

ZMC deel 4 - Alkmaar
Alkmaar, 10-4-2022

Programmanr. 1
10-04-2022 - 13:45

50m schoolslag

Gebjr 1933 - 2002
Resultaten

| rang | naam | vereniging | intijd | zwemtijd | |
|---------------------------|--|--------------------|--------|-----------|--------------|
| Masters 20+, Heren | | | | | |
| 1. | Bartho Visser | Z&PC Triton Putten | 34.42 | 200005595 | 36.78 |
| Masters 25+, Heren | | | | | |
| 1. | Bas Dries <i>Alkmaar ZMC Record</i> | ZV Hoogland | 31.81 | 199505177 | 31.36 |
| 2. | Tom de Lange | Deltasteur | 34.05 | 199300303 | 33.70 |
| 3. | Mihail Tratsiuk | SwimGym | 42.00 | 199506303 | 37.60 |
| Masters 30+, Heren | | | | | |
| 1. | Marten Ettema | HZ&PC Heerenveen | 37.34 | 199007703 | 35.79 |
| 2. | Laurens de Nijn | SwimGym | 38.15 | 199107815 | 37.48 |
| 3. | Rene Knijpstra | ZPC Isis | 41.01 | 198806181 | 39.92 |
| Masters 35+, Heren | | | | | |
| 1. | Yuri van Omme <i>Alkmaar ZMC Record</i> | ZV Hoogland | 31.84 | 198501887 | 32.78 |
| 2. | Dennis Kraakman | DAW | 35.10 | 198705325 | 34.08 |
| 3. | Mark Brinkhuis | TriVia | 39.08 | 198302609 | 39.52 |
| Masters 40+, Heren | | | | | |
| 1. | Michiel Brinkman | DAW | 38.00 | 198001991 | 38.69 |
| 2. | Peter Lommert | Swol 1894 | 40.67 | 197900787 | 40.19 |
| AFGEM | Simon van Ravesteijn | WVZ | 31.96 | 198002263 | |
| Masters 45+, Heren | | | | | |
| AFGEM | Bas Spoelstra | AZ&PC De Futen | 35.89 | 197701573 | |
| Masters 50+, Heren | | | | | |
| 1. | Hans Schoenmakers | DAW | 36.19 | 196900863 | 38.36 |
| 2. | Alistair Critchell | Deltasteur | 39.99 | 197101655 | 39.92 |
| 3. | Marcel Brittijn | De Duinkickers | 40.10 | 196900159 | 41.55 |
| 4. | Taco Eikelenboom | AZ&PC De Futen | 41.89 | 196900275 | 42.17 |
| AFGEM | Pieter Bardelmeijer | Deltasteur | 42.80 | 197201665 | |
| AFGEM | Steven Kliffen | DAW | 50.00 | 197001683 | |
| Masters 55+, Heren | | | | | |
| 1. | Arnold de Rover <i>Alkmaar ZMC Record</i> | AZ&PC De Futen | 38.50 | 196400645 | 38.77 |
| Masters 60+, Heren | | | | | |
| 1. | Marten de Groot | HZ&PC Heerenveen | 41.23 | 195800149 | 42.12 |
| 2. | Pier van der Sluis | De Vikings | 43.25 | 195900757 | 48.83 |
| 3. | André Pantekoek | PSV | 49.00 | 195800321 | 51.04 |
| Masters 65+, Heren | | | | | |
| 1. | Paul Bunnik <i>Alkmaar ZMC Record</i> | WZ&PC Triton | 39.99 | 195600413 | 39.38 |

ZMC deel 4 - Alkmaar
Alkmaar, 10-4-2022

Programmanr. 1, 50m schoolslag

Masters 70+, Heren

| | | | | | |
|----|----------------|-----|-------|-----------|--------------|
| 1. | Nello Spitteri | DAW | 56.40 | 195200295 | 54.39 |
|----|----------------|-----|-------|-----------|--------------|

Masters 75+, Heren

| | | | | | |
|----|-----------|-----------|-------|-----------|--------------|
| 1. | Mans Buis | Swol 1894 | 55.20 | 194700133 | 57.17 |
|----|-----------|-----------|-------|-----------|--------------|

Masters 20+, Dames

| | | | | | |
|----|-----------------|--------------|-------|-----------|--------------|
| 1. | Sanne Rotteveel | MSV-Zeemacht | 48.00 | 200001550 | 45.02 |
| 2. | Rifki Kornik | SwimGym | 54.00 | 200106376 | 54.00 |

Masters 25+, Dames

| | | | | | |
|----|---------------|-------------|-------|-----------|--------------|
| 1. | Mirte Visser | DAW | 42.39 | 199606788 | 44.43 |
| 2. | Riëlle Veraar | ZV Hoogland | 46.55 | 199307534 | 48.04 |
| 3. | Lisa Dijkstra | SwimGym | 53.00 | 199407584 | 49.56 |

Masters 30+, Dames

| | | | | | |
|----|---------------------------|------------------|-------|-----------|--------------|
| 1. | Jacyntha Plat | Steenwijk 1934 | 35.61 | 199002956 | 37.50 |
| 2. | Tessa Mosch | MSV-Zeemacht | 40.40 | 199102172 | 41.67 |
| 3. | Danila van den Hoogenband | Z&PV Nuenen | 45.60 | 199001558 | 45.45 |
| 4. | Jana Brummel | SwimGym | 53.00 | 198807018 | 47.88 |
| 5. | Marjan Rikken | SG Octopus - ZVV | 46.47 | 199206114 | 47.89 |

Masters 35+, Dames

| | | | | | |
|----|--------------------|----------------------|-------|-----------|--------------|
| 1. | Liesbeth van Mill | Zwemlust- den Hommel | 41.13 | 198702786 | 41.99 |
| 2. | Jolanda Jansen | DAW | 45.24 | 198605384 | 43.22 |
| 3. | Angela Giezen | ZV Hoogland | 41.92 | 198302796 | 43.60 |
| 4. | Sofia Robbe Bender | SwimGym | 46.00 | 198706274 | 44.11 |

Masters 40+, Dames

| | | | | | |
|----|---|----------------|-------|-----------|--------------|
| 1. | Laura Badoux <i>Alkmaar ZMC Record</i> | DAW | 35.24 | 198200038 | 37.37 |
| 2. | Inge Roskam | De Duinkickers | 38.10 | 197801296 | 40.45 |
| 3. | Kristel Lips | ZV De Bron | 42.56 | 197900562 | 43.17 |

Masters 45+, Dames

| | | | | | |
|----|----------------------|--------------------|-------|-----------|--------------|
| 1. | Monica Korndewal | ZPC AMERSFOORT | 41.36 | 197701258 | 41.54 |
| 2. | Joria Damhuis | SwimGym | 42.60 | 197601154 | 42.49 |
| 3. | Ilonka van der Meer | Widex GZC Donk | 43.90 | 197601168 | 43.79 |
| 4. | Grietje van der Hoek | Z&PC Triton Putten | 46.00 | 197401086 | 57.37 |

