

ZMC 7  
Amersfoort, 6-4-2014

Programmanr. 1  
6-4-2014 - 14:00

200m rugslag

20 - 84 jaar  
Resultaten

Rang			In.tijd		100m	200m
Masters 20+, Dames						
1.	Désirée Hulsmeyer	Het Ravijn	2:55.51	199001656	1:24.51	2:53.92
2.	Irmgard van Weeghel	Octopus	2:54.41	199204834	1:25.18	2:54.27
3.	Eline Schoenmaker	Zwemlust den Hommel	2:56.66	199003322	1:30.48	3:03.00
4.	Lonneke Oenema	Steenwijk 1934	3:10.00	199102314	1:30.02	3:08.02
5.	Heleen Ten Have	De Pinquin	2:58.44	199403000	1:31.78	3:08.41
6.	Annemiek van Veen	Dedemsvaart-AC	NT	199305566	1:53.48	3:48.29
7.	Liesbeth Bruinekool	Zuiderzeewemmers	4:20.68	199007958	2:23.06	4:50.53
AFGEM	Marloes Benjamins	Aqualero	3:03.02	199105110		
AFGEM	Kimberly Klufft	Zuiderzeewemmers	3:25.00	199203502		
AFGEM	Birgit Wiersma	Zuiderzeewemmers	3:07.54	199300840		
Masters 20+, Heren						
1.	Tim Bunnik	W.Z. & P.C. Triton	2:20.51	199000505	1:11.76	2:31.02
2.	Mike Koelewijn	Steenwijk 1934	2:37.30	199303597	1:18.73	2:41.45
3.	Harry Dijkma	ISIS	2:36.04	199100487	1:18.48	2:42.54
4.	Marco de Vries	Z&PC de Inktvis	2:50.00	199003181	1:21.05	2:43.64
5.	Mark Sprenger	De Duinkickers	3:21.46	199303837	1:35.82	3:17.04
6.	Danny Vochteloo	ZZG de Boskickers	3:45.54	199207251	1:49.60	3:42.32
Masters 25+, Dames						
1.	Lisanne Andeweg	Zuiderzeewemmers	2:45.02	198800092	1:21.80	2:48.39
2.	Marije van Manen	AZ&PC	2:55.00	198602386	1:20.18	2:48.84
3.	Christien Kruithof	zpc Stadskanaal	2:54.82	198602124	1:27.59	2:57.19
4.	Karin Hovenkamp	De Spatters	3:04.57	198701850	1:32.78	3:01.66
5.	Liesbeth van Mill	DWK	3:11.57	198702786	1:31.92	3:06.15
6.	Margo Kruithof	zpc Stadskanaal	2:56.00	198702408	1:30.26	3:06.29
7.	Jeanette van Dijk	ISIS	3:00.00	198700880	1:38.01	3:16.53
8.	Anne van den Besselaar	HZ&PC Heerenveen	5:44.90	198504062	2:57.73	5:59.95
Masters 25+, Heren						
1.	Jeffrey Breedijk	De Amer	2:21.74	198900451		2:20.64
2.	Tim Essers	OEZA	2:41.51	198800987	1:20.07	2:45.35
3.	Albert Dijkma	De Forel	2:55.39	198700711	1:28.42	2:58.05
Masters 30+, Dames						
1.	Monique Stant	Z.S.C. Oceanus	3:05.30	198201592	1:32.85	3:07.93
2.	Marijke Dirkse	IJZPC	3:17.91	198403480	1:39.12	3:21.40
3.	Esther Beerling	W.Z. & P.C. Triton	3:12.49	198400120	1:41.75	3:22.58
4.	Rianne van Vegchelen	Deltasteur	3:39.60	198101530	1:52.43	3:45.72
Masters 30+, Heren						
1.	Marcel Reefhuis	WS Twente	2:30.94	198101381	1:14.09	2:32.26
2.	Rob van Wanrooy	Gay Swim Amsterdam	2:49.42	198202627	1:24.87	2:49.29
3.	Rudy de Jong	De Forel	2:50.29	198301061	1:22.17	2:52.15
4.	Arnold Stins	OEZA	2:47.40	198302045	1:23.86	2:58.57
AFGEM	David Wendt	De Amer	2:30.00	198202599		

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Masters 35+, Dames

1.	Monique Boets	zpc Stadskanaal	2:50.31	197600230	1:23.02	2:48.30
2.	Babette Rens	Dedemvaart-AC	3:08.07	197801200	1:35.08	3:19.67
3.	Fabiola Bosman	Deltasteur	3:30.00	197701148	1:41.45	3:25.13
4.	Paula 't Hart-Buitelaar	ZV Vlaardingen-Schiedam	2:58.70	197701132	1:41.63	3:27.44
AFGEM	Melanie Kuiper	Zignea	2:40.63	197600350		

Masters 35+, Heren

1.	Martijn Butter	OEZA	2:35.07	197900231	1:17.32	2:38.60
2.	Erwin Zuidervelt	De Futen	2:45.71	197501015	1:19.64	2:49.60

Masters 40+, Dames

1.	Miranda Straetemans	Zignea	3:22.90	197400514	1:42.23	3:29.11
2.	Greta Wyma-Teitsma	DWK	3:40.70	197100696	1:48.21	3:41.54
3.	Marleen Prins	De Fuut	3:55.00	197300864	1:59.79	4:01.44
4.	Sylvia Tetteroo	IJZPC	3:56.36	197300476	2:00.20	4:07.17
AFGEM	Trudie van Niejenhuis	TZC Vahalis	3:03.61	197100444		

Masters 40+, Heren

1.	Paul Hardeman	AZ&PC	2:44.55	197300327	1:20.51	2:46.07
2.	Kasper van den Berghe	SWOL 1894	2:50.76	197301125	1:26.32	2:53.89
3.	Arnold Jonker	HZ&PC Heerenveen	3:40.00	197000529	1:44.56	3:31.53

Masters 45+, Dames

1.	Janine Horsthuis	de Granaet	3:18.34	196900890	1:27.57	3:01.60
2.	Caroline Schreuder	W.Z. & P.C. Triton	3:03.50	196700550	1:29.70	3:04.20
3.	Annette van Dok	MSV- Zeemacht	3:24.00	196800742	1:42.48	3:25.03
4.	Hetty Smalheer	Scom	3:25.82	196700352	1:43.33	3:27.14
5.	Miranda Keijl	Zignea	3:29.60	196500588	1:45.26	3:27.20
6.	Peggi Hurenkamp	HZ&PC Heerenveen	3:40.00	196900922	1:45.68	3:32.43
7.	Ilse Vos-Viergever	De Hokseberg	4:00.01	196800644	1:56.48	3:55.73
AFGEM	Laura Staal	Z.S.C. Oceanus	2:58.00	196700358		

Masters 45+, Heren

1.	Arjan Bellaart	Z.S.C. Oceanus	2:32.91	196900079	1:14.92	2:33.28
2.	René Beetsma	HZ&PC Heerenveen	2:36.00	196900069	1:16.92	2:37.39
3.	Ron Korzelius	AZ&PC	2:37.48	196500513	1:18.84	2:39.77
4.	Jan Lindenaar	UZSC	2:52.00	196701623	1:34.64	3:10.26
5.	Henk Viering	SWOL 1894	3:41.18	196600917	1:49.39	3:41.08

Masters 50+, Dames

1.	Wilna Heijman	't Tolhekke	2:50.57	196400506	1:24.26	2:53.23
2.	Marjan Spoelstra	SWOL 1894	3:44.87	196000236	1:53.51	3:46.73
3.	Irene Hoenderdos	Aquapoldro		NT 196300428	2:18.00	4:42.92

Masters 50+, Heren

1.	Edwin v. Norden	AZ&PC	2:38.99	196300563	1:11.60	2:27.91
2.	Casper Dollekamp	Steenwijk 1934	3:00.84	196301341	1:29.42	3:02.29
3.	Jack Barends	WS Twente	3:18.70	196201011	1:33.76	3:09.23
4.	Jan Smalheer	Scom	3:13.02	196400701	1:36.38	3:15.72
5.	Michiel Tonsbeek	DWT	3:51.73	196000889	1:55.06	3:48.11
6.	John Tersteeg	De Fuut	3:58.00	196001039	2:03.61	4:12.20

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Programmanr. 1, Heren, 200m rugslag, Masters 50+

Rang			In.tijd		100m	200m
7.	Rik van Gasteren	AquAmigos	4:10.00	196401015	2:06.91	4:13.06
DIS	John Dam	Zignea	3:25.00	196000915		

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

Masters 55+, Dames

1.	Atie Pijtak-Radersma	AZ&PC	2:59.54	195600048	1:29.32	3:01.73
2.	Monica Bakker	ZVZwartsluis	3:30.85	195600082	1:38.48	3:22.36
3.	Mathilde Vink	SWOL 1894	3:20.00	195800128	1:41.36	3:25.42
4.	Rona Eijkelhoff	Aqua-Novio '94	3:47.95	195600026	1:52.59	3:40.75
5.	Tonny den Braber	Scom	3:56.77	195700022	1:59.77	4:05.54

Masters 55+, Heren

1.	Marten de Groot	HZ&PC Heerenveen	2:50.00	195800149	1:25.39	2:49.29
2.	Evertjan Masurel	PSV	3:02.40	195600495	1:27.82	2:59.07
3.	Henk Slomp	De Pinquin	3:04.82	195500359	1:31.44	3:09.56
4.	Herbert Katgert	WS Twente	4:01.45	195900739	2:07.13	4:15.10

Masters 60+, Dames

1.	Antoinette Gilding-Tussau	WS Twente	3:47.27	195000038	1:52.67	3:48.86
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Masters 65+, Heren

1.	Donald Uijtenbogaart	Het Y	3:11.47	194700107	1:32.57	3:08.86
2.	Mans Buis	Het Ravijn	3:48.15	194700133	1:55.97	3:51.53

Programmanr. 2  
6-4-2014 - 14:47

50m vlinderslag

20 - 84 jaar  
Resultaten

Rang			In.tijd		Tijd
<b>Masters 20+, Dames</b>					
1.	Selly Swieringa	Aqualero	37.34	199008320	<b>36.64</b>
2.	Sanne Norder	Z&PC de Inktvis	36.50	199102300	<b>37.48</b>
3.	Janneke Wynia	WS Twente	42.67	199005500	<b>43.98</b>
4.	Tessa van Dijk	ISIS	43.46	199401252	<b>44.57</b>
5.	Maaïke Hiemstra	Aqualero	42.46	199008318	<b>45.51</b>
<b>Masters 20+, Heren</b>					
1.	Arwin Stoop	Zuiderzeewemmers	29.11	199306811	<b>30.15</b>
2.	Mike Koelewijn	Steenwijk 1934	31.67	199303597	<b>31.64</b>
3.	Marco de Vries	Z&PC de Inktvis	33.00	199003181	<b>31.65</b>
4.	Eric Kalee	De Amer	33.35	199005307	<b>32.61</b>
5.	Rob Rikken	ZVV	35.97	199402521	<b>34.76</b>
6.	Bart van Olst	Ducdalf	40.36	199101709	<b>41.20</b>
7.	Matthijs van Doorn	Het Ravijn	46.26	199207231	<b>47.57</b>
8.	Gerwin Bouwmeester	ZVV	48.90	199103501	<b>47.86</b>

