

ZMC deel 7 2016-2017
Amersfoort, 26-3-2017

Programmanr. 1 50m vrije slag 20 - 84 jaar
26-3-2017 - 14:00 Resultaten

Punten: FINA 2016

| Rang | Geb. | | Tijd | Pnt |
|---|---------------------|-------------------------|--------------|-----|
| 20 - 24 jaar, Dames | | | | |
| 1. | Tamara Grove | 96 De Dolfijn | 27.98 | 610 |
| 2. | Anja Mus | 94 SG Middelse-De Skelp | 28.11 | 601 |
| 3. | Cynthia Siebrand | 96 De Haaien Leusden | 28.42 | 582 |
| 4. | Karin Groen | 95 Nova | 28.45 | 580 |
| 5. | Anne-Irene Ducheine | 95 ZV Hoogland | 29.84 | 502 |
| 6. | Daphne Spreen | 96 ZV ZZG De Boskickers | 31.74 | 417 |
| 7. | Tessa Benjamins | 95 Aqualero | 32.77 | 379 |
| 8. | Charine de Ruiters | 94 Steenwijk 1934 | 32.89 | 375 |
| 9. | Heleen ten Have | 94 Z&PC de Inktvis | 34.27 | 332 |
| 10. | Nadieh Kikstra | 93 Orca | 35.53 | 297 |
| DIS | Elvira Feikens | 95 De Spatters | | |
| <i>AA - Gestart voor het startsignaal (en wel gezwommen).</i> | | | | |

20 - 24 jaar, Heren

| | | | | |
|----|---------------------|-----------------------|--------------|-----|
| 1. | Jesper Honken | 96 Nova | 27.36 | 446 |
| 2. | Tom de Lange | 93 Deltasteur | 28.22 | 406 |
| 3. | Jouke van der Meer | 94 isis | 28.46 | 396 |
| 4. | Martin Wolswinkel | 95 De Haaien Leusden | 29.18 | 367 |
| 5. | Bob Potkamp | 94 Deltasteur | 31.36 | 296 |
| 6. | Miguel Ángel Correl | 96 Gay Swim Amsterdam | 32.26 | 272 |
| 7. | Rick Vaarkamp | 94 Z&PC Triton Putten | 38.66 | 158 |

25 - 29 jaar, Dames

| | | | | |
|-----|---------------------------------|-------------------------|--------------|-----|
| 1. | Elinore de Jong | 89 The Hague swimming | 27.07 | 673 |
| 2. | Anne Duijst | 89 De Haaien Leusden | 29.58 | 516 |
| 3. | Fraukje Puts | 92 HZ&PC Heerenveen | 30.23 | 483 |
| 4. | Lisanne van der Heide - Andeweg | 88 Zzz | 31.08 | 445 |
| 5. | Leonie Nijenhuis | 92 Zzz | 31.59 | 423 |
| 6. | Désirée Hulsmeijer | 90 Het Ravijn | 31.62 | 422 |
| 7. | Getrude Corporaal | 92 Zvz | 31.70 | 419 |
| 8. | Renske Eilers | 88 ZV Hoogland | 32.33 | 395 |
| 9. | Malou Heidekamp | 89 Rzc | 33.38 | 359 |
| 10. | Liset Bosma | 91 SG Middelse-De Skelp | 33.40 | 358 |
| 11. | Marloes Benjamins | 91 Aqualero | 33.87 | 343 |
| 12. | Brechtje de Jong | 89 isis | 47.30 | 126 |

