

2 - ONMK 2009 sessie 2

09.05.2009 - 8:30

Programmanr. 8
09.05.2009 - 8:30

Heren, 400m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT
Masters 20+					
1.	Jan-Willem v.d. Graaff <i>Kampioenschaps Record</i>	Het Y	4:22.41	8901023	4:24.45 +0,80
	50m: 29.97 29.97 100m: 1:02.64 32.67	150m: 1:36.53 33.89 200m: 2:10.16 33.63	250m: 2:43.91 33.75 300m: 3:17.88 33.97	350m: 3:52.13 34.25 400m: 4:24.45 32.32	
2.	Raoul Engelenburg	De Dolfijn	4:17.84	8900843	4:27.99 +0,88
	50m: 30.96 30.96 100m: 1:04.24 33.28	150m: 1:38.50 34.26 200m: 2:12.93 34.43	250m: 2:47.02 34.09 300m: 3:21.21 34.19	350m: 3:55.17 33.96 400m: 4:27.99 32.82	
3.	Nicolas Degalan	CNBA	4:26.17	CNBA/777/89	4:32.55 +0,79
	50m: 30.53 30.53 100m: 1:03.97 33.44	150m: 1:38.17 34.20 200m: 2:12.93 34.76	250m: 2:48.15 35.22 300m: 3:23.40 35.25	350m: 3:58.87 35.47 400m: 4:32.55 33.68	
4.	Niels Albrechts	De Schotejil	4:39.16	8800039	4:48.27 +0,91
	50m: 31.66 31.66 100m: 1:07.60 35.94	150m: 1:44.37 36.77 200m: 2:20.91 36.54	250m: 2:57.82 36.91 300m: 3:35.41 37.59	350m: 4:12.89 37.48 400m: 4:48.27 35.38	
5.	Martijn van Hoorn	De Schotejil	5:18.08	8901343	5:21.78 +0,86
	50m: 33.79 33.79 100m: 1:12.84 39.05	150m: 1:53.60 40.76 200m: 2:35.76 42.16	250m: 3:16.94 41.18 300m: 4:00.63 43.69	350m: 4:41.77 41.14 400m: 5:21.78 40.01	
6.	Leander van Diggelen	ZPCH	5:05.69	8800763	5:22.44 +0,91
	50m: 33.17 33.17 100m: 1:11.12 37.95	150m: 1:50.61 39.49 200m: 2:32.03 41.42	250m: 3:14.71 42.68 300m: 3:56.94 42.23	350m: 4:40.41 43.47 400m: 5:22.44 42.03	
Masters 25+					
1.	Erik Schröder <i>Nederlands Masters Record</i>	TriVia	4:04.49	8402025	4:12.70 +0,88
	50m: 28.05 28.05 100m: 58.99 30.94	150m: 1:31.39 32.40 200m: 2:03.92 32.53	250m: 2:36.21 32.29 300m: 3:09.12 32.91	350m: 3:41.35 32.23 400m: 4:12.70 31.35	
2.	Alexander Hulleman	De Zijl/LGB	4:23.97	8300989	4:27.01 +0,94
	50m: 30.50 30.50 100m: 1:03.22 32.72	150m: 1:36.47 33.25 200m: 2:10.82 34.35	250m: 2:44.73 33.91 300m: 3:19.34 34.61	350m: 3:53.62 34.28 400m: 4:27.01 33.39	
3.	Sylvain Faticoni	CHTHN	4:35.70	CHTHN/066/83	4:35.73 +0,70
	50m: 30.88 30.88 100m: 1:04.81 33.93	150m: 1:39.64 34.83 200m: 2:15.28 35.64	250m: 2:50.51 35.23 300m: 3:26.04 35.53	350m: 4:02.07 36.03 400m: 4:35.73 33.66	
4.	Gergely Molnar	Sprint Fortuna SC	4:19.20	80molnar	4:38.00 +0,89
	50m: 30.40 30.40 100m: 1:04.39 33.99	150m: 1:39.32 34.93 200m: 2:15.24 35.92	250m: 2:50.69 35.45 300m: 3:26.71 36.02	350m: 4:02.80 36.09 400m: 4:38.00 35.20	
5.	Marcel Reefhuis	De Veene	4:43.60	8101381	4:43.12 +0,86
	50m: 31.59 31.59 100m: 1:06.68 35.09	150m: 1:42.50 35.82 200m: 2:18.91 36.41	250m: 2:55.01 36.10 300m: 3:31.80 36.79	350m: 4:08.03 36.23 400m: 4:43.12 35.09	
6.	Erik Drewes	De Biesboschwemmers	5:00.73	8400543	4:46.95 +0,77
	50m: 32.06 32.06 100m: 1:07.95 35.89	150m: 1:45.35 37.40 200m: 2:23.29 37.94	250m: 2:59.74 36.45 300m: 3:36.45 36.71	350m: 4:12.13 35.68 400m: 4:46.95 34.82	
7.	Jeroen Vogelsang	Het Y	4:45.70	8001645	4:47.37 +1,13
	50m: 30.67 30.67 100m: 1:04.66 33.99	150m: 1:40.87 36.21 200m: 2:17.92 37.05	250m: 2:55.24 37.32 300m: 3:32.94 37.70	350m: 4:10.52 37.58 400m: 4:47.37 36.85	
8.	Leander Noordijk	De Schotejil	4:38.92	8101221	4:47.40 +0,95
	50m: 31.49 31.49 100m: 1:06.57 35.08	150m: 1:43.54 36.97 200m: 2:21.14 37.60	250m: 2:58.81 37.67 300m: 3:36.78 37.97	350m: 4:13.41 36.63 400m: 4:47.40 33.99	
9.	Sebastian Baars	WS Twente	5:14.95	8300053	5:02.88 +0,94
	50m: 32.17 32.17 100m: 1:08.85 36.68	150m: 1:46.93 38.08 200m: 2:25.80 38.87	250m: 3:04.96 39.16 300m: 3:44.68 39.72	350m: 4:24.45 39.77 400m: 5:02.88 38.43	

Programmanr. 8, Heren, 400m vrije slag

Masters 30+

1.	Ralf Peters		KZPC	4:42.97	7600737	4:37.00	+0,82
	50m: 29.62	29.62	150m: 1:38.71	35.52	250m: 2:49.90	35.91	350m: 4:01.69
	100m: 1:03.19	33.57	200m: 2:13.99	35.28	300m: 3:25.69	35.79	400m: 4:37.00
							36.00
							35.31
2.	Martijn Butter		OEZA	4:41.68	7900231	4:39.23	+0,92
	50m: 31.14	31.14	150m: 1:40.64	35.07	250m: 2:51.95	35.46	350m: 4:04.59
	100m: 1:05.57	34.43	200m: 2:16.49	35.85	300m: 3:28.34	36.39	400m: 4:39.23
							36.25
							34.64
3.	Ivo Roozeboom		DES	4:41.49	7700801	4:41.73	+0,92
	50m: 30.93	30.93	150m: 1:42.66	36.57	250m: 2:56.33	37.00	350m: 4:08.62
	100m: 1:06.09	35.16	200m: 2:19.33	36.67	300m: 3:32.53	36.20	400m: 4:41.73
							36.09
							33.11
4.	Koen de Haan		PSV	5:12.54	7801671	4:57.84	+0,90
	50m: 31.55	31.55	150m: 1:45.30	37.59	250m: 3:02.08	38.46	350m: 4:19.73
	100m: 1:07.71	36.16	200m: 2:23.62	38.32	300m: 3:41.06	38.98	400m: 4:57.84
							38.67
							38.11
5.	Svet Gavrilox		GLS Ketelbinkie	5:07.24	7501263	5:11.58	+0,81
	50m: 34.67	34.67	150m: 1:52.11	38.91	250m: 3:11.85	39.64	350m: 4:32.33
	100m: 1:13.20	38.53	200m: 2:32.21	40.10	300m: 3:52.60	40.75	400m: 5:11.58
							39.73
							39.25
6.	Pieter Ponne		HZ&PC Heerenveen	6:07.08	7600749	5:34.18	+0,93
	50m: 36.08	36.08	150m: 1:59.68	42.74	250m: 3:27.19	44.02	350m: 4:56.10
	100m: 1:16.94	40.86	200m: 2:43.17	43.49	300m: 4:11.44	44.25	400m: 5:34.18
							44.66
							38.08
7.	Jeroen Tebbens		IJZPC	6:56.31	7601405	6:41.42	+1,05
	50m: 42.27	42.27	150m: 2:20.55	49.93	250m: 4:05.89	52.32	350m: 5:50.94
	100m: 1:30.62	48.35	200m: 3:13.57	53.02	300m: 4:59.31	53.42	400m: 6:41.42
							51.63
							50.48
8.	Geoffrey van der Maat		PSV	7:16.34	7801673	7:15.42	+1,05
	50m: 42.63	42.63	150m: 2:27.77	54.86	250m: 4:23.12	58.09	350m: 6:20.53
	100m: 1:32.91	50.28	200m: 3:25.03	57.26	300m: 5:22.68	59.56	400m: 7:15.42
							57.85
							54.89

Masters 35+

1.	Arjen Kervezee		Het Y	5:09.57	7000563	4:59.13	+0,91
	50m: 31.15	31.15	150m: 1:44.45	37.64	250m: 3:01.82	39.33	350m: 4:20.73
	100m: 1:06.81	35.66	200m: 2:22.49	38.04	300m: 3:41.84	40.02	400m: 4:59.13
							38.89
							38.40
2.	Jerry Grondel		PLONS	5:12.28	7201223	5:01.27	+0,77
	50m: 30.80	30.80	150m: 1:39.65	35.53	250m: 2:57.71	40.08	350m: 4:20.25
	100m: 1:04.12	33.32	200m: 2:17.63	37.98	300m: 3:38.77	41.06	400m: 5:01.27
							41.48
							41.02
3.	Oscar van Holsteyn		AquAmigos	5:01.00	7100373	5:04.65	+0,88
	50m: 32.76	32.76	150m: 1:48.20	38.64	250m: 3:07.27	39.71	350m: 4:26.31
	100m: 1:09.56	36.80	200m: 2:27.56	39.36	300m: 3:46.92	39.65	400m: 5:04.65
							39.39
							38.34
4.	Roy Danckaerts		De Fuut	4:53.51	7000231	5:07.39	+0,93
	50m: 32.10	32.10	150m: 1:46.82	37.85	250m: 3:06.01	39.70	350m: 4:26.78
	100m: 1:08.97	36.87	200m: 2:26.31	39.49	300m: 3:46.81	40.80	400m: 5:07.39
							39.97
							40.61
5.	Stefan Dortmund		Electrolux AZC	4:53.87	7201167	5:17.11	+0,88
	50m: 34.73	34.73	150m: 1:52.67	39.90	250m: 3:12.76	40.22	350m: 4:35.89
	100m: 1:12.77	38.04	200m: 2:32.54	39.87	300m: 3:53.71	40.95	400m: 5:17.11
							42.18
							41.22
6.	Tiemen Stegenga		HZ&PC Heerenveen	5:42.56	7101379	5:30.71	+0,86
	50m: 33.99	33.99	150m: 1:54.94	41.72	250m: 3:21.66	43.67	350m: 4:49.19
	100m: 1:13.22	39.23	200m: 2:37.99	43.05	300m: 4:04.98	43.32	400m: 5:30.71
							44.21
							41.52
7.	Marc Weijers		PSV	6:50.56	7101347	6:26.16	+1,13
	50m: 41.24	41.24	150m: 2:15.58	48.41	250m: 3:57.01	52.03	350m: 5:39.44
	100m: 1:27.17	45.93	200m: 3:04.98	49.40	300m: 4:47.92	50.91	400m: 6:26.16
							51.52
							46.72

