Programmanr. 6 — 400m vrije slag — 20 - 89 jaar
25-10-2026 - 14:50 — Resultaten

| rang | naam | vereniging | intijd | | tijd | RT | |
|---|---|---|---|---|---|---|---|
| **Masters 25+, Heren** | | | | | | voorlopige resultaten | |
| 1. | Wesley van der Luit | Sassenheim | 4:44.70 | 199701895 | **4:45.13** | +0,78 | |
| | 50m: 32.81 | 32.81 150m: 1:44.64 | 36.33 | 250m: 2:57.41 | 36.29 | 350m: 4:10.31 | 36.29 |
| | 100m: 1:08.31 | 35.50 200m: 2:21.12 | 36.48 | 300m: 3:34.02 | 36.61 | 400m: 4:45.13 | 34.82 |
| 2. | Auke Sijperda | AZC | 5:06.66 | 199905115 | **5:05.96** | +0,76 | |
| | 50m: 32.50 | 32.50 150m: 1:47.40 | 37.97 | 250m: 3:06.30 | 39.62 | 350m: 4:26.11 | 39.55 |
| | 100m: 1:09.43 | 36.93 200m: 2:26.68 | 39.28 | 300m: 3:46.56 | 40.26 | 400m: 5:05.96 | 39.85 |
| **Masters 30+, Heren** | | | | | | voorlopige resultaten | |
| 1. | Jaime Santiago Patterson | ZVL-1886 | 5:20.80 | 199406797 | **5:09.49** | +0,69 | |
| | 50m: 34.69 | 34.69 150m: 1:52.56 | 39.51 | 250m: 3:11.39 | 39.56 | 350m: 4:30.71 | 39.91 |
| | 100m: 1:13.05 | 38.36 200m: 2:31.83 | 39.27 | 300m: 3:50.80 | 39.41 | 400m: 5:09.49 | 38.78 |
| 2. | Dylan Goethart | ZZ&PC De Devel | 5:58.79 | 199605217 | S14 **6:07.44** | +0,54 | 58 |
| | 50m: 39.30 | 39.30 150m: 2:10.12 | 46.45 | 250m: 3:45.73 | 48.18 | 350m: 5:22.24 | 48.05 |
| | 100m: 1:23.67 | 44.37 200m: 2:57.55 | 47.43 | 300m: 4:34.19 | 48.46 | 400m: 6:07.44 | 45.20 |
| AFGEM | Ramón Romijn | Poseidon'56 | 5:40.72 | 199203095 | | | |
| **Masters 35+, Heren** | | | | | | voorlopige resultaten | |
| 1. | Niels Albrechts | De Schotejil | 4:48.39 | 198800039 | **4:50.17** | +0,82 | |
| | 50m: 33.42 | 33.42 150m: 1:46.66 | 36.80 | 250m: 3:00.55 | 37.01 | 350m: 4:15.09 | 37.12 |
| | 100m: 1:09.86 | 36.44 200m: 2:23.54 | 36.88 | 300m: 3:37.97 | 37.42 | 400m: 4:50.17 | 35.08 |
| 2. | Jeroen Matthijssen | AZC | 4:56.24 | 199103751 | **4:54.43** | +0,66 | |
| | 50m: 30.75 | 30.75 150m: 1:44.71 | 38.06 | 250m: 3:01.60 | 37.57 | 350m: 4:17.10 | 36.88 |
| | 100m: 1:06.65 | 35.90 200m: 2:24.03 | 39.32 | 300m: 3:40.22 | 38.62 | 400m: 4:54.43 | 37.33 |
| 3. | Marc Hoogendam | Blue Marlins | 5:06.93 | 199007713 | **5:08.33** | +0,68 | |
| | 50m: 30.75 | 30.75 150m: 1:44.71 | 37.82 | 250m: 3:04.44 | 40.47 | 350m: 4:27.42 | 42.33 |
| | 100m: 1:06.89 | 36.14 200m: 2:23.97 | 39.26 | 300m: 3:45.09 | 40.65 | 400m: 5:08.33 | 40.91 |