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Programmanr. 2, 50m vlinderslag

Masters 25+, Dames

1.	Annelette de Vries	WS Twente	33.37	198603908	<b>32.20</b>
2.	Jeanette van Dijk	ISIS	36.13	198700880	<b>36.67</b>
3.	Gerlinde van de Wetering	Deltasteur	38.71	198904678	<b>37.50</b>
4.	Sabine Duijst	De Amer	36.82	198701032	<b>37.55</b>
5.	Martine Heres	Ducdalf	36.98	198701668	<b>37.60</b>
6.	Henrike de Vries	WS Twente	38.42	198907460	<b>38.57</b>
7.	Brechtje de Jong	De Forel	54.11	198907422	<b>58.31</b>
DIS	Serima Veen	De Spatters	35.94	198604104	
	<i>AA - Te vroeg bewogen bij de 1e (1-startregel) of 2e start.</i>				
AFGEM	Annebeth van Ark	Octopus	37.16	198805588	

Masters 25+, Heren

1.	Jens Boer	Z&PC de Inktvis	27.85	198900289	<b>27.45</b>
2.	Vincent Tilman	TriVia	35.70	198703357	<b>29.13</b>
3.	Erik van der Heide	Zuiderzeezwemmers	31.79	198801337	<b>30.12</b>
4.	Wesley van Diejen	PSV	30.10	198604551	<b>31.42</b>
5.	Rik Bos	Ducdalf	37.57	198600345	<b>36.44</b>
DIS	Rene van Eerden	TriVia	35.70	198700839	
	<i>AA - Te vroeg bewogen bij de 1e (1-startregel) of 2e start.</i>				

Masters 30+, Dames

1.	Monique Stant	Z.S.C. Oceanus	35.20	198201592	<b>33.36</b>
2.	Lisette Poelheken	ZV De Aalscholver	37.92	198403408	<b>39.95</b>
3.	Aleida Groenendijk	Zuiderzeezwemmers	42.37	198400816	<b>42.11</b>
4.	Mirjam Minderhoud	Zignea	43.06	198301398	<b>45.45</b>
5.	Marloes Rebel	WS Twente	51.40	198403474	<b>46.04</b>
6.	Esther van Buren	De Duinkikkers	47.22	198001670	<b>46.26</b>

Masters 30+, Heren

1.	Gerwin Vonk	De Spatters	29.73	198201907	<b>28.36</b>
2.	Marcel Reefhuis	WS Twente	30.45	198101381	<b>30.32</b>
3.	Erik van Hell	De Amer	32.26	198200643	<b>31.65</b>
4.	Rob van Wanrooy	Gay Swim Amsterdam	33.32	198202627	<b>32.73</b>
5.	Barry van Rookhuizen	OEZA	32.46	198201461	<b>33.02</b>
6.	Rutger Stam	De Amer	32.41	198102463	<b>34.04</b>
7.	Mark Brinkhuis	Hera'11	36.02	198302609	<b>35.20</b>
8.	Rudy de Jong	De Forel	35.54	198301061	<b>36.57</b>
9.	Hans Cligge	De Futen	38.73	198100315	<b>37.20</b>

Masters 35+, Dames

1.	Monique Boets	zpc Stadskanaal	34.51	197600230	<b>34.23</b>
2.	Anuschka Glazema-Boelema	zpc Stadskanaal	36.60	197701166	<b>35.29</b>
3.	Babette Rens	Dedemsvaart-AC	35.73	197801200	<b>38.45</b>
4.	Fabiola Bosman	Deltasteur	40.69	197701148	<b>42.60</b>
5.	Margriet Leeffers	Deltasteur	43.07	197800448	<b>45.16</b>
AFGEM	Marina van Staveren	OEZA	33.87	197801234	

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Programmanr. 2, 50m vlinderslag

Masters 35+, Heren

1.	Matteo Mattacchione	De Futen	28.50	197801847	<b>26.92</b>
2.	Kees Bakker	Gay Swim Amsterdam	30.92	197501055	<b>29.36</b>
3.	Alex Damen	DAW	29.38	197501371	<b>30.10</b>
4.	Arjan Aalbers	SWOL 1894	34.15	197500001	<b>33.73</b>
5.	René Beens	Deltasteur	35.00	197800045	<b>35.63</b>
6.	Alex Slooten	Upstream Amsterdam	36.00	197600849	<b>38.95</b>

Masters 40+, Dames

1.	Ingrid Boot-De Groot	ZV De Aalscholver	30.73	197000168	<b>31.80</b>
2.	Tanya Lyvbarskaya	Scom	36.80	197101000	<b>35.48</b>
3.	Annette de Visser	Z.S.C. Oceanus	37.26	197100602	<b>39.04</b>
4.	Renata van Essen	Zuiderzeezwemmers	36.79	197300740	<b>40.34</b>
5.	Ageeth Boomsma	Orca	39.32	197000826	<b>43.31</b>

Masters 40+, Heren

1.	Heiner Stevens	Zignea	29.55	197201299	<b>30.88</b>
2.	Erik Veltman	zpc Stadskanaal	32.50	197200941	<b>33.86</b>
3.	Frank Corveleijn	Z.S.C. Oceanus	36.00	197201523	<b>34.34</b>

Masters 45+, Dames

1.	Talje Dijkhuis	AZ&PC	37.00	196600072	<b>36.92</b>
2.	Annette van Dok	MSV- Zeemacht	41.00	196800742	<b>48.16</b>

Masters 45+, Heren

1.	Jos Wensink	WS Twente	32.00	196901719	<b>31.53</b> FJ 1
2.	Marcel Jonkman	Aqualero	32.13	196801389	<b>31.53</b> FJ 2
3.	Stefan Holmstrom	DAW	45.00	196701671	<b>32.04</b>
4.	Erik Wetsteijn	SWOL 1894	31.85	196501019	<b>32.07</b>
5.	Martin Kaptein	DWK	32.31	196701677	<b>32.26</b>
6.	Fred Heemstra	DAW	31.78	196500357	<b>32.54</b>
7.	Taco Eikelenboom	De Futen	36.88	196900275	<b>34.48</b>
8.	Roelof Broekman	De Spatters	35.12	196800155	<b>37.06</b>
9.	Lambert Morsink	W.Z. & P.C. Triton	39.21	196501427	<b>38.16</b>
10.	Peter Schielen	De Fuut	39.15	196501531	<b>40.06</b>

Masters 50+, Dames

1.	Margriet Grove-Lingeman	Z.S.C. Oceanus	36.50	196200080	<b>36.39</b>
2.	Marijke Kraak-Beckers	WS Twente	38.32	196000240	<b>38.92</b>
3.	Francine Sommer	W.Z. & P.C. Triton	44.90	196200384	<b>47.26</b>
4.	Ellen Parma	W.Z. & P.C. Triton	49.84	196200366	<b>48.87</b>

Masters 50+, Heren

1.	Robert de Brauwer	De Duinkickers	34.51	196401383	<b>34.23</b> FJ 1
2.	Ronald van Vliet	ZV De Aalscholver	34.18	196300997	<b>34.23</b> FJ 3
3.	Henk Kuipers	UZSC	36.97	196201207	<b>37.16</b>
4.	Jan Willem Heuten	WS Twente	35.63	196000883	<b>37.45</b>
5.	Henk Gierveld	Nat Utrecht	42.15	196000869	<b>44.27</b>

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Programmanr. 2, 50m vlinderslag

Masters 55+, Dames

1. Mathilde Vink	SWOL 1894	34.27	195800128	<b>35.20</b>
2. Anje Manuputty	De Dolfijn	1:03.50	195700176	<b>56.86</b>

Masters 55+, Heren

1. Nico Rozemeijer	Aquafit	34.57	195900751	<b>32.82</b>
2. Henk Slomp	De Pinquin	33.02	195500359	<b>34.39</b>
3. Paul Bunnik	W.Z. & P.C. Triton	35.26	195600413	<b>35.63</b>
4. Jan Timmerman	IJZPC	40.93	195700347	<b>43.85</b>
5. Jappie Kuiper	SWOL 1894	43.55	195500417	<b>44.32</b>
6. Kees Karsten	Gay Swim Amsterdam	48.00	195800203	<b>49.08</b>
AFGEM Jaap de Boer	De Duinkickers	36.52	195800691	

Masters 60+, Dames

1. Patty Krupiarz	PSV	43.19	195400074	<b>44.06</b>
2. Antoinette Gilding-Tussaud	WS Twente	54.36	195000038	<b>57.76</b>

Masters 65+, Dames

1. Bea Swijnenberg	SWOL 1894	44.40	194900010	<b>41.54</b>
2. Annet Verhoeven	De Duinkickers	1:11.45	194600024	<b>1:13.67</b>

Masters 65+, Heren

1. Han Roos	ZV De Bron	40.00	194500081	<b>37.73</b>
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Masters 70+, Dames

1. Greet Brehler	ZV Hatto Heim	1:15.00	194400004	<b>1:17.26</b>
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Programmanr. 3  
6-4-2014 - 15:07

100m schoolslag

20 - 84 jaar  
Resultaten

Rang		In.tijd		Tijd	
<b>Masters 20+, Dames</b>					
1.	Maaike Vooren	DAW	1:24.43	199103324	<b>1:22.44</b>
2.	Elmi Roelofsen	ZVV	1:28.45	199008198	<b>1:28.32</b>
3.	Sanne Norder	Z&PC de Inktvis	1:38.00	199102300	<b>1:40.26</b>
4.	Getrude Corporaal	ZVZwartsluis	1:41.02	199200380	<b>1:43.92</b>
5.	Liesbeth Bruinekool	Zuiderzeezwemmers	2:23.30	199007958	<b>2:24.72</b>
<b>Masters 20+, Heren</b>					
1.	Rob Rikken	ZVV	1:34.50	199402521	<b>1:32.57</b>
2.	Danny Vochteloo	ZZG de Boskickers	1:33.29	199207251	<b>1:38.39</b>
3.	Leo Zijlstra	ISIS	1:38.54	199007483	<b>1:41.43</b>
<b>Masters 25+, Dames</b>					
1.	Anne Duijst	De Amer	1:24.79	198901030	<b>1:26.69</b>
2.	Christien Kruithof	zpc Stadskanaal	1:33.00	198602124	<b>1:31.48</b>
3.	Karin Hovenkamp	De Spatters	1:30.73	198701850	<b>1:34.67</b>
4.	Liesbeth van Mill	DWK	1:35.10	198702786	<b>1:35.98</b>
5.	Anne van den Besselaar	HZ&PC Heerenveen	3:06.05	198504062	<b>3:25.86</b>

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Programmanr. 3, 100m schoolslag