25 - 29 jaar, Heren

| | | | | |
|-----|------------------------|----------------------|--------------|-----|
| 1. | Bart Rigterink | 89 ZPC AMERSFOORT | 25.09 | 578 |
| 2. | Stefan Kwant | 92 Nova | 25.89 | 526 |
| 3. | Jeffrey Breedijk | 89 De Haaien Leusden | 26.09 | 514 |
| 4. | Erik van der Heide | 88 Zzz | 27.31 | 448 |
| 5. | Rolf Kruithof | 89 ZPC Stadskanaal | 27.70 | 430 |
| 6. | Harry Dijkstra | 91 isis | 28.12 | 411 |
| 7. | Remco van de Berkt | 89 De Haaien Leusden | 29.18 | 367 |
| 8. | Jesper Timmerman | 88 ZPC Stadskanaal | 30.01 | 338 |
| 9. | Wouter van 't Klooster | 88 ZPC AMERSFOORT | 30.87 | 310 |
| 10. | Leo Zijlstra | 90 isis | 31.22 | 300 |

Programmanr. 1, 50m vrije slag

30 - 34 jaar, Dames

| | | | | | |
|----|----------------|----|-----------------|--------------|-----|
| 1. | Margo Kruithof | 87 | ZPC Stadskanaal | 33.06 | 369 |
| 2. | Sabine Duijst | 87 | ZV Hoogland | 33.57 | 353 |

30 - 34 jaar, Heren

| | | | | | |
|----|-------------------|----|-----------------|--------------|-----|
| 1. | Matthijs Vergaaij | 83 | Normerven | 26.80 | 474 |
| 2. | Rob van Vliet | 84 | ZPC AMERSFOORT | 27.02 | 463 |
| 3. | Rick Driezen | 86 | Steenwijk 1934 | 27.56 | 436 |
| 4. | Dennis Kuipers | 86 | Z&PC de Inktvis | 28.06 | 413 |
| 5. | Rudi Butselaar | 87 | GoSwim | 29.97 | 339 |
| 6. | Albert Dijkma | 87 | isis | 30.10 | 335 |
| 7. | Robin Eggenkamp | 87 | De Duinkickers | 31.59 | 290 |
| 8. | Jorrit van Belzen | 87 | Nat Utrecht | 34.20 | 228 |

35 - 39 jaar, Dames

| | | | | | |
|----|-------------------------|----|----------------|--------------|-----|
| 1. | Angela Koekkoek | 79 | WZ&PC Triton | 30.23 | 483 |
| 2. | Laura Badoux | 82 | Daw | 30.79 | 457 |
| 3. | Agnes van Brug | 80 | Daw | 32.45 | 391 |
| 4. | Irene Kasteel-Jaspersen | 81 | Zzz | 33.48 | 356 |
| 5. | Inge Roskam | 78 | De Duinkickers | 34.72 | 319 |
| 6. | Esther van Buren | 80 | De Duinkickers | 37.40 | 255 |
| 7. | Manon Vos-Loohuis | 81 | De Fuut | 40.08 | 207 |

35 - 39 jaar, Heren

| | | | | | |
|----|--------------------|----|--------------------|--------------|-----|
| 1. | Victor Barnar | 78 | GoSwim | 27.71 | 429 |
| 2. | Rob van Wanrooy | 82 | Gay Swim Amsterdam | 28.67 | 387 |
| 3. | Ab Hazeleger | 82 | ZV Hoogland | 31.17 | 301 |
| 4. | Patrick Minderhoud | 81 | De Fuut | 37.16 | 178 |

40 - 44 jaar, Dames

| | | | | | |
|----|--------------------------|----|-----------------|--------------|-----|
| 1. | Monique Boets | 76 | ZPC Stadskanaal | 30.16 | 487 |
| 2. | Marian Nederlof | 76 | De Geul | 32.45 | 391 |
| 3. | Alma Knegt-Bessembinders | 76 | De Spatters | 32.58 | 386 |
| 4. | Inge Lolkema-Soeters | 73 | Steenwijk 1934 | 36.24 | 280 |
| 5. | Kim Heberle-Loohuis | 77 | De Fuut | 36.85 | 267 |
| 6. | Linda Kerkmeester | 74 | GoSwim | 41.75 | 183 |

