

ZMC deel1 Kampen  
Kampen, 24-9-2016

Programmanr. 1 200m vrije slag 20 jaar en ouder  
24-9-2016 - 16:00 Resultaten

Punten: FINA 2016

| Rang                      | Geb.                     |                         | Tijd           | Pnt | 100m    | 200m    |
|---------------------------|--------------------------|-------------------------|----------------|-----|---------|---------|
| <b>Masters 20+, Dames</b> |                          |                         |                |     |         |         |
| 1.                        | Sigrit, AARTEN           | 93 Deltasteur           | <b>2:23.20</b> | 491 | 1:09.02 | 1:14.18 |
| 2.                        | Janine, de GROOT         | 95 Nova                 | <b>2:28.64</b> | 439 | 1:11.64 | 1:17.00 |
| 3.                        | Leonie, NIJENHUIS        | 92 Zzz                  | <b>2:33.64</b> | 397 | 1:12.86 | 1:20.78 |
| 4.                        | Veronique, van der VELDE | 96 WS Twente            | <b>2:36.74</b> | 374 | 1:14.22 | 1:22.52 |
| 5.                        | Marjan, RIKKEN           | 92 Zw                   | <b>2:43.95</b> | 327 | 1:18.73 | 1:25.22 |
| 6.                        | Stephanie, ter BRUGGEN   | 96 WS Twente            | <b>2:45.19</b> | 319 | 1:17.19 | 1:28.00 |
| 7.                        | Charine, de RUITER       | 94 Steenwijk 1934       | <b>2:45.22</b> | 319 | 1:18.82 | 1:26.40 |
| 8.                        | Nienke, FUITE            | 95 Deltasteur           | <b>2:48.07</b> | 303 | 1:20.13 | 1:27.94 |
| 9.                        | Daphne, MEIJER           | 93 Montferland          | <b>2:52.76</b> | 279 | 1:21.79 | 1:30.97 |
| 10.                       | Joanne, BERG VAN DEN     | 92 Deltasteur           | <b>2:58.23</b> | 254 | 1:24.86 | 1:33.37 |
| 11.                       | Annemiek, van VEEN       | 93 Dedemsvaart-AC       | <b>3:22.29</b> | 174 | 1:36.89 | 1:45.40 |
| <b>Masters 20+, Heren</b> |                          |                         |                |     |         |         |
| 1.                        | Stefan, KWANT            | 92 Nova                 | <b>2:20.15</b> | 385 | 1:04.44 | 1:15.71 |
| 2.                        | Hans, STOFFERS           | 96 Z&PC Triton Putten   | <b>2:20.70</b> | 380 | 1:07.61 | 1:13.09 |
| 3.                        | Rick, VAARKAMP           | 94 Z&PC Triton Putten   | <b>3:14.25</b> | 144 | 1:29.29 | 1:44.96 |
| <b>Masters 25+, Heren</b> |                          |                         |                |     |         |         |
| 1.                        | Tim, BUNNIK              | 90 WZ&PC Triton         | <b>2:13.64</b> | 444 | 1:01.49 | 1:12.15 |
| 2.                        | Herman, HOFMAN           | 90 ZV ZZG De Boskickers | <b>2:19.20</b> | 393 | 1:08.36 | 1:10.84 |
| 3.                        | Erik, van der HEIDE      | 88 Zzz                  | <b>2:20.32</b> | 384 |         |         |
| 4.                        | Rene, KNIJPSTRA          | 88 isis                 | <b>2:35.22</b> | 283 | 1:15.97 | 1:19.25 |
| 5.                        | Stefan, van de GRIFT     | 87 Octopus              | <b>2:36.81</b> | 275 | 1:14.18 | 1:22.63 |
| 6.                        | Jordie, BATS             | 89 Deltasteur           | <b>3:13.47</b> | 146 | 1:33.47 | 1:40.00 |
| <b>Masters 25+, Dames</b> |                          |                         |                |     |         |         |
| 1.                        | Elmi, ROELOFSEN          | 90 Zw                   | <b>2:25.13</b> | 471 | 1:09.67 | 1:15.46 |
| 2.                        | Marloes, BENJAMINS       | 91 Aqualero             | <b>2:39.04</b> | 358 | 1:17.32 | 1:21.72 |
| 3.                        | Liesbeth, van MILL       | 87 Dwk                  | <b>2:42.48</b> | 336 | 1:16.64 | 1:25.84 |
| 4.                        | Renske, EILERS           | 88 ZV Hoogland          | <b>2:50.50</b> | 290 | 1:19.66 | 1:30.84 |
| 5.                        | Manouk, TICHELER         | 87 De Duinkickers       | <b>2:54.03</b> | 273 | 1:21.79 | 1:32.24 |
| 6.                        | Petra, ZANDSTRA          | 90 isis                 | <b>2:59.17</b> | 250 | 1:28.54 | 1:30.63 |
| 7.                        | Janneke, WYNIA           | 90 WS Twente            | <b>2:59.94</b> | 247 | 1:25.71 | 1:34.23 |
| 8.                        | Rosemarie, VEERKAMP      | 87 Zzz                  | <b>3:12.91</b> | 200 | 1:32.82 | 1:40.09 |
| 9.                        | Brechtje, de JONG        | 89 isis                 | <b>3:57.26</b> | 107 | 1:47.60 | 2:09.66 |
| <b>Masters 30+, Dames</b> |                          |                         |                |     |         |         |
| 1.                        | Kirsten, VOS - KOMPAAN   | 84 Zcnf'34              | <b>2:45.49</b> | 318 | 1:17.40 | 1:28.09 |
| 2.                        | Carola, JACOBS           | 85 Z&PC Triton Putten   | <b>2:52.22</b> | 282 | 1:22.56 | 1:29.66 |
| 3.                        | Margriet, AAN HET ROT    | 86 Octopus              | <b>3:01.85</b> | 239 | 1:28.14 | 1:33.71 |
| <b>Masters 30+, Heren</b> |                          |                         |                |     |         |         |
| 1.                        | Rick, DRIEZEN            | 86 Steenwijk 1934       | <b>2:16.27</b> | 419 | 1:04.14 | 1:12.13 |
| 2.                        | Michiel, PUNTER          | 84 Orca                 | <b>2:17.03</b> | 412 | 1:02.63 | 1:14.40 |
| 3.                        | Ferdy, van SAVOYEN       | 86 Zzz                  | <b>2:25.97</b> | 341 | 1:09.77 | 1:16.20 |
| 4.                        | Gerwin, VONK             | 82 De Spatters          | <b>2:27.48</b> | 330 | 1:08.85 | 1:18.63 |
| 5.                        | René, van DIJK           | 84 isis                 | <b>2:33.64</b> | 292 | 1:14.26 | 1:19.38 |
| <b>Masters 35+, Heren</b> |                          |                         |                |     |         |         |
| 1.                        | Peter, LOMMERT           | 79 Swol 1894            | <b>2:42.41</b> | 247 | 1:19.68 | 1:22.73 |
| 2.                        | Han, BOONE               | 77 Octopus              | <b>2:55.81</b> | 195 | 1:20.52 | 1:35.29 |
| 3.                        | Remco, VEERKAMP          | 81 Zzz                  | <b>3:07.32</b> | 161 | 1:25.94 | 1:41.38 |

ZMC deel1 Kampen  
Kampen, 24-9-2016

Programmanr. 1, Heren, 200m vrije slag, Masters 35+

| Rang | Geb.          |                   | Tijd           | Pnt | 100m    | 200m    |
|------|---------------|-------------------|----------------|-----|---------|---------|
| 4.   | Robin, ROSKAM | 78 De Duinkickers | <b>3:08.30</b> | 158 | 1:29.21 | 1:39.09 |

Masters 35+, Dames

|    |                       |                 |                |     |         |         |
|----|-----------------------|-----------------|----------------|-----|---------|---------|
| 1. | Angela, KOEKKOEK      | 79 WZ&PC Triton | <b>2:33.60</b> | 397 | 1:13.19 | 1:20.41 |
| 2. | Agnes, van BRUG       | 80 Daw          | <b>2:35.70</b> | 382 | 1:15.67 | 1:20.03 |
| 3. | Rianne, VAN VEGCHELEN | 81 Zv 44        | <b>3:12.32</b> | 202 | 1:31.00 | 1:41.32 |

Masters 40+, Dames

|    |                       |                     |                |     |         |         |
|----|-----------------------|---------------------|----------------|-----|---------|---------|
| 1. | Marty, KRANS-DE WEERD | 75 Zcnf'34          | <b>2:37.12</b> | 371 | 1:15.41 | 1:21.71 |
| 2. | Jannie, VENNIK        | 76 HZ&PC Heerenveen | <b>2:48.19</b> | 303 | 1:21.20 | 1:26.99 |
| 3. | Inge, LOLKEMA-SOETERS | 73 Steenwijk 1934   | <b>3:07.40</b> | 219 | 1:31.12 | 1:36.28 |

Masters 40+, Heren

|    |                        |                         |                |     |         |         |
|----|------------------------|-------------------------|----------------|-----|---------|---------|
| 1. | Kees, BAKKER           | 75 Gay Swim Amsterdam   | <b>2:22.58</b> | 366 | 1:08.45 | 1:14.13 |
| 2. | Kasper, van den BERGHE | 73 Swol 1894            | <b>2:32.78</b> | 297 | 1:13.93 | 1:18.85 |
| 3. | Rutger, VOS            | 75 De Houtrib           | <b>2:41.45</b> | 252 | 1:16.34 | 1:25.11 |
| 4. | Arjan, AALBERS         | 75 Swol 1894            | <b>2:43.22</b> | 244 | 1:12.95 | 1:30.27 |
| 5. | Sander, KOMEN          | 72 Zwemvereniging Hoorn | <b>3:00.54</b> | 180 | 1:24.22 | 1:36.32 |

Masters 45+, Heren

|     |                     |                     |                |     |         |         |
|-----|---------------------|---------------------|----------------|-----|---------|---------|
| 1.  | Gerko, VERSLUIS     | 69 Zzz              | <b>2:28.02</b> | 327 | 1:07.29 | 1:20.73 |
| 2.  | Huyb, STEGEMAN      | 67 Steenwijk 1934   | <b>2:41.50</b> | 251 | 1:15.61 | 1:25.89 |
| 3.  | Marcel, BRITTIJN    | 69 De Duinkickers   | <b>2:43.30</b> | 243 | 1:18.96 | 1:24.34 |
| 4.  | Marcel, JONKMAN     | 68 Aqualero         | <b>2:44.68</b> | 237 | 1:20.58 | 1:24.10 |
| 5.  | Korstiaan, de BOER  | 71 Steenwijk 1934   | <b>2:45.48</b> | 234 | 1:18.51 | 1:26.97 |
| 6.  | Arnold, JONKER      | 70 HZ&PC Heerenveen | <b>2:59.69</b> | 182 | 1:26.10 | 1:33.59 |
| 7.  | Martijn, de JONG    | 71 Dwk              | <b>2:59.94</b> | 182 | 1:23.97 | 1:35.97 |
| 8.  | Eric, van den BLINK | 70 De Houtrib       | <b>3:19.51</b> | 133 | 1:34.00 | 1:45.51 |
| DIS | Chris, KOUWENHOVEN  | 71 De Spatters      |                |     |         |         |

AA - Gestart voor startsignaal bij de 1e (1-startregel) of 2e start.

