

ROM Masters 3
Leiden, 19-1-2025

Programmanr. 7
19-1-2025 - 15:55

400m wisselslag
LET OP: SERIES 1 EN 2 ZIJN SAMENGEVOEGD.

20 - 94 jaar
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | |
|---------------------------|---------------------|-------------------------|---------|---------------|----------------------|-------|
| Masters 25+, Heren | | | | | | |
| 1. | Wesley van der Luit | Sassenheim | 5:30.58 | 199701895 | 5:28.37 +0,70 | |
| | 50m: 34.85 | 34.85 150m: 1:59.88 | 44.21 | 250m: 3:28.98 | 46.97 350m: 4:54.97 | 37.51 |
| | 100m: 1:15.67 | 40.82 200m: 2:42.01 | 42.13 | 300m: 4:17.46 | 48.48 400m: 5:28.37 | 33.40 |
| 2. | Tenzin Tieman | Old Dutch | 5:35.00 | 200005549 | 5:32.40 +0,84 | |
| | 50m: 32.78 | 32.78 150m: 1:57.43 | 44.85 | 250m: 3:31.61 | 50.44 350m: 4:58.73 | 35.89 |
| | 100m: 1:12.58 | 39.80 200m: 2:41.17 | 43.74 | 300m: 4:22.84 | 51.23 400m: 5:32.40 | 33.67 |
| 3. | Nick Boekestijn | Westland Swimming Stars | 5:20.00 | 199900291 | 5:32.87 +0,52 | |
| | 50m: 33.85 | 33.85 150m: 1:57.33 | 42.61 | 250m: 3:30.05 | 50.11 350m: 4:55.52 | 36.68 |
| | 100m: 1:14.72 | 40.87 200m: 2:39.94 | 42.61 | 300m: 4:18.84 | 48.79 400m: 5:32.87 | 37.35 |
| 4. | Jochem van Bochove | ACZ | 6:30.00 | 199605913 | 6:40.93 +0,77 | |
| | 50m: 42.95 | 42.95 150m: 2:26.20 | 52.80 | 250m: 4:13.65 | 54.79 350m: 5:56.16 | 48.29 |
| | 100m: 1:33.40 | 50.45 200m: 3:18.86 | 52.66 | 300m: 5:07.87 | 54.22 400m: 6:40.93 | 44.77 |

Masters 40+, Heren

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|----|-----------------|---------------------|---------|---------------|----------------------|-------|
| 1. | Martijn Huijnen | HHZV PLONS | 7:14.44 | 198102545 | 7:07.51 +0,93 | |
| | 50m: 50.16 | 50.16 150m: 2:44.42 | 55.62 | 250m: 4:34.92 | 56.67 350m: 6:21.45 | 48.08 |
| | 100m: 1:48.80 | 58.64 200m: 3:38.25 | 53.83 | 300m: 5:33.37 | 58.45 400m: 7:07.51 | 46.06 |

Masters 45+, Heren

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

Masters 55+, Heren

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|----|---------------|---------------------|---------|---------------|----------------------|-------|
| 1. | Harold Matla | PSV | 5:54.72 | 196800591 | 5:59.05 +0,91 | |
| | 50m: 37.65 | 37.65 150m: 2:08.98 | 46.76 | 250m: 3:44.77 | 49.04 350m: 5:17.27 | 42.61 |
| | 100m: 1:22.22 | 44.57 200m: 2:55.73 | 46.75 | 300m: 4:34.66 | 49.89 400m: 5:59.05 | 41.78 |

Masters 80+, Heren

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|----|---------------|-----------------------|---------|---------------|-----------------------|-------|
| 1. | Rob Hanou | PSV | 9:26.95 | 194300109 | 9:32.14 +1,21 | |
| | 50m: 1:13.27 | 1:13.27 150m: 3:57.20 | 1:13.82 | 250m: 6:20.82 | 1:13.24 350m: 8:34.30 | 59.36 |
| | 100m: 2:43.38 | 1:30.11 200m: 5:07.58 | 1:10.38 | 300m: 7:34.94 | 1:14.12 400m: 9:32.14 | 57.84 |

Masters 20+, Dames

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|----|---------------------|-----------------------|---------|---------------|-----------------------|-------|
| 1. | Isa Warmerdam | Sassenheim | 6:00.42 | 200202516 | 5:57.03 +0,60 | |
| | 50m: 36.44 | 36.44 150m: 2:06.51 | 45.28 | 250m: 3:43.78 | 52.77 350m: 5:18.78 | 42.12 |
| | 100m: 1:21.23 | 44.79 200m: 2:51.01 | 44.50 | 300m: 4:36.66 | 52.88 400m: 5:57.03 | 38.25 |
| 2. | Zoë van der Reijden | LinK | 6:58.61 | 200505296 | 7:26.67 +0,84 | |
| | 50m: 51.08 | 51.08 150m: 2:48.01 | 54.24 | 250m: 4:43.03 | 1:00.21 350m: 6:36.27 | 50.61 |
| | 100m: 1:53.77 | 1:02.69 200m: 3:42.82 | 54.81 | 300m: 5:45.66 | 1:02.63 400m: 7:26.67 | 50.40 |

