

Zuidelijke Cirkel 2019 - 6e wedstrijd
Eindhoven, 15/12/2019

Programmanr. 12
15/12/2019 - 17:35

400m vrije slag

20 - 94 jaar
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Masters 25+, Heren					
1.	Martino Valentijn	Z & Pc Dio	4:41.85	199403913	4:39.74 +0.81
	50m: 31.27	150m: 1:42.79	250m: 2:54.31	350m: 4:06.18	
	100m: 1:06.64	200m: 2:18.69	300m: 3:30.22	400m: 4:39.74	
2.	Tim Vinckx	De Wildert	4:46.71	199005367	4:51.20 +0.89
	50m: 31.90	150m: 1:43.34	250m: 2:57.53	350m: 4:13.72	
	100m: 1:07.13	200m: 2:20.45	300m: 3:35.50	400m: 4:51.20	
Masters 35+, Heren					
1.	Arne-Willem Kroonen	Zwemsport Parkstad	5:10.43	198401297	5:08.22 +0.77
	50m: 35.39	150m: 1:52.47	250m: 3:10.17	350m: 4:28.70	
	100m: 1:13.61	200m: 2:31.12	300m: 3:49.43	400m: 5:08.22	
2.	Ingmar Visser	De Biesboschzwemmers	6:28.38	198102317	6:12.36 +0.92
	50m: 40.31	150m: 2:16.39	250m: 3:52.74	350m: 5:28.12	
	100m: 1:27.85	200m: 3:05.04	300m: 4:40.46	400m: 6:12.36	
3.	Remko Verloove	Zeester Meerval	6:51.43	198202721	6:38.11
	50m: 42.42	150m: 2:16.52	250m: 3:56.37	350m: 5:43.33	
	100m: 1:28.49	200m: 3:06.14	300m: 4:49.72	400m: 6:38.11	
Masters 40+, Heren					
1.	Edgar Thimister	MZ&PC	4:57.00	197501511	4:51.95 +0.79
	50m: 32.86	150m: 1:46.92	250m: 3:01.64	350m: 4:15.39	
	100m: 1:09.38	200m: 2:24.73	300m: 3:38.80	400m: 4:51.95	
2.	Bas Broekhuis	MZ&PC	4:52.72	197601561	5:02.12 +0.86
	50m: 33.58	150m: 1:47.97	250m: 3:05.25	350m: 4:23.78	
	100m: 1:10.36	200m: 2:26.35	300m: 3:44.31	400m: 5:02.12	
Masters 45+, Heren					
1.	Richard Ricksen	Zwemsport Parkstad	4:45.60	197000841	4:46.70 +0.93
	50m: 32.38	150m: 1:43.91	250m: 2:57.89	350m: 4:11.60	
	100m: 1:07.84	200m: 2:20.58	300m: 3:34.95	400m: 4:46.70	
2.	Bruno Nahon	CNSW	5:05.00	CNSW/000390/70	5:04.55
	50m: 34.65	150m: 1:50.02	250m: 3:07.37	350m: 4:26.12	
	100m: 1:12.00	200m: 2:28.33	300m: 3:46.29	400m: 5:04.55	
3.	Marc Spailier	CNSW	5:27.00	CNSW/008934/70	5:26.35 +0.63
	50m: 39.99	150m: 2:03.22	250m: 3:25.78	350m: 4:47.14	
	100m: 1:21.53	200m: 2:44.56	300m: 4:06.67	400m: 5:26.35	
Masters 50+, Heren					
1.	Glen Le Clercq	ZPC De Rog Weert	4:43.56	196800177	4:37.78 +0.77
	50m: 32.47	150m: 1:42.80	250m: 2:52.68	350m: 4:02.99	
	100m: 1:08.28	200m: 2:17.75	300m: 3:27.85	400m: 4:37.78	
2.	Jo-an Mudde	Arethusa	4:44.71	196701457	4:49.25 +0.89
	50m: 33.07	150m: 1:46.02	250m: 2:59.00	350m: 4:12.78	
	100m: 1:09.23	200m: 2:22.46	300m: 3:35.58	400m: 4:49.25	
3.	Phil Trethewie	Old Dutch	5:01.44	196501315	5:05.92 +0.96
	50m: 35.66	150m: 1:54.10	250m: 3:13.73	350m: 4:30.57	
	100m: 1:14.66	200m: 2:34.07	300m: 3:52.63	400m: 5:05.92	
4.	Ramon Alsina Munoz	CNSW	5:37.52	CNSW/001353/69	5:41.54 +0.49
	50m: 37.73	150m: 2:03.02	250m: 3:29.41	350m: 4:57.60	
	100m: 1:20.29	200m: 2:46.09	300m: 4:13.64	400m: 5:41.54	
5.	Marcel Nelissen	MZ&PC	7:37.21	196501611	7:43.78 +0.96
	50m: 49.56	150m: 2:47.98	250m: 4:49.64	350m: 6:48.84	
	100m: 1:47.18	200m: 3:48.54	300m: 5:49.34	400m: 7:43.78	
NG	Bob de Vries	Zwemvereniging Utrecht	4:42.30	196601101	

