894	44.24	4900010	43.12
	<i>Nederlands Masters Record</i>				
2.	Nini van Dongen	De Lansingh	59.51	5100044	59.12
3.	Anna de Weert	Gay Swim Amsterdam	58.81	4900020	1:00.31

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Masters 65+

1.	Matty van der Veen	Old Dutch	51.40	4400020	51.52
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Masters 75+

1.	Jeltje van Bergen	De Pinquin	58.44	3500002	59.77
	<i>Kampioenschaps Record</i>				
2.	Annie de Vos	Old Dutch	1:08.57	3400004	1:11.92

Masters 80+

1.	Anneke Logtenberg	OZ&PC	1:07.33	2900004	1:10.17
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Heren, 50m vlinderslag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd
Masters 20+					
1.	Hjalmar de Ruiter	NDD	26.83	8902695	26.75
2.	Joost Rijntjes	LZ 1886	27.26	9101899	27.32
3.	Roland Boon	NDD	27.76	8800397	27.36
4.	Tim Pattipeiluhu	RSW (SG)	29.32	8902409	28.04
5.	Emiel Ghali	Van Vliet-Barracuda	28.19	8701019	28.08
6.	Charel Thewissen	Kimbria	27.99	9005591	28.50
7.	Bas Berndes	Tritium (SG)	28.33	8900217	29.17
8.	Ruben Stolk	ZOB'66	29.64	9005665	29.30
9.	Ronald Vullings	Tritium (SG)	28.07	8703655	29.52
10.	Mark Pijtak	AZ&PC	30.39	9002287	30.09
11.	Martijn van Hoorn	De Schotejil	30.06	8901343	30.13
12.	Roy Pattipeiluhu	RSW (SG)	29.74	9101761	30.33
13.	Sven van Zanten	De Duinkickers	29.73	9003405	30.55
DIS	Roel van Beek	Montferland	30.65	8905861	AA
Masters 25+					
1.	Roderik Meijers	ZOB'66	27.42	8602063	27.83
2.	Jan van Opstal	DIO	28.12	8602291	28.29
3.	Mark Effing	Tritium (SG)	28.57	8600761	29.33
4.	Pascal van Kassel	Triton	28.89	8501289	30.21
5.	Maarten de Geus	WZK Zwemmen	29.28	8300737	30.68
6.	Sebastiaan Baars	WS Twente	32.41	8300053	32.72
7.	Erik van der Zeijden	RZ	36.37	8604569	34.76
Masters 30+					
1.	Rory Bob de Haan	ANKER TEAM GRONINGEN	25.47	8100609	26.90
	<i>Kampioenschaps Record</i>				
2.	Kars Luttk	DAW	29.01	7800675	28.85
3.	Leander Noordijk	De Schotejil	28.45	8101221	28.93
Masters 35+					
1.	Heiner Stevens	Zignea	29.98	7201299	30.35
2.	Roger Flinterman	Zoetermeer	31.50	7601261	30.47
3.	Paul Hardeman	AZ&PC	31.86	7300327	30.93
DIS	Wouter Hulleman	ZVV	30.17	7401261	AA

Programmanr. 24, Heren, 50m vlinderslag

Masters 40+

1.	Rytas Matuliasukas	TAKAS	27.77	68RM	28.72	
2.	Richard Ricksen	Brunssum	29.58	7000841	28.91	
3.	Herman Smit	De Veene	29.92	7101493	29.41	
4.	Oscar van Holsteyn	AquAmigos	29.52	7100373	29.51	
5.	René Beetsma	HZ&PC Heerenveen	29.48	6900069	29.74	
6.	Kees Akershoek	De Stelle	29.96	6900009	30.36	
7.	Willem Beek	De Duinkickers	30.47	7101491	31.18	
8.	José de Pooter	De Schelde	31.06	6900797	31.20	
9.	Albert Rosmalen	De Gelsenberg	31.86	6901529	31.23	
10.	Jeroen den Boer	TRB-RES	31.49	6701475	31.31	
11.	Arjen Kervezee	Het Y	31.21	7000563	31.71	
12.	Sander van den Berg	WS Twente	30.89	6801357	31.89	
13.	Roeland van der Heijden	PSV	32.41	6701389	32.47	
14.	Hans Schoenmakers	DAW	32.84	6900863	32.60	
15.	Harald Mulder	Zoetermeer	33.44	6701459	33.03	
16.	Henk van Zetten	Octopus	48.09	6701261	47.19	
DIS	Bernd Hendriksen	Aqua-Novio'94	29.76	7001491		AA

Masters 45+

1.	Fred Heemstra	DAW	29.95	6500357	30.16	
2.	Wiljam Nijenhuis	De IJsel	30.22	6400547	30.59	
3.	Erik Saan	De Duck	31.05	6500769	31.10	
4.	Frank Leusink	Torpedo	32.33	6201109	31.83	
5.	Theo Bakker	TriVia	31.92	6401231	32.68	
6.	John Stoffer	Zoetermeer	31.83	6300725	34.66	
7.	Pieter-Sjoerd de Wijn	Aqua-Novio'94	36.66	6501027	36.14	

Masters 50+

1.	Sergey Pakhomov	All Stars	32.51	101469	30.57	
2.	Mark Eligh	Old Dutch	31.69	5700497	31.96	
3.	Mark Kas	PLONS	32.79	6100285	33.58	
4.	Walter Rolloos	Van Vliet-Barracuda	33.74	5900387	33.63	
5.	Joop v.d. Veen	Haren	39.50	6000997	35.61	
6.	Eddy Mourmans	R.D. Mouscronnois	44.76	DM/630/57	46.35	
AFGEM	Jaap de Boer	De Duinkickers	35.92	5800691		

Masters 55+

1.	Brend Brevé	PSV	31.19	5200265	32.30	
2.	Johan Wouda	Neptunus	35.13	5500395	33.93	
3.	Fred Zanting	TriVia	34.07	5400323	34.45	
4.	Rob Berkhof	Swol 1894	36.50	5200245	37.44	

Masters 70+

1.	Frans van Enst	WS Twente	37.66	4000011	38.66	
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Masters 80+

1.	Georges Verhelst	KRZV	49.48	RZV/160/31	52.65	
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Dames, 50m vlinderslag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd
Masters 20+					
1.	Jen-Ai van Soelen	Zuiderzeezwimmers	31.31	9003510	30.81
2.	Kim Wijnja	De Biesboschzwimmers	32.09	9107812	31.42
3.	Jessica Hooyer	Triton	32.36	9001582	32.40
4.	Gerrie Onink	TZC-Vahalis	32.30	8704828	33.27
5.	Nienke van Stipriaan	PSV	33.60	8703970	33.52
6.	Maaïke van Diggele	ZPB H&L Productions	33.68	8700868	33.84
7.	Milou Bouwhuis	De Veene	33.41	8900532	34.10
8.	Martiene Klasiën	De Golfbreker	34.71	8902256	34.32
9.	Merel Siroen	Tritium (SG)	33.03	8804006	35.42
10.	Liesbeth van Mill	DWK	36.55	8702786	35.97
11.	Whitley Rens	De Schotelij	35.81	9007520	36.55
12.	Laura Visserman	De Amer	36.34	8704362	36.87
13.	Eline Schoenmaker	De Duinkickers	35.65	9003322	38.23
14.	Henriëke de Vries	De Veene	36.88	8904490	38.41
15.	Gerlinde van de Wetering	Deltasteur	38.71	8904678	38.57
16.	Siska Post	DIO	38.23	8805562	38.84
17.	Kelly Bockting	Montferland	38.29	9104050	39.42
NG	Carly Noordermeer	ZOB'66	32.04	8702984	
Masters 25+					
1.	Marlies Reinders	De Dinkel	30.08	8602976	29.89
2.	Laura Badoux	DAW	31.85	8200038	31.09
3.	Esther Versteeg	Van Vliet-Barracuda	31.86	8302112	31.53
4.	Roos Lemmen	Eurode KZC	31.43	8403078	31.76
5.	Elles van Leeuwen	PSV	32.26	8602240	32.51
6.	Sandra Zwaanswijk	Aquarius	32.22	8503934	32.76
7.	Franca Willeme	De Dinkel	33.79	8402760	33.45
8.	Annelette de Vries	De Veene	33.75	8603908	33.53
9.	Sandra Schellekens	Neptunus'58	33.80	8503416	34.37
10.	Linda Hoogendam	D'Elft	34.23	8300892	34.44
11.	Marije Jansen	Montferland	37.28	8504088	34.75
12.	Marjolein van der Sanden	Tritium (SG)	36.89	8402136	37.28
13.	Chantal van Kranenburg	Aquarius	37.40	8604528	38.05
14.	Margriet Aan het Rot	Octopus	38.12	8603088	38.85
15.	Hanneke Freriksen	WS Twente	38.18	8302744	40.17
16.	Carin Grondel-Bos	Zoetermeer	39.78	8202346	41.00
Masters 30+					
1.	Delia Badoux	Zoetermeer	30.30	8000042	29.84
2.	Elvira Jonkers	De Pinquin	30.64	7900420	31.37
3.	Angelique Boersma	De Vikings	31.96	8001586	32.27
4.	Patricia Strohm	De Dinkel	35.85	8102110	34.86
5.	Nienke Nieuwenhuis	Swol 1894	37.95	8101850	37.86
6.	Helena Jongema	OEZA	36.01	8000550	38.04
Masters 35+					
1.	Inez Heideman	WS Twente	33.25	7500198	32.82
2.	Ilona Hogerheyde	DAW	34.37	7400224	34.74
3.	Tony de Groot	De Futen	35.56	7300758	36.51
4.	Marian Nederlof	DWF	37.14	7600950	36.64
5.	Renata Bos-van Essen	Zuiderzeezwimmers	40.62	7300740	37.54
6.	Miranda Straetemans	Deltasteur	35.31	7400514	38.90
7.	Kim Brokelman	WS Twente	38.92	7500788	39.47

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Masters 40+

1.	Chita van der Goorbergh	Zoetermeer	34.82	6800762	34.42
2.	Henriëtte Manting	GZVW	34.33	7100246	35.33
3.	Mengsanne Heijnen	Zignea	39.39	7100878	38.19
4.	Sabine Delaere	R.D. Mouscronnois	40.06	DM/554/69	40.66

Masters 45+

1.	Wilma van Velsen	Montferland	32.70	6400444	32.99
2.	Anja Tijink	De Dinkel	33.92	6400296	33.33
3.	Jacqueline Rolloos	De Lansingh	35.79	6300222	34.71
4.	Hanny Rotteveel	Zignea	35.31	6600538	36.97
5.	Friderika Kerekes	AZ&PC	38.47	6500540	38.72
6.	Yvette Kilian	Zoetermeer	38.85	6600534	40.25
7.	Ellen Parma	Triton	46.14	6200366	46.67

Masters 50+

1.	Marijke Kraak	WS Twente	36.96	6000240	36.90
2.	Olga Kedrova	Poseidon	36.85	37010	37.65
3.	Inge Wolfs	PLONS	38.06	6000304	38.29

Masters 60+

1.	Bea Pool	Swol 1894	40.48	4900010	40.59
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Masters 65+

1.	Leny Kamp	Aquapoldro	1:11.64	4400008	1:20.35
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Programmanr. 26
22-01-2011 - 15:59

Heren, 200m wisselslag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd	tijd	50m	100m	150m	200m
Masters 20+							
1.	Dennis Wijbenga <i>Nederlands Masters Record</i>	Stadskanaal 2:11.43 9003283	2:12.35	29.73	1:03.81	1:40.26	2:12.35
2.	Emile Manni	Octopus 2:15.92 9001901	2:13.99	27.80	1:01.76	1:41.68	2:13.99
3.	Tim Bunnik	Triton 2:22.09 9000505	2:25.01	31.26	1:09.18	1:51.66	2:25.01
4.	Herman van Dijk	De Wellerobben 2:27.79 8900691	2:36.63	34.54	1:15.83	1:58.36	2:36.63
5.	Rick Hellenbrand	NIMO 2:42.02 8901173	2:38.79	33.55	1:16.01	2:03.60	2:38.79
Masters 25+							
1.	Erik Schröder	TriVia 2:19.53 8402025	2:15.84	29.32	1:04.44	1:45.47	2:15.84
2.	Kristiaan Lenos	LZ 1886 2:15.56 8301331	2:16.73	28.85	1:03.94	1:44.83	2:16.73
3.	Ralf van der Poel	LZ 1886 2:19.20 8401783	2:22.25	30.81	1:09.25	1:49.65	2:22.25
4.	Albert van Piekeren	Octopus 2:31.82 8401767	2:25.36	31.78	1:08.60	1:50.99	2:25.36
5.	Jim Geestman	RSW (SG) 2:28.35 8300699	2:28.31	32.31	1:11.51	1:54.99	2:28.31
6.	Jauke Hamstra	Deltasteur 2:28.63 8601089	2:28.46	30.79	1:11.06	1:53.54	2:28.46
7.	Frank van Buiten	De Golfbreker 2:19.38 8302783	2:31.76	31.05	1:10.01	1:53.51	2:31.76
8.	Thommy Nickel	Van Vliet-Barracuda 2:18.26 8401627	2:33.69	32.37	1:12.22	1:56.66	2:33.69
9.	Rudy de Jong	De Forel 2:47.10 8301061	2:48.04	35.75	1:18.32	2:06.94	2:48.04
Masters 30+							
1.	Freddie Geerlings	NIMO 2:23.06 7900379	2:25.76	31.38	1:10.12	1:50.98	2:25.76
2.	Dirkjan Beugelsdijk	De Zijl/LGB 2:27.27 8100123	2:31.86	32.39	1:12.37	1:58.31	2:31.86
3.	Markus van Rest	Zoetermeer 2:33.40 7701197	2:41.38	31.90	1:13.31	2:04.88	2:41.38

Programmanr. 26, Heren, 200m wisselslag

Masters 35+

1. Ralf Peters	KZPC	2:24.70	7600737	2:26.74	31.66	1:10.93	1:53.86	2:26.74
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Masters 40+

1. René Beetsma	HZ&PC Heerenveen	2:27.65	6900069	2:23.52	30.79	1:07.91	1:49.99	2:23.52
2. Marcel van Winssen	De Gelenberg	2:28.23	7101477	2:23.67	30.97	1:08.74	1:50.74	2:23.67
3. Alexander Starshinin	Poseidon	2:27.80	31019	2:24.98	32.17	1:10.62	1:51.94	2:24.98
4. Frank v Nobelen	Sassenheim	2:33.72	6900753	2:32.05	32.12	1:10.38	1:56.81	2:32.05
5. Herman Smit	De Veene	2:39.65	7101493	2:34.25	31.55	1:11.76	1:56.97	2:34.25
6. Martin van den Berg	ZVV	2:35.64	7101437	2:38.36	34.91	1:17.82	2:05.50	2:38.36
7. Harold Matla	PSV	2:35.47	6800591	2:38.49	35.46	1:18.57	2:02.89	2:38.49
8. Arvydas Burinskas	TAKAS	2:34.28	69AB	2:42.68	33.62	1:15.45	2:06.22	2:42.68
9. Hans Schoenmakers	DAW	2:47.71	6900863	2:43.32	33.79	1:22.00	2:06.27	2:43.32
10. Jeroen den Boer	TRB-RES	2:49.24	6701475	2:45.88	31.51	1:14.48	2:05.49	2:45.88

Masters 45+

1. Ron Korzelius	AZ&PC	2:33.78	6500513	2:32.76	33.30	1:12.56	1:58.12	2:32.76
2. Rene de Boer	DAW	2:32.78	6400087	2:34.21	33.17	1:13.54	1:59.35	2:34.21
3. Wiljam Nijenhuis	De IJsel	2:35.20	6400547	2:35.41	33.00	1:13.64	1:59.61	2:35.41
4. Jan Smalheer	SCOM	3:00.35	6400701	2:57.57	40.18	1:27.86	2:19.53	2:57.57
5. Rik van Gasteren	AquAmigos	3:34.40	6401015	3:51.36	58.49	2:00.02	3:01.57	3:51.36

Masters 50+

1. Albert Boonstra	Aqua-Novio'94	2:26.21	5700425	2:28.86	31.70	1:10.46	1:53.70	2:28.86
2. Ronald Grove	Oceanus	2:35.65	6100161	2:36.68	33.91	1:16.79	2:02.01	2:36.68
3. Marten de Groot	HZ&PC Heerenveen	2:39.98	5800149	2:38.01	34.80	1:16.16	2:03.67	2:38.01
4. Ron van Vliet	De Stormvogel	2:39.13	6100849	2:43.95	34.21	1:15.81	2:05.68	2:43.95
5. Arlandas Juodeska	TAKAS	2:53.62	61AJ	2:51.94	36.05	1:18.34	2:10.35	2:51.94
6. André Schutte	De Stormvogel	2:51.88	6000521	2:57.70	37.81	1:23.74	2:18.50	2:57.70
7. Jan Willem Heuten	WS Twente	3:07.92	6000883	3:08.33	40.29	1:32.98	2:28.42	3:08.33

Masters 55+

1. Paul Bunnik	Triton	2:52.06	5600413	2:56.49	38.18	1:26.26	2:18.42	2:56.49
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Masters 60+

1. Donald Uijtenbogaart	Het Y	2:50.54	4700107	2:55.02	38.49	1:26.54	2:17.41	2:55.02
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Masters 65+

1. Rob Hanou	PSV	3:12.73	4300109	3:13.30	43.22	1:37.61	2:30.94	3:13.30
DIS Joop Draaisma	DZ&PC	3:12.75	4600155	3:17.18 RF	42.18	1:33.76	2:31.71	3:17.18

Masters 70+

1. Nico Geers	Z&PC De Gouwe	3:25.57	3800007	3:41.72	49.72	1:46.78	2:54.74	3:41.72
DIS Gregor Pompen	Aqua-Novio'94	4:00.19	3700021	4:04.94 VH	1:00.16	1:59.48	3:13.14	4:04.94

Masters 75+

1. Herman Rademaker 50m*	De Dolfijn	4:12.30	3600011	4:17.75 *	1:00.53	2:08.29	3:20.33	4:17.75
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Masters 80+

1. Georges Verhelst <i>Kampioenschaps Record</i>	KRZV	4:05.54	RZV/160/31	4:04.37	58.82	2:02.42	3:07.93	4:04.37
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Programmanr. 27
22-01-2011 - 16:21

Dames, 200m wisselslag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd	tijd	50m	100m	150m	200m
Masters 20+							
1. Wendan Poelstra	HZ&PC Heerenveen	2:20.71 9102496	2:22.66	31.22	1:07.46	1:48.98	2:22.66
<i>Nederlands Masters Record</i>							
2. Gea Hagting	Nova	2:24.57 8801584	2:28.08	32.69	1:11.04	1:53.54	2:28.08
3. Susanne van der Linden	DIO	2:44.02 8802736	2:39.90	35.26	1:18.09	2:02.15	2:39.90
4. Tonny Methorst	De Biesboschwemmers	2:41.97 8802998	2:40.24	35.28	1:16.48	2:02.89	2:40.24
5. Anne Duijst	De Amer	2:42.81 8901030	2:44.00	36.95	1:20.22	2:07.62	2:44.00
6. Maaïke de Boer	De Duinkickers	2:44.32 9000362	2:45.82	37.60	1:21.94	2:08.34	2:45.82
7. Maaïke van Diggele	ZPB H&L Productions	2:53.14 8700868	2:53.31	36.36	1:20.18	2:11.46	2:53.31
8. Sunanda van Heteren	PCG	2:42.84 8901728	2:55.29	38.38	1:22.64	2:14.67	2:55.29
9. Annebeth van Ark	Octopus	3:00.48 8805588	2:57.38	39.09	1:25.69	2:18.30	2:57.38
10. Liset de Veer	Aqua-Novio'94	2:55.97 8704190	2:57.93	37.60	1:22.72	2:15.88	2:57.93
11. Milou Bouwhuis	De Veene	2:43.20 8900532	2:59.44	36.15	1:23.39	2:15.18	2:59.44
12. Carla Spithoff	De Golfbreker	3:09.89 8806780	3:05.78	39.78	1:28.63	2:22.62	3:05.78
Masters 25+							
1. Anique Willeme	De Dinkel	2:35.28 8604106	2:31.66	31.74	1:12.20	1:57.17	2:31.66
2. Nadya Putter	ZVVS	2:35.48 8301630	2:32.68	33.07	1:12.15	1:57.17	2:32.68
3. Iris Barendregt	Van Vliet-Barracuda	2:34.76 8600172	2:36.32	33.22	1:15.55	2:01.30	2:36.32
4. Esther Versteeg	Van Vliet-Barracuda	2:45.10 8302112	2:43.81	34.73	1:17.02	2:05.35	2:43.81
5. Roos van Esch	TRB-RES	2:36.44 8200468	2:44.18	35.26	1:15.56	2:06.45	2:44.18
Masters 30+							
1. Elvira Jonkers	De Pinquin	2:36.02 7900420	2:53.86	34.42	1:20.51	2:11.04	2:53.86
2. Jolanda van Gendt	PSV	2:54.52 7800266	2:55.38	38.26	1:20.76	2:14.64	2:55.38
3. C. van Bruxvoort	ZPB H&L Productions	3:29.76 7700138	3:38.23	46.69	1:40.64	2:49.73	3:38.23
Masters 35+							
1. Liselotte Joling	PSV	2:46.92 7500268	2:45.03	36.67	1:20.21	2:06.49	2:45.03
2. Ilona Hogerheyde	DAW	2:46.85 7400224	2:49.53	36.07	1:19.84	2:09.40	2:49.53
3. Jacqueline de Ruiter	WIDEX GZC DONK	2:54.86 7400446	2:53.54	36.88	1:22.38	2:13.42	2:53.54
Masters 40+							
1. Ana Paula Grilo	Usms 072bw	2:41.26 121D-072BW	2:38.83	35.02	1:16.38	2:03.83	2:38.83
<i>50m*</i>							
2. L. v. Bon-Rosenbrand	AZ&PC	2:41.92 7000054	2:44.46	35.82	1:19.61	2:06.66	2:44.46
3. Annette Wijnja-Visser	De Biesboschwemmers	2:50.12 6700528	2:47.29	37.08	1:20.87	2:08.98	2:47.29
4. Monique Tol-Tuijip	Ed-Vo	2:45.96 6900800	2:48.21	35.64	1:18.53	2:09.21	2:48.21
5. Hetty Smalheer	SCOM	3:16.98 6700352	3:16.93	44.81	1:36.47	2:32.27	3:16.93
<i>50m*</i>							
Masters 45+							
1. Jacqueline Rolloos	De Lansingh	2:54.02 6300222	2:52.29	36.30	1:21.83	2:12.93	2:52.29
2. Jeannette Ruesink	WS Twente	2:54.98 6300212	2:56.21	38.93	1:25.09	2:17.86	2:56.21
3. Karin van den Heuvel	AquAmigos	2:59.38 6600188	3:05.63	39.13	1:31.46	2:22.94	3:05.63
4. Alie Visser	HZ&PC Heerenveen	3:30.02 6400494	3:37.39	47.84	1:41.03	2:44.32	3:37.39
Masters 50+							
1. Patty Verhagen	AquAmigos	2:54.65 5900146	3:05.70	41.51	1:29.88	2:25.78	3:05.70
2. Mies Kuipers	Old Dutch	4:39.39 5800202	4:32.77	1:02.32	2:20.61	3:28.50	4:32.77



Open Nederlandse Masters Kampioenschappen 2010 kb
Heerenveen, 21-23 januari 2011



Programmanr. 27, Dames, 200m wisselslag

Masters 60+

1. Christien Nieuwenhuis	Swol 1894	3:11.46	5100022	3:10.22	37.80	1:31.07	2:28.69	3:10.22
<i>Nederlands Masters Record</i>								

