

Zuyderzee Masters Circuit 2019-2020 deel 6  
Heerenveen, 8-2-2020

Programmanr. 1  
8-2-2020 - 14:15

100m rugslag

20 - 94 jaar  
Resultaten

rang	naam	vereniging	intijd		klasse	tijd	pnt.	50m	100m
<b>H20+, Heren</b>									
1.	Diederik de Boer	Steenwijk 1934	1:06.79	200000269		<b>1:07.97</b>		33.22	1:07.97
2.	Paul Schutrups	Borger	1:14.74	199703275		<b>1:15.26</b>		36.15	1:15.26
<b>D20+, Dames</b>									
1.	Christien Liemburg	HZ&PC Heerenveen	1:19.78	199903672		<b>1:11.71</b>		35.33	1:11.71
2.	Evelien de Jong	Neptunia'24	1:17.13	199805316		<b>1:18.26</b>		37.68	1:18.26
3.	Lisa van Riel	Swol 1894	1:17.45	199805652		<b>1:19.59</b>		38.30	1:19.59
4.	Nella Diepeveen	AZ&PC De Futen	1:20.78	199801504		<b>1:20.11</b>		39.41	1:20.11
5.	Alies Wagter	Steenwijk 1934	1:15.51	199900840		<b>1:21.49</b>		38.98	1:21.49
6.	Naomi van der Sluijs	Borger	1:26.72	199801474		<b>1:24.36</b>		41.66	1:24.36
7.	Joyce Bakker	ZV De Aalscholver	1:26.39	199600522		<b>1:24.81</b>		41.32	1:24.81
8.	Sophia Snoek	ZV De Aalscholver	1:28.00	199906434		<b>1:25.40</b>		41.05	1:25.40
9.	Thirza Bollema	Deltasteur	1:25.65	200003322		<b>1:26.40</b>		41.94	1:26.40
10.	Jolijn Keegstra	Swol 1894	1:26.00	199602284		<b>1:27.80</b>		42.21	1:27.80
<b>H25+, Heren</b>									
1.	Patrick Graver	Gzvw	1:24.62	199404735		<b>1:21.26</b>		39.11	1:21.26
2.	Rick Vaarkamp	Z & PC Triton Putten	1:31.17	199404979		<b>1:36.62</b>		46.39	1:36.62
<b>D25+, Dames</b>									
1.	Daniëlle de Boer	HZ&PC Heerenveen	1:08.28	199404736		<b>1:06.97</b>		32.37	1:06.97
2.	Janine de Groot	ZPC Nova	1:11.38	199500092		<b>1:11.22</b>		34.16	1:11.22
3.	Suzanne Mosch	MSV-Zeemacht	1:12.43	199400548		<b>1:12.09</b>		34.90	1:12.09
4.	Nanda de Vries	Steenwijk 1934	1:13.57	199204328		<b>1:12.54</b>		35.41	1:12.54
5.	Fraukje Puts	HZ&PC Heerenveen	1:15.00	199206470		<b>1:16.10</b>		36.75	1:16.10
6.	Inge Koopman	Daw	1:21.27	199303382		<b>1:18.88</b>		38.77	1:18.88
7.	Sigrit Aarten	Deltasteur	1:19.65	199302868		<b>1:20.39</b>		38.71	1:20.39
8.	Irmgard van Weeghel	Z&PC Hatto-Heim	1:19.32	199204834		<b>1:23.34</b>		40.49	1:23.34
9.	Lonneke Oenema	Steenwijk 1934	1:21.64	199102314		<b>1:23.83</b>		40.49	1:23.83
10.	Ellen Oenema	Steenwijk 1934	1:40.00	199207250		<b>1:33.45</b>		46.00	1:33.45
11.	Esther Tournier	De Forel	1:37.40	199407274		<b>1:40.03</b>		48.76	1:40.03
NG.ZA	Getrude Corporaal	Steenwijk 1934	1:18.51	199200380					
AFGEM	Elvira Feikens	De Spatters	1:35.13	199506982					
<b>H30+, Heren</b>									
1.	Rick Driezen	Steenwijk 1934	1:04.93	198600713		<b>1:06.81</b>		33.16	1:06.81
2.	Wessel Everloo	WS Twente 1	1:09.03	198906597	S14	<b>1:11.82</b>	708	35.42	1:11.82
<b>D30+, Dames</b>									
1.	Charlotte Groeneveld	Steenwijk 1934	1:11.98	198701404		<b>1:15.71</b>		36.13	1:15.71
2.	Jolanda Cnossen	Neptunia'24	1:17.02	198600712		<b>1:17.50</b>		37.32	1:17.50
3.	Liesbeth van Mill	Zwemlust- den Hommel	1:18.27	198702786		<b>1:20.87</b>		39.18	1:20.87
4.	Miriam Visserman	Swol 1894	1:25.00	198704364		<b>1:26.66</b>		42.62	1:26.66
5.	Janneke Wynia	WS Twente 1	1:36.42	199005500		<b>1:39.44</b>		48.57	1:39.44
6.	Jolien Kruiter	ZPC Stadskanaal	1:54.27	199002168		<b>1:41.00</b>		49.51	1:41.00
AFGEM	Manouk Ticheler	De Duinkickers	1:25.36	198705416					
AFGEM	Elmi Roelofsen	Zvv	1:08.86	199008198					
<b>H35+, Heren</b>									
1.	Lauren Vis	Steenwijk 1934	1:05.01	198201883		<b>1:05.59</b>		31.15	1:05.59
2.	Rudy de Jong	Isis	1:16.29	198301061		<b>1:18.23</b>		37.75	1:18.23
3.	Edward van Dootingh	Zv 44	1:21.67	198403341		<b>1:24.67</b>		41.93	1:24.67
4.	Mark Brinkhuis	TriVia	1:34.76	198302609		<b>1:38.87</b>		47.92	1:38.87
5.	Sebastiaan de Vos	De Duinkickers	1:53.31	198402481	S7	<b>2:02.31</b>	6	59.40	2:02.31

Zuiderzee Masters Circuit 2019-2020 deel 6  
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Programmanr. 1, 100m rugslag

D35+, Dames

1.	Angela Giezen	Upstream Amsterdam	1:15.59	198302796	<b>1:17.57</b>	37.26	1:17.57
2.	Janine van Kooten	Triton	1:33.01	198403434	<b>1:28.99</b>	43.00	1:28.99
3.	Irene Kasteel-Jaspersen	Zuiderzeezwemmers	1:50.07	198102278	<b>1:41.05</b>	49.85	1:41.05
4.	Rianne van Vegchelen	Zv 44	1:41.49	198101530	<b>1:49.69</b>	55.28	1:49.69
5.	Annemieke Visch	Zuiderzeezwemmers	1:50.39	198302762	<b>2:01.01</b>	5	1:01.10 2:01.01

H40+, Heren

1.	Casper Hut	HZ&PC Heerenveen	1:04.08	197800471	<b>1:02.46</b>	29.88	1:02.46
2.	Wilco Steenwijk	Zvv	1:17.57	198002465	<b>1:15.87</b>	36.44	1:15.87
3.	Robin Roskam	De Duinkickers	1:31.80	197801831	<b>1:38.21</b>	48.27	1:38.21

D40+, Dames

1.	Monique Boets	ZPC Stadskanaal	1:15.06	197600230	<b>1:14.83</b>	36.28	1:14.83
2.	Alina Spijkerman	Daw	1:30.00	197701220	<b>1:22.03</b>	40.64	1:22.03
3.	A. Glazema-Boelema	ZPC Stadskanaal	1:26.83	197701166	<b>1:24.11</b>	41.63	1:24.11
4.	Kristel Lips	ZV De Bron	1:25.79	197900562	<b>1:25.06</b>	41.49	1:25.06
5.	Leonie Scholten	Steenwijk 1934	1:27.00	197901560	<b>1:26.96</b>	41.21	1:26.96
6.	Jannie Vennik	HZ&PC Heerenveen	1:36.61	197601006	<b>1:35.55</b>	45.23	1:35.55

H45+, Heren

1.	Arjan Aalbers	Swol 1894	1:17.79	197500001	<b>1:16.34</b>	37.20	1:16.34
2.	Kasper van den Berghe	Swol 1894	1:17.19	197301125	<b>1:17.24</b>	37.74	1:17.24
3.	Korstiaan de Boer	Steenwijk 1934	1:16.91	197101629	<b>1:19.17</b>	39.39	1:19.17
4.	Martijn de Jong	Dwk	1:35.00	197101659	<b>1:25.97</b>	41.80	1:25.97
5.	Jan Roelants	Nat Utrecht	1:55.00	197301579	<b>1:55.62</b>	55.32	1:55.62

D45+, Dames

1.	Evelien van Klaarbergen	HZ&PC Heerenveen	1:11.32	197200964	<b>1:11.65</b>	34.95	1:11.65
2.	Henriëtte Manting	Gzvw	1:25.26	197100246	<b>1:26.44</b>	40.91	1:26.44
3.	Angela van Dijken	ZPC Nova	1:42.00	197501006	<b>1:31.37</b>	44.50	1:31.37
4.	Inge Soeters	Steenwijk 1934	1:41.30	197300934	<b>1:38.42</b>	49.11	1:38.42
5.	Greta Wyma-Teitsma	Dwk	1:39.82	197100696	<b>1:42.17</b>	48.81	1:42.17
6.	Annet Kootstra	Swol 1894	1:39.72	197100344	<b>1:44.28</b>	51.21	1:44.28

H50+, Heren

1.	Arjan Bellaart	Oceanus	1:08.09	196900079	<b>1:08.71</b>	33.30	1:08.71
2.	René Beetsma	HZ&PC Heerenveen	1:10.00	196900069	<b>1:09.68</b>	34.08	1:09.68
3.	Mathieu Rikken	De Duinkickers	1:24.12	196701777	<b>1:18.11</b>	38.25	1:18.11
4.	Roelof Broekman	De Spatters	1:30.08	196800155	<b>1:24.26</b>	41.20	1:24.26
5.	Eric van den Blink	Batavia Swim	1:41.00	197001667	<b>1:46.04</b>	48.36	1:46.04

D50+, Dames

1.	Bianca Groot	MSV-Zeemacht	1:27.37	197000652	<b>1:21.65</b>	39.72	1:21.65
2.	Peggi Hurenkamp	HZ&PC Heerenveen	1:28.46	196900922	<b>1:25.33</b>	42.05	1:25.33
3.	Jacqueline Tuin	Daw	1:22.96	196600690	<b>1:30.05</b>	43.21	1:30.05
4.	Annette van Dok	MSV-Zeemacht	1:36.35	196800742	<b>1:33.05</b>	45.15	1:33.05
5.	Hetty Smalheer	Scm	1:39.52	196700352	<b>1:36.08</b>	47.55	1:36.08
6.	Lenie Veldhuizen	De Forel	2:06.89	196800476	<b>2:26.80</b>	3	1:10.66 2:26.80
AFGEM	A. Korving-Leijenaar	Aqualero	1:34.00	196700662			

H55+, Heren

1.	Arnold de Rover	AZ&PC De Futen	1:12.06	196400645	<b>1:15.89</b>	37.05	1:15.89
2.	Casper Dollekamp	Steenwijk 1934	1:17.32	196301341	<b>1:19.36</b>	38.30	1:19.36
3.	Henk Kuipers	Zpc Amersfoort	1:22.57	196201207	<b>1:22.16</b>	40.75	1:22.16
4.	Jos Verhoeven	ZV De Aalscholver	1:24.00	196301161	<b>1:22.35</b>	40.43	1:22.35
5.	Jan Wierenga	ZV De Aalscholver	1:24.23	196400843	<b>1:23.28</b>	41.06	1:23.28
6.	Jan Smalheer	Scm	1:28.70	196400701	<b>1:27.73</b>	41.67	1:27.73
7.	Jack Barends	WS Twente 1	1:28.56	196201011	<b>1:33.67</b>	46.42	1:33.67
AFGEM	Frans Zoutberg	ZV De Aalscholver	1:24.21	196101145			

