

Programmanr. 1
02-04-2023 - 13:46

200m schoolslag

Gebjr 1934 - 2003
Resultaten

rang	naam	vereniging	intijd	zwemtijd	RT	100m	200m
Masters 20+, Heren							
AFGEM	Kylian Kooijman	Steenwijk 1934	3:05.55	199900763			
Masters 25+, Heren							
1.	Dirk van der Eems	Orca Leeuwarden	2:45.78	199501565	2:57.32	1:22.41	2:57.32
2.	Erwin Pras	GZVW	3:09.67	199601781	3:13.04	1:31.07	3:13.04
3.	Patrick Graver	GZVW	3:17.93	199404735	3:16.96		3:16.96
4.	Rutger Curfs	Swol 1894	3:22.11	199402893	3:26.85	1:40.10	3:26.85
5.	Rick Vaarkamp	Z&PC Triton Putten	3:37.71	199404979	3:35.50	1:41.97	3:35.50
Masters 30+, Heren							
1.	Tom de Lange	Deltasteur	2:56.93	199300303	3:06.32	1:27.80	3:06.32
2.	Romke van Dijk	ZV Hoogland	3:19.68	199007679	3:18.92	1:35.48	3:18.92
3.	Patrick Wobben	Steenwijk 1934	3:30.78	199300559	3:21.06	1:33.51	3:21.06
Masters 35+, Heren							
1.	Yuri van Omme <i>Alkmaar ZMC Record</i>	ZV Hoogland	2:34.82	198501887	2:36.04	1:14.64	2:36.04
2.	Albert van Piekeren	Swol 1894	2:46.00	198401767	2:52.52	1:22.36	2:52.52
3.	Dennis Kraakman	DAW	2:55.26	198705325	2:55.36	1:21.36	2:55.36
Masters 40+, Heren							
1.	Marcel Reefhuis	WS Twente	2:53.30	198101381	2:55.63	1:22.92	2:55.63
2.	Mark Brinkhuis	TriVia	3:08.34	198302609	3:16.78	1:34.00	3:16.78
3.	Peter Lommert	Swol 1894	3:19.54	197900787	3:30.30	1:38.66	3:30.30
4.	Stein Bakker	Deltasteur	3:30.00	198002525	3:35.98	1:39.40	3:35.98
AFGEM	Paul Oudendijk	DAW	2:49.44	198101287			
Masters 45+, Heren							
1.	Joost Hoetjes <i>Alkmaar ZMC Record</i>	DAW	2:40.00	197800425	2:40.02	1:16.24	2:40.02
2.	Kees Bakker	Gay Swim Amsterdam	2:58.00	197501055	2:56.44	1:24.90	2:56.44
AFGEM	Frederik Harms	SwimGym	3:20.00	197701779			
Masters 50+, Heren							
1.	Michael van Bekkum	Swol 1894	3:00.00	197200051	3:03.04	1:27.81	3:03.04
2.	Hans Schoenmakers	DAW	3:01.98	196900863	3:10.62	1:31.01	3:10.62
3.	Heiner Stevens	Zignea	3:09.88	197201299	3:14.34	1:35.44	3:14.34
4.	Paul Bosch	ZV De Zaan	3:20.00	197201533	3:16.54	1:32.85	3:16.54
AFGEM	Pieter Bardelmeijer	Deltasteur	3:27.78	197201665			
Masters 55+, Heren							
1.	Arnold de Rover <i>Alkmaar ZMC Record</i>	AZ&PC De Futen	3:05.36	196400645	3:10.96	1:32.94	3:10.96
2.	Huyb Stegeman	Steenwijk 1934	3:17.72	196701535	3:21.02	1:36.00	3:21.02
3.	Maarten Koolman	Steenwijk 1934	4:35.09	196801649	4:20.84	2:03.44	4:20.84
Masters 60+, Heren							
1.	Ronald Grove <i>Alkmaar ZMC Record</i>	Triton	3:20.22	196100161	3:18.10	1:36.09	3:18.10

Programmanr. 1, 200m schoolslag

Masters 65+, Heren

1.	Wim de Lange	AZC	3:20.73	195800533	3:25.74	1:36.86	3:25.74
	<i>Alkmaar ZMC Record</i>						
2.	Paul Bunnik	Triton	3:36.99	195600413	3:28.91	1:39.23	3:28.91
3.	Peter Coffeng	GZC Donk	4:03.01	195700063	4:06.29	2:00.67	4:06.29

Masters 20+, Dames

1.	Cynthia Koolman	Steenwijk 1934	3:09.93	200300232	3:14.51	1:32.07	3:14.51
2.	Alies Wagter	Steenwijk 1934	3:41.45	199900840	3:39.41	1:41.84	3:39.41

Masters 30+, Dames

1.	Irmgard van Weeghel	ESCA Zwemmen	3:26.42	199204834	3:35.31	1:43.48	3:35.31
2.	Suzanne Mulder	GZVW	4:27.95	199307820	4:11.04	2:00.13	4:11.04

Masters 35+, Dames

1.	Liesbeth van Mill	Zwemlust-den Hommel	3:05.05	198702786	3:16.26	1:33.89	3:16.26
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Masters 40+, Dames

1.	Angela Giezen	ZV Hoogland	3:17.31	198302796	3:28.03	1:40.70	3:28.03
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Masters 45+, Dames

1.	Fabiola Bosman	Deltasteur	4:00.00	197701148	3:45.43	1:48.97	3:45.43
2.	Esmeralda Stokman	ZPCH	5:10.00	197600940	3:49.27	1:48.45	3:49.27
3.	Margriet Leeffers	Deltasteur	4:00.00	197800448	3:49.69	1:50.07	3:49.69
4.	Ilonka van der Meer	GZC Donk	3:42.88	197601168	3:51.92	1:48.45	3:51.92
5.	Grietje van der Hoek	Z&PC Triton Putten	4:32.20	197401086	4:30.02	2:11.88	4:30.02
AFGEM	Agnieszka Szota	SwimGym	3:32.00	197701272			

Masters 50+, Dames

1.	Greta Wyma-Teitsma	DWK	3:58.84	197100696	4:05.13	1:58.07	4:05.13
2.	Annette Spies	LinK	3:55.76	197001110	4:30.77	2:07.44	4:30.77
AFGEM	Iris van Aurich	DWK	3:19.22	196900866			

