

Regio West Open Masters deel 3  
Vlaardingen, 1-12-2019

Programmanr. 11  
1-12-2019 - 14:10

1500m vrije slag

20 - 89 jaar  
Resultaten

rang naam vereniging intijd tijd RT

Masters 25+, Heren

1. Guido Stolle		WIDEX GZC DONK	20:00.00	199002815	<b>19:24.36</b>
50m: 33.91	33.91	450m:	850m:	1250m:	
100m: 1:10.65	36.74	500m:	900m:	1300m:	
150m:		550m:	950m:	1350m:	
200m: 2:27.92		600m:	1000m:	1400m:	
250m:		650m:	1050m:	1450m:	
300m:		700m:	1100m:	1500m: 19:24.36	
350m:		750m:	1150m:		
400m: 5:07.10		800m: 10:24.85	1200m:		

Masters 30+, Heren

1. Niels Albrechts		De Schotejil	18:21.23	198800039	<b>18:19.37</b>
50m: 32.72	32.72	450m:	850m:	1250m:	
100m: 1:07.78	35.06	500m:	900m:	1300m:	
150m:		550m:	950m:	1350m:	
200m: 2:19.43		600m:	1000m:	1400m:	
250m:		650m:	1050m:	1450m:	
300m:		700m:	1100m:	1500m: 18:19.37	
350m:		750m:	1150m:		
400m: 4:44.91		800m: 9:39.41	1200m:		

Masters 35+, Heren

1. Martin van Vaardegem		GoSwim	21:22.27	198201767	<b>21:22.72</b>
50m: 34.92	34.92	450m:	850m:	1250m:	
100m: 1:13.29	38.37	500m:	900m:	1300m:	
150m:		550m:	950m:	1350m:	
200m: 2:35.74		600m:	1000m:	1400m:	
250m:		650m:	1050m:	1450m:	
300m:		700m:	1100m:	1500m: 21:22.72	
350m:		750m:	1150m:		
400m: 5:26.27		800m: 11:12.34	1200m:		
2. Ben Ruiter		De Lansingh	24:08.66	198202707	<b>23:34.40</b>
50m: 39.41	39.41	450m:	850m:	1250m:	
100m: 1:22.06	42.65	500m:	900m:	1300m:	
150m:		550m:	950m:	1350m:	
200m: 2:51.85		600m:	1000m:	1400m:	
250m:		650m:	1050m:	1450m:	
300m:		700m:	1100m:	1500m: 23:34.40	
350m:		750m:	1150m:		
400m: 5:57.15		800m: 12:17.48	1200m:		

Masters 40+, Heren

1. Yuri Admiraal		ZPC Numansdorp	20:20.00	197701655	<b>20:00.37</b>
50m: 34.24	34.24	450m:	850m:	1250m:	
100m: 1:12.02	37.78	500m:	900m:	1300m:	
150m:		550m:	950m:	1350m:	
200m: 2:29.79		600m:	1000m:	1400m:	
250m:		650m:	1050m:	1450m:	
300m:		700m:	1100m:	1500m: 20:00.37	
350m:		750m:	1150m:		
400m: 5:10.44		800m: 10:35.43	1200m:		
2. Erik Schoenmakers		WIDEX GZC DONK	21:00.00	197601667	<b>21:02.30</b>
50m: 34.43	34.43	450m:	850m:	1250m:	
100m: 1:11.08	36.65	500m:	900m:	1300m:	
150m:		550m:	950m:	1350m:	
200m: 2:28.43		600m:	1000m:	1400m:	
250m:		650m:	1050m:	1450m:	
300m:		700m:	1100m:	1500m: 21:02.30	
350m:		750m:	1150m:		
400m: 5:07.28		800m: 10:40.21	1200m:		

Masters 50+, Heren

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Programmanr. 11, Heren, 1500m vrije slag, Masters 50+

rang	naam	vereniging	intijd		tijd	RT
1.	Erik Saan	De Duck	26:00.00	196500769	<b>23:14.65</b>	
	50m: 40.16	40.16	450m:	850m:	1250m:	
	100m: 1:27.19	47.03	500m:	900m:	1300m:	
	150m:		550m:	950m:	1350m:	
	200m: 3:00.08		600m:	1000m:	1400m:	
	250m:		650m:	1050m:	1450m:	
	300m:		700m:	1100m:	1500m: 23:14.65	
	350m:		750m:	1150m:		
	400m: 6:12.28		800m: 12:29.91	1200m:		
DIS	Jo-an Mudde	Arethusa	19:05.57	196701457		
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>					

