

ZMC 2024 d4  
Alkmaar, 07-04-2024

Programmanr. 3 200m schoolslag alg. leeftijdsgroep  
07-04-2024 - 15:50 Resultaten

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

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Masters 80+, Heren

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

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

Masters 25+, Dames

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

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

Masters 35+, Dames

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

Masters 40+, Dames

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

Masters 45+, Dames

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

Masters 50+, Dames

1.	L. v. Bon-Rosenbrand	ZPC Amersfoort	3:14.70	197000054	<b>3:14.58</b>	1:33.77	3:14.58
2.	Trudie van Niejenhuis	TZC-Vahalis	3:22.48	197100444	<b>3:28.15</b>	1:40.93	3:28.15
3.	Grietje van der Hoek	Z & PC Triton Putten	4:30.02	197401086	<b>4:42.08</b>	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	<b>3:23.32</b>	1:37.29	3:23.32
	<i>Alkmaar ZMC Record</i>						
2.	A. Korving-Leijenaar	Aqualero	3:25.39	196700662	<b>3:28.15</b>	1:39.81	3:28.15
3.	K. van Nassau-van den H	Old Dutch Breda	3:42.60	196600188	<b>3:45.49</b>	1:49.95	3:45.49
4.	Peggi Hurenkamp	HZ&PC Heerenveen	3:58.17	196900922	<b>3:45.96</b>	1:48.12	3:45.96
5.	Hetty Smalheer	SCOM	4:20.00	196700352	<b>3:58.33</b>	1:57.82	3:58.33
6.	Janet Lemmens	DAW	4:00.00	196500678	<b>4:26.87</b>	2:06.61	4:26.87

Masters 60+, Dames

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

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

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Masters 70+, Dames

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

1.	A. Verhoeven - Steggerd	De Duinkickers	4:30.94	194600024	<b>5:07.43</b>	2:19.46	5:07.43
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alg. leeftijdsgroep

1.	Yuri van Omme	Zwemvereniging Hoogland	2:34.82	198501887	<b>2:36.74</b>	1:14.79	2:36.74
2.	Albert van Piekeren	Swol 1894	2:51.00	198401767	<b>2:51.02</b>	1:20.97	2:51.02
3.	Paul Oudendijk	DAW	2:54.73	198101287	<b>2:51.58</b>	1:23.70	2:51.58
4.	Camilla Dal Rio	SwimGym	2:50.00	199208086	<b>2:55.68</b>	1:24.06	2:55.68
5.	Laura Badoux	DAW	2:53.58	198200038	<b>2:58.19</b>	1:25.60	2:58.19

*Alkmaar ZMC Record*

6.	Kees Bakker	Gay Swim Amsterdam	2:54.77	197501055	<b>3:01.66</b>	1:27.66	3:01.66
7.	Harold Matla	PSV	2:55.29	196800591	<b>3:03.72</b>	3:03.72	3:03.72

*Alkmaar ZMC Record*

8.	Dennis Kraakman	DAW	2:55.26	198705325	<b>3:03.83</b>	1:21.20	3:03.83
9.	László Jüllich	ZPCH	2:49.75	197801893	<b>3:05.83</b>	1:25.23	3:05.83
10.	Cerisa van Kesteren	ZPCH	3:15.00	200105934	<b>3:08.54</b>	1:31.13	3:08.54
11.	Hans Schoenmakers	DAW	3:01.98	196900863	<b>3:10.30</b>	1:29.99	3:10.30
12.	Heiner Stevens	Zignea	3:14.34	197201299	<b>3:12.39</b>	1:33.05	3:12.39
13.	Ron Langelaan	DAW	3:10.00	197800643	<b>3:12.49</b>	1:31.31	3:12.49
14.	L. v. Bon-Rosenbrand	ZPC Amersfoort	3:14.70	197000054	<b>3:14.58</b>	1:33.77	3:14.58
15.	Erwin Pras	GZVW	3:13.04	199601781	<b>3:15.79</b>	1:33.74	3:15.79
16.	Mark Brinkhuis	TriVia	3:16.78	198302609	<b>3:16.16</b>	1:33.47	3:16.16
17.	Derek Valkenier	MSV-Zeemacht	3:06.23	199207397	<b>3:16.91</b>	1:32.55	3:16.91
18.	Maurice Pater	GZVW	3:03.62	200200909	<b>3:17.10</b>	1:30.32	3:17.10
	Liselotte Joling	PSV	3:11.42	197500268	<b>3:17.10</b>	1:37.20	3:17.10

