

Programmanr. 19
26-01-2019 - 11:09

4 x 100m vrije slag

Masters Open
Resultaten

| rang | vereniging | tijd | PARA |
|---------------------|---|--|------|
| 80+, Dames | | | |
| 1. | De Warande 1 | 4:09.41 | |
| | Amy van Lier 96 28.98 59.84 | Désirée Emmen 92 30.57 1:04.31 | |
| | Claudia den Ottelander 95 30.99 1:05.25 | Melissa van der Geld 95 28.55 1:00.01 | |
| 2. | MSV-Zeemacht 1 | 4:14.74 | |
| | Anouk van der Kruk 99 29.98 1:02.98 | Jet Kleine 99 31.42 1:04.65 | |
| | Suzanne Mosch 94 29.62 1:03.71 | Tessa Mosch 91 29.84 1:03.40 | |
| 80+, Heren | | | |
| 1. | De Kempvis 1 | 4:10.83 | |
| | Joris Bezemer 99 26.54 56.73 | Bryan Gijzen 99 28.79 1:02.41 | |
| | Kien Vuong 95 34.35 1:15.74 | Erik Wegman 92 26.73 55.95 | |
| 80+, Gemengd | | | |
| 1. | KSN (SG) 1 <i>Nederlands Masters Record</i> | 3:44.58 | |
| | Ingmar Hartman 98 24.87 51.57 | Saranda Hofstra 97 27.52 58.01 | |
| | Gauke Eilander 98 25.47 53.08 | Linda Boxma 85 29.38 1:01.92 | |
| 2. | DWK 1 | 3:53.20 | |
| | Celine Schoenmaker 98 29.63 1:01.18 | Ruben Koek 97 26.55 56.43 | |
| | Anoeska van de Kraats 97 30.04 1:03.73 | Kevin Eltink 91 24.37 51.86 | |
| 3. | Nova 1 | 3:59.44 | |
| | Dennis Wildeboer 98 25.84 55.43 | Marijke Drent 99 30.28 1:03.73 | |
| | Janine de Groot 95 30.33 1:04.29 | Stefan Kwant 92 25.69 55.99 | |
| 4. | De Veene 1 | 4:00.27 | |
| | Diederick Schothans 97 26.51 55.21 | Yvon Versteeg 92 28.38 59.56 | |
| | Susan de Vries 97 31.80 1:07.63 | Gideon Teeuw 98 27.10 57.87 | |
| 5. | Noord Veluwe 1 | 4:12.97 | |
| | Rianne van Rijssen 97 30.61 1:04.77 | Frank Versprille 99 28.19 1:00.02 | |
| | Mike van de Streek 95 28.43 1:00.40 | Stephanie van Diepen 95 32.30 1:07.78 | |
| 6. | Zwemclub Polaris 1 | 4:14.37 | |
| | Lotte Rolink 95 32.93 1:09.89 | Marnix van het Hof 98 27.03 58.52 | |
| | Rebecca Dassen 99 32.53 1:08.29 | Frank Scheltens 99 27.18 57.67 | |
| 7. | Feijenoord Albion Zwemclub 5 | 4:17.85 | |
| | Bjorn van Vliet 96 28.79 59.80 | Anouk van der Lans 98 32.98 1:09.45 | |
| | Ayrton Mooldijk 99 27.69 59.34 | Jacoline van den Beukel 91 32.10 1:09.26 | |
| 100+, Dames | | | |
| 1. | DAW 2 | 4:11.42 | |
| | Denise Boonstra 99 29.58 1:02.03 | Melissa Zwaan 91 30.45 1:04.21 | |
| | Sandra Zwaanswijk 85 30.98 1:05.47 | Brenda Zwarthoed 96 28.40 59.71 | |
| 2. | ESCA Zwemmen 2 | 4:24.54 | |
| | Kiona Peters 89 31.62 1:05.15 | Cheyenne Verburgt 99 31.87 1:07.21 | |
| | Ilja Janssen 81 32.80 1:09.88 | Moniek van Langevelde 98 29.85 1:02.30 | |
| 3. | Steenwijk 1934 1 | 4:34.49 | |
| | Getrude Corporaal 92 31.83 1:06.47 | Ilse Blankvoort 92 33.63 1:10.78 | |
| | Charine de Ruiter 94 34.84 1:13.51 | Elianne Huitema 97 30.21 1:03.73 | |
| 4. | ZVL-1886 2 | 4:44.21 | |
| | Marieke Ipema 94 34.96 1:12.79 | Moniek Heemskerk 96 31.56 1:05.92 | |
| | Tessa Kerkvliet 92 35.01 1:14.72 | Suzan Blankestijn 89 32.88 1:10.78 | |
| 5. | De Wellerobben 1 | 4:47.39 | |
| | Daphne de Jong 93 34.49 1:14.73 | Karin van Dijk 86 32.55 1:09.20 | |
| | Winnie de Vries 96 36.76 1:18.55 | Ariane Jonkman 98 30.32 1:04.91 | |

