

Programmanr. 2
20-11-2025 - 12:30

Heren, 1500m vrije slag
Pauze na serie 4 / Break after heat 4

20 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
20+								
1.	Luka Geraerds	Hellas-Glana	17:48.11	200502077	17:41.38 +0,80			
	100m: 1:02.69	1:02.69	500m: 5:38.92	1:10.27	900m: 10:26.45	1:12.88	1300m: 15:19.56	1:13.67
	200m: 2:10.57	1:07.88	600m: 6:49.59	1:10.67	1000m: 11:39.68	1:13.23	1400m: 16:32.27	1:12.71
	300m: 3:19.49	1:08.92	700m: 8:01.21	1:11.62	1100m: 12:52.78	1:13.10	1500m: 17:41.38	1:09.11
	400m: 4:28.65	1:09.16	800m: 9:13.57	1:12.36	1200m: 14:05.89	1:13.11		
2.	Jacco Nijland	ZPC De Hof	17:52.73	200400081	18:22.60 +0,81			
	100m: 1:07.40	1:07.40	500m: 6:00.55	1:14.61	900m: 11:03.36	1:15.89	1300m: 16:03.31	1:15.03
	200m: 2:19.45	1:12.05	600m: 7:16.18	1:15.63	1000m: 12:17.70	1:14.34	1400m: 17:18.34	1:15.03
	300m: 3:32.46	1:13.01	700m: 8:31.47	1:15.29	1100m: 13:32.49	1:14.79	1500m: 18:22.60	1:04.26
	400m: 4:45.94	1:13.48	800m: 9:47.47	1:16.00	1200m: 14:48.28	1:15.79		
3.	Rik Stahlie	TriVia	18:59.13	200201915	19:24.35 +0,79			
	100m: 1:10.91	1:10.91	500m: 6:22.87	1:18.46	900m: 11:37.27	1:17.59	1300m: 16:53.91	1:19.91
	200m: 2:28.42	1:17.51	600m: 7:41.47	1:18.60	1000m: 12:56.08	1:18.81	1400m: 18:13.63	1:19.72
	300m: 3:45.98	1:17.56	700m: 9:00.48	1:19.01	1100m: 14:15.03	1:18.95	1500m: 19:24.35	1:10.72
	400m: 5:04.41	1:18.43	800m: 10:19.68	1:19.20	1200m: 15:34.00	1:18.97		
25+								
1.	Jeffrey Roest	Zwemvereniging Hoogland	17:52.47	199703401	17:59.73 +0,75			
	100m: 1:05.14	1:05.14	500m: 5:52.11	1:12.47	900m: 10:45.15	1:13.55	1300m: 15:37.66	1:12.94
	200m: 2:14.89	1:09.75	600m: 7:05.12	1:13.01	1000m: 11:58.32	1:13.17	1400m: 16:51.08	1:13.42
	300m: 3:27.37	1:12.48	700m: 8:17.83	1:12.71	1100m: 13:11.37	1:13.05	1500m: 17:59.73	1:08.65
	400m: 4:39.64	1:12.27	800m: 9:31.60	1:13.77	1200m: 14:24.72	1:13.35		
2.	Tenzin Tieman	Old Dutch	17:59.26	200005549	18:36.59 +0,81			
	100m: 1:06.24	1:06.24	500m: 6:01.03	1:15.00	900m: 11:02.15	1:14.76	1300m: 16:05.37	1:16.42
	200m: 2:18.09	1:11.85	600m: 7:16.63	1:15.60	1000m: 12:17.74	1:15.59	1400m: 17:21.60	1:16.23
	300m: 3:31.43	1:13.34	700m: 8:31.79	1:15.16	1100m: 13:32.94	1:15.20	1500m: 18:36.59	1:14.99
	400m: 4:46.03	1:14.60	800m: 9:47.39	1:15.60	1200m: 14:48.95	1:16.01		
3.	Leon Kloots	ZPC De Hof	18:47.98	200001363	18:45.86 +0,77			
	100m: 1:08.10	1:08.10	500m: 6:07.49	1:15.25	900m: 11:11.94	1:16.54	1300m: 16:15.39	1:15.19
	200m: 2:22.25	1:14.15	600m: 7:23.44	1:15.95	1000m: 12:28.38	1:16.44	1400m: 17:30.93	1:15.54
	300m: 3:36.70	1:14.45	700m: 8:39.61	1:16.17	1100m: 13:44.08	1:15.70	1500m: 18:45.86	1:14.93
	400m: 4:52.24	1:15.54	800m: 9:55.40	1:15.79	1200m: 15:00.20	1:16.12		
4.	Jordy van Oel	WVZ	18:44.74	199802003	19:07.06 +0,75			
	100m: 1:08.44	1:08.44	500m: 6:14.57	1:17.56	900m: 11:27.99	1:17.85	1300m: 16:32.88	1:15.99
	200m: 2:23.69	1:15.25	600m: 7:33.06	1:18.49	1000m: 12:45.31	1:17.32	1400m: 17:49.96	1:17.08
	300m: 3:40.11	1:16.42	700m: 8:51.37	1:18.31	1100m: 14:01.55	1:16.24	1500m: 19:07.06	1:17.10
	400m: 4:57.01	1:16.90	800m: 10:10.14	1:18.77	1200m: 15:16.89	1:15.34		
5.	Lars Jacobsen	DWK	19:25.77	199705453	S14 19:21.81 +0,86			
	100m: 1:06.55	1:06.55	500m: 6:14.24	1:19.08	900m: 11:25.35	1:18.99	1300m: 16:45.55	1:21.35
	200m: 2:21.06	1:14.51	600m: 7:31.22	1:16.98	1000m: 12:43.33	1:17.98	1400m: 18:05.37	1:19.82
	300m: 3:37.66	1:16.60	700m: 8:49.06	1:17.84	1100m: 14:03.72	1:20.39	1500m: 19:21.81	1:16.44
	400m: 4:55.16	1:17.50	800m: 10:06.36	1:17.30	1200m: 15:24.20	1:20.48		
30+								
1.	Mike Schel	ENC Arnhem	17:52.94	199403279	17:30.30 +0,75			
	100m: 1:04.14	1:04.14	500m: 5:38.49	1:09.14	900m: 10:20.47	1:11.25	1300m: 15:08.68	1:12.47
	200m: 2:12.15	1:08.01	600m: 6:47.87	1:09.38	1000m: 11:32.24	1:11.77	1400m: 16:21.13	1:12.45
	300m: 3:20.68	1:08.53	700m: 7:58.23	1:10.36	1100m: 12:44.09	1:11.85	1500m: 17:30.30	1:09.17
	400m: 4:29.35	1:08.67	800m: 9:09.22	1:10.99	1200m: 13:56.21	1:12.12		
2.	Pieter Pijnenburg	De Biesboschzwemmers	18:39.65	199305227	19:05.99 +0,76			
	100m: 1:09.01	1:09.01	500m: 6:12.27	1:16.74	900m: 11:22.52	1:18.37	1300m: 16:33.87	1:17.80
	200m: 2:23.74	1:14.73	600m: 7:29.59	1:17.32	1000m: 12:40.64	1:18.12	1400m: 17:51.53	1:17.66
	300m: 3:39.48	1:15.74	700m: 8:46.93	1:17.34	1100m: 13:58.34	1:17.70	1500m: 19:05.99	1:14.46
	400m: 4:55.53	1:16.05	800m: 10:04.15	1:17.22	1200m: 15:16.07	1:17.73		
3.	Sander Riezebos	WS Twente	19:43.97	199400467	19:06.58 +0,74			
	100m: 1:06.95	1:06.95	500m: 6:13.59	1:17.70	900m: 11:22.44	1:17.71	1300m: 16:36.13	1:18.56
	200m: 2:21.56	1:14.61	600m: 7:30.57	1:16.98	1000m: 12:40.73	1:18.29	1400m: 17:52.99	1:16.86
	300m: 3:38.27	1:16.71	700m: 8:47.81	1:17.24	1100m: 13:59.17	1:18.44	1500m: 19:06.58	1:13.59
	400m: 4:55.89	1:17.62	800m: 10:04.73	1:16.92	1200m: 15:17.57	1:18.40		

Programmanr. 2, Heren, 1500m vrije slag

35+

1. Tim Bunnik	Triton	18:32.57	19900505	18:43.28	+0,81
100m: 1:08.46	1:08.46	500m: 6:12.70	1:16.65	900m: 11:17.04	1:15.51
200m: 2:23.38	1:14.92	600m: 7:29.09	1:16.39	1000m: 12:33.32	1:16.28
300m: 3:39.68	1:16.30	700m: 8:45.96	1:16.87	1100m: 13:48.36	1:15.04
400m: 4:56.05	1:16.37	800m: 10:01.53	1:15.57	1200m: 15:03.50	1:15.14
1300m: 16:18.16					1:14.66
1400m: 17:32.88					1:14.72
1500m: 18:43.28					1:10.40
2. Matthew Humphreys	MSV-Zeemacht	19:57.02	198906983	18:58.82	+0,76
100m: 1:08.39	1:08.39	500m: 6:13.31	1:18.42	900m: 11:23.20	1:17.44
200m: 2:22.47	1:14.08	600m: 7:30.45	1:17.14	1000m: 12:40.47	1:17.27
300m: 3:38.27	1:15.80	700m: 8:48.18	1:17.73	1100m: 13:57.77	1:17.30
400m: 4:54.89	1:16.62	800m: 10:05.76	1:17.58	1200m: 15:13.87	1:16.10
1300m: 16:31.82					1:17.95
1400m: 17:47.79					1:15.97
1500m: 18:58.82					1:11.03
3. Patrick Creemers	SG Patrick - De Roersoppers	20:05.28	199000579	18:59.28	+0,70
100m: 1:07.77	1:07.77	500m: 6:15.53	1:17.60	900m: 11:25.63	1:17.64
200m: 2:23.90	1:16.13	600m: 7:33.46	1:17.93	1000m: 12:42.20	1:16.57
300m: 3:40.77	1:16.87	700m: 8:51.53	1:18.07	1100m: 13:59.00	1:16.80
400m: 4:57.93	1:17.16	800m: 10:07.99	1:16.46	1200m: 15:15.75	1:16.75
1300m: 16:33.06					1:17.31
1400m: 17:50.04					1:16.98
1500m: 18:59.28					1:09.24
4. Wessel Everloo	WS Twente	18:44.22	198906597	19:07.60	+0,92
100m: 1:10.40	1:10.40	500m: 6:17.90	1:17.63	900m: 11:26.64	1:16.77
200m: 2:27.12	1:16.72	600m: 7:34.38	1:16.48	1000m: 12:43.89	1:17.25
300m: 3:43.00	1:15.88	700m: 8:53.81	1:19.43	1100m: 14:01.64	1:17.75
400m: 5:00.27	1:17.27	800m: 10:09.87	1:16.06	1200m: 15:18.66	1:17.02
1300m: 16:36.38					1:17.72
1400m: 17:53.63					1:17.25
1500m: 19:07.60					1:13.97
5. Niels Albrechts	De Schotejil	19:03.47	198800039	19:13.81	+0,85
100m: 1:10.99	1:10.99	500m: 6:15.20	1:16.52	900m: 11:26.92	1:18.47
200m: 2:26.25	1:15.26	600m: 7:32.59	1:17.39	1000m: 12:45.14	1:18.22
300m: 3:42.22	1:15.97	700m: 8:50.16	1:17.57	1100m: 14:03.36	1:18.22
400m: 4:58.68	1:16.46	800m: 10:08.45	1:18.29	1200m: 15:22.25	1:18.89
1300m: 16:41.00					1:18.75
1400m: 17:59.39					1:18.39
1500m: 19:13.81					1:14.42
6. Marc Hoogendam	Blue Marlins	20:55.85	199007713	21:10.65	+0,77
100m: 1:09.71	1:09.71	500m: 6:44.83	1:26.89	900m: 12:32.03	1:27.00
200m: 2:28.95	1:19.24	600m: 8:11.15	1:26.32	1000m: 13:59.49	1:27.46
300m: 3:52.19	1:23.24	700m: 9:38.69	1:27.54	1100m: 15:26.75	1:27.26
400m: 5:17.94	1:25.75	800m: 11:05.03	1:26.34	1200m: 16:54.29	1:27.54
1300m: 18:22.16					1:27.87
1400m: 19:49.61					1:27.45
1500m: 21:10.65					1:21.04

40+

1. Frank v.d. Voordt	De Schotejil	18:50.11	198302259	19:29.39	+0,82
100m: 1:08.43	1:08.43	500m: 6:12.93	1:16.14	900m: 11:21.22	1:17.41
200m: 2:23.75	1:15.32	600m: 7:29.68	1:16.75	1000m: 12:39.64	1:18.42
300m: 3:40.27	1:16.52	700m: 8:46.67	1:16.99	1100m: 13:58.25	1:18.61
400m: 4:56.79	1:16.52	800m: 10:03.81	1:17.14	1200m: 15:18.97	1:20.72
1300m: 16:41.57					1:22.60
1400m: 18:05.69					1:24.12
1500m: 19:29.39					1:23.70
2. Marcel Reefhuis	WS Twente	19:34.64	198101381	19:58.14	+0,69
100m: 1:10.61	1:10.61	500m: 6:24.37	1:18.76	900m: 11:46.41	1:20.99
200m: 2:28.23	1:17.62	600m: 7:43.80	1:19.43	1000m: 13:07.92	1:21.51
300m: 3:46.86	1:18.63	700m: 9:04.12	1:20.32	1100m: 14:30.27	1:22.35
400m: 5:05.61	1:18.75	800m: 10:25.42	1:21.30	1200m: 15:52.87	1:22.60
1300m: 17:15.28					1:22.41
1400m: 18:37.79					1:22.51
1500m: 19:58.14					1:20.35

45+

1. Freddie Geerlings	Zwemsport Parkstad	20:13.65	197900379	20:30.28	+0,96
100m: 1:15.05	1:15.05	500m: 6:43.09	1:22.17	900m: 12:12.27	1:22.48
200m: 2:36.94	1:21.89	600m: 8:05.44	1:22.35	1000m: 13:34.97	1:22.70
300m: 3:58.86	1:21.92	700m: 9:27.37	1:21.93	1100m: 14:58.21	1:23.24
400m: 5:20.92	1:22.06	800m: 10:49.79	1:22.42	1200m: 16:21.05	1:22.84
1300m: 17:44.70					1:23.65
1400m: 19:09.12					1:24.42
1500m: 20:30.28					1:21.16
2. Tom Bandsma	PSV	22:19.91	197701625	22:07.08	+1,08
100m: 1:17.94	1:17.94	500m: 7:01.79	1:26.46	900m: 12:48.91	1:27.90
200m: 2:43.00	1:25.06	600m: 8:27.59	1:25.80	1000m: 14:18.83	1:29.92
300m: 4:08.77	1:25.77	700m: 9:54.28	1:26.69	1100m: 15:50.20	1:31.37
400m: 5:35.33	1:26.56	800m: 11:21.01	1:26.73	1200m: 17:24.42	1:34.22
1300m: 18:59.48					1:35.06
1400m: 20:34.58					1:35.10
1500m: 22:07.08					1:32.50

50+

1. Aart Kruis	MZ&PC	20:03.87	197501383	19:55.56	+0,88
100m: 1:13.40	1:13.40	500m: 6:27.91	1:19.78	900m: 11:49.19	1:20.92
200m: 2:31.38	1:17.98	600m: 7:47.17	1:19.26	1000m: 13:10.45	1:21.26
300m: 3:49.66	1:18.28	700m: 9:07.20	1:20.03	1100m: 14:31.57	1:21.12
400m: 5:08.13	1:18.47	800m: 10:28.27	1:21.07	1200m: 15:52.49	1:20.92
1300m: 17:13.77					1:21.28
1400m: 18:35.38					1:21.61
1500m: 19:55.56					1:20.18
2. Ditmar Schelhaas	De Mors	23:49.21	197501593	22:22.94	+1,22
100m: 1:20.45	1:20.45	500m: 7:12.13	1:29.52	900m: 13:16.63	1:31.44
200m: 2:46.21	1:25.76	600m: 8:42.82	1:30.69	1000m: 14:47.81	1:31.18
300m: 4:13.75	1:27.54	700m: 10:13.79	1:30.97	1100m: 16:18.77	1:30.96
400m: 5:42.61	1:28.86	800m: 11:45.19	1:31.40	1200m: 17:49.43	1:30.66
1300m: 19:21.17					1:31.74
1400m: 20:53.04					1:31.87
1500m: 22:22.94					1:29.90

Programmanr. 2, Heren, 1500m vrije slag

55+

1. Bob de Vries	SG Octopus - ZVV	18:56.81	196601101	19:00.21	+0,78
100m: 1:09.56	1:09.56	500m: 6:10.49	1:15.58	900m: 11:14.44	1:16.76
200m: 2:24.38	1:14.82	600m: 7:26.07	1:15.58	1000m: 12:31.24	1:16.80
300m: 3:38.97	1:14.59	700m: 8:41.71	1:15.64	1100m: 13:48.69	1:17.45
400m: 4:54.91	1:15.94	800m: 9:57.68	1:15.97	1200m: 15:06.48	1:17.79
1300m: 16:24.47					1:17.99
1400m: 17:42.99					1:18.52
1500m: 19:00.21					1:17.22
2. Richard Rickson	Hellas-Glana	19:24.91	197000841	19:53.95	+0,80
100m: 1:12.89	1:12.89	500m: 6:31.91	1:20.61	900m: 11:50.33	1:19.89
200m: 2:31.64	1:18.75	600m: 7:51.35	1:19.44	1000m: 13:10.09	1:19.76
300m: 3:51.28	1:19.64	700m: 9:10.72	1:19.37	1100m: 14:30.94	1:20.85
400m: 5:11.30	1:20.02	800m: 10:30.44	1:19.72	1200m: 15:51.53	1:20.59
1300m: 17:13.01					1:21.48
1400m: 18:34.56					1:21.55
1500m: 19:53.95					1:19.39
3. Eduard Leusink	De Mors	21:44.17	196901573	21:43.72	+0,76
100m: 1:19.97	1:19.97	500m: 7:03.36	1:25.64	900m: 12:52.07	1:29.17
200m: 2:45.25	1:25.28	600m: 8:29.26	1:25.90	1000m: 14:20.96	1:28.89
300m: 4:11.28	1:26.03	700m: 9:54.89	1:25.63	1100m: 15:50.00	1:29.04
400m: 5:37.72	1:26.44	800m: 11:22.90	1:28.01	1200m: 17:19.04	1:29.04
1300m: 18:47.77					1:28.73
1400m: 20:17.14					1:29.37
1500m: 21:43.72					1:26.58
4. Leon Slingerland	WVZ	22:02.31	196801707	22:37.37	+0,97
100m: 1:19.60	1:19.60	500m: 7:23.28	1:31.82	900m: 13:32.11	1:32.11
200m: 2:49.13	1:29.53	600m: 8:55.69	1:32.41	1000m: 15:04.39	1:32.28
300m: 4:19.85	1:30.72	700m: 10:28.09	1:32.40	1100m: 16:36.87	1:32.48
400m: 5:51.46	1:31.61	800m: 12:00.00	1:31.91	1200m: 18:08.75	1:31.88
1300m: 19:40.29					1:31.54
1400m: 21:10.89					1:30.60
1500m: 22:37.37					1:26.48
5. Bastiaan Baggerman	De Biesboschzweimmers	22:39.62	197001567	23:30.86	+0,80
100m: 1:22.74	1:22.74	500m: 7:33.20	1:33.94	900m: 13:52.83	1:35.70
200m: 2:53.30	1:30.56	600m: 9:07.58	1:34.38	1000m: 15:28.47	1:35.64
300m: 4:26.42	1:33.12	700m: 10:42.39	1:34.81	1100m: 17:05.28	1:36.81
400m: 5:59.26	1:32.84	800m: 12:17.13	1:34.74	1200m: 18:42.19	1:36.91
1300m: 20:18.35					1:36.16
1400m: 21:56.01					1:37.66
1500m: 23:30.86					1:34.85
6. Erwin Snip	ENC Arnhem	24:35.55	197001555	24:56.37	+1,07
100m: 1:34.31	1:34.31	500m: 8:24.79	1:41.75	900m: 15:07.75	1:40.93
200m: 3:16.73	1:42.42	600m: 10:06.08	1:41.29	1000m: 16:47.69	1:39.94
300m: 4:59.81	1:43.08	700m: 11:46.89	1:40.81	1100m: 18:26.77	1:39.08
400m: 6:43.04	1:43.23	800m: 13:26.82	1:39.93	1200m: 20:05.25	1:38.48
1300m: 21:43.33					1:38.08
1400m: 23:22.13					1:38.80
1500m: 24:56.37					1:34.24

60+

1. Jon Christensen	Luxembourg Sharks Swimmir	19:18.79	10008	19:27.70	+0,78
100m: 1:12.47	1:12.47	500m: 6:23.56	1:17.47	900m: 11:35.86	1:18.10
200m: 2:30.31	1:17.84	600m: 7:41.64	1:18.08	1000m: 12:54.41	1:18.55
300m: 3:47.98	1:17.67	700m: 8:59.89	1:18.25	1100m: 14:12.90	1:18.49
400m: 5:06.09	1:18.11	800m: 10:17.76	1:17.87	1200m: 15:31.73	1:18.83
1300m: 16:50.65					1:18.92
1400m: 18:10.34					1:19.69
1500m: 19:27.70					1:17.36
2. Kees-Jan van Overbeeke	WWV Winterswijk	21:47.08	196200489	21:03.93	+0,86
100m: 1:17.77	1:17.77	500m: 6:53.22	1:24.22	900m: 12:34.93	1:25.65
200m: 2:41.70	1:23.93	600m: 8:18.53	1:25.31	1000m: 14:01.38	1:26.45
300m: 4:05.43	1:23.73	700m: 9:43.94	1:25.41	1100m: 15:26.85	1:25.47
400m: 5:29.00	1:23.57	800m: 11:09.28	1:25.34	1200m: 16:53.50	1:26.65
1300m: 18:19.43					1:25.93
1400m: 19:45.32					1:25.89
1500m: 21:03.93					1:18.61
3. Arno Schrauwen	SG Patrick - De Roersoppers	21:26.72	196501355	21:44.27	+0,86
100m: 1:21.43	1:21.43	500m: 7:13.64	1:27.91	900m: 13:03.54	1:27.07
200m: 2:49.54	1:28.11	600m: 8:41.81	1:28.17	1000m: 14:30.68	1:27.14
300m: 4:17.66	1:28.12	700m: 10:09.29	1:27.48	1100m: 15:57.80	1:27.12
400m: 5:45.73	1:28.07	800m: 11:36.47	1:27.18	1200m: 17:25.34	1:27.54
1300m: 18:52.13					1:26.79
1400m: 20:19.94					1:27.81
1500m: 21:44.27					1:24.33
4. Marcel Hoff	Aqua-Novio '94	23:00.03	196400317	23:11.98	+0,89
100m: 1:25.34	1:25.34	500m: 7:38.29	1:33.62	900m: 13:50.35	1:33.21
200m: 2:58.20	1:32.86	600m: 9:11.63	1:33.34	1000m: 15:23.24	1:32.89
300m: 4:31.10	1:32.90	700m: 10:43.09	1:31.46	1100m: 16:56.62	1:33.38
400m: 6:04.67	1:33.57	800m: 12:17.14	1:34.05	1200m: 18:31.21	1:34.59
1300m: 20:05.87					1:34.66
1400m: 21:39.62					1:33.75
1500m: 23:11.98					1:32.36
5. Peter Janssen	Team Noord Holland (SG)	22:53.97	196201307	23:20.55	+1,21
100m: 1:29.28	1:29.28	500m: 7:46.01	1:34.52	900m: 14:02.24	1:34.23
200m: 3:03.85	1:34.57	600m: 9:19.90	1:33.89	1000m: 15:35.89	1:33.65
300m: 4:37.56	1:33.71	700m: 10:54.11	1:34.21	1100m: 17:09.77	1:33.88
400m: 6:11.49	1:33.93	800m: 12:28.01	1:33.90	1200m: 18:43.57	1:33.80
1300m: 20:17.82					1:34.25
1400m: 21:51.45					1:33.63
1500m: 23:20.55					1:29.10

65+

1. Marten de Groot	HZ&PC Heerenvveen	20:36.49	195800149	20:49.91	+0,85
100m: 1:20.96	1:20.96	500m: 6:54.31	1:23.14	900m: 12:29.87	1:23.86
200m: 2:44.21	1:23.25	600m: 8:17.74	1:23.43	1000m: 13:54.07	1:24.20
300m: 4:07.85	1:23.64	700m: 9:42.14	1:24.40	1100m: 15:18.10	1:24.03
400m: 5:31.17	1:23.32	800m: 11:06.01	1:23.87	1200m: 16:42.25	1:24.15
1300m: 18:06.30					1:24.05
1400m: 19:29.72					1:23.42
1500m: 20:49.91					1:20.19

Programmanr. 2, Heren, 1500m vrije slag, 65+

rang	naam	vereniging	intijd	tijd	RT			
2.	Jan Preuter	De Mors	23:12.79	195600245	23:21.62 +1,26			
	100m: 1:28.88	1:28.88	500m: 7:44.87	1:34.36	900m: 14:00.01	1:32.97	1300m: 20:15.36	1:35.06
	200m: 3:02.95	1:34.07	600m: 9:18.85	1:33.98	1000m: 15:33.15	1:33.14	1400m: 21:49.78	1:34.42
	300m: 4:36.85	1:33.90	700m: 10:53.20	1:34.35	1100m: 17:06.45	1:33.30	1500m: 23:21.62	1:31.84
	400m: 6:10.51	1:33.66	800m: 12:27.04	1:33.84	1200m: 18:40.30	1:33.85		
3.	Jos Zentjens	ZPK Budel	24:21.49	195700569	24:00.47 +1,03			
	100m: 1:25.32	1:25.32	500m: 7:54.36	1:37.10	900m: 14:23.82	1:37.47	1300m: 20:55.76	1:38.47
	200m: 3:00.52	1:35.20	600m: 9:30.90	1:36.54	1000m: 16:02.26	1:38.44	1400m: 22:29.94	1:34.18
	300m: 4:38.33	1:37.81	700m: 11:08.48	1:37.58	1100m: 17:39.77	1:37.51	1500m: 24:00.47	1:30.53
	400m: 6:17.26	1:38.93	800m: 12:46.35	1:37.87	1200m: 19:17.29	1:37.52		
4.	Wolfgang Rossa	TPSK 1925 e.V.	23:45.47	396833	24:24.85 +1,30			
	100m: 1:30.64	1:30.64	500m: 7:58.43	1:37.50	900m: 14:31.20	1:38.20	1300m: 21:08.04	1:39.49
	200m: 3:06.30	1:35.66	600m: 9:35.97	1:37.54	1000m: 16:10.01	1:38.81	1400m: 22:48.47	1:40.43
	300m: 4:43.70	1:37.40	700m: 11:14.38	1:38.41	1100m: 17:49.59	1:39.58	1500m: 24:24.85	1:36.38
	400m: 6:20.93	1:37.23	800m: 12:53.00	1:38.62	1200m: 19:28.55	1:38.96		
5.	Jaap Vis	TriVia	23:31.05	195600515	25:12.94 +1,09			
	100m: 1:36.24	1:36.24	500m: 8:22.96	1:41.31	900m: 15:07.53	1:40.91	1300m: 21:54.64	1:41.44
	200m: 3:17.67	1:41.43	600m: 10:04.47	1:41.51	1000m: 16:49.13	1:41.60	1400m: 23:35.48	1:40.84
	300m: 4:59.73	1:42.06	700m: 11:45.23	1:40.76	1100m: 18:30.16	1:41.03	1500m: 25:12.94	1:37.46
	400m: 6:41.65	1:41.92	800m: 13:26.62	1:41.39	1200m: 20:13.20	1:43.04		
6.	André Pantekoek	PSV	29:31.41	195800321	30:06.99 +1,21			
	100m: 1:47.67	1:47.67	500m: 9:53.78	2:02.26	900m: 17:59.24	2:01.31	1300m: 26:10.07	2:03.95
	200m: 3:48.15	2:00.48	600m: 11:56.20	2:02.42	1000m: 20:00.33	2:01.09	1400m: 28:14.22	2:04.15
	300m: 5:49.55	2:01.40	700m: 13:56.89	2:00.69	1100m: 22:02.96	2:02.63	1500m: 30:06.99	1:52.77
	400m: 7:51.52	2:01.97	800m: 15:57.93	2:01.04	1200m: 24:06.12	2:03.16		

70+

1.	Henk Slomp	Z&PC de Inktvis	22:12.05	195500359	22:34.83 +1,00			
	100m: 1:19.01	1:19.01	500m: 7:20.40	1:31.54	900m: 13:28.10	1:32.64	1300m: 19:36.69	1:31.66
	200m: 2:46.54	1:27.53	600m: 8:52.90	1:32.50	1000m: 14:59.76	1:31.66	1400m: 21:08.40	1:31.71
	300m: 4:17.72	1:31.18	700m: 10:24.47	1:31.57	1100m: 16:32.63	1:32.87	1500m: 22:34.83	1:26.43
	400m: 5:48.86	1:31.14	800m: 11:55.46	1:30.99	1200m: 18:05.03	1:32.40		

75+

1.	Piet Schop	De Bevelanders	32:01.91	195000109	31:44.16 +0,67			
	100m: 1:48.67	1:48.67	500m: 10:16.66	2:07.71	900m: 18:52.30	2:12.23	1300m: 27:29.91	2:07.18
	200m: 3:52.12	2:03.45	600m: 12:23.28	2:06.62	1000m: 21:04.56	2:12.26	1400m: 29:41.89	2:11.98
	300m: 6:00.27	2:08.15	700m: 14:30.87	2:07.59	1100m: 23:15.94	2:11.38	1500m: 31:44.16	2:02.27
	400m: 8:08.95	2:08.68	800m: 16:40.07	2:09.20	1200m: 25:22.73	2:06.79		

80+

1.	Geza Kaltenecker	AZC	29:49.19	194200065	30:23.96 +0,95			
	100m: 1:50.88	1:50.88	500m: 9:59.41	2:03.18	900m: 18:16.35	2:04.13	1300m: 26:28.18	2:01.96
	200m: 3:50.94	2:00.06	600m: 12:03.76	2:04.35	1000m: 20:20.10	2:03.75	1400m: 28:30.43	2:02.25
	300m: 5:53.27	2:02.33	700m: 14:07.95	2:04.19	1100m: 22:22.50	2:02.40	1500m: 30:23.96	1:53.53
	400m: 7:56.23	2:02.96	800m: 16:12.22	2:04.27	1200m: 24:26.22	2:03.72		
2.	Rob Hanou	PSV	30:09.95	194300109	30:45.25 +1,12			
	100m: 1:58.49	1:58.49	500m: 10:20.41	2:03.99	900m: 18:34.12	2:04.03	1300m: 26:47.30	2:03.00
	200m: 4:06.64	2:08.15	600m: 12:23.78	2:03.37	1000m: 20:38.41	2:04.29	1400m: 28:49.05	2:01.75
	300m: 6:12.48	2:05.84	700m: 14:26.26	2:02.48	1100m: 22:41.15	2:02.74	1500m: 30:45.25	1:56.20
	400m: 8:16.42	2:03.94	800m: 16:30.09	2:03.83	1200m: 24:44.30	2:03.15		

Programmanr. 3
20-11-2025 - 15:08

Dames, 1500m vrije slag
Pauze na serie 2 / Break after heat 2

20 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
20+						
1.	Rebecca Dany <i>German Masters Record</i>	TPSK 1925 e.V.	16:44.21	273246	16:48.18 +0,81	
	100m: 1:03.94	1:03.94	500m: 5:34.15	1:07.70	900m: 10:03.51	1:07.35
	200m: 2:11.11	1:07.17	600m: 6:41.42	1:07.27	1000m: 11:11.43	1:07.92
	300m: 3:18.86	1:07.75	700m: 7:48.53	1:07.11	1100m: 12:19.36	1:07.93
	400m: 4:26.45	1:07.59	800m: 8:56.16	1:07.63	1200m: 13:27.07	1:07.71
					1300m: 14:34.79	1:07.72
					1400m: 15:42.66	1:07.87
					1500m: 16:48.18	1:05.52
2.	Cynthia Koolman	Steenwijk 1934	19:42.53	200300232	18:43.59 +0,68	
	100m: 1:08.63	1:08.63	500m: 6:07.74	1:15.57	900m: 11:10.18	1:16.09
	200m: 2:22.23	1:13.60	600m: 7:23.01	1:15.27	1000m: 12:25.58	1:15.40
	300m: 3:37.37	1:15.14	700m: 8:38.55	1:15.54	1100m: 13:41.69	1:16.11
	400m: 4:52.17	1:14.80	800m: 9:54.09	1:15.54	1200m: 14:57.35	1:15.66
					1300m: 16:13.52	1:16.17
					1400m: 17:29.72	1:16.20
					1500m: 18:43.59	1:13.87
3.	Lieke Broere	De Otters Het Gooi	19:23.59	200303890	19:36.89 +0,82	
	100m: 1:12.96	1:12.96	500m: 6:27.43	1:18.75	900m: 11:45.29	1:19.29
	200m: 2:31.42	1:18.46	600m: 7:46.72	1:19.29	1000m: 13:05.20	1:19.91
	300m: 3:50.53	1:19.11	700m: 9:06.01	1:19.29	1100m: 14:24.97	1:19.77
	400m: 5:08.68	1:18.15	800m: 10:26.00	1:19.99	1200m: 15:44.78	1:19.81
					1300m: 17:03.91	1:19.13
					1400m: 18:22.36	1:18.45
					1500m: 19:36.89	1:14.53
4.	Tamar Roosen	V.Z.V. Njord	20:34.17	200501168	20:05.46 +0,78	
	100m: 1:13.75	1:13.75	500m: 6:35.80	1:20.96	900m: 11:57.38	1:20.48
	200m: 2:33.70	1:19.95	600m: 7:56.49	1:20.69	1000m: 13:18.24	1:20.86
	300m: 3:54.36	1:20.66	700m: 9:16.38	1:19.89	1100m: 14:39.64	1:21.40
	400m: 5:14.84	1:20.48	800m: 10:36.90	1:20.52	1200m: 16:01.40	1:21.76
					1300m: 17:23.09	1:21.69
					1400m: 18:45.57	1:22.48
					1500m: 20:05.46	1:19.89
5.	Feline Slijkhuus	SG Octopus - ZVV	19:49.16	200501042	20:34.67 +0,89	
	100m: 1:12.87	1:12.87	500m: 6:39.94	1:23.05	900m: 12:13.33	1:24.17
	200m: 2:32.86	1:19.99	600m: 8:02.97	1:23.03	1000m: 13:37.13	1:23.80
	300m: 3:54.47	1:21.61	700m: 9:25.58	1:22.61	1100m: 15:00.51	1:23.38
	400m: 5:16.89	1:22.42	800m: 10:49.16	1:23.58	1200m: 16:24.72	1:24.21
					1300m: 17:49.48	1:24.76
					1400m: 19:13.86	1:24.38
					1500m: 20:34.67	1:20.81
6.	Daphne van Tilburg	De Geul	21:28.39	200500580	21:05.84 +0,83	
	100m: 1:16.57	1:16.57	500m: 6:52.97	1:24.99	900m: 12:39.85	1:27.36
	200m: 2:39.92	1:23.35	600m: 8:19.20	1:26.23	1000m: 14:04.54	1:24.69
	300m: 4:03.74	1:23.82	700m: 9:45.05	1:25.85	1100m: 15:30.08	1:25.54
	400m: 5:27.98	1:24.24	800m: 11:12.49	1:27.44	1200m: 16:55.29	1:25.21
					1300m: 18:20.13	1:24.84
					1400m: 19:44.67	1:24.54
					1500m: 21:05.84	1:21.17
7.	Romée Beverdam	WS Twente	21:12.62	200100158	21:16.18 +0,89	
	100m: 1:17.47	1:17.47	500m: 6:57.23	1:25.32	900m: 12:43.47	1:27.02
	200m: 2:41.16	1:23.69	600m: 8:23.16	1:25.93	1000m: 14:10.38	1:26.91
	300m: 4:06.19	1:25.03	700m: 9:49.83	1:26.67	1100m: 15:36.36	1:25.98
	400m: 5:31.91	1:25.72	800m: 11:16.45	1:26.62	1200m: 17:02.35	1:25.99
					1300m: 18:28.65	1:26.30
					1400m: 19:54.43	1:25.78
					1500m: 21:16.18	1:21.75
25+						
1.	J. van Omme - van Veen	Zwemvereniging Hoogland	18:58.41	199603192	19:02.69 +0,79	
	100m: 1:07.97	1:07.97	500m: 6:09.13	1:16.20	900m: 11:16.16	1:17.38
	200m: 2:22.39	1:14.42	600m: 7:25.35	1:16.22	1000m: 12:33.51	1:17.35
	300m: 3:37.24	1:14.85	700m: 8:41.96	1:16.61	1100m: 13:50.82	1:17.31
	400m: 4:52.93	1:15.69	800m: 9:58.78	1:16.82	1200m: 15:08.33	1:17.51
					1300m: 16:26.32	1:17.99
					1400m: 17:45.37	1:19.05
					1500m: 19:02.69	1:17.32
2.	Isabelle Janssen	De Geul	22:05.20	200006318	21:56.63 +0,87	
	100m: 1:16.82	1:16.82	500m: 7:04.79	1:28.54	900m: 13:03.43	1:29.43
	200m: 2:40.51	1:23.69	600m: 8:34.09	1:29.30	1000m: 14:33.30	1:29.87
	300m: 4:07.71	1:27.20	700m: 10:04.35	1:30.26	1100m: 16:02.30	1:29.00
	400m: 5:36.25	1:28.54	800m: 11:34.00	1:29.65	1200m: 17:31.35	1:29.05
					1300m: 18:59.80	1:28.45
					1400m: 20:29.90	1:30.10
					1500m: 21:56.63	1:26.73
3.	Nadine Scheeve	De Biesboschzwemmers	23:18.03	199700684	22:49.80 +0,80	
	100m: 1:24.68	1:24.68	500m: 7:32.14	1:32.00	900m: 13:40.80	1:31.58
	200m: 2:55.99	1:31.31	600m: 9:04.42	1:32.28	1000m: 15:12.59	1:31.79
	300m: 4:27.88	1:31.89	700m: 10:36.79	1:32.37	1100m: 16:44.75	1:32.16
	400m: 6:00.14	1:32.26	800m: 12:09.22	1:32.43	1200m: 18:16.64	1:31.89
					1300m: 19:49.59	1:32.95
					1400m: 21:21.51	1:31.92
					1500m: 22:49.80	1:28.29
30+						
1.	Fiona Meuffels	PSV	19:17.82	199504366	19:09.82 +0,68	
	100m: 1:09.53	1:09.53	500m: 6:11.18	1:16.04	900m: 11:20.65	1:18.28
	200m: 2:24.25	1:14.72	600m: 7:27.70	1:16.52	1000m: 12:39.60	1:18.95
	300m: 3:39.57	1:15.32	700m: 8:44.45	1:16.75	1100m: 13:58.98	1:19.38
	400m: 4:55.14	1:15.57	800m: 10:02.37	1:17.92	1200m: 15:17.62	1:18.64
					1300m: 16:36.61	1:18.99
					1400m: 17:54.79	1:18.18
					1500m: 19:09.82	1:15.03

Programmanr. 3, Dames, 1500m vrije slag, 30+

rang	naam	vereniging	intijd	tijd	RT			
2.	Diane Schoenmaker	PSV	20:58.38	199502920	20:42.55 +0,79			
	100m: 1:15.21	1:15.21	500m: 6:44.37	1:23.11	900m: 12:20.46	1:24.32	1300m: 17:57.81	1:24.83
	200m: 2:35.69	1:20.48	600m: 8:07.49	1:23.12	1000m: 13:45.12	1:24.66	1400m: 19:21.53	1:23.72
	300m: 3:58.13	1:22.44	700m: 9:32.08	1:24.59	1100m: 15:09.33	1:24.21	1500m: 20:42.55	1:21.02
	400m: 5:21.26	1:23.13	800m: 10:56.14	1:24.06	1200m: 16:32.98	1:23.65		
3.	Irmgard van Weeghel	ENC Arnhem	21:38.75	199204834	21:51.90 +0,80			
	100m: 1:17.68	1:17.68	500m: 7:07.97	1:27.78	900m: 13:00.60	1:28.62	1300m: 18:56.50	1:29.07
	200m: 2:43.27	1:25.59	600m: 8:36.05	1:28.10	1000m: 14:29.33	1:28.73	1400m: 20:25.27	1:28.77
	300m: 4:11.46	1:28.19	700m: 10:04.02	1:27.97	1100m: 15:58.22	1:28.89	1500m: 21:51.90	1:26.63
	400m: 5:40.19	1:28.73	800m: 11:31.98	1:27.96	1200m: 17:27.43	1:29.21		
4.	Esther Kwebeman	TriVia	21:21.29	199106374	21:58.42 +0,78			
	100m: 1:16.94	1:16.94	500m: 6:59.40	1:27.65	900m: 12:56.20	1:29.06	1300m: 18:59.56	1:30.95
	200m: 2:40.35	1:23.41	600m: 8:27.50	1:28.10	1000m: 14:27.63	1:31.43	1400m: 20:30.48	1:30.92
	300m: 4:04.81	1:24.46	700m: 9:56.98	1:29.48	1100m: 15:57.23	1:29.60	1500m: 21:58.42	1:27.94
	400m: 5:31.75	1:26.94	800m: 11:27.14	1:30.16	1200m: 17:28.61	1:31.38		
AFGEM	Nienke Smidt	WS Twente	20:42.56	199407596				
35+								
1.	Sabine Zimmermann	Aachener SV 06	18:41.39	101578	18:28.41 +0,66			
	100m: 1:09.69	1:09.69	500m: 6:04.89	1:14.19	900m: 11:01.40	1:14.70	1300m: 16:00.84	1:14.96
	200m: 2:23.18	1:13.49	600m: 7:18.72	1:13.83	1000m: 12:16.32	1:14.92	1400m: 17:15.98	1:15.14
	300m: 3:36.66	1:13.48	700m: 8:32.43	1:13.71	1100m: 13:30.99	1:14.67	1500m: 18:28.41	1:12.43
	400m: 4:50.70	1:14.04	800m: 9:46.70	1:14.27	1200m: 14:45.88	1:14.89		
2.	Relinda Baas	TriVia	20:44.59	198900144	20:03.07 +0,66			
	100m: 1:14.69	1:14.69	500m: 6:37.30	1:20.88	900m: 11:59.51	1:20.99	1300m: 17:22.31	1:20.76
	200m: 2:34.36	1:19.67	600m: 7:57.47	1:20.17	1000m: 13:20.05	1:20.54	1400m: 18:43.39	1:21.08
	300m: 3:55.33	1:20.97	700m: 9:17.76	1:20.29	1100m: 14:40.93	1:20.88	1500m: 20:03.07	1:19.68
	400m: 5:16.42	1:21.09	800m: 10:38.52	1:20.76	1200m: 16:01.55	1:20.62		
3.	Nanda van Heteren	PSV	21:13.52	198901728	21:15.28 +0,81			
	100m: 1:18.26	1:18.26	500m: 6:59.59	1:25.78	900m: 12:43.65	1:25.68	1300m: 18:28.67	1:26.08
	200m: 2:42.69	1:24.43	600m: 8:26.23	1:26.64	1000m: 14:09.72	1:26.07	1400m: 19:53.70	1:25.03
	300m: 4:08.09	1:25.40	700m: 9:52.31	1:26.08	1100m: 15:36.33	1:26.61	1500m: 21:15.28	1:21.58
	400m: 5:33.81	1:25.72	800m: 11:17.97	1:25.66	1200m: 17:02.59	1:26.26		
NG.ZA	Anja Dziadek	Luxembourg Sharks	24:07.26	14123				
40+								
1.	Viktoria Haden-Felfoldi <i>Hungarian Masters Record</i>	Iron Swim	19:00.97	66/3267	18:35.74 +0,84			
	100m: 1:09.52	1:09.52	500m: 6:04.08	1:14.26	900m: 11:03.55	1:15.32	1300m: 16:05.29	1:15.69
	200m: 2:22.56	1:13.04	600m: 7:18.64	1:14.56	1000m: 12:18.80	1:15.25	1400m: 17:21.31	1:16.02
	300m: 3:36.24	1:13.68	700m: 8:33.29	1:14.65	1100m: 13:33.98	1:15.18	1500m: 18:35.74	1:14.43
	400m: 4:49.82	1:13.58	800m: 9:48.23	1:14.94	1200m: 14:49.60	1:15.62		
2.	Ramona Linting	AZC	20:51.05	198301274	20:33.59 +0,72			
	100m: 1:15.67	1:15.67	500m: 6:42.70	1:21.51	900m: 12:14.03	1:23.06	1300m: 17:47.45	1:23.80
	200m: 2:37.42	1:21.75	600m: 8:04.92	1:22.22	1000m: 13:37.10	1:23.07	1400m: 19:11.54	1:24.09
	300m: 3:59.50	1:22.08	700m: 9:27.60	1:22.68	1100m: 15:00.41	1:23.31	1500m: 20:33.59	1:22.05
	400m: 5:21.19	1:21.69	800m: 10:50.97	1:23.37	1200m: 16:23.65	1:23.24		
3.	Sabrina Boekhout	De Biesboschzwemmers	22:01.71	198100120	22:41.10 +0,90			
	100m: 1:19.54	1:19.54	500m: 7:19.17	1:31.57	900m: 13:28.80	1:32.35	1300m: 19:40.61	1:32.34
	200m: 2:47.51	1:27.97	600m: 8:51.53	1:32.36	1000m: 15:00.97	1:32.17	1400m: 21:13.33	1:32.72
	300m: 4:17.65	1:30.14	700m: 10:23.40	1:31.87	1100m: 16:34.40	1:33.43	1500m: 22:41.10	1:27.77
	400m: 5:47.60	1:29.95	800m: 11:56.45	1:33.05	1200m: 18:08.27	1:33.87		
4.	Linda Hoogendam	WVZ	23:13.54	198300892	23:33.22 +0,79			
	100m: 1:24.94	1:24.94	500m: 7:39.19	1:35.28	900m: 14:03.38	1:36.57	1300m: 20:24.86	1:34.65
	200m: 2:56.60	1:31.66	600m: 9:14.67	1:35.48	1000m: 15:40.83	1:37.45	1400m: 22:01.99	1:37.13
	300m: 4:30.06	1:33.46	700m: 10:50.04	1:35.37	1100m: 17:15.75	1:34.92	1500m: 23:33.22	1:31.23
	400m: 6:03.91	1:33.85	800m: 12:26.81	1:36.77	1200m: 18:50.21	1:34.46		
5.	Sandra Schellekens	Neptunus'58	22:54.98	198503416	23:35.68 +0,87			
	100m: 1:18.98	1:18.98	500m: 7:23.89	1:33.89	900m: 13:50.23	1:37.60	1300m: 20:25.27	1:38.12
	200m: 2:47.40	1:28.42	600m: 8:59.76	1:35.87	1000m: 15:28.75	1:38.52	1400m: 22:03.08	1:37.81
	300m: 4:18.02	1:30.62	700m: 10:35.75	1:35.99	1100m: 17:06.91	1:38.16	1500m: 23:35.68	1:32.60
	400m: 5:50.00	1:31.98	800m: 12:12.63	1:36.88	1200m: 18:47.15	1:40.24		

Programmanr. 3, Dames, 1500m vrije slag

45+

1. Steffi Meinhold	D.E.S.	19:35.45	198001542	19:16.89	
100m: 1:12.09	1:12.09	500m: 6:22.43	1:17.25	900m: 11:30.47	1:17.27
200m: 2:29.79	1:17.70	600m: 7:39.71	1:17.28	1000m: 12:47.86	1:17.39
300m: 3:47.67	1:17.88	700m: 8:56.49	1:16.78	1100m: 14:05.84	1:17.98
400m: 5:05.18	1:17.51	800m: 10:13.20	1:16.71	1200m: 15:23.96	1:18.12
				1300m: 16:42.39	1:18.43
				1400m: 18:01.07	1:18.68
				1500m: 19:16.89	1:15.82
2. Melanie Kuiper	Zignea	20:16.52	197600350	20:01.46	+0,88
100m: 1:13.23	1:13.23	500m: 6:33.35	1:20.71	900m: 11:58.00	1:21.45
200m: 2:31.85	1:18.62	600m: 7:54.75	1:21.40	1000m: 13:18.62	1:20.62
300m: 3:52.11	1:20.26	700m: 9:15.78	1:21.03	1100m: 14:39.76	1:21.14
400m: 5:12.64	1:20.53	800m: 10:36.55	1:20.77	1200m: 16:00.60	1:20.84
				1300m: 17:21.54	1:20.94
				1400m: 18:42.14	1:20.60
				1500m: 20:01.46	1:19.32
3. Jannie Vennik	HZ&PC Heerenveen	22:28.75	197601006	22:12.20	+0,93
100m: 1:20.34	1:20.34	500m: 7:15.17	1:28.85	900m: 13:10.33	1:29.60
200m: 2:48.55	1:28.21	600m: 8:43.68	1:28.51	1000m: 14:41.04	1:30.71
300m: 4:17.24	1:28.69	700m: 10:11.63	1:27.95	1100m: 16:10.92	1:29.88
400m: 5:46.32	1:29.08	800m: 11:40.73	1:29.10	1200m: 17:41.95	1:31.03
				1300m: 19:12.81	1:30.86
				1400m: 20:43.90	1:31.09
				1500m: 22:12.20	1:28.30

50+

1. Carla Geurts	PSV	18:55.30	197100178	18:44.00	+0,76
100m: 1:10.75	1:10.75	500m: 6:11.44	1:15.26	900m: 11:14.23	1:16.24
200m: 2:25.34	1:14.59	600m: 7:27.23	1:15.79	1000m: 12:29.49	1:15.26
300m: 3:40.81	1:15.47	700m: 8:42.56	1:15.33	1100m: 13:44.14	1:14.65
400m: 4:56.18	1:15.37	800m: 9:57.99	1:15.43	1200m: 14:58.98	1:14.84
				1300m: 16:14.56	1:15.58
				1400m: 17:30.20	1:15.64
				1500m: 18:44.00	1:13.80
2. Liselotte Joling	PSV	18:53.11	197500268	18:48.34	+0,82
100m: 1:10.38	1:10.38	500m: 6:09.58	1:16.11	900m: 11:13.96	1:16.38
200m: 2:24.13	1:13.75	600m: 7:25.36	1:15.78	1000m: 12:29.97	1:16.01
300m: 3:38.36	1:14.23	700m: 8:41.37	1:16.01	1100m: 13:45.65	1:15.68
400m: 4:53.47	1:15.11	800m: 9:57.58	1:16.21	1200m: 15:01.63	1:15.98
				1300m: 16:18.04	1:16.41
				1400m: 17:34.18	1:16.14
				1500m: 18:48.34	1:14.16
3. Micky Grulms	Luxembourg Sharks	20:02.35	4029	19:52.97	+0,87
<i>Luxembourg Masters Record</i>					
100m: 1:13.22	1:13.22	500m: 6:31.18	1:19.41	900m: 11:48.68	1:20.18
200m: 2:32.56	1:19.34	600m: 7:50.38	1:19.20	1000m: 13:08.42	1:19.74
300m: 3:52.59	1:20.03	700m: 9:09.67	1:19.29	1100m: 14:28.70	1:20.28
400m: 5:11.77	1:19.18	800m: 10:28.50	1:18.83	1200m: 15:50.46	1:21.76
				1300m: 17:12.21	1:21.75
				1400m: 18:33.57	1:21.36
				1500m: 19:52.97	1:19.40
4. Annet Kootstra	SWOL 1894	25:11.92	197100344	25:48.24	+1,03
100m: 1:33.61	1:33.61	500m: 8:19.57	1:42.60	900m: 15:14.92	1:44.95
200m: 3:13.14	1:39.53	600m: 10:01.73	1:42.16	1000m: 17:00.33	1:45.41
300m: 4:54.50	1:41.36	700m: 11:44.93	1:43.20	1100m: 18:45.73	1:45.40
400m: 6:36.97	1:42.47	800m: 13:29.97	1:45.04	1200m: 20:31.67	1:45.94
				1300m: 22:18.36	1:46.69
				1400m: 24:04.43	1:46.07
				1500m: 25:48.24	1:43.81
5. Greta Wyma-Teitsma	DWK	29:08.88	197100696	28:30.94	+1,00
100m: 1:40.09	1:40.09	500m: 9:11.80	1:53.98	900m: 16:52.36	1:54.61
200m: 3:30.39	1:50.30	600m: 11:06.36	1:54.56	1000m: 18:48.49	1:56.13
300m: 5:23.75	1:53.36	700m: 13:01.83	1:55.47	1100m: 20:44.19	1:55.70
400m: 7:17.82	1:54.07	800m: 14:57.75	1:55.92	1200m: 22:42.16	1:57.97
				1300m: 24:38.21	1:56.05
				1400m: 26:36.41	1:58.20
				1500m: 28:30.94	1:54.53

55+

1. Katrien Delaender	Drie Zes Vijf	19:53.13	DZV/21012/66	19:31.83	+0,78
<i>Belgian Masters Record, Belgian Masters Records 800 meter + 1.500 meter</i>					
100m: 1:12.25	1:12.25	500m: 6:22.18	1:17.68	900m: 11:35.27	1:18.75
200m: 2:29.16	1:16.91	600m: 7:39.86	1:17.68	1000m: 12:54.49	1:19.22
300m: 3:46.62	1:17.46	700m: 8:58.15	1:18.29	1100m: 14:13.43	1:18.94
400m: 5:04.50	1:17.88	800m: 10:16.52	1:18.37	1200m: 15:32.81	1:19.38
				1300m: 16:52.80	1:19.99
				1400m: 18:13.19	1:20.39
				1500m: 19:31.83	1:18.64
2. Lidia v. Bon-Rosenbrand	ZPC Amersfoort	20:52.66	197000054	20:16.30	+0,87
<i>Nederlands Masters Record</i>					
100m: 1:15.08	1:15.08	500m: 6:38.68	1:20.64	900m: 12:03.17	1:21.72
200m: 2:35.58	1:20.50	600m: 7:59.12	1:20.44	1000m: 13:24.95	1:21.78
300m: 3:56.94	1:21.36	700m: 9:20.14	1:21.02	1100m: 14:46.88	1:21.93
400m: 5:18.04	1:21.10	800m: 10:41.45	1:21.31	1200m: 16:09.72	1:22.84
				1300m: 17:32.24	1:22.52
				1400m: 18:55.14	1:22.90
				1500m: 20:16.30	1:21.16
3. Bianca Groot	MSV-Zeemacht	21:19.27	197000652	22:12.21	+0,87
100m: 1:20.42	1:20.42	500m: 7:04.09	1:29.40	900m: 13:18.52	1:34.59
200m: 2:45.06	1:24.64	600m: 8:36.02	1:31.93	1000m: 14:46.01	1:27.49
300m: 4:10.03	1:24.97	700m: 10:16.59	1:40.57	1100m: 16:19.55	1:33.54
400m: 5:34.69	1:24.66	800m: 11:43.93	1:27.34	1200m: 17:46.23	1:26.68
				1300m: 19:14.60	1:28.37
				1400m: 20:46.59	1:31.99
				1500m: 22:12.21	1:25.62

Programmanr. 3, Dames, 1500m vrije slag, 55+

rang	naam	vereniging	intijd	196900866	tijd	RT
4.	Iris van Aurich	DWK	21:46.52	196900866	22:48.88	+0,94
	100m: 1:22.00	1:22.00	500m: 7:26.26	1:32.09	900m: 13:36.74	1:33.01
	200m: 2:51.24	1:29.24	600m: 8:58.73	1:32.47	1000m: 15:09.85	1:33.11
	300m: 4:21.62	1:30.38	700m: 10:31.04	1:32.31	1100m: 16:43.01	1:33.16
	400m: 5:54.17	1:32.55	800m: 12:03.73	1:32.69	1200m: 18:15.98	1:32.97
					1300m: 19:48.46	1:32.48
					1400m: 21:21.65	1:33.19
					1500m: 22:48.88	1:27.23
5.	K. van Nassau-van den Heuvel	Old Dutch	23:41.59	196600188	24:39.08	+0,96
	100m: 1:29.59	1:29.59	500m: 8:00.43	1:39.02	900m: 14:39.67	1:39.60
	200m: 3:05.68	1:36.09	600m: 9:40.24	1:39.81	1000m: 16:20.37	1:40.70
	300m: 4:43.06	1:37.38	700m: 11:19.74	1:39.50	1100m: 18:00.87	1:40.50
	400m: 6:21.41	1:38.35	800m: 13:00.07	1:40.33	1200m: 19:40.76	1:39.89
					1300m: 21:20.68	1:39.92
					1400m: 23:01.66	1:40.98
					1500m: 24:39.08	1:37.42

60+

1.	Anita Steijger	WVZ	24:17.17	196500628	23:53.54	+0,93
	100m: 1:29.21	1:29.21	500m: 7:46.87	1:34.19	900m: 14:12.50	1:36.91
	200m: 3:02.98	1:33.77	600m: 9:23.27	1:36.40	1000m: 15:49.80	1:37.30
	300m: 4:37.92	1:34.94	700m: 10:58.69	1:35.42	1100m: 17:26.97	1:37.17
	400m: 6:12.68	1:34.76	800m: 12:35.59	1:36.90	1200m: 19:04.63	1:37.66
2.	Kirsten Stamer	SC Janus Köln	27:14.28	247144	26:33.41	
	100m: 1:36.37	1:36.37	500m: 8:35.58	1:46.72	900m: 15:45.08	1:47.60
	200m: 3:19.93	1:43.56	600m: 10:22.24	1:46.66	1000m: 17:32.97	1:47.89
	300m: 5:04.53	1:44.60	700m: 12:09.94	1:47.70	1100m: 19:20.45	1:47.48
	400m: 6:48.86	1:44.33	800m: 13:57.48	1:47.54	1200m: 21:08.90	1:48.45
					1300m: 22:58.45	1:49.55
					1400m: 24:46.45	1:48.00
					1500m: 26:33.41	1:46.96

65+

1.	Irene van der Laan	ZV Vlaardingen-Schiedam	23:17.06	196000096	23:21.55	
	100m: 1:27.71	1:27.71	500m: 7:42.70	1:34.09	900m: 13:56.93	1:33.19
	200m: 3:01.14	1:33.43	600m: 9:16.04	1:33.34	1000m: 15:31.06	1:34.13
	300m: 4:34.77	1:33.63	700m: 10:50.40	1:34.36	1100m: 17:04.90	1:33.84
	400m: 6:08.61	1:33.84	800m: 12:23.74	1:33.34	1200m: 18:39.30	1:34.40
2.	Linda Wibbelink	Steenwijk 1934	24:17.22	195900158	24:34.08	+0,74
	100m: 1:33.17	1:33.17	500m: 8:07.61	1:39.01	900m: 14:43.85	1:38.57
	200m: 3:11.36	1:38.19	600m: 9:45.86	1:38.25	1000m: 16:22.97	1:39.12
	300m: 4:49.97	1:38.61	700m: 11:25.68	1:39.82	1100m: 18:01.76	1:38.79
	400m: 6:28.60	1:38.63	800m: 13:05.28	1:39.60	1200m: 19:40.53	1:38.77
					1300m: 21:20.32	1:39.79
					1400m: 22:58.53	1:38.21
					1500m: 24:34.08	1:35.55
3.	Jennie Resink-lindeboom	DWK	26:34.01	196000142	26:07.01	+0,94
	100m: 1:33.77	1:33.77	500m: 8:29.11	1:44.93	900m: 15:30.26	1:46.33
	200m: 3:15.69	1:41.92	600m: 10:13.78	1:44.67	1000m: 17:18.64	1:48.38
	300m: 5:00.12	1:44.43	700m: 11:58.19	1:44.41	1100m: 19:06.40	1:47.76
	400m: 6:44.18	1:44.06	800m: 13:43.93	1:45.74	1200m: 20:53.14	1:46.74
					1300m: 22:40.27	1:47.13
					1400m: 24:26.28	1:46.01
					1500m: 26:07.01	1:40.73

70+

1.	Margriet Pasma	TriVia	23:52.06	195500088	23:52.67	+0,77
	100m: 1:30.79	1:30.79	500m: 7:52.87	1:35.04	900m: 14:14.95	1:35.26
	200m: 3:06.86	1:36.07	600m: 9:28.54	1:35.67	1000m: 15:50.83	1:35.88
	300m: 4:42.87	1:36.01	700m: 11:04.23	1:35.69	1100m: 17:26.87	1:36.04
	400m: 6:17.83	1:34.96	800m: 12:39.69	1:35.46	1200m: 19:03.47	1:36.60
2.	Gonnie Bak	PSV	32:00.78	195100064	32:05.83	+0,91
	100m: 1:57.07	1:57.07	500m: 10:28.70	2:08.76	900m: 19:06.47	2:10.23
	200m: 4:04.45	2:07.38	600m: 12:38.07	2:09.37	1000m: 21:16.81	2:10.34
	300m: 6:11.17	2:06.72	700m: 14:47.08	2:09.01	1100m: 23:27.22	2:10.41
	400m: 8:19.94	2:08.77	800m: 16:56.24	2:09.16	1200m: 25:37.14	2:09.92
					1300m: 27:47.18	2:10.04
					1400m: 29:57.85	2:10.67
					1500m: 32:05.83	2:07.98

85+

1.	Marie Smits	Old Dutch	37:25.94	193800004	38:52.64	+1,19
	100m: 2:18.05	2:18.05	500m: 12:36.34	2:36.70	900m: 23:06.12	2:38.61
	200m: 4:51.26	2:33.21	600m: 15:12.34	2:36.00	1000m: 25:47.74	2:41.62
	300m: 7:25.27	2:34.01	700m: 17:47.31	2:34.97	1100m: 28:25.85	2:38.11
	400m: 9:59.64	2:34.37	800m: 20:27.51	2:40.20	1200m: 31:03.79	2:37.94
					1300m: 33:42.86	2:39.07
					1400m: 36:21.78	2:38.92
					1500m: 38:52.64	2:30.86

Programmanr. 4
21-11-2025 - 9:30

Heren, 400m vrije slag

20 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT		
20+							
1.	Wouter Zijlstra	HZ&PC Heerenveen	3:57.88	200401545	4:03.78 +0,65		
	50m: 26.90	26.90 150m: 1:26.76	30.13	250m: 2:28.86	31.00	350m: 3:32.65	31.92
	100m: 56.63	29.73 200m: 1:57.86	31.10	300m: 3:00.73	31.87	400m: 4:03.78	31.13
2.	Jacco Nijland	ZPC De Hof	4:17.37	200400081	4:26.99 +0,80		
	50m: 28.85	28.85 150m: 1:35.36	33.91	250m: 2:43.99	34.55	350m: 3:53.69	35.31
	100m: 1:01.45	32.60 200m: 2:09.44	34.08	300m: 3:18.38	34.39	400m: 4:26.99	33.30
3.	Christian Kalle	De Schotejil	4:31.54	200400687	4:29.75 +0,83		
	50m: 29.41	29.41 150m: 1:36.51	34.23	250m: 2:46.26	35.26	350m: 3:56.23	34.57
	100m: 1:02.28	32.87 200m: 2:11.00	34.49	300m: 3:21.66	35.40	400m: 4:29.75	33.52
4.	Niels van der Mast	ZOB'66	4:33.52	200401917	4:35.90 +0,72		
	50m: 29.57	29.57 150m: 1:37.33	34.46	250m: 2:48.41	35.91	350m: 4:00.94	35.81
	100m: 1:02.87	33.30 200m: 2:12.50	35.17	300m: 3:25.13	36.72	400m: 4:35.90	34.96
5.	Mika Heskamp	De Dinkel	4:35.98	200300339	4:36.48 +0,72		
	50m: 29.28	29.28 150m: 1:37.60	34.76	250m: 2:49.27	36.00	350m: 4:02.04	36.42
	100m: 1:02.84	33.56 200m: 2:13.27	35.67	300m: 3:25.62	36.35	400m: 4:36.48	34.44
6.	Rik Stahlie	TriVia	4:34.33	200201915	4:36.75 +0,80		
	50m: 31.27	31.27 150m: 1:41.35	34.45	250m: 2:51.76	35.23	350m: 4:02.35	35.30
	100m: 1:06.90	35.63 200m: 2:16.53	35.18	300m: 3:27.05	35.29	400m: 4:36.75	34.40
7.	Tygo Korving	ZOB'66	4:49.77	200300773	4:39.01 +0,69		
	50m: 29.28	29.28 150m: 1:36.93	34.37	250m: 2:48.92	36.42	350m: 4:02.41	37.02
	100m: 1:02.56	33.28 200m: 2:12.50	35.57	300m: 3:25.39	36.47	400m: 4:39.01	36.60
8.	Sven Doezen	RZ	4:45.65	200400403	4:44.53 +0,66		
	50m: 32.21	32.21 150m: 1:44.14	36.28	250m: 2:57.25	36.65	350m: 4:10.28	36.24
	100m: 1:07.86	35.65 200m: 2:20.60	36.46	300m: 3:34.04	36.79	400m: 4:44.53	34.25
9.	Jesper Pas	V.Z.V. Njord	4:43.03	200200967	4:46.21 +0,75		
	50m: 30.57	30.57 150m: 1:40.80	36.16	250m: 2:55.31	37.30	350m: 4:11.28	37.93
	100m: 1:04.64	34.07 200m: 2:18.01	37.21	300m: 3:33.35	38.04	400m: 4:46.21	34.93
10.	Rick Haanschoten	De Rijn	5:00.16	200100291	4:54.52 +0,67		
	50m: 32.70	32.70 150m: 1:45.60	36.93	250m: 3:01.90	38.40	350m: 4:19.00	38.66
	100m: 1:08.67	35.97 200m: 2:23.50	37.90	300m: 3:40.34	38.44	400m: 4:54.52	35.52
25+							
1.	Karst Boersma	De Dinkel	4:11.48	199600849	4:14.04 +0,72		
	50m: 28.33	28.33 150m: 1:31.75	32.23	250m: 2:37.14	32.53	350m: 3:42.10	32.25
	100m: 59.52	31.19 200m: 2:04.61	32.86	300m: 3:09.85	32.71	400m: 4:14.04	31.94
2.	Jacob Mackloet	De Schotejil	4:17.59	200001171	4:19.72 +0,69		
	50m: 29.04	29.04 150m: 1:34.48	33.25	250m: 2:41.81	33.55	350m: 3:48.04	32.54
	100m: 1:01.23	32.19 200m: 2:08.26	33.78	300m: 3:15.50	33.69	400m: 4:19.72	31.68
3.	Jasper Breugem	WVZ	4:19.51	200000303	4:20.49 +0,72		
	50m: 29.00	29.00 150m: 1:35.19	33.42	250m: 2:41.79	33.22	350m: 3:48.46	33.28
	100m: 1:01.77	32.77 200m: 2:08.57	33.38	300m: 3:15.18	33.39	400m: 4:20.49	32.03
4.	Koen Wijnands	SG Patrick - De Roersoppers	4:39.60	199800247	4:38.53 +0,65		
	50m: 30.29	30.29 150m: 1:38.92	34.62	250m: 2:50.54	35.67	350m: 4:04.18	36.87
	100m: 1:04.30	34.01 200m: 2:14.87	35.95	300m: 3:27.31	36.77	400m: 4:38.53	34.35
5.	Jeroen Louwinger	De Rijn	4:47.26	199900583	4:41.58 +0,68		
	50m: 32.09	32.09 150m: 1:44.61	36.56	250m: 2:58.20	36.74	350m: 4:08.74	33.77
	100m: 1:08.05	35.96 200m: 2:21.46	36.85	300m: 3:34.97	36.77	400m: 4:41.58	32.84
6.	Lars Jacobsen	DWK	4:45.37	199705453	4:45.17 +0,82	652	
	50m: 31.13	31.13 150m: 1:41.15	35.78	250m: 2:54.89	37.40	350m: 4:10.68	37.95
	100m: 1:05.37	34.24 200m: 2:17.49	36.34	300m: 3:32.73	37.84	400m: 4:45.17	34.49
7.	Leon Kloots	ZPC De Hof	4:47.06	200001363	4:45.19 +0,78		
	50m: 31.61	31.61 150m: 1:42.72	36.25	250m: 2:55.06	36.03	350m: 4:08.85	37.04
	100m: 1:06.47	34.86 200m: 2:19.03	36.31	300m: 3:31.81	36.75	400m: 4:45.19	36.34
8.	Tenzin Tieman	Old Dutch	4:39.50	200005549	4:45.58 +0,81		
	50m: 30.64	30.64 150m: 1:40.49	35.74	250m: 2:53.53	36.70	350m: 4:08.14	37.43
	100m: 1:04.75	34.11 200m: 2:16.83	36.34	300m: 3:30.71	37.18	400m: 4:45.58	37.44
9.	Patrick Wyrdean	Westland Swimming Stars	4:59.42	199702475	4:46.67 +0,70		
	50m: 30.97	30.97 150m: 1:40.83	35.58	250m: 2:53.79	36.88	350m: 4:09.94	38.43
	100m: 1:05.25	34.28 200m: 2:16.91	36.08	300m: 3:31.51	37.72	400m: 4:46.67	36.73

Programmanr. 4, Heren, 400m vrije slag, 25+

rang	naam	vereniging	intijd	199701895	tijd	RT
10.	Wesley van der Luit	ZV Sassenheim	4:41.07	199701895	4:48.69	+0,72
	50m: 31.97	31.97 150m: 1:42.31	35.61	250m: 2:55.85	37.08	350m: 4:11.37
	100m: 1:06.70	34.73 200m: 2:18.77	36.46	300m: 3:33.29	37.44	400m: 4:48.69
11.	Auke Sijperda	AZC	5:06.67	199905115	5:06.66	+0,71
	50m: 33.03	33.03 150m: 1:48.44	38.70	250m: 3:06.54	38.72	350m: 4:27.11
	100m: 1:09.74	36.71 200m: 2:27.82	39.38	300m: 3:46.58	40.04	400m: 5:06.66

30+

1.	Mike Schel	ENC Arnhem	4:22.07	199403279	4:28.09	+0,72
	50m: 29.62	29.62 150m: 1:36.04	33.68	250m: 2:44.41	34.42	350m: 3:54.51
	100m: 1:02.36	32.74 200m: 2:09.99	33.95	300m: 3:19.09	34.68	400m: 4:28.09
2.	Tim de Vrugt	ENC Arnhem	4:37.70	199306719	4:40.19	+0,71
	50m: 30.12	30.12 150m: 1:39.74	35.51	250m: 2:52.78	36.77	350m: 4:05.36
	100m: 1:04.23	34.11 200m: 2:16.01	36.27	300m: 3:29.30	36.52	400m: 4:40.19
3.	Sander Riezebos	WS Twente	4:48.77	199400467	4:40.81	+0,66
	50m: 30.02	30.02 150m: 1:40.22	36.00	250m: 2:54.18	37.35	350m: 4:07.76
	100m: 1:04.22	34.20 200m: 2:16.83	36.61	300m: 3:31.14	36.96	400m: 4:40.81
4.	Niels Bent	WS Twente	4:48.91	199400465	4:51.64	+0,77
	50m: 32.27	32.27 150m: 1:42.98	35.89	250m: 2:57.43	37.41	350m: 4:13.53
	100m: 1:07.09	34.82 200m: 2:20.02	37.04	300m: 3:34.82	37.39	400m: 4:51.64
5.	Pieter Pijnenburg	De Biesboschzweimmers	4:47.99	199305227	4:52.60	+0,73
	50m: 31.97	31.97 150m: 1:45.55	37.33	250m: 3:00.19	37.55	350m: 4:16.11
	100m: 1:08.22	36.25 200m: 2:22.64	37.09	300m: 3:37.79	37.60	400m: 4:52.60
6.	Mark Legters	De Schelde	4:57.44	199303361	4:52.83	+0,70
	50m: 32.30	32.30 150m: 1:44.54	36.71	250m: 2:58.54	37.01	350m: 4:14.60
	100m: 1:07.83	35.53 200m: 2:21.53	36.99	300m: 3:36.50	37.96	400m: 4:52.83
7.	Koen de Meyere	WS Twente	5:13.32	199406783	5:21.66	+0,82
	50m: 33.83	33.83 150m: 1:51.11	39.70	250m: 3:14.19	41.88	350m: 4:39.71
	100m: 1:11.41	37.58 200m: 2:32.31	41.20	300m: 3:56.73	42.54	400m: 5:21.66
8.	Derek Valkenier	MSV-Zeemacht	5:19.98	199207397	5:26.66	+0,87
	50m: 34.64	34.64 150m: 1:53.11	40.22	250m: 3:16.23	42.23	350m: 4:40.36
	100m: 1:12.89	38.25 200m: 2:34.00	40.89	300m: 3:58.90	42.67	400m: 5:26.66
9.	Ruben de Boer	Zwemvereniging Hoogland	5:24.02	199301419	5:37.38	+0,78
	50m: 37.25	37.25 150m: 1:59.96	41.55	250m: 3:25.09	42.81	350m: 4:53.03
	100m: 1:18.41	41.16 200m: 2:42.28	42.32	300m: 4:08.61	43.52	400m: 5:37.38

35+

1.	Matteo Viani	Zwemlust- den Hommel	4:19.17	199007717	4:14.66	+0,77
	50m: 29.52	29.52 150m: 1:33.37	32.03	250m: 2:38.00	32.30	350m: 3:43.05
	100m: 1:01.34	31.82 200m: 2:05.70	32.33	300m: 3:10.59	32.59	400m: 4:14.66
2.	Tim Bunnik	Triton	4:30.81	199000505	4:35.69	+0,80
	50m: 31.22	31.22 150m: 1:40.80	35.16	250m: 2:51.10	35.09	350m: 4:01.55
	100m: 1:05.64	34.42 200m: 2:16.01	35.21	300m: 3:26.64	35.54	400m: 4:35.69
3.	Matthew Humphreys	MSV-Zeemacht	4:37.34	198906983	4:37.56	+0,73
	50m: 31.26	31.26 150m: 1:40.87	35.22	250m: 2:51.39	35.37	350m: 4:02.80
	100m: 1:05.65	34.39 200m: 2:16.02	35.15	300m: 3:26.97	35.58	400m: 4:37.56
4.	Patrick Creemers	SG Patrick - De Roersoppers	4:50.60	199000579	4:39.59	+0,69
	50m: 30.87	30.87 150m: 1:42.93	36.54	250m: 2:55.80	36.12	350m: 4:06.67
	100m: 1:06.39	35.52 200m: 2:19.68	36.75	300m: 3:31.64	36.84	400m: 4:39.59
5.	Wessel Everloo	WS Twente	4:49.51	198906597	4:50.47	+0,88
	50m: 32.74	32.74 150m: 1:47.33	37.60	250m: 3:00.19	36.31	350m: 4:14.23
	100m: 1:09.73	36.99 200m: 2:23.88	36.55	300m: 3:37.64	37.45	400m: 4:50.47
6.	Niels Albrechts	De Schotejil	4:47.55	198800039	4:52.17	+0,82
	50m: 33.35	33.35 150m: 1:46.51	37.02	250m: 3:01.50	37.64	350m: 4:16.83
	100m: 1:09.49	36.14 200m: 2:23.86	37.35	300m: 3:39.16	37.66	400m: 4:52.17
7.	Marc Hoogendam	Blue Marlins	5:04.18	199007713	5:11.66	+0,67
	50m: 30.69	30.69 150m: 1:42.84	37.28	250m: 3:04.14	41.52	350m: 4:29.39
	100m: 1:05.56	34.87 200m: 2:22.62	39.78	300m: 3:46.84	42.70	400m: 5:11.66
8.	Remco van der Graaf	De Geul	5:15.25	198704007	5:23.13	+0,85
	50m: 34.42	34.42 150m: 1:52.35	39.92	250m: 3:16.00	42.03	350m: 4:42.29
	100m: 1:12.43	38.01 200m: 2:33.97	41.62	300m: 3:58.87	42.87	400m: 5:23.13

Programmanr. 4, Heren, 400m vrije slag, 35+

rang	naam	vereniging	intijd		tijd	RT
9.	Sander van Tilburg	De Biesboschwimmers	5:22.98	198604609	5:25.17	+0,81
	50m: 36.70	36.70 150m: 1:57.48	40.82	250m: 3:20.20	41.64 350m: 4:41.65	40.16
	100m: 1:16.66	39.96 200m: 2:38.56	41.08	300m: 4:01.49	41.29 400m: 5:25.17	43.52
40+						
1.	Pieter Pickhardt	ZPC De Hof	4:31.21	198301657	4:31.71	+0,81
	50m: 31.31	31.31 150m: 1:39.65	34.27	250m: 2:48.55	34.38 350m: 3:57.72	34.49
	100m: 1:05.38	34.07 200m: 2:14.17	34.52	300m: 3:23.23	34.68 400m: 4:31.71	33.99
2.	Frank v.d. Voordt	De Schotejil	4:40.94	198302259	4:43.81	+0,78
	50m: 32.01	32.01 150m: 1:42.94	35.87	250m: 2:55.18	36.17 350m: 4:07.71	36.26
	100m: 1:07.07	35.06 200m: 2:19.01	36.07	300m: 3:31.45	36.27 400m: 4:43.81	36.10
3.	Marcel Reefhuis	WS Twente	4:58.54	198101381	4:51.92	+0,68
	50m: 31.97	31.97 150m: 1:44.08	36.34	250m: 2:58.26	37.34 350m: 4:14.19	38.21
	100m: 1:07.74	35.77 200m: 2:20.92	36.84	300m: 3:35.98	37.72 400m: 4:51.92	37.73
4.	Rene Koedooder	Enkhuizer Zwem Vereniging	5:01.06	198200919	5:02.57	+0,84
	50m: 32.56	32.56 150m: 1:46.10	37.14	250m: 3:02.90	38.80 350m: 4:22.49	40.40
	100m: 1:08.96	36.40 200m: 2:24.10	38.00	300m: 3:42.09	39.19 400m: 5:02.57	40.08
5.	Rob van Wanrooy	Albion	5:50.90	198202627	5:13.26	+0,78
	50m: 35.79	35.79 150m: 1:54.43	39.14	250m: 3:13.73	40.26 350m: 4:34.48	39.94
	100m: 1:15.29	39.50 200m: 2:33.47	39.04	300m: 3:54.54	40.81 400m: 5:13.26	38.78
6.	Martial Alassimone	ASPTT Clermont-Ferrand	5:35.54	135036	5:32.88	+0,78
	50m: 37.79	37.79 150m: 2:02.12	42.71	250m: 3:28.35	43.11 350m: 4:53.02	42.09
	100m: 1:19.41	41.62 200m: 2:45.24	43.12	300m: 4:10.93	42.58 400m: 5:32.88	39.86
45+						
1.	Mark Hensen	NieMo Barracuda	4:32.41	197900497	4:32.53	+0,75
	50m: 30.55	30.55 150m: 1:39.97	34.82	250m: 2:49.75	34.65 350m: 3:58.87	34.48
	100m: 1:05.15	34.60 200m: 2:15.10	35.13	300m: 3:24.39	34.64 400m: 4:32.53	33.66
2.	Ivo Roozeboom	WVZ	4:30.74	197700801	4:36.63	+0,76
	50m: 30.45	30.45 150m: 1:42.35	36.25	250m: 2:53.61	35.58 350m: 4:03.69	34.66
	100m: 1:06.10	35.65 200m: 2:18.03	35.68	300m: 3:29.03	35.42 400m: 4:36.63	32.94
3.	Victor Barnar	GoSwim	4:45.09	197801805	4:42.32	+0,85
	50m: 31.57	31.57 150m: 1:41.40	35.29	250m: 2:53.49	36.05 350m: 4:06.37	36.84
	100m: 1:06.11	34.54 200m: 2:17.44	36.04	300m: 3:29.53	36.04 400m: 4:42.32	35.95
4.	Yuri Admiraal	SGHW	4:55.11	197701655	4:57.61	+0,76
	50m: 33.64	33.64 150m: 1:48.58	37.75	250m: 3:04.95	38.15 350m: 4:21.01	37.95
	100m: 1:10.83	37.19 200m: 2:26.80	38.22	300m: 3:43.06	38.11 400m: 4:57.61	36.60
5.	Arjen Nieveen	DZ&PC	5:13.65	198002545	4:58.00	+0,72
	50m: 33.48	33.48 150m: 1:48.53	37.80	250m: 3:04.95	37.41 350m: 4:20.73	37.76
	100m: 1:10.73	37.25 200m: 2:27.54	39.01	300m: 3:42.97	38.02 400m: 4:58.00	37.27
6.	Tom Bandsma	PSV	5:28.83	197701625	5:26.68	+1,09
	50m: 36.19	36.19 150m: 1:57.72	41.36	250m: 3:20.33	41.34 350m: 4:43.25	40.87
	100m: 1:16.36	40.17 200m: 2:38.99	41.27	300m: 4:02.38	42.05 400m: 5:26.68	43.43
50+						
1.	Haack Andree	SG Mülheim	4:52.95	067255	4:40.44	+0,84
	50m: 31.87	31.87 150m: 1:42.89	35.98	250m: 2:54.80	35.67 350m: 4:05.46	35.20
	100m: 1:06.91	35.04 200m: 2:19.13	36.24	300m: 3:30.26	35.46 400m: 4:40.44	34.98
2.	Pieter Veenstra	DZ&PC	5:00.91	197301345	5:03.95	+0,82
	50m: 34.25	34.25 150m: 1:50.29	38.62	250m: 3:07.76	38.59 350m: 4:25.62	39.00
	100m: 1:11.67	37.42 200m: 2:29.17	38.88	300m: 3:46.62	38.86 400m: 5:03.95	38.33
3.	Casper van den Burgh	ZV Sassenheim	4:58.43	197201413	5:06.28	+0,95
	50m: 33.26	33.26 150m: 1:47.73	37.95	250m: 3:06.77	39.66 350m: 4:26.38	39.87
	100m: 1:09.78	36.52 200m: 2:27.11	39.38	300m: 3:46.51	39.74 400m: 5:06.28	39.90
4.	Wouter van der Stelt	De Biesboschwimmers	5:36.61	197200889	5:48.10	+0,87
	50m: 37.40	37.40 150m: 2:03.73	43.57	250m: 3:32.94	44.94 350m: 5:03.20	45.41
	100m: 1:20.16	42.76 200m: 2:48.00	44.27	300m: 4:17.79	44.85 400m: 5:48.10	44.90
5.	Marcel van Walt van Praag	Gay Swim Amsterdam	6:09.51	197501425	5:56.06	+0,75
	50m: 38.85	38.85 150m: 2:08.81	45.67	250m: 3:40.61	45.99 350m: 5:12.97	46.26
	100m: 1:23.14	44.29 200m: 2:54.62	45.81	300m: 4:26.71	46.10 400m: 5:56.06	43.09

Programmanr. 4, Heren, 400m vrije slag, 50+

rang	naam	vereniging	intijd	197401533	tijd	RT
6.	Jeroen Hoeksel	ZV Vlaardingen-Schiedam	5:59.14	197401533	6:06.33	+0,94
	50m: 40.07	40.07 150m: 2:09.53	45.46	250m: 3:43.07	47.18	350m: 5:19.25
	100m: 1:24.07	44.00 200m: 2:55.89	46.36	300m: 4:30.77	47.70	400m: 6:06.33

55+

1.	John Hardeman	Zwemlust- den Hommel	4:48.54	196601615	4:56.63	+0,75
	50m: 33.56	33.56 150m: 1:48.04	37.56	250m: 3:04.08	38.14	350m: 4:20.22
	100m: 1:10.48	36.92 200m: 2:25.94	37.90	300m: 3:42.30	38.22	400m: 4:56.63
2.	Edwin Petri	De Otters Het Gooi	5:04.62	196601687	5:07.35	+0,88
	50m: 34.71	34.71 150m: 1:52.58	39.25	250m: 3:11.12	38.58	350m: 4:28.80
	100m: 1:13.33	38.62 200m: 2:32.54	39.96	300m: 3:50.20	39.08	400m: 5:07.35
3.	Bruno Nahon	Cercle De Natation Sportcity	5:01.24	CNSW/000390/70	5:12.48	+0,79
	50m: 35.04	35.04 150m: 1:52.58	39.21	250m: 3:12.28	39.92	350m: 4:33.01
	100m: 1:13.37	38.33 200m: 2:32.36	39.78	300m: 3:52.55	40.27	400m: 5:12.48
4.	Francis Roosen	V.Z.V. Njord	5:10.61	196801581	5:13.44	+0,71
	50m: 33.30	33.30 150m: 1:49.23	38.83	250m: 3:09.12	40.27	350m: 4:32.78
	100m: 1:10.40	37.10 200m: 2:28.85	39.62	300m: 3:50.52	41.40	400m: 5:13.44
5.	Eduard Leusink	De Mors	5:56.70	196901573	5:29.67	+0,76
	50m: 35.51	35.51 150m: 1:56.69	41.50	250m: 3:21.44	42.59	350m: 4:47.17
	100m: 1:15.19	39.68 200m: 2:38.85	42.16	300m: 4:04.26	42.82	400m: 5:29.67
6.	Leon Slingerland	WVZ	5:32.72	196801707	5:43.45	+0,92
	50m: 36.72	36.72 150m: 2:01.97	43.04	250m: 3:31.52	45.34	350m: 5:01.29
	100m: 1:18.93	42.21 200m: 2:46.18	44.21	300m: 4:17.05	45.53	400m: 5:43.45
7.	Jeroen Wilmer	Enkhuizer Zwem Vereniging	5:53.09	196601711	5:51.65	+0,86
	50m: 38.50	38.50 150m: 2:04.96	44.18	250m: 3:35.77	45.54	350m: 5:07.91
	100m: 1:20.78	42.28 200m: 2:50.23	45.27	300m: 4:21.74	45.97	400m: 5:51.65

