

masters lac deel 2



HZ&PC Heerenveen

Heerenveen 19-3-2017

masters lac deel 2 - zondag 19 maart 2017 om 13:45u (25 m)

Aanvangstijd juryvergadering: 13:15u

1. 1500m vrije slag -

20 - 24 jaar (Masters 20+) Dames

20 - 24 jaar (Masters 20+) Heren

25 - 29 jaar (Masters 25+) Dames

1. Petra Zandstra (Isis, 199006248)

50m	00:39.51	39,51	450m	06:58.12	48,64	800m	12:39.95	49,25	1150m	18:29.68	49,90
100m	01:24.48	44,97	500m	07:46.14	48,02	850m	13:29.76	49,81	1200m	19:20.60	50,92
150m	02:12.04	47,56	550m	08:34.42	48,28	900m	14:19.41	49,65	1250m	20:10.92	50,32
200m	02:59.08	47,04	600m	09:23.17	48,75	950m	15:09.48	50,07	1300m	21:01.22	50,30
250m	03:46.37	47,29	650m	10:12.01	48,84	1000m	15:59.88	50,40	1350m	21:51.53	50,31
300m	04:33.61	47,24	700m	11:01.76	49,75	1050m	16:49.57	49,69	1400m	22:39.91	48,38
350m	05:21.39	47,78	750m	11:50.70	48,94	1100m	17:39.78	50,21	1450m	23:28.30	48,39
400m	06:09.48	48,09	800m	12:39.95	49,25	1150m	18:29.68	49,90			

24:14.11

25 - 29 jaar (Masters 25+) Heren

30 - 34 jaar (Masters 30+) Dames

30 - 34 jaar (Masters 30+) Heren

1. Albert Dijkstra (Isis, 198700711)

50m	00:38.00	38,00	450m	06:49.25	45,65	800m	12:15.19	46,30	1150m	17:33.01	43,93
100m	01:23.12	45,12	500m	07:35.93	46,68	850m	13:01.35	46,16	1200m	18:18.61	45,60
150m	02:08.98	45,86	550m	08:22.73	46,80	900m	13:47.14	45,79	1250m	19:03.49	44,88
200m	02:56.21	47,23	600m	09:09.47	46,74	950m	14:33.25	46,11	1300m	19:48.37	44,88
250m	03:42.27	46,06	650m	09:55.93	46,46	1000m	15:19.14	45,89	1350m	20:33.44	45,07
300m	04:28.64	46,37	700m	10:42.17	46,24	1050m	16:09.65	50,51	1400m	21:18.37	44,93
350m	05:15.58	46,94	750m	11:28.89	46,72	1100m	16:49.08	39,43	1450m	22:02.68	44,31
400m	06:03.60	48,02	800m	12:15.19	46,30	1150m	17:33.01	43,93			

22:46.10

35 - 39 jaar (Masters 35+) Dames

35 - 39 jaar (Masters 35+) Heren

40 - 44 jaar (Masters 40+) Dames

1. Jannie Vennik (HZ&PC Heerenveen, 197601006)

50m	00:38.52	38,52	450m	06:17.63	42,64	800m	11:16.16	42,62	1150m	16:16.51	43,03
100m	01:19.54	41,02	500m	07:00.48	42,85	850m	11:59.08	42,92	1200m	16:59.67	43,16
150m	02:01.95	42,41	550m	07:43.18	42,70	900m	12:42.02	42,94	1250m	17:42.80	43,13
200m	02:44.84	42,89	600m	08:25.80	42,62	950m	13:24.69	42,67	1300m	18:26.22	43,42
250m	03:27.61	42,77	650m	09:08.17	42,37	1000m	14:07.50	42,81	1350m	19:08.57	42,35
300m	04:10.03	42,42	700m	09:50.61	42,44	1050m	14:50.50	43,00	1400m	19:52.19	43,62
350m	04:52.66	42,63	750m	10:33.54	42,93	1100m	15:33.48	42,98	1450m	20:35.10	42,91
400m	05:34.99	42,33	800m	11:16.16	42,62	1150m	16:16.51	43,03			

