

Programmanr. 1
08.05.2009 - 12:30

Dames, 400m wisselslag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT
Masters 20+					
1.	Larissa Brak <i>Kampioenschaps Record</i>	De Zijl/LGB	5:25.20	8800572	5:30.99 +0,89
	50m: 35.42 35.42 100m: 1:18.69 43.27	150m: 2:04.76 46.07 200m: 2:48.25 43.49	250m: 3:31.18 300m: 4:15.84	42.93 44.66 350m: 4:54.14 400m: 5:30.99	38.30 36.85
2.	Suzanne Duijkers	ZON/S&S	5:45.99	8701024	5:41.96 +0,93
	50m: 35.13 35.13 100m: 1:16.03 40.90	150m: 2:01.85 45.82 200m: 2:46.43 44.58	250m: 3:35.85 300m: 4:25.09	49.42 49.24 350m: 5:04.36 400m: 5:41.96	39.27 37.60
3.	Karin van Dijk	HZ&PC Heerenveen	5:46.16	8600850	5:50.72 +0,95
	50m: 35.35 35.35 100m: 1:18.19 42.84	150m: 2:07.53 49.34 200m: 2:55.91 48.38	250m: 3:41.58 300m: 4:29.48	45.67 47.90 350m: 5:09.50 400m: 5:50.72	40.02 41.22
4.	Susanne Blom	De Inktvis	6:10.60	8500282	6:08.85 +1,00
	50m: 37.49 37.49 100m: 1:25.74 48.25	150m: 2:14.84 49.10 200m: 3:02.36 47.52	250m: 3:54.62 300m: 4:49.46	52.26 54.84 350m: 5:29.87 400m: 6:08.85	40.41 38.98
Masters 25+					
1.	Nadya Putter <i>Kampioenschaps Record</i>	Vlaardingen	5:36.97	8301630	5:37.45 +0,88
	50m: 34.65 34.65 100m: 1:14.15 39.50	150m: 1:58.69 44.54 200m: 2:42.09 43.40	250m: 3:30.84 300m: 4:20.40	48.75 49.56 350m: 5:00.11 400m: 5:37.45	39.71 37.34
2.	Roos van Esch	TRB-RES	5:34.58	8200468	5:40.52 +0,95
	50m: 35.16 35.16 100m: 1:15.67 40.51	150m: 2:00.50 44.83 200m: 2:43.29 42.79	250m: 3:34.23 300m: 4:25.00	50.94 50.77 350m: 5:02.99 400m: 5:40.52	37.99 37.53
3.	Annette Vogelsang	ZV De Bron	7:20.51	8402632	7:05.75 +0,90
	50m: 41.42 41.42 100m: 1:33.52 52.10	150m: 2:27.52 54.00 200m: 3:21.61 54.09	250m: 4:22.41 300m: 5:25.66	1:00.80 1:03.25 350m: 6:15.21 400m: 7:05.75	49.55 50.54
4.	Rianne van Vegchelen	Deltasteur	7:51.93	8101530	7:43.54 +1,07
	50m: 51.16 51.16 100m: 1:52.63 1:01.47	150m: 2:55.68 1:03.05 200m: 3:57.17 1:01.49	250m: 5:02.17 300m: 6:06.24	1:05.00 1:04.07 350m: 6:55.26 400m: 7:43.54	49.02 48.28
Masters 30+					
1.	Elvira Jonkers	De Pinquin	5:35.64	7900420	6:03.14 +0,98
	50m: 34.10 34.10 100m: 1:16.30 42.20	150m: 2:07.28 50.98 200m: 2:56.44 49.16	250m: 3:47.09 300m: 4:39.42	50.65 52.33 350m: 5:21.67 400m: 6:03.14	42.25 41.47
2.	Jolanda van Gendt	PSV	6:10.06	7800266	6:14.78 +0,90
	50m: 39.80 39.80 100m: 1:27.77 47.97	150m: 2:13.41 45.64 200m: 2:58.28 44.87	250m: 3:52.54 300m: 4:47.04	54.26 54.50 350m: 5:30.23 400m: 6:14.78	43.19 44.55
3.	Margriet Leeffers	Deltasteur	7:30.90	7800448	7:25.19 +0,92
	50m: 49.45 49.45 100m: 1:46.28 56.83	150m: 2:44.55 58.27 200m: 3:42.46 57.91	250m: 4:42.63 300m: 5:43.53	1:00.17 1:00.90 350m: 6:34.06 400m: 7:25.19	50.53 51.13
Masters 35+					
1.	Marleen Vos	Aquapoldro	5:39.65	7400598	5:49.87 +0,86
	50m: 36.99 36.99 100m: 1:21.72 44.73	150m: 2:07.63 45.91 200m: 2:53.20 45.57	250m: 3:41.50 300m: 4:30.50	48.30 49.00 350m: 5:10.68 400m: 5:49.87	40.18 39.19
2.	Aida Ponce del Castillo	CNBA	5:37.15	CNSW/358/74	6:13.96 +0,92
	50m: 40.40 40.40 100m: 1:29.73 49.33	150m: 2:15.41 45.68 200m: 3:00.96 45.55	250m: 3:56.15 300m: 4:50.87	55.19 54.72 350m: 5:33.34 400m: 6:13.96	42.47 40.62
3.	Annet Kootstra	Swol 1894	6:45.44	7100344	6:45.29 +0,95
	50m: 41.81 41.81 100m: 1:33.27 51.46	150m: 2:28.95 55.68 200m: 3:22.77 53.82	250m: 4:19.42 300m: 5:17.65	56.65 58.23 350m: 6:02.20 400m: 6:45.29	44.55 43.09
4.	Tony de Groot	De Futen	7:06.26	7300758	6:56.32 +0,97
	50m: 44.67 44.67 100m: 1:38.27 53.60	150m: 2:33.30 55.03 200m: 3:26.22 52.92	250m: 4:26.64 300m: 5:27.69	1:00.42 1:01.05 350m: 6:13.49 400m: 6:56.32	45.80 42.83
5.	Meke Oomens	Old Dutch	6:53.25	7000370	7:03.61 +1,07
	50m: 47.25 47.25 100m: 1:42.79 55.54	150m: 2:40.58 57.79 200m: 3:36.81 56.23	250m: 4:28.45 300m: 5:23.85	51.64 55.40 350m: 6:14.28 400m: 7:03.61	50.43 49.33

Programmanr. 1, Dames, 400m wisselslag

Masters 40+

1.	Anita Smits <i>Nederlands Masters Record</i>	DIO	5:45.34	6900522	5:46.84	+0,85
	50m: 35.40 35.40	150m: 2:03.14 47.18	250m: 3:40.46 49.97	350m: 5:09.58 38.13		
	100m: 1:15.96 40.56	200m: 2:50.49 47.35	300m: 4:31.45 50.99	400m: 5:46.84 37.26		
2.	Karin van den Heuvel	AquAmigos	6:32.10	6600188	6:39.89	+1,04
	50m: 41.88 41.88	150m: 2:27.77 56.39	250m: 4:13.15 52.39	350m: 5:54.52 46.28		
	100m: 1:31.38 49.50	200m: 3:20.76 52.99	300m: 5:08.24 55.09	400m: 6:39.89 45.37		
3.	Hetty Smalheer	SCOM	7:01.19	6700352	7:11.18	+1,11
	50m: 47.65 47.65	150m: 2:40.76 56.58	250m: 4:34.34 58.77	350m: 6:22.55 48.68		
	100m: 1:44.18 56.53	200m: 3:35.57 54.81	300m: 5:33.87 59.53	400m: 7:11.18 48.63		

Masters 50+

1.	Janny van Eijk	ZV De Bron	7:03.23	5800022	7:06.97	+1,05
	50m: 42.30 42.30	150m: 2:28.50 56.61	250m: 4:28.47 1:00.05	350m: 6:19.20 50.48		
	100m: 1:31.89 49.59	200m: 3:28.42 59.92	300m: 5:28.72 1:00.25	400m: 7:06.97 47.77		
2.	Monica Bakker	ZVZ	7:13.86	5600082	7:14.57	+1,09
	50m: 47.35 47.35	150m: 2:38.57 55.89	250m: 4:34.10 59.95	350m: 6:25.20 50.20		
	100m: 1:42.68 55.33	200m: 3:34.15 55.58	300m: 5:35.00 1:00.90	400m: 7:14.57 49.37		

Masters 60+

1.	Marja van der Meer	Neptunus	7:57.89	4700014	8:00.51	+0,99
	50m: 51.62 51.62	150m: 2:54.83 1:02.40	250m: 5:06.42 1:10.25	350m: 7:08.25 52.43		
	100m: 1:52.43 1:00.81	200m: 3:56.17 1:01.34	300m: 6:15.82 1:09.40	400m: 8:00.51 52.26		

Masters 65+

1.	Matty van der Veen <i>Nederlands Masters Record</i>	Old Dutch	8:18.72	4400020	8:16.24	+1,14
	50m: 57.59 57.59	150m: 3:11.87 1:08.29	250m: 5:21.09 1:02.98	350m: 7:21.11 55.89		
	100m: 2:03.58 1:05.99	200m: 4:18.11 1:06.24	300m: 6:25.22 1:04.13	400m: 8:16.24 55.13		

Programmanr. 2
08.05.2009 - 12:55

Heren, 400m wisselslag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT
Masters 20+					
1.	Harm Rozenga <i>Kampioenschaps Record</i>	WVZ	5:15.89	8902685	5:28.04 +0,95
	50m: 33.65 33.65	150m: 1:55.98 41.88	250m: 3:25.20 47.69	350m: 4:51.75 37.62	
	100m: 1:14.10 40.45	200m: 2:37.51 41.53	300m: 4:14.13 48.93	400m: 5:28.04 36.29	
2.	Ruud van den Berg	De Duck	6:17.42	8500155	6:26.62 +1,03
	50m: 38.78 38.78	150m: 2:20.55 52.06	250m: 4:03.53 53.26	350m: 5:41.74 46.75	
	100m: 1:28.49 49.71	200m: 3:10.27 49.72	300m: 4:54.99 51.46	400m: 6:26.62 44.88	
Masters 25+					
1.	Rob van Vliet <i>Nederlands Masters Record</i>	WZK Zwemmen	4:48.51	8402459	4:57.19 +0,91
	50m: 30.42 30.42	150m: 1:46.20 40.20	250m: 3:06.27 40.79	350m: 4:24.10 35.69	
	100m: 1:06.00 35.58	200m: 2:25.48 39.28	300m: 3:48.41 42.14	400m: 4:57.19 33.09	
2.	Alexander Hulleman	De Zijl/LGB	5:07.69	8300989	5:12.31 +1,03
	50m: 32.21 32.21	150m: 1:50.10 41.35	250m: 3:15.77 45.00	350m: 4:36.58 35.45	
	100m: 1:08.75 36.54	200m: 2:30.77 40.67	300m: 4:01.13 45.36	400m: 5:12.31 35.73	
3.	Leander Noordijk	De Schotejil	5:16.20	8101221	5:21.79 +0,92
	50m: 31.52 31.52	150m: 1:53.85 43.14	250m: 3:21.62 46.95	350m: 4:47.21 37.19	
	100m: 1:10.71 39.19	200m: 2:34.67 40.82	300m: 4:10.02 48.40	400m: 5:21.79 34.58	
4.	Jeroen Vogelsang	Het Y	5:29.61	8001645	5:27.40 +0,88
	50m: 32.92 32.92	150m: 1:58.94 46.72	250m: 3:28.59 44.88	350m: 4:51.87 38.33	
	100m: 1:12.22 39.30	200m: 2:43.71 44.77	300m: 4:13.54 44.95	400m: 5:27.40 35.53	

Programmanr. 2, Heren, 400m wisselslag, Masters 25+

rang	naam	vereniging	inschrijftijd	tijd	RT
5.	Marcel Reefhuis	De Veene	5:20.71	8101381	5:30.77 +0,85
	50m: 32.92 32.92	150m: 1:54.45 43.31	250m: 3:23.77 46.65	350m: 4:51.98 39.91	
	100m: 1:11.14 38.22	200m: 2:37.12 42.67	300m: 4:12.07 48.30	400m: 5:30.77 38.79	
6.	Sebastian Baars	WS Twente	5:32.17	8300053	5:39.78 +0,98
	50m: 34.37 34.37	150m: 2:01.97 45.04	250m: 3:33.82 48.34	350m: 5:01.49 38.97	
	100m: 1:16.93 42.56	200m: 2:45.48 43.51	300m: 4:22.52 48.70	400m: 5:39.78 38.29	
7.	Remco van Althuis	SBC2000	5:46.48	8300029	6:00.89 +0,86
	50m: 34.05 34.05	150m: 2:04.75 49.29	250m: 3:42.84 50.85	350m: 5:20.42 42.53	
	100m: 1:15.46 41.41	200m: 2:51.99 47.24	300m: 4:37.89 55.05	400m: 6:00.89 40.47	
DIS	Albert van Piekeren	Octopus	5:23.43	8401767	
	<i>AA - Te vroeg weg of bewogen bij start.</i>				

Masters 30+

1.	Freddie Geerlings	NIMO	5:08.31	7900379	5:17.67 +0,84
	50m: 32.97 32.97	150m: 1:56.20 42.18	250m: 3:19.24 42.02	350m: 4:40.57 37.99	
	100m: 1:14.02 41.05	200m: 2:37.22 41.02	300m: 4:02.58 43.34	400m: 5:17.67 37.10	
2.	Pieter Ponne	HZ&PC Heerenveen	6:21.31	7600749	6:14.65 +0,88
	50m: 36.95 36.95	150m: 2:12.15 48.26	250m: 3:52.74 53.81	350m: 5:32.08 43.53	
	100m: 1:23.89 46.94	200m: 2:58.93 46.78	300m: 4:48.55 55.81	400m: 6:14.65 42.57	

Masters 35+

1.	Stefan Dortmund	Electrolux AZC	5:32.90	7201167	5:22.48 +0,91
	50m: 31.85 31.85	150m: 1:52.21 44.17	250m: 3:21.00 46.06	350m: 4:45.33 39.16	
	100m: 1:08.04 36.19	200m: 2:34.94 42.73	300m: 4:06.17 45.17	400m: 5:22.48 37.15	
2.	Gerard Eghuizen	HZ&PC Heerenveen	5:42.88	7400197	6:12.46 +1,01
	50m: 34.27 34.27	150m: 2:06.57 44.83	250m: 3:46.18 55.00	350m: 5:27.26 44.84	
	100m: 1:21.74 47.47	200m: 2:51.18 44.61	300m: 4:42.42 56.24	400m: 6:12.46 45.20	

Masters 40+

1.	Rene Beetsma	HZ&PC Heerenveen	5:05.86	6900069	5:22.15 +0,97
	50m: 32.63 32.63	150m: 1:54.57 42.92	250m: 3:22.32 45.68	350m: 4:46.09 37.63	
	100m: 1:11.65 39.02	200m: 2:36.64 42.07	300m: 4:08.46 46.14	400m: 5:22.15 36.06	
2.	Norbert Nagy <i>Hongaars Masters Record</i>	Sprint Fortuna SC	5:31.40	69nagy	5:25.01 +0,79
	50m: 33.54 33.54	150m: 1:57.12 44.98	250m: 3:25.56 44.63	350m: 4:48.37 36.91	
	100m: 1:12.14 38.60	200m: 2:40.93 43.81	300m: 4:11.46 45.90	400m: 5:25.01 36.64	
3.	Sander van den Berg	WS Twente	5:43.84	6801357	5:45.25 +0,92
	50m: 33.98 33.98	150m: 2:02.78 46.44	250m: 3:35.46 47.57	350m: 5:04.60 39.39	
	100m: 1:16.34 42.36	200m: 2:47.89 45.11	300m: 4:25.21 49.75	400m: 5:45.25 40.65	

