

ROM Masters 2
Papendrecht, 8-12-2024

Programmanr. 6
8-12-2024 - 14:30

400m vrije slag

20 - 94 jaar
Resultaten

rang	naam	vereniging	intijd		tijd		RT	
Masters 20+, Heren								
1.	Max Grimberg	SPONS	6:38.92		200105623		6:11.25	
	50m: 40.09	40.09	150m: 2:12.98	47.97	250m: 3:49.86	48.07	350m: 5:27.46	48.10
	100m: 1:25.01	44.92	200m: 3:01.79	48.81	300m: 4:39.36	49.50	400m: 6:11.25	43.79
Masters 30+, Heren								
1.	Jeffrey van 't Schip	AZC	5:01.05		199102035		4:49.02	+0,78
	50m: 31.62	31.62	150m: 1:42.90	36.40	250m: 2:58.39	37.75	350m: 4:13.27	37.14
	100m: 1:06.50	34.88	200m: 2:20.64	37.74	300m: 3:36.13	37.74	400m: 4:49.02	35.75
Masters 45+, Heren								
1.	Martijn Butter	OEZA	4:32.33		197900231		4:29.43	+0,68
	50m: 30.67	30.67	150m: 1:37.95	34.11	250m: 2:46.79	34.50	350m: 3:55.40	34.21
	100m: 1:03.84	33.17	200m: 2:12.29	34.34	300m: 3:21.19	34.40	400m: 4:29.43	34.03
2.	Steven Prins	HHZV Plons	5:25.83		197901833		5:25.00	+0,71
	50m: 34.87	34.87	150m: 1:53.85	40.30	250m: 3:17.31	42.23	350m: 4:42.79	42.76
	100m: 1:13.55	38.68	200m: 2:35.08	41.23	300m: 4:00.03	42.72	400m: 5:25.00	42.21
3.	Ingmar Kooman	ZVL-1886	5:39.71		197901517		5:46.21	+0,86
	50m: 37.17	37.17	150m: 2:03.23	43.99	250m: 3:32.62	44.66	350m: 5:02.75	45.11
	100m: 1:19.24	42.07	200m: 2:47.96	44.73	300m: 4:17.64	45.02	400m: 5:46.21	43.46
4.	Alexander Sophocleous <i>* bu 50, 100, 200 mtr.</i>	HHZV Plons	5:50.00		197902109		5:54.58	+0,69
	50m: 38.34	38.34	150m: 2:07.81	45.65	250m: 3:39.57	45.63	350m: 5:11.36	45.70
	100m: 1:22.16	43.82	200m: 2:53.94	46.13	300m: 4:25.66	46.09	400m: 5:54.58	43.22
Masters 50+, Heren								
1.	Jeroen Hoeksel <i>* bu 50, 100 mtr.</i>	ZVVS	6:12.34		197401533		6:16.36	+0,96
	50m: 39.86	39.86	150m: 2:11.52	46.90	250m: 3:47.01	47.93	350m: 5:26.38	49.90
	100m: 1:24.62	44.76	200m: 2:59.08	47.56	300m: 4:36.48	49.47	400m: 6:16.36	49.98
Masters 55+, Heren								
1.	Marcel Vroegindewei	Poseidon'56	5:37.84		196801709		5:33.58	+0,78
	50m: 36.33	36.33	150m: 1:59.92	42.63	250m: 3:26.83	43.28	350m: 4:53.05	43.11
	100m: 1:17.29	40.96	200m: 2:43.55	43.63	300m: 4:09.94	43.11	400m: 5:33.58	40.53
2.	Leon Slingerland <i>* bu 400 mtr.</i>	WVZ	5:24.56		196801707		5:36.75	
	50m: 36.99	36.99	150m: 2:02.23	43.35	250m: 3:29.32	43.28	350m: 4:56.32	43.12
	100m: 1:18.88	41.89	200m: 2:46.04	43.81	300m: 4:13.20	43.88	400m: 5:36.75	40.43
3.	Jordey Wijnbergen <i>* bu 200 mtr.</i>	GZC DONK	7:10.00		196901897		6:21.07	+0,94
	50m: 41.54	41.54	150m: 2:18.33	49.69	250m: 3:56.76	49.21	350m: 5:35.47	48.99
	100m: 1:28.64	47.10	200m: 3:07.55	49.22	300m: 4:46.48	49.72	400m: 6:21.07	46.60
4.	Maarten-Jan Wilschut	ZZ&PC De Devel	6:47.98		196701807		6:49.13	
	50m: 45.66	45.66	150m: 2:27.38	51.67	250m: 4:12.52	52.58	350m: 5:57.79	52.28
	100m: 1:35.71	50.05	200m: 3:19.94	52.56	300m: 5:05.51	52.99	400m: 6:49.13	51.34
Masters 60+, Heren								
1.	Arthur van Strien	WVZ	5:30.00		196301401		5:26.95	+0,98
	50m: 38.37	38.37	150m: 2:01.80	41.76	250m: 3:24.10	40.66	350m: 4:45.67	40.95
	100m: 1:20.04	41.67	200m: 2:43.44	41.64	300m: 4:04.72	40.62	400m: 5:26.95	41.28
2.	Menno Lomans	PSV	5:27.01		196101071		5:34.34	+0,80
	50m: 37.95	37.95	150m: 2:02.26	42.40	250m: 3:27.99	42.76	350m: 4:53.24	42.74
	100m: 1:19.86	41.91	200m: 2:45.23	42.97	300m: 4:10.50	42.51	400m: 5:34.34	41.10

