

ROM 4  
Gouda, 24-3-2024

Programmanr. 1  
24-3-2024 - 13:30

4 x 100m vrije slag

lft 80 - 359  
Resultaten

rang	vereniging	intijd	tijd	RT
<b>200+, Dames</b>				
1.	LinK	5:30.29	<b>5:36.19</b>	
	Ilonka van der Meer José Bodde	76 39.94 69	1:21.82 Elise Kenworthy Annette Spies	71 70
<b>80+, Gemengd</b>				
1.	ZZ&PC De Devel 1	4:18.45	<b>4:15.99</b>	
	Juliette Boon Laura Tromp	04 34.06 00	1:13.68 Julian Stok Esper Paans	03 01
<b>120+, Gemengd</b>				
1.	ZVL-1886	4:21.97	<b>4:30.55</b>	
	Kristien Peeters Erik Baalbergen	97 31.20 98	1:06.72 Suzan Blankestijn Ingmar Kooman	89 79
<b>160+, Gemengd</b>				
1.	ZZ&PC De Devel 2	5:01.00	<b>5:00.33</b>	
	Pauline Tromp-de Lang Dylan Goethart	70 41.58 96	1:26.96 Lisa van Milt Sandro Glasius	92 66
BM	DES	5:02.16	<b>5:15.32</b>	
	Annetarie Van der Knijff Pieter-Sjoerd de Wijn	94 37.95 65	1:23.60 Nienke de Vries Anne de Jong	01 93
BM	ZVS	NT	<b>5:23.52</b>	
	Renzo van Boven Renske Kalkman	95 29.26 93	1:03.89 Ji-xian Koster Quinn King	93 90

Programmanr. 2  
24-3-2024 - 13:35

100m vrije slag

20 - 89 jaar  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
<b>Masters 20+, Heren</b>					
1.	Jasper Breugem	WVZ	59.09	200000303	<b>55.93</b>
	50m: 26.66	100m: 55.93			
2.	Niels van der Mast	ZOB'66	56.55	200401917	<b>57.28</b>
	50m: 27.35	100m: 57.28			
3.	Boaz Troost	ZOB'66	1:00.47	200100371	<b>1:02.07</b>
	50m: 28.80	100m: 1:02.07			
4.	Jaimy Voogt	ZOB'66	1:03.81	200005881	<b>1:02.30</b>
	50m: 29.14	100m: 1:02.30			
<b>Masters 25+, Heren</b>					
1.	Jordy van Oel	WVZ	56.78	199802003	<b>57.27</b>
	50m: 27.78	100m: 57.27			
2.	Ian van Mullem	ZOB'66	58.70	199602545	<b>58.50</b>
	50m: 27.39	100m: 58.50			
3.	Renzo van Boven	ZVS	1:01.35	199501193	<b>1:02.16</b>
	50m: 29.50	100m: 1:02.16			
4.	Thijs van Dam	ZVL-1886	1:04.69	199803311	<b>1:04.89</b>
	50m: 29.88	100m: 1:04.89			
5.	Ardy Zwanenburg	AZC	1:12.38	199902061	<b>1:09.45</b>
	50m: 31.74	100m: 1:09.45			
6.	Koen Blokland	MNC Dordrecht	1:10.07	199804791	<b>1:10.72</b>
	50m: 33.41	100m: 1:10.72			

Uitslagen via [https://knzbwest.cfas.nl/RWOM2023-2024\\_4/](https://knzbwest.cfas.nl/RWOM2023-2024_4/)

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Programmanr. 2, 100m vrije slag

Masters 30+, Heren

1.	Bart van der Zwaan	BZ&PC	58.82	199005149	<b>59.72</b>
	50m: 28.42	100m: 59.72			
2.	Bart Haveman	DES	1:03.22	199204093	<b>1:04.89</b>
	50m: 30.53	100m: 1:04.89			
3.	Owen Louwes	BZ&PC	1:07.63	199101487	<b>1:07.21</b>
	50m: 30.74	100m: 1:07.21			
NG	Jeroen Matthijssen	AZC	57.71	199103751	

Masters 35+, Heren

1.	Pascal van Haren	NieMo Barracuda	57.19	198704101	<b>58.10</b>
	50m: 27.29	100m: 58.10			
2.	Bjorn van de Goor	TRB-RES	1:02.45	198906527	<b>1:02.29</b>
	50m: 30.16	100m: 1:02.29			

Masters 40+, Heren

1.	Tjeerd Visser	ACZ	1:04.00	198001631	<b>1:03.05</b>
	50m: 29.49	100m: 1:03.05			
2.	Martijn Huijnen	HHZV PLONS	1:18.53	198102545	<b>1:16.27</b>
	50m: 36.66	100m: 1:16.27			
NG	Rob van Wanrooy	Feijenoord Albion Zwemclub	1:01.97	198202627	

Masters 45+, Heren

1.	Dennis Dortland	NieMo Barracuda	1:00.23	197800261	<b>1:00.05</b>
	50m: 29.98	100m: 1:00.05			
2.	Erik Tobé	ZOB'66	NT	197901485	<b>1:07.42</b>
	50m: 31.57	100m: 1:07.42			
3.	Bogdan Androne	ZV Sassenheim	1:07.22	197701783	<b>1:08.82</b>
	50m: 32.45	100m: 1:08.82			
4.	Alfonso Verkerk	SCOM/De Zeehond'73 (SG)	1:12.19	197601665	<b>1:11.94</b>
	50m: 33.63	100m: 1:11.94			

Masters 50+, Heren

1.	Bruno Nahon	CNSW	1:08.39	CNSW/000390/70	<b>1:09.40</b>
	50m: 33.14	100m: 1:09.40			
2.	Erwin Veenhoven	ZVL-1886	1:11.00	197101793	<b>1:11.62</b>
	50m: 34.02	100m: 1:11.62			
3.	Jeroen Hoeksel	ZVVS	1:16.65	197401533	<b>1:17.79</b>
	50m: 36.49	100m: 1:17.79			

Masters 55+, Heren

1.	Soan Thung	PSV	1:06.54	196601633	<b>1:05.94</b>
	50m: 30.83	100m: 1:05.94			
2.	John Dingelstad	Hieronymus	1:06.14	196500231	<b>1:06.05</b>
	50m: 30.58	100m: 1:06.05			
3.	Frank van Nobelen	ZV Sassenheim	1:06.80	196900753	<b>1:07.36</b>
	50m: 32.18	100m: 1:07.36			
4.	Erik Saan	De Duck	1:08.77	196500769	<b>1:10.03</b>
	50m: 33.16	100m: 1:10.03			
5.	Peter Bootsma	AZC	1:14.50	196901869	<b>1:15.97</b>
	50m: 36.37	100m: 1:15.97			
6.	Jos Vastenhoud	ZPC De Zeeuwse Kust	NT	196701797	<b>1:23.55</b>
	50m: 38.88	100m: 1:23.55			
7.	Andre Exter	Poseidon'56	1:36.83	196601585	<b>1:40.06</b>
	50m: 44.25	100m: 1:40.06			
NG	Joop Weenink	WS Twente	1:17.92	196801535	

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Masters 60+, Heren

1.	Arthur van Strien	WVZ	1:07.23	196301401	<b>1:05.79</b>
	50m: 32.02	100m: 1:05.79			
2.	Menno Lomans	PSV	1:09.35	196101071	<b>1:09.40</b>
	50m: 32.72	100m: 1:09.40			
3.	Henk Kuipers	ZPC AMERSFOORT	1:06.21	196201207	<b>1:09.92</b>
	50m: 32.95	100m: 1:09.92			
4.	Pierre de Groot	GZC DONK	1:15.05	196401431	<b>1:18.48</b>
	50m: 37.10	100m: 1:18.48			
5.	Mario van der Veen	Feijenoord Albion Zwemclub	1:21.37	196101161	<b>1:22.23</b>
	50m: 38.95	100m: 1:22.23			
6.	Bob Lookermans	Poseidon'56	1:33.89	196201295	<b>1:33.41</b>
	50m: 43.44	100m: 1:33.41			

Masters 65+, Heren

1.	Otto Zeijpveld	De Berkelduikers	1:15.00	195800497	<b>1:11.36</b>
	50m: 34.86	100m: 1:11.36			
2.	Peter Coffeng	GZC DONK	1:21.62	195700063	<b>1:20.06</b>
	50m: 37.77	100m: 1:20.06			
3.	André Pantekoek	PSV	1:30.85	195800321	<b>1:24.40</b>
	50m: 40.64	100m: 1:24.40			

Masters 80+, Heren

1.	Geza Kaltenecker	AZC	1:29.93	194200065	<b>1:30.55</b>
	50m: 42.33	100m: 1:30.55			

Masters 85+, Heren

1.	Nic Geers	PSV	1:43.46	193800007	<b>1:47.37</b>
	50m: 52.85	100m: 1:47.37			

Masters 20+, Dames

1.	Lauren van IJl	WVZ	1:08.28	200001064	<b>1:03.01</b>
	50m: 29.54	100m: 1:03.01			
2.	Kim de Jong	Westland Swimming Stars	1:06.92	200401522	<b>1:05.75</b>
	50m: 31.72	100m: 1:05.75			
3.	Valerie Bakker	ZVL-1886	1:13.57	200103672	<b>1:11.62</b>
	50m: 33.53	100m: 1:11.62			

