

1 - ONMK 2010 lb sessie 1

07.05.2010 - 12:30

Programmanr. 1  
07.05.2010 - 12:30

Dames, 1500m vrije slag

Masters Open  
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
<b>Masters 20+</b>								
1.	Ildiko van der Ploeg	De Warande	21:32.42	9002960	<b>23:12.96</b>	+0,83		
	50m: 37.42	37.42	450m: 6:38.37	46.10	850m: 12:54.99	47.25	1250m: 19:15.41	47.71
	100m: 1:19.85	42.43	500m: 7:25.59	47.22	900m: 13:42.86	47.87	1300m: 20:03.65	48.24
	150m: 2:04.77	44.92	550m: 8:12.44	46.85	950m: 14:30.18	47.32	1350m: 20:52.14	48.49
	200m: 2:49.87	45.10	600m: 8:59.19	46.75	1000m: 15:18.53	48.35	1400m: 21:40.24	48.10
	250m: 3:35.65	45.78	650m: 9:45.63	46.44	1050m: 16:05.66	47.13	1450m: 22:28.07	47.83
	300m: 4:21.53	45.88	700m: 10:33.33	47.70	1100m: 16:52.98	47.32	1500m: 23:12.96	44.89
	350m: 5:06.30	44.77	750m: 11:20.55	47.22	1150m: 17:39.68	46.70		
	400m: 5:52.27	45.97	800m: 12:07.74	47.19	1200m: 18:27.70	48.02		
2.	Maaikje van Diggele	ZPB H&L Productions	21:58.35	8700868	<b>24:05.92</b>	+0,91		
	50m: 38.15	38.15	450m: 6:44.67	47.85	850m: 13:20.71	49.79	1250m: 20:00.82	50.24
	100m: 1:20.32	42.17	500m: 7:33.50	48.83	900m: 14:10.72	50.01	1300m: 20:51.61	50.79
	150m: 2:04.18	43.86	550m: 8:22.60	49.10	950m: 15:00.33	49.61	1350m: 21:41.87	50.26
	200m: 2:49.90	45.72	600m: 9:12.05	49.45	1000m: 15:50.57	50.24	1400m: 22:30.91	49.04
	250m: 3:35.74	45.84	650m: 10:01.41	49.36	1050m: 16:40.14	49.57	1450m: 23:19.23	48.32
	300m: 4:22.58	46.84	700m: 10:51.34	49.93	1100m: 17:30.18	50.04	1500m: 24:05.92	46.69
	350m: 5:09.12	46.54	750m: 11:40.70	49.36	1150m: 18:20.28	50.10		
	400m: 5:56.82	47.70	800m: 12:30.92	50.22	1200m: 19:10.58	50.30		
<b>Masters 25+</b>								
1.	Linda Hoogendam	D'Elft	20:58.54	8300892	<b>20:47.55</b>	+0,80		
	50m: 34.30	34.30	450m: 6:07.48	41.62	850m: 11:47.48	41.98	1250m: 17:24.69	40.85
	100m: 1:15.00	40.70	500m: 6:50.17	42.69	900m: 12:30.62	43.14	1300m: 18:07.32	42.63
	150m: 1:55.57	40.57	550m: 7:31.78	41.61	950m: 13:12.89	42.27	1350m: 18:48.24	40.92
	200m: 2:37.41	41.84	600m: 8:14.48	42.70	1000m: 13:55.70	42.81	1400m: 19:30.27	42.03
	250m: 3:18.75	41.34	650m: 8:57.11	42.63	1050m: 14:36.99	41.29	1450m: 20:09.88	39.61
	300m: 4:00.78	42.03	700m: 9:39.96	42.85	1100m: 15:20.10	43.11	1500m: 20:47.55	37.67
	350m: 4:42.95	42.17	750m: 10:22.46	42.50	1150m: 16:02.18	42.08		
	400m: 5:25.86	42.91	800m: 11:05.50	43.04	1200m: 16:43.84	41.66		
2.	Pauline Tieleman	De Geul	21:22.25	8403348	<b>20:58.72</b>	+0,79		
	50m: 36.11	36.11	450m: 6:10.11	42.59	850m: 11:49.33	42.49	1250m: 17:29.42	42.60
	100m: 1:16.95	40.84	500m: 6:52.43	42.32	900m: 12:31.78	42.45	1300m: 18:11.66	42.24
	150m: 1:58.26	41.31	550m: 7:35.17	42.74	950m: 13:14.81	43.03	1350m: 18:54.42	42.76
	200m: 2:39.55	41.29	600m: 8:17.51	42.34	1000m: 13:57.14	42.33	1400m: 19:36.80	42.38
	250m: 3:21.44	41.89	650m: 9:00.54	43.03	1050m: 14:39.82	42.68	1450m: 20:18.81	42.01
	300m: 4:03.16	41.72	700m: 9:42.40	41.86	1100m: 15:21.94	42.12	1500m: 20:58.72	39.91
	350m: 4:45.59	42.43	750m: 10:24.70	42.30	1150m: 16:04.87	42.93		
	400m: 5:27.52	41.93	800m: 11:06.84	42.14	1200m: 16:46.82	41.95		
3.	Sandra Schellekens	Neptunus'58	21:11.09	8503416	<b>21:44.75</b>	+0,83		
	50m: 35.87	35.87	450m: 6:17.46	43.83	850m: 12:10.27	44.29	1250m: 18:07.32	45.04
	100m: 1:16.26	40.39	500m: 7:01.55	44.09	900m: 12:54.20	43.93	1300m: 18:52.55	45.23
	150m: 1:58.54	42.28	550m: 7:45.21	43.66	950m: 13:38.84	44.64	1350m: 19:37.71	45.16
	200m: 2:40.80	42.26	600m: 8:29.52	44.31	1000m: 14:23.31	44.47	1400m: 20:21.58	43.87
	250m: 3:24.08	43.28	650m: 9:13.40	43.88	1050m: 15:07.92	44.61	1450m: 21:05.48	43.90
	300m: 4:07.08	43.00	700m: 9:57.49	44.09	1100m: 15:52.68	44.76	1500m: 21:44.75	39.27
	350m: 4:49.95	42.87	750m: 10:41.78	44.29	1150m: 16:37.48	44.80		
	400m: 5:33.63	43.68	800m: 11:25.98	44.20	1200m: 17:22.28	44.80		
4.	Bianca van Ringelestijn	PSV	20:24.47	8502466	<b>21:50.41</b>	+1,01		
	50m: 37.07	37.07	450m: 6:23.58	43.66	850m: 12:15.19	43.94	1250m: 18:12.01	44.97
	100m: 1:19.28	42.21	500m: 7:07.46	43.88	900m: 12:58.97	43.78	1300m: 18:56.14	44.13
	150m: 2:02.52	43.24	550m: 7:51.47	44.01	950m: 13:43.63	44.66	1350m: 19:40.43	44.29
	200m: 2:46.61	44.09	600m: 8:35.67	44.20	1000m: 14:28.26	44.63	1400m: 20:24.72	44.29
	250m: 3:29.90	43.29	650m: 9:19.59	43.92	1050m: 15:12.83	44.57	1450m: 21:08.37	43.65
	300m: 4:13.64	43.74	700m: 10:03.74	44.15	1100m: 15:57.34	44.51	1500m: 21:50.41	42.04
	350m: 4:56.62	42.98	750m: 10:47.52	43.78	1150m: 16:42.14	44.80		
	400m: 5:39.92	43.30	800m: 11:31.25	43.73	1200m: 17:27.04	44.90		
5.	Judith Kremers	De Spatters	22:38.44	8102094	<b>22:58.85</b>	+0,80		
	50m: 38.08	38.08	450m: 6:44.38	46.39	850m: 13:03.05	46.90	1250m: 19:13.64	46.33
	100m: 1:20.73	42.65	500m: 7:31.58	47.20	900m: 13:49.83	46.78	1300m: 19:59.68	46.04
	150m: 2:05.28	44.55	550m: 8:18.67	47.09	950m: 14:35.74	45.91	1350m: 20:45.87	46.19
	200m: 2:51.03	45.75	600m: 9:06.06	47.39	1000m: 15:22.35	46.61	1400m: 21:31.03	45.16
	250m: 3:37.69	46.66	650m: 9:52.94	46.88	1050m: 16:07.96	45.61	1450m: 22:15.41	44.38
	300m: 4:24.64	46.95	700m: 10:41.10	48.16	1100m: 16:54.94	46.98	1500m: 22:58.85	43.44
	350m: 5:11.23	46.59	750m: 11:28.49	47.39	1150m: 17:40.30	45.36		
	400m: 5:57.99	46.76	800m: 12:16.15	47.66	1200m: 18:27.31	47.01		

Programmanr. 1, Dames, 1500m vrije slag

Masters 30+

1. Jolanda van Gendt	PSV	22:38.84	7800266	23:13.49	+0,88
50m: 36.44	36.44	450m: 6:40.55	46.35	850m: 12:56.77	46.48
100m: 1:19.66	43.22	500m: 7:27.84	47.29	900m: 13:44.06	47.29
150m: 2:03.97	44.31	550m: 8:14.65	46.81	950m: 14:30.30	46.24
200m: 2:49.28	45.31	600m: 9:02.05	47.40	1000m: 15:17.70	47.40
250m: 3:34.76	45.48	650m: 9:48.86	46.81	1050m: 16:04.36	46.66
300m: 4:21.10	46.34	700m: 10:35.97	47.11	1100m: 16:52.59	48.23
350m: 5:07.24	46.14	750m: 11:22.63	46.66	1150m: 17:40.21	47.62
400m: 5:54.20	46.96	800m: 12:10.29	47.66	1200m: 18:28.66	48.45
2. Clementine van Bruxvoort	ZPB H&L Productions	26:52.66	7700138	26:40.05	+0,90
50m: 44.43	44.43	450m: 7:40.80	53.31	850m: 14:47.43	54.22
100m: 1:34.45	50.02	500m: 8:33.92	53.12	900m: 15:40.89	53.46
150m: 2:25.94	51.49	550m: 9:27.09	53.17	950m: 16:36.68	55.79
200m: 3:18.08	52.14	600m: 10:19.46	52.37	1000m: 17:31.40	54.72
250m: 4:10.75	52.67	650m: 11:12.70	53.24	1050m: 18:26.28	54.88
300m: 5:02.64	51.89	700m: 12:06.78	54.08	1100m: 19:21.09	54.81
350m: 5:55.09	52.45	750m: 13:00.02	53.24	1150m: 20:17.56	56.47
400m: 6:47.49	52.40	800m: 13:53.21	53.19	1200m: 21:12.14	54.58

Masters 35+

1. Grith Sigsgaard	Het Y	18:46.21	7200772	18:54.68	+0,95
50m: 33.59	33.59	450m: 5:33.56	37.53	850m: 10:38.06	38.34
100m: 1:10.76	37.17	500m: 6:11.54	37.98	900m: 11:16.01	37.95
150m: 1:48.17	37.41	550m: 6:49.17	37.63	950m: 11:54.45	38.44
200m: 2:25.88	37.71	600m: 7:27.48	38.31	1000m: 12:32.67	38.22
250m: 3:03.05	37.17	650m: 8:05.35	37.87	1050m: 13:10.66	37.99
300m: 3:40.69	37.64	700m: 8:43.67	38.32	1100m: 13:48.90	38.24
350m: 4:18.15	37.46	750m: 9:21.79	38.12	1150m: 14:26.94	38.04
400m: 4:56.03	37.88	800m: 9:59.72	37.93	1200m: 15:05.39	38.45
2. Marleen Vos	Aquapoldro	20:06.03	7400598	20:19.72	+0,87
400m, 800m *					
50m: 36.23	36.23	450m: 6:00.21	40.61	850m: 11:27.80	40.98
100m: 1:16.20	39.97	500m: 6:41.19	40.98	900m: 12:09.06	41.26
150m: 1:56.30	40.10	550m: 7:22.32	41.13	950m: 12:50.47	41.41
200m: 2:36.94	40.64	600m: 8:03.59	41.27	1000m: 13:31.39	40.92
250m: 3:17.29	40.35	650m: 8:43.68	40.09	1050m: 14:12.39	41.00
300m: 3:58.04	40.75	700m: 9:24.58	40.90	1100m: 14:53.47	41.08
350m: 4:38.86	40.82	750m: 10:05.95	41.37	1150m: 15:34.40	40.93
400m: 5:19.60	40.74	800m: 10:46.82	40.87	1200m: 16:15.54	41.14
3. Annette de Visser	Oceanus	20:06.16	7100602	20:49.59	+0,91
50m: 37.19	37.19	450m: 6:12.52	41.95	850m: 11:48.59	42.04
100m: 1:18.59	41.40	500m: 6:54.19	41.67	900m: 12:30.59	42.00
150m: 2:01.08	42.49	550m: 7:36.29	42.10	950m: 13:12.94	42.35
200m: 2:43.27	42.19	600m: 8:18.57	42.28	1000m: 13:54.39	41.45
250m: 3:24.93	41.66	650m: 9:00.51	41.94	1050m: 14:36.28	41.89
300m: 4:07.10	42.17	700m: 9:42.60	42.09	1100m: 15:18.15	41.87
350m: 4:48.90	41.80	750m: 10:24.84	42.24	1150m: 15:59.76	41.61
400m: 5:30.57	41.67	800m: 11:06.55	41.71	1200m: 16:41.49	41.73
4. Annet Kootstra	Swol 1894	23:22.92	7100344	23:24.68	+1,04
50m: 40.14	40.14	450m: 6:53.62	46.77	850m: 13:13.72	47.13
100m: 1:24.99	44.85	500m: 7:41.50	47.88	900m: 14:01.36	47.64
150m: 2:10.71	45.72	550m: 8:28.82	47.32	950m: 14:48.69	47.33
200m: 2:57.76	47.05	600m: 9:16.17	47.35	1000m: 15:36.23	47.54
250m: 3:45.00	47.24	650m: 10:03.71	47.54	1050m: 16:23.21	46.98
300m: 4:32.34	47.34	700m: 10:51.28	47.57	1100m: 17:10.32	47.11
350m: 5:19.01	46.67	750m: 11:38.55	47.27	1150m: 17:56.76	46.44
400m: 6:06.85	47.84	800m: 12:26.59	48.04	1200m: 18:44.28	47.52
5. Natacha Van Hoof	ShaRK	23:51.36	ShaRK/260/73	23:44.86	+1,06
50m: 42.56	42.56	450m: 6:58.75	48.10	850m: 13:21.21	48.43
100m: 1:28.51	45.95	500m: 7:46.18	47.43	900m: 14:09.29	48.08
150m: 2:15.40	46.89	550m: 8:33.93	47.75	950m: 14:57.70	48.41
200m: 3:02.19	46.79	600m: 9:21.64	47.71	1000m: 15:45.96	48.26
250m: 3:49.13	46.94	650m: 10:09.84	48.20	1050m: 16:34.62	48.66
300m: 4:36.17	47.04	700m: 10:57.47	47.63	1100m: 17:22.90	48.28
350m: 5:23.44	47.27	750m: 11:45.30	47.83	1150m: 18:11.75	48.85
400m: 6:10.65	47.21	800m: 12:32.78	47.48	1200m: 19:00.46	48.71

Programmanr. 1, Dames, 1500m vrije slag, Masters 35+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
6.	Tony de Groot 800m *	De Futen	22:37.36	7300758	<b>24:46.09</b>	+1,00
	50m: 38.76	38.76	450m: 7:09.52	50.37	850m: 13:55.42	51.13
	100m: 1:23.75	44.99	500m: 7:59.54	50.02	900m: 14:46.51	51.09
	150m: 2:10.97	47.22	550m: 8:49.64	50.10	950m: 15:37.32	50.81
	200m: 3:00.07	49.10	600m: 9:40.71	51.07	1000m: 16:28.17	50.85
	250m: 3:49.14	49.07	650m: 10:31.84	51.13	1050m: 17:17.75	49.58
	300m: 4:38.97	49.83	700m: 11:22.49	50.65	1100m: 18:08.30	50.55
	350m: 5:28.96	49.99	750m: 12:13.84	51.35	1150m: 18:58.30	50.55
	400m: 6:19.15	50.19	800m: 13:04.29	50.45	1200m: 19:48.52	50.55
					1250m: 21:30.58	
					1300m: 22:20.26	49.68
					1350m: 23:10.77	50.51
					1400m: 24:00.18	49.41
					1450m: 24:46.09	45.91

