



Regio-West Open Masters deel 4  
Leiden, 23-2-2020

Programmanr. 1, 200m schoolslag

Masters 45+, Dames

1.	Karin Stein	ZVVS	2:58.71	197100554	<b>2:58.57</b>
	50m: 41.25	100m: 1:26.91	200m: 2:58.57		
2.	Trudie van Niejenhuis	TZC Vahalis	3:15.71	197100444	<b>3:18.43</b>
	50m: 45.34	100m: 1:35.97	200m: 3:18.43		

Masters 50+, Dames

AFGEM	Caroline Kruger	Feijenoord Albion Zwemclub	3:46.93	196800928
-------	-----------------	----------------------------	---------	-----------

Programmanr. 2  
23-2-2020

50m rugslag

20 - 89 jaar  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
<b>Masters 30+, Heren</b>					
AFGEM	Stefan Oostendorp	AZC	34.45	199005615	
<b>Masters 35+, Heren</b>					
1.	Rob van Wanrooy	Gay Swim Amsterdam	32.96	198202627	<b>34.18</b>
<b>Masters 45+, Heren</b>					
1.	Dennis van Markesteyn	TZC Vahalis	38.01	197201333	<b>40.79</b>
<b>Masters 50+, Heren</b>					
1.	Harold Matla	PSV	34.87	196800591	<b>36.14</b>
<b>Masters 55+, Heren</b>					
1.	Oskar Jansen	Feijenoord Albion Zwemclub	45.62	196201293	<b>44.10</b>
<b>Masters 70+, Heren</b>					
1.	Piet Schop	De Bevelanders	41.47	195000109	<b>40.65</b>
<b>Masters 25+, Dames</b>					
NG	Tessa Kerkvliet	ZVL-1886 Tetteroo	38.87	199202428	
<b>Masters 35+, Dames</b>					
1.	Linda Hoogendam	WVZ	40.21	198300892	<b>39.40</b>
2.	Marjolein Hooegeveen	ZVL-1886 Tetteroo	51.00	198504228	<b>46.76</b>
AFGEM	Samantha Go	AZC	41.83	198403552	
<b>Masters 45+, Dames</b>					
1.	Liselotte Joling	PSV	36.26	197500268	<b>36.80</b>
<b>Masters 50+, Dames</b>					
1.	Danielle Schipper	ZOB'66	40.00	197001078	<b>43.32</b>
<b>Masters 60+, Dames</b>					
1.	Mathilde Vink	SWOL 1894	52.00	195800128	<b>47.75</b>

Regio-West Open Masters deel 4  
Leiden, 23-2-2020

Programmanr. 2, 50m rugslag

Masters 65+, Dames

1.	Patty Krupiarz	PSV	41.38	195400074	<b>41.83</b>
----	----------------	-----	-------	-----------	--------------

Programmanr. 3  
23-2-2020

200m vrije slag

20 - 89 jaar  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
------	------	------------	--------	------	----

Masters 25+, Heren

1.	Nick Sijmons	De Amstel	2:01.25	199500491	<b>2:02.28</b>
	50m: 28.91	100m: 1:00.39	200m: 2:02.28		
2.	Jeffrey Eigenraam	ZOB'66	2:22.05	199500041	<b>2:32.64</b>
	50m: 33.12	100m: 1:10.34	200m: 2:32.64		

Masters 30+, Heren

1.	Alex Schelvis	LinK	1:58.22	198702927	<b>2:02.21</b>
	50m: 28.15	100m: 58.72	200m: 2:02.21		
2.	Tom van Norden	IJZ&PC	3:30.00	198906951	<b>3:01.50</b>
	50m: 40.18	100m: 1:25.43	200m: 3:01.50		

Masters 35+, Heren

AFGEM	Guus Tas	WIDEX GZC DONK	3:01.00	198102585	
-------	----------	----------------	---------	-----------	--

Masters 40+, Heren

1.	Emiel Volker	ZVL-1886 Tetteroo	2:36.15	197601605	<b>2:36.24</b>
	50m: 35.12	100m: 1:13.95	200m: 2:36.24		
2.	Robin Koele	De Watervogels	NT	197601657	<b>3:02.65</b>
	50m: 40.24	100m: 1:24.97	200m: 3:02.65		