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Programmanr. 1, 100m rugslag

D55+, Dames

1.	M. Grove-Lingeman	Triton	1:21.34	196200080	<b>1:23.09</b>	40.16	1:23.09
2.	Annemarie Vuist	Swol 1894	1:31.25	196300282	<b>1:34.28</b>	46.75	1:34.28
3.	Ellen Parma	Triton	1:35.59	196200366	<b>1:36.42</b>	46.88	1:36.42

H60+, Heren

1.	Marten de Groot	HZ&PC Heerenveen	1:16.51	195800149	<b>1:14.19</b>	36.41	1:14.19
2.	André Pantekoek	Psv	1:36.00	195800321	<b>1:30.83</b>	43.84	1:30.83
3.	Herbert Katgert	WS Twente 1	1:53.16	195900739	<b>2:02.46</b>	56.36	2:02.46

D60+, Dames

1.	Jennie Resink-lindeboom	Dwk	1:38.96	196000142	<b>1:38.37</b>	47.77	1:38.37
2.	Marjan Spoelstra	Swol 1894	1:40.40	196000236	<b>1:38.38</b>	48.99	1:38.38
3.	Monica Bakker	Steenwijk 1934	1:37.32	195600082	<b>1:39.33</b>	49.36	1:39.33
4.	Els Hertsworm	Ijzpc	1:39.50	195700184	<b>1:45.91</b>	50.29	1:45.91
5.	B. Klompmaker-Mulder	Noord-Veluwe	2:09.91	195900200	<b>2:08.68</b>	1:02.86	2:08.68
AFGEM	Pia van der Molen	Avena	1:41.44	196000116			

H65+, Heren

1.	Rob Berkhof	Swol 1894	2:00.00	195200245	<b>1:38.24</b>	46.47	1:38.24
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D65+, Dames

1.	Margriet Pasma NMR	TriVia	1:32.34	195500088	<b>1:30.00</b>	43.71	1:30.00
2.	Tineke van Diggelen	Zpch	1:51.69	195200048	<b>1:50.85</b>	53.63	1:50.85

H70+, Heren

1.	Mans Buis	Swol 1894	1:53.80	194700133	<b>1:53.95</b>	57.44	1:53.95
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D70+, Dames

1.	A. Gilding-Tussaud	WS Twente 1	1:48.00	195000038	<b>1:51.85</b>	53.68	1:51.85
2.	A. Verhoeven - Steggerd	De Duinkickers	2:07.88	194600024	<b>2:13.36</b>	1:03.52	2:13.36

Programmanr. 2

25m vrije slag

20 - 84 jaar

8-2-2020 - 14:45

Resultaten

rang	naam	vereniging	intijd	klasse	tijd
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H20+ , Heren

1.	Jaro Oosting	Triton	13.80	199904627	<b>13.60</b>
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D20+, Dames

1.	Tamara Grove	De Dolfijn	12.69	199601266	<b>12.58</b>
2.	Lisa van Riel	Swol 1894	14.00	199805652	<b>14.50</b>
3.	Ellen Rikken	Zvv	15.08	199604574	<b>15.09</b>

H25+, Heren

1.	Stefan Kwant	ZPC Nova	11.73	199200781	<b>11.59</b>
2.	Tom de Lange	Deltasteur	12.31	199300303	<b>12.37</b>
3.	Patrick Wobben	Steenwijk 1934	13.70	199300559	<b>14.21</b>
AFGEM	Bob Potkamp	Deltasteur	14.01	199403189	

Zuyderzee Masters Circuit 2019-2020 deel 6  
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Programmanr. 2, 25m vrije slag

**D25+, Dames**

1. Karin Groen	ZPC Nova	12.46	199502440	<b>12.45</b>
2. Tessa Mosch	MSV-Zeemacht	13.35	199102172	<b>13.23</b>
3. M. van Engeldorp - Gastelaar	Daw	25.00	199502326	<b>13.80</b>
4. Nienke Fuite	Deltasteur	14.86	199501352	<b>14.98</b>
5. Tessa van Dijk	Isis	17.32	199401252	<b>17.03</b>

**H30+, Heren**

1. Tim Bunnik	Triton	11.67	199000505	<b>11.69</b>
2. Melano Winter	AZ&PC De Futen	12.92	198703847	<b>12.59</b>
3. Patrick de Jonge	Deltasteur	12.56	198906635	<b>12.77</b>
4. Albert Dijkma	Isis	13.20	198700711	<b>13.34</b>
5. Jeroen Hoving	ZPC Stadskanaal	13.60	198701451	<b>13.62</b>
6. Robin Eggenkamp	ZV De Aalscholver	13.51	198700847	<b>13.82</b>
7. Tom van Norden	Ijzpc	17.50	198906951	<b>17.44</b>

**D30+, Dames**

1. Christien Hommes	ZPC Stadskanaal	15.20	198602124	<b>13.86</b>
2. Kim Nel	Z & PC Triton Putten	16.00	198605368	<b>17.45</b>

**H35+, Heren**

1. Andrei Kotsubailo	Batavia Swim	12.76	198303103	<b>12.33</b>
2. Rob van Wanrooy	Gay Swim Amsterdam	12.78	198202627	<b>12.64</b>
3. Sander de Velde	Deltasteur	14.81	198302165	<b>14.89</b>
4. Sebastiaan de Vos	De Duinkickers	18.86	198402481	<b>18.70</b>

S7

**D35+, Dames**

1. Sandra Zwaanswijk	Daw	14.03	198503934	<b>13.76</b>
2. Ramona Hulshof	Thor	14.36	198503948	<b>14.67</b>
3. Monique Jansma	HZ&PC Heerenveen	15.23	198501420	<b>15.52</b>

**H40+, Heren**

1. Henk Boswinkel	Swol 1894	12.97	197601555	<b>12.75</b>
2. Paul Hoving	HZ&PC Heerenveen	15.00	197601685	<b>12.86</b>
3. Pieter Ponne	HZ&PC Heerenveen	14.00	197600749	<b>13.44</b>
4. Tom Bandsma	Psv	13.53	197701625	<b>13.62</b>
5. Lucas de Vries	Zpd	14.31	197801957	<b>14.93</b>
6. Gerben Glazema	ZPC Stadskanaal	21.02	197902093	<b>18.04</b>

**D40+, Dames**

1. Kristel Lips	ZV De Bron	15.62	197900562	<b>15.04</b>
2. Margriet Daalman	De Spatters	14.80	197801368	<b>15.06</b>
3. Inge Roskam	De Duinkickers	14.96	197801296	<b>15.20</b>
4. Margriet Leeffers	Deltasteur	15.99	197800448	<b>15.56</b>

**H45+, Heren**

1. Erwin Zuidervelt	AZ&PC De Futen	12.87	197501015	<b>12.85</b>
2. Heiner Stevens	ZIGNEA	12.87	197201299	<b>12.99</b>
3. Kasper van den Berghe	Swol 1894	13.95	197301125	<b>13.67</b>
DIS Erik Veltman	ZPC Stadskanaal	14.40	197200941	

AA - Gestart voor het startsignaal (en wel gezwommen).

AFGEM	Alistair Critchell	Deltasteur	13.48	197101655
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**D45+, Dames**

1. Henriëtte Manting	Gzvw	15.23	197100246	<b>15.59</b>
2. Greta Wyma-Teitsma	Dwk	17.22	197100696	<b>18.05</b>
3. Saskia Verbeek	Batavia Swim	17.92	197501004	<b>18.52</b>
4. Femke Poll	Zv 44	20.70	197401066	<b>20.20</b>

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Programmanr. 2, 25m vrije slag

H50+, Heren

1.	Marcel Brittijn	De Duinkickers	13.63	196900159	<b>13.90</b>
2.	Maarten Koolman	Zuiderzeezwemmers	22.00	196801649	<b>19.03</b>
DIS	Guido Keutgen	Steenwijk 1934	13.33	196801551	

AA - Gestart voor het startsignaal (en wel gezwommen).

D50+, Dames

1.	Roelien Speelman-Tigelaar	De Spatters	15.32	196600664	<b>15.60</b>
2.	Rieneke Achtiën	Isis	20.00	196800002	<b>16.66</b>
3.	Annette van Dok	MSV-Zeemacht	17.48	196800742	<b>18.27</b>
4.	Monique Berentse	Batavia Swim	29.39	196901066	<b>28.49</b>

H55+, Heren

1.	Robert de Brauwer	De Duinkickers	13.33	196401383	<b>12.78</b>
2.	Bertjan Schelhaas	Dwt	15.88	196501577	<b>14.64</b>
3.	Peter van Maurik	MSV-Zeemacht	14.68	196301425	<b>14.77</b>
4.	Roel van der Schee	Batavia Swim	18.00	196301389	<b>18.27</b>
5.	Cor van Leeuwen	Zcnf'34	20.29	196201303	<b>18.86</b>

D55+, Dames

1.	Miranda Keijl	ZIGNEA	15.52	196500588	<b>15.62</b>
2.	Ellen Parma	Triton	16.69	196200366	<b>17.13</b>
3.	Gea Kuiper	Zcnf'34	20.29	196100140	<b>20.18</b>
4.	Petra Ros	Zcnf'34	20.59	196100398	<b>20.36</b>
5.	Riekie Schra	Steenwijk 1934	24.80	196400404	<b>25.88</b>
AFGEM	Christine Buist	De Duinkickers	16.32	196400608	

H60+, Heren

1.	John Dam	ZIGNEA	15.24	196000915	<b>15.21</b>
2.	Janos Loczi	Daw	15.48	195800267	<b>15.44</b>
DIS	Robert Schulein	H2Oldambt	16.50	195900843	

AA - Gestart voor het startsignaal (en wel gezwommen).

D60+, Dames

1.	Marjan Spoelstra	Swol 1894	16.45	196000236	<b>16.90</b>
2.	Jennie Resink-lindeboom	Dwk	17.22	196000142	<b>17.54</b>
3.	Willy Schoenmaker-ter Veer	Dwk	19.50	195900254	<b>19.97</b>

H65+, Heren

1.	Bert Veerkamp	Zuiderzeezwemmers	25.05	195200271	<b>26.14</b>
DIS	Jappie Kuiper	Swol 1894	15.00	195500417	

AA - Gestart voor het startsignaal (en wel gezwommen).

