

KNZB Regio-West Masters  
Zwijndrecht, 8-4-2023

Programmanr. 1  
8-4-2023 - 15:00

400m vrije slag

20 - 89 jaar  
Resultaten

rang	naam	vereniging	intijd		tijd	RT
<b>Masters 20+, Heren</b>						
1.	Stijn den Otter	ZZ&PC De Devel	4:43.81	200200225	<b>4:39.77</b>	
	50m: 28.00	28.00	150m:	250m:	350m:	
	100m: 1:00.51	32.51	200m: 2:10.52	300m:	400m: 4:39.77	
2.	Bart Spaans	ACZ	4:54.36	199902559	<b>4:53.26</b>	
	50m: 32.98	32.98	150m:	250m:	350m:	
	100m: 1:08.71	35.73	200m: 2:22.85	300m:	400m: 4:53.26	
<b>Masters 25+, Heren</b>						
1.	Stefan Petersen	Blue Marlins	4:52.76	199403067	<b>4:37.24</b>	
	50m: 28.98	28.98	150m:	250m:	350m:	
	100m: 1:01.35	32.37	200m: 2:10.49	300m:	400m: 4:37.24	
2.	Lars Jacobsen	DWK	4:46.57	199705453	<b>4:48.43</b>	669
	50m: 31.12	31.12	150m:	250m:	350m:	
	100m: 1:06.47	35.35	200m: 2:20.11	300m:	400m: 4:48.43	
3.	Gijs Ruijgrok	ZVL-1886 Center	4:51.47	199600863	<b>4:52.65</b>	
	50m: 31.42	31.42	150m:	250m:	350m:	
	100m: 1:07.00	35.58	200m: 2:20.87	300m:	400m: 4:52.65	
4.	Erik Baalbergen	ZVL-1886 Center	4:57.39	199805775	<b>5:02.14</b>	
	50m: 30.50	30.50	150m:	250m:	350m:	
	100m: 1:04.81	34.31	200m: 2:19.56	300m:	400m: 5:02.14	
5.	Silas van Bekkum	DWF	NT	199605791	<b>5:24.91</b>	
	50m: 32.96	32.96	150m:	250m:	350m:	
	100m: 1:11.41	38.45	200m: 2:36.55	300m:	400m: 5:24.91	
6.	Dylan Goethart	ZZ&PC De Devel	5:58.79	199605217	<b>6:05.40</b>	329
	50m: 39.39	39.39	150m:	250m:	350m:	
	100m: 1:22.15	42.76	200m: 2:55.03	300m:	400m: 6:05.40	
<b>Masters 30+, Heren</b>						
1.	Marc Hoogendam	Blue Marlins	4:57.82	199007713	<b>4:57.40</b>	
	50m: 31.56	31.56	150m:	250m:	350m:	
	100m: 1:06.10	34.54	200m: 2:19.93	300m:	400m: 4:57.40	
<b>Masters 35+, Heren</b>						
1.	Youri Vaes	PSV	4:40.00	198402307	<b>4:34.34</b>	
	50m: 29.65	29.65	150m:	250m:	350m:	
	100m: 1:03.15	33.50	200m: 2:11.74	300m:	400m: 4:34.34	
2.	Niels Albrechts	SGGO (SG)	4:35.73	198800039	<b>4:41.14</b>	
	50m: 31.78	31.78	150m:	250m:	350m:	
	100m: 1:06.91	35.13	200m: 2:18.70	300m:	400m: 4:41.14	
<b>Masters 40+, Heren</b>						
1.	Oscar Monge	IJZ&PC	5:15.38	198102599	<b>5:07.75</b>	
	50m: 33.05	33.05	150m:	250m:	350m:	
	100m: 1:10.43	37.38	200m: 2:28.62	300m:	400m: 5:07.75	
2.	Ingmar Kooman	ZVL-1886 Center	5:55.00	197901517	<b>5:40.44</b>	
	50m: 36.82	36.82	150m:	250m:	350m:	
	100m: 1:18.13	41.31	200m: 2:45.45	300m:	400m: 5:40.44	
3.	Rogier van Gent	IJZ&PC	5:55.12	198000405	<b>5:41.12</b>	
	50m: 35.62	35.62	150m:	250m:	350m:	
	100m: 1:16.43	40.81	200m: 2:42.82	300m:	400m: 5:41.12	
<b>Masters 45+, Heren</b>						
1.	Markus van Rest	WVZ	5:07.91	197701197	<b>5:08.81</b>	
	50m: 32.39	32.39	150m:	250m:	350m:	
	100m: 1:09.39	37.00	200m: 2:28.91	300m:	400m: 5:08.81	
2.	Andre Schaap	ZVL-1886 Center	6:00.00	197501357	<b>5:55.91</b>	
	50m: 38.74	38.74	150m:	250m:	350m:	
	100m: 1:21.13	42.39	200m: 2:51.52	300m:	400m: 5:55.91	

