

Programmanr. 33
21-01-2018 - 11:52

4 x 100m wisselslag

Masters Open
Resultaten

| rang | vereniging | inschrijftijd | tijd | RT | IPC |
|---------------------|--|----------------|---------|-----------------------|---------------------|
| 80+, Dames | | | | | |
| 1. | Hieronymus 1 <i>Nederlands Masters Record</i> | Hieronymus | 4:23.08 | 4:28.06 | |
| | Eva van Ginneken | 33.26 | 1:08.99 | Marlijn Hendriksen | +0,21 29.78 1:04.23 |
| | Selene Wortel | +0,37 34.60 | 1:15.07 | Nadja Wortel | +0,17 28.14 59.77 |
| 2. | Steenwijk 1934 3 | Steenwijk 1934 | 5:21.89 | 5:26.75 | |
| | Ilse Blankvoort | 40.51 | 1:22.69 | Elianne Huitema | +0,19 33.53 1:14.56 |
| | Lonneke Oenema | +0,37 45.12 | 1:37.13 | Charine de Ruiter | +0,39 34.34 1:12.37 |
| 80+, Gemengd | | | | | |
| 1. | DWK 1 <i>Nederlands Masters Record</i> | DWK | 4:11.75 | 4:15.01 | |
| | Celine Schoenmaker | 32.57 | 1:07.91 | Kevin Eltink | +0,22 25.87 56.23 |
| | Ruben Koek | +0,44 30.62 | 1:07.36 | Anoeska van de Kraats | +0,36 29.80 1:03.51 |
| 2. | WVZ 2 | WVZ | 4:17.87 | 4:21.34 | |
| | Manon van Strien | 33.70 | 1:10.76 | Jordy van Oel | +0,16 27.44 59.77 |
| | Nicole Bennis | +0,39 34.33 | 1:14.08 | Nordin Termoshuizen | +0,20 27.05 56.73 |
| 3. | DWT 1 <i>Startzwemmer NMR 100m rugslag</i> | DWT | 4:23.75 | 4:28.18 | |
| | Evy Witlox | 32.83 | 1:07.52 | Jeffrey Camphens | +0,14 29.49 1:04.92 |
| | Chantal Beijer | +0,53 37.11 | 1:20.13 | Hiras Ferrandino | +0,29 25.94 55.61 |
| 4. | De Veene 1 | De Veene | 4:28.85 | 4:33.54 | |
| | Diana Lammers | 37.72 | 1:18.10 | Diederick Schothans | +0,67 29.07 1:02.99 |
| | Gideon Teeuw | +0,46 33.68 | 1:12.36 | Yvon Versteeg | +0,37 28.39 1:00.09 |
| 5. | ZPC Woerden 3 | ZPC Woerden | 4:49.05 | 4:53.65 | |
| | Michiel van Vliet | 35.13 | 1:13.71 | Jamilla van Veen | +0,26 30.30 1:08.35 |
| | Rens Klok | +0,55 40.33 | 1:27.14 | Mandy Verbakel | +0,40 30.66 1:04.45 |
| 100+, Dames | | | | | |
| 1. | Steenwijk 1934 2 | Steenwijk 1934 | 4:50.07 | 4:52.80 | |
| | Getrude Corporaal | 37.80 | 1:17.14 | Jacyntha Plat | +0,51 31.42 1:08.62 |
| | Leandra Vedder | +0,57 37.32 | 1:21.91 | Nanda de Vries | +0,28 30.45 1:05.13 |
| 2. | DIO 1 | DIO | 4:51.03 | 4:55.51 | |
| | Joëlle Vaes | 40.27 | 1:22.58 | Whitney van Hoeckel | +0,48 34.52 1:13.56 |
| | Susanne van der Linden | +0,26 37.51 | 1:20.32 | Jolanda Post | +0,30 28.23 59.05 |
| 3. | LZ 1886 1 | LZ 1886 | 5:29.91 | 5:12.05 | |
| | Mara Epifani | 38.95 | 1:20.23 | Linda van der Voort | +0,39 33.85 1:15.47 |
| | Suzan Blankestijn | +0,70 39.30 | 1:24.34 | Marieke Ipema | +0,53 35.04 1:12.01 |
| 100+, Heren | | | | | |
| 1. | ZPC Woerden 1 <i>50m*</i> | ZPC Woerden | 4:29.82 | 4:33.75 | |
| | Patrick de Jonge | 34.10 | 1:13.21 | Thommy Nickel | +0,75 32.19 1:07.70 |
| | Niels van Beurden | +0,59 34.44 | 1:14.28 | Thijs van den End | +0,29 27.95 58.56 |