Masters 65+

1. Matty van der Veen	Old Dutch	3:50.59	4400020	3:54.02	56.75	1:58.53	3:02.13	3:54.02
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Masters 75+

1. Annie de Vos	Old Dutch	5:15.09	3400004	5:10.97	1:26.36	2:38.53	4:03.85	5:10.97
<i>Nederlands Masters Record</i>								

Programmanr. 28
22-01-2011 - 16:41

Heren, 100m rugslag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd		tijd	50m	100m
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Masters 20+

1. Peter van Heukelem	De Golfbreker	59.07	8901243	1:00.75	29.50	1:00.75
2. Joppe Schuurmans	Tritium (SG)	1:01.71	8905447	1:01.63	30.36	1:01.63
3. Jelte Schuurmans	Tritium (SG)	1:02.48	9104841	1:02.51	30.32	1:02.51
4. Floris Manni	Octopus	1:01.79	8805679	1:04.32	31.00	1:04.32
5. Alex Vermeulen	WZK Zwemmen	1:04.40	8905811	1:05.45	31.95	1:05.45
6. Jeroen Custers	Kimbria	1:06.44	9106319	1:07.35	32.75	1:07.35
7. Dick Kampman	De Amer	1:07.84	8801789	1:09.31	34.05	1:09.31
8. Niels Albrechts	De Schotejil	1:08.44	8800039	1:10.33	35.02	1:10.33
9. Remco Joukes	Triton	1:08.01	8801763	1:11.62	33.90	1:11.62
10. Kevin Dieker	Montferland	1:15.73	9100461	1:14.93	36.15	1:14.93
11. Sven van Zanten	De Duinkickers	1:11.46	9003405	1:15.24	36.77	1:15.24
12. Harmen Reemst	ZOB'66	1:13.71	8702715	1:15.27	36.73	1:15.27
13. Wesley Bezemer	De Duinkickers	1:13.73	8900237	1:16.10	38.42	1:16.10
<i>50m*</i>						
DIS Wessel Everloo	De Veene	1:09.80	8906597		AA	

Masters 25+

1. Thommy Nickel	Van Vliet-Barracuda	1:03.34	8401627	1:05.67	32.37	1:05.67
2. Pascal van Kassel	Triton	1:06.18	8501289	1:09.30	34.13	1:09.30
3. Willem vd Zwaag	Isis	1:21.97	8503111	1:20.58	39.59	1:20.58

Masters 30+

1. Rory Bob de Haan	ANKER TEAM GRONINGEN	57.55	8100609	1:03.57	30.72	1:03.57
<i>Kampioenschaps Record</i>						
2. Paul Oudendijk	OEZA	1:03.36	8101287	1:05.55	31.72	1:05.55
3. Marcel Reefhuis	De Veene	1:05.26	8101381	1:05.59	31.84	1:05.59
4. Leander Noordijk	De Schotejil	1:04.95	8101221	1:06.82	32.60	1:06.82
5. Stan Dekker	PLONS	1:07.36	7901823	1:08.00	32.32	1:08.00
6. Richard Koehoorn	HZ&PC Heerenveen	1:02.95	7907697	1:08.48	32.82	1:08.48
7. Rene Beens	Deltasteur	1:16.33	7800045	1:12.33	35.29	1:12.33
8. Gino Martijn	RZ	1:15.00	7901865	1:16.24	37.46	1:16.24
DIS Simon van Ravensteijn	Zoetermeer	1:14.62	8002263		AA	

Masters 35+

1. Tjakko Ruinemans	De Dinkel	1:04.85	7400687	1:01.64	29.86	1:01.64
<i>Kampioenschaps Record</i>						
2. Roger Flinterman	Zoetermeer	1:06.92	7601261	1:08.74	33.38	1:08.74
3. Gerard Eghuizen	HZ&PC Heerenveen	1:08.44	7400197	1:10.17	34.33	1:10.17
4. Paul Hardeman	AZ&PC	1:14.57	7300327	1:10.61	34.32	1:10.61
5. Erwin Zuidervelt	De Futen	1:11.61	7501015	1:12.45	35.20	1:12.45



Programmanr. 28, Heren, 100m rugslag, Masters 35+

rang naam	vereniging	inschrijftijd		tijd	50m	100m
6. Pieter Ponne	HZ&PC Heerenveen	1:11.31	7600749	1:19.20	38.52	1:19.20

Masters 40+

1. Arjan Bellaart 50m*	Oceanus	1:10.35	6900079	1:08.94	33.62	1:08.94
2. Frank v Nobelen	Sassenheim	1:10.81	6900753	1:09.99	34.67	1:09.99
3. Agnus Gerringa	DWK	1:09.95	7100285	1:12.54	34.87	1:12.54
4. Willem Beek	De Duinkickers	1:13.55	7101491	1:15.01	36.69	1:15.01
5. Gerco Schakel	DWK	1:16.32	6900849	1:18.30	38.73	1:18.30

Masters 45+

1. Fred Heemstra	DAW	1:11.62	6500357	1:10.84	34.32	1:10.84
2. Eric Langhorst	Het Y	1:14.56	6200389	1:16.40	36.95	1:16.40
3. Marcel van der Lem	Ed-Vo	1:13.97	6500563	1:16.89	36.56	1:16.89
4. Peter Fölker 50m*	Aqua-Novio'94	1:19.59	6401021	1:18.20	38.99	1:18.20
5. Fred van de Meeberg	Steenwijk 1934	1:17.61	6601279	1:18.62	37.31	1:18.62
6. Jack Barends	WS Twente	1:24.54	6201011	1:23.59	42.13	1:23.59

Masters 50+

1. Dmitry Kromskiy	Poseidon	1:11.90	37011	1:08.98	34.54	1:08.98
2. Ron van Vliet	De Stormvogel	1:16.76	6100849	1:18.06	38.35	1:18.06
3. Wim de Lange	Electrolux AZC	1:18.93	5800533	1:21.00	39.74	1:21.00
4. André Schutte	De Stormvogel	1:18.71	6000521	1:22.26	40.48	1:22.26
5. Herbert Katgert	WS Twente	1:46.41	5900739	1:52.06	50.10	1:52.06
DIS Ralph Caster	RZ	1:23.45	6100069	1:24.01 RC	40.23	1:24.01

Masters 55+

1. Andre Storm	Zoetermeer	1:18.30	5600407	1:16.72	36.37	1:16.72
2. Rob Berkhof	Swol 1894	1:31.59	5200245	1:30.08	44.76	1:30.08

Masters 65+

1. Rob Hanou	PSV	1:37.54	4300109	1:41.18	47.78	1:41.18
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Masters 70+

1. Frans van Enst	WS Twente	1:26.54	4000011	1:22.82	41.14	1:22.82
2. Jan Eichhorn	ZV Haerlem	1:43.67	3700015	1:44.56	50.45	1:44.56
3. Pieter Scharphorn	Neptunus	2:08.32	3800037	2:10.87 *	1:01.48	2:10.87

Programmanr. 29
22-01-2011 - 16:55

Dames, 100m rugslag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd		tijd	50m	100m
Masters 20+						
1. Jen-Ai van Soelen <i>Kampioenschaps Record</i>	Zuiderzeezwimmers	1:11.83	9003510	1:10.15	34.19	1:10.15
2. Elmi Roelofsen	ZVV	1:08.48	9008198	1:10.17	33.45	1:10.17
3. Ilse van den Wijngaard	One Team Swimming	1:10.17	8904736	1:12.18	35.16	1:12.18
4. Cynthia Grooteboer	De Reest	1:12.11	8901462	1:13.40	36.15	1:13.40
5. Esther van Maastrigt	Montferland	1:15.06	8802836	1:16.74	36.75	1:16.74
6. Maaïke de Boer	De Duinkickers	1:16.01	9000362	1:17.59	38.10	1:17.59
7. Eline Schoenmaker	De Duinkickers	1:17.71	9003322	1:19.81	39.51	1:19.81
8. Joukje Breitsma	De Golfbreker	1:18.71	8906474	1:20.01	38.62	1:20.01
9. Kitty van Gendt	PSV	1:24.64	8701288	1:20.57	39.28	1:20.57
10. Madeleine Sielemann	Zoetermeer	1:19.84	9106166	1:20.69	39.84	1:20.69

Programmanr. 29, Dames, 100m rugslag, Masters 20+

rang naam	vereniging	inschrijftijd		tijd	50m	100m
11. Sanne van Dijk 50m *	Zoetermeer	1:20.64	9000818	1:20.88	39.11	1:20.88
12. Gerlinde van de Wetering	Deltasteur	1:21.32	8904678	1:21.09	40.16	1:21.09
13. Sunanda van Heteren	PCG	1:14.07	8901728	1:21.55	39.20	1:21.55
14. Whitley Rens	De Schotejil	1:22.20	9007520	1:23.41	41.24	1:23.41
15. Fleur Maas	Zoetermeer	1:36.55	8902768	1:26.49	41.71	1:26.49
16. Ingrid den Ouden	De Amer	1:21.99	8703058	1:26.69	42.30	1:26.69

Masters 25+

1. Alexandra Romanenkova	All Stars	1:12.70	019003	1:09.51	34.10	1:09.51
2. Joyce van Keulen	De Zijl/LGB	1:09.46	8401278	1:11.33	34.41	1:11.33
3. Nadya Putter	ZVVS	1:13.58	8301630	1:12.45	35.59	1:12.45
4. Wieteke Elzinga	DAW	1:14.35	8601038	1:13.36	35.98	1:13.36
5. Roos van Esch	TRB-RES	1:12.11	8200468	1:13.66	35.94	1:13.66
6. Franca Willeme	De Dinkel	1:16.99	8402760	1:16.49 *	36.58	1:16.49
7. Hanneke Heymen	Montferland	1:14.43	8400968	1:17.37	38.09	1:17.37
8. Petra Wolsing	De Futen	1:18.57	8402796	1:19.14	37.65	1:19.14
9. Pauline Tieleman	De Geul	1:19.84	8403348	1:26.31	41.22	1:26.31

Masters 30+

1. Janneke Harmsen	De Spatters	1:09.23	7700938	1:10.31	34.21	1:10.31
2. Jolanda van Gendt	PSV	1:18.64	7800266	1:18.86	38.90	1:18.86
3. Petra Verstegen	WVZ	1:21.68	7700906	1:21.49	39.34	1:21.49
4. Andrea van Leeuwen	De Zijl/LGB	1:22.66	8100904	1:23.04	40.36	1:23.04

Masters 35+

1. Melanie Kuiper	Zignea	1:19.39	7600350	1:19.50	38.50	1:19.50
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Masters 40+

1. Heidi van Stein	LZ 1886	1:19.97	6900864	1:18.39	37.29	1:18.39
2. Trudie van Niejenhuis	TZC-Vahalis	1:18.09	7100444	1:19.30	38.25	1:19.30
3. Françoise Heijdemann-Duran	AZ&PC	1:19.94	6900222	1:19.92	39.36	1:19.92
4. Henriëtte v. Norden	AZ&PC	1:19.71	6800046	1:20.15	39.26	1:20.15
5. Desiree van der Lem	Ed-Vo	1:24.27	6800282	1:22.84	40.72	1:22.84
6. Henriëtte Manting 50m *	GZVW	1:21.30	7100246	1:23.01	40.05	1:23.01
7. Susanne van Hooven	De Schotejil	1:20.88	6800752	1:23.69	40.53	1:23.69

Masters 45+

1. Wilna Heijman	't Tolhekke	1:20.26	6400506	1:18.46	38.98	1:18.46
2. Wilma van Velsen	Montferland	1:24.76	6400444	1:19.72	38.96	1:19.72
3. Hanny Rotteveel	Zignea	1:22.40	6600538	1:23.64	41.58	1:23.64
4. Ellen Parma	Triton	1:29.09	6200366	1:32.66	44.79	1:32.66
5. Haya Mellema	Aquapoldro	1:45.00	6600482	1:47.37	51.28	1:47.37

Masters 50+

1. Julia Moh Klaren	Apsap Ville De Paris	1:18.18	922540	1:21.74	39.77	1:21.74
2. Gea Kuiper	ZCNF'34	1:54.22	6100104	1:48.83	52.84	1:48.83
3. Simonet Schroot	Gay Swim Amsterdam	2:03.19	5800108	2:09.28	1:01.77	2:09.28
DIS Inge Wolfs	PLONS	1:30.32	6000304	1:30.54 RD	44.64	1:30.54

Masters 55+

1. Atie Pijtak-Radersma Kampioenschaps Record	AZ&PC	1:17.16	5600048	1:24.86	41.68	1:24.86
2. Ineke Meijer	HZ&PC Heerenveen	1:40.87	5200034	1:44.45	51.55	1:44.45

Programmanr. 29, Dames, 100m rugslag

Masters 60+

1. Conny Boer-Buys	ZVVS	1:31.51	5000006	1:29.18	43.99	1:29.18
<i>Nederlands Masters Record</i>						
2. Antoinette Gilding-Tussaud	WS Twente	1:41.46	5000038	1:40.06	48.42	1:40.06
3. Anna de Weert	Gay Swim Amsterdam	2:23.60	4900020	2:27.00	1:08.01	2:27.00

Masters 65+

1. Leny Kamp	Aquapoldro	2:00.95	4400008	2:03.67	58.53	2:03.67
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Masters 75+

1. Jeltje van Bergen	De Pinquin	1:56.40	3500002	2:04.64	58.80	2:04.64
<i>Kampioenschaps Record</i>						

Programmanr. 30
22-01-2011 - 17:15

Heren, 4 x 50m vrije slag

Masters Open
Resultaten

rang	vereniging	inschrijftijd		tijd
80+				
1.	NDD 1	NDD		1:39.99
<i>Kampioenschaps Record</i>				
	Hjalmar de Ruiter	89	24.35	Roland Boon
	Maik Steenkamp	91	26.93	Kevin Eltink
88				24.23
91				23.67
2.	LZ 1886 1	LZ 1886		1:41.91
	Sjoerd Sieval	90	25.36	Joost Rijntjes
	Ralf van der Poel	84	25.92	Kristiaan Lenos
91				24.85
83				24.48
3.	Tritium (SG) 1	Tritium (SG)		1:41.91
	Jelte Schuurmans	91	25.50	Bas Berndes
	Ronald Vullings	87	25.72	Joppe Schuurmans
89				25.94
89				25.35
4.	Octopus 1	Octopus		1:47.47
	Albert van Piekeren	84	28.41	Floris Manni
	Stefan van der Grift	87	28.55	Emile Manni
88				26.74
90				24.35
100+				
1.	ZOB'66 1	ZOB'66		1:47.56
	Roderik Meijers	86	25.85	Ruben Stolk
	Harmen Reemst	87	30.66	Nol van Thull
90				27.45
80				25.46
2.	De Duinkickers 1	De Duinkickers		1:53.31
	Wesley Bezemer	89	27.73	Sven van Zanten
	Willem Beek	71	28.66	Remko Hooft
90				28.30
87				26.68
120+				
1.	HZ&PC Heerenveen 1	HZ&PC Heerenveen		1:40.34
	René Beetsma	69	26.72	Casper Tichelaar
	Richard Koehoorn	79	24.02	Casper Hut
79				25.03
78				24.68
2.	DAW 1	DAW		1:52.83
	Ron Langelaan	78	27.93	Rene de Boer
	Kars Lutik	78	27.04	Fred Heemstra
64				27.88
65				27.46
3.	Triton 1	Triton		1:47.94
	Remco Joukes	88	28.11	Tim Bunnik
	Paul Bunnik	56	30.48	Pascal van Kassel
90				26.58
85				26.54
4.	Deltasteur 1	Deltasteur		2:01.96
	Johan Wezenberg	76	29.41	Gerard Welten
	Rene Beens	78	28.70	Jauke Hamstra
66				36.17
86				26.23
AFGEM	RZ 1	RZ		1:56.14

Programmanr. 30, Heren, 4 x 50m vrije slag

160+

rang	vereniging	inschrijftijd	tijd
1.	De Golenberg Albert Rosmalen Rob Janssen	69 27.46 70 28.85	Geert Wijn 67 25.21 Marcel van Winssen 71 25.59
2.	WS Twente 1 Paul Jurcka Michel Ophuis	69 27.14 73 29.29	Arno Hofmeijer 69 25.88 Sander van den Berg 68 28.93
3.	Aqua-Novio'94 1 Bernd Hendriksen Pieter-Sjoerd de Wijn	70 27.49 65 29.71	Albert Boonstra 57 26.35 Peter Fölker 64 28.86
4.	TAKAS 1 Rytas Matuliaskas Raimondas Garbatavicius	68 25.33 61 31.83	Arlandas Juodeska 61 28.54 Arvydas Burinskas 69 28.19
5.	Zoetermeer 1 Markus van Rest Andre Storm	77 28.67 56 29.45	Roger Flinterman 76 28.23 John Stoffer 63 29.17
6.	Het Y 1 Jeroen Vogelsang Donald Uijtenbogaart	80 29.46 47 31.66	Eric Langhorst 62 29.25 Arjen Kervezee 70 27.70
7.	HZ&PC Heerenveen 2 Arnold Jonker Jan van der Heide	70 35.30 51 37.61	Marten de Groot 58 28.29 Gerard Eghuizen 74 27.66
8.	WIDEX GZC DONK 1 Pim Nieuwenkamp Willem Jan Ribberink	63 30.71 65 30.81	Yves van den Berg 66 32.89 Remco Luijnenburg 79 37.62
9.	OEZA 1 Sander de Weert Jan Glorie	72 30.58 60 47.40	Eric Tijms 64 32.50 Paul Oudendijk 81 27.26

200+

1.	PLONS 1 Vincent de Keijzer Joop van Eijk	58 32.85 47 33.53	Jan Vlasblom 61 30.11 Mark Kas 61 30.74
2.	PSV 1 Arjaan den Haan Brend Brevé	48 34.19 52 28.95	Rob Hanou 43 36.33 Harold Matla 68 28.11

Programmanr. 31
22-01-2011 - 17:24

Dames, 4 x 50m vrije slag

Masters Open
Resultaten

rang	vereniging	inschrijftijd	tijd
80+			
1.	Tritium (SG) 1 Marjolein van der Sanden Naomi Feider	84 34.46 91 32.08	Merel Siroen 88 29.66 Elodie Siroen 90 31.71
100+			
1.	De Dinkel 1 <i>Kampioenschaps Record</i> Karin Hidding Franca Willeme	84 28.35 84 31.15	Anique Willeme 86 28.09 Marlies Reinders 86 26.81
2.	Zoetermeer 2 Sanne van Dijk Delia Badoux	90 30.93 80 27.87	Chita van der Goorbergh 68 31.49 Madeleine Sielemann 91 31.18
3.	PSV 1 Nienke van Stipriaan Kitty van Genct	87 29.99 87 32.48	Elles van Leeuwen 86 30.84 Renee de Kok 84 30.76
4.	Montferland 1 Marje Jansen Wilma van Velsen	85 30.88 64 29.55	Kelly Bocking 91 33.80 Esther van Maastrigt 88 31.61



Open Nederlandse Masters Kampioenschappen 2010 kb
Heerenveen, 21-23 januari 2011



Programmanr. 31, Dames, 4 x 50m vrije slag, 100+

rang	vereniging	inschrijftijd	tijd	
5.	De Veene	2:08.15	2:08.36	
	Henrike de Vries	89 31.78	86 28.33	
	Leonie Versteeg	90 33.73	73 34.52	
DIS	HZ&PC Heerenveen 1	HZ&PC Heerenveen	2:27.03	EA
	<i>dis tweede zwemmer</i>			
	Wendan Poelstra	91 28.04	Jannie Vennik	76 76
	Doucette Riemersma	86	Karin van Dijk	86 86

160+

1.	AZ&PC 1	AZ&PC	2:05.86	2:07.36
	Petra Casteleijn	66 30.47	Henriëtte v. Norden	68 31.78
	Friderika Kerekes	65 33.43	Atie Pijtak-Radersma	56 31.68



5 - ONMK 2011 kb sessie 5

23-01-2011 - 8:30

Programmanr. 33
23-01-2011 - 8:30

Dames, 800m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	
Masters 20+						
1.	Laura Oosterbroek	Swol 1894	10:34.32	8803264	10:32.73	
	50m: 35.74	35.74	250m: 3:14.76	40.43	450m: 5:55.66	39.78
	100m: 1:14.75	39.01	300m: 3:55.54	40.78	500m: 6:35.83	40.17
	150m: 1:54.36	39.61	350m: 4:35.56	40.02	550m: 7:16.13	40.30
	200m: 2:34.33	39.97	400m: 5:15.88	40.32	600m: 7:56.45	40.32
					650m: 8:36.04	39.59
					700m: 9:16.17	40.13
					750m: 9:56.03	39.86
					800m: 10:32.73	36.70
2.	Cynthia Grooteboer	De Reest	10:54.49	8901462	10:35.71	
	50m: 35.45	35.45	250m: 3:16.65	40.71	450m: 5:59.29	40.68
	100m: 1:14.61	39.16	300m: 3:57.54	40.89	500m: 6:40.30	41.01
	150m: 1:55.15	40.54	350m: 4:37.95	40.41	550m: 7:20.46	40.16
	200m: 2:35.94	40.79	400m: 5:18.61	40.66	600m: 8:00.48	40.02
					650m: 8:40.56	40.08
					700m: 9:20.24	39.68
					750m: 9:59.30	39.06
					800m: 10:35.71	36.41
3.	Maaïke van Diggele	ZPB H&L Productions	11:48.23	8700868	11:39.33	
	50m: 37.46	37.46	250m: 3:29.10	44.35	450m: 6:29.94	45.53
	100m: 1:18.61	41.15	300m: 4:14.07	44.97	500m: 7:15.32	45.38
	150m: 2:01.34	42.73	350m: 4:59.32	45.25	550m: 8:00.78	45.46
	200m: 2:44.75	43.41	400m: 5:44.41	45.09	600m: 8:45.90	45.12
					650m: 9:31.48	45.58
					700m: 10:15.79	44.31
					750m: 10:59.32	43.53
					800m: 11:39.33	40.01
4.	Annebeth van Ark	Octopus	12:01.09	8805588	11:39.52	
	50m: 36.99	36.99	250m: 3:31.14	44.72	450m: 6:30.44	44.88
	100m: 1:18.73	41.74	300m: 4:15.91	44.77	500m: 7:16.03	45.59
	150m: 2:02.41	43.68	350m: 4:59.79	43.88	550m: 8:01.72	45.69
	200m: 2:46.42	44.01	400m: 5:45.56	45.77	600m: 8:46.89	45.17
					650m: 9:31.60	44.71
					700m: 10:15.94	44.34
					750m: 10:59.49	43.55
					800m: 11:39.52	40.03
5.	Liset de Veer 200 en 400m*	Aqua-Novio'94	11:42.88	8704190	11:56.29	
	50m: 38.83	38.83	250m: 3:34.26	45.01	450m: 6:36.54	45.82
	100m: 1:21.56	42.73	300m: 4:19.51	45.25	500m: 7:22.70	46.16
	150m: 2:05.26	43.70	350m: 5:05.00	45.49	550m: 8:08.44	45.74
	200m: 2:49.25	43.99	400m: 5:50.72	45.72	600m: 8:54.70	46.26
					650m: 9:40.81	46.11
					700m: 10:25.98	45.17
					750m: 11:11.97	45.99
					800m: 11:56.29	44.32

