

Programmanr. 33
26-01-2020 - 11:06

4 x 100m vrije slag

Masters Open
Resultaten

rang	vereniging				tijd	RT	PARA
80+, Heren							
1.	Albion WSS (SG) 1 <i>Nederlands Masters Record</i>	Albion WSS (SG)	NED		3:35.57	+0.62	
	Timo Dinkelberg	+0.62 26.41	53.90	Otto Pranger	+0.56 25.45	53.33	
	Ayrton Mooldijk	+0.01 27.05	57.23	Pascal Nuijten	+0.25 24.21	51.11	
2.	De Kempvis 2	De Kempvis	NED		4:10.14	+0.70	
	Bryan Gijzen	+0.70 29.33	1:02.39	Kien Vuong	+0.26 32.64	1:10.50	
	Daniel van der Sluijs	+0.19 29.06	59.53	Dennis Doove	+0.26 27.17	57.72	
80+, Gemengd							
1.	Albion WSS (SG) 2 <i>Nederlands Masters Record</i>	Albion WSS (SG)	NED		3:39.84	+0.65	
	Ensger Kotterink	+0.65 24.06	50.34	Fenna de Groot	+0.35 28.46	1:00.12	
	Thomas Verhoeven	+0.23 23.72	50.12	Marije Dinkelberg	+0.58 28.57	59.26	
2.	TRB-RES 1	TRB-RES	NED		3:53.09	+0.77	
	Annemijn Spohr	+0.77 30.84	1:05.49	Lars Hurks	+0.37 26.09	55.82	
	Melissa van der Geld	+0.35 28.79	1:00.18	Nicko Kamphuis	+0.26 24.42	51.60	
3.	De Veene 1	De Veene	NED		3:57.39	+0.79	
	Yvon Versteeg	+0.79 28.65	59.66	Diederick Schothans	+0.31 26.78	56.39	
	Lindy Elkerbout	+0.33 30.02	1:03.69	Gideon Teeuw	+0.37 27.15	57.65	
100+, Dames							
1.	Nuenen 1 <i>Nederlands Masters Record</i>	Nuenen	NED		4:00.03	+0.52	
	Richenne Zeebregts	+0.52 28.70	1:01.01	Susan Teijken	+0.41 28.42	59.82	
	Nikita van den Ouden	+0.22 27.44	58.44	Anneloes Peulen	+0.40 28.29	1:00.76	
2.	Zuiderzeewimmers 1	Zuiderzeewimmers	NED		4:06.09	+0.71	
	Lisanne Andeweg	+0.71 31.32	1:04.89	Gaby Zittersteijn	+0.30 29.42	1:01.97	
	Dagmar Kruik	+0.39 28.83	1:01.02	Danique Stoop	+0.14 27.58	58.21	
3.	Steenwijk 1934 2	Steenwijk 1934	NED		4:14.81	+0.69	
	Nanda de Vries	+0.69 30.69	1:03.59	Elianne Huitema	+0.46 30.15	1:03.83	
	Alies Wagter	+0.35 30.48	1:03.88	Jacyntha Plat	+0.21 29.65	1:03.51	
4.	Zwemlust- den Hommel 1	Zwemlust- den Hommel	NED		4:18.59	+0.74	
	Liesbeth van Mill	+0.74 33.13	1:09.55	Danielle Vermeulen	+0.30 30.27	1:03.74	
	Marjon Pol	+0.38 30.95	1:04.29	Linda Kamperman	+0.36 29.04	1:01.01	
5.	Neptunus'58 1	Neptunus'58	NED		4:19.77	+0.62	
	Selina Janssen	+0.62 30.90	1:05.60	Mirelle de Kort	+0.20 30.25	1:03.32	
	Sandra Schellekens	+0.22 32.56	1:08.70	Linda Schellekens	+0.14 29.68	1:02.15	
6.	ESCA Zwemmen 1	ESCA Zwemmen	NED		4:29.08	+0.72	
	Moniek van Langevelde	+0.72 29.67	1:02.12	Ilja Janssen	33.64	1:12.31	
	Lianne Slagter	29.91	1:03.16	Svenja Peters	33.71	1:11.49	
100+, Heren							
1.	Rotterdam Swimming 1 <i>Kampioenschaps Record</i>	Rotterdam Swimming (SG)	NED		3:32.80	+0.68	
	Sam Beer	+0.68 27.50	57.50	Mark Baars	+0.35 23.90	51.16	
	Derk Jan Speelman	+0.19 25.49	54.11	Jeroen Baars	+0.37 23.98	50.03	
2.	ZV Haerlem 1	ZV Haerlem	NED		3:39.13	+0.69	
	Nick van der Woude	+0.69 25.98	54.35	Chris van Vliet	+0.63 26.32	55.15	
	Roy van der Woude	+0.33 25.91	55.49	Klaas van Beek	+0.49 26.22	54.14	
3.	De Kempvis 1	De Kempvis	NED		3:40.78	+0.67	
	Romero Hennep	+0.67 24.67	53.50	Erik Wegman	+0.47 27.27	56.39	
	Floyd van Duyvenbode	+0.30 26.35	56.70	Joris Bezemer	+0.25 25.18	54.19	

