

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

Programmanr. 1 4 x 100m vrije slag lft 80 - 359
1-12-2019 Resultaten

rang	vereniging	intijd	tijd	RT
120+, Gemengd				
1.	The Hague Swimming (SG)	The Hague Swimming (SG)	5:22.00	5:04.09
	Louise Schets	79 36.77	1:18.68	Stefanie Kohl 84
	Dave Tuchan	90		Alberto Randazzo 71
160+, Gemengd				
NG	ZVVS 1	ZVVS	5:00.23	
200+, Gemengd				
1.	ZVVS 2	ZVVS	5:07.94	4:45.74
	Rene de Jong	66 31.17	1:04.37	Conny Boer-Buys 50
	Tibor Papp	72		Helena Mels 69

Programmanr. 2 100m wisselslag 20 - 89 jaar
1-12-2019 Resultaten

rang	naam	vereniging	intijd	tijd	RT
Masters 30+, Heren					
1.	Ian Barillas-McEntee	Feijenoord Albion Zwemclub	1:22.75	198906859	1:18.28
Masters 35+, Heren					
1.	Kristiaan Lenos	ZVL-1886 Tetteroo	1:03.20	198301331	1:04.71
Masters 40+, Heren					
1.	Elger Mensonides	ZVL-1886 Tetteroo	1:12.00	197601669	1:16.77
2.	Emiel Volker	ZVL-1886 Tetteroo	1:18.90	197601605	1:19.95
3.	Robin Koele	De Watervogels	1:28.68	197601657	1:28.13
AFGEM	Timo Stek	AZC	1:35.55	197601635	
Masters 45+, Heren					
1.	Leon Erkelens	Rotterdam Swimming (SG)	1:50.00	197401539	1:31.16
2.	Jeff van Loon	De Geul	1:42.47	197001687	1:45.22 311
Masters 50+, Heren					
1.	Henri Michels	De Amstel	1:16.44	196501587	1:16.62
2.	Gertjan van der Vaart	ZVVS	1:33.50	196801529	1:31.36
Masters 55+, Heren					
1.	Oskar Jansen	Feijenoord Albion Zwemclub	1:32.37	196201293	1:32.78
Masters 60+, Heren					
1.	André Pantekoek	PSV	1:35.00	195800321	1:34.66
2.	Peter Coffeng	WIDEX GZC DONK	1:37.79	195700063	1:37.27
NG	Wim de Lange	AZC	1:20.73	195800533	
Masters 70+, Heren					
AFGEM	Peter Ouweneel	Rotterdam Swimming (SG)	2:36.25	194500077	

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Programmanr. 2, 100m wisselslag

Masters 75+, Heren

1.	Rob Hanou	PSV	1:34.00	194300109	1:33.54
2.	Geza Kaltenecker	AZC	1:41.58	194200065	1:42.36

Masters 20+, Dames

1.	Kimberly Coenders	De Lansingh	1:17.85	199900880	1:18.23
2.	Hanneke Schoenmakers	ZVVS	1:19.12	199801820	1:22.40
3.	Gwendoline Kruit	De Lansingh	1:25.81	199802084	1:23.84
4.	Esmée Rolloos	ZPV Barracuda	1:22.76	199800056	1:25.45
5.	Mariska Scholts	Rotterdam Swimming (SG)	1:47.07	199606804	1:48.65

Masters 25+, Dames

1.	Bibi den Haan	De Lansingh	1:28.16	199001290	1:28.04
NG	Heleen ten Have	ZVVS	1:32.89	199403000	

Masters 30+, Dames

1.	Chantal Veneman	Rotterdam Swimming (SG)	1:24.62	198704232	1:21.70
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Masters 40+, Dames

1.	Chantal Verhoeff	Old Dutch	1:20.99	197900912	1:20.58
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Masters 45+, Dames

1.	Jacqueline de Ruiter-Wijnolst	WIDEX GZC DONK	1:20.28	197400446	1:21.78
2.	Nathasja Konijn	WIDEX GZC DONK	1:28.81	197100992	1:31.24
3.	Katrina Boutwell	AZC	1:47.33	197201036	1:40.51

Masters 50+, Dames

1.	Laura Staal	Oceanus	1:22.55	196700358	1:25.02
2.	Helena Mels	ZVVS	1:31.44	196901036	1:31.59
3.	Sandra Daamen-Posma	AZC	1:33.91	196800854	1:33.43
4.	Marella Verhagen-den Ouden	De Amstel	1:48.00	196800948	1:40.15
5.	Linda Goderie	Rotterdam Swimming (SG)	1:33.28	196900976	1:42.29
DIS	Caroline Kruger	Feijenoord Albion Zwemclub	1:38.58	196800928	

AA - Gestart voor het startsignaal (en wel gezwommen).