*Alkmaar ZMC Record*

20.	Harald Meijer	SwimGym	2:55.00	198906883	<b>3:17.56</b>	1:30.53	3:17.56
21.	Liesbeth van Mill	Zwemlust- den Hommel	3:11.92	198702786	<b>3:18.21</b>	1:35.72	3:18.21
22.	Gerrit Orthofer	Team Noord-Holland (SG)	3:20.00	197001813	<b>3:20.90</b>	1:39.39	3:20.90
23.	Korstiaan de Boer	Steenwijk 1934	3:17.08	197101629	<b>3:21.11</b>	1:38.11	3:21.11
24.	Jacqueline Tuin	DAW	3:25.16	196600690	<b>3:23.32</b>	1:37.29	3:23.32
25.	Roelien Stegeman	Swol 1894	3:22.18	198102350	<b>3:23.59</b>	1:37.39	3:23.59
26.	A. Korving-Leijenaar	Aqualero	3:25.39	196700662	<b>3:28.15</b>	FJ 1 1:39.81	3:28.15
27.	Trudie van Niejenhuis	TZC-Vahalis	3:22.48	197100444	<b>3:28.15</b>	FJ 2 1:40.93	3:28.15
28.	Patrick Graver	GZVW	3:16.96	199404735	<b>3:28.38</b>	1:38.38	3:28.38
29.	Huyb Stegeman	Steenwijk 1934	3:17.72	196701535	<b>3:38.30</b>	1:41.63	3:38.30
30.	Inge Roskam	De Duinkickers	3:29.03	197801296	<b>3:40.64</b>	1:45.96	3:40.64
31.	Janna Brummel	SwimGym	3:30.00	198807018	<b>3:41.51</b>	1:46.85	3:41.51
32.	Renske Groenewoud	MSV-Zeemacht	3:37.00	200303366	<b>3:43.58</b>	1:48.12	3:43.58
33.	K. van Nassau-van den H	Old Dutch Breda	3:42.60	196600188	<b>3:45.49</b>	1:49.95	3:45.49
34.	Monique Kok	SG Octopus - ZVV	3:40.56	198605398	<b>3:45.76</b>	1:47.36	3:45.76
35.	Peggi Hurenkamp	HZ&PC Heerenveen	3:58.17	196900922	<b>3:45.96</b>	1:48.12	3:45.96
36.	Jan Smalheer	SCOM	3:45.00	196400701	<b>3:49.75</b>	1:54.53	3:49.75
37.	Janneke Wynia	WS Twente	3:42.62	199005500	<b>3:50.16</b>	1:53.16	3:50.16
38.	Wilna Heijman	Steenwijk 1934	3:43.56	196400506	<b>3:50.87</b>	1:50.91	3:50.87
39.	Erik Schweitzer	DAW	3:59.73	196701751	<b>3:54.48</b>	1:51.94	3:54.48
40.	Linda Wibbelink	Steenwijk 1934	3:41.71	195900158	<b>3:57.39</b>	1:54.75	3:57.39

*Alkmaar ZMC Record*

41.	Hetty Smalheer	SCOM	4:20.00	196700352	<b>3:58.33</b>	1:57.82	3:58.33
42.	M. Wildeboer-Kok	H2Oldambt	4:14.14	199602674	<b>4:07.17</b>	1:57.47	4:07.17
43.	Suzanne Mulder	GZVW	4:11.04	199307820	<b>4:07.84</b>	1:58.84	4:07.84
44.	Stanley Schouten	SwimGym	3:45.00	198403385	<b>4:09.84</b>	1:47.90	4:09.84
45.	Robert Schulein	H2Oldambt	4:09.99	195900843	<b>4:10.13</b>	1:59.70	4:10.13
46.	W. Schoenmaker-ter Vee	DWK	4:10.05	195900254	<b>4:19.13</b>	2:04.74	4:19.13
47.	Jessica van Velzen	Swol 1894	4:10.95	197601122	<b>4:22.40</b>	2:05.40	4:22.40
48.	Rob Hanou	PSV	4:09.56	194300109	<b>4:24.92</b>	2:10.22	4:24.92
49.	Janet Lemmens	DAW	4:00.00	196500678	<b>4:26.87</b>	2:06.61	4:26.87
50.	Maarten Koolman	Steenwijk 1934	4:20.84	196801649	<b>4:29.06</b>	2:02.39	4:29.06
51.	Grietje van der Hoek	Z & PC Triton Putten	4:30.02	197401086	<b>4:42.08</b>	2:18.23	4:42.08
52.	A. Gilding-Tussaud	WS Twente	4:39.41	195000038	<b>4:49.18</b>	2:21.78	4:49.18

Programmanr. 3, Alle, 200m schoolslag, alg. leeftijdsgroep

rang	naam	vereniging	intijd		zwemtijd	100m	200m
53.	A. Verhoeven - Steggerd	De Duinkickers	4:30.94	194600024	<b>5:07.43</b>	2:19.46	5:07.43
DIS	Yang Sun	SwimGym	3:00.00	198504009	SL		
	<i>SL - Het keer- en/of eindpunt met één hand aangetikt.</i>						
AFGEM	Nello Spiteri	DAW	4:24.01	195200295			
AFGEM	Karin Stein	ZV Vlaardingen-Schiedam	3:06.15	197100554			