

11. Nederlandse Records ILSE Masters 55-59 jaar

| 11.1 200 meter hinderniszwemmen | | | | |
|--|-----------|-------------------------|-----------|-----------------|
| D.25 | | | | |
| D.50 | | | | |
| H.25. | | | | |
| H.50 | 2-12-2017 | Jan Brink Orange Cup | Dordrecht | 02:28,23 |

| 11.2 100 meter popduiken met zwemvliezen | | | | |
|---|------------|----------------------------------|-----------|-----------------|
| D.25 | 3-2-2019 | Astrid van de Kooy PK Asse | Dordrecht | 01:44,21 |
| D.50 | 2-12-2017 | Mieke Hover Orange Cup | Echt | 01:22,90 |
| H.25. | 12-10-2024 | Erik van Daalen Groenhovencup | Gouda | 01:07,63 |
| H.50 | 11-3-2018 | Jan Brink ILSE Dordrecht | Dordrecht | 01:05,33 |

| 11.3 100 meter reddingswisselslag | | | | |
|--|-----------|--|-----------|-----------------|
| D.25 | | | | |
| D.50 | 16-3-2019 | Titia Meerman ILSE wedstrijden te Dordrecht | Dordrecht | 02:28,94 |
| H.25. | | | | |
| H.50 | 10-3-2018 | Jan Brink ILSE wedstrijden te Dordrecht | Dordrecht | 01:23,47 |



11.4 50 meter popduiken

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|--------------|------------|------------------------------------|-----------|-----------------|
| D.25 | 3-2-2019 | Astrid van de Kooy PK Asse | Dordrecht | 00:59,41 |
| D.50 | 17-9-2019 | Mieke Hover EK Masters Riccione | Echt | 00:52,05 |
| H.25. | 12-10-2024 | Erik van Daalen Groenhovencup | Gouda | 00:41,88 |
| H.50 | 2-12-2017 | Jan Brink Orange Cup | Dordrecht | 00:43,38 |

11.5 100 meter lifesaver

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|--------------|-----------|------------------------------------|-----------|-----------------|
| D.25 | | | | |
| D.50 | 17-9-2019 | Mieke Hover EK Masters Riccione | Echt | 01:27,30 |
| H.25. | 8-4-2023 | Erik van Daalen Groenhovencup | Gouda | 01:11,62 |
| H.50 | 2-12-2017 | Jan Brink Orange Cup | Dordrecht | 01:12,01 |

11.6 200 meter superlifesaver

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|--------------|-----------|---|-----------|-----------------|
| D.25 | | | | |
| D.50 | 17-3-2019 | Astrid van der Kooij ILSE wedstrijden te Dordrecht | Dordrecht | 04:03,03 |
| H.25. | | | | |
| H.50 | 11-3-2018 | Jan Brink ILSE wedstrijden te Dordrecht | Dordrecht | 02:47,94 |



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|--|----------|---------------------------------------|-----------|-----------------|
| 11.7 100 meter hinderniszwemmen | | | | |
| D.25 | | | | |
| D.50 | | | | |
| H.25. | | | | |
| H.50 | 4-2-2024 | Marcel in t Veld PK Vlaams Brabant | Dordrecht | 01:35,74 |