D65+, Dames

1.	Tineke van Diggelen	Zpch	19.36	195200048	<b>19.36</b>
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D70+, Dames

1.	Bea Swijnenberg	Swol 1894	18.27	194900010	<b>17.94</b>
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H75+, Heren

1.	Rob Hanou	Psv	17.50	194300109	<b>17.26</b>
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Zuyderzee Masters Circuit 2019-2020 deel 6  
Heerenveen, 8-2-2020

Programmanr. 3  
8-2-2020 - 14:55

400m wisselslag

20 - 84 jaar  
Resultaten

rang	naam	vereniging	intijd	klasse	tijd
<b>H20+, Heren</b>					
1.	Hans Stoffers	Z & PC Triton Putten	5:24.82	199604027	<b>5:25.06</b>
	50m: 31.61	31.61 150m: 1:53.14	42.26	250m: 3:20.64	45.32 350m: 4:47.59
	100m: 1:10.88	39.27 200m: 2:35.32	42.18	300m: 4:08.38	47.74 400m: 5:25.06
					37.47
<b>D20+, Dames</b>					
1.	Tamara Grove	De Dolfijn	5:12.25	199601266	<b>5:13.57</b>
	50m: 33.37	33.37 150m: 1:52.85	40.27	250m: 3:18.42	46.07 350m: 4:39.48
	100m: 1:12.58	39.21 200m: 2:32.35	39.50	300m: 4:04.78	46.36 400m: 5:13.57
					34.09
2.	Rianne van Rijssen	Noord-Veluwe	5:57.63	199702360	<b>6:00.46</b>
	50m: 37.67	37.67 150m: 2:11.63	48.23	250m: 3:50.34	50.49 350m: 5:21.18
	100m: 1:23.40	45.73 200m: 2:59.85	48.22	300m: 4:41.25	50.91 400m: 6:00.46
					39.93
					39.28
3.	Sheila Ten Voorde	Zvv	6:26.51	199904538	<b>6:18.94</b>
	50m: 37.20	37.20 150m: 2:13.51	47.81	250m: 3:53.23	52.60 350m: 5:34.33
	100m: 1:25.70	48.50 200m: 3:00.63	47.12	300m: 4:47.53	54.30 400m: 6:18.94
					46.80
					44.61
4.	Marieke Gorter	Triton	6:23.25	200000750	<b>6:32.34</b>
	50m: 44.41	44.41 150m: 2:29.68	48.08	250m: 4:11.55	52.33 350m: 5:50.78
	100m: 1:41.60	57.19 200m: 3:19.22	49.54	300m: 5:06.80	55.25 400m: 6:32.34
					43.98
					41.56
5.	Melanie Zondag	Borger	6:49.01	199804476	<b>6:43.05</b>
	50m: 42.45	42.45 150m: 2:27.62	50.71	250m: 4:16.11	57.76 350m: 5:58.91
	100m: 1:36.91	54.46 200m: 3:18.35	50.73	300m: 5:13.64	57.53 400m: 6:43.05
					45.27
					44.14
6.	Desiree Rave	Deltasteur	7:00.00	199900610	<b>6:45.06</b>
	50m: 42.67	42.67 150m: 3:19.23	1:38.22	250m: 4:17.00	59.50 350m: 6:02.32
	100m: 1:41.01	58.34 200m:		300m: 5:16.50	59.50 400m: 6:45.06
					45.82
					42.74
7.	Sylvia Hidding	H2Oldambt	7:38.39	199603886	<b>8:02.80</b>
	50m: 54.77	54.77 150m: 2:58.81	59.90	250m: 5:02.13	1:04.75 350m: 7:05.09
	100m: 1:58.91	1:04.14 200m: 3:57.38	58.57	300m: 6:08.33	1:06.20 400m: 8:02.80
					56.76
					57.71
<b>H25+, Heren</b>					
1.	Stefan Kwant	ZPC Nova	6:30.00	199200781	<b>5:56.57</b>
	50m: 32.21	32.21 150m: 1:55.38	44.54	250m: 3:30.72	50.26 350m: 5:08.28
	100m: 1:10.84	38.63 200m: 2:40.46	45.08	300m: 4:21.78	51.06 400m: 5:56.57
					46.50
					48.29
<b>D25+, Dames</b>					
1.	Lieke van Essen	Swol 1894	5:56.19	199502814	<b>5:49.85</b>
	50m: 38.00	38.00 150m: 2:09.27	44.54	250m: 3:42.18	48.94 350m: 5:11.25
	100m: 1:24.73	46.73 200m: 2:53.24	43.97	300m: 4:32.13	49.95 400m: 5:49.85
					39.12
					38.60
2.	Irmgard van Weeghel	Z&PC Hatto-Heim	6:17.51	199204834	<b>6:16.84</b>
	50m: 40.56	40.56 150m: 2:17.83	47.69	250m: 3:57.34	52.78 350m: 5:35.05
	100m: 1:30.14	49.58 200m: 3:04.56	46.73	300m: 4:51.60	54.26 400m: 6:16.84
					43.45
					41.79
3.	Marjan Rikken	Zvv	6:13.80	199206114	<b>6:21.92</b>
	50m: 42.54	42.54 150m: 2:21.33	46.55	250m: 4:01.78	54.23 350m: 5:39.74
	100m: 1:34.78	52.24 200m: 3:07.55	46.22	300m: 4:56.00	54.22 400m: 6:21.92
					43.74
					42.18
4.	Esther Kwebeman	HZ&PC Heerenveen	6:30.00	199106374	<b>6:22.41</b>
	50m: 38.80	38.80 150m: 2:17.13	48.30	250m: 3:59.17	55.09 350m: 5:39.99
	100m: 1:28.83	50.03 200m: 3:04.08	46.95	300m: 4:55.19	56.02 400m: 6:22.41
					44.80
					42.42
5.	Lysbeth Wiersma	HZ&PC Heerenveen	6:33.00	199204486	<b>6:31.24</b>
	50m: 38.35	38.35 150m: 2:20.81	51.16	250m: 4:07.16	55.98 350m: 5:49.53
	100m: 1:29.65	51.30 200m: 3:11.18	50.37	300m: 5:04.86	57.70 400m: 6:31.24
					44.67
					41.71
6.	Tessa van Dijk	Isis	7:49.56	199401252	<b>7:40.46</b>
	50m: 52.33	52.33 150m: 2:50.26	57.41	250m: 4:54.19	1:05.03 350m: 6:52.53
	100m: 1:52.85	1:00.52 200m: 3:49.16	58.90	300m: 6:01.59	1:07.40 400m: 7:40.46
					50.94
					47.93
<b>H30+, Heren</b>					
1.	Tim Bunnik	Triton	4:52.10	199000505	<b>4:54.98</b>
	50m: 32.11	32.11 150m: 1:45.97	36.85	250m: 3:05.48	42.43 350m: 4:22.02
	100m: 1:09.12	37.01 200m: 2:23.05	37.08	300m: 3:49.04	43.56 400m: 4:54.98
					32.98
					32.96
2.	Rick Driezen	Steenwijk 1934	5:30.76	198600713	<b>5:25.44</b>
	50m: 31.85	31.85 150m: 1:52.21	41.98	250m: 3:22.42	49.23 350m: 4:49.23
	100m: 1:10.23	38.38 200m: 2:33.19	40.98	300m: 4:11.49	49.07 400m: 5:25.44
					37.74
					36.21

Zuyderzee Masters Circuit 2019-2020 deel 6  
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Programmanr. 3, Heren, 400m wisselslag, H30+

rang	naam	vereniging	intijd	klasse	tijd	565		
3.	Wessel Everloo	WS Twente 1	5:29.13	198906597	SM14	<b>5:35.86</b>	565	
	50m: 35.09	35.09	150m: 1:59.41	42.23	250m: 3:30.08	49.24	350m: 4:58.64	38.33
	100m: 1:17.18	42.09	200m: 2:40.84	41.43	300m: 4:20.31	50.23	400m: 5:35.86	37.22
4.	Melano Winter	AZ&PC De Futen	5:50.00	198703847		<b>5:52.46</b>		
	50m: 37.31	37.31	150m: 2:06.94	45.05	250m: 3:42.47	51.89	350m: 5:13.55	39.58
	100m: 1:21.89	44.58	200m: 2:50.58	43.64	300m: 4:33.97	51.50	400m: 5:52.46	38.91
5.	Rene Knijpstra	Isis	6:07.51	198806181		<b>6:15.48</b>		
	50m: 36.77	36.77	150m: 2:13.39	49.04	250m: 3:56.64	56.25	350m: 5:34.55	41.97
	100m: 1:24.35	47.58	200m: 3:00.39	47.00	300m: 4:52.58	55.94	400m: 6:15.48	40.93
6.	Jeroen Hoving	ZPC Stadskanaal	6:40.00	198701451		<b>6:16.59</b>		
	50m: 37.86	37.86	150m: 2:16.04	49.78	250m: 3:59.02	52.17	350m: 5:34.72	42.19
	100m: 1:26.26	48.40	200m: 3:06.85	50.81	300m: 4:52.53	53.51	400m: 6:16.59	41.87
DIS	Stefan van de Grift	Swol 1894	5:45.27	198701121				
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>							
	50m: 33.72	33.72	150m: 1:59.83	44.23	250m: 3:27.91	43.66	350m: 4:51.57	38.71
	100m: 1:15.60	41.88	200m: 2:44.25	44.42	300m: 4:12.86	44.95	400m:	

D30+, Dames

1.	Jacyntha Plat	Steenwijk 1934	6:00.00	199002956		<b>5:43.93</b>		
	50m: 34.02	34.02	150m: 2:00.84	44.66	250m: 3:32.97	46.97	350m: 5:03.52	41.77
	100m: 1:16.18	42.16	200m: 2:46.00	45.16	300m: 4:21.75	48.78	400m: 5:43.93	40.41
2.	Liesbeth van Mill	Zwemlust- den Hommel	5:54.57	198702786		<b>5:56.13</b>		
	50m: 38.60	38.60	150m: 2:10.83	46.30	250m: 3:44.55	47.80	350m: 5:15.16	42.05
	100m: 1:24.53	45.93	200m: 2:56.75	45.92	300m: 4:33.11	48.56	400m: 5:56.13	40.97
3.	Petra Zandstra	Isis	6:55.00	199006248		<b>6:58.35</b>		
	50m: 43.21	43.21	150m: 2:36.73	57.42	250m: 4:27.84	53.66	350m: 6:11.73	48.53
	100m: 1:39.31	56.10	200m: 3:34.18	57.45	300m: 5:23.20	55.36	400m: 6:58.35	46.62
DIS	Esther de With	HZ&PC Heerenveen	8:00.00	199005646				
	<i>VH - Niet met twee handen gelijktijdig keer- en/of eindpunt aangetikt.</i>							
	50m: 54.06	54.06	150m: 3:00.49	1:02.63	250m: 5:08.28	1:04.75	350m: 7:03.18	50.75
	100m: 1:57.86	1:03.80	200m: 4:03.53	1:03.04	300m: 6:12.43	1:04.15	400m:	

H35+, Heren

1.	Mark Brinkhuis	TriVia	6:39.58	198302609		<b>6:55.67</b>		
	50m: 41.60	41.60	150m: 2:33.36	59.79	250m: 4:27.13	51.94	350m: 6:06.89	47.50
	100m: 1:33.57	51.97	200m: 3:35.19	1:01.83	300m: 5:19.39	52.26	400m: 6:55.67	48.78

AFGEM Marcel Reefhuis WS Twente 1 5:20.37 198101381

H40+, Heren

1.	Casper Hut	HZ&PC Heerenveen	5:03.22	197800471		<b>5:02.86</b>		
	50m: 30.03	30.03	150m: 1:46.40	40.68	250m: 3:10.68	43.34	350m: 4:29.25	35.14
	100m: 1:05.72	35.69	200m: 2:27.34	40.94	300m: 3:54.11	43.43	400m: 5:02.86	33.61
2.	Jos Timmermans	ZPC Stadskanaal	6:30.00	197901223		<b>5:51.31</b>		
	50m: 33.30	33.30	150m: 1:59.42	46.08	250m: 3:34.83	50.63	350m:	
	100m: 1:13.34	40.04	200m: 2:44.20	44.78	300m: 4:25.96	51.13	400m: 5:51.31	
3.	Rogier van Gent	ljzpc	6:20.00	198000405		<b>6:27.65</b>		
	50m: 36.18	36.18	150m: 2:10.71	49.36	250m: 3:54.08	53.53	350m: 5:39.03	49.71
	100m: 1:21.35	45.17	200m: 3:00.55	49.84	300m: 4:49.32	55.24	400m: 6:27.65	48.62

