

ROM Masters 2

Papendrecht, 19-10-2025

Programmanr. 6
19-10-2025 - 14:40

400m vrije slag

20 - 89 jaar
Resultaten

rang	naam	vereniging		intijd		tijd		RT	
Masters 20+, Heren									
1.	Tygo Korving	ZOB'66		5:04.31	200300773		4:49.77	+0,75	
	50m: 31.05	31.05	150m: 1:41.70	35.92	250m: 2:55.87	37.48	350m: 4:12.17	38.68	
	100m: 1:05.78	34.73	200m: 2:18.39	36.69	300m: 3:33.49	37.62	400m: 4:49.77	37.60	
Masters 25+, Heren									
1.	Jorian Tanis	Albion		4:09.12	199900327		4:10.97	+0,73	
	50m: 27.69	27.69	150m: 1:30.87	31.84	250m: 2:35.33	32.24	350m: 3:40.37	32.31	
	100m: 59.03	31.34	200m: 2:03.09	32.22	300m: 3:08.06	32.73	400m: 4:10.97	30.60	
2.	Jaimy Voogt	ZOB'66		5:07.53	200005881		5:10.11	+0,78	
	50m: 31.62	31.62	150m: 1:46.55	38.61	250m: 3:07.85	41.44	350m: 4:30.16	41.38	
	100m: 1:07.94	36.32	200m: 2:26.41	39.86	300m: 3:48.78	40.93	400m: 5:10.11	39.95	
Masters 30+, Heren									
1.	Jaime Santiago Patterson * bu 100 mtr.	ZVL-1886		5:30.00	199406797		5:20.80	+0,73	
	50m: 34.03	34.03	150m: 1:55.60	41.80	250m: 3:18.73	41.18	350m: 4:40.60	40.43	
	100m: 1:13.80	39.77	200m: 2:37.55	41.95	300m: 4:00.17	41.44	400m: 5:20.80	40.20	
Masters 40+, Heren									
1.	Hans Kiers	ZVL-1886		5:45.00	198302871		5:37.48	+0,81	
	50m: 34.71	34.71	150m: 1:56.92	42.39	250m: 3:23.11	43.41	350m: 4:51.06	43.14	
	100m: 1:14.53	39.82	200m: 2:39.70	42.78	300m: 4:07.92	44.81	400m: 5:37.48	46.42	
Masters 45+, Heren									
1.	Steven Prins	HHZV PLONS		5:20.95	197901833		5:34.14	+0,74	
	50m: 36.04	36.04	150m: 1:59.22	42.13	250m: 3:25.26	43.04	350m: 4:51.55	43.13	
	100m: 1:17.09	41.05	200m: 2:42.22	43.00	300m: 4:08.42	43.16	400m: 5:34.14	42.59	
2.	Ingmar Kooman	ZVL-1886		5:39.71	197901517		5:56.39	+0,86	
	50m: 35.75	35.75	150m: 2:03.18	45.12	250m: 3:36.39	46.91	350m: 5:11.44	47.64	
	100m: 1:18.06	42.31	200m: 2:49.48	46.30	300m: 4:23.80	47.41	400m: 5:56.39	44.95	
Masters 50+, Heren									
1.	Martin Berkhout * bu 50, 100 mtr.	ZVL-1886		5:24.78	197101123		5:25.64	+0,75	
	50m: 34.13	34.13	150m: 1:54.97	41.25	250m: 3:18.76	41.56	350m: 4:43.60	42.69	
	100m: 1:13.72	39.59	200m: 2:37.20	42.23	300m: 4:00.91	42.15	400m: 5:25.64	42.04	
2.	Bastiaan Huizinga	De Watervogels		5:47.00	197300395		5:44.66	+1,00	
	50m: 38.28	38.28	150m: 2:03.72	42.83	250m: 3:30.77	43.78	350m: 5:00.66	45.24	
	100m: 1:20.89	42.61	200m: 2:46.99	43.27	300m: 4:15.42	44.65	400m: 5:44.66	44.00	
3.	Jeroen Hoeksel * bu 200 mtr.	ZVVS		6:17.07	197401533		5:59.14	+0,99	
	50m: 39.20	39.20	150m: 2:07.88	44.97	250m: 3:39.54	46.33	350m: 5:13.28	47.56	
	100m: 1:22.91	43.71	200m: 2:53.21	45.33	300m: 4:25.72	46.18	400m: 5:59.14	45.86	
Masters 55+, Heren									
1.	Marcel Vroegindewei	Poseidon'56		5:28.94	196801709		5:28.52	+0,72	
	50m: 36.48	36.48	150m: 2:00.64	42.68	250m: 3:27.28	43.34	350m: 4:51.17	41.13	
	100m: 1:17.96	41.48	200m: 2:43.94	43.30	300m: 4:10.04	42.76	400m: 5:28.52	37.35	
2.	Leon Slingerland	WVZ		5:24.56	196801707		5:33.61	+0,86	
	50m: 36.30	36.30	150m: 2:01.12	42.82	250m: 3:27.08	42.79	350m: 4:53.45	43.04	
	100m: 1:18.30	42.00	200m: 2:44.29	43.17	300m: 4:10.41	43.33	400m: 5:33.61	40.16	
3.	Ryan Douglas	Albion		7:55.07	196901883		7:07.82	+1,08	
	50m: 43.84	43.84	150m: 2:28.54	52.72	250m: 4:21.72	56.96	350m: 6:15.01	56.30	
	100m: 1:35.82	51.98	200m: 3:24.76	56.22	300m: 5:18.71	56.99	400m: 7:07.82	52.81	