60+

1.	Jon Christensen	Luxembourg Sharks Swimming	4:53.16	10008	4:55.46	+0,79
	50m: 32.82	32.82 150m: 1:46.12	37.05	250m: 3:01.19	37.79	350m: 4:17.74
	100m: 1:09.07	36.25 200m: 2:23.40	37.28	300m: 3:39.52	38.33	400m: 4:55.46
2.	Karol Lacko <i>Slovakian Masters Record</i>	Vysokoskolsky klub Univerzity	5:15.93	skheho SVK16793	5:07.62	+0,81
	50m: 36.14	36.14 150m: 1:53.47	38.56	250m: 3:11.39	39.48	350m: 4:28.89
	100m: 1:14.91	38.77 200m: 2:31.91	38.44	300m: 3:50.64	39.25	400m: 5:07.62
3.	Henri Michels	De Amstel	5:19.52	196501587	5:11.83	+0,88
	50m: 34.53	34.53 150m: 1:52.42	39.55	250m: 3:12.01	39.81	350m: 4:32.13
	100m: 1:12.87	38.34 200m: 2:32.20	39.78	300m: 3:52.09	40.08	400m: 5:11.83
4.	Menno Lomans	PSV	5:32.82	196101071	5:34.04	+0,83
	50m: 37.32	37.32 150m: 2:01.84	42.72	250m: 3:27.59	42.80	350m: 4:53.25
	100m: 1:19.12	41.80 200m: 2:44.79	42.95	300m: 4:10.60	43.01	400m: 5:34.04
5.	Adriaan Kop	Old Dutch	6:18.06	196101135	6:11.39	+0,97
	50m: 39.84	39.84 150m: 2:10.13	45.65	250m: 3:47.32	50.11	350m: 5:26.73
	100m: 1:24.48	44.64 200m: 2:57.21	47.08	300m: 4:37.00	49.68	400m: 6:11.39
DIS	Kees-Jan van Overbeeke	WWW Winterswijk	5:34.86	196200489		
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>					
DIS	Peter Janssen	Team Noord Holland (SG)	6:05.69	196201307		+1,06
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>					

65+

1.	Hugo Bregman	WVZ	5:15.98	195800069	5:01.64	+0,85
	50m: 34.44	34.44 150m: 1:51.43	39.26	250m: 3:08.88	38.92	350m: 4:25.01
	100m: 1:12.17	37.73 200m: 2:29.96	38.53	300m: 3:46.99	38.11	400m: 5:01.64
2.	Paul Bunnik	Triton	5:47.18	195600413	5:50.05	+0,89
	50m: 37.95	37.95 150m: 2:04.12	44.64	250m: 3:33.72	44.81	350m: 5:04.21
	100m: 1:19.48	41.53 200m: 2:48.91	44.79	300m: 4:18.23	44.51	400m: 5:50.05
3.	Jan Preuter	De Mors	6:07.99	195600245	6:02.38	+1,23
	50m: 40.24	40.24 150m: 2:12.02	46.85	250m: 3:45.51	46.72	350m: 5:18.06
	100m: 1:25.17	44.93 200m: 2:58.79	46.77	300m: 4:31.88	46.37	400m: 6:02.38

Programmanr. 4, Heren, 400m vrije slag, 65+

rang	naam	vereniging	intijd	tijd	RT
4.	Wim de Lange	AZC	6:13.29	195800533	6:04.86 +0,89
	50m: 41.56	41.56 150m: 2:13.59	46.39	250m: 3:46.46	46.66 350m: 5:19.37
	100m: 1:27.20	45.64 200m: 2:59.80	46.21	300m: 4:32.99	46.53 400m: 6:04.86
5.	Wolfgang Rossa	TPSK 1925 e.V.	6:06.44	396833	6:22.37 +1,17
	50m: 42.65	42.65 150m: 2:18.03	47.96	250m: 3:54.99	48.07 350m: 5:33.70
	100m: 1:30.07	47.42 200m: 3:06.92	48.89	300m: 4:44.29	49.30 400m: 6:22.37
6.	Lex Hoogendam	ZZ&PC De Devel	6:22.65	195700541	6:36.72 +1,04
	50m: 41.23	41.23 150m: 2:18.31	49.54	250m: 4:02.21	51.75 350m: 5:45.64
	100m: 1:28.77	47.54 200m: 3:10.46	52.15	300m: 4:54.14	51.93 400m: 6:36.72

70+

1.	Henk Slomp	Z&PC de Inktvis	5:35.79	195500359	5:37.22 +0,93
	50m: 37.60	37.60 150m: 2:03.46	44.14	250m: 3:30.95	43.49 350m: 4:57.64
	100m: 1:19.32	41.72 200m: 2:47.46	44.00	300m: 4:14.24	43.29 400m: 5:37.22

80+

1.	Willem Putter	ZV Vlaardingen-Schiedam	6:56.77	194500135	7:04.60 +1,05
	50m: 46.42	46.42 150m: 2:33.82	54.41	250m: 4:24.39	55.21 350m: 6:14.54
	100m: 1:39.41	52.99 200m: 3:29.18	55.36	300m: 5:19.94	55.55 400m: 7:04.60
2.	Rob Hanou	PSV	7:47.10	194300109	8:11.32 +1,12
	50m: 56.22	56.22 150m: 3:04.70	1:04.10	250m: 5:10.22	1:02.57 350m: 7:14.57
	100m: 2:00.60	1:04.38 200m: 4:07.65	1:02.95	300m: 6:13.11	1:02.89 400m: 8:11.32

Programmanr. 5
21-11-2025 - 10:28

Dames, 400m vrije slag

20 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
20+					
1.	Femke Backx	Orca Leeuwarden	4:51.70	200106430	4:39.04 +0,74
	50m: 30.15	30.15 150m: 1:38.41	34.91	250m: 2:49.68	35.81 350m: 4:02.27
	100m: 1:03.50	33.35 200m: 2:13.87	35.46	300m: 3:25.79	36.11 400m: 4:39.04
2.	Michelle van Wijk	WWW Winterswijk	4:32.29	200204746	4:40.20 +0,75
	50m: 31.48	31.48 150m: 1:42.33	35.97	250m: 2:54.37	35.62 350m: 4:05.82
	100m: 1:06.36	34.88 200m: 2:18.75	36.42	300m: 3:30.00	35.63 400m: 4:40.20
3.	Amber van der Kruk	MSV-Zeemacht	4:43.44	200102730	4:41.71 +0,83 927
	50m: 31.09	31.09 150m: 1:41.27	35.61	250m: 2:53.53	36.34 350m: 4:05.76
	100m: 1:05.66	34.57 200m: 2:17.19	35.92	300m: 3:29.80	36.27 400m: 4:41.71
4.	Anouchka Bos	NieMo Barracuda	4:41.61	200501528	4:46.27 +0,76
	50m: 32.24	32.24 150m: 1:44.44	36.25	250m: 2:57.96	36.81 350m: 4:12.09
	100m: 1:08.19	35.95 200m: 2:21.15	36.71	300m: 3:35.06	37.10 400m: 4:46.27
5.	Cynthia Koolman	Steenwijk 1934	4:52.66	200300232	4:51.36 +0,71
	50m: 33.06	33.06 150m: 1:45.50	36.65	250m: 2:59.65	37.35 350m: 4:14.22
	100m: 1:08.85	35.79 200m: 2:22.30	36.80	300m: 3:36.89	37.24 400m: 4:51.36
6.	Daniek van den Berg	DBD	4:55.48	200505398	4:57.36 +0,79
	50m: 32.75	32.75 150m: 1:47.30	37.72	250m: 3:03.71	38.33 350m: 4:20.86
	100m: 1:09.58	36.83 200m: 2:25.38	38.08	300m: 3:42.51	38.80 400m: 4:57.36
7.	Lotte van Gessel	Team Noord Holland (SG)	4:58.19	200300900	5:00.08 +0,78
	50m: 33.51	33.51 150m: 1:47.23	36.85	250m: 3:02.85	38.05 350m: 4:20.56
	100m: 1:10.38	36.87 200m: 2:24.80	37.57	300m: 3:41.34	38.49 400m: 5:00.08
8.	Claire Bosch	De Dinkel	5:00.84	200401480	5:00.63 +0,77
	50m: 32.92	32.92 150m: 1:47.12	37.34	250m: 3:04.27	38.83 350m: 4:22.46
	100m: 1:09.78	36.86 200m: 2:25.44	38.32	300m: 3:43.20	38.93 400m: 5:00.63
9.	Lieke Broere	De Otters Het Gooi	4:55.46	200303890	5:03.32 +0,82
	50m: 33.07	33.07 150m: 1:48.69	38.70	250m: 3:05.50	39.12 350m: 4:24.27
	100m: 1:09.99	36.92 200m: 2:26.38	37.69	300m: 3:45.17	39.67 400m: 5:03.32
10.	Tamar Roosen	V.Z.V. Njord	5:04.23	200501168	5:05.91 +0,71
	50m: 33.98	33.98 150m: 1:49.60	38.16	250m: 3:07.67	39.06 350m: 4:27.34
	100m: 1:11.44	37.46 200m: 2:28.61	39.01	300m: 3:47.46	39.79 400m: 5:05.91

Programmanr. 5, Dames, 400m vrije slag, 20+

rang	naam	vereniging	intijd				tijd				RT	
11.	Romée Beverdam	WS Twente	5:10.37				200100158				5:11.76	+0,85
	50m: 35.02	35.02	150m: 1:53.01	39.43	250m: 3:13.02	40.00	350m: 4:33.16	40.00	400m: 5:11.76	38.60		
	100m: 1:13.58	38.56	200m: 2:33.02	40.01	300m: 3:53.16	40.14						
12.	Eline Hoekstra	OEZA	4:55.65				200301280				5:18.42	+0,86
	50m: 33.20	33.20	150m: 1:50.17	39.27	250m: 3:12.11	41.34	350m: 4:36.26	42.24	400m: 5:18.42	42.16		
	100m: 1:10.90	37.70	200m: 2:30.77	40.60	300m: 3:54.02	41.91						
13.	Jennifer Koonen	Zwemsport Parkstad	5:14.17				200500386				5:19.36	+0,75
	50m: 35.26	35.26	150m: 1:54.29	40.36	250m: 3:16.96	41.19	350m: 4:40.00	42.04	400m: 5:19.36	39.36		
	100m: 1:13.93	38.67	200m: 2:35.77	41.48	300m: 3:57.96	41.00						

25+

1.	Laura Setz	Bubble	4:27.74				200000130				4:24.75	+0,92
	50m: 30.17	30.17	150m: 1:36.24	33.38	250m: 2:43.47	33.62	350m: 3:51.63	34.22	400m: 4:24.75	33.12		
	100m: 1:02.86	32.69	200m: 2:09.85	33.61	300m: 3:17.41	33.94						
2.	Tamara Grove	De Dolfijn	4:29.20				199601266				4:29.97	+0,72
	50m: 31.04	31.04	150m: 1:39.59	34.53	250m: 2:48.24	34.34	350m: 3:56.35	34.10	400m: 4:29.97	33.62		
	100m: 1:05.06	34.02	200m: 2:13.90	34.31	300m: 3:22.25	34.01						
3.	Moniek van Langevelde	DWK	4:39.61				199803160				4:40.30	+0,73
	50m: 32.73	32.73	150m: 1:43.68	35.72	250m: 2:55.33	35.67	350m: 4:06.27	35.30	400m: 4:40.30	34.03		
	100m: 1:07.96	35.23	200m: 2:19.66	35.98	300m: 3:30.97	35.64						
4.	Marijke Drent	Bubble	4:38.10				199906232				4:42.74	+0,85
	50m: 31.93	31.93	150m: 1:42.19	35.62	250m: 2:54.67	36.18	350m: 4:07.13	36.17	400m: 4:42.74	35.61		
	100m: 1:06.57	34.64	200m: 2:18.49	36.30	300m: 3:30.96	36.29						
5.	J. van Omme - van Veen	Zwemvereniging Hoogland	4:46.53				199603192				4:43.54	+0,79
	50m: 31.09	31.09	150m: 1:42.13	36.01	250m: 2:54.76	36.40	350m: 4:07.80	36.28	400m: 4:43.54	35.74		
	100m: 1:06.12	35.03	200m: 2:18.36	36.23	300m: 3:31.52	36.76						
6.	Zoé Janvier	Cercle De Natation Sportcity	4:59.47				CNSW/013266/00				4:57.30	+0,73
	50m: 33.24	33.24	150m: 1:48.03	38.02	250m: 3:04.90	38.33	350m: 4:21.17	37.65	400m: 4:57.30	36.13		
	100m: 1:10.01	36.77	200m: 2:26.57	38.54	300m: 3:43.52	38.62						
7.	Noa Oldenhof	ZPCH	5:08.85				199700622				4:59.91	+0,67
	50m: 33.67	33.67	150m: 1:48.84	38.28	250m: 3:06.18	38.20	350m: 4:22.75	38.11	400m: 4:59.91	37.16		
	100m: 1:10.56	36.89	200m: 2:27.98	39.14	300m: 3:44.64	38.46						
8.	Nienke Versteegen	DBD	5:12.64				200004548				5:07.93	+0,70
	50m: 34.44	34.44	150m: 1:51.50	39.01	250m: 3:11.71	40.07	350m: 4:30.54	39.16	400m: 5:07.93	37.39		
	100m: 1:12.49	38.05	200m: 2:31.64	40.14	300m: 3:51.38	39.67						
9.	Evelien de Jong	Neptunia '24	5:32.89				199805316				5:34.89	+0,79
	50m: 34.91	34.91	150m: 1:56.97	42.08	250m: 3:22.05	43.03	350m: 4:52.92	45.86	400m: 5:34.89	41.97		
	100m: 1:14.89	39.98	200m: 2:39.02	42.05	300m: 4:07.06	45.01						
10.	Deborah Thoolen	Team Noord Holland (SG)	5:43.03				199703568				5:39.25	+0,61
	50m: 37.82	37.82	150m: 2:04.83	44.63	250m: 3:34.77	44.90	350m: 4:58.96	41.13	400m: 5:39.25	40.29		
	100m: 1:20.20	42.38	200m: 2:49.87	45.04	300m: 4:17.83	43.06						
11.	Nadine Scheeve	De Biesboschzweimmers	5:46.86				199700684				5:39.48	+0,81
	50m: 36.24	36.24	150m: 2:02.18	43.77	250m: 3:30.60	44.26	350m: 4:58.37	43.62	400m: 5:39.48	41.11		
	100m: 1:18.41	42.17	200m: 2:46.34	44.16	300m: 4:14.75	44.15						
12.	Anouk van der Lans	Westland Swimming Stars	5:24.25				199801614				5:40.97	+0,79
	50m: 35.24	35.24	150m: 1:57.73	42.33	250m: 3:25.75	44.41	350m: 4:57.56	45.99	400m: 5:40.97	43.41		
	100m: 1:15.40	40.16	200m: 2:41.34	43.61	300m: 4:11.57	45.82						
13.	Astrid Wibbelink	Steenwijk 1934	5:40.97				199600006				5:48.06	+0,69
	50m: 36.13	36.13	150m: 2:00.50	43.11	250m: 3:29.22	44.95	350m: 5:02.24	46.95	400m: 5:48.06	45.82		
	100m: 1:17.39	41.26	200m: 2:44.27	43.77	300m: 4:15.29	46.07						

30+

1.	Leonie van Noort	WVZ	4:28.73				199301752				4:28.11	+0,80
	<i>Nederlands Masters Record</i>											
	50m: 30.93	30.93	150m: 1:39.08	34.62	250m: 2:47.48	33.70	350m: 3:55.31	33.82	400m: 4:28.11	32.80		
	100m: 1:04.46	33.53	200m: 2:13.78	34.70	300m: 3:21.49	34.01						
2.	Lotte Coenen	D.E.S.	4:51.52				199301518				4:47.07	+0,80
	50m: 32.70	32.70	150m: 1:45.17	36.28	250m: 2:57.61	36.85	350m: 4:10.65	36.83	400m: 4:47.07	36.42		
	100m: 1:08.89	36.19	200m: 2:21.76	36.59	300m: 3:33.82	36.21						
3.	Fiona Meuffels	PSV	4:49.47				199504366				4:53.35	+0,69
	50m: 33.17	33.17	150m: 1:46.93	36.99	250m: 3:01.34	37.12	350m: 4:17.28	38.08	400m: 4:53.35	36.07		
	100m: 1:09.94	36.77	200m: 2:24.22	37.29	300m: 3:39.20	37.86						

Programmanr. 5, Dames, 400m vrije slag, 30+

rang	naam	vereniging	intijd	199506824	tijd	RT	
4.	Anne-Irene Ducheine	Zwemvereniging Hoogland	4:58.03	199506824	4:57.76	+0,76	
	50m: 33.30	33.30 150m: 1:48.22	37.93	250m: 3:04.11	37.86	350m: 4:20.17	37.95
	100m: 1:10.29	36.99 200m: 2:26.25	38.03	300m: 3:42.22	38.11	400m: 4:57.76	37.59
5.	Jara Schmidt	ENC Arnhem	5:07.52	199405062	4:58.49	+0,73	
	50m: 32.04	32.04 150m: 1:45.83	37.23	250m: 3:02.31	38.49	350m: 4:20.34	39.24
	100m: 1:08.60	36.56 200m: 2:23.82	37.99	300m: 3:41.10	38.79	400m: 4:58.49	38.15
6.	Floor Weijmans	HZPC	5:00.54	199502522	4:59.74	+0,87	
	50m: 33.26	33.26 150m: 1:47.59	37.74	250m: 3:04.68	38.71	350m: 4:21.84	40.52
	100m: 1:09.85	36.59 200m: 2:25.97	38.38	300m: 3:43.62	38.94	400m: 4:59.74	37.90
7.	Diane Schoenmaker	PSV	5:10.37	199502920	5:05.31	+0,80	
	50m: 32.97	32.97 150m: 1:47.90	38.07	250m: 3:05.89	38.95	350m: 4:26.45	40.52
	100m: 1:09.83	36.86 200m: 2:26.94	39.04	300m: 3:45.93	40.04	400m: 5:05.31	38.86
8.	Larissa Jansen	PSV	5:05.00	199500660	5:05.75	+0,84	
	50m: 34.30	34.30 150m: 1:49.73	37.94	250m: 3:06.72	38.90	350m: 4:25.16	39.48
	100m: 1:11.79	37.49 200m: 2:27.82	38.09	300m: 3:45.68	38.96	400m: 5:05.75	40.59
9.	Annemiek Meulenbeld	Orca Leeuwarden	5:26.32	199506230	5:13.98	+0,76	
	50m: 33.59	33.59 150m: 1:49.85	38.79	250m: 3:10.63	40.65	350m: 4:32.78	41.50
	100m: 1:11.06	37.47 200m: 2:29.98	40.13	300m: 3:51.28	40.65	400m: 5:13.98	41.20
10.	Esther Kwebeman	TriVia	5:23.47	199106374	5:23.66	+0,78	
	50m: 35.17	35.17 150m: 1:55.02	40.87	250m: 3:18.02	41.91	350m: 4:43.06	43.13
	100m: 1:14.15	38.98 200m: 2:36.11	41.09	300m: 3:59.93	41.91	400m: 5:23.66	40.60
11.	Irmgard van Weeghel	ENC Arnhem	5:30.58	199204834	5:35.05	+0,78	
	50m: 35.42	35.42 150m: 1:57.42	42.17	250m: 3:24.59	43.87	350m: 4:52.51	43.82
	100m: 1:15.25	39.83 200m: 2:40.72	43.30	300m: 4:08.69	44.10	400m: 5:35.05	42.54
12.	Hilma Buiten	MZ&PC De Reest	5:51.19	199407522	5:55.61	+0,75	
	50m: 36.71	36.71 150m: 2:04.34	45.27	250m: 3:37.37	46.49	350m: 5:11.14	46.91
	100m: 1:19.07	42.36 200m: 2:50.88	46.54	300m: 4:24.23	46.86	400m: 5:55.61	44.47
AFGEM	Janine de Groot	NDD	5:36.54	199500092			
35+							
1.	Lisanne Andeweg	Zuiderzeezwimmers	4:59.14	198800092	4:59.99	+0,79	
	50m: 34.19	34.19 150m: 1:49.53	37.98	250m: 3:06.11	38.22	350m: 4:22.76	38.32
	100m: 1:11.55	37.36 200m: 2:27.89	38.36	300m: 3:44.44	38.33	400m: 4:59.99	37.23
2.	Relinda Baas	TriVia	5:04.67	198900144	5:03.83	+0,71	
	50m: 33.73	33.73 150m: 1:48.08	37.81	250m: 3:05.63	38.84	350m: 4:24.47	39.46
	100m: 1:10.27	36.54 200m: 2:26.79	38.71	300m: 3:45.01	39.38	400m: 5:03.83	39.36
3.	Saskia de Klerk	GoSwim	5:12.12	199004612	5:06.81	+0,72	
	50m: 32.87	32.87 150m: 1:49.13	39.01	250m: 3:09.06	40.29	350m: 4:30.20	40.61
	100m: 1:10.12	37.25 200m: 2:28.77	39.64	300m: 3:49.59	40.53	400m: 5:06.81	36.61
4.	Nanda van Heteren	PSV	5:19.03	198901728	5:31.21	+0,81	
	50m: 36.08	36.08 150m: 1:59.02	42.27	250m: 3:25.40	43.43	350m: 4:51.21	43.07
	100m: 1:16.75	40.67 200m: 2:41.97	42.95	300m: 4:08.14	42.74	400m: 5:31.21	40.00
5.	Liesbeth van Mill	Zwemlust- den Hommel	5:30.93	198702786	5:39.44	+0,77	
	50m: 35.95	35.95 150m: 1:58.80	42.34	250m: 3:25.91	44.04	350m: 4:55.28	45.07
	100m: 1:16.46	40.51 200m: 2:41.87	43.07	300m: 4:10.21	44.30	400m: 5:39.44	44.16
6.	Joëlle Vaes	DIO	5:38.07	199007576	5:45.50	+0,71	
	50m: 38.29	38.29 150m: 2:04.54	43.79	250m: 3:33.72	44.59	350m: 5:02.71	44.08
	100m: 1:20.75	42.46 200m: 2:49.13	44.59	300m: 4:18.63	44.91	400m: 5:45.50	42.79
40+							
1.	Viktoria Haden-Felfoldi	Iron Swim	4:51.46	66/3267	4:44.58	+0,69	
	<i>Hungarian Masters Record</i>						
	50m: 32.39	32.39 150m: 1:43.99	36.04	250m: 2:56.49	36.44	350m: 4:09.22	36.31
	100m: 1:07.95	35.56 200m: 2:20.05	36.06	300m: 3:32.91	36.42	400m: 4:44.58	35.36
2.	Ann Wanter	Zwemclub Geel	4:46.42	ZGEEL/21082/82	4:50.76	+0,79	
	50m: 33.35	33.35 150m: 1:46.80	36.88	250m: 3:00.23	36.80	350m: 4:14.53	37.06
	100m: 1:09.92	36.57 200m: 2:23.43	36.63	300m: 3:37.47	37.24	400m: 4:50.76	36.23
3.	Evita van de Ketterij	De Treffers	5:12.99	198504284	5:08.19	+0,75	
	50m: 33.97	33.97 150m: 1:49.99	38.66	250m: 3:09.11	39.60	350m: 4:29.07	39.85
	100m: 1:11.33	37.36 200m: 2:29.51	39.52	300m: 3:49.22	40.11	400m: 5:08.19	39.12

Programmanr. 5, Dames, 400m vrije slag, 40+

rang	naam	vereniging	intijd	198301274	tijd	RT
4.	Ramona Linting	AZC	5:10.65	198301274	5:15.28	+0,75
	50m: 34.91	34.91 150m: 1:53.56	39.86	250m: 3:13.59	40.24	350m: 4:34.58
	100m: 1:13.70	38.79 200m: 2:33.35	39.79	300m: 3:54.07	40.48	400m: 5:15.28
5.	Nadya Putter	ZV Vlaardingen-Schiedam	5:14.57	198301630	5:17.26	+0,76
	50m: 37.33	37.33 150m: 1:57.17	40.33	250m: 3:17.60	40.23	350m: 4:37.50
	100m: 1:16.84	39.51 200m: 2:37.37	40.20	300m: 3:57.55	39.95	400m: 5:17.26
6.	Riky Smeets-Jansen	ZEPS	5:44.96	198401142	5:41.45	+0,99
	50m: 38.78	38.78 150m: 2:04.66	43.34	250m: 3:32.45	44.22	350m: 5:00.99
	100m: 1:21.32	42.54 200m: 2:48.23	43.57	300m: 4:16.83	44.38	400m: 5:41.45

45+

1.	Steffi Meinhold	D.E.S.	4:52.33	198001542	4:55.83	+0,70
	50m: 34.01	34.01 150m: 1:48.32	37.45	250m: 3:03.45	37.73	350m: 4:19.02
	100m: 1:10.87	36.86 200m: 2:25.72	37.40	300m: 3:40.97	37.52	400m: 4:55.83
2.	Melanie Kuiper	Zignea	5:04.64	197600350	5:03.76	+0,85
	50m: 34.44	34.44 150m: 1:50.06	38.08	250m: 3:08.20	39.18	350m: 4:26.93
	100m: 1:11.98	37.54 200m: 2:29.02	38.96	300m: 3:47.77	39.57	400m: 5:03.76
3.	Anke Lambooij	AZL	5:02.31	198001182	5:06.15	+0,84
	50m: 32.71	32.71 150m: 1:47.83	38.41	250m: 3:06.26	39.68	350m: 4:26.64
	100m: 1:09.42	36.71 200m: 2:26.58	38.75	300m: 3:46.19	39.93	400m: 5:06.15
4.	Alina Spijkerman	DAW	5:20.49	197701220	5:19.71	+0,78
	50m: 35.55	35.55 150m: 1:55.62	40.57	250m: 3:17.63	41.25	350m: 4:40.20
	100m: 1:15.05	39.50 200m: 2:36.38	40.76	300m: 3:58.81	41.18	400m: 5:19.71
5.	Chantal Verhoeff	Old Dutch	5:22.72	197900912	5:23.71	+0,86
	50m: 35.80	35.80 150m: 1:57.25	41.34	250m: 3:20.27	40.97	350m: 4:43.02
	100m: 1:15.91	40.11 200m: 2:39.30	42.05	300m: 4:01.51	41.24	400m: 5:23.71
6.	Jessica Venema	Old Dutch	5:31.69	197901526	5:32.53	+0,80
	50m: 36.14	36.14 150m: 1:58.02	41.75	250m: 3:23.63	43.09	350m: 4:51.18
	100m: 1:16.27	40.13 200m: 2:40.54	42.52	300m: 4:07.51	43.88	400m: 5:32.53
7.	Jannie Vennik	HZ&PC Heerenveen	5:33.05	197601006	5:34.67	+0,94
	50m: 37.81	37.81 150m: 2:02.33	42.84	250m: 3:27.41	42.73	350m: 4:53.17
	100m: 1:19.49	41.68 200m: 2:44.68	42.35	300m: 4:10.13	42.72	400m: 5:34.67
8.	Petra Guijt	Aqua-Novio '94	5:34.05	197600978	5:34.79	+0,85
	50m: 37.76	37.76 150m: 2:02.47	42.80	250m: 3:28.85	43.24	350m: 4:54.68
	100m: 1:19.67	41.91 200m: 2:45.61	43.14	300m: 4:12.10	43.25	400m: 5:34.79
9.	Agnes van Brug	DAW	5:42.74	198001726	5:40.50	
	50m: 38.01	38.01 150m: 2:02.86	43.23	250m: 3:30.94	44.30	350m: 4:58.67
	100m: 1:19.63	41.62 200m: 2:46.64	43.78	300m: 4:14.75	43.81	400m: 5:40.50
10.	Luisiana Bigea	ZV Sassenheim	6:11.97	197701300	6:16.22	+0,79
	50m: 39.05	39.05 150m: 2:08.65	45.45	250m: 3:46.29	48.69	350m: 5:25.50
	100m: 1:23.20	44.15 200m: 2:57.60	48.95	300m: 4:36.38	50.09	400m: 6:16.22
11.	Tanja Lenz	Uerdinger SV 08	6:13.02	451703	6:18.24	+0,77
	50m: 40.35	40.35 150m: 2:11.53	46.86	250m: 3:47.50	48.12	350m: 5:26.66
	100m: 1:24.67	44.32 200m: 2:59.38	47.85	300m: 4:36.44	48.94	400m: 6:18.24
12.	Katrin Glatzer	ZPC Amersfoort	6:19.85	197601200	6:25.09	+0,99
	50m: 43.69	43.69 150m: 2:20.70	48.42	250m: 3:58.55	48.75	350m: 5:36.39
	100m: 1:32.28	48.59 200m: 3:09.80	49.10	300m: 4:47.39	48.84	400m: 6:25.09

50+

1.	Liselotte Joling	PSV	4:45.59	197500268	4:46.67	+0,82
	50m: 33.80	33.80 150m: 1:45.75	35.77	250m: 2:58.74	36.24	350m: 4:11.51
	100m: 1:09.98	36.18 200m: 2:22.50	36.75	300m: 3:35.18	36.44	400m: 4:46.67
2.	Micky Gulms	Luxembourg Sharks Swimming	5:04.53	4029	5:05.62	+0,80
	50m: 34.60	34.60 150m: 1:52.23	39.07	250m: 3:10.64	39.28	350m: 4:28.81
	100m: 1:13.16	38.56 200m: 2:31.36	39.13	300m: 3:49.92	39.28	400m: 5:05.62
3.	Cindy Gootzen-Bulthuis	RZ	5:10.96	197500990	5:07.82	+0,87
	50m: 33.68	33.68 150m: 1:48.84	38.43	250m: 3:08.56	39.97	350m: 4:29.29
	100m: 1:10.41	36.73 200m: 2:28.59	39.75	300m: 3:48.95	40.39	400m: 5:07.82
4.	Annette de Visser	Oceanus	5:19.68	197100602	5:17.55	+0,84
	50m: 36.20	36.20 150m: 1:55.98	39.95	250m: 3:17.34	40.89	350m: 4:38.28
	100m: 1:16.03	39.83 200m: 2:36.45	40.47	300m: 3:57.63	40.29	400m: 5:17.55

Programmanr. 5, Dames, 400m vrije slag, 50+

rang	naam	vereniging	intijd	197300770	tijd	RT
5.	Ingrid Versteegen	DBD	6:10.06		6:12.32	
	50m: 43.29	43.29 150m: 2:16.81	47.12 250m: 3:51.98	47.18	350m: 5:26.88	47.84
	100m: 1:29.69	46.40 200m: 3:04.80	47.99 300m: 4:39.04	47.06	400m: 6:12.32	45.44
6.	Annet Kootstra	SWOL 1894	6:15.82	197100344	6:23.76	+1,09
	50m: 43.58	43.58 150m: 2:20.13	48.72 250m: 3:58.42	49.12	350m: 5:36.57	48.60
	100m: 1:31.41	47.83 200m: 3:09.30	49.17 300m: 4:47.97	49.55	400m: 6:23.76	47.19

55+

1.	Katrien Delaender	Drie Zes Vijf	5:10.74	DZV/21012/66	5:00.51	
	50m: 34.09	34.09 150m: 1:49.02	38.09 250m: 3:06.15	38.67	350m: 4:23.84	38.92
	100m: 1:10.93	36.84 200m: 2:27.48	38.46 300m: 3:44.92	38.77	400m: 5:00.51	36.67
2.	Claudia Thielemann	SG Bayer	4:59.32	333958	5:03.46	+0,62
	50m: 34.54	34.54 150m: 1:50.11	38.24 250m: 3:07.01	38.56	350m: 4:25.02	39.05
	100m: 1:11.87	37.33 200m: 2:28.45	38.34 300m: 3:45.97	38.96	400m: 5:03.46	38.44
3.	Lidia v. Bon-Rosenbrand	ZPC Amersfoort	5:05.95	197000054	5:09.59	+0,72
	50m: 35.05	35.05 150m: 1:53.23	39.28 250m: 3:11.68	38.59	350m: 4:31.00	39.88
	100m: 1:13.95	38.90 200m: 2:33.09	39.86 300m: 3:51.12	39.44	400m: 5:09.59	38.59
4.	Bianca Groot	MSV-Zeemacht	5:26.65	197000652	5:21.24	+0,85
	50m: 35.92	35.92 150m: 1:55.39	40.08 250m: 3:16.94	41.32	350m: 4:40.15	41.88
	100m: 1:15.31	39.39 200m: 2:35.62	40.23 300m: 3:58.27	41.33	400m: 5:21.24	41.09
5.	Iris van Aurich	DWK	5:36.22	196900866	5:41.63	+0,88
	50m: 38.86	38.86 150m: 2:04.01	43.23 250m: 3:31.35	43.86	350m: 5:00.64	44.61
	100m: 1:20.78	41.92 200m: 2:47.49	43.48 300m: 4:16.03	44.68	400m: 5:41.63	40.99
6.	Cancia Leirissa	Albion	6:11.73	196700748	6:17.57	+0,80
	50m: 41.56	41.56 150m: 2:13.69	47.02 250m: 3:51.68	48.92	350m: 5:29.92	48.60
	100m: 1:26.67	45.11 200m: 3:02.76	49.07 300m: 4:41.32	49.64	400m: 6:17.57	47.65
7.	Sandra Daamen-Posma	AZC	6:37.27	196800854	6:43.64	+0,92
	50m: 45.01	45.01 150m: 2:25.84	51.32 250m: 4:09.27	51.68	350m: 5:52.91	51.93
	100m: 1:34.52	49.51 200m: 3:17.59	51.75 300m: 5:00.98	51.71	400m: 6:43.64	50.73
8.	Annette van Dok	MSV-Zeemacht	6:40.82	196800742	7:04.74	+0,87
	50m: 45.80	45.80 150m: 2:31.54	53.24 250m: 4:20.79	54.54	350m: 6:10.80	55.02
	100m: 1:38.30	52.50 200m: 3:26.25	54.71 300m: 5:15.78	54.99	400m: 7:04.74	53.94

60+

1.	Petra Tossings	GZC Donk	5:52.88	196100376	5:54.29	+0,87
	50m: 39.25	39.25 150m: 2:07.44	44.65 250m: 3:37.85	45.61	350m: 5:09.26	45.86
	100m: 1:22.79	43.54 200m: 2:52.24	44.80 300m: 4:23.40	45.55	400m: 5:54.29	45.03
2.	Anita Steijger	WVZ	6:01.95	196500628	6:00.04	+0,93
	50m: 42.34	42.34 150m: 2:11.90	45.10 250m: 3:43.36	45.73	350m: 5:15.56	46.15
	100m: 1:26.80	44.46 200m: 2:57.63	45.73 300m: 4:29.41	46.05	400m: 6:00.04	44.48
3.	Maud Peuten-Evers	Mosa-Regio	6:17.84	196400584	6:16.86	+1,01
	50m: 42.02	42.02 150m: 2:15.69	47.00 250m: 3:53.16	49.15	350m: 5:29.59	48.10
	100m: 1:28.69	46.67 200m: 3:04.01	48.32 300m: 4:41.49	48.33	400m: 6:16.86	47.27
4.	Kirsten Stamer	SC Janus Köln	6:54.38	247144	6:53.95	
	50m: 45.75	45.75 150m: 2:27.95	52.00 250m: 4:13.76	53.02	350m: 6:00.76	53.74
	100m: 1:35.95	50.20 200m: 3:20.74	52.79 300m: 5:07.02	53.26	400m: 6:53.95	53.19
5.	Erica Muller	De Geul	7:00.58	196400412	7:03.48	+0,84
	50m: 47.74	47.74 150m: 2:34.04	54.35 250m: 4:22.53	54.43	350m: 6:11.26	54.26
	100m: 1:39.69	51.95 200m: 3:28.10	54.06 300m: 5:17.00	54.47	400m: 7:03.48	52.22

65+

1.	Marijke Kraak-Beckers	SWOL 1894	6:11.89	196000240	6:16.11	+0,90
	50m: 41.19	41.19 150m: 2:14.67	47.54 250m: 3:52.00	48.50	350m: 5:28.86	48.27
	100m: 1:27.13	45.94 200m: 3:03.50	48.83 300m: 4:40.59	48.59	400m: 6:16.11	47.25
2.	Lia Bijkerk	GZC Donk	6:47.70	196000014	6:40.49	+0,98
	50m: 45.41	45.41 150m: 2:25.85	50.89 250m: 4:09.51	51.85	350m: 5:52.42	50.89
	100m: 1:34.96	49.55 200m: 3:17.66	51.81 300m: 5:01.53	52.02	400m: 6:40.49	48.07
3.	Marion Kolkman-Pluim	ENC Arnhem	6:56.80	196000330	6:50.02	+0,91
	50m: 45.68	45.68 150m: 2:26.72	51.16 250m: 4:09.51	51.54	350m: 5:56.19	54.48
	100m: 1:35.56	49.88 200m: 3:17.97	51.25 300m: 5:01.71	52.20	400m: 6:50.02	53.83

Programmanr. 5, Dames, 400m vrije slag, 65+

rang	naam	vereniging	intijd				tijd				RT	
4.	Monica Bakker	Steenwijk 1934	7:13.06				195600082				7:12.38	+0,89
	50m:	47.11	47.11	150m:	2:31.54	53.64	250m:	4:20.94	55.18	350m:	6:15.53	57.89
	100m:	1:37.90	50.79	200m:	3:25.76	54.22	300m:	5:17.64	56.70	400m:	7:12.38	56.85

75+

1.	Conny Boer-Buys	ZV Vlaardingen-Schiedam	6:20.77				195000006				6:18.76	+0,94
	50m:	42.08	42.08	150m:	2:19.17	50.10	250m:	3:58.61	49.02	350m:	5:34.70	47.24
	100m:	1:29.07	46.99	200m:	3:09.59	50.42	300m:	4:47.46	48.85	400m:	6:18.76	44.06

80+

1.	Loekie van Huissteden	ZPC Amersfoort	9:23.75				194500002				9:39.69	+1,04
	50m:	1:02.34	1:02.34	150m:	3:29.24	1:14.72	250m:	5:58.38	1:15.20	350m:	8:26.99	1:14.21
	100m:	2:14.52	1:12.18	200m:	4:43.18	1:13.94	300m:	7:12.78	1:14.40	400m:	9:39.69	1:12.70

Programmanr. 6

Heren, 100m rugslag

20 en ouder

21-11-2025 - 11:51

Resultaten

rang	naam	vereniging	intijd		tijd	RT	50m	100m
20+								
1.	Arno Nelissen	Hellas-Glana	58.92	200300229	58.18	+0,84	28.37	58.18
2.	Scott Jansen	WVZ	1:00.41	200202455	59.65	+0,73	28.70	59.65
3.	Jorian Darwinkel	HZ&PC Heerenveen	1:03.95	200300565	1:02.32	+0,66	29.50	1:02.32
4.	Coen Keulen	Hellas-Glana	1:04.16	200400107	1:05.27	+0,65	31.84	1:05.27
5.	Daniel Heling	Aqua'68	1:06.10	200500641	1:05.59	+0,75	31.12	1:05.59
25+								
1.	Radek Chupka	ZPCH	1:00.67	199605887	59.81	+0,68	28.85	59.81
2.	Arjan Dekker	Bubble	59.45	200000499	59.84	+0,60	28.99	59.84
3.	Richard Kuipers	HZ&PC Heerenveen	1:01.56	199704171	1:02.47	+0,69	30.06	1:02.47
4.	Doran Paap	ZV Westland	1:05.12	200000301	1:02.49	+0,68	29.50	1:02.49
5.	David Kievit	De Schotepijl	1:03.86	199900325	1:04.83	+0,82	31.58	1:04.83
6.	Jordy van Oel	WVZ	1:06.26	199802003	1:06.46	+0,78	32.08	1:06.46
7.	Tim van Grunsven	De Treffers	1:10.31	199804535	1:10.15	+0,65	33.61	1:10.15
30+								
1.	Jesper Oranje	De Duck	59.66	199200997	59.09	+0,65	28.97	59.09
2.	Bas Dries	Zwemvereniging Hoogland	1:00.88	199505177	1:00.81	+0,63	28.92	1:00.81
3.	Wouter Sijmons	Z&PV Nuenen	1:04.99	199302695	1:04.42	+0,80	31.67	1:04.42
4.	Pieter Ytsma	ZV Zaltbommel	1:04.36	199501809	1:04.89	+0,70	31.23	1:04.89
5.	Patrick Brouwer	AZC	1:09.12	199303715	1:10.08	+0,75	33.84	1:10.08
6.	Johan Krakou	De Rijn	1:11.23	199101311	1:10.11	+0,80	33.14	1:10.11
35+								
1.	Olaf Achterberg	VZC	1:05.92	199000011	1:03.12	+0,69	30.81	1:03.12
2.	Joeri van Wallenburg	Onderdak	1:04.36	199004875	1:04.82	+0,70	31.37	1:04.82
3.	Robert Braad	Steenwijk 1934	1:04.35	198600407	1:04.99	+0,72	31.25	1:04.99
4.	Remco van der Graaf	De Geul	1:15.08	198704007	1:13.35	+0,89	35.86	1:13.35

Programmanr. 6, Heren, 100m rugslag

40+

1.	Alan Smeets	Zwemsport Parkstad	1:01.99	198402089	1:01.69	+0,86	29.53	1:01.69
2.	Martijn Giezen	ZPC Amersfoort	1:01.54	198500813	1:04.35	+0,71	30.46	1:04.35
3.	Ivan van Omme	De Geul	1:12.40	198201263	1:07.80	+0,76	32.68	1:07.80
4.	Rob van Vliet	ZPC Amersfoort	1:12.76	198402459	1:09.50	+0,85	33.69	1:09.50
5.	Gerwin Vonk	De Spatters	1:10.92	198201907	1:10.08	+0,76	33.26	1:10.08
6.	Dirk Smit	DBD	1:09.07	198101559	1:12.27	+0,76	33.54	1:12.27
7.	Rob van Wanrooy	Albion	1:12.91	198202627	1:13.27	+0,68	35.12	1:13.27
8.	Bertrand Mailliet	ASPTT Clermont-Ferrand	1:16.97	88948	1:14.92	+0,73	35.44	1:14.92
9.	Benoit Gasner	D.E.S.	1:16.66	198102645	1:15.35	+0,71	37.30	1:15.35

45+

1.	Ruud Holswilder	ZPCH	1:03.59	197800435	1:04.62	+0,71	31.11	1:04.62
2.	Mark Hensen	NieMo Barracuda	1:04.74	197900497	1:05.12	+0,78	31.22	1:05.12
3.	Ivo Roozeboom	WVZ	1:04.94	197700801	1:05.38	+0,75	31.97	1:05.38
4.	Robert Istrate	Zwemsport Parkstad	1:09.00	198002555	1:09.51	+0,82	34.51	1:09.51
5.	Sven Kielblock	Brander SV 1973 e.V.	1:13.92	320075	1:11.06	+0,80	34.31	1:11.06
6.	Jeroen Meuleners	SG Patrick - De Roersopp	1:12.53	197800703	1:12.37	+0,72	34.92	1:12.37
7.	Pieter Broek	Westland Swimming Stars	1:17.96	197701637	1:15.14	+0,64	36.25	1:15.14
AFGEM	Jasper van Heijst	ZPCH	1:04.75	197601699				

50+

1.	Alex Damen	DAW	1:12.96	197501371	1:09.09	+0,79	33.61	1:09.09
2.	Kees Bakker	Gay Swim Amsterdam	1:08.65	197501055	1:09.97	+0,64	34.27	1:09.97
3.	Markus Löber	SSF Bonn	1:07.99	444684	1:10.00	+0,79	34.05	1:10.00
4.	Rogier Vissers	PSV	1:14.44	197300935	1:12.86	+0,90	35.08	1:12.86
5.	Olivier van Heezik	PSV	1:21.27	197101763	1:16.48	+0,82	36.90	1:16.48
6.	Peter de Vries	HZ&PC Heerenveen	1:20.32	197401601	1:20.16	+0,81	38.93	1:20.16

55+

1.	Chester Marsman	ZPC Amersfoort	1:05.99	196900671	1:04.63	+0,77	31.09	1:04.63
2.	J. van den Berg	WVZ	1:08.81	196801575	1:08.14	+0,76	33.17	1:08.14
3.	Marcel Vroegindewei	Poseidon'56	1:15.11	196801709	1:11.26	+0,78	34.02	1:11.26
4.	Tobias Diener	SGS Hannover	1:15.93	060652	1:13.28	+0,68	34.99	1:13.28
5.	Charles Geurten	V.Z.V. Njord	1:14.80	196600239	1:13.32	+0,68	36.02	1:13.32
6.	René Beetsma	HZ&PC Heerenveen	1:14.02	196900069	1:13.75	+0,82	35.72	1:13.75
7.	Henri Verschoor	De Biesboschwimmers	1:17.16	197001041	1:16.47	+0,77	36.93	1:16.47
8.	Nico Swart	De Biesboschwimmers	1:17.04	196801475	1:17.22	+0,79	37.73	1:17.22
9.	Bruno Nahon	Cercle De Natation Sportc	1:16.92	we CNSW/000390/70	1:17.86	+0,86	37.78	1:17.86
10.	Jacques Verriet	V.Z.V. Njord	1:24.99	197001039	1:25.18	+0,76	41.66	1:25.18

60+

1.	Johan Remmits	ZPC Amersfoort	1:09.58	196201159	1:08.82	+0,72	33.30	1:08.82
2.	Edwin v. Norden	ZPC Amersfoort	1:09.92	196300563	1:09.59	+0,84	34.10	1:09.59
3.	Peter Bernsen	ZPC De Rog	1:09.92	196301119	1:09.83	+0,67	33.43	1:09.83
4.	Bert Schlicher	RZ	1:10.88	196400669	1:16.42	+0,74	34.66	1:16.42
5.	Hans Vloedgraven	Old Dutch	1:18.12	196400917	1:17.69	+0,71	38.18	1:17.69
6.	Ralf Dillig	Duisburger ST	1:17.12	060769	1:18.22	+0,68	38.29	1:18.22
7.	Casper Dollekamp	Steenwijk 1934	1:30.22	196301341	1:23.61	+0,81	40.25	1:23.61
8.	Adriaan Kop	Old Dutch	1:28.01	196101135	1:25.83	+0,72	42.09	1:25.83

65+

1.	Hugo Bregman	WVZ	1:17.29	195800069	1:12.64	+0,88	35.15	1:12.64
2.	Erik Kamphuis	ZPC De Rog	1:14.22	196001035	1:16.09	+0,81	38.01	1:16.09
3.	Paul Bunnik	Triton	1:25.04	195600413	1:25.11	+0,77	40.81	1:25.11
4.	Wim de Lange	AZC	1:30.07	195800533	1:30.88	+0,77	44.93	1:30.88
5.	André Schutte	ZPC De Zeeuwse Kust	1:35.05	196000521	1:37.79	+0,90	46.99	1:37.79

Programmanr. 6, Heren, 100m rugslag

70+

1.	Hans Piederiet	SGHW	1:26.82	195400177	1:28.48	+0,68	42.03	1:28.48
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75+

1.	Piet Schop	De Bevelanders	1:47.26	195000109	1:50.99	+0,94	52.34	1:50.99
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80+

1.	Rob Hanou	PSV	1:56.87	194300109	1:59.51	+0,91	59.33	1:59.51
2.	Nico Baay	Old Dutch	2:04.05	194200053	2:09.37	+0,79	57.86	2:09.37

Programmanr. 7
21-11-2025 - 12:10

Dames, 100m rugslag

20 en ouder
Resultaten

rang	naam	vereniging	intijd		tijd	RT	50m	100m
20+								
1.	Nienke Bakker	TriVia	1:05.89	200501178	1:06.34	+0,72	31.86	1:06.34
2.	Lyke Buscop	De Schotejil	1:08.84	200500552	1:08.13	+0,64	32.54	1:08.13
3.	Inge Dekker	HZ&PC Heerenveen	1:08.28	200200476	1:09.20	+0,76	33.27	1:09.20
4.	Kim van Dongen	De Gelenberg	1:09.11	200400140	1:09.80	+0,76	33.72	1:09.80
5.	Marije Sweering	Neptunia '24	1:09.84	200101228	1:10.97	+0,88	34.29	1:10.97
6.	Lindi Bos	DWK	1:08.35	200101256	1:11.24	+0,73	33.46	1:11.24
7.	Lois Jalving	HZ&PC Heerenveen	1:10.76	200400280	1:11.49	+0,69	33.53	1:11.49
8.	Robin Pienaar	NieMo Barracuda	1:09.77	200102236	1:11.57	+0,70	34.06	1:11.57
9.	Sanne Kloezen	Bubble	1:11.32	200204644	1:12.40	+0,82	34.15	1:12.40
10.	Amber van der Kruk	MSV-Zeemacht	1:11.85	200102730	1:12.58	+0,73	34.58	1:12.58
11.	Eline Hoekstra	OEZA	1:11.86	200301280	1:12.60	+0,76	34.03	1:12.60
12.	Femke de Wit	ZPC Nederweert	1:11.72	200102184	1:12.90	+0,63	34.79	1:12.90
13.	Nikki Douma	Hellas-Glana	1:12.45	200102252	1:13.33	+0,69	34.91	1:13.33
14.	Joline Koop	Aqua'68	1:12.80	200403174	1:13.41	+0,86	35.53	1:13.41
15.	Pien Ooijman	WS Twente	1:15.22	200504500	1:14.69	+0,81	36.06	1:14.69
16.	Feline Slijkhuis	SG Octopus - ZVV	1:11.17	200501042	1:15.53	+0,89	36.65	1:15.53
17.	Esmee Wijnmaalen	De Geul	1:18.72	200100298	1:16.07	+0,75	37.03	1:16.07
18.	Cynthia Koolman	Steenwijk 1934	1:14.86	200300232	1:17.91	+0,78	37.66	1:17.91
25+								
1.	Marre Zandringa	Orca Leeuwarden	1:07.19	199701136	1:07.12	+0,68	31.97	1:07.12
2.	Celine Schoenmaker	DWK	1:06.27	199801976	1:07.32	+0,61	32.30	1:07.32
3.	J. van Omme - van Veen	Zwemvereniging Hoogland	1:08.67	199603192	1:09.17	+0,70	33.40	1:09.17
4.	Lauren van IJl	WVZ	1:09.92	200001064	1:10.29	+0,65	33.19	1:10.29
5.	Sterre Schlicher	RZ	1:13.71	199901672	1:12.12	+0,66	34.14	1:12.12
6.	Alisha Vieira	Blue Marlins	1:11.86	199904554	1:12.77	+0,66	34.06	1:12.77
7.	Mirelle de Kort	VZ&PC Nautilus	1:14.60	200005546	1:13.98	+0,66	35.08	1:13.98
8.	Noa Oldenhof	ZPCH	1:14.20	199700622	1:14.61	+0,71	36.11	1:14.61
9.	Marleen Hof	WS Twente	1:16.16	199802464	1:15.34	+0,85	36.06	1:15.34
10.	Lena Wriede	SGS Hannover	1:16.29	246742	1:17.35	+0,77	36.68	1:17.35
11.	Charissa Drost	Hellas-Glana	1:18.70	199704750	1:17.72	+0,87	37.55	1:17.72
12.	Tami de Lange	ZPC De Rog	1:20.86	199704116	1:21.62	+0,82	39.51	1:21.62
13.	Esmée Rolloos	NieMo Barracuda	1:19.82	199800056	1:22.10	+0,81	38.77	1:22.10
30+								
1.	Kira Toussaint	De Dolfijn	1:00.79	199400990	1:00.16	+0,57	29.20	1:00.16
<i>Europees Masters Record, + Ned. Masters Rec. 50m</i>								
2.	Lonne Dijkhuis	De Dinkel	1:10.78	199400030	1:10.07	+0,71	33.77	1:10.07
3.	Lotte Coenen	D.E.S.	1:12.33	199301518	1:10.46	+0,75	34.29	1:10.46
4.	Anne-Irene Ducheine	Zwemvereniging Hoogland	1:10.26	199506824	1:11.71	+0,55	35.18	1:11.71
5.	Diane Schoenmaker	PSV	1:20.85	199502920	1:15.19	+0,75	36.78	1:15.19

Programmanr. 7, Dames, 100m rugslag, 30+

rang	naam	vereniging	intijd		tijd	RT	50m	100m
6.	Dyonne Bruggeling	DZ&PC	1:17.76	199104880	1:15.93	+0,72	36.63	1:15.93
7.	Tessa Kierkels	MZ&PC	1:19.19	199101602	1:17.34	+0,87	37.74	1:17.34
8.	Esther Kwebeman	TriVia	1:20.05	199106374	1:18.96	+1,01	38.54	1:18.96
AFGEM	Janine de Groot	NDD	1:15.93	199500092				

35+

1.	Jacyntha Plat	Steenwijk 1934	1:10.99	199002956	1:10.44	+0,66	33.63	1:10.44
2.	Saskia de Klerk	GoSwim	1:16.63	199004612	1:11.05	+0,76	33.79	1:11.05
3.	Linda van Schaik	ZPCH	1:14.02	198605424	1:13.60	+0,89	35.79	1:13.60
4.	Anna Maria Rijkens	WSV St. Johann in Tirol	1:15.41	48298	1:14.64	+0,72	35.81	1:14.64
5.	Ilse van den Wijngaard	ZPC Woerden	1:13.41	198904736	1:16.76	+0,78	37.15	1:16.76
6.	Ingrid Jansen	ZEPS	1:18.52	198706292	1:17.25	+0,70	36.60	1:17.25
7.	Y. op den Kamp-Bruls	MZ&PC	1:25.69	199008114	1:24.94	+0,90	40.88	1:24.94

40+

1.	Roos van Esch	WVZ	1:13.18	198200468	1:14.40	+0,79	36.62	1:14.40
2.	Sylvia Reijers	De Gelenberg	1:16.60	198201360	1:14.96	+0,84	36.51	1:14.96
3.	Ann Wanter	Zwemclub Geel	1:17.23	ZGEEL/21082/82	1:15.22	+0,85	37.08	1:15.22
4.	Elke Popma - Blox	Z.V. Tiamat	1:16.58	198200154	1:16.18	+0,69	36.92	1:16.18
5.	A. Verschoor-Vos	De Biesboschzwemmers	1:18.04	198102300	1:17.41	+0,77	37.06	1:17.41
6.	Tonia Ruybroek	Poseidon'56	1:20.99	198101290	1:17.46	+0,72	37.63	1:17.46
7.	A. Besseling-de Jong	De Geul	1:26.76	198102084	1:24.12	+0,78	41.65	1:24.12

45+

1.	I. de Boer - Oosterhof	MZ&PC De Reest	1:18.72	197701152	1:16.41	+0,83	36.99	1:16.41
2.	Melanie Kuiper	Zignea	1:20.24	197600350	1:19.72	+0,86	38.48	1:19.72
3.	Alina Spijkerman	DAW	1:18.51	197701220	1:20.17	+0,82	38.96	1:20.17
4.	Jessica Venema	Old Dutch	1:23.07	197901526	1:22.55	+0,87	39.00	1:22.55
5.	Leonie Scholten	Steenwijk 1934	1:26.14	197901560	1:26.97	+0,81	40.59	1:26.97
6.	Luisiana Bigea	ZV Sassenheim	1:26.70	197701300	1:27.92	+0,93	42.87	1:27.92

50+

1.	Gudule van der Meer	PSV	1:13.50	197200396	1:13.04	+0,66	35.09	1:13.04
2.	C. Gootzen-Bulthuis	RZ	1:18.84	197500990	1:16.87	+0,76	38.08	1:16.87
3.	Edith Janssen-Koolen	TRB-RES	1:17.99	197300898	1:17.62	+0,90	37.00	1:17.62
4.	Mirjan den Drijver	Westland Swimming Stars	1:19.10	197500884	1:17.89	+0,80	38.10	1:17.89
5.	Catherine Hoogeveen	DZ&PC	1:18.24	197501048	1:19.03	+0,84	38.06	1:19.03
6.	B. Hertogh - Buijsse	Scheldestroom	1:29.70	197400910	1:29.89	+0,85	42.92	1:29.89

55+

1.	L. v. Bon-Rosenbrand	ZPC Amersfoort	1:23.81	197000054	1:19.27	+0,89	37.83	1:19.27
2.	Petra Blum	Uerdinger SV 08	1:23.09	274174	1:23.46	+0,87	39.16	1:23.46
3.	Bianca Groot	MSV-Zeemacht	1:25.85	197000652	1:28.16	+0,97	42.75	1:28.16
4.	Peggi Hurenkamp	HZ&PC Heerenveen	1:29.38	196900922	1:30.08	+0,87	44.61	1:30.08
5.	Annette van Dok	MSV-Zeemacht	1:41.37	196800742	1:42.77	+0,42	49.68	1:42.77

60+

1.	Allie Price <i>Brittish Masters Record</i>	Bridgend Swim Club	1:16.48	547582	1:17.94	+0,67	38.18	1:17.94
2.	Judith Cromjongh	De Zwoer	1:18.91	196400054	1:18.94	+0,74	39.24	1:18.94
3.	Feikje Wittermans	GZC Donk	1:24.65	196400408	1:23.90	+0,79	40.13	1:23.90
4.	M. Grove-Lingeman	Triton	1:26.93	196200080	1:26.78	+0,81	41.64	1:26.78
5.	Maud Peuten-Evers	Mosa-Regio	1:31.93	196400584	1:31.75	+0,86	44.74	1:31.75
6.	K. van der Star-Verhoeven	ENC Arnhem	1:33.92	196100382	1:33.10	+0,83	44.31	1:33.10

Programmanr. 7, Dames, 100m rugslag

65+

1.	Atie Pijtak-Radersma	ZPC Amersfoort	1:27.13	195600048	1:24.11	+0,72	41.17	1:24.11
2.	Marijke Kraak-Beckers	SWOL 1894	1:34.64	196000240	1:34.27	+0,82	44.99	1:34.27
3.	J. Resink-lindeboom	DWK	1:39.59	196000142	1:39.80	+1,09	47.87	1:39.80

Programmanr. 8

Heren, 50m vlinderslag

20 en ouder

21-11-2025 - 13:30

Resultaten

rang	naam	vereniging	intijd		tijd	RT
20+						
1.	Michael Smink	Albion	23.12	200302169	24.14	+0,70
2.	Erik van Gemert	Poseidon'56	26.52	200300587	25.40	+0,61
3.	Jorian Darwinkel	HZ&PC Heerenveen	26.52	200300565	26.54	+0,63
4.	Daan Hoogendoorn	ZPC Woerden	26.42	200500113	26.72	+0,68
5.	Marijn Snel	IJsselmeer	26.69	200400001	26.85	+0,70
6.	Tomas Hertogh	V.Z.V. Njord	26.32	200500297	26.95	+0,79
7.	Milan de Roo	ZPC Woerden	27.37	200102215	27.05	+0,56
8.	Remco Dijkstra	HZ&PC Heerenveen	26.94	200100789	27.06	+0,67
9.	Niels van der Mast	ZOB'66	27.91	200401917	27.54	+0,75
10.	Jort Vizeé	De Duck	27.45	200201779	27.57	+0,61
11.	Julian Mes	ZOB'66	27.92	200103755	27.69	+0,70
12.	Christian Kalle	De Schotejil	28.20	200400687	27.79	+0,77
13.	Coen Keulen	Hellas-Glana	26.95	200400107	27.95	+0,67
14.	Mika Bongers	ENC Arnhem	27.74	200502683	28.33	+0,66
15.	Fayssal Lantema	Zwemlust- den Hommel	27.96	200101379	28.44	+0,68
16.	Tygo Korving	ZOB'66	29.12	200300773	28.49	+0,66
17.	Mika Heskamp	De Dinkel	28.35	200300339	28.69	+0,72
18.	Thijs Huizer	ZVL-1886	28.17	200502523	28.83	+0,73
19.	Mathijs van Dijk	CWW Swimteam	28.51	200102437	29.00	+0,72
20.	Esper Paans	ZZ&PC De Devel	28.11	200100607	29.03	+0,70
21.	Jesper Pas	V.Z.V. Njord	28.81	200200967	29.17	+0,73
22.	Ruben Trompetter	DZ&PC	29.82	200500997	29.28	+0,82
23.	Ruben Zwartebol	ZPC Woerden	29.71	200102651	29.46	+0,52
24.	Marc Hoogeveen	DZ&PC	28.76	200101585	29.53	+0,73
25.	Rik Stahlie	TriVia	30.05	200201915	30.01	+0,73

25+

1.	Bert Duivenvoorde	De Columbiaan	25.39	199701805	25.93	+0,69
2.	Arjan Dekker	Bubble	26.03	200000499	26.10	+0,62
3.	Drishyant Sujith	Luxembourg Sharks Swimming	27.09	22128	26.12	+0,61
<i>Luxembourg Masters Record</i>						
4.	Darren Chen	ZPC Amersfoort	26.25	200001149	26.16	+0,64
5.	Sander Kirillova	WVZ	26.22	199800121	26.25	+0,62
6.	Doran Paap	ZV Westland	26.80	200000301	26.29	+0,65
7.	Kevin Roest	Zwemvereniging Hoogland	26.05	200001223	26.72	+0,77
8.	Bart Weiland	D.E.S.	26.85	199700777	26.94	+0,65
9.	Ian Terlouw	ZPC Woerden	26.55	200002345	26.97	+0,69
10.	Robin Meuwissen	Hellas-Glana	26.53	199602601	27.16	+0,61
11.	Nino van Krimpen	ZOB'66	27.29	200004611	27.20	+0,71
12.	Kevin Kingma	ACZ	27.62	199700559	27.61	+0,69
13.	Ian van Mullen	ZOB'66	28.71	199602545	28.61	+0,66
14.	Sam Beer	Poseidon'56	29.34	199605521	29.12	+0,66
15.	Diederick Schothans	De Gelenberg	29.20	199703185	29.13	+0,78
16.	Tim de Zoete	Zwemvereniging Hoogland	29.81	199701875	29.30	+0,90
17.	Erik Cooman	De Duinkickers	29.00	199705121	29.45	+0,83
18.	Kylian Kooijman	Steenwijk 1934	29.25	199900763	29.88	+0,70
19.	Patrick Wyrdean	Westland Swimming Stars	30.25	199702475	30.04	+0,69
20.	Leon Kloots	ZPC De Hof	30.65	200001363	30.68	+0,77
21.	Auke Sijperda	AZC	30.90	199905115	30.69	+0,62
22.	Ids de Klerk	NieMo Barracuda	30.96	199803237	31.20	+0,84

Programmanr. 8, Heren, 50m vlinderslag, 25+

rang	naam	vereniging	intijd		tijd	RT
23.	Jesse Brouwers	MZ&PC	31.59	199900393	31.62	+0,71
24.	Jaimy Voogt	ZOB'66	30.52	200005881	31.89	+0,67

30+

1.	Jeroen Baars <i>Nederlands Masters Record</i>	NieMo Barracuda	24.83	199200031	24.42	+0,69
2.	Jesper Oranje	De Duck	25.13	199200997	25.03	+0,64
3.	Felix Geenen	DAW	25.27	199501085	25.31	+0,73
4.	Bas Dries	Zwemvereniging Hoogland	25.58	199505177	25.86	+0,62
5.	Nick Sijmons	De Amstel	26.25	199500491	26.40	+0,66
6.	Koen van der Wallen	ZPC Nederweert	28.30	199405561	27.75	+0,73
	Bas Braun	ZPC Amersfoort	27.53	199106545	27.75	+0,75
8.	Steven Uijl	Aqua-Novio '94	27.96	199304075	27.76	+0,66
9.	Erik Nijholt	DZ&PC	27.77	199401349	28.44	+0,75
	Jordy Heusschen	Hellas-Glana	28.19	199503405	28.44	+0,74
11.	Sander Riezebos	WS Twente	30.50	199400467	28.61	+0,64
12.	Pieter Ytsma	ZV Zaltbommel	29.10	199501809	28.89	+0,73

35+

1.	Filipp Muller	Arethusa	26.18	198604633	25.87	+0,72
2.	Olaf Achterberg	VZC	28.06	199000011	27.73	+0,75
3.	Joeri van Wallenburg	Onderdak	27.80	199004875	27.86	+0,72
4.	Robert Braad	Steenwijk 1934	28.32	198600407	28.88	+0,86
5.	Pascal van Haren	NieMo Barracuda	29.45	198704101	29.43	+0,69
6.	Rolf Baldwin Versteeg	Brander SV 1973 e.V.	30.83	368180	29.63	+0,87
7.	Sherif Badawy	DAW	30.43	198907047	29.71	+0,66
8.	Ruben Stolk	ZOB'66	30.16	199005665	30.18	+0,75
9.	Marc Hoogendam	Blue Marlins	29.33	199007713	30.33	+0,70
10.	Mitchell van Uitert	De Geul	32.48	199004067	33.32	+0,79

40+

1.	Alan Smeets	Zwemsport Parkstad	26.85	198402089	27.60	+0,96
2.	Jim Geestman	Poseidon'56	29.05	198300699	29.23	+0,79
3.	Werner van Wyk	De Treffers	29.38	198303191	29.26	+0,70
4.	Mark van Ballegooij	Zeester Meerval	29.97	198200071	29.67	+0,74
5.	Gerwin Vonk	De Spatters	29.81	198201907	29.73	+0,72
6.	Thomas Dol	Zeester Meerval	30.43	198200357	29.79	+0,83
7.	Rene Koedooder	Enkhuizer Zwem Vereniging	29.95	198200919	30.24	+0,77
8.	Peter van de Bor	Team Noord Holland (SG)	29.46	198402897	30.42	+0,77
9.	Dirk Smit	DBD	30.39	198101559	30.55	+0,66
10.	Jens van der Sman	HPC Heemstede	31.05	198502369	30.80	+0,70
11.	Rob van Wanrooy	Albion	30.43	198202627	31.00	+0,72
12.	Benoit Gasner	D.E.S.	31.46	198102645	31.20	+0,72
13.	Wouter Zijlstra	DAW	30.86	198202077	31.42	+0,76

45+

1.	Casper Hut	HZ&PC Heerenveen	27.75	197800471	27.25	+0,71
2.	Erwin Buist	ZPC Amersfoort	27.54	197800183	27.61	+0,68
3.	Ruud Holswilder	ZPCH	27.98	197800435	28.20	+0,70
4.	Jeroen Zelsmann	ZPC Amersfoort	28.17	197701551	28.69	+0,69
5.	Arjen Nieveen	DZ&PC	30.63	198002545	29.50	+0,67
6.	Sven Kielblock	Brander SV 1973 e.V.	30.66	320075	30.36	+0,77
7.	Thiemo Irtel	Schwimmklub Bern	30.80		31.00	+0,71
8.	Pieter Broek	Westland Swimming Stars	30.74	197701637	31.34	+0,75
AFGEM	Ingmar Kooman	ZVL-1886	35.08	197901517		
AFGEM	Jasper van Heijst	ZPCH	27.14	197601699		

Programmanr. 8, Heren, 50m vlinderslag

50+

1.	Antwan van Engen	CWW Swimteam	27.77	197101577	27.92	+0,73
2.	Kees Bakker	Gay Swim Amsterdam	28.77	197501055	29.05	+0,59
3.	Alex Damen	DAW	29.36	197501371	29.32	+0,77
4.	Andreas Schwartz	Brander SV 1973 e.V.	29.47	92360	29.36	+0,62
5.	Jacco Schaap	PSV	29.14	197401611	29.53	+0,87
6.	Markus Löber	SSF Bonn	29.34	444684	29.64	+0,79
7.	Peter Meijer	DZ&PC	31.42	197300613	30.11	+0,65
8.	Marcel van Winssen	De Gelenberg	32.23	197101477	30.93	+0,71
9.	Olivier van Heezik	PSV	33.10	197101763	31.26	+0,81
10.	Peter de Vries	HZ&PC Heerenveen	31.81	197401601	31.35	+0,71
11.	Romain Dubois	MZ&PC	32.86	197500215	32.41	+0,77
12.	Michael Go	AZC	32.70	197501397	33.10	+0,73
13.	Jeroen Temme	TriVia	32.27	197201703	33.31	+0,94
14.	Marcel van Walt van Praag	Gay Swim Amsterdam	34.00	197501425	34.76	+0,74

55+

1.	Chester Marsman	ZPC Amersfoort	28.45	196900671	28.57	+0,74
2.	Tobias Diener	SGS Hannover	30.18	060652	30.41	+0,68
3.	Richard Ricksen	Hellas-Glana	30.44	197000841	31.23	+0,80
4.	Kees Akershoek	De Stelle	32.91	196900009	31.89	+0,70
5.	Marcel Vroegindewei	Poseidon'56	32.51	196801709	32.47	+0,77
6.	Henri Verschoor	De Biesboschzwemmers	32.95	197001041	32.54	+0,90
7.	Edwin Petri	De Otters Het Gooi	32.60	196601687	33.30	+0,87
8.	Bruno Nahon	Cercle De Natation Sportcity Wo	33.29	CNSW/000390/70	33.91	+0,78
9.	Mathieu Rikken	De Duinkickers	33.82	196701777	34.13	+0,82
10.	Jeroen Wilmer	Enkhuizer Zwem Vereniging	34.32	196601711	34.35	+0,82
11.	Teus Krijgsman	ACZ	34.92	196600431	35.41	+0,82
12.	Marcel Brittijn	De Duinkickers	35.86	196900159	35.48	+0,62

60+

1.	Javier Nogues	SSF Bonn	29.95	361124	29.53	+0,84
2.	Pieter Derckx	ZEPS	30.52	196501241	30.79	+0,73
3.	Peter Bernsen	ZPC De Rog	30.79	196301119	30.83	+0,69
4.	Hans Vloedgraven	Old Dutch	33.54	196400917	33.26	+0,79
5.	Robert de Brauwer	De Duinkickers	34.70	196401383	34.07	+0,82
6.	Roland Assmann	ZPC De Zeeuwse Kust	35.72	196201325	34.42	+0,76
7.	Theo Bakker	TriVia	33.95	196401231	34.51	+0,78
8.	Henk Kuipers	ZPC Amersfoort	35.79	196201207	35.51	+0,64

65+

1.	Hugo Bregman	WVZ	29.61	195800069	29.20	+0,71
2.	Mark Eligh	ZPC Amersfoort	33.95	195700497	34.50	+0,76
3.	Jaap de Boer	De Duinkickers	41.32	195800691	42.44	+0,89
4.	Frank Kraus	ENC Arnhem	43.63	196001055	43.18	+0,91

70+

1.	Henk Slomp	Z&PC de Inktvis	34.63	195500359	35.41	+0,95
2.	Ruud Ruiters	WS Twente	40.21	195300169	39.59	+1,01
3.	Laurens Klein Breteler	WS Twente	43.59	195400109	43.97	+0,84
4.	Rob Berkhof	SWOL 1894	51.16	195200245	50.13	+1,12

75+

1.	Piet Schop	De Bevelanders	43.72	195000109	43.30	+0,67
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Programmanr. 9
21-11-2025 - 13:48

Dames, 50m vlinderslag

20 en ouder
Resultaten

rang	naam	vereniging	intijd		tijd	RT
20+						
1.	Michelle van Wijk	WWV Winterswijk	28.40	200204746	28.76	+0,74
2.	Isabel Dijkstra	Hellas-Glana	30.04	200200918	29.92	+0,75
3.	Femke-Romy Wiersma	Neptunia '24	30.62	200103078	30.48	+0,68
4.	Elisa Haverkate	ZPC De Hof	30.61	200200266	30.56	+0,76
5.	Nienke Bakker	TriVia	30.25	200501178	30.64	+0,77
6.	Kim van Gemert	Poseidon'56	31.09	200101968	30.86	+0,75
7.	Robin Pienaar	NieMo Barracuda	30.48	200102236	30.88	+0,79
	Nadia Armani	Hellas-Glana	30.20	200305598	30.88	+0,72
9.	Amber Hesper	NieMo Barracuda	30.16	200202188	30.89	+0,68
10.	Xoë Stuit	Aqua'68	32.09	200400754	31.13	+0,75
11.	Aylin Carmen Karaman	Brander SV 1973 e.V.	31.40	405857	31.27	+0,55
12.	Inge Dekker	HZ&PC Heerenveen	29.90	200200476	31.39	+0,74
13.	Eline Hoekstra	OEZA	31.05	200301280	31.52	+0,83
14.	Jessica Braat	AZC	31.95	200205684	31.53	+0,73
15.	Rozemarijn van Haaff	ZOB'66	31.41	200201852	31.59	+0,70
16.	Nikki Douma	Hellas-Glana	31.33	200102252	31.61	+0,78
17.	Marije Sweering	Neptunia '24	31.66	200101228	31.83	+0,71
18.	Emi Schipper	ZOB'66	32.08	200502126	31.88	+0,74
19.	Evelien Husselman	MZ&PC De Reest	31.64	200501324	31.95	+0,69
20.	Sanne Kloezen	Bubble	32.97	200204644	32.41	+0,84
21.	Lindi Bos	DWK	31.53	200101256	32.42	+0,84
	Noa de Bock	De Duck	32.19	200300318	32.42	+0,70
23.	Kim van Dongen	De Gelenberg	31.31	200400140	32.51	+0,74
24.	Esmée van Peer	TriVia	31.95	200201114	32.63	+0,76
25.	Manon van der Wielen	HZPC	32.16	200200550	32.92	+0,77
26.	Rose Lether	ENC Arnhem	32.21	200403330	33.00	+0,67
27.	Feline Slijkhuis	SG Octopus - ZVV	33.29	200501042	33.43	+0,87
28.	Daphne van Tilburg	De Geul	33.20	200500580	33.44	+0,77
25+						
1.	Marre Zandringa	Orca Leeuwarden	28.98	199701136	29.80	+0,71
2.	Manon Koster	MZ&PC	29.42	199701312	29.83	+0,68
3.	Britt Cornelissens	Hellas-Glana	29.24	200000632	29.84	+0,69
4.	Kelly Bergez	PSV	30.37	199603132	30.39	+0,69
5.	Celine Schoenmaker	DWK	29.98	199801976	30.43	+0,75
6.	Marcella van der Ent	De Duck	30.39	199600174	30.46	+0,71
7.	Alisha Vieira	Blue Marlins	30.05	199904554	31.09	+0,68
8.	Annabel Kuipers	DWK	30.79	200001076	31.12	+0,70
9.	Linde Haverkate	ZPC De Hof	31.06	199900244	31.14	+0,79
10.	Marijke Drent	Bubble	31.54	199906232	32.16	+0,87
11.	Froukje Osinga	Orca Leeuwarden	31.34	200003090	32.28	+0,72
12.	Hanna Looi	Blue Marlins	34.44	200006090	32.47	+0,72
13.	Sterre Schlicher	RZ	33.01	199901672	32.51	+0,67
14.	Charissa Drost	Hellas-Glana	32.50	199704750	33.08	+0,83
15.	Marleen Hof	WS Twente	34.09	199802464	33.09	+0,84
	Kelly de Jonge	Poseidon'56	32.43	199701210	33.09	+0,76
17.	Lena Wriede	SGS Hannover	34.83	246742	33.63	+0,74
18.	Daphne Dols	ZPC Woerden	32.84	199904622	33.68	+0,77
19.	Sabine Lageweg	Steenwijk 1934	33.56	199900926	33.70	+0,66
20.	Mandy Swart	ZPC Amersfoort	34.70	199904916	34.32	+0,85
21.	Marielle van der Vaart	ZV Vlaardingens-Schiedam	34.38	200000994	34.51	+0,70
22.	Alies Wagter	Steenwijk 1934	35.65	199900840	34.67	+0,75
23.	Nina Tourton	ZOB'66	34.02	199603612	35.93	+0,79

Programmanr. 9, Dames, 50m vlinderslag

30+

1.	Kira Toussaint	De Dolfijn	28.52	199400990	27.40	+0,59
	<i>Nederlands Masters Record</i>					
2.	Cora van Dorst	Zwemvereniging De Zilvermeeu	30.54	199106218	29.24	+0,73
3.	Karin Rijkelijkhuisen	DZ&PC	29.17	199403358	29.44	+0,66
4.	Jara Schmidt	ENC Arnhem	33.30	199405062	30.29	+0,65
5.	Lonne Dijkhuis	De Dinkel	31.12	199400030	30.81	+0,73
6.	S. Dekker-Bergsma	Dedemsvaart-AC	31.89	199203374	31.27	+0,67
7.	D. van Haren - Boereboom	NieMo Barracuda	29.90	199202144	31.75	+0,75
8.	Floor Weijmans	HZPC	32.67	199502522	31.97	+0,83
9.	Maaïke Vooren	DAW	32.47	199103324	32.90	+0,78
10.	Natasja Snijders	Aqua-Novio '94	31.67	199107966	33.23	+0,76
11.	Jisca Majolée	ZPC Amersfoort	33.97	199403570	33.71	+0,87
12.	Lotte Eising	ZPC Amersfoort	33.48	199502098	33.77	+0,74
13.	Tessa Kierkels	MZ&PC	33.63	199101602	33.80	+0,82
14.	Annemiek Meulenbeld	Orca Leeuwarden	33.55	199506230	33.94	+0,79
15.	Deborah Wissink	ZPC De Hof	36.13	199503484	34.25	+0,66
16.	Myrna Schasfoort	De Dinkel	34.89	199300668	34.69	+0,73
17.	Janneke van de Poele	De Duck	35.19	199301128	35.44	+0,72
18.	Leontine Groeneveldt	De Duck	33.68	199303526	35.50	+0,73
19.	Nanda Wobben-de Vries	Steenwijk 1934	36.04	199204328	35.62	+0,81
NG.ZA	Karin Groen	ZPC de Kanaalstreek	30.87	199502440		

35+

1.	Saskia de Klerk	GoSwim	31.17	199004612	30.95	+0,71
2.	Anna Maria Rijkens	WSV St. Johann in Tirol	31.70	48298	32.24	+0,71
3.	Monique van Huizen	AZC	32.97	198706236	32.81	+0,78
4.	Relinda Baas	TriVia	33.36	198900144	33.36	+0,76
5.	Cristina Rodriguez Bouzo	De Treffers	34.10	198806948	33.37	+0,73
6.	Nienke van Stipriaan	Zwemvereniging Hoogland	34.85	198703970	35.21	+0,95
7.	D. van den Hoogenband	Z&PV Nuenen	35.37	199001558	35.33	+0,73
8.	Joëlle Vaes	DIO	37.21	199007576	37.00	+0,74

40+

1.	Marije Jansen	ZPC Amersfoort	30.00	198504088	30.41	+0,67
2.	Miranda Pijnenburg	De Treffers	32.78	198301216	32.37	+0,74
3.	Evita van de Ketterij	De Treffers	34.27	198504284	32.39	+0,72
4.	A. Verschoor-Vos	De Biesboschzwemmers	32.24	198102300	32.52	+0,80
5.	Laura Badoux	DAW	32.77	198200038	33.13	+0,82
6.	Elke Popma - Blox	Z.V. Tiamat	33.29	198200154	34.08	+0,65
7.	Tonia Ruybroek	Poseidon'56	34.65	198101290	35.53	+0,84
8.	Sandra Zwaanswijk	DAW	35.85	198503934	36.66	+0,74

45+

1.	Chantal Verhoeff	Old Dutch	34.70	197900912	34.59	+0,78
2.	Krista de Reus-Trompeter	DZ&PC	35.66	197600520	35.21	+0,86
3.	Rachel Trainor	De Duck	36.82	197700670	37.14	+0,85
4.	Inge Roskam	De Duinkickers	37.28	197801296	37.29	+0,77
5.	Marian Nederlof	De Geul	36.48	197600950	38.37	+0,83

50+

1.	Gudule van der Meer	PSV	32.52	197200396	32.30	+0,83
2.	Edith Janssen-Koolen	TRB-RES	33.50	197300898	33.19	+0,76
3.	Mirjan den Drijver	Westland Swimming Stars	33.22	197500884	33.78	+0,78
4.	Cindy Gootzen-Bulthuis	RZ	35.09	197500990	34.48	+0,80
5.	Yvette Ratering	CWW Swimteam	35.10	197200990	35.22	+0,76
6.	Wanda Derckx-Weusten	ZEPS	37.09	197200624	35.71	+0,78
7.	Bianca Hertogh - Buijsse	Scheldestroom	37.42	197400910	38.09	+0,79
8.	Mariana Pereira	Luxembourg Sharks Swimming	39.93	22185	39.14	+0,76

Programmanr. 9, Dames, 50m vlinderslag

55+

1.	Jeanne Petit	PSV	32.21	197001020	32.12	+0,77
2.	Katrien Delaender	Drie Zes Vijf	32.86	DZV/21012/66	33.06	
3.	Susan Fraser	Free Style SC	34.43	63571	33.95	+0,74
4.	Petra Blum	Uerdinger SV 08	37.28	274174	36.07	+0,74
5.	Marijke Campfens	De Geul	38.95	196900960	37.70	+0,74
6.	Karin Sagonas-Koolen	V.Z.V. Njord	41.88	197000964	40.07	+0,79
7.	Helena Mels	ZV Vlaardingen-Schiedam	40.72	196901036	45.06	+0,81

60+

1.	Marjan Remmits-de Lange	ZPC Amersfoort	34.33	196300518	34.99	+0,78
2.	Margriet Grove-Lingeman	Triton	39.16	196200080	39.08	+0,80
3.	Feikje Wittermans	GZC Donk	39.87	196400408	39.28	+0,89
4.	K. van der Star-Verhoeven	ENC Arnhem	40.99	196100382	40.66	
5.	Yoka de Vegt-van Dijk	ENC Arnhem	42.59	196200420	42.14	+0,77

65+

1.	Colette Crabbé	Cercle De Natation Sportcity Wo	36.73	CNSW/004900/56	35.07	+0,86
	<i>Belgian Masters Record</i>					
2.	Claire Anthony	Cercle De Natation Sportcity Wo	36.74	CNSW/001353/57	39.38	+0,83
3.	Marijke Kraak-Beckers	SWOL 1894	39.88	196000240	40.28	+0,86
4.	Angelique Crouzen	MZ&PC	46.48	195600118	53.26	+0,94

70+

1.	Christine Nieuwenhuis	SWOL 1894	40.41	195100022	41.62	
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75+

1.	Conny Boer-Buys	ZV Vlaardingen-Schiedam	42.61	195000006	43.17	+0,71
2.	A. Gilding-Tussaud	WS Twente	1:02.79	195000038	1:00.86	+1,00
3.	A. Verhoeven - Steggerda	De Duinkickers	1:10.92	194600024	1:14.04	

Programmanr. 10

Heren, 200m wisselslag

20 en ouder

21-11-2025 - 14:05

Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m	
20+									
1.	Scott Jansen	WVZ	2:09.11 200202455	2:07.28	+0,70	28.03	1:01.41	1:37.16	2:07.28
2.	Wouter Zijlstra	HZ&PC Heerenveen	2:03.66 200401545	2:07.31	+0,63	27.90	1:00.17	1:37.60	2:07.31
3.	Jelle Opmeer	ZPC Amersfoort	2:21.17 200100269	2:22.94	+0,65	30.16	1:08.19	1:47.27	2:22.94
4.	Jesper Pas	V.Z.V. Njord	2:22.36 200200967	2:27.93	+0,70	29.92	1:07.42	1:51.49	2:27.93
25+									
1.	Karst Boersma	De Dinkel	2:12.22 199600849	2:11.33	+0,73	28.20	1:01.26	1:39.85	2:11.33
2.	Sander Kirillova	WVZ	2:12.49 199800121	2:13.25	+0,65	27.64	1:02.79	1:41.22	2:13.25
3.	Richard Kuipers	HZ&PC Heerenveen	2:19.71 199704171	2:22.03	+0,80	29.78	1:06.61	1:47.89	2:22.03
4.	David Kievit	De Schotejil	2:21.06 199900325	2:23.11	+0,77	30.33	1:07.45	1:48.73	2:23.11
5.	Jeroen Louwinger	De Rijn	2:31.43 199900583	2:28.31	+0,67	31.57	1:09.09	1:54.32	2:28.31
6.	Tim van Grunsven	De Treffers	2:33.75 199804535	2:34.97	+0,76	31.74	1:11.51	1:59.92	2:34.97
7.	Wesley van der Luit	ZV Sassenheim	2:33.00 199701895	2:36.20	+0,71	33.09	1:14.13	1:59.88	2:36.20
8.	Tenzin Tieman	Old Dutch	2:42.93 200005549	2:42.17	+0,80	31.82	1:12.34	2:04.13	2:42.17

Programmanr. 10, Heren, 200m wisselslag

30+

1. Kevin Meuwissen	Hellas-Glana	2:21.14	199502485	2:14.56	+0,69	27.64	1:03.93	1:42.07	2:14.56
2. Nick Sijmons	De Amstel	2:16.18	199500491	2:14.70	+0,72	27.70	1:04.51	1:42.46	2:14.70
3. Mike Schel	ENC Arnhem	2:19.28	199403279	2:19.95	+0,73	28.90	1:04.94	1:47.10	2:19.95
4. Tim de Vrugt	ENC Arnhem	2:28.02	199306719	2:28.77	+0,71	29.35	1:08.31	1:53.18	2:28.77
5. Pieter Pijnenburg	De Biesboschzwemme	2:29.34	199305227	2:33.45	+0,75	34.09	1:15.12	1:57.59	2:33.45
6. Koen de Meyere	WS Twente	2:47.72	199406783	2:47.29	+0,82	35.44	1:18.17	2:06.97	2:47.29

35+

1. Matteo Viani	Zwemlust- den Hommel	2:20.10	199007717	2:14.14	+0,72	28.62	1:04.35	1:43.86	2:14.14
2. Tim Bunnik	Triton	2:20.02	199000505	2:21.63	+0,81	30.41	1:06.82	1:48.83	2:21.63
3. Patrick Creemers	SG Patrick - De Roerso	2:32.40	199000579	2:25.09	+0,73	31.57	1:10.54	1:51.87	2:25.09
4. Robert Braad	Steenwijk 1934	2:25.39	198600407	2:27.40	+0,90	30.90	1:08.30	1:52.56	2:27.40

40+

1. Matt Wan	Gay Swim Amsterdam	2:22.05	198504031	2:21.09	+0,68	29.27	1:05.05	1:46.34	2:21.09
2. Yuri van Omme	Zwemvereniging Hoogl	2:23.82	198501887	2:22.83	+0,78	30.95	1:08.44	1:49.33	2:22.83
3. Martijn Giezen	ZPC Amersfoort	2:36.87	198500813	2:26.93	+0,82	29.62	1:06.59	1:51.99	2:26.93
4. Rob van Vliet	ZPC Amersfoort	2:29.99	198402459	2:27.83	+0,79	31.24	1:09.89	1:51.89	2:27.83
5. Roel van der Kruijs	De Gelenberg	2:33.08	198501491	2:29.58	+0,75	31.46	1:11.94	1:55.13	2:29.58
6. I. García Rodríguez	ACZ	2:34.72	198504015	2:33.54	+0,67	29.90	1:09.59	1:54.05	2:33.54
7. Marcel Reefhuis	WS Twente	2:34.32	198101381	2:34.28	+0,68	33.27	1:13.75	1:58.44	2:34.28
8. Bertrand Maillet	ASPTT Clermont-Ferran	2:44.77	88948	2:50.08	+0,84	36.63	1:19.23	2:08.76	2:50.08

45+

1. Mark Hensen	NieMo Barracuda	2:20.39	197900497	2:21.92	+0,75	29.97	1:06.97	1:48.72	2:21.92
2. Vincent Versteeg	Zwemlust- den Hommel	2:24.72	197701003	2:22.78	+0,72	31.60	1:09.58	1:49.42	2:22.78
3. Oliver Grundmann	SG Essen	2:33.94	501511	2:25.98	+0,78	30.54	1:08.60	1:51.95	2:25.98
4. Freddie Geerlings	Zwemsport Parkstad	2:36.51	197900379	2:37.86	+0,72	34.50	1:16.29	2:02.44	2:37.86
5. André Noordwijk	NieMo Barracuda	2:50.34	197901785	2:48.08	+0,87	37.72	1:19.88	2:09.91	2:48.08
DIS Ivan Tai-Apin	Albion	3:23.22	197701825		+1,09				

RF - Nadat het contact met de wand is verbroken na het keerpunt de rugligging niet aangenomen.