Programmanr. 33, 4 x 100m wisselslag

100+, Gemengd

| | | | | |
|------------------------------|-------------------------|---------|-------------------------|---------------------|
| 1. Dedemsvaart-AC 1 | Dedemsvaart-AC | 4:22.06 | 4:21.72 | |
| Robert Dekker | 30.97 | 1:04.15 | Stéphanie Bergsma | +0,43 30.56 1:06.95 |
| Sepp Kalter | +0,34 32.01 | 1:08.68 | Marije Dankelman | +0,55 29.60 1:01.94 |
| 2. Van Vliet-Barracuda 1 | Van Vliet-Barracuda | 4:22.36 | 4:25.45 | |
| Denise Boereboom | 33.65 | 1:09.34 | Emiel van Beusekom | +0,38 28.91 1:02.49 |
| Melissa van der Heijden | +0,17 35.95 | 1:17.31 | Pascal van Haren | +0,02 26.53 56.31 |
| 3. LZ 1886 2 | LZ 1886 | 4:31.94 | 4:27.93 | |
| Eloise Cilia | 34.20 | 1:11.80 | Robin van Beek | +0,41 27.52 59.86 |
| Moniek Heemskerck | +0,25 38.35 | 1:21.49 | Kristiaan Lenos | +0,37 26.01 54.78 |
| 4. ZOB'66 1 | ZOB'66 | 4:46.94 | 4:50.01 | |
| Wendy de Bruin | 35.84 | 1:14.62 | Rebecca Evers | +0,57 33.68 1:14.44 |
| Harmen Reemst | +0,37 36.87 | 1:20.63 | Ferry Blangé | +0,18 27.99 1:00.32 |
| 5. Van Vliet-Barracuda 2 | Van Vliet-Barracuda | 4:58.19 | 5:03.35 | |
| Sonja Huisman-Koolmees | 38.51 | 1:20.13 | Ids de Klerk | +0,60 31.79 1:12.48 |
| Robin van Beusekom | +0,22 37.04 | 1:21.02 | Esmée Rolloos | +0,08 32.89 1:09.72 |
| 6. Zwemvereniging Westland 1 | Zwemvereniging Westland | 4:59.78 | 5:05.71 | |
| Pieter Broek | 33.83 | 1:11.31 | Patrick Wyrdeeman | +0,48 31.20 1:08.69 |
| Anouk van der Lans | +0,49 43.40 | 1:33.90 | Jacoline van den Beukel | +0,28 33.25 1:11.81 |
| 7. De Duinkickers 1 | De Duinkickers | 5:14.23 | 5:16.06 | |
| Ruben de Boer | 36.01 | 1:14.47 | Maaïke de Boer | +0,25 35.38 1:18.39 |
| Saskia op den Velde | +0,87 47.99 | 1:44.28 | Jeffrey Roest | +0,52 28.95 58.92 |

120+, Dames

| | | | | |
|--------------------------|---------------------|---------|-------------------------|---------------------|
| 1. HZ&PC Heerenveen 1 | HZ&PC Heerenveen | 5:14.66 | 5:12.83 | |
| Daniëlle de Boer | 33.79 | 1:10.50 | Peggy Hurenkamp | +0,70 40.61 1:26.43 |
| Karin van Dijk | +0,52 38.45 | 1:22.50 | Jannie Vennik | +0,67 35.43 1:13.40 |
| 2. Zwemlust-den Hommel 1 | Zwemlust-den Hommel | 5:14.52 | 5:13.39 | |
| Eline Schoenmaker | 38.70 | 1:19.10 | Marjon Pol | +0,49 34.03 1:14.26 |
| Marlou de Jong | +0,24 41.12 | 1:31.33 | Eline Overeem | +0,48 32.85 1:08.70 |
| 3. WVZ 4 | WVZ | 5:08.66 | 5:17.54 | |
| Lisette Prins | 39.19 | 1:21.43 | Chita van der Goorbergh | +0,35 36.96 1:29.55 |
| Monique Pronk | +0,65 39.02 | 1:24.37 | Isabelle Massar | +0,13 29.41 1:02.19 |
| 4. Montferland 1 | Montferland | 5:31.94 | 5:25.14 | |
| Hanneke Heymen | 36.76 | 1:14.64 | Angela Giezen | +0,58 39.39 1:24.05 |
| Melanie Witt | +0,45 45.59 | 1:34.74 | Kelly Bockting | +0,45 34.16 1:11.71 |
| 5. Budel 2 | Budel | 5:33.13 | 5:41.91 | |
| Ely Scheepers | 41.44 | 1:25.05 | Carola Hompes | +0,47 39.73 1:31.00 |
| Karin Smolders | +0,43 46.35 | 1:37.10 | Joyce Raemaekers | +0,20 31.94 1:08.76 |
| 6. DWK 2 | DWK | 5:49.98 | 5:56.29 | |
| Jennie Resink-lindeboom | 49.85 | 1:41.60 | Liesbeth van Mill | +0,45 35.96 1:19.90 |
| Greta Wyma-Teitsma | +0,46 48.98 | 1:45.60 | Lisette Groeneveld | +0,36 32.44 1:09.19 |

