

3 - ONMK 2009 sessie 3

09.05.2009 - 13:30

Programmanr. 16  
09.05.2009 - 13:30

Heren, 800m vrije slag

Masters Open  
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT
<b>Masters 20+</b>					
1.	Erik Simons <i>Kampioenschaps Record</i>	WZK Zwemmen	8:44.24	8902845	9:01.43 +0,85
	50m: 29.31 29.31	250m: 2:43.69 34.07	450m: 5:00.98 34.50	650m: 7:19.84 34.65	
	100m: 1:02.29 32.98	300m: 3:17.97 34.28	500m: 5:35.53 34.55	700m: 7:54.41 34.57	
	150m: 1:35.69 33.40	350m: 3:52.12 34.15	550m: 6:10.13 34.60	750m: 8:28.75 34.34	
	200m: 2:09.62 33.93	400m: 4:26.48 34.36	600m: 6:45.19 35.06	800m: 9:01.43 32.68	
2.	Jan-Willem v.d. Graaff	Het Y	9:08.29	8901023	9:03.13 +0,79
	50m: 31.41 31.41	250m: 2:49.22 34.71	450m: 5:06.50 33.82	650m: 7:23.65 33.91	
	100m: 1:05.39 33.98	300m: 3:23.99 34.77	500m: 5:41.04 34.54	700m: 7:57.78 34.13	
	150m: 1:39.96 34.57	350m: 3:58.01 34.02	550m: 6:15.17 34.13	750m: 8:31.09 33.31	
	200m: 2:14.51 34.55	400m: 4:32.68 34.67	600m: 6:49.74 34.57	800m: 9:03.13 32.04	
3.	Raoul Engelenburg	De Dolfijn	9:13.10	8900843	9:15.70 +0,85
	50m: 31.83 31.83	250m: 2:52.89 35.30	450m: 5:15.11 35.46	650m: 7:34.84 34.17	
	100m: 1:06.60 34.77	300m: 3:28.70 35.81	500m: 5:50.85 35.74	700m: 8:08.87 34.03	
	150m: 1:41.94 35.34	350m: 4:04.03 35.33	550m: 6:25.75 34.90	750m: 8:42.44 33.57	
	200m: 2:17.59 35.65	400m: 4:39.65 35.62	600m: 7:00.67 34.92	800m: 9:15.70 33.26	
4.	Merijn Ellenkamp	DWK	9:17.80	8500691	9:32.58 +0,78
	50m: 31.83 31.83	250m: 2:54.76 35.59	450m: 5:16.63 35.19	650m: 7:41.27 36.94	
	100m: 1:07.56 35.73	300m: 3:30.05 35.29	500m: 5:52.22 35.59	700m: 8:18.42 37.15	
	150m: 1:43.28 35.72	350m: 4:05.77 35.72	550m: 6:27.90 35.68	750m: 8:55.89 37.47	
	200m: 2:19.17 35.89	400m: 4:41.44 35.67	600m: 7:04.33 36.43	800m: 9:32.58 36.69	
5.	Nicolas Degalan	CNBA	9:17.84	CNBA/777/89	9:53.83 +0,82
	50m: 31.36 31.36	250m: 2:52.06 35.24	450m: 5:17.38 39.50	650m: 7:57.24 38.31	
	100m: 1:05.53 34.17	300m: 3:27.17 35.11	500m: 5:58.20 40.82	700m: 8:36.56 39.32	
	150m: 1:40.93 35.40	350m: 4:02.08 34.91	550m: 6:37.90 39.70	750m: 9:15.62 39.06	
	200m: 2:16.82 35.89	400m: 4:37.88 35.80	600m: 7:18.93 41.03	800m: 9:53.83 38.21	
6.	Rodrigo Moctezuma	De Futen	10:29.13	8902179	10:40.09 +0,81
	50m: 32.49 32.49	250m: 3:07.14 40.97	450m: 5:53.65 43.00	650m: 8:39.90 41.77	
	100m: 1:08.40 35.91	300m: 3:47.83 40.69	500m: 6:35.66 42.01	700m: 9:21.09 41.19	
	150m: 1:46.59 38.19	350m: 4:28.13 40.30	550m: 7:16.75 41.09	750m: 10:01.62 40.53	
	200m: 2:26.17 39.58	400m: 5:10.65 42.52	600m: 7:58.13 41.38	800m: 10:40.09 38.47	
7.	Ferdy van Mastrigt	RSW (SG)	11:46.43	8802315	11:34.87 +0,96
	50m: 34.54 34.54	250m: 3:24.97 45.19	450m: 6:26.48 45.29	650m: 9:27.25 45.08	
	100m: 1:14.48 39.94	300m: 4:10.08 45.11	500m: 7:11.77 45.29	700m: 10:11.02 43.77	
	150m: 1:56.09 41.61	350m: 4:55.84 45.76	550m: 7:57.38 45.61	750m: 10:54.62 43.60	
	200m: 2:39.78 43.69	400m: 5:41.19 45.35	600m: 8:42.17 44.79	800m: 11:34.87 40.25	
<b>Masters 25+</b>					
1.	Erik Schröder <i>Nederlands Masters Record</i>	TriVia	8:42.72	8402025	8:41.99 +0,99
	50m: 29.11 29.11	250m: 2:40.21 33.12	450m: 4:53.95 33.34	650m: 7:06.75 33.08	
	100m: 1:01.26 32.15	300m: 3:13.51 33.30	500m: 5:27.47 33.52	700m: 7:39.89 33.14	
	150m: 1:33.91 32.65	350m: 3:46.98 33.47	550m: 6:00.71 33.24	750m: 8:11.92 32.03	
	200m: 2:07.09 33.18	400m: 4:20.61 33.63	600m: 6:33.67 32.96	800m: 8:41.99 30.07	
2.	Alexander Hulleman	De Zijl/LGB	9:11.48	8300989	9:14.31 +0,92
	50m: 31.09 31.09	250m: 2:48.53 34.87	450m: 5:09.60 35.14	650m: 7:29.77 34.83	
	100m: 1:04.52 33.43	300m: 3:24.05 35.52	500m: 5:44.61 35.01	700m: 8:04.96 35.19	
	150m: 1:38.79 34.27	350m: 3:59.10 35.05	550m: 6:19.59 34.98	750m: 8:39.89 34.93	
	200m: 2:13.66 34.87	400m: 4:34.46 35.36	600m: 6:54.94 35.35	800m: 9:14.31 34.42	
3.	Rob van Vliet	WZK Zwemmen	8:54.28	8402459	9:20.55 +0,91
	50m: 30.66 30.66	250m: 2:49.90 35.22	450m: 5:12.64 36.15	650m: 7:35.04 35.47	
	100m: 1:04.95 34.29	300m: 3:25.36 35.46	500m: 5:48.40 35.76	700m: 8:10.81 35.77	
	150m: 1:39.76 34.81	350m: 4:00.98 35.62	550m: 6:24.14 35.74	750m: 8:45.98 35.17	
	200m: 2:14.68 34.92	400m: 4:36.49 35.51	600m: 6:59.57 35.43	800m: 9:20.55 34.57	
4.	Gergely Molnar	Sprint Fortuna SC	9:02.50	80molnar	9:32.36 +0,84
	50m: 30.29 30.29	250m: 2:51.71 36.24	450m: 5:17.32 36.70	650m: 7:43.68 36.65	
	100m: 1:04.50 34.21	300m: 3:28.10 36.39	500m: 5:54.01 36.69	700m: 8:20.17 36.49	
	150m: 1:39.95 35.45	350m: 4:04.48 36.38	550m: 6:30.46 36.45	750m: 8:56.81 36.64	
	200m: 2:15.47 35.52	400m: 4:40.62 36.14	600m: 7:07.03 36.57	800m: 9:32.36 35.55	

