

ZMC-GSA-deel3  
Amsterdam, 8-3-2026

Programmanr. 1  
8-3-2026 - 12:45

200m vrije slag

2006 en ouder  
Resultaten

rang	naam	vereniging	intijd		tijd	RT	100m	200m
<b>Masters 20+, Heren</b>								
1.	Finn Ooijman	WS Twente	2:16.91	200603161	<b>2:16.39</b>		1:05.05	2:16.39
2.	Michael Verschoor	De Biesboschzweimmers	2:37.42	200600901	<b>2:35.24</b>		1:14.82	2:35.24
<b>Masters 25+, Heren</b>								
1.	Niels Wiersema	A.S.Z.V. Spons	2:14.82	199703221	<b>2:07.14</b>		1:00.92	2:07.14
2.	Jard Pronk	Daw	2:38.44	199905321	<b>2:20.29</b>		1:06.96	2:20.29
3.	Robert Toeter	Hera'11	2:34.27	200101779	<b>2:27.47</b>		1:10.63	2:27.47
<b>Masters 30+, Heren</b>								
1.	Erwin Pras	Gzvw	2:17.56	199601781	<b>2:15.91</b>		1:06.37	2:15.91
2.	Roy Schroten	Zuiderzeezweimmers	2:33.24	199506373	<b>2:36.64</b>		1:12.32	2:36.64
3.	Oleguer Teixidor	Upstream Amsterdam	2:41.44	199406727	<b>2:39.17</b>		1:14.66	2:39.17
4.	Patrick Graver	Gzvw	2:50.15	199404735	<b>2:43.08</b>		1:17.52	2:43.08
5.	Younes Foukalne	Gay Swim Amsterdam	3:00.00	199406817	<b>3:18.03</b>		1:29.27	3:18.03
AFGEM	Cars Wiegmann	WS Twente	2:37.00	199401025				
<b>Masters 35+, Heren</b>								
1.	Matthew Humphreys	MSV-Zeemacht	2:12.67	198906983	<b>2:15.46</b>		1:04.64	2:15.46
2.	Tim Bunnik	Triton	2:14.51	199000505	<b>2:16.95</b>		1:05.73	2:16.95
3.	Wessel Everloo	WS Twente	2:18.71	198906597	<b>2:29.21</b>	S14	1:11.95	2:29.21
4.	Orfeas Protopsaltis	Upstream Amsterdam	2:35.00	199107883	<b>2:35.55</b>		1:15.03	2:35.55
5.	Albert Dijkma	ZPC Isis	2:59.88	198700711	<b>2:51.49</b>		1:22.79	2:51.49
<b>Masters 40+, Heren</b>								
1.	Robert Braad	Steenwijk 1934	2:15.34	198600407	<b>2:16.25</b>		1:05.86	2:16.25
2.	Rob van Wanrooy	Albion	2:46.07	198202627	<b>2:24.68</b>		1:09.90	2:24.68
3.	Bruno Belchior	Clube de Natacao de Alcol	2:25.43	222256	<b>2:26.86</b>		1:11.40	2:26.86
4.	Wouter Zijlstra	Daw	2:24.90	198202077	<b>2:42.92</b>		1:16.54	2:42.92
5.	Sebastiaan de Vos	De Duinkickers	3:57.58	198402481	<b>4:14.44</b>	S7	1:54.68	4:14.44
<b>Masters 45+, Heren</b>								
1.	Tom Bandsma	Psv	2:40.17	197701625	<b>2:38.03</b>		1:15.09	2:38.03
2.	Guus Tas	Gzc Donk	2:53.34	198102585	<b>2:56.88</b>		1:27.59	2:56.88
AFGEM	Marcel Reefhuis	WS Twente	2:24.26	198101381				
<b>Masters 50+, Heren</b>								
1.	Peter de Vries	HZ&PC Heerenveen	2:20.96	197401601	<b>2:28.55</b>		1:10.11	2:28.55
2.	Marcel van W.	Gay Swim Amsterdam	3:00.00	197501425	<b>2:51.85</b>		1:23.93	2:51.85
3.	Jeroen Hoeksel	ZV Vlaardingen-Schiedam	2:56.10	197401533	<b>2:59.16</b>		1:25.06	2:59.16
4.	Maxim Hardziyenka	Swol 1894	3:08.98	197201723	<b>3:14.22</b>		1:29.44	3:14.22
<b>Masters 55+, Heren</b>								
1.	Arjan Bellaart	Oceanus	2:23.50	196900079	<b>2:25.24</b>		1:09.72	2:25.24
2.	Harold Matla	Psv	2:40.02	196800591	<b>2:37.38</b>		1:17.05	2:37.38
3.	Rob van Nijburg	De Otters Het Gooi	2:34.25	197001737	<b>2:46.06</b>		1:21.95	2:46.06
<b>Masters 60+, Heren</b>								
1.	Edwin Petri	De Otters Het Gooi	2:22.62	196601687	<b>2:34.65</b>		1:15.45	2:34.65
2.	Paul Wijnja	De Biesboschzweimmers	2:35.38	196301403	<b>2:42.47</b>		1:18.17	2:42.47
3.	Jan Wierenga	ZV De Aalscholver	2:45.00	196400843	<b>2:42.79</b>		1:19.14	2:42.79
4.	Jeroen Wilmer	Enkhuizer Zwem Vereniging	2:43.43	196601711	<b>2:45.53</b>		1:19.42	2:45.53
AFGEM	Matthijs van den Adel	De Otters Het Gooi	2:20.56	196501637				

