

ROM 3
Leiden, 19-01-2025.

Programmanr. 1
19-1-2025 - 14:30

4 x 50m vrije slag

lft 80 - 359
Resultaten

| rang | vereniging | | intijd | | tijd | RT |
|----------------------|----------------------------|----------------------------|---------|--------------------------|----------------|-------|
| 120+, Heren | | | | | | |
| 1. | NieMo Barracuda | | 1:51.50 | | 1:52.19 | +0,78 |
| | Reinier Velthuijs | 05 +0,78 | 28.27 | Dennis Dortland | 78 +0,36 | 27.18 |
| | Ids de Klerk | 98 +0,61 | 29.00 | Robin van Beusekom | 92 +0,23 | 27.74 |
| 2. | ZVL-1886 | | 1:56.49 | | 1:54.81 | +0,90 |
| | Hans Kiers | 83 +0,90 | 29.17 | Emiel Volker | 76 +0,41 | 29.25 |
| | Jose Horcas Nieto | 93 +0,17 | 28.42 | Daniel Castillo Montoya | 94 +0,44 | 27.97 |
| 160+, Heren | | | | | | |
| 1. | ACZ 2 | | 2:11.43 | | 2:07.89 | +0,99 |
| | Joost van Ingen | 77 +0,99 | 36.33 | Jochem van Bochove | 96 +0,16 | 32.00 |
| | Teus Krijgsman | 66 +0,66 | 31.30 | Ignacio Garcia Rodriguez | 85 +0,61 | 28.26 |
| 200+, Heren | | | | | | |
| 1. | ZVVS 1 | | 2:05.34 | | 2:06.51 | +0,76 |
| | Gerjan van der Vaart | 68 +0,76 | 33.79 | Willem Putter | 45 +0,36 | 38.21 |
| | Bram Piederiet | 90 +0,20 | 27.03 | Rene van Hoorn | 76 +0,47 | 27.48 |
| 80+, Dames | | | | | | |
| NG | De Gooye | | 2:09.61 | | | |
| 100+, Dames | | | | | | |
| 1. | NieMo Barracuda 2 | | 2:02.82 | | 2:02.45 | |
| | Anouchka Bos | 05 | 28.36 | Tamara van den Brink | 98 | 31.34 |
| | Esmée Rolloos | 98 | 31.55 | Marijke Kommers | 93 +0,30 | 31.20 |
| 160+, Dames | | | | | | |
| 1. | ACZ 1 | | 2:13.14 | | 2:11.10 | +0,78 |
| | Jacomar Stout- van Zoest | 83 +0,78 | 37.18 | Magdalena Plizga | 86 +0,63 | 30.42 |
| | Jolanda Belder | 81 +0,30 | 33.03 | Carol Hollemans | 69 +0,40 | 30.47 |
| 100+, Gemengd | | | | | | |
| 1. | ZZ&PC De Devel | | 1:57.89 | | 1:58.08 | +0,83 |
| | Juliette Boon | 04 +0,83 | 31.65 | Julianne Lujten | 04 +0,20 | 31.42 |
| | Esper Paans | 01 +0,15 | 26.36 | Sandro Glasius | 66 +0,57 | 28.65 |
| 120+, Gemengd | | | | | | |
| 1. | Sassenheim | | 2:01.02 | | 1:58.38 | +0,49 |
| | Isa Warmerdam | 02 +0,49 | 29.77 | Wesley van der Luit | 97 +0,28 | 27.62 |
| | Rianne Hofland | 88 +0,27 | 29.94 | Frank van Nobelen | 69 +0,43 | 31.05 |
| 160+, Gemengd | | | | | | |
| 1. | Feijenoord Albion Zwemclub | Feijenoord Albion Zwemclub | 2:13.06 | | 2:16.69 | +0,83 |
| | Rob van Wanrooy | 82 +0,83 | 28.19 | Jerianne Gomez | 86 +0,48 | 37.63 |
| | William Dauchy | 87 +0,77 | 35.28 | Cancia Leirissa | 67 +0,43 | 35.59 |

Na afloop zijn de uitslagen te vinden op:
https://knzbstwest.cfas.nl/RWOM2024-2025_3/

ROM 3
Leiden, 19-01-2025.

Programmanr. 1, 4 x 50m vrije slag

200+, Gemengd

| | | | | | | | | | |
|-----|---|----|-------|---------|------------------|----|-------|----------------|-------|
| 1. | ZVVS 1 | | | | | | | | |
| | Jeroen Hoeksel | 74 | +0,96 | 35.37 | Helena Mels | 69 | +0,49 | 33.94 | +0,96 |
| | Patrick Groenendijk | 79 | +0,50 | 32.65 | Inge Deutz | 66 | +0,40 | 41.46 | |
| | | | | 2:20.57 | | | | 2:23.42 | |
| DIS | DES | | | | DES | | | | +0,89 |
| | <i>EA - Te vroeg overgenomen., EA, 3e zwemmer te vroeg overgenomen.</i> | | | | | | | | |
| | Stefanie Kohl | 84 | +0,89 | 35.12 | Trui Knijnenburg | 58 | -0,06 | | |
| | Alberto Randazzo | 71 | +0,79 | | Benoit Gasner | 81 | +0,38 | | |

Programmanr. 2
19-1-2025 - 14:35

200m rugslag

20 - 94 jaar
Resultaten

LET OP: SERIES 1 EN 2 ZIJN SAMENGEVOEGD.

| rang | naam | vereniging | | intijd | | tijd | RT |
|---------------------------|----------------------|----------------------|-------|---------|---------------|------|----------------|
| Masters 25+, Heren | | | | | | | |
| 1. | Jordy van Oel | WVZ | | 2:21.22 | 199802003 | | 2:23.33 |
| | 50m: 33.84 | 100m: 1:09.89 | 150m: | 1:46.77 | 200m: 2:23.33 | | |
| 2. | Ian van Mullem | ZOB'66 | | 2:29.97 | 199602545 | | 2:29.40 |
| | 50m: 34.59 | 100m: 1:11.30 | 150m: | 1:50.04 | 200m: 2:29.40 | | |
| 3. | Sam Beer | Poseidon'56 | | 2:42.82 | 199605521 | | 2:46.85 |
| | 50m: 37.12 | 100m: 1:19.01 | 150m: | 2:02.74 | 200m: 2:46.85 | | |
| Masters 30+, Heren | | | | | | | |
| 1. | Bryan Morsink | GZC DONK | | 2:40.00 | 199101629 | | 2:34.91 |
| | 50m: 37.02 | 100m: 1:15.34 | 150m: | 1:55.66 | 200m: 2:34.91 | | |
| 2. | Patrick Brouwer | AZC | | 2:31.60 | 199303715 | | 2:36.71 |
| | 50m: 35.95 | 100m: 1:15.79 | 150m: | 1:56.88 | 200m: 2:36.71 | | |
| Masters 35+, Heren | | | | | | | |
| NG | Wilco van der Mersch | HHZV PLONS | | 3:28.24 | 199007699 | | |
| Masters 40+, Heren | | | | | | | |
| 1. | Jim Geestman | Poseidon'56 | | 2:42.72 | 198300699 | | 2:34.40 |
| | 50m: 36.24 | 100m: 1:14.72 | 150m: | 1:54.53 | 200m: 2:34.40 | | |
| 2. | Martijn Huijnen | HHZV PLONS | | 3:22.44 | 198102545 | | 3:17.03 |
| | 50m: 46.79 | 100m: 1:37.43 | 150m: | 2:28.33 | 200m: 3:17.03 | | |
| Masters 55+, Heren | | | | | | | |
| 1. | Henri Verschoor | De Biesboschzwemmers | | 2:45.76 | 197001041 | | 2:47.68 |
| | 50m: 39.96 | 100m: 1:21.86 | 150m: | 2:04.74 | 200m: 2:47.68 | | |
| 2. | Harold Matla | PSV | | 2:49.62 | 196800591 | | 2:53.63 |
| | 50m: 40.52 | 100m: 1:23.66 | 150m: | 2:08.83 | 200m: 2:53.63 | | |
| 3. | Marco Hogervorst | HHZV PLONS | | 3:08.21 | 197001249 | | 3:08.15 |
| | 50m: 43.75 | 100m: 1:31.23 | 150m: | 2:21.10 | 200m: 3:08.15 | | |
| 4. | Hans Bijleveld | HHZV PLONS | | 3:23.69 | 196601649 | | 3:24.85 |
| | 50m: 49.94 | 100m: 1:42.23 | 150m: | 2:34.84 | 200m: 3:24.85 | | |
| Masters 60+, Heren | | | | | | | |
| 1. | Menno Lomans | PSV | | 2:58.31 | 196101071 | | 2:58.43 |
| | 50m: 42.65 | 100m: 1:27.95 | 150m: | 2:13.62 | 200m: 2:58.43 | | |

Na afloop zijn de uitslagen te vinden op:
https://knzwest.cfes.nl/RWOM2024-2025_3/

ROM 3
Leiden, 19-01-2025.

Programmanr. 2, 200m rugslag

Masters 65+, Heren

| | | | | | |
|----|--------------|---------------|---------------|---------------|----------------|
| 1. | Hugo Bregman | WVZ | 2:50.00 | 195800069 | 2:39.96 |
| | 50m: 37.44 | 100m: 1:18.19 | 150m: 2:00.15 | 200m: 2:39.96 | |
| 2. | Paul Bunnik | Triton | 3:13.68 | 195600413 | 3:07.43 |
| | 50m: 43.89 | 100m: 1:30.31 | 150m: 2:20.45 | 200m: 3:07.43 | |

Masters 70+, Heren

| | | | | | |
|----|-------------------|---------------|---------------|---------------|----------------|
| 1. | Ron van der Zande | AZC | 3:05.00 | 195500307 | 3:20.63 |
| | 50m: 44.62 | 100m: 1:34.35 | 150m: 2:28.43 | 200m: 3:20.63 | |

Masters 20+, Dames

| | | | | | |
|----|------------------|---------------|---------------|---------------|----------------|
| 1. | Emi Schipper | ZOB'66 | 2:49.81 | 200502126 | 2:49.23 |
| | 50m: 39.29 | 100m: 1:21.74 | 150m: 2:05.37 | 200m: 2:49.23 | |
| 2. | Valerie Bakker | ZVL-1886 | 2:57.09 | 200103672 | 2:57.00 |
| | 50m: 41.88 | 100m: 1:27.08 | 150m: 2:12.79 | 200m: 2:57.00 | |
| 3. | Berinda van Dijk | Blue Marlins | 2:54.82 | 200104186 | 2:57.46 |
| | 50m: 40.93 | 100m: 1:25.88 | 150m: 2:13.17 | 200m: 2:57.46 | |
| 4. | Wendy Visser | De Gooye | 2:59.69 | 200201600 | 2:59.04 |
| | 50m: 40.33 | 100m: 1:25.65 | 150m: 2:12.64 | 200m: 2:59.04 | |

Masters 25+, Dames

| | | | | | |
|----|------------------|---------------------|---------------|---------------|----------------|
| 1. | Mirelle de Kort | Neptunus'58 | 2:46.93 | 200005546 | 2:42.67 |
| | 50m: 39.77 | 100m: 1:21.16 | 150m: 2:02.49 | 200m: 2:42.67 | |
| 2. | Maartje Hids | ZVL-1886 | 3:10.00 | 199903042 | 3:04.52 |
| | 50m: 45.34 | 100m: 1:32.64 | 150m: 2:19.21 | 200m: 3:04.52 | |
| 3. | Christine Kühner | WZK | 3:05.25 | 199806734 | 3:27.29 |
| | 50m: 47.13 | 100m: 1:39.69 | 150m: 2:33.46 | 200m: 3:27.29 | |
| NG | Nadine Scheeve | De Biesboschwimmers | 3:17.12 | 199700684 | |
| NG | Cynthia van Veen | ZVL-1886 | 3:04.69 | 199606736 | |

Masters 30+, Dames

| | | | | | |
|----|----------------------|-------------------|---------------|---------------|----------------|
| 1. | Lotte Coenen | DES | 2:36.10 | 199301518 | 2:37.79 |
| | 50m: 36.70 | 100m: 1:16.03 | 150m: 1:56.71 | 200m: 2:37.79 | |
| 2. | Francis van der Perk | SG Hoeksche Waard | 3:24.00 | 199102442 | 3:20.88 |
| | 50m: 46.31 | 100m: 1:36.34 | 150m: 2:28.98 | 200m: 3:20.88 | |

Masters 35+, Dames

| | | | | | |
|----|--------------------|---------------|---------------|---------------|----------------|
| 1. | Monique van Huizen | AZC | 3:00.00 | 198706236 | 2:53.81 |
| | 50m: 41.07 | 100m: 1:24.97 | 150m: 2:10.35 | 200m: 2:53.81 | |

Masters 40+, Dames

| | | | | | |
|-------|--------------------|---------------------|---------------|---------------|----------------|
| 1. | A. Verschoor-Vos | De Biesboschwimmers | 3:00.42 | 198102300 | 2:50.04 |
| | 50m: 39.52 | 100m: 1:22.61 | 150m: 2:06.52 | 200m: 2:50.04 | |
| AFGEM | Hoda Elridi | PSV | 3:11.10 | 198102382 | |
| AFGEM | Debbie van Rooijen | IJZ&PC | 2:38.83 | 198201402 | |

Masters 45+, Dames

| | | | | | |
|-------|--------------------------|----------------------------|---------------|---------------|----------------|
| 1. | Steffi Meinhold | DES | 2:47.65 | 198001542 | 2:48.00 |
| | 50m: 39.10 | 100m: 1:21.64 | 150m: 2:05.20 | 200m: 2:48.00 | |
| 2. | Jessica Venema | GZC DONK | 3:03.30 | 197901526 | 2:59.34 |
| | 50m: 42.40 | 100m: 1:27.58 | 150m: 2:14.36 | 200m: 2:59.34 | |
| AFGEM | Clementine van Bruxvoort | Feijenoord Albion Zwemclub | 3:29.44 | 197700138 | |

Na afloop zijn de uitslagen te vinden op:
https://knzbwest.cfes.nl/RWOM2024-2025_3/

ROM 3
Leiden, 19-01-2025.