Masters 40+

1.	Cynthia Noordermeer	Het Y	20:14.20	7000358	<b>20:18.24</b>	+0,89
	50m: 37.05	37.05	450m: 6:00.34	40.94	850m: 11:28.05	41.07
	100m: 1:16.57	39.52	500m: 6:41.15	40.81	900m: 12:09.27	41.22
	150m: 1:56.52	39.95	550m: 7:22.45	41.30	950m: 12:50.44	41.17
	200m: 2:36.96	40.44	600m: 8:03.34	40.89	1000m: 13:31.63	41.19
	250m: 3:17.32	40.36	650m: 8:44.17	40.83	1050m: 14:12.51	40.88
	300m: 3:58.01	40.69	700m: 9:25.01	40.84	1100m: 14:53.73	41.22
	350m: 4:38.48	40.47	750m: 10:05.64	40.63	1150m: 15:34.64	40.91
	400m: 5:19.40	40.92	800m: 10:46.98	41.34	1200m: 16:15.70	41.06
					1250m: 16:56.51	40.81
					1300m: 17:37.82	41.31
					1350m: 18:18.58	40.76
					1400m: 18:59.67	41.09
					1450m: 19:39.98	40.31
					1500m: 20:18.24	38.26
2.	Laura Staal	Oceanus	20:50.39	6700358	<b>20:44.95</b>	+0,94
	50m: 37.19	37.19	450m: 6:41.50	41.59	850m: 11:44.54	41.91
	100m: 1:18.03	40.84	500m: 6:52.44	41.54	900m: 12:25.85	41.31
	150m: 2:00.02	41.99	550m: 7:34.35	41.91	950m: 13:07.82	41.97
	200m: 2:41.88	41.86	600m: 8:15.84	41.49	1000m: 13:49.52	41.70
	250m: 3:24.07	42.19	650m: 8:57.54	41.70	1050m: 14:31.42	41.90
	300m: 4:05.94	41.87	700m: 9:39.45	41.91	1100m: 15:13.51	42.09
	350m: 4:47.67	41.73	750m: 10:21.12	41.67	1150m: 15:55.48	41.97
	400m: 5:29.31	41.64	800m: 11:02.63	41.51	1200m: 16:37.21	41.73
					1250m: 17:19.24	42.03
					1300m: 18:01.16	41.92
					1350m: 18:43.25	42.09
					1400m: 19:24.78	41.53
					1450m: 20:05.69	40.91
					1500m: 20:44.95	39.26
3.	Karin van den Heuvel	AquAmigos	22:48.99	6600188	<b>22:43.14</b>	+1,08
	50m: 40.59	40.59	450m: 6:41.51	46.02	850m: 12:46.95	45.97
	100m: 1:24.42	43.83	500m: 7:26.86	45.35	900m: 13:32.85	45.90
	150m: 2:09.54	45.12	550m: 8:12.37	45.51	950m: 14:19.37	46.52
	200m: 2:54.28	44.74	600m: 8:58.13	45.76	1000m: 15:05.51	46.14
	250m: 3:39.81	45.53	650m: 9:44.34	46.21	1050m: 15:50.87	45.36
	300m: 4:24.68	44.87	700m: 10:29.89	45.55	1100m: 16:36.28	45.41
	350m: 5:10.30	45.62	750m: 11:15.64	45.75	1150m: 17:22.05	45.77
	400m: 5:55.49	45.19	800m: 12:00.98	45.34	1200m: 18:07.69	45.64
					1250m: 18:53.53	45.84
					1300m: 19:39.62	46.09
					1350m: 20:26.08	46.46
					1400m: 21:12.27	46.19
					1450m: 21:58.53	46.26
					1500m: 22:43.14	44.61
4.	Margreet van der Pol 200, 400 en 800m *	De Futen	22:37.88	6600276	<b>23:46.93</b>	+1,10
	50m: 39.17	39.17	450m: 6:56.00	47.52	850m: 13:22.97	48.02
	100m: 1:23.63	44.46	500m: 7:44.33	48.33	900m: 14:11.42	48.45
	150m: 2:09.83	46.20	550m: 8:32.18	47.85	950m: 14:59.62	48.20
	200m: 2:57.68	47.85	600m: 9:21.49	49.31	1000m: 15:48.87	49.25
	250m: 3:44.83	47.15	650m: 10:09.86	48.37	1050m: 16:37.06	48.19
	300m: 4:32.59	47.76	700m: 10:58.26	48.40	1100m: 17:25.13	48.07
	350m: 5:20.24	47.65	750m: 11:45.51	47.25	1150m: 18:13.25	48.12
	400m: 6:08.48	48.24	800m: 12:34.95	49.44	1200m: 19:02.13	48.88
					1250m: 19:50.70	48.57
					1300m: 20:39.58	48.88
					1350m: 21:27.27	47.69
					1400m: 22:15.47	48.20
					1450m: 23:02.50	47.03
					1500m: 23:46.93	44.43
5.	Desiree van der Lem	Kon AZ 1870	24:06.15	6800282	<b>25:25.61</b>	+0,92
	50m: 39.02	39.02	450m: 7:17.58	51.14	850m: 14:13.64	51.96
	100m: 1:24.88	45.86	500m: 8:09.23	51.65	900m: 15:06.69	53.05
	150m: 2:12.25	47.37	550m: 9:00.23	51.00	950m: 15:58.41	51.72
	200m: 3:02.03	49.78	600m: 9:52.46	52.23	1000m: 16:50.51	52.10
	250m: 3:52.26	50.23	650m: 10:44.39	51.93	1050m: 17:42.20	51.69
	300m: 4:43.80	51.54	700m: 11:36.92	52.53	1100m: 18:35.87	53.67
	350m: 5:35.14	51.34	750m: 12:29.40	52.48	1150m: 19:28.47	52.60
	400m: 6:26.44	51.30	800m: 13:21.68	52.28	1200m: 20:20.41	51.94
					1250m: 21:12.76	52.35
					1300m: 22:04.69	51.93
					1350m: 22:56.25	51.56
					1400m: 23:46.94	50.69
					1450m: 24:36.57	49.63
					1500m: 25:25.61	49.04
6.	Meke Oomens	Old Dutch	25:20.54	7000370	<b>25:46.29</b>	+1,17
	50m: 44.28	44.28	450m: 7:35.33	51.50	850m: 14:28.34	51.30
	100m: 1:35.09	50.71	500m: 8:26.92	51.59	900m: 15:20.46	52.12
	150m: 2:25.80	50.71	550m: 9:18.05	51.13	950m: 16:12.36	51.90
	200m: 3:17.70	51.90	600m: 10:09.84	51.79	1000m: 17:04.88	52.52
	250m: 4:09.31	51.61	650m: 11:01.20	51.36	1050m: 17:56.94	52.06
	300m: 5:01.47	52.16	700m: 11:53.63	52.43	1100m: 18:49.02	52.08
	350m: 5:52.24	50.77	750m: 12:45.34	51.71	1150m: 19:40.93	51.91
	400m: 6:43.83	51.59	800m: 13:37.04	51.70	1200m: 20:33.57	52.64
					1250m: 21:26.30	52.73
					1300m: 22:18.91	52.61
					1350m: 23:11.06	52.15
					1400m: 24:03.52	52.46
					1450m: 24:55.29	51.77
					1500m: 25:46.29	51.00

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

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
AFGEM	Kristien Van De Moortel	ShaRK	22:54.89	ShaRK/315/69		
	50m:	450m:	850m:	1250m:		
	100m:	500m:	900m:	1300m:		
	150m:	550m:	950m:	1350m:		
	200m:	600m:	1000m:	1400m:		
	250m:	650m:	1050m:	1450m:		
	300m:	700m:	1100m:	1500m:		
	350m:	750m:	1150m:			
	400m:	800m:	1200m:			

Masters 45+

1.	Kristin van Cauteren	Lokerse Zwemvereniging	20:03.59	LZV/009/64	<b>20:29.34</b>	+0,96		
	<i>Belgisch Masters Record</i>							
	50m: 37.12	37.12	450m: 6:08.17	41.08	850m: 11:38.38	41.23	1250m: 17:07.14	41.54
	100m: 1:18.20	41.08	500m: 6:49.59	41.42	900m: 12:19.39	41.01	1300m: 17:48.38	41.24
	150m: 2:00.23	42.03	550m: 7:31.39	41.80	950m: 13:00.74	41.35	1350m: 18:29.26	40.88
	200m: 2:41.82	41.59	600m: 8:12.34	40.95	1000m: 13:41.33	40.59	1400m: 19:09.76	40.50
	250m: 3:23.37	41.55	650m: 8:53.63	41.29	1050m: 14:22.75	41.42	1450m: 19:50.34	40.58
	300m: 4:04.59	41.22	700m: 9:34.72	41.09	1100m: 15:03.59	40.84	1500m: 20:29.34	39.00
	350m: 4:45.99	41.40	750m: 10:16.24	41.52	1150m: 15:44.84	41.25		
	400m: 5:27.09	41.10	800m: 10:57.15	40.91	1200m: 16:25.60	40.76		

2.	Jacqueline Brouwer	ZV De Bron	28:23.33	6100296	<b>28:31.17</b>	+0,96		
	50m: 47.36	47.36	450m: 8:20.15	57.54	850m: 15:58.62	58.26	1250m: 23:44.97	58.71
	100m: 1:41.14	53.78	500m: 9:16.97	56.82	900m: 16:56.83	58.21	1300m: 24:43.88	58.91
	150m: 2:36.86	55.72	550m: 10:14.36	57.39	950m: 17:55.03	58.20	1350m: 25:43.15	59.27
	200m: 3:34.11	57.25	600m: 11:10.92	56.56	1000m: 18:53.46	58.43	1400m: 26:41.81	58.66
	250m: 4:30.90	56.79	650m: 12:08.39	57.47	1050m: 19:51.77	58.31	1450m: 27:38.19	56.38
	300m: 5:27.83	56.93	700m: 13:05.07	56.68	1100m: 20:49.80	58.03	1500m: 28:31.17	52.98
	350m: 6:25.08	57.25	750m: 14:02.18	57.11	1150m: 21:47.91	58.11		
	400m: 7:22.61	57.53	800m: 15:00.36	58.18	1200m: 22:46.26	58.35		

Masters 50+

1.	Irene van der Laan	ZV De Bron	20:32.72	6000096	<b>21:08.59</b>	+0,90		
	<i>Nederlands Masters Record</i>							
	50m: 39.38	39.38	450m: 6:16.66	42.19	850m: 11:54.83	42.09	1250m: 17:35.12	42.67
	100m: 1:21.52	42.14	500m: 6:59.46	42.80	900m: 12:37.39	42.56	1300m: 18:18.34	43.22
	150m: 2:03.29	41.77	550m: 7:41.57	42.11	950m: 13:19.65	42.26	1350m: 19:00.93	42.59
	200m: 2:45.93	42.64	600m: 8:24.13	42.56	1000m: 14:01.87	42.22	1400m: 19:43.98	43.05
	250m: 3:27.74	41.81	650m: 9:06.13	42.00	1050m: 14:44.20	42.33	1450m: 20:26.79	42.81
	300m: 4:10.30	42.56	700m: 9:48.85	42.72	1100m: 15:26.98	42.78	1500m: 21:08.59	41.80
	350m: 4:51.92	41.62	750m: 10:30.37	41.52	1150m: 16:09.19	42.21		
	400m: 5:34.47	42.55	800m: 11:12.74	42.37	1200m: 16:52.45	43.26		

2.	Patty Verhagen	AquAmigos	21:19.17	5900146	<b>21:11.22</b>	+1,01		
	50m: 37.86	37.86	450m: 6:12.17	42.52	850m: 11:52.94	42.45	1250m: 17:36.90	43.08
	100m: 1:18.58	40.72	500m: 6:54.86	42.69	900m: 12:35.78	42.84	1300m: 18:20.05	43.15
	150m: 1:59.41	40.83	550m: 7:37.37	42.51	950m: 13:18.42	42.64	1350m: 19:03.25	43.20
	200m: 2:41.36	41.95	600m: 8:20.07	42.70	1000m: 14:01.73	43.31	1400m: 19:46.55	43.30
	250m: 3:22.99	41.63	650m: 9:02.37	42.30	1050m: 14:44.45	42.72	1450m: 20:29.56	43.01
	300m: 4:05.13	42.14	700m: 9:44.99	42.62	1100m: 15:27.85	43.40	1500m: 21:11.22	41.66
	350m: 4:47.18	42.05	750m: 10:27.37	42.38	1150m: 16:10.52	42.67		
	400m: 5:29.65	42.47	800m: 11:10.49	43.12	1200m: 16:53.82	43.30		

3.	Pia van der Molen	HZ&PC Heerenveen	26:52.83	6000116	<b>24:54.32</b>	+0,95		
	50m: 40.96	40.96	450m: 7:16.01	50.00	850m: 13:58.89	50.59	1250m: 20:43.68	50.31
	100m: 1:27.17	46.21	500m: 8:06.80	50.79	900m: 14:49.44	50.55	1300m: 21:34.72	51.04
	150m: 2:15.97	48.80	550m: 8:57.23	50.43	950m: 15:39.28	49.84	1350m: 22:25.27	50.55
	200m: 3:05.90	49.93	600m: 9:47.25	50.02	1000m: 16:30.36	51.08	1400m: 23:16.24	50.97
	250m: 3:55.95	50.05	650m: 10:37.01	49.76	1050m: 17:20.62	50.26	1450m: 24:07.01	50.77
	300m: 4:45.79	49.84	700m: 11:27.45	50.44	1100m: 18:11.78	51.16	1500m: 24:54.32	47.31
	350m: 5:35.86	50.07	750m: 12:17.80	50.35	1150m: 19:02.30	50.52		
	400m: 6:26.01	50.15	800m: 13:08.30	50.50	1200m: 19:53.37	51.07		

4.	Katinka Elders	Oceanus	25:46.92	6000292	<b>26:17.71</b>	+0,78		
	50m: 44.10	44.10	450m: 7:39.07	52.79	850m: 14:41.68	52.38	1250m: 21:49.78	53.24
	100m: 1:33.71	49.61	500m: 8:32.54	53.47	900m: 15:34.60	52.92	1300m: 22:43.85	54.07
	150m: 2:24.78	51.07	550m: 9:24.48	51.94	950m: 16:27.57	52.97	1350m: 23:37.86	54.01
	200m: 3:16.86	52.08	600m: 10:18.75	54.27	1000m: 17:20.93	53.36	1400m: 24:31.84	53.98
	250m: 4:08.84	51.98	650m: 11:10.72	51.97	1050m: 18:14.15	53.22	1450m: 25:25.09	53.25
	300m: 5:00.60	51.76	700m: 12:03.27	52.55	1100m: 19:07.90	53.75	1500m: 26:17.71	52.62
	350m: 5:53.08	52.48	750m: 12:55.96	52.69	1150m: 20:01.95	54.05		
	400m: 6:46.28	53.20	800m: 13:49.30	53.34	1200m: 20:56.54	54.59		