Masters 55+, Dames

1.	Laura Staal	Oceanus	3:44.60	196700358	3:31.00	1:41.12	3:31.00
2.	Wilna Heijman	Steenwijk 1934	3:44.21	196400506	3:43.56	1:48.18	3:43.56

Masters 60+, Dames

1.	P. Tossings-van de Hoov	GZC Donk	3:30.89	196100376	3:34.95	1:44.08	3:34.95
2.	Marijke Kraak-Beckers	WS Twente	4:01.50	196000240	3:57.08	1:51.87	3:57.08
3.	Lia Bijkerk	GZC Donk	4:03.34	196000014	4:07.46	2:00.32	4:07.46
4.	W. Schoenmaker-ter Vee	DWK	4:12.74	195900254	4:10.05	1:59.71	4:10.05
5.	J. Resink-lindeboom	DWK	4:15.00	196000142	4:22.29	2:05.47	4:22.29
AFGEM	M. Remmits-de Lange	ZPC Amersfoort	3:20.71	196300518			

Masters 70+, Dames

1.	Tineke van Diggelen	ZPCH	4:35.47	195200048	4:36.04	2:12.42	4:36.04
2.	N. van Dongen-de Paepe	ZZ&PC De Devel	5:05.68	195100044	5:15.37	2:33.48	5:15.37

Masters 75+, Dames

1.	Loekie van Huissteden	ZPC Amersfoort	4:46.26	194500002	4:51.89	2:24.55	4:51.89
2.	A. Verhoeven - Steggerd	De Duinkickers	4:30.94	194600024	4:55.93	2:16.46	4:55.93

Programmanr. 2
02-04-2023 - 14:22

50m rugslag

Gebjr 1934 - 2003
Resultaten

rang	naam	vereniging	intijd	zwemtijd	RT
Masters 25+, Heren					
1.	Jorrick Druyven	DAW	27.32	199400507	27.93
2.	Bas Dries	ZV Hoogland	29.47	199505177	29.23
3.	Radek Chupka	SwimGym	29.90	199605887	29.88
4.	Hans Stoffers	Z&PC Triton Putten	32.58	199604027	32.86
Masters 30+, Heren					
1.	Patrick de Jonge	Deltasteur	33.24	198906635	34.14
AFGEM	Martijn Smeets	SwimGym	45.00	198902891	
Masters 40+, Heren					
1.	Rob van Wanrooy	Feijenoord Albion	37.46	198202627	36.10
2.	Sander de Velde	Deltasteur	39.79	198302165	41.02
3.	Mark Brinkhuis	TriVia	45.98	198302609	51.24
Masters 45+, Heren					
1.	Erwin Zuijdervelt	AZ&PC De Futen	38.39	197501015	37.62
2.	Ritsert Boonstra	MSV-Zeemacht	40.00	197800139	40.32
3.	Peter van Velzen	ZV 44	57.72	197801945	56.81
Masters 50+, Heren					
1.	Lennert Den Hollander	SwimGym	45.00	197201689	40.13
Masters 55+, Heren					
1.	Harold Matla	PSV	36.19	196800591	37.75
Masters 60+, Heren					
1.	Casper Dollekamp	Steenwijk 1934	37.82	196301341	38.15
AFGEM	Evert Jan Verweij	Swol 1894	38.50	196301143	
Masters 65+, Heren					
1.	Marten de Groot	HZ&PC Heerenveen	37.06	195800149	40.51
Masters 70+, Heren					
AFGEM	Nello Spiteri	DAW	58.25	195200295	
Masters 75+, Heren					
1.	Mans Buis	Swol 1894	53.50	194700133	47.32
	<i>Alkmaar ZMC Record</i>				
Masters 20+, Dames					
1.	Jet Kleine	MSV-Zeemacht	36.55	199903384	37.24
2.	Marouscha de Vries	DAW	39.00	199906628	41.74
3.	Daniek Hulzebos	GZVW	42.00	200100512	46.23
Masters 25+, Dames					
1.	Tamara Grove	De Dolfijn	33.63	199601266	33.22
2.	Anne-Irene Ducheine	ZV Hoogland	32.99	199506824	33.36
3.	Eline Hendriks	ZPC Amersfoort	36.29	199802794	37.85
4.	Tatiana Vanegas	SwimGym	39.87	199706650	39.39
5.	Mylene Wildeboer-Kok	H2Oldambt	50.99	199602674	46.09
6.	Sylvia Hidding	H2Oldambt	50.75	199603886	54.57

Programmanr. 2, 50m rugslag

Masters 30+, Dames

1.	Nanda Wobben - de Vries	Steenwijk 1934	34.70	199204328	37.54
2.	Daphne Kievit	ZPC Amersfoort	37.95	199207058	40.52
3.	Relinda Baas	TriVia	39.00	198900144	42.03
AFGEM	Getrude Corporaal	Steenwijk 1934	36.56	199200380	

Masters 35+, Dames

1.	Marije Jansen	ZPC Amersfoort	35.70	198504088	35.80
2.	Desiree Groot	SwimGym	43.00	198601310	42.19
3.	Kim Visser	H2Oldambt	44.05	198704350	43.68
4.	Sofia Robbe Bender	SwimGym	45.07	198706274	47.02
5.	Janna Brummel	SwimGym	53.29	198807018	50.48

Masters 40+, Dames

1.	P. van Gelder - Dieker	Steenwijk 1934	37.00	198102346	37.12
2.	Sandra Temmerman	DAW	35.50	198001100	37.13
3.	Saskia op den Velde	De Duinkickers	49.09	197901530	47.03
4.	Simone Weijland	ZV 44	58.23	197901610	59.00

Masters 45+, Dames

1.	A. Glazema-Boelema	ZPC Stadskanaal	41.92	197701166	41.32
2.	Ioanna Grammatikou	SwimGym	43.00	197501042	46.02
3.	Jessica van Velzen	ZV 44	46.47	197601122	49.83
4.	Ria Voerman	De Duinkickers	56.20	197401120	59.57

Masters 50+, Dames

1.	Bianca Groot	MSV-Zeemacht	41.53	197000652	41.02
2.	Henriette Manting	H2Oldambt	41.02	197100246	42.75
3.	Greta Wyma-Teitsma	DWK	49.48	197100696	49.83

Masters 55+, Dames

1.	Jacqueline Tuin	DAW	39.67	196600690	39.06
2.	Annette van Dok	MSV-Zeemacht	42.35	196800742	45.81
3.	Riekie Schra	Steenwijk 1934	1:11.23	196400404	1:17.97

