

ZMC deel6
Kampen, 21-9-2024

Programmanr. 1 200m vrije slag 20 jaar en ouder
21-9-2024 - 16:30 Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
Masters 20+, Dames								
1. Lianne Boets	ZPC de Kanaalstreek	2:15.13	200200346	2:34.83	33.54	1:13.34		2:34.83
2. Manon Bultman	De Hokseberg	2:41.03	200304214	2:41.83	35.38	1:15.57		2:41.83
Masters 20+, Heren								
1. Jesse Bruines	Batavia Swim	2:38.11	200402413 S9	2:36.86	528	36.20	1:16.99	2:36.86
2. Carsten Bruinink	Noord-Veluwe	2:29.28	200303861	2:40.05		35.92	1:17.88	2:40.05
Masters 25+, Heren								
1. Erwin Pras	Gzvw	2:11.49	199601781	2:13.07		30.55	1:04.76	2:13.07
2. Mark Veldman	Swol 1894	2:10.00	199504801	2:14.89		30.47	1:04.77	2:14.89
Masters 25+, Dames								
1. Rianne van Rijssen	Noord-Veluwe	2:29.18	199702360	2:29.12		34.09	1:12.07	2:29.12
2. Myrthe Meenhorst	Swol 1894	2:32.35	199507062	2:32.15		34.82	1:13.07	2:32.15
3. Sheila ten Voorde	SG Octopus - ZVV	2:34.72	199904538	2:33.72		33.94	1:12.94	2:33.72
4. Marleen Hof	WS Twente	2:32.52	199802464	2:43.43		35.50	1:17.37	2:43.43
5. Ellen Rikken	SG Octopus - ZVV	2:42.61	199604574	2:44.68		37.06	1:18.53	2:44.68
6. Melanie Zondag	ZC Polaris	2:43.71	199804476	2:46.26		36.78	1:18.88	2:46.26
7. Marion Sijbesma	Enkhuizer Zwem Veren	2:51.67	199704048	2:57.47		39.36	1:24.28	2:57.47
Masters 30+, Dames								
1. Beau Rijpers	Swol 1894	2:50.00	199402638	2:37.93		35.66	1:15.39	2:37.93
2. Esther Kwebeman	TriVia	2:39.96	199106374	2:40.86		36.31	1:17.40	2:40.86
3. Suzanne Mulder	Gzvw	2:58.69	199307820	3:06.99		41.32	1:28.20	3:06.99
Masters 30+, Heren								
1. Dennis Wijbenga	Aqua 68	2:24.16	199003283	2:23.00		32.25	1:09.33	2:23.00
2. Richard Heijnen	ZC Polaris	2:31.93	199107793	2:33.52		33.10	1:11.55	2:33.52
AFGEM Danny Vochteloo	ZC Polaris	3:13.42	199207251					
AFGEM Jacco Doest	DWK	2:20.00	199400711					
Masters 35+, Heren								
1. Robert Braad	Steenwijk 1934	2:12.33	198600407	2:14.06		30.01	1:03.79	2:14.06
2. Wessel Everloo	WS Twente	2:20.50	198906597	2:18.71		32.21	1:07.81	2:18.71
3. Patrick de Jonge	Deltasteur	2:24.48	198906635	2:39.22		33.78	1:12.34	2:39.22
4. Roelf Ottens	WS Twente	3:00.05	198503369	2:44.32		36.44	1:18.13	2:44.32
5. Thijs de Roo	Swol 1894	2:46.00	198705447	2:51.53		39.10	1:22.86	2:51.53
Masters 35+, Dames								
1. Liesbeth van Mill	Zwemlust- den Hommel	2:35.29	198702786	2:37.00		35.90	1:15.44	2:37.00
2. Kim Visser	H2Oldambt	2:53.20	198704350	2:53.57		38.61	1:21.86	2:53.57
3. Monique Kok	SG Octopus - ZVV	3:23.98	198605398	3:07.26		41.89	1:29.08	3:07.26
Masters 40+, Dames								
1. Tilja den Broeder	Swol 1894	2:53.00	198001380	2:56.06		39.52	1:25.49	2:56.06
2. Roelien Stegeman	Swol 1894	2:58.00	198102350	2:58.95		38.36	1:24.19	2:58.95
Masters 40+, Heren								
1. Rene Koedooder	Enkhuizer Zwem Veren	2:16.62	198200919	2:18.43		30.98	1:05.32	2:18.43
2. Albert van Piekeren	Swol 1894	2:22.23	198401767	2:21.54		32.33	1:08.32	2:21.54
3. Richard Kremer	Azuro	2:35.00	198001871	2:36.02		34.61	1:14.23	2:36.02
4. Jeroen van Esseveldt	Aquapoldro	4:29.20	198102617	4:07.83		53.22	1:55.86	4:07.83