Masters 45+, Dames

|    |                      |                         |                |     |         |         |
|----|----------------------|-------------------------|----------------|-----|---------|---------|
| 1. | Annette, de VISSER   | 71 Oceanus              | <b>2:30.46</b> | 423 | 1:11.31 | 1:19.15 |
| 2. | Iris, van AURICH     | 69 Dwk                  | <b>2:39.64</b> | 354 | 1:14.58 | 1:25.06 |
| 3. | Sylvia, van den BERG | 70 De Fuut              | <b>2:54.96</b> | 269 | 3:13.80 |         |
| 4. | Annet, KOOTSTRA      | 71 Swol 1894            | <b>2:57.51</b> | 257 | 1:26.42 | 1:31.09 |
| 5. | Zilla, FOKKE         | 68 De Futen             | <b>3:06.25</b> | 223 | 1:31.51 | 1:34.74 |
| 6. | Annette, van DOK     | 68 MSV- Zeemacht        | <b>3:13.80</b> | 198 | 1:32.70 | 1:41.10 |
| 7. | Greta, WYMA-TEITSMA  | 71 Dwk                  | <b>3:19.43</b> | 181 | 1:37.79 | 1:41.64 |
| 8. | Hetty, SMALHEER      | 67 Sport Club Oude Maas | <b>3:35.00</b> | 145 | 1:35.00 | 2:00.00 |

Masters 50+, Dames

|    |                    |                   |                |     |         |         |
|----|--------------------|-------------------|----------------|-----|---------|---------|
| 1. | Jacqueline, TUIN   | 66 Daw            | <b>2:40.20</b> | 350 | 1:16.86 | 1:23.34 |
| 2. | Wilna, HEIJMAN     | 64 Steenwijk 1934 | <b>2:42.12</b> | 338 | 1:19.37 | 1:22.75 |
| 3. | Francine, SOMMER   | 62 WZ&PC Triton   | <b>2:48.42</b> | 301 | 1:19.03 | 1:29.39 |
| 4. | Annemarie, VUIST   | 63 Swol 1894      | <b>2:57.10</b> | 259 | 1:27.48 | 1:29.62 |
| 5. | Miranda, KEIJL     | 65 Zignea         | <b>3:03.92</b> | 231 | 1:35.43 | 1:28.49 |
| 6. | Ellen, PARMA       | 62 WZ&PC Triton   | <b>3:11.66</b> | 204 | 1:30.28 | 1:41.38 |
| 7. | Machteld, STILTING | 66 Zpc Amersfoort | <b>3:14.30</b> | 196 | 1:30.15 | 1:44.15 |
| 8. | Riekie, SCHRA      | 64 Steenwijk 1934 | <b>4:55.44</b> | 55  | 2:15.72 | 2:39.72 |

ZMC deel1 Kampen  
Kampen, 24-9-2016

Programmanr. 1, 200m vrije slag

Masters 50+, Heren

|    |                    |    |                      |                |     |         |         |
|----|--------------------|----|----------------------|----------------|-----|---------|---------|
| 1. | John, HARDEMAN     | 66 | De Fuut              | <b>2:26.55</b> | 337 | 1:09.46 | 1:17.09 |
| 2. | Jan, WIERENGA      | 64 | Aalscholver          | <b>2:32.20</b> | 300 | 1:13.57 | 1:18.63 |
| 3. | Evert Jan, VERWEIJ | 63 | Swol 1894            | <b>2:39.18</b> | 263 | 1:16.74 | 1:22.44 |
| 4. | Jan, SMALHEER      | 64 | Sport Club Oude Maas | <b>2:42.60</b> | 246 | 1:16.07 | 1:26.53 |
| 5. | Erik, WETSTEIJN    | 65 | Swol 1894            | <b>2:46.07</b> | 231 | 1:20.07 | 1:26.00 |
| 6. | Ronald, van VLIET  | 63 | Aalscholver          | <b>2:51.25</b> | 211 | 1:19.28 | 1:31.97 |
| 7. | Rene, BAKKER       | 63 | Zignea               | <b>3:01.40</b> | 177 | 1:23.18 | 1:38.22 |
| 8. | Adri, PASMEN       | 64 | Zzz                  | <b>3:02.10</b> | 175 | 1:24.82 | 1:37.28 |
| 9. | Hans, van SCHEEPEN | 62 | Steenwijk 1934       | <b>3:35.23</b> | 106 | 1:38.88 | 1:56.35 |

Masters 55+, Heren

|    |                  |    |                  |                |     |         |         |
|----|------------------|----|------------------|----------------|-----|---------|---------|
| 1. | Marten, de GROOT | 58 | HZ&PC Heerenveen | <b>2:21.76</b> | 372 | 1:09.10 | 1:12.66 |
| 2. | Fred, VOLLEBERGH | 61 | Z&PC de Inktvis  | <b>2:40.14</b> | 258 | 1:15.14 | 1:25.00 |
| 3. | Marius, ROS      | 59 | Zcnf'34          | <b>2:41.77</b> | 250 | 1:21.04 | 1:20.73 |
| 4. | John, DAM        | 60 | Zignea           | <b>2:47.00</b> | 227 | 1:18.88 | 1:28.12 |
| 5. | Henk, GIERVELD   | 60 | Nat Utrecht      | <b>2:56.76</b> | 192 | 1:26.16 | 1:30.60 |
| 6. | Jan, TIMMERMAN   | 57 | Uzsc             | <b>3:22.15</b> | 128 | 1:29.37 | 1:52.78 |

Masters 55+, Dames

|    |                          |    |              |                |     |         |         |
|----|--------------------------|----|--------------|----------------|-----|---------|---------|
| 1. | Petra, TOSSINGS          | 61 | Daw          | <b>2:48.86</b> | 299 | 1:22.79 | 1:26.07 |
| 2. | Jennie, RESINK-LINDEBOOM | 60 | Dwk          | <b>3:08.71</b> | 214 | 1:32.28 | 1:36.43 |
| 3. | Marjan, SPOELSTRA        | 60 | Swol 1894    | <b>3:17.96</b> | 185 | 1:37.96 | 1:40.00 |
| 4. | Betsie, KLOMPMAKER-MULDE | 59 | Noord Veluwe | <b>3:53.57</b> | 113 | 1:52.38 | 2:01.19 |
| 5. | Petra, v.d. STEEG        | 61 | Zcnf'34      | <b>4:00.40</b> | 103 | 1:54.37 | 2:06.03 |
| 6. | Anne, WALLER             | 61 | De Futen     | <b>4:08.09</b> | 94  | 1:56.69 | 2:11.40 |

Masters 60+, Dames

|    |                |    |                  |                |     |         |         |
|----|----------------|----|------------------|----------------|-----|---------|---------|
| 1. | Monica, BAKKER | 56 | Zvz              | <b>3:04.80</b> | 228 | 1:26.67 | 1:38.13 |
| 2. | Ineke, MEIJER  | 52 | HZ&PC Heerenveen | <b>3:32.51</b> | 150 |         |         |

Masters 60+, Heren

|    |                   |    |                 |                |     |         |         |
|----|-------------------|----|-----------------|----------------|-----|---------|---------|
| 1. | Henk, SLOMP       | 55 | Z&PC de Inktvis | <b>2:41.87</b> | 250 | 1:16.78 | 1:25.09 |
| 2. | Paul, BUNNIK      | 56 | WZ&PC Triton    | <b>2:43.64</b> | 242 | 1:15.71 | 1:27.93 |
| 3. | Wim, SCHERPENISSE | 55 | Uzsc            | <b>2:56.64</b> | 192 | 1:24.82 | 1:31.82 |

Masters 65+, Heren

|    |            |    |             |                |     |         |         |
|----|------------|----|-------------|----------------|-----|---------|---------|
| 1. | Jos, KAMPS | 51 | ZV Hoogland | <b>2:50.61</b> | 213 | 1:21.02 | 1:29.59 |
|----|------------|----|-------------|----------------|-----|---------|---------|

Masters 65+, Dames

|    |                      |    |            |                |    |         |         |
|----|----------------------|----|------------|----------------|----|---------|---------|
| 1. | Janny, van der WEIDE | 51 | Deltasteur | <b>4:53.03</b> | 57 | 2:13.81 | 2:39.22 |
|----|----------------------|----|------------|----------------|----|---------|---------|

Masters 70+, Dames

|    |                       |    |                |                |    |         |         |
|----|-----------------------|----|----------------|----------------|----|---------|---------|
| 1. | Loekie, v. HUISSTEDEN | 45 | Zpc Amersfoort | <b>4:36.81</b> | 67 | 2:13.53 | 2:23.28 |
|----|-----------------------|----|----------------|----------------|----|---------|---------|

