

## 10. Nederlandse Records ILSE Masters 50-54 jaar

| <b>10.1 200 meter hinderniszwemmen</b> |           |                                               |            |                 |
|----------------------------------------|-----------|-----------------------------------------------|------------|-----------------|
| <b>D. 25</b>                           | 10-4-2016 | Astrid van de Kooij<br>PK Limburg te België   | Dordrecht  | <b>03:39,94</b> |
| <b>D. 50</b>                           | 7-3-2010  | Marjolein Peulen<br>Heythuysen                | Heythuysen | <b>03:13,0</b>  |
| <b>H. 25</b>                           | 2-4-2017  | Erik de Reuver<br>PK Limburg                  | Oss        | <b>03:19,10</b> |
| <b>H. 50</b>                           | 21-9-2022 | Sven Roemen<br>WK Lifesaving Masters Riccione | Echt       | <b>02:33,50</b> |

| <b>10.2 100 meter popduiken met zwemvliezen</b> |           |                                               |            |                 |
|-------------------------------------------------|-----------|-----------------------------------------------|------------|-----------------|
| <b>D. 25</b>                                    | 20-4-2019 | Francoise Duran<br>Groenhoven Cup             | Amersfoort | <b>01:27,10</b> |
| <b>D. 50</b>                                    | 11-3-2018 | Majan Hobus<br>ILSE Dordrecht                 | Heythuysen | <b>01:25,68</b> |
| <b>H. 25</b>                                    | 20-4-2019 | Jos Beckers<br>Groenhoven Cup                 | Echt       | <b>01:03,69</b> |
| <b>H. 50</b>                                    | 21-9-2022 | Sven Roemen<br>WK Lifesaving Masters Riccione | Echt       | <b>00:59,82</b> |

| <b>10.3 100 meter reddingswisselslag</b> |           |                                             |           |                 |
|------------------------------------------|-----------|---------------------------------------------|-----------|-----------------|
| <b>D. 25</b>                             | 10-4-2016 | Astrid van de Kooij<br>PK Limburg te België | Dordrecht | <b>02:17,01</b> |
| <b>D. 50</b>                             | 2-12-2017 | Astrid van de Kooij<br>Orange Cup           | Dordrecht | <b>02:13,60</b> |
| <b>H. 25</b>                             | 20-1-2019 | Marcel in 't Veld<br>PK West Vlaanderen     | Dordrecht | <b>01:59,58</b> |
| <b>H. 50</b>                             | 2-12-2017 | Erik van Dalen<br>Orange Cup                | Dordrecht | <b>01:26,49</b> |



#### 10.4 50 meter popduiken

|              |           |                                               |            |                 |
|--------------|-----------|-----------------------------------------------|------------|-----------------|
| <b>D. 25</b> | 20-4-2019 | Francoise Duran<br>Groenhovencup              | Amersfoort | <b>00:53,45</b> |
| <b>D. 50</b> | 17-3-2019 | Marjan Hobus<br>ILSE wedstrijd te Dordrecht   | Heythuysen | <b>00:50,53</b> |
| <b>H. 25</b> | 20-4-2019 | Jos Beckers<br>Groenhoven Cup                 | Echt       | <b>00:36,32</b> |
| <b>H. 50</b> | 21-9-2022 | Sven Roemen<br>WK Lifesaving Masters Riccione | Echt       | <b>00:38,64</b> |

#### 10.5 100 meter lifesaver

|              |           |                                             |            |                 |
|--------------|-----------|---------------------------------------------|------------|-----------------|
| <b>D. 25</b> | 20-4-2019 | Francoise Duran<br>Groenhovencup            | Amersfoort | <b>01:29,16</b> |
| <b>D. 50</b> | 16-3-2019 | Marjan Hobus<br>ILSE wedstrijd te Dordrecht | Heythuysen | <b>01:21,88</b> |
| <b>H. 25</b> | 20-4-2019 | Jos Beckers<br>Groenhovencup Gouda          | Echt       | <b>01:09,10</b> |
| <b>H. 50</b> | 3-9-2016  | Erik van Daalen<br>WK Masters               | Dordrecht  | <b>01:07,70</b> |

#### 10.6 200 meter superlifesaver

|              |            |                                          |            |                 |
|--------------|------------|------------------------------------------|------------|-----------------|
| <b>D. 25</b> |            |                                          |            |                 |
| <b>D. 50</b> | 17-3-2019  | Marjan Hobus<br>ILSE wedstrijd Dordrecht | Heythuysen | <b>03:33,24</b> |
| <b>H. 25</b> | 3-2-2019   | Wim van Grieken<br>PK Asse               | Gouda      | <b>02:53,28</b> |
| <b>H. 50</b> | 27-11-2021 | Sven Roemen<br>OrangeCup                 | Echt       | <b>02:44,95</b> |