Programmanr. 16, Heren, 800m vrije slag, Masters 25+

rang	naam	vereniging	inschrijftijd	tijd	RT			
5.	Sylvain Faticoni	CHTHN	9:34.03	CHTHN/066/83	9:36.01 +0,72			
	50m: 31.69	31.69	250m: 2:52.97	35.67	450m: 5:19.81	36.82	650m: 7:48.35	37.05
	100m: 1:06.22	34.53	300m: 3:29.47	36.50	500m: 5:57.13	37.32	700m: 8:25.35	37.00
	150m: 1:41.52	35.30	350m: 4:05.93	36.46	550m: 6:33.78	36.65	750m: 9:01.71	36.36
	200m: 2:17.30	35.78	400m: 4:42.99	37.06	600m: 7:11.30	37.52	800m: 9:36.01	34.30
6.	Jeroen Vogelsang	Het Y	9:47.32	8001645	9:57.97 +1,17			
	50m: 31.21	31.21	250m: 2:55.96	37.15	450m: 5:27.67	37.97	650m: 8:03.63	39.12
	100m: 1:05.87	34.66	300m: 3:33.22	37.26	500m: 6:06.24	38.57	700m: 8:42.84	39.21
	150m: 1:42.19	36.32	350m: 4:11.28	38.06	550m: 6:45.69	39.45	750m: 9:21.50	38.66
	200m: 2:18.81	36.62	400m: 4:49.70	38.42	600m: 7:24.51	38.82	800m: 9:57.97	36.47
7.	Sebastian Hoppe	SV Blau-Weiss Bochum	10:32.99	260235	10:28.37 +0,82			
	50m: 34.67	34.67	250m: 3:09.31	39.55	450m: 5:50.48	40.17	650m: 8:31.29	39.45
	100m: 1:12.25	37.58	300m: 3:49.71	40.40	500m: 6:31.47	40.99	700m: 9:11.26	39.97
	150m: 1:50.12	37.87	350m: 4:29.83	40.12	550m: 7:11.69	40.22	750m: 9:49.62	38.36
	200m: 2:29.76	39.64	400m: 5:10.31	40.48	600m: 7:51.84	40.15	800m: 10:28.37	38.75
8.	Victor den Heijer	Wave	9:41.94	8300867	10:40.89 +0,78			
	50m: 32.35	32.35	250m: 3:06.76	40.07	450m: 5:51.37	41.71	650m: 8:39.27	42.15
	100m: 1:09.73	37.38	300m: 3:46.67	39.91	500m: 6:32.78	41.41	700m: 9:20.03	40.76
	150m: 1:47.67	37.94	350m: 4:27.96	41.29	550m: 7:15.39	42.61	750m: 10:01.94	41.91
	200m: 2:26.69	39.02	400m: 5:09.66	41.70	600m: 7:57.12	41.73	800m: 10:40.89	38.95
9.	Remco van Althuis	SBC2000	11:38.76	8300029	10:54.89 +0,83			
	50m: 31.07	31.07	250m: 3:07.28	41.54	450m: 5:58.67	42.87	650m: 8:50.37	42.15
	100m: 1:06.73	35.66	300m: 3:49.93	42.65	500m: 6:41.19	42.52	700m: 9:33.77	43.40
	150m: 1:45.28	38.55	350m: 4:32.60	42.67	550m: 7:24.89	43.70	750m: 10:15.59	41.82
	200m: 2:25.74	40.46	400m: 5:15.80	43.20	600m: 8:08.22	43.33	800m: 10:54.89	39.30
DIS	Rory Bob de Haan	Anker Team Groningen	9:15.86	8100609				
	<i>AF - Niet de aangegeven afstand gezwommen (geen tijd noteren).</i>							
NG.ZA	Robin den Oudsten	PSV	12:44.18	8002153				
NG.ZA	Steve Clement	Swimming Luxembourg	12:38.37	203				
NG.ZA	Remco Veerkamp	Zuiderzeewimmers	13:25.50	8102311				

Masters 30+

1.	Martijn Butter	OEZA	9:58.28	7900231	9:43.32 +0,94			
	50m: 32.03	32.03	250m: 2:56.83	36.45	450m: 5:23.99	36.64	650m: 7:52.55	37.44
	100m: 1:07.52	35.49	300m: 3:33.92	37.09	500m: 6:01.06	37.07	700m: 8:30.19	37.64
	150m: 1:43.61	36.09	350m: 4:10.44	36.52	550m: 6:37.85	36.79	750m: 9:06.73	36.54
	200m: 2:20.38	36.77	400m: 4:47.35	36.91	600m: 7:15.11	37.26	800m: 9:43.32	36.59
2.	Ivo Roozeboom	DES	9:47.46	7700801	9:46.63 +0,90			
	50m: 31.18	31.18	250m: 2:58.59	36.96	450m: 5:28.12	37.46	650m: 7:57.13	37.00
	100m: 1:07.53	36.35	300m: 3:36.09	37.50	500m: 6:05.63	37.51	700m: 8:34.81	37.68
	150m: 1:44.27	36.74	350m: 4:12.98	36.89	550m: 6:42.69	37.06	750m: 9:11.75	36.94
	200m: 2:21.63	37.36	400m: 4:50.66	37.68	600m: 7:20.13	37.44	800m: 9:46.63	34.88
3.	Freddie Geerlings	NIMO	10:18.20	7900379	9:56.02 +0,99			
	50m: 32.81	32.81	250m: 2:58.53	36.82	450m: 5:29.75	37.94	650m: 8:03.51	38.77
	100m: 1:08.76	35.95	300m: 3:36.12	37.59	500m: 6:08.12	38.37	700m: 8:41.71	38.20
	150m: 1:44.58	35.82	350m: 4:13.95	37.83	550m: 6:46.07	37.95	750m: 9:19.70	37.99
	200m: 2:21.71	37.13	400m: 4:51.81	37.86	600m: 7:24.74	38.67	800m: 9:56.02	36.32
4.	Koen de Haan	PSV	10:30.00	7801671	10:21.90 +0,92			
	50m: 33.51	33.51	250m: 3:08.28	39.36	450m: 5:46.82	40.10	650m: 8:25.71	39.07
	100m: 1:10.96	37.45	300m: 3:47.72	39.44	500m: 6:26.93	40.11	700m: 9:05.26	39.55
	150m: 1:49.69	38.73	350m: 4:27.53	39.81	550m: 7:06.95	40.02	750m: 9:44.72	39.46
	200m: 2:28.92	39.23	400m: 5:06.72	39.19	600m: 7:46.64	39.69	800m: 10:21.90	37.18
5.	Geoffrey van der Maat	PSV	14:56.73	7801673	15:14.52 +1,04			
	50m: 45.71	45.71	250m: 4:30.52	58.57	450m: 8:28.94	59.94	650m: 12:29.12	59.84
	100m: 1:38.89	53.18	300m: 5:29.65	59.13	500m: 9:28.89	59.95	700m: 13:30.58	1:01.46
	150m: 2:34.40	55.51	350m: 6:28.97	59.32	550m: 10:28.86	59.97	750m: 14:27.15	56.57
	200m: 3:31.95	57.55	400m: 7:29.00	1:00.03	600m: 11:29.28	1:00.42	800m: 15:14.52	47.37

Masters 35+

1.	Robin Sprinkhuizen	De Zijl/LGB	9:35.51	7400767	9:35.85 +0,89			
	50m: 32.08	32.08	250m: 2:54.26	35.29	450m: 5:18.09	36.44	650m: 7:46.18	37.53
	100m: 1:08.04	35.96	300m: 3:30.10	35.84	500m: 5:54.37	36.28	700m: 8:24.06	37.88
	150m: 1:43.59	35.55	350m: 4:05.71	35.61	550m: 6:31.33	36.96	750m: 9:01.03	36.97
	200m: 2:18.97	35.38	400m: 4:41.65	35.94	600m: 7:08.65	37.32	800m: 9:35.85	34.82
2.	Jerry Grondel	PLONS	10:29.19	7201223	10:41.62 +0,79			
	50m: 34.32	34.32	250m: 3:09.64	39.93	450m: 5:52.23	40.51	650m: 8:38.71	41.80
	100m: 1:11.35	37.03	300m: 3:50.17	40.53	500m: 6:33.71	41.48	700m: 9:21.12	42.41
	150m: 1:50.34	38.99	350m: 4:30.70	40.53	550m: 7:15.06	41.35	750m: 10:01.99	40.87
	200m: 2:29.71	39.37	400m: 5:11.72	41.02	600m: 7:56.91	41.85	800m: 10:41.62	39.63

