

Programmanr. 1 400m vrije slag Gebjr 1935 - 2004
07-04-2024 2 zwemmers in baan; oneven serie LINKS-even RECHTS Resultaten

rang naam	vereniging	intijd	zwemtijd	100m	200m	300m	400m
Masters 20+, Heren							
1. Maurice Pater	GZVV	4:26.25 200200909	5:19.28	1:08.40	2:30.14	3:55.63	5:19.28
2. Boyd Wijkman	MSV-Zeemacht	5:43.00 200104759	5:37.38	1:12.86	2:36.90	4:05.85	5:37.38
Masters 25+, Heren							
1. Jordy van Oel	WVZ	4:44.24 199802003	4:49.48	1:06.03	2:21.31	3:35.96	4:49.48
2. Mathieu Boers	WS Twente	4:30.40 199800187	4:50.14	1:06.79	2:20.58	3:36.18	4:50.14
3. Jordi de Nijs	MSV-Zeemacht	4:23.15 199801851	4:51.22	1:04.57	2:18.74	3:34.64	4:51.22
4. Erwin Pras	GZVV	5:06.22 199601781	4:58.00	1:09.89	2:26.48	3:42.57	4:58.00
5. Colin Degenaars	ZPCH	5:04.63 199505951 S14	5:07.16	527	1:09.80	2:27.80	3:47.60
AFGEM Mark Veldman	Swol 1894	5:00.00 199504801					5:07.16
Masters 30+, Heren							
1. Niels Bent	WS Twente	4:59.98 199400465	5:02.71	1:11.28	2:27.48	3:45.04	5:02.71
2. Sander Riezebos	WS Twente	5:30.23 199400467	5:09.22	1:13.05	2:33.82	3:53.18	5:09.22
3. Roberto Lescrauwaet	SwimGym	5:05.00 199406785	5:30.31	1:12.95	2:39.09	4:05.69	5:30.31
4. Cars Wiegmann	WS Twente	5:40.24 199401025	5:43.79	1:17.97	2:47.59	4:17.97	5:43.79
5. Patrick Graver	GZVV	5:49.76 199404735	5:51.31	1:18.00	2:46.78	4:18.89	5:51.31
Masters 35+, Heren							
1. Wessel Everloo	WS Twente	4:47.41 198906597 S14	4:57.81	578	1:10.63	2:26.76	3:43.22
Masters 40+, Heren							
1. Albert van Piekeren	Swol 1894	5:18.31 198401767	5:17.25	1:13.32	2:34.85	3:57.18	5:17.25
2. René van Dijk	ZPC Isis	5:53.81 198400489	5:39.55	1:15.72	2:42.68	4:12.69	5:39.55
3. Dmitry Nikolaev	SwimGym	5:40.00 198202763	5:58.24	1:23.16	2:55.42	4:28.44	5:58.24
Masters 45+, Heren							
1. Martijn Butter	OEZA	4:35.00 197900231	4:41.53	1:06.39	2:17.91	3:30.27	4:41.53
<i>Alkmaar ZMC Record</i>							
2. Arjan Aalbers	Swol 1894	6:02.93 197500001	5:39.51	1:18.06	2:44.40	4:13.04	5:39.51
3. Erwin Zuidervelt	AZ&PC De Futen	5:39.75 197501015	5:40.99	1:21.33	2:48.10	4:14.65	5:40.99
Masters 50+, Heren							
1. Heiner Stevens	Zignea	5:55.01 197201299	5:41.55	1:17.24	2:43.21	4:13.69	5:41.55
2. Korstiaan de Boer	Steenwijk 1934	5:59.59 197101629	5:54.03	1:20.31	2:50.38	4:23.41	5:54.03
3. Michiel Ijskes	Swol 1894	6:10.00 197301505	6:01.59	1:22.42	2:54.00	4:29.12	6:01.59
4. Maxim Hardziyenka	Swol 1894	7:40.00 197201723	7:32.09	1:47.99	3:45.05	5:43.14	7:32.09
Masters 55+, Heren							
1. Pieter van Gemeren	DAW	5:00.00 196901779	5:02.19	1:13.16	2:31.38	3:48.04	5:02.19
2. Arjan Bellaart	Oceanus	5:11.37 196900079	5:08.81	1:11.49	2:29.06	3:48.95	5:08.81
3. Harold Matla	PSV	5:29.13 196800591	5:41.74	1:17.58	2:44.41	4:14.00	5:41.74
4. Leon Slingerland	WVZ	5:45.27 196801707	5:50.20	1:21.29	2:53.00	4:23.10	5:50.20
5. Huyb Stegeman	Steenwijk 1934	5:47.03 196701535	6:00.00	1:22.14	2:54.14	4:27.83	6:00.00
6. Erik Schweitzer	DAW	7:32.30 196701751	6:52.29	1:36.60	3:21.32	5:10.02	6:52.29
7. Ruud Leenhoven	SwimGym	7:20.00 196801729	6:59.16	1:35.41	3:22.24	5:12.86	6:59.16
AFGEM Marcel Brittijn	De Duinkickers	6:19.75 196900159					

Programmanr. 1, 400m vrije slag

Masters 60+, Heren

1. Johan Remmits	ZPC Amersfoort	4:51.57	196201159	5:03.14	1:14.57	2:32.71	3:49.28	5:03.14
2. Ronald Grove	Triton	5:54.90	196100161	5:50.27	1:21.54	2:51.93	4:22.31	5:50.27
3. Jan Wierenga	ZV De Aalscholver	6:00.00	196400843	5:53.32	1:23.64	2:54.38	4:26.00	5:53.32
4. Henk Kuipers	ZPC Amersfoort	5:30.29	196201207	5:54.29	1:23.80	2:55.20	4:26.73	5:54.29
5. Fons van Kesteren	SwimGym	6:13.94	196301479	5:58.33	1:25.51	2:59.79	4:32.08	5:58.33
6. Jan Smalheer	SCOM	6:20.00	196400701	6:08.95	1:27.54	3:03.45	4:37.64	6:08.95
7. Casper Dollekamp	Steenwijk 1934	5:47.93	196301341	6:09.44	1:24.34	2:58.01	4:34.56	6:09.44
8. Peter Janssen	ZV Haerlem	6:00.00	196201307	6:34.28	1:26.33	3:08.92	4:52.71	6:34.28

Masters 65+, Heren

1. Marten de Groot	HZ&PC Heerenveen	5:02.53	195800149	5:11.28	1:16.62	2:36.52	3:54.73	5:11.28
<i>Alkmaar ZMC Record</i>								
2. René Janssen	ZV Haerlem	5:45.00	195700169	5:51.43	1:22.67	2:52.96	4:23.64	5:51.43

Masters 70+, Heren

1. Jos Kamps	Zwemvereniging Hoog	6:33.85	195100085	7:02.70	1:32.08	3:20.94	5:12.24	7:02.70
2. Rob Berkhof	Swol 1894	8:30.00	195200245	7:48.50	1:44.75	3:45.12	5:47.25	7:48.50

Masters 75+, Heren

1. Mans Buis	Swol 1894	8:59.00	194700133	9:21.85	2:01.31	4:23.85	6:54.38	9:21.85
2. Nico van Dongen	ZZ&PC De Devel	9:37.23	194800159	9:32.72	2:05.01	4:32.97	7:06.85	9:32.72

Masters 80+, Heren

1. Rob Hanou	PSV	7:46.66	194300109	8:19.28	2:00.07	4:09.71	6:20.14	8:19.28
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Masters 85+, Heren

1. Nic Geers	PSV	8:39.00	193800007	9:13.24	2:11.11	4:38.73	7:04.13	9:13.24
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Masters 20+, Dames

1. Alysha de Jong	ZPCH	4:28.24	200400086	4:40.36	1:05.57	2:17.48	3:30.36	4:40.36
<i>Alkmaar ZMC Record</i>								
2. Danielle Thuijs	ZPCH	5:05.10	200305302	5:26.54	1:17.51	2:40.89	4:04.54	5:26.54
3. Isa Hofstra	SwimGym	5:34.37	200006544	5:41.13	1:22.17	2:49.81	4:17.35	5:41.13
AFGEM Kim Groeneveld	DAW	4:52.17	200100924					