Programmanr. 19, 4 x 100m vrije slag

100+, Heren

| | | | | | | | | |
|----|--|----------------------------|-------|----------------|---------------------|----|-------|---------|
| 1. | Feijenoord Albion Zwemclub 2 <i>Nederlands Masters Record</i> | Feijenoord Albion Zwemclub | NED | 3:31.31 | | | | |
| | Romero Hennep | 93 | 25.57 | 54.47 | Nol van Thull | 80 | 25.54 | 53.55 |
| | Timo Dinkelberg | 93 | 25.34 | 53.39 | Ensger Kotterink | 94 | 23.75 | 49.90 |
| 2. | ESCA Zwemmen 1 | ESCA Zwemmen | NED | 3:42.00 | | | | |
| | Mike Schel | 94 | 27.00 | 57.49 | Tim de Vrugt | 93 | 26.81 | 57.10 |
| | Sander de Vrugt | 89 | 25.85 | 54.98 | Peter Rothengatter | 97 | 25.04 | 52.43 |
| 3. | Feijenoord Albion Zwemclub 3 | Feijenoord Albion Zwemclub | NED | 3:51.27 | | | | |
| | Ronald Koeckhoven | 81 | 27.11 | 58.51 | Nick Boekestijn | 99 | 28.23 | 1:00.10 |
| | Patrick Wyrdeeman | 97 | 28.21 | 1:00.57 | Pascal Nuijten | 97 | 24.36 | 52.09 |
| 4. | TRB-RES 1 | TRB-RES | NED | 3:59.21 | | | | |
| | Rik Bakker | 91 | 30.58 | 1:03.21 | Ruben Schellekens | 97 | 27.54 | 58.25 |
| | Robin Hermans | 94 | 28.58 | 1:00.65 | Bart Kieseewetter | 91 | 27.40 | 57.10 |
| 5. | DWT 2 | DWT | NED | 4:05.30 | | | | |
| | Peter van de Bor | 84 | 27.62 | 1:00.49 | Abdelrahman Mohamed | 98 | 31.34 | 1:04.25 |
| | Michel Wigbers | 80 | 30.94 | 1:04.05 | Zyco van Esveld | 99 | 26.99 | 56.51 |