| 4. | Bryan Morsink | GZC DONK | 5:30.00 | 199101629 | **5:13.29** | +0,80 | |
| | 50m: 34.45 | 34.45 150m: 1:49.99 | 38.44 | 250m: 3:09.55 | 40.20 | 350m: 4:32.84 | 41.87 |
| | 100m: 1:11.55 | 37.10 200m: 2:29.35 | 39.36 | 300m: 3:50.97 | 41.42 | 400m: 5:13.29 | 40.45 |
| AFGEM | Cameron Watson | AZ&PC De Futen | 5:30.00 | 199007763 | | | |
| **Masters 40+, Heren** | | | | | | voorlopige resultaten | |
| 1. | Ignacio García Rodríguez | ACZ | 5:30.00 | 198504015 | **4:55.00** | +0,77 | |
| | 50m: 32.19 | 32.19 150m: 1:45.45 | 37.27 | 250m: 3:01.43 | 38.21 | 350m: 4:18.44 | 38.27 |
| | 100m: 1:08.18 | 35.99 200m: 2:23.22 | 37.77 | 300m: 3:40.17 | 38.74 | 400m: 4:55.00 | 36.56 |
| 2. | Frank v.d. Voordt | De Schotejil | 4:43.81 | 198302259 | **4:55.62** | +0,83 | |
| | 50m: 32.83 | 32.83 150m: 1:45.27 | 36.76 | 250m: 2:59.69 | 37.39 | 350m: 4:16.32 | 38.84 |
| | 100m: 1:08.51 | 35.68 200m: 2:22.30 | 37.03 | 300m: 3:37.48 | 37.79 | 400m: 4:55.62 | 39.30 |
| 3. | Viktor Reijns | De Watervogels | 5:20.00 | 198401865 | **5:14.97** | +0,68 | |
| | 50m: 34.09 | 34.09 150m: 1:52.43 | 39.97 | 250m: 3:13.37 | 40.61 | 350m: 4:35.43 | 40.99 |
| | 100m: 1:12.46 | 38.37 200m: 2:32.76 | 40.33 | 300m: 3:54.44 | 41.07 | 400m: 5:14.97 | 39.54 |
| 4. | Richard Leveling | GLS Ketelbinkie | 7:30.00 | 198403461 | **6:57.16** | +0,59 | |
| | *bu 100 mtr, 200 mtr.* | | | | | | |
| | 50m: 41.83 | 41.83 150m: 2:24.82 | 53.76 | 250m: 4:16.04 | 55.36 | 350m: 6:05.49 | 54.49 |
| | 100m: 1:31.06 | 49.23 200m: 3:20.68 | 55.86 | 300m: 5:11.00 | 54.96 | 400m: 6:57.16 | 51.67 |
| **Masters 45+, Heren** | | | | | | voorlopige resultaten | |
| 1. | Ingmar Kooman | ZVL-1886 | 5:56.39 | 197901517 | **5:51.20** | +0,83 | |
| | 50m: 36.95 | 36.95 150m: 2:04.15 | 44.37 | 250m: 3:34.42 | 45.08 | 350m: 5:06.25 | 45.63 |
| | 100m: 1:19.78 | 42.83 200m: 2:49.34 | 45.19 | 300m: 4:20.62 | 46.20 | 400m: 5:51.20 | 44.95 |
| **Masters 50+, Heren** | | | | | | voorlopige resultaten | |
| 1. | Erik Lamers | De Gelenberg | 5:15.00 | 197500507 | **5:01.35** | +0,87 | |
| | 50m: 32.58 | 32.58 150m: 1:46.66 | 37.63 | 250m: 3:03.95 | 39.11 | 350m: 4:23.09 | 39.30 |
| | 100m: 1:09.03 | 36.45 200m: 2:24.84 | 38.18 | 300m: 3:43.79 | 39.84 | 400m: 5:01.35 | 38.26 |

Na afloop zijn de uitslagen te vinden op:
https://knzbwest.cfas.nl/RWOM2026-2027_2/

