

masters lac deel 2
Heerenveen, 19-3-2017

Programmanr. 1
19-3-2017 - 13:45

1500m vrije slag

20 - 84 jaar
Resultaten

rang	naam	vereniging	intijd	klasse	tijd			
D25+, Dames								
1.	Petra Zandstra	Isis	NT	199006248	24:14.11 258			
	50m: 39.51	39.51	450m: 6:58.12	48.64	850m: 13:29.76	49.81	1250m: 20:10.92	50.32
	100m: 1:24.48	44.97	500m: 7:46.14	48.02	900m: 14:19.41	49.65	1300m: 21:01.22	50.30
	150m: 2:12.04	47.56	550m: 8:34.42	48.28	950m: 15:09.48	50.07	1350m: 21:51.53	50.31
	200m: 2:59.08	47.04	600m: 9:23.17	48.75	1000m: 15:59.88	50.40	1400m: 22:39.91	48.38
	250m: 3:46.37	47.29	650m: 10:12.01	48.84	1050m: 16:49.57	49.69	1450m: 23:28.30	48.39
	300m: 4:33.61	47.24	700m: 11:01.76	49.75	1100m: 17:39.78	50.21	1500m: 24:14.11	45.81
	350m: 5:21.39	47.78	750m: 11:50.70	48.94	1150m: 18:29.68	49.90		
	400m: 6:09.48	48.09	800m: 12:39.95	49.25	1200m: 19:20.60	50.92		

H30+, Heren								
1.	Albert Dijkstra	Isis	NT	198700711	22:46.10 259			
	50m: 38.00	38.00	450m: 6:49.25	45.65	850m: 13:01.35	46.16	1250m: 19:03.49	44.88
	100m: 1:23.12	45.12	500m: 7:35.93	46.68	900m: 13:47.14	45.79	1300m: 19:48.37	44.88
	150m: 2:08.98	45.86	550m: 8:22.73	46.80	950m: 14:33.25	46.11	1350m: 20:33.44	45.07
	200m: 2:56.21	47.23	600m: 9:09.47	46.74	1000m: 15:19.14	45.89	1400m: 21:18.37	44.93
	250m: 3:42.27	46.06	650m: 9:55.93	46.46	1050m: 16:09.65	50.51	1450m: 22:02.68	44.31
	300m: 4:28.64	46.37	700m: 10:42.17	46.24	1100m: 16:49.08	39.43	1500m: 22:46.10	43.42
	350m: 5:15.58	46.94	750m: 11:28.89	46.72	1150m: 17:33.01	43.93		
	400m: 6:03.60	48.02	800m: 12:15.19	46.30	1200m: 18:18.61	45.60		

D40+, Dames								
1.	Jannie Vennik	HZ&PC Heerenveen	22:18.43	197601006	21:16.99 381			
	50m: 38.52	38.52	450m: 6:17.63	42.64	850m: 11:59.08	42.92	1250m: 17:42.80	43.13
	100m: 1:19.54	41.02	500m: 7:00.48	42.85	900m: 12:42.02	42.94	1300m: 18:26.22	43.42
	150m: 2:01.95	42.41	550m: 7:43.18	42.70	950m: 13:24.69	42.67	1350m: 19:08.57	42.35
	200m: 2:44.84	42.89	600m: 8:25.80	42.62	1000m: 14:07.50	42.81	1400m: 19:52.19	43.62
	250m: 3:27.61	42.77	650m: 9:08.17	42.37	1050m: 14:50.50	43.00	1450m: 20:35.10	42.91
	300m: 4:10.03	42.42	700m: 9:50.61	42.44	1100m: 15:33.48	42.98	1500m: 21:16.99	41.89
	350m: 4:52.66	42.63	750m: 10:33.54	42.93	1150m: 16:16.51	43.03		
	400m: 5:34.99	42.33	800m: 11:16.16	42.62	1200m: 16:59.67	43.16		