Na afloop zijn de uitslagen te vinden op:
https://knzwbwest.cfas.nl/RWOM2025-2026_2/

ROM Masters 2 Papendrecht, 19-10-2025

Programmanr. 6, Heren, 400m vrije slag, Masters 55+

rang	naam	vereniging	intijd	tijd	RT
DIS	Frank van Nobelen	Sassenheim	5:09.46	196900753	
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>				

Masters 60+, Heren

1.	Adriaan Kop	Old Dutch	6:31.36	196101135	6:18.06	+0,89
	50m: 40.47	40.47	150m: 2:12.64	47.46	250m: 3:49.04	50.86
	100m: 1:25.18	44.71	200m: 3:01.19	48.55	300m: 4:38.64	48.56
				47.85	350m: 5:29.50	
				49.60	400m: 6:18.06	
2.	Arno Stap	ZVVS	6:50.00	196100575	6:59.49	
	50m: 43.92	43.92	150m: 2:27.17	53.25	250m: 4:18.57	54.26
	100m: 1:33.92	50.00	200m: 3:23.61	56.44	300m: 5:13.36	54.79
				54.96	350m: 6:07.62	51.87
				54.79	400m: 6:59.49	
3.	Jano Hogebrug	De Watervogels	7:25.26	196401477	7:34.26	+0,88
	<i>* bu 100, 200 mtr.</i>					
	50m: 50.17	50.17	150m: 2:44.83	59.71	250m: 4:43.05	57.87
	100m: 1:45.12	54.95	200m: 3:43.70	58.87	300m: 5:42.58	59.53
				59.35	350m: 6:40.45	57.87
				59.53	400m: 7:34.26	53.81

Masters 65+, Heren

AFGEM	Richard Broer	HHZV PLONS	5:40.74	195900077	
NG	André Pantekoek	PSV	7:40.00	195800321	

Masters 80+, Heren

1.	Willem Putter	ZVVS	6:56.77	194500135	7:01.40	+1,08
	<i>Nederlands Masters Record</i>					
	50m: 44.72	44.72	150m: 2:28.74	52.88	250m: 4:17.64	55.05
	100m: 1:35.86	51.14	200m: 3:22.59	53.85	300m: 5:13.32	55.68
				55.05	350m: 6:08.92	55.60
				55.68	400m: 7:01.40	52.48
2.	Geza Kaltenecker	AZC	7:17.52	194200065	7:50.17	+1,03
	50m: 53.15	53.15	150m: 2:52.10	1:00.02	250m: 4:52.59	1:00.24
	100m: 1:52.08	58.93	200m: 3:52.35	1:00.25	300m: 5:53.48	1:00.89
				1:00.24	350m: 6:54.71	1:01.23
				1:00.89	400m: 7:50.17	55.46

Masters 20+, Dames

1.	Berinda van Dijk	Blue Marlins	5:37.11	200104186	5:41.84	+0,86
	50m: 39.35	39.35	150m: 2:05.82	43.84	250m: 3:33.23	43.34
	100m: 1:21.98	42.63	200m: 2:49.89	44.07	300m: 4:16.36	43.13
				43.34	350m: 4:59.73	43.37
				43.13	400m: 5:41.84	42.11
2.	Dayna van Hoorn	Poseidon'56	5:52.09	200502800	6:00.90	+0,87
	50m: 39.52	39.52	150m: 2:09.87	46.33	250m: 3:43.20	46.87
	100m: 1:23.54	44.02	200m: 2:56.33	46.46	300m: 4:29.64	46.44
				46.44	350m: 5:16.04	46.40
					400m: 6:00.90	44.86