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Masters 55+, Heren

1.	Johan Remmits	ZPC Woerden	4:41.67	196201159	4:46.75	+0.96
	50m: 32.47	150m: 1:43.90	250m: 2:57.35	350m: 4:10.87		
	100m: 1:07.74	200m: 2:20.49	300m: 3:34.12	400m: 4:46.75		
2.	Jo Rogiers	Racing Swimming Club Mechel	5:09.66	RSCM/10194/63	4:47.04	+0.82
	50m: 31.75	150m: 1:44.19	250m: 2:58.30	350m: 4:12.24		
	100m: 1:07.50	200m: 2:21.25	300m: 3:35.40	400m: 4:47.04		
3.	Menno Lomans	D'elft	5:35.14	196101071	5:32.63	+0.95
	50m: 36.94	150m: 1:59.08	250m: 3:25.21	350m: 4:51.59		
	100m: 1:17.08	200m: 2:41.98	300m: 4:08.62	400m: 5:32.63		

NG.ZA Filip Timmermans Shark 6:25.37 SHARK/10163/60

Masters 60+, Heren

1.	André Pantekoek	PSV	6:36.00	195800321	6:58.21	
	50m: 41.86	150m: 2:24.39	250m: 4:16.79	350m: 6:08.39		
	100m: 1:30.60	200m: 3:20.39	300m: 5:13.30	400m: 6:58.21		
2.	Abe Kramer	Z & PC De Zeeuwse Kust	8:08.36	195700481	8:09.39	+0.89
	50m: 51.19	150m: 2:51.15	250m: 4:58.23	350m: 7:07.05		
	100m: 1:49.60	200m: 3:54.71	300m: 6:02.42	400m: 8:09.39		

Masters 20+, Dames

1.	Fiona Meuffels	RZ	4:58.47	199504366	4:51.09	+0.76
	50m: 32.64	150m: 1:46.79	250m: 3:01.49	350m: 4:15.92		
	100m: 1:09.25	200m: 2:24.43	300m: 3:38.96	400m: 4:51.09		
2.	Anne van Straaten	Hellas-Glana	4:56.67	199901884	4:58.96	+0.83
	50m: 33.23	150m: 1:48.05	250m: 3:04.33	350m: 4:21.73		
	100m: 1:10.15	200m: 2:26.35	300m: 3:42.76	400m: 4:58.96		
3.	Lieke Van Dam	SwimGym	5:30.00	199507038	5:39.84 *	+0.86
	50m: 36.50	150m: 1:59.56	250m: 3:26.21	350m: 4:55.37		
	100m: 1:16.73	200m: 2:43.09	300m: 4:10.76	400m: 5:39.84		
4.	Nadine Scheeve	De Biesboschwimmers	5:48.06	199700684	5:46.44	+0.83
	50m: 36.56	150m: 2:04.52	250m: 3:34.60	350m: 5:05.59		
	100m: 1:19.51	200m: 2:49.54	300m: 4:19.90	400m: 5:46.44		
5.	Esther Taks	MZ&PC	6:42.39	199507028	6:39.70	+0.79
	50m: 41.68	150m: 2:21.22	250m: 4:06.68	350m: 5:51.21		
	100m: 1:30.21	200m: 3:14.36	300m: 4:59.52	400m: 6:39.70		