AFGEM Michiel Brinkman Daw 5:45.00 198001991

D40+, Dames

1.	Monique Boets	ZPC Stadskanaal	6:20.03	197600230		<b>6:06.00</b>		
	50m: 35.92	35.92	150m: 2:09.89	46.61	250m: 3:51.12	53.52	350m: 5:26.36	42.24
	100m: 1:23.28	47.36	200m: 2:57.60	47.71	300m: 4:44.12	53.00	400m: 6:06.00	39.64
2.	Anuschka Glazema-Boelema	ZPC Stadskanaal	7:03.55	197701166		<b>6:24.27</b>		
	50m: 38.40	38.40	150m: 2:17.95	52.92	250m: 4:00.59	52.60	350m: 5:40.57	45.17
	100m: 1:25.03	46.63	200m: 3:07.99	50.04	300m: 4:55.40	54.81	400m: 6:24.27	43.70
3.	Jannie Vennik	HZ&PC Heerenveen	6:35.13	197601006		<b>6:39.68</b>		
	50m: 45.46	45.46	150m: 2:33.15	52.16	250m: 4:21.00	54.61	350m: 5:58.38	41.50
	100m: 1:40.99	55.53	200m: 3:26.39	53.24	300m: 5:16.88	55.88	400m: 6:39.68	41.30
4.	Gea van der Schaaf	Deltasteur	7:00.00	197901558		<b>6:41.01</b>		
	50m: 45.72	45.72	150m: 2:24.50	44.66	250m: 4:10.35	1:00.37	350m: 5:56.93	45.76
	100m: 1:39.84	54.12	200m: 3:09.98	45.48	300m: 5:11.17	1:00.82	400m: 6:41.01	44.08

Zuyderzee Masters Circuit 2019-2020 deel 6  
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Programmanr. 3, Dames, 400m wisselslag, D40+

rang	naam	vereniging	intijd	klasse	tijd			
5.	Inge Roskam	De Duinkickers	7:50.00	197801296	7:17.65			
	50m: 44.65	44.65	150m: 2:41.24	1:01.95	250m: 4:39.15	58.22	350m: 6:28.55	50.59
	100m: 1:39.29	54.64	200m: 3:40.93	59.69	300m: 5:37.96	58.81	400m: 7:17.65	49.10
6.	Saskia op den Velde	De Duinkickers	7:50.94	197901530	7:41.94			
	50m: 48.53	48.53	150m: 2:43.86	58.82	250m: 4:46.18	1:00.47	350m: 6:45.24	54.49
	100m: 1:45.04	56.51	200m: 3:45.71	1:01.85	300m: 5:50.75	1:04.57	400m: 7:41.94	56.70

H45+, Heren

1.	Kees Bakker	Gay Swim Amsterdam	5:40.00	197501055	5:33.71			
	50m: 35.71	35.71	150m: 2:00.50	42.97	250m: 3:30.92	47.97	350m: 4:57.43	38.39
	100m: 1:17.53	41.82	200m: 2:42.95	42.45	300m: 4:19.04	48.12	400m: 5:33.71	36.28
2.	Erwin Zuijdervelt	AZ&PC De Futen	6:01.31	197501015	5:58.41			
	50m: 37.14	37.14	150m: 2:09.59	46.72	250m: 3:48.46	53.11	350m: 5:21.56	38.88
	100m: 1:22.87	45.73	200m: 2:55.35	45.76	300m: 4:42.68	54.22	400m: 5:58.41	36.85

D45+, Dames

1.	Evelien van Klaarbergen	HZ&PC Heerenveen	5:33.47	197200964	5:38.73			
	50m: 35.42	35.42	150m: 2:01.26	42.50	250m: 3:32.86	47.99	350m: 5:00.86	38.56
	100m: 1:18.76	43.34	200m: 2:44.87	43.61	300m: 4:22.30	49.44	400m: 5:38.73	37.87
2.	Annet Kootstra	Swol 1894	6:59.99	197100344	7:05.96			
	50m: 48.95	48.95	150m: 2:39.63	56.91	250m: 4:32.71	58.06	350m: 6:19.18	47.30
	100m: 1:42.72	53.77	200m: 3:34.65	55.02	300m: 5:31.88	59.17	400m: 7:05.96	46.78
3.	Henriette Driesen-Joanknecht	Aqua-Novio '94	7:58.80	197101056	7:33.22			
	50m: 48.64	48.64	150m: 2:48.93	1:02.95	250m: 4:47.79	56.39	350m: 6:40.29	53.59
	100m: 1:45.98	57.34	200m: 3:51.40	1:02.47	300m: 5:46.70	58.91	400m: 7:33.22	52.93
4.	Sylvia Tetteroo	Ijzpc	9:20.00	197300476	9:07.40			
	50m: 58.86	58.86	150m: 3:15.56	1:08.08	250m: 5:41.09	1:15.70	350m: 8:00.78	1:04.97
	100m: 2:07.48	1:08.62	200m: 4:25.39	1:09.83	300m: 6:55.81	1:14.72	400m: 9:07.40	1:06.62

H50+, Heren

1.	Richard Hill	De Duinkickers	7:24.08	196601651	7:21.74			
	50m: 44.25	44.25	150m: 3:25.24	1:51.94	250m: 5:35.18	1:06.71	350m: 6:28.53	
	100m: 1:33.30	49.05	200m: 4:28.47	1:03.23	300m: 6:10.71	1:06.85	400m: 7:21.74	53.21
2.	Arnold Jonker	HZ&PC Heerenveen	8:00.00	197000529	7:53.23			
	50m: 51.36	51.36	150m: 2:55.95	1:01.73	250m: 5:03.86	1:06.50	350m: 7:53.23	
	100m: 1:54.22	1:02.86	200m: 3:57.36	1:01.41	300m: 6:10.71	1:06.85	400m: 7:53.23	

AFGEM Huyb Stegeman

Steenwijk 1934 6:17.59 196701535

D50+, Dames

1.	Bianca Groot	MSV-Zeemacht	6:20.98	197000652	5:59.87			
	50m: 37.71	37.71	150m: 2:13.40	48.07	250m: 3:50.38	50.17	350m: 5:20.84	39.62
	100m: 1:25.33	47.62	200m: 3:00.21	46.81	300m: 4:41.22	50.84	400m: 5:59.87	39.03

H55+, Heren

1.	Ronald Grove	Triton	5:48.77	196100161	5:58.70			
	50m: 37.55	37.55	150m: 2:12.65	48.37	250m: 3:49.09	48.92	350m: 5:18.97	39.40
	100m: 1:24.28	46.73	200m: 3:00.17	47.52	300m: 4:39.57	50.48	400m: 5:58.70	39.73
2.	Robert de Brauer	De Duinkickers	6:45.00	196401383	6:36.11			
	50m: 41.02	41.02	150m: 2:20.15	50.45	250m: 4:03.72	53.26	350m: 5:47.51	47.59
	100m: 1:29.70	48.68	200m: 3:10.46	50.31	300m: 4:59.92	56.20	400m: 6:36.11	48.60

DIS Arnold de Rover

AZ&PC De Futen 5:34.74 196400645

AA - Gestart voor het startsignaal (en wel gezwommen).

50m:	35.89	35.89	150m:	2:03.19	43.72	250m:	3:33.54	47.54	350m:	4:59.48	37.72
100m:	1:19.47	43.58	200m:	2:46.00	42.81	300m:	4:21.76	48.22	400m:		

DIS Jan Wierenga

ZV De Aalscholver 6:00.00 196400843

SJ - Na start en/of keerpunt een verkeerde arm- en/of beenslag gemaakt.

50m:	40.42	40.42	150m:	2:19.69	49.42	250m:	4:01.05	51.96	350m:	5:33.87	40.02
100m:	1:30.27	49.85	200m:	3:09.09	49.40	300m:	4:53.85	52.80	400m:		



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Programmanr. 3, 400m wisselslag

D55+, Dames

1.	Marjan Remmits	ZPC Woerden	6:07.19	196300518	<b>6:04.28</b>			
	50m: 38.16	38.16	150m: 2:11.55	46.55	250m: 3:50.74	53.15	350m: 5:23.66	41.71
	100m: 1:25.00	46.84	200m: 2:57.59	46.04	300m: 4:41.95	51.21	400m: 6:04.28	40.62
2.	Wilna Heijman	Steenwijk 1934	6:18.73	196400506	<b>6:31.15</b>			
	50m: 40.62	40.62	150m: 2:22.11	52.45	250m: 4:08.33	57.05	350m: 5:49.75	43.48
	100m: 1:29.66	49.04	200m: 3:11.28	49.17	300m: 5:06.27	57.94	400m: 6:31.15	41.40
3.	Petra Tossings	Daw	6:34.76	196100376	<b>6:31.66</b>			
	50m: 43.85	43.85	150m: 2:25.78	50.83	250m: 4:10.91	55.52	350m: 5:49.07	44.38
	100m: 1:34.95	51.10	200m: 3:15.39	49.61	300m: 5:04.69	53.78	400m: 6:31.66	42.59

H60+, Heren

1.	Marten de Groot	HZ&PC Heerenveen	5:51.50	195800149	<b>5:49.08</b>			
	50m: 36.50	36.50	150m: 2:07.23	47.84	250m: 3:44.24	51.30	350m: 5:13.85	38.04
	100m: 1:19.39	42.89	200m: 2:52.94	45.71	300m: 4:35.81	51.57	400m: 5:49.08	35.23
2.	Paul Bunnik	Triton	6:15.47	195600413	<b>6:15.88</b>			
	50m: 38.00	38.00	150m: 2:14.34	50.06	250m: 3:56.23	53.00	350m: 5:34.06	44.03
	100m: 1:24.28	46.28	200m: 3:03.23	48.89	300m: 4:50.03	53.80	400m: 6:15.88	41.82
3.	Marius Ros	Zcnf'34	6:43.99	195900779	<b>7:09.68</b>			
	50m: 53.08	53.08	150m: 2:53.33	59.79	250m: 4:45.50	55.89	350m: 6:28.01	44.51
	100m: 1:53.54	1:00.46	200m: 3:49.61	56.28	300m: 5:43.50	58.00	400m: 7:09.68	41.67
DIS	Pier van der Sluis	SG FZC54-De Vikings 1	NT	195900757				
	<i>VD - Schoolslagbenen gezwommen of andere stuwende beweging in het horizontale vlak.</i>							
	50m: 50.52	50.52	150m: 2:49.59	1:00.52	250m: 4:47.45	56.04	350m: 6:30.93	47.10
	100m: 1:49.07	58.55	200m: 3:51.41	1:01.82	300m: 5:43.83	56.38	400m:	

D60+, Dames

1.	Marijke Kraak-Beckers	WS Twente 1	7:05.00	196000240	<b>6:58.64</b>			
	50m: 42.50	42.50	150m: 2:32.23	59.43	250m: 4:26.83	59.75	350m: 6:14.23	47.26
	100m: 1:32.80	50.30	200m: 3:27.08	54.85	300m: 5:26.97	1:00.14	400m: 6:58.64	44.41
2.	Linda Wibbelink	Steenwijk 1934	7:00.00	195900158	<b>7:00.40</b>			
	50m: 45.02	45.02	150m: 2:35.20	55.76	250m: 4:29.33	59.91	350m: 6:15.75	46.32
	100m: 1:39.44	54.42	200m: 3:29.42	54.22	300m: 5:29.43	1:00.10	400m: 7:00.40	44.65
3.	Hannie Poletiek	TriVia	7:14.83	195900278	<b>7:22.96</b>			
	50m: 48.19	48.19	150m: 2:45.41	55.50	250m: 4:43.12	1:01.47	350m: 6:34.15	49.27
	100m: 1:49.91	1:01.72	200m: 3:41.65	56.24	300m: 5:44.88	1:01.76	400m: 7:22.96	48.81
4.	Betsie Klompmaker-Mulder	Noord-Veluwe	10:28.37	195900200	<b>10:30.34</b>			
	50m: 1:29.35	1:29.35	150m: 4:31.65	1:08.86	250m: 7:06.86	1:27.22	350m: 9:33.03	59.25
	100m: 3:22.79	1:53.44	200m: 5:39.64	1:07.99	300m: 8:33.78	1:26.92	400m: 10:30.34	57.31