Masters 40+

1.	Norbert Nagy		Sprint Fortuna SC	4:42.45	69nagy	4:40.72	+0,73
	50m: 31.90	31.90	150m: 1:41.49	34.89	250m: 2:53.31	35.76	350m: 4:04.80
	100m: 1:06.60	34.70	200m: 2:17.55	36.06	300m: 3:29.68	36.37	400m: 4:40.72
							35.12
							35.92
2.	Rene Beetsma		HZ&PC Heerenveen	4:54.25	6900069	4:47.83	+0,88
	50m: 31.64	31.64	150m: 1:42.45	35.77	250m: 2:56.47	37.03	350m: 4:11.33
	100m: 1:06.68	35.04	200m: 2:19.44	36.99	300m: 3:34.08	37.61	400m: 4:47.83
							37.25
							36.50
3.	Sander van den Berg		WS Twente	5:06.06	6801357	5:05.17	+0,90
	50m: 32.27	32.27	150m: 1:47.15	37.35	250m: 3:05.01	39.01	350m: 4:24.59
	100m: 1:09.80	37.53	200m: 2:26.00	38.85	300m: 3:44.59	39.58	400m: 5:05.17
							40.00
							40.58
4.	Erik van Dartel		PSV	4:42.19	6700185	5:11.47	+1,05
	50m: 32.52	32.52	150m: 1:47.23	38.51	250m: 3:07.85	40.87	350m: 4:30.63
	100m: 1:08.72	36.20	200m: 2:26.98	39.75	300m: 3:48.56	40.71	400m: 5:11.47
							42.07
							40.84
5.	Karl-Heinz Eberhard		SC Wiesbaden 1911	5:15.20	231828	5:16.91	+0,84
	50m: 33.03	33.03	150m: 1:51.00	39.89	250m: 3:13.91	41.76	350m: 4:38.47
	100m: 1:11.11	38.08	200m: 2:32.15	41.15	300m: 3:56.50	42.59	400m: 5:16.91
							41.97
							38.44

Programmanr. 8, Heren, 400m vrije slag, Masters 40+

rang	naam	vereniging	inschrijftijd	tijd	RT			
6.	Alessandro Fabrini	SS LAZIO NUOTO	5:14.61	laz007978	5:23.06 +1,01			
	50m: 35.96	35.96	150m: 1:57.03	40.96	250m: 3:19.43	41.21	350m: 4:42.74	41.45
	100m: 1:16.07	40.11	200m: 2:38.22	41.19	300m: 4:01.29	41.86	400m: 5:23.06	40.32
7.	Frans Oldersma	TriVia	5:45.87	6600565	5:30.02 +0,99			
	50m: 35.25	35.25	150m: 1:55.48	41.06	250m: 3:21.25	43.12	350m: 4:48.67	43.45
	100m: 1:14.42	39.17	200m: 2:38.13	42.65	300m: 4:05.22	43.97	400m: 5:30.02	41.35
8.	Oliver Podebrad	SC Wiesbaden 1911	5:50.70	262705	5:33.13 +0,97			
	50m: 37.05	37.05	150m: 1:59.48	41.95	250m: 3:25.70	42.86	350m: 4:51.73	42.53
	100m: 1:17.53	40.48	200m: 2:42.84	43.36	300m: 4:09.20	43.50	400m: 5:33.13	41.40
9.	Phil Trethewie	Old Dutch	6:11.81	6501315	5:34.02 +0,97			
	50m: 36.58	36.58	150m: 2:00.80	43.17	250m: 3:27.54	43.29	350m: 4:54.41	43.07
	100m: 1:17.63	41.05	200m: 2:44.25	43.45	300m: 4:11.34	43.80	400m: 5:34.02	39.61
10.	Henk van Zetten	Octopus	6:28.02	6701261	6:38.07 +0,95			
	50m: 41.60	41.60	150m: 2:20.24	50.72	250m: 4:04.12	51.29	350m: 5:50.53	51.80
	100m: 1:29.52	47.92	200m: 3:12.83	52.59	300m: 4:58.73	54.61	400m: 6:38.07	47.54

Masters 45+

1.	John Stoffer	Zoetermeer	5:01.22	6300725	5:13.58 +0,94			
	50m: 34.10	34.10	150m: 1:52.65	40.38	250m: 3:14.32	40.98	350m: 4:35.03	39.93
	100m: 1:12.27	38.17	200m: 2:33.34	40.69	300m: 3:55.10	40.78	400m: 5:13.58	38.55
2.	Olaf Chalmer-Rasmussen	Swimming Luxembourg	5:27.17	123	5:16.65 +0,97			
	50m: 35.26	35.26	150m: 1:54.12	39.85	250m: 3:15.72	40.74	350m: 4:37.77	40.74
	100m: 1:14.27	39.01	200m: 2:34.98	40.86	300m: 3:57.03	41.31	400m: 5:16.65	38.88
3.	Peter Fölker	Aqua-Novio '94	5:13.09	6401021	5:16.66 +0,74			
	50m: 35.22	35.22	150m: 1:53.97	39.98	250m: 3:15.62	40.78	350m: 4:37.66	41.24
	100m: 1:13.99	38.77	200m: 2:34.84	40.87	300m: 3:56.42	40.80	400m: 5:16.66	39.00
4.	Fred Vollebergh	De Pinquin	5:05.92	6100641	5:24.80 +0,82			
	50m: 34.27	34.27	150m: 1:53.71	39.93	250m: 3:18.25	42.37	350m: 4:43.67	42.28
	100m: 1:13.78	39.51	200m: 2:35.88	42.17	300m: 4:01.39	43.14	400m: 5:24.80	41.13
5.	Joost de Kroon	AquAmigos	5:31.15	6400999	5:29.00 +1,10			
	50m: 37.50	37.50	150m: 2:02.73	43.76	250m: 3:28.93	43.13	350m: 4:51.84	40.91
	100m: 1:18.97	41.47	200m: 2:45.80	43.07	300m: 4:10.93	42.00	400m: 5:29.00	37.16
6.	Paul van der Voort	De Zwoer	5:18.17	6200715	5:29.33 +1,25			
	50m: 36.14	36.14	150m: 2:01.07	43.47	250m: 3:28.00	43.46	350m: 4:52.25	41.86
	100m: 1:17.60	41.46	200m: 2:44.54	43.47	300m: 4:10.39	42.39	400m: 5:29.33	37.08
7.	Bart van Calker	WS Twente	5:44.82	6100067	5:39.05 +1,07			
	50m: 37.00	37.00	150m: 2:00.41	43.07	250m: 3:28.01	43.79	350m: 4:55.87	43.61
	100m: 1:17.34	40.34	200m: 2:44.22	43.81	300m: 4:12.26	44.25	400m: 5:39.05	43.18
8.	Jack Barends	WS Twente	5:51.15	6201011	5:52.25 +0,99			
	50m: 38.50	38.50	150m: 2:04.86	44.38	250m: 3:36.12	46.24	350m: 5:08.12	46.40
	100m: 1:20.48	41.98	200m: 2:49.88	45.02	300m: 4:21.72	45.60	400m: 5:52.25	44.13
9.	Wilko Versleeuwen	PSV	6:32.76	6301189	6:31.51 +0,97			
	50m: 41.92	41.92	150m: 2:19.39	50.21	250m: 4:02.42	51.96	350m: 5:44.08	50.50
	100m: 1:29.18	47.26	200m: 3:10.46	51.07	300m: 4:53.58	51.16	400m: 6:31.51	47.43
10.	Johan van de Ven	PSV	6:59.88	6400903	6:38.96 +0,91			
	50m: 44.95	44.95	150m: 2:25.16	50.73	250m: 4:07.76	50.99	350m: 5:50.43	51.09
	100m: 1:34.43	49.48	200m: 3:16.77	51.61	300m: 4:59.34	51.58	400m: 6:38.96	48.53
11.	Aris Jan van Ek	IJZPC	7:05.87	6100125	6:52.31 +0,97			
	50m: 42.75	42.75	150m: 2:23.25	51.63	250m: 4:11.27	54.99	350m: 6:02.41	56.30
	100m: 1:31.62	48.87	200m: 3:16.28	53.03	300m: 5:06.11	54.84	400m: 6:52.31	49.90
12.	Perry Dekker	ZV De Bron	7:19.61	6201081	7:32.51 +1,20			
	50m: 43.71	43.71	150m: 2:36.89	59.10	250m: 4:35.49	59.10	350m: 6:35.17	58.50
	100m: 1:37.79	54.08	200m: 3:36.39	59.50	300m: 5:36.67	1:01.18	400m: 7:32.51	57.34

Masters 50+

1.	Richard Broer	PLONS	4:56.05	5900077	5:04.02 +1,05			
	50m: 32.90	32.90	150m: 1:49.17	39.20	250m: 3:08.79	39.88	350m: 4:26.66	39.75
	100m: 1:09.97	37.07	200m: 2:28.91	39.74	300m: 3:46.91	38.12	400m: 5:04.02	37.36
2.	Andre Storm	Zoetermeer	5:16.30	5600407	5:15.28 +0,92			
	50m: 34.31	34.31	150m: 1:55.06	41.22	250m: 3:16.75	40.43	350m: 4:37.36	39.81
	100m: 1:13.84	39.53	200m: 2:36.32	41.26	300m: 3:57.55	40.80	400m: 5:15.28	37.92
3.	Henk Slomp	De Pinquin	5:38.21	5500359	5:26.87 +1,11			
	50m: 34.56	34.56	150m: 1:56.89	42.25	250m: 3:22.97	42.72	350m: 4:48.58	42.15
	100m: 1:14.64	40.08	200m: 2:40.25	43.36	300m: 4:06.43	43.46	400m: 5:26.87	38.29

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

rang	naam	vereniging	inschrijftijd	tijd	RT
4.	Willem Zwiers	AquAmigos	5:39.11	5800505	5:29.30 +0,86
	50m: 35.77 35.77	150m: 1:57.26 41.05	250m: 3:23.41 42.76	350m: 4:49.32 42.98	
	100m: 1:16.21 40.44	200m: 2:40.65 43.39	300m: 4:06.34 42.93	400m: 5:29.30 39.98	
5.	Hans Groothelm	DBD	5:33.31	5800151	5:30.50 +0,88
	50m: 37.39 37.39	150m: 2:00.92 42.41	250m: 3:27.23 43.42	350m: 4:53.05 43.07	
	100m: 1:18.51 41.12	200m: 2:43.81 42.89	300m: 4:09.98 42.75	400m: 5:30.50 37.45	

