

Zuyderzee Masters Circuit 2019-2020 deel 6



HZ&PC Heerenveen

Heerenveen 8-2-2020

Zuyderzee Masters Circuit deel 6 - zaterdag 8 februari 2020 om 14:15u (25 m)

Aanvangstijd juryvergadering: 13:45u

1. 100m rugslag -

20 - 24 jaar (Masters 20+) Dames

- | | |
|-----------------------------------------------------|----------|
| 1. Christien Liemburg (HZ&PC Heerenveen, 199903672) | 01:11.71 |
| 50m 00:35.33 35,33 | |
| 2. Evelien de Jong (Neptunia'24, 199805316) | 01:18.26 |
| 50m 00:37.68 37,68 | |
| 3. Lisa van Riel (Swol 1894, 199805652) | 01:19.59 |
| 50m 00:38.30 38,30 | |
| 5. Alies Wagter (Steenwijk 1934, 199900840) | 01:21.49 |
| 50m 00:38.98 38,98 | |
| 6. Naomi van der Sluijs (Borger, 199801474) | 01:24.36 |
| 50m 00:41.66 41,66 | |
| 7. Joyce Bakker (ZV De Aalscholver, 199600522) | 01:24.81 |
| 50m 00:41.32 41,32 | |
| 8. Sophia Snoek (ZV De Aalscholver, 199906434) | 01:25.40 |
| 50m 00:41.05 41,05 | |
| 9. Thirza Bollema (Deltasteur, 200003322) | 01:26.40 |
| 50m 00:41.94 41,94 | |
| 10. Jolijn Keegstra (Swol 1894, 199602284) | 01:27.80 |
| 50m 00:42.21 42,21 | |

20 - 24 jaar (Masters 20+) Heren

- | | |
|-------------------------------------------------|----------|
| 1. Diederik de Boer (Steenwijk 1934, 200000269) | 01:07.97 |
| 50m 00:33.22 33,22 | |
| 2. Paul Schutrups (Borger, 199703275) | 01:15.26 |
| 50m 00:36.15 36,15 | |

25 - 29 jaar (Masters 25+) Dames

- | | |
|---------------------------------------------------|----------|
| 1. Daniëlle de Boer (HZ&PC Heerenveen, 199404736) | 01:06.97 |
| 50m 00:32.37 32,37 | |
| 2. Janine de Groot (ZPC Nova, 199500092) | 01:11.22 |
| 50m 00:34.16 34,16 | |
| 3. Suzanne Mosch (MSV-Zeemacht, 199400548) | 01:12.09 |
| 50m 00:34.90 34,90 | |
| 4. Nanda de Vries (Steenwijk 1934, 199204328) | 01:12.54 |
| 50m 00:35.41 35,41 | |
| 5. Fraukje Puts (HZ&PC Heerenveen, 199206470) | 01:16.10 |
| 50m 00:36.75 36,75 | |
| 6. Inge Koopman (Daw, 199303382) | 01:18.88 |
| 50m 00:38.77 38,77 | |
| 7. Sigrít Aarten (Deltasteur, 199302868) | 01:20.39 |

50m 00:38.71 38,71	
8. Irmgard van Weeghel (Z&PC Hatto-Heim, 199204834) 50m 00:40.49 40,49	01:23.34
9. Lonneke Oenema (Steenwijk 1934, 199102314) 50m 00:40.49 40,49	01:23.83
10. Ellen Oenema (Steenwijk 1934, 199207250) 50m 00:46.00 46,00	01:33.45
11. Esther Tournier (De Forel, 199407274) 50m 00:48.76 48,76	01:40.03
<i>25 - 29 jaar (Masters 25+) Heren</i>	
1. Patrick Graver (Gzvw, 199404735) 50m 00:39.11 39,11	01:21.26
2. Rick Vaarkamp (Z & PC Triton Putten, 199404979) 50m 00:46.39 46,39	01:36.62
<i>30 - 34 jaar (Masters 30+) Dames</i>	
1. Charlotte Groeneveld (Steenwijk 1934, 198701404) 50m 00:36.13 36,13	01:15.71
2. Jolanda Cnossen (Neptunia'24, 198600712) 50m 00:37.32 37,32	01:17.50
3. Liesbeth van Mill (Zwemlust- den Hommel, 198702786) 50m 00:39.18 39,18	01:20.87
4. Miriam Visserman (Swol 1894, 198704364) 50m 00:42.62 42,62	01:26.66
5. Janneke Wynia (WS Twente, 199005500) 50m 00:48.57 48,57	01:39.44
6. Jolien Kruijer (ZPC Stadskanaal, 199002168) 50m 00:49.51 49,51	01:41.00
<i>30 - 34 jaar (Masters 30+) Heren</i>	
1. Rick Driezen (Steenwijk 1934, 198600713) 50m 00:33.16 33,16	01:06.81
2. Wessel Everloo (WS Twente, 198906597) [S14] 50m 00:35.42 35,42	01:11.82
<i>35 - 39 jaar (Masters 35+) Dames</i>	
1. Angela Giezen (Upstream Amsterdam, 198302796) 50m 00:37.26 37,26	01:17.57
2. Janine van Kooten (Triton, 198403434) 50m 00:43.00 43,00	01:28.99
3. Irene Kasteel-Jaspersen (Zuiderzeezwemmers, 198102278) 50m 00:49.85 49,85	01:41.05
4. Rianne van Vegchelen (Zv 44, 198101530) 50m 00:55.28 55,28	01:49.69
5. Annemieke Visch (Zuiderzeezwemmers, 198302762) [S14] 50m 01:01.10 61,10	02:01.01
<i>35 - 39 jaar (Masters 35+) Heren</i>	
1. Lauren Vis (Steenwijk 1934, 198201883) 50m 00:31.15 31,15	01:05.59
2. Rudy de Jong (Isis, 198301061) 50m 00:37.75 37,75	01:18.23
3. Edward van Dootingh (Zv 44, 198403341)	01:24.67

50m 00:41.93 41,93

4. Mark Brinkhuis (TriVia, 198302609) 01:38.87
50m 00:47.92 47,92

5. Sebastiaan de Vos (De Duinkickers, 198402481) [S7] 02:02.31
50m 00:59.40 59,40

40 - 44 jaar (Masters 40+) Dames

1. Monique Boets (ZPC Stadskanaal, 197600230) 01:14.83
50m 00:36.28 36,28

2. Alina Spijkerman (Daw, 197701220) 01:22.03
50m 00:40.64 40,64

3. Anuschka Glazema-Boelema (ZPC Stadskanaal, 197701166) 01:24.11
50m 00:41.63 41,63

4. Kristel Lips (ZV De Bron, 197900562) 01:25.06
50m 00:41.49 41,49

5. Leonie Scholten (Steenwijk 1934, 197901560) 01:26.96
50m 00:41.21 41,21

6. Jannie Vennik (HZ&PC Heerenveen, 197601006) 01:35.55
50m 00:45.23 45,23

40 - 44 jaar (Masters 40+) Heren

1. Casper Hut (HZ&PC Heerenveen, 197800471) 01:02.46
50m 00:29.88 29,88

2. Wilco Steenwijk (Zvv, 198002465) 01:15.87
50m 00:36.44 36,44

3. Robin Roskam (De Duinkickers, 197801831) 01:38.21
50m 00:48.27 48,27

45 - 49 jaar (Masters 45+) Dames

1. Evelien van Klaarbergen (HZ&PC Heerenveen, 197200964) 01:11.65
50m 00:34.95 34,95

2. Henriëtte Manting (Gzvw, 197100246) 01:26.44
50m 00:40.91 40,91

3. Angela van Dijken (ZPC Nova, 197501006) 01:31.37
50m 00:44.50 44,50

4. Inge Soeters (Steenwijk 1934, 197300934) 01:38.42
50m 00:49.11 49,11

5. Greta Wyma-Teitsma (Dwk, 197100696) 01:42.17
50m 00:48.81 48,81

6. Annet Kootstra (Swol 1894, 197100344) 01:44.28
50m 00:51.21 51,21

45 - 49 jaar (Masters 45+) Heren

1. Arjan Aalbers (Swol 1894, 197500001) 01:16.34
50m 00:37.20 37,20

2. Kasper van den Berghe (Swol 1894, 197301125) 01:17.24
50m 00:37.74 37,74

3. Korstiaan de Boer (Steenwijk 1934, 197101629) 01:19.17
50m 00:39.39 39,39

4. Martijn de Jong (Dwk, 197101659) 01:25.97
50m 00:41.80 41,80

5. Jan Roelants (Nat Utrecht, 197301579) 01:55.62
50m 00:55.32 55,32

50 - 54 jaar (Masters 50+) Dames

1. Bianca Groot (MSV-Zeemacht, 197000652) 01:21.65
50m 00:39.72 39,72
2. Peggi Hurenkamp (HZ&PC Heerenveen, 196900922) 01:25.33
50m 00:42.05 42,05
3. Jacqueline Tuin (Daw, 196600690) 01:30.05
50m 00:43.21 43,21
4. Annette van Dok (MSV-Zeemacht, 196800742) 01:33.05
50m 00:45.15 45,15
5. Hetty Smalheer (Scom, 196700352) 01:36.08
50m 00:47.55 47,55
6. Lenie Veldhuizen (De Forel, 196800476) [S7] 02:26.80
50m 01:10.66 70,66

50 - 54 jaar (Masters 50+) Heren

1. Arjan Bellaart (Oceanus, 196900079) 01:08.71
50m 00:33.30 33,30
2. René Beetsma (HZ&PC Heerenveen, 196900069) 01:09.68
50m 00:34.08 34,08
3. Mathieu Rikken (De Duinkickers, 196701777) 01:18.11
50m 00:38.25 38,25
4. Roelof Broekman (De Spatters, 196800155) 01:24.26
50m 00:41.20 41,20
5. Eric van den Blink (Batavia Swim, 197001667) 01:46.04
50m 00:48.36 48,36

55 - 59 jaar (Masters 55+) Dames

1. Margriet Grove-Lingeman (Triton, 196200080) 01:23.09
50m 00:40.16 40,16
2. Annemarie Vuist (Swol 1894, 196300282) 01:34.28
50m 00:46.75 46,75
3. Ellen Parma (Triton, 196200366) 01:36.42
50m 00:46.88 46,88

55 - 59 jaar (Masters 55+) Heren

1. Arnold de Rover (AZ&PC De Futen, 196400645) 01:15.89
50m 00:37.05 37,05
2. Casper Dollekamp (Steenwijk 1934, 196301341) 01:19.36
50m 00:38.30 38,30
3. Henk Kuipers (Zpc Amersfoort, 196201207) 01:22.16
50m 00:40.75 40,75
4. Jos Verhoeven (ZV De Aalscholver, 196301161) 01:22.35
50m 00:40.43 40,43
5. Jan Wierenga (ZV De Aalscholver, 196400843) 01:23.28
50m 00:41.06 41,06
6. Jan Smalheer (Scom, 196400701) 01:27.73
50m 00:41.67 41,67
7. Jack Barends (WS Twente, 196201011) 01:33.67
50m 00:46.42 46,42