onjuistheden / mistakes?

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Programmanr. 33, Heren, 4 x 100m vrije slag, 100+

rang	vereniging	tijd	RT	PARA	
4.	ESCA Zwemmen 3 Job Esink Tom Driessen	ESCA Zwemmen +0.69 28.64 1:01.71 +0.36 25.90 54.43	NED Sander de Vrugt Mike Schel	3:46.64 +0.15 25.81 +0.24 26.86	+0.69 54.19 56.31
5.	DIO 2 Jan van Opstal Timo Musters	DIO +0.76 27.93 58.92 +0.36 27.26 58.11	NED Martino Valentijn Arjan van der Plaats	3:53.69 +0.50 28.53 +0.39 25.99	+0.76 1:00.66 56.00
6.	ZPV Barracuda 2 Emiel van Beusekom Thomas Hesper	ZPV Barracuda +0.57 26.97 55.35 +0.44 27.80 58.28	NED Robin van Beusekom Dennis Dortland	3:54.63 +0.16 29.43 +0.38 28.06	+0.57 1:02.12 58.88
7.	De Schotejil 1 David Kievit Sven Dubbeld	De Schotejil +0.61 27.55 57.56 30.19 1:04.25	NED Leander Noordijk Niels Albrechts	4:01.83 +0.43 28.77 +0.18 27.86	+0.61 1:01.16 58.86
8.	Steenwijk 1934 4 Bernd Kobesen Patrick Wobben	Steenwijk 1934 +0.68 26.06 55.01 +0.50 33.32 1:12.22	NED Kyliaan Kooijman Robert Braad	4:02.78 +0.46 27.21 +0.35 27.09	+0.68 58.05 57.50