100+, Gemengd

| | | | | | | | | |
|----|------------------------------|----------------------------|-------|----------------|----------------------|----|-------|---------|
| 1. | ZPV Barracuda 1 | ZPV Barracuda | NED | 3:53.99 | | | | |
| | Melissa van der Heijden | 96 | 29.83 | 1:01.47 | Emiel van Beusekom | 94 | 26.70 | 54.69 |
| | Denise Boereboom | 92 | 29.32 | 1:01.46 | Pascal van Haren | 87 | 26.98 | 56.37 |
| 2. | WVZ 3 | WVZ | NED | 3:56.33 | | | | |
| | Nordin Termoshuizen | 96 | 26.99 | 56.29 | Jordy van Oel | 98 | 26.62 | 56.17 |
| | Isabelle Massar | 91 | 29.87 | 1:03.90 | Delia Badoux | 80 | 28.30 | 59.97 |
| 3. | Zwemvereniging Hoogland 1 | Zwemvereniging Hoogland | NED | 3:58.37 | | | | |
| | Jamilla van Veen | 96 | 28.07 | 59.27 | Yuri van Omme | 85 | 26.62 | 57.44 |
| | Renske Eilers | 88 | 32.76 | 1:09.15 | Bas Dries | 95 | 25.31 | 52.51 |
| 4. | DWT 1 | DWT | NED | 4:00.14 | | | | |
| | Evy Witlox | 88 | 29.47 | 1:02.34 | Jeffrey Camphens | 95 | 27.28 | 57.49 |
| | Chantal Beijer | 97 | 30.84 | 1:04.33 | Hiras Ferrandino | 93 | 25.84 | 55.98 |
| 5. | WVZ 4 | WVZ | NED | 4:06.19 | | | | |
| | Vincent Lapouge | 88 | 27.61 | 57.63 | Monique Pronk | 88 | 32.07 | 1:07.16 |
| | Manon van Strien | 94 | 29.06 | 1:02.22 | Rens Post | 91 | 28.24 | 59.18 |
| 6. | Feijenoord Albion Zwemclub 6 | Feijenoord Albion Zwemclub | NED | 4:08.92 | | | | |
| | Jordi van der Weel | 96 | 25.76 | 55.30 | Roos van Esch | 82 | 32.61 | 1:08.12 |
| | Kenneth Caster | 91 | 28.19 | 59.98 | Nilce Mendes Barbosa | 98 | 30.87 | 1:05.52 |
| 7. | De Schotejil 1 | De Schotejil | NED | 4:12.49 | | | | |
| | Whitley Rens | 90 | 34.70 | 1:12.00 | Danica Koedoot | 93 | 30.16 | 1:04.28 |
| | Niels Albrechts | 88 | 28.65 | 59.57 | David Kievit | 99 | 27.34 | 56.64 |
| 8. | Steenwijk 1934 3 | Steenwijk 1934 | NED | 4:27.83 | | | | |
| | Jacyntha Plat | 90 | 31.04 | 1:05.81 | Lonneke Oenema | 91 | 34.35 | 1:11.75 |
| | Patrick Wobben | 93 | 32.81 | 1:11.27 | Robert Braad | 86 | 27.75 | 59.00 |

120+, Dames

| | | | | | | | | |
|----|----------------------------|-------------------|-------|----------------|-----------------------|----|-------|---------|
| 1. | ZPC Woerden 1 | ZPC Woerden | NED | 4:21.37 | | | | |
| | Ilse van den Wijngaard | 89 | 31.03 | 1:05.77 | Sabine Lina | 89 | 30.16 | 1:03.74 |
| | Marjan Remmits | 63 | 31.95 | 1:06.54 | Mandy Verbakel | 90 | 31.02 | 1:05.32 |
| 2. | Zwemclub Koewacht 1 | Zwemclub Koewacht | NED | 4:36.69 | | | | |
| | Ingeborg Speelman Hamelink | 76 | 34.34 | 1:11.08 | Joan Fontaine | 88 | 33.54 | 1:10.84 |
| | Josine van Dorsselaer | 88 | 32.67 | 1:08.43 | Jessica Klaassen | 79 | 31.56 | 1:06.34 |
| 3. | De Meer 1 | De Meer | NED | 4:37.25 | | | | |
| | Eline van Gemert | 95 | 31.61 | 1:06.54 | Nadège van Meeteren | 74 | 35.28 | 1:13.60 |
| | Lindsey Hol | 90 | 33.06 | 1:10.58 | Chantal van der Horst | 94 | 32.10 | 1:06.53 |
| 4. | WVZ 1 | WVZ | NED | 4:38.23 | | | | |
| | Yvonne Gerritsen | 80 | 32.19 | 1:08.87 | Sabine Koudijs | 95 | 31.08 | 1:06.71 |
| | Tessa Verheijdt | 89 | 34.47 | 1:12.05 | Linda Hoogendam | 83 | 33.27 | 1:10.60 |
| 5. | RZC 1 | RZC | NED | 4:40.78 | | | | |
| | Malou Heidekamp | 89 | 35.52 | 1:14.18 | Rita van der Horst | 69 | 32.75 | 1:10.82 |
| | Marieke van Dodeweerd | 86 | 34.30 | 1:10.71 | Mariëlle Janssen | 82 | 31.04 | 1:05.07 |

Programmanr. 19, Dames, 4 x 100m vrije slag, 120+

| rang | vereniging | | | | tijd | PARA | | | | | |
|------|-----------------------|---------------------|-----|---|----------------|--------------------|----|-------|---------|----|-------|
| 6. | Zwemlust-den Hommel 1 | Zwemlust-den Hommel | NED | Lisenka Kornet-van den Akker Eline Overeem | 4:41.37 | 1:14.50 1:11.28 | | | | | |
| | | | | | | | 91 | 32.24 | 1:06.52 | 69 | 35.00 |
| | | | | | | | 90 | 32.36 | 1:09.07 | 71 | 33.71 |
| 7. | De Rog 1 *100m | De Rog | NED | Sandra Van der Helm Kim Hamakers | 5:14.36 | 1:20.36 1:15.53 | | | | | |
| | | | | | | | 73 | 37.95 | 1:27.02 | 78 | 37.73 |
| | | | | | | | 77 | 34.31 | 1:11.45 | 98 | 35.68 |

