

Programmanr. 8
08.05.2010 - 9:00

Heren, 400m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
Masters 20+								
1.	Marc Catsburg	MNC Dordrecht	4:21.36	9000533	4:36.59	+0,88		
	50m: 30.59	30.59	150m: 1:39.99	35.07	250m: 2:50.25	35.17	350m: 4:01.39	35.73
	100m: 1:04.92	34.33	200m: 2:15.08	35.09	300m: 3:25.66	35.41	400m: 4:36.59	35.20
2.	Tim Bunnik	Triton	4:51.29	9000505	4:50.67	+0,95		
	50m: 31.05	31.05	150m: 1:44.33	37.66	250m: 2:59.75	38.13	350m: 4:13.65	36.70
	100m: 1:06.67	35.62	200m: 2:21.62	37.29	300m: 3:36.95	37.20	400m: 4:50.67	37.02
3.	Rick Hellenbrand	NIMO	4:54.82	8901173	4:53.18	+0,92		
	50m: 32.57	32.57	150m: 1:45.37	36.89	250m: 3:00.45	37.67	350m: 4:15.70	37.72
	100m: 1:08.48	35.91	200m: 2:22.78	37.41	300m: 3:37.98	37.53	400m: 4:53.18	37.48
4.	Niels Albrechts 200m *	De Schotelijl	4:39.16	8800039	4:56.40	+0,94		
	50m: 32.25	32.25	150m: 1:46.13	37.74	250m: 3:03.06	39.22	350m: 4:21.43	39.15
	100m: 1:08.39	36.14	200m: 2:23.84	37.71	300m: 3:42.28	39.22	400m: 4:56.40	34.97
5.	Jan Hofstede	De Reest	5:10.54	8601269	5:31.16	+0,81		
	50m: 33.44	33.44	150m: 1:55.02	41.54	250m: 3:20.83	41.94	350m: 4:49.79	44.27
	100m: 1:13.48	40.04	200m: 2:38.89	43.87	300m: 4:05.52	44.69	400m: 5:31.16	41.37
6.	Martijn van Hoorn	De Schotelijl	5:18.08	8901343	5:33.38	+0,90		
	50m: 34.18	34.18	150m: 1:54.73	41.13	250m: 3:22.71	44.52	350m: 4:52.17	44.91
	100m: 1:13.60	39.42	200m: 2:38.19	43.46	300m: 4:07.26	44.55	400m: 5:33.38	41.21
Masters 25+								
1.	Erik Schröder	TriVia	4:12.70	8402025	4:25.83	+0,88		
	50m: 29.01	29.01	150m: 1:35.33	33.58	250m: 2:43.73	34.48	350m: 3:53.07	34.77
	100m: 1:01.75	32.74	200m: 2:09.25	33.92	300m: 3:18.30	34.57	400m: 4:25.83	32.76
2.	Ian van der Hulst	PSV	4:38.14	8401021	4:33.84	+0,85		
	50m: 29.50	29.50	150m: 1:39.62	34.92	250m: 2:49.52	33.87	350m: 3:59.08	34.79
	100m: 1:04.70	35.20	200m: 2:15.65	36.03	300m: 3:24.29	34.77	400m: 4:33.84	34.76
3.	Sylvain Faticoni	CHTHN	4:32.19	CHTHN/066/83	4:39.40	+0,82		
	50m: 31.27	31.27	150m: 1:39.97	34.82	250m: 2:50.95	35.74	350m: 4:03.90	36.66
	100m: 1:05.15	33.88	200m: 2:15.21	35.24	300m: 3:27.24	36.29	400m: 4:39.40	35.50
4.	Remco van Althuis	SBC2000	4:36.53	8300029	4:45.52	+0,88		
	50m: 30.93	30.93	150m: 1:41.16	35.82	250m: 2:54.71	36.66	350m: 4:09.25	37.35
	100m: 1:05.34	34.41	200m: 2:18.05	36.89	300m: 3:31.90	37.19	400m: 4:45.52	36.27
5.	Sander Bouts	RZ	4:29.91	8500331	4:45.56	+0,82		
	50m: 31.86	31.86	150m: 1:43.36	36.09	250m: 2:56.73	36.64	350m: 4:09.69	36.43
	100m: 1:07.27	35.41	200m: 2:20.09	36.73	300m: 3:33.26	36.53	400m: 4:45.56	35.87
6.	Marcel Reefhuis	De Veene	4:43.12	8101381	4:46.18	+0,81		
	50m: 31.03	31.03	150m: 1:41.57	35.62	250m: 2:53.95	35.96	350m: 4:08.51	37.59
	100m: 1:05.95	34.92	200m: 2:17.99	36.42	300m: 3:30.92	36.97	400m: 4:46.18	37.67
Masters 30+								
1.	Gergely Molnár	Sprint Fortuna SC	4:38.00	80MOLN	4:36.66	+0,87		
	50m: 31.35	31.35	150m: 1:41.37	35.58	250m: 2:52.20	35.41	350m: 4:02.61	34.99
	100m: 1:05.79	34.44	200m: 2:16.79	35.42	300m: 3:27.62	35.42	400m: 4:36.66	34.05
2.	Ivo Roozeboom	DES	4:41.49	7700801	4:37.79	+0,88		
	50m: 30.58	30.58	150m: 1:40.83	35.84	250m: 2:52.35	36.05	350m: 4:03.68	35.43
	100m: 1:04.99	34.41	200m: 2:16.30	35.47	300m: 3:28.25	35.90	400m: 4:37.79	34.11
3.	Ralf Peters	KZPC	4:37.00	7600737	4:39.87	+0,85		
	50m: 30.49	30.49	150m: 1:41.44	35.71	250m: 2:53.09	35.57	350m: 4:05.46	36.02
	100m: 1:05.73	35.24	200m: 2:17.52	36.08	300m: 3:29.44	36.35	400m: 4:39.87	34.41
4.	Jeroen Vogelsang	Het Y	4:45.08	8001645	4:58.29	+0,91		
	50m: 31.40	31.40	150m: 1:44.52	37.06	250m: 3:01.92	38.57	350m: 4:20.59	38.00
	100m: 1:07.46	36.06	200m: 2:23.35	38.83	300m: 3:42.59	40.67	400m: 4:58.29	37.70
5.	Koen de Haan	PSV	4:57.84	7801671	5:02.21	+0,92		
	50m: 30.87	30.87	150m: 1:44.98	38.18	250m: 3:04.37	40.11	350m: 4:22.73	38.75
	100m: 1:06.80	35.93	200m: 2:24.26	39.28	300m: 3:43.98	39.61	400m: 5:02.21	39.48

Programmanr. 8, Heren, 400m vrije slag, Masters 30+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
6.	Michel Wigbers	DWT	5:09.34	8001743	5:18.53	+0,90
	50m: 34.67	34.67	150m: 1:54.30	40.51	250m: 3:17.11	41.22
	100m: 1:13.79	39.12	200m: 2:35.62	41.32	300m: 3:58.99	41.88
					350m: 4:40.21	42.22
					400m: 5:18.53	38.32
7.	Han Ruijs	RZ	5:52.16	7901867	6:10.64	+0,82
	50m: 37.36	37.36	150m: 2:07.38	47.09	250m: 3:44.15	48.34
	100m: 1:20.29	42.93	200m: 2:54.76	47.38	300m: 4:33.80	49.65
					350m: 5:22.14	48.34
					400m: 6:10.64	48.50
8.	Jeroen Tebbens	IJZ&PC	6:41.42	7601405	7:00.65	+0,92
	50m: 42.05	42.05	150m: 2:26.10	54.25	250m: 4:17.08	56.23
	100m: 1:31.85	49.80	200m: 3:20.97	54.87	300m: 5:13.16	56.08
					350m: 6:09.39	56.23
					400m: 7:00.65	51.26

Masters 35+

1.	Agnus Gerringa	DWK	5:01.49	7100285	4:55.04	+0,91
	50m: 31.54	31.54	150m: 1:44.62	37.36	250m: 3:00.28	37.81
	100m: 1:07.26	35.72	200m: 2:22.47	37.85	300m: 3:38.66	38.38
					350m: 4:16.94	38.28
					400m: 4:55.04	38.10
2.	Erwin Zuidervelt	De Futen	5:01.43	7501015	5:12.90	+0,86
	50m: 34.95	34.95	150m: 1:52.84	39.38	250m: 3:13.23	40.38
	100m: 1:13.46	38.51	200m: 2:32.85	40.01	300m: 3:54.21	40.98
					350m: 4:34.73	40.52
					400m: 5:12.90	38.17

Masters 40+

1.	Norbert Nagy	Sprint Fortuna SC	4:40.72	69NAGY	4:47.93	+0,82
	50m: 32.25	32.25	150m: 1:44.48	36.58	250m: 2:57.90	36.58
	100m: 1:07.90	35.65	200m: 2:21.32	36.84	300m: 3:35.06	37.16
					350m: 4:11.68	36.62
					400m: 4:47.93	36.25
2.	René Beetsma	HZ&PC Heerenveen	4:40.26	6900069	4:58.90	+0,89
	50m: 31.76	31.76	150m: 1:45.38	37.72	250m: 3:03.11	39.07
	100m: 1:07.66	35.90	200m: 2:24.04	38.66	300m: 3:42.17	39.06
					350m: 4:20.90	38.73
					400m: 4:58.90	38.00
3.	Kees Akershoek	De Stelle	4:51.00	6900009	5:08.08	+0,85
	50m: 33.88	33.88	150m: 1:49.50	38.67	250m: 3:08.55	39.90
	100m: 1:10.83	36.95	200m: 2:28.65	39.15	300m: 3:48.33	39.78
					350m: 4:28.33	40.00
					400m: 5:08.08	39.75
4.	Erik van Dartel 200m *	PSV	4:42.19	6700185	5:21.77	+1,01
	50m: 34.67	34.67	150m: 1:53.80	39.94	250m: 3:15.73	41.41
	100m: 1:13.86	39.19	200m: 2:34.32	40.52	300m: 3:57.57	41.84
					350m: 4:39.82	42.25
					400m: 5:21.77	41.95
5.	Peter v. Meerveld	AZ&PC	5:07.26	6700649	5:29.63	+0,98
	50m: 35.75	35.75	150m: 1:57.97	41.66	250m: 3:24.60	43.25
	100m: 1:16.31	40.56	200m: 2:41.35	43.38	300m: 4:07.92	43.32
					350m: 4:49.56	41.64
					400m: 5:29.63	40.07
6.	Arnold Jonker	HZ&PC Heerenveen	6:42.51	7000529	6:27.21	+0,85
	50m: 40.94	40.94	150m: 2:15.80	47.44	250m: 3:55.60	49.62
	100m: 1:28.36	47.42	200m: 3:05.98	50.18	300m: 4:46.74	51.14
					350m: 5:37.16	50.42
					400m: 6:27.21	50.05
7.	Marcel Brittijn	De Duinkickers	6:44.51	6900159	6:33.81	+0,87
	50m: 39.31	39.31	150m: 2:13.23	48.89	250m: 3:56.80	52.13
	100m: 1:24.34	45.03	200m: 3:04.67	51.44	300m: 4:51.23	54.43
					350m: 5:45.49	54.26
					400m: 6:33.81	48.32
AFGEM	Henk van Zetten	Octopus	6:23.29	6701261		
	50m:	150m:	250m:	350m:		
	100m:	200m:	300m:	400m:		