Programmanr. 16, Heren, 800m vrije slag, Masters 35+

rang	naam	vereniging	inschrijftijd	tijd	RT			
3.	Casper de Zeeuw	WS Twente	10:39.14	7001137	11:06.08 +0,79			
	50m: 37.68	37.68	250m: 3:25.92	42.40	450m: 6:14.86	42.60	650m: 9:03.94	41.76
	100m: 1:19.22	41.54	300m: 4:08.11	42.19	500m: 6:57.69	42.83	700m: 9:45.55	41.61
	150m: 2:01.65	42.43	350m: 4:50.22	42.11	550m: 7:40.23	42.54	750m: 10:26.82	41.27
	200m: 2:43.52	41.87	400m: 5:32.26	42.04	600m: 8:22.18	41.95	800m: 11:06.08	39.26
4.	Tiemen Stegenga	HZ&PC Heerenveen	11:43.64	7101379	11:41.27 +0,88			
	50m: 35.81	35.81	250m: 3:29.19	44.95	450m: 6:31.13	45.39	650m: 9:31.70	45.10
	100m: 1:16.97	41.16	300m: 4:14.61	45.42	500m: 7:16.56	45.43	700m: 10:16.86	45.16
	150m: 2:00.17	43.20	350m: 5:00.11	45.50	550m: 8:01.81	45.25	750m: 11:00.82	43.96
	200m: 2:44.24	44.07	400m: 5:45.74	45.63	600m: 8:46.60	44.79	800m: 11:41.27	40.45
5.	Jeroen Haan	Swol 1894	12:15.42	7101405	12:20.79 +0,95			
	50m: 38.19	38.19	250m: 3:38.65	46.89	450m: 6:47.23	47.40	650m: 9:59.83	48.27
	100m: 1:21.59	43.40	300m: 4:25.38	46.73	500m: 7:34.82	47.59	700m: 10:47.67	47.84
	150m: 2:06.08	44.49	350m: 5:12.67	47.29	550m: 8:23.10	48.28	750m: 11:35.28	47.61
	200m: 2:51.76	45.68	400m: 5:59.83	47.16	600m: 9:11.56	48.46	800m: 12:20.79	45.51
6.	Arnold Jonker	HZ&PC Heerenveen	13:55.91	7000529	13:43.45 +0,87			
	50m: 45.42	45.42	250m: 4:11.53	52.31	450m: 7:39.50	51.82	650m: 11:08.01	52.56
	100m: 1:35.79	50.37	300m: 5:03.48	51.95	500m: 8:31.54	52.04	700m: 12:00.99	52.98
	150m: 2:27.34	51.55	350m: 5:55.26	51.78	550m: 9:23.48	51.94	750m: 12:52.61	51.62
	200m: 3:19.22	51.88	400m: 6:47.68	52.42	600m: 10:15.45	51.97	800m: 13:43.45	50.84
AFGEM	Roy Danckaerts	De Fuit	10:14.92	7000231				
<b>Masters 40+</b>								
1.	Joost Kuijlaars	MNC Dordrecht	9:23.75	6600439	9:24.08 +0,85			
	<i>Nederlands Masters Record</i>							
	50m: 32.41	32.41	250m: 2:52.90	34.82	450m: 5:14.51	35.80	650m: 7:38.74	36.08
	100m: 1:07.82	35.41	300m: 3:28.06	35.16	500m: 5:50.66	36.15	700m: 8:14.47	35.73
	150m: 1:43.03	35.21	350m: 4:03.35	35.29	550m: 6:26.67	36.01	750m: 8:49.87	35.40
	200m: 2:18.08	35.05	400m: 4:38.71	35.36	600m: 7:02.66	35.99	800m: 9:24.08	34.21
2.	Norbert Nagy	Sprint Fortuna SC	9:48.90	69nagy	9:52.51 +0,77			
	50m: 33.00	33.00	250m: 3:00.64	38.15	450m: 5:32.79	37.82	650m: 8:04.38	37.84
	100m: 1:08.98	35.98	300m: 3:38.35	37.71	500m: 6:11.40	38.61	700m: 8:42.38	38.00
	150m: 1:45.11	36.13	350m: 4:16.71	38.36	550m: 6:48.44	37.04	750m: 9:17.89	35.51
	200m: 2:22.49	37.38	400m: 4:54.97	38.26	600m: 7:26.54	38.10	800m: 9:52.51	34.62
3.	Jo-an Mudde	Zeester-Meerval	9:51.67	6701457	9:55.16 +0,91			
	50m: 33.28	33.28	250m: 3:01.02	37.29	450m: 5:33.04	37.89	650m: 8:04.30	37.80
	100m: 1:09.64	36.36	300m: 3:38.94	37.92	500m: 6:11.37	38.33	700m: 8:42.03	37.73
	150m: 1:46.63	36.99	350m: 4:16.89	37.95	550m: 6:49.13	37.76	750m: 9:19.01	36.98
	200m: 2:23.73	37.10	400m: 4:55.15	38.26	600m: 7:26.50	37.37	800m: 9:55.16	36.15
4.	Frederic Andres	Florange Olympique Club	10:37.92	103316	10:06.86 +0,84			
	50m: 35.27	35.27	250m: 3:10.10	38.70	450m: 5:42.56	37.39	650m: 8:14.98	38.54
	100m: 1:13.89	38.62	300m: 3:48.64	38.54	500m: 6:20.32	37.76	700m: 8:52.76	37.78
	150m: 1:52.63	38.74	350m: 4:27.33	38.69	550m: 6:58.19	37.87	750m: 9:30.85	38.09
	200m: 2:31.40	38.77	400m: 5:05.17	37.84	600m: 7:36.44	38.25	800m: 10:06.86	36.01
5.	Frans Oldersma	TriVia	11:22.67	6600565	11:21.40 +0,98			
	50m: 36.75	36.75	250m: 3:24.86	43.19	450m: 6:21.30	43.79	650m: 9:16.25	42.68
	100m: 1:16.88	40.13	300m: 4:09.51	44.65	500m: 7:06.03	44.73	700m: 9:59.57	43.32
	150m: 1:58.31	41.43	350m: 4:53.63	44.12	550m: 7:49.28	43.25	750m: 10:41.30	41.73
	200m: 2:41.67	43.36	400m: 5:37.51	43.88	600m: 8:33.57	44.29	800m: 11:21.40	40.10
6.	Pieter-Sjoerd de Wijn	Aqua-Novio '94	12:07.10	6501027	11:37.24 +0,87			
	50m: 36.78	36.78	250m: 3:27.87	44.77	450m: 6:28.45	45.05	650m: 9:28.95	45.52
	100m: 1:17.90	41.12	300m: 4:12.98	45.11	500m: 7:14.21	45.76	700m: 10:12.69	43.74
	150m: 2:00.11	42.21	350m: 4:57.80	44.82	550m: 7:58.57	44.36	750m: 10:56.91	44.22
	200m: 2:43.10	42.99	400m: 5:43.40	45.60	600m: 8:43.43	44.86	800m: 11:37.24	40.33
7.	Hayo v.d. Werf	Het Y	12:08.45	6701085	12:20.70 +0,81			
	50m: 42.32	42.32	250m: 3:46.90	46.34	450m: 6:54.87	46.82	650m: 10:02.44	46.18
	100m: 1:27.57	45.25	300m: 4:34.11	47.21	500m: 7:42.15	47.28	700m: 10:49.38	46.94
	150m: 2:13.99	46.42	350m: 5:20.63	46.52	550m: 8:28.86	46.71	750m: 11:35.53	46.15
	200m: 3:00.56	46.57	400m: 6:08.05	47.42	600m: 9:16.26	47.40	800m: 12:20.70	45.17
8.	Taco Eikelenboom	De Futen	12:18.94	6900275	12:30.83 +1,04			
	50m: 37.85	37.85	250m: 3:42.53	47.11	450m: 6:54.58	48.53	650m: 10:08.81	48.55
	100m: 1:23.10	45.25	300m: 4:30.01	47.48	500m: 7:43.34	48.76	700m: 10:57.32	48.51
	150m: 2:09.30	46.20	350m: 5:17.91	47.90	550m: 8:31.86	48.52	750m: 11:45.13	47.81
	200m: 2:55.42	46.12	400m: 6:06.05	48.14	600m: 9:20.26	48.40	800m: 12:30.83	45.70
9.	Henk van Zetten	Octopus	13:15.76	6701261	13:31.60 +0,94			
	50m: 42.32	42.32	250m: 4:05.95	50.97	450m: 7:32.82	52.43	650m: 11:00.52	53.46
	100m: 1:31.36	49.04	300m: 4:58.11	52.16	500m: 8:23.39	50.57	700m: 11:53.02	52.50
	150m: 2:22.21	50.85	350m: 5:49.61	51.50	550m: 9:15.71	52.32	750m: 12:43.72	50.70
	200m: 3:14.98	52.77	400m: 6:40.39	50.78	600m: 10:07.06	51.35	800m: 13:31.60	47.88