100+, Gemengd

1.	VZC 1 <i>Wereld Masters Record, NMR startzwemster 100m</i> Marjolein Delno Olaf Achterberg	VZC +0.76 26.33 54.92 +0.58 25.21 52.50	NED Jelle Nap Saskia de Jonge	3:40.20 +0.44 26.06 +0.42 27.99	+0.76 53.79 58.99
2.	DWK 1 Celine Schoenmaker Kevin Eltink	DWK +0.74 28.67 1:00.31 +0.10 24.79 51.92	NED Anoeska van de Kraats Serginni Marten	3:45.87 +0.49 29.67 +0.13 23.76	+0.74 1:02.76 50.88
3.	Dedemsvaart-AC 1 Sepp Kalter Robert Dekker	Dedemsvaart-AC +0.70 25.65 53.36 +0.42 26.00 54.42	NED Marije Dankelman Laura Compagner	3:51.38 +0.09 30.51 +0.42 27.80	+0.70 1:04.37 59.23
4.	ZV Hoogland 1 Jamilla van Veen Yuri van Omme	Zwemvereniging Hoogland +0.76 28.12 59.83 +0.38 27.08 57.22	NED Anne-Irene Ducheine Bas Dries	3:53.17 +0.09 30.21 +0.31 25.02	+0.76 1:03.73 52.39
5.	ZVL-1886 Tetteroo 1 Linda van der Voort Robin van Beek	ZVL-1886 Tetteroo +0.72 29.42 1:01.68 +0.37 26.55 55.30	NED Lonneke Graansma Kristiaan Lenos	3:57.27 +0.43 31.14 +0.43 25.83	+0.72 1:05.86 54.43
6.	ZPC AMERSFOORT 3 Danica Koedoot Joanne van Essen	ZPC AMERSFOORT +0.61 30.65 1:04.68 +0.33 29.70 1:03.07	NED Jelle Blankestijn Martijn Bartels	3:59.67 +0.30 26.18 +0.33 26.89	+0.61 55.37 56.55
7.	De Warande 1 Amy van Lier Casper Bolkenbaas	De Warande +0.62 29.78 1:02.47 +0.07 26.01 54.93	NED Désirée Emmen Sander van Elburg	3:59.78 +0.35 30.25 +0.24 27.10	+0.62 1:04.43 57.95
8.	DWT 1 Jeffrey Camphens Hiras Ferrandino	DWT +0.63 27.66 57.59 +0.39 27.47 1:00.10	NED Chantal Beijer Evy Witlox	4:05.17 +0.41 29.54 0.00 29.91	+0.63 1:02.12 1:05.36
9.	HZ&PC Heerenveen 1 Daniëlle de Boer Fraukje Puts	HZ&PC Heerenveen +0.76 30.21 1:02.78 +0.23 29.74 1:02.01	NED Marten Ettema Dennis Bos	4:12.33 +0.62 31.81 +0.38 27.01	+0.76 1:09.10 58.44
10.	De Dolfijn 1 Leffert Lansink Pascalle Rovers	De Dolfijn +0.95 31.18 1:04.92 +0.43 30.60 1:04.57	NED Martijn Gerrits Karen Stolk	4:20.15 +0.47 31.41 +0.18 29.74	+0.95 1:07.61 1:03.05
11.	AZC 1 Lukas Schouten Carmen Bootsma	AZC +0.89 28.93 1:01.54 35.18 1:15.55	NED Mariska Zaal Stefan Oostendorp	4:30.61 33.76 1:12.33 29.15 1:01.19	+0.89 1:12.33 1:01.19
12.	ZVL-1886 Tetteroo 2 Erik Baalbergen Ingmar Kooman	ZVL-1886 Tetteroo +0.78 29.39 1:01.79 31.99 1:08.73	NED Maartje Hids Suzan Blankestijn	4:42.83 39.93 1:22.68 32.78 1:09.63	+0.78 1:22.68 1:09.63

Programmanr. 33, 4 x 100m vrije slag

120+, Dames

1.	ZPC Woerden 1	ZPC Woerden	NED	4:23.09	+0.67
	Marjan Remmits	+0.67 32.34	1:07.12	Sabine Lina	+0.37 30.62
	Ilse van den Wijngaard	+0.41 31.79	1:06.98	Mandy Verbakel	+0.27 30.80
2.	DIO 1	DIO	NED	4:36.58	+0.74
	Whitney van Hoeckel	+0.74 31.94	1:05.44	Marlijn Hendriksen	+0.37 29.34
	Siska Post	+0.54 40.50	1:26.47	Jolanda Post	+0.44 29.56
3.	RZC 1	RZC	NED	4:37.81	+0.65
	Marieke van Dodeweerd	+0.65 32.82	1:09.79	Rita van der Horst	+0.19 32.98
	Malou Heidekamp	+0.47 34.58	1:12.91	Linda Hoogendam	+0.03 30.90
4.	MSV-Zeemacht 1	MSV-Zeemacht	NED	4:39.36	+0.64
	Jet Kleine	+0.64 31.71	1:05.81	Bianca Groot	+0.58 32.71
	Annette van Dok	+0.35 39.48	1:23.87	Tessa Mosch	+0.42 29.69
5.	WVZ 1	WVZ	NED	4:40.18	+0.73
	Sabine Koudijs	+0.73 31.28	1:07.23	Yvonne Gerritsen	32.34
	Sandra van der Ende	34.01	1:11.25	Linda Hoogendam	33.64
6.	Steenwijk 1934 1	Steenwijk 1934	NED	4:49.04	+0.59
	Getrude Corporaal	+0.59 33.12	1:08.84	Ilse Blankvoort	+0.37 33.29
	Lonneke Oenema	33.69	1:10.57	Inge Soeters	+0.34 37.26
7.	De Duck 1	De Duck	NED	4:53.00	+0.68
	Rachel Trainor	+0.68 36.03	1:17.04	Geraldine Trainor	+0.28 33.22
	Sandra Vermeulen	+0.16 34.58	1:12.67	Leontine Groeneveldt	+0.31 33.07