AFGEM Pia van der Molen Avena 8:00.00 196000116

D65+, Dames

1.	Margriet Pasma NMR	TriVia	7:01.70	195500088	<b>6:58.47</b>			
	50m: 50.55	50.55	150m: 2:41.61	51.63	250m: 4:31.49	59.22	350m: 6:15.83	45.52
	100m: 1:49.98	59.43	200m: 3:32.27	50.66	300m: 5:30.31	58.82	400m: 6:58.47	42.64
2.	Ineke Meijer	HZ&PC Heerenveen	9:00.00	195200034	<b>8:54.86</b>			
	50m: 1:06.40	1:06.40	150m: 3:31.35	1:04.17	250m: 5:48.13	1:10.67	350m: 8:00.78	58.25
	100m: 2:27.18	1:20.78	200m: 4:37.46	1:06.11	300m: 7:02.53	1:14.40	400m: 8:54.86	54.08

D70+, Dames

1.	Antoinette Gilding-Tussaud NMR	WS Twente 1	8:49.95	195000038	<b>8:42.71</b>			
	50m: 1:02.78	1:02.78	150m: 3:16.27	1:02.83	250m: 5:30.76	1:14.74	350m: 7:44.45	58.28
	100m: 2:13.44	1:10.66	200m: 4:16.02	59.75	300m: 6:46.17	1:15.41	400m: 8:42.71	58.28

Zuyderzee Masters Circuit 2019-2020 deel 6  
Heerenveen, 8-2-2020

Programmanr. 4  
8-2-2020 - 16:05

100m schoolslag

20 - 84 jaar  
Resultaten

rang	naam	vereniging	intijd	klasse	tijd	pnt.	50m	100m
<b>D20+, Dames</b>								
1.	Myrna Gorter	Neptunia'24	1:23.20	199603158	<b>1:25.92</b>		39.82	1:25.92
2.	Jolijn Keegstra	Swol 1894	1:30.59	199602284	<b>1:28.98</b>		41.20	1:28.98
3.	Naomi van der Sluijs	Borger	1:30.41	199801474	<b>1:30.97</b>		43.88	1:30.97
4.	Alies Wagter	Steenwijk 1934	1:29.76	199900840	<b>1:33.23</b>		43.30	1:33.23
<b>H25+, Heren</b>								
1.	Patrick Graver	Gzvw	1:24.19	199404735	<b>1:24.60</b>		38.80	1:24.60
2.	Patrick Wobben	Steenwijk 1934	1:26.14	199300559	<b>1:26.39</b>		40.09	1:26.39
3.	Rick Vaarkamp	Z & PC Triton Putten	1:31.74	199404979	<b>1:34.64</b>		43.19	1:34.64
<b>D25+, Dames</b>								
1.	Daniëlle de Boer	HZ&PC Heerenveen	1:19.90	199404736	<b>1:19.29</b>		37.14	1:19.29
2.	Fraukje Puts	HZ&PC Heerenveen	1:23.00	199206470	<b>1:21.94</b>		38.93	1:21.94
3.	Janine de Groot	ZPC Nova	1:23.32	199500092	<b>1:23.34</b>		38.96	1:23.34
4.	Nanda de Vries	Steenwijk 1934	1:23.50	199204328	<b>1:23.83</b>		39.75	1:23.83
5.	Getrude Corporaal	Steenwijk 1934	1:32.66	199200380	<b>1:30.95</b>		42.33	1:30.95
AFGEM	Elvira Feikens	De Spatters	1:46.95	199506982				
<b>H30+, Heren</b>								
1.	Erik Verholt	Noord-Veluwe	1:06.05	198803543	<b>1:09.52</b>		32.84	1:09.52
2.	Marten Ettema	HZ&PC Heerenveen	1:26.02	199007703	<b>1:22.46</b>		38.86	1:22.46
3.	Robin Eggenkamp	ZV De Aalscholver	1:20.64	198700847	<b>1:23.48</b>		39.79	1:23.48
<b>D30+, Dames</b>								
1.	Janneke Wynia	WS Twente 1	1:37.95	199005500	<b>1:39.07</b>		47.69	1:39.07
2.	Jolien Kruijer	ZPC Stadskanaal	1:49.10	199002168	<b>1:45.31</b>		49.83	1:45.31
<b>H35+, Heren</b>								
1.	Lauren Vis	Steenwijk 1934	1:09.76	198201883	<b>1:09.67</b>		32.40	1:09.67
2.	Rob van Wanrooy	Gay Swim Amsterdam	1:15.21	198202627	<b>1:14.35</b>		33.83	1:14.35
3.	Edward van Dootingh	Zv 44	1:25.81	198403341	<b>1:31.06</b>		42.56	1:31.06
4.	Sebastiaan de Vos	De Duinkickers	1:49.26	198402481	<b>1:54.85</b>	213	55.19	1:54.85
<b>D35+, Dames</b>								
1.	Irene Kasteel-Jaspersen	Zuiderzeezwemmers	1:42.02	198102278	<b>1:41.39</b>		46.31	1:41.39
2.	Michelle Frijlink	HZ&PC Heerenveen	1:47.00	198403600	<b>1:42.11</b>		48.24	1:42.11
3.	Rianne van Vegchelen	Zv 44	1:50.39	198101530	<b>1:58.18</b>		56.84	1:58.18
<b>H40+, Heren</b>								
1.	Casper Hut	HZ&PC Heerenveen	1:09.65	197800471	<b>1:09.85</b>		32.53	1:09.85
2.	Wilco Steenwijk	Zvv	1:31.44	198002465	<b>1:26.05</b>		39.96	1:26.05
3.	Peter Lommert	Swol 1894	1:29.15	197900787	<b>1:27.16</b>		40.40	1:27.16
4.	Robin Roskam	De Duinkickers	1:26.71	197801831	<b>1:28.11</b>		40.15	1:28.11
<b>D40+, Dames</b>								
1.	Eveline Hacquebord	Ijzpc	1:27.71	197901206	<b>1:27.68</b>		41.14	1:27.68
2.	Jannie Vennik	HZ&PC Heerenveen	1:39.15	197601006	<b>1:40.17</b>		47.47	1:40.17

Zuyderzee Masters Circuit 2019-2020 deel 6  
Heerenveen, 8-2-2020

Programmanr. 4, 100m schoolslag

H45+, Heren

1.	Michael van Bekkum	Swol 1894	1:16.49	197200051	<b>1:17.05</b>	35.48	1:17.05
2.	Martijn de Jong	Dwk	1:29.13	197101659	<b>1:23.88</b>	38.63	1:23.88
3.	Korstiaan de Boer	Steenwijk 1934	1:25.75	197101629	<b>1:24.12</b>	39.75	1:24.12
4.	Kasper van den Berghe	Swol 1894	1:24.39	197301125	<b>1:25.88</b>	41.09	1:25.88
5.	Henk de Roos	Zpd	1:29.01	197101453	<b>1:26.26</b>	40.70	1:26.26
6.	Jan Roelants	Nat Utrecht	1:35.10	197301579	<b>1:31.75</b>	43.35	1:31.75
7.	Pieter Bardelmeijer	Deltasteur	1:32.46	197201665	<b>1:34.15</b>	45.51	1:34.15

D45+, Dames

1.	Miranda Straetemans	ZIGNEA	1:28.00	197400514	<b>1:29.13</b>	41.47	1:29.13
2.	Annette de Visser	Oceanus	1:30.16	197100602	<b>1:30.07</b>	42.11	1:30.07
3.	Inge Soeters	Steenwijk 1934	1:50.48	197300934	<b>1:47.49</b>	50.65	1:47.49
4.	Nicolette Zuidema	Zv 44	1:58.51	197500978	<b>1:51.41</b>	51.97	1:51.41
5.	Femke Poll	Zv 44	1:59.95	197401066	<b>1:56.96</b>	56.15	1:56.96
6.	Saskia Verbeek	Batavia Swim	2:10.00	197501004	<b>2:01.06</b>	55.85	2:01.06

H50+, Heren

1.	René Beetsma	HZ&PC Heerenveen	1:18.00	196900069	<b>1:17.41</b>	36.02	1:17.41
2.	Arjan Bellaart	Oceanus	1:20.56	196900079	<b>1:22.14</b>	38.30	1:22.14
3.	Roelof Broekman	De Spatters	1:32.18	196800155	<b>1:28.96</b>	41.64	1:28.96
4.	René Speelman	De Spatters	1:34.96	196601521	<b>1:39.48</b>	45.26	1:39.48
5.	Eric van den Blink	Batavia Swim	1:39.00	197001667	<b>1:40.39</b>	47.21	1:40.39
6.	Maarten Koolman	Zuiderzeezwemmers	1:54.24	196801649	<b>1:50.44</b>	50.73	1:50.44

D50+, Dames

1.	Jacqueline Tuin	Daw	1:23.50	196600690	<b>1:26.25</b>	40.30	1:26.25
2.	Peggi Hurenkamp	HZ&PC Heerenveen	1:46.05	196900922	<b>1:39.61</b>	47.27	1:39.61
3.	R. Speelman-Tigelaar	De Spatters	1:37.42	196600664	<b>1:41.52</b>	46.11	1:41.52
4.	Hetty Smalheer	Scm	1:42.96	196700352	<b>1:45.30</b>	50.64	1:45.30
5.	Remona Dekker	ZV De Bron	1:47.58	196600620	<b>1:48.77</b>	51.98	1:48.77
6.	Monique Berentse	Batavia Swim	2:10.82	196901066	<b>2:07.95</b>	59.91	2:07.95

H55+, Heren

1.	Bertjan Schelhaas	Dwt	1:17.00	196501577	<b>1:21.36</b>	37.53	1:21.36
2.	Arnold de Rover	AZ&PC De Futen	1:20.47	196400645	<b>1:21.76</b>	38.91	1:21.76
3.	Casper Dollekamp	Steenwijk 1934	1:27.63	196301341	<b>1:26.14</b>	41.15	1:26.14
4.	Ronald van Vliet	ZV De Aalscholver	1:26.88	196300997	<b>1:28.20</b>	41.60	1:28.20
5.	Jan Smalheer	Scm	1:30.55	196400701	<b>1:30.96</b>	43.57	1:30.96
6.	René Bakker	ZIGNEA	1:35.60	196501245	<b>1:33.71</b>	44.71	1:33.71
7.	Jack Barends	WS Twente 1	1:32.33	196201011	<b>1:37.98</b>	46.05	1:37.98
8.	Hans van Scheepen	Steenwijk 1934	1:36.86	196201245	<b>1:41.92</b>	45.77	1:41.92

D55+, Dames

1.	Annemarie Vuist	Swol 1894	1:37.93	196300282	<b>1:37.91</b>	47.35	1:37.91
2.	Francine Sommer	Triton	1:38.20	196200384	<b>1:39.90</b>	47.74	1:39.90
3.	Jenny Westervarder	H2Oldambt	1:50.65	196200424	<b>1:52.66</b>	53.19	1:52.66

H60+, Heren

1.	André Pantekoek	Psv	1:46.00	195800321	<b>1:41.43</b>	48.45	1:41.43
2.	Marius Ros	Zcnf'34	1:35.96	195900779	<b>1:42.27</b>	49.40	1:42.27
3.	Janos Loczi	Daw	1:40.27	195800267	<b>1:43.94</b>	49.18	1:43.94
4.	Herbert Katgert	WS Twente 1	1:45.01	195900739	<b>1:49.40</b>	52.23	1:49.40
DIS	Robert Schulein	H2Oldambt	1:46.47	195900843		48.91	

SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.