Programmanr. 16, Heren, 800m vrije slag, Masters 40+

rang	naam	vereniging	inschrijftijd	tijd	RT			
10.	Aegidius Kap	PLONS	14:00.86	6801233	14:27.64 +0,99			
	50m: 43.03	43.03	250m: 4:17.42	55.46	450m: 8:06.78	56.17	650m: 11:52.17	54.99
	100m: 1:32.72	49.69	300m: 5:14.73	57.31	500m: 9:05.24	58.46	700m: 12:47.24	55.07
	150m: 2:25.89	53.17	350m: 6:11.75	57.02	550m: 10:01.01	55.77	750m: 13:38.94	51.70
	200m: 3:21.96	56.07	400m: 7:10.61	58.86	600m: 10:57.18	56.17	800m: 14:27.64	48.70
NG.ZA	Erik van Dartel	PSV	9:49.37	6700185				

Masters 45+

1.	Frank Gomoll	SG Gladbeck	9:45.70	112232	9:55.42 +0,85			
	<i>Kampioenschaps Record</i>							
	50m: 33.66	33.66	250m: 3:00.94	36.95	450m: 5:30.77	37.48	650m: 8:03.50	38.23
	100m: 1:10.60	36.94	300m: 3:38.09	37.15	500m: 6:08.82	38.05	700m: 8:41.40	37.90
	150m: 1:47.32	36.72	350m: 4:15.43	37.34	550m: 6:47.04	38.22	750m: 9:19.49	38.09
	200m: 2:23.99	36.67	400m: 4:53.29	37.86	600m: 7:25.27	38.23	800m: 9:55.42	35.93
2.	Arnold de Rover	De Futen	10:50.99	6400645	10:30.87 +0,88			
	50m: 34.03	34.03	250m: 3:11.17	39.56	450m: 5:49.91	39.87	650m: 8:30.76	40.43
	100m: 1:12.88	38.85	300m: 3:50.73	39.56	500m: 6:29.86	39.95	700m: 9:10.79	40.03
	150m: 1:52.50	39.62	350m: 4:30.50	39.77	550m: 7:10.12	40.26	750m: 9:51.48	40.69
	200m: 2:31.61	39.11	400m: 5:10.04	39.54	600m: 7:50.33	40.21	800m: 10:30.87	39.39
3.	Olaf Chalmer-Rasmussen	Swimming Luxembourg	11:45.23	123	11:06.74 +0,94			
	50m: 35.88	35.88	250m: 3:17.05	41.15	450m: 6:06.80	42.80	650m: 8:57.98	43.12
	100m: 1:14.83	38.95	300m: 3:59.35	42.30	500m: 6:49.57	42.77	700m: 9:41.72	43.74
	150m: 1:54.59	39.76	350m: 4:41.19	41.84	550m: 7:31.77	42.20	750m: 10:24.43	42.71
	200m: 2:35.90	41.31	400m: 5:24.00	42.81	600m: 8:14.86	43.09	800m: 11:06.74	42.31
4.	Paul van der Voort	De Zwoer	10:51.24	6200715	11:13.65 +1,20			
	50m: 36.35	36.35	250m: 3:27.79	43.16	450m: 6:19.15	42.99	650m: 9:11.74	43.14
	100m: 1:18.20	41.85	300m: 4:11.03	43.24	500m: 7:02.07	42.92	700m: 9:53.85	42.11
	150m: 2:00.98	42.78	350m: 4:53.52	42.49	550m: 7:45.80	43.73	750m: 10:34.80	40.95
	200m: 2:44.63	43.65	400m: 5:36.16	42.64	600m: 8:28.60	42.80	800m: 11:13.65	38.85
5.	Joost de Kroon	AquAmigos	11:13.39	6400999	11:18.57 +1,07			
	50m: 38.37	38.37	250m: 3:30.38	43.32	450m: 6:22.04	43.26	650m: 9:16.78	43.89
	100m: 1:21.01	42.64	300m: 4:13.37	42.99	500m: 7:06.15	44.11	700m: 9:59.39	42.61
	150m: 2:03.72	42.71	350m: 4:55.77	42.40	550m: 7:49.20	43.05	750m: 10:40.63	41.24
	200m: 2:47.06	43.34	400m: 5:38.78	43.01	600m: 8:32.89	43.69	800m: 11:18.57	37.94
6.	Eric Henrard	AZV	11:19.49	AZV/017/60	11:27.30 +0,97			
	50m: 38.42	38.42	250m: 3:27.98	43.43	450m: 6:23.92	43.54	650m: 9:19.40	43.64
	100m: 1:19.44	41.02	300m: 4:12.59	44.61	500m: 7:07.94	44.02	700m: 10:02.75	43.35
	150m: 2:01.84	42.40	350m: 4:56.33	43.74	550m: 7:51.52	43.58	750m: 10:45.82	43.07
	200m: 2:44.55	42.71	400m: 5:40.38	44.05	600m: 8:35.76	44.24	800m: 11:27.30	41.48
7.	Jan Smalheer	SCOM	12:33.59	6400701	11:52.55 +1,16			
	50m: 36.29	36.29	250m: 3:30.23	44.07	450m: 6:35.05	46.23	650m: 9:39.45	45.04
	100m: 1:17.69	41.40	300m: 4:16.24	46.01	500m: 7:22.29	47.24	700m: 10:25.11	45.66
	150m: 2:01.33	43.64	350m: 5:01.52	45.28	550m: 8:07.90	45.61	750m: 11:08.74	43.63
	200m: 2:46.16	44.83	400m: 5:48.82	47.30	600m: 8:54.41	46.51	800m: 11:52.55	43.81
8.	Peter Marc de Rooij	Zwemlust/Utrecht (SG)	10:55.37	6100829	11:52.61 +0,92			
	50m: 38.01	38.01	250m: 3:33.46	44.58	450m: 6:36.16	46.12	650m: 9:38.99	45.35
	100m: 1:21.04	43.03	300m: 4:18.65	45.19	500m: 7:22.38	46.22	700m: 10:25.07	46.08
	150m: 2:04.32	43.28	350m: 5:04.16	45.51	550m: 8:07.75	45.37	750m: 11:09.95	44.88
	200m: 2:48.88	44.56	400m: 5:50.04	45.88	600m: 8:53.64	45.89	800m: 11:52.61	42.66
9.	Bart van Calker	WS Twente	12:27.81	6100067	11:57.55 +1,06			
	50m: 40.30	40.30	250m: 3:42.65	46.52	450m: 6:44.32	45.34	650m: 9:45.42	45.50
	100m: 1:23.55	43.25	300m: 4:28.25	45.60	500m: 7:29.10	44.78	700m: 10:30.78	45.36
	150m: 2:09.58	46.03	350m: 5:14.56	46.31	550m: 8:14.74	45.64	750m: 11:16.71	45.93
	200m: 2:56.13	46.55	400m: 5:58.98	44.42	600m: 8:59.92	45.18	800m: 11:57.55	40.84
10.	Henk Gierveld	Nat Utrecht	13:01.70	6000869	12:40.22 +1,12			
	50m: 39.41	39.41	250m: 3:44.96	48.66	450m: 6:59.54	49.19	650m: 10:16.72	49.20
	100m: 1:23.20	43.79	300m: 4:33.43	48.47	500m: 7:49.59	50.05	700m: 11:06.53	49.81
	150m: 2:08.76	45.56	350m: 5:21.60	48.17	550m: 8:38.24	48.65	750m: 11:56.55	50.02
	200m: 2:56.30	47.54	400m: 6:10.35	48.75	600m: 9:27.52	49.28	800m: 12:40.22	43.67
11.	Jan Willem Heuten	WS Twente	12:46.51	6000883	12:48.71 +1,26			
	50m: 41.17	41.17	250m: 3:54.74	49.23	450m: 7:12.17	49.24	650m: 10:28.11	48.23
	100m: 1:27.41	46.24	300m: 4:44.48	49.74	500m: 8:01.49	49.32	700m: 11:16.44	48.33
	150m: 2:15.97	48.56	350m: 5:33.75	49.27	550m: 8:50.81	49.32	750m: 12:04.36	47.92
	200m: 3:05.51	49.54	400m: 6:22.93	49.18	600m: 9:39.88	49.07	800m: 12:48.71	44.35
12.	Michael van Vliet	Zwemvereniging Hoorn	13:54.12	6201073	13:39.60 +1,06			
	50m: 44.53	44.53	250m: 4:10.33	52.17	450m: 7:41.30	52.50	650m: 11:09.30	51.67
	100m: 1:34.25	49.72	300m: 5:03.05	52.72	500m: 8:33.75	52.45	700m: 12:00.28	50.98
	150m: 2:26.25	52.00	350m: 5:55.95	52.90	550m: 9:25.63	51.88	750m: 12:51.09	50.81
	200m: 3:18.16	51.91	400m: 6:48.80	52.85	600m: 10:17.63	52.00	800m: 13:39.60	48.51