60 - 64 jaar (Masters 60+) Dames

1. Jennie Resink-lindeboom (Dwk, 196000142) 01:38.37
50m 00:47.77 47,77

2. Marjan Spoelstra (Swol 1894, 196000236) 50m 00:48.99 48,99	01:38.38
3. Monica Bakker (Steenwijk 1934, 195600082) 50m 00:49.36 49,36	01:39.33
4. Els Hertsworm (Ijzpc, 195700184) 50m 00:50.29 50,29	01:45.91
5. Betsie Klompmaker-Mulder (Noord-Veluwe, 195900200) 50m 01:02.86 62,86	02:08.68
<i>60 - 64 jaar (Masters 60+) Heren</i>	
1. Marten de Groot (HZ&PC Heerenveen, 195800149) 50m 00:36.41 36,41	01:14.19
2. André Pantekoek (Psv, 195800321) 50m 00:43.84 43,84	01:30.83
3. Herbert Katgert (WS Twente, 195900739) 50m 00:56.36 56,36	02:02.46
<i>65 - 69 jaar (Masters 65+) Dames</i>	
1. Margriet Pasma (TriVia, 195500088) 50m 00:43.71 43,71	01:30.00
2. Tineke van Diggelen (Zpch, 195200048) 50m 00:53.63 53,63	01:50.85
<i>65 - 69 jaar (Masters 65+) Heren</i>	
1. Rob Berkhof (Swol 1894, 195200245) 50m 00:46.47 46,47	01:38.24
<i>70 - 74 jaar (Masters 70+) Dames</i>	
1. Antoinette Gilding-Tussaud (WS Twente, 195000038) 50m 00:53.68 53,68	01:51.85
2. Annet Verhoeven - Steggerda (De Duinkickers, 194600024) 50m 01:03.52 63,52	02:13.36
<i>70 - 74 jaar (Masters 70+) Heren</i>	
1. Mans Buis (Swol 1894, 194700133) 50m 00:57.44 57,44	01:53.95
<i>75 - 79 jaar (Masters 75+) Dames</i>	
<i>75 - 79 jaar (Masters 75+) Heren</i>	
<i>80 - 84 jaar (Masters 80+) Dames</i>	
<i>80 - 84 jaar (Masters 80+) Heren</i>	
<i>90 - 94 jaar (Masters 90+) Heren</i>	
2. 25m vrije slag -	
<i>20 - 24 jaar (Masters 20+) Dames</i>	
1. Tamara Grove (De Dolfijn, 199601266)	00:12.58
2. Lisa van Riel (Swol 1894, 199805652)	00:14.50
3. Ellen Rikken (Zvv, 199604574)	00:15.09
<i>20 - 24 jaar (Masters 20+) Heren</i>	
1. Jaro Oosting (Triton, 199904627)	00:13.60
<i>25 - 29 jaar (Masters 25+) Dames</i>	
1. Karin Groen (ZPC Nova, 199502440)	00:12.45
2. Tessa Mosch (MSV-Zeemacht, 199102172)	00:13.23
3. Mariska van Engeldorp - Gastelaar (Daw, 199502326)	00:13.80
4. Nienke Fuite (Deltasteur, 199501352)	00:14.98

5. Tessa van Dijk (Isis, 199401252)	00:17.03
<i>25 - 29 jaar (Masters 25+) Heren</i>	
1. Stefan Kwant (ZPC Nova, 199200781)	00:11.59
2. Tom de Lange (Deltasteur, 199300303)	00:12.37
3. Patrick Wobben (Steenwijk 1934, 199300559)	00:14.21
<i>30 - 34 jaar (Masters 30+) Dames</i>	
1. Christien Hommes (ZPC Stadskanaal, 198602124)	00:13.86
2. Kim Nel (Z & PC Triton Putten, 198605368)	00:17.45
<i>30 - 34 jaar (Masters 30+) Heren</i>	
1. Tim Bunnik (Triton, 199000505)	00:11.69
2. Melano Winter (AZ&PC De Futen, 198703847)	00:12.59
3. Patrick de Jonge (Deltasteur, 198906635)	00:12.77
4. Albert Dijkma (Isis, 198700711)	00:13.34
5. Jeroen Hoving (ZPC Stadskanaal, 198701451)	00:13.62
6. Robin Eggenkamp (ZV De Aalscholver, 198700847)	00:13.82
7. Tom van Norden (Ijzpc, 198906951)	00:17.44
<i>35 - 39 jaar (Masters 35+) Dames</i>	
1. Sandra Zwaanswijk (Daw, 198503934)	00:13.76
2. Ramona Hulshof (Thor, 198503948)	00:14.67
3. Monique Jansma (HZ&PC Heerenveen, 198501420)	00:15.52
<i>35 - 39 jaar (Masters 35+) Heren</i>	
1. Andrei Kotsubailo (Batavia Swim, 198303103)	00:12.33
2. Rob van Wanrooy (Gay Swim Amsterdam, 198202627)	00:12.64
3. Sander de Velde (Deltasteur, 198302165)	00:14.89
4. Sebastiaan de Vos (De Duinkickers, 198402481) [S7]	00:18.70
<i>40 - 44 jaar (Masters 40+) Dames</i>	
1. Kristel Lips (ZV De Bron, 197900562)	00:15.04
2. Margriet Daalman (De Spatters, 197801368)	00:15.06
3. Inge Roskam (De Duinkickers, 197801296)	00:15.20
4. Margriet Leeffers (Deltasteur, 197800448)	00:15.56
<i>40 - 44 jaar (Masters 40+) Heren</i>	
1. Henk Boswinkel (Swol 1894, 197601555)	00:12.75
2. Paul Hoving (HZ&PC Heerenveen, 197601685)	00:12.86
3. Pieter Ponne (HZ&PC Heerenveen, 197600749)	00:13.44
4. Tom Bandsma (Psv, 197701625)	00:13.62
5. Lucas de Vries (Zpd, 197801957)	00:14.93
6. Gerben Glazema (ZPC Stadskanaal, 197902093)	00:18.04
<i>45 - 49 jaar (Masters 45+) Dames</i>	
1. Henriëtte Manting (Gzvw, 197100246)	00:15.59
2. Greta Wyma-Teitsma (Dwk, 197100696)	00:18.05
3. Saskia Verbeek (Batavia Swim, 197501004)	00:18.52

4. Femke Poll (Zv 44, 197401066)	00:20.20
<i>45 - 49 jaar (Masters 45+) Heren</i>	
1. Erwin Zuidervelt (AZ&PC De Futen, 197501015)	00:12.85
2. Heiner Stevens (ZIGNEA, 197201299)	00:12.99
3. Kasper van den Berghe (Swol 1894, 197301125)	00:13.67
DIS. Erik Veltman (ZPC Stadskanaal, 197200941)	00:00.00
<i>50 - 54 jaar (Masters 50+) Dames</i>	
1. Roelien Speelman-Tigelaar (De Spatters, 196600664)	00:15.60
2. Rieneke Achtien (Isis, 196800002)	00:16.66
3. Annette van Dok (MSV-Zeemacht, 196800742)	00:18.27
4. Monique Berentse (Batavia Swim, 196901066)	00:28.49
<i>50 - 54 jaar (Masters 50+) Heren</i>	
1. Marcel Brittijn (De Duinkickers, 196900159)	00:13.90
2. Maarten Koolman (Zuiderzeezwemmers, 196801649)	00:19.03
DIS. Guido Keutgen (Steenwijk 1934, 196801551)	00:00.00
<i>55 - 59 jaar (Masters 55+) Dames</i>	
1. Miranda Keijl (ZIGNEA, 196500588)	00:15.62
2. Ellen Parma (Triton, 196200366)	00:17.13
3. Gea Kuiper (Zcnf'34, 196100104)	00:20.18
4. Petra Ros (Zcnf'34, 196100398)	00:20.36
5. Riek Schra (Steenwijk 1934, 196400404)	00:25.88
<i>55 - 59 jaar (Masters 55+) Heren</i>	
1. Robert de Brauwier (De Duinkickers, 196401383)	00:12.78
2. Bertjan Schelhaas (Dwt, 196501577)	00:14.64
3. Peter van Maurik (MSV-Zeemacht, 196301425)	00:14.77
4. Roel van der Schee (Batavia Swim, 196301389)	00:18.27
5. Cor van Leeuwen (Zcnf'34, 196201303)	00:18.86
<i>60 - 64 jaar (Masters 60+) Dames</i>	
1. Marjan Spoelstra (Swol 1894, 196000236)	00:16.90
2. Jennie Resink-lindeboom (Dwk, 196000142)	00:17.54
3. Willy Schoenmaker-ter Veer (Dwk, 195900254)	00:19.97
<i>60 - 64 jaar (Masters 60+) Heren</i>	
1. John Dam (ZIGNEA, 196000915)	00:15.21
2. Janos Loczi (Daw, 195800267)	00:15.44
DIS. Robert Schulein (H2Oldambt, 195900843)	00:00.00
<i>65 - 69 jaar (Masters 65+) Dames</i>	
1. Tineke van Diggelen (Zpch, 195200048)	00:19.36
<i>65 - 69 jaar (Masters 65+) Heren</i>	
1. Bert Veerkamp (Zuiderzeezwemmers, 195200271)	00:26.14
DIS. Jappie Kuiper (Swol 1894, 195500417)	00:00.00

70 - 74 jaar (Masters 70+) Dames

1. Bea Swijnenberg (Swol 1894, 194900010) 00:17.94

70 - 74 jaar (Masters 70+) Heren

75 - 79 jaar (Masters 75+) Dames

75 - 79 jaar (Masters 75+) Heren

1. Rob Hanou (Psv, 194300109) 00:17.26

80 - 84 jaar (Masters 80+) Dames

80 - 84 jaar (Masters 80+) Heren

3. 400m wisselslag -

20 - 24 jaar (Masters 20+) Dames

1. Tamara Grove (De Dolfijn, 199601266) 05:13.57(+57)

50m 00:33.37 33,37 150m 01:52.85 40,27 250m 03:18.42 46,07 350m 04:39.48 34,70
100m 01:12.58 39,21 200m 02:32.35 39,50 300m 04:04.78 46,36

2. Rianne van Rijssen (Noord-Veluwe, 199702360) 06:00.46(+82)

50m 00:37.67 37,67 150m 02:11.63 48,23 250m 03:50.34 50,49 350m 05:21.18 39,93
100m 01:23.40 45,73 200m 02:59.85 48,22 300m 04:41.25 50,91

3. Sheila Ten Voorde (Zvv, 199904538) 06:18.94(+84)

50m 00:37.20 37,20 150m 02:13.51 47,81 250m 03:53.23 52,60 350m 05:34.33 46,80
100m 01:25.70 48,50 200m 03:00.63 47,12 300m 04:47.53 54,30

4. Marieke Gorter (Triton, 200000750) 06:32.34(+72)

50m 00:44.41 44,41 150m 02:29.68 48,08 250m 04:11.55 52,33 350m 05:50.78 43,98
100m 01:41.60 57,19 200m 03:19.22 49,54 300m 05:06.80 55,25

5. Melanie Zondag (Borger, 199804476) 06:43.05

50m 00:42.45 42,45 150m 02:27.62 50,71 250m 04:16.11 57,76 350m 05:58.91 45,27
100m 01:36.91 54,46 200m 03:18.35 50,73 300m 05:13.64 57,53