120+, Heren

| | | | | | | | | | | | |
|----|------------------|----------------|-----|-------------------------------------|----------------|----------------|----|-------|---------|----|-------|
| 1. | Dedemsvaart-AC 1 | Dedemsvaart-AC | NED | Arjan Prins Sepp Kalter | 3:40.40 | 56.97 52.53 | | | | | |
| | | | | | | | 90 | 26.76 | 56.18 | 82 | 27.16 |
| | | | | | | | 84 | 26.01 | 54.72 | 97 | 25.06 |
| 2. | DAW 1 | DAW | NED | Lars van der Velden Felix Geenen | 3:45.07 | 54.94 51.90 | | | | | |
| | | | | | | | 82 | 28.35 | 1:00.43 | 98 | 25.56 |
| | | | | | | | 75 | 27.63 | 57.80 | 95 | 24.25 |
| 3. | ZVL-1886 1 | ZVL-1886 | NED | Dion de Mooij Robin van Beek | 3:46.43 | 55.86 53.90 | | | | | |
| | | | | | | | 83 | 26.67 | 55.45 | 97 | 25.75 |
| | | | | | | | 65 | 28.50 | 1:01.22 | 97 | 25.51 |
| 4. | Merlet 1 | Merlet | NED | Jelte Schuurmans Bas Bemdes | 3:54.49 | 57.37 56.72 | | | | | |
| | | | | | | | 86 | 29.16 | 1:01.21 | 91 | 27.21 |
| | | | | | | | 89 | 28.56 | 59.19 | 89 | 27.11 |

120+, Gemengd

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|-----|---|----------------------------|-----|---------------------------------------|----------------|--------------------|----|-------|---------|----|-------|
| 1. | SwimGym 1 <i>Nederlands Masters Record</i> | SwimGym | NED | Andrea Kneppers Sébas van Lith | 3:45.25 | 57.47 51.78 | | | | | |
| | | | | | | | 91 | 28.69 | 58.85 | 93 | 27.51 |
| | | | | | | | 78 | 26.98 | 57.15 | 90 | 24.72 |
| 2. | DIO 1 | DIO | NED | Susanne v.d. Linden Jolanda Post | 3:56.66 | 1:06.48 1:00.28 | | | | | |
| | | | | | | | 86 | 25.76 | 53.70 | 88 | 31.60 |
| | | | | | | | 86 | 25.99 | 56.20 | 90 | 28.92 |
| 3. | Steenwijk 1934 4 | Steenwijk 1934 | NED | Rick Driezen Charlotte Groeneveld | 3:56.90 | 56.40 1:03.17 | | | | | |
| | | | | | | | 82 | 25.61 | 54.33 | 86 | 26.40 |
| | | | | | | | 92 | 30.19 | 1:03.00 | 87 | 29.48 |
| 4. | Feijenoord Albion Zwemclub 7 | Feijenoord Albion Zwemclub | NED | Hugo Bregman Bart Drechsel | 3:56.99 | 59.26 55.11 | | | | | |
| | | | | | | | 97 | 29.42 | 1:01.52 | 58 | 28.42 |
| | | | | | | | 97 | 29.40 | 1:01.10 | 86 | 26.15 |
| 5. | ZPC AMERSFOORT 2 | ZPC AMERSFOORT | NED | Marije Jansen Martijn Bartels | 4:04.51 | 59.73 1:00.12 | | | | | |
| | | | | | | | 85 | 27.43 | 57.63 | 85 | 28.17 |
| | | | | | | | 86 | 31.96 | 1:07.03 | 96 | 29.42 |
| 6. | De Ward 1 | De Ward | NED | Yvette Ratering Antwan van Engen | 4:04.69 | 1:06.05 57.23 | | | | | |
| | | | | | | | 95 | 26.99 | 56.34 | 72 | 31.91 |
| | | | | | | | 94 | 30.21 | 1:05.07 | 71 | 27.32 |
| 7. | De Duck 1 | De Duck | NED | Judith Kleinjan Jesper Oranje | 4:12.71 | 1:08.33 52.30 | | | | | |
| | | | | | | | 65 | 31.52 | 1:06.57 | 98 | 31.91 |
| | | | | | | | 96 | 31.26 | 1:05.51 | 92 | 25.02 |
| 8. | DWK 2 | DWK | NED | Robin Eltink Pauline Gouwens | 4:12.75 | 59.06 58.52 | | | | | |
| | | | | | | | 97 | 30.55 | 1:04.06 | 94 | 27.88 |
| | | | | | | | 69 | 32.98 | 1:11.11 | 84 | 27.73 |
| 9. | De Rijn 1 | De Rijn | NED | Gaby Zittersteijn Eric Langhorst | 4:15.00 | 1:02.21 1:07.95 | | | | | |
| | | | | | | | 91 | 27.06 | 57.95 | 97 | 29.18 |
| | | | | | | | 95 | 31.96 | 1:06.89 | 62 | 32.81 |
| 10. | AZC 2 | AZC | NED | Monique Remst Bart Amsing | 4:16.64 | 1:07.15 1:00.99 | | | | | |
| | | | | | | | 86 | 31.42 | 1:06.45 | 87 | 31.63 |
| | | | | | | | 90 | 29.45 | 1:02.05 | 82 | 28.77 |
| 11. | TRB-RES 2 | TRB-RES | NED | Edith Janssen-Koolen Guido Robertz | 4:16.91 | 1:04.26 1:03.88 | | | | | |
| | | | | | | | 77 | 28.48 | 1:00.82 | 73 | 30.20 |
| | | | | | | | 97 | 32.53 | 1:07.95 | 82 | 30.02 |
| 12. | AZ&PC De Futen 1 | AZ&PC De Futen | NED | Erwin Zuijdevelt Arnold de Rover | 4:24.48 | 1:00.67 1:00.49 | | | | | |
| | | | | | | | 91 | 34.53 | 1:13.37 | 75 | 28.94 |
| | | | | | | | 91 | 32.86 | 1:09.95 | 64 | 29.40 |

