

Programmanr. 15
24-01-2020 - 16:51

4 x 200m vrije slag

Masters Open
Resultaten

rang	vereniging						tijd	RT	PARA
80+, Dames									
1.	Dedemsvaart-AC 1 <i>Nederlands Masters Record</i>	Dedemsvaart-AC	NED				9:00.16	+0.77	
	Laura Compagner	98	+0.77	31.18	1:05.02	1:40.38	2:16.55	2:16.55	
	Maaikje van Veen	97	+0.32	30.73	1:05.05	1:40.27	2:15.21	2:15.21	
	Marije Dankelman	97	+0.16	30.86	1:05.00	1:40.46	2:16.21	2:16.21	
	Michelle Zomerdijk	00	+0.30	29.55	1:02.47	1:37.70	2:12.19	2:12.19	
2.	ZPV Barracuda 2	ZPV Barracuda	NED				9:51.00	+0.85	
	Iris van Berkel	00	+0.85	32.84	1:09.98	1:49.89	2:30.12	2:30.12	
	Denise Boereboom	92	+0.55	30.86	1:05.27	1:41.92	2:17.59	2:17.59	
	Anouque Berghuis	96	+0.27	32.36	1:09.15	1:47.42	2:25.56	2:25.56	
	Eveline Houweling	98	+0.41	34.28	1:13.42	1:55.27	2:37.73	2:37.73	
80+, Heren									
1.	Albion WSS (SG) 2 <i>Nederlands Masters Record</i>	Albion WSS (SG)	NED				7:52.24	+0.66	
	Ensgjer Koterink	94	+0.66	26.29	56.08	1:26.38	1:55.15	1:55.15	
	Timo Dinkelberg	93	+0.55	27.23	57.16	1:27.72	1:57.31	1:57.31	
	Thomas Verhoeven	97	+0.67	26.16	56.42	1:30.14	2:04.08	2:04.08	
	Pascal Nuijten	97	+0.43	25.44	54.47	1:24.46	1:55.70	1:55.70	
2.	De Schotejil 1	De Schotejil	NED				8:36.87	+0.79	
	Niels Albrechts	88	+0.79	30.31	1:04.02	1:39.18	2:12.99	2:12.99	
	David Kievit	99	+0.35	28.33	1:00.73	1:35.34	2:10.14	2:10.14	
	Aron Paasse	00	+0.46	28.39	1:01.05	1:35.41	2:10.46	2:10.46	
	Jacob Mackloet	00	+0.15	27.22	58.68	1:31.29	2:03.28	2:03.28	
80+, Gemengd									
1.	De Veene 1	De Veene	NED				8:58.08	+0.79	
	Jom Lucas	00	+0.79	29.26	1:01.54	1:35.33	2:08.44	2:08.44	
	Yvon Versteeg	92	+0.93	31.06	1:04.71	1:38.85	2:12.01	2:12.01	
	Diederick Schothans	97	+0.80	28.75	1:01.63	1:36.22	2:09.00	2:09.00	
	Kayleigh Westenberg	00	+0.68	33.98	1:11.86	1:51.07	2:28.63	2:28.63	
100+, Dames									
1.	Steenwijk 1934 1	Steenwijk 1934	NED				9:52.49	+0.90	
	Ilse Blankvoort	92	+0.90	34.63	1:13.59	1:54.09	2:35.30	2:35.30	
	Getrude Corporaal	92	+0.49	33.06	1:10.29	1:50.54	2:29.84	2:29.84	
	Nanda de Vries	92	+0.38	31.08	1:07.16	1:44.26	2:20.43	2:20.43	
	Ageeth de Haan	99	+0.42	32.16	1:09.94	1:48.90	2:26.92	2:26.92	
2.	ZPC De Hof 1	ZPC De Hof	NED				10:09.12	+0.95	
	Agnes Holterman	75	+0.95	39.64	1:24.51	2:12.85	3:00.96	3:00.96	
	Linde Haverkate	99	+0.67	32.29	1:08.99	1:47.08	2:23.01	2:23.01	
	Deborah Wissink	95	+0.60	32.42	1:08.69	1:45.78	2:22.89	2:22.89	
	Lianne Roescher	99	+0.40	31.63	1:07.83	1:44.89	2:22.26	2:22.26	
3.	AZC 1	AZC	NED				10:19.68	+0.92	
	Esther Boerdam-Delfos	87	+0.92	36.80	1:18.33	2:01.11	2:41.55	2:41.55	
	Carmen Bootsma	98	+0.33	38.24	1:24.22	2:10.84	2:56.03	2:56.03	
	Monique Remst	87	+0.39	31.91	1:08.18	1:46.27	2:23.01	2:23.01	
	Julia Wortman	96	+0.27	31.65	1:06.04	1:42.60	2:19.09	2:19.09	
100+, Heren									
1.	Club Natacion Cuatro Caminos 1 <i>Spanish Masters Record</i>	Club Natacion Cuatro Caminos	ESP				8:14.05	+0.72	
	Jih Van Deursen	94	+0.72	27.75	58.43	1:29.50	1:59.62	1:59.62	
	Pablo Benavides Lopez	91	+0.48	27.57	58.92	1:30.53	2:01.01	2:01.01	
	Jorge Arrebola Rodriguez	82	+0.43	29.86	1:02.47	1:36.08	2:09.28	2:09.28	
	Jeroen Bastijns	94	+0.36	26.91	57.67	1:30.53	2:04.14	2:04.14	