21:16.99

40 - 44 jaar (Masters 40+) Heren

45 - 49 jaar (Masters 45+) Dames

1. Evelien van Klaarbergen (HZ&PC Heerenveen, 197200964)

50m	00:35.95	35,95	450m	05:57.23	40,41	800m	10:42.70	40,71	1150m	15:29.82	40,95
100m	01:15.58	39,63	500m	06:37.72	40,49	850m	11:23.75	41,05	1200m	16:10.79	40,97
150m	01:55.39	39,81	550m	07:18.40	40,68	900m	12:04.69	40,94	1250m	16:51.82	41,03
200m	02:35.44	40,05	600m	07:59.08	40,68	950m	12:45.42	40,73	1300m	17:33.02	41,20
250m	03:15.47	40,03	650m	08:39.76	40,68	1000m	13:26.90	41,48	1350m	18:14.24	41,22
300m	03:56.17	40,70	700m	09:21.25	41,49	1050m	14:08.19	41,29	1400m	18:55.59	41,35
350m	04:36.51	40,34	750m	10:01.99	40,74	1100m	14:48.87	40,68	1450m	19:36.81	41,22
400m	05:16.82	40,31	800m	10:42.70	40,71	1150m	15:29.82	40,95			

20:15.66

45 - 49 jaar (Masters 45+) Heren

1. Chris Kouwenhoven (De Spatters, 197101669)

21:18.10

50m	00:38.08 38,08	450m	06:17.85 42,02	800m	11:16.38 42,78	1150m	16:16.75 43,61
100m	01:20.47 42,39	500m	07:00.57 42,72	850m	11:59.46 43,08	1200m	16:59.69 42,94
150m	02:03.06 42,59	550m	07:42.59 42,02	900m	12:42.10 42,64	1250m	17:43.14 43,45
200m	02:45.25 42,19	600m	08:25.55 42,96	950m	13:25.34 43,24	1300m	18:26.85 43,71
250m	03:27.71 42,46	650m	09:07.80 42,25	1000m	14:07.91 42,57	1350m	19:10.11 43,26
300m	04:10.34 42,63	700m	09:50.27 42,47	1050m	14:50.33 42,42	1400m	19:53.64 43,53
350m	04:52.78 42,44	750m	10:33.60 43,33	1100m	15:33.14 42,81	1450m	20:36.21 42,57
400m	05:35.83 43,05	800m	11:16.38 42,78	1150m	16:16.75 43,61		

50 - 54 jaar (Masters 50+) Dames

50 - 54 jaar (Masters 50+) Heren

55 - 59 jaar (Masters 55+) Dames

55 - 59 jaar (Masters 55+) Heren

1. John Dam (Zignea, 196000915)

23:01.30

50m	00:38.20 38,20	450m	06:44.27 46,78	800m	12:10.96 46,26	1150m	17:39.52 47,25
100m	01:20.77 42,57	500m	07:31.39 47,12	850m	12:57.87 46,91	1200m	18:26.11 46,59
150m	02:05.70 44,93	550m	08:17.83 46,44	900m	13:44.46 46,59	1250m	19:12.80 46,69
200m	02:51.49 45,79	600m	09:04.52 46,69	950m	14:30.99 46,53	1300m	19:59.99 47,19
250m	03:38.23 46,74	650m	09:51.02 46,50	1000m	15:18.20 47,21	1350m	20:46.87 46,88
300m	04:25.43 47,20	700m	10:38.05 47,03	1050m	16:05.39 47,19	1400m	21:33.02 46,15
350m	05:12.02 46,59	750m	11:24.70 46,65	1100m	16:52.27 46,88	1450m	22:19.49 46,47
400m	05:57.49 45,47	800m	12:10.96 46,26	1150m	17:39.52 47,25		