Programmanr. 2, 200m rugslag

Masters 50+, Dames

| | | | | | |
|----|-----------------------------|---------------|---------------|---------------|----------------|
| 1. | Trudie van Niejenhuis | TZC Vahalis | 2:55.41 | 197100444 | 3:00.84 |
| | 50m: 42.94 | 100m: 1:28.76 | 150m: 2:15.15 | 200m: 3:00.84 | |
| 2. | Y. van Nobelen - Kampschreu | Sassenheim | 3:13.17 | 197200316 | 3:12.70 |
| | 50m: 45.25 | 100m: 1:33.03 | 150m: 2:23.00 | 200m: 3:12.70 | |

Masters 55+, Dames

| | | | | | |
|----|-------------------|---------------|---------------|---------------|----------------|
| 1. | Danielle Schipper | ZOB'66 | 3:37.81 | 197001078 | 3:31.25 |
| | 50m: 48.99 | 100m: 1:41.71 | 150m: 2:36.70 | 200m: 3:31.25 | |

Masters 60+, Dames

| | | | | | |
|----|-------------------------|----------------|---------------|---------------|----------------|
| 1. | Marjan Remmits-de Lange | ZPC AMERSFOORT | 2:56.00 | 196300518 | 2:57.51 |
| | 50m: 42.30 | 100m: 1:27.49 | 150m: 2:12.95 | 200m: 2:57.51 | |
| 2. | Margriet Grove-Lingeman | Triton | 3:04.80 | 196200080 | 3:06.90 |
| | 50m: 42.89 | 100m: 1:29.28 | 150m: 2:17.98 | 200m: 3:06.90 | |
| 3. | Erica Muller | De Geul | 3:55.00 | 196400412 | 3:40.33 |
| | 50m: 53.18 | 100m: 1:49.42 | 150m: 2:45.51 | 200m: 3:40.33 | |

AFGEM Petra Tossings GZC DONK 3:21.51 196100376

Masters 70+, Dames

| | | | | | |
|----|---------------------|---------------|---------------|---------------|----------------|
| 1. | Tineke van Diggelen | ZPCH | 4:15.00 | 195200048 | 4:15.30 |
| | 50m: 1:00.79 | 100m: 2:05.41 | 150m: 3:11.31 | 200m: 4:15.30 | |
| 2. | Geerdien Meerwaldt | De Geul | 4:37.72 | 195200058 | 4:38.13 |
| | 50m: 1:05.53 | 100m: 2:13.53 | 150m: 3:25.18 | 200m: 4:38.13 | |

Programmanr. 3
19-1-2025 - 14:55

50m vlinderslag

20 - 94 jaar
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|---------------------------|--------------------|-----------------|--------|-----------|--------------|-------|
| Masters 20+, Heren | | | | | | |
| 1. | Sidique Turay | NieMo Barracuda | 27.26 | 200500981 | 27.63 | +0,60 |
| 2. | Reinier Velthuijs | NieMo Barracuda | 30.46 | 200503537 | 30.92 | +0,74 |
| 3. | Niels Hofstede | SPONS | 47.76 | 200205169 | 42.05 | +0,82 |
| AFGEM | Tygo Korving | ZOB'66 | 30.56 | 200300773 | | |
| Masters 25+, Heren | | | | | | |
| 1. | Tenzin Tieman | Old Dutch | 29.93 | 200005549 | 31.31 | +0,77 |
| 2. | Ids de Klerk | NieMo Barracuda | 30.96 | 199803237 | 31.43 | +0,80 |
| 3. | Jim van Vliet | SCOM | 32.29 | 200004265 | 32.63 | +0,90 |
| 4. | Jochem van Bochove | ACZ | 36.34 | 199605913 | 34.34 | +0,77 |
| 5. | Marten Steketee | SPONS | 39.67 | 200005869 | 37.36 | +0,88 |
| Masters 30+, Heren | | | | | | |
| 1. | Laurens de Nijn | ZPCH | 29.48 | 199107861 | 30.03 | +0,71 |
| 2. | Robin van Beusekom | NieMo Barracuda | 30.68 | 199205841 | 31.30 | +0,72 |
| 3. | Jose Horcas Nieto | ZVL-1886 | 31.99 | 199307445 | 32.25 | +0,76 |
| Masters 35+, Heren | | | | | | |
| 1. | Ferdy van Mastrigt | Blue Marlins | 26.52 | 198802315 | 28.23 | +0,67 |
| 2. | Bram Piederiet | ZVVS | 30.20 | 199007757 | 30.58 | +0,82 |
| 3. | Ricardo Castro | ZVL-1886 | 40.38 | 198705463 | 35.93 | +0,81 |

Na afloop zijn de uitslagen te vinden op:
https://knzbwest.cfas.nl/RWOM2024-2025_3/

ROM 3
Leiden, 19-01-2025.

Programmanr. 3, 50m vlinderslag

Masters 40+, Heren

| | | | | | |
|--------------------|----------------------------|-------|-----------|--------------|-------|
| 1. Mark Tang | WVZ | 28.50 | 198102647 | 28.56 | +0,71 |
| 2. Rob van Wanrooy | Feijenoord Albion Zwemclub | 30.64 | 198202627 | 31.92 | +0,76 |

Masters 45+, Heren

| | | | | | |
|--------------------|-----------------|-------|-----------|--------------|-------|
| 1. Dennis Dortland | NieMo Barracuda | 29.47 | 197800261 | 29.98 | +0,83 |
| 2. Markus van Rest | WVZ | 29.67 | 197701197 | 30.63 | +0,80 |
| 3. Rene van Hoorn | ZVVS | 32.00 | 197601747 | 32.76 | +1,07 |
| 4. Bogdan Androne | Sassenheim | 33.16 | 197701783 | 33.96 | +0,89 |
| 5. Alfonso Verkerk | Blue Marlins | 34.81 | 197601665 | 36.42 | +0,82 |
| 6. Joost van Ingen | ACZ | 40.00 | 197701781 | 53.94 | +0,91 |

Masters 50+, Heren

| | | | | | |
|--------------------------|-----------------|-------|-----------|--------------|-------|
| 1. M. van den Wildenberg | NieMo Barracuda | 30.15 | 197300991 | 30.28 | +0,89 |
| 2. Francois Boudreault | HHZV PLONS | 32.73 | 197401155 | 34.58 | +0,80 |

Masters 55+, Heren

| | | | | | |
|----------------------|----------------|-------|-----------|--------------|-------|
| 1. Sandro Glasius | ZZ&PC De Devel | 31.97 | 196600249 | 31.76 | +0,78 |
| 2. Frank van Nobelen | Sassenheim | 33.64 | 196900753 | 33.78 | +0,82 |
| 3. Teus Krijgsman | ACZ | 35.80 | 196600431 | 34.92 | +0,86 |
| 4. Rene Eggen | HHZV PLONS | 41.00 | 196601701 | 42.21 | +1,04 |
| 5. Jordey Wijnbergen | GZC DONK | 59.00 | 196901897 | 49.86 | +0,83 |

Masters 60+, Heren

| | | | | | |
|------------------------|----------|-------|-----------|--------------|-------|
| 1. Jan Smalheer | SCOM | 38.38 | 196400701 | 38.02 | +0,95 |
| 2. Caspar Boendermaker | ZVL-1886 | 45.00 | 196501605 | 41.95 | +1,17 |

Masters 65+, Heren

| | | | | | |
|-----------------|------------|-------|-----------|--------------|-------|
| 1. James Norman | HHZV PLONS | 35.19 | 196001029 | 40.12 | +1,00 |
| 2. Wim de Lange | AZC | 40.03 | 195800533 | 40.67 | +0,75 |

Masters 70+, Heren

| | | | | | |
|-------------------|-------------------|-------|-----------|--------------|-------|
| 1. Hans Piederiet | SG Hoeksche Waard | 40.68 | 195400177 | 40.49 | +1,08 |
|-------------------|-------------------|-------|-----------|--------------|-------|

Masters 80+, Heren

| | | | | | |
|--------------|-----|---------|-----------|----------------|-------|
| 1. Rob Hanou | PSV | 1:02.64 | 194300109 | 1:05.28 | +1,09 |
|--------------|-----|---------|-----------|----------------|-------|

Masters 20+, Dames

| | | | | | |
|----------------------------|-------------------|-------|-----------|--------------|-------|
| 1. Isa Warmerdam | Sassenheim | 34.29 | 200202516 | 33.19 | +0,62 |
| 2. Maddy van der Hoeven | ZPC AMERSFOORT | 33.35 | 200401298 | 33.66 | +0,79 |
| 3. Margaréta Csóti | SPONS | 34.00 | 200505484 | 34.44 | +0,79 |
| 4. Serena den Tuinder | SG Hoeksche Waard | 35.31 | 200303552 | 36.11 | +0,64 |
| 5. Juliette Boon | ZZ&PC De Devel | 37.00 | 200401908 | 36.47 | +0,81 |
| 6. Charlotte van der Leije | De Gooye | 36.00 | 200303690 | 36.81 | +0,73 |
| 7. Nienke de Keijzer | De Gooye | 39.00 | 200404216 | 38.89 | +0,57 |
| 8. Julianne Luijten | ZZ&PC De Devel | 40.83 | 200401150 | 41.40 | +0,94 |

Masters 25+, Dames

| | | | | | |
|-------------------------|-----------------|-------|-----------|--------------|-------|
| 1. Lauren van IJll | WVZ | 30.39 | 200001064 | 30.82 | +0,60 |
| 2. Dannique Koolen | ZPC AMERSFOORT | 36.73 | 199904048 | 36.92 | +0,89 |
| 3. Esmée Rolloos | NieMo Barracuda | 37.32 | 199800056 | 38.03 | +0,70 |
| NG Lianne Boegheim | GZC DONK | 36.16 | 199805454 | | |
| NG Sophie van der Leije | De Gooye | 36.96 | 200005806 | | |

Na afloop zijn de uitslagen te vinden op:
https://knzwest.cfas.nl/RWOM2024-2025_3/

ROM 3
Leiden, 19-01-2025.

Programmanr. 3, 50m vlinderslag

Masters 30+, Dames

| | | | | | | |
|----|------------------|-----------------|-------|-----------|--------------|-------|
| 1. | Marijke Kommers | NieMo Barracuda | 36.38 | 199305334 | 38.15 | +0,78 |
| 2. | Charlotte Verdel | ZPCH | 55.04 | 199308036 | 53.91 | |

Masters 35+, Dames

| | | | | | | |
|-------|------------------------|----------------------------|-------|-----------|--------------|-------|
| 1. | Suzan Blankestijn | ZVL-1886 | 34.51 | 198900350 | 36.11 | +0,88 |
| 2. | Anke Kleine Rammelkamp | De Geul | 45.00 | 198702186 | 46.57 | +0,86 |
| AFGEM | Jerianne Gomez | Feijenoord Albion Zwemclub | 43.84 | 198605360 | | |

Masters 40+, Dames

| | | | | | | |
|-------|--------------------------|-----|-------|-----------|--------------|-------|
| 1. | Jolanda Belder | ACZ | 40.00 | 198100070 | 39.00 | +0,87 |
| 2. | Stefanie Kohl | DES | 43.00 | 198403596 | 40.11 | +0,82 |
| 3. | Jacomar Stout- van Zoest | ACZ | 42.51 | 198302924 | 44.03 | +0,78 |
| AFGEM | Hoda Elridi | PSV | 40.24 | 198102382 | | |

Masters 45+, Dames

| | | | | | | |
|----|----------------------------------|---------------|-------|-----------|--------------|-------|
| 1. | Delia Badoux | WVZ | 29.16 | 198000042 | 29.73 | +0,78 |
| | <i>Nederlands Masters Record</i> | | | | | |
| 2. | Chantal Verhoeff | Old Dutch | 34.70 | 197900912 | 35.07 | +0,84 |
| 3. | Marian Nederlof | De Geul | 36.72 | 197600950 | 37.53 | +0,83 |
| 4. | Dorien van Petersen | MNC Dordrecht | 51.40 | 197601186 | 53.85 | +0,84 |

Masters 50+, Dames

| | | | | | | |
|----|------------------|-----|-------|-----------|--------------|-------|
| 1. | Liselotte Joling | PSV | 33.94 | 197500268 | 34.32 | +0,77 |
|----|------------------|-----|-------|-----------|--------------|-------|

Masters 55+, Dames

| | | | | | | |
|----|-------------|------|-------|-----------|--------------|-------|
| 1. | Helena Mels | ZVVS | 40.54 | 196901036 | 40.72 | +0,79 |
|----|-------------|------|-------|-----------|--------------|-------|

Masters 60+, Dames

| | | | | | | |
|----|-------------------|----------|-------|-----------|--------------|-------|
| 1. | Feikje Wittermans | GZC DONK | 38.39 | 196400408 | 39.87 | +0,86 |
|----|-------------------|----------|-------|-----------|--------------|-------|

Masters 65+, Dames

| | | | | | | |
|----|----------------|----------|---------|-----------|----------------|-------|
| 1. | Lia Bijkerk | GZC DONK | 45.96 | 196000014 | 45.72 | |
| 2. | Anje Manuputty | PSV | 1:04.47 | 195700176 | 1:04.63 | +0,86 |

Masters 75+, Dames

| | | | | | | |
|----|----------------------------------|------|-------|-----------|--------------|-------|
| 1. | Conny Boer-Buys | ZVVS | 42.50 | 195000006 | 44.52 | +0,85 |
| | <i>Nederlands Masters Record</i> | | | | | |

Programmanr. 4
19-1-2025 - 15:05

200m vrije slag

20 - 94 jaar
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|---------------------------|--------------|----------------|---------------|---------------|----------------|
| Masters 20+, Heren | | | | | |
| 1. | Esper Paans | ZZ&PC De Devel | 2:13.33 | 200100607 | 2:10.51 |
| | 50m: 29.14 | 100m: 1:02.06 | 150m: 1:36.69 | 200m: 2:10.51 | +0,72 |
| 2. | Max Grimberg | SPONS | 3:01.26 | 200105623 | 3:00.74 |
| | 50m: 39.50 | 100m: 1:25.24 | 150m: 2:14.59 | 200m: 3:00.74 | +0,86 |

Na afloop zijn de uitslagen te vinden op:
https://knzwest.cfas.nl/RWOM2024-2025_3/

ROM 3
Leiden, 19-01-2025.

