

ZMC ZPC AMERSFOORT 2024
Amersfoort, 15-12-2024

Programmanr. 1
15-12-2024 - 14:15

200m vrije slag

2004 en eerder
Resultaten

rang naam	vereniging	intijd		tijd	RT	50m	100m	150m	200m
Masters 20+, Dames									
1. Leonie van Wier	HZ&PC Heerenveen	2:25.00	200200436	2:27.05	+0,69	33.38	37.48	38.18	38.01
2. Lieke Broere	De Otters Het Gooi	2:32.31	200303890	2:32.24	+0,81	34.45	39.87	40.21	37.71
3. Cynthia Koolman	Steenwijk 1934	2:28.03	200300232	2:35.39	+0,66	35.96	39.26	40.23	39.94
Masters 25+, Heren									
1. Jordi de Nijs	MSV-Zeemacht	2:06.23	199801851	2:12.29	+0,67	29.16	32.99	34.92	35.22
2. Jeffrey Roest	Zwemvereniging Hoogl:	2:16.69	199703401	2:15.78	+0,67	31.17	34.84	35.80	33.97
3. Erwin Pras	Gzvw	2:18.01	199601781	2:17.56		30.77	34.96	36.99	34.84
4. Laurens Spoelstra	WS Twente	2:25.51	199901273	2:24.02	+0,80	32.09	36.21	37.63	38.09
5. Auke Sijperda	Azc	2:29.84	199905115	2:30.92	+0,74	34.63	39.05	39.77	37.47
6. Roy Schroten	Zuiderzeezwimmers	2:40.00	199506373	2:42.56	+0,98	36.44	40.47	43.08	42.57
7. Ardy Zwanenburg	Azc	2:40.00	199902061	2:46.90	+0,79	36.45	40.85	44.89	44.71
8. Tuur Ottenheim	Zwemvereniging Hoogl:	3:30.00	199805933	3:16.71	+0,78	43.05	50.66	54.97	48.03
Masters 25+, Dames									
1. Tamara Grove	De Dolfijn	2:06.79	199601266	2:11.12	+0,69	30.45	33.71	33.79	33.17
2. Anne-Irene Duchaine	Zwemvereniging Hoogl:	2:26.38	199506824	2:23.94	+0,72	33.20	36.68	37.76	36.30
3. Sheila ten Voorde	SG Octopus - ZVV	2:45.12	199904538	2:39.90	+0,82	35.01	39.67	42.26	42.96
4. Marouscha de Vries	Daw	2:37.00	199906628	2:41.24	+0,67	36.32	40.97	42.26	41.69
5. Melanie Zondag	ZC Polaris	2:46.26	199804476	2:50.72	+0,95	37.47	43.62	45.53	44.10
6. Franziska von Spiegel	SwimGym	2:53.17	199606890	2:53.75		38.89	45.27	46.81	42.78
7. Dannique Koolen	ZPC AMERSFOORT	3:03.94	199904048	3:01.83	+0,82	40.52	46.84	48.79	45.68
8. M. Wildeboer-Kok	H2Oldambt	3:29.99	199602674	3:33.48	+0,81	46.77	53.92	56.24	56.55
Masters 30+, Heren									
1. Tim Bunnik	Triton	2:15.95	199000505	2:15.93	+0,80	31.05	33.91	35.13	35.84
2. Sander Riezebos	WS Twente	2:22.06	199400467	2:20.85	+0,68	31.30	35.90	37.75	35.90
3. Connor Elemans	De Duinkickers	2:42.76	199100581	2:37.12	+0,88	35.88	40.74	41.35	39.15
4. Karlo Kok	Zwemvereniging Hoogl:	2:37.91	199101265	2:40.15	+0,67	35.11	39.05	42.63	43.36
5. Richard Heijnen	ZC Polaris	2:31.93	199107793	2:46.11	+0,85	36.23	41.74	44.09	44.05
6. Tom de Lange	Deltasteur	2:48.12	199300303	2:47.85	+0,89	37.57	41.27	45.16	43.85
7. Wessel Kremer	Zwemvereniging Hoogl:	3:00.00	199107887	3:08.87	+0,87	43.86	48.97	50.45	45.59
Masters 30+, Dames									
1. Nienke Smidt	WS Twente	2:30.74	199407596	2:34.64	+0,81	35.66	38.84	41.04	39.10
2. Danica Koedoot	ZPC AMERSFOORT	2:29.98	199301034	2:39.57	+0,73	34.64	39.22	41.88	43.83
3. Celine Bakker	Daw	3:05.00	199302562	2:43.71	+0,72	36.36	41.55	43.56	42.24
4. Renske Gazendam	Zuiderzeezwimmers	2:55.00	199001102	2:45.87	+0,85	38.04	43.02	44.32	40.49
5. Marjan Rikken	SG Octopus - ZVV	2:56.33	199206114	2:50.84	+0,78	38.75	43.16	44.95	43.98
6. Janneke Wynia	WS Twente	3:08.61	199005500	3:07.88		43.27	47.12	48.54	48.95
7. Suzanne Mulder	Gzvw	3:04.64	199307820	3:08.59	+0,59	41.84	47.86	49.63	49.26
Masters 35+, Heren									
1. Matthew Humphreys	MSV-Zeemacht	2:18.00	198906983	2:15.77	+0,85	31.62	34.15	35.42	34.58
2. Wessel Everloo	WS Twente	2:18.71	198906597	2:26.88	+0,83	33.16	38.06	38.40	37.26
3. Yuri van Ommen	Zwemvereniging Hoogl:	2:41.58	198501887	2:38.47	+0,78	35.84	40.73	41.07	40.83
4. Harald Meijer	SwimGym	2:45.00	198906883	2:47.19	+0,91	38.30	42.82	44.29	41.78
Masters 35+, Dames									
1. Relinda Baas	TriVia	2:29.65	198900144	2:32.63	+0,77	34.31	37.95	39.83	40.54
2. Liesbeth van Mill	Zwemlust- den Hommel:	2:43.51	198702786	2:47.17	+0,68	37.99	42.68	43.48	43.02
3. Ilana Iskander	Zwemvereniging Hoogl:	2:57.41	198907606	2:49.92	+0,63	37.77	42.52	45.54	44.09
4. Ellen van der Woerd	SwimGym	2:59.42	198907610	3:16.47		41.70	50.47	53.12	51.18