onjuistheden / mistakes?

mail naar/ to: mastersinschrijvingen@knzb.nl

Programmanr. 19, Gemengd, 4 x 100m vrije slag, 120+

| rang | vereniging | | | | tijd | PARA |
|------|--------------------|----|-------|---------|----------------|-------|
| 13. | RZ 1 | | | | 4:27.63 | |
| | Fiona Meuffels | 95 | 30.82 | 1:03.64 | 92 | 37.93 |
| | Gino Martijn | 79 | 29.86 | 1:03.59 | 90 | 27.46 |
| 14. | Deltasteur 1 | | | | 4:27.84 | |
| | Gea van der Schaaf | 79 | 33.73 | 1:12.50 | 93 | 32.00 |
| | Patrick de Jonge | 89 | 29.73 | 1:03.53 | 93 | 30.85 |
| 15. | Montferland 1 | | | | 4:37.44 | |
| | Kelly Bocking | 91 | 34.17 | 1:12.12 | 70 | 34.53 |
| | Maik Steenkamp | 91 | 30.23 | 1:02.75 | 83 | 34.04 |

160+, Dames

| | | | | | | |
|----|--------------------|------------------|-------|---------|----------------|-------|
| 1. | De Duinkickers 2 | De Duinkickers | | | 5:05.50 | |
| | Maaïke de Boer | 90 | 30.70 | 1:05.46 | 64 | 39.45 |
| | Inge Roskam | 78 | 36.06 | 1:18.16 | 79 | 36.05 |
| 2. | HZ&PC Heerenveen 2 | HZ&PC Heerenveen | | | 5:17.31 | |
| | Peggi Hurenkamp | 69 | 36.38 | 1:15.11 | 76 | 36.25 |
| | Ineke Meijer | 52 | 46.04 | 1:37.75 | 91 | 32.65 |
| 3. | Budel 1 | Budel | | | 5:31.18 | |
| | Miriam Stevens | 69 | 39.83 | 1:25.13 | 67 | 43.89 |
| | Carola Hompes | 88 | 38.22 | 1:19.96 | 91 | 36.06 |