Programmanr. 4, 200m vrije slag

Masters 25+, Heren

| | | | | | | |
|----|---------------------|-------------------------|---------------|---------------|----------------|-------|
| 1. | Wesley van der Luit | Sassenheim | 2:12.23 | 199701895 | 2:12.34 | +0,77 |
| | 50m: 31.56 | 100m: 1:05.15 | 150m: 1:39.43 | 200m: 2:12.34 | | |
| 2. | Patrick Wyrdeман | Westland Swimming Stars | 2:14.90 | 199702475 | 2:14.57 | +0,69 |
| | 50m: 30.41 | 100m: 1:03.48 | 150m: 1:38.46 | 200m: 2:14.57 | | |
| 3. | Kevin Kingma | ACZ | 2:19.34 | 199700559 | 2:16.81 | +0,77 |
| | 50m: 30.73 | 100m: 1:05.94 | 150m: 1:42.96 | 200m: 2:16.81 | | |
| 4. | Auke Sijperda | AZC | 2:24.35 | 199905115 | 2:22.36 | +0,89 |
| | 50m: 32.14 | 100m: 1:08.69 | 150m: 1:46.35 | 200m: 2:22.36 | | |

Masters 30+, Heren

| | | | | | | |
|----|----------------------|---------------|---------------|---------------|----------------|-------|
| 1. | Nick Sijmons | De Amstel | 2:00.73 | 199500491 | 2:01.71 | +0,71 |
| | 50m: 27.75 | 100m: 58.94 | 150m: 1:30.59 | 200m: 2:01.71 | | |
| 2. | Jeffrey van 't Schip | AZC | 2:13.85 | 199102035 | 2:12.06 | +0,66 |
| | 50m: 30.02 | 100m: 1:03.17 | 150m: 1:37.88 | 200m: 2:12.06 | | |
| 3. | Melle de Groot | ZPCH | 2:17.97 | 199107877 | 2:22.52 | +0,78 |
| | 50m: 30.43 | 100m: 1:03.67 | 150m: 1:38.04 | 200m: 2:22.52 | | |

Masters 35+, Heren

| | | | | | | |
|----|-----------------------|-------------|---------------|---------------|----------------|-------|
| 1. | Rutger van Oosterhout | WVZ | 2:05.50 | 199002179 | 2:01.34 | +0,71 |
| | 50m: 27.67 | 100m: 59.03 | 150m: 1:30.89 | 200m: 2:01.34 | | |

Masters 40+, Heren

| | | | | | | |
|----|---------------|----------------|---------------|---------------|----------------|-------|
| 1. | Viktor Reijns | De Watervogels | 2:22.00 | 198401865 | 2:20.78 | +0,84 |
| | 50m: 31.17 | 100m: 1:06.52 | 150m: 1:43.25 | 200m: 2:20.78 | | |

Masters 45+, Heren

| | | | | | | |
|----|--------------|---------------|---------------|---------------|----------------|-------|
| 1. | Emiel Volker | ZVL-1886 | 2:32.75 | 197601605 | 2:34.23 | +0,79 |
| | 50m: 34.23 | 100m: 1:12.49 | 150m: 1:53.56 | 200m: 2:34.23 | | |
| NG | Steven Prins | HHZV PLONS | 2:29.24 | 197901833 | | |

Masters 50+, Heren

| | | | | | | |
|----|-----------------|---------------|---------------|---------------|----------------|-------|
| 1. | Martin Berkhout | ZVL-1886 | 2:29.33 | 197101123 | 2:30.69 | +0,73 |
| | 50m: 33.62 | 100m: 1:12.45 | 150m: 1:52.19 | 200m: 2:30.69 | | |
| 2. | Jeroen Hoeksel | ZVVS | 2:49.20 | 197401533 | 2:58.48 | +1,07 |
| | 50m: 40.90 | 100m: 1:26.01 | 150m: 2:13.26 | 200m: 2:58.48 | | |

Masters 55+, Heren

| | | | | | | |
|----|------------------|---------------|---------------|---------------|----------------|-------|
| 1. | Leon Slingerland | WVZ | 2:31.06 | 196801707 | 2:34.46 | +0,87 |
| | 50m: 33.89 | 100m: 1:13.27 | 150m: 1:54.53 | 200m: 2:34.46 | | |
| NG | Joop Weenink | WS Twente | 2:53.59 | 196801535 | | |

Masters 60+, Heren

| | | | | | | |
|----|-----------------|----------------|---------------|---------------|----------------|-------|
| 1. | Ronald Grove | Triton | 2:38.02 | 196100161 | 2:37.96 | +0,78 |
| | 50m: 35.94 | 100m: 1:16.45 | 150m: 1:57.88 | 200m: 2:37.96 | | |
| 2. | Erik Saan | De Duck | 2:39.25 | 196500769 | 2:42.79 | +1,01 |
| | 50m: 35.86 | 100m: 1:18.59 | 150m: 2:01.95 | 200m: 2:42.79 | | |
| 3. | Pierre de Groot | GZC DONK | 3:00.00 | 196401431 | 3:11.11 | +0,89 |
| | 50m: 41.38 | 100m: 1:27.60 | 150m: 2:18.18 | 200m: 3:11.11 | | |
| 4. | Jano Hogebrug | De Watervogels | 3:38.93 | 196401477 | 3:23.93 | +0,88 |
| | 50m: 45.69 | 100m: 1:36.31 | 150m: 2:30.99 | 200m: 3:23.93 | | |

Na afloop zijn de uitslagen te vinden op:
https://knzwest.cfes.nl/RWOM2024-2025_3/

ROM 3
Leiden, 19-01-2025.

Programmanr. 4, 200m vrije slag

Masters 65+, Heren

NG.ZA James Norman HHZV PLONS 2:57.78 196001029

Masters 20+, Dames

| | | | | | |
|----------------------------|---------------|---------------|---------------|----------------|-------|
| 1. Wendy Visser | De Gooye | 2:35.83 | 200201600 | 2:36.52 | +0,60 |
| 50m: 35.25 | 100m: 1:15.25 | 150m: 1:56.80 | 200m: 2:36.52 | | |
| 2. Charlotte van der Leije | De Gooye | 2:37.00 | 200303690 | 2:39.44 | +0,69 |
| 50m: 36.05 | 100m: 1:15.87 | 150m: 1:57.62 | 200m: 2:39.44 | | |
| 3. Britt van Bommel | Sassenheim | 2:37.43 | 200301982 | 2:44.93 | +0,87 |
| 50m: 36.70 | 100m: 1:18.71 | 150m: 2:02.65 | 200m: 2:44.93 | | |

Masters 25+, Dames

| | | | | | |
|---------------------|---------------|---------------|---------------|----------------|-------|
| 1. Kristien Peeters | ZVL-1886 | 2:30.93 | 199706672 | 2:29.18 | +0,73 |
| 50m: 34.97 | 100m: 1:12.34 | 150m: 1:51.40 | 200m: 2:29.18 | | |

NG Sophie van der Leije De Gooye 2:41.06 200005806

Masters 30+, Dames

| | | | | | |
|---------------------|---------------|---------------|---------------|----------------|-------|
| 1. Lotte Coenen | DES | 2:16.38 | 199301518 | 2:17.04 | +0,75 |
| 50m: 31.45 | 100m: 1:06.11 | 150m: 1:41.59 | 200m: 2:17.04 | | |
| 2. Jasmijn Ruijgrok | WZK | 2:25.08 | 199401032 | 2:22.25 | |
| 50m: 32.42 | 100m: 1:08.21 | 150m: 1:45.43 | 200m: 2:22.25 | | |

Masters 40+, Dames

| | | | | | |
|------------------|---------------|---------------|---------------|----------------|-------|
| 1. Else de Rooij | MNC Dordrecht | 3:09.85 | 198202560 | 3:08.10 | +1,06 |
| 50m: 43.13 | 100m: 1:30.04 | 150m: 2:20.16 | 200m: 3:08.10 | | |

Masters 45+, Dames

| | | | | | |
|------------------------|---------------|---------------|---------------|----------------|-------|
| 1. Ilonka van der Meer | LinK | 2:56.12 | 197601168 | 3:01.12 | +1,11 |
| 50m: 41.71 | 100m: 1:27.32 | 150m: 2:14.68 | 200m: 3:01.12 | | |
| 2. Christina Popma | HHZV PLONS | 3:05.82 | 197701262 | 3:10.14 | +1,38 |
| 50m: 44.63 | 100m: 1:32.77 | 150m: 2:21.87 | 200m: 3:10.14 | | |

Masters 50+, Dames

| | | | | | |
|---------------------------------|---------------------|---------------|---------------|----------------|-------|
| 1. Johanna van Wijnen | De Biesboschwemmers | 2:33.43 | 197201072 | 2:29.47 | +0,93 |
| 50m: 34.93 | 100m: 1:12.40 | 150m: 1:50.68 | 200m: 2:29.47 | | |
| 2. Y. van Nobelen - Kampschreus | Sassenheim | 2:47.21 | 197200316 | 2:50.30 | +0,73 |
| 50m: 39.41 | 100m: 1:22.35 | 150m: 2:06.80 | 200m: 2:50.30 | | |

Masters 55+, Dames

| | | | | | |
|--------------------|----------------------------|---------------|---------------|----------------|-------|
| 1. Bianca Groot | MSV-Zeemacht | 2:28.75 | 197000652 | 2:27.49 | +0,84 |
| 50m: 34.74 | 100m: 1:12.35 | 150m: 1:50.71 | 200m: 2:27.49 | | |
| 2. Carol Hollemans | ACZ | 2:26.74 | 196900252 | 2:29.33 | +0,78 |
| 50m: 35.10 | 100m: 1:12.65 | 150m: 1:51.19 | 200m: 2:29.33 | | |
| 3. Cancia Leirissa | Feijenoord Albion Zwemclub | 2:54.53 | 196700748 | 2:57.70 | +0,86 |
| 50m: 39.70 | 100m: 1:25.17 | 150m: 2:12.93 | 200m: 2:57.70 | | |
| 4. Gerdien Proper | HHZV PLONS | 3:17.45 | 196800962 | 3:08.77 | +1,17 |
| 50m: 43.20 | 100m: 1:30.71 | 150m: 2:20.93 | 200m: 3:08.77 | | |
| 5. Inge Deutz | ZVVS | 3:17.58 | 196600726 | 3:28.90 | +0,94 |
| 50m: 47.43 | 100m: 1:39.97 | 150m: 2:34.72 | 200m: 3:28.90 | | |

AFGEM Hetty Smalheer SCOM 3:11.07 196700352

Na afloop zijn de uitslagen te vinden op:
https://knzwest.cfes.nl/RWOM2024-2025_3/

ROM 3
Leiden, 19-01-2025.

