

1 - ONMK 2010 kb sessie 1

22.01.2010 - 12:30

Programmanr. 1
22.01.2010 - 12:30

Heren, 1500m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	
Masters 20+						
1.	Tim Bunnik	Triton	18:25.06	9000505	18:39.59	
	50m: 32.27	32.27	450m: 5:28.33	38.64	850m: 10:32.27	38.62
	100m: 1:07.46	35.19	500m: 6:07.31	38.98	900m: 11:11.38	39.11
	150m: 1:43.48	36.02	550m: 6:45.77	38.46	950m: 11:49.68	38.30
	200m: 2:20.09	36.61	600m: 7:23.77	38.00	1000m: 12:28.01	38.33
	250m: 2:57.79	37.70	650m: 8:01.52	37.75	1050m: 13:06.22	38.21
	300m: 3:35.06	37.27	700m: 8:39.07	37.55	1100m: 13:44.13	37.91
	350m: 4:12.17	37.11	750m: 9:16.63	37.56	1150m: 14:21.52	37.39
	400m: 4:49.69	37.52	800m: 9:53.65	37.02	1200m: 15:00.14	38.62
					1250m: 15:36.91	36.77
					1300m: 16:13.89	36.98
					1350m: 16:51.56	37.67
					1400m: 17:29.15	37.59
					1450m: 18:06.66	37.51
					1500m: 18:39.59	32.93
Masters 25+						
1.	Erik Schröder	TriVia	16:30.33	8402025	16:37.80	
	<i>Nederlands Masters Record, De tussentijd 800 m. is ook NMR</i>					
	50m: 27.75	27.75	450m: 4:49.59	33.46	850m: 9:18.33	33.65
	100m: 58.75	31.00	500m: 5:22.98	33.39	900m: 9:52.05	33.72
	150m: 1:30.76	32.01	550m: 5:56.26	33.28	950m: 10:25.59	33.54
	200m: 2:03.41	32.65	600m: 6:29.79	33.53	1000m: 10:59.50	33.91
	250m: 2:36.46	33.05	650m: 7:03.40	33.61	1050m: 11:33.67	34.17
	300m: 3:09.75	33.29	700m: 7:37.28	33.88	1100m: 12:07.56	33.89
	350m: 3:42.78	33.03	750m: 8:10.91	33.63	1150m: 12:41.34	33.78
	400m: 4:16.13	33.35	800m: 8:44.68	33.77	1200m: 13:15.37	34.03
					1250m: 13:49.38	34.01
					1300m: 14:23.62	34.24
					1350m: 14:57.94	34.32
					1400m: 15:32.15	34.21
					1450m: 16:05.96	33.81
					1500m: 16:37.80	31.84
2.	Alexander Hulleman	De Zijl/LGB	17:07.20	8300989	17:14.41	
	50m: 30.44	30.44	450m: 5:01.74	34.34	850m: 9:38.72	34.65
	100m: 1:03.17	32.73	500m: 5:36.17	34.43	900m: 10:13.60	34.88
	150m: 1:36.81	33.64	550m: 6:10.70	34.53	950m: 10:48.43	34.83
	200m: 2:10.72	33.91	600m: 6:45.26	34.56	1000m: 11:23.27	34.84
	250m: 2:44.83	34.11	650m: 7:20.15	34.89	1050m: 11:58.22	34.95
	300m: 3:18.94	34.11	700m: 7:54.55	34.40	1100m: 12:33.34	35.12
	350m: 3:53.28	34.34	750m: 8:29.46	34.91	1150m: 13:08.48	35.14
	400m: 4:27.40	34.12	800m: 9:04.07	34.61	1200m: 13:43.80	35.32
					1250m: 14:19.23	35.43
					1300m: 14:54.63	35.40
					1350m: 15:30.18	35.55
					1400m: 16:05.73	35.55
					1450m: 16:40.29	34.56
					1500m: 17:14.41	34.12
3.	Ralf van der Poel	Vlaardingen	18:37.60	8401783	18:40.41	
	50m: 32.39	32.39	450m: 5:32.86	38.03	850m: 10:34.90	37.35
	100m: 1:08.90	36.51	500m: 6:10.60	37.74	900m: 11:12.63	37.73
	150m: 1:46.45	37.55	550m: 6:48.68	38.08	950m: 11:50.28	37.65
	200m: 2:23.88	37.43	600m: 7:26.76	38.08	1000m: 12:28.00	37.72
	250m: 3:01.45	37.57	650m: 8:04.56	37.80	1050m: 13:05.67	37.67
	300m: 3:39.13	37.68	700m: 8:42.32	37.76	1100m: 13:43.16	37.49
	350m: 4:17.07	37.94	750m: 9:20.02	37.70	1150m: 14:20.83	37.67
	400m: 4:54.83	37.76	800m: 9:57.55	37.53	1200m: 14:58.81	37.98
					1250m: 15:36.68	37.87
					1300m: 16:14.61	37.93
					1350m: 16:52.39	37.78
					1400m: 17:30.22	37.83
					1450m: 18:07.30	37.08
					1500m: 18:40.41	33.11
4.	Remco van Althuis	SBC2000	18:37.28	8300029	18:46.68	
	50m: 33.20	33.20	450m: 5:29.68	37.66	850m: 10:33.48	37.90
	100m: 1:08.88	36.68	500m: 6:07.72	38.04	900m: 11:11.30	37.82
	150m: 1:45.49	36.61	550m: 6:45.61	37.89	950m: 11:48.89	37.59
	200m: 2:22.38	36.89	600m: 7:23.85	38.24	1000m: 12:26.74	37.85
	250m: 2:59.69	37.31	650m: 8:01.95	38.10	1050m: 13:04.51	37.77
	300m: 3:37.08	37.39	700m: 8:39.75	37.80	1100m: 13:42.85	38.34
	350m: 4:14.52	37.44	750m: 9:17.73	37.98	1150m: 14:21.67	38.82
	400m: 4:52.02	37.50	800m: 9:55.58	37.85	1200m: 15:00.48	38.81
					1250m: 15:39.07	38.59
					1300m: 16:17.92	38.85
					1350m: 16:56.13	38.21
					1400m: 17:34.05	37.92
					1450m: 18:11.10	37.05
					1500m: 18:46.68	35.58
5.	Wiljan van der Zouwen	De Biesboschwimmers	20:15.94	8202295	19:33.38	
	50m: 32.54	32.54	450m: 5:40.66	39.87	850m: 10:56.97	39.75
	100m: 1:08.62	36.08	500m: 6:19.77	39.11	900m: 11:37.01	40.04
	150m: 1:45.89	37.27	550m: 6:58.95	39.18	950m: 12:17.74	40.73
	200m: 2:23.77	37.88	600m: 7:38.42	39.47	1000m: 12:56.97	39.23
	250m: 3:03.02	39.25	650m: 8:18.18	39.76	1050m: 13:36.17	39.20
	300m: 3:41.99	38.97	700m: 8:58.55	40.37	1100m: 14:15.52	39.35
	350m: 4:21.18	39.19	750m: 9:38.35	39.80	1150m: 14:56.02	40.50
	400m: 5:00.79	39.61	800m: 10:17.22	38.87	1200m: 15:35.67	39.65
					1250m: 16:15.56	39.89
					1300m: 16:55.33	39.77
					1350m: 17:36.11	40.78
					1400m: 18:17.22	41.11
					1450m: 18:57.28	40.06
					1500m: 19:33.38	36.10
Masters 40+						

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

rang	naam	vereniging	inschrijftijd	startnr.	tijd			
1.	Jo-an Mudde	Zeester-Meerval	18:48.16	6701457	18:46.45			
	50m: 33.50	33.50	450m: 5:30.46	37.88	850m: 10:33.95	37.99	1250m: 15:39.59	38.36
	100m: 1:09.64	36.14	500m: 6:08.26	37.80	900m: 11:12.17	38.22	1300m: 16:17.82	38.23
	150m: 1:46.11	36.47	550m: 6:46.04	37.78	950m: 11:50.19	38.02	1350m: 16:55.86	38.04
	200m: 2:22.97	36.86	600m: 7:24.18	38.14	1000m: 12:27.93	37.74	1400m: 17:34.08	38.22
	250m: 3:00.10	37.13	650m: 8:02.22	38.04	1050m: 13:06.37	38.44	1450m: 18:11.32	37.24
	300m: 3:37.56	37.46	700m: 8:40.30	38.08	1100m: 13:44.67	38.30	1500m: 18:46.45	35.13
	350m: 4:15.19	37.63	750m: 9:18.40	38.10	1150m: 14:22.96	38.29		
	400m: 4:52.58	37.39	800m: 9:55.96	37.56	1200m: 15:01.23	38.27		
2.	John Pfaff	One Team Swimming	21:05.76	6901475	20:44.97			
	50m: 34.75	34.75	450m: 6:07.50	42.06	850m: 11:41.12	41.47	1250m: 17:16.41	42.14
	100m: 1:14.74	39.99	500m: 6:49.10	41.60	900m: 12:23.00	41.88	1300m: 17:58.05	41.64
	150m: 1:55.94	41.20	550m: 7:30.75	41.65	950m: 13:04.85	41.85	1350m: 18:40.43	42.38
	200m: 2:37.58	41.64	600m: 8:12.16	41.41	1000m: 13:46.76	41.91	1400m: 19:23.27	42.84
	250m: 3:19.55	41.97	650m: 8:54.22	42.06	1050m: 14:28.42	41.66	1450m: 20:05.50	42.23
	300m: 4:01.59	42.04	700m: 9:36.19	41.97	1100m: 15:10.35	41.93	1500m: 20:44.97	39.47
	350m: 4:43.38	41.79	750m: 10:18.20	42.01	1150m: 15:52.02	41.67		
	400m: 5:25.44	42.06	800m: 10:59.65	41.45	1200m: 16:34.27	42.25		
AFGEM	Rene Beetsma	HZ&PC Heerenveen	18:56.81	6900069				
Masters 45+								
1.	Marcel Stroet	ZV De Bron	19:57.37	6400929	20:01.84			
	50m: 34.68	34.68	450m: 5:53.29	40.36	850m: 11:16.47	40.49	1250m: 16:39.98	40.83
	100m: 1:12.92	38.24	500m: 6:33.56	40.27	900m: 11:56.80	40.33	1300m: 17:20.35	40.37
	150m: 1:52.13	39.21	550m: 7:13.96	40.40	950m: 12:37.14	40.34	1350m: 18:01.08	40.73
	200m: 2:32.26	40.13	600m: 7:54.38	40.42	1000m: 13:17.64	40.50	1400m: 18:41.66	40.58
	250m: 3:12.32	40.06	650m: 8:34.78	40.40	1050m: 13:57.94	40.30	1450m: 19:22.24	40.58
	300m: 3:52.52	40.20	700m: 9:15.31	40.53	1100m: 14:38.27	40.33	1500m: 20:01.84	39.60
	350m: 4:32.70	40.18	750m: 9:55.66	40.35	1150m: 15:18.68	40.41		
	400m: 5:12.93	40.23	800m: 10:35.98	40.32	1200m: 15:59.15	40.47		
2.	Paul van der Voort	De Zwoer	20:22.28	6200715	20:53.26			
	50m: 35.84	35.84	450m: 6:10.57	42.33	850m: 11:46.28	41.10	1250m: 17:24.86	42.15
	100m: 1:15.40	39.56	500m: 6:53.18	42.61	900m: 12:28.60	42.32	1300m: 18:06.29	42.23
	150m: 1:56.82	41.42	550m: 7:35.07	41.89	950m: 13:10.93	42.33	1350m: 18:48.23	41.94
	200m: 2:38.97	42.15	600m: 8:16.77	41.70	1000m: 13:53.55	42.62	1400m: 19:31.26	43.03
	250m: 3:21.63	42.66	650m: 8:59.28	42.51	1050m: 14:36.43	42.88	1450m: 20:14.25	42.99
	300m: 4:03.04	41.41	700m: 9:41.31	42.03	1100m: 15:17.64	41.21	1500m: 20:53.26	39.01
	350m: 4:45.38	42.34	750m: 10:22.84	41.53	1150m: 15:59.59	41.95		
	400m: 5:28.24	42.86	800m: 11:05.18	42.34	1200m: 16:41.91	42.32		
3.	Peter Marc de Rooij	Zwemvereniging Utrecht	21:13.51	6100829	21:28.63			
	50m: 36.30	36.30	450m: 6:15.35	43.16	850m: 12:04.37	43.79	1250m: 17:52.88	44.20
	100m: 1:17.27	40.97	500m: 6:58.75	43.40	900m: 12:47.52	43.15	1300m: 18:36.34	43.46
	150m: 1:59.19	41.92	550m: 7:41.99	43.24	950m: 13:30.75	43.23	1350m: 19:20.16	43.82
	200m: 2:41.83	42.64	600m: 8:25.63	43.64	1000m: 14:14.42	43.67	1400m: 20:04.10	43.94
	250m: 3:24.47	42.64	650m: 9:09.26	43.63	1050m: 14:57.84	43.42	1450m: 20:47.61	43.51
	300m: 4:07.03	42.56	700m: 9:53.31	44.05	1100m: 15:41.50	43.66	1500m: 21:28.63	41.02
	350m: 4:49.43	42.40	750m: 10:37.14	43.83	1150m: 16:25.12	43.62		
	400m: 5:32.19	42.76	800m: 11:20.58	43.44	1200m: 17:08.68	43.56		
4.	Eric Smits	Z&PC De Gouwe	22:44.00	6501453	21:54.38			
	50m: 36.49	36.49	450m: 6:24.02	44.12	850m: 12:18.46	43.87	1250m: 18:14.96	45.17
	100m: 1:17.55	41.06	500m: 7:08.35	44.33	900m: 13:03.14	44.68	1300m: 18:59.61	44.65
	150m: 2:00.50	42.95	550m: 7:52.88	44.53	950m: 13:47.68	44.54	1350m: 19:44.63	45.02
	200m: 2:44.15	43.65	600m: 8:37.40	44.52	1000m: 14:31.86	44.18	1400m: 20:28.99	44.36
	250m: 3:28.22	44.07	650m: 9:21.65	44.25	1050m: 15:15.83	43.97	1450m: 21:12.85	43.86
	300m: 4:12.29	44.07	700m: 10:06.06	44.41	1100m: 16:00.59	44.76	1500m: 21:54.38	41.53
	350m: 4:55.97	43.68	750m: 10:50.09	44.03	1150m: 16:45.32	44.73		
	400m: 5:39.90	43.93	800m: 11:34.59	44.50	1200m: 17:29.79	44.47		
5.	Edzo Huisman	Aquapoldro	22:16.16	6301029	21:55.83			
	50m: 37.00	37.00	450m: 6:22.08	44.48	850m: 12:15.94	44.62	1250m: 18:15.30	44.59
	100m: 1:17.43	40.43	500m: 7:06.88	44.80	900m: 13:00.46	44.52	1300m: 19:00.04	44.74
	150m: 1:58.91	41.48	550m: 7:51.32	44.44	950m: 13:44.19	43.73	1350m: 19:45.53	45.49
	200m: 2:41.75	42.84	600m: 8:35.24	43.92	1000m: 14:30.47	46.28	1400m: 20:31.11	45.58
	250m: 3:25.04	43.29	650m: 9:19.49	44.25	1050m: 15:16.04	45.57	1450m: 21:15.39	44.28
	300m: 4:08.75	43.71	700m: 10:03.23	43.74	1100m: 16:01.44	45.40	1500m: 21:55.83	40.44
	350m: 4:53.04	44.29	750m: 10:46.84	43.61	1150m: 16:45.85	44.41		
	400m: 5:37.60	44.56	800m: 11:31.32	44.48	1200m: 17:30.71	44.86		
6.	Bart van Calker	WS Twente	23:22.87	6100067	22:29.70			
	50m: 41.60	41.60	450m: 6:40.44	44.27	850m: 12:44.14	44.53	1250m: 18:47.52	46.33
	100m: 1:25.06	43.46	500m: 7:26.22	45.78	900m: 13:28.53	44.39	1300m: 19:32.67	45.15
	150m: 2:09.27	44.21	550m: 8:10.82	44.60	950m: 14:14.41	45.88	1350m: 20:18.92	46.25
	200m: 2:54.54	45.27	600m: 8:56.94	46.12	1000m: 15:00.16	45.75	1400m: 21:04.00	45.08
	250m: 3:39.96	45.42	650m: 9:44.16	47.22	1050m: 15:45.31	45.15	1450m: 21:48.95	44.95
	300m: 4:25.82	45.86	700m: 10:28.02	43.86	1100m: 16:30.21	44.90	1500m: 22:29.70	40.75
	350m: 5:11.25	45.43	750m: 11:13.65	45.63	1150m: 17:14.88	44.67		
	400m: 5:56.17	44.92	800m: 11:59.61	45.96	1200m: 18:01.19	46.31		

Programmanr. 1, Heren, 1500m vrije slag

Masters 50+

1. Elzo Dijkhuis	TriVia	19:49.99	6000873	19:51.82
<i>Kampioenschapsrecord, De 200m tussentijd is een back-up tijd.</i>				
50m: 35.35	35.35	450m: 5:54.45	39.96	850m: 11:15.58
100m: 1:12.45	37.10	500m: 6:34.58	40.13	900m: 11:55.30
150m: 1:51.90	39.45	550m: 7:14.92	40.34	950m: 12:35.00
200m: 2:32.32	40.42	600m: 7:55.29	40.37	1000m: 13:15.26
250m: 3:12.46	40.14	650m: 8:35.27	39.98	1050m: 13:55.49
300m: 3:52.93	40.47	700m: 9:15.35	40.08	1100m: 14:35.66
350m: 4:33.47	40.54	750m: 9:55.64	40.29	1150m: 15:15.65
400m: 5:14.49	41.02	800m: 10:35.52	39.88	1200m: 15:55.17
2. Marius Ros	ZCNF'34	20:27.06	5900779	19:59.43
50m: 36.94	36.94	450m: 5:52.86	39.67	850m: 11:12.26
100m: 1:15.71	38.77	500m: 6:33.30	40.44	900m: 11:52.84
150m: 1:54.91	39.20	550m: 7:13.07	39.77	950m: 12:33.26
200m: 2:34.39	39.48	600m: 7:52.68	39.61	1000m: 13:13.37
250m: 3:14.19	39.80	650m: 8:32.36	39.68	1050m: 13:53.80
300m: 3:53.66	39.47	700m: 9:11.72	39.36	1100m: 14:34.86
350m: 4:33.53	39.87	750m: 9:51.50	39.78	1150m: 15:15.90
400m: 5:13.19	39.66	800m: 10:31.53	40.03	1200m: 15:56.93
3. Emiel van Elderen	Vlaardingen	22:27.68	5600383	22:03.49
50m: 38.68	38.68	450m: 6:32.04	44.67	850m: 12:28.15
100m: 1:20.60	41.92	500m: 7:16.78	44.74	900m: 13:12.88
150m: 2:04.47	43.87	550m: 8:01.30	44.52	950m: 13:57.40
200m: 2:48.55	44.08	600m: 8:45.96	44.66	1000m: 14:41.98
250m: 3:33.20	44.65	650m: 9:30.28	44.32	1050m: 15:26.53
300m: 4:17.94	44.74	700m: 10:14.90	44.62	1100m: 16:11.03
350m: 5:02.44	44.50	750m: 10:59.13	44.23	1150m: 16:55.62
400m: 5:47.37	44.93	800m: 11:43.40	44.27	1200m: 17:39.89
4. Lex Hoogendam	MNC Dordrecht	21:40.71	5700541	22:22.88
50m: 37.19	37.19	450m: 6:28.92	44.97	850m: 12:31.34
100m: 1:18.22	41.03	500m: 7:13.79	44.87	900m: 13:16.33
150m: 2:01.31	43.09	550m: 7:58.78	44.99	950m: 14:01.74
200m: 2:45.47	44.16	600m: 8:44.24	45.46	1000m: 14:47.78
250m: 3:29.89	44.42	650m: 9:29.56	45.32	1050m: 15:33.16
300m: 4:14.25	44.36	700m: 10:15.20	45.64	1100m: 16:18.76
350m: 4:58.98	44.73	750m: 11:00.58	45.38	1150m: 17:04.27
400m: 5:43.95	44.97	800m: 11:45.98	45.40	1200m: 17:49.88
5. Jan Willem Heuten	WS Twente	23:57.47	6000883	22:37.15
50m: 38.36	38.36	450m: 6:45.05	45.45	850m: 12:49.68
100m: 1:21.09	42.73	500m: 7:30.47	45.42	900m: 13:34.89
150m: 2:06.53	45.44	550m: 8:15.53	45.06	950m: 14:20.41
200m: 2:53.22	46.69	600m: 9:01.68	46.15	1000m: 15:06.12
250m: 3:40.09	46.87	650m: 9:47.10	45.42	1050m: 15:52.02
300m: 4:26.41	46.32	700m: 10:33.28	46.18	1100m: 16:37.52
350m: 5:13.17	46.76	750m: 11:18.80	45.52	1150m: 17:23.31
400m: 5:59.60	46.43	800m: 12:04.17	45.37	1200m: 18:08.67
6. Peter Verberne	ACZ	23:14.95	5900719	23:04.25
<i>De 100m, 200m en 400m tussentijden zijn back-up tijden</i>				
50m: 39.73	39.73	450m: 6:45.24	46.81	850m: 12:59.82
100m: 1:22.86	43.13	500m: 7:32.15	46.91	900m: 13:46.67
150m: 2:07.55	44.69	550m: 8:18.99	46.84	950m: 14:33.55
200m: 2:53.14	45.59	600m: 9:05.95	46.96	1000m: 15:20.60
250m: 3:39.08	45.94	650m: 9:52.33	46.38	1050m: 16:07.51
300m: 4:25.21	46.13	700m: 10:39.25	46.92	1100m: 16:54.31
350m: 5:11.83	46.62	750m: 11:25.86	46.61	1150m: 17:40.91
400m: 5:58.43	46.60	800m: 12:12.75	46.89	1200m: 18:27.30
7. Henk Gierveld	Nat Utrecht	24:30.56	6000869	23:16.67
50m: 38.91	38.91	450m: 6:42.78	47.07	850m: 13:00.12
100m: 1:20.86	41.95	500m: 7:29.48	46.70	900m: 13:47.17
150m: 2:05.47	44.61	550m: 8:16.26	46.78	950m: 14:34.80
200m: 2:50.32	44.85	600m: 9:03.08	46.82	1000m: 15:22.69
250m: 3:36.60	46.28	650m: 9:50.40	47.32	1050m: 16:09.20
300m: 4:22.81	46.21	700m: 10:37.64	47.24	1100m: 16:56.97
350m: 5:09.40	46.59	750m: 11:25.38	47.74	1150m: 17:45.26
400m: 5:55.71	46.31	800m: 12:12.97	47.59	1200m: 18:33.57
8. Michiel Tonsbeek	DWT	29:40.70	6000889	29:02.97
<i>De 200m, 400m en 800m tussentijden zijn back-up tijden</i>				
50m: 46.64	46.64	450m: 8:30.70	59.30	850m: 16:22.40
100m: 1:40.76	54.12	500m: 9:29.19	58.49	900m: 17:20.06
150m: 2:36.93	56.17	550m: 10:27.79	58.60	950m: 18:19.49
200m: 3:34.44	57.51	600m: 11:26.26	58.47	1000m: 19:18.44
250m: 4:33.06	58.62	650m: 12:26.03	59.77	1050m: 20:18.11
300m: 5:33.00	59.94	700m: 13:24.71	58.68	1100m: 21:16.14
350m: 6:31.95	58.95	750m: 14:23.87	59.16	1150m: 22:15.68
400m: 7:31.40	59.45	800m: 15:23.35	59.48	1200m: 23:14.38

Programmanr. 1, Heren, 1500m vrije slag

Masters 55+

1. Henk Slomp		De Pinquin		21:14.40		5500359		21:48.43			
50m:	35.95	35.95	450m:	6:16.38	44.89	850m:	12:10.17	44.61	1250m:	18:08.32	44.50
100m:	1:15.95	40.00	500m:	7:00.68	44.30	900m:	12:54.35	44.18	1300m:	18:53.44	45.12
150m:	1:57.47	41.52	550m:	7:44.97	44.29	950m:	13:38.99	44.64	1350m:	19:39.21	45.77
200m:	2:39.85	42.38	600m:	8:28.86	43.89	1000m:	14:23.54	44.55	1400m:	20:23.76	44.55
250m:	3:22.22	42.37	650m:	9:12.73	43.87	1050m:	15:08.40	44.86	1450m:	21:07.76	44.00
300m:	4:05.00	42.78	700m:	9:57.51	44.78	1100m:	15:53.08	44.68	1500m:	21:48.43	40.67
350m:	4:47.59	42.59	750m:	10:41.85	44.34	1150m:	16:37.19	44.11			
400m:	5:31.49	43.90	800m:	11:25.56	43.71	1200m:	17:23.82	46.63			
2. Hugo Staudt		WS Twente		24:16.73		5300253		22:35.12			
50m:	39.78	39.78	450m:	6:47.07	45.81	850m:	12:48.73	45.14	1250m:	18:50.20	45.80
100m:	1:24.17	44.39	500m:	7:32.36	45.29	900m:	13:33.66	44.93	1300m:	19:35.36	45.16
150m:	2:09.85	45.68	550m:	8:17.86	45.50	950m:	14:18.44	44.78	1350m:	20:21.27	45.91
200m:	2:56.25	46.40	600m:	9:03.14	45.28	1000m:	15:03.69	45.25	1400m:	21:06.25	44.98
250m:	3:42.26	46.01	650m:	9:48.77	45.63	1050m:	15:49.07	45.38	1450m:	21:51.23	44.98
300m:	4:28.72	46.46	700m:	10:33.53	44.76	1100m:	16:33.64	44.57	1500m:	22:35.12	43.89
350m:	5:14.74	46.02	750m:	11:18.78	45.25	1150m:	17:19.14	45.50			
400m:	6:01.26	46.52	800m:	12:03.59	44.81	1200m:	18:04.40	45.26			

Masters 60+

1. Donald Uijtenbogaart		Het Y		19:10.51		4700107		19:57.45			
50m:	37.17	37.17	450m:	5:58.61	39.91	850m:	11:18.96	40.38	1250m:	16:43.22	40.38
100m:	1:16.84	39.67	500m:	6:38.58	39.97	900m:	11:59.31	40.35	1300m:	17:23.66	40.44
150m:	1:56.97	40.13	550m:	7:18.60	40.02	950m:	12:39.78	40.47	1350m:	18:03.62	39.96
200m:	2:37.30	40.33	600m:	7:58.24	39.64	1000m:	13:20.26	40.48	1400m:	18:42.28	38.66
250m:	3:17.68	40.38	650m:	8:38.25	40.01	1050m:	14:00.56	40.30	1450m:	19:20.97	38.69
300m:	3:58.13	40.45	700m:	9:18.21	39.96	1100m:	14:41.27	40.71	1500m:	19:57.45	36.48
350m:	4:38.52	40.39	750m:	9:58.45	40.24	1150m:	15:22.06	40.79			
400m:	5:18.70	40.18	800m:	10:38.58	40.13	1200m:	16:02.84	40.78			

Masters 65+

1. Rob Hanou		PSV		23:23.59		4300109		24:30.05			
50m:	40.36	40.36	450m:	7:11.95	49.70	850m:	13:50.41	49.44	1250m:	20:28.46	49.25
100m:	1:26.81	46.45	500m:	8:01.76	49.81	900m:	14:40.23	49.82	1300m:	21:17.22	48.76
150m:	2:15.59	48.78	550m:	8:51.53	49.77	950m:	15:30.14	49.91	1350m:	22:06.58	49.36
200m:	3:04.51	48.92	600m:	9:41.59	50.06	1000m:	16:20.66	50.52	1400m:	22:55.53	48.95
250m:	3:53.91	49.40	650m:	10:31.62	50.03	1050m:	17:11.26	50.60	1450m:	23:43.93	48.40
300m:	4:43.42	49.51	700m:	11:21.40	49.78	1100m:	18:01.08	49.82	1500m:	24:30.05	46.12
350m:	5:32.89	49.47	750m:	12:11.67	50.27	1150m:	18:50.41	49.33			
400m:	6:22.25	49.36	800m:	13:00.97	49.30	1200m:	19:39.21	48.80			
2. Bob Arendsen		De Futen		27:04.29		4400005		27:42.32			
50m:	46.22	46.22	450m:	8:14.03	56.72	850m:	15:42.74	56.24	1250m:	23:10.45	55.75
100m:	1:40.52	54.30	500m:	9:10.02	55.99	900m:	16:38.86	56.12	1300m:	24:05.48	55.03
150m:	2:36.13	55.61	550m:	10:06.23	56.21	950m:	17:35.21	56.35	1350m:	25:00.75	55.27
200m:	3:32.13	56.00	600m:	11:02.02	55.79	1000m:	18:31.27	56.06	1400m:	25:55.40	54.65
250m:	4:28.69	56.56	650m:	11:57.78	55.76	1050m:	19:27.20	55.93	1450m:	26:50.43	55.03
300m:	5:24.50	55.81	700m:	12:53.86	56.08	1100m:	20:22.89	55.69	1500m:	27:42.32	51.89
350m:	6:20.38	55.88	750m:	13:50.23	56.37	1150m:	21:19.10	56.21			
400m:	7:17.31	56.93	800m:	14:46.50	56.27	1200m:	22:14.70	55.60			

Masters 75+

1. Georges Verhelst		Roeselaarse Zwemvereniging		30:18.00		RZV/160/31		29:56.35			
50m:	52.19	52.19	450m:	8:47.90	1:00.03	850m:	16:50.41	59.72	1250m:	24:54.06	1:00.49
100m:	1:49.34	57.15	500m:	9:49.28	1:01.38	900m:	17:50.28	59.87	1300m:	25:53.93	59.87
150m:	2:47.40	58.06	550m:	10:49.37	1:00.09	950m:	18:51.42	1:01.14	1350m:	26:56.16	1:02.23
200m:	3:46.92	59.52	600m:	11:49.00	59.63	1000m:	19:51.75	1:00.33	1400m:	27:56.86	1:00.70
250m:	4:46.83	59.91	650m:	12:49.15	1:00.15	1050m:	20:53.17	1:01.42	1450m:	28:58.73	1:01.87
300m:	5:47.25	1:00.42	700m:	13:49.93	1:00.78	1100m:	21:52.97	59.80	1500m:	29:56.35	57.62
350m:	6:46.59	59.34	750m:	14:50.76	1:00.83	1150m:	22:52.98	1:00.01			
400m:	7:47.87	1:01.28	800m:	15:50.69	59.93	1200m:	23:53.57	1:00.59			

Masters 70+

Programmanr. 1, Heren, 1500m vrije slag, Masters 70+

rang	naam	vereniging	inschrijftijd	startnr.	tijd
1.	Nico Geers	Z&PC De Gouwe	23:49.19	3800007	23:05.17
	<i>Nederlands Masters Record</i>				
	50m: 40.55	40.55	450m: 6:47.01	46.02	850m: 13:01.11
	100m: 1:25.15	44.60	500m: 7:34.34	47.33	900m: 13:48.04
	150m: 2:10.48	45.33	550m: 8:20.28	45.94	950m: 14:34.56
	200m: 2:56.20	45.72	600m: 9:06.29	46.01	1000m: 15:20.73
	250m: 3:42.33	46.13	650m: 9:53.16	46.87	1050m: 16:06.85
	300m: 4:28.54	46.21	700m: 10:39.30	46.14	1100m: 16:54.35
	350m: 5:15.10	46.56	750m: 11:27.22	47.92	1150m: 17:40.93
	400m: 6:00.99	45.89	800m: 12:14.07	46.85	1200m: 18:28.06
					47.13
2.	Gregor Pompen	Aqua-Novio'94	26:29.81	3700021	26:36.11
	50m: 47.54	47.54	450m: 7:51.22	53.34	850m: 14:57.67
	100m: 1:39.04	51.50	500m: 8:44.36	53.14	900m: 15:50.90
	150m: 2:32.01	52.97	550m: 9:37.62	53.26	950m: 16:44.15
	200m: 3:25.38	53.37	600m: 10:30.88	53.26	1000m: 17:37.34
	250m: 4:18.49	53.11	650m: 11:23.84	52.96	1050m: 18:31.60
	300m: 5:11.70	53.21	700m: 12:17.07	53.23	1100m: 19:25.55
	350m: 6:04.69	52.99	750m: 13:10.49	53.42	1150m: 20:19.35
	400m: 6:57.88	53.19	800m: 14:03.90	53.41	1200m: 21:13.18
					53.83

Programmanr. 2
22.01.2010 - 14:41

Dames, 1500m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd
Masters 20+					
1.	Karin van Dijk	HZ&PC Heerenveen	20:24.56	8600850	20:44.12
	50m: 35.10	35.10	450m: 5:54.87	41.49	850m: 11:35.34
	100m: 1:13.43	38.33	500m: 6:36.68	41.81	900m: 12:18.98
	150m: 1:52.67	39.24	550m: 7:18.57	41.89	950m: 13:02.20
	200m: 2:32.00	39.33	600m: 8:01.23	42.66	1000m: 13:44.94
	250m: 3:11.91	39.91	650m: 8:44.40	43.17	1050m: 14:27.37
	300m: 3:51.70	39.79	700m: 9:27.49	43.09	1100m: 15:09.33
	350m: 4:32.15	40.45	750m: 10:09.98	42.49	1150m: 15:51.49
	400m: 5:13.38	41.23	800m: 10:52.62	42.64	1200m: 16:33.28
					41.79

Masters 25+

1.	Linda Hoogendam	D'Elft	20:05.30	8300892	19:50.44
	50m: 33.77	33.77	450m: 5:51.64	40.36	850m: 11:13.62
	100m: 1:12.70	38.93	500m: 6:31.87	40.23	900m: 11:53.74
	150m: 1:52.10	39.40	550m: 7:11.98	40.11	950m: 12:34.08
	200m: 2:31.69	39.59	600m: 7:52.35	40.37	1000m: 13:14.45
	250m: 3:12.08	40.39	650m: 8:32.79	40.44	1050m: 13:54.69
	300m: 3:51.42	39.34	700m: 9:13.72	40.93	1100m: 14:35.39
	350m: 4:31.26	39.84	750m: 9:54.06	40.34	1150m: 15:15.66
	400m: 5:11.28	40.02	800m: 10:33.62	39.56	1200m: 15:56.61
					40.95
2.	Andrea van Leeuwen	De Zijl/LGB	21:28.58	8100904	20:54.06
	50m: 38.04	38.04	450m: 6:13.80	42.09	850m: 11:48.34
	100m: 1:19.04	41.00	500m: 6:55.89	42.09	900m: 12:30.05
	150m: 2:00.96	41.92	550m: 7:37.24	41.35	950m: 13:11.64
	200m: 2:42.95	41.99	600m: 8:19.56	42.32	1000m: 13:54.63
	250m: 3:25.23	42.28	650m: 9:01.55	41.99	1050m: 14:37.06
	300m: 4:07.22	41.99	700m: 9:43.11	41.56	1100m: 15:19.89
	350m: 4:49.24	42.02	750m: 10:24.52	41.41	1150m: 16:02.05
	400m: 5:31.71	42.47	800m: 11:06.37	41.85	1200m: 16:45.03
					42.98
3.	Sandra Schellekens	Neptunus'58	21:48.64	8503416	21:11.09
	50m: 35.74	35.74	450m: 6:08.90	42.35	850m: 11:50.68
	100m: 1:15.82	40.08	500m: 6:51.45	42.55	900m: 12:33.91
	150m: 1:57.08	41.26	550m: 7:33.88	42.43	950m: 13:16.72
	200m: 2:38.68	41.60	600m: 8:17.34	43.46	1000m: 14:00.17
	250m: 3:19.83	41.15	650m: 8:59.83	42.49	1050m: 14:43.34
	300m: 4:01.84	42.01	700m: 9:42.45	42.62	1100m: 15:26.55
	350m: 4:44.23	42.39	750m: 10:25.19	42.74	1150m: 16:09.79
	400m: 5:26.55	42.32	800m: 11:07.65	42.46	1200m: 16:53.41
					43.62

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

rang	naam	vereniging	inschrijftijd	startnr.	tijd			
4.	Corine Nelen	Het Y	21:53.36	8302776	22:00.86			
	50m: 39.58	39.58	450m: 6:35.78	44.73	850m: 12:30.99	44.41	1250m: 18:23.64	44.54
	100m: 1:23.52	43.94	500m: 7:20.22	44.44	900m: 13:15.31	44.32	1300m: 19:07.92	44.28
	150m: 2:07.73	44.21	550m: 8:04.36	44.14	950m: 13:59.11	43.80	1350m: 19:52.06	44.14
	200m: 2:52.28	44.55	600m: 8:48.88	44.52	1000m: 14:43.01	43.90	1400m: 20:36.37	44.31
	250m: 3:37.00	44.72	650m: 9:33.30	44.42	1050m: 15:26.81	43.80	1450m: 21:19.34	42.97
	300m: 4:21.92	44.92	700m: 10:17.76	44.46	1100m: 16:10.62	43.81	1500m: 22:00.86	41.52
	350m: 5:06.60	44.68	750m: 11:02.13	44.37	1150m: 16:54.80	44.18		
	400m: 5:51.05	44.45	800m: 11:46.58	44.45	1200m: 17:39.10	44.30		

Masters 30+

1.	Yvonne Gerritsen	DES	21:31.76	8000342	20:25.19			
	50m: 35.28	35.28	450m: 6:01.70	41.63	850m: 11:30.41	41.24	1250m: 17:00.92	41.29
	100m: 1:14.38	39.10	500m: 6:43.00	41.30	900m: 12:11.45	41.04	1300m: 17:42.31	41.39
	150m: 1:54.90	40.52	550m: 7:24.00	41.00	950m: 12:52.63	41.18	1350m: 18:23.56	41.25
	200m: 2:35.61	40.71	600m: 8:04.60	40.60	1000m: 13:34.04	41.41	1400m: 19:04.55	40.99
	250m: 3:16.64	41.03	650m: 8:45.16	40.56	1050m: 14:15.42	41.38	1450m: 19:45.93	41.38
	300m: 3:57.64	41.00	700m: 9:26.34	41.18	1100m: 14:56.93	41.51	1500m: 20:25.19	39.26
	350m: 4:38.69	41.05	750m: 10:07.88	41.54	1150m: 15:38.31	41.38		
	400m: 5:20.07	41.38	800m: 10:49.17	41.29	1200m: 16:19.63	41.32		
2.	Helma Koot	AZ&PC	21:22.35	7600336	21:36.95			
	50m: 37.08	37.08	450m: 6:16.27	42.96	850m: 12:06.57	44.63	1250m: 17:59.28	45.27
	100m: 1:17.68	40.60	500m: 6:59.94	43.67	900m: 12:50.66	44.09	1300m: 18:44.23	44.95
	150m: 1:59.37	41.69	550m: 7:43.76	43.82	950m: 13:34.70	44.04	1350m: 19:28.46	44.23
	200m: 2:41.89	42.52	600m: 8:28.03	44.27	1000m: 14:17.21	42.51	1400m: 20:12.34	43.88
	250m: 3:24.01	42.12	650m: 9:11.42	43.39	1050m: 15:01.09	43.88	1450m: 20:55.76	43.42
	300m: 4:07.81	43.80	700m: 9:55.43	44.01	1100m: 15:45.16	44.07	1500m: 21:36.95	41.19
	350m: 4:50.26	42.45	750m: 10:39.20	43.77	1150m: 16:29.69	44.53		
	400m: 5:33.31	43.05	800m: 11:21.94	42.74	1200m: 17:14.01	44.32		

Masters 35+

1.	Karin Stein	Vlaardingen	19:45.96	7100554	19:37.68			
	50m: 36.27	36.27	450m: 5:48.96	39.43	850m: 11:05.19	39.25	1250m: 16:22.65	39.80
	100m: 1:15.13	38.86	500m: 6:28.24	39.28	900m: 11:45.00	39.81	1300m: 17:01.92	39.27
	150m: 1:54.52	39.39	550m: 7:07.80	39.56	950m: 12:24.62	39.62	1350m: 17:41.22	39.30
	200m: 2:33.72	39.20	600m: 7:47.42	39.62	1000m: 13:04.38	39.76	1400m: 18:19.96	38.74
	250m: 3:12.46	38.74	650m: 8:27.42	40.00	1050m: 13:43.90	39.52	1450m: 18:59.21	39.25
	300m: 3:51.38	38.92	700m: 9:06.85	39.43	1100m: 14:23.78	39.88	1500m: 19:37.68	38.47
	350m: 4:30.51	39.13	750m: 9:46.57	39.72	1150m: 15:03.11	39.33		
	400m: 5:09.53	39.02	800m: 10:25.94	39.37	1200m: 15:42.85	39.74		
2.	Marleen Vos	Aquapoldro	21:32.68	7400598	20:06.03			
	50m: 36.36	36.36	450m: 5:54.92	40.62	850m: 11:19.58	40.57	1250m: 16:45.70	40.80
	100m: 1:15.26	38.90	500m: 6:35.07	40.15	900m: 11:59.87	40.29	1300m: 17:26.19	40.49
	150m: 1:54.55	39.29	550m: 7:15.23	40.16	950m: 12:41.25	41.38	1350m: 18:06.66	40.47
	200m: 2:34.12	39.57	600m: 7:55.66	40.43	1000m: 13:21.89	40.64	1400m: 18:46.92	40.26
	250m: 3:13.88	39.76	650m: 8:36.43	40.77	1050m: 14:02.81	40.92	1450m: 19:27.24	40.32
	300m: 3:53.55	39.67	700m: 9:17.05	40.62	1100m: 14:43.28	40.47	1500m: 20:06.03	38.79
	350m: 4:34.26	40.71	750m: 9:57.98	40.93	1150m: 15:24.26	40.98		
	400m: 5:14.30	40.04	800m: 10:39.01	41.03	1200m: 16:04.90	40.64		
3.	Liselotte Joling	PSV	21:35.76	7500268	20:25.25			
	50m: 34.50	34.50	450m: 5:54.03	41.21	850m: 11:27.75	42.00	1250m: 17:01.73	41.44
	100m: 1:12.44	37.94	500m: 6:35.08	41.05	900m: 12:09.82	42.07	1300m: 17:43.38	41.65
	150m: 1:51.39	38.95	550m: 7:16.56	41.48	950m: 12:52.27	42.45	1350m: 18:24.11	40.73
	200m: 2:30.80	39.41	600m: 7:58.36	41.80	1000m: 13:34.02	41.75	1400m: 19:05.68	41.57
	250m: 3:10.77	39.97	650m: 8:40.10	41.74	1050m: 14:15.96	41.94	1450m: 19:46.28	40.60
	300m: 3:51.35	40.58	700m: 9:21.57	41.47	1100m: 14:57.38	41.42	1500m: 20:25.25	38.97
	350m: 4:32.36	41.01	750m: 10:03.42	41.85	1150m: 15:38.87	41.49		
	400m: 5:12.82	40.46	800m: 10:45.75	42.33	1200m: 16:20.29	41.42		
4.	Annet Kootstra	Swol 1894	22:32.77	7100344	22:44.78			
	50m: 39.56	39.56	450m: 6:39.99	45.69	850m: 12:47.85	46.02	1250m: 18:57.11	46.43
	100m: 1:22.64	43.08	500m: 7:25.87	45.88	900m: 13:33.96	46.11	1300m: 19:42.61	45.50
	150m: 2:07.48	44.84	550m: 8:11.64	45.77	950m: 14:19.95	45.99	1350m: 20:28.59	45.98
	200m: 2:52.60	45.12	600m: 8:57.35	45.71	1000m: 15:06.13	46.18	1400m: 21:14.97	46.38
	250m: 3:37.55	44.95	650m: 9:43.39	46.04	1050m: 15:51.94	45.81	1450m: 22:00.89	45.92
	300m: 4:23.06	45.51	700m: 10:29.54	46.15	1100m: 16:38.46	46.52	1500m: 22:44.78	43.89
	350m: 5:08.69	45.63	750m: 11:15.62	46.08	1150m: 17:24.31	45.85		
	400m: 5:54.30	45.61	800m: 12:01.83	46.21	1200m: 18:10.68	46.37		

