

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

Programmanr. 7
16-3-2025

400m wisselslag

20 - 89 jaar
Startlijst

Naam	Vereniging	Startnr	Inschrijftijd	Cat	Tijd
<u>Serie 1 van 6</u>					
3 Jessica van Velzen	Swol 1894	197601122	9:04.56	D45+	___:___:___
4 Annette van Dok	MSV-Zeemacht	196800742	7:54.30	D55+	___:___:___
5 Grietje van der Hoek	Z & PC Triton Putten	197401086	8:32.05	D50+	___:___:___
<u>Serie 2 van 6</u>					
1 Saskia op den Velde	De Duinkickers	197901530	7:27.99	D45+	___:___:___
2 Inken Wemheuer	Team Noord Holland (SG)	197101016	7:15.00	D50+	___:___:___
3 Dannique Koolen	Zpc Amersfoort	199904048	7:11.90	D25+ SM14	___:___:___
4 Pleun Lodewijks	Daw	197101799	7:00.00	H50+	___:___:___
5 Roelf Ottens	WS Twente	198503369	7:08.42	H40+	___:___:___
6 Tom Bandsma	Psv	197701625	7:12.94	H45+	___:___:___
7 Nathasja Konijn	Gzc Donk	197100992	7:15.68	D50+	___:___:___
8 Miranda Keijl	Zignea	196500588	7:33.48	D60+ AFGEM	___:___:___
<u>Serie 3 van 6</u>					
1 Olaf Zegeren	Team Noord Holland (SG)	199705761	7:00.00	H25+	___:___:___
2 Cetin Cetiner	AZ&PC De Futen	198303155	6:50.01	H40+	___:___:___
3 Margriet Grove-Lingeman	Triton	196200080	6:45.14	D60+	___:___:___
4 Melanie Zondag	ZC Polaris	199804476	6:41.81	D25+	___:___:___
5 Paul Bunnik	Triton	195600413	6:44.34	H65+	___:___:___
6 Esther ten Kate	Avena	197100310	6:50.00	D50+ AFGEM	___:___:___
7 Inge Kiers	Deltasteur	200505222	6:57.90	D20+	___:___:___
8 Antoine Karel	Noord-Veluwe	197801973	7:00.00	H45+	___:___:___
<u>Serie 4 van 6</u>					
1 Ted Kruijff	Zuiderzeewimmers	199007789	6:30.00	H35+	___:___:___
2 Jessica Venema	Gzc Donk	197901526	6:24.52	D45+	___:___:___
3 Leontine Loeber	SwimGym	197701010	6:21.66	D45+	___:___:___
4 Bianca Groot	MSV-Zeemacht	197000652	6:13.53	D55+	___:___:___
5 Ronald Grove	Triton	196100161	6:19.61	H60+	___:___:___
6 Bartho Visser	Z & PC Triton Putten	200005595	6:21.66	H25+	___:___:___
7 Lisette Dooper	HZ&PC Heerenveen	200201678	6:30.00	D20+	___:___:___
8 Gea van der Schaaf	Deltasteur	197901558	6:30.71	D45+	___:___:___
<u>Serie 5 van 6</u>					
1 Nanda Wobben-de Vries	Steenwijk 1934	199204328	6:05.00	D30+	___:___:___
2 Marleen Vos	Batavia Swim	197400598	5:59.25	D50+	___:___:___
3 Debbie van Rooijen	Ijzpc	198201402	5:52.00	D40+	___:___:___
4 Janneke Harmsen-Bakker	Psv	197700938	5:50.00	D45+	___:___:___
5 Erik Verholt	Noord-Veluwe	198803543	5:50.50	H35+	___:___:___
6 Wessel Everloo	WS Twente	198906597	5:57.08	H35+ SM14	___:___:___
7 Rianne van Rijssen	Noord-Veluwe	199702360	6:00.46	D25+ AFGEM	___:___:___
8 Heiner Stevens	Zignea	197201299	6:07.93	H50+	___:___:___
<u>Serie 6 van 6</u>					
1 Jacyntha Plat	Steenwijk 1934	199002956	5:42.60	D35+	___:___:___
2 Dennis Wijbenga	Aqua 68	199003283	5:33.49	H35+	___:___:___
3 Bob de Vries	SG Octopus - ZVV	196601101	5:20.86	H55+ AFGEM	___:___:___
4 Tim Bunnik	Triton	199000505	5:04.67	H35+	___:___:___
5 Bram Piederiet	ZV Vlaardingen-Schiedam	199007757	5:20.20	H35+	___:___:___
6 Huub Scholing	Swol 1894	199301179	5:32.94	H30+	___:___:___
7 Johan Remmits	Zpc Amersfoort	196201159	5:41.07	H60+	___:___:___
8 Kees Bakker	Gay Swim Amsterdam	197501055	5:45.00	H50+	___:___:___