40 - 44 jaar, Heren

| | | | | | |
|----|-----------------------|----|----------------|--------------|-----|
| 1. | Paul Hardeman | 73 | ZPC AMERSFOORT | 27.90 | 420 |
| 2. | Erwin Zijdervelt | 75 | De Futen | 28.69 | 387 |
| 3. | Machiel Stolk | 74 | Swol 1894 | 28.87 | 379 |
| 4. | Johan Wezenberg | 76 | Swol 1894 | 29.30 | 363 |
| 5. | Kasper van den Berghe | 73 | Swol 1894 | 29.94 | 340 |

45 - 49 jaar, Dames

| | | | | | |
|----|---------------------|----|------------------|--------------|-----|
| 1. | Annette de Visser | 71 | Oceanus | 30.98 | 449 |
| 2. | Henriëtte Manting | 71 | Gzww | 33.42 | 357 |
| 3. | Peggi Hurenkamp | 69 | HZ&PC Heerenveen | 34.27 | 332 |
| 4. | Geesje Lena Boomsma | 70 | Orca | 34.32 | 330 |

Programmanr. 1, 50m vrije slag

45 - 49 jaar, Heren

| | | | | | |
|-----|--------------------|----|-----------------|--------------|-----|
| 1. | Arjan Bellaart | 69 | Het Y | 27.92 | 420 |
| 2. | Menno de Ruijter | 70 | Uzsc | 28.20 | 407 |
| 3. | Michael van Bekkum | 72 | Swol 1894 | 28.48 | 395 |
| 4. | Marcel Jonkman | 68 | Aqualero | 28.73 | 385 |
| 5. | Heiner Stevens | 72 | Zignea | 29.11 | 370 |
| 6. | Gerko Versluis | 69 | Zzz | 29.20 | 367 |
| 7. | Chris Kouwenhoven | 71 | De Spatters | 30.87 | 310 |
| 8. | Erik Veltman | 72 | ZPC Stadskanaal | 31.07 | 304 |
| 9. | Marcel Brittijn | 69 | De Duinkickers | 31.15 | 302 |
| 10. | Korstiaan de Boer | 71 | Steenwijk 1934 | 33.95 | 233 |
| 11. | Oebele Boomsma | 70 | Orca | 39.11 | 152 |

50 - 54 jaar, Dames

| | | | | | |
|----|---------------------------|----|----------------------|----------------|-----|
| 1. | Caroline Schreuder | 67 | WZ&PC Triton | 32.26 | 398 |
| 2. | Wilna Heijman | 64 | Steenwijk 1934 | 34.32 | 330 |
| 3. | Roelien Speelman-Tigelaar | 66 | De Spatters | 35.61 | 295 |
| 4. | Myra Vink | 66 | De Fuut | 35.67 | 294 |
| 5. | Christine Buist | 64 | De Duinkickers | 36.85 | 267 |
| 6. | Machteld Stilting | 66 | ZPC AMERSFOORT | 36.97 | 264 |
| 7. | Hetty Smalheer | 67 | Sport Club Oude Maas | 37.32 | 257 |
| 8. | Riekie Schra | 64 | Steenwijk 1934 | 1:00.30 | 60 |

50 - 54 jaar, Heren

| | | | | | |
|----|------------------|----|----------------------|--------------|-----|
| 1. | Erwin Beringen | 66 | GoSwim | 29.42 | 359 |
| 2. | Ron Korzelius | 65 | ZPC AMERSFOORT | 29.90 | 342 |
| 3. | Erik Wetsteijn | 65 | Swol 1894 | 30.30 | 328 |
| 4. | Jan Smalheer | 64 | Sport Club Oude Maas | 32.26 | 272 |
| | Harald Mulder | 67 | Wvz | 32.26 | 272 |
| 6. | Casper Dollekamp | 63 | Steenwijk 1934 | 32.73 | 260 |
| 7. | Adri Pasman | 64 | Zzz | 34.61 | 220 |