120+, Heren

| | | | | |
|----------------------|-------------|---------|-------------------|---------------------|
| 1. WVZ 3 | WVZ | 4:23.06 | 4:26.79 | |
| Markus van Rest | 33.80 | 1:09.20 | Rens Post | +0,51 30.69 1:07.99 |
| Simon van Ravesteijn | +0,41 33.07 | 1:10.88 | Vincent Lapouge | +0,37 27.82 58.72 |
| 2. SGGO (SG) 1 | SGGO (SG) | 4:32.20 | 4:37.44 | |
| Niels Albrechts | 35.53 | 1:13.09 | Frank v.d. Voordt | +0,47 31.64 1:08.83 |
| Kees Akershoek | +0,51 37.43 | 1:19.36 | Mark Costeris | +0,48 26.43 56.16 |

Programmanr. 33, 4 x 100m wisselslag

120+, Gemengd

| | | | | | | | |
|----|--|--------------------|---------|-----------------------|----------------|-------|---------|
| 1. | Albion d'ELFT (SG) 1 <i>Nederlands Masters Record</i> | Albion d'ELFT (SG) | 4:13.00 | | 4:16.64 | | |
| | Roos van Esch | 34.95 | 1:11.12 | Fenna de Groot | +0,44 | 31.06 | 1:08.17 |
| | Romero Hennep | +0,31 29.32 | 1:04.52 | Nol van Thull | +0,09 | 25.16 | 52.83 |
| 2. | HZ&PC Heerenveen 2 | HZ&PC Heerenveen | 4:18.29 | | 4:22.61 | | |
| | Evelien van Klaarbergen | 35.34 | 1:12.98 | Casper Hut | +0,38 | 27.77 | 59.77 |
| | Dennis Bos | +0,15 31.19 | 1:07.41 | Fraukje Puts | +0,40 | 29.48 | 1:02.45 |
| 3. | ZVVS 1 | ZVVS | 4:41.06 | | 4:36.66 | | |
| | Nadya Putter | 36.07 | 1:13.95 | Paul Brinkman | +0,36 | 28.38 | 1:02.09 |
| | Karin Stein | +0,45 38.38 | 1:22.12 | Bas van de Nouwelant | +0,37 | 27.46 | 58.50 |
| 4. | De Ward 1 | De Ward | 4:41.46 | | 4:46.72 | | |
| | Eva Kattouw | 35.91 | 1:16.99 | Niels Versteeg | +0,27 | 29.70 | 1:05.74 |
| | Antwan van Engen | +0,71 36.36 | 1:18.21 | Yvette Ratering | +0,63 | 31.51 | 1:05.78 |
| 5. | De Meer 1 | De Meer | 4:53.00 | | 4:56.31 | | |
| | Christa Verploeg | 40.19 | 1:22.19 | Richard van der Horst | +0,69 | 32.25 | 1:08.52 |
| | Chantal van der Horst | +0,44 37.31 | 1:17.74 | Pieter-Sjoerd de Wijn | +0,30 | 31.56 | 1:07.86 |
| 6. | De Duck 1 | De Duck | 4:58.98 | | 4:59.53 | | |
| | Erik Saan | 38.40 | 1:21.55 | Jesper Oranje | +0,35 | 26.25 | 57.52 |
| | Kimberley van Buren | +0,54 43.87 | 1:33.59 | Lenneke Bagijn | +0,15 | 31.42 | 1:06.87 |
| 7. | De Treffers 1 | De Treffers | 4:56.90 | | 5:10.85 | | |
| | Tim van Grunsven | 34.84 | 1:10.60 | Miranda Pijnenburg | +0,40 | 37.20 | 1:19.96 |
| | Marlijn Mulders | +0,35 41.83 | 1:29.26 | Eric de Haas | +0,44 | 32.73 | 1:11.03 |
| 8. | DWT 2 | DWT | 5:10.38 | | 5:24.69 | | |
| | Yvette Roozen | 43.24 | 1:29.40 | Peter van de Bor | +0,53 | 34.79 | 1:17.43 |
| | Bertjan Schelhaas | +0,56 37.10 | 1:19.68 | Odette Helsloot | +0,47 | 36.87 | 1:18.18 |
| 9. | Steenwijk 1934 4 | Steenwijk 1934 | 5:28.11 | | 5:28.58 | | |
| | Robert Braad | 32.58 | 1:08.25 | Wilna Heijman | +0,56 | 40.29 | 1:29.15 |
| | Patrick Wobben | +0,60 40.60 | 1:28.46 | Inge Lolkema-Soeters | +0,55 | 39.03 | 1:22.72 |