Programmanr. 1, Dames, 1500m vrije slag, Masters 50+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
5.	Magda Wallaert	CNBA	26:58.50	CNBA/649/60	<b>27:24.07</b>	+1,14
	50m: 45.96	45.96	450m: 8:01.20	54.86	850m: 15:22.42	55.69
	100m: 1:36.97	51.01	500m: 8:56.46	55.26	900m: 16:17.82	55.40
	150m: 2:30.77	53.80	550m: 9:51.81	55.35	950m: 17:13.84	56.02
	200m: 3:26.04	55.27	600m: 10:46.71	54.90	1000m: 18:09.11	55.27
	250m: 4:20.53	54.49	650m: 11:41.63	54.92	1050m: 19:04.96	55.85
	300m: 5:16.04	55.51	700m: 12:36.39	54.76	1100m: 20:00.34	55.38
	350m: 6:11.64	55.60	750m: 13:31.64	55.25	1150m: 20:56.57	56.23
	400m: 7:06.34	54.70	800m: 14:26.73	55.09	1200m: 21:52.60	56.03

Masters 55+

1.	Margriet Pasma	De Pinquin	23:16.72	5500088	<b>24:12.10</b>	+1,06
	50m: 40.82	40.82	450m: 7:05.05	47.92	850m: 13:34.92	48.43
	100m: 1:27.76	46.94	500m: 7:53.70	48.65	900m: 14:24.06	49.14
	150m: 2:15.26	47.50	550m: 8:41.24	47.54	950m: 15:12.47	48.41
	200m: 3:03.72	48.46	600m: 9:30.77	49.53	1000m: 16:02.08	49.61
	250m: 3:51.12	47.40	650m: 10:18.88	48.11	1050m: 16:50.70	48.62
	300m: 4:40.29	49.17	700m: 11:08.80	49.92	1100m: 17:39.96	49.26
	350m: 5:28.13	47.84	750m: 11:57.22	48.42	1150m: 18:28.69	48.73
	400m: 6:17.13	49.00	800m: 12:46.49	49.27	1200m: 19:18.24	49.55
2.	Corine Kalbfleisch	DWT	26:53.44	5200024	<b>28:13.65</b>	+1,15
	50m: 46.99	46.99	450m: 8:20.72	57.15	850m: 15:56.04	57.73
	100m: 1:42.23	55.24	500m: 9:17.63	56.91	900m: 16:54.52	58.48
	150m: 2:38.49	56.26	550m: 10:14.26	56.63	950m: 17:51.15	56.63
	200m: 3:34.54	56.05	600m: 11:11.69	57.43	1000m: 18:48.06	56.91
	250m: 4:31.11	56.57	650m: 12:07.78	56.09	1050m: 19:45.40	57.34
	300m: 5:28.11	57.00	700m: 13:04.45	56.67	1100m: 20:42.66	57.26
	350m: 6:25.87	57.76	750m: 14:00.86	56.41	1150m: 21:38.62	55.96
	400m: 7:23.57	57.70	800m: 14:58.31	57.45	1200m: 22:35.61	56.99
3.	Gonnie Bak	PSV	29:37.69	5100002	<b>29:58.66</b>	+1,02
	50m: 48.93	48.93	450m: 8:43.01	59.40	850m: 16:47.39	1:00.26
	100m: 1:46.36	57.43	500m: 9:44.32	1:01.31	900m: 17:48.30	1:00.91
	150m: 2:44.69	58.33	550m: 10:44.82	1:00.50	950m: 18:49.35	1:01.05
	200m: 3:44.86	1:00.17	600m: 11:45.35	1:00.53	1000m: 19:50.69	1:01.34
	250m: 4:43.91	59.05	650m: 12:44.97	59.62	1050m: 20:50.73	1:00.04
	300m: 5:43.48	59.57	700m: 13:45.84	1:00.87	1100m: 21:51.96	1:01.23
	350m: 6:43.31	59.83	750m: 14:45.76	59.92	1150m: 22:52.61	1:00.65
	400m: 7:43.61	1:00.30	800m: 15:47.13	1:01.37	1200m: 23:53.87	1:01.26

AFGEM	Carla Hensen	PSV	26:51.86	5300062	
	50m:	450m:	850m:	1250m:	
	100m:	500m:	900m:	1300m:	
	150m:	550m:	950m:	1350m:	
	200m:	600m:	1000m:	1400m:	
	250m:	650m:	1050m:	1450m:	
	300m:	700m:	1100m:	1500m:	
	350m:	750m:	1150m:		
	400m:	800m:	1200m:		

Masters 60+

1.	Conny Boer-Buys	Vlaardingen	21:37.83	5000006	<b>22:36.02</b>	+0,94
	<i>Europees Masters Record</i>					
	50m: 38.53	38.53	450m: 6:40.02	45.18	850m: 12:45.09	45.96
	100m: 1:21.56	43.03	500m: 7:25.63	45.61	900m: 13:30.45	45.36
	150m: 2:06.32	44.76	550m: 8:11.97	46.34	950m: 14:16.55	46.10
	200m: 2:51.85	45.53	600m: 8:57.46	45.49	1000m: 15:02.40	45.85
	250m: 3:37.60	45.75	650m: 9:43.30	45.84	1050m: 15:48.91	46.51
	300m: 4:23.21	45.61	700m: 10:28.16	44.86	1100m: 16:34.88	45.97
	350m: 5:08.99	45.78	750m: 11:14.04	45.88	1150m: 17:21.07	46.19
	400m: 5:54.84	45.85	800m: 11:59.13	45.09	1200m: 18:07.06	45.99

Masters 75+

Programmanr. 1, Dames, 1500m vrije slag, Masters 75+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
1.	Annie de Vos	Old Dutch	34:49.43	3400004	<b>35:53.29</b>	
	<i>Kampioenschaps Record</i>					
	50m: 58.79	58.79	450m: 10:23.36	1:10.71	850m: 20:00.26	1:11.95
	100m: 2:07.64	1:08.85	500m: 11:35.46	1:12.10	900m: 21:13.94	1:13.68
	150m: 3:16.87	1:09.23	550m: 12:46.13	1:10.67	950m: 22:25.48	1:11.54
	200m: 4:29.04	1:12.17	600m: 13:59.08	1:12.95	1000m: 23:39.16	1:13.68
	250m: 5:39.56	1:10.52	650m: 15:09.44	1:10.36	1050m: 24:52.42	1:13.26
	300m: 6:51.04	1:11.48	700m: 16:22.93	1:13.49	1100m: 26:06.50	1:14.08
	350m: 8:01.04	1:10.00	750m: 17:35.02	1:12.09	1150m: 27:18.58	1:12.08
	400m: 9:12.65	1:11.61	800m: 18:48.31	1:13.29	1200m: 28:32.35	1:13.77

BM	Éva Kézsmárki	Sprint Fortuna SC	24:52.50	77KEZS	22:41.37	
	50m: 39.61	39.61	450m: 6:41.36	45.63	850m: 12:47.84	46.04
	100m: 1:22.86	43.25	500m: 7:27.01	45.65	900m: 13:33.66	45.82
	150m: 2:06.93	44.07	550m: 8:13.08	46.07	950m: 14:19.14	45.48
	200m: 2:51.80	44.87	600m: 8:58.89	45.81	1000m: 15:04.73	45.59
	250m: 3:37.44	45.64	650m: 9:44.55	45.66	1050m: 15:50.30	45.57
	300m: 4:22.94	45.50	700m: 10:30.57	46.02	1100m: 16:35.98	45.68
	350m: 5:09.76	46.82	750m: 11:16.32	45.75	1150m: 17:21.93	45.95
	400m: 5:55.73	45.97	800m: 12:01.80	45.48	1200m: 18:07.63	45.70

Programmanr. 2  
07.05.2010 - 14:35

Heren, 1500m vrije slag

Masters Open  
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
<b>Masters 20+</b>						
1.	Tim Bunnik	Triton	18:25.06	9000505	<b>19:15.63</b>	+0,97
	50m: 31.97	31.97	450m: 5:39.17	39.52	850m: 10:54.74	40.43
	100m: 1:08.16	36.19	500m: 6:18.84	39.67	900m: 11:33.39	38.65
	150m: 1:45.78	37.62	550m: 6:57.77	38.93	950m: 12:13.90	40.51
	200m: 2:23.72	37.94	600m: 7:37.54	39.77	1000m: 12:52.36	38.46
	250m: 3:02.70	38.98	650m: 8:16.85	39.31	1050m: 13:32.23	39.87
	300m: 3:41.00	38.30	700m: 8:56.10	39.25	1100m: 14:10.10	37.87
	350m: 4:20.09	39.09	750m: 9:35.20	39.10	1150m: 14:49.85	39.75
	400m: 4:59.65	39.56	800m: 10:14.31	39.11	1200m: 15:29.35	39.50
2.	Niels Albrechts	De Schotejil	20:20.48	8800039	<b>20:09.52</b>	+0,93
	50m: 35.74	35.74	450m: 5:56.27	40.11	850m: 11:19.13	41.05
	100m: 1:14.42	38.68	500m: 6:36.56	40.29	900m: 11:59.37	40.24
	150m: 1:54.09	39.67	550m: 7:16.11	39.55	950m: 12:39.68	40.31
	200m: 2:34.68	40.59	600m: 7:56.11	40.00	1000m: 13:19.76	40.08
	250m: 3:15.32	40.64	650m: 8:36.42	40.31	1050m: 14:00.60	40.84
	300m: 3:55.86	40.54	700m: 9:17.18	40.76	1100m: 14:42.56	41.96
	350m: 4:35.76	39.90	750m: 9:57.66	40.48	1150m: 15:24.55	41.99
	400m: 5:16.16	40.40	800m: 10:38.08	40.42	1200m: 16:08.73	44.18

Masters 25+

1.	Erik Schröder	TriVia	16:44.41	8402025	<b>17:32.99</b>	+0,88
	50m: 29.14	29.14	450m: 5:08.23	35.96	850m: 9:56.16	35.76
	100m: 1:01.82	32.68	500m: 5:44.14	35.91	900m: 10:32.02	35.86
	150m: 1:36.06	34.24	550m: 6:20.19	36.05	950m: 11:07.58	35.56
	200m: 2:10.96	34.90	600m: 6:56.30	36.11	1000m: 11:43.46	35.88
	250m: 2:46.05	35.09	650m: 7:32.40	36.10	1050m: 12:18.83	35.37
	300m: 3:21.57	35.52	700m: 8:08.33	35.93	1100m: 12:55.12	36.29
	350m: 3:56.88	35.31	750m: 8:44.33	36.00	1150m: 13:30.66	35.54
	400m: 4:32.27	35.39	800m: 9:20.40	36.07	1200m: 14:06.85	36.19
2.	Ian van der Hulst	PSV	18:45.00	8401021	<b>18:18.83</b>	+0,86
	50m: 30.91	30.91	450m: 5:20.51	36.50	850m: 10:14.72	36.49
	100m: 1:06.48	35.57	500m: 5:57.80	37.29	900m: 10:52.10	37.38
	150m: 1:41.38	34.90	550m: 6:33.90	36.10	950m: 11:28.73	36.63
	200m: 2:17.76	36.38	600m: 7:11.25	37.35	1000m: 12:06.33	37.60
	250m: 2:53.41	35.65	650m: 7:47.35	36.10	1050m: 12:43.15	36.82
	300m: 3:30.50	37.09	700m: 8:24.48	37.13	1100m: 13:20.78	37.63
	350m: 4:06.51	36.01	750m: 9:00.83	36.35	1150m: 13:57.79	37.01
	400m: 4:44.01	37.50	800m: 9:38.23	37.40	1200m: 14:35.51	37.72

Programmanr. 2, Heren, 1500m vrije slag, Masters 25+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
3.	Remco van Althuis	SBC2000	18:37.28	8300029	18:55.33	+0,85		
	50m: 32.86	32.86	450m: 5:32.54	37.83	850m: 10:38.07	37.83	1250m: 15:45.06	38.40
	100m: 1:08.78	35.92	500m: 6:11.69	39.15	900m: 11:16.36	38.29	1300m: 16:23.63	38.57
	150m: 1:45.65	36.87	550m: 6:49.73	38.04	950m: 11:54.58	38.22	1350m: 17:01.83	38.20
	200m: 2:23.53	37.88	600m: 7:27.85	38.12	1000m: 12:33.07	38.49	1400m: 17:40.81	38.98
	250m: 3:01.07	37.54	650m: 8:05.72	37.87	1050m: 13:11.50	38.43	1450m: 18:18.39	37.58
	300m: 3:38.98	37.91	700m: 8:43.93	38.21	1100m: 13:49.82	38.32	1500m: 18:55.33	36.94
	350m: 4:16.58	37.60	750m: 9:21.77	37.84	1150m: 14:28.02	38.20		
	400m: 4:54.71	38.13	800m: 10:00.24	38.47	1200m: 15:06.66	38.64		
4.	Lennart Middel	Wave	20:13.68	8503723	20:27.77	+0,86		
	50m: 35.28	35.28	450m: 6:01.92	41.81	850m: 11:33.76	40.92	1250m: 17:07.21	41.22
	100m: 1:13.65	38.37	500m: 6:43.50	41.58	900m: 12:15.75	41.99	1300m: 17:48.75	41.54
	150m: 1:53.78	40.13	550m: 7:25.62	42.12	950m: 12:57.20	41.45	1350m: 18:29.14	40.39
	200m: 2:34.77	40.99	600m: 8:06.57	40.95	1000m: 13:39.12	41.92	1400m: 19:10.07	40.93
	250m: 3:15.84	41.07	650m: 8:47.79	41.22	1050m: 14:20.79	41.67	1450m: 19:50.59	40.52
	300m: 3:57.33	41.49	700m: 9:29.42	41.63	1100m: 15:03.17	42.38	1500m: 20:27.77	37.18
	350m: 4:38.68	41.35	750m: 10:10.93	41.51	1150m: 15:43.97	40.80		
	400m: 5:20.11	41.43	800m: 10:52.84	41.91	1200m: 16:25.99	42.02		

