

ROM 3  
Leiden, 18-1-2026

Programmanr. 4  
18-1-2026 - 15:00

200m vrije slag

20 - 89 jaar  
Resultaten

rang naam	vereniging	intijd		tijd	RT	50m	100m	150m	200m	
<b>Masters 20+, Heren</b>										
1. Tygo Korving	ZOB'66	2:12.50	200300773	<b>2:10.54</b>	+0,72	28.68	1:00.97	1:35.09	2:10.54	
2. Pieter Nuijten	De Marlijn (SG)	2:32.84	200600043	<b>2:28.38</b>	+0,70	33.22	1:10.30	1:49.87	2:28.38	
3. Thomas Verschoor	De Biesboschzwemme	2:33.43	200600903	<b>2:38.19</b>	+0,81	34.84	1:14.82	1:57.90	2:38.19	
<b>Masters 25+, Heren</b>										
1. Jasper Breugem	WVZ	1:59.59	200000303	<b>2:01.78</b>	+0,72	27.50	58.64	1:30.15	2:01.78	
2. Wesley van der Luit	Sassenheim	2:11.16	199701895	<b>2:13.84</b>	+0,65	31.35	1:05.62	1:40.75	2:13.84	
3. Nick Boekestijn	Westland Swimming St:	2:11.89	199900291	<b>2:17.88</b>	+0,59	30.98	1:06.46	1:42.21	2:17.88	
4. Erik Baalbergen	ZVL-1886	2:15.24	199805775	<b>2:18.31</b>	+0,77	31.30	1:06.37	1:42.93	2:18.31	
5. Ardy Zwanenburg	AZC	2:46.90	199902061	<b>2:35.62</b>	+0,78	34.98	1:13.47	1:54.25	2:35.62	
<b>Masters 30+, Heren</b>										
1. Jordy van der Drift	ZVL-1886	2:20.44	199307345	<b>2:21.62</b>	+0,79	31.38	1:06.96	1:44.75	2:21.62	
2. Kelvin Könst	Oceanus	2:29.43	199506385	<b>2:26.94</b>	+0,87	34.09	1:10.98	1:49.78	2:26.94	
3. Jochem van Bochove	ACZ	2:48.81	199605913	<b>2:37.26</b>	+0,81	36.91	1:17.01	1:58.21	2:37.26	
4. Dylan Goethart	ZZ&PC De Devel	2:40.82	199605217	<b>2:52.50</b>	+0,57	114	39.40	1:23.00	2:08.82	2:52.50
<b>Masters 35+, Heren</b>										
1. Ricardo Castro	ZVL-1886	3:25.00	198705463	<b>2:52.26</b>	+0,86	36.66	1:19.71	2:06.58	2:52.26	
2. Wilco van der M.	HHZV Plons	2:57.72	199007699	<b>2:54.51</b>	+0,89	39.19	1:24.74	2:10.60	2:54.51	
3. William Dauchy	Albion	3:10.00	198705451	<b>3:17.19</b>	+0,84	42.31	1:31.59	2:25.50	3:17.19	
<b>Masters 40+, Heren</b>										
1. Hans Kiers	ZVL-1886	2:39.70	198302871	<b>2:25.06</b>	+0,77	32.24	1:08.23	1:47.00	2:25.06	
<b>Masters 45+, Heren</b>										
1. Oscar Monge	IJ&PC	2:21.77	198102599	<b>2:25.83</b>	+0,67	32.32	1:08.29	1:46.90	2:25.83	
2. Bogdan Androne	Sassenheim	2:30.26	197701783	<b>2:32.64</b>	+0,80	34.65	1:13.49	1:54.47	2:32.64	
3. Pascal Spaan	Sassenheim	2:30.44	197701669	<b>2:32.68</b>	+0,70	33.79	1:12.57	1:53.91	2:32.68	
4. Ivan Tai-Apin	Albion	3:15.00	197701825	<b>2:50.34</b>	+1,07	40.09	1:21.53	2:06.52	2:50.34	
5. Guus Tas	GZC DONK	2:52.87	198102585	<b>2:53.34</b>	+0,92	40.09	1:24.17	2:09.90	2:53.34	
<b>Masters 50+, Heren</b>										
1. Jeroen Hoeksel	ZVVS	2:49.79	197401533	<b>2:54.49</b>	+1,00	39.47	1:23.24	2:08.78	2:54.49	
<b>Masters 55+, Heren</b>										
1. Arjan Bellaart	Oceanus	2:18.65	196900079	<b>2:20.54</b>	+0,76	31.65	1:06.83	1:43.61	2:20.54	
2. Henri Verschoor	Old Dutch	2:33.18	197001041	<b>2:28.53</b>	+1,06	34.04	1:11.44	1:50.15	2:28.53	
3. Martin Berkhout	ZVL-1886	2:30.69	197101123	<b>2:31.86</b>	+0,74	34.47	1:14.08	1:54.72	2:31.86	
4. Leon Slingerland	WVZ	2:31.06	196801707	<b>2:37.65</b>	+0,82	35.58	1:16.18	1:57.97	2:37.65	
5. Joop Weenink	WS Twente	2:53.59	196801535	<b>3:00.18</b>	+0,94	39.54	1:24.38	2:12.38	3:00.18	
<b>Masters 60+, Heren</b>										
1. Caspar B.	ZVL-1886	2:53.23	196501605	<b>2:53.75</b>	+1,02	38.45	1:21.91	2:08.21	2:53.75	
<b>Masters 65+, Heren</b>										
1. Ronald Grove	Triton	2:37.96	196100161	<b>2:45.89</b>	+0,76	36.90	1:19.38	2:02.92	2:45.89	
2. Adriaan Kop	Old Dutch	2:46.03	196101135	<b>2:49.17</b>	+0,82	39.92	1:24.52	2:08.83	2:49.17	
3. Wim de Lange	AZC	2:49.35	195800533	<b>2:49.98</b>	+0,86	39.60	1:22.68	2:06.35	2:49.98	
4. James Norman	HHZV Plons	2:59.58	196001029	<b>2:53.79</b>	+0,88	38.60	1:22.91	2:09.28	2:53.79	