Masters 25+, Dames

1.	Anouk van der Lans	Westland Swimming Stars	1:10.75	199801614	<b>1:09.69</b>
	50m: 33.09	100m: 1:09.69			
2.	Esmée Rolloos	NieMo Barracuda	1:09.36	199800056	<b>1:10.79</b>
	50m: 33.46	100m: 1:10.79			
3.	Sanne de Roo	ZZ&PC De Devel	1:13.08	199501934	<b>1:13.67</b>
	50m: 34.76	100m: 1:13.67			
4.	Nadine Scheeve	De Biesboschzwemmers	1:20.25	199700684	<b>1:13.95</b>
	50m: 34.80	100m: 1:13.95			
5.	Madelon van Uchelen	Hieronymus	1:15.00	199604180	<b>1:16.49</b>
	50m: 35.36	100m: 1:16.49			

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Programmanr. 2, 100m vrije slag

Masters 30+, Dames

1.	Ines Muilwijk		MNC Dordrecht	1:06.05	199202858	<b>1:04.18</b>
	50m:	29.91	100m:	1:04.18		
2.	Natasja Snijders		Aqua-Novio '94	1:05.00	199107966	<b>1:06.25</b>
	50m:	30.63	100m:	1:06.25		
3.	Erika Nyström		HHZV PLONS	1:06.99	199407592	<b>1:08.05</b>
	50m:	32.14	100m:	1:08.05		
4.	Leontine Groeneveldt		De Duck	1:08.36	199303526	<b>1:09.02</b>
	50m:	32.89	100m:	1:09.02		
5.	Lotte Nienhuis		De Watervogels	1:09.34	199205256	<b>1:10.47</b>
	50m:	33.01	100m:	1:10.47		
6.	Dorien Pastoors		Blue Marlins	1:16.47	199404598	<b>1:16.49</b>
	50m:	37.59	100m:	1:16.49		
7.	Astrid Need		ZPC De Zeeuwse Kust	1:19.19	199306470	<b>1:18.76</b>
	50m:	37.53	100m:	1:18.76		

Masters 35+, Dames

1.	Rianne Hofland		ZV Sassenheim	1:05.09	198801820	<b>1:04.15</b>
	50m:	30.50	100m:	1:04.15		
2.	Jerianne Gomez		Feijenoord Albion Zwemclub	1:28.08	198605360	<b>1:23.64</b>
	50m:	38.69	100m:	1:23.64		
3.	Carola Venema-Koeken		De Watervogels	1:35.69	198504274	<b>1:24.40</b>
	50m:	39.04	100m:	1:24.40		
4.	Pauline van der Wijk		ZVS	1:28.00	198907614	<b>1:46.67</b>
	50m:	50.12	100m:	1:46.67		

Masters 40+, Dames

1.	Delia Badoux		WVZ	59.77	198000042	<b>1:00.03</b>
	<i>Nederlands Masters Record.</i>					
	50m:	28.95	100m:	1:00.03		
2.	Anke Lambooj		De Vliet (SG)	1:02.16	198001182	<b>1:03.28</b>
3.	A. Verschoor-Vos		De Biesboschzweimmers	1:05.31	198102300	<b>1:05.20</b>
	50m:	30.62	100m:	1:05.20		
4.	Linda Hoogendam		WVZ	1:15.41	198300892	<b>1:14.88</b>
	50m:	35.79	100m:	1:14.88		
5.	Else de Rooij		MNC Dordrecht	1:26.32	198202560	<b>1:27.57</b>
	50m:	42.55	100m:	1:27.57		

Masters 45+, Dames

1.	Petra Guijt		Aqua-Novio '94	1:09.76	197600978	<b>1:09.40</b>
	50m:	33.76	100m:	1:09.40		
2.	Chantal Verhoeff		Old Dutch	1:08.30	197900912	<b>1:10.52</b>
	50m:	32.56	100m:	1:10.52		
3.	Marian Nederlof		De Geul	1:12.65	197600950	<b>1:13.74</b>
	50m:	34.64	100m:	1:13.74		
4.	Clementine van Bruxvoort		Feijenoord Albion Zwemclub	1:25.86	197700138	<b>1:26.61</b>
	50m:	40.84	100m:	1:26.61		
5.	Dorien van Petersen		MNC Dordrecht	1:32.14	197601186	<b>1:27.50</b>
	50m:	41.57	100m:	1:27.50		

Masters 50+, Dames

1.	Katharina Schlipp		De Vliet (SG)	1:12.85	197301004	<b>1:12.15</b>
	50m:	35.09	100m:	1:12.15		
2.	Marjolein Klunne		Hieronymus	1:10.99	197101098	<b>1:13.21</b>
	50m:	33.80	100m:	1:13.21		
3.	H.C.W. ( Hilly ) Brugmans		Hieronymus	1:26.43	197001112	<b>1:24.25</b>
	50m:	39.40	100m:	1:24.25		

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Programmanr. 2, Dames, 100m vrije slag, Masters 50+

rang	naam	vereniging	intijd		tijd	RT
4.	Nathasja Konijn	GZC DONK	1:23.59	197100992	<b>1:24.53</b>	
	50m: 39.09	100m: 1:24.53				
NG	Ria Winters	Feijenoord Albion Zwemclub	1:35.84	197001116		

Masters 55+, Dames

1.	Carol Hollemans	ACZ	1:12.00	196900252	<b>1:07.00</b>	
	50m: 31.70	100m: 1:07.00				
2.	Cancia Leirissa	Feijenoord Albion Zwemclub	1:17.66	196700748	<b>1:19.99</b>	
	50m: 37.93	100m: 1:19.99				
3.	K. van Nassau-van den Heuv	Old Dutch	1:21.26	196600188	<b>1:23.81</b>	
	50m: 40.58	100m: 1:23.81				
4.	Inge Deutz	ZVVS	1:28.68	196600726	<b>1:28.30</b>	
	50m: 42.47	100m: 1:28.30				

Masters 70+, Dames

1.	Tineke van Diggelen	ZPCH	1:45.00	195200048	<b>1:48.10</b>	
	50m: 52.14	100m: 1:48.10				
2.	N. van Dongen-de Paepe	ZZ&PC De Devel	2:36.83	195100044	<b>2:38.05</b>	
	50m: 1:11.60	100m: 2:38.05				

Masters 85+, Dames

1.	Marie Smits	Old Dutch	1:55.16	193800004	<b>2:02.54</b>	
	50m: 57.38	100m: 2:02.54				

Programmanr. 3  
24-3-2024 - 13:55

50m rugslag  
Serie 1 en 2 zijn samengevoegd.

20 - 89 jaar  
Resultaten

rang	naam	vereniging	intijd		tijd	RT
<b>Masters 20+, Heren</b>						
1.	Nino van Krimpen	ZOB'66	29.58	200004611	<b>29.45</b>	
2.	Julian Stok	ZZ&PC De Devel	33.03	200300071	<b>32.50</b>	
<b>Masters 25+, Heren</b>						
1.	Ardy Zwanenburg	AZC	40.00	199902061	<b>41.32</b>	
2.	Jochem van Bochove	ACZ	42.00	199605913	<b>42.95</b>	
<b>Masters 30+, Heren</b>						
1.	Wilco van der Mersch	HHZV PLONS	43.94	199007699	<b>42.08</b>	
<b>Masters 35+, Heren</b>						
1.	Hans van Wijk	BZ&PC	31.44	198903605	<b>29.03</b>	
<b>Masters 40+, Heren</b>						
1.	Tjeerd Visser	ACZ	33.00	198001631	<b>35.00</b>	
2.	Robert van Egmond	AZC	40.54	198202741	<b>40.49</b>	
<b>Masters 45+, Heren</b>						
1.	Erwin Buist	ZPC AMERSFOORT	30.14	197800183	<b>32.04</b>	

ROM 4  
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Programmanr. 3, 50m rugslag

Masters 50+, Heren

1. Rogier van der Bend De Watervogels 41.41 197401571 **42.80**

Masters 55+, Heren

1. Pieter-Sjoerd de Wijn DES 44.62 196501027 **45.76**

Masters 60+, Heren

1. Hans Vloedgraven Old Dutch 38.04 196400917 **37.79**  
2. André Schutte ZPC De Zeeuwse Kust 41.64 196000521 **44.67**

Masters 70+, Heren

1. Hans Piederiet ZPC Numansdorp 37.53 195400177 **39.34**

Masters 20+, Dames

1. Laura Tromp ZZ&PC De Devel 34.06 200000276 **34.06**  
2. Berinda van Dijk Blue Marlins 36.55 200104186 **37.42**  
3. Nienke de Vries DES 46.59 200100460 **42.68**