Programmanr. 2, Dames, 1500m vrije slag

Masters 40+

1. Cynthia Noordermeer	Het Y	19:53.52	7000358	20:08.63			
50m: 37.07	37.07	450m: 5:55.44	40.28	850m: 11:19.48	40.85	1250m: 16:45.69	40.63
100m: 1:16.12	39.05	500m: 6:36.06	40.62	900m: 12:00.36	40.88	1300m: 17:26.50	40.81
150m: 1:55.86	39.74	550m: 7:16.23	40.17	950m: 12:41.26	40.90	1350m: 18:07.24	40.74
200m: 2:35.44	39.58	600m: 7:56.52	40.29	1000m: 13:22.07	40.81	1400m: 18:48.17	40.93
250m: 3:15.24	39.80	650m: 8:36.68	40.16	1050m: 14:02.83	40.76	1450m: 19:29.05	40.88
300m: 3:55.35	40.11	700m: 9:17.45	40.77	1100m: 14:43.89	41.06	1500m: 20:08.63	39.58
350m: 4:35.23	39.88	750m: 9:57.98	40.53	1150m: 15:24.51	40.62		
400m: 5:15.16	39.93	800m: 10:38.63	40.65	1200m: 16:05.06	40.55		
2. Karin van den Heuvel	AquAmigos	21:38.36	6600188	22:35.68			
50m: 40.46	40.46	450m: 6:35.96	45.01	850m: 12:34.85	44.12	1250m: 18:45.27	46.41
100m: 1:23.59	43.13	500m: 7:21.09	45.13	900m: 13:20.75	45.90	1300m: 19:31.25	45.98
150m: 2:07.09	43.50	550m: 8:05.27	44.18	950m: 14:07.33	46.58	1350m: 20:17.04	45.79
200m: 2:51.63	44.54	600m: 8:50.68	45.41	1000m: 14:54.17	46.84	1400m: 21:03.67	46.63
250m: 3:36.41	44.78	650m: 9:36.28	45.60	1050m: 15:41.40	47.23	1450m: 21:49.04	45.37
300m: 4:21.41	45.00	700m: 10:21.88	45.60	1100m: 16:27.88	46.48	1500m: 22:35.68	46.64
350m: 5:05.73	44.32	750m: 11:07.43	45.55	1150m: 17:13.21	45.33		
400m: 5:50.95	45.22	800m: 11:50.73	43.30	1200m: 17:58.86	45.65		
3. Margreet van der Pol	De Futen	23:19.31	6600276	23:02.27			
50m: 38.74	38.74	450m: 6:45.61	46.42	850m: 12:56.60	45.88	1250m: 19:12.35	48.23
100m: 1:22.08	43.34	500m: 7:32.41	46.80	900m: 13:43.25	46.65	1300m: 20:00.15	47.80
150m: 2:06.91	44.83	550m: 8:19.12	46.71	950m: 14:29.53	46.28	1350m: 20:46.73	46.58
200m: 2:53.21	46.30	600m: 9:05.93	46.81	1000m: 15:15.91	46.38	1400m: 21:33.70	46.97
250m: 3:39.04	45.83	650m: 9:51.83	45.90	1050m: 16:02.40	46.49	1450m: 22:19.78	46.08
300m: 4:25.08	46.04	700m: 10:37.47	45.64	1100m: 16:49.22	46.82	1500m: 23:02.27	42.49
350m: 5:11.93	46.85	750m: 11:23.98	46.51	1150m: 17:37.26	48.04		
400m: 5:59.19	47.26	800m: 12:10.72	46.74	1200m: 18:24.12	46.86		
4. Hetty Smalheer	SCOM	25:15.50	6700352	23:50.85			
50m: 40.17	40.17	450m: 6:56.71	48.37	850m: 13:26.21	48.37	1250m: 19:54.39	48.20
100m: 1:24.27	44.10	500m: 7:45.38	48.67	900m: 14:14.57	48.36	1300m: 20:43.41	49.02
150m: 2:10.69	46.42	550m: 8:33.94	48.56	950m: 15:04.02	49.45	1350m: 21:30.99	47.58
200m: 2:57.59	46.90	600m: 9:22.59	48.65	1000m: 15:53.21	49.19	1400m: 22:18.85	47.86
250m: 3:44.52	46.93	650m: 10:11.34	48.75	1050m: 16:42.47	49.26	1450m: 23:06.00	47.15
300m: 4:32.02	47.50	700m: 10:59.70	48.36	1100m: 17:31.12	48.65	1500m: 23:50.85	44.85
350m: 5:19.39	47.37	750m: 11:48.48	48.78	1150m: 18:18.20	47.08		
400m: 6:08.34	48.95	800m: 12:37.84	49.36	1200m: 19:06.19	47.99		

Masters 45+

1. Marlien Wijnhof	Nat Utrecht	23:23.01	6100300	23:38.75			
50m: 41.42	41.42	450m: 6:57.96	47.33	850m: 13:18.99	47.80	1250m: 19:42.72	48.68
100m: 1:27.26	45.84	500m: 7:45.96	48.00	900m: 14:07.23	48.24	1300m: 20:30.46	47.74
150m: 2:14.06	46.80	550m: 8:33.49	47.53	950m: 14:55.33	48.10	1350m: 21:18.23	47.77
200m: 3:01.19	47.13	600m: 9:21.11	47.62	1000m: 15:42.95	47.62	1400m: 22:06.08	47.85
250m: 3:48.30	47.11	650m: 10:08.49	47.38	1050m: 16:30.72	47.77	1450m: 22:53.84	47.76
300m: 4:35.46	47.16	700m: 10:56.21	47.72	1100m: 17:18.57	47.85	1500m: 23:38.75	44.91
350m: 5:22.92	47.46	750m: 11:43.84	47.63	1150m: 18:06.52	47.95		
400m: 6:10.63	47.71	800m: 12:31.19	47.35	1200m: 18:54.04	47.52		
2. Uschi Koster	WWV	26:09.29	6400372	26:32.57			
50m: 44.78	44.78	450m: 7:51.89	54.77	850m: 15:02.22	55.04	1250m: 22:12.39	54.28
100m: 1:35.30	50.52	500m: 8:45.61	53.72	900m: 15:56.35	54.13	1300m: 23:07.35	54.96
150m: 2:29.17	53.87	550m: 9:39.05	53.44	950m: 16:50.13	53.78	1350m: 23:59.97	52.62
200m: 3:21.23	52.06	600m: 10:32.81	53.76	1000m: 17:42.32	52.19	1400m: 24:53.34	53.37
250m: 4:15.03	53.80	650m: 11:28.28	55.47	1050m: 18:35.68	53.36	1450m: 25:45.30	51.96
300m: 5:09.59	54.56	700m: 12:20.61	52.33	1100m: 19:29.68	54.00	1500m: 26:32.57	47.27
350m: 6:02.94	53.35	750m: 13:14.05	53.44	1150m: 20:24.26	54.58		
400m: 6:57.12	54.18	800m: 14:07.18	53.13	1200m: 21:18.11	53.85		

Masters 50+

1. Irene van der Laan	ZV De Bron	19:50.33	6000096	20:32.72			
<i>Nederlands Masters Record</i>							
50m: 38.73	38.73	450m: 6:06.79	41.20	850m: 11:37.35	41.26	1250m: 17:05.28	41.05
100m: 1:19.57	40.84	500m: 6:48.18	41.39	900m: 12:18.65	41.30	1300m: 17:46.51	41.23
150m: 2:00.46	40.89	550m: 7:29.53	41.35	950m: 12:59.89	41.24	1350m: 18:27.87	41.36
200m: 2:41.31	40.85	600m: 8:10.98	41.45	1000m: 13:40.91	41.02	1400m: 19:09.34	41.47
250m: 3:22.19	40.88	650m: 8:52.32	41.34	1050m: 14:21.67	40.76	1450m: 19:51.49	42.15
300m: 4:02.98	40.79	700m: 9:33.60	41.28	1100m: 15:02.50	40.83	1500m: 20:32.72	41.23
350m: 4:44.30	41.32	750m: 10:14.74	41.14	1150m: 15:43.44	40.94		
400m: 5:25.59	41.29	800m: 10:56.09	41.35	1200m: 16:24.23	40.79		

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

rang	naam	vereniging	inschrijftijd	startnr.	tijd			
2.	Patty Verhagen	AquAmigos	20:39.05	5900146	21:15.08			
	50m: 38.53	38.53	450m: 6:16.41	42.44	850m: 11:57.24	42.84	1250m: 17:40.81	42.70
	100m: 1:19.95	41.42	500m: 6:58.92	42.51	900m: 12:40.12	42.88	1300m: 18:23.81	43.00
	150m: 2:01.92	41.97	550m: 7:41.22	42.30	950m: 13:22.81	42.69	1350m: 19:06.72	42.91
	200m: 2:44.14	42.22	600m: 8:23.68	42.46	1000m: 14:06.24	43.43	1400m: 19:49.83	43.11
	250m: 3:26.39	42.25	650m: 9:06.28	42.60	1050m: 14:49.63	43.39	1450m: 20:32.76	42.93
	300m: 4:08.73	42.34	700m: 9:48.82	42.54	1100m: 15:32.72	43.09	1500m: 21:15.08	42.32
	350m: 4:51.32	42.59	750m: 10:31.33	42.51	1150m: 16:15.07	42.35		
	400m: 5:33.97	42.65	800m: 11:14.40	43.07	1200m: 16:58.11	43.04		
3.	Katinka Elders	Oceanus	25:46.92	6000292	25:19.19			
	50m: 42.14	42.14	450m: 7:23.77	51.30	850m: 14:15.38	50.95	1250m: 21:09.15	53.06
	100m: 1:29.39	47.25	500m: 8:15.19	51.42	900m: 15:06.51	51.13	1300m: 22:01.35	52.20
	150m: 2:18.66	49.27	550m: 9:07.53	52.34	950m: 15:57.30	50.79	1350m: 22:52.36	51.01
	200m: 3:08.10	49.44	600m: 9:58.08	50.55	1000m: 16:48.74	51.44	1400m: 23:43.26	50.90
	250m: 3:58.59	50.49	650m: 10:49.80	51.72	1050m: 17:39.92	51.18	1450m: 24:33.39	50.13
	300m: 4:48.96	50.37	700m: 11:41.24	51.44	1100m: 18:32.32	52.40	1500m: 25:19.19	45.80
	350m: 5:40.71	51.75	750m: 12:33.54	52.30	1150m: 19:24.64	52.32		
	400m: 6:32.47	51.76	800m: 13:24.43	50.89	1200m: 20:16.09	51.45		

Masters 55+

1.	Margriet Pasma	Ten Boer	23:42.09	5500088	23:16.72			
	50m: 40.20	40.20	450m: 6:51.06	46.26	850m: 13:04.40	46.72	1250m: 19:21.66	47.51
	100m: 1:25.49	45.29	500m: 7:37.51	46.45	900m: 13:51.50	47.10	1300m: 20:08.22	46.56
	150m: 2:12.22	46.73	550m: 8:24.22	46.71	950m: 14:38.35	46.85	1350m: 20:55.38	47.16
	200m: 2:59.28	47.06	600m: 9:10.10	45.88	1000m: 15:25.60	47.25	1400m: 21:43.03	47.65
	250m: 3:45.38	46.10	650m: 9:56.93	46.83	1050m: 16:12.46	46.86	1450m: 22:30.14	47.11
	300m: 4:32.32	46.94	700m: 10:44.44	47.51	1100m: 16:59.38	46.92	1500m: 23:16.72	46.58
	350m: 5:18.52	46.20	750m: 11:31.39	46.95	1150m: 17:47.16	47.78		
	400m: 6:04.80	46.28	800m: 12:17.68	46.29	1200m: 18:34.15	46.99		

Masters 60+

1.	Conny Boer-Buys	Vlaardingen	21:37.83	5000006	21:37.44			
	<i>Europees Masters Record, De 100m, 200m 400m tussentijd is een NMR, de 800m tussentijd is een EMR</i>							
	50m: 37.56	37.56	450m: 6:22.92	43.46	850m: 12:12.44	43.38	1250m: 18:04.11	43.90
	100m: 1:19.38	41.82	500m: 7:06.46	43.54	900m: 12:56.34	43.90	1300m: 18:48.02	43.91
	150m: 2:02.78	43.40	550m: 7:50.32	43.86	950m: 13:39.92	43.58	1350m: 19:31.99	43.97
	200m: 2:46.12	43.34	600m: 8:34.17	43.85	1000m: 14:24.03	44.11	1400m: 20:14.93	42.94
	250m: 3:29.50	43.38	650m: 9:17.46	43.29	1050m: 15:07.85	43.82	1450m: 20:57.84	42.91
	300m: 4:12.50	43.00	700m: 10:01.28	43.82	1100m: 15:51.75	43.90	1500m: 21:37.44	39.60
	350m: 4:55.99	43.49	750m: 10:45.27	43.99	1150m: 16:35.66	43.91		
	400m: 5:39.46	43.47	800m: 11:29.06	43.79	1200m: 17:20.21	44.55		

Masters 65+

1.	Matty van der Veen	Old Dutch	27:22.74	4400020	28:51.43			
	50m: 47.97	47.97	450m: 8:14.53	56.72	850m: 15:59.71	58.60	1250m: 23:51.63	59.55
	100m: 1:40.92	52.95	500m: 9:12.09	57.56	900m: 16:58.48	58.77	1300m: 24:51.29	59.66
	150m: 2:35.81	54.89	550m: 10:10.11	58.02	950m: 17:56.56	58.08	1350m: 25:50.81	59.52
	200m: 3:31.55	55.74	600m: 11:07.42	57.31	1000m: 18:56.00	59.44	1400m: 26:50.51	59.70
	250m: 4:27.85	56.30	650m: 12:05.69	58.27	1050m: 19:54.52	58.52	1450m: 27:51.37	1:00.86
	300m: 5:24.32	56.47	700m: 13:03.73	58.04	1100m: 20:53.74	59.22	1500m: 28:51.43	1:00.06
	350m: 6:20.81	56.49	750m: 14:02.16	58.43	1150m: 21:52.87	59.13		
	400m: 7:17.81	57.00	800m: 15:01.11	58.95	1200m: 22:52.08	59.21		

Masters 75+

1.	Annie de Vos	Old Dutch	36:38.30	3400004	37:05.84			
	<i>Kampioenschapsrecord</i>							
	50m: 59.27	59.27	450m: 10:48.75	1:14.57	850m: 20:45.20	1:15.57	1250m: 30:49.06	1:15.54
	100m: 2:08.21	1:08.94	500m: 12:02.51	1:13.76	900m: 22:00.25	1:15.05	1300m: 32:04.89	1:15.83
	150m: 3:20.78	1:12.57	550m: 13:16.78	1:14.27	950m: 23:15.25	1:15.00	1350m: 33:19.60	1:14.71
	200m: 4:35.89	1:15.11	600m: 14:30.48	1:13.70	1000m: 24:30.91	1:15.66	1400m: 34:35.32	1:15.72
	250m: 5:51.04	1:15.15	650m: 15:45.15	1:14.67	1050m: 25:47.94	1:17.03	1450m: 35:50.64	1:15.32
	300m: 7:05.70	1:14.66	700m: 16:59.90	1:14.75	1100m: 27:02.74	1:14.80	1500m: 37:05.84	1:15.20
	350m: 8:19.56	1:13.86	750m: 18:14.92	1:15.02	1150m: 28:20.14	1:17.40		
	400m: 9:34.18	1:14.62	800m: 19:29.63	1:14.71	1200m: 29:33.52	1:13.38		

2 - ONMK 2010 kb sessie 2

22.01.2010 - 17:30

Programmanr. 3 Heren, 50m schoolslag Masters Open
22.01.2010 - 17:30 Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd
Masters 20+					
1.	Roderik Meijers	ZOB'66	31.54	8602063	32.68
2.	Herman van Dijk	HZ&PC Heerenveen	32.05	8900691	33.21
3.	Remko Hooft	De Duinkikkers	32.46	8701405	33.47
4.	Job v. Duijnhoven	Noord-Limburg (SG)	33.27	8800887	33.96
5.	Ewout de Vries	Triton	34.10	9003663	34.33
6.	Mark Huijsman	De Lansingh	34.79	9001305	35.15
7.	Martijn van Hoorn	De Schotejil	35.92	8901343	36.22
8.	Harmen Reemst	ZOB'66	36.46	8702715	36.90
9.	Joey Roos	WZK Zwemmen	36.86	9006399	37.65
10.	Rob Arts	Noord-Limburg (SG)	38.75	8805005	38.12
Masters 25+					
1.	Merijn Ellenkamp <i>Kampioenschapsrecord</i>	DWK	30.76	8500691	30.17
2.	Tommy van Overmeeren	De Schelde	30.67	8402887	31.09
3.	Bart Gorissen	KZPC	32.73	8300755	32.64
4.	Albert van Piekeren	Octopus	32.20	8401767	33.11
5.	Paul Oudendijk	OEZA	32.21	8101287	33.20
6.	Ralf van der Poel	Vlaardingen	34.10	8401783	34.45
7.	Huibrecht Vlaardingerbroek	ZV Westland Dijkglas	34.36	8302245	35.41
Masters 30+					
1.	Freddie Geerlings	NIMO	31.21	7900379	31.64
2.	Ron Langelaan	DAW-FINENZO	31.46	7800643	32.23
3.	Reinier Ellenkamp	De Rog	31.74	8000367	32.40
4.	Mark Zwart	De Fuut	31.64	7901461	33.54
5.	Erik Kusters	Dedemsvaart-AC	34.16	8000837	34.02
6.	Bas van den Nouwelant	Vlaardingen	34.74	8001103	34.78
7.	Jeroen Vogelsang	Het Y	34.37	8001645	35.78
8.	Pieter Ponne	HZ&PC Heerenveen	35.84	7600749	36.49
Masters 35+					
1.	Harry Cornet	De Biesboschzwemmers	31.70	7100175	31.89
2.	Sander Ott	De Lansingh	32.85	7200707	33.37
3.	Heiner Stevens	Zignea	35.58	7201299	35.99
Masters 40+					
1.	Harold Matla	PSV	30.77	6800591	31.72
2.	Paul van den Heuvel	Arethusa	34.49	7000441	34.17
3.	Roeland van der Heijden	PSV	32.90	6701389	34.66
4.	Ronald Stolk	De Fuut	33.56	6601253	35.34
5.	Marcel Jonkman	Aqualero	35.43	6801389	36.05
6.	Rene de Jong	Vlaardingen	36.13	6600351	36.13
7.	Paul de Boer	De Amer	36.25	6801413	36.83
NG.ZA	Harald Mulder	Zoetermeer	40.52	6701459	
AFGEM	Rene Beetsma	HZ&PC Heerenveen	33.14	6900069	

Programmanr. 3, Heren, 50m schoolslag

Masters 45+

1.	Cees van Houwelingen	De Schelde	32.54	6300351	32.67
2.	Theo Bakker	TriVia	35.22	6401231	35.14
3.	Marcel van der Lem	Kon AZ 1870	34.38	6500563	35.64
4.	Ralph Caster	RZ	35.35	6100069	35.89
	Ronald Grove	Oceanus	35.81	6100161	35.89
6.	Ronald van Voskuilen	De Aalscholver	38.92	6101003	36.15
7.	John Stoffer	Zoetermeer	35.16	6300725	36.79
8.	Jan Smalheer	SCOM	38.89	6400701	38.91
9.	Kees-Jan Brantjes	KZC	38.15	6300113	39.32
10.	Jack Barends	WS Twente	41.96	6201011	41.01
11.	Bart van Calker	WS Twente	40.33	6100067	41.07

Masters 50+

1.	Andrey Davydov	Chayka	32.08	011008	32.96
	<i>Kampioenschapsrecord</i>				
2.	Peter Romkes	Luctor et Emergo	34.50	5900389	35.20
3.	Paul Bunnik	Triton	37.07	5600413	37.07
4.	Willem Zwiers	AquAmigos	37.38	5800505	37.13
5.	Jan Willem Heuten	WS Twente	43.23	6000883	41.79
6.	John Dam	Zignea	43.08	6000915	43.97
7.	Michiel Tonsbeek	DWT	43.57	6000889	45.05

Masters 55+

1.	Laurens Klein Breteler	WWV	42.67	5400109	42.07
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Masters 60+

1.	Joop Draaisma	DZ&PC	39.77	4600155	40.25
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Masters 65+

1.	Rob Hanou	PSV	40.28	4300109	40.61
2.	Ruud Sloof	De Rijn	44.78	4400073	43.54
3.	Nico Baay	Old Dutch	42.17	4200053	43.73

Masters 75+

1.	Taco van Blommestein	Aquapoldro	57.81	3300007	55.90
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Programmanr. 4

Dames, 50m schoolslag

Masters Open
Resultaten

22.01.2010 - 17:46

rang	naam	vereniging	inschrijftijd	startnr.	tijd
Masters 20+					
1.	Karin van Dijk	HZ&PC Heerenveen	37.13	8600850	36.69
2.	Esther van Maastrigt	Montferland	36.07	8802836	37.22
	Natalie van der Hoeven	Vlaardingen	36.48	8901786	37.22
4.	Carly Noordermeer	ZOB'66	37.21	8702984	38.03
5.	Iris Barendregt	Van Vliet-Barracuda	38.48	8600172	38.20
6.	Aniek Huijsman	De Lansingh	38.23	8801932	38.22
7.	Loes van Bremen	SCOM	42.37	8600212	40.29
8.	Maaïke de Boer	De Duinkickers	39.21	9000362	40.42
9.	Silvia Vousten	Noord-Limburg (SG)	39.39	9004068	40.71
10.	Milou Bouwhuis	De Veene	39.39	8900532	41.11
11.	Brenda Geestman	ZPB H&L Productions	42.08	8701276	41.34
12.	Sunanda van Heteren	PCG	41.18	8901728	41.65
13.	Chantal van Kranenburg	Aquarius	43.08	8604528	42.94
14.	Renske Nielen	Noord-Limburg (SG)	43.62	8805550	44.57

Programmanr. 4, Dames, 50m schoolslag

Masters 25+

1.	Marijke Monsma	DWK	34.88	8502100	35.14
2.	Sietske Visser	De Lansingh	35.80	8302146	37.12
3.	Roos Lemmen	Eurode KZC	38.69	8403078	38.77
4.	Renee de Kok	PSV	40.18	8403350	40.22
5.	Annette Vogelsang	ZV De Bron	41.30	8402632	40.92
6.	Sandra Zwaanswijk	Aquarius	41.56	8503934	41.23
7.	Petra van Achteren	De Lansingh	40.64	8400020	41.38
8.	Jenny Sytsma-Jongejan	De Schotejil	41.82	8200786	42.53

Masters 30+

1.	Yvonne Gerritsen	DES	38.16	8000342	38.88
2.	Rebanna Jager	De Pinquin	42.48	7901394	41.69
3.	Petra Verstegen	WVZ	42.09	7700906	42.36
4.	Babette Rens	Dedemsvaart-AC	44.30	7801200	42.82
5.	Marian Nederlof	DWF	43.02	7600950	43.68

Masters 35+

1.	Karin Stein	Vlaardingen	36.91	7100554	38.38
2.	Trudie van Niejenhuis	DES	39.30	7100444	40.34

Masters 40+

1.	Annette Wijnja-Visser	De Biesboschzweimmers	37.09	6700528	37.77
2.	Françoise Heijdeman-Duran	AZ&PC	38.90	6900222	39.79
3.	Desiree van der Lem	Kon AZ 1870	38.80	6800282	39.93
4.	Hanny Rotteveel	Zignea	41.22	6600538	42.42

Masters 45+

1.	Friderika Kerekes	AZ&PC	42.60	6500540	43.48
2.	Francine Sommer	Triton	44.07	6200384	43.82
3.	Ina van Beusekom	Van Vliet-Barracuda	47.37	6400480	45.35

Masters 50+

1.	Marijke van Hoek <i>Kampioenschapsrecord</i>	De Stormvogel	42.97	5800050	42.35
2.	Marijke Kraak	WS Twente	42.42	6000240	42.59

Masters 55+

1.	Mieke van der Fluit	SBC2000	46.07	5400012	47.33
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Masters 65+

1.	Matty van der Veen	Old Dutch	50.76	4400020	51.40
2.	Loekie v. Huissteden	AZ&PC	55.63	4500002	59.10

Masters 70+

1.	Tineke de Bueger	Old Dutch	58.78	3700010	59.78
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Programmanr. 5
22.01.2010 - 17:58

Heren, 100m wisselslag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd	startnr.	tijd	50m	100m
Masters 20+						
1. Marcel Noordermeer <i>Kampioenschapsrecord</i>	Wiekslag	1:02.41	9003455	1:02.40	29.66	1:02.40
2. Jasper Groothelm	DBD	1:04.07	9005735	1:03.05	29.25	1:03.05
3. Ewout de Vries	Triton	1:03.18	9003663	1:05.15	29.23	1:05.15
4. Roderik Meijers	ZOB'66	1:04.26	8602063	1:05.94	30.31	1:05.94
5. Herman van Dijk	HZ&PC Heerenveen	1:10.44	8900691	1:08.78	32.61	1:08.78
6. Martijn van Hoorn	De Schotejil	1:10.10	8901343	1:10.43	32.62	1:10.43
7. Sven van Zanten	De Duinkickers	1:09.39	9003405	1:11.38	32.31	1:11.38
8. Job v. Duijnhoven	Noord-Limburg (SG)	1:06.49	8800887	1:13.97	34.18	1:13.97
9. Joey Roos	WZK Zwemmen	1:12.89	9006399	1:14.31	35.91	1:14.31
10. Rob Arts	Noord-Limburg (SG)	1:13.43	8805005	1:15.39	34.73	1:15.39
Masters 25+						
1. Merijn Ellenkamp <i>Nederlands Masters Record</i>	DWK	1:00.67	8500691	59.20	27.57	59.20
2. Tommy van Overmeeren	De Schelde	1:02.14	8402887	1:03.73	29.69	1:03.73
3. Thommy Nickel	Van Vliet-Barracuda	1:03.11	8401627	1:04.85	29.92	1:04.85
4. Martijn Giezen	Montferland	1:05.79	8500813	1:04.95	29.21	1:04.95
5. Leander Noordijk	De Schotejil	1:07.53	8101221	1:07.39	29.77	1:07.39
6. Ralf van der Poel	Vlaardingen	1:07.48	8401783	1:08.34	32.27	1:08.34
7. Paul Oudendijk	OEZA	1:05.21	8101287	1:08.51	31.86	1:08.51
8. Marcel Reefhuis	De Veene	1:07.80	8101381	1:08.75 *	30.95	1:08.75
9. Mike Hereijgers	De Futen	1:06.95	8501007	1:08.95	31.56	1:08.95
Masters 30+						
1. Ivo Roozeboom	DES	1:04.97	7700801	1:04.48	29.59	1:04.48
2. Erik Kusters	Dedemsvaart-AC	1:06.16	8000837	1:05.29	29.62	1:05.29
3. Reinier Ellenkamp	De Rog	1:03.72	8000367	1:05.90	30.71	1:05.90
4. Freddie Geerlings	NIMO	1:04.86	7900379	1:05.92	31.77	1:05.92
5. Nol van Thull	ZOB'66	1:04.02	8001513	1:06.82	30.48	1:06.82
6. Theo Vlaardingerbroek	ZV Westland Dijkglas	1:10.13	7901307	1:08.15	30.83	1:08.15
7. Ralf Peters	KZPC	1:08.26	7600737	1:08.29	31.97	1:08.29
8. Mark Zwart	De Fuut	1:05.59	7901461	1:08.56	33.06	1:08.56
9. Stan Dekker	PLONS	1:10.43	7901823	1:09.78	32.07	1:09.78
10. Niels van Wageningen	D'Elft	1:11.61	7601335	1:10.71	33.41	1:10.71
11. Joris Haest	PSV	1:11.15	7900441	1:11.60	33.22	1:11.60
12. Gino Martijn	RZ	1:16.43	7901865	1:17.88	35.42	1:17.88
Masters 35+						
1. Harry Cornet	De Biesboschzwemmers	1:01.38	7100175	1:03.85	31.17	1:03.85
2. Agnus Gerringa	DWK	1:06.08	7100285	1:05.75	31.03	1:05.75
3. Sander Ott	De Lansingh	1:06.02	7200707	1:07.22	31.56	1:07.22
4. Erwin Zuidervelt	De Futen	1:11.47	7501015	1:10.09	32.60	1:10.09
5. Han van Antwerpen	De Lansingh	1:13.15	7400017	1:14.51	34.40	1:14.51
Masters 40+						
1. Arjon de Bok	De Biesboschzwemmers	1:06.80	6900125	1:08.37	32.03	1:08.37
2. Harold Matla	PSV	1:07.64	6800591	1:09.14	34.33	1:09.14
3. Paul van den Heuvel	Arethusa	1:09.23	7000441	1:10.77	34.97	1:10.77
4. Peter v. Meerveld	AZ&PC	1:09.63	6700649	1:10.84	33.28	1:10.84
<i>De tussentijd 50m is back-up tijd</i>						
5. Roeland van der Heijden	PSV	1:13.77	6701389	1:13.57	35.06	1:13.57
6. Gerard Da Deppo	DBD	1:15.74	7001509	1:15.42	34.93	1:15.42
7. Sander van den Berg	WS Twente	1:11.54	6801357	1:15.47	34.10	1:15.47

Programmanr. 5, Heren, 100m wisselslag

Masters 45+

1. Cees van Houwelingen	De Schelde	1:06.17	6300351	1:04.85	32.30	1:04.85
2. Kees-Jan van Overbeeke	PSV	1:07.74	6200489	1:07.47	31.09	1:07.47
3. Arnold de Rover	De Futen	1:09.26	6400645	1:08.56	32.86	1:08.56
4. Ron Korzelius	AZ&PC	1:08.76	6500513	1:10.09	32.14	1:10.09
5. Fred Heemstra	DAW-FINENZO	1:10.48	6500357	1:10.26	31.72	1:10.26
6. Ronald Grove	Oceanus	1:10.45	6100161	1:11.21	33.84	1:11.21
7. Rene de Boer	DAW-FINENZO	1:10.29	6400087	1:11.49	33.95	1:11.49
8. Marcel van der Lem	Kon AZ 1870	1:12.26	6500563	1:12.96	35.25	1:12.96
9. Edzo Huisman	Aquapoldro	1:15.57	6301029	1:16.19	35.67	1:16.19
10. Theo Bakker	TriVia	1:13.70	6401231	1:17.40	36.45	1:17.40
11. Erik Saan	De Duck	1:17.27	6500769	1:17.52	34.11	1:17.52
12. Kees-Jan Brantjes	KZC	1:19.25	6300113	1:20.33	38.30	1:20.33

Masters 50+

1. Paul Bunnik	Triton	1:16.40	5600413	1:15.73	36.40	1:15.73
2. Willem Zwiers	AquAmigos	1:14.98	5800505	1:16.00	37.66	1:16.00
3. Wim de Lange	Electrolux AZC	1:18.56	5800533	1:17.24	36.85	1:17.24
4. André Schutte	De Stormvogel	1:18.79	6000521	1:18.99	38.34	1:18.99
5. John Dam	Zignea	1:24.09	6000915	1:25.10	40.02	1:25.10

Masters 55+

1. Henk Slomp	De Pinquin	1:16.56	5500359	1:19.62	37.05	1:19.62
DIS Joe Capka	Neptunus	1:23.36	5400353	1:20.27 RH	37.15	1:20.27

Masters 60+

1. Joop Draaisma	DZ&PC	1:24.69	4600155	1:25.74	41.01	1:25.74
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Masters 65+

1. Rob Hanou	PSV	1:24.21	4300109	1:24.93	41.40	1:24.93
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Masters 70+

1. Frans van Enst	WS Twente	1:26.92	4000011	1:27.08	38.99	1:27.08
<i>Kampioenschapsrecord</i>						
2. Nico Geers	Z&PC De Gouwe	1:28.44	3800007	1:29.88	42.01	1:29.88

Programmanr. 6
22.01.2010 - 18:22

Dames, 100m wisselslag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd	startnr.	tijd	50m	100m
Masters 20+						
1. Jolanda Post	DIO	1:08.83	9004848	1:09.41	32.25	1:09.41
2. Natalie van der Hoeven	Vlaardingen	1:08.84	8901786	1:11.49	33.61	1:11.49
3. Aniek Huijsman	De Lansingh	1:13.83	8801932	1:12.94	33.62	1:12.94
4. Carly Noordermeer	ZOB'66	1:13.39	8702984	1:14.67	34.76	1:14.67
5. Milou Bouwhuis	De Veene	1:16.66	8900532	1:16.90	36.13	1:16.90
6. Maaïke de Boer	De Duinkickers	1:17.11	9000362	1:17.16	36.55	1:17.16
7. Silvia Vousten	Noord-Limburg (SG)	1:19.35	9004068	1:19.06	37.10	1:19.06
8. Maaïke van Diggele	ZPB H&L Productions	1:19.52	8700868	1:19.91	37.03	1:19.91
9. Patricia Becks	Zegenwerp	1:20.16	8705946	1:20.29	38.43	1:20.29
10. Relinda Baas	GZVW	1:18.81	8900144	1:20.74	37.44	1:20.74
11. Eline Schoenmaker	De Duinkickers	1:20.07	9003322	1:21.09	36.80	1:21.09
12. Renske Nielen	Noord-Limburg (SG)	1:23.42	8805550	1:23.26	38.56	1:23.26
13. Anita Engels	Zegenwerp	1:23.25	9001016	1:24.10	39.07	1:24.10
14. Brenda Geestman	ZPB H&L Productions	1:24.14	8701276	1:25.97	40.68	1:25.97
15. Chantal van Kranenburg	Aquarius	1:26.50	8604528	1:26.82	40.35	1:26.82

Programmanr. 6, Dames, 100m wisselslag, Masters 20+

rang naam	vereniging	inschrijftijd	startnr.	tijd	50m	100m
16. Margriet Aan het Rot	Octopus	1:29.38	8603088	1:27.26	41.23	1:27.26
17. Annebeth van Ark	Octopus	1:22.46	8805588	1:27.62	39.56	1:27.62
18. Diana Dijkstra	Vlaardingen	1:30.70	8600866	1:30.15	42.02	1:30.15

Masters 25+

1. Sietske Visser	De Lansingh	1:06.50	8302146	1:10.20	32.63	1:10.20
2. Nadya Putter	Vlaardingen	1:10.26	8301630	1:10.79	32.69	1:10.79
3. Marijke Monsma	DWK	1:12.04	8502100	1:12.46	34.20	1:12.46
4. Esther Versteeg	Van Vliet-Barracuda	1:16.63	8302112	1:16.50	34.84	1:16.50
5. Roos Lemmen	Eurode KZC	1:15.80	8403078	1:16.57	35.61	1:16.57
6. Petra van Achteren	De Lansingh	1:18.92	8400020	1:18.15	36.43	1:18.15
7. Annette Vogelsang	ZV De Bron	1:23.68	8402632	1:18.52	35.91	1:18.52
8. Sandra Zwaanswijk	Aquarius	1:19.65	8503934	1:18.76	36.82	1:18.76
9. Pauline Tieleman	De Geul	1:19.96	8403348	1:20.57	37.58	1:20.57
10. Judith Kremers	De Spatters	1:20.27	8102094	1:20.78	38.91	1:20.78
11. Mirjam Minderhoud	Zignea	1:31.82	8301398	1:32.05	42.44	1:32.05

Masters 30+

1. Elvira Jonkers	De Pinquin	1:10.91	7900420	1:12.25	33.53	1:12.25
2. Janneke Harmsen	De Spatters	1:14.65	7700938	1:15.02	34.77	1:15.02
3. Emerentia Knebel	KZPC	1:14.10	7600322	1:15.29	34.71	1:15.29
4. Petra Versteegen	WVZ	1:21.00	7700906	1:22.09	37.24	1:22.09
5. Babette Rens	Dedemsvaart-AC	1:25.74	7801200	1:23.50	37.78	1:23.50
6. Rebanna Jager	De Pinquin	1:25.67	7901394	1:24.62	39.88	1:24.62

Masters 35+

1. Henriëtte Manting	GZVW	1:18.96	7100246	1:20.84	37.09	1:20.84
2. Tony de Groot	De Futen	1:22.33	7300758	1:23.04	38.72	1:23.04

Masters 40+

1. Lidia v. Bon	AZ&PC	1:10.85	7000054	1:13.21	34.23	1:13.21
2. Annette Wijnja-Visser	De Biesboschzwemmers	1:16.23	6700528	1:17.32	36.61	1:17.32
3. Caroline Schreuder	Triton	1:19.49	6700550	1:20.16	37.23	1:20.16
4. Françoise Heijdemán-Duran	AZ&PC	1:18.89	6900222	1:20.85	37.75	1:20.85
5. Hanny Rotteveel	Zignea	1:22.51	6600538	1:23.61	39.03	1:23.61
6. Suze Roodenburg	De Geul	1:24.96	6800682	1:24.68	38.98	1:24.68
7. Desiree van der Lem	Kon AZ 1870	1:18.77	6800282	1:25.42	39.92	1:25.42

Masters 45+

1. Jacqueline Rolloos	De Lansingh	1:20.43	6300222	1:20.32	36.87	1:20.32
2. Francine Sommer	Triton	1:28.88	6200384	1:27.37	42.58	1:27.37
3. Friderika Kerekes	AZ&PC	1:26.49	6500540	1:28.07	40.35	1:28.07
4. Ina van Beusekom	Van Vliet-Barracuda	1:32.44	6400480	1:31.48	43.19	1:31.48
5. Conny v. Velden	AZ&PC	1:35.19	6500446	1:35.11	46.08	1:35.11
DIS Annemarie Vuist	Swol 1894	1:22.79	6300282		AA	

Masters 50+

1. Atie Pijtak-Radersma	AZ&PC	1:15.61	5600048	1:17.36	37.08	1:17.36
2. Julia Moh Klaren	Apsap Ville De Paris	1:23.12	922540	1:21.17	37.55	1:21.17
3. Marijke Kraak	WS Twente	1:25.02	6000240	1:25.23	41.37	1:25.23
<i>De tussentijd 50m. is back-up tijd.</i>						
4. Pia van der Molen	HZ&PC Heerenveen	1:31.95	6000116	1:30.05	42.67	1:30.05
5. Inge Wolfs	PLONS	1:29.68	6000304	1:31.88	39.54	1:31.88

Programmanr. 6, Dames, 100m wisselslag

Masters 55+

1. Christien Nieuwenhuis	Swol 1894	1:22.90	5100022	1:23.87	39.27	1:23.87
2. Margriet Pasma	Ten Boer	1:27.92	5500088	1:29.99	43.58	1:29.99

Masters 60+

1. Conny Boer-Buys	Vlaardingen	1:24.18	5000006	1:23.34	38.82	1:23.34
<i>Nederlands Masters Record</i>						
2. Marja van der Meer	Neptunus	1:44.73	4700014	1:44.66	48.26	1:44.66

Masters 65+

1. Matty van der Veen	Old Dutch	1:47.38	4400020	1:52.09	55.37	1:52.09
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Programmanr. 7
22.01.2010 - 18:56

Heren, 200m vlinderslag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd	startnr.	tijd	50m	100m	150m	200m
Masters 20+								
1. Marc Catsburg	MNC Dordrecht	2:15.83	9000533	2:16.56	30.14	1:04.77	1:40.14	2:16.56
<i>Kampioenschapsrecord</i>								
2. Marcel Noordermeer	Wiekslag	2:15.04	9003455	2:23.30	31.21	1:06.93	1:45.59	2:23.30
3. Ruben Stolk	ZOB'66	2:34.64	9005665	2:32.31	31.12	1:07.97	1:48.63	2:32.31
4. Tim Bunnik	Triton	2:38.36	9000505	2:33.83	32.20	1:11.25	1:52.01	2:33.83
5. Job v. Duijnhoven	Noord-Limburg (SG)	2:31.04	8800887	2:34.27	32.08	1:08.82	1:48.07	2:34.27
6. Mark Gorissen	KZPC	2:41.00	8600973	2:45.56	33.58	1:14.01	1:58.67	2:45.56
Masters 25+								
1. Alexander Hulleman	De Zijl/LGB	2:24.96	8300989	2:22.82	31.17	1:06.40	1:43.88	2:22.82
2. Remco van Althuis	SBC2000	2:41.15	8300029	2:26.63	32.81	1:09.89	1:48.36	2:26.63
Masters 30+								
1. Ralf Peters	KZPC	2:29.64	7600737	2:33.46	32.56	1:10.81	1:51.36	2:33.46
2. Joris Haest	PSV	2:34.20	7900441	2:40.32	33.85	1:13.73	1:56.14	2:40.32
3. Jeroen Vogelsang	Het Y	2:34.94	8001645	2:48.05	34.28	1:14.26	1:59.63	2:48.05
Masters 35+								
1. Oscar van Holsteyn	AquAmigos	2:32.23	7100373	2:46.60	34.42	1:13.72	1:58.66	2:46.60
Masters 40+								
AFGEM Rene Beetsma	HZ&PC Heerenveen	2:23.76	6900069					
Masters 45+								
1. Rene de Boer	DAW-FINENZO	2:37.16	6400087	2:35.77	34.76	1:14.02	1:54.83	2:35.77
2. Paul van der Voort	De Zwoer	3:00.34	6200715	3:03.50	37.04	1:22.61	2:13.04	3:03.50
3. Ralph Caster	RZ	3:00.31	6100069	3:05.10	40.62	1:27.74	2:16.34	3:05.10
Masters 50+								
1. Hugo Bregman	WVZ	2:12.40	5800069	2:12.90	29.55	1:03.06	1:37.83	2:12.90
<i>Europees Masters Record</i>								

Programmanr. 7, Heren, 200m vlinderslag

Masters 65+

1. Rob Hanou PSV 3:20.58 4300109 **3:28.30** 43.43 1:37.64 2:33.69 3:28.30

Masters 70+

1. Nico Geers Z&PC De Gouwe 3:42.97 3800007 **3:48.05** 50.22 1:48.68 2:49.00 3:48.05

Programmanr. 8
22.01.2010 - 19:08

Dames, 200m vlinderslag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd	startnr.	tijd	50m	100m	150m	200m
Masters 20+								
1. Iris Barendregt <i>Kampioenschapsrecord</i>	Van Vliet-Barracuda	2:37.78	8600172	2:42.55	33.42	1:13.01	1:55.94	2:42.55
2. Milou Bouwhuis	De Veene	2:49.76	8900532	2:52.79	35.94	1:17.56	2:04.05	2:52.79
3. Patricia Becks	Zegenwerp	2:57.89	8705946	3:00.05	38.64	1:22.97	2:10.77	3:00.05
Masters 25+								
1. Roos van Esch	TRB-RES	2:34.23	8200468	2:36.62	34.68	1:14.05	1:54.86	2:36.62
2. Joana Carneiro	D'Eift	2:35.61	8202256	2:40.05	35.52	1:15.12	1:56.78	2:40.05
Masters 30+								
1. Yvonne Gerritsen	DES	2:49.36	8000342	3:03.57 *	39.23	1:26.03	2:15.19	3:03.57
Masters 35+								
1. Karin Stein	Vlaardingen	2:52.59	7100554	2:56.03	38.70	1:22.52	2:11.62	2:56.03
2. Dianne Nien	RZ	2:59.22	7100452	3:03.43	39.58	1:25.59	2:14.62	3:03.43
Masters 40+								
1. Anita Smits <i>Nederlands Masters Record</i>	DIO	2:34.92	6900522	2:33.44	34.17	1:13.93	1:54.93	2:33.44
2. Karin van den Heuvel	AquAmigos	2:59.54	6600188	3:12.50	40.67	1:30.16	2:20.92	3:12.50
Masters 45+								
1. Margriet Grove	Oceanus	2:47.65	6200080	2:55.26	37.27	1:21.40	2:07.53	2:55.26
Masters 50+								
1. Mathilde Vink	Swol 1894	2:39.15	5800128	2:45.65	37.61	1:19.46	2:02.34	2:45.65

Programmanr. 9
22.01.2010 - 19:16

Heren, 200m rugslag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd	startnr.	tijd	50m	100m	150m	200m
Masters 20+								
1. Emile Manni <i>Nederlands Masters Record</i>	Octopus	2:11.50	9001901	2:12.06	31.09	1:03.99	1:38.07	2:12.06
2. Jan-Willem v.d. Graaff	Het Y	2:11.36	8901023	2:12.89	31.78	1:04.89	1:38.88	2:12.89
3. Stefan van der Grift <i>De 100 m. tussentijd is een back-up tijd</i>	Octopus	2:33.63	8701121	2:29.66	33.90	1:11.22	1:50.19	2:29.66
4. Rob Arts	Noord-Limburg (SG)	2:40.87	8805005	2:35.97	36.95	1:16.61	1:56.99	2:35.97
5. Sven van Zanten	De Duinkickers	2:41.67	9003405	2:43.43	37.86	1:19.65	2:02.44	2:43.43

Programmanr. 9, Heren, 200m rugslag, Masters 20+

rang naam	vereniging	inschrijftijd	startnr.	tijd	50m	100m	150m	200m
6. Roel van Beek	Montferland	2:41.58	8905861	2:44.27	39.33	1:21.20	2:03.48	2:44.27
DIS Harmen Reemst	ZOB'66	2:38.36	8702715	2:40.48 RC	36.01	1:15.86	1:57.90	2:40.48

Masters 25+

1. Martijn Giezen	Montferland	2:22.06	8500813	2:19.05	31.92	1:06.42	1:42.98	2:19.05
2. Marcel Reefhuis	De Veene	2:18.73	8101381	2:20.31	32.59	1:08.49	1:44.46	2:20.31
3. Paul Oudendijk	OEZA	2:17.53	8101287	2:20.49	32.88	1:08.03	1:44.41	2:20.49
4. Leander Noordijk	De Schotejil	2:20.23	8101221	2:21.35	33.14	1:08.86	1:45.34	2:21.35
5. Thommy Nickel	Van Vliet-Barracuda	2:21.61	8401627	2:22.34	33.62	1:08.79	1:44.73	2:22.34
6. Mike Hereijgers	De Futen	2:26.54	8501007	2:31.24	34.58	1:12.04	1:51.32	2:31.24
7. H. Vlaardingerbroek	ZV Westland Dijkglas	2:31.61	8302245	2:35.73	37.11	1:16.65	1:56.26	2:35.73