ZMC deel1 Kampen  
Kampen, 24-9-2016

Programmanr. 2 50m schoolslag 20 jaar en ouder  
24-9-2016 - 17:05 Resultaten

Punten: FINA 2016

| Rang  | Geb.                      | Tijd                      | Pnt              |
|---|---------------------------|---------------------------|------------------|
| <b>Masters 20+, Dames</b>   |                           |                           |                  |
| 1.  | Leonie, NIJENHUIS         | 92 Zzz                    | <b>37.91</b> 470 |
| 2.  | Daphne, SPREEN            | 96 ZV ZZG De Boskickers   | <b>42.05</b> 344 |
| 3.  | Tessa, BENJAMINS          | 95 Aqualero               | <b>43.40</b> 313 |
| 4.  | Nadieh, KIKSTRA           | 93 Orca                   | <b>46.23</b> 259 |
| 5.  | Dianne, KRAGT             | 93 Deltasteur             | <b>48.56</b> 223 |
| <b>Masters 20+, Heren</b>   |                           |                           |                  |
| 1.  | Tom, de LANGE             | 93 Deltasteur             | <b>33.96</b> 470 |
| 2.  | Bob, POTKAMP              | 94 Deltasteur             | <b>38.94</b> 312 |
| <b>Masters 25+, Heren</b>   |                           |                           |                  |
| 1.  | Stefan, van de GRIFT      | 87 Octopus                | <b>34.87</b> 434 |
| 2.  | Eric, KALEE               | 90 ZV Hoogland            | <b>39.95</b> 289 |
| 3.  | Karlo, KOK                | 91 Deltasteur             | <b>40.37</b> 280 |
| 4.  | Jordie, BATS              | 89 Deltasteur             | <b>41.70</b> 254 |
| <b>Masters 25+, Dames</b>   |                           |                           |                  |
| 1.  | Jacyntha, PLAT            | 90 G.S.Z.V. De Golfbreker | <b>36.64</b> 520 |
| 2.  | Lonneke, OENEMA           | 91 Steenwijk 1934         | <b>45.88</b> 265 |
| 3.  | Gerlinde, van de WETERING | 89 Deltasteur             | <b>48.05</b> 230 |
| <b>Masters 30+, Dames</b>   |                           |                           |                  |
| 1.  | Angela, GIEZEN            | 83 Montferland            | <b>41.39</b> 361 |
| 2.  | Margriet, AAN HET ROT     | 86 Octopus                | <b>46.23</b> 259 |
| 3.  | Ciska, BATS               | 85 Deltasteur             | <b>52.68</b> 175 |
| 4.  | Erika, BOOGAARD-ZWEP      | 83 Deltasteur             | <b>52.70</b> 175 |
| <b>Masters 30+, Heren</b>   |                           |                           |                  |
| 1.  | Rob, van WANROOY          | 82 Gay Swim Amsterdam     | <b>35.35</b> 417 |
| 2.  | Wouter, ZIJLSTRA          | 82 Daw                    | <b>36.90</b> 367 |
| 3.  | Jorn, LUBBINGE            | 86 Orca                   | <b>38.31</b> 327 |
| 4.  | Mark, BRINKHUIS           | 83 TriVia                 | <b>38.67</b> 318 |
| 5.  | Ferdy, van SAVOYEN        | 86 Zzz                    | <b>39.71</b> 294 |
| 6.  | Sander, de VELDE          | 83 Deltasteur             | <b>42.74</b> 236 |
| 7.  | Herbert, STEENSTRA        | 84 Deltasteur             | <b>47.50</b> 172 |
| <b>Masters 35+, Dames</b>   |                           |                           |                  |
| 1.  | Fabiola, BOSMAN           | 77 Deltasteur             | <b>44.56</b> 289 |
| 2.  | Margriet, LEEFFERS        | 78 Deltasteur             | <b>48.65</b> 222 |
| <b>Masters 40+, Heren</b>   |                           |                           |                  |
| 1.  | Heiner, STEVENS           | 72 Zignea                 | <b>35.96</b> 396 |
| 2.  | Sander, KOMEN             | 72 Zwemvereniging Hoom    | <b>41.85</b> 251 |
| 3.  | Kasper, van den BERGHE    | 73 Swol 1894              | <b>42.90</b> 233 |
| 4.  | Dick, HUISMAN             | 75 Steenwijk 1934         | <b>44.78</b> 205 |
| DIS   | Michael, van BEKKUM       | 72 Swol 1894              |                  |
| <i>AA - Gestart voor startsignaal bij de 1e (1-startregel) of 2e start.</i> |                           |                           |                  |

Programmanr. 2, 50m schoolslag

Masters 45+, Heren

|                     |    |                  |              |     |
|---------------------|----|------------------|--------------|-----|
| 1. René, BEETSMA    | 69 | HZ&PC Heerenveen | <b>36.74</b> | 371 |
| 2. Gerko, VERSLUIS  | 69 | Zzz              | <b>39.81</b> | 292 |
| 3. Marco, LUIJCKX   | 71 | ZV Hoogland      | <b>43.02</b> | 231 |
| 4. Roelof, BROEKMAN | 68 | De Spatters      | <b>44.03</b> | 216 |
| 5. Gerco, SCHAKEL   | 69 | Dwk              | <b>44.47</b> | 209 |
| 6. Bert, MARS       | 71 | Swol 1894        | <b>45.64</b> | 193 |

Masters 45+, Dames

|                               |    |               |              |     |
|-------------------------------|----|---------------|--------------|-----|
| 1. Annette, KORVING-LEIJENAAR | 67 | Aqualero      | <b>42.87</b> | 325 |
| 2. Annette, de VISSER         | 71 | Oceanus       | <b>43.98</b> | 301 |
| 3. Rina, KUIPER               | 70 | H2Oldambt     | <b>44.14</b> | 297 |
| 4. Henriëtte, MANTING         | 71 | Gzww          | <b>46.15</b> | 260 |
| 5. Annette, van DOK           | 68 | MSV- Zeemacht | <b>53.54</b> | 166 |

Masters 50+, Dames

|                         |    |                |                |     |
|-------------------------|----|----------------|----------------|-----|
| 1. Francine, SOMMER     | 62 | WZ&PC Triton   | <b>46.45</b>   | 255 |
| 2. jenny, WESTERVAARDER | 62 | H2Oldambt      | <b>50.29</b>   | 201 |
| 3. Riekie, SCHRA        | 64 | Steenwijk 1934 | <b>1:03.08</b> | 102 |

Masters 50+, Heren

|                            |    |                |              |     |
|----------------------------|----|----------------|--------------|-----|
| 1. Arnold, de ROVER        | 64 | De Futen       | <b>38.17</b> | 331 |
| 2. Ronald, van VLIET       | 63 | Aalscholver    | <b>39.57</b> | 297 |
| 3. Robert, de BRAUWER      | 64 | De Duinkickers | <b>42.02</b> | 248 |
| 4. Rene, BAKKER            | 63 | Zignea         | <b>43.49</b> | 224 |
| 5. Evert Jan, van OOSTEROM | 66 | Swol 1894      | <b>43.68</b> | 221 |
| 6. René, SPEELMAN          | 66 | De Spatters    | <b>45.88</b> | 190 |
| 7. Roel, van der SCHEE     | 63 | De Houtrib     | <b>47.07</b> | 176 |

Masters 55+, Dames

|                                |    |                    |                |     |
|--------------------------------|----|--------------------|----------------|-----|
| 1. Marijke, KRAAK-BECKERS      | 60 | WS Twente          | <b>46.75</b>   | 250 |
| 2. Pia, van der MOLEN          | 60 | HZ&PC Heerenveen   | <b>49.18</b>   | 215 |
| 3. Marjan, SPOELSTRA           | 60 | Swol 1894          | <b>52.39</b>   | 178 |
| 4. Petra, v.d. STEEG           | 61 | Zcnf'34            | <b>53.05</b>   | 171 |
| 5. Willy, SCHOENMAKER-TER VEER | 59 | Dwk                | <b>54.86</b>   | 155 |
| 6. Gea, KUIPER                 | 61 | Zcnf'34            | <b>55.19</b>   | 152 |
| 7. Joke, BURGERS               | 60 | Swol 1894          | <b>1:04.11</b> | 97  |
| 8. Simonet, SCHROOT            | 58 | Gay Swim Amsterdam | <b>1:04.89</b> | 93  |

Masters 60+, Dames

|                    |    |                 |              |     |
|--------------------|----|-----------------|--------------|-----|
| 1. Margriet, PASMA | 55 | Z&PC de Inktvis | <b>50.31</b> | 201 |
|--------------------|----|-----------------|--------------|-----|

Masters 60+, Heren

|                   |    |           |                |     |
|-------------------|----|-----------|----------------|-----|
| 1. Nartano, GLIJN | 55 | Uzsc      | <b>40.28</b>   | 282 |
| 2. Jappie, KUIPER | 55 | Swol 1894 | <b>47.07</b>   | 176 |
| 3. Bert, VEERKAMP | 52 | Zzz       | <b>1:05.07</b> | 66  |

Masters 65+, Dames

|                                |    |                    |                |     |
|--------------------------------|----|--------------------|----------------|-----|
| 1. Bea, SWIJNENBERG            | 49 | Swol 1894          | <b>47.22</b>   | 243 |
| 2. Antoinette, GILDING-TUSSAUD | 50 | WS Twente          | <b>1:00.71</b> | 114 |
| 3. Anna, de WEERT              | 49 | Gay Swim Amsterdam | <b>1:14.37</b> | 62  |