Masters 25+, Dames

1. Tamara Grove	De Dolfijn	4:32.99	199601266	4:41.97	1:05.00	2:15.75	3:27.94	4:41.97
<i>Alkmaar ZMC Record</i>								
2. Jet Kleine	MSV-Zeemacht	5:29.50	199903384	5:33.73	1:17.04	2:42.67	4:08.32	5:33.73
3. Julia van Adrichem	SwimGym	5:10.00	199606896	5:36.45	1:18.86	2:45.27	4:12.12	5:36.45
4. Sheila ten Voorde	SG Octopus - ZVV	6:21.28	199904538	5:53.03	1:20.15	2:49.00	4:20.94	5:53.03
5. Astrid Wibbelink	Steenwijk 1934	6:25.00	199600006	6:27.68	1:29.08	3:08.86	4:50.02	6:27.68
AFGEM Eline Hendriks	ZPC Amersfoort	5:41.25	199802794					

Masters 30+, Dames

1. Elmi Roelofsen	SG Octopus - ZVV	5:22.65	199008198	5:20.53	1:14.21	2:35.94	3:58.15	5:20.53
2. Nienke Smidt	WS Twente	5:35.67	199407596	5:38.67	1:20.36	2:48.56	4:16.51	5:38.67
3. Getrude Corporaal	Steenwijk 1934	5:25.91	199200380	5:42.07	1:16.92	2:45.58	4:15.16	5:42.07
4. Esther Kwebeman	TriVia	6:08.92	199106374	5:52.45	1:20.95	2:51.07	4:22.57	5:52.45
5. T. van Dijk-Mosch	MSV-Zeemacht	5:20.93	199102172	5:56.89	1:22.90	2:54.89	4:27.11	5:56.89
6. Marjan Rikken	SG Octopus - ZVV	6:08.16	199206114	6:16.50	1:25.77	3:01.45	4:39.72	6:16.50
7. Suzanne Mulder	GZVW	6:19.31	199307820	6:34.08	1:29.21	3:10.37	4:52.32	6:34.08

Programmanr. 1, 400m vrije slag

Masters 35+, Dames

1. Relinda Baas	TriVia	5:23.20	198900144	5:21.66	1:13.09	2:34.98	3:58.66	5:21.66
2. Liesbeth van Mill	Zwemlust- den Hommel	5:41.15	198702786	5:44.38	1:20.75	2:48.72	4:17.14	5:44.38
3. Héloïse Mignot	SwimGym	7:20.00	198807048	7:02.52	1:39.44	3:26.17	5:15.31	7:02.52

Masters 40+, Dames

1. Agnes van Brug	DAW	5:37.44	198001726	5:46.39	1:21.54	2:49.91	4:19.46	5:46.39
2. Angela Giezen	Zwemvereniging Hoogl	5:45.69	198302796	6:00.12	1:23.78	2:56.72	4:31.15	6:00.12
3. Linda Hoogendam	WVZ	5:53.15	198300892	6:01.65	1:25.66	2:58.78	4:32.25	6:01.65
4. Marloes Rebel	WS Twente	6:39.54	198403474	6:42.53	1:37.37	3:20.75	5:05.89	6:42.53
5. E. van Buren-Koster	Aquapoldro	7:20.00	198001670	7:00.90	1:35.96	3:24.05	5:14.36	7:00.90

Masters 45+, Dames

1. Liselotte Joling	PSV	4:56.23	197500268	5:04.16	1:15.16	2:33.56	3:50.02	5:04.16
2. Alina Spijkerman	DAW	5:26.35	197701220	5:27.40	1:16.27	2:39.77	4:04.05	5:27.40
3. Gea van der Schaaf	Deltasteur	5:39.44	197901558	5:43.06	1:19.55	2:47.87	4:17.64	5:43.06
4. Jessica Venema	GZC Donk	5:45.31	197901526	5:45.52	1:18.92	2:48.03	4:18.57	5:45.52
5. A. Glazema-Boelema	ZPC de Kanaalstreek	6:13.37	197701166	6:03.67	1:22.47	2:56.51	4:31.83	6:03.67
6. Rocio Diez Arazola	SwimGym	7:20.00	197601206	7:29.27	1:41.32	3:37.94	5:36.11	7:29.27

Masters 50+, Dames

1. L. v. Bon-Rosenbrand	ZPC Amersfoort	5:13.01	197000054	5:15.27	1:16.29	2:37.72	3:57.99	5:15.27
<i>Alkmaar ZMC Record</i>								
2. Annette de Visser	Oceanus	5:27.96	197100602	5:29.91	1:17.88	2:42.51	4:07.03	5:29.91
3. T. van Niejenhuis	TZC-Vahalis	6:15.16	197100444	5:59.31	1:24.31	2:57.22	4:31.39	5:59.31
4. Annette Spies	LinK	6:42.24	197001110	6:36.08	1:34.43	3:16.28	4:58.33	6:36.08
5. Annet Kootstra	Swol 1894	6:30.93	197100344	6:37.22	1:32.57	3:14.51	4:56.69	6:37.22
6. Nathasja Konijn	GZC Donk	6:39.12	197100992	7:02.11	1:36.48	3:24.30	5:13.95	7:02.11
7. Grietje van der Hoek	Z & PC Triton Putten	7:24.11	197401086	7:51.10	1:52.64	3:53.73	5:53.54	7:51.10
DIS Bianca Groot	MSV-Zeemacht	5:19.43	197000652					
<i>AF - De aangegeven afstand niet uitgezwommen.</i>								

Masters 55+, Dames

1. Carol Hollemans	ACZ	5:30.00	196900252	5:34.60	1:14.53	2:39.90	4:07.95	5:34.60
<i>Alkmaar ZMC Record</i>								
2. Laura Staal	Oceanus	5:59.10	196700358	5:52.96	1:22.42	2:52.81	4:23.71	5:52.96
3. Peggi Hurenkamp	HZ&PC Heerenveen	6:30.00	196900922	5:54.76	1:24.07	2:40.07	4:18.26	5:54.76
4. K. van Nassau-van den	Old Dutch Breda	6:23.07	196600188	6:30.31	1:33.51	3:14.15	4:53.01	6:30.31
5. Machteld Stiling	ZPC Amersfoort	6:49.84	196600716	6:48.83	1:33.84	3:16.68	5:02.48	6:48.83
6. Hetty Smalheer	SCOM	7:14.92	196700352	6:56.56	1:38.75	3:24.61	5:11.64	6:56.56
7. Annette van Dok	MSV-Zeemacht	6:42.83	196800742	7:31.35	1:41.91	3:36.05	5:33.21	7:31.35
AFGEM Anita Steijger	WVZ	5:59.43	196500628					

Masters 60+, Dames

1. Wilna Heijman	Steenwijk 1934	5:34.29	196400506	5:44.89	1:21.96	2:49.56	4:17.53	5:44.89
2. P. Tossings-van de Hoo	GZC Donk	5:54.64	196100376	6:05.18	1:26.25	2:59.71	4:33.31	6:05.18
3. M. Grove-Lingeman	Triton	6:02.69	196200080	6:22.16	1:28.95	3:04.73	4:42.42	6:22.16
4. Ellen Parma	SwimGym	6:43.00	196200366	6:38.10	1:33.00	3:16.23	4:59.10	6:38.10
5. J. Resink-lindeboom	DWK	6:47.20	196000142	6:46.87	1:37.95	3:21.83	5:07.76	6:46.87
AFGEM Pia van der Molen	Avena	7:29.95	196000116					
AFGEM Marjan Spoelstra	Swol 1894	7:08.95	196000236					

Masters 65+, Dames

1. Margriet Pasma	TriVia	6:11.02	195500088	6:15.09	1:29.07	3:05.53	4:42.74	6:15.09
2. Linda Wibbelink	Steenwijk 1934	6:17.19	195900158	6:35.28	1:33.38	3:14.70	4:56.86	6:35.28
3. Ina Babbé	SwimGym	7:30.00	195600134	7:49.38	1:50.49	3:51.28	5:51.84	7:49.38
4. W. Schoenmaker-ter Ve	DWK	8:04.57	195900254	8:19.67	1:53.37	4:01.55	6:12.41	8:19.67