H45+, Heren								
1.	Chris Kouwenhoven	De Spatters	21:20.83	197101669	21:18.10 317			
	50m: 38.08	38.08	450m: 6:17.85	42.02	850m: 11:59.46	43.08	1250m: 17:43.14	43.45
	100m: 1:20.47	42.39	500m: 7:00.57	42.72	900m: 12:42.10	42.64	1300m: 18:26.85	43.71
	150m: 2:03.06	42.59	550m: 7:42.59	42.02	950m: 13:25.34	43.24	1350m: 19:10.11	43.26
	200m: 2:45.25	42.19	600m: 8:25.55	42.96	1000m: 14:07.91	42.57	1400m: 19:53.64	43.53
	250m: 3:27.71	42.46	650m: 9:07.80	42.25	1050m: 14:50.33	42.42	1450m: 20:36.21	42.57
	300m: 4:10.34	42.63	700m: 9:50.27	42.47	1100m: 15:33.14	42.81	1500m: 21:18.10	41.89
	350m: 4:52.78	42.44	750m: 10:33.60	43.33	1150m: 16:16.75	43.61		
	400m: 5:35.83	43.05	800m: 11:16.38	42.78	1200m: 16:59.69	42.94		

D45+, Dames								
1.	Evelien van Klaarbergen	HZ&PC Heerenveen	20:20.88	197200964	20:15.66 441			
	50m: 35.95	35.95	450m: 5:57.23	40.41	850m: 11:23.75	41.05	1250m: 16:51.82	41.03
	100m: 1:15.58	39.63	500m: 6:37.72	40.49	900m: 12:04.69	40.94	1300m: 17:33.02	41.20
	150m: 1:55.39	39.81	550m: 7:18.40	40.68	950m: 12:45.42	40.73	1350m: 18:14.24	41.22
	200m: 2:35.44	40.05	600m: 7:59.08	40.68	1000m: 13:26.90	41.48	1400m: 18:55.59	41.35
	250m: 3:15.47	40.03	650m: 8:39.76	40.68	1050m: 14:08.19	41.29	1450m: 19:36.81	41.22
	300m: 3:56.17	40.70	700m: 9:21.25	41.49	1100m: 14:48.87	40.68	1500m: 20:15.66	38.85
	350m: 4:36.51	40.34	750m: 10:01.99	40.74	1150m: 15:29.82	40.95		
	400m: 5:16.82	40.31	800m: 10:42.70	40.71	1200m: 16:10.79	40.97		

H55+, Heren								
1.	John Dam	Zignea	28:45.00	196000915	23:01.30 251			
	50m: 38.20	38.20	450m: 6:44.27	46.78	850m: 12:57.87	46.91	1250m: 19:12.80	46.69
	100m: 1:20.77	42.57	500m: 7:31.39	47.12	900m: 13:44.46	46.59	1300m: 19:59.99	47.19
	150m: 2:05.70	44.93	550m: 8:17.83	46.44	950m: 14:30.99	46.53	1350m: 20:46.87	46.88
	200m: 2:51.49	45.79	600m: 9:04.52	46.69	1000m: 15:18.20	47.21	1400m: 21:33.02	46.15
	250m: 3:38.23	46.74	650m: 9:51.02	46.50	1050m: 16:05.39	47.19	1450m: 22:19.49	46.47
	300m: 4:25.43	47.20	700m: 10:38.05	47.03	1100m: 16:52.27	46.88	1500m: 23:01.30	41.81
	350m: 5:12.02	46.59	750m: 11:24.70	46.65	1150m: 17:39.52	47.25		
	400m: 5:57.49	45.47	800m: 12:10.96	46.26	1200m: 18:26.11	46.59		

masters lac deel 2
Heerenveen, 19-3-2017

Programmanr. 2
19-3-2017 - 14:15

400m wisselslag

20 - 84 jaar
Resultaten

rang	naam					vereniging	intijd					klasse	tijd	
D50+, Dames														
1.	Miranda Keijl					Zignea	7:14.59					196500588	7:18.31	230
	50m:	51.07	51.07	150m:	2:43.60	52.59	250m:	4:40.42	1:03.88	350m:	6:32.13	49.12		
	100m:	1:51.01	59.94	200m:	3:36.54	52.94	300m:	5:43.01	1:02.59	400m:	7:18.31	46.18		