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Masters 65+, Heren

1.	Harrie Oude Weernink	WS Twente	2:40.00	196001037	<b>2:41.61</b>	1:15.31	2:41.61
2.	Ronald Grove	Triton	2:40.99	196100161	<b>2:52.40</b>	1:21.17	2:52.40
3.	Wim de Lange	Azc	2:51.04	195800533	<b>2:57.19</b>	1:25.98	2:57.19

Masters 70+, Heren

1.	Jaap Vis	TriVia	3:15.57	195600515	<b>3:04.69</b>	1:29.13	3:04.69
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Masters 20+, Dames

1.	Iris Lok	WS Twente	2:34.70	200301094	<b>2:30.92</b>	1:13.16	2:30.92
2.	Esther Tiemersma	Psv	2:34.84	200202962	<b>2:32.83</b>	1:13.92	2:32.83
3.	Ilse Siemerink	WS Twente	2:41.54	200502512	<b>2:37.38</b>	1:15.95	2:37.38
4.	Mandy Hagting	Zuiderzeezwemmers	2:36.44	200500608	<b>2:38.45</b>	1:15.07	2:38.45
	Pien Ooijman	WS Twente	2:35.35	200504500	<b>2:38.45</b>	1:16.03	2:38.45
6.	Amber Westerink	De Hokseberg	2:52.41	200401078	<b>2:52.89</b>	1:23.74	2:52.89
7.	Alex van der Meij	Gay Swim Amsterdam	3:10.00	200206366	<b>2:53.95</b>	1:22.87	2:53.95
8.	Yasmine Wilms	Hera'11	2:58.01	200301062	<b>2:58.21</b>	1:24.17	2:58.21
9.	Marit Gerritsen	WS Twente	3:24.80	200200664	<b>3:12.94</b>	1:31.13	3:12.94
10.	Nikka Markic	TriVia	3:10.00	200201842	<b>3:19.45</b>	1:34.73	3:19.45
AFGEM	Cynthia Koolman	Steenwijk 1934	2:27.04	200300232			

Masters 25+, Dames

1.	Moniek van L.	Dwk	2:16.57	199803160	<b>2:17.15</b>	1:07.23	2:17.15
2.	Alies Wagter	Steenwijk 1934	2:30.00	199900840	<b>2:32.06</b>	1:14.63	2:32.06
3.	Julie van Leeuwen	ZV De Aalscholver	2:42.29	199805994	<b>2:33.54</b>	1:12.18	2:33.54
4.	Emma Schell	A.S.Z.V. Spons	2:19.29	199906574	<b>2:40.33</b>	1:15.35	2:40.33
5.	Sabine Lageweg	Steenwijk 1934	2:38.43	199900926	<b>2:43.68</b>	1:17.76	2:43.68
6.	Ashley Schoenloop	A.S.Z.V. Spons	3:12.53	199806750	<b>3:04.83</b>	1:27.46	3:04.83
7.	Debbie Broekhof	Hera'11	3:29.48	199806220	<b>3:12.29</b>	1:32.01	3:12.29
AFGEM	Romée Beverdam	WS Twente	2:29.53	200100158			

Masters 30+, Dames

1.	Tamara Grove	De Dolfijn	2:06.79	199601266	<b>2:12.44</b>	1:03.92	2:12.44
2.	Nienke Smidt	WS Twente	2:29.11	199407596	<b>2:34.98</b>	1:15.27	2:34.98
3.	Astrid Wibbelink	Steenwijk 1934	2:45.01	199600006	<b>2:46.62</b>	1:18.78	2:46.62
4.	Wolke Visser	De Otters Het Gooi	2:45.18	199303676	<b>2:49.29</b>	1:20.74	2:49.29
5.	Getrude Corporaal	Steenwijk 1934	2:50.23	199200380	<b>2:51.97</b>	1:23.48	2:51.97

