

ZMC Lelystad  
Lelystad, 9-5-2026

Programmanr. 2  
9-5-2026 - 13:45

200m schoolslag

Gebjr 1932 - 2006  
Resultaten

| rang naam                 | vereniging           | intijd  | tijd      | RT             | 50m   | 100m    | 150m | 200m    |
|---------------------------|----------------------|---------|-----------|----------------|-------|---------|------|---------|
| <b>Masters 20+, Dames</b> |                      |         |           |                |       |         |      |         |
| 1. Iris Lok               | WS Twente            | 3:08.74 | 200301094 | <b>3:05.00</b> | 42.21 | 1:28.89 |      | 3:05.00 |
| 2. Amber Westerink        | De Hokseberg         | 3:15.20 | 200401078 | <b>3:16.20</b> | 42.44 | 1:32.50 |      | 3:16.20 |
| 3. Pien Ooijman           | WS Twente            | 3:11.09 | 200504500 | <b>3:19.70</b> | 43.37 | 1:33.95 |      | 3:19.70 |
| 4. Inge Kiers             | Deltasteur           | 3:25.32 | 200505222 | <b>3:20.77</b> | 45.63 | 1:36.64 |      | 3:20.77 |
| 5. Ruth Hofstede          | Deltasteur           | 3:30.00 | 200505220 | <b>3:35.47</b> | 47.92 | 1:41.90 |      | 3:35.47 |
| <b>Masters 20+, Heren</b> |                      |         |           |                |       |         |      |         |
| 1. Finn Ooijman           | WS Twente            | 2:45.88 | 200603161 | <b>2:44.84</b> | 36.46 | 1:18.09 |      | 2:44.84 |
| <b>Masters 25+, Dames</b> |                      |         |           |                |       |         |      |         |
| 1. Noël Iris Hettinga     | Neptunia '24         | 2:47.91 | 200002536 | <b>2:49.75</b> | 38.23 | 1:21.71 |      | 2:49.75 |
| 2. Jolien Wind            | ZPC de Kanaalstreek  | 2:43.13 | 200100510 | <b>2:53.27</b> | 39.36 | 1:24.16 |      | 2:53.27 |
| 3. Amber van der Kruk     | MSV-Zeemacht         | 3:04.21 | 200102730 | <b>3:02.03</b> | 40.37 | 1:27.65 |      | 3:02.03 |
| 4. Marion Sijbesma        | Enkhuizer Zwem Veren | 3:33.74 | 199704048 | <b>3:32.35</b> | 47.66 | 1:40.52 |      | 3:32.35 |
| 5. Kim Dekker             | de Plons             | 3:28.00 | 199903790 | <b>3:39.69</b> | 49.28 | 1:44.79 |      | 3:39.69 |
| <b>Masters 25+, Heren</b> |                      |         |           |                |       |         |      |         |
| 1. Gerco Kwakkel          | Z&PC Hatto-Heim      | 2:52.25 | 199800847 | <b>2:51.48</b> |       | 1:21.89 |      | 2:51.48 |
| <b>Masters 30+, Dames</b> |                      |         |           |                |       |         |      |         |
| 1. Tamara Grove           | De Dolfijn           | 2:56.29 | 199601266 | <b>2:55.03</b> | 39.64 | 1:24.15 |      | 2:55.03 |
| 2. Raffaella Mulas        | AZ&PC De Futen       | 3:25.00 | 199208112 | <b>3:20.25</b> | 44.40 | 1:35.28 |      | 3:20.25 |
| 3. Mylene Wildeboer       | H2Oldambt            | 4:07.17 | 199602674 | <b>3:57.36</b> | 52.55 | 1:53.06 |      | 3:57.36 |
| <b>Masters 30+, Heren</b> |                      |         |           |                |       |         |      |         |
| 1. Erwin Pras             | Gzvw                 | 3:00.68 | 199601781 | <b>3:00.36</b> | 39.31 | 1:26.18 |      | 3:00.36 |
| 2. Roy Schroten           | Zuiderzeewemmers     | 3:21.67 | 199506373 | <b>3:15.47</b> | 41.74 | 1:31.27 |      | 3:15.47 |
| 3. Cars Wiegmann          | WS Twente            | 3:15.98 | 199401025 | <b>3:16.20</b> | 43.31 | 1:33.94 |      | 3:16.20 |
| <b>Masters 35+, Dames</b> |                      |         |           |                |       |         |      |         |
| 1. Kim Visser             | H2Oldambt            | 3:39.99 | 198704350 | <b>3:29.55</b> | 47.20 | 1:40.18 |      | 3:29.55 |
| <b>Masters 35+, Heren</b> |                      |         |           |                |       |         |      |         |
| 1. Oz Hirzel              | Gay Swim Amsterdam   | 2:58.00 | 198806403 | <b>2:44.48</b> | 35.24 | 1:16.94 |      | 2:44.48 |
| 2. Tim Bunnik             | Triton               | 2:42.31 | 199000505 | <b>2:45.65</b> | 38.18 | 1:20.79 |      | 2:45.65 |
| 3. Albert Dijkstra        | ZPC Isis             | 3:24.16 | 198700711 | <b>3:30.55</b> | 44.47 | 1:37.71 |      | 3:30.55 |
| <b>Masters 40+, Heren</b> |                      |         |           |                |       |         |      |         |
| 1. Martijn Giezen         | Zpc Amersfoort       | 2:45.86 | 198500813 | <b>2:50.11</b> | 37.45 | 1:20.81 |      | 2:50.11 |
| 2. Albert van Piekeren    | Swol 1894            | 2:42.34 | 198401767 | <b>2:52.00</b> | 38.37 | 1:22.04 |      | 2:52.00 |
| 3. Roelf Ottens           | WS Twente            | 3:19.85 | 198503369 | <b>3:17.53</b> | 44.97 | 1:35.07 |      | 3:17.53 |
| 4. Sebastiaan de Vos      | De Duinkickers       | 4:09.76 | 198402481 | <b>4:18.00</b> | 58.53 | 2:04.44 |      | 4:18.00 |
| <b>Masters 45+, Dames</b> |                      |         |           |                |       |         |      |         |
| 1. Kristel Lips           | Enkhuizer Zwem Veren | 3:30.00 | 197900562 | <b>3:30.84</b> | 46.32 | 1:39.69 |      | 3:30.84 |
| 2. Gea van der Schaaf     | Deltasteur           | 3:34.18 | 197901558 | <b>3:35.79</b> | 48.69 | 1:44.15 |      | 3:35.79 |
| 3. M. Roskam-Satter       | Zuiderzeewemmers     | 4:03.89 | 197801448 | <b>4:00.77</b> | 53.60 | 1:53.74 |      | 4:00.77 |
| <b>Masters 45+, Heren</b> |                      |         |           |                |       |         |      |         |
| 1. Emiel Kamman           | Swol 1894            | 3:02.01 |           | <b>2:58.96</b> | 41.26 | 1:27.60 |      | 2:58.96 |
| 2. J. Koopman             | Batavia Swim         | 4:38.00 | 198102641 | <b>3:53.20</b> | 50.06 | 1:48.42 |      | 3:53.20 |
| NG.ZA Michiel Brinkman    | Daw                  | 3:14.30 | 198001991 |                |       |         |      |         |