Masters 30+

1.	Gergely Molnár	Sprint Fortuna SC	18:10.60	80MOLN	18:00.47	+0,88		
	<i>Hongaars Masters Record</i>							
	50m: 31.11	31.11	450m: 5:17.73	36.52	850m: 10:09.55	36.71	1250m: 15:00.00	36.27
	100m: 1:05.33	34.22	500m: 5:53.75	36.02	900m: 10:45.52	35.97	1300m: 15:36.67	36.67
	150m: 1:40.74	35.41	550m: 6:30.05	36.30	950m: 11:22.25	36.73	1350m: 16:13.23	36.56
	200m: 2:16.96	36.22	600m: 7:06.39	36.34	1000m: 11:58.32	36.07	1400m: 16:49.27	36.04
	250m: 2:53.17	36.21	650m: 7:42.76	36.37	1050m: 12:34.80	36.48	1450m: 17:25.03	35.76
	300m: 3:28.89	35.72	700m: 8:19.13	36.37	1100m: 13:11.01	36.21	1500m: 18:00.47	35.44
	350m: 4:04.58	35.69	750m: 8:56.28	37.15	1150m: 13:47.45	36.44		
	400m: 4:41.21	36.63	800m: 9:32.84	36.56	1200m: 14:23.73	36.28		
2.	Ralf Peters	KZPC	18:35.54	7600737	19:14.46	+0,90		
	50m: 31.83	31.83	450m: 5:36.22	38.37	850m: 10:45.85	39.14	1250m: 16:00.76	39.22
	100m: 1:08.26	36.43	500m: 6:14.58	38.36	900m: 11:24.62	38.77	1300m: 16:40.39	39.63
	150m: 1:45.50	37.24	550m: 6:53.21	38.63	950m: 12:03.73	39.11	1350m: 17:19.68	39.29
	200m: 2:23.98	38.48	600m: 7:31.80	38.59	1000m: 12:43.21	39.48	1400m: 17:59.36	39.68
	250m: 3:02.16	38.18	650m: 8:10.39	38.59	1050m: 13:22.49	39.28	1450m: 18:38.18	38.82
	300m: 3:40.75	38.59	700m: 8:48.89	38.50	1100m: 14:01.94	39.45	1500m: 19:14.46	36.28
	350m: 4:19.04	38.29	750m: 9:27.93	39.04	1150m: 14:41.59	39.65		
	400m: 4:57.85	38.81	800m: 10:06.71	38.78	1200m: 15:21.54	39.95		
3.	Jeroen Vogelsang	Het Y	18:24.57	8001645	20:00.09	+0,94		
	50m: 32.18	32.18	450m: 5:43.23	40.91	850m: 11:08.66	39.84	1250m: 16:38.02	41.39
	100m: 1:08.83	36.65	500m: 6:24.41	41.18	900m: 11:48.82	40.16	1300m: 17:20.51	42.49
	150m: 1:47.12	38.29	550m: 7:04.50	40.09	950m: 12:30.82	42.00	1350m: 18:01.61	41.10
	200m: 2:25.17	38.05	600m: 7:44.63	40.13	1000m: 13:12.27	41.45	1400m: 18:41.50	39.89
	250m: 3:04.41	39.24	650m: 8:25.59	40.96	1050m: 13:52.12	39.85	1450m: 19:20.77	39.27
	300m: 3:43.15	38.74	700m: 9:05.94	40.35	1100m: 14:33.63	41.51	1500m: 20:00.09	39.32
	350m: 4:22.39	39.24	750m: 9:47.17	41.23	1150m: 15:15.19	41.56		
	400m: 5:02.32	39.93	800m: 10:28.82	41.65	1200m: 15:56.63	41.44		
4.	Ferdie Witvoet	De Pinquin	19:05.29	7801241	20:17.58	+0,97		
	50m: 35.50	35.50	450m: 5:59.18	41.52	850m: 11:28.90	40.79	1250m: 16:53.73	40.67
	100m: 1:13.55	38.05	500m: 6:40.93	41.75	900m: 12:09.27	40.37	1300m: 17:35.41	41.68
	150m: 1:52.68	39.13	550m: 7:22.58	41.65	950m: 12:50.07	40.80	1350m: 18:16.51	41.10
	200m: 2:32.87	40.19	600m: 8:03.74	41.16	1000m: 13:30.44	40.37	1400m: 18:58.35	41.84
	250m: 3:13.73	40.86	650m: 8:45.05	41.31	1050m: 14:10.88	40.44	1450m: 19:39.07	40.72
	300m: 3:54.75	41.02	700m: 9:25.87	40.82	1100m: 14:51.94	41.06	1500m: 20:17.58	38.51
	350m: 4:36.05	41.30	750m: 10:07.11	41.24	1150m: 15:32.13	40.19		
	400m: 5:17.66	41.61	800m: 10:48.11	41.00	1200m: 16:13.06	40.93		
5.	Koen de Haan	PSV	19:56.07	7801671	20:19.00	+0,99		
	50m: 34.68	34.68	450m: 6:02.17	41.30	850m: 11:30.34	41.02	1250m: 17:00.93	41.02
	100m: 1:13.51	38.83	500m: 6:43.90	41.73	900m: 12:11.78	41.44	1300m: 17:42.32	41.39
	150m: 1:53.71	40.20	550m: 7:25.04	41.14	950m: 12:52.59	40.81	1350m: 18:22.06	39.74
	200m: 2:34.39	40.68	600m: 8:06.09	41.05	1000m: 13:34.03	41.44	1400m: 19:02.29	40.23
	250m: 3:16.19	41.80	650m: 8:46.23	40.14	1050m: 14:14.50	40.47	1450m: 19:41.88	39.59
	300m: 3:57.62	41.43	700m: 9:27.57	41.34	1100m: 14:56.00	41.50	1500m: 20:19.00	37.12
	350m: 4:39.45	41.83	750m: 10:08.30	40.73	1150m: 15:37.75	41.75		
	400m: 5:20.87	41.42	800m: 10:49.32	41.02	1200m: 16:19.91	42.16		

Programmanr. 2, Heren, 1500m vrije slag, Masters 30+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
6.	Michel Wigbers	DWT	21:32.42	8001743	<b>20:56.00</b>	+0,93		
	50m: 35.38	35.38	450m: 6:07.22	42.80	850m: 11:45.97	42.20	1250m: 17:27.11	42.76
	100m: 1:13.87	38.49	500m: 6:49.13	41.91	900m: 12:28.36	42.39	1300m: 18:10.22	43.11
	150m: 1:54.58	40.71	550m: 7:31.13	42.00	950m: 13:10.71	42.35	1350m: 18:52.82	42.60
	200m: 2:35.85	41.27	600m: 8:13.30	42.17	1000m: 13:53.34	42.63	1400m: 19:35.02	42.20
	250m: 3:17.71	41.86	650m: 8:56.08	42.78	1050m: 14:35.94	42.60	1450m: 20:17.17	42.15
	300m: 3:59.63	41.92	700m: 9:38.71	42.63	1100m: 15:18.78	42.84	1500m: 20:56.00	38.83
	350m: 4:42.06	42.43	750m: 10:21.11	42.40	1150m: 16:01.40	42.62		
	400m: 5:24.42	42.36	800m: 11:03.77	42.66	1200m: 16:44.35	42.95		
7.	Jeroen Tebbens	IJZ&PC	27:42.49	7601405	<b>29:17.75</b>	+1,08		
	200m *							
	50m: 43.72	43.72	450m: 8:13.35	57.97	850m: 16:10.45	1:00.24	1250m: 24:16.66	1:03.09
	100m: 1:33.67	49.95	500m: 9:11.38	58.03	900m: 17:09.75	59.30	1300m: 25:18.76	1:02.10
	150m: 2:29.20	55.53	550m: 10:11.58	1:00.20	950m: 18:09.83	1:00.08	1350m: 26:21.27	1:02.51
	200m: 3:24.53	55.33	600m: 11:11.74	1:00.16	1000m: 19:11.43	1:01.60	1400m: 27:20.83	59.56
	250m: 4:22.11	57.58	650m: 12:11.89	1:00.15	1050m: 20:12.47	1:01.04	1450m: 28:20.08	59.25
	300m: 5:18.98	56.87	700m: 13:10.71	58.82	1100m: 21:11.92	59.45	1500m: 29:17.75	57.67
	350m: 6:17.06	58.08	750m: 14:10.42	59.71	1150m: 22:13.02	1:01.10		
	400m: 7:15.38	58.32	800m: 15:10.21	59.79	1200m: 23:13.57	1:00.55		

Masters 35+

1.	Casper van der Burgh	LZ 1886	18:55.14	7201413	<b>20:09.83</b>	+1,01		
	50m: 34.69	34.69	450m: 5:51.22	40.06	850m: 11:17.32	41.05	1250m: 16:46.41	40.71
	100m: 1:13.06	38.37	500m: 6:32.09	40.87	900m: 11:59.38	42.06	1300m: 17:27.86	41.45
	150m: 1:51.35	38.29	550m: 7:12.32	40.23	950m: 12:40.26	40.88	1350m: 18:08.07	40.21
	200m: 2:31.43	40.08	600m: 7:53.36	41.04	1000m: 13:21.46	41.20	1400m: 18:49.43	41.36
	250m: 3:11.12	39.69	650m: 8:33.67	40.31	1050m: 14:02.00	40.54	1450m: 19:29.32	39.89
	300m: 3:51.09	39.97	700m: 9:14.32	40.65	1100m: 14:43.12	41.12	1500m: 20:09.83	40.51
	350m: 4:30.94	39.85	750m: 9:54.84	40.52	1150m: 15:24.02	40.90		
	400m: 5:11.16	40.22	800m: 10:36.27	41.43	1200m: 16:05.70	41.68		

Masters 40+

1.	René Beetsma	HZ&PC Heerenveen	18:56.81	6900069	<b>20:21.70</b>	+1,03		
	50m: 34.92	34.92	450m: 5:50.71	40.45	850m: 11:22.71	41.89	1250m: 16:55.15	41.61
	100m: 1:13.09	38.17	500m: 6:31.06	40.35	900m: 12:04.66	41.95	1300m: 17:36.95	41.80
	150m: 1:52.23	39.14	550m: 7:12.24	41.18	950m: 12:46.16	41.50	1350m: 18:18.38	41.43
	200m: 2:31.28	39.05	600m: 7:53.32	41.08	1000m: 13:27.70	41.54	1400m: 18:58.58	40.20
	250m: 3:10.97	39.69	650m: 8:34.78	41.46	1050m: 14:08.90	41.20	1450m: 19:41.05	42.47
	300m: 3:50.25	39.28	700m: 9:16.60	41.82	1100m: 14:49.85	40.95	1500m: 20:21.70	40.65
	350m: 4:30.43	40.18	750m: 9:58.76	42.16	1150m: 15:31.72	41.87		
	400m: 5:10.26	39.83	800m: 10:40.82	42.06	1200m: 16:13.54	41.82		
2.	Arnold Jonker	HZ&PC Heerenveen	26:19.47	7000529	<b>26:01.78</b>	+0,99		
	50m: 47.89	47.89	450m: 7:46.89	51.86	850m: 14:40.46	51.53	1250m: 21:42.01	53.77
	100m: 1:39.31	51.42	500m: 8:39.28	52.39	900m: 15:33.00	52.54	1300m: 22:35.29	53.28
	150m: 2:31.78	52.47	550m: 9:30.68	51.40	950m: 16:25.40	52.40	1350m: 23:29.14	53.85
	200m: 3:24.34	52.56	600m: 10:21.83	51.15	1000m: 17:16.62	51.22	1400m: 24:21.69	52.55
	250m: 4:17.05	52.71	650m: 11:13.52	51.69	1050m: 18:09.21	52.59	1450m: 25:13.24	51.55
	300m: 5:09.27	52.22	700m: 12:04.88	51.36	1100m: 19:01.99	52.78	1500m: 26:01.78	48.54
	350m: 6:02.73	53.46	750m: 12:56.70	51.82	1150m: 19:54.33	52.34		
	400m: 6:55.03	52.30	800m: 13:48.93	52.23	1200m: 20:48.24	53.91		

DIS	Norbert Nagy	Sprint Fortuna SC	18:50.31	69NAGY	AA
	50m:	450m:	850m:	1250m:	
	100m:	500m:	900m:	1300m:	
	150m:	550m:	950m:	1350m:	
	200m:	600m:	1000m:	1400m:	
	250m:	650m:	1050m:	1450m:	
	300m:	700m:	1100m:	1500m:	
	350m:	750m:	1150m:		
	400m:	800m:	1200m:		

Masters 45+

1.	Marcel Stroet	ZV De Bron	19:57.37	6400929	<b>20:19.88</b>	+1,09		
	50m: 34.49	34.49	450m: 5:56.25	40.58	850m: 11:24.28	41.20	1250m: 16:55.02	41.70
	100m: 1:13.35	38.86	500m: 6:36.95	40.70	900m: 12:05.40	41.12	1300m: 17:36.50	41.48
	150m: 1:53.12	39.77	550m: 7:17.84	40.89	950m: 12:46.34	40.94	1350m: 18:18.39	41.89
	200m: 2:33.53	40.41	600m: 7:58.85	41.01	1000m: 13:27.53	41.19	1400m: 19:00.06	41.67
	250m: 3:13.81	40.28	650m: 8:39.89	41.04	1050m: 14:08.82	41.29	1450m: 19:40.94	40.88
	300m: 3:54.50	40.69	700m: 9:21.04	41.15	1100m: 14:49.95	41.13	1500m: 20:19.88	38.94
	350m: 4:35.09	40.59	750m: 10:02.07	41.03	1150m: 15:31.76	41.81		
	400m: 5:15.67	40.58	800m: 10:43.08	41.01	1200m: 16:13.32	41.56		



Programmanr. 2, Heren, 1500m vrije slag, Masters 45+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
2.	Alessandro Fabrini	SS Lazio Nuoto	21:04.56	LAZ07978	21:22.02	+1,08
	50m: 39.48	39.48	450m: 6:28.60	43.14	850m: 12:09.59	42.66
	100m: 1:22.54	43.06	500m: 7:11.99	43.39	900m: 12:52.58	42.99
	150m: 2:05.80	43.26	550m: 7:54.46	42.47	950m: 13:34.78	42.20
	200m: 2:49.54	43.74	600m: 8:37.56	43.10	1000m: 14:17.20	42.42
	250m: 3:33.37	43.83	650m: 9:19.52	41.96	1050m: 14:59.08	41.88
	300m: 4:17.96	44.59	700m: 10:02.10	42.58	1100m: 15:41.51	42.43
	350m: 5:01.32	43.36	750m: 10:44.22	42.12	1150m: 16:23.76	42.25
	400m: 5:45.46	44.14	800m: 11:26.93	42.71	1200m: 17:06.47	42.71
3.	Paul van der Voort	De Zwoer	21:17.96	6200715	21:47.95	+1,14
	50m: 36.45	36.45	450m: 6:25.23	44.41	850m: 12:17.82	44.49
	100m: 1:18.53	42.08	500m: 7:09.84	44.61	900m: 13:02.51	44.69
	150m: 2:01.78	43.25	550m: 7:53.63	43.79	950m: 13:46.14	43.63
	200m: 2:45.36	43.58	600m: 8:37.72	44.09	1000m: 14:30.11	43.97
	250m: 3:28.45	43.09	650m: 9:21.80	44.08	1050m: 15:13.89	43.78
	300m: 4:13.16	44.71	700m: 10:05.55	43.75	1100m: 15:57.85	43.96
	350m: 4:56.98	43.82	750m: 10:49.42	43.87	1150m: 16:42.06	44.21
	400m: 5:40.82	43.84	800m: 11:33.33	43.91	1200m: 17:25.92	43.86
4.	Eric Smits	Z&PC De Gouwe	21:54.38	6501453	22:14.88	+1,19
	50m: 39.16	39.16	450m: 6:40.16	45.42	850m: 12:39.08	45.01
	100m: 1:22.91	43.75	500m: 7:25.72	45.56	900m: 13:23.71	44.63
	150m: 2:07.58	44.67	550m: 8:10.79	45.07	950m: 14:08.69	44.98
	200m: 2:53.07	45.49	600m: 8:55.74	44.95	1000m: 14:53.69	45.00
	250m: 3:38.18	45.11	650m: 9:40.55	44.81	1050m: 15:38.46	44.77
	300m: 4:23.78	45.60	700m: 10:25.03	44.48	1100m: 16:22.80	44.34
	350m: 5:09.04	45.26	750m: 11:09.66	44.63	1150m: 17:07.14	44.34
	400m: 5:54.74	45.70	800m: 11:54.07	44.41	1200m: 17:51.07	43.93
5.	Peter Marc de Rooij	Zwemvereniging Utrecht	21:58.29	6100829	22:21.80	+0,90
	50m: 37.24	37.24	450m: 6:32.54	44.56	850m: 12:33.02	45.12
	100m: 1:20.73	43.49	500m: 7:17.47	44.93	900m: 13:19.28	46.26
	150m: 2:04.41	43.68	550m: 8:01.81	44.34	950m: 14:04.60	45.32
	200m: 2:49.63	45.22	600m: 8:47.03	45.22	1000m: 14:50.55	45.95
	250m: 3:33.46	43.83	650m: 9:31.47	44.44	1050m: 15:35.59	45.04
	300m: 4:18.21	44.75	700m: 10:17.45	45.98	1100m: 16:21.68	46.09
	350m: 5:02.22	44.01	750m: 11:02.33	44.88	1150m: 17:06.81	45.13
	400m: 5:47.98	45.76	800m: 11:47.90	45.57	1200m: 17:52.41	45.60
6.	Joost de Kroon	AquAmigos	21:37.15	6400999	22:41.26	+1,07
	50m: 39.54	39.54	450m: 6:41.94	45.61	850m: 12:48.62	45.40
	100m: 1:23.17	43.63	500m: 7:28.19	46.25	900m: 13:34.75	46.13
	150m: 2:08.05	44.88	550m: 8:13.88	45.69	950m: 14:20.99	46.24
	200m: 2:53.42	45.37	600m: 9:00.18	46.30	1000m: 15:07.24	46.25
	250m: 3:38.80	45.38	650m: 9:45.43	45.25	1050m: 15:53.27	46.03
	300m: 4:25.00	46.20	700m: 10:31.37	45.94	1100m: 16:40.08	46.81
	350m: 5:10.48	45.48	750m: 11:16.71	45.34	1150m: 17:25.70	45.62
	400m: 5:56.33	45.85	800m: 12:03.22	46.51	1200m: 18:11.79	46.09
7.	Edzo Huisman	Aquapoldro	21:55.83	6301029	22:53.54	+1,01
	50m: 37.45	37.45	450m: 6:47.35	48.07	850m: 13:01.94	45.30
	100m: 1:19.73	42.28	500m: 7:34.92	47.57	900m: 13:47.35	45.41
	150m: 2:04.19	44.46	550m: 8:22.47	47.55	950m: 14:32.10	44.75
	200m: 2:50.10	45.91	600m: 9:10.40	47.93	1000m: 15:17.50	45.40
	250m: 3:37.14	47.04	650m: 9:57.02	46.62	1050m: 16:01.86	44.36
	300m: 4:24.72	47.58	700m: 10:43.92	46.90	1100m: 16:47.85	45.99
	350m: 5:11.64	46.92	750m: 11:29.96	46.04	1150m: 17:34.05	46.20
	400m: 5:59.28	47.64	800m: 12:16.64	46.68	1200m: 18:21.04	46.99
8.	Aldo Atzeni 100m400m800m*	Florange olympique club	23:23.52	546024	23:46.29	+0,98
	50m: 39.76	39.76	450m: 6:48.88	48.01	850m: 13:12.34	49.07
	100m: 1:23.36	43.60	500m: 7:36.09	47.41	900m: 14:00.72	48.38
	150m: 2:08.30	44.94	550m: 8:23.77	47.68	950m: 14:50.81	50.09
	200m: 2:54.45	46.15	600m: 9:11.10	47.33	1000m: 15:39.96	49.15
	250m: 3:40.59	46.14	650m: 9:59.37	48.27	1050m: 16:29.43	49.47
	300m: 4:27.67	47.08	700m: 10:46.76	47.39	1100m: 17:18.80	49.37
	350m: 5:14.17	46.50	750m: 11:35.01	48.25	1150m: 18:07.76	48.96
	400m: 6:00.67	46.50	800m: 12:23.27	48.26	1200m: 18:56.63	48.87
9.	Marcel van der Lem	Kon AZ 1870	22:56.12	6500563	25:13.39	+0,86
	50m: 37.45	37.45	450m: 6:52.20	49.27	850m: 13:40.66	52.11
	100m: 1:20.50	43.05	500m: 7:42.34	50.14	900m: 14:37.75	57.09
	150m: 2:05.52	45.02	550m: 8:32.96	50.62	950m: 15:34.08	56.33
	200m: 2:51.44	45.92	600m: 9:23.21	50.25	1000m: 16:31.59	57.51
	250m: 3:39.00	47.56	650m: 10:14.12	50.91	1050m: 17:21.11	49.52
	300m: 4:25.93	46.93	700m: 11:04.96	50.84	1100m: 18:13.49	52.38
	350m: 5:14.51	48.58	750m: 11:56.63	51.67	1150m: 19:05.70	52.21
	400m: 6:02.93	48.42	800m: 12:48.55	51.92	1200m: 19:58.80	53.10