Masters 30+

1. Ivo Roozeboom	DES	2:16.15	7700801	2:19.11	32.33	1:08.16	1:44.35	2:19.11
2. Erik Kusters	Dedemsvaart-AC	2:24.43	8000837	2:23.04	34.37	1:11.95	1:48.30	2:23.04
3. Stan Dekker	PLONS	2:27.94	7901823	2:26.69	33.99	1:10.35	1:48.15	2:26.69
4. Freddie Geerlings	NIMO	2:25.71	7900379	2:29.32	34.31	1:11.40	1:50.50	2:29.32
5. Theo Vlaardingerbroek	ZV Westland Dijkglas	2:25.75	7901307	2:29.84	35.01	1:12.84	1:51.50	2:29.84
6. Markus van Rest	ZV Westland Dijkglas	2:27.14	7701197	2:34.96	36.16	1:15.70	1:56.30	2:34.96
DIS Nol van Thull	ZOB'66	2:21.76	8001513	2:29.18 RD	35.07	1:13.01	1:51.43	2:29.18

Masters 35+

1. Agnus Gerringa	DWK	2:31.66	7100285	2:30.99	35.39	1:12.96	1:52.01	2:30.99
2. Erwin Zuidervelt	De Futen	2:38.48	7501015	2:36.96	35.67	1:14.63	1:55.60	2:36.96

Masters 40+

1. Paul van den Heuvel	Arethusa	2:39.05	7000441	2:37.02 *	36.70	1:15.73	1:56.51	2:37.02
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Masters 45+

1. Ron Korzelius	AZ&PC	2:29.56	6500513	2:31.42	37.17	1:15.76	1:53.96	2:31.42
<i>De 50 m. tussentijd is een back-up tijd.</i>								
2. Arnold de Rover	De Futen	2:38.70	6400645	2:33.10	36.30	1:14.79	1:53.56	2:33.10
3. Fred Heemstra	DAW-FINENZO	2:41.15	6500357	2:34.52	35.46	1:14.60	1:54.19	2:34.52
4. Eric Langhorst	Het Y	2:46.29	6200389	2:41.99	39.00	1:20.05	2:01.68	2:41.99
5. Marcel van der Lem	Kon AZ 1870	2:48.73	6500563	2:50.13	39.63	1:22.63	2:06.29	2:50.13
6. Paul van der Voort	De Zwoer	2:46.66	6200715	2:56.70	40.99	1:26.77	2:13.31	2:56.70
7. Edzo Huisman	Aquapoldro	2:59.28	6301029	2:58.93	42.17	1:27.65	2:14.37	2:58.93
8. Jack Barends	WS Twente	3:16.20	6201011	3:03.85	44.17	1:31.63	2:18.52	3:03.85
9. Jan Smalheer	SCOM	3:10.53	6400701	3:10.12	44.65	1:33.13	2:22.29	3:10.12

Masters 50+

1. Elzo Dijkhuis	TriVia	2:42.38	6000873	2:43.25	38.16	1:18.60	2:01.20	2:43.25
2. Andre Storm	Zoetermeer	2:45.23	5600407	2:46.15	37.20	1:18.54	2:02.26	2:46.15
3. Wim de Lange	Electrolux AZC	2:52.91	5800533	2:58.32	41.22	1:27.28	2:13.43	2:58.32
DIS André Schutte	De Stormvogel	2:53.94	6000521	2:53.40 RD	41.90	1:24.53	2:08.86	2:53.40

Masters 55+

1. Hans Piederiet	Numansdorp	2:46.48	5400177	2:43.76 *	37.81	1:18.79	2:01.32	2:43.76
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Masters 70+

1. Frans van Enst	WS Twente	3:02.77	4000011	3:02.51	43.04	1:30.75	2:17.97	3:02.51
<i>Nederlands Masters Record</i>								
2. Jan Eichhorn	Haerlem'04 (SG)	3:34.21	3700015	3:48.38	50.44	1:48.29	2:48.30	3:48.38
DIS Gregor Pompen	Aqua-Novio'94	3:52.36	3700021	3:55.16 RD	54.50	1:53.37	2:54.41	3:55.16

Programmanr. 9, Heren, 200m rugslag

Masters 85+

1. Ru Holtes De Dolfijn 4:11.49 2500001 **4:26.47** 59.78 2:10.95 3:19.38 4:26.47
Nederlands Masters Record, 50 m. tussentijd is een NMR, de 100 m. tussentijd is een handtijd

Programmanr. 10
22.01.2010 - 19:43

Dames, 200m rugslag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd	startnr.	tijd	50m	100m	150m	200m
Masters 20+								
1. Alice Bravo	Het Y	2:25.16	8705346	2:23.52	33.94	1:10.14	1:46.45	2:23.52
<i>Kampioenschapsrecord</i>								
2. Kim Anne Bouw	DWK	2:32.41	9000500	2:32.48	34.06	1:11.41	1:51.71	2:32.48
3. Sunanda van Heteren	PCG	2:41.30	8901728	2:44.94	39.43	1:21.59	2:04.18	2:44.94
4. Maaïke de Boer	De Duinkickers	2:44.80	9000362	2:46.69	39.44	1:21.79	2:04.91	2:46.69
<i>De 50 en 100 m. tussentijden zijn back-up tijden</i>								
5. Esther van Maastrigt	Montferland	2:42.02	8802836	2:48.51	39.83	1:22.43	2:06.62	2:48.51
<i>De 100m. tussentijd is een back-up tijd.</i>								
6. Relinda Baas	GZVW	2:47.20	8900144	2:52.10	41.11	1:24.34	2:08.88	2:52.10
7. Maaïke van Diggele	ZPB H&L Productions	2:54.80	8700868	2:56.05	41.67	1:25.74	2:11.36	2:56.05
8. Eline Schoenmaker	De Duinkickers	2:50.70	9003322	2:58.67	42.27	1:28.62	2:15.39	2:58.67
<i>De 100 m. tussentijd is een back-up tijd</i>								
9. Whitley Rens	De Schotejil	2:58.60	9007520	3:01.53	42.16	1:27.25	2:14.57	3:01.53
10. Annebeth van Ark	Octopus	2:55.34	8805588	3:02.68	42.29	1:28.35	2:15.60	3:02.68
Masters 25+								
1. Nadya Putter	Vlaardingen	2:37.70	8301630	2:33.52	36.32	1:14.98	1:53.75	2:33.52
2. Roos van Esch	TRB-RES	2:35.96	8200468	2:38.62	36.42	1:17.00	1:57.88	2:38.62
<i>De 50m. tussentijd is een back-up tijd.</i>								
3. Bianca van Ringelestijn	PSV	2:41.51	8502466	2:43.81	37.13	1:19.15	2:02.37	2:43.81
4. Sandra Schellekens	Neptunus'58	2:56.82	8503416	2:56.18	41.53	1:26.55	2:11.63	2:56.18
<i>De 100 m. tussentijd is een back-up tijd</i>								
Masters 30+								
1. Francijna de Kooter	De Biesboschzwemmers	2:43.70	8000634	2:40.99	37.36	1:18.39	1:59.82	2:40.99
2. Janneke Harmsen	De Spatters	2:42.73	7700938	2:44.55	37.87	1:19.30	2:01.90	2:44.55
<i>De 100m. tussentijd is een back-up tijd.</i>								
3. Jolanda van Gendt	PSV	2:45.51	7800266	2:46.51	38.36	1:20.34	2:03.57	2:46.51
4. Babette Rens	Dedemsvaart-AC	3:02.78	7801200	3:01.57	41.89	1:26.84	2:14.40	3:01.57
DIS Helma Koot	AZ&PC	2:53.75	7600336	2:56.20	RC 41.17	1:25.61	2:10.99	2:56.20
Masters 35+								
1. Aida Ponce Del Castillo	CNSW	2:50.64	CNSW/358/74	2:44.24	38.84	1:20.12	2:02.30	2:44.24
2. Dianne Nien	RZ	3:06.03	7100452	3:02.75	43.55	1:30.14	2:16.54	3:02.75
Masters 40+								
1. F. Heijdeman-Duran	AZ&PC	2:49.65	6900222	2:55.26	42.41	1:26.95	2:11.82	2:55.26
<i>De 100 m. tussentijd is een back-up tijd</i>								
2. Susanne van Hooven	De Schotejil	3:02.50	6800752	2:56.49	41.06	1:25.48	2:11.08	2:56.49
3. Caroline Schreuder	Triton	2:55.73	6700550	3:00.33	40.33	1:25.31	2:12.39	3:00.33
4. Wendy Knoops	RZ	3:01.71	6800720	3:06.42 *	42.04	1:28.64	2:17.29	3:06.42
5. Suze Roodenburg	De Geul	3:08.26	6800682	3:07.05	43.52	1:30.06	2:18.86	3:07.05
6. Desiree van der Lem	Kon AZ 1870	3:06.33	6800282	3:10.00	44.34	1:33.01	2:21.93	3:10.00

Programmanr. 10, Dames, 200m rugslag

Masters 45+

1. Judith Cromjongh	De Zwoer	2:40.81	6400054	2:40.35	37.16	1:17.17	1:58.52	2:40.35
<i>Nederlands Masters Record, De 100m. tussentijd is een back-up tijd.</i>								
2. Jacqueline Rolloos	De Lansingh	2:53.05	6300222	2:53.72	40.42	1:24.27	2:10.23	2:53.72
3. Margriet Grove	Oceanus	3:03.04	6200080	2:54.68	41.60	1:26.03	2:10.75	2:54.68
4. Annemarie Vuist	Swol 1894	3:05.39	6300282	3:03.90	44.52	1:31.42	2:18.93	3:03.90
5. Ellen Parma	Triton	3:11.93	6200366	3:14.68	44.97	1:34.16	2:24.73	3:14.68

Masters 50+

1. Atie Pijtak-Radersma	AZ&PC	2:50.19	5600048	2:51.63	41.17	1:23.94	2:08.37	2:51.63
<i>De 100 m. tussentijd is een back-up tijd</i>								
2. Julia Moh Klaren	Apsap Ville De Paris	2:52.77	922540	2:58.57	40.01	1:23.85	2:11.37	2:58.57
3. Patty Verhagen	AquAmigos	3:02.91	5900146	3:16.40	47.77	1:37.37	2:27.24	3:16.40
4. Pia van der Molen	HZ&PC Heerenveen	3:23.29	6000116	3:20.81	45.94	1:37.18	2:29.40	3:20.81

Masters 55+

1. Margriet Pasma	Ten Boer	3:10.75	5500088	3:07.84	44.23	1:31.34	2:19.85	3:07.84
<i>Nederlands Masters Record</i>								
2. Ineke Meijer	HZ&PC Heerenveen	3:47.28	5200034	3:37.74	50.48	1:45.87	2:42.69	3:37.74

Masters 60+

1. A. Gilding-Tussaud	WS Twente	3:44.92	5000038	3:39.94	49.72	1:46.79	2:44.85	3:39.94
2. Marja van der Meer	Neptunus	3:53.87	4700014	3:53.70	51.11	1:50.82	2:52.65	3:53.70

Masters 65+

1. Leny Kamp	Aquapoldro	4:15.07	4400008	4:25.37	58.38	2:05.95	3:15.73	4:25.37
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Masters 75+

1. Annie de Vos	Old Dutch	4:28.27	3400004	4:42.18	1:03.85	2:14.80	3:29.08	4:42.18
<i>Kampioenschapsrecord</i>								

3 - ONMK 2010 kb sessie 3

23.01.2010 - 9:00

Programmanr. 12
23.01.2010 - 9:00

Dames, 400m wisselslag
Alle tijden in dit programmanummer zijn handtijden

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd
Masters 20+					
1.	Alice Bravo <i>Kampioenschapsrecord</i>	Het Y	5:13.82	8705346	5:14.31
	50m: 32.63 32.63 100m: 1:10.12 37.49	150m: 1:47.62 37.50 200m: 2:25.34 37.72	250m: 3:14.31 48.97 300m: 4:04.72 50.41	350m: 4:40.03 42.08 400m: 5:14.31 34.28	35.31 34.28
2.	Karin van Dijk	HZ&PC Heerenveen	5:45.16	8600850	5:49.89
	50m: 36.06 36.06 100m: 1:20.44 44.38	150m: 2:09.95 49.51 200m: 2:57.67 47.72	250m: 3:42.57 44.90 300m: 4:29.82 47.25	350m: 5:11.26 41.44 400m: 5:49.89 38.63	41.44 38.63
3.	Relinda Baas	GZVV	6:04.36	8900144	6:07.11
	50m: 39.12 39.12 100m: 1:26.66 47.54	150m: 2:13.26 46.60 200m: 2:59.45 46.19	250m: 3:51.36 51.91 300m: 4:43.62 52.26	350m: 5:25.70 42.08 400m: 6:07.11 41.41	42.08 41.41
4.	Whitley Rens	De Schotejil	6:43.75	9007520	6:38.63
	50m: 41.32 41.32 100m: 1:31.69 50.37	150m: 2:24.84 53.15 200m: 3:16.14 51.30	250m: 4:10.68 54.54 300m: 5:07.79 57.11	350m: 5:54.72 46.93 400m: 6:38.63 43.91	46.93 43.91
Masters 25+					
1.	Nadya Putter	Vlaardingen	5:24.64	8301630	5:28.02
	50m: 33.81 33.81 100m: 1:12.30 38.49	150m: 1:55.61 43.31 200m: 2:37.52 41.91	250m: 3:24.22 46.70 300m: 4:11.56 47.34	350m: 4:50.60 39.04 400m: 5:28.02 37.42	39.04 37.42
2.	Joana Carneiro	D'Elft	5:40.54	8202256	5:44.11
	50m: 34.91 34.91 100m: 1:14.21 39.30	150m: 1:58.95 44.74 200m: 2:42.74 43.79	250m: 3:32.96 50.22 300m: 4:23.55 50.59	350m: 5:04.64 41.09 400m: 5:44.11 39.47	41.09 39.47
3.	Linda Hoogendam	D'Elft	6:09.57	8300892	5:57.00
	50m: 38.05 38.05 100m: 1:24.00 45.95	150m: 2:10.39 46.39 200m: 2:54.59 44.20	250m: 3:47.91 53.32 300m: 4:41.00 53.09	350m: 5:20.26 39.26 400m: 5:57.00 36.74	39.26 36.74
4.	Miranda Mud	HZ&PC Heerenveen	6:38.42	8201156	6:53.71
	50m: 41.32 41.32 100m: 1:38.92 50.37	150m: 2:24.84 53.15 200m: 3:16.14 51.30	250m: 4:10.68 54.54 300m: 5:07.79 57.11	350m: 5:54.72 46.93 400m: 6:38.63 43.91	46.93 43.91
DIS	Andrea van Leeuwen	De Zijl/LGB	6:06.96	8100904	6:05.16 RC
	50m: 37.20 37.20 100m: 1:23.85 46.65	150m: 2:11.35 47.50 200m: 2:56.69 45.34	250m: 3:49.19 52.50 300m: 4:43.07 53.88	350m: 5:25.20 42.13 400m: 6:05.16 39.96	42.13 39.96
Masters 30+					
1.	Elvira Jonkers	De Pinquin	5:33.70	7900420	5:41.01
	50m: 33.23 33.23 100m: 1:12.26 39.03	150m: 1:58.90 46.64 200m: 2:44.35 45.45	250m: 3:33.09 48.74 300m: 4:23.75 50.66	350m: 5:03.38 39.63 400m: 5:41.01 37.63	39.63 37.63
2.	Yvonne Gerritsen	DES	6:13.26	8000342	5:55.69
	50m: 37.11 37.11 100m: 1:21.87 44.76	150m: 2:10.37 48.50 200m: 2:57.96 47.59	250m: 3:46.31 48.35 300m: 4:35.84 49.53	350m: 5:16.72 40.88 400m: 5:55.69 38.97	40.88 38.97
3.	Jolanda van Gendt	PSV	6:10.06	7800266	6:08.74
	50m: 39.94 39.94 100m: 1:27.15 47.21	150m: 2:11.04 43.89 200m: 2:54.17 43.13	250m: 3:49.42 55.25 300m: 4:44.20 54.78	350m: 5:26.47 42.27 400m: 6:08.74 42.27	42.27 42.27
Masters 35+					
1.	Marleen Vos	Aquapoldro	5:39.65	7400598	5:39.06
	50m: 36.56 36.56 100m: 1:19.38 42.82	150m: 2:03.84 44.46 200m: 2:47.29 43.45	250m: 3:34.43 47.14 300m: 4:21.94 47.51	350m: 5:01.40 39.46 400m: 5:39.06 37.66	39.46 37.66
2.	Karin Stein	Vlaardingen	5:42.58	7100554	5:49.58
	50m: 37.68 37.68 100m: 1:21.15 43.47	150m: 2:10.54 49.39 200m: 2:58.64 48.10	250m: 3:45.08 46.44 300m: 4:31.64 46.56	350m: 5:11.29 39.65 400m: 5:49.58 38.29	39.65 38.29
3.	Aida Ponce Del Castillo	CNSW	5:37.15	CNSW/358/74	5:51.36
	50m: 39.13 39.13 100m: 1:24.76 45.63	150m: 2:09.04 44.28 200m: 2:50.20 41.16	250m: 3:42.30 52.10 300m: 4:35.45 53.15	350m: 5:13.92 38.47 400m: 5:51.36 37.44	38.47 37.44
4.	Liselotte Joling	PSV	6:06.97	7500268	5:51.66
	50m: 38.06 38.06 100m: 1:22.39 44.33	150m: 2:08.66 46.27 200m: 2:53.52 44.86	250m: 3:41.34 47.82 300m: 4:30.65 49.31	350m: 5:12.74 42.09 400m: 5:51.66 38.92	42.09 38.92

Programmanr. 12, Dames, 400m wisselslag, Masters 35+

rang	naam	vereniging	inschrijftijd	startnr.	tijd
5.	Dianne Nien	RZ	6:11.77	7100452	6:21.37
	50m: 39.48 39.48	150m: 2:16.61 50.10	250m: 4:01.47	56.00 350m: 5:40.89	42.42
	100m: 1:26.51 47.03	200m: 3:05.47 48.86	300m: 4:58.47	57.00 400m: 6:21.37	40.48
6.	Annet Kootstra	Swol 1894	6:36.55	7100344	6:38.55
	50m: 42.77 42.77	150m: 2:28.45 53.64	250m: 4:15.21	55.53 350m: 5:56.38	44.29
	100m: 1:34.81 52.04	200m: 3:19.68 51.23	300m: 5:12.09	56.88 400m: 6:38.55	42.17

Masters 40+

1.	Anita Smits <i>Nederlands Masters Record</i>	DIO	5:37.97	6900522	5:31.58
	50m: 33.92 33.92	150m: 1:57.86 44.10	250m: 3:29.93	48.53 350m: 4:55.76	37.05
	100m: 1:13.76 39.84	200m: 2:41.40 43.54	300m: 4:18.71	48.78 400m: 5:31.58	35.82
2.	Karin van den Heuvel	AquAmigos	6:19.09	6600188	6:29.04
	50m: 39.98 39.98	150m: 2:22.63 54.86	250m: 4:07.12	51.63 350m: 5:45.70	45.21
	100m: 1:27.77 47.79	200m: 3:15.49 52.86	300m: 5:00.49	53.37 400m: 6:29.04	43.34

Masters 50+

1.	Patty Verhagen <i>Kampioenschapsrecord</i>	AquAmigos	6:27.67	5900146	6:21.21
	50m: 41.44 41.44	150m: 2:19.27 51.21	250m: 4:05.12	56.16 350m: 5:41.34	41.35
	100m: 1:28.06 46.62	200m: 3:08.96 49.69	300m: 4:59.99	54.87 400m: 6:21.21	39.87
2.	Pia van der Molen	HZ&PC Heerenveen	7:21.24	6000116	7:21.33
	50m: 45.75 45.75	150m: 2:40.46 55.64	250m: 4:37.45	1:03.12 350m: 6:31.80	49.38
	100m: 1:44.82 59.07	200m: 3:34.33 53.87	300m: 5:42.42	1:04.97 400m: 7:21.33	49.53

Masters 55+

1.	Margriet Pasma	Ten Boer	6:48.10	5500088	7:00.54
	50m: 50.54 50.54	150m: 2:41.42 51.53	250m: 4:29.39	57.33 350m: 6:15.47	46.96
	100m: 1:49.89 59.35	200m: 3:32.06 50.64	300m: 5:28.51	59.12 400m: 7:00.54	45.07

Masters 65+

1.	Matty van der Veen <i>Kampioenschapsrecord</i>	Old Dutch	7:59.60	4400020	8:13.74
	50m: 30.59 30.59	150m:	250m:	350m:	
	100m: 2:02.12 1:06.00	200m:	300m:	400m:	8:13.74

Programmanr. 13
23.01.2010 - 9:30

Heren, 400m wisselslag
Alle tijden in dit programmanummer zijn handtijden

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd
Masters 20+					
1.	Jan-Willem v.d. Graaff <i>Kampioenschapsrecord</i>	Het Y	4:50.94	8901023	4:53.29
	50m: 30.59 30.59	150m: 1:42.59 36.57	250m: 3:02.06	43.47 350m: 4:21.47	33.60
	100m: 1:06.02 35.43	200m: 2:18.59 36.00	300m: 3:47.87	45.81 400m: 4:53.29	31.82
2.	Marcel Noordermeer	Wiekslag	5:16.57	9003455	4:57.33
	50m: 31.07 31.07	150m: 1:47.70 40.07	250m: 3:08.57	41.94 350m: 4:26.20	35.78
	100m: 1:07.63 36.56	200m: 2:26.63 38.93	300m: 3:50.42	41.85 400m: 4:57.33	31.13
3.	Tim Bunnik	Triton	5:14.07	9000505	5:19.30
	50m: 31.57 31.57	150m: 1:52.12 41.31	250m: 3:20.06	46.69 350m: 4:44.84	36.56
	100m: 1:10.81 39.24	200m: 2:33.37 41.25	300m: 4:08.28	48.22 400m: 5:19.30	34.46
4.	Stefan van der Grift	Octopus	5:17.45	8701121	5:19.62
	50m: 32.76 32.76	150m: 1:54.37 42.53	250m: 3:20.37	43.83 350m: 4:43.84	37.66
	100m: 1:11.84 39.08	200m: 2:36.54 42.17	300m: 4:06.18	45.81 400m: 5:19.62	35.78
5.	Niels Albrechts	De Schotejil	5:36.40	8800039	5:42.52
	50m: 35.93 35.93	150m: 2:02.86 43.17	250m: 3:39.15	54.79 350m: 5:08.06	35.22
	100m: 1:19.69 43.76	200m: 2:44.36 41.50	300m: 4:32.84	53.69 400m: 5:42.52	34.46

Programmanr. 13, Heren, 400m wisselslag

Masters 25+

1. Alexander Hulleman	De Zijl/LGB	4:57.48	8300989	4:56.46
50m: 31.71	150m: 1:47.77	40.03	250m: 3:08.56	42.16
100m: 1:07.74	200m: 2:26.40	38.63	300m: 3:51.15	42.59
			350m: 4:24.91	33.76
			400m: 4:56.46	31.55
2. Albert van Piekeren	Octopus	5:23.43	8401767	5:18.15
50m: 34.47	150m: 1:55.66	41.03	250m: 3:19.31	43.70
100m: 1:14.63	200m: 2:35.61	39.95	300m: 4:02.43	43.12
			350m: 4:41.12	38.69
			400m: 5:18.15	37.03
DIS Rob van Vliet	AZ&PC	4:43.86	8402459	4:56.78 RD
50m: 31.31	150m: 1:47.68	39.50	250m: 3:05.99	40.10
100m: 1:08.18	200m: 2:25.89	38.21	300m: 3:48.33	42.34
			350m: 4:23.96	35.63
			400m: 4:56.78	32.82

Masters 30+

1. Freddie Geerlings	NIMO	5:08.31	7900379	5:09.41
50m: 32.69	150m: 1:54.22	41.40	250m: 3:16.38	41.22
100m: 1:12.82	200m: 2:35.16	40.94	300m: 3:58.32	41.94
			350m: 4:33.97	35.65
			400m: 5:09.41	35.44
2. Ivo Roozeboom	DES	5:04.36	7700801	5:14.21
50m: 32.22	150m: 1:50.70	39.61	250m: 3:16.24	46.31
100m: 1:11.09	200m: 2:29.93	39.23	300m: 4:03.23	46.99
			350m: 4:38.94	35.71
			400m: 5:14.21	35.27
3. Jeroen Vogelsang	Het Y	5:21.32	8001645	5:31.74
50m: 33.26	150m: 1:59.41	45.87	250m: 3:29.43	45.71
100m: 1:13.54	200m: 2:43.72	44.31	300m: 4:16.27	46.84
			350m: 4:54.12	37.85
			400m: 5:31.74	37.62

Masters 35+

1. Agnus Gerringa	DWK	5:17.80	7100285	5:16.15
50m: 31.97	150m: 1:51.37	40.50	250m: 3:15.30	44.12
100m: 1:10.87	200m: 2:31.18	39.81	300m: 4:01.25	45.95
			350m: 4:39.30	38.05
			400m: 5:16.15	36.85

Masters 40+

1. Frank v Nobelen	Sassenheim	5:25.52	6900753	5:23.76
50m: 34.33	150m: 1:55.82	41.18	250m: 3:24.30	47.25
100m: 1:14.64	200m: 2:37.05	41.23	300m: 4:12.21	47.91
			350m: 4:48.32	36.11
			400m: 5:23.76	35.44
2. Harold Matla	PSV	5:30.29	6800591	5:41.42
50m: 36.60	150m: 2:04.51	45.12	250m: 3:35.98	45.47
100m: 1:19.39	200m: 2:50.51	46.00	300m: 4:22.07	46.09
			350m: 5:02.56	40.49
			400m: 5:41.42	38.86
3. Sander van den Berg	WS Twente	5:43.84	6801357	5:41.56
50m: 33.78	150m: 2:01.16	45.58	250m: 3:33.20	47.68
100m: 1:15.58	200m: 2:45.52	44.36	300m: 4:22.14	48.94
			350m: 5:02.10	39.96
			400m: 5:41.56	39.46

AFGEM Rene Beetsma

HZ&PC Heerenveen 5:06.86 6900069

Masters 45+

1. Arnold de Rover	De Futen	5:26.85	6400645	5:22.86
50m: 33.73	150m: 1:55.81	43.24	250m: 3:24.48	46.41
100m: 1:12.57	200m: 2:38.07	42.26	300m: 4:11.11	46.63
			350m: 4:48.05	36.94
			400m: 5:22.86	34.81
2. Ronald Grove	Oceanus	5:34.35	6100161	5:40.00
50m: 34.87	150m: 2:03.26	45.29	250m: 3:35.44	47.91
100m: 1:17.97	200m: 2:47.53	44.27	300m: 4:24.06	48.62
			350m: 5:02.37	38.31
			400m: 5:40.00	37.63
3. Paul van der Voort	De Zwoer	5:51.21	6200715	6:04.44
50m: 37.08	150m: 2:10.63	47.19	250m: 3:53.51	54.53
100m: 1:23.44	200m: 2:58.98	48.35	300m: 4:48.25	54.74
			350m: 5:26.40	38.15
			400m: 6:04.44	38.04
4. Jan Smalheer	SCOM	6:40.95	6400701	6:39.50
50m: 40.87	150m: 2:18.50	50.29	250m:	350m:
100m: 1:28.21	200m: 3:07.58	49.08	300m:	400m: 6:39.50

Masters 50+

1. Hugo Bregman	WVZ	4:58.99	5800069	5:01.20
50m: 30.56	150m: 1:45.08	39.24	250m: 3:08.69	44.93
100m: 1:05.84	200m: 2:23.76	38.68	300m: 3:53.19	44.50
			350m: 4:28.44	35.25
			400m: 5:01.20	32.76
2. Willem Zwiers	AquAmigos	6:20.47	5800505	6:17.16
50m: 42.35	150m: 2:25.63	54.22	250m: 4:10.63	52.87
100m: 1:31.41	200m: 3:17.76	52.13	300m: 5:02.26	51.63
			350m: 5:40.91	38.65
			400m: 6:17.16	36.25

Programmanr. 13, Heren, 400m wisselslag, Masters 50+

rang	naam	vereniging	inschrijftijd	startnr.	tijd			
3.	Paul Bunnik	Triton	6:30.53	5600413	6:25.14			
	50m: 36.85	36.85	150m: 2:15.90	51.96	250m: 4:00.74	54.34	350m: 5:41.32	44.18
	100m: 1:23.94	47.09	200m: 3:06.40	50.50	300m: 4:57.14	56.40	400m: 6:25.14	43.82

Masters 60+

1.	Donald Uijtenbogaart	Het Y	5:49.81	4700107	6:05.24			
	50m: 38.46	38.46	150m: 2:13.18	49.78	250m: 3:54.57	52.48	350m: 5:27.14	40.09
	100m: 1:23.40	44.94	200m: 3:02.09	48.91	300m: 4:47.05	52.48	400m: 6:05.24	38.10

Masters 65+

1.	Rob Hanou	PSV	6:33.38	4300109	7:07.97			
	50m: 43.63	43.63	150m: 2:37.86	59.46	250m: 4:34.50	57.43	350m: 6:19.76	
	100m: 1:38.40	54.77	200m: 3:37.07	59.21	300m:	400m: 7:07.97	48.21	

Programmanr. 14
23.01.2010 - 9:57

Dames, 100m rugslag
Alle tijden in dit programmanummer zijn handtijden

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	50m	100m
Masters 20+							
1.	Sunanda van Heteren	PCG	1:17.67	8901728	1:14.07	36.25	1:14.07
2.	Esther van Maastrigt	Montferland	1:15.78	8802836	1:16.68	37.18	1:16.68
3.	Sanne van Dijk	Zoetermeer	1:18.13	9000818	1:18.31	37.84	1:18.31
4.	Eline Schoenmaker	De Duinkickers	1:17.71	9003322	1:19.30	38.44	1:19.30
5.	Relinda Baas	GZVV	1:18.11	8900144	1:21.22	39.89	1:21.22
6.	Liesbeth van Mill	DWK	1:21.14	8702786	1:23.16	39.95	1:23.16
7.	Simone Stapels	Van Vliet-Barracuda	1:22.53	8903942	1:23.34	41.44	1:23.34
8.	Whitley Rens	De Schotejil	1:22.20	9007520	1:26.18	41.15	1:26.18
9.	Eveline van Avezaath	TRB-RES	1:36.98	8700108	1:28.64	42.50	1:28.64
10.	Paulien v.d Molen	HZ&PC Heerenveen	1:42.18	9006048	1:36.18	47.55	1:36.18
Masters 25+							
1.	Joyce van Keulen	De Zijl/LGB	1:11.54	8401278	1:10.20	33.80	1:10.20
2.	Roos van Esch	TRB-RES	1:12.12	8200468	1:12.49	35.16	1:12.49
3.	Bianca van Ringelestijn	PSV	1:13.30	8502466	1:13.52	35.15	1:13.52
4.	Hanneke Heymen	Montferland	1:15.30	8400968	1:16.39	37.01	1:16.39
5.	Esther Versteeg	Van Vliet-Barracuda	1:17.74	8302112	1:18.57	38.76	1:18.57
6.	Esther Beerling	Triton	1:25.89	8400120	1:28.87	43.76	1:28.87
Masters 30+							
1.	Janneke Harmsen	De Spatters	1:14.14	7700938	1:13.24	35.49	1:13.24
2.	Francijna de Kooter	De Biesboschzwemmers	1:15.61	8000634	1:14.89	35.76	1:14.89
3.	Emerentia Knebel	KZPC	1:15.65	7600322	1:14.95	36.01	1:14.95
4.	Claudia van Drunen	AquAmigos	1:19.03	7700810	1:18.08	37.46	1:18.08
5.	Jolanda van Gendt	PSV	1:19.95	7800266	1:19.30	38.73	1:19.30
6.	Petra Versteegen	WVZ	1:20.64	7700906	1:21.68	38.90	1:21.68
7.	Babette Rens	Dedemsvaart-AC	1:24.00	7801200	1:22.45	40.04	1:22.45
8.	Kristel Lips	ZV De Bron	1:21.86	7900562	1:24.26	40.45	1:24.26
Masters 35+							
1.	Trudie van Niejenhuis	DES	1:19.13	7100444	1:18.09	37.29	1:18.09
2.	Tony de Groot	De Futen	1:27.06	7300758	1:23.95	40.54	1:23.95
	DIS Tina Renken	AZ&PC	1:19.91	7200800		AF	

Programmanr. 14, Dames, 100m rugslag

Masters 40+

1. Laura Staal	Oceanus	1:17.23	6700358	1:19.25	39.00	1:19.25
2. Heidi van Stein	LZ 1886	1:23.56	6900864	1:19.97	38.66	1:19.97
3. Caroline Schreuder	Triton	1:20.56	6700550	1:20.94	38.96	1:20.94
4. Susanne van Hooven	De Schotejil	1:20.88	6800752	1:22.09	39.85	1:22.09
5. Hanny Rotteveel	Zignea	1:22.78	6600538	1:22.40	40.48	1:22.40
6. Desiree van der Lem	Kon AZ 1870	1:24.89	6800282	1:24.45	40.32	1:24.45
7. Wendy Knoop	RZ	1:28.87	6800720	1:25.48	41.10	1:25.48

Masters 45+

1. Jacqueline Rolloos	De Lansingh	1:20.94	6300222	1:20.36	38.84	1:20.36
2. Annemarie Vuist	Swol 1894	1:25.54	6300282	1:26.59	42.91	1:26.59
3. Ellen Parma	Triton	1:30.22	6200366	1:29.09	43.73	1:29.09
4. Alie Visser	HZ&PC Heerenveen	1:36.63	6400494	1:37.54	45.86	1:37.54

Masters 50+

1. Julia Moh Klaren	Apsap Ville De Paris	1:18.18	922540	1:20.84	38.65	1:20.84
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Kampioenschapsrecord

Masters 55+

1. Margriet Pasma	Ten Boer	1:28.72	5500088	1:29.68	43.68	1:29.68
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Kampioenschapsrecord

2. Ineke Meijer	HZ&PC Heerenveen	1:45.40	5200034	1:42.48	50.26	1:42.48
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Masters 60+

1. Antoinette Gilding-Tussaud	WS Twente	1:43.09	5000038	1:44.06	49.82	1:44.06
2. Marja van der Meer	Neptunus	1:46.25	4700014	1:46.76	50.67	1:46.76

Masters 65+

1. Leny Kamp	Aquapoldro	2:00.95	4400008	2:02.12	57.34	2:02.12
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Masters 75+

1. Annie de Vos	Old Dutch	2:04.36	3400004	2:10.07	1:03.18	2:10.07
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Kampioenschapsrecord

Masters 70+

1. Tineke de Bueger	Old Dutch	2:18.17	3700010	2:16.36	1:03.35	2:16.36
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Masters 85+

1. Gre Schonberger-de Hooge	ZPB H&L Productions	2:46.42	2100004	2:42.60	1:17.02	2:42.60
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Kampioenschapsrecord

Programmanr. 15
23.01.2010 - 10:18

Heren, 100m rugslag
Alle tijden in dit programmanummer zijn handtijden

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd	startnr.	tijd	50m	100m
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Programmanr. 15, Heren, 100m rugslag

Masters 20+

1. Jan-Willem v.d. Graaff	Het Y	1:01.70	8901023	1:02.95	30.34	1:02.95
2. Martijn Dolk	MNC Dordrecht	1:01.86	8900737	1:03.25	31.03	1:03.25
3. Alex Vermeulen	WZK Zwemmen	1:05.22	8905811	1:04.69	31.53	1:04.69
4. Remco Joukes	Triton	1:08.01	8801763	1:10.49	33.41	1:10.49
5. Herman van Dijk	HZ&PC Heerenveen	1:09.10	8900691	1:11.96	34.61	1:11.96
6. Harmen Reemst	ZOB'66	1:12.40	8702715	1:13.71	35.26	1:13.71

Masters 25+

1. Merijn Ellenkamp	DWK	1:01.67	8500691	58.91	28.55	58.91
2. Finn van der Bas	Vlaardingen	59.89	8400067	1:01.61	29.45	1:01.61
3. Martijn Giezen	Montferland	1:03.89	8500813	1:02.86	29.89	1:02.86
4. Thommy Nickel	Van Vliet-Barracuda	1:03.75	8401627	1:04.89	31.74	1:04.89
5. Victor den Heijer	Wave	1:05.18	8300867	1:05.21	31.04	1:05.21
6. Marcel Reefhuis	De Veene	1:04.86	8101381	1:05.37	31.25	1:05.37
7. Leander Noordijk	De Schotejil	1:04.95	8101221	1:05.53	31.68	1:05.53
8. Jens van Us	De Lansingh	1:10.80	8201765	1:11.34	34.09	1:11.34

Masters 30+

1. Erik Kusters	Dedemsvaart-AC	1:05.23	8000837	1:04.69	30.70	1:04.69
2. Roger Flinterman	Zoetermeer	1:06.79	7601261	1:06.92	31.82	1:06.92
3. Markus van Rest	ZV Westland Dijkglas	1:08.51	7701197	1:12.27 A	35.02	1:12.27
4. Arthur Keijzer	DWK	1:09.24	7600479	1:12.27 B	34.64	1:12.27
5. Dennis van Steenberg	Vlaardingen	1:14.08	7800999	1:12.73	35.59	1:12.73
6. Gino Martijn	RZ	1:17.80	7901865	1:15.00	36.41	1:15.00
7. Pieter Ponne	HZ&PC Heerenveen	1:11.31	7600749	1:15.39	36.34	1:15.39

Masters 35+

1. Erwin Zuidervelt	De Futen	1:12.48	7501015	1:12.08	34.30	1:12.08
2. Han van Antwerpen	De Lansingh	1:17.32	7400017	1:18.11	37.99	1:18.11

Masters 40+

1. Theo-Jan Tanis	De Schotejil	1:01.22	6901387	1:00.53	29.11	1:00.53
<i>Kampioenschapsrecord</i>						
2. Arjon de Bok	De Biesboschwemmers	1:07.52	6900125	1:11.73	34.93	1:11.73
3. Fred van de Meeberg	Zignea	1:16.02	6601279	1:17.61	37.32	1:17.61
4. Bert Jonker	HZ&PC Heerenveen	1:25.16	6600355	1:20.02	38.61	1:20.02

Masters 45+

1. Evert Bregman	WZK Zwemmen	1:09.95	6200089	1:08.95	32.11	1:08.95
2. Ron Korzelius	AZ&PC	1:10.40	6500513	1:10.08	34.14	1:10.08
3. Marcel van der Lem	Kon AZ 1870	1:13.42	6500563	1:14.09	35.89	1:14.09
4. Eric Langhorst	Het Y	1:14.56	6200389	1:14.59	36.11	1:14.59
5. Werenfried Spit	LAC	1:24.53	6401307	1:23.66	38.84	1:23.66
AFGEM Marcel van Lochem	Zoetermeer	1:18.20	6500581			

Masters 50+

1. Andre Storm	Zoetermeer	1:15.74	5600407	1:13.15	34.95	1:13.15
2. Elzo Dijkhuis	TriVia	1:15.28	6000873	1:15.01	36.51	1:15.01
3. Wim de Lange	Electrolux AZC	1:19.23	5800533	1:18.93	37.93	1:18.93
4. David Falces	DES	1:25.92	6000957	1:21.79	39.56	1:21.79
5. Michiel Tonsbeek	DWT	1:40.99	6000889	1:44.35	50.27	1:44.35

Masters 55+

1. Hans Piederiet	Numansdorp	1:14.04	5400177	1:13.52	35.25	1:13.52
2. Henk Slomp	De Pinquin	1:20.91	5500359	1:23.89	40.04	1:23.89

Programmanr. 15, Heren, 100m rugslag

Masters 70+

1. Frans van Enst	WS Twente	1:21.95	4000011	1:21.05	38.83	1:21.05
<i>Europees Masters Record</i>						
2. Jan Eichhorn	Haerlem'04 (SG)	1:39.65	3700015	1:45.35	49.28	1:45.35

Masters 85+

1. Ru Holtes	De Dolfijn	1:54.58	2500001	2:01.29	57.70	2:01.29
<i>Nederlands Masters Record, 50 m. tussentijd ook NMR.</i>						

Programmanr. 16
23.01.2010 - 10:44

Dames, 200m vrije slag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd	startnr.	tijd	50m	100m	150m	200m
Masters 20+								
1. Alice Bravo	Het Y	2:09.30	8705346	2:08.62	30.63	1:03.35	1:36.43	2:08.62
2. Petra de Groot	Van Vliet-Barracuda	2:08.02	8701420	2:09.31	30.56	1:03.26	1:36.37	2:09.31
3. Iris Barendregt	Van Vliet-Barracuda	2:13.65	8600172	2:15.54	31.59	1:05.40	1:39.61	2:15.54
4. Annelette de Vries	De Veene	2:19.67	8603908	2:21.27	31.72	1:06.89	1:44.15	2:21.27
5. Siska Post	DIO	2:22.77	8805562	2:24.79	33.80	1:10.41	1:48.29	2:24.79
6. Milou Bouwhuis	De Veene	2:23.94	8900532	2:26.19	33.23	1:09.74	1:47.96	2:26.19
7. Miriam Visserman	Octopus	2:27.48	8704364	2:29.36	33.56	1:10.36	1:49.23	2:29.36
8. Simone Stapels	Van Vliet-Barracuda	2:28.76	8903942	2:34.43	35.64	1:13.94	1:53.92	2:34.43
9. Henrike de Vries	De Veene	2:31.95	8904490	2:37.01	36.65	1:15.95	1:56.74	2:37.01
10. Liesbeth van Mill	DWK	2:41.06	8702786	2:42.75	37.57	1:19.44	2:01.92	2:42.75
11. Eline Schoenmaker	De Duinkickers	2:39.02	9003322	2:46.12	38.74	1:22.94	2:06.71	2:46.12
12. Annebeth van Ark	Octopus	2:43.95	8805588	2:47.73	37.50	1:19.55	2:04.03	2:47.73
Masters 25+								
1. Joyce van Keulen	De Zijl/LGB	2:17.84	8401278	2:16.09	31.22	1:06.09	1:41.50	2:16.09
2. Nadya Putter	Vlaardingen	2:14.28	8301630	2:17.40	32.79	1:07.36	1:42.52	2:17.40
3. Roos van Esch	TRB-RES	2:15.75	8200468	2:18.66	32.74	1:07.95	1:43.50	2:18.66
4. Linda Hoogendam	D'Elft	2:19.16	8300892	2:24.80	32.81	1:10.09	1:48.05	2:24.80
5. Bianca van Ringelestijn	PSV	2:24.04	8502466	2:26.33	33.80	1:12.08	1:49.97	2:26.33
6. Sandra Schellekens	Neptunus'58	2:31.16	8503416	2:32.23	34.43	1:13.89	1:54.64	2:32.23
7. Miranda Mud	HZ&PC Heerenveen	2:44.26	8201156	2:59.23	38.83	1:23.59	2:11.07	2:59.23
NG Anielia Cebotaro	De Zijl/LGB	3:06.55	8102120					
Masters 30+								
1. Anke Lambooj	AZL	2:14.34	8001182	2:18.70	32.19	1:06.84	1:43.05	2:18.70
2. Alana Miles	KZPC	2:30.82	8001626	2:24.02	33.39	1:09.78	1:47.07	2:24.02
3. Janneke Harmsen	De Spatters	2:24.09	7700938	2:24.36	33.40	1:10.79	1:47.95	2:24.36
4. Yvonne Gerritsen	DES	2:25.96	8000342	2:33.93	33.50	1:11.78	1:51.61	2:33.93
5. Jolika Csibra	DES	2:37.86	7600838	2:36.71	36.53	1:16.59	1:57.16	2:36.71
6. Marian Nederlof	DWF	2:44.52	7600950	2:44.29	38.25	1:19.66	2:03.01	2:44.29
7. Kristel Lips	ZV De Bron	2:40.80	7900562	2:46.35	37.54	1:19.44	2:03.30	2:46.35
Masters 35+								
1. Annette de Visser	Oceanus	2:25.27	7100602	2:24.77	33.84	1:10.51	1:48.19	2:24.77
2. Liselotte Joling	PSV	2:23.66	7500268	2:26.80	34.35	1:12.12	1:49.45	2:26.80
3. Annet Kootstra	Swol 1894	2:39.93	7100344	2:40.39	37.60	1:18.01	1:59.28	2:40.39
4. Liset de Groot	Aqualero	2:40.80	7400838	2:46.95	37.47	1:19.29	2:03.15	2:46.95