## Programmanr. 6, Heren, 400m vrije slag, Masters 50+

| rang | naam | vereniging | intijd | | tijd | RT |
|---|---|---|---|---|---|---|
| 2. | Svet Gavrilov<br>*bu 400 mtr* | GLS Ketelbinkie | 5:30.00 | 197501263 | **5:14.02** | +0,82 |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 35.78 | 35.78 | 150m: | 1:54.76 | 39.97 | 250m: | 3:14.91 | 40.03 | 350m: | 4:35.02 | 40.16 |
| 100m: | 1:14.79 | 39.01 | 200m: | 2:34.88 | 40.12 | 300m: | 3:54.86 | 39.95 | 400m: | 5:14.02 | 39.00 |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 3. | Jeroen Hoeksel | ZVVS | 5:59.14 | 197401533 | **6:07.21** | +0,72 | | | | | | |
| 50m: | 39.54 | 39.54 | 150m: | 2:11.46 | 46.70 | 250m: | 3:45.64 | 47.21 | 350m: | 5:20.86 | 47.68 | |
| 100m: | 1:24.76 | 45.22 | 200m: | 2:58.43 | 46.97 | 300m: | 4:33.18 | 47.54 | 400m: | 6:07.21 | 46.35 | |

## Masters 55+, Heren

voorlopige resultaten

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Henri Verschoor | Old Dutch | 5:27.71 | 197001041 | **5:18.48** | | | | | | | |
| 50m: | 35.81 | 35.81 | 150m: | 1:55.29 | 40.03 | 250m: | 3:16.62 | 40.79 | 350m: | 4:39.15 | 41.18 | |
| 100m: | 1:15.26 | 39.45 | 200m: | 2:35.83 | 40.54 | 300m: | 3:57.97 | 41.35 | 400m: | 5:18.48 | 39.33 | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 2. | Marcel Vroegindewei | Poseidon'56 | 5:28.52 | 196801709 | **5:29.69** | +0,80 | | | | | | |
| 50m: | 34.60 | 34.60 | 150m: | 1:56.90 | 41.85 | 250m: | 3:22.43 | 43.19 | 350m: | 4:48.20 | 42.40 | |
| 100m: | 1:15.05 | 40.45 | 200m: | 2:39.24 | 42.34 | 300m: | 4:05.80 | 43.37 | 400m: | 5:29.69 | 41.49 | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 3. | Leon Slingerland | WVZ | 5:48.77 | 196801707 | **5:36.99** | +0,93 | | | | | | |
| 50m: | 36.89 | 36.89 | 150m: | 2:02.62 | 43.62 | 250m: | 3:30.26 | 43.89 | 350m: | 4:56.91 | 42.75 | |
| 100m: | 1:19.00 | 42.11 | 200m: | 2:46.37 | 43.75 | 300m: | 4:14.16 | 43.90 | 400m: | 5:36.99 | 40.08 | |

## Masters 60+, Heren

voorlopige resultaten

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Paul Wijnja | De Biesboschzwemmers | 5:30.72 | 196301403 | **5:39.04** | +0,83 | | | | | | |
| 50m: | 37.05 | 37.05 | 150m: | 2:01.34 | 43.30 | 250m: | 3:28.28 | 43.82 | 350m: | 4:56.35 | 43.47 | |
| 100m: | 1:18.04 | 40.99 | 200m: | 2:44.46 | 43.12 | 300m: | 4:12.88 | 44.60 | 400m: | 5:39.04 | 42.69 | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 2. | Erik Saan | De Duck | 6:11.66 | 196500769 | **6:19.38** | | | | | | | |
| 50m: | 37.15 | 37.15 | 150m: | 2:09.04 | 48.27 | 250m: | 3:49.03 | 50.53 | 350m: | 5:31.30 | 51.10 | |
| 100m: | 1:20.77 | 43.62 | 200m: | 2:58.50 | 49.46 | 300m: | 4:40.20 | 51.17 | 400m: | 6:19.38 | 48.08 | |