6. Desiree Rave (Deltasteur, 199900610) 06:45.06

50m 00:42.67 42,67 150m 03:19.23 98,22 300m 05:16.50 59,50 350m 06:02.32 45,82
100m 01:41.01 58,34 250m 04:17.00 57,77 350m 06:02.32 45,82

7. Sylvia Hidding (H2Oldambt, 199603886) 08:02.80(+102)

50m 00:54.77 54,77 150m 02:58.81 59,90 250m 05:02.13 64,75 350m 07:05.09 56,76
100m 01:58.91 64,14 200m 03:57.38 58,57 300m 06:08.33 66,20

20 - 24 jaar (Masters 20+) Heren

1. Hans Stoffers (Z & PC Triton Putten, 199604027) 05:25.06(+52)

50m 00:31.61 31,61 150m 01:53.14 42,26 250m 03:20.64 45,32 350m 04:47.59 39,21
100m 01:10.88 39,27 200m 02:35.32 42,18 300m 04:08.38 47,74

25 - 29 jaar (Masters 25+) Dames

1. Lieke van Essen (Swol 1894, 199502814) 05:49.85(+61)

50m 00:38.00 38,00 150m 02:09.27 44,54 250m 03:42.18 48,94 350m 05:11.25 39,12
100m 01:24.73 46,73 200m 02:53.24 43,97 300m 04:32.13 49,95

2. Irmgard van Weeghel (Z&PC Hatto-Heim, 199204834) 06:16.84(+81)

50m 00:40.56 40,56 150m 02:17.83 47,69 250m 03:57.34 52,78 350m 05:35.05 43,45
100m 01:30.14 49,58 200m 03:04.56 46,73 300m 04:51.60 54,26

3. Marjan Rikken (Zvv, 199206114) 06:21.92

50m 00:42.54 42,54 150m 02:21.33 46,55 250m 04:01.78 54,23 350m 05:39.74 43,74
100m 01:34.78 52,24 200m 03:07.55 46,22 300m 04:56.00 54,22

4. Esther Kwebeman (HZ&PC Heerenveen, 199106374) 06:22.41(+70)

50m 00:38.80 38,80 150m 02:17.13 48,30 250m 03:59.17 55,09 350m 05:39.99 44,80
100m 01:28.83 50,03 200m 03:04.08 46,95 300m 04:55.19 56,02

5. Lysbeth Wiersma (HZ&PC Heerenveen, 199204486) 06:31.24(+82)

50m 00:38.35 38,35 150m 02:20.81 51,16 250m 04:07.16 55,98 350m 05:49.53 44,67
100m 01:29.65 51,30 200m 03:11.18 50,37 300m 05:04.86 57,70

6. Tessa van Dijk (Isis, 199401252) 07:40.46(+64)

50m 00:52.33 52,33 150m 02:50.26 57,41 250m 04:54.19 65,03 350m 06:52.53 50,94

100m 01:52.85 60,52 200m 03:49.16 58,90 300m 06:01.59 67,40

25 - 29 jaar (Masters 25+) Heren

1. Stefan Kwant (ZPC Nova, 199200781) 05:56.57(+67)
50m 00:32.21 32,21 150m 01:55.38 44,54 250m 03:30.72 50,26 350m 05:08.28 46,50
100m 01:10.84 38,63 200m 02:40.46 45,08 300m 04:21.78 51,06

30 - 34 jaar (Masters 30+) Dames

1. Jacyntha Plat (Steenwijk 1934, 199002956) 05:43.93
50m 00:34.02 34,02 150m 02:00.84 44,66 250m 03:32.97 46,97 350m 05:03.52 41,77
100m 01:16.18 42,16 200m 02:46.00 45,16 300m 04:21.75 48,78

2. Liesbeth van Mill (Zwemlust- den Hommel, 198702786) 05:56.13(+71)
50m 00:38.60 38,60 150m 02:10.83 46,30 250m 03:44.55 47,80 350m 05:15.16 42,05
100m 01:24.53 45,93 200m 02:56.75 45,92 300m 04:33.11 48,56

3. Petra Zandstra (Isis, 199006248) 06:58.35(+75)
50m 00:43.21 43,21 150m 02:36.73 57,42 250m 04:27.84 53,66 350m 06:11.73 48,53
100m 01:39.31 56,10 200m 03:34.18 57,45 300m 05:23.20 55,36

DIS. Esther de With (HZ&PC Heerenveen, 199005646) 00:00.00
50m 00:54.06 54,06 150m 03:00.49 62,63 250m 05:08.28 64,75 350m 07:03.18 50,75
100m 01:57.86 63,80 200m 04:03.53 63,04 300m 06:12.43 64,15

30 - 34 jaar (Masters 30+) Heren

1. Tim Bunnik (Triton, 199000505) 04:54.98(+82)
50m 00:32.11 32,11 150m 01:45.97 36,85 250m 03:05.48 42,43 350m 04:22.02 32,98
100m 01:09.12 37,01 200m 02:23.05 37,08 300m 03:49.04 43,56

2. Rick Driezen (Steenwijk 1934, 198600713) 05:25.44(+60)
50m 00:31.85 31,85 150m 01:52.21 41,98 250m 03:22.42 49,23 350m 04:49.23 37,74
100m 01:10.23 38,38 200m 02:33.19 40,98 300m 04:11.49 49,07

3. Wessel Everloo (WS Twente, 198906597) [S14] 05:35.86(+81)
50m 00:35.09 35,09 150m 01:59.41 42,23 250m 03:30.08 49,24 350m 04:58.64 38,33
100m 01:17.18 42,09 200m 02:40.84 41,43 300m 04:20.31 50,23

4. Melano Winter (AZ&PC De Futen, 198703847) 05:52.46(+93)
50m 00:37.31 37,31 150m 02:06.94 45,05 250m 03:42.47 51,89 350m 05:13.55 39,58
100m 01:21.89 44,58 200m 02:50.58 43,64 300m 04:33.97 51,50

5. Rene Knijpstra (Isis, 198806181) 06:15.48(+66)
50m 00:36.77 36,77 150m 02:13.39 49,04 250m 03:56.64 56,25 350m 05:34.55 41,97
100m 01:24.35 47,58 200m 03:00.39 47,00 300m 04:52.58 55,94

6. Jeroen Hoving (ZPC Stadskanaal, 198701451) 06:16.59(+73)
50m 00:37.86 37,86 150m 02:16.04 49,78 250m 03:59.02 52,17 350m 05:34.72 42,19
100m 01:26.26 48,40 200m 03:06.85 50,81 300m 04:52.53 53,51

DIS. Stefan van de Grift (Swol 1894, 198701121) 00:00.00(+76)
50m 00:33.72 33,72 150m 01:59.83 44,23 250m 03:27.91 43,66 350m 04:51.57 38,71
100m 01:15.60 41,88 200m 02:44.25 44,42 300m 04:12.86 44,95

35 - 39 jaar (Masters 35+) Dames

35 - 39 jaar (Masters 35+) Heren

1. Mark Brinkhuis (TriVia, 198302609) 06:55.67(+75)
50m 00:41.60 41,60 150m 02:33.36 59,79 250m 04:27.13 51,94 350m 06:06.89 47,50
100m 01:33.57 51,97 200m 03:35.19 61,83 300m 05:19.39 52,26

40 - 44 jaar (Masters 40+) Dames

1. Monique Boets (ZPC Stadskanaal, 197600230) 06:06.00
50m 00:35.92 35,92 150m 02:09.89 46,61 250m 03:51.12 53,52 350m 05:26.36 42,24
100m 01:23.28 47,36 200m 02:57.60 47,71 300m 04:44.12 53,00

2. Anuschka Glazema-Boelema (ZPC Stadskanaal, 197701166) 06:24.27(+119)
50m 00:38.40 38,40 150m 02:17.95 52,92 250m 04:00.59 52,60 350m 05:40.57 45,17
100m 01:25.03 46,63 200m 03:07.99 50,04 300m 04:55.40 54,81

3. Jannie Vennik (HZ&PC Heerenveen, 197601006) 06:39.68
50m 00:45.46 45,46 150m 02:33.15 52,16 250m 04:21.00 54,61 350m 05:58.38 41,50

	100m 01:40.99 55,53	200m 03:26.39 53,24	300m 05:16.88 55,88		
4. Gea van der Schaaf (Deltasteur, 197901558)					06:41.01(+89)
	50m 00:45.72 45,72	150m 02:24.50 44,66	250m 04:10.35 60,37	350m 05:56.93 45,76	
	100m 01:39.84 54,12	200m 03:09.98 45,48	300m 05:11.17 60,82		
5. Inge Roskam (De Duinkickers, 197801296)					07:17.65(+95)
	50m 00:44.65 44,65	150m 02:41.24 61,95	250m 04:39.15 58,22	350m 06:28.55 50,59	
	100m 01:39.29 54,64	200m 03:40.93 59,69	300m 05:37.96 58,81		
6. Saskia op den Velde (De Duinkickers, 197901530)					07:41.94(+82)
	50m 00:48.53 48,53	150m 02:43.86 58,82	250m 04:46.18 60,47	350m 06:45.24 54,49	
	100m 01:45.04 56,51	200m 03:45.71 61,85	300m 05:50.75 64,57		
<i>40 - 44 jaar (Masters 40+) Heren</i>					
1. Casper Hut (HZ&PC Heerenveen, 197800471)					05:02.86(+73)
	50m 00:30.03 30,03	150m 01:46.40 40,68	250m 03:10.68 43,34	350m 04:29.25 35,14	
	100m 01:05.72 35,69	200m 02:27.34 40,94	300m 03:54.11 43,43		
2. Jos Timmermans (ZPC Stadskanaal, 197901223)					05:51.31(+87)
	50m 00:33.30 33,30	150m 01:59.42 46,08	250m 03:34.83 50,63	300m 04:25.96 51,13	
	100m 01:13.34 40,04	200m 02:44.20 44,78	300m 04:25.96 51,13		
3. Rogier van Gent (Ijzpc, 198000405)					06:27.65(+63)
	50m 00:36.18 36,18	150m 02:10.71 49,36	250m 03:54.08 53,53	350m 05:39.03 49,71	
	100m 01:21.35 45,17	200m 03:00.55 49,84	300m 04:49.32 55,24		
<i>45 - 49 jaar (Masters 45+) Dames</i>					
1. Evelien van Klaarbergen (HZ&PC Heerenveen, 197200964)					05:38.73
	50m 00:35.42 35,42	150m 02:01.26 42,50	250m 03:32.86 47,99	350m 05:00.86 38,56	
	100m 01:18.76 43,34	200m 02:44.87 43,61	300m 04:22.30 49,44		
2. Annet Kootstra (Swol 1894, 197100344)					07:05.96(+108)
	50m 00:48.95 48,95	150m 02:39.63 56,91	250m 04:32.71 58,06	350m 06:19.18 47,30	
	100m 01:42.72 53,77	200m 03:34.65 55,02	300m 05:31.88 59,17		
3. Henriette Driesen-Joanknecht (Aqua-Novio '94, 197101056)					07:33.22(+108)
	50m 00:48.64 48,64	150m 02:48.93 62,95	250m 04:47.79 56,39	350m 06:40.29 53,59	
	100m 01:45.98 57,34	200m 03:51.40 62,47	300m 05:46.70 58,91		
4. Sylvia Tetteroo (Ijzpc, 197300476)					09:07.40
	50m 00:58.86 58,86	150m 03:15.56 68,08	250m 05:41.09 75,70	350m 08:00.78 64,97	
	100m 02:07.48 68,62	200m 04:25.39 69,83	300m 06:55.81 74,72		
<i>45 - 49 jaar (Masters 45+) Heren</i>					
1. Kees Bakker (Gay Swim Amsterdam, 197501055)					05:33.71(+66)
	50m 00:35.71 35,71	150m 02:00.50 42,97	250m 03:30.92 47,97	350m 04:57.43 38,39	
	100m 01:17.53 41,82	200m 02:42.95 42,45	300m 04:19.04 48,12		
2. Erwin Zuijdervelt (AZ&PC De Futen, 197501015)					05:58.41(+71)
	50m 00:37.14 37,14	150m 02:09.59 46,72	250m 03:48.46 53,11	350m 05:21.56 38,88	
	100m 01:22.87 45,73	200m 02:55.35 45,76	300m 04:42.68 54,22		
<i>50 - 54 jaar (Masters 50+) Dames</i>					
1. Bianca Groot (MSV-Zeemacht, 197000652)					05:59.87(+69)
	50m 00:37.71 37,71	150m 02:13.40 48,07	250m 03:50.38 50,17	350m 05:20.84 39,62	
	100m 01:25.33 47,62	200m 03:00.21 46,81	300m 04:41.22 50,84		
<i>50 - 54 jaar (Masters 50+) Heren</i>					
1. Richard Hill (De Duinkickers, 196601651)					07:21.74
	50m 00:44.25 44,25	150m 03:25.24 111,94	250m 05:35.18 66,71	350m 06:28.53 53,35	
	100m 01:33.30 49,05	200m 04:28.47 63,23	350m 06:28.53 53,35		
2. Arnold Jonker (HZ&PC Heerenveen, 197000529)					07:53.23
	50m 00:51.36 51,36	150m 02:55.95 61,73	250m 05:03.86 66,50	300m 06:10.71 66,85	
	100m 01:54.22 62,86	200m 03:57.36 61,41	300m 06:10.71 66,85		
<i>55 - 59 jaar (Masters 55+) Dames</i>					
1. Marjan Remmits (ZPC Woerden, 196300518)					06:04.28(+71)

