

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

Programmanr. 6  
9-4-2022 - 14:25

400m wisselslag

20 - 89 jaar  
Resultaten

rang	naam	vereniging	intijd		tijd	RT
<b>Masters 20+, Heren</b>						
1.	Jordy van Oel	WVZ	5:28.10	199802003	<b>5:11.53</b>	
	50m: 30.61	30.61	150m:	250m:	350m:	
	100m: 1:06.54	35.93	200m:	300m:	400m: 5:11.53	
2.	Nick Boekestijn	Westland Swimming Stars	5:35.59	199900291	<b>5:18.88</b>	
	50m: 31.73	31.73	150m:	250m:	350m:	
	100m: 1:08.93	37.20	200m:	300m:	400m: 5:18.88	
3.	Bart Spaans	ACZ	5:23.61	199902559	<b>5:33.66</b>	
	50m: 34.38	34.38	150m:	250m:	350m:	
	100m: 1:15.63	41.25	200m:	300m:	400m: 5:33.66	
4.	Jasper van den Broek	De Watervogels	5:46.05	199903313	<b>5:48.94</b>	
	50m: 32.48	32.48	150m:	250m:	350m:	
	100m: 1:12.47	39.99	200m:	300m:	400m: 5:48.94	
<b>Masters 50+, Heren</b>						
1.	Martijn de Jong	DWK	NT	197101659	<b>6:31.80</b>	
	50m: 37.16	37.16	150m:	250m:	350m:	
	100m: 1:23.11	45.95	200m:	300m:	400m: 6:31.80	
<b>Masters 20+, Dames</b>						
1.	Berinda van Dijk	Blue Marlins (SG)	6:52.21	200104186	<b>6:57.95</b>	
	50m: 46.42	46.42	150m:	250m:	350m:	
	100m: 1:42.90	56.48	200m:	300m:	400m: 6:57.95	
<b>Masters 25+, Dames</b>						
1.	Mariska Gach	ZVL-1886 Center	6:21.34	199501760	<b>6:23.63</b>	
	50m: 43.90	43.90	150m:	250m:	350m:	
	100m: 1:35.47	51.57	200m:	300m:	400m: 6:23.63	
<b>Masters 30+, Dames</b>						
1.	Samantha van Eijk	De Geul	5:54.65	198806826	<b>6:12.30</b>	
	50m: 41.80	41.80	150m:	250m:	350m:	
	100m: 1:28.77	46.97	200m:	300m:	400m: 6:12.30	
<b>Masters 55+, Dames</b>						
1.	Anita Steijger	WVZ	7:04.70	196500628	<b>6:50.38</b>	
	50m: 44.95	44.95	150m:	250m:	350m:	
	100m: 1:38.31	53.36	200m:	300m:	400m: 6:50.38	
2.	K. van Nassau-van den Heuv	Old Dutch	7:04.70	196600188	<b>6:59.82</b>	
	50m: 46.82	46.82	150m:	250m:	350m:	
	100m: 1:42.70	55.88	200m:	300m:	400m: 6:59.82	
<b>Masters 60+, Dames</b>						
1.	P. Tossings-van de Hooven	GZC Donk	6:47.11	196100376	<b>6:35.49</b>	
	50m: 42.13	42.13	150m:	250m:	350m:	
	100m: 1:32.22	50.09	200m:	300m:	400m: 6:35.49	