

# Zuyderzeemasterscircuit deel 7



ZIGNEA

Emmeloord 16-3-2019

Zuyderzeemasterscircuit deel 7 - zaterdag 16 maart 2019 om 16:00u (25 m)

Aanvangstijd juryvergadering: 15:30u

## 1. 200m wisselslag -

20 - 24 jaar (Masters 20+) Dames

1. Inez Duursma (ZPV Piranha, 199700256)	02:47.28
50m 00:36.41 36,41 100m 01:20.74 44,33 150m 02:08.25 47,51	
2. Nienke Fuite (Deltasteur, 199501352)	03:04.20
50m 00:37.70 37,70 100m 01:24.29 46,59 150m 02:21.53 57,24	
3. Desiree Rave (Deltasteur, 199900610)	03:07.26
50m 00:42.20 42,20 100m 01:28.64 46,44 150m 02:23.11 54,47	
4. Stefanie van den Hoed (De Duinkickers, 199706594)	03:12.48
50m 00:40.64 40,64 100m 01:29.23 48,59 150m 02:27.83 58,60	
5. Shamira Wijntuin (SwimGym, 199806620)	03:14.00
50m 00:37.06 37,06	

20 - 24 jaar (Masters 20+) Heren

25 - 29 jaar (Masters 25+) Heren

1. Tim Bunnik (WZ&PC Triton, 199000505)	02:16.73
50m 00:29.39 29,39 100m 01:03.50 34,11 150m 01:44.14 40,64	
2. Tom de Lange (Deltasteur, 199300303)	02:58.18
50m 00:41.16 41,16 100m 01:29.44 48,28 150m 02:16.47 47,03	
3. Timo van der Wel (ZPV Piranha, 199307221)	02:58.59
50m 00:38.70 38,70 100m 01:25.44 46,74 150m 02:16.59 51,15	
4. Rick Vaarkamp (Z&PC Triton Putten, 199404979)	03:20.18
50m 00:44.90 44,90 100m 01:35.83 50,93 150m 02:32.42 56,59	

25 - 29 jaar (Masters 25+) Dames

1. Nanda de Vries (Steenwijk 1934, 199204328)	02:37.64
50m 00:33.24 33,24 100m 01:13.82 40,58 150m 02:01.19 47,37	
2. Nikki Hoogeboom (de IJsel, 199301196)	02:45.54
50m 00:34.92 34,92 100m 01:17.02 42,10 150m 02:07.29 50,27	
3. Getrude Corporaal (Steenwijk 1934, 199200380)	02:47.02
50m 00:35.26 35,26 100m 01:17.23 41,97 150m 02:08.51 51,28	
4. Leonie Nijenhuis (Zuiderzeezwimmers, 199204340)	02:52.60
50m 00:37.45 37,45 100m 01:23.67 46,22 150m 02:12.29 48,62	
5. Eline Vossebelt (Deltasteur, 199201922)	03:07.70
50m 00:38.70 38,70 100m 01:26.95 48,25 150m 02:18.45 51,50	
6. Petra Zandstra (ZPC Isis, 199006248)	03:14.85
50m 00:42.23 42,23 100m 01:37.88 55,65 150m 02:30.20 52,32	
7. Tessa van Dijk (ZPC Isis, 199401252)	03:37.72
100m 01:44.65 104,65 150m 02:50.89 66,24	

30 - 34 jaar (Masters 30+) Dames

1. Liesbeth van Mill (Zwemlust- den Hommel, 198702786)	02:44.92
50m 00:35.58 35,58 100m 01:18.95 43,37 150m 02:05.20 46,25	
2. Carola Jacobs (Z&PC Triton Putten, 198504176)	03:28.02

	50m 00:42.74 42,74	100m 01:34.02 51,28	150m 02:27.92 53,90	
<i>30 - 34 jaar (Masters 30+) Heren</i>				
1. Martijn Giezen (Zpc Amersfoort, 198500813)	50m 00:29.66 29,66	100m 01:07.09 37,43	150m 01:50.90 43,81	02:25.20
2. Robert Braad (Steenwijk 1934, 198600407)	50m 00:31.70 31,70	100m 01:09.19 37,49	150m 01:53.78 44,59	02:29.63
3. Rick Driezen (Steenwijk 1934, 198600713)	50m 00:29.39 29,39	100m 01:07.46 38,07	150m 01:54.19 46,73	02:30.89
4. Arjen van der Boom (ZIGNEA, 198604449)	50m 00:31.61 31,61	100m 01:12.36 40,75	150m 01:57.95 45,59	02:36.42
5. Stefan van de Grift (Swol 1894, 198701121)	50m 00:32.40 32,40	100m 01:13.07 40,67	150m 01:57.04 43,97	02:37.23
6. Melano Winter (AZ&PC De Futen, 198703847)	50m 00:33.66 33,66	100m 01:15.06 41,40	150m 02:02.44 47,38	02:39.76
7. Albert Dijkma (ZPC Isis, 198700711)	50m 00:36.51 36,51			02:46.04
8. Bob Peters (De Spatters, 198702565)	50m 00:34.45 34,45	100m 01:16.27 41,82	150m 02:07.08 50,81	02:47.29
9. Rene Knijpstra (ZPC Isis, 198806181)	50m 00:34.40 34,40	100m 01:19.26 44,86	150m 02:11.35 52,09	02:48.75
<i>35 - 39 jaar (Masters 35+) Heren</i>				
1. Lauren Vis (Steenwijk 1934, 198201883)	50m 00:27.94 27,94	100m 01:03.19 35,25	150m 01:44.41 41,22	02:18.21
2. Marcel Reefhuis (WS Twente, 198101381)	50m 00:31.10 31,10	100m 01:09.52 38,42	150m 01:53.12 43,60	02:27.95
3. Rob van Wanrooy (Gay Swim Amsterdam, 198202627)	50m 00:32.57 32,57	100m 01:13.47 40,90	150m 01:57.29 43,82	02:32.22
4. Rogier van Gent (IJZPC, 198000405)	50m 00:33.77 33,77	100m 01:18.55 44,78	150m 02:07.26 48,71	02:49.88
5. Mark Brinkhuis (TriVia, 198302609)	50m 00:39.14 39,14	100m 01:33.26 54,12	150m 02:21.48 48,22	03:02.82
6. Sebastiaan de Vos (De Duinkickers, 198402481) [S7]	50m 00:57.51 57,51	100m 01:59.04 61,53	150m 03:03.02 63,98	03:57.39
DIS. Edward van Dootingh (ZV 44, 198403341)				00:00.00
<i>35 - 39 jaar (Masters 35+) Dames</i>				
1. Angela Giezen (Montferland, 198302796)	50m 00:37.53 37,53	100m 01:19.84 42,31	150m 02:10.15 50,31	02:51.19
2. Esther Beerling (ZV Haerlem, 198400120)	50m 00:44.86 44,86	100m 01:39.20 54,34	150m 02:36.36 57,16	03:22.69
3. Irene Kasteel-Jaspersen (Zuiderzeezwemmers, 198102278)	50m 00:44.65 44,65	100m 01:41.06 56,41	150m 02:40.37 59,31	03:27.94
<i>40 - 44 jaar (Masters 40+) Dames</i>				
1. Marty Krans-de Weerd (ZCNF'34, 197500604)	50m 00:34.70 34,70	100m 01:18.62 43,92	150m 02:12.25 53,63	02:53.06
2. Melanie Kuiper (ZIGNEA, 197600350)	50m 00:38.27 38,27	100m 01:21.08 42,81	150m 02:14.96 53,88	02:53.41
3. Kristel Lips (ZV De Bron, 197900562)	50m 00:38.89 38,89	100m 01:24.89 46,00	150m 02:17.07 52,18	02:58.64
4. Gea van der Schaaf (Deltasteur, 197901558)				03:07.76

	50m 00:42.36	100m 01:25.02	150m 02:24.07	03:36.25
5. Leonie Scholten (Steenwijk 1934, 197901560)	50m 00:44.67	100m 01:33.71	150m 02:41.87	03:36.25
DIS. Renee Kieseker (SwimGym, 197601150)				00:00.00
<i>40 - 44 jaar (Masters 40+) Heren</i>				
1. Casper Hut (HZ&PC Heerenveen, 197800471)	50m 00:27.86	100m 01:03.04	150m 01:45.20	02:19.26
<i>45 - 49 jaar (Masters 45+) Heren</i>				
1. Michael van Bekkum (Swol 1894, 197200051)	50m 00:32.80	100m 01:14.42	150m 01:58.07	02:36.45
2. Heiner Stevens (ZIGNEA, 197201299)	50m 00:32.38	100m 01:16.45	150m 02:06.43	02:43.71
3. Korstiaan de Boer (Steenwijk 1934, 197101629)	50m 00:35.01	100m 01:17.00	150m 02:04.53	02:44.41
4. Gerhard Knol (ZV De Aalscholver, 197100483)	50m 00:39.04	100m 01:25.29	150m 02:14.13	02:55.02
5. Rob van Nijburg (De Otters Het Gooi, 197001737)	50m 00:40.13	100m 01:26.92	150m 02:18.57	03:00.10
6. Eric van den Blink (Batavia Swim, 197001667)	50m 00:49.66	100m 01:48.43	150m 02:49.02	03:40.22
<i>45 - 49 jaar (Masters 45+) Dames</i>				
1. Evelien van Klaarbergen (HZ&PC Heerenveen, 197200964)	50m 00:32.79	100m 01:13.00	150m 01:59.32	02:35.22
2. Bianca Groot (MSV-Zeemacht, 197000652)	50m 00:39.68	100m 01:29.52	150m 02:19.89	03:00.95
3. Tanya Lyvbarskaya (SCOM, 197101000)	50m 00:39.61	100m 01:27.20	150m 02:19.20	03:02.59
4. Miranda Straetemans (ZIGNEA, 197400514)	50m 00:37.50	100m 01:28.39	150m 02:17.73	03:04.18
5. Annet Kootstra (Swol 1894, 197100344)	50m 00:47.00	100m 01:39.86	150m 02:37.07	03:24.39
<i>50 - 54 jaar (Masters 50+) Dames</i>				
1. Caroline Schreuder (WZ&PC Triton, 196700550)	50m 00:38.93	100m 01:25.36	150m 02:19.51	03:01.53
2. Peggi Hurenkamp (HZ&PC Heerenveen, 196900922)	50m 00:41.11	100m 01:28.81	150m 02:25.48	03:08.15
3. Ellen van Wingerden-Dijkhuizen (DWK, 196900970)	50m 00:41.11	100m 01:29.73	150m 02:27.11	03:12.64
4. Annette van Dok (MSV-Zeemacht, 196800742)	50m 00:50.27	100m 01:41.92	150m 02:44.91	03:37.74
<i>50 - 54 jaar (Masters 50+) Heren</i>				
1. René Beetsma (HZ&PC Heerenveen, 196900069)	50m 00:31.64	100m 01:10.78	150m 01:55.79	02:30.44
2. Arjan Bellaart (Het Y, 196900079)	50m 00:32.14	100m 01:11.39	150m 01:57.64	02:33.51
3. Michel van Wingerden (DWK, 196701629)	50m 00:34.40	100m 01:18.71	150m 02:06.67	02:46.11
4. Matthijs van den Adel (De Otters Het Gooi, 196501637)	50m 00:34.78	100m 01:18.00	150m 02:12.50	02:50.06