120+, Heren

1.	ZPC AMERSFOORT 2	ZPC AMERSFOORT	NED	3:42.12	+0.72
	<i>Nederlands Masters Record, van de startzwemmer 100m</i>				
	Chester Marsman	+0.72 26.88	56.64	Joan Kentrop	+0.48 24.43
	Rob van Vliet	+0.50 27.40	57.75	Martijn Giezen	+0.14 26.71
2.	DAW 1	DAW	NED	3:45.77	+0.67
	Michel de Maesschalck	+0.67 27.10	56.01	Pieter van Gemeren	+0.32 27.68
	Alex Damen	+0.46 27.60	57.73	Felix Geenen	+0.27 25.12
3.	De Duinkickers 2	De Duinkickers	NED	4:19.66	+0.74
	Connor Elemans	+0.74 31.42	1:07.85	Jeffrey Roest	+0.27 29.08
	Ruben de Boer	+0.18 30.18	1:04.71	Mathieu Rikken	+0.40 29.90
4.	Deltasteur 1	Deltasteur	NED	4:33.64	+0.80
	Pieter Bardelmeijer	+0.80 35.22	1:13.67	Tom de Lange	31.20
	Bob Potkamp	33.06	1:12.04	Patrick de Jonge	29.37

120+, Gemengd

1.	De Lansingh 1	De Lansingh	NED	3:54.75	+0.72
	Nol van Thull	+0.72 25.25	52.73	Roos van Esch	+0.22 31.76
	Mariska Scheel	+0.48 27.99	59.74	Rutger Dalm	+0.26 27.01
2.	ZPV Barracuda 1	ZPV Barracuda	NED	3:56.34	+0.82
	Mark Hensen	+0.82 27.23	55.90	Melissa van der Heijden	+0.16 29.77
	Pascal van Haren	+0.31 26.94	57.16	Denise Boereboom	+0.45 29.18
3.	WVZ 2	WVZ	NED	4:00.00	+0.72
	Delia Badoux	+0.72 29.50	1:01.70	Rens Post	+0.23 27.40
	Isabelle Massar	+0.38 29.82	1:03.37	Jordy van Oel	+0.31 27.01
4.	De Ward 1	De Ward	NED	4:07.54	+0.71
	Eva Kattouw	+0.71 30.93	1:07.23	Antwan van Engen	+0.28 27.12
	Yvette Ratering	+0.80 31.74	1:06.27	Stephan van Grevenbroek	+0.44 26.96
5.	DAW 2	DAW	NED	4:12.68	+0.75
	Wouter Zijlstra	+0.75 28.45	1:01.01	Sandra Zwaanswijk	+0.34 31.35
	Inge Koopman	+0.04 32.14	1:07.32	Paul Oudendijk	+0.53 28.52
6.	De Duck 2	De Duck	NED	4:19.74	+0.98
	Erik Saan	+0.98 32.18	1:08.16	Judith Kleinjan	+0.55 32.92
	Lenneke Bagijn	+0.66 31.33	1:06.20	Jesper Oranje	+0.53 25.64
7.	RZ 1	RZ	NED	4:30.34	+0.76
	Claudia Creemers	+0.76 37.34	1:20.81	Bert Schlicher	+0.22 29.73
	Fiona Meuffels	+0.12 32.01	1:08.93	Patrick Creemers	+0.09 27.38

Programmanr. 33, Gemengd, 4 x 100m vrije slag, 120+

rang	vereniging	tijd	RT	PARA
8.	Albion WSS (SG) 4 Nick Boekestijn Jacoline van den Beukel	NED Yancey Bouman Fred Dijkshoorn	4:32.40 +0.22 33.84 +0.45 32.57	+0.65 1:12.49 1:08.70
9.	ZV Hoogland 2 Renske Eilers Rudolf Meijer	NED Nicole van Zuilen Rutger Stam	4:35.85 35.70 27.36	+0.78 1:15.04 59.90
10.	ZVVS 1 Gerjjan van der Vaart Jeroen Hoeksels	NED Chantal van der Vaart Marielle van der Vaart	4:44.88 +0.78 33.66 +0.62 31.00	+0.57 1:09.34 1:04.87