D60+, Dames

1.	Marijke Kraak-Beckers	WS Twente 1	1:40.15	196000240	<b>1:40.82</b>	47.80	1:40.82
2.	B. Klompmaker-Mulder	Noord-Veluwe	2:37.29	195900200	<b>2:37.08</b>	1:16.50	2:37.08

Zuiderzee Masters Circuit 2019-2020 deel 6  
Heerenveen, 8-2-2020

Programmanr. 4, 100m schoolslag

H70+, Heren

1.	Henk Oostendorp	ZV De Bron	2:10.00	194800093	<b>2:07.52</b>	1:00.24	2:07.52
AFGEM	Mans Buis	Swol 1894	1:55.45	194700133			

H75+, Heren

1.	Rob Hanou	Psv	1:35.00	194300109	<b>1:39.36</b>	47.12	1:39.36
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Programmanr. 5  
8-2-2020 - 16:55

25m vlinderslag

20 - 84 jaar  
Resultaten

rang	naam	vereniging	intijd	klasse	tijd
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H20+, Heren

1.	Jaro Oosting	Triton	15.57	199904627	<b>14.16</b>
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D20+, Dames

1.	Tamara Grove	De Dolfin	13.53	199601266	<b>13.95</b>
2.	Alies Wagter	Steenwijk 1934	15.08	199900840	<b>15.05</b>
3.	Nella Diepeveen	AZ&PC De Futen	15.82	199801504	<b>15.41</b>
4.	Thirza Bollema	Deltasteur	18.00	200003322	<b>16.68</b>
DIS	Lisa van Riel	Swol 1894	15.00	199805652	

AA - Gestart voor het startsignaal (en wel gezwommen).

H25+, Heren

1.	Stefan Kwant	ZPC Nova	13.07	199200781	<b>12.73</b>
2.	Tom de Lange	Deltasteur	16.03	199300303	<b>16.36</b>
3.	Rick Vaarkamp	Z & PC Triton Putten	16.23	199404979	<b>17.18</b>

D25+, Dames

1.	Karin Groen	ZPC Nova	12.89	199502440	<b>12.80</b>
2.	M. van Engeldorp - Gastelaar	Daw	25.00	199502326	<b>14.25</b>
3.	Suzanne Mosch	MSV-Zeemacht	16.00	199400548	<b>14.26</b>
4.	Lysbeth Wiersma	HZ&PC Heerenveen	17.00	199204486	<b>15.05</b>
5.	Lieke van Essen	Swol 1894	16.50	199502814	<b>15.65</b>
6.	Nienke Fuite	Deltasteur	15.15	199501352	<b>15.78</b>
7.	Lonneke Oenema	Steenwijk 1934	16.70	199102314	<b>15.90</b>
8.	Ellen Oenema	Steenwijk 1934	20.00	199207250	<b>18.50</b>

H30+, Heren

1.	Tim Bunnik	Triton	12.46	199000505	<b>12.73</b>
2.	Patrick de Jonge	Deltasteur	13.33	198906635	<b>13.68</b>
3.	Melano Winter	AZ&PC De Futen	13.53	198703847	<b>13.76</b>
4.	Albert Dijkma	Isis	14.51	198700711	<b>14.53</b>

D30+, Dames

1.	Christien Hommes	ZPC Stadskanaal	16.10	198602124	<b>15.13</b>
2.	Esther de With	HZ&PC Heerenveen	18.00	199005646	<b>17.47</b>
3.	Janneke Wynia	WS Twente 1	18.28	199005500	<b>18.01</b>
AFGEM	Manouk Ticheler	De Duinkickers	16.31	198705416	

H35+, Heren

1.	Sander de Velde	Deltasteur	16.67	198302165	<b>16.51</b>
AFGEM	Marcel Reefhuis	WS Twente 1	13.54	198101381	

Zuyderzee Masters Circuit 2019-2020 deel 6  
Heerenveen, 8-2-2020

Programmanr. 5, 25m vlinderslag

**D35+, Dames**

1.	Sandra Zwaanswijk	Daw	16.59	198503934		<b>14.15</b>
2.	Ramona Hulshof	Thor	15.55	198503948		<b>15.47</b>
3.	Monique Jansma	HZ&PC Heerenveen	17.67	198501420		<b>17.22</b>
4.	Rianne van Vegchelen	Zv 44	18.64	198101530		<b>19.86</b>
5.	Annemieke Visch	Zuiderzeezwemmers	25.14	198302762	S14	<b>25.80</b>

**H40+, Heren**

1.	Paul Hoving	HZ&PC Heerenveen	17.00	197601685		<b>13.99</b>
2.	Wilco Steenwijk	Zvv	14.43	198002465		<b>14.60</b>
3.	Peter Lommert	Swol 1894	15.10	197900787		<b>14.64</b>
4.	Henk Boswinkel	Swol 1894	14.80	197601555		<b>14.70</b>
5.	Pieter Ponne	HZ&PC Heerenveen	16.00	197600749		<b>14.90</b>
6.	Tom Bandsma	Psv	16.71	197701625		<b>16.53</b>

**D40+, Dames**

1.	Margriet Daalman	De Spatters	17.75	197801368		<b>16.89</b>
2.	Saskia op den Velde	De Duinkickers	19.41	197901530		<b>18.82</b>
3.	Leonie Scholten	Steenwijk 1934	18.65	197901560		<b>19.06</b>
4.	Margriet Leeffers	Deltasteur	20.03	197800448		<b>19.78</b>

**H45+, Heren**

1.	Heiner Stevens	ZIGNEA	13.18	197201299		<b>13.17</b>
2.	Erik Veltman	ZPC Stadskanaal	15.20	197200941		<b>14.88</b>
3.	Erwin Zuijdervelt	AZ&PC De Futen	15.04	197501015		<b>15.25</b>
4.	Pieter Bardelmeijer	Deltasteur	18.49	197201665		<b>18.01</b>
5.	Jan Roelants	Nat Utrecht	19.69	197301579		<b>18.06</b>
AFGEM	Alistair Critchell	Deltasteur	14.96	197101655		

**D45+, Dames**

1.	Nicolette Zuidema	Zv 44	22.00	197500978		<b>20.54</b>
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**H50+, Heren**

1.	Guido Keutgen	Steenwijk 1934	14.26	196801551		<b>14.09</b>
DIS	Marcel Brittijn	De Duinkickers	14.64	196900159		
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>					
AFGEM	Huyb Stegeman	Steenwijk 1934	15.66	196701535		

**D50+, Dames**

1.	Rieneke Achtiën	Isis	22.00	196800002		<b>18.81</b>
2.	Annette van Dok	MSV-Zeemacht	20.36	196800742		<b>19.89</b>

**H55+, Heren**

1.	Robert de Brauwer	De Duinkickers	14.35	196401383		<b>14.38</b>
2.	Jos Verhoeven	ZV De Aalscholver	15.64	196301161		<b>15.76</b>
3.	Ronald van Vliet	ZV De Aalscholver	15.54	196300997		<b>15.88</b>
4.	Roel van der Schee	Batavia Swim	28.00	196301389		<b>25.79</b>
AFGEM	Frans Zoutberg	ZV De Aalscholver	14.80	196101145		

**D55+, Dames**

1.	Miranda Keijl	ZIGNEA	17.76	196500588		<b>17.45</b>
2.	Gea Kuiper	Zcnf'34	24.65	196100140		<b>24.13</b>
3.	Petra Ros	Zcnf'34	26.32	196100398		<b>25.79</b>
4.	Riekie Schra	Steenwijk 1934	31.60	196400404		<b>38.54</b>

Zuyderzee Masters Circuit 2019-2020 deel 6  
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Programmanr. 5, 25m vlinderslag

H60+, Heren

1. Marten de Groot	HZ&PC Heerenveen	14.88	195800149	<b>14.09</b>
2. John Dam	ZIGNEA	16.79	196000915	<b>16.69</b>
3. Wiebren Dijkstra	HZ&PC Heerenveen	20.40	195800745	<b>21.28</b>

D60+, Dames

1. Els Hertsworm	Ijzpc	25.00	195700184	<b>20.22</b>
2. Willy Schoenmaker-ter Veer	Dwk	23.08	195900254	<b>22.77</b>

H65+, Heren

1. Jappie Kuiper	Swol 1894	18.00	195500417	<b>17.08</b>
2. Bert Veerkamp	Zuiderzeezwemmers	40.67	195200271	<b>42.05</b>

D70+, Dames

1. Annet Verhoeven - Steggerda	De Duinkickers	25.53	194600024	<b>27.84</b>
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Programmanr. 6  
8-2-2020 - 17:05

100m vrije slag

20 - 84 jaar  
Resultaten

rang	naam	vereniging	intijd	klasse	tijd	pnt.	50m	100m
<b>H20+, Heren</b>								
1.	Hans Stoffers	Z & PC Triton Putten	57.41	199604027	<b>57.64</b>		27.79	57.64
2.	Diederik de Boer	Steenwijk 1934	58.78	200000269	<b>1:00.49</b>		28.37	1:00.49
3.	Paul Schutrups	Borger	1:12.89	199703275	<b>1:07.69</b>		32.35	1:07.69
<b>D20+, Dames</b>								
1.	Myrna Gorter	Neptunia'24	1:04.32	199603158	<b>1:04.59</b>		31.33	1:04.59
2.	Evelien de Jong	Neptunia'24	1:06.10	199805316	<b>1:04.91</b>		30.62	1:04.91
3.	Rianne van Rijssen	Noord-Veluwe	1:04.55	199702360	<b>1:07.96</b>		32.21	1:07.96
4.	Nella Diepeveen	AZ&PC De Futen	1:10.77	199801504	<b>1:11.30</b>		34.59	1:11.30
5.	Marieke Gorter	Triton	1:09.36	200000750	<b>1:12.18</b>		34.84	1:12.18
6.	Sophia Snoek	ZV De Aalscholver	1:10.00	199906434	<b>1:12.45</b>		33.47	1:12.45
7.	Ellen Rikken	Zvv	1:12.05	199604574	<b>1:13.51</b>		35.35	1:13.51
8.	Melanie Zondag	Borger	1:12.04	199804476	<b>1:13.77</b>		35.07	1:13.77
9.	Joyce Bakker	ZV De Aalscholver	1:15.00	199600522	<b>1:16.96</b>		36.94	1:16.96
<b>H25+, Heren</b>								
1.	Patrick Graver	Gzvw	1:08.41	199404735	<b>1:06.31</b>		31.91	1:06.31
<b>D25+, Dames</b>								
1.	Daniëlle de Boer	HZ&PC Heerenveen	1:02.96	199404736	<b>1:02.66</b>		30.56	1:02.66
2.	Fraukje Puts	HZ&PC Heerenveen	1:02.30	199206470	<b>1:02.76</b>		30.57	1:02.76
3.	Tessa Mosch	MSV-Zeemacht	1:05.63	199102172	<b>1:03.52</b>		30.04	1:03.52
4.	Nanda de Vries	Steenwijk 1934	1:02.95	199204328	<b>1:03.64</b>		30.93	1:03.64
5.	Janine de Groot	ZPC Nova	1:02.56	199500092	<b>1:03.93</b>		30.69	1:03.93
6.	Inge Koopman	Daw	1:07.20	199303382	<b>1:08.80</b>		33.76	1:08.80
7.	Getrude Corporaal	Steenwijk 1934	1:06.92	199200380	<b>1:09.04</b>		32.83	1:09.04
8.	Sigrit Aarten	Deltasteur	1:11.43	199302868	<b>1:10.33</b>		34.92	1:10.33
9.	Esther Kwebeman	HZ&PC Heerenveen	1:12.10	199106374	<b>1:12.74</b>		34.59	1:12.74
10.	Irmgard van Weeghel	Z&PC Hatto-Heim	1:09.69	199204834	<b>1:14.40</b>		34.92	1:14.40
11.	Nienke Fuite	Deltasteur	1:12.53	199501352	<b>1:16.60</b>		36.66	1:16.60
12.	Esther Tournier	De Forel	1:17.10	199407274	<b>1:23.80</b>		38.91	1:23.80
13.	Tessa van Dijk	Isis	1:26.94	199401252	<b>1:26.53</b>		42.43	1:26.53
AFGEM	Elvira Feikens	De Spatters	1:20.47	199506982				