ZMC deel1 Kampen  
Kampen, 24-9-2016

Programmanr. 2, 50m schoolslag

Masters 70+, Dames

1. Annet, VERHOEVEN - STEGGERDA 46 De Duinkickers **54.12** 161

Masters 70+, Heren

1. Rob, HANOU 43 Psv **42.94** 232  
2. Tom, MEIJNEN 44 Uzsc **44.95** 203

Programmanr. 3  
24-9-2016 - 17:25

100m rugslag

20 jaar en ouder  
Resultaten

Punten: FINA 2016

| Rang  | Geb.                    | Tijd           | Pnt |
|---|-------------------------|----------------|-----|
| <b>Masters 20+, Dames</b>   |                         |                |     |
| 1. Janine, de GROOT   | 95 Nova                 | <b>1:18.23</b> | 410 |
| 2. Marjan, RIKKEN   | 92 Zw                   | <b>1:27.31</b> | 294 |
| 3. Charine, de RUITER   | 94 Steenwijk 1934       | <b>1:28.44</b> | 283 |
| 4. Heleen, ten HAVE   | 94 Z&PC de Inktvis      | <b>1:28.66</b> | 281 |
| <b>Masters 20+, Heren</b>   |                         |                |     |
| 1. Danny, VOCHTELOO   | 92 ZV ZZG De Boskickers | <b>1:46.86</b> | 114 |
| <b>Masters 25+, Heren</b>   |                         |                |     |
| 1. Tim, BUNNIK  | 90 WZ&PC Triton         | <b>1:09.89</b> | 410 |
| 2. Marco, VRIES   | 90 Z&PC de Inktvis      | <b>1:22.66</b> | 248 |
| <b>Masters 25+, Dames</b>   |                         |                |     |
| 1. Elmi, ROELOFSEN  | 90 Zw                   | <b>1:14.66</b> | 471 |
| 2. Marloes, BENJAMINS   | 91 Aqualero             | <b>1:25.25</b> | 316 |
| 3. Renske, EILERS   | 88 ZV Hoogland          | <b>1:26.82</b> | 299 |
| <b>Masters 30+, Dames</b>   |                         |                |     |
| 1. Carola, JACOBS   | 85 Z&PC Triton Putten   | <b>1:40.02</b> | 196 |
| DIS Fabienne, JEUKENS   | 84 ZV Hoogland          |                |     |
| <i>AA - Gestart voor startsignaal bij de 1e (1-startregel) of 2e start.</i> |                         |                |     |
| <b>Masters 30+, Heren</b>   |                         |                |     |
| 1. Michiel, PUNTER  | 84 Orca                 | <b>1:09.66</b> | 414 |
| 2. Rudy, de JONG  | 83 isis                 | <b>1:20.22</b> | 271 |
| 3. Ferdy, van SAVOYEN   | 86 Zzz                  | <b>1:20.98</b> | 263 |
| <b>Masters 35+, Heren</b>   |                         |                |     |
| 1. Remco, VEERKAMP  | 81 Zzz                  | <b>1:32.80</b> | 175 |
| <b>Masters 35+, Dames</b>   |                         |                |     |
| 1. Agnes, van BRUG  | 80 Daw                  | <b>1:26.97</b> | 298 |
| <b>Masters 40+, Dames</b>   |                         |                |     |
| 1. Evelien, van KLAARBERGEN   | 72 HZ&PC Heerenveen     | <b>1:15.75</b> | 451 |
| DIS Alma, KNEGT-BESSEMBINDERS   | 76 De Spatters          |                |     |
| <i>AA - Gestart voor startsignaal bij de 1e (1-startregel) of 2e start.</i> |                         |                |     |

ZMC deel1 Kampen  
Kampen, 24-9-2016

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Programmanr. 3, 100m rugslag

Masters 40+, Heren

|                        |    |           |                |     |
|------------------------|----|-----------|----------------|-----|
| 1. Arjan, AALBERS      | 75 | Swol 1894 | <b>1:20.80</b> | 265 |
| 2. Michael, van BEKKUM | 72 | Swol 1894 | <b>1:22.89</b> | 246 |

Masters 45+, Heren

|                        |    |                  |                |     |
|------------------------|----|------------------|----------------|-----|
| 1. René, BEETSMA       | 69 | HZ&PC Heerenveen | <b>1:16.31</b> | 315 |
| 2. Rene, KROEZE        | 67 | Z&PC de Inktvis  | <b>1:16.47</b> | 313 |
| 3. Jan, LINDENAAR      | 67 | Uzsc             | <b>1:27.98</b> | 205 |
| 4. Eric, van den BLINK | 70 | De Houtrib       | <b>1:44.42</b> | 123 |

Masters 45+, Dames

|                       |    |                      |                |     |
|-----------------------|----|----------------------|----------------|-----|
| 1. Henriëtte, MANTING | 71 | Gzww                 | <b>1:28.11</b> | 287 |
| 2. Peggi, HURENKAMP   | 69 | HZ&PC Heerenveen     | <b>1:33.67</b> | 238 |
| 3. Annette, van DOK   | 68 | MSV- Zeemacht        | <b>1:37.78</b> | 210 |
| 4. Hetty, SMALHEER    | 67 | Sport Club Oude Maas | <b>1:46.61</b> | 162 |

Masters 50+, Dames

|                     |    |                  |                |     |
|---------------------|----|------------------|----------------|-----|
| 1. Wilna, HEIJMAN   | 64 | Steenwijk 1934   | <b>1:27.76</b> | 290 |
| 2. Christine, BUIST | 64 | De Duinkickers   | <b>1:35.24</b> | 227 |
| 3. Miranda, KEIJL   | 65 | Zignea           | <b>1:36.84</b> | 216 |
| 4. Alie, VISSER     | 64 | HZ&PC Heerenveen | <b>1:49.09</b> | 151 |

Masters 50+, Heren

|                  |    |                      |                |     |
|------------------|----|----------------------|----------------|-----|
| 1. Jan, SMALHEER | 64 | Sport Club Oude Maas | <b>1:27.90</b> | 206 |
| 2. Adri, PASMEN  | 64 | Zzz                  | <b>1:40.14</b> | 139 |
| 3. Henk, VIERING | 66 | Swol 1894            | <b>1:46.25</b> | 116 |

Masters 55+, Heren

|                  |    |             |                |     |
|------------------|----|-------------|----------------|-----|
| 1. John, DAM     | 60 | Zignea      | <b>1:33.46</b> | 171 |
| 2. Jan, HAITSMAN | 60 | De Spatters | <b>1:37.80</b> | 149 |

Masters 55+, Dames

|                           |    |                    |                |     |
|---------------------------|----|--------------------|----------------|-----|
| 1. Marijke, KRAAK-BECKERS | 60 | WS Twente          | <b>1:36.84</b> | 216 |
| 2. Hannie, POLETIEK       | 59 | TriVia             | <b>1:42.10</b> | 184 |
| 3. Simonet, SCHROOT       | 58 | Gay Swim Amsterdam | <b>2:20.42</b> | 70  |

Masters 60+, Dames

|                    |    |                 |                |     |
|--------------------|----|-----------------|----------------|-----|
| 1. Margriet, PASMA | 55 | Z&PC de Inktvis | <b>1:39.40</b> | 199 |
| 2. Monica, BAKKER  | 56 | Zvz             | <b>1:39.76</b> | 197 |

Masters 60+, Heren

|                |    |                 |                |     |
|----------------|----|-----------------|----------------|-----|
| 1. Henk, SLOMP | 55 | Z&PC de Inktvis | <b>1:31.03</b> | 185 |
|----------------|----|-----------------|----------------|-----|

Masters 70+, Heren

|               |    |     |                |     |
|---------------|----|-----|----------------|-----|
| 1. Rob, HANOU | 43 | Psv | <b>1:42.02</b> | 131 |
|---------------|----|-----|----------------|-----|

ZMC deel1 Kampen  
Kampen, 24-9-2016

Programmanr. 4  
24-9-2016 - 17:45

4 x 100m vrije slag

lft 80 - 359  
Resultaten

Punten: FINA 2016

| Rang                 |                               |    |                             | Tijd           | Pnt |
|----------------------|-------------------------------|----|-----------------------------|----------------|-----|
| <b>80+, Gemengd</b>  |                               |    |                             |                |     |
| 1.                   | <b>Deltasteur 2</b>           |    | <b>Deltasteur</b>           | <b>5:15.85</b> | 211 |
|                      | Nienke, FUIITE                | 95 | 1:15.68 Ciska, BATS         | 85             |     |
|                      | Karlo, KOK                    | 91 | Bob, POTKAMP                | 94             |     |
| <b>120+, Gemengd</b> |                               |    |                             |                |     |
| 1.                   | <b>Zzz 1</b>                  |    | <b>Zzz</b>                  | <b>4:45.31</b> | 287 |
|                      | Leonie, NIJENHUIS             | 92 | 1:10.87 Rosemarie, VEERKAMP | 87             |     |
|                      | Gerko, VERSLUIS               | 69 | Erik, van der HEIDE         | 88             |     |
| 2.                   | <b>Steenwijk 1934 1</b>       |    | <b>Steenwijk 1934</b>       | <b>5:22.06</b> | 199 |
|                      | Charine, de RUITER            | 94 | 1:16.84 Dick, HUISMAN       | 75             |     |
|                      | Hans, van SCHEEPEN            | 62 | Lonneke, OENEMA             | 91             |     |
| <b>160+, Gemengd</b> |                               |    |                             |                |     |
| 1.                   | <b>Dwk 1</b>                  |    | <b>Dwk</b>                  | <b>4:45.49</b> | 286 |
|                      | Martijn, de JONG              | 71 | 1:15.04 Liesbeth, van MILL  | 87             |     |
|                      | Iris, van AURICH              | 69 | Martin, KAPTEIN             | 67             |     |
| <b>200+, Gemengd</b> |                               |    |                             |                |     |
| 1.                   | <b>HZ&amp;PC Heerenveen 1</b> |    | <b>HZ&amp;PC Heerenveen</b> | <b>5:34.26</b> | 178 |
|                      | Arnold, JONKER                | 70 | 1:22.23 Pia, van der MOLEN  | 60             |     |
|                      | Ineke, MEIJER                 | 52 | Marten, de GROOT            | 58             |     |
| <b>100+, Heren</b>   |                               |    |                             |                |     |
| 1.                   | <b>Deltasteur 1</b>           |    | <b>Deltasteur</b>           | <b>5:07.45</b> | 229 |
|                      | Herbert, STEENSTRA            | 84 | 1:15.80 Jordie, BATS        | 89             |     |
|                      | Sander, de VELDE              | 83 | Tom, de LANGE               | 93             |     |
| <b>240+, Heren</b>   |                               |    |                             |                |     |
| 1.                   | <b>Uzsc 1</b>                 |    | <b>Uzsc</b>                 | <b>5:21.55</b> | 200 |
|                      | Henk, KUIPERS                 | 62 | 1:11.46 Wim, SCHERPENISSE   | 55             |     |
|                      | Tom, MEIJNEN                  | 44 | Nartano, GLIJN              | 55             |     |
| <b>120+, Dames</b>   |                               |    |                             |                |     |
| 1.                   | <b>Deltasteur 3</b>           |    | <b>Deltasteur</b>           | <b>5:27.35</b> | 267 |
|                      | Margriet, LEEFFERS            | 78 | 1:15.90 Ilonka, SCHULDINK   | 78             |     |
|                      | Gerlinde, van de WETERING     | 89 | Fabiola, BOSMAN             | 77             |     |



ZMC deel1 Kampen  
Kampen, 24-9-2016

Programmanr. 5 50m vlinderslag 20 jaar en ouder  
24-9-2016 - 17:55 Resultaten

Punten: FINA 2016

| Rang                      | Geb.                 | Tijd                    | Pnt              |
|---------------------------|----------------------|-------------------------|------------------|
| <b>Masters 20+, Dames</b> |                      |                         |                  |
| 1.                        | Nienke, FUITE        | 95 Deltasteur           | <b>36.19</b> 307 |
| 2.                        | Tessa, BENJAMINS     | 95 Aqualero             | <b>36.50</b> 299 |
| 3.                        | Daphne, SPREEN       | 96 ZV ZZG De Boskickers | <b>37.82</b> 269 |
| 4.                        | Daphne, MEIJER       | 93 Montferland          | <b>37.96</b> 266 |
| 5.                        | Joanne, BERG VAN DEN | 92 Deltasteur           | <b>40.08</b> 226 |
| 6.                        | Heleen, ten HAVE     | 94 Z&PC de Inktvis      | <b>40.91</b> 212 |
| 7.                        | Nadieh, KIKSTRA      | 93 Orca                 | <b>45.47</b> 155 |