Masters 55+

1.	Fred Zanting	TriVia	6:23.07	5400323	6:05.97 +1,10
	50m: 39.94 39.94	150m: 2:11.33 46.56	250m: 3:46.11 47.71	350m: 5:19.93 46.89	
	100m: 1:24.77 44.83	200m: 2:58.40 47.07	300m: 4:33.04 46.93	400m: 6:05.97 46.04	

Masters 60+

1.	Donald Uijtenbogaart <i>Kampioenschaps Record</i>	Het Y	5:11.49	4700107	5:09.68 +0,90
	50m: 36.43 36.43	150m: 1:56.30 39.99	250m: 3:15.81 39.07	350m: 4:32.88 37.93	
	100m: 1:16.31 39.88	200m: 2:36.74 40.44	300m: 3:54.95 39.14	400m: 5:09.68 36.80	
2.	Dieter Lochner	SSF Bonn 05 e.V.	6:08.65	220908	5:56.17 +1,06
	50m: 37.11 37.11	150m: 2:04.51 44.93	250m: 3:37.89 46.47	350m: 5:12.79 47.27	
	100m: 1:19.58 42.47	200m: 2:51.42 46.91	300m: 4:25.52 47.63	400m: 5:56.17 43.38	
3.	Joop Draaisma	DZ&PC	6:07.87	4600155	5:56.18 +0,96
	50m: 37.30 37.30	150m: 2:04.69 45.30	250m: 3:38.39 47.44	350m: 5:12.23 47.20	
	100m: 1:19.39 42.09	200m: 2:50.95 46.26	300m: 4:25.03 46.64	400m: 5:56.18 43.95	
4.	Mar van Geel	Old Dutch	6:53.09	4700135	7:14.25 +1,08
	50m: 43.18 43.18	150m: 2:30.26 55.42	250m: 4:22.33 57.13	350m: 6:17.58 57.97	
	100m: 1:34.84 51.66	200m: 3:25.20 54.94	300m: 5:19.61 57.28	400m: 7:14.25 56.67	

Masters 65+

1.	Rob Hanou	PSV	5:50.61	4300109	6:08.21 +1,12
	50m: 39.31 39.31	150m: 2:11.07 47.23	250m: 3:47.05 48.18	350m: 5:23.01 47.85	
	100m: 1:23.84 44.53	200m: 2:58.87 47.80	300m: 4:35.16 48.11	400m: 6:08.21 45.20	
2.	Frans van Enst	De Veene	6:10.69	4000011	6:28.32 +1,07
	50m: 41.55 41.55	150m: 2:19.73 49.84	250m: 4:01.37 50.39	350m: 5:41.58 49.56	
	100m: 1:29.89 48.34	200m: 3:10.98 51.25	300m: 4:52.02 50.65	400m: 6:28.32 46.74	
3.	Manfred Bottin	SV Langenfeld 1912	6:36.75	057993	6:34.02 +1,19
	50m: 41.25 41.25	150m: 2:19.41 49.66	250m: 4:01.01 50.44	350m: 5:43.44 50.87	
	100m: 1:29.75 48.50	200m: 3:10.57 51.16	300m: 4:52.57 51.56	400m: 6:34.02 50.58	
4.	Wim ter Laak	Katwijk	9:25.14	4000027	8:55.16 +1,24
	50m: 53.86 53.86	150m: 3:13.41 1:11.45	250m: 5:36.24 1:10.74	350m: 7:51.80 1:06.69	
	100m: 2:01.96 1:08.10	200m: 4:25.50 1:12.09	300m: 6:45.11 1:08.87	400m: 8:55.16 1:03.36	

Masters 70+

1.	Nico Geers <i>Kampioenschaps Record</i>	Van Uden-De Gouwe	5:33.22	3800007	5:49.34 +0,97
	50m: 38.77 38.77	150m: 2:09.23 46.30	250m: 3:39.40 45.15	350m: 5:08.40 44.37	
	100m: 1:22.93 44.16	200m: 2:54.25 45.02	300m: 4:24.03 44.63	400m: 5:49.34 40.94	

Programmanr. 9
09.05.2009 - 9:19

Dames, 400m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT
Masters 20+					
1.	Bianca van Ringelestijn	PSV	5:08.25	8502466	5:12.35 +0,97
	50m: 33.17	150m: 1:50.80	250m: 3:10.49	39.74 350m: 4:33.71	40.92
	100m: 1:11.34	200m: 2:30.75	300m: 3:52.79	42.30 400m: 5:12.35	38.64
2.	Siska Post	DIO	5:12.54	8805562	5:18.66 +0,86
	50m: 36.29	150m: 1:56.43	250m: 3:18.13	41.07 350m: 4:39.98	41.28
	100m: 1:15.60	200m: 2:37.06	300m: 3:58.70	40.57 400m: 5:18.66	38.68
3.	Marjolein Tissingh	HZ&PC Heerenveen	5:28.92	8904130	5:20.42 +0,90
	50m: 34.38	150m: 1:54.66	250m: 3:17.89	41.79 350m: 4:41.12	41.39
	100m: 1:13.46	200m: 2:36.10	300m: 3:59.73	41.84 400m: 5:20.42	39.30
4.	Sandra Schellekens	Neptunus'58	5:24.95	8503416	5:25.68 +0,98
	50m: 36.59	150m: 1:59.26	250m: 3:23.02	42.23 350m: 4:47.01	42.09
	100m: 1:17.07	200m: 2:40.79	300m: 4:04.92	41.90 400m: 5:25.68	38.67
5.	Annelette de Vries	De Veene	5:23.19	8603908	5:26.56 +0,87
	50m: 35.32	150m: 1:57.75	250m: 3:23.34	43.35 350m: 4:47.56	41.68
	100m: 1:15.46	200m: 2:39.99	300m: 4:05.88	42.54 400m: 5:26.56	39.00
6.	Nikki Roon	Triton	5:32.91	8803712	5:42.47 +0,96
	50m: 37.09	150m: 2:00.75	250m: 3:29.60	45.01 350m: 4:59.13	45.34
	100m: 1:17.86	200m: 2:44.59	300m: 4:13.79	44.19 400m: 5:42.47	43.34
7.	Henrike de Vries	De Veene	5:50.76	8904490	5:48.35 +1,10
	50m: 38.86	150m: 2:04.49	250m: 3:34.36	45.56 350m: 5:05.00	46.02
	100m: 1:20.65	200m: 2:48.80	300m: 4:18.98	44.62 400m: 5:48.35	43.35
8.	Miriam Visserman	Octopus	5:47.84	8704364	5:49.31 +0,79
	50m: 38.62	150m: 2:05.94	250m: 3:36.50	45.76 350m: 5:06.85	44.84
	100m: 1:21.49	200m: 2:50.74	300m: 4:22.01	45.51 400m: 5:49.31	42.46
9.	Liesbeth van Mill	DWK	6:08.51	8702786	5:55.52 +0,87
	50m: 39.74	150m: 2:11.20	250m: 3:43.45	46.25 350m: 5:13.17	45.14
	100m: 1:24.92	200m: 2:57.20	300m: 4:28.03	44.58 400m: 5:55.52	42.35
10.	Annebeth van Ark	Octopus	6:14.84	8805588	5:55.56 +0,84
	50m: 38.76	150m: 2:10.43	250m: 3:43.21	46.77 350m: 5:14.04	44.54
	100m: 1:23.50	200m: 2:56.44	300m: 4:29.50	46.29 400m: 5:55.56	41.52
11.	Gosina van Stralen	HZ&PC Heerenveen	5:49.32	8603450	6:05.03 +0,84
	50m: 36.57	150m: 2:03.84	250m: 3:38.75	48.23 350m: 5:16.30	49.34
	100m: 1:18.49	200m: 2:50.52	300m: 4:26.96	48.21 400m: 6:05.03	48.73
12.	Kitty van Gendt	PSV	5:49.40	8701288	6:05.15 +0,87
	50m: 39.02	150m: 2:09.02	250m: 3:43.74	47.38 350m: 5:20.63	48.48
	100m: 1:22.86	200m: 2:56.36	300m: 4:32.15	48.41 400m: 6:05.15	44.52
13.	Sabina Caruso	RSW (SG)	7:03.88	8500542	7:18.19 +1,07
	50m: 47.59	150m: 2:37.02	250m: 4:31.16	56.70 350m: 6:26.21	57.63
	100m: 1:40.67	200m: 3:34.46	300m: 5:28.58	57.42 400m: 7:18.19	51.98
Masters 25+					
1.	Jette Mundt	Hanse SV Rostock	4:56.81	108728	4:58.51 +0,85
	50m: 33.65	150m: 1:48.74	250m: 3:05.22	38.39 350m: 4:21.72	37.88
	100m: 1:11.11	200m: 2:26.83	300m: 3:43.84	38.62 400m: 4:58.51	36.79
2.	Roos van Esch	TRB-RES	4:46.42	8200468	5:00.83 +0,93
	50m: 33.47	150m: 1:47.60	250m: 3:05.06	39.19 350m: 4:22.74	38.79
	100m: 1:09.78	200m: 2:25.87	300m: 3:43.95	38.89 400m: 5:00.83	38.09
3.	Anke Lambooj	AZL	4:51.28	8001182	5:09.73 +0,89
	50m: 33.95	150m: 1:50.97	250m: 3:11.42	40.09 350m: 4:30.90	39.59
	100m: 1:11.65	200m: 2:31.33	300m: 3:51.31	39.89 400m: 5:09.73	38.83
4.	Linda Hoogendam	D'Elft	5:13.24	8300892	5:13.70 +0,74
	50m: 33.88	150m: 1:53.25	250m: 3:14.92	41.17 350m: 4:35.97	39.31
	100m: 1:12.67	200m: 2:33.75	300m: 3:56.66	41.74 400m: 5:13.70	37.73
5.	Yvonne Gerritsen	DES	5:10.46	8000342	5:24.40 +0,85
	50m: 36.11	150m: 1:57.39	250m: 3:20.90	41.50 350m: 4:44.07	41.43
	100m: 1:15.92	200m: 2:39.40	300m: 4:02.64	41.74 400m: 5:24.40	40.33
6.	Andrea van Leeuwen	De Zijl/LGB	5:17.83	8100904	5:33.66 +0,95
	50m: 36.86	150m: 2:02.22	250m: 3:27.83	42.24 350m: 4:52.28	41.95
	100m: 1:19.80	200m: 2:45.59	300m: 4:10.33	42.50 400m: 5:33.66	41.38

Programmanr. 9, Dames, 400m vrije slag, Masters 25+

rang	naam	vereniging	inschrijftijd	tijd	RT
7.	Annette Vogelsang	ZV De Bron	6:08.44	8402632	6:03.30 * +0,93
	50m: 38.46 38.46	150m: 2:06.19 44.56	250m: 3:39.14 47.97	350m: 5:15.25 49.19	
	100m: 1:21.63 43.17	200m: 2:51.17 44.98	300m: 4:26.06 46.92	400m: 6:03.30 48.05	
8.	Rianne van Vegchelen	Deltasteur	6:38.12	8101530	6:39.51 +1,02
	50m: 41.76 41.76	150m: 2:22.18 51.02	250m: 4:05.81 52.33	350m: 5:49.84 50.92	
	100m: 1:31.16 49.40	200m: 3:13.48 51.30	300m: 4:58.92 53.11	400m: 6:39.51 49.67	
DIS	Maria van Schagen	ZV De Bron	7:59.13	8202142	
	<i>AF - Niet de aangegeven afstand gezwommen (geen tijd noteren).</i>				