Uitslagen zijn te vinden via: [https://knzbwest.cfas.nl/RWOM2022-2023\\_5/](https://knzbwest.cfas.nl/RWOM2022-2023_5/)

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Zwijdrecht, 8-4-2023

Programmanr. 1, Heren, 400m vrije slag, Masters 45+

rang	naam	vereniging	intijd	tijd	RT
3.	Jeroen Hoeksel	ZVVS	6:35.12	197401533	<b>6:12.34</b>
	50m: 40.51	40.51 150m:	250m:	350m:	
	100m: 1:25.69	45.18 200m: 2:59.71	300m:	400m: 6:12.34	
4.	Roland Colijn	MNC Dordrecht	6:50.00	197701691	<b>6:40.44</b>
	50m: 41.63	41.63 150m:	250m:	350m:	
	100m: 1:27.13	45.50 200m: 3:08.81	300m:	400m: 6:40.44	

Masters 50+, Heren

1.	Henri Verschoor	De Biesboschwimmers	5:26.76	197001041	<b>5:13.60</b>
	50m: 36.35	36.35 150m:	250m:	350m:	
	100m: 1:15.40	39.05 200m: 2:35.93	300m:	400m: 5:13.60	
2.	Ferry van der Hulst	ZC'90	5:30.00	197000489	<b>5:15.89</b>
	50m: 35.79	35.79 150m:	250m:	350m:	
	100m: 1:13.98	38.19 200m: 2:33.97	300m:	400m: 5:15.89	
3.	Wouter van der Stelt	De Biesboschwimmers	5:26.21	197200889	<b>5:23.81</b>
	50m: 35.84	35.84 150m:	250m:	350m:	
	100m: 1:15.33	39.49 200m: 2:37.08	300m:	400m: 5:23.81	
NG	Ingmar de Gelder	ZOB'66	5:02.96	197000333	

Masters 55+, Heren

1.	Leon Slingerland	WVZ	5:40.43	196801707	<b>5:32.06</b>
	50m: 35.31	35.31 150m:	250m:	350m:	
	100m: 1:15.95	40.64 200m: 2:41.15	300m:	400m: 5:32.06	

Masters 60+, Heren

1.	Menno Lomans	d'ELFT	5:40.64	196101071	<b>5:34.45</b>
	50m: 37.66	37.66 150m:	250m:	350m:	
	100m: 1:19.21	41.55 200m: 2:45.58	300m:	400m: 5:34.45	
2.	Richard Broer	HHZV Plons	5:26.00	195900077	<b>5:40.74</b>
	50m: 37.20	37.20 150m:	250m:	350m:	
	100m: 1:18.92	41.72 200m: 2:45.80	300m:	400m: 5:40.74	
3.	Adriaan Kop	Old Dutch	6:13.60	196101135	<b>6:00.13</b>
	50m: 39.42	39.42 150m:	250m:	350m:	
	100m: 1:24.44	45.02 200m: 2:58.66	300m:	400m: 6:00.13	
4.	Ab de Buck	MNC Dordrecht	8:25.00	196301489	<b>8:18.12</b>
	50m: 51.62	51.62 150m:	250m:	350m:	
	100m: 1:52.88	1:01.26 200m: 4:04.31	300m:	400m: 8:18.12	

Masters 65+, Heren

1.	Peter Coffeng	GZC DONK	6:47.48	195700063	<b>6:52.33</b>
	50m: 46.90	46.90 150m:	250m:	350m:	
	100m: 1:37.29	50.39 200m: 3:22.14	300m:	400m: 6:52.33	
2.	André Pantekoek	PSV	7:10.00	195800321	<b>7:01.00</b>
	50m: 43.42	43.42 150m:	250m:	350m:	
	100m: 1:34.90	51.48 200m: 3:21.43	300m:	400m: 7:01.00	