Masters 45+

1.	Arnold de Rover	De Futen	5:30.32	6400645	5:26.85 +0,90
	50m: 32.53 32.53	150m: 1:55.87 45.55	250m: 3:27.04 48.15	350m: 4:50.36 36.19	
	100m: 1:10.32 37.79	200m: 2:38.89 43.02	300m: 4:14.17 47.13	400m: 5:26.85 36.49	
2.	Jan Brink	De Stormvogel	5:40.70	6200091	5:28.51 +0,84
	50m: 34.81 34.81	150m: 1:58.50 40.77	250m: 3:27.96 49.18	350m: 4:52.54 37.18	
	100m: 1:17.73 42.92	200m: 2:38.78 40.28	300m: 4:15.36 47.40	400m: 5:28.51 35.97	
3.	Ronald Grove	Oceanus	5:46.20	6100161	5:43.72 +0,91
	50m: 34.72 34.72	150m: 2:06.22 47.82	250m: 3:39.52 47.09	350m: 5:05.55 38.20	
	100m: 1:18.40 43.68	200m: 2:52.43 46.21	300m: 4:27.35 47.83	400m: 5:43.72 38.17	
4.	Aan Pander	Gay Swim Amsterdam	6:38.76	6400569	6:16.61 +1,01
	50m: 39.57 39.57	150m: 2:18.99 50.02	250m: 4:02.08 53.58	350m: 5:38.39 42.56	
	100m: 1:28.97 49.40	200m: 3:08.50 49.51	300m: 4:55.83 53.75	400m: 6:16.61 38.22	
5.	Paul van der Voort	De Zwoer	6:05.84	6200715	6:16.65 +1,14
	50m: 38.57 38.57	150m: 2:16.72 50.09	250m: 4:00.82 55.44	350m: 5:38.21 41.20	
	100m: 1:26.63 48.06	200m: 3:05.38 48.66	300m: 4:57.01 56.19	400m: 6:16.65 38.44	
6.	Ralph Caster	RZ	6:26.57	6100069	6:22.31 +0,92
	50m: 39.41 39.41	150m: 2:16.51 50.96	250m: 3:59.84 53.22	350m: 5:38.11 42.85	
	100m: 1:25.55 46.14	200m: 3:06.62 50.11	300m: 4:55.26 55.42	400m: 6:22.31 44.20	
7.	Jan Smalheer	SCOM	6:40.43	6400701	6:38.44 +1,17
	50m: 41.54 41.54	150m: 2:24.22 54.20	250m: 4:12.38 57.58	350m: 5:54.64 44.18	
	100m: 1:30.02 48.48	200m: 3:14.80 50.58	300m: 5:10.46 58.08	400m: 6:38.44 43.80	

Programmanr. 2, Heren, 400m wisselslag, Masters 45+

rang	naam	vereniging	inschrijftijd		inschrijftijd	6000889	tijd	RT
8.	Michiel Tonsbeek	DWT	8:24.21		6000889		8:19.82	+1,18
	50m: 58.86	58.86	150m: 3:22.06	1:04.55	250m: 5:27.99	1:03.48	350m: 7:25.91	54.49
	100m: 2:17.51	1:18.65	200m: 4:24.51	1:02.45	300m: 6:31.42	1:03.43	400m: 8:19.82	53.91

Masters 50+

1.	Hugo Bregman	WVZ	4:58.99		5800069		5:06.60	+0,90
	<i>Nederlands Masters Record</i>							
	50m: 30.61	30.61	150m: 1:46.05	40.36	250m: 3:11.41	45.70	350m: 4:32.52	36.40
	100m: 1:05.69	35.08	200m: 2:25.71	39.66	300m: 3:56.12	44.71	400m: 5:06.60	34.08
2.	Paul Bunnik	Triton	6:35.36		5600413		6:46.69	+1,06
	50m: 40.79	40.79	150m: 2:26.71	54.09	250m: 4:17.96	57.36	350m: 6:00.69	45.34
	100m: 1:32.62	51.83	200m: 3:20.60	53.89	300m: 5:15.35	57.39	400m: 6:46.69	46.00
3.	Peter Verberne	ACZ	7:05.34		5900719		7:17.83	+1,24
	50m: 48.93	48.93	150m: 2:44.35	54.78	250m: 4:40.87	1:04.69	350m: 6:32.16	46.81
	100m: 1:49.57	1:00.64	200m: 3:36.18	51.83	300m: 5:45.35	1:04.48	400m: 7:17.83	45.67

Masters 55+

1.	Peter Gulyas	Totkomlosi Rozmarok	6:33.30		51gulyas		6:47.67	+0,97
	50m: 42.36	42.36	150m: 2:24.46	52.45	250m: 4:11.81	55.56	350m: 5:58.96	49.89
	100m: 1:32.01	49.65	200m: 3:16.25	51.79	300m: 5:09.07	57.26	400m: 6:47.67	48.71

Masters 65+

1.	Rob Hanou	PSV	6:39.66		4300109		6:36.34	+1,11
	<i>Nederlands Masters Record</i>							
	50m: 41.23	41.23	150m: 2:28.96	55.62	250m: 4:17.44	52.55	350m: 5:55.29	43.27
	100m: 1:33.34	52.11	200m: 3:24.89	55.93	300m: 5:12.02	54.58	400m: 6:36.34	41.05

Masters 70+

1.	Nico Geers	Van Uden-De Gouwe	7:16.88		3800007		7:21.76	+1,00
	<i>Kampioenschaps Record, tt 100 vliinder NMR</i>							
	50m: 48.76	48.76	150m: 2:40.29	56.45	250m: 4:43.58	1:08.82	350m: 6:37.52	46.92
	100m: 1:43.84	55.08	200m: 3:34.76	54.47	300m: 5:50.60	1:07.02	400m: 7:21.76	44.24
2.	Rob van Gestel	PSV	8:21.58		3500005		8:38.20	+1,18
	50m: 57.11	57.11	150m: 3:11.15	1:06.26	250m: 5:27.30	1:08.54	350m: 7:41.50	1:02.25
	100m: 2:04.89	1:07.78	200m: 4:18.76	1:07.61	300m: 6:39.25	1:11.95	400m: 8:38.20	56.70

Masters 75+

1.	Georges Verhelst	RZV	8:53.27		RZV/160/31		8:48.10	+1,03
	<i>Kampioenschaps Record, Belgisch Masters Record</i>							
	50m: 1:04.44	1:04.44	150m: 3:20.10	1:06.07	250m: 5:31.75	1:07.82	350m: 7:45.22	1:04.33
	100m: 2:14.03	1:09.59	200m: 4:23.93	1:03.83	300m: 6:40.89	1:09.14	400m: 8:48.10	1:02.88

Programmanr. 3
08.05.2009 - 13:42

Dames, 1500m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd		inschrijftijd	8600272	tijd	RT
1.	Marion van den Berg	DWK	18:09.79		8600272		17:30.58	+0,97
	<i>Nederlands Masters Record, tt 400 en 800 meter NMR</i>							
	50m: 30.09	30.09	450m: 5:08.91	35.80	850m: 9:52.47	35.86	1250m: 14:37.70	35.32
	100m: 1:04.12	34.03	500m: 5:44.09	35.18	900m: 10:28.00	35.53	1300m: 15:12.87	35.17
	150m: 1:38.71	34.59	550m: 6:19.98	35.89	950m: 11:04.01	36.01	1350m: 15:48.44	35.57
	200m: 2:13.13	34.42	600m: 6:55.28	35.30	1000m: 11:40.24	36.23	1400m: 16:22.34	33.90
	250m: 2:48.27	35.14	650m: 7:30.45	35.17	1050m: 12:16.74	36.50	1450m: 16:57.82	35.48
	300m: 3:22.97	34.70	700m: 8:05.62	35.17	1100m: 12:52.63	35.89	1500m: 17:30.58	32.76
	350m: 3:58.27	35.30	750m: 8:41.31	35.69	1150m: 13:27.40	34.77		
	400m: 4:33.11	34.84	800m: 9:16.61	35.30	1200m: 14:02.38	34.98		

Programmanr. 3, Dames, 1500m vrije slag, Masters 20+

rang	naam	vereniging	inschrijftijd	tijd	RT	
2.	Karin van Dijk	HZ&PC Heerenveen	20:19.64	8600850	20:24.56 +0,95	
	50m: 34.36	34.36	450m: 5:54.64	40.92	850m: 11:25.12	41.78
	100m: 1:12.81	38.45	500m: 6:35.30	40.66	900m: 12:06.74	41.62
	150m: 1:52.02	39.21	550m: 7:16.61	41.31	950m: 12:48.32	41.58
	200m: 2:31.67	39.65	600m: 7:57.59	40.98	1000m: 13:30.07	41.75
	250m: 3:10.52	38.85	650m: 8:38.76	41.17	1050m: 14:11.90	41.83
	300m: 3:52.25	41.73	700m: 9:20.30	41.54	1100m: 14:54.18	42.28
	350m: 4:33.03	40.78	750m: 10:01.67	41.37	1150m: 15:35.70	41.52
	400m: 5:13.72	40.69	800m: 10:43.34	41.67	1200m: 16:17.61	41.91
3.	Marjolein Tissingh	HZ&PC Heerenveen	20:05.75	8904130	20:31.06 +0,91	
	50m: 34.77	34.77	450m: 6:03.17	41.64	850m: 11:33.74	41.14
	100m: 1:14.04	39.27	500m: 6:44.95	41.78	900m: 12:14.98	41.24
	150m: 1:55.12	41.08	550m: 7:26.67	41.72	950m: 12:56.25	41.27
	200m: 2:36.50	41.38	600m: 8:08.72	42.05	1000m: 13:37.84	41.59
	250m: 3:17.67	41.17	650m: 8:50.11	41.39	1050m: 14:19.78	41.94
	300m: 3:59.06	41.39	700m: 9:31.24	41.13	1100m: 15:01.44	41.66
	350m: 4:40.25	41.19	750m: 10:11.99	40.75	1150m: 15:43.42	41.98
	400m: 5:21.53	41.28	800m: 10:52.60	40.61	1200m: 16:25.07	41.65
4.	Susanne Blom	De Inktvis	20:08.45	8500282	20:40.45 +1,00	
	50m: 34.30	34.30	450m: 5:57.36	41.20	850m: 11:31.31	42.11
	100m: 1:12.86	38.56	500m: 6:38.59	41.23	900m: 12:13.68	42.37
	150m: 1:52.68	39.82	550m: 7:19.83	41.24	950m: 12:55.81	42.13
	200m: 2:33.07	40.39	600m: 8:01.32	41.49	1000m: 13:37.85	42.04
	250m: 3:13.26	40.19	650m: 8:42.61	41.29	1050m: 14:19.70	41.85
	300m: 3:54.03	40.77	700m: 9:24.46	41.85	1100m: 15:01.93	42.23
	350m: 4:35.01	40.98	750m: 10:06.39	41.93	1150m: 15:43.61	41.68
	400m: 5:16.16	41.15	800m: 10:49.20	42.81	1200m: 16:25.57	41.96
5.	Bianca van Ringelestijn	PSV	20:35.12	8502466	20:42.08 +1,06	
	50m: 34.63	34.63	450m: 5:58.90	40.55	850m: 11:34.14	42.05
	100m: 1:13.81	39.18	500m: 6:39.99	41.09	900m: 12:16.86	42.72
	150m: 1:53.71	39.90	550m: 7:21.31	41.32	950m: 12:58.40	41.54
	200m: 2:34.91	41.20	600m: 8:03.81	42.50	1000m: 13:41.95	43.55
	250m: 3:15.28	40.37	650m: 8:45.02	41.21	1050m: 14:23.91	41.96
	300m: 3:56.22	40.94	700m: 9:27.73	42.71	1100m: 15:05.75	41.84
	350m: 4:37.14	40.92	750m: 10:10.00	42.27	1150m: 15:47.90	42.15
	400m: 5:18.35	41.21	800m: 10:52.09	42.09	1200m: 16:31.24	43.34
6.	Sandra Schellekens	Neptunus'58	21:54.99	8503416	21:57.56 +0,93	
	50m: 37.07	37.07	450m: 6:23.19	44.01	850m: 12:18.75	44.63
	100m: 1:19.01	41.94	500m: 7:07.43	44.24	900m: 13:03.07	44.32
	150m: 2:01.60	42.59	550m: 7:51.73	44.30	950m: 13:48.40	45.33
	200m: 2:44.66	43.06	600m: 8:35.86	44.13	1000m: 14:32.90	44.50
	250m: 3:28.30	43.64	650m: 9:20.44	44.58	1050m: 15:17.78	44.88
	300m: 4:11.29	42.99	700m: 10:04.78	44.34	1100m: 16:02.37	44.59
	350m: 4:54.97	43.68	750m: 10:49.61	44.83	1150m: 16:47.70	45.33
	400m: 5:39.18	44.21	800m: 11:34.12	44.51	1200m: 17:32.35	44.65
7.	Fenke Legerstee	SCOM	24:20.34	8501856	24:22.14 +0,98	
	50m: 40.51	40.51	450m: 7:07.00	49.01	850m: 13:35.98	49.10
	100m: 1:26.73	46.22	500m: 7:55.73	48.73	900m: 14:25.72	49.74
	150m: 2:14.62	47.89	550m: 8:44.80	49.07	950m: 15:16.28	50.56
	200m: 3:02.51	47.89	600m: 9:32.78	47.98	1000m: 16:05.77	49.49
	250m: 3:51.48	48.97	650m: 10:22.63	49.85	1050m: 16:55.38	49.61
	300m: 4:40.09	48.61	700m: 11:09.75	47.12	1100m: 17:45.65	50.27
	350m: 5:29.26	49.17	750m: 11:58.32	48.57	1150m: 18:35.28	49.63
	400m: 6:17.99	48.73	800m: 12:46.88	48.56	1200m: 19:24.58	49.30
8.	Hanne Keijzer	Zuiderzeewimmers	25:08.63	8503932	24:59.98 +0,99	
	50m: 42.14	42.14	450m: 7:20.66	50.56	850m: 14:04.88	50.31
	100m: 1:29.41	47.27	500m: 8:11.18	50.52	900m: 14:55.22	50.34
	150m: 2:18.68	49.27	550m: 9:01.81	50.63	950m: 15:45.26	50.04
	200m: 3:08.63	49.95	600m: 9:52.50	50.69	1000m: 16:36.24	50.98
	250m: 3:58.51	49.88	650m: 10:42.84	50.34	1050m: 17:26.86	50.62
	300m: 4:49.17	50.66	700m: 11:33.49	50.65	1100m: 18:17.36	50.50
	350m: 5:39.66	50.49	750m: 12:23.78	50.29	1150m: 19:07.37	50.01
	400m: 6:30.10	50.44	800m: 13:14.57	50.79	1200m: 19:58.24	50.87
NG.ZA	Sunanda van Heteren	PCG	21:13.43	8901728		