Masters 45+, Heren

1.	Casper van den Burgh	LinK	2:31.94	197201413	<b>2:22.80</b>
	50m: 32.17	100m: 1:08.39	200m: 2:22.80		
2.	Martin Berkhout	ZVL-1886 Tetteroo	2:28.00	197101123	<b>2:28.64</b>
	50m: 34.43	100m: 1:09.89	200m: 2:28.64		
3.	Jeroen Hoeksel	ZVVS	3:02.09	197401533	<b>2:46.23</b>
	50m: 38.34	100m: 1:20.24	200m: 2:46.23		

Masters 50+, Heren

1.	Joop Weenink	WS Twente	2:48.33	196801535	<b>2:40.84</b>
	50m: 36.17	100m: 1:16.91	200m: 2:40.84		
2.	Gertjan van der Vaart	ZVVS	2:54.11	196801529	<b>3:04.98</b>
	50m: 39.12	100m: 1:25.74	200m: 3:04.98		

Masters 60+, Heren

1.	Evertjan Masurel	PSV	2:36.52	195600495	<b>2:45.36</b>
	50m: 38.25	100m: 1:21.09	200m: 2:45.36		
2.	André Pantekoek	PSV	3:07.00	195800321	<b>3:01.61</b>
	50m: 41.45	100m: 1:29.11	200m: 3:01.61		

Masters 70+, Heren

1.	Piet Schop	De Bevelanders	3:00.36	195000109	<b>3:00.15</b>
	50m: 39.77	100m: 1:26.32	200m: 3:00.15		

Regio-West Open Masters deel 4  
Leiden, 23-2-2020

Programmanr. 3, 200m vrije slag

Masters 75+, Heren

1.	Willem Putter	ZVVS	3:06.24	194500135	<b>3:04.98</b>
	50m: 41.50	100m: 1:28.19	200m: 3:04.98		
2.	Geza Kaltenecker	AZC	3:12.51	194200065	<b>3:15.48</b>
	50m: 42.98	100m: 1:33.01	200m: 3:15.48		

Masters 80+, Heren

1.	Nic Geers	Z&PC De Gouwe	3:35.40	193800007	<b>3:41.69</b>
	50m: 53.46	100m: 1:49.71	200m: 3:41.69		

Masters 20+, Dames

1.	Mouna Oudshoorn	De Amstel	2:55.28	200002202	<b>3:00.22</b>
	50m: 41.80	100m: 1:28.06	200m: 3:00.22		

Masters 25+, Dames

1.	Roosmarijn van Velzen	ZVL-1886 Tetteroo	3:24.54	199208036	<b>3:17.87</b>
	50m: 46.26	100m: 1:33.97	200m: 3:17.87		

Masters 30+, Dames

1.	Suzan Blankestijn	ZVL-1886 Tetteroo	2:31.05	198900350	<b>2:35.16</b>
	50m: 34.39	100m: 1:13.78	200m: 2:35.16		
2.	Melissa Buijens	De Geul	3:30.00	198605358	<b>3:17.39</b>
	50m: 42.73	100m: 1:31.61	200m: 3:17.39		

Masters 35+, Dames

1.	Laura Badoux	DAW	2:27.78	198200038	<b>2:28.50</b>
	50m: 34.12	100m: 1:11.38	200m: 2:28.50		
2.	Hebe de Champeaux	SwimGym	2:38.47	198102318	<b>2:36.90</b>
	50m: 35.22	100m: 1:15.29	200m: 2:36.90		
3.	Clara Groenhorst	ZVVS	3:04.79	198202506	<b>3:05.13</b>
	50m: 40.76	100m: 1:27.13	200m: 3:05.13		
4.	Marika Donders-Kamphuis	HHZV PLONS	4:07.03	198102200	<b>3:55.22</b>
	50m: 52.33	100m: 1:51.50	200m: 3:55.22		