160+, Heren

| | | | | | | |
|----|---------------------------|-------------------------|-------|---------|----------------|-------|
| 1. | De Gelsenberg 1 | De Gelsenberg | | | 3:53.49 | |
| | Jeroen Jacobs | 75 | 27.46 | 59.03 | 67 | 26.67 |
| | John Cobussen | 75 | 28.35 | 59.76 | 71 | 27.39 |
| 2. | WVZ 2 | WVZ | | | 3:58.16 | |
| | Simon van Ravesteijn | 80 | 28.12 | 59.88 | 77 | 29.39 |
| | Arthur van Strien | 63 | 29.38 | 1:01.15 | 77 | 26.75 |
| 3. | De Gelsenberg 2 | De Gelsenberg | | | 3:59.34 | |
| | Arjan van Swam | 84 | 26.96 | 57.58 | 75 | 28.52 |
| | Harold Brouwer | 72 | 29.31 | 1:02.82 | 85 | 28.22 |
| 4. | PSV 5 | PSV | | | 4:16.31 | |
| | Frederik Tamminga | 87 | 29.86 | 1:03.01 | 68 | 30.33 |
| | Tom Bandsma | 77 | 31.09 | 1:07.05 | 79 | 30.19 |
| 5. | Zwemvereniging Hoogland 2 | Zwemvereniging Hoogland | | | 4:18.29 | |
| | Rutger Stam | 81 | 28.73 | 1:02.16 | 65 | 32.63 |
| | Paul de Boer | 68 | 30.76 | 1:07.76 | 88 | 27.70 |
| 6. | SWOL 1894 2 | SWOL 1894 | | | 4:21.35 | |
| | Arjan Aalbers | 75 | 30.96 | 1:07.13 | 76 | 29.42 |
| | Han Boone | 77 | 31.16 | 1:06.00 | 72 | 30.64 |
| 7. | Budel 2 | Budel | | | 4:23.83 | |
| | Wijjo Mackus | 71 | 31.01 | 1:06.20 | 82 | 32.31 |
| | Ivo Verdonshot | 75 | 33.24 | 1:11.63 | 84 | 26.48 |
| NG | De Duinkickers 1 | De Duinkickers | | | NED | |

160+, Gemengd

| | | | | | | |
|----|----------------------------------|------------------|-------|---------|----------------|-------|
| 1. | HZ&PC Heerenveen 1 | HZ&PC Heerenveen | | | 3:58.63 | |
| | <i>Nederlands Masters Record</i> | | | | | |
| | Casper Hut | 78 | 24.91 | 52.54 | 72 | 30.52 |
| | Daniëlle de Boer | 94 | 29.61 | 1:02.00 | 58 | 28.65 |
| 2. | De Gelsenberg 3 | De Gelsenberg | | | 4:28.82 | |
| | Rob Janssen | 70 | 30.54 | 1:06.46 | 60 | 30.88 |
| | Sylvia Reijers | 82 | 32.77 | 1:09.59 | 99 | 31.47 |
| 3. | CNSW 1 | CNSW | | | 4:39.58 | |
| | Bruno Nahon | 70 | 32.90 | 1:09.08 | 71 | 32.94 |
| | Nicolas Slegers | 84 | 32.84 | 1:09.33 | 71 | 34.21 |

Programmanr. 19, 4 x 100m vrije slag

200+, Dames

| | | | |
|---------------------------------|----------------------------|--------------------------------|------------------|
| 1. PSV 2 | PSV | NED | 4:32.90 |
| Esther van Lohuizen | 59 34.33 1:11.44 | Saskia Phaff | 66 32.48 1:09.52 |
| Liselotte Joling | 75 31.79 1:05.82 | Gudule van der Meer | 72 31.32 1:06.12 |
| 2. Feijenoord Albion Zwemclub 1 | Feijenoord Albion Zwemclub | NED | 4:42.07 |
| Tineke Janssen | 64 34.35 1:11.28 | Netty Burik-Geijssen | 63 32.62 1:08.13 |
| Petra Schoon | 69 35.30 1:13.61 | Mirjan den Drijver | 75 33.10 1:09.05 |
| 3. WS Twente 2 | WS Twente | NED | 5:12.54 |
| Jeannette Ruesink | 63 37.23 1:18.73 | Evelien Naatje | 72 36.37 1:15.06 |
| Ima van der Molen | 69 37.32 1:19.48 | Karin Leverink | 72 36.71 1:19.27 |
| 4. DWK 4 | DWK | NED | 5:23.63 |
| Hettie Schakel | 69 37.64 1:18.24 | Jennie Resink-lindeboom | 60 41.27 1:25.15 |
| Greta Wyma-Teitsma | 71 40.04 1:26.20 | Ellen van Wingerden-Dijkhuizen | 69 35.29 1:14.04 |
| 5. SWOL 1894 1 | SWOL 1894 | NED | 5:25.79 |
| Annet Kootstra | 71 40.79 1:24.85 | Babette Rens | 78 36.69 1:17.47 |
| Marjan Spoelstra | 60 39.82 1:23.67 | Annemarie Vuist | 63 38.62 1:19.80 |
| 6. ESCA Zwemmen 3 | ESCA Zwemmen | NED | 6:11.28 |
| Yoka de Vegt-van Dijk | 62 43.20 1:28.36 | Ria Peters-Veurman | 58 48.32 1:39.53 |
| Cora Smulders | 66 44.12 1:33.36 | Marion Kolkman-Pluim | 60 43.11 1:30.03 |