Masters 45+

1.	Frank Gomoll	SG Gladbeck	4:44.52	112232	4:43.32	+1,04
	50m: 33.24	33.24	150m: 1:43.97	35.62	250m: 2:55.97	36.00
	100m: 1:08.35	35.11	200m: 2:19.97	36.00	300m: 3:31.86	35.89
					350m: 4:08.81	36.95
					400m: 4:43.32	34.51
2.	Edwin v. Norden	AZ&PC	4:35.06	6300563	4:47.09	+0,82
	50m: 32.14	32.14	150m: 1:43.61	36.11	250m: 2:56.64	36.48
	100m: 1:07.50	35.36	200m: 2:20.16	36.55	300m: 3:33.73	37.09
					350m: 4:10.19	36.46
					400m: 4:47.09	36.90
3.	Jan Brink 100m, 200m *	De Stormvogel	4:43.27	6200091	4:53.91	+0,81
	50m: 33.15	33.15	150m: 1:46.32	36.56	250m: 3:01.02	37.06
	100m: 1:09.76	36.61	200m: 2:23.96	37.64	300m: 3:38.89	37.87
					350m: 4:16.57	37.68
					400m: 4:53.91	37.34
4.	Rene de Boer	DAW-FINENZO	4:53.13	6400087	5:03.55	+0,95
	50m: 31.83	31.83	150m: 1:45.98	37.99	250m: 3:04.02	39.36
	100m: 1:07.99	36.16	200m: 2:24.66	38.68	300m: 3:43.94	39.92
					350m: 4:24.59	40.65
					400m: 5:03.55	38.96

Programmanr. 8, Heren, 400m vrije slag, Masters 45+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
5.	John Stoffer	Zoetermeer	5:13.58	6300725	5:22.62	+0,89		
	50m: 34.53 34.53	150m: 1:53.57 40.76	250m: 3:18.07 42.23	350m: 4:42.46 42.08	100m: 1:12.81 38.28	200m: 2:35.84 42.27	300m: 4:00.38 42.31	400m: 5:22.62 40.16
6.	Mark Kas	PLONS	5:22.86	6100285	5:23.66	+0,87		
	50m: 36.55 36.55	150m: 1:59.87 41.92	250m: 3:23.21 41.31	350m: 4:44.78 39.96	100m: 1:17.95 41.40	200m: 2:41.90 42.03	300m: 4:04.82 41.61	400m: 5:23.66 38.88
7.	Edzo Huisman	Aquapoldro	5:09.94	6301029	5:29.01	+0,95		
	50m: 34.99 34.99	150m: 1:56.12 41.57	250m: 3:22.10 43.44	350m: 4:48.72 42.98	100m: 1:14.55 39.56	200m: 2:38.66 42.54	300m: 4:05.74 43.64	400m: 5:29.01 40.29
8.	Aan Tjalke Pander	Gay Swim Amsterdam	5:41.73	6400569	5:37.50	+0,98		
	50m: 39.21 39.21	150m: 2:05.37 43.51	250m: 3:32.60 43.31	350m: 4:58.90 42.04	100m: 1:21.86 42.65	200m: 2:49.29 43.92	300m: 4:16.86 44.26	400m: 5:37.50 38.60
9.	Joost de Kroon 200m*	AquAmigos	5:29.00	6400999	5:37.84	+1,02		
	50m: 37.98 37.98	150m: 2:03.48 43.12	250m: 3:30.82 43.80	350m: 4:57.31 42.92	100m: 1:20.36 42.38	200m: 2:47.02 43.54	300m: 4:14.39 43.57	400m: 5:37.84 40.53
10.	Paul van der Voort	De Zwoer	5:24.39	6200715	5:39.48	+1,11		
	50m: 35.90 35.90	150m: 2:00.51 43.18	250m: 3:29.17 43.93	350m: 4:58.69 43.84	100m: 1:17.33 41.43	200m: 2:45.24 44.73	300m: 4:14.85 45.68	400m: 5:39.48 40.79
11.	Aldo Atzeni	Florange olympique club	5:54.90	546024	6:02.09	+0,99		
	50m: 38.70 38.70	150m: 2:06.21 44.20	250m: 3:39.61 45.89	350m: 5:15.03 46.93	100m: 1:22.01 43.31	200m: 2:53.72 47.51	300m: 4:28.10 48.49	400m: 6:02.09 47.06
12.	Erik Saan 100m*	De Duck	5:55.58	6500769	6:03.54	+1,07		
	50m: 36.16 36.16	150m: 2:05.21 46.53	250m: 3:40.59 48.69	350m: 5:18.67 49.55	100m: 1:18.68 42.52	200m: 2:51.90 46.69	300m: 4:29.12 48.53	400m: 6:03.54 44.87
13.	Aris Jan van Ek	IJZ&PC	6:52.31	6100125	7:04.02	+0,99		
	50m: 44.59 44.59	150m: 2:27.67 53.79	250m: 4:19.54 56.68	350m: 5:47.23 31.11	100m: 1:33.88 49.29	200m: 3:22.86 55.19	300m: 5:16.12 56.58	400m: 7:04.02 1:16.79
14.	Perry Dekker	ZV De Bron	7:18.02	6201081	7:29.72	+1,23		
	50m: 46.71 46.71	150m: 2:37.97 57.56	250m: 4:35.17 58.65	350m: 6:32.82 59.13	100m: 1:40.41 53.70	200m: 3:36.52 58.55	300m: 5:33.69 58.52	400m: 7:29.72 56.90

Masters 50+

1.	Hugo Bregman <i>Nederlands Masters Record</i>	WVZ	4:38.49	5800069	4:40.92	+0,85		
	50m: 32.05 32.05	150m: 1:43.31 36.48	250m: 2:55.12 36.22	350m: 4:06.67 35.98	100m: 1:06.83 34.78	200m: 2:18.90 35.59	300m: 3:30.69 35.57	400m: 4:40.92 34.25
2.	Hans Groot helm	DBD	5:30.50	5800151	5:36.25	+0,87		
	50m: 36.29 36.29	150m: 2:00.23 42.57	250m: 3:27.41 43.89	350m: 4:54.92 43.76	100m: 1:17.66 41.37	200m: 2:43.52 43.29	300m: 4:11.16 43.75	400m: 5:36.25 41.33
3.	Philippe Mattelaer	AZV	5:48.78	AZV/124/60	5:39.37	+0,82		
	50m: 35.76 35.76	150m: 2:01.00 43.58	250m: 3:29.79 44.44	350m: 4:59.01 44.48	100m: 1:17.42 41.66	200m: 2:45.35 44.35	300m: 4:14.53 44.74	400m: 5:39.37 40.36
4.	André Wertz	Royal Verviers Natation	5:17.83	VN/110/56	5:44.41	+0,89		
	50m: 38.28 38.28	150m: 2:04.96 43.78	250m: 3:33.32 44.17	350m: 5:02.94 44.67	100m: 1:21.18 42.90	200m: 2:49.15 44.19	300m: 4:18.27 44.95	400m: 5:44.41 41.47
5.	Jan Willem Heuten	WS Twente	5:51.10	6000883	5:53.02	+0,99		
	50m: 36.81 36.81	150m: 2:03.75 44.74	250m: 3:37.08 46.33	350m: 5:09.60 45.07	100m: 1:19.01 42.20	200m: 2:50.75 47.00	300m: 4:24.53 47.45	400m: 5:53.02 43.42
6.	Paul Bunnik	Triton	5:43.59	5600413	5:53.32	+1,06		
	50m: 35.78 35.78	150m: 2:04.47 46.04	250m: 3:37.92 47.28	350m: 5:12.18 47.15	100m: 1:18.43 42.65	200m: 2:50.64 46.17	300m: 4:25.03 47.11	400m: 5:53.32 41.14
7.	Filip Timmermans	ShaRK	6:24.79	ShaRK/163/60	6:56.72	+1,03		
	50m: 50.06 50.06	150m: 2:31.54 52.09	250m: 4:15.48 53.42	350m: 6:06.14 56.73	100m: 1:39.45 49.39	200m: 3:22.06 50.52	300m: 5:09.41 53.93	400m: 6:56.72 50.58
8.	Jan Minkels	Zegenwerp	7:26.07	5600213	7:33.29	+1,18		
	50m: 49.75 49.75	150m: 2:45.85 58.78	250m: 4:44.67 59.14	350m: 6:40.82 58.16	100m: 1:47.07 57.32	200m: 3:45.53 59.68	300m: 5:42.66 57.99	400m: 7:33.29 52.47
AFGEM	Elzo Dijkhuis	TriVia	4:58.71	6000873				
	50m:	150m:	250m:	350m:	100m:	200m:	300m:	400m:

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

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
AFGEM	Marius Ros	ZCNF'34	5:04.96	5900779		
	50m:	150m:	250m:	350m:		
	100m:	200m:	300m:	400m:		

Masters 55+

1.	Henk Slomp	De Pinquin	5:23.03	5500359	5:39.22	+0,97
	50m: 36.18	150m: 1:59.97	250m: 3:28.89	350m: 4:59.09	44.56	
	100m: 1:16.58	200m: 2:43.51	300m: 4:14.53	400m: 5:39.22	40.13	
2.	Hugo Staudt	WS Twente	5:47.36	5300253	5:45.97	+0,88
	50m: 38.93	150m: 2:05.85	250m: 3:35.87	350m: 5:04.41	44.30	
	100m: 1:21.05	200m: 2:51.03	300m: 4:20.11	400m: 5:45.97	41.56	
3.	Arthur Jansen	Gay Swim Amsterdam	6:26.78	5400299	6:20.87	+0,87
	100m.200m*					
	50m: 39.77	150m: 2:14.39	250m: 3:55.40	350m: 5:35.62	49.83	
	100m: 1:24.94	200m: 3:03.97	300m: 4:45.79	400m: 6:20.87	45.25	

Masters 60+

1.	Donald Uijtenbogaart	Het Y	5:09.12	4700107	5:17.77	+0,94
	50m: 37.22	150m: 1:58.32	250m: 3:19.81	350m: 4:39.98	40.06	
	100m: 1:16.71	200m: 2:39.26	300m: 3:59.92	400m: 5:17.77	37.79	
2.	Mar van Geel	Old Dutch	6:53.09	4700135	7:10.32	+1,18
	50m: 44.42	150m: 2:31.17	250m: 4:23.12	350m: 6:16.61	56.39	
	100m: 1:35.63	200m: 3:26.51	300m: 5:20.22	400m: 7:10.32	53.71	