Masters 40+, Dames

1.	Anke Lamboij	De Vliet (SG)	2:17.13	198001182	<b>2:17.14</b>
	50m: 31.39	100m: 1:05.66	200m: 2:17.14		
2.	Marian Nederlof	De Geul	2:45.35	197600950	<b>2:49.30</b>
	50m: 38.28	100m: 1:21.32	200m: 2:49.30		
3.	Clementine van Bruxvoort	ZPB H&L Productions	3:01.52	197700138	<b>3:02.09</b>
	50m: 41.56	100m: 1:28.36	200m: 3:02.09		
NG	Jessica Venema	WIDEX GZC DONK	2:30.87	197901526	

Masters 45+, Dames

1.	Ilona Hogerheyde	DAW	2:30.00	197400224	<b>2:27.92</b>
	50m: 32.47	100m: 1:09.88	200m: 2:27.92		

Masters 50+, Dames

1.	Marella Verhagen-den Ouden	De Amstel	3:20.00	196800948	<b>3:13.69</b>
	50m: 42.44	100m: 1:30.72	200m: 3:13.69		
AFGEM	Caroline Kruger	Feijenoord Albion Zwemclub	3:01.75	196800928	

Regio-West Open Masters deel 4  
Leiden, 23-2-2020

Programmanr. 3, 200m vrije slag

Masters 55+, Dames

1.	Marjan Remmits	ZPC Woerden	2:28.37	196300518	<b>2:32.47</b>
	50m: 34.59	100m: 1:13.14	200m: 2:32.47		
2.	Jacqueline Rolloos-Bakkers	De Lansingh	2:46.52	196300222	<b>2:42.05</b>
	50m: 36.80	100m: 1:18.24	200m: 2:42.05		

Programmanr. 4  
23-2-2020

50m vlinderslag

20 - 89 jaar  
Resultaten

rang	naam	vereniging	intijd		tijd	RT
<b>Masters 20+, Heren</b>						
1.	Ian van Mullem	ZOB'66	29.17	199602545	<b>30.01</b>	
<b>Masters 30+, Heren</b>						
1.	Yuri Levontuiev	SwimGym	31.50	198806317	<b>30.75</b>	
<b>Masters 35+, Heren</b>						
1.	Hans Kiers	ZVL-1886 Tetteroo	35.00	198302871	<b>34.74</b>	
AFGEM	Guus Tas	WIDEX GZC DONK	45.96	198102585		
<b>Masters 40+, Heren</b>						
1.	Rogier van Gent	IJZ&PC	30.82	198000405	<b>30.75</b>	
2.	Elger Mensonides	ZVL-1886 Tetteroo	32.99	197601669	<b>31.74</b>	
3.	Ingmar Kooman	ZVL-1886 Tetteroo	33.05	197901517	<b>33.90</b>	
4.	Stefan van Engelen	De Lansingh	40.00	197800291	<b>36.03</b>	
<b>Masters 50+, Heren</b>						
1.	Harold Matla	PSV	31.57	196800591	<b>32.88</b>	
2.	Hans Schoenmakers	DAW	34.39	196900863	<b>34.06</b>	
<b>Masters 55+, Heren</b>						
1.	Erik Saan	De Duck	32.40	196500769	<b>33.59</b>	
<b>Masters 25+, Dames</b>						
1.	Ilona van der Knaap	De Watervogels	34.32	199204954	<b>34.24</b>	
<b>Masters 40+, Dames</b>						
1.	Eveline Hacquebord	IJZ&PC	35.73	197901206	<b>36.33</b>	
<b>Masters 60+, Dames</b>						
1.	Mathilde Vink	SWOL 1894	43.00	195800128	<b>39.25</b>	

Programmanr. 5  
23-2-2020

100m vrije slag

20 - 89 jaar  
Resultaten

rang	naam	vereniging	intijd		tijd	RT
<b>Masters 20+, Heren</b>						
AFGEM	Kevin Kingma	De Lansingh	55.57	199700559		