Programmanr. 16, Dames, 200m vrije slag

Masters 40+

1. Petra Frowijn	AZ&PC	2:19.07	6600098	2:27.08	32.79	1:08.98	1:48.12	2:27.08	
2. Heidi van Stein	LZ 1886	2:29.59	6900864	2:27.66	33.00	1:09.79	1:48.91	2:27.66	
3. Annette Wijnja-Visser	De Biesboschzwemmers	2:27.68	6700528	2:27.67	33.84	1:10.69	1:49.24	2:27.67	
4. Ilonka van Doren	Aqua'68	2:30.03	6900824	2:31.84	34.66	1:12.28	1:52.24	2:31.84	
5. F. Heijdemann-Duran	AZ&PC	2:34.13	6900222	2:34.83	35.35	1:13.95	1:54.64	2:34.83	
<i>De 50m tussentijd is een back-up tijd</i>									
6. Susanne van Hooven	De Schotegil	2:39.88	6800752	2:40.14	36.21	1:16.34	1:57.98	2:40.14	
7. Desiree van der Lem	Kon AZ 1870	2:37.01	6800282	2:42.20	35.54	1:15.97	1:59.43	2:42.20	
8. Esther Mijnen	WZ&PC Purmerend	2:47.32	6900846	2:47.08	36.55	1:18.07	2:02.71	2:47.08	

Masters 45+

1. Margriet Grove	Oceanus	2:30.95	6200080	2:32.97	35.25	1:14.03	1:53.61	2:32.97
2. Jacqueline Rolloos	De Lansingh	2:35.59	6300222	2:36.06	35.87	1:15.73	1:57.06	2:36.06
3. Ellen Parma	Triton	3:06.28	6200366	3:07.19	41.14	1:28.14	2:19.42	3:07.19
4. Conny v. Velden	AZ&PC	3:03.44	6500446	3:07.73	41.15	1:27.90	2:17.53	3:07.73

Masters 50+

1. Atie Pijtak-Radersma	AZ&PC	2:21.29	5600048	2:27.98	34.09	1:11.46	1:49.76	2:27.98
2. Julia Moh Klaren	Apsap Ville De Paris	2:34.55	922540	2:37.58	35.58	1:15.21	1:56.38	2:37.58
3. Patty Verhagen	AquAmigos	2:30.90	5900146	2:44.47	38.73	1:20.28	2:02.35	2:44.47
4. Marijke Kraak	WS Twente	2:44.24	6000240	2:46.01	39.02	1:21.60	2:03.71	2:46.01
5. Marijke van Hoek	De Stormvogel	2:47.30	5800050	2:47.20	37.24	1:19.66	2:03.64	2:47.20
6. Tineke Traa-Wolthuis	Aqualero	2:46.32	5700136	2:51.50	38.72	1:22.39	2:07.63	2:51.50

Masters 55+

1. Christien Nieuwenhuis	Swol 1894	2:41.90	5100022	2:41.60	36.45	1:17.96	2:00.29	2:41.60	
<i>De 50 en 100 m. tussentijden zijn back-up tijden.</i>									
2. Ineke Meijer	HZ&PC Heerenveen	3:29.89	5200034	3:20.25	45.59	1:36.66	2:30.48	3:20.25	
<i>De 50 m. tussentijd is een back-up tijd.</i>									

Masters 60+

1. Conny Boer-Buys	Vlaardingen	2:30.80	5000006	2:31.69	34.43	1:12.73	1:53.07	2:31.69	
<i>Wereld Masters Record, 50 en 100 m. tussentijden zijn ook een NMR</i>									
2. Marja van der Meer	Neptunus	3:15.26	4700014	3:19.10	44.21	1:34.86	2:26.99	3:19.10	
3. Annie Smits	PSV	3:27.80	4600016	3:20.60	46.82	1:38.95	2:31.20	3:20.60	

Masters 75+

1. Lottie Geurts	PSV	3:11.57	3500008	3:20.65	46.83	1:39.18	2:32.59	3:20.65	
<i>Nederlands Masters Record, De 100 m. tussentijd is ook een NMR</i>									

Programmanr. 17
23.01.2010 - 11:16

Heren, 200m vrije slag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd	startnr.	tijd	50m	100m	150m	200m
Masters 20+								
1. Nick van Ingen	MNC Dordrecht	1:59.39	8801647	1:59.98	27.47	58.01	1:29.75	1:59.98
2. Marc Catsburg	MNC Dordrecht	2:00.51	9000533	2:00.51	27.99	58.65	1:29.77	2:00.51
3. Emile Manni	Octopus	2:00.26	9001901	2:01.53	27.85	58.60	1:30.41	2:01.53
4. Jasper Groothelm	DBD	2:05.29	9005735	2:02.25	26.98	57.54	1:29.76	2:02.25
5. Martijn Dolk	MNC Dordrecht	2:00.28	8900737	2:03.47	29.33	1:00.68	1:32.40	2:03.47
6. Tim Bunnik	Triton	2:09.46	9000505	2:08.34	29.33	1:02.06	1:35.58	2:08.34
7. Niels Albrechts	De Schotegil	2:10.41	8800039	2:14.37	30.64	1:04.46	1:39.82	2:14.37
<i>De 100 m. tussentijd is een back-up tijd.</i>								
8. Remko Hoof	De Duinkickers	2:10.69	8701405	2:16.20	30.54	1:05.20	1:40.88	2:16.20

Programmanr. 17, Heren, 200m vrije slag, Masters 20+

rang naam	vereniging	inschrijftijd	startnr.	tijd	50m	100m	150m	200m
9. Martijn van Hoorn	De Schotejil	2:16.45	8901343	2:19.90	30.37	1:06.20	1:42.69	2:19.90
<i>De 50 m. tussentijd is een back-up tijd.</i>								

Masters 25+

1. Alexander Hulleman	De Zijl/LGB	2:03.76	8300989	2:04.17	29.44	1:01.00	1:33.39	2:04.17
2. Gerben Bontekoe	DWK	2:02.82	8102009	2:06.02	28.64	1:00.91	1:33.56	2:06.02
3. Frank Zwiers	SBC2000	2:02.56	8202101	2:06.66	29.61	1:01.74	1:34.39	2:06.66
<i>De 100 m. tussentijd is een back-up tijd.</i>								
4. Rob van Vliet	AZ&PC	2:01.42	8402459	2:07.17	28.53	1:01.01	1:34.65	2:07.17
5. Dirk Hoek	De Zijl/LGB	2:02.00	8202445	2:07.65	29.69	1:02.41	1:35.33	2:07.65
6. Jim Geestman	RSW (SG)	2:13.43	8300699	2:08.77	29.59	1:02.28	1:35.68	2:08.77
7. Remco van Althuis	SBC2000	2:09.94	8300029	2:09.43	29.93	1:02.81	1:36.74	2:09.43
8. Dirkjan Beugelsdijk	De Zijl/LGB	2:06.48	8100123	2:09.71	29.71	1:03.22	1:37.45	2:09.71
9. Marcel Reefhuis	De Veene	2:06.82	8101381	2:10.15	29.37	1:01.57	1:35.57	2:10.15
10. Maarten de Geus	WZK Zwemmen	2:11.06	8300737	2:10.35	30.37	1:04.91	1:38.42	2:10.35
11. Mark Lomax	De Lansingh	2:07.06	8201095	2:13.99	29.34	1:02.12	1:37.69	2:13.99
12. Pascal van Kassel	Triton	2:12.94	8501289	2:17.54	30.71	1:05.39	1:41.55	2:17.54
13. H. Vlaardingerbroek	ZV Westland Dijkglas	2:12.12	8302245	2:18.32	30.66	1:04.98	1:41.71	2:18.32
14. Jens van Us	De Lansingh	2:27.45	8201765	2:29.71	32.83	1:09.23	1:48.47	2:29.71

Masters 30+

1. Nol van Thull	ZOB'66	1:58.69	8001513	2:03.42	28.42	58.69	1:30.42	2:03.42
2. Ivo Roozeboom	DES	2:01.81	7700801	2:05.61	28.67	1:01.01	1:33.75	2:05.61
3. Ralf Peters	KZPC	2:03.70	7600737	2:07.04	28.95	1:01.30	1:34.33	2:07.04
4. Mark Zwart	De Fuut	2:07.60	7901461	2:07.84	29.36	1:01.36	1:34.50	2:07.84
<i>De 100 m. tussentijd is een back-up tijd.</i>								
5. Freddie Geerlings	NIMO	2:09.61	7900379	2:08.73	29.75	1:01.79	1:35.10	2:08.73
6. Theo Vlaardingerbroek	ZV Westland Dijkglas	2:15.43	7901307	2:12.18	30.13	1:04.36	1:38.70	2:12.18
7. Bas van den Nouwelant	Vlaardingen	2:16.95	8001103	2:15.41	31.08	1:05.88	1:40.98	2:15.41
8. Erwin Buist	AZ&PC	2:09.64	7800183	2:15.69	29.47	1:03.07	1:38.86	2:15.69
9. Dennis van Steenberghe	Vlaardingen	2:19.29	7800999	2:19.70	31.69	1:06.53	1:43.02	2:19.70
10. Okko de Haas	ZV De Bron	2:22.93	7801593	2:24.57	33.37	1:10.50	1:48.23	2:24.57
11. Gino Martijn	RZ	2:27.00	7901865	2:29.80	31.91	1:08.44	1:48.92	2:29.80

Masters 35+

1. Harry Cornet	De Biesboschzwemmers	2:07.18	7100175	2:03.71	27.96	59.29	1:31.11	2:03.71
2. Agnus Gerringa	DWK	2:04.79	7100285	2:08.98	28.78	1:00.75	1:34.14	2:08.98
3. Erwin Zuidervelt	De Futen	2:17.54	7501015	2:15.92	31.78	1:06.45	1:41.80	2:15.92
4. Pascal Balancier	CNSW	2:10.55	CNSW/361/74	2:18.77	32.92	1:08.31	1:43.18	2:18.77
5. Han van Antwerpen	De Lansingh	2:21.21	7400017	2:25.15	32.50	1:08.69	1:46.39	2:25.15
6. Heiner Stevens	Zignea	2:27.98	7201299	2:25.64	33.20	1:09.23	1:48.07	2:25.64

Masters 40+

1. Theo-Jan Tanis	De Schotejil	2:04.89	6901387	2:06.09	28.62	1:00.01	1:31.86	2:06.09
2. Geert Wijn	De Gelenberg	2:07.02	6701101	2:06.31	28.46	1:00.45	1:33.01	2:06.31
3. Jo-an Mudde	Zeester-Meerval	2:14.03	6701457	2:12.29	30.63	1:04.00	1:37.95	2:12.29
4. Frank Reimert	Haerlem'04 (SG)	2:18.57	6900811	2:13.69	30.49	1:03.92	1:38.65	2:13.69
5. Kees Akershoek	De Stelle	2:13.00	6900009	2:14.91	30.82	1:05.22	1:40.54	2:14.91
6. Arjen Kervezee	Het Y	2:18.31	7000563	2:19.25	30.11	1:04.96	1:41.86	2:19.25
7. José de Pooter	De Schelde	2:23.74	6900797	2:22.26	31.06	1:06.60	1:44.54	2:22.26
8. Sander Nieuwenhuys	De Fuut	2:40.23	6801423	2:35.44	35.83	1:14.36	1:54.98	2:35.44
AFGEM Rene Beetsma	HZ&PC Heerenveen	2:07.88	6900069					

Programmanr. 17, Heren, 200m vrije slag

Masters 45+

1. Cees van Houwelingen	De Schelde	2:06.56	6300351	2:02.63	27.85	58.71	1:31.10	2:02.63
<i>Kampioenschapsrecord</i>								
2. Arnold de Rover	De Futen	2:08.41	6400645	2:10.23	29.20	1:01.41	1:35.46	2:10.23
3. Phil Trethewie	Old Dutch	2:21.80	6501315	2:19.01	31.55	1:06.80	1:43.67	2:19.01
4. Robert Vink	WWV	2:19.72	6301075	2:21.50	31.99	1:07.71	1:45.15	2:21.50
5. Eric Langhorst	Het Y	2:29.74	6200389	2:21.86	33.06	1:09.13	1:46.02	2:21.86
6. John Stoffer	Zoetermeer	2:21.32	6300725	2:27.14	33.44	1:10.09	1:49.06	2:27.14
7. Marcel van der Lem	Kon AZ 1870	2:25.00	6500563	2:29.26	34.00	1:11.78	1:51.95	2:29.26
8. Wout van Dijk	DBD	2:35.66	6200145	2:33.63	35.49	1:14.80	1:54.76	2:33.63
9. Bart van Calker	WS Twente	2:34.67	6100067	2:34.57	35.21	1:13.26	1:53.58	2:34.57
<i>De 50 m. tussentijd is een back-up tijd.</i>								
10. Jack Barends	WS Twente	2:40.57	6201011	2:35.19	35.26	1:14.77	1:56.01	2:35.19
11. Paul van der Voort	De Zwoer	2:31.39	6200715	2:36.67	35.32	1:15.86	1:58.15	2:36.67
12. Eric Tijms	OEZA	2:56.16	6401125	2:54.31	38.75	1:23.16	2:10.92	2:54.31

Masters 50+

1. Elzo Dijkhuis	TriVia	2:19.17	6000873	2:19.84	31.45	1:06.43	1:43.13	2:19.84
2. Marius Ros	ZCNF'34	2:27.57	5900779	2:25.48	34.35	1:10.60	1:48.15	2:25.48
3. Hans Groothelm	DBD	2:31.16	5800151	2:28.08	33.65	1:11.17	1:50.09	2:28.08
4. Willem Zwieters	AquAmigos	2:28.73	5800505	2:30.93	35.38	1:14.75	1:53.78	2:30.93
5. Wim de Lange	Electrolux AZC	2:31.41	5800533	2:31.45	34.19	1:12.16	1:50.80	2:31.45
<i>De 100 m. tussentijd is een back-up tijd.</i>								
6. Dirk Crok	OEZA	2:54.30	5800547	3:05.09	40.12	1:24.39	2:13.39	3:05.09
7. Gé Vink	OEZA	3:06.96	6000893	3:23.47	43.41	1:33.66	2:27.19	3:23.47
DIS John Dam	Zignea	2:33.74	6000915					AA

Masters 55+

1. Henk Slomp	De Pinquin	2:27.38	5500359	2:31.16	34.35	1:12.08	1:51.69	2:31.16
2. Hugo Staudt	WS Twente	2:42.62	5300253	2:41.13	35.61	1:14.76	1:55.80	2:41.13

Masters 60+

1. Donald Uijtenbogaart	Het Y	2:21.65	4700107	2:25.98	34.52	1:11.39	1:48.92	2:25.98
2. Joop Draaisma	DZ&PC	2:44.79	4600155	2:48.46	39.10	1:20.45	2:04.54	2:48.46
3. Mar van Geel	Old Dutch	3:05.14	4700135	3:11.53	41.32	1:28.66	2:20.26	3:11.53

Masters 65+

1. Ruud Sloof	De Rijn	3:06.90	4400073	3:06.94	39.37	1:26.32	2:17.18	3:06.94
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Masters 70+

1. Nico Geers	Z&PC De Gouwe	2:35.45	3800007	2:41.27	37.60	1:19.52	2:01.77	2:41.27
2. Frans van Enst	WS Twente	2:53.99	4000011	2:56.48	39.44	1:25.35	2:11.99	2:56.48
3. Gregor Pompen	Aqua-Novio'94	3:05.29	3700021	3:11.79	43.43	1:31.28	2:22.23	3:11.79
4. Wim ter Laak	Katwijk	4:12.23	4000027	4:15.19	54.35	2:01.34	3:09.91	4:15.19

Programmanr. 18
23.01.2010 - 12:00

Gemengd, 4 x 50m vrije slag

Masters Open
Resultaten

rang	vereniging	inschrijftijd	tijd
80+			
1.	Octopus 1	1:56.91	2:01.78
<i>Kampioenschapsrecord</i>			
	Annebeth van Ark	88	31.15
	Emile Manni	90	28.43
	Miriam Visserman	87	31.15
	Stefan van der Grift	87	28.43

Programmanr. 18, Gemengd, 4 x 50m vrije slag

100+

1. Vlaardingen 1 <i>Kampioenschapsrecord</i> Natalie van der Hoeven Finn van der Bas	Vlaardingen		1:46.95		1:47.55
	89	28.50	Nadya Putter	83	29.03
	84	24.70	Paul Brinkman	84	25.32
2. DWK 1 Marijke Monsma Agnus Gerringa	DWK		1:53.09		1:52.51
	85	28.83	Liesbeth van Mill	87	34.23
	71	26.00	Merijn Ellenkamp	85	23.45
3. Triton 2 Pascal van Kassel Caroline Schreuder	Triton		1:51.30		1:53.96
	85	26.41	Jessica Hooyer	90	30.31
	67	32.08	Ewout de Vries	90	25.16
4. De Zijl/LGB 1 Joyce van Keulen Dirk Hoek	De Zijl/LGB		1:52.80		1:54.31
	84	29.49	Dirkjan Beugelsdijk	81	26.33
	82	27.57	Andrea van Leeuwen	81	30.92
Van Vliet-Barracuda 1 Thommy Nickel Iris Barendregt	Van Vliet-Barracuda		1:50.85		1:54.31
	84	26.79	Esther Versteeg	83	33.09
	86	28.76	Emiel Ghali	87	25.67
6. HZ&PC Heerenveen 2 Binne Veenstra Miranda Mud	HZ&PC Heerenveen		2:04.39		2:02.81
	83	26.41	Karin van Dijk	86	31.40
	82	35.47	Herman van Dijk	89	29.53

120+

1. De Biesboschwimmers 1 Annette Wijnja-Visser Francijna de Kooter	De Biesboschwimmers		1:52.79		1:54.13
	67	31.03	Arjon de Bok	69	26.97
	80	30.95	Harry Cornet	71	25.18
2. KZPC 1 Emerentia Knebel Bart Gorissen	KZPC		1:54.16		1:54.87
	76	29.88	Alana Miles	80	30.91
	83	26.07	Ralf Peters	76	28.01
3. DES 1 Trudie van Niejenhuis David Falces	DES		1:57.61		2:00.19
	71	31.60	Yvonne Gerritsen	80	32.10
	60	30.21	Ivo Roozeboom	77	26.28
4. HZ&PC Heerenveen 1 Pieter Ponne Alie Visser	HZ&PC Heerenveen		2:20.55		2:14.06
	76	28.40	Paulien v.d Molen	90	38.21
	64	38.14	Bert Jonker	66	29.31

160+

1. AZ&PC 1 <i>Kampioenschapsrecord</i> Petra Frowijn Atie Pijtak-Radersma	AZ&PC		1:51.75		1:53.82
	66	30.18	Erwin Buist	78	25.76
	56	30.66	Ron Korzelius	65	27.22
2. RZ 1 Wendy Knoops Ralph Caster	RZ		2:03.10		2:04.46
	68	33.21	Dianne Nien	71	32.51
	61	30.19	Gino Martijn	79	28.55
3. Triton 1 Lambert Morsink Ellen Parma	Triton		2:10.61		2:09.77
	65	30.75	Francine Sommer	62	32.06
	62	36.74	Paul Bunnik	56	30.22

200+

1. PSV 1 <i>Nederlands Masters Record, Tijd startzwemster NMR</i> Lottie Geurts Liselotte Joling	PSV		2:02.33		2:05.26
	35	38.35	Harold Matla	68	27.65
	75	32.54	Kees-Jan van Overbeeke	62	26.72

240+

1. Old Dutch 1 Nico Baay Tineke de Bueger	Old Dutch		2:46.73		2:58.15
	42	44.67	Matty van der Veen	44	44.77
	37	1:00.81	Phil Trethewie	65	27.90

4 - ONMK 2010 kb sessie 4

23.01.2010 - 13:30

Programmanr. 20
23.01.2010 - 13:30

Dames, 100m vlinderslag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd	startnr.	tijd	50m	100m
Masters 20+						
1. Petra de Groot	Van Vliet-Barracuda	1:07.73	8701420	1:08.68	32.12	1:08.68
2. Elles van Leeuwen	PSV	1:09.68	8602240	1:11.55	33.05	1:11.55
3. Milou Bouwhuis	De Veene	1:14.25	8900532	1:15.06	34.76	1:15.06
4. Miriam Visserman	Octopus	1:15.20	8704364	1:15.98	35.26	1:15.98
5. Patricia Becks	Zegenwerp	1:18.63	8705946	1:17.67	36.35	1:17.67
6. Carly Noordermeer	ZOB'66	1:19.29	8702984	1:17.74	34.46	1:17.74
7. Annelette de Vries	De Veene	1:19.32	8603908	1:17.85	34.85	1:17.85
8. Kitty van Gendt	PSV	1:19.75	8701288	1:20.64	37.94	1:20.64
9. Maaïke van Diggele	ZPB H&L Productions	1:19.28	8700868	1:21.68	36.58	1:21.68
Masters 25+						
1. Nadya Putter	Vlaardingen	1:08.50	8301630	1:10.57	32.72	1:10.57
2. Joana Carneiro	D'Elft	1:08.63	8202256	1:10.67	33.19	1:10.67
3. Roos van Esch	TRB-RES	1:10.06	8200468	1:12.76	33.75	1:12.76
4. Esther Versteeg	Van Vliet-Barracuda	1:11.60	8302112	1:13.65	35.04	1:13.65
5. Bianca van Ringelestijn	PSV	1:18.04	8502466	1:19.52	34.88	1:19.52
6. Hanneke Heymen	Montferland	1:20.65	8400968	1:20.69	37.87	1:20.69
7. Sandra Zwaanswijk	Aquarius	1:21.40	8503934	1:21.63	35.93	1:21.63
8. Andrea van Leeuwen	De Zijl/LGB	1:22.40	8100904	1:23.75	37.13	1:23.75
9. Sandra Schellekens	Neptunus'58	1:21.71	8503416	1:24.45	37.54	1:24.45
Masters 30+						
1. Delia Badoux	ZC Ooievaar (SG)	1:06.19	8000042	1:07.02	31.28	1:07.02
<i>Kampioenschapsrecord</i>						
2. Elvira Jonkers	De Pinquin	1:07.54	7900420	1:09.23	31.76	1:09.23
3. Katinka van Dongen	De Devel	1:10.36	7700190	1:10.05	33.01	1:10.05
4. Peggy Loffeld	KZPC	1:16.09	7700468	1:19.27	34.93	1:19.27
Masters 35+						
1. Karin Stein	Vlaardingen	1:13.27	7100554	1:16.80	36.40	1:16.80
2. Dianne Nien	RZ	1:17.32	7100452	1:19.29	36.79	1:19.29
3. Geraldine Trainor	De Duck	1:20.37	7500544	1:21.16	36.61	1:21.16
4. Henriëtte Manting	GZVW	1:17.64	7100246	1:21.76	36.78	1:21.76
Masters 40+						
1. Anita Smits	DIO	1:07.32	6900522	1:07.70	31.94	1:07.70
<i>Nederlands Masters Record</i>						
2. Lidia v. Bon	AZ&PC	1:12.67	7000054	1:14.27	34.40	1:14.27
3. Cynthia Noordermeer	Het Y	1:16.50	7000358	1:19.72	36.79	1:19.72
4. Caroline Schreuder	Triton	1:22.04	6700550	1:25.71	38.50	1:25.71
5. Karin van den Heuvel	AquAmigos	1:21.26	6600188	1:28.75	40.57	1:28.75
Masters 45+						
1. Margriet Grove	Oceanus	1:16.37	6200080	1:18.48	36.07	1:18.48
Masters 50+						
1. Mathilde Vink	Swol 1894	1:11.52	5800128	1:14.34	35.24	1:14.34
2. Janny van Eijk	ZV De Bron	1:26.80	5800022	1:24.14	39.80	1:24.14
3. Tineke Traa-Wolthuis	Aqualero	1:23.59	5700136	1:28.39	40.61	1:28.39

Programmanr. 20, Dames, 100m vlinderslag

Masters 60+

1. Conny Boer-Buys	Vlaardingen	1:21.15	5000006	1:26.15	38.83	1:26.15
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Nederlands Masters Record, tussentijd 50 m. is ook NMR

Programmanr. 21
23.01.2010 - 13:44

Heren, 100m vlinderslag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd	startnr.	tijd	50m	100m
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Masters 20+

1. Marc Catsburg	MNC Dordrecht	59.15	9000533	59.82	27.87	59.82
<i>Kampioenschapsrecord</i>						
2. Emile Manni	Octopus	58.54	9001901	1:00.02	28.68	1:00.02
3. Marcel Noordermeer	Wiekslag	59.85	9003455	1:00.86	29.41	1:00.86
4. Emiel Ghali	Van Vliet-Barracuda	1:03.79	8701019	1:03.78	29.67	1:03.78
5. Ewout de Vries	Triton	1:03.49	9003663	1:05.12	30.13	1:05.12
6. Ruben Stolk	ZOB'66	1:07.33	9005665	1:07.24	30.18	1:07.24
7. Mark Gorissen	KZPC	1:04.45	8600973	1:07.99	31.10	1:07.99
8. Stefan van der Grift	Octopus	1:05.86	8701121	1:08.79	31.04	1:08.79
9. Roel van Beek	Montferland	1:10.84	8905861	1:09.46	31.90	1:09.46
10. Martijn van Hoorn	De Schotejil	1:09.96	8901343	1:11.87	33.07	1:11.87

Masters 25+

1. Finn van der Bas	Vlaardingen	59.70	8400067	1:02.43	28.09	1:02.43
2. Thommy Nickel	Van Vliet-Barracuda	1:01.50	8401627	1:04.10	30.29	1:04.10
3. Dirk Hoek	De Zijl/LGB	1:01.56	8202445	1:04.12	29.34	1:04.12
4. Leander Noordijk	De Schotejil	1:02.73	8101221	1:04.29	29.16	1:04.29
5. Remco van Althuis	SBC2000	1:04.95	8300029	1:05.63	30.38	1:05.63
6. Maarten de Geus	WZK Zwemmen	1:05.30	8300737	1:07.44	30.83	1:07.44
7. Dirkjan Beugelsdijk	De Zijl/LGB	1:07.65	8100123	1:07.74	31.69	1:07.74
8. Marcel Reefhuis	De Veene	1:04.76	8101381	1:09.04	31.26	1:09.04
9. Huibrecht Vlaardingerbroek	ZV Westland Dijkglas	1:08.27	8302245	1:13.27	33.80	1:13.27

Masters 30+

1. Erik Kusters	Dedemsvaart-AC	1:04.64	8000837	1:05.02	30.07	1:05.02
2. Erwin Buist	AZ&PC	1:01.13	7800183	1:05.17	29.88	1:05.17
3. Reinier Ellenkamp	De Rog	1:05.45	8000367	1:06.91	29.86	1:06.91
4. Markus van Rest	ZV Westland Dijkglas	1:02.39	7701197	1:07.38	30.87	1:07.38
5. Vincent Bastin	CHTHN	1:06.91	CHTHN/342/77	1:07.65	31.40	1:07.65
6. Theo Vlaardingerbroek	ZV Westland Dijkglas	1:06.54	7901307	1:08.53	30.90	1:08.53
7. Bas Overbosch	Het Y	1:07.08	7700737	1:08.82	31.77	1:08.82
8. Roger Flinterman	Zoetermeer	1:08.69	7601261	1:10.09	32.56	1:10.09
9. Dennis van Steenberg	Vlaardingen	1:10.27	7800999	1:11.18	32.96	1:11.18
10. Jeroen Vogelsang	Het Y	1:10.63	8001645	1:12.40	33.18	1:12.40
11. Niels van Wageningen	D'Elft	1:13.21	7601335	1:14.43	33.47	1:14.43
12. Arthur Keijzer	DWK	1:09.57	7600479	1:15.72	33.17	1:15.72

Masters 35+

1. Oscar van Holsteyn	AquAmigos	1:04.33	7100373	1:07.61	30.83	1:07.61
2. Gertjan v.d. Knaap	De Duck	1:09.72	7300459	1:11.26	33.23	1:11.26

Masters 40+

1. Sander van den Berg	WS Twente	1:08.64	6801357	1:09.75	31.98	1:09.75
2. Arien Kervezee	Het Y	1:12.88	7000563	1:11.63	32.75	1:11.63
3. Frank Reimert	Haerlem'04 (SG)	1:12.61	6900811	1:11.77 *	33.54	1:11.77
4. Hayo v.d. Werf	Het Y	1:40.51	6701085	1:38.57	46.48	1:38.57
AFGEM Rene Beetsma	HZ&PC Heerenveen	1:05.23	6900069			

Programmanr. 21, Heren, 100m vlinderslag

Masters 45+

1. Arnold de Rover	De Futen	1:08.53	6400645	1:09.33	31.81	1:09.33
2. Hans Vloedgraven	Old Dutch	1:09.02	6400917	1:11.99	33.23	1:11.99
AFGEM Marcel van Lochem	Zoetermeer	1:16.50	6500581			

Masters 50+

1. Hugo Bregman	WVZ	59.67	5800069	1:00.27	28.37	1:00.27
2. Peter van Vuuren	Upstream Amsterdam	1:14.65	6000641	1:13.01	33.28	1:13.01
3. Jan Willem Heuten	WS Twente	1:21.09	6000883	1:22.12	37.58	1:22.12

Masters 55+

1. Brend Brevé	PSV	1:11.82	5200265	1:13.68	34.24	1:13.68
2. Joe Capka	Neptunus	1:21.22	5400353	1:22.04	36.75	1:22.04
3. Pieter Husslage	Old Dutch	1:20.86	5300091	1:24.15	39.72	1:24.15

Masters 65+

1. Rob Hanou	PSV	1:28.13	4300109	1:33.53	42.78	1:33.53
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Programmanr. 22
23.01.2010 - 14:01

Dames, 50m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd
Masters 20+					
1.	Jolanda Post <i>Kampioenschapsrecord</i>	DIO	27.37	9004848	27.73
2.	Petra de Groot	Van Vliet-Barracuda	27.95	8701420	28.56
3.	Natalie van der Hoeven	Vlaardingen	27.55	8901786	28.69
4.	Anneliete de Vries	De Veene	28.39	8603908	29.05
5.	Nienke van Stipriaan	PSV	30.06	8703970	29.92
6.	Carly Noordermeer	ZOB'66	29.44	8702984	29.98
7.	Jessica Hooyer	Triton	29.74	9001582	30.39
8.	Sanne van Dijk	Zoetermeer	30.00	9000818	30.54
9.	Siska Post	DIO	30.17	8805562	30.69
10.	Sharona Lameijer	GZVW	30.76	8902566	30.77
11.	Aniek Huijsman	De Lansingh	30.14	8801932	30.89
12.	Loes van Bremen	SCOM	32.65	8600212	31.41
13.	Brenda Geestman	ZPB H&L Productions	33.62	8701276	32.11
14.	Simone Stapels	Van Vliet-Barracuda	32.85	8903942	32.40
15.	Whitley Rens	De Schotejil	32.85	9007520	33.32
16.	Eline Schoenmaker	De Duinkickers	32.36	9003322	33.50
17.	Chantal van Kranenburg	Aquarius	33.39	8604528	33.92
18.	Eveline van Avezaath	TRB-RES	33.57	8700108	34.10
19.	Annebeth van Ark	Octopus	33.20	8805588	35.36
Masters 25+					
1.	Joyce van Keulen	De Zijl/LGB	29.51	8401278	28.96
2.	Marijke Monsma	DWK	29.09	8502100	29.02
3.	Roos Lemmen	Eurode KZC	29.68	8403078	29.68
4.	Sandra Zwaanswijk	Aquarius	30.16	8503934	30.56
5.	Linda Hoogendam	D'Elft	30.73	8300892	30.92
6.	Pauline Tieleman	De Geul	32.51	8403348	31.35
7.	Annette Vogelsang	ZV De Bron	33.61	8402632	31.50
8.	Judith Kremers	De Spatters	31.54	8102094	32.03
9.	Renee de Kok	PSV	32.32	8403350	33.18
10.	Jolanda Slooter	SCOM	34.02	8502678	33.91

Programmanr. 22, Dames, 50m vrije slag

Masters 30+

1.	Anke Lambooij	AZL	27.69	8001182	28.50
2.	Claudia van Drunen	AquAmigos	29.07	7700810	28.66
3.	Janneke Harmsen	De Spatters	29.33	7700938	29.17
4.	Emerentia Knebel	KZPC	29.85	7600322	29.97
5.	Katinka van Dongen	De Devel	30.09	7700190	30.00
6.	Jolika Csibra	DES	31.36	7600838	31.08
7.	Francijna de Kooter	De Biesboschwimmers	30.89	8000634	31.09
8.	Petra Verstegen	WVZ	30.76	7700906	31.83
9.	Rebanna Jager	De Pinquin	33.16	7901394	32.61

Masters 35+

1.	Geraldine Trainor	De Duck	29.73	7500544	30.70
2.	Trudie van Niejenhuis	DES	30.50	7100444	30.94
3.	Annette de Visser	Oceanus	30.56	7100602	31.27
4.	Tina Renken	AZ&PC	29.93	7200800	31.87
5.	Henriëtte Manting	GZVW	31.66	7100246	33.46

Masters 40+

1.	Petra Frowijn	AZ&PC	29.48	6600098	30.05
2.	Ilonka van Doren	Aqua'68	30.65	6900824	30.69
3.	Desiree van der Lem	Kon AZ 1870	30.38	6800282	32.07
4.	Esther Mijnen	WZ&PC Purmerend	33.37	6900846	32.72

Masters 45+

1.	Wilma van Velsen	Montferland	30.33	6400444	30.23
2.	Francine Sommer	Triton	33.07	6200384	32.43
3.	Friderika Kerekes	AZ&PC	33.38	6500540	34.22
DIS	Linda v.d. Ree	De Ganze	32.74	6300452	AA

Masters 50+

1.	Atie Pijtak-Radersma	AZ&PC	29.61	5600048	30.61
2.	Julia Moh Klaren	Apsap Ville De Paris	32.02	922540	32.24
3.	Marijke van Hoek	De Stormvogel	32.72	5800050	33.16
4.	Marijke Kraak	WS Twente	33.01	6000240	33.17
5.	Susan Lipsey	LZ 1886	33.72	5700156	33.80
6.	Tineke Traa-Wolthuis	Aqualero	33.08	5700136	34.06

Masters 55+

1.	Christien Nieuwenhuis	Swol 1894	31.84	5100022	31.85
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Masters 60+

1.	Conny Boer-Buys <i>Europees Masters Record</i>	Vlaardingen	30.32	5000006	30.76
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Masters 75+

1.	Lottie Geurts <i>Kampioenschapsrecord</i>	PSV	37.80	3500008	41.90
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Programmanr. 23
23.01.2010 - 14:17

Heren, 50m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd
Masters 20+					
1.	Nick van Ingen	MNC Dordrecht	24.29	8801647	24.53
2.	Jasper Groothelm	DBD	24.76	9005735	24.85
3.	Marc Catsburg	MNC Dordrecht	25.01	9000533	25.33
4.	Roderik Meijers	ZOB'66	24.54	8602063	25.43
5.	Ewout de Vries	Triton	25.50	9003663	25.72
6.	Rutger Dalm	De Lansingh	25.55	9005561	26.05
7.	Martijn van Hoorn	De Schotejil	26.41	8901343	26.29
8.	Alex Vermeulen	WZK Zwemmen	26.47	8905811	26.86
9.	Rutger Stottelaar	Wave	26.62	9005551	27.10
10.	Joey Roos	WZK Zwemmen	27.10	9006399	27.19
11.	Roel van Beek	Montferland	27.44	8905861	27.43
12.	Tim Hezemans	Wave	27.73	8901253	27.64
13.	Ruben Stolk	ZOB'66	28.00	9005665	27.88
14.	Remco Joukes	Triton	26.57	8801763	27.96
15.	Mark Huijsman	De Lansingh	28.16	9001305	28.51
16.	Rick van der Linden	Wave	29.51	8802199	30.28
NG.ZA	Emiel Ghali	Van Vliet-Barracuda	25.48	8701019	
Masters 25+					
1.	Merijn Ellenkamp	DWK	24.67	8500691	23.73
2.	Victor den Heijer	Wave	25.39	8300867	25.74
3.	Jim Geestman	RSW (SG)	26.11	8300699	26.16
4.	Martijn Giezen	Montferland	25.56	8500813	26.21
5.	Pascal van Kassel	Triton	25.45	8501289	26.22
6.	Bart Gorissen	KZPC	27.13	8300755	26.28
7.	Frank Zwiers	SBC2000	27.07	8202101	27.13
8.	Huibrecht Vlaardingerbroek	ZV Westland Dijkglas	26.54	8302245	27.61
NG.ZA	Paul Brinkman	Vlaardingen	24.74	8400309	
Masters 30+					
1.	Nol van Thull	ZOB'66	24.64	8001513	25.10
	<i>Kampioenschapsrecord</i>				
2.	Bas van den Nouwelant	Vlaardingen	28.29	8001103	25.31
3.	Reinier Ellenkamp	De Rog	25.78	8000367	26.48
4.	Erwin Buist	AZ&PC	25.28	7800183	26.50
5.	Mark Zwart	De Fuut	25.50	7901461	26.68
6.	Theo Vlaardingerbroek	ZV Westland Dijkglas	26.70	7901307	27.01
7.	Oliver de Haas	ZV De Bron	27.86	8002213	27.87
8.	Gino Martijn	RZ	28.03	7901865	29.09
Masters 35+					
1.	Harry Cornet	De Biesboschzwemmers	25.32	7100175	25.73
2.	Pascal Balancier	CNSW	26.85	CNSW/361/74	27.29
3.	Oscar van Holsteyn	AquAmigos	26.15	7100373	27.47
4.	Erwin Zuidervelt	De Futen	28.12	7501015	27.71
5.	Heiner Stevens	Zignea	28.14	7201299	28.35
6.	Han van Antwerpen	De Lansingh	28.16	7400017	28.86
7.	Gertjan v.d. Knaap	De Duck	28.97	7300459	29.19
8.	Dennis van Markesteijn	Olympia	30.48	7201333	30.87

Programmanr. 23, Heren, 50m vrije slag

Masters 40+

1.	Geert Wijn	De Gelenberg	26.09	6701101	26.10
2.	Alexander Willemsen	LZ 1886	26.84	7001115	27.06
3.	Arjon de Bok	De Biesboschzwemmers	26.46	6900125	27.38
4.	Kees Akershoek	De Stelle	27.34	6900009	27.55
5.	José de Pooter	De Schelde	27.78	6900797	27.81
6.	Rene de Jong	Vlaardingen	28.06	6600351	27.97
7.	Paul de Boer	De Amer	28.20	6801413	28.15
8.	Arjen Kervezee	Het Y	27.82	7000563	28.29
9.	Vincent van Duyvenbode	LZ 1886	27.29	6701393	28.89
10.	Gerard Da Deppo	DBD	29.22	7001509	29.40
11.	Fred van de Meeberg	Zignea	29.81	6601279	31.39

Masters 45+

1.	Cees van Houwelingen	De Schelde	25.39	6300351	25.20
	<i>Kampioenschapsrecord</i>				
2.	Dmitry Kromskiy	Poseidon	26.41	61krom	26.55
3.	Kees-Jan van Overbeeke	PSV	26.54	6200489	27.15
4.	Phil Trethewie	Old Dutch	27.03	6501315	27.52
5.	Robert Vink	WWV	27.18	6301075	27.67
6.	Theo Bakker	TriVia	28.06	6401231	28.27
7.	Erik Saan	De Duck	28.11	6500769	28.34
8.	Marcel van der Lem	Kon AZ 1870	27.82	6500563	28.56
9.	Lambert Morsink	Triton	30.96	6501427	30.88
10.	Eric Tijms	OEZA	31.62	6401125	31.94
11.	Kees-Jan Brantjes	KZC	31.93	6300113	32.17
NG.ZA	Michiel Klaren	PSV	29.48	6201087	
AFGEM	Bert Popma	Zignea	29.61	6401147	

Masters 50+

1.	Lionel Godeaux	CNSW	24.92	CNSW/014/60	25.73
2.	Joop Ariaens	PSV	27.72	5900747	28.12
3.	Peter van Vuuren	Upstream Amsterdam	27.98	6000641	28.54
4.	Hans Groothelm	DBD	29.06	5800151	29.47
5.	Wim de Lange	Electrolux AZC	30.36	5800533	30.46
6.	André Schutte	De Stormvogel	30.97	6000521	30.89
7.	Gé Vink	OEZA	36.62	6000893	37.18
8.	Adrie van der Gracht	OEZA	39.32	5700485	40.18
9.	Jan Glorie	OEZA	44.33	5700513	45.26

Masters 55+

1.	Brend Brevé	PSV	28.60	5200265	29.73
2.	Pieter Husslage	Old Dutch	29.50	5300091	30.85
AFGEM	Laurens Klein Breteler	WWV	33.86	5400109	

Masters 60+

1.	Joop van Eijk	PLONS	31.97	4700025	32.74
2.	Mar van Geel	Old Dutch	36.70	4700135	37.19
3.	Nico van Dongen	De Lansingh	40.62	4800159	41.97

Masters 65+

1.	Han Roos	ZV De Bron	33.75	4500081	31.72
2.	Ruud Sloof	De Rijn	35.46	4400073	34.68
3.	Nico Baay	Old Dutch	41.97	4200053	47.66

Programmanr. 23, Heren, 50m vrije slag

Masters 70+

1. Nico Geers	Z&PC De Gouwe	31.87	3800007	32.44
<i>Kampioenschapsrecord</i>				
2. Frans van Enst	WS Twente	32.30	4000011	32.56

Programmanr. 24
23.01.2010 - 14:37

Dames, 100m schoolslag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd	startnr.	tijd	50m	100m
Masters 20+						
1. Karin van Dijk	HZ&PC Heerenveen	1:21.16	8600850	1:20.31	38.39	1:20.31
2. Esther van Maastrigt	Montferland	1:21.15	8802836	1:24.10	38.78	1:24.10
3. Iris Barendregt	Van Vliet-Barracuda	1:21.65	8600172	1:24.37	39.94	1:24.37
4. Aniek Huijsman	De Lansingh	1:23.47	8801932	1:25.77	39.83	1:25.77
5. Maaik de Boer	De Duinkickers	1:24.42	9000362	1:26.01	40.80	1:26.01
6. Milou Bouwhuis	De Veene	1:25.95	8900532	1:26.14	40.69	1:26.14
7. Sharona Lameijer	GZVW	1:26.30	8902566	1:26.80	40.98	1:26.80
8. Elles van Leeuwen	PSV	1:25.88	8602240	1:28.33	41.92	1:28.33
9. Simone Stapels	Van Vliet-Barracuda	1:28.80	8903942	1:29.53	42.68	1:29.53
Masters 25+						
1. Marijke Monsma	DWK	1:18.54	8502100	1:18.42	36.56	1:18.42
2. Judith Kremers	De Spatters	1:33.40	8102094	1:28.95	42.51	1:28.95
3. Annette Vogelsang	ZV De Bron	1:31.13	8402632	1:29.72	41.47	1:29.72
4. Sandra Zwaanswijk	Aquarius	1:30.47	8503934	1:30.83	42.99	1:30.83
5. Renee de Kok	PSV	1:35.25	8403350	1:33.29	44.36	1:33.29
6. Jolanda Slooter	SCOM	1:34.36	8502678	1:36.15	44.33	1:36.15
7. Sabrina Dessens	ZV De Bron	1:37.07	8503486	1:37.88	45.46	1:37.88
Masters 30+						
1. Peggy Loffeld	KZPC	1:21.72	7700468	1:23.25	39.32	1:23.25
2. Claudia van Drunen	AquAmigos	1:25.06	7700810	1:23.71	40.62	1:23.71
3. Yvonne Gerritsen	DES	1:23.88	8000342	1:24.04	39.80	1:24.04
4. Kristel Lips	ZV De Bron	1:30.52	7900562	1:31.87	43.10	1:31.87
Masters 35+						
1. Karin Stein	Vlaardingen	1:19.64	7100554	1:21.43	38.92	1:21.43
2. Geraldine Trainor	De Duck	1:26.54	7500544	1:27.83	41.83	1:27.83
3. Trudie van Niejenhuis	DES	1:27.56	7100444	1:29.02	43.42	1:29.02
4. Annette de Visser	Oceanus	1:30.47	7100602	1:32.51	45.24	1:32.51
Masters 40+						
1. Annette Wijnja-Visser	De Biesboschzwemmers	1:22.35	6700528	1:22.49	38.87	1:22.49
<i>Kampioenschapsrecord</i>						
2. Laura Staal	Oceanus	1:28.18	6700358	1:27.68	41.88	1:27.68
3. Françoise Heijdeman-Duran	AZ&PC	1:23.00	6900222	1:29.12	42.27	1:29.12
4. Desiree van der Lem	Kon AZ 1870	1:27.14	6800282	1:30.04	41.85	1:30.04
5. Karin van den Heuvel	AquAmigos	1:30.99	6600188	1:34.54	44.68	1:34.54
6. Esther Mijnen	WZ&PC Purmerend	1:36.51	6900846	1:36.11	45.94	1:36.11
Masters 45+						
1. Linda v.d. Ree	De Ganze	1:27.47	6300452	1:28.26	41.77	1:28.26
2. Annemarie Vuist	Swol 1894	1:35.07	6300282	1:33.87	44.79	1:33.87
3. Francine Sommer	Triton	1:35.39	6200384	1:35.46	45.02	1:35.46
4. Friderika Kerekes	AZ&PC	1:34.96	6500540	1:39.97	48.63	1:39.97
5. Ina van Beusekom	Van Vliet-Barracuda	1:40.67	6400480	1:40.98	47.71	1:40.98