onjuistheden / mistakes?

mail naar/ to: mastersinschrijvingen@knzb.nl

Splash Meet Manager, 11.62141

Registered to KNZB

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Programmanr. 15, 4 x 200m vrije slag

100+, Gemengd

1.	DWK 1	DWK		NED				8:26.66	+0.68
	<i>Nederlands Masters Record</i>								
	Serginni Marten	93	+0.68	26.47	56.44	1:26.24	1:55.91	1:55.91	
	Anoeska van de Kraats	97	+0.17	30.15	1:05.40	1:41.53	2:18.97	2:18.97	
	Celine Schoenmaker	98	+0.29	29.83	1:03.27	1:38.65	2:14.59	2:14.59	
	Kevin Eltink	91	+0.29	26.45	56.39	1:27.70	1:57.19	1:57.19	
2.	ZV Hoogland 1	Zwemvereniging Hoogland		NED				8:42.21	+0.76
	Jamilla van Veen	96	+0.76	29.70	1:02.93	1:37.46	2:11.97	2:11.97	
	Yuri van Omme	85	+0.35	28.87	1:02.29	1:37.57	2:12.52	2:12.52	
	Anne-Irene Ducheine	95		31.08	1:05.80	1:41.48	2:17.59	2:17.59	
	Bas Dries	95		26.04	55.53	1:27.07	2:00.13	2:00.13	
3.	De Warande 1	De Warande		NED				8:49.39	+0.74
	Amy van Lier	96	+0.74	30.48	1:04.95	1:41.36	2:17.97	2:17.97	
	Casper Bolkenbaas	00	+0.02	26.49	56.74	1:28.29	2:00.66	2:00.66	
	Désirée Emmen	92	+0.33	30.98	1:06.42	1:44.05	2:21.15	2:21.15	
	Sander van Elburg	88	+0.49	28.03	59.74	1:33.49	2:09.61	2:09.61	
4.	ESCA Zwemmen 1	ESCA Zwemmen		NED				8:53.92	+0.65
	Sander de Vrught	89	+0.65	27.94	59.57	1:32.84	2:05.36	2:05.36	
	Lianne Slagter	95	+0.44	31.33	1:06.57	1:44.18	2:22.91	2:22.91	
	Mike Schel	94	+0.38	28.23	1:00.37	1:32.74	2:05.09	2:05.09	
	Moniek van Langevelde	98	+0.63	32.25	1:07.93	1:44.92	2:20.56	2:20.56	
NG	Club Natacion Cuatro Caminos 2	Club Natacion Cuatro Caminos		ESP					

120+, Dames

1.	MSV-Zeemacht 1	MSV-Zeemacht		NED				10:39.54	+0.65
	Jet Kleine	99	+0.65	33.69	1:10.32	1:48.70	2:26.90	2:26.90	
	Annette van Dok	68	+0.50	44.65	1:31.93	2:24.21	3:17.37	3:17.37	
	Tessa Mosch	91	+0.15	32.19	1:09.59	1:48.58	2:27.30	2:27.30	
	Suzanne Mosch	94	+0.55	33.16	1:11.08	1:49.16	2:27.97	2:27.97	