Masters 25+, Heren

1.	Jens Boer	Z&PC de Inktvis	1:26.76	198900289	<b>1:18.20</b>
2.	Wouter van 't Klooster	AZ&PC	1:22.22	198806159	<b>1:22.22</b>
3.	Robin Eggenkamp	De Duinkickers	1:31.61	198700847	<b>1:32.64</b>
	Tim Essers	OEZA	1:27.85	198800987	<b>1:32.64</b>
5.	Jeroen Grinwis	Z&PC de Inktvis	1:30.00	198906813	<b>1:32.98</b>
6.	Henk-Jan van 't Hof	De Hokseberg	1:33.63	198804325	<b>1:35.98</b>
7.	Wesley Determann	De Amer	1:36.47	198806107	<b>1:37.98</b>
8.	Danny Jannenga	Ducdalf	1:40.55	198801673	<b>1:40.36</b>

Masters 30+, Dames

1.	Monique Stant	Z.S.C. Oceanus	1:29.90	198201592	<b>1:29.16</b>
2.	Angela Giezen	Montferland	1:37.72	198302796	<b>1:38.50</b>
3.	Johanna Schuitema	De Spatters	1:44.08	198102232	<b>1:39.18</b>
4.	Marijke Dirkse	IJZPC	1:46.26	198403480	<b>1:47.23</b>

Masters 30+, Heren

1.	Rob van Vliet	AZ&PC	1:20.00	198402459	<b>1:23.36</b>
2.	Ab Hazeleger	De Amer	1:25.87	198202637	<b>1:28.86</b>
3.	Remco Smit	ZV De Aalscholver	1:33.22	198102477	<b>1:29.23</b>
AFGEM	Reinier Vis	IJZPC	1:30.64	198002289	

Masters 35+, Heren

1.	Ewoud Rupert	WS Twente	1:15.57	197801795	<b>1:19.73</b>
2.	Alex Slooten	Upstream Amsterdam	1:20.00	197600849	<b>1:24.64</b>
3.	Rinke Nijland	IJZPC	1:30.00	197901735	<b>1:30.91</b>
4.	Robin Roskam	De Duinkickers	1:35.00	197801831	<b>1:35.23</b>

Masters 40+, Dames

1.	Karin Stein	ZV Vlaardingen-Schiedam	1:19.86	197100554	<b>1:23.65</b>
2.	Ageeth Boomsma	Orca	1:34.44	197000826	<b>1:41.11</b>
3.	Angeline Hamstra	Scom	1:47.57	197200782	<b>1:47.95</b>
4.	Annet Kootstra	SWOL 1894	1:39.39	197100344	<b>1:47.98</b>

Masters 40+, Heren

1.	Martin Postma	De Fuut	1:25.00	197301493	<b>1:23.26</b>
2.	Michael van Bekkum	SWOL 1894	1:20.00	197200051	<b>1:24.06</b>
3.	Gerhard Knol	ZV De Aalscholver	1:22.79	197100483	<b>1:25.67</b>
4.	Kasper van den Berghe	SWOL 1894	1:30.10	197301125	<b>1:31.50</b>
5.	Oebele Boomsma	Orca	1:49.50	197001659	<b>1:50.13</b>
AFGEM	Gertjan van de Bosch	IJZPC	1:36.13	197001615	

Masters 45+, Dames

1.	Iris van Aurich	DWK	1:34.89	196900866	<b>1:35.95</b>
2.	Jantine Braakman	ZV De Bron	1:33.50	196500036	<b>1:36.20</b>
3.	Roos Tji	De Fuut	1:42.00	196900994	<b>1:36.29</b>
4.	Marion Broekhuis	WS Twente	1:42.39	196800060	<b>1:43.39</b>
5.	Roelien Speelman-Tigelaar	De Spatters	1:46.27	196600664	<b>1:45.67</b>
6.	Peggi Hurenkamp	HZ&PC Heerenveen	1:44.83	196900922	<b>1:48.19</b>
7.	Remona Dekker	ZV De Bron	1:48.42	196600620	<b>1:48.60</b>
8.	Margriet de Hoop	De Fuut	1:49.38	196800848	<b>1:52.60</b>

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Programmanr. 3, 100m schoolslag

Masters 45+, Heren

1.	René Beetsma	HZ&PC Heerenveen	1:20.00	196900069	<b>1:20.38</b>
2.	Huyb Stegeman	Steenwijk 1934	1:30.23	196701535	<b>1:27.70</b>
3.	Marcel Brittijn	De Duinkickers	1:32.42	196900159	<b>1:31.76</b>
4.	Willem Jannink	SWOL 1894	1:30.00	196500423	<b>1:32.56</b>
5.	Erik Wetsteijn	SWOL 1894	1:31.67	196501019	<b>1:38.05</b>
6.	René Speelman	De Spatters	1:45.60	196601521	<b>1:45.02</b>
7.	Henk Viering	SWOL 1894	2:19.62	196600917	<b>1:56.60</b>

Masters 50+, Dames

1.	Gonnie Paas	ZV Vlaardingen-Schiedam	1:46.72	196200418	<b>1:47.80</b>
2.	Marjan Spoelstra	SWOL 1894	1:50.30	196000236	<b>1:52.51</b>
3.	Irene Hoenderdos	Aquapoldro	2:05.16	196300428	<b>2:02.28</b>
4.	Riekie Schra	Steenwijk 1934	2:14.11	196400404	<b>2:17.04</b>

Masters 50+, Heren

1.	Eric Giling	De Fuut	1:22.57	196400237	<b>1:29.54</b>
2.	Perry Dekker	ZV De Bron	1:37.32	196201081	<b>1:39.91</b>
3.	John Dam	Zignea	1:54.11	196000915	<b>1:43.64</b>

Masters 55+, Dames

1.	Anje Manuputty	De Dolfijn	1:53.58	195700176	<b>1:55.17</b>
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Masters 55+, Heren

1.	Harry Paas	ZV Vlaardingen-Schiedam	1:45.18	195800689	<b>1:42.51</b>
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Masters 60+, Dames

1.	Corine Kalbfleisch	DWT	1:52.46	195200024	<b>2:02.54</b>
2.	Geerdien Meerwaldt	De Geul	2:00.87	195200058	<b>2:07.88</b>

Masters 60+, Heren

1.	Richard Catoire	Z.S.C. Oceanus	1:42.41	195200253	<b>1:44.84</b>
2.	Bert Veerkamp	Zuiderzeezwemmers	2:14.72	195200271	<b>2:39.89</b>

Masters 65+, Dames

1.	Loekie v. Huissteden	AZ&PC	2:07.89	194500002	<b>2:10.07</b>
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Masters 65+, Heren

1.	Donald Uijtenbogaart	Het Y	1:31.09	194700107	<b>1:32.39</b>
2.	Yoshihiro Yasumi	De Futen	1:34.20	194900163	<b>1:42.82</b>
3.	Henk Oostendorp	ZV De Bron	2:01.23	194800093	<b>2:00.38</b>

Masters 70+, Dames

1.	Liesbeth ter Laak	PSV	2:33.60	194200008	<b>2:33.55</b>
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Masters 75+, Heren

1.	Gregor Pompen	Aqua-Novio '94	2:07.00	193700021	<b>2:08.32</b>
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Programmanr. 4 4 x 100m wisselslag lft 80 - 279  
6-4-2014 - 15:33 Resultaten

Rang			In.tijd		Tijd
<b>100+</b>					
1.	Steenwijk 1934 1	Steenwijk 1934	5:19.28		<b>5:29.63</b>
	Lonneke Oenema 91	1:27.44	Mike Koelewijn 93		
	Huyb Stegeman 67		Charine de Ruiter 94		
<b>120+, Dames</b>					
1.	zpc Stadskanaal 1	zpc Stadskanaal	5:15.00		<b>5:32.47</b>
	Christien Kruithof 86	1:25.67	Monique Boets 76		
	Margo Kruithof 87		Anuschka Glazema-Boelema 77		
<b>120+, Heren</b>					
1.	OEZA 1	OEZA	5:08.82		<b>5:15.51</b>
	Arnold Stins 83	1:19.95	Martijn Butter 79		
	Tim Essers 88		Barry van Rookhuizen 82		
<b>160+, Heren</b>					
1.	SWOL 1894 1	SWOL 1894	5:19.54		<b>5:45.31</b>
	Arjan Aalbers 75	1:17.77	Erik Wetsteijn 65		
	Jappie Kuiper 55		Willem Jannink 65		
<b>160+</b>					
1.	AZ&PC 2	AZ&PC	5:24.79		<b>6:02.36</b>
	Marije van Manen 86	1:19.57	Paul Hardeman 73		
	Rob van Vliet 84		Loekie v. Huissteden 45		
2.	De Fuut 1	De Fuut	6:22.29		<b>6:11.04</b>
	Eric Giling 64	1:33.02	Roos Tji 69		
	Peter Schielen 65		Myra Vink 66		
<b>200+, Dames</b>					
1.	AZ&PC 1	AZ&PC	5:15.02		<b>5:21.42</b>
	Atie Pijtak-Radersma 56	1:23.51	Lidia v. Bon-Rosenbrand 70		
	Marja Bloemzaad 61		Talje Dijkhuis 66		

Programmanr. 5 50m vrije slag 20 - 84 jaar  
6-4-2014 - 15:40 Resultaten

Rang			In.tijd		Tijd
<b>Masters 20+, Dames</b>					
1.	Elmi Roelofsen	ZVV	28.92	199008198	<b>28.54</b>
2.	Getrude Corporaal	ZVZwartsluis	30.99	199200380	<b>31.93</b>
3.	Selly Swieringa	Aqualero	32.73	199008320	<b>32.80</b>
4.	Eline Schoenmaker	Zwemlust den Hommel	33.25	199003322	<b>34.20</b>
5.	Tessa ten Hage	ZVV	34.50	199300286	<b>35.12</b>
6.	Sanne Norder	Z&PC de Inktvis	36.00	199102300	<b>37.04</b>
7.	Alissa Hurlings	Aquapoldro	38.78	199108512	<b>37.57</b>
8.	Maaike Hiemstra	Aqualero	35.85	199008318	<b>38.11</b>
9.	Tessa van Dijk	ISIS	38.73	199401252	<b>38.57</b>
10.	Janneke Wynia	WS Twente	38.02	199005500	<b>38.99</b>

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Programmanr. 5, Dames, 50m vrije slag, Masters 20+

Rang			In.tijd		Tijd
11.	Annemiek van Veen	Dedemsvaart-AC	42.70	199305566	<b>39.11</b>
12.	Jorinde Veraar	De Amer	40.60	199204726	<b>41.36</b>
AFGEM	Marloes Benjamins	Aqualero	31.85	199105110	

Masters 20+, Heren

1.	Arwin Stoop	Zuiderzeezwemmers	27.04	199306811	<b>28.91</b>
2.	Eric Kalee	De Amer	29.96	199005307	<b>30.15</b>
3.	Bart van Olst	Ducdalf	33.36	199101709	<b>32.64</b>
4.	Leo Zijlstra	ISIS	35.18	199007483	<b>33.26</b>
5.	Mark Sprenger	De Duinkickers	34.49	199303837	<b>33.54</b>
6.	Gerwin Bouwmeester	ZVV	40.77	199103501	<b>38.13</b>

