

Zuyderzee Masters Circuit 2016-2017

deel 6



HZ&PC Heerenveen

Heerenveen 18-2-2017

Zuyderzee Masters Circuit deel 6 - zaterdag 18 februari 2017 om 14:45u (25 m)

Aanvangstijd juryvergadering: 14:15u

1. 100m vlinderslag -

20 - 24 jaar (Masters 20+) Dames

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|---|---------------|
| 1. Janine de Groot (Nova, 199500092) | 01:16.02(+83) |
| 50m 00:34.58 34,58 | |
| 2. Veronique van der Velde (WS Twente, 199601740) | 01:21.76(+74) |
| 50m 00:36.40 36,40 | |
| 3. Diane Schoenmaker (Dwk, 199502920) | 01:23.27(+85) |
| 50m 00:36.97 36,97 | |
| 4. Tessa van Dijk (Isis, 199401252) | 01:49.66(+84) |
| 50m 00:52.61 52,61 | |
| 5. Annemiek van Veen (Dedemsvaart-AC, 199305566) | 01:51.61(+94) |
| 50m 00:52.83 52,83 | |

20 - 24 jaar (Masters 20+) Heren

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|------------------------------------|---------------|
| 1. Jesper Honken (Nova, 199600085) | 01:06.43(+78) |
| 50m 00:29.96 29,96 | |

25 - 29 jaar (Masters 25+) Dames

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|---|---------------|
| 1. Maaike Vooren (DAW, 199103324) | 01:10.18(+84) |
| 50m 00:32.97 32,97 | |
| 2. Fraukje Puts (HZ&PC Heerenveen, 199206470) | 01:11.15(+81) |
| 50m 00:33.24 33,24 | |
| 3. Leonie Nijenhuis (Zuiderzeewimmers, 199204340) | 01:17.48(+80) |
| 50m 00:34.92 34,92 | |
| 4. Romée Marchand (Rzc, 199108600) | 01:21.22(+85) |
| 50m 00:37.59 37,59 | |
| 5. Sanne Norder (Z&PC de Inktvis, 199102300) | 01:24.45 |
| 50m 00:39.29 39,29 | |
| 6. Getrude Corporaal (ZVZwartsluis, 199200380) | 01:24.97(+75) |
| 50m 00:38.43 38,43 | |
| 7. Miranda Bijzitter (Zcnf'34, 199000298) | 01:26.17(+90) |
| 50m 00:40.02 40,02 | |
| 8. Petra Zandstra (Isis, 199006248) | 01:34.16(+87) |
| 50m 00:42.89 42,89 | |
| 9. Janneke Wynia (WS Twente, 199005500) | 01:40.66(+96) |
| 50m 00:47.01 47,01 | |
| 10. Brechtje de Jong (Isis, 198907422) | 02:18.53(+97) |
| 50m 00:59.38 59,38 | |

25 - 29 jaar (Masters 25+) Heren

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|-----------------------------------|---------------|
| 1. Stefan Kwant (Nova, 199200781) | 01:04.81(+71) |
| 50m 00:29.27 29,27 | |

2. Sjoerd Boertien (De Houtrib, 199000305)	01:04.83(+68)
50m 00:29.96 29,96	
3. Herman Hofman (ZV ZZG De Boskikkers, 199001229)	01:08.15(+77)
50m 00:30.43 30,43	
4. Jeroen Grinwis (Z&PC de Inktvis, 198906813)	01:17.35(+69)
50m 00:34.46 34,46	
5. Rene Knijpstra (Isis, 198806181)	01:17.58(+72)
50m 00:35.04 35,04	
6. Danny Vochteloo (TriVia, 199207251)	01:31.67(+106)
50m 00:42.43 42,43	
30 - 34 jaar (Masters 30+) Dames	
1. Charlotte Groeneveld (Uzsc, 198701404)	01:08.49(+73)
50m 00:31.54 31,54	
2. Liesbeth van Mill (Dwk, 198702786)	01:19.31(+87)
50m 00:35.48 35,48	
3. Carola Jacobs (Z&PC Triton Putten, 198504176)	01:36.91(+80)
50m 00:43.39 43,39	
30 - 34 jaar (Masters 30+) Heren	
1. Rick Driezen (Steenwijk 1934, 198600713)	01:02.01(+80)
50m 00:29.05 29,05	
2. Arjen van der Boom (Zignea, 198604449)	01:07.09(+85)
50m 00:30.51 30,51	
3. Rudi Butselaar (GoSwim, 198700577)	01:12.08(+79)
50m 00:33.15 33,15	
4. Dennis Kuipers (Z&PC de Inktvis, 198601787)	01:15.87(+97)
50m 00:34.05 34,05	
5. Sander Brat (Swol 1894, 198500357)	01:22.54(+87)
50m 00:36.36 36,36	
6. Dennis Kraakman (DAW, 198705325)	01:22.77(+77)
50m 00:36.87 36,87	
7. Mark Brinkhuis (TriVia, 198302609)	01:23.27(+76)
50m 00:37.38 37,38	
8. Albert Dijkstra (Isis, 198700711)	01:24.29(+90)
50m 00:35.58 35,58	
35 - 39 jaar (Masters 35+) Dames	
1. Angela Koekkoek (Triton, 197901516)	01:18.86(+82)
50m 00:35.44 35,44	
2. Kristel Lips (ZV De Bron, 197900562)	01:22.76(+81)
50m 00:37.69 37,69	
3. Margriet Leeffers (Deltasteur, 197800448)	01:36.62(+104)
50m 00:43.76 43,76	
4. Rianne van Vegchelen (Zv 44, 198101530)	01:56.23(+115)
50m 00:55.36 55,36	
35 - 39 jaar (Masters 35+) Heren	
1. Lauren Vis (Steenwijk 1934, 198201883)	01:02.08(+64)
50m 00:28.28 28,28	
2. Victor Barnar (GoSwim, 197801805)	01:11.53(+78)
50m 00:33.04 33,04	
DIS. Peter Lommert (Swol 1894, 197900787)	00:00.00(+94)
50m 00:40.84 40,84	

40 - 44 jaar (Masters 40+) Dames

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|--|---------------|
| 1. Miranda Straetemans (Zignea, 197400514) | 01:26.64(+90) |
| 50m 00:38.67 38,67 | |
| 2. Sylvia Tetteroo (IJZPC, 197300476) | 01:55.13 |
| 50m 00:53.38 53,38 | |

40 - 44 jaar (Masters 40+) Heren

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|--|---------------|
| 1. Alex Damen (DAW, 197501371) | 01:08.31(+80) |
| 50m 00:31.55 31,55 | |
| 2. Kasper van den Berghe (Swol 1894, 197301125) | 01:16.66(+78) |
| 50m 00:36.24 36,24 | |
| DIS. Kees Bakker (Gay Swim Amsterdam, 197501055) | 00:00.00(+63) |
| 50m 00:31.50 31,50 | |

45 - 49 jaar (Masters 45+) Dames

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|--|---------------|
| 1. Ingrid Boot-De Groot (ZV De Aalscholver, 197000168) | 01:13.37(+75) |
| 50m 00:34.40 34,40 | |
| 2. Peggi Hurenkamp (HZ&PC Heerenveen, 196900922) | 01:24.43(+68) |
| 50m 00:40.26 40,26 | |

45 - 49 jaar (Masters 45+) Heren

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|--|---------------|
| 1. René Beetsma (HZ&PC Heerenveen, 196900069) | 01:07.10(+79) |
| 50m 00:31.16 31,16 | |
| 2. Arjan Bellaart (Het Y, 196900079) | 01:09.22(+71) |
| 50m 00:31.67 31,67 | |
| 3. Gerhard Knol (ZV De Aalscholver, 197100483) | 01:15.36(+77) |
| 50m 00:36.43 36,43 | |
| 4. Hans Schoenmakers (DAW, 196900863) | 01:16.85(+82) |
| 50m 00:35.48 35,48 | |

50 - 54 jaar (Masters 50+) Dames

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|-------------------------------------|---------------|
| 1. Jacqueline Tuin (DAW, 196600690) | 01:22.95(+57) |
| 50m 00:37.85 37,85 | |

50 - 54 jaar (Masters 50+) Heren

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|---|---------------|
| 1. Evert Jan Verweij (Swol 1894, 196301143) | 01:14.69(+86) |
| 50m 00:35.36 35,36 | |
| 2. Erik Wetsteijn (Swol 1894, 196501019) | 01:17.19(+73) |
| 50m 00:35.71 35,71 | |
| 3. Jan Smalheer (Scom, 196400701) | 01:23.22(+99) |
| 50m 00:38.86 38,86 | |

55 - 59 jaar (Masters 55+) Dames

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|------------------------------------|---------------|
| 1. Petra Tossings (DAW, 196100376) | 01:25.81(+90) |
| 50m 00:40.21 40,21 | |

55 - 59 jaar (Masters 55+) Heren

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|--|----------------|
| 1. Marten de Groot (HZ&PC Heerenveen, 195800149) | 01:08.11(+79) |
| 50m 00:31.43 31,43 | |
| 2. Jan Haitisma (De Spatters, 196000929) | 01:40.52(+104) |
| 50m 00:47.11 47,11 | |

60 - 64 jaar (Masters 60+) Dames

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|--|----------------|
| 1. Monica Bakker (ZVZwartsluis, 195600082) | 01:46.25(+104) |
| 50m 00:50.27 50,27 | |

60 - 64 jaar (Masters 60+) Heren

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|------------------------------------|---------------|
| 1. Paul Bunnik (Triton, 195600413) | 01:17.30(+91) |
|------------------------------------|---------------|