Masters 25+

1.	Linda Hoogendam	D'Elft	21:19.57	8300892	20:58.54 +0,77	
	50m: 33.92	33.92	450m: 6:04.78	42.10	850m: 11:46.72	42.82
	100m: 1:13.08	39.16	500m: 6:46.99	42.21	900m: 12:29.13	42.41
	150m: 1:53.64	40.56	550m: 7:29.60	42.61	950m: 13:12.64	43.51
	200m: 2:34.80	41.16	600m: 8:12.40	42.80	1000m: 13:55.60	42.96
	250m: 3:16.64	41.84	650m: 8:55.74	43.34	1050m: 14:38.99	43.39
	300m: 3:58.93	42.29	700m: 9:38.70	42.96	1100m: 15:22.41	43.42
	350m: 4:40.26	41.33	750m: 10:21.77	43.07	1150m: 16:06.36	43.95
	400m: 5:22.68	42.42	800m: 11:03.90	42.13	1200m: 16:49.33	42.97

Programmanr. 3, Dames, 1500m vrije slag

Masters 30+

1. Helma Koot	AZ&PC	22:27.70	7600336	21:59.20	+0,94
50m: 39.02 39.02	450m: 6:30.04 44.05	850m: 12:25.39 44.69	1250m: 18:20.52 43.71		
100m: 1:21.57 42.55	500m: 7:15.12 45.08	900m: 13:10.35 44.96	1300m: 19:04.63 44.11		
150m: 2:04.83 43.26	550m: 7:58.69 43.57	950m: 13:55.06 44.71	1350m: 19:48.79 44.16		
200m: 2:49.20 44.37	600m: 8:42.69 44.00	1000m: 14:40.17 45.11	1400m: 20:32.60 43.81		
250m: 3:33.05 43.85	650m: 9:27.20 44.51	1050m: 15:24.35 44.18	1450m: 21:16.81 44.21		
300m: 4:17.62 44.57	700m: 10:11.66 44.46	1100m: 16:08.64 44.29	1500m: 21:59.20 42.39		
350m: 5:01.36 43.74	750m: 10:56.07 44.41	1150m: 16:52.30 43.66			
400m: 5:45.99 44.63	800m: 11:40.70 44.63	1200m: 17:36.81 44.51			
2. Clementine van Bruxvoort	ZPB H&L Productions	30:16.18	7700138	29:53.80	+0,93
50m: 48.82 48.82	450m: 8:41.22 59.43	850m: 16:45.21 1:02.76	1250m: 24:55.33 1:01.37		
100m: 1:43.96 55.14	500m: 9:41.18 59.96	900m: 17:46.87 1:01.66	1300m: 25:58.04 1:02.71		
150m: 2:41.56 57.60	550m: 10:40.83 59.65	950m: 18:47.19 1:00.32	1350m: 26:57.87 59.83		
200m: 3:41.10 59.54	600m: 11:41.06 1:00.23	1000m: 19:48.17 1:00.98	1400m: 27:59.53 1:01.66		
250m: 4:41.18 1:00.08	650m: 12:40.63 59.57	1050m: 20:50.27 1:02.10	1450m: 29:00.22 1:00.69		
300m: 5:41.24 1:00.06	700m: 13:41.88 1:01.25	1100m: 21:51.18 1:00.91	1500m: 29:53.80 53.58		
350m: 6:40.93 59.69	750m: 14:42.50 1:00.62	1150m: 22:52.29 1:01.11			
400m: 7:41.79 1:00.86	800m: 15:42.45 59.95	1200m: 23:53.96 1:01.67			

Masters 35+

1. Grith Sigsgaard	Het Y	18:45.00	7200772	18:59.03	+0,95
50m: 33.88 33.88	450m: 5:30.28 37.58	850m: 10:33.95 38.80	1250m: 15:45.20 39.29		
100m: 1:10.42 36.54	500m: 6:07.87 37.59	900m: 11:12.50 38.55	1300m: 16:24.04 38.84		
150m: 1:47.72 37.30	550m: 6:45.71 37.84	950m: 11:51.34 38.84	1350m: 17:03.03 38.99		
200m: 2:24.40 36.68	600m: 7:23.39 37.68	1000m: 12:30.82 39.48	1400m: 17:41.72 38.69		
250m: 3:01.58 37.18	650m: 8:01.52 38.13	1050m: 13:09.55 38.73	1450m: 18:20.86 39.14		
300m: 3:38.33 36.75	700m: 8:39.14 37.62	1100m: 13:48.46 38.91	1500m: 18:59.03 38.17		
350m: 4:15.68 37.35	750m: 9:17.21 38.07	1150m: 14:27.38 38.92			
400m: 4:52.70 37.02	800m: 9:55.15 37.94	1200m: 15:05.91 38.53			
2. Karin Stein	Vlaardingen	19:45.96	7100554	19:49.70	+1,00
50m: 35.47 35.47	450m: 5:50.90 40.30	850m: 11:11.70 40.01	1250m: 16:31.61 40.25		
100m: 1:13.41 37.94	500m: 6:31.02 40.12	900m: 11:51.62 39.92	1300m: 17:11.67 40.06		
150m: 1:52.59 39.18	550m: 7:11.22 40.20	950m: 12:31.57 39.95	1350m: 17:51.83 40.16		
200m: 2:32.06 39.47	600m: 7:51.21 39.99	1000m: 13:11.50 39.93	1400m: 18:31.97 40.14		
250m: 3:11.53 39.47	650m: 8:31.45 40.24	1050m: 13:51.32 39.82	1450m: 19:11.74 39.77		
300m: 3:51.04 39.51	700m: 9:11.55 40.10	1100m: 14:31.20 39.88	1500m: 19:49.70 37.96		
350m: 4:30.92 39.88	750m: 9:51.71 40.16	1150m: 15:11.03 39.83			
400m: 5:10.60 39.68	800m: 10:31.69 39.98	1200m: 15:51.36 40.33			
3. Cynthia Noordermeer	Zaanstad (SG)	20:14.20	7000358	20:33.80	+0,84
50m: 36.22 36.22	450m: 5:59.21 41.07	850m: 11:32.18 41.49	1250m: 17:07.72 41.76		
100m: 1:15.04 38.82	500m: 6:40.70 41.49	900m: 12:14.05 41.87	1300m: 17:49.60 41.88		
150m: 1:54.60 39.56	550m: 7:21.95 41.25	950m: 12:55.86 41.81	1350m: 18:31.12 41.52		
200m: 2:34.90 40.30	600m: 8:03.98 42.03	1000m: 13:37.76 41.90	1400m: 19:12.68 41.56		
250m: 3:15.00 40.10	650m: 8:45.61 41.63	1050m: 14:19.84 42.08	1450m: 19:53.65 40.97		
300m: 3:55.86 40.86	700m: 9:27.32 41.71	1100m: 15:01.94 42.10	1500m: 20:33.80 40.15		
350m: 4:36.87 41.01	750m: 10:08.90 41.58	1150m: 15:43.60 41.66			
400m: 5:18.14 41.27	800m: 10:50.69 41.79	1200m: 16:25.96 42.36			
4. Annet Kootstra	Swol 1894	22:59.37	7100344	23:22.92	+0,99
50m: 40.51 40.51	450m: 6:51.44 47.00	850m: 13:09.50 47.80	1250m: 19:28.84 47.71		
100m: 1:25.28 44.77	500m: 7:38.25 46.81	900m: 13:56.71 47.21	1300m: 20:16.72 47.88		
150m: 2:11.57 46.29	550m: 8:25.79 47.54	950m: 14:43.97 47.26	1350m: 21:04.30 47.58		
200m: 2:57.43 45.86	600m: 9:12.54 46.75	1000m: 15:31.58 47.61	1400m: 21:50.92 46.62		
250m: 3:44.33 46.90	650m: 10:00.46 47.92	1050m: 16:18.77 47.19	1450m: 22:37.96 47.04		
300m: 4:31.01 46.68	700m: 10:47.37 46.91	1100m: 17:06.23 47.46	1500m: 23:22.92 44.96		
350m: 5:18.04 47.03	750m: 11:34.47 47.10	1150m: 17:53.89 47.66			
400m: 6:04.44 46.40	800m: 12:21.70 47.23	1200m: 18:41.13 47.24			
5. Tony de Groot	De Futen	22:37.36	7300758	23:51.62	+0,99
50m: 39.75 39.75	450m: 6:57.20 47.96	850m: 13:25.89 48.03	1250m: 19:53.40 49.24		
100m: 1:23.98 44.23	500m: 7:45.91 48.71	900m: 14:14.89 49.00	1300m: 20:42.48 49.08		
150m: 2:10.41 46.43	550m: 8:34.04 48.13	950m: 15:03.20 48.31	1350m: 21:30.22 47.74		
200m: 2:57.74 47.33	600m: 9:22.97 48.93	1000m: 15:52.01 48.81	1400m: 22:19.25 49.03		
250m: 3:45.12 47.38	650m: 10:11.30 48.33	1050m: 16:39.22 47.21	1450m: 23:06.74 47.49		
300m: 4:32.96 47.84	700m: 11:00.34 49.04	1100m: 17:27.29 48.07	1500m: 23:51.62 44.88		
350m: 5:20.73 47.77	750m: 11:48.83 48.49	1150m: 18:15.56 48.27			
400m: 6:09.24 48.51	800m: 12:37.86 49.03	1200m: 19:04.16 48.60			
6. Meke Oomens	Old Dutch	24:16.04	7000370	25:20.54	+1,07
50m: 45.66 45.66	450m: 7:33.44 51.60	850m: 14:21.17 50.92	1250m: 21:08.07 50.69		
100m: 1:35.47 49.81	500m: 8:24.48 51.04	900m: 15:12.21 51.04	1300m: 21:58.82 50.75		
150m: 2:26.55 51.08	550m: 9:15.69 51.21	950m: 16:03.09 50.88	1350m: 22:49.54 50.72		
200m: 3:17.73 51.18	600m: 10:06.31 50.62	1000m: 16:53.82 50.73	1400m: 23:40.55 51.01		
250m: 4:08.91 51.18	650m: 10:57.19 50.88	1050m: 17:45.22 51.40	1450m: 24:31.02 50.47		
300m: 4:59.84 50.93	700m: 11:48.08 50.89	1100m: 18:36.16 50.94	1500m: 25:20.54 49.52		
350m: 5:50.96 51.12	750m: 12:39.49 51.41	1150m: 19:26.81 50.65			
400m: 6:41.84 50.88	800m: 13:30.25 50.76	1200m: 20:17.38 50.57			

Programmanr. 3, Dames, 1500m vrije slag, Masters 35+

rang	naam	vereniging	inschrijftijd		tijd	RT
DIS	Natacha Van Hoof	ShaRK	23:15.95	ShaRK/260/73		
	AA - Te vroeg weg of bewogen bij start.					

Masters 40+

1.	Laura Staal	Oceanus	21:05.31	6700358	20:50.39	+0,92		
	50m: 36.55	36.55	450m: 6:13.76	42.34	850m: 11:49.98	42.05	1250m: 17:25.76	42.31
	100m: 1:17.45	40.90	500m: 6:55.42	41.66	900m: 12:31.71	41.73	1300m: 18:07.22	41.46
	150m: 1:59.42	41.97	550m: 7:37.83	42.41	950m: 13:13.91	42.20	1350m: 18:49.37	42.15
	200m: 2:41.50	42.08	600m: 8:19.81	41.98	1000m: 13:55.57	41.66	1400m: 19:30.75	41.38
	250m: 3:24.30	42.80	650m: 9:02.12	42.31	1050m: 14:37.48	41.91	1450m: 20:11.50	40.75
	300m: 4:06.64	42.34	700m: 9:43.58	41.46	1100m: 15:19.27	41.79	1500m: 20:50.39	38.89
	350m: 4:49.44	42.80	750m: 10:26.08	42.50	1150m: 16:01.46	42.19		
	400m: 5:31.42	41.98	800m: 11:07.93	41.85	1200m: 16:43.45	41.99		
2.	Jantine Braakman	ZV De Bron	22:31.84	6500036	22:10.41	+0,95		
	50m: 38.04	38.04	450m: 6:32.60	44.06	850m: 12:27.49	43.78	1250m: 18:28.04	45.51
	100m: 1:20.98	42.94	500m: 7:17.16	44.56	900m: 13:12.10	44.61	1300m: 19:14.41	46.37
	150m: 2:04.89	43.91	550m: 8:01.11	43.95	950m: 13:56.51	44.41	1350m: 19:59.25	44.84
	200m: 2:49.66	44.77	600m: 8:45.67	44.56	1000m: 14:41.51	45.00	1400m: 20:44.86	45.61
	250m: 3:34.53	44.87	650m: 9:30.02	44.35	1050m: 15:26.05	44.54	1450m: 21:28.87	44.01
	300m: 4:19.59	45.06	700m: 10:14.65	44.63	1100m: 16:11.68	45.63	1500m: 22:10.41	41.54
	350m: 5:03.96	44.37	750m: 10:58.88	44.23	1150m: 16:56.70	45.02		
	400m: 5:48.54	44.58	800m: 11:43.71	44.83	1200m: 17:42.53	45.83		
3.	Karin van den Heuvel	AquAmigos	21:54.86	6600188	22:48.99	+1,01		
	50m: 40.17	40.17	450m: 6:42.23	46.46	850m: 12:53.83	45.20	1250m: 19:01.68	44.86
	100m: 1:23.67	43.50	500m: 7:28.95	46.72	900m: 13:39.75	45.92	1300m: 19:46.71	45.03
	150m: 2:08.41	44.74	550m: 8:14.77	45.82	950m: 14:25.92	46.17	1350m: 20:31.67	44.96
	200m: 2:53.43	45.02	600m: 9:01.17	46.40	1000m: 15:12.44	46.52	1400m: 21:16.04	44.37
	250m: 3:39.07	45.64	650m: 9:48.06	46.89	1050m: 15:58.16	45.72	1450m: 22:03.10	47.06
	300m: 4:24.33	45.26	700m: 10:34.92	46.86	1100m: 16:44.45	46.29	1500m: 22:48.99	45.89
	350m: 5:10.27	45.94	750m: 11:22.60	47.68	1150m: 17:30.63	46.18		
	400m: 5:55.77	45.50	800m: 12:08.63	46.03	1200m: 18:16.82	46.19		
4.	Hetty Smalheer	SCOM	25:15.50	6700352	25:53.73	+1,22		
	50m: 44.75	44.75	450m: 7:34.94	51.08	850m: 14:30.67	52.22	1250m: 21:30.39	52.29
	100m: 1:34.40	49.65	500m: 8:26.97	52.03	900m: 15:22.75	52.08	1300m: 22:23.92	53.53
	150m: 2:24.25	49.85	550m: 9:18.58	51.61	950m: 16:14.48	51.73	1350m: 23:15.66	51.74
	200m: 3:17.50	53.25	600m: 10:10.39	51.81	1000m: 17:07.78	53.30	1400m: 24:10.98	55.32
	250m: 4:09.80	52.30	650m: 11:01.61	51.22	1050m: 18:00.92	53.14	1450m: 25:04.14	53.16
	300m: 5:01.17	51.37	700m: 11:54.90	53.29	1100m: 18:53.23	52.31	1500m: 25:53.73	49.59
	350m: 5:52.50	51.33	750m: 12:46.19	51.29	1150m: 19:45.00	51.77		
	400m: 6:43.86	51.36	800m: 13:38.45	52.26	1200m: 20:38.10	53.10		

