

Zuidelijke Cirkel 2016 - 6e wedstrijd
Eindhoven, 3-12-2016

Programmanr. 12
3-12-2016 - 17:39

400m vrije slag

20 - 94 jaar
Resultaten

Punten: WMR Masters 16

Rang			Geb.				Tijd	Pnt
Masters 25+, Heren								
1.	Jan-Willem van der Graaff		89	PSV			4:23.31	88,71
	50m: 29.34	150m: 1:34.98	300m: 3:15.97	400m: 4:23.31				
	100m: 1:01.69	250m: 2:42.19	350m: 3:49.99					
2.	Tim Vinckx		90	De Wildert			4:46.71	81,47
	50m: 30.76	150m: 1:41.24	250m: 2:54.24	350m: 4:09.68				
	100m: 1:05.28	200m: 2:17.70	300m: 3:31.80	400m: 4:46.71				
3.	Mark Godwaldt		87	PSV			5:00.37	77,77
	50m: 34.15	100m: 1:11.58	200m: 2:28.26	400m: 5:00.37				
4.	Nicky Valentijn		88	AquAmigos			5:48.42	67,04
	50m: 39.67	150m: 2:07.92	250m: 3:37.13	350m: 5:06.14				
	100m: 1:23.63	200m: 2:52.67	300m: 4:22.06	400m: 5:48.42				
Masters 35+, Heren								
1.	Marcel Reefhuis		81	WS Twente			4:33.31	86,99
	50m: 30.51	150m: 1:38.66	250m: 2:48.32	350m: 3:58.76				
	100m: 1:04.35	200m: 2:13.53	300m: 3:23.56	400m: 4:33.31				
2.	Ronald Smits		78	PSV			4:56.28	80,25
	50m: 31.66	100m: 1:06.83	200m: 2:20.71	400m: 4:56.28				
3.	Patrick Roozeboom		77	WS Twente			4:58.30	79,70
	50m: 34.62	150m: 1:49.70	250m: 3:05.94	350m: 4:21.99				
	100m: 1:11.96	200m: 2:28.33	300m: 3:44.72	400m: 4:58.30				
4.	Bart Sieczynski		79	MZ&PC			5:01.84	78,77
	50m: 34.02	100m: 1:10.09	200m: 2:24.91	400m: 5:01.84				
5.	Walter Stielstra		77	TRB-RES			5:20.89	74,09
	50m: 30.70	150m: 1:47.95	250m: 3:30.29	350m: 4:40.13				
	100m: 1:07.95	200m: 2:30.10	300m: 3:57.23	400m: 5:20.89				
6.	Ron Langelaan		78	DAW			5:21.66	73,91
	50m: 34.39	150m: 1:52.34	250m: 3:14.37	350m: 4:39.46				
	100m: 1:12.54	200m: 2:33.19	300m: 3:56.63	400m: 5:21.66				
Masters 40+, Heren								
1.	Christian Dackus		72	MZ&PC			4:57.89	80,79
	50m: 34.30	150m: 1:49.14	250m: 3:04.63	350m: 4:20.70				
	100m: 1:11.48	200m: 2:26.89	300m: 3:42.64	400m: 4:57.89				
2.	Bas Broekhuis		76	MZ&PC			5:02.10	79,66
	50m: 34.67	150m: 1:51.35	250m: 3:08.04	350m: 4:25.07				
	100m: 1:12.96	200m: 2:29.76	300m: 3:46.60	400m: 5:02.10				
3.	Wouter van der Stelt		72	Den Doorn			5:35.86	71,65
	50m: 36.01	100m: 1:16.15	150m: 1:57.94	200m: 2:41.06	250m: 3:24.26	400m: 5:35.86		
4.	John Mills		76	PSV			5:39.46	70,89
	50m: 37.27	150m: 1:59.76	250m: 3:25.40	350m: 4:55.06				
	100m: 1:22.49	200m: 2:42.16	300m: 4:10.16	400m: 5:39.46				
Masters 50+, Heren								
1.	Joost de Kroon		64	AquAmigos			5:33.08	74,45
	50m: 39.31	100m: 1:21.07	200m: 2:47.34	400m: 5:33.08				