Masters 50+, Dames

| | | | | | |
|-------|-----------------------|--------------|-------|-----------|--------------|
| 1. | Annette de Visser | Oceanus | 43.98 | 197100602 | 44.93 |
| 2. | Inken Wemheuer | DWT | 48.00 | 197101016 | 48.04 |
| 3. | Annette van Dok | MSV-Zeemacht | 53.54 | 196800742 | 54.79 |
| AFGEM | Trudie van Niejenhuis | TZC Vahalis | 41.95 | 197100444 | |
| AFGEM | Bianca Groot | MSV-Zeemacht | 41.54 | 197000652 | |
| AFGEM | Iris van Aurich | DWK | 41.19 | 196900866 | |

Masters 55+, Dames

| | | | | | |
|----|--|----------------|---------|-----------|----------------|
| 1. | Jacqueline Tuin <i>Alkmaar ZMC Record</i> | DAW | 38.49 | 196600690 | 40.06 |
| 2. | Annette Korving-Leijenaar | Aqualero | 44.00 | 196700662 | 43.61 |
| 3. | Wilna Heijman | Steenwijk 1934 | 49.53 | 196400506 | 47.36 |
| 4. | Riekje Schra | Steenwijk 1934 | 1:04.84 | 196400404 | 1:08.62 |

ZMC deel 4 - Alkmaar
Alkmaar, 10-4-2022

Programmanr. 1, 50m schoolslag

Masters 60+, Dames

| | | | | | |
|-------|----------------------------|---------------------------|-------|-----------|--------------|
| 1. | Willy Schoenmaker-ter Veer | DWK | 52.81 | 195900254 | 50.54 |
| 2. | Jennie Resink-lindeboom | DWK | 52.66 | 196000142 | 53.57 |
| AFGEM | Jacqueline Brouwer | Enkhuizer Zwem Vereniging | 54.92 | 196100296 | |

Masters 75+, Dames

| | | | | | |
|----|--------------------------|----------------|-------|-----------|--------------|
| 1. | A. Verhoeven - Steggerda | De Duinkickers | 51.65 | 194600024 | 56.49 |
|----|--------------------------|----------------|-------|-----------|--------------|

Programmanr. 2
10-04-2022 - 13:55

100m rugslag

Gebjr 1933 - 2002
Resultaten

rang naam vereniging intijd zwemtijd

Masters 25+, Heren

| | | | | | |
|----|---------------|--------------------|---------|-----------|----------------|
| 1. | Bas Dries | ZV Hoogland | 1:03.34 | 199505177 | 1:05.58 |
| 2. | Hans Stoffers | Z&PC Triton Putten | 1:08.65 | 199604027 | 1:14.17 |
| 3. | Rick Vaarkamp | Z&PC Triton Putten | 1:34.38 | 199404979 | 1:35.95 |

Masters 30+, Heren

| | | | | | |
|----|------------------|------------|---------|-----------|----------------|
| 1. | Patrick de Jonge | Deltasteur | 1:15.43 | 198906635 | 1:17.29 |
|----|------------------|------------|---------|-----------|----------------|

Masters 35+, Heren

| | | | | | |
|----|--------------|----------------|---------|-----------|----------------|
| 1. | Robert Braad | Steenwijk 1934 | 1:07.90 | 198600407 | 1:08.51 |
|----|--------------|----------------|---------|-----------|----------------|

Masters 40+, Heren

| | | | | | |
|----|--------------|----------------|---------|-----------|----------------|
| 1. | Robin Roskam | De Duinkickers | 1:47.85 | 197801831 | 1:34.54 |
|----|--------------|----------------|---------|-----------|----------------|

Masters 45+, Heren

| | | | | | |
|----|------------|-----|----|-----------|----------------|
| 1. | Alex Damen | DAW | NT | 197501371 | 1:12.99 |
|----|------------|-----|----|-----------|----------------|

Masters 50+, Heren

| | | | | | |
|----|------------------|----------------|---------|-----------|----------------|
| 1. | Arjan Bellaart | Oceanus | 1:09.90 | 196900079 | 1:12.21 |
| 2. | Taco Eikelenboom | AZ&PC De Futen | 1:36.42 | 196900275 | 1:33.86 |

Masters 55+, Heren

| | | | | | |
|----|------------------|----------------|---------|-----------|----------------|
| 1. | Arnold de Rover | AZ&PC De Futen | 1:18.00 | 196400645 | 1:18.50 |
| 2. | Casper Dollekamp | Steenwijk 1934 | 1:22.12 | 196301341 | 1:23.28 |

Masters 65+, Heren

| | | | | | |
|----|------------|-----------------|---------|-----------|----------------|
| 1. | Henk Slomp | Z&PC de Inktvis | 1:32.16 | 195500359 | 1:33.69 |
|----|------------|-----------------|---------|-----------|----------------|

Masters 70+, Heren

| | | | | | |
|----|-------------|-----------|---------|-----------|----------------|
| 1. | Rob Berkhof | Swol 1894 | 1:50.00 | 195200245 | 1:41.06 |
|----|-------------|-----------|---------|-----------|----------------|

Masters 20+, Dames

| | | | | | |
|----|----------------|----------------|---------|-----------|----------------|
| 1. | Amber Bellaart | Oceanus | 1:12.82 | 200101260 | 1:16.39 |
| 2. | Eline Hendriks | ZPC AMERSFOORT | 1:22.40 | 199802794 | 1:20.76 |

Masters 25+, Dames

| | | | | | |
|----|---------------------|-------------|---------|-----------|----------------|
| 1. | Anne-Irene Ducheine | ZV Hoogland | 1:09.47 | 199506824 | 1:11.21 |
| 2. | Mabel Suli | WVZ | 1:08.11 | 199307964 | 1:11.79 |
| 3. | Chantal Beijer | DWT | 1:16.60 | 199700884 | 1:15.95 |
| 4. | Tatiana Vanegas | SwimGym | 1:40.00 | 199706650 | 1:25.98 |

ZMC deel 4 - Alkmaar
Alkmaar, 10-4-2022

Programmanr. 2, 100m rugslag

Masters 30+, Dames

| | | | | |
|-------------------|------------------|---------|-----------|----------------|
| 1. Elmi Roelofsen | SG Octopus - ZVV | 1:15.66 | 199008198 | 1:15.22 |
| 2. Didem Tezerten | SwimGym | 1:28.00 | 198907588 | 1:25.48 |
| 3. Petra Zandstra | ZPC Isis | 1:48.93 | 199006248 | 1:49.93 |

Masters 35+, Dames

| | | | | |
|------------------|-------------|---------|-----------|----------------|
| 1. Angela Giezen | ZV Hoogland | 1:21.59 | 198302796 | 1:25.72 |
|------------------|-------------|---------|-----------|----------------|