Masters 45+

1.	Marlien Wijnhof	Nat Utrecht	23:23.01	6100300	23:39.79	+0,92		
	50m: 41.27	41.27	450m: 7:00.65	47.72	850m: 13:25.23	47.80	1250m: 19:46.59	47.83
	100m: 1:26.92	45.65	500m: 7:48.93	48.28	900m: 14:12.91	47.68	1300m: 20:33.85	47.26
	150m: 2:14.16	47.24	550m: 8:37.65	48.72	950m: 15:01.03	48.12	1350m: 21:21.00	47.15
	200m: 3:01.35	47.19	600m: 9:25.38	47.73	1000m: 15:49.09	48.06	1400m: 22:08.46	47.46
	250m: 3:49.02	47.67	650m: 10:13.37	47.99	1050m: 16:36.39	47.30	1450m: 22:55.81	47.35
	300m: 4:36.38	47.36	700m: 11:01.66	48.29	1100m: 17:23.61	47.22	1500m: 23:39.79	43.98
	350m: 5:24.96	48.58	750m: 11:50.08	48.42	1150m: 18:11.27	47.66		
	400m: 6:12.93	47.97	800m: 12:37.43	47.35	1200m: 18:58.76	47.49		
2.	Uschi Koster	WWV	26:43.23	6400372	26:09.29	+1,40		
	50m: 45.53	45.53	450m: 7:45.39	52.39	850m: 14:49.36	52.79	1250m: 21:56.95	52.38
	100m: 1:37.64	52.11	500m: 8:38.81	53.42	900m: 15:43.58	54.22	1300m: 22:50.30	53.35
	150m: 2:29.32	51.68	550m: 9:31.22	52.41	950m: 16:37.06	53.48	1350m: 23:42.05	51.75
	200m: 3:23.07	53.75	600m: 10:23.58	52.36	1000m: 17:30.88	53.82	1400m: 24:36.09	54.04
	250m: 4:14.93	51.86	650m: 11:16.22	52.64	1050m: 18:23.42	52.54	1450m: 25:25.35	49.26
	300m: 5:08.26	53.33	700m: 12:09.64	53.42	1100m: 19:18.07	54.65	1500m: 26:09.29	43.94
	350m: 5:59.76	51.50	750m: 13:02.81	53.17	1150m: 20:10.35	52.28		
	400m: 6:53.00	53.24	800m: 13:56.57	53.76	1200m: 21:04.57	54.22		
3.	Pia vd Molen	HZ&PC Heerenveen	27:14.81	6000116	26:52.83	+1,00		
	50m: 41.94	41.94	450m: 7:48.44	54.78	850m: 15:07.87	55.97	1250m: 22:21.56	55.03
	100m: 1:30.22	48.28	500m: 8:43.46	55.02	900m: 16:01.96	54.09	1300m: 23:16.83	55.27
	150m: 2:22.75	52.53	550m: 9:37.99	54.53	950m: 16:57.38	55.42	1350m: 24:11.94	55.11
	200m: 3:16.84	54.09	600m: 10:32.30	54.31	1000m: 17:50.47	53.09	1400m: 25:06.21	54.27
	250m: 4:11.01	54.17	650m: 11:27.67	55.37	1050m: 18:44.33	53.86	1450m: 26:01.20	54.99
	300m: 5:05.17	54.16	700m: 12:22.59	54.92	1100m: 19:37.67	53.34	1500m: 26:52.83	51.63
	350m: 6:00.06	54.89	750m: 13:18.18	55.59	1150m: 20:32.19	54.52		
	400m: 6:53.66	53.60	800m: 14:11.90	53.72	1200m: 21:26.53	54.34		

Programmanr. 3, Dames, 1500m vrije slag, Masters 45+

rang	naam	vereniging	inschrijftijd	tijd	RT			
4.	Magda Wallaert	CNBA	27:42.15	CNBA/649/60	26:58.50 +1,20			
	50m: 45.49	45.49	450m: 7:51.27	53.17	850m: 15:04.33	54.16	1250m: 22:23.36	55.20
	100m: 1:35.80	50.31	500m: 8:45.10	53.83	900m: 15:58.99	54.66	1300m: 23:18.31	54.95
	150m: 2:29.03	53.23	550m: 9:39.56	54.46	950m: 16:53.38	54.39	1350m: 24:13.65	55.34
	200m: 3:22.32	53.29	600m: 10:33.13	53.57	1000m: 17:48.33	54.95	1400m: 25:09.41	55.76
	250m: 4:15.88	53.56	650m: 11:27.20	54.07	1050m: 18:42.08	53.75	1450m: 26:05.06	55.65
	300m: 5:09.49	53.61	700m: 12:21.22	54.02	1100m: 19:37.82	55.74	1500m: 26:58.50	53.44
	350m: 6:03.50	54.01	750m: 13:15.15	53.93	1150m: 20:32.53	54.71		
	400m: 6:58.10	54.60	800m: 14:10.17	55.02	1200m: 21:28.16	55.63		
5.	Jaqueline Brouwer	ZV De Bron	28:28.06	6100296	28:23.33 +1,05			
	50m: 47.43	47.43	450m: 8:09.98	56.90	850m: 15:50.68	58.13	1250m: 23:37.57	57.81
	100m: 1:39.67	52.24	500m: 9:07.28	57.30	900m: 16:48.78	58.10	1300m: 24:36.15	58.58
	150m: 2:33.88	54.21	550m: 10:04.43	57.15	950m: 17:46.32	57.54	1350m: 25:35.39	59.24
	200m: 3:28.71	54.83	600m: 11:01.19	56.76	1000m: 18:43.46	57.14	1400m: 26:32.09	56.70
	250m: 4:24.48	55.77	650m: 11:59.99	58.80	1050m: 19:42.99	59.53	1450m: 27:29.26	57.17
	300m: 5:20.46	55.98	700m: 12:56.81	56.82	1100m: 20:42.42	59.43	1500m: 28:23.33	54.07
	350m: 6:16.56	56.10	750m: 13:54.87	58.06	1150m: 21:41.33	58.91		
	400m: 7:13.08	56.52	800m: 14:52.55	57.68	1200m: 22:39.76	58.43		
DIS	Susanna Rosén	Ystads Simsällskap	18:34.34	AA5563				
	<i>AF - Niet de aangegeven afstand gezwommen (geen tijd noteren).</i>							

Masters 50+

1.	Patty Verhagen	AquAmigos	21:11.98	5900146	21:19.24 +1,01			
	<i>Nederlands Masters Record</i>							
	50m: 38.53	38.53	450m: 6:18.02	42.84	850m: 11:59.64	42.99	1250m: 17:44.36	43.17
	100m: 1:19.49	40.96	500m: 7:00.82	42.80	900m: 12:42.67	43.03	1300m: 18:27.32	42.96
	150m: 2:01.13	41.64	550m: 7:43.39	42.57	950m: 13:25.66	42.99	1350m: 19:10.95	43.63
	200m: 2:43.22	42.09	600m: 8:26.10	42.71	1000m: 14:08.65	42.99	1400m: 19:54.39	43.44
	250m: 3:25.91	42.69	650m: 9:08.63	42.53	1050m: 14:51.88	43.23	1450m: 20:37.74	43.35
	300m: 4:09.03	43.12	700m: 9:51.33	42.70	1100m: 15:34.88	43.00	1500m: 21:19.24	41.50
	350m: 4:52.22	43.19	750m: 10:34.03	42.70	1150m: 16:18.26	43.38		
	400m: 5:35.18	42.96	800m: 11:16.65	42.62	1200m: 17:01.19	42.93		
2.	Mies Kuipers	Old Dutch	36:13.86	5800202	35:32.39 +1,11			
	50m: 1:00.36	1:00.36	450m: 10:28.79	1:10.66	850m: 20:06.64	1:11.64	1250m: 29:42.50	1:10.66
	100m: 2:10.83	1:10.47	500m: 11:40.27	1:11.48	900m: 21:20.46	1:13.82	1300m: 30:53.32	1:10.82
	150m: 3:21.56	1:10.73	550m: 12:51.21	1:10.94	950m: 22:31.49	1:11.03	1350m: 32:05.69	1:12.37
	200m: 4:33.45	1:11.89	600m: 14:04.33	1:13.12	1000m: 23:45.67	1:14.18	1400m: 33:18.25	1:12.56
	250m: 5:44.43	1:10.98	650m: 15:15.57	1:11.24	1050m: 24:54.29	1:08.62	1450m: 34:28.03	1:09.78
	300m: 6:56.18	1:11.75	700m: 16:28.63	1:13.06	1100m: 26:07.73	1:13.44	1500m: 35:32.39	1:04.36
	350m: 8:06.57	1:10.39	750m: 17:41.29	1:12.66	1150m: 27:18.66	1:10.93		
	400m: 9:18.13	1:11.56	800m: 18:55.00	1:13.71	1200m: 28:31.84	1:13.18		

Masters 55+

1.	Ineke Weekers	PSV	22:43.71	5300050	21:44.99 +0,83			
	<i>Europees Masters Record, tt 400 en 800 meter NMR</i>							
	50m: 38.80	38.80	450m: 6:23.36	42.95	850m: 12:13.21	43.46	1250m: 18:05.43	43.88
	100m: 1:21.14	42.34	500m: 7:07.56	44.20	900m: 12:57.61	44.40	1300m: 18:49.93	44.50
	150m: 2:03.44	42.30	550m: 7:50.80	43.24	950m: 13:41.18	43.57	1350m: 19:34.67	44.74
	200m: 2:46.81	43.37	600m: 8:35.04	44.24	1000m: 14:25.36	44.18	1400m: 20:18.99	44.32
	250m: 3:30.13	43.32	650m: 9:18.06	43.02	1050m: 15:08.81	43.45	1450m: 21:02.33	43.34
	300m: 4:13.72	43.59	700m: 10:01.97	43.91	1100m: 15:52.99	44.18	1500m: 21:44.99	42.66
	350m: 4:56.88	43.16	750m: 10:45.08	43.11	1150m: 16:36.99	44.00		
	400m: 5:40.41	43.53	800m: 11:29.75	44.67	1200m: 17:21.55	44.56		
2.	Corine Kalbfleisch	DWT	26:53.44	5200024	27:36.15 +1,33			
	50m: 47.11	47.11	450m: 8:18.39	57.28	850m: 15:43.44	55.35	1250m: 23:04.79	56.58
	100m: 1:41.62	54.51	500m: 9:13.93	55.54	900m: 16:37.85	54.41	1300m: 23:59.88	55.09
	150m: 2:37.71	56.09	550m: 10:10.83	56.90	950m: 17:32.78	54.93	1350m: 24:55.71	55.83
	200m: 3:34.53	56.82	600m: 11:05.18	54.35	1000m: 18:27.80	55.02	1400m: 25:50.51	54.80
	250m: 4:31.77	57.24	650m: 12:01.30	56.12	1050m: 19:23.38	55.58	1450m: 26:46.16	55.65
	300m: 5:27.70	55.93	700m: 12:57.18	55.88	1100m: 20:17.77	54.39	1500m: 27:36.15	49.99
	350m: 6:24.94	57.24	750m: 13:52.89	55.71	1150m: 21:13.34	55.57		
	400m: 7:21.11	56.17	800m: 14:48.09	55.20	1200m: 22:08.21	54.87		
3.	Gonnie Bak	PSV	31:09.97	5100002	29:37.69 +1,00			
	50m: 47.81	47.81	450m: 8:36.65	59.42	850m: 16:36.13	59.87	1250m: 24:38.70	1:00.51
	100m: 1:44.55	56.74	500m: 9:36.26	59.61	900m: 17:36.21	1:00.08	1300m: 25:39.42	1:00.72
	150m: 2:41.89	57.34	550m: 10:35.64	59.38	950m: 18:36.75	1:00.54	1350m: 26:40.28	1:00.86
	200m: 3:40.86	58.97	600m: 11:35.46	59.82	1000m: 19:36.79	1:00.04	1400m: 27:40.09	59.81
	250m: 4:40.02	59.16	650m: 12:35.28	59.82	1050m: 20:37.89	1:01.10	1450m: 28:40.20	1:00.11
	300m: 5:39.29	59.27	700m: 13:35.02	59.74	1100m: 21:37.50	59.61	1500m: 29:37.69	57.49
	350m: 6:38.15	58.86	750m: 14:35.24	1:00.22	1150m: 22:37.33	59.83		
	400m: 7:37.23	59.08	800m: 15:36.26	1:01.02	1200m: 23:38.19	1:00.86		

Masters 60+

Programmanr. 3, Dames, 1500m vrije slag, Masters 60+

rang	naam	vereniging	inschrijftijd	tijd	RT			
1.	Annie Smits	PSV	27:09.75	4600016	28:01.89 +1,21			
	50m: 51.24	51.24	450m: 8:31.47	56.77	850m: 16:01.58	55.20	1250m: 23:28.49	55.82
	100m: 1:48.61	57.37	500m: 9:28.23	56.76	900m: 16:57.35	55.77	1300m: 24:24.22	55.73
	150m: 2:45.97	57.36	550m: 10:24.57	56.34	950m: 17:53.21	55.86	1350m: 25:19.63	55.41
	200m: 3:44.61	58.64	600m: 11:20.99	56.42	1000m: 18:48.87	55.66	1400m: 26:16.02	56.39
	250m: 4:42.37	57.76	650m: 12:17.75	56.76	1050m: 19:44.55	55.68	1450m: 27:09.79	53.77
	300m: 5:40.63	58.26	700m: 13:14.72	56.97	1100m: 20:40.83	56.28	1500m: 28:01.89	52.10
	350m: 6:37.89	57.26	750m: 14:09.90	55.18	1150m: 21:36.20	55.37		
	400m: 7:34.70	56.81	800m: 15:06.38	56.48	1200m: 22:32.67	56.47		

Masters 65+

1.	Greet Brehler-middag	Hatto Heim	30:49.39	4400004	31:02.04 +1,21			
	50m: 54.72	54.72	450m: 9:03.30	1:02.05	850m: 17:20.74	1:02.56	1250m: 25:47.28	1:03.21
	100m: 1:54.22	59.50	500m: 10:05.16	1:01.86	900m: 18:22.88	1:02.14	1300m: 26:50.73	1:03.45
	150m: 2:53.98	59.76	550m: 11:07.22	1:02.06	950m: 19:25.99	1:03.11	1350m: 27:53.04	1:02.31
	200m: 3:54.69	1:00.71	600m: 12:09.38	1:02.16	1000m: 20:28.31	1:02.32	1400m: 28:56.97	1:03.93
	250m: 4:56.15	1:01.46	650m: 13:12.35	1:02.97	1050m: 21:31.69	1:03.38	1450m: 30:00.44	1:03.47
	300m: 5:57.70	1:01.55	700m: 14:14.53	1:02.18	1100m: 22:36.22	1:04.53	1500m: 31:02.04	1:01.60
	350m: 6:59.32	1:01.62	750m: 15:16.45	1:01.92	1150m: 23:40.27	1:04.05		
	400m: 8:01.25	1:01.93	800m: 16:18.18	1:01.73	1200m: 24:44.07	1:03.80		