Programmanr. 24, Dames, 100m schoolslag

Masters 50+

1. Susan Lipsey	LZ 1886	1:35.60	5700156	1:34.17	44.76	1:34.17
2. Marijke van Hoek	De Stormvogel	1:35.31	5800050	1:34.25	45.62	1:34.25
3. Marijke Kraak	WS Twente	1:33.82	6000240	1:35.40	46.35	1:35.40
4. Janny van Eijk	ZV De Bron	1:39.73	5800022	1:39.67	48.75	1:39.67

Masters 55+

1. Mieke van der Fluit	SBC2000	1:39.45	5400012	1:39.02	48.46	1:39.02
2. Tineke van Diggelen	Oceanus	1:53.02	5200048	1:51.85	53.19	1:51.85

Masters 65+

1. Matty van der Veen	Old Dutch	1:47.97	4400020	1:51.69	53.29	1:51.69
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Programmanr. 25
23.01.2010 - 14:55

Heren, 100m schoolslag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd	startnr.	tijd	50m	100m
Masters 20+						
1. Marcel Noordermeer	Wiekslag	1:08.53	9003455	1:09.68	33.64	1:09.68
2. Roderik Meijers	ZOB'66	1:11.15	8602063	1:13.01	33.76	1:13.01
3. Herman van Dijk	HZ&PC Heerenveen	1:10.21	8900691	1:13.84	34.30	1:13.84
4. Stefan van der Grift	Octopus	1:11.41	8701121	1:15.65	34.82	1:15.65
5. Mark Huijsman	De Lansingh	1:16.33	9001305	1:17.33	36.24	1:17.33
6. Ewout de Vries	Triton	1:15.54	9003663	1:17.45	36.54	1:17.45
7. Thijs Tromper	De Schotejil	1:17.72	8703407	1:17.58	35.57	1:17.58
8. Joey Roos	WZK Zwemmen	1:21.70	9006399	1:21.11	39.01	1:21.11
9. Harmen Reemst	ZOB'66	1:21.47	8702715	1:21.37	37.75	1:21.37
Masters 25+						
1. Merijn Ellenkamp	DWK	1:05.17	8500691	1:07.69	31.98	1:07.69
<i>Kampioenschapsrecord</i>						
2. Thommy Nickel	Van Vliet-Barracuda	1:11.46	8401627	1:14.19	35.17	1:14.19
3. Bart Gorissen	KZPC	1:14.52	8300755	1:14.49	34.90	1:14.49
4. Mark Lomax	De Lansingh	1:11.34	8201095	1:14.99	34.72	1:14.99
5. Binne Veenstra	HZ&PC Heerenveen	1:19.89	8302155	1:15.59	35.10	1:15.59
6. Dirkjan Beugelsdijk	De Zijl/LGB	1:14.55	8100123	1:18.15	36.77	1:18.15
7. Ruud van den Berg	De Duck	1:22.71	8500155	1:23.92	38.01	1:23.92
DIS Albert van Piekeren	Octopus	1:10.96	8401767	1:13.00 SA	34.17	1:13.00
Masters 30+						
1. Freddie Geerlings	NIMO	1:08.79	7900379	1:10.15	32.69	1:10.15
2. Ron Langelaan	DAW-FINENZO	1:10.00	7800643	1:11.96	33.69	1:11.96
3. Reinier Ellenkamp	De Rog	1:09.58	8000367	1:12.44	34.03	1:12.44
4. Mark Zwart	De Fuut	1:09.16	7901461	1:13.53	34.39	1:13.53
5. Bas Overbosch	Het Y	1:16.78	7700737	1:16.93	36.46	1:16.93
6. Erik Kusters	Dedemsvaart-AC	1:14.44	8000837	1:17.41	35.88	1:17.41
7. Dennis van Steenberg	Vlaardingen	1:18.40	7800999	1:18.20	37.68	1:18.20
8. Okko de Haas	ZV De Bron	1:18.43	7801593	1:18.29	37.43	1:18.29
9. Jeroen Vogelsang	Het Y	1:15.13	8001645	1:19.02	37.35	1:19.02
Masters 35+						
1. Harry Cornet	De Biesboschzwemmers	1:14.95	7100175	1:10.67	33.16	1:10.67
2. Wibo Mooibroek	WZ&PC Purmerend	1:21.55	7401339	1:22.93	38.67	1:22.93

Programmanr. 25, Heren, 100m schoolslag

Masters 40+

1. Harold Matla	PSV	1:10.00	6800591	1:12.85	34.65	1:12.85
2. José de Pooter	De Schelde	1:20.10	6900797	1:15.73	35.49	1:15.73
3. Ronald Stolk	De Fuut	1:15.13	6601253	1:18.58	36.70	1:18.58
4. Rene de Jong	Vlaardingen	1:19.98	6600351	1:19.83	37.56	1:19.83
5. Sander van den Berg	WS Twente	1:21.45	6801357	1:20.62	37.50	1:20.62

Masters 45+

1. Cees van Houwelingen	De Schelde	1:12.12	6300351	1:10.85	33.58	1:10.85
<i>Nederlands Masters Record</i>						
2. Ronald Grove	Oceanus	1:17.56	6100161	1:17.77	36.20	1:17.77
3. Ralph Caster	RZ	1:17.44	6100069	1:17.95	37.25	1:17.95
4. Ronald van Voskuilen	De Aalscholver	1:23.54	6101003	1:18.71	36.62	1:18.71
5. Theo Bakker	TriVia	1:18.34	6401231	1:18.73	37.53	1:18.73
6. Marcel van der Lem	Kon AZ 1870	1:18.24	6500563	1:20.82	37.85	1:20.82
7. John Stoffer	Zoetermeer	1:21.95	6300725	1:25.59	39.95	1:25.59
8. Kees-Jan Brantjes	KZC	1:26.02	6300113	1:26.51	40.87	1:26.51
9. Michiel Klaren	PSV	1:26.60	6201087	1:27.40	41.73	1:27.40
10. Wout van Dijk	DBD	1:27.31	6200145	1:29.27	43.10	1:29.27
11. Bart van Calker	WS Twente	1:31.95	6100067	1:30.66	44.63	1:30.66
12. Eric Tijms	OEZA	1:29.20	6401125	1:34.72	44.48	1:34.72
AFGEM Marcel van Lochem	Zoetermeer	1:18.20	6500581			

Masters 50+

1. Andrey Davydov	Chayka	1:13.91	011008	1:14.56	34.59	1:14.56
2. David Falces	DES	1:18.82	6000957	1:17.44	36.80	1:17.44
3. Peter Romkes	Luctor et Emergo	1:16.68	5900389	1:19.68	37.57	1:19.68
4. Vincent de Keijzer	PLONS	1:24.55	5800207	1:24.64	40.45	1:24.64
5. Paul Bunnik	Triton	1:24.93	5600413	1:27.49	39.59	1:27.49
6. Marius Ros	ZCNF'34	1:29.76	5900779	1:32.11	44.84	1:32.11
7. Gé Vink	OEZA	1:31.19	6000893	1:34.24	44.35	1:34.24
8. John Dam	Zignea	1:33.89	6000915	1:37.77	45.40	1:37.77
DIS Willem Zwiers	AquAmigos	1:22.93	5800505	1:31.55 SL	42.03	1:31.55

Masters 55+

1. Pieter Husslage	Old Dutch	1:28.99	5300091	1:39.63	46.44	1:39.63
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Masters 60+

1. Joop Draaisma	DZ&PC	1:30.90	4600155	1:30.82	42.41	1:30.82
2. Mar van Geel	Old Dutch	1:42.51	4700135	1:41.31	47.76	1:41.31

Masters 65+

1. Ruud Sloof	De Rijn	1:37.70	4400073	1:36.80	46.85	1:36.80
2. Nico Baay	Old Dutch	1:31.02	4200053	1:37.59	45.48	1:37.59

Masters 70+

1. Jan Eichhorn	Haerlem'04 (SG)	1:44.35	3700015	1:50.11	51.59	1:50.11
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Programmanr. 26
23.01.2010 - 15:29

Dames, 200m wisselslag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd	startnr.	tijd	50m	100m	150m	200m
Masters 20+								
1. Petra de Groot	Van Vliet-Barracuda	2:29.79	8701420	2:31.76	32.33	1:12.05	1:58.14	2:31.76
2. Natalie van der Hoeven	Vlaardingen	2:33.53	8901786	2:33.78	33.57	1:14.57	1:59.14	2:33.78
3. Milou Bouwhuis	De Veene	2:43.20	8900532	2:44.92	34.89	1:17.23	2:05.44	2:44.92
4. Maaike de Boer	De Duinkickers	2:44.41	9000362	2:45.32	36.98	1:20.48	2:07.48	2:45.32
5. Miriam Visserman	Octopus	2:53.99	8704364	2:49.37	35.67	1:19.52	2:09.38	2:49.37
6. Jessica Hooyer	Triton	2:55.70	9001582	2:50.59	36.93	1:21.82	2:12.06	2:50.59
7. Patricia Becks	Zegenwerp	2:52.54	8705946	2:54.99	37.95	1:24.87	2:16.92	2:54.99
8. Liesbeth van Mill	DWK	2:58.44	8702786	2:56.32	37.71	1:23.61	2:15.52	2:56.32
9. Maaike van Diggele	ZPB H&L Productions	2:47.05	8700868	2:56.55	36.95	1:22.47	2:13.51	2:56.55
10. Anita Engels	Zegenwerp	2:55.86	9001016	2:56.69	40.15	1:25.28	2:18.11	2:56.69
11. Eline Schoenmaker	De Duinkickers	2:54.51	9003322	2:57.88	39.73	1:25.60	2:18.55	2:57.88
12. Kitty van Gendt	PSV	2:55.56	8701288	2:59.95	36.65	1:22.40	2:17.58	2:59.95
13. Loes van Bremen	SCOM	2:58.94	8600212	3:02.79	36.97	1:23.76	2:17.35	3:02.79
Masters 25+								
1. Nadya Putter	Vlaardingen	2:32.45	8301630	2:33.83	32.41	1:11.69	1:57.39	2:33.83
2. Esther Versteeg	Van Vliet-Barracuda	2:45.10	8302112	2:47.80	35.06	1:20.04	2:09.50	2:47.80
3. Pauline Tieleman	De Geul	3:00.90	8403348	2:51.49	38.01	1:23.08	2:13.43	2:51.49
4. Annette Vogelsang	ZV De Bron	3:04.94	8402632	2:55.53	36.81	1:20.56	2:13.91	2:55.53
5. Fenke Legerstee	SCOM	3:09.31	8501856	3:03.65	39.10	1:26.46	2:22.62	3:03.65
Masters 30+								
1. Elvira Jonkers	De Pinquin	2:36.02	7900420	2:36.66	32.27	1:14.05	2:00.54	2:36.66
2. Anke Lambooi	AZL	2:36.38	8001182	2:37.94	33.90	1:15.19	2:02.52	2:37.94
3. Janneke Harmsen	De Spatters	2:44.39	7700938	2:45.57	36.36	1:18.04	2:07.11	2:45.57
4. Claudia van Drunen	AquaAmigos	2:49.39	7700810	2:48.55	38.98	1:22.77	2:10.73	2:48.55
5. Jolanda van Gendt	PSV	2:54.52	7800266	2:55.95	38.77	1:20.79	2:15.03	2:55.95
6. Petra Versteegen	WVZ	2:58.31	7700906	2:56.98	37.47	1:23.60	2:16.13	2:56.98
DIS Helma Koot	AZ&PC	2:57.97	7600336	3:02.93	RC 41.13	1:26.66	2:22.97	3:02.93
Masters 35+								
1. Marleen Vos	Aquapoldro	2:42.71	7400598	2:41.77	35.47	1:18.21	2:04.81	2:41.77
2. Liselotte Joling	PSV	2:48.30	7500268	2:46.92	37.84	1:21.55	2:08.66	2:46.92
3. Henriëtte Manting	GZVW	2:55.03	7100246	2:57.86	35.86	1:22.45	2:16.31	2:57.86
4. Dianne Nien	RZ	3:06.15	7100452	3:00.81	38.20	1:25.23	2:20.72	3:00.81
5. Tony de Groot	De Futen	3:10.48	7300758	3:02.92	40.06	1:27.88	2:22.54	3:02.92
6. Annet Kootstra	Swol 1894	3:08.16	7100344	3:08.05	39.93	1:31.94	2:26.46	3:08.05
Masters 40+								
1. Anita Smits	DIO	2:36.59	6900522	2:35.98	32.23	1:14.09	2:00.87	2:35.98
<i>Nederlands Masters Record</i>								
2. Lidia v. Bon	AZ&PC	2:43.77	7000054	2:41.92	34.91	1:16.54	2:02.63	2:41.92
3. Ilonka van Doren	Aqua'68	2:51.10	6900824	2:54.52	37.59	1:23.18	2:14.90	2:54.52
4. F. Heijdemann-Duran	AZ&PC	2:52.16	6900222	2:59.45	40.80	1:29.60	2:18.22	2:59.45
5. Caroline Schreuder	Triton	2:51.96	6700550	2:59.47	38.52	1:25.14	2:17.79	2:59.47
6. Suze Roodenburg	De Geul	3:05.67	6800682	3:07.07	40.58	1:28.61	2:20.80	3:07.07
7. Karin van den Heuvel	AquaAmigos	2:59.38	6600188	3:07.95	38.66	1:30.95	2:23.14	3:07.95
Masters 45+								
1. Annemarie Vuist	Swol 1894	3:03.24	6300282	3:01.96	41.43	1:27.57	2:20.79	3:01.96

Programmanr. 26, Dames, 200m wisselslag

Masters 50+

1. Atie Pijtak-Radersma	AZ&PC	2:45.77	5600048	2:53.73	37.02	1:22.23	2:14.27	2:53.73
2. Mathilde Vink	Swol 1894	2:58.41	5800128	2:57.26	35.80	1:21.44	2:16.94	2:57.26
3. Patty Verhagen	AquAmigos	2:54.65	5900146	3:02.49	40.61	1:29.60	2:22.84	3:02.49
4. Janny van Eijk	ZV De Bron	3:15.93	5800022	3:17.44	40.70	1:35.49	2:33.38	3:17.44
5. Pia van der Molen	HZ&PC Heerenveen	3:29.21	6000116	3:22.03	44.92	1:35.15	2:34.94	3:22.03

Masters 55+

1. Christien Nieuwenhuis	Swol 1894	3:08.10	5100022	3:06.22	37.75	1:28.87	2:24.98	3:06.22
2. Margriet Pasma	Ten Boer	3:12.81	5500088	3:15.51	46.99	1:34.23	2:31.02	3:15.51

Masters 60+

1. Marja van der Meer	Neptunus	3:49.39	4700014	3:51.63	51.96	1:52.03	2:59.66	3:51.63
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Masters 65+

1. Matty van der Veen	Old Dutch	3:45.73	4400020	3:50.59	56.23	1:56.95	2:58.87	3:50.59
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Programmanr. 27
23.01.2010 - 16:01

Heren, 200m wisselslag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd	startnr.	tijd	50m	100m	150m	200m
Masters 20+								
1. Emile Manni	Octopus	2:15.54	9001901	2:15.92	28.68	1:05.37	1:45.19	2:15.92
<i>Kampioenschapsrecord</i>								
2. Martijn Dolk	MNC Dordrecht	2:16.84	8900737	2:15.94	31.51	1:04.68	1:45.26	2:15.94
3. Marcel Noordermeer	Wiekslag	2:18.84	9003455	2:18.78	30.22	1:07.43	1:47.62	2:18.78
4. Alex Vermeulen	WZK Zwemmen	2:23.24	8905811	2:21.79	30.64	1:08.01	1:48.79	2:21.79
5. Tim Bunnik	Triton	2:25.91	9000505	2:22.90	30.72	1:06.54	1:50.39	2:22.90
6. Remco Joukes	Triton	2:39.94	8801763	2:35.32	32.70	1:12.12	1:58.25	2:35.32
7. Herman van Dijk	HZ&PC Heerenveen	2:25.92	8900691	2:37.73	33.50	1:13.63	1:58.18	2:37.73
8. Tim Hezemans	Wave	2:36.29	8901253	2:40.20	33.02	1:14.36	2:00.94	2:40.20
Masters 25+								
1. Rob van Vliet	AZ&PC	2:14.40	8402459	2:20.10	30.46	1:08.05	1:48.07	2:20.10
2. Thommy Nickel	Van Vliet-Barracuda	2:17.42	8401627	2:24.08	30.88	1:08.87	1:50.15	2:24.08
3. Jim Geestman	RSW (SG)	2:31.59	8300699	2:28.35	32.64	1:12.55	1:55.27	2:28.35
4. Marcel Reefhuis	De Veene	2:24.60	8101381	2:30.55	31.03	1:09.94	1:55.17	2:30.55
5. Dirkjan Beugelsdijk	De Zijl/LGB	2:27.27	8100123	2:32.20	32.80	1:12.90	1:58.03	2:32.20
6. Pascal van Kassel	Triton	2:27.31	8501289	2:33.42	31.88	1:11.71	1:58.33	2:33.42
7. Binne Veenstra	HZ&PC Heerenveen	2:42.28	8302155	2:37.33	33.50	1:16.87	2:02.08	2:37.33
8. H. Vlaardingerbroek	ZV Westland Dijkglas	2:29.12	8302245	2:40.56	33.30	1:15.89	2:03.25	2:40.56
NG Frank Zwiers	SBC2000	2:25.20	8202101					
Masters 30+								
1. Ivo Roozeboom	DES	2:19.70	7700801	2:20.54	30.44	1:06.06	1:49.47	2:20.54
2. Freddie Geerlings	NIMO	2:23.06	7900379	2:24.07	30.41	1:09.16	1:49.63	2:24.07
3. Erik Kusters	Dedemsvaart-AC	2:25.70	8000837	2:24.61	31.18	1:07.44	1:49.67	2:24.61
4. Ralf Peters	KZPC	2:26.86	7600737	2:24.70	31.26	1:09.29	1:51.83	2:24.70
5. Theo Vlaardingerbroek	ZV Westland Dijkglas	2:28.35	7901307	2:32.82	31.95	1:12.31	1:58.16	2:32.82
6. Vincent Bastin	CHTHN	2:42.65	CHTHN/342/77	2:36.37	31.99	1:16.45	1:59.61	2:36.37
7. Okko de Haas	ZV De Bron	2:41.87	7801593	2:40.88	33.99	1:17.74	2:02.88	2:40.88
8. Arthur Keijzer	DWK	2:33.65	7600479	2:45.38	33.51	1:16.33	2:04.13	2:45.38

Programmanr. 27, Heren, 200m wisselslag

Masters 35+

1. Agnus Gerringa	DWK	2:24.48	7100285	2:32.06	31.53	1:10.62	1:54.94	2:32.06
2. Erwin Zuijdervelt	De Futen	2:35.70	7501015	2:36.30	33.56	1:13.25	2:00.70	2:36.30
3. Gertjan v.d. Knaap	De Duck	2:37.80	7300459	2:38.62	33.86	1:15.76	2:01.25	2:38.62
4. Oscar van Holsteyn	AquAmigos	2:32.56	7100373	2:40.53	33.61	1:16.49	2:04.85	2:40.53
5. Heiner Stevens	Zignea	2:41.80	7201299	2:40.86	33.45	1:18.54	2:03.62	2:40.86

Masters 40+

1. Peter v. Meerveld	AZ&PC	2:34.58	6700649	2:31.76	32.98	1:12.68	1:55.85	2:31.76
2. Harold Matla	PSV	2:30.52	6800591	2:37.18	34.99	1:18.40	2:00.08	2:37.18
3. Sander van den Berg	WS Twente	2:35.42	6801357	2:41.12	34.40	1:15.81	2:02.49	2:41.12
4. Bert Jonker	HZ&PC Heerenveen	2:54.71	6600355	2:52.06	34.54	1:18.57	2:13.10	2:52.06

Masters 45+

1. Arnold de Rover	De Futen	2:26.81	6400645	2:29.68	31.51	1:10.88	1:55.66	2:29.68
2. Ron Korzelijs	AZ&PC	2:33.18	6500513	2:33.78	34.46	1:14.06	2:00.27	2:33.78
3. Ronald Grove	Oceanus	2:30.54	6100161	2:35.65	32.98	1:15.29	2:00.35	2:35.65
4. Hans Vloedgraven	Old Dutch	2:41.55	6400917	2:43.13	33.50	1:16.80	2:05.57	2:43.13
5. Paul van der Voort	De Zwoer	2:46.76	6200715	3:01.12	38.25	1:24.19	2:20.04	3:01.12
6. Wout van Dijk	DBD	3:00.03	6200145	3:01.23	43.30	1:31.31	2:21.58	3:01.23

Masters 50+

1. Hugo Bregman	WVZ	2:22.20	5800069	2:22.25	29.35	1:05.92	1:50.34	2:22.25
2. Andre Storm	Zoetermeer	2:52.76	5600407	2:45.58	35.13	1:18.05	2:08.99	2:45.58
3. David Falces	DES	2:48.82	6000957	2:46.40	35.00	1:20.22	2:06.29	2:46.40
4. Marius Ros	ZCNF'34	2:49.62	5900779	2:51.76	38.55	1:25.38	2:14.06	2:51.76
5. André Schutte	De Stormvogel	2:55.19	6000521	2:51.88	36.99	1:22.04	2:13.70	2:51.88
6. Paul Bunnik	Triton	2:52.06	5600413	2:55.77	36.52	1:24.95	2:14.38	2:55.77
7. Willem Zwiers	AquAmigos	2:56.38	5800505	3:05.92	40.33	1:31.79	2:22.85	3:05.92

Masters 55+

1. Brend Brevé	PSV	2:47.45	5200265	2:47.03	34.03	1:15.86	2:09.02	2:47.03
2. Pieter Husslage	Old Dutch	2:56.80	5300091	2:57.26	36.30	1:24.46	2:17.95	2:57.26
3. Joe Capka	Neptunus	3:09.05	5400353	3:07.33	36.57	1:25.47	2:22.88	3:07.33

Masters 60+

1. Donald Uijtenbogaart	Het Y	2:45.61	4700107	2:50.68	37.11	1:22.96	2:12.39	2:50.68
2. Joop Draaisma	DZ&PC	3:14.49	4600155	3:15.81	40.50	1:36.26	2:31.01	3:15.81

Masters 65+

1. Rob Hanou	PSV	3:07.07	4300109	3:12.73	41.77	1:35.33	2:29.01	3:12.73
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Masters 70+

1. Nico Geers	Z&PC De Gouwe	3:18.94	3800007	3:38.07	49.00	1:46.13	2:53.93	3:38.07
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Kampioenschapsrecord

Programmanr. 28
23.01.2010 - 16:34

Dames, 4 x 50m wisselslag

Masters Open
Resultaten

rang	vereniging	inschrijftijd	tijd
80+			
1.	PSV 1	2:16.65	2:15.06
	Bianca van Ringelestijn	85 34.08	86 31.65
	Renee de Kok	84 40.09	87 29.24
100+			
1.	Van Vliet-Barracuda 1	2:23.57	2:25.76
	<i>Kampioenschapsrecord</i>		
	Ina van Beusekom	64 42.06	83 33.03
	Iris Barendregt	86 38.07	89 32.60
120+			
1.	PSV 2	2:35.02	2:33.95
	Jolanda van Gendt	78 36.66	87 35.47
	Liselotte Joling	75 40.73	46 41.09
2.	ZV De Bron 1	2:41.00	2:34.20
	Kristel Lips	79 38.74	58 38.42
	Marieke van de Nieuwenhuijzen	88 44.28	84 32.76
3.	HZ&PC Heerenveen 1	2:39.91	2:37.02
	Pia van der Molen	60 41.17	82 42.43
	Karin van Dijk	86 36.85	90 36.57
160+			
1.	AZ&PC 1	2:15.66	2:18.61
	<i>Kampioenschapsrecord</i>		
	Lidia v. Bon	70 34.85	72 34.96
	Françoise Heijdemann-Duran	69 39.21	66 29.59
2.	Oceanus 1	2:31.22	2:32.90
	Laura Staal	67 37.09	62 35.32
	Tineke van Diggelen	52 49.46	71 31.03
3.	Triton 1	2:37.40	2:37.18
	Ellen Parma	62 41.90	67 36.66
	Francine Sommer	62 43.53	84 35.09
200+			
1.	AZ&PC 2	2:50.19	2:53.99
	Atie Pijtak-Radersma	56 38.53	65 41.53
	Loekie v. Huissteden	45 56.11	65 37.82

Programmanr. 29
23.01.2010 - 16:41

Heren, 4 x 50m wisselslag

Masters Open
Resultaten

rang	vereniging	inschrijftijd	tijd
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Programmanr. 29, Heren, 4 x 50m wisselslag

80+

1.	De Schotejil 1	De Schotejil	2:00.27		1:59.68	
	Niels Albrechts	88	32.73	Leander Noordijk	81	27.80
	Thijs Tromper	87	33.49	Martijn van Hoorn	89	25.66
2.	ZOB'66 1	ZOB'66	1:59.32		2:00.63	
	Harmen Reemst	87	33.71	Ruben Stolk	90	29.98
	Roderik Meijers	86	32.35	Nol van Thull	80	24.59
3.	Triton 1	Triton	2:00.07		2:02.02	
	<i>De tijd van de startzwemmer is een back-up tijd.</i>					
	Remco Joukes	88	32.74	Tim Bunnik	90	29.61
	Ewout de Vries	90	33.47	Pascal van Kassel	85	26.20
4.	Wave 1	Wave	2:02.39		2:03.09	
	Victor den Heijer	83	29.36	Rutger Stottelaar	90	29.30
	Tim Hezemans	89	35.33	Rick van der Linden	88	29.10

100+

1.	WZK Zwemmen 1	WZK Zwemmen	2:06.84		2:04.26	
	Evert Bregman	62	31.30	Maarten de Geus	83	30.32
	Joey Roos	90	36.55	Alex Vermeulen	89	26.09

AFGEM Octopus 1 Octopus 2:02.57

Albert van Piekeren, Stefan van der Grift, Emile Manni, Henk van Zetten

120+

1.	Vlaardingen 1	Vlaardingen	1:51.23		1:56.42	
	Finn van der Bas	84	28.57	Paul Brinkman	84	27.21
	Ralf van der Poel	84	33.37	Rene de Jong	66	27.27
2.	DWK 1	DWK	2:01.36		1:58.72	
	Arthur Keijzer	76	33.43	Agnus Gerringa	71	29.94
	Merijn Ellenkamp	85	29.77	Gerben Bontekoe	81	25.58
3.	AZ&PC 1	AZ&PC	2:00.80		2:03.59	
	Ron Korzelius	65	33.83	Erwin Buist	78	27.92
	Rob van Vliet	84	33.23	Peter v. Meerveld	67	26.61

160+

1.	DBD 1	DBD	2:17.86		2:12.86	
	Gerard Da Deppo	70	35.26	Jasper Groothelm	90	28.13
	Wout van Dijk	62	39.74	Hans Groothelm	58	29.73
2.	WS Twente 1	WS Twente	2:20.28		2:27.21	
	Bart van Calker	61	40.15	Sander van den Berg	68	31.29
	Herbert Katgert	59	44.54	Hugo Staudt	53	31.23
DIS	Het Y 1	Het Y	2:11.28		2:13.20 SA	
	Eric Langhorst	62	35.49	Arjen Kervezee	70	30.82
	Bas Overbosch	77	34.34	Donald Uijtenbogaart	47	32.55

AFGEM Zoetermeer 1 Zoetermeer 2:07.94

Roger Flinterman, John Stoffer, Marcel van Lochem, Andre Storm

200+

1.	PSV 1	PSV	2:04.72		2:10.28	
	Brend Brevé	52	34.42	Kees-Jan van Overbeeke	62	29.56
	Harold Matla	68	31.91	Rob Hanou	43	34.39
2.	OEZA 1	OEZA	3:03.55		3:02.31	
	<i>De tijd van de startzwemmer is een back-up tijd.</i>					
	Hans Oudendijk	54	50.62	Adrie van der Gracht	57	46.30
	Jan Glorie	60	51.13	Dirk Crok	58	34.26
DIS	Old Dutch 1	Old Dutch	2:21.05		2:23.68 RH/SA	
	Pieter Husslage	53	40.01	Hans Vloedgraven	64	31.92
	Nico Baay	42	44.48	Phil Trethewie	65	27.27

5 - ONMK 2010 kb sessie 5

23.01.2010 - 17:15

Programmanr. 30
23.01.2010 - 17:15

Dames, 400m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd
Masters 20+					
1.	Iris Barendregt <i>Kampioenschapsrecord</i>	Van Vliet-Barracuda	4:46.43	8600172	4:41.89
	50m: 32.40 32.40 100m: 1:08.37 35.97	150m: 1:44.36 35.99 200m: 2:20.58 36.22	250m: 2:56.40 300m: 3:32.43	35.82 350m: 4:07.67 36.03 400m: 4:41.89	35.24 34.22
2.	Annelette de Vries	De Veene	5:09.02	8603908	5:10.45
	50m: 33.95 33.95 100m: 1:12.46 38.51	150m: 1:51.88 39.42 200m: 2:31.66 39.78	250m: 3:11.33 300m: 3:52.04	39.67 350m: 4:32.47 40.71 400m: 5:10.45	40.43 37.98
3.	Karin van Dijk	HZ&PC Heerenveen	4:59.40	8600850	5:11.26
	50m: 34.95 34.95 100m: 1:13.47 38.52	150m: 1:52.81 39.34 200m: 2:32.50 39.69	250m: 3:12.33 300m: 3:52.20	39.83 350m: 4:32.23 39.87 400m: 5:11.26	40.03 39.03
4.	Carly Noordermeer	ZOB'66	5:15.37	8702984	5:13.31
	50m: 35.01 35.01 100m: 1:13.32 38.31	150m: 1:52.82 39.50 200m: 2:33.10 40.28	250m: 3:13.44 300m: 3:54.37	40.34 350m: 4:35.19 40.93 400m: 5:13.31	40.82 38.12
5.	Henrike de Vries	De Veene	5:25.54	8904490	5:24.00
	50m: 36.12 36.12 100m: 1:15.16 39.04	150m: 1:55.79 40.63 200m: 2:37.97 42.18	250m: 3:20.10 300m: 4:02.89	42.13 350m: 4:45.10 42.79 400m: 5:24.00	42.21 38.90
6.	Annebeth van Ark	Octopus	5:47.02	8805588	5:50.29
	50m: 40.49 40.49 100m: 1:24.46 43.97	150m: 2:10.18 45.72 200m: 2:54.55 44.37	250m: 3:39.64 300m: 4:23.63	45.09 350m: 5:07.81 43.99 400m: 5:50.29	44.18 42.48
7.	Kitty van Gendt	PSV	5:49.40	8701288	5:54.29
	50m: 39.60 39.60 100m: 1:23.26 43.66	150m: 2:08.09 44.83 200m: 2:53.14 45.05	250m: 3:38.64 300m: 4:24.56	45.50 350m: 5:10.90 45.92 400m: 5:54.29	46.34 43.39
Masters 25+					
1.	Roos van Esch	TRB-RES	4:46.42	8200468	4:55.60
	50m: 33.91 33.91 100m: 1:10.63 36.72	150m: 1:48.19 37.56 200m: 2:26.15 37.96	250m: 3:04.07 300m: 3:42.18	37.92 350m: 4:19.86 38.11 400m: 4:55.60	37.68 35.74
2.	Linda Hoogendam	D'Elft	5:00.51	8300892	4:59.87
	50m: 33.52 33.52 100m: 1:11.57 38.05	150m: 1:50.18 38.61 200m: 2:29.07 38.89	250m: 3:07.29 300m: 3:45.99	38.22 350m: 4:24.04 38.70 400m: 4:59.87	38.05 35.83
3.	Andrea van Leeuwen <i>De 200 m. tussentijd is een back-tijd.</i>	De Zijl/LGB	5:26.96	8100904	5:11.42
	50m: 34.85 34.85 100m: 1:14.16 39.31	150m: 1:53.50 39.34 200m: 2:32.48 38.98	250m: 3:12.35 300m: 3:52.41	39.87 350m: 4:32.50 40.06 400m: 5:11.42	40.09 38.92
4.	Sandra Schellekens	Neptunus'58	5:19.53	8503416	5:19.98
	50m: 35.29 35.29 100m: 1:15.05 39.76	150m: 1:55.95 40.90 200m: 2:36.99 41.04	250m: 3:18.25 300m: 3:59.57	41.26 350m: 4:41.15 41.32 400m: 5:19.98	41.58 38.83
5.	Corine Nelen	Het Y	5:44.29	8302776	5:39.07
	50m: 36.81 36.81 100m: 1:18.34 41.53	150m: 2:01.39 43.05 200m: 2:45.29 43.90	250m: 3:29.37 300m: 4:13.51	44.08 350m: 4:57.83 44.14 400m: 5:39.07	44.32 41.24
6.	Fenke Legerstee	SCOM	6:17.99	8501856	5:57.01
	50m: 38.39 38.39 100m: 1:20.35 41.96	150m: 2:06.02 45.67 200m: 2:51.30 45.28	250m: 3:37.86 300m: 4:24.78	46.56 350m: 5:11.65 46.92 400m: 5:57.01	46.87 45.36
Masters 30+					
1.	Anke Lambooj	AZL	4:51.10	8001182	4:57.57
	50m: 33.27 33.27 100m: 1:09.39 36.12	150m: 1:46.74 37.35 200m: 2:24.33 37.59	250m: 3:02.31 300m: 3:40.86	37.98 350m: 4:19.68 38.55 400m: 4:57.57	38.82 37.89
2.	Yvonne Gerritsen	DES	5:10.46	8000342	5:10.53 *
	50m: 34.89 34.89 100m: 1:14.07 39.18	150m: 1:53.80 39.73 200m: 2:34.07 40.27	250m: 3:13.79 300m: 3:53.47	39.72 350m: 4:32.72 39.68 400m: 5:10.53	39.25 37.81
3.	Alana Miles	KZPC	5:27.13	8001626	5:12.44
	50m: 34.50 34.50 100m: 1:12.48 37.98	150m: 1:51.95 39.47 200m: 2:32.00 40.05	250m: 3:13.00 300m: 3:53.61	41.00 350m: 4:34.32 40.61 400m: 5:12.44	40.71 38.12

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

rang	naam	vereniging	inschrijftijd	startnr.	tijd
4.	Helma Koot	AZ&PC	5:14.60	7600336	5:32.29
	50m: 37.27 37.27	150m: 1:59.86 41.76	250m: 3:25.44 42.90	350m: 4:50.32 42.39	
	100m: 1:18.10 40.83	200m: 2:42.54 42.68	300m: 4:07.93 42.49	400m: 5:32.29 41.97	
5.	Jolanda van Gendt	PSV	5:29.59	7800266	5:41.36
	50m: 36.69 36.69	150m: 2:01.97 43.27	250m: 3:29.82 44.14	350m: 4:58.55 44.37	
	100m: 1:18.70 42.01	200m: 2:45.68 43.71	300m: 4:14.18 44.36	400m: 5:41.36 42.81	
6.	Clementine van Bruxvoort	ZPB H&L Productions	6:57.93	7700138	6:38.26
	50m: 42.81 42.81	150m: 2:20.53 49.74	250m: 4:03.73 52.86	350m: 5:48.08 52.30	
	100m: 1:30.79 47.98	200m: 3:10.87 50.34	300m: 4:55.78 52.05	400m: 6:38.26 50.18	

Masters 35+

1.	Karin Stein	Vlaardingen	4:51.08	7100554	4:58.25
	50m: 35.08 35.08	150m: 1:49.48 37.70	250m: 3:05.19 37.86	350m: 4:21.31 38.16	
	100m: 1:11.78 36.70	200m: 2:27.33 37.85	300m: 3:43.15 37.96	400m: 4:58.25 36.94	
2.	Annette de Visser	Oceanus	5:03.54	7100602	5:07.18
	50m: 35.12 35.12	150m: 1:52.02 38.75	250m: 3:10.92 39.40	350m: 4:29.47 39.15	
	100m: 1:13.27 38.15	200m: 2:31.52 39.50	300m: 3:50.32 39.40	400m: 5:07.18 37.71	
3.	Liselotte Joling	PSV	5:17.16	7500268	5:10.49
	50m: 35.45 35.45	150m: 1:53.28 39.34	250m: 3:12.27 38.97	350m: 4:32.07 40.01	
	100m: 1:13.94 38.49	200m: 2:33.30 40.02	300m: 3:52.06 39.79	400m: 5:10.49 38.42	
4.	Dianne Nien	RZ	5:33.05	7100452	5:16.78
	50m: 34.43 34.43	150m: 1:53.02 40.06	250m: 3:14.76 40.89	350m: 4:36.71 40.48	
	100m: 1:12.96 38.53	200m: 2:33.87 40.85	300m: 3:56.23 41.47	400m: 5:16.78 40.07	
5.	Tony de Groot	De Futen	5:43.56	7300758	5:35.25
	50m: 37.85 37.85	150m: 2:02.65 43.12	250m: 3:28.42 42.50	350m: 4:54.53 42.69	
	100m: 1:19.53 41.68	200m: 2:45.92 43.27	300m: 4:11.84 43.42	400m: 5:35.25 40.72	
6.	Liset de Groot	Aqualero	5:46.88	7400838	5:50.79
	50m: 38.17 38.17	150m: 2:03.11 43.21	250m: 3:32.56 45.23	350m: 5:05.50 46.62	
	100m: 1:19.90 41.73	200m: 2:47.33 44.22	300m: 4:18.88 46.32	400m: 5:50.79 45.29	
AFGEM	Aida Ponce Del Castillo	CNSW	5:38.16	CNSW/358/74	

Masters 40+

1.	Anita Smits	DIO	4:55.90	6900522	4:52.79
	<i>Nederlands Masters Record</i>				
	50m: 33.62 33.62	150m: 1:47.35 37.20	250m: 3:02.36 37.48	350m: 4:17.04 37.08	
	100m: 1:10.15 36.53	200m: 2:24.88 37.53	300m: 3:39.96 37.60	400m: 4:52.79 35.75	
2.	Cynthia Noordermeer	Het Y	5:03.84	7000358	5:06.59
	50m: 36.31 36.31	150m: 1:53.17 39.10	250m: 3:10.98 39.11	350m: 4:28.67 38.99	
	100m: 1:14.07 37.76	200m: 2:31.87 38.70	300m: 3:49.68 38.70	400m: 5:06.59 37.92	
3.	Laura Staal	Oceanus	5:11.13	6700358	5:15.31
	50m: 36.67 36.67	150m: 1:55.62 40.04	250m: 3:15.93 40.10	350m: 4:36.38 40.11	
	100m: 1:15.58 38.91	200m: 2:35.83 40.21	300m: 3:56.27 40.34	400m: 5:15.31 38.93	
4.	Petra Frowijn	AZ&PC	4:55.87	6600098	5:21.77
	50m: 35.59 35.59	150m: 1:53.29 39.82	250m: 3:16.35 42.21	350m: 4:41.08 42.13	
	100m: 1:13.47 37.88	200m: 2:34.14 40.85	300m: 3:58.95 42.60	400m: 5:21.77 40.69	
5.	Hetty Smalheer	SCOM	6:24.50	6700352	5:56.69
	<i>De 50 en 200 m. tussentijden zijn back-up tijden.</i>				
	50m: 39.68 39.68	150m: 2:09.38 45.17	250m: 3:40.85 45.58	350m: 5:12.37 46.11	
	100m: 1:24.21 44.53	200m: 2:55.27 45.89	300m: 4:26.26 45.41	400m: 5:56.69 44.32	

Masters 45+

1.	Jacqueline Rolloos	De Lansingh	5:30.58	6300222	5:28.82
	50m: 36.44 36.44	150m: 1:59.26 42.28	250m: 3:24.60 42.53	350m: 4:49.36 41.80	
	100m: 1:16.98 40.54	200m: 2:42.07 42.81	300m: 4:07.56 42.96	400m: 5:28.82 39.46	
2.	Conny v. Velden	AZ&PC	6:30.89	6500446	6:54.00
	50m: 43.76 43.76	150m: 2:27.38 53.41	250m: 4:14.91 53.60	350m: 6:03.43 53.78	
	100m: 1:33.97 50.21	200m: 3:21.31 53.93	300m: 5:09.65 54.74	400m: 6:54.00 50.57	

Programmanr. 30, Dames, 400m vrije slag

Masters 50+

1. Patty Verhagen	AquAmigos	5:15.39	5900146	5:29.65
<i>De 100 m. tussentijd is een back-up tijd.</i>				
50m: 38.96	38.96	150m: 2:02.09	41.71	250m: 3:25.14
100m: 1:20.38	41.42	200m: 2:43.57	41.48	300m: 4:07.05
41.57	350m: 4:48.80	41.75		
41.91	400m: 5:29.65	40.85		
2. Tineke Traa-Wolthuis	Aqualero	5:43.23	5700136	6:05.36
<i>De 100 m. tussentijd is een back-up tijd.</i>				
50m: 40.91	40.91	150m: 2:11.11	46.36	250m: 3:43.88
100m: 1:24.75	43.84	200m: 2:58.00	46.89	300m: 4:32.31
45.88	350m: 5:19.38	47.07		
48.43	400m: 6:05.36	45.98		
3. Inge Wolfs	PLONS	6:47.51	6000304	6:25.75
<i>De 100 m. tussentijd is een back-up tijd.</i>				
50m: 40.45	40.45	150m: 2:14.26	47.62	250m: 3:52.96
100m: 1:26.64	46.19	200m: 3:03.83	49.57	300m: 4:42.27
49.13	350m: 5:33.44	51.17		
49.31	400m: 6:25.75	52.31		
4. Mies Kuipers	Old Dutch	9:21.54	5800202	9:23.66
<i>De 200 m. tussentijd is een back-up tijd.</i>				
50m: 1:00.62	1:00.62	150m: 3:25.01	1:13.25	250m: 5:52.25
100m: 2:11.76	1:11.14	200m: 4:38.40	1:13.39	300m: 7:05.49
1:13.85	350m: 8:18.77	1:13.28		
1:13.24	400m: 9:23.66	1:04.89		

Masters 55+

1. Christien Nieuwenhuis	Swol 1894	5:54.64	5100022	5:54.55
<i>De 50, 100 en 200 m. tussentijden zijn back-up tijden.</i>				
50m: 39.47	39.47	150m: 2:09.84	45.82	250m: 3:41.61
100m: 1:24.02	44.55	200m: 2:55.85	46.01	300m: 4:26.72
45.76	350m: 5:11.88	45.16		
45.11	400m: 5:54.55	42.67		
2. Ineke Meijer	HZ&PC Heerenveen	7:09.86	5200034	6:55.50
<i>De 50 en 200 m. tussentijden zijn back-up tijden.</i>				
50m: 44.93	44.93	150m: 2:30.22	53.81	250m: 4:19.08
100m: 1:36.41	51.48	200m: 3:25.02	54.80	300m: 5:11.58
54.06	350m: 6:05.82	54.24		
52.50	400m: 6:55.50	49.68		

Masters 60+

1. Conny Boer-Buys	Vlaardingen	5:26.25	5000006	5:25.13
<i>Europees Masters Record</i>				
50m: 35.72	35.72	150m: 1:57.21	41.66	250m: 3:21.84
100m: 1:15.55	39.83	200m: 2:39.40	42.19	300m: 4:04.39
42.44	350m: 4:46.26	41.87		
42.55	400m: 5:25.13	38.87		
2. Marja van der Meer	Neptunus	6:48.46	4700014	7:07.09
<i>De 50 en 200 m. tussentijden zijn back-up tijden.</i>				
50m: 46.04	46.04	150m: 2:33.63	54.14	250m: 4:21.60
100m: 1:39.49	53.45	200m: 3:27.25	53.62	300m: 5:16.62
54.35	350m: 6:12.28	55.66		
55.02	400m: 7:07.09	54.81		

Masters 65+

1. Matty van der Veen	Old Dutch	7:02.83	4400020	7:17.16
<i>De 50 en 200 m. tussentijden zijn back-up tijden.</i>				
50m: 49.94	49.94	150m: 2:37.72	54.25	250m: 4:28.57
100m: 1:43.47	53.53	200m: 3:33.08	55.36	300m: 5:24.47
55.49	350m: 6:21.32	56.85		
55.90	400m: 7:17.16	55.84		
2. Liesbeth ter Laak	Katwijk	10:54.68	4200008	11:30.97 *
<i>De 50 en 200 m. tussentijden zijn back-up tijden.</i>				
50m: 1:12.45	1:12.45	150m: 4:04.97	1:26.92	250m: 7:05.89
100m: 2:38.05	1:25.60	200m: 5:35.70	1:30.73	300m: 8:36.93
1:30.19	350m: 10:05.28	1:28.35		
1:31.04	400m: 11:30.97	1:25.69		

