

KNZB Regio-West Masterswedstrijd ROM 4
Zwijndrecht, 9-4-2022

Programmanr. 11
9-4-2022 - 15:10

1500m vrije slag
INDELING pr 11 WORDT MET 2 ZWEMMERS PER BAAN !!

20 - 89 jaar
Resultaten

rang	naam	vereniging	intijd		tijd	RT
Masters 20+, Heren						
1.	Tenzin Tieman	Old Dutch	18:28.65	200005549	18:46.69	
	100m: 1:07.80	1:07.80	500m:	900m:	1300m:	
	200m: 2:22.45	1:14.65	600m:	1000m:	1400m:	
	300m:	700m:	800m: 9:58.29	1100m:	1500m: 18:46.69	
	400m: 4:54.77			1200m:		
2.	Bart Spaans	ACZ	NT	199902559	20:07.23	
	100m: 1:13.82	1:13.82	500m:	900m:	1300m:	
	200m: 2:33.36	1:19.54	600m:	1000m:	1400m:	
	300m:	700m:	800m: 10:44.25	1100m:	1500m: 20:07.23	
	400m: 5:15.14			1200m:		
3.	Boaz Troost	ZOB'66	24:30.00	200100371	22:02.99	
	100m: 1:17.10	1:17.10	500m:	900m:	1300m:	
	200m: 2:43.66	1:26.56	600m:	1000m:	1400m:	
	300m:	700m:	800m: 11:44.25	1100m:	1500m: 22:02.99	
	400m: 5:43.25			1200m:		
Masters 25+, Heren						
1.	Sybrén Groenewegen	De Schotejil	19:01.31	199306223	19:09.80	
	100m: 1:13.74	1:13.74	500m:	900m:	1300m:	
	200m: 2:30.02	1:16.28	600m:	1000m:	1400m:	
	300m:	700m:	800m: 10:13.64	1100m:	1500m: 19:09.80	
	400m: 5:04.04			1200m:		
Masters 30+, Heren						
1.	Niels Albrechts	De Schotejil	18:19.37	198800039	18:24.69	
	100m: 1:11.06	1:11.06	500m:	900m:	1300m:	
	200m: 2:25.61	1:14.55	600m:	1000m:	1400m:	
	300m:	700m:	800m: 9:48.45	1100m:	1500m: 18:24.69	
	400m: 4:54.48			1200m:		
Masters 40+, Heren						
1.	Oscar Monge	IJZ&PC	NT	198102599	21:56.12	
	100m: 1:15.42	1:15.42	500m:	900m:	1300m:	
	200m: 2:38.59	1:23.17	600m:	1000m:	1400m:	
	300m:	700m:	800m: 11:29.31	1100m:	1500m: 21:56.12	
	400m: 5:32.06			1200m:		
Masters 50+, Heren						
1.	Wouter van der Stelt	De Biesboschzwemmers	21:52.59	197200889	22:27.01	
	100m: 1:20.43	1:20.43	500m:	900m:	1300m:	
	200m: 2:47.87	1:27.44	600m:	1000m:	1400m:	
	300m:	700m:	800m: 11:44.38	1100m:	1500m: 22:27.01	
	400m: 5:45.10			1200m:		
2.	Friso Rengers	Feijenoord Albion	34:34.14	196901861	33:09.78	
	100m: 1:49.98	1:49.98	500m:	900m:	1300m:	
	200m: 3:56.09	2:06.11	600m:	1000m:	1400m:	
	300m:	700m:	800m: 17:06.06	1100m:	1500m: 33:09.78	
	400m: 8:14.22			1200m:		
Masters 55+, Heren						
1.	Pascal Tourton	ZOB'66	22:00.00	196601343	22:14.03	
	100m: 1:21.06	1:21.06	500m:	900m:	1300m:	
	200m: 2:49.64	1:28.58	600m:	1000m:	1400m:	
	300m:	700m:	800m: 11:48.93	1100m:	1500m: 22:14.03	
	400m: 5:49.31			1200m:		
Masters 60+, Heren						
DIS	André Pantekoek	PSV	28:30.00	195800321		

KNZB Regio-West Masterswedstrijd ROM 4
Zwijndrecht, 9-4-2022

Programmanr. 11, 1500m vrije slag

Masters 80+, Heren

1. Geza Kaltenecker	AZC	28:13.31	194200065	29:28.90
<i>Nederlands Masters Record</i>				
100m:	1:48.82	1:48.82	500m:	900m:
200m:	3:47.79	1:58.97	600m:	1000m:
300m:			700m:	1100m:
400m:	7:47.73		800m:	1200m:
				1300m:
				1400m:
				1500m:
		15:43.13		29:28.90