Programmanr. 4, 200m vrije slag

Masters 60+, Dames

| | | | | | | | | |
|----|-------------------------|--------|-------|---------|-----------|----------------|-------|---------|
| 1. | Margriet Grove-Lingeman | Triton | | 2:52.66 | 196200080 | 2:53.15 | +0,89 | |
| | 50m: | 39.99 | 100m: | 1:24.10 | 150m: | 2:08.83 | 200m: | 2:53.15 |

Masters 65+, Dames

| | | | | | | | | |
|----|--------------------|-----------|-------|---------|-----------|----------------|-------|---------|
| 1. | Irene van der Laan | ZVVS | | 3:00.93 | 196000096 | 2:58.44 | | |
| | 50m: | 41.83 | 100m: | 1:26.95 | 150m: | 2:13.17 | 200m: | 2:58.44 |
| 2. | Mies Kuipers | Old Dutch | | 4:43.64 | 195800202 | 4:50.96 | | |
| | 50m: | 1:08.65 | 100m: | 2:25.21 | 150m: | 3:40.90 | 200m: | 4:50.96 |

Masters 85+, Dames

| | | | | | | | | |
|----|-------------|-----------|-------|---------|-----------|----------------|-------|---------|
| 1. | Marie Smits | Old Dutch | | 4:23.19 | 193800004 | 4:21.09 | +1,24 | |
| | 50m: | 59.34 | 100m: | 2:06.42 | 150m: | 3:14.63 | 200m: | 4:21.09 |

Programmanr. 5
19-1-2025 - 15:25

50m vrije slag

20 - 94 jaar
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|---------------------------|-------------------|-------------------|--------|-----------|--------------|-------|
| Masters 20+, Heren | | | | | | |
| 1. | Sidique Turay | NieMo Barracuda | 25.76 | 200500981 | 25.68 | +0,75 |
| 2. | Reinier Velthuijs | NieMo Barracuda | 27.65 | 200503537 | 28.29 | +0,75 |
| 3. | Jordi Leunisse | SG Hoeksche Waard | 32.00 | 200205147 | 30.45 | +0,79 |
| 4. | Niels Hofstede | SPONS | 35.73 | 200205169 | 34.61 | +0,84 |

Masters 25+, Heren

| | | | | | | |
|----|-----------------|-----------------|-------|-----------|--------------|-------|
| 1. | Ian van Mullem | ZOB'66 | 26.34 | 199602545 | 27.14 | +0,69 |
| 2. | Jordy van Oel | WVZ | 26.41 | 199802003 | 27.37 | +0,76 |
| 3. | Tenzin Tieman | Old Dutch | 26.96 | 200005549 | 27.93 | +0,77 |
| 4. | Ids de Klerk | NieMo Barracuda | 29.21 | 199803237 | 29.55 | +0,90 |
| 5. | Marten Steketee | SPONS | 33.67 | 200005869 | 33.32 | +0,90 |

Masters 30+, Heren

| | | | | | | |
|-------|--------------------------|-----------------|-------|-----------|--------------|-------|
| 1. | Laurens de Nijn | ZPCH | 26.94 | 199107861 | 27.13 | +0,75 |
| 2. | Robin van Beusekom | NieMo Barracuda | 27.78 | 199205841 | 28.06 | +0,80 |
| 3. | Daniel Castillo Montoya | ZVL-1886 | 27.89 | 199406779 | 28.25 | +0,59 |
| 4. | Jaime Santiago Patterson | ZVL-1886 | 29.00 | 199406797 | 29.03 | |
| 5. | Alessio Cataldo | ZVL-1886 | 33.82 | 199307455 | 33.01 | +0,95 |
| 6. | Brian Stigter | ZVVS | 34.19 | 199107865 | 34.49 | +0,84 |
| NG.ZA | Melle de Groot | ZPCH | 27.33 | 199107877 | | |

Masters 35+, Heren

| | | | | | | |
|----|----------------------|----------------------------|-------|-----------|--------------|-------|
| 1. | Bram Piederiet | ZVVS | 27.51 | 199007757 | 27.56 | +0,82 |
| 2. | Ferdy van Mastrigt | Blue Marlins | 26.80 | 198802315 | 27.96 | +0,70 |
| 3. | Michiel Reijns | De Watervogels | 28.22 | 198702737 | 28.27 | +0,83 |
| 4. | Ricardo Castro | ZVL-1886 | 36.49 | 198705463 | 32.48 | +0,85 |
| 5. | William Dauchy | Feijenoord Albion Zwemclub | 34.36 | 198705451 | 34.49 | +0,83 |
| NG | Wilco van der Mersch | HHZV PLONS | 32.02 | 199007699 | | |

Masters 40+, Heren

| | | | | | | |
|-------|--------------------------|----------------------------|-------|-----------|--------------|-------|
| 1. | Mark Tang | WVZ | 27.20 | 198102647 | 26.09 | +0,69 |
| 2. | Rob van Wanrooy | Feijenoord Albion Zwemclub | 27.83 | 198202627 | 27.98 | +0,75 |
| 3. | Ignacio García Rodríguez | ACZ | 35.00 | 198504015 | 28.11 | +0,81 |
| 4. | Hans Kiers | ZVL-1886 | 30.00 | 198302871 | 29.30 | +0,91 |
| 5. | Ricardo van Dam | AZC | 28.86 | 198503965 | 29.51 | +0,71 |
| AFGEM | Oscar Monge | IJZ&PC | 28.04 | 198102599 | | |

Na afloop zijn de uitslagen te vinden op:
https://knzbwest.cfes.nl/RWOM2024-2025_3/

ROM 3
Leiden, 19-01-2025.

Programmanr. 5, 50m vrije slag

Masters 45+, Heren

| | | | | | | |
|-----|---------------------|-----------------|-------|-----------|--------------|-------|
| 1. | Dennis Dortland | NieMo Barracuda | 26.86 | 197800261 | 27.20 | +0,85 |
| 2. | Rene van Hoorn | ZVVS | 29.28 | 197601747 | 27.43 | +0,72 |
| 3. | Markus van Rest | WVZ | 28.42 | 197701197 | 29.21 | +0,81 |
| 4. | Joost van Ingen | ACZ | 36.61 | 197701781 | 36.18 | +0,90 |
| DIS | Patrick Groenendijk | ZVVS | 32.88 | 197902137 | | |

AA - De start ingezet voor het startsignaal (en wel gezwommen).

Masters 50+, Heren

| | | | | | | |
|----|---------------------|------------|-------|-----------|--------------|-------|
| 1. | Francois Boudreault | HHZV PLONS | 28.54 | 197401155 | 29.51 | +0,81 |
| 2. | Martin Berkhout | ZVL-1886 | 30.20 | 197101123 | 30.96 | +0,74 |
| 3. | Francesco Campione | ZVVS | 48.00 | 197501581 | 37.91 | +0,80 |

Masters 55+, Heren

| | | | | | | |
|----|-----------------------|----------------|-------|-----------|--------------|-------|
| 1. | Sandro Glasius | ZZ&PC De Devel | 28.46 | 196600249 | 28.25 | +0,80 |
| 2. | Teus Krijgsman | ACZ | 30.86 | 196600431 | 30.83 | +0,84 |
| 3. | Marco Hogervorst | HHZV PLONS | 32.50 | 197001249 | 32.77 | +0,97 |
| 4. | Gertjan van der Vaart | ZVVS | 33.56 | 196801529 | 34.83 | +0,79 |
| 5. | Rene Eggen | HHZV PLONS | 34.54 | 196601701 | 35.13 | +1,06 |
| 6. | Jordey Wijnbergen | GZC DONK | 37.10 | 196901897 | 35.69 | +0,68 |
| 7. | Hans Bijleveld | HHZV PLONS | 37.59 | 196601649 | 37.11 | +0,88 |
| 8. | Andre Exter | Poseidon'56 | 41.02 | 196601585 | 41.53 | +0,91 |

Masters 60+, Heren

| | | | | | | |
|----|---------------------|----------------------------|-------|-----------|--------------|-------|
| 1. | Jan Smalheer | SCOM | 34.15 | 196400701 | 33.15 | +1,19 |
| 2. | Caspar Boendermaker | ZVL-1886 | 36.11 | 196501605 | 33.98 | +1,07 |
| 3. | Oskar Jansen | Feijenoord Albion Zwemclub | 36.24 | 196201293 | 38.44 | +0,89 |
| 4. | Bob Lookermans | Poseidon'56 | 38.74 | 196201295 | 38.95 | +1,15 |

Masters 65+, Heren

| | | | | | | |
|----|--------------|------------|-------|-----------|--------------|-------|
| 1. | James Norman | HHZV PLONS | 37.05 | 196001029 | 36.45 | +0,89 |
|----|--------------|------------|-------|-----------|--------------|-------|

Masters 70+, Heren

| | | | | | | |
|----|-----------------------|---------------------------------|-------|-----------|--------------|-------|
| 1. | Ron van der Zande | AZC | 33.74 | 195500307 | 34.12 | +0,62 |
| 2. | Volodymyr Sobolevskiy | Chubinskije Bievers swimming cl | 36.00 | | 35.51 | +0,70 |

Masters 75+, Heren

| | | | | | | |
|----|-------------------|-----------------|---------|-----------|----------------|-------|
| 1. | Herbert van Sluys | GLS Ketelbinkie | 1:06.34 | 195000173 | 1:02.81 | +1,08 |
|----|-------------------|-----------------|---------|-----------|----------------|-------|

Masters 80+, Heren

| | | | | | | |
|----|---------------|------|-------|-----------|--------------|-------|
| 1. | Willem Putter | ZVVS | 36.28 | 194500135 | 38.54 | +1,03 |
|----|---------------|------|-------|-----------|--------------|-------|

Masters 20+, Dames

| | | | | | | |
|----|---------------------|-------------------|-------|-----------|--------------|-------|
| 1. | Emi Schipper | ZOB'66 | 28.65 | 200502126 | 28.81 | +0,75 |
| 2. | Isa Warmerdam | Sassenheim | 30.26 | 200202516 | 29.79 | +0,60 |
| 3. | Margaréta Csóti | SPONS | 31.01 | 200505484 | 30.64 | +0,63 |
| 4. | Julianne Luijten | ZZ&PC De Devel | 31.81 | 200401150 | 32.37 | +0,89 |
| 5. | Serena den Tuinder | SG Hoeksche Waard | 32.30 | 200303552 | 33.69 | +0,80 |
| 6. | Nienke de Keijzer | De Gooye | 34.00 | 200404216 | 34.31 | |
| 7. | Britt van Bommel | Sassenheim | 34.92 | 200301982 | 35.00 | +0,89 |
| 8. | Zoë van der Reijden | LinK | 33.72 | 200505296 | 36.10 | +0,80 |

Na afloop zijn de uitslagen te vinden op:
https://knzbwest.cfas.nl/RWOM2024-2025_3/

ROM 3
Leiden, 19-01-2025.

Programmanr. 5, 50m vrije slag

Masters 25+, Dames

| | | | | | | | | |
|----|------------------|-----------------|-------|-----------|-----|--------------|-------|-----|
| 1. | Lauren van IJll | WVZ | 28.86 | 200001064 | | 29.15 | +0,60 | |
| 2. | Esmée Rolloos | NieMo Barracuda | 32.10 | 199800056 | | 32.35 | +0,87 | |
| 3. | Dannique Koolen | ZPC AMERSFOORT | 32.98 | 199904048 | S14 | 33.90 | +0,81 | 501 |
| 4. | Christine Kühner | WZK | 33.13 | 199806734 | | 38.27 | +0,86 | |
| NG | Lianne Boegheim | GZC DONK | 34.29 | 199805454 | | | | |
| NG | Cynthia van Veen | ZVL-1886 | 33.03 | 199606736 | | | | |

Masters 30+, Dames

| | | | | | | | | |
|----|----------------------|-----------------|-------|-----------|--|--------------|-------|--|
| 1. | Marijke Kommers | NieMo Barracuda | 31.27 | 199305334 | | 31.64 | +0,61 | |
| 2. | Charlotte Verdel | ZPCH | 43.00 | 199308036 | | 44.04 | | |
| NG | Adela Vázquez García | ZVL-1886 | 30.63 | 199307952 | | | | |

Masters 35+, Dames

| | | | | | | | | |
|-------|--------------------|----------------------------|-------|-----------|--|--------------|-------|--|
| 1. | Monique van Huizen | AZC | 29.06 | 198706236 | | 29.91 | +0,78 | |
| 2. | Magdalena Plizga | ACZ | 32.00 | 198605418 | | 30.83 | +0,85 | |
| AFGEM | Jerianne Gomez | Feijenoord Albion Zwemclub | 36.59 | 198605360 | | | | |

Masters 45+, Dames

| | | | | | | | | |
|-------|----------------------------------|----------------------------|-------|-----------|--|--------------|-------|--|
| 1. | Delia Badoux | WVZ | 27.77 | 198000042 | | 27.81 | +0,75 | |
| | <i>Nederlands Masters Record</i> | | | | | | | |
| 2. | Anke Lambooj | AZL | 27.94 | 198001182 | | 28.27 | +0,75 | |
| 3. | Marian Nederlof | De Geul | 32.92 | 197600950 | | 33.04 | +0,71 | |
| 4. | Dorien van Petersen | MNC Dordrecht | 37.59 | 197601186 | | 37.55 | +0,90 | |
| AFGEM | Clementine van Bruxvoort | Feijenoord Albion Zwemclub | 38.02 | 197700138 | | | | |

Masters 50+, Dames

| | | | | | | | | |
|----|-----------------------|-------------|-------|-----------|--|--------------|-------|--|
| 1. | Trudie van Niejenhuis | TZC Vahalis | 32.37 | 197100444 | | 33.30 | +0,66 | |
|----|-----------------------|-------------|-------|-----------|--|--------------|-------|--|