Masters 75+

1. Lottie Geurts	PSV	6:57.91	3500008	7:13.95
<i>Nederlands Masters Record</i>				
50m: 49.15	49.15	150m: 2:39.28	55.09	250m: 4:30.09
100m: 1:44.19	55.04	200m: 3:34.60	55.32	300m: 5:25.87
55.49	350m: 6:21.91	56.04		
55.78	400m: 7:13.95	52.04		
2. Annie de Vos	Old Dutch	8:44.83	3400004	9:36.78
<i>De 50 en 200 m. tussentijden zijn back-up tijden.</i>				
50m: 58.80	58.80	150m: 3:19.58	1:11.54	250m: 5:52.02
100m: 2:08.04	1:09.24	200m: 4:35.28	1:15.70	300m: 7:06.88
1:16.74	350m: 8:21.77	1:14.89		
1:14.86	400m: 9:36.78	1:15.01		

Masters 70+

1. Bep van Riessen	Aquapoldro	8:59.28	3700006	8:58.62
<i>De 50 en 200 m. tussentijden zijn back-up tijden.</i>				
50m: 58.85	58.85	150m: 3:14.03	1:07.56	250m: 5:32.60
100m: 2:06.47	1:07.62	200m: 4:22.55	1:08.52	300m: 6:40.89
1:10.05	350m: 7:51.62	1:10.73		
1:08.29	400m: 8:58.62	1:07.00		

Programmanr. 30, Dames, 400m vrije slag

Masters 80+

1. Ati Derkse	Aquapoldro	10:58.13	2900002	11:02.96 *							
<i>Kampioenschapsrecord, De 100 en 200 m. tussentijd is een back-up tijd.</i>											
50m:	1:14.51	1:14.51	150m:	4:02.47	1:25.78	250m:	6:54.43	1:24.41	350m:	9:41.98	1:23.13
100m:	2:36.69	1:22.18	200m:	5:30.02	1:27.55	300m:	8:18.85	1:24.42	400m:	11:02.96	1:20.98

Programmanr. 31
23.01.2010 - 18:14

Heren, 400m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd							
Masters 20+												
1.	Marc Catsburg	MNC Dordrecht	4:21.36	9000533	4:21.58							
<i>Kampioenschapsrecord</i>												
	50m:	29.90	29.90	150m:	1:35.63	33.09	250m:	2:42.17	33.26	350m:	3:48.82	33.08
	100m:	1:02.54	32.64	200m:	2:08.91	33.28	300m:	3:15.74	33.57	400m:	4:21.58	32.76
2.	Martijn Dolk	MNC Dordrecht	4:22.42	8900737	4:24.98							
	50m:	30.27	30.27	150m:	1:36.84	33.69	250m:	2:44.00	33.46	350m:	3:52.29	34.21
	100m:	1:03.15	32.88	200m:	2:10.54	33.70	300m:	3:18.08	34.08	400m:	4:24.98	32.69
3.	Tim Bunnik	Triton	4:48.20	9000505	4:38.34							
	50m:	31.30	31.30	150m:	1:42.29	36.26	250m:	2:54.15	35.90	350m:	4:04.70	34.63
	100m:	1:06.03	34.73	200m:	2:18.25	35.96	300m:	3:30.07	35.92	400m:	4:38.34	33.64
4.	Niels Albrechts	De Schoteijl	4:39.16	8800039	4:49.30							
	50m:	31.83	31.83	150m:	1:44.03	36.71	250m:	2:59.00	37.80	350m:	4:14.00	37.81
	100m:	1:07.32	35.49	200m:	2:21.20	37.17	300m:	3:36.19	37.19	400m:	4:49.30	35.30
5.	Mark Gorissen	KZPC	4:52.02	8600973	4:49.64							
	50m:	32.66	32.66	150m:	1:45.06	36.94	250m:	3:00.25	38.01	350m:	4:14.92	36.98
	100m:	1:08.12	35.46	200m:	2:22.24	37.18	300m:	3:37.94	37.69	400m:	4:49.64	34.72

Masters 25+

1.	Alexander Hulleman	De Zijl/LGB	4:22.59	8300989	4:18.97							
<i>Kampioenschapsrecord</i>												
	50m:	29.81	29.81	150m:	1:33.95	32.45	250m:	2:40.52	33.29	350m:	3:47.40	33.41
	100m:	1:01.50	31.69	200m:	2:07.23	33.28	300m:	3:13.99	33.47	400m:	4:18.97	31.57
2.	Gerben Bontekoe	DWK	4:28.20	8102009	4:28.82							
	50m:	29.85	29.85	150m:	1:38.43	34.51	250m:	2:47.52	33.92	350m:	3:56.41	34.50
	100m:	1:03.92	34.07	200m:	2:13.60	35.17	300m:	3:21.91	34.39	400m:	4:28.82	32.41
3.	Dirk Hoek	De Zijl/LGB	4:21.51	8202445	4:36.09							
	50m:	31.12	31.12	150m:	1:41.34	35.58	250m:	2:51.66	34.82	350m:	4:01.94	35.06
	100m:	1:05.76	34.64	200m:	2:16.84	35.50	300m:	3:26.88	35.22	400m:	4:36.09	34.15
4.	Ralf van der Poel	Vlaardingen	4:27.82	8401783	4:37.99							
	50m:	30.28	30.28	150m:	1:39.60	35.28	250m:	2:51.06	35.55	350m:	4:03.19	36.26
	100m:	1:04.32	34.04	200m:	2:15.51	35.91	300m:	3:26.93	35.87	400m:	4:37.99	34.80
5.	Leander Noordijk	De Schoteijl	4:38.92	8101221	4:42.08							
	50m:	30.90	30.90	150m:	1:41.19	35.51	250m:	2:54.63	37.05	350m:	4:07.59	36.92
	100m:	1:05.68	34.78	200m:	2:17.58	36.39	300m:	3:30.67	36.04	400m:	4:42.08	34.49
6.	Martijn Giezen	Montferland	5:12.10	8500813	4:49.42							
	50m:	31.06	31.06	150m:	1:43.76	36.86	250m:	2:58.45	37.18	350m:	4:13.23	37.37
	100m:	1:06.90	35.84	200m:	2:21.27	37.51	300m:	3:35.86	37.41	400m:	4:49.42	36.19
7.	Jim Geestman	RSW (SG)	5:01.84	8300699	4:52.10							
	50m:	32.08	32.08	150m:	1:43.87	36.50	250m:	2:59.43	38.04	350m:	4:16.14	38.54
	100m:	1:07.37	35.29	200m:	2:21.39	37.52	300m:	3:37.60	38.17	400m:	4:52.10	35.96
8.	Ruud van den Berg	De Duck	6:02.52	8500155	5:54.98							
	50m:	35.38	35.38	150m:	2:00.20	44.09	250m:	3:32.91	46.63	350m:	5:07.86	47.33
	100m:	1:16.11	40.73	200m:	2:46.28	46.08	300m:	4:20.53	47.62	400m:	5:54.98	47.12
NG	Frank Zwiers	SBC2000	4:23.67	8202101								
NG	Remco van Althuis	SBC2000	4:36.53	8300029								

Programmanr. 31, Heren, 400m vrije slag

Masters 30+

1. Ivo Roozeboom	DES	4:28.16	7700801	4:28.07			
50m: 30.08	30.08	150m: 1:39.39	35.05	250m: 2:48.69	34.48	350m: 3:56.84	33.76
100m: 1:04.34	34.26	200m: 2:14.21	34.82	300m: 3:23.08	34.39	400m: 4:28.07	31.23
2. Ralf Peters	KZPC	4:27.97	7600737	4:36.51			
50m: 30.25	30.25	150m: 1:39.49	35.05	250m: 2:49.96	35.05	350m: 4:01.70	35.80
100m: 1:04.44	34.19	200m: 2:14.91	35.42	300m: 3:25.90	35.94	400m: 4:36.51	34.81
3. Jeroen Vogelsang	Het Y	4:34.50	8001645	4:44.87			
50m: 30.45	30.45	150m: 1:39.70	35.39	250m: 2:53.81	37.23	350m: 4:08.63	37.33
100m: 1:04.31	33.86	200m: 2:16.58	36.88	300m: 3:31.30	37.49	400m: 4:44.87	36.24
4. Nol van Thull	ZOB'66	4:26.32	8001513	4:50.83			
50m: 31.72	31.72	150m: 1:42.36	36.14	250m: 2:57.59	37.59	350m: 4:14.01	38.15
100m: 1:06.22	34.50	200m: 2:20.00	37.64	300m: 3:35.86	38.27	400m: 4:50.83	36.82
5. Markus van Rest	ZV Westland Dijkglas	4:43.86	7701197	5:05.11			
50m: 33.34	33.34	150m: 1:50.24	39.73	250m: 3:09.83	39.81	350m: 4:27.57	38.50
100m: 1:10.51	37.17	200m: 2:30.02	39.78	300m: 3:49.07	39.24	400m: 5:05.11	37.54

Masters 35+

1. Casper van der Burgh	LZ 1886	4:59.03	7201413	4:45.33			
50m: 32.04	32.04	150m: 1:43.01	36.19	250m: 2:55.40	36.19	350m: 4:09.22	37.05
100m: 1:06.82	34.78	200m: 2:19.21	36.20	300m: 3:32.17	36.77	400m: 4:45.33	36.11
2. Agnus Gerringa	DWK	4:33.95	7100285	4:52.01			
50m: 31.55	31.55	150m: 1:43.45	36.61	250m: 2:57.98	37.48	350m: 4:13.97	38.34
100m: 1:06.84	35.29	200m: 2:20.50	37.05	300m: 3:35.63	37.65	400m: 4:52.01	38.04

Masters 40+

1. Jo-an Mudde	Zeester-Meerval	4:39.34	6701457	4:40.40			
50m: 32.29	32.29	150m: 1:43.51	35.84	250m: 2:55.45	35.99	350m: 4:06.21	35.02
100m: 1:07.67	35.38	200m: 2:19.46	35.95	300m: 3:31.19	35.74	400m: 4:40.40	34.19
2. Kees Akershoek	De Stelle	4:51.00	6900009	4:51.06			
50m: 31.39	31.39	150m: 1:43.23	36.68	250m: 2:58.99	37.84	350m: 4:14.59	37.55
100m: 1:06.55	35.16	200m: 2:21.15	37.92	300m: 3:37.04	38.05	400m: 4:51.06	36.47
3. Bert Jonker	HZ&PC Heerenveen	5:34.64	6600355	5:29.67			
<i>De 50 en 100 m. tussentijden zijn back-up tijden.</i>							
50m: 34.74	34.74	150m: 1:53.89	40.22	250m: 3:19.26	43.05	350m: 4:47.15	43.72
100m: 1:13.67	38.93	200m: 2:36.21	42.32	300m: 4:03.43	44.17	400m: 5:29.67	42.52
4. Hayo v.d. Werf	Het Y	5:50.53	6701085	5:52.76			
50m: 42.07	42.07	150m: 2:12.27	45.28	250m: 3:41.73	44.82	350m: 5:10.08	44.09
100m: 1:26.99	44.92	200m: 2:56.91	44.64	300m: 4:25.99	44.26	400m: 5:52.76	42.68

AFGEM	Rene Beetsma	HZ&PC Heerenveen	4:31.94	6900069
AFGEM	Henk van Zetten	Octopus	6:23.29	6701261

Masters 45+

1. Eric Langhorst	Het Y	5:08.82	6200389	5:03.80			
50m: 34.93	34.93	150m: 1:53.29	39.24	250m: 3:11.38	39.38	350m: 4:27.65	37.83
100m: 1:14.05	39.12	200m: 2:32.00	38.71	300m: 3:49.82	38.44	400m: 5:03.80	36.15
2. Otto Jansen	LZ 1886	5:25.34	6501403	5:09.02			
50m: 35.21	35.21	150m: 1:52.63	39.49	250m: 3:12.22	39.65	350m: 4:30.68	38.94
100m: 1:13.14	37.93	200m: 2:32.57	39.94	300m: 3:51.74	39.52	400m: 5:09.02	38.34
3. John Stoffer	Zoetermeer	5:01.22	6300725	5:13.46			
50m: 34.38	34.38	150m: 1:52.93	40.17	250m: 3:13.78	40.75	350m: 4:34.68	40.35
100m: 1:12.76	38.38	200m: 2:33.03	40.10	300m: 3:54.33	40.55	400m: 5:13.46	38.78
4. Phil Trethewie	Old Dutch	5:15.49	6501315	5:15.11			
50m: 34.02	34.02	150m: 1:51.17	39.29	250m: 3:12.48	40.80	350m: 4:35.25	41.69
100m: 1:11.88	37.86	200m: 2:31.68	40.51	300m: 3:53.56	41.08	400m: 5:15.11	39.86
5. Paul van der Voort	De Zwoer	5:06.24	6200715	5:31.63			
<i>De 50 m. tussentijd is een back-up tijd.</i>							
50m: 35.38	35.38	150m: 1:55.80	40.67	250m: 3:19.77	41.08	350m: 4:48.12	43.93
100m: 1:15.13	39.75	200m: 2:38.69	42.89	300m: 4:04.19	44.42	400m: 5:31.63	43.51
6. Jan Smalheer	SCOM	5:48.82	6400701	5:37.79			
50m: 35.93	35.93	150m: 1:58.13	42.00	250m: 3:25.49	44.12	350m: 4:54.23	44.49
100m: 1:16.13	40.20	200m: 2:41.37	43.24	300m: 4:09.74	44.25	400m: 5:37.79	43.56

Programmanr. 31, Heren, 400m vrije slag, Masters 45+

rang	naam	vereniging	inschrijftijd	startnr.	tijd			
7.	Bart van Calker	WS Twente	5:43.68	6100067	5:41.03			
	50m: 39.14	39.14	150m: 2:04.61	43.77	250m: 3:34.11	45.01	350m: 5:00.95	43.48
	100m: 1:20.84	41.70	200m: 2:49.10	44.49	300m: 4:17.47	43.36	400m: 5:41.03	40.08

Masters 50+

1.	Elzo Dijkhuis	TriVia	4:58.71	6000873	4:56.71			
	50m: 34.09	34.09	150m: 1:47.42	37.32	250m: 3:03.24	37.86	350m: 4:20.03	38.63
	100m: 1:10.10	36.01	200m: 2:25.38	37.96	300m: 3:41.40	38.16	400m: 4:56.71	36.68
2.	Marius Ros	ZCNF'34	5:04.96	5900779	5:04.00			
	50m: 35.56	35.56	150m: 1:52.44	38.46	250m: 3:10.48	39.28	350m: 4:28.03	39.06
	100m: 1:13.98	38.42	200m: 2:31.20	38.76	300m: 3:48.97	38.49	400m: 5:04.00	35.97
3.	Andre Storm	Zoetermeer	5:09.18	5600407	5:15.54			
	50m: 34.68	34.68	150m: 1:53.68	39.99	250m: 3:14.04	39.89	350m: 4:35.46	41.16
	100m: 1:13.69	39.01	200m: 2:34.15	40.47	300m: 3:54.30	40.26	400m: 5:15.54	40.08
4.	Hans Groothelm	DBD	5:24.62	5800151	5:22.85			
	50m: 35.28	35.28	150m: 1:53.96	40.27	250m: 3:17.18	41.96	350m: 4:42.09	42.64
	100m: 1:13.69	38.41	200m: 2:35.22	41.26	300m: 3:59.45	42.27	400m: 5:22.85	40.76
5.	Wim de Lange	Electrolux AZC	5:30.86	5800533	5:24.62			
	50m: 36.37	36.37	150m: 1:57.72	41.91	250m: 3:22.90	42.59	350m: 4:46.17	40.85
	100m: 1:15.81	39.44	200m: 2:40.31	42.59	300m: 4:05.32	42.42	400m: 5:24.62	38.45
6.	Emiel van Elderen	Vlaardingen	5:31.27	5600383	5:26.06			
	50m: 36.29	36.29	150m: 1:56.53	40.84	250m: 3:19.84	41.89	350m: 4:44.24	42.05
	100m: 1:15.69	39.40	200m: 2:37.95	41.42	300m: 4:02.19	42.35	400m: 5:26.06	41.82
7.	André Schutte	De Stormvogel	5:46.42	6000521	5:30.01			
	50m: 36.27	36.27	150m: 1:56.02	41.10	250m: 3:21.63	42.45	350m: 4:48.38	43.11
	100m: 1:14.92	38.65	200m: 2:39.18	43.16	300m: 4:05.27	43.64	400m: 5:30.01	41.63
8.	Lex Hoogendam	MNC Dordrecht	5:35.91	5700541	5:41.52			
	50m: 38.28	38.28	150m: 2:01.81	42.17	250m: 3:28.87	43.70	350m: 4:57.47	44.54
	100m: 1:19.64	41.36	200m: 2:45.17	43.36	300m: 4:12.93	44.06	400m: 5:41.52	44.05
9.	Jan Willem Heuten	WS Twente	6:16.84	6000883	5:45.13			
	50m: 35.51	35.51	150m: 2:00.91	43.89	250m: 3:31.43	46.29	350m: 5:02.19	45.02
	100m: 1:17.02	41.51	200m: 2:45.14	44.23	300m: 4:17.17	45.74	400m: 5:45.13	42.94
10.	Peter Verberne	ACZ	6:00.22	5900719	6:00.58			
	50m: 37.12	37.12	150m: 2:03.48	44.55	250m: 3:36.92	47.89	350m: 5:13.53	48.43
	100m: 1:18.93	41.81	200m: 2:49.03	45.55	300m: 4:25.10	48.18	400m: 6:00.58	47.05

Masters 55+

1.	Henk Slomp	De Pinquin	5:16.05	5500359	5:23.03			
	<i>De 200 m. tussentijd is een back-up tijd.</i>							
	50m: 34.67	34.67	150m: 1:54.46	40.53	250m: 3:18.63	42.30	350m: 4:43.79	42.32
	100m: 1:13.93	39.26	200m: 2:36.33	41.87	300m: 4:01.47	42.84	400m: 5:23.03	39.24
2.	Hugo Staudt	WS Twente	5:47.36	5300253	5:47.13			
	<i>De 50 m. tussentijd is een back-up tijd.</i>							
	50m: 38.60	38.60	150m: 2:07.36	45.66	250m: 3:37.27	44.49	350m: 5:06.24	44.59
	100m: 1:21.70	43.10	200m: 2:52.78	45.42	300m: 4:21.65	44.38	400m: 5:47.13	40.89

Masters 60+

1.	Donald Uijtenbogaart	Het Y	4:59.43	4700107	5:07.46			
	50m: 36.25	36.25	150m: 1:53.53	38.66	250m: 3:11.84	39.20	350m: 4:29.82	38.72
	100m: 1:14.87	38.62	200m: 2:32.64	39.11	300m: 3:51.10	39.26	400m: 5:07.46	37.64
2.	Joop Draaisma	DZ&PC	5:54.13	4600155	6:03.09			
	50m: 39.05	39.05	150m: 2:08.40	45.95	250m: 3:42.86	47.42	350m: 5:17.89	47.46
	100m: 1:22.45	43.40	200m: 2:55.44	47.04	300m: 4:30.43	47.57	400m: 6:03.09	45.20
3.	Mar van Geel	Old Dutch	6:58.21	4700135	7:12.05			
	50m: 43.85	43.85	150m: 2:30.05	55.22	250m: 4:23.25	56.38	350m: 6:18.05	57.36
	100m: 1:34.83	50.98	200m: 3:26.87	56.82	300m: 5:20.69	57.44	400m: 7:12.05	54.00

Programmanr. 31, Heren, 400m vrije slag

Masters 65+

1. Rob Hanou			PSV			5:57.35	4300109		6:04.43		
50m:	38.45	38.45	150m:	2:11.12	46.91	250m:	3:44.78	46.79	350m:	5:19.11	47.33
100m:	1:24.21	45.76	200m:	2:57.99	46.87	300m:	4:31.78	47.00	400m:	6:04.43	45.32

Masters 75+

1. Georges Verhelst			Roeselaarse Zwemvereniging			7:28.33	RZV/160/31		7:41.28		
50m:	49.25	49.25	150m:	2:40.21	57.24	250m:	4:38.18	59.29	350m:	6:43.09	1:01.12
100m:	1:42.97	53.72	200m:	3:38.89	58.68	300m:	5:41.97	1:03.79	400m:	7:41.28	58.19

Masters 70+

1. Nico Geers			Z&PC De Gouwe			5:39.80	3800007		5:53.30		
50m:	40.02	40.02	150m:	2:12.70	46.45	250m:	3:42.92	45.03	350m:	5:12.38	44.47
100m:	1:26.25	46.23	200m:	2:57.89	45.19	300m:	4:27.91	44.99	400m:	5:53.30	40.92
2. Gregor Pompen			Aqua-Novio'94			6:39.28	3700021		6:53.91		
50m:	46.13	46.13	150m:	2:29.08	51.97	250m:	4:15.45	53.41	350m:	6:02.52	53.39
100m:	1:37.11	50.98	200m:	3:22.04	52.96	300m:	5:09.13	53.68	400m:	6:53.91	51.39
3. Wim ter Laak			Katwijk			8:55.16	4000027		9:04.73		
50m:	57.01	57.01	150m:	3:21.53	1:14.04	250m:	5:44.73	1:11.15	350m:	8:00.55	1:07.56
100m:	2:07.49	1:10.48	200m:	4:33.58	1:12.05	300m:	6:52.99	1:08.26	400m:	9:04.73	1:04.18

6 - ONMK 2010 kb sessie 6

24.01.2010 - 9:00

Programmanr. 33
24.01.2010 - 9:00

Heren, 800m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd			
Masters 20+								
1.	Martijn Dolk	MNC Dordrecht	9:09.97	8900737	9:15.01			
	50m: 30.72	30.72	250m: 2:50.27	34.99	450m: 5:11.04	35.00	650m: 7:32.36	35.50
	100m: 1:04.70	33.98	300m: 3:25.24	34.97	500m: 5:46.56	35.52	700m: 8:07.92	35.56
	150m: 1:39.73	35.03	350m: 4:01.03	35.79	550m: 6:21.92	35.36	750m: 8:42.89	34.97
	200m: 2:15.28	35.55	400m: 4:36.04	35.01	600m: 6:56.86	34.94	800m: 9:15.01	32.12
2.	Tim Bunnik	Triton	9:50.70	9000505	9:39.73			
	50m: 31.70	31.70	250m: 2:55.93	36.42	450m: 5:24.62	37.68	650m: 7:51.28	36.09
	100m: 1:06.66	34.96	300m: 3:32.38	36.45	500m: 6:02.02	37.40	700m: 8:28.53	37.25
	150m: 1:43.01	36.35	350m: 4:08.87	36.49	550m: 6:38.84	36.82	750m: 9:04.56	36.03
	200m: 2:19.51	36.50	400m: 4:46.94	38.07	600m: 7:15.19	36.35	800m: 9:39.73	35.17
3.	Mark Gorissen	KZPC	9:55.55	8600973	10:33.42			
	50m: 33.94	33.94	250m: 3:05.31	39.27	450m: 5:47.41	41.59	650m: 8:31.73	41.36
	100m: 1:10.09	36.15	300m: 3:45.17	39.86	500m: 6:28.69	41.28	700m: 9:12.66	40.93
	150m: 1:47.58	37.49	350m: 4:25.46	40.29	550m: 7:09.25	40.56	750m: 9:53.38	40.72
	200m: 2:26.04	38.46	400m: 5:05.82	40.36	600m: 7:50.37	41.12	800m: 10:33.42	40.04

Masters 25+

1.	Erik Schröder	TriVia	8:42.72	8402025	8:42.72			
	<i>Nederlands Masters Record, De 400 m. tussentijd is ook een NMR.</i>							
	50m: 27.06	27.06	250m: 2:34.17	32.70	450m: 4:45.71	33.98	650m: 7:03.79	34.93
	100m: 57.47	30.41	300m: 3:07.31	33.14	500m: 5:19.86	34.15	700m: 7:38.38	34.59
	150m: 1:29.25	31.78	350m: 3:39.79	32.48	550m: 5:54.30	34.44	750m: 8:11.63	33.25
	200m: 2:01.47	32.22	400m: 4:11.73	31.94	600m: 6:28.86	34.56	800m: 8:42.72	31.09
2.	Alexander Hulleman	De Zijl/LGB	8:58.59	8300989	9:06.73			
	50m: 29.94	29.94	250m: 2:44.05	34.31	450m: 5:02.28	34.43	650m: 7:22.25	35.32
	100m: 1:02.37	32.43	300m: 3:18.58	34.53	500m: 5:37.08	34.80	700m: 7:57.35	35.10
	150m: 1:35.76	33.39	350m: 3:53.24	34.66	550m: 6:11.92	34.84	750m: 8:32.79	35.44
	200m: 2:09.74	33.98	400m: 4:27.85	34.61	600m: 6:46.93	35.01	800m: 9:06.73	33.94
3.	Merijn Ellenkamp	DWK	9:32.58	8500691	9:14.54			
	50m: 30.99	30.99	250m: 2:53.09	35.37	450m: 5:14.15	34.92	650m: 7:33.04	34.47
	100m: 1:06.33	35.34	300m: 3:28.23	35.14	500m: 5:49.02	34.87	700m: 8:07.56	34.52
	150m: 1:42.15	35.82	350m: 4:03.97	35.74	550m: 6:23.83	34.81	750m: 8:42.27	34.71
	200m: 2:17.72	35.57	400m: 4:39.23	35.26	600m: 6:58.57	34.74	800m: 9:14.54	32.27
4.	Remco van Althuis	SBC2000	9:52.78	8300029	9:42.42			
	50m: 32.91	32.91	250m: 3:01.30	37.51	450m: 5:31.59	36.76	650m: 7:58.01	36.50
	100m: 1:09.20	36.29	300m: 3:39.17	37.87	500m: 6:08.50	36.91	700m: 8:34.41	36.40
	150m: 1:46.22	37.02	350m: 4:17.01	37.84	550m: 6:44.96	36.46	750m: 9:10.40	35.99
	200m: 2:23.79	37.57	400m: 4:54.83	37.82	600m: 7:21.51	36.55	800m: 9:42.42	32.02
5.	Dirkjan Beugelsdijk	De Zijl/LGB	9:39.21	8100123	9:51.62			
	50m: 32.57	32.57	250m: 3:01.16	37.72	450m: 5:31.01	37.15	650m: 8:01.51	37.54
	100m: 1:09.01	36.44	300m: 3:38.94	37.78	500m: 6:08.37	37.36	700m: 8:34.41	37.83
	150m: 1:46.11	37.10	350m: 4:16.63	37.69	550m: 6:46.15	37.78	750m: 9:16.50	37.16
	200m: 2:23.44	37.33	400m: 4:53.86	37.23	600m: 7:23.97	37.82	800m: 9:51.62	35.12

Masters 30+

1.	Ivo Roozeboom	DES	9:31.10	7700801	9:25.66			
	50m: 31.09	31.09	250m: 2:54.96	36.58	450m: 5:18.87	36.13	650m: 7:42.21	35.77
	100m: 1:06.25	35.16	300m: 3:31.06	36.10	500m: 5:54.67	35.80	700m: 8:17.76	35.55
	150m: 1:42.19	35.94	350m: 4:06.89	35.83	550m: 6:30.72	36.05	750m: 8:52.32	34.56
	200m: 2:18.38	36.19	400m: 4:42.74	35.85	600m: 7:06.44	35.72	800m: 9:25.66	33.34
2.	Ralf Peters	KZPC	9:40.00	7600737	9:32.25			
	50m: 31.91	31.91	250m: 2:54.94	35.91	450m: 5:18.16	35.94	650m: 7:43.93	36.44
	100m: 1:07.12	35.21	300m: 3:30.52	35.58	500m: 5:54.35	36.19	700m: 8:20.80	36.87
	150m: 1:43.00	35.88	350m: 4:06.45	35.93	550m: 6:30.93	36.58	750m: 8:57.22	36.42
	200m: 2:19.03	36.03	400m: 4:42.22	35.77	600m: 7:07.49	36.56	800m: 9:32.25	35.03
3.	Jeroen Vogelsang	Het Y	9:37.09	8001645	10:02.37			
	50m: 31.86	31.86	250m: 2:58.28	37.45	450m: 5:32.53	38.14	650m: 8:09.41	38.26
	100m: 1:07.20	35.34	300m: 3:36.54	38.26	500m: 6:11.82	39.29	700m: 8:49.06	39.65
	150m: 1:43.69	36.49	350m: 4:15.27	38.73	550m: 6:51.02	39.20	750m: 9:25.80	36.74
	200m: 2:20.83	37.14	400m: 4:54.39	39.12	600m: 7:31.15	40.13	800m: 10:02.37	36.57

Programmanr. 33, Heren, 800m vrije slag

Masters 35+

1. Casper van der Burgh	LZ 1886	10:02.89	7201413	9:54.96
50m: 33.40 33.40	250m: 3:01.59 37.19	450m: 5:31.66 37.10	650m: 8:02.96 37.78	
100m: 1:09.42 36.02	300m: 3:39.08 37.49	500m: 6:09.43 37.77	700m: 8:41.02 38.06	
150m: 1:46.79 37.37	350m: 4:16.92 37.84	550m: 6:47.50 38.07	750m: 9:18.07 37.05	
200m: 2:24.40 37.61	400m: 4:54.56 37.64	600m: 7:25.18 37.68	800m: 9:54.96 36.89	

Masters 40+

1. Jo-an Mudde	Zeester-Meerval	9:40.63	6701457	9:46.46
50m: 33.45 33.45	250m: 3:01.50 37.57	450m: 5:32.36 37.32	650m: 7:59.27 36.38	
100m: 1:09.30 35.85	300m: 3:39.15 37.65	500m: 6:09.35 36.99	700m: 8:35.59 36.32	
150m: 1:46.43 37.13	350m: 4:17.35 38.20	550m: 6:46.02 36.67	750m: 9:11.47 35.88	
200m: 2:23.93 37.50	400m: 4:55.04 37.69	600m: 7:22.89 36.87	800m: 9:46.46 34.99	
2. John Pfaff	One Team Swimming	11:08.66	6901475	10:55.09
<i>De 50 m. tussentijd is een back-up tijd.</i>				
50m: 34.88 34.88	250m: 3:18.00 41.53	450m: 6:06.52 41.39	650m: 8:53.51 41.63	
100m: 1:13.99 39.11	300m: 3:59.99 41.99	500m: 6:48.37 41.85	700m: 9:35.07 41.56	
150m: 1:54.86 40.87	350m: 4:42.41 42.42	550m: 7:30.20 41.83	750m: 10:16.25 41.18	
200m: 2:36.47 41.61	400m: 5:25.13 42.72	600m: 8:11.88 41.68	800m: 10:55.09 38.84	
3. Hayo v.d. Werf	Het Y	12:08.45	6701085	12:08.21
50m: 43.06 43.06	250m: 3:48.76 45.88	450m: 6:51.37 45.08	650m: 9:54.68 45.55	
100m: 1:30.01 46.95	300m: 4:34.40 45.64	500m: 7:37.38 46.01	700m: 10:40.51 45.83	
150m: 2:16.88 46.87	350m: 5:20.85 46.45	550m: 8:23.32 45.94	750m: 11:25.59 45.08	
200m: 3:02.88 46.00	400m: 6:06.29 45.44	600m: 9:09.13 45.81	800m: 12:08.21 42.62	

Masters 45+

1. Eric Langhorst	Het Y	10:22.65	6200389	10:37.29
50m: 35.84 35.84	250m: 3:16.98 39.98	450m: 6:00.27 41.35	650m: 8:41.38 40.59	
100m: 1:14.87 39.03	300m: 3:58.38 41.40	500m: 6:40.31 40.04	700m: 9:21.43 40.05	
150m: 1:56.21 41.34	350m: 4:39.11 40.73	550m: 7:21.01 40.70	750m: 10:00.13 38.70	
200m: 2:37.00 40.79	400m: 5:18.92 39.81	600m: 8:00.79 39.78	800m: 10:37.29 37.16	
2. Otto Jansen	LZ 1886	10:53.80	6501403	10:48.61
<i>De 100 m. tussentijd is een back-up tijd.</i>				
50m: 35.22 35.22	250m: 3:18.06 42.21	450m: 6:03.98 40.37	650m: 8:48.19 41.11	
100m: 1:13.90 38.68	300m: 3:59.85 41.79	500m: 6:44.78 40.80	700m: 9:28.72 40.53	
150m: 1:54.61 40.71	350m: 4:41.83 41.98	550m: 7:26.06 41.28	750m: 10:09.29 40.57	
200m: 2:35.85 41.24	400m: 5:23.61 41.78	600m: 8:07.08 41.02	800m: 10:48.61 39.32	
3. Paul van der Voort	De Zwoer	10:30.08	6200715	11:01.36 *
<i>De 200 en 400 m. tussentijden zijn back-up tijden, vanaf 500 meter zijn alle tijden handtijden.</i>				
50m: 35.39 35.39	250m: 3:22.24 42.35	450m: 6:09.92 41.76	650m: 8:57.99 42.39	
100m: 1:15.40 40.01	300m: 4:04.71 42.47	500m: 6:51.41 41.49	700m: 9:39.94 41.95	
150m: 1:57.07 41.67	350m: 4:46.89 42.18	550m: 7:33.65 42.24	750m: 10:21.87 41.93	
200m: 2:39.89 42.82	400m: 5:28.16 41.27	600m: 8:15.60 41.95	800m: 11:01.36 39.49	
4. Peter Marc de Rooij	Zwemvereniging Utrecht	10:55.37	6100829	11:05.77
50m: 35.65 35.65	250m: 3:20.89 42.16	450m: 6:11.39 42.37	650m: 9:01.50 42.64	
100m: 1:15.41 39.76	300m: 4:03.50 42.61	500m: 6:53.54 42.15	700m: 9:44.26 42.76	
150m: 1:56.69 41.28	350m: 4:46.28 42.78	550m: 7:36.26 42.72	750m: 10:26.07 41.81	
200m: 2:38.73 42.04	400m: 5:29.02 42.74	600m: 8:18.86 42.60	800m: 11:05.77 39.70	
5. Marcel van der Lem	Kon AZ 1870	11:31.80	6500563	11:39.74
50m: 35.89 35.89	250m: 3:29.19 45.01	450m: 6:26.86 44.65	650m: 9:28.69 46.31	
100m: 1:17.25 41.36	300m: 4:13.39 44.20	500m: 7:12.02 45.16	700m: 10:14.45 45.76	
150m: 2:00.15 42.90	350m: 4:57.69 44.30	550m: 7:57.30 45.28	750m: 10:59.92 45.47	
200m: 2:44.18 44.03	400m: 5:42.21 44.52	600m: 8:42.38 45.08	800m: 11:39.74 39.82	
6. Jan Smalheer	SCOM	12:17.08	6400701	11:50.51
50m: 38.06 38.06	250m: 3:32.50 44.66	450m: 6:34.48 45.67	650m: 9:36.63 45.57	
100m: 1:19.93 41.87	300m: 4:17.61 45.11	500m: 7:19.45 44.97	700m: 10:22.09 45.46	
150m: 2:03.21 43.28	350m: 5:03.18 45.57	550m: 8:05.34 45.89	750m: 11:06.80 44.71	
200m: 2:47.84 44.63	400m: 5:48.81 45.63	600m: 8:51.06 45.72	800m: 11:50.51 43.71	
7. Bart van Calker	WS Twente	12:03.26	6100067	12:00.08
50m: 40.52 40.52	250m: 3:42.27 45.72	450m: 6:46.54 46.40	650m: 9:48.02 45.77	
100m: 1:25.18 44.66	300m: 4:28.31 46.04	500m: 7:31.80 45.26	700m: 10:33.49 45.47	
150m: 2:10.53 45.35	350m: 5:13.39 45.08	550m: 8:17.22 45.42	750m: 11:19.23 45.74	
200m: 2:56.55 46.02	400m: 6:00.14 46.75	600m: 9:02.25 45.03	800m: 12:00.08 40.85	
8. Rik van Gasteren	AquAmigos	13:17.77	6401015	13:47.02
50m: 44.10 44.10	250m: 4:08.89 53.02	450m: 7:37.65 52.97	650m: 11:11.36 53.64	
100m: 1:33.19 49.09	300m: 4:59.87 50.98	500m: 8:30.02 52.37	700m: 12:04.19 52.83	
150m: 2:23.99 50.80	350m: 5:52.56 52.69	550m: 9:23.61 53.59	750m: 12:58.81 54.62	
200m: 3:15.87 51.88	400m: 6:44.68 52.12	600m: 10:17.72 54.11	800m: 13:47.02 48.21	

Programmanr. 33, Heren, 800m vrije slag

Masters 50+

1. Elzo Dijkhuis	TriVia	10:32.26	6000873	10:26.75
50m: 34.97 34.97	250m: 3:13.38 39.95	450m: 5:53.41 40.39	650m: 8:31.89 38.69	
100m: 1:13.68 38.71	300m: 3:53.32 39.94	500m: 6:33.26 39.85	700m: 9:10.85 38.96	
150m: 1:53.29 39.61	350m: 4:33.34 40.02	550m: 7:13.23 39.97	750m: 9:49.78 38.93	
200m: 2:33.43 40.14	400m: 5:13.02 39.68	600m: 7:53.20 39.97	800m: 10:26.75 36.97	
2. Hans Groot helm	DBD	11:24.56	5800151	11:08.22
50m: 35.83 35.83	250m: 3:20.17 42.41	450m: 6:11.50 42.68	650m: 9:04.18 42.99	
100m: 1:15.41 39.58	300m: 4:02.93 42.76	500m: 6:54.83 43.33	700m: 9:47.17 42.99	
150m: 1:56.37 40.96	350m: 4:45.56 42.63	550m: 7:38.02 43.19	750m: 10:29.18 42.01	
200m: 2:37.76 41.39	400m: 5:28.82 43.26	600m: 8:21.19 43.17	800m: 11:08.22 39.04	
3. Emiel van Elderen	Vlaardingen	11:29.45	5600383	11:26.27
50m: 37.76 37.76	250m: 3:28.51 43.88	450m: 6:22.79 43.64	650m: 9:16.54 43.57	
100m: 1:18.49 40.73	300m: 4:12.13 43.62	500m: 7:06.02 43.23	700m: 10:00.22 43.68	
150m: 2:01.03 42.54	350m: 4:55.54 43.41	550m: 7:49.38 43.36	750m: 10:43.69 43.47	
200m: 2:44.63 43.60	400m: 5:39.15 43.61	600m: 8:32.97 43.59	800m: 11:26.27 42.58	
4. Lex Hoogendam	MNC Dordrecht	11:20.48	5700541	11:41.72
50m: 37.27 37.27	250m: 3:28.62 44.11	450m: 6:28.23 44.86	650m: 9:29.09 44.98	
100m: 1:18.62 41.35	300m: 4:13.28 44.66	500m: 7:13.47 45.24	700m: 10:14.23 45.14	
150m: 2:01.31 42.69	350m: 4:58.35 45.07	550m: 7:58.89 45.42	750m: 10:58.83 44.60	
200m: 2:44.51 43.20	400m: 5:43.37 45.02	600m: 8:44.11 45.22	800m: 11:41.72 42.89	
5. Jan Willem Heuten	WS Twente	12:00.14	6000883	11:56.51
50m: 39.06 39.06	250m: 3:42.12 45.68	450m: 6:45.50 45.93	650m: 9:46.32 44.09	
100m: 1:23.35 44.29	300m: 4:27.64 45.52	500m: 7:30.84 45.34	700m: 10:30.95 44.63	
150m: 2:09.37 46.02	350m: 5:13.33 45.69	550m: 8:16.76 45.92	750m: 11:15.12 44.17	
200m: 2:56.44 47.07	400m: 5:59.57 46.24	600m: 9:02.23 45.47	800m: 11:56.51 41.39	
6. Peter Verberne	ACZ	12:24.07	5900719	12:13.80
50m: 39.47 39.47	250m: 3:38.14 45.89	450m: 6:46.35 47.82	650m: 9:56.09 47.32	
100m: 1:22.43 42.96	300m: 4:24.64 46.50	500m: 7:33.33 46.98	700m: 10:43.40 47.31	
150m: 2:06.95 44.52	350m: 5:11.82 47.18	550m: 8:20.93 47.60	750m: 11:29.82 46.42	
200m: 2:52.25 45.30	400m: 5:58.53 46.71	600m: 9:08.77 47.84	800m: 12:13.80 43.98	
7. Michiel Tonsbeek	DWT	15:19.10	6000889	15:15.35
<i>De 200 m. tussentijd is een back-up tijd.</i>				
50m: 47.36 47.36	250m: 4:35.41 1:00.07	450m: 8:33.31 58.53	650m: 12:24.79 58.40	
100m: 1:40.63 53.27	300m: 5:35.42 1:00.01	500m: 9:31.54 58.23	700m: 13:22.69 57.90	
150m: 2:37.87 57.24	350m: 6:35.11 59.69	550m: 10:28.50 56.96	750m: 14:22.40 59.71	
200m: 3:35.34 57.47	400m: 7:34.78 59.67	600m: 11:26.39 57.89	800m: 15:15.35 52.95	

Masters 55+

1. Henk Slomp	De Pinquin	11:04.38	5500359	11:09.81
50m: 35.29 35.29	250m: 3:21.64 42.84	450m: 6:13.64 43.28	650m: 9:06.15 43.22	
100m: 1:14.87 39.58	300m: 4:04.24 42.60	500m: 6:56.66 43.02	700m: 9:49.01 42.86	
150m: 1:56.59 41.72	350m: 4:47.04 42.80	550m: 7:39.92 43.26	750m: 10:31.04 42.03	
200m: 2:38.80 42.21	400m: 5:30.36 43.32	600m: 8:22.93 43.01	800m: 11:09.81 38.77	
2. Brend Brevé	PSV	11:14.30	5200265	11:13.20
<i>De 400 m. tussentijd is een back-up tijd.</i>				
50m: 35.52 35.52	250m: 3:21.80 42.23	450m: 6:13.67 43.13	650m: 9:07.63 44.53	
100m: 1:15.41 39.89	300m: 4:04.63 42.83	500m: 6:55.54 41.87	700m: 9:50.57 42.94	
150m: 1:57.96 42.55	350m: 4:47.32 42.69	550m: 7:39.28 43.74	750m: 10:34.45 43.88	
200m: 2:39.57 41.61	400m: 5:30.54 43.22	600m: 8:23.10 43.82	800m: 11:13.20 38.75	
3. Hugo Staudt	WS Twente	11:44.18	5300253	11:51.75
50m: 40.22 40.22	250m: 3:41.41 45.40	450m: 6:40.97 44.77	650m: 9:40.74 45.05	
100m: 1:25.11 44.89	300m: 4:26.50 45.09	500m: 7:26.40 45.43	700m: 10:25.46 44.72	
150m: 2:10.93 45.82	350m: 5:11.41 44.91	550m: 8:10.83 44.43	750m: 11:09.42 43.96	
200m: 2:56.01 45.08	400m: 5:56.20 44.79	600m: 8:55.69 44.86	800m: 11:51.75 42.33	

Masters 60+

1. Donald Uijtenbogaart	Het Y	10:11.06	4700107	10:31.16
50m: 37.63 37.63	250m: 3:20.83 41.08	450m: 6:01.78 39.84	650m: 8:37.56 38.38	
100m: 1:17.97 40.34	300m: 4:01.23 40.40	500m: 6:41.13 39.35	700m: 9:16.05 38.49	
150m: 1:58.63 40.66	350m: 4:41.60 40.37	550m: 7:20.43 39.30	750m: 9:54.47 38.42	
200m: 2:39.75 41.12	400m: 5:21.94 40.34	600m: 7:59.18 38.75	800m: 10:31.16 36.69	

Masters 65+

1. Rob Hanou	PSV	12:18.56	4300109	12:29.00
50m: 40.16 40.16	250m: 3:49.93 47.55	450m: 7:01.03 48.14	650m: 10:12.03 46.87	
100m: 1:26.94 46.78	300m: 4:37.45 47.52	500m: 7:49.29 48.26	700m: 10:58.64 46.61	
150m: 2:14.61 47.67	350m: 5:24.97 47.52	550m: 8:37.46 48.17	750m: 11:44.70 46.06	
200m: 3:02.38 47.77	400m: 6:12.89 47.92	600m: 9:25.16 47.70	800m: 12:29.00 44.30	