55 - 59 jaar, Dames

| | | | | | |
|----|-------------------|----|------------------|--------------|-----|
| 1. | Francine Sommer | 62 | WZ&PC Triton | 33.91 | 342 |
| 2. | Pia van der Molen | 60 | HZ&PC Heerenveen | 36.54 | 273 |
| 3. | Katinka Elders | 60 | Oceanus | 41.58 | 185 |
| 4. | Marjan Spoelstra | 60 | Swol 1894 | 41.71 | 184 |
| 5. | Gea Kuiper | 61 | Zcnf'34 | 47.16 | 127 |
| 6. | Petra v.d. Steeg | 61 | Zcnf'34 | 49.91 | 107 |
| 7. | Joke Burgers | 60 | Swol 1894 | 52.61 | 91 |

55 - 59 jaar, Heren

| | | | | | |
|----|-----------------|----|--------------------|--------------|-----|
| 1. | Marten de Groot | 58 | HZ&PC Heerenveen | 28.26 | 405 |
| 2. | Rob Wieleman | 60 | Nat Utrecht | 33.16 | 250 |
| 3. | John Dam | 60 | Zignea | 33.57 | 241 |
| 4. | Henk Gierveld | 60 | Nat Utrecht | 34.18 | 228 |
| 5. | Andre Pantekoek | 58 | de Devel | 36.72 | 184 |
| 6. | Kees Karsten | 58 | Gay Swim Amsterdam | 37.77 | 169 |
| 7. | Aris Jan van Ek | 61 | Ijzpc | 39.46 | 148 |

Programmanr. 1, 50m vrije slag

60 - 64 jaar, Dames

| | | | | |
|-------------------------|----|----------------|--------------|-----|
| 1. Atie Pijtak-Radersma | 56 | ZPC AMERSFOORT | 31.35 | 433 |
| 2. Patty Krupiarz | 54 | Plons | 38.06 | 242 |

60 - 64 jaar, Heren

| | | | | |
|----------------------|----|-------------|--------------|----------|
| 1. Mark Eligh | 57 | Uzsc | 30.86 | 311 |
| 2. Evertjan Masurel | 56 | Plons | 31.00 | 306 |
| 3. Jappie Kuiper | 55 | Swol 1894 | 32.86 | 257 FJ 1 |
| 4. Ron van der Zande | 55 | Aalscholver | 32.86 | 257 FJ 2 |

65 - 69 jaar, Dames

| | | | | |
|--------------------------|----|-----------|--------------|-----|
| 1. Christien Nieuwenhuis | 51 | Swol 1894 | 33.38 | 359 |
| 2. Tineke van Diggelen | 52 | Zpch | 43.70 | 160 |

65 - 69 jaar, Heren

| | | | | |
|---------------------|----|-------------|--------------|-----|
| 1. Jos Kamps | 51 | ZV Hoogland | 33.72 | 238 |
| 2. Yoshihiro Yasumi | 49 | De Futen | 38.66 | 158 |
| 3. Bert Veerkamp | 52 | Zzz | 55.03 | 54 |

70 - 74 jaar, Dames

| | | | | |
|-------------------------|----|----------------|--------------|-----|
| 1. Loekie v. Huissteden | 45 | ZPC AMERSFOORT | 48.40 | 117 |
|-------------------------|----|----------------|--------------|-----|

70 - 74 jaar, Heren

| | | | | |
|--------------|----|------------|--------------|-----|
| 1. Mans Buis | 47 | Het Ravijn | 40.80 | 134 |
|--------------|----|------------|--------------|-----|