Masters 25+, Dames

1.	Yvonne Bruls	MZ&PC	5:45.00	199008114	5:36.88	+0.83
	50m: 36.18	150m: 1:58.29	250m: 3:25.05	350m: 4:54.45		
	100m: 1:16.32	200m: 2:41.34	300m: 4:09.58	400m: 5:36.88		
2.	Joëlle Vaes	Z & Pc Dio	6:24.34	199007576	5:46.37	+0.90
	50m: 37.75	150m: 2:02.78	250m: 3:32.11	350m: 5:03.23		
	100m: 1:19.31	200m: 2:46.91	300m: 4:17.52	400m: 5:46.37		
3.	Elly Scheepers	ZPK Budel	6:00.00	199102728	5:53.73	
	50m: 40.03	150m: 2:10.56	250m: 3:40.58	350m: 5:11.45		
	100m: 1:25.06	200m: 2:55.76	300m: 4:25.81	400m: 5:53.73		
4.	Janneke de Vries	SwimGym	7:00.00	199307992	6:44.72	+0.91
	50m: 47.47	150m: 2:30.14	250m: 4:11.67	350m: 5:54.60		
	100m: 1:39.13	200m: 3:20.55	300m: 5:03.21	400m: 6:44.72		
5.	Claudia Creemers	RZ	6:49.95	199202864	6:57.55	+0.82
	50m: 43.32	150m: 2:22.96	250m: 4:12.21	350m: 6:03.34		
	100m: 1:31.59	200m: 3:16.94	300m: 5:07.91	400m: 6:57.55		
6.	Kara van Vught	PSV	6:58.27	199202680	7:11.94	+0.66
	50m: 45.64	150m: 2:28.65	250m: 4:18.50	350m: 6:15.89		
	100m: 1:36.66	200m: 3:22.76	300m: 5:16.58	400m: 7:11.94		

Masters 30+, Dames

1.	Jenny Schouten	Zwemsport Parkstad	4:54.31	198703674	5:01.67	+0.92
	50m: 33.77	150m: 1:48.64	250m: 3:05.66	350m: 4:23.51		
	100m: 1:10.83	200m: 2:27.10	300m: 3:44.34	400m: 5:01.67		
2.	Kahina Mebarki	MZ&PC	5:30.00	198706268	5:09.50	+0.82
	50m: 35.12	150m: 1:52.14	250m: 3:11.30	350m: 4:30.94		
	100m: 1:13.06	200m: 2:31.97	300m: 3:51.00	400m: 5:09.50		

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Programmanr. 12, Dames, 400m vrije slag, Masters 30+

rang	naam	vereniging	intijd	tijd	RT
3.	Dorien Vasseur	Scheldestroom	6:12.84	198704164	6:16.85 +0.52
	50m: 39.81	150m: 2:14.50	250m: 3:52.20	350m: 5:30.51	
	100m: 1:26.44	200m: 3:03.77	300m: 4:41.39	400m: 6:16.85	
DIS	Melissa Buijens	De Geul	7:20.00	198605358	
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>				