Programmanr. 16, Heren, 800m vrije slag, Masters 45+

rang	naam	vereniging	inschrijftijd	tijd	RT			
13.	Filip Timmermans	ShaRK	14:14.11	ShaRK/163/60	13:40.71 +1,05			
	50m: 42.15	42.15	250m: 4:02.23	51.48	450m: 7:34.04	53.03	650m: 11:05.25	53.10
	100m: 1:29.51	47.36	300m: 4:55.09	52.86	500m: 8:27.20	53.16	700m: 11:58.20	52.95
	150m: 2:19.28	49.77	350m: 5:48.28	53.19	550m: 9:19.55	52.35	750m: 12:50.67	52.47
	200m: 3:10.75	51.47	400m: 6:41.01	52.73	600m: 10:12.15	52.60	800m: 13:40.71	50.04
14.	Johan van de Ven	PSV	14:16.21	6400903	13:51.50 +0,93			
	50m: 46.22	46.22	250m: 4:13.06	52.29	450m: 7:42.67	52.23	650m: 11:14.37	52.61
	100m: 1:36.79	50.57	300m: 5:05.83	52.77	500m: 8:35.41	52.74	700m: 12:08.69	54.32
	150m: 2:28.27	51.48	350m: 5:57.97	52.14	550m: 9:27.98	52.57	750m: 13:00.88	52.19
	200m: 3:20.77	52.50	400m: 6:50.44	52.47	600m: 10:21.76	53.78	800m: 13:51.50	50.62
15.	Louis Matthijse	PSV	14:32.11	6100787	14:11.27 +1,10			
	50m: 44.76	44.76	250m: 4:15.75	53.32	450m: 7:52.33	55.18	650m: 11:31.04	55.12
	100m: 1:36.18	51.42	300m: 5:08.97	53.22	500m: 8:46.56	54.23	700m: 12:25.20	54.16
	150m: 2:29.69	53.51	350m: 6:03.37	54.40	550m: 9:41.73	55.17	750m: 13:20.30	55.10
	200m: 3:22.43	52.74	400m: 6:57.15	53.78	600m: 10:35.92	54.19	800m: 14:11.27	50.97
DIS	Wilko Versleeuwen	PSV	13:34.47	6301189				
	<i>AA - Te vroeg weg of bewogen bij start.</i>							
NG.ZA	Salvo Andronico	Swimming Luxembourg	10:41.73	113				

Masters 50+

1.	Richard Broer	PLONS	10:54.12	5900077	10:20.82 +1,06			
	50m: 33.68	33.68	250m: 3:09.03	38.86	450m: 5:45.82	39.24	650m: 8:24.09	39.83
	100m: 1:11.12	37.44	300m: 3:47.85	38.82	500m: 6:25.26	39.44	700m: 9:03.67	39.58
	150m: 1:50.31	39.19	350m: 4:27.26	39.41	550m: 7:05.07	39.81	750m: 9:43.28	39.61
	200m: 2:30.17	39.86	400m: 5:06.58	39.32	600m: 7:44.26	39.19	800m: 10:20.82	37.54
2.	Henk Slomp	De Pinquin	11:13.86	5500359	11:20.98 +1,06			
	50m: 34.81	34.81	250m: 3:24.09	43.48	450m: 6:19.98	44.46	650m: 9:16.38	43.83
	100m: 1:14.65	39.84	300m: 4:08.11	44.02	500m: 7:04.26	44.28	700m: 10:00.63	44.25
	150m: 1:57.10	42.45	350m: 4:51.57	43.46	550m: 7:48.49	44.23	750m: 10:42.53	41.90
	200m: 2:40.61	43.51	400m: 5:35.52	43.95	600m: 8:32.55	44.06	800m: 11:20.98	38.45
3.	Hans Groot helm	DBD	11:28.64	5800151	11:24.56 +0,97			
	50m: 38.16	38.16	250m: 3:28.06	43.71	450m: 6:22.73	43.44	650m: 9:18.22	43.46
	100m: 1:20.08	41.92	300m: 4:11.82	43.76	500m: 7:06.56	43.83	700m: 10:01.92	43.70
	150m: 2:01.92	41.84	350m: 4:55.47	43.65	550m: 7:50.52	43.96	750m: 10:45.21	43.29
	200m: 2:44.35	42.43	400m: 5:39.29	43.82	600m: 8:34.76	44.24	800m: 11:24.56	39.35
4.	Paul Bunnik	Triton	11:58.97	5600413	12:30.25 +1,12			
	50m: 36.83	36.83	250m: 3:41.53	47.76	450m: 6:54.98	48.34	650m: 10:09.94	47.94
	100m: 1:20.43	43.60	300m: 4:29.57	48.04	500m: 7:44.40	49.42	700m: 10:59.67	49.73
	150m: 2:07.21	46.78	350m: 5:17.61	48.04	550m: 8:32.45	48.05	750m: 11:46.65	46.98
	200m: 2:53.77	46.56	400m: 6:06.64	49.03	600m: 9:22.00	49.55	800m: 12:30.25	43.60
5.	Peter Verberne	ACZ	12:24.07	5900719	12:52.06 +1,22			
	50m: 40.30	40.30	250m: 3:50.66	49.34	450m: 7:09.97	49.62	650m: 10:27.68	48.95
	100m: 1:25.45	45.15	300m: 4:40.63	49.97	500m: 7:59.96	49.99	700m: 11:16.62	48.94
	150m: 2:12.98	47.53	350m: 5:30.74	50.11	550m: 8:49.09	49.13	750m: 12:05.22	48.60
	200m: 3:01.32	48.34	400m: 6:20.35	49.61	600m: 9:38.73	49.64	800m: 12:52.06	46.84
6.	Rene Groot	ZV De Bron	14:31.57	5900617	14:45.71 +1,10			
	50m: 43.70	43.70	250m: 4:22.41	55.25	450m: 8:10.54	57.77	650m: 11:58.20	56.72
	100m: 1:36.29	52.59	300m: 5:18.28	55.87	500m: 9:07.11	56.57	700m: 12:55.36	57.16
	150m: 2:31.81	55.52	350m: 6:16.44	58.16	550m: 10:04.31	57.20	750m: 13:51.95	56.59
	200m: 3:27.16	55.35	400m: 7:12.77	56.33	600m: 11:01.48	57.17	800m: 14:45.71	53.76