NG Michiel Brinkman	DAW	2:45.08	198001991						
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50+

1. Marcel van Winssen	De Gelenberg	2:45.73	197101477	2:33.80	+0,82	32.82	1:14.35	1:57.74	2:33.80
2. Erik Keukens	V.Z.V. Njord	2:40.45	197500445	2:38.01	+0,75	34.52	1:15.94	2:02.42	2:38.01
3. Rogier Vissers	PSV	2:46.21	197300935	2:44.95	+0,89	36.90	1:17.96	2:08.15	2:44.95
4. Martijn de Jong	DWK	2:52.11	197101659	2:51.57	+0,79	34.04	1:21.40	2:08.78	2:51.57
5. Martin Berkhout	ZVL-1886	3:00.91	197101123	2:59.57	+0,72	36.93	1:26.47	2:19.50	2:59.57

55+

1. Matthias Millers	SG Wuppertal	2:23.08	113799	2:23.21	+0,91	30.51	1:06.86	1:48.06	2:23.21
2. J. van den Berg	WVZ	2:29.00	196801575	2:33.99	+0,89	33.15	1:12.65	1:57.41	2:33.99
3. Harold Matla	PSV	2:56.86	196800591	2:44.14	+0,91	35.97	1:19.35	2:05.38	2:44.14
4. Charles Geurten	V.Z.V. Njord	2:50.66	196600239	2:45.61	+0,71	34.89	1:17.42	2:06.66	2:45.61
5. Mathieu Rikken	De Duinkickers	2:57.20	196701777	2:54.46	+0,87	37.59	1:22.80	2:14.21	2:54.46
6. Bruno Nahon	Cercle De Natation Spo	2:50.54	CNSW/000390/70	2:56.25	+0,69	39.86	1:24.30	2:15.39	2:56.25
7. Bastiaan Baggerman	De Biesboschzwemme	2:59.42	197001567	3:06.92	+0,87	37.82	1:27.12	2:24.35	3:06.92

60+

1. Johan Remmits	ZPC Amersfoort	2:35.77	196201159	2:34.88	+0,80	33.34	1:12.83	1:59.99	2:34.88
2. Edwin v. Norden	ZPC Amersfoort	2:35.55	196300563	2:36.72	+0,74	33.64	1:14.41	2:00.03	2:36.72
3. Ron Korzelius	ZPC Amersfoort	2:42.06	196500513	2:39.54	+0,75	34.90	1:16.74	2:04.20	2:39.54
4. Jon Christensen	Luxembourg Sharks Sw	2:38.79	C10008	2:41.24	+0,82	33.93	1:18.99	2:03.80	2:41.24
5. Arnold de Rover	De Berkelduikers	2:38.65	196400645	2:43.98	+0,76	35.90	1:17.85	2:06.47	2:43.98
6. Hans Vloedgraven	Old Dutch	2:55.39	196400917	2:50.10	+0,82	35.44	1:19.30	2:10.95	2:50.10

Programmanr. 10, Heren, 200m wisselslag, 60+

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
7. Henri Michels	De Amstel	2:54.08 196501587	2:56.44	+0,90	37.83	1:23.68	2:15.75	2:56.44
8. Ronald Grove	Triton	2:58.90 196100161	3:07.69	+0,74	38.56	1:29.57	2:24.85	3:07.69

65+

1. Hugo Bregman	WVZ	2:42.65 195800069	2:38.47	+0,83	33.12	1:16.15	2:03.65	2:38.47
2. Paul Bunnik	Triton	3:05.54 195600413	3:05.37	+0,85	37.38	1:27.50	2:21.14	3:05.37
3. Günther Brod	SSG Saar Max Ritter	3:54.74 234041	3:57.11	+0,95	52.60	1:55.84	3:02.00	3:57.11

70+

1. Michael Menge	SG Essen	3:07.45 080643	3:11.17	+0,91	39.52	1:30.95	2:26.19	3:11.17
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75+

1. Piet Schop	De Bevelanders	4:15.59 195000109	4:08.22	+0,80	46.88	1:52.03	3:04.80	4:08.22
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80+

1. Rob Hanou	PSV	4:16.85 194300109	4:15.74	+1,09	1:09.45	2:14.46	3:24.26	4:15.74
2. Geza Kaltenecker	AZC	4:12.75 194200065	4:18.13	+0,90	1:05.04	2:09.35	3:24.79	4:18.13

Programmanr. 11
21-11-2025 - 14:32

Dames, 200m wisselslag

20 en ouder
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
20+								
1. V. van den Bogert	Hieronimus	2:24.52 200102138	2:25.53	+0,66	31.23	1:10.01	1:51.11	2:25.53
2. Femke Backx	Orca Leeuwarden	2:29.50 200106430	2:26.46	+0,76	31.73	1:08.69	1:52.67	2:26.46
3. Lyke Buscop	De Schotejil	2:35.17 200500552	2:30.56	+0,73	31.99	1:11.00	1:54.27	2:30.56
4. Amber van der Kruk	MSV-Zeemacht	2:40.23 200102730	2:40.95	+0,83	36.94	1:16.12	2:05.54	2:40.95
5. Feline Slijkhuis	SG Octopus - ZVV	2:35.26 200501042	2:40.96	+0,91	35.11	1:16.79	2:03.36	2:40.96
6. Kim van Dongen	De Gelenberg	2:35.17 200400140	2:41.18	+0,74	34.38	1:16.47	2:03.55	2:41.18
7. Romée Beverdam	WS Twente	2:46.92 200100158	2:47.11	+0,84	36.46	1:18.40	2:09.71	2:47.11
8. Pien Ooijman	WS Twente	2:45.49 200504500	2:47.39	+0,96	36.05	1:18.20	2:08.54	2:47.39
9. Ilse Kramer	TriVia	2:43.89 200403072	2:47.40	+0,77	36.67	1:20.84	2:07.68	2:47.40

25+

1. Tamara Grove	De Dolfijn	2:24.06 199601266	2:26.47	+0,73	31.32	1:09.48	1:53.78	2:26.47
2. Manon Koster	MZ&PC	2:25.53 199701312	2:27.77	+0,74	31.73	1:09.82	1:53.79	2:27.77
3. Michelle Zomerdijk	Dedemsvaart-AC	2:26.10 200003196	2:29.85	+0,69	32.24	1:11.76	1:54.72	2:29.85
4. Laurie Aarninkhof	De Dinkel	2:33.53 199800822	2:33.23	+0,80	32.31	1:12.39	1:56.35	2:33.23
5. Mirelle de Kort	VZ&PC Nautilus	2:39.77 200005546	2:39.65	+0,74	34.85	1:16.36	2:02.06	2:39.65
6. Zoé Janvier	Cercle De Natation	2:59.90oCNSW/013266/00	2:41.14	+0,68	36.33	1:17.64	2:02.80	2:41.14
7. Noa Oldenhof	ZPCH	2:42.16 199700622	2:42.65	+0,56	35.30	1:16.46	2:06.13	2:42.65
8. Charissa Drost	Hellas-Glana	2:50.35 199704750	2:50.59	+0,82	34.76	1:17.32	2:09.02	2:50.59

30+

1. Sietske Veldkamp	ZPC De Hof	2:33.31 199501628	2:31.83	+0,75	32.77	1:11.76	1:55.81	2:31.83
2. Fiona Meuffels	PSV	2:33.68 199504366	2:34.80	+0,60	34.09	1:16.42	2:00.52	2:34.80
3. Wendan Poelstra	TriVia	2:37.61 199102496	2:35.50	+0,75	33.24	1:12.67	1:58.78	2:35.50
4. Tessa Kierkels	MZ&PC	2:54.63 199101602	2:46.17	+0,86	34.64	1:17.38	2:06.36	2:46.17
5. Nienke Smidt	WS Twente	2:51.10 199407596	2:51.01	+0,78	35.21	1:18.74	2:11.96	2:51.01
6. Esther Kwebeman	TriVia	2:56.45 199106374	2:58.14	+0,80	38.15	1:23.68	2:15.75	2:58.14
7. I. van Weeghel	ENC Arnhem	2:59.70 199204834	2:59.00	+0,80	39.71	1:25.34	2:17.83	2:59.00
8. Hilma Buiten	MZ&PC De Reest	3:05.53 199407522	3:09.23	+0,74	42.84	1:28.83	2:26.85	3:09.23

Programmanr. 11, Dames, 200m wisselslag

35+

1. Jacyntha Plat	Steenwijk 1934	2:33.60	199002956	2:36.20	+0,71	33.22	1:14.51	1:58.46	2:36.20
2. Monique van Huizen	AZC	2:43.74	198706236	2:45.64	+0,69	36.85	1:19.55	2:08.16	2:45.64
3. I. van den Wijngaard	ZPC Woerden	2:43.42	198904736	2:46.02	+0,80	36.20	1:17.26	2:06.96	2:46.02
4. Linda van Klei	ACZ	2:46.94	198802088	2:48.19	+0,79	36.27	1:20.07	2:07.99	2:48.19
5. Suzan Blankestijn	ZVL-1886	2:56.44	198900350	2:51.25	+0,59	36.61	1:20.94	2:09.67	2:51.25
6. Nienke van Zoggel	De Treffers	2:53.75	199004810	2:52.99	+0,70	37.94	1:22.84	2:13.94	2:52.99
7. Liesbeth van Mill	Zwemlust- den Hommel	2:52.56	198702786	2:54.47	+0,94	38.54	1:24.50	2:13.10	2:54.47

40+

1. V. Haden-Felfoldi	Iron Swim	2:31.29	66/3267	2:30.43	+0,71	32.02	1:10.56	1:55.25	2:30.43
<i>Hungarian Masters Record</i>									
2. Ann Wanter	Zwemclub Geel	2:35.50	ZGEEL/21082/82	2:38.37	+0,77	33.05	1:13.88	2:02.12	2:38.37
3. Nadya Putter	ZV Vlaardingen-Schied	2:50.60	198301630	2:41.10	+0,73	35.03	1:18.03	2:03.58	2:41.10
4. Sylvia Reijers	De Gelenberg	2:51.16	198201360	2:46.87	+0,75	35.29	1:18.15	2:06.83	2:46.87
5. Elke Popma - Blox	Z.V. Tiamat	2:56.90	198200154	2:49.48	+0,65	35.35	1:17.64	2:08.78	2:49.48
6. Michelle de Villiers	Hellas-Glana	2:58.00	198302944	2:58.76	+0,76	37.01	1:23.08	2:15.85	2:58.76
7. Sabrina Boekhout	De Biesboschzwemme	3:00.22	198100120	3:01.59	+0,86	36.43	1:24.09	2:17.57	3:01.59

45+

1. Anke Lambooj	AZL	2:39.63	198001182	2:43.59	+0,86	35.07	1:16.79	2:05.17	2:43.59
2. E. Poortvliet - Koedam	De Duinkickers	2:58.94	198001824	3:00.14	+0,86	39.14	1:25.61	2:19.66	3:00.14

50+

1. Liselotte Joling	PSV	2:41.54	197500268	2:41.52	+0,87	35.66	1:18.03	2:05.44	2:41.52
2. Geraldine Trainor	De Duck	2:53.74	197500544	2:53.42	+0,82	37.25	1:21.94	2:12.72	2:53.42
3. Mirjan den Drijver	Westland Swimming St	2:56.97	197500884	2:55.43	+0,83	36.60	1:22.59	2:14.28	2:55.43
4. Inken Wemheuer	Team Noord Holland (S	3:13.29	197101016	3:10.18	+0,70	41.85	1:33.06	2:30.08	3:10.18
5. B. Hertogh - Buijsse	Scheldestroom	3:18.47	197400910	3:17.81	+0,81	42.61	1:35.20	2:29.89	3:17.81

55+

1. Claudia Thielemann	SG Bayer	2:42.72	333958	2:43.35	+0,78	34.84	1:16.72	2:05.20	2:43.35
2. L. v. Bon-Rosenbrand	ZPC Amersfoort	2:42.84	197000054	2:46.08	+0,83	35.51	1:19.50	2:07.98	2:46.08
3. Bianca Groot	MSV-Zeemacht	3:00.51	197000652	3:01.81	+0,87	39.89	1:29.73	2:21.57	3:01.81
4. Iris van Aurich	DWK	3:00.44	196900866	3:03.03		43.97	1:31.65	2:22.86	3:03.03
5. Peggi Hurenkamp	HZ&PC Heerenveen	3:09.54	196900922	3:14.85	+0,85	42.22	1:32.22	2:30.52	3:14.85
6. Irna van der Molen	WS Twente	3:32.91	196900938	3:26.74	+0,77	47.59	1:42.14	2:39.37	3:26.74
7. K. van Nassau-van den	Old Dutch	3:22.09	196600188	3:27.25	+0,91	47.26	1:43.37	2:40.03	3:27.25

60+

1. Allie Price	Bridgend Swim Club	2:52.99	547582	2:50.29	+0,69	36.08	1:19.47	2:09.47	2:50.29
<i>British Masters Record</i>									
2. Pierrette Michel	Cercle De Natation Spo	2:54.58	oCNSW/000835/62	2:50.89	+0,96	35.69	1:18.35	2:09.75	2:50.89
<i>Belgian Masters Record</i>									
3. M. Remmits-de Lange	ZPC Amersfoort	2:51.90	196300518	2:52.34	+0,83	36.31	1:23.12	2:13.26	2:52.34
4. Petra Tossings	GZC Donk	3:10.05	196100376	3:09.16	+0,89	40.77	1:29.85	2:25.70	3:09.16
5. Anita Steijger	WVZ	3:14.53	196500628	3:16.90	+0,74	44.68	1:35.88	2:32.66	3:16.90
6. A. Vuist-Blum	SWOL 1894	3:33.26	196300282	3:29.91	+1,01	49.31	1:44.99	2:42.90	3:29.91

65+

1. Colette Crabbé	Cercle De Natation Spo	2:57.81	oCNSW/004900/56	2:55.78	+0,79	37.81	1:23.33	2:15.31	2:55.78
<i>Belgian Masters Record</i>									
2. Linda Wibbelink	Steenwijk 1934	3:27.97	195900158	3:27.44	+0,83	47.36	1:43.53	2:41.38	3:27.44
3. Hannie Poletiek	TriVia	3:38.16	195900278	3:35.61	+0,98	49.84	1:46.28	2:47.30	3:35.61
4. Lia Bijkerk	GZC Donk	3:37.76	196000014	3:41.12	+0,97	51.79	1:49.97	2:52.41	3:41.12

Programmanr. 11, Dames, 200m wisselslag

75+

1. A. Gilding-Tussaud WS Twente 4:26.20 195000038 **4:23.89** 1:04.26 2:07.57 3:23.13 4:23.89

Programmanr. 12
21-11-2025 - 15:00

Heren, 100m vrije slag

20 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m
20+							
1.	Michael Smink	Albion	48.67 200302169	51.15	+0,68	24.62	51.15
2.	Lars Kerremans	Hellas-Glana	50.26 200100305	51.75	+0,68	24.81	51.75
3.	Arno Nelissen	Hellas-Glana	51.89 200300229	52.37	+0,71	25.18	52.37
4.	Jorian Darwinkel	HZ&PC Heerenveen	53.69 200300565	53.91	+0,65	25.51	53.91
5.	Jacco Nijland	ZPC De Hof	54.06 200400081	54.91	+0,71	26.21	54.91
6.	Ruben Trompetter	DZ&PC	57.54 200500997	55.33	+0,78	26.59	55.33
7.	Marijn Snel	IJsselmeer	56.17 200400001	55.43	+0,73	26.66	55.43
8.	Fayssal Lantema	Zwemlust- den Hommel	54.20 200101379	55.51	+0,71	26.22	55.51
9.	Mees Peters	CWW Swimteam	56.48 200501895	55.56	+0,75	26.88	55.56
10.	Tim Speijer	Bubble	55.51 200301661	55.75	+0,70	26.31	55.75
11.	Christian Kalle	De Schoteijl	55.60 200400687	56.05	+0,75	26.68	56.05
12.	Milan de Roo	ZPC Woerden	55.95 200102215	56.13	+0,57	26.71	56.13
13.	Remco Dijkstra	HZ&PC Heerenveen	56.56 200100789	56.45	+0,71	26.43	56.45
14.	Daan Schra	MZ&PC De Reest	57.99 200203271	56.84	+0,76	26.56	56.84
15.	Tygo Korving	ZOB'66	57.91 200300773	56.88	+0,68	27.07	56.88
16.	Niels van der Mast	ZOB'66	55.53 200401917	57.01	+0,66	27.18	57.01
17.	Julian Mes	ZOB'66	57.49 200103755	57.83	+0,72	27.07	57.83
18.	Mika Bongers	ENC Arnhem	57.49 200502683	57.99	+0,69	26.98	57.99
19.	Esper Paans	ZZ&PC De Devel	57.74 200100607	58.03	+0,67	27.17	58.03
20.	Mika Heskamp	De Dinkel	58.32 200300339	58.26	+0,71	27.61	58.26
21.	Tycho Veenstra	DZ&PC	58.45 200500143	58.33	+0,72	27.47	58.33
22.	Twan van Engen	CWW Swimteam	59.91 200500581	58.56	+0,65	27.72	58.56
23.	Daniel Heling	Aqua'68	58.07 200500641	58.63	+0,76	27.37	58.63
24.	Ruben Zwartbol	ZPC Woerden	58.66 200102651	58.66	+0,66	27.94	58.66
25.	Coen Keulen	Hellas-Glana	56.87 200400107	58.91	+0,68	27.91	58.91
26.	Mathijs van Dijk	CWW Swimteam	58.03 200102437	59.00	+0,74	28.63	59.00
27.	Marc Hoogeveen	DZ&PC	56.18 200101585	59.01	+0,75	27.68	59.01
28.	Rik Stahlie	TriVia	59.13 200201915	59.31	+0,76	28.75	59.31
29.	Rick Haanschoten	De Rijn	1:03.42 200100291	1:01.13	+0,64	29.44	1:01.13
25+							
1.	Darren Chen	ZPC Amersfoort	52.15 200001149	52.73	+0,63	25.08	52.73
2.	Arjan Dekker	Bubble	53.76 200000499	54.45	+0,70	25.98	54.45
3.	Ryan van den Ouden	Poseidon'56	54.04 199900377	54.59	+0,73	25.24	54.59
4.	Drishyant Sujith	Luxembourg Sharks Swimmi	57.53 ib 22128	54.71	+0,61	25.54	54.71
<i>Luxembourg Masters Record</i>							
5.	Jelle Blankestijn	ZPC Amersfoort	54.25 199803737	54.76	+0,68	25.95	54.76
6.	Kevin Roest	Zwemvereniging Hoogland	54.19 200001223	54.97	+0,74	26.93	54.97
7.	Jacob Mackloet	De Schoteijl	54.97 200001171	55.28	+0,68	26.64	55.28
8.	Richard Kuipers	HZ&PC Heerenveen	55.44 199704171	56.00	+0,81	26.87	56.00
9.	Bart Weiland	D.E.S.	55.38 199700777	56.15	+0,64	26.73	56.15
10.	Kevin Kingma	ACZ	1:01.07 199700559	56.48	+0,69	27.16	56.48
11.	Ian Terlouw	ZPC Woerden	56.75 200002345	57.20	+0,74	27.05	57.20
12.	Nino van Krimpen	ZOB'66	57.00 200004611	57.21	+0,71	27.03	57.21
13.	Diederick Schothans	De Gelenberg	56.52 199703185	57.57	+0,76	27.48	57.57
14.	Ian van Mullem	ZOB'66	58.57 199602545	58.91	+0,67	27.87	58.91
15.	Tim de Zoete	Zwemvereniging Hoogland	59.71 199701875	59.20	+0,90	28.19	59.20
16.	Martijn Bartels	ZPC Amersfoort	59.35 199603493	59.27	+0,76	28.11	59.27
17.	Kylian Kooijman	Steenwijk 1934	59.56 199900763	59.73	+0,72	28.12	59.73
18.	Leon Kloots	ZPC De Hof	1:00.31 200001363	59.82	+0,75	28.86	59.82
19.	Tenzin Tieman	Old Dutch	1:01.13 200005549	59.84	+0,80	28.63	59.84

Programmanr. 12, Heren, 100m vrije slag, 25+

rang	naam	vereniging	intijd	tijd	RT	50m	100m	
20.	Wesley van der Luit	ZV Sassenheim	1:00.61	199701895	59.95	+0,73	28.97	59.95
21.	Mart Kortman	De Dinkel	59.39	199800357	1:00.15	+0,76	28.18	1:00.15
22.	Sam Beer	Poseidon'56	59.79	199605521	1:00.20	+0,68	28.53	1:00.20
23.	Patrick Wyrdean	Westland Swimming Stars	1:01.09	199702475	1:00.38	+0,69	28.69	1:00.38
24.	Thomas Hesper	NieMo Barracuda	59.91	200004181	1:00.81	+0,80	29.18	1:00.81
25.	Jaimy Voogt	ZOB'66	1:01.01	200005881	1:01.08	+0,73	29.31	1:01.08
26.	Auke Sijperda	AZC	1:01.40	199905115	1:01.49	+0,66	29.16	1:01.49
27.	Ardy Zwanenburg	AZC	1:08.36	199902061	1:06.65	+0,84	30.98	1:06.65
28.	Jesse Brouwers	MZ&PC	1:06.66	199900393	1:06.80	+0,71	31.83	1:06.80
29.	Ids de Klerk	NieMo Barracuda	1:05.41	199803237	1:07.52	+0,91	31.89	1:07.52

30+

1.	Jeroen Baars	NieMo Barracuda	50.15	199200031	50.61	+0,67	24.32	50.61
2.	Felix Geenen	DAW	50.47	199501085	51.75	+0,78	24.23	51.75
3.	Wouter Sijmons	Z&PV Nueneen	53.28	199302695	54.08	+0,72	26.22	54.08
4.	Koen van der Wallen	ZPC Nederweert	55.84	199405561	54.50	+0,71	26.27	54.50
5.	Steven Uijl	Aqua-Novio '94	57.29	199304075	55.05	+0,71	26.20	55.05
6.	Erik Nijholt	DZ&PC	55.48	199401349	55.62	+0,74	26.70	55.62
7.	Bas Braun	ZPC Amersfoort	55.64	199106545	55.84	+0,73	26.51	55.84
8.	Pieter Ytsma	ZV Zaltbommel	57.03	199501809	56.99	+0,73	27.37	56.99
9.	Jordy Heusschen	Hellas-Glana	57.59	199503405	57.84	+0,71	28.10	57.84
10.	Sander Riezebos	WS Twente	59.88	199400467	59.08	+0,67	27.87	59.08
11.	Johan Krakou	De Rijn	1:02.64	199101311	1:00.76	+0,79	28.50	1:00.76
12.	Niels Bent	WS Twente	1:00.16	199400465	1:01.43	+0,73	29.18	1:01.43
13.	Patrick Brouwer	AZC	1:01.11	199303715	1:02.18	+0,72	29.44	1:02.18
14.	Mark Legters	De Schelde	1:02.60	199303361	1:03.14	+0,72	29.76	1:03.14
15.	J. Santiago Patterson	ZVL-1886	1:03.52	199406797	1:03.29	+0,64	30.04	1:03.29
16.	Remco Visser	ZPC Woerden	1:04.63	199503185	1:05.79	+0,72	30.85	1:05.79

35+

1.	Olaf Achterberg	VZC	54.66	199000011	55.24	+0,80	26.61	55.24
2.	Sander de Vrugt	ENC Arnhem	55.95	198903499	55.81	+0,65	26.91	55.81
3.	Pascal van Haren	NieMo Barracuda	56.57	198704101	56.84	+0,71	26.71	56.84
4.	Sherif Badawy	DAW	1:00.73	198907047	58.73	+0,68	27.17	58.73
5.	Matthew Humphreys	MSV-Zeemacht	58.41	198906983	58.96	+0,73	28.71	58.96
6.	Rolf Baldwin Versteeg	Brander SV 1973 e.V.	1:01.52	368180	1:00.74	+0,80	29.61	1:00.74
7.	Bram Piederiet	ZV Vlaardingen-Schiedam	1:00.99	199007757	1:01.74	+0,80	28.61	1:01.74
8.	Jaap Stielstra	ENC Arnhem	1:02.75	199006231	1:02.63	+0,72	29.77	1:02.63
9.	Marvin Kok	SG Octopus - ZVV	1:11.35	198701787	1:07.14	+0,86	31.65	1:07.14
10.	Mitchell van Uitert	De Geul	1:05.68	199004067	1:07.75	+0,78	33.12	1:07.75

40+

1.	Alan Smeets	Zwemsport Parkstad	55.04	198402089	56.70	+0,77	26.56	56.70
2.	Jim Geestman	Poseidon'56	59.49	198300699	57.79	+0,85	27.86	57.79
3.	Ivan van Omme	De Geul	1:00.95	198201263	59.58	+0,73	28.42	59.58
4.	Rene Koedooder	Enkhuizer Zwem Vereniging	59.81	198200919	59.70	+0,81	28.64	59.70
5.	I. García Rodríguez	ACZ	1:00.33	198504015	1:00.40	+0,65	28.50	1:00.40
6.	Roel van der Kruijs	De Gelenberg	1:01.86	198501491	1:01.34	+0,76	29.49	1:01.34
7.	Werner van Wyk	De Treffers	1:04.40	198303191	1:02.36	+0,66	31.24	1:02.36
8.	Wouter Zijlstra	DAW	1:02.58	198202077	1:03.14	+0,78	29.85	1:03.14
9.	Peter van de Bor	Team Noord Holland (SG)	1:01.79	198402897	1:05.20	+0,84	30.01	1:05.20
10.	Martial Alassimone	ASPTT Clermont-Ferrand	1:11.43	135036	1:08.59	+0,76	32.61	1:08.59

Programmanr. 12, Heren, 100m vrije slag

45+

1.	Casper Hut	HZ&PC Heerenveen	56.06	197800471	54.15	+0,77	25.87	54.15
2.	Mark Hensen	NieMo Barracuda	57.22	197900497	57.07	+0,72	27.09	57.07
3.	Ruud Holswilder	ZPCH	55.81	197800435	57.26	+0,75	27.78	57.26
4.	Jeroen Zelsmann	ZPC Amersfoort	58.29	197701551	57.58	+0,71	27.33	57.58
5.	Ivo Roozeboom	WVZ	56.85	197700801	57.98	+0,74	27.74	57.98
6.	Victor Barnar	GoSwim	57.71	197801805	58.50	+0,70	27.89	58.50
7.	Erwin Buist	ZPC Amersfoort	56.86	197800183	58.61	+0,70	27.47	58.61
8.	Rene van Hoorn	ZV Vlaardingen-Schiedam	1:00.20	197601747	59.72	+0,76	28.51	59.72
9.	Robert Istrate	Zwemsport Parkstad	1:00.24	198002555	1:00.20	+0,74	29.33	1:00.20
10.	Remco Dijcks	ENC Arnhem	1:08.50	198002569	1:00.25	+0,70	28.91	1:00.25
11.	Dennis Dortland	NieMo Barracuda	1:00.76	197800261	1:00.62	+0,80	29.58	1:00.62
12.	Sven Kielblock	Brander SV 1973 e.V.	1:02.95	320075	1:01.21	+0,81	29.19	1:01.21
13.	Jeroen Meuleners	SG Patrick - De Roersoppe	1:02.41	197800703	1:02.52	+0,77	29.62	1:02.52
14.	Pieter Broek	Westland Swimming Stars	1:04.97	197701637	1:05.25	+0,72	31.17	1:05.25
15.	Marco Horneman	NieMo Barracuda	1:09.40	198000623	1:05.55	+0,75	30.63	1:05.55
16.	André Noordwijk	NieMo Barracuda	1:05.41	197901785	1:05.65	+0,88	31.02	1:05.65
17.	Tom Bandsma	PSV	1:06.90	197701625	1:07.92	+1,01	32.55	1:07.92
18.	Ronald Croes	De IJsselmeeuwen	1:08.22	197600195	1:09.36	+0,96	33.17	1:09.36
19.	Erik Tobé	ZOB'66	1:09.97	197901485	1:10.65	+0,82	32.35	1:10.65
20.	Ingmar Kooman	ZVL-1886	1:14.15	197901517	1:15.65	+0,82	35.63	1:15.65
AFGEM	Jasper van Heijst	ZPCH	56.37	197601699				

50+

1.	Antwan van Engen	CWW Swimteam	58.82	197101577	58.01	+0,79	27.99	58.01
2.	Marco Booij	ZOB'66	59.11	197300109	59.03	+0,80	27.65	59.03
3.	Alex Damen	DAW	59.33	197501371	59.86	+0,81	28.49	59.86
4.	Andreas Schwartz	Brander SV 1973 e.V.	1:00.07	92360	1:00.35	+0,76	28.57	1:00.35
5.	Erik Lamers	De Gelenberg	1:09.46	197500507	1:00.40	+0,76	28.91	1:00.40
6.	Olivier van Heezik	PSV	1:04.53	197101763	1:01.02	+0,84	29.37	1:01.02
7.	Stefan Damen	HZ&PC Heerenveen	1:03.11	197400153	1:01.13	+0,76	29.41	1:01.13
8.	John Cobussen	De Gelenberg	1:05.71	197501323	1:02.64	+0,77	29.72	1:02.64
9.	Peter de Vries	HZ&PC Heerenveen	1:03.24	197401601	1:02.99	+0,74	29.47	1:02.99
10.	Jacco Schaap	PSV	1:02.55	197401611	1:03.30	+0,91	30.93	1:03.30
11.	Peter Meijer	DZ&PC	1:05.25	197300613	1:05.30	+0,67	31.41	1:05.30
12.	Casper van den Burgh	ZV Sassenheim	1:06.77	197201413	1:05.80	+0,94	31.53	1:05.80
13.	Pieter Veenstra	DZ&PC	1:03.61	197301345	1:06.28	+0,80	30.58	1:06.28
14.	Jeroen Temme	TriVia	1:07.08	197201703	1:07.57	+0,92	33.10	1:07.57
15.	Martin Berkhout	ZVL-1886	1:07.37	197101123	1:07.79	+0,72	32.52	1:07.79
16.	Bas Kremers	TRB-RES	1:09.97	197201611	1:09.82	+0,81	33.56	1:09.82
17.	Wouter van der Stelt	De Biesboschzwemmers	1:10.49	197200889	1:10.75	+0,80	33.38	1:10.75
18.	Michael Go	AZC	1:10.12	197501397	1:11.04	+0,85	33.73	1:11.04
19.	Rob van de Ven	Neptunus'58	1:14.46	197101695	1:12.62	+0,75	35.17	1:12.62
20.	Alberto Randazzo	D.E.S.	1:15.38	197101757	1:13.48	+0,81	35.00	1:13.48

55+

1.	Chester Marsman	ZPC Amersfoort	57.85	196900671	57.86	+0,75	27.28	57.86
2.	Richard Ricksen	Hellas-Glana	1:00.58	197000841	1:00.32	+0,77	29.21	1:00.32
3.	John Hardeman	Zwemlust- den Hommel	1:00.70	196601615	1:02.73	+0,73	29.87	1:02.73
4.	Francis Roosen	V.Z.V. Njord	1:02.90	196801581	1:02.97	+0,76	30.17	1:02.97
5.	Marcel Vroegindewei	Poseidon'56	1:03.33	196801709	1:03.29	+0,78	30.21	1:03.29
6.	Edwin Petri	De Otters Het Gooi	1:04.15	196601687	1:04.60	+0,91	30.94	1:04.60
7.	Kees Akershoek	De Stelle	1:12.82	196900009	1:04.64	+0,69	30.12	1:04.64
8.	Henri Verschoor	De Biesboschzwemmers	1:05.26	197001041	1:05.62	+0,95	31.69	1:05.62
9.	Nico Swart	De Biesboschzwemmers	1:10.18	196801475	1:10.27	+0,83	33.41	1:10.27
10.	Jeroen Wilmer	Enkhuizer Zwem Vereniging	1:09.67	196601711	1:10.92	+0,86	34.06	1:10.92
11.	Teus Krijgsman	ACZ	1:11.69	196600431	1:11.09	+0,83	32.50	1:11.09
12.	Leon Slingerland	WVZ	1:09.12	196801707	1:12.06	+0,91	34.08	1:12.06
13.	Eric Dumas	SG Patrick - De Roersoppe	1:15.20	196901397	1:14.53	+0,84	34.94	1:14.53
14.	Jordey Wijnbergen	GZC Donk	1:18.79	196901897	1:17.73	+0,82	36.92	1:17.73
15.	Gertjan van der Vaart	ZV Vlaardingen-Schiedam	1:16.51	196801529	1:17.83	+0,73	35.67	1:17.83

Programmanr. 12, Heren, 100m vrije slag

60+

1.	Peter Bernsen	ZPC De Rog	1:00.67	196301119	1:01.57	+0,71	29.67	1:01.57
2.	Johan Remmits	ZPC Amersfoort	1:01.90	196201159	1:01.94	+0,79	29.33	1:01.94
3.	Arnold de Rover	De Berkelduikers	1:01.11	196400645	1:02.72	+0,77	29.92	1:02.72
4.	Pieter Derckx	ZEPS	1:03.57	196501241	1:02.87	+0,77	29.70	1:02.87
5.	André Jovet	Swimming Luxembourg	1:06.11	13225	1:05.61	+0,81	30.90	1:05.61
<i>Luxembourg Masters Record</i>								
6.	Roland Assmann	ZPC De Zeeuwse Kust	1:14.58	196201325	1:07.31	+0,77	31.19	1:07.31
7.	Henri Michels	De Amstel	1:07.01	196501587	1:07.40	+0,82	32.20	1:07.40
8.	Rob Spetter	ZPC De Rog	1:08.51	196201239	1:07.45	+0,73	33.01	1:07.45
9.	K. van Overbeeke	WWV Winterswijk	1:17.85	196200489	1:07.78	+0,87	32.19	1:07.78
10.	Ralf Dillig	Duisburger ST	1:08.39	060769	1:08.81	+0,81	33.46	1:08.81
11.	Robert de Brauwer	De Duinkickers	1:12.34	196401383	1:10.98	+0,90	33.18	1:10.98
12.	Henk Kuipers	ZPC Amersfoort	1:12.35	196201207	1:11.04	+0,78	34.31	1:11.04
13.	Casper Dollekamp	Steenwijk 1934	1:17.53	196301341	1:12.73	+0,75	34.44	1:12.73
14.	Bart van Calker	WS Twente	1:22.12	196100067	1:21.49	+0,91	39.88	1:21.49

65+

1.	Fred Ketting	PSV	1:03.94	196000289	1:04.53	+0,77	30.93	1:04.53
2.	Peter Coffeng	GZC Donk	1:22.23	195700063	1:19.81	+0,91	38.89	1:19.81
3.	André Schutte	ZPC De Zeeuwse Kust	1:22.79	196000521	1:24.30	+0,99	39.86	1:24.30
4.	Lex Hoogendam	ZZ&PC De Devel	1:22.43	195700541	1:24.79	+0,95	39.86	1:24.79
5.	Klaas Paulusse	Tempo Valkenswaard	1:23.79	195900817	1:26.19	+0,83	40.50	1:26.19

70+

1.	Harry Dokter	SWOL 1894	1:13.63	195100037	1:13.35	+0,84	35.12	1:13.35
2.	Ruud Ruiters	WS Twente	1:19.55	195300169	1:13.43	+0,97	34.51	1:13.43
3.	Laurens Klein Breteler	WS Twente	1:22.07	195400109	1:20.15	+0,87	37.26	1:20.15

80+

1.	Willem Putter	ZV Vlaardingen-Schiedam	1:28.69	194500135	1:26.64	+1,06	40.25	1:26.64
2.	Geza Kaltenecker	AZC	1:32.68	194200065	1:37.86	+0,94	48.69	1:37.86
3.	Kevork Boyrazian	Cercle De Natation Sportci	1:59.73	we CNSW/002620/44	2:04.98	+1,17	58.29	2:04.98

85+

1.	F. Hendrik de Bruijn	CN Aquamasters	1:34.59		1:36.16	+1,30	46.65	1:36.16
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Programmanr. 13
21-11-2025 - 15:50

Dames, 100m vrije slag

20 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	
20+								
1.	Michelle van Wijk	WWV Winterswijk	57.61	200204746	57.89	+0,73	28.08	57.89
2.	Amber Hesper	NieMo Barracuda	58.97	200202188	58.31	+0,66	28.08	58.31
3.	Isabel Dijkstra	Hellas-Glana	1:00.53	200200918	1:00.55	+0,74	29.21	1:00.55
4.	Femke Backx	Orca Leeuwarden	1:00.93	200106430	1:00.61	+0,65	29.08	1:00.61
5.	Inge Koekoek	DWK	1:00.25	200401648	1:00.70	+0,76	29.33	1:00.70
6.	Lotte van Gessel	Team Noord Holland (SG)	1:01.24	200300900	1:01.37	+0,81	29.45	1:01.37
7.	Daniek van den Berg	DBD	1:01.84	200505398	1:01.83	+0,73	29.92	1:01.83
8.	Esmée van Peer	TriVia	1:00.81	200201114	1:01.84	+0,77	29.80	1:01.84
9.	Robin Pienaar	NieMo Barracuda	59.99	200102236	1:01.95	+0,77	29.39	1:01.95
10.	Sanne Kloezen	Bubble	1:01.83	200204644	1:02.14	+0,82	29.30	1:02.14
11.	Evelien Husselman	MZ&PC De Reest	1:02.60	200501324	1:02.32	+0,71	29.82	1:02.32
12.	Lyke Buscop	De Schotejil	1:02.16	200500552	1:02.44	+0,62	29.60	1:02.44
13.	Noor Polman	CWW Swimteam	1:02.19	200501248	1:02.65	+0,72	30.18	1:02.65
14.	Nienke Bakker	TriVia	1:02.09	200501178	1:03.59	+0,74	30.23	1:03.59

Programmanr. 13, Dames, 100m vrije slag, 20+

rang	naam	vereniging	intijd	tijd	RT	50m	100m	
15.	Loïs Jalving	HZ&PC Heerenveen	1:04.63	200400280	1:04.01	+0,56	29.99	1:04.01
	Lieke Broere	De Otters Het Gooi	1:03.99	200303890	1:04.01	+0,81	31.36	1:04.01
17.	Ilse Wild	SG Octopus - ZVV	1:07.59	200401812	1:04.30	+0,69	30.86	1:04.30
18.	Eline Hoekstra	OEZA	1:03.45	200301280	1:04.77	+0,85	30.43	1:04.77
19.	Kim van Gemert	Poseidon'56	1:04.91	200101968	1:04.78	+0,80	31.09	1:04.78
20.	Nikki Douma	Hellas-Glana	1:02.46	200102252	1:04.81	+0,78	30.96	1:04.81
21.	Daphne van Tilburg	De Geul	1:05.68	200500580	1:05.07	+0,80	31.13	1:05.07
22.	Noa de Bock	De Duck	1:03.99	200300318	1:05.19	+0,74	31.30	1:05.19
23.	Esmee Kloezen	Bubble	1:05.14	200204646	1:05.43	+0,73	30.70	1:05.43
24.	A. Karaman	Brander SV 1973 e.V.	1:06.93	405857	1:05.73	+0,70	31.32	1:05.73
25.	Kim de Jong	Westland Swimming Stars	1:06.58	200401522	1:05.74	+0,67	30.79	1:05.74
26.	Roméé Beverdam	WS Twente	1:07.10	200100158	1:05.77	+0,80	31.45	1:05.77
27.	Pien Ooijman	WS Twente	1:07.47	200504500	1:06.09	+0,95	31.64	1:06.09
28.	Sabine Uytdewilligen	ENC Arnhem	1:05.78	200502654	1:06.50	+0,67	32.06	1:06.50
29.	Jessica Braat	AZC	1:05.26	200205684	1:06.61	+0,77	31.24	1:06.61
30.	Annikka de Wolf	ZPC Amersfoort	1:07.42	200504774	1:06.79	+0,83	31.69	1:06.79
31.	Claire Bosch	De Dinkel	1:06.39	200401480	1:06.94	+0,82	31.40	1:06.94
32.	Tamar Roosen	V.Z.V. Njord	1:05.98	200501168	1:06.97	+0,73	32.46	1:06.97
33.	Inge Dekker	HZ&PC Heerenveen	1:03.07	200200476	1:07.41	+0,77	31.56	1:07.41
34.	M. van der Hoeven	ZPC Amersfoort	1:06.07	200401298	1:08.18	+0,65	33.00	1:08.18
35.	Hannah Elting	ENC Arnhem	1:08.67	200402702	1:08.52	+0,65	33.36	1:08.52
36.	Meike Kooistra	DAW	1:07.31	200301842	1:08.96	+0,86	32.85	1:08.96
37.	Manon van der Wielen	HZPC	1:08.49	200200550	1:09.26	+0,77	32.35	1:09.26
38.	Lianne Dekker	DAW	1:07.43	200305438	1:09.71	+0,67	32.88	1:09.71

25+

1.	Tamara Grove	De Dolfijn	57.45	199601266	57.73	+0,73	27.96	57.73
2.	Britt Cornelissens	Hellas-Glana	57.17	200000632	58.38	+0,70	27.58	58.38
3.	Marre Zandringa	Orca Leeuwarden	1:00.00	199701136	59.49	+0,70	28.24	59.49
4.	Laura Setz	Bubble	58.69	200000130	59.57	+0,96	28.50	59.57
5.	M. van Langevelde	DWK	1:01.24	199803160	1:01.00	+0,71	28.99	1:01.00
6.	Manon Kloosterman	Zwemlust- den Hommel	1:00.86	199702082	1:01.11	+0,77	28.89	1:01.11
7.	Laurie Aarninkhof	De Dinkel	1:02.33	199800822	1:01.69	+0,80	29.28	1:01.69
8.	Michelle Zomerdijk	Dedemsvaart-AC	59.12	200003196	1:02.38	+0,71	29.09	1:02.38
9.	Marcella van der Ent	De Duck	1:05.30	199600174	1:03.23	+0,76	29.41	1:03.23
10.	Alies Wagter	Steenwijk 1934	1:03.03	199900840	1:03.39	+0,82	30.54	1:03.39
11.	Laura van Sabben	PSV	1:02.42	199804332	1:03.95	+0,63	30.00	1:03.95
12.	Kelly Bergez	PSV	1:02.37	199603132	1:04.52	+0,72	30.34	1:04.52
13.	Kelly de Jonge	Poseidon'56	1:06.14	199701210	1:04.58	+0,74	30.55	1:04.58
14.	Alisha Vieira	Blue Marlins	1:05.04	199904554	1:04.85	+0,71	30.56	1:04.85
15.	Noa Oldenhof	ZPCH	1:04.72	199700622	1:05.01	+0,67	31.04	1:05.01
16.	Mirelle de Kort	VZ&PC Nautilus	1:03.78	200005546	1:05.13	+0,76	30.93	1:05.13
17.	Froukje Osinga	Orca Leeuwarden	1:06.17	200003090	1:05.47	+0,73	31.59	1:05.47
18.	Marleen Hof	WS Twente	1:06.80	199802464	1:05.67	+0,83	30.81	1:05.67
19.	Evelien de Jong	Neptunia '24	1:05.82	199805316	1:07.40	+0,78	31.74	1:07.40
20.	Sabine Lageweg	Steenwijk 1934	1:07.23	199900926	1:07.51	+0,68	31.50	1:07.51
21.	Judith Kleinjan	De Duck	1:09.17	199802710	1:09.20	+0,80	32.91	1:09.20
22.	Esmée Rolloos	NieMo Barracuda	1:11.88	199800056	1:09.71	+0,78	33.00	1:09.71
23.	Anouk van der Lans	Westland Swimming Stars	1:10.99	199801614	1:10.25	+0,77	32.97	1:10.25
24.	Astrid Wibbelink	Steenwijk 1934	1:10.75	199600006	1:10.45	+0,70	31.88	1:10.45
25.	Brenda Zwarthoed	DAW	1:11.75	199604938	1:10.68	+0,81	32.58	1:10.68

30+

1.	Kira Toussaint	De Dolfijn	56.09	199400990	56.77	+0,62	27.56	56.77
	<i>Nederlands Masters Record</i>							
2.	Cora van Dorst	Zwemvereniging De Zilver	1:11.01	199106218	1:00.86	+0,74	29.48	1:00.86
3.	Lotte Coenen	D.E.S.	1:01.95	199301518	1:01.68	+0,82	29.59	1:01.68
4.	Natasja Snijders	Aqua-Novio '94	1:05.15	199107966	1:03.17	+0,73	29.76	1:03.17
5.	S. Dekker-Bergsma	Dedemsvaart-AC	1:05.30	199203374	1:03.93	+0,67	29.88	1:03.93
6.	D. van Haren - Boereboor	NieMo Barracuda	1:01.87	199202144	1:04.95	+0,74	30.31	1:04.95
7.	A. Meulenbeld	Orca Leeuwarden	1:06.17	199506230	1:06.35	+0,74	31.52	1:06.35

Programmanr. 13, Dames, 100m vrije slag, 30+

rang	naam	vereniging	intijd		tijd	RT	50m	100m
8.	Myrna Schasfoort	De Dinkel	1:06.48	199300668	1:06.66	+0,67	31.89	1:06.66
9.	Nienke Smidt	WS Twente	1:09.25	199407596	1:08.33	+0,89	33.04	1:08.33
10.	Sandra Vermeulen	De Duck	1:13.95	199303522	1:12.56	+0,60	35.20	1:12.56
11.	Hilma Buiten	MZ&PC De Reest	1:13.42	199407522	1:15.37	+0,70	35.83	1:15.37

35+

1.	Saskia de Klerk	GoSwim	1:00.77	199004612	1:00.71	+0,68	28.99	1:00.71
2.	Linda van Schaik	ZPCH	1:03.35	198605424	1:02.69	+0,76	30.32	1:02.69
3.	Anna Maria Rijkens	WSV St. Johann in Tirol	1:03.51	48298	1:04.03	+0,73	30.70	1:04.03
4.	Kimberly Whittington	VZC	1:12.50	198704616	1:06.49	+0,78	31.09	1:06.49
5.	Lisanne Andeweg	Zuiderzeezwemmers	1:07.49	198800092	1:06.73	+0,79	32.12	1:06.73
6.	Ingrid Jansen	ZEPS	1:10.74	198706292	1:07.92	+0,66	32.54	1:07.92
7.	Nienke van Stipriaan	Zwemvereniging Hoogland	1:11.78	198703970	1:10.66	+0,95	34.25	1:10.66
8.	D. van den Hoogenband	Z&PV Nuene	1:14.69	199001558	1:13.46	+0,77	35.66	1:13.46
9.	Joëlle Vaes	DIO	1:14.18	199007576	1:13.60	+0,73	35.48	1:13.60

40+

1.	Kate Nicholson	SSF Bonn	1:02.66	444702	1:00.75	+0,66	29.20	1:00.75
2.	Marije Jansen	ZPC Amersfoort	1:03.17	198504088	1:03.63	+0,70	30.89	1:03.63
3.	Evita van de Ketterij	De Treffers	1:07.98	198504284	1:03.91	+0,73	30.58	1:03.91
4.	Ann Wanter	Zwemclub Geel	1:04.80	ZGEEL/21082/82	1:04.54	+0,81	30.78	1:04.54
5.	A. Verschoor-Vos	De Biesboschzwemmers	1:05.46	198102300	1:05.51	+0,81	31.25	1:05.51
6.	Miranda Pijnenburg	De Treffers	1:07.92	198301216	1:06.91	+0,81	32.14	1:06.91
7.	Tonia Ruybroek	Poseidon'56	1:10.29	198101290	1:09.74	+0,85	33.80	1:09.74
8.	Michelle de Villiers	Hellas-Glana	1:09.36	198302944	1:10.62	+0,75	33.98	1:10.62
9.	Renee de Kok	V.Z.V. Njord	1:11.95	198403350	1:10.97	+0,58	33.79	1:10.97
10.	Sandra Zwaanswijk	DAW	1:11.53	198503934	1:11.38	+0,78	33.57	1:11.38
11.	A. Besseling-de Jong	De Geul	1:12.83	198102084	1:13.75	+0,81	36.15	1:13.75
12.	B. Chong	Gay Swim Amsterdam	1:16.83	198102388	1:17.46		37.12	1:17.46
13.	Riky Smeets-Jansen	ZEPS	1:16.19	198401142	1:18.09	+0,95	38.06	1:18.09

45+

1.	Delia Badoux	WVZ	59.85	198000042	1:00.09	+0,77	28.96	1:00.09
	<i>Nederlands Masters Record</i>							
2.	Anke Lambooi	AZL	1:02.25	198001182	1:03.52	+0,76	29.82	1:03.52
3.	Chantal Verhoeff	Old Dutch	1:09.21	197900912	1:09.21	+0,77	33.34	1:09.21
4.	Alina Spijkerman	DAW	1:09.54	197701220	1:09.26	+0,79	32.95	1:09.26
5.	K. de Reus-Trompetter	DZ&PC	1:09.91	197600520	1:09.97	+0,89	33.68	1:09.97
6.	Jessica Venema	Old Dutch	1:09.64	197901526	1:10.95	+0,82	33.42	1:10.95
7.	Petra Guijt	Aqua-Novio '94	1:09.44	197600978	1:11.16	+0,74	34.42	1:11.16
8.	Marian Nederlof	De Geul	1:12.32	197600950	1:13.11	+0,79	35.41	1:13.11
9.	Luisiana Bigea	ZV Sassenheim	1:14.74	197701300	1:18.11	+0,77	36.81	1:18.11
10.	Saskia op den Velde	De Duinkickers	1:17.92	197901530	1:20.67	+0,84	37.48	1:20.67
11.	Ilonka van der Meer	SG LinK-ZV Zoetermeer	1:21.34	197601168	1:21.92	+0,87	38.78	1:21.92

50+

1.	C. Gootzen-Bulthuis	RZ	1:06.55	197500990	1:05.15	+0,80	31.31	1:05.15
2.	Edith Janssen-Koolen	TRB-RES	1:05.65	197300898	1:06.34	+0,77	31.52	1:06.34
3.	Annette de Visser	Oceanus	1:08.81	197100602	1:08.51	+0,86	33.07	1:08.51
4.	Yvette Ratering	CWW Swimteam	1:08.57	197200990	1:09.23	+0,80	33.32	1:09.23
5.	Inken Wemheuer	Team Noord Holland (SG)	1:10.15	197101016	1:10.46	+0,75	33.98	1:10.46
6.	Katharina Schlipp	AZL	1:11.50	197301004	1:12.01	+0,78	33.94	1:12.01
7.	Mariana Pereira	Luxembourg Sharks Swim	1:12.84	22185	1:14.08	+0,76	34.65	1:14.08

Programmanr. 13, Dames, 100m vrije slag

55+

1.	L. v. Bon-Rosenbrand	ZPC Amersfoort	1:06.13	197000054	1:05.97	+0,81	31.50	1:05.97
2.	Carol Hollemans	ACZ	1:06.55	196900252	1:06.55	+0,58	31.65	1:06.55
3.	Susan Fraser	Free Style SC	1:09.87	63571	1:07.48	+0,77	31.10	1:07.48
4.	Jeanne Petit	PSV	1:10.62	197001020	1:10.65	+0,77	33.37	1:10.65
5.	Petra Blum	Uerdinger SV 08	1:13.63	274174	1:13.72	+0,84	34.95	1:13.72
6.	Marijke Campfens	De Geul	1:14.38	196900960	1:14.46	+0,79	35.63	1:14.46
7.	Karin Sagonas-Koolen	V.Z.V. Njord	1:18.85	197000964	1:18.17	+0,81	37.16	1:18.17
8.	Helena Mels	ZV Vlaardingen-Schiedam	1:17.64	196901036	1:19.81	+0,57	37.12	1:19.81
9.	Cancia Leirissa	Albion	1:19.69	196700748	1:20.83	+0,71	38.58	1:20.83
10.	Daniëlle Schipper	ZOB'66	1:26.89	197001078	1:24.94	+0,83	40.60	1:24.94
11.	S. Daamen-Posma	AZC	1:23.61	196800854	1:25.96	+0,90	40.70	1:25.96

60+

1.	Marinka vd Zwet	ZV Sassenheim	1:12.05	196500346	1:10.66	+0,71	33.96	1:10.66
2.	Wilna Heijman	Steenwijk 1934	1:18.97	196400506	1:16.36	+0,78	37.07	1:16.36
3.	K. van der Star-Verhoeve	ENC Arnhem	1:20.39	196100382	1:19.11		36.72	1:19.11
4.	Feikje Wittermans	GZC Donk	1:22.69	196400408	1:20.97	+0,86	38.13	1:20.97
5.	Maud Peuten-Evers	Mosa-Regio	1:20.83	196400584	1:23.29	+1,07	39.24	1:23.29
6.	Christine Buist	De Duinkickers	1:28.28	196400608	1:27.33	+0,96	41.22	1:27.33
7.	Kirsten Stamer	SC Janus Köln	1:31.18	247144	1:32.54		42.97	1:32.54

65+

1.	Atie Pijtak-Radersma	ZPC Amersfoort	1:10.35	195600048	1:09.14	+0,74	33.14	1:09.14
2.	Marijke Kraak-Beckers	SWOL 1894	1:17.36	196000240	1:17.80	+0,85	37.33	1:17.80
3.	Marijke van Hoek	ZPC De Zeeuwse Kust	1:17.90	195800050	1:18.85	+0,79	37.27	1:18.85
4.	Claire Anthony	Cercle De Natation Sportci	1:23.37	CNSW/001353/57	1:24.64	+0,83	41.23	1:24.64
5.	J. Resink-lindeboom	DWK	1:26.20	196000142	1:25.84		41.39	1:25.84
6.	Tiny Gram	De Dinkel	1:28.92	195600138	1:26.87	+0,90	40.82	1:26.87
7.	M. Kolkman-Pluim	ENC Arnhem	1:32.99	196000330	1:29.11	+0,87	42.43	1:29.11

70+

1.	Christine Nieuwenhuis	SWOL 1894	1:18.88	195100022	1:19.66	+0,80	37.95	1:19.66
NG.ZA	Carla Hensen	PSV	1:33.60	195300062				

75+

1.	Conny Boer-Buys	ZV Vlaardingen-Schiedam	1:17.81	195000006	1:18.70	+0,78	37.52	1:18.70
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80+

1.	Loekie van Huissteden	ZPC Amersfoort	2:02.71	194500002	2:07.35	+1,00	1:01.28	2:07.35
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85+

1.	Marie Smits	Old Dutch	2:01.67	193800004	2:06.94	+1,23	1:02.58	2:06.94
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Programmanr. 14
21-11-2025 - 16:20

Heren, 200m schoolslag

20 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m	
20+										
1.	Scott Jansen	WVZ	2:18.84	200202455	2:17.15	+0,68	31.12	1:06.26	1:41.53	2:17.15
	<i>Nederlands Masters Record</i>									
2.	Daan Hoogendoorn	ZPC Woerden	2:28.17	200500113	2:23.38	+0,66	32.24	1:08.92	1:46.08	2:23.38
3.	Wouter Zijlstra	HZ&PC Heerenveen	2:22.03	200401545	2:23.72	+0,63	32.01	1:08.12	1:45.67	2:23.72
4.	Jelle Opmeer	ZPC Amersfoort	2:27.95	200100269	2:27.80	+0,65	32.98	1:10.77	1:48.82	2:27.80
5.	Junior Vermeulen	De Bevelanders	2:31.17	200103363	2:28.52	+0,67	31.95	1:09.24	1:48.23	2:28.52
6.	Erik van Gemert	Poseidon'56	2:35.18	200300587	2:35.33	+0,68	34.18	1:14.01	1:54.59	2:35.33
7.	Thijs Huizer	ZVL-1886	2:42.85	200502523	2:40.96	+0,72	35.62	1:16.96	2:00.27	2:40.96
8.	Robin van Muijen	ZVL-1886	2:39.25	200201059	2:43.15	+0,76	34.98	1:16.23	1:59.61	2:43.15
25+										
1.	Bert Duivenvoorde	De Columbiaan	2:23.79	199701805	2:26.65	+0,73	32.42	1:09.50	1:47.84	2:26.65
2.	Thomas Hesper	NieMo Barracuda	2:36.83	200004181	2:32.81	+0,87	34.13	1:12.82	1:52.48	2:32.81
30+										
1.	D. Castillo Montoya	ZVL-1886	2:41.78	199406779	2:33.36	+0,65	33.38	1:11.52	1:51.83	2:33.36
2.	Pieter Pijnenburg	De Biesboschzwemme	2:39.13	199305227	2:40.13	+0,78	36.52	1:17.19	1:58.62	2:40.13
3.	John Smit	Poseidon'56	2:45.15	199500613	2:40.81	+0,70	35.94	1:17.38	1:58.72	2:40.81
4.	Jose Horcas Nieto	ZVL-1886	2:47.88	199307445	2:43.94	+0,74	36.15	1:17.19	1:59.55	2:43.94
5.	Mark Legters	De Schelde	2:51.66	199303361	2:53.83	+0,73	38.55	1:21.19	2:06.53	2:53.83
35+										
1.	Sander de Vrught	ENC Arnhem	2:30.11	198903499	2:32.15	+0,64	33.56	1:11.88	1:51.92	2:32.15
2.	Patrick Creemers	SG Patrick - De Roerso	2:45.53	199000579	2:38.72	+0,69	35.09	1:15.72	1:57.02	2:38.72
3.	Tim Bunnik	Triton	2:41.40	199000505	2:45.08	+0,79	36.60	1:18.21	2:00.45	2:45.08
40+										
1.	Yuri van Omme	Zwemvereniging Hoogl:	2:32.74	198501887	2:34.14	+0,76	34.50	1:13.23	1:53.32	2:34.14
2.	Pieter Pickhardt	ZPC De Hof	2:43.12	198301657	2:39.47	+0,81	35.97	1:16.23	1:57.58	2:39.47
3.	Rob van Vliet	ZPC Amersfoort	2:54.83	198402459	2:47.72	+0,82	37.75	1:19.79	2:03.22	2:47.72
4.	Rob van Wanrooy	Albion	3:09.06	198202627	2:51.26	+0,74	37.58	1:21.64	2:07.36	2:51.26
5.	Benoit Gasner	D.E.S.	2:56.20	198102645	2:53.11	+0,72	38.71	1:22.52	2:08.21	2:53.11
6.	Bertrand Maillet	ASPTT Clermont-Ferran	3:04.06	88948	3:07.99	+0,89	42.48	1:30.34	2:20.00	3:07.99
45+										
1.	Vincent Versteeg	Zwemlust- den Hommel	2:38.61	197701003	2:33.79	+0,78	33.94	1:13.42	1:53.45	2:33.79
2.	Victor Barnar	GoSwim	2:37.40	197801805	2:34.09	+0,75	35.52	1:14.84	1:54.00	2:34.09
3.	Klaas Poelstra	H2Oldambt	2:42.53	197800825	2:47.33	+0,86	36.30	1:17.15	2:00.93	2:47.33
4.	Bogdan Androne	ZV Sassenheim	2:52.22	197701783	2:49.61	+0,77	37.00	1:18.75	2:02.65	2:49.61
5.	Freddie Geerlings	Zwemsport Parkstad	2:48.22	197900379	2:50.09	+0,74	38.14	1:21.73	2:07.01	2:50.09
6.	Yuri Admiraal	SGHW	2:52.65	197701655	2:52.30	+0,80	39.69	1:24.06	2:08.25	2:52.30
7.	Berry van Holland	TriVia	2:54.46	198000603	2:56.60	+0,77	38.88	1:23.74	2:09.68	2:56.60
50+										
1.	Kees Bakker	Gay Swim Amsterdam	2:51.07	197501055	2:54.62	+0,64	39.27	1:23.98	2:09.58	2:54.62
2.	Martijn de Jong	DWK	3:00.46	197101659	3:01.22	+0,77	39.70	1:25.98	2:14.22	3:01.22
3.	Bas Kremers	TRB-RES	3:00.47	197201611	3:02.15	+0,87	40.30	1:26.16	2:14.37	3:02.15
4.	Alberto Randazzo	D.E.S.	3:10.39	197101757	3:13.18	+0,91	40.95	1:29.73	2:22.11	3:13.18
5.	M. van Walt van Praag	Gay Swim Amsterdam	3:12.62	197501425	3:16.05	+0,71	44.03	1:35.97	2:28.54	3:16.05

Programmanr. 14, Heren, 200m schoolslag

55+

1. Harold Matla	PSV	2:44.31	196800591	2:49.19	+0,91	38.00	1:21.57	2:05.91	2:49.19
2. J. van den Berg	WVZ	2:48.26	196801575	2:52.27	+0,84	38.17	1:21.64	2:07.59	2:52.27
3. Gerrit Orthofer	Team Noord Holland (S)	2:56.85	197001813	2:53.20	+0,66	37.39	1:20.92	2:07.12	2:53.20
4. René Beetsma	HZ&PC Heerenveen	3:00.64	196900069	3:01.28	+0,81	39.00	1:24.23	2:11.46	3:01.28
5. Jacques Verriet	V.Z.V. Njord	3:10.82	197001039	3:08.93	+0,83	42.55	1:30.40	2:19.61	3:08.93

60+

1. Bert Schlicher	RZ	2:49.99	196400669	2:51.59	+0,68	37.95	1:21.27	2:06.05	2:51.59
<i>Nederlands Masters Record</i>									
2. Ron Korzelius	ZPC Amersfoort	3:02.69	196500513	2:58.34	+0,74	38.73	1:23.84	2:10.98	2:58.34
3. Theo Bakker	TriVia	3:11.85	196401231	3:11.70	+0,84	44.12	1:34.38	2:24.80	3:11.70
4. Ronald Grove	Triton	3:11.19	196100161	3:20.43	+0,82	43.98	1:36.06	2:30.32	3:20.43
5. A. van Veldhuizen	De Treffers	3:28.14	196501481	3:25.27	+0,89	45.39	1:37.98	2:31.70	3:25.27
6. Menno Lomans	PSV	3:17.44	196101071	3:27.33	+0,80	46.98	1:39.95	2:33.57	3:27.33

65+

1. Fred Ketting	PSV	3:01.49	196000289	3:03.22	+0,79	41.26	1:28.04	2:15.53	3:03.22
2. Wim de Lange	AZC	3:22.04	195800533	3:23.76	+0,80	45.35	1:37.64	2:31.15	3:23.76
3. Paul Bunnik	Triton	3:23.25	195600413	3:29.03	+1,00	45.64	1:38.85	2:35.27	3:29.03
4. Jelle de Vries	DZ&PC	3:36.61	195600397	3:39.60	+1,07	48.53	1:44.15	2:42.89	3:39.60
5. Peter Coffeng	GZC Donk	3:58.56	195700063	3:54.84	+1,05	52.34	1:52.69	2:54.54	3:54.84

70+

1. Michael Menge	SG Essen	3:21.57	080643	3:15.80	+0,83	42.86	1:32.90	2:24.05	3:15.80
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75+

1. J. Macpherson-Stewart	Free Style SC	3:52.50	30261	3:59.32	+0,89	52.20	1:53.14	2:56.89	3:59.32
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80+

1. Nico Baay	Old Dutch	4:24.30	194200053	4:21.69	+0,68	56.03	2:02.74	3:13.49	4:21.69
2. Rob Hanou	PSV	4:10.44	194300109	4:22.30	+1,08	58.90	2:07.32	3:17.61	4:22.30

Programmanr. 15
21-11-2025 - 16:46

Dames, 200m schoolslag

20 en ouder
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m	
1. V. van den Bogert	Hieronymus	2:35.05	200102138	2:37.09	+0,66	35.04	1:14.70	1:55.62	2:37.09
<i>Nederlands Masters Record</i>									
2. Mandy van Rossum	Arethusa	2:41.79	200204904	2:38.79	+0,85	36.43	1:17.22	1:58.40	2:38.79
3. Inge Koekoek	DWK	2:39.82	200401648	2:41.68	+0,75	36.46	1:17.65	1:59.52	2:41.68
4. Anouchka Bos	NieMo Barracuda	2:45.00	200501528	2:48.33	+0,77	37.07	1:19.84	2:03.39	2:48.33
5. Esther Tiemersma	PSV	2:49.26	200202962	2:48.72	+0,54	38.19	1:21.55	2:05.10	2:48.72
6. Lois van Oijen	CWW Swimteam	2:53.33	200402054	2:50.50	+0,82	38.23	1:21.43	2:05.83	2:50.50
7. Emi Schipper	ZOB'66	2:49.58	200502126	2:53.59	+0,71	38.42	1:22.59	2:07.14	2:53.59
8. Sydney Celie	IJsselmeer	2:58.62	200406054	2:56.53	+0,71	39.34	1:24.05	2:10.20	2:56.53
9. Ilse Kramer	TriVia	2:57.91	200403072	3:03.55	+0,64	40.80	1:26.25	2:13.99	3:03.55
10. Jennifer Koonen	Zwemsport Parkstad	3:08.97	200500386	3:10.58	+0,63	42.97	1:32.07	2:22.66	3:10.58

Programmanr. 15, Dames, 200m schoolslag

25+

1. Noël Iris Hettinga	Neptunia '24	2:50.42	200002536	2:47.51	+0,74	37.75	1:20.65	2:03.74	2:47.51
2. Sterre Schlicher	RZ	2:52.38	199901672	2:52.71	+0,67	38.85	1:22.54	2:07.39	2:52.71
3. Manon Kloosterman	Zwemlust- den Hommel	2:49.23	199702082	2:53.35	+0,76	38.31	1:22.66	2:07.94	2:53.35
4. Annabel Kuipers	DWK	2:57.28	200001076	2:54.27	+0,73	38.22	1:22.58	2:08.65	2:54.27
5. A. van de Kraats	DWK	2:52.03	199701284	2:55.40	+0,72	39.15	1:22.96	2:08.53	2:55.40
6. Mandy Swart	ZPC Amersfoort	2:58.21	199904916	2:57.27	+0,66	39.62	1:24.00	2:10.88	2:57.27
7. Celine Schoenmaker	DWK	2:58.05	199801976	2:59.29	+0,76	39.58	1:24.07	2:11.27	2:59.29
8. Maartje Hids	ZVL-1886	3:04.62	199903042	3:04.60	+0,83	43.12	1:30.35	2:17.47	3:04.60
9. Daphne Dols	ZPC Woerden	3:01.66	199904622	3:08.20	+0,77	40.25	1:26.83	2:16.43	3:08.20
10. Astrid Wibbelink	Steenwijk 1934	3:19.51	199600006	3:16.93	+0,74	42.77	1:32.56	2:24.23	3:16.93

30+

1. Fiona Meuffels	PSV	2:49.03	199504366	2:51.41	+0,69	38.08	1:21.47	2:06.45	2:51.41
2. Larissa Jansen	PSV	3:03.33	199500660	3:03.57	+0,88	42.77	1:29.47	2:16.41	3:03.57
3. Jisca Majolée	ZPC Amersfoort	3:08.15	199403570	3:04.22	+0,84	41.59	1:28.14	2:16.52	3:04.22
4. Deborah Wissink	ZPC De Hof	3:10.52	199503484	3:04.97	+0,69	41.99	1:28.85	2:16.87	3:04.97
5. Kelly Wigleven	Poseidon'56	3:09.71	199500058	3:06.02	+0,77	41.35	1:28.15	2:16.74	3:06.02
6. Janneke van de Poele	De Duck	3:11.23	199301128	3:08.62	+0,67	42.34	1:29.62	2:18.91	3:08.62
7. I. van Weeghel	ENC Arnhem	3:29.08	199204834	3:23.10	+0,82	45.41	1:36.84	2:29.98	3:23.10

35+

1. Jacyntha Plat	Steenwijk 1934	2:43.19	199002956	2:47.28	+0,73	36.97	1:19.13	2:02.82	2:47.28
<i>Nederlands Masters Record</i>									
2. Linda van Klei	ACZ	3:08.25	198802088	3:06.90	+0,85	42.39	1:29.35	2:17.04	3:06.90
3. Liesbeth van Mill	Zwemlust- den Hommel	3:07.25	198702786	3:07.66	+0,90	42.08	1:29.22	2:18.00	3:07.66
4. Suzan Blankestijn	ZVL-1886	3:08.46	198900350	3:10.68	+0,75	41.31	1:28.03	2:17.93	3:10.68
5. Rolijn van Vught	PSV	3:23.49	199004110	3:18.21	+0,76	44.24	1:34.36	2:26.89	3:18.21
6. Monique Kok	SG Octopus - ZVV	3:35.00	198605398	3:38.98	+0,75	48.95	1:43.78	2:41.35	3:38.98

40+

1. Laura Badoux	DAW	2:55.02	198200038	2:52.74	+0,85	38.95	1:23.73	2:08.23	2:52.74
2. Nadya Putter	ZV Vlaardingen-Schied	3:00.49	198301630	2:59.36	+0,72	41.81	1:27.46	2:12.98	2:59.36
3. Aafke Groot	De Geul	3:30.19	198302748	3:23.57	+0,91	45.34	1:37.71	2:30.86	3:23.57

45+

1. Rachel Trainor	De Duck	3:11.68	197700670	3:12.79	+0,83	43.28	1:32.17	2:22.76	3:12.79
2. E. Poortvliet - Koedam	De Duinkickers	3:24.26	198001824	3:25.80	+0,91	45.94	1:38.47	2:33.39	3:25.80
3. Tanja Lenz	Uerdinger SV 08	3:36.66	451703	3:34.08	+0,76	44.81	1:37.11	2:33.80	3:34.08

50+

1. Micky Grulms	Luxembourg Sharks Sw	3:07.01	C4029	2:55.19	+0,81	39.62	1:23.39	2:07.85	2:55.19
<i>Luxembourg Masters Record</i>									
2. Gudule van der Meer	PSV	3:06.79	197200396	3:06.64	+0,76	42.95	1:30.60	2:18.78	3:06.64
3. Katharina Schlipp	AZL	3:09.46	197301004	3:12.34	+0,78	42.05	1:30.29	2:21.34	3:12.34
4. W. Derckx-Weusten	ZEPS	3:26.81	197200624	3:18.38	+0,80	43.12	1:33.67	2:26.66	3:18.38
DIS Greta Wyma-Teitsma	DWK	3:54.63	197100696						

AF - De aangegeven afstand niet uitgezwommen.

Programmanr. 15, Dames, 200m schoolslag

55+

1. Trudy Ketting	PSV	3:03.68	197000268	3:01.73	+0,68	40.46	1:25.72	2:12.88	3:01.73
<i>Nederlands Masters Record</i>									
2. A. Wijnja-Visser	De Biesboschzwemme	3:06.37	196700528	3:05.80	+0,81	41.63	1:28.55	2:16.69	3:05.80
3. Iris van Aurich	DWK	3:18.90	196900866	3:17.17	+0,85	45.34	1:35.82	2:26.38	3:17.17
4. K. van Nassau-van den Old Dutch		3:32.66	196600188	3:38.09	+0,91	49.87	1:44.66	2:40.66	3:38.09
5. Irna van der Molen	WS Twente	3:36.35	196900938	3:44.17	+0,56	50.56	1:48.05	2:46.18	3:44.17
DIS Bianca Groot	MSV-Zeemacht	3:12.55	197000652						
<i>AF - De aangegeven afstand niet uitgezwommen.</i>									

60+

1. Pierrette Michel	Cercle De Natation Spo	3:24.17	oCNSW/000835/62	3:16.44	+1,00	43.28	1:33.89	2:25.21	3:16.44
2. Petra Tossings	GZC Donk	3:31.12	196100376	3:30.59	+0,93	48.01	1:42.01	2:36.52	3:30.59
3. Wilna Heijman	Steenwijk 1934	3:53.85	196400506	3:39.48	+0,79	49.72	1:45.88	2:43.31	3:39.48
4. A. Vuijt-Blum	SWOL 1894	3:45.32	196300282	3:39.78	+0,96	50.42	1:46.35	2:43.70	3:39.78
5. Y. de Vegt-van Dijk	ENC Arnhem	3:39.19	196200420	3:43.49	+0,82	51.08	1:47.59	2:45.38	3:43.49
6. Erica Muller	De Geul	3:54.94	196400412	4:08.62	+0,89	55.62	1:58.88	3:03.50	4:08.62

65+

1. Marijke van Hoek	ZPC De Zeeuwse Kust	3:41.85	195800050	3:46.11	+0,82	51.24	1:49.04	2:47.88	3:46.11
2. Linda Wibbelink	Steenwijk 1934	3:47.47	195900158	3:50.49	+0,72	52.58	1:51.87	2:52.67	3:50.49
3. Hannie Poletiek	TriVia	3:53.60	195900278	3:57.78	+0,82	54.85	1:55.24	2:57.49	3:57.78
4. Lia Bijkerk	GZC Donk	3:56.85	196000014	4:10.67	+1,03	54.49	2:00.36	3:06.85	4:10.67
5. W. Schoenmaker-ter Ve	DWK	4:13.28	195900254	4:13.93	+1,07	55.40	1:59.12	3:07.00	4:13.93

70+

1. Gonnje Bak	PSV	4:33.49	195100064	4:26.89	+0,97	1:02.40	2:11.72	3:21.04	4:26.89
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75+

1. A. Verhoeven - Stegger	De Duinkickers	4:49.24	194600024	5:05.77	+0,96	1:05.24	2:24.28	3:45.71	5:05.77
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80+

1. L. van Huissteden	ZPC Amersfoort	4:52.20	194500002	5:01.99	+1,08	1:07.64	2:23.76	3:43.66	5:01.99
<i>Nederlands Masters Record</i>									

Programmanr. 16
21-11-2025 - 17:22

4 x 200m vrije slag

lft 80 - 399
Resultaten

rang	vereniging	intijd	tijd	RT
1.	Bubble 1	Bubble	8:58.55	9:00.95 +0,86
	Marijke Drent	99	+0,86 30.92	1:04.63 1:38.91 2:13.07 2:13.07
	Sanne Kloezen	02	+0,39 29.62	1:03.73 1:40.05 2:16.20 2:16.20
	Esmee Kloezen	02	+0,56 31.64	1:07.36 1:45.51 2:24.58 2:24.58
	Laura Setz	00	+0,75 28.57	1:00.76 1:34.45 2:07.10 2:07.10

Programmanr. 16, 4 x 200m vrije slag

100+, Dames

1.	TriVia 2	TriVia		9:31.33				9:19.91	+0,77
	Relinda Baas		89	+0,77	32.05	1:08.30	1:46.75	2:24.98	2:24.98
	Wendan Poelstra		91	+0,31	32.01	1:07.85	1:44.70	2:21.53	2:21.53
	Esmée van Peer		02	+0,55	30.33	1:05.14	1:42.39	2:18.45	2:18.45
	Nienke Bakker		05	+0,53	30.87	1:05.58	1:40.73	2:14.95	2:14.95
2.	NieMo Barracuda 1	NieMo Barracuda		9:18.90				9:39.47	+0,69
	Melissa van der Heijden		96	+0,69	31.95	1:07.10	1:42.78	2:17.72	2:17.72
	Tamara van den Brink		98	+0,43	33.90	1:12.61	1:53.14	2:33.53	2:33.53
	Esmée Rolloos		98	+0,28	33.64	1:12.43	1:53.31	2:34.83	2:34.83
	Anouchka Bos		05	+0,41	30.59	1:04.21	1:38.75	2:13.39	2:13.39
3.	ZPC Amersfoort 4	ZPC Amersfoort		10:11.89				9:40.64	+0,59
	Suzanne Vesseur		05	+0,59	32.14	1:07.87	1:43.27	2:17.79	2:17.79
	Maddy van der Hoeven		04	+0,47	34.87	1:14.29	1:54.68	2:32.96	2:32.96
	Jisca Majolée		94	+0,36	33.81	1:11.17	1:50.48	2:27.71	2:27.71
	Marije Jansen		85	+0,52	31.45	1:07.44	1:45.03	2:22.18	2:22.18

120+, Dames

1.	Steenwijk 1934 1	Steenwijk 1934		10:02.10				9:51.11	+0,69
	Sabine Lageweg		99	+0,69	33.88	1:12.61	1:52.62	2:31.93	2:31.93
	Alies Wagter		99	+0,41	31.96	1:07.55	1:44.69	2:21.14	2:21.14
	Nanda Wobben-de Vries		92	+0,48	33.60	1:11.89	1:52.36	2:32.60	2:32.60
	Jacyntha Plat		90	+0,35	31.49	1:08.77	1:47.91	2:25.44	2:25.44
2.	De Treffers 1	De Treffers		10:20.67				9:58.36	+0,76
	Cristina Rodriguez Bouzo		88	+0,76	32.89	1:10.67	1:50.92	2:31.34	2:31.34
	Miranda Pijnenburg		83	+0,37	34.74	1:13.37	1:53.47	2:33.94	2:33.94
	Nienke van Zoggel		90	+0,43	34.57	1:12.76	1:51.96	2:30.13	2:30.13
	Evita van de Ketterij		85	+0,62	32.26	1:08.34	1:45.56	2:22.95	2:22.95
3.	DAW 2	DAW		10:31.60				10:30.13	+0,86
	Agnes van Brug		80	+0,86	36.20	1:16.19	1:58.41	2:41.85	2:41.85
	Sandra Zwaanswijk		85	+0,43	35.76	1:16.11	2:00.25	2:43.84	2:43.84
	Lianne Dekker		03	+0,17	34.00	1:13.07	1:53.56	2:33.04	2:33.04
	Alina Spijkerman		77	+0,60	34.38	1:12.82	1:52.50	2:31.40	2:31.40
4.	AZC 2	AZC		10:51.68				10:48.71	+0,87
	Carmen Bootsma		98	+0,87	35.70	1:16.93	1:59.55	2:41.18	2:41.18
	Sandra Daamen-Posma		68	+0,70	40.56	1:27.41	2:17.28	3:08.44	3:08.44
	Jessica Braat		02	+0,45	33.73	1:12.59	1:52.63	2:31.63	2:31.63
	Monique van Huizen		87	+0,50	33.45	1:10.98	1:50.39	2:27.46	2:27.46

160+, Dames

1.	PSV 1	PSV		9:37.82				9:36.94	+0,85
	Liselotte Joling		75	+0,85	32.88	1:08.66	1:44.36	2:18.80	2:18.80
	Jeanne Petit		70	+0,38	34.21	1:13.14	1:54.44	2:35.88	2:35.88
	Larissa Jansen		95	+0,57	34.02	1:10.74	1:46.83	2:22.78	2:22.78
	Fiona Meuffels		95	+0,42	31.39	1:07.62	1:45.00	2:19.48	2:19.48
2.	Old Dutch 1	Old Dutch		10:34.48				10:56.35	+0,68
	Patricia Brooijmans		79	+0,68	35.29	1:14.56	1:55.24	2:35.37	2:35.37
	Karin van Nassau-van den Heuvel		66	+0,55	41.68	1:27.97	2:15.42	3:01.58	3:01.58
	Jessica Venema		79	+0,64	35.30	1:16.05	1:58.97	2:41.41	2:41.41
	Chantal Verhoeff		79	+0,60	35.22	1:14.83	1:55.50	2:37.99	2:37.99
3.	PSV 2	PSV		11:48.53				11:32.51	+0,78
	Rolijn van Vught		90	+0,78	38.61	1:21.46	2:05.43	2:48.61	2:48.61
	Nanda van Heteren		89	+0,47	35.30	1:14.63	1:54.70	2:33.33	2:33.33
	Judith Sijbers		73	+0,67	45.22	1:39.56	2:39.27	3:37.30	3:37.30
	Gudule van der Meer		72	+0,61	34.58	1:13.40	1:53.90	2:33.27	2:33.27
4.	V.Z.V. Njord 2	V.Z.V. Njord		11:44.54				11:45.35	+0,72
	Renee de Kok		84	+0,72	35.60	1:17.11	2:00.43	2:42.50	2:42.50
	Fabienne Verriet-Regensburg		75	+0,46	49.09	1:46.11	2:46.02	3:44.87	3:44.87
	Karin Sagonas-Koolen		70	+0,63	37.68	1:20.94	2:08.09	2:53.88	2:53.88
	Tamar Roosen		05	+0,46	33.40	1:09.66	1:47.56	2:24.10	2:24.10

Programmanr. 16, 4 x 200m vrije slag

200+, Dames

1.	CNSW 1	Cercle De Natation Sportcity	10:17.12				10:55.04	+0,67
	Colette Crabbé	56	+0,67	35.63	1:15.13	1:55.94	2:36.57	2:36.57
	Zoé Janvier	00	+0,45	30.38	1:05.81	1:42.36	2:19.60	2:19.60
	Claire Anthony	57	+0,55	41.93	1:33.15	2:27.37	3:16.64	3:16.64
	Pierrette Michel	62	+0,57	35.95	1:17.82	2:00.26	2:42.23	2:42.23
2.	De Geul 1	De Geul	11:41.96				11:57.29	+0,84
	Marian Nederlof	76	+0,84	38.41	1:21.31	2:05.43	2:49.39	2:49.39
	Erica Muller	64	+0,55	47.51	1:40.89	2:35.75	3:30.06	3:30.06
	Anne Besseling-de Jong	81	+0,94	38.55	1:21.98	2:06.49	2:48.52	2:48.52
	Marijke Campfens	69	+0,84	38.09	1:20.40	2:04.89	2:49.32	2:49.32

240+, Dames

1.	SWOL 1894 1	SWOL 1894	12:12.36				12:08.34	+1,03
	Annemarie Vuijst-Blum	63	+1,03	43.90	1:30.92	2:18.91	3:05.48	3:05.48
	Annet Kootstra	71	+0,52	41.97	1:28.91	2:17.04	3:03.78	3:03.78
	Christine Nieuwenhuis	51	+0,49	42.24	1:30.66	2:18.87	3:05.12	3:05.12
	Marijke Kraak-Beckers	60	+0,37	38.60	1:22.83	2:08.58	2:53.96	2:53.96
2.	Steenwijk 1934 2	Steenwijk 1934	12:16.12				12:09.17	+0,86
	Wilna Heijman	64	+0,86	38.56	1:20.60	2:03.37	2:45.57	2:45.57
	Linda Wibbelink	59	+0,44	41.03	1:26.82	2:13.48	2:59.01	2:59.01
	Monica Bakker	56	+0,66	47.11	1:38.61	2:31.06	3:22.18	3:22.18
	Leonie Scholten	79	+0,38	40.06	1:26.43	2:14.80	3:02.41	3:02.41

80+, Heren

1.	ZOB'66 1	ZOB'66	8:52.27				8:48.74	+0,73
	Julian Mes	01	+0,73	28.38	1:00.99	1:35.24	2:09.54	2:09.54
	Niels van der Mast	04	+0,28	30.09	1:03.20	1:37.17	2:09.78	2:09.78
	Jaimy Voogt	00	+0,62	30.21	1:05.00	1:42.25	2:21.03	2:21.03
	Tygo Korving	03	+0,01	27.55	59.41	1:33.24	2:08.39	2:08.39

100+, Heren

1.	WVZ 2	WVZ	8:20.81				8:04.80	+0,64
	<i>Nederlands Masters Record</i>							
	Sander Kirillova	98	+0,64	27.24	58.35	1:30.16	2:00.95	2:00.95
	Jordy van Oel	98	+0,42	28.51	1:01.34	1:35.37	2:09.17	2:09.17
	Jasper Breugem	00	+0,19	26.24	56.60	1:28.17	2:00.39	2:00.39
	Scott Jansen	02	+0,55	26.05	55.13	1:24.49	1:54.29	1:54.29
2.	ZPC Amersfoort 2	ZPC Amersfoort	8:15.99				8:14.08	+0,76
	Bas Braun	91	+0,76	27.06	58.25	1:31.27	2:05.15	2:05.15
	Martijn Bartels	96	+0,35	29.76	1:02.98	1:37.30	2:13.01	2:13.01
	Jelle Blankestijn	98	+0,22	26.72	56.79	1:27.88	1:59.13	1:59.13
	Darren Chen	00	+0,44	26.95	56.45	1:26.58	1:56.79	1:56.79