Masters 25+, Dames

1. Tamara van den Brink NieMo Barracuda 38.06 199804182 **36.89**

Masters 30+, Dames

1. Adela Vázquez García ZVL-1886 36.19 199307952 **35.80**  
2. J. Coenders-Peijnenburg TRB-RES 43.06 199008502 **43.47**  
3. Francis van der Perk ZPC Numansdorp 43.95 199102442 **44.89**

Masters 35+, Dames

1. Linda van Klei GZC DONK 37.01 198802088 **36.60**

Masters 40+, Dames

1. Naomi Bousie ZVL-1886 40.00 198403636 **40.65**

Masters 45+, Dames

1. Jessica Venema GZC DONK 37.16 197901526 **37.65**

Masters 50+, Dames

1. Trudie van Niejenhuis TZC Vahalis 37.25 197100444 **38.66**  
2. Y. van Nobelen - KampschreuZV Sassenheim 42.89 197200316 **42.24**  
3. Pauline Tromp-de Lang ZZ&PC De Devel 50.51 197001032 **45.92**

Masters 55+, Dames

AFGEM Anne Schonewille SCOM/De Zeehond'73 (SG) 54.13 196700756

Masters 60+, Dames

1. P. Tossings-van de Hooven GZC DONK 44.60 196100376 **42.58**

Masters 70+, Dames

1. Geerdien Meerwaldt De Geul 1:01.02 195200058 **1:01.67**

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Programmanr. 4  
24-3-2024 - 14:00

100m vlinderslag

20 - 89 jaar  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
<b>Masters 25+, Heren</b>					
1.	Sander Kirillova 50m: 26.98	WVZ 100m: 57.58	57.26	199800121	<b>57.58</b>
2.	Jasper van den Broek 50m: 32.25	De Watervogels 100m: 1:08.91	1:07.64	199903313	<b>1:08.91</b>
3.	Ids de Klerk 50m: 32.68	NieMo Barracuda 100m: 1:12.68	1:10.29	199803237	<b>1:12.68</b>
<b>Masters 30+, Heren</b>					
1.	Jesper Oranje 50m: 26.16	De Duck 100m: 57.26	56.59	199200997	<b>57.26</b>
2.	Robbert Vink 50m: 28.04	Aqua-Novio '94 100m: 1:02.84	1:04.00	199102993	<b>1:02.84</b>
3.	Stefan Petersen 50m: 30.00	Blue Marlins 100m: 1:08.91	1:04.92	199403067	<b>1:08.91</b>
<b>Masters 35+, Heren</b>					
1.	Tsung-Han (Jack) Yu 50m: 39.54	Feijenoord Albion Zwemclub 100m: 1:24.74	1:22.00	198806371	<b>1:24.74</b>
<b>Masters 40+, Heren</b>					
1.	Grzegorz Kasprzyk 50m: 33.04	ZVVS 100m: 1:11.54	1:07.00	198303163	<b>1:11.54</b>
<b>Masters 45+, Heren</b>					
1.	Markus van Rest 50m: 30.66	WVZ 100m: 1:07.89	1:07.41	197701197	<b>1:07.89</b>
2.	Steven Prins 50m: 36.69	HHZV PLONS 100m: 1:18.97	1:22.23	197901833	<b>1:18.97</b>
<b>Masters 50+, Heren</b>					
1.	Henri Verschoor 50m: 33.78	De Biesboschzwemmers 100m: 1:13.93	1:13.85	197001041	<b>1:13.93</b>
<b>Masters 55+, Heren</b>					
1.	Soan Thung 50m: 34.39	PSV 100m: 1:15.60	1:20.11	196601633	<b>1:15.60</b>
<b>Masters 20+, Dames</b>					
1.	Iris van Rossum 50m: 35.89	ACZ 100m: 1:18.61	1:18.41	200004858	<b>1:18.61</b>
<b>Masters 25+, Dames</b>					
1.	Babette van der Kaaij 50m: 30.14	Blue Marlins 100m: 1:05.50	1:05.64	199902234	<b>1:05.50</b>
2.	Melissa van der Heijden 50m: 32.39	NieMo Barracuda 100m: 1:09.74	1:07.57	199605226	<b>1:09.74</b>
3.	Marcella van der Ent 50m: 34.20	De Duck 100m: 1:14.82	1:13.00	199600174	<b>1:14.82</b>
4.	Cynthia van Veen 50m: 39.67	ZVL-1886 100m: 1:33.77	1:34.62	199606736	<b>1:33.77</b>
AFGEM	Eline Hendriks	ZPC AMERSFOORT	1:24.97	199802794	

Uitslagen via [https://knzbwest.cfas.nl/RWOM2023-2024\\_4/](https://knzbwest.cfas.nl/RWOM2023-2024_4/)

ROM 4  
Gouda, 24-3-2024

Programmanr. 4, 100m vlinderslag

Masters 30+, Dames

1.	Denise Boereboom	NieMo Barracuda	1:06.32	199202144	<b>1:07.89</b>
	50m: 30.73	100m: 1:07.89			
2.	Lisa van Milt	ZZ&PC De Devel	1:16.00	199201228	<b>1:15.14</b>
	50m: 33.86	100m: 1:15.14			

Masters 35+, Dames

1.	Marije Jansen	ZPC AMERSFOORT	1:11.56	198504088	<b>1:10.85</b>
	50m: 31.54	100m: 1:10.85			

Masters 40+, Dames

1.	Clara Groenhorst	GZC DONK	1:37.53	198202506	<b>1:38.25</b>
	50m: 44.95	100m: 1:38.25			

Masters 45+, Dames

1.	Katinka van Dongen	ZZ&PC De Devel	1:11.24	197700190	<b>1:10.97</b>
	50m: 32.55	100m: 1:10.97			
2.	Natasja Forat	ZPC De Zeeuwse Kust	1:18.67	197701186	<b>1:19.56</b>
	50m: 36.61	100m: 1:19.56			

Masters 50+, Dames

1.	Elise Kenworthy	LinK	NT	197101126	<b>1:48.09</b>
	50m: 49.38	100m: 1:48.09			

Masters 55+, Dames

1.	Anita Steijger	WVZ	1:30.31	196500628	<b>1:33.78</b>
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Masters 60+, Dames

1.	Inge Wolfs	HHZV PLONS	1:45.00	196000304	<b>1:35.70</b>
	50m: 42.59	100m: 1:35.70			
2.	Lia Bijkerk	GZC DONK	1:55.37	196000014	<b>1:50.30</b>
	50m: 49.46	100m: 1:50.30			

Programmanr. 5  
24-3-2024 - 14:10

50m schoolslag

20 - 89 jaar  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
<b>Masters 20+, Heren</b>					
1.	Esper Paans	ZZ&PC De Devel	32.77	200100607	<b>32.08</b>
<b>Masters 25+, Heren</b>					
1.	Kevin Kingma	ACZ	31.23	199700559	<b>31.41</b>
2.	Vladislavs Svarnovics	DES	33.15	199605925	<b>33.26</b>
3.	Jochem van Bochove	ACZ	38.95	199605913	<b>39.57</b>
4.	Koen Blokland	MNC Dordrecht	38.00	199804791	<b>40.16</b>
<b>Masters 30+, Heren</b>					
1.	Daniel Castillo Montoya	ZVL-1886	32.71	199406779	<b>32.99</b>
2.	Jose Horcas Nieto	ZVL-1886	40.00	199307445	<b>35.45</b>
3.	Bart Haveman	DES	34.00	199204093	<b>35.84</b>
4.	Ji-xian Koster	ZVS	1:00.00	199307443	<b>51.42</b>



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Programmanr. 5, 50m schoolslag

Masters 35+, Heren

1.	Roderik Meijers	ZOB'66	34.00	198602063	<b>32.29</b>
AFGEM	Tim van den Berg	Blue Marlins	33.56	198500157	

Masters 40+, Heren

1.	Robert van Egmond	AZC	42.81	198202741	<b>40.58</b>
2.	Martijn Huijnen	HHZV PLONS	46.17	198102545	<b>45.29</b>

Masters 45+, Heren

1.	Bogdan Androne	ZV Sassenheim	36.08	197701783	<b>36.66</b>
2.	Alfonso Verkerk	SCOM/De Zeehond'73 (SG)	39.28	197601665	<b>38.27</b>
3.	Patrick Groenendijk	ZVVS	40.37	197902137	<b>40.48</b>
4.	Robin Koele	De Watervogels	43.58	197601657	<b>44.28</b>

Masters 50+, Heren

1.	Jeff van Loon	De Geul	52.12	197001687	SB6	<b>52.20</b>	351
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Masters 55+, Heren

1.	Peter Bootsma	AZC	42.00	196901869	<b>44.15</b>	FJ 1
2.	Pieter-Sjoerd de Wijn	DES	41.72	196501027	<b>44.15</b>	FJ 2
3.	Rob Koger	De Watervogels	50.00	196701793	<b>47.49</b>	
4.	Andre Exter	Poseidon'56	49.80	196601585	<b>53.13</b>	