Masters 65+

1.	Rob Hanou	PSV	6:04.73	4300109	6:17.95	+1,12
	50m: 40.15	150m: 2:15.96	250m: 3:54.50	350m: 5:32.41	47.96	
	100m: 1:26.94	200m: 3:05.64	300m: 4:44.45	400m: 6:17.95	45.54	
2.	Manfred Bottin	SV Langenfeld 1912	6:38.77	057993	6:56.66	+1,16
	50m: 44.09	150m: 2:29.08	250m: 4:19.37	350m: 6:06.50	52.66	
	100m: 1:35.61	200m: 3:24.76	300m: 5:13.84	400m: 6:56.66	50.16	
3.	Peter Ouweneel	RSW (SG)	9:05.23	4500077	8:35.06	+1,28
	50m: 53.34	150m: 3:02.97	250m: 5:18.47	350m: 7:34.18	1:08.23	
	100m: 1:57.19	200m: 4:09.83	300m: 6:25.95	400m: 8:35.06	1:00.88	

Masters 70+

1.	Nico Geers	Z&PC De Gouwe	5:49.34	3800007	6:02.37	+1,05
	50m: 41.95	150m: 2:13.74	250m: 3:47.26	350m: 5:19.83	45.84	
	100m: 1:27.52	200m: 3:00.86	300m: 4:33.99	400m: 6:02.37	42.54	
2.	Frans van Enst	WS Twente	6:28.32	4000011	6:36.15	+1,09
	50m: 40.43	150m: 2:21.91	250m: 4:04.59	350m: 5:46.55	50.82	
	100m: 1:29.93	200m: 3:13.57	300m: 4:55.73	400m: 6:36.15	49.60	
3.	Gregor Pompen	Aqua-Novio'94	6:38.33	3700021	6:58.90	+1,00
	50m: 46.01	150m: 2:29.63	250m: 4:17.14	350m: 6:07.18	55.55	
	100m: 1:36.76	200m: 3:22.80	300m: 5:11.63	400m: 6:58.90	51.72	
4.	Ad Tersteeg	Old Dutch	8:55.59	3900021	9:12.85	+1,18
	50m:	150m:	250m:	350m:		
	100m: 2:10.44	200m: 4:37.12	300m: 6:57.42	400m: 9:12.85	1:07.23	
5.	Wim ter Laak	PSV	8:55.16	4000027	9:21.58	+1,17
	50m: 1:02.17	150m: 3:32.03	250m: 5:56.82	350m: 8:17.12	1:09.08	
	100m: 2:16.30	200m: 4:45.65	300m: 7:08.04	400m: 9:21.58	1:04.46	

Masters 75+

1.	Georges Verhelst	RZV	7:28.33	RZV/160/31	7:51.92	+1,11
	<i>Kampioenschaps Record</i>					
	50m:	150m:	250m:	350m:	6:52.63	1:00.95
	100m: 1:47.55	200m: 3:47.69	300m: 5:51.68	400m: 7:51.92	59.29	

Programmanr. 9
08.05.2010 - 9:49

Dames, 400m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
Masters 20+								
1.	Petra de Groot	Van Vliet-Barracuda	4:33.73	8701420	4:39.09	+0,93		
	50m: 32.07	32.07	150m: 1:41.07	34.74	250m: 2:51.60	34.99	350m: 4:03.88	36.03
	100m: 1:06.33	34.26	200m: 2:16.61	35.54	300m: 3:27.85	36.25	400m: 4:39.09	35.21
2.	Samantha Vuijst	De Otters Het Gooi	4:47.63	8904522	4:50.58	+0,92		
	50m: 32.59	32.59	150m: 1:45.58	37.17	250m: 3:00.55	37.24	350m: 4:14.98	36.87
	100m: 1:08.41	35.82	200m: 2:23.31	37.73	300m: 3:38.11	37.56	400m: 4:50.58	35.60
3.	Iris Barendregt	Van Vliet-Barracuda	4:57.35	8600172	4:52.98	+0,83		
	50m: 33.36	33.36	150m: 1:47.54	37.49	250m: 3:02.97	37.50	350m: 4:17.04	37.11
	100m: 1:10.05	36.69	200m: 2:25.47	37.93	300m: 3:39.93	36.96	400m: 4:52.98	35.94
4.	Cynthia Grooteboer	De Reest	5:06.88	8901462	5:18.11	+0,83		
	50m: 34.72	34.72	150m: 1:54.71	40.85	250m: 3:17.34	41.18	350m: 4:39.24	40.42
	100m: 1:13.86	39.14	200m: 2:36.16	41.45	300m: 3:58.82	41.48	400m: 5:18.11	38.87
5.	Tonny Methorst	De Biesboschzwemmers	5:13.49	8802998	5:22.05	+0,87		
	50m: 36.27	36.27	150m: 1:58.74	41.36	250m: 3:21.55	41.05	350m: 4:44.04	40.91
	100m: 1:17.38	41.11	200m: 2:40.50	41.76	300m: 4:03.13	41.58	400m: 5:22.05	38.01
6.	Monique Nieuwelink	De Haaien	5:15.57	9002724	5:26.10	+0,96		
	50m: 36.45	36.45	150m: 1:58.68	41.87	250m: 3:22.92	41.92	350m: 4:46.71	41.64
	100m: 1:18.81	40.36	200m: 2:41.00	42.32	300m: 4:05.07	42.15	400m: 5:26.10	39.39
7.	Miriam Visserman	Octopus	5:40.36	8704364	5:36.72	+0,88		
	50m: 37.38	37.38	150m: 2:01.73	42.59	250m: 3:27.60	43.18	350m: 4:54.92	43.91
	100m: 1:19.14	41.76	200m: 2:44.42	42.69	300m: 4:11.01	43.41	400m: 5:36.72	41.80
8.	Anita Engels	Zegenwerp	5:42.22	9001016	5:43.33	+0,86		
	50m: 37.31	37.31	150m: 2:03.26	43.73	250m: 3:31.51	44.37	350m: 5:00.83	44.29
	100m: 1:19.53	42.22	200m: 2:47.14	43.88	300m: 4:16.54	45.03	400m: 5:43.33	42.50
9.	Kitty van Gendt	PSV	6:05.15	8701288	5:47.78	+0,89		
	50m: 37.52	37.52	150m: 2:04.67	44.67	250m: 3:35.49	45.81	350m: 5:05.79	45.30
	100m: 1:20.00	42.48	200m: 2:49.68	45.01	300m: 4:20.49	45.00	400m: 5:47.78	41.99
10.	Henrike de Vries	De Veene	5:24.00	8904490	5:49.00	+1,00		
	50m: 37.93	37.93	150m: 2:02.69	43.15	250m: 3:32.09	44.41	350m: 5:03.57	45.42
	100m: 1:19.54	41.61	200m: 2:47.68	44.99	300m: 4:18.15	46.06	400m: 5:49.00	45.43
11.	Liset de Veer	Aqua-Novio'94	5:36.84	8704190	5:51.68	+0,86		
	50m: 38.37	38.37	150m: 2:04.07	43.47	250m: 3:33.59	44.88	350m: 5:05.68	45.81
	100m: 1:20.60	42.23	200m: 2:48.71	44.64	300m: 4:19.87	46.28	400m: 5:51.68	46.00
12.	Liesbeth van Mill	DWK	5:47.80	8702786	5:54.64	+0,98		
	50m: 40.03	40.03	150m: 2:10.45	45.31	250m: 3:41.43	45.32	350m: 5:12.35	45.35
	100m: 1:25.14	45.11	200m: 2:56.11	45.66	300m: 4:27.00	45.57	400m: 5:54.64	42.29
13.	Annebeth van Ark	Octopus	5:47.02	8805588	5:59.26	+0,89		
	50m: 39.61	39.61	150m: 2:08.06	44.67	250m: 3:40.17	46.80	350m: 5:14.71	47.38
	100m: 1:23.39	43.78	200m: 2:53.37	45.31	300m: 4:27.33	47.16	400m: 5:59.26	44.55
14.	Ildiko van der Ploeg	De Warande	5:34.95	9002960	5:59.74	+0,79		
	50m: 36.92	36.92	150m: 2:06.27	46.27	250m: 3:38.55	47.31	350m: 5:12.42	46.84
	100m: 1:20.00	43.08	200m: 2:51.24	44.97	300m: 4:25.58	47.03	400m: 5:59.74	47.32
15.	Esther van Maastrigt	Montferland	5:55.07	8802836	6:06.32	+0,88		
	50m: 42.87	42.87	150m: 2:15.61	46.76	250m: 3:49.28	46.58	350m: 5:22.42	46.29
	100m: 1:28.85	45.98	200m: 3:02.70	47.09	300m: 4:36.13	46.85	400m: 6:06.32	43.90
AFGEM	Chantal Enkoroma Coffie	DES	4:56.45	8701142				
	50m:	150m:	250m:	350m:				
	100m:	200m:	300m:	400m:				
Masters 25+								
1.	Nadya Putter	Vlaardingen	4:55.65	8301630	4:56.20	+0,88		
	50m: 34.08	34.08	150m: 1:47.42	36.82	250m: 3:02.97	37.87	350m: 4:19.25	38.10
	100m: 1:10.60	36.52	200m: 2:25.10	37.68	300m: 3:41.15	38.18	400m: 4:56.20	36.95
2.	Linda Hoogendam	D'Elft	5:13.24	8300892	5:14.46	+0,76		
	50m: 34.00	34.00	150m: 1:54.63	41.13	250m: 3:16.44	40.54	350m: 4:37.61	40.08
	100m: 1:13.50	39.50	200m: 2:35.90	41.27	300m: 3:57.53	41.09	400m: 5:14.46	36.85
3.	Sandra Schellekens	Neptunus'58	5:19.53	8503416	5:23.22	+0,88		
	50m: 35.79	35.79	150m: 1:58.37	41.98	250m: 3:22.18	42.01	350m: 4:46.21	42.27
	100m: 1:16.39	40.60	200m: 2:40.17	41.80	300m: 4:03.94	41.76	400m: 5:23.22	37.01