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Masters 40+, Heren

1. David Wendt	Zwemvereniging Hoogl:	2:09.44	198202599	2:20.79	+0,92	29.60	35.10	37.69	38.40
2. Marcel Reefhuis	WS Twente	2:35.16	198101381	2:24.26	+0,66	32.70	36.36	37.55	37.65
3. Oscar Monge	Ijzpc	2:26.48	198102599	2:27.53	+0,71	33.62	37.09	38.47	38.35
4. Arjen Nieveen	Dz&Pc	2:32.65	198002545	2:29.87	+0,73	33.79	36.98	38.75	40.35
5. René van Dijk	ZPC Isis	2:42.68	198400489	2:33.18	+0,77	33.00	37.85	40.28	42.05
6. Yury Trofimov	SwimGym	2:41.88	198403407	2:41.90		33.28	38.72	43.22	46.68
7. Richard Kremer	Azuro	2:36.02	198001871	2:44.17		35.42	40.92	43.45	44.38
8. Ab Hazeleger	Zwemvereniging Hoogl:	2:50.00	198202637	3:01.02	+0,87	39.49	45.19	50.14	46.20
9. Jan Vrzal	SwimGym	2:55.00	198403439	3:17.14	+0,98	40.49	48.75	53.49	54.41

Masters 40+, Dames

1. Debbie van Rooijen	Ijzpc	2:23.86	198201402	2:29.13	+0,77	34.82	38.52	38.70	37.09
2. Marijn Post	ENC Arnhem	2:42.42	198101194	2:46.20	+0,86	36.15	41.68	44.05	44.32
3. E. van Buren-Koster	Aquapoldro	3:24.05	198001670	3:13.72	+0,78	42.97	49.46	51.76	49.53
4. Annemieke Visch	Zuiderzeezwemmers	3:51.79	198302762	4:03.16		54.26	1:00.13	1:04.26	1:04.51

Masters 45+, Heren

1. Arjen Koop	ENC Arnhem	2:25.75	197900697	2:32.05	+0,74	34.40	38.61	39.18	39.86
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Masters 45+, Dames

1. Alina Spijkerman	Daw	2:35.55	197701220	2:36.15		35.46	39.51	40.90	40.28
2. Gea van der Schaaf	Deltasteur	2:43.34	197901558	2:42.23	+0,84	36.43	40.13	42.66	43.01
3. A. Glazema-Boelema	TriVia	2:56.51	197701166	2:49.98	+0,82	39.12	43.52	44.88	42.46
4. Eveline Hacquebord	Ijzpc	2:58.05	197901206	3:00.17	+0,78	40.19	46.08	48.03	45.87
5. M. Roskam-Satter	Zuiderzeezwemmers	3:00.00	197801448	3:16.55		40.93	47.81	52.28	55.53
6. Josta Bolhuis	SwimGym	2:55.00	197801454	3:19.88	+0,93	44.52	50.17	52.87	52.32
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7. Miranda Verschure	Zuiderzeezwemmers	4:00.00	197501046	3:45.85		49.57	55.98	59.25	1:01.05
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8. W. van Roenburg	Zuiderzeezwemmers	4:10.00	197601214	3:48.52		48.14	58.08	1:04.02	58.28