Masters 80+, Heren

1.	Geza Kaltenecker	AZC	7:38.70	194200065	<b>7:31.95</b>
	50m: 49.11	49.11 150m:	250m:	350m:	
	100m: 1:45.68	56.57 200m: 3:41.35	300m:	400m: 7:31.95	

Masters 85+, Heren

1.	Nic Geers	PSV	8:50.16	193800007	<b>9:02.88</b>
	50m: 59.00	59.00 150m:	250m:	350m:	
	100m: 2:04.55	1:05.55 200m: 4:26.51	300m:	400m: 9:02.88	

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Programmanr. 1, 400m vrije slag

Masters 20+, Dames

1. Valerie Bakker	ZVL-1886 Center	5:58.08	200103672	<b>5:35.00</b>
50m: 36.90	36.90 150m:		250m:	350m:
100m: 1:18.02	41.12 200m: 2:43.53		300m:	400m: 5:35.00
NG Nienke de Vries	SCOM	6:44.31	200100460	

Masters 25+, Dames

1. Diane Schoenmaker	PSV	5:26.96	199502920	<b>5:06.13</b>
50m: 33.51	33.51 150m:		250m:	350m:
100m: 1:11.40	37.89 200m: 2:29.44		300m:	400m: 5:06.13
2. Eva Kelderman	MNC Dordrecht	5:55.00	199802556	<b>5:45.69</b>
50m: 37.47	37.47 150m:		250m:	350m:
100m: 1:18.38	40.91 200m: 2:45.11		300m:	400m: 5:45.69
3. Nadine Scheeve	De Biesboschzwemmers	6:05.57	199700684	<b>5:54.39</b>
50m: 38.07	38.07 150m:		250m:	350m:
100m: 1:21.71	43.64 200m: 2:52.21		300m:	400m: 5:54.39
4. Cynthia van Veen	ZVL-1886 Center	6:15.00	199606736	<b>6:02.62</b>
50m: 39.34	39.34 150m:		250m:	350m:
100m: 1:24.05	44.71 200m: 2:57.52		300m:	400m: 6:02.62

Masters 30+, Dames

1. Britt Kraaijevanger	HHZV Plons	5:50.00	199206202	<b>6:01.83</b>
50m: 40.90	40.90 150m:		250m:	350m:
100m: 1:26.56	45.66 200m: 2:59.40		300m:	400m: 6:01.83

Masters 35+, Dames

1. Samantha van Eijk	De Geul	5:10.20	198806826	<b>5:07.37</b>
50m: 35.71	35.71 150m:		250m:	350m:
100m: 1:14.14	38.43 200m: 2:32.76		300m:	400m: 5:07.37
2. Nikki Roon	IJZ&PC	5:26.24	198803712	<b>5:31.88</b>
50m: 37.22	37.22 150m:		250m:	350m:
100m: 1:17.67	40.45 200m: 2:41.07		300m:	400m: 5:31.88
3. Sanne de Ridder	ZVL-1886 Center	5:35.00	198502444	<b>5:33.30</b>
50m: 35.98	35.98 150m:		250m:	350m:
100m: 1:16.56	40.58 200m: 2:41.87		300m:	400m: 5:33.30
4. Stefanie Kohl	DES	5:35.00	198403596	<b>6:01.01</b>
50m: 39.00	39.00 150m:		250m:	350m:
100m: 1:23.01	44.01 200m: 2:55.77		300m:	400m: 6:01.01