## Masters 65+, Heren

voorlopige resultaten

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Menno Lomans<br>*bu 400 mtr* | PSV | 5:27.34 | 196101071 | **5:40.07** | +0,77 | | | | | | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 36.36 | 36.36 | 150m: | 1:59.85 | 42.82 | 250m: | 3:27.83 | 44.33 | 350m: | 4:57.30 | 44.83 | |
| 100m: | 1:17.03 | 40.67 | 200m: | 2:43.50 | 43.65 | 300m: | 4:12.47 | 44.64 | 400m: | 5:40.07 | 42.77 | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 2. | Wim de Lange | AZC | 6:04.86 | 195800533 | **6:05.99** | +0,92 | | | | | | |
| 50m: | 40.61 | 40.61 | 150m: | 2:12.56 | 46.59 | 250m: | 3:46.41 | 47.09 | 350m: | 5:20.21 | 46.44 | |
| 100m: | 1:25.97 | 45.36 | 200m: | 2:59.32 | 46.76 | 300m: | 4:33.77 | 47.36 | 400m: | 6:05.99 | 45.78 | |

## Masters 20+, Dames

voorlopige resultaten

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Isa Warmerdam | Sassenheim | 5:24.86 | 200202516 | **5:23.54** | +0,60 | | | | | | |
| 50m: | 35.54 | 35.54 | 150m: | 1:55.46 | 40.34 | 250m: | 3:17.84 | 41.68 | 350m: | 4:42.49 | 41.83 | |
| 100m: | 1:15.12 | 39.58 | 200m: | 2:36.16 | 40.70 | 300m: | 4:00.66 | 42.82 | 400m: | 5:23.54 | 41.05 | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 2. | Feija de Bruin | WVZ | 5:40.02 | 200400106 | **5:37.37** | +0,82 | | | | | | |
| 50m: | 37.03 | 37.03 | 150m: | 2:00.40 | 42.40 | 250m: | 3:26.76 | 43.24 | 350m: | 4:54.26 | 43.69 | |
| 100m: | 1:18.00 | 40.97 | 200m: | 2:43.52 | 43.12 | 300m: | 4:10.57 | 43.81 | 400m: | 5:37.37 | 43.11 | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 3. | Zoë van der Reijden | LinK-ZV Zoetermeer (SG) | 6:29.54 | 200505296 | **6:23.90** | +0,88 | | | | | | |
| 50m: | 43.12 | 43.12 | 150m: | 2:20.08 | 48.98 | 250m: | 3:58.90 | 49.57 | 350m: | 5:37.17 | 49.08 | |
| 100m: | 1:31.10 | 47.98 | 200m: | 3:09.33 | 49.25 | 300m: | 4:48.09 | 49.19 | 400m: | 6:23.90 | 46.73 | |

## Masters 25+, Dames

voorlopige resultaten

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Sophie van der Leije | De Gooye | 5:42.00 | 200005806 | **5:49.84** | +0,78 | | | | | | |
| 50m: | 39.62 | 39.62 | 150m: | 2:07.12 | 44.08 | 250m: | 3:37.13 | 45.72 | 350m: | 5:07.90 | 44.98 | |
| 100m: | 1:23.04 | 43.42 | 200m: | 2:51.41 | 44.29 | 300m: | 4:22.92 | 45.79 | 400m: | 5:49.84 | 41.94 | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 2. | Sarissa Bakker<br>*bu 100 mtr, 200 mtr.* | Blue Marlins | 6:00.00 | 199903918 | **6:04.56** | +0,80 | | | | | | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 39.01 | 39.01 | 150m: | 2:09.69 | 46.08 | 250m: | 3:44.57 | 47.78 | 350m: | 5:20.35 | 48.16 | |
| 100m: | 1:23.61 | 44.60 | 200m: | 2:56.79 | 47.10 | 300m: | 4:32.19 | 47.62 | 400m: | 6:04.56 | 44.21 | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 3. | Irene Stavast | Z&PC Rotterdam | 6:14.06 | 199703218 | **6:13.09** | +0,84 | | | | | | |
| 50m: | 40.71 | 40.71 | 150m: | 2:13.09 | 46.86 | 250m: | 3:50.07 | 49.40 | 350m: | 5:27.57 | 48.58 | |
| 100m: | 1:26.23 | 45.52 | 200m: | 3:00.67 | 47.58 | 300m: | 4:38.99 | 48.92 | 400m: | 6:13.09 | 45.52 | |