Programmanr. 2, Heren, 1500m vrije slag, Masters 45+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
10.	Rik van Gasteren	AquAmigos	25:31.56	6401015	27:34.82	+1,16
	50m: 44.49	44.49	450m: 7:58.25	54.47	850m: 15:27.30	55.65
	100m: 1:36.56	52.07	500m: 8:53.50	55.25	900m: 16:24.96	57.66
	150m: 2:29.89	53.33	550m: 9:49.99	56.49	950m: 17:21.42	56.46
	200m: 3:24.58	54.69	600m: 10:46.38	56.39	1000m: 18:19.71	58.29
	250m: 4:18.85	54.27	650m: 11:42.60	56.22	1050m: 19:17.60	57.89
	300m: 5:13.76	54.91	700m: 12:39.00	56.40	1100m: 20:14.00	56.40
	350m: 6:08.26	54.50	750m: 13:33.79	54.79	1150m: 21:10.99	56.99
	400m: 7:03.78	55.52	800m: 14:31.65	57.86	1200m: 22:09.29	58.30

Masters 50+

1.	Marius Ros	ZCNF'34	20:27.06	5900779	20:48.00	+0,89
	100m, 400m *					
	50m: 37.20	37.20	450m: 6:05.44	40.58	850m: 11:39.46	41.61
	100m: 1:18.41	41.21	500m: 6:47.45	42.01	900m: 12:22.26	42.80
	150m: 1:58.63	40.22	550m: 7:28.76	41.31	950m: 13:03.90	41.64
	200m: 2:40.39	41.76	600m: 8:10.65	41.89	1000m: 13:47.05	43.15
	250m: 3:20.59	40.20	650m: 8:51.81	41.16	1050m: 14:28.64	41.59
	300m: 4:02.42	41.83	700m: 9:33.99	42.18	1100m: 15:11.44	42.80
	350m: 4:42.71	40.29	750m: 10:15.18	41.19	1150m: 15:53.24	41.80
	400m: 5:24.86	42.15	800m: 10:57.85	42.67	1200m: 16:36.63	43.39
2.	Elzo Dijkhuis	TriVia	19:49.99	6000873	21:20.36	+1,16
	50m: 35.72	35.72	450m: 6:09.85	42.18	850m: 11:56.84	43.58
	100m: 1:15.34	39.62	500m: 6:52.80	42.95	900m: 12:39.97	43.13
	150m: 1:56.42	41.08	550m: 7:35.54	42.74	950m: 13:23.92	43.95
	200m: 2:38.16	41.74	600m: 8:18.97	43.43	1000m: 14:07.79	43.87
	250m: 3:19.98	41.82	650m: 9:02.38	43.41	1050m: 14:51.34	43.55
	300m: 4:02.65	42.67	700m: 9:45.69	43.31	1100m: 15:34.39	43.05
	350m: 4:45.14	42.49	750m: 10:29.68	43.99	1150m: 16:18.52	44.13
	400m: 5:27.67	42.53	800m: 11:13.26	43.58	1200m: 17:02.27	43.75
3.	Lex Hoogendam	MNC Dordrecht	21:40.71	5700541	23:03.70	+1,01
	50m: 38.85	38.85	450m: 6:43.02	46.21	850m: 12:57.47	46.42
	100m: 1:22.04	43.19	500m: 7:29.64	46.62	900m: 13:44.75	47.28
	150m: 2:07.14	45.10	550m: 8:16.51	46.87	950m: 14:31.12	46.37
	200m: 2:53.50	46.36	600m: 9:03.58	47.07	1000m: 15:17.92	46.80
	250m: 3:39.21	45.71	650m: 9:50.20	46.62	1050m: 16:04.65	46.73
	300m: 4:24.84	45.63	700m: 10:37.10	46.90	1100m: 16:52.29	47.64
	350m: 5:10.75	45.91	750m: 11:23.95	46.85	1150m: 17:38.64	46.35
	400m: 5:56.81	46.06	800m: 12:11.05	47.10	1200m: 18:25.62	46.98
4.	Paul Bunnik	Triton	23:03.94	5600413	23:42.57	+1,06
	50m: 37.30	37.30	450m: 6:50.43	47.25	850m: 13:13.58	47.19
	100m: 1:20.67	43.37	500m: 7:38.73	48.30	900m: 14:03.28	49.70
	150m: 2:06.21	45.54	550m: 8:25.18	46.45	950m: 14:51.46	48.18
	200m: 2:53.75	47.54	600m: 9:13.68	48.50	1000m: 15:40.67	49.21
	250m: 3:40.36	46.61	650m: 10:01.11	47.43	1050m: 16:28.57	47.90
	300m: 4:28.44	48.08	700m: 10:50.28	49.17	1100m: 17:17.55	48.98
	350m: 5:15.07	46.63	750m: 11:37.55	47.27	1150m: 18:06.53	48.98
	400m: 6:03.18	48.11	800m: 12:26.39	48.84	1200m: 18:55.84	49.31
5.	Guy Jullien	CHAT	26:17.66	CHAT/256/57	26:47.68	+1,08
	100m200m400m800m*					
	50m: 46.25	46.25	450m: 7:51.68	53.72	850m: 15:04.02	53.16
	100m: 1:37.44	51.19	500m: 8:46.92	55.24	900m: 15:58.67	54.65
	150m: 2:28.92	51.48	550m: 9:42.28	54.43	950m: 16:51.95	53.28
	200m: 3:22.60	53.68	600m: 10:34.33	54.93	1000m: 17:45.69	53.74
	250m: 4:15.26	52.66	650m: 11:28.73	54.40	1050m: 18:38.57	52.88
	300m: 5:09.59	54.33	700m: 12:23.34	54.61	1100m: 19:33.80	55.23
	350m: 6:03.08	53.49	750m: 13:16.35	53.01	1150m: 20:28.87	55.23
	400m: 6:57.96	54.88	800m: 14:10.86	54.51	1200m: 21:23.87	55.23
6.	Rene Groot	ZV De Bron	27:02.91	5900617	27:02.18	+1,19
	50m: 45.40	45.40	450m: 7:54.17	54.42	850m: 15:11.40	54.76
	100m: 1:36.45	51.05	500m: 8:47.85	53.68	900m: 16:06.07	54.67
	150m: 2:30.76	54.31	550m: 9:42.28	54.43	950m: 16:59.80	53.73
	200m: 3:22.94	52.18	600m: 10:36.83	54.55	1000m: 17:55.03	55.23
	250m: 4:16.97	54.03	650m: 11:32.00	55.17	1050m: 18:51.05	56.02
	300m: 5:11.24	54.27	700m: 12:26.97	54.97	1100m: 19:45.84	54.79
	350m: 6:05.86	54.62	750m: 13:22.05	55.08	1150m: 20:41.78	55.94
	400m: 6:59.75	53.89	800m: 14:16.64	54.59	1200m: 21:36.09	54.31

Programmanr. 2, Heren, 1500m vrije slag, Masters 50+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT						
7.	Kees Karsten	Gay Swim Amsterdam	32:14.59	5800203	<b>29:08.08</b>	+0,94						
	400m *											
	50m:	49.04	49.04	450m:	8:26.46	58.36	850m:	16:14.40	59.63	1250m:	24:11.47	1:00.77
	100m:	1:45.34	56.30	500m:	9:23.72	57.26	900m:	17:13.17	58.77	1300m:	25:11.77	1:00.30
	150m:	2:41.85	56.51	550m:	10:22.40	58.68	950m:	18:12.49	59.32	1350m:	26:12.04	1:00.27
	200m:	3:38.94	57.09	600m:	11:19.37	56.97	1000m:	19:11.83	59.34	1400m:	27:12.02	59.98
	250m:	4:36.33	57.39	650m:	12:18.33	58.96	1050m:	20:12.00	1:00.17	1450m:	28:12.68	1:00.66
	300m:	5:33.39	57.06	700m:	13:16.44	58.11	1100m:	21:10.87	58.87	1500m:	29:08.08	55.40
	350m:	6:30.92	57.53	750m:	14:15.75	59.31	1150m:	22:10.54	59.67			
	400m:	7:28.10	57.18	800m:	15:14.77	59.02	1200m:	23:10.70	1:00.16			

Masters 55+

1.	Henk Slomp	De Pinquin	21:14.40	5500359	<b>22:32.52</b>	+0,96						
	50m:	37.61	37.61	450m:	6:31.94	45.19	850m:	12:35.12	45.72	1250m:	18:46.01	46.25
	100m:	1:19.63	42.02	500m:	7:16.66	44.72	900m:	13:20.80	45.68	1300m:	19:31.72	45.71
	150m:	2:03.26	43.63	550m:	8:02.61	45.95	950m:	14:04.99	44.19	1350m:	20:19.40	47.68
	200m:	2:46.83	43.57	600m:	8:47.56	44.95	1000m:	14:51.91	46.92	1400m:	21:05.55	46.15
	250m:	3:31.54	44.71	650m:	9:33.41	45.85	1050m:	15:38.75	46.84	1450m:	21:51.52	45.97
	300m:	4:16.15	44.61	700m:	10:18.61	45.20	1100m:	16:24.97	46.22	1500m:	22:32.52	41.00
	350m:	5:01.86	45.71	750m:	11:04.51	45.90	1150m:	17:12.26	47.29			
	400m:	5:46.75	44.89	800m:	11:49.40	44.89	1200m:	17:59.76	47.50			

2.	Hugo Staudt	WS Twente	23:49.81	5300253	<b>22:48.53</b>	+0,93						
	50m:	40.77	40.77	450m:	6:49.29	45.15	850m:	12:55.76	45.96	1250m:	19:03.04	45.91
	100m:	1:25.73	44.96	500m:	7:35.30	46.01	900m:	13:41.66	45.90	1300m:	19:49.52	46.48
	150m:	2:12.50	46.77	550m:	8:20.69	45.39	950m:	14:27.33	45.67	1350m:	20:35.30	45.78
	200m:	2:59.22	46.72	600m:	9:06.63	45.94	1000m:	15:13.90	46.57	1400m:	21:21.50	46.20
	250m:	3:45.49	46.27	650m:	9:52.32	45.69	1050m:	15:59.25	45.35	1450m:	22:05.95	44.45
	300m:	4:31.89	46.40	700m:	10:38.90	46.58	1100m:	16:45.68	46.43	1500m:	22:48.53	42.58
	350m:	5:17.92	46.03	750m:	11:24.37	45.47	1150m:	17:30.80	45.12			
	400m:	6:04.14	46.22	800m:	12:09.80	45.43	1200m:	18:17.13	46.33			

3.	Peter van Genderen	Old Dutch	26:45.48	5500405	<b>26:45.30</b>	+1,06						
	100m, 200m *											
	50m:	42.71	42.71	450m:	7:39.81	54.10	850m:	14:53.24	53.89	1250m:	22:13.14	55.28
	100m:	1:30.45	47.74	500m:	8:35.07	55.26	900m:	15:49.24	56.00	1300m:	23:07.53	54.39
	150m:	2:20.78	50.33	550m:	9:28.31	53.24	950m:	16:42.45	53.21	1350m:	24:02.63	55.10
	200m:	3:12.65	51.87	600m:	10:23.04	54.73	1000m:	17:37.02	54.57	1400m:	24:58.03	55.40
	250m:	4:05.08	52.43	650m:	11:16.11	53.07	1050m:	18:31.96	54.94	1450m:	25:52.83	54.80
	300m:	4:58.09	53.01	700m:	12:10.34	54.23	1100m:	19:27.84	55.88	1500m:	26:45.30	52.47
	350m:	5:51.73	53.64	750m:	13:05.28	54.94	1150m:	20:22.58	54.74			
	400m:	6:45.71	53.98	800m:	13:59.35	54.07	1200m:	21:17.86	55.28			

4.	Michel Hougardy	CNBA	25:04.81	CNBA/648/51	<b>27:07.30</b>	+1,06						
	50m:	45.29	45.29	450m:	7:52.89	54.36	850m:	15:11.25	55.45	1250m:	22:31.80	55.88
	100m:	1:34.61	49.32	500m:	8:46.85	53.96	900m:	16:05.43	54.18	1300m:	23:26.67	54.87
	150m:	2:26.51	51.90	550m:	9:41.85	55.00	950m:	17:00.26	54.83	1350m:	24:22.76	56.09
	200m:	3:19.81	53.30	600m:	10:36.28	54.43	1000m:	17:54.81	54.55	1400m:	25:18.18	55.42
	250m:	4:14.07	54.26	650m:	11:30.58	54.30	1050m:	18:49.75	54.94	1450m:	26:13.33	55.15
	300m:	5:08.75	54.68	700m:	12:25.15	54.57	1100m:	19:44.93	55.18	1500m:	27:07.30	53.97
	350m:	6:02.77	54.02	750m:	13:20.12	54.97	1150m:	20:40.43	55.50			
	400m:	6:58.53	55.76	800m:	14:15.80	55.68	1200m:	21:35.92	55.49			