160+, Dames

| | | | | | | | |
|----|-------------------------------|-------------|---------|----------------|----------------|-------|---------|
| 1. | ZPC Woerden 2 <i>100m*</i> | ZPC Woerden | 5:03.19 | | 5:11.59 | | |
| | Ilse van den Wijngaard | 35.81 | 1:14.19 | Marjan Remmits | +0,39 | 34.59 | 1:16.81 |
| | Danielle van Veen | +0,32 43.16 | 1:35.55 | Sabine Lina | +0,41 | 30.63 | 1:05.04 |

160+, Heren

| | | | | | | | |
|----|--------------------|----------------|---------|--------------------|----------------|-------|---------|
| 1. | ZPC AMERSFOORT 2 | ZPC AMERSFOORT | 4:23.97 | | 4:21.40 | | |
| | Martijn Giezen | 30.20 | 1:02.65 | Rob van Vliet | +0,35 | 29.32 | 1:04.02 |
| | Ron Korzelius | +0,41 36.38 | 1:18.24 | Jeroen Zelsmann | +0,20 | 26.26 | 56.49 |
| 2. | De Gelenberg 1 | De Gelenberg | 4:28.02 | | 4:24.44 | | |
| | Arjan van Swam | 32.54 | 1:09.22 | John Cobussen | +0,53 | 30.70 | 1:06.47 |
| | Marcel van Winssen | +0,62 33.86 | 1:12.26 | Geert Wijn | +0,06 | 26.64 | 56.49 |
| 3. | Steenwijk 1934 1 | Steenwijk 1934 | 4:35.64 | | 4:32.77 | | |
| | Casper Dollekamp | 37.35 | 1:17.34 | Rick Driezen | +0,44 | 27.57 | 1:00.84 |
| | Huyb Stegeman | +0,52 36.51 | 1:20.26 | Lauren Vis | +0,46 | 25.68 | 54.33 |
| 4. | DAW 2 | DAW | 4:34.39 | | 4:36.27 | | |
| | Alex Damen | 34.19 | 1:10.00 | Pieter van Gemeren | +0,24 | 30.20 | 1:05.10 |
| | Hans Schoenmakers | +0,67 37.08 | 1:20.98 | Wouter Zijlstra | +0,23 | 28.20 | 1:00.19 |