Programmanr. 3
19-3-2017 - 14:25

2000m vrije slag

20 - 84 jaar
Resultaten

rang	naam					vereniging	intijd					klasse	tijd	
H25+, Heren														
1.	Danny Vochteloo					TriVia	35:01.12					199207251	33:29.15	
	50m:	43.10	43.10	550m:	8:50.37	50.34	1050m:	17:12.80	51.03	1550m:	25:49.05	51.42		
	100m:	1:29.70	46.60	600m:	9:39.93	49.56	1100m:	18:03.31	50.51	1600m:	26:40.50	51.45		
	150m:	2:17.67	47.97	650m:	10:29.68	49.75	1150m:	18:54.97	51.66	1650m:	27:32.35	51.85		
	200m:	3:05.73	48.06	700m:	11:19.58	49.90	1200m:	19:46.64	51.67	1700m:	28:23.75	51.40		
	250m:	3:54.71	48.98	750m:	12:10.22	50.64	1250m:	20:37.94	51.30	1750m:	29:15.58	51.83		
	300m:	4:43.69	48.98	800m:	13:00.42	50.20	1300m:	21:29.61	51.67	1800m:	30:06.38	50.80		
	350m:	5:32.64	48.95	850m:	13:50.58	50.16	1350m:	22:21.59	51.98	1850m:	30:57.62	51.24		
	400m:	6:21.76	49.12	900m:	40:41.32	26:50.74	1400m:	23:13.65	52.06	1900m:	31:48.94	51.32		
	450m:	7:10.99	49.23	950m:	15:31.61		1450m:	24:05.56	51.91	1950m:	32:40.70	51.76		
	500m:	8:00.03	49.04	1000m:	16:21.77	50.16	1500m:	24:57.63	52.07	2000m:	33:29.15	48.45		

H45+, Heren

1.	Arnold Jonker					HZ&PC Heerenveen	34:29.79					197000529	34:32.18	
	50m:	46.15	46.15	550m:	9:22.62	51.11	1050m:	18:03.00	51.59	1550m:	26:50.06	52.82		
	100m:	1:37.35	51.20	600m:	10:14.12	51.50	1100m:	18:55.27	52.27	1600m:	27:42.73	52.67		
	150m:	2:29.22	51.87	650m:	11:05.68	51.56	1150m:	19:47.30	52.03	1650m:	28:35.38	52.65		
	200m:	3:21.23	52.01	700m:	11:57.63	51.95	1200m:	20:39.73	52.43	1700m:	29:28.45	53.07		
	250m:	4:13.08	51.85	750m:	12:49.80	52.17	1250m:	21:32.29	52.56	1750m:	30:20.64	52.19		
	300m:	5:04.62	51.54	800m:	13:41.67	51.87	1300m:	22:24.89	52.60	1800m:	31:12.17	51.53		
	350m:	5:56.29	51.67	850m:	14:33.98	52.31	1350m:	23:18.08	53.19	1850m:	32:02.90	50.73		
	400m:	6:47.99	51.70	900m:	15:26.27	52.29	1400m:	24:11.06	52.98	1900m:	32:54.00	51.10		
	450m:	7:39.71	51.72	950m:	16:18.92	52.65	1450m:	25:04.52	53.46	1950m:	33:44.95	50.95		
	500m:	8:31.51	51.80	1000m:	17:11.41	52.49	1500m:	25:57.24	52.72	2000m:	34:32.18	47.23		