Masters 60+, Dames

1.	Jennie Resink-lindeboom	DWK	45.56	196000142	46.68
2.	Ellen Parma	SwimGym	42.57	196200366	47.69
3.	W. Schoenmaker-ter Veer	DWK	56.46	195900254	55.26

Masters 65+, Dames

1.	Atie Pijtak-Radersma	ZPC Amersfoort	38.92	195600048	39.91
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Programmanr. 3
02-04-2023 - 14:32

100m vlinderslag

Gebjr 1934 - 2003
Resultaten

rang	naam	vereniging	intijd	zwemtijd	RT
Masters 25+, Heren					
1.	Erwin Pras	GZVW	1:05.04	199601781	1:07.37
2.	Radek Chupka	SwimGym	1:08.00	199605887	1:10.87
3.	Sander Riezebos	WS Twente	1:12.73	199400467	1:12.04
4.	Cars Wiegmann	WS Twente	1:15.55	199401025	1:17.23
5.	Patrick Graver	GZVW	1:21.07	199404735	1:20.80
6.	Renger Dotinga	SwimGym	1:25.00	199406751	1:24.58

Programmanr. 3, 100m vlinderslag

Masters 30+, Heren

1.	Michel de Maesschalck <i>Alkmaar ZMC Record</i>	DAW	1:06.20	199101525	1:06.04
2.	Tim Bunnik	Triton	1:05.96	199000505	1:06.67

Masters 40+, Heren

1.	Michiel Brinkman	DAW	1:15.00	198001991	1:25.62
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Masters 45+, Heren

1.	Casper Hut <i>Alkmaar ZMC Record</i>	HZ&PC Heerenveen	1:00.79	197800471	1:02.64
2.	Alex Damen	DAW	1:09.77	197501371	1:09.48
3.	Bas Spoelstra	AZ&PC De Futen	1:15.96	197701573	1:21.92

Masters 50+, Heren

1.	René Beetsma	HZ&PC Heerenveen	1:13.26	196900069	1:14.10
2.	Heiner Stevens	Zignea	1:14.48	197201299	1:19.63

Masters 55+, Heren

1.	Arnold de Rover	AZ&PC De Futen	1:18.91	196400645	1:25.02
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Masters 60+, Heren

1.	Johan Remmits <i>Alkmaar ZMC Record</i>	ZPC Amersfoort	1:08.21	196201159	1:13.38
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AFGEM	Evert Jan Verweij	Swol 1894	1:18.00	196301143	
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Masters 20+, Dames

1.	Romée Beverdam	WS Twente	1:19.73	200100158	1:17.40
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Masters 25+, Dames

1.	Brenda Zwarthoed <i>Alkmaar ZMC Record</i>	DAW	1:16.00	199604938	1:13.97
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Masters 30+, Dames

1.	Nanda Wobben - de Vries	Steenwijk 1934	1:17.18	199204328	1:24.02
2.	Suzanne Mulder	GZVW	1:45.49	199307820	1:49.61

Masters 35+, Dames

1.	Sandra Zwaanswijk	DAW	1:20.43	198503934	1:27.10
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Masters 40+, Dames

1.	Angela Giezen	ZV Hoogland	1:23.48	198302796	1:29.96
2.	Roelien Stegeman	ZV 44	2:01.98	198102350	1:38.75

Masters 45+, Dames

1.	Alina Spijkerman	DAW	1:32.52	197701220	1:28.26
2.	Esmeralda Stokman	ZPCH	2:30.00	197600940	1:45.99
3.	Grietje van der Hoek	Z&PC Triton Putten	2:24.00	197401086	2:33.16

Masters 50+, Dames

AFGEM	Iris van Aurich	DWK	1:30.26	196900866	
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Programmanr. 3, 100m vlinderslag

Masters 55+, Dames

1.	Miranda Keijl	Zignea	1:50.02	196500588	1:53.30
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Masters 60+, Dames

1.	Margriet Grove-Lingeman	Triton	1:29.78	196200080	1:31.88
2.	Marijke Kraak-Beckers	WS Twente	1:40.00	196000240	1:39.17

Programmanr. 4
02-04-2023 - 14:42

100m rugslag

Gebjr 1934 - 2003
Resultaten

rang	naam	vereniging	intijd	zwemtijd	RT
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Masters 25+, Heren

1.	Jorrick Druyven	DAW	59.96	199400507	1:02.63
2.	Rick Vaarkamp	Z&PC Triton Putten	1:35.45	199404979	1:37.52

Masters 40+, Heren

1.	Paul Oudendijk	DAW	1:08.60	198101287	1:09.13
2.	Marcel Reefhuis	WS Twente	1:12.18	198101381	1:13.14
3.	Rob van Wanrooy	Feijenoord Albion	1:13.30	198202627	1:17.67

Masters 45+, Heren

1.	Kees Bakker	Gay Swim Amsterdam	1:13.00	197501055	1:14.73
2.	Erwin Zuijdevelt	AZ&PC De Futen	1:19.80	197501015	1:22.49
3.	Ritsert Boonstra	MSV-Zeemacht	1:20.00	197800139	1:29.53

Masters 50+, Heren

1.	Paul Bosch	ZV De Zaan	1:28.00	197201533	1:28.06
AFGEM	Harry Raven	TriVia	1:19.00	197000831	

Masters 55+, Heren

1.	Harold Matla	PSV	1:22.28	196800591	1:23.79
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Masters 60+, Heren

1.	Casper Dollekamp	Steenwijk 1934	1:23.28	196301341	1:28.16
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Masters 65+, Heren

1.	Peter Coffeng	GZC Donk	1:46.41	195700063	1:53.90
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Masters 20+, Dames

1.	Cynthia Koolman	Steenwijk 1934	1:16.18	200300232	1:16.54
2.	Jet Kleine	MSV-Zeemacht	1:18.63	199903384	1:21.06
3.	Alies Wagter	Steenwijk 1934	1:23.74	199900840	1:26.56

Masters 25+, Dames

1.	Tatiana Vanegas	SwimGym	1:23.52	199706650	1:25.45
2.	C. Rozendom - de Ruiter	Steenwijk 1934	1:28.99	199403668	1:31.86
3.	Mylene Wildeboer-Kok	H2Oldambt	1:56.30	199602674	1:41.25
4.	Sylvia Hidding	H2Oldambt	1:56.40	199603886	2:05.70