50m	00:38.16	38,16	150m	02:11.55	46,55	250m	03:50.74	53,15	350m	05:23.66	41,71	
100m	01:25.00	46,84	200m	02:57.59	46,04	300m	04:41.95	51,21				
2. Wilna Heijman (Steenwijk 1934, 196400506)												06:31.15
50m	00:40.62	40,62	150m	02:22.11	52,45	250m	04:08.33	57,05	350m	05:49.75	43,48	
100m	01:29.66	49,04	200m	03:11.28	49,17	300m	05:06.27	57,94				
3. Petra Tossings (Daw, 196100376)												06:31.66
50m	00:43.85	43,85	150m	02:25.78	50,83	250m	04:10.91	55,52	350m	05:49.07	44,38	
100m	01:34.95	51,10	200m	03:15.39	49,61	300m	05:04.69	53,78				
<i>55 - 59 jaar (Masters 55+) Heren</i>												
1. Ronald Grove (Triton, 196100161)												05:58.70(+81)
50m	00:37.55	37,55	150m	02:12.65	48,37	250m	03:49.09	48,92	350m	05:18.97	39,40	
100m	01:24.28	46,73	200m	03:00.17	47,52	300m	04:39.57	50,48				
2. Robert de Brauwer (De Duinkikkers, 196401383)												06:36.11(+99)
50m	00:41.02	41,02	150m	02:20.15	50,45	250m	04:03.72	53,26	350m	05:47.51	47,59	
100m	01:29.70	48,68	200m	03:10.46	50,31	300m	04:59.92	56,20				
DIS. Arnold de Rover (AZ&PC De Futen, 196400645)												00:00.00
50m	00:35.89	35,89	150m	02:03.19	43,72	250m	03:33.54	47,54	350m	04:59.48	37,72	
100m	01:19.47	43,58	200m	02:46.00	42,81	300m	04:21.76	48,22				
DIS. Jan Wierenga (ZV De Aalscholver, 196400843)												00:00.00(+81)
50m	00:40.42	40,42	150m	02:19.69	49,42	250m	04:01.05	51,96	350m	05:33.87	40,02	
100m	01:30.27	49,85	200m	03:09.09	49,40	300m	04:53.85	52,80				
<i>60 - 64 jaar (Masters 60+) Dames</i>												
1. Marijke Kraak-Beckers (WS Twente, 196000240)												06:58.64(+94)
50m	00:42.50	42,50	150m	02:32.23	59,43	250m	04:26.83	59,75	350m	06:14.23	47,26	
100m	01:32.80	50,30	200m	03:27.08	54,85	300m	05:26.97	60,14				
2. Linda Wibbelink (Steenwijk 1934, 195900158)												07:00.40(+59)
50m	00:45.02	45,02	150m	02:35.20	55,76	250m	04:29.33	59,91	350m	06:15.75	46,32	
100m	01:39.44	54,42	200m	03:29.42	54,22	300m	05:29.43	60,10				
3. Hannie Poletiek (TriVia, 195900278)												07:22.96
50m	00:48.19	48,19	150m	02:45.41	55,50	250m	04:43.12	61,47	350m	06:34.15	49,27	
100m	01:49.91	61,72	200m	03:41.65	56,24	300m	05:44.88	61,76				
4. Betsie Klompmaker-Mulder (Noord-Veluwe, 195900200)												10:30.34
50m	01:29.35	89,35	150m	04:31.65	68,86	250m	07:06.86	87,22	350m	09:33.03	59,25	
100m	03:22.79	113,44	200m	05:39.64	67,99	300m	08:33.78	86,92				
<i>60 - 64 jaar (Masters 60+) Heren</i>												
1. Marten de Groot (HZ&PC Heerenveen, 195800149)												05:49.08
50m	00:36.50	36,50	150m	02:07.23	47,84	250m	03:44.24	51,30	350m	05:13.85	38,04	
100m	01:19.39	42,89	200m	02:52.94	45,71	300m	04:35.81	51,57				
2. Paul Bunnik (Triton, 195600413)												06:15.88(+90)
50m	00:38.00	38,00	150m	02:14.34	50,06	250m	03:56.23	53,00	350m	05:34.06	44,03	
100m	01:24.28	46,28	200m	03:03.23	48,89	300m	04:50.03	53,80				
3. Marius Ros (Zcnf'34, 195900779)												07:09.68(+82)
50m	00:53.08	53,08	150m	02:53.33	59,79	250m	04:45.50	55,89	350m	06:28.01	44,51	
100m	01:53.54	60,46	200m	03:49.61	56,28	300m	05:43.50	58,00				
DIS. Pier van der Sluis (SG FZC54-De Vikings, 195900757)												00:00.00(+109)
50m	00:50.52	50,52	150m	02:49.59	60,52	250m	04:47.45	56,04	350m	06:30.93	47,10	
100m	01:49.07	58,55	200m	03:51.41	61,82	300m	05:43.83	56,38				
<i>65 - 69 jaar (Masters 65+) Dames</i>												
1. Margriet Pasma (TriVia, 195500088)												06:58.47
50m	00:50.55	50,55	150m	02:41.61	51,63	250m	04:31.49	59,22	350m	06:15.83	45,52	
100m	01:49.98	59,43	200m	03:32.27	50,66	300m	05:30.31	58,82				
2. Ineke Meijer (HZ&PC Heerenveen, 195200034)												08:54.86
50m	01:06.40	66,40	150m	03:31.35	64,17	250m	05:48.13	70,67	350m	08:00.78	58,25	
100m	02:27.18	80,78	200m	04:37.46	66,11	300m	07:02.53	74,40				

65 - 69 jaar (Masters 65+) Heren

70 - 74 jaar (Masters 70+) Dames

1. Antoinette Gilding-Tussaud (WS Twente, 195000038) 08:42.71
50m 01:02.78 62,78 150m 03:16.27 62,83 250m 05:30.76 74,74 350m 07:44.45 58,28
100m 02:13.44 70,66 200m 04:16.02 59,75 300m 06:46.17 75,41

70 - 74 jaar (Masters 70+) Heren

75 - 79 jaar (Masters 75+) Dames

75 - 79 jaar (Masters 75+) Heren

80 - 84 jaar (Masters 80+) Dames

80 - 84 jaar (Masters 80+) Heren

4. 100m schoolslag -

20 - 24 jaar (Masters 20+) Dames

1. Jolijn Keegstra (Swol 1894, 199602284) 01:28.98(+89)
50m 00:41.20 41,20

2. Naomi van der Sluijs (Borger, 199801474) 01:30.97
50m 00:43.88 43,88

3. Alies Wagter (Steenwijk 1934, 199900840) 01:33.23(+86)
50m 00:43.30 43,30

20 - 24 jaar (Masters 20+) Heren

25 - 29 jaar (Masters 25+) Dames

1. Daniëlle de Boer (HZ&PC Heerenveen, 199404736) 01:19.29(+74)
50m 00:37.14 37,14

2. Fraukje Puts (HZ&PC Heerenveen, 199206470) 01:21.94
50m 00:38.93 38,93

3. Janine de Groot (ZPC Nova, 199500092) 01:23.34(+69)
50m 00:38.96 38,96

4. Nanda de Vries (Steenwijk 1934, 199204328) 01:23.83
50m 00:39.75 39,75

5. Myrna Gorter (Neptunia'24, 199503158) 01:25.92(+72)
50m 00:39.82 39,82

6. Getrude Corporaal (Steenwijk 1934, 199200380) 01:30.95(+80)
50m 00:42.33 42,33

25 - 29 jaar (Masters 25+) Heren

1. Patrick Graver (Gzvw, 199404735) 01:24.60(+82)
50m 00:38.80 38,80

2. Patrick Wobben (Steenwijk 1934, 199300559) 01:26.39(+79)
50m 00:40.09 40,09

3. Rick Vaarkamp (Z & PC Triton Putten, 199404979) 01:34.64(+94)
50m 00:43.19 43,19

30 - 34 jaar (Masters 30+) Dames

1. Janneke Wynia (WS Twente, 199005500) 01:39.07(+99)
50m 00:47.69 47,69

2. Jolien Kruijer (ZPC Stadskanaal, 199002168) 01:45.31(+93)
50m 00:49.83 49,83

30 - 34 jaar (Masters 30+) Heren

1. Erik Verholt (Noord-Veluwe, 198803543) 01:09.52(+77)
50m 00:32.84 32,84

2. Marten Ettema (HZ&PC Heerenveen, 199007703) 01:22.46(+75)
50m 00:38.86 38,86

3. Robin Eggenkamp (ZV De Aalscholver, 198700847) 01:23.48(+61)

50m 00:39.79 39,79

35 - 39 jaar (Masters 35+) Dames

1. Irene Kasteel-Jaspersen (Zuiderzeezwemmers, 198102278) 01:41.39(+95)
50m 00:46.31 46,31
2. Michelle Frijlink (HZ&PC Heerenveen, 198403600) 01:42.11(+80)
50m 00:48.24 48,24
3. Rianne van Vegchelen (Zv 44, 198101530) 01:58.18(+116)
50m 00:56.84 56,84