120+, Heren

1.	ZPV Barracuda 1	ZPV Barracuda		NED				8:27.28	+0.71
	Pascal van Haren	87	+0.71	28.57	1:00.93	1:35.64	2:12.31	2:12.31	
	Thomas Hesper	00	+0.50	29.10	1:01.57	1:34.61	2:06.92	2:06.92	
	Mark Hensen	79	+0.25	28.82	1:01.04	1:32.97	2:03.79	2:03.79	
	Emiel van Beusekom	94	+0.52	27.98	59.88	1:32.70	2:04.26	2:04.26	
2.	ZPC AMERSFOORT 1	ZPC AMERSFOORT		NED				8:42.45	+0.79
	Edwin v. Norden	63	+0.79	30.59	1:04.02	1:37.62	2:10.63	2:10.63	
	Rob van Vliet	84	+0.54	28.78	1:01.43	1:35.48	2:09.75	2:09.75	
	Martijn Giezen	85	+0.30	28.36	1:01.30	1:35.74	2:09.69	2:09.69	
	Martijn Bartels	96	+0.47	29.42	1:03.30	1:37.84	2:12.38	2:12.38	
3.	WVZ 1	WVZ		NED				8:44.70	+0.75
	Ivo Roozeboom	77	+0.75	28.38	1:01.22	1:34.99	2:07.85	2:07.85	
	Rens Post	91	+0.45	29.28	1:02.32	1:36.11	2:10.36	2:10.36	
	Jan-Willem van den Berg	68	+0.43	30.77	1:05.60	1:42.09	2:17.97	2:17.97	
	Jordy van Oel	98	+0.43	28.31	1:00.33	1:34.49	2:08.52	2:08.52	
4.	ZVL-1886 Tetteroo 1	ZVL-1886 Tetteroo		NED				8:45.98	+0.83
	Hans Bouwmeester	67	+0.83	32.00	1:07.51	1:44.82	2:23.01	2:23.01	
	Kristiaan Lenos	83	+0.46	27.13	58.02	1:31.17	2:04.55	2:04.55	
	Robin van Beek	97	+0.26	27.99	59.48	1:31.78	2:03.64	2:03.64	
	Edwin van der Winden	84	+0.23	29.73	1:03.85	1:39.03	2:14.78	2:14.78	
5.	De Duinkickers 1	De Duinkickers		NED				10:15.19	+0.63
	Ruben de Boer	93	+0.63	31.72	1:06.98	1:43.25	2:19.56	2:19.56	
	Robin Roskam	78	+0.36	38.78	1:26.75	2:15.13	3:01.85	3:01.85	
	Richard Hill	66	+0.26	35.61	1:15.52	1:57.24	2:38.31	2:38.31	
	Jeffrey Roest	97	+0.22	31.16	1:05.80	1:41.67	2:15.47	2:15.47	