50m 00:36.33 36,33

2. Jan Timmerman (Uzsc, 195700347) 01:49.36(+85)
50m 00:48.48 48,48

65 - 69 jaar (Masters 65+) Dames

1. Christien Nieuwenhuis (Swol 1894, 195100022) 01:35.94(+78)
50m 00:42.64 42,64

65 - 69 jaar (Masters 65+) Heren

70 - 74 jaar (Masters 70+) Dames

70 - 74 jaar (Masters 70+) Heren

1. Rob Hanou (Psv, 194300109) 01:37.99(+105)
50m 00:45.45 45,45

75 - 79 jaar (Masters 75+) Dames

75 - 79 jaar (Masters 75+) Heren

80 - 84 jaar (Masters 80+) Dames

80 - 84 jaar (Masters 80+) Heren

2. 25m schoolslag -

20 - 24 jaar (Masters 20+) Dames

1. Karin Groen (Nova, 199502440) 00:16.57

2. Leandra Vedder (Steenwijk 1934, 199600866) 00:16.81

3. Tamara Grove (De Dolfijn, 199601266) 00:17.18

4. Kimberly Mijnen (WZ&PC Purmerend, 199503644) 00:17.22

5. Marcha Kemp (WZ&PC Purmerend, 199504810) 00:17.50

6. Daphne Spreen (ZV ZZG De Boskickers, 199603940) 00:18.08

7. Diane Schoenmaker (Dwk, 199502920) 00:19.72

8. Nienke Fuite (Deltasteur, 199501352) 00:20.71

9. Anne-Rike Visser (Z&PC Triton Putten, 199506976) 00:20.84

10. Nadieh Kikstra (Orca, 199302794) 00:21.36

20 - 24 jaar (Masters 20+) Heren

1. Marcel Groen (Nova, 199700239) 00:14.83

2. Jouke van der Meer (Isis, 199405003) 00:17.02

3. Bob Potkamp (Deltasteur, 199403189) 00:17.74

25 - 29 jaar (Masters 25+) Dames

1. Thaisa Fiering (Swol 1894, 199100940) 00:18.70

2. Lonneke Oenema (Steenwijk 1934, 199102314) 00:20.49

3. Marloes Benjamins (Aqualero, 199105110) 00:21.64

25 - 29 jaar (Masters 25+) Heren

1. Tim Bunnik (Triton, 199000505) 00:15.13

2. Harry Dijkma (Isis, 199100487) 00:17.64

3. Jordie Bats (Deltasteur, 198906869) 00:18.22

4. Leo Zijlstra (Isis, 199007483) 00:18.87

5. Danny Vochtelloo (TriVia, 199207251) 00:19.87

DIS. Herman Hofman (ZV ZZG De Boskickers, 199001229) 00:00.00

30 - 34 jaar (Masters 30+) Dames

30 - 34 jaar (Masters 30+) Heren

1. Robin Eggenkamp (De Duinkickers, 198700847)	00:18.12
DIS. Sander de Velde (Deltasteur, 198302165)	00:00.00
<i>35 - 39 jaar (Masters 35+) Dames</i>	
1. Inge Roskam (De Duinkickers, 197801296)	00:18.54
2. Esther van Buren (De Duinkickers, 198001670)	00:22.12
<i>35 - 39 jaar (Masters 35+) Heren</i>	
1. Rob van Wanrooy (Gay Swim Amsterdam, 198202627)	00:15.50
2. Robin Roskam (De Duinkickers, 197801831)	00:18.35
3. Patrick Minderhoud (De Fuut, 198102365)	00:20.73
<i>40 - 44 jaar (Masters 40+) Dames</i>	
1. Inge Lolkema-Soeters (Steenwijk 1934, 197300934)	00:22.75
<i>40 - 44 jaar (Masters 40+) Heren</i>	
1. Kees Bakker (Gay Swim Amsterdam, 197501055)	00:15.34
2. Jeroen Tebbens (IJZPC, 197601405)	00:23.14
<i>45 - 49 jaar (Masters 45+) Dames</i>	
1. Esther Mijnen (WZ&PC Purmerend, 196900846)	00:19.01
2. Ilse Viergever (De Hokseberg, 196800644)	00:22.38
3. Greta Wyma-Teitsma (Dwk, 197100696)	00:22.60
<i>45 - 49 jaar (Masters 45+) Heren</i>	
1. Michael van Bekkum (Swol 1894, 197200051)	00:16.14
2. Gerko Versluis (Zuiderzeezwimmers, 196901439)	00:17.98
3. Roelof Broekman (De Spatters, 196800155)	00:18.33
4. Martijn de Jong (Dwk, 197101659)	00:18.74
5. Chris Kouwenhoven (De Spatters, 197101669)	00:18.83
6. Wim Hutten (ZPC Hoogeveen, 197001709)	00:20.87
<i>50 - 54 jaar (Masters 50+) Dames</i>	
1. Jantine Braakman-Dol (ZV De Bron, 196500036)	00:19.54
2. Remona Dekker (ZV De Bron, 196600620)	00:20.40
3. Roelien Speelman-Tigelaar (De Spatters, 196600664)	00:21.20
4. Alexandra Leijsen (De Houtrib, 196500640)	00:21.43
5. Riekje Schra (Steenwijk 1934, 196400404)	00:29.42
<i>50 - 54 jaar (Masters 50+) Heren</i>	
1. Martin Kaptein (Dwk, 196701677)	00:17.25
2. Jan Lindenaar (Uzsc, 196701623)	00:17.57
3. Ronald van Vliet (ZV De Aalscholver, 196300997)	00:18.02
4. Evert Jan van Oosterom (Swol 1894, 196601419)	00:18.41
5. Lambert Morsink (Triton, 196501427)	00:19.19
6. René Speelman (De Spatters, 196601521)	00:19.33
7. Roel van der Schee (De Houtrib, 196301389)	00:20.78
<i>55 - 59 jaar (Masters 55+) Dames</i>	
1. Jennie Resink-lindeboom (Dwk, 196000142)	00:22.74

2. Willy Schoenmaker-ter Veer (Dwk, 195900254)	00:23.19
3. Gea Kuiper (Zcnf'34, 196100104)	00:25.32
<i>55 - 59 jaar (Masters 55+) Heren</i>	
1. Henk Kuipers (Uzsc, 196201207)	00:18.70
2. John Dam (Zignea, 196000915)	00:19.62
3. Jan Haitisma (De Spatters, 196000929)	00:20.25
4. Ugo Grave (H2Oldambt, 195900637)	00:20.73
<i>60 - 64 jaar (Masters 60+) Dames</i>	
<i>60 - 64 jaar (Masters 60+) Heren</i>	
<i>65 - 69 jaar (Masters 65+) Dames</i>	
1. Tineke van Diggelen (Zpch, 195200048)	00:24.20
<i>65 - 69 jaar (Masters 65+) Heren</i>	
1. Jos Kamps (Zwemvereniging Hoogland, 195100085)	00:22.48
2. Henk Oostendorp (ZV De Bron, 194800093)	00:23.90
3. Bert Veerkamp (Zuiderzeezwemmers, 195200271)	00:27.39
<i>70 - 74 jaar (Masters 70+) Dames</i>	
1. Annet Verhoeven - Steggerda (De Duinkikkers, 194600024)	00:24.84
<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>	
1. Gregor Pompen (Aqua-Novio '94, 193700021)	00:25.38
3. 400m wisselslag -	
<i>20 - 24 jaar (Masters 20+) Dames</i>	
1. Sigrit Aarten (Deltasteur, 199302868)	05:54.86(+85)
50m 00:38.95 38,95 150m 02:11.05 44,63 250m 03:42.92 50,44 350m 05:16.39 40,63	
100m 01:26.42 47,47 200m 02:52.48 41,43 300m 04:35.76 52,84	
2. Lieke van Essen (Swol 1894, 199502814)	05:56.19(+80)
50m 00:40.71 40,71 150m 02:15.21 45,98 250m 03:48.73 48,12 350m 05:17.61 39,61	
100m 01:29.23 48,52 200m 03:00.61 45,40 300m 04:38.00 49,27	
3. Nienke Fuite (Deltasteur, 199501352)	06:38.67(+82)
50m 00:38.28 38,28 150m 02:19.66 52,54 250m 04:07.43 57,93 350m 05:53.01 47,21	
100m 01:27.12 48,84 200m 03:09.50 49,84 300m 05:05.80 58,37	
DIS. Tamara Grove (De Dolfijn, 199601266)	00:00.00(+74)
50m 00:32.51 32,51 150m 01:50.71 39,96 250m 03:15.80 45,86 350m 04:38.50 35,12	
100m 01:10.75 38,24 200m 02:29.94 39,23 300m 04:03.38 47,58	
<i>20 - 24 jaar (Masters 20+) Heren</i>	
1. Rick Vaarkamp (Z&PC Triton Putten, 199404979)	06:50.74(+97)
50m 00:43.39 43,39 150m 02:30.57 52,55 250m 04:16.17 54,82 350m 06:01.07 49,75	
100m 01:38.02 54,63 200m 03:21.35 50,78 300m 05:11.32 55,15	
<i>25 - 29 jaar (Masters 25+) Dames</i>	
1. Brechtje de Jong (Isis, 198907422)	09:39.31(+100)
50m 01:04.81 64,81 150m 03:44.31 79,25 250m 06:13.87 69,00 350m 08:36.67 67,97	
100m 02:25.06 80,25 200m 05:04.87 80,56 300m 07:28.70 74,83	
<i>25 - 29 jaar (Masters 25+) Heren</i>	
1. Tim Bunnik (Triton, 199000505)	04:57.96(+77)
50m 00:30.26 30,26 150m 01:43.54 37,29 250m 03:05.19 43,84 350m 04:23.97 34,35	