Masters 55+, Dames

| | | | | | | | | |
|----|-------------------|--------|-------|-----------|--|--------------|-------|--|
| 1. | Helena Mels | ZVVS | 33.92 | 196901036 | | 33.96 | +0,87 | |
| 2. | Danielle Schipper | ZOB'66 | 38.01 | 197001078 | | 38.04 | +0,86 | |
| 3. | Annette Spies | LinK | 38.65 | 197001110 | | 40.30 | +0,83 | |

Masters 60+, Dames

| | | | | | | | | |
|-------|-------------------|----------|-------|-----------|--|--------------|-------|--|
| 1. | Feikje Wittermans | GZC DONK | 36.65 | 196400408 | | 36.07 | +0,86 | |
| AFGEM | Petra Tossings | GZC DONK | 34.58 | 196100376 | | | | |

Masters 65+, Dames

| | | | | | | | | |
|----|------------------|----------|-------|-----------|--|--------------|-------|--|
| 1. | Lia Bijkerk | GZC DONK | 40.18 | 196000014 | | 39.77 | | |
| 2. | Trui Knijnenburg | DES | 40.34 | 195800266 | | 41.60 | +0,98 | |
| 3. | Anje Manuputty | PSV | 44.86 | 195700176 | | 45.47 | +0,88 | |

Masters 70+, Dames

| | | | | | | | | |
|----|------------------------|----------------|---------|-----------|--|----------------|-------|--|
| 1. | Tineke van Diggelen | ZPCH | 46.69 | 195200048 | | 47.24 | +1,17 | |
| 2. | Geerdien Meerwaldt | De Geul | 51.92 | 195200058 | | 55.36 | +0,83 | |
| 3. | N. van Dongen-de Paepe | ZZ&PC De Devel | 1:10.04 | 195100044 | | 1:18.98 | +1,76 | |
| | <i>* bu eindtijd.</i> | | | | | | | |

Masters 75+, Dames

| | | | | | | | | |
|----|----------------------------------|------|-------|-----------|--|--------------|-------|--|
| 1. | Conny Boer-Buys | ZVVS | 36.50 | 195000006 | | 35.51 | +0,95 | |
| | <i>Nederlands Masters Record</i> | | | | | | | |

Na afloop zijn de uitslagen te vinden op:
https://knzwest.cfas.nl/RWOM2024-2025_3/

ROM 3
Leiden, 19-01-2025.

Programmanr. 6
19-1-2025 - 15:35

200m schoolslag

20 - 94 jaar
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | |
|---------------------------|----------------------------------|---------------|---------------|---------------|---------|-------|
| Masters 20+, Heren | | | | | | |
| 1. | Max Grimberg | SPONS | 3:19.55 | 200105623 | 3:28.36 | +1,00 |
| | 50m: 45.00 | 100m: 1:38.27 | 150m: 2:34.91 | 200m: 3:28.36 | | |
| Masters 25+, Heren | | | | | | |
| 1. | Jim van Vliet | SCOM | 2:55.81 | 200004265 | 2:54.78 | +0,80 |
| | 50m: 39.43 | 100m: 1:24.87 | 150m: 2:10.14 | 200m: 2:54.78 | | |
| 2. | Sam Beer | Poseidon'56 | 2:54.62 | 199605521 | 2:59.72 | +0,73 |
| | 50m: 36.96 | 100m: 1:22.65 | 150m: 2:11.51 | 200m: 2:59.72 | | |
| Masters 30+, Heren | | | | | | |
| 1. | Jose Horcas Nieto | ZVL-1886 | 3:10.00 | 199307445 | 2:47.88 | +0,75 |
| | 50m: 37.39 | 100m: 1:19.37 | 150m: 2:03.18 | 200m: 2:47.88 | | |
| NG | Stefan Petersen | Blue Marlins | 2:26.46 | 199403067 | | |
| Masters 40+, Heren | | | | | | |
| 1. | Jim Geestman | Poseidon'56 | 2:54.72 | 198300699 | 2:49.60 | +0,84 |
| | 50m: 36.80 | 100m: 1:19.37 | 150m: 2:04.75 | 200m: 2:49.60 | | |
| 2. | Ignacio García Rodríguez | ACZ | 2:55.00 | 198504015 | 2:58.78 | |
| | 50m: 37.76 | 100m: 1:21.25 | 150m: 2:09.18 | 200m: 2:58.78 | | |
| 3. | Benoit Gasner | DES | 3:00.00 | 198102645 | 2:59.05 | +0,78 |
| | 50m: 39.97 | 100m: 1:24.95 | 150m: 2:11.16 | 200m: 2:59.05 | | |
| Masters 45+, Heren | | | | | | |
| 1. | Bogdan Androne | Sassenheim | 3:02.73 | 197701783 | 3:03.36 | +0,90 |
| | 50m: 40.55 | 100m: 1:26.69 | 150m: 2:14.88 | 200m: 3:03.36 | | |
| 2. | Alfonso Verkerk | Blue Marlins | 3:17.15 | 197601665 | 3:16.99 | +0,83 |
| | 50m: 43.62 | 100m: 1:34.28 | 150m: 2:27.14 | 200m: 3:16.99 | | |
| Masters 50+, Heren | | | | | | |
| 1. | Alberto Randazzo | DES | 3:10.39 | 197101757 | 3:10.44 | |
| | 50m: 44.57 | 100m: 1:33.10 | 150m: 2:21.77 | 200m: 3:10.44 | | |
| Masters 55+, Heren | | | | | | |
| 1. | Gertjan van der Vaart | ZVVS | 3:32.81 | 196801529 | 3:41.51 | +0,81 |
| | 50m: 49.01 | 100m: 1:45.98 | 150m: 2:45.31 | 200m: 3:41.51 | | |
| Masters 60+, Heren | | | | | | |
| 1. | Menno Lomans | PSV | 3:19.09 | 196101071 | 3:17.44 | +0,78 |
| | 50m: 45.08 | 100m: 1:35.51 | 150m: 2:27.07 | 200m: 3:17.44 | | |
| 2. | Ronald Grove | Triton | 3:11.19 | 196100161 | 3:19.15 | +0,90 |
| | 50m: 44.77 | 100m: 1:36.28 | 150m: 2:28.81 | 200m: 3:19.15 | | |
| Masters 65+, Heren | | | | | | |
| 1. | Hugo Bregman | WVZ | 3:05.00 | 195800069 | 2:58.14 | +0,83 |
| | <i>Nederlands Masters Record</i> | | | | | |
| | 50m: 40.19 | 100m: 1:26.27 | 150m: 2:13.11 | 200m: 2:58.14 | | |
| 2. | Wim de Lange | AZC | 3:19.61 | 195800533 | 3:22.50 | +0,81 |
| | 50m: 45.25 | 100m: 1:37.01 | 150m: 2:29.83 | 200m: 3:22.50 | | |

Na afloop zijn de uitslagen te vinden op:
https://knzbwest.cfas.nl/RWOM2024-2025_3/

ROM 3
Leiden, 19-01-2025.

Programmanr. 6, Heren, 200m schoolslag, Masters 65+

| rang | naam | vereniging | intijd | tijd | RT | |
|------|---------------|---------------|---------------|---------------|---------|-------|
| 3. | Paul Bunnik | Triton | 3:29.36 | 195600413 | 3:23.25 | +0,92 |
| | 50m: 43.86 | 100m: 1:35.20 | 150m: 2:30.23 | 200m: 3:23.25 | | |
| 4. | Peter Coffeng | GZC DONK | 3:51.98 | 195700063 | 3:55.42 | +1,00 |
| | 50m: 51.09 | 100m: 1:52.61 | 150m: 2:55.22 | 200m: 3:55.42 | | |

Masters 70+, Heren

| | | | | | | |
|----|-----------------------|-----------------------------|---------------|---------------|---------|-------|
| 1. | Volodymyr Sobolevskyi | Chubinskie Bievers swimming | 3:40.00 | | 3:46.77 | +1,05 |
| | 50m: 49.32 | 100m: 1:46.58 | 150m: 2:48.20 | 200m: 3:46.77 | | |

Masters 75+, Heren

| | | | | | | |
|-----|---|----------------|---------|-----------|--|--|
| DIS | Nico van Dongen | ZZ&PC De Devel | 5:33.34 | 194800159 | | |
| | <i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i> | | | | | |

Masters 20+, Dames

| | | | | | | |
|----|----------------------|-----------------|---------------|---------------|---------|-------|
| 1. | Anouchka Bos | NieMo Barracuda | 2:41.97 | 200501528 | 2:47.34 | +0,85 |
| | 50m: 37.63 | 100m: 1:19.42 | 150m: 2:03.17 | 200m: 2:47.34 | | |
| 2. | Maddy van der Hoeven | ZPC AMERSFOORT | 3:12.15 | 200401298 | 3:09.35 | +0,79 |
| | 50m: 42.50 | 100m: 1:30.17 | 150m: 2:19.27 | 200m: 3:09.35 | | |

Masters 25+, Dames

| | | | | | | |
|----|----------------------|---------------|---------------|---------------|---------|-------|
| 1. | Mirelle de Kort | Neptunus'58 | 2:57.04 | 200005546 | 2:57.23 | +0,80 |
| | 50m: 40.23 | 100m: 1:25.25 | 150m: 2:11.05 | 200m: 2:57.23 | | |
| 2. | Maartje Hids | ZVL-1886 | 3:06.05 | 199903042 | 3:06.60 | +0,89 |
| | 50m: 44.25 | 100m: 1:31.54 | 150m: 2:19.09 | 200m: 3:06.60 | | |
| NG | Sophie van der Leije | De Gooye | 3:35.00 | 200005806 | | |

Masters 35+, Dames

| | | | | | | |
|----|-------------------|---------------|---------------|---------------|---------|-------|
| 1. | Rianne Hofland | Sassenheim | 3:01.89 | 198801820 | 3:04.99 | +0,73 |
| | 50m: 41.90 | 100m: 1:28.62 | 150m: 2:16.16 | 200m: 3:04.99 | | |
| 2. | Suzan Blankestijn | ZVL-1886 | 3:05.00 | 198900350 | 3:08.46 | +0,84 |
| | 50m: 40.94 | 100m: 1:27.78 | 150m: 2:17.38 | 200m: 3:08.46 | | |

Masters 40+, Dames

| | | | | | | |
|----|---------------|---------------|---------------|---------------|---------|-------|
| 1. | Else de Rooij | MNC Dordrecht | NT | 198202560 | 3:55.72 | +1,08 |
| | 50m: 54.55 | 100m: 1:54.82 | 150m: 2:57.15 | 200m: 3:55.72 | | |

Masters 45+, Dames

| | | | | | | |
|----|---------------------|---------------|---------------|---------------|---------|-------|
| 1. | Jessica Venema | GZC DONK | 3:29.59 | 197901526 | 3:27.14 | +0,91 |
| | 50m: 47.17 | 100m: 1:38.63 | 150m: 2:33.46 | 200m: 3:27.14 | | |
| 2. | Christina Popma | HHZV PLONS | 3:29.13 | 197701262 | 3:38.42 | +1,16 |
| | 50m: 49.22 | 100m: 1:44.73 | 150m: 2:41.37 | 200m: 3:38.42 | | |
| 3. | Ilonka van der Meer | LinK | 3:28.56 | 197601168 | 3:52.90 | |
| | 50m: 50.61 | 100m: 1:49.94 | 150m: 2:52.80 | 200m: 3:52.90 | | |

Masters 50+, Dames

| | | | | | | |
|----|-------------------|---------------|---------------|---------------|---------|-------|
| 1. | Katharina Schlipp | AZL | 3:11.01 | 197301004 | 3:09.46 | +0,68 |
| | 50m: 41.99 | 100m: 1:28.71 | 150m: 2:18.51 | 200m: 3:09.46 | | |

Na afloop zijn de uitslagen te vinden op:
https://knzwest.cfas.nl/RWOM2024-2025_3/

ROM 3
Leiden, 19-01-2025.