Programmanr. 15, 4 x 200m vrije slag

120+, Gemengd

1.	HZ&PC Heerenveen 1 <i>Nederlands Masters Record</i>	HZ&PC Heerenveen	NED				8:38.57	+0.63
	Dennis Bos	92	+0.63	27.48	58.66	1:31.21	2:03.97	2:03.97
	Daniëlle de Boer	94	+0.35	31.41	1:06.68	1:43.40	2:19.96	2:19.96
	Fraukje Puts	92	+0.34	31.37	1:06.07	1:40.78	2:15.56	2:15.56
	Casper Hut	78	+0.26	26.56	56.57	1:27.68	1:59.08	1:59.08
2.	ZPC AMERSFOORT 2	ZPC AMERSFOORT	NED				8:50.98	+0.88
	Lidia v. Bon-Rosenbrand	70	+0.88	33.89	1:11.29	1:50.72	2:29.33	2:29.33
	Danica Koedoot	93	+0.42	32.01	1:07.49	1:44.50	2:21.52	2:21.52
	Joan Kentrop	85	+0.45	26.20	56.22	1:26.97	1:57.22	1:57.22
	Jelle Blankestijn	98	+0.50	27.05	57.94	1:30.36	2:02.91	2:02.91
3.	Zwemlust- den Hommel 1	Zwemlust- den Hommel	NED				9:12.65	+0.69
	Daniëlle Vermeulen	91	+0.69	32.06	1:07.93	1:44.53	2:21.51	2:21.51
	Mark Zwart	79	+0.56	28.75	1:01.22	1:35.13	2:09.80	2:09.80
	Liesbeth van Mill	87	+0.66	34.83	1:14.34	1:54.77	2:35.53	2:35.53
	Martijn Komet	97	+0.60	28.00	1:00.22	1:33.59	2:05.81	2:05.81
4.	DAW 2	DAW	NED				9:47.49	+0.50
	Inge Koopman	93	+0.50	33.65	1:13.37	1:54.03	2:31.95	2:31.95
	Dennis Kraakman	87	+0.61	32.24	1:08.88	1:47.93	2:25.32	2:25.32
	Sandra Zwaanswijk	85	+0.11	32.65	1:09.90	1:48.49	2:26.52	2:26.52
	Wouter Zijlstra	82	+0.39	31.46	1:07.37	1:44.86	2:23.70	2:23.70
5.	De Dolfijn 1	De Dolfijn	NED				9:55.98	+0.59
	Yvonne Beumer	80	+0.59	34.41	1:12.87	1:53.09	2:32.05	2:32.05
	Leffert Lansink	92	+0.58	32.44	1:08.36	1:45.63	2:22.61	2:22.61
	Martijn Gerrits	88	+0.60	34.83	1:14.06	1:57.34	2:42.84	2:42.84
	Pascalie Rovers	93	+0.61	31.03	1:05.69	1:41.94	2:18.48	2:18.48
6.	Steenwijk 1934 4	Steenwijk 1934	NED				10:40.08	+0.69
	Bernd Kobesen	93	+0.69	27.89	59.33	1:32.64	2:06.69	2:06.69
	Patrick Wobben	93	+0.65	37.15	1:19.05	2:04.86	2:50.95	2:50.95
	Inge Soeters	73	+0.30	39.73	1:24.80	2:12.51	3:00.22	3:00.22
	Lonneke Oenema	91		35.17	1:16.36	1:59.65	2:42.22	2:42.22
NG	Club Natacion Cuatro Caminos 3	Club Natacion Cuatro Caminos	ESP					
NG	Albion WSS (SG) 4	Albion WSS (SG)	NED					

160+, Dames

1.	De Geul 1	De Geul	NED				11:06.58	+0.61
	Marijke Campfens	69	+0.61	36.40	1:16.79	1:59.82	2:43.21	2:43.21
	Eline Molle	94	+0.29	36.58	1:18.17	2:01.89	2:45.19	2:45.19
	Erica Muller	64	+0.40	43.12	1:32.04	2:22.35	3:11.63	3:11.63
	Nanda van Heteren	89	+0.61	33.51	1:10.75	1:49.38	2:26.55	2:26.55
2.	De Rog 1	De Rog	NED				11:42.17	+0.77
	Ageeth Westenbrink	67	+0.77	42.61	1:31.16	2:22.75	3:12.57	3:12.57
	Sandra Van der Helm	78	+0.52	41.63	1:27.80	2:17.18	3:05.85	3:05.85
	Kim Hamakers	98	+0.37	37.66	1:20.07	2:04.40	2:46.71	2:46.71
	Sandra Peeters-Wiermans	74		35.48	1:15.65	1:57.42	2:37.04	2:37.04