Programmanr. 1, 400m vrije slag

Masters 70+, Dames

1. Gonnje Bak	PSV	8:30.00	195100064	8:14.73	1:57.09	4:04.01	6:11.20	8:14.73
2. A. Gilding-Tussaud	WS Twente	7:55.32	195000038	8:34.45	1:57.79	4:09.88	6:23.11	8:34.45

Masters 75+, Dames

1. L. van Huissteden	ZPC Amersfoort	9:22.97	194500002	9:28.70	2:12.15	4:35.62	7:01.67	9:28.70
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Programmanr. 2
07-04-2024

100m vrije slag

Gebjr 1935 - 2004
Resultaten

rang naam vereniging intijd zwemtijd

Masters 20+, Heren

1. Thomas Vastenhout	ZPCH	54.01	200204545	56.31
<i>Alkmaar ZMC Record</i>				
2. Mark Peters	ZV De Aalscholver	1:01.27	200101431	1:02.33
3. Wolter Graaf	Z & PC Triton Putten	1:09.21	200105593	1:10.01

Masters 25+, Heren

1. Felix Geenen	DAW	53.64	199501085	53.88
<i>Alkmaar ZMC Record</i>				

Masters 30+, Heren

1. Michel de Maesschalck	DAW	57.38	199101525	59.75
2. Roberto Lescauwaeet	SwimGym	1:09.00	199406785	1:06.85
3. Melle de Groot	SwimGym	1:11.69	199107817	1:09.39
4. Arnold Hofman	DZ&PC	1:15.83	199406759	1:15.73
5. Patrick Wobben	Steenwijk 1934	1:14.52	199300559	1:20.92
NG.ZA Rutger Curfs	Swol 1894	1:04.39	199402893	
AFGEM Harry Dijkstra	ZPC Isis	1:03.59	199100487	

Masters 35+, Heren

1. Robert Braad	Steenwijk 1934	59.36	198600407	1:00.34
<i>Alkmaar ZMC Record</i>				
2. Karel Bol	DAW	1:09.93	8700327	1:08.85
3. Martijn van Gelderen	DAW	1:05.00	198900939	1:09.82
4. Robin Eggenkamp	ZV De Aalscholver	1:10.00	198700847	1:13.57
5. Sascha Krieblin	SwimGym	1:23.03	198604853	1:16.02
AFGEM Patrick de Jonge	Deltasteur	1:03.84	198906635	

Masters 40+, Heren

1. Rene Koedooder	Enkhuizer Zwem Vereniging	1:08.67	198200919	1:01.63
2. Wouter Zijlstra	DAW	1:04.46	198202077	1:05.72
3. Dmitry Nikolaev	SwimGym	1:13.94	198202763	1:11.99
4. Stanley Schouten	SwimGym	1:35.12	198403385	1:31.37

Masters 45+, Heren

1. Martijn Butter	OEZA	1:00.66	197900231	1:00.59
2. Jasper van Heijst	ZPCH	58.70	197601699	1:01.40
3. Alex Damen	DAW	1:00.70	197501371	1:01.63
4. Frederik Harms	SwimGym	1:11.91	197701779	1:08.78
5. Frits Delicaat	DAW	1:10.00	197901629	1:09.98
AFGEM Bram Rosenbrand	HHZV Plons	1:32.65	197701673	
AFGEM Casper Hut	HZ&PC Heerenveen	58.78	197800471	

Programmanr. 2, 100m vrije slag

Masters 50+, Heren

1.	Richard van Kampen	ZPCH	1:00.28	197401551	1:05.14
2.	Peter de Vries	HZ&PC Heerenveen	1:08.32	197401601	1:06.69
3.	Peter Meijer	DZ&PC	1:07.02	197300613	1:10.30
4.	Hindrik Meijer	H2Oldambt	1:14.99	197301645	1:12.63
5.	Gerhard Knol	ZV De Aalscholver	1:11.15	197100483	1:13.46
6.	Steven Kliffen	DAW	1:15.54	197001683	1:15.13
AFGEM	Dragan Petrov	Enkhuizer Zwem Vereniging	1:35.00	197201735	

Masters 55+, Heren

1.	Arjan Bellaart	Oceanus	1:03.55	196900079	1:03.39
	<i>Alkmaar ZMC Record</i>				
2.	Erik Zoethout	Aqualero	1:20.00	196901157	1:14.69
3.	Ruud Leenhoven	SwimGym	1:35.00	196801729	1:22.89

Masters 60+, Heren

1.	Jos Verhoeven	ZV De Aalscholver	1:12.82	196301161	1:15.92
AFGEM	Peter van Maurik	MSV-Zeemacht	1:19.69	196301425	

Masters 65+, Heren

1.	Marten de Groot	HZ&PC Heerenveen	1:08.07	195800149	1:07.84
	<i>Alkmaar ZMC Record</i>				
2.	Peter Coffeng	GZC Donk	1:25.61	195700063	1:23.77
3.	Maarten Schets	SwimGym	1:31.58	195600521	1:24.67

Masters 85+, Heren

1.	Nic Geers	PSV	1:43.86	193800007	1:49.09
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Masters 20+, Dames

1.	Lotte van Gessel	Team Noord-Holland (SG)	1:09.04	200300900	1:04.19
	<i>Alkmaar ZMC Record</i>				
2.	Nina Bellaart	Oceanus	1:10.12	200400756	1:14.61
3.	Amber Hopman	ZV De Aalscholver	1:12.51	200106384	1:17.63
4.	Rebecca de Klein	DZ&PC	1:23.69	200002812	1:25.20
AFGEM	Kim Groeneveld	DAW	1:06.44	200100924	

Masters 25+, Dames

1.	Tamara Grove	De Dolfijn	58.30	199601266	1:00.34
	<i>Alkmaar ZMC Record</i>				
2.	Kitty Schasfoort	De Dinkel	1:07.21	199700404	1:07.34
3.	Simone Mus	HZ&PC Heerenveen	1:10.00	199601932	1:07.86
4.	Rianne Schoonderwoerd	DAW	1:12.26	199502314	1:08.89
5.	Maria Antonella Zuccaro	DAW	1:20.00	199606894	1:11.15
6.	Nella Diepeveen	SwimGym	1:19.67	199801520	1:11.49
7.	Mirte Visser	DAW	1:23.18	199606788	1:11.66
8.	Marleen Hof	WS Twente	1:10.74	199802464	1:13.37
9.	Ellen Rikken	SG Octopus - ZVV	1:16.43	199604574	1:16.34
10.	Marion Sijbesma	Enkhuizer Zwem Vereniging	1:29.13	199704048	1:23.77
11.	Sylvia Hidding	H2Oldambt	1:42.74	199603886	1:44.26

Masters 30+, Dames

1.	Tessa van Dijk	ZPC Isis	1:35.25	199401252	1:32.98
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Programmanr. 2, 100m vrije slag

Masters 35+, Dames

1.	Marije Jansen	ZPC Amersfoort	1:05.71	198504088	1:07.76
2.	Esther Steltenpohl	DAW	1:14.00	198504116	1:14.26
3.	Desiree Groot	SwimGym	1:21.84	198601310	1:19.07
4.	Janna Brummel	SwimGym	1:32.49	198807018	1:25.06
5.	Ellen van der Woerd	SwimGym	1:28.00	198907610	1:26.02
6.	Hanne Keijzer	Team Noord-Holland (SG)	1:30.00	198503932	1:36.13

Masters 40+, Dames

1.	Delia Badoux <i>Alkmaar ZMC Record</i>	WVZ	1:01.81	198000042	1:02.21
2.	Angela Giezen	Zwemvereniging Hoogland	1:15.98	198302796	1:15.34
3.	Tessa Zwart-Piek	DZ&PC	1:20.34	198102360	1:18.78
4.	Beatriz Ferriols Vela	Team Noord-Holland (SG)	1:25.00	198102366	1:26.29