Na afloop zijn de uitslagen te vinden op:
https://knzbwest.cfas.nl/RWOM2024-2025_2/

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Masters 65+, Heren

1. André Pantekoek	PSV		8:10.00	195800321		7:18.71	
50m: 45.22	45.22	150m: 2:35.21	56.55	250m: 4:32.64	59.11	350m: 6:28.07	57.45
100m: 1:38.66	53.44	200m: 3:33.53	58.32	300m: 5:30.62	57.98	400m: 7:18.71	50.64

Masters 80+, Heren

1. Geza Kaltenecker	AZC		7:17.52	194200065		7:33.01	+0,87
50m: 51.18	51.18	150m: 2:45.52	58.05	250m: 4:42.18	58.58	350m: 6:39.28	58.48
100m: 1:47.47	56.29	200m: 3:43.60	58.08	300m: 5:40.80	58.62	400m: 7:33.01	53.73

Masters 20+, Dames

1. Valerie Bakker	ZVL-1886		5:35.00	200103672		5:40.60	+0,75
50m: 36.96	36.96	150m: 2:01.93	43.40	250m: 3:30.22	44.60	350m: 4:58.41	43.76
100m: 1:18.53	41.57	200m: 2:45.62	43.69	300m: 4:14.65	44.43	400m: 5:40.60	42.19
2. Feija de Bruin	WVZ		5:45.09	200400106		5:44.11	+0,83
50m: 36.82	36.82	150m: 1:59.30	42.00	250m: 3:27.38	44.43	350m: 4:58.58	45.66
100m: 1:17.30	40.48	200m: 2:42.95	43.65	300m: 4:12.92	45.54	400m: 5:44.11	45.53
3. Esmeralda Elbers	Blue Marlins		6:08.24	200404888		6:32.08	+0,91
50m: 40.58	40.58	150m: 2:16.30	49.07	250m: 3:57.77	51.46	350m: 5:40.97	52.58
100m: 1:27.23	46.65	200m: 3:06.31	50.01	300m: 4:48.39	50.62	400m: 6:32.08	51.11

Masters 25+, Dames

1. Elin Jonsson	DES		5:10.00	199906660		5:18.47	+0,77
50m: 33.43	33.43	150m: 1:50.13	39.29	250m: 3:13.00	42.14	350m: 4:37.73	42.02
100m: 1:10.84	37.41	200m: 2:30.86	40.73	300m: 3:55.71	42.71	400m: 5:18.47	40.74
2. Anouk van der Lans	Westland Swimming Stars		5:30.72	199801614		5:24.25	+0,78
50m: 35.68	35.68	150m: 1:56.77	41.50	250m: 3:21.63	42.69	350m: 4:44.79	41.17
100m: 1:15.27	39.59	200m: 2:38.94	42.17	300m: 4:03.62	41.99	400m: 5:24.25	39.46
3. Cynthia van Veen	ZVL-1886		6:02.62	199606736		6:09.27	
50m: 37.54	37.54	150m: 2:08.98	47.33	250m: 3:45.40	48.53	350m: 5:23.47	48.78
100m: 1:21.65	44.11	200m: 2:56.87	47.89	300m: 4:34.69	49.29	400m: 6:09.27	45.80