Programmanr. 33, Heren, 800m vrije slag

Masters 70+

1. Nico Geers	Z&PC De Gouwe	11:56.63	3800007	12:18.23			
50m: 41.24	41.24	250m: 3:46.64	46.42	450m: 6:57.38	46.92	650m: 10:05.78	46.94
100m: 1:27.05	45.81	300m: 4:34.46	47.82	500m: 7:44.54	47.16	700m: 10:51.69	45.91
150m: 2:13.66	46.61	350m: 5:22.36	47.90	550m: 8:31.50	46.96	750m: 11:36.51	44.82
200m: 3:00.22	46.56	400m: 6:10.46	48.10	600m: 9:18.84	47.34	800m: 12:18.23	41.72
2. Frans van Enst	WS Twente	12:36.13	4000011	13:12.03			
50m: 41.49	41.49	250m: 4:04.84	50.90	450m: 7:27.61	49.68	650m: 10:46.51	49.88
100m: 1:30.59	49.10	300m: 4:55.68	50.84	500m: 8:17.75	50.14	700m: 11:35.42	48.91
150m: 2:22.04	51.45	350m: 5:47.01	51.33	550m: 9:07.15	49.40	750m: 12:24.39	48.97
200m: 3:13.94	51.90	400m: 6:37.93	50.92	600m: 9:56.63	49.48	800m: 13:12.03	47.64
3. Wim ter Laak	Katwijk	18:32.27	4000027	19:00.15			
50m: 56.24	56.24	250m: 5:52.43	1:15.57	450m: 10:48.40	1:14.71	650m: 15:34.72	1:10.57
100m: 2:09.81	1:13.57	300m: 7:06.89	1:14.46	500m: 12:00.45	1:12.05	700m: 16:45.80	1:11.08
150m: 3:23.30	1:13.49	350m: 8:20.73	1:13.84	550m: 13:11.73	1:11.28	750m: 17:56.43	1:10.63
200m: 4:36.86	1:13.56	400m: 9:33.69	1:12.96	600m: 14:24.15	1:12.42	800m: 19:00.15	1:03.72

Programmanr. 34
24.01.2010 - 10:42

Dames, 800m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd			
1.	Marion van den Berg	DWK	9:02.35	8600272	9:04.85			
	<i>Nederlands Masters Record, De 400 m. tussentijd is ook NMR.</i>							
	50m: 29.40	29.40	250m: 2:44.15	34.17	450m: 5:02.37	34.71	650m: 7:22.16	34.42
	100m: 1:02.08	32.68	300m: 3:18.55	34.40	500m: 5:37.32	34.95	700m: 7:57.82	35.66
	150m: 1:36.01	33.93	350m: 3:53.12	34.57	550m: 6:12.16	34.84	750m: 8:31.78	33.96
	200m: 2:09.98	33.97	400m: 4:27.66	34.54	600m: 6:47.74	35.58	800m: 9:04.85	33.07
2.	Iris Barendregt	Van Vliet-Barracuda	9:49.54	8600172	9:57.48			
	50m: 32.31	32.31	250m: 2:59.28	36.79	450m: 5:29.39	37.51	650m: 8:03.24	38.35
	100m: 1:08.49	36.18	300m: 3:36.83	37.55	500m: 6:07.66	38.27	700m: 8:42.22	38.98
	150m: 1:45.44	36.95	350m: 4:14.24	37.41	550m: 6:46.07	38.41	750m: 9:20.36	38.14
	200m: 2:22.49	37.05	400m: 4:51.88	37.64	600m: 7:24.89	38.82	800m: 9:57.48	37.12
3.	Karin van Dijk	HZ&PC Heerenveen	10:53.08	8600850	10:41.94			
	50m: 35.72	35.72	250m: 3:16.46	40.39	450m: 5:59.45	40.72	650m: 8:42.58	40.73
	100m: 1:15.08	39.36	300m: 3:57.28	40.82	500m: 6:40.18	40.73	700m: 9:23.22	40.64
	150m: 1:55.32	40.24	350m: 4:38.12	40.84	550m: 7:20.98	40.80	750m: 10:03.53	40.31
	200m: 2:36.07	40.75	400m: 5:18.73	40.61	600m: 8:01.85	40.87	800m: 10:41.94	38.41
4.	Ingrid den Ouden	De Amer	10:55.70	8703058	10:52.14			
	50m: 35.41	35.41	250m: 3:16.17	41.06	450m: 6:00.57	41.29	650m: 8:46.79	42.48
	100m: 1:14.47	39.06	300m: 3:56.82	40.65	500m: 6:41.64	41.07	700m: 9:29.10	42.31
	150m: 1:54.49	40.02	350m: 4:37.89	41.07	550m: 7:22.81	41.17	750m: 10:11.50	42.40
	200m: 2:35.11	40.62	400m: 5:19.28	41.39	600m: 8:04.31	41.50	800m: 10:52.14	40.64
5.	Relinda Baas	GZVW	11:03.14	8900144	11:10.43			
	50m: 36.71	36.71	250m: 3:22.65	42.35	450m: 6:13.15	42.77	650m: 9:04.33	42.89
	100m: 1:16.58	39.87	300m: 4:05.15	42.50	500m: 6:55.59	42.44	700m: 9:47.70	43.37
	150m: 1:57.97	41.39	350m: 4:47.66	42.51	550m: 7:38.42	42.83	750m: 10:30.54	42.84
	200m: 2:40.30	42.33	400m: 5:30.38	42.72	600m: 8:21.44	43.02	800m: 11:10.43	39.89
6.	Laura Visserman	De Amer	11:27.42	8704362	11:23.63			
	50m: 37.72	37.72	250m: 3:29.04	43.65	450m: 6:20.60	42.83	650m: 9:13.09	43.70
	100m: 1:19.24	41.52	300m: 4:12.02	42.98	500m: 7:03.38	42.78	700m: 9:57.26	44.17
	150m: 2:02.07	42.83	350m: 4:55.14	43.12	550m: 7:46.21	42.83	750m: 10:41.70	44.44
	200m: 2:45.39	43.32	400m: 5:37.77	42.63	600m: 8:29.39	43.18	800m: 11:23.63	41.93
7.	Annebeth van Ark	Octopus	12:01.09	8805588	12:01.81			
	50m: 39.60	39.60	250m: 3:39.50	44.35	450m: 6:41.87	45.89	650m: 9:47.06	45.17
	100m: 1:23.58	43.98	300m: 4:23.62	44.12	500m: 7:28.83	46.96	700m: 10:33.82	46.76
	150m: 2:08.76	45.18	350m: 5:09.38	45.76	550m: 8:15.16	46.33	750m: 11:18.23	44.41
	200m: 2:55.15	46.39	400m: 5:55.98	46.60	600m: 9:01.89	46.73	800m: 12:01.81	43.58

Programmanr. 34, Dames, 800m vrije slag

Masters 25+

1. Nadya Putter	Vlaardingen	10:35.00	8301630	9:56.97
50m: 35.01 35.01	250m: 3:04.34 37.26	450m: 5:33.14 37.14	650m: 8:04.08 38.46	
100m: 1:12.32 37.31	300m: 3:41.54 37.20	500m: 6:10.31 37.17	700m: 8:42.09 38.01	
150m: 1:49.72 37.40	350m: 4:18.80 37.26	550m: 6:47.99 37.68	750m: 9:20.25 38.16	
200m: 2:27.08 37.36	400m: 4:56.00 37.20	600m: 7:25.62 37.63	800m: 9:56.97 36.72	
2. Mirjam Belderbos	Zwemvereniging Utrecht	10:21.99	8300128	10:00.12
50m: 34.19 34.19	250m: 3:06.09 38.09	450m: 5:38.37 38.16	650m: 8:09.73 37.77	
100m: 1:11.69 37.50	300m: 3:44.15 38.06	500m: 6:16.30 37.93	700m: 8:47.05 37.32	
150m: 1:49.89 38.20	350m: 4:22.14 37.99	550m: 6:54.14 37.84	750m: 9:24.11 37.06	
200m: 2:28.00 38.11	400m: 5:00.21 38.07	600m: 7:31.96 37.82	800m: 10:00.12 36.01	
3. Roos van Esch	TRB-RES	10:05.64	8200468	10:12.01
<i>De 100 en 200 m. tussentijden zijn back-up tijden.</i>				
50m: 34.56 34.56	250m: 3:06.86 38.25	450m: 5:40.88 38.63	650m: 8:18.05 39.30	
100m: 1:11.90 37.34	300m: 3:45.73 38.87	500m: 6:19.69 38.81	700m: 8:56.85 38.80	
150m: 1:49.98 38.08	350m: 4:24.11 38.38	550m: 6:59.13 39.44	750m: 9:35.43 38.58	
200m: 2:28.61 38.63	400m: 5:02.25 38.14	600m: 7:38.75 39.62	800m: 10:12.01 36.58	
4. Linda Hoogendam	D'Elft	10:31.67	8300892	10:17.54
50m: 32.92 32.92	250m: 3:07.93 39.01	450m: 5:45.97 39.49	650m: 8:24.48 39.31	
100m: 1:11.07 38.15	300m: 3:47.52 39.59	500m: 6:25.82 39.85	700m: 9:03.87 39.39	
150m: 1:49.89 38.82	350m: 4:27.12 39.60	550m: 7:05.46 39.64	750m: 9:41.67 37.80	
200m: 2:28.92 39.03	400m: 5:06.48 39.36	600m: 7:45.17 39.71	800m: 10:17.54 35.87	
5. Andrea van Leeuwen	De Zijl/LGB	11:23.60	8100904	10:55.23
50m: 35.64 35.64	250m: 3:17.68 40.58	450m: 6:03.71 41.01	650m: 8:51.84 42.37	
100m: 1:15.48 39.84	300m: 3:58.84 41.16	500m: 6:45.43 41.72	700m: 9:33.93 42.09	
150m: 1:55.66 40.18	350m: 4:40.43 41.59	550m: 7:27.38 41.95	750m: 10:15.31 41.38	
200m: 2:37.10 41.44	400m: 5:22.70 42.27	600m: 8:09.47 42.09	800m: 10:55.23 39.92	
6. Corine Nelen	Het Y	11:36.93	8302776	11:30.51
50m: 38.38 38.38	250m: 3:33.18 44.26	450m: 6:29.16 43.37	650m: 9:23.92 43.37	
100m: 1:20.78 42.40	300m: 4:17.31 44.13	500m: 7:12.94 43.78	700m: 10:07.22 43.30	
150m: 2:04.38 43.60	350m: 5:01.64 44.33	550m: 7:56.85 43.91	750m: 10:50.04 42.82	
200m: 2:48.92 44.54	400m: 5:45.79 44.15	600m: 8:40.55 43.70	800m: 11:30.51 40.47	
7. Esther Beerling	Triton	12:31.10	8400120	12:08.92
50m: 38.74 38.74	250m: 3:38.18 46.00	450m: 6:45.70 46.74	650m: 9:52.36 47.03	
100m: 1:21.84 43.10	300m: 4:25.14 46.96	500m: 7:31.88 46.18	700m: 10:39.09 46.73	
150m: 2:06.29 44.45	350m: 5:12.49 47.35	550m: 8:18.07 46.19	750m: 11:24.33 45.24	
200m: 2:52.18 45.89	400m: 5:58.96 46.47	600m: 9:05.33 47.26	800m: 12:08.92 44.59	

Masters 30+

1. Yvonne Gerritsen	DES	10:50.78	8000342	10:42.60
50m: 35.50 35.50	250m: 3:17.98 40.94	450m: 6:01.76 40.72	650m: 8:43.59 40.48	
100m: 1:15.12 39.62	300m: 3:58.89 40.91	500m: 6:42.23 40.47	700m: 9:24.06 40.47	
150m: 1:55.81 40.69	350m: 4:40.17 41.28	550m: 7:22.57 40.34	750m: 10:04.19 40.13	
200m: 2:37.04 41.23	400m: 5:21.04 40.87	600m: 8:03.11 40.54	800m: 10:42.60 38.41	
2. Helma Koot	AZ&PC	11:09.00	7600336	11:27.32
50m: 37.87 37.87	250m: 3:29.34 43.71	450m: 6:22.75 43.56	650m: 9:18.26 43.77	
100m: 1:19.31 41.44	300m: 4:12.62 43.28	500m: 7:06.64 43.89	700m: 10:01.59 43.33	
150m: 2:02.05 42.74	350m: 4:55.83 43.21	550m: 7:50.59 43.95	750m: 10:45.36 43.77	
200m: 2:45.63 43.58	400m: 5:39.19 43.36	600m: 8:34.49 43.90	800m: 11:27.32 41.96	
3. Clementine van Bruxvoort	ZPB H&L Productions	14:17.34	7700138	13:43.72
50m: 43.06 43.06	250m: 4:04.26 51.26	450m: 7:36.90 53.41	650m: 11:10.06 52.84	
100m: 1:31.39 48.33	300m: 4:56.55 52.29	500m: 8:30.56 53.66	700m: 12:03.02 52.96	
150m: 2:21.98 50.59	350m: 5:50.28 53.73	550m: 9:24.18 53.62	750m: 12:55.12 52.10	
200m: 3:13.00 51.02	400m: 6:43.49 53.21	600m: 10:17.22 53.04	800m: 13:43.72 48.60	

Masters 35+

1. Karin Stein	Vlaardingen	10:26.46	7100554	10:14.46
50m: 35.30 35.30	250m: 3:07.52 38.28	450m: 5:41.89 38.41	650m: 8:18.70 39.72	
100m: 1:12.73 37.43	300m: 3:46.08 38.56	500m: 6:20.72 38.83	700m: 8:58.09 39.39	
150m: 1:51.09 38.36	350m: 4:24.57 38.49	550m: 6:59.41 38.69	750m: 9:37.28 39.19	
200m: 2:29.24 38.15	400m: 5:03.48 38.91	600m: 7:38.98 39.57	800m: 10:14.46 37.18	
2. Aida Ponce Del Castillo	CNSW	11:06.29	CNSW/358/74	10:26.27
50m: 35.54 35.54	250m: 3:12.51 38.99	450m: 5:50.62 39.08	650m: 8:28.30 39.54	
100m: 1:15.08 39.54	300m: 3:52.68 40.17	500m: 6:29.82 39.20	700m: 9:08.01 39.71	
150m: 1:54.57 39.49	350m: 4:32.34 39.66	550m: 7:09.40 39.58	750m: 9:47.83 39.82	
200m: 2:33.52 38.95	400m: 5:11.54 39.20	600m: 7:48.76 39.36	800m: 10:26.27 38.44	

Programmanr. 34, Dames, 800m vrije slag, Masters 35+

rang	naam	vereniging	inschrijftijd	startnr.	tijd			
3.	Annette de Visser	Oceanus	10:30.66	7100602	10:31.54			
	50m: 35.54	35.54	250m: 3:14.54	39.94	450m: 5:54.17	39.82	650m: 8:34.44	40.01
	100m: 1:15.06	39.52	300m: 3:54.47	39.93	500m: 6:34.50	40.33	700m: 9:14.43	39.99
	150m: 1:54.70	39.64	350m: 4:34.30	39.83	550m: 7:14.42	39.92	750m: 9:54.01	39.58
	200m: 2:34.60	39.90	400m: 5:14.35	40.05	600m: 7:54.43	40.01	800m: 10:31.54	37.53
4.	Liselotte Joling	PSV	11:03.45	7500268	10:31.87			
	50m: 35.81	35.81	250m: 3:13.03	39.07	450m: 5:51.60	38.89	650m: 8:30.99	39.65
	100m: 1:15.14	39.33	300m: 3:52.84	39.81	500m: 6:31.29	39.69	700m: 9:11.66	40.67
	150m: 1:54.61	39.47	350m: 4:32.92	40.08	550m: 7:10.85	39.56	750m: 9:52.35	40.69
	200m: 2:33.96	39.35	400m: 5:12.71	39.79	600m: 7:51.34	40.49	800m: 10:31.87	39.52
5.	Dianne Nien	RZ	11:17.42	7100452	11:15.33			
	50m: 38.30	38.30	250m: 3:29.60	43.37	450m: 6:22.55	43.20	650m: 9:12.01	42.03
	100m: 1:19.96	41.66	300m: 4:12.92	43.32	500m: 7:05.16	42.61	700m: 9:54.46	42.45
	150m: 2:03.15	43.19	350m: 4:56.01	43.09	550m: 7:47.54	42.38	750m: 10:36.07	41.61
	200m: 2:46.23	43.08	400m: 5:39.35	43.34	600m: 8:29.98	42.44	800m: 11:15.33	39.26
6.	Liset de Groot	Aqualero	12:08.75	7400838	12:12.50			
	<i>De 50 en 100 m. tussentijden zijn back-up tijden</i>							
	50m: 39.63	39.63	250m: 3:47.72	48.06	450m: 6:54.77	45.98	650m: 9:59.54	45.44
	100m: 1:24.46	44.83	300m: 4:34.99	47.27	500m: 7:41.27	46.50	700m: 10:45.13	45.59
	150m: 2:11.71	47.25	350m: 5:22.06	47.07	550m: 8:27.47	46.20	750m: 11:29.27	44.14
	200m: 2:59.66	47.95	400m: 6:08.79	46.73	600m: 9:14.10	46.63	800m: 12:12.50	43.23

Masters 40+

1.	Anita Smits	DIO	10:25.26	6900522	10:05.25			
	<i>Nederlands Masters Record</i>							
	50m: 34.39	34.39	250m: 3:07.06	38.52	450m: 5:40.54	38.17	650m: 8:13.18	38.08
	100m: 1:11.93	37.54	300m: 3:45.76	38.70	500m: 6:18.69	38.15	700m: 8:51.19	38.01
	150m: 1:50.08	38.15	350m: 4:24.15	38.39	550m: 6:56.75	38.06	750m: 9:28.70	37.51
	200m: 2:28.54	38.46	400m: 5:02.37	38.22	600m: 7:35.10	38.35	800m: 10:05.25	36.55
2.	Gonda Stigter	WIDEX GZC DONK	10:35.83	7000486	10:22.56			
	50m: 34.68	34.68	250m: 3:09.89	39.47	450m: 5:48.15	39.45	650m: 8:26.42	39.38
	100m: 1:12.41	37.73	300m: 3:49.50	39.61	500m: 6:28.05	39.90	700m: 9:05.58	39.16
	150m: 1:51.39	38.98	350m: 4:29.22	39.72	550m: 7:07.52	39.47	750m: 9:44.98	39.40
	200m: 2:30.42	39.03	400m: 5:08.70	39.48	600m: 7:47.04	39.52	800m: 10:22.56	37.58
3.	Cynthia Noordermeer	Het Y	10:27.77	7000358	10:30.56			
	<i>De 50m tussentijd is een back-up tijd</i>							
	50m: 36.33	36.33	250m: 3:13.95	39.73	450m: 5:53.41	39.73	650m: 8:34.15	40.23
	100m: 1:15.42	39.09	300m: 3:53.34	39.39	500m: 6:33.48	40.07	700m: 9:13.80	39.65
	150m: 1:54.59	39.17	350m: 4:33.38	40.04	550m: 7:13.84	40.36	750m: 9:52.89	39.09
	200m: 2:34.22	39.63	400m: 5:13.68	40.30	600m: 7:53.92	40.08	800m: 10:30.56	37.67
4.	Laura Staal	Oceanus	10:58.42	6700358	11:02.71			
	50m: 37.40	37.40	250m: 3:25.12	42.10	450m: 6:14.01	42.43	650m: 9:00.75	41.40
	100m: 1:18.60	41.20	300m: 4:07.14	42.02	500m: 6:56.07	42.06	700m: 9:41.77	41.02
	150m: 2:00.80	42.20	350m: 4:49.28	42.14	550m: 7:37.77	41.70	750m: 10:22.95	41.18
	200m: 2:43.02	42.22	400m: 5:31.58	42.30	600m: 8:19.35	41.58	800m: 11:02.71	39.76
5.	Desiree van der Lem	Kon AZ 1870	12:54.13	6800282	12:10.83			
	<i>De 400 m. tussentijd is een back-up tijd.</i>							
	50m: 38.35	38.35	250m: 3:38.64	46.07	450m: 6:47.11	48.11	650m: 9:56.39	47.22
	100m: 1:21.35	43.00	300m: 4:25.26	46.62	500m: 7:33.97	46.86	700m: 10:42.94	46.55
	150m: 2:07.51	46.16	350m: 5:12.48	47.22	550m: 8:21.99	48.02	750m: 11:28.15	45.21
	200m: 2:52.57	45.06	400m: 5:59.00	46.52	600m: 9:09.17	47.18	800m: 12:10.83	42.68
6.	Kristien Van De Moortel	Shark	12:30.58	SHARK/315/69	12:14.80			
	50m: 40.90	40.90	250m: 3:46.63	46.36	450m: 6:52.50	46.85	650m: 9:58.97	46.19
	100m: 1:27.20	46.30	300m: 4:32.95	46.32	500m: 7:39.13	46.63	700m: 10:45.04	46.07
	150m: 2:13.75	46.55	350m: 5:19.43	46.48	550m: 8:26.22	47.09	750m: 11:30.86	45.82
	200m: 3:00.27	46.52	400m: 6:05.65	46.22	600m: 9:12.78	46.56	800m: 12:14.80	43.94
7.	Hetty Smalheer	SCOM	13:10.48	6700352	12:19.27			
	<i>De 50, 100, 200 en 400 m. tussentijden zijn back-up tijden.</i>							
	50m: 40.23	40.23	250m: 3:43.21	46.40	450m: 6:50.87	47.21	650m: 9:59.95	46.98
	100m: 1:24.72	44.49	300m: 4:30.27	47.06	500m: 7:38.23	47.36	700m: 10:47.48	47.53
	150m: 2:10.57	45.85	350m: 5:16.93	46.66	550m: 8:25.97	47.74	750m: 11:35.00	47.52
	200m: 2:56.81	46.24	400m: 6:03.66	46.73	600m: 9:12.97	47.00	800m: 12:19.27	44.27

Masters 45+

1.	Jacqueline Rollos	De Lansingh	11:12.24	6300222	11:13.58			
	50m: 37.29	37.29	250m: 3:26.64	42.53	450m: 6:18.50	42.81	650m: 9:09.16	42.55
	100m: 1:19.12	41.83	300m: 4:09.23	42.59	500m: 7:01.03	42.53	700m: 9:52.35	43.19
	150m: 2:01.62	42.50	350m: 4:52.33	43.10	550m: 7:43.68	42.65	750m: 10:34.62	42.27
	200m: 2:44.11	42.49	400m: 5:35.69	43.36	600m: 8:26.61	42.93	800m: 11:13.58	38.96

Programmanr. 34, Dames, 800m vrije slag, Masters 45+

rang	naam	vereniging	inschrijftijd	startnr.	tijd
2.	Uschi Koster	WVV	13:46.94	6400372	13:31.02
	<i>De 100 m. tussentijd is een back-up tijd.</i>				
	50m: 43.58	43.58	250m: 4:05.40	51.95	450m: 7:34.82
	100m: 1:30.97	47.39	300m: 4:57.49	52.09	500m: 8:26.91
	150m: 2:22.70	51.73	350m: 5:49.73	52.24	550m: 9:20.50
	200m: 3:13.45	50.75	400m: 6:41.68	51.95	600m: 10:11.88
					53.14 650m: 11:04.51
					52.09 700m: 11:55.40
					53.59 750m: 12:45.07
					51.38 800m: 13:31.02
3.	Conny v. Velden	AZ&PC	14:55.94	6500446	14:04.69
	50m: 43.62	43.62	250m: 4:14.98	53.77	450m: 7:50.86
	100m: 1:34.18	50.56	300m: 5:08.70	53.72	500m: 8:44.99
	150m: 2:27.53	53.35	350m: 6:02.23	53.53	550m: 9:39.53
	200m: 3:21.21	53.68	400m: 6:56.07	53.84	600m: 10:34.30
					54.79 650m: 11:28.48
					54.13 700m: 12:22.04
					54.54 750m: 13:14.78
					54.77 800m: 14:04.69

Masters 50+

1.	Irene van der Laan	ZV De Bron	10:37.00	6000096	10:53.93 *
	50m: 38.03	38.03	250m: 3:20.89	40.99	450m: 6:05.89
	100m: 1:18.47	40.44	300m: 4:01.73	40.84	500m: 6:47.60
	150m: 1:59.15	40.68	350m: 4:42.81	41.08	550m: 7:28.92
	200m: 2:39.90	40.75	400m: 5:24.31	41.50	600m: 8:10.22
					41.58 650m: 8:51.25
					41.71 700m: 9:32.48
					41.32 750m: 10:13.46
					41.30 800m: 10:53.93
2.	Patty Verhagen	AquAmigos	10:44.86	5900146	11:12.09
	50m: 38.94	38.94	250m: 3:26.33	42.44	450m: 6:16.11
	100m: 1:20.13	41.19	300m: 4:08.11	41.78	500m: 6:58.68
	150m: 2:01.60	41.47	350m: 4:50.53	42.42	550m: 7:41.29
	200m: 2:43.89	42.29	400m: 5:33.41	42.88	600m: 8:23.89
					42.70 650m: 9:06.33
					42.57 700m: 9:48.83
					42.61 750m: 10:30.94
					42.60 800m: 11:12.09
3.	Marijke Kraak	WS Twente	13:06.62	6000240	12:24.89
	50m: 39.98	39.98	250m: 3:43.83	47.28	450m: 6:54.50
	100m: 1:24.48	44.50	300m: 4:31.30	47.47	500m: 7:42.18
	150m: 2:10.10	45.62	350m: 5:19.01	47.71	550m: 8:29.77
	200m: 2:56.55	46.45	400m: 6:07.02	48.01	600m: 9:17.67
					47.48 650m: 10:04.98
					47.68 700m: 10:52.25
					47.59 750m: 11:39.36
					47.90 800m: 12:24.89
4.	Tonny den Braber	SCOM	14:08.79	5700022	14:19.96
	50m: 45.17	45.17	250m: 4:19.99	54.60	450m: 7:58.76
	100m: 1:36.68	51.51	300m: 5:14.54	54.55	500m: 8:52.88
	150m: 2:30.54	53.86	350m: 6:09.12	54.58	550m: 9:47.37
	200m: 3:25.39	54.85	400m: 7:03.75	54.63	600m: 10:42.54
					55.01 650m: 11:37.28
					54.12 700m: 12:31.97
					54.49 750m: 13:26.61
					55.17 800m: 14:19.96

Masters 55+

1.	Margriet Pasma	Ten Boer	12:21.80	5500088	12:13.55
	50m: 40.87	40.87	250m: 3:45.40	46.51	450m: 6:51.22
	100m: 1:25.72	44.85	300m: 4:31.30	45.90	500m: 7:38.02
	150m: 2:11.99	46.27	350m: 5:17.61	46.31	550m: 8:25.12
	200m: 2:58.89	46.90	400m: 6:04.83	47.22	600m: 9:11.74
					46.39 650m: 9:57.80
					46.80 700m: 10:45.00
					47.10 750m: 11:31.64
					46.62 800m: 12:13.55

Masters 60+

1.	Conny Boer-Buys	Vlaardingen	11:20.78	5000006	11:13.35
	<i>Europees Masters Record</i>				
	50m: 36.38	36.38	250m: 3:27.27	43.51	450m: 6:19.80
	100m: 1:17.39	41.01	300m: 4:10.58	43.31	500m: 7:03.17
	150m: 2:00.66	43.27	350m: 4:53.76	43.18	550m: 7:46.06
	200m: 2:43.76	43.10	400m: 5:36.95	43.19	600m: 8:28.92
					42.85 650m: 9:12.12
					43.37 700m: 9:55.24
					42.89 750m: 10:36.17
					42.86 800m: 11:13.35

Masters 65+

1.	Matty van der Veen	Old Dutch	14:45.84	4400020	14:54.92
	50m: 47.51	47.51	250m: 4:26.37	56.03	450m: 8:12.09
	100m: 1:40.69	53.18	300m: 5:22.60	56.23	500m: 9:09.05
	150m: 2:34.87	54.18	350m: 6:19.02	56.42	550m: 10:06.28
	200m: 3:30.34	55.47	400m: 7:15.57	56.55	600m: 11:03.52
					56.52 650m: 12:01.64
					56.96 700m: 12:59.29
					57.23 750m: 13:57.80
					57.24 800m: 14:54.92

Masters 75+

1.	Annie de Vos	Old Dutch	17:59.44	3400004	18:50.62
	<i>Kampioenschapsrecord</i>				
	50m: 1:00.16	1:00.16	250m: 5:39.66	1:10.93	450m: 10:23.47
	100m: 2:08.04	1:07.88	300m: 6:50.17	1:10.51	500m: 11:35.20
	150m: 3:17.96	1:09.92	350m: 8:01.16	1:10.99	550m: 12:47.54
	200m: 4:28.73	1:10.77	400m: 9:12.71	1:11.55	600m: 14:00.14
					1:10.76 650m: 15:12.40
					1:11.73 700m: 16:25.04
					1:12.34 750m: 17:39.10
					1:12.60 800m: 18:50.62

7 - ONMK 2010 kb sessie 7

24.01.2010 - 13:30

Programmanr. 35
24.01.2010 - 13:30

Heren, 50m vlinderslag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd
Masters 20+					
1.	Marc Catsburg	MNC Dordrecht	26.66	9000533	27.08
2.	Jasper Groothelm	DBD	28.11	9005735	27.46
3.	Emiel Ghali	Van Vliet-Barracuda	28.48	8701019	28.33
4.	Rutger Stottelaar	Wave	28.18	9005551	29.18
5.	Alex Vermeulen	WZK Zwemmen	28.97	8905811	29.39
6.	Ruben Stolk	ZOB'66	29.47	9005665	29.64
7.	Sven van Zanten	De Duinkickers	30.04	9003405	30.11
8.	Martijn van Hoorn	De Schotejil	31.03	8901343	30.46
9.	Mark Huijsman	De Lansingh	30.04	9001305	31.10
10.	Dick Kampman	De Amer	31.82	8801789	31.86
11.	Leander van Diggelen	ZPCH	32.45	8800763	32.65
NG.ZA	Nico van den Beukel	ZV Westland Dijkglas	29.37	8900227	
Masters 25+					
1.	Finn van der Bas	Vlaardingen	26.98	8400067	27.18
2.	Paul Brinkman	Vlaardingen	26.38	8400309	27.25
3.	Ronald Koeckhoven	ZV Westland Dijkglas	27.24	8102017	28.28
4.	Thommy Nickel	Van Vliet-Barracuda	28.11	8401627	28.55
5.	Leander Noordijk	De Schotejil	28.46	8101221	28.57
6.	Bart Gorissen	KZPC	28.17	8300755	28.58
7.	Victor den Heijer	Wave	28.64	8300867	28.99
8.	Maarten de Geus	WZK Zwemmen	29.60	8300737	29.28
9.	Remco van Althuis	SBC2000	29.08	8300029	29.49
10.	Binne Veenstra	HZ&PC Heerenveen	30.45	8302155	29.74
11.	Ruben van Erven	ZV Westland Dijkglas	30.83	8100469	29.91
12.	Marcel Reefhuis	De Veene	29.39	8101381	30.49
13.	Mike Hereijgers	De Futen	29.41	8501007	31.34
14.	Dennis Jonker	ZPCH	30.59	8401097	32.48
Masters 30+					
1.	Erwin Buist	AZ&PC	26.70	7800183	27.86
2.	Mark Hensen	Van Vliet-Barracuda	27.99	7900497	28.46
3.	Theo Vlaardingerbroek	ZV Westland Dijkglas	29.32	7901307	29.51
4.	Markus van Rest	ZV Westland Dijkglas	28.01	7701197	29.53
5.	Freddie Geerlings	NIMO	28.91	7900379	29.71
6.	Vincent Bastin	CHTHN	29.66	CHTHN/342/77	30.58
7.	Gino Martijn	RZ	36.21	7901865	34.29
8.	Marco Monster	De Duck	36.97	7801637	36.72
DIS	Roger Flinterman	Zoetermeer	29.94	7601261	AA
DIS	Erik Kusters	Dedemsvaart-AC	31.20	8000837	VE
NG.ZA	Menno van Leenen	RSW (SG)	29.70	7800649	
Masters 35+					
1.	Robin Sprinkhuizen	De Zijl/LGB	27.39	7400767	27.77
2.	Harry Cornet	De Biesboschzwemmers	27.97	7100175	28.23
3.	Marcel van Winssen	De Gelenberg	29.42	7101477	28.58
4.	Machiel Stolk	Zwemlust-den Hommel	29.99	7400779	29.27
5.	Oscar van Holsteyn	AquAmigos	28.91	7100373	29.72
6.	Agnus Gerringa	DWK	30.18	7100285	30.32
7.	Gertjan v.d. Knaap	De Duck	30.98	7300459	30.55
8.	Marcel Eikelenboom	ZV Westland Dijkglas	30.53	7200259	31.00

Programmanr. 35, Heren, 50m vlinderslag

Masters 40+

1.	Geert Wijn	De Gelenberg	28.79	6701101	28.72
2.	Arjon de Bok	De Biesboschwimmers	29.07	6900125	29.82
3.	Kees Akershoek	De Stelle	29.96	6900009	30.28
4.	José de Pooter	De Schelde	31.93	6900797	31.06
5.	Sander van den Berg	WS Twente	30.89	6801357	31.38
6.	Arjen Kervezee	Het Y	31.60	7000563	31.65
7.	Vincent van Duyvenbode	LZ 1886	30.58	6701393	32.03
8.	Marcel Jonkman	Aqualero	33.49	6801389	33.35
9.	Hayo v.d. Werf	Het Y	42.89	6701085	42.65
NG	Michel Hoek	De Duck	33.91	7001431	

Masters 45+

1.	Cees van Houwelingen	De Schelde	29.62	6300351	28.39
2.	Kees-Jan van Overbeeke	PSV	29.42	6200489	29.39
3.	Fred Heemstra	DAW-FINENZO	29.50	6500357	29.95
4.	Rene de Boer	DAW-FINENZO	30.57	6400087	30.71
5.	Phil Trethewie	Old Dutch	31.02	6501315	31.24
6.	Erik Saan	De Duck	31.63	6500769	31.62
7.	Theo Bakker	TriVia	32.30	6401231	31.92
8.	Robert Vink	WWV	31.55	6301075	32.67
9.	Peter Fölker	Aqua-Novio'94	32.68	6401021	33.30
10.	John Stoffer	Zoetermeer	31.83	6300725	34.04
AFGEM	Bert Popma	Zignea	33.15	6401147	

Masters 50+

1.	Hugo Bregman	WVZ	26.97	5800069	27.14
2.	Albert Boonstra	Aqua-Novio'94	29.70	5700425	29.09
3.	Joop Ariaens	PSV	29.73	5900747	29.99
4.	Mark Eligh	Old Dutch	31.35	5700497	31.69
5.	André Schutte	De Stormvogel	34.22	6000521	34.72
6.	Paul Bunnik	Triton	34.63	5600413	34.93
7.	Peter de Lange	De Stormvogel	33.06	6000933	34.98
8.	John Dam	Zignea	37.16	6000915	37.53
NG	Rudolf Meijer	De Amer	32.49	6000995	

Masters 55+

1.	Brend Brevé	PSV	31.19	5200265	31.75
2.	Henk Slomp	De Pinquin	32.71	5500359	33.50
3.	Richard Catoire	Oceanus	40.73	5200253	38.83

Masters 60+

1.	Joop Draaisma	DZ&PC	36.60	4600155	38.17
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Masters 70+

1.	Frans van Enst	WS Twente	38.21	4000011	38.55
	<i>Kampioenschapsrecord</i>				
2.	Nico Geers	Z&PC De Gouwe	38.73	3800007	40.44

Programmanr. 36
24.01.2010 - 13:50

Dames, 50m vlinderslag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd
Masters 20+					
1.	Jolanda Post	DIO	29.49	9004848	30.73
2.	Petra de Groot	Van Vliet-Barracuda	31.50	8701420	31.25
3.	Geertje Scharp	ZPCH	31.38	8603136	31.60
4.	Natalie van der Hoeven	Vlaardingen	31.17	8901786	31.85
5.	Aniek Huijsman	De Lansingh	32.95	8801932	32.18
6.	Jessica Hooyer	Triton	32.98	9001582	32.36
7.	Chantal Enkoroma Coffie	DES	31.12	8701142	32.41
8.	Miriam Visserman	Octopus	32.28	8704364	33.29
9.	Annelette de Vries	De Veene	33.99	8603908	33.75
10.	Carly Noordermeer	ZOB'66	33.22	8702984	33.76
11.	Milou Bouwhuis	De Veene	32.57	8900532	34.00
12.	Sharona Lameijer	GZVW	35.67	8902566	35.22
13.	Whitley Rens	De Schotejil	36.83	9007520	36.04
14.	Eline Schoenmaker	De Duinkickers	35.40	9003322	36.41
15.	Renske Eilers	De Amer	36.60	8806072	36.78
16.	Laura Visserman	De Amer	36.89	8704362	37.04
17.	Henrike de Vries	De Veene	36.88	8904490	37.42
18.	Ingrid den Ouden	De Amer	34.93	8703058	38.28
19.	Annebeth van Ark	Octopus	35.41	8805588	38.47
20.	Chantal van Kranenburg	Aquarius	37.40	8604528	39.09
21.	Fleur Maas	Zoetermeer	37.37	8902768	39.13
Masters 25+					
1.	Pauline Gouwens	De Otters Het Gooi	28.82	8400790	29.11
2.	Roos Lemmen	Eurode KZC	31.43	8403078	31.64
3.	Joana Carneiro	D'Elft	30.81	8202256	31.65
4.	Nadya Putter	Vlaardingen	32.04	8301630	31.99
5.	Esther Versteeg	Van Vliet-Barracuda	32.24	8302112	32.74
6.	Sandra Zwaanswijk	Aquarius	34.39	8503934	34.21
7.	Sabrina Ampere-Boekhout	De Biesboschwimmers	34.61	8100120	34.34
8.	Annette Vogelsang	ZV De Bron	38.38	8402632	35.71
9.	Gitte Kop Jansen	Van Vliet-Barracuda	35.16	8200914	35.82
10.	Pauline Tieleman	De Geul	37.45	8403348	35.95
11.	Andrea van Leeuwen	De Zijl/LGB	35.57	8100904	36.02
12.	Carin Grondel-Bos	Zoetermeer	39.81	8202346	39.78
13.	Linda de Groot	Van Vliet-Barracuda	39.00	8200570	39.93
Masters 30+					
1.	Delia Badoux <i>Nederlands Masters Record</i>	ZC Ooievaar (SG)	29.45	8000042	29.61
2.	Elvira Jonkers	De Pinquin	31.26	7900420	30.64
3.	Katinka van Dongen	De Devel	31.90	7700190	31.53
4.	Peggy Loffeld	KZPC	31.80	7700468	32.66
5.	Anke Lamboij	AZL	32.37	8001182	32.91
6.	Emerentia Knebel	KZPC	32.80	7600322	33.11
7.	Alana Miles	KZPC	32.78	8001626	33.76
8.	Jolika Csibra	DES	34.86	7600838	35.26
9.	Petra Verstegen	WVZ	35.54	7700906	35.42
10.	Francijna de Kooter	De Biesboschwimmers	35.10	8000634	35.67
11.	Helena Jongema	OEZA	35.41	8000550	36.01
12.	Babette Rens	Dedemsvaart-AC	36.41	7801200	36.22
13.	Marian Nederlof	DWF	37.77	7600950	37.14
14.	Mirjam Kalksma	HZ&PC Heerenveen	36.28	7701056	38.39
15.	Rachel Trainor	De Duck	38.23	7700670	38.48

Programmanr. 36, Dames, 50m vlinderslag

Masters 35+

1.	Henriëtte Manting	GZVW	34.85	7100246	34.33
2.	Geraldine Trainor	De Duck	35.07	7500544	34.49
3.	Tony de Groot	De Futen	36.10	7300758	35.56
4.	Dianne Nien	RZ	35.38	7100452	35.58

Masters 40+

1.	Anita Smits <i>Nederlands Masters Record</i>	DIO	30.50	6900522	30.51
2.	Cynthia Noordermeer	Het Y	35.12	7000358	35.41
3.	Ilonka van Doren	Aqua'68	35.26	6900824	35.86
4.	Karin van den Heuvel	AquaAmigos	35.93	6600188	36.55
5.	Hanny Rotteveel	Zigna	35.31	6600538	37.11
6.	Kristien Van De Moortel	Shark	38.28	SHARK/315/69	39.12
7.	Hetty Smalheer	SCOM	38.65	6700352	40.31

Masters 45+

1.	Nataliya Matveeva <i>Kampioenschapsrecord</i>	Chayka	29.83	011007	31.01
2.	Marja Bloemzaad	AZ&PC	32.32	6100014	32.67
3.	Margriet Grove	Oceanus	33.82	6200080	34.39
4.	Jacqueline Rolloos	De Lansingh	35.80	6300222	35.79
5.	Friderika Kerekes	AZ&PC	37.68	6500540	40.48

Masters 50+

1.	Mathilde Vink	Swol 1894	32.35	5800128	33.83
2.	Marijke Kraak	WS Twente	36.70	6000240	36.96
3.	Julia Moh Klaren	Apsap Ville De Paris	37.38	922540	37.09
4.	Inge Wolfs	PLONS	39.16	6000304	38.53
5.	Pia van der Molen	HZ&PC Heerenveen	42.00	6000116	42.23
6.	Carolien Maas	Zoetermeer	43.12	5700130	43.46

Masters 60+

1.	Conny Boer-Buys <i>Nederlands Masters Record</i>	Vlaardingen	33.50	5000006	34.57
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Programmanr. 37
24.01.2010 - 14:09

Heren, 200m schoolslag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	50m	100m	150m	200m
Masters 20+									
1.	Herman van Dijk	HZ&PC Heerenveen	2:35.32	8900691	2:39.06	35.12	1:15.19	1:56.92	2:39.06
2.	Remko Hooft	De Duinkickers	2:36.61	8701405	2:42.56	36.15	1:17.80	2:00.10	2:42.56
3.	Roderik Meijers	ZOB'66	2:43.89	8602063	2:44.40	34.89	1:16.94	2:00.59	2:44.40
4.	Tim Bunnik	Triton	2:48.42	9000505	2:48.07	37.20	1:20.37	2:04.71	2:48.07
5.	Mark Huijsman	De Lansingh	2:47.94	9001305	2:48.33	38.08	1:21.39	2:04.52	2:48.33
6.	Harmen Reemst	ZOB'66	2:53.63	8702715	2:53.82	37.65	1:21.43	2:07.36	2:53.82
Masters 25+									
1.	Tommy van Overmeeren	De Schelde	2:36.64	8402887	2:33.67	34.09	1:13.11	1:53.31	2:33.67
2.	Erik Schröder	TriVia	2:35.39	8402025	2:34.90	34.94	1:14.81	1:54.76	2:34.90
3.	Ralf van der Poel	Vlaardingen	2:35.19	8401783	2:36.05	34.68	1:14.21	1:54.98	2:36.05
4.	Rob van Vliet	AZ&PC	2:32.01	8402459	2:38.32	35.89	1:16.70	1:58.00	2:38.32
5.	Albert van Piekeren	Octopus	2:35.92	8401767	2:38.67	36.04	1:16.42	1:57.13	2:38.67
6.	Thommy Nickel	Van Vliet-Barracuda	2:36.07	8401627	2:43.26	37.11	1:18.40	2:00.72	2:43.26
7.	Dirkjan Beugelsdijk	De Zijl/LGB	2:49.54	8100123	2:48.06	37.23	1:20.86	2:05.34	2:48.06

Programmanr. 37, Heren, 200m schoolslag, Masters 25+

rang naam	vereniging	inschrijftijd	startnr.	tijd	50m	100m	150m	200m
8. Dennis Jonker	ZPCH	2:51.25	8401097	2:55.83	38.69	1:23.11	2:09.12	2:55.83

Masters 30+

1. Freddie Geerlings	NIMO	2:32.68	7900379	2:38.23	35.86	1:15.77	1:56.43	2:38.23
2. Ron Langelaan	DAW-FINENZO	2:33.95	7800643	2:40.33	35.01	1:15.19	1:57.28	2:40.33
3. Mark Hensen	Van Vliet-Barracuda	2:35.87	7900497	2:41.48	35.43	1:16.77	1:59.23	2:41.48
4. Erik Kusters	Dedemsvaart-AC	2:45.29	8000837	2:42.72	36.44	1:17.44	1:59.53	2:42.72
5. Jeroen Vogelsang	Het Y	2:46.80	8001645	2:52.28	37.77	1:21.05	2:06.51	2:52.28

Masters 35+

1. Harry Cornet	De Biesboschzwemmers	2:38.06	7100175	2:36.58	35.16	1:15.02	1:55.81	2:36.58
2. Heiner Stevens	Zignea	2:54.07	7201299	2:52.42	38.71	1:22.06	2:06.88	2:52.42
3. Sander Korving	LAC	3:02.49	7300495	2:56.94	40.01	1:24.10	2:10.30	2:56.94

Masters 40+

1. Harold Matla	PSV	2:38.20	6800591	2:42.16	35.97	1:17.13	2:00.11	2:42.16
2. Peter v. Meerveld	AZ&PC	2:46.51	6700649	2:49.86	38.39	1:20.99	2:05.20	2:49.86
3. Sander van den Berg	WS Twente	2:57.64	6801357	2:56.75	39.48	1:24.68	2:11.37	2:56.75