Masters 45+, Dames

1.	Inge Roskam	De Duinkickers	1:20.90	197801296	1:21.25
2.	Saskia op den Velde	De Duinkickers	1:20.31	197901530	1:21.58
3.	Andrea Köhler	SwimGym	1:26.57	197601208	1:29.24
4.	Bianca Oudendijk	DAW	1:29.52	197901122	1:32.58
5.	Simone Weijland	Deltasteur	1:32.70	197901610	1:34.67
6.	Joanne van den Eijnden	SwimGym	1:50.00	197701276	1:52.07
7.	Inge Geel	Batavia Swim	2:10.74	197701208	1:56.41
AFGEM	Marcela Strang van Hees	De Duinkickers	1:34.76	197801410	

Masters 50+, Dames

1.	Ilona Hogerheyde <i>Alkmaar ZMC Record</i>	DAW	1:06.98	197400224	1:10.14
2.	Esther ten Kate	Avena	1:12.00	197100310	1:11.38
3.	Inken Wemheuer	Team Noord-Holland (SG)	1:16.00	197101016	1:13.30
4.	Bianca Groot	MSV-Zeemacht	1:09.86	197000652	1:14.70

Masters 55+, Dames

1.	Carol Hollemans <i>Alkmaar ZMC Record</i>	ACZ	1:12.00	196900252	1:09.15
2.	Miranda Keijl	Zignea	1:29.02	196500588	1:27.67
3.	Annette van Dok	MSV-Zeemacht	1:35.37	196800742	1:42.22

Masters 60+, Dames

1.	P. Tossings-van de Hooven	GZC Donk	1:22.65	196100376	1:21.40
2.	Jennie Resink-lindeboom	DWK	1:28.78	196000142	1:27.73
3.	Lia Bijkerk	GZC Donk	1:39.76	196000014	1:29.86
4.	Gemma Beccari	SwimGym	1:50.00	196200444	2:03.95
AFGEM	Pia van der Molen	Avena	1:35.92	196000116	
AFGEM	Christine Buist	De Duinkickers	1:26.04	196400608	

Masters 65+, Dames

1.	Ina Babbé	SwimGym	1:47.07	195600134	1:47.36
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Masters 70+, Dames

1.	N. van Dongen-de Paepe	ZZ&PC De Devel	2:36.83	195100044	3:26.97
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Programmanr. 3
07-04-2024

200m schoolslag

Gebjr 1935 - 2004
Resultaten

rang	naam	vereniging	intijd	zwemtijd	100m	200m
Masters 20+, Heren						
1.	Maurice Pater	GZVW	3:03.62 200200909	3:17.10	1:30.32	3:17.10
Masters 25+, Heren						
1.	Erwin Pras	GZVW	3:13.04 199601781	3:15.79	1:33.74	3:15.79
Masters 30+, Heren						
1.	Derek Valkenier	MSV-Zeemacht	3:06.23 199207397	3:16.91	1:32.55	3:16.91
2.	Patrick Graver	GZVW	3:16.96 199404735	3:28.38	1:38.38	3:28.38
Masters 35+, Heren						
1.	Yuri van Omme	Zwemvereniging Hoogland	2:34.82 198501887	2:36.74	1:14.79	2:36.74
2.	Dennis Kraakman	DAW	2:55.26 198705325	3:03.83	1:21.20	3:03.83
3.	Harald Meijer	SwimGym	2:55.00 198906883	3:17.56	1:30.53	3:17.56
DIS	Yang Sun	SwimGym	3:00.00 198504009			
SL - Het keer- en/of eindpunt met één hand aangetikt.						
Masters 40+, Heren						
1.	Albert van Piekeren	Swol 1894	2:51.00 198401767	2:51.02	1:20.97	2:51.02
2.	Paul Oudendijk	DAW	2:54.73 198101287	2:51.58	1:23.70	2:51.58
3.	Mark Brinkhuis	TriVia	3:16.78 198302609	3:16.16	1:33.47	3:16.16
4.	Stanley Schouten	SwimGym	3:45.00 198403385	4:09.84	1:47.90	4:09.84
Masters 45+, Heren						
1.	Kees Bakker	Gay Swim Amsterdam	2:54.77 197501055	3:01.66	1:27.66	3:01.66
2.	László Jüllich	ZPCH	2:49.75 197801893	3:05.83	1:25.23	3:05.83
3.	Ron Langelaan	DAW	3:10.00 197800643	3:12.49	1:31.31	3:12.49
Masters 50+, Heren						
1.	Heiner Stevens	Zignea	3:14.34 197201299	3:12.39	1:33.05	3:12.39
2.	Gerrit Orthofer	Team Noord-Holland (SG)	3:20.00 197001813	3:20.90	1:39.39	3:20.90
3.	Korstiaan de Boer	Steenwijk 1934	3:17.08 197101629	3:21.11	1:38.11	3:21.11
Masters 55+, Heren						
1.	Harold Matla <i>Alkmaar ZMC Record</i>	PSV	2:55.29 196800591	3:03.72	1:23.72	3:03.72
2.	Hans Schoenmakers	DAW	3:01.98 196900863	3:10.30	1:29.99	3:10.30
3.	Huyb Stegeman	Steenwijk 1934	3:17.72 196701535	3:38.30	1:41.63	3:38.30
4.	Erik Schweitzer	DAW	3:59.73 196701751	3:54.48	1:51.94	3:54.48
5.	Maarten Koolman	Steenwijk 1934	4:20.84 196801649	4:29.06	2:02.39	4:29.06
Masters 60+, Heren						
1.	Jan Smalheer	SCOM	3:45.00 196400701	3:49.75	1:54.53	3:49.75
Masters 65+, Heren						
1.	Robert Schulein	H2Oldambt	4:09.99 195900843	4:10.13	1:59.70	4:10.13
Masters 70+, Heren						
AFGEM	Nello Spiteri	DAW	4:24.01 195200295			

Programmanr. 3, 200m schoolslag

Masters 80+, Heren

1.	Rob Hanou	PSV	4:09.56	194300109	4:24.92	2:10.22	4:24.92
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Masters 20+, Dames

1.	Cerisa van Kesteren	ZPCH	3:15.00	200105934	3:08.54	1:31.13	3:08.54
2.	Renske Groenewoud	MSV-Zeemacht	3:37.00	200303366	3:43.58	1:48.12	3:43.58

Masters 25+, Dames

1.	M. Wildeboer-Kok	H2Oldambt	4:14.14	199602674	4:07.17	1:57.47	4:07.17
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Masters 30+, Dames

1.	Camilla Dal Rio	SwimGym	2:50.00	199208086	2:55.68	1:24.06	2:55.68
2.	Janneke Wynia	WS Twente	3:42.62	199005500	3:50.16	1:53.16	3:50.16
3.	Suzanne Mulder	GZVW	4:11.04	199307820	4:07.84	1:58.84	4:07.84

Masters 35+, Dames

1.	Liesbeth van Mill	Zwemlust- den Hommel	3:11.92	198702786	3:18.21	1:35.72	3:18.21
2.	Janna Brummel	SwimGym	3:30.00	198807018	3:41.51	1:46.85	3:41.51
3.	Monique Kok	SG Octopus - ZVV	3:40.56	198605398	3:45.76	1:47.36	3:45.76

Masters 40+, Dames

1.	Laura Badoux	DAW	2:53.58	198200038	2:58.19	1:25.60	2:58.19
	<i>Alkmaar ZMC Record</i>						
2.	Roelien Stegeman	Swol 1894	3:22.18	198102350	3:23.59	1:37.39	3:23.59

Masters 45+, Dames

1.	Liselotte Joling	PSV	3:11.42	197500268	3:17.10	1:37.20	3:17.10
	<i>Alkmaar ZMC Record</i>						
2.	Inge Roskam	De Duinkickers	3:29.03	197801296	3:40.64	1:45.96	3:40.64
3.	Jessica van Velzen	Swol 1894	4:10.95	197601122	4:22.40	2:05.40	4:22.40

Masters 50+, Dames

1.	L. v. Bon-Rosenbrand	ZPC Amersfoort	3:14.70	197000054	3:14.58	1:33.77	3:14.58
2.	Trudie van Niejenhuis	TZC-Vahalis	3:22.48	197100444	3:28.15	1:40.93	3:28.15
3.	Grietje van der Hoek	Z & PC Triton Putten	4:30.02	197401086	4:42.08	2:18.23	4:42.08
AFGEM	Karin Stein	ZV Vlaardingingen-Schiedam	3:06.15	197100554			