Programmanr. 6, 200m schoolslag

Masters 55+, Dames

| | | | | | | | |
|----|--------------|---------------|-------|---------|---------------|----------------|-------|
| 1. | Bianca Groot | MSV-Zeemacht | | 3:17.33 | 197000652 | 3:13.42 | +0,79 |
| | 50m: 44.28 | 100m: 1:33.73 | 150m: | 2:23.10 | 200m: 3:13.42 | | |

Masters 60+, Dames

| | | | | | | | |
|----|-------------------------|----------------|-------|---------|---------------|----------------|-------|
| 1. | Marjan Remmits-de Lange | ZPC AMERSFOORT | | 3:16.34 | 196300518 | 3:20.79 | +0,97 |
| | 50m: 45.32 | 100m: 1:36.49 | 150m: | 2:28.91 | 200m: 3:20.79 | | |
| 2. | Erica Muller | De Geul | | 3:56.33 | 196400412 | 3:54.94 | +0,89 |
| | 50m: 53.82 | 100m: 1:52.89 | 150m: | 2:53.68 | 200m: 3:54.94 | | |

Masters 65+, Dames

| | | | | | | | |
|----|--------------|---------------|-------|---------|---------------|----------------|--|
| 1. | Mies Kuipers | Old Dutch | | 5:18.77 | 195800202 | 5:17.25 | |
| | 50m: 1:14.41 | 100m: 2:36.67 | 150m: | 4:01.18 | 200m: 5:17.25 | | |

| | | |
|-------------------|--|--------------|
| Programmanr. 7 | 400m wisselslag | 20 - 94 jaar |
| 19-1-2025 - 15:55 | LET OP: SERIES 1 EN 2 ZIJN SAMENGEVOEGD. | Resultaten |

| rang | naam | vereniging | | intijd | | tijd | RT |
|------|------|------------|--|--------|--|------|----|
|------|------|------------|--|--------|--|------|----|

Masters 20+, Heren

| | | | | | | | |
|-------|--------------|--------|--|---------|-----------|--|--|
| AFGEM | Tygo Korving | ZOB'66 | | 5:37.81 | 200300773 | | |
|-------|--------------|--------|--|---------|-----------|--|--|

Masters 25+, Heren

| | | | | | | | |
|----|---------------------|-------------------------|-------|---------|---------------|----------------|-------|
| 1. | Wesley van der Luit | Sassenheim | | 5:30.58 | 199701895 | 5:28.37 | +0,70 |
| | 50m: 34.85 | 150m: 1:59.88 | 250m: | 3:28.98 | 350m: 4:54.97 | | |
| | 100m: 1:15.67 | 200m: 2:42.01 | 300m: | 4:17.46 | 400m: 5:28.37 | | |
| 2. | Tenzin Tieman | Old Dutch | | 5:35.00 | 200005549 | 5:32.40 | +0,84 |
| | 50m: 32.78 | 150m: 1:57.43 | 250m: | 3:31.61 | 350m: 4:58.73 | | |
| | 100m: 1:12.58 | 200m: 2:41.17 | 300m: | 4:22.84 | 400m: 5:32.40 | | |
| 3. | Nick Boekestijn | Westland Swimming Stars | | 5:20.00 | 199900291 | 5:32.87 | +0,52 |
| | 50m: 33.85 | 150m: 1:57.33 | 250m: | 3:30.05 | 350m: 4:55.52 | | |
| | 100m: 1:14.72 | 200m: 2:39.94 | 300m: | 4:18.84 | 400m: 5:32.87 | | |
| 4. | Jochem van Bochove | ACZ | | 6:30.00 | 199605913 | 6:40.93 | +0,77 |
| | 50m: 42.95 | 150m: 2:26.20 | 250m: | 4:13.65 | 350m: 5:56.16 | | |
| | 100m: 1:33.40 | 200m: 3:18.86 | 300m: | 5:07.87 | 400m: 6:40.93 | | |

Masters 40+, Heren

| | | | | | | | |
|----|-----------------|---------------|-------|---------|---------------|----------------|-------|
| 1. | Martijn Huijnen | HHZV PLONS | | 7:14.44 | 198102545 | 7:07.51 | +0,93 |
| | 50m: 50.16 | 150m: 2:44.42 | 250m: | 4:34.92 | 350m: 6:21.45 | | |
| | 100m: 1:48.80 | 200m: 3:38.25 | 300m: | 5:33.37 | 400m: 7:07.51 | | |

| | | | | | | | |
|-------|-------------|--------|--|---------|-----------|--|--|
| AFGEM | Oscar Monge | IJZ&PC | | 6:30.00 | 198102599 | | |
|-------|-------------|--------|--|---------|-----------|--|--|

Masters 45+, Heren

| | | | | | | | |
|----|--------------|------------|--|---------|-----------|--|--|
| NG | Steven Prins | HHZV PLONS | | 6:37.68 | 197901833 | | |
|----|--------------|------------|--|---------|-----------|--|--|

Masters 55+, Heren

| | | | | | | | |
|----|---------------|---------------|-------|---------|---------------|----------------|-------|
| 1. | Harold Matla | PSV | | 5:54.72 | 196800591 | 5:59.05 | +0,91 |
| | 50m: 37.65 | 150m: 2:08.98 | 250m: | 3:44.77 | 350m: 5:17.27 | | |
| | 100m: 1:22.22 | 200m: 2:55.73 | 300m: | 4:34.66 | 400m: 5:59.05 | | |

Masters 80+, Heren

| | | | | | | | |
|----|---------------|---------------|-------|---------|---------------|----------------|-------|
| 1. | Rob Hanou | PSV | | 9:26.95 | 194300109 | 9:32.14 | +1,21 |
| | 50m: 1:13.27 | 150m: 3:57.20 | 250m: | 6:20.82 | 350m: 8:34.30 | | |
| | 100m: 2:43.38 | 200m: 5:07.58 | 300m: | 7:34.94 | 400m: 9:32.14 | | |

Na afloop zijn de uitslagen te vinden op:
https://knzwest.cfes.nl/RWOM2024-2025_3/

ROM 3
Leiden, 19-01-2025.

Programmanr. 7, 400m wisselslag

Masters 20+, Dames

| | | | | | | |
|-----|---|---------------|---------------|---------------|----------------|-------|
| 1. | Isa Warmerdam | Sassenheim | 6:00.42 | 200202516 | 5:57.03 | +0,60 |
| | 50m: 36.44 | 150m: 2:06.51 | 250m: 3:43.78 | 350m: 5:18.78 | | |
| | 100m: 1:21.23 | 200m: 2:51.01 | 300m: 4:36.66 | 400m: 5:57.03 | | |
| 2. | Zoë van der Reijden | LinK | 6:58.61 | 200505296 | 7:26.67 | +0,84 |
| | 50m: 51.08 | 150m: 2:48.01 | 250m: 4:43.03 | 350m: 6:36.27 | | |
| | 100m: 1:53.77 | 200m: 3:42.82 | 300m: 5:45.66 | 400m: 7:26.67 | | |
| DIS | Britt van Bommel | Sassenheim | 6:35.61 | 200301982 | | |
| | <i>RH - Het eindpunt niet in rugligging aangeraakt.</i> | | | | | |

Masters 25+, Dames

| | | | | | | |
|----|--------------------|-------------------------|---------------|---------------|----------------|-------|
| 1. | Anouk van der Lans | Westland Swimming Stars | 6:27.46 | 199801614 | 6:18.28 | +0,79 |
| | 50m: 39.94 | 150m: 2:16.63 | 250m: 3:55.72 | 350m: 5:35.95 | | |
| | 100m: 1:29.94 | 200m: 3:02.32 | 300m: 4:51.66 | 400m: 6:18.28 | | |
| 2. | Dannique Koolen | ZPC AMERSFOORT | 7:11.94 | 199904048 | 7:11.90 | +0,95 |
| | 50m: 46.76 | 200m: 3:41.94 | 300m: 5:39.79 | 400m: 7:11.90 | | |
| | 100m: 1:46.25 | 250m: 4:41.15 | 350m: 6:27.68 | | | |
| NG | Nadine Scheeve | De Biesboschwimmers | 6:55.23 | 199700684 | | |

Masters 40+, Dames

| | | | | | | |
|-------|--------------------|---------------|---------------|---------------|----------------|-------|
| 1. | Roos van Esch | ACZ | 5:40.06 | 198200468 | 5:51.69 | +0,94 |
| | 50m: 37.45 | 150m: 2:06.34 | 250m: 3:41.16 | 350m: 5:12.31 | | |
| | 100m: 1:20.47 | 200m: 2:50.66 | 300m: 4:30.82 | 400m: 5:51.69 | | |
| AFGEM | Debbie van Rooijen | IJZ&PC | 5:59.00 | 198201402 | | |

Masters 45+, Dames

| | | | | | | |
|----|------------------|---------------|---------------|---------------|----------------|-------|
| 1. | Steffi Meinhold | DES | 6:27.99 | 198001542 | 6:11.23 | |
| | 50m: 44.07 | 150m: 2:23.20 | 250m: 4:01.78 | 350m: 5:33.67 | | |
| | 100m: 1:37.40 | 200m: 3:08.55 | 300m: 4:54.30 | 400m: 6:11.23 | | |
| 2. | Chantal Verhoeff | Old Dutch | 6:23.78 | 197900912 | 6:33.05 | +0,84 |
| | 50m: 41.48 | 150m: 2:24.55 | 250m: 4:11.15 | 350m: 5:49.82 | | |
| | 100m: 1:32.66 | 200m: 3:15.15 | 300m: 5:06.76 | 400m: 6:33.05 | | |

Masters 50+, Dames

| | | | | | | |
|----|----------------------------------|---------------|---------------|---------------|----------------|-------|
| 1. | Liselotte Joling | PSV | 5:36.31 | 197500268 | 5:37.76 | +0,90 |
| | <i>Nederlands Masters Record</i> | | | | | |
| | 50m: 36.14 | 150m: 2:02.72 | 250m: 3:33.90 | 350m: 5:01.99 | | |
| | 100m: 1:17.69 | 200m: 2:44.95 | 300m: 4:23.46 | 400m: 5:37.76 | | |
| 2. | Nathasja Konijn | GZC DONK | 7:20.00 | 197100992 | 7:15.68 | +0,96 |
| | 50m: 46.74 | 150m: 2:34.63 | 250m: 4:28.41 | 350m: 6:24.88 | | |
| | 100m: 1:43.06 | 200m: 3:26.46 | 300m: 5:32.77 | 400m: 7:15.68 | | |

Masters 55+, Dames

| | | | | | | |
|-------|-----------------|---------------|---------------|---------------|----------------|-------|
| 1. | Annette Spies | LinK | 7:05.64 | 197001110 | 8:03.03 | +0,91 |
| | 50m: 51.51 | 200m: 4:04.24 | 300m: 6:22.38 | 400m: 8:03.03 | | |
| | 100m: 1:53.08 | 250m: 5:13.49 | 350m: 7:12.70 | | | |
| AFGEM | Annette van Dok | MSV-Zeemacht | 7:47.16 | 196800742 | | |

Na afloop zijn de uitslagen te vinden op:
https://knzwest.cfas.nl/RWOM2024-2025_3/

ROM 3
Leiden, 19-01-2025.

Programmanr. 8
19-1-2025 - 16:20

50m schoolslag

20 - 94 jaar
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|---|--------------------------|----------------------------|--------|-----------|--------------|-------|
| Masters 20+, Heren | | | | | | |
| 1. | Esper Paans | ZZ&PC De Devel | 32.08 | 200100607 | 32.55 | +0,72 |
| 2. | Jordi Leunisse | SG Hoeksche Waard | 40.00 | 200205147 | 38.86 | +0,67 |
| 3. | Niels Hofstede | SPONS | 38.22 | 200205169 | 39.28 | +0,80 |
| 4. | Max Grimberg | SPONS | 42.09 | 200105623 | 42.35 | +0,77 |
| Masters 25+, Heren | | | | | | |
| 1. | Kevin Kingma | ACZ | 31.41 | 199700559 | 32.37 | +0,72 |
| 2. | Ids de Klerk | NieMo Barracuda | 39.34 | 199803237 | 41.09 | +0,93 |
| 3. | Marten Steketee | SPONS | 45.32 | 200005869 | 44.92 | +0,96 |
| Masters 30+, Heren | | | | | | |
| 1. | Daniel Castillo Montoya | ZVL-1886 | 31.55 | 199406779 | 31.56 | +0,71 |
| 2. | Robin van Beusekom | NieMo Barracuda | 34.19 | 199205841 | 34.94 | +0,85 |
| 3. | Bryan Morsink | GZC DONK | 36.00 | 199101629 | 37.20 | +0,83 |
| 4. | Alessio Cataldo | ZVL-1886 | 39.61 | 199307455 | 38.33 | +0,73 |
| 5. | Brian Stigter | ZVVS | 43.51 | 199107865 | 41.40 | +0,82 |
| NG | Stefan Petersen | Blue Marlins | 29.60 | 199403067 | | |
| Masters 35+, Heren | | | | | | |
| 1. | Ferdy van Mastrigt | Blue Marlins | 32.77 | 198802315 | 34.23 | +0,71 |
| 2. | Michiel Reijns | De Watervogels | 38.60 | 198702737 | 38.70 | +0,80 |
| 3. | William Dauchy | Feijenoord Albion Zwemclub | 44.64 | 198705451 | 44.62 | +0,79 |
| NG | Wilco van der Mersch | HHZV PLONS | 49.17 | 199007699 | | |
| Masters 40+, Heren | | | | | | |
| 1. | Ricardo van Dam | AZC | 32.76 | 198503965 | 33.09 | +0,67 |
| 2. | Rob van Wanrooy | Feijenoord Albion Zwemclub | 33.55 | 198202627 | 34.30 | +0,75 |
| 3. | Ignacio García Rodríguez | ACZ | 38.00 | 198504015 | 35.76 | +0,78 |
| 4. | Hans Kiers | ZVL-1886 | 38.00 | 198302871 | 38.60 | +0,83 |
| Masters 45+, Heren | | | | | | |
| 1. | Dennis Dortland | NieMo Barracuda | 34.49 | 197800261 | 35.36 | |
| 2. | Bogdan Androne | Sassenheim | 36.08 | 197701783 | 37.11 | +0,84 |
| 3. | Rene van Hoorn | ZVVS | 35.00 | 197601747 | 37.99 | +0,87 |
| 4. | Emiel Volker | ZVL-1886 | 39.06 | 197601605 | 39.54 | +0,78 |
| 5. | Markus van Rest | WVZ | 38.93 | 197701197 | 40.26 | +0,85 |
| 6. | Patrick Groenendijk | ZVVS | 40.37 | 197902137 | 41.62 | +0,91 |
| 7. | Joost van Ingen | ACZ | 44.47 | 197701781 | 47.57 | +0,76 |
| DIS | Alfonso Verkerk | Blue Marlins | 38.27 | 197601665 | | |
| <i>SR - Meer dan 1 vlinderbeenslag gemaakt voordat de 1e schoolslagbeenslag is gemaakt.</i> | | | | | | |
| Masters 50+, Heren | | | | | | |
| 1. | M. van den Wildenberg | NieMo Barracuda | 36.14 | 197300991 | 36.14 | +0,69 |
| 2. | Francois Boudreault | HHZV PLONS | 36.02 | 197401155 | 38.33 | +0,81 |
| 3. | Alberto Randazzo | DES | 39.71 | 197101757 | 39.88 | +0,79 |
| 4. | Martin Berkhout | ZVL-1886 | 39.31 | 197101123 | 42.05 | +0,76 |
| 5. | Francesco Campione | ZVVS | 52.00 | 197501581 | 53.89 | +0,85 |

Na afloop zijn de uitslagen te vinden op:
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ROM 3
Leiden, 19-01-2025.