Masters 55+

1.	Hugo Staudt	WS Twente	12:45.13	5300253	12:13.68 +0,87			
	50m: 40.83	40.83	250m: 3:48.16	47.44	450m: 6:54.40	47.12	650m: 9:58.77	46.42
	100m: 1:26.82	45.99	300m: 4:34.44	46.28	500m: 7:40.73	46.33	700m: 10:44.84	46.07
	150m: 2:13.81	46.99	350m: 5:20.87	46.43	550m: 8:27.11	46.38	750m: 11:30.73	45.89
	200m: 3:00.72	46.91	400m: 6:07.28	46.41	600m: 9:12.35	45.24	800m: 12:13.68	42.95
2.	Mart van Lierop	DZT '62	12:10.99	5200121	12:31.47 +1,13			
	50m: 41.35	41.35	250m: 3:51.03	48.20	450m: 7:04.25	48.24	650m: 10:13.95	47.27
	100m: 1:27.67	46.32	300m: 4:39.26	48.23	500m: 7:51.83	47.58	700m: 11:00.81	46.86
	150m: 2:14.57	46.90	350m: 5:27.38	48.12	550m: 8:39.75	47.92	750m: 11:47.31	46.50
	200m: 3:02.83	48.26	400m: 6:16.01	48.63	600m: 9:26.68	46.93	800m: 12:31.47	44.16

Masters 60+

1.	Donald Uijtenbogaart	Het Y	10:38.93	4700107	10:29.08 +0,91			
	50m: 36.69	36.69	250m: 3:14.43	39.37	450m: 5:53.77	39.05	650m: 8:32.44	39.45
	100m: 1:15.71	39.02	300m: 3:54.81	40.38	500m: 6:33.70	39.93	700m: 9:12.48	40.04
	150m: 1:55.11	39.40	350m: 4:34.39	39.58	550m: 7:13.06	39.36	750m: 9:51.64	39.16
	200m: 2:35.06	39.95	400m: 5:14.72	40.33	600m: 7:52.99	39.93	800m: 10:29.08	37.44

Programmanr. 16, Heren, 800m vrije slag, Masters 60+

rang	naam	vereniging	inschrijftijd	tijd	RT			
2.	Ludwig Lorenz	SG Gladbeck	12:41.23	127866	12:16.13 +0,97			
	50m: 42.79	42.79	250m: 3:51.97	46.38	450m: 6:59.37	46.50	650m: 10:04.74	46.10
	100m: 1:30.54	47.75	300m: 4:39.04	47.07	500m: 7:45.84	46.47	700m: 10:50.94	46.20
	150m: 2:17.79	47.25	350m: 5:25.90	46.86	550m: 8:32.11	46.27	750m: 11:35.71	44.77
	200m: 3:05.59	47.80	400m: 6:12.87	46.97	600m: 9:18.64	46.53	800m: 12:16.13	40.42
3.	Han Roos	ZV De Bron	13:47.42	4500081	13:25.89 +1,13			
	50m: 42.55	42.55	250m: 4:07.10	51.20	450m: 7:31.85	49.76	650m: 10:55.79	49.92
	100m: 1:32.54	49.99	300m: 4:59.82	52.72	500m: 8:23.49	51.64	700m: 11:47.36	51.57
	150m: 2:23.15	50.61	350m: 5:50.17	50.35	550m: 9:13.70	50.21	750m: 12:36.57	49.21
	200m: 3:15.90	52.75	400m: 6:42.09	51.92	600m: 10:05.87	52.17	800m: 13:25.89	49.32
4.	Mar van Geel	Old Dutch	14:38.87	4700135	15:15.71 +1,06			
	50m: 44.73	44.73	250m: 4:33.76	59.50	450m: 8:31.29	59.55	650m: 12:30.37	59.63
	100m: 1:38.26	53.53	300m: 5:31.79	58.03	500m: 9:30.83	59.54	700m: 13:30.59	1:00.22
	150m: 2:36.99	58.73	350m: 6:32.25	1:00.46	550m: 10:31.29	1:00.46	750m: 14:28.13	57.54
	200m: 3:34.26	57.27	400m: 7:31.74	59.49	600m: 11:30.74	59.45	800m: 15:15.71	47.58

Masters 65+

1.	Rob Hanou	PSV	12:11.71	4300109	12:49.30 +1,10			
	50m: 40.46	40.46	250m: 3:53.85	48.75	450m: 7:10.84	49.01	650m: 10:28.47	48.94
	100m: 1:27.48	47.02	300m: 4:43.83	49.98	500m: 8:00.72	49.88	700m: 11:17.64	49.17
	150m: 2:15.83	48.35	350m: 5:31.96	48.13	550m: 8:50.38	49.66	750m: 12:04.56	46.92
	200m: 3:05.10	49.27	400m: 6:21.83	49.87	600m: 9:39.53	49.15	800m: 12:49.30	44.74
2.	Frans van Enst	De Veene	13:26.98	4000011	13:16.52 +1,05			
	50m: 42.52	42.52	250m: 4:06.65	51.55	450m: 7:30.17	50.26	650m: 10:52.96	50.60
	100m: 1:32.06	49.54	300m: 4:58.21	51.56	500m: 8:21.31	51.14	700m: 11:42.53	49.57
	150m: 2:23.43	51.37	350m: 5:49.17	50.96	550m: 9:12.06	50.75	750m: 12:31.69	49.16
	200m: 3:15.10	51.67	400m: 6:39.91	50.74	600m: 10:02.36	50.30	800m: 13:16.52	44.83
3.	Manfred Bottin	SV Langenfeld 1912	13:23.46	057993	13:25.68 +1,20			
	50m: 43.68	43.68	250m: 4:07.99	51.36	450m: 7:31.21	50.76	650m: 10:53.60	51.10
	100m: 1:34.05	50.37	300m: 4:58.83	50.84	500m: 8:21.88	50.67	700m: 11:44.67	51.07
	150m: 2:25.43	51.38	350m: 5:50.38	51.55	550m: 9:11.97	50.09	750m: 12:35.15	50.48
	200m: 3:16.63	51.20	400m: 6:40.45	50.07	600m: 10:02.50	50.53	800m: 13:25.68	50.53
4.	Wim ter Laak	Katwijk	18:51.98	4000027	18:32.27 +1,16			
	50m: 59.83	59.83	250m: 5:54.03	1:12.33	450m: 10:38.55	1:08.35	650m: 15:15.96	1:09.21
	100m: 2:12.27	1:12.44	300m: 7:08.63	1:14.60	500m: 11:47.02	1:08.47	700m: 16:24.16	1:08.20
	150m: 3:26.51	1:14.24	350m: 8:19.52	1:10.89	550m: 12:55.69	1:08.67	750m: 17:29.53	1:05.37
	200m: 4:41.70	1:15.19	400m: 9:30.20	1:10.68	600m: 14:06.75	1:11.06	800m: 18:32.27	1:02.74

Masters 70+

1.	Nico Geers	Van Uden-De Gouwe	12:24.35	3800007	12:26.90 +1,01			
	<i>Kampioenschaps Record</i>							
	50m: 41.06	41.06	250m: 3:46.18	47.20	450m: 6:56.49	47.70	650m: 10:11.03	47.76
	100m: 1:26.59	45.53	300m: 4:33.57	47.39	500m: 7:45.82	49.33	700m: 10:59.07	48.04
	150m: 2:12.58	45.99	350m: 5:21.02	47.45	550m: 8:33.95	48.13	750m: 11:44.82	45.75
	200m: 2:58.98	46.40	400m: 6:08.79	47.77	600m: 9:23.27	49.32	800m: 12:26.90	42.08
2.	Rudolf Degenaar	De Schelde	14:54.83	3900033	15:34.96 +1,35			
	50m: 48.95	48.95	250m: 4:48.54	59.52	450m: 8:48.33	58.77	650m: 12:44.00	59.57
	100m: 1:48.19	59.24	300m: 5:48.98	1:00.44	500m: 9:46.87	58.54	700m: 13:42.78	58.78
	150m: 2:49.85	1:01.66	350m: 6:49.28	1:00.30	550m: 10:45.28	58.41	750m: 14:40.54	57.76
	200m: 3:49.02	59.17	400m: 7:49.56	1:00.28	600m: 11:44.43	59.15	800m: 15:34.96	54.42