Masters 30+, Dames

1.	Irmgard van Weeghel	ESCA Zwemmen	1:25.61	199204834	1:28.55
AFGEM	Ilse Blankvoort	Steenwijk 1934	1:26.59	199204458	

Programmanr. 4, 100m rugslag

Masters 35+, Dames

1.	Liesbeth van Mill	Zwemlust-den Hommel	1:21.60	198702786	1:27.54
2.	Kim Visser	H2Oldambt	1:35.01	198704350	1:32.51

Masters 40+, Dames

1.	Gea van der Schaaf	Deltasteur	1:21.17	197901558	1:20.61
2.	P. van Gelder - Dieker	Steenwijk 1934	1:19.00	198102346	1:23.95
3.	Jessica Venema	GZC Donk	1:27.51	197901526	1:28.26

Masters 45+, Dames

1.	Fabiola Bosman	Deltasteur	1:35.00	197701148	1:33.70
2.	Margriet Leeffers	Deltasteur	1:41.96	197800448	1:37.96
3.	Inge Roskam	De Duinkickers	1:32.24	197801296	1:40.29
4.	Jessica van Velzen	ZV 44	1:48.27	197601122	1:54.48
5.	Grietje van der Hoek	Z&PC Triton Putten	2:23.00	197401086	2:08.68
AFGEM	Nienke Oosterhuis	MSV-Zeemacht	1:30.00	197501002	

Masters 50+, Dames

1.	Bianca Groot	MSV-Zeemacht	1:25.46	197000652	1:28.55
2.	Henriette Manting	H2Oldambt	1:30.95	197100246	1:36.95

Masters 55+, Dames

1.	Laura Staal	Oceanus	1:32.30	196700358	1:30.76
2.	Wilna Heijman	Steenwijk 1934	1:29.14	196400506	1:34.72
3.	Annette van Dok	MSV-Zeemacht	1:35.43	196800742	1:44.42

Masters 60+, Dames

1.	Margriet Grove-Lingeman	Triton	1:28.09	196200080	1:31.12
2.	Lia Bijkerk	GZC Donk	1:48.29	196000014	1:52.97
3.	W. Schoenmaker-ter Veer	DWK	2:10.00	195900254	2:04.18
AFGEM	Pia van der Molen	Avena	1:54.00	196000116	

Masters 70+, Dames

1.	Tineke van Diggelen	ZPCH	2:01.23	195200048	1:55.62
2.	N. van Dongen-de Paepe	ZZ&PC De Devel	2:24.46	195100044	2:25.23

Programmanr. 5
02-04-2023 - 14:56

50m schoolslag

Gebjr 1934 - 2003
Resultaten

rang	naam	vereniging	intijd	zwemtijd	RT
Masters 20+, Heren					
1.	Thomas Vastenhout <i>Alkmaar ZMC Record</i>	ZPCH	32.02	200204545	31.99
AFGEM	Kylian Kooijman	Steenwijk 1934	33.32	199900763	
Masters 25+, Heren					
1.	Bas Dries <i>Alkmaar ZMC Record</i>	ZV Hoogland	31.08	199505177	31.19
2.	Dirk van der Eems	Orca Leeuwarden	32.87	199501565	34.29
3.	Hans Stoffers	Z&PC Triton Putten	32.88	199604027	35.71
4.	Leo Wijnstra	SwimGym	40.00	199401153	37.77
5.	Erwin Pras	GZVW	37.89	199601781	39.43
6.	Cars Wiegmann	WS Twente	37.83	199401025	40.87
7.	Simon Teluij	SwimGym	42.00	199406763	41.40
8.	Sander Riezebos	WS Twente	40.89	199400467	42.07

Programmanr. 5, 50m schoolslag

Masters 30+, Heren

1.	Laurens de Nijn	SwimGym	37.48	199107815	35.23
2.	Tom de Lange	Deltasteur	33.42	199300303	35.48
3.	Cameron Watson	SwimGym	40.00	199007763	39.60
4.	Romke van Dijk	ZV Hoogland	42.63	199007679	41.87
5.	Patrick de Jonge	Deltasteur	40.40	198906635	42.58
AFGEM	Martijn Smeets	SwimGym	45.00	198902891	

Masters 35+, Heren

1.	Yuri van Omme	ZV Hoogland	31.84	198501887	33.09
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Masters 40+, Heren

1.	Mark Brinkhuis	TriVia	39.52	198302609	40.26
2.	Sander de Velde	Deltasteur	42.39	198302165	46.33

Masters 45+, Heren

1.	Joost Hoetjes	DAW	31.58	197800425	31.79
	<i>Alkmaar ZMC Record</i>				
2.	Bas Spoelstra	AZ&PC De Futen	35.89	197701573	35.45
3.	Ron Langelaan	DAW	39.00	197800643	39.42
AFGEM	Frederik Harms	SwimGym	46.72	197701779	

Masters 50+, Heren

1.	Michael van Bekkum	Swol 1894	36.00	197200051	36.92
2.	Hans Schoenmakers	DAW	36.19	196900863	38.38
3.	Maxim Hardziyenka	ZV 44	48.98	197201723	53.68
DIS	Steven Kliffen	DAW	45.00	197001683	SE
	<i>SE - De handen niet tezamen van de borst naar voren gebracht.</i>				
AFGEM	Pieter Bardelmeijer	Deltasteur	42.80	197201665	

Masters 55+, Heren

1.	Erik Schweitzer	DAW	42.84	196701751	45.24
2.	Maarten Koolman	Steenwijk 1934	48.69	196801649	51.62

Masters 60+, Heren

AFGEM	Evert Jan Verweij	Swol 1894	40.50	196301143	
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Masters 65+, Heren

1.	Paul Bunnik	Triton	39.38	195600413	40.62
2.	Peter Coffeng	GZC Donk	43.49	195700063	46.30

Masters 70+, Heren

AFGEM	Nello Spiteri	DAW	54.39	195200295	
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Masters 75+, Heren

1.	Mans Buis	Swol 1894	54.20	194700133	57.35
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Masters 20+, Dames

1.	Marouscha de Vries	DAW	42.79	199906628	41.92
2.	Romée Beverdam	WS Twente	44.53	200100158	43.80
3.	Daniek Hulzebos	GZVW	49.00	200100512	52.99