35 - 39 jaar (Masters 35+) Heren

1. Lauren Vis (Steenwijk 1934, 198201883) 01:09.67(+64)
50m 00:32.40 32,40
2. Rob van Wanrooy (Gay Swim Amsterdam, 198202627) 01:14.35(+66)
50m 00:33.83 33,83
3. Edward van Dootingh (Zv 44, 198403341) 01:31.06(+79)
50m 00:42.56 42,56
4. Sebastiaan de Vos (De Duinkickers, 198402481) [SB7] 01:54.85
50m 00:55.19 55,19

40 - 44 jaar (Masters 40+) Dames

1. Eveline Hacquebord (Ijzpc, 197901206) 01:27.68(+79)
50m 00:41.14 41,14
2. Jannie Vennik (HZ&PC Heerenveen, 197601006) 01:40.17(+88)
50m 00:47.47 47,47

40 - 44 jaar (Masters 40+) Heren

1. Casper Hut (HZ&PC Heerenveen, 197800471) 01:09.85(+69)
50m 00:32.53 32,53
2. Wilco Steenwijk (Zvv, 198002465) 01:26.05(+82)
50m 00:39.96 39,96
3. Peter Lommert (Swol 1894, 197900787) 01:27.16(+92)
50m 00:40.40 40,40
4. Robin Roskam (De Duinkickers, 197801831) 01:28.11(+96)
50m 00:40.15 40,15

45 - 49 jaar (Masters 45+) Dames

1. Miranda Straetemans (ZIGNEA, 197400514) 01:29.13(+90)
50m 00:41.47 41,47
2. Annette de Visser (Oceanus, 197100602) 01:30.07
50m 00:42.11 42,11
3. Inge Soeters (Steenwijk 1934, 197300934) 01:47.49
50m 00:50.65 50,65
4. Nicolette Zuidema (Zv 44, 197500978) 01:51.41(+66)
50m 00:51.97 51,97
5. Femke Poll (Zv 44, 197401066) 01:56.96(+100)
50m 00:56.15 56,15
6. Saskia Verbeek (Batavia Swim, 197501004) 02:01.06
50m 00:55.85 55,85

45 - 49 jaar (Masters 45+) Heren

1. Michael van Bekkum (Swol 1894, 197200051) 01:17.05(+65)
50m 00:35.48 35,48
2. Martijn de Jong (Dwk, 197101659) 01:23.88(+83)
50m 00:38.63 38,63

3. Korstiaan de Boer (Steenwijk 1934, 197101629) 50m 00:39.75 39,75	01:24.12(+69)
4. Kasper van den Berghe (Swol 1894, 197301125) 50m 00:41.09 41,09	01:25.88(+76)
5. Henk de Roos (Zpd, 197101453) 50m 00:40.70 40,70	01:26.26
6. Jan Roelants (Nat Utrecht, 197301579) 50m 00:43.35 43,35	01:31.75
7. Pieter Bardelmeijer (Deltasteur, 197201665) 50m 00:45.51 45,51	01:34.15(+89)
<i>50 - 54 jaar (Masters 50+) Dames</i>	
1. Jacqueline Tuin (Daw, 196600690) 50m 00:40.30 40,30	01:26.25(+64)
2. Peggi Hurenkamp (HZ&PC Heerenveen, 196900922) 50m 00:47.27 47,27	01:39.61
3. Roelien Speelman-Tigelaar (De Spatters, 196600664) 50m 00:46.11 46,11	01:41.52(+76)
4. Hetty Smalheer (Scom, 196700352) 50m 00:50.64 50,64	01:45.30(+98)
5. Remona Dekker (ZV De Bron, 196600620) 50m 00:51.98 51,98	01:48.77(+78)
6. Monique Berentse (Batavia Swim, 196901066) 50m 00:59.91 59,91	02:07.95
<i>50 - 54 jaar (Masters 50+) Heren</i>	
1. René Beetsma (HZ&PC Heerenveen, 196900069) 50m 00:36.02 36,02	01:17.41(+69)
2. Arjan Bellaart (Oceanus, 196900079) 50m 00:38.30 38,30	01:22.14(+69)
3. Roelof Broekman (De Spatters, 196800155) 50m 00:41.64 41,64	01:28.96(+81)
4. René Speelman (De Spatters, 196601521) 50m 00:45.26 45,26	01:39.48(+75)
5. Eric van den Blink (Batavia Swim, 197001667) 50m 00:47.21 47,21	01:40.39
6. Maarten Koolman (Zuiderzeewemmers, 196801649) 50m 00:50.73 50,73	01:50.44(+94)
<i>55 - 59 jaar (Masters 55+) Dames</i>	
1. Annemarie Vuist (Swol 1894, 196300282) 50m 00:47.35 47,35	01:37.91(+94)
2. Francine Sommer (Triton, 196200384) 50m 00:47.74 47,74	01:39.90
3. Jenny Westervaarder (H2Oldambt, 196200424) 50m 00:53.19 53,19	01:52.66
<i>55 - 59 jaar (Masters 55+) Heren</i>	
1. Bertjan Schelhaas (Dwt, 196501577) 50m 00:37.53 37,53	01:21.36(+86)
2. Arnold de Rover (AZ&PC De Futen, 196400645) 50m 00:38.91 38,91	01:21.76(+77)
3. Casper Dollekamp (Steenwijk 1934, 196301341) 50m 00:41.15 41,15	01:26.14(+78)

4. Ronald van Vliet (ZV De Aalscholver, 196300997) 50m 00:41.60 41,60	01:28.20(+77)
5. Jan Smalheer (Scom, 196400701) 50m 00:43.57 43,57	01:30.96(+100)
6. René Bakker (ZIGNEA, 196501245) 50m 00:44.71 44,71	01:33.71(+71)
7. Jack Barends (WS Twente, 196201011) 50m 00:46.05 46,05	01:37.98
8. Hans van Scheepen (Steenwijk 1934, 196201245) 50m 00:45.77 45,77	01:41.92
<i>60 - 64 jaar (Masters 60+) Dames</i>	
1. Marijke Kraak-Beckers (WS Twente, 196000240) 50m 00:47.80 47,80	01:40.82(+75)
2. Betsie Klompmaker-Mulder (Noord-Veluwe, 195900200) 50m 01:16.50 76,50	02:37.08(+104)
<i>60 - 64 jaar (Masters 60+) Heren</i>	
1. André Pantekoek (Psv, 195800321) 50m 00:48.45 48,45	01:41.43(+72)
2. Marius Ros (Zcnf'34, 195900779) 50m 00:49.40 49,40	01:42.27
3. Janos Loczi (Daw, 195800267) 50m 00:49.18 49,18	01:43.94
4. Herbert Katgert (WS Twente, 195900739) 50m 00:52.23 52,23	01:49.40(+121)
DIS. Robert Schulein (H2Oldambt, 195900843) 50m 00:48.91 48,91	00:00.00(+63)
<i>65 - 69 jaar (Masters 65+) Dames</i>	
<i>65 - 69 jaar (Masters 65+) Heren</i>	
<i>70 - 74 jaar (Masters 70+) Dames</i>	
<i>70 - 74 jaar (Masters 70+) Heren</i>	
1. Henk Oostendorp (ZV De Bron, 194800093) 50m 01:00.24 60,24	02:07.52(+100)
<i>75 - 79 jaar (Masters 75+) Dames</i>	
<i>75 - 79 jaar (Masters 75+) Heren</i>	
1. Rob Hanou (Psv, 194300109) 50m 00:47.12 47,12	01:39.36
<i>80 - 84 jaar (Masters 80+) Dames</i>	
<i>80 - 84 jaar (Masters 80+) Heren</i>	
5. 25m vlinderslag -	
<i>20 - 24 jaar (Masters 20+) Dames</i>	
1. Tamara Grove (De Dolfijn, 199601266)	00:13.95
2. Alies Wagter (Steenwijk 1934, 199900840)	00:15.05
4. Thirza Bollema (Deltasteur, 200003322)	00:16.68
DIS. Lisa van Riel (Swol 1894, 199805652)	00:00.00
<i>20 - 24 jaar (Masters 20+) Heren</i>	
1. Jaro Oosting (Triton, 199904627)	00:14.16
<i>25 - 29 jaar (Masters 25+) Dames</i>	
1. Karin Groen (ZPC Nova, 199502440)	00:12.80

2. Mariska van Engeldorp - Gastelaar (Daw, 199502326)	00:14.25
3. Suzanne Mosch (MSV-Zeemacht, 199400548)	00:14.26
4. Lysbeth Wiersma (HZ&PC Heerenveen, 199204486)	00:15.05
5. Lieke van Essen (Swol 1894, 199502814)	00:15.65
6. Nienke Fuite (Deltasteur, 199501352)	00:15.78
7. Lonneke Oenema (Steenwijk 1934, 199102314)	00:15.90
8. Ellen Oenema (Steenwijk 1934, 199207250)	00:18.50
<i>25 - 29 jaar (Masters 25+) Heren</i>	
1. Stefan Kwant (ZPC Nova, 199200781)	00:12.73
2. Tom de Lange (Deltasteur, 199300303)	00:16.36
3. Rick Vaarkamp (Z & PC Triton Putten, 199404979)	00:17.18
<i>30 - 34 jaar (Masters 30+) Dames</i>	
1. Christien Hommes (ZPC Stadskanaal, 198602124)	00:15.13
2. Esther de With (HZ&PC Heerenveen, 199005646)	00:17.47
3. Janneke Wynia (WS Twente, 199005500)	00:18.01
<i>30 - 34 jaar (Masters 30+) Heren</i>	
1. Tim Bunnik (Triton, 199000505)	00:12.73
2. Patrick de Jonge (Deltasteur, 198906635)	00:13.68
3. Melano Winter (AZ&PC De Futen, 198703847)	00:13.76
4. Albert Dijkma (Isis, 198700711)	00:14.53
<i>35 - 39 jaar (Masters 35+) Dames</i>	
1. Sandra Zwaanswijk (Daw, 198503934)	00:14.15
2. Ramona Hulshof (Thor, 198503948)	00:15.47
3. Monique Jansma (HZ&PC Heerenveen, 198501420)	00:17.22
4. Rianne van Vegchelen (Zv 44, 198101530)	00:19.86
5. Annemieke Visch (Zuiderzeewemmers, 198302762) [S14]	00:25.80
<i>35 - 39 jaar (Masters 35+) Heren</i>	
1. Sander de Velde (Deltasteur, 198302165)	00:16.51
<i>40 - 44 jaar (Masters 40+) Dames</i>	
1. Margriet Daalman (De Spatters, 197801368)	00:16.89
2. Saskia op den Velde (De Duinkickers, 197901530)	00:18.82
3. Leonie Scholten (Steenwijk 1934, 197901560)	00:19.06
4. Margriet Leeffers (Deltasteur, 197800448)	00:19.78
<i>40 - 44 jaar (Masters 40+) Heren</i>	
1. Paul Hoving (HZ&PC Heerenveen, 197601685)	00:13.99
2. Wilco Steenwijk (Zvv, 198002465)	00:14.60
3. Peter Lommert (Swol 1894, 197900787)	00:14.64
4. Henk Boswinkel (Swol 1894, 197601555)	00:14.70
5. Pieter Ponne (HZ&PC Heerenveen, 197600749)	00:14.90
6. Tom Bandsma (Psv, 197701625)	00:16.53