120+, Heren

1.	Hellas-Glana 1	Hellas-Glana	8:14.58				8:06.67	+0,78
	<i>Nederlands Masters Record</i>							
	Richard Ricksen	70	+0,78	29.43	1:02.30	1:37.48	2:12.05	2:12.05
	Kevin Meuwissen	95	+0,37	26.21	56.11	1:28.33	2:00.75	2:00.75
	Lars Kerremans	01	+0,34	25.44	55.94	1:28.17	1:59.37	1:59.37
	Arno Nelissen	03	+0,43	26.39	55.08	1:24.91	1:54.50	1:54.50
2.	HZ&PC Heerenveen 1	HZ&PC Heerenveen	8:20.47				8:16.71	+0,64
	Jorian Darwinkel	03	+0,64	26.53	57.59	1:28.81	2:00.00	2:00.00
	Stefan Damen	74	+0,26	29.58	1:03.57	1:40.24	2:17.61	2:17.61
	Richard Kuipers	97	+0,39	27.83	59.22	1:32.31	2:05.74	2:05.74
	Wouter Zijlstra	04	+0,19	25.30	53.70	1:23.29	1:53.36	1:53.36
3.	ENC Arnhem 1	ENC Arnhem	8:31.00				8:26.80	+0,75
	Mike Schel	94	+0,75	27.68	59.06	1:32.03	2:04.95	2:04.95
	Sander de Vrugt	89	+0,36	27.95	59.34	1:32.53	2:05.38	2:05.38
	Tim de Vrugt	93	+0,50	28.38	1:00.51	1:34.31	2:07.42	2:07.42
	Wessel Haverkamp	02	+0,33	28.77	1:00.77	1:34.50	2:09.05	2:09.05

Programmanr. 16, Heren, 4 x 200m vrije slag, 120+

rang	vereniging	intijd	tijd	RT
4.	De Schotejil 1	De Schotejil	8:38.00	8:39.98 +0,80
	Christian Kalle	04	+0,80 27.51 59.59 1:33.11 2:06.79 2:06.79	
	Niels Albrechts	88	+0,34 30.95 1:06.31 1:42.87 2:17.35 2:17.35	
	Frank v.d. Voorde	83	+0,41 30.75 1:04.75 1:39.84 2:15.77 2:15.77	
	Jacob Mackloet	00	+0,30 26.99 57.40 1:28.56 2:00.07 2:00.07	
5.	Poseidon'56 4	Poseidon'56	8:52.40	8:42.35 +0,89
	Jim Geestman	83	+0,89 30.35 1:04.16 1:38.36 2:11.50 2:11.50	
	John Smit	95	+0,29 28.68 1:00.92 1:33.43 2:05.85 2:05.85	
	Sam Beer	96	+0,47 31.82 1:07.92 1:45.69 2:21.87 2:21.87	
	Ryan van den Ouden	99	+0,11 26.82 58.12 1:30.71 2:03.13 2:03.13	
6.	DZ&PC 1	DZ&PC	8:40.30	8:44.32 +0,72
	Tycho Veenstra	05	+0,72 29.80 1:02.95 1:36.72 2:08.69 2:08.69	
	Pieter Veenstra	73	+0,48 32.18 1:08.38 1:46.09 2:23.17 2:23.17	
	Ruben Trompetter	05	+0,67 27.85 59.69 1:33.32 2:06.92 2:06.92	
	Erik Nijholt	94	+0,49 28.99 1:00.98 1:33.35 2:05.54 2:05.54	
7.	WS Twente 1	WS Twente	9:05.57	9:01.92 +0,67
	Sander Riezebos	94	+0,67 29.71 1:03.68 1:38.41 2:10.94 2:10.94	
	Wessel Everloo	89	+0,40 31.36 1:07.25 1:43.98 2:19.25 2:19.25	
	Marcel Reefhuis	81	+0,48 30.39 1:04.19 1:39.80 2:16.92 2:16.92	
	Niels Bent	94	+0,52 30.25 1:03.95 1:39.48 2:14.81 2:14.81	

160+, Heren

1.	SG Patrick - De Roersoppers	SG Patrick - De Roersoppers	10:01.73	9:18.04 +0,80
	Arno Schrauwen	65	+0,80 34.57 1:14.42 1:55.78 2:36.40 2:36.40	
	Koen Wijnands	98	+0,54 28.44 1:01.29 1:36.90 2:10.97 2:10.97	
	Jeroen Meuleners	78	+0,42 32.84 1:09.09 1:46.43 2:22.81 2:22.81	
	Patrick Creemers	90	+0,38 29.27 1:02.11 1:35.18 2:07.86 2:07.86	
2.	V.Z.V. Njord 1	V.Z.V. Njord	9:17.61	9:28.70 +0,75
	Francis Roosen	68	+0,75 32.19 1:09.25 1:46.97 2:23.29 2:23.29	
	Erik Keukens	75	+0,50 30.33 1:05.27 1:41.80 2:18.04 2:18.04	
	Charles Geurten	66	+0,35 34.15 1:13.23 1:54.15 2:34.16 2:34.16	
	Jesper Pas	02	+0,71 29.45 1:03.59 1:39.16 2:13.21 2:13.21	
3.	Steenwijk 1934 3	Steenwijk 1934	10:01.30	9:49.78 +0,74
	Robert Braad	86	+0,74 29.13 1:02.32 1:37.67 2:11.56 2:11.56	
	Kylian Kooijman	99	+0,60 28.95 1:01.98 1:37.47 2:13.29 2:13.29	
	Huyb Stegeman	67	+0,20 34.92 1:14.88 1:56.78 2:39.30 2:39.30	
	Casper Dollekamp	63	+0,41 35.75 1:16.53 2:01.14 2:45.63 2:45.63	
4.	De Biesboschzwemmers 1	De Biesboschzwemmers	9:54.44	9:53.77 +0,79
	Sander van Tilburg	86	+0,79 33.69 1:11.29 1:50.42 2:28.75 2:28.75	
	Wouter van der Stelt	72	+0,56 34.62 1:13.62 1:54.49 2:35.70 2:35.70	
	Pieter Pijnenburg	93	+0,44 30.57 1:05.95 1:42.59 2:18.52 2:18.52	
	Henri Verschoor	70	+0,56 34.22 1:12.61 1:52.03 2:30.80 2:30.80	
5.	TriVia 1	TriVia	10:22.72	9:56.57 +0,86
	Theo Bakker	64	+0,86 36.46 1:18.33 2:01.33 2:44.34 2:44.34	
	Berry van Holland	80	+0,25 33.94 1:11.82 1:50.66 2:27.81 2:27.81	
	Jeroen Temme	72	+0,73 35.60 1:16.10 1:57.27 2:35.61 2:35.61	
	Rik Stahle	02	+0,45 29.17 1:01.45 1:35.32 2:08.81 2:08.81	

200+, Heren

1.	AZC 1	AZC	11:19.55	11:29.40 +0,90
	Wim de Lange	58	+0,90 39.38 1:22.74 2:08.14 2:53.72 2:53.72	
	Geza Kaltenecker	42	+0,46 47.84 1:45.81 2:44.94 3:41.51 3:41.51	
	Auke Sijperda	99	+0,83 31.20 1:07.60 1:46.66 2:26.36 2:26.36	
	Patrick Brouwer	93	+0,67 32.11 1:09.56 1:48.44 2:27.81 2:27.81	

100+, Gemengd

1.	ZV Hoogland 1	Zwemvereniging Hoogland	9:04.21	8:49.36 +0,71
	Anne-Irene Ducheine	95	+0,71 32.60 1:09.20 1:46.41 2:22.05 2:22.05	
	Jamilla van Omme - van Veen	96	+0,36 30.09 1:04.88 1:40.74 2:16.18 2:16.18	
	Bas Dries	95	+0,34 27.42 57.91 1:29.76 2:02.13 2:02.13	
	Jeffrey Roest	97	+0,36 29.56 1:02.64 1:36.21 2:09.00 2:09.00	
2.	DBD 1	DBD	9:43.70	9:31.16 +0,65
	Daniek van den Berg	05	+0,65 31.99 1:08.05 1:45.81 2:20.98 2:20.98	
	Nienke Versteegen	00	+0,35 33.78 1:12.14 1:51.81 2:30.47 2:30.47	
	Max van Aken	04	+0,37 32.37 1:07.62 1:44.05 2:19.51 2:19.51	
	Dirk Smit	81	+0,49 31.82 1:07.79 1:44.07 2:20.20 2:20.20	

Programmanr. 16, 4 x 200m vrije slag

120+, Gemengd

1.	ZPC De Hof 1	ZPC De Hof	8:57.49					8:53.67	+0,55
	Deborah Wissink	95	+0,55	33.55	1:10.69	1:48.43	2:25.90	2:25.90	
	Sietske Veldkamp	95	+0,37	31.69	1:07.49	1:43.65	2:18.21	2:18.21	
	Pieter Pickhardt	83	+0,60	30.03	1:03.08	1:36.67	2:09.64	2:09.64	
	Jacco Nijland	04	+0,65	26.78	57.08	1:29.44	1:59.92	1:59.92	
2.	De Gelenberg 1	De Gelenberg	9:33.00					9:21.10	+0,82
	John Cobussen	75	+0,82	30.28	1:04.63	1:40.75	2:17.37	2:17.37	
	Sylvia Reijers	82	+0,58	34.12	1:12.45	1:52.50	2:32.32	2:32.32	
	Kim van Dongen	04	+0,53	32.43	1:09.27	1:47.56	2:26.06	2:26.06	
	Diederick Schothans	97	+0,42	28.14	1:00.17	1:33.08	2:05.35	2:05.35	
3.	CWW Swimteam 1	CWW Swimteam	9:19.12					9:21.85	+0,79
	Yvette Ratering	72	+0,79	34.09	1:12.37	1:53.98	2:37.44	2:37.44	
	Mathijs van Dijk	01	+0,26	29.92	1:04.26	1:39.62	2:14.22	2:14.22	
	Noor Polman	05	+0,37	31.38	1:06.40	1:42.64	2:17.85	2:17.85	
	Antwan van Engen	71	+0,63	30.15	1:03.56	1:38.30	2:12.34	2:12.34	
4.	ENC Arnhem 4	ENC Arnhem	9:37.43					9:23.69	+0,68
	Remco Dijkstra	80	+0,68	31.67	1:06.81	1:43.03	2:18.79	2:18.79	
	Jaap Stielstra	90	+0,39	31.32	1:06.24	1:42.64	2:20.05	2:20.05	
	Rose Lether	04	+0,57	32.66	1:09.46	1:47.95	2:26.63	2:26.63	
	Jara Schmidt	94	+0,44	30.56	1:05.42	1:41.42	2:18.22	2:18.22	
5.	MSV-Zeemacht 1	MSV-Zeemacht	9:37.86					9:38.64	+0,82
	Derek Valkenier	92	+0,82	32.87	1:09.95	1:48.98	2:31.57	2:31.57	
	Amber van der Kruk	01	+0,74	30.46	1:04.61	1:40.18	2:15.94	2:15.94	
	Bianca Groot	70	+0,48	35.67	1:15.55	1:56.37	2:37.13	2:37.13	
	Matthew Humphreys	89	+0,51	29.69	1:02.22	1:36.77	2:14.00	2:14.00	
6.	Westland Swimming Stars 1	Westland Swimming Stars	9:43.63					9:54.47	+0,69
	Pieter Broek	77	+0,69	32.41	1:09.93	1:50.98	2:33.88	2:33.88	
	Patrick Wyrdean	97	+0,49	29.28	1:02.97	1:38.14	2:14.41	2:14.41	
	Anouk van der Lans	98	+0,43	34.47	1:13.37	1:55.37	2:36.26	2:36.26	
	Kim de Jong	04	+0,41	32.76	1:10.54	1:50.24	2:29.92	2:29.92	

160+, Gemengd

1.	WVZ 3	WVZ	9:38.39					9:17.05	+0,87
	Arthur van Strien	63	+0,87	35.19	1:13.97	1:52.82	2:30.93	2:30.93	
	Lauren van IJl	00	+0,30	31.43	1:07.58	1:44.79	2:21.75	2:21.75	
	Jan-Willem van den Berg	68	+0,43	30.13	1:05.24	1:42.28	2:18.51	2:18.51	
	Leonie van Noort	93	+0,36	28.64	1:00.64	1:32.91	2:05.86	2:05.86	
2.	DAW 1	DAW	9:31.77					9:25.19	+0,81
	Maaïke Vooren	91	+0,81	31.02	1:05.12	1:40.82	2:16.84	2:16.84	
	Wouter Zijlstra	82	+0,28	31.17	1:07.35	1:45.34	2:24.90	2:24.90	
	Laura Badoux	82	+0,51	33.59	1:10.18	1:48.05	2:26.61	2:26.61	
	Alex Damen	75	+0,46	30.14	1:04.43	1:40.59	2:16.84	2:16.84	
3.	ZV Sassenheim 1	ZV Sassenheim	10:20.21					10:17.48	+0,84
	Casper van den Burgh	72	+0,84	32.67	1:08.69	1:46.76	2:24.28	2:24.28	
	Luisiana Bigea	77	+0,51	36.54	1:19.46	2:06.28	2:58.85	2:58.85	
	Marinka vd Zwet	65	+0,32	35.52	1:15.89	1:58.07	2:39.48	2:39.48	
	Wesley van der Luit	97	+0,26	30.37	1:04.78	1:40.39	2:14.87	2:14.87	

200+, Gemengd

1.	WVZ 1	WVZ	9:45.66					9:10.54	+0,85
	<i>Nederlands Masters Record</i>								
	Delia Badoux	80	+0,85	30.16	1:04.19	1:39.32	2:15.26	2:15.26	
	Roos van Esch	82	+0,46	34.10	1:12.59	1:51.23	2:29.95	2:29.95	
	Hugo Bregman	58	+0,33	31.53	1:06.89	1:43.41	2:18.88	2:18.88	
	Ivo Roozeboom	77	+0,34	28.01	1:00.74	1:34.13	2:06.45	2:06.45	
2.	ZPC Amersfoort 3	ZPC Amersfoort	9:36.07					9:21.03	+0,78
	Chester Marsman	69	+0,78	29.35	1:02.17	1:36.36	2:10.85	2:10.85	
	Lidia v. Bon-Rosenbrand	70	+0,46	32.87	1:09.59	1:47.36	2:25.58	2:25.58	
	Marjan Remmits-de Lange	63	+0,33	34.43	1:12.63	1:52.71	2:32.94	2:32.94	
	Jeroen Zelsmann	77	+0,47	28.60	1:01.78	1:36.99	2:11.66	2:11.66	
3.	ZPC De Rog 1	ZPC De Rog	10:44.53					10:44.78	+0,79
	Ageeth Westenbrink	67	+0,79	42.51	1:32.56	2:27.93	3:21.87	3:21.87	
	Sandra Peeters	74	+0,42	33.57	1:12.30	1:52.66	2:32.64	2:32.64	
	Rob Spetter	62	+0,42	34.47	1:12.16	1:51.25	2:29.74	2:29.74	
	Peter Bensen	63	+0,27	33.68	1:11.28	1:46.75	2:20.53	2:20.53	

Programmanr. 16, Gemengd, 4 x 200m vrije slag, 200+

rang	vereniging	intijd	tijd	RT
4.	DWK 1	DWK	10:41.08	10:46.04 +0,83
	Martijn de Jong	71	+0,83 34.89 1:14.54 1:56.63 2:37.45 2:37.45	
	Jennie Resink-lindeboom	60	+0,50 43.66 1:32.36 2:22.84 3:10.51 3:10.51	
	Iris van Aurich	69	+0,55 36.34 1:18.22 2:01.75 2:43.80 2:43.80	
	Lars Jacobsen	97	+0,67 30.00 1:04.13 1:39.86 2:14.28 2:14.28	

280+, Gemengd

1.	PSV 3	PSV	12:41.00	13:32.16
	Corrie Verhoeven	46	+0,65 46.29 1:37.59 2:32.41 3:26.48 3:26.48	
	Gonnie Bak	51	+0,53 53.23 1:55.62 2:57.79 3:57.84 3:57.84	
	André Pantekoek	58	+0,56 46.39 1:40.77 2:34.34 3:22.67 3:22.67	
	Menno Lomans	61	+0,65 37.80 1:20.66 2:03.69 2:45.17 2:45.17	

Programmanr. 17
22-11-2025 - 9:30

Dames, 800m vrije slag

20 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Amber van der Kruk	MSV-Zeemacht	9:51.38	200102730 S14	9:44.93 +0,84			
	<i>Nederlands Record PARA S14</i>							
	100m: 1:07.61	1:07.61	300m: 3:36.87	1:14.37	500m: 6:05.73	1:14.45	700m: 8:35.17	1:14.67
	200m: 2:22.50	1:14.89	400m: 4:51.28	1:14.41	600m: 7:20.50	1:14.77	800m: 9:44.93	1:09.76
2.	Cynthia Koolman	Steenwijk 1934	10:00.84	200300232	9:53.25 +0,72			
	100m: 1:09.48	1:09.48	300m: 3:37.78	1:14.68	500m: 6:08.29	1:15.31	700m: 8:39.93	1:15.99
	200m: 2:23.10	1:13.62	400m: 4:52.98	1:15.20	600m: 7:23.94	1:15.65	800m: 9:53.25	1:13.32
3.	Lieke Broere	De Otters Het Gooi	10:04.97	200303890	10:20.40 +0,82			
	100m: 1:12.02	1:12.02	300m: 3:48.11	1:18.75	500m: 6:26.72	1:19.48	700m: 9:05.77	1:18.27
	200m: 2:29.36	1:17.34	400m: 5:07.24	1:19.13	600m: 7:47.50	1:20.78	800m: 10:20.40	1:14.63

25+

1.	Laura Setz	Bubble	9:11.77	200000130	9:11.93 +0,94			
	<i>Nederlands Masters Record</i>							
	100m: 1:03.07	1:03.07	300m: 3:21.59	1:09.69	500m: 5:41.95	1:10.39	700m: 8:02.85	1:10.39
	200m: 2:11.90	1:08.83	400m: 4:31.56	1:09.97	600m: 6:52.46	1:10.51	800m: 9:11.93	1:09.08
2.	Tamara Grove	De Dolfijn	9:26.16	199601266	9:25.88 +0,73			
	100m: 1:06.71	1:06.71	300m: 3:29.71	1:11.44	500m: 5:53.14	1:11.73	700m: 8:15.63	1:11.24
	200m: 2:18.27	1:11.56	400m: 4:41.41	1:11.70	600m: 7:04.39	1:11.25	800m: 9:25.88	1:10.25
3.	Marijke Drent	Bubble	9:31.38	199906232	9:52.56 +0,85			
	100m: 1:08.82	1:08.82	300m: 3:39.53	1:15.47	500m: 6:09.83	1:15.18	700m: 8:39.70	1:15.03
	200m: 2:24.06	1:15.24	400m: 4:54.65	1:15.12	600m: 7:24.67	1:14.84	800m: 9:52.56	1:12.86
4.	Kirsten Walraven	ZPC De Zeeuwse Kust	9:46.07	200001358	10:04.41 +0,76			
	100m: 1:08.79	1:08.79	300m: 3:38.12	1:14.44	500m: 6:10.73	1:16.03	700m: 8:47.60	1:19.13
	200m: 2:23.68	1:14.89	400m: 4:54.70	1:16.58	600m: 7:28.47	1:17.74	800m: 10:04.41	1:16.81
5.	Sarah Strack	SG Aumund - Vegesack	10:04.96	195679	10:12.34 +0,88			
	100m: 1:10.02	1:10.02	300m: 3:43.40	1:17.24	500m: 6:19.26	1:18.13	700m: 8:55.76	1:17.95
	200m: 2:26.16	1:16.14	400m: 5:01.13	1:17.73	600m: 7:37.81	1:18.55	800m: 10:12.34	1:16.58

AFGEM J. van Omme - van Veen Zwemvereniging Hoogland 9:57.89 199603192

30+

1.	Leonie van Noort	WVZ	9:28.74	199301752	9:22.26 +0,88			
	100m: 1:06.10	1:06.10	300m: 3:27.05	1:10.48	500m: 5:49.18	1:11.47	700m: 8:11.87	1:11.59
	200m: 2:16.57	1:10.47	400m: 4:37.71	1:10.66	600m: 7:00.28	1:11.10	800m: 9:22.26	1:10.39
2.	Sietske Veldkamp	ZPC De Hof	9:53.36	199501628	9:51.43 +0,75			
	100m: 1:10.24	1:10.24	300m: 3:39.78	1:14.69	500m: 6:09.18	1:14.37	700m: 8:37.86	1:14.24
	200m: 2:25.09	1:14.85	400m: 4:54.81	1:15.03	600m: 7:23.62	1:14.44	800m: 9:51.43	1:13.57
3.	Fiona Meuffels	PSV	9:58.58	199504366	10:00.73 +0,68			
	100m: 1:09.22	1:09.22	300m: 3:40.33	1:16.16	500m: 6:14.61	1:16.77	700m: 8:46.97	1:15.65
	200m: 2:24.17	1:14.95	400m: 4:57.84	1:17.51	600m: 7:31.32	1:16.71	800m: 10:00.73	1:13.76

Programmanr. 17, Dames, 800m vrije slag, 30+

rang	naam	vereniging	intijd	199506824	tijd	RT	
4.	Anne-Irene Ducheine	Zwemvereniging Hoogland	10:12.26	199506824	10:11.19	+0,76	
	100m: 1:13.40	1:13.40 300m: 3:47.54	1:16.99	500m: 6:21.61	1:17.02	700m: 8:55.52	1:17.19
	200m: 2:30.55	1:17.15 400m: 5:04.59	1:17.05	600m: 7:38.33	1:16.72	800m: 10:11.19	1:15.67
5.	Floor Weijmans	HZPC	10:26.55	199502522	10:22.62	+0,91	
	100m: 1:12.03	1:12.03 300m: 3:48.51	1:19.17	500m: 6:27.28	1:18.90	700m: 9:05.29	1:19.02
	200m: 2:29.34	1:17.31 400m: 5:08.38	1:19.87	600m: 7:46.27	1:18.99	800m: 10:22.62	1:17.33
6.	Larissa Jansen	PSV	10:32.13	199500660	10:34.63	+0,90	
	100m: 1:16.18	1:16.18 300m: 3:56.80	1:19.92	500m: 6:37.05	1:20.31	700m: 9:17.81	1:19.85
	200m: 2:36.88	1:20.70 400m: 5:16.74	1:19.94	600m: 7:57.96	1:20.91	800m: 10:34.63	1:16.82
7.	Anouk Kuijlaars	PSV	10:55.65	199401700	10:34.73	+0,78	
	100m: 1:14.37	1:14.37 300m: 3:54.73	1:19.86	500m: 6:36.16	1:20.65	700m: 9:17.03	1:20.62
	200m: 2:34.87	1:20.50 400m: 5:15.51	1:20.78	600m: 7:56.41	1:20.25	800m: 10:34.73	1:17.70
8.	Nienke Smidt	WS Twente	10:48.39	199407596	10:55.66	+1,02	
	100m: 1:15.65	1:15.65 300m: 4:01.57	1:23.64	500m: 6:48.97	1:23.07	700m: 9:36.41	1:23.26
	200m: 2:37.93	1:22.28 400m: 5:25.90	1:24.33	600m: 8:13.15	1:24.18	800m: 10:55.66	1:19.25

35+

1.	Sabine Zimmermann	Aachener SV 06	9:41.80	101578	9:46.83	+0,83	
	100m: 1:09.66	1:09.66 300m: 3:36.52	1:13.68	500m: 6:05.10	1:14.95	700m: 8:34.91	1:14.44
	200m: 2:22.84	1:13.18 400m: 4:50.15	1:13.63	600m: 7:20.47	1:15.37	800m: 9:46.83	1:11.92
2.	Relinda Baas	TriVia	10:30.73	198900144	10:29.49	+0,79	
	100m: 1:13.60	1:13.60 300m: 3:53.20	1:20.51	500m: 6:32.47	1:19.68	700m: 9:11.90	1:19.83
	200m: 2:32.69	1:19.09 400m: 5:12.79	1:19.59	600m: 7:52.07	1:19.60	800m: 10:29.49	1:17.59
3.	Saskia de Klerk	GoSwim	10:57.40	199004612	11:02.51	+0,73	
	100m: 1:12.83	1:12.83 300m: 3:57.23	1:23.12	500m: 6:48.49	1:26.31	700m: 9:41.50	1:26.44
	200m: 2:34.11	1:21.28 400m: 5:22.18	1:24.95	600m: 8:15.06	1:26.57	800m: 11:02.51	1:21.01
4.	Nanda van Heteren	PSV	11:00.03	198901728	11:02.93		
	100m: 1:17.75	1:17.75 300m: 4:06.55	1:25.08	500m: 6:55.37	1:24.94	700m: 9:43.30	1:23.56
	200m: 2:41.47	1:23.72 400m: 5:30.43	1:23.88	600m: 8:19.74	1:24.37	800m: 11:02.93	1:19.63
5.	Liesbeth van Mill	Zwemlust- den Hommel	11:27.27	198702786	11:46.10	+0,93	
	100m: 1:20.19	1:20.19 300m: 4:16.61	1:28.95	500m: 7:16.95	1:30.84	700m: 10:17.14	1:30.02
	200m: 2:47.66	1:27.47 400m: 5:46.11	1:29.50	600m: 8:47.12	1:30.17	800m: 11:46.10	1:28.96

40+

1.	Viktoria Haden-Felfoldi	Iron Swim	9:51.62	66/3267	9:42.73	+0,59	
	<i>Hungarian Masters Record</i>						
	100m: 1:08.49	1:08.49 300m: 3:34.12	1:13.07	500m: 6:02.10	1:14.15	700m: 8:30.79	1:14.23
	200m: 2:21.05	1:12.56 400m: 4:47.95	1:13.83	600m: 7:16.56	1:14.46	800m: 9:42.73	1:11.94
2.	Ann Wanter	Zwemclub Geel	10:03.10	ZGEEL/21082/82	10:01.38	+0,80	
	<i>Belgian Masters Record</i>						
	100m: 1:10.51	1:10.51 300m: 3:40.21	1:15.16	500m: 6:12.79	1:16.59	700m: 8:46.93	1:16.65
	200m: 2:25.05	1:14.54 400m: 4:56.20	1:15.99	600m: 7:30.28	1:17.49	800m: 10:01.38	1:14.45
3.	Ramona Linting	AZC	10:55.03	198301274	10:48.38	+0,75	
	100m: 1:15.07	1:15.07 300m: 3:58.52	1:21.83	500m: 6:43.08	1:22.34	700m: 9:27.17	1:22.49
	200m: 2:36.69	1:21.62 400m: 5:20.74	1:22.22	600m: 8:04.68	1:21.60	800m: 10:48.38	1:21.21
4.	Sabrina Boekhout	De Biesboschzweimmers	11:34.85	198100120	11:47.58	+0,84	
	100m: 1:20.51	1:20.51 300m: 4:18.88	1:29.40	500m: 7:18.20	1:30.12	700m: 10:19.07	1:30.33
	200m: 2:49.48	1:28.97 400m: 5:48.08	1:29.20	600m: 8:48.74	1:30.54	800m: 11:47.58	1:28.51

45+

1.	Steffi Meinhold	D.E.S.	10:11.81	198001542	10:03.89	+0,71	
	100m: 1:11.33	1:11.33 300m: 3:43.40	1:15.80	500m: 6:15.02	1:15.67	700m: 8:48.53	1:16.67
	200m: 2:27.60	1:16.27 400m: 4:59.35	1:15.95	600m: 7:31.86	1:16.84	800m: 10:03.89	1:15.36
2.	Melanie Kuiper	Zignea	10:24.29	197600350	10:21.79	+0,87	
	100m: 1:13.66	1:13.66 300m: 3:51.47	1:19.12	500m: 6:29.41	1:18.78	700m: 9:07.31	1:18.41
	200m: 2:32.35	1:18.69 400m: 5:10.63	1:19.16	600m: 7:48.90	1:19.49	800m: 10:21.79	1:14.48
3.	Alina Spijkerman	DAW	10:53.42	197701220	10:57.29	+0,81	
	100m: 1:16.39	1:16.39 300m: 4:02.57	1:23.65	500m: 6:48.35	1:22.26	700m: 9:35.34	1:23.49
	200m: 2:38.92	1:22.53 400m: 5:26.09	1:23.52	600m: 8:11.85	1:23.50	800m: 10:57.29	1:21.95

Programmanr. 17, Dames, 800m vrije slag, 45+

rang	naam	vereniging	intijd	197900912	tijd	RT		
4.	Chantal Verhoeff	Old Dutch	11:11.26	197900912	11:15.43	+0,83		
	100m: 1:18.40	1:18.40	300m: 4:09.78	1:26.09	500m: 7:01.02	1:25.57	700m: 9:51.11	1:24.92
	200m: 2:43.69	1:25.29	400m: 5:35.45	1:25.67	600m: 8:26.19	1:25.17	800m: 11:15.43	1:24.32
5.	Agnes van Brug	DAW	11:29.95	198001726	11:31.87	+0,76		
	100m: 1:20.93	1:20.93	300m: 4:17.18	1:28.75	500m: 7:13.26	1:27.53	700m: 10:07.51	1:26.76
	200m: 2:48.43	1:27.50	400m: 5:45.73	1:28.55	600m: 8:40.75	1:27.49	800m: 11:31.87	1:24.36

50+

1.	Carla Geurts	PSV	9:59.89	197100178	9:45.77	+0,71		
	100m: 1:10.10	1:10.10	300m: 3:38.23	1:13.89	500m: 6:06.47	1:13.77	700m: 8:33.80	1:13.30
	200m: 2:24.34	1:14.24	400m: 4:52.70	1:14.47	600m: 7:20.50	1:14.03	800m: 9:45.77	1:11.97
2.	Liselotte Joling	PSV	9:51.88	197500268	9:46.13	+0,85		
	100m: 1:11.53	1:11.53	300m: 3:39.12	1:13.70	500m: 6:06.61	1:13.43	700m: 8:34.45	1:13.67
	200m: 2:25.42	1:13.89	400m: 4:53.18	1:14.06	600m: 7:20.78	1:14.17	800m: 9:46.13	1:11.68
3.	Grith Sigaard	ZV De Aalscholver	10:17.21	197200772	10:15.57	+0,85		
	100m: 1:12.20	1:12.20	300m: 3:45.62	1:16.60	500m: 6:21.51	1:18.54	700m: 8:57.90	1:18.41
	200m: 2:29.02	1:16.82	400m: 5:02.97	1:17.35	600m: 7:39.49	1:17.98	800m: 10:15.57	1:17.67
4.	Micky Grulms	Luxembourg Sharks Swimmir	10:21.17	4029	10:20.15	+0,85		
	<i>Luxembourg Masters Record</i>							
	100m: 1:14.77	1:14.77	300m: 3:53.16	1:18.60	500m: 6:29.06	1:17.02	700m: 9:04.62	1:18.01
	200m: 2:34.56	1:19.79	400m: 5:12.04	1:18.88	600m: 7:46.61	1:17.55	800m: 10:20.15	1:15.53
5.	Annette de Visser	Oceanus	11:09.52	197100602	11:04.98	+0,83		
	100m: 1:16.74	1:16.74	300m: 4:04.26	1:24.33	500m: 6:53.93	1:24.98	700m: 9:42.57	1:24.27
	200m: 2:39.93	1:23.19	400m: 5:28.95	1:24.69	600m: 8:18.30	1:24.37	800m: 11:04.98	1:22.41
6.	Mariska van Doorn	Arethusa	11:56.53	197200444	11:41.01	+0,95		
	100m: 1:20.39	1:20.39	300m: 4:17.04	1:28.35	500m: 7:15.13	1:28.90	700m: 10:12.96	1:28.85
	200m: 2:48.69	1:28.30	400m: 5:46.23	1:29.19	600m: 8:44.11	1:28.98	800m: 11:41.01	1:28.05
7.	Inken Wemheuer	Team Noord Holland (SG)	11:39.52	197101016	11:44.78	+0,79		
	100m: 1:23.11	1:23.11	300m: 4:23.12	1:29.99	500m: 7:22.75	1:29.68	700m: 10:20.65	1:28.29
	200m: 2:53.13	1:30.02	400m: 5:53.07	1:29.95	600m: 8:52.36	1:29.61	800m: 11:44.78	1:24.13
8.	Mariana Pereira	Luxembourg Sharks Swimmir	12:10.96	22185	12:18.83	+0,77		
	100m: 1:26.73	1:26.73	300m: 4:30.04	1:32.37	500m: 7:36.75	1:34.21	700m: 10:46.57	1:34.44
	200m: 2:57.67	1:30.94	400m: 6:02.54	1:32.50	600m: 9:12.13	1:35.38	800m: 12:18.83	1:32.26

55+

1.	Claudia Thielemann	SG Bayer	10:16.59	333958	10:18.40	+0,67		
	100m: 1:13.60	1:13.60	300m: 3:49.59	1:18.13	500m: 6:25.66	1:17.50	700m: 9:01.61	1:17.87
	200m: 2:31.46	1:17.86	400m: 5:08.16	1:18.57	600m: 7:43.74	1:18.08	800m: 10:18.40	1:16.79
2.	Lidia v. Bon-Rosenbrand	ZPC Amersfoort	10:57.98	197000054	10:44.76	+0,74		
	100m: 1:16.77	1:16.77	300m: 4:01.27	1:22.35	500m: 6:43.99	1:20.45	700m: 9:26.62	1:20.92
	200m: 2:38.92	1:22.15	400m: 5:23.54	1:22.27	600m: 8:05.70	1:21.71	800m: 10:44.76	1:18.14
3.	Bianca Groot	MSV-Zeemacht	11:20.02	197000652	11:43.92	+0,89		
	100m: 1:20.50	1:20.50	300m: 4:12.97	1:25.99	500m: 7:04.89	1:25.92	700m: 10:06.84	1:35.96
	200m: 2:46.98	1:26.48	400m: 5:38.97	1:26.00	600m: 8:30.88	1:25.99	800m: 11:43.92	1:37.08
4.	Iris van Aurich	DWK	11:28.41	196900866	11:47.02	+0,83		
	100m: 1:21.80	1:21.80	300m: 4:20.76	1:29.21	500m: 7:21.16	1:30.37	700m: 10:21.29	1:29.80
	200m: 2:51.55	1:29.75	400m: 5:50.79	1:30.03	600m: 8:51.49	1:30.33	800m: 11:47.02	1:25.73
5.	Laura Staal	Oceanus	11:46.87	196700358	12:05.49			
	100m: 1:24.43	1:24.43	300m: 4:27.27	1:31.53	500m: 7:30.03	1:31.88	700m: 10:35.39	1:32.45
	200m: 2:55.74	1:31.31	400m: 5:58.15	1:30.88	600m: 9:02.94	1:32.91	800m: 12:05.49	1:30.10

60+

1.	Petra Tossings	GZC Donk	12:20.23	196100376	12:06.19	+0,93		
	100m: 1:26.42	1:26.42	300m: 4:31.04	1:32.66	500m: 7:34.05	1:31.29	700m: 10:38.37	1:32.01
	200m: 2:58.38	1:31.96	400m: 6:02.76	1:31.72	600m: 9:06.36	1:32.31	800m: 12:06.19	1:27.82

Programmanr. 17, Dames, 800m vrije slag

65+

1. Lia Bijkerk	GZC Donk		14:20.92		196000014		13:53.45		+1,00		
100m:	1:38.45	1:38.45	300m:	5:08.19	1:45.97	500m:	8:39.02	1:45.38	700m:	12:12.59	1:46.84
200m:	3:22.22	1:43.77	400m:	6:53.64	1:45.45	600m:	10:25.75	1:46.73	800m:	13:53.45	1:40.86

70+

1. Carla Hensen	PSV		14:34.13		195300062		15:28.02				
100m:	1:48.38	1:48.38	300m:	5:42.26	1:57.08	500m:	9:37.52	1:57.27	700m:	13:32.35	1:57.53
200m:	3:45.18	1:56.80	400m:	7:40.25	1:57.99	600m:	11:34.82	1:57.30	800m:	15:28.02	1:55.67

75+

1. Conny Boer-Buys	ZV Vlaardingen-Schiedam		13:00.87		195000006		12:55.51		+1,00		
<i>Nederlands Masters Record</i>											
100m:	1:28.11	1:28.11	300m:	4:48.32	1:39.86	500m:	8:05.85	1:38.36	700m:	11:21.90	1:37.51
200m:	3:08.46	1:40.35	400m:	6:27.49	1:39.17	600m:	9:44.39	1:38.54	800m:	12:55.51	1:33.61

Programmanr. 18
22-11-2025 - 10:55

Heren, 400m wisselslag

20 en ouder
Resultaten

rang	naam	vereniging	intijd		tijd		RT				
20+											
1.	Wouter Zijlstra	HZ&PC Heerenveen	4:26.31		200401545		4:30.89	+0,64			
<i>Nederlands Masters Record</i>											
	50m:	28.76	150m:	1:36.66	34.83	250m:	2:50.36	38.66	350m:	4:01.08	30.86
	100m:	1:01.83	200m:	2:11.70	35.04	300m:	3:30.22	39.86	400m:	4:30.89	29.81
25+											
1.	Jasper Breugem	WVZ	4:48.51		200000303		4:45.62	+0,71			
	50m:	29.56	150m:	1:41.21	36.60	250m:	2:57.06	40.49	350m:	4:12.78	34.01
	100m:	1:04.61	200m:	2:16.57	35.36	300m:	3:38.77	41.71	400m:	4:45.62	32.84
2.	David Kievit	De Schotejil	5:01.74		199900325		5:05.11	+0,78			
	50m:	32.77	150m:	1:50.73	38.94	250m:	3:11.93	42.40	350m:	4:30.10	35.66
	100m:	1:11.79	200m:	2:29.53	38.80	300m:	3:54.44	42.51	400m:	5:05.11	35.01
3.	Max Martens	SG Patrick - De Roersoppers	5:00.85		200004499		5:12.23	+0,64			
	50m:	32.57	150m:	1:51.74	39.94	250m:	3:13.11	43.16	350m:	4:34.91	37.94
	100m:	1:11.80	200m:	2:29.95	38.21	300m:	3:56.97	43.86	400m:	5:12.23	37.32
4.	Jeroen Louwinger	De Rijn	5:23.33		199900583		5:17.51	+0,67			
	50m:	34.72	150m:	1:53.95	40.30	250m:	3:19.20	45.61	350m:	4:42.39	36.19
	100m:	1:13.65	200m:	2:33.59	39.64	300m:	4:06.20	47.00	400m:	5:17.51	35.12
5.	Koen Wijnands	SG Patrick - De Roersoppers	5:13.24		199800247		5:24.15	+0,66			
	50m:	30.90	150m:	1:51.22	42.71	250m:	3:20.25	47.30	350m:	4:46.11	38.53
	100m:	1:08.51	200m:	2:32.95	41.73	300m:	4:07.58	47.33	400m:	5:24.15	38.04
6.	Tenzin Tieman	Old Dutch	5:39.36		200005549		5:37.67	+0,87			
	50m:	33.45	150m:	1:57.79	44.72	250m:	3:34.62	52.38	350m:	5:02.55	35.93
	100m:	1:13.07	200m:	2:42.24	44.45	300m:	4:26.62	52.00	400m:	5:37.67	35.12
30+											
1.	Pieter Pijnenburg	De Biesboschwimmers	5:17.65		199305227		5:20.65	+0,77			
	50m:	35.23	150m:	1:58.68	42.63	250m:	3:23.75	42.20	350m:	4:43.99	37.27
	100m:	1:16.05	200m:	2:41.55	42.87	300m:	4:06.72	42.97	400m:	5:20.65	36.66

Programmanr. 18, Heren, 400m wisselslag

35+

1. Matteo Viani	Zwemlust- den Hommel	4:55.23	199007717	4:51.94	+0,76
50m: 30.50	30.50 150m: 1:42.59	37.92	250m: 3:01.03	41.77	350m: 4:17.98
100m: 1:04.67	34.17 200m: 2:19.26	36.67	300m: 3:43.18	42.15	400m: 4:51.94
2. Tim Bunnik	Triton	5:01.39	199000505	5:07.90	+0,84
50m: 32.47	32.47 150m: 1:49.48	38.54	250m: 3:13.27	44.60	350m: 4:33.63
100m: 1:10.94	38.47 200m: 2:28.67	39.19	300m: 3:59.24	45.97	400m: 5:07.90
3. Patrick Creemers	SG Patrick - De Roersoppers	5:35.26	199000579	5:19.27	+0,69
50m: 33.61	33.61 150m: 2:00.35	43.05	250m: 3:25.37	44.06	350m: 4:45.75
100m: 1:17.30	43.69 200m: 2:41.31	40.96	300m: 4:09.27	43.90	400m: 5:19.27

40+

1. Yuri van Omme	Zwemvereniging Hoogland	5:07.51	198501887	5:09.94	+0,78
50m: 32.21	32.21 150m: 1:51.72	40.52	250m: 3:15.00	42.70	350m: 4:35.05
100m: 1:11.20	38.99 200m: 2:32.30	40.58	300m: 3:58.37	43.37	400m: 5:09.94
2. Matt Wan	Gay Swim Amsterdam	5:32.84	198504031	5:11.11	+0,71
50m: 30.72	30.72 150m: 1:47.06	40.16	250m: 3:10.84	43.92	350m: 4:33.84
100m: 1:06.90	36.18 200m: 2:26.92	39.86	300m: 3:55.98	45.14	400m: 5:11.11
3. Pieter Pickhardt	ZPC De Hof	5:16.56	198301657	5:14.46	+0,85
50m: 33.79	33.79 150m: 1:54.85	42.69	250m: 3:19.51	43.33	350m: 4:39.97
100m: 1:12.16	38.37 200m: 2:36.18	41.33	300m: 4:03.75	44.24	400m: 5:14.46
4. Frank v.d. Voordt	De Schotejil	5:18.54	198302259	5:27.85	+0,81
50m: 33.24	33.24 150m: 1:55.69	43.18	250m: 3:25.06	46.71	350m: 4:50.78
100m: 1:12.51	39.27 200m: 2:38.35	42.66	300m: 4:12.73	47.67	400m: 5:27.85
5. Roel van der Kruijs	De Gelenberg	5:23.79	198501491	5:32.13	+0,59
50m: 32.44	32.44 150m: 1:56.49	46.08	250m: 3:28.42	47.30	350m: 4:53.90
100m: 1:10.41	37.97 200m: 2:41.12	44.63	300m: 4:15.95	47.53	400m: 5:32.13

45+

1. Mark Hensen	NieMo Barracuda	5:05.26	197900497	5:06.00	+0,80
50m: 31.95	31.95 150m: 1:49.88	40.99	250m: 3:14.27	43.97	350m: 4:33.00
100m: 1:08.89	36.94 200m: 2:30.30	40.42	300m: 3:58.68	44.41	400m: 5:06.00
2. Vincent Versteeg	Zwemlust- den Hommel	5:10.33	197701003	5:09.68	+0,76
50m: 32.45	32.45 150m: 1:52.24	40.56	250m: 3:15.12	42.33	350m: 4:34.40
100m: 1:11.68	39.23 200m: 2:32.79	40.55	300m: 3:58.29	43.17	400m: 5:09.68
3. Oliver Grundmann	SG Essen	5:29.16	501511	5:19.09	+0,78
50m: 31.48	31.48 150m: 1:50.21	41.77	250m: 3:18.29	47.24	350m: 4:43.10
100m: 1:08.44	36.96 200m: 2:31.05	40.84	300m: 4:04.92	46.63	400m: 5:19.09
4. Freddie Geerlings	Zwemsport Parkstad	5:46.15	197900379	5:43.17	+0,76
50m: 38.27	38.27 150m: 2:08.75	44.53	250m: 3:40.13	47.23	350m: 5:06.75
100m: 1:24.22	45.95 200m: 2:52.90	44.15	300m: 4:28.24	48.11	400m: 5:43.17
5. Martin de Milliano	Hellas-Glana	5:45.47	197801473	5:45.24	+0,86
50m: 35.32	35.32 150m: 2:00.48	42.76	250m: 3:32.43	49.76	350m: 5:04.54
100m: 1:17.72	42.40 200m: 2:42.67	42.19	300m: 4:23.22	50.79	400m: 5:45.24

50+

1. Haack Andree	SG Mülheim	5:16.22	067255	5:07.84	+0,85
50m: 32.21	32.21 150m: 1:48.86	39.63	250m: 3:11.99	44.37	350m: 4:33.30
100m: 1:09.23	37.02 200m: 2:27.62	38.76	300m: 3:57.39	45.40	400m: 5:07.84
2. Kees Bakker	Gay Swim Amsterdam	5:55.08	197501055	6:00.44	+0,67
50m: 38.00	38.00 150m: 2:09.49	47.77	250m: 3:48.64	53.46	350m: 5:21.64
100m: 1:21.72	43.72 200m: 2:55.18	45.89	300m: 4:41.78	53.14	400m: 6:00.44

55+

1. Frank Gruner	SCW Eschborn	4:50.38	412288	4:49.07	+0,75
<i>Wereld Masters Record</i>					
50m: 30.96	30.96 150m: 1:43.68	37.33	250m: 3:01.61	41.07	350m: 4:17.44
100m: 1:06.35	35.39 200m: 2:20.54	36.86	300m: 3:43.47	41.86	400m: 4:49.07

Programmanr. 18, Heren, 400m wisselslag, 55+

rang	naam	vereniging	intijd	tijd	RT			
2.	Jan-Willem van den Berg	WVZ	5:39.40	196801575	5:50.93 +0,85			
	50m: 35.99	35.99	150m: 2:04.59	44.17	250m: 3:37.72	49.11	350m: 5:09.80	41.79
	100m: 1:20.42	44.43	200m: 2:48.61	44.02	300m: 4:28.01	50.29	400m: 5:50.93	41.13
3.	Bruno Nahon	Cercle De Natation Sportcity	6:04.29	CNSW/000390/70	6:02.69 +0,82			
	50m: 39.97	39.97	150m: 2:15.34	45.82	250m: 3:51.46	51.23	350m: 5:24.01	40.42
	100m: 1:29.52	49.55	200m: 3:00.23	44.89	300m: 4:43.59	52.13	400m: 6:02.69	38.68

60+

1.	Jon Christensen	Luxembourg Sharks Swimming	5:48.50	10008	5:46.80 +0,83			
	<i>Luxembourg Masters Record</i>							
	50m: 35.12	35.12	150m: 2:04.47	49.77	250m: 3:39.44	46.90	350m: 5:08.47	41.45
	100m: 1:14.70	39.58	200m: 2:52.54	48.07	300m: 4:27.02	47.58	400m: 5:46.80	38.33
2.	Hans Vloedgraven	Old Dutch	6:15.95	196400917	6:09.65 +0,88			
	50m: 36.36	36.36	150m: 2:05.82	46.87	250m: 3:45.34	54.63	350m: 5:26.74	44.28
	100m: 1:18.95	42.59	200m: 2:50.71	44.89	300m: 4:42.46	57.12	400m: 6:09.65	42.91
3.	Rob Spetter	ZPC De Rog	6:12.55	196201239	6:14.25 +0,68			
	50m: 42.15	42.15	150m: 2:17.98	47.20	250m: 3:59.64	54.43	350m: 5:35.31	40.83
	100m: 1:30.78	48.63	200m: 3:05.21	47.23	300m: 4:54.48	54.84	400m: 6:14.25	38.94
4.	Ronald Grove	Triton	6:19.61	196100161	6:47.51 +0,89			
	50m: 42.76	42.76	150m: 2:28.33	53.39	250m: 4:17.37	55.08	350m: 6:01.35	47.12
	100m: 1:34.94	52.18	200m: 3:22.29	53.96	300m: 5:14.23	56.86	400m: 6:47.51	46.16

65+

1.	Hugo Bregman	WVZ	6:01.89	195800069	5:45.51 +0,85			
	50m: 34.61	34.61	150m: 2:00.84	46.21	250m: 3:37.78	50.63	350m: 5:09.57	41.85
	100m: 1:14.63	40.02	200m: 2:47.15	46.31	300m: 4:27.72	49.94	400m: 5:45.51	35.94

80+

1.	Rob Hanou	PSV	9:15.89	194300109	9:32.28 +1,12			
	50m: 1:14.16	1:14.16	150m: 3:55.70	1:11.47	250m: 6:20.63	1:13.17	350m: 8:33.67	59.11
	100m: 2:44.23	1:30.07	200m: 5:07.46	1:11.76	300m: 7:34.56	1:13.93	400m: 9:32.28	58.61

Programmanr. 19
22-11-2025 - 11:27

4 x 100m vrije slag

lft 80 - 399
Resultaten

rang	vereniging	intijd	tijd	RT				
80+, Dames								
1.	Bubble 1	Bubble	4:08.05	4:12.96 +0,81				
	Sanne Kloezen	+0,81	29.38	1:03.51	Marijke Drent	+0,47	30.64	1:04.05
	Esmee Kloezen	+0,48	30.89	1:05.00	Laura Setz	+0,58	28.77	1:00.40
2.	ZPC De Zeeuwse Kust 1	ZPC De Zeeuwse Kust	4:19.33	4:18.15 +0,77				
	Kirsten Walraven	+0,77	30.58	1:03.24	Jelita van Esseveld	+0,43	30.69	1:06.44
	Anouck Romeijnsen	+0,19	32.34	1:08.39	Eva van Elsen	+0,39	27.97	1:00.08
3.	ZPC Nederweert 1	ZPC Nederweert	4:21.34	4:22.43 +0,82				
	Tamara Bloemers	+0,82	32.85	1:06.48	Fenne Bours	+0,57	32.52	1:08.86
	Femke de Wit	+0,43	30.84	1:05.50	Dyonne Klomp	+0,31	28.66	1:01.59
4.	SG Octopus - ZVV 1	SG Octopus - ZVV	4:23.06	4:23.26 +0,81				
	Elmi Roelofsens	+0,81	29.66	1:04.57	Ilse Wild	+0,32	30.29	1:03.77
	Daphne van Rees	+0,75	32.90	1:10.83	Feline Slijkhuis	+0,52	30.22	1:04.09
5.	ENC Arnhem 3	ENC Arnhem	4:27.29	4:26.23 +0,69				
	Rose Lether	+0,69	31.28	1:05.57	Sabine Uytewilligen	+0,69	32.24	1:07.03
	Hannah Eting	+0,42	32.07	1:07.56	Ellen ter Stege	+0,11	30.74	1:06.07

Programmanr. 19, 4 x 100m vrije slag

100+, Dames

1.	DWK 1	DWK	4:06.26	4:07.96	+0,71
	Annabel Kuipers	+0,71 30.61	1:05.15 Celine Schoenmaker	+0,11 29.06	1:01.79
	Moniek van Langevelde	+0,39 29.33	1:00.69 Inge Koekoek	+0,43 29.01	1:00.33
2.	Orca Leeuwarden 1	Orca Leeuwarden	4:13.27	4:13.59	+0,73
	Marre Zandringa	+0,73 28.19	1:00.26 Froukje Osinga	+0,58 31.70	1:06.69
	Annemiek Meulenbeld	+0,24 31.19	1:05.82 Femke Backx	+0,28 28.62	1:00.82
3.	NieMo Barracuda 4	NieMo Barracuda	4:40.42	4:26.05	+0,67
	Melissa van der Heijden	+0,67 29.68	1:01.58 Giulia Rolloos	+0,40 32.92	1:07.99
	Esmée Rolloos	+0,33 32.55	1:08.59 Tamara van den Brink	+0,49 32.35	1:07.89
4.	Steenwijk 1934 3	Steenwijk 1934	4:28.55	4:28.25	+0,76
	Astrid Wibbelink	+0,76 32.22	1:10.10 Alies Wagter	+0,29 30.23	1:02.85
	Sabine Lageweg	+0,41 31.97	1:07.20 Cynthia Koolman	+0,56 32.88	1:08.10
5.	PSV 3	PSV	4:47.68	4:32.11	+0,56
	Esther Tiemersma	+0,56 32.71	1:07.74 Larissa Jansen	+0,60 31.43	1:05.13
	Diane Schoenmaker	+0,62 32.74	1:07.76 Nanda van Heteren	+0,60 34.88	1:11.48
6.	ZOB'66 1	ZOB'66	4:52.75	4:49.53	+0,72
	Rozemarijn van Haaff	+0,72 30.68	1:04.22 Marit van Krimpen	+0,53 37.02	1:17.83
	Daniëlle Schipper	+0,35 40.37	1:25.14 Emi Schipper	+0,52 29.59	1:02.34

120+, Dames

1.	DAW 3	DAW	4:47.11	4:44.43	+0,66
	Lianne Dekker	+0,66 32.82	1:09.14 Alina Spijkerman	+0,48 33.68	1:10.19
	Brenda Zwarthoed	+0,49 33.17	1:09.50 Sanne Arisz	+0,08 34.66	1:15.60
2.	De Duck 2	De Duck	4:50.51	4:47.48	+0,79
	Geraldine Trainor	+0,79 33.33	1:09.90 Rachel Trainor	+0,55 36.34	1:15.02
	Judith Kleinjan	+0,53 32.68	1:09.36 Jarneke van de Poele	+0,41 34.11	1:13.20

160+, Dames

1.	DAW 2	DAW	4:40.04	4:33.50	+0,72
	Sandra Zwaanswijk	+0,72 33.61	1:10.54 Laura Badoux	+0,46 31.30	1:05.88
	Agnes van Brug	+0,65 35.41	1:14.32 Maaike Vooren	+0,49 30.26	1:02.76
2.	MSV-Zeemacht 1	MSV-Zeemacht	4:56.29	4:58.31	+0,80
	Kyra Wesemann	+0,80 31.53	1:05.03 Bianca Groot	+0,72 35.23	1:14.11
	Annette van Dok	+0,35 43.98	1:32.94 Tessa van Dijk-Mosch	+0,42 31.94	1:06.23
3.	De Geul 2	De Geul	5:08.83	4:58.51	+0,77
	Daphne van Tilburg	+0,77 30.82	1:04.47 Marijke Campfens	+0,94 35.05	1:14.22
	Roselinda van der Vlugt	+0,69 45.19	1:38.39 Marcha Admiraal	+0,59 29.33	1:01.43
4.	De Duinkickers 1	De Duinkickers	5:15.83	5:17.99	+0,80
	Manouk Ticheler	+0,80 35.20	1:15.60 Esther Poortvliet - Koedam	+0,13 33.82	1:12.63
	Christine Buist	+0,43 42.00	1:29.73 Inge Roskam	+0,13 38.01	1:20.03

240+, Dames

1.	ZPC Amersfoort 1	ZPC Amersfoort	4:32.99	4:29.85	+0,81
	<i>Europees Masters Record</i>				
	Lesley Cordial	+0,81 31.79	1:06.99 Marjan Remmits-de Lange	+0,40 32.62	1:09.00
	Atie Pijtak-Radersma	+0,25 32.82	1:08.59 Lidia v. Bon-Rosenbrand	+0,47 30.79	1:05.27
2.	Steenwijk 1934 2	Steenwijk 1934	5:28.25	5:31.15	+0,84
	Leonie Scholten	+0,84 37.80	1:22.52 Linda Wibbelink	+0,48 40.26	1:21.67
	Wilna Heijman	+0,25 36.03	1:15.63 Monica Bakker	+0,63 44.65	1:31.33
3.	ENC Arnhem 5	ENC Arnhem	5:58.08	5:43.71	+0,78
	Yoka de Vegt-van Dijk	+0,78 42.39	1:28.69 Marion Kolkman-Pluim	+0,65 43.26	1:29.78
	Marleen Schuurig	+0,72 40.80	1:26.03 Karin van der Star-Verhoeven	+0,50 36.62	1:19.21
4.	DWK 2	DWK	6:01.56	5:59.06	+0,86
	Iris van Aurich	+0,86 35.21	1:13.79 Willy Schoenmaker-ter Veer	+0,72 47.66	1:45.66
	Greta Wyma-Teitsma	+0,36 43.15	1:32.43 Jennie Resink-lindeboom	+0,61 41.91	1:27.18

Programmanr. 19, 4 x 100m vrije slag

80+, Heren

1.	HZ&PC Heerenveen 2	HZ&PC Heerenveen	3:37.71	3:36.89	+0,64
	Wouter Zijlstra	+0,64 24.95	52.70 Remco Dijkstra	+0,32 25.91	54.99
	Richard Kuipers	+0,34 25.85	55.66 Jorian Darwinkel	+0,20 24.74	53.54
2.	ZOB'66 2	ZOB'66	3:46.92	3:46.17	+0,67
	Tygo Korving	+0,67 26.44	56.46 Julian Mes	+0,27 26.46	56.78
	Nino van Krimpen	+0,45 26.75	56.93 Niels van der Mast	+0,35 26.42	56.00
3.	ZPC Woerden 1	ZPC Woerden	3:46.56	3:46.28	+0,65
	Ruben Zwartebol	+0,65 27.94	58.65 Ian Terlouw	+0,36 26.66	56.43
	Daan Hoogendoorn	+0,40 26.70	55.49 Milan de Roo	+0,38 26.81	55.71

100+, Heren

1.	ENC Arnhem 1	ENC Arnhem	3:45.73	3:42.74	+0,66
	Mika Bongers	+0,66 26.63	56.83 Sander de Vrugt	+0,40 26.27	55.21
	Tim de Vrugt	+0,46 26.45	56.74 Peter Rothengatter	+0,32 25.76	53.96
2.	De Schotejil 1	De Schotejil	4:05.71	4:02.71	+0,69
	Dennis v.d. Bok	+0,69 31.06	1:05.65 David Kievit	+0,47 28.22	58.85
	Frank v.d. Voorde	+0,47 30.04	1:02.76 Christian Kalle	+0,55 26.09	55.45

120+, Heren

1.	ZPC Amersfoort 3	ZPC Amersfoort	3:42.30	3:40.78	+0,70
	Jelle Blankestijn	+0,70 25.83	54.56 Jeroen Zelsmann	+0,15 25.74	55.85
	Jelle Opmeer	+0,27 26.57	57.28 Darren Chen	+0,36 25.06	53.09
2.	ZV Hoogland 1	Zwemvereniging Hoogland	3:55.38	3:43.43	+0,66
	Bas Dries	+0,66 24.44	52.02 Jeffrey Roest	+0,32 27.73	57.49
	Kevin Roest	+0,43 26.67	55.08 Yuri van Omme	+0,41 27.87	58.84
3.	Hellas-Glana 2	Hellas-Glana	3:46.31	3:44.96	+0,77
	Richard Rickson	+0,77 28.44	59.20 Robin Meuwissen	+0,29 25.43	54.75
	Coen Keulen	+0,17 26.38	57.62 Kevin Meuwissen	+0,21 24.77	53.39
4.	DAW 1	DAW	3:53.11	3:52.35	+0,65
	Sherif Badawy	+0,65 26.84	58.56 Alex Damen	+0,35 28.21	59.62
	Wouter Zijlstra	+0,24 29.52	1:03.25 Felix Geenen	+0,18 23.61	50.92
5.	WVZ 3	WVZ	4:09.95	3:54.21	+0,73
	Ivo Roozeboom	+0,73 27.65	58.03 Jan-Willem van den Berg	+0,35 28.61	1:01.11
	Jordy van Oel	+0,30 28.47	1:00.13 Jasper Breugem	+0,20 26.10	54.94
6.	DZ&PC 1	DZ&PC	4:03.01	3:58.65	+0,67
	Tycho Veenstra	+0,67 27.49	56.92 Arjen Nieveen	+0,49 28.64	1:01.13
	Pieter Veenstra	+0,37 30.66	1:05.85 Erik Nijholt	+0,49 26.38	54.75
7.	ENC Arnhem 4	ENC Arnhem	4:09.05	3:58.66	+0,72
	Mike Schel	+0,72 26.73	56.93 Jaap Stielstra	+0,29 29.75	1:02.97
	Wessel Haverkamp	+0,29 27.54	58.57 Remco Dijcks	+0,34 29.02	1:00.19
8.	ZPC De Zeeuwse Kust 2	ZPC De Zeeuwse Kust	4:10.99	4:02.85	+0,62
	Kalle van Gemert	+0,62 24.68	52.35 Tom van Gils	+0,23 28.97	1:00.95
	Roland Assmann	+0,48 31.87	1:09.35 Sem Bonte	+0,49 29.15	1:00.20
9.	ZOB'66 3	ZOB'66	4:03.20	4:08.61	+0,74
	Ruben Stolk	+0,74 29.63	1:03.21 Ferry Blangé	+0,43 29.42	1:02.65
	Jaimy Voogt	+0,47 29.14	1:01.84 Marco Booij	+0,24 28.10	1:00.91
10.	NieMo Barracuda 5	NieMo Barracuda	4:11.30	4:12.98	+0,67
	Arthur Lale-Demoz	+0,67 30.19	1:03.48 Dennis Dortland	+0,57 29.19	1:02.50
	Ids de Klerk	+0,32 30.41	1:05.89 Robin van Beusekom	+0,44 29.11	1:01.11

Programmanr. 19, 4 x 100m vrije slag

160+, Heren

1.	De Gelenberg 1	De Gelenberg	4:13.55	3:58.95	+0,61
	Roel van der Kruis	+0,61 29.24	1:00.91 John Cobussen	+0,35 28.94	1:01.75
	Erik Lamers	+0,30 28.33	59.77 Diederick Schothans	+0,28 26.14	56.52
2.	ZVVS 7	ZV Vlaardingen-Schiedam	4:04.19	4:05.57	+0,76
	Bram Piederiet	+0,76 29.10	1:01.85 Grzegorz Kasprzyk	+0,26 29.22	1:02.56
	Bas van den Nouwelant	+0,47 28.56	1:00.95 Rene van Hoorn	+0,44 28.32	1:00.21
3.	ACZ 1	ACZ	4:16.69	4:07.85	+0,67
	Ignacio Garcia Rodríguez	+0,67 28.18	59.83 Tjeerd Visser	+0,37 29.24	1:01.60
	Teus Krijgsman	+0,45 31.96	1:09.99 Kevin Kingma	+0,36 26.99	56.43
4.	Steenwijk 1934 1	Steenwijk 1934	4:16.49	4:12.37	+0,68
	Robert Braad	+0,68 27.57	58.81 Huyb Stegeman	+0,28 33.08	1:10.61
	Guido Keutgen	+0,29 30.27	1:04.28 Kylian Kooijman	+0,62 27.72	58.67
5.	SG Patrick - De Roersoppers	SG Patrick - De Roersoppers	4:14.44	4:13.66	+0,78
	Jeroen Meuleners	+0,78 29.28	1:02.55 Mike Jansen	+0,20 27.64	58.27
	Eric Dumas	+0,46 35.15	1:16.06 Patrick Creemers	+0,30 27.15	56.78
6.	Poseidon'56 5	Poseidon'56	4:22.91	4:19.51	+0,82
	Jim Geestman	+0,82 27.83	57.46 Marcel Vroegindewei	+0,22 28.99	1:02.15
	Dylan van Goor	+0,55 38.27	1:19.81 Sam Beer	+0,13 28.78	1:00.09

200+, Heren

1.	ZPC Amersfoort 2	ZPC Amersfoort	3:54.17	3:52.02	+0,77
	<i>Nederlands Masters Record</i>				
	Bas Braun	+0,77 26.19	55.81 Johan Remmits	+0,34 29.16	1:01.40
	Chester Marsman	+0,41 26.84	57.40 Erwin Buist	+0,38 27.23	57.41
2.	ENC Arnhem 2	ENC Arnhem	4:34.37	4:26.54	+0,76
	Arjen Koop	+0,76 29.29	1:02.25 Erwin Snip	+0,74 33.11	1:11.17
	Wridzer Bakker	+0,52 32.85	1:09.53 Rik Regtering	+0,60 29.36	1:03.59
3.	De Duinkickers 2	De Duinkickers	4:49.83	4:50.56	+0,70
	Marcel Brittijn	+0,70 36.36	1:14.91 Robert de Brauer	+0,79 33.60	1:11.98
	Mathieu Rikken	+0,44 31.48	1:07.30 Robin Roskam	+0,58 36.19	1:16.37

80+, Gemengd

1.	Hellas-Glana 1	Hellas-Glana	3:39.85	3:40.39	+0,76
	Isabel Dijkstra	+0,76 28.87	1:00.35 Lars Kerremans	+0,24 24.12	50.74
	Arno Nelissen	+0,25 24.33	51.18 Britt Cornelissens	+0,42 27.37	58.12
2.	ZVL-1886 2	ZVL-1886	3:58.59	3:54.45	+0,74
	Jelsie van Ruijven	+0,74 28.81	59.64 Thijs Huizer	+0,61 27.12	58.66
	Silke Molendijk	+0,40 28.80	1:00.59 Robin van Beek	+0,11 26.50	55.56
3.	ZPC Amersfoort 5	ZPC Amersfoort	4:15.98	4:11.08	+0,73
	Suzanne Vesseur	+0,73 31.12	1:04.75 Mandy Swart	+0,37 31.00	1:06.75
	Martijn Bartels	+0,73 28.39	58.97 Jorick van Bon	+0,36 28.66	1:00.61
4.	VZC 2	VZC	4:09.99	4:11.19	+0,75
	Sjoerd van der Wilt	+0,75 27.91	58.67 Babet Kruger	+0,44 30.69	1:04.11
	Tim Seising	+0,22 28.98	1:01.01 Lisanne Seising	+0,43 31.68	1:07.40
5.	De Rijn 1	De Rijn	4:15.44	4:12.81	+0,68
	Rick Haanschoten	+0,68 29.64	1:01.62 Annemarie Hoving	+0,42 30.65	1:05.16
	Nienke Lammers	+0,46 31.86	1:06.22 Jeroen Louwinger	+0,34 28.27	59.81
6.	NDD 1	NDD	4:21.31	4:20.88	+0,84
	Janine de Groot	+0,84 32.41	1:08.04 Kiara Roes	+0,50 30.84	1:06.18
	Sander Burgers	+0,43 28.17	59.89 Sten Cremers	+0,58 31.45	1:06.77

Programmanr. 19, 4 x 100m vrije slag

100+, Gemengd

1.	WVZ 2	WVZ	3:50.61	3:47.06	+0,69			
	Scott Jansen	+0,69	24.80	51.98	Leonie van Noort	+0,37	27.78	58.33
	Sander Kirillova	+0,19	25.41	53.93	Lauren van IJl	+0,33	29.61	1:02.82
2.	De Dinkel 1	De Dinkel	4:06.59	3:55.48	+0,72			
	Mika Heskamp	+0,72	27.63	58.29	Laurie Aarninkhof	+0,46	28.89	1:01.48
	Karst Boersma	+0,39	25.44	52.98	Lonne Dijkhuis	+0,53	29.67	1:02.73
3.	Poseidon'56 11	Poseidon'56	3:58.54	3:56.46	+0,66			
	Erik van Gemert	+0,66	25.82	53.99	Kelly de Jonge	+0,44	30.12	1:04.16
	Kim van Gemert	+0,46	30.49	1:04.73	Ryan van den Ouden	+0,21	24.79	53.58
4.	De Duck 1	De Duck	4:00.95	3:57.35	+0,70			
	Noa de Bock	+0,70	30.68	1:04.99	Marcella van der Ent	+0,48	29.30	1:02.42
	Jort Vizeé	+0,48	27.37	57.57	Jesper Oranje	+0,42	25.07	52.37
5.	Zwemlust- den Hommel 1	Zwemlust- den Hommel	4:02.14	4:02.75	+0,76			
	Manon Kloosterman	+0,76	29.44	1:01.73	Liesbeth van Mill	+0,29	33.71	1:12.45
	Fayssal Lantema	+0,42	26.27	55.19	Louis Kappler	+0,39	25.59	53.38
6.	CWW Swimteam 1	CWW Swimteam	4:05.94	4:06.27	+0,74			
	Mick van Kempen	+0,74	26.51	56.34	Twan van Engen	+0,39	28.03	58.73
	Yvette Ratering	+0,77	32.78	1:09.17	Noor Polman	+0,41	29.91	1:02.03
7.	MSV-Zeemacht 2	MSV-Zeemacht	4:10.50	4:14.98	+0,83			
	Amber van der Kruk	+0,83	30.50	1:05.25	Emma Riemers	+0,42	30.36	1:05.03
	Derek Valkenier	+0,62	32.74	1:08.68	Mees Minneboo	+0,44	26.10	56.02
8.	WS Twente 1	WS Twente	4:17.94	4:17.56	+0,66			
	Sander Riezebos	+0,66	27.95	58.11	Pien Ooijman	+0,44	32.10	1:07.61
	Roméé Beverdam	+0,48	31.62	1:06.58	Cars Wiegmann	+0,31	29.34	1:05.26
9.	ZVL-1886 3	ZVL-1886	4:29.09	4:22.58	+0,74			
	Babet van Andel	+0,74	32.24	1:07.90	Robin van Muijen	+0,72	28.28	59.45
	Suzan Blankestijn	+0,33	33.60	1:11.04	Jaime Santiago Patterson	+0,48	30.90	1:04.19
10.	De Amstel 1	De Amstel	4:22.55	4:25.40	+0,82			
	Dionne Bakker	+0,82	36.75	1:20.71	Owen Michels	+0,40	28.56	1:00.45
	Iris Bastiaansen	+0,55	33.35	1:09.18	Nick Sijmons	+0,37	25.67	55.06

120+, Gemengd

1.	NieMo Barracuda 2	NieMo Barracuda	3:50.47	3:52.08	+0,68			
	Amber Hesper	+0,68	28.30	59.90	Jeroen Baars	+0,24	23.65	50.79
	Denise van Haren - Boereboom	+0,39	30.67	1:04.83	Pascal van Haren	+0,30	26.35	56.56
2.	VZC 1	VZC	4:02.78	3:56.46	+0,76			
	Jelle Nap	+0,76	26.70	55.51	Tess Panjer	+0,36	28.62	59.66
	Olaf Achterberg	+0,43	26.21	54.64	Kimberly Whittington	+0,52	31.29	1:06.65
3.	NieMo Barracuda 3	NieMo Barracuda	4:02.27	4:03.11	+0,76			
	Anouchka Bos	+0,76	28.89	1:00.34	André Noordwijk	+0,43	30.01	1:04.22
	Robin Pienaar	+0,31	29.39	1:01.33	Mark Hensen	+0,34	27.16	57.22
4.	DWK 3	DWK	4:18.05	4:23.63	+0,69			
	Anoeska van de Kraats	+0,69	30.94	1:05.34	Martijn de Jong	+0,28	32.04	1:08.18
	Lindi Bos	+0,53	32.37	1:08.54	Lars Jacobsen	+0,51	29.08	1:01.57
5.	ZV Hoogland 2	Zwemvereniging Hoogland	4:27.24	4:26.01	+0,70			
	Anne-Irene Ducheine	+0,70	31.72	1:06.59	Ruben de Boer	+0,41	32.77	1:10.97
	Nienke van Stipriaan	+0,32	33.38	1:10.23	Tim de Zoete		27.42	58.22
6.	De Dinkel 2	De Dinkel	4:30.69	4:29.39	+0,63			
	Jelle ten Hove	+0,63	26.90	57.23	Tiny Gram		41.12	1:26.60
	Mart Kortman	+0,28	27.68	59.09	Claire Bosch	+0,68	31.00	1:06.47
7.	ZPC Nederweert 2	ZPC Nederweert	4:33.95	4:45.88	+0,87			
	Stefan de Leeuw	+0,87	30.11	1:02.69	Nicole Luijten		44.31	1:26.51
	Lisanne Kalders	+0,64	39.40	1:16.64	Koen van der Wallen	+0,55	29.10	1:00.04

Programmanr. 19, 4 x 100m vrije slag

160+, Gemengd

1.	ZPC Amersfoort 4	ZPC Amersfoort	4:15.41	4:11.40	+0,79
	Edwin v. Norden	+0,79 30.02	1:02.27	Marije Jansen	+0,45 30.15 1:02.85
	Maddy van der Hoeven	+0,57 32.51	1:07.18	Rob van Vliet	+0,22 27.95 59.10
2.	De Biesboschzweimmers 2	De Biesboschzweimmers	4:26.00	4:24.58	+0,92
	Henri Verschoor	+0,92 30.97	1:05.05	Marjo Goelema-Koek	+0,49 32.82 1:10.52
	Pieter Pijnenburg	+0,55 30.18	1:02.85	Anne-Marie Verschoor-Vos	+0,49 30.97 1:06.16
3.	ZV Sassenheim 3	ZV Sassenheim	4:31.59	4:25.35	+0,72
	Rianne Hoffland	+0,72 30.82	1:05.56	Casper van den Burgh	+0,55 31.15 1:05.12
	Marinka vd Zwet	+0,24 33.30	1:10.61	Arjan Buijsse	+0,53 30.32 1:04.06
4.	Team Noord Holland (SG) 1	Team Noord Holland (SG)	4:33.07	4:34.51	+0,81
	Lotte van Gessel	+0,81 29.52	1:02.62	Peter Janssen	+0,42 36.90 1:18.46
	Inken Wemheuer	+0,41 33.90	1:11.39	Peter van de Bor	+0,50 29.42 1:02.04
5.	Old Dutch 1	Old Dutch	4:26.94	4:35.06	+0,67
	Patricia Brooijmans	+0,67 33.68	1:09.85	Chantal Verhoeff	+0,43 33.36 1:10.94
	Adriaan Kop	+0,51 36.05	1:14.15	Tenzin Tieman	+0,75 28.43 1:00.12
6.	De Geul 1	De Geul	4:33.61	4:36.94	+0,79
	Mitchell van Uiter	+0,79 31.66	1:05.50	Anne Besseling-de Jong	+0,54 35.26 1:13.67
	Marian Nederlof	+0,47 34.37	1:13.81	Remco van der Graaf	+0,51 31.19 1:03.96
7.	AZC 1	AZC	4:38.85	4:44.25	+0,64
	Monique van Huizen	+0,64 31.60	1:05.64	Michael Go	+0,23 32.76 1:10.53
	Sandra Daamen-Posma	+0,70 39.57	1:25.55	Patrick Brouwer	+0,31 29.68 1:02.53
8.	TriVia 1	TriVia	4:44.25	4:50.72	+0,87
	Jeroen Temme	+0,87 32.84	1:07.97	Esther Kweberman	+0,33 33.42 1:10.61
	Hannie Poletiek	+0,59 43.87	1:32.55	Rik Stahlie	+0,52 28.43 59.59

200+, Gemengd

1.	WVZ 1	WVZ	4:32.21	4:04.63	+0,77
	<i>Nederlands Masters Record</i>				
	Bart Heggelman	+0,77 26.61	57.49	Hugo Bregman	+0,31 29.15 1:01.78
	Roos van Esch	+0,40 31.05	1:05.91	Delia Badoux	+0,33 28.44 59.45
2.	PSV 2	PSV	4:17.67	4:15.08	+0,73
	Carla Geurts	+0,73 30.74	1:04.94	Fred Ketting	+0,26 30.17 1:03.96
	Fiona Meuffels	+0,42 30.41	1:04.19	Jacco Schaap	+0,43 29.48 1:01.99
3.	Westland Swimming Stars 1	Westland Swimming Stars	4:39.77	4:33.37	
	Netty Burik-Geijsen	33.72	1:09.94	Mirjan den Drijver	+0,53 34.28 1:11.78
	Mark Nuijten	+0,24 32.67	1:09.01	Pieter Broek	+0,36 29.78 1:02.64
4.	HZ&PC Heerenveen 1	HZ&PC Heerenveen	4:39.82	4:36.20	+0,69
	Peggi Hurenkamp	+0,69 37.57	1:18.15	Peter de Vries	+0,40 29.36 1:01.80
	Jannie Vennik	+0,53 36.24	1:15.41	Stefan Damen	+0,13 28.80 1:00.84
5.	De Biesboschzweimmers 3	De Biesboschzweimmers	4:45.05	4:39.29	+0,88
	Sander van Tilburg	+0,88 31.74	1:06.38	Johanna van Wijnen	+0,46 32.72 1:09.31
	Wouter van der Stelt	+0,39 32.89	1:09.91	Annette Wijnja-Visser	+0,45 34.73 1:13.69
6.	ZV Sassenheim 2	ZV Sassenheim	4:49.52	4:40.59	+0,77
	Bogdan Androne	+0,77 31.61	1:04.96	Yvonne van Nobelen - Kampschreur	+0,24 36.60 1:15.36
	Luisiana Bigea	35.40	1:14.86	Frank van Nobelen	+0,21 31.16 1:05.41
7.	ZPC De Rog 1	ZPC De Rog	4:53.58	4:47.73	+0,69
	Sandra Peeters	+0,69 33.19	1:09.57	Rob Spetter	+0,25 33.56 1:08.63
	Ageeth Westenbrink	+0,40 41.74	1:27.93	Peter Bemsen	+0,18 29.44 1:01.60

240+, Gemengd

1.	GZC Donk 1	GZC Donk	5:20.65	5:20.29	+0,84
	Jordey Wijnbergen	+0,84 37.86	1:19.47	Petra Tossings	+0,63 36.88 1:17.46
	Feikje Wittermans	+0,60 38.53	1:21.81	Peter Coffeng	+0,74 38.70 1:21.55
2.	ZVVS 3	ZV Vlaardingen-Schiedam	5:32.85	5:39.58	+0,86
	Helena Mels	+0,86 37.61	1:19.93	Willem Putter	+0,55 43.55 1:29.72
	Inge Deutz	+0,47 43.78	1:33.79	Jeroen Hoeksel	+0,52 35.29 1:16.14

Programmanr. 19, 4 x 100m vrije slag

280+, Gemengd

1.	SWOL 1894 2	SWOL 1894	5:25.04			5:26.02		
	Christine Nieuwenhuis		39.02	1:21.12	Marijke Kraak-Beckers	+0,75	37.71	1:19.12
	Rob Berkhof	+0,54	43.73	1:33.53	Harry Dokter	+0,48	34.19	1:12.25
2.	Old Dutch 2	Old Dutch	6:33.09			6:32.55		
	Hans Vloedgraven	+0,78	34.38	1:10.88	Nico Baay	+0,51	52.15	1:54.14
	Karin van Nassau-van den Heuvel	+0,51	40.47	1:24.73	Marie Smits	+0,92	57.31	2:02.80

320+, Gemengd

1.	PSV 1	PSV	6:27.66			6:43.13			+1,11
	<i>Nederlands Masters Record, Lottie Geurts: NMR 100m vrij</i>								
	Lottie Geurts	+1,11	1:02.77	2:07.54	Rob Hanou	+0,67	52.20	1:49.49	
	Corrie Verhoeven	+0,55	44.53	1:32.42	Brend Brevé	+0,67	36.01	1:13.68	

Programmanr. 21
22-11-2025 - 13:30

Dames, 200m vlinderslag

20 en ouder
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m	
20+									
1.	Anouchka Bos	NieMo Barracuda	2:42.29 200501528	2:41.05	+0,76	34.45	1:14.76	1:57.24	2:41.05
2.	Maud Weijmans	Z&PV Nuenen	2:40.69 200103830	2:43.48	+0,73	36.87	1:18.34	2:00.73	2:43.48
3.	Eline Hoekstra	OEZA	2:38.02 200301280	2:44.58	+0,79	33.11	1:13.60	1:58.49	2:44.58
4.	Esmee Wijnmaalen	De Geul	2:46.06 200100298	2:48.04	+0,77	34.41	1:14.84	1:58.75	2:48.04
5.	Welmoed Doornbos	De IJsselmeeuwen	2:45.76 200203352	2:50.27	+0,73	34.25	1:17.16	2:02.80	2:50.27
6.	Romée Beverdam	WS Twente	2:52.02 200100158	2:54.09	+0,87	37.61	1:22.36	2:08.49	2:54.09
25+									
1.	Selene Wortel	Hieronymus	2:26.11 199700654	2:26.42	+0,65	32.31	1:09.81	1:48.08	2:26.42
2.	Manon Koster	MZ&PC	2:25.93 199701312	2:27.56	+0,73	33.32	1:10.63	1:48.63	2:27.56
3.	Katrin Diercks	SG Aumund - Vegesac	2:38.65 197466	2:40.67	+0,71	36.05	1:16.28	1:57.45	2:40.67
4.	Linde Haverkate	ZPC De Hof	2:47.89 199900244	2:45.33	+0,83	36.26	1:17.57	2:01.01	2:45.33
5.	Froukje Osinga	Orca Leeuwarden	2:46.00 200003090	2:49.46	+0,75	34.95	1:16.95	2:01.63	2:49.46
30+									
1.	Marcha Admiraal	De Geul	2:38.43 199300012	2:38.87	+0,78	34.07	1:13.66	1:55.73	2:38.87
2.	Floor Weijmans	HZPC	2:46.46 199502522	2:45.20	+0,89	35.60	1:15.79	1:59.00	2:45.20
35+									
1.	D. van den Hoogenband	Z&PV Nuenen	3:04.72 199001558	2:59.18	+0,79	37.80	1:23.59	2:10.99	2:59.18
2.	Maaïke van Diggele	De Geul	3:01.35 198700868	3:03.79	+0,91	38.14	1:22.33	2:11.00	3:03.79
40+									
1.	V. Haden-Felfoldi	Iron Swim	2:27.24 66/3267	2:25.56	+0,72	32.17	1:09.01	1:47.16	2:25.56
	<i>Hungarian Masters Record</i>								
2.	Ann Wanter	Zwemclub Geel	2:39.13 ZGEEL/21082/82	2:38.45	+0,77	35.19	1:15.42	1:57.31	2:38.45
	<i>Belgian Masters Record</i>								
3.	Roos van Esch	WVZ	2:43.15 198200468	2:42.85	+0,98	37.90	1:19.80	2:02.25	2:42.85
4.	Sylvia Reijers	De Gelenberg	3:07.21 198201360	2:54.53	+0,74	37.24	1:20.76	2:07.10	2:54.53
5.	Ramona Linting	AZC	2:58.39 198301274	3:01.35	+0,75	37.22	1:23.23	2:11.84	3:01.35
6.	Linda Hoogendam	WVZ	3:22.07 198300892	3:24.13	+0,80	45.16	1:38.72	2:32.48	3:24.13

Programmanr. 21, Dames, 200m vlinderslag

45+

1. Alina Spijkerman	DAW	3:08.19	197701220	3:12.48	+0,87	42.73	1:31.27	2:22.13	3:12.48
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50+

1. Liselotte Joling	PSV	2:39.69	197500268	2:37.45	+0,81	35.78	1:16.06	1:56.77	2:37.45
<i>Nederlands Masters Record</i>									
2. Sandra Peeters	ZPC De Rog	2:58.26	197401032	2:52.27	+0,68	36.05	1:19.61	2:05.51	2:52.27

55+

1. Claudia Thielemann	SG Bayer	2:42.68	333958	2:42.31	+0,65	35.37	1:17.30	1:59.77	2:42.31
2. L. v. Bon-Rosenbrand	ZPC Amersfoort	2:42.50	197000054	2:42.47	+0,84	35.89	1:16.30	1:58.59	2:42.47
<i>Nederlands Masters Record</i>									
3. Bianca Groot	MSV-Zeemacht	3:24.99	197000652	3:15.42	+0,90	43.59	1:34.00	2:24.09	3:15.42
4. Iris van Aurich	DWK	3:22.50	196900866	3:32.59	+0,82	46.71	1:41.23	2:37.37	3:32.59
5. K. van Nassau-van den	Old Dutch	3:34.54	196600188	3:40.75	+0,92	49.92	1:45.32	2:43.10	3:40.75

60+

1. Petra Tossings	GZC Donk	3:22.18	196100376	3:22.83	+0,87	43.81	1:36.78	2:31.69	3:22.83
2. Anita Steijger	WVZ	3:33.15	196500628	3:40.84	+0,91	47.28	1:43.61	2:41.81	3:40.84

75+

1. A. Gilding-Tussaud	WS Twente	5:22.67	195000038	5:28.72		1:09.54	2:36.97	4:06.10	5:28.72
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Programmanr. 22
22-11-2025 - 13:46

Heren, 200m vlinderslag

20 en ouder
Resultaten

rang naam	vereniging	intijd		tijd	RT	50m	100m	150m	200m
20+									
1. Guus Hoogduin	ZVL-1886	2:11.86	200201069	2:14.96	+0,72	29.97	1:04.33	1:39.16	2:14.96
2. Marijn Snel	IJsselmeer	2:20.29	200400001	2:20.50	+0,61	29.88	1:05.42	1:42.47	2:20.50
3. Christian Kalle	De Schotejil	2:21.86	200400687	2:21.27	+0,80	29.22	1:03.85	1:41.86	2:21.27
4. Mees Peters	CWW Swimteam	2:20.27	200501895	2:22.16	+0,72	29.20	1:02.99	1:39.73	2:22.16
5. Jesper Pas	V.Z.V. Njord	2:26.14	200200967	2:23.48	+0,71	30.97	1:07.62	1:46.03	2:23.48
6. Lars Hilkens	RZ	2:27.93	200201165	2:28.51	+0,74	31.61	1:09.57	1:48.74	2:28.51
7. Niels van der Mast	ZOB'66	2:27.59	200401917	2:34.64	+0,71	31.67	1:11.04	1:52.79	2:34.64
25+									
1. Sander Kirillova	WVZ	2:16.26	199800121	2:14.06	+0,64	28.61	1:03.45	1:38.75	2:14.06
2. Bert Duivenvoorde	De Columbiaan	2:16.25	199701805	2:15.41	+0,73	29.85	1:04.76	1:40.08	2:15.41
3. Ian Terlouw	ZPC Woerden	2:19.92	200002345	2:22.71	+0,68	30.74	1:06.76	1:44.77	2:22.71
4. Bart Weiland	D.E.S.	2:25.12	199700777	2:24.30	+0,64	29.99	1:05.98	1:44.32	2:24.30
5. Daan Siebenheller	Blue Marlins	2:21.41	199804955	2:25.17	+0,71	30.26	1:07.07	1:46.01	2:25.17
6. Koen Wijnands	SG Patrick - De Roerso	2:25.20	199800247	2:25.74	+0,66	31.33	1:08.35	1:47.21	2:25.74
7. Tenzin Tieman	Old Dutch	2:32.74	200005549	2:32.86	+0,81	32.22	1:10.64	1:51.35	2:32.86
30+									
1. Nick Sijmons	De Amstel	2:14.54	199500491	2:12.76	+0,69	29.45	1:04.23	1:38.37	2:12.76
2. Koen van der Wallen	ZPC Nederweert	2:23.44	199405561	2:22.66	+0,73	31.92	1:08.87	1:46.14	2:22.66
3. Sander Riezebos	WS Twente	2:37.51	199400467	2:32.32	+0,69	32.63	1:11.57	1:51.98	2:32.32

Programmanr. 22, Heren, 200m vlinderslag

35+

1. Matteo Viani	Zwemlust- den Hommel	2:10.27	199007717	2:11.69	+0,73	29.90	1:03.86	1:37.81	2:11.69
<i>Nederlands Masters Record</i>									
2. Niek de Ridder	Onderdak	2:36.35	198802819	2:27.70	+0,77	32.37	1:10.19	1:50.67	2:27.70
3. Joeri van Wallenburg	Onderdak	2:28.20	199004875	2:28.82	+0,74	29.86	1:04.81	1:43.73	2:28.82
4. Tim Bunnik	Triton	2:27.41	199000505	2:31.74	+0,81	33.17	1:11.14	1:51.48	2:31.74

40+

1. Pieter Pickhardt	ZPC De Hof	2:26.45	198301657	2:32.96	+0,80	33.80	1:12.40	1:52.22	2:32.96
2. Grzegorz Kasprzyk	ZV Vlaardingen-Schied	2:44.37	198303163	2:40.83	+0,89	35.19	1:15.75	1:57.98	2:40.83

45+

1. Dennis Dortland	NieMo Barracuda	2:35.77	197800261	2:38.86	+0,85	34.10	1:14.45	1:56.78	2:38.86
2. Arjan Buijsse	ZV Sassenheim	2:47.68	197901767	2:47.98	+0,75	34.58	1:16.18	2:01.62	2:47.98
3. Freddie Geerlings	Zwemsport Parkstad	2:52.03	197900379	3:03.40	+0,85	38.61	1:24.14	2:14.67	3:03.40

50+

1. Antwan van Engen	CWW Swimteam	2:27.95	197101577	2:24.61	+0,86	33.29	1:09.87	1:47.82	2:24.61
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55+

1. Chester Marsman	ZPC Amersfoort	2:28.63	196900671	2:30.34	+0,90	32.77	1:10.70	1:49.93	2:30.34
2. Bastiaan Baggerman	De Biesboschwemme	3:07.46	197001567	3:15.53	+0,93	38.72	1:26.68	2:20.74	3:15.53

60+

1. Johan Remmits	ZPC Amersfoort	2:45.63	196201159	2:47.40	+0,91	36.84	1:19.36	2:03.63	2:47.40
2. Ronald Grove	Triton	3:16.75	196100161	3:23.85	+0,79	42.97	1:35.16	2:29.64	3:23.85

65+

1. Hugo Bregman	WVZ	2:46.04	195800069	2:36.17	+0,81	34.81	1:15.47	1:56.93	2:36.17
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Programmanr. 23
22-11-2025 - 13:58

Dames, 50m rugslag

20 en ouder
Resultaten

rang	naam	vereniging	intijd		tijd	RT	
20+							
1.	Merel Phaff	Z&PV Nuenen	29.48	200100434	30.02	+0,63	
2.	Nienke Bakker	TriVia	30.30	200501178	31.26	+0,68	
3.	Kim van Dongen	De Gelenberg	31.53	200400140	31.62	+0,72	
4.	Inge Dekker	HZ&PC Heerenveen	30.47	200200476	31.67	+0,75	
5.	Lyke Buscop	De Schotejil	31.64	200500552	31.84	+0,66	
6.	Tess Panjer	VZC	31.63	200403060	32.08	+0,70	
7.	Robin Pienaar	NieMo Barracuda	31.80	200102236	32.49	+0,68	
8.	Lois van Oijen	CWW Swimteam	33.40	200402054	32.65	+0,69	
9.	Lindi Bos	DWK	31.19	200101256	32.75	+0,65	
10.	Marije Sweering	Neptunia '24	32.84	200101228	32.79	+0,83	
11.	Lois Jalving	HZ&PC Heerenveen	32.54	200400280	32.81	+0,64	
12.	Joline Koop	Aqua'68	32.74	200403174	33.23	+0,81	
13.	Nikki Douma	Hellas-Glana	33.14	200102252	33.27	+0,66	
14.	Femke de Wit	ZPC Nederweert	32.69	200102184	33.44	+0,62	
15.	Eline Hoekstra	OEZA	32.13	200301280	33.68	+0,75	
16.	Ilse Wild	SG Octopus - ZVV	33.60	200401812	33.78	+0,74	
17.	Amber van der Kruk	MSV-Zeemacht	33.78	200102730	34.20	+0,76	718
18.	Feline Slijkhuis	SG Octopus - ZVV	33.54	200501042	34.52	+0,85	
19.	Cecilia van Dam	De Rijn	35.94	200502110	36.21	+0,75	

Programmanr. 23, Dames, 50m rugslag

25+

1.	Marre Zandrings	Orca Leeuwarden	30.52	199701136	31.12	+0,68
2.	Celine Schoenmaker	DWK	30.58	199801976	31.36	+0,61
3.	Lauren van IJl	WVZ	31.72	200001064	31.64	+0,67
4.	Nadja Roovers	Hieronymus	31.18	199800798	31.88	+0,72
5.	Alisha Vieira	Blue Marlins	31.46	199904554	32.58	+0,69
6.	Kirsten Walraven	ZPC De Zeeuwse Kust	32.15	200001358	32.68	+0,82
7.	Alzbeta Andrikova	Zwemsport Parkstad	33.79	199806742	32.88	+0,80
8.	Laura van Sabben	PSV	33.66	199804332	32.99	+0,71
9.	Babet Kruger	VZC	33.23	200003390	33.10	+0,77
10.	Noa Oldenhof	ZPCH	35.69	199700622	34.18	+0,73
11.	Marleen Hof	WS Twente	35.64	199802464	34.56	+0,82
12.	Lena Wriede	SGS Hannover	34.87	246742	34.68	+0,75
13.	Froukje Osinga	Orca Leeuwarden	33.09	200003090	34.88	+0,76
14.	Marcella van der Ent	De Duck	34.31	199600174	34.92	+0,30
15.	Lisa Truijen	ZPC Nederweert	35.42	199701942	35.50	+0,77
16.	Marielle van der Vaart	ZV Vlaardingen-Schiedam	36.50	200000994	35.58	+0,61
17.	Anne Verhoef	Waalwijkse Zwem Vereniging	36.07	199702510	36.19	+0,66
18.	Iris Bastiaansen	De Amstel	35.54	199902006	36.48	+0,79
DIS	Hanna Looi	Blue Marlins	34.41	200006090		

AA - De start ingezet voor het startsignaal (en wel gezwommen).