60 - 64 jaar (Masters 60+) Dames

60 - 64 jaar (Masters 60+) Heren

65 - 69 jaar (Masters 65+) Dames

65 - 69 jaar (Masters 65+) Heren

70 - 74 jaar (Masters 70+) Dames

70 - 74 jaar (Masters 70+) Heren

75 - 79 jaar (Masters 75+) Dames

75 - 79 jaar (Masters 75+) Heren

80 - 84 jaar (Masters 80+) Dames

80 - 84 jaar (Masters 80+) Heren

2. 400m wisselslag -

20 - 24 jaar (Masters 20+) Dames

20 - 24 jaar (Masters 20+) Heren

25 - 29 jaar (Masters 25+) Dames

25 - 29 jaar (Masters 25+) Heren

30 - 34 jaar (Masters 30+) Dames

30 - 34 jaar (Masters 30+) Heren

35 - 39 jaar (Masters 35+) Dames

35 - 39 jaar (Masters 35+) Heren

40 - 44 jaar (Masters 40+) Dames

40 - 44 jaar (Masters 40+) Heren

45 - 49 jaar (Masters 45+) Dames

45 - 49 jaar (Masters 45+) Heren

50 - 54 jaar (Masters 50+) Dames

1. Miranda Keijl (Zignea, 196500588)

07:18.31

50m	00:51.07 51,07	150m	02:43.60 52,59	250m	04:40.42 63,88	350m	06:32.13 49,12
100m	01:51.01 59,94	200m	03:36.54 52,94	300m	05:43.01 62,59		

50 - 54 jaar (Masters 50+) Heren

55 - 59 jaar (Masters 55+) Dames

55 - 59 jaar (Masters 55+) Heren

60 - 64 jaar (Masters 60+) Dames

60 - 64 jaar (Masters 60+) Heren

65 - 69 jaar (Masters 65+) Dames

65 - 69 jaar (Masters 65+) Heren

70 - 74 jaar (Masters 70+) Dames

70 - 74 jaar (Masters 70+) Heren

75 - 79 jaar (Masters 75+) Dames

75 - 79 jaar (Masters 75+) Heren

80 - 84 jaar (Masters 80+) Dames

80 - 84 jaar (Masters 80+) Heren

3. 2000m vrije slag -

20 - 24 jaar (Masters 20+) Dames

20 - 24 jaar (Masters 20+) Heren

25 - 29 jaar (Masters 25+) Dames

25 - 29 jaar (Masters 25+) Heren

1. Danny Vochteloo (TriVia, 199207251)

33:29.15

50m	00:43.10	43,10	550m	08:50.37	50,34	1050m	17:12.80	51,03	1550m	25:49.05	51,42
100m	01:29.70	46,60	600m	09:39.93	49,56	1100m	18:03.31	50,51	1600m	26:40.50	51,45
150m	02:17.67	47,97	650m	10:29.68	49,75	1150m	18:54.97	51,66	1650m	27:32.35	51,85
200m	03:05.73	48,06	700m	11:19.58	49,90	1200m	19:46.64	51,67	1700m	28:23.75	51,40
250m	03:54.71	48,98	750m	12:10.22	50,64	1250m	20:37.94	51,30	1750m	29:15.58	51,83
300m	04:43.69	48,98	800m	13:00.42	50,20	1300m	21:29.61	51,67	1800m	30:06.38	50,80
350m	05:32.64	48,95	850m	13:50.58	50,16	1350m	22:21.59	51,98	1850m	30:57.62	51,24
400m	06:21.76	49,12	900m	40:41.32	1610,74	1400m	23:13.65	52,06	1900m	31:48.94	51,32
450m	07:10.99	49,23	950m	15:31.61	-1509,71	1450m	24:05.56	51,91	1950m	32:40.70	51,76
500m	08:00.03	49,04	1000m	16:21.77	50,16	1500m	24:57.63	52,07			