Masters 40+, Dames

1. Debbie van Rooijen	IJZ&PC	5:06.51	198201402	<b>5:05.42</b>
50m: 34.15	34.15 150m:		250m:	350m:
100m: 1:12.09	37.94 200m: 2:29.08		300m:	400m: 5:05.42
2. Chantal Verhoeff	Old Dutch	5:22.91	197900912	<b>5:23.88</b>
50m: 36.78	36.78 150m:		250m:	350m:
100m: 1:17.53	40.75 200m: 2:42.40		300m:	400m: 5:23.88
3. Ramona Linting	AZC	5:34.63	198301274	<b>5:28.34</b>
50m: 35.33	35.33 150m:		250m:	350m:
100m: 1:15.20	39.87 200m: 2:38.25		300m:	400m: 5:28.34
4. Jessica Venema	GZC DONK	5:34.82	197901526	<b>5:34.13</b>
50m: 36.59	36.59 150m:		250m:	350m:
100m: 1:16.89	40.30 200m: 2:42.04		300m:	400m: 5:34.13
5. Aafke Groot	De Geul	6:15.53	198302748	<b>5:50.94</b>
50m: 39.14	39.14 150m:		250m:	350m:
100m: 1:22.20	43.06 200m: 2:52.04		300m:	400m: 5:50.94

Masters 45+, Dames

1. Petra Guijt	RZC	5:29.40	197600978	<b>5:33.04</b>
50m: 36.22	36.22 150m:		250m:	350m:
100m: 1:17.02	40.80 200m: 2:41.92		300m:	400m: 5:33.04
2. Marleen Zantingh	Old Dutch	5:43.67	197801378	<b>5:46.54</b>
50m: 37.21	37.21 150m:		250m:	350m:
100m: 1:18.77	41.56 200m: 2:47.53		300m:	400m: 5:46.54

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KNZB Regio-West Masters  
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Programmanr. 1, 400m vrije slag

Masters 50+, Dames

1.	Karin Stein	ZVVS	5:12.05	197100554	<b>5:19.43</b>
	50m: 36.07	36.07	150m:	250m:	350m:
	100m: 1:15.47	39.40	200m: 2:36.89	300m:	400m: 5:19.43
2.	Trudie van Niejenhuis	TZC-Vahalis	5:40.01	197100444	<b>5:38.56</b>
	50m: 37.84	37.84	150m:	250m:	350m:
	100m: 1:19.89	42.05	200m: 2:47.00	300m:	400m: 5:38.56
3.	Kristien Van de Moortel	ShaRK	6:43.08	ShaRK/20315/69	<b>6:29.52</b>
	50m: 44.01	44.01	150m:	250m:	350m:
	100m: 1:33.72	49.71	200m: 3:12.69	300m:	400m: 6:29.52
4.	Annette Spies	LinK	6:10.35	197001110	<b>6:35.95</b>
	50m: 42.32	42.32	150m:	250m:	350m:
	100m: 1:30.66	48.34	200m: 3:12.26	300m:	400m: 6:35.95
5.	Claudy de Ruijter	Old Dutch	6:40.00	197000970	<b>6:51.01</b>
	50m: 46.27	46.27	150m:	250m:	350m:
	100m: 1:36.78	50.51	200m: 3:21.55	300m:	400m: 6:51.01
DIS	Johanna van Wijnen	Old Dutch	5:50.00	197201072	
	<i>AA - De start ingezet voor het startsignaal (en wel gezwommen).</i>				

Masters 55+, Dames

1.	K. van Nassau-van den Heuv	Old Dutch	6:07.20	196600188	<b>6:10.31</b>
	50m: 41.40	41.40	150m:	250m:	350m:
	100m: 1:27.04	45.64	200m: 3:01.75	300m:	400m: 6:10.31
2.	Erica Muller	De Geul	6:34.08	196400412	<b>6:45.58</b>
	50m: 44.99	44.99	150m:	250m:	350m:
	100m: 1:33.63	48.64	200m: 3:15.26	300m:	400m: 6:45.58
3.	Roselinda van der Vlugt	De Geul	7:28.88	196700710	<b>7:08.98</b>
	50m: 47.32	47.32	150m:	250m:	350m:
	100m: 1:42.14	54.82	200m: 3:32.63	300m:	400m: 7:08.98
4.	Inge Deutz	ZVVS	7:10.00	196600726	<b>7:20.22</b>
	50m: 47.09	47.09	150m:	250m:	350m:
	100m: 1:40.39	53.30	200m: 3:33.01	300m:	400m: 7:20.22

Masters 60+, Dames

1.	Lia Bijkerk	GZC DONK	7:31.84	196000014	<b>7:01.09</b>
	50m: 46.41	46.41	150m:	250m:	350m:
	100m: 1:38.56	52.15	200m: 3:27.21	300m:	400m: 7:01.09