Masters 35+, Dames

1. Christa van Dijk	GZC DONK		5:40.00	198706224		6:10.47	+0,90
<i>* bu 400 mtr.</i>							
50m: 36.48	36.48	150m: 2:04.48	46.22	250m: 3:41.16	49.00	350m: 5:22.29	50.95
100m: 1:18.26	41.78	200m: 2:52.16	47.68	300m: 4:31.34	50.18	400m: 6:10.47	48.18

Masters 40+, Dames

1. Steffi Meinhold	d'ELFT		5:00.48	198001542		5:00.48	+0,87
50m: 34.59	34.59	150m: 1:51.47	38.82	250m: 3:07.95	37.87	350m: 4:23.83	37.51
100m: 1:12.65	38.06	200m: 2:30.08	38.61	300m: 3:46.32	38.37	400m: 5:00.48	36.65
2. Linda Hoogendam	WVZ		5:42.58	198300892		6:03.81	+0,87
50m: 39.47	39.47	150m: 2:12.89	46.88	250m: 3:46.01	46.43	350m: 5:19.41	46.73
100m: 1:26.01	46.54	200m: 2:59.58	46.69	300m: 4:32.68	46.67	400m: 6:03.81	44.40
3. Else de Rooij	MNC Dordrecht		6:48.18	198202560		6:30.59	+0,86
50m: 44.16	44.16	150m: 2:23.10	50.14	250m: 4:03.26	50.01	350m: 5:44.08	50.48
100m: 1:32.96	48.80	200m: 3:13.25	50.15	300m: 4:53.60	50.34	400m: 6:30.59	46.51

Masters 45+, Dames

1. Petra Guijt	Aqua-Novio '94		5:29.40	197600978		5:36.97	
50m: 37.17	37.17	150m: 2:02.52	43.14	250m: 3:29.24	43.40	350m: 4:55.94	43.32
100m: 1:19.38	42.21	200m: 2:45.84	43.32	300m: 4:12.62	43.38	400m: 5:36.97	41.03
2. Ilonka van der Meer	Link		6:21.36	197601168		6:22.71	
<i>* bu 50, 100 mtr.</i>							
50m: 42.37	42.37	150m: 2:18.03	48.90	250m: 3:55.82	49.37	350m: 5:33.63	48.79
100m: 1:29.13	46.76	200m: 3:06.45	48.42	300m: 4:44.84	49.02	400m: 6:22.71	49.08

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Programmanr. 6, Dames, 400m vrije slag, Masters 45+

rang	naam	vereniging	intijd	197801340	tijd	RT		
3.	Sandra Van der Helm	De Rog	6:42.18	197801340	6:42.79	+0,90		
	50m: 44.59	44.59	150m: 2:24.25	50.27	250m: 4:06.99	51.46	350m: 5:50.98	52.05
	100m: 1:33.98	49.39	200m: 3:15.53	51.28	300m: 4:58.93	51.94	400m: 6:42.79	51.81
4.	Clementine van Bruxvoort	Feijenoord Albion Zwemclub	6:38.53	197700138	7:04.11	+0,96		
	50m: 45.61	45.61	150m: 2:29.36	52.82	250m: 4:18.09	54.75	350m: 6:10.63	56.76
	100m: 1:36.54	50.93	200m: 3:23.34	53.98	300m: 5:13.87	55.78	400m: 7:04.11	53.48