Masters 60+, Heren

1.	Pierre de Groot	GZC DONK	43.14	196401431	<b>45.09</b>
2.	Bob Lookermans	Poseidon'56	51.64	196201295	<b>49.74</b>

Masters 65+, Heren

1.	Peter Coffeng	GZC DONK	44.43	195700063	<b>45.19</b>
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Masters 20+, Dames

1.	Lauren van IJll	WVZ	36.41	200001064	<b>36.70</b>
2.	Nienke de Vries	DES	48.19	200100460	<b>45.05</b>
3.	Juliette Boon	ZZ&PC De Devel	45.00	200401908	<b>45.09</b>

Masters 25+, Dames

1.	Kristien Peeters	ZVL-1886	40.00	199706672	<b>39.61</b>
2.	Sanne de Roo	ZZ&PC De Devel	41.42	199501934	<b>40.68</b>

Masters 30+, Dames

1.	Ilona van der Knaap	De Watervogels	38.38	199204954	<b>37.85</b>
2.	Ines Muilwijk	MNC Dordrecht	39.74	199202858	<b>38.36</b>
3.	Lotte Nienhuis	De Watervogels	40.10	199205256	<b>40.53</b>
4.	Annemarie Van der Knijff	DES	47.08	199405378	<b>46.04</b>
5.	J. Coenders-Peijnenburg	TRB-RES	50.00	199008502	<b>48.77</b>
6.	Dorien Pastoors	Blue Marlins	46.76	199404598	<b>48.92</b>
7.	Anne de Jong	DES	48.87	199308016	<b>48.95</b>
8.	Renske Kalkman	ZVS	53.77	199308032	<b>52.20</b>

Masters 35+, Dames

1.	Suzan Blankestijn	ZVL-1886	38.07	198900350	<b>38.45</b>
2.	Linda van Klei	GZC DONK	39.68	198802088	<b>39.61</b>

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Programmanr. 5, 50m schoolslag

Masters 40+, Dames

1.	Kirsten van der Steen	De Biesboschzwemmers	39.35	198101420	<b>38.36</b>
2.	Else de Rooij	MNC Dordrecht	51.15	198202560	<b>51.31</b>

Masters 45+, Dames

1.	Marian Nederlof	De Geul	43.51	197600950	<b>44.96</b>
2.	Ilonka van der Meer	LinK	43.69	197601168	<b>46.04</b>
3.	Dorien van Petersen	MNC Dordrecht	48.25	197601186	<b>48.95</b>

Masters 50+, Dames

1.	Edith Janssen-Koolen	TRB-RES	39.33	197300898	<b>39.71</b>
2.	Katharina Schlipp	De Vliet (SG)	39.02	197301004	<b>40.94</b>
3.	Marjolein Klunne	Hieronymus	47.96	197101098	<b>48.16</b>
4.	Ria Winters	Feijenoord Albion Zwemclub	50.43	197001116	<b>50.35</b>
5.	Pauline Tromp-de Lang	ZZ&PC De Devel	51.21	197001032	<b>51.34</b>

Masters 55+, Dames

1.	Marjo Goelema-Koek <i>Nederlands Masters Record.</i>	De Biesboschzwemmers	36.00	196900192	<b>36.03</b>
2.	Inge Deutz	ZVVS	57.88	196600726	<b>57.50</b>
AFGEM	Anne Schonewille	SCOM/De Zeehond'73 (SG)	57.50	196700756	
NG	Caroline Kruger	Feijenoord Albion Zwemclub	42.10	196800928	

Masters 60+, Dames

1.	P. Tossings-van de Hooven	GZC DONK	46.65	196100376	<b>46.57</b>
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Masters 65+, Dames

1.	Karien Musters	Old Dutch	1:03.92	195800236	<b>1:09.58</b>
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Masters 85+, Dames

1.	Marie Smits	Old Dutch	1:07.02	193800004	<b>1:10.72</b>
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Programmanr. 6  
24-3-2024 - 14:20

100m rugslag

20 - 89 jaar  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
<b>Masters 20+, Heren</b>					
1.	Jasper Breugem	WVZ	1:00.92	200000303	<b>1:03.06</b>
	50m: 30.99	100m: 1:03.06			
2.	Tygo Korving	ZOB'66	1:09.00	200300773	<b>1:07.62</b>
	50m: 32.09	100m: 1:07.62			
3.	Jim van Vliet	SCOM	1:21.19	200004265	<b>1:16.92</b>
	50m: 36.48	100m: 1:16.92			
<b>Masters 25+, Heren</b>					
1.	Ian van Mullem	ZOB'66	1:07.54	199602545	<b>1:09.51</b>
	50m: 33.26	100m: 1:09.51			
2.	Thijs van Dam	ZVL-1886	1:20.00	199803311	<b>1:22.32</b>
	50m: 39.33	100m: 1:22.32			
3.	Dylan Goethart	ZZ&PC De Devel	1:28.63	199605217	<b>1:32.57</b>
	50m: 46.05	100m: 1:32.57		S14	274

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Programmanr. 6, 100m rugslag

Masters 30+, Heren

NG Jeroen Matthijssen AZC 1:05.84 199103751

Masters 40+, Heren

1. Nol van Thull ZOB'66 1:04.59 198001513 **1:03.70**  
50m: 31.35 100m: 1:03.70

2. W. Camargo ZZ&PC De Devel 1:13.00 198002547 **1:13.77**  
50m: 35.48 100m: 1:13.77

3. Tjeerd Visser ACZ 1:11.00 198001631 **1:15.24**  
50m: 36.99 100m: 1:15.24

Masters 45+, Heren

1. Dennis Dortland NieMo Barracuda 1:14.63 197800261 **1:15.08**  
50m: 36.79 100m: 1:15.08

2. Steven Prins HHZV PLONS 1:19.62 197901833 **1:22.63**  
50m: 40.62 100m: 1:22.63

3. Ingmar Kooman ZVL-1886 1:30.00 197901517 **1:31.36**  
50m: 44.48 100m: 1:31.36

Masters 50+, Heren

1. Erwin Veenhoven ZVL-1886 1:30.00 197101793 **1:26.69**  
50m: 41.91 100m: 1:26.69

2. Jeroen Hoeksel ZVVS 1:31.80 197401533 **1:32.52**  
50m: 45.07 100m: 1:32.52

Masters 55+, Heren

1. Frank van Nobelen ZV Sassenheim 1:14.70 196900753 **1:17.05**  
50m: 37.79 100m: 1:17.05

2. Erik Saan De Duck 1:23.88 196500769 **1:24.80**  
50m: 40.52 100m: 1:24.80

Masters 60+, Heren

1. Arthur van Strien WVZ 1:22.19 196301401 **1:19.71**  
50m: 39.76 100m: 1:19.71

2. Hans Vloedgraven Old Dutch 1:25.12 196400917 **1:20.57**  
50m: 39.92 100m: 1:20.57

Masters 65+, Heren

1. Otto Zeijpveld De Berkelduikers 1:30.00 195800497 **1:29.03**  
50m: 43.78 100m: 1:29.03

2. André Pantekoek PSV 1:46.32 195800321 **1:42.51**  
50m: 50.54 100m: 1:42.51

Masters 85+, Heren

1. Nic Geers PSV 2:10.82 193800007 **2:05.38**  
50m: 1:01.49 100m: 2:05.38

Masters 20+, Dames

1. Valerie Bakker ZVL-1886 1:21.39 200103672 **1:22.20**  
50m: 39.31 100m: 1:22.20

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Programmanr. 6, 100m rugslag

Masters 25+, Dames

1.	Anouk van der Lans	Westland Swimming Stars	1:18.10	199801614	<b>1:17.09</b>
	50m: 37.57	100m: 1:17.09			

Masters 35+, Dames

1.	Rianne Hofland	ZV Sassenheim	1:12.74	198801820	<b>1:13.92</b>
	50m: 36.61	100m: 1:13.92			
2.	Carola Venema-Koeken	De Watervogels	1:48.57	198504274	<b>1:40.54</b>
	50m: 48.84	100m: 1:40.54			

Masters 40+, Dames

1.	Steffi Krul- Meinhold	D'elft	1:18.56	198001542	<b>1:17.84</b>
	50m: 37.44	100m: 1:17.84			
2.	Esther Versteeg	ZZ&PC De Devel	1:22.00	198302112	<b>1:17.94</b>
	50m: 37.95	100m: 1:17.94			

Masters 45+, Dames

1.	Petra Guijt	Aqua-Novio '94	1:33.02	197600978	<b>1:27.16</b>
	50m: 43.44	100m: 1:27.16			
2.	Clementine van Bruxvoort	Feijenoord Albion Zwemclub	1:38.78	197700138	<b>1:40.88</b>
	50m: 49.11	100m: 1:40.88			

Masters 50+, Dames

1.	Trudie van Niejenhuis	TZC Vahalis	1:22.32	197100444	<b>1:24.26</b>
	50m: 41.26	100m: 1:24.26			
2.	Y. van Nobelen - Kampschreu	ZV Sassenheim	1:29.13	197200316	<b>1:27.99</b>
	50m: 43.24	100m: 1:27.99			
3.	Nathasja Konijn	GZC DONK	1:33.63	197100992	<b>1:34.36</b>
	50m: 46.02	100m: 1:34.36			