160+, Heren

1.	Sassenheim 1	Sassenheim	NED				9:22.80	+0.78
	Rene de Bruin	71	+0.78	31.69	1:07.10	1:44.28	2:21.16	2:21.16
	Arjan Buijse	79	+0.52	31.71	1:07.50	1:44.47	2:20.95	2:20.95
	Frank van Nobelen	69	+0.13	31.32	1:06.78	1:43.75	2:20.84	2:20.84
	Robert Langeveld	71	+0.55	31.85	1:06.98	1:43.69	2:19.85	2:19.85
2.	Albion WSS (SG) 3	Albion WSS (SG)	NED				9:39.36	+0.70
	Pieter Broek	77	+0.70	30.72	1:06.17	1:43.08	2:19.23	2:19.23
	Mark Nuijten	60	+0.22	32.70	1:10.52	1:51.52	2:30.57	2:30.57
	Fred Dijkshoorn	65	+0.74	35.61	1:15.92	1:58.10	2:37.16	2:37.16
	Patrick Wyrdean	97	+0.58	30.08	1:03.07	1:37.38	2:12.40	2:12.40
3.	SWOL 1894 2	SWOL 1894	NED				9:43.01	+0.75
	Stefan van de Grift	87	+0.75	31.76	1:08.17	1:45.58	2:23.91	2:23.91
	Kasper van den Berghe	73	+0.53	33.08	1:10.01	1:49.75	2:29.20	2:29.20
	Machiel Stolk	74	+0.67	33.61	1:10.35	1:48.30	2:26.94	2:26.94
	Michael van Bekkum	72	+0.32	31.01	1:07.13	1:45.09	2:22.96	2:22.96

Programmanr. 15, Heren, 4 x 200m vrije slag, 160+

rang	vereniging						tijd	RT	PARA
4.	ZPC Numansdorp 1	ZPC Numansdorp	NED				9:50.94	+0.72	
	Yuri Admiraal	77	+0.72	30.30	1:05.06	1:41.65	2:19.69	2:19.69	
	Hans Piederiet	54		38.15	1:21.65	2:08.11	2:54.39	2:54.39	
	Paul Notenboom	88	-0.01	30.20	1:05.73	1:43.29	2:20.88	2:20.88	
	Haico Weijers	88	+0.29	30.21	1:04.53	1:40.72	2:15.98	2:15.98	
5.	SWOL 1894 3	SWOL 1894	NED				10:20.66	+0.77	
	Han Boone	77	+0.77	35.47	1:15.51	1:57.42	2:38.34	2:38.34	
	Johan Wezenberg	76	+0.35	32.25	1:11.05	1:51.57	2:35.52	2:35.52	
	Peter Lommer	79	+0.22	33.21	1:12.45	1:53.32	2:33.50	2:33.50	
	Arjan Aalbers	75	+0.53	32.25	1:09.16	1:50.02	2:33.30	2:33.30	

160+, Gemengd

1.	De Ward 1	De Ward	NED				9:35.32	+0.79	
	Daniel Prinse	74	+0.79	34.43	1:11.51	1:48.88	2:24.91	2:24.91	
	Eva Kattouw	94	+0.57	33.36	1:11.75	1:51.70	2:31.75	2:31.75	
	Yvette Ratering	72	+0.76	33.77	1:11.50	1:50.33	2:28.65	2:28.65	
	Antwan van Engen	71	+0.46	29.74	1:02.50	1:36.46	2:10.01	2:10.01	
2.	DWK 2	DWK	NED				10:06.78	+0.78	
	Annabel Kuipers	00	+0.78	32.02	1:08.11	1:45.34	2:21.66	2:21.66	
	Martijn de Jong	71	+0.47	33.50	1:11.87	1:52.56	2:30.51	2:30.51	
	Iris van Aurich	69	+0.61	35.72	1:15.34	1:56.20	2:35.30	2:35.30	
	Gerco Schakel	69	+0.43	35.28	1:15.64	1:57.69	2:39.31	2:39.31	
3.	CNSW 1	CNSW	BEL				10:06.92	+0.73	
	Mesut Halicioglu	92	+0.73	30.52	1:04.96	1:41.52	2:17.86	2:17.86	
	Marco Usula	90	+0.56	30.33	1:03.19	1:36.68	2:09.21	2:09.21	
	Claire Anthony	57	+0.56	42.48	1:32.37	2:23.54	3:10.08	3:10.08	
	Kathy Van Lindt	71	+0.53	34.46	1:13.34	1:52.37	2:29.77	2:29.77	
4.	Patrick-De Roersoppers (SG) 1	Patrick-De Roersoppers (SG)	NED				10:08.22	+0.80	
	Arno Schrauwen	65	+0.80	32.29	1:09.49	1:49.06	2:30.20	2:30.20	
	Pascalie Janssen	73	+0.43	36.14	1:17.25	1:59.80	2:40.48	2:40.48	
	Martine de Haart	79	+0.35	35.66	1:15.55	1:57.08	2:37.27	2:37.27	
	Jeroen Meuleners	78	+0.37	31.53	1:07.89	1:45.08	2:20.27	2:20.27	
DIS	De Schotejil 2	De Schotejil	NED						
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>								
	Nico Paasse, Whitley Rens, Marjon v. Kempen, Frank v.d. Voorde								