Regio-West Open Masters deel 4  
Leiden, 23-2-2020

Programmanr. 5, 100m vrije slag

Masters 25+, Heren

1. Sybren Groenewegen De Schotejil 1:03.65 199306223 **56.72**  
50m: 27.39 100m: 56.72

Masters 30+, Heren

1. Yuri Levontuiev SwimGym 1:06.00 198806317 **1:08.09**  
50m: 31.48 100m: 1:08.09

AFGEM Stefan Oostendorp AZC 1:01.55 199005615

Masters 35+, Heren

1. Kristiaan Lenos ZVL-1886 Tetteroo 54.73 198301331 **55.43**  
50m: 26.32 100m: 55.43

DIS Ricardo van Dam AZC 1:05.00 198503965  
*AA - Gestart voor het startsignaal (en wel gezwommen).*

Masters 40+, Heren

1. Willem van der Sterren SWOL 1894 1:05.00 197801955 **1:09.46**  
50m: 33.60 100m: 1:09.46

2. Bogdan Androne AZC 1:10.70 197701733 **1:09.75**  
50m: 32.81 100m: 1:09.75

3. Stefan van Engelen De Lansingh 1:18.50 197800291 **1:10.41**  
50m: 34.08 100m: 1:10.41

Masters 45+, Heren

1. Svet Gavrilov GLS Ketelbinkie 1:02.00 197501263 **1:03.56**  
50m: 30.72 100m: 1:03.56

2. Casper van den Burgh LinK 1:12.85 197201413 **1:05.92**  
50m: 31.54 100m: 1:05.92

3. Martin Berkhout ZVL-1886 Tetteroo 1:09.44 197101123 **1:08.68**  
50m: 32.93 100m: 1:08.68

Masters 50+, Heren

1. Rene de Jong ZVVS 1:04.37 196600351 **1:02.84**  
50m: 29.03 100m: 1:02.84

2. Anton Mol ZOB'66 1:10.00 197001785 **1:12.59**  
50m: 34.34 100m: 1:12.59

Masters 55+, Heren

1. Johan Remmits ZPC AMERSFOORT 1:00.16 196201159 **1:00.27**  
50m: 28.36 100m: 1:00.27

2. Willem Jan Ribberink WIDEX GZC DONK 1:10.04 196501327 **1:11.33**  
50m: 34.31 100m: 1:11.33

3. Jano Hogebrug De Watervogels 1:32.48 196401477 **1:35.75**  
50m: 44.79 100m: 1:35.75

Masters 75+, Heren

1. Geza Kaltenecker AZC 1:24.78 194200065 **1:26.95**  
50m: 41.46 100m: 1:26.95

2. Peter Ouweeneel Rotterdam Swimming (SG) 2:02.20 194500077 **2:08.38**  
50m: 57.78 100m: 2:08.38

Masters 80+, Heren

1. Nic Geers Z&PC De Gouwe 1:36.92 193800007 **1:39.82**  
50m: 48.04 100m: 1:39.82

Regio-West Open Masters deel 4  
Leiden, 23-2-2020

Programmanr. 5, 100m vrije slag

Masters 20+, Dames

1.	Kimberly Coenders	De Lansingh	1:05.27	199900880	<b>1:06.31</b>
	50m: 32.07	100m: 1:06.31			
2.	Lindsey Dortland	ZOB'66	1:11.48	199802108	<b>1:11.18</b>
	50m: 34.14	100m: 1:11.18			

Masters 25+, Dames

1.	Denise Boereboom	ZPV Barracuda	1:01.14	199202144	<b>1:02.93</b>
	50m: 29.95	100m: 1:02.93			
2.	Astrid Need	IJZ&PC	1:14.47	199306470	<b>1:15.45</b>
	50m: 35.52	100m: 1:15.45			
NG	Tessa Kerkvliet	ZVL-1886 Tetteroo	1:14.48	199202428	