Masters 25+, Dames

1.	Annelette de Vries	WS Twente	32.35	198603908	<b>29.82</b>
2.	Lisanne Andeweg	Zuiderzeezwemmers	29.65	198800092	<b>30.42</b>
3.	Jeanette van Dijk	ISIS	31.11	198700880	<b>30.98</b>
4.	Serima Veen	De Spatters	31.94	198604104	<b>31.45</b>
5.	Sabine Duijst	De Amer	33.09	198701032	<b>33.20</b>
6.	Henrike de Vries	WS Twente	33.01	198907460	<b>33.26</b>
7.	Martine Heres	Ducdalf	32.36	198701668	<b>34.08</b>
8.	Gerlinde van de Wetering	Deltasteur	34.40	198904678	<b>34.26</b>
9.	Rosemarie Veerkamp	Zuiderzeezwemmers	38.08	198706092	<b>37.10</b>
10.	Esmeralda Sapulette	TZC Vahalis	38.37	198806898	<b>40.82</b>
11.	Brechtje de Jong	De Forel	45.81	198907422	<b>44.08</b>
12.	Desiree Paas	ZV Vlaardingen-Schiedam	42.53	198806892	<b>44.28</b>
DIS	Janna Jansen	TZC Vahalis	NT	198706188	

*AF - De aangegeven afstand niet uitgezwommen.*

Masters 25+, Heren

1.	Jeffrey Breedijk	De Amer	25.27	198900451	<b>25.49</b>
2.	Jens Boer	Z&PC de Inktvis	26.50	198900289	<b>26.54</b>
3.	Vincent Tilman	TriVia	28.70	198703357	<b>26.92</b>
4.	Erik van der Heide	Zuiderzeezwemmers	26.44	198801337	<b>27.35</b>
5.	Rik Bos	Ducdalf	27.56	198600345	<b>28.71</b>
6.	Rene van Eerden	TriVia	28.70	198700839	<b>28.94</b>
7.	Wouter van 't Klooster	AZ&PC	31.91	198806159	<b>31.51</b>
8.	Robin Eggenkamp	De Duinkickers	31.97	198700847	<b>32.51</b>
9.	Jeroen Grinwis	Z&PC de Inktvis	32.50	198906813	<b>32.52</b>
10.	Henk-Jan van 't Hof	De Hokseberg	31.98	198804325	<b>33.11</b>
11.	Wesley Determann	De Amer	33.22	198806107	<b>34.08</b>

Masters 30+, Dames

1.	Winni Killaars	De Dolfijn	32.07	198001700	<b>32.33</b>
2.	Angela Giezen	Montferland	33.36	198302796	<b>33.13</b>
3.	Marijke Dirkse	IJZPC	34.73	198403480	<b>35.48</b>
4.	Aleida Groenendijk	Zuiderzeezwemmers	35.78	198400816	<b>36.13</b>
5.	Johanna Schuitema	De Spatters	37.09	198102232	<b>36.48</b>
6.	Esther van Buren	De Duinkickers	35.97	198001670	<b>37.10</b>
7.	Rianne van Vegchelen	Deltasteur	38.70	198101530	<b>40.06</b>

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Programmanr. 5, 50m vrije slag

Masters 30+, Heren

1.	Gerwin Vonk	De Spatters	28.03	198201907	<b>27.18</b>
2.	Rutger Stam	De Amer	27.30	198102463	<b>27.26</b>
3.	Erik van Hell	De Amer	27.91	198200643	<b>29.13</b>
4.	René van Dijk	ISIS	28.90	198400489	<b>30.44</b>
5.	Arnold Stins	OEZA	29.84	198302045	<b>30.76</b>
6.	Remco Smit	ZV De Aalscholver	30.48	198102477	<b>30.80</b>
7.	Hans Cligge	De Futen	30.49	198100315	<b>31.29</b>
8.	Mark Brinkhuis	Hera'11	32.33	198302609	<b>31.67</b>
9.	Barry van Rookhuizen	OEZA	29.33	198201461	<b>32.16</b>
10.	Ab Hazeleger	De Amer	31.41	198202637	<b>32.44</b>
AFGEM	David Wendt	De Amer	27.00	198202599	

Masters 35+, Dames

1.	Anuschka Glazema-Boelema	zpc Stadskanaal	33.50	197701166	<b>32.70</b>
2.	Carmen Haan	De Spatters	33.33	197901458	<b>32.92</b>
3.	Margriet Leeffers	Deltasteur	34.54	197800448	<b>35.13</b>
4.	Paula 't Hart-Buitelaar	ZV Vlaardingeng-Schiedam	35.24	197701132	<b>36.97</b>

Masters 35+, Heren

1.	Matteo Mattacchione	De Futen	26.00	197801847	<b>25.49</b>
2.	Ewoud Rupert	WS Twente	26.46	197801795	<b>27.26</b>
3.	Arjan Aalbers	SWOL 1894	29.30	197500001	<b>29.20</b>
4.	Alex Slooten	Upstream Amsterdam	29.00	197600849	<b>29.29</b>
5.	Robin Roskam	De Duinkickers	34.61	197801831	<b>36.48</b>

Masters 40+, Dames

1.	Ingrid Boot-De Groot	ZV De Aalscholver	29.33	197000168	<b>29.84</b>
2.	Annette de Visser	Z.S.C. Oceanus	31.09	197100602	<b>30.63</b>
3.	Renata van Essen	Zuiderzeezwemmers	32.47	197300740	<b>33.29</b>
4.	Miranda Straetemans	Zignea	35.08	197400514	<b>35.04</b>
5.	Angeline Hamstra	Scorn	37.08	197200782	<b>36.81</b>
6.	Marleen Prins	De Fuut	38.80	197300864	<b>40.20</b>
7.	Sylvia Tetteroo	IJZPC	50.78	197300476	<b>46.76</b>
AFGEM	Trudie van Niejenhuis	TZC Vahalis	33.33	197100444	

Masters 40+, Heren

1.	Frank Corveleijn	Z.S.C. Oceanus	28.51	197201523	<b>28.32</b>
2.	Michael van Bekkum	SWOL 1894	28.50	197200051	<b>29.67</b>
3.	Gerhard Knol	ZV De Aalscholver	28.77	197100483	<b>29.95</b>
4.	Erik Veltman	zpc Stadskanaal	31.50	197200941	<b>30.48</b>
5.	Martin Postma	De Fuut	29.89	197301493	<b>31.39</b>
6.	Oebele Boomsma	Orca	39.23	197001659	<b>37.86</b>
AFGEM	Dennis van Markesteijn	TZC Vahalis	NT	197201333	
AFGEM	Gertjan van de Bosch	IJZPC	36.26	197001615	

Masters 45+, Dames

1.	Jantine Braakman	ZV De Bron	31.90	196500036	<b>32.13</b>
2.	Marion Broekhuis	WS Twente	32.45	196800060	<b>32.43</b>
3.	Iris van Aurich	DWK	33.40	196900866	<b>32.54</b>
4.	Talje Dijkhuis	AZ&PC	31.91	196600072	<b>32.91</b>
5.	Miranda Keijl	Zignea	35.78	196500588	<b>35.55</b>
6.	Ilse Vos-Viergever	De Hokseberg	34.64	196800644	<b>35.71</b>
7.	Myra Vink	De Fuut	36.39	196600526	<b>37.48</b>

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Programmanr. 5, Dames, 50m vrije slag, Masters 45+

Rang			In.tijd		Tijd
8.	Remona Dekker	ZV De Bron	37.91	196600620	<b>37.67</b>
9.	Hetty Smalheer	Scom	36.77	196700352	<b>38.82</b>
10.	Margriet de Hoop	De Fuut	44.32	196800848	<b>46.67</b>
DIS	Annette van Dok	MSV- Zeemacht	39.00	196800742	
	<i>AA - Te vroeg bewogen bij de 1e (1-startregel) of 2e start.</i>				

Masters 45+, Heren

1.	Arjan Bellaart	Z.S.C. Oceanus	27.57	196900079	<b>27.54</b>
2.	René Beetsma	HZ&PC Heerenveen	28.00	196900069	<b>28.02</b>
3.	Martin Kaptein	DWK	28.03	196701677	<b>28.71</b>
4.	Paul de Boer	De Amer	29.12	196801413	<b>29.07</b>
5.	Jos Wensink	WS Twente	28.60	196901719	<b>29.29</b>
6.	Jan Lindenaar	UZSC	29.06	196701623	<b>29.60</b>
7.	Marcel Jonkman	Aqualero	29.14	196801389	<b>29.73</b>
8.	Marcel Brittijn	De Duinkickers	29.61	196900159	<b>30.04</b>
9.	Fred Heemstra	DAW	29.00	196500357	<b>30.65</b>
10.	Lambert Morsink	W.Z. & P.C. Triton	30.61	196501427	<b>30.73</b>
11.	Willem Jannink	SWOL 1894	31.00	196500423	<b>31.45</b>
12.	Peter Schielen	De Fuut	31.61	196501531	<b>32.82</b>
13.	Roelof Broekman	De Spatters	33.33	196800155	<b>33.12</b>
AFGEM	Cok van Tol	Zuiderzeezwemmers	46.00	196901733	

Masters 50+, Dames

1.	Francine Sommer	W.Z. & P.C. Triton	32.97	196200384	<b>33.11</b>
2.	Margriet Grove-Lingeman	Z.S.C. Oceanus	33.50	196200080	<b>34.80</b>
3.	Wilna Heijman	't Tolhekke	33.99	196400506	<b>34.86</b>
4.	Gonnie Paas	ZV Vlaardingen-Schiedam	36.66	196200418	<b>36.76</b>
5.	Ellen Parma	W.Z. & P.C. Triton	37.64	196200366	<b>37.51</b>
6.	Annemarie Vuist	SWOL 1894	36.11	196300282	<b>37.54</b>
7.	Joke Burgers	SWOL 1894	44.59	196000226	<b>48.57</b>
8.	Riekje Schra	Steenwijk 1934	55.07	196400404	<b>56.14</b>

Masters 50+, Heren

1.	Robert de Brauwer	De Duinkickers	29.91	196401383	<b>30.57</b>
2.	Ronald van Vliet	ZV De Aalscholver	30.42	196300997	<b>31.17</b>
3.	Jan Smalheer	Scom	31.86	196400701	<b>32.07</b>
4.	Henk Kuipers	UZSC	32.00	196201207	<b>32.38</b>
5.	Casper Dollekamp	Steenwijk 1934	32.93	196301341	<b>33.17</b>
6.	John Tersteeg	De Fuut	33.59	196001039	<b>33.20</b>
7.	Henk Gierveld	Nat Utrecht	31.42	196000869	<b>33.32</b>
8.	Jack Barends	WS Twente	32.12	196201011	<b>33.75</b>
9.	Jan Willem Heuten	WS Twente	33.73	196000883	<b>34.48</b>
10.	Perry Dekker	ZV De Bron	37.53	196201081	<b>37.51</b>

