

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

Programmanr. 6
8-3-2026 - 14:30

200m wisselslag

2006 en ouder
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT | 100m | 200m |
|---------------------------|-------------------|---------------------------|---------|-----------|----------------|------|------|---------|
| Masters 25+, Heren | | | | | | | | |
| 1. | Robert Toeter | Hera'11 | 2:54.98 | 200101779 | 2:47.27 | | | 2:47.27 |
| Masters 30+, Heren | | | | | | | | |
| 1. | Erwin Pras | Gzvw | 2:38.30 | 199601781 | 2:36.34 | | | 2:36.34 |
| 2. | Patrick Graver | Gzvw | 3:15.00 | 199404735 | 3:05.02 | | | 3:05.02 |
| 3. | Arnold Hofman | Dz&Pc | 3:13.86 | 199406759 | 3:27.89 | | | 3:27.89 |
| AFGEM | Sander Riezebos | WS Twente | 2:45.66 | 199400467 | | | | |
| Masters 35+, Heren | | | | | | | | |
| 1. | Tim Bunnik | Triton | 2:27.54 | 199000505 | 2:27.75 | | | 2:27.75 |
| 2. | Oz Hirzel | Gay Swim Amsterdam | 2:32.45 | 198806403 | 2:41.64 | | | 2:41.64 |
| 3. | Matthew Humphreys | MSV-Zeemacht | 2:41.76 | 198906983 | 2:42.94 | | | 2:42.94 |
| 4. | Harry Dijkma | ZPC Isis | 2:46.84 | 199100487 | 2:47.85 | | | 2:47.85 |
| 5. | Nils Koorn | MSV-Zeemacht | 2:41.76 | 198904807 | 2:49.58 | | | 2:49.58 |
| 6. | Wessel Everloo | WS Twente | 2:43.86 | 198906597 | 2:55.18 | SM14 | 379 | 2:55.18 |
| 7. | Albert Dijkma | ZPC Isis | 3:21.87 | 198700711 | 3:06.25 | | | 3:06.25 |
| Masters 40+, Heren | | | | | | | | |
| 1. | Matt Wan | Gay Swim Amsterdam | 2:22.50 | 198504031 | 2:28.30 | | | 2:28.30 |
| 2. | Rob van Wanrooy | Albion | 2:40.12 | 198202627 | 2:41.71 | | | 2:41.71 |
| 3. | Bruno Belchior | Clube de Natacao de Alcol | 2:50.03 | 222256 | 2:49.52 | | | 2:49.52 |
| 4. | René van Dijk | ZPC Isis | 2:55.61 | 198400489 | 2:55.67 | | | 2:55.67 |
| 5. | Sebastiaan de Vos | De Duinkickers | 4:01.97 | 198402481 | 4:37.28 | SM7 | 154 | 4:37.28 |
| Masters 45+, Heren | | | | | | | | |
| 1. | Arjen Nieveen | Dz&Pc | 2:50.86 | 198002545 | 2:48.45 | | | 2:48.45 |
| 2. | Tom Bandsma | Psv | 3:05.52 | 197701625 | 3:13.77 | | | 3:13.77 |
| 3. | Robin Roskam | De Duinkickers | 3:29.53 | 197801831 | 3:36.41 | | | 3:36.41 |
| AFGEM | Marcel Reefhuis | WS Twente | 2:41.67 | 198101381 | | | | |
| Masters 50+, Heren | | | | | | | | |
| 1. | Marcel van W. | Gay Swim Amsterdam | 3:20.00 | 197501425 | 3:19.25 | | | 3:19.25 |
| Masters 55+, Heren | | | | | | | | |
| 1. | Arjan Bellaart | Oceanus | 2:39.15 | 196900079 | 2:48.30 | | | 2:48.30 |
| 2. | René Beetsma | HZ&PC Heerenveen | 2:48.69 | 196900069 | 2:49.82 | | | 2:49.82 |
| 3. | Henri Verschoor | Old Dutch | 2:55.00 | 197001041 | 2:51.42 | | | 2:51.42 |
| Masters 60+, Heren | | | | | | | | |
| 1. | Arnold de Rover | De Berkelduikers | 2:50.00 | 196400645 | 2:52.21 | | | 2:52.21 |
| 2. | Jan Wierenga | ZV De Aalscholver | 3:00.00 | 196400843 | 3:06.51 | | | 3:06.51 |
| Masters 65+, Heren | | | | | | | | |
| 1. | Wim de Lange | Azc | 3:18.92 | 195800533 | 3:17.67 | | | 3:17.67 |
| Masters 70+, Heren | | | | | | | | |
| 1. | Paul Bunnik | Triton | 3:11.90 | 195600413 | 3:09.81 | | | 3:09.81 |
| 2. | Jaap Vis | TriVia | 3:54.21 | 195600515 | 3:42.63 | | | 3:42.63 |

