

ZMC-deel6-2026
Kampen, 19-9-2026

Programmanr. 7
19-9-2026 - 16:05

200m rugslag

20 jaar en ouder
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
Masters 20+, Dames								
1. Iris Lok	WS Twente	2:37.75 200301094	2:38.10		36.82	1:16.69		2:38.10
2. Amber Westerink	De Hokseberg	3:03.10 200401078	2:53.94		40.00	1:24.57		2:53.94
3. Fien Groot	Enkhuizer Zwem Veren	2:47.22 200205936	2:54.59		40.26	1:24.59		2:54.59
4. Mandy Hagting	Zuiderzeezwemmers	3:02.97 200500608	2:54.90		40.85	1:24.83		2:54.90
5. Inge Kiers	Deltasteur	3:04.49 200505222	2:55.32		42.85	1:27.46		2:55.32
Masters 20+, Heren								
1. Rik Stahlie	TriVia	2:25.16 200201915	2:26.39		35.06	1:12.40		2:26.39
Masters 25+, Heren								
1. Mathieu Boers	WS Twente	2:30.00 199800187	2:25.65		33.84	1:10.70		2:25.65
Masters 25+, Dames								
1. Rosalie Baarda	Orca Leeuwarden	2:43.76 199903460	2:46.39		36.59	1:17.61		2:46.39
2. Alies Wagter	Steenwijk 1934	2:49.32 199900840	2:55.22		41.77	1:25.66		2:55.22
3. Sabine Lageweg	Steenwijk 1934	2:52.15 199900926	2:56.15		41.56	1:25.79		2:56.15
AFGEM Amber van der Kruk	MSV-Zeemacht	2:34.41 200102730 S14						
Masters 30+, Dames								
1. Naomi Hofsink	TriVia	2:40.00 199402508	2:46.39		37.50	1:18.37		2:46.39
2. Nienke Smidt	WS Twente	2:46.98 199407596	2:47.76		40.46	1:23.42		2:47.76
3. Marte Stoorvogel	WS Twente	3:00.00 199501408	2:48.84		41.13	1:24.28		2:48.84
4. Getrude Corporaal	Steenwijk 1934	3:00.92 199200380	2:59.58		41.14	1:25.96		2:59.58
5. Astrid Wibbelink	Steenwijk 1934	3:07.06 199600006	3:04.39		43.10	1:30.38		3:04.39
6. Mylene Wildeboer	H2Oldambt	3:19.99 199602674	3:30.39		47.74	1:40.05		3:30.39
Masters 30+, Heren								
1. Erwin Pras	Gzvw	2:33.87 199601781	2:30.97		35.32	1:13.75		2:30.97
2. Niels Bent	WS Twente	2:29.64 199400465	2:44.56		36.10	1:16.34		2:44.56
3. Patrick Graver	Gzvw	3:02.60 199404735	3:12.92		43.78	1:31.99		3:12.92
Masters 35+, Heren								
1. Tim Bunnik	Triton	2:21.02 199000505	2:30.63		34.98	1:13.41		2:30.63
2. Wessel Everloo	WS Twente	2:36.67 198906597 S14	2:37.44	585	38.04	1:18.49		2:37.44
3. Harry Dijkma	ZPC Isis	2:44.04 199100487	2:51.25		39.19	1:22.74		2:51.25
4. Albert Dijkma	ZPC Isis	2:49.27 198700711	2:53.74		41.22	1:25.62		2:53.74
Masters 35+, Dames								
1. Jacyntha Plat	Steenwijk 1934	2:37.39 199002956	2:40.08		36.64	1:17.80		2:40.08
2. Janneke Wynia	WS Twente	3:38.23 199005500	3:46.44		53.94	1:51.75		3:46.44
Masters 40+, Dames								
1. Charlotte M.	Aqualero	3:37.09 198503170	3:35.99		48.96	1:44.53		3:35.99
2. Marloes Rebel	WS Twente	3:57.35 198403474	3:59.40		59.61	2:01.53		3:59.40
Masters 40+, Heren								
1. Robert Braad	Steenwijk 1934	2:21.22 198600407	2:20.41		32.58	1:07.89		2:20.41
2. Martijn Giezen	Zpc Amersfoort	2:20.53 198500813	2:27.34		33.29	1:09.85		2:27.34
3. Sebastiaan de Vos	De Duinkickers	4:18.43 198402481 S7	4:29.07	202	1:04.54	2:13.23		4:29.07
DIS René van Dijk	ZPC Isis	2:59.46 198400489						
<i>RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.</i>								