Masters 35+, Dames

1.	Wendan Poelstra	TriVia	2:29.52	199102496	<b>2:28.03</b>	1:13.35	2:28.03
2.	Relinda Baas	TriVia	2:29.65	198900144	<b>2:33.70</b>	1:14.45	2:33.70
3.	Rene Kleinveld	Gzc Donk	2:59.68	199001966	<b>2:56.93</b>	1:23.99	2:56.93
4.	Janneke Wynia	WS Twente	3:09.14	199005500	<b>3:11.86</b>	1:32.15	3:11.86

Masters 40+, Dames

1.	Marloes Rebel	WS Twente	3:03.15	198403474	<b>3:10.50</b>	1:33.33	3:10.50
2.	Charlotte M.	Aqualero	3:15.85	198503170	<b>3:16.59</b>	1:32.38	3:16.59

Masters 45+, Dames

1.	Anne-Marie V.	Old Dutch	2:32.57	198102300	<b>2:32.61</b>	1:14.28	2:32.61
2.	Gea van der Schaaf	Deltasteur	2:42.23	197901558	<b>2:43.95</b>	1:18.16	2:43.95
3.	Mireille Nijhuis	Swol 1894	2:55.27	198102368	<b>2:52.55</b>	1:21.72	2:52.55
4.	Beverly Min Yen C.	Gay Swim Amsterdam	2:49.00	198102388	<b>2:58.07</b>	1:25.06	2:58.07
5.	Marije Roskam-Satter	Zuiderzeezwemmers	3:16.55	197801448	<b>3:09.03</b>	1:27.77	3:09.03
6.	Clementine van B.	Albion	3:13.54	197700138	<b>3:30.24</b>	1:40.18	3:30.24

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Masters 50+, Dames

1.	Liselotte Joling	Psv	2:22.64	197500268	<b>2:25.10</b>	1:11.70	2:25.10
2.	Rebecca Irvine-Pronk	De Otters Het Gooi	2:42.34	197500982	<b>2:46.67</b>	1:18.52	2:46.67
3.	Jannie Vennik	HZ&PC Heerenveen	2:49.70	197601006	<b>2:50.03</b>	1:21.92	2:50.03
AFGEM	Marleen Gerringa-Vos	Batavia Swim	2:40.81	197400598			

Masters 55+, Dames

1.	Lidia v. B.	Zpc Amersfoort	2:28.27	197000054	<b>2:29.57</b>	1:12.66	2:29.57
2.	Annette de Visser	Oceanus	2:36.05	197100602	<b>2:36.39</b>	1:14.87	2:36.39
3.	Esther ten Kate	Avena	2:36.01	197100310	<b>2:40.31</b>	1:14.73	2:40.31
4.	Bianca Groot	MSV-Zeemacht	2:38.22	197000652	<b>2:46.59</b>	1:19.58	2:46.59
5.	Annette Wijnja-Visser	De Biesboschzwemmers	2:46.92	196700528	<b>2:49.21</b>	1:21.23	2:49.21
6.	Caroline Kruger	Albion	3:19.40	196800928	<b>3:15.43</b>	1:32.86	3:15.43
7.	Karin Berckenkamp	Gzc Donk	3:20.47	196900038	<b>3:23.67</b>	1:35.12	3:23.67
AFGEM	Peggi Hurenkamp	HZ&PC Heerenveen	3:00.00	196900922			
AFGEM	Baukje Ipema-Deinum	HZ&PC Heerenveen	3:51.40	196800964			

Masters 60+, Dames

1.	Wilna Heijman	Steenwijk 1934	2:46.15	196400506	<b>2:50.64</b>	1:22.81	2:50.64
2.	Inge Deutz	ZV Vlaardingen-Schiedam	3:29.70	196600726	<b>3:38.10</b>	1:44.58	3:38.10

Masters 65+, Dames

1.	Jennie R.	Dwk	3:15.10	196000142	<b>3:12.56</b>	1:32.66	3:12.56
2.	Katinka Elders	HZ&PC Heerenveen	3:27.00	196000292	<b>3:35.16</b>	1:44.93	3:35.16

Masters 70+, Dames

1.	Tineke van Diggelen	Zpch	4:08.13	195200048	<b>4:10.23</b>	1:56.85	4:10.23
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Masters 75+, Dames

1.	Conny Boer-Buys	ZV Vlaardingen-Schiedam	2:58.00	195000006	<b>3:14.13</b>	1:33.54	3:14.13
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Masters 80+, Dames

1.	Annet V.	De Duinkickers	4:38.03	194600024	<b>4:45.68</b>	2:04.94	4:45.68
2.	Loekie van Huissteden	Zpc Amersfoort	4:35.97	194500002	<b>4:51.15</b>	2:22.24	4:51.15