	100m 01:06.25 35,99	200m 02:21.35 37,81	300m 03:49.62 44,43	
2. Rene Krijpstra (Isis, 198806181)				06:14.97(+70)
	50m 00:40.43 40,43	150m 02:16.42 47,40	250m 03:59.65 55,79	350m 05:36.46 40,64
	100m 01:29.02 48,59	200m 03:03.86 47,44	300m 04:55.82 56,17	
30 - 34 jaar (Masters 30+) Dames				
1. Wendy de Boer-Gruppen (ZPC Hoogeveen, 198504172)				06:51.94(+77)
	50m 00:40.37 40,37	150m 02:32.76 57,02	250m 04:24.81 57,61	350m 06:08.60 45,60
	100m 01:35.74 55,37	200m 03:27.20 54,44	300m 05:23.00 58,19	
DIS. Carola Jacobs (Z&PC Triton Putten, 198504176)				00:00.00(+74)
	50m 00:44.66 44,66	150m 02:34.76 52,98	250m 04:20.47 54,70	350m 06:04.00 48,39
	100m 01:41.78 57,12	200m 03:25.77 51,01	300m 05:15.61 55,14	
30 - 34 jaar (Masters 30+) Heren				
1. Sander Brat (Swol 1894, 198500357)				06:02.21(+101)
	50m 00:40.44 40,44	150m 02:16.29 48,10	250m 03:52.20 49,35	350m 05:23.82 42,13
	100m 01:28.19 47,75	200m 03:02.85 46,56	300m 04:41.69 49,49	
2. Rudi Butselaar (GoSwim, 198700577)				06:09.95(+80)
	50m 00:35.78 35,78	150m 02:07.92 49,14	250m 03:47.49 52,99	350m 05:27.43 45,76
	100m 01:18.78 43,00	200m 02:54.50 46,58	300m 04:41.67 54,18	
3. Mark Brinkhuis (TriVia, 198302609)				06:29.90(+79)
	50m 00:42.21 42,21	150m 02:26.27 54,72	250m 04:10.93 49,41	350m 05:45.85 43,92
	100m 01:31.55 49,34	200m 03:21.52 55,25	300m 05:01.93 51,00	
35 - 39 jaar (Masters 35+) Dames				
35 - 39 jaar (Masters 35+) Heren				
1. Remco Veerkamp (Zuiderzeewimmers, 198102311)				07:08.52(+109)
	50m 00:43.90 43,90	150m 02:37.15 56,17	250m 04:28.08 57,09	350m 06:18.49 50,68
	100m 01:40.98 57,08	200m 03:30.99 53,84	300m 05:27.81 59,73	
40 - 44 jaar (Masters 40+) Dames				
40 - 44 jaar (Masters 40+) Heren				
45 - 49 jaar (Masters 45+) Dames				
1. Grith Sigsgaard (Dwk, 197200772)				05:43.14(+96)
	50m 00:38.67 38,67	150m 02:09.79 43,72	250m 03:39.96 46,55	350m 05:06.16 38,69
	100m 01:26.07 47,40	200m 02:53.41 43,62	300m 04:27.47 47,51	
2. Annet Kootstra (Swol 1894, 197100344)				06:52.05(+81)
	50m 00:45.36 45,36	150m 02:31.47 54,43	250m 04:20.33 56,05	350m 06:04.66 47,60
	100m 01:37.04 51,68	200m 03:24.28 52,81	300m 05:17.06 56,73	
DIS. Evelien van Klaarbergen (HZ&PC Heerenveen, 197200964)				00:00.00(+81)
	50m 00:35.27 35,27	150m 01:58.39 41,28	250m 03:27.96 47,45	350m 04:55.09 38,61
	100m 01:17.11 41,84	200m 02:40.51 42,12	300m 04:16.48 48,52	
45 - 49 jaar (Masters 45+) Heren				
1. Heiner Stevens (Zignea, 197201299)				05:48.06(+79)
	50m 00:34.69 34,69	150m 02:04.71 46,54	250m 03:41.76 50,90	350m 05:09.78 39,53
	100m 01:18.17 43,48	200m 02:50.86 46,15	300m 04:30.25 48,49	
2. Korstiaan de Boer (Steenwijk 1934, 197101629)				06:08.68(+75)
	50m 00:38.23 38,23	150m 02:10.50 47,60	250m 03:47.65 51,51	350m 05:25.92 44,80
	100m 01:22.90 44,67	200m 02:56.14 45,64	300m 04:41.12 53,47	
3. Gerko Versluis (Zuiderzeewimmers, 196901439)				06:09.27(+93)
	50m 00:38.88 38,88	150m 02:17.94 49,43	250m 03:57.36 51,36	350m 05:29.61 41,11
	100m 01:28.51 49,63	200m 03:06.00 48,06	300m 04:48.50 51,14	
4. Marcel Brittijn (De Duinkickers, 196900159)				06:50.91(+74)
	50m 00:43.67 43,67	150m 02:35.35 54,19	250m 04:24.05 56,48	350m 06:06.58 44,97
	100m 01:41.16 57,49	200m 03:27.57 52,22	300m 05:21.61 57,56	
50 - 54 jaar (Masters 50+) Dames				
1. Wilna Heijman (Steenwijk 1934, 196400506)				06:18.73(+83)

50m	00:40.99	40,99	150m	02:19.90	50,73	250m	04:01.25	55,33	350m	05:38.95	41,78
100m	01:29.17	48,18	200m	03:05.92	46,02	300m	04:57.17	55,92			

2. Hetty Smalheer (Scom, 196700352)

50m	00:50.43	50,43	150m	02:40.92	53,44	250m	04:32.74	58,66	350m	06:17.24	46,20
100m	01:47.48	57,05	200m	03:34.08	53,16	300m	05:31.04	58,30			

50 - 54 jaar (Masters 50+) Heren

1. Huyb Stegeman (Steenwijk 1934, 196701535)

50m	00:42.85	42,85	150m	02:24.20	51,39	250m	04:07.84	53,07	350m	05:42.71	43,24
100m	01:32.81	49,96	200m	03:14.77	50,57	300m	04:59.47	51,63			

55 - 59 jaar (Masters 55+) Dames

1. Margriet Grove - Lingeman (Oceanus, 196200080)

50m	00:40.37	40,37	150m	02:17.84	50,23	250m	04:04.44	57,24	350m	05:49.37	46,57
100m	01:27.61	47,24	200m	03:07.20	49,36	300m	05:02.80	58,36			

55 - 59 jaar (Masters 55+) Heren

1. Ronald Grove (Oceanus, 196100161)

50m	00:36.13	36,13	150m	02:08.45	47,73	250m	03:42.19	47,80	350m	05:10.99	39,52
100m	01:20.72	44,59	200m	02:54.39	45,94	300m	04:31.47	49,28			

2. Wim Witjes (Aqua-Novio '94, 195800483)

50m	00:41.16	41,16	150m	02:30.26	55,27	250m	04:18.60	59,04	350m	05:58.87	43,73
100m	01:34.99	53,83	200m	03:19.56	49,30	300m	05:15.14	56,54			

60 - 64 jaar (Masters 60+) Dames

1. Monica Bakker (ZVZwartsluis, 195600082)

50m	00:52.46	52,46	150m	02:48.37	53,78	250m	04:43.16	60,54	350m	06:32.37	48,00
100m	01:54.59	62,13	200m	03:42.62	54,25	300m	05:44.37	61,21			

60 - 64 jaar (Masters 60+) Heren

DIS. Paul Bunnik (Triton, 195600413)

50m	00:37.72	37,72	150m	02:16.30	49,21	250m	03:57.20	51,24	350m	05:32.88	42,52
100m	01:27.09	49,37	200m	03:05.96	49,66	300m	04:50.36	53,16			

65 - 69 jaar (Masters 65+) Dames

65 - 69 jaar (Masters 65+) Heren

1. Nello Spiteri (DAW, 195200295)

50m	00:57.15	57,15	150m	03:22.20	73,24	250m	05:40.95	68,50	350m	07:42.02	52,76
100m	02:08.96	71,81	200m	04:32.45	70,25	300m	06:49.26	68,31			

70 - 74 jaar (Masters 70+) Dames

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. 50m vrije slag -

20 - 24 jaar (Masters 20+) Dames

1. Karin Groen (Nova, 199502440)	00:27.87(+68)
2. Kimberly Mijnen (WZ&PC Purmerend, 199503644)	00:28.19(+71)
3. Janine de Groot (Nova, 199500092)	00:29.26(+82)
4. Daphne Spreen (ZV ZZG De Boskikkers, 199603940)	00:30.52(+73)
5. Veronique van der Velde (WS Twente, 199601740)	00:30.97(+82)
6. Chantal Mulders (Zuiderzeezwemmers, 199702166)	00:31.27(+74)
7. Tessa Benjamins (Aqualero, 199500636)	00:31.58(+81)
8. Heleen ten Have (Z&PC de Inktvis, 199403000)	00:33.58(+83)
9. Dian Loman (Zuiderzeezwemmers, 199606744)	00:36.02(+96)

10. Anne-Rike Visser (Z&PC Triton Putten, 199506976)	00:39.46(+95)
<i>20 - 24 jaar (Masters 20+) Heren</i>	
1. Marcel Groen (Nova, 199700239)	00:24.41(+67)
2. Jesper Honken (Nova, 199600085)	00:26.70(+77)
3. Tom de Lange (Deltasteur, 199300303)	00:27.84(+94)
4. Jouke van der Meer (Isis, 199405003)	00:28.06(+74)
5. Bob Potkamp (Deltasteur, 199403189)	00:30.78(+96)
<i>25 - 29 jaar (Masters 25+) Dames</i>	
1. Maaïke Vooren (DAW, 199103324)	00:28.75(+64)
2. Lianne van der Heide - Andeweg (Zuiderzeewimmers, 198800092)	00:29.96(+86)
3. Thaisa Fiering (Swol 1894, 199100940)	00:30.31(+65)
4. Désirée Hulsmeijer (Het Ravijn, 199001656)	00:30.68(+74)
5. Getrude Corporaal (ZVZwartsluis, 199200380)	00:31.52(+69)
6. Petra Zandstra (Isis, 199006248)	00:33.48(+88)
7. Gerlinde van de Wetering (Deltasteur, 198904678)	00:34.21(+108)
8. Elzemieke Gersen (ZPC Stadskanaal, 199108460)	00:34.96(+91)
9. Sanne Norder (Z&PC de Inktvis, 199102300)	00:35.33
<i>25 - 29 jaar (Masters 25+) Heren</i>	
1. Stefan Kwant (Nova, 199200781)	00:25.06(+69)
2. Sjoerd Boertien (De Houtrib, 199000305)	00:26.45(+67)
3. Erik van der Heide (Zuiderzeewimmers, 198801337)	00:26.58(+77)
4. Rolf Kruithof (ZPC Stadskanaal, 198901823)	00:27.52(+71)
5. Rene Knijpstra (Isis, 198806181)	00:28.77(+67)
6. Karlo Kok (Deltasteur, 199101265)	00:29.97(+89)
7. Jeroen Grinwis (Z&PC de Inktvis, 198906813)	00:30.04(+74)
8. Jordie Bats (Deltasteur, 198906869)	00:34.19(+101)
<i>30 - 34 jaar (Masters 30+) Dames</i>	
1. Charlotte Groeneveld (Uzsc, 198701404)	00:28.32(+84)
2. Liesbeth van Mill (Dwk, 198702786)	00:31.72(+85)
3. Janine van Kooten (Triton, 198403434)	00:33.86
4. Evelyn Noordzij (ZPC Hoogeveen, 198503920)	00:35.27(+71)
5. Rosemarie Veerkamp (Zuiderzeewimmers, 198706092)	00:36.77(+91)
6. Merel Benthem (Zcnf'34, 198706082) [S7]	01:04.53
<i>30 - 34 jaar (Masters 30+) Heren</i>	
1. Matthijs Vergaai (Normerven, 198302605)	00:26.44(+89)
2. Rick Driezen (Steenwijk 1934, 198600713)	00:26.51(+78)
3. Arjen van der Boom (Zignea, 198604449)	00:27.41(+80)
4. Dennis Kuipers (Z&PC de Inktvis, 198601787)	00:27.55(+104)
5. Ferdy van Savoyen (Zuiderzeewimmers, 198604721)	00:28.14(+72)
6. Dennis Kraakman (DAW, 198705325)	00:28.63(+76)