Masters 55+, Dames

1.	Anita Steijger	WVZ	1:31.26	196500628	<b>1:32.06</b>
	50m: 45.57	100m: 1:32.06			
2.	K. van Nassau-van den Heuv	Old Dutch	1:35.87	196600188	<b>1:38.65</b>
	50m: 48.43	100m: 1:38.65			

Masters 60+, Dames

1.	Inge Wolfs	HHZV PLONS	1:47.00	196000304	<b>1:37.46</b>
	50m: 47.71	100m: 1:37.46			

Masters 70+, Dames

1.	Tineke van Diggelen	ZPCH	1:57.00	195200048	<b>1:55.82</b>
	50m: 57.07	100m: 1:55.82			
2.	Geerdien Meerwaldt	De Geul	2:09.55	195200058	<b>2:12.69</b>
	50m: 1:05.53	100m: 2:12.69			
3.	N. van Dongen-de Paepe	ZZ&PC De Devel	2:23.59	195100044	<b>2:31.12</b>
	50m: 1:12.71	100m: 2:31.12			

ROM 4  
Gouda, 24-3-2024

Programmanr. 7 4 x 100m wisselslag lft 80 - 359  
24-3-2024 - 14:25 Resultaten

rang	vereniging	intijd	tijd	RT
<b>160+, Heren</b>				
DIS	De Watervogels <i>RH - Het eindpunt niet in rugligging aangeraakt.</i> Rob Koger, Jasper van den Broek, Robin Koele, Rogier van der Bend	5:38.19		
BM	Hieronymus Marjolein Klunne H.C.W. ( Hilly ) Brugmans	Hieronymus 71 42.75 70	5:34.00 1:27.75 John Dingelstad Madelon van Uchelen	<b>5:41.79</b> 65 96

Programmanr. 8 50m vlinderslag 20 - 89 jaar  
24-3-2024 - 14:35 Resultaten

rang	naam	vereniging	intijd	tijd	RT
<b>Masters 20+, Heren</b>					
1.	Jasper Breugem	WVZ	27.64	200000303	<b>28.63</b>
2.	Esper Paans	ZZ&PC De Devel	28.93	200100607	<b>28.88</b>
3.	Julian Stok	ZZ&PC De Devel	29.39	200300071	<b>29.52</b>
4.	Jim van Vliet	SCOM	31.51	200004265	<b>32.29</b>
<b>Masters 25+, Heren</b>					
1.	Kevin Kingma	ACZ	27.71	199700559	<b>28.88</b>
2.	Ids de Klerk	NieMo Barracuda	31.36	199803237	<b>31.44</b>
3.	Koen Blokland	MNC Dordrecht	32.79	199804791	<b>33.44</b>
4.	Ardy Zwaneburg	AZC	37.50	199902061	<b>38.36</b>
<b>Masters 30+, Heren</b>					
1.	Jesper Oranje <i>Nederlands Masters Record.</i>	De Duck	25.18	199200997	<b>25.14</b>
2.	Quinn King	ZVS	32.00	199008512	<b>30.18</b>
3.	Owen Louwes	BZ&PC	33.47	199101487	<b>33.91</b>
<b>Masters 35+, Heren</b>					
1.	Bjorn van de Goor	TRB-RES	31.64	198906527	<b>31.57</b>
<b>Masters 40+, Heren</b>					
1.	Grzegorz Kasprzyk	ZVVS	31.56	198303163	<b>32.07</b>
2.	W. Camargo	ZZ&PC De Devel	33.00	198002547	<b>33.96</b>
3.	Robert van Egmond	AZC	43.37	198202741	<b>39.14</b>
4.	Martijn Huijnen	HHZV PLONS	49.74	198102545	<b>44.86</b>
<b>Masters 45+, Heren</b>					
1.	Erwin Buist	ZPC AMERSFOORT	27.82	197800183	<b>28.63</b>
2.	Markus van Rest	WVZ	29.67	197701197	<b>29.80</b>
3.	Ingmar Kooman	ZVL-1886	34.47	197901517	<b>34.56</b>
<b>Masters 55+, Heren</b>					
1.	Sandro Glasius	ZZ&PC De Devel	34.00	196600249	<b>33.52</b>
2.	Frank van Nobelen	ZV Sassenheim	33.11	196900753	<b>33.80</b>
3.	Pieter-Sjoerd de Wijn	DES	36.97	196501027	<b>37.13</b>
4.	Rob Koger	De Watervogels	49.05	196701793	<b>50.85</b>

Uitslagen via [https://knzbwest.cfas.nl/RWOM2023-2024\\_4/](https://knzbwest.cfas.nl/RWOM2023-2024_4/)

ROM 4  
Gouda, 24-3-2024

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Programmanr. 8, 50m vlinderslag

Masters 60+, Heren

1.	Hans Vloedgraven	Old Dutch	33.71	196400917	<b>34.97</b>
2.	Henk Kuipers	ZPC AMERSFOORT	32.90	196201207	<b>35.11</b>
3.	André Schutte	ZPC De Zeeuwse Kust	44.60	196000521	<b>48.19</b>

Masters 20+, Dames

1.	Lauren van IJll	WVZ	30.39	200001064	<b>30.81</b>
2.	Kim de Jong	Westland Swimming Stars	38.00	200401522	<b>35.30</b>
3.	Valerie Bakker	ZVL-1886	37.65	200103672	<b>36.61</b>
4.	Nienke de Vries	DES	48.60	200100460	<b>44.32</b>

Masters 25+, Dames

1.	Cynthia van Veen	ZVL-1886	39.20	199606736	<b>37.95</b>
2.	Esmée Rolloos	NieMo Barracuda	38.74	199800056	<b>38.48</b>
AFGEM	Eline Hendriks	ZPC AMERSFOORT	35.65	199802794	

Masters 30+, Dames

1.	Denise Boereboom	NieMo Barracuda	29.52	199202144	<b>29.74</b>
2.	Natasja Snijders	Aqua-Novio '94	34.30	199107966	<b>33.87</b>
3.	Leontine Groeneveldt	De Duck	33.79	199303526	<b>34.00</b>
4.	Erika Nyström	HHZV PLONS	34.07	199407592	<b>35.23</b>
5.	J. Coenders-Peijnenburg	TRB-RES	40.02	199008502	<b>40.07</b>
6.	Astrid Need	ZPC De Zeeuwse Kust	44.03	199306470	<b>44.56</b>
7.	Anne de Jong	DES	45.00	199308016	<b>48.13</b>
8.	Francis van der Perk	ZPC Numansdorp	47.53	199102442	<b>48.63</b>
AFGEM	Lisa Klatten	WVZ	29.89	199203628	

Masters 35+, Dames

1.	Marije Jansen	ZPC AMERSFOORT	30.69	198504088	<b>30.85</b>
2.	Linda van Klei	GZC DONK	33.76	198802088	<b>34.02</b>
3.	Jerianne Gomez	Feijenoord Albion Zwemclub	48.32	198605360	<b>43.84</b>

Masters 40+, Dames

1.	A. Verschoor-Vos	De Biesboschzweimmers	32.70	198102300	<b>32.78</b>
2.	Kirsten van der Steen	De Biesboschzweimmers	33.00	198101420	<b>34.25</b>
3.	Esther Versteeg	ZZ&PC De Devel	34.00	198302112	<b>34.78</b>
4.	Else de Rooij	MNC Dordrecht	49.84	198202560	<b>49.20</b>

Masters 45+, Dames

1.	Katinka van Dongen	ZZ&PC De Devel	31.66	197700190	<b>32.29</b>
2.	Chantal Verhoeff	Old Dutch	33.86	197900912	<b>34.98</b>
3.	Natasja Forat	ZPC De Zeeuwse Kust	34.10	197701186	<b>35.78</b>
4.	Marian Nederlof	De Geul	36.72	197600950	<b>38.57</b>
5.	Ilonka van der Meer	LinK	39.05	197601168	<b>42.91</b>

Masters 50+, Dames

1.	Pauline Tromp-de Lang	ZZ&PC De Devel	48.61	197001032	<b>47.79</b>
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Masters 55+, Dames

1.	Marjo Goelema-Koek	De Biesboschzweimmers	33.94	196900192	<b>34.89</b>
2.	Cancia Leirissa	Feijenoord Albion Zwemclub	40.00	196700748	<b>44.96</b>
AFGEM	Anne Schonewille	SCOM/De Zeehond'73 (SG)	51.45	196700756	

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Programmanr. 9  
24-3-2024 - 14:40