**Masters 20+, Heren**

|    |                  |                         |                  |
|----|------------------|-------------------------|------------------|
| 1. | Hans, STOFFERS   | 96 Z&PC Triton Putten   | <b>30.44</b> 400 |
| 2. | Stefan, KWANT    | 92 Nova                 | <b>30.81</b> 385 |
| 3. | Tom, de LANGE    | 93 Deltasteur           | <b>39.22</b> 187 |
| 4. | Rick, VAARKAMP   | 94 Z&PC Triton Putten   | <b>41.88</b> 153 |
| 5. | Danny, VOCHTELOO | 92 ZV ZZG De Boskickers | <b>45.31</b> 121 |
| 6. | Bob, POTKAMP     | 94 Deltasteur           | <b>48.60</b> 98  |

**Masters 25+, Heren**

|    |                     |                         |                  |
|----|---------------------|-------------------------|------------------|
| 1. | Herman, HOFMAN      | 90 ZV ZZG De Boskickers | <b>28.49</b> 487 |
| 2. | Eric, KALEE         | 90 ZV Hoogland          | <b>31.22</b> 370 |
| 3. | Erik, van der HEIDE | 88 Zzz                  | <b>31.54</b> 359 |
| 4. | Marco, VRIES        | 90 Z&PC de Inktvis      | <b>33.82</b> 291 |

**Masters 25+, Dames**

|     |                           |                           |                  |
|-----|---------------------------|---------------------------|------------------|
| 1.  | Jacyntha, PLAT            | 90 G.S.Z.V. De Golfbreker | <b>31.74</b> 455 |
| 2.  | Liesbeth, van MILL        | 87 Dwk                    | <b>36.59</b> 297 |
| 3.  | Lonneke, OENEMA           | 91 Steenwijk 1934         | <b>37.80</b> 269 |
| 4.  | Manouk, TICHELER          | 87 De Duinkickers         | <b>38.12</b> 263 |
| 5.  | Karin, HOVENKAMP          | 87 De Spatters            | <b>41.29</b> 207 |
| 6.  | Gerlinde, van de WETERING | 89 Deltasteur             | <b>45.49</b> 154 |
| 7.  | Brechtje, de JONG         | 89 isis                   | <b>56.23</b> 82  |
| DIS | Jen- Ai, van SOELEN       | 90 De Houtrib             |                  |

AA - Gestart voor startsignaal bij de 1e (1-startregel) of 2e start.

**Masters 30+, Dames**

|    |                        |               |                  |
|----|------------------------|---------------|------------------|
| 1. | Kirsten, VOS - KOMPAAN | 84 Zcnf'34    | <b>35.49</b> 326 |
| 2. | Erika, BOOGAARD-ZWEP   | 83 Deltasteur | <b>40.72</b> 215 |
| 3. | Margriet, AAN HET ROT  | 86 Octopus    | <b>41.33</b> 206 |

**Masters 30+, Heren**

|    |                    |                       |                  |
|----|--------------------|-----------------------|------------------|
| 1. | Rick, DRIEZEN      | 86 Steenwijk 1934     | <b>29.10</b> 457 |
| 2. | Dennis, KUIPERS    | 86 Z&PC de Inktvis    | <b>29.99</b> 418 |
| 3. | Wouter, ZIJLSTRA   | 82 Daw                | <b>30.00</b> 417 |
| 4. | Rob, van WANROOY   | 82 Gay Swim Amsterdam | <b>32.54</b> 327 |
| 5. | Rudy, de JONG      | 83 isis               | <b>35.16</b> 259 |
| 6. | Mark, BRINKHUIS    | 83 TriVia             | <b>36.95</b> 223 |
| 7. | Herbert, STEENSTRA | 84 Deltasteur         | <b>39.16</b> 187 |
| 8. | Sander, de VELDE   | 83 Deltasteur         | <b>42.46</b> 147 |

ZMC deel1 Kampen  
Kampen, 24-9-2016

Programmanr. 5, 50m vlinderslag

Masters 35+, Heren

|                    |    |                |              |     |
|--------------------|----|----------------|--------------|-----|
| 1. Robert, HOITING | 80 | Orca           | <b>29.70</b> | 430 |
| 2. Han, BOONE      | 77 | Octopus        | <b>34.35</b> | 278 |
| 3. Robin, ROSKAM   | 78 | De Duinkickers | <b>39.12</b> | 188 |

Masters 35+, Dames

|                          |    |              |              |     |
|--------------------------|----|--------------|--------------|-----|
| 1. Angela, KOEKOEK       | 79 | WZ&PC Triton | <b>32.25</b> | 434 |
| 2. Fabiola, BOSMAN       | 77 | Deltasteur   | <b>38.54</b> | 254 |
| 3. Rianne, VAN VEGCHELEN | 81 | Zv 44        | <b>44.64</b> | 163 |

Masters 40+, Dames

|                   |    |                  |              |     |
|-------------------|----|------------------|--------------|-----|
| 1. Jannie, VENNIK | 76 | HZ&PC Heerenveen | <b>41.78</b> | 199 |
|-------------------|----|------------------|--------------|-----|

Masters 40+, Heren

|                    |    |                    |              |     |
|--------------------|----|--------------------|--------------|-----|
| 1. Kees, BAKKER    | 75 | Gay Swim Amsterdam | <b>29.94</b> | 420 |
| 2. Heiner, STEVENS | 72 | Zignea             | <b>30.70</b> | 390 |
| 3. Rutger, VOS     | 75 | De Houtrib         | <b>34.55</b> | 273 |

Masters 45+, Heren

|                         |    |                  |              |     |
|-------------------------|----|------------------|--------------|-----|
| 1. Martin, KAPTEIN      | 67 | Dwk              | <b>30.19</b> | 410 |
| 2. René, BEETSMA        | 69 | HZ&PC Heerenveen | <b>31.27</b> | 369 |
| 3. Marcel, JONKMAN      | 68 | Aqualero         | <b>31.70</b> | 354 |
| 4. Gerco, SCHAKEL       | 69 | Dwk              | <b>34.25</b> | 280 |
| 5. Gerko, VERSLUIS      | 69 | Zzz              | <b>34.66</b> | 271 |
| 6. Marcel, BRITTIJN     | 69 | De Duinkickers   | <b>35.01</b> | 262 |
| 7. Korstiaan, de BOER   | 71 | Steenwijk 1934   | <b>36.48</b> | 232 |
| 8. Roelof, BROEKMAN     | 68 | De Spatters      | <b>36.70</b> | 228 |
| 9. Huyb, STEGEMAN       | 67 | Steenwijk 1934   | <b>36.95</b> | 223 |
| 10. Bert, MARS          | 71 | Swol 1894        | <b>37.40</b> | 215 |
| 11. Alistair, CRITCHELL | 71 | Zv 44            | <b>39.87</b> | 178 |
| 12. Marco, LUIJCKX      | 71 | ZV Hoogland      | <b>40.55</b> | 169 |
| DIS Arnold, JONKER      | 70 | HZ&PC Heerenveen |              |     |

AA - Gestart voor startsignaal bij de 1e (1-startregel) of 2e start.

Masters 45+, Dames

|                        |    |                      |              |     |
|------------------------|----|----------------------|--------------|-----|
| 1. Henriëtte, MANTING  | 71 | Gzvw                 | <b>35.35</b> | 330 |
| 2. Iris, van AURICH    | 69 | Dwk                  | <b>36.22</b> | 306 |
| 3. Peggi, HURENKAMP    | 69 | HZ&PC Heerenveen     | <b>39.59</b> | 234 |
| 4. Annet, KOOTSTRA     | 71 | Swol 1894            | <b>45.66</b> | 153 |
| 5. Hetty, SMALHEER     | 67 | Sport Club Oude Maas | <b>47.92</b> | 132 |
| 6. Greta, WYMA-TEITSMA | 71 | Dwk                  | <b>56.31</b> | 81  |

Masters 50+, Dames

|                     |    |              |              |     |
|---------------------|----|--------------|--------------|-----|
| 1. Jacqueline, TUIN | 66 | Daw          | <b>37.92</b> | 267 |
| 2. Ellen, PARMA     | 62 | WZ&PC Triton | <b>49.19</b> | 122 |

Masters 50+, Heren

|                       |    |             |              |     |
|-----------------------|----|-------------|--------------|-----|
| 1. Arnold, de ROVER   | 64 | De Futen    | <b>31.51</b> | 360 |
| 2. John, HARDEMAN     | 66 | De Fuut     | <b>32.54</b> | 327 |
| 3. Erik, WETSTEIJN    | 65 | Swol 1894   | <b>32.71</b> | 322 |
| 4. Evert Jan, VERWEIJ | 63 | Swol 1894   | <b>32.80</b> | 319 |
| 5. Henk, KUIPERS      | 62 | Uzsc        | <b>36.10</b> | 239 |
| 6. Ronald, van VLIET  | 63 | Aalscholver | <b>36.68</b> | 228 |

ZMC deel1 Kampen  
Kampen, 24-9-2016

Programmanr. 5, Heren, 50m vlinderslag, Masters 50+

| Rang  | Geb.                    | Tijd         | Pnt |
|---|-------------------------|--------------|-----|
| 7. Jan, SMALHEER  | 64 Sport Club Oude Maas | <b>38.63</b> | 195 |
| 8. René, SPEELMAN   | 66 De Spatters          | <b>42.89</b> | 143 |
| DIS Jan, WIERENGA   | 64 Aalscholver          |              |     |
| <i>VB - Beide armen niet tezamen naar voren en/of gelijktijdig achterwaarts gebracht.</i> |                         |              |     |
| DIS Evert Jan, van OOSTEROM   | 66 Swol 1894            |              |     |
| <i>AA - Gestart voor startsignaal bij de 1e (1-startregel) of 2e start.</i>               |                         |              |     |