Masters 35+, Dames

1.	Hoy Lin Moo	MZ&PC	5:36.23	198302898	5:33.18 +0.93
	50m: 39.16	150m: 2:05.17	250m: 3:30.15	350m: 4:53.43	
	100m: 1:22.30	200m: 2:48.24	300m: 4:12.00	400m: 5:33.18	
2.	Mirte Forrer	SwimGym	6:20.00	198102322	6:20.54 +0.85
	50m: 43.69	150m: 2:19.05	250m: 3:55.66	350m: 5:33.22	
	100m: 1:30.81	200m: 3:07.00	300m: 4:44.77	400m: 6:20.54	
3.	Fabiënne Jeukens	MZ&PC	6:14.00	198401156	6:23.71
	50m: 39.94	150m: 2:13.61	250m: 3:52.97	350m: 5:33.53	
	100m: 1:25.56	200m: 3:03.36	300m: 4:43.29	400m: 6:23.71	

Masters 40+, Dames

1.	Liselotte Joling	PSV	4:51.30	197500268	4:52.77 +0.90
	50m: 33.75	150m: 1:48.52	250m: 3:03.44	350m: 4:17.16	
	100m: 1:11.09	200m: 2:26.47	300m: 3:40.63	400m: 4:52.77	
2.	Chantal Verhoeff	Old Dutch	5:15.43	197900912	5:22.05
	50m: 35.89	150m: 1:57.79	250m: 3:19.75	350m: 4:41.51	
	100m: 1:16.50	200m: 2:39.51	300m: 4:00.41	400m: 5:22.05	
3.	Petra Guijt	Aqua-Novio '94	5:23.00	197600978	5:25.67 +0.96
	50m: 37.44	150m: 1:59.33	250m: 3:22.59	350m: 4:45.80	
	100m: 1:18.03	200m: 2:41.11	300m: 4:04.52	400m: 5:25.67	
4.	Jolanda van Gendt	PSV	5:30.00	197800266	5:33.18 +0.84
	50m: 37.24	150m: 2:00.83	250m: 3:26.89	350m: 4:51.99	
	100m: 1:18.33	200m: 2:43.73	300m: 4:09.36	400m: 5:33.18	
5.	Marleen Zantingh	Old Dutch	5:45.00	197801378	5:43.67 +0.99
	50m: 37.97	150m: 2:04.34	250m: 3:33.56	350m: 5:02.91	
	100m: 1:19.95	200m: 2:48.89	300m: 4:18.64	400m: 5:43.67	
6.	F. Verriet-Regensburg	Njord	7:15.71	197500428	7:20.37
	50m: 47.33	150m: 2:38.34	250m: 4:32.79	350m: 6:27.22	
	100m: 1:41.59	200m: 3:35.69	300m: 5:29.96	400m: 7:20.37	

AFGEM Esther Vergeest ZPC De Rog Weert 5:35.00 197700012

Masters 45+, Dames

1.	Edith Janssen-Koolen	Trb/Res	5:10.00	197300898	5:20.33 +0.87
	50m: 34.18	150m: 1:51.18	250m: 3:12.11	350m: 4:37.42	
	100m: 1:12.31	200m: 2:31.34	300m: 3:54.19	400m: 5:20.33	
2.	Pascalie Janssen	sgpatrick-deroersoppers	5:38.84	197300852	5:42.65 +0.98
	50m: 38.30	150m: 2:04.38	250m: 3:31.83	350m: 5:00.46	
	100m: 1:20.67	200m: 2:48.12	300m: 4:15.99	400m: 5:42.65	
3.	Mariska van Doorn	Arethusa	5:55.00	197200444	5:46.28 +0.99
	50m: 37.51	150m: 2:03.65	250m: 3:33.44	350m: 5:03.57	
	100m: 1:19.39	200m: 2:48.46	300m: 4:18.61	400m: 5:46.28	
4.	Natacha Van Hoof	Shark	6:12.64	SHARK/20260/73	6:03.56 +0.61
	50m: 40.77	150m: 2:11.24	250m: 3:43.61	350m: 5:17.85	
	100m: 1:25.55	200m: 2:57.25	300m: 4:30.70	400m: 6:03.56	

DIS Wendy Hendriks-Verhagen Trb/Res 6:08.82 197101038
AF - De aangegeven afstand niet uitgezwommen.