100m schoolslag

20 - 89 jaar  
Resultaten

rang	naam		vereniging	intijd		tijd	RT
<b>Masters 20+, Heren</b>							
1.	Tygo Korving		ZOB'66	1:14.00	200300773	<b>1:13.66</b>	
	50m: 34.16		100m: 1:13.66				
2.	Boaz Troost		ZOB'66	1:15.39	200100371	<b>1:14.34</b>	
	50m: 34.70		100m: 1:14.34				
<b>Masters 25+, Heren</b>							
1.	Vladislavs Svarnovics		DES	1:13.90	199605925	<b>1:15.25</b>	
	50m: 34.31		100m: 1:15.25				
2.	Thijs van Dam		ZVL-1886	1:25.00	199803311	<b>1:30.21</b>	
	50m: 42.12		100m: 1:30.21				
3.	Jochem van Bochove		ACZ	1:29.54	199605913	<b>1:31.16</b>	
	50m: 42.33		100m: 1:31.16				
<b>Masters 30+, Heren</b>							
1.	Stefan Petersen		Blue Marlins	1:04.93	199403067	<b>1:08.16</b>	
	50m: 31.37		100m: 1:08.16				
2.	Daniel Castillo Montoya		ZVL-1886	1:22.62	199406779	<b>1:13.95</b>	
	50m: 33.86		100m: 1:13.95				
3.	Bart van der Zwaan		BZ&PC	1:14.11	199005149	<b>1:16.20</b>	
	50m: 35.28		100m: 1:16.20				
4.	Jose Horcas Nieto		ZVL-1886	1:30.00	199307445	<b>1:19.80</b>	
	50m: 36.57		100m: 1:19.80				
5.	Bart Haveman		DES	1:18.00	199204093	<b>1:24.09</b>	
	50m: 37.99		100m: 1:24.09				
<b>Masters 35+, Heren</b>							
1.	Hans van Wijk		BZ&PC	1:11.11	198903605	<b>1:11.04</b>	
	50m: 33.28		100m: 1:11.04				
AFGEM	Tim van den Berg		Blue Marlins	1:12.78	198500157		
<b>Masters 45+, Heren</b>							
1.	Dennis Dortland		NieMo Barracuda	1:16.48	197800261	<b>1:17.00</b>	
	50m: 36.55		100m: 1:17.00				
2.	Bogdan Androne		ZV Sassenheim	1:19.14	197701783	<b>1:20.09</b>	
	50m: 37.09		100m: 1:20.09				
3.	Alfonso Verkerk		SCOM/De Zeehond'73 (SG)	1:27.33	197601665	<b>1:27.06</b>	
	50m: 41.72		100m: 1:27.06				
<b>Masters 50+, Heren</b>							
1.	Bruno Nahon		CNSW	1:27.09	CNSW/000390/70	<b>1:28.49</b>	
	50m: 41.52		100m: 1:28.49				
2.	Erwin Veenhoven		ZVL-1886	1:30.00	197101793	<b>1:30.42</b>	
	50m: 43.39		100m: 1:30.42				
<b>Masters 55+, Heren</b>							
1.	John Dingelstad		Hieronymus	1:24.08	196500231	<b>1:27.75</b>	
	50m: 41.25		100m: 1:27.75				
2.	Peter Bootsma		AZC	1:36.80	196901869	<b>1:36.98</b>	
	50m: 45.91		100m: 1:36.98				
NG	Joop Weenink		WS Twente	1:26.82	196801535		

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Programmanr. 9, 100m schoolslag

Masters 60+, Heren

1. Arthur van Strien	WVZ	1:26.70	196301401	<b>1:27.49</b>
50m: 41.28	100m: 1:27.49			
2. Pierre de Groot	GZC DONK	1:37.68	196401431	<b>1:41.06</b>
50m: 47.75	100m: 1:41.06			

Masters 20+, Dames

1. Laura Tromp	ZZ&PC De Devel	1:23.17	200000276	<b>1:26.92</b>
50m: 39.94	100m: 1:26.92			

Masters 25+, Dames

1. Melissa van der Heijden	NieMo Barracuda	1:18.61	199605226	<b>1:22.38</b>
50m: 39.17	100m: 1:22.38			
2. Sanne de Roo	ZZ&PC De Devel	1:28.77	199501934	<b>1:28.79</b>
50m: 41.78	100m: 1:28.79			
3. Tamara van den Brink	NieMo Barracuda	1:27.25	199804182	<b>1:30.26</b>
50m: 42.91	100m: 1:30.26			
4. Nadine Scheeve	De Biesboschzweimmers	1:46.16	199700684	<b>1:41.72</b>
50m: 47.30	100m: 1:41.72			

Masters 30+, Dames

1. Lisa van Milt	ZZ&PC De Devel	1:23.00	199201228	<b>1:21.84</b>
50m: 38.04	100m: 1:21.84			
2. Ines Muilwijk	MNC Dordrecht	1:23.55	199202858	<b>1:22.71</b>
50m: 39.49	100m: 1:22.71			
3. Ilona van der Knaap	De Watervogels	1:24.70	199204954	<b>1:24.26</b>
50m: 39.02	100m: 1:24.26			
4. Lotte Nienhuis	De Watervogels	1:28.93	199205256	<b>1:28.79</b>
50m: 41.91	100m: 1:28.79			
5. Dorien Pastoors	Blue Marlins	1:41.80	199404598	<b>1:43.54</b>
50m: 49.18	100m: 1:43.54			
6. Anne de Jong	DES	1:40.00	199308016	<b>1:46.01</b>
50m: 50.09	100m: 1:46.01			

Masters 35+, Dames

1. Suzan Blankestijn	ZVL-1886	1:21.57	198900350	<b>1:22.19</b>
50m: 38.58	100m: 1:22.19			
2. Carola Venema-Koeken	De Watervogels	1:55.93	198504274	<b>1:50.52</b>
50m: 50.87	100m: 1:50.52			
3. Pauline van der Wijk	ZVS	1:46.00	198907614	<b>2:04.96</b>
50m: 1:02.04	100m: 2:04.96			

Masters 45+, Dames

1. Dorien van Petersen	MNC Dordrecht	1:48.51	197601186	<b>1:48.78</b>
50m: 50.98	100m: 1:48.78			

Masters 50+, Dames

1. Katharina Schlipp	De Vliet (SG)	1:26.21	197301004	<b>1:28.84</b>
50m: 42.16	100m: 1:28.84			
2. Edith Janssen-Koolen	TRB-RES	1:27.64	197300898	<b>1:29.59</b>
50m: 42.55	100m: 1:29.59			
3. Trudie van Niejenhuis	TZC Vahalis	1:30.20	197100444	<b>1:32.41</b>
50m: 43.97	100m: 1:32.41			
4. Nathasja Konijn	GZC DONK	1:47.50	197100992	<b>1:48.21</b>
50m: 51.39	100m: 1:48.21			
5. Elise Kenworthy	LinK	NT	197101126	<b>1:50.09</b>
50m: 52.24	100m: 1:50.09			

Uitslagen via [https://knzbwest.cfas.nl/RWOM2023-2024\\_4/](https://knzbwest.cfas.nl/RWOM2023-2024_4/)



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Programmanr. 9, Dames, 100m schoolslag, Masters 50+

rang	naam	vereniging	intijd		tijd	RT
6.	Ria Winters	Feijenoord Albion Zwemclub	1:55.00	197001116	<b>1:53.92</b>	
	50m: 54.69	100m: 1:53.92				

Masters 55+, Dames

1.	K. van Nassau-van den Heuv	Old Dutch	1:38.17	196600188	<b>1:40.59</b>	
	50m: 47.65	100m: 1:40.59				
2.	Anita Steijger	WVZ	1:41.42	196500628	<b>1:42.91</b>	
	50m: 49.28	100m: 1:42.91				
NG	Caroline Kruger	Feijenoord Albion Zwemclub	1:41.61	196800928		

Masters 60+, Dames

1.	Inge Wolfs	HHZV PLONS	1:50.00	196000304	<b>1:46.74</b>	
	50m: 51.81	100m: 1:46.74				
2.	Lia Bijkerk	GZC DONK	1:49.41	196000014	<b>1:48.44</b>	
	50m: 51.72	100m: 1:48.44				

Masters 70+, Dames

1.	Geerdien Meerwaldt	De Geul	2:10.18	195200058	<b>2:16.40</b>	
	50m: 1:04.60	100m: 2:16.40				

Programmanr. 10  
24-3-2024 - 14:55

50m vrije slag

20 - 89 jaar  
Resultaten

rang	naam	vereniging	intijd		tijd	RT
<b>Masters 20+, Heren</b>						
1.	Nino van Krimpen	ZOB'66	25.78	200004611	<b>25.87</b>	
2.	Esper Paans	ZZ&PC De Devel	25.62	200100607	<b>26.02</b>	
3.	Julian Stok	ZZ&PC De Devel	27.67	200300071	<b>27.48</b>	
4.	Jim van Vliet	SCOM	30.44	200004265	<b>28.70</b>	
<b>Masters 25+, Heren</b>						
1.	Sander Kirillova	WVZ	24.26	199800121	<b>24.51</b>	
2.	Kevin Kingma	ACZ	25.83	199700559	<b>27.50</b>	
3.	Ids de Klerk	NieMo Barracuda	29.07	199803237	<b>29.68</b>	
4.	Koen Blokland	MNC Dordrecht	30.70	199804791	<b>30.87</b>	
5.	Ardy Zwanenburg	AZC	30.17	199902061	<b>31.16</b>	
6.	Dylan Goethart	ZZ&PC De Devel	31.54	199605217	<b>33.26</b>	265
<b>Masters 30+, Heren</b>						
1.	Quinn King	ZVS	35.00	199008512	<b>27.71</b>	
2.	Bart Haveman	DES	27.28	199204093	<b>27.83</b>	
3.	Ji-xian Koster	ZVS	48.48	199307443	<b>42.18</b>	
<b>Masters 35+, Heren</b>						
1.	Roderik Meijers	ZOB'66	26.00	198602063	<b>25.57</b>	
2.	Pascal van Haren	NieMo Barracuda	25.90	198704101	<b>26.02</b>	
3.	Bjorn van de Goor	TRB-RES	27.71	198906527	<b>27.72</b>	
4.	Tsung-Han (Jack) Yu	Feijenoord Albion Zwemclub	30.00	198806371	<b>31.66</b>	

