

ROM 3  
Leiden, 15-1-2023

Programmanr. 7  
15-1-2023 - 14:35

400m wisselslag

20 - 89 jaar  
Resultaten

rang	naam	vereniging	intijd		tijd	RT
<b>Masters 20+, Heren</b>						
1.	Guus Hoogduin	ZVL-1886 Center	4:47.77	200201069	<b>4:51.54</b>	
	50m: 29.04	29.04	150m:	250m:	350m:	
	100m: 1:02.57	33.53	200m:	300m:	400m: 4:51.54	
2.	Jasper van den Broek	De Watervogels	5:46.05	199903313	<b>5:41.30</b>	
	50m: 32.94	32.94	150m:	250m:	350m:	
	100m: 1:13.27	40.33	200m:	300m:	400m: 5:41.30	
<b>Masters 25+, Heren</b>						
1.	Wesley van der Luit	Sassenheim	5:46.86	199701895	<b>5:30.58</b>	
	50m: 34.12	34.12	150m:	250m:	350m:	
	100m: 1:13.90	39.78	200m:	300m:	400m: 5:30.58	
2.	Erik Baalbergen	ZVL-1886 Center	6:00.00	199805775	<b>5:54.27</b>	
	50m: 37.33	37.33	150m:	250m:	350m:	
	100m: 1:19.91	42.58	200m:	300m:	400m: 5:54.27	
<b>Masters 40+, Heren</b>						
1.	Luc Steijvers	ZVL-1886 Center	5:45.00	198201661	<b>5:36.38</b>	
	50m: 32.72	32.72	150m:	250m:	350m:	
	100m: 1:12.81	40.09	200m:	300m:	400m: 5:36.38	
<b>Masters 50+, Heren</b>						
1.	Frank van Nobelen	Sassenheim	5:44.77	196900753	<b>5:44.32</b>	
	50m: 35.17	35.17	150m:	250m:	350m:	
	100m: 1:16.63	41.46	200m:	300m:	400m: 5:44.32	
<b>Masters 55+, Heren</b>						
1.	Pascal Tourton	ZOB'66	6:15.00	196601343	<b>6:42.42</b>	
	50m: 40.86	40.86	150m:	250m:	350m:	
	100m: 1:29.72	48.86	200m:	300m:	400m: 6:42.42	
<b>Masters 80+, Heren</b>						
1.	Rob Hanou	PSV	9:20.00	194300109	<b>9:31.72</b>	
	<i>Nederlands Masters Record</i>					
	50m: 1:11.02	1:11.02	150m:	250m:	350m:	
	100m: 2:41.59	1:30.57	200m:	300m:	400m: 9:31.72	
<b>Masters 25+, Dames</b>						
1.	Cynthia van Veen	ZVL-1886 Center	7:44.17	199606736	<b>7:30.15</b>	
	50m: 44.60	44.60	150m:	250m:	350m:	
	100m: 1:42.23	57.63	200m:	300m:	400m: 7:30.15	
<b>Masters 30+, Dames</b>						
1.	Suzan Blankestijn	ZVL-1886 Center	5:54.74	198900350	<b>5:53.92</b>	
	50m: 36.53	36.53	150m:	250m:	350m:	
	100m: 1:19.54	43.01	200m:	300m:	400m: 5:53.92	
2.	Ilona van der Knaap	De Watervogels	6:16.00	199204954	<b>6:21.22</b>	
	50m: 38.06	38.06	150m:	250m:	350m:	
	100m: 1:24.11	46.05	200m:	300m:	400m: 6:21.22	

Uitslagen via [https://knzbwest.cfas.nl/RWOM2022-2023\\_3/](https://knzbwest.cfas.nl/RWOM2022-2023_3/)

Volgende ROM-wedstrijd: zondag 12 maart 2023 te Gouda.

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Masters 35+, Dames

1. Rianne Hofland	Sassenheim	5:39.86	198801820	<b>5:48.05</b>
50m: 35.57	35.57	150m:	250m:	350m:
100m: 1:19.18	43.61	200m:	300m:	400m: 5:48.05
2. Samantha van Eijk	De Geul	6:12.30	198806826	<b>5:56.92</b>
50m: 39.81	39.81	150m:	250m:	350m:
100m: 1:24.56	44.75	200m:	300m:	400m: 5:56.92
3. Nikki Roon	IJZ&PC	6:25.00	198803712	<b>6:15.14</b>
50m: 34.53	34.53	150m:	250m:	350m:
100m: 1:27.78	53.25	200m:	300m:	400m: 6:15.14

Masters 45+, Dames

1. Liselotte Joling	PSV	5:32.35	197500268	<b>5:38.55</b>
50m: 36.22	36.22	150m:	250m:	350m:
100m: 1:18.32	42.10	200m:	300m:	400m: 5:38.55

Masters 60+, Dames

1. P. Tossings-van de Hooven	GZC DONK	6:35.49	196100376	<b>6:40.75</b>
50m: 42.64	42.64	150m:	250m:	350m:
100m: 1:34.29	51.65	200m:	300m:	400m: 6:40.75
2. Lia Bijkerk	GZC DONK	7:56.00	196000014	<b>7:56.13</b>
50m: 52.86	52.86	150m:	250m:	350m:
100m: 1:56.69	1:03.83	200m:	300m:	400m: 7:56.13