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Masters 45+, Heren

1. Marcel Reefhuis	WS Twente	2:39.28	198101381	2:30.24	35.24	1:13.19	2:30.24
2. Martijn Butter	Oeza	2:28.66	197900231	2:35.27	36.22	1:15.66	2:35.27
3. Arjen Nieveen	Dz&Pc	2:53.00	198002545	2:49.50	40.18	1:22.18	2:49.50
4. Peter Lommert	SWOL 1894	2:56.91	197900787	2:55.16	40.67	1:25.08	2:55.16
DIS Tom Bandsma	Psv	2:56.47	197701625				

AF - De aangegeven afstand niet uitgezwommen.

Masters 45+, Dames

1. Gea van der Schaaf	Deltasteur	2:47.92	197901558	2:48.88	39.13	1:21.26	2:48.88
2. Anuschka G.	TriVia	3:04.30	197701166	3:04.65	43.58	1:31.26	3:04.65
3. Margriet Leeffers	Deltasteur	3:21.45	197800448	3:17.13	47.04	1:36.22	3:17.13
4. Beverly Chong	Gay Swim Amsterdam	3:40.00	198102388	3:25.92	49.16	1:41.59	3:25.92

Masters 55+, Heren

1. René Beetsma	HZ&PC Heerenveen	2:45.69	196900069	2:40.94	38.46	1:18.90	2:40.94
2. Korstiaan de Boer	Steenwijk 1934	2:46.92	197101629	2:54.65	39.82	1:23.70	2:54.65

Masters 55+, Dames

1. Bianca Groot	MSV-Zeemacht	3:08.47	197000652	3:02.23	44.26	1:30.19	3:02.23
2. Peggi Hurenkamp	HZ&PC Heerenveen	3:30.00	196900922	3:19.33	47.52	1:37.85	3:19.33
3. Annette van Dok	MSV-Zeemacht	3:39.73	196800742	3:48.50	54.80	1:52.67	3:48.50

Masters 60+, Heren

1. Arnold de Rover	De Berkelduikers	2:50.00	196400645	2:50.32	39.81	1:22.99	2:50.32
2. Casper Dollekamp	Steenwijk 1934	3:15.69	196301341	3:13.15	43.63	1:33.09	3:13.15
3. Jeroen Wilmer	Enkhuizer Zwem Veren	3:20.00	196601711	3:18.28	46.22	1:36.86	3:18.28

Masters 65+, Heren

1. Wim Hoogland	Zpch	3:10.00	196100225	3:02.19	43.89	1:30.60	3:02.19
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Masters 65+, Dames

1. Marijke K.	SWOL 1894	3:37.00	196000240	3:25.47	48.47	1:40.95	3:25.47
2. Katinka Elders	HZ&PC Heerenveen	3:53.57	196000292	3:55.41	59.47	1:55.22	3:55.41
3. Betsie Klompemaker	De Hokseberg	4:59.08	195900200	4:55.08	1:06.42	2:23.48	4:55.08

Masters 70+, Heren

1. Henk Slomp	Z&PC de Inktvis	3:13.47	195500359	3:14.39	46.07	1:34.72	3:14.39
2. Paul Bunnik	Triton	3:13.21	195600413	3:19.61	46.22	1:36.99	3:19.61
AFGEM Jaap Vis	TriVia	3:35.00	195600515				

Masters 75+, Heren

1. Mans Buis	SWOL 1894	4:30.80	194700133	4:33.98	1:06.37	2:14.90	4:33.98
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Masters 75+, Dames

1. Christine N.	SWOL 1894	3:34.42	195100022	3:35.96	50.74	1:45.75	3:35.96
2. Antoinette G.	WS Twente	4:08.68	195000038	4:14.99	1:00.28	2:05.09	4:14.99