30 - 34 jaar (Masters 30+) Dames

30 - 34 jaar (Masters 30+) Heren

35 - 39 jaar (Masters 35+) Dames

35 - 39 jaar (Masters 35+) Heren

40 - 44 jaar (Masters 40+) Dames

40 - 44 jaar (Masters 40+) Heren

45 - 49 jaar (Masters 45+) Dames

1. Peggi Hurenkamp (HZ&PC Heerenveen, 196900922)

32:07.03

50m	00:40.65	40,65	550m	08:37.12	48,06	1050m	16:37.77	47,93	1550m	24:41.65	48,75
100m	01:26.53	45,88	600m	09:24.56	47,44	1100m	17:25.53	47,76	1600m	25:30.77	49,12
150m	02:13.24	46,71	650m	10:12.84	48,28	1150m	18:13.90	48,37	1650m	26:20.03	49,26
200m	03:01.43	48,19	700m	11:00.84	48,00	1200m	19:02.21	48,31	1700m	27:09.40	49,37
250m	03:49.74	48,31	750m	11:49.43	48,59	1250m	19:50.59	48,38	1750m	27:59.81	50,41
300m	04:37.40	47,66	800m	12:37.40	47,97	1300m	20:38.90	48,31	1800m	28:49.33	49,52
350m	05:25.03	47,63	850m	13:25.53	48,13	1350m	21:27.21	48,31	1850m	29:39.47	50,14
400m	06:13.03	48,00	900m	14:13.59	48,06	1400m	22:15.68	48,47	1900m	30:29.43	49,96
450m	07:00.81	47,78	950m	15:01.65	48,06	1450m	23:04.12	48,44	1950m	31:20.09	50,66
500m	07:49.06	48,25	1000m	15:49.84	48,19	1500m	23:52.90	48,78			

45 - 49 jaar (Masters 45+) Heren

1. Arnold Jonker (HZ&PC Heerenveen, 197000529)

34:32.18

50m	00:46.15	46,15	550m	09:22.62	51,11	1050m	18:03.00	51,59	1550m	26:50.06	52,82
100m	01:37.35	51,20	600m	10:14.12	51,50	1100m	18:55.27	52,27	1600m	27:42.73	52,67
150m	02:29.22	51,87	650m	11:05.68	51,56	1150m	19:47.30	52,03	1650m	28:35.38	52,65
200m	03:21.23	52,01	700m	11:57.63	51,95	1200m	20:39.73	52,43	1700m	29:28.45	53,07
250m	04:13.08	51,85	750m	12:49.80	52,17	1250m	21:32.29	52,56	1750m	30:20.64	52,19
300m	05:04.62	51,54	800m	13:41.67	51,87	1300m	22:24.89	52,60	1800m	31:12.17	51,53
350m	05:56.29	51,67	850m	14:33.98	52,31	1350m	23:18.08	53,19	1850m	32:02.90	50,73
400m	06:47.99	51,70	900m	15:26.27	52,29	1400m	24:11.06	52,98	1900m	32:54.00	51,10
450m	07:39.71	51,72	950m	16:18.92	52,65	1450m	25:04.52	53,46	1950m	33:44.95	50,95
500m	08:31.51	51,80	1000m	17:11.41	52,49	1500m	25:57.24	52,72			

50 - 54 jaar (Masters 50+) Dames

1. Wilna Heijman (Steenwijk 1934, 196400506)

28:33.05

50m	00:37.59	37,59	550m	07:42.93	43,01	1050m	14:52.94	42,85	1550m	22:03.35	42,93
100m	01:18.08	40,49	600m	08:26.16	43,23	1100m	15:36.00	43,06	1600m	22:46.47	43,12
150m	02:00.00	41,92	650m	09:09.08	42,92	1150m	16:18.89	42,89	1650m	23:29.42	42,95

200m	02:42.01 42,01	700m	09:52.05 42,97	1200m	17:02.07 43,18	1700m	24:12.56 43,14
250m	03:24.85 42,84	750m	10:35.10 43,05	1250m	17:44.84 42,77	1750m	24:56.02 43,46
300m	04:07.93 43,08	800m	11:18.12 43,02	1300m	18:27.94 43,10	1800m	25:39.52 43,50
350m	04:51.09 43,16	850m	12:00.94 42,82	1350m	19:10.85 42,91	1850m	26:22.87 43,35
400m	05:33.91 42,82	900m	12:43.95 43,01	1400m	19:54.71 43,86	1900m	27:07.17 44,30
450m	06:16.73 42,82	950m	13:27.19 43,24	1450m	20:37.59 42,88	1950m	27:50.07 42,90
500m	06:59.92 43,19	1000m	14:10.09 42,90	1500m	21:20.42 42,83		