Masters 55+, Dames

1.	Jacqueline Rolloos-Bakkers	De Lansingh	1:24.08	196300222	1:24.85
2.	Feikje Wittermans	WIDEX GZC DONK	1:25.82	196400408	1:24.99
3.	Lia Bijkerk	WIDEX GZC DONK	1:45.19	196000014	1:45.22
AFGEM	Tineke Janssen	Westland Swimming Stars	1:22.00	196400630	

Masters 60+, Dames

1.	Mies Kuipers	Old Dutch	2:08.28	195800202	2:12.01
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Programmanr. 3
1-12-2019

50m rugslag

20 - 89 jaar
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Masters 20+, Heren					
1.	Pascal Nuijten	Westland Swimming Stars	29.00	199701353	29.82
Masters 25+, Heren					
1.	Stefan Oostendorp	AZC	35.13	199005615	34.77

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

Programmanr. 3, 50m rugslag

Masters 30+, Heren

1.	Guido Moret	Feijenoord Albion Zwemclub	32.90	198501793	31.83
2.	Ricardo van Dam	AZC	43.61	198503965	40.34

Masters 45+, Heren

1.	Jeroen Hoeksel	ZVVS	40.84	197401533	42.97
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Masters 50+, Heren

1.	Caspar Boendermaker	ZVL-1886 Tetteroo	40.58	196501605	41.09
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Masters 55+, Heren

1.	Menno Lomans	d'ELFT	38.00	196101071	38.83
2.	Jano Hogebrug	De Watervogels	1:00.83	196401477	1:01.08

Masters 60+, Heren

1.	Evertjan Masurel	PSV	36.64	195600495	38.10
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Masters 20+, Dames

1.	Tamara van den Brink	ZPV Barracuda	36.56	199804182	37.28
AFGEM	Lenneke Bagijn	De Duck	36.41	199604992	

Masters 25+, Dames

1.	Tessa Kerkvliet	ZVL-1886 Tetteroo	40.07	199202428	40.65
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Masters 30+, Dames

1.	Dyonne Dorchain	De Lansingh	37.09	198900984	38.28
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Masters 35+, Dames

1.	Nadya Putter	ZVVS	37.38	198301630	36.35
2.	Samantha Go	AZC	41.83	198403552	43.08
3.	Femke Smits	Rotterdam Swimming (SG)	46.20	198403574	46.00

Masters 40+, Dames

1.	Louise Schets	The Hague Swimming (SG)	45.00	197901580	45.54
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Masters 65+, Dames

1.	Patty Krupiarz	PSV	41.50	195400074	42.05
2.	Geerdien Meerwaldt	De Geul	1:02.61	195200058	1:01.85

Programmanr. 4
1-12-2019

100m vlinderslag

20 - 89 jaar
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Masters 25+, Heren					
1.	Jesper Oranje	De Duck	58.52	199200997	59.51
	50m: 27.76	100m: 59.51			
Masters 35+, Heren					
1.	Kristiaan Lenos	ZVL-1886 Tetteroo	1:02.91	198301331	1:06.82
	50m: 30.04	100m: 1:06.82			

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

Programmanr. 4, 100m vlinderslag

Masters 40+, Heren

1. Markus van Rest	WVZ	1:05.15	197701197	1:08.94
50m: 31.09	100m: 1:08.94			

Masters 20+, Dames

1. Romy Verhagen	De Amstel	1:12.97	199904110	1:19.30
50m: 34.45	100m: 1:19.30			
2. Iva den Haan	De Lansingh	1:26.40	199900882	1:24.63
50m: 38.41	100m: 1:24.63			