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

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
4.	Ramona Linting	HoogenboomTours/BZ&PC	5:17.00	8301274	5:23.65	+0,93		
	50m: 36.11 36.11	150m: 1:57.79 41.32	250m: 3:21.00 41.54	350m: 4:44.29 41.80	100m: 1:16.47 40.36	200m: 2:39.46 41.67	300m: 4:02.49 41.49	400m: 5:23.65 39.36
5.	Andrea van Leeuwen	De Zijl/LGB	5:33.66	8100904	5:26.41	+0,91		
	50m: 34.94 34.94	150m: 1:55.72 41.21	250m: 3:20.22 42.36	350m: 4:45.65 42.11	100m: 1:14.51 39.57	200m: 2:37.86 42.14	300m: 4:03.54 43.32	400m: 5:26.41 40.76
6.	Cindy Joller	Florange olympique club	5:37.73	107966	5:37.17	+1,00		
	50m: 35.87 35.87	150m: 1:57.92 42.05	250m: 3:25.27 43.93	350m: 4:54.22 44.36	100m: 1:15.87 40.00	200m: 2:41.34 43.42	300m: 4:09.86 44.59	400m: 5:37.17 42.95
7.	Rianne van Vegchelen 200m*	Deltasteur	6:27.07	8101530	6:33.79	+1,08		
	50m: 41.89 41.89	150m: 2:20.83 49.51	250m: 4:01.31 50.08	350m: 5:41.91 49.17	100m: 1:31.32 49.43	200m: 3:11.23 50.40	300m: 4:52.74 51.43	400m: 6:33.79 51.88
DIS	Roos van Esch	TRB-RES	4:46.42	8200468				
	AA - Te vroeg weg of bewogen bij start. (geen tijd noteren)							
	50m:	150m:	250m:	350m:				
	100m:	200m:	300m:	400m:				

Masters 30+

1.	Myriam Reuland <i>Luxemburgs Masters Record</i>	Le Dauphin Ettelbruck	5:27.85	2014	5:12.73	+0,86		
	50m: 35.78 35.78	150m: 1:54.99 40.10	250m: 3:14.55 39.31	350m: 4:34.13 39.68	100m: 1:14.89 39.11	200m: 2:35.24 40.25	300m: 3:54.45 39.90	400m: 5:12.73 38.60
2.	Yvonne Gerritsen	DES	5:24.40	8000342	5:18.39	+0,88		
	50m: 34.10 34.10	150m: 1:54.00 40.82	250m: 3:15.93 41.03	350m: 4:38.13 40.71	100m: 1:13.18 39.08	200m: 2:34.90 40.90	300m: 3:57.42 41.49	400m: 5:18.39 40.26
3.	Alana Miles	KZPC	5:27.13	8001626	5:23.62	+0,93		
	50m: 34.64 34.64	150m: 1:53.28 40.21	250m: 3:16.36 41.97	350m: 4:41.67 43.35	100m: 1:13.07 38.43	200m: 2:34.39 41.11	300m: 3:58.32 41.96	400m: 5:23.62 41.95
4.	Emerentia Knebel	KZPC	5:41.44	7600322	5:24.91	+0,83		
	50m: 36.13 36.13	150m: 1:57.57 41.25	250m: 3:20.86 41.27	350m: 4:44.77 41.79	100m: 1:16.32 40.19	200m: 2:39.59 42.02	300m: 4:02.98 42.12	400m: 5:24.91 40.14
5.	Jolanda van Gendt	PSV	5:37.44	7800266	5:45.19	+0,78		
	50m: 36.67 36.67	150m: 2:02.89 44.55	250m: 3:32.46 45.01	350m: 5:01.62 44.36	100m: 1:18.34 41.67	200m: 2:47.45 44.56	300m: 4:17.26 44.80	400m: 5:45.19 43.57
6.	Clementine van Bruxvoort	ZPB H&L Productions	6:38.26	7700138	6:41.08	+0,96		
	50m: 42.61 42.61	150m: 2:22.69 50.45	250m: 4:07.06 52.09	350m: 5:51.24 51.47	100m: 1:32.24 49.63	200m: 3:14.97 52.28	300m: 4:59.77 52.71	400m: 6:41.08 49.84
NG	Helma Koot	AZ&PC	5:39.60	7600336				
	50m:	150m:	250m:	350m:				
	100m:	200m:	300m:	400m:				

Masters 35+

1.	Grith Sigsgaard	Het Y	4:49.20	7200772	4:51.51	+0,86		
	50m: 33.47 33.47	150m: 1:47.08 37.06	250m: 3:01.03 36.81	350m: 4:15.41 36.97	100m: 1:10.02 36.55	200m: 2:24.22 37.14	300m: 3:38.44 37.41	400m: 4:51.51 36.10
2.	Marleen Vos	Aquapoldro	5:03.45	7400598	5:12.00	+0,91		
	50m: 35.61 35.61	150m: 1:53.81 39.21	250m: 3:13.65 39.61	350m: 4:33.43 39.61	100m: 1:14.60 38.99	200m: 2:34.04 40.23	300m: 3:53.82 40.17	400m: 5:12.00 38.57
3.	Annette de Visser	Oceanus	5:15.13	7100602	5:16.02	+0,86		
	50m: 35.49 35.49	150m: 1:54.88 39.98	250m: 3:16.49 40.98	350m: 4:38.33 40.53	100m: 1:14.90 39.41	200m: 2:35.51 40.63	300m: 3:57.80 41.31	400m: 5:16.02 37.69
4.	Inez Heideman	WS Twente	5:37.90	7500198	5:42.49	+0,92		
	50m: 36.85 36.85	150m: 2:03.78 44.50	250m: 3:32.82 44.39	350m: 5:00.17 43.59	100m: 1:19.28 42.43	200m: 2:48.43 44.65	300m: 4:16.58 43.76	400m: 5:42.49 42.32
5.	Natacha Van Hoof	ShaRK	6:00.90	ShaRK/260/73	5:58.76	+1,01		
	50m: 41.85 41.85	150m: 2:12.74 45.93	250m: 3:43.82 45.32	350m: 5:14.95 45.43	100m: 1:26.81 44.96	200m: 2:58.50 45.76	300m: 4:29.52 45.70	400m: 5:58.76 43.81
6.	Ingrid Versteegen	DBD	6:25.84	7300770	6:30.52	+0,92		
	50m: 42.72 42.72	150m: 2:20.30 49.68	250m: 4:01.64 50.78	350m: 5:42.75 50.24	100m: 1:30.62 47.90	200m: 3:10.86 50.56	300m: 4:52.51 50.87	400m: 6:30.52 47.77

Programmanr. 9, Dames, 400m vrije slag

Masters 40+

1. Anita Smits		DIO		5:00.30	6900522		5:02.77	+0,85
50m: 33.36	33.36	150m: 1:49.30	38.87	250m: 3:07.63	39.36	350m: 4:25.40	38.81	
100m: 1:10.43	37.07	200m: 2:28.27	38.97	300m: 3:46.59	38.96	400m: 5:02.77	37.37	
2. Laura Staal		Oceanus		5:15.63	6700358		5:26.77	+0,97
50m: 36.49	36.49	150m: 1:58.32	41.06	250m: 3:22.06	41.77	350m: 4:46.33	41.54	
100m: 1:17.26	40.77	200m: 2:40.29	41.97	300m: 4:04.79	42.73	400m: 5:26.77	40.44	
3. Helen Turner		PSV		5:49.23	7000894		5:50.74	+0,81
50m: 38.70	38.70	150m: 2:06.62	44.48	250m: 3:36.84	45.31	350m: 5:06.83	45.30	
100m: 1:22.14	43.44	200m: 2:51.53	44.91	300m: 4:21.53	44.69	400m: 5:50.74	43.91	
4. Emmy Radelaar		De Fuut		6:23.65	6600572		6:24.38	+1,11
50m: 41.96	41.96	150m: 2:16.44	48.32	250m: 3:55.51	49.82	350m: 5:35.02	49.88	
100m: 1:28.12	46.16	200m: 3:05.69	49.25	300m: 4:45.14	49.63	400m: 6:24.38	49.36	
5. Meke Oomens		Old Dutch		6:23.94	7000370		6:40.57	+1,10
50m: 43.35	43.35	150m: 2:22.33	50.05	250m: 4:05.10	51.06	350m: 5:49.46	52.09	
100m: 1:32.28	48.93	200m: 3:14.04	51.71	300m: 4:57.37	52.27	400m: 6:40.57	51.11	
6. Remona Dekker		ZV De Bron		6:55.48	6600620		6:57.02	+1,56
50m: 45.45	45.45	150m: 2:30.01	53.32	250m: 4:18.66	54.84	350m: 6:07.88	55.11	
100m: 1:36.69	51.24	200m: 3:23.82	53.81	300m: 5:12.77	54.11	400m: 6:57.02	49.14	

Masters 45+

1. Kristin van Cauteren		Lokerse Zwemvereniging		5:17.70	LZV/009/64		5:16.02	+0,87	
<i>Belgisch Masters Record</i>		50m: 36.47	36.47	150m: 1:55.53	39.41	250m: 3:16.64	40.24	350m: 4:37.30	40.06
		100m: 1:16.12	39.65	200m: 2:36.40	40.87	300m: 3:57.24	40.60	400m: 5:16.02	38.72
2. Jacqueline Rolloos		De Lansingh		5:42.92	6300222		5:40.17	+1,02	
50m: 37.90	37.90	150m: 2:04.18	43.54	250m: 3:32.13	43.59	350m: 4:58.94	42.78		
100m: 1:20.64	42.74	200m: 2:48.54	44.36	300m: 4:16.16	44.03	400m: 5:40.17	41.23		

Masters 50+

1. Patty Verhagen		AquAmigos		5:21.77	5900146		5:27.82	+0,97
50m: 37.04	37.04	150m: 1:57.66	40.53	250m: 3:21.82	41.94	350m: 4:46.52	42.07	
100m: 1:17.13	40.09	200m: 2:39.88	42.22	300m: 4:04.45	42.63	400m: 5:27.82	41.30	
2. Pia van der Molen		HZ&PC Heerenveen		6:11.66	6000116		6:26.14	+0,92
50m: 41.16	41.16	150m: 2:17.30	48.64	250m: 3:56.78	49.63	350m: 5:37.17	50.24	
100m: 1:28.66	47.50	200m: 3:07.15	49.85	300m: 4:46.93	50.15	400m: 6:26.14	48.97	
3. Inge Wolfs		PLONS		6:35.44	6000304		6:29.01	+1,08
50m: 43.03	43.03	150m: 2:19.83	49.62	250m: 3:57.55	49.14	350m: 5:38.14	51.70	
100m: 1:30.21	47.18	200m: 3:08.41	48.58	300m: 4:46.44	48.89	400m: 6:29.01	50.87	

Masters 55+

1. Margriet Pasma		De Pinquin		6:04.80	5500088		6:17.32	+0,96
50m: 42.51	42.51	150m: 2:18.08	48.59	250m: 3:55.34	49.22	350m: 5:31.69	48.41	
100m: 1:29.49	46.98	200m: 3:06.12	48.04	300m: 4:43.28	47.94	400m: 6:17.32	45.63	
2. Carla Hensen		PSV		7:05.33	5300062		7:05.94	+0,97
50m: 44.95	44.95	150m: 2:31.78	53.85	250m: 4:21.93	54.91	350m: 6:11.95	54.25	
100m: 1:37.93	52.98	200m: 3:27.02	55.24	300m: 5:17.70	55.77	400m: 7:05.94	53.99	
3. Corine Kalbfleisch		DWT		7:04.65	5200024		7:11.33	+1,15
50m: 46.07	46.07	150m: 2:34.38	54.64	250m: 4:26.71	56.18	350m: 6:18.62	55.21	
100m: 1:39.74	53.67	200m: 3:30.53	56.15	300m: 5:23.41	56.70	400m: 7:11.33	52.71	
4. Gonnje Bak		PSV		7:19.05	5100002		7:46.49	+0,95
50m: 49.30	49.30	150m: 2:47.30	1:00.14	250m: 4:47.09	59.36	350m: 6:48.30	1:01.05	
100m: 1:47.16	57.86	200m: 3:47.73	1:00.43	300m: 5:47.25	1:00.16	400m: 7:46.49	58.19	