Programmanr. 5, 50m schoolslag

Masters 30+, Dames

1. Suzanne Mulder	GZVW	53.10	199307820	55.49
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Masters 35+, Dames

1. Janna Brummel	SwimGym	47.88	198807018	47.03
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Masters 40+, Dames

1. Angela Giezen	ZV Hoogland	41.92	198302796	43.22
2. P. van Gelder - Dieker	Steenwijk 1934	42.14	198102346	43.24

Masters 45+, Dames

1. Inge Roskam	De Duinkickers	38.10	197801296	40.16
2. Jessica van Velzen	ZV 44	49.56	197601122	57.05
AFGEM Agnieszka Szota	SwimGym	47.00	197701272	

Masters 50+, Dames

1. Bianca Groot	MSV-Zeemacht	41.54	197000652	42.77
2. Annette de Visser	Oceanus	44.93	197100602	43.12
3. Henriette Manting	H2Oldambt	46.28	197100246	49.42

Masters 55+, Dames

1. Jacqueline Tuin <i>Alkmaar ZMC Record</i>	DAW	39.51	196600690	39.26
2. Mieke Schoone	DAW	48.00	196400262	43.64
3. Janet Lemmens	DAW	55.00	196500678	54.10
4. Riekke Schra	Steenwijk 1934	1:05.34	196400404	1:09.34

Masters 60+, Dames

1. Lia Bijkerk	GZC Donk	50.44	196000014	51.89
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Masters 75+, Dames

1. A. Verhoeven - Steggerda	De Duinkickers	54.38	194600024	59.85
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Programmanr. 6

400m vrije slag

Gebjr 1934 - 2003

02-04-2023 - 15:06

Resultaten

rang naam	vereniging	intijd	zwemtijd	RT	100m	200m	300m	400m
Masters 20+, Heren								
1. Jard Pronk	DAW	5:00.00	199905321	5:19.66	1:17.35	2:38.44	4:01.54	5:19.66
Masters 25+, Heren								
1. Hans Stoffers	Z&PC Triton Putten	4:57.33	199604027	4:46.90	1:05.76	2:17.96	3:31.75	4:46.90
2. Erwin Pras	GZVW	4:56.44	199601781	5:06.22	1:12.47	2:30.65	3:49.60	5:06.22
3. Patrick Graver	GZVW	5:53.22	199404735	5:49.76	1:19.59	2:48.84	4:19.69	5:49.76
4. Sjef Hereijgers	SwimGym	5:01.00	199506333	5:56.53	1:17.71	2:48.61	4:23.14	5:56.53
5. Rick Vaarkamp	Z&PC Triton Putten	7:20.23	199404979	7:12.62	1:38.19	3:31.19	5:28.72	7:12.62
Masters 30+, Heren								
1. Tim Bunnik <i>Alkmaar ZMC Record</i>	Triton	4:48.35	199000505	4:47.97	1:08.03	2:20.40	3:32.91	4:47.97
2. Jurre Nitert	SwimGym	5:00.00	199101695	5:15.27	1:10.46	2:29.09	3:52.00	5:15.27
3. Christian Vijn	SwimGym	5:20.00	199107849	6:22.78	1:23.75	3:01.53	4:43.00	6:22.78
4. Patrick Wobben	Steenwijk 1934	6:38.47	199300559	6:25.47	1:22.33	3:00.15	4:43.83	6:25.47

Programmanr. 6, 400m vrije slag

Masters 35+, Heren

1. Albert van Piekeren	Swol 1894	5:30.00	198401767	5:18.31	1:14.18	2:36.70	3:58.43	5:18.31
2. Dennis Kraakman	DAW	5:38.74	198705325	5:22.96	1:12.32	2:35.58	4:00.51	5:22.96
3. Karel Bol	DAW	5:45.00	198700327	5:36.38	1:10.84	2:35.41	4:05.88	5:36.38
4. Alexander Trubin	SwimGym	6:20.64	198403381	6:09.44	1:22.19	2:56.36	4:34.38	6:09.44

Masters 40+, Heren

1. Marcel Reefhuis	WS Twente	4:56.15	198101381	5:02.44	1:10.02	2:25.98	3:44.19	5:02.44
2. Peter Lommert	Swol 1894	5:35.47	197900787	5:37.31	1:17.71	2:44.75	4:12.43	5:37.31

Masters 45+, Heren

1. Casper Hut	HZ&PC Heerenveen	4:41.78	197800471	4:56.40	1:07.10	2:22.09	3:39.15	4:56.40
2. Erwin Zuijdervelt	AZ&PC De Futen	5:24.11	197501015	5:35.88	1:16.51	2:41.89	4:09.40	5:35.88
3. R. Gonzalez Marquez	SwimGym	6:25.05	197701757	6:35.63	1:30.64	3:11.26	4:54.61	6:35.63

Masters 50+, Heren

1. René Beetsma	HZ&PC Heerenveen	5:09.99	196900069	5:16.54	1:15.67	2:36.08	3:57.70	5:16.54
2. Paul Bosch	ZV De Zaan	5:10.00	197201533	5:31.56	1:15.37	2:39.42	4:06.80	5:31.56
3. Heiner Stevens	Zignea	5:44.10	197201299	5:55.01	1:18.87	2:48.48	4:22.23	5:55.01
4. Erwin Snip	ESCA Zwemmen	6:17.13	197001555	6:07.28	1:24.75	2:57.96	4:34.12	6:07.28

Masters 55+, Heren

1. Arnold de Rover	AZ&PC De Futen	5:21.87	196400645	5:17.35	1:13.41	2:34.31	3:56.90	5:17.35
2. Harold Matla	PSV	5:31.97	196800591	5:29.13	1:15.60	2:40.02	4:05.48	5:29.13
3. Leon Slingerland	WVZ	5:40.43	196801707	5:46.53	1:19.22	2:48.75	4:19.62	5:46.53
4. Huyb Stegeman	Steenwijk 1934	5:45.14	196701535	5:47.03	1:18.57	2:47.60	4:19.25	5:47.03

Masters 60+, Heren

1. Johan Remmits	ZPC Amersfoort	4:46.26	196201159	5:05.63	1:12.43	2:31.69	3:50.95	5:05.63
2. Ronald Grove	Triton	5:36.55	196100161	5:54.90	1:20.91	2:51.66	4:24.28	5:54.90
3. Casper Dollekamp	Steenwijk 1934	5:47.93	196301341	6:05.46	1:22.17	2:55.03	4:30.49	6:05.46
4. Fons van Kesteren	SwimGym	6:14.11	196301479	6:13.94	1:21.35	2:58.47	4:38.39	6:13.94