Masters 25+, Dames

1. Xandra Otter	WIDEX GZC DONK	1:42.68	199006046	1:42.92
50m: 47.92	100m: 1:42.92			

Masters 35+, Dames

1. Roos van Esch	De Lansingh	1:12.10	198200468	1:13.90
50m: 35.12	100m: 1:13.90			

Masters 40+, Dames

1. Marjon Boidin	Old Dutch	1:25.00	197601000	1:29.99
50m: 40.91	100m: 1:29.99			

Masters 50+, Dames

1. Anita Steijger	WVZ	1:36.11	196500628	1:39.04
50m: 45.77	100m: 1:39.04			

Programmanr. 5
1-12-2019

50m vrije slag

20 - 89 jaar
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Masters 20+, Heren					
1.	Pascal Nuijten	Westland Swimming Stars	24.36	199701353	24.88
Masters 25+, Heren					
1.	Sybren Groenewegen	De Schotejil	35.60	199306223	26.51
2.	Stefan Oostendorp	AZC	28.50	199005615	28.68
3.	Dave Tuchan	The Hague Swimming (SG)	31.30	199005067	31.43
4.	Mark van der Want	GLS Ketelbinkie	32.00	199107511	32.33
Masters 30+, Heren					
1.	Niels Albrechts	De Schotejil	26.95	198800039	27.78
Masters 35+, Heren					
1.	Nol van Thull	De Lansingh	24.97	198001513	24.86
Masters 40+, Heren					
1.	Marcel Veen	The Hague Swimming (SG)	31.82	197601645	30.79
2.	Bogdan Androne	AZC	35.00	197701733	31.53

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

Programmanr. 5, 50m vrije slag

Masters 45+, Heren

1.	Jeroen Hoeksel	ZVVS	33.34	197401533	32.34
2.	Alberto Randazzo	The Hague Swimming (SG)	34.13	197101741	33.43
AFGEM	Ard-Jan De Haan	Feijenoord Albion Zwemclub	44.00	197201687	

Masters 50+, Heren

1.	Erik Saan	De Duck	29.00	196500769	30.13
2.	Andre Exter	Poseidon'56	44.23	196601585	44.34

Masters 55+, Heren

1.	Mark Nuijten	Westland Swimming Stars	29.00	196000411	29.54
2.	Pierre de Groot	WIDEX GZC DONK	31.49	196401431	32.37
3.	Ed de Bakker	De Watervogels	36.00	196401487	36.15
4.	Bob Lookermans	Poseidon'56	37.84	196201295	37.99

Masters 70+, Heren

1.	Peter Ouweneel	Rotterdam Swimming (SG)	49.08	194500077	50.29
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Masters 75+, Heren

1.	Geza Kaltenecker	AZC	36.63	194200065	37.20
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Masters 20+, Dames

1.	Tamara van den Brink	ZPV Barracuda	30.97	199804182	31.57
2.	Hanneke Schoenmakers	ZVVS	30.52	199801820	31.93
AFGEM	Lenneke Bagijn	De Duck	31.36	199604992	

Masters 25+, Dames

1.	Leontine Groeneveldt	De Duck	30.58	199303526	30.69
NG	Heleen ten Have	ZVVS	34.51	199403000	

Masters 30+, Dames

1.	Sandra van der Ende	WVZ	35.05	198701132	32.12
2.	Melissa Buijens	De Geul	41.57	198605358	41.13
NG	Jerianne Gomez	Feijenoord Albion Zwemclub	40.51	198605360	

Masters 35+, Dames

1.	Anke Lambooj	De Vliet (SG)	27.95	198001182	28.31
2.	Nadya Putter	ZVVS	32.13	198301630	30.90
3.	Linda Hoogendam	WVZ	32.01	198300892	34.41
4.	Samantha Go	AZC	35.45	198403552	37.21
5.	Stefanie Kohl	The Hague Swimming (SG)	35.00	198403596	37.29

Masters 40+, Dames

1.	Louise Schets	The Hague Swimming (SG)	34.79	197901580	35.31
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Masters 50+, Dames

1.	Helena Mels	ZVVS	33.21	196901036	33.98
2.	Linda Goderie	Rotterdam Swimming (SG)	36.73	196900976	40.34
3.	Inge Deutz	ZVVS	42.39	196600726	42.51

Masters 55+, Dames

1.	Linda Olsson	Feijenoord Albion Zwemclub	35.86	196400640	35.28
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Regio West Open Masters deel 3
Vlaardingen, 1-12-2019