Masters 30+

1.	Elvira Jonkers	De Pinquin	5:15.34	7900420	5:23.71 +0,88
	50m: 34.48 34.48	150m: 1:54.69 41.35	250m: 3:19.73 42.14	350m: 4:45.74 42.56	
	100m: 1:13.34 38.86	200m: 2:37.59 42.90	300m: 4:03.18 43.45	400m: 5:23.71 37.97	
2.	Inez Heideman	WS Twente	5:37.90	7500198	5:31.27 +0,86
	50m: 35.65 35.65	150m: 1:57.02 41.68	250m: 3:21.98 42.75	350m: 4:48.68 43.49	
	100m: 1:15.34 39.69	200m: 2:39.23 42.21	300m: 4:05.19 43.21	400m: 5:31.27 42.59	
3.	Eveline Hacquebord	IJZPC	5:56.89	7901206	5:39.36 +0,97
	50m: 38.09 38.09	150m: 2:02.16 42.87	250m: 3:29.32 43.69	350m: 4:57.54 44.57	
	100m: 1:19.29 41.20	200m: 2:45.63 43.47	300m: 4:12.97 43.65	400m: 5:39.36 41.82	
4.	Jolanda van Gendt	PSV	5:37.44	7800266	5:43.64 +0,85
	50m: 36.96 36.96	150m: 2:02.32 43.84	250m: 3:32.21 45.06	350m: 5:00.60 44.22	
	100m: 1:18.48 41.52	200m: 2:47.15 44.83	300m: 4:16.38 44.17	400m: 5:43.64 43.04	
5.	Liselotte Joling	PSV	5:40.55	7500268	5:43.88 * +1,05
	50m: 39.99 39.99	150m: 2:07.69 44.77	250m: 3:35.73 43.08	350m: 5:03.30 43.21	
	100m: 1:22.92 42.93	200m: 2:52.65 44.96	300m: 4:20.09 44.36	400m: 5:43.88 40.58	
6.	Clementine van Bruxvoort	ZPB H&L Productions	7:32.34	7700138	7:33.78 +0,94
	50m: 48.38 48.38	150m: 2:42.85 58.30	250m: 4:40.62 59.56	350m: 6:39.00 59.34	
	100m: 1:44.55 56.17	200m: 3:41.06 58.21	300m: 5:39.66 59.04	400m: 7:33.78 54.78	

Masters 35+

1.	Grith Sigsgaard	Het Y	4:49.20	7200772	4:50.30 +0,93
	50m: 33.02 33.02	150m: 1:45.24 36.61	250m: 2:59.15 37.00	350m: 4:13.29 37.46	
	100m: 1:08.63 35.61	200m: 2:22.15 36.91	300m: 3:35.83 36.68	400m: 4:50.30 37.01	
2.	Marleen Vos	Aquapoldro	5:05.03	7400598	5:09.81 +0,85
	50m: 35.82 35.82	150m: 1:53.03 38.83	250m: 3:12.14 39.52	350m: 4:31.41 39.69	
	100m: 1:14.20 38.38	200m: 2:32.62 39.59	300m: 3:51.72 39.58	400m: 5:09.81 38.40	
3.	Annette de Visser	Oceanus	5:10.80	7100602	5:15.13 +0,84
	50m: 34.35 34.35	150m: 1:53.21 40.31	250m: 3:14.42 40.67	350m: 4:35.85 40.74	
	100m: 1:12.90 38.55	200m: 2:33.75 40.54	300m: 3:55.11 40.69	400m: 5:15.13 39.28	
4.	Dianne Nien	RZ	5:30.95	7100452	5:29.07 +0,92
	50m: 36.17 36.17	150m: 1:58.11 41.71	250m: 3:23.04 42.92	350m: 4:48.09 42.59	
	100m: 1:16.40 40.23	200m: 2:40.12 42.01	300m: 4:05.50 42.46	400m: 5:29.07 40.98	
5.	Aida Ponce del Castillo	CNSW	4:54.08	CNSW/358/74	5:38.16 +0,99
	50m: 37.23 37.23	150m: 2:02.46 42.87	250m: 3:29.84 43.56	350m: 4:56.21 42.42	
	100m: 1:19.59 42.36	200m: 2:46.28 43.82	300m: 4:13.79 43.95	400m: 5:38.16 41.95	
6.	Tony de Groot	De Futen	5:47.48	7300758	5:49.79 +0,99
	50m: 36.25 36.25	150m: 2:01.79 44.24	250m: 3:34.22 46.84	350m: 5:07.58 46.47	
	100m: 1:17.55 41.30	200m: 2:47.38 45.59	300m: 4:21.11 46.89	400m: 5:49.79 42.21	
7.	Zita Pozsonyi	Sprint Fortuna SC	5:24.00	73pozsonyi	5:54.07 +1,03
	50m: 38.58 38.58	150m: 2:06.99 44.72	250m: 3:38.35 45.35	350m: 5:09.74 45.12	
	100m: 1:22.27 43.69	200m: 2:53.00 46.01	300m: 4:24.62 46.27	400m: 5:54.07 44.33	
8.	Annet Kootstra	Swol 1894	5:58.61	7100344	5:57.95 +1,02
	50m: 39.33 39.33	150m: 2:07.80 44.39	250m: 3:39.86 45.11	350m: 5:12.67 45.36	
	100m: 1:23.41 44.08	200m: 2:54.75 46.95	300m: 4:27.31 47.45	400m: 5:57.95 45.28	
9.	Natacha Van Hoof	ShaRK	6:07.51	ShaRK/260/73	6:00.90 +1,40
	50m: 39.77 39.77	150m: 2:08.57 45.58	250m: 3:41.89 47.05	350m: 5:16.22 47.23	
	100m: 1:22.99 43.22	200m: 2:54.84 46.27	300m: 4:28.99 47.10	400m: 6:00.90 44.68	
10.	Meke Oomens	Old Dutch	6:33.74	7000370	6:23.94 +1,05
	50m: 42.66 42.66	150m: 2:19.54 49.11	250m: 3:58.63 49.95	350m: 5:37.34 49.49	
	100m: 1:30.43 47.77	200m: 3:08.68 49.14	300m: 4:47.85 49.22	400m: 6:23.94 46.60	
11.	Ingrid Versteegen	DBD	6:36.81	7300770	6:25.84 +0,93
	50m: 43.39 43.39	150m: 2:20.86 49.43	250m: 4:00.51 49.82	350m: 5:39.77 49.23	
	100m: 1:31.43 48.04	200m: 3:10.69 49.83	300m: 4:50.54 50.03	400m: 6:25.84 46.07	

Programmanr. 9, Dames, 400m vrije slag

Masters 40+

1.	Anita Smits <i>Nederlands Masters Record</i>	DIO	5:00.66	6900522	5:01.97	+0,80
	50m: 33.83 33.83	150m: 1:49.62 38.13	250m: 3:07.27 38.53	350m: 4:24.59 38.02		
	100m: 1:11.49 37.66	200m: 2:28.74 39.12	300m: 3:46.57 39.30	400m: 5:01.97 37.38		
2.	Laura Staal	Oceanus	5:14.19	6700358	5:15.63	+0,96
	50m: 35.35 35.35	150m: 1:54.99 40.34	250m: 3:16.08 40.56	350m: 4:37.73 40.47		
	100m: 1:14.65 39.30	200m: 2:35.52 40.53	300m: 3:57.26 41.18	400m: 5:15.63 37.90		
3.	Jantine Braakman	ZV De Bron	5:29.41	6500036	5:35.27	+0,93
	50m: 37.00 37.00	150m: 2:03.28 44.10	250m: 3:30.96 43.91	350m: 4:55.77 42.18		
	100m: 1:19.18 42.18	200m: 2:47.05 43.77	300m: 4:13.59 42.63	400m: 5:35.27 39.50		
4.	Nicole Vrijhoeven	PSV	5:30.89	6900834	5:36.70	+0,90
	50m: 37.85 37.85	150m: 2:01.43 42.73	250m: 3:28.15 43.46	350m: 4:55.09 43.26		
	100m: 1:18.70 40.85	200m: 2:44.69 43.26	300m: 4:11.83 43.68	400m: 5:36.70 41.61		
5.	Kristien Van De Moortel	ShaRK	5:56.65	ShaRK/315/69	6:18.52	+0,87
	50m: 40.46 40.46	150m: 2:14.11 47.17	250m: 3:52.04 48.42	350m: 5:30.80 49.13		
	100m: 1:26.94 46.48	200m: 3:03.62 49.51	300m: 4:41.67 49.63	400m: 6:18.52 47.72		
6.	Emmy Radelaar	De Fuut	6:24.30	6600572	6:23.65	+1,00
	50m: 43.23 43.23	150m: 2:19.15 48.89	250m: 3:58.26 49.69	350m: 5:37.19 49.32		
	100m: 1:30.26 47.03	200m: 3:08.57 49.42	300m: 4:47.87 49.61	400m: 6:23.65 46.46		
7.	Conny v. Velden	AZ&PC	7:08.47	6500446	6:58.57	+1,15
	50m: 44.37 44.37	150m: 2:29.36 53.37	250m: 4:18.54 55.12	350m: 6:08.80 55.44		
	100m: 1:35.99 51.62	200m: 3:23.42 54.06	300m: 5:13.36 54.82	400m: 6:58.57 49.77		

Masters 45+

1.	Susanna Rosén <i>Kampioenschaps Record, Zweeds Masters Record</i>	Ystads Simsällskap	4:38.83	AA5563	4:46.38	+0,78
	50m: 32.67 32.67	150m: 1:43.61 35.93	250m: 2:56.56 36.62	350m: 4:09.98 36.77		
	100m: 1:07.68 35.01	200m: 2:19.94 36.33	300m: 3:33.21 36.65	400m: 4:46.38 36.40		
2.	Jacqueline Rolloos	De Lansingh	5:41.31	6300222	5:44.55	+0,97
	50m: 38.32 38.32	150m: 2:05.27 43.41	250m: 3:34.51 44.27	350m: 5:03.15 43.98		
	100m: 1:21.86 43.54	200m: 2:50.24 44.97	300m: 4:19.17 44.66	400m: 5:44.55 41.40		
3.	Marlien Wijnhof	Nat Utrecht	5:53.36	6100300	5:53.41	+0,95
	50m: 38.81 38.81	150m: 2:08.25 45.45	250m: 3:40.18 45.72	350m: 5:10.97 45.06		
	100m: 1:22.80 43.99	200m: 2:54.46 46.21	300m: 4:25.91 45.73	400m: 5:53.41 42.44		
4.	Uschi Koster	WWV	6:32.11	6400372	6:38.21	+1,06
	50m: 43.85 43.85	150m: 2:25.21 52.02	250m: 4:09.45 52.01	350m: 5:52.22 51.47		
	100m: 1:33.19 49.34	200m: 3:17.44 52.23	300m: 5:00.75 51.30	400m: 6:38.21 45.99		
5.	Pia vd Molen	HZ&PC Heerenveen	6:34.08	6000116	6:38.27	+0,94
	50m: 40.29 40.29	150m: 2:18.39 50.86	250m: 4:02.90 52.17	350m: 5:48.40 51.59		
	100m: 1:27.53 47.24	200m: 3:10.73 52.34	300m: 4:56.81 53.91	400m: 6:38.27 49.87		