Masters 60+

1. Conny Boer-Buys		Vlaardingeng		5:33.86	5000006		5:46.88	+0,93	
<i>Nederlands Masters Record, tussentijden 100m en 200m NMR</i>		50m: 36.63	36.63	150m: 2:04.30	45.09	250m: 3:35.63	45.72	350m: 5:05.03	44.40
		100m: 1:19.21	42.58	200m: 2:49.91	45.61	300m: 4:20.63	45.00	400m: 5:46.88	41.85

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

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
2.	Marja van der Meer	Neptunus	6:56.32	4700014	7:00.44	+1,05
	50m: 44.84	44.84	150m: 2:29.10	53.63	250m: 4:17.57	54.58
	100m: 1:35.47	50.63	200m: 3:22.99	53.89	300m: 5:11.85	54.28
					350m: 6:06.73	54.88
					400m: 7:00.44	53.71

Masters 65+

DIS	Liesbeth ter Laak	PSV	10:54.68	4200008		
	<i>AA - Te vroeg weg of bewogen bij start. (geen tijd noteren)</i>					
	50m:	150m:	250m:	350m:		
	100m:	200m:	300m:	400m:		

Masters 70+

1.	Bep van Riessen	Aquapoldro	8:59.28	3700006	9:12.39	+1,43
	<i>100m,200m*</i>					
	50m: 57.96	57.96	150m: 3:15.99	1:09.35	250m: 5:38.65	1:11.07
	100m: 2:06.64	1:08.68	200m: 4:27.58	1:11.59	300m: 6:52.54	1:13.89
					350m: 8:03.72	1:11.18
					400m: 9:12.39	1:08.67

Masters 75+

1.	Annie de Vos	Old Dutch	8:44.83	3400004	9:08.07	+0,98
	50m: 59.74	59.74	150m: 3:18.00	1:09.51	250m: 5:37.65	1:09.70
	100m: 2:08.49	1:08.75	200m: 4:27.95	1:09.95	300m: 6:48.66	1:11.01
					350m: 7:58.42	1:09.76
					400m: 9:08.07	1:09.65
AFGEM	Lottie Geurts	PSV	6:50.22	3500006		
	50m:	150m:	250m:	350m:		
	100m:	200m:	300m:	400m:		

Masters 80+

1.	Ati Derkse	Aquapoldro	10:43.02	2900002	11:30.17	
	50m: 1:21.30	1:21.30	150m: 4:19.48	1:30.94	250m: 7:18.72	1:31.46
	100m: 2:48.54	1:27.24	200m: 5:47.26	1:27.78	300m: 8:42.11	1:23.39
					350m: 10:10.86	1:28.75
					400m: 11:30.17	1:19.31

Programmanr. 10
08.05.2010 - 10:50

Heren, 200m schoolslag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT	50m	100m	150m	200m
Masters 20+									
1.	Erik Simons	WZK Zwemmen	2:36.57 8902845	2:39.87	+0,84	34.67	1:16.15	1:58.37	2:39.87
	<i>Kampioenschaps Record</i>								
2.	Jelle Beerens	De Dommelbaarzen	2:28.42 8600159	2:40.19	+0,90	34.33	1:15.13	1:58.29	2:40.19
3.	Sander Slaghuis	NIMO	2:39.76 8805305	2:46.01	+0,88	36.31	1:19.08	2:02.90	2:46.01
4.	Mario Peeters	MNC Dordrecht	2:40.38 8602355	2:46.85	+0,84	37.39	1:21.12	2:04.04	2:46.85
5.	Stef Hoeven	Zegenwerp	2:54.00 9001223	3:01.73	+0,91	41.32	1:28.56	2:17.69	3:01.73
6.	Harmen Reemst	ZOB'66	2:53.63 8702715	3:03.66	+0,91	40.19	1:26.56	2:15.06	3:03.66
Masters 25+									
1.	Tommy van Overmeeren	De Schelde	2:33.67 8402887	2:45.04	+0,83	36.89	1:19.36	2:02.17	2:45.04
2.	Rob van Vliet	AZ&PC	2:41.49 8402459	2:46.08	+0,90	37.75	1:20.02	2:03.76	2:46.08
3.	Albert van Piekeren	Octopus	2:38.27 8401767	2:48.59	+0,81	37.81	1:20.43	2:03.66	2:48.59
4.	Dirkjan Beugelsdijk	De Zijl/LGB	2:48.06 8100123	2:50.35	+0,85	37.68	1:21.31	2:05.87	2:50.35
5.	Dennis Klop	De Biesboschzwemmers	2:59.17 8302643	3:07.05	+0,78	41.79	1:29.28	2:18.75	3:07.05

Programmanr. 10, Heren, 200m schoolslag

Masters 30+

1. Freddie Geerlings	NIMO	2:32.68	7900379	2:42.97	+0,88	34.70	1:15.00	1:58.26	2:42.97
2. Ron Langelaan	DAW-FINENZO	2:44.55	7800643	2:47.32	+0,91	37.62	1:19.65	2:02.73	2:47.32
3. Vincent Bastin	CHTHN	2:52.23	CHTHN/342/77	2:49.00	+0,76	36.75	1:20.06	2:03.89	2:49.00
4. Jeroen Vogelsang	Het Y	2:46.80	8001645	2:57.32	+0,93	38.88	1:23.73	2:09.78	2:57.32
5. Okko de Haas	ZV De Bron	2:57.80	7801593	3:00.21	+0,93	40.99	1:27.52	2:13.68	3:00.21
6. Niels van Wageningen	D'Eift	3:05.15	7601335	3:04.80	+0,99	40.32	1:27.00	2:15.77	3:04.80
7. Han Ruijs	RZ	3:02.27	7901867	3:13.93	+0,84	41.95	1:31.89	2:21.95	3:13.93

Masters 35+

1. Andreas Kaptur	SG Gladbeck	2:49.26	125218	2:50.11	+0,91	37.83	1:21.70	2:06.09	2:50.11
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Masters 40+

1. René Beetsma	HZ&PC Heerenveen	2:49.27	6900069	2:55.60	+0,87	38.34	1:23.46	2:09.86	2:55.60
2. Harold Matla	PSV	2:49.03	6800591	3:00.44	+0,92	40.63	1:27.01	2:14.72	3:00.44
3. Peter v. Meerveld	AZ&PC	2:57.60	6700649	3:01.60	+0,96	41.22	1:28.03	2:15.35	3:01.60
4. Jacques Verriet	Njord	3:05.50	7001039	3:11.87	+0,87	44.66	1:32.96	2:22.00	3:11.87
5. Peter Musschenga	Zwem Goud	3:17.84	6901347	3:20.26	+0,92	44.52	1:35.27	2:27.84	3:20.26
6. Arnold Jonker	HZ&PC Heerenveen	3:46.83	7000529	3:44.40	+0,91	50.32	1:47.14	2:46.57	3:44.40
AFGEM Patrick Juncker	Swimming Luxembourg	2:46.11	67-JUNC						

Masters 45+

1. Cees van Houwelingen	De Schelde	2:37.52	6300351	2:45.58	+0,94	36.90	1:19.29	2:02.73	2:45.58
<i>Kampioenschaps Record</i>									
2. Edwin v. Norden	AZ&PC	2:37.17	6300563	2:51.39	+0,86	37.18	1:20.17	2:04.71	2:51.39
3. Ronald Grove	Oceanus	2:53.09	6100161	3:00.03	+0,85	40.73	1:26.53	2:14.02	3:00.03
4. Theo Bakker	TriVia	2:55.14	6401231	3:03.71	+0,91	41.01	1:28.48	2:16.86	3:03.71
5. Marcel van Lochem	Zoetermeer	2:55.05	6500581	3:04.63	+0,85	39.96	1:27.46	2:16.39	3:04.63
6. Ron Phaff	PSV	2:54.46	6200495	3:05.25	+0,85	40.11	1:26.87	2:14.76	3:05.25
7. Peter Fölker	Aqua-Novio'94	3:05.80	6401021	3:08.58	+0,75	43.34	1:31.01	2:20.26	3:08.58
8. Ronald van Vliet	De Aalscholver	3:15.37	6300997	3:11.39	+0,86	43.04	1:31.34	2:20.89	3:11.39
9. Marcel van der Lem	Kon AZ 1870	3:05.85	6500563	3:12.41	+0,82	41.90	1:30.14	2:21.22	3:12.41
10. Michiel Klaren	PSV	3:20.32	6201087	3:26.34	+1,05	46.74	1:38.87	2:33.19	3:26.34
11. Bart van Calker	WS Twente	3:26.36	6100067	3:28.01	+1,12	47.45	1:39.23	2:33.34	3:28.01

Masters 50+

1. Hugo Bregman	WVZ	2:46.92	5800069	2:49.64	+0,87	38.31	1:22.03	2:05.72	2:49.64
<i>Kampioenschaps Record</i>									
2. Peter Romkes	Luctor et Emergo	3:05.74	5900389	3:06.28	+0,80	42.56	1:30.73	2:19.95	3:06.28
3. Wim de Lange	Electrolux AZC	3:06.93	5800533	3:18.86	+0,98	43.39	1:33.58	2:25.78	3:18.86
4. Luc Nijs	AZV	3:19.57	AZV/080/59	3:21.79	+0,94	43.82	1:34.84	2:28.72	3:21.79
5. Paul Bunnik	Triton	3:11.82	5600413	3:25.35	+1,07	44.29	1:38.33	2:33.71	3:25.35
6. Jan Willem Heuten	WS Twente	3:36.51	6000883	3:32.64	+1,02	48.26	1:43.45	2:38.78	3:32.64
7. Michiel Tonsbeek	DWT	3:50.76	6000889	3:52.28	+1,12	54.38	1:54.20	2:54.04	3:52.28
8. Jan Glorie	OEZA	4:23.18	5700513	4:28.82	+1,30	57.54	2:05.08	3:18.82	4:28.82
NG Vincent de Keijzer	PLONS	3:09.21	5800207						

Masters 55+

1. Laurens klein Breteler	WWV	3:40.67	5400109	3:40.17	+1,01	44.56	1:41.02	2:40.94	3:40.17
AFGEM Peter Gulyas	Totkomlosi Rozmar Szenior3:	16.17	51GULY						

