

Almere ZMC-3-2025
Almere-Poort, 16-3-2025

Programmanr. 7
16-3-2025

400m wisselslag

20 - 89 jaar
Resultaten

Punten: AQUA 2024

Volgorde	Naam	Vereniging	Inschrijftijd	Startnummer	Eindtijd	Punten
D20+, Dames						
1.	Lisette Dooper	HZ&PC Heerenveen	6:30.00	200201678	6:12.75	335
	50m: 39.15 100m: 1:27.63	39.15 150m: 48.48 200m:	250m: 300m:		350m: 400m: 6:12.75	
2.	Inge Kiers	Deltasteur	6:57.90	200505222	6:51.15	249
	50m: 47.28 100m: 1:44.90	47.28 150m: 57.62 200m:	250m: 300m:		350m: 400m: 6:51.15	
D25+, Dames						
1.	Melanie Zondag	ZC Polaris	6:41.81	199804476	6:41.36	268
	50m: 41.73 100m: 1:34.67	41.73 150m: 52.94 200m:	250m: 300m:		350m: 400m: 6:41.36	
2.	Dannique Koolen	Zpc Amersfoort	7:11.90	199904048	7:11.70	215
	50m: 46.04 100m: 1:42.77	46.04 150m: 56.73 200m:	250m: 300m:		350m: 400m: 7:11.70	
D30+, Dames						
1.	Nanda Wobben-de Vries	Steenwijk 1934	6:05.00	199204328	5:56.57	382
	50m: 38.71 100m: 1:25.03	38.71 150m: 46.32 200m:	250m: 300m:		350m: 400m: 5:56.57	
D35+, Dames						
1.	Jacyntha Plat	Steenwijk 1934	5:42.60	199002956	5:38.43	447
	50m: 33.66 100m: 1:14.72	33.66 150m: 41.06 200m:	250m: 300m:		350m: 400m: 5:38.43	
D40+, Dames						
1.	Debbie van Rooijen	Ijzpc	5:52.00	198201402	5:51.83	398
	50m: 38.43 100m: 1:24.54	38.43 150m: 46.11 200m:	250m: 300m:		350m: 400m: 5:51.83	
D45+, Dames						
1.	Janneke Harmsen-Bakker	Psv	5:50.00	197700938	5:52.77	395
	50m: 37.70 100m: 1:22.77	37.70 150m: 45.07 200m:	250m: 300m:		350m: 400m: 5:52.77	
2.	Gea van der Schaaf	Deltasteur	6:30.71	197901558	6:26.63	300
	50m: 45.59 100m: 1:39.11	45.59 150m: 53.52 200m:	250m: 300m:		350m: 400m: 6:26.63	
3.	Jessica Venema	Gzc Donk	6:24.52	197901526	6:36.47	278
	50m: 41.10 100m: 1:32.25	41.10 150m: 51.15 200m:	250m: 300m:		350m: 400m: 6:36.47	
4.	Leontine Loeber	SwimGym	6:21.66	197701010	6:48.67	254
	50m: 42.90 100m: 1:36.37	42.90 150m: 53.47 200m:	250m: 300m:		350m: 400m: 6:48.67	
5.	Saskia op den Velde	De Duinkickers	7:27.99	197901530	7:55.96	161
	50m: 47.40 100m: 1:43.78	47.40 150m: 56.38 200m:	250m: 300m:		350m: 400m: 7:55.96	
6.	Jessica van Velzen	Swol 1894	9:04.56	197601122	9:00.71	109
	50m: 1:00.97 100m: 2:19.01	1:00.97 150m: 1:18.04 200m:	250m: 300m:		350m: 400m: 9:00.71	
D50+, Dames						
1.	Marleen Vos	Batavia Swim	5:59.25	197400598	6:13.65	332
	50m: 39.50 100m: 1:28.95	39.50 150m: 49.45 200m:	250m: 300m:		350m: 400m: 6:13.65	
2.	Inken Wemheuer	Team Noord Holland (SG)	7:15.00	197101016	7:03.85	228
	50m: 45.61 100m: 1:40.10	45.61 150m: 54.49 200m:	250m: 300m:		350m: 400m: 7:03.85	

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Programmanr. 7, Dames, 400m wisselslag, D50+

Volgorde	Naam	Vereniging	Inschrijftijd	Startnummer	Eindtijd	Punten
3.	Nathasja Konijn	Gzc Donk	7:15.68	197100992	7:15.20	210
	50m: 45.93	45.93	150m: 250m:		350m: 7:15.20	
	100m: 1:40.97	55.04	200m: 300m:		400m: 7:15.20	
4.	Grietje van der Hoek	Z & PC Triton Putten	8:32.05	197401086	8:18.48	140
	50m: 1:00.60	1:00.60	150m: 250m:		350m: 8:18.48	
	100m: 2:10.86	1:10.26	200m: 300m:		400m: 8:18.48	

D55+, Dames

1.	Bianca Groot	MSV-Zeemacht	6:13.53	197000652	6:32.73	286
	50m: 40.12	40.12	150m: 250m:		350m: 6:32.73	
	100m: 1:28.55	48.43	200m: 300m:		400m: 6:32.73	
2.	Annette van Dok	MSV-Zeemacht	7:54.30	196800742	7:59.51	157
	50m: 54.92	54.92	150m: 250m:		350m: 7:59.51	
	100m: 1:57.17	1:02.25	200m: 300m:		400m: 7:59.51	