Masters 25+

1.	Mirjam Belderbos	Zwemlust-den Hommel	9:54.82	8300128	9:43.98	
	50m: 33.48	33.48	250m: 2:59.89	36.64	450m: 5:27.73	36.88
	100m: 1:09.44	35.96	300m: 3:36.88	36.99	500m: 6:04.83	37.10
	150m: 1:46.33	36.89	350m: 4:13.87	36.99	550m: 6:41.55	36.72
	200m: 2:23.25	36.92	400m: 4:50.85	36.98	600m: 7:18.50	36.95
					650m: 7:55.36	36.86
					700m: 8:32.08	36.72
					750m: 9:08.65	36.57
					800m: 9:43.98	35.33
2.	Nadya Putter	ZVVS	10:00.04	8301630	10:08.90	
	50m: 34.42	34.42	250m: 3:02.19	36.98	450m: 5:34.30	38.18
	100m: 1:10.66	36.24	300m: 3:39.98	37.79	500m: 6:13.39	39.09
	150m: 1:47.71	37.05	350m: 4:18.00	38.02	550m: 6:52.89	39.50
	200m: 2:25.21	37.50	400m: 4:56.12	38.12	600m: 7:32.55	39.66
					650m: 8:12.29	39.74
					700m: 8:52.08	39.79
					750m: 9:31.08	39.00
					800m: 10:08.90	37.82
3.	Linda Hoogendam	D'Eift	10:17.54	8300892	10:18.20	
	50m: 34.10	34.10	250m: 3:10.45	39.69	450m: 5:48.31	38.40
	100m: 1:12.26	38.16	300m: 3:50.48	40.03	500m: 6:27.55	39.24
	150m: 1:51.52	39.26	350m: 4:30.31	39.83	550m: 7:06.97	39.42
	200m: 2:30.76	39.24	400m: 5:09.91	39.60	600m: 7:46.66	39.69
					650m: 8:25.68	39.02
					700m: 9:05.22	39.54
					750m: 9:42.75	37.53
					800m: 10:18.20	35.45
4.	Marieke van der Vegt	Haren	10:12.26	8504026	10:41.12	
	50m: 33.47	33.47	250m: 3:08.25	39.79	450m: 5:51.73	41.28
	100m: 1:10.83	37.36	300m: 3:48.30	40.05	500m: 6:33.18	41.45
	150m: 1:48.96	38.13	350m: 4:29.27	40.97	550m: 7:15.08	41.90
	200m: 2:28.46	39.50	400m: 5:10.45	41.18	600m: 7:56.46	41.38
					650m: 8:38.14	41.68
					700m: 9:19.58	41.44
					750m: 10:00.87	41.29
					800m: 10:41.12	40.25
5.	Pauline Tieleman	De Geul	10:38.32	8403348	10:52.24	
	50m: 34.80	34.80	250m: 3:15.44	41.00	450m: 6:00.44	41.42
	100m: 1:14.05	39.25	300m: 3:56.44	41.00	500m: 6:42.30	41.86
	150m: 1:54.06	40.01	350m: 4:37.61	41.17	550m: 7:24.39	42.09
	200m: 2:34.44	40.38	400m: 5:19.02	41.41	600m: 8:06.50	42.11
					650m: 8:48.04	41.54
					700m: 9:30.14	42.10
					750m: 10:11.62	41.48
					800m: 10:52.24	40.62
6.	Petra Wolsing	De Futen	11:14.86	8402796	11:12.19	
	50m: 36.82	36.82	250m: 3:23.84	41.97	450m: 6:12.90	42.06
	100m: 1:17.61	40.79	300m: 4:06.35	42.51	500m: 6:55.78	42.88
	150m: 1:59.60	41.99	350m: 4:48.68	42.33	550m: 7:38.76	42.98
	200m: 2:41.87	42.27	400m: 5:30.84	42.16	600m: 8:21.37	42.61
					650m: 9:04.54	43.17
					700m: 9:47.51	42.97
					750m: 10:31.08	43.57
					800m: 11:12.19	41.11

Programmanr. 33, Dames, 800m vrije slag

Masters 30+

1. Rianne van Vegchelen	Deltasteur	13:31.37	8101530	13:39.04
50m: 43.74 43.74	250m: 4:03.73 51.55	450m: 7:34.17 53.38	650m: 11:05.32 52.24	
100m: 1:31.93 48.19	300m: 4:55.61 51.88	500m: 8:27.24 53.07	700m: 11:58.42 53.10	
150m: 2:21.84 49.91	350m: 5:47.99 52.38	550m: 9:20.41 53.17	750m: 12:49.62 51.20	
200m: 3:12.18 50.34	400m: 6:40.79 52.80	600m: 10:13.08 52.67	800m: 13:39.04 49.42	
2. Clementine van Bruxvoort	ZPB H&L Productions	13:32.23	7700138	14:17.77
50m: 44.69 44.69	250m: 4:16.70 53.32	450m: 7:55.71 55.80	650m: 11:36.17 54.59	
100m: 1:37.13 52.44	300m: 5:10.74 54.04	500m: 8:51.38 55.67	700m: 12:33.17 57.00	
150m: 2:29.53 52.40	350m: 6:05.17 54.43	550m: 9:45.81 54.43	750m: 13:26.63 53.46	
200m: 3:23.38 53.85	400m: 6:59.91 54.74	600m: 10:41.58 55.77	800m: 14:17.77 51.14	

Masters 35+

1. Grith Sigsgaard	Het Y	9:47.08	7200772	9:41.87
50m: 33.32 33.32	250m: 2:58.03 36.23	450m: 5:23.79 36.29	650m: 7:51.84 37.09	
100m: 1:09.29 35.97	300m: 3:34.48 36.45	500m: 6:00.59 36.80	700m: 8:28.78 36.94	
150m: 1:45.40 36.11	350m: 4:10.91 36.43	550m: 6:37.65 37.06	750m: 9:05.56 36.78	
200m: 2:21.80 36.40	400m: 4:47.50 36.59	600m: 7:14.75 37.10	800m: 9:41.87 36.31	
2. Liselotte Joling	PSV	10:31.87	7500268	10:27.70
50m: 35.13 35.13	250m: 3:10.89 38.80	450m: 5:50.04 38.67	650m: 8:31.26 39.47	
100m: 1:13.40 38.27	300m: 3:50.82 39.93	500m: 6:30.77 40.73	700m: 9:11.69 40.43	
150m: 1:52.47 39.07	350m: 4:30.85 40.03	550m: 7:11.37 40.60	750m: 9:50.24 38.55	
200m: 2:32.09 39.62	400m: 5:11.37 40.52	600m: 7:51.79 40.42	800m: 10:27.70 37.46	

Masters 40+

1. Karin Stein	ZVVS	9:58.81	7100554	9:51.31
<i>Nederlands Masters Record</i>				
50m: 34.03 34.03	250m: 3:00.28 37.18	450m: 5:29.28 37.31	650m: 8:00.21 37.57	
100m: 1:09.93 35.90	300m: 3:37.48 37.20	500m: 6:06.84 37.56	700m: 8:38.03 37.82	
150m: 1:46.30 36.37	350m: 4:14.70 37.22	550m: 6:44.61 37.77	750m: 9:15.33 37.30	
200m: 2:23.10 36.80	400m: 4:51.97 37.27	600m: 7:22.64 38.03	800m: 9:51.31 35.98	
2. Cynthia Noordermeer	Het Y	10:28.86	7000358	10:33.97
50m: 36.52 36.52	250m: 3:13.15 39.58	450m: 5:53.65 40.17	650m: 8:35.04 40.50	
100m: 1:15.18 38.66	300m: 3:52.92 39.77	500m: 6:33.82 40.17	700m: 9:15.24 40.20	
150m: 1:54.34 39.16	350m: 4:32.90 39.98	550m: 7:14.08 40.26	750m: 9:55.69 40.45	
200m: 2:33.57 39.23	400m: 5:13.48 40.58	600m: 7:54.54 40.46	800m: 10:33.97 38.28	
3. Annette de Visser	Oceanus	10:31.54	7100602	10:54.42
50m: 36.28 36.28	250m: 3:17.02 40.98	450m: 6:03.04 41.92	650m: 8:51.18 41.87	
100m: 1:15.63 39.35	300m: 3:58.09 41.07	500m: 6:44.93 41.89	700m: 9:32.89 41.71	
150m: 1:55.63 40.00	350m: 4:39.26 41.17	550m: 7:27.17 42.24	750m: 10:14.73 41.84	
200m: 2:36.04 40.41	400m: 5:21.12 41.86	600m: 8:09.31 42.14	800m: 10:54.42 39.69	
4. Laura Staal	Oceanus	11:02.71	6700358	11:01.86
50m: 37.22 37.22	250m: 3:20.93 41.47	450m: 6:08.73 41.75	650m: 8:58.00 42.41	
100m: 1:17.45 40.23	300m: 4:02.79 41.86	500m: 6:51.15 42.42	700m: 9:39.72 41.72	
150m: 1:58.17 40.72	350m: 4:44.75 41.96	550m: 7:33.66 42.51	750m: 10:21.32 41.60	
200m: 2:39.46 41.29	400m: 5:26.98 42.23	600m: 8:15.59 41.93	800m: 11:01.86 40.54	
5. Anja Reinhard	PLONS	12:46.57	7000818	11:46.13
50m: 40.33 40.33	250m: 3:35.80 44.34	450m: 6:35.81 45.44	650m: 9:35.69 44.81	
100m: 1:23.08 42.75	300m: 4:20.58 44.78	500m: 7:21.09 45.28	700m: 10:20.13 44.44	
150m: 2:06.74 43.66	350m: 5:05.43 44.85	550m: 8:05.92 44.83	750m: 11:04.26 44.13	
200m: 2:51.46 44.72	400m: 5:50.37 44.94	600m: 8:50.88 44.96	800m: 11:46.13 41.87	
6. Annet Kootstra	Swol 1894	12:00.34	7100344	11:50.95
50m: 39.84 39.84	250m: 3:35.60 44.94	450m: 6:38.56 45.83	650m: 9:40.17 44.52	
100m: 1:22.87 43.03	300m: 4:21.19 45.59	500m: 7:24.14 45.58	700m: 10:25.03 44.86	
150m: 2:06.01 43.14	350m: 5:07.01 45.82	550m: 8:09.80 45.66	750m: 11:08.89 43.86	
200m: 2:50.66 44.65	400m: 5:52.73 45.72	600m: 8:55.65 45.85	800m: 11:50.95 42.06	
7. Sabine Delaere	R.D. Mouscronnois	12:41.02	DM/554/69	12:24.77
50m: 41.50 41.50	250m: 3:49.23 47.39	450m: 6:58.54 47.18	650m: 10:07.80 47.43	
100m: 1:27.61 46.11	300m: 4:36.77 47.54	500m: 7:46.07 47.53	700m: 10:54.78 46.98	
150m: 2:14.63 47.02	350m: 5:24.21 47.44	550m: 8:33.02 46.95	750m: 11:41.65 46.87	
200m: 3:01.84 47.21	400m: 6:11.36 47.15	600m: 9:20.37 47.35	800m: 12:24.77 43.12	
8. Hetty Smalheer	SCOM	12:19.27	6700352	12:33.81
50m: 42.38 42.38	250m: 3:52.35 47.95	450m: 7:04.03 47.64	650m: 10:15.09 48.11	
100m: 1:28.98 46.60	300m: 4:39.74 47.39	500m: 7:51.97 47.94	700m: 11:02.15 47.06	
150m: 2:16.53 47.55	350m: 5:28.23 48.49	550m: 8:39.65 47.68	750m: 11:49.76 47.61	
200m: 3:04.40 47.87	400m: 6:16.39 48.16	600m: 9:26.98 47.33	800m: 12:33.81 44.05	

Programmanr. 33, Dames, 800m vrije slag, Masters 40+

rang	naam	vereniging	inschrijftijd	startnr.	tijd
AFGEM	Ana Paula Grilo	Usms 072bw	10:03.99	121D-072BW	

Masters 45+

1.	Jacqueline Rolloos	De Lansingh	11:12.24	6300222	10:59.69
	50m: 36.79 36.79	250m: 3:23.82 42.37	450m: 6:11.38	41.91 650m: 8:58.67 40.77	
	100m: 1:17.77 40.98	300m: 4:05.79 41.97	500m: 6:53.28	41.90 700m: 9:40.54 41.87	
	150m: 1:59.49 41.72	350m: 4:47.79 42.00	550m: 7:35.62	42.34 750m: 10:21.31 40.77	
	200m: 2:41.45 41.96	400m: 5:29.47 41.68	600m: 8:17.90	42.28 800m: 10:59.69 38.38	
2.	Margreet van der Pol	De Futen	12:01.38	6600276	12:00.26
	400m*				
	50m: 40.13 40.13	250m: 3:40.78 45.90	450m: 6:44.17	45.91 650m: 9:48.61 45.90	
	100m: 1:23.91 43.78	300m: 4:26.80 46.02	500m: 7:30.43	46.26 700m: 10:34.31 45.70	
	150m: 2:09.03 45.12	350m: 5:12.62 45.82	550m: 8:16.44	46.01 750m: 11:19.05 44.74	
	200m: 2:54.88 45.85	400m: 5:58.26 45.64	600m: 9:02.71	46.27 800m: 12:00.26 41.21	

Masters 50+

1.	Dymphna Morris	Aer Lingus Swimming Club	10:04.83	1007454	10:09.52
	<i>Kampioenschaps Record</i>				
	50m: 35.06 35.06	250m: 3:06.94 38.67	450m: 5:41.55	38.43 650m: 8:16.70 38.65	
	100m: 1:12.10 37.04	300m: 3:45.40 38.46	500m: 6:20.11	38.56 700m: 8:55.48 38.78	
	150m: 1:50.10 38.00	350m: 4:24.08 38.68	550m: 6:58.93	38.82 750m: 9:33.88 38.40	
	200m: 2:28.27 38.17	400m: 5:03.12 39.04	600m: 7:38.05	39.12 800m: 10:09.52 35.64	
2.	Patty Verhagen	AquAmigos	10:44.86	5900146	11:08.49
	50 en 400m*				
	50m: 38.58 38.58	250m: 3:26.17 42.37	450m: 6:15.38	41.86 650m: 9:04.27 42.30	
	100m: 1:19.33 40.75	300m: 4:08.54 42.37	500m: 6:57.70	42.32 700m: 9:46.34 42.07	
	150m: 2:01.49 42.16	350m: 4:51.05 42.51	550m: 7:39.73	42.03 750m: 10:28.33 41.99	
	200m: 2:43.80 42.31	400m: 5:33.52 42.47	600m: 8:21.97	42.24 800m: 11:08.49 40.16	
3.	Marlien Wijnhof	Nat Utrecht	12:19.75	6100300	12:20.26
	50m: 41.64 41.64	250m: 3:47.45 47.22	450m: 6:55.85	47.14 650m: 10:03.06 46.25	
	100m: 1:26.73 45.09	300m: 4:34.62 47.17	500m: 7:42.39	46.54 700m: 10:49.98 46.92	
	150m: 2:13.21 46.48	350m: 5:21.70 47.08	550m: 8:29.37	46.98 750m: 11:36.11 46.13	
	200m: 3:00.23 47.02	400m: 6:08.71 47.01	600m: 9:16.81	47.44 800m: 12:20.26 44.15	
4.	Jacqueline Brouwer	ZV De Bron	14:28.50	6100296	14:45.61
	50m: 46.40 46.40	250m: 4:21.91 55.76	450m: 8:11.84	56.91 650m: 12:00.49 56.94	
	100m: 1:37.10 50.70	300m: 5:19.20 57.29	500m: 9:09.41	57.57 700m: 12:57.35 56.86	
	150m: 2:31.25 54.15	350m: 6:18.47 59.27	550m: 10:06.83	57.42 750m: 13:53.33 55.98	
	200m: 3:26.15 54.90	400m: 7:14.93 56.46	600m: 11:03.55	56.72 800m: 14:45.61 52.28	

AFGEM	Inge Wolfs	PLONS	13:54.14	6000304	
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Masters 55+

1.	Ineke Meijer	HZ&PC Heerenveen	14:15.26	5200034	14:02.63
	50m: 46.39 46.39	250m: 4:16.94 53.61	450m: 7:51.66	53.31 650m: 11:27.49 53.99	
	100m: 1:36.93 50.54	300m: 5:10.34 53.40	500m: 8:45.51	53.85 700m: 12:21.77 54.28	
	150m: 2:30.21 53.28	350m: 6:04.25 53.91	550m: 9:39.62	54.11 750m: 13:13.84 52.07	
	200m: 3:23.33 53.12	400m: 6:58.35 54.10	600m: 10:33.50	53.88 800m: 14:02.63 48.79	

Masters 60+

1.	Conny Boer-Buys	ZVVS	11:35.18	5000006	11:24.30
	50m: 37.37 37.37	250m: 3:30.67 43.45	450m: 6:24.74	43.22 650m: 9:19.18 43.69	
	100m: 1:19.35 41.98	300m: 4:14.58 43.91	500m: 7:08.33	43.59 700m: 10:02.62 43.44	
	150m: 2:03.38 44.03	350m: 4:58.02 43.44	550m: 7:51.74	43.41 750m: 10:44.52 41.90	
	200m: 2:47.22 43.84	400m: 5:41.52 43.50	600m: 8:35.49	43.75 800m: 11:24.30 39.78	
2.	Gonnie Bak	PSV	14:49.76	5100064	15:27.01
	50m: 51.41 51.41	250m: 4:43.83 59.01	450m: 8:39.57	58.89 650m: 12:35.27 58.41	
	100m: 1:48.92 57.51	300m: 5:42.48 58.65	500m: 9:37.95	58.38 700m: 13:34.05 58.78	
	150m: 2:46.24 57.32	350m: 6:41.60 59.12	550m: 10:37.67	59.72 750m: 14:31.70 57.65	
	200m: 3:44.82 58.58	400m: 7:40.68 59.08	600m: 11:36.86	59.19 800m: 15:27.01 55.31	

Masters 65+

1.	Matty van der Veen	Old Dutch	14:54.92	4400020	14:23.50
	50m: 47.40 47.40	250m: 4:20.10 53.90	450m: 7:58.49	54.32 650m: 11:38.12 55.40	
	100m: 1:38.79 51.39	300m: 5:14.84 54.74	500m: 8:52.95	54.46 700m: 12:33.07 54.95	
	150m: 2:32.58 53.79	350m: 6:09.47 54.63	550m: 9:47.86	54.91 750m: 13:28.95 55.88	
	200m: 3:26.20 53.62	400m: 7:04.17 54.70	600m: 10:42.72	54.86 800m: 14:23.50 54.55	

Programmanr. 33, Dames, 800m vrije slag

Masters 75+

1. Annie de Vos		Old Dutch		17:38.97		3400004		17:56.96			
<i>Kampioenschaps Record</i>											
50m:	59.76	59.76	250m:	5:29.57	1:07.65	450m:	10:01.78	1:08.33	650m:	14:35.15	1:08.69
100m:	2:06.38	1:06.62	300m:	6:37.80	1:08.23	500m:	11:10.41	1:08.63	700m:	15:43.24	1:08.09
150m:	3:14.31	1:07.93	350m:	7:45.39	1:07.59	550m:	12:18.91	1:08.50	750m:	16:50.96	1:07.72
200m:	4:21.92	1:07.61	400m:	8:53.45	1:08.06	600m:	13:26.46	1:07.55	800m:	17:56.96	1:06.00

Programmanr. 34
23-01-2011 - 9:39

Heren, 1500m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd						
Masters 20+											
1. Dennis Wijbenga											
		Stadskanaal	17:11.73	9003283	17:21.58						
50m:	29.39	29.39	450m:	5:04.96	34.34	850m:	9:43.07	35.07	1250m:	14:25.84	34.48
100m:	1:02.55	33.16	500m:	5:39.86	34.90	900m:	10:17.89	34.82	1300m:	15:02.65	36.81
150m:	1:37.12	34.57	550m:	6:14.48	34.62	950m:	10:52.79	34.90	1350m:	15:39.00	36.35
200m:	2:11.75	34.63	600m:	6:49.12	34.64	1000m:	11:28.22	35.43	1400m:	16:15.54	36.54
250m:	2:46.53	34.78	650m:	7:23.63	34.51	1050m:	12:03.93	35.71	1450m:	16:49.68	34.14
300m:	3:21.33	34.80	700m:	7:58.00	34.37	1100m:	12:40.43	36.50	1500m:	17:21.58	31.90
350m:	3:55.93	34.60	750m:	8:32.77	34.77	1150m:	13:16.01	35.58			
400m:	4:30.62	34.69	800m:	9:08.00	35.23	1200m:	13:51.36	35.35			
2. Tim Bunnik											
		Triton	18:25.06	9000505	18:12.90						
50m:	31.22	31.22	450m:	5:23.60	37.27	850m:	10:18.29	37.07	1250m:	15:12.01	36.84
100m:	1:06.79	35.57	500m:	6:00.28	36.68	900m:	10:54.24	35.95	1300m:	15:48.99	36.98
150m:	1:42.32	35.53	550m:	6:37.41	37.13	950m:	11:31.28	37.04	1350m:	16:25.50	36.51
200m:	2:19.61	37.29	600m:	7:14.87	37.46	1000m:	12:08.56	37.28	1400m:	17:02.39	36.89
250m:	2:56.33	36.72	650m:	7:51.65	36.78	1050m:	12:44.98	36.42	1450m:	17:38.69	36.30
300m:	3:32.89	36.56	700m:	8:28.53	36.88	1100m:	13:21.17	36.19	1500m:	18:12.90	34.21
350m:	4:08.94	36.05	750m:	9:04.44	35.91	1150m:	13:58.06	36.89			
400m:	4:46.33	37.39	800m:	9:41.22	36.78	1200m:	14:35.17	37.11			
3. Maik Steenkamp											
		NDD	19:29.16	9103847	18:15.96						
50m:	31.70	31.70	450m:	5:23.61	37.01	850m:	10:20.55	36.85	1250m:	15:16.56	37.31
100m:	1:07.01	35.31	500m:	6:00.85	37.24	900m:	10:56.79	36.24	1300m:	15:52.99	36.43
150m:	1:43.22	36.21	550m:	6:37.86	37.01	950m:	11:34.37	37.58	1350m:	16:29.37	36.38
200m:	2:19.55	36.33	600m:	7:14.74	36.88	1000m:	12:11.84	37.47	1400m:	17:06.21	36.84
250m:	2:55.72	36.17	650m:	7:52.14	37.40	1050m:	12:48.83	36.99	1450m:	17:41.64	35.43
300m:	3:32.80	37.08	700m:	8:29.45	37.31	1100m:	13:25.22	36.39	1500m:	18:15.96	34.32
350m:	4:09.58	36.78	750m:	9:06.74	37.29	1150m:	14:02.05	36.83			
400m:	4:46.60	37.02	800m:	9:43.70	36.96	1200m:	14:39.25	37.20			
4. Niels Albrechts											
		De Schoteijl	20:09.52	8800039	19:22.53						
50m:	36.70	36.70	450m:	5:51.39	38.91	850m:	11:03.58	38.37	1250m:	16:12.92	38.84
100m:	1:15.49	38.79	500m:	6:30.54	39.15	900m:	11:42.65	39.07	1300m:	16:53.06	40.14
150m:	1:55.07	39.58	550m:	7:09.84	39.30	950m:	12:21.01	38.36	1350m:	17:31.51	38.45
200m:	2:34.31	39.24	600m:	7:49.17	39.33	1000m:	12:58.98	37.97	1400m:	18:10.32	38.81
250m:	3:13.95	39.64	650m:	8:28.74	39.57	1050m:	13:37.67	38.69	1450m:	18:48.47	38.15
300m:	3:53.83	39.88	700m:	9:07.78	39.04	1100m:	14:15.95	38.28	1500m:	19:22.53	34.06
350m:	4:33.14	39.31	750m:	9:46.58	38.80	1150m:	14:54.80	38.85			
400m:	5:12.48	39.34	800m:	10:25.21	38.63	1200m:	15:34.08	39.28			
5. Emiel Ghali											
		Van Vliet-Barracuda	19:59.06	8701019	19:40.86						
50m:	34.64	34.64	450m:	5:51.26	38.83	850m:	11:06.08	39.46	1250m:	16:24.06	40.24
100m:	1:13.49	38.85	500m:	6:30.16	38.90	900m:	11:46.05	39.97	1300m:	17:03.51	39.45
150m:	1:52.39	38.90	550m:	7:09.51	39.35	950m:	12:25.86	39.81	1350m:	17:43.52	40.01
200m:	2:32.49	40.10	600m:	7:48.77	39.26	1000m:	13:05.03	39.17	1400m:	18:23.56	40.04
250m:	3:12.88	40.39	650m:	8:27.98	39.21	1050m:	13:44.35	39.32	1450m:	19:02.98	39.42
300m:	3:53.23	40.35	700m:	9:07.49	39.51	1100m:	14:24.12	39.77	1500m:	19:40.86	37.88
350m:	4:33.23	40.00	750m:	9:46.92	39.43	1150m:	15:03.66	39.54			
400m:	5:12.43	39.20	800m:	10:26.62	39.70	1200m:	15:43.82	40.16			