Masters 40+, Dames

| | | | | |
|-------------------------------|----------------|---------|-----------|----------------|
| 1. Gea van der Schaaf | Deltasteur | 1:22.04 | 197901558 | 1:21.17 |
| 2. Esther Poortvliet - Koedam | De Duinkickers | 1:30.00 | 198001824 | 1:24.55 |

Masters 45+, Dames

| | | | | |
|--------------------|---------|---------|-----------|----------------|
| 1. Leontine Loeber | SwimGym | 1:27.44 | 197701010 | 1:30.49 |
|--------------------|---------|---------|-----------|----------------|

Masters 50+, Dames

| | | | | |
|--------------------|--------------|---------|-----------|----------------|
| 1. Annette van Dok | MSV-Zeemacht | 1:40.50 | 196800742 | 1:39.91 |
|--------------------|--------------|---------|-----------|----------------|

Masters 60+, Dames

| | | | | |
|-------------------|---------|---------|-----------|----------------|
| 1. Katinka Elders | Oceanus | 1:46.57 | 196000292 | 1:50.94 |
| 2. Gea Kuiper | ZCNF'34 | 2:04.62 | 196100104 | 2:00.87 |

Masters 65+, Dames

| | | | | |
|-------------------|--------|---------|-----------|----------------|
| 1. Margriet Pasma | TriVia | 1:40.69 | 195500088 | 1:39.53 |
|-------------------|--------|---------|-----------|----------------|

Programmanr. 3
10-04-2022 - 14:05

400m vrije slag

Gebjr 1933 - 2002
Resultaten

| rang naam | vereniging | intijd | zwentijd | 100m | 200m | 300m | 400m |
|---------------------------|----------------|---------|-----------|----------------|---------|---------|---------|
| Masters 25+, Heren | | | | | | | |
| 1. Jeffrey Camphens | DWT | 4:31.35 | 199503113 | 4:36.39 | 1:07.02 | 2:17.37 | 4:36.39 |
| <i>Alkmaar ZMC Record</i> | | | | | | | |
| 2. Bas Dries | ZV Hoogland | 4:44.42 | 199505177 | 4:49.20 | 1:08.32 | 2:20.40 | 4:49.20 |
| Masters 30+, Heren | | | | | | | |
| 1. Tim Bunnik | WZ&PC Triton | 4:38.10 | 199000505 | 4:48.52 | 1:07.31 | 2:20.14 | 4:48.52 |
| <i>Alkmaar ZMC Record</i> | | | | | | | |
| 2. Rene Knijpstra | ZPC Isis | 5:33.75 | 198806181 | 5:46.19 | 1:18.83 | 2:46.47 | 5:46.19 |
| 3. Patrick de Jonge | Deltasteur | 5:44.48 | 198906635 | 6:06.08 | 1:14.30 | 2:45.61 | 6:06.08 |
| Masters 35+, Heren | | | | | | | |
| 1. Mark Brinkhuis | TriVia | 6:15.07 | 198302609 | 6:08.58 | 1:26.17 | 2:59.85 | 6:08.58 |
| Masters 40+, Heren | | | | | | | |
| 1. Peter Lommert | Swol 1894 | 6:06.00 | 197900787 | 5:35.47 | 1:16.15 | 2:43.01 | 5:35.47 |
| 2. Michiel Brinkman | DAW | 5:21.79 | 198001991 | 5:40.10 | 1:14.59 | 2:45.13 | 5:40.10 |
| Masters 45+, Heren | | | | | | | |
| 1. Erwin Zuidervelt | AZ&PC De Futen | 5:19.73 | 197501015 | 5:24.11 | 1:15.47 | 2:38.88 | 5:24.11 |
| 2. Alexander Trubin | SwimGym | 6:30.00 | 198403381 | 6:20.64 | 1:26.41 | 3:03.14 | 6:20.64 |
| 3. R. Gonzalez Marquez | SwimGym | 6:45.00 | 197701757 | 6:25.05 | 1:27.62 | 3:05.99 | 6:25.05 |
| AFGEM Markus van Rest | WVZ | 5:00.94 | 197701197 | | | | |

ZMC deel 4 - Alkmaar
Alkmaar, 10-4-2022

Programmanr. 3, 400m vrije slag

Masters 50+, Heren

| | | | | | | | |
|--------------------|-----------|---------|-----------|----------------|---------|---------|---------|
| 1. Arjan Bellaart | Oceanus | 5:10.88 | 196900079 | 5:11.73 | 1:14.02 | 2:33.02 | 5:11.73 |
| 2. Bob Ellermeijer | Oude Veer | 5:15.50 | 196800251 | 5:27.06 | 1:12.66 | 2:35.23 | 5:27.06 |

Masters 55+, Heren

| | | | | | | | |
|----------------------|-----------|---------|-----------|----------------|---------|---------|---------|
| 1. Richard Huisman | Oude Veer | 5:10.50 | 196701441 | 5:13.41 | 1:12.67 | 2:33.79 | 5:13.41 |
| 2. Fons van Kesteren | SwimGym | 6:40.00 | 196301479 | 6:14.11 | 1:26.48 | 3:03.11 | 6:14.11 |
| 3. Hugo Keizer | SwimGym | 6:40.00 | 196301483 | 6:54.36 | 1:39.28 | 3:27.90 | 6:54.36 |

Masters 60+, Heren

| | | | | | | | |
|-----------------------|------------------|---------|-----------|----------------|---------|---------|---------|
| 1. Johan Remmits | ZPC AMERSFOORT | 5:03.47 | 196201159 | 5:04.65 | 1:13.24 | 2:31.78 | 5:04.65 |
| 2. Marten de Groot | HZ&PC Heerenveen | 5:11.43 | 195800149 | 5:06.37 | 1:15.91 | 2:35.40 | 5:06.37 |
| 3. Henk Kuipers | ZPC AMERSFOORT | 5:30.29 | 196201207 | 5:37.17 | 1:18.91 | 2:46.13 | 5:37.17 |
| 4. Pier van der Sluis | De Vikings | 6:23.39 | 195900757 | 6:25.86 | 1:30.32 | 3:09.66 | 6:25.86 |
| 5. André Pantekoek | PSV | 7:29.00 | 195800321 | 7:08.53 | 1:39.28 | 3:31.94 | 7:08.53 |

Masters 65+, Heren

| | | | | | | | |
|--|-----------------|---------|-----------|----------------|---------|---------|---------|
| 1. Henk Slomp <i>Alkmaar ZMC Record</i> | Z&PC de Inktvis | 5:54.88 | 195500359 | 5:45.75 | 1:21.64 | 2:51.50 | 5:45.75 |
| 2. Fred Zanting | TriVia | 6:40.00 | 195400323 | 6:15.12 | 1:28.04 | 3:04.55 | 6:15.12 |
| 3. Jaap Vis | TriVia | 6:10.00 | 195600515 | 6:20.88 | 1:26.36 | 2:59.05 | 6:20.88 |