Programmanr. 5, 50m vrije slag

Masters 65+, Dames

1. Conny Boer-Buys ZVVS 34.76 195000006 **33.58**

Programmanr. 6
1-12-2019

100m schoolslag

20 - 89 jaar
Resultaten

rang naam vereniging intijd tijd RT

Masters 30+, Heren

1. Ricardo van Dam AZC 1:24.87 198503965 **1:22.54**
50m: 39.58 100m: 1:22.54

Masters 35+, Heren

1. Kristiaan Lenos ZVL-1886 Tetteroo 1:10.38 198301331 **1:12.51**
50m: 33.83 100m: 1:12.51

Masters 40+, Heren

1. Bogdan Androne AZC 1:28.00 197701733 **1:28.15**
50m: 38.68 100m: 1:28.15

AFGEM Timo Stek AZC 1:35.00 197601635

Masters 45+, Heren

1. Ronald van Ombergen ZPC De Zeeuwse Kust 1:13.96 197201685 **1:13.58**
50m: 34.20 100m: 1:13.58

2. Tibor Papp ZVVS 1:30.19 197201623 **1:29.51**
50m: 43.32 100m: 1:29.51

3. Alberto Randazzo The Hague Swimming (SG) 1:36.42 197101741 **1:31.83**
50m: 43.63 100m: 1:31.83

Masters 50+, Heren

1. Rene de Jong ZVVS 1:22.65 196600351 **1:22.68**
50m: 38.34 100m: 1:22.68

2. Tamas Szili-Torok Rotterdam Swimming (SG) 1:34.30 196801689 **1:30.58**
50m: 41.29 100m: 1:30.58

3. Gertjan van der Vaart ZVVS 1:31.66 196801529 **1:33.47**
50m: 43.59 100m: 1:33.47

NG Willem Jan Ribberink WIDEX GZC DONK 1:29.95 196501327

Masters 60+, Heren

1. André Pantekoek PSV 1:43.00 195800321 **1:45.29**
50m: 49.88 100m: 1:45.29

NG Wim de Lange AZC 1:25.74 195800533

Masters 75+, Heren

1. Rob Hanou PSV 1:37.00 194300109 **1:40.75**
50m: 47.26 100m: 1:40.75

Masters 20+, Dames

1. Kimberly Coenders De Lansingh 1:24.61 199900880 **1:25.24**
50m: 39.18 100m: 1:25.24

2. Mariska Scholts Rotterdam Swimming (SG) 1:49.53 199606804 **2:06.32**
50m: 57.48 100m: 2:06.32

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

Programmanr. 6, 100m schoolslag

Masters 30+, Dames

1.	Chantal Veneman	Rotterdam Swimming (SG)	1:30.58	198704232	1:29.51
	50m: 41.26	100m: 1:29.51			

Masters 50+, Dames

1.	Laura Staal	Oceanus	1:33.23	196700358	1:33.35
	50m: 44.08	100m: 1:33.35			
2.	Caroline Kruger	Feijenoord Albion Zwemclub	1:41.61	196800928	1:43.43
	50m: 48.32	100m: 1:43.43			
3.	Marella Verhagen-den Ouden De Amstel		1:57.00	196800948	1:52.11
	50m: 52.61	100m: 1:52.11			

Masters 55+, Dames

1.	Jacqueline Rolloos-Bakkers	De Lansingh	1:34.57	196300222	1:37.41
	50m: 45.41	100m: 1:37.41			

Masters 65+, Dames

1.	Geerdien Meerwaldt	De Geul	2:06.99	195200058	2:10.28
	50m: 1:02.61	100m: 2:10.28			

Programmanr. 7
1-12-2019

100m vrije slag

20 - 89 jaar
Resultaten

rang	naam	vereniging	intijd	tijd	RT
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Masters 25+, Heren

1.	Stefan Oostendorp	AZC	1:01.55	199005615	1:01.59
	50m: 29.59	100m: 1:01.59			
2.	Dave Tuchan	The Hague Swimming (SG)	1:15.00	199005067	1:11.23
	50m: 34.46	100m: 1:11.23			
3.	Mark van der Want	GLS Ketelbinkie	1:12.00	199107511	1:12.07
	50m: 34.21	100m: 1:12.07			

Masters 35+, Heren

1.	Guus Tas	WIDEX GZC DONK	1:28.00	198102585	1:22.22
	50m: 39.29	100m: 1:22.22			

Masters 40+, Heren

1.	Elger Mensonides	ZVL-1886 Tetteroo	1:06.38	197601669	1:04.87
	50m: 31.19	100m: 1:04.87			
2.	Emiel Volker	ZVL-1886 Tetteroo	1:05.83	197601605	1:07.66
	50m: 32.75	100m: 1:07.66			
3.	Marcel Veen	The Hague Swimming (SG)	1:09.77	197601645	1:08.07
	50m: 32.68	100m: 1:08.07			