160+, Dames

1.	Old Dutch 1 Nicole van der Kooij Marjon Boidin	NED Marleen Zantingh Chantal Verhoeff	4:49.50 33.52 31.89	+0.82 1:10.69 1:07.49
2.	De Rog 1 Chantal Winters Sandra Peeters-Wiermans	NED Sandra Van der Helm Esther Wouters	5:07.05 39.22 40.28	+0.77 1:22.59 1:24.24
3.	Budel 1 Sylvia Avitabile Carola Hompes	NED Elly Scheepers Miriam Stevens	5:33.70 35.02 39.34	+0.95 1:12.37 1:24.62
4.	De Duinkickers 1 Rachel Trapman Inge Roskam	NED Annet Verhoeven - Steggerda Saskia op den Velde	5:38.24 49.26 35.19	+0.73 1:48.85 1:18.79

160+, Heren

1.	CNSW 1 Mesut Halicioglu Nicolas Slegers	BEL Christian Schoenaers Bruno Nahon	4:39.60 39.17 33.98	+0.71 1:21.45 1:09.65
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160+, Gemengd

1.	TRB-RES 2 Bas Kremers Jeroen den Boer	NED Maïke Korthout Edith Janssen-Koolen	4:26.57 +0.27 31.63 +0.18 30.20	+0.76 1:06.87 1:04.40
2.	ESCA Zwemmen 4 Arjen Koop Wridzer Bakker	NED Danique de Vegt Karin van der Star-Verhoeven	4:32.49 33.47 34.47	+0.78 1:09.85 1:14.83
3.	SWOL 1894 1 Annemarie Vuijs-Blum Kika Meijers	NED Kasper van den Berghe Peter Lommert	4:40.05 31.35 29.71	+0.82 1:05.37 1:04.52
4.	CNSW 2 Lionel Godeaux Marco Usula	BEL Marion Regnier Fernande Blondeel-Gourmet	4:48.32 +0.36 31.79 +0.31 46.60	+0.70 1:06.98 1:42.03
5.	Budel 3 Joost van Eerdt Jolanda Knippenberg	NED Judith van der Heijden Dyon de Greef	5:53.01 54.00 30.86	+0.88 1:55.49 1:06.64

200+, Dames

1.	ZPC AMERSFOORT 1 <i>Wereld Masters Record</i> Lesley Cordial Atie Pijtak-Radersma	NED Lidia v. Bon-Rosenbrand Marije Jansen	4:18.18 +0.26 30.12 +0.07 28.47	+0.71 1:05.08 1:00.87
2.	De Rog 2 Ageeth Westenbrink Arianne Hamakers	NED Regine Beckers-Stribos Wendy Brugman	5:03.66 34.56 30.99	+0.70 1:14.75 1:06.73
3.	DWK 2 Greta Wyma-Teitsma Jennie Resink-lindeboom	NED Ellen van Wingerden-Dijkhuizen Iris van Aurich	5:21.70 36.55 33.19	+0.92 1:17.37 1:09.89

onjuistheden / mistakes?

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Open Nederlandse Masters
Kampioenschappen 2020 korte baan
Rotterdam 23-26 januari 2020



Programmanr. 33, Dames, 4 x 100m vrije slag, 200+

rang	vereniging				tijd	RT	PARA
4.	ESCA Zwemmen 2	ESCA Zwemmen	NED		6:09.73	+0.76	
	Cora Smulders	+0.76	45.12	1:36.85	+0.78	41.64	1:26.27
	Yoka de Vegt-van Dijk	+0.36	41.09	1:27.57	+0.68	46.80	1:39.04

200+, Heren

1.	De Rog 3	De Rog	NED		4:02.03	+0.67	
	Arjan Verheij	+0.67	28.42	1:00.33	+0.40	27.91	58.99
	Erik Kamphuis	+0.59	31.72	1:04.43	+0.23	27.47	58.28
2.	Steenwijk 1934 3	Steenwijk 1934	NED		4:12.70	+0.72	
	Casper Dollekamp	+0.72	32.82	1:10.09	-0.02	29.06	1:02.08
	Huyb Stegeman	+0.44	30.93	1:06.33	+0.40	25.49	54.20
3.	Budel 2	Budel	NED		4:26.48	+0.93	
	Jos Zentjens	+0.93	32.82	1:11.09	+0.27	26.92	57.61
	Ruud Kennis	+0.38	34.21	1:11.43	+0.43	31.25	1:06.35
4.	RZC 2	RZC	NED		4:27.46	+0.79	
	Geert van Duinhoven	+0.79	32.31	1:08.17	+0.54	31.37	1:06.82
	Eric Langhorst	+0.37	33.34	1:08.71	+0.40	30.17	1:03.76
5.	De Rog 4	De Rog	NED		4:45.32	+0.76	
	Wijnand Vergeest	+0.76	31.74	1:06.30	+0.54	36.87	1:17.79
	Hans Van de Berg	+0.56	34.70	1:11.59	+0.37	32.67	1:09.64