Masters 30+, Dames

1.	Melissa Buijens	De Geul	1:30.39	198605358	<b>1:28.43</b>
	50m: 42.72	100m: 1:28.43			

Masters 35+, Dames

1.	Hebe de Champeaux	SwimGym	1:15.22	198102318	<b>1:09.61</b>
	50m: 33.02	100m: 1:09.61			

Masters 60+, Dames

1.	Els Hertsworm	IJZ&PC	1:24.15	195700184	<b>1:22.56</b>
	50m: 39.28	100m: 1:22.56			

Programmanr. 6  
23-2-2020

400m wisselslag

20 - 89 jaar  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
<b>Masters 20+, Heren</b>					
1.	Jasper van den Broek	De Watervogels	NT	199903313	<b>5:46.05</b>
	50m: 32.98	400m: 5:46.05			
<b>Masters 30+, Heren</b>					
1.	Melano Winter	AZ&PC De Futen	5:50.00	198703847	<b>5:52.75</b>
	50m: 37.03	100m: 1:21.58	400m: 5:52.75		
<b>Masters 40+, Heren</b>					
1.	Raymond Oosterbaan	WIDEX GZC DONK	5:50.00	197700711	<b>6:05.37</b>
	50m: 36.59	100m: 1:21.00	400m: 6:05.37		
<b>Masters 75+, Heren</b>					
1.	Rob Hanou	PSV	7:35.00	194300109	<b>7:56.81</b>
	50m: 56.65	100m: 2:03.44	400m: 7:56.81		
<b>Masters 35+, Dames</b>					
1.	Linda Hoogendam	WVZ	6:35.80	198300892	<b>6:41.35</b>
	50m: 42.99	100m: 1:34.35	400m: 6:41.35		

Regio-West Open Masters deel 4  
Leiden, 23-2-2020

Programmanr. 6, 400m wisselslag

Masters 45+, Dames

1.	Liselotte Joling	PSV	5:34.88	197500268	<b>5:32.35</b>
	<i>Nederlands Masters Record</i>				
	50m:	35.85	100m:	1:17.08	400m: 5:32.35

Programmanr. 7  
23-2-2020

100m rugslag

20 - 89 jaar  
Resultaten

rang	naam	vereniging	intijd		tijd	RT
<b>Masters 25+, Heren</b>						
1.	Jeffrey Eigenraam	ZOB'66	1:07.25	199500041	<b>1:10.59</b>	
	50m: 35.30	100m: 1:10.59				
<b>Masters 45+, Heren</b>						
1.	Jeroen Hoeksel	ZVVS	1:30.82	197401533	<b>1:31.87</b>	
	50m: 43.50	100m: 1:31.87				
<b>Masters 55+, Heren</b>						
1.	Johan Remmits	ZPC AMERSFOORT	1:08.36	196201159	<b>1:20.25</b>	
	50m: 38.90	100m: 1:20.25				
<b>Masters 60+, Heren</b>						
1.	Dré Klaassen	ZOB'66	1:46.62	195600141	<b>1:43.29</b>	
	50m: 52.84	100m: 1:43.29				
<b>Masters 35+, Dames</b>						
1.	Clara Groenhorst	ZVVS	1:28.32	198202506	<b>1:30.09</b>	
	50m: 43.69	100m: 1:30.09				
<b>Masters 40+, Dames</b>						
NG	Jessica Venema	WIDEX GZC DONK	1:21.18	197901526		
<b>Masters 50+, Dames</b>						
1.	Marella Verhagen-den Ouden De Amstel		1:43.00	196800948	<b>1:39.46</b>	
	50m: 48.35	100m: 1:39.46				
<b>Masters 55+, Dames</b>						
1.	Marjan Remmits	ZPC Woerden	1:20.23	196300518	<b>1:22.95</b>	
	50m: 40.98	100m: 1:22.95				
<b>Masters 60+, Dames</b>						
1.	Els Hertsworm	IJZ&PC	1:45.91	195700184	<b>1:45.36</b>	
	50m: 51.41	100m: 1:45.36				