Masters 45+, Heren

1.	Tibor Papp	ZVVS	1:20.76	197201623	1:12.88
	50m: 34.86	100m: 1:12.88			
2.	Leon Erkelens	Rotterdam Swimming (SG)	1:20.57	197401539	1:14.37
	50m: 35.56	100m: 1:14.37			

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

Programmanr. 7, 100m vrije slag

Masters 50+, Heren

1.	Henri Michels	De Amstel	1:03.80	196501587	1:03.98
	50m: 30.63	100m: 1:03.98			
2.	Erik Saan	De Duck	1:06.57	196500769	1:09.93
	50m: 33.11	100m: 1:09.93			
3.	Caspar Boendermaker	ZVL-1886 Tetteroo	1:14.62	196501605	1:16.06
	50m: 36.34	100m: 1:16.06			
4.	Gertjan van der Vaart	ZVVS	1:13.82	196801529	1:19.41
	50m: 37.24	100m: 1:19.41			

Masters 55+, Heren

1.	Mark Nuijten	Westland Swimming Stars	1:04.00	196000411	1:07.45
	50m: 32.78	100m: 1:07.45			
2.	Ed de Bakker	De Watervogels	1:22.00	196401487	1:21.67
	50m: 36.45	100m: 1:21.67			
3.	Oskar Jansen	Feijenoord Albion Zwemclub	1:27.29	196201293	1:23.00
	50m: 37.94	100m: 1:23.00			
4.	Bob Lookermans	Poseidon'56	1:33.36	196201295	1:30.09
	50m: 41.22	100m: 1:30.09			
5.	Jano Hogebrug	De Watervogels	1:41.29	196401477	1:32.48
	50m: 45.54	100m: 1:32.48			

Masters 60+, Heren

1.	Peter Coffeng	WIDEX GZC DONK	1:21.39	195700063	1:23.04
	50m: 38.01	100m: 1:23.04			

Masters 75+, Heren

1.	Geza Kaltenecker	AZC	1:24.78	194200065	1:26.56
	50m: 41.47	100m: 1:26.56			

Masters 20+, Dames

1.	Esmée Rolloos	ZPV Barracuda	1:09.46	199800056	1:10.88
	50m: 34.20	100m: 1:10.88			
2.	Gwendoline Kruit	De Lansingh	1:15.61	199802084	1:12.91
	50m: 34.42	100m: 1:12.91			
3.	Iva den Haan	De Lansingh	1:21.08	199900882	1:13.54
	50m: 35.60	100m: 1:13.54			

Masters 25+, Dames

1.	Lotte Coenen	The Hague Swimming (SG)	1:01.13	199301518	1:02.53
	50m: 29.77	100m: 1:02.53			
2.	Tessa Kerkvliet	ZVL-1886 Tetteroo	1:14.48	199202428	1:15.56
	50m: 35.71	100m: 1:15.56			
3.	Xandra Otter	WIDEX GZC DONK	1:22.88	199006046	1:25.06
	50m: 41.18	100m: 1:25.06			

Masters 30+, Dames

1.	Melissa Buijens	De Geul	1:40.00	198605358	1:32.85
	50m: 44.79	100m: 1:32.85			

Masters 35+, Dames

1.	Femke Smits	Rotterdam Swimming (SG)	1:27.00	198403574	1:26.73
	50m: 41.63	100m: 1:26.73			

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

Programmanr. 7, 100m vrije slag

Masters 40+, Dames

1.	Chantal Verhoeff	Old Dutch	1:06.13	197900912	1:08.06
	50m: 32.27	100m: 1:08.06			
2.	Louise Schets	The Hague Swimming (SG)	1:25.00	197901580	1:20.15
	50m: 37.97	100m: 1:20.15			

Masters 50+, Dames

1.	Sandra Daamen-Posma	AZC	1:19.85	196800854	1:19.98
	50m: 38.33	100m: 1:19.98			
2.	Anita Steijger	WVZ	1:22.87	196500628	1:23.61
	50m: 40.01	100m: 1:23.61			
3.	Kristien Van de Moortel	Shark	1:20.63	ShaRK/20315/69	1:24.45
	50m: 39.52	100m: 1:24.45			
4.	Inge Deutz	ZVVS	1:34.34	196600726	1:36.34
	50m: 44.65	100m: 1:36.34			