Masters 80+, Heren

| | | | | | | | |
|--------------|-----|---------|-----------|----------------|---------|---------|---------|
| 1. Nic Geers | PSV | 8:32.73 | 193800007 | 8:46.65 | 2:02.23 | 4:20.93 | 8:46.65 |
|--------------|-----|---------|-----------|----------------|---------|---------|---------|

Masters 20+, Dames

| | | | | | | | |
|-------------------|---------|---------|-----------|----------------|---------|---------|---------|
| 1. Anna Morsink | SwimGym | 5:00.00 | 200100970 | 5:28.80 | 1:13.40 | 2:35.33 | 5:28.80 |
| 2. Amber Bellaart | Oceanus | 5:20.36 | 200101260 | 5:30.70 | 1:15.36 | 2:38.54 | 5:30.70 |

Masters 25+, Dames

| | | | | | | | |
|------------------------|------------------|---------|-----------|----------------|---------|---------|---------|
| 1. Anne-Irene Ducheine | ZV Hoogland | 5:06.75 | 199506824 | 5:08.79 | 1:13.98 | 2:34.03 | 5:08.79 |
| AFGEM Rixt Meijer | HZ&PC Heerenveen | 5:30.00 | 199700202 | | | | |

Masters 30+, Dames

| | | | | | | | |
|-------------------------|------------------|---------|-----------|----------------|---------|---------|---------|
| 1. Fraukje Puts | HZ&PC Heerenveen | 5:05.00 | 199206470 | 5:10.28 | 1:12.20 | 2:30.97 | 5:10.28 |
| 2. Marjan Rikken | SG Octopus - ZVV | 5:56.24 | 199206114 | 6:24.22 | | 3:06.46 | 6:24.22 |
| DIS Ellen van der Woerd | SwimGym | 7:00.00 | 198907590 | | | | |

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

Masters 35+, Dames

| | | | | | | | |
|----------------------|----------------------|---------|-----------|----------------|---------|---------|---------|
| 1. Liesbeth van Mill | Zwemlust- den Hommel | 5:55.34 | 198702786 | 5:43.16 | 1:21.37 | 2:48.19 | 5:43.16 |
| 2. Jolanda Jansen | DAW | 6:15.00 | 198605384 | 6:14.15 | 1:21.75 | 2:55.57 | 6:14.15 |
| 3. Mirjam Griffioen | Oude Veer | 7:46.20 | 198403544 | 7:43.24 | 1:46.31 | 3:43.47 | 7:43.24 |

Masters 40+, Dames

| | | | | | | | |
|------------------------|----------------|---------|-----------|----------------|---------|---------|---------|
| 1. Gea van der Schaaf | Deltasteur | 5:55.76 | 197901558 | 5:46.96 | 1:22.30 | 2:51.70 | 5:46.96 |
| 2. Inge Roskam | De Duinkickers | 6:42.52 | 197801296 | 6:39.70 | 1:31.51 | 3:12.61 | 6:39.70 |
| 3. Saskia op den Velde | De Duinkickers | 6:53.39 | 197901530 | 6:46.98 | 1:30.95 | 3:13.88 | 6:46.98 |

Masters 45+, Dames

| | | | | | | | |
|--|--------------------|---------|-----------|----------------|---------|---------|---------|
| 1. Liselotte Joling <i>Alkmaar ZMC Record</i> | PSV | 4:54.88 | 197500268 | 4:59.95 | 1:12.10 | 2:30.07 | 4:59.95 |
| 2. Alina Spijkerman | DAW | 5:50.46 | 197701220 | 5:26.35 | 1:14.41 | 2:39.00 | 5:26.35 |
| 3. Jannie Vennik | HZ&PC Heerenveen | 5:52.02 | 197601006 | 5:45.53 | 1:20.99 | 2:49.00 | 5:45.53 |
| 4. Monica Korndewal | ZPC AMERSFOORT | 7:00.00 | 197701258 | 6:12.06 | 1:26.21 | 3:01.06 | 6:12.06 |
| 5. Grietje van der Hoek | Z&PC Triton Putten | 7:18.01 | 197401086 | 7:29.32 | 1:47.02 | 3:41.91 | 7:29.32 |

ZMC deel 4 - Alkmaar
Alkmaar, 10-4-2022

Programmanr. 3, 400m vrije slag

Masters 50+, Dames

| | | | | | | | |
|---------------------------|------------------|---------|-----------|----------------|---------|---------|---------|
| 1. Annette de Visser | Oceanus | 5:31.92 | 197100602 | 5:26.64 | 1:15.57 | 2:38.85 | 5:26.64 |
| <i>Alkmaar ZMC Record</i> | | | | | | | |
| 2. Inken Wemheuer | DWT | 5:52.14 | 197101016 | 5:52.53 | 1:21.54 | 2:52.05 | 5:52.53 |
| 3. Peggi Hurenkamp | HZ&PC Heerenveen | 6:25.56 | 196900922 | 6:19.46 | 1:28.72 | 3:05.59 | 6:19.46 |
| 4. Greta Wyma-Teitsma | DWK | 7:18.94 | 197100696 | 7:16.24 | 1:41.21 | 3:34.06 | 7:16.24 |
| AFGEM Bianca Groot | MSV-Zeemacht | 5:11.84 | 197000652 | | | | |

Masters 55+, Dames

| | | | | | | | |
|---------------------------|----------------|---------|-----------|----------------|---------|---------|---------|
| 1. Wilna Heijman | Steenwijk 1934 | 5:31.32 | 196400506 | 5:34.29 | 1:19.63 | 2:44.53 | 5:34.29 |
| 2. Laura Staal | Oceanus | 6:15.20 | 196700358 | 5:54.72 | 1:22.12 | 2:53.07 | 5:54.72 |
| 3. Nicky Slinger | HPC Heemstede | 6:05.65 | 196600316 | 6:28.82 | 1:29.62 | 3:07.68 | 6:28.82 |
| AFGEM M. Remmits-de Lange | ZPC AMERSFOORT | 5:39.00 | 196300518 | | | | |

Masters 60+, Dames

| | | | | | | | |
|---------------------------|----------------|---------|-----------|----------------|---------|---------|---------|
| 1. P. Tossings-van de Hoo | Widex GZC Donk | 6:03.74 | 196100376 | 6:02.32 | 1:26.79 | 2:59.51 | 6:02.32 |
| 2. Linda Wibbelink | Steenwijk 1934 | 6:00.00 | 195900158 | 6:17.19 | 1:29.08 | 3:05.86 | 6:17.19 |
| 3. J. Resink-lindeboom | DWK | 6:49.58 | 196000142 | 6:49.14 | 1:34.97 | 3:21.36 | 6:49.14 |
| 4. Hannie Poletiek | TriVia | 6:46.20 | 195900278 | 6:57.43 | 1:36.17 | 3:21.59 | 6:57.43 |
| 5. Katinka Elders | Oceanus | 6:36.24 | 196000292 | 7:13.16 | 1:39.76 | 3:30.98 | 7:13.16 |
| 6. W. Schoenmaker-ter Ve | DWK | 8:45.00 | 195900254 | 8:00.13 | 1:50.88 | 3:53.38 | 8:00.13 |
| 7. Gea Kuiper | ZCNF'34 | 7:38.04 | 196100104 | 8:02.13 | 1:54.94 | 3:57.77 | 8:02.13 |