5.	Rudolf Post	Gay Swim Amsterdam	28:41.59	5500325	<b>29:42.81</b>	+1,08						
	400m, 800m *											
	50m:	51.08	51.08	450m:	8:44.22	58.74	850m:	16:45.83	1:02.13	1250m:	24:50.67	1:01.25
	100m:	1:49.35	58.27	500m:	9:44.58	1:00.36	900m:	17:47.66	1:01.83	1300m:	25:50.49	59.82
	150m:	2:48.35	59.00	550m:	10:44.57	59.99	950m:	18:46.58	58.92	1350m:	26:49.52	58.93
	200m:	3:46.79	58.44	600m:	11:44.45	59.88	1000m:	19:48.55	1:01.97	1400m:	27:48.87	59.45
	250m:	4:44.93	58.14	650m:	12:44.50	1:00.05	1050m:	20:47.44	58.89	1450m:	28:47.56	58.69
	300m:	5:45.60	1:00.67	700m:	13:44.44	59.94	1100m:	21:49.17	1:01.73	1500m:	29:42.81	55.25
	350m:	6:45.15	59.55	750m:	14:44.27	59.83	1150m:	22:48.89	59.72			
	400m:	7:45.48	1:00.33	800m:	15:43.70	59.43	1200m:	23:49.42	1:00.53			

Masters 60+

1.	Donald Uijtenbogaart	Het Y	20:32.13	4700107	<b>20:23.60</b>	+0,93						
	200m *											
	50m:	38.74	38.74	450m:	6:07.64	40.58	850m:	11:36.22	40.85	1250m:	17:03.75	40.96
	100m:	1:20.00	41.26	500m:	6:48.87	41.23	900m:	12:17.19	40.97	1300m:	17:44.15	40.40
	150m:	2:01.13	41.13	550m:	7:29.55	40.68	950m:	12:58.18	40.99	1350m:	18:25.27	41.12
	200m:	2:42.64	41.51	600m:	8:10.81	41.26	1000m:	13:39.06	40.88	1400m:	19:05.99	40.72
	250m:	3:23.52	40.88	650m:	8:51.69	40.88	1050m:	14:19.84	40.78	1450m:	19:45.31	39.32
	300m:	4:04.97	41.45	700m:	9:33.34	41.65	1100m:	15:00.37	40.53	1500m:	20:23.60	38.29
	350m:	4:46.00	41.03	750m:	10:14.30	40.96	1150m:	15:41.46	41.09			
	400m:	5:27.06	41.06	800m:	10:55.37	41.07	1200m:	16:22.79	41.33			

Programmanr. 2, Heren, 1500m vrije slag

Masters 65+

1. Rob Hanou	PSV	24:30.05	4300109	24:48.29	+1,10
50m: 41.71	41.71	450m: 7:18.44	50.48	850m: 14:02.38	51.29
100m: 1:28.99	47.28	500m: 8:09.39	50.95	900m: 14:52.62	50.24
150m: 2:18.04	49.05	550m: 8:59.50	50.11	950m: 15:42.68	50.06
200m: 3:08.25	50.21	600m: 9:49.68	50.18	1000m: 16:33.05	50.37
250m: 3:57.90	49.65	650m: 10:39.75	50.07	1050m: 17:22.69	49.64
300m: 4:47.66	49.76	700m: 11:30.14	50.39	1100m: 18:12.47	49.78
350m: 5:37.37	49.71	750m: 12:21.09	50.95	1150m: 19:02.67	50.20
400m: 6:27.96	50.59	800m: 13:11.09	50.00	1200m: 19:52.56	49.89
2. Manfred Bottin	SV Langenfeld 1912	25:59.29	057993	26:59.39	+1,19
50m: 46.46	46.46	450m: 7:58.21	54.67	850m: 15:14.80	54.33
100m: 1:39.70	53.24	500m: 8:53.52	55.31	900m: 16:08.96	54.16
150m: 2:33.33	53.63	550m: 9:49.08	55.56	950m: 17:03.73	54.77
200m: 3:26.63	53.30	600m: 10:43.21	54.13	1000m: 17:57.93	54.20
250m: 4:20.69	54.06	650m: 11:38.05	54.84	1050m: 18:53.00	55.07
300m: 5:14.85	54.16	700m: 12:32.40	54.35	1100m: 19:46.67	53.67
350m: 6:09.14	54.29	750m: 13:26.50	54.10	1150m: 20:40.85	54.18
400m: 7:03.54	54.40	800m: 14:20.47	53.97	1200m: 21:35.38	54.53
3. Bob Arendsen	De Futen	27:04.29	4400005	27:53.05	
50m: 45.12	45.12	450m: 8:08.94	55.65	850m: 15:43.62	56.31
100m: 1:37.75	52.63	500m: 9:06.09	57.15	900m: 16:40.97	57.35
150m: 2:32.71	54.96	550m: 10:02.05	55.96	950m: 17:37.22	56.25
200m: 3:29.42	56.71	600m: 10:59.06	57.01	1000m: 18:35.14	57.92
250m: 4:24.17	54.75	650m: 11:55.24	56.18	1050m: 19:31.46	56.32
300m: 5:20.44	56.27	700m: 12:52.57	57.33	1100m: 20:29.45	57.99
350m: 6:16.13	55.69	750m: 13:49.34	56.77	1150m: 21:25.19	55.74
400m: 7:13.29	57.16	800m: 14:47.31	57.97	1200m: 22:22.94	57.75
4. Peter Ouweneel	RSW (SG)	36:54.29	4500077	34:43.90	+1,16
50m: 56.79	56.79	450m: 10:03.60	1:09.75	850m: 19:22.44	1:08.93
100m: 2:02.43	1:05.64	500m: 11:16.04	1:12.44	900m: 20:32.95	1:10.51
150m: 3:08.26	1:05.83	550m: 12:25.20	1:09.16	950m: 21:42.83	1:09.88
200m: 4:17.73	1:09.47	600m: 13:36.47	1:11.27	1000m: 22:54.77	1:11.94
250m: 5:24.81	1:07.08	650m: 14:45.86	1:09.39	1050m: 24:02.90	1:08.13
300m: 6:34.65	1:09.84	700m: 15:56.00	1:10.14	1100m: 25:12.80	1:09.90
350m: 7:43.29	1:08.64	750m: 17:04.85	1:08.85	1150m: 26:23.81	1:11.01
400m: 8:53.85	1:10.56	800m: 18:13.51	1:08.66	1200m: 27:37.60	1:13.79

Masters 70+

1. Nico Geers	Z&PC De Gouwe	23:52.88	3800007	24:25.43	+1,01
50m: 42.57	42.57	450m: 7:11.26	48.99	850m: 13:49.99	49.81
100m: 1:29.35	46.78	500m: 8:01.44	50.18	900m: 14:39.00	49.01
150m: 2:17.03	47.68	550m: 8:50.52	49.08	950m: 15:29.20	50.20
200m: 3:05.78	48.75	600m: 9:40.43	49.91	1000m: 16:19.36	50.16
250m: 3:54.15	48.37	650m: 10:30.40	49.97	1050m: 17:08.36	49.00
300m: 4:43.84	49.69	700m: 11:20.48	50.08	1100m: 17:58.16	49.80
350m: 5:33.07	49.23	750m: 12:10.11	49.63	1150m: 18:47.89	49.73
400m: 6:22.27	49.20	800m: 13:00.18	50.07	1200m: 19:37.50	49.61
2. Jaap v.d. Velden	Oceanus	26:21.57	4000057	27:00.13	+0,96
50m: 45.73	45.73	450m: 7:57.53	54.15	850m: 15:11.37	53.99
100m: 1:36.99	51.26	500m: 8:51.93	54.40	900m: 16:05.31	53.94
150m: 2:30.55	53.56	550m: 9:46.08	54.08	950m: 17:00.00	54.16
200m: 3:25.24	54.69	600m: 10:40.68	54.08	1000m: 17:53.57	55.58
250m: 4:19.30	54.06	650m: 11:34.76	53.94	1050m: 18:47.73	54.91
300m: 5:13.94	54.64	700m: 12:28.70	53.94	1100m: 19:43.31	54.78
350m: 6:08.09	54.15	750m: 13:22.43	53.73	1150m: 20:38.22	54.91
400m: 7:03.38	55.29	800m: 14:17.38	54.95	1200m: 21:33.00	54.78
3. Gregor Pompen	Aqua-Novio'94	26:36.11	3700021	27:38.18	+1,02
50m: 48.59	48.59	450m: 8:04.73	55.52	850m: 15:30.89	56.21
100m: 1:40.85	52.26	500m: 9:00.01	55.28	900m: 16:27.34	56.45
150m: 2:34.86	54.01	550m: 9:55.86	55.85	950m: 17:23.24	55.90
200m: 3:28.91	54.05	600m: 10:51.07	55.21	1000m: 18:20.06	56.82
250m: 4:24.59	55.68	650m: 11:46.71	55.64	1050m: 19:15.04	54.98
300m: 5:18.99	54.40	700m: 12:42.63	55.92	1100m: 20:11.25	56.21
350m: 6:14.50	55.51	750m: 13:38.26	55.63	1150m: 21:06.88	55.63
400m: 7:09.21	54.71	800m: 14:34.68	56.42	1200m: 22:03.60	56.72



Programmanr. 3  
07.05.2010 - 17:02

Dames, 200m rugslag

Masters Open  
Resultaten

rang naam	vereniging	inschrijftijd	tijd	RT	50m	100m	150m	200m
<b>Masters 20+</b>								
1. Cynthia Grooteboer <i>Kampioenschaps Record</i>	De Reest	2:39.61 8901462	<b>2:42.57</b>	+0,76	38.37	1:19.79	2:01.87	2:42.57
2. Sunanda van Heteren	PCG	2:41.30 8901728	<b>2:46.58</b>	+0,80	39.26	1:21.59	2:04.76	2:46.58
3. Maaïke de Boer	De Duinkickers	2:44.80 9000362	<b>2:48.60</b>	+0,70	40.15	1:23.52	2:06.62	2:48.60
4. Monique Nieuwelink	De Haaien	2:44.63 9002724	<b>2:49.80</b>	+0,83	41.13	1:23.77	2:07.86	2:49.80
5. Esther van Maastrigt	Montferland	2:52.20 8802836	<b>2:55.14</b>	+0,65	41.26	1:25.68	2:11.08	2:55.14
6. Miriam Visserman	Octopus	2:51.96 8704364	<b>2:56.81</b>	+0,88	42.05	1:26.48	2:12.10	2:56.81
7. Sanne van Dijk	Zoetermeer	2:51.63 9000818	<b>2:58.28</b>	+0,72	40.32	1:24.96	2:11.78	2:58.28
8. Eline Schoenmaker	De Duinkickers	2:50.70 9003322	<b>3:00.03</b>	+0,72	43.00	1:29.73	2:16.41	3:00.03
9. Annelette de Vries	De Veene	2:51.60 8603908	<b>3:00.29</b>	+0,80	40.63	1:26.68	2:14.08	3:00.29
10. Maaïke van Diggele	ZPB H&L Productions	2:54.80 8700868	<b>3:00.66</b>	+0,84	42.18	1:26.77	2:13.86	3:00.66
11. Karin Simons	WZK Zwemmen	2:43.56 8903804	<b>3:04.05</b>	+0,79	39.88	1:26.99	2:16.44	3:04.05
12. Annebeth van Ark	Octopus	2:55.34 8805588	<b>3:06.19</b>	+0,81	43.31	1:31.52	2:20.50	3:06.19
13. Fleur Maas	Zoetermeer	3:06.02 8902768	<b>3:16.95</b>	+0,81	44.97	1:36.95	2:28.16	3:16.95
14. Paulien v.d Molen	HZ&PC Heerenveen	3:24.60 9006048	<b>3:38.99</b>	+0,84	52.67	1:47.51	2:43.81	3:38.99
<b>Masters 25+</b>								
1. Bianca van Ringelestijn	PSV	2:43.60 8502466	<b>2:48.45</b>	+0,68	38.63	1:22.12	2:06.29	2:48.45
2. Hanneke Heymen	Montferland	2:44.62 8400968	<b>2:48.54</b>	+0,63	39.90	1:23.31	2:06.70	2:48.54
3. Annette Vogelsang	ZV De Bron	3:11.74 8402632	<b>3:04.40</b>	+0,72	43.04	1:30.47	2:18.83	3:04.40
<b>Masters 30+</b>								
1. Janneke Harmsen <i>Kampioenschaps Record</i>	De Spatters	2:47.36 7700938	<b>2:42.09</b>	+0,78	36.30	1:17.17	2:00.14	2:42.09
2. Francijna de Kooter	De Biesboschzwemmers	2:47.15 8000634	<b>2:48.05</b>	+0,77	38.71	1:21.92	2:05.82	2:48.05
3. Emerentia Knebel	KZPC	2:44.14 7600322	<b>2:48.51</b>	+0,71	38.99	1:22.10	2:05.73	2:48.51
4. Jolanda van Gendt	PSV	2:51.04 7800266	<b>2:52.65</b>	+0,69	40.02	1:23.71	2:08.80	2:52.65
5. Margriet Leeffers	Deltasteur	3:21.43 7800448	<b>3:29.41</b>	+0,76	47.60	1:40.50	2:35.34	3:29.41
<b>Masters 35+</b>								
1. Liselotte Joling	PSV	2:59.87 7500268	<b>2:54.92</b>	+0,78	40.11	1:24.28	2:09.78	2:54.92
2. Henriëtte Manting	GZVV	3:04.90 7100246	<b>3:05.43</b>	+0,71	41.94	1:28.21	2:16.43	3:05.43
3. Dianne Nien	RZ	3:02.75 7100452	<b>3:06.58</b>	+0,75	43.30	1:30.30	2:18.97	3:06.58
<b>Masters 40+</b>								
1. Henriëtte v. Norden	AZ&PC	2:55.39 6800046	<b>3:00.07</b>	+0,84	41.45	1:26.93	2:13.50	3:00.07
2. Susanne van Hooven	De Schoteijl	2:56.49 6800752	<b>3:04.05</b>	+0,82	42.10	1:28.20	2:16.12	3:04.05
3. Helen Turner	PSV	3:12.88 7000894	<b>3:07.35</b>	+0,69	44.77	1:32.57	2:21.40	3:07.35
4. Desiree van der Lem	Kon AZ 1870	3:14.39 6800282	<b>3:16.57</b>	+0,74	44.19	1:34.24	2:26.31	3:16.57
5. Haya Mellema	Aquapoldro	4:05.98 6600482	<b>4:10.04</b>	+0,90	54.48	1:59.06	3:04.65	4:10.04
<b>Masters 45+</b>								
1. Judith Cromjongh <i>Nederlands Masters Record</i>	De Zwoer	2:40.35 6400054	<b>2:43.93</b>	+0,75	38.70	1:20.06	2:02.60	2:43.93
2. Jacqueline Rolloos	De Lansingh	2:53.72 6300222	<b>3:00.67</b>	+0,84	42.60	1:28.50	2:15.79	3:00.67
3. Fabienne Demoor <i>100m*</i>	Asl Janville Lardy	3:31.35 542895	<b>3:30.78</b>	+0,89	48.88	1:42.59	2:36.29	3:30.78
4. Alie Visser	HZ&PC Heerenveen	3:33.83 6400494	<b>3:35.57</b>	+0,69	48.68	1:43.71	2:40.25	3:35.57

Programmanr. 3, Dames, 200m rugslag

Masters 50+

1. Atie Pijtak-Radersma	AZ&PC	2:54.73	5600048	<b>2:59.54</b>	+0,73	41.67	1:27.44	2:13.42	2:59.54
-------------------------	-------	---------	---------	----------------	-------	-------	---------	---------	---------