Masters 55+, Dames

1.	Feikje Wittermans	WIDEX GZC DONK	1:17.41	196400408	1:17.79
	50m: 37.30	100m: 1:17.79			
2.	Linda Olsson	Feijenoord Albion Zwemclub	1:30.23	196400640	1:21.88
	50m: 36.88	100m: 1:21.88			
3.	Lia Bijkerk	WIDEX GZC DONK	1:35.19	196000014	1:36.05
	50m: 46.70	100m: 1:36.05			

Programmanr. 8
1-12-2019

50m vlinderslag

20 - 89 jaar
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Masters 20+, Heren					
1.	Pascal Nuijten	Westland Swimming Stars	26.37	199701353	27.65
2.	Lukas Schouten	AZC	32.00	199602515	30.88
Masters 25+, Heren					
1.	Jesper Oranje	De Duck	24.92	199200997	25.98
2.	Sybren Groenewegen	De Schotejil	44.86	199306223	32.08
Masters 30+, Heren					
1.	Ian Barillas-McEntee	Feijenoord Albion Zwemclub	34.49	198906859	34.13
Masters 35+, Heren					
1.	Guus Tas	WIDEX GZC DONK	47.15	198102585	45.96
Masters 40+, Heren					
1.	Elger Mensonides	ZVL-1886 Tetteroo	32.99	197601669	35.10
2.	Robin Koele	De Watervogels	41.07	197601657	39.01
AFGEM	Timo Stek	AZC	40.00	197601635	
Masters 45+, Heren					
1.	Tibor Papp	ZVVS	34.06	197201623	36.52
Masters 75+, Heren					
1.	Rob Hanou	PSV	47.00	194300109	46.57

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

Programmanr. 8, 50m vlinderslag

Masters 25+, Dames

1. Bibi den Haan De Lansingh 39.71 199001290 **41.26**

Masters 30+, Dames

NG Jerianne Gomez Feijenoord Albion Zwemclub 45.00 198605360

Masters 35+, Dames

1. Stefanie Kohl The Hague Swimming (SG) 40.00 198403596 **40.89**

Masters 45+, Dames

1. Jacqueline de Ruiter-Wijnolst WIDEX GZC DONK 37.09 197400446 **37.48**
2. Nathasja Konijn WIDEX GZC DONK 39.77 197100992 **42.04**
3. Katrina Boutwell AZC 48.14 197201036 **43.64**

Masters 60+, Dames

1. Mies Kuipers Old Dutch 1:03.91 195800202 **1:10.22**

Masters 65+, Dames

1. Conny Boer-Buys ZVVS 37.86 195000006 **39.97**

Programmanr. 9
1-12-2019

100m rugslag

20 - 89 jaar
Resultaten

rang naam vereniging intijd tijd RT

Masters 35+, Heren

1. Nol van Thull De Lansingh 1:03.69 198001513 **1:10.92**
50m: 34.97 100m: 1:10.92

Masters 40+, Heren

1. Markus van Rest WVZ 1:09.20 197701197 **1:12.37**
50m: 35.10 100m: 1:12.37

Masters 45+, Heren

1. Jeroen Hoeksel ZVVS 1:32.55 197401533 **1:32.35**
50m: 45.03 100m: 1:32.35

Masters 55+, Heren

1. Menno Lomans d'ELFT 1:23.00 196101071 **1:22.14**
50m: 39.61 100m: 1:22.14
2. Mark Nuijten Westland Swimming Stars 1:15.00 196000411 **1:25.85**
50m: 42.61 100m: 1:25.85

Masters 60+, Heren

1. Evertjan Masurel PSV 1:20.33 195600495 **1:21.16**
50m: 40.13 100m: 1:21.16
NG Wim de Lange AZC 1:23.56 195800533

Masters 20+, Dames

1. Romy Verhagen De Amstel 1:11.92 199904110 **1:13.38**
50m: 36.23 100m: 1:13.38
2. Tamara van den Brink ZPV Barracuda 1:18.66 199804182 **1:22.14**
50m: 39.83 100m: 1:22.14