Masters 50+

1.	Patty Verhagen <i>Kampioenschaps Record</i>	AquAmigos	5:13.70	5900146	5:24.26	+0,98
	50m: 36.74 36.74	150m: 1:57.09 40.79	250m: 3:20.04 41.20	350m: 4:43.56 41.85		
	100m: 1:16.30 39.56	200m: 2:38.84 41.75	300m: 4:01.71 41.67	400m: 5:24.26 40.70		
2.	Mies Kuipers	Old Dutch	9:11.60	5800202	9:06.16	+1,06
	50m: 58.90 58.90	150m: 3:22.60 1:13.36	250m: 5:45.97 1:10.97	350m: 8:07.74 1:10.13		
	100m: 2:09.24 1:10.34	200m: 4:35.00 1:12.40	300m: 6:57.61 1:11.64	400m: 9:06.16 58.42		

Masters 55+

1.	Conny Boer-Buys <i>Nederlands Masters Record</i>	Vlaardingen	5:44.70	5000006	5:33.86	+0,94
	50m: 36.62 36.62	150m: 2:01.07 43.61	250m: 3:28.13 43.61	350m: 4:54.49 42.55		
	100m: 1:17.46 40.84	200m: 2:44.52 43.45	300m: 4:11.94 43.81	400m: 5:33.86 39.37		

Masters 60+

1.	Marja van der Meer	Neptunus	6:59.03	4700014	6:45.09	+0,96
	50m: 43.77 43.77	150m: 2:25.03 51.65	250m: 4:09.04 52.37	350m: 5:53.88 52.81		
	100m: 1:33.38 49.61	200m: 3:16.67 51.64	300m: 5:01.07 52.03	400m: 6:45.09 51.21		

Programmanr. 9, Dames, 400m vrije slag, Masters 60+

rang	naam	vereniging	inschrijftijd	tijd	RT
2.	Barbro Grufman	Hellas Masters	7:10.70	AA0248	7:09.13 +1,14
	50m: 47.09 47.09	150m: 2:37.59 55.90	250m: 4:28.73 55.71	350m: 6:18.12 54.84	
	100m: 1:41.69 54.60	200m: 3:33.02 55.43	300m: 5:23.28 54.55	400m: 7:09.13 51.01	
3.	Annie Smits	PSV	6:41.39	4600016	7:09.23 +1,19
	50m: 47.87 47.87	150m: 2:38.63 55.91	250m: 4:29.40 55.22	350m: 6:18.46 54.62	
	100m: 1:42.72 54.85	200m: 3:34.18 55.55	300m: 5:23.84 54.44	400m: 7:09.23 50.77	

Masters 65+

1.	Greet Brehler-middag	Hatto Heim	7:59.97	4400004	7:47.59 +1,13
	50m: 51.39 51.39	150m: 2:50.16 1:00.95	250m: 4:50.76 1:01.44	350m: 6:51.03 1:00.07	
	100m: 1:49.21 57.82	200m: 3:49.32 59.16	300m: 5:50.96 1:00.20	400m: 7:47.59 56.56	
2.	Pálma Csepeli	Békéscsaba Senior Swimclub	10:31.04	44csepeli	9:37.35 +1,09
	50m: 1:04.08 1:04.08	150m: 3:30.74 1:15.46	250m: 6:00.16 1:17.74	350m: 8:28.55 1:17.58	
	100m: 2:15.28 1:11.20	200m: 4:42.42 1:11.68	300m: 7:10.97 1:10.81	400m: 9:37.35 1:08.80	
3.	Liesbeth ter Laak	Katwijk	11:18.99	4200008	10:54.68 +1,18
	50m: 1:10.53 1:10.53	150m: 3:52.41 1:22.27	250m: 6:40.68 1:23.27	350m: 9:32.64 1:25.93	
	100m: 2:30.14 1:19.61	200m: 5:17.41 1:25.00	300m: 8:06.71 1:26.03	400m: 10:54.68 1:22.04	

Masters 70+

1.	Lottie Geurts	PSV	6:50.22	3500008	7:20.54 +1,19
	50m: 50.52 50.52	150m: 2:42.84 56.78	250m: 4:38.22 58.07	350m: 6:31.82 56.90	
	100m: 1:46.06 55.54	200m: 3:40.15 57.31	300m: 5:34.92 56.70	400m: 7:20.54 48.72	

Masters 75+

1.	Annie de Vos	Old Dutch	8:44.83	3400004	9:11.63
	50m: 1:00.94 1:00.94	150m: 3:20.18 1:09.63	250m: 5:40.86 1:09.94	350m: 8:02.20 1:10.63	
	100m: 2:10.55 1:09.61	200m: 4:30.92 1:10.74	300m: 6:51.57 1:10.71	400m: 9:11.63 1:09.43	

Programmanr. 10
09.05.2009 - 10:26

Heren, 200m schoolslag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT	50m	100m	150m	200m
Masters 20+									
1.	Remko Hooft	De Duinkickers	2:36.61 8701405	2:41.53	+0,71	35.71	1:17.79	2:01.01	2:41.53
	<i>Kampioenschaps Record</i>								
2.	Herman van Dijk	HZ&PC Heerenveen	2:40.89 8900691	2:41.74	+0,99	35.47	1:16.43	1:59.03	2:41.74
3.	Stefan van der Grift	Octopus	2:42.64 8701121	2:46.45	+0,79	37.00	1:19.49	2:03.08	2:46.45
4.	Frank Heus	EZ&PC	3:01.06 8904085	3:09.08	+0,93	41.26	1:29.45	2:19.33	3:09.08
5.	Melano Winter	RSW (SG)	2:59.67 8703847	3:09.84	+0,84	43.13	1:32.69	2:21.53	3:09.84
	NG.ZA Dennis Stegerhütte	KZPC	2:38.80 8604397						
Masters 25+									
1.	Sören Laub	SV Mannheim	2:39.44 77705	2:41.11	+0,82	36.69	1:19.25	2:01.38	2:41.11
2.	Albert van Piekeren	Octopus	2:39.95 8401767	2:41.33	+0,84	36.56	1:17.76	1:59.56	2:41.33
3.	Rob van Vliet	WZK Zwemmen	2:33.92 8402459	2:41.49	+0,90	36.50	1:17.45	1:59.92	2:41.49
4.	Paul Oudendijk	OEZA	2:38.11 8101287	2:42.01	+0,94	37.32	1:19.15	2:01.90	2:42.01
5.	Tommy van Overmeeren	De Schelde	2:39.41 8402887	2:48.72	+0,85	36.27	1:18.41	2:03.71	2:48.72
6.	Jeroen Vogelsang	Het Y	2:48.56 8001645	2:51.15	+0,91	37.83	1:21.72	2:05.61	2:51.15
7.	Dennis de Groot	De Zwoer	2:53.37 8300785	2:52.53	+0,84	39.29	1:23.98	2:08.44	2:52.53
8.	Sebastian Baars	WS Twente	2:59.63 8300053	2:58.80	+1,00	38.90	1:23.68	2:10.84	2:58.80
9.	Dennis Klop	De Biesboschzwemmers	3:01.33 8302643	2:59.17	+0,83	40.23	1:25.52	2:12.89	2:59.17
10.	Thommy Nickel	Van Vliet Barracuda	2:44.25 8401627	2:59.53	+0,85	40.12	1:25.51	2:12.31	2:59.53

Programmanr. 10, Heren, 200m schoolslag

Masters 30+

1. Freddie Geerlings	NIMO	2:35.83	7900379	2:42.07	+0,85	36.10	1:17.27	2:00.05	2:42.07
2. Vincent Versteeg	Zwemlust/Utrecht (SG)	2:40.07	7701003	2:46.80	+0,75	36.50	1:19.68	2:03.05	2:46.80
3. Bram Mommers	AquAmigos	2:46.42	7600647	2:51.50	+0,92	38.16	1:22.74	2:07.01	2:51.50
4. Vincent Bastin	CHTHN	2:48.86	CHTHN/295/77	2:52.23	+0,82	38.91	1:22.62	2:07.89	2:52.23
5. Rinke Nijland	IJZPC	3:19.90	7901735	3:16.55	+0,83	44.97	1:36.47	2:28.20	3:16.55
6. Olivier Kalek	CNBA	3:20.09	CNBA/785/75	3:17.87	+0,88	41.09	1:29.90	2:23.48	3:17.87
7. Han Ruijs	RZ	3:02.27	7901867	3:19.03	+0,80	39.36	1:26.76	2:21.26	3:19.03

Masters 35+

1. Stefan Dortmund	Electrolux AZC	2:49.48	7201167	2:46.21	+0,88	39.57	1:23.24	2:04.83	2:46.21
2. Andreas Kaptur	SG Gladbeck	2:44.06	125218	2:49.26	+0,92	38.40	1:22.02	2:06.18	2:49.26
3. Paul van den Heuvel	Arethusa	2:49.03	7000441	2:52.15	+0,95	38.75	1:22.76	2:07.92	2:52.15
4. Jan-Willem van Herpen	Arethusa	2:58.30	7001347	3:03.47	+0,82	39.34	1:25.88	2:13.70	3:03.47
5. Arnold Jonker	HZ&PC Heerenveen	3:32.82	7000529	3:46.83	+0,94	52.05	1:48.68	2:47.98	3:46.83

Masters 40+

1. Patrick Juncker	Swimming Luxembourg	2:48.41	136	2:46.11	+0,85	37.87	1:19.95	2:02.77	2:46.11
<i>Kampioenschaps Record, Luxemburgs Masters Record</i>									
2. Harold Matla	PSV	2:46.62	6800591	2:49.03	+0,93	38.94	1:22.92	2:06.85	2:49.03
3. Sander van den Berg	WS Twente	3:06.90	6801357	3:02.48	+0,92	40.30	1:27.21	2:15.24	3:02.48
4. Marcel van der Lem	Kon. AZ 1870	3:01.76	6500563	3:08.66	+0,83	41.86	1:29.36	2:18.95	3:08.66
5. Ronald Vos	SCOM	3:22.84	6901403	3:13.74	+1,06	42.58	1:30.34	2:21.33	3:13.74
6. Henk van Zetten	Octopus	3:33.41	6701261	3:38.07	+0,88	49.45	1:44.15	2:42.25	3:38.07
AFGEM Ronald Stolk	De Fuut	2:53.77	6601253						
AFGEM Jan de Lange	WS Twente	3:29.07	6501273						