Masters 55+, Dames

1.	Jacqueline Tuin	DAW	3:25.16	196600690	3:23.32	1:37.29	3:23.32
	<i>Alkmaar ZMC Record</i>						
2.	A. Korving-Leijenaar	Aqualero	3:25.39	196700662	3:28.15	1:39.81	3:28.15
3.	K. van Nassau-van den H	Old Dutch Breda	3:42.60	196600188	3:45.49	1:49.95	3:45.49
4.	Peggi Hurenkamp	HZ&PC Heerenveen	3:58.17	196900922	3:45.96	1:48.12	3:45.96
5.	Hetty Smalheer	SCOM	4:20.00	196700352	3:58.33	1:57.82	3:58.33
6.	Janet Lemmens	DAW	4:00.00	196500678	4:26.87	2:06.61	4:26.87

Masters 60+, Dames

1.	Wilna Heijman	Steenwijk 1934	3:43.56	196400506	3:50.87	1:50.91	3:50.87
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Masters 65+, Dames

1.	Linda Wibbelink	Steenwijk 1934	3:41.71	195900158	3:57.39	1:54.75	3:57.39
	<i>Alkmaar ZMC Record</i>						
2.	W. Schoenmaker-ter Vee	DWK	4:10.05	195900254	4:19.13	2:04.74	4:19.13

Programmanr. 3, 200m schoolslag

Masters 70+, Dames

1.	A. Gilding-Tussaud	WS Twente	4:39.41	195000038	4:49.18	2:21.78	4:49.18
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Masters 75+, Dames

1.	A. Verhoeven - Steggerd	De Duinkickers	4:30.94	194600024	5:07.43	2:19.46	5:07.43
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Programmanr. 4
07-04-2024

50m rugslag

Gebjr 1935 - 2004
Resultaten

rang	naam	vereniging	intijd		zwentijd		
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Masters 20+, Heren

1.	Mark Peters	ZV De Aalscholver	33.00	200101431	35.28		
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Masters 25+, Heren

1.	Mihail Tratsiuk	SwimGym	36.19	199506303	36.00		
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Masters 30+, Heren

1.	Niels Bent	WS Twente	34.00	199400465	32.98		
2.	Patrick Wobben	Steenwijk 1934	45.37	199300559	45.57		
AFGEM	Harry Dijkstra	ZPC Isis	34.96	199100487			

Masters 35+, Heren

1.	Robert Braad	Steenwijk 1934	31.51	198600407	31.40		
	<i>Alkmaar ZMC Record</i>						
2.	Wessel Everloo	WS Twente	35.34	198906597	S14	36.04	442
3.	Robin Eggenkamp	ZV De Aalscholver	37.36	198700847	38.42		
AFGEM	Patrick de Jonge	Deltasteur	33.15	198906635			

Masters 40+, Heren

1.	Rene Koedooder	Enkhuizer Zwem Vereniging	35.21	198200919	33.61		
2.	Wouter Zijlstra	DAW	33.79	198202077	35.23		
3.	René van Dijk	ZPC Isis	39.83	198400489	39.45		
4.	Dmitry Nikolaev	SwimGym	38.00	198202763	40.35		
5.	Mark Brinkhuis	TriVia	51.24	198302609	48.00		

Masters 45+, Heren

1.	Arjan Aalbers	Swol 1894	34.45	197500001	35.23		
2.	Erwin Zuijdervelt	AZ&PC De Futen	38.08	197501015	38.31		
3.	Frederik Harms	SwimGym	41.14	197701779	40.93		
AFGEM	Bram Rosenbrand	HHZV Plons	50.08	197701673			

Masters 50+, Heren

1.	Richard van Kampen	ZPCH	35.06	197401551	36.80		
2.	Hindrik Meijer	H2Oldambt	37.50	197301645	38.96		
3.	Michiel IJskes	Swol 1894	37.00	197301505	41.41		
4.	Maxim Hardziyenka	Swol 1894	1:01.36	197201723	1:00.93		

Masters 55+, Heren

1.	Arjan Bellaart	Oceanus	34.35	196900079	33.70		
	<i>Alkmaar ZMC Record</i>						
2.	Erik Zoethout	Aqualero	45.25	196901157	42.37		
3.	Erik Schweitzer	DAW	45.00	196701751	55.80		
AFGEM	Guido Keutgen	Steenwijk 1934	32.80	196801551			

Programmanr. 4, 50m rugslag

Masters 60+, Heren

1.	Casper Dollekamp	Steenwijk 1934	37.82	196301341	38.72
2.	Jos Verhoeven	ZV De Aalscholver	38.64	196301161	39.61
3.	Henk Kuipers	ZPC Amersfoort	37.16	196201207	39.68
4.	Jan Smalheer	SCOM	45.00	196400701	42.88
5.	Jan Wierenga	ZV De Aalscholver	41.46	196400843	43.11
AFGEM	Arthur van Strien	WVZ	34.58	196301401	

Masters 65+, Heren

1.	Marten de Groot	HZ&PC Heerenveen	40.51	195800149	40.04
	<i>Alkmaar ZMC Record</i>				
2.	Peter Coffeng	GZC Donk	46.03	195700063	46.43
3.	Maarten Schets	SwimGym	50.00	195600521	47.17
4.	Robert Schulein	H2Oldambt	53.99	195900843	53.94

Masters 70+, Heren

1.	Rob Berkhof	Swol 1894	50.00	195200245	50.08
2.	Jos Kamps	Zwemvereniging Hoogland	45.65	195100085	50.43

Masters 75+, Heren

1.	Mans Buis	Swol 1894	54.30	194700133	50.14
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Masters 80+, Heren

1.	Rob Hanou	PSV	55.34	194300109	56.20
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Masters 85+, Heren

1.	Nic Geers	PSV	53.98	193800007	54.56
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Masters 20+, Dames

1.	Lotte van Gessel	Team Noord-Holland (SG)	42.69	200300900	36.07
2.	Amber Hopman	ZV De Aalscholver	39.38	200106384	40.69
3.	Rebecca de Klein	DZ&PC	48.93	200002812	46.38

Masters 25+, Dames

1.	Rianne Schoonderwoerd	DAW	38.83	199502314	37.64
2.	Jet Kleine	MSV-Zeemacht	36.69	199903384	38.34
3.	Tatiana Vanegas	SwimGym	39.39	199706650	38.55
4.	Marleen Hof	WS Twente	38.57	199802464	38.72
5.	Nella Diepeveen	SwimGym	38.48	199801520	38.93
6.	Astrid Wibbelink	Steenwijk 1934	40.85	199600006	40.40
7.	Maria Antonella Zuccaro	DAW	47.00	199606894	41.60
8.	Mirte Visser	DAW	42.34	199606788	42.62
	Julia van Adrichem	SwimGym	36.00	199606896	42.62
10.	Marion Sijbesma	Enkhuizer Zwem Vereniging	41.00	199704048	45.92
11.	Mylene Wildeboer-Kok	H2Oldambt	46.09	199602674	46.97
12.	Sylvia Hidding	H2Oldambt	54.57	199603886	56.87

Masters 30+, Dames

1.	Suzanne Mosch	MSV-Zeemacht	34.61	199400548	37.76
2.	Getrude Corporaal	Steenwijk 1934	36.18	199200380	37.80
3.	Tessa van Dijk-Mosch	MSV-Zeemacht	36.60	199102172	39.51
4.	Tessa van Dijk	ZPC Isis	48.17	199401252	47.87
AFGEM	Celine Bakker	DAW	46.00	199302562	

Programmanr. 4, 50m rugslag

Masters 35+, Dames

1.	Marije Jansen	ZPC Amersfoort	35.06	198504088	36.74
2.	Relinda Baas	TriVia	39.19	198900144	38.30
3.	Desiree Groot	SwimGym	39.76	198601310	41.39
4.	Kim Visser	H2Oldambt	42.75	198704350	43.66
5.	Ellen van der Woerd	SwimGym	40.00	198907610	44.70
6.	Héloïse Mignot	SwimGym	53.49	198807048	50.60

Masters 40+, Dames

1.	Angela Giezen	Zwemvereniging Hoogland	36.24	198302796	37.80
2.	Esther van Buren-Koster	Aquapoldro	44.65	198001670	44.05
3.	Tessa Zwart-Piek	DZ&PC	44.45	198102360	45.12