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|-----|---|------------|---------|-----------|--|
| DIS | Britt van Bommel | Sassenheim | 6:35.61 | 200301982 | |
| | <i>RH - Het eindpunt niet in rugligging aangeraakt.</i> | | | | |

Masters 25+, Dames

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|----|--------------------|-------------------------|---------|---------------|----------------------|-------|
| 1. | Anouk van der Lans | Westland Swimming Stars | 6:27.46 | 199801614 | 6:18.28 +0,79 | |
| | 50m: 39.94 | 39.94 150m: 2:16.63 | 46.69 | 250m: 3:55.72 | 53.40 350m: 5:35.95 | 44.29 |
| | 100m: 1:29.94 | 50.00 200m: 3:02.32 | 45.69 | 300m: 4:51.66 | 55.94 400m: 6:18.28 | 42.33 |
| 2. | Dannique Koolen | ZPC AMERSFOORT | 7:11.94 | 199904048 | 7:11.90 +0,95 | |
| | 50m: 46.76 | 46.76 150m: 2:48.01 | 54.24 | 250m: 4:41.15 | 59.21 350m: 6:27.68 | 47.89 |
| | 100m: 1:46.25 | 59.49 200m: 3:41.94 | 54.81 | 300m: 5:39.79 | 58.64 400m: 7:11.90 | 44.22 |

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|----|----------------|-----------------------|---------|-----------|--|
| NG | Nadine Scheeve | De Biesboschzweimmers | 6:55.23 | 199700684 | |
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Na afloop zijn de uitslagen te vinden op:
https://knzbwest.cfas.nl/RWOM2024-2025_3/

ROM Masters 3
Leiden, 19-1-2025

Programmanr. 7, 400m wisselslag

Masters 40+, Dames

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|------------------|-------|---------------|-------|---------------|-----------|---------------|-------|----------------|-------|
| 1. Roos van Esch | ACZ | | | 5:40.06 | 198200468 | | | 5:51.69 | +0,94 |
| 50m: 37.45 | 37.45 | 150m: 2:06.34 | 45.87 | 250m: 3:41.16 | 50.50 | 350m: 5:12.31 | 41.49 | | |
| 100m: 1:20.47 | 43.02 | 200m: 2:50.66 | 44.32 | 300m: 4:30.82 | 49.66 | 400m: 5:51.69 | 39.38 | | |

Masters 45+, Dames

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|---------------------|-----------|---------------|-------|---------------|-----------|---------------|-------|----------------|-------|
| 1. Steffi Meinhold | DES | | | 6:27.99 | 198001542 | | | 6:11.23 | |
| 50m: 44.07 | 44.07 | 150m: 2:23.20 | 45.80 | 250m: 4:01.78 | 53.23 | 350m: 5:33.67 | 39.37 | | |
| 100m: 1:37.40 | 53.33 | 200m: 3:08.55 | 45.35 | 300m: 4:54.30 | 52.52 | 400m: 6:11.23 | 37.56 | | |
| 2. Chantal Verhoeff | Old Dutch | | | 6:23.78 | 197900912 | | | 6:33.05 | +0,84 |
| 50m: 41.48 | 41.48 | 150m: 2:24.55 | 51.89 | 250m: 4:11.15 | 56.00 | 350m: 5:49.82 | 43.06 | | |
| 100m: 1:32.66 | 51.18 | 200m: 3:15.15 | 50.60 | 300m: 5:06.76 | 55.61 | 400m: 6:33.05 | 43.23 | | |

Masters 50+, Dames

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|----------------------------------|----------|---------------|-------|---------------|-----------|---------------|-------|----------------|-------|
| 1. Liselotte Joling | PSV | | | 5:36.31 | 197500268 | | | 5:37.76 | +0,90 |
| <i>Nederlands Masters Record</i> | | | | | | | | | |
| 50m: 36.14 | 36.14 | 150m: 2:02.72 | 45.03 | 250m: 3:33.90 | 48.95 | 350m: 5:01.99 | 38.53 | | |
| 100m: 1:17.69 | 41.55 | 200m: 2:44.95 | 42.23 | 300m: 4:23.46 | 49.56 | 400m: 5:37.76 | 35.77 | | |
| 2. Nathasja Konijn | GZC DONK | | | 7:20.00 | 197100992 | | | 7:15.68 | +0,96 |
| 50m: 46.74 | 46.74 | 150m: 2:34.63 | 51.57 | 250m: 4:28.41 | 1:01.95 | 350m: 6:24.88 | 52.11 | | |
| 100m: 1:43.06 | 56.32 | 200m: 3:26.46 | 51.83 | 300m: 5:32.77 | 1:04.36 | 400m: 7:15.68 | 50.80 | | |

Masters 55+, Dames

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|------------------|---------|---------------|--|---------------|-----------|---------------|-------|----------------|-------|
| 1. Annette Spies | LinK | | | 7:05.64 | 197001110 | | | 8:03.03 | +0,91 |
| 50m: 51.51 | 51.51 | 150m: | | 250m: 5:13.49 | 1:09.25 | 350m: 7:12.70 | 50.32 | | |
| 100m: 1:53.08 | 1:01.57 | 200m: 4:04.24 | | 300m: 6:22.38 | 1:08.89 | 400m: 8:03.03 | 50.33 | | |

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