30+

1.	Kira Toussaint	De Dolfijn	28.75	199400990	28.09	+0,58
<i>Europees Masters Record</i>						
2.	Lotte Coenen	D.E.S.	33.68	199301518	32.77	+0,69
3.	Anne-Irene Ducheine	Zwemvereniging Hoogland	32.73	199506824	33.53	+0,58
4.	D. van Haren - Boereboom	NieMo Barracuda	31.85	199202144	33.63	+0,69
5.	Dyonne Bruggeling	DZ&PC	36.19	199104880	35.26	+0,71
6.	Lotte Eising	ZPC Amersfoort	35.14	199502098	35.32	+0,65
7.	Giulia Rolloos	NieMo Barracuda	37.13	199500946	35.44	+0,73
8.	Janine de Groot	NDD	34.94	199500092	35.72	+0,72
9.	Nanda Wobben-de Vries	Steenwijk 1934	35.66	199204328	36.63	+0,96
10.	Tessa van Dijk-Mosch	MSV-Zeemacht	35.23	199102172	37.09	+0,62

35+

1.	Saskia de Klerk	GoSwim	32.53	199004612	32.59	+0,72
2.	Elmi Roelofsen	SG Octopus - ZVV	32.79	199008198	32.61	+0,81
3.	Anna Maria Rijkens	WSV St. Johann in Tirol	35.34	48298	34.19	+0,69
	Jil Pocervina	Swimming Luxembourg	33.66	345	34.19	+0,72
<i>Luxembourg Masters Record</i>						
5.	Ingrid Jansen	ZEPS	35.55	198706292	35.35	+0,64
6.	Kimberly Whittington	VZC	36.51	198704616	36.20	+0,80

40+

1.	Kate Nicholson	SSF Bonn	35.03	444702	33.07	+0,78
2.	Marije Jansen	ZPC Amersfoort	32.68	198504088	33.77	+0,72
3.	Roos van Esch	WVZ	34.06	198200468	34.34	+0,74
4.	A. Verschoor-Vos	De Biesboschzwemmers	35.99	198102300	35.28	+0,75
5.	Tonia Ruybroek	Poseidon'56	35.86	198101290	35.47	+0,71
6.	Evita van de Ketterij	De Treffers	36.98	198504284	35.96	+0,80
7.	Sylvia Reijers	De Gelenberg	35.93	198201360	36.00	+0,79
8.	Anne Besseling-de Jong	De Geul	38.81	198102084	37.47	+0,77

Programmanr. 23, Dames, 50m rugslag

45+

1.	Delia Badoux	WVZ	33.04	198000042	33.29	+0,76
2.	Marjon v. Kempen	De Schotejil	34.79	198000578	34.78	+0,78
3.	Sandra Temmerman	DAW	35.23	198001100	35.27	+0,97
4.	Iris de Boer - Oosterhof	MZ&PC De Reest	36.39	197701152	36.19	+0,87
5.	Jessica Venema	Old Dutch	37.00	197901526	36.82	+0,82
6.	Melanie Kuiper	Zignea	37.29	197600350	37.18	+0,87
7.	E. Poortvliet - Koedam	De Duinkickers	38.65	198001824	37.73	+0,77
8.	Leonie Scholten	Steenwijk 1934	39.20	197901560	39.73	+0,85
9.	Luisiana Bigea	ZV Sassenheim	38.83	197701300	40.40	+0,91

50+

1.	Carla Geurts	PSV	33.65	197100178	34.43	+0,70
2.	Edith Janssen-Koolen	TRB-RES	34.92	197300898	34.79	+0,86
3.	Cindy Gootzen-Bulthuis	RZ	36.65	197500990	35.55	+0,76
4.	Mirjan den Drijver	Westland Swimming Stars	36.81	197500884	36.56	+0,84
5.	Catherine Hoogeveen	DZ&PC	36.03	197501048	36.62	+0,81
6.	Geraldine Trainor	De Duck	37.57	197500544	37.69	+0,77
7.	Marjolein Klunne	Hieronymus	39.78	197101098	40.21	+0,83

55+

1.	Lesley Cordial	ZPC Amersfoort	35.61	196700684	35.63	+0,64
2.	Petra Blum	Uerdinger SV 08	37.04	274174	36.75	+0,89
3.	Laura Staal	Oceanus	38.90	196700358	39.48	+0,79
4.	Annette Wijnja-Visser	De Biesboschzwemmers	40.03	196700528	40.07	+0,84

60+

1.	Allie Price	Bridgend Swim Club	34.79	547582	34.46	+0,69
	<i>Brittish Masters Record</i>					
2.	Judith Cromjongh	De Zwoer	37.32	196400054	37.27	+0,78
	<i>Nederlands Masters Record</i>					
3.	Marinka vd Zwet	ZV Sassenheim	39.60	196500346	37.80	+0,75
4.	Feikje Wittermans	GZC Donk	38.14	196400408	38.16	+0,82
5.	K. van der Star-Verhoeven	ENC Arnhem	41.84	196100382	41.84	+0,68
6.	Maud Peuten-Evers	Mosa~Regio	43.18	196400584	42.77	+0,79
7.	Christine Buist	De Duinkickers	42.82	196400608	44.71	+0,74

65+

1.	Marijke Kraak-Beckers	SWOL 1894	42.72	196000240	42.00	+0,76
2.	Claire Anthony	Cercle De Natation Sportcity Wo	46.88	CNSW/001353/57	45.10	+0,86
3.	Jennie Resink-lindeboom	DWK	45.72	196000142	45.17	+1,10
4.	Tiny Gram	De Dinkel	46.55	195600138	47.87	+0,81
5.	Ria Peters-Veurman	ENC Arnhem	56.86	195800242	56.49	+0,95
6.	Angelique Crouzen	MZ&PC	57.75	195600118	57.21	+1,01
7.	Trui Knijnenburg	D.E.S.	55.96	195800266	57.52	+1,08

70+

1.	Christine Nieuwenhuis	SWOL 1894	46.84	195100022	46.27	+0,83
2.	Carla Hensen	PSV	49.62	195300062	51.54	+0,89
3.	Ineke Brouwers	PSV	47.00	195200070	1:01.71	+0,80
4.	Geerdien Meerwaldt	De Geul	1:01.84	195200058	1:21.61	+0,95

75+

1.	Corrie Verhoeven	PSV	48.81	194600026	49.53	
2.	A. Gilding-Tussaud	WS Twente	52.27	195000038	53.42	+0,94

Programmanr. 23, Dames, 50m rugslag

85+

1.	Marie Smits	Old Dutch	1:07.83	193800004	1:08.69	+0,94
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90+

1.	Lottie Geurts	PSV	1:04.58	193500006	1:06.40	+0,92
	<i>Nederlands Masters Record</i>					

Programmanr. 24
22-11-2025 - 14:16

Heren, 50m rugslag

20 en ouder
Resultaten

rang	naam	vereniging	intijd		tijd	RT
20+						
1.	Arno Nelissen	Hellas-Glana	26.94	200300229	27.18	+0,83
2.	Mees Niemeijer	DZ&PC	28.20	200201275	28.49	+0,67
3.	Louis Kappler	Zwemlust- den Hommel	27.77	200205067	29.06	+0,76
4.	Coen Keulen	Hellas-Glana	28.78	200400107	29.48	+0,73
5.	Remco Dijkstra	HZ&PC Heerenveen	28.84	200100789	29.75	+0,78
25+						
1.	Kalle van Gemert	ZPC De Zeeuwse Kust	26.57	199801259	26.63	+0,62
2.	Arjan Dekker	Bubble	27.38	200000499	27.16	+0,58
3.	Karst Boersma	De Dinkel	28.31	199600849	28.17	+0,63
4.	Doran Paap	ZV Westland	28.73	200000301	28.47	+0,71
5.	Robin van Beek	ZVL-1886	27.97	199704023	29.01	+0,60
6.	Richard Kuipers	HZ&PC Heerenveen	28.68	199704171	29.25	+0,64
7.	Ian Terlouw	ZPC Woerden	28.59	200002345	29.30	+0,72
8.	Nino van Krimpen	ZOB'66	29.45	200004611	29.33	+0,73
9.	David Kievit	De Schotejil	29.95	199900325	30.17	+0,84
10.	Jelle Blankestijn	ZPC Amersfoort	29.66	199803737	30.24	+0,65
11.	Jeffrey Roest	Zwemvereniging Hoogland	31.72	199703401	31.14	+0,64
NG	Ian van Mullem	ZOB'66	31.66	199602545		
30+						
1.	Jeroen Baars	NieMo Barracuda	27.13	199200031	26.65	+0,63
2.	Jesper Oranje	De Duck	27.73	199200997	27.24	+0,59
3.	Jos de Graaf	PSV	28.61	199106095	28.86	+0,70
4.	Wouter Sijmons	Z&PV Nuenen	30.24	199302695	29.94	+0,77
5.	Pieter Ytsma	ZV Zaltbommel	31.48	199501809	30.10	+0,73
6.	Jorden Theijink	ZPC De Hof	31.25	199400323	31.27	+0,78
AFGEM	John Smit	Poseidon'56	30.81	199500613		
35+						
1.	Kazuaki Nagao	De Dolfijn	27.80	198604875	27.28	+0,61
2.	Filipp Muller	Arethusa	27.96	198604633	27.73	+0,70
3.	Olaf Achterberg	VZC	28.90	199000011	29.42	+0,65
4.	Robert Braad	Steenwijk 1934	30.34	198600407	30.52	+0,71
5.	Joeri van Wallenburg	Onderdak	30.03	199004875	31.06	+0,70
6.	Remco van der Graaf	De Geul	34.38	198704007	32.94	+0,91
7.	Sherif Badawy	DAW	32.70	198907047	33.12	+0,80

Programmanr. 24, Heren, 50m rugslag

40+

1.	Alan Smeets	Zwemsport Parkstad	28.03	198402089	28.70	+0,82
2.	Martijn Giezen	ZPC Amersfoort	28.05	198500813	28.74	+0,76
3.	Ivan van Omme	De Geul	31.28	198201263	29.73	+0,77
4.	Marcel Reefhuis	WS Twente	33.12	198101381	33.00	+0,63
5.	Peter van de Bor	Team Noord Holland (SG)	33.27	198402897	33.63	+0,90
6.	Benoit Gasner	D.E.S.	34.52	198102645	34.75	+0,76
7.	Wouter Zijlstra	DAW	34.00	198202077	34.80	+0,77

45+

1.	Ruud Holswilder	ZPCH	29.08	197800435	29.41	+0,72
2.	Ivo Roozeboom	WVZ	30.25	197700801	30.10	+0,72
3.	Erwin Buist	ZPC Amersfoort	31.12	197800183	31.25	+0,75
4.	Robert Istrate	Zwemsport Parkstad	32.03	198002555	31.62	+0,79
5.	Tjeerd Visser	ACZ	31.62	198001631	32.44	+0,83
6.	Pieter Broek	Westland Swimming Stars	34.55	197701637	33.47	+0,63
7.	Sven Kielblock	Brander SV 1973 e.V.	32.95	320075	33.57	+0,75
8.	Gino Martijn	RZ	34.47	197901865	34.81	+0,62
9.	André Noordwijk	NieMo Barracuda	34.70	197901785	35.15	+0,89
AFGEM	Jasper van Heijst	ZPCH	28.95	197601699		

50+

1.	Alex Damen	DAW	35.94	197501371	32.17	+0,77
2.	Romain Dubois	MZ&PC	35.19	197500215	34.57	+0,84
3.	Jeroen Temme	TriVia	36.11	197201703	35.99	+0,82

55+

1.	Chester Marsman	ZPC Amersfoort	29.63	196900671	30.54	+0,69
2.	Guido Keutgen	Steenwijk 1934	31.51	196801551	31.59	+0,75
3.	Marcel Vroegindewei	Poseidon'56	32.45	196801709	32.65	+0,70
4.	Richard Ricksen	Hellas-Glana	34.43	197000841	34.93	+0,80
5.	Henri Verschoor	De Biesboschwimmers	35.53	197001041	35.14	+0,71
6.	Nico Swart	De Biesboschwimmers	35.54	196801475	35.50	+0,80
7.	Bruno Nahon	Cercle De Natation Sportcity Wo	37.33	CNSW/000390/70	36.91	+0,89
8.	Edwin Petri	De Otters Het Gooi	37.81	196601687	37.27	+0,77
9.	Erwin Snip	ENC Arnhem	38.67	197001555	39.63	+1,09

60+

1.	Peter Bernsen	ZPC De Rog	31.74	196301119	32.00	+0,60
2.	Hans Vloedgraven	Old Dutch	37.22	196400917	36.26	+0,68
3.	Ralf Dillig	Duisburger ST	35.87	060769	36.82	+0,68
4.	Casper Dollekamp	Steenwijk 1934	39.67	196301341	37.68	+0,83
5.	Erik Saan	De Duck	37.87	196500769	38.61	+0,81
6.	Henri Michels	De Amstel	37.62	196501587	38.81	+0,73
7.	Adriaan Kop	Old Dutch	39.48	196101135	39.04	+0,66
8.	Salvo Andronico	Luxembourg Sharks Swimming	41.29	113	40.84	+0,70

Luxembourg Masters Record

DIS Roland Assmann ZPC De Zeeuwse Kust 37.38 196201325
RF - Nadat het contact met de wand is verbroken na het keerpunt de rugligging niet aangenomen.

65+

1.	Erik Kamphuis	ZPC De Rog	33.98	196001035	34.65	+0,67
2.	Fred Ketting	PSV	36.29	196000289	36.38	+0,86
3.	Mark Nuijten	Westland Swimming Stars	39.30	196000411	37.72	+0,86
4.	André Schutte	ZPC De Zeeuwse Kust	45.33	196000521	45.43	+0,84
5.	André Pantekoek	PSV	44.56	195800321	48.13	+0,70

Programmanr. 24, Heren, 50m rugslag

70+

1.	Brend Brevé	PSV	38.38	195200265	37.05	+0,71
2.	Ruud Ruiters	WS Twente	41.04	195300169	37.42	+0,88
3.	Hans Piederiet	SGHW	38.46	195400177	39.36	+0,73
4.	Rob Berkhof	SWOL 1894	47.47	195200245	49.64	+0,96

80+

1.	Rob Hanou	PSV	54.11	194300109	54.08	+0,91
2.	Nico Baay	Old Dutch	55.35	194200053	58.44	+0,72

Programmanr. 25
22-11-2025 - 14:28

Dames, 100m wisselslag

20 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m
20+							
1.	Maaïke Issard	DZ&PC	1:05.03	200300022	1:06.49	+0,77	30.71 1:06.49
2.	Michelle van Wijk	WWV Winterswijk	1:06.12	200204746	1:06.90	+0,73	31.47 1:06.90
3.	Jelsie van Ruijven	ZVL-1886	1:08.15	200500282	1:08.01	+0,68	31.04 1:08.01
4.	Amber Hesper	NieMo Barracuda	1:08.60	200202188	1:09.64	+0,69	32.63 1:09.64
5.	Femke Backx	Orca Leeuwarden	1:11.15	200106430	1:09.66	+0,76	32.00 1:09.66
	Lyke Buscop	De Schoteijl	1:08.86	200500552	1:09.66	+0,71	31.63 1:09.66
7.	Kim van Dongen	De Gelenberg	1:10.09	200400140	1:10.07	+0,70	31.26 1:10.07
8.	Nienke Bakker	TriVia	1:08.75	200501178	1:10.41	+0,73	31.33 1:10.41
9.	Sanne Kloezen	Bubble	1:09.74	200204644	1:11.11	+0,79	32.72 1:11.11
10.	Lotte van Gessel	Team Noord Holland (SG)	1:10.67	200300900	1:11.48	+0,85	33.81 1:11.48
11.	F. Wiersma	Neptunia '24	1:11.11	200103078	1:12.07	+0,71	32.72 1:12.07
12.	Evelien Husselman	MZ&PC De Reest	1:11.87	200501324	1:12.15	+0,69	32.65 1:12.15
13.	Elisa Haverkate	ZPC De Hof	1:08.58	200200266	1:12.58	+0,79	31.98 1:12.58
14.	Rozemarijn van Haaff	ZOB'66	1:11.56	200201852	1:12.61	+0,58	33.10 1:12.61
15.	Esmée van Peer	TriVia	1:12.54	200201114	1:12.76	+0,77	34.28 1:12.76
16.	A. Karaman	Brander SV 1973 e.V.	1:14.06	405857	1:12.90	+0,68	33.73 1:12.90
17.	Kim van Gemert	Poseidon'56	1:14.95	200101968	1:14.00	+0,77	34.44 1:14.00
18.	Sydney Celie	IJsselmeer	1:14.78	200406054	1:14.62	+0,69	35.10 1:14.62
19.	Babet van Andel	ZVL-1886	1:14.86	200304308	1:14.66	+0,70	34.63 1:14.66
	Kiara Roes	NDD	1:17.97	200505508	1:14.66	+0,69	33.22 1:14.66
21.	Noa de Bock	De Duck	1:14.31	200300318	1:15.05	+0,73	34.69 1:15.05
22.	Iris Lok	WS Twente	1:15.85	200301094	1:15.27	+0,68	34.33 1:15.27
23.	Emma Riemers	MSV-Zeemacht	1:12.32	200500748	1:15.31	+0,83	33.74 1:15.31
24.	Kyra Wesemann	MSV-Zeemacht	1:15.84	200201440	1:15.56	+0,77	35.31 1:15.56
25.	Monica Faber	Deltasteur	1:17.44	200400388	1:15.70	+0,75	34.47 1:15.70
26.	Daphne van Tilburg	De Geul	1:15.79	200500580	1:15.79	+0,78	35.42 1:15.79
	Amber van der Kruk	MSV-Zeemacht	1:13.93	200102730	1:15.79	+0,83 795	34.56 1:15.79
28.	Inge Dekker	HZ&PC Heerenveen	1:11.09	200200476	1:15.90	+0,74	33.65 1:15.90
29.	Lisette Dooper	Tiburón	1:16.46	200201678	1:18.15	+0,79	34.99 1:18.15
30.	Joyce Toonstra	Neptunia '24	1:17.76	200501298	1:18.53	+0,71	34.77 1:18.53
31.	Claire Bosch	De Dinkel	1:17.66	200401480	1:18.70	+0,80	36.62 1:18.70
32.	M. van der Hoeven	ZPC Amersfoort	1:16.71	200401298	1:20.35	+0,65	37.88 1:20.35
DIS	Ilse Wild	SG Octopus - ZVV	1:14.74	200401812			

AA - De start ingezet voor het startsignaal (en wel gezwommen).

25+

1.	Selene Wortel	Hieronymus	1:04.88	199700654	1:05.64	+0,67	30.49 1:05.64
2.	Britt Cornelissens	Hellas-Glana	1:06.05	200000632	1:06.33	+0,68	31.36 1:06.33
3.	Manon Koster	MZ&PC	1:06.25	199701312	1:07.29	+0,69	31.40 1:07.29
4.	Eva van Elsen	ZPC De Zeeuwse Kust	1:09.48	199903026	1:09.19	+0,70	32.17 1:09.19
5.	Marre Zandringa	Orca Leeuwarden	1:06.56	199701136	1:09.26	+0,70	30.96 1:09.26
6.	Nadja Roovers	Hieronymus	1:07.01	199800798	1:09.71	+0,74	32.10 1:09.71
7.	Laurie Aarninkhof	De Dinkel	1:11.00	199800822	1:09.87	+0,78	32.09 1:09.87

Programmanr. 25, Dames, 100m wisselslag, 25+

rang	naam	vereniging	intijd	tijd	RT	50m	100m	
8.	M. van der Heijden	NieMo Barracuda	1:09.71	199605226	1:09.94	+0,67	32.54	1:09.94
9.	Alizbeta Andrikova	Zwemsport Parkstad	1:12.14	199806742	1:10.67	+0,77	32.48	1:10.67
10.	Babet Kruger	VZC	1:11.22	200003390	1:12.31	+0,73	32.95	1:12.31
11.	Mirelle de Kort	VZ&PC Nautilus	1:12.95	200005546	1:12.75	+0,74	33.10	1:12.75
12.	Marcella van der Ent	De Duck	1:12.27	199600174	1:12.79	+0,73	32.54	1:12.79
13.	Sharon Wolfs	Hellas-Glana	1:14.24	200004800	1:13.37	+0,78	33.69	1:13.37
14.	Lisanne Seising	VZC	1:13.64	200002084	1:14.91	+0,70	35.42	1:14.91
15.	Annemarie Hoving	De Rijn	1:14.64	200002248	1:15.05	+0,72	34.64	1:15.05
16.	Alisha Vieira	Blue Marlins	1:12.87	199904554	1:15.36	+0,65	33.06	1:15.36
17.	Ellen ter Stege	ENC Arnhem	1:13.81	199900604	1:15.80	+0,72	34.68	1:15.80
18.	Jelita van Esseveld	ZPC De Zeeuwse Kust	1:16.45	199806716	1:16.61	+0,74	35.69	1:16.61
19.	Sabine Lageweg	Steenwijk 1934	1:16.04	199900926	1:17.32	+0,66	35.47	1:17.32
20.	Alies Wagter	Steenwijk 1934	1:15.23	199900840	1:17.33	+0,83	36.46	1:17.33
21.	Daphne Dols	ZPC Woerden	1:17.30	199904622	1:17.91	+0,76	35.36	1:17.91
22.	Mandy Swart	ZPC Amersfoort	1:17.03	199904916	1:18.77	+0,77	36.38	1:18.77
23.	Lonneke Graansma	ZVL-1886	1:19.55	199900936	1:19.12	+0,68	37.60	1:19.12
24.	Astrid Wibbelink	Steenwijk 1934	1:21.20	199600006	1:21.25	+0,78	37.28	1:21.25
25.	Iris Bastiaansen	De Amstel	1:20.67	199902006	1:21.39	+0,60	36.36	1:21.39
26.	Nina Tourton	ZOB'66	1:18.04	199603612	1:21.58	+0,85	36.91	1:21.58
27.	Tami de Lange	ZPC De Rog	1:22.68	199704116	1:22.20	+0,80	37.10	1:22.20
28.	Esmée Rolloos	NieMo Barracuda	1:22.00	199800056	1:22.65	+0,80	37.73	1:22.65
29.	Maartje Hids	ZVL-1886	1:25.10	199903042	1:22.81	+0,84	40.56	1:22.81
30.	Deborah Thoolen	Team Noord Holland (SG)	1:24.99	199703568	1:23.66	+0,65	40.95	1:23.66
30+								
1.	Kira Toussaint	De Dolfijn	1:01.74	199400990	1:04.80	+0,62	28.90	1:04.80
	<i>Nederlands Masters Record</i>							
2.	Karin Rijkelijhuizen	DZ&PC	1:07.93	199403358	1:08.48	+0,67	32.33	1:08.48
3.	Lonne Dijkhuis	De Dinkel	1:09.07	199400030	1:08.86	+0,74	31.95	1:08.86
4.	Sietske Veldkamp	ZPC De Hof	1:10.51	199501628	1:10.84	+0,74	32.44	1:10.84
5.	Wendan Poelstra	TriVia	1:12.78	199102496	1:12.49	+0,74	32.88	1:12.49
6.	Melissa Meijer	Zwemsport Parkstad	1:13.76	199304374	1:13.07	+0,73	32.90	1:13.07
7.	D. van Haren - Boereboor	NieMo Barracuda	1:09.57	199202144	1:13.58	+0,82	33.74	1:13.58
8.	Diane Schoenmaker	PSV	1:17.36	199502920	1:14.86	+0,72	34.33	1:14.86
9.	Deborah Wissink	ZPC De Hof	1:16.57	199503484	1:16.43	+0,64	35.10	1:16.43
10.	Kelly Wigleaven	Poseidon'56	1:17.70	199500058	1:17.62	+0,74	36.11	1:17.62
11.	Lotte Eising	ZPC Amersfoort	1:17.05	199502098	1:17.90	+0,65	34.22	1:17.90
12.	Esther Kwebeman	TriVia	1:20.51	199106374	1:19.62	+0,78	35.53	1:19.62
13.	Alma Janssen	Zegenwerp	1:19.61	199401078	1:20.17	+0,62	36.43	1:20.17
14.	Janneke van de Poele	De Duck	1:21.72	199301128	1:20.30	+0,70	37.00	1:20.30
15.	N. Wobben-de Vries	Steenwijk 1934	1:20.36	199204328	1:20.53	+0,84	36.95	1:20.53
16.	Anouk Kuijlaars	PSV	1:20.34	199401700	1:20.72	+0,83	38.29	1:20.72
17.	Leontine Groeneveldt	De Duck	1:17.56	199303526	1:22.54	+0,68	37.99	1:22.54
18.	Hilma Buiten	MZ&PC De Reest	1:24.87	199407522	1:26.82	+0,83	40.16	1:26.82
AFGEM	Nienke Smidt	WS Twente	1:20.09	199407596				
AFGEM	Fiona Meuffels	PSV	1:10.36	199504366				
35+								
1.	Saskia de Klerk	GoSwim	1:09.92	199004612	1:09.67	+0,67	32.36	1:09.67
2.	Jacynta Plat	Steenwijk 1934	1:09.65	199002956	1:10.46	+0,76	33.13	1:10.46
3.	Anna Maria Rijkens	WSV St. Johann in Tirol	1:13.74	48298	1:13.87	+0,72	34.23	1:13.87
4.	Rianne Hofland	ZV Sassenheim	1:13.23	198801820	1:13.88	+0,71	34.10	1:13.88
5.	Monique van Huizen	AZC	1:13.51	198706236	1:14.95	+0,74	35.27	1:14.95
6.	Elmi Roelofsen	SG Octopus - ZVV	1:13.50	199008198	1:15.70	+0,75	33.69	1:15.70
7.	Ilse van den Wijngaard	ZPC Woerden	1:15.67	199904736	1:17.20	+0,81	35.45	1:17.20
8.	Maaik van Diggele	De Geul	1:18.97	198700868	1:17.58	+0,85	36.19	1:17.58
9.	Jil Pocervina	Swimming Luxembourg	1:20.39	345	1:18.19	+0,77	35.73	1:18.19
10.	Suzan Blankestijn	ZVL-1886	1:21.34	198900350	1:19.18	+0,75	37.24	1:19.18
11.	Ingrid Jansen	ZEPS	1:20.67	198706292	1:19.53	+0,65	35.75	1:19.53
12.	Nienke van Stipriaan	Zwemvereniging Hoogland	1:21.65	198703970	1:20.07	+0,98	37.41	1:20.07
13.	Y. op den Kamp-Bruls	MZ&PC	1:25.84	199008114	1:24.73	+0,75	39.91	1:24.73

Programmanr. 25, Dames, 100m wisselslag, 35+

rang	naam	vereniging	intijd		tijd	RT	50m	100m
14.	Manouk Ticheler	De Duinkickers	1:27.83	198705416	1:25.75	+0,84	38.32	1:25.75
40+								
1.	V. Haden-Felfoldi	Iron Swim	1:11.67	66/3267	1:11.00	+0,78	32.44	1:11.00
2.	Danielle Reijnders	AquAmigos	1:15.80	198504234	1:12.82	+0,69	35.21	1:12.82
3.	Laura Badoux	DAW	1:15.52	198200038	1:15.28	+0,86	35.15	1:15.28
4.	Sandra Zwaanswijk	DAW	1:22.54	198503934	1:21.69	+0,73	37.49	1:21.69
45+								
1.	Delia Badoux	WVZ	1:08.34	198000042	1:08.49	+0,78	31.48	1:08.49
	<i>Nederlands Masters Record</i>							
2.	I. de Boer - Oosterhof	MZ&PC De Reest	1:22.46	197701152	1:21.55	+0,70	36.49	1:21.55
3.	Rachel Trainor	De Duck	1:23.09	197700670	1:23.20	+0,81	39.68	1:23.20
50+								
1.	Gudule van der Meer	PSV	1:13.92	197200396	1:14.30	+0,81	33.27	1:14.30
2.	Geraldine Trainor	De Duck	1:18.51	197500544	1:18.40	+0,78	36.37	1:18.40
3.	Mirjan den Drijver	Westland Swimming Stars	1:18.04	197500884	1:19.59	+0,81	36.13	1:19.59
4.	W. Derckx-Weusten	ZEPS	1:24.37	197200624	1:21.24	+0,77	37.52	1:21.24
5.	Catherine Hoogeveen	DZ&PC	1:24.91	197501048	1:25.91	+0,79	38.95	1:25.91
55+								
1.	L. v. Bon-Rosenbrand	ZPC Amersfoort	1:14.37	197000054	1:15.58	+0,82	35.93	1:15.58
2.	Susan Fraser	Free Style SC	1:19.56	63571	1:16.62	+0,80	34.98	1:16.62
3.	Jeanne Petit	PSV	1:22.07	197001020	1:21.85	+0,76	38.52	1:21.85
4.	K. van Nassau-van den HOld Dutch		1:32.74	196600188	1:35.56	+0,95	46.35	1:35.56
DIS	Karin Sagonas-Koolen	V.Z.V. Njord	1:33.60	197000964				
	<i>AA - De start ingezet voor het startsignaal (en wel gezwommen).</i>							
60+								
1.	Allie Price	Bridgend Swim Club	1:16.13	547582	1:16.16	+0,61	35.25	1:16.16
	<i>Brittish Masters Record</i>							
2.	M. Remmits-de Lange	ZPC Amersfoort	1:18.29	196300518	1:20.96	+0,82	38.17	1:20.96
3.	Feikje Wittermans	GZC Donk	1:28.86	196400408	1:30.01	+0,85	41.13	1:30.01
4.	K. van der Star-Verhoeven	ENC Arnhem	1:34.14	196100382	1:32.26	+0,80	43.97	1:32.26
5.	Yoka de Vegt-van Dijk	ENC Arnhem	1:35.31	196200420	1:35.19	+0,83	44.64	1:35.19
65+								
1.	Colette Crabbé	Cercle De Natation Sportci	1:19.97	we CNSW/004900/56	1:20.27	+0,77	37.54	1:20.27
	<i>Belgian Masters Record</i>							
2.	Atie Pijtak-Radersma	ZPC Amersfoort	1:26.00	195600048	1:23.47	+0,83	38.15	1:23.47
3.	Marijke Kraak-Beckers	SWOL 1894	1:31.21	196000240	1:29.63	+0,81	42.62	1:29.63
4.	Linda Wibbelink	Steenwijk 1934	1:31.53	195900158	1:34.65	+0,70	46.20	1:34.65
5.	Hannie Poletiek	TriVia	1:38.47	195900278	1:39.59	+0,90	47.80	1:39.59
6.	Claire Anthony	Cercle De Natation Sportci	1:34.87	we CNSW/001353/57	1:40.39	+0,90	45.44	1:40.39
7.	J. Resink-lindeboom	DWK	1:43.44	196000142	1:45.00	+0,89	49.52	1:45.00
70+								
1.	Christine Nieuwenhuis	SWOL 1894	1:32.64	195100022	1:34.57		44.04	1:34.57

Programmanr. 25, Dames, 100m wisselslag

75+

1. A. Verhoeven - SteggerdDe Duinkickers 2:07.97 194600024 **2:14.07** 1:07.07 2:14.07

Programmanr. 26
22-11-2025 - 14:56

Heren, 100m wisselslag

20 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m
20+							
1.	Scott Jansen	WVZ	58.29	200202455	58.44	+0,71	27.46 58.44
2.	Jorian Darwinkel	HZ&PC Heerenveen	1:01.35	200300565	1:01.51	+0,71	27.74 1:01.51
3.	Mick van Kempen	CWW Swimteam	1:01.55	200203375	1:02.61	+0,82	30.15 1:02.61
4.	Jelle Opmeer	ZPC Amersfoort	1:04.33	200100269	1:03.58	+0,67	30.32 1:03.58
5.	Mika Bongers	ENC Arnhem	1:02.73	200502683	1:03.62	+0,66	29.27 1:03.62
6.	Milan de Roo	ZPC Woerden	1:05.51	200102215	1:03.71	+0,60	29.64 1:03.71
7.	Mees Niemeijer	DZ&PC	1:02.28	200201275	1:04.02	+0,78	29.45 1:04.02
8.	Tim Speijer	Bubble	1:03.00	200301661	1:04.14	+0,67	29.26 1:04.14
9.	Mika Heskamp	De Dinkel	1:04.75	200300339	1:04.34	+0,68	29.36 1:04.34
10.	Jelle ten Hove	De Dinkel	1:03.19	200101373	1:04.93	+0,71	30.50 1:04.93
11.	Mees Minneboo	MSV-Zeemacht	1:04.97	200203465	1:05.02	+0,69	30.05 1:05.02
12.	Mees Peters	CWW Swimteam	1:04.67	200501895	1:05.61	+0,73	30.53 1:05.61
13.	Julian Mes	ZOB'66	1:05.66	200103755	1:06.00	+0,70	29.99 1:06.00
14.	Lars Hilkens	RZ	1:04.81	200201165	1:06.06	+0,74	29.88 1:06.06
15.	Mathijs van Dijk	CWW Swimteam	1:06.68	200102437	1:06.17	+0,71	30.01 1:06.17
16.	Jesper Pas	V.Z.V. Njord	1:06.87	200200967	1:06.45	+0,68	30.81 1:06.45
17.	Thijs Huizer	ZVL-1886	1:05.63	200502523	1:07.04	+0,71	30.05 1:07.04
18.	Mike Jansen	SG Patrick - De Roersopp	1:06.83	200200151	1:07.27	+0,70	31.05 1:07.27
19.	Wessel Haverkamp	ENC Arnhem	1:05.19	200204755	1:07.67	+0,63	30.27 1:07.67
20.	Niels van der Mast	ZOB'66	1:07.29	200401917	1:08.51	+0,68	31.16 1:08.51
21.	Owen Michels	De Amstel	1:06.62	200402293	1:08.74	+0,57	31.52 1:08.74
22.	Rick Haanschoten	De Rijn	1:09.52	200100291	1:09.12	+0,66	32.11 1:09.12
23.	Ruben Zwartebol	ZPC Woerden	1:09.56	200102651	1:09.38	+0,62	30.84 1:09.38
24.	Esper Paans	ZZ&PC De Devel	1:06.51	200100607	1:10.14	+0,65	30.39 1:10.14
25.	Sander Burgers	NDD	1:05.63	200103671	1:10.31	+0,63	32.88 1:10.31

25+

1.	Sander Kirillova	WVZ	1:00.61	199800121	1:00.02	+0,68	27.77 1:00.02
2.	Ryan van den Ouden	Poseidon'56	1:00.84	199900377	1:01.74	+0,74	28.08 1:01.74
3.	Robin van Beek	ZVL-1886	1:02.95	199704023	1:03.45	+0,66	29.22 1:03.45
4.	Richard Kuipers	HZ&PC Heerenveen	1:02.15	199704171	1:04.50	+0,67	30.18 1:04.50
5.	Nino van Krimpen	ZOB'66	1:03.87	200004611	1:04.70	+0,63	29.56 1:04.70
6.	Kevin Kingma	ACZ	1:08.83	199700559	1:05.15	+0,68	30.92 1:05.15
7.	Diederick Schothans	De Gelenberg	1:08.44	199703185	1:05.81	+0,72	30.11 1:05.81
8.	Daan Siebenheller	Blue Marlins	1:04.66	199804955	1:07.19	+0,68	30.65 1:07.19
9.	Kylian Kooijman	Steenwijk 1934	1:07.04	199900763	1:07.26	+0,70	31.30 1:07.26
10.	Thomas Hesper	NieMo Barracuda	1:07.47	200004181	1:07.34	+0,83	32.32 1:07.34
11.	Mart Kortman	De Dinkel	1:09.37	199800357	1:07.92	+0,75	32.14 1:07.92
12.	Sjoerd Boogert	De Rijn	1:09.15	199903153	1:08.54	+0,72	31.58 1:08.54
13.	Dries Cavelaars	ZPC Amersfoort	1:10.45	199804597	1:09.42	+0,62	31.59 1:09.42
14.	Sam Beer	Poseidon'56	1:07.27	199605521	1:10.24	+0,63	31.46 1:10.24
15.	Tenzin Tieman	Old Dutch	1:10.40	200005549	1:10.34	+0,81	32.42 1:10.34
16.	Jesse Brouwers	MZ&PC	1:15.46	199900393	1:11.70	+0,73	33.72 1:11.70
17.	Erik Cooman	De Duinkickers	1:12.79	199705121	1:14.27	+0,79	33.10 1:14.27

Programmanr. 26, Heren, 100m wisselslag

30+

1.	Jesper Oranje	De Duck	57.84	199200997	58.88	+0,72	26.47	58.88
2.	Felix Geenen	DAW	58.50	199501085	58.97	+0,77	27.04	58.97
3.	Mikita Sharapau	De Dolfijn	1:01.41	199506405	1:01.34	+0,68	28.32	1:01.34
4.	Bas Braun	ZPC Amersfoort	1:04.14	199106545	1:04.61	+0,73	29.29	1:04.61
5.	Jordy Heusschen	Hellas-Glana	1:06.36	199503405	1:06.31	+0,72	30.64	1:06.31
6.	Tim de Vrugt	ENC Arnhem	1:07.27	199306719	1:06.39	+0,71	30.62	1:06.39
7.	Jorden Theijink	ZPC De Hof	1:06.01	199400323	1:06.80	+0,66	30.65	1:06.80
8.	Jose Horcas Nieto	ZVL-1886	1:10.08	199307445	1:09.07	+0,72	32.57	1:09.07
9.	Robin van Beusekom	NieMo Barracuda	1:10.43	199205841	1:09.54	+0,79	32.61	1:09.54
10.	Stefan de Leeuw	ZPC Nederweert	1:10.13	199503483	1:11.18	+0,85	31.74	1:11.18

35+

1.	Filipp Muller	Arethusa	1:02.22	198604633	1:02.62	+0,67	27.67	1:02.62
2.	Sander de Vrugt	ENC Arnhem	1:03.26	198903499	1:02.64	+0,64	29.34	1:02.64
3.	Olaf Achterberg	VZC	1:05.24	199000011	1:03.94	+0,77	29.48	1:03.94
4.	Pascal van Haren	NieMo Barracuda	1:06.57	198704101	1:06.64	+0,68	30.73	1:06.64
5.	Bram Piederiet	ZV Vlaardingen-Schiedam	1:10.01	199007757	1:09.85	+0,75	32.93	1:09.85
6.	Laurens Oomkens	HPC Heemstede	1:16.60	198702425	1:12.97	+0,70	32.89	1:12.97
7.	Marvin Kok	SG Octopus - ZVV	1:20.30	198701787	1:20.86	+0,84	34.36	1:20.86

40+

1.	Matt Wan	Gay Swim Amsterdam	1:02.81	198504031	1:03.40	+0,65	29.07	1:03.40
2.	Yuri van Omme	Zwemvereniging Hoogland	1:04.51	198501887	1:05.22	+0,75	30.41	1:05.22
3.	I. García Rodríguez	ACZ	1:08.92	198504015	1:07.83	+0,68	31.58	1:07.83
4.	Rob van Vliet	ZPC Amersfoort	1:07.57	198402459	1:08.01	+0,81	31.77	1:08.01
5.	Dirk Smit	DBD	1:08.36	198101559	1:08.85	+0,67	31.93	1:08.85
6.	Roel van der Kruijs	De Gelenberg	1:11.35	198501491	1:09.95	+0,74	32.89	1:09.95
7.	Ricardo van Dam	AZC	1:11.84	198503965	1:11.35	+0,71	34.35	1:11.35
8.	Jens van der Sman	HPC Heemstede	1:11.59	198502369	1:12.60	+0,74	33.22	1:12.60
9.	Peter van de Bor	Team Noord Holland (SG)	1:09.99	198402897	1:13.60	+0,79	31.86	1:13.60
10.	Bertrand Maillet	ASPTT Clermont-Ferrand	1:18.88	88948	1:14.70	+0,79	34.01	1:14.70

45+

1.	Ruud Holswilder	ZPCH	1:03.78	197800435	1:04.56	+0,70	29.44	1:04.56
2.	Mark Hensen	NieMo Barracuda	1:05.15	197900497	1:05.35	+0,75	29.82	1:05.35
3.	Erwin Buijt	ZPC Amersfoort	1:03.45	197800183	1:07.22	+0,68	29.60	1:07.22
4.	Bart Heggelman	WVZ	1:12.14	197601273	1:07.57	+0,90	31.60	1:07.57
5.	Robert Istrate	Zwemsport Parkstad	1:11.09	198002555	1:11.12	+0,81	32.74	1:11.12
6.	Berry van Holland	TriVia	1:14.16	198000603	1:14.11	+0,75	34.65	1:14.11
7.	Pieter Broek	Westland Swimming Stars	1:11.95	197701637	1:14.82	+0,68	32.98	1:14.82
8.	Erik Tobé	ZOB'66	1:19.42	197901485	1:18.41	+0,88	35.75	1:18.41
9.	Robin Roskam	De Duinkickers	1:24.55	197801831	1:27.23	+0,97	40.44	1:27.23
DIS	Klaas Poelstra	H2Oldambt	1:11.72	197800825				

AA - De start ingezet voor het startsignaal (en wel gezwommen).

50+

1.	Kees Bakker	Gay Swim Amsterdam	1:09.12	197501055	1:08.05	+0,67	31.11	1:08.05
2.	Marcel van Winssen	De Gelenberg	1:11.17	197101477	1:08.10	+0,84	31.38	1:08.10
3.	Marco Booij	ZOB'66	1:07.25	197300109	1:09.03	+0,77	31.43	1:09.03
4.	Erik Lamers	De Gelenberg	1:14.90	197500507	1:11.12	+0,68	34.10	1:11.12
5.	Peter Meijer	DZ&PC	1:13.35	197300613	1:12.16	+0,68	32.99	1:12.16
6.	Olivier van Heezik	PSV	1:14.46	197101763	1:13.48	+0,84	33.92	1:13.48
7.	Pieter Veenstra	DZ&PC	1:13.31	197301345	1:14.16	+0,78	35.06	1:14.16
8.	Michael van Bekkum	SWOL 1894	1:16.13	197200051	1:15.13	+0,71	35.97	1:15.13
9.	John Cobussen	De Gelenberg	1:14.65	197501323	1:15.97	+0,81	35.17	1:15.97
10.	Jeroen Temme	TriVia	1:18.29	197201703	1:17.00	+0,78	35.42	1:17.00
11.	Sagar Jaivant	WVZ	1:19.87	197401615	1:18.80	+0,85	38.28	1:18.80
12.	Erik Leppers	RZ	1:23.11	197100561	1:20.04	+0,79	37.03	1:20.04

Programmanr. 26, Heren, 100m wisselslag, 50+

rang	naam	vereniging	intijd		tijd	RT	50m	100m
13.	M. van Walt van Praag	Gay Swim Amsterdam	1:22.81	197501425	1:21.12	+0,75	39.33	1:21.12

55+

1.	Matthias Millers <i>German Masters Record</i>	SG Wuppertal	1:05.30	113799	1:04.66	+0,88	30.54	1:04.66
2.	Richard Rickson	Hellas-Glana	1:08.06	197000841	1:08.51	+0,77	33.04	1:08.51
3.	J. van den Berg	WVZ	1:10.10	196801575	1:09.42	+0,82	31.90	1:09.42
4.	Tobias Diener	SGS Hannover	1:10.04	060652	1:11.07	+0,66	31.88	1:11.07
5.	René Beetsma	HZ&PC Heerenveen	1:13.13	196900069	1:12.83	+0,83	33.73	1:12.83
6.	Harold Matla	PSV	1:12.13	196800591	1:14.24	+0,80	35.79	1:14.24
7.	Henri Verschoor	De Biesboschwimmers	1:13.20	197001041	1:14.58	+0,90	34.91	1:14.58
8.	Mathieu Rikken	De Duinkickers	1:15.65	196701777	1:16.46	+0,70	35.94	1:16.46
9.	Marcel Brittijn	De Duinkickers	1:23.68	196900159	1:24.09	+0,63	39.96	1:24.09
10.	Jordey Wijnbergen	GZC Donk	1:31.57	196901897	1:33.40	+0,79	44.66	1:33.40

60+

1.	Bert Schlicher	RZ	1:10.39	196400669	1:10.22	+0,75	32.02	1:10.22
2.	Edwin v. Norden	ZPC Amersfoort	1:11.03	196300563	1:10.84	+0,75	32.93	1:10.84
3.	Pieter Derckx	ZEPS	1:15.80	196501241	1:12.09	+0,75	33.36	1:12.09
4.	Ron Korzelius	ZPC Amersfoort	1:15.06	196500513	1:12.27	+0,74	33.88	1:12.27
5.	K. van Overbeeke	WWV Winterswijk	1:15.11	196200489	1:16.81	+0,88	35.92	1:16.81
6.	Hans Vloedgraven	Old Dutch	1:19.34	196400917	1:18.02	+0,82	35.77	1:18.02
7.	Theo Bakker	TriVia	1:17.47	196401231	1:18.64	+0,77	37.06	1:18.64
8.	André Jovet	Swimming Luxembourg	1:21.46	13225	1:18.86	+0,83	38.68	1:18.86
9.	Robert de Brauwer	De Duinkickers	1:21.88	196401383	1:20.69	+0,90	37.46	1:20.69
10.	Ronald Grove	Triton	1:21.48	196100161	1:24.81	+0,79	39.89	1:24.81

65+

1.	Hugo Bregman	WVZ	1:18.97	195800069	1:10.36	+0,88	32.30	1:10.36
2.	Paul Bunnik	Triton	1:21.34	195600413	1:20.14	+0,86	37.94	1:20.14
3.	Walter Rolloos	NieMo Barracuda	1:25.65	195900387	1:24.63	+0,99	39.74	1:24.63

70+

1.	Brend Brevé	PSV	1:24.97	195200265	1:23.91	+0,76	39.63	1:23.91
2.	Laurens Klein Breteler	WS Twente	1:35.13	195400109	1:33.31	+0,84	45.36	1:33.31

75+

1.	Piet Schop	De Bevelanders	1:45.24	195000109	1:40.61	+0,73	45.49	1:40.61
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80+

1.	Willem Putter	ZV Vlaardingens-Schiedam	1:48.69	194500135	1:52.91	+1,14	54.60	1:52.91
2.	Geza Kaltenecker	AZC	1:54.12	194200065	2:02.49	+0,95	1:02.27	2:02.49

Programmanr. 27
22-11-2025 - 15:35

Dames, 200m vrije slag

20 en ouder
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
20+								
1. Tess Panjer	VZC	2:07.86 200403060	2:08.66	+0,75	29.77	1:02.33	1:35.63	2:08.66
2. Silke Molendijk	ZVL-1886	2:12.12 200100178	2:10.83	+0,68	30.98	1:04.63	1:37.89	2:10.83
3. Femke Backx	Orca Leeuwarden	2:13.50 200106430	2:11.51	+0,77	29.50	1:02.24	1:36.73	2:11.51
4. Merel Phaff	Z&PV Nuenen	2:12.48 200100434	2:12.15	+0,60	29.84	1:03.67	1:38.15	2:12.15
5. Jelsie van Ruijven	ZVL-1886	2:14.95 200500282	2:14.57	+0,61	30.96	1:04.93	1:40.07	2:14.57
6. Xoë Stuut	Aqua'68	2:20.51 200400754	2:15.88	+0,73	30.30	1:04.70	1:41.02	2:15.88
7. Noor Polman	CWW Swimteam	2:18.25 200501248	2:15.89	+0,70	30.63	1:05.19	1:40.91	2:15.89
8. Robin Pienaar	NieMo Barracuda	2:13.47 200102236	2:15.94	+0,79	31.39	1:05.56	1:40.74	2:15.94
9. Emi Schipper	ZOB'66	2:17.77 200502126	2:17.68	+0,71	31.97	1:07.04	1:41.96	2:17.68
10. Evelien Husselman	MZ&PC De Reest	2:17.61 200501324	2:17.80	+0,71	31.17	1:05.39	1:41.73	2:17.80
11. Dyonne Klomp	ZPC Nederweert	2:22.88 200400642	2:20.49	+0,71	32.35	1:08.93	1:45.59	2:20.49
12. Esmee Kloezen	Bubble	2:25.74 200204646	2:22.13	+0,73	32.52	1:08.30	1:44.73	2:22.13
13. Feline Slijkhuis	SG Octopus - ZVV	2:19.60 200501042	2:22.18	+0,87	33.02	1:09.30	1:46.83	2:22.18
14. Lieke Broere	De Otters Het Gooi	2:18.37 200303890	2:22.30	+0,80	32.28	1:09.04	1:47.07	2:22.30
15. Cynthia Koolman	Steenwijk 1934	2:25.70 200300232	2:22.32	+0,73	33.37	1:09.52	1:46.19	2:22.32
16. Maud Weijmans	Z&PV Nuenen	2:16.87 200103830	2:22.93	+0,74	32.99	1:08.70	1:45.33	2:22.93
17. Romée Beverdam	WS Twente	2:25.55 200100158	2:23.29	+0,83	33.27	1:09.41	1:46.75	2:23.29
18. Tamar Roosen	V.Z.V. Njord	2:22.81 200501168	2:24.47		33.15	1:09.29	1:46.66	2:24.47
19. Rose Lether	ENC Arnhem	2:25.18 200403330	2:25.84	+0,72	33.02	1:09.53	1:47.37	2:25.84
20. Jennifer Koonen	Zwemsport Parkstad	2:26.19 200500386	2:28.32	+0,71	34.38	1:12.76	1:51.19	2:28.32
21. Anouck Romeijnsen	ZPC De Zeeuwse Kust	2:30.15 200402808	2:28.42	+0,71	33.72	1:11.17	1:50.02	2:28.42
22. Pien Ooijman	WS Twente	2:29.89 200504500	2:28.87	+0,84	32.82	1:10.26	1:50.31	2:28.87
23. Senna Bongartz	SG Patrick - De Roerso	2:25.77 200301826	2:29.05	+0,74	34.42	1:11.51	1:50.27	2:29.05
24. Kim de Jong	Westland Swimming St	2:26.94 200401522	2:29.37	+0,67	32.41	1:09.92	1:49.66	2:29.37
25. Ilse Kramer	TriVia	2:24.62 200403072	2:29.85	+0,78	33.25	1:10.32	1:49.71	2:29.85
AFGEM Michelle van Wijk	WVV Winterswijk	2:06.36 200204746						
25+								
1. Tamara Grove	De Dolfin	2:05.39 199601266	2:05.97	+0,70	28.77	1:00.24	1:32.41	2:05.97
2. Laura Setz	Bubble	2:05.54 200000130	2:08.33	+0,93	28.89	1:00.89	1:34.99	2:08.33
3. M. van Langevelde	DWK	2:11.61 199803160	2:11.08	+0,69	30.42	1:03.23	1:37.23	2:11.08
4. Kirsten Walraven	ZPC De Zeeuwse Kust	2:13.98 200001358	2:14.85	+0,76	31.42	1:05.41	1:40.36	2:14.85
5. Manon Kloosterman	Zwemlust- den Hommel	2:13.13 199702082	2:15.12	+0,75	30.97	1:05.15	1:40.32	2:15.12
6. Laurie Aarninkhof	De Dinkel	2:18.35 199800822	2:16.21	+0,68	30.80	1:05.34	1:40.54	2:16.21
7. Sarah Strack	SG Aumund - Vegesac	2:21.00 195679	2:20.29	+0,70	31.73	1:06.72	1:43.19	2:20.29
8. Noa Oldenhof	ZPCH	2:23.98 199700622	2:21.71	+0,67	32.25	1:08.03	1:45.05	2:21.71
9. Alies Wagter	Steenwijk 1934	2:24.82 199900840	2:23.97	+0,84	33.10	1:09.93	1:47.07	2:23.97
10. Kelly de Jonge	Poseidon'56	2:25.14 199701210	2:24.78	+0,76	32.98	1:10.28	1:47.75	2:24.78
11. Marleen Hof	WS Twente	2:28.46 199802464	2:25.34	+0,86	32.45	1:09.42	1:47.91	2:25.34
12. Nienke Versteegen	DBD	2:32.78 200004548	2:28.17	+0,68	33.01	1:10.17	1:49.45	2:28.17
13. Evelien de Jong	Neptunia '24	2:32.31 199805316	2:30.90	+0,74	32.98	1:11.07	1:51.20	2:30.90
14. Lisa Truijen	ZPC Nederweert	2:31.40 199701942	2:31.22		35.35	1:14.51	1:53.56	2:31.22
15. Lena Wriede	SGS Hannover	2:40.84 246742	2:31.64	+0,63	34.72	1:13.23	1:52.81	2:31.64
16. T. van den Brink	NieMo Barracuda	2:38.81 199804182	2:32.08	+0,73	33.94	1:11.73	1:51.59	2:32.08
17. Esmée Rolloos	NieMo Barracuda	2:28.93 199800056	2:32.47	+0,81	33.99	1:11.66	1:51.80	2:32.47
18. Judith Kleinjan	De Duck	2:34.62 199802710	2:34.00	+0,80	34.96	1:15.13	1:55.23	2:34.00
19. Brenda Zwarthoed	DAW	2:33.16 199604938	2:37.19	+0,74	34.90	1:13.88	1:55.15	2:37.19
20. Anne Verhoef	Waalwijkse Zwem Vere	2:42.49 199702510	2:38.38	+0,76	35.98	1:16.09	1:57.86	2:38.38
21. Anouk van der Lans	Westland Swimming St	2:30.78 199801614	2:39.36	+0,78	34.61	1:14.09	1:57.31	2:39.36
22. Mirna Wolters	De Plons	2:42.62 199802046	2:41.70	+0,75	36.44	1:16.78	1:59.28	2:41.70
23. Astrid Wibbelink	Steenwijk 1934	2:43.34 199600006	2:42.30	+0,76	35.43	1:16.76	1:59.90	2:42.30

Programmanr. 27, Dames, 200m vrije slag

30+

1. Leonie van Noort	WVZ	2:05.34	199301752	2:04.92	+0,84	29.52	1:01.34	1:33.51	2:04.92
<i>Nederlands Masters Record</i>									
2. Lotte Coenen	D.E.S.	2:14.74	199301518	2:14.90	+0,79	30.71	1:04.09	1:39.46	2:14.90
3. Maaïke Vooren	DAW	2:14.12	199103324	2:15.40	+0,83	31.38	1:05.79	1:40.71	2:15.40
4. Marcha Admiraal	De Geul	2:14.91	199300012	2:17.21	+0,75	31.12	1:06.36	1:42.11	2:17.21
5. Jara Schmidt	ENC Arnhem	2:29.63	199405062	2:18.48	+0,74	32.04	1:07.43	1:43.50	2:18.48
6. Larissa Jansen	PSV	2:19.80	199500660	2:19.83	+0,81	32.93	1:08.10	1:44.12	2:19.83
7. Wendan Poelstra	TriVia	2:29.52	199102496	2:20.48	+0,77	32.12	1:07.73	1:43.84	2:20.48
8. Diane Schoenmaker	PSV	2:31.03	199502920	2:21.29	+0,76	32.75	1:09.01	1:45.23	2:21.29
9. Anne-Irene Ducheine	Zwemvereniging Hoogl:	2:20.16	199506824	2:22.04	+0,72	33.07	1:09.48	1:46.28	2:22.04
10. Giulia Rolloos	NieMo Barracuda	2:34.90	199500946	2:27.27	+0,80	33.61	1:10.97	1:48.96	2:27.27
11. Anouk Kuijlaars	PSV	2:29.63	199401700	2:29.56	+0,80	34.53	1:12.53	1:51.33	2:29.56
12. Esther Kwebeman	TriVia	2:35.82	199106374	2:34.60	+0,78	34.90	1:14.26	1:55.00	2:34.60
13. Janine de Groot	NDD	2:27.95	199500092	2:35.84	+0,82	33.54	1:12.20	1:53.49	2:35.84
14. Daniela Macetas	Cercle De Natation Spo:	2:48.97	oCNSW/013891/95	2:46.73	+0,87	37.38	1:19.03	2:03.03	2:46.73
15. Hilma Buiten	MZ&PC De Reest	2:44.82	199407522	2:49.94	+0,79	36.69	1:18.83	2:04.36	2:49.94
AFGEM Nienke Smidt	WS Twente	2:29.38	199407596						

35+

1. Relinda Baas	TriVia	2:25.31	198900144	2:22.94	+0,60	33.33	1:09.52	1:46.31	2:22.94
2. Rianne Hofland	ZV Sassenheim	2:32.77	198801820	2:24.33	+0,76	32.84	1:09.37	1:46.79	2:24.33
3. Monique van Huizen	AZC	2:26.47	198706236	2:26.65	+0,85	33.68	1:11.07	1:50.01	2:26.65
4. Linda van Klei	ACZ	2:32.77	198802088	2:30.06	+0,89	34.41	1:12.42	1:50.85	2:30.06
5. Nanda van Heteren	PSV	2:37.04	198901728	2:35.56		36.46	1:16.63	1:56.86	2:35.56
6. D. van den Hoogenband	Z&PV Nuene	2:37.67	199001558	2:38.40	+0,80	36.85	1:18.08	1:59.09	2:38.40
7. Nienke van Stipriaan	Zwemvereniging Hoogl:	2:38.69	198703970	2:39.12	+0,98	36.51	1:17.59	1:59.36	2:39.12
8. Liesbeth van Mill	Zwemlust- den Hommel:	2:37.00	198702786	2:42.61	+0,72	36.66	1:17.44	1:59.89	2:42.61

40+

1. Kate Nicholson	SSF Bonn	2:16.05	444702	2:15.49	+0,70	31.05	1:05.66	1:41.04	2:15.49
2. Ann Wanter	Zwemclub Geel	2:17.91	ZGEEEL/21082/82	2:19.38	+0,79	31.71	1:06.93	1:43.39	2:19.38
3. Evita van de Ketterij	De Treffers	2:30.44	198504284	2:21.81	+0,65	32.13	1:07.77	1:44.82	2:21.81
4. Marije Jansen	ZPC Amersfoort	2:29.18	198504088	2:24.58	+0,74	32.81	1:09.70	1:47.80	2:24.58
5. Nadya Putter	ZV Vlaardingen-Schied:	2:26.62	198301630	2:25.18	+0,78	34.67	1:10.87	1:47.76	2:25.18
6. A. Verschoor-Vos	De Biesboschzwemme:	2:28.67	198102300	2:28.50	+0,82	33.82	1:11.92	1:50.79	2:28.50
7. Ramona Linting	AZC	2:30.66	198301274	2:33.61	+0,74	34.45	1:13.56	1:53.91	2:33.61
8. Tonia Ruybroek	Poseidon'56	2:43.17	198101290	2:35.03	+0,91	35.90	1:16.19	1:56.28	2:35.03
9. Sabrina Boekhout	De Biesboschzwemme:	2:42.19	198100120	2:41.11	+0,84	36.70	1:17.19	1:59.39	2:41.11
10. Riky Smeets-Jansen	ZEPS	2:43.62	198401142	2:41.56	+0,82	37.45	1:18.75	2:01.03	2:41.56
11. A. Besseling-de Jong	De Geul	2:48.40	198102084	2:43.17	+0,83	37.69	1:18.73	2:01.88	2:43.17
12. B. Chong	Gay Swim Amsterdam	2:52.36	198102388	2:49.55		39.08	1:21.32	2:05.37	2:49.55
13. Linda Hoogendam	WVZ	2:50.38	198300892	2:51.31	+0,86	38.97	1:23.81	2:08.71	2:51.31

45+

1. C. Kettenmeyer-Reuland	Swimming Club Le Dau:	2:23.36	112017	2:19.74	+0,78	32.09	1:07.75	1:44.02	2:19.74	
<i>Luxembourg Masters Record</i>										
2. Melanie Kuiper	Zignea	2:25.92	197600350	2:26.96	+0,83	34.16	1:11.69	1:49.85	2:26.96	
3. So-Yun Skinner	Brander SV 1973 e.V.	2:28.81	59602	2:29.15		34.02	1:11.75	1:50.12	2:29.15	
4. Marjon v. Kempen	De Schotelij	2:36.28	198000578	2:29.92	+0,75	33.91	1:11.78	1:50.97	2:29.92	
5. Alina Spijkerman	DAW	2:30.31	197701220	2:32.54	+0,79	35.13	1:13.93	1:53.70	2:32.54	
6. Petra Guijt	Aqua-Novio '94	2:35.50	197600978	2:34.75	+0,83	34.65	1:13.25	1:53.82	2:34.75	
7. Chantal Verhoeff	Old Dutch	2:32.81	197900912	2:34.95	+0,79	34.74	1:13.79	1:54.48	2:34.95	
8. Jessica Venema	Old Dutch	2:35.75	197901526	2:41.96	+0,84	34.32	1:14.05	1:57.29	2:41.96	
9. Agnes van Brug	DAW	2:42.57	198001726	2:42.31	+0,82	37.47	1:18.23	2:00.40	2:42.31	
10. Saskia op den Velde	De Duinkickers	2:57.96	197901530	3:01.88	+0,90	39.21	1:25.86	2:13.88	3:01.88	
11. Katrin Glatzer	ZPC Amersfoort	3:05.24	197601200 S9	3:06.46		366	43.42	1:30.43	2:18.06	3:06.46

Programmanr. 27, Dames, 200m vrije slag

50+

1. Malin Nilsson	Swimming Luxembourg	2:16.41	15482	2:17.36	+0,58	31.26	1:05.72	1:41.44	2:17.36
<i>Luxembourg Masters Record</i>									
2. Carla Geurts	PSV	2:19.46	197100178	2:18.46	+0,70	31.98	1:07.18	1:43.14	2:18.46
3. C. Gootzen-Bulthuis	RZ	2:24.92	197500990	2:22.37	+0,77	33.02	1:08.16	1:45.12	2:22.37
4. Edith Janssen-Koolen	TRB-RES	2:26.25	197300898	2:27.56	+0,65	34.21	1:12.10	1:50.43	2:27.56
5. Johanna van Wijnen	De Biesboschzwemme	2:29.47	197201072	2:31.43	+1,00	35.87	1:14.15	1:52.93	2:31.43
6. Annette de Visser	Oceanus	2:31.17	197100602	2:31.48	+0,82	33.91	1:11.30	1:51.26	2:31.48
7. Katharina Schlipp	AZL	2:39.10	197301004	2:40.62	+0,75	36.16	1:16.41	1:58.69	2:40.62
8. Mariska van Doorn	Arethusa	2:49.28	197200444	2:41.43	+0,92	35.52	1:16.16	1:59.01	2:41.43
9. Y. van Nobelen - Kamps	ZV Sassenheim	2:50.30	197200316	2:51.01	+0,69	39.15	1:23.34	2:08.19	2:51.01
10. Ingrid Versteegen	DBD	3:00.80	197300770	2:59.67		42.16	1:28.17	2:14.31	2:59.67
11. Annet Kootstra	SWOL 1894	3:04.18	197100344	3:03.45	+1,04	42.87	1:29.36	2:16.49	3:03.45

55+

1. Claudia Thielemann	SG Bayer	2:23.30	333958	2:26.34	+0,65	34.05	1:11.54	1:49.11	2:26.34
2. Carol Hollemans	ACZ	2:26.74	196900252	2:28.35	+0,71	33.59	1:10.48	1:49.36	2:28.35
3. Bianca Groot	MSV-Zeemacht	2:31.63	197000652	2:31.21	+0,83	34.83	1:12.62	1:51.99	2:31.21
4. Petra Blum	Uerdinger SV 08	2:38.53	274174	2:39.12	+0,86	36.26	1:17.06	1:58.50	2:39.12
5. Marijke Campfens	De Geul	2:47.76	196900960	2:45.67	+0,80	36.91	1:17.97	2:01.35	2:45.67
6. Cancia Leirissa	Albion	2:57.70	196700748	2:57.68	+0,59	41.21	1:27.02	2:14.08	2:57.68
7. S. Daamen-Posma	AZC	3:08.53	196800854	3:19.28	+0,99	44.61	1:34.86	2:27.43	3:19.28

60+

1. M. Remmits-de Lange	ZPC Amersfoort	2:34.55	196300518	2:35.12	+0,85	35.66	1:14.34	1:54.32	2:35.12
2. Netty Burik-Geijsen	Westland Swimming St	2:37.56	196300048	2:36.48		36.25	1:16.50	1:57.47	2:36.48
3. Wilna Heijman	Steenwijk 1934	2:45.23	196400506	2:43.47	+0,65	38.10	1:19.26	2:01.96	2:43.47
4. Marinka vd Zwet	ZV Sassenheim	2:51.90	196500346	2:50.39	+0,69	37.73	1:19.04	2:01.66	2:50.39
5. Maud Peuten-Evers	Mosa-Regio	2:59.40	196400584	2:58.29	+0,97	40.68	1:25.60	2:12.13	2:58.29

65+

1. Atie Pijtak-Radersma	ZPC Amersfoort	2:44.74	195600048	2:39.08		36.87	1:17.38	1:58.26	2:39.08
2. Marijke van Hoek	ZPC De Zeeuwse Kust	2:54.68	195800050	2:57.53	+0,64	40.59	1:26.50	2:12.97	2:57.53
3. Lia Bijkerk	GZC Donk	3:10.43	196000014	3:12.10	+0,97	45.13	1:34.62	2:24.57	3:12.10
4. M. Kolkman-Pluim	ENC Arnhem	3:20.82	196000330	3:14.98	+0,87	45.17	1:34.48	2:25.17	3:14.98

70+

1. Carla Hensen	PSV	3:20.04	195300062	3:32.08	+1,16	48.07	1:42.44	2:38.29	3:32.08
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75+

DIS Conny Boer-Buys ZV Vlaardingen-Schied2:54.03 195000006
AA - De start ingezet voor het startsignaal (en wel gezwommen).

80+

1. L. van Huissteden	ZPC Amersfoort	4:31.20	194500002	4:35.97	+1,03	1:01.99	2:12.11	3:24.50	4:35.97
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85+

1. Marie Smits	Old Dutch	4:23.17	193800004	4:34.36	+1,22	1:00.26	2:11.58	3:25.31	4:34.36
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Programmanr. 28
22-11-2025 - 16:24

Heren, 200m vrije slag

20 en ouder
Resultaten

rang	naam	vereniging	intijd	200m	RT	50m	100m	150m	200m	
20+										
1.	Arno Nelissen	Hellas-Glana	1:57.52	200300229	1:54.08	+0,71	26.27	54.56	1:23.97	1:54.08
2.	Wouter Zijlstra	HZ&PC Heerenveen	1:51.83	200401545	1:54.15	+0,65	26.27	55.43	1:24.56	1:54.15
3.	Jacco Nijland	ZPC De Hof	2:02.20	200400081	1:59.13	+0,73	27.76	58.22	1:28.91	1:59.13
4.	Louis Kappler	Zwemlust- den Hommel	1:56.61	200205067	2:03.26	+0,80	27.32	57.48	1:29.97	2:03.26
5.	Luka Geraerds	Hellas-Glana	2:04.97	200502077	2:04.04	+0,80	27.89	58.79	1:31.34	2:04.04
6.	Fayssal Lantema	Zwemlust- den Hommel	2:00.54	200101379	2:07.60	+0,70	27.40	58.06	1:32.32	2:07.60
7.	Rik Stahlie	TriVia	2:08.63	200201915	2:08.13	+0,74	29.16	1:01.58	1:34.98	2:08.13
8.	Daan Schra	MZ&PC De Reest	2:15.22	200203271	2:10.34	+0,77	27.79	1:00.58	1:35.27	2:10.34
9.	Owen Michels	De Amstel	2:06.90	200402293	2:10.54	+0,70	28.82	1:01.72	1:35.77	2:10.54
10.	Jens Kooijman	De Schotelij	2:13.31	200200633	2:13.19	+0,79	30.20	1:04.45	1:39.54	2:13.19
11.	Twan van Engen	CWW Swimteam	2:15.76	200500581	2:13.74	+0,68	29.74	1:03.57	1:38.89	2:13.74
12.	Nigel Werring	Zwemlust- den Hommel	2:13.27	200301503	2:14.06	+0,75	29.94	1:04.46	1:39.67	2:14.06
13.	Rick Haanschoten	De Rijn	2:27.05	200100291	2:15.96	+0,65	31.87	1:06.24	1:41.81	2:15.96
14.	Sander Burgers	NDD	2:21.49	200103671	2:17.01	+0,60	31.22	1:05.90	1:41.90	2:17.01
25+										
1.	Karst Boersma	De Dinkel	1:57.50	199600849	1:55.79	+0,71	27.11	56.49	1:26.18	1:55.79
2.	Darren Chen	ZPC Amersfoort	1:54.53	200001149	1:55.83	+0,65	26.46	55.54	1:25.27	1:55.83
3.	Jelle Blankestijn	ZPC Amersfoort	1:59.30	199803737	1:58.85	+0,76	27.48	57.81	1:28.68	1:58.85
4.	Jasper Breugem	WVZ	2:03.15	200000303	1:59.59	+0,76	27.93	58.40	1:28.98	1:59.59
5.	Jacob Mackloet	De Schotelij	2:00.56	200001171	2:00.60	+0,67	27.25	57.59	1:28.57	2:00.60
6.	Jeffrey Roest	Zwemvereniging Hoogl:	2:04.93	199703401	2:08.60	+0,73	29.13	1:01.30	1:35.30	2:08.60
7.	Wesley van der Luit	ZV Sassenheim	2:12.34	199701895	2:11.16	+0,60	30.32	1:03.74	1:37.88	2:11.16
8.	Leon Kloots	ZPC De Hof	2:10.92	200001363	2:11.69	+0,77	30.03	1:03.00	1:37.65	2:11.69
9.	Martijn Bartels	ZPC Amersfoort	2:12.59	199603493	2:12.50	+0,77	30.44	1:04.04	1:38.56	2:12.50
10.	Patrick Wyrdeman	Westland Swimming St:	2:14.57	199702475	2:13.12	+0,68	30.14	1:03.48	1:38.21	2:13.12
11.	Jordy van Oel	WVZ	2:11.77	199802003	2:14.00	+0,76	30.22	1:04.34	1:39.53	2:14.00
12.	Kylian Kooijman	Steenwijk 1934	2:18.89	199900763	2:15.05	+0,69	29.59	1:03.72	1:39.63	2:15.05
13.	Lars Jacobsen	DWK	2:14.42	199705453	2:15.32	+0,79	30.57	1:05.06	1:40.70	2:15.32
14.	Jaimy Voogt	ZOB'66	2:20.69	200005881	2:19.61	+0,73	30.82	1:05.86	1:43.37	2:19.61
15.	Erik Baalbergen	ZVL-1886	2:24.35	199805775	2:19.94	+0,80	30.01	1:05.11	1:42.88	2:19.94
16.	Sven Dubbeld	De Schotelij	2:21.67	199601141	2:25.89	+0,83	32.67	1:09.63	1:47.63	2:25.89
17.	Luc de Bont	Waalwijkse Zwem Vere:	2:27.92	199601701	2:28.89	+0,75	32.93	1:10.33	1:49.82	2:28.89
30+										
1.	Nick Sijmons	De Amstel	2:01.71	199500491	2:00.30	+0,73	28.09	59.04	1:29.94	2:00.30
2.	Wouter Sijmons	Z&PV Nuenen	2:02.81	199302695	2:01.05	+0,76	27.57	57.71	1:28.83	2:01.05
3.	Jelle Nap	VZC	2:02.20	199502875	2:02.99	+0,79	28.00	58.90	1:30.78	2:02.99
4.	Mike Schel	ENC Arnhem	2:05.75	199403279	2:04.09	+0,74	28.32	59.73	1:32.30	2:04.09
5.	Erik Nijholt	DZ&PC	2:03.73	199401349	2:04.82	+0,77	28.25	59.49	1:31.88	2:04.82
6.	Bas Braun	ZPC Amersfoort	2:09.57	199106545	2:06.16	+0,78	28.87	1:00.51	1:33.20	2:06.16
7.	Tim de Vrugt	ENC Arnhem	2:07.78	199306719	2:09.07	+0,70	29.06	1:01.95	1:36.31	2:09.07
8.	Sander Riezebos	WS Twente	2:16.68	199400467	2:09.53	+0,72	29.00	1:02.06	1:36.42	2:09.53
9.	Pieter Ytsma	ZV Zaltbommel	2:16.89	199501809	2:09.72	+0,70	28.22	1:00.99	1:35.73	2:09.72
10.	Jos de Graaf	PSV	2:08.72	199106095	2:10.47	+0,73	28.85	1:02.11	1:36.02	2:10.47
11.	Niels Bent	WS Twente	2:18.35	199400465	2:13.58	+0,72	30.40	1:03.37	1:38.19	2:13.58
12.	Tom van Gils	ZPC De Zeeuwse Kust	2:12.34	199501799	2:13.73	+0,74	30.85	1:04.40	1:38.84	2:13.73
13.	J. Santiago Patterson	ZVL-1886	2:26.88	199406797	2:24.00	+0,75	32.66	1:08.65	1:46.86	2:24.00
14.	Remco Visser	ZPC Woerden	2:29.95	199503185	2:26.40	+0,66	31.45	1:06.96	1:45.35	2:26.40
15.	Cars Wiegmann	WS Twente	2:23.57	199401025	2:37.00	+0,73	34.36	1:14.52	1:55.89	2:37.00
16.	Ruben de Boer	Zwemvereniging Hoogl:	2:36.73	199301419	2:37.65	+0,80	36.68	1:17.84	1:59.55	2:37.65

Programmanr. 28, Heren, 200m vrije slag

35+

1. Matthew Humphreys	MSV-Zeemacht	2:12.67	198906983	2:08.27	+0,74	30.17	1:02.89	1:36.06	2:08.27
2. Tim Bunnik	Triton	2:06.87	199000505	2:09.45	+0,82	29.63	1:02.49	1:36.28	2:09.45
3. Robert Braad	Steenwijk 1934	2:12.15	198600407	2:12.10	+0,73	29.06	1:02.81	1:38.08	2:12.10
4. R. Versteeg	Brander SV 1973 e.V.	2:18.93	368180	2:13.65	+0,73	29.00	1:01.58	1:36.81	2:13.65
5. Niels Albrechts	De Schotejil	2:14.51	198800039	2:18.19	+0,85	31.66	1:07.02	1:43.55	2:18.19
6. Marc Hoogendam	Blue Marlins	2:22.80	199007713	2:19.60	+0,67	30.39	1:06.24	1:43.77	2:19.60
7. Wessel Everloo	WS Twente	2:18.56	198906597	2:21.57	+0,89	32.07	1:08.42	1:45.82	2:21.57
8. Remco van der Graaf	De Geul	2:20.27	198704007	2:23.76	+0,82	32.79	1:09.19	1:46.37	2:23.76
9. Sander van Tilburg	De Biesboschzwemme	2:28.31	198604609	2:27.67	+0,78	35.59	1:13.57	1:51.54	2:27.67

40+

1. Pieter Pickhardt	ZPC De Hof	2:08.47	198301657	2:09.59	+0,78	30.34	1:03.45	1:37.04	2:09.59
2. Marcel Reefhuis	WS Twente	2:15.40	198101381	2:16.33	+0,67	30.78	1:04.84	1:40.31	2:16.33
3. Grzegorz Kasprzyk	ZV Vlaardingen-Schied	2:16.43	198303163	2:17.65	+0,71	31.44	1:05.96	1:41.42	2:17.65
4. Ferry Blangé	ZOB'66	2:27.94	198300185	2:20.46	+0,80	31.25	1:06.67	1:43.73	2:20.46
5. Martial Alassimone	ASPTT Clermont-Ferran	2:34.20	135036	2:32.78	+0,75	34.80	1:13.11	1:53.12	2:32.78

45+

1. Ivo Roozeboom	WVZ	2:08.24	197700801	2:06.54	+0,74	29.07	1:02.28	1:35.10	2:06.54
2. Mark Hensen	NieMo Barracuda	2:06.13	197900497	2:07.29	+0,76	28.87	1:01.32	1:34.08	2:07.29
3. Victor Barnar	GoSwim	2:09.96	197801805	2:10.08	+0,71	29.20	1:01.66	1:35.79	2:10.08
4. Arjen Nieveen	DZ&PC	2:20.75	198002545	2:16.44	+0,72	32.48	1:08.13	1:42.66	2:16.44
5. Sven Kielblock	Brander SV 1973 e.V.	2:27.37	320075	2:17.98	+0,86	30.77	1:05.36	1:41.18	2:17.98
6. Yuri Admiraal	SGHW	2:22.09	197701655	2:18.00	+0,73	32.31	1:07.80	1:43.44	2:18.00
7. Jeroen Zelsmann	ZPC Amersfoort	2:17.46	197701551	2:21.70	+0,71	31.26	1:07.48	1:44.88	2:21.70
8. Jeroen Meuleners	SG Patrick - De Roerso	2:21.99	197800703	2:22.83	+0,65	33.15	1:09.38	1:46.85	2:22.83
9. Arjen Koop	ENC Arnhem	2:31.95	197900697	2:23.75	+0,78	31.57	1:07.53	1:44.40	2:23.75
10. Marco Horneman	NieMo Barracuda	2:42.98	198000623	2:31.14	+0,79	32.43	1:09.45	1:49.02	2:31.14
11. Ingmar Kooman	ZVL-1886	2:47.94	197901517	2:40.47	+0,81	35.97	1:16.97	1:59.68	2:40.47

50+

1. Antwan van Engen	CWW Swimteam	2:14.32	197101577	2:07.60	+0,74	29.08	1:01.04	1:34.40	2:07.60
2. Alex Damen	DAW	2:13.93	197501371	2:15.67	+0,80	30.40	1:04.76	1:40.61	2:15.67
3. John Cobussen	De Gelenberg	2:18.87	197501323	2:18.68	+0,75	30.65	1:04.64	1:41.08	2:18.68
4. Stefan Damen	HZ&PC Heerenveen	2:19.18	197400153	2:18.78	+0,80	31.03	1:05.40	1:41.82	2:18.78
5. Erik Lamers	De Gelenberg	2:23.15	197500507	2:19.17	+0,81	31.96	1:07.63	1:44.50	2:19.17
6. Peter de Vries	HZ&PC Heerenveen	2:27.71	197401601	2:21.10	+0,71	31.58	1:06.38	1:43.69	2:21.10
7. Pieter Veenstra	DZ&PC	2:18.43	197301345	2:24.07	+0,83	32.68	1:08.99	1:46.43	2:24.07
8. C. van den Burgh	ZV Sassenheim	2:24.45	197201413	2:24.80	+0,71	32.45	1:09.02	1:47.40	2:24.80
9. Wouter van der Stelt	De Biesboschzwemme	2:32.64	197200889	2:40.33	+0,87	36.16	1:16.31	1:58.14	2:40.33
10. Bas Kremers	TRB-RES	2:41.32	197201611	2:41.53	+0,85	36.91	1:18.02	2:01.04	2:41.53
11. Jeroen Hoeksel	ZV Vlaardingen-Schied	2:49.79	197401533	2:52.81	+1,05	39.76	1:23.77	2:09.03	2:52.81
12. Rob van de Ven	Neptunus'58	2:56.20	197101695	2:52.84	+0,74	39.17	1:23.54	2:09.50	2:52.84
NG.ZA Bjorn Moller	Luxembourg Sharks Sw	2:27.18	C5956						