200+, Gemengd

1.	Dunkerque Natation 1 <i>French Masters Record</i>	Dunkerque Natation	FRA		4:13.92	+0.51	
	Jean-Pierre Delaporte	+0.51	29.11	1:00.43	+0.03	30.59	1:06.06
	Isabelle Josselin	+0.35	32.00	1:07.36	+0.15	27.90	1:00.07
2.	PSV 2	PSV	NED		4:16.29	+0.73	
	Jeanne Petit	+0.73	31.72	1:07.47	+0.37	29.65	1:02.54
	Liselotte Joling	+0.46	32.08	1:06.41	+0.29	28.17	59.87
3.	Albion WSS (SG) 3	Albion WSS (SG)	NED		4:21.61	+0.70	
	Pieter Broek	+0.70	28.05	59.47	+0.43	33.21	1:09.26
	Tineke Janssen	+0.31	32.29	1:08.37	+0.34	30.20	1:04.51
4.	Patrick-De Roersoppers (SG) 1	Patrick-De Roersoppers (SG)	NED		4:42.48	+0.84	
	Arno Schrauwen	+0.84	31.61	1:06.31		34.63	1:13.47
	Charles Bos		33.11	1:11.07		34.49	1:11.63
5.	HZ&PC Heerenveen 2 <i>Nederlands Masters Record, van de startzwemmer 100m</i>	HZ&PC Heerenveen	NED		4:45.09	+0.67	
	Casper Hut	+0.67	24.17	51.68	+0.20	35.62	1:16.28
	Ineke Meijer	+0.45	46.62	1:36.47	+0.31	28.54	1:00.66
6.	AZC 2	AZC	NED		4:54.13	+0.69	
	Wim de Lange	+0.69	33.51	1:10.60		34.72	1:12.34
	Geza Kaltenecker		40.30	1:27.15		30.74	1:04.04
7.	Steenwijk 1934 5	Steenwijk 1934	NED		5:24.81	+0.78	
	Korstiaan de Boer	+0.78	34.03	1:11.21		26.55	1:18.71
	Hans van Scheepen		42.33	1:28.79		40.50	1:26.10

240+, Gemengd

1.	CNSW 3 <i>Belgisch Masters Record</i>	CNSW	BEL		4:54.28	+0.95	
	Philippe Godbille	+0.95	35.58	1:14.67		33.46	1:09.43
	Claire Anthony		38.59	1:23.02		32.00	1:07.16
2.	TriVia 1	TriVia	NED		4:54.84	+0.87	
	Fred Zanting	+0.87	35.44	1:15.11	+0.34	35.18	1:14.02
	Margriet Pasma	+0.40	38.97	1:21.74	+0.48	30.41	1:03.97
3.	SWOL 1894 2	SWOL 1894	NED		4:55.01	+0.79	
	Marjan Spoelstra	+0.79	39.46	1:24.15	+0.45	35.94	1:15.53
	Jan-Ede Nijenhuis	+0.31	31.83	1:09.10	+0.39	31.52	1:06.23

onjuistheden / mistakes?

mail naar/ to: mastersinschrijvingen@knzb.nl

Splash Meet Manager, 11.62141

Registered to KNZB

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Programmanr. 33, Gemengd, 4 x 100m vrije slag, 240+

rang	vereniging	tijd	RT	PARA
4.	ZPC AMERSFOORT 4	5:23.30	+0.79	
	Machteld Stiling	30.21	1:02.98	
	Henk Kuipers	51.73	1:53.36	

280+, Dames

1.	PSV 1	5:21.18	+0.59	
	<i>Wereld Masters Record</i>			
	Corrie Verhoeven	31.67	1:07.39	
	Lottie Geurts	36.24	1:14.63	

280+, Gemengd

1.	PSV 3	6:18.38	+0.90	
	Carla Hensen	+0.26	39.18	1:23.20
	Ineke Brouwers	+0.68	41.67	1:30.29