5. Huyb Stegeman (Steenwijk 1934, 196701535)		02:56.60
50m 00:37.13 33,13	100m 01:26.63 49,50	150m 02:14.90 48,27
DIS. Taco Eikelenboom (AZ&PC De Futen, 196900275)		00:00.00
<i>55 - 59 jaar (Masters 55+) Heren</i>		
1. Wiljam Nijenhuis (de IJsel, 196400547)		02:38.33
50m 00:33.11 33,11	100m 01:15.23 42,12	150m 02:02.02 46,79
2. Theo Bakker (TriVia, 196401231)		02:49.91
50m 00:35.77 35,77	100m 01:24.39 48,62	150m 02:09.80 45,41
DIS. Jan Wierenga (ZV De Aalscholver, 196400843)		00:00.00
<i>55 - 59 jaar (Masters 55+) Dames</i>		
1. Wilna Heijman (Steenwijk 1934, 196400506)		03:00.56
50m 00:38.75 38,75	100m 01:25.34 46,59	150m 02:19.84 54,50
2. Petra Tossings (DAW, 196100376)		03:07.52
50m 00:40.70 40,70		
DIS. Annemarie Vuist (Swol 1894, 196300282)		00:00.00
<i>60 - 64 jaar (Masters 60+) Dames</i>		
1. Hannie Poletiek (TriVia, 195900278)		03:29.67
50m 00:48.00 48,00		
2. Willy Schoenmaker-ter Veer (DWK, 195900254)		04:12.12
50m 00:53.06 53,06	100m 02:03.26 70,20	150m 03:11.32 68,06
DIS. Betsie Klompmaker-Mulder (Noord-Veluwe, 195900200)		00:00.00
<i>60 - 64 jaar (Masters 60+) Heren</i>		
1. Marten de Groot (HZ&PC Heerenveen, 195800149)		02:49.52
50m 00:35.19 35,19	100m 01:20.27 45,08	150m 02:11.87 51,60
2. Paul Bunnik (WZ&PC Triton, 195600413)		02:55.64
50m 00:35.64 35,64	100m 01:22.17 46,53	150m 02:14.16 51,99
DIS. Marius Ros (ZCNF'34, 195900779)		00:00.00
<i>65 - 69 jaar (Masters 65+) Heren</i>		
1. Jos Kamps (Zwemvereniging Hoogland, 195100085)		03:40.29
50m 00:45.76 45,76	100m 01:44.60 58,84	150m 02:55.07 70,47
<i>65 - 69 jaar (Masters 65+) Dames</i>		
1. Antoinette Gilding-Tussaud (WS Twente, 195000038)		04:07.54
50m 00:57.64 57,64	100m 01:58.60 60,96	150m 03:11.10 72,50
2. Ineke Meijer (HZ&PC Heerenveen, 195200034)		04:12.50
50m 01:04.25 64,25	100m 02:05.18 60,93	150m 03:18.90 73,72
<i>70 - 74 jaar (Masters 70+) Dames</i>		
<i>70 - 74 jaar (Masters 70+) Heren</i>		
<i>75 - 79 jaar (Masters 75+) Heren</i>		
<i>75 - 79 jaar (Masters 75+) Dames</i>		
<i>80 - 84 jaar (Masters 80+) Dames</i>		
<i>80 - 84 jaar (Masters 80+) Heren</i>		
<i>85 - 89 jaar (Masters 85+) Heren</i>		
<i>85 - 89 jaar (Masters 85+) Dames</i>		
<i>90 - 94 jaar (Masters 90+) Dames</i>		
<i>90 - 94 jaar (Masters 90+) Heren</i>		
2. 25m rugslag -		
<i>20 - 24 jaar (Masters 20+) Dames</i>		
1. Tamara Grove (De Dolfijn, 199601266)		00:15.42

2. Veronique van der Velde (WS Twente, 199601740)	00:16.64
3. Nella Diepeveen (AZ&PC De Futen, 199801504)	00:17.56
4. Tessa Benjamins (Aqualero, 199500636)	00:18.00
5. Myrna Kleefstra (Zuiderzeezwemmers, 199503496)	00:21.20
<i>20 - 24 jaar (Masters 20+) Heren</i>	
1. Han Hollander (ZPV Piranha, 199800679)	00:16.20
<i>25 - 29 jaar (Masters 25+) Heren</i>	
1. Harry Dijkma (ZPC Isis, 199100487)	00:15.26
2. Patrick Wobben (Steenwijk 1934, 199300559)	00:18.55
3. Rick Vaarkamp (Z&PC Triton Putten, 199404979)	00:20.04
<i>25 - 29 jaar (Masters 25+) Dames</i>	
1. Nanda de Vries (Steenwijk 1934, 199204328)	00:16.14
2. Sigrít Aarten (Deltasteur, 199302868)	00:17.62
3. Daphne Kievit (AZ&PC De Futen, 199207058)	00:18.32
4. Idelette Arendsen (IJZPC, 199008462)	00:21.98
<i>30 - 34 jaar (Masters 30+) Dames</i>	
1. Brechtje de Jong (ZPC Isis, 198907422)	00:26.51
<i>30 - 34 jaar (Masters 30+) Heren</i>	
1. Albert Dijkma (ZPC Isis, 198700711)	00:16.39
2. Robin Eggenkamp (ZV De Aalscholver, 198700847)	00:17.02
<i>35 - 39 jaar (Masters 35+) Heren</i>	
1. Rogier van Gent (IJZPC, 198000405)	00:16.14
2. Wilco Steenwijk (ZVV, 198002465)	00:16.77
<i>35 - 39 jaar (Masters 35+) Dames</i>	
1. Coby Geneuglijk (Aqua 68, 198101894)	00:19.39
2. Esther van Buren (De Duinkickers, 198001670)	00:20.23
<i>40 - 44 jaar (Masters 40+) Dames</i>	
1. Gea van der Schaaf (Deltasteur, 197901558)	00:16.90
2. Fabiola Bosman (Deltasteur, 197701148)	00:18.29
3. Inge Roskam (De Duinkickers, 197801296)	00:18.65
4. Ilonka Schuldink (Deltasteur, 197801342)	00:21.79
5. Saskia op den Velde (De Duinkickers, 197901530)	00:22.23
6. Nicolette Zuidema (ZV 44, 197500978)	00:26.77
<i>40 - 44 jaar (Masters 40+) Heren</i>	
1. Erwin Zuijdervelt (AZ&PC De Futen, 197501015)	00:16.36
2. Peter Lommert (Swol 1894, 197900787)	00:16.41
3. Tom Bandsma (PSV, 197701625)	00:18.55
<i>45 - 49 jaar (Masters 45+) Heren</i>	
1. Kasper van den Berghe (Swol 1894, 197301125)	00:17.36
2. Alistair Critchell (Deltasteur, 197101655)	00:17.64
3. Dennis van Markesteijn (TZC Vahalis, 197201333)	00:17.76

4. Martijn de Jong (DWK, 197101659)	00:18.64
5. Pieter Bardelmeijer (Deltasteur, 197201665)	00:20.72
<i>45 - 49 jaar (Masters 45+) Dames</i>	
1. Henriëtte Manting (GZVW, 197100246)	00:18.42
2. Sylvia Tetteroo (IJZPC, 197300476)	00:24.75
3. Grietje van der Hoek (Z&PC Triton Putten, 197401086)	00:24.92
<i>50 - 54 jaar (Masters 50+) Dames</i>	
1. Iris van Aurich (DWK, 196900866)	00:18.75
2. Miranda Keijl (ZIGNEA, 196500588)	00:19.52
3. Zilla Fokke (AZ&PC De Futen, 196800866)	00:22.77
4. Monique Berentse (Batavia Swim, 196901066)	00:40.86
<i>50 - 54 jaar (Masters 50+) Heren</i>	
1. Guido Keutgen (Steenwijk 1934, 196801551)	00:14.53
2. Richard Hill (De Duinkickers, 196601651)	00:18.13
<i>55 - 59 jaar (Masters 55+) Heren</i>	
1. Arnold de Rover (AZ&PC De Futen, 196400645)	00:16.16
2. Robert de Brauwer (De Duinkickers, 196401383)	00:16.92
3. Theo Bakker (TriVia, 196401231)	00:18.00
<i>55 - 59 jaar (Masters 55+) Dames</i>	
1. Wilma van Velsen (Montferland, 196400444)	00:19.04
2. Christine Buist (De Duinkickers, 196400608)	00:19.70
3. Jennie Resink-lindeboom (DWK, 196000142)	00:20.60
4. Marjan Spoelstra (Swol 1894, 196000236)	00:20.83
<i>60 - 64 jaar (Masters 60+) Dames</i>	
1. Hannie Poletiek (TriVia, 195900278)	00:21.38
<i>60 - 64 jaar (Masters 60+) Heren</i>	
1. Jappie Kuiper (Swol 1894, 195500417)	00:20.42
2. Pier van der Sluis (De Vikings, 195900757)	00:20.90
3. Janos Loczi (DAW, 195800267)	00:23.26
<i>65 - 69 jaar (Masters 65+) Heren</i>	
1. Bert Veerkamp (Zuiderzeezwemmers, 195200271)	00:30.04
<i>65 - 69 jaar (Masters 65+) Dames</i>	
<i>70 - 74 jaar (Masters 70+) Dames</i>	
1. Annet Verhoeven - Steggerda (De Duinkickers, 194600024)	00:30.02
<i>70 - 74 jaar (Masters 70+) Heren</i>	
<i>75 - 79 jaar (Masters 75+) Heren</i>	
<i>75 - 79 jaar (Masters 75+) Dames</i>	
<i>80 - 84 jaar (Masters 80+) Dames</i>	
<i>80 - 84 jaar (Masters 80+) Heren</i>	
<i>85 - 89 jaar (Masters 85+) Heren</i>	
<i>85 - 89 jaar (Masters 85+) Dames</i>	
<i>90 - 94 jaar (Masters 90+) Dames</i>	
<i>90 - 94 jaar (Masters 90+) Heren</i>	