7. Albert Dijkma (Isis, 198700711)	00:29.90(+90)
8. Rudy de Jong (Isis, 198301061)	00:30.25(+84)
9. Robin Eggenkamp (De Duinkickers, 198700847)	00:30.45(+78)
10. Sander de Velde (Deltasteur, 198302165)	00:32.89(+61)
<i>35 - 39 jaar (Masters 35+) Dames</i>	
1. Agnes van Brug (DAW, 198001726)	00:31.65(+82)
2. Nienke Nieuwenhuis (Swol 1894, 198101850)	00:32.28(+66)
3. Kristel Lips (ZV De Bron, 197900562)	00:32.87(+84)
4. Irene Kasteel-Jaspersen (Zuiderzeeswimmers, 198102278)	00:35.26(+102)
5. Inge Roskam (De Duinkickers, 197801296)	00:35.79(+78)
6. Saskia op den Velde (De Duinkickers, 197901530)	00:37.75(+74)
7. Laura Ensing (De Fuut, 197801326)	00:39.92
<i>35 - 39 jaar (Masters 35+) Heren</i>	
1. Robert Hoiting (Orca, 198002369)	00:26.75(+80)
2. Victor Barnar (GoSwim, 197801805)	00:27.20(+76)
3. Rob van Wanrooy (Gay Swim Amsterdam, 198202627)	00:27.80(+66)
<i>40 - 44 jaar (Masters 40+) Dames</i>	
1. Anuschka Glazema-Boelema (ZPC Stadskanaal, 197701166)	00:32.26(+89)
2. Miranda Straetemans (Zignea, 197400514)	00:34.29(+89)
3. Inge Lolkema-Soeters (Steenwijk 1934, 197300934)	00:35.19(+81)
4. Linda Kerkmeester (GoSwim, 197400980)	00:40.32(+65)
5. Elske van Doornum (De Duinkickers, 197401052)	00:44.42(+101)
<i>40 - 44 jaar (Masters 40+) Heren</i>	
1. Alex Damen (DAW, 197501371)	00:27.24(+79)
1. Kees Bakker (Gay Swim Amsterdam, 197501055)	00:27.24(+64)
3. Johan Wezenberg (Swol 1894, 197601023)	00:29.07(+96)
4. Jeroen Tebbens (IJZPC, 197601405)	00:35.99(+89)
<i>45 - 49 jaar (Masters 45+) Dames</i>	
1. Ingrid Boot-De Groot (ZV De Aalscholver, 197000168)	00:29.42(+77)
2. Annette de Visser (Oceanus, 197100602)	00:30.04(+83)
3. Rina Kuiper (H2Oldambt, 197001040)	00:33.47(+80)
4. Esther Mijnen (WZ&PC Purmerend, 196900846)	00:33.50(+68)
5. Mariska de Jong (ZV De Aalscholver, 197101064)	00:33.51(+69)
6. Peggi Hurenkamp (HZ&PC Heerenveen, 196900922)	00:33.76(+90)
7. Ilse Viergever (De Hokseberg, 196800644)	00:37.99(+95)
8. Annette van Dok (MSV-Zeemacht, 196800742)	00:39.71(+85)
DIS. Henriëtte Manting (Gzvw, 197100246)	00:00.00(+75)
<i>45 - 49 jaar (Masters 45+) Heren</i>	
1. René Beetsma (HZ&PC Heerenveen, 196900069)	00:27.34(+79)
2. Michael van Bakkum (Swol 1894, 197200051)	00:27.65(+77)

3. Gerhard Knol (ZV De Aalscholver, 197100483)	00:28.59(+80)
4. Heiner Stevens (Zignea, 197201299)	00:28.99(+70)
5. Erik Veltman (ZPC Stadskanaal, 197200941)	00:30.43(+91)
6. Hans Schoenmakers (DAW, 196900863)	00:31.10(+79)
7. Wim Hutten (ZPC Hoogeveen, 197001709)	00:38.12(+79)
<i>50 - 54 jaar (Masters 50+) Dames</i>	
1. Jacqueline Tuin (DAW, 196600690)	00:30.94(+64)
2. Jantine Braakman-Dol (ZV De Bron, 196500036)	00:33.70(+81)
3. Roelien Speelman-Tigelaar (De Spatters, 196600664)	00:34.58(+75)
4. Machteld Stilting (Zpc Amersfoort, 196600716)	00:36.40(+62)
5. Remona Dekker (ZV De Bron, 196600620)	00:37.43(+108)
6. Alexandra Leijsen (De Houtrib, 196500640)	00:39.47(+61)
7. Alie Visser (HZ&PC Heerenveen, 196400494)	00:43.35(+86)
<i>50 - 54 jaar (Masters 50+) Heren</i>	
1. Martin Kaptein (Dwk, 196701677)	00:27.05(+89)
2. Arnold de Rover (AZ&PC De Futen, 196400645)	00:27.62(+81)
3. Edzo Huisman (Aquapoldro, 196301029)	00:30.25(+103)
4. Evert Jan Verweij (Swol 1894, 196301143)	00:31.19(+84)
5. Casper Dollekamp (Steenwijk 1934, 196301341)	00:31.28(+71)
6. René Bakker (Zignea, 196501245)	00:31.52(+80)
7. René Speelman (De Spatters, 196601521)	00:31.63(+79)
8. Jan Smalheer (Scom, 196400701)	00:31.72(+98)
9. Peter (P.J.) van Maurik (MSV-Zeemacht, 196301425)	00:33.34(+74)
10. Adri Pasman (Zuiderzeewimmers, 196400573)	00:34.01(+113)
11. Roel van der Schee (De Houtrib, 196301389)	00:42.24(+89)
<i>55 - 59 jaar (Masters 55+) Dames</i>	
1. Francine Sommer (Triton, 196200384)	00:32.84
2. Petra Tossings (DAW, 196100376)	00:34.22(+63)
3. Marian de Jong (SG Middelse-Skelp, 195900052)	00:35.85(+88)
4. Ellen Parma (Triton, 196200366)	00:37.29
<i>55 - 59 jaar (Masters 55+) Heren</i>	
1. Marten de Groot (HZ&PC Heerenveen, 195800149)	00:27.11(+78)
2. Fred Vollebergh (Z&PC de Inktvis, 196100641)	00:28.35(+79)
3. Dirk van Leeuwen (Gay Swim Amsterdam, 196001103)	00:34.13(+117)
4. Ugo Grave (H2Oldambt, 195900637)	00:37.34(+94)
5. Aris Jan van Ek (IJZPC, 196100125)	00:37.87(+91)
6. Perry Dekker (ZV De Bron, 196201081)	00:40.33(+110)
<i>60 - 64 jaar (Masters 60+) Dames</i>	
<i>60 - 64 jaar (Masters 60+) Heren</i>	
1. Henk Slomp (Z&PC de Inktvis, 195500359)	00:31.02(+71)

2. Fred Zanting (TriVia, 195400323)	00:32.68(+ 92)
3. Klaas Landeweer (IJZPC, 195600163)	00:35.05(+ 93)
<i>65 - 69 jaar (Masters 65+) Dames</i>	
1. Christien Nieuwenhuis (Swol 1894, 195100022)	00:32.94(+ 64)
2. Bea Swijnenberg (Swol 1894, 194900010)	00:38.00(+ 62)
3. Tineke van Diggelen (Zpch, 195200048)	00:43.32
<i>65 - 69 jaar (Masters 65+) Heren</i>	
1. Jos Kamps (Zwemvereniging Hoogland, 195100085)	00:33.29(+ 93)
2. Henk Oostendorp (ZV De Bron, 194800093)	00:46.01(+ 102)
<i>70 - 74 jaar (Masters 70+) Dames</i>	
1. Annet Verhoeven - Steggerda (De Duinkikkers, 194600024)	00:47.53(+ 95)
<i>70 - 74 jaar (Masters 70+) Heren</i>	
1. Pieter Schillemans (WZ&PC Purmerend, 194600141)	00:35.79(+ 104)
2. Rob Hanou (Psv, 194300109)	00:36.33(+ 103)
3. Mans Buis (Het Ravijn, 194700133)	00:38.35(+ 104)
<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>	
1. Gregor Pompen (Aqua-Novio '94, 193700021)	00:44.20(+ 104)
5. 25m vlinderslag -	
<i>20 - 24 jaar (Masters 20+) Dames</i>	
1. Karin Groen (Nova, 199502440)	00:13.99
2. Tamara Grove (De Dolfijn, 199601266)	00:14.29
3. Marcha Kemp (WZ&PC Purmerend, 199504810)	00:15.26
4. Daphne Spreen (ZV ZZG De Boskikkers, 199603940)	00:16.36
5. Nienke Visser (Z&PC Triton Putten, 199403042)	00:18.77
6. Nadiëh Kikstra (Orca, 199302794)	00:19.20
7. Annemiek van Veen (Dedemsvaart-AC, 199305566)	00:24.33
DIS. Chantal Mulders (Zuiderzeewimmers, 199702166)	00:00.00
<i>20 - 24 jaar (Masters 20+) Heren</i>	
1. Marcel Groen (Nova, 199700239)	00:13.14
2. Jesper Honken (Nova, 199600085)	00:13.85
3. Jouke van der Meer (Isis, 199405003)	00:15.44
4. Tom de Lange (Deltasteur, 199300303)	00:17.02
5. Rick Vaarkamp (Z&PC Triton Putten, 199404979)	00:17.82
<i>25 - 29 jaar (Masters 25+) Dames</i>	
1. Margot Tijnagel (Triton, 198806872)	00:15.37
2. Leonie Nijenhuis (Zuiderzeewimmers, 199204340)	00:15.90
3. Lonneke Oenema (Steenwijk 1934, 199102314)	00:16.70
4. Janneke Wynia (WS Twente, 199005500)	00:18.17
5. Marloes Benjamins (Aqualero, 199105110)	00:18.28

25 - 29 jaar (Masters 25+) Heren

1. Herman Hofman (ZV ZZG De Boskikkers, 199001229)	00:12.98
2. Tim Bunnik (Triton, 199000505)	00:13.41
3. Rolf Kruithof (ZPC Stadskanaal, 198901823)	00:13.73
4. Erik van der Heide (Zuiderzeewemmers, 198801337)	00:13.96
5. Harry Dijkma (Isis, 199100487)	00:14.20
6. Leo Zijlstra (Isis, 199007483)	00:15.97

30 - 34 jaar (Masters 30+) Dames

1. Carola Jacobs (Z&PC Triton Putten, 198504176)	00:18.16
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30 - 34 jaar (Masters 30+) Heren

1. Dennis Kuipers (Z&PC de Inktvis, 198601787)	00:13.88
2. Ferdy van Savoyen (Zuiderzeewemmers, 198604721)	00:15.71
3. Sander de Velde (Deltasteur, 198302165)	00:17.23

35 - 39 jaar (Masters 35+) Dames

1. Eveline Hacquebord (IJZPC, 197901206)	00:16.35
2. Irene Kasteel-Jaspersen (Zuiderzeewemmers, 198102278)	00:19.67
3. Rianne van Vegchelen (Zv 44, 198101530)	00:19.70
4. Esther van Buren (De Duinkikkers, 198001670)	00:19.84
5. Karlien Offerein-Hulshoff (ZPC Hoogetveen, 198102276)	00:24.00

35 - 39 jaar (Masters 35+) Heren

1. Lauren Vis (Steenwijk 1934, 198201883)	00:12.69
2. Robert Hoiting (Orca, 198002369)	00:13.37
3. Rogier van Gent (IJZPC, 198000405)	00:13.98
4. Rob van Wanrooy (Gay Swim Amsterdam, 198202627)	00:14.08
5. Robin Roskam (De Duinkikkers, 197801831)	00:16.48
6. Erik Stammes (ZV De Bron, 197901993)	00:16.60
DIS. Patrick Minderhoud (De Fuut, 198102365)	00:00.00