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Masters 45+, Heren

1. Rubert Boer	Aqualero	2:24.02	197902011	2:26.09	32.65	1:09.21	2:26.09
2. Bart Frans	H2Oldambt	2:46.75	197501069	2:39.71	35.86	1:15.12	2:39.71

Masters 45+, Dames

1. Monique Boets	ZPC de Kanaalstreek	2:27.66	197600230	2:32.57	34.61	1:12.73	2:32.57
2. Alina Spijkerman	Daw	2:31.35	197701220	2:33.21	34.80	1:12.80	2:33.21
3. Jannie Vennik	HZ&PC Heerenveen	2:43.93	197601006	2:41.41	37.31	1:18.76	2:41.41
4. A. Glazema-Boelema	TriVia	2:46.80	197701166	2:47.40	38.87	1:22.27	2:47.40
5. Margriet Leeffers	Deltasteur	3:15.27	197800448	2:56.76	39.38	1:23.39	2:56.76
6. Saskia op den Velde	De Duinkickers	2:54.02	197901530	3:00.23	39.93	1:26.22	3:00.23
7. Jessica van Velzen	Swol 1894	3:11.61	197601122	3:30.36	48.29	1:41.00	3:30.36

Masters 50+, Dames

1. Marleen Vos	Batavia Swim	2:41.31	197400598	2:34.23	35.66	1:14.85	2:34.23
2. T. van Niejenhuis	TZC Vahalis	2:39.31	197100444	2:42.66	36.77	1:18.19	2:42.66
3. Evelien Naatje	WS Twente	3:09.21	197200838	2:55.22	39.23	1:24.22	2:55.22
4. U. Spoelstra-de Groot	WS Twente	3:12.27	197200952	3:11.22	43.34	1:32.11	3:11.22
5. Tiffany Tsui	Zwemvereniging Hoogl:3	2:27.15	197401110	3:23.67	45.49	1:35.68	3:23.67

Masters 50+, Heren

1. Eric Hoekman	WS Twente	2:27.06	197401531	2:25.84	32.38	1:08.79	2:25.84
2. Peter de Vries	HZ&PC Heerenveen	2:35.00	197401601	2:27.71	33.50	1:10.14	2:27.71
3. Paul Bosch	ZV De Zaan	2:28.52	197201533	2:28.66	34.44	1:11.26	2:28.66
4. Heiner Stevens	Zignea	2:40.23	197201299	2:32.96	33.97	1:11.65	2:32.96
5. Martijn de Jong	DWK	2:41.67	197101659	2:36.24	36.19	1:16.07	2:36.24
6. Luuk Hagting	Zuiderzeezwemmers	3:09.89	197101709	2:48.74	39.23	1:20.79	2:48.74
7. Agnus Gerringa	Batavia Swim	3:15.00	197100285	2:50.09	35.65	1:16.44	2:50.09
DIS Michiel Ijskes	Swol 1894	2:45.00	197301505				

AA - De start ingezet voor het startsignaal (en wel gezwommen).

Masters 55+, Heren

1. Gerko Versluis	Zuiderzeezwemmers	2:22.92	196901439	2:23.78	32.19	1:09.38	2:23.78
2. Erik Zoethout	Aqualero	2:43.45	196901157	2:42.98	35.51	1:17.01	2:42.98
AFGEM Huyb Stegeman	Steenwijk 1934	2:33.11	196701535				

Masters 55+, Dames

1. Peggi Hurenkamp	HZ&PC Heerenveen	2:53.83	196900922	2:52.30	38.86	1:22.54	2:52.30
2. Hetty Smalheer	Scom	3:11.07	196700352	3:14.51	43.45	1:33.03	3:14.51
3. A. Neuteboom Spijker	Aquapoldro	3:16.68	196800890	3:19.41	44.19	1:33.40	3:19.41

Masters 60+, Dames

1. M. Kraak-Beckers	Swol 1894	3:05.50	196000240	2:58.67	40.99	1:26.61	2:58.67
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Masters 60+, Heren

1. Jan Smalheer	Scom	2:52.32	196400701	2:49.18	38.20	1:20.28	2:49.18
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Masters 65+, Heren

1. Pier van der Sluis	De Vikings	2:55.73	195900757	3:06.69	41.80	1:30.43	3:06.69
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Masters 70+, Dames

1. C. Nieuwenhuis	Swol 1894	3:01.67	195100022	3:01.81	39.71	1:25.46	3:01.81
2. A. Gilding-Tussaud	WS Twente	3:47.12	195000038	4:02.08	54.49	1:56.44	4:02.08

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Masters 70+, Heren

1. Jos Kamps	Zwemvereniging Hoogl	3:04.56	195100085	3:04.75	39.41	1:26.09	3:04.75
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Masters 75+, Dames

1. A. Verhoeven - Stegger	De Duinkickers	4:38.03	194600024	4:37.27	54.06	2:00.76	4:37.27
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Masters 80+, Heren

1. Rob Hanou	Psv	3:53.27	194300109	3:46.65	51.75	1:50.63	3:46.65
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