Na afloop zijn de uitslagen te vinden op:
https://knzbwest.cfas.nl/RWOM2026-2027_2/

## Programmanr. 6, 400m vrije slag

### Masters 30+, Dames

voorlopige resultaten

| | | | | | |
|---|---|---|---|---|---|
| 1. | Alina Batzilla | ZVL-1886 | 5:35.00 | 199507118 | **5:01.08** +0,73 |
| | 50m: 33.46 | 33.46 | 150m: 1:49.38 | 38.20 | 250m: 3:06.53 38.34 | 350m: 4:23.79 38.54 |
| | 100m: 1:11.18 | 37.72 | 200m: 2:28.19 | 38.81 | 300m: 3:45.25 38.72 | 400m: 5:01.08 37.29 |
| 2. | Heleen ten Have | ZVVS | 6:04.44 | 199403000 | **6:22.38** +0,93 |
| | 50m: 39.59 | 39.59 | 150m: 2:12.77 | 47.83 | 250m: 3:51.86 50.06 | 350m: 5:32.64 50.51 |
| | 100m: 1:24.94 | 45.35 | 200m: 3:01.80 | 49.03 | 300m: 4:42.13 50.27 | 400m: 6:22.38 49.74 |
| 3. | Renske Kalkman | ZVS | NT | 199308032 | **6:37.78** +0,79 |
| | 50m: 42.72 | 42.72 | 150m: 2:21.33 | 50.20 | 250m: 4:05.37 51.97 | 350m: 5:50.04 52.17 |
| | 100m: 1:31.13 | 48.41 | 200m: 3:13.40 | 52.07 | 300m: 4:57.87 52.50 | 400m: 6:37.78 47.74 |
| 4. | Caroline Gutierrez | GLS Ketelbinkie | 9:00.00 | 199507116 | **8:03.43** +0,89 |
| | *bu 200 mtr, 400 mtr.* | | | | |
| | 50m: 47.33 | 47.33 | 150m: 2:41.57 | 59.39 | 250m: 4:47.33 1:03.64 | 350m: 6:56.19 1:05.09 |
| | 100m: 1:42.18 | 54.85 | 200m: 3:43.69 | 1:02.12 | 300m: 5:51.10 1:03.77 | 400m: 8:03.43 1:07.24 |

### Masters 35+, Dames

voorlopige resultaten

| | | | | | |
|---|---|---|---|---|---|
| 1. | Rene Kleinveld | GZC DONK | 6:42.52 | 199001966 | **6:11.30** +0,81 |
| | 50m: 40.00 | 40.00 | 150m: 2:12.61 | 47.42 | 250m: 3:49.40 48.20 | 350m: 5:26.13 48.22 |
| | 100m: 1:25.19 | 45.19 | 200m: 3:01.20 | 48.59 | 300m: 4:37.91 48.51 | 400m: 6:11.30 45.17 |
| 2. | Lisette van den Bos | De Geul | 6:10.00 | 198700468 | **6:26.14** +0,87 |
| | 50m: 40.61 | 40.61 | 150m: 2:18.94 | 50.50 | 250m: 3:59.51 50.50 | 350m: 5:38.90 49.51 |
| | 100m: 1:28.44 | 47.83 | 200m: 3:09.01 | 50.07 | 300m: 4:49.39 49.88 | 400m: 6:26.14 47.24 |
| 3. | Irina Gligor | Albion | 7:00.00 | 199008526 | **7:06.83** +0,83 |
| | *bu 400 mtr* | | | | |
| | 50m: 47.79 | 47.79 | 150m: 2:35.76 | 55.97 | 250m: 4:26.83 55.32 | 350m: 6:16.63 55.72 |
| | 100m: 1:39.79 | 52.00 | 200m: 3:31.51 | 55.75 | 300m: 5:20.91 54.08 | 400m: 7:06.83 50.20 |
| OPG | Nicole van der Kooij | Old Dutch | 5:50.00 | 198706264 | +0,69 |
| | *AF - De aangegeven afstand niet uitgezwommen.* | | | | |