<i>45 - 49 jaar (Masters 45+) Dames</i>	
1. Nicolette Zuidema (Zv 44, 197500978)	00:20.54
<i>45 - 49 jaar (Masters 45+) Heren</i>	
1. Heiner Stevens (ZIGNEA, 197201299)	00:13.17
2. Erik Veltman (ZPC Stadskanaal, 197200941)	00:14.88
3. Erwin Zuidervelt (AZ&PC De Futen, 197501015)	00:15.25
4. Pieter Bardelmeijer (Deltasteur, 197201665)	00:18.01
5. Jan Roelants (Nat Utrecht, 197301579)	00:18.06
<i>50 - 54 jaar (Masters 50+) Dames</i>	
1. Rieneke Achtien (Isis, 196800002)	00:18.81
2. Annette van Dok (MSV-Zeemacht, 196800742)	00:19.89
<i>50 - 54 jaar (Masters 50+) Heren</i>	
1. Guido Keutgen (Steenwijk 1934, 196801551)	00:14.09
DIS. Marcel Brittijn (De Duinkickers, 196900159)	00:00.00
<i>55 - 59 jaar (Masters 55+) Dames</i>	
1. Miranda Keijl (ZIGNEA, 196500588)	00:17.45
2. Gea Kuiper (Zcnf'34, 196100104)	00:24.13
3. Petra Ros (Zcnf'34, 196100398)	00:25.79
4. Riekie Schra (Steenwijk 1934, 196400404)	00:38.54
<i>55 - 59 jaar (Masters 55+) Heren</i>	
1. Robert de Brauwer (De Duinkickers, 196401383)	00:14.38
2. Jos Verhoeven (ZV De Aalscholver, 196301161)	00:15.76
3. Ronald van Vliet (ZV De Aalscholver, 196300997)	00:15.88
4. Roel van der Schee (Batavia Swim, 196301389)	00:25.79
<i>60 - 64 jaar (Masters 60+) Dames</i>	
1. Els Hertsworm (Ijzpc, 195700184)	00:20.22
2. Willy Schoenmaker-ter Veer (Dwk, 195900254)	00:22.77
<i>60 - 64 jaar (Masters 60+) Heren</i>	
1. Marten de Groot (HZ&PC Heerenveen, 195800149)	00:14.09
2. John Dam (ZIGNEA, 196000915)	00:16.69
3. Wiebren Dijkstra (HZ&PC Heerenveen, 195800745)	00:21.28
<i>65 - 69 jaar (Masters 65+) Dames</i>	
<i>65 - 69 jaar (Masters 65+) Heren</i>	
1. Jappie Kuiper (Swol 1894, 195500417)	00:17.08
2. Bert Veerkamp (Zuiderzeezwemmers, 195200271)	00:42.05
<i>70 - 74 jaar (Masters 70+) Dames</i>	
1. Annet Verhoeven - Steggerda (De Duinkickers, 194600024)	00:27.84
<i>70 - 74 jaar (Masters 70+) Heren</i>	
<i>75 - 79 jaar (Masters 75+) Dames</i>	
<i>75 - 79 jaar (Masters 75+) Heren</i>	
<i>80 - 84 jaar (Masters 80+) Dames</i>	
<i>80 - 84 jaar (Masters 80+) Heren</i>	
6. 100m vrije slag -	

20 - 24 jaar (Masters 20+) Dames

1. Evelien de Jong (Neptunia'24, 199805316) 01:04.91(+75)
50m 00:30.62 30,62
2. Rianne van Rijssen (Noord-Veluwe, 199702360) 01:07.96(+78)
50m 00:32.21 32,21
4. Marieke Gorter (Triton, 200000750) 01:12.18
50m 00:34.84 34,84
5. Sophia Snoek (ZV De Aalscholver, 199906434) 01:12.45(+74)
50m 00:33.47 33,47
6. Ellen Rikken (Zvv, 199604574) 01:13.51(+97)
50m 00:35.35 35,35
7. Melanie Zondag (Borger, 199804476) 01:13.77
50m 00:35.07 35,07
8. Joyce Bakker (ZV De Aalscholver, 199600522) 01:16.96(+82)
50m 00:36.94 36,94

20 - 24 jaar (Masters 20+) Heren

1. Hans Stoffers (Z & PC Triton Putten, 199604027) 00:57.64(+67)
50m 00:27.79 27,79
2. Diederik de Boer (Steenwijk 1934, 200000269) 01:00.49(+75)
50m 00:28.37 28,37
3. Paul Schutrups (Borger, 199703275) 01:07.69
50m 00:32.35 32,35

25 - 29 jaar (Masters 25+) Dames

1. Daniëlle de Boer (HZ&PC Heerenveen, 199404736) 01:02.66(+75)
50m 00:30.56 30,56
2. Fraukje Puts (HZ&PC Heerenveen, 199206470) 01:02.76(+81)
50m 00:30.57 30,57
3. Tessa Mosch (MSV-Zeemacht, 199102172) 01:03.52(+67)
50m 00:30.04 30,04
4. Nanda de Vries (Steenwijk 1934, 199204328) 01:03.64(+84)
50m 00:30.93 30,93
5. Janine de Groot (ZPC Nova, 199500092) 01:03.93(+81)
50m 00:30.69 30,69
6. Myrna Gorter (Neptunia'24, 199503158) 01:04.59(+63)
50m 00:31.33 31,33
7. Inge Koopman (Daw, 199303382) 01:08.80
50m 00:33.76 33,76
8. Getrude Corporaal (Steenwijk 1934, 199200380) 01:09.04(+65)
50m 00:32.83 32,83
9. Sigrít Aarten (Deltasteur, 199302868) 01:10.33
50m 00:34.92 34,92
10. Esther Kwebeman (HZ&PC Heerenveen, 199106374) 01:12.74(+71)
50m 00:34.59 34,59
11. Irmgard van Weeghel (Z&PC Hatto-Heim, 199204834) 01:14.40
50m 00:34.92 34,92
12. Nienke Fuite (Deltasteur, 199501352) 01:16.60
50m 00:36.66 36,66
13. Esther Tournier (De Forel, 199407274) 01:23.80
50m 00:38.91 38,91

14. Tessa van Dijk (Isis, 199401252)	01:26.53(+69)
50m 00:42.43 42,43	
<i>25 - 29 jaar (Masters 25+) Heren</i>	
1. Patrick Graver (Gzvw, 199404735)	01:06.31(+84)
50m 00:31.91 31,91	
<i>30 - 34 jaar (Masters 30+) Dames</i>	
1. Charlotte Groeneveld (Steenwijk 1934, 198701404)	01:05.72
50m 00:31.24 31,24	
2. Jolanda Crossen (Neptunia'24, 198600712)	01:09.65(+77)
50m 00:33.31 33,31	
3. Christien Hommes (ZPC Stadskanaal, 198602124)	01:10.28(+87)
50m 00:33.60 33,60	
4. Liesbeth van Mill (Zwevlust- den Hommel, 198702786)	01:10.48
50m 00:33.50 33,50	
5. Petra Zandstra (Isis, 199006248)	01:15.29(+66)
50m 00:34.91 34,91	
6. Jolien Kruijer (ZPC Stadskanaal, 199002168)	01:26.98(+100)
50m 00:40.05 40,05	
<i>30 - 34 jaar (Masters 30+) Heren</i>	
1. Rene Knijpstra (Isis, 198806181)	01:04.43(+68)
50m 00:30.37 30,37	
2. Marten Ettema (HZ&PC Heerenveen, 199007703)	01:08.76(+78)
50m 00:32.47 32,47	
3. Jeroen Hoving (ZPC Stadskanaal, 198701451)	01:08.78(+86)
50m 00:33.31 33,31	
4. Tom van Norden (Ijzpc, 198906951)	01:25.27(+65)
50m 00:39.39 39,39	
<i>35 - 39 jaar (Masters 35+) Dames</i>	
1. Sandra Zwaanswijk (Daw, 198503934)	01:05.53(+76)
50m 00:31.42 31,42	
2. Angela Giezen (Upstream Amsterdam, 198302796)	01:08.55(+63)
50m 00:32.83 32,83	
3. Irene Kasteel-Jaspersen (Zuiderzeezwemmers, 198102278)	01:16.33
50m 00:35.06 35,06	
4. Michelle Frijlink (HZ&PC Heerenveen, 198403600)	01:22.43
50m 00:38.72 38,72	
<i>35 - 39 jaar (Masters 35+) Heren</i>	
1. Lauren Vis (Steenwijk 1934, 198201883)	00:55.11(+66)
50m 00:26.13 26,13	
2. Edward van Dootingh (Zv 44, 198403341)	01:07.12(+77)
50m 00:32.76 32,76	
3. Rudy de Jong (Isis, 198301061)	01:09.35(+75)
50m 00:31.96 31,96	
<i>40 - 44 jaar (Masters 40+) Dames</i>	
1. Alina Spijkerman (Daw, 197701220)	01:11.88
50m 00:34.94 34,94	
2. Eveline Hacquebord (Ijzpc, 197901206)	01:12.04
50m 00:34.55 34,55	
3. Anuschka Glazema-Boelema (ZPC Stadskanaal, 197701166)	01:13.42
50m 00:34.92 34,92	

4. Gea van der Schaaf (Deltasteur, 197901558) 50m 00:35.19 35,19	01:13.99
5. Kristel Lips (ZV De Bron, 197900562) 50m 00:35.71 35,71	01:14.66(+89)
6. Leonie Scholten (Steenwijk 1934, 197901560) 50m 00:40.10 40,10	01:25.33
<i>40 - 44 jaar (Masters 40+) Heren</i>	
1. Rogier van Gent (Ijzpc, 198000405) 50m 00:30.11 30,11	01:05.85(+62)
2. Han Boone (Swol 1894, 197701319) 50m 00:31.92 31,92	01:06.97(+74)
3. Robin Roskam (De Duinkickers, 197801831) 50m 00:37.23 37,23	01:19.45(+74)
<i>45 - 49 jaar (Masters 45+) Dames</i>	
1. Evelien van Klaarbergen (HZ&PC Heerenveen, 197200964) 50m 00:31.15 31,15	01:05.02
2. Annette de Visser (Oceanus, 197100602) 50m 00:32.35 32,35	01:07.54
3. Angela van Dijken (ZPC Nova, 197501006) 50m 00:36.44 36,44	01:17.42(+104)
4. Inge Soeters (Steenwijk 1934, 197300934) 50m 00:38.06 38,06	01:19.76(+74)
5. Miranda Straetemans (ZIGNEA, 197400514) 50m 00:36.76 36,76	01:20.50
6. Henriette Driesen-Joanknecht (Aqua-Novio '94, 197101056) 50m 00:40.56 40,56	01:25.48(+113)
7. Greta Wyma-Teitsma (Dwk, 197100696) 50m 00:41.08 41,08	01:27.57(+87)
8. Femke Poll (Zv 44, 197401066) 50m 00:48.94 48,94	01:42.46
9. Sylvia Tetteroo (Ijzpc, 197300476) 50m 00:51.75 51,75	01:56.64
<i>45 - 49 jaar (Masters 45+) Heren</i>	
1. Kees Bakker (Gay Swim Amsterdam, 197501055) 50m 00:28.62 28,62	00:59.18(+52)
2. Michael van Bekkum (Swol 1894, 197200051) 50m 00:29.70 29,70	01:01.93(+76)
3. Arjan Aalbers (Swol 1894, 197500001) 50m 00:31.22 31,22	01:05.93(+86)
4. Korstiaan de Boer (Steenwijk 1934, 197101629) 50m 00:33.03 33,03	01:08.65(+84)
5. Erik Veltman (ZPC Stadskanaal, 197200941) 50m 00:33.49 33,49	01:09.05(+92)
<i>50 - 54 jaar (Masters 50+) Dames</i>	
1. Bianca Groot (MSV-Zeemacht, 197000652) 50m 00:33.16 33,16	01:07.80(+63)
2. Jacqueline Tuin (Daw, 196600690) 50m 00:34.20 34,20	01:13.39(+80)
3. Peggi Hurenkamp (HZ&PC Heerenveen, 196900922)	01:14.69