Programmanr. 8, 50m schoolslag

Masters 55+, Heren

| | | | | | | |
|-----|-----------------------|-------------|-------|-----------|--------------|-------|
| 1. | Frank van Nobelen | Sassenheim | 41.00 | 196900753 | 42.06 | +0,83 |
| 2. | Leon Slingerland | WVZ | 43.31 | 196801707 | 43.30 | +0,91 |
| 3. | Jordey Wijnbergen | GZC DONK | 48.22 | 196901897 | 45.79 | +0,81 |
| 4. | Rene Eggen | HHZV PLONS | 48.68 | 196601701 | 48.68 | +0,96 |
| 5. | Hans Bijleveld | HHZV PLONS | 46.02 | 196601649 | 49.19 | +0,91 |
| 6. | Andre Exter | Poseidon'56 | 50.10 | 196601585 | 50.27 | +0,87 |
| DIS | Gertjan van der Vaart | ZVVS | 41.03 | 196801529 | | |

AA - De start ingezet voor het startsignaal (en wel gezwommen).

Masters 60+, Heren

| | | | | | | |
|----|-----------------|----------------------------|-------|-----------|--------------|-------|
| 1. | Jan Smalheer | SCOM | 40.82 | 196400701 | 41.10 | +1,19 |
| 2. | Pierre de Groot | GZC DONK | 43.14 | 196401431 | 44.69 | +0,83 |
| 3. | Jano Hogebrug | De Watervogels | 43.17 | 196401477 | 46.80 | +0,83 |
| 4. | Oskar Jansen | Feijenoord Albion Zwemclub | 42.80 | 196201293 | 47.39 | +0,80 |
| 5. | Bob Lookermans | Poseidon'56 | 49.68 | 196201295 | 49.71 | +1,26 |

Masters 65+, Heren

| | | | | | | |
|----|--------------|-----|-------|-----------|--------------|-------|
| 1. | Wim de Lange | AZC | 40.20 | 195800533 | 41.87 | +0,74 |
|----|--------------|-----|-------|-----------|--------------|-------|

Masters 70+, Heren

| | | | | | | |
|----|-----------------------|--------------------------------|-------|-----------|--------------|-------|
| 1. | Volodymyr Sobolevskiy | Chubinskie Bievers swimming cl | 46.00 | | 45.97 | +1,14 |
| 2. | Ron van der Zande | AZC | 49.00 | 195500307 | 50.83 | +0,87 |

Masters 75+, Heren

| | | | | | | |
|----|-------------------|-----------------|---------|-----------|----------------|-------|
| 1. | Herbert van Sluys | GLS Ketelbinkie | 1:16.17 | 195000173 | 1:12.56 | +1,30 |
|----|-------------------|-----------------|---------|-----------|----------------|-------|

Masters 80+, Heren

| | | | | | | |
|----|---------------|------|-------|-----------|--------------|-------|
| 1. | Willem Putter | ZVVS | 50.89 | 194500135 | 51.85 | +1,12 |
|----|---------------|------|-------|-----------|--------------|-------|

Masters 20+, Dames

| | | | | | | |
|----|-------------------------|-----------------|-------|-----------|--------------|-------|
| 1. | Anouchka Bos | NieMo Barracuda | 34.30 | 200501528 | 36.27 | +0,88 |
| 2. | Maddy van der Hoeven | ZPC AMERSFOORT | 38.56 | 200401298 | 39.62 | +0,78 |
| 3. | Margaréta Csóti | SPONS | 38.00 | 200505484 | 42.41 | +0,78 |
| 4. | Julianne Luijten | ZZ&PC De Devel | 42.86 | 200401150 | 42.71 | +0,92 |
| 5. | Charlotte van der Leije | De Gooye | 47.00 | 200303690 | 43.43 | +0,74 |
| 6. | Juliette Boon | ZZ&PC De Devel | 43.66 | 200401908 | 44.13 | +0,83 |
| 7. | Berinda van Dijk | Blue Marlins | 44.25 | 200104186 | 44.14 | +0,90 |

Masters 25+, Dames

| | | | | | | |
|----|----------------------|-----------------|-------|-----------|--------------|-------|
| 1. | Tamara van den Brink | NieMo Barracuda | 39.63 | 199804182 | 41.01 | +0,78 |
| NG | Lianne Boegheim | GZC DONK | 44.31 | 199805454 | | |

Masters 30+, Dames

| | | | | | | |
|----|------------------|-----------------|-------|-----------|--------------|-------|
| 1. | Jasmijn Ruijgrok | WZK | 39.31 | 199401032 | 39.46 | +0,85 |
| 2. | Marijke Kommers | NieMo Barracuda | 39.43 | 199305334 | 40.50 | +0,78 |
| 3. | Charlotte Verdel | ZPCH | 45.84 | 199308036 | 47.90 | +1,01 |

Masters 35+, Dames

| | | | | | | |
|----|--------------------|-----|-------|-----------|--------------|-------|
| 1. | Monique van Huizen | AZC | 40.32 | 198706236 | 40.77 | +0,82 |
|----|--------------------|-----|-------|-----------|--------------|-------|

Na afloop zijn de uitslagen te vinden op:
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ROM 3
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Programmanr. 8, 50m schoolslag

Masters 40+, Dames

| | | | | | | |
|----|------------------|----------------------|-------|-----------|--------------|-------|
| 1. | A. Verschoor-Vos | De Biesboschzwemmers | 38.27 | 198102300 | 38.08 | +0,82 |
|----|------------------|----------------------|-------|-----------|--------------|-------|

Masters 45+, Dames

| | | | | | | |
|-------|---------------------|------------|-------|-----------|--------------|-------|
| 1. | Anke Lambooj | AZL | 38.35 | 198001182 | 37.66 | +0,86 |
| 2. | Marian Nederlof | De Geul | 43.51 | 197600950 | 45.32 | +0,92 |
| 3. | Ilonka van der Meer | LinK | 46.04 | 197601168 | 46.59 | +0,99 |
| NG.ZA | Christina Popma | HHZV PLONS | 48.45 | 197701262 | | |

Masters 50+, Dames

| | | | | | | |
|----|-----------------------|-------------|-------|-----------|--------------|-------|
| 1. | Katharina Schlipp | AZL | 38.74 | 197301004 | 40.18 | |
| 2. | Trudie van Niejenhuis | TZC Vahalis | 41.41 | 197100444 | 42.67 | +0,89 |

Masters 55+, Dames

| | | | | | | |
|-------|----------------|--------------|-------|-----------|--------------|-------|
| 1. | Bianca Groot | MSV-Zeemacht | 40.53 | 197000652 | 41.12 | +0,78 |
| AFGEM | Hetty Smalheer | SCOM | 49.44 | 196700352 | | |

Masters 60+, Dames

| | | | | | | |
|-------|-------------------------|----------------|-------|-----------|--------------|-------|
| 1. | Marjan Remmits-de Lange | ZPC AMERSFOORT | 42.09 | 196300518 | 43.39 | +0,78 |
| 2. | Feikje Wittermans | GZC DONK | 47.92 | 196400408 | 47.86 | |
| AFGEM | Petra Tossings | GZC DONK | 46.44 | 196100376 | | |

Masters 65+, Dames

| | | | | | | |
|----|------------------|----------|-------|-----------|--------------|-------|
| 1. | Lia Bijkerk | GZC DONK | 48.42 | 196000014 | 48.44 | +1,03 |
| 2. | Trui Knijnenburg | DES | 56.64 | 195800266 | 58.51 | +1,10 |
| 3. | Anje Manuputty | PSV | 52.48 | 195700176 | 58.94 | +0,89 |

Masters 70+, Dames

| | | | | | | |
|----|------------------------|----------------|---------|-----------|----------------|-------|
| 1. | Tineke van Diggelen | ZPCH | 56.40 | 195200048 | 57.45 | |
| 2. | Geerdien Meerwaldt | De Geul | 58.57 | 195200058 | 1:03.24 | +1,57 |
| 3. | N. van Dongen-de Paepe | ZZ&PC De Devel | 1:08.82 | 195100044 | 1:13.73 | |

Masters 85+, Dames

| | | | | | | |
|----|-------------|-----------|---------|-----------|----------------|-------|
| 1. | Marie Smits | Old Dutch | 1:07.02 | 193800004 | 1:12.69 | +1,24 |
|----|-------------|-----------|---------|-----------|----------------|-------|

Programmanr. 9
19-1-2025 - 16:30

200m vlinderslag

20 - 94 jaar
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|---------------------------|--------------------------|---------------|---------------|---------------|----------------|
| Masters 25+, Heren | | | | | |
| 1. | Auke Sijperda | AZC | 2:48.88 | 199905115 | 2:57.10 |
| | 50m: 36.70 | 100m: 1:22.29 | 150m: 2:10.05 | 200m: 2:57.10 | +0,78 |
| Masters 30+, Heren | | | | | |
| 1. | Nick Sijmons | De Amstel | 2:13.72 | 199500491 | 2:15.89 |
| | 50m: 30.50 | 100m: 1:05.88 | 150m: 1:40.38 | 200m: 2:15.89 | +0,79 |
| 2. | Jaime Santiago Patterson | ZVL-1886 | 3:00.00 | 199406797 | 3:14.30 |
| | 50m: 37.52 | 100m: 1:21.92 | 150m: 2:11.89 | 200m: 3:14.30 | +0,82 |

Na afloop zijn de uitslagen te vinden op:
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ROM 3
Leiden, 19-01-2025.

Programmanr. 9, 200m vlinderslag

Masters 20+, Dames

| | | | | | | |
|-----|--|---------------|---------------|---------------|----------------|-------|
| 1. | Valerie Bakker | ZVL-1886 | 3:00.00 | 200103672 | 3:13.72 | +0,90 |
| | 50m: 40.75 | 100m: 1:29.75 | 150m: 2:22.72 | 200m: 3:13.72 | | |
| 2. | Wendy Visser | De Gooye | 3:16.46 | 200201600 | 3:14.22 | |
| | 50m: 38.94 | 100m: 1:28.34 | 150m: 2:21.03 | 200m: 3:14.22 | | |
| DIS | Nienke de Keijzer | De Gooye | 3:37.00 | 200404216 | | |
| | <i>AF - De aangegeven afstand niet uitgezwommen.</i> | | | | | |
| | 50m: 41.88 | 100m: 1:36.94 | | | | |

Masters 25+, Dames

| | | | | | | |
|----|------------------|----------|---------|-----------|--|--|
| NG | Cynthia van Veen | ZVL-1886 | 3:31.14 | 199606736 | | |
|----|------------------|----------|---------|-----------|--|--|

Masters 55+, Dames

| | | | | | | |
|-------|--|--------------|---------|-----------|--|--|
| DIS | Gerdien Proper | HHZV PLONS | 4:22.82 | 196800962 | | |
| | <i>VG - Bij de laatste armslag voor keer- en/of eindpunt de armen niet over het water naar voren gebracht.</i> | | | | | |
| AFGEM | Annette van Dok | MSV-Zeemacht | 4:07.04 | 196800742 | | |

Masters 65+, Dames

| | | | | | | |
|----|--------------------|---------------|---------------|---------------|----------------|-------|
| 1. | Irene van der Laan | ZVVS | 3:55.00 | 196000096 | 4:12.05 | +0,86 |
| | 50m: 51.90 | 100m: 1:57.96 | 150m: 3:05.74 | 200m: 4:12.05 | | |

Programmanr. 10
19-1-2025 - 16:35

50m rugslag

20 - 94 jaar
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|---------------------------|----------------------|-------------------------|--------|-----------|--------------|----|
| Masters 20+, Heren | | | | | | |
| 1. | Max Grimberg | SPONS | 46.57 | 200105623 | 44.88 | |
| 2. | Niels Hofstede | SPONS | 46.29 | 200205169 | 46.21 | |
| Masters 25+, Heren | | | | | | |
| 1. | Jordy van Oel | WVZ | 29.92 | 199802003 | 31.12 | |
| 2. | Patrick Wyrdeeman | Westland Swimming Stars | 32.26 | 199702475 | 33.23 | |
| 3. | Jim van Vliet | SCOM | 34.88 | 200004265 | 35.97 | |
| Masters 30+, Heren | | | | | | |
| 1. | Jeffrey van 't Schip | AZC | 31.54 | 199102035 | 31.40 | |
| 2. | Bryan Morsink | GZC DONK | 31.00 | 199101629 | 32.02 | |
| 3. | Patrick Brouwer | AZC | 32.44 | 199303715 | 32.72 | |
| NG | Melle de Groot | ZPCH | 35.44 | 199107877 | | |
| Masters 35+, Heren | | | | | | |
| NG | Wilco van der Mersch | HHZV PLONS | 42.08 | 199007699 | | |
| Masters 40+, Heren | | | | | | |
| 1. | Viktor Reijns | De Watervogels | 34.21 | 198401865 | 34.77 | |
| Masters 45+, Heren | | | | | | |
| 1. | Markus van Rest | WVZ | 33.58 | 197701197 | 34.61 | |
| 2. | Rene van Hoorn | ZVVS | 32.00 | 197601747 | 38.61 | |
| 3. | Joost van Ingen | ACZ | 51.38 | 197701781 | 50.22 | |
| NG | Steven Prins | HHZV PLONS | 40.62 | 197901833 | | |

Na afloop zijn de uitslagen te vinden op:
https://knzbwest.cfas.nl/RWOM2024-2025_3/

ROM 3
Leiden, 19-01-2025.