Masters 55+

1. Margriet Pasma	De Pinquin	3:07.84	5500088	<b>3:15.67</b>	+0,73	44.68	1:33.31	2:24.78	3:15.67
2. Tineke van Diggelen	Oceanus	3:51.11	5200048	<b>4:01.47</b>	+0,89	55.70	1:57.08	2:59.13	4:01.47
3. Corine Kalbfleisch	DWT	3:57.53	5200024	<b>4:03.56</b>	+0,91	56.31	1:59.39	3:04.30	4:03.56
4. Gonnje Bak	PSV	4:25.00	5100002	<b>4:06.67</b>	+0,65	59.58	2:06.46	3:10.47	4:06.67

100m\*

Masters 60+

1. A. Gilding-Tussaud	WS Twente	3:46.44	5000038	<b>3:41.95</b>	+0,75	49.53	1:46.89	2:47.59	3:41.95
<i>Kampioenschaps Record</i>									
2. Hannelore Bottin	SV Langenfeld 1912	5:14.38	057992	<b>5:23.68</b>		1:09.87	2:33.52	3:58.89	5:23.68

Masters 65+

1. Nicole Davidson	ShaRK	4:21.07	ShaRK/184/44	<b>4:26.52</b>	+0,75	59.53	2:08.06	3:18.91	4:26.52
2. Leny Kamp	Aquapoldro	4:15.07	4400008	<b>4:38.36</b>	+0,71	1:01.09	2:11.42	3:25.48	4:38.36

Masters 70+

1. Tineke de Bueger	Old Dutch	4:59.00	3700010	<b>5:29.07</b>	+0,88	1:13.34	2:40.43	4:05.77	5:29.07
---------------------	-----------	---------	---------	----------------	-------	---------	---------	---------	---------

Masters 75+

1. Lottie Geurts	PSV	4:04.63	3500006	<b>4:12.57</b>	+0,49	59.11	2:04.67	3:11.54	4:12.57
<i>Nederlands Masters Record</i>									
2. Jeltje van Bergen	De Pinquin	4:22.20	3500002	<b>4:19.08</b>	+0,75	57.12	2:03.76	3:11.73	4:19.08
3. Annie de Vos	Old Dutch	4:28.27	3400004	<b>4:30.37</b>	+0,83	1:02.14	2:10.73	3:22.19	4:30.37

Programmanr. 4  
07.05.2010 - 17:25

Heren, 200m rugslag

Masters Open  
Resultaten

rang naam	vereniging	inschrijftijd	tijd	RT	50m	100m	150m	200m
-----------	------------	---------------	------	----	-----	------	------	------

Masters 20+

1. Alex Vermeulen	WZK Zwemmen	2:22.52	8905811	<b>2:27.09</b>	+0,70	34.26	1:11.44	1:49.95	2:27.09
2. Mark Pijtak	AZ&PC	2:40.67	9002287	<b>2:37.24</b>	+0,72	36.60	1:17.57	1:59.18	2:37.24
3. Harmen Reemst	ZOB'66	2:38.36	8702715	<b>2:44.65</b>	+0,67	37.35	1:18.63	2:01.80	2:44.65
4. Sven van Zanten	De Duinkickers	2:41.67	9003405	<b>2:44.98</b>	+0,67	38.33	1:20.71	2:04.70	2:44.98

Masters 25+

1. Thommy Nickel	Van Vliet-Barracuda	2:23.88	8401627	<b>2:25.29</b>	+0,73	33.48	1:09.33	1:46.82	2:25.29
2. Martijn Giezen	Montferland	2:30.14	8500813	<b>2:25.73</b>	+0,63	32.44	1:09.73	1:48.08	2:25.73
3. Marcel Reefhuis	De Veene	2:24.20	8101381	<b>2:26.80</b>	+0,78	33.52	1:10.24	1:47.51	2:26.80
4. Leander Noordijk	De Schotelijk	2:20.23	8101221	<b>2:28.20</b>	+0,82	34.79	1:13.38	1:51.21	2:28.20
5. Albert van Piekeren	Octopus	2:30.42	8401767	<b>2:35.11</b>	+0,72	34.89	1:13.27	1:54.28	2:35.11

Masters 30+

1. Dennis Brouwers	HZPC	2:15.41	7800167	<b>2:18.36</b>	+0,73	32.60	1:07.30	1:42.58	2:18.36
<i>Nederlands Masters Record</i>									
2. Erik Kusters	Dedemsvaart-AC	2:23.04	8000837	<b>2:29.20</b>	+0,79	34.12	1:11.54	1:50.37	2:29.20
3. Stan Dekker	PLONS	2:30.21	7901823	<b>2:32.97</b>	+0,73	35.08	1:13.19	1:53.00	2:32.97
4. Freddie Geerlings	NIMO	2:25.71	7900379	<b>2:40.57</b>	+0,74	36.70	1:16.54	1:59.09	2:40.57

Programmanr. 4, Heren, 200m rugslag

Masters 35+

1. Erwin Zuidervelt	De Futen	2:36.96	7501015	<b>2:45.54</b>	+0,69	37.93	1:18.37	2:01.89	2:45.54
2. Gerard Eghuizen	HZ&PC Heerenveen	2:45.03	7400197	<b>3:14.47</b>	+0,85	45.02	1:34.16	2:25.19	3:14.47

Masters 40+

1. Zoltan Balajti	Budapesti Delfinek	2:25.81	66BALA	<b>2:29.36</b>	+0,67	34.85	1:13.98	1:52.74	2:29.36
2. Casper de Zeeuw	WS Twente	2:47.50	7001137	<b>2:44.61</b>	+0,72	39.46	1:21.20	2:03.07	2:44.61
3. Arjon de Bok	De Biesboschwemmers	2:37.27	6900125	<b>2:45.00</b>	+0,81	37.14	1:18.87	2:02.25	2:45.00
AFGEM Henk van Zetten	Octopus	3:20.10	6701261						
AFGEM Patrick Juncker	Swimming Luxembourg	2:45.80	67-JUNC						

Masters 45+

1. Edwin v. Norden	AZ&PC	2:20.19	6300563	<b>2:34.68</b>	+0,75	34.79	1:12.86	1:53.71	2:34.68
2. Arnold de Rover	De Futen	2:41.95	6400645	<b>2:43.51</b>	+0,73	37.31	1:18.06	2:00.48	2:43.51
3. Ron Phaff	PSV	2:45.69	6200495	<b>2:50.99</b>	+0,68	39.36	1:22.72	2:06.70	2:50.99
4. Marcel van der Lem	Kon AZ 1870	2:56.17	6500563	<b>3:02.90</b>	+0,73	39.26	1:25.63	2:14.84	3:02.90

100m\*

Masters 50+

1. Hugo Bregman	WVZ	2:26.92	5800069	<b>2:28.60</b>	+0,80	34.65	1:12.07	1:51.36	2:28.60
<i>Nederlands Masters Record</i>									
2. Elzo Dijkhuis	TriVia	2:42.38	6000873	<b>2:51.85</b>	+0,70	39.61	1:22.34	2:08.12	2:51.85
3. Andre Storm	Zoetermeer	2:52.57	5600407	<b>2:52.42</b>	+0,55	40.27	1:24.98	2:10.03	2:52.42
4. Filip Timmermans	ShaRK	3:38.83	ShaRK/163/60	<b>3:41.85</b>	+0,87	52.38	1:48.84	2:47.08	3:41.85
5. Michiel Tonsbeek	DWT	3:49.84	6000889	<b>3:53.15</b>	+0,84	55.74	1:55.52	2:54.72	3:53.15
DIS Wim de Lange	Electrolux AZC	2:52.91	5800533	<b>3:02.61</b>	+0,69	41.26	1:25.86	2:14.79	3:02.61

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

Masters 55+

1. Henk Slomp	De Pinquin	3:01.11	5500359	<b>3:06.28</b>	+0,86	43.47	1:30.69	2:20.22	3:06.28
AFGEM Peter Gulyas	Totkomlosi Rozmar Szenior	3:05.88	51GULY						

Masters 60+

1. Janos Koczian	Budapesti Delfinek	3:05.60	50KOCZ	<b>3:07.27</b>	+0,79	42.90	1:30.10	2:20.07	3:07.27
------------------	--------------------	---------	--------	----------------	-------	-------	---------	---------	---------

Masters 70+

1. Frans van Enst	WS Twente	3:02.51	4000011	<b>3:04.41</b>	+0,65	41.08	1:27.75	2:15.96	3:04.41
-------------------	-----------	---------	---------	----------------	-------	-------	---------	---------	---------

*Europees Masters Record, tt 100m Nederlands Masters Record*

Masters 85+

1. Ru Holtes	De Dolfijn	4:40.15	2500001	<b>4:28.19</b>	+0,72	1:01.34	2:09.49	3:19.84	4:28.19
--------------	------------	---------	---------	----------------	-------	---------	---------	---------	---------

*Nederlands Masters Record*

Programmanr. 5  
07.05.2010 - 17:42

Dames, 400m wisselag

Masters Open  
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
<b>Masters 20+</b>								
1.	Karin van Dijk	HZ&PC Heerenveen	5:46.16	8600850	<b>5:51.17</b>	+0,95		
	50m: 35.44	150m: 2:10.33	51.23	250m: 3:45.17	44.70	350m: 5:12.21	40.13	
	100m: 1:19.10	43.66	200m: 3:00.47	50.14	300m: 4:32.08	46.91	400m: 5:51.17	38.96
2.	Kitty van Gendt	PSV	6:20.00	8701288	<b>6:13.38</b>	+0,87		
	50m: 36.30	150m: 2:10.01	48.92	250m: 3:52.77	55.69	350m: 5:31.73	41.69	
	100m: 1:21.09	44.79	200m: 2:57.08	47.07	300m: 4:50.04	57.27	400m: 6:13.38	41.65
3.	Whitley Rens	De Schotelijl	6:38.63	9007520	<b>6:50.17</b>	+0,89		
	50m: 43.38	150m: 2:29.14	53.67	250m: 4:17.24	57.18	350m: 6:04.46	48.21	
	100m: 1:35.47	52.09	200m: 3:20.06	50.92	300m: 5:16.25	59.01	400m: 6:50.17	45.71
<b>Masters 25+</b>								
1.	Nadya Putter	Vlaardingen	5:35.02	8301630	<b>5:34.24</b>	+0,82		
	<i>Kampioenschaps Record</i>							
	50m: 34.06	34.06	150m: 1:56.49	42.99	250m: 3:26.76	48.33	350m: 4:56.09	39.53
	100m: 1:13.50	39.44	200m: 2:38.43	41.94	300m: 4:16.56	49.80	400m: 5:34.24	38.15
2.	Roos van Esch	TRB-RES	5:37.21	8200468	<b>5:51.84</b>	+0,90		
	50m: 35.52	35.52	150m: 2:01.97	45.49	250m: 3:39.57	52.82	350m: 5:12.55	39.89
	100m: 1:16.48	40.96	200m: 2:46.75	44.78	300m: 4:32.66	53.09	400m: 5:51.84	39.29
3.	Linda Hoogendam	D'Elft	5:57.00	8300892	<b>6:19.89</b>	+0,79		
	50m: 37.83	37.83	150m: 2:15.77	47.84	250m: 3:59.54	56.70	350m: 5:40.42	42.25
	100m: 1:27.93	50.10	200m: 3:02.84	47.07	300m: 4:58.17	58.63	400m: 6:19.89	39.47
4.	Annette Vogelsang	ZV De Bron	6:33.88	8402632	<b>6:31.02</b>	+0,93		
	50m: 39.44	39.44	150m: 2:18.77	49.76	250m: 4:03.42	55.84	350m: 5:44.93	44.38
	100m: 1:29.01	49.57	200m: 3:07.58	48.81	300m: 5:00.55	57.13	400m: 6:31.02	46.09
5.	Miranda Mud	HZ&PC Heerenveen	7:03.55	8201156	<b>7:22.07</b>	+0,80		
	50m: 47.75	47.75	150m: 2:45.50	56.78	250m: 4:41.04	59.02	350m: 6:30.77	50.78
	100m: 1:48.72	1:00.97	200m: 3:42.02	56.52	300m: 5:39.99	58.95	400m: 7:22.07	51.30
6.	Rianne van Vegchelen	Deltasteur	7:36.37	8101530	<b>7:36.14</b>	+1,11		
	50m: 47.50	47.50	150m: 2:51.65	1:01.26	250m: 4:54.27	1:02.90	350m: 6:46.83	48.67
	100m: 1:50.39	1:02.89	200m: 3:51.37	59.72	300m: 5:58.16	1:03.89	400m: 7:36.14	49.31
<b>Masters 30+</b>								
1.	Margriet Leeffers	Deltasteur	7:02.54	7800448	<b>7:19.04</b>	+1,00		
	50m: 47.55	47.55	150m: 2:41.57	57.78	250m: 4:35.92	57.75	350m: 6:26.60	50.56
	100m: 1:43.79	56.24	200m: 3:38.17	56.60	300m: 5:36.04	1:00.12	400m: 7:19.04	52.44
2.	Clementine van Bruxvoort	ZPB H&L Productions	7:29.28	7700138	<b>7:39.67</b>	+0,95		
	50m: 47.66	47.66	150m: 2:46.14	58.60	250m: 4:48.20	1:07.46	350m: 6:49.86	54.10
	100m: 1:47.54	59.88	200m: 3:40.74	54.60	300m: 5:55.76	1:07.56	400m: 7:39.67	49.81
<b>Masters 35+</b>								
1.	Dóra Cerva	Sprint Fortuna SC	5:39.55	74CERV	<b>5:31.25</b>	+0,92		
	<i>Kampioenschaps Record, Hongaars Masters Record</i>							
	50m: 33.42	33.42	150m: 1:56.33	44.34	250m: 3:26.16	46.62	350m: 4:53.73	39.20
	100m: 1:11.99	38.57	200m: 2:39.54	43.21	300m: 4:14.53	48.37	400m: 5:31.25	37.52
2.	Marleen Vos	Aquapoldro	5:39.06	7400598	<b>5:54.37</b>	+0,84		
	50m: 37.61	37.61	150m: 2:10.08	46.49	250m: 3:44.79	48.72	350m: 5:15.25	40.79
	100m: 1:23.59	45.98	200m: 2:56.07	45.99	300m: 4:34.46	49.67	400m: 5:54.37	39.12
3.	Dianne Nien	RZ	6:11.77	7100452	<b>6:32.70</b>	+0,88		
	50m: 39.19	39.19	150m: 2:19.87	52.48	250m: 4:08.66	58.86	350m: 5:51.16	43.37
	100m: 1:27.39	48.20	200m: 3:09.80	49.93	300m: 5:07.79	59.13	400m: 6:32.70	41.54
4.	Annet Kootstra	Swol 1894	6:45.29	7100344	<b>6:48.92</b>	+0,92		
	50m: 42.51	42.51	150m: 2:29.75	54.31	250m: 4:21.26	57.98	350m: 6:05.90	45.27
	100m: 1:35.44	52.93	200m: 3:23.28	53.53	300m: 5:20.63	59.37	400m: 6:48.92	43.02





Open Nederlandse Masters  
Kampioenschappen 2010 1b  
Eindhoven, 7-9 mei 2010



Programmanr. 5, Dames, 400m wisselslag

Masters 40+

1. Anita Smits <i>Nederlands Masters Record</i>	DIO	5:40.47	6900522	<b>5:38.89</b>	+0,88
50m: 34.17 34.17	150m: 2:00.44 46.22	250m: 3:34.71 48.90	350m: 5:01.94 37.18		
100m: 1:14.22 40.05	200m: 2:45.81 45.37	300m: 4:24.76 50.05	400m: 5:38.89 36.95		
2. Meke Oomens	Old Dutch	7:03.61	7000370	<b>7:10.25</b>	+1,18
50m: 45.28 45.28	150m: 2:36.66 57.55	250m: 4:27.41 55.18	350m: 6:18.78 52.52		
100m: 1:39.11 53.83	200m: 3:32.23 55.57	300m: 5:26.26 58.85	400m: 7:10.25 51.47		