200+, Heren

| | | | |
|---------------------------------|----------------------------|----------------------|------------------|
| 1. Feijenoord Albion Zwemclub 4 | Feijenoord Albion Zwemclub | NED | 4:07.76 |
| Pieter Broek | 77 27.88 59.00 | Stefan Oostdijk | 73 27.62 59.00 |
| Fred Dijkshoorn | 65 30.76 1:04.71 | Mark Nuijten | 60 31.18 1:05.05 |
| 2. RZC 2 | RZC | NED | 4:19.70 |
| Geert van Duinhoven | 64 31.73 1:07.00 | Bert de Weerd | 67 28.68 1:01.71 |
| Chretien Mali | 68 30.57 1:05.52 | Mark Oostendorp | 69 30.34 1:05.47 |
| 3. DWK 3 | DWK | NED | 4:23.59 |
| Gerco Schakel | 69 33.66 1:09.43 | Michel van Wingerden | 67 29.12 1:02.22 |
| Martijn de Jong | 71 31.93 1:08.46 | Edwin van Houten | 65 30.09 1:03.48 |
| 4. Budel 3 | Budel | NED | 4:51.31 |
| Joost van Eerd | 69 35.66 1:15.33 | Ruud Kennis | 65 33.77 1:11.52 |
| Edward van Nijmweegen | 70 34.80 1:14.69 | Jos Zentjens | 57 33.16 1:09.77 |
| 5. Steenwijk 1934 2 | Steenwijk 1934 | NED | 4:54.79 |
| Casper Dollekamp | 63 32.36 1:08.53 | Huyb Stegeman | 67 31.82 1:06.34 |
| Hans van Scheepen | 62 38.33 1:29.91 | Dick Huisman | 75 33.62 1:10.01 |

200+, Gemengd

| | | | |
|----------------------------------|-----------------------------|---------------------------------|------------------|
| 1. ZPC AMERSFOORT 1 | ZPC AMERSFOORT | NED | 4:12.31 |
| Jeroen Zelsmann | 77 26.69 57.64 | Lidia v. Bon-Rosenbrand | 70 31.03 1:05.43 |
| Atie Pijtak-Radersma | 56 32.17 1:07.64 | Ron Korzelius | 65 28.82 1:01.60 |
| 2. Poseydon 1 | Poseydon | RUS | 4:14.60 |
| <i>Russian Masters Record</i> | | | |
| Sergey Kozlov | 63 28.64 59.59 | Olga Kedrova | 60 34.32 1:14.27 |
| Irina Merzlikina | 72 30.94 1:05.32 | Vasili Efremov | 76 26.68 55.42 |
| 3. De Rog 2 | De Rog | NED | 4:17.24 |
| Peter Bensen | 63 27.89 58.33 | Erik Kamphuis | 60 31.38 1:04.56 |
| Chantal Winters | 76 32.93 1:08.52 | Wendy Brugman | 73 31.53 1:05.83 |
| 4. De Rog 3 | De Rog | NED | 4:32.24 |
| Glen Le Clercq | 68 27.07 57.06 | Arienne Hamakers | 67 33.70 1:12.72 |
| Sandra Peeters-Wiermans | 74 32.92 1:09.50 | Frank Van Engelen | 67 34.05 1:12.96 |
| 5. Patrick-De Roersoppers (SG) 1 | Patrick-De Roersoppers (SG) | NED | 4:40.13 |
| Pascalie Janssen | 73 34.11 1:13.06 | Charles Bos | 53 34.12 1:11.81 |
| Martine de Haart | 79 33.46 1:09.88 | Arno Schrauwen | 65 30.81 1:05.38 |
| 6. Old Dutch 1 | Old Dutch | NED | 4:42.90 |
| Adriaan Kop | 61 33.12 1:09.71 | Karin van Nassau-van den Heuvel | 66 40.55 1:23.64 |
| Phil Trethewie | 65 29.65 1:02.09 | Chantal Verhooff | 79 31.11 1:07.46 |
| 7. De Rog 4 | De Rog | NED | 4:53.02 |
| Wijnand Vergeest | 68 32.25 1:07.39 | Roy Le Clercq | 64 32.25 1:09.67 |
| Ageeth Westenbrink | 67 39.46 1:21.87 | Regine Beckers-Stribos | 70 34.63 1:14.09 |