3. 100m vrije slag -		
<i>20 - 24 jaar (Masters 20+) Dames</i>		
1. Inez Duursma (ZPV Piranha, 199700256)		01:09.56
50m	00:33.34 33,34	
2. Nella Diepeveen (AZ&PC De Futen, 199801504)		01:10.77
50m	00:34.60 34,60	
3. Ellen Rikken (ZVV, 199604574)		01:12.05
50m	00:34.46 34,46	
4. Nadine Scheeve (Zwevlust- den Hommel, 199700684)		01:12.45
50m	00:34.20 34,20	
5. Myrna Kleefstra (Zuiderzeezwemmers, 199503496)		01:22.50
50m	00:40.11 40,11	
<i>20 - 24 jaar (Masters 20+) Heren</i>		
1. Florian Stevens (ZPV Piranha, 199801527)		01:00.75
50m	00:29.48 29,48	
<i>25 - 29 jaar (Masters 25+) Heren</i>		
DIS. Arthur Kreditch (SwimGym, 199406701)		00:00.00
<i>25 - 29 jaar (Masters 25+) Dames</i>		
1. Elmi Roelofsen (ZVV, 199008198)		01:02.67
50m	00:29.36 29,36	
2. Janneke Wynia (WS Twente, 199005500)		01:20.56
50m	00:38.59 38,59	
3. Tessa van Dijk (ZPC Isis, 199401252)		01:29.16
50m	00:43.98 43,98	
4. Idelette Arendsen (IJZPC, 199008462)		01:31.51
50m	00:41.20 41,20	
<i>30 - 34 jaar (Masters 30+) Dames</i>		
1. Marije Jansen (Zpc Amersfoort, 198504088)		01:01.94
50m	00:29.34 29,34	
2. Lianne Andeweg (Zuiderzeezwemmers, 198800092)		01:04.67
50m	00:31.23 31,23	
3. Rosanne Bakker (Zpc Amersfoort, 198806984)		01:07.73
50m	00:31.69 31,69	
4. Carola Jacobs (Z&PC Triton Putten, 198504176)		01:21.09
50m	00:38.46 38,46	
5. Sanne Smouter (Zwemvereniging Hoogland, 198907540)		01:25.17
50m	00:40.03 40,03	
<i>30 - 34 jaar (Masters 30+) Heren</i>		
1. Arjen van der Boom (ZIGNEA, 198604449)		01:04.02
50m	00:30.02 30,02	
2. Melano Winter (AZ&PC De Futen, 198703847)		01:06.06
50m	00:30.76 30,76	
<i>35 - 39 jaar (Masters 35+) Heren</i>		
1. Marcel Reefhuis (WS Twente, 198101381)		00:59.86
50m	00:28.92 28,92	
2. Rob van Wanrooy (Gay Swim Amsterdam, 198202627)		01:00.17
50m	00:29.44 29,44	
3. Michiel Brinkman (DAW, 198001991)		01:03.73
50m	00:29.39 29,39	

4. Edward van Dootingh (ZV 44, 198403341) 50m 00:31.52 31,52	01:05.99
5. Sebastiaan de Vos (De Duinkikkers, 198402481) [S7] 50m 00:43.49 43,49	01:33.10
<i>35 - 39 jaar (Masters 35+) Dames</i>	
<i>40 - 44 jaar (Masters 40+) Dames</i>	
1. Marty Krans-de Weerd (ZCNF'34, 197500604) 50m 00:31.11 31,11	01:04.62
2. Eveline Hacquebord (IJZPC, 197901206) 50m 00:34.16 34,16	01:12.29
3. Kristel Lips (ZV De Bron, 197900562) 50m 00:35.13 35,13	01:13.31
4. Margriet Daalman (De Spatters, 197801368) 50m 00:35.09 35,09	01:13.51
5. Renee Kieseker (SwimGym, 197601150) 50m 00:35.64 35,64	01:13.92
6. Margriet Leeffers (Deltasteur, 197800448) 50m 00:36.65 36,65	01:17.18
7. Joria Damhuis (SwimGym, 197601154) 50m 00:39.29 39,29	01:21.71
8. Ilonka Schuldink (Deltasteur, 197801342) 50m 00:38.95 38,95	01:23.74
9. Jessica van Velzen (ZV 44, 197601122) 50m 00:42.80 42,80	01:30.21
10. Karin Zweers-van Steenveldt (Aqua 68, 197801376) 50m 00:42.73 42,73	01:31.55
11. Nicolette Zuidema (ZV 44, 197500978) 50m 00:43.79 43,79	01:37.09
<i>40 - 44 jaar (Masters 40+) Heren</i>	
1. Casper Hut (HZ&PC Heerenveen, 197800471) 50m 00:29.30 29,30	00:57.04
2. Kees Bakker (Gay Swim Amsterdam, 197501055) 50m 00:29.26 29,26	00:59.77
3. Erwin Zuijdervelt (AZ&PC De Futen, 197501015) 50m 00:30.03 30,03	01:01.77
4. Johan Wezenberg (Swol 1894, 197601023) 50m 00:30.85 30,85	01:05.24
5. Han Boone (Swol 1894, 197701319) 50m 00:31.36 31,36	01:05.46
6. Tom Bandsma (PSV, 197701625) 50m 00:33.66 33,66	01:08.71
<i>45 - 49 jaar (Masters 45+) Heren</i>	
1. Eric Hoekman (WS Twente, 197401531) 50m 00:28.82 28,82	01:00.60
2. Gerhard Knol (ZV De Aalscholver, 197100483) 50m 00:31.70 31,70	01:06.70
<i>45 - 49 jaar (Masters 45+) Dames</i>	
1. Trudie van Niejenhuis (TZC Vahalis, 197100444) 50m 00:35.08 35,08	01:12.70



2. Miranda Straetemans (ZIGNEA, 197400514) 50m 00:35.49 35,49	01:15.99
3. Greta Wyma-Teitsma (DWK, 197100696) 50m 00:41.07 41,07	01:28.68
4. Grietje van der Hoek (Z&PC Triton Putten, 197401086) 50m 00:47.61 47,61	01:37.49
5. Femke Poll (ZV 44, 197401066) 50m 00:50.64 50,64	01:41.48
<i>50 - 54 jaar (Masters 50+) Dames</i>	
1. Annette Korving-Leijenaar (Aqualero, 196700662) 50m 00:36.70 36,70	01:17.38
2. Machteld Stiling (Zpc Amersfoort, 196600716) 50m 00:38.36 38,36	01:20.95
<i>50 - 54 jaar (Masters 50+) Heren</i>	
1. Matthijs van den Adel (De Otters Het Gooi, 196501637) 50m 00:30.32 30,32	01:02.77
2. René Bakker (ZIGNEA, 196501245) 50m 00:35.78 35,78	01:16.18
3. Maarten Koolman (ZV 44, 196801649) 50m 00:49.54 49,54	01:50.20
<i>55 - 59 jaar (Masters 55+) Heren</i>	
1. Ronald Grove (WZ&PC Triton, 196100161) 50m 00:29.96 29,96	01:04.26
2. Henk Kuipers (Zpc Amersfoort, 196201207) 50m 00:32.17 32,17	01:08.92
DIS. Jan Wierenga (ZV De Aalscholver, 196400843)	00:00.00
<i>55 - 59 jaar (Masters 55+) Dames</i>	
1. Marijke Kraak-Beckers (WS Twente, 196000240) 50m 00:35.95 35,95	01:14.85
2. Christine Buist (De Duinkickers, 196400608) 50m 00:38.25 38,25	01:20.91
3. Wilma van Velsen (Montferland, 196400444) 50m 00:40.40 40,40	01:24.11
4. Jenny Westervaarder (H2Oldambt, 196200424) 50m 00:41.61 41,61	01:27.37
5. Petra Ros (ZCNF'34, 196100398) 50m 00:48.40 48,40	01:40.64
<i>60 - 64 jaar (Masters 60+) Dames</i>	
1. Monica Bakker (Steenwijk 1934, 195600082) 50m 00:39.91 39,91	01:22.78
2. Hannie Poletiek (TriVia, 195900278) 50m 00:40.58 40,58	01:25.34
3. Elly Kiestra-Broertjes (ZIGNEA, 195600100) 50m 00:40.86 40,86	01:27.20
4. Betsie Klompmaker-Mulder (Noord-Veluwe, 195900200) 50m 00:50.88 50,88	01:45.03
5. Willy Schoenmaker-ter Veer (DWK, 195900254) 50m 00:49.33 49,33	01:45.33
<i>60 - 64 jaar (Masters 60+) Heren</i>	

1. Paul Bunnik (WZ&PC Triton, 195600413) 50m 00:32.67 32,67	01:07.86
2. Evertjan Masurel (PSV, 195600495) 50m 00:32.82 32,82	01:07.92
3. Bas Roorda (De Duinkickers, 195800743) 50m 00:35.83 35,83	01:15.86
65 - 69 jaar (Masters 65+) Heren	
65 - 69 jaar (Masters 65+) Dames	
70 - 74 jaar (Masters 70+) Dames	
70 - 74 jaar (Masters 70+) Heren	
1. Mans Buis (Swol 1894, 194700133) 50m 00:45.29 45,29	01:35.07
2. Henk Oostendorp (ZV De Bron, 194800093) 50m 00:48.58 48,58	01:44.24
75 - 79 jaar (Masters 75+) Heren	
75 - 79 jaar (Masters 75+) Dames	
80 - 84 jaar (Masters 80+) Dames	
80 - 84 jaar (Masters 80+) Heren	
1. Nic Geers (Z&PC De Gouwe, 193800007) 50m 00:47.99 47,99	01:38.96
85 - 89 jaar (Masters 85+) Heren	
85 - 89 jaar (Masters 85+) Dames	
90 - 94 jaar (Masters 90+) Dames	
90 - 94 jaar (Masters 90+) Heren	
1. Klaas Prins (Steenwijk 1934, 192800001) 50m 01:33.56 93,56	03:23.03
4. 50m rugslag -	
20 - 24 jaar (Masters 20+) Dames	
1. Tamara Grove (De Dolfijn, 199601266)	00:32.13
2. Veronique van der Velde (WS Twente, 199601740)	00:36.04
3. Tessa Benjamins (Aqualero, 199500636)	00:37.32
4. Shamira Wijntuin (SwimGym, 199806620)	00:38.28
5. Nienke Fuite (Deltasteur, 199501352)	00:39.94
6. Stefanie van den Hoed (De Duinkickers, 199706594)	00:39.97
7. Desiree Rave (Deltasteur, 199900610)	00:40.94
8. Maranka Huitema (Steenwijk 1934, 199500302)	00:43.30
9. Elvira Feikens (De Spatters, 199506982)	00:43.58
10. Jolijn Keegstra (Swol 1894, 199602284)	00:45.60
20 - 24 jaar (Masters 20+) Heren	
1. Han Hollander (ZPV Piranha, 199800679)	00:34.95
25 - 29 jaar (Masters 25+) Heren	
1. Harry Dijkma (ZPC Isis, 199100487)	00:32.99
2. Timo van der Wel (ZPV Piranha, 199307221)	00:38.30
3. Tom de Lange (Deltasteur, 199300303)	00:39.46
4. Patrick Wobben (Steenwijk 1934, 199300559)	00:40.88
25 - 29 jaar (Masters 25+) Dames	