Masters 60+

1. Donald Uijtenbogaart	Het Y	3:12.17	4700107	3:13.84	+0,87	44.72	1:34.13	2:24.26	3:13.84
2. Harry Smits	ZC'90	3:28.30	4800163	3:30.92	+1,06	46.53	1:39.48	2:35.52	3:30.92
3. Mar van Geel	Old Dutch	3:53.91	4700135	3:59.50	+1,09	52.20	1:53.62	2:58.25	3:59.50
4. Henk Oostendorp	ZV De Bron	4:09.08	4800093	4:13.52	+0,94	55.99	2:01.32	3:07.50	4:13.52

Programmanr. 10, Heren, 200m schoolslag

Masters 65+

1. Rob Hanou	PSV	3:14.68	4300109	3:25.10	+1,09	44.83	1:38.03	2:32.50	3:25.10
2. Nico Baay	Old Dutch	3:30.31	4200053	3:36.03	+0,94	47.51	1:42.15	2:38.81	3:36.03
3. Ruud Sloof	De Rijn	3:38.51	4400073	3:46.49	+1,36	50.88	1:47.15	2:47.56	3:46.49
4. Peter Ouweneel	RSW (SG)	4:04.91	4500077	4:16.40	+1,21	56.19	1:58.13	3:04.27	4:16.40

Masters 70+

1. Wieger Mensonides	NZ&PC	3:36.07	3800035	3:41.55	+0,97	49.59	1:47.54	2:47.33	3:41.55
2. Gregor Pompen	Aqua-Novio'94	4:02.65	3700021	4:15.27	+1,05	58.87	2:03.96	3:10.39	4:15.27
3. Ad Tersteeg	Old Dutch	5:00.57	3900021	5:19.14	+1,20	1:08.09	2:30.38	3:57.06	5:19.14
NG Pieter Scharphorn	Neptunus	4:49.11	3800037						

Programmanr. 11
08.05.2010 - 11:16

Dames, 200m schoolslag

Masters Open
Resultaten

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

Masters 20+

1. Karin van Dijk	HZ&PC Heerenveen	2:52.63	8600850	2:52.37	+0,94	39.05	1:22.80	2:07.47	2:52.37
2. Maaïke de Boer	De Duinkickers	3:01.62	9000362	3:05.20	+0,88	42.84	1:30.16	2:18.41	3:05.20
3. Nicole van der Kooy	SBC2000	3:04.32	8702310	3:06.37	+0,93	42.43	1:29.48	2:18.44	3:06.37
4. Iris Barendregt	Van Vliet-Barracuda	3:03.96	8600172	3:09.42	+0,87	42.26	1:30.63	2:19.53	3:09.42
5. Monique Nieuwelink	De Haaien	3:00.36	9002724	3:09.78	+0,95	42.72	1:30.92	2:19.76	3:09.78
6. Milou Bouwhuis	De Veene	3:07.90	8900532	3:16.39	+0,79	42.01	1:30.67	2:22.42	3:16.39
7. Fleur Maas	Zoetermeer	3:23.18	8902768	3:32.79	+0,96	48.03	1:42.88	2:38.31	3:32.79
8. M. van de Nieuwenhuijzen	ZV De Bron	3:33.96	8803172	3:36.89	+0,98	47.72	1:42.38	2:39.95	3:36.89
9. Sigrid Leusink	De Hokseberg	3:52.61	9002326	3:55.91	+0,91	50.10	1:51.11	2:52.75	3:55.91

Masters 25+

1. Laura Badoux	DAW-FINENZO	3:01.24	8200038	3:07.64	+0,97	41.52	1:29.83	2:18.27	3:07.64
2. Judith Kremers	De Spatters	3:18.73	8102094	3:12.82	+0,78	42.78	1:30.60	2:22.06	3:12.82
3. Annette Vogelsang	ZV De Bron	3:27.83	8402632	3:25.23	+0,91	45.72	1:37.65	2:30.96	3:25.23
4. Renee de Kok	PSV	3:25.28	8403350	3:30.61	+0,79	46.39	1:39.91	2:35.89	3:30.61

Masters 30+

1. Peggy Loffeld	KZPC	3:05.58	7700468	3:04.77	+0,85	41.78	1:27.43	2:15.88	3:04.77
2. Yvonne Gerritsen	DES	3:07.06	8000342	3:06.96	+0,93	41.38	1:29.55	2:18.39	3:06.96
3. Myriam Reuland	Le Dauphin Ettelbruck	3:15.21	2014	3:12.91	+0,93	43.06	1:32.86	2:22.20	3:12.91
<i>Luxemburgs Masters Record</i>									
4. Kristel Lips	ZV De Bron	3:29.26	7900562	3:20.16	+0,91	45.79	1:36.76	2:28.52	3:20.16
5. A. Balkema-Willemsen	EZZ	3:20.10	8001268	3:22.72	+0,95	44.86	1:35.80	2:29.16	3:22.72

Masters 35+

1. Karin Stein	Vlaardingen	2:58.65	7100554	2:56.22	+0,99	40.82	1:25.72	2:11.59	2:56.22
<i>Nederlands Masters Record</i>									
2. Dóra Cerva	Sprint Fortuna SC	2:57.78	74CERV	2:58.55	+0,88	40.41	1:26.22	2:12.56	2:58.55
3. Annetje Dieleman	PSV	3:07.52	7100130	3:11.75	+0,73	42.09	1:30.09	2:20.53	3:11.75
4. Liselotte Joling	PSV	3:04.78	7500268	3:14.70	+1,01	42.88	1:33.58	2:24.17	3:14.70
5. Tony de Groot	De Futen	3:29.49	7300758	3:52.79	+0,91	48.63	1:44.73	2:49.05	3:52.79

Programmanr. 11, Dames, 200m schoolslag

Masters 40+

1. Annette Wijnja-Visser	De Biesboschzweimmers	3:08.31	6700528	3:05.73	+0,86	41.50	1:28.40	2:16.75	3:05.73
<i>Nederlands Masters Record</i>									
2. F. Heijdemann-Duran	AZ&PC	3:08.53	6900222	3:21.08	+0,87	45.51	1:37.20	2:29.02	3:21.08
3. Desiree van der Lem	Kon AZ 1870	3:40.28	6800282	3:21.13	+0,87	44.15	1:35.88	2:29.21	3:21.13
4. Yolanda Mante	Gay Swim Amsterdam	3:18.75	6600432	3:22.00	+0,74	46.65	1:40.68	2:31.73	3:22.00
5. Henriett Cseszregi	Budapesti Delfinek	3:20.50	69CSES	3:24.69	+0,83	44.66	1:36.12	2:30.51	3:24.69
6. Ilse Vos	De Hokseberg	3:28.23	6800644	3:32.29	+1,07	47.52	1:41.46	2:36.31	3:32.29
7. Meke Oomens	Old Dutch	3:29.26	7000370	3:33.39	+1,08	46.46	1:41.09	2:36.01	3:33.39
8. Remona Dekker	ZV De Bron	4:00.50	6600620	3:59.59	+1,23	53.72	1:56.40	3:00.05	3:59.59

Masters 45+

1. Karin Vrijburg	De Columbiaan	3:15.64	6100228	3:25.77	+1,00	46.27	1:38.01	2:31.22	3:25.77
2. Friderika Kerekes	AZ&PC	3:39.21	6500540	3:36.64	+0,88	50.22	1:45.50	2:41.86	3:36.64
3. Ina van Beusekom	Van Vliet-Barracuda	3:48.44	6400480	3:50.28	+0,95	52.42	1:51.17	2:52.27	3:50.28
4. Jacqueline Brouwer	ZV De Bron	4:06.10	6100296	4:15.77	+0,94	56.96	2:01.81	3:11.70	4:15.77

Masters 50+

1. Susan Lipsey	LZ 1886	3:22.10	5700156	3:30.69	+0,92	46.40	1:39.04	2:33.90	3:30.69
2. Willy Schoenmaker	DWK	3:58.92	5900254	4:10.89	+1,29	56.94	2:00.02	3:05.91	4:10.89

Masters 55+

1. Mieke van der Fluit	SBC2000	3:27.83	5400012	3:42.77	+1,27	50.35	1:46.98	2:44.81	3:42.77
2. Gonnje Bak	PSV	3:55.56	5100002	4:00.39	+0,92	57.17	1:59.28	3:02.20	4:00.39
3. Tineke van Diggelen	Oceanus	3:58.70	5200048	4:04.60	+0,97	54.73	1:57.41	3:00.77	4:04.60
4. Nini van Dongen	De Lansingh	4:49.69	5100044	4:50.11	+1,23	1:06.05	2:20.81	3:35.76	4:50.11

Masters 60+

DIS Nelly Jansen	Old Dutch	5:44.74	4600020	6:14.25	+1,42	1:23.32	2:59.19	4:38.68	6:14.25
<i>SK - Niet met twee handen gelijktijdig keer- en/of eindpunt aangetikt.</i>									

Masters 65+

1. Matty van der Veen	Old Dutch	3:50.93	4400020	4:07.97	+1,12	56.47	1:59.91	3:03.27	4:07.97
2. Loekie v. Huissteden	AZ&PC	4:27.70	4500002	4:26.09	+1,01	1:02.09	2:10.85	3:18.30	4:26.09
3. Liesbeth ter Laak	PSV	5:01.77	4200008	5:09.56	+1,31	1:10.58	2:31.82	3:48.96	5:09.56

Masters 70+

1. Ingrid Luning	EOSC Offenbach	3:51.90	136789	3:49.06	+1,04	52.95	1:50.81	2:49.98	3:49.06
<i>Kampioenschaps Record</i>									
2. Tineke de Bueger	Old Dutch	4:24.89	3700010	4:42.58	+1,13	1:05.38	2:17.56	3:30.27	4:42.58

Masters 75+

1. Agnes van Obberghen	AZSC	4:00.38	AZSC/696/31	4:02.51	+1,01	53.57	1:55.32	2:59.37	4:02.51
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Programmanr. 12
08.05.2010 - 11:41