Masters 75+

1.	Georges Verhelst	RZV	15:44.92	RZV/160/31	16:15.67 +1,13			
	50m: 51.88	51.88	250m: 4:55.48	1:03.20	450m: 9:03.78	1:02.63	650m: 13:13.66	1:03.21
	100m: 1:50.40	58.52	300m: 5:56.91	1:01.43	500m: 10:05.90	1:02.12	700m: 14:14.83	1:01.17
	150m: 2:51.58	1:01.18	350m: 6:58.91	1:02.00	550m: 11:08.97	1:03.07	750m: 15:17.53	1:02.70
	200m: 3:52.28	1:00.70	400m: 8:01.15	1:02.24	600m: 12:10.45	1:01.48	800m: 16:15.67	58.14

Programmanr. 17  
09.05.2009 - 15:17

Dames, 200m vrije slag

Masters Open  
Resultaten

rang naam	vereniging	inschrijftijd	tijd	RT	50m	100m	150m	200m
<b>Masters 20+</b>								
1. Femke Hendriks	DZT '62	2:16.38 8801698	<b>2:15.20</b>	+0,82	30.15	1:03.82	1:39.75	2:15.20
2. Linda Schellekens	BZV	2:19.64 8803854	<b>2:20.37</b>	+0,90	32.53	1:08.54	1:45.38	2:20.37
3. Larissa Brak	De Zijl/LGB	2:17.73 8800572	<b>2:22.98</b>	+0,86	33.01	1:09.89	1:46.73	2:22.98
4. Nathalie Groenevelt	DWK	2:25.02 8604920	<b>2:27.11</b>	+0,81	34.03	1:10.77	1:49.68	2:27.11
5. Sabrina Buur	DWK	2:25.29 8500526	<b>2:27.29</b>	+0,91	33.66	1:11.16	1:49.25	2:27.29
6. Marieke van der Vegt	De Golfbreker	2:30.66 8504026	<b>2:27.73</b>	+0,93	32.81	1:09.89	1:49.12	2:27.73
7. Bianca van Ringelestijn	PSV	2:31.85 8502466	<b>2:27.97</b>	+0,98	32.79	1:10.50	1:50.20	2:27.97
8. Karin Simons	WZK Zwemmen	2:24.20 8903804	<b>2:27.99</b>	+0,87	32.56	1:10.05	1:49.74	2:27.99
9. Annelette de Vries	De Veene	2:24.60 8603908	<b>2:29.66</b>	+0,91	33.39	1:11.44	1:50.71	2:29.66
10. Emmy Soer	WS Twente	2:22.24 8503618	<b>2:35.06</b>	+1,01	34.12	1:12.66	1:53.37	2:35.06
11. Sandra Schellekens	Neptunus'58	2:32.75 8503416	<b>2:35.59</b>	+0,90	35.60	1:15.45	1:56.07	2:35.59
12. Annemarie Jakobs	EZ&PC	2:30.20 8601744	<b>2:36.80</b>	+0,88	35.24	1:15.57	1:57.20	2:36.80
13. Nikki Roon	Triton	2:29.07 8803712	<b>2:38.19</b>	+0,93	34.88	1:14.30	1:56.49	2:38.19
14. Henrike de Vries	De Veene	2:31.95 8904490	<b>2:38.93</b>	+1,02	37.10	1:17.56	1:59.09	2:38.93
15. Miriam Visserman	Octopus	2:39.89 8704364	<b>2:43.51</b>	+0,78	36.45	1:18.01	2:01.95	2:43.51
16. Liesbeth van Mill	DWK	2:46.35 8702786	<b>2:46.46</b>	+0,85	37.90	1:20.16	2:03.69	2:46.46
17. Daphne v Korlaar	EZ&PC	2:34.32 8902418	<b>2:47.83</b>	+0,79	37.19	1:19.38	2:03.69	2:47.83
18. Kitty van Gendt	PSV	2:49.80 8701288	<b>2:48.16</b>	+0,97	38.33	1:21.06	2:05.88	2:48.16
19. Sanne Buurman	De Geul	2:45.16 8503888	<b>2:50.13</b>	+0,83	37.68	1:20.26	2:05.40	2:50.13
20. Eveline van Avezaath	TRB-RES	2:53.60 8700108	<b>2:53.81</b>	+0,96	37.56	1:22.15	2:09.78	2:53.81
21. Jolanda Slooter	SCOM	2:54.70 8502678	<b>2:58.03</b>	+0,90	37.21	1:20.24	2:08.92	2:58.03
22. Monique van Gortel	Octopus	2:48.73 8601274	<b>2:58.81</b>	+0,73	39.77	1:25.11	2:13.01	2:58.81
23. Annet Verbocht	DWK	2:54.02 8603732	<b>3:00.05</b>	+0,88	41.53	1:26.73	2:13.25	3:00.05

**Masters 25+**

1. Nadya Putter	Vlaardingen	2:21.80 8301630	<b>2:19.24</b>	+0,85	31.96	1:06.74	1:42.82	2:19.24
2. Roos van Esch	TRB-RES	2:15.75 8200468	<b>2:21.76</b>	+0,93	32.80	1:08.95	1:45.62	2:21.76
3. Anke Lambooj	AZL	2:16.07 8001182	<b>2:22.18</b>	+0,87	32.56	1:08.48	1:45.78	2:22.18
4. Bianca Cox	PSV	2:18.06 8000214	<b>2:23.81</b>	+0,88	32.99	1:09.79	1:46.74	2:23.81
5. Linda Hoogendam	D'Elft	2:30.68 8300892	<b>2:26.66</b>	+0,81	33.16	1:10.99	1:49.89	2:26.66
6. Moniek Munneke	EZ&PC	2:23.70 8401730	<b>2:28.47</b>	+0,87	34.31	1:12.43	1:51.04	2:28.47
7. Tanja Sterenborg	WWV	2:23.81 8301916	<b>2:28.77</b>	+0,96	33.65	1:10.51	1:49.24	2:28.77
8. Esther Versteeg	Van Vliet Barracuda	2:33.83 8302112	<b>2:32.03</b>	+0,90	35.80	1:14.41	1:54.01	2:32.03
9. Andrea van Leeuwen	De Zijl/LGB	2:28.16 8100904	<b>2:34.48</b>	+0,90	34.37	1:12.64	1:53.27	2:34.48
10. Annette Vogelsang	ZV De Bron	2:53.26 8402632	<b>2:48.90</b>	+0,92	36.95	1:19.13	2:03.36	2:48.90
11. Nienke Nieuwenhuis	Swol 1894	2:55.50 8101850	<b>2:51.77</b>	+0,88	37.64	1:20.98	2:07.46	2:51.77
12. Angelique Rotteveel	De Hokseberg	3:05.54 8402090	<b>2:59.69</b>	+0,97	39.04	1:24.99	2:13.13	2:59.69
13. Aniela Cebotaru	Nat Utrecht	3:06.72 8102112	<b>3:06.55</b>	+1,02	40.76	1:28.14	2:18.33	3:06.55
14. Rianne van Vegchelen	Deltasteur	3:09.58 8101530	<b>3:12.29</b>	+1,02	41.28	1:29.88	2:20.73	3:12.29

**Masters 30+**

1. Miriam Mueller	Hamburger Schwimm-Club	2:14.85 78mueller	<b>2:17.33</b>	+0,85	31.94	1:07.21	1:42.56	2:17.33
2. Eveline Hacquebord	IJZPC	2:34.04 7901206	<b>2:32.90</b>	+0,91	35.18	1:13.54	1:53.23	2:32.90
3. Inez Heideman	WS Twente	3:10.22 7500198	<b>2:35.55</b>	+0,86	34.13	1:13.40	1:54.65	2:35.55
4. Liselotte Joling	PSV	2:47.34 7500268	<b>2:45.59</b>	+1,07	39.29	1:22.58	2:04.54	2:45.59
5. Margriet Leeffers	Deltasteur	2:55.20 7800448	<b>2:55.28</b>	+0,96	38.00	1:21.55	2:08.94	2:55.28
6. Martine Sonneveld	De Pinquin	2:55.91 7801038	<b>2:57.55</b>	+0,92	36.74	1:20.67	2:09.38	2:57.55
AFGEM Katja Trosien	Swim-Team Elmshorn	2:07.72 120625						