55+

1. Jochen Bruha	SG Wuppertal	2:10.64	58762	2:13.65	+0,79	29.35	1:02.88	1:37.97	2:13.65
2. John Hardeman	Zwemlust- den Hommel	2:15.75	196601615	2:19.11	+0,76	31.87	1:07.26	1:43.52	2:19.11
3. Frank van Nobelen	ZV Sassenheim	2:25.42	196900753	2:21.21	+0,78	32.69	1:08.23	1:45.45	2:21.21
4. Francis Roosen	V.Z.V. Njord	2:23.10	196801581	2:21.39	+0,85	32.99	1:09.09	1:45.18	2:21.39
5. Martin Lacko	MZ&PC	2:31.43	196601655	2:22.90	+0,88	32.89	1:08.77	1:46.42	2:22.90
6. Edwin Petri	De Otters Het Gooi	2:22.62	196601687	2:24.54	+0,89	33.47	1:11.18	1:47.83	2:24.54
7. Marcel Vroegindewei	Poseidon'56	2:28.28	196801709	2:32.71	+0,75	33.34	1:11.01	1:51.60	2:32.71
8. Leon Slingerland	WVZ	2:33.69	196801707	2:37.64	+0,85	34.56	1:15.34	1:56.99	2:37.64
9. Huyb Stegeman	Steenwijk 1934	2:38.20	196701535	2:40.79	+1,02	36.88	1:17.57	2:00.60	2:40.79
10. Erwin Snip	ENC Arnhem	2:51.17	197001555	2:43.80	+0,90	35.66	1:17.20	2:00.46	2:43.80
11. Jordey Wijnbergen	GZC Donk	3:00.95	196901897	2:55.00	+0,89	38.92	1:23.78	2:10.46	2:55.00
12. Steffen Dante	SG Bayer	3:07.42	450025	2:57.69	+0,96	38.85	1:23.68	2:11.22	2:57.69

Programmanr. 28, Heren, 200m vrije slag

60+

1. Johan Remmits	ZPC Amersfoort	2:15.53	196201159	2:14.47	+0,84	30.86	1:04.83	1:39.97	2:14.47
2. Jon Christensen	Luxembourg Sharks	Sw2:19.70	C10008	2:20.79	+0,76	32.20	1:07.81	1:44.20	2:20.79
3. Edwin v. Norden	ZPC Amersfoort	2:20.23	196300563	2:21.89	+0,75	33.16	1:09.51	1:46.21	2:21.89
4. Karol Lacko	Vysokoskolsky klub Uni2:26.34	κSVK16793		2:22.06	+0,47	33.26	1:08.47	1:44.77	2:22.06
<i>Slovakian Masters Record</i>									
5. Rob Spetter	ZPC De Rog	2:28.26	196201239	2:27.86	+0,68	34.69	1:11.67	1:49.81	2:27.86
6. Henri Michels	De Amstel	2:26.36	196501587	2:27.90	+0,84	33.39	1:10.92	1:49.89	2:27.90
7. Ralf Dillig	Duisburger ST	2:30.41	060769	2:30.55	+0,77	34.00	1:11.66	1:51.42	2:30.55
8. K. van Overbeeke	WWV Winterswijk	2:43.66	196200489	2:33.22	+0,89	35.83	1:15.53	1:56.38	2:33.22
9. Thomas Früh	SV Neuenhof	2:38.01	250420	2:35.18	+1,06	35.08	1:13.67	1:54.15	2:35.18
10. Roland Assmann	ZPC De Zeeuwse Kust	2:36.91	196201325	2:35.84	+0,81	34.21	1:13.18	1:54.78	2:35.84
11. Salvo Andronico	Luxembourg Sharks	Sw2:43.90	C113	2:39.03	+1,02	37.12	1:17.90	1:59.12	2:39.03
12. Casper Dollekamp	Steenwijk 1934	2:55.00	196301341	2:44.68	+0,69	36.91	1:18.73	2:02.93	2:44.68
13. Erik Saan	De Duck	2:42.79	196500769	2:45.75	+1,01	36.62	1:18.22	2:02.80	2:45.75
14. Adriaan Kop	Old Dutch	2:53.14	196101135	2:48.28	+0,86	39.91	1:24.83	2:08.71	2:48.28

65+

1. Erik Kamphuis	ZPC De Rog	2:38.76	196001035	2:29.80	+0,84	35.22	1:13.88	1:53.09	2:29.80
2. Wim de Lange	AZC	2:58.52	195800533	2:49.35	+0,87	39.31	1:22.01	2:06.12	2:49.35
3. Wolfgang Rossa	TPSK 1925 e.V.	2:42.41	396833	3:04.10	+1,11	40.65	1:25.98	2:14.69	3:04.10
4. Lex Hoogendam	ZZ&PC De Devel	2:59.72	195700541	3:09.84	+0,91	40.24	1:27.82	2:18.70	3:09.84

70+

1. Henk Slomp	Z&PC de Inktvis	2:37.82	195500359	2:40.02	+0,93	35.92	1:16.21	1:58.62	2:40.02
2. Rob Berkhof	SWOL 1894	3:40.37	195200245	3:27.26	+1,23	46.28	1:39.61	2:34.22	3:27.26

80+

1. Willem Putter	ZV Vlaardingen-Schied	3:16.20	194500135	3:19.45	+1,09	45.24	1:36.52	2:29.65	3:19.45
<i>Nederlands Masters Record</i>									
2. Geza Kaltenecker	AZC	3:39.71	194200065	3:39.56	+0,92	47.92	1:44.33	2:43.33	3:39.56

85+

1. F. Hendrik de Bruijn	CN Aquamasters	3:22.62		3:27.78	+1,26	49.12	1:42.20	2:35.96	3:27.78
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Programmanr. 29
22-11-2025 - 17:06

Dames, 100m schoolslag

20 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	
20+								
1.	Inge Koekoek	DWK	1:12.41	200401648	1:12.63	+0,72	34.19	1:12.63
2.	V. van den Bogert	Hieronymus	1:11.71	200102138	1:12.71	+0,69	33.76	1:12.71
3.	Mandy van Rossum	Arethusa	1:13.51	200204904	1:13.19	+0,78	34.68	1:13.19
4.	Silke Molendijk	ZVL-1886	1:14.83	200100178	1:15.29	+0,67	35.66	1:15.29
5.	Anouchka Bos	NieMo Barracuda	1:16.30	200501528	1:15.77	+0,78	35.85	1:15.77
6.	Esther Tiemersma	PSV	1:18.99	200202962	1:18.59	+0,66	37.02	1:18.59
7.	Emi Schipper	ZOB'66	1:18.75	200502126	1:19.51	+0,74	37.01	1:19.51
8.	Amber Hesper	NieMo Barracuda	1:25.53	200202188	1:19.85	+0,65	36.52	1:19.85
9.	Tara Schuurman	Deltasteur	1:23.91	200400386	1:20.55	+0,69	36.75	1:20.55
10.	Lois van Oijen	CWW Swimteam	1:17.35	200402054	1:20.94	+0,83	37.91	1:20.94
11.	Lotte van Gessel	Team Noord Holland (SG)	1:21.56	200300900	1:21.08	+0,82	37.85	1:21.08
12.	Esmée van Peer	TriVia	1:22.14	200201114	1:21.83	+0,77	38.36	1:21.83
13.	Babet van Andel	ZVL-1886	1:25.77	200304308	1:21.85	+0,70	38.27	1:21.85
14.	Sanne Kloezen	Bubble	1:17.99	200204644	1:21.90	+0,82	37.50	1:21.90
15.	Sydney Celie	IJsselmeer	1:26.98	200406054	1:22.10	+0,69	38.70	1:22.10

Programmanr. 29, Dames, 100m schoolslag, 20+

rang	naam	vereniging	intijd		tijd	RT	50m	100m
16.	Kes Keij	Zegenwerp	1:20.38	200503046	1:22.66	+0,81	38.92	1:22.66
17.	Kim van Gemert	Poseidon'56	1:22.86	200101968	1:23.73	+0,82	39.43	1:23.73
18.	Claire Bosch	De Dinkel	1:22.82	200401480	1:23.75	+0,79	38.61	1:23.75
19.	Joyce Toonstra	Neptunia '24	1:24.59	200501298	1:25.16	+0,71	39.95	1:25.16
20.	Kim de Jong	Westland Swimming Stars	1:26.67	200401522	1:26.13	+0,69	40.45	1:26.13
21.	Manon van der Wielen	HZPC	1:26.37	200200550	1:26.49	+0,76	40.34	1:26.49
22.	Evelien te Paske	Tiburón	1:25.01	200400708	1:26.57	+0,78	40.58	1:26.57
23.	Lianne Dekker	DAW	1:27.20	200305438	1:26.59	+0,68	40.25	1:26.59
24.	Nienke Lammers	De Rijn	1:26.48	200200806	1:26.64	+0,92	41.32	1:26.64
25.	Ilse Kramer	TriVia	1:25.55	200403072	1:26.80	+0,77	40.81	1:26.80
26.	M. van der Hoeven	ZPC Amersfoort	1:25.88	200401298	1:26.84	+0,78	40.87	1:26.84
AFGEM	Maaïke Issard	DZ&PC	1:14.63	200300022				

25+

1.	Eva van Elsen	ZPC De Zeeuwse Kust	1:17.47	199903026	1:16.70	+0,70	35.67	1:16.70
2.	Noël Iris Hettinga	Neptunia '24	1:16.48	200002536	1:17.39	+0,73	35.64	1:17.39
3.	Annabel Kuipers	DWK	1:17.95	200001076	1:18.65	+0,72	36.61	1:18.65
4.	Lisanne Seising	VZC	1:19.05	200002084	1:19.02	+0,74	37.00	1:19.02
5.	Manon Kloosterman	Zwemlust- den Hommel	1:18.35	199702082	1:19.34	+0,76	36.45	1:19.34
6.	Mandy Swart	ZPC Amersfoort	1:20.46	199904916	1:19.72	+0,73	37.38	1:19.72
7.	M. van der Heijden	NieMo Barracuda	1:20.26	199605226	1:20.00		37.87	1:20.00
8.	Marijke Drent	Bubble	1:18.23	199906232	1:20.17	+0,79	37.30	1:20.17
9.	Sharon Wolfs	Hellas-Glana	1:25.77	200004800	1:21.20	+0,72	37.75	1:21.20
10.	Anoeska van de Kraats	DWK	1:20.25	199701284	1:21.41	+0,69	37.95	1:21.41
11.	Mirelle de Kort	VZ&PC Nautilus	1:20.84	200005546	1:21.74	+0,76	38.23	1:21.74
12.	Sarah Strack	SG Aumund - Vegesack	1:24.39	195679	1:22.40		39.23	1:22.40
13.	Jelita van Esseveld	ZPC De Zeeuwse Kust	1:27.33	199806716	1:23.18	+0,74	38.78	1:23.18
14.	Katrin Diercks	SG Aumund - Vegesack	1:22.26	197466	1:23.42	+0,71	39.49	1:23.42
15.	Annemarie Hoving	De Rijn	1:29.24	200000248	1:23.93	+0,75	38.78	1:23.93
16.	Daphne Dols	ZPC Woerden	1:21.85	199904622	1:24.26	+0,66	38.89	1:24.26
17.	Lonneke Graansma	ZVL-1886	1:24.96	199900936	1:25.51	+0,81	40.33	1:25.51
18.	Ellen ter Stege	ENC Arnhem	1:28.39	199900604	1:27.04	+0,71	40.45	1:27.04
19.	Maartje Hids	ZVL-1886	1:25.88	199903042	1:27.54	+0,84	41.06	1:27.54
20.	Sabine Lageweg	Steenwijk 1934	1:27.61	199900926	1:27.68	+0,68	41.27	1:27.68
21.	Tamara van den Brink	NieMo Barracuda	1:28.83	199804182	1:29.61	+0,77	41.32	1:29.61

30+

1.	Lonne Dijkhuis	De Dinkel	1:15.58	199400030	1:15.03	+0,74	35.37	1:15.03
2.	Karin Rijkelijkhuisen	DZ&PC	1:16.10	199403358	1:15.13	+0,67	34.84	1:15.13
3.	Myrna Schasfoort	De Dinkel	1:17.66	199300668	1:16.90	+0,78	35.76	1:16.90
4.	Sietske Veldkamp	ZPC De Hof	1:21.34	199501628	1:21.95	+0,74	38.61	1:21.95
5.	Melissa Meijer	Zwemsport Parkstad	1:21.56	199304374	1:22.09	+0,72	38.01	1:22.09
6.	Kelly Wigleven	Poseidon'56	1:26.65	199500058	1:26.10	+0,85	40.34	1:26.10
7.	Janneke van de Poele	De Duck	1:28.12	199301128	1:26.72	+0,75	41.10	1:26.72
8.	Deborah Wissink	ZPC De Hof	1:29.82	199503484	1:27.63	+0,60	41.02	1:27.63
9.	Leontine Groeneveldt	De Duck	1:26.27	199303526	1:30.36	+0,75	41.60	1:30.36

35+

1.	Jacynta Plat	Steenwijk 1934	1:15.82	199002956	1:17.69	+0,71	36.42	1:17.69
2.	Linda van Klei	ACZ	1:26.88	198802088	1:26.70	+0,82	40.53	1:26.70
3.	Suzan Blankestijn	ZVL-1886	1:25.21	198900350	1:27.39	+0,77	41.05	1:27.39
4.	Ilse van den Wijngaard	ZPC Woerden	1:27.39	198904736	1:28.01	+0,69	41.11	1:28.01
5.	Liesbeth van Mill	Zwemlust- den Hommel	1:27.83	198702786	1:29.63	+0,70	42.31	1:29.63

Programmanr. 29, Dames, 100m schoolslag

40+

1.	Danielle Reijnders	AquAmigos	1:19.98	198504234	1:16.65	+0,67	36.31	1:16.65
	<i>Nederlands Masters Record</i>							
2.	Laura Badoux	DAW	1:18.78	198200038	1:19.95	+0,85	37.80	1:19.95
3.	Nadya Putter	ZV Vlaardingen-Schiedam	1:23.83	198301630	1:24.48	+0,72	40.29	1:24.48
4.	Renee de Kok	V.Z.V. Njord	1:30.17	198403350	1:30.14	+0,64	41.33	1:30.14
5.	Aafke Groot	De Geul	1:42.07	198302748	1:31.40	+0,82	42.38	1:31.40
6.	Dionne Bakker	De Amstel	1:40.23	198504308	1:37.43	+0,79	45.73	1:37.43
7.	Riky Smeets-Jansen	ZEPS	1:40.14	198401142	1:40.17		48.27	1:40.17

45+

1.	C. Kettenmeyer-Reuland	Swimming Club Le Dauphin	1:25.39	ück2017	1:23.02	+0,77	39.85	1:23.02
	<i>Luxembourg Masters Record</i>							
2.	Rachel Trainor	De Duck	1:30.26	197700670	1:29.53	+0,77	42.09	1:29.53
3.	Inge Roskam	De Duinkickers	1:30.76	197801296	1:32.60	+0,76	42.66	1:32.60
4.	E. Poortvliet - Koedam	De Duinkickers	1:34.02	198001824	1:34.65	+0,90	45.15	1:34.65
5.	Tanja Lenz	Uerdinger SV 08	1:37.81	451703	1:36.38	+0,72	42.96	1:36.38
6.	A. Knegt-Bessembinders	De Spatters	1:43.67	197601064	1:41.66	+0,78	45.65	1:41.66

50+

1.	Micky Grulms	Luxembourg Sharks Swimr	1:24.28	ück4029	1:21.46	+0,62	38.09	1:21.46
	<i>Luxembourg Masters Record</i>							
2.	Katharina Schlipp	AZL	1:26.07	197301004	1:26.46	+0,78	40.93	1:26.46
3.	W. Derckx-Weusten	ZEPS	1:33.15	197200624	1:29.07	+0,72	41.83	1:29.07
4.	Yvette Ratering	CWW Swimteam	1:33.70	197200990	1:31.56	+0,74	42.89	1:31.56
5.	Laura de Pazos Ortega	SSF Bonn	1:34.52	444685	1:31.94	+0,68	43.54	1:31.94
6.	Annette de Visser	Oceanus	1:32.50	197100602	1:33.28	+0,88	44.64	1:33.28

55+

1.	Trudy Ketting	PSV	1:23.03	197000268	1:22.54	+0,70	38.58	1:22.54
2.	Marjo Goelema-Koek	De Biesboschwemmers	1:21.41	196900192	1:24.52	+0,75	38.87	1:24.52
3.	Annette Wijnja-Visser	De Biesboschwemmers	1:25.33	196700528	1:25.78	+0,81	40.28	1:25.78
4.	Iris van Aurich	DWK	1:32.11	196900866	1:30.84	+0,84	43.57	1:30.84
5.	R. Beckers-Stribos	ZPC De Rog	1:37.29	197000492	1:32.93	+0,85	44.67	1:32.93
6.	Caroline Kruger	Albion	1:41.76	196800928	1:42.57	+0,75	47.65	1:42.57
7.	Irna van der Molen	WS Twente	1:38.96	196900938	1:45.72	+0,77	49.20	1:45.72

60+

1.	Linda van de Ree	Z&PC De Ganze	1:33.66	196300452	1:33.64	+0,81	43.64	1:33.64
2.	Petra Tossings	GZC Donk	1:39.09	196100376	1:38.31	+0,88	46.94	1:38.31
3.	Yoka de Vegt-van Dijk	ENC Arnhem	1:38.28	196200420	1:38.57	+0,79	46.43	1:38.57
4.	A. Vuist-Blum	SWOL 1894	1:45.12	196300282	1:42.49	+0,80	49.17	1:42.49
5.	Wilna Heijman	Steenwijk 1934	1:48.10	196400506	1:43.85	+0,83	48.89	1:43.85
6.	Erica Muller	De Geul	1:52.52	196400412	1:56.70	+0,83	54.82	1:56.70

65+

1.	Colette Crabbé	Cercle De Natation Sportci	1:31.66	we CNSW/004900/56	1:31.09	+0,74	43.21	1:31.09
	<i>Belgian Masters Record</i>							
2.	Linda Wibbelink	Steenwijk 1934	1:42.32	195900158	1:41.84	+0,61	48.79	1:41.84
3.	Marijke van Hoek	ZPC De Zeeuwse Kust	1:44.46	195800050	1:42.68	+0,81	48.27	1:42.68
4.	Hannie Poletiek	TriVia	1:48.59	195900278	1:49.70	+0,86	52.43	1:49.70
5.	Lia Bijkerk	GZC Donk	1:48.91	196000014	1:50.35	+0,80	53.76	1:50.35
6.	W. Schoenmaker-ter Vee	DWK	1:55.16	195900254	1:55.45	+1,03	54.28	1:55.45

Programmanr. 29, Dames, 100m schoolslag

70+

1.	Gonnie Bak	PSV	2:08.39	195100064	2:06.22	+0,87	1:01.11	2:06.22
2.	Ineke Brouwers	PSV	2:17.31	195200070	2:16.74	+1,00	1:03.73	2:16.74

75+

1.	A. Verhoeven - Steggerd	De Duinkickers	2:08.88	194600024	2:09.00	+0,87	58.25	2:09.00
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80+

1.	Loekie van Huissteden	ZPC Amersfoort	2:19.54	194500002	2:18.62	+0,99	1:05.64	2:18.62
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Nederlands Masters Record

Programmanr. 30
22-11-2025 - 17:31

Heren, 100m schoolslag

20 en ouder
Resultaten

rang	naam	vereniging	intijd		tijd	RT	50m	100m
20+								
1.	Scott Jansen	WVZ	1:04.18	200202455	1:03.94	+0,69	30.04	1:03.94
2.	Daan Hoogendoorn	ZPC Woerden	1:05.05	200500113	1:04.77	+0,67	30.56	1:04.77
3.	Junior Vermeulen	De Bevelanders	1:05.82	200103363	1:06.03	+0,69	30.91	1:06.03
4.	Jelle Opmeer	ZPC Amersfoort	1:07.83	200100269	1:07.07	+0,66	31.48	1:07.07
5.	Erik van Gemert	Poseidon'56	1:09.26	200300587	1:07.42	+0,69	30.83	1:07.42
6.	Jorian Darwinkel	HZ&PC Heerenveen	1:07.43	200300565	1:08.93	+0,63	31.63	1:08.93
7.	Tygo Korving	ZOB'66	1:17.68	200300773	1:10.09	+0,70	32.36	1:10.09
8.	Jort Vizeé	De Duck	1:14.59	200201779	1:10.60	+0,60	32.88	1:10.60
9.	Mika Bongers	ENC Arnhem	1:11.34	200502683	1:10.73	+0,67	32.72	1:10.73
10.	Tim Speijer	Bubble	1:09.02	200301661	1:11.19	+0,70	32.76	1:11.19
11.	Jelle ten Hove	De Dinkel	1:10.60	200101373	1:12.78	+0,70	33.83	1:12.78
12.	Robin van Muijen	ZVL-1886	1:10.94	200201059	1:12.95	+0,73	32.71	1:12.95
13.	Marijn Snel	Ijsselmeer	1:15.93	200400001	1:14.07	+0,70	34.55	1:14.07
14.	Tycho Veenstra	DZ&PC	1:16.95	200500143	1:14.47	+0,72	34.26	1:14.47
15.	Esper Paans	ZZ&PC De Devel	1:14.38	200100607	1:14.48	+0,67	33.63	1:14.48
16.	Tim Seising	VZC	1:17.12	200500107	1:14.73	+0,70	34.19	1:14.73
17.	Mees Minneboo	MSV-Zeemacht	1:15.95	200203465	1:14.75	+0,65	34.71	1:14.75
18.	Christian Kalle	De Schotejil	1:15.41	200400687	1:14.79	+0,78	33.31	1:14.79
19.	Thijs Huizer	ZVL-1886	1:13.34	200502523	1:14.81	+0,72	34.95	1:14.81
20.	Sjoerd van der Wilt	VZC	1:14.85	200501447	1:15.44	+0,71	34.89	1:15.44
21.	Jens Kooijman	De Schotejil	1:15.42	200200633	1:15.54	+0,78	35.16	1:15.54
22.	Dennis v.d. Bok	De Schotejil	1:19.43	200504015	1:20.19	+0,68	37.62	1:20.19
AFGEM	Jorick van Bon	ZPC Amersfoort	1:22.67	200300091				

25+

1.	Bert Duivenvoorde	De Columbiaan	1:04.31	199701805	1:04.75	+0,71	30.28	1:04.75
2.	Kalle van Gemert	ZPC De Zeeuwse Kust	1:05.63	199801259	1:04.89	+0,61	29.89	1:04.89
3.	Arjan Dekker	Bubble	1:05.15	200000499	1:05.26	+0,65	30.54	1:05.26
4.	Darren Chen	ZPC Amersfoort	1:05.33	200001149	1:05.68	+0,66	30.34	1:05.68
5.	Doran Paap	ZV Westland	1:08.06	200000301	1:07.73	+0,66	31.35	1:07.73
6.	Kevin Kingma	ACZ	1:09.42	199700559	1:10.59	+0,69	32.49	1:10.59
7.	Thomas Hesper	NieMo Barracuda	1:11.04	200004181	1:10.69	+0,77	33.11	1:10.69
8.	Max Martens	SG Patrick - De Roersopp	1:10.59	200004499	1:13.25	+0,67	34.00	1:13.25
9.	David Kievit	De Schotejil	1:12.92	199900325	1:13.26	+0,77	34.44	1:13.26
10.	Mart Kortman	De Dinkel	1:14.71	199800357	1:14.27	+0,76	34.48	1:14.27
11.	Sam Beer	Poseidon'56	1:15.21	199605521	1:14.71	+0,68	34.47	1:14.71
12.	Dries Cavelaars	ZPC Amersfoort	1:19.24	199804597	1:17.70	+0,67	36.68	1:17.70
13.	Patrick Wyrdeman	Westland Swimming Stars	1:18.12	199702475	1:17.73	+0,70	36.28	1:17.73
14.	Sven Dubbeld	De Schotejil	1:23.17	199601141	1:27.85	+0,83	40.56	1:27.85
NG	Ian van Mullem	ZOB'66	1:16.54	199602545				

Programmanr. 30, Heren, 100m schoolslag

30+

1.	Kevin Meuwissen	Hellas-Glana	1:05.36	199502485	1:06.13	+0,71	30.68	1:06.13
2.	Bas Dries	Zwemvereniging Hoogland	1:06.21	199505177	1:06.14	+0,64	30.53	1:06.14
3.	D. Castillo Montoya	ZVL-1886	1:09.10	199406779	1:06.86	+0,64	31.03	1:06.86
4.	Koen van der Wallen	ZPC Nederweert	1:15.79	199405561	1:12.22	+0,70	34.62	1:12.22
5.	Jose Horcas Nieto	ZVL-1886	1:15.09	199307445	1:14.27	+0,73	34.88	1:14.27
6.	Jordy Heusschen	Hellas-Glana	1:14.45	199503405	1:15.17	+0,70	34.90	1:15.17
7.	Robin van Beusekom	NieMo Barracuda	1:14.02	199205841	1:15.66	+0,76	35.15	1:15.66
8.	Pieter Pijnenburg	De Biesboschzwemmers	1:16.77	199305227	1:15.96	+0,71	35.69	1:15.96
9.	Derek Valkenier	MSV-Zeemacht	1:22.12	199207397	1:21.86	+0,77	38.37	1:21.86

35+

1.	Sander de Vrugt	ENC Arnhem	1:07.84	198903499	1:07.85	+0,62	32.01	1:07.85
2.	Jaap Stielstra	ENC Arnhem	1:19.93	199006231	1:19.09	+0,74	37.27	1:19.09
3.	Harmen Reemst	ZOB'66	1:23.75	198702715	1:20.66	+0,71	37.12	1:20.66

40+

1.	Yuri van Omme	Zwemvereniging Hoogland	1:09.04	198501887	1:10.23	+0,74	32.81	1:10.23
2.	Ricardo van Dam	AZC	1:12.49	198503965	1:10.41	+0,74	33.56	1:10.41
3.	Matt Wan	Gay Swim Amsterdam	1:12.04	198504031	1:12.02	+0,63	32.81	1:12.02
4.	Ivan van Omme	De Geul	1:15.19	198201263	1:13.41	+0,67	34.30	1:13.41
5.	Jim Geestman	Poseidon'56	1:16.93	198300699	1:15.37	+0,83	35.03	1:15.37
6.	Rob van Wanrooy	Albion	1:15.12	198202627	1:15.54	+0,72	35.27	1:15.54
7.	Dirk Smit	DBD	1:15.37	198101559	1:15.64	+0,64	35.44	1:15.64
8.	I. García Rodríguez	ACZ	1:18.87	198504015	1:15.71	+0,72	35.60	1:15.71
9.	Rob van Vliet	ZPC Amersfoort	1:20.79	198402459	1:17.25	+0,81	35.89	1:17.25
10.	Benoit Gasner	D.E.S.	1:18.90	198102645	1:17.83	+0,68	36.53	1:17.83
11.	Wouter Zijlstra	DAW	1:18.00	198202077	1:19.46	+0,80	36.69	1:19.46
12.	Roel van der Kruijs	De Gelenberg	1:21.11	198501491	1:19.53	+0,73	37.85	1:19.53
13.	Jens van der Sman	HPC Heemstede	1:19.49	198502369	1:19.60	+0,74	37.66	1:19.60

45+

1.	Vincent Versteeg	Zwemlust- den Hommel	1:09.67	197701003	1:09.62	+0,75	32.20	1:09.62
2.	Victor Barnar	GoSwim	1:10.11	197801805	1:11.25	+0,75	33.37	1:11.25
3.	Remco Dijcks	ENC Arnhem	1:16.83	198002569	1:14.07	+0,66	35.43	1:14.07
4.	Rik Regtering	ENC Arnhem	1:20.99	197900999	1:14.44	+0,77	34.29	1:14.44
5.	Klaas Poelstra	H2Oldambt	1:14.00	197800825	1:14.45	+0,83	35.34	1:14.45
6.	Dennis Dortland	NieMo Barracuda	1:15.75	197800261	1:15.28	+0,87	36.00	1:15.28
7.	Jeroen Zelsmann	ZPC Amersfoort	1:22.60	197701551	1:15.32	+0,74	35.27	1:15.32
8.	Bogdan Androne	ZV Sassenheim	1:18.76	197701783	1:15.92	+0,71	35.42	1:15.92
9.	Freddie Geerlings	Zwemsport Parkstad	1:16.48	197900379	1:16.68	+0,79	35.46	1:16.68
10.	Berry van Holland	TriVia	1:24.46	198000603	1:20.38	+0,79	37.20	1:20.38
11.	Arjan Buijsse	ZV Sassenheim	1:20.67	197901767	1:20.97	+0,80	38.08	1:20.97

50+

1.	Marco Booi	ZOB'66	1:12.05	197300109	1:14.91	+0,83	33.74	1:14.91
2.	Kees Bakker	Gay Swim Amsterdam	1:12.92	197501055	1:15.46	+0,62	35.21	1:15.46
3.	Marcel van Winssen	De Gelenberg	1:21.50	197101477	1:16.75	+0,87	35.87	1:16.75
4.	Michael van Bekkum	SWOL 1894	1:19.26	197200051	1:18.94	+0,72	36.68	1:18.94
5.	Sagar Jaivant	WVZ	1:21.86	197401615	1:20.74	+0,85	37.52	1:20.74
6.	Martijn de Jong	DWK	1:21.28	197101659	1:20.87	+0,94	37.83	1:20.87
7.	Bas Kremers	TRB-RES	1:21.49	197201611	1:21.46	+0,83	38.09	1:21.46
8.	Rob van de Ven	Neptunus'58	1:23.22	197101695	1:24.12	+0,79	40.64	1:24.12
9.	M. van Walt van Praag	Gay Swim Amsterdam	1:26.53	197501425	1:25.33	+0,72	39.79	1:25.33
10.	Alberto Randazzo	D.E.S.	1:28.17	197101757	1:26.30	+0,83	40.24	1:26.30

Programmanr. 30, Heren, 100m schoolslag

55+

1.	Matthias Millers	SG Wuppertal	1:12.87	113799	1:12.16	+0,91	33.65	1:12.16
2.	Harold Matla	PSV	1:12.31	196800591	1:14.53	+0,89	35.23	1:14.53
3.	Gerrit Orthofer	Team Noord Holland (SG)	1:15.54	197001813	1:14.78	+0,64	35.19	1:14.78
4.	Guido Keutgen	Steenwijk 1934	1:21.26	196801551	1:21.10	+0,78	37.20	1:21.10
5.	René Beetsma	HZ&PC Heerenveen	1:20.69	196900069	1:21.27	+0,78	37.56	1:21.27
6.	Nico Swart	De Biesboschzwemmers	1:24.53	196801475	1:24.20	+0,79	39.01	1:24.20
7.	Mathieu Rikken	De Duinkickers	1:24.67	196701777	1:24.39	+0,78	39.71	1:24.39
8.	Wridzer Bakker	ENC Arnhem	1:32.84	196701711	1:27.27	+0,86	41.15	1:27.27
9.	Eric Dumas	SG Patrick - De Roersoppe	1:29.94	196901397	1:34.01	+0,89	44.39	1:34.01
10.	Gertjan van der Vaart	ZV Vlaardingen-Schiedam	1:33.57	196801529	1:36.35	+0,71	43.55	1:36.35

60+

1.	Bert Schlicher	RZ	1:18.22	196400669	1:18.55	+0,78	36.95	1:18.55
2.	Ron Korzelius	ZPC Amersfoort	1:20.91	196500513	1:19.57	+0,76	37.29	1:19.57
3.	Bertjan Schelhaas	Team Noord Holland (SG)	1:26.06	196501577	1:22.96	+1,03	37.58	1:22.96
4.	Theo Bakker	TriVia	1:19.50	196401231	1:22.97	+0,78	38.76	1:22.97
5.	Robert de Brauwer	De Duinkickers	1:34.93	196401383	1:29.67	+0,89	41.64	1:29.67
6.	Menno Lomans	PSV	1:33.46	196101071	1:33.96	+0,83	44.38	1:33.96

65+

1.	Fred Ketting	PSV	1:23.71	196000289	1:23.75	+0,85	39.30	1:23.75
2.	Wim de Lange	AZC	1:31.28	195800533	1:31.75	+0,82	43.08	1:31.75
3.	Paul Bunnik	Triton	1:29.69	195600413	1:32.55	+0,92	42.34	1:32.55
4.	Peter Coffeng	GZC Donk	1:45.16	195700063	1:49.23	+1,01	51.29	1:49.23
NG	Jelle de Vries	DZ&PC	1:32.54	195600397				

70+

1.	Harry Dokter	SWOL 1894	1:33.58	195100037	1:32.62	+0,83	43.84	1:32.62
2.	Charles Bos	SG Patrick - De Roersoppe	1:38.55	195300019	1:36.42	+0,64	45.10	1:36.42
3.	Laurens Klein Breteler	WS Twente	1:42.13	195400109	1:39.25	+0,82	45.39	1:39.25

75+

1.	J. Macpherson-Stewart	Free Style SC	1:47.72	30261	1:45.99	+0,85	49.99	1:45.99
2.	Piet Schop	De Bevelanders	1:55.30	195000109	1:54.76	+0,72	53.61	1:54.76

80+

1.	Rob Hanou	PSV	1:55.29	194300109	1:52.67	+0,98	53.59	1:52.67
DIS	Nico Baay	Old Dutch	1:55.47	194200053				

SL - Het keer- en/of eindpunt met één hand aangetikt.

Programmanr. 31
22-11-2025 - 18:01

4 x 50m wisselslag

lft 80 - 399
Resultaten

rang	vereniging	intijd	tijd	RT
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Programmanr. 31, 4 x 50m wisselslag

80+, Dames

1. NieMo Barracuda 6	NieMo Barracuda	2:04.73	2:04.75	+0,69
Robin Pienaar	01 +0,69	32.35	96 +0,31	30.24
Anouchka Bos	05 +0,30	35.00	02 +0,64	27.16
2. Hellas-Glana 2	Hellas-Glana	2:04.46	2:05.69	+0,67
Nikki Douma	01 +0,67	33.14	02 +0,20	29.97
Britt Cornelissens	00 +0,37	34.67	00 +0,46	27.91
3. Deltasteur 1	Deltasteur	2:13.40	2:12.62	+0,79
Monica Faber	04 +0,79	35.51	02 +0,34	32.21
Tara Schuurman	04 +0,57	35.86	02 +0,60	29.04
4. DAW 3	DAW	2:24.08	2:21.57	+0,79
Meike Kooistra	03 +0,79	35.73	96 +0,31	34.52
Lianne Dekker	03 +0,36	38.75	01	32.57
NG Aqua'68 1	Aqua'68	2:17.89		

100+, Dames

1. De Dinkel 1	De Dinkel	2:08.16	2:07.00	+0,72
Lonne Dijkhuis	94 +0,72	31.67	98 +0,38	29.93
Myrna Schasfoort	93 +0,59	35.10	04 +0,47	30.30
2. Neptunia '24 1	Neptunia '24	2:08.48	2:07.02	+0,78
Marije Sweering	01 +0,78	32.56	01 +0,33	30.70
Noël Iris Hettinga	00 +0,36	34.59	98 +0,24	29.17
3. DWK 1	DWK	2:07.60	2:08.95	+0,67
Lindi Bos	01 +0,67	32.17	00 +0,45	31.71
Anoeska van de Kraats	97 +0,32	37.16	98 +0,44	27.91
4. ZPC De Hof 1	ZPC De Hof	2:12.16	2:11.18	+0,84
Elisa Haverkate	02 +0,84	33.34	99 +0,43	30.60
Sietske Veldkamp	95 +0,34	37.27	95 +0,49	29.97
5. TriVia 2	TriVia	2:11.38	2:11.72	+0,73
Nienke Bakker	05 +0,73	30.72	89 +0,21	32.75
Ilse Kramer	04 +0,44	39.83	02 +0,36	28.42
6. PSV 3	PSV	2:14.63	2:13.71	+0,84
Diane Schoenmaker	95 +0,84	34.71	95 +0,62	34.30
Esther Timmersma	02 +0,42	36.31	98 +0,40	28.39
7. NieMo Barracuda 7	NieMo Barracuda	2:19.12	2:22.01	+0,82
Esmée Rolloos	98 +0,82	37.77	95	32.93
Tamara van den Brink	98	40.54	92	30.77
8. SG Octopus - ZVV 1	SG Octopus - ZVV	2:26.06	2:25.32	+0,82
Daphne van Rees	03 +0,82	37.14	90 +0,69	33.11
Monique Kok	86 +0,36	46.03	04 +0,39	29.04

120+, Dames

1. Hieronymus 1	Hieronymus	2:05.78	2:06.29	+0,80
Nadja Roovers	98 +0,80	31.40	97 +0,32	29.26
Valesca van den Bogert	01 +0,46	33.15	71 +0,33	32.48
2. Poseidon'56 1	Poseidon'56	2:19.84	2:19.21	+0,68
Tonia Ruybroek	81 +0,68	35.59	04	35.42
Kelly Wiglevan	95	39.66	97	28.54
3. MZ&PC De Reest 1	MZ&PC De Reest	2:21.69	2:21.67	+0,90
Iris de Boer - Oosterhof	77 +0,90	36.14	05	31.95
Eline Groen	02	40.79	94	32.79
4. TriVia 3	TriVia	2:41.98	2:37.91	+0,64
Nikka Markic	02 +0,64	42.09	91 +0,28	34.27
Lieke Hegeman	05 +0,59	41.68	59 +0,54	39.87
5. ZPC De Rog 1	ZPC De Rog	2:41.66	2:39.54	+0,86
Tami de Lange	97 +0,86	38.66	04 +0,50	33.40
Ageeth Westenbrink	67 +0,31	53.07	98 +0,38	34.41

Programmanr. 31, 4 x 50m wisselslag

160+, Dames

1.	DAW 2	DAW		2:16.22	2:16.45	+0,85
	Sandra Temmerman	80	+0,85	35.78	Maaïke Vooren	91 +0,49 32.65
	Laura Badoux	82	+0,59	36.13	Alina Spijkerman	77 +0,50 31.89
2.	Westland Swimming Stars 2	Westland Swimming Stars		2:25.81	2:18.61	+0,82
	Anouk van der Lans	98	+0,82	36.01	Mirjan den Drijver	75 +0,35 34.05
	Kim de Jong	04	+0,40	37.25	Netty Burik-Geijsen	63 +0,10 31.30
3.	PSV 6	PSV		2:19.10	2:19.38	+0,86
	Nanda van Heteren	89	+0,86	37.89	Gudule van der Meer	72 32.91
	Trudy Ketting	70		38.11	Liselotte Joling	75 30.47
4.	Steenwijk 1934 3	Steenwijk 1934		2:21.63	2:24.34	+0,89
	Nanda Wobben-de Vries	92	+0,89	36.65	Linda Wibbelink	59 43.57
	Jacyntha Plat	90		35.48	Alies Wagter	99 28.64
5.	De Duck 2	De Duck		2:23.04	2:26.06	+0,76
	Geraldine Trainor	75	+0,76	37.50	Janneke van de Poele	93 35.62
	Rachel Trainor	77	+0,51	41.06	Leontine Groeneveldt	93 +0,27 31.88
6.	Aqua-Novio '94 1	Aqua-Novio '94		2:29.90	2:26.51	+0,85
	Djamari Oetringer	96	+0,85	39.23	Kim Speekenbrink	75 +0,57 35.17
	Ariene Knoester	67	+0,32	40.51	Petra Guijt	76 +0,53 31.60
7.	De Geul 3	De Geul		2:28.41	2:30.13	+0,75
	Anne Besseling-de Jong	81	+0,75	37.97	Marijke Campfens	69 38.51
	Daphne van Tilburg	05	+0,47	40.88	Marian Nederlof	76 +0,22 32.77
8.	MSV-Zeemacht 1	MSV-Zeemacht		2:27.68	2:30.92	+0,99
	Annette van Dok	68	+0,99	44.84	Emma Riemers	05 +0,57 33.03
	Bianca Groot	70	+0,77	43.46	Tessa van Dijk-Mosch	91 +0,27 29.59
9.	MZ&PC 1	MZ&PC		2:41.60	2:49.65	+0,90
	Yvonne op den Kamp-Bruls	90	+0,90	38.76	Angelique Crouzen	56 +0,75 54.72
	Manon Koster	97	+0,63	35.60	Claudia Meijers-Creemers	92 +0,35 40.57

200+, Dames

1.	De Biesboschzwemmers 5	De Biesboschzwemmers		2:17.35	2:18.53	+0,86
	Johanna van Wijnen	72	+0,86	36.41	Anne-Marie Verschoor-Vos	81 +0,47 32.31
	Marjo Goelema-Koek	69	+0,47	37.34	Annette Wijnja-Visser	67 +0,45 32.47
2.	Steenwijk 1934 4	Steenwijk 1934		2:45.23	2:46.16	+0,79
	Leonie Scholten	79	+0,79	39.71	Astrid Wibbelink	96 +0,54 38.70
	Wilna Heijman	64	+0,49	47.48	Monica Bakker	56 +0,52 40.27
3.	De Duinkickers 1	De Duinkickers		2:49.94	2:50.60	+0,73
	Esther Poortvliet - Koedam	80	+0,73	37.44	Inge Roskam	78 +0,52 38.05
	Annet Verhoeven - Steggerda	46		59.18	Saskia op den Velde	79 +0,61 35.93
4.	De Geul 2	De Geul		3:14.75	3:04.03	+0,82
	Roselinda van der Vlucht	67	+0,82	51.90	Eline Molle	94 +0,41 37.23
	Aafke Groot	83	+0,33	40.58	Geerdien Meerwaldt	52 54.32
5.	AZC 1	AZC		3:05.58	3:05.31	+0,94
	Monique Kikkert	62	+0,94	46.77	Sandra Daamen-Posma	68 +0,58 48.68
	Helene Vierbergen	70	+0,61	46.94	Wil Ponsioen-van Mil	61 +0,70 42.92

240+, Dames

1.	GZC Donk 1	GZC Donk		2:47.14	2:44.88	+0,72
	Feikje Wittermans	64	+0,72	38.22	Petra Tossings	61 +0,71 39.39
	Lia Bijkerk	60	+0,67	48.29	Karin Berckenkamp	69 +0,73 38.98
2.	ENC Arnhem 6	ENC Arnhem		2:53.35	2:53.24	+0,79
	Karin van der Star-Verhoeven	61	+0,79	42.73	Yoka de Vegt-van Dijk	62 +0,52 43.47
	Marleen Schuurung	76	+0,53	46.04	Marion Kolkman-Pluim	60 +0,58 41.00
3.	DWK 2	DWK		3:05.86	2:57.43	+1,01
	Jennie Resink-lindeboom	60	+1,01	45.69	Iris van Aurich	69 +0,42 39.77
	Willy Schoenmaker-ter Veer	59	+0,61	51.45	Greta Wyma-Teitsma	71 +0,34 40.52
4.	PSV 5	PSV		3:17.11	3:38.05	+0,80
	Ineke Brouwers	52	+0,80	1:02.12	Judith Sijbers	73 +0,68 51.35
	Gonnie Bak	51	+0,73	57.72	Carla Hensen	53 +0,96 46.86
DIS	ZPC Amersfoort 1	ZPC Amersfoort		2:22.44		+0,30
	<i>EA - Te vroeg overgenomen., 4e zwemmer!</i>					
	Lesley Cordial	67	+0,30	35.47	Marjan Remmits-de Lange	63 +0,16 34.62
	Lidia v. Bon-Rosenbrand	70	+0,26	38.56	Atie Pijtak-Radersma	56 -0,20

Programmanr. 31, 4 x 50m wisselslag

80+, Heren

1. ZPC Woerden 1	ZPC Woerden		1:52.72		1:51.80	+0,68	
Ian Terlouw	00	+0,68	29.25	Milan de Roo	01	+0,32	27.12
Daan Hoogendoorn	05	+0,50	29.28	Ruben Zwartebol	01	+0,24	26.15

100+, Heren

1. Hellas-Glana 1	Hellas-Glana		1:45.95		1:46.24	+0,78	
Arno Nelissen	03	+0,78	27.17	Robin Meuwissen	96	+0,34	26.73
Kevin Meuwissen	95	+0,27	29.39	Lars Kerremans	01	+0,13	22.95
2. Poseidon'56 6	Poseidon'56		1:50.78		1:50.78	+0,64	
Gerard Willighagen	01	+0,64	28.75	Sam Beer	96	+0,29	28.41
Erik van Gemert	03	+0,21	29.39	Ryan van den Ouden	99	+0,27	24.23
3. ENC Arnhem 1	ENC Arnhem		1:53.18		1:52.29	+0,68	
Mike Schel	94	+0,68	29.07	Mika Bongers	05	+0,27	28.28
Sander de Vrugt	89	+0,34	30.76	Peter Rothengatter	97	+0,23	24.18
4. De Dinkel 2	De Dinkel		1:56.91		1:54.89	+0,69	
Mika Heskamp	03	+0,69	30.31	Karst Boersma	96	+0,34	26.12
Jelle ten Hove	01	+0,42	31.85	Mart Kortman	98	+0,43	26.61
5. De Schotejil 1	De Schotejil		2:01.48		2:00.03	+0,68	
Jacob Mackloet	00	+0,68	31.01	Christian Kalle	04	+0,49	27.60
David Kievit	99	+0,25	33.10	Niels Albrechts	88	+0,27	28.32
6. ZOB'66 3	ZOB'66		2:03.23		2:00.11	+0,71	
Nino van Krimpen	00	+0,71	29.89	Ferry Blangé	83	+0,41	31.47
Tygo Korving	03	+0,35	31.37	Jaimy Voogt	00	+0,56	27.38
7. ZPC De Hof 1	ZPC De Hof		2:01.50		2:00.88	+0,77	
Jorden Thejink	94	+0,77	31.47	Leon Kloots	00	+0,19	30.43
Pieter Pickhardt	83	+0,35	34.02	Jacco Nijland	04	+0,18	24.96

120+, Heren

1. Zwemlust- den Hommel 1	Zwemlust- den Hommel		1:50.41		1:51.25	+0,76	
Louis Kappler	02	+0,76	28.62	Matteo Viani	90	+0,39	26.02
Vincent Versteeg	77	+0,33	31.83	Fayssal Lanterna	01	+0,42	24.78
2. ZV Hoogland 1	Zwemvereniging Hoogland		1:52.23		1:52.26	+0,66	
Bas Dries	95	+0,66	27.88	Kevin Roest	00	+0,23	26.04
Yuri van Omme	85	+0,36	31.69	Jeffrey Roest	97	+0,32	26.65
3. NieMo Barracuda 8	NieMo Barracuda		1:53.41		1:52.87	+0,79	
Mark Hensen	79	+0,79	30.84	Jeroen Baars	92	+0,35	24.37
Thomas Hesper	00	+0,53	32.53	Pascal van Haren	87	+0,29	25.13
4. DAW 1	DAW		2:02.45		1:58.31	+0,76	
Alex Damen	75	+0,76	32.09	Felix Geenen	95	+0,27	24.78
Wouter Zijlstra	82	+0,28	35.45	Sherif Badawy	89	+0,57	25.99
5. ZOB'66 4	ZOB'66		2:01.89		2:01.41	+0,73	
Niels van der Mast	04	+0,73	31.52	Julian Mes	01	+0,30	27.23
Marco Booij	73	+0,28	32.00	Erik Tobé	79	+0,53	30.66
6. ZPC Amersfoort 6	ZPC Amersfoort		2:02.02		2:01.84	+0,76	
Rob van Vliet	84	+0,76	32.99	Bas Braun	91	+0,40	27.83
Dries Cavelaars	98	+0,44	34.38	Martijn Bartels	96	+0,39	26.64
7. DZ&PC 1	DZ&PC		2:05.02		2:02.84	+0,79	
Erik Nijholt	94	+0,79	30.11	Arjen Nieveen	80	+0,54	29.72
Pieter Veenstra	73	+0,47	36.82	Tycho Veenstra	05	+0,29	26.19
8. HZ&PC Heerenveen 2	HZ&PC Heerenveen		2:04.92		2:02.96	+0,67	
Richard Kuipers	97	+0,67	29.36	Peter de Vries	74	+0,34	31.96
Remco Dijkstra	01	+0,58	33.20	René Beetsma	69	+0,20	28.44

Programmanr. 31, 4 x 50m wisselslag

160+, Heren

1.	ZPC Amersfoort 3	ZPC Amersfoort	1:50.45	1:50.38	+0,71
	Martijn Giezen	85 +0,71	28.53	Erwin Buist	78 +0,37 27.51
	Darren Chen	00 +0,36	29.54	Jeroen Zelsmann	77 +0,16 24.80
2.	ZVVS 6	ZV Vlaardingen-Schiedam	2:11.58	2:07.98	+0,88
	Grzegorz Kasprzyk	83 +0,88	34.82	Bram Piederiet	90 +0,18 29.58
	Michael van der Reijden	75 +0,35	36.71	Bas van den Nouwelant	80 +0,56 26.87
3.	SG Patrick - De Roersoppers	SG Patrick - De Roersoppers	2:11.12	2:10.77	+0,77
	Jeroen Meuleners	78 +0,77	34.30	Koen Wijnands	98 +0,45 28.83
	Charles Bos	53 +0,42	41.39	Max Martens	00 +0,44 26.25
4.	De Biesboschzwemmers 6	De Biesboschzwemmers	2:12.43	2:11.66	+0,78
	Nico Swart	68 +0,78	35.75	Henri Verschoor	70 +0,33 31.97
	Pieter Pijnenburg	93 +0,41	34.74	Sander van Tilburg	86 +0,39 29.20
5.	Westland Swimming Stars 1	Westland Swimming Stars	2:17.91	2:14.85	+0,64
	Pieter Broek	77 +0,64	33.36	Philip van der Gaag	68 36.59
	Patrick Wyrdeeman	97	34.38	Mark Nuijten	60 30.52
6.	NieMo Barracuda 9	NieMo Barracuda	2:22.13	2:15.26	+0,93
	André Noordwijk	79 +0,93	35.54	Arthur Lale-Demoz	97 30.97
	Walter Rolloos	59	39.61	Marco Horneman	80 29.14
7.	De Duinkickers 2	De Duinkickers	2:17.34	2:20.08	+0,72
	Marcel Brittijn	69 +0,72	40.29	Erik Cooman	97 +0,43 30.34
	Robin Roskam	78 +0,25	38.50	Robert de Brauwer	64 +0,39 30.95
8.	MZ&PC 2	MZ&PC	2:37.39	2:36.41	+0,79
	Jesse Brouwers	99 +0,79	36.78	Martin Lacko	66 +0,31 34.54
	Karsten Meijers	90 +0,53	46.06	Marcel Nelissen	65 +0,37 39.03

200+, Heren

1.	ENC Arnhem 2	ENC Arnhem	2:14.35	2:15.03	+0,79
	Arjen Koop	79 +0,79	35.75	Rik Regtering	79 +0,58 29.92
	Wridzer Bakker	67 +0,35	37.41	Erwin Snip	70 +0,74 31.95
2.	Team Noord Holland (SG) 1	Team Noord Holland (SG)	2:19.57	2:17.90	+0,64
	Berjan Schelhaas	65 +0,64	40.32	Peter van de Bor	84 29.67
	Gerrit Orthofer	70	32.61	Peter Janssen	62 35.30
3.	TriVia 1	TriVia	2:21.68	2:22.67	+0,83
	Berry van Holland	80 +0,83	35.88	Jeroen Temme	72 33.34
	Theo Bakker	64	36.61	Arnoud van Royen	72 36.84
4.	Poseidon'56 7	Poseidon'56	3:00.14	2:59.14	+0,97
	Andre Exter	66 +0,97	57.27	Dylan van Goor	76 +0,61 38.63
	Bob Lookermans	62 +0,96	49.52	Frans Kooijman	83 +0,46 33.72

240+, Heren

1.	ZPC Amersfoort 2	ZPC Amersfoort	2:03.87	2:02.04	+0,75
	<i>Nederlands Masters Record</i>				
	Chester Marsman	69 +0,75	29.78	Edwin v. Norden	63 +0,25 29.62
	Ron Korzelius	65 +0,47	35.13	Johan Remmits	62 +0,29 27.51
2.	PSV 4	PSV	2:24.01	2:26.35	+0,79
	André Pantekoek	58 +0,79	45.07	Jacco Schaap	74 +0,62 29.76
	Fred Ketting	60 +0,62	38.71	Menno Lomans	61 +0,71 32.81
3.	Steenwijk 1934 1	Steenwijk 1934	2:32.54	2:30.71	+0,77
	Guido Keutgen	68 +0,77	31.75	Huyb Stegeman	67 +0,58 38.72
	Hans van Scheepen	62 +0,65	47.62	Casper Dollekamp	63 +0,26 32.62
4.	AZC 2	AZC	2:26.50	2:31.59	+0,79
	Wim de Lange	58 +0,79	44.11	Michael Go	75 +0,55 32.22
	Ricardo van Dam	85 +0,76	33.32	Geza Kaltenecker	42 +0,50 41.94

Programmanr. 31, 4 x 50m wisselslag

80+, Gemengd

1. Bubble 1	Bubble		1:56.76	1:57.67	+0,93
Laura Setz	00	+0,93	31.93	Arjan Dekker	00 +0,45 26.27
Tim Speijer	03	+0,37	31.18	Sanne Kloezen	02 +0,45 28.29
2. HZ&PC Heerenveen 1	HZ&PC Heerenveen		1:55.91	1:58.45	+0,78
Inge Dekker	02	+0,78	32.82	Wouter Zijlstra	04 +0,32 26.22
Jorian Darwinkel	03	+0,25	30.51	Lois Jalving	04 +0,35 28.90
3. CWW Swimteam 1	CWW Swimteam		2:10.26	2:04.59	+0,80
Mathijs van Dijk	01	+0,80	30.76	Mees Peters	05 +0,25 26.96
Lois van Oijen	04	+0,23	38.18	Noor Polman	05 +0,35 28.69
4. ENC Arnhem 4	ENC Arnhem		2:06.68	2:05.52	+0,72
Wessel Haverkamp	02	+0,72	30.50	Rose Lether	04 +0,55 32.58
Tim de Vrugt	93	+0,36	33.00	Hannah Elting	04 +0,22 29.44
5. De Rijn 1	De Rijn		2:16.30	2:11.83	+0,70
Sjoerd Boogert	99	+0,70	32.89	Rick Haanschoten	01 +0,17 30.35
Nienke Lammers	02	+0,43	39.22	Annemarie Hoving	00 +0,41 29.37
6. ZVL-1886 5	ZVL-1886		2:14.64	2:14.24	+0,79
Valerie Bakker	01	+0,79	37.85	Jaime Santiago Patterson	94 +0,35 32.38
Babet van Andel	03	+0,50	38.02	Thijs Huizer	05 +0,40 25.99
7. NDD 1	NDD		2:16.72	2:14.45	+0,70
Janine de Groot	95	+0,70	35.80	Sander Burgers	01 +0,52 30.35
Sten Cremers	02	+0,49	38.35	Klara Roes	05 +0,44 29.95
NG ZOB'66 1	ZOB'66		2:04.01		

100+, Gemengd

1. WVZ 2	WVZ		1:56.97	1:54.87	+0,64
Lauren van IJl	00	+0,64	31.95	Sander Kirillova	98 +0,40 26.27
Scott Jansen	02	+0,44	29.82	Leonie van Noort	93 +0,27 26.83
2. ZVL-1886 4	ZVL-1886		1:55.12	1:55.61	+0,62
Robin van Beek	97	+0,62	29.21	Silke Molendijk	01 +0,51 29.27
Daniel Castillo Montoya	94	+0,42	30.14	Jelsie van Ruijven	05 +0,27 26.99
3. VZC 1	VZC		2:00.24	1:59.74	+0,69
Tess Panjer	04	+0,69	31.75	Jelle Nap	95 +0,37 27.73
Lisanne Seising	00	+0,22	36.08	Olaf Achterberg	90 +0,25 24.18
4. ZPC De Zeeuwse Kust 1	ZPC De Zeeuwse Kust		1:59.66	2:00.79	+0,78
Kirsten Walraven	00	+0,78	32.71	Kalle van Gemert	98 +0,18 24.81
Eva van Elsen	99	+0,49	35.27	Tom van Gils	95 +0,28 28.00
5. ZPC Nederweert 1	ZPC Nederweert		2:03.21	2:02.66	+0,70
Femke de Wit	01	+0,70	33.27	Stefan de Leeuw	95 +0,43 29.67
Koen van der Wallen	94	+0,51	31.68	Dyonne Klomp	04 +0,46 28.04
6. MSV-Zeemacht 2	MSV-Zeemacht		2:06.58	2:06.77	+0,68
Amber van der Kruk	01	+0,68	33.92	Matthew Humphreys	89 +0,40 31.18
Mees Minneboo	02	+0,41	31.89	Kyra Wesemann	02 +0,59 29.78
7. Steenwijk 1934 2	Steenwijk 1934		2:13.01	2:09.01	+0,81
Robert Braad	86	+0,81	30.41	Sabine Lageweg	99 +0,47 33.56
Kylian Kooijman	99	+0,59	32.96	Cynthia Koolman	03 +0,24 32.08
8. De Schotejil 2	De Schotejil		2:07.49	2:09.21	+0,77
Marjon v. Kempen	80	+0,77	35.24	Jens Kooijman	02 +0,21 28.96
Lyke Buscop	05	+0,16	36.22	Sven Dubbeld	96 +0,45 28.79
9. AZC 3	AZC		2:11.92	2:12.96	+0,73
Patrick Brouwer	93	+0,73	33.17	Jessica Braat	02 +0,47 32.48
Monique van Huizen	87	+0,54	40.16	Auke Sijperda	99 +0,42 27.15
10. WS Twente 1	WS Twente		2:15.96	2:13.79	+0,55
Marcel Reefhuis	81	+0,55	32.95	Sander Riezebos	94 +0,33 28.46
Romée Beverdam	01	+0,50	42.02	Pien Ooijman	05 +0,58 30.36
11. Blue Marlins 1	Blue Marlins		1:55.01	2:16.27	+0,61
Hanna Looi	00	+0,61	34.04	Daan Siebenheller	98 +0,52 27.55
Henk Bremmer	00	+0,57	42.01	Sarissa Bakker	99 +0,45 32.67
AFGEM Blue Marlins 2	Blue Marlins		2:16.48		

Programmanr. 31, 4 x 50m wisselslag

120+, Gemengd

1.	ZPC Amersfoort 4	ZPC Amersfoort	2:01.07	2:01.34	+0,68
	Jelle Blankestijn	98 +0,68	30.27 Marije Jansen	85 +0,42	30.12
	Jelle Opmeer	01 +0,37	30.92 Lotte Eising	95 +0,34	30.03
2.	De Geul 1	De Geul	2:04.56	2:04.38	+0,77
	Esmee Wijnmaalen	01 +0,77	34.63 Heijmen van Vliet	80 +0,41	29.99
	Ivan van Omme	82 +0,47	31.90 Marcha Admiraal	93 +0,54	27.86
3.	DWK 3	DWK	2:06.08	2:04.78	+0,63
	Celine Schoenmaker	98 +0,63	31.18 Martijn de Jong	71 +0,36	31.96
	Inge Koekoek	04 +0,41	33.86 Lars Jacobsen	97 +0,48	27.78
4.	Zwemsport Parkstad 1	Zwemsport Parkstad	2:08.23	2:05.16	+0,81
	Alan Smeets	84 +0,81	29.09 Alzbeta Andrikova	98 +0,09	30.59
	Freddie Geerlings	79 +0,62	34.38 Jennifer Koonen	05 +0,58	31.10
5.	De Duck 1	De Duck	2:08.77	2:07.53	+0,66
	Jesper Oranje	92 +0,66	27.74 Marcella van der Ent	96 +0,57	30.43
	Noa de Bock	03 +0,50	38.92 Erik Saan	65 +0,64	30.44
6.	ENC Arnhem 5	ENC Arnhem	2:13.86	2:08.36	+0,71
	Sabine Uytdewilligen	05 +0,71	36.02 Jara Schmidt	94 +0,41	30.02
	Remco Dijkstra	80 +0,19	34.02 Jaap Stielstra	90 +0,48	28.30
7.	Poseidon'56 12	Poseidon'56	2:12.92	2:11.69	+0,68
	Marcel Vroegindawei	68 +0,68	32.77 Jim Geestman	83 +0,46	29.58
	Kim van Gemert	01 +0,50	35.30 Dayna van Hoom	05 +0,58	34.04
8.	Brander SV 1973 e.v. 1	Brander SV 1973 e.v.	2:11.95	2:13.56	+0,90
	Sven Kielblock	76 +0,90	34.37 Aylin Carmen Karaman	04 +0,57	31.64
	Rolf Baldwin Versteeg	90 +0,54	36.09 So-Yun Skinner	79 +0,57	31.46
9.	Zwemlust- den Hommel 2	Zwemlust- den Hommel	2:09.36	2:14.00	+0,81
	Liesbeth van Mill	87 +0,81	38.63 Nigel Werring	03 +0,60	30.93
	Manon Kloosterman	97 +0,76	35.40 John Hardeman	66 +0,25	29.04
10.	ZPC De Zeeuwse Kust 2	ZPC De Zeeuwse Kust	2:16.85	2:14.59	+0,80
	Sem Bonte	04 +0,80	29.99 Anouck Romeijnsen	04 +0,37	35.95
	Jelita van Esseveld	98 +0,49	38.40 Roland Assmann	62 +0,52	30.25
11.	V.Z.V. Njord 3	V.Z.V. Njord	2:14.13	2:15.80	+0,66
	Jesper Pas	02 +0,66	31.43 Francis Roosen	68 +0,38	32.88
	Renee de Kok	84 +0,37	40.81 Tamar Roosen	05 +0,48	30.68
12.	ZV Sassenheim 4	ZV Sassenheim	2:18.99	2:16.85	+0,96
	Luisiana Bigea	77 +0,96	39.22 Rianne Hofland	88	32.62
	Arjan Buijsse	79	37.55 Wesley van der Luit	97	27.46
13.	De Amstel 1	De Amstel	2:18.13	2:17.25	+0,79
	Iris Bastiaansen	99 +0,79	36.40 Nick Sijmons	95	26.23
	Henri Michels	65	39.27 Dionne Bakker	85	35.35
14.	ZV Hoogland 2	Zwemvereniging Hoogland	2:20.72	2:19.10	+0,61
	Anne-Irene Ducheine	95 +0,61	33.37 Tim de Zoete	97	28.25
	Ruben de Boer	93	46.31 Nienke van Stipriaan	87	31.17
15.	ZOB'66 2	ZOB'66	2:22.15	2:23.44	+0,75
	Nina Tourton	96 +0,75	37.77 Ruben Stolk	90	30.80
	Harmen Reemst	87	36.84 Daniëlle Schipper	70	38.03
16.	DBD 1	DBD	2:26.20	2:26.40	+0,75
	Max van Aken	04 +0,75	33.68 Nienke Versteegen	00 +0,61	38.21
	Dirk Smit	81 +0,48	33.95 Ingrid Versteegen	73 +0,40	40.56
DIS	ZVL-1886 6	ZVL-1886	2:21.03		
	<i>RF - Nadat het contact met de wand is verbroken na het keerpunt de rugligging niet aangenomen.</i>				
	Suzan Blankestijn, Maartje Hids, Robin van Muijen, Ingmar Kooman				
AFGEM	De Dolfijn 1	De Dolfijn	1:53.00		

Programmanr. 31, 4 x 50m wisselslag

160+, Gemengd

1.	De Gelenberg 1	De Gelenberg	2:10.61	2:06.35	+0,70
	Kim van Dongen	04 +0,70	31.36 Sylvia Reijers	82 +0,51	33.59
	Marcel van Winssen	71 +0,32	33.88 Erik Lamers	75 +0,50	27.52
2.	ACZ 1	ACZ	2:07.87	2:07.72	+0,76
	Tjeerd Visser	80 +0,76	32.31 Linda van Klei	88 +0,51	34.40
	Kevin Kingma	97 +0,30	30.96 Carol Hollemans	69 +0,20	30.05
3.	De Biesboschzwemmers 7	De Biesboschzwemmers	2:38.96	2:31.00	+0,88
	Nadine Scheeve	97 +0,88	41.40 Bastiaan Baggerman	70 +0,31	36.30
	Wouter van der Stelt	72 +0,51	40.45 Sabrina Boekhout	81 +0,12	32.85
NG	DAW 4	DAW	2:30.82		

200+, Gemengd

1.	PSV 2	PSV	2:01.96	2:02.58	+0,79
	Jos de Graaf	91 +0,79	28.40 Jeanne Petit	70 +0,51	32.07
	Harold Matla	68 +0,43	32.43 Carla Geurts	71 +0,30	29.68
2.	WVZ 1	WVZ	2:10.48	2:04.13	+0,68
	Roos van Esch	82 +0,68	33.95 Hugo Bregman	58 +0,42	29.14
	Delia Badoux	80 +0,23	35.11 Ivo Roozeboom	77 +0,43	25.93
3.	ZPC De Rog 2	ZPC De Rog	2:19.02	2:16.81	+0,64
	Peter Bensen	63 +0,64	31.88 Sandra Peeters	74	32.63
	Regine Beckers-Stribos	70	42.39 Rob Spetter	62	29.91
4.	ZV Sassenheim 5	ZV Sassenheim	2:23.14	2:20.08	+0,76
	Marinka vd Zwet	65 +0,76	38.50 Frank van Nobelen	69 +0,39	32.82
	Bogdan Androne	77 +0,41	34.57 Yvonne van Nobelen - Kampschreur	72 +0,15	34.19
5.	Albion 1	Albion	2:28.55	2:30.64	+0,81
	Ivan Tai-Apin	77 +0,81	41.94 Rob van Wanrooy	82 +0,52	30.75
	Caroline Kruger	68 +0,45	44.47 Cancia Leirissa	67 +0,26	33.48
6.	ZVVS 1	ZV Vlaardingen-Schiedam	2:46.30	2:52.05	+0,85
	Jeroen Hoeksel	74 +0,85	45.05 Helena Mels	69 +0,30	43.49
	Gertjan van der Vaart	68 +0,47	41.60 Inge Deutz	66 +0,78	41.91

240+, Gemengd

1.	Old Dutch 1	Old Dutch	2:47.76	2:48.39	+0,63
	Adriaan Kop	61 +0,63	39.64 Hans Vloedgraven	64 +0,51	33.14
	Patricia Brooijmans	79 +0,36	43.02 Marie Smits	38 +0,65	52.59
2.	WS Twente 2	WS Twente	3:07.15	3:05.24	+0,98
	Antoinette Gilding-Tussaud	50 +0,98	54.54 Bart van Calker	61 +0,50	47.67
	Laurens Klein Breteler	54 +0,78	44.61 Ina van der Molen	69 +0,28	38.42

280+, Gemengd

1.	SWOL 1894 3	SWOL 1894	2:45.56	2:46.68	+1,02
	Rob Berkhof	52 +1,02	50.23 Marijke Kraak-Beckers	60 +0,53	39.70
	Harry Dokter	51 +0,72	41.50 Christine Nieuwenhuis	51 +0,54	35.25

320+, Gemengd

1.	PSV 1	PSV	3:04.30	3:11.78	+0,71
	<i>Nederlands Masters Record</i>				
	Corrie Verhoeven	46 +0,71	49.42 Brend Brevé	52 +0,61	36.16
	Rob Hanou	43 +0,74	50.59 Lottie Geurts	35 +0,39	55.61

Programmanr. 32
23-11-2025 - 9:30

Heren, 800m vrije slag

20 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
25+								
1.	Jelle Blankestijn	ZPC Amersfoort	9:41.55	199803737	9:16.64 +0,74			
	100m: 1:01.98	1:01.98	300m: 3:18.25	1:08.86	500m: 5:40.87	1:12.13	700m: 8:06.40	1:12.61
	200m: 2:09.39	1:07.41	400m: 4:28.74	1:10.49	600m: 6:53.79	1:12.92	800m: 9:16.64	1:10.24
2.	Tenzin Tieman	Old Dutch	9:29.31	200005549	9:40.90 +0,80			
	100m: 1:06.31	1:06.31	300m: 3:32.35	1:13.54	500m: 6:01.32	1:14.90	700m: 8:30.12	1:13.95
	200m: 2:18.81	1:12.50	400m: 4:46.42	1:14.07	600m: 7:16.17	1:14.85	800m: 9:40.90	1:10.78
3.	Jordy van Oel	WVZ	9:41.33	199802003	9:41.08 +0,85			
	100m: 1:07.90	1:07.90	300m: 3:35.66	1:14.15	500m: 6:04.49	1:14.06	700m: 8:32.50	1:14.04
	200m: 2:21.51	1:13.61	400m: 4:50.43	1:14.77	600m: 7:18.46	1:13.97	800m: 9:41.08	1:08.58
4.	Lars Jacobsen	DWK	10:06.31	199705453	S14 9:44.90 +0,86			
	100m: 1:05.38	1:05.38	300m: 3:33.56	1:14.53	500m: 6:04.28	1:15.51	700m: 8:35.04	1:15.49
	200m: 2:19.03	1:13.65	400m: 4:48.77	1:15.21	600m: 7:19.55	1:15.27	800m: 9:44.90	1:09.86
5.	Wesley van der Luit	ZV Sassenheim	9:49.57	199701895	9:51.07 +0,63			
	100m: 1:08.76	1:08.76	300m: 3:37.07	1:14.80	500m: 6:07.63	1:15.50	700m: 8:38.20	1:15.46
	200m: 2:22.27	1:13.51	400m: 4:52.13	1:15.06	600m: 7:22.74	1:15.11	800m: 9:51.07	1:12.87
6.	Koen Wijnands	SG Patrick - De Roersoppers	9:43.91	199800247	9:59.84 +0,65			
	100m: 1:05.51	1:05.51	300m: 3:32.83	1:14.38	500m: 6:05.04	1:16.74	700m: 8:42.07	1:19.11
	200m: 2:18.45	1:12.94	400m: 4:48.30	1:15.47	600m: 7:22.96	1:17.92	800m: 9:59.84	1:17.77
7.	Patrick Wyrdean	Westland Swimming Stars	10:33.22	199702475	10:04.75 +0,70			
	100m: 1:09.26	1:09.26	300m: 3:39.69	1:15.59	500m: 6:12.84	1:16.67	700m: 8:48.34	1:17.88
	200m: 2:24.10	1:14.84	400m: 4:56.17	1:16.48	600m: 7:30.46	1:17.62	800m: 10:04.75	1:16.41
8.	Max Martens	SG Patrick - De Roersoppers	9:55.15	200004499	10:07.56 +0,63			
	100m: 1:10.79	1:10.79	300m: 3:46.40	1:17.96	500m: 6:21.02	1:15.83	700m: 8:52.69	1:16.38
	200m: 2:28.44	1:17.65	400m: 5:05.19	1:18.79	600m: 7:36.31	1:15.29	800m: 10:07.56	1:14.87
9.	Erik Baalbergen	ZVL-1886	10:29.19	199805775	11:12.84 +0,76			
	100m: 1:14.67	1:14.67	300m: 4:03.36	1:25.92	500m: 6:55.47	1:26.48	700m: 9:48.99	1:26.59
	200m: 2:37.44	1:22.77	400m: 5:28.99	1:25.63	600m: 8:22.40	1:26.93	800m: 11:12.84	1:23.85
30+								
1.	Mike Schel	ENC Arnhem	9:02.63	199403279	9:04.61 +0,73			
	100m: 1:01.95	1:01.95	300m: 3:17.76	1:08.49	500m: 5:36.38	1:09.52	700m: 7:56.15	1:10.24
	200m: 2:09.27	1:07.32	400m: 4:26.86	1:09.10	600m: 6:45.91	1:09.53	800m: 9:04.61	1:08.46
2.	Pieter Pijnenburg	De Biesboschzweimmers	9:53.97	199305227	10:03.58 +0,74			
	100m: 1:09.46	1:09.46	300m: 3:39.29	1:15.18	500m: 6:12.41	1:16.47	700m: 8:47.73	1:17.94
	200m: 2:24.11	1:14.65	400m: 4:55.94	1:16.65	600m: 7:29.79	1:17.38	800m: 10:03.58	1:15.85
35+								
1.	Matteo Viani	Zwemlust- den Hommel	9:05.77	199007717	8:50.09 +0,76			
	100m: 1:02.78	1:02.78	300m: 3:14.09	1:05.95	500m: 5:28.09	1:06.97	700m: 7:42.99	1:07.55
	200m: 2:08.14	1:05.36	400m: 4:21.12	1:07.03	600m: 6:35.44	1:07.35	800m: 8:50.09	1:07.10
2.	Matthew Humphreys	MSV-Zeemacht	9:55.85	198906983	9:44.43 +0,75			
	100m: 1:09.16	1:09.16	300m: 3:37.63	1:14.15	500m: 6:07.26	1:14.99	700m: 8:34.27	1:12.94
	200m: 2:23.48	1:14.32	400m: 4:52.27	1:14.64	600m: 7:21.33	1:14.07	800m: 9:44.43	1:10.16
3.	Tim Bunnik	Triton	9:38.29	199000505	9:44.90 +0,85			
	100m: 1:08.47	1:08.47	300m: 3:38.06	1:14.90	500m: 6:06.63	1:14.72	700m: 8:35.42	1:14.54
	200m: 2:23.16	1:14.69	400m: 4:51.91	1:13.85	600m: 7:20.88	1:14.25	800m: 9:44.90	1:09.48
	Patrick Creemers	SG Patrick - De Roersoppers	10:13.32	199000579	9:44.90 +0,68			
	100m: 1:05.23	1:05.23	300m: 3:32.95	1:14.03	500m: 6:03.53	1:15.49	700m: 8:34.54	1:15.50
	200m: 2:18.92	1:13.69	400m: 4:48.04	1:15.09	600m: 7:19.04	1:15.51	800m: 9:44.90	1:10.36
5.	Wessel Everloo	WS Twente	9:46.05	198906597	S14 9:55.62 +0,92			
	100m: 1:09.40	1:09.40	300m: 3:40.01	1:15.54	500m: 6:10.85	1:13.95	700m: 8:42.79	1:16.22
	200m: 2:24.47	1:15.07	400m: 4:56.90	1:16.89	600m: 7:26.57	1:15.72	800m: 9:55.62	1:12.83
6.	Michel Heijnen	MZ&PC	10:43.67	198701267	9:57.95 +0,91			
	100m: 1:10.85	1:10.85	300m: 3:40.88	1:14.93	500m: 6:13.10	1:16.13	700m: 8:45.07	1:15.89
	200m: 2:25.95	1:15.10	400m: 4:56.97	1:16.09	600m: 7:29.18	1:16.08	800m: 9:57.95	1:12.88
7.	Niels Albrechts	De Schotejil	9:59.01	198800039	10:01.53 +0,82			
	100m: 1:10.39	1:10.39	300m: 3:42.22	1:16.53	500m: 6:15.20	1:16.10	700m: 8:49.11	1:17.01
	200m: 2:25.69	1:15.30	400m: 4:59.10	1:16.88	600m: 7:32.10	1:16.90	800m: 10:01.53	1:12.42

Programmanr. 32, Heren, 800m vrije slag, 35+

rang	naam	vereniging	intijd	199007713	tijd	RT	
8.	Marc Hoogendam	Blue Marlins	10:38.67	199007713	11:06.74	+0,66	
	100m: 1:08.94	1:08.94 300m: 3:51.19	1:16.80	500m: 6:46.61	1:29.04	700m: 9:43.97	1:28.06
	200m: 2:27.33	1:18.39 400m: 5:17.57	1:26.38	600m: 8:15.91	1:29.30	800m: 11:06.74	1:22.77

40+

1.	Frank v.d. Voordt	De Schoteijl	9:45.22	198302259	10:06.81	+0,77	
	100m: 1:09.12	1:09.12 300m: 3:41.88	1:17.59	500m: 6:16.26	1:17.11	700m: 8:50.88	1:17.20
	200m: 2:25.08	1:15.96 400m: 4:59.15	1:17.27	600m: 7:33.68	1:17.42	800m: 10:06.81	1:15.93
2.	Marcel Reefhuis	WS Twente	10:16.15	198101381	10:14.63	+0,68	
	100m: 1:11.23	1:11.23 300m: 3:46.04	1:17.77	500m: 6:22.67	1:18.31	700m: 8:59.38	1:18.18
	200m: 2:28.27	1:17.04 400m: 5:04.36	1:18.32	600m: 7:41.20	1:18.53	800m: 10:14.63	1:15.25

45+

1.	Dennis Dortland	NieMo Barracuda	9:51.92	197800261	10:17.11	+0,94	
	100m: 1:09.97	1:09.97 300m: 3:45.50	1:17.59	500m: 6:23.21	1:18.50	700m: 9:02.02	1:19.20
	200m: 2:27.91	1:17.94 400m: 5:04.71	1:19.21	600m: 7:42.82	1:19.61	800m: 10:17.11	1:15.09
2.	Arjan Buijsse	ZV Sassenheim	10:29.81	197901767	10:28.19	+0,77	
	100m: 1:12.14	1:12.14 300m: 3:49.96	1:19.52	500m: 6:30.01	1:19.48	700m: 9:09.79	1:20.32
	200m: 2:30.44	1:18.30 400m: 5:10.53	1:20.57	600m: 7:49.47	1:19.46	800m: 10:28.19	1:18.40
3.	Yuri Admiraal	SGHW	10:24.72	197701655	10:30.80	+0,77	
	100m: 1:12.10	1:12.10 300m: 3:49.36	1:19.23	500m: 6:31.02	1:20.99	700m: 9:12.62	1:20.30
	200m: 2:30.13	1:18.03 400m: 5:10.03	1:20.67	600m: 7:52.32	1:21.30	800m: 10:30.80	1:18.18
4.	Arjen Nieveen	DZ&PC	10:46.82	198002545	10:33.25	+0,76	
	100m: 1:14.84	1:14.84 300m: 3:55.35	1:20.69	500m: 6:35.96	1:19.66	700m: 9:15.61	1:20.00
	200m: 2:34.66	1:19.82 400m: 5:16.30	1:20.95	600m: 7:55.61	1:19.65	800m: 10:33.25	1:17.64
5.	Freddie Geerlings	Zwemsport Parkstad	10:38.60	197900379	10:37.02	+0,92	
	100m: 1:13.26	1:13.26 300m: 3:51.95	1:20.02	500m: 6:32.88	1:20.72	700m: 9:17.13	1:23.13
	200m: 2:31.93	1:18.67 400m: 5:12.16	1:20.21	600m: 7:54.00	1:21.12	800m: 10:37.02	1:19.89
6.	Bas Broekhuis	MZ&PC	10:56.18	197601561	10:48.18	+0,87	
	100m: 1:14.61	1:14.61 300m: 3:56.92	1:21.80	500m: 6:42.04	1:22.57	700m: 9:27.19	1:22.74
	200m: 2:35.12	1:20.51 400m: 5:19.47	1:22.55	600m: 8:04.45	1:22.41	800m: 10:48.18	1:20.99

50+

1.	Pieter Veenstra	DZ&PC	10:33.49	197301345	10:31.66	+0,82	
	100m: 1:13.03	1:13.03 300m: 3:50.63	1:19.08	500m: 6:29.83	1:19.85	700m: 9:10.97	1:21.18
	200m: 2:31.55	1:18.52 400m: 5:09.98	1:19.35	600m: 7:49.79	1:19.96	800m: 10:31.66	1:20.69
2.	Casper van den Burgh	ZV Sassenheim	10:29.60	197201413	10:50.03	+0,85	
	100m: 1:15.07	1:15.07 300m: 3:58.54	1:22.82	500m: 6:41.83	1:21.04	700m: 9:28.07	1:23.21
	200m: 2:35.72	1:20.65 400m: 5:20.79	1:22.25	600m: 8:04.86	1:23.03	800m: 10:50.03	1:21.96

55+

1.	John Hardeman	Zwemlust- den Hommel	10:04.88	196601615	10:13.64	+0,59	
	100m: 1:12.28	1:12.28 300m: 3:48.11	1:18.33	500m: 6:23.90	1:17.49	700m: 8:59.61	1:17.97
	200m: 2:29.78	1:17.50 400m: 5:06.41	1:18.30	600m: 7:41.64	1:17.74	800m: 10:13.64	1:14.03
2.	Frank van Nobelen	ZV Sassenheim	10:31.15	196900753	10:23.11	+0,78	
	100m: 1:13.17	1:13.17 300m: 3:50.69	1:19.33	500m: 6:30.02	1:19.71	700m: 9:07.74	1:18.56
	200m: 2:31.36	1:18.19 400m: 5:10.31	1:19.62	600m: 7:49.18	1:19.16	800m: 10:23.11	1:15.37
3.	Martin Lacko	MZ&PC	10:58.24	196601655	10:43.88	+0,95	
	100m: 1:15.73	1:15.73 300m: 3:57.91	1:21.57	500m: 6:41.35	1:21.66	700m: 9:23.89	1:21.22
	200m: 2:36.34	1:20.61 400m: 5:19.69	1:21.78	600m: 8:02.67	1:21.32	800m: 10:43.88	1:19.99
4.	Jan-Willem van den Berg	WVZ	11:14.71	196801575	10:54.90	+0,81	
	100m: 1:15.63	1:15.63 300m: 4:01.48	1:22.60	500m: 6:47.22	1:22.79	700m: 9:32.79	1:22.88
	200m: 2:38.88	1:23.25 400m: 5:24.43	1:22.95	600m: 8:09.91	1:22.69	800m: 10:54.90	1:22.11
5.	Leon Slingerland	WVZ	11:32.20	196801707	11:47.14	+0,95	
	100m: 1:20.29	1:20.29 300m: 4:18.53	1:29.44	500m: 7:21.45	1:32.18	700m: 10:22.92	1:29.19
	200m: 2:49.09	1:28.80 400m: 5:49.27	1:30.74	600m: 8:53.73	1:32.28	800m: 11:47.14	1:24.22

Programmanr. 32, Heren, 800m vrije slag

60+

1.	Jon Christensen	Luxembourg Sharks Swimmir	10:11.54	10008				10:13.91	+0,68			
	100m:	1:12.36	1:12.36	300m:	3:46.21	1:17.33	500m:	6:20.10	1:16.23	700m:	8:55.43	1:18.03
	200m:	2:28.88	1:16.52	400m:	5:03.87	1:17.66	600m:	7:37.40	1:17.30	800m:	10:13.91	1:18.48
2.	Henri Michels	De Amstel	11:06.35	196501587				10:49.88	+0,81			
	100m:	1:16.65	1:16.65	300m:	3:59.14	1:21.20	500m:	6:42.33	1:21.62	700m:	9:28.63	1:23.38
	200m:	2:37.94	1:21.29	400m:	5:20.71	1:21.57	600m:	8:05.25	1:22.92	800m:	10:49.88	1:21.25
3.	Karol Lacko	Vysokoskolsky klub Univerzity <i>Slovakian Masters Record</i>	11:14.30	16793				11:04.43	+0,78			
	100m:	1:19.82	1:19.82	300m:	4:07.41	1:24.07	500m:	6:55.89	1:24.15	700m:	9:45.05	1:24.14
	200m:	2:43.34	1:23.52	400m:	5:31.74	1:24.33	600m:	8:20.91	1:25.02	800m:	11:04.43	1:19.38
4.	Menno Lomans	PSV	11:23.70	196101071				11:46.59	+0,84			
	100m:	1:19.14	1:19.14	300m:	4:17.67	1:29.97	500m:	7:17.47	1:30.28	700m:	10:19.20	1:31.10
	200m:	2:47.70	1:28.56	400m:	5:47.19	1:29.52	600m:	8:48.10	1:30.63	800m:	11:46.59	1:27.39
5.	Peter Janssen	Team Noord Holland (SG)	12:14.16	196201307				12:22.57	+1,15			
	100m:	1:28.57	1:28.57	300m:	4:36.85	1:33.93	500m:	7:44.28	1:33.81	700m:	10:51.14	1:33.38
	200m:	3:02.92	1:34.35	400m:	6:10.47	1:33.62	600m:	9:17.76	1:33.48	800m:	12:22.57	1:31.43
DIS	Salvo Andronico	Luxembourg Sharks Swimmir	11:13.74	113								
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>											
AFGEM	Kees-Jan van Overbeeke	WWV Winterswijk	11:25.74	196200489								

65+

1.	Wolfgang Rossa	TPSK 1925 e.V.	12:19.99	396833				12:54.41	+1,15			
	100m:	1:31.75	1:31.75	300m:	4:49.54	1:39.15	500m:	8:07.18	1:37.84	700m:	11:22.17	1:37.54
	200m:	3:10.39	1:38.64	400m:	6:29.34	1:39.80	600m:	9:44.63	1:37.45	800m:	12:54.41	1:32.24
2.	Wim de Lange	AZC	12:42.13	195800533				12:57.52	+0,82			
	100m:	1:29.32	1:29.32	300m:	4:45.14	1:38.18	500m:	8:03.33	1:39.53	700m:	11:21.00	1:39.33
	200m:	3:06.96	1:37.64	400m:	6:23.80	1:38.66	600m:	9:41.67	1:38.34	800m:	12:57.52	1:36.52

70+

1.	Henk Slomp	Z&PC de Inktvis	11:32.73	195500359				11:47.00	+0,97			
	100m:	1:21.82	1:21.82	300m:	4:24.02	1:31.31	500m:	7:23.75	1:28.95	700m:	10:23.32	1:29.41
	200m:	2:52.71	1:30.89	400m:	5:54.80	1:30.78	600m:	8:53.91	1:30.16	800m:	11:47.00	1:23.68
2.	Laurens Klein Breteler	WS Twente	13:19.49	195400109				13:13.34	+0,88			
	100m:	1:27.86	1:27.86	300m:	4:50.93	1:41.76	500m:	8:12.46	1:41.24	700m:	11:35.19	1:41.07
	200m:	3:09.17	1:41.31	400m:	6:31.22	1:40.29	600m:	9:54.12	1:41.66	800m:	13:13.34	1:38.15