Masters 25+

1. Erik Schröder		TriVia		16:37.80		8402025		16:34.60			
<i>Nederlands Masters Record</i>											
50m:	28.84	28.84	450m:	4:52.54	33.60	850m:	9:21.93	33.71	1250m:	13:51.81	33.42
100m:	1:00.24	31.40	500m:	5:26.01	33.47	900m:	9:55.32	33.39	1300m:	14:25.60	33.79
150m:	1:32.84	32.60	550m:	5:59.72	33.71	950m:	10:29.21	33.89	1350m:	14:58.80	33.20
200m:	2:05.71	32.87	600m:	6:33.37	33.65	1000m:	11:02.85	33.64	1400m:	15:31.89	33.09
250m:	2:38.79	33.08	650m:	7:07.06	33.69	1050m:	11:36.70	33.85	1450m:	16:04.12	32.23
300m:	3:12.00	33.21	700m:	7:41.06	34.00	1100m:	12:10.81	34.11	1500m:	16:34.60	30.48
350m:	3:45.54	33.54	750m:	8:14.71	33.65	1150m:	12:44.26	33.45			
400m:	4:18.94	33.40	800m:	8:48.22	33.51	1200m:	13:18.39	34.13			

Programmanr. 34, Heren, 1500m vrije slag, Masters 25+

rang	naam	vereniging	inschrijftijd	startnr.	tijd			
2.	Remco van Althuis	SBC2000	18:37.28	8300029	18:08.32			
	50m: 31.73	31.73	450m: 5:20.27	36.44	850m: 10:12.70	36.64	1250m: 15:05.26	36.71
	100m: 1:06.63	34.90	500m: 5:56.93	36.66	900m: 10:49.29	36.59	1300m: 15:42.27	37.01
	150m: 1:42.18	35.55	550m: 6:33.22	36.29	950m: 11:26.04	36.75	1350m: 16:19.21	36.94
	200m: 2:18.15	35.97	600m: 7:09.99	36.77	1000m: 12:02.81	36.77	1400m: 16:56.59	37.38
	250m: 2:54.50	36.35	650m: 7:46.57	36.58	1050m: 12:39.55	36.74	1450m: 17:33.58	36.99
	300m: 3:31.06	36.56	700m: 8:23.14	36.57	1100m: 13:15.81	36.26	1500m: 18:08.32	34.74
	350m: 4:07.63	36.57	750m: 8:59.47	36.33	1150m: 13:52.15	36.34		
	400m: 4:43.83	36.20	800m: 9:36.06	36.59	1200m: 14:28.55	36.40		

Masters 30+

1.	Dirkjan Beugelsdijk	De Zijl/LGB	18:49.54	8100123	18:46.73			
	50m: 32.97	32.97	450m: 5:29.49	37.49	850m: 10:34.63	38.29	1250m: 15:42.76	38.25
	100m: 1:08.61	35.64	500m: 6:07.22	37.73	900m: 11:12.79	38.16	1300m: 16:20.74	37.98
	150m: 1:44.81	36.20	550m: 6:45.32	38.10	950m: 11:51.16	38.37	1350m: 16:58.22	37.48
	200m: 2:21.61	36.80	600m: 7:23.70	38.38	1000m: 12:29.88	38.72	1400m: 17:35.87	37.65
	250m: 2:59.01	37.40	650m: 8:02.08	38.38	1050m: 13:08.10	38.22	1450m: 18:12.48	36.61
	300m: 3:36.61	37.60	700m: 8:40.10	38.02	1100m: 13:46.99	38.89	1500m: 18:46.73	34.25
	350m: 4:14.27	37.66	750m: 9:18.12	38.02	1150m: 14:25.97	38.98		
	400m: 4:52.00	37.73	800m: 9:56.34	38.22	1200m: 15:04.51	38.54		
2.	Jeroen Vogelsang	Het Y	18:24.57	8001645	19:49.12			
	50m: 31.93	31.93	450m: 5:38.88	40.08	850m: 11:04.31	40.85	1250m: 16:30.38	40.38
	100m: 1:07.97	36.04	500m: 6:18.99	40.11	900m: 11:44.52	40.21	1300m: 17:10.68	40.30
	150m: 1:45.15	37.18	550m: 6:59.64	40.65	950m: 12:25.74	41.22	1350m: 17:51.00	40.32
	200m: 2:23.10	37.95	600m: 7:40.89	41.25	1000m: 13:07.34	41.60	1400m: 18:31.61	40.61
	250m: 3:01.41	38.31	650m: 8:21.21	40.32	1050m: 13:48.02	40.68	1450m: 19:10.66	39.05
	300m: 3:40.16	38.75	700m: 9:02.01	40.80	1100m: 14:28.39	40.37	1500m: 19:49.12	38.46
	350m: 4:19.40	39.24	750m: 9:43.19	41.18	1150m: 15:08.69	40.30		
	400m: 4:58.80	39.40	800m: 10:23.46	40.27	1200m: 15:50.00	41.31		

Masters 35+

1.	Johnny Westra	ZPD	19:23.80	7601017	19:04.35			
	50m: 32.71	32.71	450m: 5:32.98	38.18	850m: 10:39.72	38.82	1250m: 15:50.93	39.50
	100m: 1:08.68	35.97	500m: 6:11.11	38.13	900m: 11:19.03	39.31	1300m: 16:30.35	39.42
	150m: 1:45.50	36.82	550m: 6:49.48	38.37	950m: 11:57.79	38.76	1350m: 17:09.62	39.27
	200m: 2:22.99	37.49	600m: 7:27.47	37.99	1000m: 12:36.01	38.22	1400m: 17:48.83	39.21
	250m: 3:00.90	37.91	650m: 8:05.89	38.42	1050m: 13:14.35	38.34	1450m: 18:28.06	39.23
	300m: 3:38.83	37.93	700m: 8:44.28	38.39	1100m: 13:53.23	38.88	1500m: 19:04.35	36.29
	350m: 4:16.61	37.78	750m: 9:22.67	38.39	1150m: 14:32.22	38.99		
	400m: 4:54.80	38.19	800m: 10:00.90	38.23	1200m: 15:11.43	39.21		
2.	Sander de Weert	OEZA	23:37.48	7201443	23:53.42			
	50m: 41.85	41.85	450m: 7:04.68	48.62	850m: 13:36.20	48.08	1250m: 20:02.10	48.25
	100m: 1:27.38	45.53	500m: 7:53.08	48.40	900m: 14:24.97	48.77	1300m: 20:49.74	47.64
	150m: 2:14.55	47.17	550m: 8:42.99	49.91	950m: 15:13.75	48.78	1350m: 21:37.61	47.87
	200m: 3:02.73	48.18	600m: 9:32.25	49.26	1000m: 16:02.64	48.89	1400m: 22:25.16	47.55
	250m: 3:50.73	48.00	650m: 10:20.99	48.74	1050m: 16:50.79	48.15	1450m: 23:12.36	47.20
	300m: 4:38.80	48.07	700m: 11:10.24	49.25	1100m: 17:38.91	48.12	1500m: 23:53.42	41.06
	350m: 5:27.33	48.53	750m: 11:59.21	48.97	1150m: 18:26.46	47.55		
	400m: 6:16.06	48.73	800m: 12:48.12	48.91	1200m: 19:13.85	47.39		

Masters 40+

1.	René Beetsma	HZ&PC Heerenveen	18:56.81	6900069	18:18.36			
	50m: 32.91	32.91	450m: 5:22.63	36.53	850m: 10:16.95	36.96	1250m: 15:13.56	37.25
	100m: 1:08.82	35.91	500m: 5:59.10	36.47	900m: 10:53.87	36.92	1300m: 15:50.89	37.33
	150m: 1:44.63	35.81	550m: 6:36.02	36.92	950m: 11:31.04	37.17	1350m: 16:28.14	37.25
	200m: 2:20.67	36.04	600m: 7:12.86	36.84	1000m: 12:07.82	36.78	1400m: 17:05.28	37.14
	250m: 2:56.72	36.05	650m: 7:49.85	36.99	1050m: 12:44.79	36.97	1450m: 17:42.25	36.97
	300m: 3:33.21	36.49	700m: 8:26.64	36.79	1100m: 13:21.91	37.12	1500m: 18:18.36	36.11
	350m: 4:09.70	36.49	750m: 9:03.43	36.79	1150m: 13:59.11	37.20		
	400m: 4:46.10	36.40	800m: 9:39.99	36.56	1200m: 14:36.31	37.20		
2.	Jo-an Mudde	Zeester-Meerval	18:46.45	6701457	18:46.54			
	50m: 34.08	34.08	450m: 5:33.45	38.10	850m: 10:37.27	37.64	1250m: 15:40.17	37.89
	100m: 1:10.90	36.82	500m: 6:11.58	38.13	900m: 11:15.03	37.76	1300m: 16:17.95	37.78
	150m: 1:47.44	36.54	550m: 6:49.56	37.98	950m: 11:52.79	37.76	1350m: 16:56.04	38.09
	200m: 2:24.51	37.07	600m: 7:27.61	38.05	1000m: 12:30.67	37.88	1400m: 17:33.81	37.77
	250m: 3:02.05	37.54	650m: 8:05.79	38.18	1050m: 13:08.85	38.18	1450m: 18:10.79	36.98
	300m: 3:39.68	37.63	700m: 8:43.75	37.96	1100m: 13:46.72	37.87	1500m: 18:46.54	35.75
	350m: 4:17.52	37.84	750m: 9:21.72	37.97	1150m: 14:24.28	37.56		
	400m: 4:55.35	37.83	800m: 9:59.63	37.91	1200m: 15:02.28	38.00		

Programmanr. 34, Heren, 1500m vrije slag, Masters 40+

rang	naam	vereniging	inschrijftijd	startnr.	tijd			
3.	John Pfaff	Zwemlust-den Hommel	20:44.97	6901475	20:25.45			
	50m: 35.34	35.34	450m: 6:03.19	41.60	850m: 11:32.42	41.06	1250m: 17:02.09	41.26
	100m: 1:14.71	39.37	500m: 6:44.51	41.32	900m: 12:13.35	40.93	1300m: 17:44.05	41.96
	150m: 1:54.96	40.25	550m: 7:25.86	41.35	950m: 12:54.16	40.81	1350m: 18:24.95	40.90
	200m: 2:35.57	40.61	600m: 8:06.94	41.08	1000m: 13:35.58	41.42	1400m: 19:06.12	41.17
	250m: 3:16.85	41.28	650m: 8:48.12	41.18	1050m: 14:16.62	41.04	1450m: 19:46.72	40.60
	300m: 3:58.66	41.81	700m: 9:29.19	41.07	1100m: 14:58.05	41.43	1500m: 20:25.45	38.73
	350m: 4:40.07	41.41	750m: 10:10.29	41.10	1150m: 15:39.42	41.37		
	400m: 5:21.59	41.52	800m: 10:51.36	41.07	1200m: 16:20.83	41.41		
4.	Arnold Jonker	HZ&PC Heerenveen	25:49.86	7000529	24:46.40			
	50m: 45.62	45.62	450m: 7:25.26	49.77	850m: 13:59.81	49.14	1250m: 20:38.21	50.08
	100m: 1:34.17	48.55	500m: 8:14.46	49.20	900m: 14:48.82	49.01	1300m: 21:28.98	50.77
	150m: 2:23.28	49.11	550m: 9:04.23	49.77	950m: 15:38.92	50.10	1350m: 22:19.10	50.12
	200m: 3:14.52	51.24	600m: 9:53.58	49.35	1000m: 16:28.65	49.73	1400m: 23:08.52	49.42
	250m: 4:04.95	50.43	650m: 10:42.73	49.15	1050m: 17:18.57	49.92	1450m: 23:58.42	49.90
	300m: 4:55.49	50.54	700m: 11:31.41	48.68	1100m: 18:08.53	49.96	1500m: 24:46.40	47.98
	350m: 5:45.63	50.14	750m: 12:20.92	49.51	1150m: 18:58.07	49.54		
	400m: 6:35.49	49.86	800m: 13:10.67	49.75	1200m: 19:48.13	50.06		
5.	Jean-Claude Callens 50m,100m,200m,800m*	R.D. Mouscronnois	27:21.71	DM/601/67	27:17.63			
	50m: 45.74	45.74	450m: 7:59.78	55.02	850m: 15:21.89	54.64	1250m: 22:47.45	54.69
	100m: 1:37.68	51.94	500m: 8:55.08	55.30	900m: 16:16.80	54.91	1300m: 23:42.35	54.90
	150m: 2:31.44	53.76	550m: 9:50.16	55.08	950m: 17:12.81	56.01	1350m: 24:38.01	55.66
	200m: 3:25.71	54.27	600m: 10:45.28	55.12	1000m: 18:09.03	56.22	1400m: 25:32.65	54.64
	250m: 4:20.27	54.56	650m: 11:40.72	55.44	1050m: 19:04.77	55.74	1450m: 26:26.16	53.51
	300m: 5:14.80	54.53	700m: 12:35.29	54.57	1100m: 19:59.84	55.07	1500m: 27:17.63	51.47
	350m: 6:09.65	54.85	750m: 13:31.83	56.54	1150m: 20:55.77	55.93		
	400m: 7:04.76	55.11	800m: 14:27.25	55.42	1200m: 21:52.76	56.99		

Masters 45+

1.	Sergey Makarychev	Poseidon	19:10.57	37018	18:29.47			
	50m: 33.69	33.69	450m: 5:35.64	37.92	850m: 10:35.98	37.16	1250m: 15:31.11	36.92
	100m: 1:10.73	37.04	500m: 6:13.41	37.77	900m: 11:12.82	36.84	1300m: 16:07.93	36.82
	150m: 1:48.56	37.83	550m: 6:51.49	38.08	950m: 11:49.83	37.01	1350m: 16:44.31	36.38
	200m: 2:26.35	37.79	600m: 7:29.22	37.73	1000m: 12:26.67	36.84	1400m: 17:20.59	36.28
	250m: 3:04.59	38.24	650m: 8:06.87	37.65	1050m: 13:03.46	36.79	1450m: 17:56.27	35.68
	300m: 3:42.35	37.76	700m: 8:44.37	37.50	1100m: 13:40.74	37.28	1500m: 18:29.47	33.20
	350m: 4:20.09	37.74	750m: 9:21.76	37.39	1150m: 14:17.41	36.67		
	400m: 4:57.72	37.63	800m: 9:58.82	37.06	1200m: 14:54.19	36.78		
2.	Valery Tyrin	Poseidon	19:24.42	37021	18:49.32			
	50m: 34.43	34.43	450m: 5:36.51	37.93	850m: 10:38.58	37.59	1250m: 15:41.33	37.86
	100m: 1:11.87	37.44	500m: 6:14.67	38.16	900m: 11:16.27	37.69	1300m: 16:19.13	37.80
	150m: 1:49.82	37.95	550m: 6:52.34	37.67	950m: 11:53.82	37.55	1350m: 16:57.10	37.97
	200m: 2:28.14	38.32	600m: 7:30.51	38.17	1000m: 12:31.78	37.96	1400m: 17:35.32	38.22
	250m: 3:05.87	37.73	650m: 8:07.76	37.25	1050m: 13:09.62	37.84	1450m: 18:13.67	38.35
	300m: 3:43.33	37.46	700m: 8:45.76	38.00	1100m: 13:47.65	38.03	1500m: 18:49.32	35.65
	350m: 4:20.93	37.60	750m: 9:23.44	37.68	1150m: 14:25.66	38.01		
	400m: 4:58.58	37.65	800m: 10:00.99	37.55	1200m: 15:03.47	37.81		
3.	Johan Neevel	Deltasteur	19:38.00	6501475	19:12.04			
	50m: 34.26	34.26	450m: 5:39.35	38.59	850m: 10:49.18	38.73	1250m: 16:01.27	39.28
	100m: 1:11.13	36.87	500m: 6:18.02	38.67	900m: 11:27.78	38.60	1300m: 16:39.91	38.64
	150m: 1:48.96	37.83	550m: 6:56.63	38.61	950m: 12:06.81	39.03	1350m: 17:18.83	38.92
	200m: 2:27.10	38.14	600m: 7:35.35	38.72	1000m: 12:45.82	39.01	1400m: 17:57.33	38.50
	250m: 3:05.39	38.29	650m: 8:13.98	38.63	1050m: 13:24.72	38.90	1450m: 18:35.35	38.02
	300m: 3:43.75	38.36	700m: 8:52.95	38.97	1100m: 14:03.23	38.51	1500m: 19:12.04	36.69
	350m: 4:22.31	38.56	750m: 9:31.48	38.53	1150m: 14:42.27	39.04		
	400m: 5:00.76	38.45	800m: 10:10.45	38.97	1200m: 15:21.99	39.72		
4.	Marcel Stroet	ZV De Bron	19:57.37	6400929	19:49.06			
	50m: 35.03	35.03	450m: 5:52.02	39.60	850m: 11:11.48	40.10	1250m: 16:32.13	40.10
	100m: 1:13.46	38.43	500m: 6:31.51	39.49	900m: 11:51.26	39.78	1300m: 17:12.07	39.94
	150m: 1:52.98	39.52	550m: 7:11.41	39.90	950m: 12:31.27	40.01	1350m: 17:51.90	39.83
	200m: 2:32.51	39.53	600m: 7:51.41	40.00	1000m: 13:11.22	39.95	1400m: 18:31.32	39.42
	250m: 3:12.32	39.81	650m: 8:31.25	39.84	1050m: 13:51.45	40.23	1450m: 19:10.51	39.19
	300m: 3:52.62	40.30	700m: 9:11.25	40.00	1100m: 14:31.55	40.10	1500m: 19:49.06	38.55
	350m: 4:32.58	39.96	750m: 9:51.23	39.98	1150m: 15:11.91	40.36		
	400m: 5:12.42	39.84	800m: 10:31.38	40.15	1200m: 15:52.03	40.12		
5.	Eric Smits	Z&PC De Gouwe	21:54.38	6501453	21:21.64			
	50m: 36.18	36.18	450m: 6:16.77	43.07	850m: 12:01.45	42.80	1250m: 17:48.79	43.77
	100m: 1:16.29	40.11	500m: 6:59.32	42.55	900m: 12:45.03	43.58	1300m: 18:32.03	43.24
	150m: 1:58.44	42.15	550m: 7:42.42	43.10	950m: 13:28.85	43.82	1350m: 19:15.27	43.24
	200m: 2:40.58	42.14	600m: 8:25.33	42.91	1000m: 14:11.45	42.60	1400m: 19:58.50	43.23
	250m: 3:23.90	43.32	650m: 9:09.36	44.03	1050m: 14:54.20	42.75	1450m: 20:41.87	43.37
	300m: 4:07.05	43.15	700m: 9:52.55	43.19	1100m: 15:38.15	43.95	1500m: 21:21.64	39.77
	350m: 4:50.44	43.39	750m: 10:35.91	43.36	1150m: 16:21.44	43.29		
	400m: 5:33.70	43.26	800m: 11:18.65	42.74	1200m: 17:05.02	43.58		

Programmanr. 34, Heren, 1500m vrije slag, Masters 45+

rang	naam	vereniging	inschrijftijd	startnr.	tijd
6.	Joost de Kroon <i>50,100,200,400,800m*</i>	AquAmigos	21:37.15	6400999	21:54.57
	50m: 40.84 40.84	450m: 6:30.68 43.70	850m: 12:22.83	44.02	1250m: 18:17.57 43.73
	100m: 1:23.94 43.10	500m: 7:14.09 43.41	900m: 13:06.69	43.86	1300m: 19:01.83 44.26
	150m: 2:07.18 43.24	550m: 7:58.43 44.34	950m: 13:50.96	44.27	1350m: 19:45.81 43.98
	200m: 2:52.18 45.00	600m: 8:42.27 43.84	1000m: 14:34.62	43.66	1400m: 20:30.39 44.58
	250m: 3:36.20 44.02	650m: 9:26.24 43.97	1050m: 15:20.51	45.89	1450m: 21:13.50 43.11
	300m: 4:19.79 43.59	700m: 10:10.64 44.40	1100m: 16:04.73	44.22	1500m: 21:54.57 41.07
	350m: 5:03.19 43.40	750m: 10:54.49 43.85	1150m: 16:49.04	44.31	
	400m: 5:46.98 43.79	800m: 11:38.81 44.32	1200m: 17:33.84	44.80	
7.	Jan Smalheer	SCOM	22:52.17	6400701	22:30.30
	50m: 36.96 36.96	450m: 6:27.44 45.01	850m: 12:29.52	46.48	1250m: 18:38.80 45.63
	100m: 1:18.05 41.09	500m: 7:11.70 44.26	900m: 13:16.03	46.51	1300m: 19:25.35 46.55
	150m: 2:00.70 42.65	550m: 7:56.62 44.92	950m: 14:01.70	45.67	1350m: 20:12.35 47.00
	200m: 2:43.89 43.19	600m: 8:41.71 45.09	1000m: 14:47.80	46.10	1400m: 20:58.83 46.48
	250m: 3:27.59 43.70	650m: 9:26.67 44.96	1050m: 15:33.78	45.98	1450m: 21:45.60 46.77
	300m: 4:11.47 43.88	700m: 10:12.29 45.62	1100m: 16:20.34	46.56	1500m: 22:30.30 44.70
	350m: 4:57.07 45.60	750m: 10:57.05 44.76	1150m: 17:06.95	46.61	
	400m: 5:42.43 45.36	800m: 11:43.04 45.99	1200m: 17:53.17	46.22	
8.	Rik van Gasteren	AquAmigos	27:33.01	6401015	25:46.98
	50m: 43.57 43.57	450m: 7:27.08 51.79	850m: 14:26.05	53.26	1250m: 21:27.63 52.50
	100m: 1:31.48 47.91	500m: 8:19.63 52.55	900m: 15:17.30	51.25	1300m: 22:20.50 52.87
	150m: 2:21.78 50.30	550m: 9:11.42 51.79	950m: 16:10.50	53.20	1350m: 23:13.42 52.92
	200m: 3:12.12 50.34	600m: 10:03.36 51.94	1000m: 17:02.69	52.19	1400m: 24:06.58 53.16
	250m: 4:02.15 50.03	650m: 10:56.36 53.00	1050m: 17:55.61	52.92	1450m: 24:58.82 52.24
	300m: 4:52.78 50.63	700m: 11:48.38 52.02	1100m: 18:48.55	52.94	1500m: 25:46.98 48.16
	350m: 5:44.31 51.53	750m: 12:40.83 52.45	1150m: 19:40.95	52.40	
	400m: 6:35.29 50.98	800m: 13:32.79 51.96	1200m: 20:35.13	54.18	
9.	Servaas van Oosterhout	De Gelenberg	26:31.67	6401237	25:48.16
	50m: 43.80 43.80	450m: 7:37.96 52.50	850m: 14:34.16	52.22	1250m: 21:28.82 52.33
	100m: 1:33.28 49.48	500m: 8:30.44 52.48	900m: 15:25.79	51.63	1300m: 22:21.55 52.73
	150m: 2:24.17 50.89	550m: 9:22.18 51.74	950m: 16:17.97	52.18	1350m: 23:14.65 53.10
	200m: 3:16.82 52.65	600m: 10:13.82 51.64	1000m: 17:09.27	51.30	1400m: 24:07.33 52.68
	250m: 4:08.79 51.97	650m: 11:05.32 51.50	1050m: 18:00.74	51.47	1450m: 24:59.78 52.45
	300m: 5:01.28 52.49	700m: 11:57.72 52.40	1100m: 18:52.19	51.45	1500m: 25:48.16 48.38
	350m: 5:53.75 52.47	750m: 12:49.77 52.05	1150m: 19:44.22	52.03	
	400m: 6:45.46 51.71	800m: 13:41.94 52.17	1200m: 20:36.49	52.27	
10.	Perry Dekker	ZV De Bron	28:37.68	6201081	27:33.42
	50m: 47.62 47.62	450m: 8:16.08 56.02	850m: 15:40.93	56.26	1250m: 23:03.86 56.22
	100m: 1:40.45 52.83	500m: 9:12.07 55.99	900m: 16:36.39	55.46	1300m: 23:58.42 54.56
	150m: 2:35.39 54.94	550m: 10:07.31 55.24	950m: 17:30.75	54.36	1350m: 24:52.96 54.54
	200m: 3:31.52 56.13	600m: 11:03.36 56.05	1000m: 18:26.76	56.01	1400m: 25:46.96 54.00
	250m: 4:28.31 56.79	650m: 11:58.57 55.21	1050m: 19:21.42	54.66	1450m: 26:40.85 53.89
	300m: 5:25.83 57.52	700m: 12:54.64 56.07	1100m: 20:16.60	55.18	1500m: 27:33.42 52.57
	350m: 6:22.83 57.00	750m: 13:49.17 54.53	1150m: 21:12.25	55.65	
	400m: 7:20.06 57.23	800m: 14:44.67 55.50	1200m: 22:07.64	55.39	
AFGEM	Jan Brink	De Stormvogel	19:10.35	6200091	