Heren, 100m rugslag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd		tijd	RT	50m	100m
Masters 20+							
1. Martijn Dolk	MNC Dordrecht	1:01.86	8900737	1:05.12	+0,74	31.97	1:05.12
2. Alex Vermeulen	WZK Zwemmen	1:04.40	8905811	1:06.80	+0,67	32.38	1:06.80
3. Mario Peeters	MNC Dordrecht	1:06.01	8602355	1:09.62	+0,71	33.66	1:09.62
4. Sander van den Berg	NIMO	1:04.62	8700211	1:11.38	+0,81	34.06	1:11.38
5. Mark Pijtak	AZ&PC	1:12.95	9002287	1:12.15	+0,73	34.90	1:12.15
6. Jelle Beerens	De Dommelbaarzen	1:07.23	8600159	1:12.46	+0,76	34.75	1:12.46
7. Jan van Opstal	DIO	1:08.86	8602291	1:12.77	+0,80	36.09	1:12.77
8. Jan Hofstede	De Reest	1:07.86	8601269	1:13.70	+0,67	35.49	1:13.70
9. Sven van Zanten	De Duinkikkers	1:11.49	9003405	1:14.50	+0,65	34.73	1:14.50
10. Tom Hinskens	NIMO	1:19.31	9007241	1:15.19	+0,91	36.62	1:15.19
11. Koen Florijn	MNC Dordrecht	1:06.17	8600851	1:16.43	+0,82	36.46	1:16.43
12. Remco Joukes	Triton	1:09.36	8801763	1:16.66	+0,64	37.21	1:16.66
13. Wesley Bezemer	De Duinkikkers	1:13.73	8900237	1:16.89	+0,82	38.11	1:16.89
14. Harmen Reemst	ZOB'66	1:12.40	8702715	1:17.97	+0,64	37.67	1:17.97
Masters 25+							
1. Merijn Ellenkamp	DWK	1:00.53	8500691	1:00.54	+0,62	29.82	1:00.54
<i>Nederlands Masters Record</i>							
2. Martijn Giezen	Montferland	1:02.86	8500813	1:05.04	+0,60	31.12	1:05.04
3. Thommy Nickel	Van Vliet-Barracuda	1:06.69	8401627	1:06.99	+0,72	32.56	1:06.99
4. Leander Noordijk	De Schotejil	1:04.95	8101221	1:07.85	+0,77	33.14	1:07.85
5. Sander Bouts	RZ	1:04.58	8500331	1:08.65	+0,72	33.20	1:08.65
6. Marcel Reefhuis	De Veene	1:07.51	8101381	1:08.73	+0,77	33.39	1:08.73
7. Albert van Piekeren	Octopus	1:06.61	8401767	1:09.80	+0,75	33.84	1:09.80
8. Victor den Heijer	Wave	1:10.00	8300867	1:10.45	+0,60	33.87	1:10.45
9. Tommy van Overmeeren	De Schelde	1:04.82	8402887	1:10.82	+0,74	35.10	1:10.82
NG Erik Drewes	De Biesboschzwemmers	1:11.31	8400543				
Masters 30+							
1. Dennis Brouwers	HZPC	1:03.18	7800167	1:04.65	+0,68	32.05	1:04.65
2. Erik Kusters	Dedemsvaart-AC	1:06.90	8000837	1:05.34	+0,76	31.65	1:05.34
3. Ivo Roozeboom	DES	1:06.37	7700801	1:05.79	+0,71	32.38	1:05.79
4. Ronald Smits	PSV	1:04.56	7800981	1:06.26	+0,74	32.97	1:06.26
5. Stan Dekker	PLONS	1:09.73	7901823	1:09.63	+0,71	33.57	1:09.63
6. Gino Martijn	RZ	1:15.00	7901865	1:17.55	+0,65	38.20	1:17.55
Masters 35+							
1. Eelco van Gemert	De Stormvogel	1:05.06	7200299	1:10.03	+0,75	33.96	1:10.03
2. Agnus Gerringa	DWK	1:16.20	7100285	1:13.84	+0,79	35.85	1:13.84
3. Herman Smit	De Veene	1:17.48	7101493	1:14.23	+0,76	36.07	1:14.23
4. Erwin Zuidervelt	De Futen	1:11.61	7501015	1:15.83	+0,69	36.36	1:15.83
5. Bart Van Gorp	AZV	1:19.97	AZV/117/75	1:22.30	+0,73	39.04	1:22.30
Masters 40+							
1. Zoltan Balajti	Budapesti Delfinek	1:04.65	66BALA	1:04.72	+0,66	31.77	1:04.72
2. Frederic Andres	Florange olympique club	1:11.54	103316	1:12.58	+0,80	36.08	1:12.58
3. Casper de Zeeuw	WS Twente	1:16.69	7001137	1:14.26	+0,71	36.65	1:14.26
4. Arjon de Bok	De Biesboschzwemmers	1:11.90	6900125	1:15.02	+0,87	35.80	1:15.02
5. Gerco Schakel	DWK	1:26.03	6900849	1:19.02	+0,71	39.09	1:19.02
6. Gerard Da Deppo	DBD	1:18.83	7001509	1:21.85	+0,75	39.02	1:21.85
7. Oliver Podebrad	SC Wiesbaden 1911	1:22.73	262705	1:24.22	+0,79	41.84	1:24.22
AFGEM Patrick Juncker	Swimming Luxembourg	1:18.12	67-JUNC				
AFGEM Henk van Zetten	Octopus	1:35.93	6701261				

Programmanr. 12, Heren, 100m rugslag

Masters 45+

1. Evert Bregman	WZK Zwemmen	1:08.95	6200089	1:09.93	+0,63	31.67	1:09.93
2. Jan Brink	De Stormvogel	1:10.17	6200091	1:10.25	+0,72	34.11	1:10.25
3. Ron Korzelius	AZ&PC	1:12.31	6500513	1:13.86	+0,72	36.09	1:13.86
4. Fred Heemstra	DAW-FINENZO	1:09.47	6500357	1:14.23	+0,75	35.67	1:14.23
5. Cees van Houwelingen	De Schelde	1:12.02	6300351	1:15.36	+0,78	37.23	1:15.36
6. Marcel van der Lem	Kon AZ 1870	1:18.57	6500563	1:20.22	+0,81	38.41	1:20.22
7. Ron Phaff	PSV	1:16.27	6200495	1:21.58	+0,69	39.21	1:21.58
8. Michiel Klaren	PSV	1:25.04	6201087	1:23.08	+0,69	40.02	1:23.08
9. Werenfried Spit	LAC	1:23.66	6401307	1:23.54	+0,73	39.81	1:23.54
10. Bart van Betuw	Zegenwerp	1:29.30	6500087	1:24.26	+0,75	40.45	1:24.26
11. Jack Barends	WS Twente	1:24.88	6201011	1:26.66	+0,87	42.30	1:26.66

Masters 50+

1. Andre Storm	Zoetermeer	1:18.24	5600407	1:18.30	+0,51	36.78	1:18.30
2. Raymond Renzonnet	Royal Verviers Natation	1:24.47	VN/439/60	1:20.00	+0,73	38.81	1:20.00
3. Wim de Lange	Electrolux AZC	1:18.93	5800533	1:23.78	+0,71	40.40	1:23.78
4. Filip Timmermans	ShaRK	1:39.86	ShaRK/163/60	1:42.49	+0,87	50.43	1:42.49
5. Michiel Tonsbeek	DWT	1:40.99	6000889	1:47.34	+0,78	53.08	1:47.34
AFGEM Elzo Dijkhuis	TriVia	1:15.28	6000873				

Masters 55+

1. Ron van der Zande	De Aalscholver	1:19.78	5500307	1:18.56	+0,68	38.68	1:18.56
2. Henk Slomp	De Pinquin	1:20.91	5500359	1:25.26	+0,64	41.06	1:25.26

Masters 60+

1. Janos Koczian	Budapesti Delfinek	1:21.47	50KOCZ	1:23.48	+0,74	40.82	1:23.48
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Masters 70+

1. Frans van Enst	WS Twente	1:21.05	4000011	1:22.79	+0,63	40.04	1:22.79
<i>Europees Masters Record</i>							
2. Nico Geers	Z&PC De Gouwe	1:36.32	3800007	1:35.41	+0,81	47.88	1:35.41
3. Robert Nagy	Budapesti Delfinek	1:48.19	38NAGY	1:48.68	+1,16	50.63	1:48.68
4. Pieter Scharphorn	Neptunus	2:08.32	3800037	2:17.18	+0,83	1:04.35	2:17.18

Masters 75+

1. Jef van Roy	AZSC	1:49.86	AZSC/572/32	1:46.58	+0,97	50.70	1:46.58
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Masters 85+

1. Ru Holtes	De Dolfijn	2:00.23	2500001	2:01.04	+0,80	56.84	2:01.04
	<i>Kampioenschaps Record, tussentijd 50m is NMR</i>						

Programmanr. 13
08.05.2010 - 11:58

Dames, 100m rugslag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd		tijd	RT	50m	100m
Masters 20+							
1. Petra de Groot	Van Vliet-Barracuda	1:13.64	8701420	1:13.93	+0,73	36.42	1:13.93
2. Jolanda Post	DIO	1:12.80	9004848	1:14.18	+0,72	36.55	1:14.18
3. Cynthia Grootenboer	De Reest	1:13.18	8901462	1:15.44	+0,79	37.11	1:15.44
4. Sunanda van Heteren	PCG	1:14.07	8901728	1:19.06	+0,80	39.04	1:19.06
5. Maaïke de Boer	De Duinkickers	1:16.49	9000362	1:21.41	+0,74	39.96	1:21.41
6. Eline Schoenmaker	De Duinkickers	1:17.45	9003322	1:21.70	+0,68	40.62	1:21.70
7. Marian Bouts	RZ	1:17.71	8600492	1:22.19	+0,64	39.68	1:22.19
8. Carly Noordermeer	ZOB'66	1:16.55	8702984	1:22.68	+0,65	39.86	1:22.68
9. Jessica Hooyer	Triton	1:20.96	9001582	1:23.01	+0,68	40.09	1:23.01
10. Sanne van Dijk	Zoetermeer	1:18.13	9000818	1:23.17	+0,74	39.17	1:23.17
11. Annelette de Vries	De Veene	1:18.14	8603908	1:24.08	+0,75	39.66	1:24.08
12. Kitty van Gendt	PSV	1:24.37	8701288	1:24.53	+0,71	41.42	1:24.53
13. Gerdine Fix	ZOB'66	1:23.02	8701198	1:24.61	+0,70	41.55	1:24.61
14. Liesbeth van Mill	DWK	1:21.14	8702786	1:25.56	+0,80	40.97	1:25.56
15. Patricia Becks	Zegenwerp	1:23.36	8705946	1:25.59	+0,69	43.45	1:25.59
16. Karin Simons	WZK Zwemmen	1:14.98	8903804	1:26.58	+0,72	39.59	1:26.58
17. Marion Lewonczuk	Florange olympique club	1:26.30	77224	1:27.62	+0,76	43.28	1:27.62
18. Manon Jansen	Zegenwerp	1:25.69	9001738	1:28.56	+0,95	43.49	1:28.56
19. Whitley Rens	De Schotejil	1:22.20	9007520	1:29.53	+0,88	43.40	1:29.53
20. Fleur Maas	Zoetermeer	1:26.43	8902768	1:31.20	+0,80	42.61	1:31.20
21. Eveline van Avezaath	TRB-RES	1:28.64	8700108	1:31.36	+0,86	44.35	1:31.36
22. Paulien v.d Molen	HZ&PC Heerenveen	1:36.18	9006048	1:38.10	+0,88	47.64	1:38.10
AFGEM Chantal Enkoroma Coffie	DES	1:15.45	8701142				
Masters 25+							
1. Nadya Putter	Vlaardingen	1:16.34	8301630	1:15.98	+0,79	37.48	1:15.98
2. Roos van Esch	TRB-RES	1:12.11	8200468	1:18.08	+0,79	37.26	1:18.08
3. Hanneke Heymen	Montferland	1:16.39	8400968	1:18.33	+0,63	38.27	1:18.33
4. Esther Versteeg	Van Vliet-Barracuda	1:21.53	8302112	1:19.78	+0,67	38.35	1:19.78
5. Sandra Zwaanswijk	Aquarius	1:20.96	8503934	1:24.04	+0,81	41.18	1:24.04
6. Angélique Rotteveel	Aquapoldro	1:28.89	8402090	1:36.20	+0,72	46.42	1:36.20
Masters 30+							
1. Janneke Harmsen	De Spatters	1:20.29	7700938	1:12.02	+0,75	34.49	1:12.02
<i>Kampioenschaps Record</i>							
2. Francijna de Kooter	De Biesboschwimmers	1:16.70	8000634	1:17.18	+0,78	36.78	1:17.18
3. Emerentia Knebel	KZPC	1:19.74	7600322	1:17.57	+0,70	37.47	1:17.57
4. Jolan Molnar	Budapesti Delfinek	1:22.12	77MOLN	1:17.86	+0,70	37.29	1:17.86
5. Jolanda van Gendt	PSV	1:21.45	7800266	1:22.38	+0,76	39.81	1:22.38
6. Jolika Csibra	DES	1:26.21	7600838	1:24.58	+0,75	41.10	1:24.58
7. Petra Verstegen	WVZ	1:20.64	7700906	1:24.73	+0,83	41.21	1:24.73
8. Kristel Lips	ZV De Bron	1:21.86	7900562	1:27.23	+0,81	41.98	1:27.23
9. Anneke Balkema-Willemsen	EZZ	1:27.76	8001268	1:32.09	+0,74	45.77	1:32.09
10. Marian Nederlof	DWF	1:30.26	7600950	1:36.19	+0,83	48.07	1:36.19
NG Helma Koot	AZ&PC	1:26.86	7600336				
Masters 35+							
1. Gudule van der Meer	PSV	1:18.44	7200396	1:17.56	+0,66	37.17	1:17.56
2. Henriëtte Manting	GZVW	1:21.86	7100246	1:23.81	+0,73	39.89	1:23.81
3. Ingrid Versteegen	DBD	1:33.41	7300770	1:35.05	+0,78	46.18	1:35.05