D60+, Dames

1.	Margriet Grove-Lingeman	Triton	6:45.14	196200080	6:46.82	257
	50m: 41.12	41.12	150m: 250m:		350m: 6:46.82	
	100m: 1:29.49	48.37	200m: 300m:		400m: 6:46.82	

H40+, Heren

1.	Cetin Cetiner	AZ&PC De Futen	6:50.01	198303155	6:39.97	202
	50m: 42.88	42.88	150m: 250m:		350m: 6:39.97	
	100m: 1:31.96	49.08	200m: 300m:		400m: 6:39.97	
2.	Roelf Ottens	WS Twente	7:08.42	198503369	7:01.31	173
	50m: 38.73	38.73	150m: 250m:		350m: 7:01.31	
	100m: 1:34.91	56.18	200m: 300m:		400m: 7:01.31	

H25+, Heren

1.	Bartho Visser	Z & PC Triton Putten	6:21.66	200005595	6:03.95	268
	50m: 36.98	36.98	150m: 250m:		350m: 6:03.95	
	100m: 1:22.45	45.47	200m: 300m:		400m: 6:03.95	

DIS Olaf Zegezen Team Noord Holland (SG) 7:00.00 199705761
RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.

H30+, Heren

1.	Huub Scholing	Swol 1894	5:32.94	199301179	5:31.25	356
	50m: 33.80	33.80	150m: 250m:		350m: 5:31.25	
	100m: 1:14.11	40.31	200m: 300m:		400m: 5:31.25	

H35+, Heren

1.	Tim Bunnik	Triton	5:04.67	199000505	5:05.24	455
	50m: 33.24	33.24	150m: 250m:		350m: 5:05.24	
	100m: 1:13.07	39.83	200m: 300m:		400m: 5:05.24	
2.	Dennis Wijbenga	Aqua 68	5:33.49	199003283	5:36.00	341
	50m: 38.94	38.94	150m: 250m:		350m: 5:36.00	
	100m: 1:26.00	47.06	200m: 300m:		400m: 5:36.00	
3.	Bram Piederiet	ZV Vlaardingen-Schiedam	5:20.20	199007757	5:43.79	318
	50m: 36.49	36.49	150m: 250m:		350m: 5:43.79	
	100m: 1:21.71	45.22	200m: 300m:		400m: 5:43.79	
4.	Wessel Everloo	WS Twente	5:57.08	198906597	5:48.82	305
	50m: 37.42	37.42	150m: 250m:		350m: 5:48.82	
	100m: 1:23.29	45.87	200m: 300m:		400m: 5:48.82	
5.	Ted Kruijff	Zuiderzeewimmers	6:30.00	199007789	6:37.05	206
	50m: 39.50	39.50	150m: 250m:		350m: 6:37.05	
	100m: 1:27.80	48.30	200m: 300m:		400m: 6:37.05	

DIS Erik Verholt Noord-Veluwe 5:50.50 198803543 **5:31.29**
VN - Niet gehele race aan het wateroppervlak geleven (geldt niet voor keerpunt en 1e 15 m na start en keerpunt)

50m:	150m:	250m:	350m:
100m:	200m:	300m:	400m: 5:31.29

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H45+, Heren

1. Antoine Karel	Noord-Veluwe	7:00.00	197801973	6:30.00	218
50m: 44.31	44.31 150m:	250m:	350m:	6:30.00	
100m: 1:36.04	51.73 200m:	300m:	400m:		
2. Tom Bandsma	Psv	7:12.94	197701625	6:50.60	187
50m: 48.50	48.50 150m:	250m:	350m:	6:50.60	
100m: 1:45.44	56.94 200m:	300m:	400m:		

H50+, Heren

1. Kees Bakker	Gay Swim Amsterdam	5:45.00	197501055	5:49.42	303
50m: 36.82	36.82 150m:	250m:	350m:	5:49.42	
100m: 1:19.83	43.01 200m:	300m:	400m:		
2. Heiner Stevens	Zignea	6:07.93	197201299	6:14.57	246
50m: 37.26	37.26 150m:	250m:	350m:	6:14.57	
100m: 1:22.86	45.60 200m:	300m:	400m:		
3. Pleun Lodewijks	Daw	7:00.00	197101799	6:46.80	192
50m: 34.71	34.71 150m:	250m:	350m:	6:46.80	
100m: 1:19.96	45.25 200m:	300m:	400m:		

H60+, Heren

1. Johan Remmits	Zpc Amersfoort	5:41.07	196201159	5:48.33	306
50m: 34.34	34.34 150m:	250m:	350m:	5:48.33	
100m: 1:15.56	41.22 200m:	300m:	400m:		
2. Ronald Grove	Triton	6:19.61	196100161	6:38.70	204
50m: 42.68	42.68 150m:	250m:	350m:	6:38.70	
100m: 1:35.98	53.30 200m:	300m:	400m:		

H65+, Heren

1. Paul Bunnik	Triton	6:44.34	195600413	6:50.36	187
50m: 39.86	39.86 150m:	250m:	350m:	6:50.36	
100m: 1:30.76	50.90 200m:	300m:	400m:		