40 - 44 jaar (Masters 40+) Dames

1. Anuschka Glazema-Boelema (ZPC Stadskanaal, 197701166)	00:16.10
2. Fabiola Bosman (Deltasteur, 197701148)	00:16.51
3. Sylvia Tetteroo (IJZPC, 197300476)	00:23.24
4. Elske van Doornum (De Duinkikkers, 197401052)	00:29.61

40 - 44 jaar (Masters 40+) Heren

1. Erwin Zuijdervelt (AZ&PC De Futen, 197501015)	00:15.08
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45 - 49 jaar (Masters 45+) Dames

1. Ingrid Boot-De Groot (ZV De Aalscholver, 197000168)	00:14.63
2. Rina Kuiper (H2Oldambt, 197001040)	00:17.46
3. Annette van Dok (MSV-Zeemacht, 196800742)	00:20.36
4. Greta Wyma-Teitsma (Dwk, 197100696)	00:22.71
DIS. Geesje Lena Boomsma (Orca, 197000826)	00:00.00

45 - 49 jaar (Masters 45+) Heren

1. Erik Veltman (ZPC Stadskanaal, 197200941)	00:15.36
2. Roelof Broekman (De Spatters, 196800155)	00:16.16
3. Martijn de Jong (Dwk, 197101659)	00:16.90
4. Korstiaan de Boer (Steenwijk 1934, 197101629)	00:17.00
DIS. Chris Kouwenhoven (De Spatters, 197101669)	00:00.00

50 - 54 jaar (Masters 50+) Dames

1. Alexandra Leijsen (De Houtrib, 196500640)	00:18.99
2. Hetty Smalheer (Scom, 196700352)	00:19.58
3. Riekie Schra (Steenwijk 1934, 196400404)	00:33.06

50 - 54 jaar (Masters 50+) Heren

1. Martin Kaptein (Dwk, 196701677)	00:14.25
2. Erik Wetsteijn (Swol 1894, 196501019)	00:14.56
3. Jan Lindenaar (Uzsc, 196701623)	00:14.58
4. Meindert Tuinstra (H2Oldambt, 196600853)	00:16.08
5. Ronald van Vliet (ZV De Aalscholver, 196300997)	00:16.37
6. Evert Jan van Oosterom (Swol 1894, 196601419)	00:16.41
7. Lambert Morsink (Triton, 196501427)	00:16.44
8. Huyb Stegeman (Steenwijk 1934, 196701535)	00:16.81

55 - 59 jaar (Masters 55+) Dames

1. Francine Sommer (Triton, 196200384)	00:19.11
2. Pia van der Molen (HZ&PC Heerenveen, 196000116)	00:19.69
3. Ellen Parma (Triton, 196200366)	00:19.74
4. Jennie Resink-lindeboom (Dwk, 196000142)	00:20.36
5. Willy Schoenmaker-ter Veer (Dwk, 195900254)	00:27.15

55 - 59 jaar (Masters 55+) Heren

1. Henk Kuipers (Uzsc, 196201207)	00:16.03
2. John Dam (Zignea, 196000915)	00:17.00
3. Jan Haitsma (De Spatters, 196000929)	00:20.49

60 - 64 jaar (Masters 60+) Dames

60 - 64 jaar (Masters 60+) Heren

1. Fred Zanting (TriVia, 195400323)	00:15.57
2. Jan Timmerman (Uzsc, 195700347)	00:19.61

65 - 69 jaar (Masters 65+) Dames

65 - 69 jaar (Masters 65+) Heren

1. Nello Spiteri (DAW, 195200295)	00:22.00
DIS. Bert Veerkamp (Zuiderzeewimmers, 195200271)	00:00.00

70 - 74 jaar (Masters 70+) Dames

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

6. 100m wisselslag -

20 - 24 jaar (Masters 20+) Dames

- | | |
|---|----------------|
| 1. Kimberly Mijnen (WZ&PC Purmerend, 199503644) | 01:09.63(+73) |
| 50m 00:31.54 31,54 | |
| 2. Leandra Vedder (Steenwijk 1934, 199600866) | 01:11.66(+85) |
| 50m 00:33.38 33,38 | |
| 3. Sigrít Aarten (Deltasteur, 199302868) | 01:17.42(+82) |
| 50m 00:35.33 35,33 | |
| 4. Tessa Benjamins (Aqualero, 199500636) | 01:20.33(+84) |
| 50m 00:36.88 36,88 | |
| 5. Nadieh Kikstra (Orca, 199302794) | 01:31.82(+80) |
| 50m 00:42.99 42,99 | |
| 6. Nienke Visser (Z&PC Triton Putten, 199403042) | 01:33.82(+95) |
| 50m 00:42.75 42,75 | |
| 7. Dian Loman (Zuiderzeewimmers, 199606744) | 01:37.58(+101) |
| 50m 00:43.95 43,95 | |
| 8. Anne-Rike Visser (Z&PC Triton Putten, 199506976) | 01:43.07(+94) |
| 50m 00:50.23 50,23 | |

20 - 24 jaar (Masters 20+) Heren

25 - 29 jaar (Masters 25+) Dames

- | | |
|--|----------------|
| 1. Fraukje Puts (HZ&PC Heerenveen, 199206470) | 01:12.56(+79) |
| 50m 00:34.05 34,05 | |
| 2. Lisanne van der Heide - Andeweg (Zuiderzeewimmers, 198800092) | 01:16.37(+89) |
| 50m 00:35.73 35,73 | |
| 3. Leonie Nijenhuis (Zuiderzeewimmers, 199204340) | 01:16.52(+76) |
| 50m 00:36.46 36,46 | |
| 4. Margot Tijnagel (Triton, 198806872) | 01:20.15(+98) |
| 50m 00:35.74 35,74 | |
| 5. Romée Marchand (Rzc, 199108600) | 01:21.25 |
| 50m 00:39.68 39,68 | |
| 6. Miranda Bijzitter (Zcnf'34, 199000298) | 01:21.44(+95) |
| 50m 00:38.38 38,38 | |
| 7. Gerlinde van de Wetering (Deltasteur, 198904678) | 01:24.76(+103) |
| 50m 00:38.34 38,34 | |
| 8. Elzemieke Gersen (ZPC Stadskanaal, 199108460) | 01:27.38(+87) |
| 50m 00:41.52 41,52 | |
| 9. Malou Heidekamp (Rzc, 198906090) | 01:29.15(+86) |
| 50m 00:42.91 42,91 | |
| 10. Janneke Wynia (WS Twente, 199005500) | 01:29.83(+100) |
| 50m 00:42.83 42,83 | |

25 - 29 jaar (Masters 25+) Heren

- | | |
|---|---------------|
| 1. Rolf Kruithof (ZPC Stadskanaal, 198901823) | 01:10.91(+71) |
| 50m 00:32.41 32,41 | |
| 2. Harry Dijkma (Isis, 199100487) | 01:13.51(+66) |
| 50m 00:33.75 33,75 | |
| 3. Leo Zijlstra (Isis, 199007483) | 01:23.78(+84) |
| 50m 00:37.77 37,77 | |
| 4. Jordie Bats (Deltasteur, 198906869) | 01:28.19(+96) |
| 50m 00:42.72 42,72 | |

30 - 34 jaar (Masters 30+) Dames

- | | |
|---|---------------|
| 1. Charlotte Groeneveld (Uzsc, 198701404) | 01:10.33(+80) |
| 50m 00:32.08 32,08 | |
| 2. Evelyn Noordzij (ZPC Hoogeveen, 198503920) | 01:33.12(+83) |
| 50m 00:42.07 42,07 | |
| 3. Janine van Kooten (Triton, 198403434) | 01:33.38 |
| 50m 00:41.77 41,77 | |
| 4. Rosemarie Veerkamp (Zuiderzeewemmers, 198706092) | 01:34.98 |
| 50m 00:46.96 46,96 | |

30 - 34 jaar (Masters 30+) Heren

- | | |
|--|---------------|
| 1. Rick Driezen (Steenwijk 1934, 198600713) | 01:06.70(+76) |
| 50m 00:30.12 30,12 | |
| 2. Arjen van der Boom (Zignea, 198604449) | 01:08.11 |
| 50m 00:32.48 32,48 | |
| 3. Matthijs Vergaaij (Normerven, 198302605) | 01:09.45(+73) |
| 50m 00:31.93 31,93 | |
| 4. Robin Eggenkamp (De Duinkikkers, 198700847) | 01:16.97(+75) |
| 50m 00:34.87 34,87 | |
| 5. Rudy de Jong (Isis, 198301061) | 01:17.05(+79) |
| 50m 00:34.67 34,67 | |
| 6. Albert Dijkma (Isis, 198700711) | 01:22.48(+91) |
| 50m 00:36.84 36,84 | |

35 - 39 jaar (Masters 35+) Dames

- | | |
|--|----------------|
| 1. Angela Koekkoek (Triton, 197901516) | 01:15.35(+75) |
| 50m 00:33.92 33,92 | |
| 2. Kristel Lips (ZV De Bron, 197900562) | 01:21.53(+85) |
| 50m 00:38.24 38,24 | |
| 3. Eveline Hacquebord (IJZPC, 197901206) | 01:22.77(+86) |
| 50m 00:39.60 39,60 | |
| 4. Nienke Nieuwenhuis (Swol 1894, 198101850) | 01:28.34(+81) |
| 50m 00:41.45 41,45 | |
| 5. Margriet Leeffers (Deltasteur, 197800448) | 01:28.70(+99) |
| 50m 00:42.06 42,06 | |
| 6. Inge Roskam (De Duinkikkers, 197801296) | 01:31.69(+79) |
| 50m 00:43.45 43,45 | |
| 7. Irene Kasteel-Jaspersen (Zuiderzeewemmers, 198102278) | 01:35.87(+126) |
| 50m 00:45.85 45,85 | |
| 8. Esther van Buren (De Duinkikkers, 198001670) | 01:38.57(+73) |
| 50m 00:46.39 46,39 | |
| 9. Saskia op den Velde (De Duinkikkers, 197901530) | 01:40.82(+86) |
| 50m 00:48.47 48,47 | |

35 - 39 jaar (Masters 35+) Heren

- | | |
|---|---------------|
| 1. Victor Barnar (GoSwim, 197801805) | 01:09.88(+76) |
| 50m 00:32.68 32,68 | |
| 2. Rogier van Gent (IJZPC, 198000405) | 01:12.43(+80) |
| 50m 00:32.65 32,65 | |
| 3. Robert Hoiting (Orca, 198002369) | 01:15.96(+88) |
| 50m 00:35.56 35,56 | |
| 4. Peter Lommert (Swol 1894, 197900787) | 01:17.38(+86) |