### Masters 40+, Dames

voorlopige resultaten

| | | | | | |
|---|---|---|---|---|---|
| 1. | Noeki Klein | ZVL-1886 | 5:20.00 | 198301088 | **5:15.40** +0,85 |
| | 50m: 35.31 | 35.31 | 150m: 1:54.34 | 39.97 | 250m: 3:14.10 39.59 | 350m: 4:34.74 40.49 |
| | 100m: 1:14.37 | 39.06 | 200m: 2:34.51 | 40.17 | 300m: 3:54.25 40.15 | 400m: 5:15.40 40.66 |
| 2. | Anneloes Lens | ZVL-1886 | 5:53.05 | 198605432 | **5:43.04** +0,71 |
| | 50m: 37.39 | 37.39 | 150m: 2:02.61 | 43.50 | 250m: 3:31.62 44.67 | 350m: 5:00.88 44.28 |
| | 100m: 1:19.11 | 41.72 | 200m: 2:46.95 | 44.34 | 300m: 4:16.60 44.98 | 400m: 5:43.04 42.16 |
| 3. | Linda Hoogendam | WVZ | 5:54.13 | 198300892 | **5:59.19** +0,88 |
| | 50m: 40.14 | 40.14 | 150m: 2:12.37 | 46.42 | 250m: 3:44.97 46.05 | 350m: 5:16.33 45.14 |
| | 100m: 1:25.95 | 45.81 | 200m: 2:58.92 | 46.55 | 300m: 4:31.19 46.22 | 400m: 5:59.19 42.86 |
| 4. | Aafke Groot | De Geul | 6:22.38 | 198302748 | **6:06.81** |
| | 50m: 36.61 | 36.61 | 150m: 2:08.17 | 48.56 | 250m: 3:43.99 48.53 | 350m: 5:20.85 48.77 |
| | 100m: 1:19.61 | 43.00 | 200m: 2:55.46 | 47.29 | 300m: 4:32.08 48.09 | 400m: 6:06.81 45.96 |
| 5. | Else de Rooij | MNC Dordrecht | 6:21.48 | 198202560 | **6:22.91** +0,70 |
| | *bu 100 mtr, 200 mtr.* | | | | |
| | 50m: 43.49 | 43.49 | 150m: 2:19.79 | 48.56 | 250m: 3:57.66 49.00 | 350m: 5:36.45 49.48 |
| | 100m: 1:31.23 | 47.74 | 200m: 3:08.66 | 48.87 | 300m: 4:46.97 49.31 | 400m: 6:22.91 46.46 |
| 6. | Jerianne Gomez | Albion | 6:46.80 | 198605360 | **6:37.03** +0,90 |
| | 50m: 44.49 | 44.49 | 150m: 2:24.21 | 50.36 | 250m: 4:05.32 50.27 | 350m: 5:47.85 51.02 |
| | 100m: 1:33.85 | 49.36 | 200m: 3:15.05 | 50.84 | 300m: 4:56.83 51.51 | 400m: 6:37.03 49.18 |
| NG | Ramona Linting | AZC | 5:10.65 | 198301274 | |
| NG | Jacomar Stout- van Zoest | ACZ | 7:26.50 | 198302924 | |