**Masters 35+**

1. Grith Sigsgaard	Het Y	2:17.46 7200772	<b>2:21.11</b>	+0,91	32.42	1:08.82	1:45.20	2:21.11
2. Sandrine Erguy	Florange Olympique Club	2:23.87 1053631	<b>2:24.01</b>	+0,94	34.47	1:12.06	1:48.84	2:24.01
3. Karin Stein	Vlaardingen	2:31.87 7100554	<b>2:25.17</b>	+1,00	33.99	1:10.80	1:48.39	2:25.17
4. Lidia v. Bon	AZ&PC	2:29.49 7000054	<b>2:27.00</b>	+0,90	33.46	1:10.68	1:48.93	2:27.00
5. Annette de Visser	Oceanus	2:27.29 7100602	<b>2:29.45</b>	+0,87	33.95	1:11.49	1:50.55	2:29.45
6. Tony de Groot	De Futen	2:39.20 7300758	<b>2:42.36</b>	+0,92	34.36	1:14.43	1:58.35	2:42.36
7. Anja Reinhard	PLONS	2:51.27 7000818	<b>2:48.09</b>	+0,94	39.47	1:22.32	2:05.97	2:48.09
8. Natacha Van Hoof	ShaRK	2:50.96 ShaRK/260/73	<b>2:49.44</b>	+1,14	38.82	1:21.85	2:06.98	2:49.44

Programmanr. 17, Dames, 200m vrije slag, Masters 35+

rang naam	vereniging	inschrijftijd	tijd	RT	50m	100m	150m	200m
9. Zita Pozsonyi	Sprint Fortuna SC	2:38.04 73pozsonyi	<b>2:50.28</b>	+0,95	37.80	1:20.97	2:05.69	2:50.28
10. Henriëtte Manting	GZVW	2:42.37 7100246	<b>2:52.84</b>	+0,98	38.05	1:21.18	2:06.75	2:52.84
11. Ingrid Versteegen	DBD	3:11.50 7300770	<b>3:08.56</b>	+0,92	42.80	1:31.09	2:20.41	3:08.56
12. Sylvia Tetteroo	IJZPC	3:29.23 7300476	<b>3:42.68</b>	+0,92	46.21	1:41.96	2:43.46	3:42.68

Masters 40+

1. Saskia Phaff	PSV	2:18.55 6600242	<b>2:21.43</b>	+0,77	32.46	1:09.25	1:46.46	2:21.43
2. Anita Smits	DIO	2:23.10 6900522	<b>2:22.72</b>	+0,83	32.80	1:08.78	1:46.10	2:22.72
3. Jantine Braakman	ZV De Bron	2:33.56 6500036	<b>2:38.99</b>	+0,83	35.35	1:16.17	1:57.62	2:38.99
4. Nicole Vrijhoeven	PSV	2:45.31 6900834	<b>2:40.72</b>	+0,89	35.94	1:16.52	1:58.71	2:40.72
5. Ilse Vos	De Hokseberg	3:05.66 6800644	<b>2:54.13</b>	+1,11	40.62	1:25.26	2:11.09	2:54.13
6. Karin Rommers	PSV	2:55.21 6700610	<b>2:55.48</b>	+0,98	39.67	1:24.24	2:10.84	2:55.48
7. Kristien Van De Moortel	ShaRK	2:50.00 ShaRK/315/69	<b>2:57.98</b>	+0,84	39.47	1:24.86	2:12.30	2:57.98
8. Hetty Smalheer	SCOM	3:04.82 6700352	<b>3:00.27</b>	+1,08	41.94	1:28.33	2:15.04	3:00.27
9. Emmy Radelaar	De Fuut	2:56.96 6600572	<b>3:00.53</b>	+1,07	39.66	1:24.98	2:12.86	3:00.53
10. Conny v. Velden	AZ&PC	3:28.53 6500446	<b>3:14.45</b>	+1,04	42.48	1:31.74	2:23.40	3:14.45

Masters 45+

1. Jeannette Ruesink	WS Twente	2:39.03 6300212	<b>2:38.39</b>	+0,88	38.00	1:18.15	1:58.74	2:38.39
2. Marlien Wijnhof	Nat Utrecht	2:43.73 6100300	<b>2:42.49</b>	+0,91	36.76	1:17.63	1:59.85	2:42.49
3. Marleen Segers	AZV	2:46.42 AZV/056/61	<b>2:49.62</b>	+0,91	37.62	1:21.19	2:05.79	2:49.62
4. Marijke Kraak	WS Twente	2:54.84 6000240	<b>2:51.24</b>	+0,95	39.55	1:23.35	2:07.58	2:51.24
5. Inge Wolfs	PLONS	3:02.77 6000304	<b>3:07.76</b>	+0,91	41.93	1:28.51	2:16.46	3:07.76
6. Pia vd Molen	HZ&PC Heerenveen	3:05.85 6000116	<b>3:09.20</b>	+0,96	40.57	1:27.95	2:18.19	3:09.20
7. Uschi Koster	WWV	3:05.69 6400372	<b>3:10.63</b>	+1,03	44.97	1:34.49	2:24.74	3:10.63
8. Ellen Parma	Triton	3:06.28 6200366	<b>3:18.86</b>	+0,96	43.41	1:34.22	2:27.65	3:18.86
AFGEM Susanna Rosén	Ystads Simsällskap	2:14.03 AA5563						

Masters 50+

1. Atie Pijtak-Radersma	AZ&PC	2:28.31 5600048	<b>2:30.90</b>	+0,79	35.54	1:14.14	1:52.75	2:30.90
2. Patty Verhagen	AquAmigos	2:31.70 5900146	<b>2:34.55</b>	+0,96	36.45	1:14.97	1:55.04	2:34.55
3. Marijke van Hoek	De Stormvogel	3:02.97 5800050	<b>2:55.88</b>	+0,88	39.76	1:24.83	2:12.29	2:55.88
4. Mies Kuipers	Old Dutch	4:30.44 5800202	<b>4:20.76</b>	+0,98	57.79	2:07.00	3:19.05	4:20.76

Masters 55+

1. Conny Boer-Buys	Vlaardingen	2:41.18 5000006	<b>2:34.07</b>	+0,83	35.19	1:14.57	1:55.34	2:34.07
<i>Kampioenschaps Record</i>								
2. Christien Nieuwenhuis	Swol 1894	2:47.41 5100022	<b>2:44.15</b>	+0,85	35.74	1:16.97	2:00.37	2:44.15

Masters 60+

1. Marja van der Meer	Neptunus	3:15.54 4700014	<b>3:14.00</b>	+0,99	42.43	1:31.25	2:22.95	3:14.00
2. Annie Smits	PSV	3:16.37 4600016	<b>3:22.58</b>	+1,07	47.49	1:39.63	2:31.73	3:22.58
3. Barbro Grufman	Hellas Masters	3:31.06 AA0248	<b>3:24.43</b>	+1,28	47.37	1:39.15	2:33.29	3:24.43

Masters 65+

1. Matty van der Veen	Old Dutch	3:25.51 4400020	<b>3:24.67</b>	+1,11	46.06	1:37.59	2:31.01	3:24.67
2. Greet Brehler-middag	Hatto Heim	3:54.83 4400004	<b>3:46.55</b>	+1,18	50.00	1:47.93	2:48.01	3:46.55
3. Pálma Csepeli	Békéscsaba Senior Swimmclub	5:02.32 44csepeli	<b>4:39.50</b>	+0,97	1:04.97	2:15.03	3:30.99	4:39.50
4. Liesbeth ter Laak	Katwijk	5:22.91 4200008	<b>5:20.98</b>	+1,26	1:10.80	2:33.88	3:57.72	5:20.98

Masters 70+

1. Lottie Geurts	PSV	3:14.07 3500008	<b>3:24.69</b>	+1,16	45.86	1:39.75	2:33.47	3:24.69
2. Jeltje van Bergen	De Pinquin	3:39.08 3500002	<b>3:44.22</b>	+1,07	48.83	1:45.67	2:44.86	3:44.22

Masters 75+

1. Annie de Vos	Old Dutch	4:17.33 3400004	<b>4:33.68</b>		1:02.90	2:13.33	3:23.87	4:33.68
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Programmanr. 17, Dames, 200m vrije slag

Masters 80+

1. Virginia Keteleer	ShaRK	4:07.68	ShaRK/155/25	<b>4:13.98</b>	+1,25	57.55	2:01.69	3:08.84	4:13.98
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