AFGEM Lenneke Bagijn De Duck 1:17.86 199604992

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

Programmanr. 9, 100m rugslag

Masters 25+, Dames

1.	Lotte Coenen	The Hague Swimming (SG)	1:11.49	199301518	1:18.06
	50m: 37.09	100m: 1:18.06			
NG	Heleen ten Have	ZVVS	1:27.48	199403000	

Masters 30+, Dames

1.	Dyonne Dorchain	De Lansingh	1:23.62	198900984	1:23.53
	50m: 40.00	100m: 1:23.53			

Masters 35+, Dames

1.	Roos van Esch	De Lansingh	1:19.27	198200468	1:14.41
	50m: 36.85	100m: 1:14.41			
2.	Femke Smits	Rotterdam Swimming (SG)	1:42.33	198403574	1:45.52
	50m: 51.69	100m: 1:45.52			

Masters 40+, Dames

1.	Marjon Boidin	Old Dutch	1:30.41	197601000	1:26.96
	50m: 42.52	100m: 1:26.96			

Masters 45+, Dames

1.	Nathasja Konijn	WIDEX GZC DONK	1:30.85	197100992	1:34.34
	50m: 45.97	100m: 1:34.34			

Masters 65+, Dames

1.	Patty Krupiarz	PSV	1:35.27	195400074	1:37.63
	50m: 47.71	100m: 1:37.63			

Programmanr. 10
1-12-2019

50m schoolslag

20 - 89 jaar
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Masters 20+, Heren					
1.	Lukas Schouten	AZC	36.00	199602515	35.23
Masters 25+, Heren					
1.	Jesper Oranje	De Duck	30.47	199200997	32.35
Masters 30+, Heren					
1.	Guido Moret	Feijenoord Albion Zwemclub	34.04	198501793	33.66
Masters 35+, Heren					
1.	Guus Tas	WIDEX GZC DONK	46.89	198102585	47.20
Masters 40+, Heren					
1.	Bogdan Androne	AZC	40.00	197701733	38.74
2.	Emiel Volker	ZVL-1886 Tetteroo	39.24	197601605	40.83
3.	Robin Koele	De Watervogels	43.97	197601657	42.62

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

Programmanr. 10, 50m schoolslag

Masters 45+, Heren

1.	Ronald van Ombergen	ZPC De Zeeuwse Kust	34.67	197201685		33.66	
2.	Leon Erkelens	Rotterdam Swimming (SG)	45.49	197401539		43.91	
3.	Jeff van Loon	De Geul	50.96	197001687	SB6	51.85	383
NG.ZA	Alberto Randazzo	The Hague Swimming (SG)	41.34	197101741			
AFGEM	Ard-Jan De Haan	Feijenoord Albion Zwemclub	49.81	197201687			

Masters 50+, Heren

1.	Rene de Jong	ZVVS	36.74	196600351		37.26	
2.	Caspar Boendermaker	ZVL-1886 Tetteroo	47.79	196501605		46.63	
DIS	Tamas Szili-Torok	Rotterdam Swimming (SG)	38.61	196801689			
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>						
NG	Willem Jan Ribberink	WIDEX GZC DONK	40.57	196501327			

Masters 55+, Heren

1.	Pierre de Groot	WIDEX GZC DONK	40.85	196401431		42.19	
2.	Ed de Bakker	De Watervogels	45.00	196401487		50.19	
DIS	Jano Hogebrug	De Watervogels	47.82	196401477			
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>						

Masters 70+, Heren

1.	Peter Ouweneel	Rotterdam Swimming (SG)	1:01.96	194500077		1:01.22	
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Masters 20+, Dames

1.	Gwendoline Kruit	De Lansingh	46.40	199802084		46.46	
2.	Mariska Scholts	Rotterdam Swimming (SG)	50.92	199606804		52.73	

Masters 25+, Dames

1.	Xandra Otter	WIDEX GZC DONK	48.81	199006046		49.82	
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Masters 30+, Dames

1.	Sandra van der Ende	WVZ	42.10	198701132		41.95	
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Masters 45+, Dames

1.	Jacqueline de Ruiter-Wijnolst	WIDEX GZC DONK	40.75	197400446		42.07	
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Masters 50+, Dames

1.	Helena Mels	ZVVS	40.42	196901036		43.40	
2.	Caroline Kruger	Feijenoord Albion Zwemclub	45.17	196800928		45.72	
3.	Linda Goderie	Rotterdam Swimming (SG)	47.14	196900976		49.84	
4.	Inge Deutz	ZVVS	55.84	196600726		55.84	