Programmanr. 33, 4 x 100m wisselslag

160+, Gemengd

| | | | | | | | | |
|----|---|----------------|---------|---------|-------------------------|----------------|-------|---------|
| 1. | ZPC AMERSFOORT 1 | ZPC AMERSFOORT | 4:22.87 | | 4:20.45 | | | |
| | <i>Nederlands Masters Record, Startzwemmer NMR 100m rugslag</i> | | | | | | | |
| | Edwin v. Norden | | 30.95 | 1:03.68 | Erwin Buist | +0,25 | 26.89 | 58.71 |
| | Larissa Brak | +0,52 | 33.37 | 1:12.61 | Lidia v. Bon-Rosenbrand | +0,29 | 30.31 | 1:05.45 |
| 2. | WVZ 1 | WVZ | | 4:29.74 | | 4:35.62 | | |
| | Ivo Roozeboom | | 31.37 | 1:04.66 | Delia Badoux | +0,17 | 30.81 | 1:08.25 |
| | Jan-Willem van den Berg | +0,37 | 34.92 | 1:14.76 | Yvonne Gerritsen | +0,42 | 32.07 | 1:07.95 |
| 3. | DAW 1 | DAW | | 4:40.64 | | 4:39.00 | | |
| | Paul Oudendijk | | 32.40 | 1:06.37 | Ilona Hogerheyde | +0,57 | 33.54 | 1:15.53 |
| | Joost Hoetjes | +0,34 | 31.46 | 1:07.66 | Jacqueline Tuin | +0,39 | 32.57 | 1:09.44 |
| 4. | TRB-RES 1 | TRB-RES | | 4:42.23 | | 4:39.29 | | |
| | Edith Janssen-Koolen | | 34.74 | 1:12.21 | Maike Korthout | +0,42 | 33.04 | 1:12.98 |
| | Walter Stielstra | +0,46 | 33.54 | 1:12.52 | Rob Verheul | +0,37 | 28.76 | 1:01.58 |
| 5. | De Gelenberg 2 | De Gelenberg | | 4:59.38 | | 4:55.72 | | |
| | Lizanne Lamens | | 35.22 | 1:14.26 | Sylvia Reijers | +0,56 | 34.80 | 1:16.05 |
| | Rob Janssen | +0,35 | 36.52 | 1:17.87 | Ron van der Meer | +0,54 | 31.83 | 1:07.54 |
| 6. | AZC 2 | AZC | | 5:37.67 | | 5:21.37 | | |
| | Guido Keutgen | | 33.16 | 1:09.35 | Monique Remst | +0,04 | 34.14 | 1:17.93 |
| | Wil Ponsioen-van Mil | +0,50 | 52.57 | 1:52.70 | Stefan Oostendorp | +0,30 | 29.27 | 1:01.39 |
| 7. | De Rog 2 | De Rog | | 5:22.01 | | 5:22.84 | | |
| | Cees Kersten | | 42.44 | 1:27.78 | Sandra Peeters-Wiermans | +0,53 | 35.18 | 1:17.56 |
| | Roy le Clercq | +0,61 | 40.45 | 1:26.90 | Esther Vergeest | +0,48 | 34.08 | 1:10.60 |

200+, Dames

| | | | | | | | | |
|----|--------------------------------------|-------|-------|---------|---------------------------|----------------|-------|---------|
| 1. | PSV 1 | PSV | | 5:06.64 | | 5:26.40 | | |
| | <i>Startzwemmer NMR 100m rugslag</i> | | | | | | | |
| | Gudule van der Meer | | 34.40 | 1:11.64 | Jeanne Petit | +0,34 | 34.31 | 1:13.81 |
| | Corrie Verhoeven | +0,61 | 48.81 | 1:47.47 | Nicole Vrijhoeven | +0,24 | 35.56 | 1:13.48 |
| 2. | CNSW 2 100m* | CNSW | | 6:11.85 | | 6:01.54 | | |
| | Kathleen Laloi | | 39.75 | 1:22.66 | Claire Anthony | +0,45 | 39.71 | 1:28.16 |
| | Kathy Van Lindt | +0,70 | 42.58 | 1:29.98 | Fernande Gourmet Blondeel | +0,16 | 48.22 | 1:40.74 |

200+, Heren

| | | | | | | | | |
|----|----------------------------------|------------|-------|---------|------------------------|----------------|-------|---------|
| 1. | PSV 2 | PSV | | 4:37.21 | | 4:31.97 | | |
| | <i>Nederlands Masters Record</i> | | | | | | | |
| | Rogier Vissers | | 33.66 | 1:09.97 | Gijsbert van der Leden | +0,47 | 30.69 | 1:05.50 |
| | Harold Matla | +0,37 | 32.99 | 1:10.86 | Brend Brevé | +0,44 | 31.39 | 1:05.64 |
| 2. | De Rog 1 | De Rog | | 4:41.75 | | 4:41.67 | | |
| | Erik Kamphuis | | 36.84 | 1:14.36 | Peter Bensen | +0,54 | 30.07 | 1:05.84 |
| | Arjan Verheij | +0,37 | 36.77 | 1:18.38 | Rob Spetter | +0,37 | 30.21 | 1:03.09 |
| 3. | De Schelde 1 | De Schelde | | 5:18.18 | | 5:25.32 | | |
| | Robert Martens | | 37.12 | 1:17.71 | Marco de Bat | +0,50 | 39.95 | 1:27.43 |
| | Cees van Houwelingen | +0,58 | 35.94 | 1:16.71 | Arno Loof | +0,77 | 37.56 | 1:23.47 |
| 4. | Budel 1 | Budel | | 5:35.85 | | 5:43.27 | | |
| | Jos Zentjens | | 43.25 | 1:28.69 | Edward van Nijmweegen | +0,43 | 42.02 | 1:34.49 |
| | Wijlo Mackus | +0,61 | 40.02 | 1:26.23 | Joost van Eerdt | +0,63 | 34.57 | 1:13.86 |