Masters 25+, Dames

1.	Cynthia van Veen	BZ&PC	6:37.99	199606736	6:26.92	+0,77
	<i>* bu 50 mtr.</i>					
	50m: 40.81	40.81	150m: 2:16.98	49.06	250m: 3:57.18	50.59
	100m: 1:27.92	47.11	200m: 3:06.59	49.61	300m: 4:48.23	51.05
				50.59	350m: 5:38.52	50.29
				51.05	400m: 6:26.92	48.40

Masters 30+, Dames

1.	Francis van der Perk	SGHW	7:28.74	199102442	7:35.21	+1,00
	50m: 46.55	46.55	150m: 2:38.49	57.70	250m: 4:37.23	59.58
	100m: 1:40.79	54.24	200m: 3:37.65	59.16	300m: 5:37.21	59.98
				59.58	350m: 6:38.62	1:01.41
				59.98	400m: 7:35.21	56.59

Masters 35+, Dames

1.	Jerianne Gomez	Albion	7:30.00	198605360	6:46.80	+0,70
	50m: 43.34	43.34	150m: 2:25.88	51.18	250m: 4:11.61	53.78
	100m: 1:34.70	51.36	200m: 3:17.83	51.95	300m: 5:05.92	54.31
				53.78	350m: 5:58.60	52.68
				54.31	400m: 6:46.80	48.20

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ROM Masters 2 Papendrecht, 19-10-2025

Programmanr. 6, 400m vrije slag

Masters 40+, Dames

1.	Linda Hoogendam	WVZ	5:42.58	198300892	5:56.77	+0,86
	50m: 40.05	40.05 150m: 2:11.27	45.59 250m: 3:42.81	45.82 350m: 5:14.58	45.47	
	100m: 1:25.68	45.63 200m: 2:56.99	45.72 300m: 4:29.11	46.30 400m: 5:56.77	42.19	
2.	Else de Rooij	MNC Dordrecht	6:22.80	198202560	6:24.68	+0,94
	* bu 50, 200 mtr.					
	50m: 43.96	43.96 150m: 2:20.40	48.60 250m: 3:59.15	49.82 350m: 5:39.05	49.68	
	100m: 1:31.80	47.84 200m: 3:09.33	48.93 300m: 4:49.37	50.22 400m: 6:24.68	45.63	
3.	Marta Nyczkowska	De Watervogels	6:44.40	198302974	7:18.24	+1,21
	50m: 42.09	42.09 150m: 2:24.32	53.85 250m: 4:21.97	1:01.13 350m: 6:19.25	57.57	
	100m: 1:30.47	48.38 200m: 3:20.84	56.52 300m: 5:21.68	59.71 400m: 7:18.24	58.99	

Masters 45+, Dames

1.	Steffi Meinhold	DES	4:52.33	198001542	4:55.40	+0,85
	50m: 32.50	32.50 150m: 1:45.90	37.30 250m: 3:01.57	37.91 350m: 4:18.31	38.34	
	100m: 1:08.60	36.10 200m: 2:23.66	37.76 300m: 3:39.97	38.40 400m: 4:55.40	37.09	
2.	Anke Lambooy	AZL	5:02.31	198001182	5:18.27	+0,88
	50m: 33.36	33.36 150m: 1:49.63	38.94 250m: 3:11.09	41.33 350m: 4:35.83	42.72	
	100m: 1:10.69	37.33 200m: 2:29.76	40.13 300m: 3:53.11	42.02 400m: 5:18.27	42.44	
3.	Chantal Verhoeff	Old Dutch	5:22.72	197900912	5:22.28	+0,84
	50m: 35.57	35.57 150m: 1:56.92	41.06 250m: 3:19.01	40.51 350m: 4:41.77	41.44	
	100m: 1:15.86	40.29 200m: 2:38.50	41.58 300m: 4:00.33	41.32 400m: 5:22.28	40.51	
4.	Petra Guijt	Aqua-Novio '94	6:00.00	197600978	5:43.17	+0,92
	50m: 38.97	38.97 150m: 2:06.23	43.79 250m: 3:33.93	43.97 350m: 5:01.06	43.32	
	100m: 1:22.44	43.47 200m: 2:49.96	43.73 300m: 4:17.74	43.81 400m: 5:43.17	42.11	

