

Event 12  
24-1-2026

300m Medley

20 years and older  
Startlist

| Naam                       | Vereniging          | Inschrijftijd | Startnr.  |       |           |
|----------------------------|---------------------|---------------|-----------|-------|-----------|
| <b>Heat 1 of 3</b>         |                     |               |           |       |           |
| 3 Peter de Ridder          | Bijtelskil          | NT            | 197800867 | M 45+ | _____     |
| 4 Helen de Rooij           | V.Z.V. Njord        | 5:30.00       | 199507108 | F 30+ | _____     |
| 5 Gerard Willighagen       | Poseidon'56         | NT            | 200103663 | M 25+ | _____     |
| 6 Bert Schlicher           | RZ                  | NT            | 196400669 | M 60+ | _____     |
| <b>Heat 2 of 3</b>         |                     |               |           |       |           |
| 1 Denny Groeneveld         | Bijtelskil          | 4:56.71       | 199202165 | M 30+ | _____     |
| 2 Jasper Verriet           | V.Z.V. Njord        | 4:40.00       | 200500451 | M 20+ | _____     |
| 3 Thomas Verschoor         | De Biesboschwemmers | 4:30.00       | 200600903 | M 20+ | _____     |
| 4 Martin Westerlaken       | ZVDO'74             | 4:30.00       | 198503891 | M 40+ | _____     |
| 5 Bastiaan Baggerman       | De Biesboschwemmers | 4:30.00       | 197001567 | M 55+ | _____ WDR |
| 6 Jacques Verriet          | V.Z.V. Njord        | 4:40.00       | 197001039 | M 55+ | _____     |
| 7 Berinda van Dijk         | Blue Marlins        | 4:50.00       | 200104186 | F 25+ | _____     |
| 8 Bianca Hertogh - Buijsse | Scheldestroom       | 5:22.07       | 197400910 | F 50+ | _____     |
| <b>Heat 3 of 3</b>         |                     |               |           |       |           |
| 1 Rens van der Wiel        | De Biesboschwemmers | 4:25.00       | 199307359 | M 30+ | _____     |
| 2 Cynthia Koolman          | Steenwijk 1934      | 4:15.00       | 200300232 | F 20+ | _____     |
| 3 Fiona Meuffels           | PSV                 | 4:05.00       | 199504366 | F 30+ | _____     |
| 4 David Kievit             | De Schotejil        | 3:45.00       | 199900325 | M 25+ | _____     |
| 5 Jesper Pas               | V.Z.V. Njord        | 3:48.04       | 200200967 | M 20+ | _____     |
| 6 Liselotte Joling         | PSV                 | 4:12.52       | 197500268 | F 50+ | _____     |
| 7 Birgit Hage              | PSV                 | 4:24.00       | 200602898 | F 20+ | _____     |
| 8 Sabrina Boekhout         | De Biesboschwemmers | 4:27.50       | 198100120 | F 45+ | _____     |