50m 00:36.47 36,47

4. Hetty Smalheer (Scom, 196700352) 01:24.59(+100)
50m 00:40.79 40,79
5. Remona Dekker (ZV De Bron, 196600620) 01:31.35
50m 00:42.89 42,89
6. Rieneke Achtien (Isis, 196800002) 01:34.09
50m 00:46.11 46,11
7. Lenie Veldhuizen (De Forel, 196800476) [S7] 02:04.58
50m 01:01.22 61,22

50 - 54 jaar (Masters 50+) Heren

1. Arjan Bellaart (Oceanus, 196900079) 01:00.10(+68)
50m 00:28.59 28,59
2. René Beetsma (HZ&PC Heerenveen, 196900069) 01:01.74(+78)
50m 00:30.53 30,53
3. Mathieu Rikken (De Duinkickers, 196701777) 01:07.01(+85)
50m 00:31.50 31,50
4. Richard Hill (De Duinkickers, 196601651) 01:07.76(+72)
50m 00:31.81 31,81
5. Roelof Broekman (De Spatters, 196800155) 01:13.38(+76)
50m 00:34.27 34,27
6. René Speelman (De Spatters, 196601521) 01:14.73(+66)
50m 00:36.19 36,19
7. Arnold Jonker (HZ&PC Heerenveen, 197000529) 01:23.92(+119)
50m 00:40.04 40,04
8. Eric van den Blink (Batavia Swim, 197001667) 01:26.62
50m 00:40.38 40,38

55 - 59 jaar (Masters 55+) Dames

1. Margriet Grove-Lingeman (Triton, 196200080) 01:14.96(+86)
50m 00:35.23 35,23
2. Wilna Heijman (Steenwijk 1934, 196400506) 01:16.26(+74)
50m 00:36.95 36,95
3. Miranda Keijl (ZIGNEA, 196500588) 01:16.63
50m 00:37.02 37,02
4. Petra Tossings (Daw, 196100376) 01:17.07
50m 00:37.60 37,60
5. Jenny Westervarder (H2Oldambt, 196200424) 01:28.31
50m 00:41.70 41,70
6. Gea Kuiper (Zcnf'34, 196100104) 01:40.55(+84)
50m 00:49.05 49,05
7. Riekie Schra (Steenwijk 1934, 196400404) 02:19.78
50m 01:04.40 64,40

55 - 59 jaar (Masters 55+) Heren

1. Ronald Grove (Triton, 196100161) 01:04.60(+73)
50m 00:30.60 30,60
2. Henk Kuipers (Zpc Amersfoort, 196201207) 01:07.44(+69)
50m 00:31.85 31,85
3. Jos Verhoeven (ZV De Aalscholver, 196301161) 01:10.36
50m 00:33.88 33,88
4. Jan Smalheer (Scom, 196400701) 01:11.16(+104)

50m 00:34.34 34,34	
5. René Bakker (ZIGNEA, 196501245) 50m 00:35.71 35,71	01:13.99(+75)
6. Hans van Scheepen (Steenwijk 1934, 196201245) 50m 00:41.05 41,05	01:29.44
<i>60 - 64 jaar (Masters 60+) Dames</i>	
1. Linda Wibbelink (Steenwijk 1934, 195900158) 50m 00:36.67 36,67	01:15.91(+65)
2. Marjan Spoelstra (Swol 1894, 196000236) 50m 00:39.66 39,66	01:22.01(+86)
3. Monica Bakker (Steenwijk 1934, 195600082) 50m 00:39.78 39,78	01:22.89
4. Els Hertsworm (Ijzpc, 195700184) 50m 00:40.30 40,30	01:24.15
5. Hannie Poletiek (TriVia, 195900278) 50m 00:39.79 39,79	01:24.27(+88)
<i>60 - 64 jaar (Masters 60+) Heren</i>	
1. Paul Bunnik (Triton, 195600413) 50m 00:32.36 32,36	01:08.74(+85)
2. Marius Ros (Zcnf'34, 195900779) 50m 00:37.39 37,39	01:16.67
3. Pier van der Sluis (SG FZC54-De Vikings, 195900757) 50m 00:37.00 37,00	01:18.33(+98)
4. André Pantekoek (Psv, 195800321) 50m 00:38.08 38,08	01:20.11(+79)
DIS. Wiebren Dijkstra (HZ&PC Heerenveen, 195800745) 50m 00:39.15 39,15	00:00.00
<i>65 - 69 jaar (Masters 65+) Dames</i>	
<i>65 - 69 jaar (Masters 65+) Heren</i>	
1. Rob Berkhof (Swol 1894, 195200245) 50m 00:41.02 41,02	01:25.25(+126)
<i>70 - 74 jaar (Masters 70+) Dames</i>	
1. Antoinette Gilding-Tussaud (WS Twente, 195000038) 50m 00:49.44 49,44	01:46.41
<i>70 - 74 jaar (Masters 70+) Heren</i>	
<i>75 - 79 jaar (Masters 75+) Dames</i>	
<i>75 - 79 jaar (Masters 75+) Heren</i>	
<i>80 - 84 jaar (Masters 80+) Dames</i>	
<i>80 - 84 jaar (Masters 80+) Heren</i>	
7. 50m schoolslag -	
<i>20 - 24 jaar (Masters 20+) Dames</i>	
1. Rianne van Rijssen (Noord-Veluwe, 199702360)	00:38.93(+83)
2. Sheila Ten Voorde (Zvv, 199904538)	00:40.89(+85)
3. Thirza Bollema (Deltasteur, 200003322)	00:43.88(+83)
4. Desiree Rave (Deltasteur, 199900610)	00:47.97
<i>20 - 24 jaar (Masters 20+) Heren</i>	
1. Hans Stoffers (Z & PC Triton Putten, 199604027)	00:33.97(+50)
<i>25 - 29 jaar (Masters 25+) Dames</i>	

1. Karin Groen (ZPC Nova, 199502440)	00:34.87(+56)
2. Mariska van Engeldorp - Gastelaar (Daw, 199502326)	00:39.41(+60)
3. Marjan Rikken (Zvv, 199206114)	00:43.58(+88)
<i>25 - 29 jaar (Masters 25+) Heren</i>	
1. Tom de Lange (Deltasteur, 199300303)	00:35.91(+78)
2. Patrick Wobben (Steenwijk 1934, 199300559)	00:38.42(+80)
3. Bob Potkamp (Deltasteur, 199403189)	00:38.58(+95)
<i>30 - 34 jaar (Masters 30+) Dames</i>	
1. Jacyntha Plat (Steenwijk 1934, 199002956)	00:37.43
2. Petra Zandstra (Isis, 199006248)	00:39.96(+80)
3. Miriam Visserman (Swol 1894, 198704364)	00:43.60
4. Kim Nel (Z & PC Triton Putten, 198605368)	00:44.07(+74)
<i>30 - 34 jaar (Masters 30+) Heren</i>	
1. Erik Verholt (Noord-Veluwe, 198803543)	00:31.28(+89)
2. Stefan van de Grift (Swol 1894, 198701121)	00:33.68(+80)
3. Patrick de Jonge (Deltasteur, 198906635)	00:37.91(+82)
4. Rene Knijpstra (Isis, 198806181)	00:38.05(+68)
4. Robin Eggenkamp (ZV De Aalscholver, 198700847)	00:38.05(+63)
6. Albert Dijkma (Isis, 198700711)	00:41.00(+89)
7. Wessel Everloo (WS Twente, 198906597) [SB14]	00:42.51(+87)
<i>35 - 39 jaar (Masters 35+) Dames</i>	
1. Angela Giezen (Upstream Amsterdam, 198302796)	00:42.31(+77)
2. Janine van Kooten (Triton, 198403434)	00:45.41
3. Ramona Hulshof (Thor, 198503948)	00:46.89(+93)
4. Annemieke Visch (Zuiderzeezwemmers, 198302762) [SB14]	00:54.78
<i>35 - 39 jaar (Masters 35+) Heren</i>	
1. Rob van Wanrooy (Gay Swim Amsterdam, 198202627)	00:33.22(+74)
2. Mark Brinkhuis (TriVia, 198302609)	00:38.70(+72)
3. Andrei Kotsubailo (Batavia Swim, 198303103)	00:39.56(+81)
4. Sander de Velde (Deltasteur, 198302165)	00:41.39(+71)
5. Rudy de Jong (Isis, 198301061)	00:41.62(+72)
<i>40 - 44 jaar (Masters 40+) Dames</i>	
1. Monique Boets (ZPC Stadskanaal, 197600230)	00:38.78
2. Inge Roskam (De Duinkickers, 197801296)	00:38.89
3. Eveline Hacquebord (Ijzpc, 197901206)	00:40.27(+68)
4. Margriet Daalman (De Spatters, 197801368)	00:42.38(+63)
5. Margriet Leeffers (Deltasteur, 197800448)	00:46.39
6. Gea van der Schaaf (Deltasteur, 197901558)	00:47.72(+93)
7. Saskia op den Velde (De Duinkickers, 197901530)	00:50.20
<i>40 - 44 jaar (Masters 40+) Heren</i>	
1. Paul Hoving (HZ&PC Heerenveen, 197601685)	00:34.77(+68)