Programmanr. 19, Gemengd, 4 x 100m vrije slag, 200+

| rang | vereniging | | | | tijd | PARA | |
|------|-----------------------|----|-------|---------|----------------|-------|---------|
| 8. | Steenwijk 1934 | | | NED | 4:56.92 | | |
| | Guido Keutgen | 68 | 30.92 | 1:04.92 | 71 | 35.83 | 1:14.37 |
| | Inge Lolkema-Soeters | 73 | 38.17 | 1:20.64 | 64 | 36.77 | 1:16.99 |
| 9. | AZC 1 | | | NED | 5:12.16 | | |
| | Esther Boerdam-Delfos | 87 | 36.21 | 1:14.50 | 58 | 33.95 | 1:11.96 |
| | Geza Kaltenecker | 42 | 40.11 | 1:26.71 | 72 | 37.52 | 1:18.99 |

240+, Heren

| | | | | | | | |
|----|-------------------|-----------------|-------|---------|----------------|-------|---------|
| 1. | WWV Winterswijk 1 | WWV Winterswijk | | NED | 5:07.92 | | |
| | Theo Schouten | 46 | 40.73 | 1:24.98 | 54 | 38.73 | 1:22.42 |
| | Ruud Ruiters | 53 | 37.11 | 1:16.89 | 62 | 30.70 | 1:03.63 |

240+, Gemengd

| | | | | | | | |
|----|----------------------------------|-----------|-------|---------|----------------|-------|---------|
| 1. | PSV 3 | PSV | | NED | 4:39.43 | | |
| | <i>Nederlands Masters Record</i> | | | | | | |
| | Jeanne Petit | 70 | 32.41 | 1:07.85 | 52 | 31.67 | 1:07.00 |
| | Patty Krupiarz | 54 | 39.15 | 1:24.30 | 60 | 28.31 | 1:00.28 |
| 2. | WS Twente 1 | WS Twente | | NED | 4:58.99 | | |
| | Hans Westerhof | 62 | 30.81 | 1:02.91 | 40 | 40.68 | 1:25.03 |
| | Marijke Kraak-Beckers | 60 | 35.58 | 1:15.05 | 68 | 36.19 | 1:16.00 |
| 3. | Old Dutch 2 | Old Dutch | | NED | 6:12.11 | | |
| | Karien Musters | 58 | 50.74 | 1:48.06 | 64 | 38.56 | 1:24.29 |
| | Marie Smits | 38 | 50.06 | 1:50.70 | 64 | 33.49 | 1:09.06 |

280+, Dames

| | | | | | | | |
|----|------------------------------|-----|-------|---------|----------------|-------|---------|
| 1. | PSV 1 | PSV | | NED | 5:29.60 | | |
| | <i>Wereld Masters Record</i> | | | | | | |
| | Ineke Weekers | 53 | 36.94 | 1:16.51 | 46 | 38.38 | 1:21.88 |
| | Lottie Geurts | 35 | 47.14 | 1:35.15 | 59 | 36.77 | 1:16.06 |

280+, Gemengd

| | | | | | | | |
|----|--------------|-----|-------|---------|----------------|-------|---------|
| 1. | PSV 4 | PSV | | NED | 6:01.15 | | |
| | Gonnie Bak | 51 | 46.47 | 1:38.13 | 43 | 40.22 | 1:25.44 |
| | Carla Hensen | 53 | 44.17 | 1:33.96 | 49 | 39.23 | 1:23.62 |