Masters 45+, Dames

1.	Gea van der Schaaf	Deltasteur	36.60	197901558	36.71
2.	Alina Spijkerman	DAW	37.11	197701220	37.42
3.	A. Glazema-Boelema	ZPC de Kanaalstreek	41.33	197701166	40.27
4.	Andrea Köhler	SwimGym	48.00	197601208	47.87
5.	Rocio Diez Arazola	SwimGym	50.00	197601206	48.59
6.	Joanne van den Eijnden	SwimGym	52.00	197701276	56.99
7.	Simone Weijland	Deltasteur	58.23	197901610	1:02.55
AFGEM	Marcela Strang van Hees	De Duinkickers	47.87	197801410	

Masters 50+, Dames

1.	Esther ten Kate	Avena	39.00	197100310	38.30
2.	Bianca Groot	MSV-Zeemacht	41.02	197000652	42.56
3.	Inken Wemheuer	Team Noord-Holland (SG)	42.00	197101016	42.95
4.	Cherry Bas-Ott	DAW	42.24	197100464	43.03

Masters 55+, Dames

1.	Laura Staal	Oceanus	40.64	196700358	39.51
2.	Miranda Keijl	Zignea	45.21	196500588	45.47
3.	Machteld Stilting	ZPC Amersfoort	47.92	196600716	47.97
4.	Annette van Dok	MSV-Zeemacht	45.81	196800742	48.32
5.	Monique Berentse	Batavia Swim	1:30.67	196901066	1:20.48

Masters 60+, Dames

1.	P. Tossings-van de Hooven	GZC Donk	44.60	196100376	45.12
2.	Jennie Resink-lindeboom	DWK	46.68	196000142	47.16
3.	Ellen Parma	SwimGym	45.00	196200366	49.48
4.	Lia Bijkerk	GZC Donk	55.23	196000014	50.25
AFGEM	Pia van der Molen	Avena	46.94	196000116	

Masters 65+, Dames

1.	Linda Wibbelink	Steenwijk 1934	50.33	195900158	48.76
2.	Ina Babbé	SwimGym	55.38	195600134	56.40
3.	W. Schoenmaker-ter Veer	DWK	55.26	195900254	58.36

Programmanr. 5
07-04-2024

100m vlinderslag

Gebjr 1935 - 2004
Resultaten

rang	naam	vereniging	intijd		zwemtijd	
Masters 20+, Heren						
1.	Maurice Pater	GZVW	1:07.68	200200909	1:08.31	
2.	Wolter Graaf	Z & PC Triton Putten	1:20.00	200105593	1:40.06	
Masters 25+, Heren						
1.	Jordi de Nijs	MSV-Zeemacht	59.92	199801851	1:03.49	
2.	Jordy van Oel	WVZ	1:04.90	199802003	1:05.96	
3.	Erwin Pras	GZVW	1:07.37	199601781	1:09.44	
4.	Colin Degenaaars	ZPCH	1:13.19	199505951	1:13.40	S14
AFGEM	Mark Veldman	Swol 1894	1:06.00	199504801		405
AFGEM	Mathieu Boers	WS Twente	1:01.01	199800187		
Masters 30+, Heren						
1.	Michel de Maesschalck <i>Alkmaar ZMC Record</i>	DAW	1:04.21	199101525	1:04.52	
2.	Sander Riezebos	WS Twente	1:11.64	199400467	1:12.13	
3.	Patrick Graver	GZVW	1:20.80	199404735	1:25.68	
4.	Rutger Curfs	Swol 1894	1:21.60	199402893	1:27.30	
5.	Arnold Hofman	DZ&PC	1:22.22	199406759	1:32.06	
6.	Melle de Groot	SwimGym	1:25.00	199107817	1:38.87	
Masters 45+, Heren						
1.	Kees Bakker	Gay Swim Amsterdam	1:13.13	197501055	1:17.80	
AFGEM	Erwin Buist	ZPC Amersfoort	1:12.96	197800183		
AFGEM	Casper Hut	HZ&PC Heerenveen	1:05.78	197800471		
Masters 50+, Heren						
1.	Heiner Stevens	Zignea	1:19.63	197201299	1:17.89	
2.	Peter de Vries	HZ&PC Heerenveen	1:18.61	197401601	1:23.34	
3.	Gerhard Knol	ZV De Aalscholver	1:26.65	197100483	1:30.22	
Masters 55+, Heren						
AFGEM	Marcel Brittijn	De Duinkickers	1:42.58	196900159		
Masters 60+, Heren						
1.	Johan Remmits <i>Alkmaar ZMC Record</i>	ZPC Amersfoort	1:09.02	196201159	1:12.68	
Masters 20+, Dames						
1.	Anna Morsink	SwimGym	1:21.73	200100970	1:19.29	
2.	Nina Bellaart	Oceanus	1:19.63	200400756	1:24.56	
Masters 25+, Dames						
1.	Tamara Grove <i>Alkmaar ZMC Record</i>	De Dolfijn	1:08.79	199601266	1:09.79	
Masters 30+, Dames						
1.	Suzanne Mulder	GZVW	1:45.49	199307820	1:49.37	
2.	Janneke Wynia	WS Twente	1:51.75	199005500	1:52.02	

Programmanr. 5, 100m vlinderslag

Masters 35+, Dames

1. Kim Visser	H2Oldambt	1:33.33	198704350	1:42.36
2. Herma Seubers-Kip	Team Noord-Holland (SG)	1:45.00	198706298	1:51.91

Masters 40+, Dames

1. Delia Badoux	WVZ	1:10.41	198000042	1:11.35
<i>Alkmaar ZMC Record</i>				
2. Angela Giezen	Zwemvereniging Hoogland	1:23.48	198302796	1:37.79
3. Linda Hoogendam	WVZ	1:39.84	198300892	1:40.66
4. Marloes Rebel	WS Twente	2:00.73	198403474	1:51.91

Masters 45+, Dames

1. Alina Spijkerman	DAW	1:28.26	197701220	1:32.42
2. Saskia op den Velde	De Duinkickers	1:47.44	197901530	1:43.05

Masters 50+, Dames

1. Grietje van der Hoek	Z & PC Triton Putten	2:33.16	197401086	2:49.78
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Masters 55+, Dames

1. Miranda Keijl	Zignea	1:53.30	196500588	1:54.31
AFGEM Anita Steijger	WVZ	1:33.89	196500628	

Masters 60+, Dames

1. Margriet Grove-Lingeman	Triton	1:29.65	196200080	1:32.67
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Programmanr. 6
07-04-2024

100m rugslag

Gebjr 1935 - 2004
Resultaten

rang	naam	vereniging	intijd	zwemtijd		
Masters 20+, Heren						
1.	Maurice Pater	GZVW	1:13.09	200200909		1:17.26
Masters 25+, Heren						
1.	Erwin Pras	GZVW	1:13.02	199601781		1:16.76
Masters 30+, Heren						
1.	Patrick Graver	GZVW	1:27.37	199404735		1:32.83
2.	Derek Valkenier	MSV-Zeemacht	1:30.45	199207397		1:33.30
3.	Patrick Wobben	Steenwijk 1934	1:33.00	199300559		1:47.07
Masters 35+, Heren						
1.	Robert Braad	Steenwijk 1934	1:07.01	198600407		1:08.60
2.	Wessel Everloo	WS Twente	1:13.69	198906597	S14	1:17.90
3.	Karel Bol	DAW	1:19.68	8700327		1:23.42
Masters 40+, Heren						
1.	Paul Oudendijk	DAW	1:09.13	198101287		1:09.84
2.	René van Dijk	ZPC Isis	1:29.32	198400489		1:29.50

Programmanr. 6, 100m rugslag

Masters 45+, Heren

1.	Jasper van Heijst	ZPCH	1:06.98	197601699	1:12.56
2.	Alex Damen	DAW	1:12.22	197501371	1:13.42
3.	Erwin Zuijdervelt	AZ&PC De Futen	1:22.49	197501015	1:23.89
AFGEM	Bram Rosenbrand	HHZV Plons	1:46.00	197701673	