Masters 75+

1.	Annie de Vos	Old Dutch	34:49.43	3400004	36:38.30 +0,64			
	<i>Kampioenschaps Record</i>							
	50m: 59.40	59.40	450m: 10:33.91	1:13.07	850m: 20:23.30	1:13.92	1250m: 30:23.99	1:14.61
	100m: 2:08.36	1:08.96	500m: 11:47.87	1:13.96	900m: 21:39.06	1:15.76	1300m: 31:39.29	1:15.30
	150m: 3:20.53	1:12.17	550m: 13:01.27	1:13.40	950m: 22:53.53	1:14.47	1350m: 32:53.89	1:14.60
	200m: 4:32.81	1:12.28	600m: 14:14.77	1:13.50	1000m: 24:08.71	1:15.18	1400m: 34:09.71	1:15.82
	250m: 5:43.70	1:10.89	650m: 15:27.75	1:12.98	1050m: 25:22.94	1:14.23	1450m: 35:23.89	1:14.18
	300m: 6:56.41	1:12.71	700m: 16:41.56	1:13.81	1100m: 26:39.32	1:16.38	1500m: 36:38.30	1:14.41
	350m: 8:07.85	1:11.44	750m: 17:55.19	1:13.63	1150m: 27:53.41	1:14.09		
	400m: 9:20.84	1:12.99	800m: 19:09.38	1:14.19	1200m: 29:09.38	1:15.97		

Programmanr. 4
08.05.2009 - 15:48

Heren, 1500m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT			
Masters 20+								
1.	Erik Simons	WZK Zwemmen	16:29.41	8902845	17:39.53 +0,85			
	<i>Kampioenschaps Record</i>							
	50m: 29.78	29.78	450m: 5:08.86	35.40	850m: 9:56.25	36.14	1250m: 14:44.09	36.10
	100m: 1:03.21	33.43	500m: 5:44.38	35.52	900m: 10:32.04	35.79	1300m: 15:19.70	35.61
	150m: 1:37.06	33.85	550m: 6:20.46	36.08	950m: 11:08.15	36.11	1350m: 15:55.54	35.84
	200m: 2:11.89	34.83	600m: 6:56.32	35.86	1000m: 11:43.62	35.47	1400m: 16:31.00	35.46
	250m: 2:46.68	34.79	650m: 7:32.59	36.27	1050m: 12:20.01	36.39	1450m: 17:05.92	34.92
	300m: 3:22.07	35.39	700m: 8:08.14	35.55	1100m: 12:55.88	35.87	1500m: 17:39.53	33.61
	350m: 3:57.78	35.71	750m: 8:44.16	36.02	1150m: 13:32.43	36.55		
	400m: 4:33.46	35.68	800m: 9:20.11	35.95	1200m: 14:07.99	35.56		
2.	Nicolas Degalan	CNBA	17:32.25	CNBA/777/89	17:57.15 +0,84			
	50m: 31.89	31.89	450m: 5:17.31	36.06	850m: 10:10.84	36.69	1250m: 14:58.50	36.02
	100m: 1:06.53	34.64	500m: 5:53.64	36.33	900m: 10:46.62	35.78	1300m: 15:35.05	36.55
	150m: 1:42.06	35.53	550m: 6:30.26	36.62	950m: 11:22.22	35.60	1350m: 16:11.07	36.02
	200m: 2:17.49	35.43	600m: 7:06.88	36.62	1000m: 11:58.04	35.82	1400m: 16:47.45	36.38
	250m: 2:53.16	35.67	650m: 7:43.25	36.37	1050m: 12:33.32	35.28	1450m: 17:22.44	34.99
	300m: 3:29.38	36.22	700m: 8:20.58	37.33	1100m: 13:09.78	36.46	1500m: 17:57.15	34.71
	350m: 4:05.21	35.83	750m: 8:57.16	36.58	1150m: 13:45.75	35.97		
	400m: 4:41.25	36.04	800m: 9:34.15	36.99	1200m: 14:22.48	36.73		

Masters 25+

Programmanr. 4, Heren, 1500m vrije slag, Masters 25+

rang	naam	vereniging	inschrijftijd	tijd	RT			
1.	Erik Schröder	TriVia	16:30.33	8402025	16:44.41 +1,01			
	<i>Nederlands Masters Record, tt 800 meter NMR</i>							
	50m: 29.45	29.45	450m: 4:59.06	34.02	850m: 9:29.03	33.87	1250m: 13:59.28	33.88
	100m: 1:02.04	32.59	500m: 5:32.52	33.46	900m: 10:02.87	33.84	1300m: 14:33.28	34.00
	150m: 1:35.63	33.59	550m: 6:06.39	33.87	950m: 10:36.75	33.88	1350m: 15:06.69	33.41
	200m: 2:09.19	33.56	600m: 6:40.15	33.76	1000m: 11:10.36	33.61	1400m: 15:40.35	33.66
	250m: 2:43.03	33.84	650m: 7:13.84	33.69	1050m: 11:44.15	33.79	1450m: 16:13.36	33.01
	300m: 3:17.15	34.12	700m: 7:47.58	33.74	1100m: 12:17.91	33.76	1500m: 16:44.41	31.05
	350m: 3:51.08	33.93	750m: 8:21.46	33.88	1150m: 12:51.69	33.78		
	400m: 4:25.04	33.96	800m: 8:55.16	33.70	1200m: 13:25.40	33.71		
2.	Alexander Hulleman	De Zijl/LGB	17:32.78	8300989	17:42.13 +0,92			
	50m: 33.27	33.27	450m: 5:16.94	35.99	850m: 9:58.75	35.34	1250m: 14:43.38	35.85
	100m: 1:08.10	34.83	500m: 5:52.01	35.07	900m: 10:34.26	35.51	1300m: 15:19.35	35.97
	150m: 1:42.68	34.58	550m: 6:27.58	35.57	950m: 11:09.80	35.54	1350m: 15:55.47	36.12
	200m: 2:17.98	35.30	600m: 7:02.69	35.11	1000m: 11:45.25	35.45	1400m: 16:31.41	35.94
	250m: 2:53.69	35.71	650m: 7:37.94	35.25	1050m: 12:20.84	35.59	1450m: 17:07.16	35.75
	300m: 3:29.61	35.92	700m: 8:12.95	35.01	1100m: 12:56.37	35.53	1500m: 17:42.13	34.97
	350m: 4:05.25	35.64	750m: 8:48.09	35.14	1150m: 13:31.83	35.46		
	400m: 4:40.95	35.70	800m: 9:23.41	35.32	1200m: 14:07.53	35.70		
3.	Gergely Molnar	Sprint Fortuna SC	17:17.00	80molnar	18:10.60 +0,86			
	50m: 31.02	31.02	450m: 5:17.75	36.08	850m: 10:08.42	36.68	1250m: 15:04.81	37.54
	100m: 1:06.07	35.05	500m: 5:53.69	35.94	900m: 10:45.06	36.64	1300m: 15:42.03	37.22
	150m: 1:41.77	35.70	550m: 6:30.01	36.32	950m: 11:21.98	36.92	1350m: 16:19.06	37.03
	200m: 2:18.04	36.27	600m: 7:05.96	35.95	1000m: 11:58.92	36.94	1400m: 16:56.76	37.70
	250m: 2:54.34	36.30	650m: 7:42.21	36.25	1050m: 12:35.45	36.53	1450m: 17:34.59	37.83
	300m: 3:30.00	35.66	700m: 8:18.55	36.34	1100m: 13:12.41	36.96	1500m: 18:10.60	36.01
	350m: 4:06.02	36.02	750m: 8:55.09	36.54	1150m: 13:49.79	37.38		
	400m: 4:41.67	35.65	800m: 9:31.74	36.65	1200m: 14:27.27	37.48		
4.	Jeroen Vogelsang	Het Y	18:58.26	8001645	19:32.57 +0,94			
	50m: 32.85	32.85	450m: 5:36.36	39.41	850m: 10:53.53	40.80	1250m: 16:18.37	41.41
	100m: 1:09.12	36.27	500m: 6:15.88	39.52	900m: 11:34.58	41.05	1300m: 16:58.76	40.39
	150m: 1:45.63	36.51	550m: 6:55.36	39.48	950m: 12:14.51	39.93	1350m: 17:39.69	40.93
	200m: 2:23.35	37.72	600m: 7:35.00	39.64	1000m: 12:55.03	40.52	1400m: 18:18.47	38.78
	250m: 3:01.30	37.95	650m: 8:15.34	40.34	1050m: 13:34.98	39.95	1450m: 18:56.10	37.63
	300m: 3:39.87	38.57	700m: 8:55.19	39.85	1100m: 14:14.36	39.38	1500m: 19:32.57	36.47
	350m: 4:18.42	38.55	750m: 9:33.40	38.21	1150m: 14:55.68	41.32		
	400m: 4:56.95	38.53	800m: 10:12.73	39.33	1200m: 15:36.96	41.28		
5.	Remco van Althuis	SBC2000	21:52.22	8300029	21:03.85 +0,90			
	50m: 32.50	32.50	450m: 6:00.10	42.99	850m: 11:43.13	42.77	1250m: 17:28.17	44.21
	100m: 1:09.91	37.41	500m: 6:42.63	42.53	900m: 12:25.73	42.60	1300m: 18:12.09	43.92
	150m: 1:49.28	39.37	550m: 7:25.07	42.44	950m: 13:08.40	42.67	1350m: 18:55.88	43.79
	200m: 2:29.79	40.51	600m: 8:08.10	43.03	1000m: 13:51.06	42.66	1400m: 19:40.20	44.32
	250m: 3:10.66	40.87	650m: 8:50.91	42.81	1050m: 14:34.15	43.09	1450m: 20:23.51	43.31
	300m: 3:52.37	41.71	700m: 9:34.43	43.52	1100m: 15:16.91	42.76	1500m: 21:03.85	40.34
	350m: 4:34.54	42.17	750m: 10:17.46	43.03	1150m: 16:00.47	43.56		
	400m: 5:17.11	42.57	800m: 11:00.36	42.90	1200m: 16:43.96	43.49		
6.	Robin den Oudsten	PSV	24:30.00	8002153	24:22.38 +1,09			
	50m: 42.70	42.70	450m: 7:07.49	49.59	850m: 13:44.22	49.37	1250m: 20:20.25	49.99
	100m: 1:27.60	44.90	500m: 7:56.93	49.44	900m: 14:33.60	49.38	1300m: 21:08.87	48.62
	150m: 2:14.44	46.84	550m: 8:46.72	49.79	950m: 15:23.05	49.45	1350m: 21:57.92	49.05
	200m: 3:02.33	47.89	600m: 9:37.17	50.45	1000m: 16:12.87	49.82	1400m: 22:47.12	49.20
	250m: 3:50.78	48.45	650m: 10:26.57	49.40	1050m: 17:02.20	49.33	1450m: 23:36.20	49.08
	300m: 4:39.38	48.60	700m: 11:15.85	49.28	1100m: 17:51.63	49.43	1500m: 24:22.38	46.18
	350m: 5:28.55	49.17	750m: 12:05.66	49.81	1150m: 18:41.20	49.57		
	400m: 6:17.90	49.35	800m: 12:54.85	49.19	1200m: 19:30.26	49.06		
NG.ZA	Steve Clement	Swimming Luxembourg	24:01.75	203				

Masters 30+

1.	Koen de Haan	PSV	20:00.00	7801671	19:56.07 +0,95			
	50m: 33.30	33.30	450m: 5:46.08	40.09	850m: 11:11.62	41.14	1250m: 16:38.84	40.45
	100m: 1:10.03	36.73	500m: 6:26.41	40.33	900m: 11:53.01	41.39	1300m: 17:19.53	40.69
	150m: 1:48.17	38.14	550m: 7:06.64	40.23	950m: 12:34.02	41.01	1350m: 17:59.96	40.43
	200m: 2:26.92	38.75	600m: 7:47.03	40.39	1000m: 13:14.81	40.79	1400m: 18:38.67	38.71
	250m: 3:05.97	39.05	650m: 8:27.54	40.51	1050m: 13:55.34	40.53	1450m: 19:17.45	38.78
	300m: 3:45.51	39.54	700m: 9:08.48	40.94	1100m: 14:36.90	41.56	1500m: 19:56.07	38.62
	350m: 4:25.51	40.00	750m: 9:49.21	40.73	1150m: 15:17.84	40.94		
	400m: 5:05.99	40.48	800m: 10:30.48	41.27	1200m: 15:58.39	40.55		

Masters 35+

Programmanr. 4, Heren, 1500m vrije slag, Masters 35+

rang	naam	vereniging	inschrijftijd	tijd	RT			
1.	Casper van der Burgh	LZ 1886	19:04.23	7201413	18:55.14 +0,97			
	50m: 33.20	33.20	450m: 5:36.78	37.75	850m: 10:40.74	37.85	1250m: 15:47.15	38.15
	100m: 1:10.23	37.03	500m: 6:14.37	37.59	900m: 11:18.80	38.06	1300m: 16:25.31	38.16
	150m: 1:48.29	38.06	550m: 6:52.13	37.76	950m: 11:57.05	38.25	1350m: 17:04.13	38.82
	200m: 2:26.45	38.16	600m: 7:30.41	38.28	1000m: 12:35.32	38.27	1400m: 17:42.68	38.55
	250m: 3:04.78	38.33	650m: 8:08.17	37.76	1050m: 13:13.64	38.32	1450m: 18:20.95	38.27
	300m: 3:43.02	38.24	700m: 8:46.36	38.19	1100m: 13:51.91	38.27	1500m: 18:55.14	34.19
	350m: 4:21.17	38.15	750m: 9:24.77	38.41	1150m: 14:30.41	38.50		
	400m: 4:59.03	37.86	800m: 10:02.89	38.12	1200m: 15:09.00	38.59		
2.	Jerry Grondel	PLONS	20:12.11	7201223	20:29.75 +0,82			
	50m: 33.74	33.74	450m: 5:54.61	41.07	850m: 11:23.59	41.20	1250m: 16:59.70	42.45
	100m: 1:11.21	37.47	500m: 6:34.77	40.16	900m: 12:05.67	42.08	1300m: 17:42.37	42.67
	150m: 1:50.37	39.16	550m: 7:15.00	40.23	950m: 12:47.44	41.77	1350m: 18:24.81	42.44
	200m: 2:31.36	40.99	600m: 7:56.37	41.37	1000m: 13:29.46	42.02	1400m: 19:07.66	42.85
	250m: 3:11.33	39.97	650m: 8:37.85	41.48	1050m: 14:10.68	41.22	1450m: 19:48.84	41.18
	300m: 3:52.51	41.18	700m: 9:19.97	42.12	1100m: 14:52.34	41.66	1500m: 20:29.75	40.91
	350m: 4:32.55	40.04	750m: 10:00.73	40.76	1150m: 15:34.31	41.97		
	400m: 5:13.54	40.99	800m: 10:42.39	41.66	1200m: 16:17.25	42.94		
3.	Roy Danckaerts	De Fuut	19:26.18	7000231	20:53.48 +0,93			
	50m: 35.64	35.64	450m: 6:03.45	41.93	850m: 11:37.91	42.51	1250m: 17:20.18	43.05
	100m: 1:14.46	38.82	500m: 6:44.98	41.53	900m: 12:20.17	42.26	1300m: 18:02.98	42.80
	150m: 1:54.37	39.91	550m: 7:26.76	41.78	950m: 13:02.67	42.50	1350m: 18:45.80	42.82
	200m: 2:34.82	40.45	600m: 8:08.52	41.76	1000m: 13:45.31	42.64	1400m: 19:28.12	42.32
	250m: 3:15.59	40.77	650m: 8:50.52	42.00	1050m: 14:28.28	42.97	1450m: 20:11.51	43.39
	300m: 3:58.05	42.46	700m: 9:32.13	41.61	1100m: 15:10.88	42.60	1500m: 20:53.48	41.97
	350m: 4:39.82	41.77	750m: 10:13.76	41.63	1150m: 15:54.18	43.30		
	400m: 5:21.52	41.70	800m: 10:55.40	41.64	1200m: 16:37.13	42.95		
4.	Arnold Jonker	HZ&PC Heerenveen	26:16.88	7000529	26:19.47 +0,89			
	50m: 45.37	45.37	450m: 7:39.87	52.04	850m: 14:42.25	53.71	1250m: 21:54.90	54.12
	100m: 1:35.21	49.84	500m: 8:33.11	53.24	900m: 15:35.88	53.63	1300m: 22:49.43	54.53
	150m: 2:25.43	50.22	550m: 9:25.60	52.49	950m: 16:28.78	52.90	1350m: 23:43.39	53.96
	200m: 3:18.61	53.18	600m: 10:17.66	52.06	1000m: 17:23.87	55.09	1400m: 24:36.72	53.33
	250m: 4:10.07	51.46	650m: 11:09.96	52.30	1050m: 18:17.65	53.78	1450m: 25:28.45	51.73
	300m: 5:03.18	53.11	700m: 12:02.85	52.89	1100m: 19:11.08	53.43	1500m: 26:19.47	51.02
	350m: 5:55.22	52.04	750m: 12:55.23	52.38	1150m: 20:05.16	54.08		
	400m: 6:47.83	52.61	800m: 13:48.54	53.31	1200m: 21:00.78	55.62		