50m 00:35.05 35,05

5. Erik Stammes (ZV De Bron, 197901993) 01:23.49(+92)
50m 00:40.23 40,23

40 - 44 jaar (Masters 40+) Dames

1. Anuschka Glazema-Boelema (ZPC Stadskanaal, 197701166) 01:22.75(+88)
50m 00:38.20 38,20

2. Miranda Straetemans (Zignea, 197400514) 01:23.25(+89)
50m 00:40.04 40,04

3. Fabiola Bosman (Deltasteur, 197701148) 01:24.03(+91)
50m 00:40.14 40,14

4. Linda Kerkmeester (GoSwim, 197400980) 01:41.49(+86)
50m 00:45.81 45,81

40 - 44 jaar (Masters 40+) Heren

1. Alex Damen (DAW, 197501371) 01:08.87(+77)
50m 00:32.38 32,38

2. Erwin Zuiddervelt (AZ&PC De Futen, 197501015) 01:11.78(+81)
50m 00:33.41 33,41

3. Kasper van den Berghe (Swol 1894, 197301125) 01:14.44(+80)
50m 00:34.08 34,08

4. Johan Wezenberg (Swol 1894, 197601023) 01:17.32(+95)
50m 00:35.93 35,93

5. Rutger Vos (De Houtrib, 197501305) 01:21.15(+102)
50m 00:37.12 37,12

45 - 49 jaar (Masters 45+) Dames

1. Annette de Visser (Oceanus, 197100602) 01:19.59(+84)
50m 00:38.57 38,57

2. Henriëtte Manting (Gzvw, 197100246) 01:24.00(+94)
50m 00:38.54 38,54

3. Geesje Lena Boomsma (Orca, 197000826) 01:31.57(+95)
50m 00:43.09 43,09

45 - 49 jaar (Masters 45+) Heren

1. Arjan Bellaart (Het Y, 196900079) 01:07.85(+67)
50m 00:31.19 31,19

2. Michael van Bekkum (Swol 1894, 197200051) 01:11.30(+74)
50m 00:33.43 33,43

3. Heiner Stevens (Zignea, 197201299) 01:11.43(+77)
50m 00:33.96 33,96

4. Gerhard Knol (ZV De Aalscholver, 197100483) 01:14.85(+83)
50m 00:36.42 36,42

5. Erik Veltman (ZPC Stadskanaal, 197200941) 01:19.47(+90)
50m 00:36.68 36,68

6. Roelof Broekman (De Spatters, 196800155) 01:20.55(+76)
50m 00:37.44 37,44

7. Chris Kouwenhoven (De Spatters, 197101669) 01:22.92(+94)
50m 00:39.55 39,55

8. Eric van den Blink (De Houtrib, 197001667) 01:36.03(+95)
50m 00:44.78 44,78

50 - 54 jaar (Masters 50+) Dames

1. Jacqueline Tuin (DAW, 196600690) 01:20.34(+76)

50m 00:38.37 38,37	
2. Jantine Braakman-Dol (ZV De Bron, 196500036) 50m 00:39.32 39,32	01:24.10(+83)
3. Roelien Speelman-Tigelaar (De Spatters, 196600664) 50m 00:43.91 43,91	01:32.00(+75)
4. Machteld Stiling (Zpc Amersfoort, 196600716) 50m 00:47.83 47,83	01:37.36(+66)
<i>50 - 54 jaar (Masters 50+) Heren</i>	
1. Arnold de Rover (AZ&PC De Futen, 196400645) 50m 00:15.52 15,52	01:10.69(+78)
2. Casper Dollekamp (Steenwijk 1934, 196301341) 50m 00:38.32 38,32	01:21.54(+74)
2. Ronald van Vliet (ZV De Aalscholver, 196300997) 50m 00:38.86 38,86	01:21.54(+87)
4. Meindert Tuinstra (H2Oldambt, 196600853) 50m 00:38.00 38,00	01:22.11(+101)
5. René Speelman (De Spatters, 196601521) 50m 00:43.89 43,89	01:28.90(+73)
6. Adri Pasman (Zuiderzeewemmers, 196400573) 50m 00:46.66 46,66	01:36.35
<i>55 - 59 jaar (Masters 55+) Dames</i>	
1. Francine Sommer (Triton, 196200384) 50m 00:43.59 43,59	01:29.29(+85)
2. Marian de Jong (SG Middelse-Skelp, 195900052) 50m 00:44.29 44,29	01:35.23(+89)
<i>55 - 59 jaar (Masters 55+) Heren</i>	
1. Marten de Groot (HZ&PC Heerenveen, 195800149) 50m 00:33.65 33,65	01:11.41(+79)
2. Ronald Grove (Oceanus, 196100161) 50m 00:35.58 35,58	01:16.21(+72)
3. Fred Vollebergh (Z&PC de Inktvis, 196100641) 50m 00:34.99 34,99	01:16.24(+79)
4. Wim Witjes (Aqua-Novio '94, 195800483) 50m 00:39.89 39,89	01:25.53(+77)
5. John Dam (Zignea, 196000915) 50m 00:41.72 41,72	01:27.58(+99)
6. Pier van der Sluis (Orca, 195900757) 50m 00:43.31 43,31	01:29.66(+93)
<i>60 - 64 jaar (Masters 60+) Dames</i>	
<i>60 - 64 jaar (Masters 60+) Heren</i>	
1. Henk Slomp (Z&PC de Inktvis, 195500359) 50m 00:37.08 37,08	01:21.45(+84)
2. Jan Timmerman (Uzsc, 195700347) 50m 00:48.20 48,20	01:40.25(+91)
DIS. Klaas Landeweer (IJZPC, 195600163) 50m 00:45.82 45,82	00:00.00(+102)
<i>65 - 69 jaar (Masters 65+) Dames</i>	
1. Christien Nieuwenhuis (Swol 1894, 195100022) 50m 00:40.50 40,50	01:28.78(+77)

2. Tineke van Diggelen (Zpch, 195200048)	01:50.81
50m 00:56.28 56,28	
65 - 69 jaar (Masters 65+) Heren	
70 - 74 jaar (Masters 70+) Dames	
1. Annet Verhoeven - Steggerda (De Duinkickers, 194600024)	02:00.62
50m 01:01.79 61,79	
70 - 74 jaar (Masters 70+) Heren	
1. Rob Hanou (Psv, 194300109)	01:29.91(+106)
50m 00:43.52 43,52	
2. Mans Buis (Het Ravijn, 194700133)	01:55.55(+116)
50m 01:02.38 62,38	
75 - 79 jaar (Masters 75+) Dames	
75 - 79 jaar (Masters 75+) Heren	
80 - 84 jaar (Masters 80+) Dames	
80 - 84 jaar (Masters 80+) Heren	
7. 50m rugslag -	
20 - 24 jaar (Masters 20+) Dames	
1. Janine de Groot (Nova, 199500092)	00:33.58
2. Nienke Fuite (Deltasteur, 199501352)	00:40.16
3. Heleen ten Have (Z&PC de Inktvis, 199403000)	00:40.61
4. Tessa van Dijk (Isis, 199401252)	00:48.42
20 - 24 jaar (Masters 20+) Heren	
1. Rick Vaarkamp (Z&PC Triton Putten, 199404979)	00:40.83
25 - 29 jaar (Masters 25+) Dames	
1. Désirée Hulsmeijer (Het Ravijn, 199001656)	00:37.35
2. Marloes Benjamins (Aqualero, 199105110)	00:38.83
25 - 29 jaar (Masters 25+) Heren	
1. Erik van der Heide (Zuiderzeezwimmers, 198801337)	00:31.92
30 - 34 jaar (Masters 30+) Dames	
DIS. Merel Benthem (Zcnf'34, 198706082) [S7]	00:00.00
30 - 34 jaar (Masters 30+) Heren	
1. Matthijs Vergaaij (Normerven, 198302605)	00:34.45
2. Dennis Kraakman (DAW, 198705325)	00:35.52
3. Rudy de Jong (Isis, 198301061)	00:36.19
DIS. Rudi Butselaar (GoSwim, 198700577)	00:00.00
35 - 39 jaar (Masters 35+) Dames	
1. Agnes van Brug (DAW, 198001726)	00:38.39
2. Margriet Leeffers (Deltasteur, 197800448)	00:42.18
3. Eveline Hacquebord (IJZPC, 197901206)	00:43.98
4. Nienke Nieuwenhuis (Swol 1894, 198101850)	00:44.68
5. Laura Ensing (De Fuut, 197801326)	00:47.79
6. Rianne van Vegchelen (Zv 44, 198101530)	00:50.01
DIS. Saskia op den Velde (De Duinkickers, 197901530)	00:00.00
DIS. Karlien Offerein-Hulshoff (ZPC Hoogeveen, 198102276)	00:00.00

