

ROM 3
Leiden, 21-1-2024

Programmanr. 9
21-1-2024 - 16:50

400m wisselslag

20 - 89 jaar
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
Masters 25+, Heren						
1.	Nick Boekestijn	Westland Swimming Stars	5:18.88	199900291	5:27.05 +0,63	
	50m: 32.35	32.35 150m: 1:53.80	42.67	250m: 3:26.21	49.93 350m: 4:52.46	37.11
	100m: 1:11.13	38.78 200m: 2:36.28	42.48	300m: 4:15.35	49.14 400m: 5:27.05	34.59
2.	Patrick Wyrdean	Westland Swimming Stars	NT	199702475	5:31.98 +0,71	
	50m: 31.64	31.64 150m: 1:51.20	41.73	250m: 3:20.66	48.24 350m: 4:51.98	42.28
	100m: 1:09.47	37.83 200m: 2:32.42	41.22	300m: 4:09.70	49.04 400m: 5:31.98	40.00
3.	Wesley van der Luit	Sassenheim	5:30.58	199701895	5:32.93 +0,80	
	50m: 34.94	34.94 150m: 2:00.31	43.73	250m: 3:30.28	47.77 350m: 4:57.60	38.07
	100m: 1:16.58	41.64 200m: 2:42.51	42.20	300m: 4:19.53	49.25 400m: 5:32.93	35.33
Masters 30+, Heren						
1.	Jeroen Matthijssen	AZC	5:15.00	199103751	5:28.48 +0,71	
	50m: 31.64	31.64 150m: 1:50.42	40.38	250m: 3:20.92	49.90 350m: 4:50.63	38.71
	100m: 1:10.04	38.40 200m: 2:31.02	40.60	300m: 4:11.92	51.00 400m: 5:28.48	37.85
Masters 50+, Heren						
1.	Martin Berkhout	ZVL-1886	5:53.00	197101123	6:38.48 +0,80	
	50m: 39.88	39.88 150m: 2:26.28	51.92	250m: 4:14.29	56.10 350m: 5:55.71	44.02
	100m: 1:34.36	54.48 200m: 3:18.19	51.91	300m: 5:11.69	57.40 400m: 6:38.48	42.77
Masters 60+, Heren						
1.	Ronald Grove	Triton	6:17.20	196100161	6:29.06 +0,93	
	50m: 40.66	40.66 150m: 2:25.74	53.04	250m: 4:10.42	53.57 350m: 5:46.99	41.81
	100m: 1:32.70	52.04 200m: 3:16.85	51.11	300m: 5:05.18	54.76 400m: 6:29.06	42.07
Masters 20+, Dames						
1.	Valerie Bakker	ZVL-1886	6:15.00	200103672	6:12.63 +0,78	
	50m: 39.00	39.00 150m: 2:13.29	46.20	250m: 3:54.16	53.75 350m: 5:31.64	43.54
	100m: 1:27.09	48.09 200m: 3:00.41	47.12	300m: 4:48.10	53.94 400m: 6:12.63	40.99
2.	Feija de Bruin	WVZ	6:14.06	200400106	6:38.76 +0,89	
	50m: 40.14	40.14 150m: 2:17.91	48.37	250m: 4:07.08	1:01.03 350m: 5:53.28	45.83
	100m: 1:29.54	49.40 200m: 3:06.05	48.14	300m: 5:07.45	1:00.37 400m: 6:38.76	45.48
3.	Berinda van Dijk	Blue Marlins	6:57.95	200104186	6:39.19 +0,93	
	50m: 45.58	45.58 150m: 2:30.69	49.28	250m: 4:16.54	58.02 350m: 5:59.16	43.19
	100m: 1:41.41	55.83 200m: 3:18.52	47.83	300m: 5:15.97	59.43 400m: 6:39.19	40.03
Masters 25+, Dames						
1.	Cynthia van Veen	ZVL-1886	7:45.16	199606736	7:16.21 +0,80	
	50m: 42.27	42.27 150m: 2:31.55	53.40	250m: 4:31.30	1:08.17 350m: 6:30.34	48.51
	100m: 1:38.15	55.88 200m: 3:23.13	51.58	300m: 5:41.83	1:10.53 400m: 7:16.21	45.87
Masters 35+, Dames						
1.	Rianne Hofland	Sassenheim	5:48.05	198801820	5:41.82 +0,79	
	50m: 35.03	35.03 150m: 2:01.34	43.71	250m: 3:33.46	49.93 350m: 5:03.37	40.36
	100m: 1:17.63	42.60 200m: 2:43.53	42.19	300m: 4:23.01	49.55 400m: 5:41.82	38.45
Masters 40+, Dames						
1.	Roos van Esch	ACZ	5:34.26	198200468	5:40.61 +0,86	
	50m: 35.29	35.29 150m: 2:01.78	44.23	250m: 3:33.57	48.74 350m: 5:03.13	40.17
	100m: 1:17.55	42.26 200m: 2:44.83	43.05	300m: 4:22.96	49.39 400m: 5:40.61	37.48