2. Tom Bandsma (Psv, 197701625)	00:38.11(+75)
3. Peter Lommert (Swol 1894, 197900787)	00:38.81(+94)
4. Henk Boswinkel (Swol 1894, 197601555)	00:39.22(+78)
5. Lucas de Vries (Zpd, 197801957)	00:43.16(+108)
6. Gerben Glazema (ZPC Stadskanaal, 197902093)	00:49.62
<i>45 - 49 jaar (Masters 45+) Dames</i>	
1. Miranda Straetemans (ZIGNEA, 197400514)	00:40.97
2. Annet Kootstra (Swol 1894, 197100344)	00:48.90(+96)
3. Saskia Verbeek (Batavia Swim, 197501004)	00:52.16(+91)
<i>45 - 49 jaar (Masters 45+) Heren</i>	
1. Kees Bakker (Gay Swim Amsterdam, 197501055)	00:33.05(+50)
2. Michael van Bekkum (Swol 1894, 197200051)	00:34.98(+72)
3. Heiner Stevens (ZIGNEA, 197201299)	00:35.41(+81)
4. Martijn de Jong (Dwk, 197101659)	00:36.96(+75)
5. Henk de Roos (Zpd, 197101453)	00:38.80
6. Pieter Bardelmeijer (Deltasteur, 197201665)	00:42.62(+91)
<i>50 - 54 jaar (Masters 50+) Dames</i>	
1. Roelien Speelman-Tigelaar (De Spatters, 196600664)	00:44.37(+81)
2. Monique Berentse (Batavia Swim, 196901066)	00:57.48
<i>50 - 54 jaar (Masters 50+) Heren</i>	
1. Guido Keutgen (Steenwijk 1934, 196801551)	00:36.14(+84)
2. Marcel Brittijn (De Duinkickers, 196900159)	00:40.46(+69)
3. Maarten Koolman (Zuiderzeewemmers, 196801649)	00:48.67
<i>55 - 59 jaar (Masters 55+) Dames</i>	
1. Francine Sommer (Triton, 196200384)	00:45.14
2. Annemarie Vuist (Swol 1894, 196300282)	00:45.63
3. Wilna Heijman (Steenwijk 1934, 196400506)	00:46.83
4. Petra Ros (Zcnf'34, 196100398)	00:50.02(+87)
5. Ellen Parma (Triton, 196200366)	00:50.43
<i>55 - 59 jaar (Masters 55+) Heren</i>	
1. Bertjan Schelhaas (Dwt, 196501577)	00:36.14(+81)
2. Peter van Maurik (MSV-Zeemacht, 196301425)	00:37.48(+65)
3. Ronald Grove (Triton, 196100161)	00:37.78(+63)
4. Casper Dollekamp (Steenwijk 1934, 196301341)	00:38.34(+63)
5. Jan Wierenga (ZV De Aalscholver, 196400843)	00:38.97(+77)
6. Ronald van Vliet (ZV De Aalscholver, 196300997)	00:39.85
7. Henk Kuipers (Zpc Amersfoort, 196201207)	00:40.77
8. René Bakker (ZIGNEA, 196501245)	00:42.49(+63)
9. Jack Barends (WS Twente, 196201011)	00:43.31
10. Hans van Scheepen (Steenwijk 1934, 196201245)	00:46.34(+97)

11. Roel van der Schee (Batavia Swim, 196301389)		00:49.76(+90)
<i>60 - 64 jaar (Masters 60+) Dames</i>		
1. Hannie Poletiek (TriVia, 195900278)		00:49.17(+109)
2. Willy Schoenmaker-ter Veer (Dwk, 195900254)		00:51.67(+103)
3. Jennie Resink-lindeboom (Dwk, 196000142)		00:51.71
<i>60 - 64 jaar (Masters 60+) Heren</i>		
1. Paul Bunnik (Triton, 195600413)		00:37.35(+85)
2. Pier van der Sluis (SG FZC54-De Vikings, 195900757)		00:43.25(+91)
3. Wiebren Dijkstra (HZ&PC Heerenveen, 195800745)		00:44.56(+78)
4. Robert Schulein (H2Oldambt, 195900843)		00:44.95(+87)
5. John Dam (ZIGNEA, 196000915)		00:45.30(+90)
6. Janos Loczi (Daw, 195800267)		00:46.80(+91)
7. Herbert Katgert (WS Twente, 195900739)		00:49.10
<i>65 - 69 jaar (Masters 65+) Dames</i>		
<i>65 - 69 jaar (Masters 65+) Heren</i>		
1. Jappie Kuiper (Swol 1894, 195500417)		00:47.35
2. Rob Berkhof (Swol 1894, 195200245)		00:49.60
3. Bert Veerkamp (Zuiderzeezwemmers, 195200271)		01:07.28(+174)
<i>70 - 74 jaar (Masters 70+) Dames</i>		
1. Bea Swijnenberg (Swol 1894, 194900010)		00:47.29(+55)
2. Annet Verhoeven - Steggerda (De Duinkickers, 194600024)		00:55.60
<i>70 - 74 jaar (Masters 70+) Heren</i>		
1. Henk Oostendorp (ZV De Bron, 194800093)		00:56.26(+106)
<i>75 - 79 jaar (Masters 75+) Dames</i>		
<i>75 - 79 jaar (Masters 75+) Heren</i>		
1. Rob Hanou (Psv, 194300109)		00:45.03
<i>80 - 84 jaar (Masters 80+) Dames</i>		
<i>80 - 84 jaar (Masters 80+) Heren</i>		
<i>90 - 94 jaar (Masters 90+) Heren</i>		
8. 4x50m vrije slag H80+		
<i>80 - 99 jaar (80+)</i>		
<i>80 - 99 jaar (80+) Dames</i>		
<i>80 - 99 jaar (80+) Heren</i>		
BM. Deltasteur		02:08.51
Sigrit Aarten 1993 (+67)	50m	00:32.53 32,53
Gea van der Schaaf 1979 (+57)	100m	01:05.67 33,14
Thirza Bollema 2000 (+55)	150m	01:40.50 34,83
Tom de Lange 1993 (+33)	200m	02:08.51 28,01
<i>100 - 119 jaar (100+)</i>		
<i>100 - 119 jaar (100+) Dames</i>		
<i>100 - 119 jaar (100+) Heren</i>		
<i>120 - 159 jaar (120+)</i>		
1. Steenwijk 1934		01:51.20
Charlotte Groeneveld 1987 (+71)	50m	00:30.50 30,50
Lauren Vis 1982 (+33)	100m	00:55.41 24,91
Jacyntha Plat 1990 (+39)	150m	01:24.39 28,98
Diederik de Boer 2000 (+50)	200m	01:51.20 26,81

2. ZV De Aalscholver			02:06.45
Sophia Snoek 1999 (+53)	50m	00:33.28	33,28
Jan Wierenga 1964 (+28)	100m	01:02.57	29,29
Joyce Bakker 1996 (+46)	150m	01:36.77	34,20
Jos Verhoeven 1963 (+47)	200m	02:06.45	29,68

120 - 159 jaar (120+) Dames

1. MSV-Zeemacht			02:08.26
Annette van Dok 1968 (+78)	50m	00:38.77	38,77
Bianca Groot 1970 (+41)	100m	01:09.87	31,10
Suzanne Mosch 1994	150m	01:39.56	29,69
Tessa Mosch 1991 (+37)	200m	02:08.26	28,70

2. HZ&PC Heerenveen			02:11.53
Monique Jansma 1985	50m	00:34.24	34,24
Michelle Frijlink 1984	100m	01:10.73	36,49
Lysbeth Wiersma 1992	150m	01:42.59	31,86
Fraukje Puts 1992	200m	02:11.53	28,94

3. Steenwijk 1934			02:19.42
Ellen Oenema 1992 (+87)	50m	00:35.71	35,71
Lonneke Oenema 1991	100m	01:07.73	32,02
Linda Wibbelink 1959 (+18)	150m	01:41.26	33,53
Leonie Scholten 1979	200m	02:19.42	38,16

120 - 159 jaar (120+) Heren

1. Deltasteur			02:05.21
Pieter Bardelmeijer 1972 (+70)	50m	00:31.84	31,84
Sander de Velde 1983 (+33)	100m	01:05.27	33,43
Patrick de Jonge 1989 (+36)	150m	01:33.21	27,94
Bob Potkamp 1994 (+75)	200m	02:05.21	32,00

160 - 199 jaar (160+)

1. HZ&PC Heerenveen			02:20.89
Arnold Jonker 1970	50m	00:37.95	37,95
Esther de With 1990 (+62)	100m	01:15.32	37,37
Jannie Vennik 1976	150m	01:51.17	35,85
Pieter Ponne 1976 (+22)	200m	02:20.89	29,72

160 - 199 jaar (160+) Dames

1. Triton			02:15.23
Marieke Gorter 2000 (+69)	50m	00:32.81	32,81
Margriet Grove-Lingeman 1962 (+39)	100m	01:06.31	33,50
Janine van Kooten 1984 (+32)	150m	01:39.67	33,36
Francine Sommer 1962	200m	02:15.23	35,56

160 - 199 jaar (160+) Heren

1. Triton			01:55.73
Jaro Oosting 1999 (+89)	50m	00:30.43	30,43
Tim Bunnik 1990 (+7)	100m	00:55.37	24,94
Paul Bunnik 1956 (+39)	150m	01:26.11	30,74
Ronald Grove 1961 (+37)	200m	01:55.73	29,62

2. Swol 1894			01:56.10
Han Boone 1977	50m	00:30.07	30,07
Peter Lommert 1979	100m	00:59.18	29,11
Henk Boswinkel 1976 (+37)	150m	01:27.87	28,69
Michael van Bekkum 1972 (+50)	200m	01:56.10	28,23

200 - 239 jaar (200+)

1. ZIGNEA			02:11.10
Miranda Straetemans 1974 (+85)	50m	00:36.11	36,11
Miranda Keijl 1965	100m	01:11.06	34,95
René Bakker 1965 (+28)	150m	01:43.06	32,00
Heiner Stevens 1972 (+28)	200m	02:11.10	28,04

2. Swol 1894			02:14.18
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Miriam Visserman 1987 (+59) 50m 00:32.23 32,23
Kasper van den Berghe 1973 (+72) 100m 01:02.51 30,28
Annemarie Vuist 1963 (+42) 150m 01:40.88 38,37
Jappie Kuiper 1955 200m 02:14.18 33,30

3. Zcnf'34 02:52.39

Gea Kuiper 1961 (+74) 50m 00:45.64 45,64
Cor van Leeuwen 1962 100m 01:28.58 42,94
Petra Ros 1961 (+78) 150m 02:16.00 47,42
Marius Ros 1959 200m 02:52.39 36,39

4. Batavia Swim 03:02.50

Monique Berentse 1969 (+106) 50m 00:58.57 58,57
Eric van den Blink 1970 (+24) 100m 01:36.87 38,30
Saskia Verbeek 1975 (+48) 150m 02:20.98 44,11
Roel van der Schee 1963 (+64) 200m 03:02.50 41,52

200 - 239 jaar (200+) Dames

200 - 239 jaar (200+) Heren

1. De Duinkickers 01:58.80

Mathieu Rikken 1967 50m 00:29.33 29,33
Marcel Brittijn 1969 100m 00:59.93 30,60
Robert de Brauwer 1964 150m 01:29.60 29,67
Richard Hill 1966 200m 01:58.80 29,20

240 - 279 jaar (240+)

1. HZ&PC Heerenveen 02:20.79

Wiebren Dijkstra 1958 50m 00:35.12 35,12
Ineke Meijer 1952 100m 01:18.19 43,07
Peggi Hurenkamp 1969 150m 01:52.31 34,12
Marten de Groot 1958 (+42) 200m 02:20.79 28,48

240 - 279 jaar (240+) Dames

240 - 279 jaar (240+) Heren