Zuidelijke Cirkel 2016 - 6e wedstrijd
Eindhoven, 3-12-2016

Programmanr. 12, 400m vrije slag

Masters 55+, Heren

1.	Otto Zeijpveld	58	De Berkelduikers	5:07.85	83,16
	50m: 34.26	100m: 1:13.30	200m: 2:33.09	400m: 5:07.85	
2.	Jan de Laat	60	AquAmigos	6:18.47	67,64
	50m: 41.30	100m: 1:27.43	200m: 3:05.70	400m: 6:18.47	
3.	Filip Timmermans	60	Shark	6:28.67	65,87
	50m: 41.76	150m: 2:15.32	250m: 3:55.26	350m: 5:36.64	
	100m: 1:27.32	200m: 3:04.80	300m: 4:46.95	400m: 6:28.67	
4.	Arno van Ederen	61	De Zilvermeeuw	6:38.59	64,23
	50m: 42.58	150m: 2:20.54	250m: 4:04.01	350m: 5:48.31	
	100m: 1:30.21	200m: 3:12.17	300m: 4:56.24	400m: 6:38.59	
5.	Maurice Pleijers	60	Mosaqua Gulpen	8:05.56	52,72
	50m: 52.47	150m: 2:53.86	250m: 5:00.62	350m: 7:06.07	
	100m: 1:52.56	200m: 3:56.40	300m: 6:03.37	400m: 8:05.56	

Masters 60+, Heren

1.	Michaël Gouweloos	54	MZ&PC	5:52.32	78,09
	50m: 38.00	150m: 2:05.02	250m: 3:36.73	350m: 5:09.36	
	100m: 1:20.60	200m: 2:50.02	300m: 4:22.20	400m: 5:52.32	

Masters 20+, Dames

1.	Karin de Kok	93	AquAmigos	5:07.87	76,17
	50m: 34.34	150m: 1:50.58	250m: 3:09.46	350m: 4:29.54	
	100m: 1:12.04	200m: 2:29.69	300m: 3:49.38	400m: 5:07.87	

Masters 25+, Dames

1.	Lynn Lossie	90	Hieronymus	5:46.91	73,71
	50m: 35.46	150m: 1:58.71	250m: 3:29.77	350m: 5:02.99	
	100m: 1:15.94	200m: 2:44.12	300m: 4:16.36	400m: 5:46.91	
2.	Anouk Bloem	90	TRB-RES	6:58.97	61,04
	50m: 45.07	100m: 1:35.90	200m: 3:21.87	400m: 6:58.97	

Masters 30+, Dames

1.	Roos van Esch	82	D'elft	5:01.37	84,62
	50m: 34.04	150m: 1:50.31	250m: 3:08.25	350m: 4:25.16	
	100m: 1:11.92	200m: 2:29.34	300m: 3:47.20	400m: 5:01.37	
2.	Fabienne Jeukens	84	ZV Hoogland	6:11.08	68,72
	50m: 37.97	100m: 1:22.89	200m: 2:58.98	400m: 6:11.08	
3.	Angélique Rotteveel	84	Aquapoldro	6:24.43	66,34
	50m: 41.18	150m: 2:17.23	250m: 3:56.35	350m: 5:36.29	
	100m: 1:28.21	200m: 3:06.72	300m: 4:46.65	400m: 6:24.43	