Masters 50+

1.	Marten de Groot <i>Kampioenschaps Record</i>	HZ&PC Heerenveen	19:33.29	5800149	19:08.71
	50m: 35.47 35.47	450m: 5:43.57 38.27	850m: 10:47.70	38.19	1250m: 15:57.95 39.03
	100m: 1:13.55 38.08	500m: 6:21.40 37.83	900m: 11:26.69	38.99	1300m: 16:36.89 38.94
	150m: 1:52.00 38.45	550m: 6:59.48 38.08	950m: 12:05.27	38.58	1350m: 17:16.39 39.50
	200m: 2:30.88 38.88	600m: 7:37.73 38.25	1000m: 12:44.06	38.79	1400m: 17:54.86 38.47
	250m: 3:09.62 38.74	650m: 8:15.61 37.88	1050m: 13:22.89	38.83	1450m: 18:32.29 37.43
	300m: 3:48.30 38.68	700m: 8:53.47 37.86	1100m: 14:01.74	38.85	1500m: 19:08.71 36.42
	350m: 4:26.71 38.41	750m: 9:31.44 37.97	1150m: 14:40.43	38.69	
	400m: 5:05.30 38.59	800m: 10:09.51 38.07	1200m: 15:18.92	38.49	
2.	Gustav van den Berg	TriVia	20:15.95	6100991	19:33.42
	50m: 35.30 35.30	450m: 5:52.19 38.84	850m: 11:06.79	39.25	1250m: 16:21.85 38.99
	100m: 1:14.16 38.86	500m: 6:31.38 39.19	900m: 11:46.46	39.67	1300m: 17:00.94 39.09
	150m: 1:53.87 39.71	550m: 7:10.73 39.35	950m: 12:26.07	39.61	1350m: 17:39.85 38.91
	200m: 2:33.59 39.72	600m: 7:49.99 39.26	1000m: 13:05.67	39.60	1400m: 18:17.94 38.09
	250m: 3:13.68 40.09	650m: 8:29.23 39.24	1050m: 13:44.73	39.06	1450m: 18:57.00 39.06
	300m: 3:53.72 40.04	700m: 9:08.49 39.26	1100m: 14:24.08	39.35	1500m: 19:33.42 36.42
	350m: 4:33.51 39.79	750m: 9:48.27 39.78	1150m: 15:03.44	39.36	
	400m: 5:13.35 39.84	800m: 10:27.54 39.27	1200m: 15:42.86	39.42	

Programmanr. 34, Heren, 1500m vrije slag, Masters 50+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	
3.	Marius Ros	ZCNF'34	19:42.70	5900779	20:39.92	
	50m: 36.26	36.26	450m: 6:05.93	41.37	850m: 11:38.61	41.54
	100m: 1:17.24	40.98	500m: 6:47.53	41.60	900m: 12:20.45	41.84
	150m: 1:58.22	40.98	550m: 7:28.93	41.40	950m: 13:02.30	41.85
	200m: 2:39.53	41.31	600m: 8:10.98	42.05	1000m: 13:44.07	41.77
	250m: 3:20.75	41.22	650m: 8:52.24	41.26	1050m: 14:26.01	41.94
	300m: 4:01.88	41.13	700m: 9:33.78	41.54	1100m: 15:07.44	41.43
	350m: 4:43.20	41.32	750m: 10:15.24	41.46	1150m: 15:49.57	42.13
	400m: 5:24.56	41.36	800m: 10:57.07	41.83	1200m: 16:30.87	41.30
4.	Peter Marc de Rooij	Zwemvereniging Utrecht	21:28.63	6100829	20:59.13	
	50m: 35.84	35.84	450m: 6:04.47	41.98	850m: 11:42.79	42.91
	100m: 1:16.06	40.22	500m: 6:46.00	41.53	900m: 12:25.16	42.37
	150m: 1:56.94	40.88	550m: 7:28.22	42.22	950m: 13:07.66	42.50
	200m: 2:37.65	40.71	600m: 8:10.37	42.15	1000m: 13:50.85	43.19
	250m: 3:18.52	40.87	650m: 8:52.83	42.46	1050m: 14:33.75	42.90
	300m: 3:59.46	40.94	700m: 9:35.24	42.41	1100m: 15:16.94	43.19
	350m: 4:40.80	41.34	750m: 10:17.82	42.58	1150m: 15:59.73	42.79
	400m: 5:22.49	41.69	800m: 10:59.88	42.06	1200m: 16:43.01	43.28
5.	Peter Verbene	ACZ	22:24.92	5900719	22:08.71	
	50m: 39.36	39.36	450m: 6:29.81	44.55	850m: 12:27.93	45.02
	100m: 1:21.75	42.39	500m: 7:14.15	44.34	900m: 13:12.98	45.05
	150m: 2:04.84	43.09	550m: 7:58.63	44.48	950m: 13:57.90	44.92
	200m: 2:48.34	43.50	600m: 8:43.98	45.35	1000m: 14:42.82	44.92
	250m: 3:32.38	44.04	650m: 9:28.50	44.52	1050m: 15:27.44	44.62
	300m: 4:16.54	44.16	700m: 10:13.13	44.63	1100m: 16:12.63	45.19
	350m: 5:00.77	44.23	750m: 10:58.17	45.04	1150m: 16:57.94	45.31
	400m: 5:45.26	44.49	800m: 11:42.91	44.74	1200m: 17:41.92	43.98
6.	Jan Willem Heuten	WS Twente	22:24.23	6000883	23:01.63	
	50m: 39.14	39.14	450m: 6:50.80	46.94	850m: 13:03.53	46.12
	100m: 1:23.36	44.22	500m: 7:37.12	46.32	900m: 13:49.95	46.42
	150m: 2:08.81	45.45	550m: 8:23.96	46.84	950m: 14:36.93	46.98
	200m: 2:55.81	47.00	600m: 9:10.51	46.55	1000m: 15:24.46	47.53
	250m: 3:42.68	46.87	650m: 9:56.62	46.11	1050m: 16:11.11	46.65
	300m: 4:29.50	46.82	700m: 10:43.59	46.97	1100m: 16:58.03	46.92
	350m: 5:16.23	46.73	750m: 11:30.46	46.87	1150m: 17:44.67	46.64
	400m: 6:03.86	47.63	800m: 12:17.41	46.95	1200m: 18:31.48	46.81
7.	Jeroen Ouendag	GoSwim	26:39.82	5900725	25:26.11	
	50m: 45.40	45.40	450m: 7:37.24	51.00	850m: 14:28.83	51.66
	100m: 1:35.49	50.09	500m: 8:28.88	51.64	900m: 15:20.60	51.77
	150m: 2:27.20	51.71	550m: 9:19.86	50.98	950m: 16:12.20	51.60
	200m: 3:18.88	51.68	600m: 10:10.79	50.93	1000m: 17:03.44	51.24
	250m: 4:10.33	51.45	650m: 11:01.91	51.12	1050m: 17:54.85	51.41
	300m: 5:02.47	52.14	700m: 11:53.94	52.03	1100m: 18:46.15	51.30
	350m: 5:54.12	51.65	750m: 12:45.83	51.89	1150m: 19:37.33	51.18
	400m: 6:46.24	52.12	800m: 13:37.17	51.34	1200m: 20:28.27	50.94
8.	Rene Groot	ZV De Bron	25:57.64	5900617	27:21.13	
	50m: 48.40	48.40	450m: 8:00.45	54.23	850m: 15:16.90	55.23
	100m: 1:39.74	51.34	500m: 8:52.96	52.51	900m: 16:11.56	54.66
	150m: 2:32.53	52.79	550m: 9:48.51	55.55	950m: 17:06.09	54.53
	200m: 3:27.58	55.05	600m: 10:43.93	55.42	1000m: 18:02.46	56.37
	250m: 4:22.38	54.80	650m: 11:37.22	53.29	1050m: 18:59.39	56.93
	300m: 5:16.32	53.94	700m: 12:31.58	54.36	1100m: 19:53.98	54.59
	350m: 6:12.24	55.92	750m: 13:26.12	54.54	1150m: 20:48.36	54.38
	400m: 7:06.22	53.98	800m: 14:21.67	55.55	1200m: 21:44.00	55.64

Masters 55+

1.	Paul Bunnik	Triton	23:42.57	5600413	22:04.14	
	50m: 38.55	38.55	450m: 6:34.16	44.85	850m: 12:31.94	45.28
	100m: 1:21.57	43.02	500m: 7:18.43	44.27	900m: 13:16.83	44.89
	150m: 2:04.83	43.26	550m: 8:03.49	45.06	950m: 14:01.48	44.65
	200m: 2:49.69	44.86	600m: 8:48.60	45.11	1000m: 14:45.90	44.42
	250m: 3:34.60	44.91	650m: 9:33.85	45.25	1050m: 15:31.60	45.70
	300m: 4:19.55	44.95	700m: 10:18.78	44.93	1100m: 16:16.42	44.82
	350m: 5:04.95	45.40	750m: 11:02.44	43.66	1150m: 17:01.20	44.78
	400m: 5:49.31	44.36	800m: 11:46.66	44.22	1200m: 17:45.39	44.19

Masters 60+

Programmanr. 34, Heren, 1500m vrije slag, Masters 60+

rang	naam	vereniging	inschrijftijd	startnr.	tijd			
1.	Donald Uijtenbogaart	Het Y	19:57.45	4700107	19:59.41			
	50m: 37.09	37.09	450m: 6:03.11	40.44	850m: 11:27.12	40.15	1250m: 16:46.23	38.69
	100m: 1:17.33	40.24	500m: 6:43.91	40.80	900m: 12:07.57	40.45	1300m: 17:25.33	39.10
	150m: 1:58.22	40.89	550m: 7:24.83	40.92	950m: 12:47.61	40.04	1350m: 18:04.40	39.07
	200m: 2:39.22	41.00	600m: 8:05.58	40.75	1000m: 13:27.55	39.94	1400m: 18:43.34	38.94
	250m: 3:20.21	40.99	650m: 8:46.20	40.62	1050m: 14:07.46	39.91	1450m: 19:22.58	39.24
	300m: 4:01.08	40.87	700m: 9:26.53	40.33	1100m: 14:47.57	40.11	1500m: 19:59.41	36.83
	350m: 4:41.98	40.90	750m: 10:06.72	40.19	1150m: 15:27.71	40.14		
	400m: 5:22.67	40.69	800m: 10:46.97	40.25	1200m: 16:07.54	39.83		

Masters 65+

1.	Alexander Bashmakov	Poseidon	22:09.38	37001	22:49.71			
	<i>Kampioenschaps Record, 200 en 400m*</i>							
	50m: 41.38	41.38	450m: 6:50.25	46.32	850m: 12:56.63	46.30	1250m: 19:03.43	45.85
	100m: 1:26.56	45.18	500m: 7:36.94	46.69	900m: 13:41.88	45.25	1300m: 19:50.43	47.00
	150m: 2:13.86	47.30	550m: 8:22.08	45.14	950m: 14:27.63	45.75	1350m: 20:36.55	46.12
	200m: 3:00.14	46.28	600m: 9:08.43	46.35	1000m: 15:13.99	46.36	1400m: 21:22.41	45.86
	250m: 3:44.52	44.38	650m: 9:53.09	44.66	1050m: 15:59.10	45.11	1450m: 22:07.52	45.11
	300m: 4:30.49	45.97	700m: 10:39.65	46.56	1100m: 16:45.29	46.19	1500m: 22:49.71	42.19
	350m: 5:16.55	46.06	750m: 11:24.61	44.96	1150m: 17:31.01	45.72		
	400m: 6:03.93	47.38	800m: 12:10.33	45.72	1200m: 18:17.58	46.57		

2.	Joop Draaisma	DZ&PC	24:35.12	4600155	23:48.14			
	50m: 41.34	41.34	450m: 7:06.89	48.46	850m: 13:30.34	48.21	1250m: 19:53.99	47.62
	100m: 1:28.19	46.85	500m: 7:54.65	47.76	900m: 14:18.03	47.69	1300m: 20:41.64	47.65
	150m: 2:16.97	48.78	550m: 8:42.83	48.18	950m: 15:05.90	47.87	1350m: 21:28.68	47.04
	200m: 3:05.30	48.33	600m: 9:30.62	47.79	1000m: 15:54.01	48.11	1400m: 22:16.56	47.88
	250m: 3:53.53	48.23	650m: 10:18.57	47.95	1050m: 16:42.02	48.01	1450m: 23:03.78	47.22
	300m: 4:41.70	48.17	700m: 11:06.54	47.97	1100m: 17:30.40	48.38	1500m: 23:48.14	44.36
	350m: 5:30.09	48.39	750m: 11:54.23	47.69	1150m: 18:18.46	48.06		
	400m: 6:18.43	48.34	800m: 12:42.13	47.90	1200m: 19:06.37	47.91		

3.	Rob Hanou	PSV	24:30.05	4300109	24:24.47			
	50m: 40.47	40.47	450m: 7:17.14	50.18	850m: 13:51.83	48.57	1250m: 20:22.25	47.93
	100m: 1:28.17	47.70	500m: 8:07.09	49.95	900m: 14:40.89	49.06	1300m: 21:11.60	49.35
	150m: 2:18.27	50.10	550m: 8:56.96	49.87	950m: 15:29.87	48.98	1350m: 22:00.22	48.62
	200m: 3:07.31	49.04	600m: 9:47.24	50.28	1000m: 16:18.31	48.44	1400m: 22:48.46	48.24
	250m: 3:56.99	49.68	650m: 10:36.66	49.42	1050m: 17:07.11	48.80	1450m: 23:36.49	48.03
	300m: 4:46.66	49.67	700m: 11:25.42	48.76	1100m: 17:56.71	49.60	1500m: 24:24.47	47.98
	350m: 5:36.99	50.33	750m: 12:14.31	48.89	1150m: 18:45.95	49.24		
	400m: 6:26.96	49.97	800m: 13:03.26	48.95	1200m: 19:34.32	48.37		

Masters 70+

1.	Nico Geers	Z&PC De Gouwe	23:05.17	3800007	23:42.86			
	50m: 42.09	42.09	450m: 7:01.60	48.54	850m: 13:26.66	47.98	1250m: 19:51.66	48.26
	100m: 1:28.10	46.01	500m: 7:50.54	48.94	900m: 14:14.51	47.85	1300m: 20:39.20	47.54
	150m: 2:15.09	46.99	550m: 8:38.67	48.13	950m: 15:02.57	48.06	1350m: 21:27.21	48.01
	200m: 3:02.85	47.76	600m: 9:26.33	47.66	1000m: 15:50.50	47.93	1400m: 22:15.66	48.45
	250m: 3:50.61	47.76	650m: 10:13.86	47.53	1050m: 16:38.33	47.83	1450m: 23:01.28	45.62
	300m: 4:37.60	46.99	700m: 11:02.02	48.16	1100m: 17:26.85	48.52	1500m: 23:42.86	41.58
	350m: 5:25.12	47.52	750m: 11:50.46	48.44	1150m: 18:14.67	47.82		
	400m: 6:13.06	47.94	800m: 12:38.68	48.22	1200m: 19:03.40	48.73		

2.	Gregor Pompen	Aqua-Novio'94	26:36.11	3700021	27:10.05			
	50m: 45.75	45.75	450m: 7:52.28	54.37	850m: 15:08.20	54.61	1250m: 22:31.25	55.64
	100m: 1:36.75	51.00	500m: 8:46.31	54.03	900m: 16:03.28	55.08	1300m: 23:27.81	56.56
	150m: 2:29.31	52.56	550m: 9:40.45	54.14	950m: 16:58.64	55.36	1350m: 24:23.88	56.07
	200m: 3:22.86	53.55	600m: 10:34.57	54.12	1000m: 17:53.58	54.94	1400m: 25:19.77	55.89
	250m: 4:16.34	53.48	650m: 11:28.62	54.05	1050m: 18:48.69	55.11	1450m: 26:15.93	56.16
	300m: 5:09.82	53.48	700m: 12:23.19	54.57	1100m: 19:44.42	55.73	1500m: 27:10.05	54.12
	350m: 6:03.70	53.88	750m: 13:18.51	55.32	1150m: 20:40.48	56.06		
	400m: 6:57.91	54.21	800m: 14:13.59	55.08	1200m: 21:35.61	55.13		

6 - ONMK 2011 kb sessie 6

23-01-2011 - 14:00

Programmanr. 35
23-01-2011 - 14:00

Dames, 4 x 50m wisselslag

Masters Open
Resultaten

rang	vereniging	inschrijftijd	tijd
80+			
1.	Tritium (SG)	2:15.80	2:18.64
	Elodie Siroen 90 37.32	Chantal Willems 91	32.20
	Naomi Feider 91 40.01	Merel Siroen 88	29.11
2.	De Veene	2:22.41	2:22.79
	Annette de Vries 86 37.94	Milou Bouwhuis 89	34.13
	Leonie Versteeg 90 40.04	Henrike de Vries 89	30.68
3.	Montferland	2:31.16	2:38.55
	Esther van Maastrigt 88 35.70	Marije Jansen 85	33.75
	Martine Varwijk 82 55.05	Kelly Bocking 91	34.05
100+			
1.	PSV	2:18.57	2:17.80
	<i>Kampioenschaps Record</i>		
	Jolanda van Gendt 78 36.67	Elles van Leeuwen 86	31.93
	Renee de Kok 84 39.36	Nienke van Stipriaan 87	29.84
2.	Zoetermeer	2:21.76	2:22.15
	Sanne van Dijk 90 36.46	Delia Badoux 80	30.62
	Fleur Maas 89 43.47	Chita van der Goorbergh 68	31.60
120+			
1.	ZV De Bron	2:38.52	2:37.65
	Sabrina Dessens 85 41.72	Janny van Eijk 58	38.57
	Marieke van de Nieuwenhuijzen 88 44.12	Kristel Lips 79	33.24
DIS	Deltasteur	2:31.72	2:33.82 SA
	<i>dis tweede zwemmer</i>		
	Gerlinde van de Wetering 89 36.23	Rianne van Vegchelen 81	42.16
	Miranda Straetemans 74 41.65	Margriet Leeffers 78	33.78

Programmanr. 36
23-01-2011 - 14:03

Heren, 4 x 50m wisselslag

Masters Open
Resultaten

rang	vereniging	inschrijftijd	tijd
80+			
1.	NDD	1:50.23	1:49.12
	<i>Nederlands Masters Record</i>		
	Roland Boon 88 27.38	Maik Steenkamp 91	28.19
	Kevin Etink 91 29.82	Hjalmar de Ruiter 89	23.73
2.	LZ 1886	1:55.64	1:54.10
	Sjoerd Sieval 90 29.66	Joost Rijntjes 91	27.17
	Ralf van der Poel 84 32.67	Kristiaan Lenos 83	24.60
3.	Octopus	1:55.20	1:56.23
	Floris Manni 88 29.98	Stefan van der Grift 87	29.15
	Albert van Piekeren 84 32.62	Emile Manni 90	24.48
4.	Tritium (SG)	1:56.51	1:57.17
	Joppe Schuurmans 89 28.65	Mark Effing 86	28.96
	Bas Berndes 89 34.10	Ronald Vullings 87	25.46
5.	De Duinkickers	2:02.17	2:03.16
	Sven van Zanten 90 33.52	Remko Hooft 87	29.82
	Niels Vlug 88 33.39	Fabian Versteeg 86	26.43

Programmanr. 36, Heren, 4 x 50m wisselslag

100+

1.	ZOB'66 1	ZOB'66	1:59.53		1:59.78
	Harmen Reemst	87	34.06	Ruben Stolk	90
	Roderik Meijers	86	31.50	Nol van Thull	80
2.	Zignea 1	Zignea	2:14.30		2:03.10
	Jamo Kuik	84	32.76	Mike Dam	88
	Heiner Stevens	72	33.90	Mark Dieleman	85
3.	Deltasteur 1	Deltasteur	2:05.35		2:03.92
	Rene Beens	78	31.83	Johan Wezenberg	76
	Jauke Hamstra	86	34.12	Joeri Schutte	91

120+

1.	HZ&PC Heerenveen 1	HZ&PC Heerenveen	1:53.95		1:52.47
	<i>Kampioenschaps Record, startzwemmer Nederlands Masters Record</i>				
	Richard Koehoom	79	28.50	René Beetsma	69
	Casper Tichelaar	79	30.32	Casper Hut	78
2.	DAW 1	DAW	2:00.39		2:00.83
	Fred Heemstra	65	32.94	Kars Luttk	78
	Ron Langelaan	78	31.83	Rene de Boer	64
3.	Zoetermeer 1	Zoetermeer	2:02.13		2:02.93
	Roger Flinterman	76	31.88	Markus van Rest	77
	Simon van Ravensteijn	80	33.34	John Stoffer	63
4.	De Futen 1	De Futen	2:03.91		2:04.63
	Erwin Zuidervelt	75	33.66	Rodrigo Moctezuma	89
	Arnold de Rover	64	36.18	Mike Hereijgers	85

AFGEM RZ 1 RZ 2:18.54

160+

1.	HZ&PC Heerenveen 2	HZ&PC Heerenveen	2:27.68		2:28.41
	Pieter Ponne	76	35.79	Marten de Groot	58
	Jan van der Heide	51	46.01	Arnold Jonker	70
2.	OEZA 1	OEZA	2:24.71		2:31.81
	Paul Oudendijk	81	31.14	Eric Tijms	64
	Jan Glorie	60	53.14	Sander de Weert	72

