

ZMC Lelystad  
Lelystad, 9-5-2026

Programmanr. 8  
9-5-2026 - 15:55

100m vrije slag

Gebjr 1932 - 2006  
Resultaten

rang	naam	vereniging	intijd		tijd	RT	50m	100m
<b>Masters 20+, Dames</b>								
1.	Iris Lok	WS Twente	1:06.93	200301094	<b>1:06.99</b>		31.61	1:06.99
2.	Pien Ooijman	WS Twente	1:06.09	200504500	<b>1:08.10</b>		32.47	1:08.10
3.	Mandy Hagting	Zuiderzeezwemmers	1:09.33	200500608	<b>1:10.15</b>		34.28	1:10.15
4.	Ilse Siemerink	WS Twente	1:10.49	200502512	<b>1:10.85</b>		33.79	1:10.85
5.	Alex van der Meij	Gay Swim Amsterdam	1:20.00	200206366	<b>1:15.23</b>		36.48	1:15.23
6.	Ruth Hofstede	Deltasteur	1:17.06	200505220	<b>1:19.75</b>		37.68	1:19.75
<b>Masters 20+, Heren</b>								
1.	E. van der Putten	de Plons	1:16.66	200304747	<b>1:16.75</b>		36.71	1:16.75
<b>Masters 25+, Dames</b>								
1.	Amber van der Kruk	MSV-Zeemacht	1:01.78	200102730	S14 <b>1:03.60</b>	765	30.10	1:03.60
2.	Noël Iris Hettinga	Neptunia '24	1:04.85	200002536	<b>1:04.05</b>		30.99	1:04.05
3.	Marleen Hof	WS Twente	1:06.59	199802464	<b>1:05.39</b>		30.68	1:05.39
4.	Jolien Wind	ZPC de Kanaalstreek	1:03.54	200100510	<b>1:07.08</b>		31.79	1:07.08
5.	Sabine Lageweg	Steenwijk 1934	1:07.23	199900926	<b>1:07.41</b>		32.00	1:07.41
6.	IJke Mourits	Daw	1:10.00	199903628	<b>1:08.32</b>		33.52	1:08.32
7.	Alies Wagter	Steenwijk 1934	1:03.03	199900840	<b>1:10.64</b>		33.01	1:10.64
8.	Mirna Wolters	de Plons	1:12.52	199802046	<b>1:11.78</b>		34.07	1:11.78
9.	Maud Heldoorn	Deltasteur	1:09.66	200000564	<b>1:11.88</b>		33.63	1:11.88
10.	Dannique Koolen	Zpc Amersfoort	1:16.49	199904048	S14 <b>1:22.05</b>	356	38.16	1:22.05
<b>Masters 25+, Heren</b>								
1.	Mark Peters	ZV De Aalscholver	1:00.28	200101431	<b>1:00.43</b>		28.44	1:00.43
<b>Masters 30+, Dames</b>								
1.	Tamara Grove	De Dolfijn	57.73	199601266	<b>58.44</b>		27.98	58.44
2.	Jisca Majolée	Zpc Amersfoort	1:05.57	199403570	<b>1:08.20</b>		33.07	1:08.20
3.	Astrid Wibbelink	Steenwijk 1934	1:10.10	199600006	<b>1:09.36</b>		32.89	1:09.36
4.	Welmoed van Dijk	ZPC Isis	1:46.11	199606918	<b>1:52.23</b>		53.01	1:52.23
<b>Masters 30+, Heren</b>								
1.	Pedro Luiz Cristovao	AZ&PC De Futen	57.14	199605961	<b>57.01</b>		27.31	57.01
<b>Masters 35+, Dames</b>								
1.	Manouk Ticheler	De Duinkickers	1:17.24	198705416	<b>1:18.89</b>		37.21	1:18.89
<b>Masters 35+, Heren</b>								
1.	Harry Dijkma	ZPC Isis	1:00.36	199100487	<b>1:00.28</b>		28.92	1:00.28
2.	Timon Klok	Aquapoldro	1:12.00	198705477	<b>1:21.18</b>		42.20	1:21.18
3.	Jeffrey Heiligers	Gay Swim Amsterdam	1:37.00	198806407	<b>1:35.30</b>		46.34	1:35.30
<b>Masters 40+, Dames</b>								
1.	Annemieke Visch	Zuiderzeezwemmers	1:55.59	198302762	S14 <b>2:00.07</b>	114	55.99	2:00.07
<b>Masters 40+, Heren</b>								
1.	Bruno Belchior	Gay Swim Amsterdam	1:04.05	198504039	<b>1:04.37</b>		31.11	1:04.37
2.	René van Dijk	ZPC Isis	1:04.67	198400489	<b>1:04.94</b>		30.89	1:04.94
3.	Albert van Piekeren	Swol 1894	1:04.87	198401767	<b>1:08.70</b>		31.79	1:08.70
4.	Edward van Dootingh	Deltasteur	1:10.18	198403341	<b>1:09.36</b>		33.00	1:09.36
5.	Sander de Velde	Deltasteur	1:21.18	198302165	<b>1:21.85</b>		38.21	1:21.85
AFGEM	Kazuaki Nagao	De Dolfijn	54.43	198604875				