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Masters 50+, Dames

|                      |                   |         |           |                |         |         |         |
|----------------------|-------------------|---------|-----------|----------------|---------|---------|---------|
| 1. Jannie Vennik     | HZ&PC Heerenveen  | 3:39.93 | 197601006 | <b>3:36.78</b> | 48.74   | 1:43.63 | 3:36.78 |
| 2. W. van Roenburg   | Zuiderzeezwemmers | 4:05.92 | 197601214 | <b>4:00.40</b> | 53.74   | 1:54.61 | 4:00.40 |
| 3. Miranda Verschure | Zuiderzeezwemmers | 4:00.00 | 197501046 | <b>4:25.69</b> | 1:02.49 | 2:10.82 | 4:25.69 |

Masters 50+, Heren

|                   |           |         |           |                |       |         |         |
|-------------------|-----------|---------|-----------|----------------|-------|---------|---------|
| 1. Michiel IJskes | Swol 1894 | 3:29.00 | 197301505 | <b>3:22.67</b> | 46.04 | 1:38.54 | 3:22.67 |
|-------------------|-----------|---------|-----------|----------------|-------|---------|---------|

Masters 55+, Heren

|                      |                  |         |           |                |       |         |         |
|----------------------|------------------|---------|-----------|----------------|-------|---------|---------|
| 1. René Beetsma      | HZ&PC Heerenveen | 3:00.64 | 196900069 | <b>2:58.05</b> | 39.56 | 1:24.43 | 2:58.05 |
| 2. Guido Keutgen     | Steenwijk 1934   | 3:09.47 | 196801551 | <b>3:04.71</b> | 39.02 | 1:25.99 | 3:04.71 |
| 3. Korstiaan de Boer | Steenwijk 1934   | 3:06.97 | 197101629 | <b>3:14.05</b> | 42.68 | 1:32.50 | 3:14.05 |