Programmanr. 37
23-01-2011 - 14:14

Dames, 50m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd
Masters 20+					
1.	Cynthia Grooteboer	De Reest	28.81	8901462	29.44
2.	Martiene Klasen	De Golfbreker	29.14	8902256	29.50
3.	Lisanne Andeweg	Zuiderzeezwimmers	29.80	8800092	29.72
4.	Merel Siroen	Tritium (SG)	28.16	8804006	29.90
5.	Gerrit Onink	TZC-Vahalis	29.54	8704828	29.93
6.	Chantal Willems	Tritium (SG)	28.80	9105482	30.18
7.	Kim Wijnja	De Biesboschswimmers	29.80	9107812	30.31
8.	Sanne van Dijk	Zoetermeer	30.16	9000818	30.89
	Nienke van Stipriaan	PSV	29.92	8703970	30.89
10.	Henrike de Vries	De Veene	31.57	8904490	30.98
11.	Ellen Reniers	De Dommelbaarzen	31.42	9106288	31.12
12.	Siska Post	DIO	30.69	8805562	31.37
13.	Juliska Peijnenburg	De Dommelbaarzen	30.41	9002892	31.43
14.	Madeleine Sielemann	Zoetermeer	31.03	9106166	31.65
15.	Naomi Feider	Tritium (SG)	30.31	9107956	31.95
16.	Elodie Siroen	Tritium (SG)	31.35	9003414	32.05
17.	Laura Visserman	De Amer	32.58	8704362	32.22
18.	Annebeth van Ark	Octopus	33.20	8805588	33.09
19.	Eline Schoenmaker	De Duinkickers	33.04	9003322	33.90
20.	Kelly Bocking	Montferland	33.70	9104050	34.86

Programmanr. 37, Dames, 50m vrije slag, Masters 20+

rang	naam	vereniging	inschrijftijd	startnr.	tijd
AFGEM	Carly Noordermeer	ZOB'66	29.44	8702984	

Masters 25+

1.	Marlies Reinders	De Dinkel	28.10	8602976	27.26
2.	Annelette de Vries	De Veene	28.39	8603908	28.72
3.	Marijke Monsma	DWK	28.22	8502100	28.84
4.	Jorinde van der Laan	De Golfbreker	28.50	8403318	29.07
5.	Sandra Zwaanswijk	Aquarius	29.89	8503934	29.71
6.	Roos Lemmen	Eurode KZC	29.68	8403078	29.74
7.	Sandra Schellekens	Neptunus'58	30.25	8503416	30.79
8.	Gosina van Stralen	HZ&PC Heerenveen	30.34	8603450	30.85
9.	Esther Versteeg	Van Vliet-Barracuda	30.29	8302112	30.92
10.	Renee de Kok	PSV	31.99	8403350	31.05
11.	Pauline Tieleman	De Geul	30.83	8403348	31.08
12.	Marije Jansen	Montferland	31.78	8504088	31.12
13.	Elles van Leeuwen	PSV	31.01	8602240	31.33
14.	Chantal van Kranenburg	Aquarius	33.10	8604528	32.89
15.	Hanneke Freriksen	WS Twente	33.93	8302744	34.45
16.	Marjolein van der Sanden	Tritium (SG)	34.89	8402136	35.24
17.	Sabrina Dessens	ZV De Bron	37.28	8503486	36.60
18.	Raisa Neinhuis	De Golfbreker	37.81	8502144	38.12

Masters 30+

1.	Janneke Harmsen	De Spatters	27.78	7700938	27.89
2.	Angelique Boersma	De Vikings	28.62	8001586	28.72
3.	Claudia van Drunen	AquAmigos	29.63	7700810	29.25
4.	Petra Verstegen	WVZ	31.70	7700906	33.04
5.	Helena Jongema	OEZA	31.73	8000550	33.53

Masters 35+

1.	Elena Babikova <i>Kampioenschaps Record</i>	Sprut	29.14	18010	28.09
2.	Larisa Alekseeva	Sprut	31.71	18046	31.22
3.	Marian Nederlof	DWF	31.69	7600950	31.54
4.	Kim Brokelman	WS Twente	34.44	7500788	34.34
5.	Gerlinde Smit	De Veene	35.09	7300816	34.56
6.	Jannie Vennik	HZ&PC Heerenveen	35.66	7601006	35.12
7.	Diana Westerdijk	De Spatters	37.11	7200704	36.73

Masters 40+

1.	Lidia v. Bon-Rosenbrand	AZ&PC	29.11	7000054	29.57
2.	Trudie van Niejenhuis	TZC-Vahalis	30.49	7100444	31.09
3.	Esther Mijnen	WZ&PC Purmerend	32.72	6900846	32.13
4.	Henriëtte Manting	GZVW	32.16	7100246	32.44
5.	Anja Reinhard	PLONS	32.39	7000818	33.25
6.	Sabine Delaere	R.D. Mouscronnois	36.65	DM/554/69	34.92

Masters 45+

1.	Wilna Heijman	't Tolhekke	33.60	6400506	33.29
2.	Friderika Kerekes	AZ&PC	33.38	6500540	34.48
3.	Yvette Kilian	Zoetermeer	32.68	6600534	34.72
4.	Haya Mellema	Aquapoldro	43.97	6600482	44.98
5.	Riekje Schra	Steenwijk 1934	51.49	6400404	51.98

Masters 50+

1.	Julia Moh Klaren	Apsap Ville De Paris	32.02	922540	32.72
2.	Marijke Kraak	WS Twente	33.17	6000240	32.75
3.	Gea Kuiper	ZCNF'34	43.67	6100104	43.19



Open Nederlandse Masters Kampioenschappen 2010 kb
Heerenveen, 21-23 januari 2011



Programmanr. 37, Dames, 50m vrije slag

Masters 55+

1.	Atie Pijtak-Radersma	AZ&PC	29.61	5600048	30.58
2.	Elly Kiestra-Broertjes	Zignea	38.02	5600100	38.13
3.	Ineke Meijer	HZ&PC Heerenveen	40.18	5200034	40.29

Masters 60+

1.	Conny Boer-Buys	ZVVS	31.39	5000006	31.08
2.	Christien Nieuwenhuis	Swol 1894	32.17	5100022	32.31
3.	Anna de Weert	Gay Swim Amsterdam	50.32	4900020	53.60
4.	Janny van der Weide	Deltasteur	54.07	5100066	56.08
5.	Adrie Oostendorp	ZV De Bron	1:00.41	4900024	1:05.92
6.	Nini van Dongen	De Lansingh	1:09.15	5100044	1:06.66

Masters 65+

1.	Annie Smits	PSV	43.39	4600016	42.12
2.	Irene de Boer	ZV De Bron	54.02	4600002	53.15

Masters 75+

1.	Jeltje van Bergen	De Pinquin	43.51	3500002	45.43
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Masters 80+

1.	Anneke Logtenberg	OZ&PC	55.51	2900004	58.64
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Programmanr. 38
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Heren, 50m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd
Masters 20+					
1.	Hjalmar de Ruiters	NDD	24.51	8902695	24.40
2.	Peter van Heukelem	De Golfbreker	24.23	8901243	24.73
3.	Tim Pattipeiluhu	RSW (SG)	25.03	8902409	25.10
4.	Joost Rijntjes	LZ 1886	25.05	9101899	25.41
5.	Roland Boon	NDD	25.17	8800397	25.57
6.	Rodrigo Moctezuma	De Futen	25.88	8902179	25.61
7.	Jeroen Custers	Kimbria	25.89	9106319	25.67
8.	Mike Dam	Zignea	24.92	8805321	25.90
9.	Emiel Ghali	Van Vliet-Barracuda	25.48	8701019	25.94
10.	Martijn van Hoorn	De Schotejil	26.06	8901343	26.06
11.	Joppe Schuurmans	Tritium (SG)	25.54	8905447	26.08
12.	Ronald Vullings	Tritium (SG)	24.62	8703655	26.14
13.	Jelte Schuurmans	Tritium (SG)	25.93	9104841	26.34
14.	Roy Pattipeiluhu	RSW (SG)	26.61	9101761	26.53
15.	Joeri Schutte	Deltasteur	27.20	9102075	27.20
16.	Ruben Stolk	ZOB'66	27.88	9005665	27.39
17.	Kevin Dieker	Montferland	27.32	9100461	27.42
18.	Niels Vlug	De Duinkickers	27.61	8803651	27.52
19.	Mark Pijtak	AZ&PC	26.99	9002287	27.53
20.	Roel van Beek	Montferland	27.11	8905861	27.59
21.	Herman van Dijk	De Wellerobben	29.82	8900691	28.91
22.	Sven van Zanten	De Duinkickers	27.82	9003405	33.36



Programmanr. 38, Heren, 50m vrije slag

Masters 25+

1.	Roderik Meijers	ZOB'66	24.54	8602063	25.27
2.	Mike Hereijgers	De Futen	25.26	8501007	25.96
3.	Jim Geestman	RSW (SG)	25.43	8300699	26.05
4.	Martijn Giezen	Montferland	25.91	8500813	26.17
5.	Jan van Opstal	DIO	25.58	8602291	26.31
6.	Fabian Versteeg	De Duinkickers	25.50	8603281	27.15
7.	Mark Effing	Tritium (SG)	26.68	8600761	27.40
8.	Erik van der Zeijden	RZ	29.42	8604569	28.78
9.	Jasper Peters	Aqua-Novio'94	28.38	8602379	28.98
10.	Mark Dieleman	Zignea	28.82	8500545	29.24
11.	Sebastiaan Baars	WS Twente	28.98	8300053	29.46
12.	Rudy de Jong	De Forel	28.19	8301061	29.59

Masters 30+

1.	Richard Koehoorn	HZ&PC Heerenveen	24.92	7907697	24.68
	<i>Kampioenschaps Record</i>				
2.	Nol van Thull	ZOB'66	24.64	8001513	24.77
3.	Kars Luttk	DAW	27.57	7800675	26.77
4.	Stan Dekker	PLONS	26.11	7901823	26.80
5.	Markus van Rest	Zoetermeer	27.44	7701197	28.29
6.	Simon van Ravensteijn	Zoetermeer	33.11	8002263	28.63
7.	Rene Beens	Deltasteur	28.15	7800045	28.92

Masters 35+

1.	Erwin Zuidervelt	De Futen	27.03	7501015	27.56
2.	Johan Wezenberg	Deltasteur	28.24	7601023	27.98
3.	Roger Flinterman	Zoetermeer	27.76	7601261	27.99
4.	Wibo Mooibroek	WZ&PC Purmerend	28.50	7401339	28.73
5.	Dennis van Markesteijn	TZC-Vahalis	30.48	7201333	30.63
6.	Pieter Ponne	HZ&PC Heerenveen	28.14	7600749	33.45
DIS	Sander de Weert	OEZA	31.31	7201443	AA

Masters 40+

1.	Harry Cornet	De Biesboschzweimmers	25.32	7100175	25.60
2.	Maurice Deelen	AZ&PC	26.20	7101407	26.69
3.	Arno Hofmeijer	WS Twente	27.10	6900409	26.70
4.	Oscar van Holsteyn	AquaAmigos	26.60	7100373	27.07
5.	Bernd Hendriksen	Aqua-Novio'94	26.98	7001491	27.20
6.	Igor Penchukov	Sprut	29.37	102154	27.45
7.	Paul de Boer	De Amer	28.15	6801413	28.77
8.	Marcel Brittijn	De Duinkickers	31.17	6900159	30.04
9.	Harald Mulder	Zoetermeer	29.84	6701459	30.13
10.	Roelof Broekman	De Spatters	30.68	6800155	31.66
11.	Jean-Claude Callens	R.D. Mouscronnois	36.41	DM/601/67	35.37
12.	David van 't Hooft	PSV	37.58	6901595	38.14

Masters 45+

1.	Cees van Houwelingen	De Schelde	25.20	6300351	25.38
2.	Gert Sikkema	Zignea	26.32	6300687	26.63
3.	Erik Saan	De Duck	28.16	6500769	28.22
4.	Pieter-Sjoerd de Wijn	Aqua-Novio'94	29.95	6501027	30.68
5.	Fred van de Meeberg	Steenwijk 1934	30.70	6601279	31.07
6.	Eric Tijms	OEZA	31.59	6401125	32.06

Programmanr. 38, Heren, 50m vrije slag

Masters 50+

1.	Dmitry Kromskiy	Poseidon	26.41	37011	26.38
2.	Wim de Lange	Electrolux AZC	29.88	5800533	30.16
3.	Willem Zwieters	AquAmigos	28.28	5800505	30.48
4.	Joop v.d. Veen	Haren	32.25	6000997	31.42
5.	Eddy Mourmans	R.D. Mouscronnois	32.99	DM/630/57	31.76
6.	Herbert Katgert	WS Twente	35.10	5900739	35.36
7.	Jan Glorie	OEZA	43.78	5700513	46.40

Masters 55+

1.	Andre Storm	Zoetermeer	29.85	5600407	29.22
2.	Brend Brevé	PSV	28.60	5200265	29.42
3.	Rob Berkhof	Swol 1894	34.40	5200245	34.30

Masters 60+

1.	Jaap Kwakkel	DAW	34.11	4700157	31.17
2.	Joop van Eijk	PLONS	31.97	4700025	33.36
3.	Jan van der Heide	HZ&PC Heerenveen	41.72	5100059	37.47
4.	Henk Oostendorp	ZV De Bron	39.46	4800093	41.21
5.	Nico van Dongen	De Lansingh	41.25	4800159	41.95

Masters 65+

1.	Alexander Bashmakov	Poseidon	29.41	37001	29.48
2.	Han Roos	ZV De Bron	31.72	4500081	32.72
3.	Joop Draaisma	DZ&PC	33.18	4600155	34.39
4.	Ruud Sloof	De Rijn	34.85	4400073	34.57
5.	Frans van der Walle	Old Dutch	44.28	4300089	45.50

Masters 70+

1.	Frans van Enst	WS Twente	32.16	4000011	32.38
	<i>Kampioenschaps Record</i>				
2.	Nico Geers	Z&PC De Gouwe	32.15	3800007	33.50

Masters 75+

1.	Taco van Blommestein	Aquapoldro	52.83	3300007	55.11
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Dames, 100m schoolslag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd	tijd	50m	100m		
Masters 20+							
1.	Jacyntha Plat	TriVia	1:16.19	9002956	1:17.46	36.19	1:17.46
2.	Erika Aan het Rot	Octopus	1:17.83	9000010	1:17.47	36.46	1:17.47
3.	Susanne van der Linden	DIO	1:21.98	8802736	1:19.48	37.72	1:19.48
4.	Tonny Methorst	De Biesboschzwemmers	1:22.11	8802998	1:21.90	38.58	1:21.90
5.	Anne Duijst	De Amer	1:22.35	8901030	1:22.48	38.72	1:22.48
6.	Lisanne Andeweg	Zuiderzeezwemmers	1:23.83	8800092	1:23.30	39.13	1:23.30
7.	Esther van Maastrigt	Montferland	1:21.63	8802836	1:23.85	39.48	1:23.85
8.	Maaïke de Boer	De Duinkickers	1:24.42	9000362	1:25.03	40.17	1:25.03
9.	Ilse van den Wijngaard	One Team Swimming	1:23.51	8904736	1:25.20	39.98	1:25.20
10.	Leonie Versteeg	De Veene	1:24.89	9003962	1:28.52	41.78	1:28.52
11.	Gerlinde van de Wetering	Deltasteur	1:34.64	8904678	1:32.75	44.17	1:32.75
12.	Fleur Maas	Zoetermeer	1:36.30	8902768	1:33.29	43.64	1:33.29
13.	Veerle Hooijman	Zuiderzeezwemmers	1:32.63	9101318	1:34.15	43.93	1:34.15
14.	Anne Volwerk	De Schotejil	1:36.49	9004032	1:35.66	45.54	1:35.66
15.	M. van de Nieuwenhuijzen	ZV De Bron	1:37.33	8803172	1:37.23	46.27	1:37.23

Programmanr. 39, Dames, 100m schoolslag, Masters 20+

rang naam	vereniging	inschrijftijd		tijd	50m	100m
16. Kitty van Gendt	PSV	1:31.09	8701288	1:39.02	45.68	1:39.02
AFGEM Carly Noordermeer	ZOB'66	1:24.20	8702984			

Masters 25+

1. Laura Badoux	DAW	1:15.50	8200038	1:15.12	35.16	1:15.12
<i>Kampioenschaps Record</i>						
2. Karin van Dijk	HZ&PC Heerenveen	1:17.10	8600850	1:16.52	36.27	1:16.52
3. Marijke Monsma	DWK	1:16.40	8502100	1:17.93	35.26	1:17.93
4. Marieke van der Vegt	Haren	1:20.80	8504026	1:19.57	37.59	1:19.57
5. Anique Willeme	De Dinkel	1:24.32	8604106	1:22.84	38.79	1:22.84
6. Iris Barendregt	Van Vliet-Barracuda	1:21.12	8600172	1:23.44	40.07	1:23.44
7. Wieteke Elzinga	DAW	1:24.82	8601038	1:24.56	39.94	1:24.56
8. Sandra Zwaanswijk	Aquarius	1:27.32	8503934	1:27.62	41.32	1:27.62
9. Renee de Kok	PSV	1:28.96	8403350	1:28.01	41.74	1:28.01
10. Margriet Aan het Rot	Octopus	1:35.98	8603088	1:31.49	43.54	1:31.49
11. Sabrina Dessens	ZV De Bron	1:35.81	8503486	1:35.29	45.49	1:35.29

Masters 30+

1. Elvira Jonkers	De Pinquin	1:23.26	7900420	1:23.61	39.46	1:23.61
2. Judith Kremers	De Spatters	1:24.76	8102094	1:27.09	40.97	1:27.09
3. Kristel Lips	ZV De Bron	1:29.98	7900562	1:28.26	41.50	1:28.26
4. Anneke Veenstra	't Tolhekke	1:31.39	7900882	1:29.90	42.70	1:29.90
5. Andrea van Leeuwen	De Zijl/LGB	1:29.51	8100904	1:30.32	42.14	1:30.32

Masters 35+

1. Liselotte Joling	PSV	1:26.90	7500268	1:24.95	39.79	1:24.95
2. Ilona Hogerheyde	DAW	1:27.75	7400224	1:29.10	41.89	1:29.10
3. Gerlinde Smit	De Veene	1:32.67	7300816	1:31.63	42.93	1:31.63
4. Miranda Straetemans	Deltasteur	1:25.87	7400514	1:32.52	44.05	1:32.52
5. Tony de Groot	De Futen	1:34.23	7300758	1:35.26	44.91	1:35.26

Masters 40+

1. Karin Stein	ZVVS	1:19.48	7100554	1:20.00	38.19	1:20.00
<i>Nederlands Masters Record</i>						
2. Françoise Heijdeman-Duran	AZ&PC	1:23.00	6900222	1:23.54	39.44	1:23.54
3. Annette Wijnja-Visser	De Biesboschzwemmers	1:21.91	6700528	1:24.28	39.38	1:24.28
4. Laura Staal	Oceanus	1:27.68	6700358	1:29.14	41.99	1:29.14
5. Esther Mijnen	WZ&PC Purmerend	1:32.25	6900846	1:31.53	44.17	1:31.53

Masters 45+

1. Hanny Rotteveel	Zignea	1:32.73	6600538	1:32.77	43.96	1:32.77
2. Friderika Kerekes	AZ&PC	1:34.96	6500540	1:36.00	46.11	1:36.00
3. Yvette Kilian	Zoetermeer	1:37.35	6600534	1:40.56	48.00	1:40.56

Masters 50+

1. Olga Kedrova	Poseidon	1:31.80	37010	1:31.25	42.90	1:31.25
2. Marijke Kraak	WS Twente	1:38.71	6000240	1:36.14	46.42	1:36.14
3. Jacqueline Brouwer	ZV De Bron	1:49.75	6100296	1:54.22	54.22	1:54.22
4. Simonet Schroot	Gay Swim Amsterdam	2:04.04	5800108	2:08.05	1:01.93	2:08.05

Masters 55+

1. Elly Kiestra-Broertjes	Zignea	1:48.29	5600100	1:49.35	51.68	1:49.35
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Open Nederlandse Masters Kampioenschappen 2010 kb
Heerenveen, 21-23 januari 2011



Programmanr. 39, Dames, 100m schoolslag

Masters 60+

1. Nini van Dongen	De Lansingh	2:09.88	5100044	2:10.33	1:01.30	2:10.33
2. Anna de Weert	Gay Swim Amsterdam	2:09.43	4900020	2:13.11	1:03.40	2:13.11
3. Adrie Oostendorp	ZV De Bron	2:41.44	4900024	2:33.69	1:15.85	2:33.69

Masters 65+

1. Matty van der Veen	Old Dutch	1:57.31	4400020	1:50.30	53.74	1:50.30
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Kampioenschaps Record

Masters 80+

1. Anneke Logtenberg	OZ&PC	2:30.04	2900004	2:34.83	1:13.58	2:34.83
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Heren, 100m schoolslag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd	tijd	50m	100m
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Masters 20+

1. Dennis Wijbenga	Stadskanaal	1:06.13	9003283	1:07.33	31.51	1:07.33
2. Remko Hooft	De Duinkickers	1:10.07	8701405	1:11.79	33.41	1:11.79
3. Maik Steenkamp	NDD	1:07.61	9103847	1:12.75	34.94	1:12.75
4. Herman van Dijk	De Wellerobben	1:10.21	8900691	1:12.83	34.59	1:12.83
5. Stefan van der Grift	Octopus	1:11.41	8701121	1:12.84	34.15	1:12.84
6. Niels Vlug	De Duinkickers	1:19.18	8803651	1:16.32	35.49	1:16.32
7. Joeri Schutte	Deltasteur	1:17.49	9102075	1:19.20	37.37	1:19.20
8. Harmen Reemst	ZOB'66	1:20.46	8702715	1:21.10	37.73	1:21.10
9. Rick Hellenbrand	NIMO	1:24.19	8901173	1:22.94	39.38	1:22.94

Masters 25+

1. Rudy Ted de Haan	ANKER TEAM GRONINGEN	59.04	8400805	1:03.50	30.07	1:03.50
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Nederlands Masters Record

2. Kristiaan Lenos	LZ 1886	1:08.42	8301331	1:09.52	32.62	1:09.52
3. Albert van Piekeren	Octopus	1:11.77	8401767	1:11.11	33.43	1:11.11
4. Ralf van der Poel	LZ 1886	1:10.88	8401783	1:11.88	34.06	1:11.88
5. Jauke Hamstra	Deltasteur	1:13.73	8601089	1:14.01	34.70	1:14.01
6. Frank van Buiten	De Golfbreker	1:11.85	8302783	1:16.82	36.59	1:16.82
7. Dennis Klop	De Biesboschzwemmers	1:16.79	8302643	1:19.44	36.91	1:19.44
8. Jasper Peters	Aqua-Novio'94	1:20.82	8602379	1:21.59	38.88	1:21.59
DIS Willem vd Zwaag	Isis	1:34.06	8503111	1:33.40 SL	43.06	1:33.40

Masters 30+

1. Richard Claus	Heldense Zwemvereniging	1:06.36	8000265	1:07.96	32.79	1:07.96
2. Ron Langelaan	DAW	1:10.58	7800643	1:11.50	33.13	1:11.50
3. Freddie Geerlings	NIMO	1:08.79	7900379	1:12.21	33.25	1:12.21
4. Paul Oudendijk	OEZA	1:11.06	8101287	1:14.43	35.29	1:14.43
5. Jasper Groeneveld	Haren	1:13.46	8102263	1:14.59	34.99	1:14.59
6. Simon van Ravensteijn	Zoetermeer	1:14.60	8002263	1:18.70	38.21	1:18.70
AFGEM Han Ruijs	RZ	1:20.84	7901867			