Masters 65+, Heren

1. Marten de Groot	HZ&PC Heerenveen	5:03.23	195800149	4:57.81	1:12.04	2:27.73	3:43.31	4:57.81
<i>Nederlands Master Record</i>								
2. Henk Slomp	Z&PC de Inktvis	5:45.75	195500359	5:43.25	1:20.89	2:49.07	4:18.74	5:43.25
<i>Alkmaar ZMC Record</i>								
3. Wim de Lange	AZC	6:08.00	195800533	6:17.06	1:26.75	3:03.20	4:41.56	6:17.06

Masters 75+, Heren

1. Mans Buis	Swol 1894	8:10.50	194700133	9:16.20	2:01.39	4:28.16	6:58.03	9:16.20
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Masters 85+, Heren

1. Nic Geers	PSV	8:46.65	193800007	8:38.99	1:58.97	4:16.35	6:34.59	8:38.99
<i>Nederlands Master Record</i>								

Masters 20+, Dames

1. Cynthia Koolman	Steenwijk 1934	5:10.97	200300232	5:07.39	1:13.13	2:31.11	3:49.61	5:07.39
2. Jet Kleine	MSV-Zeemacht	5:20.00	199903384	5:29.50	1:16.50	2:39.94	4:04.69	5:29.50
3. Alies Wagter	Steenwijk 1934	5:30.00	199900840	5:31.67	1:16.95	2:41.88	4:08.51	5:31.67

Programmanr. 6, 400m vrije slag

Masters 25+, Dames

1. Tamara Grove	De Dolfijn	4:34.57	199601266	4:35.35	1:05.60	2:16.70	3:27.04	4:35.35	
<i>Alkmaar ZMC Record</i>									
2. Anne-Irene Ducheine	ZV Hoogland	5:00.66	199506824	4:57.43	1:10.67	2:26.98	3:42.86	4:57.43	
3. A. Meulenbeld	Orca Leeuwarden	4:54.78	199506230	5:34.88	1:16.45	2:41.31	4:08.13	5:34.88	
4. C. Rozendom - de Ruite	Steenwijk 1934	6:01.80	199403668	6:35.78	1:26.06	3:04.49	4:49.44	6:35.78	

Masters 30+, Dames

1. Maaïke Vooren	DAW	4:44.84	199103324	4:47.13	1:09.71	2:23.35	3:35.91	4:47.13	
<i>Alkmaar ZMC Record</i>									
2. N. Wobben - de Vries	Steenwijk 1934	5:08.31	199204328	5:11.83	1:14.81	2:34.41	3:54.05	5:11.83	
3. I. van Weeghel	ESCA Zwemmen	5:31.25	199204834	5:37.86	1:17.16	2:43.64	4:11.60	5:37.86	
4. Relinda Baas	TriVia	5:37.00	198900144	5:49.89	1:19.42	2:47.89	4:19.04	5:49.89	
5. Daphne Kievit	ZPC Amersfoort	5:21.80	199207058	5:53.02	1:18.19	2:48.29	4:20.76	5:53.02	
6. Suzanne Mulder	GZVW	6:19.31	199307820	6:48.23	1:31.76	3:16.00	5:02.60	6:48.23	
AFGEM Getrude Corporaal	Steenwijk 1934	5:20.98	199200380						

Masters 35+, Dames

1. Marije Jansen	ZPC Amersfoort	5:35.00	198504088	5:40.35	1:17.13	2:45.00	4:13.38	5:40.35
2. Liesbeth van Mill	Zwemlust-den Hommel	5:20.63	198702786	5:41.15	1:19.90	2:46.93	4:14.20	5:41.15
3. Sandra Zwaanswijk	DAW	6:00.00	198503934	5:59.55	1:22.58	2:55.14	4:30.23	5:59.55
4. Sofia Robbe Bender	SwimGym	5:45.00	198706274	6:19.64	1:21.70	2:57.88	4:38.80	6:19.64

Masters 40+, Dames

1. Agnes van Brug	DAW	5:35.35	198001726	5:37.44	1:18.91	2:45.58	4:12.70	5:37.44
2. Gea van der Schaaf	Deltasteur	5:46.96	197901558	5:39.44	1:19.86	2:47.49	4:15.31	5:39.44
3. Jessica Venema	GZC Donk	5:53.93	197901526	5:47.25	1:20.44	2:49.85	4:19.91	5:47.25
4. Angela Giezen	ZV Hoogland	5:45.69	198302796	6:05.89	1:25.13	2:59.92	4:34.20	6:05.89
5. Simone Weijland	ZV 44	8:02.98	197901610	7:52.87	1:39.19	3:38.80	5:47.46	7:52.87

Masters 45+, Dames

1. Liselotte Joling	PSV	4:56.47	197500268	4:57.39	1:11.10	2:28.00	3:44.00	4:57.39	
<i>Nederlands Master Record</i>									
2. Alina Spijkerman	DAW	5:26.35	197701220	5:31.63	1:16.96	2:42.93	4:08.46	5:31.63	
3. A. Glazema-Boelema	ZPC Stadskanaal	6:13.37	197701166	6:06.70	1:25.27	2:59.52	4:35.73	6:06.70	
4. Inge Roskam	De Duinkickers	6:39.70	197801296	6:43.38	1:31.84	3:14.06	5:00.32	6:43.38	
5. Ilonka van der Meer	GZC Donk	6:55.00	197601168	6:58.20	1:32.32	3:18.20	5:09.23	6:58.20	
6. Esmeralda Stokman	ZPCH	9:05.00	197600940	7:14.90	2:01.68	3:46.71	5:33.96	7:14.90	
7. Grietje van der Hoek	Z&PC Triton Putten	7:29.32	197401086	7:24.11	1:45.88	3:39.69	5:34.27	7:24.11	
8. Ria Voerman	De Duinkickers	9:00.00	197401120	7:43.55	1:47.72	3:47.97	5:48.12	7:43.55	

Masters 50+, Dames

1. L. v. Bon-Rosenbrand	ZPC Amersfoort	5:15.78	197000054	5:13.01	1:14.34	2:34.74	3:54.82	5:13.01	
<i>Alkmaar ZMC Record</i>									
2. Bianca Groot	MSV-Zeemacht	5:10.09	197000652	5:19.43	1:15.37	2:35.96	3:57.73	5:19.43	
3. Annette de Visser	Oceanus	5:26.64	197100602	5:33.71	1:18.14	2:43.96	4:09.25	5:33.71	
4. Cherry Bas-Ott	DAW	6:30.00	197100464	6:20.17	1:30.54	3:08.77	4:47.05	6:20.17	
5. Annette Spies	LinK	6:05.14	197001110	6:54.34	1:34.47	3:19.97	5:07.98	6:54.34	
6. Greta Wyma-Teitsma	DWK	7:11.89	197100696	7:11.81	1:40.84	3:31.72	5:21.70	7:11.81	
AFGEM Iris van Aurich	DWK	5:43.95	196900866						