Masters 65+, Dames

| | | | | | | | |
|---------------------------------|----------------|---------|-----------|----------------|---------|---------|---------|
| 1. Atie Pijtak-Radersma | ZPC AMERSFOORT | 5:39.95 | 195600048 | 5:39.78 | 1:20.83 | 2:49.36 | 5:39.78 |
| <i>Nederlands Master Record</i> | | | | | | | |
| 2. Margriet Pasma | TriVia | 6:20.00 | 195500088 | 6:18.92 | 1:31.94 | 3:10.00 | 6:18.92 |
| <i>Alkmaar ZMC Record</i> | | | | | | | |
| 3. Monica Bakker | Steenwijk 1934 | 6:32.54 | 195600082 | 6:52.26 | 1:36.57 | 3:21.08 | 6:52.26 |

Masters 75+, Dames

| | | | | | | | |
|--------------------------|----------------|---------|-----------|----------------|---------|---------|---------|
| 1. Loekie van Huissteden | ZPC AMERSFOORT | 9:40.00 | 194500002 | 9:00.35 | 2:08.12 | 4:27.06 | 9:00.35 |
|--------------------------|----------------|---------|-----------|----------------|---------|---------|---------|

Programmanr. 4
10-04-2022 - 15:05

50m rugslag

Gebjr 1933 - 2002
Resultaten

| rang | naam | vereniging | intijd | zwemtijd | |
|--|-----------------|--------------------|--------|-----------|--------------|
| Masters 20+, Heren | | | | | |
| 1. | Bartho Visser | Z&PC Triton Putten | 34.94 | 200005595 | 35.44 |
| Masters 25+, Heren | | | | | |
| 1. | Hans Stoffers | Z&PC Triton Putten | 34.31 | 199604027 | 35.16 |
| 2. | Mihail Tratsiuk | SwimGym | 35.00 | 199506303 | 36.19 |
| 3. | Tom de Lange | Deltasteur | 39.59 | 199300303 | 39.16 |
| 4. | Rick Vaarkamp | Z&PC Triton Putten | 42.72 | 199404979 | 42.92 |
| Masters 30+, Heren | | | | | |
| 1. | Laurens de Nijn | SwimGym | 45.00 | 199107815 | 48.86 |
| DIS | Marten Ettema | HZ&PC Heerenveen | 38.00 | 199007703 | |
| <i>RA - Na start en/of keerpunt niet bij of voor de 15m met het hoofd het wateroppervlak doorbroken.</i> | | | | | |
| Masters 35+, Heren | | | | | |
| 1. | Robert Braad | Steenwijk 1934 | 31.51 | 198600407 | 31.52 |
| <i>Alkmaar ZMC Record</i> | | | | | |

ZMC deel 4 - Alkmaar
Alkmaar, 10-4-2022

Programmanr. 4, 50m rugslag

Masters 40+, Heren

| | | | | | |
|-------|----------------------|-----------|-------|-----------|--------------|
| 1. | Peter Lommert | Swol 1894 | 36.02 | 197900787 | 37.26 |
| AFGEM | Simon van Ravesteijn | WVZ | 34.70 | 198002263 | |

Masters 50+, Heren

| | | | | | |
|-------|---------------------|----------------|-------|-----------|-------------------|
| 1. | Taco Eikelenboom | AZ&PC De Futen | 39.37 | 196900275 | 41.14 FJ 1 |
| 2. | Marcel Brittijn | De Duinkickers | 38.73 | 196900159 | 41.14 FJ 2 |
| 3. | Alistair Critchell | Deltasteur | 41.67 | 197101655 | 43.98 |
| AFGEM | Pieter Bardelmeijer | Deltasteur | 48.35 | 197201665 | |
| AFGEM | Steven Kliffen | DAW | 45.00 | 197001683 | |

Masters 55+, Heren

| | | | | | |
|----|---------------------------|----------------|-------|-----------|--------------|
| 1. | Arnold de Rover | AZ&PC De Futen | 36.00 | 196400645 | 35.51 |
| | <i>Alkmaar ZMC Record</i> | | | | |
| 2. | Casper Dollekamp | Steenwijk 1934 | 37.75 | 196301341 | 38.10 |

Masters 60+, Heren

| | | | | | |
|----|---------------------------|------------------|-------|-----------|--------------|
| 1. | Johan Remmits | ZPC AMERSFOORT | 35.01 | 196201159 | 34.90 |
| | <i>Alkmaar ZMC Record</i> | | | | |
| 2. | Henk Kuipers | ZPC AMERSFOORT | 37.59 | 196201207 | 37.16 |
| 3. | Marten de Groot | HZ&PC Heerenveen | 39.76 | 195800149 | 40.08 |

Masters 65+, Heren

| | | | | | |
|----|-------------|-----------------|-------|-----------|--------------|
| 1. | Paul Bunnik | WZ&PC Triton | 42.00 | 195600413 | 40.62 |
| 2. | Henk Slomp | Z&PC de Inktvis | 41.00 | 195500359 | 42.62 |

Masters 70+, Heren

| | | | | | |
|----|----------------|-----------|-------|-----------|--------------|
| 1. | Rob Berkhof | Swol 1894 | 50.00 | 195200245 | 44.31 |
| 2. | Nello Spitteri | DAW | 58.25 | 195200295 | 58.74 |

Masters 75+, Heren

| | | | | | |
|----|---------------------------|-----------|-------|-----------|--------------|
| 1. | Mans Buis | Swol 1894 | 47.80 | 194700133 | 51.50 |
| | <i>Alkmaar ZMC Record</i> | | | | |

Masters 80+, Heren

| | | | | | |
|----|-----------|-----|-------|-----------|--------------|
| 1. | Nic Geers | PSV | 48.30 | 193800007 | 53.03 |
|----|-----------|-----|-------|-----------|--------------|

Masters 20+, Dames

| | | | | | |
|----|-----------------|----------------|-------|-----------|--------------|
| 1. | Eline Hendriks | ZPC AMERSFOORT | 37.23 | 199802794 | 39.91 |
| 2. | Sanne Rotteveel | MSV-Zeemacht | 43.00 | 200001550 | 42.92 |