Zuiderzee Masters Circuit 2019-2020 deel 6  
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Programmanr. 6, 100m vrije slag

H30+, Heren

1.	Rene Knijpstra	Isis	1:03.12	198806181	<b>1:04.43</b>	30.37	1:04.43
2.	Marten Ettema	HZ&PC Heerenveen	1:12.32	199007703	<b>1:08.76</b>	32.47	1:08.76
3.	Jeroen Hoving	ZPC Stadskanaal	1:05.00	198701451	<b>1:08.78</b>	33.31	1:08.78
4.	Tom van Norden	Ijzpc	1:24.00	198906951	<b>1:25.27</b>	39.39	1:25.27

D30+, Dames

	1.	Charlotte Groeneveld	Steenwijk 1934	1:04.47	198701404	<b>1:05.72</b>	31.24	1:05.72
	2.	Jolanda Cnossen	Neptunia'24	1:09.22	198600712	<b>1:09.65</b>	33.31	1:09.65
	3.	Christien Hommes	ZPC Stadskanaal	1:13.50	198602124	<b>1:10.28</b>	33.60	1:10.28
	4.	Liesbeth van Mill	Zwemlust- den Hommel	1:08.72	198702786	<b>1:10.48</b>	33.50	1:10.48
	5.	Petra Zandstra	Isis	1:13.53	199006248	<b>1:15.29</b>	34.91	1:15.29
	6.	Jolien Kruijer	ZPC Stadskanaal	1:27.38	199002168	<b>1:26.98</b>	40.05	1:26.98
AFGEM		Manouk Ticheler	De Duinkickers	1:15.56	198705416			
AFGEM		Elmi Roelofsen	Zvv	1:00.22	199008198			

H35+, Heren

	1.	Lauren Vis	Steenwijk 1934	54.33	198201883	<b>55.11</b>	26.13	55.11
	2.	Edward van Dootingh	Zv 44	1:05.24	198403341	<b>1:07.12</b>	32.76	1:07.12
	3.	Rudy de Jong	Isis	1:08.26	198301061	<b>1:09.35</b>	31.96	1:09.35

D35+, Dames

	1.	Sandra Zwaanswijk	Daw	1:06.09	198503934	<b>1:05.53</b>	31.42	1:05.53
	2.	Angela Giezen	Upstream Amsterdam	1:08.17	198302796	<b>1:08.55</b>	32.83	1:08.55
	3.	Irene Kasteel-Jaspersen	Zuiderzeewimmers	1:20.20	198102278	<b>1:16.33</b>	35.06	1:16.33
	4.	Michelle Frijlink	HZ&PC Heerenveen	1:20.00	198403600	<b>1:22.43</b>	38.72	1:22.43

H40+, Heren

	1.	Rogier van Gent	Ijzpc	1:05.07	198000405	<b>1:05.85</b>	30.11	1:05.85
	2.	Han Boone	Swol 1894	1:05.95	197701319	<b>1:06.97</b>	31.92	1:06.97
	3.	Robin Roskam	De Duinkickers	1:15.85	197801831	<b>1:19.45</b>	37.23	1:19.45

D40+, Dames

	1.	Alina Spijkerman	Daw	1:17.39	197701220	<b>1:11.88</b>	34.94	1:11.88
	2.	Eveline Hacquebord	Ijzpc	1:12.29	197901206	<b>1:12.04</b>	34.55	1:12.04
	3.	A. Glazema-Boelema	ZPC Stadskanaal	1:13.51	197701166	<b>1:13.42</b>	34.92	1:13.42
	4.	Gea van der Schaaf	Deltasteur	1:12.50	197901558	<b>1:13.99</b>	35.19	1:13.99
	5.	Kristel Lips	ZV De Bron	1:15.39	197900562	<b>1:14.66</b>	35.71	1:14.66
	6.	Leonie Scholten	Steenwijk 1934	1:24.69	197901560	<b>1:25.33</b>	40.10	1:25.33

H45+, Heren

	1.	Kees Bakker	Gay Swim Amsterdam	59.80	197501055	<b>59.18</b>	28.62	59.18
	2.	Michael van Bekkum	Swol 1894	1:02.01	197200051	<b>1:01.93</b>	29.70	1:01.93
	3.	Arjan Aalbers	Swol 1894	1:07.13	197500001	<b>1:05.93</b>	31.22	1:05.93
	4.	Korstiaan de Boer	Steenwijk 1934	1:09.03	197101629	<b>1:08.65</b>	33.03	1:08.65
	5.	Erik Veltman	ZPC Stadskanaal	1:11.00	197200941	<b>1:09.05</b>	33.49	1:09.05

D45+, Dames

	1.	Evelien van Klaarbergen	HZ&PC Heerenveen	1:04.65	197200964	<b>1:05.02</b>	31.15	1:05.02
	2.	Annette de Visser	Oceanus	1:06.66	197100602	<b>1:07.54</b>	32.35	1:07.54
	3.	Angela van Dijken	ZPC Nova	1:27.00	197501006	<b>1:17.42</b>	36.44	1:17.42
	4.	Inge Soeters	Steenwijk 1934	1:18.46	197300934	<b>1:19.76</b>	38.06	1:19.76
	5.	Miranda Straetemans	ZIGNEA	1:18.50	197400514	<b>1:20.50</b>	36.76	1:20.50
	6.	H. Driesen-Joanknecht	Aqua-Novio '94	1:28.30	197101056	<b>1:25.48</b>	40.56	1:25.48
	7.	Greta Wyma-Teitsma	Dwk	1:28.68	197100696	<b>1:27.57</b>	41.08	1:27.57
	8.	Femke Poll	Zv 44	1:41.48	197401066	<b>1:42.46</b>	48.94	1:42.46
	9.	Sylvia Tetteroo	Ijzpc	1:50.11	197300476	<b>1:56.64</b>	51.75	1:56.64

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Programmanr. 6, 100m vrije slag

H50+, Heren

1.	Arjan Bellaart	Oceanus	1:00.02	196900079	<b>1:00.10</b>	28.59	1:00.10
2.	René Beetsma	HZ&PC Heerenveen	1:02.80	196900069	<b>1:01.74</b>	30.53	1:01.74
3.	Mathieu Rikken	De Duinkickers	1:08.07	196701777	<b>1:07.01</b>	31.50	1:07.01
4.	Richard Hill	De Duinkickers	1:06.04	196601651	<b>1:07.76</b>	31.81	1:07.76
5.	Roelof Broekman	De Spatters	1:15.33	196800155	<b>1:13.38</b>	34.27	1:13.38
6.	René Speelman	De Spatters	1:11.60	196601521	<b>1:14.73</b>	36.19	1:14.73
7.	Arnold Jonker	HZ&PC Heerenveen	1:25.00	197000529	<b>1:23.92</b>	40.04	1:23.92
8.	Eric van den Blink	Batavia Swim	1:22.00	197001667	<b>1:26.62</b>	40.38	1:26.62
AFGEM	Huyb Stegeman	Steenwijk 1934	1:06.47	196701535			

D50+, Dames

1.	Bianca Groot	MSV-Zeemacht	1:08.53	197000652	<b>1:07.80</b>	33.16	1:07.80
2.	Jacqueline Tuin	Daw	1:08.39	196600690	<b>1:13.39</b>	34.20	1:13.39
3.	Peggi Hurenkamp	HZ&PC Heerenveen	1:15.16	196900922	<b>1:14.69</b>	36.47	1:14.69
4.	Hetty Smalheer	Scm	1:24.29	196700352	<b>1:24.59</b>	40.79	1:24.59
5.	Remona Dekker	ZV De Bron	1:34.98	196600620	<b>1:31.35</b>	42.89	1:31.35
6.	Rieneke Achtien	Isis	1:45.00	196800002	<b>1:34.09</b>	46.11	1:34.09
7.	Lenie Veldhuizen	De Forel	1:45.90	196800476	<b>2:04.58</b>	15	1:01.22 2:04.58

H55+, Heren

1.	Ronald Grove	Triton	1:04.26	196100161	<b>1:04.60</b>	30.60	1:04.60
2.	Henk Kuipers	Zpc Amersfoort	1:08.09	196201207	<b>1:07.44</b>	31.85	1:07.44
3.	Jos Verhoeven	ZV De Aalscholver	1:09.19	196301161	<b>1:10.36</b>	33.88	1:10.36
4.	Jan Smalheer	Scm	1:11.17	196400701	<b>1:11.16</b>	34.34	1:11.16
5.	René Bakker	ZIGNEA	1:14.94	196501245	<b>1:13.99</b>	35.71	1:13.99
6.	Hans van Scheepen	Steenwijk 1934	1:25.92	196201245	<b>1:29.44</b>	41.05	1:29.44

D55+, Dames

1.	M. Grove-Lingeman	Triton	1:12.62	196200080	<b>1:14.96</b>	35.23	1:14.96
2.	Wilna Heijman	Steenwijk 1934	1:13.86	196400506	<b>1:16.26</b>	36.95	1:16.26
3.	Miranda Keijl	ZIGNEA	1:18.26	196500588	<b>1:16.63</b>	37.02	1:16.63
4.	Petra Tossings	Daw	1:15.86	196100376	<b>1:17.07</b>	37.60	1:17.07
5.	Jenny Westervaarder	H2Oldambt	1:27.37	196200424	<b>1:28.31</b>	41.70	1:28.31
6.	Gea Kuiper	Zcnf'34	1:44.02	196100140	<b>1:40.55</b>	49.05	1:40.55
7.	Riekie Schra	Steenwijk 1934	2:03.98	196400404	<b>2:19.78</b>	1:04.40	2:19.78

H60+, Heren

1.	Paul Bunnik	Triton	1:07.86	195600413	<b>1:08.74</b>	32.36	1:08.74
2.	Marius Ros	Zcnf'34	1:14.13	195900779	<b>1:16.67</b>	37.39	1:16.67
3.	Pier van der Sluis	SG FZC54-De Vikings 1	1:18.42	195900757	<b>1:18.33</b>	37.00	1:18.33
4.	André Pantekoek	Psv	1:22.00	195800321	<b>1:20.11</b>	38.08	1:20.11
DIS	Wiebren Dijkstra	HZ&PC Heerenveen	1:16.00	195800745		39.15	

AA - Gestart voor het startsignaal (en wel gezwommen).