Masters 55+, Dames

1. Wilna Heijman	Steenwijk 1934	5:32.34	196400506	5:38.40	1:20.76	2:46.75	4:12.86	5:38.40
2. Laura Staal	Oceanus	5:58.60	196700358	5:59.10	1:22.45	2:53.57	4:27.45	5:59.10
3. Miranda Keijl	Zignea	6:43.28	196500588	6:44.00	1:36.39	3:22.02	5:06.54	6:44.00
4. Annette van Dok	MSV-Zeemacht	6:42.83	196800742	7:27.45	1:42.47	3:36.67	5:32.95	7:27.45

Programmanr. 6, 400m vrije slag

Masters 60+, Dames

1. P. Tossings-van de Hoo	GZC Donk	5:54.64	196100376	5:57.58	1:23.99	2:55.45	4:27.58	5:57.58
2. J. Resink-lindeboom	DWK	6:47.20	196000142	6:28.73	1:32.96	3:12.89	4:52.96	6:28.73
3. M. Kraak-Beckers	WS Twente	6:50.00	196000240	6:33.87	1:32.29	3:13.44	4:55.00	6:33.87
4. Ellen Parma	SwimGym	6:33.63	196200366	6:42.08	1:33.59	3:18.84	5:02.89	6:42.08
5. W. Schoenmaker-ter Ve	DWK	8:00.13	195900254	8:04.57	1:50.76	3:53.70	5:59.73	8:04.57
AFGEM Pia van der Molen	Avena	7:42.17	196000116					
AFGEM M. Remmits-de Lange	ZPC Amersfoort	5:46.01	196300518					

Masters 65+, Dames

1. Atie Pijtak-Radersma	ZPC Amersfoort	5:35.66	195600048	5:47.98	1:22.42	2:52.64	4:21.92	5:47.98
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Masters 75+, Dames

1. L. van Huissteden	ZPC Amersfoort	8:55.65	194500002	9:05.94	2:10.24	4:29.57	6:50.43	9:05.94
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Programmanr. 7
02-04-2023 - 16:22

100m vrije slag

Gebjr 1934 - 2003
Resultaten

rang	naam	vereniging	intijd	zwemtijd	RT
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Masters 20+, Heren

1. Jard Pronk	DAW	1:05.00	199905321	1:05.54	
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Masters 25+, Heren

1. Bas Dries	ZV Hoogland	54.60	199505177	54.90	
<i>Alkmaar ZMC Record</i>					
2. Renger Dotinga	SwimGym	1:10.00	199406751	1:02.36	
3. Dirk van der Eems	Orca Leeuwarden	59.16	199501565	1:03.23	
4. Sander Riezebos	WS Twente	1:05.63	199400467	1:04.20	
5. Cars Wiegmann	WS Twente	1:01.40	199401025	1:05.18	
6. Rutger Curfs	Swol 1894	1:08.39	199402893	1:09.01	
7. Leo Wijnstra	SwimGym	1:17.00	199401153	1:11.28	
8. Patrick Graver	GZVW	1:12.93	199404735	1:12.03	
9. Sjef Hereijgers	SwimGym	1:08.50	199506333	1:12.12	
10. Simon Teluij	SwimGym	1:07.00	199406763	1:22.91	

Masters 30+, Heren

1. Tim Bunnik	Triton	1:05.69	199000505	1:01.24	
2. Jurje Nitert	SwimGym	1:08.00	199101695	1:03.45	
3. Laurens de Nijn	SwimGym	1:09.00	199107815	1:05.78	
4. Cameron Watson	SwimGym	1:20.00	199007763	1:06.54	
5. Patrick de Jonge	Deltasteur	1:06.57	198906635	1:09.17	
6. Romke van Dijk	ZV Hoogland	1:13.95	199007679	1:11.56	
7. Tom de Lange	Deltasteur	1:07.12	199300303	1:12.12	
8. Christian Vijn	SwimGym	1:17.00	199107849	1:17.98	
AFGEM Martijn Smeets	SwimGym	1:20.00	198902891		

Masters 35+, Heren

1. Karel Bol	DAW	1:10.00	198700327	1:08.74	
2. Alexander Trubin	SwimGym	1:10.99	198403381	1:10.48	
3. Stanley Schouten	SwimGym	1:35.12	198403385	1:37.85	

Masters 40+, Heren

1. Rob van Wanrooy	Feijenoord Albion	1:04.54	198202627	1:04.36	
2. Michiel Brinkman	DAW	1:13.80	198001991	1:07.49	
3. Sander de Velde	Deltasteur	1:17.48	198302165	1:20.70	
4. Stein Bakker	Deltasteur	1:23.50	198002525	1:25.39	

Programmanr. 7, 100m vrije slag

Masters 45+, Heren

1.	Casper Hut <i>Alkmaar ZMC Record</i>	HZ&PC Heerenveen	54.42	197800471	57.51
2.	Alex Damen	DAW	59.85	197501371	1:00.70
3.	Kees Bakker	Gay Swim Amsterdam	1:01.50	197501055	1:02.33
4.	Bas Spoelstra	AZ&PC De Futen	1:06.30	197701573	1:09.17
5.	Ritsert Boonstra	MSV-Zeemacht	1:16.00	197800139	1:13.21
6.	Peter van Velzen	ZV 44	1:46.20	197801945	1:36.75
AFGEM	Frederik Harms	SwimGym	1:11.91	197701779	

Masters 50+, Heren

1.	Michael van Bekkum	Swol 1894	1:05.50	197200051	1:08.27
2.	Lennert Den Hollander	SwimGym	1:15.00	197201689	1:12.28
3.	Hans Schoenmakers	DAW	1:09.69	196900863	1:12.57
4.	Steven Kliffen	DAW	1:15.00	197001683	1:15.54
5.	Reitze Bok	DAW	1:26.57	197301459	1:16.92
6.	Maxim Hardziyenka	ZV 44	1:41.98	197201723	1:36.11
AFGEM	Pieter Bardelmeijer	Deltasteur	1:16.65	197201665	
AFGEM	Harry Raven	TriVia	1:08.00	197000831	