1. Sigrít Aarten (Deltasteur, 199302868)	00:36.16
2. Getrude Corporaal (Steenwijk 1934, 199200380)	00:36.20
3. Marjan Rikken (ZVV, 199206114)	00:39.05
4. Eline Vossebelt (Deltasteur, 199201922)	00:41.08
<i>30 - 34 jaar (Masters 30+) Dames</i>	
1. Lisanne Andeweg (Zuiderzeezwemmers, 198800092)	00:35.45
2. Sanne Smouter (Zwemvereniging Hoogland, 198907540)	00:45.34
3. Brechtje de Jong (ZPC Isis, 198907422)	00:59.92
<i>30 - 34 jaar (Masters 30+) Heren</i>	
1. Martijn Giezen (Zpc Amersfoort, 198500813)	00:29.88
2. Robert Braad (Steenwijk 1934, 198600407)	00:30.82
3. Rick Driezen (Steenwijk 1934, 198600713)	00:31.44
4. Robin Eggenkamp (ZV De Aalscholver, 198700847)	00:35.88
<i>35 - 39 jaar (Masters 35+) Heren</i>	
1. Lauren Vis (Steenwijk 1934, 198201883)	00:30.05
2. Sander de Velde (Deltasteur, 198302165)	00:39.72
3. Edward van Dootingh (ZV 44, 198403341)	00:41.09
4. Mark Brinkhuis (TriVia, 198302609)	00:41.58
<i>35 - 39 jaar (Masters 35+) Dames</i>	
1. Coby Geneuglijk (Aqua 68, 198101894)	00:40.63
2. Ingrid van der Does (ZV De Bron, 198001690)	00:40.82
3. Esther Beerling (ZV Haerlem, 198400120)	00:44.77
<i>40 - 44 jaar (Masters 40+) Dames</i>	
1. Melanie Kuiper (ZIGNEA, 197600350)	00:36.50
2. Marty Krans-de Weerd (ZCNF'34, 197500604)	00:37.06
3. Kristel Lips (ZV De Bron, 197900562)	00:39.95
4. Fabiola Bosman (Deltasteur, 197701148)	00:40.91
5. Inge Roskam (De Duinkickers, 197801296)	00:41.28
6. Leonie Scholten (Steenwijk 1934, 197901560)	00:41.59
7. Margriet Leeffers (Deltasteur, 197800448)	00:43.37
8. Saskia op den Velde (De Duinkickers, 197901530)	00:47.13
9. Karin Zweers-van Steenveldt (Aqua 68, 197801376)	00:49.11
<i>40 - 44 jaar (Masters 40+) Heren</i>	
1. Rob Huls (ZV 44, 197700475)	00:33.79
2. Peter Lommert (Swol 1894, 197900787)	00:34.95
<i>45 - 49 jaar (Masters 45+) Heren</i>	
1. Korstiaan de Boer (Steenwijk 1934, 197101629)	00:35.85
2. Michael van Bekkum (Swol 1894, 197200051)	00:35.94
3. Kasper van den Berghe (Swol 1894, 197301125)	00:35.96
4. Heiner Stevens (ZIGNEA, 197201299)	00:36.54

5. Alistair Critchell (Deltasteur, 197101655)	00:39.21
6. Dennis van Markesteijn (TZC Vahalis, 197201333)	00:39.38
7. Martijn de Jong (DWK, 197101659)	00:40.26
8. Chris Kouwenhoven (Steenwijk 1934, 197101669)	00:41.77
<i>45 - 49 jaar (Masters 45+) Dames</i>	
1. Henriëtte Manting (GZVW, 197100246)	00:39.32
2. Inge Lolkema-Soeters (Steenwijk 1934, 197300934)	00:48.23
<i>50 - 54 jaar (Masters 50+) Dames</i>	
1. Annette Korving-Leijenaar (Aqualero, 196700662)	00:41.40
2. Miranda Keijl (ZIGNEA, 196500588)	00:43.88
3. Machteld Stilting (Zpc Amersfoort, 196600716)	00:47.92
4. Monique Berentse (Batavia Swim, 196901066)	01:25.10
<i>50 - 54 jaar (Masters 50+) Heren</i>	
1. Guido Keutgen (Steenwijk 1934, 196801551)	00:30.42
2. René Beetsma (HZ&PC Heerenveen, 196900069)	00:32.39
3. Arjan Bellaart (Het Y, 196900079)	00:32.56
4. Matthijs van den Adel (De Otters Het Gooi, 196501637)	00:34.05
5. Henk Viering (Swol 1894, 196600917)	00:48.15
<i>55 - 59 jaar (Masters 55+) Heren</i>	
1. Arnold de Rover (AZ&PC De Futen, 196400645)	00:33.76
2. Henk Kuipers (Zpc Amersfoort, 196201207)	00:37.76
3. Ronald Grove (WZ&PC Triton, 196100161)	00:39.13
<i>55 - 59 jaar (Masters 55+) Dames</i>	
1. Margriet Post-Goedemoed (De Otters Het Gooi, 196400632)	00:39.62
2. Wilna Heijman (Steenwijk 1934, 196400506)	00:40.14
3. Petra Tossings (DAW, 196100376)	00:43.20
4. Annemarie Vuist (Swol 1894, 196300282)	00:45.02
5. Marjan Spoelstra (Swol 1894, 196000236)	00:45.67
6. Jennie Resink-lindeboom (DWK, 196000142)	00:45.82
<i>60 - 64 jaar (Masters 60+) Dames</i>	
1. Els Hertsworm (IJZPC, 195700184)	00:45.57
<i>60 - 64 jaar (Masters 60+) Heren</i>	
1. Marten de Groot (HZ&PC Heerenveen, 195800149)	00:35.33
2. Ron van der Zande (ZV De Aalscholver, 195500307)	00:36.88
3. Nico Rozemeijer (AquaFit, 195900751)	00:37.63
4. Jappie Kuiper (Swol 1894, 195500417)	00:45.39
5. Pier van der Sluis (De Vikings, 195900757)	00:47.29
<i>65 - 69 jaar (Masters 65+) Heren</i>	
1. Jos Kamps (Zwemvereniging Hoogland, 195100085)	00:46.02
2. Bert Veerkamp (Zuiderzeezwemmers, 195200271)	01:07.06
<i>65 - 69 jaar (Masters 65+) Dames</i>	

1. Patty Krupiarz (PSV, 195400074)	00:42.05
2. Ineke Meijer (HZ&PC Heerenveen, 195200034)	00:55.32
3. Janny van der Weide (Deltasteur, 195100066)	01:13.45
<i>70 - 74 jaar (Masters 70+) Dames</i>	
1. Loekie van Huissteden (Zpc Amersfoort, 194500002)	00:57.25
2. Annet Verhoeven - Steggerda (De Duinkickers, 194600024)	01:01.53
<i>70 - 74 jaar (Masters 70+) Heren</i>	
1. Mans Buis (Swol 1894, 194700133)	00:50.51
<i>75 - 79 jaar (Masters 75+) Heren</i>	
1. Rob Hanou (PSV, 194300109)	00:47.34
<i>75 - 79 jaar (Masters 75+) Dames</i>	
<i>80 - 84 jaar (Masters 80+) Dames</i>	
<i>80 - 84 jaar (Masters 80+) Heren</i>	
<i>85 - 89 jaar (Masters 85+) Heren</i>	
<i>85 - 89 jaar (Masters 85+) Dames</i>	
<i>90 - 94 jaar (Masters 90+) Dames</i>	
<i>90 - 94 jaar (Masters 90+) Heren</i>	
1. Klaas Prins (Steenwijk 1934, 192800001)	01:25.77
5. 100m vlinderslag -	
<i>20 - 24 jaar (Masters 20+) Dames</i>	
1. Nella Diepeveen (AZ&PC De Futen, 199801504)	01:24.35
50m 00:38.74 38,74	
<i>20 - 24 jaar (Masters 20+) Heren</i>	
1. Florian Stevens (ZPV Piranha, 199801527)	01:13.24
50m 00:34.67 34,67	
<i>25 - 29 jaar (Masters 25+) Heren</i>	
<i>25 - 29 jaar (Masters 25+) Dames</i>	
1. Leonie Nijenhuis (Zuiderzeezwimmers, 199204340)	01:23.39
2. Getrude Corporaal (Steenwijk 1934, 199200380)	01:24.13
50m 00:37.40 37,40	
3. Petra Zandstra (ZPC Isis, 199006248)	01:35.99
50m 00:44.28 44,28	
4. Janneke Wynia (WS Twente, 199005500)	01:44.82
50m 00:48.02 48,02	
5. Tessa van Dijk (ZPC Isis, 199401252)	01:45.20
50m 00:49.50 49,50	
<i>30 - 34 jaar (Masters 30+) Dames</i>	
1. Sandra Zwaanswijk (DAW, 198503934)	01:19.07
50m 00:36.45 36,45	
2. Liesbeth van Mill (Zwemlust- den Hommel, 198702786)	01:19.35
50m 00:36.42 36,42	
<i>30 - 34 jaar (Masters 30+) Heren</i>	
1. Rick Driezen (Steenwijk 1934, 198600713)	01:03.43
50m 00:29.44 29,44	
2. Martijn Giezen (Zpc Amersfoort, 198500813)	01:07.06
50m 00:31.06 31,06	
3. Melano Winter (AZ&PC De Futen, 198703847)	01:13.37

4. Stefan van de Grift (Swol 1894, 198701121) 50m 00:32.36 32,36	01:13.67
5. Rene Knijpstra (ZPC Isis, 198806181) 50m 00:35.59 35,59	01:19.50
<i>35 - 39 jaar (Masters 35+) Heren</i>	
1. Lauren Vis (Steenwijk 1934, 198201883) 50m 00:29.08 29,08	01:03.01
2. Wilco Steenwijk (ZVV, 198002465) 50m 00:33.71 33,71	01:16.74
3. Sebastiaan de Vos (De Duinkickers, 198402481) [S7] 50m 00:54.88 54,88	02:04.03
<i>35 - 39 jaar (Masters 35+) Dames</i>	
1. Angela Giezen (Montferland, 198302796) 50m 00:37.53 37,53	01:21.88
2. Irene Kasteel-Jaspersen (Zuiderzeezwemmers, 198102278) 50m 00:47.36 47,36	01:43.58
<i>40 - 44 jaar (Masters 40+) Dames</i>	
1. Inge Roskam (De Duinkickers, 197801296) 50m 00:41.84 41,84	01:35.55
2. Gea van der Schaaf (Deltasteur, 197901558) 50m 00:43.18 43,18	01:39.16
<i>40 - 44 jaar (Masters 40+) Heren</i>	
1. Kees Bakker (Gay Swim Amsterdam, 197501055) 50m 00:34.57 34,57	01:11.02
2. Rob Huls (ZV 44, 197700475) 50m 00:32.97 32,97	01:11.85
3. Han Boone (Swol 1894, 197701319) 50m 00:35.45 35,45	01:16.70
4. Erwin Zuijdervelt (AZ&PC De Futen, 197501015) 50m 00:36.63 36,63	01:20.10
<i>45 - 49 jaar (Masters 45+) Heren</i>	
1. Eric Hoekman (WS Twente, 197401531) 50m 00:36.86 36,86	01:17.26
2. Gerhard Knol (ZV De Aalscholver, 197100483) 50m 00:38.40 38,40	01:21.12
<i>45 - 49 jaar (Masters 45+) Dames</i>	
1. Evelien van Klaarbergen (HZ&PC Heerenveen, 197200964) 50m 00:33.13 33,13	01:12.06
2. Miranda Straetemans (ZIGNEA, 197400514) 50m 00:38.04 38,04	01:26.20
3. Tanya Lyvbarskaya (SCOM, 197101000)	01:28.83
4. Bianca Groot (MSV-Zeemacht, 197000652) 50m 00:39.78 39,78	01:30.69
5. Sylvia Tetteroo (IJZPC, 197300476) 50m 00:54.75 54,75	01:58.53
6. Greta Wyma-Teitsma (DWK, 197100696) 50m 00:55.35 55,35	01:58.83
<i>50 - 54 jaar (Masters 50+) Dames</i>	
1. Iris van Aurich (DWK, 196900866) 50m 00:39.79 39,79	01:26.66