Programmanr. 2
26-3-2017 - 14:18

200m schoolslag

20 - 84 jaar
Resultaten

Punten: FINA 2016

| Rang | Geb. | | Tijd | Pnt | 50m | 100m | 150m | 200m |
|----------------------------|-------------------------|----|-------------------|----------------|-----|---------|------|---------|
| 20 - 24 jaar, Dames | | | | | | | | |
| 1. | Janine de Groot | 95 | Nova | 3:12.95 | 374 | 1:30.76 | | 3:12.95 |
| 2. | Veronique van der Velde | 96 | WS Twente | 3:39.56 | 254 | 1:41.92 | | 3:39.56 |
| 3. | Iris Spijkstra | 96 | Aqualero | 4:03.64 | 186 | 1:56.48 | | 4:03.64 |
| 4. | Annemiek van Veen | 93 | Dedemsvaart-AC | 4:05.57 | 181 | 1:57.55 | | 4:05.57 |
| 5. | Tessa van Dijk | 94 | isis | 4:34.75 | 129 | 2:14.46 | | 4:34.75 |
| 20 - 24 jaar, Heren | | | | | | | | |
| 1. | Tom de Lange | 93 | Deltasteur | 2:57.58 | 365 | 1:25.11 | | 2:57.58 |
| 2. | Martin Wolswinkel | 95 | De Haaien Leusden | 3:05.10 | 323 | 1:25.52 | | 3:05.10 |
| 3. | Bob Potkamp | 94 | Deltasteur | 3:29.01 | 224 | 1:37.91 | | 3:29.01 |
| 25 - 29 jaar, Dames | | | | | | | | |
| 1. | Fraukje Puts | 92 | HZ&PC Heerenveen | 3:03.29 | 437 | 1:29.21 | | 3:03.29 |
| 2. | Leonie Nijenhuis | 92 | Zzz | 3:06.13 | 417 | 1:27.10 | | 3:06.13 |
| 3. | Désirée Hulsmeyer | 90 | Het Ravijn | 3:14.68 | 364 | 1:33.97 | | 3:14.68 |
| 4. | Petra Zandstra | 90 | isis | 3:33.81 | 275 | 1:43.08 | | 3:33.81 |
| 25 - 29 jaar, Heren | | | | | | | | |
| 1. | Wouter van 't Klooster | 88 | ZPC AMERSFOORT | 3:07.10 | 312 | 1:30.16 | | 3:07.10 |
| 2. | Danny Vochtelo | 92 | TriVia | 3:26.98 | 231 | 1:39.51 | | 3:26.98 |
| 3. | Rene Knijpstra | 88 | isis | 3:35.51 | 204 | 1:45.34 | | 3:35.51 |

Programmanr. 2, 200m schoolslag

30 - 34 jaar, Dames

| | | | | | | |
|----------------------|----|--------------------|----------------|-----|---------|---------|
| 1. Liesbeth van Mill | 87 | Dwk | 3:11.00 | 386 | 1:32.37 | 3:11.00 |
| 2. Angela Giezen | 83 | Montferland | 3:19.39 | 339 | 1:36.52 | 3:19.39 |
| 3. Carola Jacobs | 85 | Z&PC Triton Putten | 3:35.14 | 270 | 1:45.04 | 3:35.14 |
| 4. Manouk Ticheler | 87 | De Duinkickers | 3:47.56 | 228 | 1:50.36 | 3:47.56 |

30 - 34 jaar, Heren

| | | | | | | |
|------------------------|----|-------------|----------------|-----|---------|---------|
| 1. Yuri van Omme | 85 | ZV Hoogland | 2:47.42 | 436 | 1:21.80 | 2:47.42 |
| 2. Stefan van de Grift | 87 | Octopus | 2:54.34 | 386 | 1:23.16 | 2:54.34 |
| 3. Martijn Giezen | 85 | Montferland | 3:02.37 | 337 | 1:28.34 | 3:02.37 |
| 4. Mark Brinkhuis | 83 | TriVia | 3:11.54 | 291 | 1:31.11 | 3:11.54 |