Programmanr. 13, Dames, 100m rugslag

Masters 40+

1. Laura Staal	Oceanus	1:18.83	6700358	1:19.84	+0,72	39.08	1:19.84
2. Henriëtte v. Norden	AZ&PC	1:20.60	6800046	1:20.49	+0,78	39.21	1:20.49
3. Heidi van Stein	LZ 1886	1:19.97	6900864	1:21.19	+0,73	38.85	1:21.19
4. Susanne van Hooven	De Schotejil	1:20.88	6800752	1:25.34	+0,78	40.72	1:25.34
5. AnneMarie Smit	Gay Swim Amsterdam	1:23.20	6700440	1:26.75	+0,79	43.01	1:26.75
6. Wendy Knoops	RZ	1:25.12	6800720	1:27.08	+0,83	42.30	1:27.08
7. Helen Turner	PSV	1:28.54	7000894	1:28.71	+0,62	42.47	1:28.71
8. Desiree van der Lem	Kon AZ 1870	1:32.18	6800282	1:29.54	+0,79	43.44	1:29.54
9. Nadine Hauseux	Royal Verviers Natation	1:49.31	VN/445/68	1:44.29	+0,67	49.82	1:44.29
10. Haya Mellema	Aquapoldro	1:45.00	6600482	1:56.87	+0,96	54.40	1:56.87

Masters 45+

1. Monique Dijkstra	Gay Swim Amsterdam	1:19.66	6400066	1:20.40	+0,77	38.95	1:20.40
2. Jacqueline Rolloos	De Lansingh	1:24.64	6300222	1:24.93	+0,81	42.11	1:24.93
3. Alie Visser	HZ&PC Heerenveen	1:36.95	6400494	1:38.20	+0,67	46.77	1:38.20

Masters 50+

1. Atie Pijtak-Radersma	AZ&PC	1:19.97	5600048	1:24.22	+0,75	41.01	1:24.22
2. Patty Verhagen	AquAmigos	1:27.47	5900146	1:29.13	+0,81	44.23	1:29.13
3. Pia van der Molen	HZ&PC Heerenveen	1:29.89	6000116	1:33.23	+0,75	44.76	1:33.23

Masters 55+

1. Margriet Pasma	De Pinquin	1:28.98	5500088	1:31.35	+0,77	44.65	1:31.35
2. Tineke van Diggelen	Oceanus	1:48.75	5200048	1:51.44	+0,86	54.28	1:51.44
3. Corine Kalbfleisch	DWT	1:47.45	5200024	1:52.47	+0,93	53.24	1:52.47
4. Janny van der Weide	Deltasteur	2:29.82	5100066	2:42.61	+0,98	1:17.02	2:42.61

Masters 60+

1. Antoinette Gilding-Tussaud	WS Twente	1:45.14	5000038	1:43.02	+0,79	49.41	1:43.02
	<i>Kampioenschaps Record</i>						
2. Marja van der Meer	Neptunus	1:46.76	4700014	1:45.93	+0,94	49.97	1:45.93
3. Hannelore Bottin	SV Langenfeld 1912	2:27.68	057992	2:29.91	+1,06	1:10.94	2:29.91

Masters 65+

1. Nicole Davidson	ShaRK	1:59.86	ShaRK/184/44	2:00.98	+0,57	57.95	2:00.98
2. Leny Kamp	Aquapoldro	2:00.95	4400008	2:10.10	+0,69	1:01.75	2:10.10

Masters 70+

1. Tineke de Bueger	Old Dutch	2:18.17	3700010	2:27.75	+0,89	1:08.68	2:27.75
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Masters 75+

1. Jeltje van Bergen	De Pinquin	1:57.67	3500002	1:58.29	+0,69	55.26	1:58.29
	<i>Nederlands Masters Record</i>						
2. Annie de Vos	Old Dutch	2:08.55	3400004	2:09.18	+0,81	1:02.12	2:09.18

Masters 85+

AFGEM Virginia Keteleer	ShaRK	2:19.99	ShaRK/155/25				
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Programmanr. 14
08.05.2010 - 12:19

Gemengd, 4 x 50m wisselslag

Masters Open
Resultaten

rang	vereniging	inschrijftijd	tijd	RT
80+				
1.	De Duinkickers	2:07.54	2:14.81	+0,67
	<i>Kampioenschaps Record</i>			
	Eline Schoenmaker	90	+0,18	29.59
	Maaïke de Boer	90	+0,45	27.20
2.	ZOB'66	2:15.50	2:21.05	+0,71
	Gerdine Fix	87	+0,58	30.04
	Harmen Reemst	87		31.95
100+				
1.	PSV	2:06.79	2:06.39	+0,62
	Bianca van Ringelestijn	85	+0,30	29.09
	Ronald Smits	78	+0,46	29.01
2.	RZ	2:12.02	2:10.59	+0,65
	Marian Bouts	86	+0,37	28.35
	Suzan van den Bogaard	89	+0,49	28.07
3.	Triton	2:14.70	2:18.78	+0,61
	Remco Joukes	88	+0,66	33.99
	Francine Sommer	62	+0,46	26.51
DIS	Zegenwerp 1	2:17.34		+0,70
	<i>EA - Te vroeg overgenomen. (geen eindtijd noteren**), DIS 2de zwemmer</i>			
	Bart van Betuw	65	+0,70	37.88
	Stef Hoeven	90	-0,07	
AFGEM	Octopus 1	2:20.40		
	Albert van Piekeren	84		
	Henk van Zetten	67		
120+				
1.	Vlaardingen	2:02.99	2:05.05	+0,74
	Paul Brinkman	84	+0,25	31.08
	Karin Stein	71	+0,44	25.75
2.	De Biesboschzwemmers 1	2:11.62	2:13.94	+0,73
	Francijna de Kooter	80	+0,73	36.57
	Dennis Klop	83	+0,41	36.21
3.	AZ&PC	2:12.45	2:16.36	+0,79
	Henriëtte v. Norden	68	+0,79	37.83
	Françoise Heijdeman-Duran	69	+0,41	41.70
4.	De Veene	2:19.45	2:17.41	+0,74
	Marcel Reefhuis	81	+0,74	32.14
	Milou Bouwhuis	89	+0,43	40.65
5.	Zoetermeer 1	2:21.74	2:23.43	+0,53
	Andre Storm	56	+0,53	35.16
	John Stoffer	63	+0,46	36.97
6.	RZ	2:30.00	2:25.65	+0,85
	Wendy Knoops	68	+0,85	41.06
	Han Ruijs	79	+0,51	36.89
7.	HZ&PC Heerenveen 1	2:28.63	2:30.66	+0,70
	Alie Visser	64	+0,70	45.78
	Karin van Dijk	86	+0,68	38.07
DIS	PSV 3	2:22.08		+0,79
	<i>EA - Te vroeg overgenomen. (geen eindtijd noteren**), DIS 2de zwemmer</i>			
	Koen de Haan	78	+0,79	34.07
	Renee de Kok	84	-0,07	

Programmanr. 14, Gemengd, 4 x 50m wisselslag

160+

1. PSV 2	PSV		2:16.05		2:21.22	+0,65	
Ron Phaff	62	+0,65	37.12	Erik van Dartel	67	+0,67	32.23
Annetje Dieleman	71	+0,26	38.67	Helen Turner	70	+0,33	33.20
2. WS Twente 1	WS Twente		2:24.74		2:25.09	+0,71	
Casper de Zeeuw	70	+0,71	33.84	Jan Willem Heuten	60	+0,60	36.29
Marijke Kraak	60	+0,48	43.95	Inez Heideman	75	+0,46	31.01

200+

1. AZ&PC 2	AZ&PC		2:24.75		2:29.89	+0,72	
Atie Pijtak-Radersma	56	+0,72	38.99	Edwin v. Norden	63	+0,28	28.51
Peter v. Meerveld	67	+0,22	36.06	Loekie v. Huissteden	45	+0,43	46.33
2. Budapesti Delfinek 1	Budapesti Delfinek		2:37.00		2:35.94	+0,79	
Janos Koczian	50	+0,79	38.41	Jolan Molnar	77	+0,64	35.56
Henriett Cseszregi	69	+0,64	44.14	Robert Nagy	38	+0,85	37.83

AFGEM

PSV 1	PSV		2:14.64			
Gudule van der Meer	72			Kees-Jan van Overbeeke	62	
Harold Matla	68			Lottie Geurts	35	

240+

1. Old Dutch 1	Old Dutch		3:21.04		3:21.16	+0,78	
Matty van der Veen	44	+0,78	52.35	Meke Oomens	70	+0,66	44.40
Ad Tersteeg	39	+0,79	1:04.47	Mar van Geel	47	+0,97	39.94