Masters 55+, Dames

1.	Tonny den Braber	Scom	43.23	195700022	<b>43.70</b>
2.	Anje Manuputty	De Dolfijn	44.74	195700176	<b>45.86</b>

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Programmanr. 5, 50m vrije slag

Masters 55+, Heren

1.	Nico Rozemeijer	Aquafit	29.35	195900751	<b>29.95</b>
2.	Henk Slomp	De Pinquin	30.10	195500359	<b>30.98</b>
3.	Evertjan Masurel	PSV	31.76	195600495	<b>31.51</b>
4.	Jappie Kuiper	SWOL 1894	33.39	195500417	<b>33.13</b>
5.	Harry Paas	ZV Vlaardingen-Schiedam	37.34	195800689	<b>33.28</b>
6.	Jan Timmerman	IJZPC	34.51	195700347	<b>35.04</b>
7.	Joop van Dijk	Deltasteur	34.48	195700075	<b>35.71</b>
8.	Herbert Katgert	WS Twente	35.53	195900739	<b>35.98</b>
9.	Kees Karsten	Gay Swim Amsterdam	38.00	195800203	<b>38.64</b>
AFGEM	Jaap de Boer	De Duinkickers	34.02	195800691	

Masters 60+, Dames

1.	Antoinette Gilding-Tussaud	WS Twente	43.99	195000038	<b>45.82</b>
2.	Geerdien Meerwaldt	De Geul	51.42	195200058	<b>52.56</b>
3.	Janny van der Weide	Deltasteur	51.46	195100066	<b>52.60</b>

Masters 60+, Heren

1.	Richard Catoire	Z.S.C. Oceanus	33.58	195200253	<b>36.56</b>
2.	Bert Veerkamp	Zuiderzeezwemmers	50.74	195200271	<b>1:02.08</b>

Masters 65+, Dames

1.	Bea Swijnenberg	SWOL 1894	38.05	194900010	<b>36.98</b>
2.	Annet Verhoeven	De Duinkickers	46.11	194600024	<b>46.36</b>
3.	Adrie Oostendorp	ZV De Bron	1:08.32	194900024	<b>1:08.54</b>

Masters 65+, Heren

1.	Han Roos	ZV De Bron	32.00	194500081	<b>32.10</b>
2.	Yoshihiro Yasumi	De Futen	33.27	194900163	<b>35.27</b>
3.	Mans Buis	Het Ravijn	37.56	194700133	<b>39.09</b>
4.	Henk Oostendorp	ZV De Bron	43.81	194800093	<b>44.77</b>

Masters 70+, Dames

1.	Greet Brehler	ZV Hatto Heim	1:12.00	194400004	<b>49.20</b>
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Masters 70+, Heren

1.	Wim ter Laak	PSV	46.86	194000027	<b>49.18</b>
2.	Aad Grapendaal	OEZA	49.69	194200063	<b>49.51</b>

Masters 75+, Heren

1.	Gregor Pompen	Aqua-Novio '94	43.00	193700021	<b>42.36</b>
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ZMC 7  
Amersfoort, 6-4-2014

Programmanr. 6  
6-4-2014 - 16:09

200m vlinderslag

20 - 84 jaar  
Resultaten

Rang			In.tijd		100m	200m
Masters 20+, Dames						
1.	Désirée Hulsmeyer	Het Ravijn	3:11.22	199001656	1:24.26	3:06.45
2.	Irmgard van Weeghel	Octopus	3:01.97	199204834	1:26.97	3:17.35
3.	Heleen Ten Have	De Pinquin	3:11.54	199403000	1:36.54	3:36.60
AFGEM	Kimberly Kluft	Zuiderzeewemmers	3:55.00	199203502		
AFGEM	Birgit Wiersma	Zuiderzeewemmers	3:30.00	199300840		
Masters 20+, Heren						
1.	Tim Bunnik	W.Z. & P.C. Triton	2:26.01	199000505	1:11.45	2:32.42
2.	Marco de Vries	Z&PC de Inktvis	3:07.89	199003181	1:15.54	2:51.00
Masters 25+, Dames						
1.	Liesbeth van Mill	DWK	3:15.67	198702786	1:31.18	3:17.22
Masters 25+, Heren						
1.	Tim Essers	OEZA	2:49.00	198800987	1:19.26	2:57.37
2.	Albert Dijkema	De Forel	3:25.07	198700711	1:39.39	3:33.88
Masters 30+, Dames						
1.	Mariska Stins	OEZA	3:15.72	198402364	1:32.02	3:21.32
Masters 30+, Heren						
1.	Rob van Wanrooy	Gay Swim Amsterdam	4:00.00	198202627	1:51.51	3:42.92
Masters 35+, Dames						
1.	Paula 't Hart-Buitelaar	ZV Vlaardingen-Schiedam	4:00.08	197701132	1:49.82	4:03.84
Masters 35+, Heren						
1.	Kees Bakker	Gay Swim Amsterdam	3:15.00	197501055	1:28.76	3:05.42
2.	Erwin Zuijdervelt	De Futen	3:12.82	197501015	1:27.28	3:17.22
Masters 40+, Dames						
1.	Annet Kootstra	SWOL 1894	3:38.90	197100344	1:37.70	3:30.87
2.	Tanya Lyvbarskaya	Scom	3:20.00	197101000	1:32.50	3:31.68
3.	Angeline Hamstra	Scom	3:55.17	197200782	1:51.42	3:56.00
4.	Greta Wyma-Teitsma	DWK	4:20.00	197100696	2:07.13	4:44.76
Masters 40+, Heren						
1.	Stefan Dortmund	AZ&PC	2:47.00	197201167	1:21.04	2:57.98
2.	Heiner Stevens	Zignea	2:46.58	197201299	1:21.69	3:04.61
3.	Kasper van den Berghe	SWOL 1894	2:57.78	197301125	1:25.73	3:11.57
Masters 45+, Dames						
1.	Janine Horsthuis	de Granaet	3:20.24	196900890	1:28.29	3:15.67
2.	Caroline Schreuder	W.Z. & P.C. Triton	3:21.63	196700550	1:35.29	3:26.02
3.	Miranda Keijl	Zignea	3:46.73	196500588	1:54.52	3:55.37
AFGEM	Laura Staal	Z.S.C. Oceanus	3:40.00	196700358		

ZMC 7  
Amersfoort, 6-4-2014

Programmanr. 6, 200m vlinderslag

Masters 50+, Dames

1.	Marjan Spoelstra	SWOL 1894	3:59.19	196000236	1:57.32	4:06.56
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Masters 50+, Heren

1.	Rik van Gasteren	AquAmigos	4:30.00	196401015	2:06.00	4:37.61
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Masters 55+, Dames

1.	Monica Bakker	ZVZwartsluis	3:53.16	195600082	1:47.89	3:54.00
2.	Tonny den Braber	Scom	4:38.85	195700022	2:07.70	4:44.20

Masters 55+, Heren

1.	Paul Bunnik	W.Z. & P.C. Triton	3:21.11	195600413	1:31.58	3:19.70
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Masters 60+, Heren

DIS	Jos Kamps	De Amer	4:30.00	195100085		
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*VO - De armen niet gedurende de gehele race over het water naar voren gebracht (meerdere beenslagen achter elkaar zo*

Programmanr. 7  
6-4-2014 - 16:28

50m rugslag

20 - 84 jaar  
Resultaten

Rang			In.tijd		Tijd	
<b>Masters 20+, Dames</b>						
1.	Elmi Roelofsen	ZVV	34.72	199008198	<b>34.64</b>	
2.	Getrude Corporaal	ZVZwartsluis	37.57	199200380	<b>38.08</b>	
3.	Lonneke Oenema	Steenwijk 1934	39.00	199102314	<b>39.23</b>	
4.	Tessa ten Hage	ZVV	42.00	199300286	<b>40.98</b>	
5.	Maaïke Hiemstra	Aqualero	42.51	199008318	<b>43.28</b>	FJ 1
6.	Selly Swieringa	Aqualero	42.42	199008320	<b>43.28</b>	FJ 2
7.	Jorinde Veraar	De Amer	47.33	199204726	<b>46.20</b>	
8.	Tessa van Dijk	ISIS	44.00	199401252	<b>46.44</b>	
<b>Masters 20+, Heren</b>						
1.	Tim Bunnik	W.Z. & P.C. Triton	30.32	199000505	<b>32.20</b>	
2.	Mike Koelewijn	Steenwijk 1934	33.54	199303597	<b>33.56</b>	
3.	Harry Dijkzma	ISIS	32.18	199100487	<b>33.92</b>	
4.	Arwin Stoop	Zuiderzeezwemmers	33.29	199306811	<b>35.80</b>	
5.	Rob Rikken	ZVV	37.64	199402521	<b>38.31</b>	
6.	Eric Kalee	De Amer	39.45	199005307	<b>40.48</b>	
7.	Bart van Olst	Ducdalf	41.78	199101709	<b>41.56</b>	
8.	Mark Sprenger	De Duinkickers	39.68	199303837	<b>41.96</b>	
9.	Leo Zijlstra	ISIS	44.91	199007483	<b>44.07</b>	
10.	Matthijs van Doorn	Het Ravijn	49.75	199207231	<b>47.85</b>	
11.	Gerwin Bouwmeester	ZVV	48.19	199103501	<b>48.70</b>	
<b>Masters 25+, Dames</b>						
1.	Annelette de Vries	WS Twente	39.40	198603908	<b>38.34</b>	
2.	Serima Veen	De Spatters	38.36	198604104	<b>38.63</b>	
3.	Margo Kruithof	zpc Stadskanaal	36.80	198702408	<b>39.29</b>	
4.	Martine Heres	Ducdalf	38.50	198701668	<b>39.31</b>	
5.	Gerlinde van de Wetering	Deltasteur	37.65	198904678	<b>40.86</b>	
6.	Rosemarie Veerkamp	Zuiderzeezwemmers	45.32	198706092	<b>46.76</b>	

ZMC 7  
Amersfoort, 6-4-2014

Programmanr. 7, Dames, 50m rugslag, Masters 25+

Rang			In.tijd	Tijd
7.	Esmeralda Sapulette	TZC Vahalis	NT 198806898	<b>46.82</b>
8.	Janna Jansen	TZC Vahalis	NT 198706188	<b>49.95</b>
9.	Brechtje de Jong	De Forel	59.95 198907422	<b>57.20</b>

Masters 25+, Heren

1.	Jeffrey Breedijk	De Amer	29.94 198900451	<b>29.48</b>
2.	Vincent Tilman	TriVia	32.50 198703357	<b>31.61</b>
3.	Erik van der Heide	Zuiderzeewemmers	31.84 198801337	<b>32.25</b>
4.	Rene van Eerden	TriVia	32.50 198700839	<b>33.50</b>
5.	Rik Bos	Ducdalf	36.29 198600345	<b>37.16</b>
6.	Robin Eggenkamp	De Duinkickers	36.89 198700847	<b>37.83</b>
7.	Jeroen Grinwis	Z&PC de Inktvis	35.00 198906813	<b>40.31</b>
8.	Wouter van 't Klooster	AZ&PC	39.56 198806159	<b>41.02</b>
9.	Danny Jannenga	Ducdalf	39.74 198801673	<b>41.66</b>