Masters 25+, Dames

| | | | | | |
|----|---------------------------|-------------|-------|-----------|--------------|
| 1. | Anne-Irene Ducheine | ZV Hoogland | 32.53 | 199506824 | 33.08 |
| | <i>Alkmaar ZMC Record</i> | | | | |
| 2. | Lieke Van Dam | SwimGym | 39.00 | 199507038 | 38.32 |
| 3. | Tatiana Vanegas | SwimGym | 50.00 | 199706650 | 40.50 |
| 4. | Mirte Visser | DAW | 42.54 | 199606788 | 42.34 |
| 5. | Riëlle Veraar | ZV Hoogland | 48.00 | 199307534 | 50.34 |

Masters 30+, Dames

| | | | | | |
|----|----------------|----------------|-------|-----------|--------------|
| 1. | Jacyntha Plat | Steenwijk 1934 | 33.93 | 199002956 | 34.81 |
| 2. | Tessa Mosch | MSV-Zeemacht | 36.84 | 199102172 | 36.60 |
| 3. | Didem Tezerten | SwimGym | 38.00 | 198907588 | 38.34 |
| 4. | Petra Zandstra | ZPC Isis | 49.57 | 199006248 | 50.81 |
| 5. | Jana Brummel | SwimGym | 50.00 | 198807018 | 53.29 |

ZMC deel 4 - Alkmaar
Alkmaar, 10-4-2022

Programmanr. 4, 50m rugslag

Masters 35+, Dames

| | | | | | |
|----|--------------------|---------|-------|-----------|--------------|
| 1. | Sofia Robbe Bender | SwimGym | 45.00 | 198706274 | 45.07 |
|----|--------------------|---------|-------|-----------|--------------|

Masters 40+, Dames

| | | | | | |
|----|--------------------|------------|-------|-----------|--------------|
| 1. | Gea van der Schaaf | Deltasteur | 37.46 | 197901558 | 36.60 |
| 2. | Kristel Lips | ZV De Bron | 39.79 | 197900562 | 40.62 |

Masters 45+, Dames

| | | | | | |
|----|---------------------|----------------|-------|-----------|--------------|
| 1. | Alina Spijkerman | DAW | 40.00 | 197701220 | 37.63 |
| 2. | Ilonka van der Meer | Widex GZC Donk | 43.32 | 197601168 | 44.68 |
| 3. | Nienke Oosterhuis | MSV-Zeemacht | 48.00 | 197501002 | 44.80 |

Masters 50+, Dames

| | | | | | |
|-------|-----------------------|--------------|-------|-----------|--------------|
| 1. | Cherry Bas-Ott | DAW | 45.00 | 197100464 | 43.01 |
| 2. | Annette van Dok | MSV-Zeemacht | 46.07 | 196800742 | 45.51 |
| 3. | Carolina Halkes | SwimGym | 55.00 | 196800956 | 58.74 |
| AFGEM | Trudie van Niejenhuis | TZC Vahalis | 38.09 | 197100444 | |
| AFGEM | Iris van Aurich | DWK | 39.79 | 196900866 | |

Masters 55+, Dames

| | | | | | |
|----|--|----------------|---------|-----------|----------------|
| 1. | Jacqueline Tuin <i>Alkmaar ZMC Record</i> | DAW | 40.23 | 196600690 | 38.95 |
| 2. | Laura Staal | Oceanus | 39.50 | 196700358 | 40.53 |
| 3. | Riekie Schra | Steenwijk 1934 | 1:10.45 | 196400404 | 1:17.33 |

Masters 60+, Dames

| | | | | | |
|----|----------------------------|-----|-------|-----------|--------------|
| 1. | Jennie Resink-lindeboom | DWK | 47.01 | 196000142 | 45.56 |
| 2. | Willy Schoenmaker-ter Veer | DWK | 57.10 | 195900254 | 56.46 |

Masters 65+, Dames

| | | | | | |
|----|---|----------------|-------|-----------|--------------|
| 1. | Atie Pijtak-Radersma <i>Alkmaar ZMC Record</i> | ZPC AMERSFOORT | 38.94 | 195600048 | 39.90 |
|----|---|----------------|-------|-----------|--------------|

Programmanr. 5
10-04-2022 - 15:15

100m vlinderslag

Gebjr 1933 - 2002
Resultaten

| rang | naam | vereniging | intijd | zwemtijd |
|------|------|------------|--------|----------|
|------|------|------------|--------|----------|

Masters 30+, Heren

| | | | | | |
|----|---|--------------|---------|-----------|----------------|
| 1. | Tim Bunnik <i>Alkmaar ZMC Record</i> | WZ&PC Triton | 1:03.77 | 199000505 | 1:06.19 |
| 2. | Rene Knijpstra | ZPC Isis | 1:15.27 | 198806181 | 1:27.89 |
| 3. | Laurens de Nijn | SwimGym | 1:40.00 | 199107815 | 1:36.79 |

Masters 40+, Heren

| | | | | | |
|----|--------------|----------------|---------|-----------|----------------|
| 1. | Robin Roskam | De Duinkickers | 1:37.49 | 197801831 | 1:42.37 |
|----|--------------|----------------|---------|-----------|----------------|

Masters 45+, Heren

| | | | | | |
|-------|---|----------------|---------|-----------|----------------|
| 1. | Alex Damen <i>Alkmaar ZMC Record</i> | DAW | 1:09.50 | 197501371 | 1:10.96 |
| AFGEM | Bas Spoelstra | AZ&PC De Futen | 1:15.96 | 197701573 | |
| AFGEM | Markus van Rest | WVZ | 1:06.15 | 197701197 | |

ZMC deel 4 - Alkmaar
Alkmaar, 10-4-2022

Programmanr. 5, 100m vlinderslag

Masters 55+, Heren

1. Richard Huisman Oude Veer 1:25.45 196701441 **1:21.76**

Masters 65+, Heren

1. Paul Bunnik WZ&PC Triton 1:28.00 195600413 **1:27.25**

Masters 25+, Dames

1. Mirte Visser DAW 1:45.00 199606788 **1:36.19**
DIS Aleid Breuning SwimGym 2:00.00 199308004
VH - Niet met twee handen gelijktijdig keer- en/of eindpunt aangetikt.