Regio-West Open Masters deel 4  
Leiden, 23-2-2020

Programmanr. 8  
23-2-2020

50m vrije slag

20 - 89 jaar  
Resultaten

rang	naam	vereniging	intijd		tijd	RT
<b>Masters 20+, Heren</b>						
AFGEM	Kevin Kingma	De Lansingh	24.62	199700559		
<b>Masters 30+, Heren</b>						
1.	Pascal van Haren	ZPV Barracuda	25.96	198704101	<b>26.28</b>	
2.	Yuri Levontuiev	SwimGym	28.90	198806317	<b>29.59</b>	
3.	Tom van Norden	IJZ&PC	37.16	198906951	<b>36.52</b>	
<b>Masters 35+, Heren</b>						
1.	Kristiaan Lenos	ZVL-1886 Tetteroo	25.00	198301331	<b>26.04</b>	
<b>Masters 40+, Heren</b>						
1.	Emiel Volker	ZVL-1886 Tetteroo	29.41	197601605	<b>30.21</b>	
2.	Thijmen Mager	ZVL-1886 Tetteroo	31.95	197701741	<b>31.40</b>	
3.	Stefan van Engelen	De Lansingh	32.50	197800291	<b>31.70</b>	
4.	Robin Koele	De Watervogels	35.50	197601657	<b>33.87</b>	
<b>Masters 45+, Heren</b>						
1.	Casper van den Burgh	LinK	34.53	197201413	<b>29.76</b>	
2.	Martin Berkhout	ZVL-1886 Tetteroo	31.91	197101123	<b>30.37</b>	
3.	Dennis van Markesteyn	TZC Vahalis	32.14	197201333	<b>33.78</b>	
<b>Masters 50+, Heren</b>						
1.	Harold Matla	PSV	28.46	196800591	<b>30.16</b>	
2.	Gertjan van der Vaart	ZVVS	33.85	196801529	<b>34.50</b>	
<b>Masters 55+, Heren</b>						
1.	Oskar Jansen	Feijenoord Albion Zwemclub	36.45	196201293	<b>36.24</b>	
2.	Jano Hogebrug	De Watervogels	38.76	196401477	<b>40.13</b>	
<b>Masters 60+, Heren</b>						
1.	Evertjan Masurel	PSV	28.45	195600495	<b>31.24</b>	
<b>Masters 70+, Heren</b>						
1.	Piet Schop	De Bevelanders	32.35	195000109	<b>33.55</b>	
<b>Masters 75+, Heren</b>						
1.	Willem Putter	ZVVS	35.35	194500135	<b>35.68</b>	
2.	Geza Kaltenecker	AZC	36.63	194200065	<b>37.64</b>	
3.	Peter Ouweneel	Rotterdam Swimming (SG)	49.08	194500077	<b>50.78</b>	
<b>Masters 80+, Heren</b>						
1.	Nic Geers	Z&PC De Gouwe	40.89	193800007	<b>43.34</b>	
<b>Masters 20+, Dames</b>						
1.	Lindsey Dortland	ZOB'66	32.13	199802108	<b>32.15</b>	
<b>Masters 25+, Dames</b>						
1.	Roosmarijn van Velzen	ZVL-1886 Tetteroo	41.84	199208036	<b>37.20</b>	

Regio-West Open Masters deel 4  
Leiden, 23-2-2020

Programmanr. 8, 50m vrije slag

Masters 30+, Dames

1.	Melissa Buijens	De Geul	39.30	198605358	<b>38.87</b>
----	-----------------	---------	-------	-----------	--------------

Masters 35+, Dames

1.	Hebe de Champeaux	SwimGym	34.93	198102318	<b>31.10</b>
2.	Marjolein Hoogeveen	ZVL-1886 Tetteroo	39.41	198504228	<b>38.76</b>

Masters 40+, Dames

1.	Anke Lambooj	De Vliet (SG)	27.95	198001182	<b>27.97</b>
2.	Marian Nederlof	De Geul	32.43	197600950	<b>33.55</b>

Masters 50+, Dames

1.	Kristien Van de Moortel	Shark	35.77	ShaRK/20315/69	<b>36.24</b>
----	-------------------------	-------	-------	----------------	--------------

Masters 60+, Dames

1.	Mathilde Vink	SWOL 1894	42.00	195800128	<b>40.59</b>
----	---------------	-----------	-------	-----------	--------------

Masters 65+, Dames

1.	Patty Krupiarz	PSV	35.16	195400074	<b>36.19</b>
----	----------------	-----	-------	-----------	--------------

Programmanr. 9  
23-2-2020

100m vlinderslag

20 - 89 jaar  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
------	------	------------	--------	------	----