Masters 35+, Dames

1.	Jolanda van Gendt	78	PSV	5:26.78	80,34
	50m: 36.14	150m: 1:58.37	250m: 3:22.26	350m: 4:45.87	
	100m: 1:16.68	200m: 2:40.18	300m: 4:04.02	400m: 5:26.78	
2.	Martine de Haart	79	SG Patrick-De Roersoppers	5:40.62	77,08
	50m: 37.09	150m: 2:01.99	250m: 3:29.98	350m: 4:58.21	
	100m: 1:18.78	200m: 2:46.04	300m: 4:14.04	400m: 5:40.62	
3.	Cindy Hillekens	78	AquAmigos	6:24.83	68,22
	50m: 42.41	150m: 2:17.75	250m: 3:57.42	350m: 5:37.22	
	100m: 1:29.54	200m: 3:07.29	300m: 4:47.75	400m: 6:24.83	

Zuidelijke Cirkel 2016 - 6e wedstrijd
Eindhoven, 3-12-2016

Programmanr. 12, Dames, 400m vrije slag, Masters 35+

Rang				Geb.			Tijd	Pnt
4.	Natascha Hartman			81	PSV		6:28.81	67,52
	50m:	39.59	150m:	2:14.64	250m:	3:54.81	350m:	5:36.69
	100m:	1:26.05	200m:	3:04.05	300m:	4:45.81	400m:	6:28.81
5.	Sandra van der Helm			78	De Rog		6:34.08	66,62
	50m:	42.26	150m:	2:17.64	250m:	3:58.89	350m:	5:42.82
	100m:	1:28.62	200m:	3:07.78	300m:	4:50.94	400m:	6:34.08

Masters 40+, Dames

1.	Fabienne Verriet-Regensburg			75	Njord		7:10.75	60,76
	50m:	46.90	150m:	2:36.06	250m:	4:27.22	350m:	6:18.69
	100m:	1:40.28	200m:	3:31.82	300m:	5:22.79	400m:	7:10.75

Masters 45+, Dames

1.	Theresa Walsh			67	MZ&PC		5:54.64	74,81
	50m:	38.80	150m:	2:04.92	250m:	3:35.89	350m:	5:09.10
	100m:	1:21.80	200m:	2:49.89	300m:	4:23.10	400m:	5:54.64
2.	Marion Broekhuis			68	WS Twente		5:56.68	74,39
	50m:	39.73	100m:	1:23.57	200m:	2:54.59	400m:	5:56.68
3.	Karin Frederix			69	Old Dutch		6:09.66	71,77
	50m:	41.35	150m:	2:13.95	250m:	3:49.32	350m:	5:24.89
	100m:	1:26.58	200m:	3:01.90	300m:	4:37.49	400m:	6:09.66
4.	Betty van Kemenade			68	PSV		7:11.37	61,51
	50m:	46.38	100m:	1:38.91	200m:	3:29.47	400m:	7:11.37

AFGEM Karin Stein 71 ZVVS

Masters 50+, Dames

NG.ZA Marie-Jeanne Vandormael 63 Genker Zwemvereniging Neptunus

Masters 55+, Dames

1.	Esther van Lohuizen			59	PSV		5:26.78	84,87
	50m:	36.84	150m:	1:59.55	250m:	3:23.75	350m:	4:47.27
	100m:	1:17.62	200m:	2:41.66	300m:	4:05.58	400m:	5:26.78
2.	Riny Zeijpveld-Meuleman			60	De Berkelduikers		6:23.88	72,24
	50m:	42.27	100m:	1:28.30	200m:	3:05.81	400m:	6:23.88
3.	Birgit Bartelds			61	Mosaqua Gulpen		7:40.10	60,28
	50m:	50.69	100m:	1:47.27	200m:	3:43.31	400m:	7:40.10
4.	Karien Musters			58	Old Dutch		8:02.20	57,51
	50m:	50.20	150m:	2:45.54	250m:	4:52.42	350m:	7:00.04
	100m:	1:45.82	200m:	3:48.95	300m:	5:56.36	400m:	8:02.20

Masters 80+, Dames

1.	Annie de Vos			34	Old Dutch		10:10.91	64,64
	50m:	1:09.16	150m:	3:41.64	250m:	6:15.91	350m:	8:51.55
	100m:	2:24.73	200m:	4:58.94	300m:	7:34.22	400m:	10:10.91