Masters 45+

1. Cees van Houwelingen	De Schelde	2:41.42	6300351	2:37.52	35.22	1:15.14	1:55.90	2:37.52
<i>Kampioenschapsrecord</i>								
2. Ralph Caster	RZ	2:52.29	6100069	2:53.44	39.43	1:23.70	2:08.28	2:53.44
3. Ronald Grove	Oceanus	2:45.97	6100161	2:53.87	38.23	1:22.36	2:07.70	2:53.87
4. Theo Bakker	TriVia	3:07.18	6401231	2:55.14	39.51	1:25.71	2:12.17	2:55.14
5. Jack Barends	WS Twente	3:17.93	6201011	3:14.89	43.20	1:31.57	2:23.26	3:14.89
6. Bart van Calker	WS Twente	3:25.53	6100067	3:22.92	46.57	1:38.46	2:31.37	3:22.92
7. Jan Smalheer	SCOM	3:30.82	6400701	3:27.21	45.88	1:38.71	2:33.52	3:27.21
AFGEM Marcel van Lochem	Zoetermeer	2:53.87	6500581					

Masters 50+

1. Peter Romkes	Luctor et Emergo	2:55.50	5900389	3:00.31	39.18	1:24.37	2:11.92	3:00.31
2. Willem Zwiers	AquAmigos	3:02.68	5800505	3:04.76	42.03	1:29.97	2:18.68	3:04.76
3. Vincent de Keijzer	PLONS	3:09.21	5800207	3:07.31	41.24	1:29.67	2:19.26	3:07.31
4. Paul Bunnik	Triton	3:19.23	5600413	3:11.82	40.79	1:29.55	2:21.54	3:11.82
5. Jan Willem Heuten	WS Twente	3:31.19	6000883	3:27.44	48.30	1:41.19	2:35.65	3:27.44
6. Gé Vink	OEZA	3:27.29	6000893	3:29.76	46.01	1:38.25	2:34.62	3:29.76
7. Herbert Katgert	WS Twente	3:35.73	5900739	3:42.64	49.49	1:44.23	2:43.52	3:42.64
8. Dirk Crok	OEZA	3:47.12	5800547	3:47.54	50.27	1:46.54	2:46.75	3:47.54

Masters 55+

1. Hans Oudendijk	OEZA	3:42.10	5400173	3:37.76	50.00	1:47.01	2:46.01	3:37.76
AFGEM Laurens Klein Breteler	WWV	3:23.64	5400109					

Masters 60+

1. Joop Draaisma	DZ&PC	3:24.19	4600155	3:25.05	44.41	1:36.50	2:31.36	3:25.05
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Masters 65+

1. Rob Hanou	PSV	3:15.87	4300109	3:14.68	43.21	1:32.19	2:24.37	3:14.68
<i>Kampioenschapsrecord</i>								
2. Ruud Sloof	De Rijn	3:38.51	4400073	3:33.48	47.00	1:40.45	2:36.67	3:33.48
3. Nico Baay	Old Dutch	3:26.42	4200053	3:34.78	48.84	1:43.73	2:40.12	3:34.78

Programmanr. 37, Heren, 200m schoolslag

Masters 75+

1. Georges Verhelst Roeselaarse Zwemvereniging 3:59.27 RZV/160/31 **4:10.07** 54.73 1:57.28 3:03.46 4:10.07

Masters 70+

1. Jan Eichhorn Haerlem'04 (SG) 3:54.97 3700015 **3:57.69** 52.69 1:52.47 2:54.76 3:57.69
2. Gregor Pompen Aqua-Novio'94 4:07.25 3700021 **4:02.65** 55.03 1:55.94 2:59.51 4:02.65

Programmanr. 38
24.01.2010 - 14:42

Dames, 200m schoolslag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd	startnr.	tijd	50m	100m	150m	200m
Masters 20+								
1. Karin van Dijk	HZ&PC Heerenveen	2:54.45	8600850	2:50.82	38.82	1:22.57	2:07.18	2:50.82
2. Susanne van der Linden	DIO	2:51.43	8802736	2:54.29	39.44	1:23.52	2:08.35	2:54.29
3. Anne Duijst	De Amer	3:00.89	8901030	2:59.86	41.05	1:26.65	2:13.44	2:59.86
4. Iris Barendregt	Van Vliet-Barracuda	3:02.80	8600172	2:59.87	40.75	1:26.30	2:12.39	2:59.87
5. Maaike de Boer	De Duinkickers	3:02.61	9000362	3:02.36	41.64	1:28.60	2:15.79	3:02.36
6. Geertje Scharp	ZPCH	3:02.18	8603136	3:04.47	41.20	1:27.81	2:16.35	3:04.47
7. Esther van Maastrigt	Montferland	3:02.51	8802836	3:06.22	41.97	1:29.64	2:18.11	3:06.22
8. Sunanda van Heteren	PCG	3:08.80	8901728	3:15.06	44.79	1:35.17	2:25.81	3:15.06
Masters 25+								
1. Gitte Kop Jansen	Van Vliet-Barracuda	3:04.76	8200914	3:08.67	44.41	1:31.87	2:20.36	3:08.67
2. Lillian van Doorn	Van Vliet-Barracuda	3:35.70	8500708	3:23.55	44.10	1:33.96	2:27.86	3:23.55
3. Renee de Kok	PSV	3:33.12	8403350	3:25.28	46.12	1:39.38	2:33.36	3:25.28
Masters 30+								
1. Elvira Jonkers	De Pinquin	2:54.80	7900420	2:56.31	40.10	1:25.14	2:10.82	2:56.31
2. Peggy Loffeld	KZPC	2:57.28	7700468	3:00.58	40.83	1:26.31	2:12.97	3:00.58
3. Yvonne Gerritsen	DES	3:01.57	8000342	3:06.50	41.03	1:28.92	2:18.50	3:06.50
4. Marian Nederlof	DWF	3:27.33	7600950	3:35.22	47.27	1:40.36	2:36.89	3:35.22
Masters 35+								
1. Karin Stein	Vlaardingen	2:52.61	7100554	2:57.65	41.25	1:26.37	2:11.79	2:57.65
Masters 40+								
1. Annette Wijnja-Visser	De Biesboschzwemmers	2:59.50	6700528	2:58.79	40.07	1:25.51	2:12.15	2:58.79
<i>Nederlands Masters Record</i>								
2. F. Heijdeman-Duran	AZ&PC	3:00.65	6900222	3:06.54	43.55	1:31.18	2:18.35	3:06.54
3. Karin van den Heuvel	AquAmigos	3:11.84	6600188	3:17.02	45.21	1:35.21	2:25.78	3:17.02
Masters 45+								
1. Friderika Kerekes	AZ&PC	3:39.21	6500540	3:38.19	47.95	1:43.65	2:39.98	3:38.19
2. Ina van Beusekom	Van Vliet-Barracuda	3:48.44	6400480	3:39.36	49.46	1:45.85	2:42.93	3:39.36
Masters 50+								
1. Patty Verhagen	AquAmigos	3:24.10	5900146	3:24.18	47.61	1:39.40	2:32.00	3:24.18
2. Marijke van Hoek	De Stormvogel	3:27.60	5800050	3:27.16	46.21	1:39.14	2:34.12	3:27.16

Programmanr. 38, Dames, 200m schoolslag

Masters 55+

1. Margriet Pasma	Ten Boer	3:34.72	5500088	3:40.82	50.51	1:46.52	2:43.48	3:40.82
2. Tineke van Diggelen	Oceanus	4:01.66	5200048	3:58.70	54.47	1:55.10	2:57.65	3:58.70
3. Nini van Dongen	De Lansingh	4:48.66	5100044	4:49.69	1:02.61	2:17.13	3:33.01	4:49.69
DIS Mieke van der Fluit	SBC2000	3:27.83	5400012					AA

Masters 65+

1. Matty van der Veen	Old Dutch	3:59.98	4400020	3:55.80	54.49	1:55.91	2:56.63	3:55.80
<i>Nederlands Masters Record</i>								
2. Liesbeth ter Laak	Katwijk	5:03.46	4200008	5:03.10	1:09.51	2:26.24	3:45.68	5:03.10

Masters 70+

1. Tineke de Bueger	Old Dutch	4:29.34	3700010	4:38.95	1:04.69	2:15.15	3:27.67	4:38.95
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Programmanr. 39
24.01.2010 - 15:05

Heren, 4 x 50m vrije slag

Masters Open
Resultaten

rang	vereniging	inschrijftijd		tijd
80+				
1.	ZOB'66 1	ZOB'66	1:48.28	1:50.22
	Harmen Reemst	87	30.50	Ruben Stolk
	Roderik Meijers	86	25.58	Nol van Thull
				90
				80
				27.84
				26.30
DIS	Wave 1	Wave	1:51.76	EA
	<i>2e zwemmer te vroeg overgenomen</i>			
	Rutger Stottelaar	90	26.69	Lennart Middel
	Willem Jacobs	87		Victor den Heijer
				85
				83
100+				
1.	Vlaardingen 1	Vlaardingen	1:40.23	1:40.98
	<i>Kampioenschapsrecord</i>			
	Ralf van der Poel	84	26.60	Bas van den Nouwelant
	Finn van der Bas	84	24.73	Paul Brinkman
				80
				84
				24.83
				24.82
2.	WZK Zwemmen 1	WZK Zwemmen	1:47.30	1:47.27
	Evert Bregman	62	27.83	Alex Vermeulen
	Joey Roos	90	26.65	Maarten de Geus
				89
				83
				26.52
				26.27
NG	Van Vliet-Barracuda 1	Van Vliet-Barracuda	1:45.71	
	Mark Hensen, Emiel Ghali, Thommy Nickel, Christian Houkes			
120+				
1.	De Zijl/LGB 1	De Zijl/LGB	1:44.88	1:44.58
	Dirkjan Beugelsdijk	81	26.39	Alexander Hulleman
	Dirk Hoek	82	25.99	Robin Sprinkhuizen
				83
				74
				26.84
				25.36
2.	ZV Westland Dijkglas 1	ZV Westland Dijkglas	1:48.74	1:47.64
	Theo Vlaardingerbroek	79	26.97	Ronald Koeckhoven
	Marcel Eikelenboom	72	27.86	Ruben van Erven
				81
				81
				26.08
				26.73
3.	De Schelde 1	De Schelde	1:48.52	1:47.90
	Marco de Bat	71	29.66	Tommy van Overmeeren
	José de Pooter	69	27.56	Cees van Houwelingen
				84
				63
				25.87
				24.81
DIS	Zwemlust-den Hommel 1	Zwemlust-den Hommel	2:00.12	AA
	Berry Beuving, Marco Verheijen, Marco Rietveld, Machiel Stolk			
AFGEM	Zignea 1	Zignea	2:00.00	
	Fred van de Meeberg, Heiner Stevens, Bert Popma, Mark Dieleman			
NG	De Duck 1	De Duck	1:53.43	
	Marco Monster, Gertjan v.d. Knaap, Michel Hoek, Erik Saan			

Programmanr. 39, Heren, 4 x 50m vrije slag

160+

DIS	OEZA 1 Dirk Crok, Martijn Bokelaar, Gé Vink, Eric Tijms	OEZA	2:18.83	AA
AFGEM	Zoetermeer 1 Andre Storm, Marcel van Lochem, John Stoffer, Roger Flinterman	Zoetermeer	1:53.49	

200+

1.	PSV 1 Joop Ariaens Rob Hanou	PSV	1:54.73	1:57.52
		59 28.06 43 34.36	Harold Matla Kees-Jan van Overbeeke	68 28.08 62 27.02

Programmanr. 40
24.01.2010 - 15:14

Dames, 4 x 50m vrije slag

Masters Open
Resultaten

rang	vereniging	inschrijftijd	tijd	
80+				
1.	Van Vliet-Barracuda 1 Petra de Groot Lillian van Doorn	Van Vliet-Barracuda 87 28.70 85 32.93	1:57.12 Esther Versteeg Iris Barendregt 83 31.50 86 29.00	2:02.13
100+				
1.	Vlaardingen 1 Nadya Putter Karin Stein	Vlaardingen 83 29.88 71 32.10	1:57.79 Diana Dijkstra Natalie van der Hoeven 86 35.05 89 28.34	2:05.37
120+				
1.	DES 1 Trudie van Niejenhuis Jolika Csibra	DES 71 30.81 76 30.61	2:01.64 Yvonne Gerritsen Chantal Enkoroma Coffie 80 31.19 87 29.42	2:02.03
2.	Zoetermeer 1 Fleur Maas Carolien Maas	Zoetermeer 89 32.10 57 36.41	2:10.91 Carin Grondel-Bos Sanne van Dijk 82 33.84 90 29.72	2:12.07
3.	HZ&PC Heerenveen 1 Miranda Mud Alie Visser	HZ&PC Heerenveen 82 33.94 64 38.16	2:29.08 Pia van der Molen Paulien v.d Molen 60 34.14 90 37.16	2:23.40
NG	Van Vliet-Barracuda 2 Linda de Groot, Lillian van Doorn, Ina van Beusekom, Simone Stapels	Van Vliet-Barracuda	2:14.01	
160+				
1.	AZ&PC 1 <i>Kampioenschapsrecord</i> Marja Bloemzaad Petra Frowijn	AZ&PC 61 29.32 66 29.06	1:57.70 Atie Pijtak-Radersma Lidia v. Bon 56 29.64 70 28.76	1:56.78
2.	Oceanus 1 Margriet Grove Laura Staal	Oceanus 62 32.13 67 31.14	2:15.36 Tineke van Diggelen Annette de Visser 52 41.02 71 30.92	2:15.21
3.	AZ&PC 2 Françoise Heijdeman-Duran Helma Koot	AZ&PC 69 34.33 76 32.24	2:19.50 Conny v. Velden Friderika Kerekes 65 37.53 65 33.72	2:17.82
200+				
1.	PSV 1 Annie Smits Liselotte Joling	PSV 46 41.17 75 31.71	2:23.27 Lottie Geurts Renee de Kok 35 38.44 84 32.26	2:23.58

Programmanr. 41
24.01.2010 - 15:31

Heren, 50m rugslag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd
Masters 20+					
1.	Alex Vermeulen	WZK Zwemmen	29.74	8905811	29.98
2.	Martijn Dolk	MNC Dordrecht	29.34	8900737	30.00
3.	Emiel Ghali	Van Vliet-Barracuda	31.53	8701019	31.28
4.	Roderik Meijers	ZOB'66	31.43	8602063	31.50
5.	Dick Kampman	De Amer	31.44	8801789	31.95
6.	Sven van Zanten	De Duinkickers	32.01	9003405	32.58 *
7.	Niels Albrechts	De Schotejil	31.97	8800039	32.84
8.	Herman van Dijk	HZ&PC Heerenveen	33.41	8900691	34.13
Masters 25+					
1.	Merijn Ellenkamp <i>Nederlands Masters Record</i>	DWK	26.91	8500691	26.03
2.	Victor den Heijer	Wave	29.22	8300867	29.11
3.	Martijn Giezen	Montferland	28.34	8500813	29.26
4.	Bart Gorissen	KZPC	30.59	8300755	29.61
5.	Thommy Nickel	Van Vliet-Barracuda	30.10	8401627	30.58
6.	Leander Noordijk	De Schotejil	30.51	8101221	30.92
7.	Albert van Piekeren	Octopus	29.76	8401767	30.97
8.	Tommy van Overmeeren	De Schelde	30.33	8402887	31.04
9.	Marcel Reefhuis	De Veene	30.30	8101381	31.23
10.	Ruben van Erven	ZV Westland Dijkglas	31.69	8100469	31.44
11.	Mike Hereijgers	De Futen	30.35	8501007	31.97
Masters 30+					
1.	Ivo Roozeboom <i>Kampioenschapsrecord</i>	DES	29.40	7700801	29.21
2.	Erik Kusters	Dedemsvaart-AC	29.80	8000837	29.63
3.	Mark Hensen	Van Vliet-Barracuda	29.91	7900497	30.31
4.	Pieter Ponne	HZ&PC Heerenveen	33.17	7600749	33.32
5.	Gino Martijn	RZ	34.51	7901865	34.54
6.	Marco Monster	De Duck	39.60	7801637	38.20
Masters 35+					
1.	Robin Sprinkhuizen	De Zijl/LGB	30.00	7400767	29.28
2.	Marcel van Winssen	De Gelenberg	33.20	7101477	31.14
3.	Johan Vente	D'Elft	30.66	7201255	31.83
4.	Gertjan v.d. Knaap	De Duck	34.01	7300459	34.44
5.	Heiner Stevens	Zignea	36.04	7201299	36.58
6.	Dennis van Markesteijn	Olympia	37.63	7201333	38.78
Masters 40+					
1.	Alexander Willemsen	LZ 1886	31.58	7001115	31.50
2.	Arjon de Bok	De Biesboschzwemmers	30.46	6900125	32.09
3.	Fred van de Meeberg	Zignea	33.27	6601279	33.79
4.	Gerard Da Deppo	DBD	37.24	7001509	35.65
NG	Michel Hoek	De Duck	36.09	7001431	
Masters 45+					
1.	Evert Bregman	WZK Zwemmen	33.91	6200089	31.36
2.	Fred Heemstra	DAW-FINENZO	32.71	6500357	32.38
3.	Peter Fölker	Aqua-Novio'94	33.88	6401021	35.12
4.	Bart van Calker	WS Twente	38.98	6100067	38.63
AFGEM	Bert Popma	Zignea	34.83	6401147	

Programmanr. 41, Heren, 50m rugslag

Masters 50+

1.	Hugo Bregman <i>Nederlands Masters Record</i>	WVZ	30.00	5800069	29.81
2.	Albert Boonstra	Aqua-Novio'94	30.22	5700425	30.26
3.	Joop Ariaens	PSV	33.15	5900747	32.74
4.	Andre Storm	Zoetermeer	33.40	5600407	33.45
5.	Peter de Lange	De Stormvogel	34.37	6000933	34.94
6.	Wim de Lange	Electrolux AZC	36.58	5800533	36.56
7.	André Schutte	De Stormvogel	35.78	6000521	36.72
8.	Paul Bunnik	Triton	36.92	5600413	38.43
9.	Emiel van Elderen	Vlaardingen	40.76	5600383	39.19
10.	Herbert Katgert	WS Twente	47.82	5900739	47.02

Masters 55+

1.	Hans Piederiet	Numansdorp	33.36	5400177	32.71
2.	Brend Brevé	PSV	32.61	5200265	33.64

Masters 65+

1.	Nico Baay	Old Dutch	50.99	4200053	51.41
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Masters 70+

1.	Frans van Enst <i>Nederlands Masters Record</i>	WS Twente	38.02	4000011	37.32
2.	Jan Eichhorn	Haerlem'04 (SG)	45.47	3700015	47.17

Programmanr. 42
24.01.2010 - 15:45

Dames, 50m rugslag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd
Masters 20+					
1.	Natalie van der Hoeven	Vlaardingen	32.98	8901786	33.58
2.	Petra de Groot	Van Vliet-Barracuda	32.93	8701420	33.61
3.	Chantal Enkoroma Coffie	DES	33.99	8701142	34.12
4.	Carly Noordermeer	ZOB'66	33.88	8702984	34.76
5.	Sunanda van Heteren	PCG	36.90	8901728	35.09
6.	Esther van Maastrigt	Montferland	35.67	8802836	35.62
7.	Maaïke de Boer	De Duinkickers	35.44	9000362	36.16
8.	Eline Schoenmaker	De Duinkickers	34.91	9003322	36.98
9.	Renske Eilers	De Amer	37.32	8806072	37.92
10.	Whitley Rens	De Schotejil	37.21	9007520	38.28
11.	Eveline van Avezaath	TRB-RES	38.93	8700108	39.04

Masters 25+

1.	Roos van Esch	TRB-RES	33.92	8200468	33.45
2.	Sabrina Ampere-Boekhout	De Biesboschzwemmers	37.73	8100120	36.81
3.	Sandra Zwaanswijk	Aquarius	38.50	8503934	36.97
4.	Linda de Groot	Van Vliet-Barracuda	38.53	8200570	39.86
5.	Carin Grondel-Bos	Zoetermeer	40.62	8202346	40.07

Masters 30+

1.	Francijna de Kooter	De Biesboschzwemmers	34.81	8000634	34.45
2.	Helena Jongema	OEZA	35.08	8000550	35.95
3.	Petra Verstegen	WVZ	37.15	7700906	37.21
4.	Babette Rens	Dedemsvaart-AC	38.72	7801200	37.82
DIS	Jolika Csibra	DES	38.05	7600838	38.69 RD

Programmanr. 42, Dames, 50m rugslag

Masters 35+

1.	Geraldine Trainor	De Duck	36.06	7500544	36.57
2.	Henriëtte Manting	GZVW	37.74	7100246	38.22
3.	Dianne Nien	RZ	42.85	7100452	41.34
DIS	Trudie van Niejenhuis	DES	35.76	7100444	AA

Masters 40+

1.	Lidia v. Bon	AZ&PC	33.64	7000054	34.57
	<i>Kampioenschapsrecord</i>				
2.	Laura Staal	Oceanus	36.15	6700358	36.10
3.	Hanny Rotteveel	Zignea	37.80	6600538	38.04

Masters 45+

1.	Jacqueline Rolloos	De Lansingh	38.39	6300222	37.76
2.	Alie Visser	HZ&PC Heerenveen	43.26	6400494	45.01

Masters 50+

1.	Julia Moh Klaren	Apsap Ville De Paris	37.43	922540	36.50
	<i>Kampioenschapsrecord</i>				
2.	Mathilde Vink	Swol 1894	38.72	5800128	38.50
3.	Pia van der Molen	HZ&PC Heerenveen	40.84	6000116	40.64
4.	Inge Wolfs	PLONS	41.42	6000304	41.08
5.	Marijke Kraak	WS Twente	40.20	6000240	42.03

Masters 55+

1.	Ineke Meijer	HZ&PC Heerenveen	47.00	5200034	45.79
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Masters 60+

1.	Marja van der Meer	Neptunus	48.89	4700014	46.42
2.	Antoinette Gilding-Tussaud	WS Twente	46.59	5000038	47.14

Masters 65+

1.	Loekie v. Huissteden	AZ&PC	52.61	4500002	55.11
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Masters 75+

1.	Annie de Vos	Old Dutch	1:01.85	3400004	1:00.18
	<i>Kampioenschapsrecord</i>				

Masters 70+

1.	Tineke de Bueger	Old Dutch	1:00.51	3700010	1:01.00
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Masters 85+

1.	Gre Schonberger-de Hooge	ZPB H&L Productions	1:15.37	2100004	1:14.12 *
	<i>Nederlands Masters Record</i>				

Programmanr. 43
24.01.2010 - 15:57

Heren, 100m vrije slag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd	startnr.	tijd	50m	100m
Masters 20+						
1. Jasper Groot helm	DBD	53.72	9005735	54.29	25.75	54.29
2. Marc Catsburg	MNC Dordrecht	55.27	9000533	55.41	26.56	55.41
3. Martijn Dolk	MNC Dordrecht	54.85	8900737	56.13	27.39	56.13
4. Tim Bunnik	Triton	58.34	9000505	57.79	27.84	57.79
5. Martijn van Hoorn	De Schotejil	59.36	8901343	58.20	27.71	58.20
6. Emiel Ghali	Van Vliet-Barracuda	56.77	8701019	58.26	27.47	58.26
7. Rutger Dalm	De Lansingh	57.62	9005561	58.79	28.73	58.79
8. Joey Roos	WZK Zwemmen	1:01.38	9006399	1:00.12	28.52	1:00.12
9. Niels Albrechts	De Schotejil	58.96	8800039	1:00.73	29.29	1:00.73
10. Remko Hooft	De Duinkickers	59.51	8701405	1:01.08	28.67	1:01.08
11. Ruben Stolk	ZOB'66	1:01.93	9005665	1:01.21	29.10	1:01.21
12. Dick Kampman	De Amer	1:00.65	8801789	1:01.51	29.09	1:01.51
13. Leander van Diggelen	ZPCH	1:02.97	8800763	1:03.38	29.88	1:03.38
14. Sven van Zanten	De Duinkickers	1:01.02	9003405	1:07.16	30.31	1:07.16
15. Herman van Dijk	HZ&PC Heerenveen	1:01.76	8900691	1:07.91	32.85	1:07.91
16. Willem Jacobs	Wave	1:11.26	8705037	1:09.74	33.21	1:09.74
NG.ZA Nico van den Beukel	ZV Westland Dijkglas	56.38	8900227			
Masters 25+						
1. Erik Schröder	TriVia	55.70	8402025	54.47	26.42	54.47
2. Gerben Bontekoe	DWK	55.58	8102009	56.64	27.47	56.64
3. Mike Hereijgers	De Futen	55.23	8501007	57.06	26.99	57.06
4. Maarten de Geus	WZK Zwemmen	58.12	8300737	57.66 *	28.17	57.66
5. Dirk Hoek	De Zijl/LGB	55.43	8202445	57.73	27.63	57.73
6. Ralf van der Poel	Vlaardingen	1:00.02	8401783	57.90	27.79	57.90
7. Leander Noordijk	De Schotejil	57.38	8101221	58.04	28.22	58.04
8. Thommy Nickel	Van Vliet-Barracuda	55.55	8401627	58.33	28.27	58.33
9. Ronald Koeckhoven	ZV Westland Dijkglas	56.82	8102017	58.56	27.96	58.56
10. Martijn Giezen	Montferland	57.26	8500813	58.60	27.76	58.60
11. Dirkjan Beugelsdijk	De Zijl/LGB	56.56	8100123	58.84	28.45	58.84
12. Lennart Middel	Wave	1:00.19	8503723	59.17	28.08	59.17
13. Marcel Reefhuis	De Veene	59.13	8101381	59.52	28.47	59.52
14. Binne Veenstra	HZ&PC Heerenveen	1:00.70	8302155	1:01.67	29.86	1:01.67
Masters 30+						
1. Nol van Thull	ZOB'66	52.77	8001513	54.27	26.51	54.27
<i>Kampioenschapsrecord</i>						
2. Mark Hensen	Van Vliet-Barracuda	53.51	7900497	56.08	26.82	56.08
3. Ivo Roozeboom	DES	55.59	7700801	56.09	27.26	56.09
4. Bas van den Nouweland	Vlaardingen	58.32	8001103	57.41	27.93	57.41
5. Ralf Peters	KZPC	57.78	7600737	58.68	27.44	58.68
6. Erwin Buist	AZ&PC	57.10	7800183	59.04	28.18	59.04
7. Stan Dekker	PLONS	58.09	7901823	59.26	28.44	59.26
8. Dennis van Steenberg	Vlaardingen	59.81	7800999	59.34	28.41	59.34
9. Theo Vlaardingerbroek	ZV Westland Dijkglas	58.68	7901307	1:00.09	28.37	1:00.09
10. Freddie Geerlings	NIMO	57.91	7900379	1:00.73	28.23	1:00.73
11. Vincent Bastin	CHTHN	1:00.25	CHTHN/342/77	1:01.02	28.70	1:01.02
12. Marco Rietveld	Zwemlust-den Hommel	1:01.10	7601455	1:01.38	28.62	1:01.38
13. Roger Flinterman	Zoetermeer	1:00.07	7601261	1:02.47	29.02	1:02.47
14. Jeroen Vogelsang	Het Y	59.85	8001645	1:03.29	30.02	1:03.29
15. Gino Martijn	RZ	1:03.00	7901865	1:04.63	31.46	1:04.63
<i>De 50 m. tussentijd is een back-up tijd.</i>						
16. Berry Beuving	Zwemlust-den Hommel	1:04.35	7701497	1:04.80	31.40	1:04.80

Programmanr. 43, Heren, 100m vrije slag

Masters 35+

1. Harry Cornet	De Biesboschzwemmers	55.93	7100175	56.11	26.48	56.11
2. Agnus Gerringa	DWK	55.48	7100285	56.46	26.71	56.46
3. Robin Sprinkhuizen	De Zijl/LGB	55.48	7400767	57.26	27.55	57.26
4. Marcel van Winssen	De Gelenberg	59.26	7101477	57.61	27.23	57.61
5. Machiel Stolk	Zwemlust-den Hommel	59.65	7400779	1:00.29	28.78	1:00.29
6. Oscar van Holsteyn	AquAmigos	56.78	7100373	1:00.35	28.25	1:00.35
7. Johan Vente	D'Elft	1:00.36	7201255	1:01.11	29.03	1:01.11
<i>De 50 m. tussentijd is een back-up tijd.</i>						
8. Marcel Eikelenboom	ZV Westland Dijkglas	1:03.60	7200259	1:01.38	29.27	1:01.38
9. Sander Korving	LAC	1:02.48	7300495	1:03.54	30.44	1:03.54
10. Wibo Mooibroek	WZ&PC Purmerend	1:04.54	7401339	1:04.71	31.14	1:04.71
11. Marco de Bat	De Schelde	1:08.99	7101467	1:08.20	31.68	1:08.20
12. Marco Verheijen	Zwemlust-den Hommel	1:14.64	7401329	1:16.22	36.12	1:16.22

Masters 40+

1. Geert Wijn	De Gelenberg	56.86	6701101	56.11	27.03	56.11
2. Kees Akershoek	De Stelle	59.67	6900009	59.29	28.38	59.29
3. Arjen Kervezee	Het Y	1:00.10	7000563	1:00.41	28.86	1:00.41
4. Frank Reimert	Haerlem'04 (SG)	1:08.00	6900811	1:00.64	29.14	1:00.64
5. Rene de Jong	Vlaardingen	1:08.70	6600351	1:02.53	28.99	1:02.53
6. José de Pooter	De Schelde	1:03.30	6900797	1:02.86	28.63	1:02.86
7. Paul de Boer	De Amer	1:03.29	6801413	1:03.75	29.23	1:03.75
8. Sander van den Berg	WS Twente	1:04.86	6801357	1:06.83	30.73	1:06.83
9. Sander Nieuwenhuys	De Fuut	1:12.36	6801423	1:09.18	33.47	1:09.18
10. Marco van der Werf	Zignea	1:31.88	6901513	1:28.99	41.87	1:28.99
NG Michel Hoek	De Duck	1:04.30	7001431			
NG Vincent van Duyvenbode	LZ 1886	1:00.94	6701393			

Masters 45+

1. Cees van Houwelingen	De Schelde	55.92	6300351	54.56	26.32	54.56
<i>Nederlands Masters Record</i>						
2. Rene de Boer	DAW-FINENZO	59.60	6400087	1:00.20	29.03	1:00.20
3. Ronald Grove	Oceanus	59.32	6100161	1:00.70	28.45	1:00.70
4. Phil Trethewie	Old Dutch	1:00.08	6501315	1:01.31	28.78	1:01.31
5. Robert Vink	WWV	1:01.15	6301075	1:02.52	30.16	1:02.52
6. Peter Fölker	Aqua-Novio'94	1:02.82	6401021	1:03.68	30.46	1:03.68
<i>De 50 m. tussentijd is een back-up tijd.</i>						
7. Theo Bakker	TriVia	1:04.76	6401231	1:04.45	30.92	1:04.45
8. Ralph Caster	RZ	1:05.61	6100069	1:06.52	32.15	1:06.52
9. Erik Saan	De Duck	1:05.65	6500769	1:06.67	30.92	1:06.67
10. Jack Barends	WS Twente	1:08.78	6201011	1:07.38	32.25	1:07.38
11. Eric Tijms	OEZA	1:14.88	6401125	1:16.25	35.99	1:16.25
NG.ZA Dmitry Kromskiy	Poseidon	57.89	61krom			

Masters 50+

1. Albert Boonstra	Aqua-Novio'94	58.17	5700425	59.65	29.01	59.65
2. Ralph Kras	De Zeeschuimers	1:03.71	5800599	1:02.92	30.36	1:02.92
3. Mark Eligh	Old Dutch	1:06.79	5700497	1:05.88	31.45	1:05.88
4. Willem Zwiers	AquAmigos	1:04.42	5800505	1:06.14	32.16	1:06.14
5. Hans Groothelm	DBD	1:07.31	5800151	1:06.45	31.37	1:06.45
6. Wim de Lange	Electrolux AZC	1:07.03	5800533	1:06.92	32.09	1:06.92
7. John Dam	Zignea	1:08.60	6000915	1:11.57	34.78	1:11.57
8. Jan Willem Heuten	WS Twente	1:14.73	6000883	1:14.05	35.35	1:14.05
9. Gé Vink	OEZA	1:27.62	6000893	1:25.63	39.76	1:25.63
10. Jan Glorie	OEZA	1:44.57	5700513	1:48.64	48.78	1:48.64
NG.ZA Dirk Crok	OEZA	1:16.24	5800547			
NG Rudolf Meijer	De Amer	1:09.06	6000995			

Programmanr. 43, Heren, 100m vrije slag

Masters 55+

1. Brend Brevé	PSV	1:04.05	5200265	1:04.74	32.09	1:04.74
2. Hugo Staudt	WS Twente	1:12.41	5300253	1:10.44	34.38	1:10.44
3. Richard Catoire	Oceanus	1:20.09	5200253	1:17.97 *	36.61	1:17.97
AFGEM Laurens Klein Breteler	WWV	1:19.47	5400109			

Masters 60+

1. Joop Draaisma	DZ&PC	1:14.24	4600155	1:15.21	35.71	1:15.21
2. Joop van Eijk	PLONS	1:14.41	4700025	1:15.29	36.36	1:15.29

Masters 65+

1. Ruud Sloof	De Rijn	1:20.66	4400073	1:19.88 *	37.14	1:19.88
2. Nico Baay	Old Dutch	1:34.28	4200053	1:41.98 *	47.58	1:41.98

Masters 70+

1. Nico Geers	Z&PC De Gouwe	1:11.07	3800007	1:14.82	36.50	1:14.82
2. Gregor Pompen	Aqua-Novio'94	1:23.86	3700021	1:23.44 *	39.77	1:23.44
3. Wim ter Laak	Katwijk	1:45.10	4000027	1:49.16 *	50.87	1:49.16

Programmanr. 44
24.01.2010 - 16:32

Dames, 100m vrije slag

Masters Open
Resultaten

rang naam	vereniging	inschrijftijd	startnr.	tijd	50m	100m
Masters 20+						
1. Jolanda Post	DIO	59.42	9004848	59.45	28.98	59.45
2. Petra de Groot	Van Vliet-Barracuda	59.35	8701420	1:00.54	29.57	1:00.54
3. Iris Barendregt	Van Vliet-Barracuda	1:02.63	8600172	1:02.45	30.79	1:02.45
4. Natalie van der Hoeven	Vlaardingen	1:00.64	8901786	1:02.84	29.72	1:02.84
5. Annelette de Vries	De Veene	1:02.01	8603908	1:03.27	30.15	1:03.27
6. Chantal Enkoroma Coffie	DES	1:03.30	8701142	1:04.36	31.29	1:04.36
7. Anne Duijst	De Amer	1:04.62	8901030	1:05.15	31.60	1:05.15
8. Sanne van Dijk	Zoetermeer	1:08.18	9000818	1:06.92	31.38	1:06.92
9. Miriam Visserman	Octopus	1:06.42	8704364	1:07.71	32.71	1:07.71
10. Henrike de Vries	De Veene	1:07.98	8904490	1:08.26	32.75	1:08.26
11. Susanne van der Linden	DIO	1:06.54	8802736	1:08.30	32.79	1:08.30
12. Ingrid den Ouden	De Amer	1:06.39	8703058	1:08.91	33.11	1:08.91
13. Laura Visserman	De Amer	1:10.59	8704362	1:10.98	34.61	1:10.98
14. Fleur Maas	Zoetermeer	1:12.16	8902768	1:13.67	34.61	1:13.67
15. Eline Schoenmaker	De Duinkickers	1:10.70	9003322	1:14.48	36.41	1:14.48
16. Renske Eilers	De Amer	1:09.83	8806072	1:15.36	35.50	1:15.36
17. Chantal van Kranenburg	Aquarius	1:15.62	8604528	1:16.00	35.65	1:16.00
18. Eveline van Avezaath	TRB-RES	1:18.13	8700108	1:17.94	36.54	1:17.94
19. Annebeth van Ark	Octopus	1:14.42	8805588	1:19.98	38.35	1:19.98

Masters 25+

1. Pauline Gouwens	De Otters Het Gooi	56.94	8400790	58.04	28.11	58.04
<i>Nederlands Masters Record</i>						
2. Nadya Putter	Vlaardingen	1:02.42	8301630	1:03.77	30.98	1:03.77
3. Joana Carneiro	D'Elft	1:03.98	8202256	1:04.03	30.94	1:04.03
4. Mirjam Belderbos	Zwemvereniging Utrecht	1:07.22	8300128	1:06.43	32.03	1:06.43
5. Esther Versteeg	Van Vliet-Barracuda	1:06.87	8302112	1:06.89	32.27	1:06.89
6. Linda Hoogendam	D'Elft	1:05.25	8300892	1:06.92	32.33	1:06.92
7. Pauline Tieleman	De Geul	1:09.50	8403348	1:07.11	31.84	1:07.11
8. Sandra Zwaanswijk	Aquarius	1:06.08	8503934	1:07.27	32.48	1:07.27
9. Gitte Kop Jansen	Van Vliet-Barracuda	1:06.51	8200914	1:08.58	33.16	1:08.58
10. Annette Vogelsang	ZV De Bron	1:11.19	8402632	1:09.46	32.85	1:09.46

Programmanr. 44, Dames, 100m vrije slag, Masters 25+

rang naam	vereniging	inschrijftijd	startnr.	tijd	50m	100m
11. Andrea van Leeuwen	De Zijl/LGB	1:09.30	8100904	1:09.72	32.35	1:09.72
<i>De 50m tussentijd is een back-up tijd.</i>						
12. Lillian van Doorn	Van Vliet-Barracuda	1:09.86	8500708	1:12.29	34.38	1:12.29
13. Miranda Mud	HZ&PC Heerenveen	1:15.71	8201156	1:14.70	35.60	1:14.70
14. Esther Beerling	Triton	1:14.79	8400120	1:16.10	36.39	1:16.10
15. Linda de Groot	Van Vliet-Barracuda	1:14.74	8200570	1:17.62	36.65	1:17.62

Masters 30+

1. Anke Lambooij	AZL	1:00.64	8001182	1:01.77	29.45	1:01.77
2. Emerentia Knebel	KZPC	1:04.79	7600322	1:05.30	31.68	1:05.30
3. Katinka van Dongen	De Devel	1:06.53	7700190	1:05.58	31.82	1:05.58
4. Peggy Loffeld	KZPC	1:06.90	7700468	1:07.43	32.58	1:07.43
5. Jolika Csibra	DES	1:10.22	7600838	1:10.36	33.26	1:10.36
6. Petra Verstegen	WVZ	1:10.03	7700906	1:11.24	33.70	1:11.24
7. Babette Rens	Dedemsvaart-AC	1:16.80	7801200	1:14.72	36.06	1:14.72
8. Mirjam Kalksma	HZ&PC Heerenveen	1:14.02	7701056	1:20.64	36.48	1:20.64
DIS Alana Miles	KZPC	1:05.78	8001626			AA

Masters 35+

1. Annette de Visser	Oceanus	1:07.27	7100602	1:06.81	32.21	1:06.81
2. Geraldine Trainor	De Duck	1:07.29	7500544	1:07.56	32.20	1:07.56
3. Trudie van Niejenhuis	DES	1:09.34	7100444	1:08.25	34.00	1:08.25
4. Dianne Nien	RZ	1:08.47	7100452	1:08.41	32.88	1:08.41
5. Tony de Groot	De Futen	1:09.67	7300758	1:08.56	32.85	1:08.56
6. Henriëtte Manting	GZVW	1:10.12	7100246	1:13.27	35.19	1:13.27

Masters 40+

1. Lidia v. Bon	AZ&PC	1:04.07	7000054	1:04.85	31.05	1:04.85
2. Petra Frowijn	AZ&PC	1:04.50	6600098	1:05.01	30.92	1:05.01
3. Annette Wijnja-Visser	De Biesboschzwemmers	1:07.15	6700528	1:07.58	32.46	1:07.58
4. Ilonka van Doren	Aqua'68	1:07.29	6900824	1:08.05	32.71	1:08.05
5. Susanne van Hooven	De Schotejil	1:13.39	6800752	1:12.73	34.47	1:12.73
6. Françoise Heijdeman-Duran	AZ&PC	1:16.06	6900222	1:13.82	36.00	1:13.82
7. Esther Mijnen	WZ&PC Purmerend	1:16.95	6900846	1:15.15	36.04	1:15.15
8. Kristien Van De Moortel	Shark	1:17.30	SHARK/315/69	1:17.92	36.65	1:17.92
9. Hetty Smalheer	SCOM	1:22.50	6700352	1:18.80	37.14	1:18.80

Masters 45+

1. Marja Bloemzaad	AZ&PC	1:13.29	6100014	1:05.37	31.13	1:05.37
2. Friderika Kerekes	AZ&PC	1:16.99	6500540	1:20.03	38.21	1:20.03

Masters 50+

1. Atie Pijtak-Radersma	AZ&PC	1:04.52	5600048	1:05.75	32.21	1:05.75
2. Patty Verhagen	AquAmigos	1:10.91	5900146	1:13.07	35.67	1:13.07
3. Mathilde Vink	Swol 1894	1:10.98	5800128	1:13.41	36.02	1:13.41
4. Marijke van Hoek	De Stormvogel	1:15.18	5800050	1:14.33	35.12	1:14.33
5. Susan Lipsey	LZ 1886	1:15.11	5700156	1:14.81	35.43	1:14.81
6. Marijke Kraak	WS Twente	1:13.88	6000240	1:17.47	37.41	1:17.47
7. Pia van der Molen	HZ&PC Heerenveen	1:20.40	6000116	1:18.82	37.10	1:18.82
8. Carolien Maas	Zoetermeer	1:25.15	5700130	1:23.28	39.73	1:23.28
AFGEM Julia Moh Klaren	Apsap Ville De Paris	1:10.26	922540			

Masters 60+

1. Conny Boer-Buys	Vlaardingen	1:07.49	5000006	1:08.58	32.48	1:08.58
<i>Europees Masters Record</i>						
2. Marja van der Meer	Neptunus	1:29.23	4700014	1:29.08	41.16	1:29.08
3. Annie Smits	PSV	1:34.74	4600016	1:31.47	44.32	1:31.47

Programmanr. 44, Dames, 100m vrije slag

Masters 75+

1. Lottje Geurts PSV 1:25.57 3500008 **1:32.61** 45.51 1:32.61
Nederlands Masters Record

Programmanr. 46
24.01.2010 - 16:58

Gemengd, 4 x 50m wisselslag

Masters Open
Resultaten

rang	vereniging	inschrijftijd	tijd
80+			
NG	Van Vliet-Barracuda 2 Emiel Ghali, Danya Muilwijk, Esther Versteeg, Christian Houkes	Van Vliet-Barracuda 2:14.02	
100+			
1.	Vlaardingen 1 <i>Nederlands Masters Record</i> Finn van der Bas 84 28.63 Natalie van der Hoeven 89 36.72	Vlaardingen 2:00.55	2:00.73 83 30.79 84 24.59
2.	Van Vliet-Barracuda 1 Petra de Groot 87 34.79 Mark Hensen 79 32.51	Van Vliet-Barracuda 2:08.43	2:04.50 87 28.38 86 28.82
3.	HZ&PC Heerenveen 2 Alie Visser 64 44.88 Herman van Dijk 89 33.31	HZ&PC Heerenveen 2:25.89	2:26.00 83 30.11 90 37.70
120+			
1.	AZ&PC 1 Lidia v. Bon 70 35.32 Rob van Vliet 84 32.95	AZ&PC 2:02.22	2:05.20 78 27.48 66 29.45
2.	De Biesboschzwemmers 1 Francijna de Kooter 80 35.02 Harry Cornet 71 31.36	De Biesboschzwemmers 2:05.70	2:05.94 69 29.40 67 30.16
3.	KZPC 1 Bart Gorissen 83 29.53 Peggy Loffeld 77 38.42	KZPC 2:08.90	2:09.05 80 34.29 76 26.81
4.	Triton 1 Jessica Hooyer 90 36.27 Paul Bunnik 56 37.50	Triton 2:17.54	2:19.45 90 30.00 84 35.68
NG	De Zijl/LGB 1 Robin Sprinkhuizen, Dirkjan Beugelsdijk, Andrea van Leeuwen, Joyce van Keulen	De Zijl/LGB 2:08.35	
160+			
1.	Vlaardingen 2 Emiel van Elderen 56 39.05 Karin Stein 71 37.29	Vlaardingen 2:16.12	2:18.00 50 35.16 84 26.50
2.	Oceanus 1 Margriet Grove 62 37.45 Annette de Visser 71 41.42	Oceanus 2:28.55	2:23.89 61 31.29 52 33.73
NG	HZ&PC Heerenveen 1 Pia van der Molen, Binne Veenstra, Rene Beetsma, Alie Visser	HZ&PC Heerenveen 2:26.99	
200+			
1.	PSV 1 <i>Nederlands Masters Record</i> Liselotte Joling 75 36.40 Harold Matla 68 30.98	PSV 2:14.98	2:15.23 62 29.91 35 37.94