Masters 35+

1. Heiner Stevens	Zignea	1:19.94	7201299	1:17.94	37.31	1:17.94
2. Wibo Mooibroek	WZ&PC Purmerend	1:21.55	7401339	1:22.03	37.24	1:22.03
3. Johan Wezenberg	Deltasteur	1:27.21	7601023	1:27.91	41.00	1:27.91



Programmanr. 40, Heren, 100m schoolslag

Masters 40+

1. Harry Cornet	De Biesboschzweimmers	1:10.67	7100175	1:10.00	32.58	1:10.00
2. Harold Matla	PSV	1:12.26	6800591	1:12.28	34.78	1:12.28
3. Richard Rickson	Brunssum	1:13.45	7000841	1:13.46	34.32	1:13.46
4. Maurice Deelen	AZ&PC	1:13.09	7101407	1:15.38	35.56	1:15.38
5. Herman Smit	De Veene	1:19.95	7101493	1:17.57	36.06	1:17.57
6. Hans Schoenmakers	DAW	1:22.93	6900863	1:21.45	38.13	1:21.45
7. Huyb Stegeman	Steenwijk 1934	1:27.96	6701535	1:27.16	40.59	1:27.16
8. Henk van Zetten	Octopus	1:35.94	6701261	1:33.98	44.86	1:33.98
DIS José de Pooter	De Schelde	1:15.73	6900797	1:13.64 SP	34.79	1:13.64
NG.ZA Alexander Starshinin	Poseidon	1:12.00	31019			

Masters 45+

1. Cees van Houwelingen	De Schelde	1:10.85	6300351	1:11.46	33.90	1:11.46
2. Gert Sikkema	Zignea	1:14.11	6300687	1:14.63	35.82	1:14.63
3. Theo Bakker	TriVia	1:18.73	6401231	1:17.11	35.64	1:17.11
4. Jack Barends	WS Twente	1:29.50	6201011	1:26.10	41.81	1:26.10
5. Jan van Rennes	Isis	1:26.17	6200539	1:29.31	41.01	1:29.31
6. Rene Bakker	De Forel	1:31.61	6501245	1:32.36	43.40	1:32.36
7. Eric Tijms	OEZA	1:32.01	6401125	1:33.09	44.63	1:33.09

Masters 50+

1. Sergey Pakhomov	All Stars	1:13.92	101469	1:14.11	35.44	1:14.11
2. Ralph Caster	RZ	1:17.44	6100069	1:17.38	36.31	1:17.38
3. Ronald Grove	Oceanus	1:17.77	6100161	1:18.04	36.67	1:18.04
4. Walter Rolloos	Van Vliet-Barracuda	1:23.52	5900387	1:22.90	39.49	1:22.90
5. Wim de Lange	Electrolux AZC	1:24.93	5800533	1:25.13	40.21	1:25.13
6. Willem Zwiers	AquAmigos	1:21.50	5800505	1:25.30	40.98	1:25.30
7. Bart van Calker	WS Twente	1:28.28	6100067	1:29.66	42.97	1:29.66
8. Eddy Mourmans	R.D. Mouscronnois	1:43.75	DM/630/57	1:41.77	49.21	1:41.77
9. Jan Glorie	OEZA	2:04.75	5700513	1:59.76	54.95	1:59.76

Masters 55+

1. Paul Bunnik	Triton	1:24.86	5600413	1:33.56	42.32	1:33.56
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Masters 60+

1. Jaap Kwakkel	DAW	1:38.20	4700157	1:34.75	44.36	1:34.75
2. Jan van der Heide	HZ&PC Heerenveen	1:42.73	5100059	1:42.26	47.74	1:42.26
3. Henk Oostendorp	ZV De Bron	1:51.63	4800093	1:52.13	53.08	1:52.13

Masters 65+

1. Joop Draaisma	DZ&PC	1:30.82	4600155	1:32.26	42.98	1:32.26
2. Ruud Sloof	De Rijn	1:38.08	4400073	1:36.76	46.40	1:36.76

Masters 70+

1. Jan Eichhorn	ZV Haerlem	1:48.09	3700015	1:48.32	51.02	1:48.32
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Programmanr. 41
23-01-2011 - 15:15

Dames, 400m wisselslag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd
Masters 20+					
1.	Gea Hagting	Nova	5:08.08	8801584	5:17.56
	50m: 33.44 33.44	150m: 1:53.61 41.01	250m: 3:17.08 43.36	350m: 4:39.76 38.24	
	100m: 1:12.60 39.16	200m: 2:33.72 40.11	300m: 4:01.52 44.44	400m: 5:17.56 37.80	
2.	Milou Bouwhuis	De Veene	5:56.73	8900532	6:04.17
	50m: 36.63 36.63	150m: 2:09.54 47.80	250m: 3:49.42 51.00	350m: 5:22.99 41.41	
	100m: 1:21.74 45.11	200m: 2:58.42 48.88	300m: 4:41.58 52.16	400m: 6:04.17 41.18	
3.	Maaïke van Diggele	ZPB H&L Productions	6:18.87	8700868	6:07.28
	50m: 36.75 36.75	150m: 2:08.63 47.81	250m: 3:46.84 51.57	350m: 5:24.92 44.95	
	100m: 1:20.82 44.07	200m: 2:55.27 46.64	300m: 4:39.97 53.13	400m: 6:07.28 42.36	
4.	Whitley Rens	De Schotejil	6:38.63	9007520	6:29.00
	50m: 40.97 40.97	150m: 2:19.94 50.37	250m: 4:05.09 55.80	350m: 5:48.07 45.17	
	100m: 1:29.57 48.60	200m: 3:09.29 49.35	300m: 5:02.90 57.81	400m: 6:29.00 40.93	
5.	Renske Eilers	De Amer	6:26.20	8806072	6:31.32
	50m: 42.57 42.57	150m: 2:23.65 49.48	250m: 4:07.00 55.47	350m: 5:47.48 44.38	
	100m: 1:34.17 51.60	200m: 3:11.53 47.88	300m: 5:03.10 56.10	400m: 6:31.32 43.84	
NG	Sunanda van Heteren	PCG	6:05.39	8901728	
Masters 25+					
1.	Marlies Reinders	De Dinkel	5:15.39	8602976	5:14.69
	50m: 32.17 32.17	150m: 1:53.06 44.47	250m: 3:22.41 46.57	350m: 4:42.90 34.25	
	100m: 1:08.59 36.42	200m: 2:35.84 42.78	300m: 4:08.65 46.24	400m: 5:14.69 31.79	
2.	Nadya Putter	ZVVS	5:29.54	8301630	5:27.55
	50m: 34.36 34.36	150m: 1:55.52 42.21	250m: 3:23.86 46.71	350m: 4:49.69 38.45	
	100m: 1:13.31 38.95	200m: 2:37.15 41.63	300m: 4:11.24 47.38	400m: 5:27.55 37.86	
3.	Linda Hoogendam	D'Elft	5:57.00	8300892	5:55.73
	50m: 37.46 37.46	150m: 2:08.66 44.94	250m: 3:47.11 54.74	350m: 5:20.28 38.33	
	100m: 1:23.72 46.26	200m: 2:52.37 43.71	300m: 4:41.95 54.84	400m: 5:55.73 35.45	
4.	Margriet Aan het Rot	Octopus	6:50.29	8603088	6:32.04
	50m: 42.15 42.15	150m: 2:21.81 50.18	250m: 4:04.23 53.30	350m: 5:45.56 47.48	
	100m: 1:31.63 49.48	200m: 3:10.93 49.12	300m: 4:58.08 53.85	400m: 6:32.04 46.48	
DIS	Roos van Esch	TRB-RES	5:34.58	8200468	5:42.51 SK
	50m: 36.04 36.04	150m: 2:00.18 43.45	250m: 3:33.58 50.98	350m: 5:04.16 39.60	
	100m: 1:16.73 40.69	200m: 2:42.60 42.42	300m: 4:24.56 50.98	400m: 5:42.51 38.35	
Masters 30+					
1.	Jolanda van Gendt	PSV	6:08.74	7800266	6:07.59
	50m: 39.07 39.07	150m: 2:12.69 45.33	250m: 3:51.25 53.42	350m: 5:26.78 41.94	
	100m: 1:27.36 48.29	200m: 2:57.83 45.14	300m: 4:44.84 53.59	400m: 6:07.59 40.81	
2.	Margriet Leeffers	Deltasteur	7:02.54	7800448	7:11.00
	50m: 46.94 46.94	150m: 2:35.87 53.93	250m: 4:28.60 59.39	350m: 6:20.26 50.56	
	100m: 1:41.94 55.00	200m: 3:29.21 53.34	300m: 5:29.70 1:01.10	400m: 7:11.00 50.74	
3.	Clementine van Bruxvoort	ZPB H&L Productions	7:29.28	7700138	7:46.40
	50m: 48.12 48.12	150m: 2:46.54 56.54	250m: 4:51.67 1:11.66	350m: 6:54.91 52.03	
	100m: 1:50.00 1:01.88	200m: 3:40.01 53.47	300m: 6:02.88 1:11.21	400m: 7:46.40 51.49	
DIS	Rianne van Vegchelen	Deltasteur	7:36.14	8101530	7:21.60 VH
	50m: 49.53 49.53	150m: 2:45.75 57.98	250m: 4:43.48 1:01.25	350m: 6:33.80 49.25	
	100m: 1:47.77 58.24	200m: 3:42.23 56.48	300m: 5:44.55 1:01.07	400m: 7:21.60 47.80	
Masters 40+					
1.	Ana Paula Grilo <i>Kampioenschaps Record</i>	Usms 072bw	5:27.96	121D-072BW	5:24.17
	50m: 36.10 36.10	150m: 1:57.60 40.78	250m: 3:27.46 49.34	350m: 4:51.01 35.47	
	100m: 1:16.82 40.72	200m: 2:38.12 40.52	300m: 4:15.54 48.08	400m: 5:24.17 33.16	
2.	Françoise Heijdeman-Duran	AZ&PC	5:58.79	6900222	6:04.83
	50m: 40.78 40.78	150m: 2:15.14 48.67	250m: 3:50.97 48.41	350m: 5:23.41 43.33	
	100m: 1:26.47 45.69	200m: 3:02.56 47.42	300m: 4:40.08 49.11	400m: 6:04.83 41.42	



Open Nederlandse Masters Kampioenschappen 2010 kb
Heerenveen, 21-23 januari 2011



Programmanr. 41, Dames, 400m wisselslag, Masters 40+

rang	naam	vereniging	inschrijftijd	startnr.	tijd		
3.	Hetty Smalheer	SCOM	6:35.13	6700352	6:49.60		
	50m: 47.73	150m: 2:33.56	51.65	250m: 4:23.34	56.11	350m: 6:05.70	43.97
	100m: 1:41.91	200m: 3:27.23	53.67	300m: 5:21.73	58.39	400m: 6:49.60	43.90

Masters 45+

1.	Karin van den Heuvel	AquAmigos	6:19.09	6600188	6:29.98		
	50m: 42.21	150m: 2:24.13	53.51	250m: 4:09.45	52.31	350m: 5:47.34	45.13
	100m: 1:30.62	200m: 3:17.14	53.01	300m: 5:02.21	52.76	400m: 6:29.98	42.64
2.	Alie Visser	HZ&PC Heerenveen	7:47.18	6400494	7:51.55		
	50m: 48.63	150m: 2:45.85	59.08	250m: 4:51.06	1:05.89	350m: 6:54.92	56.11
	100m: 1:46.77	200m: 3:45.17	59.32	300m: 5:58.81	1:07.75	400m: 7:51.55	56.63

Masters 50+

1.	Mathilde Vink	Swol 1894	6:27.76	5800128	6:24.25		
	50m: 38.13	150m: 2:11.29	50.60	250m: 3:58.30	58.00	350m: 5:40.73	43.46
	100m: 1:20.69	200m: 3:00.30	49.01	300m: 4:57.27	58.97	400m: 6:24.25	43.52
2.	Olga Kedrova	Poseidon	6:39.91	37010	6:25.72		
	50m: 44.62	150m: 2:27.68	50.75	250m: 4:09.09	51.16	350m: 5:44.12	42.84
	100m: 1:36.93	200m: 3:17.93	50.25	300m: 5:01.28	52.19	400m: 6:25.72	41.60
3.	Janny van Eijk	ZV De Bron	7:06.97	5800022	6:53.52		
	50m: 43.17	150m: 2:29.81	56.70	250m: 4:24.84	1:00.51	350m: 6:10.15	46.32
	100m: 1:33.11	200m: 3:24.33	54.52	300m: 5:23.83	58.99	400m: 6:53.52	43.37
DIS	Patty Verhagen	AquAmigos	6:21.21	5900146	6:21.19 SK		
	50m: 41.95	150m: 2:21.34	49.71	250m: 4:06.98	56.33	350m: 5:42.16	40.62
	100m: 1:31.63	200m: 3:10.65	49.31	300m: 5:01.54	54.56	400m: 6:21.19	39.03

Masters 75+

1.	Annie de Vos	Old Dutch	10:59.47	3400004	10:46.66			
	<i>Nederlands Masters Record, tt 100m Nederlands Masters Record</i>							
	50m: 1:26.82	1:26.82	150m: 4:26.53	1:13.72	250m: 7:03.70	1:26.15	350m: 9:39.86	1:08.31
	100m: 3:12.81	1:45.99	200m: 5:37.55	1:11.02	300m: 8:31.55	1:27.85	400m: 10:46.66	1:06.80

Programmanr. 42
23-01-2011 - 15:48

Heren, 400m wisselslag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd			
Masters 20+								
1.	Dennis Wijbenga	Stadskanaal	4:39.48	9003283	4:44.74			
	<i>Kampioenschaps Record</i>							
	50m: 31.27	31.27	150m: 1:45.48	36.40	250m: 3:00.34	39.07	350m: 4:13.64	34.36
	100m: 1:09.08	37.81	200m: 2:21.27	35.79	300m: 3:39.28	38.94	400m: 4:44.74	31.10
2.	Emile Manni	Octopus	4:51.80	9001901	4:47.83			
	50m: 30.12	30.12	150m: 1:41.27	36.88	250m: 2:57.97	40.74	350m: 4:14.39	34.47
	100m: 1:04.39	34.27	200m: 2:17.23	35.96	300m: 3:39.92	41.95	400m: 4:47.83	33.44
3.	Maik Steenkamp	NDD	5:05.54	9103847	5:03.19			
	50m: 31.77	31.77	150m: 1:49.65	40.10	250m: 3:12.16	42.81	350m: 4:29.96	35.05
	100m: 1:09.55	37.78	200m: 2:29.35	39.70	300m: 3:54.91	42.75	400m: 5:03.19	33.23
4.	Tim Bunnik	Triton	5:13.84	9000505	5:09.04			
	50m: 31.66	31.66	150m: 1:52.00	41.10	250m: 3:15.74	43.57	350m: 4:35.16	35.03
	100m: 1:10.90	39.24	200m: 2:32.17	40.17	300m: 4:00.13	44.39	400m: 5:09.04	33.88
5.	Wessel Everloo	De Veene	5:27.29	8906597	5:22.90			
	50m: 33.27	33.27	150m: 1:54.05	41.90	250m: 3:23.05	50.21	350m: 4:49.35	35.76
	100m: 1:12.15	38.88	200m: 2:32.84	38.79	300m: 4:13.59	50.54	400m: 5:22.90	33.55
6.	Martin Lutke	Nova	5:37.74	8802263	5:37.80			
	50m: 34.59	34.59	150m: 2:00.50	43.57	250m: 3:30.23	46.33	350m: 4:58.71	40.46
	100m: 1:16.93	42.34	200m: 2:43.90	43.40	300m: 4:18.25	48.02	400m: 5:37.80	39.09
7.	Albert Dijkma	De Forel	6:10.19	8700711	6:16.55			
	50m: 37.72	37.72	150m: 2:12.16	44.62	250m: 3:49.38	54.01	350m: 5:30.76	45.12
	100m: 1:27.54	49.82	200m: 2:55.37	43.21	300m: 4:45.64	56.26	400m: 6:16.55	45.79



Programmanr. 42, Heren, 400m wisselslag

Masters 25+

1. Kristiaan Lenos			LZ 1886		4:51.92	8301331		4:55.31
50m: 29.44	29.44		150m: 1:44.24	39.19	250m: 3:04.42	42.08	350m: 4:22.29	34.09
100m: 1:05.05	35.61		200m: 2:22.34	38.10	300m: 3:48.20	43.78	400m: 4:55.31	33.02
2. Albert van Piekeren			Octopus		5:18.15	8401767		5:11.71
50m: 33.37	33.37		150m: 1:53.03	40.00	250m: 3:16.42	44.33	350m: 4:36.95	36.86
100m: 1:13.03	39.66		200m: 2:32.09	39.06	300m: 4:00.09	43.67	400m: 5:11.71	34.76

Masters 30+

1. Eugeniy Ryzhov			All Stars		5:05.20	101628		4:51.69
50m: 31.07	31.07		150m: 1:44.75	39.31	250m: 3:03.23	39.42	350m: 4:19.16	35.55
100m: 1:05.44	34.37		200m: 2:23.81	39.06	300m: 3:43.61	40.38	400m: 4:51.69	32.53
2. Marcel Reefhuis			De Veene		5:13.86	8101381		5:13.20
50m: 32.52	32.52		150m: 1:51.45	40.04	250m: 3:14.74	43.94	350m: 4:37.64	37.36
100m: 1:11.41	38.89		200m: 2:30.80	39.35	300m: 4:00.28	45.54	400m: 5:13.20	35.56
3. Freddie Geerlings			NIMO		5:08.31	7900379		5:18.75
50m: 34.94	34.94		150m: 1:58.37	41.31	250m: 3:21.96	42.38	350m: 4:43.03	37.43
100m: 1:17.06	42.12		200m: 2:39.58	41.21	300m: 4:05.60	43.64	400m: 5:18.75	35.72
4. Jeroen Vogelsang			Het Y		5:21.32	8001645		5:44.35
50m: 34.94	34.94		150m: 2:05.06	47.83	250m: 3:39.39	48.55	350m: 5:06.52	38.12
100m: 1:17.23	42.29		200m: 2:50.84	45.78	300m: 4:28.40	49.01	400m: 5:44.35	37.83

Masters 40+

1. René Beetsma			HZ&PC Heerenveen		5:05.86	6900069		5:09.60
50m: 31.62	31.62		150m: 1:49.10	40.17	250m: 3:13.31	44.62	350m: 4:34.48	36.78
100m: 1:08.93	37.31		200m: 2:28.69	39.59	300m: 3:57.70	44.39	400m: 5:09.60	35.12

Masters 45+

1. Arnold de Rover			De Futen		5:22.86	6400645		5:25.38
50m: 33.78	33.78		150m: 1:55.16	42.47	250m: 3:24.36	46.92	350m: 4:49.33	37.51
100m: 1:12.69	38.91		200m: 2:37.44	42.28	300m: 4:11.82	47.46	400m: 5:25.38	36.05
2. Jan Smalheer			SCOM		6:26.08	6400701		6:36.21
50m: 43.67	43.67		150m: 2:25.30	53.22	250m: 4:13.29	55.80	350m: 5:52.82	43.21
100m: 1:32.08	48.41		200m: 3:17.49	52.19	300m: 5:09.61	56.32	400m: 6:36.21	43.39
3. Rik van Gasteren			AquAmigos		7:45.56	6401015		7:58.47
50m: 58.26	58.26		150m: 3:11.88	1:03.45	250m: 5:15.27	1:02.17	350m: 7:11.47	52.72
100m: 2:08.43	1:10.17		200m: 4:13.10	1:01.22	300m: 6:18.75	1:03.48	400m: 7:58.47	47.00

AFGEM Jan Brink

De Stormvogel	5:28.51	6200091
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Masters 50+

1. Ronald Grove			Oceanus		5:38.39	6100161		5:35.59
50m: 35.77	35.77		150m: 2:02.56	46.13	250m: 3:35.48	46.21	350m: 5:00.73	37.65
100m: 1:16.43	40.66		200m: 2:49.27	46.71	300m: 4:23.08	47.60	400m: 5:35.59	34.86
2. Marten de Groot			HZ&PC Heerenveen		5:45.07	5800149		5:43.87
50m: 35.50	35.50		150m: 2:02.06	47.26	250m: 3:37.99	51.22	350m: 5:07.02	38.39
100m: 1:14.80	39.30		200m: 2:46.77	44.71	300m: 4:28.63	50.64	400m: 5:43.87	36.85
3. Ron van Vliet			De Stormvogel		6:02.54	6100849		5:57.17
50m: 35.79	35.79		150m: 2:05.45	47.05	250m: 3:43.77	52.01	350m: 5:17.44	42.26
100m: 1:18.40	42.61		200m: 2:51.76	46.31	300m: 4:35.18	51.41	400m: 5:57.17	39.73
4. Peter Verbene			ACZ		7:07.28	5900719		6:45.65
50m: 46.09	46.09		150m: 2:30.53	48.40	250m: 4:20.59	1:03.66	350m: 6:04.43	43.87
100m: 1:42.13	56.04		200m: 3:16.93	46.40	300m: 5:20.56	59.97	400m: 6:45.65	41.22
5. Jan Willem Heuten			WS Twente		6:35.37	6000883		6:46.26
50m: 42.31	42.31		150m: 2:29.78	55.84	250m: 4:23.96	58.00	350m: 6:02.15	42.87
100m: 1:33.94	51.63		200m: 3:25.96	56.18	300m: 5:19.28	55.32	400m: 6:46.26	44.11



Open Nederlandse Masters Kampioenschappen 2010 kb
Heerenveen, 21-23 januari 2011



Programmanr. 42, Heren, 400m wisselslag

Masters 55+

1. Paul Bunnik			Triton			6:18.48	5600413			6:27.90	
50m:	40.89	40.89	150m:	2:25.80	53.92	250m:	4:10.89	54.53	350m:	5:47.35	41.81
100m:	1:31.88	50.99	200m:	3:16.36	50.56	300m:	5:05.54	54.65	400m:	6:27.90	40.55

Masters 60+

1. Donald Uijtenbogaart			Het Y			6:05.24	4700107			6:10.58	
50m:	39.62	39.62	150m:	2:16.70	50.74	250m:	3:58.15	52.12	350m:	5:31.62	41.39
100m:	1:25.96	46.34	200m:	3:06.03	49.33	300m:	4:50.23	52.08	400m:	6:10.58	38.96

Masters 65+

1. Rob Hanou 100m*			PSV			6:51.26	4300109			7:08.67	
50m:	46.91	46.91	150m:	2:40.57	59.11	250m:	4:38.32	57.41	350m:	6:23.47	46.78
100m:	1:41.46	54.55	200m:	3:40.91	1:00.34	300m:	5:36.69	58.37	400m:	7:08.67	45.20

Masters 70+

1. Nico Geers			Z&PC De Gouwe			7:12.89	3800007			7:33.93	
50m:	50.70	50.70	150m:	2:50.72	59.84	250m:	4:55.13	1:07.54	350m:	6:51.01	47.29
100m:	1:50.88	1:00.18	200m:	3:47.59	56.87	300m:	6:03.72	1:08.59	400m:	7:33.93	42.92

Masters 80+

1. Georges Verhelst <i>Kampioenschaps Record</i>			KRZV			8:42.43	RZV/160/31			9:04.75	
50m:	1:04.65	1:04.65	150m:	3:29.69	1:12.25	250m:	5:48.33	1:11.24	350m:	8:03.59	1:03.99
100m:	2:17.44	1:12.79	200m:	4:37.09	1:07.40	300m:	6:59.60	1:11.27	400m:	9:04.75	1:01.16