2. Caroline Schreuder (WZ&PC Triton, 196700550) 50m 00:40.12 40,12	01:27.32
3. Annette van Dok (MSV-Zeemacht, 196800742) 50 - 54 jaar (Masters 50+) Heren	01:49.73
1. René Beetsma (HZ&PC Heerenveen, 196900069) 50m 00:31.59 31,59	01:09.83
2. Huyb Stegeman (Steenwijk 1934, 196701535) 50m 00:37.84 37,84	01:25.52
3. Richard Hill (De Duinkickers, 196601651) 50m 00:41.78 41,78	01:31.23
55 - 59 jaar (Masters 55+) Heren	
1. Robert de Brauwer (De Duinkickers, 196401383) 50m 00:37.34 37,34	01:18.58
55 - 59 jaar (Masters 55+) Dames	
1. Margriet Grove-Lingeman (WZ&PC Triton, 196200080) 50m 00:38.57 38,57	01:24.90
2. Marijke Kraak-Beckers (WS Twente, 196000240) 50m 00:42.00 42,00	01:30.87
60 - 64 jaar (Masters 60+) Dames	
60 - 64 jaar (Masters 60+) Heren	
1. Paul Bunnik (WZ&PC Triton, 195600413) 50m 00:39.16 39,16	01:21.07
2. Pier van der Sluis (De Vikings, 195900757) 50m 00:50.28 50,28	01:46.65
3. Marius Ros (ZCNF'34, 195900779) 50m 00:51.69 51,69	01:49.02
DIS. Nico Rozemeijer (Aquafit, 195900751)	00:00.00
65 - 69 jaar (Masters 65+) Heren	
1. Jos Kamps (Zwemvereniging Hoogland, 195100085) 50m 00:49.51 49,51	01:49.71
65 - 69 jaar (Masters 65+) Dames	
1. Antoinette Gilding-Tussaud (WS Twente, 195000038) 50m 00:59.43 59,43	02:09.41
70 - 74 jaar (Masters 70+) Dames	
70 - 74 jaar (Masters 70+) Heren	
75 - 79 jaar (Masters 75+) Heren	
75 - 79 jaar (Masters 75+) Dames	
80 - 84 jaar (Masters 80+) Dames	
80 - 84 jaar (Masters 80+) Heren	
85 - 89 jaar (Masters 85+) Heren	
85 - 89 jaar (Masters 85+) Dames	
90 - 94 jaar (Masters 90+) Dames	
90 - 94 jaar (Masters 90+) Heren	
6. 25m schoolslag -	
20 - 24 jaar (Masters 20+) Dames	
1. Tessa Benjamins (Aqualero, 199500636)	00:20.23
2. Desiree Rave (Deltasteur, 199900610)	00:20.98
3. Ellen Rikken (ZVV, 199604574)	00:21.07

4. Stefanie van den Hoed (De Duinkickers, 199706594)	00:22.48
<i>20 - 24 jaar (Masters 20+) Heren</i>	
<i>25 - 29 jaar (Masters 25+) Heren</i>	
1. Tim Bunnik (WZ&PC Triton, 199000505)	00:15.11
2. Tom de Lange (Deltasteur, 199300303)	00:15.70
3. Harry Dijkma (ZPC Isis, 199100487)	00:16.76
4. Patrick Wobben (Steenwijk 1934, 199300559)	00:17.45
5. Timo van der Wel (ZPV Piranha, 199307221)	00:18.95
<i>25 - 29 jaar (Masters 25+) Dames</i>	
1. Elmi Roelofsen (ZVV, 199008198)	00:17.12
2. Leonie Nijenhuis (Zuiderzeezwemmers, 199204340)	00:17.90
3. Petra Zandstra (ZPC Isis, 199006248)	00:18.81
4. Daphne Kievit (AZ&PC De Futen, 199207058)	00:19.74
5. Idelette Arendsen (IJZPC, 199008462)	00:21.92
<i>30 - 34 jaar (Masters 30+) Dames</i>	
1. Brechtje de Jong (ZPC Isis, 198907422)	00:27.12
<i>30 - 34 jaar (Masters 30+) Heren</i>	
1. Robin Eggenkamp (ZV De Aalscholver, 198700847)	00:17.10
2. Patrick de Jonge (Deltasteur, 198906635)	00:17.97
3. Rene Knijpstra (ZPC Isis, 198806181)	00:18.02
4. Albert Dijkma (ZPC Isis, 198700711)	00:18.19
<i>35 - 39 jaar (Masters 35+) Heren</i>	
1. Rob van Wanrooy (Gay Swim Amsterdam, 198202627)	00:15.04
<i>35 - 39 jaar (Masters 35+) Dames</i>	
1. Irene Kasteel-Jaspersen (Zuiderzeezwemmers, 198102278)	00:19.86
2. Ingrid van der Does (ZV De Bron, 198001690)	00:20.16
3. Esther van Buren (De Duinkickers, 198001670)	00:22.27
<i>40 - 44 jaar (Masters 40+) Dames</i>	
1. Fabiola Bosman (Deltasteur, 197701148)	00:19.54
2. Joria Damhuis (SwimGym, 197601154)	00:20.05
3. Jessica van Velzen (ZV 44, 197601122)	00:23.06
4. Ilonka Schuldink (Deltasteur, 197801342)	00:23.79
5. Karin Zweers-van Steenveldt (Aqua 68, 197801376)	00:24.34
6. Nicolette Zuidema (ZV 44, 197500978)	00:25.42
<i>40 - 44 jaar (Masters 40+) Heren</i>	
1. Kees Bakker (Gay Swim Amsterdam, 197501055)	00:15.42
2. Tom Bandsma (PSV, 197701625)	00:17.24
3. Peter Lommert (Swol 1894, 197900787)	00:17.54
<i>45 - 49 jaar (Masters 45+) Heren</i>	
1. Alistair Critchell (Deltasteur, 197101655)	00:17.12
2. Chris Kouwenhoven (Steenwijk 1934, 197101669)	00:18.57



3. Pieter Bardelmeijer (Deltasteur, 197201665)	00:19.23
DIS. Martijn de Jong (DWK, 197101659)	00:00.00
<i>45 - 49 jaar (Masters 45+) Dames</i>	
1. Trudie van Niejenhuis (TZC Vahalis, 197100444)	00:18.49
2. Henriëtte Manting (GZVW, 197100246)	00:20.48
3. Femke Poll (ZV 44, 197401066)	00:24.02
4. Grietje van der Hoek (Z&PC Triton Putten, 197401086)	00:25.71
5. Sylvia Tetteroo (IJZPC, 197300476)	00:30.45
DIS. Inge Lolkema-Soeters (Steenwijk 1934, 197300934)	00:00.00
<i>50 - 54 jaar (Masters 50+) Dames</i>	
1. Annette Korving-Leijenaar (Aqualero, 196700662)	00:19.70
2. Caroline Schreuder (WZ&PC Triton, 196700550)	00:19.80
3. Machteld Stilting (Zpc Amersfoort, 196600716)	00:21.13
4. Zilla Fokke (AZ&PC De Futen, 196800866)	00:22.80
5. Peggi Hurenkamp (HZ&PC Heerenveen, 196900922)	00:22.82
6. Miranda Keijl (ZIGNEA, 196500588)	00:24.42
<i>50 - 54 jaar (Masters 50+) Heren</i>	
1. Taco Eikelenboom (AZ&PC De Futen, 196900275)	00:18.07
2. René Bakker (ZIGNEA, 196501245)	00:19.64
3. Maarten Koolman (ZV 44, 196801649)	00:22.48
<i>55 - 59 jaar (Masters 55+) Heren</i>	
1. Theo Bakker (TriVia, 196401231)	00:16.59
2. Henk Kuipers (Zpc Amersfoort, 196201207)	00:18.80
<i>55 - 59 jaar (Masters 55+) Dames</i>	
1. Marijke Kraak-Beckers (WS Twente, 196000240)	00:20.60
2. Wilma van Velsen (Montferland, 196400444)	00:21.60
3. Jenny Westervaarder (H2Oldambt, 196200424)	00:21.67
4. Petra Ros (ZCNF'34, 196100398)	00:21.88
5. Christine Buist (De Duinkickers, 196400608)	00:21.90
<i>60 - 64 jaar (Masters 60+) Dames</i>	
1. Elly Kiestra-Broertjes (ZIGNEA, 195600100)	00:22.32
2. Willy Schoenmaker-ter Veer (DWK, 195900254)	00:23.64
3. Els Hertsworm (IJZPC, 195700184)	00:25.31
<i>60 - 64 jaar (Masters 60+) Heren</i>	
1. Nico Rozemeijer (Aquafit, 195900751)	00:18.63
2. Janos Loczi (DAW, 195800267)	00:20.77
3. Jappie Kuiper (Swol 1894, 195500417)	00:21.06
<i>65 - 69 jaar (Masters 65+) Heren</i>	
1. Bert Veerkamp (Zuiderzeezwemmers, 195200271)	00:28.48
<i>65 - 69 jaar (Masters 65+) Dames</i>	
<i>70 - 74 jaar (Masters 70+) Dames</i>	