Masters 45+

1. Alie Visser	HZ&PC Heerenveen	8:00.14	6400494	<b>7:53.66</b>	+0,98
50m: 49.34 49.34	150m: 2:47.36 1:00.21	250m: 4:51.93 1:03.70	350m: 6:55.93 58.10		
100m: 1:47.15 57.81	200m: 3:48.23 1:00.87	300m: 5:57.83 1:05.90	400m: 7:53.66 57.73		

Masters 50+

1. Mathilde Vink	Swol 1894	6:27.76	5800128	<b>6:40.05</b>	+1,00
50m: 38.68 38.68	150m: 2:16.91 54.85	250m: 4:10.95 1:01.55	350m: 5:57.01 44.64		
100m: 1:22.06 43.38	200m: 3:09.40 52.49	300m: 5:12.37 1:01.42	400m: 6:40.05 43.04		
2. Pia van der Molen	HZ&PC Heerenveen	7:21.33	6000116	<b>7:13.24</b>	+0,93
50m: 46.67 46.67	150m: 2:42.02 55.09	250m: 4:35.28 58.52	350m: 6:25.47 47.84		
100m: 1:46.93 1:00.26	200m: 3:36.76 54.74	300m: 5:37.63 1:02.35	400m: 7:13.24 47.77		

Masters 60+

1. Antoinette Gilding-Tussaud	WS Twente	8:10.47	5000038	<b>8:33.21</b>	+1,08
50m: 57.91 57.91	150m: 3:10.73 1:02.24	250m: 5:25.56 1:15.31	350m: 7:37.16 1:00.31		
100m: 2:08.49 1:10.58	200m: 4:10.25 59.52	300m: 6:36.85 1:11.29	400m: 8:33.21 56.05		

Masters 65+

1. Matty van der Veen	Old Dutch	8:16.24	4400020	<b>8:31.87</b>	+1,09
50m: 58.56 58.56	150m: 3:18.41 1:09.37	250m: 5:32.81 1:07.25	350m: 7:35.15 56.64		
100m: 2:09.04 1:10.48	200m: 4:25.56 1:07.15	300m: 6:38.51 1:05.70	400m: 8:31.87 56.72		

Programmanr. 6  
07.05.2010 - 18:07

Heren, 400m wisselslag

Masters Open  
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
<b>Masters 20+</b>						
1.	Tim Bunnik <i>Kampioenschaps Record</i>	Triton	5:16.72	9000505	<b>5:22.44</b>	+0,98
	50m: 33.13 33.13	150m: 1:55.47 42.41	250m: 3:24.82 48.07	350m: 4:48.09 35.04		
	100m: 1:13.06 39.93	200m: 2:36.75 41.28	300m: 4:13.05 48.23	400m: 5:22.44 34.35		
2.	Niels Albrechts	De Schoteijl	5:36.40	8800039	<b>5:50.30</b>	+0,96
	50m: 35.89 35.89	150m: 2:04.67 44.48	250m: 3:44.02 55.72	350m: 5:15.07 35.04		
	100m: 1:20.19 44.30	200m: 2:48.30 43.63	300m: 4:40.03 56.01	400m: 5:50.30 35.23		
<b>Masters 25+</b>						
1.	Rob van Vliet	AZ&PC	4:57.19	8402459	<b>5:12.37</b>	+0,92
	50m: 32.41 32.41	150m: 1:53.57 42.92	250m: 3:17.52 42.55	350m: 4:37.23 36.38		
	100m: 1:10.65 38.24	200m: 2:34.97 41.40	300m: 4:00.85 43.33	400m: 5:12.37 35.14		
2.	Marcel Reefhuis	De Veene	5:30.77	8101381	<b>5:23.12</b>	+0,85
	50m: 32.59 32.59	150m: 1:53.63 42.64	250m: 3:20.66 44.80	350m: 4:45.69 37.90		
	100m: 1:10.99 38.40	200m: 2:35.86 42.23	300m: 4:07.79 47.13	400m: 5:23.12 37.43		
3.	Albert van Piekeren	Octopus	5:23.43	8401767	<b>5:40.09</b>	+0,87
	50m: 35.59 35.59	150m: 1:59.47 41.93	250m: 3:28.39 46.80	350m: 4:59.29 42.64		
	100m: 1:17.54 41.95	200m: 2:41.59 42.12	300m: 4:16.65 48.26	400m: 5:40.09 40.80		



Programmanr. 6, Heren, 400m wisselslag, Masters 25+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
DIS	Leander Noordijk	De Schoteijl	5:16.20	8101221	<b>5:32.56</b>	+0,96
<i>SD - De bewegingen van de benen niet te allen tijde gelijktijdig in hetzelfde horizontale vlak uitgevoerd.</i>						
	50m:	33.00	33.00	150m:	1:57.62	44.02
	100m:	1:13.60	40.60	200m:	2:39.58	41.96
				250m:	3:28.43	48.85
				300m:	4:17.29	48.86
				350m:	4:55.96	38.67
				400m:	5:32.56	36.60

Masters 30+

1.	Gergely Molnár	Sprint Fortuna SC	5:07.52	80MOLN	<b>5:15.02</b>	+0,88
<i>Kampioenschaps Record, Hongaars Masters Record</i>						
	50m:	31.85	31.85	150m:	1:52.83	43.29
	100m:	1:09.54	37.69	200m:	2:34.15	41.32
				250m:	3:18.66	44.51
				300m:	4:03.73	45.07
				350m:	4:40.09	36.36
				400m:	5:15.02	34.93
2.	Dennis Brouwers	HZPC	5:08.18	7800167	<b>5:15.25</b>	+0,86
	50m:	35.90	35.90	150m:	1:58.12	37.33
	100m:	1:20.79	44.89	200m:	2:35.90	37.78
				250m:	3:21.12	45.22
				300m:	4:06.87	45.75
				350m:	4:41.48	34.61
				400m:	5:15.25	33.77
3.	Freddie Geerlings	NIMO	5:08.31	7900379	<b>5:21.94</b>	+0,93
	50m:	32.96	32.96	150m:	1:58.93	43.29
	100m:	1:15.64	42.68	200m:	2:42.14	43.21
				250m:	3:25.19	43.05
				300m:	4:08.88	43.69
				350m:	4:45.47	36.59
				400m:	5:21.94	36.47
4.	Erik Kusters	Dedemvaart-AC	5:14.11	8000837	<b>5:24.87</b>	+0,96
	50m:	32.11	32.11	150m:	1:53.27	41.90
	100m:	1:11.37	39.26	200m:	2:34.47	41.20
				250m:	3:19.96	45.49
				300m:	4:08.59	48.63
				350m:	4:46.77	38.18
				400m:	5:24.87	38.10
5.	Ralf Peters	KZPC	5:08.08	7600737	<b>5:27.25</b>	+0,89
	50m:	31.92	31.92	150m:	1:55.65	44.36
	100m:	1:11.29	39.37	200m:	2:37.59	41.94
				250m:	3:24.40	46.81
				300m:	4:11.75	47.35
				350m:	4:49.67	37.92
				400m:	5:27.25	37.58
6.	Ferdie Witvoet	De Pinquin	5:31.73	7801241	<b>5:49.40</b>	+0,92
	50m:	34.15	34.15	150m:	2:01.04	44.57
	100m:	1:16.47	42.32	200m:	2:44.99	43.95
				250m:	3:36.10	51.11
				300m:	4:29.03	52.93
				350m:	5:09.06	40.03
				400m:	5:49.40	40.34
7.	Niels van Wageningen	D'Elft	5:56.99	7601335	<b>5:55.37</b>	+0,85
	50m:	34.87	34.87	150m:	2:05.06	48.80
	100m:	1:16.26	41.39	200m:	2:51.28	46.22
				250m:	3:43.85	52.57
				300m:	4:36.21	52.36
				350m:	5:17.02	40.81
				400m:	5:55.37	38.35

Masters 35+

1.	Oscar van Holsteyn	AquAmigos	5:55.53	7100373	<b>5:53.43</b>	+0,88
	50m:	34.13	34.13	150m:	2:04.00	49.26
	100m:	1:14.74	40.61	200m:	2:52.68	48.68
				250m:	3:42.94	50.26
				300m:	4:34.46	51.52
				350m:	5:13.81	39.35
				400m:	5:53.43	39.62
2.	Gerard Eghuizen	HZ&PC Heerenveen	6:12.46	7400197	<b>7:04.89</b>	+1,22
	50m:	46.46	46.46	150m:	2:31.48	51.39
	100m:	1:40.09	53.63	200m:	3:22.01	50.53
				250m:	4:20.28	58.27
				300m:	5:18.48	58.20
				350m:	6:08.91	50.43
				400m:	7:04.89	55.98

Masters 40+

1.	Norbert Nagy	Sprint Fortuna SC	5:25.01	69NAGY	<b>5:27.89</b>	+0,80
	50m:	33.78	33.78	150m:	1:57.80	44.18
	100m:	1:13.62	39.84	200m:	2:41.00	43.20
				250m:	3:25.72	44.72
				300m:	4:11.73	46.01
				350m:	4:50.24	38.51
				400m:	5:27.89	37.65
2.	René Beetsma	HZ&PC Heerenveen	5:16.11	6900069	<b>5:42.67</b>	+0,95
	50m:	33.43	33.43	150m:	2:00.44	45.20
	100m:	1:15.24	41.81	200m:	2:43.47	43.03
				250m:	3:33.89	50.42
				300m:	4:23.39	49.50
				350m:	5:03.19	39.80
				400m:	5:42.67	39.48
3.	Frank Reimert	Haerlem'04 (SG)	5:32.78	6900811	<b>5:44.82</b>	+0,86
	50m:	33.99	33.99	150m:	2:00.18	45.91
	100m:	1:14.27	40.28	200m:	2:44.07	43.89
				250m:	3:34.39	50.32
				300m:	4:25.63	51.24
				350m:	5:06.11	40.48
				400m:	5:44.82	38.71
4.	Oliver Podebrad	SC Wiesbaden 1911	6:24.82	262705	<b>6:28.04</b>	+0,89
	50m:	41.13	41.13	150m:	2:23.61	52.13
	100m:	1:31.48	50.35	200m:	3:14.49	50.88
				250m:	4:09.65	55.16
				300m:	5:05.18	55.53
				350m:	5:47.99	42.81
				400m:	6:28.04	40.05

Masters 45+

1.	Arnold de Rover	De Futen	5:26.85	6400645	<b>5:38.31</b>	+0,93
	50m:	34.56	34.56	150m:	2:01.55	46.60
	100m:	1:14.95	40.39	200m:	2:46.59	45.04
				250m:	3:35.12	48.53
				300m:	4:24.23	49.11
				350m:	5:01.99	37.76
				400m:	5:38.31	36.32
2.	Ronald Grove	Oceanus	5:43.72	6100161	<b>5:52.14</b>	+0,97
	50m:	35.20	35.20	150m:	2:06.98	48.31
	100m:	1:18.67	43.47	200m:	2:53.95	46.97
				250m:	3:43.18	49.23
				300m:	4:33.09	49.91
				350m:	5:13.11	40.02
				400m:	5:52.14	39.03

Programmanr. 6, Heren, 400m wisselslag, Masters 45+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
3.	Paul van der Voort	De Zwoer	6:10.06	6200715	<b>6:19.11</b>	+1,19
	50m: 38.10	38.10	150m: 2:16.20	50.02	250m: 4:02.52	55.66
	100m: 1:26.18	48.08	200m: 3:06.86	50.66	300m: 4:59.85	57.33
					350m: 5:38.68	38.83
					400m: 6:19.11	40.43
4.	Aan Tjalke Pander	Gay Swim Amsterdam	6:16.61	6400569	<b>6:26.21</b>	+0,96
	50m: 39.27	39.27	150m: 2:22.44	52.27	250m: 4:07.19	54.30
	100m: 1:30.17	50.90	200m: 3:12.89	50.45	300m: 5:00.89	53.70
					350m: 5:44.21	43.32
					400m: 6:26.21	42.00

Masters 50+

1.	Hugo Bregman	WVZ	5:06.60	5800069	<b>5:15.42</b>	+0,89
	50m: 31.81	31.81	150m: 1:51.00	42.46	250m: 3:19.51	47.55
	100m: 1:08.54	36.73	200m: 2:31.96	40.96	300m: 4:04.77	45.26
					350m: 4:41.52	36.75
					400m: 5:15.42	33.90
2.	Marius Ros	ZCNF'34	5:57.16	5900779	<b>6:16.20</b>	+0,84
	50m: 39.64	39.64	150m: 2:23.53	53.14	250m: 4:04.47	51.92
	100m: 1:30.39	50.75	200m: 3:12.55	49.02	300m: 4:57.11	52.64
					350m: 5:37.86	40.75
					400m: 6:16.20	38.34
3.	Paul Bunnik	Triton	6:18.48	5600413	<b>6:40.56</b>	+1,07
	50m: 41.45	41.45	150m: 2:28.43	54.17	250m: 4:16.78	54.69
	100m: 1:34.26	52.81	200m: 3:22.09	53.66	300m: 5:12.66	55.88
					350m: 5:56.88	44.22
					400m: 6:40.56	43.68
4.	Jan Willem Heuten	WS Twente	6:35.37	6000883	<b>6:50.26</b>	+1,02
	50m: 38.40	38.40	150m: 2:24.53	58.96	250m: 4:22.99	1:01.30
	100m: 1:25.57	47.17	200m: 3:21.69	57.16	300m: 5:21.89	58.90
					350m: 6:06.40	44.51
					400m: 6:50.26	43.86
5.	Michiel Tonsbeek	DWT	8:19.82	6000889	<b>8:18.12</b>	+1,12
	50m: 55.89	55.89	150m: 3:18.34	1:03.65	250m: 5:24.40	1:05.21
	100m: 2:14.69	1:18.80	200m: 4:19.19	1:00.85	300m: 6:27.37	1:02.97
					350m: 7:23.16	55.79
					400m: 8:18.12	54.96

Masters 60+

1.	Donald Uijtenbogaart	Het Y	6:05.24	4700107	<b>6:07.54</b>	+0,96
	50m: 40.19	40.19	150m: 2:17.21	51.67	250m: 3:57.35	50.81
	100m: 1:25.54	45.35	200m: 3:06.54	49.33	300m: 4:49.01	51.66
					350m: 5:29.43	40.42
					400m: 6:07.54	38.11

Masters 65+

1.	Rob Hanou	PSV	6:41.35	4300109	<b>7:04.88</b>	+1,21
	50m: 44.36	44.36	150m: 2:38.10	58.50	250m: 4:32.04	56.15
	100m: 1:39.60	55.24	200m: 3:35.89	57.79	300m: 5:29.95	57.91
					350m: 6:17.84	47.89
					400m: 7:04.88	47.04
2.	Manfred Bottin	SV Langenfeld 1912	8:13.22	057993	<b>8:20.05</b>	+1,23
	50m: 51.47	51.47	150m: 3:11.79	1:10.15	250m: 5:31.07	1:10.96
	100m: 2:01.64	1:10.17	200m: 4:20.11	1:08.32	300m: 6:39.14	1:08.07
					350m: 7:29.82	50.68
					400m: 8:20.05	50.23

Masters 70+

1.	Nico Geers	Z&PC De Gouwe	7:21.76	3800007	<b>7:40.80</b>	+1,11
	50m: 51.17	51.17	150m: 2:49.11	1:00.17	250m: 4:56.22	1:08.78
	100m: 1:48.94	57.77	200m: 3:47.44	58.33	300m: 6:06.10	1:09.88
					350m: 6:55.19	49.09
					400m: 7:40.80	45.61