Masters 40+

1.	Norbert Nagy	Sprint Fortuna SC	18:17.21	69nagy	18:50.31 +0,82			
	<i>Hongaars Masters Record</i>							
	50m: 32.65	32.65	450m: 5:28.03	37.43	850m: 10:32.85	38.23	1250m: 15:40.79	38.49
	100m: 1:08.57	35.92	500m: 6:05.49	37.46	900m: 11:11.59	38.74	1300m: 16:19.67	38.88
	150m: 1:44.70	36.13	550m: 6:43.23	37.74	950m: 11:49.93	38.34	1350m: 16:58.69	39.02
	200m: 2:21.76	37.06	600m: 7:21.31	38.08	1000m: 12:28.55	38.62	1400m: 17:37.11	38.42
	250m: 2:58.47	36.71	650m: 7:59.26	37.95	1050m: 13:06.54	37.99	1450m: 18:14.62	37.51
	300m: 3:35.57	37.10	700m: 8:37.91	38.65	1100m: 13:45.53	38.99	1500m: 18:50.31	35.69
	350m: 4:13.08	37.51	750m: 9:15.91	38.00	1150m: 14:23.46	37.93		
	400m: 4:50.60	37.52	800m: 9:54.62	38.71	1200m: 15:02.30	38.84		
2.	Rene Beetsma	HZ&PC Heerenveen	19:09.94	6900069	18:56.81 +0,97			
	50m: 32.77	32.77	450m: 5:31.53	38.51	850m: 10:40.74	39.07	1250m: 15:48.09	38.01
	100m: 1:08.64	35.87	500m: 6:09.53	38.00	900m: 11:19.32	38.58	1300m: 16:26.61	38.52
	150m: 1:45.69	37.05	550m: 6:47.98	38.45	950m: 11:57.57	38.25	1350m: 17:05.09	38.48
	200m: 2:22.71	37.02	600m: 7:26.49	38.51	1000m: 12:36.06	38.49	1400m: 17:43.22	38.13
	250m: 3:00.08	37.37	650m: 8:05.00	38.51	1050m: 13:14.22	38.16	1450m: 18:21.04	37.82
	300m: 3:37.50	37.42	700m: 8:43.67	38.67	1100m: 13:52.88	38.66	1500m: 18:56.81	35.77
	350m: 4:15.12	37.62	750m: 9:22.67	39.00	1150m: 14:31.01	38.13		
	400m: 4:53.02	37.90	800m: 10:01.67	39.00	1200m: 15:10.08	39.07		
3.	Jo-an Mudde	Zeester-Meerval	18:57.79	6701457	19:14.01 +0,94			
	50m: 33.18	33.18	450m: 5:37.18	38.54	850m: 10:48.80	39.16	1250m: 16:01.84	38.92
	100m: 1:09.40	36.22	500m: 6:15.82	38.64	900m: 11:28.38	39.58	1300m: 16:41.45	39.61
	150m: 1:46.54	37.14	550m: 6:54.80	38.98	950m: 12:07.35	38.97	1350m: 17:20.05	38.60
	200m: 2:24.53	37.99	600m: 7:33.56	38.76	1000m: 12:46.50	39.15	1400m: 17:58.67	38.62
	250m: 3:02.60	38.07	650m: 8:12.33	38.77	1050m: 13:25.66	39.16	1450m: 18:36.92	38.25
	300m: 3:41.34	38.74	700m: 8:51.70	39.37	1100m: 14:04.89	39.23	1500m: 19:14.01	37.09
	350m: 4:19.67	38.33	750m: 9:30.47	38.77	1150m: 14:43.72	38.83		
	400m: 4:58.64	38.97	800m: 10:09.64	39.17	1200m: 15:22.92	39.20		
4.	Erik van Dartel	PSV	18:53.79	6700185	20:04.60 +1,02			
	50m: 33.40	33.40	450m: 5:42.75	40.19	850m: 11:10.63	41.40	1250m: 16:40.27	42.03
	100m: 1:10.43	37.03	500m: 6:23.11	40.36	900m: 11:51.87	41.24	1300m: 17:21.10	40.83
	150m: 1:47.96	37.53	550m: 7:03.91	40.80	950m: 12:33.53	41.66	1350m: 18:03.18	42.08
	200m: 2:25.94	37.98	600m: 7:44.64	40.73	1000m: 13:14.69	41.16	1400m: 18:43.10	39.92
	250m: 3:04.40	38.46	650m: 8:25.88	41.24	1050m: 13:55.78	41.09	1450m: 19:24.34	41.24
	300m: 3:43.24	38.84	700m: 9:06.92	41.04	1100m: 14:36.44	40.66	1500m: 20:04.60	40.26
	350m: 4:22.57	39.33	750m: 9:48.21	41.29	1150m: 15:17.97	41.53		
	400m: 5:02.56	39.99	800m: 10:29.23	41.02	1200m: 15:58.24	40.27		

Programmanr. 4, Heren, 1500m vrije slag, Masters 45+

rang	naam	vereniging	inschrijftijd	tijd	RT	
8.	Peter Marc de Rooij	Zwemlust/Utrecht (SG)	21:13.51	6100829	22:39.26 +0,87	
	50m: 37.25	37.25	450m: 6:35.28	45.58	850m: 12:44.32	45.69
	100m: 1:19.72	42.47	500m: 7:21.67	46.39	900m: 13:31.19	46.87
	150m: 2:03.33	43.61	550m: 8:07.90	46.23	950m: 14:17.10	45.91
	200m: 2:48.02	44.69	600m: 8:54.06	46.16	1000m: 15:04.51	47.41
	250m: 3:32.54	44.52	650m: 9:39.69	45.63	1050m: 15:50.56	46.05
	300m: 4:17.88	45.34	700m: 10:26.55	46.86	1100m: 16:37.52	46.96
	350m: 5:03.28	45.40	750m: 11:11.88	45.33	1150m: 17:23.13	45.61
	400m: 5:49.70	46.42	800m: 11:58.63	46.75	1200m: 18:10.29	47.16
9.	Bart van Calker	WS Twente	24:41.92	6100067	22:52.37 +1,08	
	50m: 41.69	41.69	450m: 6:56.59	46.13	850m: 13:05.09	44.94
	100m: 1:26.85	45.16	500m: 7:43.53	46.94	900m: 13:50.66	45.57
	150m: 2:14.74	47.89	550m: 8:31.10	47.57	950m: 14:35.81	45.15
	200m: 3:01.78	47.04	600m: 9:17.67	46.57	1000m: 15:21.52	45.71
	250m: 3:49.30	47.52	650m: 10:03.99	46.32	1050m: 16:06.82	45.30
	300m: 4:36.41	47.11	700m: 10:49.37	45.38	1100m: 16:52.86	46.04
	350m: 5:23.42	47.01	750m: 11:34.75	45.38	1150m: 17:38.55	45.69
	400m: 6:10.46	47.04	800m: 12:20.15	45.40	1200m: 18:24.62	46.07
10.	Jan Smalheer	SCOM	23:38.53	6400701	23:09.58 +1,14	
	50m: 38.56	38.56	450m: 6:47.39	45.67	850m: 13:04.77	47.69
	100m: 1:21.68	43.12	500m: 7:34.23	46.84	900m: 13:51.89	47.12
	150m: 2:07.36	45.68	550m: 8:21.05	46.82	950m: 14:39.09	47.20
	200m: 2:53.36	46.00	600m: 9:07.37	46.32	1000m: 15:25.72	46.63
	250m: 3:40.41	47.05	650m: 9:54.84	47.47	1050m: 16:13.02	47.30
	300m: 4:27.55	47.14	700m: 10:41.45	46.61	1100m: 16:58.88	45.86
	350m: 5:14.92	47.37	750m: 11:29.53	48.08	1150m: 17:45.78	46.90
	400m: 6:01.72	46.80	800m: 12:17.08	47.55	1200m: 18:32.54	46.76
11.	Jan Willem Heuten	WS Twente	24:25.47	6000883	24:24.02 +1,40	
	50m: 40.34	40.34	450m: 7:12.54	49.99	850m: 13:50.49	49.92
	100m: 1:26.46	46.12	500m: 8:02.20	49.66	900m: 14:39.47	48.98
	150m: 2:15.39	48.93	550m: 8:52.19	49.99	950m: 15:28.50	49.03
	200m: 3:05.27	49.88	600m: 9:42.01	49.82	1000m: 16:17.41	48.91
	250m: 3:55.37	50.10	650m: 10:32.18	50.17	1050m: 17:07.35	49.94
	300m: 4:44.35	48.98	700m: 11:21.73	49.55	1100m: 17:56.50	49.15
	350m: 5:33.92	49.57	750m: 12:11.47	49.74	1150m: 18:46.18	49.68
	400m: 6:22.55	48.63	800m: 13:00.57	49.10	1200m: 19:35.61	49.43
12.	Henk Gierveld	Nat Utrecht	25:09.90	6000869	24:30.56 +1,17	
	50m: 42.38	42.38	450m: 7:10.02	50.02	850m: 13:48.81	50.65
	100m: 1:27.34	44.96	500m: 7:59.57	49.55	900m: 14:39.01	50.20
	150m: 2:14.42	47.08	550m: 8:49.42	49.85	950m: 15:28.26	49.25
	200m: 3:02.33	47.91	600m: 9:38.71	49.29	1000m: 16:18.08	49.82
	250m: 3:51.73	49.40	650m: 10:28.69	49.98	1050m: 17:07.73	49.65
	300m: 4:40.57	48.84	700m: 11:18.30	49.61	1100m: 17:56.95	49.22
	350m: 5:30.16	49.59	750m: 12:08.59	50.29	1150m: 18:46.39	49.44
	400m: 6:20.00	49.84	800m: 12:58.16	49.57	1200m: 19:35.80	49.41
13.	Michael van Vliet	Zwemvereniging Hoorn	26:15.01	6201073	25:49.27 +1,07	
	50m: 41.91	41.91	450m: 7:23.75	51.94	850m: 14:22.24	53.25
	100m: 1:28.45	46.54	500m: 8:14.99	51.24	900m: 15:14.53	52.29
	150m: 2:17.34	48.89	550m: 9:07.69	52.70	950m: 16:08.21	53.68
	200m: 3:07.22	49.88	600m: 10:00.49	52.80	1000m: 17:00.71	52.50
	250m: 3:57.87	50.65	650m: 10:53.37	52.88	1050m: 17:53.53	52.82
	300m: 4:48.97	51.10	700m: 11:44.99	51.62	1100m: 18:45.86	52.33
	350m: 5:40.50	51.53	750m: 12:37.67	52.68	1150m: 19:39.04	53.18
	400m: 6:31.81	51.31	800m: 13:28.99	51.32	1200m: 20:31.66	52.62
14.	Louis Matthijsse	PSV	28:08.89	6100787	28:10.90 +1,01	
	50m: 45.44	45.44	450m: 8:07.93	55.76	850m: 15:45.41	57.40
	100m: 1:38.44	53.00	500m: 9:05.52	57.59	900m: 16:42.50	57.09
	150m: 2:32.47	54.03	550m: 10:02.40	56.88	950m: 17:40.06	57.56
	200m: 3:27.55	55.08	600m: 10:59.43	57.03	1000m: 18:36.93	56.87
	250m: 4:23.45	55.90	650m: 11:56.55	57.12	1050m: 19:34.51	57.58
	300m: 5:19.34	55.89	700m: 12:53.54	56.99	1100m: 20:31.20	56.69
	350m: 6:15.20	55.86	750m: 13:50.91	57.37	1150m: 21:28.60	57.40
	400m: 7:12.17	56.97	800m: 14:48.01	57.10	1200m: 22:29.61	1:01.01
15.	Perry Dekker	ZV De Bron	28:49.49	6201081	29:41.73 +1,19	
	50m: 50.24	50.24	450m: 8:59.75	1:01.97	850m: 16:53.17	59.22
	100m: 1:47.96	57.72	500m: 9:59.86	1:00.11	900m: 17:53.16	59.99
	150m: 2:49.44	1:01.48	550m: 10:58.87	59.01	950m: 18:52.00	58.84
	200m: 3:50.86	1:01.42	600m: 11:58.08	59.21	1000m: 19:51.57	59.57
	250m: 4:53.34	1:02.48	650m: 12:56.61	58.53	1050m: 20:50.39	58.82
	300m: 5:55.02	1:01.68	700m: 13:56.04	59.43	1100m: 21:51.01	1:00.62
	350m: 6:56.90	1:01.88	750m: 14:53.83	57.79	1150m: 22:49.48	58.47
	400m: 7:57.78	1:00.88	800m: 15:53.95	1:00.12	1200m: 23:50.10	1:00.62

Programmanr. 4, Heren, 1500m vrije slag, Masters 45+

rang	naam	vereniging	inschrijftijd		tijd	RT
NG.ZA	Salvo Andronico	Swimming Luxembourg	19:54.22	113		