<i>70 - 74 jaar (Masters 70+) Heren</i>					
1. Henk Oostendorp (ZV De Bron, 194800093)					00:25.03
<i>75 - 79 jaar (Masters 75+) Heren</i>					
1. Rob Hanou (PSV, 194300109)					00:20.61
<i>75 - 79 jaar (Masters 75+) Dames</i>					
<i>80 - 84 jaar (Masters 80+) Dames</i>					
<i>80 - 84 jaar (Masters 80+) Heren</i>					
<i>85 - 89 jaar (Masters 85+) Heren</i>					
<i>85 - 89 jaar (Masters 85+) Dames</i>					
<i>90 - 94 jaar (Masters 90+) Dames</i>					
<i>90 - 94 jaar (Masters 90+) Heren</i>					
7. 400m vrije slag -					
<i>20 - 24 jaar (Masters 20+) Dames</i>					
1. Tamara Grove (De Dolfijn, 199601266)					04:32.80
50m	00:30.36	30,36	100m	01:04.17	33,81
150m	01:38.45	34,28	200m	02:13.48	35,03
2. Inez Duursma (ZPV Piranha, 199700256)					05:25.47
50m	00:35.65	35,65	100m	01:56.81	41,18
150m	03:20.45	41,80	200m	04:44.78	41,92
250m	04:44.78	41,92	300m	04:02.86	42,41
3. Veronique van der Velde (WS Twente, 199601740)					05:36.53
50m	00:37.26	37,26	100m	02:00.69	42,26
150m	02:00.69	42,26	200m	03:26.56	42,97
250m	03:26.56	42,97	300m	04:54.07	44,22
100m	01:18.43	41,17	200m	02:43.59	42,90
300m	04:09.85	43,29			
4. Nienke Fuite (Deltasteur, 199501352)					06:01.01
50m	00:38.27	38,27	100m	02:06.64	45,13
150m	02:06.64	45,13	200m	03:39.57	47,26
250m	03:39.57	47,26	300m	05:15.94	48,14
100m	01:21.51	43,24	200m	02:52.31	45,67
300m	04:27.80	48,23			
5. Nadine Scheeve (Zwemlust- den Hommel, 199700684)					06:01.42
50m	00:37.57	37,57	100m	02:07.70	46,13
150m	02:07.70	46,13	200m	03:42.36	47,29
250m	03:42.36	47,29	300m	05:17.89	47,38
100m	01:21.57	44,00	200m	02:55.07	47,37
300m	04:30.51	48,15			
6. Jolijn Keegstra (Swol 1894, 199602284)					06:10.80
50m	00:42.38	42,38	100m	02:16.47	47,34
150m	02:16.47	47,34	200m	03:53.61	49,43
250m	03:53.61	49,43	300m	05:28.83	47,61
100m	01:29.13	46,75	200m	03:04.18	47,71
300m	04:41.22	47,61			
7. Maranka Huitema (Steenwijk 1934, 199500302)					06:16.08
50m	00:39.84	39,84	100m	02:13.62	47,73
150m	02:13.62	47,73	200m	03:50.00	48,13
250m	03:50.00	48,13	300m	05:27.54	48,77
100m	01:25.89	46,05	200m	03:01.87	48,25
300m	04:38.77	48,77			
8. Elvira Feikens (De Spatters, 199506982)					06:48.21
50m	00:42.61	42,61	100m	02:22.17	50,97
150m	02:22.17	50,97	200m	04:07.03	53,12
250m	04:07.03	53,12	300m	05:56.00	54,75
100m	01:31.20	48,59	200m	03:13.91	51,74
300m	05:01.25	54,22			
9. Myrna Kleefstra (Zuiderzeezwemmers, 199503496)					06:51.73
50m	00:44.20	44,20	100m	02:27.48	52,68
150m	02:27.48	52,68	200m	04:13.92	52,90
250m	04:13.92	52,90	300m	06:01.80	54,41
100m	01:34.80	50,60	200m	03:21.02	53,54
300m	05:07.39	53,47			
<i>20 - 24 jaar (Masters 20+) Heren</i>					
1. Han Hollander (ZPV Piranha, 199800679)					05:25.47
50m	00:35.64	35,64	100m	01:15.91	40,27
150m	01:15.91	40,27	200m	01:56.77	40,86
200m	02:37.55	40,78			
<i>25 - 29 jaar (Masters 25+) Heren</i>					
1. Tim Bunnik (WZ&PC Triton, 199000505)					04:25.96
50m	00:28.79	28,79	100m	01:00.85	32,06
150m	01:00.85	32,06	200m	01:33.63	32,78
200m	02:07.92	34,29			
2. Bob Potkamp (Deltasteur, 199403189)					06:27.67
50m	00:39.32	39,32	100m	02:08.73	46,28
150m	02:08.73	46,28	200m	03:47.73	50,44
250m	03:47.73	50,44	300m	05:33.32	52,72
100m	01:22.45	43,13	200m	02:57.29	48,56
300m	04:40.60	52,87			
3. Rick Vaarkamp (Z&PC Triton Putten, 199404979)					06:58.30
50m	00:42.75	42,75	100m	02:25.36	53,26
150m	02:25.36	53,26	200m	04:17.85	57,19
250m	04:17.85	57,19	300m	06:10.98	56,74
100m	01:32.10	49,35	200m	03:20.66	55,30
300m	05:14.24	56,39			
<i>25 - 29 jaar (Masters 25+) Dames</i>					

1. Nanda de Vries (Steenwijk 1934, 199204328)	50m 00:32.64 32,64	100m 01:09.32 36,68	150m 01:46.69 37,37	200m 02:24.74 38,05	04:57.23
2. Sigrit Aarten (Deltasteur, 199302868)	50m 00:35.43 35,43	100m 01:14.72 39,29	150m 01:55.27 40,55	200m 02:35.09 39,82	05:14.91
3. Nikki Hoogeboom (de IJsel, 199301196)	50m 00:33.92 33,92	100m 01:12.05 38,13	150m 01:51.86 39,81	200m 02:32.52 40,66	05:21.09
4. Daphne Kievit (AZ&PC De Futen, 199207058)	50m 00:35.07 35,07	100m 01:14.45 39,38	150m 01:55.48 41,03	250m 03:18.02 40,86	350m 04:41.10 41,59
		200m 02:37.16 41,68	300m 03:59.51 41,49		
5. Marjan Rikken (ZVV, 199206114)	50m 00:38.78 38,78	100m 01:21.15 42,37	150m 02:04.77 43,62	250m 03:34.01 44,89	350m 05:04.97 45,35
		200m 02:49.12 44,35	300m 04:19.62 45,61		
6. Janneke Wynia (WS Twente, 199005500)	50m 00:42.56 42,56	100m 01:28.59 46,03	150m 02:15.15 46,56	250m 03:50.79 48,35	350m 05:28.15 49,01
		200m 03:02.44 47,29	300m 04:39.14 48,35		
<i>30 - 34 jaar (Masters 30+) Dames</i>					
1. Lisanne Andeweg (Zuiderzeewemmers, 198800092)	50m 00:32.67 32,67	100m 01:08.73 36,06	150m 01:45.48 36,75	200m 02:22.48 37,00	04:51.02
2. Rosanne Bakker (Zpc Amersfoort, 198806984)	50m 00:34.28 34,28	100m 01:14.21 39,93	150m 01:55.56 41,35	200m 02:37.59 42,03	05:21.08
3. Sandra Zwaanswijk (DAW, 198503934)	50m 00:35.06 35,06	100m 01:15.38 40,32	150m 01:57.66 42,28	250m 03:24.44 43,16	350m 04:50.82 43,32
		200m 02:41.28 43,62	300m 04:07.50 43,06		
4. Liesbeth van Mill (Zwemlust- den Hommel, 198702786)	50m 00:35.45 35,45	100m 01:16.97 41,52	150m 01:59.94 42,97	250m 03:26.17 43,07	350m 04:51.89 42,69
		200m 02:43.10 43,16	300m 04:09.20 43,03		
5. Carola Jacobs (Z&PC Triton Putten, 198504176)	50m 00:43.41 43,41	100m 01:31.42 48,01	150m 02:21.66 50,24	250m 04:00.97 49,95	350m 05:41.76 49,98
		200m 03:11.02 49,36	300m 04:51.78 50,81		
6. Sanne Smouter (Zwemvereniging Hoogland, 198907540)	50m 00:43.46 43,46	100m 01:33.71 50,25	150m 02:25.26 51,55	250m 04:08.18 51,51	350m 05:50.05 50,56
		200m 03:16.67 51,41	300m 04:59.49 51,31		
<i>30 - 34 jaar (Masters 30+) Heren</i>					
1. Arjen van der Boom (ZIGNEA, 198604449)	50m 00:32.78 32,78	100m 01:09.67 36,89	150m 01:48.71 39,04	200m 02:29.88 41,17	05:23.19
2. Bob Peters (De Spatters, 198702565)	50m 00:33.04 33,04	100m 01:10.92 37,88	150m 01:50.82 39,90	200m 02:31.70 40,88	05:24.23
<i>35 - 39 jaar (Masters 35+) Heren</i>					
1. Marcel Reefhuis (WS Twente, 198101381)	50m 00:31.16 31,16	100m 01:05.51 34,35	150m 01:40.92 35,41	200m 02:16.52 35,60	04:37.16
2. Michiel Brinkman (DAW, 198001991)	50m 00:33.05 33,05	100m 01:10.55 37,50	150m 01:49.81 39,26	200m 02:30.28 40,47	05:16.92
3. Wilco Steenwijk (ZVV, 198002465)	50m 00:36.81 36,81	100m 01:17.18 40,37	150m 01:59.37 42,19	250m 03:25.41 43,28	350m 04:53.73 44,47
		200m 02:42.13 42,76	300m 04:09.26 43,85		
4. Rogier van Gent (IJZPC, 198000405)	50m 00:37.51 37,51	100m 01:21.13 43,62	150m 02:06.95 45,82	250m 03:39.02 46,10	350m 05:16.13 48,49
		200m 02:52.92 45,97	300m 04:27.64 48,62		
5. Mark Brinkhuis (TriVia, 198302609)	50m 00:38.16 38,16	100m 01:22.32 44,16	150m 02:09.07 46,75	250m 03:42.86 46,97	350m 05:17.86 47,38
		200m 02:55.89 46,82	300m 04:30.48 47,62		
6. Sander de Velde (Deltasteur, 198302165)					06:05.73
					06:49.10

50m 00:40.29 40,29 150m 02:20.92 52,60 250m 04:06.64 54,25 350m 05:55.51 54,12  
100m 01:28.32 48,03 200m 03:12.39 51,47 300m 05:01.39 54,75

35 - 39 jaar (Masters 35+) Dames

1. Angela Giezen (Montferland, 198302796) 05:53.18  
50m 00:37.00 37,00 150m 02:03.71 43,46 250m 03:34.55 44,96 350m 05:08.16 46,34  
100m 01:20.25 43,25 200m 02:49.59 45,88 300m 04:21.82 47,27
2. Coby Geneuglijk (Aqua 68, 198101894) 06:07.76  
50m 00:39.56 39,56 150m 02:10.95 46,63 250m 03:46.19 47,68 350m 05:21.73 47,34  
100m 01:24.32 44,76 200m 02:58.51 47,56 300m 04:34.39 48,20
3. Esther Beerling (ZV Haerlem, 198400120) 06:14.53  
50m 00:40.82 40,82 150m 02:13.45 47,08 250m 03:51.06 48,92 350m 05:28.22 48,24  
100m 01:26.37 45,55 200m 03:02.14 48,69 300m 04:39.98 48,92
4. Esther van Buren (De Duinkickers, 198001670) 06:59.80  
50m 00:42.30 42,30 150m 02:23.18 52,62 250m 04:12.52 55,70 350m 06:06.62 56,58  
100m 01:30.56 48,26 200m 03:16.82 53,64 300m 05:10.04 57,52

