

ZMC ZPC AMERSFOORT 2024
Amersfoort, 15-12-2024

Programmanr. 6
15-12-2024 - 15:35

200m wisselslag

2004 en eerder
Resultaten

rang naam	vereniging	intijd		tijd	RT	50m	100m	150m	200m
Masters 20+, Dames									
1. Lieke Broere	De Otters Het Gooi	3:05.32	200303890	3:03.47	+0,85	40.85	47.84	56.47	38.31
2. Cynthia Koolman	Steenwijk 1934	2:48.68	200300232	3:07.79	+0,68	43.74	45.34	57.04	41.67
Masters 25+, Heren									
1. Jordi de Nijs	MSV-Zeemacht	2:21.15	199801851	2:38.89	+0,70	29.18	44.11	47.68	37.92
2. Erwin Pras	Gzvw	2:38.30	199601781	2:39.05	+0,72	30.90	42.95	48.87	36.33
3. Laurens Spoelstra	WS Twente	2:39.70	199901273	2:40.01	+0,77	32.47	42.25	47.32	37.97
4. Arthur Crocquevieille	SwimGym	3:00.00	199506387	2:51.76	+0,77	33.60	46.42	50.03	41.71
Masters 25+, Dames									
1. Yvette Meijer	Zwemvereniging Hoogl:	3:03.95	199706590	3:01.01	+0,85	40.13	48.50	49.47	42.91
2. Dannique Koolen	ZPC AMERSFOORT	3:21.21	199904048	3:24.42	+0,84	42.98	56.63	59.45	45.36
3. Astrid Wibbelink	Steenwijk 1934	3:21.57	199600006	3:25.93	+0,75	45.35	56.58	58.17	45.83
Masters 30+, Heren									
1. Bart van Beek	SwimGym	2:40.00	199301847	2:41.08	+0,73	34.30	39.43	49.29	38.06
2. Dennis Wijbenga	Aqua 68	2:33.35	199003283	2:48.12	+0,95	36.73	44.19	45.82	41.38
3. Niels Bent	WS Twente	2:55.07	199400465	2:57.51	+0,89	39.11	47.69	54.82	35.89
4. Connor Elemans	De Duinkickers	3:00.00	199100581	3:02.67	+0,90	38.53	48.71	53.83	41.60
5. Rutger Curfs	Swol 1894	2:53.14	199402893	3:03.23	+0,77	39.02	47.49	56.77	39.95
6. Richard Heijnen	ZC Polaris	3:17.03	199107793	3:19.34	+0,87	47.29	50.58	1:00.02	41.45
7. Arnold Hofman	Dz&Pc	3:03.33	199406759	3:19.70	+0,75	38.53	52.37	1:01.18	47.62
Masters 30+, Dames									
1. Nienke Smidt	WS Twente	3:04.77	199407596	2:55.68	+0,78	35.92	45.99	55.09	38.68
2. N. Wobben-de Vries	Steenwijk 1934	3:05.00	199204328	3:02.34	+0,84	41.30	46.84	53.64	40.56
3. Daphne Kievit	ZPC AMERSFOORT	3:00.25	199207058	3:04.35	+0,78	38.29	48.69	55.61	41.76
4. Esther Kwebeman	TriVia	3:03.76	199106374	3:05.00	+0,81	40.28	49.12	52.79	42.81
5. Marjan Rikken	SG Octopus - ZVV	3:13.93	199206114	3:12.21	+0,78	42.84	47.81	57.61	43.95
6. Maaïke Karsten	Zwemvereniging Hoogl:	3:15.00	199103832	3:13.10	+0,80	38.01	49.91	1:02.49	42.69
7. Suzanne Mulder	Gzvw	3:33.94	199307820	3:34.12	+0,59	46.92	54.98	1:04.38	47.84
8. Janneke Wynia	WS Twente	3:32.70	199005500	3:34.18	+0,67	50.58	57.00	58.53	48.07
Masters 35+, Heren									
1. Matthew Humphreys	MSV-Zeemacht	2:40.00	198906983	2:41.76	+0,84	32.41	43.03	49.55	36.77
2. Wessel Everloo	WS Twente	2:40.53	198906597	2:54.93	+0,94	37.45	43.25	56.00	38.23
Masters 35+, Dames									
1. Liesbeth van Mill	Zwemlust- den Hommel	2:56.66	198702786	3:06.32	+0,70	40.29	49.27	52.18	44.58
2. Renske Eilers	Zwemvereniging Hoogl:	2:55.79	198806072	3:10.43	+0,88	42.01	48.35	55.49	44.58
3. Monique Kok	SG Octopus - ZVV	3:45.62	198605398	3:33.09	+0,66	49.79	55.60	56.25	51.45
Masters 40+, Heren									
1. Marcel Reefhuis	WS Twente	2:59.53	198101381	2:41.67	+0,68	33.00	42.26	46.50	39.91
2. Albert van Piekeren	Swol 1894	2:33.02	198401767	2:42.55	+0,84	36.32	43.70	45.34	37.19
Masters 40+, Dames									
1. Debbie van Rooijen	Ijzpc	2:55.57	198201402	2:50.23	+0,63	36.51	44.69	50.56	38.47
2. Marijn Post	ENC Arnhem	2:55.00	198101194	3:04.08	+0,81	36.75	51.37	52.57	43.39
3. Angela Giezen	ZPC AMERSFOORT	3:01.31	198302796	3:05.15	+0,80	40.26	48.18	55.25	41.46
4. E. van Buren-Koster	Aquapoldro	3:46.75	198001670	3:40.62	+0,82	50.09	54.86	1:03.82	51.85
5. Marloes Rebel	WS Twente	3:50.06	198403474	3:52.69		51.41	1:04.06	1:11.22	46.00

