

ROM deel 2.  
Vlaardingen, 11-12-2022

Programmanr. 9  
11-12-2022 - 14:40

200m rugslag

20 - 89 jaar  
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
<b>Masters 30+, Heren</b>								
1. Jeroen Keizer	De Watervogels	NT 199005097	<b>2:49.31</b>		40.11	43.31		
<b>Masters 45+, Heren</b>								
1. Leon Erkelens	Blue Marlins	3:30.00 197401539	<b>3:34.30</b>		52.39	55.12		
<b>Masters 50+, Heren</b>								
1. Marcel Vroegindewei	Poseidon'56	2:54.00 196801709	<b>2:47.56</b>		38.44	42.77		
2. Henri Verschoor	Bijtelskil	2:59.86 197001041	<b>2:56.08</b>		41.94	45.45		
<b>Masters 55+, Heren</b>								
1. Otto Jansen	ZVL-1886 Center	2:48.67 196501403	<b>2:55.54</b>		40.04	43.72		
2. Hans Bijleveld	HHZV Plons	3:15.30 196601649	<b>3:16.31</b>		46.22	50.74		
<b>Masters 60+, Heren</b>								
1. Johan Remmits	ZPC AMERSFOORT	2:26.62 196201159	<b>2:29.90</b>		34.97	37.75		
	<i>Nederlands Masters Record.</i>							
<b>Masters 65+, Heren</b>								
1. Hans Piederiet	ZPC Numansdorp	3:03.67 195400177	<b>3:07.87</b>		43.88	47.76		
<b>Masters 20+, Dames</b>								
1. Valerie Bakker	ZVL-1886 Center	3:05.00 200103672	<b>2:59.95</b>		41.75	45.32		
2. Esmée Rolloos	NieMo Barracuda	2:56.98 199800056	<b>3:00.40</b>		40.67	44.47		
3. Anouk van der Lans	Westland Swimming St	3:06.33 199801614	<b>3:06.85</b>		41.63	47.22		
<b>Masters 25+, Dames</b>								
1. Heleen ten Have	ZVVS	3:09.58 199403000	<b>3:12.75</b>		44.54	48.73		
<b>Masters 30+, Dames</b>								
1. Rianne Hofland	Sassenheim	2:37.90 198801820	<b>2:37.84</b>		37.27	39.49		
<b>Masters 35+, Dames</b>								
1. Sanne de Ridder	ZVL-1886 Center	3:00.00 198502444	<b>2:58.21</b>		42.11	45.46		
<b>Masters 40+, Dames</b>								
1. Tonia Ruybroek	Poseidon'56	2:42.36 198101290	<b>2:46.75</b>		38.45	42.75		
2. A. Verschoor	Bijtelskil	3:02.03 198102300	<b>3:00.42</b>		41.67	45.72		
<b>Masters 45+, Dames</b>								
1. Alina Spijkerman	DAW	3:20.00 197701220	<b>2:51.90</b>		40.39	43.60		
<b>Masters 50+, Dames</b>								
1. Danielle Schipper	ZOB'66	3:50.00 197001078	<b>3:38.32</b>		51.07	53.88		

Volgende ROM-wedstrijd: 15 januari 2023 in Leiden. Uitslagen via [https://knzbwest.cfas.nl/RWOM2022-2023\\_2/](https://knzbwest.cfas.nl/RWOM2022-2023_2/)

ROM deel 2.  
Vlaardingen, 11-12-2022

---

Programmanr. 9, 200m rugslag

Masters 55+, Dames

1. Anita Steijger	WVZ	3:11.84	196500628	<b>3:18.92</b>	46.98	49.50
-------------------	-----	---------	-----------	----------------	-------	-------

Masters 60+, Dames

1. M. Grove-Lingeman	Triton	3:00.64	196200080	<b>3:01.37</b>	42.14	45.89
----------------------	--------	---------	-----------	----------------	-------	-------

Masters 70+, Dames

1. Geerdien Meerwaldt	De Geul	4:54.40	195200058	<b>4:37.60</b>	1:04.54	1:09.93
2. N. van Dongen-de Paep	ZZ&PC De Devel	4:43.57	195100044	<b>4:59.00</b>	1:11.54	1:14.32