40 - 44 jaar (Masters 40+) Dames

1. Melanie Kuiper (ZIGNEA, 197600350) 05:05.48  
50m 00:34.04 34,04 100m 01:11.64 37,60 150m 01:49.82 38,18 200m 02:28.51 38,69
2. Eveline Hacquebord (IJZPC, 197901206) 06:01.77  
100m 01:23.13 83,13 200m 02:55.29 46,37 300m 04:28.83 47,02 350m 05:15.89 47,06  
150m 02:08.92 45,79 250m 03:41.81 46,52 350m 05:15.89 47,06
3. Margriet Daalman (De Spatters, 197801368) 06:11.10  
50m 00:40.48 40,48 150m 02:10.98 45,96 250m 03:45.76 48,20 350m 05:23.56 49,24  
100m 01:25.02 44,54 200m 02:57.56 46,58 300m 04:34.32 48,56
4. Saskia op den Velde (De Duinkickers, 197901530) 06:36.96  
50m 00:40.50 40,50 150m 02:15.85 49,22 250m 03:58.88 52,35 350m 05:44.82 53,25  
100m 01:26.63 46,13 200m 03:06.53 50,68 300m 04:51.57 52,69

40 - 44 jaar (Masters 40+) Heren

1. Casper Hut (HZ&PC Heerenveen, 197800471) 04:30.27  
50m 00:30.35 30,35 100m 01:02.56 32,21 150m 01:35.64 33,08 200m 02:09.53 33,89
2. Rob Huls (ZV 44, 197700475) 04:57.28  
50m 00:33.57 33,57 100m 01:10.52 36,95 150m 01:47.76 37,24 200m 02:25.66 37,90
3. Johan Wezenberg (Swol 1894, 197601023) 05:47.98  
50m 00:36.51 36,51 150m 02:00.45 43,53 250m 03:13.30 28,85 350m 05:03.10 47,24  
100m 01:16.92 40,41 200m 02:44.45 44,00 300m 04:15.86 62,56

45 - 49 jaar (Masters 45+) Heren

1. Eric Hoekman (WS Twente, 197401531) 05:09.20  
50m 00:34.16 34,16 100m 01:11.51 37,35 150m 01:51.13 39,62 200m 02:31.42 40,29
2. Kasper van den Berghe (Swol 1894, 197301125) 05:11.73  
50m 00:35.70 35,70 100m 01:14.45 38,75 150m 01:53.54 39,09 200m 02:33.02 39,48
3. Michael van Bekkum (Swol 1894, 197200051) 05:21.26  
50m 00:35.19 35,19 100m 01:14.55 39,36 150m 01:55.31 40,76 200m 02:35.88 40,57
4. Chris Kouwenhoven (Steenwijk 1934, 197101669) 05:22.56  
50m 00:35.38 35,38 100m 01:15.08 39,70 150m 01:55.99 40,91 200m 02:37.83 41,84
5. Heiner Stevens (ZIGNEA, 197201299) 05:27.19  
50m 00:34.21 34,21 100m 01:12.83 38,62 150m 01:53.65 40,82 200m 02:35.39 41,74
6. Korstiaan de Boer (Steenwijk 1934, 197101629) 05:27.36  
50m 00:34.92 34,92 150m 01:55.80 41,26 250m 03:20.74 42,63 350m 04:45.61 42,31  
100m 01:14.54 39,62 200m 02:38.11 42,31 300m 04:03.30 42,56
7. Rob van Nijburg (De Otters Het Gooi, 197001737) 05:30.28  
50m 00:37.31 37,31 150m 01:59.05 41,50 250m 03:23.27 42,43 350m 04:49.81 43,42  
100m 01:17.55 40,24 200m 02:40.84 41,79 300m 04:06.39 43,12

8. Pieter Bardelmeijer (Deltasteur, 197201665)	50m 00:39.93 39,93	150m 02:13.28 47,60	250m 03:54.46 51,14	350m 05:40.76 54,75	06:33.51
	100m 01:25.68 45,75	200m 03:03.32 50,04	300m 04:46.01 51,55		
9. Eric van den Blink (Batavia Swim, 197001667)	50m 00:44.29 44,29	150m 02:31.64 55,44	250m 04:25.26 57,97	350m 06:19.70 57,97	07:12.29
	100m 01:36.20 51,91	200m 03:27.29 55,65	300m 05:21.73 56,47		
<i>45 - 49 jaar (Masters 45+) Dames</i>					
1. Evelien van Klaarbergen (HZ&PC Heerenveen, 197200964)	50m 00:33.26 33,26	100m 01:11.02 37,76	150m 01:49.71 38,69	200m 02:28.52 38,81	05:03.26
2. Bianca Groot (MSV-Zeemacht, 197000652)	50m 00:37.02 37,02	150m 01:57.92 40,85	250m 03:20.73 41,50	350m 04:45.04 42,40	05:27.16
	100m 01:17.07 40,05	200m 02:39.23 41,31	300m 04:02.64 41,91		
3. Annet Kootstra (Swol 1894, 197100344)	50m 00:43.02 43,02	150m 02:18.10 47,87	250m 03:53.42 47,75	350m 05:28.89 48,07	06:15.92
	100m 01:30.23 47,21	200m 03:05.67 47,57	300m 04:40.82 47,40		
4. Greta Wyma-Teitsma (DWK, 197100696)	50m 00:44.90 44,90	150m 02:29.62 52,75	250m 04:17.09 53,53	350m 06:03.18 53,25	06:54.90
	100m 01:36.87 51,97	200m 03:23.56 53,94	300m 05:09.93 52,84		
<i>50 - 54 jaar (Masters 50+) Dames</i>					
1. Iris van Aurich (DWK, 196900866)	50m 00:37.00 37,00	150m 02:04.95 44,82	250m 03:35.26 45,10	350m 05:05.26 44,78	05:45.73
	100m 01:20.13 43,13	200m 02:50.16 45,21	300m 04:20.48 45,22		
2. Peggi Hurenkamp (HZ&PC Heerenveen, 196900922)	50m 00:39.79 39,79	150m 02:09.38 45,20	250m 03:41.62 46,34	350m 05:15.35 46,85	06:01.34
	100m 01:24.18 44,39	200m 02:55.28 45,90	300m 04:28.50 46,88		
3. Ellen van Wingerden-Dijkhuizen (DWK, 196900970)	50m 00:39.26 39,26	150m 02:08.60 46,06	250m 03:44.42 48,47	350m 05:21.54 48,59	06:09.89
	100m 01:22.54 43,28	200m 02:55.95 47,35	300m 04:32.95 48,53		
4. Zilla Fokke (AZ&PC De Futen, 196800866)	50m 00:46.00 46,00	150m 02:27.16 51,90	250m 04:09.95 51,35	350m 05:52.95 51,63	06:44.95
	100m 01:35.26 49,26	200m 03:18.60 51,44	300m 05:01.32 51,37		
5. Annette van Dok (MSV-Zeemacht, 196800742)	50m 00:46.12 46,12	150m 02:28.28 51,85	250m 04:13.71 52,59	350m 06:03.59 56,25	06:59.58
	100m 01:36.43 50,31	200m 03:21.12 52,84	300m 05:07.34 53,63		
<i>50 - 54 jaar (Masters 50+) Heren</i>					
1. Arjan Bellaart (Het Y, 196900079)	50m 00:32.14 32,14	100m 01:08.58 36,44	150m 01:46.07 37,49	200m 02:23.59 37,52	04:52.54
2. Huyb Stegeman (Steenwijk 1934, 196701535)	50m 00:35.57 35,57	100m 01:15.48 39,91	150m 01:56.36 40,88	200m 02:38.67 42,31	05:27.54
3. Michel van Wingerden (DWK, 196701629)	50m 00:34.53 34,53	150m 01:52.95 40,16	250m 03:17.00 42,75	350m 04:47.23 46,49	05:30.73
	100m 01:12.79 38,26	200m 02:34.25 41,30	300m 04:00.74 43,74		
4. Taco Eikelenboom (AZ&PC De Futen, 196900275)	50m 00:39.54 39,54	150m 02:11.14 46,37	250m 03:44.54 46,71	350m 05:18.61 47,19	06:03.02
	100m 01:24.77 45,23	200m 02:57.83 46,69	300m 04:31.42 46,88		
5. Richard Hill (De Duinkickers, 196601651)	50m 00:42.80 42,80	150m 02:20.76 49,73	250m 04:02.57 51,34	350m 05:46.91 52,24	06:34.77
	100m 01:31.03 48,23	200m 03:11.23 50,47	300m 04:54.67 52,10		
6. Henk Viering (Swol 1894, 196600917)	50m 00:45.42 45,42	150m 02:31.83 55,25	250m 04:20.67 54,75	350m 06:09.48 54,44	07:00.92
	100m 01:36.58 51,16	200m 03:25.92 54,09	300m 05:15.04 54,37		
<i>55 - 59 jaar (Masters 55+) Heren</i>					
1. Arnold de Rover (AZ&PC De Futen, 196400645)					04:54.13

