

Event 12  
 24-1-2026

300m Medley

 20 years and older  
 Results

rang	naam	vereniging	intijd	tijd	RT	
<b>Masters 20+, Men</b>						
1.	Jesper Pas	V.Z.V. Njord	3:48.04	200200967	<b>3:48.81</b> +0,69	
	50m: 31.02	100m: 1:08.33	150m: 1:46.73	200m: 2:32.48	250m: 3:14.04	300m: 3:48.81
2.	Thomas Verschoor	De Biesboschwimmers	4:30.00	200600903	<b>4:37.62</b> +0,76	
	50m: 37.85	100m: 1:25.89	150m: 2:16.00	200m: 3:06.68	250m: 3:55.40	300m: 4:37.62
3.	Jasper Verriet	V.Z.V. Njord	4:40.00	200500451	<b>4:52.72</b> +0,96	
	50m: 42.62	100m: 1:33.22	150m: 2:22.38	200m: 3:18.23	250m: 4:08.79	300m: 4:52.72
<b>Masters 25+, Men</b>						
1.	Gerard Willighagen	Poseidon'56	NT	200103663	<b>3:40.04</b> +0,70	
	50m: 29.99	100m: 1:06.60	150m: 1:43.85	200m: 2:26.14	250m: 3:05.91	300m: 3:40.04
2.	David Kievit	De Schotejil	3:45.00	199900325	<b>3:44.69</b> +0,80	
	50m: 30.10	100m: 1:06.68	150m: 1:44.90	200m: 2:27.35	250m: 3:08.17	300m: 3:44.69
<b>Masters 30+, Men</b>						
1.	Denny Groeneveld	Bijtelskil	4:56.71	199202165	<b>5:07.15</b> +0,97	
	50m: 38.74	100m: 1:27.06	150m: 2:19.96	200m: 3:23.00	250m: 4:18.81	300m: 5:07.15
DSQ	Rens van der Wiel	De Biesboschwimmers	4:25.00	199307359		
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>					
<b>Masters 40+, Men</b>						
1.	Martin Westerlaken	ZVDO'74	4:30.00	198503891	<b>4:52.24</b> +0,86	
	50m: 41.44	100m: 1:34.50	150m: 2:26.86	200m: 3:17.89	250m: 4:09.13	300m: 4:52.24
<b>Masters 45+, Men</b>						
DSQ	Peter de Ridder	Bijtelskil	NT	197800867		
	<i>VE - Afwisselende bewegingen van de benen of voeten ten opzichte van elkaar gemaakt.</i>					
<b>Masters 55+, Men</b>						
1.	Jacques Verriet	V.Z.V. Njord	4:40.00	197001039	<b>4:44.54</b> +0,79	
	50m: 41.98	100m: 1:32.15	150m: 2:19.83	200m: 3:11.11	250m: 4:00.06	300m: 4:44.54
WDR	Bastiaan Baggerman	De Biesboschwimmers	4:30.00	197001567		
<b>Masters 60+, Men</b>						
1.	Bert Schlicher	RZ	NT	196400669	<b>4:11.08</b> +0,78	
	50m: 35.69	100m: 1:19.35	150m: 2:02.97	200m: 2:51.16	250m: 3:33.69	300m: 4:11.08
<b>Masters 20+, Women</b>						
1.	Cynthia Koolman	Steenwijk 1934	4:15.00	200300232	<b>4:24.93</b> +0,70	
	50m: 44.52	100m: 1:33.32	150m: 2:15.92	200m: 3:04.54	250m: 3:48.51	300m: 4:24.93
2.	Birgit Hage	PSV	4:24.00	200602898	<b>4:25.62</b> +0,91	
	50m: 37.51	100m: 1:21.89	150m: 2:04.75	200m: 2:58.97	250m: 3:47.16	300m: 4:25.62
<b>Masters 25+, Women</b>						
1.	Berinda van Dijk	Blue Marlins	4:50.00	200104186	<b>4:55.78</b> +0,81	
	50m: 44.90	100m: 1:36.24	150m: 2:24.98	200m: 3:23.53	250m: 4:15.61	300m: 4:55.78

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Masters 30+, Women

1.	Fiona Meuffels	PSV	4:05.00	199504366	<b>4:09.62</b>	
	50m: 35.87	100m: 1:18.85	150m: 2:02.22	200m: 2:49.50	250m: 3:33.03	300m: 4:09.62
2.	Helen de Rooij	V.Z.V. Njord	5:30.00	199507108	<b>5:55.44</b>	+0,84
	50m: 47.46	100m: 1:50.89	150m: 2:53.51	200m: 3:59.85	250m: 5:00.70	300m: 5:55.44

Masters 45+, Women

1.	Sabrina Boekhout	De Biesboschwimmers	4:27.50	198100120	<b>4:52.14</b>	+0,84
	50m: 37.90	100m: 1:26.62	150m: 2:17.24	200m: 3:14.35	250m: 4:07.06	300m: 4:52.14

Masters 50+, Women

1.	Liselotte Joling	PSV	4:12.52	197500268	<b>4:16.25</b>	+0,84
	50m: 36.54	100m: 1:21.17	150m: 2:05.13	200m: 2:54.69	250m: 3:39.83	300m: 4:16.25
2.	Bianca Hertogh - Buijsse	Scheldestroom	5:22.07	197400910	<b>5:15.61</b>	+0,84
	50m: 44.39	100m: 1:39.87	150m: 2:33.32	200m: 3:31.89	250m: 4:26.85	300m: 5:15.61