Masters 60+, Heren

1.	André Pantekoek	PSV	29:00.00	195800321	<b>27:25.05</b>	
	50m: 44.17	44.17	450m:	850m:	1250m:	
	100m: 1:34.98	50.81	500m:	900m:	1300m:	
	150m:		550m:	950m:	1350m:	
	200m: 3:24.27		600m:	1000m:	1400m:	
	250m:		650m:	1050m:	1450m:	
	300m:		700m:	1100m:	1500m: 27:25.05	
	350m:		750m:	1150m:		
	400m: 7:08.61		800m: 14:35.07	1200m:		
DIS	Jeroen Ouendag	GoSwim	26:46.71	195900725		
	<i>AM - Gebruik gemaakt van hulpmiddelen of tape gebruikt op het lichaam.</i>					

Masters 25+, Dames

1.	Leontine Groeneveldt	De Duck	25:00.00	199303526	<b>22:15.60</b>	
	50m: 38.98	38.98	450m:	850m:	1250m:	
	100m: 1:21.57	42.59	500m:	900m:	1300m:	
	150m:		550m:	950m:	1350m:	
	200m: 2:48.42		600m:	1000m:	1400m:	
	250m:		650m:	1050m:	1450m:	
	300m:		700m:	1100m:	1500m: 22:15.60	
	350m:		750m:	1150m:		
	400m: 5:44.70		800m: 11:47.49	1200m:		
2.	Sandra Vermeulen	De Duck	23:00.00	199303522	<b>22:16.33</b>	
	50m: 38.26	38.26	450m:	850m:	1250m:	
	100m: 1:19.91	41.65	500m:	900m:	1300m:	
	150m:		550m:	950m:	1350m:	
	200m: 2:47.07		600m:	1000m:	1400m:	
	250m:		650m:	1050m:	1450m:	
	300m:		700m:	1100m:	1500m: 22:16.33	
	350m:		750m:	1150m:		
	400m: 5:46.28		800m: 11:49.67	1200m:		

Masters 35+, Dames

1.	Anke Lambooj	De Vliet (SG)	20:45.00	198001182	<b>20:11.38</b>	
	50m: 34.98	34.98	450m:	850m:	1250m:	
	100m: 1:13.22	38.24	500m:	900m:	1300m:	
	150m:		550m:	950m:	1350m:	
	200m: 2:32.81		600m:	1000m:	1400m:	
	250m:		650m:	1050m:	1450m:	
	300m:		700m:	1100m:	1500m: 20:11.38	
	350m:		750m:	1150m:		
	400m: 5:14.84		800m: 10:43.96	1200m:		
2.	Linda Hoogendam	WVZ	22:38.72	198300892	<b>22:21.77</b>	
	50m: 39.33	39.33	450m:	850m:	1250m:	
	100m: 1:22.66	43.33	500m:	900m:	1300m:	
	150m:		550m:	950m:	1350m:	
	200m: 2:53.51		600m:	1000m:	1400m:	
	250m:		650m:	1050m:	1450m:	
	300m:		700m:	1100m:	1500m: 22:21.77	
	350m:		750m:	1150m:		
	400m: 5:51.19		800m: 11:53.71	1200m:		

Masters 40+, Dames

Regio West Open Masters deel 3  
Vlaardingen, 1-12-2019

Programmanr. 11, Dames, 1500m vrije slag, Masters 40+

rang	naam	vereniging	intijd	197901526	tijd	RT
1.	Jessica Venema	WIDEX GZC DONK	21:55.05		<b>22:16.20</b>	
	50m: 36.45	36.45	450m:	850m:	1250m:	
	100m: 1:16.74	40.29	500m:	900m:	1300m:	
	150m:		550m:	950m:	1350m:	
	200m: 2:41.64		600m:	1000m:	1400m:	
	250m:		650m:	1050m:	1450m:	
	300m:		700m:	1100m:	1500m: 22:16.20	
	350m:		750m:	1150m:		
	400m: 5:37.76		800m: 11:37.83	1200m:		

Masters 50+, Dames

1.	Laura Staal	Oceanus	22:54.41	196700358	<b>22:18.09</b>	
	50m: 39.34	39.34	450m:	850m:	1250m:	
	100m: 1:22.66	43.32	500m:	900m:	1300m:	
	150m:		550m:	950m:	1350m:	
	200m: 2:51.47		600m:	1000m:	1400m:	
	250m:		650m:	1050m:	1450m:	
	300m:		700m:	1100m:	1500m: 22:18.09	
	350m:		750m:	1150m:		
	400m: 5:51.31		800m: 11:53.61	1200m:		
2.	Kristien Van de Moortel	Shark	24:15.34	ShaRK/20315/69	<b>25:32.95</b>	
	50m: 44.15	44.15	450m:	850m:	1250m:	
	100m: 1:33.88	49.73	500m:	900m:	1300m:	
	150m:		550m:	950m:	1350m:	
	200m: 3:15.45		600m:	1000m:	1400m:	
	250m:		650m:	1050m:	1450m:	
	300m:		700m:	1100m:	1500m: 25:32.95	
	350m:		750m:	1150m:		
	400m: 6:39.66		800m: 13:29.41	1200m:		
NG	Herma Hakker-Huijser	ZVVS	24:32.86	196600740		