

Programmanr. 5
 17-2-2024

200m rugslag

 Masters
 Resultaten

rang	naam	vereniging	intijd	tijd	RT
Masters 20+, Heren					
1.	Devan Jonkers	Zeester Meerval	2:35.53	200201061	2:58.85
	50m: 39.24	100m: 1:23.19	150m: 2:10.85	200m: 2:58.85	+0,70
Masters 35+, Heren					
1.	Martijn Giezen	ZPC Amersfoort	2:25.70	198500813	2:22.42
	<i>Zuidelijke Cirkel Record</i>				+0,72
	50m: 32.27	100m: 1:08.18	150m: 1:44.97	200m: 2:22.42	
Masters 40+, Heren					
1.	Oscar Monge	IJZ&PC	2:50.93	198102599	2:57.25
	50m: 40.96	100m: 1:24.86	150m: 2:11.23	200m: 2:57.25	+0,66
2.	Ingmar Visser	De Biesboschzwemmers	3:22.32	198102317	3:19.63
	50m: 47.39	100m: 1:40.12	150m: 2:32.40	200m: 3:19.63	
Masters 45+, Heren					
1.	Stan Dekker	HHZV Plons	2:33.91	197901823	2:29.43
	50m: 34.53	100m: 1:12.58	150m: 1:51.23	200m: 2:29.43	+0,75
2.	Markus van Rest	WVZ	2:40.00	197701197	2:35.72
	50m: 37.10	100m: 1:16.63	150m: 1:56.70	200m: 2:35.72	+0,84
3.	Arjan Aalbers	Swol 1894	2:46.84	197500001	2:48.02
	<i>100m backup</i>				+0,73
	50m: 38.84	100m: 1:21.00	150m: 2:05.46	200m: 2:48.02	
AFGEM	Raymond Oosterbaan	GZC Donk	2:55.00	197700711	
Masters 50+, Heren					
1.	Bruno Nahon	Cercle De Natation Sportcity	2:45.00	CNSW/000390/70	2:44.31
	<i>100m backup tijd</i>				+0,81
	50m: 38.66	100m: 1:19.26	150m: 2:01.73	200m: 2:44.31	
2.	Paul van den Heuvel	Arethusa	2:45.00	197000441	2:51.59
	<i>Backup eindtijd</i>				+0,81
	50m: 41.05	100m: 1:24.57	150m: 2:08.88	200m: 2:51.59	
3.	Jacques Verriet	VZV Njord	2:54.33	197001039	2:57.05
	50m: 41.82	100m: 1:25.81	150m: 2:12.26	200m: 2:57.05	+0,86
4.	Jeroen Hoeksel	ZV Vlaardingen-Schiedam	3:15.48	197401533	3:20.55
	50m: 47.50	100m: 1:39.05	150m: 2:30.23	200m: 3:20.55	+0,87
Masters 60+, Heren					
1.	Hans Vloedgraven	Old Dutch Breda	2:50.97	196400917	2:51.44
	50m: 41.30	100m: 1:25.12	150m: 2:08.73	200m: 2:51.44	+0,69
2.	André Schutte	Z & PC De Zeeuwse Kust	NT	196000521	3:26.32
	<i>50m en 100m backup</i>				
	50m: 47.89	100m: 1:39.47	150m: 2:33.35	200m: 3:26.32	
Masters 60+, Heren					
1.	Hans Vloedgraven	Old Dutch Breda	2:50.97	196400917	2:51.44
	50m: 41.30	100m: 1:25.12	150m: 2:08.73	200m: 2:51.44	+0,69
2.	André Schutte	Z & PC De Zeeuwse Kust	NT	196000521	3:26.32
	<i>50m en 100m backup</i>				
	50m: 47.89	100m: 1:39.47	150m: 2:33.35	200m: 3:26.32	

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Masters 65+, Heren

1.	André Pantekoek	PSV		3:44.66	195800321	3:32.15	+0,73
	50m: 50.05	100m: 1:44.64	150m: 2:40.05	200m: 3:32.15			

Masters 20+, Dames

1.	Anais Hoeppe	VZV Njord		2:54.30	200402048	2:50.00	+0,72
	50m: 41.34	100m: 1:24.91	150m: 2:08.50	200m: 2:50.00			
2.	Esther de Laat	AquAmigos		3:00.88	200000174	2:54.42	+0,77
	100m backup tijd						
	50m: 37.86	100m: 1:21.35	150m: 2:08.29	200m: 2:54.42			
3.	Naomi Janssen	Neptunus'58		2:57.98	200401816	2:54.77	+0,61
	50m: 41.39	100m: 1:26.48	150m: 2:11.40	200m: 2:54.77			