	50m 00:33.34 33,34	100m 01:09.85 36,51	150m 01:47.58 37,73	200m 02:25.08 37,50	
2. Wiljam Nijenhuis (de IJsel, 196400547)					05:05.12
	50m 00:34.21 34,21	100m 01:11.69 37,48	150m 01:49.83 38,14	200m 02:29.26 39,43	
3. Ronald Grove (WZ&PC Triton, 196100161)					05:16.68
	50m 00:34.58 34,58	150m 01:53.09 39,79	250m 03:13.17 40,15	350m 04:34.75 41,00	
	100m 01:13.30 38,72	200m 02:33.02 39,93	300m 03:53.75 40,58		
4. Jan Wierenga (ZV De Aalscholver, 196400843)					05:34.45
	50m 00:35.95 35,95	100m 01:16.00 40,05	150m 01:57.48 41,48	200m 02:40.57 43,09	
5. Robert de Brauwer (De Duinkickers, 196401383)					05:54.89
	50m 00:35.39 35,39	150m 01:59.73 44,25	250m 03:31.96 46,80	350m 05:07.82 48,34	
	100m 01:15.48 40,09	200m 02:45.16 45,43	300m 04:19.48 47,52		
<i>55 - 59 jaar (Masters 55+) Dames</i>					
1. Wilna Heijman (Steenwijk 1934, 196400506)					05:32.96
	50m 00:38.25 38,25	100m 01:19.79 41,54	150m 02:01.85 42,06	200m 02:44.11 42,26	
2. Margriet Grove-Lingeman (WZ&PC Triton, 196200080)					05:48.69
	50m 00:39.05 39,05	150m 02:05.85 43,88	250m 03:34.51 44,38	350m 05:04.16 44,97	
	100m 01:21.97 42,92	200m 02:50.13 44,28	300m 04:19.19 44,68		
3. Margriet Post-Goedemoed (De Otters Het Gooi, 196400632)					05:57.12
	50m 00:38.31 38,31	150m 02:04.64 44,33	250m 03:36.56 46,27	350m 05:10.46 46,81	
	100m 01:20.31 42,00	200m 02:50.29 45,65	300m 04:23.65 47,09		
4. Petra Tossings (DAW, 196100376)					05:58.27
	50m 00:39.17 39,17	150m 02:09.25 45,81	250m 03:41.26 46,11	350m 05:13.99 46,31	
	100m 01:23.44 44,27	200m 02:55.15 45,90	300m 04:27.68 46,42		
5. Annemarie Vuisst (Swol 1894, 196300282)					06:03.08
	50m 00:41.83 41,83	100m 01:26.77 44,94	150m 02:12.61 45,84	200m 03:35.02 82,41	
6. Marjan Spoelstra (Swol 1894, 196000236)					06:30.66
	50m 00:44.65 44,65	150m 02:21.89 48,95	250m 04:02.67 50,71	350m 05:42.48 49,39	
	100m 01:32.94 48,29	200m 03:11.96 50,07	300m 04:53.09 50,42		
7. Jennie Resink-lindeboom (DWK, 196000142)					06:39.76
	50m 00:45.06 45,06	150m 02:25.49 51,12	250m 04:08.58 51,43	350m 05:52.47 51,66	
	100m 01:34.37 49,31	200m 03:17.15 51,66	300m 05:00.81 52,23		
8. Petra Ros (ZCNF'34, 196100398)					07:56.55
	50m 00:53.62 53,62	150m 02:53.53 61,27	250m 04:57.17 62,27	350m 06:59.28 60,96	
	100m 01:52.26 58,64	200m 03:54.90 61,37	300m 05:58.32 61,15		
<i>60 - 64 jaar (Masters 60+) Dames</i>					
1. Monica Bakker (Steenwijk 1934, 195600082)					06:28.93
	50m 00:43.53 43,53	150m 02:19.18 48,37	250m 03:58.22 50,23	350m 05:39.85 50,91	
	100m 01:30.81 47,28	200m 03:07.99 48,81	300m 04:48.94 50,72		
2. Elly Kiestra-Broertjes (ZIGNEA, 195600100)					06:40.96
	50m 00:44.22 44,22	150m 02:28.03 53,40	250m 04:12.30 51,62	350m 05:53.27 49,92	
	100m 01:34.63 50,41	200m 03:20.68 52,65	300m 05:03.35 51,05		
3. Betsie Klompmaker-Mulder (Noord-Veluwe, 195900200)					07:46.61
	50m 00:50.36 50,36	150m 02:47.23 59,66	250m 04:47.44 60,52	350m 06:48.99 60,60	
	100m 01:47.57 57,21	200m 03:46.92 59,69	300m 05:48.39 60,95		
<i>60 - 64 jaar (Masters 60+) Heren</i>					
1. Marten de Groot (HZ&PC Heerenveen, 195800149)					04:52.07
	50m 00:32.51 32,51	100m 01:08.02 35,51	150m 01:44.36 36,34	200m 02:21.39 37,03	
2. Marius Ros (ZCNF'34, 195900779)					05:39.13
	50m 00:41.15 41,15	150m 02:07.31 43,34	250m 03:33.77 43,14	350m 04:57.88 41,96	
	100m 01:23.97 42,82	200m 02:50.63 43,32	300m 04:15.92 42,15		
3. Evertjan Masurel (PSV, 195600495)					05:43.87
	50m 00:37.59 37,59	150m 02:04.90 44,53	250m 03:33.12 44,19	350m 05:01.40 43,81	
	100m 01:20.37 42,78	200m 02:48.93 44,03	300m 04:17.59 44,47		

4. Ron van der Zande (ZV De Aalscholver, 195500307)					06:07.66
50m	00:37.7837,78	150m	02:08.3046,39	250m	03:44.7247,76
100m	01:21.9144,13	200m	02:56.9648,66	300m	04:33.0748,35
350m	05:22.5749,50				
5. Bas Roorda (De Duinkickers, 195800743)					06:32.04
50m	00:42.5742,57	150m	02:17.5448,35	250m	03:58.8051,38
100m	01:29.1946,62	200m	03:07.4249,88	300m	04:50.5051,70
350m	05:41.5051,00				
<i>65 - 69 jaar (Masters 65+) Heren</i>					
<i>65 - 69 jaar (Masters 65+) Dames</i>					
1. Ineke Meijer (HZ&PC Heerenveen, 195200034)					07:40.86
50m	00:49.7349,73	150m	02:46.0260,32	250m	04:45.8259,62
100m	01:45.7055,97	200m	03:46.2060,18	300m	05:46.2060,38
350m	06:44.4558,25				
2. Antoinette Gilding-Tussaud (WS Twente, 195000038)					07:43.57
50m	00:50.5750,57	150m	02:47.9560,03	250m	04:45.8658,50
100m	01:47.9257,35	200m	03:47.3659,41	300m	05:45.8660,00
350m	06:46.1060,24				
3. Janny van der Weide (Deltasteur, 195100066)					09:45.03
50m	01:03.0863,08	150m	03:26.0473,37	250m	05:56.5375,04
100m	02:12.6769,59	200m	04:41.4975,45	300m	07:12.6476,11
350m	08:28.3675,72				
<i>70 - 74 jaar (Masters 70+) Dames</i>					
1. Loekie van Huissteden (Zpc Amersfoort, 194500002)					08:42.93
50m	00:56.4156,41	150m	03:07.9265,77	250m	05:22.8768,47
100m	02:02.1565,74	200m	04:14.4066,48	300m	06:29.6866,81
350m	07:37.9268,24				
2. Annet Verhoeven - Steggerda (De Duinkickers, 194600024)					08:56.00
50m	00:55.3155,31	150m	03:03.2365,95	250m	05:21.4269,24
100m	01:57.2861,97	200m	04:12.1868,95	300m	06:31.9570,53
350m	07:44.1572,20				
<i>70 - 74 jaar (Masters 70+) Heren</i>					
1. Mans Buis (Swol 1894, 194700133)					08:12.76
50m	00:50.7750,77	150m	02:48.4960,70	250m	04:56.8664,47
100m	01:47.7957,02	200m	03:52.3963,90	300m	06:02.1765,31
350m	07:08.5066,33				
<i>75 - 79 jaar (Masters 75+) Heren</i>					
1. Rob Hanou (PSV, 194300109)					06:53.62
50m	00:44.0844,08				
<i>75 - 79 jaar (Masters 75+) Dames</i>					
<i>80 - 84 jaar (Masters 80+) Dames</i>					
<i>80 - 84 jaar (Masters 80+) Heren</i>					
1. Nic Geers (Z&PC De Gouwe, 193800007)					08:32.97
50m	00:55.6855,68				
<i>85 - 89 jaar (Masters 85+) Heren</i>					
<i>85 - 89 jaar (Masters 85+) Dames</i>					
<i>90 - 94 jaar (Masters 90+) Dames</i>					
<i>90 - 94 jaar (Masters 90+) Heren</i>					
8. 4x50m wisselslag					
<i>80 - 99 jaar (80+)</i>					
<i>80 - 99 jaar (80+) Heren</i>					
<i>80 - 99 jaar (80+) Dames</i>					
<i>100 - 119 jaar (100+)</i>					
1. ZPC Isis					02:29.05
Harry Dijkstra 1991	50m	00:33.2633,26			
Petra Zandstra 1990	200m	02:29.05115,79			
<i>100 - 119 jaar (100+) Heren</i>					
<i>100 - 119 jaar (100+) Dames</i>					
<i>120 - 159 jaar (120+)</i>					
1. Deltasteur					02:27.33

Gea van der Schaaf 1979	50m	00:36.89	36,89	
Tom de Lange 1993	200m	02:27.33	110,44	
2. AZ&PC De Futen				02:28.83
Nella Diepeveen 1998	50m	00:37.70	37,70	
Taco Eikelenboom 1969	200m	02:28.83	111,13	
<i>120 - 159 jaar (120+) Heren</i>				
1. Steenwijk 1934				02:01.23
Robert Braad 1986	50m	00:30.83	30,83	
Patrick Wobben 1993	200m	02:01.23	90,40	
<i>120 - 159 jaar (120+) Dames</i>				
1. Zuiderzeezwemmers				02:34.10
Irene Kasteel-Jaspersen 1981	50m	00:46.18	46,18	
Leonie Nijenhuis 1992	200m	02:34.10	107,92	
2. De Duinkickers				02:38.43
Christine Buist 1964	50m	00:44.35	44,35	
Inge Roskam 1978	200m	02:38.43	114,08	
<i>160 - 199 jaar (160+)</i>				
1. ZV 44				02:58.15
Jessica van Velzen 1976	50m	00:47.21	47,21	
Maarten Koolman 1968	200m	02:58.15	130,94	
<i>160 - 199 jaar (160+) Heren</i>				
1. Swol 1894				02:11.22
Peter Lommert 1979	50m	00:35.13	35,13	
Stefan van de Grift 1987	200m	02:11.22	96,09	
2. ZV De Aalscholver				02:21.81
Robin Eggenkamp 1987	50m	00:36.91	36,91	
Gerhard Knol 1971	200m	02:21.81	104,90	
3. De Duinkickers				02:43.42
Robert de Brauwer 1964	50m	00:37.60	37,60	
Connor Elemans 1991	200m	02:43.42	125,82	
<i>160 - 199 jaar (160+) Dames</i>				
1. Steenwijk 1934				02:54.32
Leonie Scholten 1979	50m	00:40.82	40,82	
Wilna Heijman 1964	200m	02:54.32	133,50	
<i>200 - 239 jaar (200+)</i>				
1. WZ&PC Triton				02:26.53
Caroline Schreuder 1967	50m	00:38.96	38,96	
Paul Bunnik 1956	200m	02:26.53	107,57	
2. DWK				02:29.83
Ellen van Wingerden-Dijkhuizen 1969	50m	00:42.49	42,49	
Michel van Wingerden 1967	200m	02:29.83	107,34	
<i>200 - 239 jaar (200+) Heren</i>				
<i>200 - 239 jaar (200+) Dames</i>				
<i>240 - 279 jaar (240+)</i>				
<i>240 - 279 jaar (240+) Heren</i>				
<i>240 - 279 jaar (240+) Dames</i>				
<i>280 - 319 jaar (280+)</i>				
<i>280 - 319 jaar (280+) Heren</i>				
<i>280 - 319 jaar (280+) Dames</i>				
<i>320 - 400 jaar</i>				
<i>320 - 400 jaar Heren</i>				
<i>320 - 400 jaar Dames</i>				