Masters 30+, Dames

1.	Angela Giezen	Montferland	38.42 198302796	<b>39.72</b>
2.	Mariska Stins	OEZA	37.92 198402364	<b>39.95</b>
3.	Johanna Schuitema	De Spatters	43.01 198102232	<b>40.78</b>
4.	Esther Beerling	W.Z. & P.C. Triton	42.65 198400120	<b>42.32</b>
5.	Aleida Groenendijk	Zuiderzeewemmers	43.64 198400816	<b>44.66</b>
6.	Mirjam Minderhoud	Zignea	42.16 198301398	<b>45.39</b>

Masters 30+, Heren

1.	Gerwin Vonk	De Spatters	32.52 198201907	<b>32.36</b>
2.	Erik van Hell	De Amer	32.33 198200643	<b>35.41</b>
3.	Ab Hazeleger	De Amer	39.46 198202637	<b>38.07</b>
4.	René van Dijk	ISIS	36.02 198400489	<b>38.83</b>
5.	Mark Brinkhuis	Hera'11	40.23 198302609	<b>40.17</b>
6.	Hans Cligge	De Futen	38.28 198100315	<b>40.45</b>
7.	Remco Smit	ZV De Aalscholver	38.67 198102477	<b>41.36</b>
AFGEM	David Wendt	De Amer	31.00 198202599	
AFGEM	Reinier Vis	IJZPC	35.22 198002289	
AFGEM	Rudy de Jong	De Forel	36.83 198301061	

Masters 35+, Dames

1.	Monique Boets	zpc Stadskanaal	34.01 197600230	<b>34.47</b>
2.	Carmen Haan	De Spatters	40.56 197901458	<b>39.70</b>
3.	Anuschka Glazema-Boelema	zpc Stadskanaal	37.50 197701166	<b>40.51</b>
4.	Eveline Hacquebord	IJZPC	47.33 197901206	<b>42.07</b>
5.	Fabiola Bosman	Deltasteur	40.26 197701148	<b>42.82</b>
AFGEM	Marina van Staveren	OEZA	38.91 197801234	

Masters 35+, Heren

1.	Martijn Butter	OEZA	33.40 197900231	<b>32.62</b>
2.	Kees Bakker	Gay Swim Amsterdam	35.42 197501055	<b>35.10</b>
3.	Alex Slooten	Upstream Amsterdam	37.00 197600849	<b>37.76</b>
4.	Robin Roskam	De Duinkickers	43.99 197801831	<b>46.75</b>



ZMC 7  
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Programmanr. 7, 50m rugslag

Masters 40+, Dames

1.	Ageeth Boomsma	Orca	40.31	197000826	<b>43.10</b>
2.	Miranda Straetemans	Zignea	43.56	197400514	<b>43.36</b>
3.	Greta Wyma-Teitsma	DWK	47.50	197100696	<b>47.04</b>
AFGEM	Trudie van Niejenhuis	TZC Vahalis	38.69	197100444	

Masters 40+, Heren

1.	Erik Veltman	zpc Stadskanaal	40.00	197200941	<b>40.44</b>
AFGEM	Dennis van Markesteijn	TZC Vahalis	NT	197201333	

Masters 45+, Dames

1.	Jantine Braakman	ZV De Bron	37.66	196500036	<b>38.86</b>
2.	Iris van Aurich	DWK	40.08	196900866	<b>41.11</b>
3.	Peggi Hurenkamp	HZ&PC Heerenveen	44.62	196900922	<b>45.79</b>
4.	Remona Dekker	ZV De Bron	59.99	196600620	<b>56.66</b>

Masters 45+, Heren

1.	Martin Kaptein	DWK	32.60	196701677	<b>34.30</b>
2.	Fred Heemstra	DAW	38.96	196500357	<b>35.26</b>
3.	Erik Wetsteijn	SWOL 1894	36.79	196501019	<b>36.60</b>
4.	Marcel Jonkman	Aqualero	36.25	196801389	<b>37.35</b>
5.	Paul de Boer	De Amer	41.00	196801413	<b>37.84</b>
6.	Roelof Broekman	De Spatters	37.66	196800155	<b>38.01</b>
7.	Willem Jannink	SWOL 1894	39.88	196500423	<b>39.16</b>

Masters 50+, Dames

1.	Margriet Grove-Lingeman	Z.S.C. Oceanus	39.50	196200080	<b>40.98</b>
2.	Marijke Kraak-Beckers	WS Twente	41.95	196000240	<b>42.12</b>
3.	Francine Sommer	W.Z. & P.C. Triton	44.66	196200384	<b>43.39</b>
4.	Gonnie Paas	ZV Vlaardingen-Schiedam	47.28	196200418	<b>44.66</b>
5.	Ellen Parma	W.Z. & P.C. Triton	47.13	196200366	<b>45.78</b>
6.	Annemarie Vuist	SWOL 1894	43.27	196300282	<b>45.91</b>
7.	Irene Hoenderdos	Aquapoldro	55.56	196300428	<b>57.04</b>
8.	Joke Burgers	SWOL 1894	58.16	196000226	<b>1:03.45</b>
9.	Riekie Schra	Steenwijk 1934	1:06.95	196400404	<b>1:05.81</b>

Masters 50+, Heren

1.	Ronald van Vliet	ZV De Aalscholver	39.51	196300997	<b>40.48</b>
2.	Michiel Tonsbeek	DWT	48.54	196000889	<b>45.90</b>

Masters 55+, Heren

1.	Marten de Groot	HZ&PC Heerenveen	35.20	195800149	<b>35.48</b>
2.	Evertjan Masurel	PSV	38.34	195600495	<b>37.94</b>
3.	Nico Rozemeijer	Aquafit	38.45	195900751	<b>38.14</b>
4.	Harry Paas	ZV Vlaardingen-Schiedam	40.61	195800689	<b>41.56</b>
5.	Jappie Kuiper	SWOL 1894	43.58	195500417	<b>44.95</b>
6.	Joop van Dijk	Deltasteur	46.45	195700075	<b>46.44</b>
7.	Jan Timmerman	IJZPC	46.59	195700347	<b>50.59</b>

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Programmanr. 7, 50m rugslag

Masters 60+, Dames

1. Patty Krupiarz	PSV	43.14	195400074	<b>43.11</b>
2. Corine Kalbfleisch	DWT	51.23	195200024	<b>48.81</b>

Masters 65+, Dames

1. Bea Swijnenberg	SWOL 1894	46.30	194900010	<b>47.20</b>
2. Annet Verhoeven	De Duinkickers	1:06.53	194600024	<b>58.91</b>

Masters 65+, Heren

1. Han Roos	ZV De Bron	44.00	194500081	<b>44.66</b>
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Masters 70+, Dames

1. Greet Brehler	ZV Hatto Heim	1:15.00	194400004	<b>1:20.23</b>
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Masters 70+, Heren

1. Aad Grapendaal	OEZA	56.91	194200063	<b>56.67</b>
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Masters 75+, Heren

1. Gregor Pompen	Aqua-Novio '94	54.00	193700021	<b>54.16</b>
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Programmanr. 8  
6-4-2014 - 16:50

400m vrije slag

20 - 84 jaar  
Resultaten

Rang		In.tijd	100m	200m	300m	400m
<b>Masters 20+, Dames</b>						
1.	Maaïke Vooren	DAW	4:44.12 199103324	1:10.29	2:26.29	4:58.36
	50m:	150m:	250m:	350m:		
	100m: 1:10.29	200m: 2:26.29	300m:	400m: 4:58.36		
2.	Irmgard van Weeghel	Octopus	5:12.83 199204834	1:16.63	2:41.72	5:34.44
	50m:	150m:	250m:	350m:		
	100m: 1:16.63	200m: 2:41.72	300m:	400m: 5:34.44		
3.	Désirée Hulsmeijer	Het Ravijn	5:30.71 199001656	1:18.53	2:46.73	5:37.14
	50m:	150m:	250m:	350m:		
	100m: 1:18.53	200m: 2:46.73	300m:	400m: 5:37.14		
4.	Charine de Ruiter	Steenwijk 1934	5:50.00 199403668	1:21.42	2:53.10	5:54.42
	50m:	150m:	250m:	350m:		
	100m: 1:21.42	200m: 2:53.10	300m:	400m: 5:54.42		
5.	Eline Schoenmaker	Zwemlust den Hommel	6:09.02 199003322	1:26.67	3:02.75	6:09.98
	50m:	150m:	250m:	350m:		
	100m: 1:26.67	200m: 3:02.75	300m:	400m: 6:09.98		
6.	Janneke Wynia	WS Twente	6:30.00 199005500	1:30.70	3:06.33	6:18.92
	50m:	150m:	250m:	350m:		
	100m: 1:30.70	200m: 3:06.33	300m:	400m: 6:18.92		
7.	Alissa Horlings	Aquapoldro	7:36.75 199108512	1:48.16	3:43.60	7:38.89
	50m:	150m:	250m:	350m:		
	100m: 1:48.16	200m: 3:43.60	300m:	400m: 7:38.89		
8.	Liesbeth Bruinekool	Zuiderzeezwemmers	8:36.57 199007958	2:04.51	4:24.48	9:02.02
	50m:	150m:	250m:	350m:		
	100m: 2:04.51	200m: 4:24.48	300m:	400m: 9:02.02		
AFGEM	Maartje Lenten	De Spatters	5:48.01 199204286			

ZMC 7  
Amersfoort, 6-4-2014

Programmanr. 8, Dames, 400m vrije slag, Masters 20+

Rang		In.tijd	100m	200m	300m	400m
AFGEM	Marloes Benjamins	Aqualero	5:40.79	199105110		

Masters 20+, Heren

1.	Harry Dijkma	ISIS	5:16.81	199100487	1:15.18	2:37.09	5:14.88
	50m:	150m:	250m:		350m:		
	100m: 1:15.18	200m: 2:37.09	300m:		400m: 5:14.88		
2.	Ruben de Boer	De Duinkikkers	5:23.32	199301419	1:18.16	2:43.29	5:32.76
	50m:	150m:	250m:		350m:		
	100m: 1:18.16	200m: 2:43.29	300m:		400m: 5:32.76		
3.	Danny Vochteloo	ZZG de Boskikkers	6:33.64	199207251	1:33.84	3:15.98	6:34.39
	50m:	150m:	250m:		350m:		
	100m: 1:33.84	200m: 3:15.98	300m:		400m: 6:34.39		
4.	Matthijs van Doorn	Het Ravijn	6:25.91	199207231	1:31.00	3:14.16	6:38.02
	50m:	150m:	250m:		350m:		
	100m: 1:31.00	200m: 3:14.16	300m:		400m: 6:38.02		