Masters 45+

1. Cees van Houwelingen	De Schelde	2:41.42	6300351	2:48.72	+0,94	37.79	1:20.95	2:05.45	2:48.72
<i>Kampioenschaps Record</i>									
2. Ronald Grove	Oceanus	2:57.76	6100161	2:53.09	+0,83	37.55	1:22.35	2:08.61	2:53.09
3. Arnold de Rover	De Futen	2:47.72	6400645	2:56.55	+0,90	39.75	1:24.41	2:09.57	2:56.55
4. Ron Phaff	PSV	2:53.89	6200495	3:00.16	+0,82	38.94	1:23.88	2:09.43	3:00.16
5. Ralph Caster	RZ	2:52.29	6100069	3:02.71	+0,91	40.75	1:27.32	2:15.04	3:02.71
6. Jan Vlasblom	PLONS	3:05.97	6100823	3:04.22	+0,85	40.53	1:27.08	2:15.07	3:04.22
7. Eric Henrard	AZV	3:10.37	AZV/017/60	3:11.67	+0,96	44.93	1:33.55	2:22.93	3:11.67
8. Michiel Klaren	PSV	3:14.53	6201087	3:20.32	+1,03	44.33	1:34.18	2:27.39	3:20.32
9. Jan Willem Heuten	WS Twente	3:42.12	6000883	3:36.51	+0,92	48.79	1:44.75	2:42.08	3:36.51
10. Wilko Versleeuwen	PSV	3:35.48	6301189	3:42.84	+1,04	51.43	1:49.70	2:47.30	3:42.84

Masters 50+

1. Albert Boonstra	Aqua-Novio '94	2:54.65	5700425	2:49.80	+0,83	38.48	1:22.87	2:06.94	2:49.80
<i>Kampioenschaps Record</i>									
2. Peter Romkes	Luctor et Emergo	3:05.74	5900389	3:02.36	+0,78	40.62	1:27.45	2:16.54	3:02.36
3. Willem Zwiers	AquAmigos	3:03.68	5800505	3:08.83	+0,82	41.94	1:30.79	2:20.73	3:08.83
4. Vincent de Keijzer	PLONS	3:10.03	5800207	3:11.55	+0,88	42.48	1:31.81	2:22.58	3:11.55
5. Paul Bunnik	Triton	3:20.75	5600413	3:25.65	+0,99	44.10	1:37.75	2:33.53	3:25.65
6. Luc Nijs	AZV	3:23.45	AZV/080/59	3:27.58	+1,00	45.14	1:37.28	2:32.12	3:27.58

Masters 55+

1. Joseph Frizzo	U.S.T. Hayange Omnisports	2:59.90	886047	3:10.22	+0,87	41.34	1:29.46	2:19.79	3:10.22
2. Peter Gulyas	Totkomlosi Rozmarok	3:17.76	51gulyas	3:16.17	+0,91	44.72	1:35.03	2:26.80	3:16.17

Masters 60+

1. Donald Uijtenbogaart	Het Y	3:09.10	4700107	3:12.17	+0,91	44.43	1:33.24	2:22.99	3:12.17
2. Joop Draaisma	DZ&PC	3:33.52	4600155	3:28.42	+1,04	46.21	1:39.32	2:34.24	3:28.42
3. Jos van Alphen	PSV	3:57.68	4600157	3:59.15	+1,10	54.24	1:52.71	2:55.45	3:59.15
4. Mar van Geel	Old Dutch	3:53.91	4700135	4:03.97	+1,09	53.41	1:55.84	3:01.64	4:03.97
5. Henk Oostendorp	ZV De Bron	4:09.08	4800093	4:09.77	+1,16	55.87	1:59.33	3:05.68	4:09.77

Programmanr. 10, Heren, 200m schoolslag

Masters 65+

1. Rob Hanou	PSV	3:14.54	4300109	3:19.47	+1,10	44.67	1:35.96	2:29.06	3:19.47
2. Nico Baay	Old Dutch	3:40.53	4200053	3:30.31	+0,82	46.02	1:37.57	2:33.39	3:30.31
3. Ruud Sloof	De Rijn	3:35.24	4400073	3:38.51	+1,06	49.40	1:45.64	2:42.95	3:38.51

Masters 70+

1. Rob van Gestel	PSV	3:58.39	3500005	4:07.82	+1,26	56.29	1:58.78	3:03.29	4:07.82
2. Pieter Scharphorn	Neptunus	4:42.54	3800037	4:49.11	+1,35	1:01.63	2:12.12	3:29.90	4:49.11
NG.ZA Herman Rademaker	De Dolfijn	4:13.08	3600011						

Masters 75+

1. Georges Verhelst	RZV	4:07.25	RZV/160/31	4:10.18	+1,09	57.42	2:00.66	3:06.24	4:10.18
<i>Kampioenschaps Record</i>									
2. Guy Fricot	CCS	6:14.37	CCS/010/33	6:25.34	+1,21	1:25.62	3:07.77	4:46.68	6:25.34

Programmanr. 11
09.05.2009 - 10:58

Dames, 200m schoolslag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd	tijd	RT	50m	100m	150m	200m
Masters 20+								
1. Larissa Brak	De Zijl/LGB	2:42.32 8800572	2:48.09	+0,87	37.25	1:20.27	2:04.72	2:48.09
<i>Nederlands Masters Record</i>								
2. Karin van Dijk	HZ&PC Heerenveen	2:52.53 8600850	2:55.71	+0,97	39.73	1:24.41	2:10.31	2:55.71
3. Susanne van der Linden	DIO	2:54.08 8802736	3:04.64	+0,87	41.80	1:28.03	2:16.39	3:04.64
4. Monique van Gortel	Octopus	3:26.10 8601274	3:24.99	+0,76	46.10	1:37.84	2:31.60	3:24.99
5. Liesbeth van Mill	DWK	3:30.75 8702786	3:29.07	+0,88	46.99	1:40.09	2:33.75	3:29.07
AFGEM Marijke Monsma	DWK	3:01.92 8502100						

Masters 25+

1. Yvonne Gerritsen	DES	3:07.06 8000342	3:12.18	+0,86	43.34	1:32.26	2:22.64	3:12.18
2. Ariane Redecke	Aquapoldro	3:28.28 8202288	3:35.50	+1,04	47.61	1:40.94	2:37.69	3:35.50

Masters 30+

1. Marit Breitfeld	Hamburger Schwimm-Club	2:48.99 058376	2:48.76	+0,78	38.26	1:22.25	2:05.83	2:48.76
<i>Kampioenschaps Record</i>								
2. Peggy Loffeld	KZPC	2:57.28 7700468	3:05.58	+0,81	40.94	1:27.60	2:15.02	3:05.58
3. Elvira Jonkers	De Pinquin	2:56.76 7900420	3:12.74	+1,01	44.42	1:34.57	2:24.60	3:12.74
4. Claudia van Drunen	AquAmigos	3:08.39 7700810	3:14.93	+0,82	43.29	1:33.09	2:23.98	3:14.93

Masters 35+

1. Inga Wagner	Hamburger Schwimm-Club	3:05.38 129302	3:06.04	+0,91	43.49	1:30.31	2:18.32	3:06.04
2. Marleen Vos	Aquapoldro	3:01.57 7400598	3:10.39	+0,85	44.46	1:32.50	2:21.59	3:10.39
3. Meke Oomens	Old Dutch	3:25.98 7000370	3:29.26	+1,08	46.53	1:39.13	2:33.68	3:29.26
DIS Karin Stein	Vlaardingen	2:55.34 7100554	2:59.36	+1,01	40.50	1:27.20	2:13.95	2:59.36

SJ - Na start- en/of keerpunt een verkeerde arm- en/of beenslag gemaakt.

Masters 40+

1. Annette Wijnja-Visser	De Biesboschzwemmers	3:08.63 6700528	3:08.46	+0,95	41.76	1:29.60	2:19.08	3:08.46
<i>Nederlands Masters Record</i>								
2. F. Heijdeman-Duran	AZ&PC	3:09.48 6900222	3:14.38	+0,85	44.54	1:33.49	2:23.22	3:14.38
3. Henriett Cseszregi	Budapesti Delfinek	3:20.50 69cseszregi	3:22.48	+0,85	44.93	1:35.37	2:28.14	3:22.48
4. Karin van den Heuvel	AquAmigos	3:18.46 6600188	3:30.94	+0,98	48.92	1:42.29	2:36.26	3:30.94
5. Ilse Vos	De Hokseberg	3:32.65 6800644	3:32.51	+1,01	47.62	1:40.57	2:35.89	3:32.51
6. Friderika Kerekes	AZ&PC	3:39.21 6500540	3:39.90	+0,85	46.85	1:41.73	2:38.11	3:39.90
7. Desiree van der Lem	Kon. AZ 1870	3:08.22 6800282	3:40.28	+1,01	47.65	1:43.29	2:41.17	3:40.28
NG.ZA Anikó Kűzdy	Budapesti Delfinek	3:43.60 69kűzdy						

Programmanr. 11, Dames, 200m schoolslag

Masters 45+

1. Annemarie Vuist	Swol 1894	3:21.60	6300282	3:23.45	+0,98	47.59	1:39.08	2:31.76	3:23.45
2. Annemiek Meijburg	IJZPC	3:47.48	6300462	3:44.42	+1,12	50.05	1:46.07	2:45.92	3:44.42
3. Herlinde Segers	GBZ	3:52.55	GBZ/151/60	3:50.31	+1,21	53.79	1:51.81	2:51.60	3:50.31
4. Jaqueline Brouwer	ZV De Bron	4:06.51	6100296	4:06.93	+0,99	55.67	1:59.72	3:04.77	4:06.93

Masters 50+

1. Marijke van Hoek	De Stormvogel	3:27.60	5800050	3:31.32	+0,85	46.79	1:41.14	2:36.26	3:31.32
2. Monika Zilliken	SC Wiesbaden 1911	3:34.67	231829	3:35.41	+1,00	46.05	1:40.65	2:36.88	3:35.41
3. Janny van Eijk	ZV De Bron	3:37.55	5800022	3:39.46	+1,01	50.81	1:46.36	2:44.25	3:39.46

Masters 55+

1. Ineke Weekers	PSV	3:23.98	5300050	3:11.46	+0,91	44.77	1:34.06	2:22.94	3:11.46
<i>Nederlands Masters Record, tt 100 meter NMR</i>									
2. Mieke van der Fluit	SBC2000	3:25.44	5400012	3:27.83	+1,19	49.62	1:42.20	2:35.88	3:27.83
3. Tineke van Diggelen	Oceanus	4:03.93	5200048	4:12.02	+1,02	57.48	2:01.07	3:07.18	4:12.02

Masters 60+

1. Loekie v. Huissteden	AZ&PC	4:28.59	4500002	4:29.01	+1,04	1:01.77	2:10.26	3:19.71	4:29.01
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Masters 65+

1. Matty van der Veen	Old Dutch	3:58.72	4400020	4:06.04	+1,14	56.79	1:59.94	3:04.13	4:06.04
2. Liesbeth ter Laak	Katwijk	5:01.77	4200008	5:03.46	+1,22	1:10.04	2:27.10	3:46.45	5:03.46

Masters 70+

1. Tineke de Bueger	Old Dutch	4:20.63	3700010	4:41.82	+1,15	1:05.77	2:20.09	3:32.24	4:41.82
2. Lea Maes	GBZ	4:45.95	GBZ/041/37	4:49.65	+1,15	1:08.67	2:23.42	3:38.67	4:49.65