Masters 25+, Dames

1.	Larissa Jansen	PSV		2:55.00	199500660	2:49.59	+0,74
	50m: 41.53	100m: 1:25.17	150m: 2:08.43	200m: 2:49.59			

Masters 30+, Dames

1.	Lotte Coenen	D.E.S.		2:37.30	199301518	2:40.15	+0,79
	50m: 37.30	100m: 1:17.90	150m: 1:59.55	200m: 2:40.15			
2.	Jisca Majolee	ZPC Amersfoort		2:49.42	199403570	2:47.73	+0,90
	50m: 40.35	100m: 1:22.81	150m: 2:06.08	200m: 2:47.73			
3.	Joëlle Vaes	Z & Pc Dio		2:55.69	199007576	2:49.24	+0,88
	50m: 40.16	100m: 1:22.69	150m: 2:06.52	200m: 2:49.24			

Masters 35+, Dames

DIS	Marjolein van der Poel	O.Z. & P.C. De Warande		3:09.36	198703212		
	<i>RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.</i>						

Masters 40+, Dames

1.	Debbie van Rooijen	IJZ&PC		2:43.20	198201402	2:41.46	+0,76
	50m: 38.37	100m: 1:18.69	150m: 1:59.91	200m: 2:41.46			
2.	Clara Groenhorst	GZC Donk		3:02.70	198202506	3:12.31	+0,80
	50m: 46.06	100m: 1:34.84	150m: 2:24.38	200m: 3:12.31			
AFGEM	Steffi Krul-Meinhold	d'ELFT		2:47.65	198001542		

Masters 45+, Dames

1.	Liselotte Joling	PSV		2:42.49	197500268	2:53.75	+0,73
	50m: 40.56	100m: 1:25.07	150m: 2:10.05	200m: 2:53.75			
2.	Louise Schets	D.E.S.		3:33.43	197901580	3:19.58	+0,85
	50m: 46.30	100m: 1:36.83	150m: 2:29.17	200m: 3:19.58			
3.	F. Verriet-Regensburg	VZV Njord		4:05.74	197500428	4:08.50	+0,89
	100m backup tijd						
	50m: 58.69	100m: 2:02.83	150m: 3:07.50	200m: 4:08.50			

Masters 50+, Dames

1.	Valérie Rolland	Cercle De Natation Sportcity		W2:47.55	CNSW/004276/71	2:49.81	+0,65
	50m: 40.29	100m: 1:22.87	150m: 2:06.01	200m: 2:49.81			
2.	Trudie van Niejenhuis	TZC Vahalis		2:55.41	197100444	2:59.76	+0,77
	50m: 43.05	100m: 1:29.01	150m: 2:15.03	200m: 2:59.76			
3.	Wendy Nederkoorn	Arethusa		3:00.00	197400374	3:05.61	+0,81
	50m: 41.80	100m: 1:27.90	150m: 2:16.84	200m: 3:05.61			

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rang	naam	vereniging	intijd				tijd	RT
4.	Annette Spies <i>Eindtijd backup</i>	LinK	NT				3:58.91	+0,78
	50m: 53.78	100m: 1:55.36	150m: 2:58.15	200m: 3:58.91				

Masters 60+, Dames

1.	Marleen Malais <i>BAckup eindtijd</i>	ESCA Zwemmen	3:50.00				3:33.39	+0,86
	50m: 49.59	100m: 1:42.21	150m: 2:38.91	200m: 3:33.39				

Masters 65+, Dames

1.	Ria Peters-Veurman	ESCA Zwemmen	4:15.61				4:14.05	+0,91
	50m: 1:00.62	100m: 2:03.43	150m: 3:08.74	200m: 4:14.05				
2.	Mies Kuipers	Old Dutch Breda	4:48.74				4:53.12	+0,71
	50m: 1:11.29	100m: 2:29.44	150m: 3:47.86	200m: 4:53.12				