35 - 39 jaar (Masters 35+) Heren

DIS. Robin Roskam (De Duinkickers, 197801831) 00:00.00

40 - 44 jaar (Masters 40+) Dames

1. Fabiola Bosman (Deltasteur, 197701148) 00:40.21

2. Linda Kerkmeester (GoSwim, 197400980) 00:47.45

3. Elske van Doornum (De Duinkickers, 197401052) 00:53.15

4. Sylvia Tetteroo (IJZPC, 197300476) 00:55.77

40 - 44 jaar (Masters 40+) Heren

1. Kasper van den Berghe (Swol 1894, 197301125) 00:36.49

45 - 49 jaar (Masters 45+) Dames

1. Evelien van Klaarbergen (HZ&PC Heerenveen, 197200964) 00:34.54

2. Henriëtte Manting (Gzvw, 197100246) 00:40.03

3. Esther Mijnen (WZ&PC Purmerend, 196900846) 00:41.05

4. Peggi Hurenkamp (HZ&PC Heerenveen, 196900922) 00:41.85

5. Rina Kuiper (H2Oldambt, 197001040) 00:42.02

6. Geesje Lena Boomsma (Orca, 197000826) 00:42.37

7. Annette van Dok (MSV-Zeemacht, 196800742) 00:44.27

8. Annet Kootstra (Swol 1894, 197100344) 00:45.45

45 - 49 jaar (Masters 45+) Heren

1. Korstiaan de Boer (Steenwijk 1934, 197101629) 00:37.80

2. Gerko Versluis (Zuiderzeewimmers, 196901439) 00:39.06

3. Martijn de Jong (Dwk, 197101659) 00:41.44

50 - 54 jaar (Masters 50+) Dames

1. Hetty Smalheer (Scom, 196700352) 00:45.48

2. Machteld Stilting (Zpc Amersfoort, 196600716) 00:49.41

3. Riek Schra (Steenwijk 1934, 196400404) 01:10.77

50 - 54 jaar (Masters 50+) Heren

1. Arnold de Rover (AZ&PC De Futen, 196400645) 00:34.96

2. Erik Wetsteijn (Swol 1894, 196501019) 00:35.25

3. Peter (P.J.) van Maurik (MSV-Zeemacht, 196301425) 00:39.15

DIS. Huyb Stegeman (Steenwijk 1934, 196701535) 00:00.00

DIS. Evert Jan van Oosterom (Swol 1894, 196601419) 00:00.00

55 - 59 jaar (Masters 55+) Dames

1. Margriet Grove - Lingeman (Oceanus, 196200080) 00:40.56

2. Pia van der Molen (HZ&PC Heerenveen, 196000116) 00:41.98

3. Ellen Parma (Triton, 196200366) 00:44.36

4. Gea Kuiper (Zcnf'34, 196100104) 00:56.06

55 - 59 jaar (Masters 55+) Heren

DIS. Dirk van Leeuwen (Gay Swim Amsterdam, 196001103) 00:00.00

DIS. Pier van der Sluis (Orca, 195900757) 00:00.00

60 - 64 jaar (Masters 60+) Dames

<i>60 - 64 jaar (Masters 60+) Heren</i>				
1. Paul Bunnik (Triton, 195600413)				00:36.93
2. Henk Slomp (Z&PC de Inktvis, 195500359)				00:39.61
<i>65 - 69 jaar (Masters 65+) Dames</i>				
1. Bea Swijnenberg (Swol 1894, 194900010)				00:47.58
<i>65 - 69 jaar (Masters 65+) Heren</i>				
1. Bert Veerkamp (Zuiderzeewemmers, 195200271)				01:06.09
<i>70 - 74 jaar (Masters 70+) Dames</i>				
<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>				
DIS. Gregor Pompen (Aqua-Novio '94, 193700021)				00:00.00
8. 200m vrije slag -				
<i>20 - 24 jaar (Masters 20+) Dames</i>				
1. Tessa Benjamins (Aqualero, 199500636)				02:32.23(+90)
50m 00:34.47 34,47	100m 01:12.64 38,17	150m 01:52.21 39,57		
2. Veronique van der Velde (WS Twente, 199601740)				02:34.87(+97)
50m 00:34.71 34,71	100m 01:13.65 38,94	150m 01:54.84 41,19		
3. Diane Schoenmaker (Dwk, 199502920)				02:36.29(+81)
50m 00:34.67 34,67	100m 01:14.08 39,41	150m 01:54.90 40,82		
4. Chantal Mulders (Zuiderzeewemmers, 199702166)				02:39.38(+82)
50m 00:35.91 35,91	100m 01:16.68 40,77	150m 01:59.35 42,67		
5. Heleen ten Have (Z&PC de Inktvis, 199403000)				02:52.68(+89)
50m 00:38.44 38,44	100m 01:21.69 43,25	150m 02:07.18 45,49		
6. Nienke Visser (Z&PC Triton Putten, 199403042)				02:59.72(+90)
50m 00:40.76 40,76	100m 01:25.52 44,76	150m 02:12.46 46,94		
7. Annemiek van Veen (Dedemsvaart-AC, 199305566)				03:13.49(+87)
50m 00:44.06 44,06	100m 01:32.67 48,61	150m 02:23.77 51,10		
8. Tessa van Dijk (Isis, 199401252)				03:30.49(+84)
50m 00:51.75 51,75	100m 01:45.82 54,07	150m 02:39.82 54,00		
<i>20 - 24 jaar (Masters 20+) Heren</i>				
1. Tom de Lange (Deltasteur, 199300303)				02:33.49(+97)
50m 00:36.31 36,31	100m 01:15.66 39,35	150m 01:55.02 39,36		
<i>25 - 29 jaar (Masters 25+) Dames</i>				
1. Maaike Vooren (DAW, 199103324)				02:14.12(+81)
50m 00:31.37 31,37	100m 01:05.48 34,11	150m 01:40.11 34,63		
2. Fraukje Puts (HZ&PC Heerenveen, 199206470)				02:15.12(+80)
50m 00:31.49 31,49	100m 01:06.25 34,76	150m 01:40.30 34,05		
3. Lianne van der Heide - Andeweg (Zuiderzeewemmers, 198800092)				02:17.20(+84)
50m 00:31.93 31,93	100m 01:06.57 34,64	150m 01:42.33 35,76		
4. Margot Tijnagel (Triton, 198806872)				02:32.77(+86)
50m 00:34.28 34,28	100m 01:13.03 38,75	150m 01:53.78 40,75		
5. Désirée Hulsmeijer (Het Ravijn, 199001656)				02:34.45(+93)
50m 00:35.11 35,11	100m 01:15.14 40,03	150m 01:55.36 40,22		
6. Lonneke Oenema (Steenwijk 1934, 199102314)				02:37.89(+68)
50m 00:35.37 35,37	100m 01:15.30 39,93	150m 01:56.72 41,42		
7. Sanne Norder (Z&PC de Inktvis, 199102300)				02:50.07

	50m 00:39.12 39,12	100m 01:22.61 43,49	150m 02:06.92 44,31	
8. Malou Heidekamp (Rzc, 198906090)				02:50.43(+93)
	50m 00:36.77 36,77	100m 01:19.01 42,24	150m 02:04.78 45,77	
25 - 29 jaar (Masters 25+) Heren				
1. Stefan Kwant (Nova, 199200781)				02:08.31(+71)
	50m 00:29.12 29,12	100m 01:01.78 32,66	150m 01:35.19 33,41	
2. Sjoerd Boertien (De Houtrib, 199000305)				02:14.21(+74)
	50m 00:29.58 29,58	100m 01:03.54 33,96	150m 01:38.61 35,07	
3. Jeroen Grinwis (Z&PC de Inktvis, 198906813)				02:33.29(+70)
	50m 00:33.89 33,89	100m 01:11.87 37,98	150m 01:52.23 40,36	
4. Karlo Kok (Deltasteur, 199101265)				02:39.11(+100)
	50m 00:35.42 35,42	100m 01:14.79 39,37	150m 01:56.49 41,70	
5. Danny Vochteloo (TriVia, 199207251)				02:55.00(+115)
	50m 00:40.77 40,77	100m 01:25.15 44,38	150m 02:10.48 45,33	
30 - 34 jaar (Masters 30+) Dames				
1. Liesbeth van Mill (Dwk, 198702786)				02:32.43(+89)
	50m 00:34.95 34,95	100m 01:13.96 39,01	150m 01:53.28 39,32	
2. Wendy de Boer-Gruppen (ZPC Hoogeveen, 198504172)				02:39.10(+77)
	50m 00:35.95 35,95	100m 01:16.62 40,67	150m 01:58.54 41,92	
3. Evelyn Noordzij (ZPC Hoogeveen, 198503920)				03:00.38(+84)
	50m 00:39.58 39,58	100m 01:25.35 45,77	150m 02:13.39 48,04	
4. Rosemarie Veerkamp (Zuiderzeewemmers, 198706092)				03:08.87(+90)
	50m 00:42.32 42,32	100m 01:29.20 46,88	150m 02:19.88 50,68	
30 - 34 jaar (Masters 30+) Heren				
1. Ferdy van Savoyen (Zuiderzeewemmers, 198604721)				02:19.58(+90)
	50m 00:32.42 32,42	100m 01:08.29 35,87	150m 01:44.86 36,57	
2. Sander Brat (Swol 1894, 198500357)				02:29.46(+88)
	50m 00:34.48 34,48	100m 01:12.95 38,47	150m 01:52.11 39,16	
3. Mark Brinkhuis (TriVia, 198302609)				02:42.63(+76)
	50m 00:36.66 36,66	100m 01:18.15 41,49	150m 02:00.31 42,16	
35 - 39 jaar (Masters 35+) Dames				
1. Agnes van Brug (DAW, 198001726)				02:32.11(+88)
	50m 00:34.97 34,97	100m 01:13.47 38,50	150m 01:53.06 39,59	
35 - 39 jaar (Masters 35+) Heren				
1. Lauren Vis (Steenwijk 1934, 198201883)				02:06.02(+65)
	50m 00:28.73 28,73	100m 01:01.10 32,37	150m 01:33.73 32,63	
2. Rogier van Gent (IJZPC, 198000405)				02:40.62(+65)
	50m 00:34.33 34,33	100m 01:14.36 40,03	150m 01:57.25 42,89	
3. Erik Stammes (ZV De Bron, 197901993)				02:49.02(+109)
	50m 00:37.91 37,91	100m 01:18.94 41,03	150m 01:59.36 40,42	
4. Remco Veerkamp (Zuiderzeewemmers, 198102311)				03:00.54(+99)
	50m 00:36.90 36,90	100m 01:21.49 44,59	150m 02:10.65 49,16	
40 - 44 jaar (Masters 40+) Dames				
1. Inge Lolkema-Soeters (Steenwijk 1934, 197300934)				03:01.14(+88)
	50m 00:40.76 40,76	100m 01:25.73 44,97	150m 02:12.60 46,87	
40 - 44 jaar (Masters 40+) Heren				
1. Erwin Zuijdervelt (AZ&PC De Futen, 197501015)				02:17.74(+83)
	50m 00:32.35 32,35	100m 01:06.80 34,45	150m 01:42.38 35,58	
2. Jeroen Tebbens (IJZPC, 197601405)				03:18.59(+107)

50m 00:43.33 43,33 100m 01:33.31 49,98 150m 02:26.50 53,19

45 - 49 jaar (Masters 45+) Dames

1. Annette de Visser (Oceanus, 197100602) 02:22.89(+82)
50m 00:32.66 32,66 100m 01:08.41 35,75 150m 01:45.51 37,10
2. Grith Sigsgaard (Dwk, 197200772) 02:24.94(+90)
50m 00:32.53 32,53 100m 01:09.22 36,69 150m 01:47.25 38,03
3. Mariska de Jong (ZV De Aalscholver, 197101064) 02:52.63(+75)
50m 00:39.40 39,40 100m 01:23.28 43,88 150m 02:07.94 44,66
4. Annet Kootstra (Swol 1894, 197100344) 02:55.44(+86)
50m 00:40.37 40,37 100m 01:24.90 44,53 150m 02:10.27 45,37
5. Ilse Viergever (De Hokseberg, 196800644) 03:09.55(+104)
50m 00:41.14 41,14 100m 01:28.21 47,07 150m 02:18.12 49,91
6. Greta Wyma-Teitsma (Dwk, 197100696) 03:11.42(+75)
50m 00:42.48 42,48 100m 01:31.24 48,76 150m 02:21.93 50,69

45 - 49 jaar (Masters 45+) Heren

1. Arjan Bellaart (Het Y, 196900079) 02:12.08(+72)
50m 00:29.83 29,83 100m 01:03.44 33,61 150m 01:37.86 34,42
2. René Beetsma (HZ&PC Heerenveen, 196900069) 02:15.92(+79)
50m 00:31.69 31,69 100m 01:06.20 34,51 150m 01:41.23 35,03
3. Hans Schoenmakers (DAW, 196900863) 02:26.23(+96)
50m 00:33.31 33,31 100m 01:10.37 37,06 150m 01:48.43 38,06
4. Marcel Brittijn (De Duinkickers, 196900159) 02:44.75(+70)
50m 00:36.87 36,87 100m 01:19.48 42,61 150m 02:03.71 44,23
5. Eric van den Blink (De Houtrib, 197001667) 03:10.69(+89)
50m 00:41.58 41,58 100m 01:30.83 49,25 150m 02:21.98 51,15