Masters 50+, Dames

1.	Annette Wijnja-Visser	De Biesboschzwemmers	5:17.13	196700528	5:27.97 +0.80
	50m: 35.79	150m: 1:56.86	250m: 3:20.56	350m: 4:45.78	
	100m: 1:15.76	200m: 2:38.38	300m: 4:03.22	400m: 5:27.97	
2.	Nicky Slinger	HPC Heemstede	6:35.07	196600316	6:10.64 +0.92
	50m: 40.36	150m: 2:12.53	250m: 3:47.56	350m: 5:24.06	
	100m: 1:25.85	200m: 2:59.71	300m: 4:35.61	400m: 6:10.64	
3.	Kristien Van de Moortel	Shark	6:19.02	ShaRK/20315/69	6:19.49
	50m: 43.12	150m: 2:19.25	250m: 3:56.56	350m: 5:33.31	
	100m: 1:30.98	200m: 3:07.88	300m: 4:45.13	400m: 6:19.49	

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Programmanr. 12, Dames, 400m vrije slag, Masters 50+

rang	naam	vereniging	intijd		tijd	RT
4.	Cora Smulders	ESCA Zwemmen	7:19.80	196600668	7:19.16	+0.89
	50m: 47.14	150m: 2:38.61	250m: 4:32.08	350m: 6:25.77		
	100m: 1:42.10	200m: 3:35.06	300m: 5:29.44	400m: 7:19.16		
AFGEM	Linda Goderie	Rotterdam Swimming (SG)	6:16.82	196900976		

Masters 55+, Dames

1.	Marjan Remmits	ZPC Woerden	5:37.88	196300518	5:26.39	+0.92
	50m: 36.47	150m: 1:57.31	250m: 3:20.56	350m: 4:45.31		
	100m: 1:16.63	200m: 2:38.75	300m: 4:02.81	400m: 5:26.39		
2.	Marion Kolkman-Pluim	ESCA Zwemmen	6:47.00	196000330	6:58.95	
	50m: 48.41	150m: 2:33.89	250m: 4:21.96	350m: 6:09.72		
	100m: 1:40.76	200m: 3:28.13	300m: 5:16.11	400m: 6:58.95		
3.	Marleen Malais	ESCA Zwemmen	6:52.00	196300542	7:23.22	+0.99
	50m: 47.83	150m: 2:36.75	250m: 4:31.14	350m: 6:28.06		
	100m: 1:41.27	200m: 3:34.16	300m: 5:29.54	400m: 7:23.22		
4.	Birgit Bartelds	MZ&PC	8:17.63	196100372	8:47.08	
	50m: 54.43	150m: 3:06.81	250m: 5:23.37	350m: 7:42.77		
	100m: 1:59.90	200m: 4:14.64	300m: 6:32.98	400m: 8:47.08		
NG.ZA	Marie-Jeanne vandormael	GENK	7:05.56	GZVN/21035/63		

Masters 60+, Dames

1.	Irma Hertogs	PSV	5:52.23	195900222	5:42.86	+0.89
	50m: 38.18	150m: 2:04.48	250m: 3:32.80	350m: 5:01.08		
	100m: 1:20.69	200m: 2:48.66	300m: 4:17.11	400m: 5:42.86		
AFGEM	Mies Kuipers	Old Dutch	9:01.78	195800202		

Masters 65+, Dames

1.	Ineke Brouwers	PSV	9:55.00	195200070	8:35.73	
	50m: 55.57	150m: 3:05.33	250m: 5:19.17	350m: 7:33.84		
	100m: 1:58.68	200m: 4:12.31	300m: 6:26.72	400m: 8:35.73		

Masters 70+, Dames

1.	Loekie van Huissteden	Zpc Amersfoort	8:52.96	194500002	8:36.52	+0.85
	50m: 57.11	150m: 3:07.11	250m: 5:20.94	350m: 7:34.18		
	100m: 2:00.71	200m: 4:13.37	300m: 6:27.86	400m: 8:36.52		