Masters 55+, Heren

|                     |                     |              |     |
|---------------------|---------------------|--------------|-----|
| 1. Marten, de GROOT | 58 HZ&PC Heerenveen | <b>31.89</b> | 347 |
| 2. Fred, VOLLEBERGH | 61 Z&PC de Inktvis  | <b>32.87</b> | 317 |
| 3. Joop, van DIJK   | 57 Deltasteur       | <b>39.13</b> | 188 |
| 4. Jan, TIMMERMAN   | 57 Uzsc             | <b>43.51</b> | 137 |
| 5. Henk, GIERVELD   | 60 Nat Utrecht      | <b>45.03</b> | 123 |

Masters 55+, Dames

|                              |                     |                |     |
|------------------------------|---------------------|----------------|-----|
| 1. Petra, TOSSINGS           | 61 Daw              | <b>37.65</b>   | 273 |
| 2. Hannie, POLETIEK          | 59 TriVia           | <b>45.26</b>   | 157 |
| 3. Pia, van der MOLEN        | 60 HZ&PC Heerenveen | <b>45.46</b>   | 155 |
| 4. Anne, WALLER              | 61 De Futen         | <b>52.35</b>   | 101 |
| 5. Joke, BURGERS             | 60 Swol 1894        | <b>57.39</b>   | 77  |
| 6. Gea, KUIPER               | 61 Zcnf'34          | <b>59.79</b>   | 68  |
| 7. Betsie, KLOMPMAKER-MULDER | 59 Noord Veluwe     | <b>1:14.59</b> | 35  |

Masters 60+, Dames

|                    |                    |              |     |
|--------------------|--------------------|--------------|-----|
| 1. Margriet, PASMA | 55 Z&PC de Inktvis | <b>49.04</b> | 123 |
|--------------------|--------------------|--------------|-----|

Masters 60+, Heren

|                      |                    |              |     |
|----------------------|--------------------|--------------|-----|
| 1. Nartano, GLIJN    | 55 Uzsc            | <b>32.06</b> | 342 |
| 2. Henk, SLOMP       | 55 Z&PC de Inktvis | <b>34.76</b> | 268 |
| 3. Wim, SCHERPENISSE | 55 Uzsc            | <b>35.31</b> | 256 |
| 4. Jappie, KUIPER    | 55 Swol 1894       | <b>45.69</b> | 118 |

Masters 65+, Heren

|               |                |              |     |
|---------------|----------------|--------------|-----|
| 1. Jos, KAMPS | 51 ZV Hoogland | <b>47.81</b> | 103 |
|---------------|----------------|--------------|-----|

Programmanr. 6  
24-9-2016 - 18:15

100m schoolslag

20 jaar en ouder  
Resultaten

Punten: FINA 2016

| Rang                        | Geb.              | Tijd           | Pnt |
|-----------------------------|-------------------|----------------|-----|
| <b>Masters 20+, Dames</b>   |                   |                |     |
| 1. Leonie, NIJENHUIS        | 92 Zzz            | <b>1:26.44</b> | 412 |
| 2. Janine, de GROOT         | 95 Nova           | <b>1:29.23</b> | 375 |
| 3. Sigrit, AARTEN           | 93 Deltasteur     | <b>1:33.92</b> | 321 |
| 4. Veronique, van der VELDE | 96 WS Twente      | <b>1:37.07</b> | 291 |
| 5. Stephanie, ter BRUGGEN   | 96 WS Twente      | <b>1:40.45</b> | 262 |
| 6. Dianne, KRAGT            | 93 Deltasteur     | <b>1:49.36</b> | 203 |
| 7. Annemiek, van VEEN       | 93 Dedemsvaart-AC | <b>1:56.78</b> | 167 |

ZMC deel1 Kampen  
Kampen, 24-9-2016

Programmanr. 6, 100m schoolslag

Masters 20+, Heren

1. Rick, VAARKAMP 94 Z&PC Triton Putten **1:39.92** 194

Masters 25+, Heren

1. Jordie, BATS 89 Deltasteur **1:36.20** 218

Masters 25+, Dames

1. Janneke, WYNIA 90 WS Twente **1:41.87** 252  
2. Rosemarie, VEERKAMP 87 Zzz **1:49.27** 204

Masters 30+, Dames

1. Angela, GIEZEN 83 Montferland **1:32.42** 337

Masters 30+, Heren

1. Gerwin, VONK 82 De Spatters **1:22.83** 341  
2. Wouter, ZIJLSTRA 82 Daw **1:23.41** 334

Masters 35+, Dames

1. Margriet, LEEFFERS 78 Deltasteur **1:45.54** 226

Masters 40+, Dames

1. Evelien, van KLAARBERGEN 72 HZ&PC Heerenveen **1:31.82** 344  
2. Alma, KNEGT-BESSEMBINDERS 76 De Spatters **1:41.68** 253  
3. Inge, LOLKEMA-SOETERS 73 Steenwijk 1934 **1:54.58** 177

Masters 40+, Heren

1. Michael, van BEKKUM 72 Swol 1894 **1:21.59** 357  
2. Heiner, STEVENS 72 Zignea **1:21.82** 354  
3. Kasper, van den BERGHE 73 Swol 1894 **1:33.01** 241  
4. Dick, HUISMAN 75 Steenwijk 1934 **1:41.47** 185

Masters 45+, Heren

1. Rene, KROEZE 67 Z&PC de Inktvis **1:25.49** 310  
2. Alistair, CRITCHELL 71 Zv 44 **1:34.54** 229  
3. Eric, van den BLINK 70 De Houtrib **1:44.40** 170

Masters 45+, Dames

1. Sylvia, van den BERG 70 De Fuut **1:36.79** 293  
2. Annet, KOOTSTRA 71 Swol 1894 **1:47.72** 213

Masters 50+, Dames

1. Machteld, STILTING 66 Zpc Amersfoort **1:41.89** 251  
2. jenny, WESTERVAARDER 62 H2Oldambt **1:52.24** 188  
DIS Annemarie, VUIST 63 Swol 1894

AA - Gestart voor startsignaal bij de 1e (1-startregel) of 2e start.

Masters 50+, Heren

1. Arnold, de ROVER 64 De Futen **1:25.12** 315  
2. Jan, WIERENGA 64 Aalscholver **1:28.13** 283  
3. Rene, BAKKER 63 Zignea **1:39.70** 196

ZMC deel1 Kampen  
Kampen, 24-9-2016

Programmanr. 6, Heren, 100m schoolslag, Masters 50+

| Rang | Geb.               | Tijd              | Pnt                |
|------|--------------------|-------------------|--------------------|
| 4.   | Hans, van SCHEEPEN | 62 Steenwijk 1934 | <b>1:43.35</b> 176 |

Masters 55+, Heren

|    |                |                |                    |
|----|----------------|----------------|--------------------|
| 1. | Joop, van DIJK | 57 Deltasteur  | <b>1:42.15</b> 182 |
| 2. | Jan, HAITSMA   | 60 De Spatters | <b>1:47.54</b> 156 |

Masters 55+, Dames

|    |                             |                       |                    |
|----|-----------------------------|-----------------------|--------------------|
| 1. | Marijke, KRAAK-BECKERS      | 60 WS Twente          | <b>1:43.18</b> 242 |
| 2. | Marjan, SPOELSTRA           | 60 Swol 1894          | <b>1:57.18</b> 165 |
| 3. | Willy, SCHOENMAKER-TER VEER | 59 Dwk                | <b>2:06.92</b> 130 |
| 4. | Betsie, KLOMPMAKER-MULDER   | 59 Noord Veluwe       | <b>2:24.63</b> 88  |
| 5. | Simonet, SCHROOT            | 58 Gay Swim Amsterdam | <b>2:26.61</b> 84  |

Masters 60+, Heren

|    |              |                 |                    |
|----|--------------|-----------------|--------------------|
| 1. | Paul, BUNNIK | 56 WZ&PC Triton | <b>1:33.56</b> 237 |
|----|--------------|-----------------|--------------------|

Masters 65+, Dames

|    |                             |              |                    |
|----|-----------------------------|--------------|--------------------|
| 1. | Antoinette, GILDING-TUSSAUD | 50 WS Twente | <b>2:12.06</b> 115 |
|----|-----------------------------|--------------|--------------------|

Masters 70+, Dames

|    |                              |                   |                    |
|----|------------------------------|-------------------|--------------------|
| 1. | Annet, VERHOEVEN - STEGGERDA | 46 De Duinkickers | <b>2:02.40</b> 145 |
| 2. | Loekie, v. HUISSTEDEN        | 45 Zpc Amersfoort | <b>2:14.45</b> 109 |

Masters 70+, Heren

|    |              |         |                    |
|----|--------------|---------|--------------------|
| 1. | Rob, HANOU   | 43 Psv  | <b>1:36.42</b> 216 |
| 2. | Tom, MEIJNEN | 44 Uzsc | <b>1:44.43</b> 170 |

Programmanr. 7  
24-9-2016 - 18:40

50m vrije slag

20 jaar en ouder  
Resultaten

Punten: FINA 2016

| Rang | Geb. | Tijd | Pnt |
|------|------|------|-----|
|------|------|------|-----|

Masters 20+, Dames

|    |                  |                |                  |
|----|------------------|----------------|------------------|
| 1. | Tessa, BENJAMINS | 95 Aqualero    | <b>32.56</b> 387 |
| 2. | Marjan, RIKKEN   | 92 Zw          | <b>34.28</b> 331 |
| 3. | Nienke, FUITE    | 95 Deltasteur  | <b>34.36</b> 329 |
| 4. | Daphne, MEIJER   | 93 Montferland | <b>36.06</b> 284 |
| 5. | Nadieh, KIKSTRA  | 93 Orca        | <b>36.65</b> 271 |

Masters 20+, Heren

|     |                |                       |                  |
|-----|----------------|-----------------------|------------------|
| 1.  | Stefan, KWANT  | 92 Nova               | <b>26.73</b> 478 |
| 2.  | Hans, STOFFERS | 96 Z&PC Triton Putten | <b>28.34</b> 401 |
| 3.  | Tom, de LANGE  | 93 Deltasteur         | <b>28.43</b> 397 |
| DIS | Bob, POTKAMP   | 94 Deltasteur         |                  |

AA - Gestart voor startsignaal bij de 1e (1-startregel) of 2e start.

