

ROM Masters 3
Leiden, 19-1-2025

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

200m vrije slag

20 - 94 jaar
Resultaten

rang naam	vereniging	intijd		tijd	RT	50m	100m	150m	200m
Masters 20+, Heren									
1. Esper Paans	ZZ&PC De Devel	2:13.33	200100607	2:10.51	+0,72	29.14	32.92	34.63	33.82
2. Max Grimberg	SPONS	3:01.26	200105623	3:00.74	+0,86	39.50	45.74	49.35	46.15
Masters 25+, Heren									
1. Wesley van der Luit	Sassenheim	2:12.23	199701895	2:12.34	+0,77	31.56	33.59	34.28	32.91
2. Patrick Wyrdeeman	Westland Swimming St	2:14.90	199702475	2:14.57	+0,69	30.41	33.07	34.98	36.11
3. Kevin Kingma	ACZ	2:19.34	199700559	2:16.81	+0,77	30.73	35.21	37.02	33.85
4. Auke Sijperda	AZC	2:24.35	199905115	2:22.36	+0,89	32.14	36.55	37.66	36.01
Masters 30+, Heren									
1. Nick Sijmons	De Amstel	2:00.73	199500491	2:01.71	+0,71	27.75	31.19	31.65	31.12
2. Jeffrey van 't Schip	AZC	2:13.85	199102035	2:12.06	+0,66	30.02	33.15	34.71	34.18
3. Melle de Groot	ZPCH	2:17.97	199107877	2:22.52	+0,78	30.43	33.24	34.37	44.48
Masters 35+, Heren									
1. R. van Oosterhout	WVZ	2:05.50	199002179	2:01.34	+0,71	27.67	31.36	31.86	30.45
Masters 40+, Heren									
1. Viktor Reijns	De Watervogels	2:22.00	198401865	2:20.78	+0,84	31.17	35.35	36.73	37.53
Masters 45+, Heren									
1. Emiel Volker	ZVL-1886	2:32.75	197601605	2:34.23	+0,79	34.23	38.26	41.07	40.67
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	33.62	38.83	39.74	38.50
2. Jeroen Hoeksel	ZVVS	2:49.20	197401533	2:58.48	+1,07	40.90	45.11	47.25	45.22
Masters 55+, Heren									
1. Leon Slingerland	WVZ	2:31.06	196801707	2:34.46	+0,87	33.89	39.38	41.26	39.93
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	35.94	40.51	41.43	40.08
2. Erik Saan	De Duck	2:39.25	196500769	2:42.79	+1,01	35.86	42.73	43.36	40.84
3. Pierre de Groot	GZC DONK	3:00.00	196401431	3:11.11	+0,89	41.38	46.22	50.58	52.93
4. Jano Hogebrug	De Watervogels	3:38.93	196401477	3:23.93	+0,88	45.69	50.62	54.68	52.94
Masters 20+, Dames									
1. Wendy Visser	De Gooye	2:35.83	200201600	2:36.52	+0,60	35.25	40.00	41.55	39.72
2. C. van der Leije	De Gooye	2:37.00	200303690	2:39.44	+0,69	36.05	39.82	41.75	41.82
3. Britt van Bommel	Sassenheim	2:37.43	200301982	2:44.93	+0,87	36.70	42.01	43.94	42.28
Masters 25+, Dames									
1. Kristien Peeters	ZVL-1886	2:30.93	199706672	2:29.18	+0,73	34.97	37.37	39.06	37.78
NG Sophie van der Leije	De Gooye	2:41.06	200005806						

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

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Masters 30+, Dames

1. Lotte Coenen	DES	2:16.38	199301518	2:17.04	+0,75	31.45	34.66	35.48	35.45
2. Jasmijn Ruijgrok	WZK	2:25.08	199401032	2:22.25		32.42	35.79	37.22	36.82

Masters 40+, Dames

1. Else de Rooij	MNC Dordrecht	3:09.85	198202560	3:08.10	+1,06	43.13	46.91	50.12	47.94
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Masters 45+, Dames

1. Ilonka van der Meer	LinK	2:56.12	197601168	3:01.12	+1,11	41.71	45.61	47.36	46.44
2. Christina Popma	HHZV PLONS	3:05.82	197701262	3:10.14	+1,38	44.63	48.14	49.10	48.27

Masters 50+, Dames

1. Johanna van Wijnen	De Biesboschzwemme	2:33.43	197201072	2:29.47	+0,93	34.93	37.47	38.28	38.79
2. Y. van Nobelen - Kamps	Sassenheim	2:47.21	197200316	2:50.30	+0,73	39.41	42.94	44.45	43.50

Masters 55+, Dames

1. Bianca Groot	MSV-Zeemacht	2:28.75	197000652	2:27.49	+0,84	34.74	37.61	38.36	36.78
2. Carol Hollemans	ACZ	2:26.74	196900252	2:29.33	+0,78	35.10	37.55	38.54	38.14
3. Cancia Leirissa	Feijenoord Albion Zwen	2:54.53	196700748	2:57.70	+0,86	39.70	45.47	47.76	44.77
4. Gerdien Proper	HHZV PLONS	3:17.45	196800962	3:08.77	+1,17	43.20	47.51	50.22	47.84
5. Inge Deutz	ZVVS	3:17.58	196600726	3:28.90	+0,94	47.43	52.54	54.75	54.18

Masters 60+, Dames

1. M. Grove-Lingeman	Triton	2:52.66	196200080	2:53.15	+0,89	39.99	44.11	44.73	44.32
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Masters 65+, Dames

1. Irene van der Laan	ZVVS	3:00.93	196000096	2:58.44		41.83	45.12	46.22	45.27
2. Mies Kuipers	Old Dutch	4:43.64	195800202	4:50.96		1:08.65	1:16.56	1:15.69	1:10.06

Masters 85+, Dames

1. Marie Smits	Old Dutch	4:23.19	193800004	4:21.09	+1,24	59.34	1:07.08	1:08.21	1:06.46
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