Masters 60+, Heren

1.	Jos Verhoeven	ZV De Aalscholver	1:26.41	196301161	1:30.96
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Masters 70+, Heren

AFGEM	Nello Spiteri	DAW	2:15.26	195200295	
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Masters 80+, Heren

1.	Rob Hanou	PSV	1:59.86	194300109	2:06.41
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Masters 85+, Heren

1.	Nic Geers	PSV	2:10.82	193800007	2:05.24
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Masters 20+, Dames

1.	Cerisa van Kesteren	ZPCH	1:14.51	200105934	1:17.10
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Masters 25+, Dames

1.	Simone Mus	HZ&PC Heerenveen	1:25.00	199601932	1:18.81
2.	Jet Kleine	MSV-Zeemacht	1:18.63	199903384	1:21.43
3.	Tatiana Vanegas	SwimGym	1:23.52	199706650	1:23.07
4.	Nella Diepeveen	SwimGym	1:24.35	199801520	1:23.93
5.	Marleen Hof	WS Twente	1:22.06	199802464	1:24.14
6.	Sheila ten Voorde	SG Octopus - ZVV	1:24.54	199904538	1:24.80
7.	Maria Antonella Zuccaro	DAW	1:40.00	199606894	1:27.48
8.	Astrid Wibbelink	Steenwijk 1934	1:27.50	199600006	1:32.39
AFGEM	Eline Hendriks	ZPC Amersfoort	1:19.54	199802794	

Masters 30+, Dames

1.	Elmi Roelofsen	SG Octopus - ZVV	1:16.16	199008198	1:16.59
2.	Getrude Corporaal	Steenwijk 1934	1:19.13	199200380	1:25.02
3.	Tessa van Dijk-Mosch	MSV-Zeemacht	1:19.04	199102172	1:25.44
4.	Suzanne Mosch	MSV-Zeemacht	1:19.86	199400548	1:26.33
5.	Nienke Smidt	WS Twente	1:26.83	199407596	1:26.91
6.	Esther Kwebeman	TriVia	1:27.90	199106374	1:27.79
7.	Marjan Rikken	SG Octopus - ZVV	1:32.16	199206114	1:29.42
8.	Suzanne Mulder	GZVW	1:36.28	199307820	1:40.46

Masters 35+, Dames

1.	Desiree Groot	SwimGym	1:32.00	198601310	1:32.22
2.	Hanne Keijzer	Team Noord-Holland (SG)	1:40.00	198503932	1:47.59
AFGEM	Marije Jansen	ZPC Amersfoort	1:18.78	198504088	

Masters 40+, Dames

1.	Roos van Esch	ACZ	1:13.74	198200468	1:18.06
2.	Roelien Stegeman	Swol 1894	1:30.31	198102350	1:34.47
3.	Marloes Rebel	WS Twente	1:49.62	198403474	1:54.20

Programmanr. 6, 100m rugslag

Masters 45+, Dames

1.	Gea van der Schaaf	Deltasteur	1:20.61	197901558	1:20.75
2.	Jessica Venema	GZC Donk	1:23.78	197901526	1:27.03
3.	Jessica van Velzen	Swol 1894	1:48.27	197601122	1:50.61
4.	Simone Weijland	Deltasteur	2:00.00	197901610	2:27.50

Masters 50+, Dames

1.	Lidia v. Bon-Rosenbrand	ZPC Amersfoort	1:19.72	197000054	1:25.22
2.	Nathasja Konijn	GZC Donk	1:36.70	197100992	1:42.44
3.	Annette Spies	LinK	1:47.64	197001110	1:51.94
4.	Grietje van der Hoek	Z & PC Triton Putten	2:08.68	197401086	2:14.66

Masters 55+, Dames

1.	Laura Staal	Oceanus	1:30.76	196700358	1:26.61
2.	Peggi Hurenkamp	HZ&PC Heerenveen	1:33.31	196900922	1:33.70
3.	Hetty Smalheer	SCOM	1:55.45	196700352	1:45.23
4.	Annette van Dok	MSV-Zeemacht	1:44.42	196800742	1:49.15
DIS	Jacqueline Tuin	DAW	1:30.05	196600690	RD

RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.

Masters 60+, Dames

1.	P. Tossings-van de Hooven	GZC Donk	1:32.16	196100376	1:36.11
AFGEM	Christine Buist	De Duinkickers	1:36.95	196400608	

Masters 65+, Dames

1.	Margriet Pasma	TriVia	1:39.53	195500088	1:41.60
2.	W. Schoenmaker-ter Veer	DWK	2:04.18	195900254	2:09.47

Masters 70+, Dames

1.	A. Gilding-Tussaud	WS Twente	1:54.14	195000038	2:01.56
2.	N. van Dongen-de Paepe	ZZ&PC De Devel	2:32.40	195100044	2:32.67

Masters 75+, Dames

1.	A. Verhoeven - Steggerda	De Duinkickers	2:15.00	194600024	2:34.10
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Programmanr. 7
07-04-2024

50m schoolslag

Gebjr 1935 - 2004
Resultaten

rang	naam	vereniging	intijd	zwemtijd		
Masters 20+, Heren						
1.	Thomas Vastenhout	ZPCH	30.43	200204545	31.61	
	<i>Alkmaar ZMC Record</i>					
2.	Mark Peters	ZV De Aalscholver	37.59	200101431	38.87	
3.	Wolter Graaf	Z & PC Triton Putten	45.81	200105593	43.71	
Masters 25+, Heren						
1.	Mihail Tratsiuk	SwimGym	36.43	199506303	35.31	
2.	Colin Degenaaars	ZPCH	38.57	199505951	38.01	456

Programmanr. 7, 50m schoolslag

Masters 30+, Heren

1.	Cars Wiegmann	WS Twente	39.66	199401025	39.86
2.	Sander Riezebos	WS Twente	41.40	199400467	40.38
AFGEM	Harry Dijkstra	ZPC Isis	38.34	199100487	

Masters 35+, Heren

1.	Yuri van Omme	Zwemvereniging Hoogland	32.10	198501887	32.32
	<i>Alkmaar ZMC Record</i>				
2.	Dennis Kraakman	DAW	34.08	198705325	34.36
3.	Robin Eggenkamp	ZV De Aalscholver	39.54	198700847	38.89
4.	Sascha Krieblin	SwimGym	40.10	198604853	39.92
5.	Harald Meijer	SwimGym	41.01	198906883	40.58
AFGEM	Patrick de Jonge	Deltasteur	40.40	198906635	

Masters 40+, Heren

1.	Rene Koedooder	Enkhuizer Zwem Vereniging	38.00	198200919	37.81
2.	Wouter Zijlstra	DAW	35.95	198202077	37.84
3.	Mark Brinkhuis	TriVia	40.26	198302609	39.42
4.	Stanley Schouten	SwimGym	48.00	198403385	44.89

Masters 45+, Heren

1.	Kees Bakker	Gay Swim Amsterdam	33.27	197501055	34.36
2.	Frederik Harms	SwimGym	39.22	197701779	36.26
3.	Frits Delicaat	DAW	38.00	197901629	39.86
4.	Arjan Aalbers	Swol 1894	41.39	197500001	41.57
AFGEM	Erwin Buist	ZPC Amersfoort	36.08	197800183	

Masters 50+, Heren

1.	Heiner Stevens	Zignea	38.62	197201299	37.36
2.	Gerrit Orthofer	Team Noord-Holland (SG)	37.00	197001813	37.46
3.	Richard van Kampen	ZPCH	35.26	197401551	38.37
4.	Peter Meijer	DZ&PC	38.73	197300613	39.37
5.	Korstiaan de Boer	Steenwijk 1934	39.91	197101629	41.10
6.	Steven Kliffen	DAW	45.00	197001683	41.54
7.	Michiel IJskes	Swol 1894	43.00	197301505	43.52
AFGEM	Dragan Petrov	Enkhuizer Zwem Vereniging	53.49	197201735	

Masters 55+, Heren

1.	Hans Schoenmakers	DAW	36.19	196900863	38.45
	<i>Alkmaar ZMC Record</i>				
2.	Erik Zoethout	Aqualero	50.00	196901157	44.57
3.	Ruud Leenhoven	SwimGym	45.82	196801729	46.42
4.	Maarten Koolman	Steenwijk 1934	48.69	196801649	49.81
AFGEM	Guido Keutgen	Steenwijk 1934	37.06	196801551	