80+

1.	Willem Putter	ZV Vlaardingen-Schiedam	14:43.25	194500135				14:41.67	+1,25			
	<i>Nederlands Masters Record</i>											
	100m:	1:41.81	1:41.81	300m:	5:29.15	1:54.40	500m:	9:14.66	1:52.08	700m:	12:57.23	1:50.47
	200m:	3:34.75	1:52.94	400m:	7:22.58	1:53.43	600m:	11:06.76	1:52.10	800m:	14:41.67	1:44.44
2.	Geza Kaltenecker	AZC	15:52.77	194200065				16:39.97	+1,10			
	100m:	1:56.12	1:56.12	300m:	6:10.76	2:08.56	500m:	10:25.32	2:07.79	700m:	14:39.07	2:06.65
	200m:	4:02.20	2:06.08	400m:	8:17.53	2:06.77	600m:	12:32.42	2:07.10	800m:	16:39.97	2:00.90

85+

1.	Frederik Hendrik de Bruijn	CN Aquamasters	14:19.57					15:18.39	+1,19			
	100m:	1:48.37	1:48.37	300m:	5:41.90	1:56.87	500m:	9:36.60	1:56.91	700m:	13:28.37	1:55.14
	200m:	3:45.03	1:56.66	400m:	7:39.69	1:57.79	600m:	11:33.23	1:56.63	800m:	15:18.39	1:50.02

Programmanr. 33
23-11-2025 - 10:57

Dames, 400m wisselslag

20 en ouder
Resultaten

rang	naam	vereniging	intijd		tijd	RT
20+						
1.	Valesca van den Bogert	Hieronymus	5:05.64	200102138	5:15.74	+0,72
	50m: 34.01	34.01	150m: 1:56.08	42.15	250m: 3:21.18	43.32
	100m: 1:13.93	39.92	200m: 2:37.86	41.78	300m: 4:04.79	43.61
					350m: 4:41.14	36.35
					400m: 5:15.74	34.60
25+						
1.	Tamara Grove	De Dolfijn	5:11.03	199601266	5:16.77	+0,72
	50m: 32.99	32.99	150m: 1:52.33	41.35	250m: 3:18.09	45.44
	100m: 1:10.98	37.99	200m: 2:32.65	40.32	300m: 4:05.54	47.45
					350m: 4:41.73	36.19
					400m: 5:16.77	35.04
2.	Sarah Strack	SG Aumund - Vegesack	5:36.23	195679	5:31.85	+0,76
	50m: 35.78	35.78	150m: 2:01.43	44.63	250m: 3:30.71	46.12
	100m: 1:16.80	41.02	200m: 2:44.59	43.16	300m: 4:16.99	46.28
					350m: 4:56.11	39.12
					400m: 5:31.85	35.74
3.	Anouk van der Lans	Westland Swimming Stars	6:14.81	199801614	6:26.37	+0,79
	50m: 39.87	39.87	150m: 2:17.53	46.27	250m: 3:59.93	55.93
	100m: 1:31.26	51.39	200m: 3:04.00	46.47	300m: 4:58.08	58.15
					350m: 5:43.82	45.74
					400m: 6:26.37	42.55
30+						
1.	Fiona Meuffels	PSV	5:27.41	199504366	5:30.23	+0,69
	50m: 34.39	34.39	150m: 2:00.29	44.61	250m: 3:28.90	45.20
	100m: 1:15.68	41.29	200m: 2:43.70	43.41	300m: 4:15.80	46.90
					350m: 4:53.62	37.82
					400m: 5:30.23	36.61
2.	Wendan Poelstra	TriVia	5:44.52	199102496	5:37.89	+0,76
	50m: 33.68	33.68	150m: 1:59.17	43.86	250m: 3:29.77	48.22
	100m: 1:15.31	41.63	200m: 2:41.55	42.38	300m: 4:18.55	48.78
					350m: 4:58.51	39.96
					400m: 5:37.89	39.38
3.	Floor Weijmans	HZPC	5:41.81	199502522	5:42.28	+0,90
	50m: 36.39	36.39	150m: 2:01.70	43.48	250m: 3:33.79	49.23
	100m: 1:18.22	41.83	200m: 2:44.56	42.86	300m: 4:24.74	50.95
					350m: 5:04.32	39.58
					400m: 5:42.28	37.96
4.	Diane Schoenmaker	PSV	5:46.75	199502920	5:51.22	+0,77
	50m: 36.67	36.67	150m: 2:06.69	44.02	250m: 3:40.67	51.07
	100m: 1:22.67	46.00	200m: 2:49.60	42.91	300m: 4:32.26	51.59
					350m: 5:12.65	40.39
					400m: 5:51.22	38.57
5.	Larissa Jansen	PSV	5:48.48	199500660	5:53.83	+0,83
	50m: 38.33	38.33	150m: 2:10.80	47.01	250m: 3:45.88	49.92
	100m: 1:23.79	45.46	200m: 2:55.96	45.16	300m: 4:35.15	49.27
					350m: 5:15.57	40.42
					400m: 5:53.83	38.26
6.	Kelly Wigleven	Poseidon'56	6:11.51	199500058	6:00.17	+0,81
	50m: 37.93	37.93	150m: 2:10.79	45.65	250m: 3:47.11	50.86
	100m: 1:25.14	47.21	200m: 2:56.25	45.46	300m: 4:38.78	51.67
					350m: 5:20.54	41.76
					400m: 6:00.17	39.63
35+						
1.	Jacyntha Plat	Steenwijk 1934	5:38.43	199002956	5:51.33	+0,77
	50m: 34.68	34.68	150m: 2:04.80	46.99	250m: 3:36.47	45.90
	100m: 1:17.81	43.13	200m: 2:50.57	45.77	300m: 4:24.18	47.71
					350m: 5:08.03	43.85
					400m: 5:51.33	43.30
2.	Jil Pocervina	Swimming Luxembourg	6:04.22	345	6:07.94	+0,81
	50m: 38.35	38.35	150m: 2:11.43	46.29	250m: 3:48.89	52.63
	100m: 1:25.14	46.79	200m: 2:56.26	44.83	300m: 4:42.35	53.46
					350m: 5:26.22	43.87
					400m: 6:07.94	41.72
40+						
1.	Viktoria Haden-Felfoldi <i>Hungarian Masters Record</i>	Iron Swim	5:22.23	66/3267	5:18.62	+0,74
	50m: 33.03	33.03	150m: 1:52.09	41.28	250m: 3:18.82	45.96
	100m: 1:10.81	37.78	200m: 2:32.86	40.77	300m: 4:05.88	47.06
					350m: 4:42.79	36.91
					400m: 5:18.62	35.83
2.	Ann Wanter	Zwemclub Geel	5:32.18	ZGEEL/21082/82	5:35.52	+0,81
	50m: 35.75	35.75	150m: 2:00.27	43.53	250m: 3:31.32	49.62
	100m: 1:16.74	40.99	200m: 2:41.70	41.43	300m: 4:20.49	49.17
					350m: 4:59.20	38.71
					400m: 5:35.52	36.32
3.	Debbie van Rooijen	IJZPC	5:51.83	198201402	5:43.50	+0,77
	50m: 36.71	36.71	150m: 2:05.50	43.72	250m: 3:36.96	48.83
	100m: 1:21.78	45.07	200m: 2:48.13	42.63	300m: 4:27.14	50.18
					350m: 5:06.41	39.27
					400m: 5:43.50	37.09

Programmanr. 33, Dames, 400m wisselslag, 40+

rang	naam	vereniging	intijd	198302944	tijd	RT		
4.	Michelle de Villiers	Hellas-Glana	6:25.58	198302944	6:22.66	+0,78		
	50m: 38.76	38.76	150m: 2:13.75	49.22	250m: 3:56.85	55.74	350m: 5:38.69	46.14
	100m: 1:24.53	45.77	200m: 3:01.11	47.36	300m: 4:52.55	55.70	400m: 6:22.66	43.97

45+

1.	C. Kettenmeyer-Reuland	Swimming Club Le Dauphin Ett	5:28.71	2017	5:32.28	+0,82		
	50m: 35.44	35.44	150m: 1:58.62	43.21	250m: 3:28.02	47.59	350m: 4:54.84	38.50
	100m: 1:15.41	39.97	200m: 2:40.43	41.81	300m: 4:16.34	48.32	400m: 5:32.28	37.44
2.	Melanie Kuiper	Zignea	6:14.07	197600350	6:05.82	+0,88		
	50m: 39.21	39.21	150m: 2:14.18	46.92	250m: 3:53.13	52.85	350m: 5:28.13	40.05
	100m: 1:27.26	48.05	200m: 3:00.28	46.10	300m: 4:48.08	54.95	400m: 6:05.82	37.69
3.	Jolanda van Gendt	PSV	6:29.16	197800266	6:23.63	+0,73		
	50m: 40.95	40.95	150m: 2:16.85	46.90	250m: 3:57.12	54.43	350m: 5:37.58	44.66
	100m: 1:29.95	49.00	200m: 3:02.69	45.84	300m: 4:52.92	55.80	400m: 6:23.63	46.05
4.	Chantal Verhoeff	Old Dutch	6:33.05	197900912	6:32.56	+0,82		
	50m: 40.31	40.31	150m: 2:24.13	54.22	250m: 4:11.20	56.16	350m: 5:50.50	42.70
	100m: 1:29.91	49.60	200m: 3:15.04	50.91	300m: 5:07.80	56.60	400m: 6:32.56	42.06
5.	Jannie Vennik	HZ&PC Heerenveen	6:42.22	197601006	6:47.59	+0,82		
	50m: 44.47	44.47	150m: 2:34.53	54.54	250m: 4:25.90	58.52	350m: 6:06.44	42.17
	100m: 1:39.99	55.52	200m: 3:27.38	52.85	300m: 5:24.27	58.37	400m: 6:47.59	41.15

50+

1.	Liselotte Joling	PSV	5:36.34	197500268	5:41.91	+0,79		
	50m: 36.66	36.66	150m: 2:03.41	45.27	250m: 3:35.49	48.41	350m: 5:05.33	39.51
	100m: 1:18.14	41.48	200m: 2:47.08	43.67	300m: 4:25.82	50.33	400m: 5:41.91	36.58

55+

1.	Claudia Thielemann	SG Bayer	5:44.27	333958	5:44.77	+0,74		
	50m: 35.81	35.81	150m: 2:03.19	44.92	250m: 3:36.69	49.47	350m: 5:06.87	39.75
	100m: 1:18.27	42.46	200m: 2:47.22	44.03	300m: 4:27.12	50.43	400m: 5:44.77	37.90
2.	Bianca Groot	MSV-Zeemacht	6:24.68	197000652	6:38.45	+0,87		
	50m: 41.83	41.83	150m: 2:27.00	52.51	250m: 4:15.27	53.97	350m: 5:54.37	44.60
	100m: 1:34.49	52.66	200m: 3:21.30	54.30	300m: 5:09.77	54.50	400m: 6:38.45	44.08
3.	Peggi Hurenkamp	HZ&PC Heerenveen	6:41.06	196900922	7:01.11	+0,85		
	50m: 43.18	43.18	150m: 2:29.28	54.21	250m: 4:23.54	59.81	350m: 6:13.43	49.18
	100m: 1:35.07	51.89	200m: 3:23.73	54.45	300m: 5:24.25	1:00.71	400m: 7:01.11	47.68
4.	K. van Nassau-van den Heuv	Old Dutch	7:03.55	196600188	7:16.43	+0,97		
	50m: 49.12	49.12	150m: 2:44.53	58.78	250m: 4:39.00	56.38	350m: 6:27.02	50.73
	100m: 1:45.75	56.63	200m: 3:42.62	58.09	300m: 5:36.29	57.29	400m: 7:16.43	49.41

60+

1.	Pierrette Michel	Cercle De Natation Sportcity V6	6:12.56	CNSW/000835/62	6:02.14	+0,89		
	<i>Belgian Masters Record, op 100 meter vlinderslag</i>							
	50m: 36.10	36.10	150m: 2:05.38	45.01	250m: 3:43.66	53.93	350m: 5:21.15	42.90
	100m: 1:20.37	44.27	200m: 2:49.73	44.35	300m: 4:38.25	54.59	400m: 6:02.14	40.99
2.	Petra Tossings	GZC Donk	6:44.45	196100376	6:46.90	+0,88		
	50m: 42.92	42.92	150m: 2:28.08	52.23	250m: 4:18.87	57.45	350m: 6:03.36	46.23
	100m: 1:35.85	52.93	200m: 3:21.42	53.34	300m: 5:17.13	58.26	400m: 6:46.90	43.54
3.	Anita Steijger	WVZ	6:54.44	196500628	6:56.84	+0,86		
	50m: 45.37	45.37	150m: 2:34.83	54.88	250m: 4:26.66	1:00.30	350m: 6:12.43	46.57
	100m: 1:39.95	54.58	200m: 3:26.36	51.53	300m: 5:25.86	59.20	400m: 6:56.84	44.41

65+

1.	Hannie Poletiek	TriVia	7:58.88	195900278	7:44.97	+0,96		
	50m: 51.77	51.77	150m: 2:56.85	1:00.49	250m: 4:59.97	1:03.38	350m: 6:54.51	51.43
	100m: 1:56.36	1:04.59	200m: 3:56.59	59.74	300m: 6:03.08	1:03.11	400m: 7:44.97	50.46
2.	Lia Bijkerk	GZC Donk	7:56.86	196000014	7:52.01	+0,97		
	50m: 51.60	51.60	150m: 2:59.94	1:03.27	250m: 5:04.32	1:04.22	350m: 7:03.53	53.23
	100m: 1:56.67	1:05.07	200m: 4:00.10	1:00.16	300m: 6:10.30	1:05.98	400m: 7:52.01	48.48

Programmanr. 33, Dames, 400m wisselslag

75+

1. A. Gilding-Tussaud	WS Twente	9:53.41	195000038	9:34.01							
<i>Nederlands Masters Record</i>											
50m:	1:06.68	1:06.68	150m:	3:41.16	1:09.32	250m:	6:11.63	1:22.92	350m:	8:32.88	1:03.79
100m:	2:31.84	1:25.16	200m:	4:48.71	1:07.55	300m:	7:29.09	1:17.46	400m:	9:34.01	1:01.13

Programmanr. 34
23-11-2025 - 11:32

4 x 100m wisselslag

lft 80 - 399
Resultaten

rang	vereniging	intijd	tijd	RT
100+, Dames				
1.	NieMo Barracuda	4:40.91	4:42.06	+0,69
	Robin Pienaar +0,69 34.99	1:12.86	Melissa van der Heijden +0,23 31.12	1:07.58
	Anouchka Bos +0,39 35.68	1:16.94	Denise van Haren - Boereboom +0,59 30.30	1:04.68
2.	DWK 1	4:46.70	4:45.82	+0,71
	Lindi Bos +0,71 33.85	1:10.58	Inge Koekoek +0,65 32.86	1:11.84
	Anoeska van de Kraats +0,22 37.76	1:21.53	Moniek van Langevelde +0,61 29.73	1:01.87
3.	Neptunia '24 1	4:44.68	4:48.65	+0,77
	Marije Sweering +0,77 34.13	1:11.05	Femke-Romy Wiersma +0,35 33.14	1:11.93
	Noël Iris Hettinga +0,31 35.93	1:18.26	Evelien de Jong +0,35 31.85	1:07.41
4.	Steenwijk 1934 3	4:55.01	4:59.63	+0,67
	Cynthia Koolman +0,67 37.63	1:18.09	Sabine Lageweg +0,37 34.69	1:18.55
	Jacyntha Plat +0,36 36.25	1:18.11	Alies Wagter +0,75 31.23	1:04.88
5.	WS Twente 1	5:07.77	5:10.33	+0,89
	Marleen Hof +0,89 36.13	1:15.88	Nienke Smidt +0,67 34.68	1:16.82
	Pien Ooijman +0,52 42.08	1:30.77	Romée Beverdam +0,41 31.41	1:06.86
6.	DAW 2	5:28.51	5:13.42	+0,64
	Lianne Dekker +0,64 36.21	1:16.46	Maaïke Vooren +0,55 33.07	1:12.18
	Sanne Arisz +0,10 43.35	1:34.64	Brenda Zwarthoed +0,30 32.98	1:10.14
120+, Dames				
1.	WVZ 2	4:39.95	4:40.62	+0,63
	Lauren van IJll +0,63 33.37	1:10.67	Roos van Esch +0,19 33.01	1:12.57
	Delia Badoux +0,41 36.55	1:18.70	Leonie van Noort +0,15 27.91	58.68
2.	Poseidon'56 2	5:02.17	5:06.95	+0,70
	Tonia Ruybroek +0,70 39.03	1:21.23	Kelly de Jonge +0,58 33.35	1:13.32
	Kelly Wigleven +0,62 41.43	1:28.70	Kim van Gemert +0,49 30.48	1:03.70
3.	MSV-Zeemacht 1	5:03.74	5:12.34	+0,66
	Amber van der Kruk +0,66 34.79	1:14.01	Emma Riemers +0,25 33.45	1:16.94
	Bianca Groot +0,27 45.22	1:34.05	Tessa van Dijk-Mosch +0,41 31.28	1:07.34
4.	DAW 1	5:31.29	5:25.70	+1,32
	Meike Kooistra +1,32 39.29	1:18.96	Sandra Temmerman +0,06 33.24	1:15.23
	Celine Bakker +0,53 47.26	1:39.82	Sandra Zwaanswijk +0,38 33.32	1:11.69
160+, Dames				
1.	PSV 4	5:27.47	5:23.55	+0,85
	Nanda van Heteren +0,85 40.33	1:23.36	Jolanda van Gendt +0,52 39.45	1:26.47
	Larissa Jansen +0,62 40.91	1:25.90	Gudule van der Meer +0,65 32.15	1:07.82
2.	DWK 2	5:29.29	5:27.12	+0,59
	Celine Schoenmaker +0,59 32.00	1:07.34	Annabel Kuipers +0,39 32.81	1:11.99
	Willy Schoenmaker-ter Veer +0,63 52.80	1:55.80	Iris van Aurich +0,14 33.82	1:11.99
3.	MZ&PC 1	6:00.29	5:50.55	+0,90
	Angelique Crouzen +0,90 58.12	2:03.62	Manon Koster +0,42 30.48	1:05.96
	Tessa Kierkels +0,89 40.73	1:27.13	Yvonne op den Kamp-Bruls +0,46 35.29	1:13.84

Programmanr. 34, 4 x 100m wisselslag

200+, Dames

1. PSV 1	PSV			4:55.06		4:57.87	+0,75
Janneke Harmsen-Bakker	+0,75	34.44	1:11.54	Jeanne Petit	+0,34	33.28	1:14.70
Trudy Ketting	+0,33	38.20	1:23.19	Liselotte Joling	+0,52	33.22	1:08.44
2. ENC Arnhem 6	ENC Arnhem			5:57.36		5:51.27	+0,88
Karin van der Star-Verhoeven	+0,88	44.25	1:33.59	Irmgard van Weeghel	+0,35	39.29	1:26.99
Yoka de Vegt-van Dijk	+0,76	47.12	1:39.80	Marijn Post	+0,46	33.18	1:10.89

240+, Dames

1. ZPC Amersfoort 2	ZPC Amersfoort			5:20.08		5:11.89	+0,66
<i>Europees Masters Record</i>							
Lesley Cordial	+0,66	37.29	1:17.31	Lidia v. Bon-Rosenbrand	+0,49	34.00	1:14.20
Marjan Remmits-de Lange	+0,24	41.99	1:30.93	Atie Pijtak-Radersma	+0,47	32.65	1:09.45
2. SWOL 1894 4	SWOL 1894			6:29.20		6:28.00	+0,95
Christine Nieuwenhuis	+0,95	50.05	1:42.52	Marijke Kraak-Beckers	+0,41	41.83	1:34.77
Annemarie Vuist-Blum	+0,58	49.49	1:44.24	Annet Kootstra	+0,81	41.34	1:26.47

80+, Heren

1. Hellas-Glana 1	Hellas-Glana			3:57.04		3:56.94	+0,73
<i>Nederlands Masters Record</i>							
Arno Nelissen	+0,73	27.94	58.49	Coen Keulen	+0,19	27.77	1:03.24
Kevin Meuwissen	+0,21	29.56	1:04.90	Lars Kerremans	+0,11	23.67	50.31
2. ZPC Woerden 1	ZPC Woerden			4:08.51		4:10.91	+0,70
Ian Terlouw	+0,70	30.38	1:03.72	Milan de Roo	+0,36	28.57	1:03.12
Daan Hoogendoorn	+0,41	30.39	1:05.98	Ruben Zwartenbol	+0,35	27.39	58.09

100+, Heren

1. WVZ 1	WVZ			4:03.71		3:59.71	+0,76
Jasper Breugem	+0,76	29.23	1:00.02	Sander Kirillova	+0,45	26.61	57.62
Scott Jansen	+0,54	29.88	1:03.53	Jordy van Oel	+0,21	27.71	58.54
2. ENC Arnhem 1	ENC Arnhem			4:12.94		4:13.24	+0,76
Wessel Haverkamp	+0,76	31.55	1:06.76	Peter Rothengatter	+0,39	28.35	1:01.37
Sander de Vrugt	+0,47	31.43	1:08.06	Tim de Vrugt	+0,55	26.88	57.05
3. ZV Hoogland 2	Zwemvereniging Hoogland			4:40.51		4:35.13	+0,70
Jeffrey Roest	+0,70	32.43	1:07.01	Kevin Roest	+0,48	27.69	59.18
Tim de Zoete	+0,25	36.22	1:18.54	Ruben de Boer	+0,31	33.48	1:10.40

DIS De Rijn 1

De Rijn

4:34.58

+0,71

WC - In de vrijeslag de borstligging niet hebben ingenomen voordat een arm- en/of beenslag is gemaakt., 4e zwemmer!

Johan Krakou	+0,71	33.60	1:10.59	Jeroen Louwinger	+0,45	30.77	1:07.72
Rick Haanschoten	+0,40	35.97	1:16.69	Sjoerd Boogert			

120+, Heren

1. Onderdak 1	Onderdak			4:13.12		4:11.53	+0,83
Stefan Roovers	+0,83	31.89	1:06.41	Joeri van Wallenburg	+0,12	28.01	1:00.84
Simon Edenburg	+0,61	31.26	1:07.85	Niek de Ridder	+0,43	26.96	56.43
2. ZPC Amersfoort 4	ZPC Amersfoort			4:15.62		4:13.84	+0,79
Rob van Vliet	+0,79	33.54	1:10.10	Bas Braun	+0,51	28.43	1:01.99
Jelle Opmeer	+0,28	31.12	1:06.87	Jelle Blankestijn	+0,54	26.23	54.88
3. Zwemlust- den Hommel 1	Zwemlust- den Hommel			4:18.37		4:15.39	+0,73
Fayssal Lantema	+0,73	32.24	1:06.01	Louis Kappler	+0,43	27.03	58.88
Vincent Versteeg	+0,42	32.10	1:10.15	Mark Zwart	+0,48	28.27	1:00.35
4. NieMo Barracuda 2	NieMo Barracuda			4:20.47		4:23.93	+0,80
Mark Hensen	+0,80	32.15	1:06.02	Dennis Dortland	+0,38	30.59	1:08.00
Thomas Hesper	+0,60	33.03	1:11.62	Pascal van Haren	+0,49	27.74	58.29
5. ENC Arnhem 5	ENC Arnhem			4:38.30		4:25.42	+0,74
Mike Schel	+0,74	30.57	1:04.29	Mika Bongers	+0,46	29.32	1:05.03
Rik Regtering	+0,52	34.24	1:14.15	Arjen Koop	+0,41	29.05	1:01.95

Programmanr. 34, Heren, 4 x 100m wisselslag, 120+

rang	vereniging	intijd		tijd	RT			
6.	De Schotejil 1	4:31.72		4:30.16	+0,85			
	David Kievit	+0,85	31.17	1:04.46	Frank v.d. Voort	+0,57	32.15	1:09.38
	Jacob Mackloet	+0,37	34.57	1:14.01	Niels Albrechts	+0,39	30.35	1:02.31

160+, Heren

1.	ZPC Amersfoort 3	ZPC Amersfoort	4:07.19		4:17.68	+0,70		
	Martijn Giezen	+0,70	29.65	1:03.46	Erwin Buist	+0,24	28.51	1:05.89
	Darren Chen	+0,22	31.00	1:07.27	Jeroen Zelsmann	+0,52	28.06	1:01.06
2.	Steenwijk 1934 2	Steenwijk 1934	4:24.98		4:23.37	+0,75		
	Guido Keutgen	+0,75	33.43	1:09.51	Rick Driezen	+0,23	28.62	1:02.94
	Kylian Kooijman	+0,59	33.86	1:13.11	Robert Braad	+0,37	27.30	57.81
3.	SG Patrick - De Roersoppers	SG Patrick - De Roersoppers	4:46.23		4:46.04	+0,74		
	Jeroen Meuleners	+0,74	35.12	1:13.19	Koen Wijnands	+0,65	29.61	1:05.02
	Patrick Creemers	+0,34	33.47	1:12.22	Eric Dumas	+0,44	34.67	1:15.61
4.	Poseidon'56 8	Poseidon'56	5:05.39		5:09.83	+0,74		
	Marcel Vroegindewei	+0,74	34.75	1:12.17	Ryan van den Ouden	+0,43	29.24	1:05.14
	Jim Geestman	+0,96	37.61	1:19.66	Bob Lookermans	+0,75	41.74	1:32.86

200+, Heren

1.	PSV 2	PSV	4:30.63		4:33.42	+0,77		
	Jos de Graaf	+0,77	29.44	1:00.85	Jacco Schaap	+0,37	30.75	1:06.94
	Harold Matla	+0,43	34.36	1:13.09	Menno Lomans	+0,59	34.64	1:12.54

240+, Heren

1.	ZPC Amersfoort 1	ZPC Amersfoort	4:38.18		4:32.97	+0,90		
	<i>Europees Masters Record</i>							
	Edwin v. Norden	+0,90	34.14	1:09.77	Chester Marsman	+0,44	28.86	1:03.34
	Ron Korzelius	+0,54	36.15	1:18.22	Johan Remmits	+0,33	29.32	1:01.64

80+, Gemengd

1.	ZVL-1886 7	ZVL-1886	4:24.04		4:18.99	+0,65		
	Robin van Beek	+0,65	30.87	1:03.83	Silke Molendijk	+0,26	29.89	1:04.58
	Robin van Muijen	+0,62	32.67	1:11.26	Jelsie van Ruijven	+0,21	28.28	59.32
2.	Hellas-Glana 2	Hellas-Glana	4:16.00		4:19.41	+0,70		
	Luka Geraerds	+0,70	30.32	1:03.03	Isabel Dijkstra	+0,35	30.82	1:07.55
	Robin Meuwissen	+0,24	31.12	1:09.16	Britt Cornelissens	+0,26	28.22	59.67
3.	De Dinkel 1	De Dinkel	4:33.39		4:34.44	+0,67		
	Mika Heskamp	+0,67	31.41	1:05.54	Laurie Aarminkhof	+0,44	31.41	1:09.81
	Jelle ten Hove	+0,36	33.62	1:12.88	Claire Bosch	+0,68	31.02	1:06.21
4.	ZOB'66 1	ZOB'66	4:32.24		4:37.13	+0,74		
	Rozemarijn van Haaff	+0,74	36.35	1:14.11	Nino van Krimpen	+0,28	29.64	1:05.09
	Emi Schipper	+0,53	36.91	1:20.81	Julian Mes	+0,17	26.72	57.12
5.	ZPC Amersfoort 5	ZPC Amersfoort	4:50.34		4:44.31	+0,73		
	Tom van den Akker	+0,73	31.49	1:06.28	Dries Cavelaars	+0,31	31.18	1:09.06
	Mandy Swart	+0,36	38.27	1:21.42	Maddy van der Hoeven	+0,29	32.49	1:07.55
6.	Poseidon'56 13	Poseidon'56	4:54.87		4:58.36	+0,62		
	Gerard Willighagen	+0,62	29.93	1:02.01	Natasha de Geus	+0,56	38.52	1:24.90
	Sam Beer	+0,36	34.70	1:15.75	Dayna van Hoom	+0,29	35.60	1:15.70

Programmanr. 34, 4 x 100m wisselslag

100+, Gemengd

1.	HZPC 1	HZPC	4:21.52	4:21.87	+0,64
	Björn Piket	+0,64 30.85	1:03.33 Serafina Vlijt	+0,44 32.27	1:10.30
	Koen Koster	+0,41 29.30	1:03.28 Floor Weijmans	+0,45 31.42	1:04.96
2.	HZ&PC Heerenveen 1	HZ&PC Heerenveen	4:30.38	4:34.55	+0,73
	Inge Dekker	+0,73 34.41	1:11.78 Wouter Zijlstra	+0,24 27.27	58.85
	Jorian Darwinkel	+0,03 31.05	1:07.91 Jannie Vennik	+0,47 36.26	1:16.01
3.	DZ&PC 1	DZ&PC	4:39.52	4:36.39	+0,66
	Dyonne Bruggeling	+0,66 36.47	1:15.29 Erik Nijholt	+0,62 30.75	1:05.68
	Tycho Veenstra	+0,04 33.88	1:14.09 Karin Rijkelijhuizen	+0,46 29.70	1:01.33
4.	CWW Swimteam 1	CWW Swimteam	4:29.60	4:36.92	+0,78
	Mathijs van Dijk	+0,78 32.09	1:06.74 Mees Peters	+0,23 27.39	59.96
	Lois van Oijen	+0,56 38.30	1:21.05 Yvette Ratering	+0,76 32.97	1:09.17
5.	ZPC Nederweert 1	ZPC Nederweert	4:37.52	4:44.90	+0,66
	Femke de Wit	+0,66 35.54	1:13.86 Stefan de Leeuw	+0,47 31.68	1:10.00
	Koen van der Wallen	+0,55 36.28	1:17.22 Dyonne Klomp	+0,45 29.77	1:03.82
6.	ZVL-1886 9	ZVL-1886	5:05.82	5:00.52	+0,77
	Valerie Bakker	+0,77 39.20	1:22.83 Jaime Santiago Patterson	+0,32 35.27	1:16.51
	Jose Horcas Nieto	+0,20 33.73	1:13.35 Babet van Aniel	+0,58 32.47	1:07.83
7.	ZVL-1886 8	ZVL-1886	4:56.48	5:01.16	+0,75
	Erik Baalbergen	+0,75 37.21	1:15.41 Thijs Huizer	+0,31 30.27	1:08.87
	Lonneke Graansma	+0,57 40.21	1:25.92 Suzan Blankestijn	+0,38 33.70	1:10.96
8.	NieMo Barracuda 20	NieMo Barracuda	4:59.72	5:04.58	+0,78
	Giulia Rolloos	+0,78 37.81	1:17.72 Ids de Klerk	+0,38 33.43	1:14.80
	Tamara van den Brink	+0,61 42.25	1:30.89 Robin van Beusekom	+0,34 28.97	1:01.17

120+, Gemengd

1.	ZV Hoogland 1	Zwemvereniging Hoogland	4:25.75	4:21.73	+0,60
	Anne-Irene Ducheine	+0,60 33.89	1:10.15 Bas Dries	+0,26 26.30	59.60
	Yuri van Omme	+0,46 32.38	1:10.04 Jamilla van Omme - van Veen	+0,30 29.39	1:01.94
2.	ZPC Amersfoort 6	ZPC Amersfoort	4:43.05	4:42.30	+0,65
	Lotte Eising	+0,65 38.27	1:20.61 Marije Jansen	+0,44 32.06	1:11.60
	Vincent Bakker	+0,08 32.47	1:12.17 Martijn Bartels	+0,15 27.18	57.92
3.	AZC 2	AZC	4:57.26	4:52.42	+0,74
	Ardy Zwanenburg	+0,74 39.33	1:20.70 Jessica Braat	+0,55 33.96	1:15.91
	Ricardo van Dam	+0,74 33.79	1:11.54 Monique van Huizen	+0,58 31.07	1:04.27
4.	De Geul 1	De Geul	5:02.61	4:52.75	+0,88
	Remco van der Graaf	+0,88 35.67	1:13.04 Marcha Admiraal	+0,66 31.79	1:09.84
	Aafke Groot	+0,22 42.36	1:31.65 Ivan van Omme	+0,44 27.79	58.22
5.	ZOB'66 3	ZOB'66	5:08.98	4:58.77	+0,76
	Nina Tourton	+0,76 39.73	1:21.33 Ian van Mullem	+0,21 30.20	1:07.28
	Ferry Blangé	+0,32 37.65	1:21.01 Wendy de Bruin	+0,44 33.55	1:09.15
6.	V.Z.V. Njord 4	V.Z.V. Njord	5:18.72	5:19.66	+0,90
	Jasper Verriet	+0,90 42.05	1:26.26 Tomas Hertogh	+0,51 28.45	1:03.43
	Renee de Kok	+0,41 42.31	1:31.05 Karin Sagonas-Koolen	+0,68 37.57	1:18.92

160+, Gemengd

1.	DAW 3	DAW	4:33.49	4:39.69	+0,79
	Alina Spijkerman	+0,79 39.32	1:21.23 Felix Geenen	+0,24 26.29	58.26
	Laura Badoux	+0,61 36.51	1:19.79 Alex Damen	+0,58 29.00	1:00.41
2.	HZ&PC Heerenveen 2	HZ&PC Heerenveen	4:51.68	4:53.27	+0,59
	Loïs Jalving	+0,59 33.31	1:10.18 René Beetsma	+0,31 32.96	1:14.35
	Richard Kuipers	+0,20 32.45	1:10.12 Peggi Hurenkamp	+0,74 37.32	1:18.62
3.	ZV Sassenheim 6	ZV Sassenheim	4:56.44	4:54.82	+0,78
	Rianne Hofland	+0,78 35.70	1:13.22 Arjan Buijsse	+0,59 32.58	1:12.23
	Bogdan Androne	+0,43 35.68	1:16.64 Marinka vd Zwet	+0,75 34.71	1:12.73
4.	ZPC De Rog 1	ZPC De Rog	5:03.38	4:55.05	+0,65
	Peter Bensen	+0,65 33.75	1:10.17 Sandra Peeters	+0,23 33.02	1:12.13
	Jamie Stals	+0,59 40.83	1:26.64 Rob Spetter	+0,33 31.55	1:06.11
5.	De Duck 1	De Duck	5:02.96	4:56.29	+0,67
	Marcella van der Ent	+0,67 35.48	1:14.45 Jort Vizeé	+0,51 28.86	1:01.52
	Rachel Trainor	+0,51 40.96	1:28.92 Erik Saan	+0,50 33.21	1:11.40

Programmanr. 34, Gemengd, 4 x 100m wisselslag, 160+

rang	vereniging	intijd	tijd	RT
6.	DZ&PC 2	5:11.15	4:58.22	+0,80
	Catherine Hoogeveen	+0,80 37.44	+0,62 30.52	1:07.81
	Pieter Veenstra	+0,53 38.16	+0,37 33.16	1:09.65
7.	TriVia 1	5:18.16	5:15.10	+0,86
	Esther Kwebeman	+0,86 37.91	+0,48 31.24	1:08.33
	Berry van Holland	+0,46 37.00	+0,48 41.67	1:29.59
8.	ZV Sassenheim 7	5:27.27	5:19.17	+0,81
	Luisiana Bigea	+0,81 39.42	+0,44 33.04	1:11.26
	Frank van Nobelen	+0,46 41.00	+0,22 36.38	1:16.71

200+, Gemengd

1.	De Biesboschzwemmers 8	De Biesboschzwemmers	4:59.37	5:03.99	+0,83	
	Nico Swart	+0,83 36.93	1:17.14	Anne-Marie Verschoor-Vos	+0,46 35.14	1:16.46
	Marjo Goelema-Koek	+0,27 39.51	1:25.88	Henri Verschoor	+0,10 30.16	1:04.51
2.	Westland Swimming Stars 1	Westland Swimming Stars	5:18.46	5:17.73	+0,94	
	Mark Nuijten	+0,94 39.33	1:20.47	Mirjan den Drijver	+0,60 35.78	1:20.79
	Pieter Broek	+0,52 39.99	1:25.95	Netty Burik-Geijssen	+0,34 33.45	1:10.52
3.	De Duinkickers 1	De Duinkickers	5:32.32	5:45.23	+0,73	
	Esther Poortvliet - Koedam	+0,73 39.91	1:21.52	Robert de Brauwier	+0,40 38.62	1:24.06
	Inge Roskam	+0,37 46.16	1:40.60	Marcel Brittijn	+0,51 37.67	1:19.05

240+, Gemengd

1.	Steenwijk 1934 1	Steenwijk 1934	6:21.36	5:50.42	+0,81		
	Casper Dollekamp	+0,81 39.99	1:23.23	Huyb Stegeman	+0,49 40.25	1:27.92	
	Linda Wibbelink	+0,43 48.98	1:41.99	Wiina Heijman	+0,69 37.14	1:17.28	
2.	ZVVS 4	ZV Vlaardingen-Schiedam	5:53.16	5:53.48	+0,91		
	Willem Putter	+0,91 56.15	1:56.33	Nadya Putter	+0,29 34.54	1:16.91	
	Bas van den Nouwelant	+0,86 37.63	1:21.20	Conny Boer-Buys	+0,54 37.94	1:19.04	
3.	GZC Donk 1	GZC Donk	5:58.67	6:09.36	+0,76		
	Feikje Wittermans	+0,76 41.57	1:25.66	Petra Tossings		43.11	1:33.52
	Peter Coffeng	+0,70 52.09	1:49.98	Jordey Wijnbergen	+0,77 38.44	1:20.20	

280+, Gemengd

1.	CNSW 3	Cercle De Natation Sportcity	W6:18.94	6:27.98	+0,79	
	<i>Belgian Masters Record</i>					
	Pierrette Michel	+0,79 39.36	1:20.83	Colette Crabbé	+0,30 36.52	1:19.33
	Philippe Godbille	+0,52 44.45	1:38.50	Kevork Boyrazian	+0,69 57.52	2:09.32
2.	PSV 5	PSV	6:32.54	6:38.12	+0,83	
	Carla Hensen	+0,83 54.91	1:51.15	Eymert van Rooij	+0,78 37.94	1:22.04
	Rob Hanou	+0,58 55.29	1:57.12	Corrie Verhoeven	+0,41 41.19	1:27.81
3.	Old Dutch 1	Old Dutch	6:49.21	6:55.73	+0,83	
	Karin van Nassau-van den Heuvel	+0,83 48.90	1:39.36	Hans Vloedgraven	+0,70 35.76	1:15.97
	Nico Baay	53.64	1:56.59	Marie Smits	+0,89 58.82	2:03.81

Programmanr. 36
23-11-2025 - 13:30

Heren, 50m vrije slag

20 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
20+						
1.	Lars Kerremans	Hellas-Glana	23.08	200100305	23.66	+0,70
2.	Scott Jansen	WVZ	23.90	200202455	23.87	+0,64
3.	Erik van Gemert	Poseidon'56	24.75	200300587	24.22	+0,55
4.	Jorian Darwinkel	HZ&PC Heerenveen	24.59	200300565	24.62	+0,66
5.	Daan Hoogendoorn	ZPC Woerden	24.82	200500113	24.83	+0,62
6.	Mees Minneboo	MSV-Zeemacht	25.07	200203465	24.87	+0,60
7.	Remco Dijkstra	HZ&PC Heerenveen	24.81	200100789	25.00	+0,71
8.	Louis Kappler	Zwemlust- den Hommel	24.63	200205067	25.01	+0,78

Programmanr. 36, Heren, 50m vrije slag, 20+

rang	naam	vereniging	intijd		tijd	RT
9.	Fayssal Lanterna	Zwemlust- den Hommel	24.79	200101379	25.03	+0,67
10.	Ruben Trompetter	DZ&PC	25.90	200500997	25.30	+0,84
11.	Mees Peters	CWW Swimteam	31.24	200501895	25.31	+0,71
12.	Tygo Korving	ZOB'66	27.27	200300773	25.34	+0,69
13.	Daan Schra	MZ&PC De Reest	25.43	200203271	25.36	+0,72
14.	Marijn Snel	IJsselmeer	25.33	200400001	25.41	+0,65
15.	Tomas Hertogh	V.Z.V. Njord	26.05	200500297	25.49	+0,77
16.	Milan de Roo	ZPC Woerden	25.60	200102215	25.64	+0,56
17.	Jacco Nijland	ZPC De Hof	25.19	200400081	25.68	+0,68
18.	Mika Bongers	ENC Arnhem	25.76	200502683	25.73	+0,66
19.	Julian Mes	ZOB'66	26.38	200103755	25.83	+0,71
20.	Esper Paans	ZZ&PC De Devel	25.69	200100607	25.89	+0,66
21.	Jelle ten Hove	De Dinkel	25.36	200101373	25.97	+0,68
22.	Jelle Opmeer	ZPC Amersfoort	25.88	200100269	26.24	+0,66
23.	Thijs Huizer	ZVL-1886	25.95	200502523	26.28	+0,70
24.	Coen Keulen	Hellas-Glana	25.48	200400107	26.39	+0,65
25.	Mika Heskamp	De Dinkel	26.25	200300339	26.59	+0,69
26.	Mathijs van Dijk	CWW Swimteam	26.44	200102437	26.63	+0,69
27.	Ruben Zwartebol	ZPC Woerden	27.25	200102651	26.78	+0,58
28.	Tycho Veenstra	DZ&PC	26.84	200500143	26.98	+0,71
29.	Daniel Heling	Aqua'68	26.24	200500641	27.09	+0,78
30.	Remco van Krieken	Wahoo Swimming	28.38	200300325	27.54	+0,62
31.	Tim Seising	VZC	27.60	200500107	28.13	+0,65
32.	Rick Haanschoten	De Rijn	30.31	200100291	28.29	+0,65
33.	Dennis v.d. Bok	De Schotejil	29.05	200504015	29.87	+0,70
34.	Robert Den Breejen	Wahoo Swimming	29.43	200400157	30.68	+0,71
35.	Jasper Verriet	V.Z.V. Njord	35.01	200500451	33.67	+0,84
NG	Mick van Kempen	CWW Swimteam	25.23	200203375		
NG	Jorick van Bon	ZPC Amersfoort	26.94	200300091		

25+

1.	Darren Chen	ZPC Amersfoort	23.73	200001149	24.09	+0,64	
2.	Drishyant Sujith	Luxembourg Sharks Swimming	24.79	22128	24.12	+0,61	
<i>Luxembourg Masters Record</i>							
3.	Arjan Dekker	Bubble	24.51	200000499	24.58	+0,63	
4.	Nino van Krimpen	ZOB'66	25.03	200004611	24.87	+0,63	
5.	Kevin Roest	Zwemvereniging Hoogland	24.91	200001223	25.05	+0,72	
6.	Ryan van den Ouden	Poseidon'56	25.13	199900377	25.11	+0,76	
7.	Doran Paap	ZV Westland	25.01	200000301	25.18	+0,66	
8.	Bart Weiland	D.E.S.	25.25	199700777	25.25	+0,62	
9.	Jacob Mackloet	De Schotejil	25.21	200001171	25.28	+0,66	
10.	Kevin Kingma	ACZ	25.60	199700559	25.47	+0,69	
11.	Jelle Blankestijn	ZPC Amersfoort	25.13	199803737	25.58	+0,68	
12.	Ian Terlouw	ZPC Woerden	25.05	200002345	25.73	+0,66	
13.	Richard Kuipers	HZ&PC Heerenveen	25.40	199704171	25.92	+0,68	
14.	Sam Beer	Poseidon'56	26.82	199605521	26.21	+0,61	
15.	Tim van Grunsven	De Treffers	26.03	199804535	26.49	+0,75	
16.	Daan Siebenheller	Blue Marlins	26.42	199804955	26.58	+0,71	
17.	Ian van Mullem	ZOB'66	26.16	199602545	26.62	+0,69	
18.	Max Martens	SG Patrick - De Roersoppers	26.53	200004499	26.68	+0,61	
19.	Tim de Zoete	Zwemvereniging Hoogland	27.03	199701875	26.69	+0,65	
20.	Martijn Bartels	ZPC Amersfoort	26.45	199603493	26.93	+0,75	
21.	Kylian Kooijman	Steenwijk 1934	27.03	199900763	27.06	+0,73	
22.	Auke Sijperda	AZC	27.21	199905115	27.08	+0,62	
23.	Sjoerd Boogert	De Rijn	27.49	199903153	27.12	+0,75	
24.	Tenzin Tieman	Old Dutch	27.73	200005549	27.35	+0,79	
25.	Arthur Lale-Demoz	NieMo Barracuda	31.23	199705767	27.59	+0,67	
26.	Jaimy Voogt	ZOB'66	27.40	200005881	27.65	+0,67	
27.	Thomas Hesper	NieMo Barracuda	27.89	200004181	28.04	+0,81	
28.	Erik Baalbergen	ZVL-1886	27.82	199805775	28.22	+0,76	
	Lars Jacobsen	DWK	28.14	199705453	28.22	+0,79	578
30.	Leon Kloots	ZPC De Hof	27.57	200001363	28.60	+0,80	
31.	Jesse Brouwers	MZ&PC	29.47	199900393	28.61	+0,77	

Programmanr. 36, Heren, 50m vrije slag, 25+

rang	naam	vereniging	intijd		tijd	RT
32.	Ardy Zwanenburg	AZC	29.48	199902061	29.33	+0,79
33.	Ids de Klerk	NieMo Barracuda	29.21	199803237	29.59	+0,86
34.	Yannic Heereveld	De Treffers	31.91	199805819	31.63	+0,75
35.	Henk Bremmer	Blue Marlins	35.30	200005909	32.15	+0,75
DIS	Dries Cavelaars	ZPC Amersfoort	28.29	199804597		

AA - De start ingezet voor het startsignaal (en wel gezwommen).

30+

1.	Jeroen Baars	NieMo Barracuda	22.86	199200031	22.97	+0,67
2.	Felix Geenen	DAW	22.50	199501085	23.45	+0,73
3.	Bas Dries	Zwemvereniging Hoogland	23.30	199505177	23.66	+0,62
4.	Jesper Oranje	De Duck	25.85	199200997	24.60	+0,67
5.	Steven Uijl	Aqua-Novio '94	24.63	199304075	24.94	+0,64
6.	Koen van der Wallen	ZPC Nederweert	25.52	199405561	25.10	+0,69
7.	Menno Weustenraad	MZ&PC	25.82	199505057	25.20	+0,78
8.	Bas Braun	ZPC Amersfoort	25.17	199106545	25.35	+0,70
9.	Erik Nijholt	DZ&PC	24.78	199401349	25.52	+0,76
10.	Jordy Heusschen	Hellas-Glana	26.45	199503405	26.38	+0,66
11.	Sander Riezebos	WS Twente	27.49	199400467	26.62	+0,67
12.	Jorden Theijink	ZPC De Hof	26.50	199400323	26.66	+0,67
13.	Johan Krakou	De Rijn	27.54	199101311	27.73	+0,76
14.	Robin van Beusekom	NieMo Barracuda	27.57	199205841	28.08	+0,74
15.	Remco Visser	ZPC Woerden	29.68	199503185	28.55	+0,68
16.	Cars Wiegmann	WS Twente	28.86	199401025	28.59	+0,71
17.	Jaime Santiago Patterson	ZVL-1886	29.03	199406797	28.94	+0,64
18.	Derek Valkenier	MSV-Zeemacht	30.86	199207397	31.04	+0,75
DIS	Mike van der Sanden	PSV	37.03	199506349		

AA - De start ingezet voor het startsignaal (en wel gezwommen).

35+

1.	Pascal van Haren	NieMo Barracuda	25.43	198704101	25.44	+0,67
2.	Sherif Badawy	DAW	26.40	198907047	26.13	+0,69
3.	Vincent Bakker	ZPC Amersfoort	26.41	198600107	26.62	+0,74
4.	Rolf Baldwin Versteeg	Brander SV 1973 e.V.	28.11	368180	27.68	+0,71
5.	Marc Hoogendam	Blue Marlins	27.70	199007713	27.74	+0,66
6.	Ruben Stolk	ZOB'66	27.85	199005665	27.81	+0,69
7.	Remco van der Graaf	De Geul	28.91	198704007	27.99	+0,82
8.	Marvin Kok	SG Octopus - ZVV	30.56	198701787	28.69	+0,78
9.	Mitchell van Uiter	De Geul	30.14	199004067	29.61	+0,85
10.	Karsten Meijers	MZ&PC	33.31	199004959	33.22	+0,83
NG	Bram Piederiet	ZV Vlaardingen-Schiedam	27.51	199007757		

40+

1.	Alan Smeets	Zwemsport Parkstad	24.57	198402089	25.30	+0,75
2.	Ivan van Omme	De Geul	26.76	198201263	26.28	+0,66
	Jim Geestman	Poseidon'56	26.32	198300699	26.28	+0,84
4.	Ignacio García Rodríguez	ACZ	28.11	198504015	26.85	+0,65
5.	Thomas Dol	Zeester Meerval	28.04	198200357	27.23	+0,77
6.	Pieter Pickhardt	ZPC De Hof	27.65	198301657	27.74	+0,81
7.	Peter van de Bor	Team Noord Holland (SG)	27.81	198402897	27.77	+0,78
8.	Oscar Monge	IJZPC	28.39	198102599	28.13	+0,68
9.	Wouter Zijlstra	DAW	28.59	198202077	28.58	+0,75
10.	Christian Van Genderen	Wahoo Swimming	31.38	198300711	31.07	+0,74
11.	Frans Kooijman	Poseidon'56	34.00	198303185	33.74	+0,79
DIS	Werner van Wyk	De Treffers	27.20	198303191		

AA - De start ingezet voor het startsignaal (en wel gezwommen).

Programmanr. 36, Heren, 50m vrije slag

45+

1.	Casper Hut	HZ&PC Heerenveen	25.61	197800471	24.80	+0,69
2.	Jeroen Zelsmann	ZPC Amersfoort	25.25	197701551	25.28	+0,66
3.	Erwin Buijt	ZPC Amersfoort	25.65	197800183	26.25	+0,72
4.	Rene van Hoorn	ZV Vlaardingen-Schiedam	26.72	197601747	26.50	+0,68
5.	Victor Barnar	GoSwim	26.84	197801805	26.88	+0,71
6.	Bas van den Nouweland	ZV Vlaardingen-Schiedam	26.80	198001103	26.95	+0,78
7.	Robert Istrate	Zwemspport Parkstad	27.53	198002555	27.05	+0,74
8.	Vincent Versteeg	Zwemlust- den Hommel	26.64	197701003	27.06	+0,75
9.	Arjen Nieveen	DZ&PC	28.25	198002545	27.24	+0,69
	Rik Regtering	ENC Arnhem	26.87	197900999	27.24	+0,85
11.	Kelvin Isselt	RZ	27.86	197601119	27.30	+0,65
12.	Pieter Broek	Westland Swimming Stars	27.89	197701637	27.87	+0,70
13.	Mark Zwart	Zwemlust- den Hommel	27.74	197901461	28.00	+0,83
14.	Arjen Koop	ENC Arnhem	28.36	197900697	28.05	+0,72
15.	Klaas Poelstra	H2Oldambt	28.86	197800825	28.45	+0,85
16.	Thiemo Irtel	Schwimmklub Bern	28.51		28.52	+0,84
17.	Jeroen Meuleners	SG Patrick - De Roersoppers	28.31	197800703	28.53	+0,76
18.	Gino Martijn	RZ	28.36	197901865	28.58	+0,63
19.	Berry van Holland	TriVia	29.22	198000603	28.78	+0,75
20.	Eric Pütz	Luxembourg Sharks Swimming	29.72	3699	28.85	+0,79
21.	Arjan Buijsse	ZV Sassenheim	30.98	197901767	29.33	+0,79
22.	Marco Horneman	NieMo Barracuda	29.58	198000623	29.83	+0,75
23.	Erik Tobé	ZOB'66	31.00	197901485	30.92	+0,81
24.	Ivan Tai-Apin	Albion	32.41	197701825	31.40	+1,01
25.	Ingmar Kooman	ZVL-1886	31.95	197901517	31.92	+0,85
26.	Robin Roskam	De Duinkickers	32.48	197801831	32.01	+0,77
27.	Paul Rutten	ENC Arnhem	32.75	198001293	33.50	+0,61
28.	Dylan van Goor	Poseidon'56	36.77	197601757	35.92	+0,75
AFGEM	Jasper van Heijst	ZPCH	24.97	197601699		
NG	André Noordwijk	NieMo Barracuda	29.53	197901785		

50+

1.	Antwan van Engen	CWW Swimteam	26.89	197101577	26.32	+0,72
2.	Kees Bakker	Gay Swim Amsterdam	27.33	197501055	27.16	+0,65
3.	Marcel van Winssen	De Gelenberg	28.29	197101477	27.33	+0,72
4.	Jacco Schaap	PSV	27.02	197401611	27.72	+0,87
5.	Peter Meijer	DZ&PC	28.29	197300613	27.89	+0,41
	Erik Lamers	De Gelenberg	28.40	197500507	27.89	+0,66
7.	Romain Dubois	MZ&PC	28.05	197500215	27.99	+0,76
8.	Peter de Vries	HZ&PC Heerenveen	29.11	197401601	28.28	+0,69
9.	Sagar Jaivant	WVZ	28.73	197401615	28.33	+0,81
10.	Olivier van Heezik	PSV	28.68	197101763	28.34	+0,77
11.	Michael van der Reijden	ZV Vlaardingen-Schiedam	30.30	197501575	28.71	+0,72
12.	Jeroen Temme	TriVia	29.25	197201703	29.23	+0,87
13.	Erik Leppers	RZ	30.38	197100561	29.67	+0,76
14.	Bas Kremers	TRB-RES	30.32	197201611	30.28	+0,76
15.	Michael Go	AZC	30.13	197501397	30.80	+0,73
16.	Marcel van Walt van Praag	Gay Swim Amsterdam	33.86	197501425	31.93	+0,73
17.	Rob van de Ven	Neptunus'58	31.73	197101695	32.23	+0,74
18.	Jeroen Hoeksel	ZV Vlaardingen-Schiedam	34.12	197401533	34.21	+0,91
NG.ZA	Bjorn Moller	Luxembourg Sharks Swimming	29.20	5956		

55+

1.	Darius Andrzejczak	SG Mönchengladbach	25.68	326924	25.47	+0,63
2.	Chester Marsman	ZPC Amersfoort	25.93	196900671	26.13	+0,71
3.	Richard Ricksen	Hellas-Glana	26.96	197000841	27.06	+0,80
4.	Marcel Vroegindewei	Poseidon'56	28.29	196801709	27.75	+0,75
5.	Henri Verschoor	De Biesboschzwemmers	29.07	197001041	29.11	+0,92
6.	Teus Krijgsman	ACZ	30.64	196600431	30.17	+0,76
7.	Eymert van Rooij	PSV	35.47	196601631	30.80	+0,75
8.	Marcel Brittijn	De Duinkickers	31.29	196900159	31.26	+0,56
9.	Nico Swart	De Biesboschzwemmers	30.92	196801475	31.37	+0,65

Programmanr. 36, Heren, 50m vrije slag, 55+

rang	naam	vereniging	intijd		tijd	RT
10.	Leon Slingerland	WVZ	30.57	196801707	31.87	+0,89
11.	Erwin Snip	ENC Arnhem	30.62	197001555	31.96	+0,89
12.	Eric Dumas	SG Patrick - De Roersoppers	35.87	196901397	33.67	+0,79
13.	Jordey Wijnbergen	GZC Donk	35.16	196901897	34.94	+0,77
14.	Andre Exter	Poseidon'56	41.02	196601585	42.75	+0,79
DIS	Kees Akershoeck	De Stelle	33.72	196900009		

AA - De start ingezet voor het startsignaal (en wel gezwommen).

60+

1.	Peter Bernsen	ZPC De Rog	26.90	196301119	27.18	+0,69
2.	Pieter Derckx	ZEPS	27.45	196501241	27.91	+0,64
3.	Darius Ziembra	SGS Münster	29.15	493708	28.67	+0,76
4.	Theo Bakker	TriVia	29.09	196401231	29.32	+0,75
5.	Rob Spetter	ZPC De Rog	32.68	196201239	30.00	+0,71
6.	Kees-Jan van Overbeeke	WVW Winterswijk	36.20	196200489	30.29	+0,84
7.	Eric de Haas	De Treffers	29.98	196501275	30.43	+0,79
8.	Erik Saan	De Duck	30.21	196500769	30.89	+0,97
9.	Henri Michels	De Amstel	30.19	196501587	31.40	+0,81
10.	Marcel Nelissen	MZ&PC	39.87	196501611	38.86	+0,75
11.	Bob Lookermans	Poseidon'56	38.95	196201295	40.62	+0,99

65+

1.	Erik Kamphuis	ZPC De Rog	31.67	196001035	29.52	+0,82
2.	Peter Coffeng	GZC Donk	35.28	195700063	34.86	+0,96
3.	Philippe Godbille	Cercle De Natation Sportcity Wo	34.47	CNSW/000230/57	35.70	
4.	Klaas Paulusse	Tempo Valkenswaard	36.20	195900817	36.96	+0,86
DIS	Mark Nuijten	Westland Swimming Stars	30.31	196000411		

AA - De start ingezet voor het startsignaal (en wel gezwommen).

70+

1.	Harry Dokter	SWOL 1894	31.01	195100037	31.53	+0,81
2.	Ruud Ruiters	WS Twente	31.77	195300169	31.82	+1,00
3.	Rob Berkhof	SWOL 1894	42.33	195200245	41.76	+1,17

75+

1.	Piet Schop	De Bevelanders	36.74	195000109	37.63	+0,63
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80+

1.	Willem Putter	ZV Vlaardingen-Schiedam	37.79	194500135	39.35	+1,18
2.	Geza Kaltenecker	AZC	40.44	194200065	41.11	+0,86
3.	Nico Baay	Old Dutch	52.48	194200053	52.42	+0,88
4.	Kevork Boyrazian	Cercle De Natation Sportcity Wo	51.89	CNSW/002620/44	55.16	+1,14

Programmanr. 37
23-11-2025 - 13:56

Dames, 50m vrije slag

20 en ouder
Resultaten

rang	naam	vereniging	intijd		tijd	RT
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Programmanr. 37, Dames, 50m vrije slag

20+

1.	Michelle van Wijk	WWV Winterswijk	26.32	200204746	26.88	+0,72
2.	Amber Hesper	NieMo Barracuda	26.52	200202188	27.03	+0,70
3.	Jelsie van Ruijven	ZVL-1886	27.34	200500282	27.66	+0,60
4.	Isabel Dijkstra	Hellas-Glana	27.75	200200918	27.82	+0,77
5.	Emi Schipper	ZOB'66	27.90	200502126	27.86	+0,74
6.	Robin Pienaar	NieMo Barracuda	27.52	200102236	28.00	+0,77
7.	Valesca van den Bogert	Hieronymus	28.00	200102138	28.08	+0,64
	Kim van Gemert	Poseidon'56	28.81	200101968	28.08	+0,73
9.	Dyonne Klomp	ZPC Nederweert	27.57	200400642	28.09	+0,69
10.	Esmée van Peer	TriVia	27.59	200201114	28.11	+0,73
11.	Tess Panjer	VZC	27.95	200403060	28.33	+0,77
12.	Lyke Buscop	De Schotejil	28.23	200500552	28.40	+0,77
13.	Anouchka Bos	NieMo Barracuda	27.86	200501528	28.45	+0,77
	Nikki Douma	Hellas-Glana	27.87	200102252	28.45	+0,77
15.	Lotte van Gessel	Team Noord Holland (SG)	28.11	200300900	28.51	+0,80
16.	Manon de Man	Deltasteur	28.24	200201458	28.78	+0,60
17.	Noor Polman	CWW Swimteam	28.89	200501248	28.88	+0,56
18.	Evelien Husselman	MZ&PC De Reest	28.45	200501324	28.90	+0,71
19.	Marije Sweering	Neptunia '24	28.35	200101228	28.91	+0,72
20.	Xoë Stuit	Aqua'68	28.98	200400754	28.94	+0,75
21.	Loïs Jalving	HZ&PC Heerenveen	29.69	200400280	29.22	+0,63
22.	Jessica Braat	AZC	29.15	200205684	29.31	+0,66
23.	Rozemarijn van Haaff	ZOB'66	29.06	200201852	29.38	+0,74
24.	Feline Slijkhuis	SG Octopus - ZVV	29.25	200501042	29.45	+0,85
25.	Kim de Jong	Westland Swimming Stars	29.07	200401522	29.47	+0,73
26.	Noa de Bock	De Duck	28.97	200300318	29.61	+0,71
27.	Daphne van Tilburg	De Geul	30.64	200500580	29.83	+0,74
	Lois van Oijen	CWW Swimteam	30.52	200402054	29.83	+0,81
29.	Rose Lether	ENC Arnhem	29.93	200403330	29.86	+0,68
30.	Femke de Wit	ZPC Nederweert	29.57	200102184	29.87	+0,72
31.	Kyra Wesemann	MSV-Zeemacht	30.98	200201440	29.90	+0,74
	Inge Dekker	HZ&PC Heerenveen	28.44	200200476	29.90	+0,73
33.	Joline Koop	Aqua'68	30.46	200403174	29.99	+0,75
34.	Lieke Broere	De Otters Het Gooi	29.49	200303890	30.04	+0,78
35.	Hannah Elting	ENC Arnhem	30.74	200402702	30.06	+0,66
36.	Emma Riemers	MSV-Zeemacht	29.52	200500748	30.10	+0,77
37.	Annika de Wolf	ZPC Amersfoort	30.09	200504774	30.28	+0,68
38.	Sydney Celie	IJsselmeer	31.07	200406054	30.30	+0,63
39.	Cecilia van Dam	De Rijn	29.78	200502110	30.31	+0,61
40.	Eline Groen	MZ&PC De Reest	30.83	200204680	30.56	+0,85
41.	Monica Faber	Deltasteur	30.14	200400388	30.57	+0,75
	Romée Beverdam	WS Twente	30.89	200100158	30.57	+0,79
43.	Tara Schuurman	Deltasteur	29.90	200400386	30.61	+0,67
44.	Claire Bosch	De Dinkel	30.10	200401480	30.67	+0,81
45.	Manon van der Wielen	HZPC	30.94	200200550	30.90	+0,77
46.	Maddy van der Hoeven	ZPC Amersfoort	30.40	200401298	31.20	+0,76
47.	Juliette Boon	ZZ&PC De Devel	31.51	200401908	31.28	+0,74
48.	Lianne Dekker	DAW	30.68	200305438	31.29	+0,70
	Daphne van Rees	SG Octopus - ZVV	31.44	200301766	31.29	+0,74
50.	Meike Kooistra	DAW	30.92	200301842	31.34	+0,85
51.	Jennifer Koonen	Zwemsport Parkstad	30.84	200500386	31.48	+0,76
52.	Ester Schuurman	Deltasteur	31.52	200201106	31.63	+0,73
53.	Natasha de Geus	Poseidon'56	31.93	200403698	31.71	+0,74
54.	Cynthia Koolman	Steenwijk 1934	32.53	200300232	31.94	+0,53
55.	Nicole Janssen	D.E.S.	32.96	200502994	32.07	+0,78
56.	Marit van Krimpen	ZOB'66	38.51	200403506	32.22	+0,66
57.	Ilse Stut	De Otters Het Gooi	32.65	200206236	32.54	+0,84
58.	Leonie van Moorsel	HPC Heemstede	33.82	200203098	32.57	+0,80
59.	Valerie Bakker	ZVL-1886	32.46	200103672	32.76	+0,72
60.	Evelien te Paske	Tiburón	32.29	200400708	33.37	+0,62
61.	Lieke Hegeman	TriVia	33.97	200505390	33.76	+0,58
62.	Sanne Arisz	DAW	33.33	200106082	33.84	+0,74
63.	Dayna van Hoorn	Poseidon'56	35.00	200502800	34.28	+0,88
64.	Nikka Markic	TriVia	38.00	200201842	35.92	+0,63

Programmanr. 37, Dames, 50m vrije slag, 20+

rang	naam	vereniging	intijd		tijd	RT
65.	Marit Gerritsen	WS Twente	36.75	200200664	36.58	+0,74
66.	Esmeralda Elbers	SGHW	35.03	200404888	38.03	+0,84
DIS	Jamie Stals	ZPC De Rog	31.88	200401678		

AA - De start ingezet voor het startsignaal (en wel gezwommen).

25+

1.	Britt Cornelissens	Hellas-Glana	26.29	200000632	26.82	+0,68
2.	Tamara Grove	De Dolfijn	26.86	199601266	26.96	+0,72
3.	Manon Kloosterman	Zwemlust- den Hommel	27.86	199702082	27.63	+0,70
4.	Marcella van der Ent	De Duck	28.37	199600174	27.98	+0,68
5.	Alisha Vieira	Blue Marlins	28.54	199904554	28.17	+0,66
6.	Celine Schoenmaker	DWK	28.08	199801976	28.57	+0,61
7.	Melissa van der Heijden	NieMo Barracuda	29.79	199605226	28.58	+0,58
8.	Laurie Aarninkhof	De Dinkel	29.20	199800822	28.85	+0,85
9.	Sharon Wolfs	Hellas-Glana	27.87	200004800	28.87	+0,65
10.	Alies Wagter	Steenwijk 1934	28.90	199900840	29.02	+0,82
11.	Tamara Bloemers	ZPC Nederweert	28.45	199801328	29.04	+0,80
12.	Mirelle de Kort	VZ&PC Nautilus	29.20	200005546	29.31	+0,73
13.	Kelly de Jonge	Poseidon'56	29.53	199701210	29.71	+0,79
14.	Marleen Hof	WS Twente	29.90	199802464	29.92	+0,86
15.	Sarah Strack	SG Aumund - Vegesack	30.41	195679	29.95	
16.	Astrid Wibbelink	Steenwijk 1934	31.17	199600006	30.46	+0,76
17.	Mandy Swart	ZPC Amersfoort	30.51	199904916	30.61	+0,73
18.	Evelien de Jong	Neptunia '24	29.68	199805316	30.64	+0,78
19.	Brenda Zwarthoed	DAW	30.13	199604938	30.68	+0,74
20.	Sabine Lageweg	Steenwijk 1934	30.33	199900926	30.71	+0,69
21.	Charissa Drost	Hellas-Glana	30.67	199704750	31.22	+0,82
22.	Maud Heldoorn	Deltasteur	31.48	200000564	31.28	+0,67
23.	Isa Cuijpers	Aqua-Novio '94	31.02	199906264	31.45	+0,67
24.	Deborah Thoolen	Team Noord Holland (SG)	32.44	199703568	31.83	+0,70
25.	Judith Kleinjan	De Duck	31.97	199802710	31.89	+0,87
26.	Iris Bastiaansen	De Amstel	31.09	199902006	32.02	+0,72
27.	Lonneke Graansma	ZVL-1886	31.66	199900936	32.05	+0,64
28.	Daphne Dols	ZPC Woerden	31.27	199904622	32.08	+0,76
29.	Tamara van den Brink	NieMo Barracuda	31.22	199804182	32.35	+0,76
30.	Esmée Rolloos	NieMo Barracuda	32.10	199800056	32.48	+0,80
31.	Mirna Wolters	De Plons	33.66	199802046	32.95	+0,75
32.	Kim Hamakers	ZPC De Rog	34.98	199803214	34.88	+0,76

30+

1.	Karin Rijkelijkhuijzen	DZ&PC	27.30	199403358	27.49	+0,66
2.	Cora van Dorst	Zwemvereniging De Zilvermeeuw	28.63	199106218	27.51	+0,73
3.	Marcha Admiraal	De Geul	27.97	199300012	28.08	+0,77
4.	Natasja Snijders	Aqua-Novio '94	28.08	199107966	28.13	+0,80
5.	Melissa Meijer	Zwemsport Parkstad	28.48	199304374	28.49	+0,70
6.	D. van Haren - Boereboom	NieMo Barracuda	27.80	199202144	29.35	+0,73
7.	Larissa Jansen	PSV	29.93	199500660	29.40	+0,78
8.	Karin Groen	ZPC de Kanaalstreek	28.17	199502440	30.03	+0,63
9.	Tessa van Dijk-Mosch	MSV-Zeemacht	29.18	199102172	30.53	+0,65
10.	Giulia Rolloos	NieMo Barracuda	32.28	199500946	31.60	+0,78
11.	Nanda Wobben-de Vries	Steenwijk 1934	30.95	199204328	31.65	+0,84
12.	Leontine Groeneveldt	De Duck	29.71	199303526	31.67	+0,56
13.	Dyonne Bruggeling	DZ&PC	32.65	199104880	31.94	+0,61
14.	Alma Janssen	Zegenwerp	35.50	199401078	32.08	+0,60
15.	Celine Bakker	DAW	32.18	199302562	32.41	+0,72
16.	Eline Molle	De Geul	34.40	199404276	33.26	+0,82
17.	Daniela Macetas	Cercle De Natation Sportcity Wo	34.53	CNSW/013891/95	34.12	+0,83
18.	Yvette Senden	ZPC De Rog	39.42	199307812	40.31	+0,82
19.	Claudia Meijers-Creemers	MZ&PC	40.89	199202864	40.52	+0,81

Programmanr. 37, Dames, 50m vrije slag

35+

1.	Saskia de Klerk	GoSwim	27.20	199004612	27.42	+0,66
2.	Anna Maria Rijkens	WSV St. Johann in Tirol	28.30	48298	28.79	+0,73
3.	Cristina Rodriguez Bouzo	De Treffers	30.74	198806948	29.11	+0,71
4.	Monique van Huizen	AZC	29.17	198706236	29.28	+0,59
5.	Relinda Baas	TriVia	29.67	198900144	29.89	+0,77
6.	Kimberly Whittington	VZC	30.50	198704616	29.94	+0,72
7.	Ingrid Jansen	ZEPS	31.10	198706292	30.49	+0,53
8.	Ilse van den Wijngaard	ZPC Woerden	30.81	198904736	31.16	+0,63
9.	Nienke van Stipriaan	Zwemvereniging Hoogland	30.57	198703970	31.28	+0,91
10.	D. van den Hoogenband	Z&PV Nuenen	32.92	199001558	33.20	+0,75
11.	Y. op den Kamp-Bruls	MZ&PC	34.08	199008114	33.60	+0,81
12.	Manouk Ticheler	De Duinkickers	36.30	198705416	33.71	+0,75
13.	Monique Kok	SG Octopus - ZVV	36.97	198605398	37.12	+0,63

40+

1.	Anneloes Peulen	Z&PV Nuenen	26.76	198502314	26.84	+0,66
2.	Kate Nicholson	SSF Bonn	28.63	444702	28.16	+0,67
3.	A. Verschoor-Vos	De Biesboschzwemmers	29.27	198102300	29.07	+0,83
4.	Marije Jansen	ZPC Amersfoort	28.94	198504088	29.60	+0,67
	Evita van de Ketterij	De Treffers	30.69	198504284	29.60	+0,72
6.	Ann Wanter	Zwemclub Geel	29.34	ZGEEL/21082/82	29.92	+0,80
7.	Miranda Pijnenburg	De Treffers	30.25	198301216	30.37	+0,79
8.	Sandra Zwaanswijk	DAW	34.56	198503934	31.40	+0,77
9.	Sandra Schellekens	Neptunus'58	31.26	198503416	31.52	+0,64
	Marijn Post	ENC Arnhem	31.84	198101194	31.52	+0,84
11.	Michelle de Villiers	Hellas-Glana	31.05	198302944	32.02	+0,77
12.	Renee de Kok	V.Z.V. Njord	31.87	198403350	32.25	+0,62
13.	Tonia Ruybroek	Poseidon'56	32.30	198101290	32.38	+0,87
14.	Anne Besseling-de Jong	De Geul	33.51	198102084	33.83	+0,80
15.	Riky Smeets-Jansen	ZEPS	36.83	198401142	35.23	+0,77

45+

1.	Delia Badoux	WVZ	27.54	198000042	27.73	+0,71
	<i>Nederlands Masters Record</i>					
2.	Krista de Reus-Trompetter	DZ&PC	31.13	197600520	31.11	+0,86
3.	Iris de Boer - Oosterhof	MZ&PC De Reest	32.34	197701152	32.49	+0,75
4.	Marian Nederlof	De Geul	33.04	197600950	33.38	+0,79
5.	A. Knegt-Bessembinders	De Spatters	34.22	197601064	33.63	+0,71
6.	Inge Roskam	De Duinkickers	33.72	197801296	34.22	+0,76
7.	Saskia op den Velde	De Duinkickers	34.97	197901530	35.59	+0,85
8.	Tanja Lenz	Uerdinger SV 08	36.75	451703	35.69	+0,77
9.	Leonie Scholten	Steenwijk 1934	37.04	197901560	36.66	+0,79
10.	Clementine van Bruxvoort	Albion	40.26	197700138	39.16	+0,82
11.	Katrin Glatzer	ZPC Amersfoort	40.99	197601200	41.70	+0,82
				S9		281

50+

1.	Malin Nilsson	Swimming Luxembourg	29.38	15482	29.19	+0,59
	<i>Luxembourg Masters Record</i>					
2.	Edith Janssen-Koolen	TRB-RES	30.04	197300898	29.83	+0,76
3.	Cindy Gootzen-Bulthuis	RZ	31.55	197500990	29.89	+0,77
4.	Yvette Ratering	CWW Swimteam	30.22	197200990	30.66	+0,84
5.	Laura de Pazos Ortega	SSF Bonn	33.21	444685	32.63	+0,58
6.	Nicole Millers	SV Neuenhof	37.49	414983	38.44	+0,62
7.	Greta Wyma-Teitsma	DWK	44.46	197100696	41.59	+0,89

Programmanr. 37, Dames, 50m vrije slag

55+

1.	Susan Fraser	Free Style SC	30.56	63571	29.85	+0,72
2.	Carol Hollemans	ACZ	30.39	196900252	30.01	+0,62
	Lesley Cordial	ZPC Amersfoort	29.50	196700684	30.01	+0,77
4.	Lidia v. Bon-Rosenbrand	ZPC Amersfoort	30.26	197000054	30.03	+0,78
5.	Jeanne Petit	PSV	32.33	197001020	31.57	+0,77
6.	Marjo Goelema-Koek	De Biesboschzweimmers	30.58	196900192	32.31	+0,80
7.	Regine Beckers-Stribos	ZPC De Rog	32.92	197000492	33.11	+0,84
8.	Marijke Campfens	De Geul	34.13	196900960	33.89	+0,67
9.	Helena Mels	ZV Vlaardingen-Schiedam	33.69	196901036	34.27	+0,73
10.	Cancia Leirissa	Albion	34.55	196700748	34.83	+0,73
11.	Karin Sagonas-Koolen	V.Z.V. Njord	34.61	197000964	34.95	+0,92
12.	Caroline Kruger	Albion	35.91	196800928	35.26	+0,75
13.	Karin Berckenkamp	GZC Donk	41.97	196900038	39.08	+1,05
14.	Inge Deutz	ZV Vlaardingen-Schiedam	40.56	196600726	41.34	+0,80
15.	Annette van Dok	MSV-Zeemacht	42.01	196800742	41.44	+0,82
16.	Roselinda van der Vlugt	De Geul	44.23	196700710	42.62	+0,84
17.	Cora Smulders	ENC Arnhem	43.06	196600668	43.12	+0,80
18.	Marleen Robbers	ENC Arnhem	52.56	196600666	51.54	+1,41

60+

1.	Marjan Remmits-de Lange	ZPC Amersfoort	31.33	196300518	31.86	+0,58
	Netty Burik-Geijssen	Westland Swimming Stars	32.79	196300048	31.86	+0,91
3.	Linda van de Ree	Z&PC De Ganze	33.34	196300452	33.75	+0,78
4.	K. van der Star-Verhoeven	ENC Arnhem	34.62	196100382	34.48	
5.	Wilna Heijman	Steenwijk 1934	36.84	196400506	36.15	+0,62
6.	Maud Peuten-Evers	Mosa-Regio	38.51	196400584	37.43	+0,90
7.	Yoka de Vegt-van Dijk	ENC Arnhem	38.14	196200420	38.60	+0,80
8.	Christine Buist	De Duinkickers	40.06	196400608	39.12	+0,95

65+

1.	Atie Pijtak-Radersma	ZPC Amersfoort	32.01	195600048	31.24	+0,81
2.	Marijke Kraak-Beckers	SWOL 1894	34.82	196000240	35.02	+0,84
3.	Claire Anthony	Cercle De Natation Sportcity Wo	35.94	CNSW/001353/57	35.81	+0,83
4.	Linda Wibbelink	Steenwijk 1934	36.92	195900158	36.71	+0,66
5.	Tiny Gram	De Dinkel	37.76	195600138	37.66	+0,82
6.	Trui Knijnenburg	D.E.S.	42.78	195800266	40.31	+0,81
7.	Angelique Crouzen	MZ&PC	48.31	195600118	45.24	+0,88
8.	Ria Peters-Veurman	ENC Arnhem	44.69	195800242	45.74	+0,85

70+

1.	Christine Nieuwenhuis	SWOL 1894	34.24	195100022	34.33	+0,59
2.	Carla Hensen	PSV	40.88	195300062	44.22	
3.	Gonnie Bak	PSV	47.35	195100064	46.56	+0,82
4.	Ineke Brouwers	PSV	37.93	195200070	51.19	+0,98

75+

1.	Conny Boer-Buys	ZV Vlaardingen-Schiedam	35.51	195000006	35.34	+0,97
	<i>Nederlands Masters Record</i>					
2.	Corrie Verhoeven	PSV	37.70	194600026	38.29	+0,86
3.	A. Verhoeven - Steggerda	De Duinkickers	49.11	194600024	49.43	
4.	A. Gilding-Tussaud	WS Twente	49.36	195000038	49.67	+0,95

80+

1.	Loekie van Huissteden	ZPC Amersfoort	57.13	194500002	1:00.82	+1,32
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Programmanr. 37, Dames, 50m vrije slag

85+

1. Marie Smits Old Dutch 53.63 193800004 **53.31** +1,24

90+

1. Lottie Geurts PSV 50.92 193500006 **55.00** +1,19
Nederlands Masters Record

Programmanr. 38
23-11-2025 - 14:24

Heren, 200m rugslag

20 en ouder
Resultaten

rang	naam	vereniging	intijd	naam	tijd	RT	50m	100m	150m	200m
20+										
1.	Wouter Zijlstra	HZ&PC Heerenveen	2:07.86	200401545	2:08.59	+0,65	29.66	1:02.26	1:35.65	2:08.59
2.	Lars Hilkens	RZ	2:21.75	200201165	2:20.49	+0,74	32.36	1:07.83	1:44.81	2:20.49
3.	Rik Stahlie	TriVia	2:26.20	200201915	2:25.16	+0,67	34.26	1:10.71	1:48.14	2:25.16
4.	Nigel Werring	Zwemlust- den Hommel	2:24.32	200301503	2:26.42	+0,81	33.94	1:10.97	1:49.25	2:26.42
5.	Owen Michels	De Amstel	2:29.43	200402293	2:27.09	+0,66	33.57	1:10.39	1:48.92	2:27.09
6.	Wessel Haverkamp	ENC Arnhem	2:25.23	200204755	2:28.66	+0,70	34.45	1:12.43	1:51.23	2:28.66
7.	Ruben Zwartbol	ZPC Woerden	2:28.58	200102651	2:29.69	+0,60	35.29	1:12.89	1:51.04	2:29.69
8.	Daan Schra	MZ&PC De Reest	2:31.26	200203271	2:33.35	+0,75	32.96	1:10.72	1:51.92	2:33.35
9.	Twan van Engen	CWW Swimteam	2:33.09	200500581	2:34.76	+0,64	35.68	1:14.61	1:54.62	2:34.76
10.	Jasper Verriet	V.Z.V. Njord	3:05.44	200500451	3:03.36	+0,96	43.65	1:30.73	2:18.06	3:03.36
25+										
1.	Koen Koster	HZPC	2:08.64	199900517	2:07.01	+0,73	29.43	1:02.01	1:34.30	2:07.01
2.	Jasper Breugem	WVZ	2:11.35	200000303	2:08.63	+0,70	30.25	1:02.70	1:35.67	2:08.63
3.	Robin van Beek	ZVL-1886	2:16.52	199704023	2:18.48	+0,68	33.01	1:07.98	1:43.28	2:18.48
4.	Richard Kuipers	HZ&PC Heerenveen	2:16.84	199704171	2:18.84	+0,70	32.05	1:06.96	1:43.31	2:18.84
5.	David Kievit	De Schotejil	2:18.37	199900325	2:21.16	+1,05	32.74	1:08.26	1:45.00	2:21.16
6.	Jordy van Oel	WVZ	2:23.33	199802003	2:27.40	+0,69	34.14	1:10.69	1:49.23	2:27.40
7.	Jeroen Louwinger	De Rijn	2:30.57	199900583	2:29.44	+0,82	34.72	1:12.04	1:50.35	2:29.44
30+										
1.	Mike Schel	ENC Arnhem	2:15.49	199403279	2:14.79	+0,77	31.59	1:06.04	1:40.74	2:14.79
2.	Jos de Graaf	PSV	2:20.92	199106095	2:16.21	+0,81	30.47	1:04.27	1:39.66	2:16.21
3.	Stefan Roovers	Onderdak	2:28.40	199102753	2:28.86	+0,82	34.20	1:11.76	1:50.97	2:28.86
4.	Patrick Brouwer	AZC	2:33.53	199303715	2:35.24	+0,79	36.18	1:15.68	1:56.67	2:35.24
5.	Remco Visser	ZPC Woerden	2:49.23	199503185	2:42.11	+0,81	37.93	1:18.16	2:00.12	2:42.11
6.	Johan Krakou	De Rijn	2:40.20	199101311	2:43.16	+0,79	36.67	1:19.17	2:01.63	2:43.16
35+										
1.	Robert Braad	Steenwijk 1934	2:20.16	198600407	2:21.66	+0,78	32.81	1:08.44	1:45.19	2:21.66
2.	Tim Bunnik	Triton	2:21.02	199000505	2:22.27	+0,90	33.43	1:09.12	1:45.89	2:22.27
3.	Joeri van Wallenburg	Onderdak	2:32.72	199004875	2:24.26	+0,69	33.30	1:10.43	1:47.75	2:24.26
4.	Michel Heijnen	MZ&PC	2:38.80	198701267	2:28.42	+0,85	35.85	1:13.65	1:51.39	2:28.42
5.	Rick Driezen	Steenwijk 1934	2:26.78	198600713	2:29.78	+0,84	35.71	1:13.19	1:51.58	2:29.78
6.	Remco van der Graaf	De Geul	2:36.27	198704007	2:38.62	+1,00	36.98	1:17.05	1:58.17	2:38.62
40+										
1.	Alan Smeets	Zwemsport Parkstad	2:16.02	198402089	2:17.74	+0,87	31.67	1:06.58	1:41.99	2:17.74
2.	Martijn Giezen	ZPC Amersfoort	2:17.96	198500813	2:23.48	+0,68	32.52	1:08.17	1:45.30	2:23.48
3.	Yuri van Ommen	Zwemvereniging Hoogland	2:37.05	198501887	2:26.35	+0,75	34.17	1:11.05	1:48.80	2:26.35
4.	Rob van Vliet	ZPC Amersfoort	2:37.65	198402459	2:31.41	+0,78	34.79	1:12.87	1:52.10	2:31.41
5.	Oscar Monge	IJZPC	2:48.76	198102599	2:55.82	+0,75	39.52	1:22.99	2:09.80	2:55.82

Programmanr. 38, Heren, 200m rugslag

45+

1. Mark Hensen	NieMo Barracuda	2:19.91	197900497	2:23.44	+0,79	32.91	1:08.77	1:45.92	2:23.44
2. Heijmen van Vliet	De Geul	2:25.01	198001637	2:27.01	+0,61	34.75	1:11.76	1:49.64	2:27.01
3. Jeroen Zelsmann	ZPC Amersfoort	2:32.19	197701551	2:28.41	+0,82	34.59	1:11.37	1:50.02	2:28.41
4. Oliver Grundmann	SG Essen	2:37.94	501511	2:30.43	+0,78	33.32	1:10.92	1:49.53	2:30.43
5. Martin de Milliano	Hellas-Glana	2:49.37	197801473	2:37.69	+0,88	37.28	1:16.74	1:57.31	2:37.69
6. Pieter Broek	Westland Swimming St	2:51.84	197701637	2:46.20	+0,67	38.49	1:19.63	2:03.46	2:46.20

50+

1. Alex Damen	DAW	2:37.54	197501371	2:42.48	+0,94	37.39	1:17.96	2:00.28	2:42.48
2. Jeroen Hoeksel	ZV Vlaardingen-Schied	3:17.22	197401533	3:14.98	+0,90	46.37	1:36.91	2:26.74	3:14.98

55+

1. J. van den Berg	WVZ	2:28.18	196801575	2:32.33	+0,80	34.50	1:13.40	1:53.43	2:32.33
2. Guido Keutgen	Steenwijk 1934	2:36.77	196801551	2:35.90	+0,85	35.10	1:14.53	1:55.70	2:35.90
3. René Beetsma	HZ&PC Heerenveen	2:48.57	196900069	2:42.79	+0,84	38.08	1:19.30	2:01.47	2:42.79
4. Bruno Nahon	Cercle De Natation Spo	2:42.35	CNSW/000390/70	2:43.50	+0,87	38.63	1:19.68	2:01.87	2:43.50
5. Marcel Vroegindewei	Poseidon'56	2:49.53	196801709	2:49.05	+0,76	38.63	1:20.66	2:04.48	2:49.05
6. Jacques Verriet	V.Z.V. Njord	3:04.04	197001039	2:55.01	+0,82	41.66	1:26.01	2:10.73	2:55.01

60+

1. Johan Remmits	ZPC Amersfoort	2:29.48	196201159	2:28.86	+0,87	34.75	1:12.41	1:51.13	2:28.86
<i>Nederlands Masters Record</i>									
2. Edwin v. Norden	ZPC Amersfoort	2:31.80	196300563	2:33.62	+0,93	37.27	1:16.05	1:55.50	2:33.62
3. Bert Schlicher	RZ	2:31.59	196400669	2:33.86	+0,80	36.04	1:15.14	1:55.04	2:33.86
4. Ron Korzelijs	ZPC Amersfoort	2:44.57	196500513	2:44.34	+0,74	39.62	1:21.83	2:04.17	2:44.34
5. Hans Vloedgraven	Old Dutch	2:46.97	196400917	2:47.45	+0,74	39.62	1:22.08	2:04.97	2:47.45
6. Erik Saan	De Duck	3:07.38	196500769	3:10.89	+0,88	43.39	1:31.73	2:21.73	3:10.89

