

## Marleen Veldhuis

In October 2004 Marleen Veldhuis broke through by winning a golden medal at the 50 meters free style on the World Championship short course in Indianapolis. At the Olympic Games of Athens 2004 she won the bronze medal on the 4 x 100 meters free style. A year later, Marleen Veldhuis became 'the Queen' of the European Championship Short Course 2005 in Trieste. There she took home four gold medals and set a world record on the relay 4 x 50 meters medley.

In 2006, at the World Championship short course swimming in Shanghai, she broke the world record again with the relay 4 x 100 meters free style.

The following year, during the World Cup Circuit in Berlin, she refined her record 50 meter free style with 23.58 seconds.

In 2008, during the World Championship free style in Manchester, England, she broke her world record once again setting it to 23.25 seconds. She also won four golden medals, on the 50 meters freestyle, 100 meters freestyle, 4 x 100 meters freestyle (relay) and 4 x 200 meters freestyle (relay).

At the European Championship in 2008 Marleen Veldhuis won three golden (50 and 100 meters freestyle and 4 x 100 meters freestyle) and one bronze medal (4 x 100 meters medley)

Marleen Veldhuis is multiple Dutch Champion on different courses. She is also six-times European Champion on the short course. In 2007 Marleen Veldhuis was elected Dutch Sportswoman of the Year.

In the run-up to and during the Olympic Games Marleen uses DSM's recovery product PeptoPro®:

'For maximum performance I use PeptoPro after races and intensive trainings. PeptoPro helps my body recover, so I can deliver more quality during the next race. As the circumstances are hectic (after swimming, massages, press) I need to recover as quick as possible. That's why I use PeptoPro directly after the race so my body will recover quickly and effectively.'

### *Sporting history, Marleen Veldhuis (1979)*

#### National Titles

Dutch Champion short course (14)  
 50 m. butterfly style 2007  
 200 m. butterfly style 2001  
 50 m. free 2002, 2003, 2004, 2005, 2007  
 100 m. free 2002, 2003, 2004, 2005, 2007  
 200 m. free 2003, 2004  
 National Championships (14)  
 50 m. free 2004, 2005, 2006, 2008  
 100 m. free 2003, 2004, 2005, 2006, 2008  
 200 m. free 2002, 2003  
 200 m. butterfly style 2007  
 100 m. back style 2007

#### Records

**World and European record**  
 Short course  
 50 m. free style 0.23.25 (World Cup Manchester 2008) (WR)  
 4x100 m. free style 3.30.85 (final swimmer)  
 Dutch Open Swimcup short course  
 Eindhoven 2007 (WR)  
 100 m. free style 0.52.08 (NC Amsterdam 2007) (ER)





#### Dutch records (current)

Short course

50 m. freestyle 0.23.25 (2008 Manchester) (WR)

100 m. freestyle 0.52.08 (2007 Amsterdam) (ER)

Long course

50 m. free style 0.24.09 (2008 Eindhoven) (ER)

100 m. free style 0.53.58 (2007 Eindhoven)

#### Quickest relay split

Short course

50 m. free 0.22.97 (EC 2006 Helsinki)

100 m. free 0.51.43 (2008 WC Manchester)

200 m. free 1.54.17 (2008 WC Manchester)

Long course

100 free 0.52.62 (EC 2008 Eindhoven)

200 free 1.58.70 (EC 2008 Eindhoven)

#### Olympic achievements

Olympic Games Athens 2004

9nd place 50 m. free 0.25.27, semi finals

11nd place 100 m. free 0.55.32, semi finals

Bronze medal 4 x 100 meters freestyle 0.54.11 – third swimmer

6th 4 x100 m. medley 0.54.10 freestyle

9th 4x200 m. freestyle 2.02.08 – fourth swimmer