Na afloop zijn de uitslagen te vinden op:
https://knzbwest.cfas.nl/RWOM2023-2024_3/

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Masters 45+, Dames

1.	Liselotte Joling	PSV			5:36.31	197500268			5:43.09	+0,88		
	50m:	37.04	37.04	150m:	2:05.38	45.87	250m:	3:38.42	49.39	350m:	5:06.41	38.68
	100m:	1:19.51	42.47	200m:	2:49.03	43.65	300m:	4:27.73	49.31	400m:	5:43.09	36.68
2.	Jessica Venema	GZC Donk			6:32.73	197901526			6:24.52	+0,94		
	50m:	42.98	42.98	150m:	2:22.10	47.25	250m:	4:03.94	55.84	350m:	5:43.56	41.74
	100m:	1:34.85	51.87	200m:	3:08.10	46.00	300m:	5:01.82	57.88	400m:	6:24.52	40.96
DIS	Chantal Verhoeff	Old Dutch Breda			6:30.00	197900912						
	<i>RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.</i>											

Masters 55+, Dames

1.	Anita Steijger	WVZ			6:42.21	196500628			6:52.14	+0,98		
	50m:	44.61	44.61	150m:	2:31.63	53.41	250m:	4:21.36	58.98	350m:	6:07.38	47.32
	100m:	1:38.22	53.61	200m:	3:22.38	50.75	300m:	5:20.06	58.70	400m:	6:52.14	44.76
2.	K. van Nassau-van den Heuv	Old Dutch Breda			6:57.36	196600188			7:05.33	+1,05		
	50m:	49.31	49.31	150m:	2:42.02	57.83	250m:	4:34.19	54.95	350m:	6:19.05	49.18
	100m:	1:44.19	54.88	200m:	3:39.24	57.22	300m:	5:29.87	55.68	400m:	7:05.33	46.28

Masters 60+, Dames

1.	Margriet Grove-Lingeman	Triton			6:37.74	196200080			6:45.14	+0,89		
	<i>* bu eindtijd.</i>											
	50m:	42.04	42.04	150m:	2:23.82	51.73	250m:	4:12.06	57.56	350m:	5:57.81	47.49
	100m:	1:32.09	50.05	200m:	3:14.50	50.68	300m:	5:10.32	58.26	400m:	6:45.14	47.33
2.	Lia Bijkerk	GZC Donk			7:56.13	196000014			7:48.10	+0,96		
	50m:	52.44	52.44	150m:	2:57.94	1:02.57	250m:	5:02.15	1:04.10	350m:	6:58.85	52.00
	100m:	1:55.37	1:02.93	200m:	3:58.05	1:00.11	300m:	6:06.85	1:04.70	400m:	7:48.10	49.25

Masters 65+, Dames

1.	Patty Verhagen	PSV			6:55.68	195900146			7:00.66			
	50m:	50.09	50.09	150m:	2:38.73	52.02	250m:	4:30.51	1:01.62	350m:	6:16.89	45.31
	100m:	1:46.71	56.62	200m:	3:28.89	50.16	300m:	5:31.58	1:01.07	400m:	7:00.66	43.77

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