ZMC deel1 Kampen  
Kampen, 24-9-2016

Programmanr. 7, 50m vrije slag

Masters 25+, Heren

|                        |    |                      |              |     |
|------------------------|----|----------------------|--------------|-----|
| 1. Herman, HOFMAN      | 90 | ZV ZZG De Boskickers | <b>27.41</b> | 443 |
| 2. Erik, van der HEIDE | 88 | Zzz                  | <b>27.51</b> | 439 |
| 3. Eric, KALEE         | 90 | ZV Hoogland          | <b>30.00</b> | 338 |
| 4. Marco, VRIES        | 90 | Z&PC de Inktvis      | <b>31.47</b> | 293 |
| 5. Karlo, KOK          | 91 | Deltasteur           | <b>31.85</b> | 282 |

Masters 25+, Dames

|                              |    |                        |              |     |
|------------------------------|----|------------------------|--------------|-----|
| 1. Elmi, ROELOFSEN           | 90 | Zw                     | <b>28.67</b> | 567 |
| 2. Jacyntha, PLAT            | 90 | G.S.Z.V. De Golfbreker | <b>29.77</b> | 506 |
| 3. Lonneke, OENEMA           | 91 | Steenwijk 1934         | <b>32.70</b> | 382 |
| 4. Marloes, BENJAMINS        | 91 | Aqualero               | <b>33.80</b> | 346 |
| Jen- Ai, van SOELEN          | 90 | De Houtrib             | <b>33.80</b> | 346 |
| 6. Manouk, TICHELER          | 87 | De Duinkickers         | <b>35.35</b> | 302 |
| 7. Janneke, WYNIA            | 90 | WS Twente              | <b>36.49</b> | 275 |
| 8. Rosemarie, VEERKAMP       | 87 | Zzz                    | <b>38.22</b> | 239 |
| 9. Gerlinde, van de WETERING | 89 | Deltasteur             | <b>38.67</b> | 231 |
| 10. Karin, HOVENKAMP         | 87 | De Spatters            | <b>38.74</b> | 229 |

Masters 30+, Dames

|                         |    |             |              |     |
|-------------------------|----|-------------|--------------|-----|
| 1. Angela, GIEZEN       | 83 | Montferland | <b>32.64</b> | 384 |
| 2. Erika, BOOGAARD-ZWEP | 83 | Deltasteur  | <b>34.09</b> | 337 |
| 3. Fabienne, JEUKENS    | 84 | ZV Hoogland | <b>35.34</b> | 302 |
| 4. Ciska, BATS          | 85 | Deltasteur  | <b>39.58</b> | 215 |

Masters 30+, Heren

|                       |    |                    |              |     |
|-----------------------|----|--------------------|--------------|-----|
| 1. Rick, DRIEZEN      | 86 | Steenwijk 1934     | <b>26.86</b> | 471 |
| 2. Dennis, KUIPERS    | 86 | Z&PC de Inktvis    | <b>27.40</b> | 444 |
| 3. Rob, van WANROOY   | 82 | Gay Swim Amsterdam | <b>28.39</b> | 399 |
| 4. Jorn, LUBBINGE     | 86 | Orca               | <b>30.04</b> | 337 |
| 5. Rudy, de JONG      | 83 | isis               | <b>32.09</b> | 276 |
| 6. Herbert, STEENSTRA | 84 | Deltasteur         | <b>34.25</b> | 227 |
| 7. Sander, de VELDE   | 83 | Deltasteur         | <b>34.40</b> | 224 |

Masters 35+, Heren

|                    |    |            |              |     |
|--------------------|----|------------|--------------|-----|
| 1. Robert, HOITING | 80 | Orca       | <b>28.26</b> | 405 |
| 2. René, BEENS     | 78 | Deltasteur | <b>29.17</b> | 368 |
| 3. Peter, LOMMERT  | 79 | Swol 1894  | <b>29.67</b> | 350 |
| 4. Remco, VEERKAMP | 81 | Zzz        | <b>34.83</b> | 216 |

Masters 35+, Dames

|                      |    |              |              |     |
|----------------------|----|--------------|--------------|-----|
| 1. Angela, KOEKKOEK  | 79 | WZ&PC Triton | <b>30.21</b> | 484 |
| 2. Fabiola, BOSMAN   | 77 | Deltasteur   | <b>33.76</b> | 347 |
| 3. Ilonka, SCHULDINK | 78 | Deltasteur   | <b>38.08</b> | 241 |

Masters 40+, Dames

|                          |    |                  |              |     |
|--------------------------|----|------------------|--------------|-----|
| 1. Inge, LOLKEMA-SOETERS | 73 | Steenwijk 1934   | <b>36.20</b> | 281 |
| 2. Jannie, VENNIK        | 76 | HZ&PC Heerenveen | <b>37.41</b> | 255 |

Programmanr. 7, 50m vrije slag

Masters 40+, Heren

|                  |    |                |              |     |
|------------------|----|----------------|--------------|-----|
| 1. Dick, HUISMAN | 75 | Steenwijk 1934 | <b>34.49</b> | 222 |
|------------------|----|----------------|--------------|-----|

Masters 45+, Heren

|                        |    |                |              |     |
|------------------------|----|----------------|--------------|-----|
| 1. Martin, KAPTEIN     | 67 | Dwk            | <b>28.56</b> | 392 |
| 2. Marcel, JONKMAN     | 68 | Aqualero       | <b>29.40</b> | 359 |
| 3. Jan, LINDENAAR      | 67 | Uzsc           | <b>29.69</b> | 349 |
| 4. Marcel, BRITTIJN    | 69 | De Duinkickers | <b>30.83</b> | 311 |
| 5. Chris, KOUWENHOVEN  | 71 | De Spatters    | <b>31.39</b> | 295 |
| 6. Martijn, de JONG    | 71 | Dwk            | <b>31.58</b> | 290 |
| 7. Marco, LUIJCKX      | 71 | ZV Hoogland    | <b>32.42</b> | 268 |
| 8. Alistair, CRITCHELL | 71 | Zv 44          | <b>32.48</b> | 266 |
| 9. Roelof, BROEKMAN    | 68 | De Spatters    | <b>33.17</b> | 250 |

Masters 45+, Dames

|                               |    |           |              |     |
|-------------------------------|----|-----------|--------------|-----|
| 1. Iris, van AURICH           | 69 | Dwk       | <b>32.00</b> | 407 |
| 2. Rina, KUIPER               | 70 | H2Oldambt | <b>33.65</b> | 350 |
| 3. Zilla, FOKKE               | 68 | De Futen  | <b>35.82</b> | 290 |
| 4. Annette, KORVING-LEIJENAAR | 67 | Aqualero  | <b>36.20</b> | 281 |

Masters 50+, Dames

|                         |    |                  |              |     |
|-------------------------|----|------------------|--------------|-----|
| 1. Jacqueline, TUIN     | 66 | Daw              | <b>32.56</b> | 387 |
| 2. Francine, SOMMER     | 62 | WZ&PC Triton     | <b>33.98</b> | 340 |
| 3. Christine, BUIST     | 64 | De Duinkickers   | <b>37.64</b> | 250 |
| 4. Ellen, PARMA         | 62 | WZ&PC Triton     | <b>38.01</b> | 243 |
| 5. jenny, WESTERVAARDER | 62 | H2Oldambt        | <b>38.58</b> | 232 |
| 6. Alie, VISSER         | 64 | HZ&PC Heerenveen | <b>44.33</b> | 153 |
| 7. Riekje, SCHRA        | 64 | Steenwijk 1934   | <b>58.88</b> | 65  |

Masters 50+, Heren

|                            |    |                |              |     |
|----------------------------|----|----------------|--------------|-----|
| 1. John, HARDEMAN          | 66 | De Fuut        | <b>29.93</b> | 340 |
| 2. Robert, de BRAUWER      | 64 | De Duinkickers | <b>31.03</b> | 305 |
| 3. Evert Jan, van OOSTEROM | 66 | Swol 1894      | <b>31.84</b> | 283 |
| 4. René, SPEELMAN          | 66 | De Spatters    | <b>32.61</b> | 263 |
| 5. Adri, PASMAN            | 64 | Zzz            | <b>34.29</b> | 226 |
| 6. Hans, van SCHEEPEN      | 62 | Steenwijk 1934 | <b>41.04</b> | 132 |
| 7. Roel, van der SCHEE     | 63 | De Houtrib     | <b>43.36</b> | 112 |
| DIS Henk, KUIPERS          | 62 | Uzsc           |              |     |

AA - Gestart voor startsignaal bij de 1e (1-startregel) of 2e start.

Masters 55+, Heren

|                   |    |             |              |     |
|-------------------|----|-------------|--------------|-----|
| 1. John, DAM      | 60 | Zignea      | <b>32.98</b> | 254 |
| 2. Henk, GIERVELD | 60 | Nat Utrecht | <b>34.98</b> | 213 |

Masters 55+, Dames

|                                |    |                  |              |     |
|--------------------------------|----|------------------|--------------|-----|
| 1. Pia, van der MOLEN          | 60 | HZ&PC Heerenveen | <b>35.71</b> | 293 |
| 2. Hannie, POLETIEK            | 59 | TriVia           | <b>37.92</b> | 245 |
| 3. Gea, KUIPER                 | 61 | Zcnf'34          | <b>46.29</b> | 134 |
| 4. Willy, SCHOENMAKER-TER VEER | 59 | Dwk              | <b>46.86</b> | 129 |
| 5. Joke, BURGERS               | 60 | Swol 1894        | <b>49.91</b> | 107 |
| DIS Anne, WALLER               | 61 | De Futen         |              |     |

AA - Gestart voor startsignaal bij de 1e (1-startregel) of 2e start.