Programmanr. 10, 50m rugslag

Masters 50+, Heren

| | | | | | |
|----|-----------------------|-----------------|-------|-----------|--------------|
| 1. | M. van den Wildenberg | NieMo Barracuda | 33.73 | 197300991 | 32.87 |
|----|-----------------------|-----------------|-------|-----------|--------------|

Masters 55+, Heren

| | | | | | |
|----|-------------------|-----------------------|-------|-----------|--------------|
| 1. | Henri Verschoor | De Biesboschzweimmers | 35.37 | 197001041 | 35.78 |
| 2. | Marco Hogervorst | HHZV PLONS | 38.52 | 197001249 | 37.38 |
| 3. | Leon Slingerland | WVZ | 46.79 | 196801707 | 42.62 |
| 4. | Rene Eggen | HHZV PLONS | 45.16 | 196601701 | 45.80 |
| 5. | Jordey Wijnbergen | GZC DONK | 55.00 | 196901897 | 48.59 |
| NG | Joop Weenink | WS Twente | 42.29 | 196801535 | |

Masters 60+, Heren

| | | | | | |
|----|---------------------|----------------|-------|-----------|----------------|
| 1. | Erik Saan | De Duck | 37.01 | 196500769 | 38.21 |
| 2. | Menno Lomans | PSV | 38.52 | 196101071 | 38.91 |
| 3. | Caspar Boendermaker | ZVL-1886 | 42.06 | 196501605 | 41.52 |
| 4. | Jano Hogebrug | De Watervogels | 58.88 | 196401477 | 1:01.24 |

Masters 65+, Heren

| | | | | | |
|----|---------------|----------|-------|-----------|--------------|
| 1. | Wim de Lange | AZC | 40.27 | 195800533 | 42.01 |
| 2. | Peter Coffeng | GZC DONK | 46.03 | 195700063 | 49.80 |

Masters 70+, Heren

| | | | | | |
|----|----------------|-------------------|-------|-----------|--------------|
| 1. | Hans Piederiet | SG Hoeksche Waard | 37.53 | 195400177 | 39.49 |
|----|----------------|-------------------|-------|-----------|--------------|

Masters 75+, Heren

| | | | | | |
|----|-------------------|-----------------|---------|-----------|----------------|
| 1. | Herbert van Sluys | GLS Ketelbinkie | 1:26.66 | 195000173 | 1:06.41 |
|----|-------------------|-----------------|---------|-----------|----------------|

Masters 80+, Heren

| | | | | | |
|----|-----------|-----|-------|-----------|--------------|
| 1. | Rob Hanou | PSV | 55.20 | 194300109 | 54.77 |
|----|-----------|-----|-------|-----------|--------------|

Masters 20+, Dames

| | | | | | |
|----|------------------|----------------|-------|-----------|--------------|
| 1. | Margaréta Csóti | SPONS | 34.09 | 200505484 | 34.77 |
| 2. | Julianne Luijten | ZZ&PC De Devel | 40.35 | 200401150 | 37.44 |
| 3. | Juliette Boon | ZZ&PC De Devel | 38.88 | 200401908 | 39.96 |

Masters 25+, Dames

| | | | | | |
|----|----------------------|-----------------|-------|-----------|--------------|
| 1. | Lauren van IJl | WVZ | 31.72 | 200001064 | 32.05 |
| 2. | Kristien Peeters | ZVL-1886 | 37.55 | 199706672 | 35.47 |
| 3. | Irina Barau | SPONS | 36.43 | 200006826 | 36.34 |
| 4. | Esmée Rolloos | NieMo Barracuda | 36.92 | 199800056 | 38.41 |
| 5. | Tamara van den Brink | NieMo Barracuda | 36.88 | 199804182 | 38.70 |
| NG | Lianne Boegheim | GZC DONK | 38.74 | 199805454 | |

Masters 30+, Dames

| | | | | | |
|----|----------------------|-------------------|-------|-----------|--------------|
| 1. | Marijke Kommers | NieMo Barracuda | 37.15 | 199305334 | 37.91 |
| 2. | Francis van der Perk | SG Hoeksche Waard | 43.88 | 199102442 | 44.25 |
| NG | Adela Vázquez García | ZVL-1886 | 35.33 | 199307952 | |

Masters 35+, Dames

| | | | | | |
|----|------------------------|------------|-------|-----------|--------------|
| 1. | Rianne Hofland | Sassenheim | 34.09 | 198801820 | 34.96 |
| 2. | Anke Kleine Rammelkamp | De Geul | 47.05 | 198702186 | 47.48 |

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ROM 3
Leiden, 19-01-2025.

Programmanr. 10, 50m rugslag

Masters 40+, Dames

| | | | | | |
|----|--------------------------|-----|-------|-----------|--------------|
| 1. | Roos van Esch | ACZ | 33.75 | 198200468 | 35.81 |
| 2. | Jolanda Belder | ACZ | 38.46 | 198100070 | 39.64 |
| 3. | Stefanie Kohl | DES | 43.00 | 198403596 | 44.09 |
| 4. | Jacomar Stout- van Zoest | ACZ | 48.65 | 198302924 | 51.67 |

Masters 45+, Dames

| | | | | | |
|----|--------------|-----|-------|-----------|--------------|
| 1. | Delia Badoux | WVZ | 33.04 | 198000042 | 33.45 |
| 2. | Anke Lambooj | AZL | 36.40 | 198001182 | 37.05 |

Masters 50+, Dames

| | | | | | |
|----|-----------------------|-----------------------|-------|-----------|--------------|
| 1. | Johanna van Wijnen | De Biesboschzweimmers | 35.60 | 197201072 | 36.61 |
| 2. | Trudie van Niejenhuis | TZC Vahalis | 37.25 | 197100444 | 39.45 |
| 3. | Nathasja Konijn | GZC DONK | 44.37 | 197100992 | 44.94 |

Masters 55+, Dames

| | | | | | |
|-------|-----------------|----------------------------|-------|-----------|--------------|
| 1. | Annette Spies | LinK | 51.24 | 197001110 | 50.27 |
| AFGEM | Hetty Smalheer | SCOM | 47.40 | 196700352 | |
| AFGEM | Cancia Leirissa | Feijenoord Albion Zwemclub | 40.00 | 196700748 | |

Masters 60+, Dames

| | | | | | |
|----|-------------------|----------|-------|-----------|--------------|
| 1. | Feikje Wittermans | GZC DONK | 38.14 | 196400408 | 38.47 |
|----|-------------------|----------|-------|-----------|--------------|

Masters 65+, Dames

| | | | | | |
|----|------------------|----------|-------|-----------|--------------|
| 1. | Lia Bijkerk | GZC DONK | 49.05 | 196000014 | 49.23 |
| 2. | Trui Knijnenburg | DES | 55.96 | 195800266 | 56.69 |

Masters 85+, Dames

| | | | | | |
|----|-------------|-----------|---------|-----------|----------------|
| 1. | Marie Smits | Old Dutch | 1:06.91 | 193800004 | 1:11.88 |
|----|-------------|-----------|---------|-----------|----------------|

Programmanr. 11
19-1-2025 - 16:45

4 x 50m wisselslag

lft 80 - 359
Resultaten

| rang | vereniging | intijd | tijd | RT |
|--------------------|-------------------------|----------------|--------------------|-------|
| 120+, Heren | | | | |
| 1. | ZVL-1886 1 | 2:18.75 | 2:13.24 | |
| | Jose Horcas Nieto | 93 34.37 | 87 Ricardo Castro | 35.04 |
| | Daniel Castillo Montoya | 94 +0,32 31.59 | 93 Alessio Cataldo | 32.24 |
| 200+, Heren | | | | |
| 1. | HHZV PLONS 1 | 2:22.00 | 2:33.67 | |
| | Marco Hogervorst | 70 37.92 | 66 Rene Eggen | 40.70 |
| | Francois Boudreault | 74 +0,30 38.51 | 66 Hans Bijleveld | 36.54 |
| 80+, Dames | | | | |
| NG | De Gooye | De Gooye | 2:32.65 | |

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https://knzwest.cfas.nl/RWOM2024-2025_3/

ROM 3
Leiden, 19-01-2025.

Programmanr. 11, 4 x 50m wisselslag

80+, Gemengd

| | | | | | |
|----|-------------------|-----------------|---------|----------------------|----------------|
| 1. | NieMo Barracuda 1 | NieMo Barracuda | 2:05.28 | 2:08.89 | |
| | Reinier Velthuijs | 05 | 33.57 | Sidique Turay | 05 +0,29 27.60 |
| | Anouchka Bos | 05 +0,37 | 35.84 | Tamara van den Brink | 98 +0,50 31.88 |
| 2. | SPONS | SPONS | 2:31.54 | 2:36.21 | |
| | Irina Barau | 00 | 38.06 | Max Grimberg | 01 +0,53 47.46 |
| | Niels Hofstede | 02 +0,56 | 40.12 | Margaréta Csóti | 05 +0,17 30.57 |

100+, Gemengd

| | | | | | |
|----|-------------------|-----------------|---------|--------------------|----------------|
| 1. | NieMo Barracuda 2 | NieMo Barracuda | 2:15.09 | 2:17.28 | |
| | Esmée Rolloos | 98 | 38.41 | Ids de Klerk | 98 +0,51 32.22 |
| | Marijke Kommers | 93 +0,20 | 39.04 | Robin van Beusekom | 92 +0,36 27.61 |

120+, Gemengd

| | | | | | |
|----|-------------------|-------------------|---------|----------------------|----------------|
| 1. | Sassenheim | Sassenheim | 2:18.03 | 2:18.59 | |
| | Rianne Hofland | 88 | 35.84 | Wesley van der Luit | 97 +0,46 32.54 |
| | Bogdan Androne | 77 +0,39 | 36.55 | Britt van Bommel | 03 +0,47 33.66 |
| 2. | SG Hoeksche Waard | SG Hoeksche Waard | 2:31.58 | 2:35.74 | |
| | Hans Piederiet | 54 | 41.42 | Serena den Tuinder | 03 +0,62 36.02 |
| | Jordi Leunisse | 02 +0,41 | 38.19 | Francis van der Perk | 91 +0,33 40.11 |

160+, Gemengd

| | | | | | |
|----|----------------------------|----------------------------|---------|------------------|----------------|
| 1. | ACZ | ACZ | 2:12.35 | 2:12.04 | |
| | Kevin Kingma | 97 | 32.26 | Roos van Esch | 82 +0,48 33.88 |
| | Ignacio Garcia Rodriguez | 85 +0,56 | 35.09 | Carol Hollemans | 69 +0,43 30.81 |
| 2. | ZVL-1886 2 | ZVL-1886 | 2:21.76 | 2:26.52 | |
| | Hans Kiers | 83 | 38.16 | Martin Berkhout | 71 +0,45 36.72 |
| | Suzan Blankestijn | 89 +0,68 | 40.23 | Kristien Peeters | 97 +0,18 31.41 |
| 3. | Feijenoord Albion Zwemclub | Feijenoord Albion Zwemclub | 2:48.99 | 2:39.60 | |
| | Cancia Leirissa | 67 | 43.97 | Jerianne Gomez | 86 +0,70 44.69 |
| | William Dauchy | 87 +0,64 | 43.22 | Rob van Wanrooy | 82 +0,32 27.72 |

200+, Gemengd

| | | | | | |
|-----|--|------------|---------|----------------|----------------|
| 1. | ZVVS | ZVVS | 2:35.34 | 2:47.80 | |
| | Jeroen Hoeksel | 74 | 43.94 | Helena Mels | 69 +0,37 41.01 |
| | Patrick Groenendijk | 79 +0,65 | 41.41 | Inge Deutz | 66 +0,73 41.44 |
| DIS | HHZV PLONS 2 | HHZV PLONS | 2:39.00 | | |
| | <i>EE - Bij estafette wisselslag de vrije slag gezwommen als school- vlinder- of rugslag. **</i> | | | | |
| | Martijn Huijnen | 81 | 40.88 | Gerdien Proper | 68 51.61 |
| | Christina Popma | 77 +0,89 | 46.72 | James Norman | 60 +0,57 |

Na afloop zijn de uitslagen te vinden op:
https://knzwest.cfas.nl/RWOM2024-2025_3/