Masters 25+, Dames

1. Daphne Scheurwater	ZZ&PC De Devel	20:45.00	199701372	20:42.91
100m:	1:17.96	1:17.96	500m:	900m:
200m:	2:40.20	1:22.24	600m:	1000m:
300m:			700m:	1100m:
400m:	5:25.06		800m:	1200m:
				1300m:
				1400m:
				1500m:
		10:59.70		20:42.91
2. Anouk Kuijlaars	PSV	22:30.00	199401700	21:15.08
100m:	1:14.61	1:14.61	500m:	900m:
200m:	2:35.82	1:21.21	600m:	1000m:
300m:			700m:	1100m:
400m:	5:22.68		800m:	1200m:
				1300m:
				1400m:
				1500m:
		11:05.24		21:15.08
3. Nina Tourton	ZOB'66	22:00.00	199603602	22:44.31
100m:	1:20.26	1:20.26	500m:	900m:
200m:	2:47.07	1:26.81	600m:	1000m:
300m:			700m:	1100m:
400m:	5:46.78		800m:	1200m:
				1300m:
				1400m:
				1500m:
		12:00.71		22:44.31
4. Nadine Scheeve	De Biesboschwimmers	22:54.43	199700684	25:15.03
100m:	1:31.27	1:31.27	500m:	900m:
200m:	3:12.09	1:40.82	600m:	1000m:
300m:			700m:	1100m:
400m:	6:38.42		800m:	1200m:
				1300m:
				1400m:
				1500m:
		13:28.10		25:15.03

Masters 30+, Dames

1. Nikki Roon	IJZ&PC	22:30.00	198803712	21:55.09
100m:	1:17.79	1:17.79	500m:	900m:
200m:	2:41.20	1:23.41	600m:	1000m:
300m:			700m:	1100m:
400m:	5:31.86		800m:	1200m:
				1300m:
				1400m:
				1500m:
		11:28.46		21:55.09

Masters 35+, Dames

1. Linda Hoogendam	WVZ	22:50.33	198300892	23:38.00
100m:	1:24.61	1:24.61	500m:	900m:
200m:	2:58.14	1:33.53	600m:	1000m:
300m:			700m:	1100m:
400m:	6:06.09		800m:	1200m:
				1300m:
				1400m:
				1500m:
		12:29.61		23:38.00
2. Lisette van den Bos	De Geul	23:55.81	198700468	24:52.60
100m:	1:28.63	1:28.63	500m:	900m:
200m:	3:07.42	1:38.79	600m:	1000m:
300m:			700m:	1100m:
400m:	6:27.04		800m:	1200m:
				1300m:
				1400m:
				1500m:
		13:09.60		24:52.60

Masters 40+, Dames

1. Chantal Verhoeff	Old Dutch	21:37.68	197900912	21:56.13
100m:	1:19.42	1:19.42	500m:	900m:
200m:	2:45.89	1:26.47	600m:	1000m:
300m:			700m:	1100m:
400m:	5:38.51		800m:	1200m:
				1300m:
				1400m:
				1500m:
		11:30.16		21:56.13

Masters 45+, Dames

1. Liselotte Joling	PSV	18:48.97	197500268	19:19.72
100m:	1:13.29	1:13.29	500m:	900m:
200m:	2:30.10	1:16.81	600m:	1000m:
300m:			700m:	1100m:
400m:	5:05.16		800m:	1200m:
				1300m:
				1400m:
				1500m:
		10:17.82		19:19.72

Masters 50+, Dames

KNZB Regio-West Masterswedstrijd ROM 4
Zwijndrecht, 9-4-2022

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

rang	naam	vereniging	intijd		tijd	RT
1.	Kristien Van de Moortel	Shark	26:00.00	ShaRK/20315/69	25:29.29	
	100m: 1:33.82	1:33.82	500m:	900m:	1300m:	
	200m: 3:15.60	1:41.78	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m: 25:29.29	
	400m: 6:41.04		800m: 13:31.20	1200m:		
DIS	Karin Stein	ZVVS	20:07.82	197100554		

Masters 55+, Dames

1.	Cancia Leirissa	Feijenoord Albion	32:30.00	196700748	24:32.48	
	100m: 1:30.18	1:30.18	500m:	900m:	1300m:	
	200m: 3:08.77	1:38.59	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m: 24:32.48	
	400m: 6:30.64		800m: 13:05.25	1200m:		

Masters 70+, Dames

1.	Gonnie Bak	PSV	33:00.00	195100064	30:52.16	
	100m: 1:52.56	1:52.56	500m:	900m:	1300m:	
	200m: 3:54.94	2:02.38	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m: 30:52.16	
	400m: 8:03.34		800m: 16:22.76	1200m:		