Masters 25+, Dames

1.	Lisanne Andeweg	Zuiderzeezwemmers	4:45.07	198800092	1:09.92	2:25.32	4:54.20
	50m:	150m:	250m:		350m:		
	100m: 1:09.92	200m: 2:25.32	300m:		400m: 4:54.20		
2.	Anne Duijst	De Amer	5:11.77	198901030	1:15.22	2:36.39	5:23.27
	50m:	150m:	250m:		350m:		
	100m: 1:15.22	200m: 2:36.39	300m:		400m: 5:23.27		
3.	Marije van Manen	AZ&PC	5:25.00	198602386	1:15.94	2:41.13	5:37.75
	50m:	150m:	250m:		350m:		
	100m: 1:15.94	200m: 2:41.13	300m:		400m: 5:37.75		
4.	Henrike de Vries	WS Twente	5:33.02	198907460	1:17.28	2:44.70	5:38.50
	50m:	150m:	250m:		350m:		
	100m: 1:17.28	200m: 2:44.70	300m:		400m: 5:38.50		
5.	Karin Hovenkamp	De Spatters	5:41.76	198701850	1:24.67	2:54.51	5:46.92
	50m:	150m:	250m:		350m:		
	100m: 1:24.67	200m: 2:54.51	300m:		400m: 5:46.92		
6.	Anne van den Besselaar	HZ&PC Heerenveen	11:00.00	198504062	2:49.36	5:45.83	11:29.30
	50m:	150m:	250m:		350m:		
	100m: 2:49.36	200m: 5:45.83	300m:		400m: 11:29.30		

AFGEM	Annebeth van Ark	Octopus	5:59.26	198805588		
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Masters 25+, Heren

1.	Wesley van Diejen	PSV	5:15.00	198604551	1:10.76	2:31.35	5:11.60
	50m:	150m:	250m:		350m:		
	100m: 1:10.76	200m: 2:31.35	300m:		400m: 5:11.60		
2.	Albert Dijkma	De Forel	5:55.13	198700711	1:25.39	2:59.34	6:00.67
	50m:	150m:	250m:		350m:		
	100m: 1:25.39	200m: 2:59.34	300m:		400m: 6:00.67		
3.	Danny Jannenga	Ducdalf	6:08.96	198801673	1:22.29	2:58.86	6:18.29
	50m:	150m:	250m:		350m:		
	100m: 1:22.29	200m: 2:58.86	300m:		400m: 6:18.29		
4.	Henk-Jan van 't Hof	De Hokseberg	6:30.00	198804325	1:24.60	3:04.10	6:24.95
	50m:	150m:	250m:		350m:		
	100m: 1:24.60	200m: 3:04.10	300m:		400m: 6:24.95		

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Programmanr. 8, 400m vrije slag

Masters 30+, Dames

1. Esther Beerling	W.Z. & P.C. Triton	5:46.77	198400120	1:24.86	2:57.16	5:58.07
50m:	150m:	250m:	350m:			
100m: 1:24.86	200m: 2:57.16	300m:	400m: 5:58.07			
2. Lisette Poelheken	ZV De Aalscholver	5:58.35	198403408	1:28.45	3:04.82	6:20.76
50m:	150m:	250m:	350m:			
100m: 1:28.45	200m: 3:04.82	300m:	400m: 6:20.76			
3. Angélique Rotteveel	Aquapoldro	6:22.92	198402090	1:27.69	3:09.38	6:44.36
50m:	150m:	250m:	350m:			
100m: 1:27.69	200m: 3:09.38	300m:	400m: 6:44.36			
4. Rianne van Vegchelen	Deltasteur	6:46.33	198101530	1:36.04	3:22.99	7:05.47
50m:	150m:	250m:	350m:			
100m: 1:36.04	200m: 3:22.99	300m:	400m: 7:05.47			
5. Marloes Rebel	WS Twente	6:54.74	198403474	1:42.32	3:34.89	7:14.16
50m:	150m:	250m:	350m:			
100m: 1:42.32	200m: 3:34.89	300m:	400m: 7:14.16			
6. Esther van Buren	De Duinkickers	7:20.08	198001670	1:34.48	3:28.23	7:19.70
50m:	150m:	250m:	350m:			
100m: 1:34.48	200m: 3:28.23	300m:	400m: 7:19.70			

Masters 30+, Heren

1. Marcel Reefhuis	WS Twente	4:42.04	198101381	1:07.16	2:19.92	4:46.86
50m:	150m:	250m:	350m:			
100m: 1:07.16	200m: 2:19.92	300m:	400m: 4:46.86			
2. Rob van Vliet	AZ&PC	5:00.00	198402459	1:09.87	2:28.44	5:10.71
50m:	150m:	250m:	350m:			
100m: 1:09.87	200m: 2:28.44	300m:	400m: 5:10.71			
3. René van Dijk	ISIS	5:15.45	198400489	1:20.53	2:46.30	5:33.81
50m:	150m:	250m:	350m:			
100m: 1:20.53	200m: 2:46.30	300m:	400m: 5:33.81			

Masters 35+, Dames

1. Carmen Haan	De Spatters	5:46.13	197901458	1:24.42	2:55.58	6:00.69
50m:	150m:	250m:	350m:			
100m: 1:24.42	200m: 2:55.58	300m:	400m: 6:00.69			
2. Eveline Hacquebord	IJZPC	5:26.57	197901206	1:19.92	2:54.89	6:14.82
50m:	150m:	250m:	350m:			
100m: 1:19.92	200m: 2:54.89	300m:	400m: 6:14.82			
3. Babette Rens	Dedemsvaart-AC	5:56.11	197801200	1:23.31	3:01.40	6:31.69
50m:	150m:	250m:	350m:			
100m: 1:23.31	200m: 3:01.40	300m:	400m: 6:31.69			
4. Margriet Leeffers	Deltasteur	6:29.92	197800448	1:30.20	3:15.42	6:48.45
50m:	150m:	250m:	350m:			
100m: 1:30.20	200m: 3:15.42	300m:	400m: 6:48.45			

AFGEM Melanie Kuiper Zignea 4:59.34 197600350  
AFGEM Marina van Staveren OEZA 5:44.09 197801234

Masters 35+, Heren

1. Martijn Butter	OEZA	4:52.12	197900231	1:09.12	2:23.97	4:52.55
50m:	150m:	250m:	350m:			
100m: 1:09.12	200m: 2:23.97	300m:	400m: 4:52.55			
2. Alex Damen	DAW	4:58.76	197501371	1:12.10	2:29.16	5:00.39
50m:	150m:	250m:	350m:			
100m: 1:12.10	200m: 2:29.16	300m:	400m: 5:00.39			

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Programmanr. 8, Heren, 400m vrije slag, Masters 35+

Rang		In.tijd	100m	200m	300m	400m
3.	Ewoud Rupert 50m: 100m: 1:10.60	WS Twente 150m: 200m: 2:30.60	4:55.00 197801795 250m: 300m:	1:10.60 2:30.60 350m: 400m: 5:13.26		5:13.26
4.	René Beens 50m: 100m: 1:16.82	Deltasteur 150m: 200m: 2:41.10	5:30.00 197800045 250m: 300m:	1:16.82 2:41.10 350m: 400m: 5:38.16		5:38.16
5.	Rinke Nijland 50m: 100m: 1:29.73	IJZPC 150m: 200m: 3:11.89	6:20.00 197901735 250m: 300m:	1:29.73 3:11.89 350m: 400m: 6:38.02		6:38.02

Masters 40+, Dames

1.	Karin Stein 50m: 100m: 1:13.95	ZV Vlaardingen-Schiedam 150m: 200m: 2:32.10	4:53.40 197100554 250m: 300m:	1:13.95 2:32.10 350m: 400m: 5:10.36		5:10.36
2.	Annette de Visser 50m: 100m: 1:14.89	Z.S.C. Oceanus 150m: 200m: 2:36.23	5:15.96 197100602 250m: 300m:	1:14.89 2:36.23 350m: 400m: 5:18.16		5:18.16
3.	Ingrid Boot-De Groot 50m: 100m: 1:22.64	ZV De Aalscholver 150m: 200m: 2:53.48	5:57.02 197000168 250m: 300m:	1:22.64 2:53.48 350m: 400m: 5:49.20		5:49.20
4.	Renata van Essen 50m: 100m: 1:24.64	Zuiderzeezwimmers 150m: 200m: 2:58.61	5:51.00 197300740 250m: 300m:	1:24.64 2:58.61 350m: 400m: 6:01.07		6:01.07
5.	Marleen Prins 50m: 100m: 1:45.30	De Fuut 150m: 200m: 3:43.94	7:40.15 197300864 250m: 300m:	1:45.30 3:43.94 350m: 400m: 7:37.28		7:37.28
6.	Sylvia Tetteroo 50m: 100m: 1:52.56	IJZPC 150m: 200m: 4:02.28	7:45.73 197300476 250m: 300m:	1:52.56 4:02.28 350m: 400m: 8:23.03		8:23.03

Masters 40+, Heren

1.	Paul Hardeman 50m: 100m: 1:16.96	AZ&PC 150m: 200m: 2:44.40	5:35.35 197300327 250m: 300m:	1:16.96 2:44.40 350m: 400m: 5:38.84		5:38.84
2.	Heiner Stevens 50m: 100m: 1:20.26	Zignea 150m: 200m: 2:49.80	5:29.64 197201299 250m: 300m:	1:20.26 2:49.80 350m: 400m: 5:50.67		5:50.67
3.	Gerhard Knol 50m: 100m: 1:23.40	ZV De Aalscholver 150m: 200m: 2:53.64	5:42.04 197100483 250m: 300m:	1:23.40 2:53.64 350m: 400m: 5:53.52		5:53.52
4.	Arnold Jonker 50m: 100m: 1:36.54	HZ&PC Heerenveen 150m: 200m: 3:19.54	6:50.27 197000529 250m: 300m:	1:36.54 3:19.54 350m: 400m: 6:45.91		6:45.91

Masters 45+, Dames

1.	Marion Broekhuis 50m: 100m: 1:19.19	WS Twente 150m: 200m: 2:46.91	5:33.54 196800060 250m: 300m:	1:19.19 2:46.91 350m: 400m: 5:43.23		5:43.23
2.	Roos Tji 50m: 100m: 1:24.39	De Fuut 150m: 200m: 2:59.38	5:55.00 196900994 250m: 300m:	1:24.39 2:59.38 350m: 400m: 6:18.94		6:18.94

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

Rang		In.tijd	100m	200m	300m	400m
3.	Roelien Speelman-TigelaaDe Spatters	6:05.20 196600664	1:28.31	3:07.34		6:22.45
	50m: 100m: 1:28.31	150m: 200m: 3:07.34	250m: 300m:	350m: 400m: 6:22.45		
4.	Ilse Vos-Viergever De Hokseberg	6:28.23 196800644	1:28.32	3:06.76		6:28.48
	50m: 100m: 1:28.32	150m: 200m: 3:06.76	250m: 300m:	350m: 400m: 6:28.48		
5.	Hetty Smalheer Scm	6:35.82 196700352	1:34.30	3:15.32		6:29.63
	50m: 100m: 1:34.30	150m: 200m: 3:15.32	250m: 300m:	350m: 400m: 6:29.63		
6.	Friderika Kerekes AZ&PC	6:38.89 196500540	1:30.46	3:10.78		6:34.64
	50m: 100m: 1:30.46	150m: 200m: 3:10.78	250m: 300m:	350m: 400m: 6:34.64		
DIS	Jacqueline Tuin DAW	8:00.00 196600690				
	<i>AA - Te vroeg bewogen bij de 1e (1-startregel) of 2e start.</i>					
	50m: 100m:	150m: 200m:	250m: 300m:	350m: 400m:		