AFGEM Patrick-De Roersoppers (SG) 1 Patrick-De Roersoppers (SG)5:05.92

Programmanr. 33, 4 x 100m wisselslag

200+, Gemengd

| | | | | | | | | |
|-----|---|----------------|-------|---------|-----------------------|----------------|-------|---------|
| 1. | WS Twente 1 | WS Twente | | 5:19.36 | | 5:09.28 | | |
| | Marcel Reefhuis | | 32.82 | 1:07.83 | Hans Westerhof | +0,58 | 34.94 | 1:13.18 |
| | Marijke Kraak-Beckers | +0,63 | 43.96 | 1:33.48 | Jeannette Ruesink | +0,16 | 35.72 | 1:14.79 |
| 2. | Swol 1894 1 | Swol 1894 | | 5:31.81 | | 5:53.36 | | |
| | Annemarie Vuiist | | 44.80 | 1:31.19 | Kasper van den Berghe | +0,73 | 36.26 | 1:18.90 |
| | Willem Jannink | +0,64 | 43.23 | 1:33.51 | Annet Kootstra | +0,50 | 43.36 | 1:29.76 |
| DIS | AZC 1 | AZC | | 5:27.76 | | | | |
| | <i>EA - Te vroeg overgenomen. **, dis 2e zwemmer</i> | | | | | | | |
| | Monique Munnik | | 44.85 | 1:32.65 | Mark van der Schrier | | | |
| | Wim de Lange | -0,14 | | | Sandra Daamen-Posma | | | |
| DIS | WIDEX GZC DONK 1 | WIDEX GZC DONK | | 6:11.83 | | | | |
| | <i>RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.</i> | | | | | | | |
| | Lia Bijkerk, Pierre de Groot, Nathasja Konijn, Peter Coffeng | | | | | | | |

240+, Dames

| | | | | | | | | |
|----|----------------|-----------|---------|---------|---------------------------------|----------------|-------|---------|
| 1. | Old Dutch 1 | Old Dutch | | 7:40.49 | | 7:52.44 | | |
| | Mies Kuipers | | 1:00.40 | 2:06.46 | Karin van Nassau van den Heuvel | +0,48 | 44.37 | 1:36.91 |
| | Karien Musters | +0,97 | 1:05.06 | 2:17.25 | Marie Smits | +0,88 | 51.85 | 1:51.82 |

240+, Heren

| | | | | | | | | |
|----|--------------------------------|-------|-------|---------|-------------------|----------------|-------|---------|
| 1. | CNSW 1 | CNSW | | 5:53.69 | | 5:20.78 | | |
| | <i>Belgisch Masters Record</i> | | | | | | | |
| | Luc Laloi | | 46.06 | 1:33.67 | Jean-Marie Cadiat | +0,37 | 34.18 | 1:12.78 |
| | Christian Schoenaers | +0,71 | 45.05 | 1:34.83 | Lionel Godeaux | +0,71 | 27.59 | 59.50 |

280+, Gemengd

| | | | | | | | | |
|----|------------------------------|-------|---------|---------|------------|----------------|-------|---------|
| 1. | PSV 3 | PSV | | 6:41.38 | | 7:03.70 | | |
| | <i>Kampioenschaps Record</i> | | | | | | | |
| | Lottie Geurts | | 1:01.52 | 2:05.29 | Rob Hanou | +0,81 | 52.91 | 1:53.69 |
| | Rob Hemesath | +0,66 | 40.77 | 1:26.83 | Gonnie Bak | | 47.50 | 1:37.89 |