35 - 39 jaar, Dames

| | | | | | | |
|-------------------------|----|----------------|----------------|-----|---------|---------|
| 1. Laura Badoux | 82 | Daw | 3:01.98 | 446 | 1:26.51 | 3:01.98 |
| 2. Margriet Leeffers | 78 | Deltasteur | 3:43.10 | 242 | 1:46.13 | 3:43.10 |
| 3. Saskia op den Velde | 79 | De Duinkickers | 4:12.23 | 167 | 1:58.48 | 4:12.23 |
| 4. Rianne van Vegchelen | 81 | Zv 44 | 4:12.66 | 166 | 2:04.66 | 4:12.66 |

35 - 39 jaar, Heren

| | | | | | | |
|-------------------------------|----|------------------|----------------|-----|---------|---------|
| 1. Ron Langelaan | 78 | Daw | 2:50.13 | 416 | 1:20.92 | 2:50.13 |
| 2. Gerrit Klaas van der Vaart | 80 | De Haaen Leusden | 3:05.90 | 318 | 1:26.53 | 3:05.90 |
| 3. Ab Hazeleger | 82 | ZV Hoogland | 3:17.06 | 267 | 1:37.14 | 3:17.06 |
| 4. Robin Roskam | 78 | De Duinkickers | 3:23.31 | 243 | 1:36.36 | 3:23.31 |
| 5. Peter Lommert | 79 | Swol 1894 | 3:29.55 | 222 | 1:39.62 | 3:29.55 |

40 - 44 jaar, Dames

| | | | | | | |
|----------------------|----|-----------------|----------------|-----|---------|---------|
| 1. Monique Boets | 76 | ZPC Stadskanaal | 3:23.22 | 320 | 1:37.61 | 3:23.22 |
| 2. Elske van Doornum | 74 | De Duinkickers | 5:47.45 | 64 | 2:45.86 | 5:47.45 |
| DIS Sylvia Tetteroo | 73 | Ijzpc | | | | |

SD - De bewegingen van de benen niet te allen tijde gelijktijdig en/of in hetzelfde horizontale vlak uitgevoerd.

40 - 44 jaar, Heren

| | | | | | | |
|--------------------------|----|--------------------|----------------|-----|---------|---------|
| 1. Kasper van den Berghe | 73 | Swol 1894 | 3:21.07 | 252 | 1:37.86 | 3:21.07 |
| 2. Arjan Aalbers | 75 | Swol 1894 | 3:22.31 | 247 | 1:37.00 | 3:22.31 |
| DIS Kees Bakker | 75 | Gay Swim Amsterdam | | | | |

SD - De bewegingen van de benen niet te allen tijde gelijktijdig en/of in hetzelfde horizontale vlak uitgevoerd.

45 - 49 jaar, Dames

| | | | | | | |
|------------------------------|----|------------------|----------------|-----|---------|---------|
| 1. Evelien van Klaarbergen | 72 | HZ&PC Heerenveen | 3:11.67 | 382 | 1:32.06 | 3:11.67 |
| 2. Ursula Spoelstra-de Groot | 72 | WS Twente | 3:52.57 | 214 | 1:51.42 | 3:52.57 |

45 - 49 jaar, Heren

| | | | | | | |
|-------------------------|----|------------------|----------------|-----|---------|---------|
| 1. Heiner Stevens | 72 | Zignea | 3:05.73 | 319 | 1:30.37 | 3:05.73 |
| 2. Joop Weenink | 68 | WS Twente | 3:07.42 | 311 | 1:31.23 | 3:07.42 |
| 3. Korstiaan de Boer | 71 | Steenwijk 1934 | 3:20.20 | 255 | 1:36.32 | 3:20.20 |
| 4. Gertjan van de Bosch | 70 | Ijzpc | 3:25.02 | 237 | 1:34.26 | 3:25.02 |
| 5. Alistair Critchell | 71 | Zv 44 | 3:25.98 | 234 | 1:38.48 | 3:25.98 |
| 6. Gerko Versluis | 69 | Zzz | 3:38.19 | 197 | 1:43.44 | 3:38.19 |
| DIS Arnold Jonker | 70 | HZ&PC Heerenveen | | | | |

SD - De bewegingen van de benen niet te allen tijde gelijktijdig en/of in hetzelfde horizontale vlak uitgevoerd.