Masters 30+, Dames

1. Elmi Roelofsen SG Octopus - ZVV 1:15.89 199008198 **1:18.25**
2. Danila van den Hoogenband Z&PV Nuenen 1:22.50 199001558 **1:21.13**

Masters 40+, Dames

1. Inge Roskam De Duinkickers 1:40.00 197801296 **1:35.05** FJ 1
2. Esther Poortvliet - Koedam De Duinkickers 1:35.00 198001824 **1:35.05** FJ 2
3. Saskia op den Velde De Duinkickers 1:47.44 197901530 **1:51.31**

Masters 45+, Dames

1. Leontine Loeber SwimGym 1:43.71 197701010 **1:34.79**
2. Jannie Vennik HZ&PC Heerenveen 1:46.42 197601006 **1:43.49**

Masters 55+, Dames

1. Nicky Slinger HPC Heemstede 1:33.78 196600316 **1:37.88**
AFGEM Marjan Remmits-de Lange ZPC AMERSFOORT 1:21.00 196300518

Programmanr. 6

200m schoolslag

Gebjr 1933 - 2002

10-04-2022 - 15:25

Resultaten

| rang | naam | vereniging | intijd | zwemtijd | 100m | 200m |
|---------------------------|--|--------------------|---------|-----------|----------------|-----------------|
| Masters 20+, Heren | | | | | | |
| 1. | Bartho Visser | Z&PC Triton Putten | 3:05.98 | 200005595 | 3:21.60 | 1:35.60 3:21.60 |
| Masters 25+, Heren | | | | | | |
| 1. | Jeffrey Camphens | DWT | 2:46.18 | 199503113 | 2:44.99 | 1:19.81 2:44.99 |
| 2. | Tom de Lange | Deltasteur | 2:56.93 | 199300303 | 2:58.25 | 1:25.27 2:58.25 |
| 3. | Hans Stoffers | Z&PC Triton Putten | 3:03.25 | 199604027 | 3:01.48 | 1:23.63 3:01.48 |
| 4. | Mihail Tratsiuk | SwimGym | 3:00.00 | 199506303 | 3:20.09 | 1:35.38 3:20.09 |
| 5. | Rick Vaarkamp | Z&PC Triton Putten | 3:26.36 | 199404979 | 3:37.71 | 1:43.25 3:37.71 |
| Masters 30+, Heren | | | | | | |
| 1. | Tim Bunnik | WZ&PC Triton | 2:50.47 | 199000505 | 2:51.89 | 1:23.08 2:51.89 |
| 2. | Marten Ettema | HZ&PC Heerenveen | 3:07.19 | 199007703 | 3:04.84 | 1:48.28 3:04.84 |
| Masters 35+, Heren | | | | | | |
| 1. | Yuri van Omme <i>Alkmaar ZMC Record</i> | ZV Hoogland | 2:37.29 | 198501887 | 2:38.86 | 1:15.35 2:38.86 |
| 2. | Dennis Kraakman | DAW | 2:59.60 | 198705325 | 2:55.26 | 1:23.26 2:55.26 |
| 3. | Mark Brinkhuis | TriVia | 3:13.50 | 198302609 | 3:11.49 | 1:32.52 3:11.49 |

ZMC deel 4 - Alkmaar
Alkmaar, 10-4-2022

Programmanr. 6, 200m schoolslag

Masters 40+, Heren

| | | | | | | | |
|----|---------------------------|---------|---------|-----------|----------------|---------|---------|
| 1. | Johan Kenkhuis | SwimGym | 2:50.00 | 198002347 | 2:44.56 | 1:18.15 | 2:44.56 |
| | <i>Alkmaar ZMC Record</i> | | | | | | |

Masters 45+, Heren

| | | | | | | | |
|-------|---------------|----------------|---------|-----------|--|--|--|
| AFGEM | Bas Spoelstra | AZ&PC De Futen | 3:02.20 | 197701573 | | | |
|-------|---------------|----------------|---------|-----------|--|--|--|

Masters 50+, Heren

| | | | | | | | |
|-------|---------------------|----------------|---------|-----------|----------------|---------|---------|
| 1. | Hans Schoenmakers | DAW | 3:00.09 | 196900863 | 3:12.15 | 1:30.43 | 3:12.15 |
| 2. | Bob Ellermeijer | Oude Veer | 3:10.50 | 196800251 | 3:22.40 | 1:36.51 | 3:22.40 |
| 3. | Marcel Brittijn | De Duinkickers | 3:40.00 | 196900159 | 3:32.26 | 1:43.79 | 3:32.26 |
| AFGEM | Pieter Bardelmeijer | Deltasteur | 3:35.00 | 197201665 | | | |

Masters 55+, Heren

| | | | | | | | |
|----|------------------|----------------|---------|-----------|----------------|---------|---------|
| 1. | Casper Dollekamp | Steenwijk 1934 | 3:29.01 | 196301341 | 3:27.19 | 1:39.09 | 3:27.19 |
|----|------------------|----------------|---------|-----------|----------------|---------|---------|

Masters 60+, Heren

| | | | | | | | |
|----|-----------------|-----|---------|-----------|----------------|---------|---------|
| 1. | André Pantekoek | PSV | 4:06.00 | 195800321 | 4:18.11 | 2:00.38 | 4:18.11 |
|----|-----------------|-----|---------|-----------|----------------|---------|---------|

Masters 75+, Heren

| | | | | | | | |
|----|-----------|-----------|---------|-----------|----------------|---------|---------|
| 1. | Mans Buis | Swol 1894 | 4:15.70 | 194700133 | 5:01.11 | 2:27.09 | 5:01.11 |
|----|-----------|-----------|---------|-----------|----------------|---------|---------|

Masters 25+, Dames

| | | | | | | | |
|-------|---------------------------|------------------|---------|-----------|----------------|---------|---------|
| 1. | Chantal Beijer | DWT | 2:58.47 | 199700884 | 2:59.04 | 1:26.47 | 2:59.04 |
| | <i>Alkmaar ZMC Record</i> | | | | | | |
| 2. | Lisa Dijkstra | SwimGym | 4:00.00 | 199407584 | 3:52.37 | 1:49.19 | 3:52.37 |
| AFGEM | Rixt Meijer | HZ&PC Heerenveen | 3:30.00 | 199700202 | | | |

Masters 30+, Dames

| | | | | | | | |
|----|---------------------------|------------------|---------|-----------|----------------|---------|---------|
| 1. | Loes Zanderink | SwimGym | 2:50.00 | 198805006 | 2:46.96 | 1:20.03 | 2:46.96 |
| | <i>Alkmaar ZMC Record</i> | | | | | | |
| 2. | Jacyntha Plat | Steenwijk 1934 | 2:50.91 | 199002956 | 3:02.17 | 1:26.67 | 3:02.17 |
| 3. | Fraukje Puts | HZ&PC Heerenveen | 3:10.00 | 199206470 | 3:10.59 | | 3:10.59 |

Masters 35+, Dames

| | | | | | | | |
|----|-------------------|----------------------|---------|-----------|----------------|---------|---------|
| 1. | Liesbeth van Mill | Zwemlust- den Hommel | 3:11.12 | 198702786 | 3:17.71 | 1:35.46 | 3:17.71 |
| 2. | Angela Giezen | ZV Hoogland | 3:17.31 | 198302796 | 3:35.40 | 1:43.13 | 3:35.40 |
| 3. | Mirjam Griffioen | Oude Veer | 4:10.21 | 198403544 | 4:03.23 | 1:58.80 | 4:03.23 |