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Programmanr. 10, 50m vrije slag

Masters 40+, Heren

1.	Nol van Thull	ZOB'66	25.25	198001513	<b>25.23</b>
2.	Tjeerd Visser	ACZ	29.00	198001631	<b>28.60</b>
3.	W. Camargo	ZZ&PC De Devel	29.00	198002547	<b>29.87</b>
4.	Robert van Egmond	AZC	35.63	198202741	<b>33.53</b>
NG	Rob van Wanrooy	Feijenoord Albion Zwemclub	27.83	198202627	

Masters 45+, Heren

1.	Erwin Buist	ZPC AMERSFOORT	26.49	197800183	<b>26.81</b>
2.	Erik Tobé	ZOB'66	31.34	197901485	<b>31.20</b>
3.	Patrick Groenendijk	ZVVS	33.84	197902137	<b>33.31</b>
4.	Robin Koele	De Watervogels	33.54	197601657	<b>34.19</b>
NG.ZA	Alfonso Verkerk	SCOM/De Zeehond'73 (SG)	31.04	197601665	

Masters 50+, Heren

1.	Henri Verschoor	De Biesboschzweimmers	28.99	197001041	<b>28.73</b>	
2.	Rogier van der Bend	De Watervogels	33.07	197401571	<b>34.19</b>	
3.	Jeroen Hoeksel	ZVVS	34.00	197401533	<b>34.54</b>	
4.	Jeff van Loon	De Geul	39.00	197001687	<b>39.27</b>	S7 344

Masters 55+, Heren

1.	Sandro Glasius	ZZ&PC De Devel	29.00	196600249	<b>28.99</b>
2.	Erik Saan	De Duck	29.44	196500769	<b>30.42</b>
3.	Pieter-Sjoerd de Wijn	DES	32.82	196501027	<b>33.17</b>
4.	Jos Vastenhoud	ZPC De Zeeuwse Kust	36.06	196701797	<b>35.40</b>
5.	Rob Koger	De Watervogels	46.39	196701793	<b>36.09</b>
6.	Andre Exter	Poseidon'56	41.99	196601585	<b>42.32</b>

Masters 60+, Heren

1.	Henk Kuipers	ZPC AMERSFOORT	29.62	196201207	<b>30.71</b>
2.	Mario van der Veen	Feijenoord Albion Zwemclub	34.67	196101161	<b>35.12</b>
3.	André Schutte	ZPC De Zeeuwse Kust	36.22	196000521	<b>37.25</b>
DIS	Bob Lookermans	Poseidon'56	38.30	196201295	

AA - De start ingezet voor het startsignaal (en wel gezwommen).

Masters 65+, Heren

1.	Peter Coffeng	GZC DONK	34.80	195700063	<b>35.17</b>
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Masters 70+, Heren

1.	Hans Piederiet	ZPC Numansdorp	33.11	195400177	<b>35.37</b>
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Masters 75+, Heren

1.	Hans van Vastenhoven	Old Dutch	50.00	194900141	<b>1:06.19</b>
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Masters 85+, Heren

1.	Nic Geers	PSV	45.11	193800007	<b>46.15</b>
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Masters 20+, Dames

1.	Iris van Rossum	ACZ	29.91	200004858	<b>30.11</b>
2.	Valerie Bakker	ZVL-1886	32.36	200103672	<b>31.96</b>
3.	Juliette Boon	ZZ&PC De Devel	33.00	200401908	<b>33.17</b>
4.	Nienke de Vries	DES	39.13	200100460	<b>35.11</b>

ROM 4  
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Programmanr. 10, 50m vrije slag

Masters 25+, Dames

1.	Babette van der Kaaij	Blue Marlins	25.94	199902234	<b>26.76</b>
2.	Marcella van der Ent	De Duck	29.49	199600174	<b>29.54</b>
3.	Kristien Peeters	ZVL-1886	32.00	199706672	<b>30.00</b>
4.	Cynthia van Veen	ZVL-1886	34.22	199606736	<b>33.03</b>
AFGEM	Eline Hendriks	ZPC AMERSFOORT	32.20	199802794	

Masters 30+, Dames

1.	Denise Boereboom	NieMo Barracuda	27.97	199202144	<b>28.34</b>
2.	Adela Vázquez García	ZVL-1886	30.63	199307952	<b>30.64</b>
3.	Erika Nyström	HHZV PLONS	30.18	199407592	<b>31.20</b>
4.	Anne de Jong	DES	34.14	199308016	<b>34.54</b>
5.	Annemarie Van der Knijff	DES	34.46	199405378	<b>35.95</b>
6.	Astrid Need	ZPC De Zeeuwse Kust	37.91	199306470	<b>37.15</b>
7.	Renske Kalkman	ZVS	45.32	199308032	<b>42.33</b>
AFGEM	Lisa Klatten	WVZ	27.94	199203628	

Masters 35+, Dames

1.	Marije Jansen	ZPC AMERSFOORT	28.67	198504088	<b>29.53</b>
2.	Rianne Hofland	ZV Sassenheim	29.34	198801820	<b>29.68</b>
3.	Linda van Klei	GZC DONK	30.11	198802088	<b>30.58</b>
4.	Jerianne Gomez	Feijenoord Albion Zwemclub	38.74	198605360	<b>38.03</b>

Masters 40+, Dames

1.	Esther Versteeg	ZZ&PC De Devel	33.00	198302112	<b>32.03</b>
2.	Clara Groenhorst	GZC DONK	37.40	198202506	<b>37.92</b>
3.	Else de Rooij	MNC Dordrecht	39.27	198202560	<b>39.83</b>

Masters 45+, Dames

1.	Katinka van Dongen	ZZ&PC De Devel	30.54	197700190	<b>30.36</b>
2.	Natasja Forat	ZPC De Zeeuwse Kust	29.27	197701186	<b>30.42</b>
3.	Petra Guijt	Aqua-Novio '94	31.78	197600978	<b>31.54</b>
4.	Ilonka van der Meer	LinK	35.84	197601168	<b>36.03</b>

Masters 50+, Dames

1.	Marjolein Klunne	Hieronymus	31.30	197101098	<b>32.78</b>
2.	Y. van Nobelen - Kampschreuz	ZV Sassenheim	34.16	197200316	<b>34.54</b>
3.	H.C.W. ( Hilly ) Brugmans	Hieronymus	36.99	197001112	<b>36.98</b>

Masters 55+, Dames

1.	Carol Hollemans	ACZ	35.00	196900252	<b>30.72</b>
2.	José Bodde	LinK	39.79	196901104	<b>38.93</b>
3.	Inge Deutz	ZVVS	39.77	196600726	<b>39.91</b>
AFGEM	Anne Schonewille	SCOM/De Zeehond'73 (SG)	39.64	196700756	

Masters 70+, Dames

1.	Tineke van Diggelen	ZPCH	53.00	195200048	<b>46.29</b>
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Gouda, 24-3-2024

Programmanr. 11  
24-3-2024 - 15:05

1500m vrije slag  
Series samen: 1 en 2 , 3 en 4.