Programmanr. 43
23-01-2011 - 16:32

Dames, 50m rugslag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd
Masters 20+					
1.	Wendan Poelstra <i>Kampioenschaps Record</i>	HZ&PC Heerenveen	30.98	9102496	31.53
2.	Jen-Ai van Soelen	Zuiderzeezwimmers	33.20	9003510	32.28
3.	Jacyntha Plat	TriVia	32.65	9002956	32.39
4.	Cynthia Grooteboer	De Reest	33.80	8901462	34.13
5.	Ilse van den Wijngaard	One Team Swimming	33.50	8904736	34.50
6.	Esther van Maastrigt	Montferland	35.57	8802836	35.61
7.	Maaikje de Boer	De Duinkickers	35.44	9000362	35.78
8.	Joukje Breitsma	De Golfbreker	36.11	8906474	36.25
9.	Eline Schoenmaker	De Duinkickers	35.81	9003322	36.58
10.	Gerlinde van de Wetering	Deltasteur	36.54	8904678	36.94
11.	Sanne van Dijk	Zoetermeer	37.19	9000818	37.27
12.	Susanne van der Linden	DIO	38.81	8802736	37.58
13.	Madeleine Sielemann	Zoetermeer	38.02	9106166	38.03
14.	Whitley Rens	De Schotejil	37.21	9007520	38.84
15.	Fleur Maas	Zoetermeer	40.76	8902768	39.46
16.	Siska Post	DIO	39.82	8805562	40.41
	Ellen Reniers	De Dommelbaarzen	40.92	9106288	40.41
18.	Veerle Hooijman	Zuiderzeezwimmers	44.39	9101318	43.48
NG	Sunanda van Heteren	PCG	35.09	8901728	



Programmanr. 43, Dames, 50m rugslag

Masters 25+

1.	Alexandra Romanenkova	All Stars	31.66	019003	31.86
2.	Jorinde van der Laan	De Golfbreker	33.45	8403318	34.10
3.	Roos van Esch	TRB-RES	33.45	8200468	34.18
4.	Wieteke Elzinga	DAW	34.21	8601038	34.20
5.	Sandra Schellekens	Neptunus'58	37.35	8503416	37.81
6.	Carin Grondel-Bos	Zoetermeer	40.07	8202346	39.89
7.	Hanneke Freriksen	WS Twente	39.81	8302744	42.27

Masters 30+

1.	Janneke Harmsen	De Spatters	32.28	7700938	32.16
	<i>Kampioenschaps Record</i>				
2.	Petra Verstegen	WVZ	37.21	7700906	36.64
3.	Claudia van Drunen	AquAmigos	37.46	7700810	36.88
4.	Helena Jongema	OEZA	35.95	8000550	37.35
5.	Andrea van Leeuwen	De Zijl/LGB	38.99	8100904	39.69

Masters 35+

1.	Kim Brokelman	WS Twente	42.20	7500788	41.11
2.	Rinette van der Vliet	Swol 1894	45.37	7300518	42.87
3.	Diana Westerdijk	De Spatters	43.83	7200704	45.16

Masters 40+

1.	Lidia v. Bon-Rosenbrand	AZ&PC	34.57	7000054	34.37
	<i>Kampioenschaps Record</i>				
2.	Trudie van Niejenhuis	TZC-Vahalis	35.93	7100444	35.90
3.	Laura Staal	Oceanus	36.10	6700358	36.43
4.	Henriëtte Manting	GZVW	37.04	7100246	38.00
	Susanne van Hooven	De Schotejil	37.71	6800752	38.00
6.	Sabine Delaere	R.D. Mouscronnois	43.72	DM/554/69	42.43

Masters 45+

1.	Wilna Heijman	't Tolhekke	37.32	6400506	36.36
2.	Jacqueline Rolloos	De Lansingh	37.76	6300222	36.78
3.	Hanny Rotteveel	Zignea	36.73	6600538	37.16
4.	Haya Mellema	Aquapoldro	48.11	6600482	50.24
5.	Riekje Schra	Steenwijk 1934	1:01.37	6400404	1:02.81 *

Masters 50+

1.	Julia Moh Klaren	Apsap Ville De Paris	36.50	922540	37.25
2.	Inge Wolfs	PLONS	40.96	6000304	40.89
3.	Gea Kuiper	ZCNF'34	47.28	6100104	50.29
4.	Simonet Schroot	Gay Swim Amsterdam	56.90	5800108	1:01.17

Masters 55+

1.	Atie Pijtak-Radersma	AZ&PC	38.53	5600048	37.37
2.	Ineke Meijer	HZ&PC Heerenveen	45.79	5200034	47.69

Masters 60+

1.	Conny Boer-Buys	ZVVS	41.97	5000006	39.04
	<i>Nederlands Masters Record</i>				
2.	Antoinette Gilding-Tussaud	WS Twente	46.26	5000038	45.33 *
3.	Janny van der Weide	Deltasteur	1:07.42	5100066	1:09.97 *

Programmanr. 43, Dames, 50m rugslag

Masters 65+

1.	Leny Kamp	Aquapoldro	53.27	4400008	55.00
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Masters 75+

1.	Jeltje van Bergen	De Pinquin	52.19	3500002	55.20
	<i>Kampioenschaps Record</i>				

Programmanr. 44
23-01-2011 - 16:42

Heren, 50m rugslag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd
Masters 20+					
1.	Roland Boon	NDD	27.15	8800397	27.91
2.	Peter van Heukelem	De Golfbreker	27.11	8901243	27.98
3.	Hjalmar de Ruiters	NDD	28.39	8902695	28.37
4.	Joppe Schuurmans	Tritium (SG)	28.32	8905447	28.62
5.	Floris Manni	Octopus	28.95	8805679	29.73
6.	Jelte Schuurmans	Tritium (SG)	29.63	9104841	29.82
7.	Sjoerd Sieval	LZ 1886	29.97	9002663	29.93
8.	Jeroen Custers	Kimbria	29.86	9106319	30.04
9.	Dick Kampman	De Amer	31.73	8801789	31.90
10.	Mark Pijtak	AZ&PC	30.96	9002287	32.23
11.	Roel van Beek	Montferland	33.04	8905861	34.01
12.	Kevin Dieker	Montferland	33.80	9100461	34.55
13.	Sven van Zanten	De Duinkickers	32.01	9003405	34.73
14.	Harmen Reemst	ZOB'66	33.71	8702715	35.22
Masters 25+					
1.	Martijn Giezen	Montferland	29.20	8500813	29.11
2.	Roderik Meijers	ZOB'66	30.96	8602063	30.53
3.	Thommy Nickel	Van Vliet-Barracuda	30.10	8401627	30.86
4.	Mike Hereijgers	De Futen	30.35	8501007	31.72
5.	Jarno Kuik	Zignea	34.44	8401321	32.64
6.	Rudy de Jong	De Forel	34.96	8301061	34.26
7.	Mark Dieleman	Zignea	35.51	8500545	34.68
8.	Erik van der Zeijden	RZ	39.85	8604569	35.95
Masters 30+					
1.	Richard Koehoorn	HZ&PC Heerenveen	28.89	7907697	28.51
2.	Rory Bob de Haan	ANKER TEAM GRONINGEN	27.02	8100609	28.99
3.	Leander Noordijk	De Schotejil	30.51	8101221	30.66
4.	Paul Oudendijk	OEZA	30.26	8101287	30.68
5.	Stan Dekker	PLONS	31.31	7901823	31.01
6.	Rene Beens	Deltasteur	31.79	7800045	32.31
7.	Gino Martijn	RZ	34.51	7901865	33.98
Masters 35+					
1.	Roger Flinterman	Zoetermeer	31.76	7601261	31.48
2.	Erwin Zuidervelt	De Futen	32.96	7501015	33.09
3.	Pieter Ponne	HZ&PC Heerenveen	33.17	7600749	36.11
4.	Dennis van Markesteijn	TZC-Vahalis	38.78	7201333	39.01
Masters 40+					
1.	Bernd Hendriksen	Aqua-Novio'94	33.20	7001491	32.86
2.	Roelof Broekman	De Spatters	36.23	6800155	35.18
3.	Henk van Zetten	Octopus	43.97	6701261	40.68

Programmanr. 44, Heren, 50m rugslag

Masters 45+

1.	Fred van de Meeberg	Steenwijk 1934	33.42	6601279	34.97
2.	Erik Saan	De Duck	46.42	6500769	35.73
3.	Theo Bakker	TriVia	37.59	6401231	36.94
4.	Jack Barends	WS Twente	40.30	6201011	37.86
5.	Jan van Rennes	Isis	38.06	6200539	38.44
AFGEM	Jan Brink	De Stormvogel	31.02	6200091	

Masters 50+

1.	Bart van Calker	WS Twente	38.63	6100067	40.14
2.	Herbert Katgert	WS Twente	47.02	5900739	45.01

Masters 55+

1.	Andre Storm	Zoetermeer	34.92	5600407	34.57
2.	Rob Berkhof	Swol 1894	40.58	5200245	39.69

Masters 60+

1.	Joop van Eijk	PLONS	43.03	4700025	43.96
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Masters 65+

1.	Frans van der Walle	Old Dutch	48.98	4300089	47.97
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Masters 70+

1.	Frans van Enst	WS Twente	38.02	4000011	36.91
	<i>Kampioenschaps Record</i>				
2.	Jan Eichhorn	ZV Haerlem	45.89	3700015	47.79

Masters 75+

1.	Taco van Blommestein	Aquapoldro	59.89	3300007	59.11
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Programmanr. 45
23-01-2011 - 16:51

Dames, 100m vlinderslag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd	tijd	50m	100m
Masters 20+					
1.	Jen-Ai van Soelen	Zuiderzeezwimmers	1:11.19 9003510	1:07.69	31.09 1:07.69
2.	Erika Aan het Rot	Octopus	1:13.94 9000010	1:11.53	33.40 1:11.53
3.	Kim Wijnja	De Biesboschzwimmers	1:12.57 9107812	1:13.44	33.62 1:13.44
4.	Gerrit Onink	TZC-Vahalis	1:14.82 8704828	1:15.72	34.68 1:15.72
5.	Juliska Peijnenburg	De Dommelbaarzen	1:12.60 9002892	1:16.11	35.49 1:16.11
6.	Tonny Methorst	De Biesboschzwimmers	1:14.82 8802998	1:17.22	35.10 1:17.22
7.	Chantal Willems	Tritium (SG)	1:12.07 9105482	1:21.39	33.81 1:21.39
8.	Martiene Klasen	De Golfbreker	1:22.93 8902256	1:22.31	38.00 1:22.31
9.	Maaikje van Diggele	ZPB H&L Productions	1:19.67 8700868	1:22.58	37.00 1:22.58
10.	Milou Bouwhuis	De Veene	1:14.48 8900532	1:23.94	36.51 1:23.94
11.	Liset de Veer	Aqua-Novio'94	1:23.41 8704190	1:24.70	38.08 1:24.70
12.	Laura Visserman	De Amer	1:22.86 8704362	1:26.03 *	37.92 1:26.03
13.	Kelly Bockting	Montferland	1:35.60 9104050	1:37.08	41.93 1:37.08

Programmanr. 45, Dames, 100m vlinderslag

Masters 25+

1. Anique Willeme	De Dinkel	1:07.32	8604106	1:07.68	31.56	1:07.68
2. Nadya Putter	ZVVS	1:10.74	8301630	1:09.77	32.83	1:09.77
3. Esther Versteeg	Van Vliet-Barracuda	1:10.60	8302112	1:11.12	33.37	1:11.12
4. Iris Barendregt	Van Vliet-Barracuda	1:11.26	8600172	1:11.88	33.22	1:11.88
5. Annelette de Vries	De Veene	1:15.80	8603908	1:17.30	34.15	1:17.30
6. Gosina van Stralen	HZ&PC Heerenveen	1:20.60	8603450	1:18.28	35.45	1:18.28
7. Pauline Tieleman	De Geul	1:17.34	8403348	1:18.83	35.89	1:18.83

Masters 30+

1. Delia Badoux	Zoetermeer	1:06.19	8000042	1:07.84	31.50	1:07.84
2. Elvira Jonkers	De Pinquin	1:09.23	7900420	1:10.18	32.40	1:10.18
3. Angelique Boersma	De Vikings	1:14.44	8001586	1:12.08	33.30	1:12.08
4. Kristel Lips	ZV De Bron	1:23.22	7900562	1:22.56	38.23	1:22.56
5. Judith Kremers	De Spatters	1:22.29	8102094	1:25.13	39.56	1:25.13
6. Rianne van Vegchelen	Deltasteur	1:43.94	8101530	1:47.78	47.39	1:47.78

Masters 35+

1. Ilona Hogerheyde	DAW	1:16.29	7400224	1:18.96	35.51	1:18.96
2. Marian Nederlof	DWF	1:27.61	7600950	1:27.51	40.16	1:27.51
3. Tony de Groot	De Futen	1:28.27	7300758	1:28.21	41.34	1:28.21

Masters 40+

1. Cynthia Noordermeer	Het Y	1:17.14	7000358	1:18.88	36.71	1:18.88
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Masters 45+

1. Karin van den Heuvel	AquAmigos	1:21.26	6600188	1:31.92	42.52	1:31.92
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Masters 50+

1. Mathilde Vink	Swol 1894	1:13.83	5800128	1:14.38	35.02	1:14.38
2. Janny van Eijk	ZV De Bron	1:23.88	5800022	1:27.86	41.86	1:27.86
3. Inge Wolfs	PLONS	1:30.90	6000304	1:28.55	41.41	1:28.55

Masters 60+

1. Christien Nieuwenhuis	Swol 1894	1:31.03	5100022	1:24.92	39.05	1:24.92
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Nederlands Masters Record

Masters 75+

1. Annie de Vos	Old Dutch	3:18.77	3400004	3:15.76	1:27.86	3:15.76
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Programmanr. 46
23-01-2011 - 17:03

Heren, 100m vlinderslag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd	tijd	50m	100m	
1. Kevin Eltink	NDD	58.89	9100589	59.28	27.53	59.28
<i>Kampioenschaps Record</i>						
2. Joost Rijntjes	LZ 1886	59.50	9101899	1:00.60	27.80	1:00.60
3. Emile Manni	Octopus	58.54	9001901	1:01.00	28.40	1:01.00
4. Tim Pattipeiluhu	RSW (SG)	1:02.22	8902409	1:01.65	29.76	1:01.65
5. Charel Thewissen	Kimbria	1:02.73	9005591	1:03.79	29.82	1:03.79
6. Mike Dam	Zignea	1:01.18	8805321	1:03.90	29.50	1:03.90
7. Emiel Ghali	Van Vliet-Barracuda	1:03.78	8701019	1:04.27	30.03	1:04.27
8. Ruben Stolk	ZOB'66	1:05.85	9005665	1:05.09	30.04	1:05.09

Programmanr. 46, Heren, 100m vlinderslag, Masters 20+

rang naam	vereniging	inschrijftijd		tijd	50m	100m
9. Bas Berndes	Tritium (SG)	1:03.03	8900217	1:06.45	30.62	1:06.45
10. Tim Bunnik	Triton	1:07.46	9000505	1:07.58	31.02	1:07.58
11. Roy Pattipeiluhu	RSW (SG)	1:08.49	9101761	1:07.79	31.85	1:07.79
12. Rodrigo Moctezuma	De Futen	1:08.02	8902179	1:10.37	31.42	1:10.37

Masters 25+

1. Rudy Ted de Haan	ANKER TEAM GRONINGEN	53.77	8400805	57.09	27.02	57.09
<i>Nederlands Masters Record</i>						
2. Frank van Buiten	De Golfbreker	1:01.26	8302783	1:04.20	30.12	1:04.20
3. Remco van Althuis	SBC2000	1:04.95	8300029	1:04.77	30.24	1:04.77
4. Thommy Nickel	Van Vliet-Barracuda	1:01.77	8401627	1:05.72	31.13	1:05.72
5. Jauke Hamstra	Deltasteur	1:06.38	8601089	1:06.24	29.88	1:06.24
6. Jan van Opstal	DIO	1:05.00	8602291	1:06.48	30.96	1:06.48
7. Jim Geestman	RSW (SG)	1:10.13	8300699	1:09.34	31.91	1:09.34

Masters 30+

1. Eugeniy Ryzhov	All Stars	59.90	101628	1:00.05	27.77	1:00.05
<i>Kampioenschaps Record</i>						
2. Nol van Thull	ZOB'66	1:01.54	8001513	1:01.65	28.89	1:01.65
3. Rory Bob de Haan	ANKER TEAM GRONINGEN	56.06	8100609	1:02.02	29.33	1:02.02
4. Leander Noordijk	De Schotejil	1:02.73	8101221	1:06.10	30.82	1:06.10
5. Markus van Rest	Zoetermeer	1:04.89	7701197	1:06.91	31.05	1:06.91
6. Marcel Reefhuis	De Veene	1:04.76	8101381	1:08.56	30.99	1:08.56

Masters 35+

1. Heiner Stevens	Zignea	1:09.47	7201299	1:10.65	32.21	1:10.65
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Masters 40+

1. René Beetsma	HZ&PC Heerenveen	1:05.23	6900069	1:05.75	30.43	1:05.75
2. Oscar van Holsteyn	AquAmigos	1:05.86	7100373	1:06.01	30.92	1:06.01
3. Richard Ricksen	Brunssum	1:09.35	7000841	1:06.21	30.84	1:06.21
4. Herman Smit	De Veene	1:06.47	7101493	1:07.90	31.43	1:07.90
5. José de Pooter	De Schelde	1:15.20	6900797	1:12.46	34.53	1:12.46
6. Harald Mulder	Zoetermeer	1:18.74	6701459	1:14.54	35.05	1:14.54
7. Hans Schoenmakers	DAW	1:16.04	6900863	1:15.15	34.61	1:15.15

Masters 45+

1. Arnold de Rover	De Futen	1:08.53	6400645	1:08.85	31.98	1:08.85
2. Frank Leusink	Torpedo	1:10.53	6201109	1:12.29	32.95	1:12.29

Masters 50+

1. Marten de Groot	HZ&PC Heerenveen	1:14.26	5800149	1:11.22	33.51	1:11.22
2. Ron van Vliet	De Stormvogel	1:14.73	6100849	1:13.48	34.16	1:13.48
3. Ralph Caster	RZ	1:18.89	6100069	1:18.68	35.89	1:18.68
4. Jan Willem Heuten	WS Twente	1:25.39	6000883	1:25.15	38.32	1:25.15

Masters 55+

1. Brend Brevé	PSV	1:11.82	5200265	1:12.91	33.92	1:12.91
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Masters 60+

1. Donald Uijtenbogaart	Het Y	1:19.61	4700107	1:22.24 *	39.16	1:22.24
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Programmanr. 46, Heren, 100m vlinderslag

Masters 65+

1. Rob Hanou PSV 1:31.18 4300109 **1:39.75** 45.64 1:39.75

Masters 80+

1. Georges Verhelst KRZV 2:04.38 RZV/160/31 **2:11.73** 1:02.86 2:11.73
Kampioenschaps Record

Programmanr. 47
23-01-2011 - 17:20

Gemengd, 4 x 50m vrije slag

Masters Open
Resultaten

rang	vereniging	inschrijftijd	tijd
80+			
1.	De Golfbreker	1:48.47	1:49.32
	Jorinde van der Laan 84 29.11 Martiene Klasen 89 29.43		
	Frank van Buiten 83 26.85 Peter van Heukelem 89 23.93		
2.	Tritium (SG) 2	1:51.73	1:53.92
	Joppe Schuurmans 89 26.25 Elodie Siroen 90 31.44		
	Merel Siroen 88 29.86 Mark Effing 86 26.37		
3.	Montferland 1	1:56.54	1:55.00
	Marije Jansen 85 31.09 Kevin Dieker 91 27.17		
	Esther van Maastrigt 88 31.28 Martijn Giezen 85 25.46		
4.	Tritium (SG) 1	1:55.44	1:56.12
	Bas Berndes 89 26.85 Chantal Willems 91 29.89		
	Marjolein van der Sanden 84 34.24 Jelte Schuurmans 91 25.14		
5.	De Duinkickers 1	2:12.37	1:59.79
	Sven van Zanten 90 28.74 Maaïke de Boer 90 30.42		
	Eline Schoenmaker 90 33.95 Remko Hooft 87 26.68		
100+			
1.	Van Vliet-Barracuda	1:49.67	1:51.32
	Iris Barendregt 86 29.25 Esther Versteeg 83 30.10		
	Thommy Nickel 84 26.57 Emiel Ghali 87 25.40		
2.	De Amer 1	1:55.38	1:55.42
	Paul de Boer 68 28.53 Renske Eilers 88 31.60		
	Anne Duijst 89 29.07 Dick Kampman 88 26.22		
3.	De Schotejil 1	2:03.00	2:00.02
	Leander Noordijk 81 26.89 Niels Albrechts 88 27.33		
	Susanne van Hooven 68 32.87 Anne Volwerk 90 32.93		
4.	Deltasteur 1	2:01.62	2:00.93
	Margriet Leeffers 78 34.28 Jauke Hamstra 86 26.92		
	Gerlinde van de Wetering 89 32.97 Joeri Schutte 91 26.76		
5.	Octopus 1	2:04.12	2:02.68
	Henk van Zetten 67 33.83 Erika Aan het Rot 90 29.61		
	Annebeth van Ark 88 32.43 Floris Manni 88 26.81		
120+			
1.	DAW 1	1:56.07	1:52.71
	Ron Langelaan 78 27.61 Laura Badoux 82 28.49		
	Wieteke Elzinga 86 30.43 Kars Luttik 78 26.18		
2.	De Biesboschwemmers 1	1:54.48	1:54.25
	Annette Wijnja-Visser 67 30.27 Dennis Klop 83 28.67		
	Kim Wijnja 91 30.26 Harry Cornet 71 25.05		
3.	Zoetermeer 1	2:03.82	1:54.53
	Delia Badoux 80 28.88 Chita van der Goorbergh 68 30.98		
	Simon van Ravensteijn 80 27.07 Markus van Rest 77 27.60		
4.	Zoetermeer 2	1:59.19	2:00.80
	Carin Grondel-Bos 82 34.32 Sanne van Dijk 90 30.61		
	Roger Flinterman 76 27.44 John Stoffer 63 28.43		

Programmanr. 47, Gemengd, 4 x 50m vrije slag, 120+

rang	vereniging	inschrijftijd	tijd
5.	AZ&PC	2:00.90	2:02.63
	Mark Pijtak	90 27.89	65 33.89
	Françoise Heijdeman-Duran	69 34.33	71 26.52
6.	De Veene	2:01.54	2:03.20
	Milou Bouwhuis	89 32.35	73 34.26
	Herman Smit	71 27.84	89 28.75
7.	HZ&PC Heerenveen	1:56.23	2:07.49
	Gosina van Stralen	86 30.77	86 31.55
	Arnold Jonker	70 34.44	76 30.73
8.	Deltasteur	2:07.47	2:11.74
	Johan Wezenberg	76 28.36	81 38.39
	Miranda Straetemans	74 36.24	78 28.75
NG	Zignea	2:09.30	

160+

1.	De Futen	2:01.03	1:59.20
	Rodrigo Moctezuma	89 25.38	73 31.55
	Alison Gilbert	53 35.16	64 27.11
2.	Zoetermeer	2:04.34	2:04.84
	Andre Storm	56 29.69	91 31.07
	Harald Mulder	67 30.66	66 33.42
3.	HZ&PC Heerenveen	2:19.29	2:16.18
	Doucette Riemersma	86 37.05	76 35.20
	Jan van der Heide	51 37.80	69 26.13

200+

1.	HZ&PC Heerenveen	2:17.83	2:17.53
	Alie Visser	64 38.11	52 40.83
	Jetze Sipma	62 30.19	58 28.40