200+, Dames

1.	Albion WSS (SG) 1	Albion WSS (SG)	NED				10:46.47	+0.71	
	Netty Burik-Geijzen	63	+0.71	34.58	1:12.73	1:52.52	2:32.01	2:32.01	
	Tineke Janssen	64	+0.13	35.00	1:14.34	1:55.49	2:34.94	2:34.94	
	Caroline Kruger	68	+0.63	41.11	1:26.06	2:14.85	3:06.13	3:06.13	
	Mirjan den Drijver	75	+0.35	34.67	1:13.89	1:53.99	2:33.39	2:33.39	
2.	SWOL 1894 1	SWOL 1894	NED				11:43.51	+0.99	
	Annet Kootstra	71	+0.99	41.22	1:26.01	2:11.63	2:56.87	2:56.87	
	Marjan Spoelstra	60	+0.58	42.37	1:29.18	2:18.03	3:05.20	3:05.20	
	Babette Rens	78	+0.37	38.33	1:21.25	2:06.28	2:49.53	2:49.53	
	Annemarie Vuist-Blum	63	+0.68	40.74	1:24.34	2:09.21	2:51.91	2:51.91	

200+, Heren

1.	I.L. Varg 1	I.L. Varg	NOR				8:14.56	+0.82	
	<i>Europees Masters Record, Norwegian Masters Record</i>								
	Jarl Inge Melberg	70	+0.82	26.97	56.63	1:27.62	1:59.46	1:59.46	
	Oddvar Sandvin	66	+0.33	29.53	1:02.24	1:35.93	2:09.76	2:09.76	
	Øivind Martin Hasle	77	+0.27	26.62	56.27	1:26.60	1:57.57	1:57.57	
	Erlend Alstad	67	+0.42	29.39	1:01.53	1:34.99	2:07.77	2:07.77	
2.	De Rog 2	De Rog	NED				9:31.48	+0.90	
	Erik Kamphuis	60	+0.90	34.34	1:11.86	1:50.01	2:26.24	2:26.24	
	Wijnand Vergeest	68	+0.46	33.23	1:11.98	1:52.31	2:31.69	2:31.69	
	Peter Bernsen	63	+0.59	32.07	1:08.22	1:43.48	2:18.62	2:18.62	
	Glen Le Clercq	68	+0.42	29.81	1:04.41	1:39.56	2:14.93	2:14.93	

Programmanr. 15, Heren, 4 x 200m vrije slag, 200+

rang	vereniging						tijd	RT	PARA
3.	AZC 2			NED			10:41.41	+0.88	
	Stefan Oostendorp	90	+0.88	32.62	1:08.38	1:45.70	2:23.87	2:23.87	
	Geza Kaltenecker	42	+0.66	43.22	1:34.79	2:28.57	3:21.32	3:21.32	
	Wim de Lange	58	+0.41	35.91	1:16.30	1:59.10	2:40.04	2:40.04	
	Mark van der Schrier	78	+0.52	30.96	1:05.30	1:40.75	2:16.18	2:16.18	
4.	Budel 1			NED			11:01.30	+0.96	
	Wijjo Mackus	71	+0.96	33.94	1:13.03	1:54.22	2:33.03	2:33.03	
	Jos Zentjens	57	+0.68	36.69	1:16.08	1:59.56	2:44.10	2:44.10	
	Edward van Nijmweegen	70	+0.53	38.40	1:23.72	2:12.70	3:01.48	3:01.48	
	Ruud Kennis	65	+0.29	36.35	1:18.41	2:01.53	2:42.69	2:42.69	
5.	PSV 1			NED			11:54.66	+0.95	
	Jasper Peters	86	+0.95	33.52	1:14.22	1:56.68	2:38.47	2:38.47	
	André Pantekoek	58	+0.42	40.00	1:27.98	2:17.51	3:06.43	3:06.43	
	Rob Hanou	43	+0.68	45.40	1:42.24	2:41.25	3:37.12	3:37.12	
	Tom Bandsma	77	+0.70	34.69	1:12.68	1:53.04	2:32.64	2:32.64	