Masters 25+, Heren

1.	Nick Sijmons	De Amstel	58.50	199500491	<b>1:00.18</b>
	50m: 27.79	100m: 1:00.18			
2.	Jordy van der Drift	ZVL-1886 Tetteroo	1:14.38	199307345	<b>1:13.63</b>
	50m: 33.34	100m: 1:13.63			
3.	Sybren Groenewegen	De Schotejil	1:21.13	199306223	<b>1:13.73</b>
	50m: 35.72	100m: 1:13.73			

Masters 40+, Heren

1.	Elger Mensonides	ZVL-1886 Tetteroo	1:12.00	197601669	<b>1:15.43</b>
	50m: 34.00	100m: 1:15.43			
2.	Rogier van Gent	IJZ&PC	1:21.35	198000405	<b>1:18.09</b>
	50m: 34.83	100m: 1:18.09			

Masters 25+, Dames

1.	Denise Boereboom	ZPV Barracuda	1:08.60	199202144	<b>1:08.80</b>
	50m: 31.71	100m: 1:08.80			
2.	Ilona van der Knaap	De Watervogels	1:19.64	199204954	<b>1:20.88</b>
	50m: 36.38	100m: 1:20.88			

Masters 45+, Dames

1.	Ilona Hogerheyde	DAW	1:15.77	197400224	<b>1:15.07</b>
	50m: 34.05	100m: 1:15.07			

Masters 55+, Dames

1.	Marjan Remmits	ZPC Woerden	1:17.28	196300518	<b>1:23.53</b>
	50m: 37.28	100m: 1:23.53			



Regio-West Open Masters deel 4  
Leiden, 23-2-2020

Programmanr. 11  
23-2-2020

800m vrije slag  
Samengevoegd worden: 1 & 2, 3 & 4, 5 & 6.

20 - 89 jaar  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
<b>Masters 20+, Heren</b>					
1.	Ian van Mullem	ZOB'66	11:10.89	199602545	<b>10:46.40</b>
	50m: 33.51	100m: 1:11.92	200m: 2:33.07	400m: 5:18.84	800m: 10:46.40
<b>Masters 35+, Heren</b>					
1.	Rob van Wanrooy	Gay Swim Amsterdam	10:30.00	198202627	<b>10:44.38</b>
	50m: 34.48	100m: 1:13.53	200m: 2:35.34	400m: 5:18.34	800m: 10:44.38
2.	Hans Kiers	ZVL-1886 Tetteroo	13:20.00	198302871	<b>12:00.62</b>
	50m: 34.01	100m: 1:14.58	200m: 2:40.27	400m: 5:44.44	800m: 12:00.62
<b>Masters 40+, Heren</b>					
1.	Willem van der Sterren	SWOL 1894	10:40.00	197801955	<b>10:58.28</b>
	50m: 38.76	100m: 1:16.68	200m: 2:58.28	400m: 5:42.08	800m: 11:28.47
2.	Ingmar Kooman	ZVL-1886 Tetteroo	11:05.43	197901517	<b>11:28.47</b>
	50m: 37.26	100m: 1:19.14	200m: 2:45.79	400m: 5:42.08	800m: 11:28.47
<b>Masters 45+, Heren</b>					
1.	Casper van den Burgh	LinK	10:24.80	197201413	<b>10:36.99</b>
	50m: 35.62	100m: 1:14.67	200m: 2:35.07	400m: 5:17.56	800m: 10:36.99
2.	Svet Gavrilov	GLS Ketelbinkie	11:04.00	197501263	<b>11:00.14</b>
	50m: 36.83	100m: 1:16.90	200m: 2:39.43	400m: 5:28.23	800m: 11:00.14
<b>Masters 50+, Heren</b>					
1.	Anton Mol	ZOB'66	11:30.00	197001785	<b>11:59.26</b>
	50m: 40.31	100m: 1:23.48	200m: 2:53.09	400m: 5:55.38	800m: 11:59.26
2.	Victor van Straaten	WIDEX GZC DONK	12:02.00	196900945	<b>13:01.02</b>
	50m: 39.39	100m: 1:22.82	200m: 2:58.44	400m: 6:19.22	800m: 13:01.02
<b>Masters 55+, Heren</b>					
1.	Johan Remmits	ZPC AMERSFOORT	9:50.46	196201159	<b>9:59.86</b>
	50m: 33.45	100m: 1:11.09	200m: 2:28.03	400m: 5:00.97	800m: 9:59.86
2.	Erik Saan	De Duck	12:02.67	196500769	<b>11:57.37</b>
	50m: 39.06	100m: 1:21.23	200m: 2:51.23	400m: 5:55.95	800m: 11:57.37
<b>Masters 60+, Heren</b>					
1.	André Pantekoek	PSV	14:36.00	195800321	<b>13:49.82</b>
	50m: 41.82	100m: 1:31.28	200m: 3:14.61	400m: 6:50.35	800m: 13:49.82
<b>Masters 80+, Heren</b>					
1.	Nic Geers	Z&PC De Gouwe	16:54.98	193800007	<b>17:55.51</b>
	50m: 56.10	100m: 2:00.81	200m: 4:16.29	400m: 8:50.09	800m: 17:55.51
<b>Masters 20+, Dames</b>					
1.	Mouna Oudshoorn	De Amstel	12:38.17	200002202	<b>13:24.29</b>
	50m: 42.33	100m: 1:40.09	200m: 3:09.32	400m: 6:33.20	800m: 13:24.29
<b>Masters 25+, Dames</b>					
1.	Astrid Need	IJZ&PC	12:15.82	199306470	<b>11:56.16</b>
	50m: 38.76	100m: 1:21.41	200m: 2:49.81	400m: 5:51.56	800m: 11:56.16