Masters 55+, Dames

1.	Feikje Wittermans	WIDEX GZC DONK	46.34	196400408		45.58	
2.	Lia Bijkerk	WIDEX GZC DONK	50.54	196000014		50.81	

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

Programmanr. 11 1500m vrije slag 20 - 89 jaar
1-12-2019 Resultaten

rang	naam	vereniging	intijd	id	tijd	RT
Masters 25+, Heren						
1.	Guido Stolle	WIDEX GZC DONK	20:00.00	199002815	19:24.36	
	50m: 33.91	100m: 1:10.65 200m:	2:27.92 400m: 5:07.10		800m: 10:24.85 1500m:	19:24.36
Masters 30+, Heren						
1.	Niels Albrechts	De Schotejil	18:21.23	198800039	18:19.37	
	50m: 32.72	100m: 1:07.78 200m:	2:19.43 400m: 4:44.91		800m: 9:39.41 1500m:	18:19.37
Masters 35+, Heren						
1.	Martin van Vaardegem	GoSwim	21:22.27	198201767	21:22.72	
	50m: 34.92	100m: 1:13.29 200m:	2:35.74 400m: 5:26.27		800m: 11:12.34 1500m:	21:22.72
2.	Ben Ruitier	De Lansingh	24:08.66	198202707	23:34.40	
	50m: 39.41	100m: 1:22.06 200m:	2:51.85 400m: 5:57.15		800m: 12:17.48 1500m:	23:34.40
Masters 40+, Heren						
1.	Yuri Admiraal	ZPC Numansdorp	20:20.00	197701655	20:00.37	
	50m: 34.24	100m: 1:12.02 200m:	2:29.79 400m: 5:10.44		800m: 10:35.43 1500m:	20:00.37
2.	Erik Schoenmakers	WIDEX GZC DONK	21:00.00	197601667	21:02.30	
	50m: 34.43	100m: 1:11.08 200m:	2:28.43 400m: 5:07.28		800m: 10:40.21 1500m:	21:02.30
Masters 50+, Heren						
1.	Erik Saan	De Duck	26:00.00	196500769	23:14.65	
	50m: 40.16	100m: 1:27.19 200m:	3:00.08 400m: 6:12.28		800m: 12:29.91 1500m:	23:14.65
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	27:25.05	
	50m: 44.17	100m: 1:34.98 200m:	3:24.27 400m: 7:08.61		800m: 14:35.07 1500m:	27:25.05
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	22:15.60	
	50m: 38.98	100m: 1:21.57 200m:	2:48.42 400m: 5:44.70		800m: 11:47.49 1500m:	22:15.60
2.	Sandra Vermeulen	De Duck	23:00.00	199303522	22:16.33	
	50m: 38.26	100m: 1:19.91 200m:	2:47.07 400m: 5:46.28		800m: 11:49.67 1500m:	22:16.33
Masters 35+, Dames						
1.	Anke Lambooj	De Vliet (SG)	20:45.00	198001182	20:11.38	
	50m: 34.98	100m: 1:13.22 200m:	2:32.81 400m: 5:14.84		800m: 10:43.96 1500m:	20:11.38
2.	Linda Hoogendam	WVZ	22:38.72	198300892	22:21.77	
	50m: 39.33	100m: 1:22.66 200m:	2:53.51 400m: 5:51.19		800m: 11:53.71 1500m:	22:21.77
Masters 40+, Dames						
1.	Jessica Venema	WIDEX GZC DONK	21:55.05	197901526	22:16.20	
	50m: 36.45	100m: 1:16.74 200m:	2:41.64 400m: 5:37.76		800m: 11:37.83 1500m:	22:16.20

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

Programmanr. 11, 1500m vrije slag

Masters 50+, Dames

1.	Laura Staal	Oceanus	22:54.41	196700358	22:18.09	
	50m: 39.34	100m: 1:22.66	200m: 2:51.47	400m: 5:51.31	800m: 11:53.61	1500m: 22:18.09
2.	Kristien Van de Moortel	Shark	24:15.34	ShaRK/20315/69	25:32.95	
	50m: 44.15	100m: 1:33.88	200m: 3:15.45	400m: 6:39.66	800m: 13:29.41	1500m: 25:32.95
NG	Herma Hakker-Huijser	ZVVS	24:32.86	196600740		