20 - 89 jaar  
Resultaten

rang	naam	vereniging	intijd		tijd	RT
<b>Masters 20+, Heren</b>						
1.	Tenzin Tieman	Old Dutch	17:45.41	200005549	<b>18:16.07</b>	
	100m: 1:04.65	200m: 2:14.90	400m: 4:37.75	800m: 9:33.65	1500m: 18:16.07	
2.	Niels van der Mast	ZOB'66	20:09.51	200401917	<b>19:24.84</b>	
	100m: 1:08.43	200m: 2:22.56	400m: 4:53.67	800m: 10:06.36	1500m: 19:24.84	
3.	Mike van Huizen	ZPC Numansdorp	20:00.00	200300891	<b>20:33.63</b>	
	100m: 1:12.43	200m: 2:34.53	400m: 5:22.51	800m: 10:59.16	1500m: 20:33.63	
4.	Jaimy Voogt	ZOB'66	20:30.00	200005881	<b>21:40.80</b>	
	100m: 1:17.21	200m: 2:43.24	400m: 5:39.76	800m: 11:34.59	1500m: 21:40.80	
<b>Masters 25+, Heren</b>						
1.	Jordy van Oel	WVZ	17:56.58	199802003	<b>18:12.90</b>	
	100m: 1:04.65	200m: 2:15.94	400m: 4:39.98	800m: 9:33.58	1500m: 18:12.90	
2.	Sven Dubbeld	De Schotejil	20:25.75	199601141	<b>20:28.35</b>	
	100m: 1:12.44	200m: 2:33.09	400m: 5:17.78	800m: 10:51.12	1500m: 20:28.35	
3.	Renzo van Boven	ZVS	17:30.00	199501193	<b>20:37.63</b>	
	100m: 1:13.96	200m: 2:34.12	400m: 5:18.47	800m: 10:52.09	1500m: 20:37.63	
4.	Jasper van den Broek	De Watervogels	21:37.68	199903313	<b>22:47.19</b>	
	100m: 1:24.25	200m: 2:56.20	400m: 6:01.51	800m: 12:11.77	1500m: 22:47.19	
<b>Masters 30+, Heren</b>						
1.	Sybren Groenewegen	De Schotejil	18:47.85	199306223	<b>19:06.90</b>	
	100m: 1:10.68	200m: 2:24.92	400m: 4:56.68	800m: 10:03.95	1500m: 19:06.90	
2.	Jeroen Matthijssen	AZC	19:50.00	199103751	<b>20:06.00</b>	
	100m: 1:06.48	200m: 2:22.75	400m: 5:01.80	800m: 10:26.77	1500m: 20:06.00	
3.	Wilco van der Mersch	HHZV PLONS	26:00.00	199007699	<b>26:15.04</b>	
	100m: 1:28.23	200m: 3:04.65	400m: 6:31.52	800m: 13:39.33	1500m: 26:15.04	
<b>Masters 35+, Heren</b>						
1.	Niels Albrechts	De Schotejil	18:24.69	198800039	<b>18:40.64</b>	
	100m: 1:11.02	200m: 2:27.00	400m: 4:57.39	800m: 9:55.51	1500m: 18:40.64	
<b>Masters 40+, Heren</b>						
1.	Arne-Willem Kroonen	PSV	22:36.48	198401297	<b>24:23.44</b>	
	100m: 1:22.69	200m: 2:52.83	400m: 5:59.62	800m: 12:39.24	1500m: 24:23.44	
<b>Masters 45+, Heren</b>						
1.	Martijn Butter	OEZA	17:59.04	197900231	<b>18:23.14</b>	
	<i>Nederlnads Masters Record.</i>					
	100m: 1:05.41	200m: 2:15.63	400m: 4:37.02	800m: 9:20.25	1500m: 18:23.14	
2.	Steven Prins	HHZV PLONS	22:59.20	197901833	<b>22:32.02</b>	
	100m: 1:24.05	200m: 2:54.58	400m: 5:55.83	800m: 11:58.10	1500m: 22:32.02	
<b>Masters 60+, Heren</b>						
1.	Menno Lomans	PSV	22:03.56	196101071	<b>21:57.74</b>	
	100m: 1:19.25	200m: 2:45.42	400m: 5:40.54	800m: 11:32.31	1500m: 21:57.74	
2.	Jan Smalheer	SCOM	24:30.00	196400701	<b>25:59.68</b>	
	100m: 1:21.64	200m: 2:56.00	400m: 6:07.46	800m: 12:55.44	1500m: 25:59.68	
AFGEM	Pim Vogel	ZZ&PC De Devel	20:30.00	196000885		

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Programmanr. 11, 1500m vrije slag

Masters 65+, Heren

1.	Otto Zeijpveld	De Berkelduikers	23:00.00	195800497	<b>22:14.35</b>
	100m: 1:21.78	200m: 2:52.25	400m: 5:53.03	800m: 12:37.64	1500m: 22:14.35
2.	Lex Hoogendam	ZZ&PC De Devel	25:00.00	195700541	<b>25:17.30</b>
	100m: 1:27.79	200m: 3:05.48	400m: 6:27.87	800m: 13:16.84	1500m: 25:17.30
DIS	André Pantekoek	PSV	29:28.20	195800321	
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>				

Masters 80+, Heren

1.	Geza Kaltenecker	AZC	29:37.39	194200065	<b>29:53.45</b>
	100m: 1:49.58	200m: 3:48.63	400m: 7:52.68	800m: 15:58.87	1500m: 29:53.45

Masters 85+, Heren

1.	Nic Geers	PSV	33:40.00	193800007	<b>36:12.31</b>
	100m: 2:10.19	200m: 4:37.07	400m: 9:25.41	800m: 19:06.81	1500m: 36:12.31

Masters 20+, Dames

1.	Serena den Tuinder	ZPC Numansdorp	21:30.00	200303552	<b>22:35.93</b>
	100m: 1:21.97	200m: 2:52.59	400m: 5:55.09	800m: 12:00.01	1500m: 22:35.93
2.	Berinda van Dijk	Blue Marlins	23:41.50	200104186	<b>24:04.48</b>
	100m: 1:25.02	200m: 3:00.80	400m: 6:13.76	800m: 12:49.57	1500m: 24:04.48
3.	Zoë Ulkeman	De Berkelduikers	24:00.00	200200682	<b>24:56.47</b>
	100m: 1:29.32	200m: 3:07.75	400m: 6:29.85	800m: 13:16.22	1500m: 24:56.47

Masters 25+, Dames

1.	Angelique van Vark	GZC DONK	18:23.92	199701478	<b>18:04.54</b>
	100m: 1:05.07	200m: 2:14.56	400m: 4:36.36	800m: 9:31.11	1500m: 18:04.54

Masters 35+, Dames

1.	Jenny Schouten	PSV	18:24.36	198703674	<b>19:03.14</b>
	100m: 1:09.56	200m: 2:23.61	400m: 4:54.78	800m: 10:02.33	1500m: 19:03.14
2.	Esther Boerdam-Delfos	AZC	24:30.00	198705256	<b>23:02.56</b>
	100m: 1:22.68	200m: 2:54.41	400m: 6:00.24	800m: 12:11.98	1500m: 23:02.56
3.	Lisette van den Bos	De Geul	24:52.60	198700468	<b>25:18.14</b>
	100m: 1:29.64	200m: 3:07.50	400m: 6:28.92	800m: 13:22.76	1500m: 25:18.14

Masters 40+, Dames

1.	Steffi Krul- Meinhold	D'elft	19:20.00	198001542	<b>19:48.03</b>
	100m: 1:13.99	200m: 2:33.98	400m: 5:14.25	800m: 10:32.06	1500m: 19:48.03
2.	Anke Lambooj	De Vliet (SG)	20:11.38	198001182	<b>20:53.97</b>
	100m: 1:14.05	200m: 2:35.49	400m: 5:22.01	800m: 10:58.87	1500m: 20:53.97
3.	Linda Hoogendam	WVZ	22:30.57	198300892	<b>22:57.68</b>
	100m: 1:22.71	200m: 2:52.36	400m: 5:54.53	800m: 12:05.28	1500m: 22:57.68

Masters 45+, Dames

1.	Liselotte Joling	PSV	18:57.59	197500268	<b>19:25.57</b>
	100m: 1:12.57	200m: 2:29.65	400m: 5:05.13	800m: 10:19.59	1500m: 19:25.57
2.	Chantal Verhoeff	Old Dutch	21:56.13	197900912	<b>21:54.00</b>
	100m: 1:19.22	200m: 2:46.09	400m: 5:40.33	800m: 11:33.72	1500m: 21:54.00
3.	Jessica Venema	GZC DONK	22:10.20	197901526	<b>21:54.60</b>
	100m: 1:17.18	200m: 2:42.38	400m: 5:36.96	800m: 11:29.96	1500m: 21:54.60

ROM 4  
Gouda, 24-3-2024

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Programmanr. 11, 1500m vrije slag

Masters 50+, Dames

1. Annette Spies                      LinK                      25:31.41                      197001110                      **25:38.10**  
100m: 1:31.35                      200m: 3:10.68                      400m: 6:35.40                      800m: 13:29.07                      1500m: 25:38.10

Masters 55+, Dames

1. Hetty Smalheer                      SCOM                      26:30.00                      196700352                      **26:38.16**  
100m: 1:36.05                      200m: 3:21.44                      400m: 6:56.01                      800m: 14:04.77                      1500m: 26:38.16

Masters 60+, Dames

1. P. Tossings-van de Hooven                      GZC DONK                      22:32.22                      196100376                      **23:14.16**  
100m: 1:25.13                      200m: 2:58.58                      400m: 6:04.91                      800m: 12:18.45                      1500m: 23:14.16

Masters 65+, Dames

1. Karien Musters                      Old Dutch                      32:19.99                      195800236                      **33:29.61**  
100m: 1:59.71                      200m: 4:22.53                      400m: 8:41.09                      800m: 17:39.62                      1500m: 33:29.61

Masters 85+, Dames

1. Marie Smits                      Old Dutch                      35:58.75                      193800004                      **36:29.82**  
100m: 2:12.68                      200m: 4:40.09                      400m: 9:32.69                      800m: 19:17.85                      1500m: 36:29.82