Masters 55+, Dames

|                       |              |         |           |                |         |         |         |
|-----------------------|--------------|---------|-----------|----------------|---------|---------|---------|
| 1. Irna van der Molen | WS Twente    | 3:36.35 | 196900938 | <b>3:35.73</b> | 48.31   | 1:43.82 | 3:35.73 |
| 2. Annette van Dok    | MSV-Zeemacht | 3:51.33 | 196800742 | <b>4:22.51</b> | 1:00.57 | 2:08.16 | 4:22.51 |
| 3. Monique Berentse   | Batavia Swim | 4:38.14 | 196901066 | <b>4:40.74</b> | 1:04.96 | 2:17.12 | 4:40.74 |

Masters 60+, Heren

|                    |                  |         |           |                |       |         |         |
|--------------------|------------------|---------|-----------|----------------|-------|---------|---------|
| 1. Arnold de Rover | De Berkelduikers | 3:10.00 | 196400645 | <b>3:03.41</b> | 41.54 | 1:28.66 | 3:03.41 |
|--------------------|------------------|---------|-----------|----------------|-------|---------|---------|

Masters 65+, Dames

|                          |                |         |           |                |         |         |         |
|--------------------------|----------------|---------|-----------|----------------|---------|---------|---------|
| 1. M. Kraak-Beckers      | Swol 1894      | 3:50.86 | 196000240 | <b>3:44.42</b> | 49.79   | 1:46.88 | 3:44.42 |
| 2. Linda Wibbelink       | Steenwijk 1934 | 3:47.47 | 195900158 | <b>3:53.34</b> | 52.17   | 1:50.60 | 3:53.34 |
| 3. Hannie Poletiek       | TriVia         | 3:57.78 | 195900278 | <b>4:00.31</b> | 53.73   | 1:54.61 | 4:00.31 |
| 4. W. Schoenmaker-ter Ve | DWK            | 4:10.67 | 195900254 | <b>4:11.69</b> | 56.36   | 2:00.51 | 4:11.69 |
| 5. J. Resink-lindeboom   | DWK            | 4:17.98 | 196000142 | <b>4:31.24</b> | 58.62   | 2:08.03 | 4:31.24 |
| 6. Betsie Klompmaker     | De Hokseberg   | 5:29.94 | 195900200 | <b>5:39.16</b> | 1:18.25 | 2:44.77 | 5:39.16 |

Masters 65+, Heren

|                       |            |         |           |                |       |         |         |
|-----------------------|------------|---------|-----------|----------------|-------|---------|---------|
| 1. Wim Hoogland       | Zpch       | 3:22.00 | 196100225 | <b>3:13.31</b> | 43.58 | 1:32.98 | 3:13.31 |
| 2. Pier van der Sluis | De Vikings | 3:14.16 | 195900757 | <b>4:00.04</b> | 51.54 | 1:52.89 | 4:00.04 |

Masters 70+, Heren

|                |        |         |           |                |       |         |         |
|----------------|--------|---------|-----------|----------------|-------|---------|---------|
| 1. Paul Bunnik | Triton | 3:23.25 | 195600413 | <b>3:32.61</b> | 44.58 | 1:36.46 | 3:32.61 |
| 2. Jaap Vis    | TriVia | 3:57.78 | 195600515 | <b>3:53.29</b> | 51.70 | 1:50.64 | 3:53.29 |

Masters 75+, Heren

|              |                      |         |           |                |         |  |         |
|--------------|----------------------|---------|-----------|----------------|---------|--|---------|
| 1. Jos Kamps | Zwemvereniging Hoogl | 4:51.57 | 195100085 | <b>5:04.43</b> | 1:07.02 |  | 5:04.43 |
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Masters 80+, Dames

|                      |                |         |           |                |         |         |         |
|----------------------|----------------|---------|-----------|----------------|---------|---------|---------|
| 1. L. van Huissteden | Zpc Amersfoort | 5:01.99 | 194500002 | <b>5:17.93</b> | 1:11.45 | 2:32.18 | 5:17.93 |
|----------------------|----------------|---------|-----------|----------------|---------|---------|---------|

Masters 80+, Heren

|              |     |         |           |                |         |         |         |
|--------------|-----|---------|-----------|----------------|---------|---------|---------|
| 1. Rob Hanou | Psv | 4:18.34 | 194300109 | <b>4:38.12</b> | 1:02.46 | 2:16.48 | 4:38.12 |
|--------------|-----|---------|-----------|----------------|---------|---------|---------|