Masters 80+

1. Anneke Logtenberg	Old Dutch	5:09.36	2900004	5:54.19	+1,10	1:22.90	2:56.68	4:31.79	5:54.19
2. Marianne Maandonks	PSV	6:40.04	2600004	6:36.31	* +1,07	1:28.03	3:09.23	4:54.11	6:36.31

Programmanr. 12
09.05.2009 - 11:24

Heren, 100m rugslag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd	tijd	RT	50m	100m	
Masters 20+							
1. Merijn Ellenkamp	DWK	1:00.85	8500691	1:00.53	+0,65	29.47	1:00.53
<i>Kampioenschaps Record</i>							
2. Raoul Engelenburg	De Dolfijn	1:03.12	8900843	1:07.31	+0,63	32.85	1:07.31
3. Jasper de Jong	MNC Dordrecht	1:02.96	8501219	1:07.50	+0,63	31.36	1:07.50
4. Alex Vermeulen	WZK Zwemmen	1:07.24	8905811	1:09.00	+0,67	33.87	1:09.00
5. Pascal van Kassel	Triton	1:06.18	8501289	1:10.08	+0,70	34.36	1:10.08
6. Niels Albrechts	De Schotejil	1:08.44	8800039	1:11.37	+0,65	34.97	1:11.37
7. Remco Joukes	Triton	1:08.01	8801763	1:12.03	+0,70	34.06	1:12.03
DIS Koen Florijn	MNC Dordrecht	1:04.12	8600851	1:12.19	+0,83	35.20	1:12.19
<i>RC - Rugligging verlaten tijdens de race zonder met de keerhandeling bezig te zijn.</i>							
AFGEM Floris Manni	Octopus	1:06.54	8805679				

Programmanr. 12, Heren, 100m rugslag

Masters 25+

1. Leander Noordijk	De Schotejil	1:05.33	8101221	1:05.97	+0,79	32.13	1:05.97
2. Thommy Nickel	Van Vliet Barracuda	1:08.11	8401627	1:06.93	+0,69	32.67	1:06.93
3. Paul Oudendijk	OEZA	1:06.06	8101287	1:07.21	+0,71	33.07	1:07.21
4. Marcel Reefhuis	De Veene	1:06.06	8101381	1:07.91	+0,74	33.36	1:07.91
5. Albert van Piekeren	Octopus	1:07.51	8401767	1:08.62	+0,72	32.94	1:08.62
6. Nol van Thull	ZOB'66	1:05.38	8001513	1:08.68	+0,73	33.09	1:08.68
7. Erik Drewes	De Biesboschwimmers	1:13.16	8400543	1:11.31	+0,66	34.23	1:11.31

Masters 30+

1. Dennis Brouwers	HZPC	1:03.95	7800167	1:05.31	+0,71	31.98	1:05.31
2. Ruud Holswilder	Vlaardingen	1:04.97	7800435	1:06.00	+0,71	31.84	1:06.00
3. Ivo Roozeboom	DES	1:06.55	7700801	1:06.37	+0,76	32.50	1:06.37
4. Martijn Butter	OEZA	1:09.97	7900231	1:09.03	+0,81	33.40	1:09.03
5. Stan Dekker	PLONS	1:10.11	7901823	1:10.27	+0,70	32.77	1:10.27
6. Roger Flinterman	Zoetermeer	1:10.18	7601261	1:10.53	+0,72	33.80	1:10.53
7. Gino Martijn	RZ	1:17.80	7901865	1:18.41	+0,61	38.42	1:18.41
8. Pieter Ponne	HZ&PC Heerenveen	1:13.76	7600749	1:19.02	+0,74	38.08	1:19.02

Masters 35+

1. Andreas Kaptur	SG Gladbeck	1:11.40	125218	1:09.27	+0,74	33.50	1:09.27
2. Björn Möller	Swimming Luxembourg	1:11.20	5956	1:12.39	+0,76	34.96	1:12.39
<i>Luxemburgs Masters Record</i>							
3. Casper de Zeeuw	WS Twente	1:16.69	7001137	1:13.56	+0,73	36.39	1:13.56
4. Paul van den Heuvel	Arethusa	1:13.19	7000441	1:14.30	+0,75	36.57	1:14.30

Masters 40+

1. Zoltán Balajti	Budapesti Delfinek	1:04.38	66balajti	1:04.65	+0,64	31.26	1:04.65
2. Geert Wijn	De Gelenberg	1:10.19	6701104	1:12.04	+0,68	34.12	1:12.04
3. Ron Korzelius	AZ&PC	1:12.31	6500513	1:13.54	+0,76	35.93	1:13.54
4. Marcel van der Lem	Kon. AZ 1870	1:13.42	6500563	1:18.57	+0,77	38.50	1:18.57
5. Frans Oldersma	TriVia	1:19.62	6600565	1:18.67	+0,78	39.04	1:18.67
6. Dirk Krüger	Stader Schwimmverein	1:30.50	270628	1:28.68	+0,73	42.99	1:28.68

Masters 45+

1. Bert Schlicher	RZ	1:07.82	6400669	1:07.19	+0,68	33.03	1:07.19
<i>Nederlands Masters Record</i>							
2. Michel Wendel	U.S.T. Hayange Omnisports	1:12.64	103162	1:16.80	+0,72	37.15	1:16.80
3. Ron Phaff	PSV	1:13.93	6200495	1:18.15	+0,65	38.65	1:18.15
4. Peter Fölker	Aqua-Novio '94	1:15.19	6401021	1:19.59	+0,69	39.36	1:19.59
5. Aan Pander	Gay Swim Amsterdam	1:25.00	6400569	1:22.17	+0,83	40.34	1:22.17
6. Jack Barends	WS Twente	1:29.72	6201011	1:24.88	+0,90	41.25	1:24.88
7. Michiel Klaren	PSV	1:23.10	6201087	1:25.04	+0,68	41.34	1:25.04
8. Lieven De Rijcke	GBZ	1:28.00	GBZ/130/60	1:27.52	+0,73	39.87	1:27.52
9. Filip Timmermans	ShaRK	1:39.86	ShaRK/163/60	1:42.41	+0,81	50.62	1:42.41
10. Aris Jan van Ek	IJZPC	1:42.53	6100125	1:47.01	+0,79	52.27	1:47.01

Masters 50+

1. Andre Storm	Zoetermeer	1:16.71	5600407	1:16.28	+0,57	35.41	1:16.28
2. Wim de Lange	Electrolux AZC	1:19.23	5800533	1:21.74	+0,73	39.63	1:21.74
3. Henk Slomp	De Pinquin	1:24.66	5500359	1:27.31	+0,82	41.37	1:27.31
4. Peter Verberne	ACZ	1:31.86	5900719	1:29.09	+0,77	42.43	1:29.09

Masters 55+

1. Brend Brevé	PSV	1:13.71	5200265	1:15.11	+0,68	37.79	1:15.11
<i>Kampioenschaps Record</i>							
2. Hans Piederiet	Numansdorp	1:14.04	5400177	1:16.88	+0,72	37.04	1:16.88
3. Peter Gulyas	Totkomlosi Rozmarok	1:23.26	51gulyas	1:23.84	+0,70	42.31	1:23.84
4. Rob Berkhof	Swol 1894	1:29.24	5200245	1:28.33	+0,76	44.21	1:28.33

Programmanr. 12, Heren, 100m rugslag

Masters 65+

1. Frans van Enst	De Veene	1:22.31	4000011	1:26.03	+0,72	43.24	1:26.03
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Masters 70+

1. Jan Eichhorn	Rapido '82	1:39.51	3700015	1:42.08	+0,90	49.91	1:42.08
2. Rob van Gestel	PSV	1:49.26	3500005	1:52.37	+0,88	56.82	1:52.37
3. Pieter Scharphorn	Neptunus	2:06.68	3800037	2:08.32	+0,89	1:00.46	2:08.32

Masters 75+

1. Jef van Roy	KAZSC	1:47.16	AZSC/572/32	1:47.86	+0,80	50.90	1:47.86
2. Guy Fricot	CCS	2:42.65	CCS/010/33	2:48.74	+1,02	1:19.80	2:48.74

Masters 80+

1. Hugo Speelmans	ShaRK	2:09.06	ShaRK/229/27	2:18.56	+0,63	1:07.26	2:18.56
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Programmanr. 13
09.05.2009 - 11:39

Dames, 100m rugslag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd		tijd	RT	50m	100m
Masters 20+							
1. Sabrina Buur	DWK	1:13.57	8500526	1:11.44	+0,73	34.29	1:11.44
<i>Kampioenschaps Record</i>							
2. Danya Muilwijk	Van Vliet Barracuda	1:11.83	8803100	1:12.69	+0,73	35.67	1:12.69
3. Karin Simons	WZK Zwemmen	1:15.23	8903804	1:16.81	+0,74	36.81	1:16.81
4. Karin Kraaijeveld	MNC Dordrecht	1:14.14	8501710	1:17.13	+0,79	37.56	1:17.13
5. Daphne v Korlaar	EZ&PC	1:17.48	8902418	1:21.84	+0,72	39.56	1:21.84
6. Kitty van Gendt	PSV	1:24.64	8701288	1:24.37	+0,68	41.45	1:24.37
7. Aurélie Lebreton	Swimming Luxembourg	1:23.06	5954	1:24.76	+0,75	40.65	1:24.76
8. Celine Hubert	DES	1:19.91	8907276	1:25.75	+0,72	39.91	1:25.75
9. Sandra Zwaanswijk	Aquarius	1:22.36	8503934	1:25.92	+0,69	41.72	1:25.92
10. Miriam Visserman	Octopus	1:23.57	8704364	1:29.26	+0,70	43.28	1:29.26
11. Annebeth van Ark	Octopus	1:30.92	8805588	1:29.70	+0,77	42.99	1:29.70
12. Dominique Sik	Octopus	1:31.86	8804000	1:33.25	+0,71	44.30	1:33.25
Masters 25+							
1. Bianca Cox	PSV	1:11.06	8000214	1:14.29	+0,78	35.37	1:14.29
2. Elke Blox	Tiamat	1:14.21	8200154	1:18.71	+0,73	37.69	1:18.71
3. Daniëlle Ploeger	De Pinquin	1:20.86	8101942	1:20.07	+0,71	38.83	1:20.07
4. Tanja Sterenberg	WWV	1:23.31	8301916	1:21.52	+0,79	39.72	1:21.52
5. Esther Versteeg	Van Vliet Barracuda	1:23.25	8302112	1:21.53	+0,66	39.52	1:21.53
6. Francijna de Kooter	De Biesboschzwemmers	1:20.44	8000634	1:22.28	+0,73	38.48	1:22.28
7. Linda Hoogendam	D'Elft	1:25.94	8300892	1:22.35	+0,83	39.98	1:22.35
8. Renee de Kok	PSV	1:26.59	8403350	1:31.77	+0,82	43.98	1:31.77
9. Mirjam Minderhoud	Zignea	1:31.92	8301398	1:32.99	+0,74	44.45	1:32.99
10. Angelique Rotteveel	De Hokseberg	1:34.13	8402090	1:36.74	+0,68	46.32	1:36.74
Masters 30+							
1. Jolanda van Gendt	PSV	1:19.95	7800266	1:21.45	+0,74	39.38	1:21.45
2. Petra Versteegen	WVZ	1:20.64	7700906	1:28.11	+0,76	42.18	1:28.11
3. Martine Sonneveld	De Pinquin	1:32.03	7801038	1:28.56	+0,75	41.55	1:28.56
4. Clementine van Bruxvoort	ZPB H&L Productions	1:42.75	7700138	1:44.95	+0,84	51.86	1:44.95