ZMC deel1 Kampen  
Kampen, 24-9-2016

Programmanr. 7, 50m vrije slag

Masters 60+, Heren

|                      |    |           |              |     |
|----------------------|----|-----------|--------------|-----|
| 1. Nartano, GLIJN    | 55 | Uzsc      | <b>30.20</b> | 331 |
| 2. Jappie, KUIPER    | 55 | Swol 1894 | <b>33.21</b> | 249 |
| 3. Wim, SCHERPENISSE | 55 | Uzsc      | <b>34.06</b> | 231 |
| 4. Bert, VEERKAMP    | 52 | Zzz       | <b>57.51</b> | 48  |

Masters 65+, Dames

|                         |    |                    |                |     |
|-------------------------|----|--------------------|----------------|-----|
| 1. Bea, SWIJNENBERG     | 49 | Swol 1894          | <b>37.96</b>   | 244 |
| 2. Janny, van der WEIDE | 51 | Deltasteur         | <b>58.47</b>   | 66  |
| 3. Anna, de WEERT       | 49 | Gay Swim Amsterdam | <b>1:09.80</b> | 39  |

Masters 70+, Heren

|                 |    |      |              |    |
|-----------------|----|------|--------------|----|
| 1. Tom, MEIJNEN | 44 | Uzsc | <b>45.52</b> | 96 |
|-----------------|----|------|--------------|----|

Programmanr. 8  
24-9-2016 - 18:55

200m rugslag

20 jaar en ouder  
Resultaten

Punten: FINA 2016

| Rang                      | Geb.                 |    | Tijd                 | Pnt            | 100m | 200m            |
|---------------------------|----------------------|----|----------------------|----------------|------|-----------------|
| <b>Masters 20+, Dames</b> |                      |    |                      |                |      |                 |
| 1.                        | Sigrit, AARTEN       | 93 | Deltasteur           | <b>2:44.83</b> | 426  | 1:19.48 1:25.35 |
| 2.                        | Daphne, SPREEN       | 96 | ZV ZZG De Boskickers | <b>3:02.82</b> | 312  | 1:28.98 1:33.84 |
| 3.                        | Joanne, BERG VAN DEN | 92 | Deltasteur           | <b>3:03.02</b> | 311  | 1:29.00 1:34.02 |
| 4.                        | Charine, de RUITER   | 94 | Steenwijk 1934       | <b>3:13.30</b> | 264  | 1:34.85 1:38.45 |
| 5.                        | Heleen, ten HAVE     | 94 | Z&PC de Inktvis      | <b>3:16.12</b> | 253  | 1:34.00 1:42.12 |
| <b>Masters 20+, Heren</b> |                      |    |                      |                |      |                 |
| 1.                        | Danny, VOCHTELOO     | 92 | ZV ZZG De Boskickers | <b>3:44.24</b> | 124  | 1:51.54 1:52.70 |
| <b>Masters 25+, Heren</b> |                      |    |                      |                |      |                 |
| 1.                        | Tim, BUNNIK          | 90 | WZ&PC Triton         | <b>2:31.43</b> | 403  | 1:14.94 1:16.49 |
| 2.                        | Rene, KNIJPSTRA      | 88 | isis                 | <b>3:07.15</b> | 213  | 1:32.66 1:34.49 |
| <b>Masters 25+, Dames</b> |                      |    |                      |                |      |                 |
| 1.                        | Liesbeth, van MILL   | 87 | Dwk                  | <b>3:00.70</b> | 323  | 1:27.52 1:33.18 |
| 2.                        | Renske, EILERS       | 88 | ZV Hoogland          | <b>3:07.41</b> | 290  | 1:30.26 1:37.15 |
| 3.                        | Petra, ZANDSTRA      | 90 | isis                 | <b>3:41.25</b> | 176  | 1:48.27 1:52.98 |
| 4.                        | Brechtje, de JONG    | 89 | isis                 | <b>5:09.36</b> | 64   | 2:27.26 2:42.10 |
| <b>Masters 30+, Dames</b> |                      |    |                      |                |      |                 |
| 1.                        | Carola, JACOBS       | 85 | Z&PC Triton Putten   | <b>3:24.23</b> | 224  | 1:38.16 1:46.07 |
| <b>Masters 30+, Heren</b> |                      |    |                      |                |      |                 |
| 1.                        | Michiel, PUNTER      | 84 | Orca                 | <b>2:32.52</b> | 395  | 1:13.41 1:19.11 |
| 2.                        | René, van DIJK       | 84 | isis                 | <b>3:10.68</b> | 202  | 1:32.44 1:38.24 |
| 3.                        | Mark, BRINKHUIS      | 83 | TriVia               | <b>3:42.96</b> | 126  | 1:45.81 1:57.15 |
| <b>Masters 35+, Heren</b> |                      |    |                      |                |      |                 |
| 1.                        | Peter, LOMMERT       | 79 | Swol 1894            | <b>3:02.71</b> | 229  | 1:28.63 1:34.08 |
| 2.                        | Robin, ROSKAM        | 78 | De Duinkickers       | <b>3:43.21</b> | 126  | 1:47.85 1:55.36 |



ZMC deel1 Kampen  
Kampen, 24-9-2016

Programmanr. 8, 200m rugslag

Masters 35+, Dames

|                          |    |            |                |     |         |         |
|--------------------------|----|------------|----------------|-----|---------|---------|
| 1. Agnes, van BRUG       | 80 | Daw        | <b>3:08.40</b> | 285 | 1:34.80 | 1:33.60 |
| 2. Margriet, LEEFFERS    | 78 | Deltasteur | <b>3:31.74</b> | 201 | 1:41.17 | 1:50.57 |
| 3. Rianne, VAN VEGCHELEN | 81 | Zv 44      | <b>3:56.16</b> | 144 | 1:57.23 | 1:58.93 |

Masters 40+, Dames

|                             |    |                  |                |     |         |         |
|-----------------------------|----|------------------|----------------|-----|---------|---------|
| 1. Evelien, van KLAARBERGEN | 72 | HZ&PC Heerenveen | <b>2:45.01</b> | 424 | 1:20.84 | 1:24.17 |
|-----------------------------|----|------------------|----------------|-----|---------|---------|

Masters 40+, Heren

|                 |    |                    |                |     |         |         |
|-----------------|----|--------------------|----------------|-----|---------|---------|
| 1. Kees, BAKKER | 75 | Gay Swim Amsterdam | <b>2:43.98</b> | 317 | 1:20.89 | 1:23.09 |
|-----------------|----|--------------------|----------------|-----|---------|---------|

Masters 45+, Heren

|                       |    |                  |                |     |         |         |
|-----------------------|----|------------------|----------------|-----|---------|---------|
| 1. Rene, KROEZE       | 67 | Z&PC de Inktvis  | <b>2:48.88</b> | 291 | 1:24.36 | 1:24.52 |
| 2. Gerco, SCHAKEL     | 69 | Dwk              | <b>2:58.90</b> | 244 | 1:29.71 | 1:29.19 |
| 3. Korstiaan, de BOER | 71 | Steenwijk 1934   | <b>2:59.10</b> | 244 | 1:27.53 | 1:31.57 |
| 4. Jan, LINDENAAR     | 67 | Uzsc             | <b>3:05.06</b> | 221 | 1:32.33 | 1:32.73 |
| 5. Huyb, STEGEMAN     | 67 | Steenwijk 1934   | <b>3:29.22</b> | 153 | 1:41.15 | 1:48.07 |
| 6. Arnold, JONKER     | 70 | HZ&PC Heerenveen | <b>3:46.21</b> | 121 | 1:53.16 | 1:53.05 |

Masters 45+, Dames

|                        |    |                  |                |     |         |         |
|------------------------|----|------------------|----------------|-----|---------|---------|
| 1. Peggi, HURENKAMP    | 69 | HZ&PC Heerenveen | <b>3:20.48</b> | 236 | 1:37.88 | 1:42.60 |
| 2. Greta, WYMA-TEITSMA | 71 | Dwk              | <b>3:44.77</b> | 168 | 1:48.14 | 1:56.63 |

Masters 50+, Dames

|                     |    |                |                |     |         |         |
|---------------------|----|----------------|----------------|-----|---------|---------|
| 1. Wilna, HEIJMAN   | 64 | Steenwijk 1934 | <b>3:10.90</b> | 274 | 1:34.28 | 1:36.62 |
| 2. Annemarie, VUIST | 63 | Swol 1894      | <b>3:25.58</b> | 219 | 1:42.54 | 1:43.04 |
| 3. Miranda, KEIJL   | 65 | Zignea         | <b>3:28.23</b> | 211 | 1:41.28 | 1:46.95 |

Masters 50+, Heren

|                    |    |           |                |     |         |         |
|--------------------|----|-----------|----------------|-----|---------|---------|
| 1. Erik, WETSTEIJN | 65 | Swol 1894 | <b>3:08.82</b> | 208 | 1:32.13 | 1:36.69 |
| 2. Henk, KUIPERS   | 62 | Uzsc      | <b>3:11.20</b> | 200 | 1:32.13 | 1:39.07 |
| 3. Henk, VIERING   | 66 | Swol 1894 | <b>3:49.88</b> | 115 | 1:52.58 | 1:57.30 |

Masters 55+, Heren

|                     |    |                  |                |     |         |         |
|---------------------|----|------------------|----------------|-----|---------|---------|
| 1. Marten, de GROOT | 58 | HZ&PC Heerenveen | <b>3:03.71</b> | 226 | 1:31.92 | 1:31.79 |
| 2. Jan, HAITSMAN    | 60 | De Spatters      | <b>3:43.74</b> | 125 |         |         |
| 3. Jan, TIMMERMAN   | 57 | Uzsc             | <b>4:06.08</b> | 94  |         |         |

Masters 55+, Dames

|                    |    |     |                |     |         |         |
|--------------------|----|-----|----------------|-----|---------|---------|
| 1. Petra, TOSSINGS | 61 | Daw | <b>3:29.72</b> | 207 | 1:43.55 | 1:46.17 |
|--------------------|----|-----|----------------|-----|---------|---------|

Masters 60+, Dames

|                   |    |                  |                |     |         |         |
|-------------------|----|------------------|----------------|-----|---------|---------|
| 1. Monica, BAKKER | 56 | Zvz              | <b>3:33.05</b> | 197 | 1:43.56 | 1:49.49 |
| 2. Ineke, MEIJER  | 52 | HZ&PC Heerenveen | <b>4:04.27</b> | 131 | 2:00.74 | 2:03.53 |

Masters 60+, Heren

|                 |    |              |                |     |         |         |
|-----------------|----|--------------|----------------|-----|---------|---------|
| 1. Paul, BUNNIK | 56 | WZ&PC Triton | <b>3:15.77</b> | 186 | 1:40.54 | 1:35.23 |
|-----------------|----|--------------|----------------|-----|---------|---------|

Masters 65+, Heren

|               |    |             |                |     |         |         |
|---------------|----|-------------|----------------|-----|---------|---------|
| 1. Jos, KAMPS | 51 | ZV Hoogland | <b>3:34.42</b> | 142 | 1:45.49 | 1:48.93 |
|---------------|----|-------------|----------------|-----|---------|---------|

Programmanr. 8, 200m rugslag

Masters 65+, Dames

|    |                               |            |                |     |         |         |
|----|-------------------------------|------------|----------------|-----|---------|---------|
| 1. | Antoinette, GILDING-TUSSAUD50 | WS Twente  | <b>4:01.52</b> | 135 | 1:56.91 | 2:04.61 |
| 2. | Janny, van der WEIDE          | Deltasteur | <b>6:19.69</b> | 34  |         |         |