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Masters 20+, Dames

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|----|-------------------|--------------------------|---------|-----------|----------------|---------|
| 1. | Esther Tiemersma | Psv | 2:51.80 | 200202962 | 2:47.04 | 2:47.04 |
| 2. | Fien Groot | Enkhuizer Zwem Verenigir | 3:11.91 | 200205936 | 2:58.96 | 2:58.96 |
| 3. | Nynke Jansen | Batavia Swim | 3:05.50 | 200404914 | 3:07.95 | 3:07.95 |
| 4. | Inge Kiers | Deltasteur | 3:19.57 | 200505222 | 3:12.11 | 3:12.11 |
| 5. | Amber Westerink | De Hokseberg | 3:12.23 | 200401078 | 3:19.54 | 3:19.54 |
| 6. | Alex van der Meij | Gay Swim Amsterdam | 3:20.00 | 200206366 | 3:21.69 | 3:21.69 |
| 7. | Yasmine Wilms | Hera'11 | 3:13.70 | 200301062 | 3:26.55 | 3:26.55 |

Masters 25+, Dames

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|-----|-----------------|----------------|---------|-----------|----------------|---------|
| 1. | Moniek van L. | Dwk | 2:45.99 | 199803160 | 2:41.86 | 2:41.86 |
| 2. | Sabine Lageweg | Steenwijk 1934 | 2:54.37 | 199900926 | 2:58.23 | 2:58.23 |
| 3. | Alies Wagter | Steenwijk 1934 | 3:07.90 | 199900840 | 3:04.46 | 3:04.46 |
| DIS | Debbie Broekhof | Hera'11 | 3:54.28 | 199806220 | | |

SL - Het keer- en/of eindpunt met één hand aangetikt.

Masters 30+, Dames

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|----|------------------|----------------|---------|-----------|----------------|---------|
| 1. | Tamara Grove | De Dolfijn | 2:29.39 | 199601266 | 2:34.35 | 2:34.35 |
| 2. | Nienke Smidt | WS Twente | 2:51.10 | 199407596 | 2:57.95 | 2:57.95 |
| 3. | Astrid Wibbelink | Steenwijk 1934 | 3:11.44 | 199600006 | 3:08.05 | 3:08.05 |

Masters 35+, Dames

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|----|-----------------|-----------|---------|-----------|----------------|---------|
| 1. | Wendan Poelstra | TriVia | 2:43.68 | 199102496 | 2:43.49 | 2:43.49 |
| 2. | Rene Kleinveld | Gzc Donk | 3:30.00 | 199001966 | 3:28.05 | 3:28.05 |
| 3. | Janneke Wynia | WS Twente | 3:38.14 | 199005500 | 3:40.55 | 3:40.55 |

Masters 40+, Dames

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|----|---------------|-----------|---------|-----------|----------------|---------|
| 1. | Marloes Rebel | WS Twente | 3:47.61 | 198403474 | 3:49.07 | 3:49.07 |
|----|---------------|-----------|---------|-----------|----------------|---------|

Masters 45+, Dames

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|----|--------------------|--------------------|---------|-----------|----------------|---------|
| 1. | Gea van der Schaaf | Deltasteur | 3:10.20 | 197901558 | 3:17.81 | 3:17.81 |
| 2. | Margriet Leeffers | Deltasteur | 3:31.36 | 197800448 | 3:23.25 | 3:23.25 |
| | Leontine Loeber | AZ&PC De Futen | 3:02.71 | 197701010 | 3:23.25 | 3:23.25 |
| 4. | Beverly Min Yen C. | Gay Swim Amsterdam | 3:30.00 | 198102388 | 3:31.78 | 3:31.78 |
| 5. | Marieke Roolvink | Hera'11 | 3:45.07 | 198001836 | 3:44.49 | 3:44.49 |
| 6. | Clementine van B. | Albion | 3:42.25 | 197700138 | 3:58.50 | 3:58.50 |

Masters 50+, Dames

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|-------|----------------------|--------------|---------|-----------|----------------|---------|
| 1. | Liselotte Joling | Psv | 2:47.13 | 197500268 | 2:51.68 | 2:51.68 |
| AFGEM | Marleen Gerringa-Vos | Batavia Swim | 2:55.13 | 197400598 | | |

Masters 55+, Dames

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|-------|---------------------|------------------|---------|-----------|----------------|---------|
| 1. | Esther ten Kate | Avena | 2:58.54 | 197100310 | 3:06.53 | 3:06.53 |
| 2. | Bianca Groot | MSV-Zeemacht | 3:19.42 | 197000652 | 3:11.28 | 3:11.28 |
| 3. | Irna van der Molen | WS Twente | 3:26.74 | 196900938 | 3:34.77 | 3:34.77 |
| 4. | Nathasja Konijn | Gzc Donk | 3:30.41 | 197100992 | 3:37.64 | 3:37.64 |
| AFGEM | Baukje Ipema-Deinum | HZ&PC Heerenveen | 4:16.83 | 196800964 | | |

Masters 65+, Dames

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|----|-----------------|----------------|---------|-----------|----------------|---------|
| 1. | Linda Wibbelink | Steenwijk 1934 | 3:28.09 | 195900158 | 3:37.25 | 3:37.25 |
| 2. | Hannie Poletiek | TriVia | 3:54.21 | 195900278 | 3:47.97 | 3:47.97 |

Masters 70+, Dames

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| AFGEM | Margriet Pasma | TriVia | 3:34.00 | 195500088 | | |
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Masters 75+, Dames

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|------------------|-----------|---------|-----------|----------------|---------|
| 1. Antoinette G. | WS Twente | 4:40.44 | 195000038 | 4:34.53 | 4:34.53 |
|------------------|-----------|---------|-----------|----------------|---------|