Masters 50+, Heren

1. Michael van Bekkum	Swol 1894	2:36.00	197200051	2:42.40	+0,76	36.23	41.94	43.04	41.19
2. Heiner Stevens	Zignea	2:40.23	197201299	2:42.78	+0,77	34.75	39.59	43.92	44.52

Masters 50+, Dames

1. L. v. Bon-Rosenbrand	ZPC AMERSFOORT	2:28.27	197000054	2:30.13		34.34	38.15	39.29	38.35
2. Pascale Janssen	SG Patrick - De Roerso	2:48.24	197300852	2:50.06	+0,87	38.94	43.70	44.82	42.60
3. Grietje van der Hoek	Z & PC Triton Putten	3:39.69	197401086	3:24.05	+0,93	48.34	52.62	53.04	50.05
4. Martine Stahlie-Bos	TriVia	3:20.15	197401054	3:35.29	+0,88	47.70	54.23	57.29	56.07
5. Elske van Doornum	De Duinkickers	3:59.54	197401052	4:19.65		55.65	1:07.92	1:10.20	1:05.88

Masters 55+, Heren

1. Gerko Versluis	Zuiderzeezwemmers	2:29.69	196901439	2:29.62	+0,79	33.66	38.49	39.02	38.45
2. Erik Zoethout	Aqualero	2:42.98	196901157	2:48.36	+0,86	37.39	43.77	44.19	43.01
3. Erik Schweitzer	Daw	3:14.86	196701751	3:18.79	+0,77	41.00	47.09	52.72	57.98

Masters 55+, Dames

1. Jacqueline Tuin	Daw	2:45.00	196600690	2:46.27	+0,64	38.38	43.00	43.47	41.42
2. Laura Staal	Oceanus	2:52.40	196700358	2:53.19	+0,80	39.07	43.82	45.76	44.54
3. Miranda Keijl	Zignea	3:23.39	196500588	3:11.59		46.62	49.65	51.02	44.30

Masters 60+, Heren

1. Rudolf Meijer	Zwemvereniging Hoogl:	2:40.91	196000995	2:51.37	+0,96	38.20	43.99	45.49	43.69
2. Casper Dollekamp	Steenwijk 1934	2:55.51	196301341	2:55.00	+0,80	39.43	44.92	45.74	44.91
3. Jack Barends	WS Twente	3:00.90	196201011	2:59.33	+0,85	41.03	45.72	46.98	45.60
4. Bart van Calker	WS Twente	3:04.52	196100067	3:02.82	+0,82	43.22	45.88	47.48	46.24
5. John Dam	Zignea	3:15.00	196000915	3:06.78		41.54	47.66	51.42	46.16

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Masters 60+, Dames

1. Wilna Heijman	Steenwijk 1934	2:43.87	196400506	2:46.15		39.47	42.03	43.02	41.63
2. Jenny Westervaarder	H2Oldambt	3:26.70	196200424	3:26.85	+0,98	47.84	51.70	54.35	52.96
3. Gemma Beccari	SwimGym	4:10.00	196200444	4:05.38		49.72	1:02.37	1:05.52	1:07.77

Masters 65+, Heren

1. Henk Slomp	Z&PC de Inktvis	2:43.14	195500359	2:45.89	+0,92	37.55	43.15	44.65	40.54
2. Wim de Lange	Azc	2:51.04	195800533	2:58.73	+0,74	39.84	44.90	46.94	47.05
3. Pier van der Sluis	De Vikings	3:09.66	195900757	3:04.33	+0,77	40.79	47.26	49.30	46.98

Masters 65+, Dames

1. Linda Wibbelink	Steenwijk 1934	2:58.64	195900158	3:04.68	+0,74	42.73	47.15	48.86	45.94
2. Hannie Poletiek	TriVia	3:16.55	195900278	3:19.77	+0,92	46.49	50.11	52.66	50.51
3. W. Schoenmaker-ter VeDwk		3:56.32	195900254	3:53.53	+0,92	50.83	57.96	1:03.32	1:01.42

Masters 70+, Heren

1. L. Klein Breteler	WS Twente	3:04.46	195400109	3:04.75	+0,92	41.44	48.25	50.53	44.53
2. Rob Berkhof	Swol 1894	3:30.95	195200245	3:28.89		47.06	54.73	54.40	52.70

Masters 75+, Heren

1. Mans Buis	Swol 1894	4:18.30	194700133	4:27.39		58.18	1:07.83	1:11.94	1:09.44
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