Programmanr. 13, Dames, 100m rugslag

Masters 35+

1. Gudule van der Meer	PSV	1:17.00	7200396	1:18.44	+0,70	38.09	1:18.44
2. Aida Ponce del Castillo	CNSW	1:20.59	CNSW/358/74	1:20.26	+0,71	39.30	1:20.26
3. Tina Renken	AZ&PC	1:23.66	7200800	1:22.68	+0,72	40.47	1:22.68
4. Henriëtte Manting	GZVW	1:23.91	7100246	1:24.95	+0,69	39.84	1:24.95
5. Dianne Nien	RZ	1:25.00	7100452	1:29.50	+0,73	42.85	1:29.50
6. Sylvia Tetteroo	IJZPC	1:45.39	7300476	1:41.46	+0,81	48.10	1:41.46

Masters 40+

1. Laura Staal	Oceanus	1:20.29	6700358	1:18.83	+0,78	38.73	1:18.83
2. Caroline Schreuder	Triton	1:23.09	6700550	1:21.83	+0,78	39.82	1:21.83
3. Hanny Rotteveel	Zignea	1:27.81	6600538	1:24.71	+0,93	42.90	1:24.71
4. Wendy Knoops	RZ	1:31.59	6800720	1:27.40	+0,77	42.62	1:27.40
5. Françoise Heijdemann-Duran	AZ&PC	1:26.56	6900222	1:27.45	+0,70	42.97	1:27.45
6. Desiree van der Lem	Kon. AZ 1870	1:29.21	6800282	1:35.41	+0,81	45.26	1:35.41
7. Conny v. Velden	AZ&PC	1:47.43	6500446	1:47.74	+0,84	51.74	1:47.74

Masters 45+

1. Susanna Rosén	Ystads Simsällskap	1:10.40	AA5563	1:13.64	+0,68	35.08	1:13.64
<i>Kampioenschaps Record, Zweeds Masters Record</i>							
2. Jacqueline Rolloos	De Lansingh	1:23.52	6300222	1:25.27	+0,81	42.37	1:25.27
3. Marleen Segers	AZV	1:21.16	AZV/056/61	1:26.24	+0,73	41.50	1:26.24
4. Annemarie Vuist	Swol 1894	1:28.24	6300282	1:30.82	+0,84	45.18	1:30.82
5. Ellen Parma	Triton	1:32.06	6200366	1:31.99	+0,86	44.54	1:31.99
6. Alie Visser	HZ&PC Heerenveen	1:36.63	6400494	1:36.95	+0,71	45.50	1:36.95

Masters 50+

1. Atie Pijtak-Radersma	AZ&PC	1:19.97	5600048	1:21.72	+0,71	39.85	1:21.72
2. Jacqueline Covents	GBZ	1:56.83	GBZ/033/59	1:56.29	+0,82	54.03	1:56.29

Masters 55+

1. Conny Boer-Buys	Vlaardingen	1:26.03	5000006	1:25.24	+0,79	41.97	1:25.24
<i>Nederlands Masters Record</i>							
2. Christien Nieuwenhuis	Swol 1894	1:33.87	5100022	1:36.05	+0,75	47.17	1:36.05
3. Antoinette Gilding-Tussaud	WS Twente	1:45.14	5000038	1:46.15	+0,73	51.56	1:46.15
4. Tineke van Diggelen	Oceanus	1:51.24	5200048	1:52.68	+0,84	56.50	1:52.68

Masters 60+

1. Loekie v. Huissteden	AZ&PC	2:05.51	4500002	2:06.75	+0,93	1:01.04	2:06.75
2. Hanny Bottin	SV Langenfeld 1912	2:20.03	057992	2:27.68	+1,18	1:10.10	2:27.68

Masters 65+

1. Nicole Davidson	ShaRK	2:00.24	ShaRK/184/44	1:59.86	+0,73	56.36	1:59.86
2. Leny Kamp	Aquapoldro	2:06.80	4400008	2:04.45	+0,66	59.19	2:04.45
3. Pálma Csepeli	Békéscsaba Senior Swimclub	2:16.08	44csepeli	2:15.55	+0,85	1:05.93	2:15.55

Masters 70+

1. Jeltje van Bergen	De Pinquin	1:56.40	3500002	1:58.32	+0,92	54.91	1:58.32
2. Tineke de Bueger	Old Dutch	2:18.17	3700010	2:33.22			2:33.22

Masters 75+

1. Annie de Vos	Old Dutch	2:15.16	3400004	2:13.14	+0,89	1:03.62	2:13.14
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Masters 80+

1. Virginia Keteleer	ShaRK	2:19.99	ShaRK/155/25	2:23.36	+1,48	1:11.72	2:23.36
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Programmanr. 14
09.05.2009 - 11:55

Gemengd, 4 x 50m vrije slag

Masters Open
Resultaten

rang	vereniging	inschrijftijd	tijd	RT
80+				
1.	Triton 1 <i>Kampioenschaps Record</i>	Triton 1:53.43	1:55.84	+0,74
	Remco Joukes Nikki Roon	88 +0,74 27.75 88 +0,58 31.16	67 +0,51 31.58 85 +0,54 25.35	
2.	WS Twente 1	WS Twente 2:01.85	2:00.11	+0,93
	Emmy Soer Sebastiaan Baars	85 +0,93 30.61 83 +0,33 29.46	75 +0,34 30.04 68 +0,48 30.00	
3.	De Veene 1	De Veene 2:07.41	2:03.28	+0,87
	Annelette de Vries Frans van Enst	86 +0,87 29.76 40 +0,64 33.15	89 +0,93 33.07 81 +0,24 27.30	
4.	EZ&PC 1	EZ&PC 2:01.57	2:03.31	+0,77
	Moniek Munneke Tom Roelofs	84 +0,77 31.49 85 +0,64 31.73	86 +0,31 31.07 89 +0,36 29.02	
5.	Swimming Luxembourg 1	Swimming Luxembourg 2:02.00	2:07.26	+0,85
	Benoit Triay Aurélie Lebreton	83 +0,85 31.38 86 +0,71 32.69	82 +1,02 35.22 72 +0,17 27.97	
6.	Octopus 1	Octopus 2:15.54	2:07.61	+0,91
	Albert van Piekeren Dominique Sik	84 +0,91 29.70 88 +0,41 35.66	87 +0,47 29.19 87 +0,54 33.06	
7.	HZ&PC Heerenveen 1	HZ&PC Heerenveen 2:13.28	2:09.64	+0,99
	Arnold Jonker Karin van Dijk	70 +0,99 35.74 86 +0,47 32.66	89 +0,49 32.29 89 +0,46 28.95	
8.	Octopus 2	Octopus 2:34.95	2:22.91	+0,58
	Annebeth van Ark Henk van Zetten	88 +0,58 35.33 67 +0,28 33.86	86 +0,39 37.16 65 +0,95 36.56	
100+				
1.	PSV 2 <i>Kampioenschaps Record</i>	PSV 1:55.95	1:57.68	+0,91
	Koen de Haan Renee de Kok	78 +0,91 27.83 84 +0,33 33.37	80 +0,22 30.91 78 +0,09 25.57	
120+				
1.	WWV 1 <i>Kampioenschaps Record</i>	WWV 1:53.83	1:58.16	+0,91
	Tanja Sterenberg Robert Vink	83 +0,91 31.76 63 +0,46 27.42	82 +0,56 32.11 62 +0,16 26.87	
160+				
1.	RZ 1 <i>Kampioenschaps Record</i>	RZ 2:09.45	2:02.11	+0,86
	Wendy Knoops Ralph Caster	68 +0,86 33.46 61 +0,55 30.24	71 +0,57 31.81 64 +0,47 26.60	
2.	PSV 1	PSV 2:03.79	2:06.06	+0,93
	Gudule van der Meer Nicole Vrijhoeven	72 +0,93 32.89 69 33.45	67 +0,49 28.58 62 31.14	
3.	Stader Schwimmverein 1	Stader Schwimmverein 2:05.44	2:08.68	+0,87
	Katja Warneke Heike Pagels	78 +0,87 32.63 58 +0,78 40.19	65 +0,78 29.03 62 +0,67 26.83	
4.	HZ&PC Heerenveen 2	HZ&PC Heerenveen 2:10.10	2:10.21	+0,89
	Tiemen Stegenga Alie Visser	71 +0,89 30.37 64 +0,74 38.07	60 +0,39 34.69 69 +0,16 27.08	
5.	WS Twente 2	WS Twente 2:11.34	2:10.36	+0,89
	Jack Barends Marijke Kraak	62 +0,89 32.29 60 +0,37 33.57	61 +0,42 31.25 63 +0,26 33.25	
6.	WWV 2	WWV 2:16.70	2:14.53	+0,80
	Rob Toebees Uschi Koster	66 +0,80 31.65 64 +0,55 35.89	62 +0,49 36.32 60 +0,61 30.67	

Programmanr. 14, Gemengd, 4 x 50m vrije slag, 160+

rang	vereniging	inschrijftijd	tijd	RT
7.	U.S.T. Hayange Omnisports 1	U.S.T. Hayange Omnisports	2:32.57	2:30.71 +1,05
	Christelle Gaillot	78 +1,05 44.05	Isabelle Fautre	66 +0,75 47.86
	Joseph Frizzo	54 +0,69 29.70	Michel Wendel	64 +0,04 29.10

200+

1.	PSV 3	PSV	2:05.43	2:03.51 +0,83
	<i>Nederlands Masters Record</i>			
	Joop Ariaens	59 +0,83 28.10	Agnes van Doesburg	60 +0,51 33.03
	Marleen Willems	60 +0,44 33.43	Brend Brevé	52 +0,58 28.95
2.	Old Dutch 1	Old Dutch	2:45.78	2:28.02 +1,03
	Mar van Geel	47 +1,03 37.97	Matty van der Veen	44 +0,58 44.83
	Meke Oomens	70 +0,50 37.25	Phil Trethewie	65 +0,36 27.97

280+

1.	PSV 4	PSV	2:29.72	2:38.54 +0,98
	<i>Kampioenschaps Record</i>			
	Cor Sprengers	35 +0,98 35.73	Annie Smits	46 +0,42 43.78
	Rob van Gestel	35 +0,55 38.94	Lottie Geurts	35 +0,58 40.09
2.	ShaRK 1	ShaRK	3:00.00	2:59.39 +1,02
	Filip Timmermans	60 +1,02 37.67	Hugo Speelmans	27 +0,27 45.70
	Nicole Davidson	44 +0,53 51.18	Virginia Keteleer	25 +0,58 44.84