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Masters 70+, Heren

1. Ron van der Zande	AZC	2:49.00	195500307	<b>3:14.27</b>	+0,59	39.18	1:27.33	2:21.20	3:14.27
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Masters 20+, Dames

1. Feija de Bruin	WVZ	2:41.82	200400106	<b>2:42.74</b>	+0,88	36.69	1:17.64	1:59.91	2:42.74
2. Britt van Bommel	Sassenheim	2:44.93	200301982	<b>2:58.04</b>	+0,95	39.70	1:24.02	2:10.83	2:58.04

Masters 25+, Dames

1. Lauren van IJl	WVZ	2:21.03	200001064	<b>2:22.99</b>	+0,77	31.95	1:07.74	1:45.48	2:22.99
2. Amber Bellaart	Oceanus	2:31.14	200101260	<b>2:34.47</b>	+0,67	34.75	1:13.81	1:54.49	2:34.47
3. Rolien Holster	Z&PC Rotterdam	2:40.00	199701900	<b>2:43.65</b>	+0,89	37.37	1:18.44	2:01.28	2:43.65
4. Irene Stavast	Z&PC Rotterdam	3:00.00	199703218	<b>2:52.78</b>	+0,83	38.22	1:21.61	2:07.33	2:52.78

Masters 30+, Dames

1. Mariska Gach	ZVL-1886	2:34.93	199501760	<b>2:32.67</b>	+0,79	35.23	1:13.19	1:52.95	2:32.67
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Masters 35+, Dames

1. Christa van Dijk	GZC DONK	2:46.78	198706224	<b>2:52.04</b>	+0,91	38.02	1:20.96	2:06.39	2:52.04
2. Rene Kleinveld	GZC DONK	2:54.00	199001966	<b>2:59.68</b>	+0,69	39.90	1:25.36	2:12.74	2:59.68

Masters 40+, Dames

1. Stefanie Kohl	DES	2:49.27	198403596	<b>2:49.62</b>	+0,86	37.97	1:20.10	2:04.94	2:49.62
2. Else de Rooij	MNC Dordrecht	3:01.62	198202560	<b>3:02.99</b>	+0,99	42.14	1:28.48	2:16.73	3:02.99
3. Jerianne Gomez	Albion	3:06.21	198605360	<b>3:07.99</b>	+0,97	43.28	1:30.71	2:20.44	3:07.99
4. Tamara Smits	ZZ&PC De Devel	3:36.00	198202598	<b>3:23.20</b>	+0,98	44.38	1:34.59	2:28.39	3:23.20
NG Ramona Linting	AZC	2:30.66	198301274						
NG Marta Nyczkowska	De Watervogels	3:13.17	198302974						

Masters 45+, Dames

1. Anke Lambooi	AZL	2:19.26	198001182	<b>2:22.82</b>	+0,79	31.32	1:07.04	1:44.69	2:22.82
2. Marja Kers	ACZ	3:37.53	197901634	<b>3:30.45</b>	+0,98	46.14	1:39.20	2:35.35	3:30.45

Masters 50+, Dames

1. Liselotte Joling	PSV	2:18.36	197500268	<b>2:21.06</b>	+0,90	33.31	1:08.87	1:45.28	2:21.06
AFGEM Ilonka van der Meer	LinK-ZV Zoetermeer	(S2:56.12)	197601168						

Masters 55+, Dames

1. Carol Hollemans	ACZ	2:26.74	196900252	<b>2:26.93</b>	+0,65	34.06	1:10.48	1:49.01	2:26.93
2. Annette de Visser	Oceanus	2:31.17	197100602	<b>2:36.41</b>	+0,84	34.82	1:13.32	1:54.32	2:36.41
3. Cancia Leirissa	Albion	2:57.68	196700748	<b>3:02.58</b>	+0,75	42.56	1:28.86	2:15.83	3:02.58
4. Daniëlle Schipper	ZOB'66	NT	197001078	<b>3:06.43</b>	+0,76	42.27	1:28.62	2:17.44	3:06.43
5. Nathasja Konijn	GZC DONK	3:06.25	197100992	<b>3:07.25</b>	+0,95	42.63	1:29.73	2:18.11	3:07.25
6. Karin Berckenkamp	GZC DONK	3:17.00	196900038	<b>3:20.99</b>		44.49	1:34.69	2:28.28	3:20.99

Masters 60+, Dames

1. Feikje Wittermans	GZC DONK	3:02.52	196400408	<b>3:04.29</b>	+0,94	41.98	1:27.19	2:15.25	3:04.29
AFGEM Inge Deutz	ZVVS	3:19.85	196600726						

Masters 85+, Dames

1. Marie Smits	Old Dutch	4:21.09	193800004	<b>4:35.38</b>	+1,25	1:02.19	2:15.68	3:28.42	4:35.38
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