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Masters 45+, Dames

1. Tilja den Broeder	Swol 1894	1:20.60	198001380	<b>1:18.52</b>	37.73	1:18.52
2. Marije Roskam-Satter	Zuiderzeezwemmers	1:25.87	197801448	<b>1:26.35</b>	40.28	1:26.35
3. Simone Weijland	Deltasteur	1:30.39	197901610	<b>1:37.51</b>	45.33	1:37.51

Masters 45+, Heren

1. Arjen Nieveen	Dz&Pc	1:04.73	198002545	<b>1:00.32</b>	28.78	1:00.32
2. Tom Bandsma	Psv	1:05.51	197701625	<b>1:07.86</b>	32.51	1:07.86
3. Peter Lommert	Swol 1894	1:07.71	197900787	<b>1:08.76</b>	32.79	1:08.76
4. Dennis van der Wel	De Duinkickers	1:35.00	198102675	<b>1:41.58</b>	46.41	1:41.58
NG.ZA Michiel Brinkman	Daw	1:03.73	198001991			
AFGEM Bas Spoelstra	Oceanus	1:09.73	197701573			

Masters 50+, Dames

1. Jannie Vennik	HZ&PC Heerenveen	1:16.45	197601006	<b>1:16.65</b>	37.08	1:16.65
2. Jessica van Velzen	Swol 1894	1:39.23	197601122	<b>1:45.61</b>	49.21	1:45.61

Masters 50+, Heren

1. Peter de Vries	HZ&PC Heerenveen	1:02.31	197401601	<b>1:02.09</b>	29.24	1:02.09
2. Kees Bakker	Gay Swim Amsterdam	1:04.00	197501055	<b>1:03.06</b>	30.74	1:03.06
3. Michiel IJskes	Swol 1894	1:14.50	197301505	<b>1:14.57</b>	35.23	1:14.57

Masters 55+, Heren

1. Gerhard Knol	ZV De Aalscholver	1:10.00	197100483	<b>1:10.83</b>	34.06	1:10.83
2. Erik Zoethout	Aqualero	1:16.76	196901157	<b>1:13.36</b>	35.14	1:13.36

Masters 55+, Dames

1. Esther ten Kate	Avena	1:08.62	197100310	<b>1:09.61</b>	33.20	1:09.61
2. A. Korving-Leijenaar	Aqualero	1:21.06	196700662	<b>1:20.64</b>	38.95	1:20.64
3. A. Neuteboom Spijker	Aquapoldro	1:30.84	196800890	<b>1:31.39</b>	44.54	1:31.39
4. Annette van Dok	MSV-Zeemacht	1:32.05	196800742	<b>1:32.78</b>	44.25	1:32.78
5. Baukje Ipema-Deinum	HZ&PC Heerenveen	1:46.28	196800964	<b>1:47.35</b>	51.77	1:47.35

Masters 60+, Heren

1. Arnold de Rover	De Berkelduikers	1:02.72	196400645	<b>1:03.06</b>	30.00	1:03.06
2. Jan Wierenga	ZV De Aalscholver	1:08.00	196400843	<b>1:08.37</b>	32.76	1:08.37
3. Jeroen Wilmer	Enkhuizer Zwem Vereniging	1:09.67	196601711	<b>1:10.43</b>	34.07	1:10.43
4. E. Neuteboom Spijker	Aquapoldro	1:10.25	196500657	<b>1:11.28</b>	34.51	1:11.28
5. Meindert Tuinstra	H2Oldambt	1:12.99	196600853	<b>1:12.37</b>	34.10	1:12.37

Masters 65+, Dames

1. Hannie Poletiek	TriVia	1:28.64	195900278	<b>1:29.10</b>	42.16	1:29.10
2. Katinka Elders	HZ&PC Heerenveen	1:38.26	196000292	<b>1:36.13</b>	46.99	1:36.13

Masters 65+, Heren

1. Harrie Oude Weernink	WS Twente	1:12.27	196001037	<b>1:11.78</b>	34.07	1:11.78
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Masters 70+, Heren

1. Paul Bunnik	Triton	1:08.60	195600413	<b>1:10.43</b>	33.60	1:10.43
2. Jaap Vis	TriVia	1:22.18	195600515	<b>1:25.23</b>	42.77	1:25.23
3. Rob Berkhof	Swol 1894	1:39.97	195200245	<b>1:33.95</b>	45.55	1:33.95

Masters 75+, Heren

1. Jos Kamps	Zwemvereniging Hoogland	1:25.68	195100085	<b>1:26.36</b>	41.67	1:26.36
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Masters 80+, Dames

1. A. Verhoeven - SteggerdDe Duinkickers	1:58.70	194600024	<b>1:58.43</b>	55.54	1:58.43
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