200+, Gemengd

1.	DAW 1			NED			9:49.32	+0.73	
	Petra Tossings	61	+0.73	37.47	1:19.78	2:04.68	2:48.02	2:48.02	
	Alex Damen	75	+0.42	30.16	1:02.96	1:37.04	2:11.06	2:11.06	
	Jacqueline Tuin	66	+0.76	34.65	1:14.63	1:57.37	2:39.48	2:39.48	
	Pieter van Gemeren	69	+0.52	30.32	1:03.43	1:37.13	2:10.76	2:10.76	
2.	Triton 1			NED			10:02.10	+0.82	
	Margriet Grove-Lingeman	62	+0.82	36.50	1:18.04	2:01.66	2:46.21	2:46.21	
	Caroline Schreuder	67	+0.44	35.78	1:17.12	2:00.60	2:43.91	2:43.91	
	Ronald Grove	61	+0.53	32.82	1:10.54	1:49.79	2:27.10	2:27.10	
	Tim Bunnik	90	+0.34	28.06	59.86	1:32.04	2:04.88	2:04.88	
3.	Steenwijk 1934 3			NED			10:07.43	+0.63	
	Linda Wibbelink	59	+0.63	37.82	1:19.53	2:03.68	2:47.53	2:47.53	
	Wilna Heijman	64	+0.49	37.11	1:18.02	2:00.13	2:41.61	2:41.61	
	Casper Dollekamp	63	+0.47	35.03	1:13.93	1:55.76	2:35.95	2:35.95	
	Lauren Vis	82	+0.49	27.58	58.93	1:30.70	2:02.34	2:02.34	
4.	Old Dutch 1			NED			10:29.30	+0.88	
	Hans Vloedgraven	64	+0.88	35.89	1:15.70	1:55.82	2:34.36	2:34.36	
	Chantal Verhoeff	79	+0.50	33.92	1:12.30	1:52.03	2:31.87	2:31.87	
	Karin van Nassau-van den Heuvel	66	+0.14	41.78	1:28.00	2:16.03	3:03.45	3:03.45	
	Phil Trethewie	65	+0.37	32.63	1:07.70	1:44.07	2:19.62	2:19.62	

240+, Dames

1.	Old Dutch 2			NED			15:09.15	+1.00	
	Marjon Boidin	76	+1.00	38.63	1:21.44	2:06.49	2:52.18	2:52.18	
	Mies Kuipers	58	+0.81	1:03.97	2:14.40	3:25.56	4:28.95	4:28.95	
	Karien Musters	58	+0.55	49.55	1:45.56	2:45.87	3:47.09	3:47.09	
	Marie Smits	38	+0.61	53.98	1:57.27	3:01.57	4:00.93	4:00.93	

240+, Heren

1.	WS Twente 1			NED			11:52.26	+0.99	
	Jan Willem Heuten	60	+0.99	39.01	1:23.53	2:11.06	2:56.41	2:56.41	
	Joop Weenink	68	+0.82	37.28	1:18.25	2:01.48	2:43.58	2:43.58	
	Frans van Enst	40	+0.54	42.64	1:34.60	2:27.82	3:24.12	3:24.12	
	Bart van Calker	61	+0.59	39.82	1:21.39	2:04.83	2:48.15	2:48.15	

240+, Gemengd

1.	ZVVS 1			NED			11:07.43	+1.04	
	Willem Putter	45	+1.04	41.00	1:27.12	2:17.45	3:06.24	3:06.24	
	Bas van de Nouwelant	80	+0.64	31.98	1:09.12	1:47.30	2:24.85	2:24.85	
	Conny Boer-Buys	50	+0.60	37.73	1:20.87	2:05.20	2:48.63	2:48.63	
	Irene van der Laan	60	+0.48	38.74	1:21.92	2:05.36	2:47.71	2:47.71	