D45+, Dames

1.	Peggi Hurenkamp					HZ&PC Heerenveen	32:33.34					196900922	32:07.03	
	50m:	40.65	40.65	550m:	8:37.12	48.06	1050m:	16:37.77	47.93	1550m:	24:41.65	48.75		
	100m:	1:26.53	45.88	600m:	9:24.56	47.44	1100m:	17:25.53	47.76	1600m:	25:30.77	49.12		
	150m:	2:13.24	46.71	650m:	10:12.84	48.28	1150m:	18:13.90	48.37	1650m:	26:20.03	49.26		
	200m:	3:01.43	48.19	700m:	11:00.84	48.00	1200m:	19:02.21	48.31	1700m:	27:09.40	49.37		
	250m:	3:49.74	48.31	750m:	11:49.43	48.59	1250m:	19:50.59	48.38	1750m:	27:59.81	50.41		
	300m:	4:37.40	47.66	800m:	12:37.40	47.97	1300m:	20:38.90	48.31	1800m:	28:49.33	49.52		
	350m:	5:25.03	47.63	850m:	13:25.53	48.13	1350m:	21:27.21	48.31	1850m:	29:39.47	50.14		
	400m:	6:13.03	48.00	900m:	14:13.59	48.06	1400m:	22:15.68	48.47	1900m:	30:29.43	49.96		
	450m:	7:00.81	47.78	950m:	15:01.65	48.06	1450m:	23:04.12	48.44	1950m:	31:20.09	50.66		
	500m:	7:49.06	48.25	1000m:	15:49.84	48.19	1500m:	23:52.90	48.78	2000m:	32:07.03	46.94		

D50+, Dames

1.	Wilna Heijman					Steenwijk 1934	28:20.00					196400506	28:33.05	
	50m:	37.59	37.59	550m:	7:42.93	43.01	1050m:	14:52.94	42.85	1550m:	22:03.35	42.93		
	100m:	1:18.08	40.49	600m:	8:26.16	43.23	1100m:	15:36.00	43.06	1600m:	22:46.47	43.12		
	150m:	2:00.00	41.92	650m:	9:09.08	42.92	1150m:	16:18.89	42.89	1650m:	23:29.42	42.95		
	200m:	2:42.01	42.01	700m:	9:52.05	42.97	1200m:	17:02.07	43.18	1700m:	24:12.56	43.14		
	250m:	3:24.85	42.84	750m:	10:35.10	43.05	1250m:	17:44.84	42.77	1750m:	24:56.02	43.46		
	300m:	4:07.93	43.08	800m:	11:18.12	43.02	1300m:	18:27.94	43.10	1800m:	25:39.52	43.50		
	350m:	4:51.09	43.16	850m:	12:00.94	42.82	1350m:	19:10.85	42.91	1850m:	26:22.87	43.35		
	400m:	5:33.91	42.82	900m:	12:43.95	43.01	1400m:	19:54.71	43.86	1900m:	27:07.17	44.30		
	450m:	6:16.73	42.82	950m:	13:27.19	43.24	1450m:	20:37.59	42.88	1950m:	27:50.07	42.90		
	500m:	6:59.92	43.19	1000m:	14:10.09	42.90	1500m:	21:20.42	42.83	2000m:	28:33.05	42.98		