Masters 40+, Dames

| | | | | | | | |
|----|---------------------------|------------|---------|-----------|----------------|---------|---------|
| 1. | Laura Badoux | DAW | 2:52.55 | 198200038 | 3:02.69 | 1:26.35 | 3:02.69 |
| | <i>Alkmaar ZMC Record</i> | | | | | | |
| 2. | Kristel Lips | ZV De Bron | 3:27.75 | 197900562 | 3:28.86 | 1:40.14 | 3:28.86 |

Masters 45+, Dames

| | | | | | | | |
|----|----------------------|--------------------|---------|-----------|----------------|---------|---------|
| 1. | Joria Damhuis | SwimGym | 3:25.97 | 197601154 | 3:22.38 | 1:36.86 | 3:22.38 |
| 2. | Monica Korndewal | ZPC AMERSFOORT | 3:30.00 | 197701258 | 3:31.07 | 1:41.94 | 3:31.07 |
| 3. | Ilonka van der Meer | Widex GZC Donk | 3:36.26 | 197601168 | 3:45.67 | 1:47.72 | 3:45.67 |
| 4. | Grietje van der Hoek | Z&PC Triton Putten | 4:10.00 | 197401086 | 4:32.20 | 2:13.73 | 4:32.20 |

ZMC deel 4 - Alkmaar
Alkmaar, 10-4-2022

Programmanr. 6, 200m schoolslag

Masters 50+, Dames

| | | | | | | | |
|-------|-----------------------|------------------|---------|-----------|----------------|---------|---------|
| | 1. Peggi Hurenkamp | HZ&PC Heerenveen | 4:01.00 | 196900922 | 3:45.04 | 1:48.16 | 3:45.04 |
| | 2. Greta Wyma-Teitsma | DWK | 3:57.37 | 197100696 | 4:07.17 | 2:00.84 | 4:07.17 |
| AFGEM | Bianca Groot | MSV-Zeemacht | 3:19.07 | 197000652 | | | |
| AFGEM | Iris van Aurich | DWK | 3:19.22 | 196900866 | | | |

Masters 55+, Dames

| | | | | | | | |
|--|-------------------------|---------------------------|---------|-----------|----------------|---------|---------|
| | 1. A. Korving-Leijenaar | Aqualero | 3:27.00 | 196700662 | 3:28.59 | 1:41.96 | 3:28.59 |
| | | <i>Alkmaar ZMC Record</i> | | | | | |
| | 2. Wilna Heijman | Steenwijk 1934 | 3:46.04 | 196400506 | 3:49.09 | 1:50.36 | 3:49.09 |
| | 3. Riekie Schra | Steenwijk 1934 | 5:04.50 | 196400404 | 5:11.87 | 2:32.26 | 5:11.87 |

Masters 60+, Dames

| | | | | | | | |
|-------|----------------------------|---------------------------|---------|-----------|----------------|---------|---------|
| | 1. P. Tossings-van de Hoov | Widex GZC Donk | 3:32.00 | 196100376 | 3:34.05 | 1:45.26 | 3:34.05 |
| | | <i>Alkmaar ZMC Record</i> | | | | | |
| | 2. Linda Wibbelink | Steenwijk 1934 | 3:20.00 | 195900158 | 3:48.28 | 1:47.88 | 3:48.28 |
| | 3. Hannie Poletiek | TriVia | 3:56.31 | 195900278 | 4:03.78 | 1:56.13 | 4:03.78 |
| AFGEM | Jacqueline Brouwer | Enkhuizer Zwem Vereniging | 4:02.13 | 196100296 | | | |

Masters 75+, Dames

| | | | | | | | |
|--|----------------------------|----------------|---------|-----------|----------------|---------|---------|
| | 1. A. Verhoeven - Steggerd | De Duinkickers | 4:28.42 | 194600024 | 5:01.11 | 2:20.87 | 5:01.11 |
|--|----------------------------|----------------|---------|-----------|----------------|---------|---------|

Programmanr. 7
10-04-2022 - 15:55

4 x 100m wisselslag

lft 80 - 319
Resultaten

| rang | vereniging | intijd | zwemtijd | |
|--------------------|--------------------|------------------|----------------|----------------------|
| 100+, Dames | | | | |
| 1. | SwimGym | 5:58.00 | 6:02.08 | |
| | Lieke Van Dam | 95 | 1:24.82 | Anna Morsink |
| | Loes Zanderink | 88 | 1:25.43 | Rifki Kornik |
| | | | 01 | 1:21.94 |
| | | | 01 | 1:49.89 |
| 120+, Dames | | | | |
| 1. | SwimGym | 7:03.13 | 7:08.71 | |
| | Tatiana Vanegas | 97 | 1:27.41 | Aleid Breuning |
| | Joria Damhuis | 76 | 1:35.09 | Carolina Halkes |
| | | | 93 | 2:27.00 |
| | | | 68 | 1:39.21 |
| AFGEM | HZ&PC Heerenveen 1 | HZ&PC Heerenveen | 5:53.50 | |
| 120+ | | | | |
| 1. | DAW | 5:32.29 | 5:33.32 | |
| | Michiel Brinkman | 80 | 1:21.86 | Alina Spijkerman |
| | Mirte Visser | 96 | 1:35.58 | Dennis Kraakman |
| | | | 77 | 1:28.22 |
| | | | 87 | 1:07.66 |
| 2. | Z&PC Triton Putten | 6:04.14 | 6:12.18 | |
| | Hans Stoffers | 96 | 1:14.69 | Rick Vaarkamp |
| | Bartho Visser | 00 | 1:26.86 | Grietje van der Hoek |
| | | | 94 | 1:50.61 |
| | | | 74 | 1:40.02 |
| 160+ | | | | |
| 1. | SwimGym | 6:21.71 | 5:55.34 | |
| | Didem Tezerten | 89 | 1:27.55 | Leontine Loeber |
| | Mihail Tratsiuk | 95 | 1:36.14 | Fons van Kesteren |
| | | | 77 | 1:35.47 |
| | | | 63 | 1:16.18 |

ZMC deel 4 - Alkmaar
Alkmaar, 10-4-2022

Programmanr. 7, 4 x 100m wisselslag

200+

| | | | | | | |
|----|---|----------------|---------|------------------|----------------|---------|
| 1. | ZPC AMERSFOORT 1 <i>Nederlands Master Record</i> | ZPC AMERSFOORT | 5:16.67 | | 5:35.37 | |
| | Atie Pijtak-Radersma | 56 | 1:25.10 | Johan Remmits | 62 | 1:14.94 |
| | Eline Hendriks | 98 | 1:45.88 | Henk Kuipers | 62 | 1:09.45 |
| 2. | DAW 2 | DAW | 5:33.70 | | 5:55.51 | |
| | Alex Damen | 75 | 1:13.55 | Ilona Hogerheyde | 74 | 1:18.08 |
| | Nello Spitteri | 52 | 2:08.39 | Jacqueline Tuin | 66 | 1:15.49 |