Masters 60+, Heren

1.	Peter van Maurik	MSV-Zeemacht	39.43	196301425	39.91
2.	Casper Dollekamp	Steenwijk 1934	41.82	196301341	41.46
3.	Jan Wierenga	ZV De Aalscholver	39.93	196400843	43.14
AFGEM	Theo Bakker	TriVia	37.00	196401231	

Masters 65+, Heren

1.	Robert Schulein	H2Oldambt	45.75	195900843	46.77
2.	Peter Coffeng	GZC Donk	46.99	195700063	48.63
DIS	Maarten Schets	SwimGym	48.00	195600521	SD
	<i>SD - De bewegingen van de benen met afwisselende bewegingen en/of niet te allen tijde gelijktijdig uitgevoerd.</i>				

Programmanr. 7, 50m schoolslag

Masters 70+, Heren

1. Rob Berkhof	Swol 1894	50.00	195200245	59.13
2. Jos Kamps	Zwemvereniging Hoogland	54.16	195100085	59.28

Masters 75+, Heren

1. Mans Buis	Swol 1894	58.60	194700133	59.80
2. Nico van Dongen	ZZ&PC De Devel	1:10.83	194800159	1:06.78

Masters 20+, Dames

1. Lotte van Gessel	Team Noord-Holland (SG)	41.41	200300900	39.27
2. Renske Groenewoud	MSV-Zeemacht	46.00	200303366	46.94
3. Rebecca de Klein	DZ&PC	50.99	200002812	48.85

Masters 25+, Dames

1. Tamara Grove	De Dolfijn	35.47	199601266	37.70
<i>Alkmaar ZMC Record</i>				
2. Kitty Schasfoort	De Dinkel	40.78	199700404	39.98
3. Mirte Visser	DAW	43.51	199606788	40.56
4. Rianne Schoonderwoerd	DAW	43.05	199502314	41.13
5. Ellen Rikken	SG Octopus - ZVV	48.79	199604574	49.05
6. Marion Sijbesma	Enkhuizer Zwem Vereniging	46.00	199704048	49.06
7. Julia van Adrichem	SwimGym	39.00	199606896	49.15
8. Mylene Wildeboer-Kok	H2Oldambt	50.20	199602674	53.32
9. Sylvia Hidding	H2Oldambt	50.02	199603886	55.41

Masters 30+, Dames

1. Camilla Dal Rio	SwimGym	38.00	199208086	36.76
2. Marjan Rikken	SG Octopus - ZVV	47.55	199206114	47.64
3. Tessa van Dijk	ZPC Isis	57.95	199401252	57.51
AFGEM Celine Bakker	DAW	45.46	199302562	

Masters 35+, Dames

1. Esther Steltenpohl	DAW	50.00	198504116	43.91
2. Liesbeth van Mill	Zwemlust- den Hommel	43.19	198702786	44.01
3. Janna Brummel	SwimGym	45.23	198807018	44.35
4. Kim Visser	H2Oldambt	44.31	198704350	47.68
5. Monique Kok	SG Octopus - ZVV	49.20	198605398	49.59
6. Ellen van der Woerd	SwimGym	42.00	198907610	55.42
7. Héloïse Mignot	SwimGym	55.00	198807048	56.37

Masters 40+, Dames

1. Laura Badoux	DAW	35.83	198200038	37.13
<i>Alkmaar ZMC Record</i>				
2. Esther van Buren-Koster	Aquapoldro	51.50	198001670	50.02
3. Tessa Zwart-Piek	DZ&PC	48.85	198102360	52.36

Masters 45+, Dames

1. Inge Roskam	De Duinkickers	39.06	197801296	39.94
2. Simone Weijland	Deltasteur	46.38	197901610	47.30
3. Andrea Köhler	SwimGym	47.53	197601208	47.89
4. A. Glazema-Boelema	ZPC de Kanaalstreek	46.67	197701166	48.44
5. Gea van der Schaaf	Deltasteur	46.51	197901558	49.06
6. Bianca Oudendijk	DAW	50.17	197901122	49.86
7. Joanne van den Eijnden	SwimGym	50.00	197701276	50.76
8. Jessica van Velzen	Swol 1894	57.05	197601122	53.81
9. Rocio Diez Arazola	SwimGym	53.00	197601206	59.26
10. Inge Geel	Batavia Swim	1:00.50	197701208	1:00.64
AFGEM Marcela Strang van Hees	De Duinkickers	49.14	197801410	

Programmanr. 7, 50m schoolslag

Masters 50+, Dames

1.	Esther ten Kate	Avena	42.00	197100310	42.87
2.	Bianca Groot	MSV-Zeemacht	41.50	197000652	44.88
AFGEM	Karin Stein	ZV Vlaardingen-Schiedam	38.59	197100554	

Masters 55+, Dames

1.	Annette Korving-Leijenaar	Aqualero	44.35	196700662	43.57
2.	Janet Lemmens	DAW	52.44	196500678	55.56
3.	Monique Berentse	Batavia Swim	59.73	196901066	58.29

Masters 60+, Dames

1.	Wilna Heijman	Steenwijk 1934	47.36	196400506	48.08
2.	Lia Bijkerk	GZC Donk	51.23	196000014	50.55
3.	Gemma Beccari	SwimGym	56.55	196200444	55.93

Programmanr. 8
07-04-2024

4 x 100m wisselslag

lft 80 - 319
Resultaten

rang	vereniging	intijd	zwemtijd	
160+, Heren				
1.	DAW 3	DAW	4:37.74	4:45.46
	Paul Oudendijk	81	1:10.52	Alex Damen
	Dennis Kraakman	87	1:12.48	Pieter van Gemeren
75				1:19.52
69				1:02.94
2.	SwimGym 2	SwimGym	6:20.12	6:46.26
	Yang Sun	85	1:38.81	Fons van Kesteren
	Ruud Leenhoven	68		Stanley Schouten
63				84
84				
200+, Heren				
1.	Steenwijk 1934 1	Steenwijk 1934	5:17.04	5:25.08
	Robert Braad	86	1:09.23	Korstiaan de Boer
	Huyb Stegeman	67	1:32.43	Casper Dollekamp
71				1:28.33
63				1:15.09
160+, Dames				
1.	DAW 1	DAW	5:30.00	5:32.00
	Alina Spijkerman	77	1:21.86	Ilona Hogerheyde
	Mirte Visser	96	1:33.57	Esther Steltenpohl
74				1:20.00
85				1:16.57
2.	Team Noord-Holland (SG) 1	Team Noord-Holland (SG)	6:20.78	6:43.47
	Beatriz Ferriols Vela	81	1:41.43	Hanne Keijzer
	Herma Seubers-Kip	87	1:44.01	Inken Wemheuer
85				2:05.43
71				1:12.60
100+				
1.	ZPCH 1	ZPCH	4:22.24	4:40.61
	Ruud Holswilder	78	1:05.99	Danielle Thuijs
	Thomas Vastenhout	02		Alysha de Jong
03				04
2.	MSV-Zeemacht 1	MSV-Zeemacht	5:09.49	5:12.28
	Jet Kleine	99	1:21.98	Jordi de Nijs
	Derek Valkenier	92	1:28.72	Renske Groenewoud
98				1:05.48
03				1:16.10
AFGEM	ZPCH 2	ZPCH	4:46.69	
120+				
1.	SwimGym 1	SwimGym	5:17.79	5:39.10
	Tatiana Vanegas	97	1:22.80	Melle de Groot
	Camilla Dal Rio	92	1:22.90	Harald Meijer
91				1:38.81
89				1:14.59

Programmanr. 8, 4 x 100m wisselslag

160+

1. DAW 2	DAW	5:55.00	5:57.31	
Rianne Schoonderwoerd	95	1:23.59	70	1:41.24
Erik Schweitzer	67	1:42.98	91	1:09.50
2. Swol 1894 1	Swol 1894	6:26.20	6:32.40	
Albert van Piekeren	84	1:13.12	81	1:44.66
Maxim Hardziyenka	72	1:57.98	76	1:36.64