

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

Programmanr. 4  
16-3-2025

25m rugslag

20 - 89 jaar  
Startlijst

Naam	Vereniging	Startnr	Inschrijftijd	Cat	Tijd
<b>Serie 1 van 8</b>					
3 Jeroen Wilmer	Enkhuizer Zwem Vereniging	196601711	NT	H55+	___:___:___
4 Leny Kamp	Aquapoldro	194400008	30.00	D80+	___:___:___
5 Iris Lok	WS Twente	200301094	31.00	D20+	___:___:___
<b>Serie 2 van 8</b>					
1 Annet Verhoeven - Steggerda	De Duinkickers	194600024	28.36	D75+	___:___:___
2 Maxim Hardziyenka	Swol 1894	197201723	25.00	H50+	___:___:___
3 Antoinette Gilding-Tussaud	WS Twente	195000038	23.56	D75+	___:___:___
4 Lia Bijkerk	Gzc Donk	196000014	22.57	D65+	___:___:___
5 Sebastiaan de Vos	De Duinkickers	198402481	22.72	H40+	S7 ___:___:___
6 Natasja Pijpstra	Team Noord Holland (SG)	199108716	25.00	D30+	___:___:___
7 Brechtje de Jong	ZPC Isis	198907422	27.09	D35+	___:___:___
<b>Serie 3 van 8</b>					
1 Marcela Strang van Hees	De Duinkickers	197801410	22.00	D45+	___:___:___
2 Peter Coffeng	Gzc Donk	195700063	20.99	H65+	___:___:___
3 Marion Sijbesma	Enkhuizer Zwem Vereniging	199704048	20.51	D25+	___:___:___
4 Antoine Karel	Noord-Veluwe	197801973	20.20	H45+	___:___:___
5 Nathasja Konijn	Gzc Donk	197100992	20.41	D50+	AFGEM ___:___:___
6 Tessa Zwart-Piek	Dz&Pc	198102360	20.94	D40+	___:___:___
7 Beverly Min Yen Chong	Gay Swim Amsterdam	198102388	22.00	D40+	___:___:___
8 Jan-Willem Koopman	Batavia Swim	198102641	22.06	H40+	___:___:___
<b>Serie 4 van 8</b>					
1 Cherry Bas-Ott	Daw	197100464	19.75	D50+	___:___:___
2 Marina van der Wal	Swol 1894	198101634	19.47	D40+	___:___:___
3 Pien Ooijman	WS Twente	200504500	19.00	D20+	___:___:___
4 Leonie Scholten	Steenwijk 1934	197901560	18.50	D45+	___:___:___
5 Melanie Zondag	ZC Polaris	199804476	18.50	D25+	___:___:___
6 Jack Barends	WS Twente	196201011	19.42	H60+	___:___:___
7 Esther van Buren-Koster	Aquapoldro	198001670	19.65	D45+	AFGEM ___:___:___
8 Tessa van Dijk	ZPC Isis	199401252	20.15	D30+	AFGEM ___:___:___
<b>Serie 5 van 8</b>					
1 Jeroen Temme	TriVia	197201703	18.00	H50+	AFGEM ___:___:___
2 Jessica Venema	Gzc Donk	197901526	17.78	D45+	___:___:___
3 Harm Jan Otter	Het Ravijn	198101283	17.64	H40+	___:___:___
4 Johnny Elisen	Gay Swim Amsterdam	198705227	17.50	H35+	___:___:___
5 Mireille Nijhuis	Swol 1894	198102368	17.60	D40+	AFGEM ___:___:___
6 René van Dijk	ZPC Isis	198400489	17.78	H40+	___:___:___
7 Tuur Ottenheim	Zwemvereniging Hoogland	199805933	18.00	H25+	___:___:___
8 Tom Bandsma	Psv	197701625	18.33	H45+	___:___:___
<b>Serie 6 van 8</b>					
1 Ruben Beldman	De Hokseberg	200503575	17.50	H20+	___:___:___
2 Nanda van Heteren	Psv	198901728	17.42	D35+	___:___:___
3 Erwin Zuidervelt	AZ&PC De Futen	197501015	17.10	H50+	___:___:___
4 Renske Gazendam	Zuiderzeezwemmers	199001102	17.00	D35+	___:___:___
5 Manon Bultman	De Hokseberg	200304214	17.05	D20+	___:___:___
6 Lieke Stoker	WS Twente	200301412	17.36	D20+	___:___:___
7 Heiner Stevens	Zignea	197201299	17.48	H50+	___:___:___
8 Inge Kiers	Deltasteur	200505222	17.50	D20+	___:___:___
<b>Serie 7 van 8</b>					
1 Tessa van Dijk-Mosch	MSV-Zeemacht	199102172	16.86	D30+	___:___:___
2 Cynthia Koolman	Steenwijk 1934	200300232	16.57	D20+	___:___:___
3 Cars Wiegmann	WS Twente	199401025	16.47	H30+	___:___:___
4 Jard Pronk	Daw	199905321	16.00	H25+	___:___:___
5 Bartho Visser	Z & PC Triton Putten	200005595	16.13	H25+	___:___:___
6 Ilse Wild	SG Octopus - ZVV	200401812	16.52	D20+	___:___:___
7 Fred Heemstra	Daw	196500357	16.83	H60+	___:___:___
8 Roelf Ottens	WS Twente	198503369	16.91	H40+	___:___:___

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1	Sander Riezebos	WS Twente	199400467	15.84	H30+		___:___:___
2	Niels Bent	WS Twente	199400465	15.21	H30+		___:___:___
3	Guido Keutgen	Steenwijk 1934	196801551	14.86	H55+	NG.ZA	___:___:___
4	Mathieu Boers	WS Twente	199800187	14.00	H25+		___:___:___
5	Kees Bakker	Gay Swim Amsterdam	197501055	14.80	H50+		___:___:___
6	Steven Kliffen	Daw	197001683	15.00	H55+		___:___:___
7	Rene Koedooder	Enkhuizer Zwem Vereniging	198200919	15.54	H40+		___:___:___
8	Harry Dijkma	ZPC Isis	199100487	15.97	H30+		___:___:___