H55+, Heren

masters lac deel 2
Heerenveen, 19-3-2017

Programmanr. 3, Heren, 2000m vrije slag, H55+

rang	naam	vereniging	intijd	klasse	tijd			
1.	Marten de Groot	HZ&PC Heerenveen	25:37.99	195800149	26:17.93			
	50m: 36.47	36.47	550m: 7:12.61	39.38	1050m: 13:44.77	39.87	1550m: 20:21.12	37.43
	100m: 1:16.96	40.49	600m: 7:51.34	38.73	1100m: 14:25.09	40.32	1600m: 21:01.36	40.24
	150m: 1:57.94	40.98	650m: 8:29.89	38.55	1150m: 15:05.26	40.17	1650m: 21:42.07	40.71
	200m: 2:38.54	40.60	700m: 9:08.14	38.25	1200m: 15:45.29	40.03	1700m: 22:22.86	40.79
	250m: 3:17.78	39.24	750m: 9:47.12	38.98	1250m: 16:25.18	39.89	1750m: 23:02.61	39.75
	300m: 3:56.98	39.20	800m: 10:26.51	39.39	1300m: 17:04.70	39.52	1800m: 23:42.42	39.81
	350m: 4:36.30	39.32	850m: 11:06.01	39.50	1350m: 17:44.14	39.44	1850m: 24:22.31	39.89
	400m: 5:15.69	39.39	900m: 11:45.73	39.72	1400m: 18:24.22	40.08	1900m: 25:02.25	39.94
	450m: 5:54.73	39.04	950m: 12:25.48	39.75	1450m: 19:04.26	40.04	1950m: 25:40.65	38.40
	500m: 6:33.23	38.50	1000m: 13:04.90	39.42	1500m: 19:43.69	39.43	2000m: 26:17.93	37.28
2.	Marius Ros	Zcnf'34	27:12.83	195900779	28:09.32			
	50m: 39.30	39.30	550m: 7:44.32	42.18	1050m: 14:44.30	42.66	1550m: 21:49.00	42.84
	100m: 1:21.98	42.68	600m: 8:26.25	41.93	1100m: 15:26.88	42.58	1600m: 22:31.57	42.57
	150m: 2:05.83	43.85	650m: 9:07.77	41.52	1150m: 16:09.36	42.48	1650m: 23:14.73	43.16
	200m: 2:49.03	43.20	700m: 9:47.87	40.10	1200m: 16:51.74	42.38	1700m: 23:57.80	43.07
	250m: 3:31.77	42.74	750m: 10:30.38	42.51	1250m: 17:33.88	42.14	1750m: 24:40.68	42.88
	300m: 4:14.40	42.63	800m: 11:12.58	42.20	1300m: 18:16.16	42.28	1800m: 25:23.04	42.36
	350m: 4:56.51	42.11	850m: 11:54.97	42.39	1350m: 18:58.66	42.50	1850m: 26:05.35	42.31
	400m: 5:38.55	42.04	900m: 12:37.16	42.19	1400m: 19:41.41	42.75	1900m: 26:47.05	41.70
	450m: 6:20.34	41.79	950m: 13:19.33	42.17	1450m: 20:23.63	42.22	1950m: 27:29.54	42.49
	500m: 7:02.14	41.80	1000m: 14:01.64	42.31	1500m: 21:06.16	42.53	2000m: 28:09.32	39.78
3.	Michael van Vliet	Zwemvereniging Hoorn	35:45.01	196201073	37:33.88			
	50m: 52.94	52.94	550m: 10:16.94	55.72	1050m: 19:40.41	56.78	1550m: 29:07.03	56.66
	100m: 1:49.94	57.00	600m: 11:13.75	56.81	1100m: 20:37.03	56.62	1600m: 30:03.88	56.85
	150m: 2:46.66	56.72	650m: 12:11.07	57.32	1150m: 21:33.22	56.19	1650m: 31:00.16	56.28
	200m: 3:42.41	55.75	700m: 13:06.78	55.71	1200m: 22:30.07	56.85	1700m: 31:57.31	57.15
	250m: 4:38.82	56.41	750m: 14:02.66	55.88	1250m: 23:26.91	56.84	1750m: 32:53.91	56.60
	300m: 5:34.75	55.93	800m: 14:58.41	55.75	1300m: 24:33.88	1:06.97	1800m: 33:51.31	57.40
	350m: 6:31.25	56.50	850m: 15:54.75	56.34	1350m: 25:20.88	47.00	1850m: 34:47.31	56.00
	400m: 7:27.91	56.66	900m: 16:51.16	56.41	1400m: 26:17.07	56.19	1900m: 35:43.82	56.51
	450m: 8:25.16	57.25	950m: 17:47.44	56.28	1450m: 27:13.85	56.78	1950m: 36:39.82	56.00
	500m: 9:21.22	56.06	1000m: 18:43.63	56.19	1500m: 28:10.37	56.52	2000m: 37:33.88	54.06

D60+, Dames

AFGEM	Monica Bakker	Steenwijk 1934	31:08.60	195600082
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