Masters 50+

1.	Richard Broer	PLONS	20:39.72	5900077	19:39.20	+1,03
	50m: 34.70	34.70	450m: 5:47.13	39.20	850m: 11:06.23	39.80
	100m: 1:12.72	38.02	500m: 6:26.73	39.60	900m: 11:46.45	40.22
	150m: 1:51.74	39.02	550m: 7:06.58	39.85	950m: 12:25.67	39.22
	200m: 2:30.60	38.86	600m: 7:46.51	39.93	1000m: 13:04.94	39.27
	250m: 3:09.82	39.22	650m: 8:26.47	39.96	1050m: 13:45.09	40.15
	300m: 3:48.77	38.95	700m: 9:06.86	40.39	1100m: 14:24.82	39.73
	350m: 4:28.20	39.43	750m: 9:46.58	39.72	1150m: 15:04.79	39.97
	400m: 5:07.93	39.73	800m: 10:26.43	39.85	1200m: 15:45.08	40.29
2.	Henk Slomp	De Pinquin	22:45.18	5500359	21:45.07	+1,02
	50m: 35.67	35.67	450m: 6:20.82	44.18	850m: 12:13.64	43.79
	100m: 1:15.47	39.80	500m: 7:04.65	43.83	900m: 12:57.13	43.49
	150m: 1:58.10	42.63	550m: 7:48.92	44.27	950m: 13:41.61	44.48
	200m: 2:41.19	43.09	600m: 8:33.16	44.24	1000m: 14:25.53	43.92
	250m: 3:24.55	43.36	650m: 9:17.27	44.11	1050m: 15:09.64	44.11
	300m: 4:08.44	43.89	700m: 10:01.38	44.11	1100m: 15:54.08	44.44
	350m: 4:52.48	44.04	750m: 10:45.17	43.79	1150m: 16:37.43	43.35
	400m: 5:36.64	44.16	800m: 11:29.85	44.68	1200m: 17:22.19	44.76
3.	Emiel van Elderen	Vlaardingen	22:27.68	5600383	22:39.87	+1,24
	50m: 38.79	38.79	450m: 6:34.74	45.46	850m: 12:42.79	46.49
	100m: 1:19.97	41.18	500m: 7:20.34	45.60	900m: 13:28.39	45.60
	150m: 2:03.83	43.86	550m: 8:06.55	46.21	950m: 14:14.75	46.36
	200m: 2:47.81	43.98	600m: 8:51.50	44.95	1000m: 15:00.47	45.72
	250m: 3:32.90	45.09	650m: 9:37.93	46.43	1050m: 15:46.72	46.25
	300m: 4:17.83	44.93	700m: 10:23.31	45.38	1100m: 16:32.20	45.48
	350m: 5:04.06	46.23	750m: 11:10.31	47.00	1150m: 17:19.00	46.80
	400m: 5:49.28	45.22	800m: 11:56.30	45.99	1200m: 18:04.78	45.78
4.	Paul Bunnik	Triton	22:33.32	5600413	23:52.53	+1,09
	50m: 35.95	35.95	450m: 6:51.05	48.78	850m: 13:20.80	49.31
	100m: 1:16.47	40.52	500m: 7:38.73	47.68	900m: 14:10.02	49.22
	150m: 2:02.05	45.58	550m: 8:27.66	48.93	950m: 14:58.53	48.51
	200m: 2:49.31	47.26	600m: 9:16.58	48.92	1000m: 15:47.81	49.28
	250m: 3:36.04	46.73	650m: 10:04.74	48.16	1050m: 16:36.39	48.58
	300m: 4:24.27	48.23	700m: 10:52.64	47.90	1100m: 17:25.74	49.35
	350m: 5:13.87	49.60	750m: 11:42.23	49.59	1150m: 18:15.40	49.66
	400m: 6:02.27	48.40	800m: 12:31.49	49.26	1200m: 19:05.12	49.72
5.	Peter Verberne	ACZ	23:14.95	5900719	24:26.41	+1,24
	50m: 41.92	41.92	450m: 7:13.56	49.64	850m: 13:50.43	49.98
	100m: 1:29.60	47.68	500m: 8:02.59	49.03	900m: 14:40.05	49.62
	150m: 2:17.99	48.39	550m: 8:52.53	49.94	950m: 15:29.87	49.82
	200m: 3:06.79	48.80	600m: 9:41.50	48.97	1000m: 16:19.07	49.20
	250m: 3:56.21	49.42	650m: 10:31.32	49.82	1050m: 17:09.04	49.97
	300m: 4:45.04	48.83	700m: 11:20.55	49.23	1100m: 17:58.50	49.46
	350m: 5:34.51	49.47	750m: 12:10.88	50.33	1150m: 18:48.12	49.62
	400m: 6:23.92	49.41	800m: 13:00.45	49.57	1200m: 19:37.10	48.98
6.	Peter van Genderen	Old Dutch	27:54.65	5500405	26:45.48	+1,18
	50m: 41.89	41.89	450m: 7:40.90	54.77	850m: 14:53.86	55.68
	100m: 1:29.25	47.36	500m: 8:34.76	53.86	900m: 15:47.41	53.55
	150m: 2:20.67	51.42	550m: 9:29.16	54.40	950m: 16:42.60	55.19
	200m: 3:12.67	52.00	600m: 10:22.65	53.49	1000m: 17:37.07	54.47
	250m: 4:05.55	52.88	650m: 11:17.05	54.40	1050m: 18:32.06	54.99
	300m: 4:59.35	53.80	700m: 12:10.56	53.51	1100m: 19:25.64	53.58
	350m: 5:53.53	54.18	750m: 13:05.30	54.74	1150m: 20:21.95	56.31
	400m: 6:46.13	52.60	800m: 13:58.18	52.88	1200m: 21:17.44	55.49
7.	Rene Groot	ZV De Bron	27:02.91	5900617	28:01.79	+1,18
	50m: 47.95	47.95	450m: 8:12.51	57.42	850m: 15:48.64	57.00
	100m: 1:39.47	51.52	500m: 9:09.81	57.30	900m: 16:45.81	57.17
	150m: 2:34.14	54.67	550m: 10:07.11	57.30	950m: 17:43.06	57.25
	200m: 3:29.88	55.74	600m: 11:03.16	56.05	1000m: 18:41.24	58.18
	250m: 4:26.98	57.10	650m: 12:00.46	57.30	1050m: 19:39.84	58.60
	300m: 5:22.91	55.93	700m: 12:57.69	57.23	1100m: 20:35.18	55.34
	350m: 6:19.17	56.26	750m: 13:54.08	56.39	1150m: 21:31.01	55.83
	400m: 7:15.09	55.92	800m: 14:51.64	57.56	1200m: 22:27.11	56.10

Masters 55+

Programmanr. 4, Heren, 1500m vrije slag, Masters 55+

rang	naam	vereniging	inschrijftijd	tijd	RT			
1.	Hugo Staudt	WS Twente	24:51.74	5300253	23:49.81 +0,90			
	50m: 42.02	42.02	450m: 7:05.27	49.17	850m: 13:29.00	47.86	1250m: 19:53.32	50.41
	100m: 1:27.65	46.63	500m: 7:53.26	47.99	900m: 14:17.07	48.07	1300m: 20:41.20	47.88
	150m: 2:15.90	48.25	550m: 8:42.36	49.10	950m: 15:04.90	47.83	1350m: 21:29.82	48.62
	200m: 3:02.66	46.76	600m: 9:29.53	47.17	1000m: 15:52.29	47.39	1400m: 22:17.14	47.32
	250m: 3:51.34	48.68	650m: 10:17.66	48.13	1050m: 16:40.14	47.85	1450m: 23:05.38	48.24
	300m: 4:39.04	47.70	700m: 11:05.34	47.68	1100m: 17:28.19	48.05	1500m: 23:49.81	44.43
	350m: 5:28.04	49.00	750m: 11:53.67	48.33	1150m: 18:16.03	47.84		
	400m: 6:16.10	48.06	800m: 12:41.14	47.47	1200m: 19:02.91	46.88		
2.	Michel Hougardy	CNBA	25:17.81	CNBA/648/51	25:04.81 +0,99			
	50m: 42.75	42.75	450m: 7:23.23	50.46	850m: 14:07.73	49.78	1250m: 20:52.07	50.82
	100m: 1:29.60	46.85	500m: 8:14.59	51.36	900m: 14:58.62	50.89	1300m: 21:42.60	50.53
	150m: 2:18.03	48.43	550m: 9:05.16	50.57	950m: 15:48.99	50.37	1350m: 22:33.08	50.48
	200m: 3:08.75	50.72	600m: 9:55.92	50.76	1000m: 16:38.98	49.99	1400m: 23:24.80	51.72
	250m: 3:58.97	50.22	650m: 10:46.33	50.41	1050m: 17:29.21	50.23	1450m: 24:14.93	50.13
	300m: 4:50.42	51.45	700m: 11:37.12	50.79	1100m: 18:19.67	50.46	1500m: 25:04.81	49.88
	350m: 5:40.96	50.54	750m: 12:26.78	49.66	1150m: 19:10.29	50.62		
	400m: 6:32.77	51.81	800m: 13:17.95	51.17	1200m: 20:01.25	50.96		

Masters 60+

1.	Ludwig Lorenz	SG Gladbeck	23:49.18	127866	23:21.96 +0,98			
	50m: 43.68	43.68	450m: 7:00.56	46.89	850m: 13:16.64	47.24	1250m: 19:32.80	46.99
	100m: 1:31.18	47.50	500m: 7:47.02	46.46	900m: 14:04.71	48.07	1300m: 20:20.13	47.33
	150m: 2:18.70	47.52	550m: 8:33.78	46.76	950m: 14:51.01	46.30	1350m: 21:06.52	46.39
	200m: 3:05.95	47.25	600m: 9:20.81	47.03	1000m: 15:38.43	47.42	1400m: 21:53.37	46.85
	250m: 3:53.34	47.39	650m: 10:08.17	47.36	1050m: 16:25.15	46.72	1450m: 22:39.70	46.33
	300m: 4:40.13	46.79	700m: 10:55.32	47.15	1100m: 17:12.13	46.98	1500m: 23:21.96	42.26
	350m: 5:26.95	46.82	750m: 11:42.28	46.96	1150m: 17:58.52	46.39		
	400m: 6:13.67	46.72	800m: 12:29.40	47.12	1200m: 18:45.81	47.29		

Masters 65+

1.	Rob Hanou	PSV	24:02.11	4300109	23:16.69 +1,09			
	<i>Kampioenschaps Record</i>							
	50m: 39.93	39.93	450m: 6:57.16	47.13	850m: 13:15.92	47.81	1250m: 19:31.06	46.63
	100m: 1:26.08	46.15	500m: 7:44.81	47.65	900m: 14:02.71	46.79	1300m: 20:17.04	45.98
	150m: 2:13.72	47.64	550m: 8:31.87	47.06	950m: 14:50.36	47.65	1350m: 21:04.14	47.10
	200m: 3:01.10	47.38	600m: 9:18.86	46.99	1000m: 15:37.74	47.38	1400m: 21:50.32	46.18
	250m: 3:48.48	47.38	650m: 10:06.22	47.36	1050m: 16:24.66	46.92	1450m: 22:35.53	45.21
	300m: 4:36.08	47.60	700m: 10:53.45	47.23	1100m: 17:11.37	46.71	1500m: 23:16.69	41.16
	350m: 5:23.13	47.05	750m: 11:41.39	47.94	1150m: 17:57.78	46.41		
	400m: 6:10.03	46.90	800m: 12:28.11	46.72	1200m: 18:44.43	46.65		
2.	Manfred Bottin	SV Langenfeld 1912	25:20.31	057993	25:59.37 +1,17			
	50m: 43.35	43.35	450m: 7:38.91	52.35	850m: 14:33.03	52.15	1250m: 21:35.53	51.67
	100m: 1:33.04	49.69	500m: 8:30.50	51.59	900m: 15:25.87	52.84	1300m: 22:28.25	52.72
	150m: 2:25.42	52.38	550m: 9:22.23	51.73	950m: 16:18.41	52.54	1350m: 23:22.08	53.83
	200m: 3:17.35	51.93	600m: 10:14.17	51.94	1000m: 17:10.59	52.18	1400m: 24:14.54	52.46
	250m: 4:09.28	51.93	650m: 11:05.78	51.61	1050m: 18:02.96	52.37	1450m: 25:07.55	53.01
	300m: 5:01.91	52.63	700m: 11:57.11	51.33	1100m: 18:57.16	54.20	1500m: 25:59.37	51.82
	350m: 5:54.95	53.04	750m: 12:48.72	51.61	1150m: 19:49.93	52.77		
	400m: 6:46.56	51.61	800m: 13:40.88	52.16	1200m: 20:43.86	53.93		
3.	Bob Arendsen	De Futen	27:04.29	4400005	27:58.61 +1,41			
	50m: 47.99	47.99	450m: 8:20.10	57.74	850m: 15:54.61	57.18	1250m: 23:25.10	56.10
	100m: 1:41.33	53.34	500m: 9:16.82	56.72	900m: 16:50.64	56.03	1300m: 24:20.69	55.59
	150m: 2:37.29	55.96	550m: 10:13.97	57.15	950m: 17:48.00	57.36	1350m: 25:17.23	56.54
	200m: 3:34.14	56.85	600m: 11:10.55	56.58	1000m: 18:43.40	55.40	1400m: 26:12.73	55.50
	250m: 4:31.45	57.31	650m: 12:07.01	56.46	1050m: 19:40.54	57.14	1450m: 27:08.68	55.95
	300m: 5:28.57	57.12	700m: 13:03.74	56.73	1100m: 20:36.15	55.61	1500m: 27:58.61	49.93
	350m: 6:25.72	57.15	750m: 14:01.77	58.03	1150m: 21:32.88	56.73		
	400m: 7:22.36	56.64	800m: 14:57.43	55.66	1200m: 22:29.00	56.12		

Masters 70+

1.	Nico Geers	Van Uden-De Gouwe	23:33.45	3800007	23:52.88 +1,01			
	<i>Kampioenschaps Record</i>							
	50m: 42.16	42.16	450m: 7:03.89	48.23	850m: 13:32.84	47.96	1250m: 20:00.83	47.84
	100m: 1:28.78	46.62	500m: 7:53.37	49.48	900m: 14:21.94	49.10	1300m: 20:50.78	49.95
	150m: 2:15.32	46.54	550m: 8:40.88	47.51	950m: 15:09.93	47.99	1350m: 21:38.07	47.29
	200m: 3:02.70	47.38	600m: 9:30.42	49.54	1000m: 15:59.84	49.91	1400m: 22:26.21	48.14
	250m: 3:50.73	48.03	650m: 10:18.08	47.66	1050m: 16:47.11	47.27	1450m: 23:11.25	45.04
	300m: 4:39.75	49.02	700m: 11:07.60	49.52	1100m: 17:36.57	49.46	1500m: 23:52.88	41.63
	350m: 5:27.58	47.83	750m: 11:56.20	48.60	1150m: 18:24.08	47.51		
	400m: 6:15.66	48.08	800m: 12:44.88	48.68	1200m: 19:12.99	48.91		