65+

1. Hugo Bregman	WVZ	2:39.96	195800069	2:38.91	+1,04	37.46	1:18.29	1:59.54	2:38.91
2. Erik Kamphuis	ZPC De Rog	2:44.43	196001035	2:49.46	+0,77	40.76	1:24.61	2:07.78	2:49.46
3. Paul Bunnik	Triton	3:07.43	195600413	3:09.24	+0,73	44.03	1:32.55	2:21.62	3:09.24
4. Wim de Lange	AZC	3:21.02	195800533	3:20.62	+0,83	46.59	1:37.24	2:29.97	3:20.62
5. André Pantekoek	PSV	3:45.14	195800321	4:17.58	+0,87	57.02	2:02.83	3:11.30	4:17.58

70+

1. Hans Piederiet	SGHW	3:12.75	195400177	3:12.64	+0,74	44.84	1:34.86	2:24.69	3:12.64
2. Rob Berkhof	SWOL 1894	3:55.84	195200245	3:51.90	+1,02	55.26	1:54.11	2:54.24	3:51.90

80+

1. Rob Hanou	PSV	4:13.01	194300109	4:20.44	+0,93	1:00.39	2:06.38	3:14.35	4:20.44
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Programmanr. 39
23-11-2025 - 14:53

Dames, 200m rugslag

20 en ouder
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
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Programmanr. 39, Dames, 200m rugslag

20+

1. Nienke Bakker	TriVia	2:25.36	200501178	2:25.52	+0,62	33.40	1:10.62	1:48.04	2:25.52
2. Loïs Jalving	HZ&PC Heerenveen	2:34.45	200400280	2:35.93	+0,69	35.40	1:15.38	1:56.22	2:35.93
3. Iris Lok	WS Twente	2:41.93	200301094	2:40.73	+0,71	37.14	1:17.38	1:59.33	2:40.73
4. Maud Weijmans	Z&PV Nuenen	2:32.97	200103830	2:41.38	+0,72	37.85	1:18.31	1:59.98	2:41.38
5. Pien Ooijman	WS Twente	2:41.72	200504500	2:45.12	+0,76	37.50	1:18.46	2:02.38	2:45.12
6. Sabine Uytdewilligen	ENC Arnhem	2:51.46	200502654	2:45.96	+0,70	38.25	1:20.43	2:04.36	2:45.96
7. Inge Dekker	HZ&PC Heerenveen	2:33.12	200200476	2:47.00	+0,84	37.17	1:19.44	2:03.23	2:47.00
8. Lisette Dooper	Tiburón	2:46.27	200201678	2:48.44	+0,83	38.94	1:21.05	2:05.51	2:48.44
9. Femke de Wit	ZPC Nederweert	2:37.86	200102184	2:49.09	+0,61	37.34	1:19.13	2:04.12	2:49.09
10. Esmeralda Elbers	SGHW	3:26.49	200404888	3:36.27	+0,82	49.12	1:43.03	2:39.88	3:36.27
AFGEM Tess Panjer	VZC	2:23.19	200403060						

25+

1. J. van Omme - van Veer	Zwemvereniging Hoogland	2:27.88	199603192	2:27.52	+0,74	34.74	1:11.85	1:49.98	2:27.52
2. M. van Langevelde	DWK	2:34.55	199803160	2:33.24	+0,74	36.12	1:15.51	1:54.98	2:33.24
3. Lauren van IJll	WVZ	2:34.05	200001064	2:35.97	+0,64	35.19	1:15.21	1:56.35	2:35.97
4. Mirelle de Kort	VZ&PC Nautilus	2:42.67	200005546	2:41.16	+0,73	37.54	1:17.61	1:59.24	2:41.16
5. Marleen Hof	WS Twente	2:48.63	199802464	2:45.81	+0,90	37.81	1:20.81	2:04.01	2:45.81
6. Alies Wagter	Steenwijk 1934	3:02.69	199900840	2:49.32	+0,94	40.72	1:22.45	2:05.84	2:49.32
7. Iris Bastiaansen	De Amstel	2:47.70	199902006	2:51.25	+0,76	40.98	1:24.46	2:08.50	2:51.25
8. Ellen ter Stege	ENC Arnhem	2:45.97	199900604	2:52.65	+0,80	38.24	1:20.49	2:05.41	2:52.65
9. Anouk van der Lans	Westland Swimming St.	2:46.79	199801614	2:53.04	+0,80	39.57	1:22.90	2:08.94	2:53.04
10. Judith Kleinjan	De Duck	3:03.44	199802710	2:59.27	+0,72	42.59	1:28.55	2:12.84	2:59.27
11. Cynthia van Veen	BZ en PC	3:09.45	199606736	3:23.23	+0,82	45.97	1:37.58	2:31.41	3:23.23

30+

1. Leonie van Noort	WVZ	2:20.26	199301752	2:20.40	+0,75	33.49	1:09.17	1:45.37	2:20.40
2. Lotte Coenen	D.E.S.	2:36.10	199301518	2:32.77	+0,74	35.12	1:13.59	1:53.53	2:32.77
3. Anne-Irene Ducheine	Zwemvereniging Hoogland	2:30.09	199506824	2:33.37	+0,57	35.50	1:13.86	1:53.67	2:33.37
4. Wendan Poelstra	TriVia	2:38.27	199102496	2:39.53	+0,71	36.90	1:17.50	1:58.92	2:39.53
5. Tessa Kierkels	MZ&PC	2:47.76	199101602	2:46.07	+0,89	39.33	1:20.90	2:03.95	2:46.07
6. Esther Kwebeman	TriVia	2:51.79	199106374	2:47.01	+0,93	39.46	1:21.65	2:04.68	2:47.01
7. Wendy de Bruin	ZOB'66	2:47.87	199206320	2:52.04	+0,74	42.26	1:25.30	2:09.28	2:52.04
8. Alma Janssen	Zegenwerp	2:53.54	199401078	2:55.22	+0,76	41.51	1:25.46	2:10.78	2:55.22
AFGEM Janine de Groot	NDD	2:44.96	199500092						

35+

1. Rianne Hofland	ZV Sassenheim	2:36.52	198801820	2:38.59	+0,83	36.92	1:16.53	1:57.45	2:38.59
2. Jil Pocervina	Swimming Luxembourg	2:38.36	345	2:42.86	+0,75	38.81	1:20.64	2:02.71	2:42.86
3. I. van den Wijngaard	ZPC Woerden	2:40.59	198904736	2:43.73	+0,84	38.25	1:19.40	2:01.43	2:43.73
4. J. Koolen-Kaptheijns	Tempo Valkenswaard	2:52.96	198706288	2:44.51	+0,85	37.34	1:18.12	2:01.09	2:44.51
5. Ingrid Jansen	ZEPS	2:57.77	198706292	2:48.95	+0,67	39.95	1:22.17	2:05.45	2:48.95
6. Linda van Klei	ACZ	2:47.28	198802088	2:50.68	+0,90	40.15	1:22.60	2:06.41	2:50.68
7. Liesbeth van Mill	Zwemlust- den Hommel	2:53.43	198702786	3:02.69	+0,72	40.60	1:25.89	2:13.93	3:02.69
8. Y. op den Kamp-Bruls	MZ&PC	3:13.15	199008114	3:07.83	+0,99	44.16	1:32.90	2:22.21	3:07.83
9. Anouk Bloem	TRB-RES	4:01.85	199000320	3:59.72	+0,63	56.43	1:57.75	3:00.75	3:59.72

40+

1. V. Haden-Felfoldi	Iron Swim	2:32.82	66/3267	2:35.12	+0,80	35.58	1:14.96	1:55.37	2:35.12
2. Debbie van Rooijen	IJZPC	2:42.11	198201402	2:37.92	+0,77	37.45	1:17.28	1:57.65	2:37.92
3. Ann Wanter	Zwemclub Geel	2:38.29	ZGEEL/21082/82	2:40.87	+0,89	38.06	1:18.43	2:00.19	2:40.87
4. Sylvia Reijers	De Gelenberg	2:45.31	198201360	2:43.51	+0,80	38.45	1:19.86	2:02.05	2:43.51
5. Nadya Putter	ZV Vlaardingen-Schied	2:48.11	198301630	2:47.24	+0,81	39.89	1:21.84	2:04.31	2:47.24
6. Elke Popma - Blox	Z.V. Tiamat	2:44.22	198200154	2:47.36	+0,79	38.51	1:20.10	2:03.60	2:47.36
7. Tonia Ruybroek	Poseidon'56	2:54.18	198101290	2:48.67	+0,72	40.92	1:24.77	2:07.68	2:48.67
8. Roos van Esch	WVZ	2:46.51	198200468	2:58.94	+0,86	41.24	1:26.90	2:13.36	2:58.94
9. Sandra Schellekens	Neptunus'58	3:07.24	198503416	3:02.87	+0,78	41.84	1:28.54	2:16.18	3:02.87
10. Linda Hoogendam	WVZ	3:13.36	198300892	3:14.23	+0,89	45.71	1:35.65	2:26.70	3:14.23

Programmanr. 39, Dames, 200m rugslag

45+

1. C. Kettenmeyer-Reuland	Swimming Club Le Dau	2:43.71	112017	2:38.90	+0,84	38.00	1:17.93	1:58.34	2:38.90
J. Harmsen-Bakker	PSV	2:37.39	197700938	2:38.90	+0,73	36.64	1:17.00	1:58.57	2:38.90
3. I. de Boer - Oosterhof	MZ&PC De Reest	2:54.33	197701152	2:50.59	+0,93	40.82	1:24.11	2:08.07	2:50.59
4. Melanie Kuiper	Zignea	2:49.20	197600350	2:50.68	+0,89	39.63	1:23.26	2:07.79	2:50.68
5. Jolanda van Gendt	PSV	3:00.20	197800266	2:55.00	+0,77	40.64	1:25.40	2:10.81	2:55.00
6. Alina Spijkerman	DAW	2:52.88	197701220	2:55.69	+0,81	40.42	1:24.57	2:10.36	2:55.69
7. Leonie Scholten	Steenwijk 1934	3:10.00	197901560	3:08.61	+0,77	44.12	1:32.55	2:21.60	3:08.61
8. C. van Bruxvoort	Albion	3:32.99	197700138	3:38.47	+0,93	49.84	1:43.78	2:40.69	3:38.47

50+

1. Liselotte Joling	PSV	2:40.74	197500268	2:45.79	+0,86	38.75	1:20.68	2:03.83	2:45.79
2. C. Hoogeveen	DZ&PC	2:52.60	197501048	2:53.44	+0,86	39.53	1:22.24	2:07.58	2:53.44
3. Geraldine Trainor	De Duck	2:53.21	197500544	2:54.68	+0,89	40.07	1:23.49	2:08.91	2:54.68
4. Mirjan den Drijver	Westland Swimming St	2:58.45	197500884	2:58.72	+0,79	41.51	1:26.45	2:13.27	2:58.72

55+

1. Petra Blum	Uerdinger SV 08	3:00.33	274174	3:00.13	+0,83	41.67	1:27.82	2:14.88	3:00.13
2. Laura Staal	Oceanus	2:58.93	196700358	3:01.72	+0,82	42.10	1:27.61	2:15.13	3:01.72
3. A. Wijnja-Visser	De Biesboschzwemme	3:01.67	196700528	3:06.57	+0,87	43.11	1:30.67	2:19.27	3:06.57
4. Bianca Groot	MSV-Zeemacht	3:13.01	197000652	3:08.47	+0,94	44.73	1:33.43	2:22.79	3:08.47
5. Daniëlle Schipper	ZOB'66	3:43.20	197001078	3:30.55	+0,72	49.14	1:41.84	2:35.55	3:30.55
6. K. van Nassau-van den	Old Dutch	3:23.93	196600188	3:30.97	+0,83	51.61	1:45.89	2:40.41	3:30.97
7. Annette van Dok	MSV-Zeemacht	3:42.81	196800742	3:39.73	+1,22	51.28	1:46.98	2:45.40	3:39.73

60+

1. Judith Cromjongh	De Zwoer	2:47.65	196400054	2:46.70	+0,80	40.50	1:23.07	2:06.45	2:46.70
<i>Nederlands Masters Record</i>									
2. Allie Price	Bridgend Swim Club	2:49.51	547582	2:50.52	+0,78	38.92	1:21.92	2:06.21	2:50.52
3. Marinka vd Zwet	ZV Sassenheim	3:14.33	196500346	3:02.93	+0,76	43.75	1:31.71	2:19.04	3:02.93
4. M. Grove-Lingeman	Triton	3:04.58	196200080	3:03.12	+0,81	41.44	1:27.20	2:14.87	3:03.12
5. Feikje Wittermans	GZC Donk	3:08.71	196400408	3:07.86	+0,81	43.07	1:30.88	2:20.61	3:07.86
6. Maud Peuten-Evers	Mosa-Regio	3:17.02	196400584	3:16.32	+0,73	45.73	1:34.47	2:25.01	3:16.32
7. Anita Steijger	WVZ	3:14.60	196500628	3:18.11	+1,14	48.50	1:37.80	2:28.45	3:18.11
8. A. Vuijst-Blum	SWOL 1894	3:35.84	196300282	3:27.44	+0,97	50.47	1:43.25	2:36.28	3:27.44
9. Erica Muller	De Geul	3:40.33	196400412	3:51.99	+0,80	54.49	1:52.76	2:53.17	3:51.99

65+

1. Lia Bijkerk	GZC Donk	3:40.94	196000014	3:40.60	+0,85	52.72	1:49.52	2:47.05	3:40.60
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70+

1. C. Nieuwenhuis	SWOL 1894	3:29.68	195100022	3:34.42	+0,92	50.68	1:45.56	2:40.63	3:34.42
DIS Geerdien Meerwaldt	De Geul	4:45.98	195200058						

AF - De aangegeven afstand niet uitgezwommen.

Programmanr. 40
23-11-2025 - 15:51

Heren, 50m schoolslag

20 en ouder
Resultaten

rang	naam	vereniging	intijd		tijd	RT
20+						
1.	Daan Hoogendoorn	ZPC Woerden	29.51	200500113	29.40	+0,65
2.	Erik van Gemert	Poseidon'56	30.13	200300587	29.77	+0,70
3.	Mika Bongers	ENC Arnhem	30.94	200502683	30.92	+0,63
4.	Jorian Darwinkel	HZ&PC Heerenveen	30.41	200300565	31.31	+0,66
5.	Jelle Opmeer	ZPC Amersfoort	31.46	200100269	31.35	+0,65
6.	Wouter Zijlstra	HZ&PC Heerenveen	30.52	200401545	31.41	+0,61
7.	Robin van Muijen	ZVL-1886	30.85	200201059	31.75	+0,75
8.	Tygo Korving	ZOB'66	32.40	200300773	31.79	+0,67
9.	Mees Minneboo	MSV-Zeemacht	32.19	200203465	32.13	+0,61
10.	Ruben Trompetter	DZ&PC	33.23	200500997	32.27	+0,84
11.	Jelle ten Hove	De Dinkel	31.43	200101373	32.37	+0,65
12.	Jort Vizeé	De Duck	32.90	200201779	32.57	+0,59
13.	Esper Paans	ZZ&PC De Devel	32.13	200100607	32.64	+0,63
14.	Daniel Heling	Aqua'68	33.53	200500641	32.78	+0,75
15.	Fayssal Lanterna	Zwemlust- den Hommel	33.02	200101379	33.14	+0,68
16.	Thijs Huizer	ZVL-1886	33.33	200502523	33.21	+0,69
17.	Mees Peters	CWW Swimteam	34.50	200501895	33.44	+0,71
18.	Tycho Veenstra	DZ&PC	33.21	200500143	33.46	+0,69
19.	Tim Seising	VZC	33.53	200500107	33.52	+0,72
20.	Owen Michels	De Amstel	33.97	200402293	33.98	+0,64
21.	Twan van Engen	CWW Swimteam	36.37	200500581	35.89	+0,71
22.	Dennis v.d. Bok	De Schotejil	35.45	200504015	36.77	+0,67
23.	Robert Den Breejen	Wahoo Swimming	37.94	200400157	39.06	+0,68
NG	Mick van Kempen	CWW Swimteam	29.04	200203375		
NG	Jorick van Bon	ZPC Amersfoort	35.14	200300091		
25+						
1.	Darren Chen	ZPC Amersfoort	29.61	200001149	29.52	+0,64
2.	Bert Duivenvoorde	De Columbiaan	29.45	199701805	29.63	+0,68
3.	Doran Paap	ZV Westland	31.65	200000301	30.32	+0,64
4.	Björn Piket	HZPC	32.24	199602133	30.86	+0,64
5.	Kevin Kingma	ACZ	31.74	199700559	31.05	+0,69
6.	Robin Meuwissen	Hellas-Glana	30.37	199602601	31.41	+0,63
7.	Sam Beer	Poseidon'56	32.18	199605521	31.71	+0,66
8.	Thomas Hesper	NieMo Barracuda	32.64	200004181	33.01	+0,80
9.	Jacob Mackloet	De Schotejil	32.71	200001171	33.08	+0,69
10.	Nino van Krimpen	ZOB'66	32.43	200004611	33.53	+0,65
11.	Sjoerd Boogert	De Rijn	34.77	199903153	33.86	+0,74
12.	Martijn Bartels	ZPC Amersfoort	35.39	199603493	34.45	+0,74
13.	Patrick Wyrdean	Westland Swimming Stars	35.53	199702475	35.08	+0,66
14.	Ian van Mullem	ZOB'66	34.95	199602545	35.58	+0,69
15.	Arthur Lale-Demoz	NieMo Barracuda	40.72	199705767	36.84	+0,65
16.	Ardy Zwanenburg	AZC	40.99	199902061	40.18	+0,75
17.	Henk Bremmer	Blue Marlins	41.74	200005909	42.33	+0,78
30+						
1.	Kevin Meuwissen	Hellas-Glana	29.40	199502485	29.64	+0,67
2.	Felix Geenen	DAW	29.48	199501085	29.77	+0,73
3.	Bas Dries	Zwemvereniging Hoogland	29.79	199505177	29.89	+0,63
4.	Simon Edenburg	Onderdak	29.99	199301567	30.15	+0,68
5.	Daniel Castillo Montoya	ZVL-1886	30.82	199406779	30.25	+0,65
6.	Nick Sijmons	De Amstel	31.05	199500491	30.80	+0,70
7.	Steven Uijl	Aqua-Novio '94	31.86	199304075	32.60	+0,67
8.	Erik Nijholt	DZ&PC	32.85	199401349	33.27	+0,73
9.	Jose Horcas Nieto	ZVL-1886	34.06	199307445	33.42	+0,74
10.	Robin van Beusekom	NieMo Barracuda	33.78	199205841	33.99	+0,74
11.	Stefan de Leeuw	ZPC Nederweert	36.26	199503483	35.88	+0,80
12.	Derek Valkenier	MSV-Zeemacht	37.89	199207397	36.95	+0,72

Programmanr. 40, Heren, 50m schoolslag, 30+

rang	naam	vereniging	intijd		tijd	RT
13.	Cars Wiegmann	WS Twente	37.10	199401025	39.20	+0,72
14.	Mike van der Sanden	PSV	43.03	199506349	43.36	+1,12

35+

1.	Sander de Vrugt	ENC Arnhem	30.71	198903499	30.70	+0,61
2.	Vincent Bakker	ZPC Amersfoort	32.36	198600107	32.10	+0,76
3.	Patrick Creemers	SG Patrick - De Roersoppers	36.79	199000579	32.35	+0,66
4.	Sherif Badawy	DAW	35.39	198907047	34.43	+0,73
5.	Mitchell van Uitert	De Geul	38.99	199004067	39.96	+0,84
6.	Marvin Kok	SG Octopus - ZVV	42.27	198701787	44.02	+0,86

40+

1.	Ricardo van Dam	AZC	32.53	198503965	32.01	+0,69
2.	Matt Wan	Gay Swim Amsterdam	32.24	198504031	32.31	+0,63
3.	Ivan van Omme	De Geul	32.85	198201263	32.40	+0,68
4.	Ignacio García Rodríguez	ACZ	33.52	198504015	33.35	+0,65
5.	Rob van Wanrooy	Albion	33.61	198202627	33.50	+0,66
6.	Thomas Dol	Zeester Meerval	34.47	198200357	33.82	+0,84
7.	Jim Geestman	Poseidon'56	34.43	198300699	34.02	+0,83
8.	Ferry Blangé	ZOB'66	39.43	198300185	34.83	+0,71
9.	Benoit Gasner	D.E.S.	35.66	198102645	34.93	+0,65
10.	Wouter Zijlstra	DAW	34.84	198202077	35.49	+0,78
11.	Peter van de Bor	Team Noord Holland (SG)	35.14	198402897	36.38	+0,73
12.	Christian Van Genderen	Wahoo Swimming	40.54	198300711	38.71	+0,75
13.	Frans Kooijman	Poseidon'56	48.39	198303185	48.51	+0,84
AFGEM	Yuri van Omme	Zwemvereniging Hoogland	31.67	198501887		

45+

1.	Vincent Versteeg	Zwemlust- den Hommel	31.11	197701003	31.58	+0,73
2.	Victor Barnar	GoSwim	32.29	197801805	31.94	+0,74
3.	Rik Regtering	ENC Arnhem	33.24	197900999	33.02	+0,77
4.	Mark Hensen	NieMo Barracuda	33.28	197900497	33.06	+0,78
5.	Erwin Buist	ZPC Amersfoort	33.70	197800183	33.38	+0,71
6.	Klaas Poelstra	H2Oldambt	33.96	197800825	33.71	+0,84
7.	Dennis Dortland	NieMo Barracuda	34.26	197800261	34.17	+0,82
8.	Freddie Geerlings	Zwemsport Parkstad	33.52	197900379	34.41	+0,75
9.	Bogdan Androne	ZV Sassenheim	34.67	197701783	34.77	+0,56
10.	Mark Zwart	Zwemlust- den Hommel	34.56	197901461	35.52	+0,82
11.	Berry van Holland	TriVia	37.49	198000603	36.19	+0,76
12.	Gino Martijn	RZ	36.91	197901865	37.74	+0,63
13.	Ivan Tai-Apin	Albion	39.55	197701825	38.33	+0,95
14.	Robin Roskam	De Duinkickers	37.49	197801831	38.89	+0,79
15.	Dylan van Goor	Poseidon'56	47.72	197601757	45.75	+0,84

50+

1.	Marco Booij	ZOB'66	31.60	197300109	31.89	+0,79
2.	Marcel van Winssen	De Gelenberg	36.47	197101477	33.83	+0,75
3.	Sagar Jaivant	WVZ	35.31	197401615	35.37	+0,83
4.	Peter Meijer	DZ&PC	36.78	197300613	35.66	+0,70
5.	Bas Kremers	TRB-RES	36.56	197201611	35.72	+0,80
6.	Pieter Veenstra	DZ&PC	37.70	197301345	36.47	+0,83
7.	Michael van der Reijden	ZV Vlaardingen-Schiedam	38.70	197501575	36.56	+0,68
8.	Romain Dubois	MZ&PC	37.87	197500215	37.08	+0,83
9.	Rob van de Ven	Neptunus'58	36.96	197101695	37.62	+0,74
10.	Jeroen Temme	TriVia	39.02	197201703	38.71	+0,95
11.	Alberto Randazzo	D.E.S.	39.88	197101757	38.84	+0,78

Programmanr. 40, Heren, 50m schoolslag

55+

1.	Harold Matla	PSV	31.79	196800591	32.59	+0,79
2.	Gerrit Orthofer	Team Noord Holland (SG)	33.56	197001813	32.66	+0,66
3.	Richard Ricksen	Hellas-Glana	33.90	197000841	33.62	+0,74
4.	Dariusz Andrzejczak	SG Mönchengladbach	34.18	326924	33.68	+0,66
5.	René Beetsma	HZ&PC Heerenveen	36.58	196900069	35.97	+0,80
6.	Guido Keutgen	Steenwijk 1934	36.53	196801551	36.80	+0,80
7.	Nico Swart	De Biesboschwimmers	37.59	196801475	37.67	+0,73
8.	Henri Verschoor	De Biesboschwimmers	37.55	197001041	37.68	+0,96
9.	Kees Akershoeck	De Stelle	40.00	196900009	38.35	+0,77
10.	Huyb Stegeman	Steenwijk 1934	39.28	196701535	39.00	+0,92
11.	Jacques Verriet	V.Z.V. Njord	41.20	197001039	40.19	+0,72
12.	Marcel Brittijn	De Duinkickers	40.20	196900159	40.48	+0,70
13.	Erwin Snip	ENC Arnhem	41.55	197001555	42.72	+0,87
14.	Eric Dumas	SG Patrick - De Roersoppers	41.72	196901397	43.00	+0,88
15.	Jordey Wijnbergen	GZC Donk	44.14	196901897	46.96	+0,82
16.	Andre Exter	Poseidon'56	50.10	196601585	50.72	+0,86
DIS	Mathieu Rikken	De Duinkickers	37.85	196701777		

AA - De start ingezet voor het startsignaal (en wel gezwommen).

60+

1.	Ron Korzelius	ZPC Amersfoort	35.96	196500513	35.10	+0,76
2.	Bertjan Schelhaas	Team Noord Holland (SG)	36.95	196501577	36.26	+0,90
3.	André Jovet	Swimming Luxembourg	37.37	13225	36.44	+0,71
<i>Luxembourg Masters Record</i>						
4.	Theo Bakker	TriVia	36.34	196401231	36.72	+0,74
5.	Dariusz Ziemba	SGS Münster	38.24	493708	37.43	+0,74
6.	Eric de Haas	De Treffers	38.64	196501275	39.01	+0,79
7.	Henri Michels	De Amstel	39.14	196501587	39.52	+0,85
8.	Robert de Brauwer	De Duinkickers	41.59	196401383	40.50	+0,78
9.	Bob Lookermans	Poseidon'56	49.08	196201295	48.29	+0,89
10.	Marcel Nelissen	MZ&PC	51.75	196501611	50.78	+0,82

65+

1.	Walter Rolloos	NieMo Barracuda	40.45	195900387	40.86	+1,16
2.	Wim de Lange	AZC	40.73	195800533	41.60	+0,74
3.	Philippe Godbille	Cercle De Natation Sportcity Wo	41.51	CNSW/000230/57	43.20	+0,96
4.	Peter Coffeng	GZC Donk	44.14	195700063	47.81	+0,87
5.	André Pantekoek	PSV	47.67	195800321	51.61	+1,01
6.	Klaas Paulusse	Tempo Valkenswaard	52.26	195900817	53.11	+0,93

70+

1.	Harry Dokter	SWOL 1894	40.15	195100037	40.72	+0,92
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75+

1.	J. Macpherson-Stewart	Free Style SC	45.74	30261	46.73	+0,65
2.	Piet Schop	De Bevelanders	49.35	195000109	48.92	+0,76

80+

1.	Rob Hanou	PSV	49.96	194300109	50.60	+1,03
2.	Nico Baay	Old Dutch	49.63	194200053	50.95	+0,89
3.	Kevork Boyrazian	Cercle De Natation Sportcity W1	08:57	CNSW/002620/44	1:11.64	+1,04

Programmanr. 41
23-11-2025 - 16:12

Dames, 50m schoolslag

20 en ouder
Resultaten

rang	naam	vereniging	intijd		tijd	RT
20+						
1.	Valesca van den Bogert	Hieronymus	32.88	200102138	32.95	+0,69
2.	Inge Koekoek	DWK	33.33	200401648	33.57	+0,74
3.	Silke Molendijk	ZVL-1886	34.17	200100178	35.04	+0,68
4.	Kim van Gemert	Poseidon'56	36.42	200101968	35.12	+0,76
5.	Anouchka Bos	NieMo Barracuda	34.36	200501528	35.33	+0,77
6.	Lyke Buscop	De Schotejil	35.54	200500552	35.39	+0,73
7.	Emi Schipper	ZOB'66	35.00	200502126	35.41	+0,69
8.	Tara Schuurman	Deltasteur	36.42	200400386	36.23	+0,70
9.	Esther Tiemersma	PSV	36.21	200202962	36.43	+0,69
10.	Kes Keij	Zegenwerp	35.70	200503046	36.58	+0,84
11.	Lotte van Gessel	Team Noord Holland (SG)	36.37	200300900	36.98	+0,82
12.	Lois van Oijen	CWW Swimteam	38.69	200402054	37.66	+0,82
13.	Sydney Celie	IJsselmeer	39.19	200406054	37.73	+0,73
14.	Babet van Andel	ZVL-1886	37.94	200304308	37.89	+0,74
15.	Claire Bosch	De Dinkel	37.26	200401480	38.33	+0,81
16.	Kim de Jong	Westland Swimming Stars	37.53	200401522	38.38	+0,68
17.	Joyce Toonstra	Neptunia '24	38.24	200501298	38.77	+0,71
18.	Lianne Dekker	DAW	40.02	200305438	38.83	+0,67
19.	Kyra Wesemann	MSV-Zeemacht	39.55	200201440	39.50	+0,74
20.	Daphne van Tilburg	De Geul	39.27	200500580	39.64	+0,78
21.	Maddy van der Hoeven	ZPC Amersfoort	38.50	200401298	39.77	+0,76
22.	Jennifer Koonen	Zwemsport Parkstad	38.90	200500386	39.83	+0,71
23.	Robin Pienaar	NieMo Barracuda	40.05	200102236	39.91	+0,65
24.	Marit van Krimpen	ZOB'66	41.71	200403506	39.95	+0,78
25.	Feline Slijkhuis	SG Octopus - ZVV	39.31	200501042	40.01	+0,80
26.	Evelien te Paske	Tiburón	39.29	200400708	40.17	+0,75
27.	Eline Groen	MZ&PC De Reest	41.00	200204680	40.53	+0,87
28.	Ilse Kramer	TriVia	40.13	200403072	40.65	+0,59
29.	Cynthia Koolman	Steenwijk 1934	40.81	200300232	41.15	+0,54
30.	Pien Ooijman	WS Twente	39.19	200504500	41.24	+0,80
31.	Cecilia van Dam	De Rijn	41.34	200502110	41.86	+0,70
32.	Sanne Arisz	DAW	41.51	200106082	42.15	
33.	Lieke Hegeman	TriVia	41.25	200505390	42.24	+0,75
34.	Meike Kooistra	DAW	43.58	200301842	42.67	+0,84
35.	Juliette Boon	ZZ&PC De Devel	43.66	200401908	43.40	+0,75
36.	Marit Gerritsen	WS Twente	45.24	200200664	46.01	+0,71
37.	Nikka Markic	TriVia	49.54	200201842	48.99	+0,78
25+						
1.	Britt Cornelissens	Hellas-Glana	33.41	200000632	34.45	+0,63
2.	Manon Kloosterman	Zwemlust- den Hommel	34.50	199702082	34.49	+0,77
3.	Noél Iris Hettinga	Neptunia '24	35.34	200002536	35.03	+0,72
4.	Manon Koster	MZ&PC	35.15	199701312	35.12	+0,72
5.	Annabel Kuipers	DWK	35.57	200001076	36.19	+0,74
6.	Mandy Swart	ZPC Amersfoort	36.27	199904916	36.64	+0,75
7.	Alzbeta Andrikova	Zwemsport Parkstad	36.35	199806742	36.65	+0,63
8.	Sharon Wolfs	Hellas-Glana	37.50	200004800	36.73	+0,69
9.	Lisanne Seising	VZC	35.90	200002084	36.81	+0,72
10.	Anoeska van de Kraats	DWK	36.94	199701284	37.26	+0,70
11.	Alisha Vieira	Blue Marlins	36.66	199904554	37.76	+0,72
12.	Katrin Diercks	SG Aumund - Vegesack	38.18	197466	37.83	+0,59
13.	Sarah Strack	SG Aumund - Vegesack	38.16	195679	38.23	+0,71
14.	Lonneke Graansma	ZVL-1886	37.07	199900936	38.29	+0,58
15.	Daphne Dols	ZPC Woerden	37.41	199904622	38.96	+0,65
16.	Astrid Wibbelink	Steenwijk 1934	41.44	199600006	40.13	+0,77
17.	Tamara van den Brink	NieMo Barracuda	39.90	199804182	40.38	+0,75
18.	Esmée Rolloos	NieMo Barracuda	42.48	199800056	43.34	+0,61
19.	Mirna Wolters	De Plons	47.49	199802046	45.29	+0,75

Programmanr. 41, Dames, 50m schoolslag

30+

1.	Karin Rijkelijkhuisen	DZ&PC	33.28	199403358	34.13	+0,57
2.	Fiona Meuffels	PSV	35.73	199504366	35.60	+0,55
3.	Melissa Meijer	Zwemsport Parkstad	36.49	199304374	36.70	+0,70
4.	Leontine Groeneveldt	De Duck	38.23	199303526	40.54	+0,73
5.	Nanda Wobben-de Vries	Steenwijk 1934	40.58	199204328	42.35	+0,82
AFGEM	D. van Haren - Boereboom	NieMo Barracuda	35.62	199202144		

35+

1.	Saskia de Klerk	GoSwim	34.54	199004612	35.09	+0,65
2.	Jacyntha Plat	Steenwijk 1934	34.66	199002956	35.69	+0,75
3.	Cristina Rodriguez Bouzo	De Treffers	38.45	198806948	37.37	+0,71
4.	Rianne Hofland	ZV Sassenheim	41.37	198801820	39.36	+0,67
5.	Suzan Blankestijn	ZVL-1886	39.31	198900350	40.06	+0,72
6.	Linda van Klei	ACZ	39.83	198802088	40.10	+0,79
7.	Liesbeth van Mill	Zwemlust- den Hommel	41.73	198702786	42.22	+0,81
8.	Manouk Ticheler	De Duinkickers	48.74	198705416	45.13	+0,81
9.	Monique Kok	SG Octopus - ZVV	46.38	198605398	46.68	+0,77

40+

1.	Danielle Reijnders	AquAmigos	36.20	198504234	34.81	+0,72
	<i>Nederlands Masters Record</i>					
2.	Laura Badoux	DAW	35.48	198200038	35.56	+0,83
3.	Anneloes Peulen	Z&PV Nuenen	36.14	198502314	35.58	+0,72
4.	A. Verschoor-Vos	De Biesboschzwemmers	37.82	198102300	37.82	+0,84
5.	Marijn Post	ENC Arnhem	40.70	198101194	39.86	+0,86
6.	Aafke Groot	De Geul	48.24	198302748	40.49	+0,59
7.	Renee de Kok	V.Z.V. Njord	40.13	198403350	40.64	+0,73
8.	Michelle de Villiers	Hellas-Glana	41.24	198302944	41.46	+0,59
9.	Riky Smeets-Jansen	ZEPS	47.58	198401142	45.10	+0,90
DIS	Elke Popma - Blox	Z.V. Tiamat	39.15	198200154		

AA - De start ingezet voor het startsignaal (en wel gezwommen).

45+

1.	Inge Roskam	De Duinkickers	39.48	197801296	39.66	+0,78
2.	Rachel Trainor	De Duck	40.70	197700670	40.76	+0,76
3.	Tanja Lenz	Uerdinger SV 08	44.72	451703	42.70	+0,77
4.	A. Knecht-Bessembinders	De Spatters	45.49	197601064	43.42	+0,70
5.	Ilonka van der Meer	SG LinK-ZV Zoetermeer	45.60	197601168	46.23	+0,76

50+

1.	Katharina Schlipp	AZL	38.74	197301004	39.17	+0,73
2.	Edith Janssen-Koolen	TRB-RES	39.32	197300898	40.33	+0,76
3.	Geraldine Trainor	De Duck	40.09	197500544	40.68	+0,78
4.	Yvette Ratering	CWW Swimteam	41.86	197200990	41.17	+0,82
5.	Wanda Derckx-Weusten	ZEPS	41.41	197200624	41.55	+0,60
6.	Laura de Pazos Ortega	SSF Bonn	42.24	444685	42.21	+0,69
7.	Greta Wyma-Teitsma	DWK	51.90	197100696	51.92	+0,65

55+

1.	Marjo Goelema-Koek	De Biesboschzwemmers	36.67	196900192	37.12	+0,78
2.	Trudy Ketting	PSV	38.26	197000268	38.43	+0,71
3.	Susan Fraser	Free Style SC	40.27	63571	39.69	+0,74
4.	Annette Wijnja-Visser	De Biesboschzwemmers	39.98	196700528	39.94	+0,82
5.	Iris van Aurich	DWK	41.07	196900866	41.47	
6.	Regine Beckers-Stribos	ZPC De Rog	41.10	197000492	41.80	+0,91
7.	Helena Mels	ZV Vlaardingen-Schiedam	46.23	196901036	45.16	+0,65
8.	Caroline Kruger	Albion	43.66	196800928	45.33	+0,80
9.	Cora Smulders	ENC Arnhem	54.39	196600668	53.86	+0,66

Programmanr. 41, Dames, 50m schoolslag, 55+

rang	naam	vereniging	intijd		tijd	RT
10.	Roselinda van der Vlugt	De Geul	53.35	196700710	54.68	+0,91
11.	Marleen Robbers	ENC Arnhem	1:06.18	196600666	1:04.27	+0,99

60+

1.	Allie Price <i>Brittish Masters Record</i>	Bridgend Swim Club	39.21	547582	39.65	+0,65
2.	Linda van de Ree	Z&PC De Ganze	42.57	196300452	42.67	+0,87
3.	Yoka de Vegt-van Dijk	ENC Arnhem	42.35	196200420	43.87	+0,78
4.	Wilna Heijman	Steenwijk 1934	47.97	196400506	47.60	+0,87
5.	Annemarie Vuist-Blum	SWOL 1894	50.04	196300282	48.53	+0,90
6.	Erica Muller	De Geul	52.77	196400412	54.87	+0,67

65+

1.	Marijke Kraak-Beckers	SWOL 1894	46.12	196000240	45.37	+0,85
2.	Linda Wibbelink	Steenwijk 1934	47.49	195900158	46.32	+0,70
3.	Lia Bijkerk	GZC Donk	48.42	196000014	49.23	+0,95
4.	Marion Kolkman-Pluim	ENC Arnhem	49.90	196000330	49.72	+0,80
5.	Hannie Poletiek	TriVia	49.93	195900278	51.62	+0,91
6.	W. Schoenmaker-ter Veer	DWK	53.31	195900254	52.69	+0,87
7.	Ria Peters-Veurman	ENC Arnhem	55.64	195800242	56.82	+0,91
8.	Trui Knijnenburg	D.E.S.	58.51	195800266	58.48	+0,40
DIS	Angelique Crouzen	MZ&PC	58.10	195600118		

AE - De aangegeven zwemslag niet uitgevoerd.

70+

1.	Gonnie Bak	PSV	58.18	195100064	57.09	+0,80
2.	Ineke Brouwers	PSV	1:01.14	195200070	1:00.80	+1,07
3.	Geerdien Meerwaldt	De Geul	1:02.65	195200058	1:02.40	

75+

1.	Corrie Verhoeven	PSV	49.63	194600026	50.29	+0,75
2.	A. Verhoeven - Steggerda	De Duinkickers	55.67	194600024	58.52	+0,92

80+

1.	Loekie van Huissteden <i>Nederlands Masters Record</i>	ZPC Amersfoort	1:02.63	194500002	1:02.39	+1,07
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85+

1.	Marie Smits	Old Dutch	1:11.22	193800004	1:15.15	+1,24
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90+

1.	Lottie Geurts	PSV	1:34.78	193500006	1:38.95	+1,13
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Programmanr. 42
23-11-2025 - 16:32

Heren, 100m vlinderslag

20 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	
20+								
1.	Gerard Willighagen	Poseidon'56	58.81	200103663	58.32	+0,69	27.01	58.32
2.	Louis Kappler	Zwemlust- den Hommel	57.38	200205067	59.55	+0,74	27.66	59.55
3.	Scott Jansen	WVZ	1:00.31	200202455	59.76	+0,68	27.70	59.76
4.	Marijn Snel	IJsselmeer	1:00.54	200400001	1:00.46	+0,68	28.13	1:00.46
5.	Milan de Roo	ZPC Woerden	1:01.95	200102215	1:01.22	+0,59	27.68	1:01.22
6.	Jort Vizeé	De Duck	1:05.65	200201779	1:02.49	+0,60	28.87	1:02.49
7.	Tomas Hertogh	V.Z.V. Njord	1:01.37	200500297	1:04.06	+0,75	29.75	1:04.06
8.	Julian Mes	ZOB'66	1:04.02	200103755	1:04.22	+0,74	29.30	1:04.22
9.	Mika Heskamp	De Dinkel	1:03.46	200300339	1:05.27	+0,69	30.07	1:05.27
10.	Lars Hilkens	RZ	1:04.35	200201165	1:05.35	+0,75	29.72	1:05.35
11.	Mathijs van Dijk	CWW Swimteam	1:07.30	200102437	1:06.56	+0,71	30.57	1:06.56
12.	Nigel Werring	Zwemlust- den Hommel	1:07.22	200301503	1:06.93	+0,73	31.01	1:06.93
13.	Rick Haanschoten	De Rijn	1:08.50	200100291	1:07.85	+0,64	32.23	1:07.85
14.	Wessel Haverkamp	ENC Arnhem	1:04.94	200204755	1:08.15	+0,67	31.40	1:08.15
15.	Rik Stahlie	TriVia	1:09.58	200201915	1:10.81	+0,78	32.48	1:10.81
25+								
1.	Koen Koster	HZPC	56.22	199900517	56.66	+0,73	26.00	56.66
2.	Sander Kirillova	WVZ	57.68	199800121	57.76	+0,61	26.90	57.76
3.	Bert Duivenvoorde	De Columbiaan	57.16	199701805	58.84	+0,68	26.92	58.84
4.	Kevin Roest	Zwemvereniging Hoogland	1:00.27	200001223	59.50	+0,75	27.79	59.50
5.	Ian Terlouw	ZPC Woerden	59.32	200002345	1:00.33	+0,67	27.55	1:00.33
6.	Arjan Dekker	Bubble	1:01.65	200000499	1:00.62	+0,69	28.23	1:00.62
7.	Ryan van den Ouden	Poseidon'56	1:00.06	199900377	1:01.49	+0,78	27.83	1:01.49
8.	Bart Weiland	D.E.S.	1:01.78	199700777	1:01.61	+0,66	28.45	1:01.61
9.	Robin van Beek	ZVL-1886	1:00.41	199704023	1:01.82	+0,71	28.35	1:01.82
10.	Jelle Blankestijn	ZPC Amersfoort	1:03.42	199803737	1:03.10	+0,71	28.83	1:03.10
11.	Daan Siebenheller	Blue Marlins	1:04.34	199804955	1:03.26	+0,71	28.56	1:03.26
12.	Tenzin Tieman	Old Dutch	1:06.69	200005549	1:06.76	+0,74	30.97	1:06.76
13.	Kylian Kooijman	Steenwijk 1934	1:06.16	199900763	1:07.49	+0,70	30.42	1:07.49
14.	Tim van Grunsven	De Treffers	1:10.52	199804535	1:08.32	+0,76	30.74	1:08.32
15.	Patrick Wyrdean	Westland Swimming Stars	1:07.73	199702475	1:09.11	+0,65	31.05	1:09.11
16.	Dries Cavelaars	ZPC Amersfoort	1:09.37	199804597	1:10.64	+0,70	31.86	1:10.64
17.	Jesse Brouwers	MZ&PC	1:18.32	199900393	1:11.91	+0,68	33.70	1:11.91
18.	Ids de Klerk	NieMo Barracuda	1:13.34	199803237	1:13.00	+0,80	33.53	1:13.00
19.	Auke Sijperda	AZC	1:10.97	199905115	1:13.67	+0,68	30.74	1:13.67
20.	Yannic Heereveld	De Treffers	1:22.80	199805819	1:18.98	+0,78	35.29	1:18.98
30+								
1.	Jesper Oranje	De Duck	56.38	199200997	56.46	+0,72	26.03	56.46
2.	Nick Sijmons	De Amstel	59.11	199500491	57.94	+0,70	26.93	57.94
3.	Koen van der Wallen	ZPC Nederweert	1:02.67	199405561	1:01.52	+0,75	28.90	1:01.52
4.	Menno Weustenraad	MZ&PC	1:05.62	199505057	1:02.53	+0,76	28.63	1:02.53
5.	Bas Braun	ZPC Amersfoort	1:02.67	199106545	1:03.64	+0,73	29.28	1:03.64
6.	Sander Riezebos	WS Twente	1:08.42	199400467	1:07.09	+0,69	31.02	1:07.09
7.	Jordy Heusschen	Hellas-Glana	1:06.89	199503405	1:07.11	+0,72	30.54	1:07.11
8.	Tim de Vrugt	ENC Arnhem	1:08.27	199306719	1:08.35	+0,74	30.66	1:08.35
9.	J. Santiago Patterson	ZVL-1886	1:19.79	199406797	1:18.12	+0,77	34.74	1:18.12
10.	Cars Wiegmann	WS Twente	1:12.57	199401025	1:21.97	+0,78	36.58	1:21.97

Programmanr. 42, Heren, 100m vlinderslag

35+

1.	Matteo Viani	Zwevlust- den Hommel	1:00.21	199007717	57.71	+0,66	27.03	57.71
2.	Joeri van Wallenburg	Onderdak	1:01.61	199004875	1:02.07	+0,74	28.78	1:02.07
3.	Niek de Ridder	Onderdak	1:03.02	198802819	1:02.57	+0,74	29.28	1:02.57
4.	Rick Driezen	Steenwijk 1934	1:02.87	198600713	1:03.30	+0,83	29.55	1:03.30
5.	Rolf Baldwin Versteeg	Brander SV 1973 e.V.	1:08.01	368180	1:05.91	+0,70	30.99	1:05.91
6.	Robert Braad	Steenwijk 1934	1:05.81	198600407	1:07.22	+0,74	29.76	1:07.22
7.	Marc Hoogendam	Blue Marlins	1:08.94	199007713	1:12.50	+0,66	32.75	1:12.50
NG	Bram Piederiet	ZV Vlaardingen-Schiedam	1:11.63	199007757				

40+

1.	Matt Wan	Gay Swim Amsterdam	1:07.67	198504031	1:04.10	+0,65	29.13	1:04.10
2.	Pieter Pickhardt	ZPC De Hof	1:06.05	198301657	1:07.27	+0,80	31.26	1:07.27
3.	Frank v.d. Voordt	De Schotejil	1:10.08	198302259	1:08.16	+0,79	32.01	1:08.16
4.	Grzegorz Kasprzyk	ZV Vlaardingen-Schiedam	1:10.58	198303163	1:09.23	+0,71	32.46	1:09.23
5.	Benoit Gasner	D.E.S.	1:13.73	198102645	1:10.64	+0,67	31.60	1:10.64
6.	Rob van Wanrooy	Albion	1:18.21	198202627	1:11.82	+0,72	33.67	1:11.82
7.	Ricardo van Dam	AZC	1:21.68	198503965	1:17.75	+0,77	35.24	1:17.75

45+

1.	Casper Hut	HZ&PC Heerenveen	1:03.91	197800471	1:01.53	+0,72	28.63	1:01.53
2.	Kelvin Isselt	RZ	1:05.88	197601119	1:06.16	+0,74	30.49	1:06.16
3.	Arjen Nieveen	DZ&PC	1:12.91	198002545	1:09.69	+0,73	32.58	1:09.69
4.	Arjan Buijsse	ZV Sassenheim	1:11.50	197901767	1:12.44	+0,84	32.98	1:12.44
AFGEM	Jasper van Heijst	ZPCH	1:04.80	197601699				
NG	André Noordwijk	NieMo Barracuda	1:28.14	197901785				

50+

1.	Antwan van Engen	CWW Swimteam	1:03.11	197101577	1:02.46	+0,74	28.69	1:02.46
2.	Jacco Schaap	PSV	1:07.12	197401611	1:07.50	+0,71	30.62	1:07.50
3.	Kees Bakker	Gay Swim Amsterdam	1:12.79	197501055	1:09.57	+0,62	33.20	1:09.57
4.	Alex Damen	DAW	1:08.31	197501371	1:10.29	+0,77	32.37	1:10.29
5.	Peter de Vries	HZ&PC Heerenveen	1:15.67	197401601	1:13.10	+0,72	34.19	1:13.10
6.	M. van Walt van Praag	Gay Swim Amsterdam	1:27.34	197501425	1:24.75	+0,71	37.58	1:24.75

55+

1.	Chester Marsman	ZPC Amersfoort	1:05.45	196900671	1:03.87	+0,78	29.44	1:03.87
2.	Bruno Nahon	Cercle De Natation Sportci	1:15.88we	CNSW/000390/70	1:21.60	+0,78	37.02	1:21.60
3.	Eymert van Rooij	PSV	1:22.51	196601631	1:21.94	+0,85	38.95	1:21.94
4.	Mathieu Rikken	De Duinkickers	1:22.80	196701777	1:23.81	+0,82	35.62	1:23.81

60+

1.	Javier Nagues	SSF Bonn	1:08.28	361124	1:06.75	+0,82	31.03	1:06.75
2.	Bert Schlicher	RZ	1:09.53	196400669	1:08.94	+0,72	31.79	1:08.94
3.	Johan Remmits	ZPC Amersfoort	1:12.35	196201159	1:11.39	+0,78	33.36	1:11.39
4.	Hans Vloedgraven	Old Dutch	1:18.02	196400917	1:16.05	+0,69	35.86	1:16.05
5.	Robert de Brauwer	De Duinkickers	1:25.57	196401383	1:23.22	+0,81	38.10	1:23.22

65+

1.	Hugo Bregman	WVZ	1:07.72	195800069	1:06.16	+0,86	30.99	1:06.16
2.	Paul Bunnik	Triton	1:25.76	195600413	1:25.54	+0,93	39.78	1:25.54

Programmanr. 43
23-11-2025 - 16:50

Dames, 100m vlinderslag

20 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	
20+								
1.	Michelle van Wijk	WVV Winterswijk	1:03.74	200204746	1:03.88	+0,72	30.02	1:03.88
2.	Silke Molendijk	ZVL-1886	1:03.97	200100178	1:05.54	+0,67	30.92	1:05.54
3.	Isabel Dijkstra	Hellas-Glana	1:08.70	200200918	1:07.72	+0,63	31.17	1:07.72
4.	Jelsie van Ruijven	ZVL-1886	1:12.77	200500282	1:09.26	+0,70	31.56	1:09.26
5.	Nienke Bakker	TriVia	1:09.87	200501178	1:11.17	+0,75	32.19	1:11.17
6.	F. Wiersma	Neptunia '24	1:12.54	200103078	1:12.52	+0,67	33.33	1:12.52
7.	Evelien Husselman	MZ&PC De Reest	1:14.39	200501324	1:12.59	+0,71	33.02	1:12.59
8.	Esther Tiemersma	PSV	1:13.78	200202962	1:13.33	+0,70	34.82	1:13.33
9.	Dyonne Klomp	ZPC Nederweert	1:12.15	200400642	1:13.78	+0,75	33.54	1:13.78
10.	Esmee Wijnmaalen	De Geul	1:12.80	200100298	1:14.60	+0,74	33.61	1:14.60
11.	Jessica Braat	AZC	1:15.04	200205684	1:14.96	+0,73	35.10	1:14.96
12.	Noa de Bock	De Duck	1:14.34	200300318	1:15.68	+0,69	34.43	1:15.68
13.	Noor Polman	CWW Swimteam	1:15.28	200501248	1:15.71	+0,66	34.98	1:15.71
14.	Maud Weijmans	Z&PV Nueneen	1:14.49	200103830	1:17.27	+0,73	36.00	1:17.27
15.	Roméé Beverdam	WS Twente	1:16.00	200100158	1:17.96	+0,83	35.51	1:17.96
16.	Iris Lok	WS Twente	1:19.98	200301094	1:19.75	+0,56	35.87	1:19.75
17.	Lisette Dooper	Tiburón	1:18.67	200201678	1:24.06	+0,78	38.20	1:24.06
18.	Nicole Janssen	D.E.S.	1:30.53	200502994	1:25.14	+0,76	36.84	1:25.14
19.	Natasha de Geus	Poseidon'56	1:24.31	200403698	1:25.54	+0,78	39.04	1:25.54
20.	Valerie Bakker	ZVL-1886	1:24.21	200103672	1:26.32	+0,61	38.27	1:26.32
AFGEM	Esmée van Peer	TriVia	1:13.74	200201114				
NG	Annika de Wolf	ZPC Amersfoort	1:22.11	200504774				
25+								
1.	Manon Koster	MZ&PC	1:05.99	199701312	1:05.83	+0,72	30.77	1:05.83
2.	M. van der Heijden	NieMo Barracuda	1:08.63	199605226	1:08.38	+0,68	31.82	1:08.38
3.	Marcella van der Ent	De Duck	1:07.81	199600174	1:09.04	+0,71	30.54	1:09.04
4.	Serafina Vlijt	HZPC	1:11.05	199801142	1:09.10	+0,83	32.29	1:09.10
5.	Kelly de Jonge	Poseidon'56	1:14.26	199701210	1:12.87	+0,76	33.86	1:12.87
6.	Lisanne Seising	VZC	1:10.93	200002084	1:13.24	+0,74	33.49	1:13.24
7.	Katrin Diercks	SG Aumund - Vegesack	1:15.48	197466	1:14.78	+0,73	34.83	1:14.78
8.	Laurie Aarninkhof	De Dinkel	1:10.38	199800822	1:16.88	+0,82	33.61	1:16.88
9.	Charissa Drost	Hellas-Glana	1:16.25	199704750	1:17.74	+0,80	34.64	1:17.74
10.	Sabine Lageweg	Steenwijk 1934	1:18.74	199900926	1:17.97	+0,71	34.88	1:17.97
NG.ZA	Ellen ter Stege	ENC Arnhem	1:15.85	199900604				
AFGEM	Cynthia van Veen	BZ en PC	1:33.90	199606736				
30+								
1.	Cora van Dorst	Zwemvereniging De Zilver	1:10.42	199106218	1:06.78	+0,70	30.32	1:06.78
2.	Marcha Admiraal	De Geul	1:08.48	199300012	1:09.10	+0,78	32.09	1:09.10
3.	Floor Weijmans	HZPC	1:10.16	199502522	1:10.08	+0,87	32.53	1:10.08
4.	Fiona Meuffels	PSV	1:11.01	199504366	1:12.95	+0,66	33.56	1:12.95
5.	Tessa Kierkels	MZ&PC	1:21.19	199101602	1:15.82	+0,88	34.82	1:15.82
6.	Giulia Rolloos	NieMo Barracuda	1:17.38	199500946	1:18.50	+0,76	35.47	1:18.50
7.	Esther Kwebeman	TriVia	1:25.31	199106374	1:21.73	+0,81	36.22	1:21.73
8.	Lotte Eising	ZPC Amersfoort	1:17.84	199502098	1:22.33	+0,75	36.44	1:22.33
9.	Eline Molle	De Geul	1:33.04	199404276	1:32.69	+0,76	41.04	1:32.69
35+								
1.	Jacyntha Plat	Steenwijk 1934	1:11.27	199002956	1:10.27	+0,73	32.33	1:10.27
2.	Anna Maria Rijkens	WSV St. Johann in Tirol	1:13.99	48298	1:14.91	+0,79	34.49	1:14.91
3.	Relinda Baas	TriVia	1:20.07	198900144	1:16.39	+0,78	35.49	1:16.39
4.	Monique van Huizen	AZC	1:16.92	198706236	1:19.68	+0,81	36.04	1:19.68
5.	D. van den Hoogenband	Z&PV Nueneen	1:18.56	199001558	1:21.58	+0,80	37.31	1:21.58

Programmanr. 43, Dames, 100m vlinderslag

40+

1.	V. Haden-Felfoldi	Iron Swim	1:07.02	66/3267	1:06.96	+0,71	31.41	1:06.96
	<i>Hungarian Masters Record</i>							
2.	Danielle Reijnders	AquAmigos	1:11.33	198504234	1:11.74	+0,62	33.76	1:11.74
3.	Marije Jansen	ZPC Amersfoort	1:10.65	198504088	1:13.03	+0,73	33.41	1:13.03
4.	Miranda Pijnenburg	De Treffers	1:16.46	198301216	1:15.07	+0,78	34.30	1:15.07
5.	Sandra Zwaanswijk	DAW	1:26.77	198503934	1:29.09	+0,75	39.35	1:29.09

45+

1.	C. Kettenmeyer-Reuland	Swimming Club Le Dauphin	1:15.44	ück2017	1:14.50	+0,78	34.29	1:14.50
	<i>Luxembourg Masters Record</i>							
2.	Sandra Temmerman	DAW	1:14.53	198001100	1:15.55	+0,79	34.43	1:15.55
3.	Marian Nederlof	De Geul	1:27.88	197600950	1:29.94	+0,84	39.39	1:29.94
4.	K. de Reus-Trompetter	DZ&PC	1:24.64	197600520	1:30.39	+0,90	41.90	1:30.39
5.	Saskia op den Velde	De Duinkickers	1:42.55	197901530	1:44.07	+0,96	46.67	1:44.07

50+

1.	Sandra Peeters	ZPC De Rog	1:14.47	197401032	1:11.95	+0,75	33.65	1:11.95
2.	C. Gootzen-Bulthuis	RZ	1:17.81	197500990	1:16.54	+0,82	35.66	1:16.54
3.	Mirjan den Drijver	Westland Swimming Stars	1:16.24	197500884	1:21.38	+0,81	37.09	1:21.38

55+

1.	L. v. Bon-Rosenbrand	ZPC Amersfoort	1:13.17	197000054	1:14.24	+0,82	35.19	1:14.24
2.	Jeanne Petit	PSV	1:15.23	197001020	1:14.69	+0,66	34.20	1:14.69
3.	Petra Blum	Uerdinger SV 08	1:23.64	274174	1:23.11	+0,89	38.69	1:23.11
4.	Bianca Groot	MSV-Zeemacht	1:31.53	197000652	1:29.14	+0,86	39.21	1:29.14
5.	K. van Nassau-van den	HOld Dutch	1:42.06	196600188	1:44.52	+0,93	49.53	1:44.52

60+

1.	M. Remmits-de Lange	ZPC Amersfoort	1:23.73	196300518	1:26.55	+0,90	37.77	1:26.55
2.	M. Grove-Lingeman	Triton	1:28.63	196200080	1:27.70	+0,84	40.13	1:27.70
3.	Petra Tossings	GZC Donk	1:30.72	196100376	1:30.87		42.55	1:30.87
4.	Anita Steijger	WVZ	1:33.68	196500628	1:39.00	+0,92	45.76	1:39.00

65+

1.	Claire Anthony	Cercle De Natation Sportci	1:36.44	we CNSW/001353/57	1:38.05	+0,93	43.71	1:38.05
	<i>Belgian Masters Record</i>							

75+

1.	A. Gilding-Tussaud	WS Twente	2:21.74	195000038	2:23.83		1:06.04	2:23.83
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Programmanr. 44
23-11-2025 - 17:12

4 x 50m vrije slag

lft 80 - 399
Resultaten

rang	vereniging	intijd	tijd	RT
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Programmanr. 44, 4 x 50m vrije slag

80+, Dames

1. Neptunia '24 1	Neptunia '24	2:00.08	2:00.70	+0,74
Evelien de Jong	98 +0,74	30.52 Joyce Toonstra	05 +0,15	31.34
Noël Iris Hettinga	00 +0,32	30.13 Marije Sweering	01 +0,53	28.71
2. Deltasteur 1	Deltasteur	1:59.76	2:00.91	+0,67
Maud Heldoorn	00 +0,67	31.33 Tara Schuurman	04 +0,53	31.09
Monica Faber	04 +0,44	29.91 Manon de Man	02 +0,34	28.58

100+, Dames

1. DWK 1	DWK	1:54.22	1:55.49	+0,70
Anoeska van de Kraats	97 +0,70	29.67 Inge Koekoek	04 +0,63	28.34
Annabel Kuipers	00 +0,55	29.43 Celine Schoenmaker	98 +0,17	28.05
2. NieMo Barracuda 16	NieMo Barracuda	1:57.12	1:55.84	+0,61
Robin Pienaar	01 +0,61	28.40 Tamara van den Brink	98 +0,38	30.67
Anouchka Bos	05 +0,49	28.17 Melissa van der Heijden	96 +0,31	28.60
3. TriVia 2	TriVia	1:56.63	1:57.79	+0,76
Nienke Bakker	05 +0,76	29.15 Relinda Baas	89 +0,43	29.85
Ilse Kramer	04 +0,35	31.14 Esmée van Peer	02 +0,45	27.65
4. ZOB'66 1	ZOB'66	2:00.10	2:00.76	+0,73
Emi Schipper	05 +0,73	27.89 Wendy de Bruin	92 +0,52	30.66
Nina Tourton	96 +0,30	33.28 Rozemarijn van Haaff	02 +0,44	28.93
5. SG Octopus - ZVV 1	SG Octopus - ZVV	2:09.13	2:08.31	+0,77
Ilse Wild	04 +0,77	29.54 Daphne van Rees	03 +0,53	31.38
Monique Kok	86 +0,34	37.89 Feline Slijkhuis	05 +0,60	29.50
6. ZPC Amersfoort 5	ZPC Amersfoort	2:14.05	2:16.15	+0,91
Katrin Glatzer	76 +0,91	42.12 Mandy Swart	99 +0,45	30.43
Maddy van der Hoeven	04 +0,19	31.44 Annika de Wolf	05 +0,69	32.16

120+, Dames

1. Poseidon'56 3	Poseidon'56	2:02.95	1:59.62	+1,64
Kim van Gemert	01 +1,64	28.56 Kelly Wigleven	95 +0,45	31.27
Tonia Ruybroek	81 +0,53	31.29 Kelly de Jonge	97 +0,50	28.50
2. De Geul 1	De Geul	2:02.50	1:59.74	+0,81
Daphne van Tilburg	05 +0,81	30.03 Esmee Wijnmaalen	01 +0,19	29.90
Anne Besseling-de Jong	81 +0,52	32.54 Marcha Admiraal	93 +0,32	27.27
3. MSV-Zeemacht 1	MSV-Zeemacht	2:02.61	2:01.41	+0,73
Emma Riemers	05 +0,73	29.60 Kyra Wesemann	02 +0,49	29.62
Bianca Groot	70 +0,60	32.26 Tessa van Dijk-Mosch	91 +0,30	29.93
4. De Duck 2	De Duck	2:06.07	2:09.88	+0,89
Rachel Trainor	77 +0,89	34.33 Geraldine Trainor	75 +0,29	31.41
Judith Kleinjan	98 +0,58	32.27 Leontine Groeneveldt	93 +0,40	31.87
5. DAW 2	DAW	2:09.68	2:10.00	+0,72
Celine Bakker	93 +0,72	32.56 Brenda Zwarthoed	96 +0,32	31.22
Alina Spijkerman	77 +0,60	32.68 Sanne Arisz	01 +0,20	33.54

160+, Dames

1. DAW 3	DAW	2:07.80	2:02.21	+0,80
Sandra Zwaanswijk	85 +0,80	31.47 Laura Badoux	82 +0,53	30.89
Sandra Temmerman	80 +0,38	30.58 Maaïke Vooren	91 +0,37	29.27
2. Westland Swimming Stars 1	Westland Swimming Stars	2:05.69	2:04.65	+0,72
Kim de Jong	04 +0,72	29.53 Anouk van der Lans	98 +0,45	31.58
Netty Burik-Geijsen	63 +0,14	31.23 Mirjan den Drijver	75 +0,48	32.31
3. Steenwijk 1934 3	Steenwijk 1934	2:06.01	2:05.95	+0,54
Linda Wibbelink	59 +0,54	37.20 Nanda Wobben-de Vries	92 +0,22	31.45
Alies Wagter	99 +0,28	28.56 Jacyntha Plat	90 +0,29	28.74
4. Steenwijk 1934 2	Steenwijk 1934	2:14.03	2:13.78	+0,55
Sabine Lageweg	99 +0,55	30.51 Wilna Heijman	64 +0,39	35.88
Astrid Wibbelink	96 +0,49	30.47 Leonie Scholten	79 +0,33	36.92
5. PSV 3	PSV	2:13.95	2:16.42	+0,81
Larissa Jansen	95 +0,81	29.57 Jolanda van Gendt	78 +0,54	34.15
Nanda van Heteren	89 +0,51	33.31 Corrie Verhoeven	46 +0,46	39.39

Programmanr. 44, Dames, 4 x 50m vrije slag, 160+

rang	vereniging	intijd	tijd	RT
6.	MZ&PC 1	2:21.64	2:18.60	+0,74
	Yvonne op den Kamp-Bruls	90	34.14	+0,40
	Angelique Croezen	56	46.31	+0,27
			Tessa Kierkels	30.16
			Manon Koster	27.99

200+, Dames

1.	DWK 2	2:34.43	2:29.23	+0,71
	Moniek van Langevelde	98	28.21	+0,33
	Willy Schoenmaker-ter Veer	59	46.52	+0,45
			Greta Wyma-Teitsma	41.60
			Iris van Aurich	32.90
2.	De Geul 3	2:37.31	2:35.42	+0,84
	Aafke Groot	83	33.71	+0,65
	Geerdien Meerwaldt	52	54.52	+0,52
			Marijke Campfens	33.75
			Marian Nederlof	33.44
3.	De Duinkickers 1	2:53.28	2:37.30	
	Annet Verhoeven - Steggerda	46	50.33	+0,62
	Christine Buist	64	39.12	+0,53
			Maaik de Boer	31.39
			Saskia op den Velde	36.46

240+, Dames

1.	ZPC Amersfoort 1	ZPC Amersfoort	2:03.10	2:01.33	+0,61
	<i>Europees Masters Record, Atie Pijtak-Radersma NMR 50m vrije slag</i>				
	Atie Pijtak-Radersma	56	30.63	+0,40	29.69
	Marjan Remmits-de Lange	63	31.16	+0,53	29.85
2.	GZC Donk 1	GZC Donk	2:34.30	2:32.17	+0,96
	Lia Bijkerk	60	40.40	+0,72	36.40
	Karin Berckenkamp	69	39.57	+0,60	35.80
			Feikje Wittermans		
			Petra Tossings		
3.	ENC Arnhem 5	ENC Arnhem	2:31.04	2:33.15	+0,85
	Marijn Post	81	32.93	+0,63	41.82
	Ria Peters-Veurman	58	44.59	+0,33	33.81
			Marion Kolkman-Pluim		
			Karin van der Star-Verhoeven		

280+, Dames

1.	PSV 4	PSV	3:01.87	3:25.52	+1,07
	Carla Hensen	53	43.93	+0,76	1:03.71
	Ineke Brouwers	52	49.99	+0,52	47.89
			Lottie Geurts		
			Gonnie Bak		

80+, Heren

1.	HZ&PC Heerenveen 2	HZ&PC Heerenveen	1:38.92	1:38.46	+0,67
	Jorian Darwinkel	03	24.65	+0,32	24.67
	Wouter Zijlstra	04	23.80	+0,22	25.34
			Remco Dijkstra		
			Richard Kuipers		
2.	ZPC Woerden 1	ZPC Woerden	1:42.72	1:40.54	+0,64
	Daan Hoogendoorn	05	24.52	+0,44	26.30
	Milan de Roo	01	24.81	+0,33	24.91
			Ruben Zwartebol		
			Ian Terlouw		

100+, Heren

1.	Poseidon'56 9	Poseidon'56	1:39.29	1:38.15	+0,66
	Gerard Willighagen	01	24.57	+0,28	25.55
	Erik van Gemert	03	24.10	+0,18	23.93
			Sam Beer		
			Ryan van den Ouden		
2.	ENC Arnhem 1	ENC Arnhem	1:42.55	1:40.79	+0,64
	Sander de Vrugt	89	25.78	+0,48	25.77
	Mika Bongers	05	25.00	+0,34	24.24
			Tim de Vrugt		
			Peter Rothengatter		
3.	DZ&PC 1	DZ&PC	1:45.77	1:43.24	+0,68
	Tycho Veenstra	05	26.50	+0,42	25.00
	Arjen Nieveen	80	27.03	+0,56	24.71
			Erik Nijholt		
			Ruben Trompetter		
4.	CWW Swimteam 1	CWW Swimteam	1:51.41	1:44.69	+0,72
	Mees Peters	05	25.10	+0,47	27.17
	Mathijs van Dijk	01	26.20	+0,42	26.22
			Twan van Engen		
			Antwan van Engen		
5.	De Rijn 1	De Rijn	1:52.69	1:48.38	+0,76
	Johan Krakou	91	27.09	+0,36	27.70
	Jeroen Louwinger	99	27.37	+0,23	26.22
			Rick Haanschoten		
			Sjoerd Boogert		
6.	ZVL-1886 11	ZVL-1886	1:50.90	1:49.71	+0,74
	Robin van Muijen	02	27.62	+0,44	28.21
	Daniel Castillo Montoya	94	26.70	+0,16	27.18
			Erik Baalbergen		
			Jose Horcas Nieto		

Programmanr. 44, Heren, 4 x 50m vrije slag, 100+

rang	vereniging	intijd	tijd	RT
AFGEM	ZOB'66 3	ZOB'66	1:43.35	

120+, Heren

1.	Hellas-Glana 2	Hellas-Glana	1:40.63	1:40.60	+0,63
	Robin Meuwissen	96 +0,63	25.47 Arno Nelissen	03 +0,47	23.52
	Richard Rickesen	70 +0,33	26.43 Coen Keulen	04 +0,19	25.18
2.	ZOB'66 4	ZOB'66	1:49.85	1:46.34	+0,76
	Ruben Stolk	90 +0,76	27.85 Jaimy Voogt	00 +0,48	27.22
	Tygo Korving	03 +0,20	25.25 Marco Booij	73 +0,12	26.02
3.	ZPC Amersfoort 6	ZPC Amersfoort	1:48.83	1:46.41	+0,65
	Jelle Opmeer	01 +0,65	25.91 Rob van Vliet	84 +0,15	26.91
	Dries Cavelaars	98 +0,38	27.27 Martijn Bartels	96 +0,34	26.32
4.	Onderdak 1	Onderdak	1:48.14	1:46.84	+0,68
	Simon Edenburg	93 +0,68	26.24 Joeri van Wallenburg	90 +0,33	26.33
	Stefan Roovers	91 +0,26	28.76 Niek de Ridder	88 +0,34	25.51
5.	SG Patrick - De Roersoppers	SG Patrick - De Roersoppers	1:48.19	1:47.97	+0,77
	Jeroen Meuleners	78 +0,77	28.89 Patrick Creemers	90 +0,17	25.86
	Max Martens	00 +0,25	26.85 Koen Wijnands	98 +0,32	26.37
6.	AZC 1	AZC	1:53.06	1:54.25	+0,82
	Ricardo van Dam	85 +0,82	29.37 Ardy Zwanenburg	99 +0,41	29.17
	Auke Sijperda	99 +0,48	27.30 Patrick Brouwer	93 +0,53	28.41
DIS	MZ&PC 2	MZ&PC	1:54.07		+0,75
	<i>EA - Te vroeg overgenomen., 3e zwemmer!</i>				
	Jesse Brouwers	99 +0,75	28.77 Michel Heijnen	87 -0,28	
	Karsten Meijers	90 +0,63	33.00 Menno Weustenraad	95 +0,40	

160+, Heren

1.	ZPC Amersfoort 3	ZPC Amersfoort	1:43.14	1:42.56	+0,63
	Darren Chen	00 +0,63	24.15 Edwin v. Norden	63 +0,26	27.81
	Jelle Blankestijn	98 +0,39	25.09 Erwin Buist	78 +0,24	25.51
2.	DAW 1	DAW	1:44.76	1:44.04	+0,81
	Alex Damen	75 +0,81	27.38 Sherif Badawy	89 +0,19	25.30
	Kars Luttik	78 +0,25	29.05 Felix Geenen	95 +0,12	22.31
3.	Zwemlust- den Hommel 1	Zwemlust- den Hommel	1:45.22	1:44.10	+0,73
	Louis Kappler	02 +0,73	24.90 Vincent Versteeg	77 +0,45	26.96
	John Hardeman	66 +0,35	28.41 Matteo Viani	90 +0,25	23.83
4.	ZVVS 8	ZV Vlaardingen-Schiedam	1:50.36	1:50.31	+0,76
	Rene van Hoom	76 +0,76	26.61 Bas van den Nouwelant	80 +0,30	26.71
	Michael van der Reijden	75 +0,45	28.62 Grzegorz Kasprzyk	83 +0,25	28.37
	NieMo Barracuda 13	NieMo Barracuda	1:55.44	1:50.31	+0,81
	Patrick Paul	78 +0,81	27.53 André Noordwijk	79 +0,54	29.01
	Marco Horneman	80 +0,11	28.19 Mark Hensen	79 +0,43	25.58
6.	Steenwijk 1934 1	Steenwijk 1934	1:52.10	1:51.47	+0,91
	Huyb Stegeman	67 +0,91	32.64 Robert Braad	86 +0,38	25.96
	Kylian Kooijman	99 +0,49	27.02 Rick Driezen	86 +0,28	25.85
7.	De Geul 2	De Geul	1:51.28	1:51.67	+0,68
	Heijmen van Vliet	80 +0,68	27.73 Remco van der Graaf	87 +0,51	28.48
	Mitchell van Utert	90 +0,52	29.65 Ivan van Omme	82 +0,47	25.81
8.	RZ 1	RZ	1:52.74	1:51.92	+0,74
	Bert Schlicher	64 +0,74	28.61 Erik Leppers	71 +0,37	29.28
	Gino Martijn	79 +0,10	28.14 Lars Hilkens	02 +0,40	25.89
9.	ENC Arnhem 4	ENC Arnhem	1:58.60	1:58.72	+0,75
	Rik Regtering	79 +0,75	27.05 Paul Rutten	80 +0,39	31.99
	Erwin Snip	70 +0,67	31.94 Arjen Koop	79 +0,59	27.74

Programmanr. 44, 4 x 50m vrije slag

200+, Heren

1.	ZPC Amersfoort 2 <i>Nederlands Masters Record</i>	ZPC Amersfoort		1:44.61		1:43.67	+0,78	
	Bas Braun	91	+0,78	25.29	Johan Remmits	62	+0,26	27.81
	Chester Marsman	69	+0,34	25.95	Jeroen Zelsmann	77	+0,28	24.62
2.	PSV 2	PSV		1:56.16		1:52.86	+0,68	
	Jos de Graaf	91	+0,68	25.78	Eymert van Rooij	66	+0,33	30.31
	Harold Matla	68	+0,36	29.29	Jacco Schaap	74	+0,24	27.48
3.	TriVia 1	TriVia		2:01.56		2:02.60	+0,77	
	Theo Bakker	64	+0,77	29.91	Berry van Holland	80	+0,23	28.58
	Arnoud van Royen	72	+0,44	35.21	Jeroen Temme	72	+0,64	28.90
4.	Poseidon'56 10	Poseidon'56		2:07.17		2:06.95	+0,82	
	Jim Geestman	83	+0,82	26.05	Frans Kooijman	83	+0,52	33.87
	Marcel Vroegindeweij	68	+0,06	27.55	Bob Lookermans	62	+0,52	39.48
5.	PSV 5	PSV		2:26.98		2:28.16	+0,80	
	Olivier van Heezik	71	+0,80	28.13	Rob Hanou	43	+0,55	45.13
	Mike van der Sanden	95	+0,81	37.27	André Pantekoek	58	+0,55	37.63

80+, Gemengd

1.	ZVL-1886 10	ZVL-1886		1:45.71		1:46.98	+0,68	
	Silke Molendijk	01	+0,68	28.29	Robin van Beek	97	+0,46	25.54
	Jelsie van Ruijven	05	+0,37	27.10	Thijs Huizer	05	+0,36	26.05
2.	De Dinkel 1	De Dinkel		1:50.91		1:52.60	+0,70	
	Jelle ten Hove	01	+0,70	26.30	Claire Bosch	04	+0,59	30.71
	Mika Heskamp	03	+0,32	26.41	Laurie Aarninkhof	98	+0,34	29.18
3.	ENC Arnhem 3	ENC Arnhem		1:55.17		1:52.90	+1,99	
	Mike Schel	94	+1,99	25.78	Sabine Uytewilligen	05	+0,36	30.67
	Wessel Haverkamp	02	+0,31	27.08	Rose Lether	04	+0,43	29.37

100+, Gemengd

1.	Hellas-Glana 1 <i>Nederlands Masters Record</i>	Hellas-Glana		1:41.36		1:40.59	+0,78	
	Isabel Dijkstra	02	+0,78	27.79	Kevin Meuwissen	95	+0,23	23.88
	Lars Kerremans	01	+0,14	22.87	Britt Cornelissens	00	+0,26	26.05
2.	De Duck 1	De Duck		1:49.91		1:46.99	+0,68	
	Marcella van der Ent	96	+0,68	28.21	Noa de Bock	03	+0,47	29.29
	Jort Vizeé	02	+0,55	25.96	Jesper Oranje	92	+0,42	23.53
3.	ZPC Nederweert 1	ZPC Nederweert		1:50.01		1:49.45	+0,83	
	Tamara Bloemers	98	+0,83	29.18	Stefan de Leeuw	95	+0,31	27.36
	Dyonne Klomp	04	+0,49	28.24	Koen van der Wallen	94	+0,18	24.67
4.	HZPC 1	HZPC		1:50.81		1:49.93	+0,68	
	Koen Koster	99	+0,68	23.95	Manon van der Wielen	02	+0,29	30.77
	Björn Piket	96	+0,44	25.99	Serafina Vlijt	98	+0,47	29.22
5.	MZ&PC De Reest 2	MZ&PC De Reest		1:53.19		1:53.15	+0,68	
	Evelien Husselman	05	+0,68	28.85	Rémon Hofstee	84	+0,56	28.79
	Eline Groen	02	+0,47	30.60	Daan Schra	02	+0,32	24.91
6.	Zwemlust- den Hommel 2	Zwemlust- den Hommel		1:52.95		1:53.28	+0,68	
	Fayssal Lantema	01	+0,68	25.00	Liesbeth van Mill	87	+0,33	32.73
	Manon Kloosterman	97	+0,51	27.91	Nigel Werring	03	+0,31	27.64
7.	Blue Marlins 3	Blue Marlins		1:46.72		1:55.52	+0,66	
	Marc Hoogendam	90	+0,66	28.31	Sarissa Bakker	99	+0,28	32.56
	Alisha Vieira	99	+0,50	28.32	Daan Siebenheller	98	+0,32	26.33
8.	NieMo Barracuda 15	NieMo Barracuda		2:02.21		1:58.36	+0,67	
	Arthur Lale-Demoz	97	+0,67	27.34	Esmée Rolloos	98	+0,46	31.97
	Giulia Rolloos	95	+0,34	31.37	Robin van Beusekom	92	+0,32	27.68
9.	WS Twente 1	WS Twente		2:02.32		2:02.45	+0,62	
	Marit Gerritsen	02	+0,62	36.47	Iris Lok	03	+0,24	31.09
	Cars Wiegmann	94	+0,34	28.49	Sander Riezebos	94	+0,18	26.40

Programmanr. 44, 4 x 50m vrije slag

120+, Gemengd

1. WVZ 1 <i>Nederlands Masters Record</i>	WVZ		1:44.66		1:41.64	+0,65	
Scott Jansen	02	+0,65	23.72	Leonie van Noort	93	+0,39	26.96
Delia Badoux	80	+0,14	27.06	Sander Kirillova	98	+0,24	23.90
2. Zwemsport Parkstad 1	Zwemsport Parkstad		1:52.94		1:53.80	+0,74	
Jennifer Koonen	05	+0,74	31.47	Freddie Geerlings	79	+0,48	28.58
Alzbeta Andrikova	98	+0,17	28.55	Alan Smeets	84	+0,48	25.20
3. HZ&PC Heerenveen 1	HZ&PC Heerenveen		1:59.08		1:54.56	+0,76	
Inge Dekker	02	+0,76	30.17	Peter de Vries	74	+0,42	27.98
Lois Jalving	04	+0,31	28.89	René Beetsma	69	+0,27	27.52
4. ZVL-1886 12	ZVL-1886		2:06.60		2:07.09	+0,59	
Suzan Blankestijn	89	+0,59	32.40	Ingmar Kooman	79	+0,44	32.47
Valerie Bakker	01	+0,44	33.07	Jaime Santiago Patterson	94	+0,25	29.15
5. Poseidon'56 14	Poseidon'56		2:24.72		2:24.35	+0,70	
Dylan van Goor	76	+0,70	35.09	Dayna van Hoom	05	+0,41	34.64
Andre Exter	66	+0,58	42.35	Natasha de Geus	04	+0,39	32.27

160+, Gemengd

1. De Treffers 1	De Treffers		1:57.44		1:54.72	+0,73	
Cristina Rodriguez Bouzo	88	+0,73	29.19	Evita van de Ketterij	85	+0,44	29.46
Eric de Haas	65	+0,42	30.02	Tim van Grunsven	98	+0,56	26.05
2. ZPC Amersfoort 4	ZPC Amersfoort		1:54.83		1:55.15	+0,78	
Vincent Bakker	86	+0,78	26.54	Ron Korzelius	65	+0,46	28.69
Lotte Eising	95	+0,55	31.15	Marije Jansen	85	+0,30	28.77
3. WVZ 2	WVZ		2:06.08		1:56.31	+0,75	
Hugo Bregman	58	+0,75	28.46	Roos van Esch	82	+0,31	29.36
Lauren van IJL	00	+0,31	29.77	Arthur van Strien	63	+0,31	28.72
4. ZV Sassenheim 8	ZV Sassenheim		2:03.14		1:57.84	+0,79	
Arjan Buijse	79	+0,79	29.76	Rianne Hofland	88	+0,27	29.43
Marinka vd Zwet	65	+0,49	31.14	Wesley van der Luit	97	+0,52	27.51
5. ACZ 1	ACZ		1:59.89		1:58.27	+0,79	
Teus Krijgsman	66	+0,79	29.68	Carol Hollemans	69	+0,47	30.46
Linda van Klei	88	+0,67	31.56	Ignacio Garcia Rodriguez	85	+0,33	26.57
6. Team Noord Holland (SG) 1	Team Noord Holland (SG)		2:04.38		2:04.90	+0,81	
Lotte van Gessel	03	+0,81	29.12	Bertjan Schelhaas	65	+0,49	33.93
Deborah Thoolen	97	+0,54	31.87	Gerrit Orthofer	70	+0,24	29.98
7. AZC 2	AZC		2:02.30		2:05.41	+0,80	
Wim de Lange	58	+0,80	35.07	Jessica Braat	02	+0,48	30.48
Michael Go	75	+0,46	30.29	Monique van Huizen	87	+0,33	29.57
8. V.Z.V. Njord 5	V.Z.V. Njord		2:06.18		2:05.42	+0,81	
Tomas Hertogh	05	+0,81	25.61	Renee de Kok	84	+0,39	32.46
Karin Sagonas-Koolen	70	+0,45	34.64	Jacques Verriet	70	+0,45	32.71
9. ZOB'66 2	ZOB'66		2:16.73		2:09.95	+0,82	
Ferry Blangé	83	+0,82	28.48	Daniëlle Schipper	70	+0,29	37.78
Marit van Krimpen	04	+0,25	32.70	Erik Tobé	79	+0,62	30.99
10. De Duinkickers 1	De Duinkickers		2:10.23		2:10.94	+0,85	
Esther Poortvliet - Koedam	80	+0,85	31.85	Marcel Brittijn	69	+0,40	32.55
Inge Roskam	78	+0,31	34.54	Robin Roskam	78	+0,37	32.00

200+, Gemengd

1. ZEPS 1	ZEPS		1:58.05		1:57.76	+0,52	
Ingrid Jansen	87	+0,52	30.37	Pieter Derckx	65	+0,33	27.88
Wanda Derckx-Weusten	72	+0,34	32.03	Edgar Thimister	75	+0,48	27.48
2. ZPC De Rog 1	ZPC De Rog		2:01.19		2:00.31		
Sandra Peeters	74		31.49	Rob Spetter	62	+0,31	29.38
Regine Beckers-Stribos	70	+0,48	33.03	Peter Bensen	63	+0,19	26.41
3. De Biesboschzwemmers 9	De Biesboschzwemmers		1:59.84		2:01.25	+0,75	
Nico Swart	68	+0,75	30.93	Marjo Goelema-Koek	69	+0,47	31.63
Henri Verschoor	70	+0,41	29.23	Anne-Marie Verschoor-Vos	81	+0,40	29.46
4. ZV Sassenheim 9	ZV Sassenheim		2:15.15		2:06.15	+0,83	
Bogdan Androne	77	+0,83	28.70	Yvonne van Nobelen - Kampschreur	72	+0,36	34.30
Luisiana Bigea	77	+0,60	33.19	Frank van Nobelen	69	+0,32	29.96

Programmanr. 44, Gemengd, 4 x 50m vrije slag, 200+

rang	vereniging	intijd	tijd	RT
5.	Albion	2:10.85	2:08.81	+0,66
	Rob van Wanrooy	82 +0,66 27.97	67 0,00	33.67
	Caroline Kruger	68 +0,40 35.67	77 +0,53	31.50

240+, Gemengd

1.	ZVVS 2	ZV Vlaardingen-Schiedam	2:26.16	2:28.82	+0,95
	Inge Deutz	66 +0,95 41.92	45 +0,60	38.17	
	Helena Mels	69 +0,62 34.41	74 +0,49	34.32	

280+, Gemengd

1.	SWOL 1894 5	SWOL 1894	2:22.40	2:22.96	+0,87
	Marijke Kraak-Beckers	60 +0,87 35.30	51 +0,46	35.41	
	Rob Berkhof	52 +0,49 40.78	51 +0,37	31.47	
2.	Old Dutch 1	Old Dutch	2:56.51	2:57.55	+0,76
	Hans Vloedgraven	64 +0,76 33.28	66 +0,30	38.42	
	Marie Smits	38 +0,85 53.04	42	52.81	