50 - 54 jaar (Masters 50+) Heren

55 - 59 jaar (Masters 55+) Dames

55 - 59 jaar (Masters 55+) Heren

1. Marten de Groot (HZ&PC Heerenveen, 195800149)

26:17.93

50m	00:36.47 36,47	550m	07:12.61 39,38	1050m	13:44.77 39,87	1550m	20:21.12 37,43
100m	01:16.96 40,49	600m	07:51.34 38,73	1100m	14:25.09 40,32	1600m	21:01.36 40,24
150m	01:57.94 40,98	650m	08:29.89 38,55	1150m	15:05.26 40,17	1650m	21:42.07 40,71
200m	02:38.54 40,60	700m	09:08.14 38,25	1200m	15:45.29 40,03	1700m	22:22.86 40,79
250m	03:17.78 39,24	750m	09:47.12 38,98	1250m	16:25.18 39,89	1750m	23:02.61 39,75
300m	03:56.98 39,20	800m	10:26.51 39,39	1300m	17:04.70 39,52	1800m	23:42.42 39,81
350m	04:36.30 39,32	850m	11:06.01 39,50	1350m	17:44.14 39,44	1850m	24:22.31 39,89
400m	05:15.69 39,39	900m	11:45.73 39,72	1400m	18:24.22 40,08	1900m	25:02.25 39,94
450m	05:54.73 39,04	950m	12:25.48 39,75	1450m	19:04.26 40,04	1950m	25:40.65 38,40
500m	06:33.23 38,50	1000m	13:04.90 39,42	1500m	19:43.69 39,43		

2. Marius Ros (Zcnf'34, 195900779)

28:09.32

50m	00:39.30 39,30	550m	07:44.32 42,18	1050m	14:44.30 42,66	1550m	21:49.00 42,84
100m	01:21.98 42,68	600m	08:26.25 41,93	1100m	15:26.88 42,58	1600m	22:31.57 42,57
150m	02:05.83 43,85	650m	09:07.77 41,52	1150m	16:09.36 42,48	1650m	23:14.73 43,16
200m	02:49.03 43,20	700m	09:47.87 40,10	1200m	16:51.74 42,38	1700m	23:57.80 43,07
250m	03:31.77 42,74	750m	10:30.38 42,51	1250m	17:33.88 42,14	1750m	24:40.68 42,88
300m	04:14.40 42,63	800m	11:12.58 42,20	1300m	18:16.16 42,28	1800m	25:23.04 42,36
350m	04:56.51 42,11	850m	11:54.97 42,39	1350m	18:58.66 42,50	1850m	26:05.35 42,31
400m	05:38.55 42,04	900m	12:37.16 42,19	1400m	19:41.41 42,75	1900m	26:47.05 41,70
450m	06:20.34 41,79	950m	13:19.33 42,17	1450m	20:23.63 42,22	1950m	27:29.54 42,49
500m	07:02.14 41,80	1000m	14:01.64 42,31	1500m	21:06.16 42,53		

3. Michael van Vliet (Zwemvereniging Hoorn, 196201073)

37:33.88

50m	00:52.94 52,94	550m	10:16.94 55,72	1050m	19:40.41 56,78	1550m	29:07.03 56,66
100m	01:49.94 57,00	600m	11:13.75 56,81	1100m	20:37.03 56,62	1600m	30:03.88 56,85
150m	02:46.66 56,72	650m	12:11.07 57,32	1150m	21:33.22 56,19	1650m	31:00.16 56,28
200m	03:42.41 55,75	700m	13:06.78 55,71	1200m	22:30.07 56,85	1700m	31:57.31 57,15
250m	04:38.82 56,41	750m	14:02.66 55,88	1250m	23:26.91 56,84	1750m	32:53.91 56,60
300m	05:34.75 55,93	800m	14:58.41 55,75	1300m	24:33.88 66,97	1800m	33:51.31 57,40
350m	06:31.25 56,50	850m	15:54.75 56,34	1350m	25:20.88 47,00	1850m	34:47.31 56,00
400m	07:27.91 56,66	900m	16:51.16 56,41	1400m	26:17.07 56,19	1900m	35:43.82 56,51
450m	08:25.16 57,25	950m	17:47.44 56,28	1450m	27:13.85 56,78	1950m	36:39.82 56,00
500m	09:21.22 56,06	1000m	18:43.63 56,19	1500m	28:10.37 56,52		

60 - 64 jaar (Masters 60+) Dames

60 - 64 jaar (Masters 60+) Heren

65 - 69 jaar (Masters 65+) Dames

65 - 69 jaar (Masters 65+) Heren

70 - 74 jaar (Masters 70+) Dames

70 - 74 jaar (Masters 70+) Heren

75 - 79 jaar (Masters 75+) Dames

75 - 79 jaar (Masters 75+) Heren

80 - 84 jaar (Masters 80+) Dames

80 - 84 jaar (Masters 80+) Heren