

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

Programmanr. 1  
16-3-2025

200m rugslag

20 - 89 jaar  
Startlijst

Naam	Vereniging	Startnr	Inschrijftijd	Cat	Tijd
<u>Serie 1 van 9</u>					
2 Pier van der Sluis	De Vikings	195900757	4:30.00	H65+	_:._.
3 Sebastiaan de Vos	De Duinkickers	198402481	4:10.93	H40+ S7	_:._.
4 Antoinette Gilding-Tussaud	WS Twente	195000038	4:07.25	D75+	_:._.
5 Mans Buis	Swol 1894	194700133	4:09.10	H75+	_:._.
6 Grietje van der Hoek	Z & PC Triton Putten	197401086	4:21.19	D50+	_:._.
7 Loekie van Huissteden	Zpc Amersfoort	194500002	5:14.89	D80+	_:._.
<u>Serie 2 van 9</u>					
1 Greta Wyma-Teitsma	Dwk	197100696	3:59.10	D50+	_:._.
2 Lia Bijkerk	Gzc Donk	196000014	3:50.71	D65+	_:._.
3 Annette van Dok	MSV-Zeemacht	196800742	3:44.65	D55+	_:._.
4 Katinka Elders	HZ&PC Heerenveen	196000292	3:40.00	D65+	_:._.
5 Janneke Wynia	WS Twente	199005500	3:44.02	D35+	_:._.
6 Annemieke Neuteboom Spijker	Aquapoldro	196800890	3:45.37	D55+	_:._.
7 Marloes Rebel	WS Twente	198403474	3:57.35	D40+	_:._.
8 Wendy van Roemburg	Zuiderzeewemmers	197601214	4:00.00	D45+	_:._.
<u>Serie 3 van 9</u>					
1 Margriet Leeffers	Deltasteur	197800448	3:33.51	D45+	_:._.
2 Roelf Ottens	WS Twente	198503369	3:25.00	H40+	_:._.
3 Dannique Koolen	Zpc Amersfoort	199904048	3:20.00	D25+ S14	_:._.
4 Catannia Nortan	Zpc Amersfoort	199904400	3:18.39	D25+	_:._.
5 Marit Gerritsen	WS Twente	200200664	3:20.00	D20+	_:._.
6 Astrid Wibbelink	Steenwijk 1934	199600006	3:23.89	D25+	_:._.
7 Jack Barends	WS Twente	196201011	3:25.11	H60+	_:._.
8 Stefan Witwerts	Ksn (Sg)	197902159	3:35.83	H45+	_:._.
<u>Serie 4 van 9</u>					
1 Herma Seubers-Kip	Team Noord Holland (SG)	198706298	3:15.00	D35+	_:._.
2 Marion Sijbesma	Enkhuizer Zwem Vereniging	199704048	3:12.20	D25+	_:._.
3 Melanie Zondag	ZC Polaris	199804476	3:11.42	D25+	_:._.
4 Peggi Hurenkamp	HZ&PC Heerenveen	196900922	3:10.97	D55+	_:._.
5 Bianca Groot	MSV-Zeemacht	197000652	3:11.13	D55+	_:._.
6 Jennifer Knuchel	De Aalscholver	200106378	3:11.55	D20+	AFGEM
7 Marieke Weering	de Plons	198704550	3:13.03	D35+	_:._.
8 Bart van Calker	WS Twente	196100067	3:16.01	H60+	_:._.
<u>Serie 5 van 9</u>					
1 Amber Westerink	De Hokseberg	200401078	3:08.99	D20+	_:._.
2 Margriet Grove-Lingeman	Triton	196200080	3:06.90	D60+	_:._.
3 Renske Gazendam	Zuiderzeewemmers	199001102	3:05.00	D35+	_:._.
4 Heiner Stevens	Zignea	197201299	3:02.35	H50+	_:._.
5 René van Dijk	ZPC Isis	198400489	3:02.79	H40+	_:._.
6 Leonie Scholten	Steenwijk 1934	197901560	3:05.16	D45+	_:._.
7 Connor Elemans	De Duinkickers	199100581	3:07.42	H30+	AFGEM
8 Beverly Min Yen Chong	Gay Swim Amsterdam	198102388	3:10.00	D40+	_:._.
<u>Serie 6 van 9</u>					
1 Menno Lomans	Psv	196101071	2:58.31	H60+	_:._.
2 Marleen Vos	Batavia Swim	197400598	2:56.92	D50+	_:._.
3 Lisette Dooper	HZ&PC Heerenveen	200201678	2:55.00	D20+	_:._.
4 Liesbeth van Mill	Zwemlust- den Hommel	198702786	2:53.43	D35+	_:._.
5 Harm Jan Otter	Het Ravijn	198101283	2:54.55	H40+	_:._.
6 Nienke Smidt	WS Twente	199407596	2:55.92	D30+	_:._.
7 Marjan Remmits-de Lange	Zpc Amersfoort	196300518	2:57.51	D60+	_:._.
8 Leontine Loeber	SwimGym	197701010	2:59.79	D45+	_:._.

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1	Annette Wijnja-Visser	De Biesboschzwemmers	196700528	2:52.94	D55+	___:___:___
2	Marleen Hof	WS Twente	199802464	2:52.56	D25+	___:___:___
3	Cars Wiegmann	WS Twente	199401025	2:51.86	H30+	___:___:___
4	Iris Lok	WS Twente	200301094	2:48.02	D20+	___:___:___
5	Nanda Wobben-de Vries	Steenwijk 1934	199204328	2:50.00	D30+	___:___:___
6	Erwin Zuidervelt	AZ&PC De Futen	197501015	2:52.21	H50+	___:___:___
7	Cetin Cetiner	AZ&PC De Futen	198303155	2:52.81	H40+	___:___:___
8	Trudie van Niejenhuis	TZC Vahalis	197100444	2:53.22	D50+	___:___:___

Serie 8 van 9

1	Declan Drost	De Hokseberg	200100203	2:44.48	H20+	___:___:___
2	Pien Ooijman	WS Twente	200504500	2:41.72	D20+	___:___:___
3	Jacyntha Plat	Steenwijk 1934	199002956	2:38.34	D35+	___:___:___
4	Albert van Piekeren	Swol 1894	198401767	2:34.47	H40+	___:___:___
5	Janneke Harmsen-Bakker	Psv	197700938	2:38.00	D45+	___:___:___
6	Debbie van Rooijen	Ijzpc	198201402	2:38.83	D40+	___:___:___
7	Rene Koedooder	Enkhuizer Zwem Vereniging	198200919	2:41.93	H40+	___:___:___
8	Gea van der Schaaf	Deltasteur	197901558	2:47.92	D45+	___:___:___

Serie 9 van 9

1	Wessel Everloo	WS Twente	198906597	2:33.24	H35+ S14	___:___:___
2	Erik Verholt	Noord-Veluwe	198803543	2:30.30	H35+	___:___:___
3	Tamara Grove	De Dolfijn	199601266	2:28.41	D25+	___:___:___
4	Tim Bunnik	Triton	199000505	2:22.16	H35+	___:___:___
5	Johan Remmits	Zpc Amersfoort	196201159	2:26.62	H60+	___:___:___
6	Niels Bent	WS Twente	199400465	2:29.64	H30+	___:___:___
7	Dennis Wijbenga	Aqua 68	199003283	2:32.09	H35+	___:___:___
8	Cynthia Koolman	Steenwijk 1934	200300232	2:34.00	D20+	___:___:___