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Masters 45+, Heren

1. Rubert Boer	Aqualero	2:54.02	197902011	2:54.02	+0,83	35.89	44.30	54.74	39.09
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Masters 45+, Dames

1. Gea van der Schaaf	Deltasteur	3:10.84	197901558	3:10.20	+0,87	44.94	44.60	57.75	42.91
2. Leontine Loeber	SwimGym	3:02.71	197701010	3:14.20	+0,75	43.17	48.70	58.72	43.61
3. Eveline Hacquebord	Ijzpc	3:16.16	197901206	3:18.58	+0,82	40.49	56.70	55.86	45.53

Masters 50+, Heren

1. Korstiaan de Boer	Steenwijk 1934	2:54.64	197101629	2:57.38	+0,93	37.55	45.23	53.47	41.13
2. Heiner Stevens	Zignea	2:56.96	197201299	3:00.55	+0,75	36.48	49.57	53.49	41.01
3. Peter de Vries	HZ&PC Heerenveen	3:02.60	197401601	3:01.58	+0,87	36.79	48.70	55.87	40.22
4. Mireille Lokhorst	Zwemvereniging Hoogl	3:45.00	197401138	4:01.82	+0,86	57.03	1:01.75	1:04.09	58.95

Masters 50+, Dames

1. L. v. Bon-Rosenbrand	ZPC AMERSFOORT	2:46.88	197000054	2:56.56	+0,90	36.85	49.87	49.95	39.89
2. Evelien Naatje	WS Twente	3:41.38	197200838	3:38.45	+0,92	46.16	58.19	1:06.73	47.37
3. I. Kaptein-Aalders	Dwk	4:17.94	197001106	4:19.70	+0,77	1:00.29	1:12.27	1:06.57	1:00.57

Masters 55+, Heren

1. Guido Keutgen	Steenwijk 1934	2:51.05	196801551	2:54.29	+0,82	37.25	44.26	52.08	40.70
2. E. Neuteboom Spijker	Aquapoldro	3:30.00	196500657	3:24.45	+0,81	43.33	54.87	1:05.83	40.42

Masters 55+, Dames

1. Laura Staal	Oceanus	3:12.00	196700358	3:15.38	+0,78	46.40	49.94	56.19	42.85
2. Peggi Hurenkamp	HZ&PC Heerenveen	3:20.00	196900922	3:19.36	+0,88	42.62	52.60	59.84	44.30
3. Hetty Smalheer	Scom	3:45.04	196700352	3:40.14		54.33	58.39	1:00.77	46.65
4. Miranda Keijl	Zignea	3:33.48	196500588	3:42.11		53.99	54.17	1:09.64	44.31
5. A. Neuteboom Spijker	Aquapoldro	3:50.91	196800890	3:48.49	+0,91	54.56	58.29	1:05.55	50.09

Masters 60+, Heren

1. Robert de Brauwer	De Duinkickers	3:07.55	196401383	3:13.24	+0,84	39.03	50.27	58.09	45.85
2. Rudolf Meijer	Zwemvereniging Hoogl	3:03.19	196000995	3:17.65	+0,98	41.49	55.00	58.22	42.94
3. Jan Smalheer	Scom	3:30.00	196400701	3:24.56		46.48	56.45	58.67	42.96

Masters 65+, Heren

1. Wim de Lange	Azc	3:06.05	195800533	3:18.92	+0,75	41.86	55.81	55.58	45.67
2. Henk Slomp	Z&PC de Inktvis	3:20.54	195500359	3:22.63	+0,89	45.18	54.83	59.54	43.08

Masters 65+, Dames

1. Hannie Poletiek	TriVia	3:39.79	195900278	3:54.21	+0,97	58.50	1:00.55	1:04.84	50.32
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Masters 70+, Dames

1. A. Gilding-Tussaud	WS Twente	4:29.55	195000038	4:34.26	+0,77	1:10.21	1:03.72	1:18.43	1:01.90
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Masters 80+, Heren

1. Rob Hanou	Psv	4:14.14	194300109	4:25.49		1:11.54	1:09.72	1:11.18	53.05
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