D60+, Dames

1.	Linda Wibbelink	Steenwijk 1934	1:17.00	195900158	<b>1:15.91</b>	36.67	1:15.91
2.	Marjan Spoelstra	Swol 1894	1:22.73	196000236	<b>1:22.01</b>	39.66	1:22.01
3.	Monica Bakker	Steenwijk 1934	1:20.88	195600082	<b>1:22.89</b>	39.78	1:22.89
4.	Els Hertsworm	Ijzpc	1:28.00	195700184	<b>1:24.15</b>	40.30	1:24.15
5.	Hannie Poletiek	TriVia	1:25.34	195900278	<b>1:24.27</b>	39.79	1:24.27
AFGEM	Pia van der Molen	Avena	1:24.02	196000116			

H65+, Heren

1.	Rob Berkhof	Swol 1894	1:40.00	195200245	<b>1:25.25</b>	41.02	1:25.25
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D70+, Dames

1.	A. Gilding-Tussaud	WS Twente 1	1:43.51	195000038	<b>1:46.41</b>	49.44	1:46.41
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Programmanr. 7, 50m schoolslag

**D40+, Dames**

1.	Monique Boets	ZPC Stadskanaal	39.04	197600230	<b>38.78</b>
2.	Inge Roskam	De Duinkickers	38.51	197801296	<b>38.89</b>
3.	Eveline Hacquebord	Ijzpc	39.30	197901206	<b>40.27</b>
4.	Margriet Daalman	De Spatters	42.86	197801368	<b>42.38</b>
5.	Margriet Leeffers	Deltasteur	46.00	197800448	<b>46.39</b>
6.	Gea van der Schaaf	Deltasteur	48.16	197901558	<b>47.72</b>
7.	Saskia op den Velde	De Duinkickers	46.61	197901530	<b>50.20</b>

**H45+, Heren**

1.	Kees Bakker	Gay Swim Amsterdam	33.50	197501055	<b>33.05</b>
2.	Michael van Bekkum	Swol 1894	34.69	197200051	<b>34.98</b>
3.	Heiner Stevens	ZIGNEA	34.91	197201299	<b>35.41</b>
4.	Martijn de Jong	Dwk	38.54	197101659	<b>36.96</b>
5.	Henk de Roos	Zpd	38.99	197101453	<b>38.80</b>
6.	Pieter Bardelmeijer	Deltasteur	41.36	197201665	<b>42.62</b>
AFGEM	Alistair Critchell	Deltasteur	37.86	197101655	

**D45+, Dames**

1.	Miranda Straetemans	ZIGNEA	40.15	197400514	<b>40.97</b>
2.	Annet Kootstra	Swol 1894	48.33	197100344	<b>48.90</b>
3.	Saskia Verbeek	Batavia Swim	51.12	197501004	<b>52.16</b>

**H50+, Heren**

1.	Guido Keutgen	Steenwijk 1934	35.09	196801551	<b>36.14</b>
2.	Marcel Brittijn	De Duinkickers	38.93	196900159	<b>40.46</b>
3.	Maarten Koolman	Zuiderzeezwemmers	47.99	196801649	<b>48.67</b>

**D50+, Dames**

1.	Roelien Speelman-Tigelaar	De Spatters	44.21	196600664	<b>44.37</b>
2.	Monique Berentse	Batavia Swim	55.14	196901066	<b>57.48</b>
AFGEM	Annette Korving-Leijenaar	Aqualero	44.00	196700662	

**H55+, Heren**

1.	Bertjan Schelhaas	Dwt	35.02	196501577	<b>36.14</b>
2.	Peter van Maurik	MSV-Zeemacht	41.84	196301425	<b>37.48</b>
3.	Ronald Grove	Triton	37.23	196100161	<b>37.78</b>
4.	Casper Dollekamp	Steenwijk 1934	39.05	196301341	<b>38.34</b>
5.	Jan Wierenga	ZV De Aalscholver	38.08	196400843	<b>38.97</b>
6.	Ronald van Vliet	ZV De Aalscholver	40.08	196300997	<b>39.85</b>
7.	Henk Kuipers	Zpc Amersfoort	40.02	196201207	<b>40.77</b>
8.	René Bakker	ZIGNEA	43.87	196501245	<b>42.49</b>
9.	Jack Barends	WS Twente 1	42.09	196201011	<b>43.31</b>
10.	Hans van Scheepen	Steenwijk 1934	44.41	196201245	<b>46.34</b>
11.	Roel van der Schee	Batavia Swim	48.00	196301389	<b>49.76</b>
AFGEM	Frans Zoutberg	ZV De Aalscholver	41.78	196101145	

**D55+, Dames**

1.	Francine Sommer	Triton	45.31	196200384	<b>45.14</b>
2.	Annemarie Vuist	Swol 1894	45.45	196300282	<b>45.63</b>
3.	Wilna Heijman	Steenwijk 1934	44.94	196400506	<b>46.83</b>
4.	Petra Ros	Zcnf'34	48.93	196100398	<b>50.02</b>
5.	Ellen Parma	Triton	49.36	196200366	<b>50.43</b>
AFGEM	Christine Buist	De Duinkickers	48.16	196400608	

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Programmanr. 7, 50m schoolslag

H60+, Heren

1.	Paul Bunnik	Triton	37.44	195600413	<b>37.35</b>
2.	Pier van der Sluis	SG FZC54-De Vikings 1	40.98	195900757	<b>43.25</b>
3.	Wiebren Dijkstra	HZ&PC Heerenveen	43.90	195800745	<b>44.56</b>
4.	Robert Schulein	H2Oldambt	46.32	195900843	<b>44.95</b>
5.	John Dam	ZIGNEA	44.15	196000915	<b>45.30</b>
6.	Janos Loczi	Daw	44.07	195800267	<b>46.80</b>
7.	Herbert Katgert	WS Twente 1	49.79	195900739	<b>49.10</b>

D60+, Dames

1.	Hannie Poletiek	TriVia	47.53	195900278	<b>49.17</b>
2.	Willy Schoenmaker-ter Veer	Dwk	50.48	195900254	<b>51.67</b>
3.	Jennie Resink-lindeboom	Dwk	51.44	196000142	<b>51.71</b>

H65+, Heren

1.	Jappie Kuiper	Swol 1894	47.00	195500417	<b>47.35</b>
2.	Rob Berkhof	Swol 1894	1:00.00	195200245	<b>49.60</b>
3.	Bert Veerkamp	Zuiderzeezwemmers	59.43	195200271	<b>1:07.28</b>

H70+, Heren

1.	Henk Oostendorp	ZV De Bron	55.00	194800093	<b>56.26</b>
AFGEM	Mans Buis	Swol 1894	52.17	194700133	

D70+, Dames

1.	Bea Swijnenberg	Swol 1894	46.75	194900010	<b>47.29</b>
2.	Annet Verhoeven - Steggerda	De Duinkickers	50.37	194600024	<b>55.60</b>

H75+, Heren

1.	Rob Hanou	Psv	45.00	194300109	<b>45.03</b>
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Programmanr. 8  
8-2-2020 - 17:45

4 x 50m vrije slag

lft 80 - 279  
Resultaten

rang	vereniging	intijd	klasse	tijd
<b>H120+, Heren</b>				
1.	Deltasteur 2	Deltasteur	2:00.82	<b>2:05.21</b>
	Pieter Bardelmeijer	72 +0,70 31.84	Patrick de Jonge	89 +0,36 27.94
	Sander de Velde	83 +0,33 33.43	Bob Potkamp	94 +0,75 32.00
<b>D120+, Dames</b>				
1.	MSV-Zeemacht 1	MSV-Zeemacht	2:09.47	<b>2:08.26</b>
	Annette van Dok	68 +0,78 38.77	Suzanne Mosch	94 +0,36 29.69
	Bianca Groot	70 +0,41 31.10	Tessa Mosch	91 +0,37 28.70
2.	HZ&PC Heerenveen 3	HZ&PC Heerenveen	2:15.00	<b>2:11.53</b>
	Monique Jansma	85 34.24	Lysbeth Wiersma	92 31.86
	Michelle Frijlink	84 36.49	Fraukje Puts	92 28.94
3.	Steenwijk 1934 1	Steenwijk 1934	2:21.71	<b>2:19.42</b>
	Ellen Oenema	92 +0,87 35.71	Linda Wibbelink	59 +0,18 33.53
	Lonneke Oenema	91 32.02	Leonie Scholten	79 38.16
<b>Mix 120+, Gemengd</b>				
1.	Steenwijk 1934 1	Steenwijk 1934	1:50.72	<b>1:51.20</b>
	Charlotte Groeneveld	87 +0,71 30.50	Jacyntha Plat	90 +0,39 28.98
	Lauren Vis	82 +0,33 24.91	Diederik de Boer	00 +0,50 26.81
2.	Aalscholver 1	ZV De Aalscholver	2:08.66	<b>2:06.45</b>
	Sophia Snoek	99 +0,53 33.28	Joyce Bakker	96 +0,46 34.20
	Jan Wierenga	64 +0,28 29.29	Jos Verhoeven	63 +0,47 29.68

Zuyderzee Masters Circuit 2019-2020 deel 6  
Heerenveen, 8-2-2020

Programmanr. 8, 4 x 50m vrije slag

H160+, Heren

1. Triton 1	Triton			1:56.35			<b>1:55.73</b>
Jaro Oosting	99	+0,89	30.43	Paul Bunnik	56	+0,39	30.74
Tim Bunnik	90	+0,07	24.94	Ronald Grove	61	+0,37	29.62
2. Swol 1894 1	Swol 1894			1:53.65			<b>1:56.10</b>
Han Boone	77		30.07	Henk Boswinkel	76	+0,37	28.69
Peter Lommert	79		29.11	Michael van Bekkum	72	+0,50	28.23

D160+, Dames

1. Triton 2	Triton			2:12.64			<b>2:15.23</b>
Marieke Gorter	00	+0,69	32.81	Janine van Kooten	84	+0,32	33.36
Margriet Grove-Lingeman	62	+0,39	33.50	Francine Sommer	62		35.56

Mix 160+, Gemengd

1. HZ&PC Heerenveen 2	HZ&PC Heerenveen			2:24.50			<b>2:20.89</b>
Arnold Jonker	70		37.95	Jannie Vennik	76		35.85
Esther de With	90	+0,62	37.37	Pieter Ponne	76	+0,22	29.72

H200+, Heren

1. De Duinkickers 1	De Duinkickers			1:57.46			<b>1:58.80</b>
Mathieu Rikken	67		29.33	Robert de Brauwer	64		29.67
Marcel Brittijn	69		30.60	Richard Hill	66		29.20

AFGEM Steenwijk 1934 1

Steenwijk 1934 2:07.44

Mix 200+, Gemengd

1. ZIGNEA 1	ZIGNEA			2:16.77			<b>2:11.10</b>
Miranda Straetemans	74	+0,85	36.11	René Bakker	65	+0,28	32.00
Miranda Keijl	65		34.95	Heiner Stevens	72	+0,28	28.04
2. Swol 1894 2	Swol 1894			2:12.00			<b>2:14.18</b>
Miriam Visserman	87	+0,59	32.23	Annemarie Vuist	63	+0,42	38.37
Kasper van den Berghe	73	+0,72	30.28	Jappie Kuiper	55		33.30
3. Zcnf'34 1	Zcnf'34			2:47.76			<b>2:52.39</b>
Gea Kuiper	61	+0,74	45.64	Petra Ros	61	+0,78	47.42
Cor van Leeuwen	62		42.94	Marius Ros	59		36.39
4. Batavia Swim 1	Batavia Swim			3:10.00			<b>3:02.50</b>
Monique Berentse	69	+1,06	58.57	Saskia Verbeek	75	+0,48	44.11
Eric van den Blink	70	+0,24	38.30	Roel van der Schee	63	+0,64	41.52

Mix 240+, Gemengd

1. HZ&PC Heerenveen 1	HZ&PC Heerenveen			2:23.00			<b>2:20.79</b>
Wiebren Dijkstra	58		35.12	Peggi Hurenkamp	69		34.12
Ineke Meijer	52		43.07	Marten de Groot	58	+0,42	28.48

BM Deltasteur 1

Deltasteur				2:00.85			<b>2:08.51</b>
Sigrit Aarten	93	+0,67	32.53	Thirza Bollema	00	+0,55	34.83
Gea van der Schaaf	79	+0,57	33.14	Tom de Lange	93	+0,33	28.01