Masters 55+, Heren

1.	Erik Schweitzer	DAW	1:24.21	196701751	1:22.58
2.	Maarten Koolman	Steenwijk 1934	2:05.85	196801649	1:54.19

Masters 60+, Heren

AFGEM	Evert Jan Verweij	Swol 1894	1:09.00	196301143	
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Masters 65+, Heren

1.	Marten de Groot <i>Alkmaar ZMC Record</i>	HZ&PC Heerenveen	1:03.79	195800149	1:08.07
2.	Paul Bunnik	Triton	1:10.61	195600413	1:12.12
3.	Henk Slomp	Z&PC de Inktvis	1:14.34	195500359	1:13.79

Masters 70+, Heren

AFGEM	Nello Spiteri	DAW	1:38.50	195200295	
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Masters 85+, Heren

1.	Nic Geers <i>Nederlands Master Record</i>	PSV	1:42.75	193800007	1:38.05
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Masters 20+, Dames

1.	Romée Beverdam	WS Twente	1:11.15	200100158	1:09.62
2.	Marouscha de Vries	DAW	1:16.41	199906628	1:11.28
3.	Daniek Hulzebos	GZVV	1:30.00	200100512	1:31.32

Masters 25+, Dames

1.	Tamara Grove <i>Alkmaar ZMC Record</i>	De Dolfijn	58.46	199601266	58.89
2.	Eline Hendriks	ZPC Amersfoort	1:13.29	199802794	1:13.26
3.	Mylene Wildeboer-Kok	H2Oldambt	1:35.01	199602674	1:32.09
4.	Sylvia Hidding	H2Oldambt	1:34.99	199603886	1:45.17

Masters 30+, Dames

AFGEM	Ilse Blankvoort	Steenwijk 1934	1:11.86	199204458	
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Programmanr. 7, 100m vrije slag

Masters 35+, Dames

1. Kim Visser	H2Oldambt	1:20.30	198704350	1:20.10
2. Desiree Groot	SwimGym	1:22.77	198601310	1:21.84
3. Janna Brummel	SwimGym	1:25.00	198807018	1:41.15

Masters 40+, Dames

1. P. van Gelder - Dieker	Steenwijk 1934	1:11.08	198102346	1:11.41
2. Gea van der Schaaf	Deltasteur	1:20.11	197901558	1:13.18
3. Roelien Stegeman	ZV 44	1:25.10	198102350	1:19.92
4. Saskia op den Velde	De Duinkickers	1:20.31	197901530	1:21.63

Masters 45+, Dames

1. Ioanna Grammatikou	SwimGym	1:35.00	197501042	1:23.36
2. Margriet Leeffers	Deltasteur	1:23.67	197800448	1:23.46
AFGEM Nienke Oosterhuis	MSV-Zeemacht	1:20.00	197501002	

Masters 50+, Dames

1. Annette de Visser	Oceanus	1:09.89	197100602	1:12.12
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Alkmaar ZMC Record

Masters 55+, Dames

1. Jacqueline Tuin	DAW	1:14.99	196600690	1:14.47
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Alkmaar ZMC Record

2. Mieke Schoone	DAW	1:13.00	196400262	1:16.98
3. Janet Lemmens	DAW	1:50.00	196500678	2:05.36
4. Riekje Schra	Steenwijk 1934	2:12.35	196400404	2:25.12

Masters 60+, Dames

1. Margriet Grove-Lingeman	Triton	1:18.31	196200080	1:20.36
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Masters 75+, Dames

1. A. Verhoeven - Steggerda	De Duinkickers	1:47.08	194600024	2:12.45
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Programmanr. 8
02-04-2023 - 16:46

4 x 100m wisselslag

lft 80 - 319
Resultaten

rang	vereniging	intijd	zwemtijd	RT
160+, Heren				
1.	DAW 1	4:24.68	4:29.07	
	Paul Oudendijk 81	1:10.13	91	1:05.50
	Joost Hoetjes 78	1:10.73	75	1:02.71
2.	Swol 1894 1	5:13.01	5:23.85	
	Peter Lommert 79	1:20.56	84	1:17.00
	Rutger Curfs 94	1:35.14	72	1:11.15
120+, Dames				
1.	ZPC Amersfoort 1	5:12.52	5:30.03	
	Eline Hendriks 98	1:22.52	70	1:18.73
	Daphne Kievit 92	1:41.31	85	1:07.47
2.	DAW 4	5:36.27	5:42.53	
	Alina Spijkerman 77	1:22.45	85	1:34.11
	Marouscha de Vries 99	1:33.11	80	1:12.86

Programmanr. 8, 4 x 100m wisselslag

120+

1.	ZV Hoogland 1 Anne-Irene Ducheine Yuri van Omme	ZV Hoogland 95 85	4:41.21 1:14.59 1:11.47	Bas Dries Angela Giezen	95 83	4:50.67 1:07.87 1:16.74
2.	DAW 2 Sandra Temmerman Dennis Kraakman	DAW 80 87	5:04.33 1:24.02 1:18.50	Brenda Zwarthoed Kars Luttk	96 78	5:05.77 1:13.87 1:09.38
3.	SwimGym 2 Leo Wijnstra Janna Brummel	SwimGym 94 88	5:49.29 1:36.95 1:48.97	Renger Dotinga Ellen Parma	94 62	6:23.95 1:27.10 1:30.93
DIS	SwimGym 1 <i>EA - Te vroeg overgenomen., 4e zwemmer</i> Tatiana Vanegas Sofia Robbe Bender	SwimGym 97 87	5:11.51 1:26.45 1:39.95	Radek Chupka Alexander Trubin	96 84	EA 1:03.90

160+

1.	Steenwijk 1934 1 Casper Dollekamp Huyb Stegeman	Steenwijk 1934 63 67	5:28.94 1:29.06 1:29.72	Nanda Wobben - de Vries Cynthia Koolman	92 03	5:30.60 1:21.48 1:10.34
2.	SwimGym 3 Ioanna Grammatikou Cameron Watson	SwimGym 75 90	6:27.62 1:47.94 1:33.82	Desiree Groot Ramon Jesus Gonzalez Marquez	86 77	6:27.19 1:42.55 1:22.88
3.	ZV 44 1 Jessica van Velzen Peter van Velzen	ZV 44 76 78	7:30.97 1:54.95 1:43.21	Roelien Stegeman Maxim Hardziyenka	81 72	6:52.20 1:40.83 1:33.21

200+

AFGEM	DAW 3	DAW	6:20.00			
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