AFGEM Petra Casteleijn AZ&PC 5:26.03 196600098

Masters 45+, Heren

1.	Arjan Bellaart Z.S.C. Oceanus	4:47.98 196900079	1:09.64	2:24.86		4:56.42
	50m: 100m: 1:09.64	150m: 200m: 2:24.86	250m: 300m:	350m: 400m: 4:56.42		
2.	Ron Korzelius AZ&PC	5:26.00 196500513	1:11.92	2:32.70		5:12.51
	50m: 100m: 1:11.92	150m: 200m: 2:32.70	250m: 300m:	350m: 400m: 5:12.51		
3.	Jan Lindenaar UZSC	5:30.12 196701623	1:16.67	2:40.86		5:26.57
	50m: 100m: 1:16.67	150m: 200m: 2:40.86	250m: 300m:	350m: 400m: 5:26.57		
4.	Stefan Holmstrom DAW	8:00.00 196701671	1:11.48	2:36.29		5:32.57
	50m: 100m: 1:11.48	150m: 200m: 2:36.29	250m: 300m:	350m: 400m: 5:32.57		
5.	Huyb Stegeman Steenwijk 1934	5:50.00 196701535	1:20.32	2:50.64		5:51.92
	50m: 100m: 1:20.32	150m: 200m: 2:50.64	250m: 300m:	350m: 400m: 5:51.92		
6.	Taco Eikelenboom De Futen	5:59.42 196900275	1:23.82	3:00.82		6:15.39
	50m: 100m: 1:23.82	150m: 200m: 3:00.82	250m: 300m:	350m: 400m: 6:15.39		
7.	Marcel Brittijn De Duinkickers	6:03.11 196900159	1:24.02	3:04.17		6:17.43
	50m: 100m: 1:24.02	150m: 200m: 3:04.17	250m: 300m:	350m: 400m: 6:17.43		
8.	Lambert Morsink W.Z. & P.C. Triton	5:58.04 196501427	1:21.37	2:55.37		6:23.70
	50m: 100m: 1:21.37	150m: 200m: 2:55.37	250m: 300m:	350m: 400m: 6:23.70		
9.	René Speelman De Spatters	6:03.54 196601521	1:26.85	3:09.31		6:35.52
	50m: 100m: 1:26.85	150m: 200m: 3:09.31	250m: 300m:	350m: 400m: 6:35.52		

Masters 50+, Dames

1.	Wilna Heijman 't Tolhekke	5:34.04 196400506	1:18.62	2:44.69		5:36.11
	50m: 100m: 1:18.62	150m: 200m: 2:44.69	250m: 300m:	350m: 400m: 5:36.11		
2.	Annemarie Vuist SWOL 1894	5:59.16 196300282	1:30.48	3:05.08		6:10.86
	50m: 100m: 1:30.48	150m: 200m: 3:05.08	250m: 300m:	350m: 400m: 6:10.86		

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

Rang		In.tijd	100m	200m	300m	400m
3.	Marijke Kraak-Beckers 50m: 100m: 1:28.16	WS Twente 150m: 200m: 3:05.36	6:14.24 196000240 250m: 300m:	1:28.16 3:05.36 350m: 400m: 6:18.02		6:18.02
4.	Joke Burgers 50m: 100m: 1:59.31	SWOL 1894 150m: 200m: 4:14.62	8:19.61 196000226 250m: 300m:	1:59.31 4:14.62 350m: 400m: 8:40.25		8:40.25

Masters 50+, Heren

1.	Edwin v. Norden 50m: 100m: 1:06.95	AZ&PC 150m: 200m: 2:20.00	4:47.09 196300563 250m: 300m:	1:06.95 2:20.00 350m: 400m: 4:47.06		4:47.06
2.	Henk Kuipers 50m: 100m: 1:21.95	UZSC 150m: 200m: 2:49.92	6:02.09 196201207 250m: 300m:	1:21.95 2:49.92 350m: 400m: 5:46.04		5:46.04
3.	Jan Smalheer 50m: 100m: 1:21.22	Scom 150m: 200m: 2:49.73	5:58.70 196400701 250m: 300m:	1:21.22 2:49.73 350m: 400m: 5:48.88		5:48.88
4.	Eric Giling 50m: 100m: 1:22.76	De Fuut 150m: 200m: 2:52.54	5:40.00 196400237 250m: 300m:	1:22.76 2:52.54 350m: 400m: 5:56.16		5:56.16
5.	Jack Barends 50m: 100m: 1:23.07	WS Twente 150m: 200m: 2:53.89	5:50.21 196201011 250m: 300m:	1:23.07 2:53.89 350m: 400m: 5:58.39		5:58.39
6.	Casper Dollekamp 50m: 100m: 1:23.13	Steenwijk 1934 150m: 200m: 2:58.36	5:50.00 196301341 250m: 300m:	1:23.13 2:58.36 350m: 400m: 6:11.76		6:11.76
7.	John Dam 50m: 100m: 1:25.16	Zignea 150m: 200m: 3:01.67	6:01.49 196000915 250m: 300m:	1:25.16 3:01.67 350m: 400m: 6:13.89		6:13.89
8.	Jan Willem Heuten 50m: 100m: 1:27.97	WS Twente 150m: 200m: 3:06.08	6:03.81 196000883 250m: 300m:	1:27.97 3:06.08 350m: 400m: 6:14.12		6:14.12
9.	Robert de Brauwer 50m: 100m: 1:23.10	De Duinkickers 150m: 200m: 2:59.54	6:03.11 196401383 250m: 300m:	1:23.10 2:59.54 350m: 400m: 6:17.43		6:17.43
10.	Henk Gierveld 50m: 100m: 1:27.48	Nat Utrecht 150m: 200m: 3:04.36	6:02.10 196000869 250m: 300m:	1:27.48 3:04.36 350m: 400m: 6:26.02		6:26.02
11.	John Tersteeg 50m: 100m: 1:38.12	De Fuut 150m: 200m: 3:26.76	6:54.87 196001039 250m: 300m:	1:38.12 3:26.76 350m: 400m: 7:00.68		7:00.68
12.	Rik van Gasteren 50m: 100m: 1:38.29	AquAmigos 150m: 200m: 3:29.23	7:10.00 196401015 250m: 300m:	1:38.29 3:29.23 350m: 400m: 7:08.26		7:08.26
13.	Perry Dekker 50m: 100m: 1:40.32	ZV De Bron 150m: 200m: 3:37.07	7:04.52 196201081 250m: 300m:	1:40.32 3:37.07 350m: 400m: 7:31.42		7:31.42
14.	Michiel Tonsbeek 50m: 100m: 1:45.29	DWT 150m: 200m: 3:45.51	7:37.84 196000889 250m: 300m:	1:45.29 3:45.51 350m: 400m: 7:41.01		7:41.01

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Programmanr. 8, 400m vrije slag

Masters 55+, Dames

1. Atie Pijtak-Radersma	AZ&PC	5:30.06	195600048	1:19.61	2:46.95	5:37.04
50m:	150m:	250m:	350m:			
100m: 1:19.61	200m: 2:46.95	300m:	400m: 5:37.04			
2. Mathilde Vink	SWOL 1894	6:03.27	195800128	1:28.41	3:03.91	6:13.63
50m:	150m:	250m:	350m:			
100m: 1:28.41	200m: 3:03.91	300m:	400m: 6:13.63			
3. Rona Eijkelhoff	Aqua-Novio '94	6:32.56	195600026	1:37.85	3:23.05	6:46.68
50m:	150m:	250m:	350m:			
100m: 1:37.85	200m: 3:23.05	300m:	400m: 6:46.68			

Masters 55+, Heren

1. Marten de Groot	HZ&PC Heerenveen	4:53.23	195800149	1:10.00	2:23.58	4:46.42
50m:	150m:	250m:	350m:			
100m: 1:10.00	200m: 2:23.58	300m:	400m: 4:46.42			
2. Joop van Dijk	Deltasteur	6:44.21	195700075	1:33.16	3:17.73	6:41.51
50m:	150m:	250m:	350m:			
100m: 1:33.16	200m: 3:17.73	300m:	400m: 6:41.51			
3. Herbert Katgert	WS Twente	6:46.44	195900739	1:39.36	3:27.51	7:00.10
50m:	150m:	250m:	350m:			
100m: 1:39.36	200m: 3:27.51	300m:	400m: 7:00.10			
4. Kees Karsten	Gay Swim Amsterdam	7:50.00	195800203	1:45.57	3:46.52	7:41.73
50m:	150m:	250m:	350m:			
100m: 1:45.57	200m: 3:46.52	300m:	400m: 7:41.73			

Masters 60+, Dames

1. Corine Kalbfleisch	DWT	7:16.44	195200024	1:47.64	3:49.51	8:00.16
50m:	150m:	250m:	350m:			
100m: 1:47.64	200m: 3:49.51	300m:	400m: 8:00.16			
2. Janny van der Weide	Deltasteur	9:00.00	195100066	2:12.43	4:36.61	9:24.59
50m:	150m:	250m:	350m:			
100m: 2:12.43	200m: 4:36.61	300m:	400m: 9:24.59			

Masters 60+, Heren

1. Jos Kamps	De Amer	6:35.30	195100085	1:26.91	3:08.16	6:33.88
50m:	150m:	250m:	350m:			
100m: 1:26.91	200m: 3:08.16	300m:	400m: 6:33.88			

Masters 65+, Dames

1. Loekie v. Huissteden	AZ&PC	9:12.84	194500002	2:13.13	4:40.02	9:19.86
50m:	150m:	250m:	350m:			
100m: 2:13.13	200m: 4:40.02	300m:	400m: 9:19.86			

Masters 65+, Heren

1. Yoshihiro Yasumi	De Futen	6:15.00	194900163	1:35.33	3:25.98	6:48.70
50m:	150m:	250m:	350m:			
100m: 1:35.33	200m: 3:25.98	300m:	400m: 6:48.70			
2. Mans Buis	Het Ravijn	8:39.98	194700133	1:47.12	3:54.53	8:17.40
50m:	150m:	250m:	350m:			
100m: 1:47.12	200m: 3:54.53	300m:	400m: 8:17.40			



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Programmanr. 8, 400m vrije slag

Masters 70+, Dames

1. Liesbeth ter Laak	PSV	11:48.87	194200008	2:52.20	6:05.89	12:30.20
50m:	150m:	250m:	350m:			
100m: 2:52.20	200m: 6:05.89	300m:	400m: 12:30.20			

Masters 70+, Heren

1. Wim ter Laak	PSV	8:51.00	194000027	2:09.74	4:36.89	9:11.51
50m:	150m:	250m:	350m:			
100m: 2:09.74	200m: 4:36.89	300m:	400m: 9:11.51			