

Regio West Open Masters deel 2
Vlaardingen, 10-12-2017

Programmanr. 5
10-12-2017

400m vrije slag

20 jaar en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Masters 25+, Heren					
AFGEM	Niels van Dam	WIDEX GZC DONK	5:34.51	199007495	
Masters 35+, Heren					
1.	Bart Sieczynski	MZ&PC	4:58.37	197901995	5:02.58
	50m: 33.61	100m: 1:09.89	200m: 2:25.27	400m: 5:02.58	
2.	Ingmar Kooman	LZ 1886	5:36.54	197901517	5:34.85
	50m: 34.72	100m: 1:14.34	200m: 2:38.95	400m: 5:34.85	
Masters 40+, Heren					
1.	Markus van Rest	WVZ	5:06.15	197701197	5:00.94
	50m: 33.64	100m: 1:11.72	200m: 2:29.25	400m: 5:00.94	
2.	Erik Rushton	WIDEX GZC DONK	6:06.28	197601573	6:04.10
	50m: 40.65	100m: 1:24.73	200m: 2:57.19	400m: 6:04.10	
Masters 45+, Heren					
1.	Arjan Bellaart	Het Y	4:45.22	196900079	4:47.90
	50m: 31.65	100m: 1:07.43	200m: 2:20.85	400m: 4:47.90	
2.	Bas van Gool	De Geul	6:30.07	197201435	6:37.11
	50m: 39.81	100m: 1:24.88	200m: 3:04.27	400m: 6:37.11	
Masters 50+, Heren					
1.	Paul Wijnja	De Biesboschzwemmers	5:30.00	196301403	5:25.03
	50m: 35.48	100m: 1:15.53	200m: 2:38.58	400m: 5:25.03	
2.	John Stoffer	WVZ	5:30.57	196300725	5:45.49
	50m: 35.73	100m: 1:16.48	200m: 2:43.67	400m: 5:45.49	
3.	Jan van der Windt	ZVVS	6:45.00	196501549	7:09.89
	50m: 42.77	100m: 1:32.42	200m: 3:22.98	400m: 7:09.89	
Masters 60+, Heren					
AFGEM	Albert Boonstra	Aqua-Novio'94	5:07.50	195700425	
Masters 20+, Dames					
1.	Kimberley van Buren	De Duck	5:30.00	199304136	5:45.49
	50m: 37.20	100m: 1:19.01	200m: 2:47.21	400m: 5:45.49	
2.	Leontine Groeneveldt	De Duck	5:45.00	199303526	5:55.59
	50m: 38.56	100m: 1:21.56	200m: 2:52.91	400m: 5:55.59	
3.	Martine Stam	Albion d'ELFT (SG)	6:40.00	199307942	7:04.00
	50m: 45.74	100m: 1:37.39	200m: 3:25.20	400m: 7:04.00	
Masters 25+, Dames					
1.	Suzan Blankestijn	LZ 1886	5:14.96	198900350	5:25.26
	50m: 36.84	100m: 1:16.95	200m: 2:39.98	400m: 5:25.26	
2.	Xandra Otter	WIDEX GZC DONK	6:23.29	199006046	6:13.46
	50m: 41.27	100m: 1:27.46	200m: 3:02.52	400m: 6:13.46	
Masters 30+, Dames					
AFGEM	Aafke Groot	De Geul	5:49.51	198302748	

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Masters 35+, Dames

1.	Anke Lambooij	De Vliet (SG)	5:19.08	198001182	5:02.28	490
	50m: 33.09	100m: 1:09.56	200m: 2:25.55	400m: 5:02.28		
AFGEM	Barbara Ropa	Warsaw Masters Team	NT			

Masters 40+, Dames

1.	Liselotte Joling	PSV	4:46.66	197500268	4:51.94	544
	50m: 33.50	100m: 1:10.01	200m: 2:24.93	400m: 4:51.94		

Masters 45+, Dames

1.	Joyce Brummelkamp	ZVVS	5:56.16	197000952	5:52.26	310
	50m: 38.22	100m: 1:21.32	200m: 2:51.06	400m: 5:52.26		
2.	Nathasja Konijn	WIDEX GZC DONK	6:21.01	197100992	6:13.59	260
	50m: 41.17	100m: 1:26.84	200m: 3:01.97	400m: 6:13.59		
3.	H. Driesen-Joanknecht	Aqua-Novio'94	6:52.77	197101056	6:46.00	202
	50m: 47.21	100m: 1:37.27	200m: 3:20.56	400m: 6:46.00		

Masters 50+, Dames

1.	Annette Wijnja-Visser	De Biesboschzweimmers	5:19.86	196700528	5:16.74	426
	50m: 34.98	100m: 1:14.00	200m: 2:34.40	400m: 5:16.74		
2.	Netty Burik-Geijzen	Zwemvereniging Westland	NT	196300048	5:34.32	362
	50m: 36.82	100m: 1:18.25	200m: 2:43.24	400m: 5:34.32		
3.	Alice de Haan	WIDEX GZC DONK	6:54.15	196400590	6:44.29	205
	50m: 43.13	100m: 1:29.73	200m: 3:11.80	400m: 6:44.29		
4.	Herma Hakker-Huijser	ZVVS	6:44.72	196600740	7:10.08	170
	50m: 43.66	100m: 1:32.72	200m: 3:22.81	400m: 7:10.08		
AFGEM	Jacqueline Rolloos-Bakkers	De Lansingh	5:36.52	196300222		

Masters 55+, Dames

AFGEM	Patty Verhagen	PSV	5:30.98	195900146		
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Masters 65+, Dames

1.	Geerdien Meerwaldt	De Geul	8:39.94	195200058	8:48.75	92
	50m: 57.11	100m: 2:00.83	200m: 4:13.89	400m: 8:48.75		