50 - 54 jaar (Masters 50+) Dames

1. Wilna Heijman (Steenwijk 1934, 196400506) 02:36.69(+86)
50m 00:36.57 36,57 100m 01:16.46 39,89 150m 01:56.75 40,29
2. Remona Dekker (ZV De Bron, 196600620) 03:15.20(+100)
50m 00:43.88 43,88 100m 01:33.23 49,35 150m 02:24.66 51,43
3. Alie Visser (HZ&PC Heerenveen, 196400494) 03:37.77(+98)
50m 01:42.15 102,15 150m 02:41.44 59,29

50 - 54 jaar (Masters 50+) Heren

1. Jan Lindenaar (Uzsc, 196701623) 02:20.11(+86)
50m 00:31.43 31,43 100m 01:06.79 35,36 150m 01:43.69 36,90
2. Edzo Huisman (Aquapoldro, 196301029) 02:33.45(+123)
50m 00:35.39 35,39 100m 01:14.59 39,20 150m 01:54.16 39,57
3. Jan Smalheer (Scom, 196400701) 02:35.64(+99)
50m 00:35.40 35,40 100m 01:14.69 39,29 150m 01:55.15 40,46
4. Casper Dollekamp (Steenwijk 1934, 196301341) 02:37.50(+81)
50m 00:35.99 35,99 100m 01:16.33 40,34 150m 01:58.04 41,71
5. Lambert Morsink (Triton, 196501427) 02:45.23(+110)
50m 00:37.18 37,18 100m 01:19.07 41,89 150m 02:03.23 44,16
6. René Bakker (Zignea, 196501245) 02:52.25(+71)
50m 00:37.37 37,37 100m 01:19.57 42,20 150m 02:06.07 46,50
7. Adri Pasman (Zuiderzeewimmers, 196400573) 02:53.45(+114)
50m 00:37.39 37,39 100m 01:19.59 42,20 150m 02:06.60 47,01

55 - 59 jaar (Masters 55+) Dames

1. Petra Tossings (DAW, 196100376) 02:43.47(+86)

	50m 00:37.61 37,61	100m 01:19.32 41,71	150m 02:01.88 42,56	
2. Marian de Jong (SG Middelse-Skelp, 195900052)	50m 00:39.44 39,44	100m 01:23.68 44,24	150m 02:09.91 46,23	02:54.38(+95)
3. Jennie Resink-lindeboom (Dwk, 196000142)	50m 00:41.77 41,77	100m 01:28.60 46,83	150m 02:16.83 48,23	03:03.45(+99)
4. Gea Kuiper (Zcnf'34, 196100104)	50m 00:49.95 49,95	100m 01:46.51 56,56	150m 02:44.75 58,24	03:43.40(+101)
5. Willy Schoenmaker-ter Veer (Dwk, 195900254)	50m 00:50.85 50,85	100m 01:49.81 58,96	150m 02:54.61 64,80	04:01.24(+107)
DIS. Pia van der Molen (HZ&PC Heerenveen, 196000116)	50m 00:43.01 43,01			00:00.00(+95)
55 - 59 jaar (Masters 55+) Heren				
1. Henk Kuipers (Uzsc, 196201207)	50m 00:36.07 36,07	100m 01:14.40 38,33	150m 01:53.94 39,54	02:31.76(+71)
2. Wim Witjes (Aqua-Novio '94, 195800483)	50m 00:36.63 36,63	100m 01:16.37 39,74	150m 01:56.55 40,18	02:35.17(+89)
3. Fred Vollebergh (Z&PC de Inktvis, 196100641)	50m 00:33.89 33,89	100m 01:13.00 39,11	150m 01:54.96 41,96	02:37.21(+96)
4. Dirk van Leeuwen (Gay Swim Amsterdam, 196001103)	50m 00:37.15 37,15	100m 01:18.51 41,36	150m 02:01.06 42,55	02:44.15(+120)
5. Pier van der Sluis (Orca, 195900757)	50m 00:38.37 38,37	100m 01:22.06 43,69	150m 02:07.52 45,46	02:51.06(+101)
6. Aris Jan van Ek (IJZPC, 196100125)	50m 00:44.18 44,18	100m 01:33.35 49,17	150m 02:26.20 52,85	03:14.45
7. Perry Dekker (ZV De Bron, 196201081)	50m 00:45.20 45,20	100m 01:36.79 51,59	150m 02:31.70 54,91	03:26.99(+111)
60 - 64 jaar (Masters 60+) Dames				
60 - 64 jaar (Masters 60+) Heren				
1. Fred Zanting (TriVia, 195400323)	50m 00:36.15 36,15	100m 01:16.00 39,85	150m 02:02.56 46,56	02:46.35(+94)
2. Klaas Landeweer (IJZPC, 195600163)	50m 00:44.67 44,67	100m 01:38.36 53,69	150m 02:38.48 60,12	03:31.85
65 - 69 jaar (Masters 65+) Dames				
65 - 69 jaar (Masters 65+) Heren				
1. Jos Kamps (Zwemvereniging Hoogland, 195100085)	50m 00:39.61 39,61	100m 01:24.60 44,99	150m 02:12.73 48,13	02:58.12(+89)
2. Nello Spiteri (DAW, 195200295)	50m 00:42.25 42,25	100m 01:29.60 47,35	150m 02:18.44 48,84	03:06.19(+94)
3. Henk Oostendorp (ZV De Bron, 194800093)	50m 00:48.98 48,98	100m 01:44.26 55,28	150m 02:42.97 58,71	03:41.51(+112)
70 - 74 jaar (Masters 70+) Dames				
70 - 74 jaar (Masters 70+) Heren				
1. Pieter Schillemans (WZ&PC Purmerend, 194600141)	50m 00:43.01 43,01	100m 01:30.90 47,89	150m 02:20.45 49,55	03:07.43(+93)
2. Mans Buis (Het Ravijn, 194700133)	50m 00:49.49 49,49	100m 01:45.38 55,89	150m 02:45.11 59,73	03:42.66(+117)
75 - 79 jaar (Masters 75+) Dames				
75 - 79 jaar (Masters 75+) Heren				
80 - 84 jaar (Masters 80+) Dames				

80 - 84 jaar (Masters 80+) Heren

9. 4x50m vrije slag H80+

80 - 99 jaar (80+)

80 - 99 jaar (80+) Dames

80 - 99 jaar (80+) Heren

BM. Z&PC Triton Putten

02:26.64

Anne-Rike Visser 1995 ()	50m	00:39.07	39,07
Rick Vaarkamp 1994 ()	100m	01:14.72	35,65
Nienke Visser 1994 ()	150m	01:51.67	36,95
Carola Jacobs 1985 ()	200m	02:26.64	34,97

100 - 119 jaar (100+)

100 - 119 jaar (100+) Dames

1. Zuiderzeezwemmers

02:11.40

Leonie Nijenhuis 1992 ()	50m	00:30.80	30,80
Chantal Mulders 1997 ()	100m	01:03.46	32,66
Rosemarie Veerkamp 1987 ()	150m	01:40.89	37,43
Lisanne van der Heide - Andeweg 1988 ()	200m	02:11.40	30,51

100 - 119 jaar (100+) Heren

1. Isis

01:56.63

Rudy de Jong 1983 ()	50m	00:30.43	30,43
Albert Dijkma 1987 ()	100m	01:00.26	29,83
Rene Knijpstra 1988 ()	150m	01:29.08	28,82
Harry Dijkma 1991 ()	200m	01:56.63	27,55

120 - 159 jaar (120+)

1. Swol 1894

01:58.73

Nienke Nieuwenhuis 1981 ()	50m	00:33.54	33,54
Thaisa Fiering 1991 ()	100m	01:03.48	29,94
Johan Wezenberg 1976 ()	150m	01:31.43	27,95
Michael van Bakkum 1972 ()	200m	01:58.73	27,30

2. De Duinkickers

02:19.05

Saskia op den Velde 1979 ()	50m	00:37.28	37,28
Robin Roskam 1978 ()	100m	01:10.56	33,28
Esther van Buren 1980 ()	150m	01:48.45	37,89
Robin Eggenkamp 1987 ()	200m	02:19.05	30,60

120 - 159 jaar (120+) Dames

1. Dwk

02:14.82

Grith Sigsgaard 1972 ()	50m	00:30.27	30,27
Greta Wyma-Teitsma 1971 ()	100m	01:09.74	39,47
Liesbeth van Mill 1987 ()	150m	01:42.30	32,56
Diane Schoenmaker 1995 ()	200m	02:14.82	32,52

120 - 159 jaar (120+) Heren

160 - 199 jaar (160+)

1. ZV De Aalscholver

02:03.41

Ronald van Vliet 1963 ()	50m	00:31.34	31,34
Mariska de Jong 1971 ()	100m	01:04.46	33,12
Gerhard Knol 1971 ()	150m	01:33.74	29,28
Ingrid Boot-De Groot 1970 ()	200m	02:03.41	29,67

160 - 199 jaar (160+) Dames

1. Triton

02:14.06

Angela Koekkoek 1979 ()	50m	00:28.91	28,91
Francine Sommer 1962 ()	100m	01:02.42	33,51
Ellen Parma 1962 ()	150m	01:40.10	37,68
Janine van Kooten 1984 ()	200m	02:14.06	33,96

160 - 199 jaar (160+) Heren

1. Zuiderzeezwemmers

01:57.32

Erik van der Heide 1988 ()	50m	00:26.53	26,53
Gerko Versluis 1969 ()	100m	00:54.31	27,78

Ferdy van Savoyen 1986 ()	150m	01:22.99	28,68
Adri Pasman 1964 ()	200m	01:57.32	34,33

2. Zignea

01:59.68

Arjen van der Boom 1986 ()	50m	00:27.45	27,45
René Bakker 1965 ()	100m	00:58.89	31,44
John Dam 1960 ()	150m	01:31.53	32,64
Heiner Stevens 1972 ()	200m	01:59.68	28,15

DIS. De Houtrib

00:00.00

Roel van der Schee 1963 ()	50m	00:42.56	42,56
Rutger Vos 1975 ()	200m	00:00.00	-42,56

200 - 239 jaar (200+)

1. HZ&PC Heerenveen

01:59.12

Marten de Groot 1958 ()	50m	00:27.78	27,78
Evelien van Klaarbergen 1972 ()	100m	00:57.51	29,73
Peggi Hurenkamp 1969 ()	150m	01:31.31	33,80
René Beetsma 1969 ()	200m	01:59.12	27,81

2. Dwk

02:19.02

Martijn de Jong 1971 ()	50m	00:30.59	30,59
Willy Schoenmaker-ter Veer 1959 ()	100m	01:15.31	44,72
Jennie Resink-lindeboom 1960 ()	150m	01:52.83	37,52
Martin Kaptein 1967 ()	200m	02:19.02	26,19

200 - 239 jaar (200+) Dames

200 - 239 jaar (200+) Heren

240 - 279 jaar (240+)

240 - 279 jaar (240+) Dames

240 - 279 jaar (240+) Heren