

ZMC Lelystad  
Lelystad, 3/5/2025

Programmanr. 7  
3/5/2025 - 18:00

200m vlinderslag

Gebjr 1931 - 2005  
Resultaten

| rang naam                 | vereniging           | intijd               | tijd           | RT  | 50m     | 100m    | 150m | 200m    |
|---------------------------|----------------------|----------------------|----------------|-----|---------|---------|------|---------|
| <b>Masters 20+, Dames</b> |                      |                      |                |     |         |         |      |         |
| 1. Romée Beverdam         | WS Twente            | 2:50.80 200100158    | <b>2:57.00</b> |     | 37.58   | 1:22.78 |      | 2:57.00 |
| 2. Inge Kiers             | Deltasteur           | 3:45.00 200505222    | <b>3:43.78</b> |     | 50.97   | 1:47.30 |      | 3:43.78 |
| 3. Ruth Hofstede          | Deltasteur           | 4:00.00 200505220    | <b>4:10.08</b> |     | 49.94   | 1:49.67 |      | 4:10.08 |
| <b>Masters 25+, Dames</b> |                      |                      |                |     |         |         |      |         |
| 1. Tamara Grove           | De Dolfijn           | 2:27.68 199601266    | <b>2:32.75</b> |     | 34.18   | 1:13.53 |      | 2:32.75 |
| 2. Astrid Wibbelink       | Steenwijk 1934       | 3:58.46 199600006    | <b>3:55.28</b> |     | 48.11   | 1:48.90 |      | 3:55.28 |
| <b>Masters 30+, Dames</b> |                      |                      |                |     |         |         |      |         |
| 1. N. Wobben-de Vries     | Steenwijk 1934       | 3:03.54 199204328    | <b>3:02.27</b> |     | 40.03   | 1:26.83 |      | 3:02.27 |
| <b>Masters 30+, Heren</b> |                      |                      |                |     |         |         |      |         |
| 1. Sander Riezebos        | WS Twente            | 2:33.80 199400467    | <b>2:45.76</b> |     | 34.00   | 1:15.71 |      | 2:45.76 |
| <b>Masters 35+, Heren</b> |                      |                      |                |     |         |         |      |         |
| 1. Tim Bunnik             | Triton               | 2:25.02 199000505    | <b>2:29.28</b> |     | 33.74   | 1:13.14 |      | 2:29.28 |
| <b>Masters 40+, Heren</b> |                      |                      |                |     |         |         |      |         |
| 1. René van Dijk          | ZPC Isis             | 3:19.01 198400489    | <b>3:17.76</b> |     | 39.89   | 1:29.59 |      | 3:17.76 |
| 2. Sebastiaan de Vos      | De Duinkikkers       | 4:36.52 198402481 S7 | <b>5:07.16</b> | 131 | 1:05.87 | 2:26.10 |      | 5:07.16 |
| <b>Masters 45+, Dames</b> |                      |                      |                |     |         |         |      |         |
| 1. Alina Spijkerman       | Daw                  | 3:06.13 197701220    | <b>3:08.57</b> |     | 40.19   | 1:28.27 |      | 3:08.57 |
| 2. Gea van der Schaaf     | Deltasteur           | 3:36.00 197901558    | <b>3:25.64</b> |     | 43.88   | 1:35.68 |      | 3:25.64 |
| 3. Saskia op den Velde    | De Duinkikkers       | 3:47.11 197901530    | <b>3:49.70</b> |     | 48.53   | 1:47.85 |      | 3:49.70 |
| 4. Jessica van Velzen     | Swol 1894            | 5:08.14 197601122    | <b>5:29.67</b> |     | 1:04.28 | 2:32.69 |      | 5:29.67 |
| <b>Masters 45+, Heren</b> |                      |                      |                |     |         |         |      |         |
| 1. Richard Kremer         | Azuro                | NT 198001871         | <b>3:31.50</b> |     | 43.14   | 1:36.71 |      | 3:31.50 |
| <b>Masters 50+, Dames</b> |                      |                      |                |     |         |         |      |         |
| 1. Liselotte Joling       | Psv                  | 2:39.85 197500268    | <b>2:39.69</b> |     | 35.61   | 1:16.56 |      | 2:39.69 |
| 2. Grietje van der Hoek   | Z & PC Triton Putten | 4:40.00 197401086    | <b>4:39.74</b> |     | 1:02.77 | 2:15.27 |      | 4:39.74 |
| 3. Greta Wyma-Teitsma     | DWK                  | 4:35.20 197100696    | <b>4:51.83</b> |     | 1:00.07 | 2:12.28 |      | 4:51.83 |
| <b>Masters 50+, Heren</b> |                      |                      |                |     |         |         |      |         |
| 1. Heiner Stevens         | Zignea               | 3:11.85 197201299    | <b>3:15.46</b> |     | 39.42   | 1:26.62 |      | 3:15.46 |
| 2. Erwin Zuidervelt       | AZ&PC De Futen       | 3:26.50 197501015    | <b>3:27.00</b> |     | 43.43   | 1:33.61 |      | 3:27.00 |
| <b>Masters 60+, Dames</b> |                      |                      |                |     |         |         |      |         |
| 1. M. Grove-Lingeman      | Triton               | 3:22.11 196200080    | <b>3:15.06</b> |     | 42.46   | 1:32.09 |      | 3:15.06 |