### Masters 45+, Dames

voorlopige resultaten

| | | | | | |
|---|---|---|---|---|---|
| 1. | Steffi Meinhold | DES | 4:52.33 | 198001542 | **4:58.92** +0,87 |
| | *bu 400 mtr* | | | | |
| | 50m: 33.83 | 33.83 | 150m: 1:48.79 | 37.99 | 250m: 3:05.80 38.58 | 350m: 4:21.45 37.53 |
| | 100m: 1:10.80 | 36.97 | 200m: 2:27.22 | 38.43 | 300m: 3:43.92 38.12 | 400m: 4:58.92 37.47 |
| 2. | Anke Lambooij | AZL | 5:02.31 | 198001182 | **5:12.52** +0,67 |
| | 50m: 33.59 | 33.59 | 150m: 1:49.24 | 38.54 | 250m: 3:08.50 39.78 | 350m: 4:30.77 41.48 |
| | 100m: 1:10.70 | 37.11 | 200m: 2:28.72 | 39.48 | 300m: 3:49.29 40.79 | 400m: 5:12.52 41.75 |

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https://knzbwest.cfas.nl/RWOM2026-2027_2/

## Programmanr. 6, Dames, 400m vrije slag, Masters 45+

| rang | naam | vereniging | intijd | | tijd | RT |
|---|---|---|---|---|---|---|
| 3. | Jessica Venema | Old Dutch | 5:31.69 | 197901526 | **5:48.85** | +0,86 |
| | 50m: 37.94 37.94 150m: 2:11.07 42.23 250m: 3:38.28 43.90 350m: 5:06.86 44.04 | | | | | |
| | 100m: 1:28.84 50.90 200m: 2:54.38 43.31 300m: 4:22.82 44.54 400m: 5:48.85 41.99 | | | | | |
| OPG | Jolanda Belder | ACZ | 6:05.52 | 198100070 | | +0,84 |
| | *AF - De aangegeven afstand niet uitgezwommen.* | | | | | |

## Masters 50+, Dames

voorlopige resultaten

| | | | | | | |
|---|---|---|---|---|---|---|
| 1. | Liselotte Joling | PSV | 4:45.59 | 197500268 | **4:51.00** | +0,83 |
| | 50m: 33.61 33.61 150m: 1:46.76 36.61 250m: 3:00.66 36.72 350m: 4:15.14 37.02 | | | | | |
| | 100m: 1:10.15 36.54 200m: 2:23.94 37.18 300m: 3:38.12 37.46 400m: 4:51.00 35.86 | | | | | |
| 2. | Illonka van der Meer | LinK-ZV Zoetermeer (SG) | 6:30.18 | 197601168 | **6:36.60** | +0,94 |
| | *bu 400 mtr* | | | | | |
| | 50m: 41.32 41.32 150m: 2:17.58 49.04 250m: 4:01.62 52.53 350m: 5:47.10 52.46 | | | | | |
| | 100m: 1:28.54 47.22 200m: 3:09.09 51.51 300m: 4:54.64 53.02 400m: 6:36.60 49.50 | | | | | |