Masters 50+, Dames

1.	Trudie van Niejenhuis	TZC Vahalis	5:38.56	197100444	5:48.21	+0,87		
	50m: 38.92	38.92	150m: 2:05.97	44.37	250m: 3:36.19	45.20	350m: 5:06.50	44.52
	100m: 1:21.60	42.68	200m: 2:50.99	45.02	300m: 4:21.98	45.79	400m: 5:48.21	41.71
2.	Annette Spies	LinK	6:25.24	197001110	6:26.08			
	50m: 43.12	43.12	150m: 2:18.04	47.26	250m: 3:57.18	49.76	350m: 5:37.42	50.05
	100m: 1:30.78	47.66	200m: 3:07.42	49.38	300m: 4:47.37	50.19	400m: 6:26.08	48.66
3.	Sandra Kruitbosch <i>* bu 100 mtr.</i>	De Geul	8:20.20	197401136	8:13.39	+0,70		
	50m: 51.31	51.31	150m: 2:56.07	1:04.11	250m: 5:03.84	1:04.13	350m: 7:13.25	1:05.01
	100m: 1:51.96	1:00.65	200m: 3:59.71	1:03.64	300m: 6:08.24	1:04.40	400m: 8:13.39	1:00.14

Masters 55+, Dames

1.	Marijke Campfens	De Geul	5:57.14	196900960	5:59.63	+0,74		
	50m: 38.54	38.54	150m: 2:07.24	45.32	250m: 3:40.55	46.54	350m: 5:14.51	46.81
	100m: 1:21.92	43.38	200m: 2:54.01	46.77	300m: 4:27.70	47.15	400m: 5:59.63	45.12
2.	Cancia Leirissa	Feijenoord Albion Zwemclub	6:31.90	196700748	6:11.73	+0,87		
	50m: 41.28	41.28	150m: 2:14.85	47.90	250m: 3:51.19	48.00	350m: 5:27.19	48.26
	100m: 1:26.95	45.67	200m: 3:03.19	48.34	300m: 4:38.93	47.74	400m: 6:11.73	44.54
3.	Hetty Smalheer	SCOM	6:44.75	196700352	6:38.44	+0,90		
	50m: 44.06	44.06	150m: 2:23.66	50.77	250m: 4:05.77	51.02	350m: 5:49.08	51.50
	100m: 1:32.89	48.83	200m: 3:14.75	51.09	300m: 4:57.58	51.81	400m: 6:38.44	49.36
4.	Inge Deutz	ZVVS	7:06.50	196600726	6:55.28	+0,90		
	50m: 45.37	45.37	150m: 2:27.76	52.31	250m: 4:15.00	54.05	350m: 6:03.78	54.52
	100m: 1:35.45	50.08	200m: 3:20.95	53.19	300m: 5:09.26	54.26	400m: 6:55.28	51.50

Masters 60+, Dames

1.	Petra Tossings	GZC DONK	5:51.11	196100376	5:52.88	+0,80		
	50m: 38.78	38.78	150m: 2:06.56	44.58	250m: 3:36.90	45.06	350m: 5:08.22	45.85
	100m: 1:21.98	43.20	200m: 2:51.84	45.28	300m: 4:22.37	45.47	400m: 5:52.88	44.66
2.	Feikje Wittermans	GZC DONK	6:30.00	196400408	6:19.24	+0,93		
	50m: 41.44	41.44	150m: 2:14.04	47.17	250m: 3:51.28	48.76	350m: 5:30.27	49.93
	100m: 1:26.87	45.43	200m: 3:02.52	48.48	300m: 4:40.34	49.06	400m: 6:19.24	48.97
3.	Annemarie Straetemans	De Geul	7:43.17	196300508	7:41.47			
	50m: 52.93	52.93	150m: 2:50.36	58.90	250m: 4:47.21	58.24	350m: 6:44.66	59.00
	100m: 1:51.46	58.53	200m: 3:48.97	58.61	300m: 5:45.66	58.45	400m: 7:41.47	56.81

Masters 70+, Dames

1.	Geerdien Meerwaldt	De Geul	8:56.44	195200058	8:59.26			
	50m: 1:00.64	1:00.64	150m: 3:18.34	1:10.09	250m: 5:36.07	1:08.24	350m: 7:52.96	1:07.91
	100m: 2:08.25	1:07.61	200m: 4:27.83	1:09.49	300m: 6:45.05	1:08.98	400m: 8:59.26	1:06.30

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