Regio-West Open Masters deel 4  
Leiden, 23-2-2020

Programmanr. 11, 800m vrije slag

Masters 30+, Dames

1.	Suzan Blankestijn	ZVL-1886 Tetteroo	10:51.16	198900350	<b>11:04.84</b>
	50m: 36.37	100m: 1:16.85	200m: 2:39.91	400m: 5:28.12	800m: 11:04.84
2.	Sandra van der Ende	WVZ	11:30.00	198701132	<b>12:13.05</b>
	50m: 39.42	100m: 1:23.05	200m: 2:54.51	400m: 6:01.19	800m: 12:13.05
3.	Lauriane Avril	Feijenoord Albion Zwemclub	16:30.00	198605370	<b>18:33.26</b>
	50m: 56.37	100m: 2:01.12	200m: 4:15.89	400m: 9:02.07	800m: 18:33.26

Masters 40+, Dames

1.	Clementine van Bruxvoort	ZPB H&L Productions	13:21.81	197700138	<b>13:18.36</b>
	50m: 43.34	100m: 1:31.62	200m: 3:10.19	400m: 6:31.93	800m: 13:18.36

Masters 45+, Dames

1.	Karin Stein	ZVVS	10:22.02	197100554	<b>10:22.90</b>
	50m: 36.12	100m: 1:14.58	200m: 2:32.23	400m: 5:08.62	800m: 10:22.90

Masters 50+, Dames

1.	Sylvia Buisman	WVZ	13:09.91	196600756	<b>12:17.87</b>
	50m: 39.78	100m: 1:22.91	200m: 2:55.41	400m: 6:03.01	800m: 12:17.87
2.	Kristien Van de Moortel	Shark	13:07.69	ShaRK/20315/69	<b>13:02.47</b>
	50m: 44.14	100m: 1:32.97	200m: 3:10.85	400m: 6:29.16	800m: 13:02.47
3.	Danielle Schipper	ZOB'66	15:00.00	197001078	<b>13:10.66</b>
	50m: 42.18	100m: 1:26.93	200m: 3:02.25	400m: 6:23.18	800m: 13:10.66

AFGEM Caroline Kruger Feijenoord Albion Zwemclub 14:30.00 196800928

Masters 55+, Dames

1.	Erica Muller	De Geul	13:50.93	196400412	<b>13:29.27</b>
	50m: 44.04	100m: 1:32.06	200m: 3:11.56	400m: 6:35.69	800m: 13:29.27

NG Alice de Haan WIDEX GZC DONK 14:30.23 196400590

Masters 65+, Dames

1.	Tineke van Diggelen	ZPCH	16:36.00	195200048	<b>16:14.05</b>
	50m: 51.80	100m: 1:48.27	200m: 3:47.71	400m: 7:56.94	800m: 16:14.05