## Masters 55+, Dames

voorlopige resultaten

| | | | | | | |
|---|---|---|---|---|---|---|
| 1. | Marijke Campfens | De Geul | 5:47.48 | 196900960 | **6:09.45** | +0,83 |
| | *bu 400 mtr* | | | | | |
| | 50m: 38.73 38.73 150m: 2:08.09 46.13 250m: 3:44.14 48.48 350m: 5:21.40 48.54 | | | | | |
| | 100m: 1:21.96 43.23 200m: 2:55.66 47.57 300m: 4:32.86 48.72 400m: 6:09.45 48.05 | | | | | |
| 2. | Cancia Ouwerkerk | Albion | 6:17.57 | 196700748 | **6:25.16** | +0,87 |
| | 50m: 42.39 42.39 150m: 2:19.25 48.73 250m: 3:59.26 49.76 350m: 5:37.96 49.61 | | | | | |
| | 100m: 1:30.52 48.13 200m: 3:09.50 50.25 300m: 4:48.35 49.09 400m: 6:25.16 47.20 | | | | | |
| 3. | Kristien Van de Moortel | SharK | 6:33.51 | ShaRK/20315/69 | **6:25.66** | +0,92 |
| | 50m: 44.28 44.28 150m: 2:22.41 49.30 250m: 4:01.08 49.40 350m: 5:39.16 49.09 | | | | | |
| | 100m: 1:33.11 48.83 200m: 3:11.68 49.27 300m: 4:50.07 48.99 400m: 6:25.66 46.50 | | | | | |
| 4. | Annette Spies | LinK-ZV Zoetermeer (SG) | 6:48.24 | 197001110 | **6:36.63** | +0,75 |
| | *bu 50 mtr* | | | | | |
| | 50m: 43.76 43.76 150m: 2:21.33 48.82 250m: 4:03.68 51.34 350m: 5:46.31 51.34 | | | | | |
| | 100m: 1:32.51 48.75 200m: 3:12.34 51.01 300m: 4:54.97 51.29 400m: 6:36.63 50.32 | | | | | |
| 5. | Caroline Kruger | Albion | 7:13.05 | 196800928 | **6:48.81** | +0,92 |
| | 50m: 41.26 41.26 150m: 2:23.10 52.34 250m: 4:07.68 52.36 350m: 5:55.98 54.97 | | | | | |
| | 100m: 1:30.76 49.50 200m: 3:15.32 52.22 300m: 5:01.01 53.33 400m: 6:48.81 52.83 | | | | | |
| 6. | Roselinda van der Vlugt | De Geul | 7:32.72 | 196700710 | **7:22.55** | +0,87 |
| | *bu 200 mtr* | | | | | |
| | 50m: 48.53 48.53 150m: 2:40.92 56.84 250m: 4:36.18 59.12 350m: 6:30.88 56.93 | | | | | |
| | 100m: 1:44.08 55.55 200m: 3:37.06 56.14 300m: 5:33.95 57.77 400m: 7:22.55 51.67 | | | | | |
| AFGEM | Helena Mels | ZVVS | 6:59.58 | 196901036 | | |
| AFGEM | Claudy de Ruijter | Old Dutch | 6:51.01 | 197000970 | | |
| NG | Carol Hollemans | ACZ | 5:22.85 | 196900252 | | |

## Masters 60+, Dames

voorlopige resultaten

| | | | | | | |
|---|---|---|---|---|---|---|
| 1. | Inge Deutz | ZVVS | 7:13.12 | 196600726 | **7:22.70** | +0,89 |
| | 50m: 47.31 47.31 150m: 2:38.39 56.45 250m: 4:32.44 57.44 350m: 6:27.67 57.57 | | | | | |
| | 100m: 1:41.94 54.63 200m: 3:35.00 56.61 300m: 5:30.10 57.66 400m: 7:22.70 55.03 | | | | | |
| 2. | Erica Muller | De Geul | 6:59.71 | 196400412 | **7:25.95** | +0,87 |
| | *bu 100 mtr* | | | | | |
| | 50m: 48.49 48.49 150m: 2:38.15 56.51 250m: 4:32.61 57.71 350m: 6:28.84 58.17 | | | | | |
| | 100m: 1:41.64 53.15 200m: 3:34.90 56.75 300m: 5:30.67 58.06 400m: 7:25.95 57.11 | | | | | |
| 3. | Cora Smulders | ENC Arnhem | 7:27.26 | 196600668 | **7:29.21** | +0,62 |
| | 50m: 47.95 47.95 150m: 2:39.81 56.49 250m: 4:35.38 58.26 350m: 6:30.96 58.07 | | | | | |
| | 100m: 1:43.32 55.37 200m: 3:37.12 57.31 300m: 5:32.89 57.51 400m: 7:29.21 58.25 | | | | | |

## Masters 85+, Dames

voorlopige resultaten

| | | | | | | |
|---|---|---|---|---|---|---|
| 1. | Marie Smits | Old Dutch | 9:13.33 | 193800004 | **9:27.18** | |
| | 50m: 1:00.61 1:00.61 150m: 3:23.97 1:12.36 250m: 5:50.36 1:13.55 350m: 8:18.14 1:13.47 | | | | | |
| | 100m: 2:11.61 1:11.00 200m: 4:36.81 1:12.84 300m: 7:04.67 1:14.31 400m: 9:27.18 1:09.04 | | | | | |

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