Programmanr. 4, Heren, 1500m vrije slag, Masters 70+

rang	naam	vereniging	inschrijftijd		tijd	RT
2.	Gregor Pompen	Aqua-Novio '94	26:20.51		3700021	26:29.81 +1,10
	50m: 47.45	47.45	450m: 7:52.08	53.84	850m: 14:56.99	53.68
	100m: 1:38.44	50.99	500m: 8:45.08	53.00	900m: 15:50.80	53.81
	150m: 2:32.10	53.66	550m: 9:38.10	53.02	950m: 16:44.78	53.98
	200m: 3:24.43	52.33	600m: 10:30.83	52.73	1000m: 17:37.89	53.11
	250m: 4:17.92	53.49	650m: 11:23.82	52.99	1050m: 18:31.70	53.81
	300m: 5:10.95	53.03	700m: 12:16.84	53.02	1100m: 19:25.27	53.57
	350m: 6:04.98	54.03	750m: 13:10.44	53.60	1150m: 20:18.74	53.47
	400m: 6:58.24	53.26	800m: 14:03.31	52.87	1200m: 21:12.66	53.92
3.	Rudolf Degenaar	De Schelde	28:11.00		3900033	29:47.00 +1,18
	50m: 53.25	53.25	450m: 8:56.68	58.84	850m: 16:54.45	59.89
	100m: 1:54.50	1:01.25	500m: 9:55.32	58.64	900m: 17:55.28	1:00.83
	150m: 2:56.32	1:01.82	550m: 10:54.10	58.78	950m: 18:53.98	58.70
	200m: 3:56.55	1:00.23	600m: 11:54.15	1:00.05	1000m: 19:54.51	1:00.53
	250m: 4:55.45	58.90	650m: 12:55.31	1:01.16	1050m: 20:54.15	59.64
	300m: 5:54.34	58.89	700m: 13:55.01	59.70	1100m: 21:52.69	58.54
	350m: 6:54.60	1:00.26	750m: 14:54.06	59.05	1150m: 22:52.29	59.60
	400m: 7:57.84	1:03.24	800m: 15:54.56	1:00.50	1200m: 23:52.07	59.78

Programmanr. 5
08.05.2009 - 18:16

Dames, 200m rugslag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd		tijd	RT	50m	100m	150m	200m
Masters 20+										
1.	Bianca van Ringelestijn	PSV	2:44.93	8502466	2:44.74	+0,71	37.34	1:18.86	2:02.26	2:44.74
	<i>Kampioenschaps Record</i>									
2.	Sunanda van Heteren	PCG	2:42.99	8901728	2:54.78	+0,73	41.03	1:24.90	2:10.54	2:54.78
3.	Kitty van Gendt	PSV	3:02.20	8701288	3:04.63	+0,74	42.66	1:29.13	2:17.55	3:04.63
Masters 25+										
1.	Nadya Putter	Vlaardingen	2:44.01	8301630	2:38.87	+0,75	37.68	1:17.43	1:58.06	2:38.87
2.	Bianca Cox	PSV	2:33.60	8000214	2:39.15	+0,77	37.04	1:16.98	1:59.00	2:39.15
3.	Elke Blox	Tiamat	2:44.30	8200154	2:50.56	+0,82	39.47	1:21.98	2:06.68	2:50.56
4.	Linda Hoogendam	D'Elft	3:04.39	8300892	2:53.86	+0,83	40.45	1:25.33	2:10.35	2:53.86
5.	Maria van Schagen	ZV De Bron	4:06.36	8202142	4:06.67	+0,92	55.88	1:57.92	3:03.73	4:06.67
Masters 30+										
1.	Jolanda van Gendt	PSV	2:45.51	7800266	2:51.49	+0,75	39.72	1:22.92	2:07.36	2:51.49
2.	Helma Koot	AZ&PC	3:03.35	7600336	3:01.05	+0,91	43.17	1:28.80	2:15.34	3:01.05
3.	Liselotte Joling	PSV	2:59.87	7500268	3:16.58	+0,87	46.76	1:36.34	2:27.50	3:16.58
4.	Margriet Leeffers	Deltasteur	3:37.86	7800448	3:30.68	+0,80	48.52	1:41.81	2:36.93	3:30.68
Masters 35+										
1.	Aida Ponce del Castillo	CNBA	2:51.85	CNSW/358/74	2:50.64	+0,67	39.27	1:22.26	2:06.82	2:50.64
2.	Tina Renken	AZ&PC	2:57.92	7200800	3:01.57	+0,78	43.28	1:29.09	2:15.55	3:01.57
3.	Henriëtte Manting	GZVW	3:03.52	7100246	3:08.28	+0,74	41.61	1:29.28	2:19.14	3:08.28
4.	Tony de Groot	De Futen	3:17.37	7300758	3:16.70	* +0,90	45.49	1:36.19	2:27.89	3:16.70
Masters 40+										
1.	F. Heijdeman-Duran	AZ&PC	2:59.51	6900222	3:06.70	+0,76	45.22	1:31.86	2:19.33	3:06.70
2.	Desiree van der Lem	Kon. AZ 1870	3:14.39	6800282	3:26.54	+0,79	46.68	1:38.16	2:33.00	3:26.54
3.	Conny v. Velden	AZ&PC	3:58.30	6500446	3:50.18	+0,77	54.00	1:52.46	2:51.71	3:50.18
Masters 45+										
1.	Annemarie Vuist	Swol 1894	3:03.76	6300282	3:09.99	+0,84	45.06	1:32.89	2:21.90	3:09.99
2.	Marleen Segers	AZV	3:00.04	AZV/056/61	3:11.47	+0,77	44.32	1:33.57	2:23.71	3:11.47
3.	Ellen Parma	Triton	3:20.70	6200366	3:14.91	+0,91	45.77	1:34.68	2:26.33	3:14.91
4.	Alie Visser	HZ&PC Heerenveen	3:37.20	6400494	3:33.83	+0,79	46.61	1:40.93	2:37.98	3:33.83
AFGEM	Jacqueline Rolloos	De Lansingh	2:56.71	6300222						

Programmanr. 5, Dames, 200m rugslag

Masters 50+

1. Jacqueline Covents	GBZ	4:10.78	GBZ/033/59	4:15.49	+1,04	57.92	2:05.79	3:12.10	4:15.49
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Masters 55+

1. Conny Boer-Buys	Vlaardingen	3:18.75	5000006	3:07.78	+0,83	43.44	1:31.51	2:21.77	3:07.78
<i>Nederlands Masters Record, tt 100 meter NMR</i>									
2. Christien Nieuwenhuis	Swol 1894	3:16.39	5100022	3:22.76	+0,88	47.77	1:39.36	2:31.50	3:22.76
3. A. Gilding-Tussaud	WS Twente	3:51.50	5000038	3:46.44	+0,74	50.56	1:49.69	2:49.83	3:46.44
4. Corine Kalbfleisch	DWT	3:50.40	5200024	3:57.53	+0,96	54.00	1:54.60	2:58.99	3:57.53

Masters 60+

1. Loekie v. Huissteden	AZ&PC	4:40.23	4500002	4:18.87	* +0,85	1:00.00	2:08.49	3:15.07	4:18.87
2. Hanny Bottin	SV Langenfeld 1912	5:06.88	057992	5:15.68	+0,97	1:12.49	2:31.45	3:56.68	5:15.68

Masters 65+

1. Nicole Davidson	ShaRK	4:19.06	ShaRK/184/44	4:21.07	+0,61	59.52	2:06.13	3:16.20	4:21.07
2. Leny Kamp	Aquapoldro	4:26.22	4400008	4:25.44	+0,72	59.84	2:07.54	3:17.97	4:25.44

Masters 70+

1. Jeltje van Bergen	De Pinquin	4:22.43	3500002	4:21.73	+0,81	57.37	2:04.16	3:14.08	4:21.73
2. Tineke de Bueger	Old Dutch	4:59.00	3700010	5:08.57	+1,03	1:09.14	2:32.89	3:54.88	5:08.57

Masters 75+

1. Annie de Vos	Old Dutch	4:35.21	3400004	4:42.24	+0,85	1:04.53	2:14.85	3:28.10	4:42.24
<i>Kampioenschaps Record</i>									

Programmanr. 6
08.05.2009 - 18:35

Heren, 200m rugslag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd		tijd	RT	50m	100m	150m	200m
Masters 20+									
1. Jan-Willem v.d. Graaff	Het Y	2:20.83	8901023	2:17.75	+0,60	32.59	1:07.62	1:43.01	2:17.75
<i>Kampioenschaps Record</i>									
2. Raoul Engelenburg	De Dolfijn	2:18.13	8900843	2:22.40	+0,60	33.68	1:10.06	1:46.77	2:22.40
3. Harm Rozenga	WVZ	2:14.70	8902685	2:23.53	+0,82	34.49	1:12.08	1:49.34	2:23.53
4. Niels Albrechts	De Schotejil	2:32.01	8800039	2:36.29	+0,69	37.95	1:17.58	1:57.84	2:36.29
AFGEM Floris Manni	Octopus	2:24.41	8805679						
Masters 25+									
1. Thommy Nickel	Van Vliet Barracuda	2:26.12	8401627	2:23.88	+0,75	33.53	1:09.15	1:46.56	2:23.88
2. Leander Noordijk	De Schotejil	2:20.23	8101221	2:26.13	+0,84	35.08	1:12.46	1:50.11	2:26.13
3. Marcel Reefhuis	De Veene	2:22.20	8101381	2:26.14	+0,66	35.20	1:12.95	1:50.25	2:26.14
Masters 30+									
1. Dennis Brouwers	HZPC	2:15.41	7800167	2:21.29	+0,67	34.66	1:10.70	1:46.11	2:21.29
<i>Nederlands Masters Record</i>									
2. Stan Dekker	PLONS	2:33.65	7901823	2:30.21	+0,73	34.79	1:12.76	1:51.47	2:30.21
3. Freddie Geerlings	NIMO	2:25.71	7900379	2:31.63	+0,79	35.22	1:12.56	1:52.69	2:31.63
4. Pieter Ponne	HZ&PC Heerenveen	2:54.61	7600749	2:54.09	+0,74	39.52	1:24.24	2:09.62	2:54.09

Programmanr. 6, Heren, 200m rugslag

Masters 35+

1. Paul van den Heuvel	Arethusa	2:34.28	7000441	2:39.05	+0,74	37.22	1:17.89	1:59.73	2:39.05
2. Casper de Zeeuw	WS Twente	2:47.50	7001137	2:44.75	+0,64	40.17	1:22.28	2:04.19	2:44.75
3. Gerard Eghuizen	HZ&PC Heerenveen	2:39.78	7400197	2:45.03	+0,78	36.08	1:14.98	1:58.89	2:45.03
DIS Arnold Jonker	HZ&PC Heerenveen	3:34.79	7000529	3:36.53	+0,67	49.99	1:45.56	2:41.75	3:36.53

RC - Rugligging verlaten tijdens de race zonder met de keerhandeling bezig te zijn.

Masters 40+

1. Zoltán Balajti	Budapesti Delfinek	2:25.35	66balajti	2:25.81	+0,66	32.88	1:09.54	1:47.33	2:25.81
2. Ron Korzelijs	AZ&PC	2:37.84	6500513	2:36.09	+0,79	37.19	1:16.57	1:56.44	2:36.09
3. Patrick Juncker	Swimming Luxembourg	2:49.89	136	2:45.80	+0,79	39.63	1:21.16	2:03.39	2:45.80
<i>Luxemburgs Masters Record</i>									
4. Frans Oldersma	TriVia	2:53.13	6600565	2:50.15	+0,74	40.28	1:23.37	2:07.36	2:50.15
5. Marcel van der Lem	Kon. AZ 1870	2:48.73	6500563	2:56.30	+0,80	40.01	1:23.63	2:10.09	2:56.30
6. Pieter-Sjoerd de Wijn	Aqua-Novio '94	3:13.93	6501027	3:18.39	+0,82	47.65	1:38.56	2:29.97	3:18.39

Masters 45+

1. Jan Brink	De Stormvogel	2:25.32	6200091	2:33.14	+0,76	36.56	1:15.14	1:54.65	2:33.14
2. Hardy Worbs	SV Bayer Uerdingen 08	2:44.40	157515	2:41.08	+0,69	37.82	1:19.56	2:00.14	2:41.08
3. Arnold de Rover	De Futen	2:41.95	6400645	2:44.65		38.39	1:19.08	2:02.11	2:44.65
4. Ron Phaff	PSV	2:41.85	6200495	2:45.69	+0,70	38.71	1:20.51	2:02.14	2:45.69
5. André Schutte	De Stormvogel	2:59.29	6000521	3:03.41	+0,98	41.85	1:27.67	2:15.35	3:03.41
6. Jack Barends	WS Twente	3:15.79	6201011	3:08.54	+0,92	45.60	1:34.53	2:22.23	3:08.54
7. Lieven De Rijcke	GBZ	3:17.82	GBZ/130/60	3:20.76	+0,80	44.73	1:35.30	2:28.02	3:20.76
8. Filip Timmermans	ShaRK	3:38.83	ShaRK/163/60	3:42.29	+0,94	51.31	1:48.33	2:46.35	3:42.29
9. Michiel Tonsbeek	DWT	3:39.42	6000889	3:56.91	+0,84	57.35	1:58.03	3:00.30	3:56.91

Masters 50+

1. Andre Storm	Zoetermeer	2:52.76	5600407	2:49.42	+0,65	38.11	1:21.37	2:06.53	2:49.42
2. Wim de Lange	Electrolux AZC	2:52.91	5800533	2:58.98	+0,67	41.64	1:25.56	2:12.53	2:58.98
3. Henk Slomp	De Pinquin	3:05.82	5500359	3:08.82	+0,80	42.39	1:30.06	2:20.91	3:08.82

Masters 55+

1. Hans Piederiet	Numansdorp	2:46.48	5400177	2:53.63	+0,86	39.74	1:23.63	2:09.52	2:53.63
<i>Kampioenschaps Record</i>									
2. Peter Gulyas	Totkomlosi Rozmarok	3:03.62	51gulyas	3:05.88	+0,73	43.89	1:31.09	2:19.33	3:05.88

Masters 60+

1. Ludwig Lorenz	SG Gladbeck	3:19.92	127866	3:17.71	+1,23	47.49	1:38.32	2:29.69	3:17.71
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Masters 65+

1. Frans van Enst	De Veene	3:10.45	4000011	3:13.23	+0,64	42.94	1:29.54	2:20.67	3:13.23
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Masters 70+

1. Jan Eichhorn	Rapido '82	3:41.75	3700015	3:45.68	+0,75	48.67	1:45.42	2:43.35	3:45.68
2. Gregor Pompen	Aqua-Novio '94	3:52.36	3700021	4:01.27	+0,71	52.60	1:54.97	2:59.24	4:01.27
3. Rob van Gestel	PSV	3:51.22	3500005	4:07.28	+1,17	59.89	2:03.42	3:07.91	4:07.28

Masters 75+

1. Georges Verhelst	RZV	3:58.54	RZV/160/31	3:51.22	+0,80	51.55	1:50.06	2:50.75	3:51.22
2. Guy Fricot	CCS	5:41.74	CCS/010/33	5:40.46	+1,01	1:18.25	2:46.43	4:14.82	5:40.46

Masters 80+

1. Hugo Speelmans	ShaRK	4:51.73	ShaRK/229/27	4:47.81	+0,72	1:08.37	2:22.49	3:36.81	4:47.81
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