Masters 50+, Dames

1.	Liselotte Joling	PSV	4:45.59	197500268	4:48.43	+0,85
	50m: 34.13	34.13 150m: 1:47.16	36.31 250m: 3:00.26	36.24 350m: 4:13.19	36.13	
	100m: 1:10.85	36.72 200m: 2:24.02	36.86 300m: 3:37.06	36.80 400m: 4:48.43	35.24	

Masters 55+, Dames

1.	Karin van N.	Old Dutch	6:12.08	196600188	6:17.78	+0,98
	* bu 50, 100, 200 mtr.					
	50m: 41.82	41.82 150m: 2:16.60	48.43 250m: 3:54.36	48.91 350m: 5:31.09	48.40	
	100m: 1:28.17	46.35 200m: 3:05.45	48.85 300m: 4:42.69	48.33 400m: 6:17.78	46.69	
2.	Karin Berckenkamp	GZC DONK	6:51.61	196900038	6:43.56	+0,96
	50m: 44.48	44.48 150m: 2:25.93	51.29 250m: 4:09.34	51.75 350m: 5:53.14	51.87	
	100m: 1:34.64	50.16 200m: 3:17.59	51.66 300m: 5:01.27	51.93 400m: 6:43.56	50.42	
3.	Caroline Kruger	Albion	8:40.00	196800928	7:13.05	+0,79
	* bu 50, 100, 200 mtr.					
	50m: 42.65	42.65 150m: 2:24.93	52.24 250m: 4:13.22	55.11 350m: 6:11.17	59.82	
	100m: 1:32.69	50.04 200m: 3:18.11	53.18 300m: 5:11.35	58.13 400m: 7:13.05	1:01.88	
4.	Inge Deutz	ZVVS	7:25.76	196600726	7:13.12	+0,88
	50m: 46.78	46.78 150m: 2:34.02	54.54 250m: 4:26.25	56.55 350m: 6:20.27	56.87	
	100m: 1:39.48	52.70 200m: 3:29.70	55.68 300m: 5:23.40	57.15 400m: 7:13.12	52.85	
5.	Roselinda van der Vlugt	De Geul	7:08.98	196700710	7:34.74	+0,88
	* bu 50, 100 mtr.					
	50m: 50.31	50.31 150m: 2:45.65	58.44 250m: 4:43.71	58.78 350m: 6:39.76	57.65	
	100m: 1:47.21	56.90 200m: 3:44.93	59.28 300m: 5:42.11	58.40 400m: 7:34.74	54.98	

AFGEM Kristien Van de Moortel ShaRK 6:25.38 ShaRK/20315/69

Masters 60+, Dames

1.	Marinka vd Zwet	Sassenheim	6:25.36	196500346	5:49.52	
	50m: 39.03	39.03 150m: 2:07.05	44.38 250m: 3:36.74	45.09 350m: 5:06.72	44.91	
	100m: 1:22.67	43.64 200m: 2:51.65	44.60 300m: 4:21.81	45.07 400m: 5:49.52	42.80	
2.	Erica Muller	De Geul	6:45.58	196400412	7:18.70	+0,84
	50m: 48.18	48.18 150m: 2:36.74	55.06 250m: 4:28.76	56.79 350m: 6:22.92	57.34	
	100m: 1:41.68	53.50 200m: 3:31.97	55.23 300m: 5:25.58	56.82 400m: 7:18.70	55.78	

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ROM Masters 2
Papendrecht, 19-10-2025

Programmanr. 6, Dames, 400m vrije slag, Masters 60+

rang	naam	vereniging				intijd				tijd				RT	
3.	Annemarie Straetemans	De Geul				7:41.47				196300508				7:55.40	+0.96
	50m:	54.45	54.45	150m:	2:56.50	1:01.07	250m:	4:58.60	1:00.65	350m:	6:58.03	58.95			
	100m:	1:55.43	1:00.98	200m:	3:57.95	1:01.45	300m:	5:59.08	1:00.48	400m:	7:55.40	57.37			

Masters 75+, Dames

1.	Conny Boer-Buys			ZVVS			6:29.86			195000006			6:20.77			+0,92		
	Nederlands Masters Record																	
	50m:	42.05	42.05	150m:	2:16.83	48.80	250m:	3:55.05	49.18	350m:	5:33.50	49.40						
	100m:	1:28.03	45.98	200m:	3:05.87	49.04	300m:	4:44.10	49.05	400m:	6:20.77	47.27						

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