Programmanr. 2, 200m schoolslag

50 - 54 jaar, Dames

| | | | | | | |
|------------------------------|----|----------------------|----------------|-----|---------|---------|
| 1. Annette Wijnja-Visser | 67 | De Biesboschzwemmers | 3:05.44 | 422 | 1:29.91 | 3:05.44 |
| 2. Laura Staal | 67 | Oceanus | 3:24.26 | 315 | 1:39.13 | 3:24.26 |
| 3. Annette Korving-Leijenaar | 67 | Aqualero | 3:25.07 | 312 | 1:40.51 | 3:25.07 |
| 4. Machteld Stilting | 66 | ZPC AMERSFOORT | 3:47.19 | 229 | 1:49.17 | 3:47.19 |

50 - 54 jaar, Heren

| | | | | | | |
|----------------------|----|----------------|----------------|-----|---------|---------|
| 1. Ronald van Vliet | 63 | Aalscholver | 3:17.48 | 266 | 1:33.20 | 3:17.48 |
| 2. Jan Lindenaar | 67 | Uzsc | 3:19.67 | 257 | 1:35.45 | 3:19.67 |
| 3. Robert de Brauwer | 64 | De Duinkickers | 3:23.50 | 243 | 1:36.38 | 3:23.50 |

55 - 59 jaar, Dames

| | | | | | | |
|---------------------|----|---------|----------------|-----|---------|---------|
| 1. Petra v.d. Steeg | 61 | Zcnf'34 | 4:16.47 | 159 | 2:07.38 | 4:16.47 |
|---------------------|----|---------|----------------|-----|---------|---------|

55 - 59 jaar, Heren

| | | | | | | |
|---------------------|----|--------------------|----------------|-----|---------|---------|
| 1. Marius Ros | 59 | Zcnf'34 | 3:27.63 | 228 | 1:42.05 | 3:27.63 |
| 2. Henk Kuipers | 62 | Uzsc | 3:28.80 | 225 | 1:39.45 | 3:28.80 |
| 3. Jack Barends | 62 | WS Twente | 3:30.16 | 220 | 1:39.70 | 3:30.16 |
| 4. Dirk van Leeuwen | 60 | Gay Swim Amsterdam | 3:31.20 | 217 | 1:41.54 | 3:31.20 |
| 5. Henk Gierveld | 60 | Nat Utrecht | 3:49.75 | 168 | 1:51.38 | 3:49.75 |

60 - 64 jaar, Dames

| | | | | | | |
|-------------------|----|----------------|----------------|-----|---------|---------|
| 1. Monica Bakker | 56 | Steenwijk 1934 | 3:53.14 | 212 | 1:49.13 | 3:53.14 |
| 2. Anje Manuputty | 57 | Psv | 3:54.81 | 207 | 1:54.20 | 3:54.81 |

60 - 64 jaar, Heren

| | | | | | | |
|------------------|----|-----------------|----------------|-----|---------|---------|
| 1. Henk Slomp | 55 | Z&PC de Inktvis | 3:41.63 | 188 | 1:44.64 | 3:41.63 |
| 2. Jan Timmerman | 57 | Uzsc | 4:00.82 | 146 | 1:51.63 | 4:00.82 |

65 - 69 jaar, Dames

| | | | | | | |
|------------------------------|----|-----------|----------------|-----|---------|---------|
| 1. Antoinette Gilding-Tussau | 50 | WS Twente | 4:30.56 | 135 | 2:10.70 | 4:30.56 |
|------------------------------|----|-----------|----------------|-----|---------|---------|

65 - 69 jaar, Heren

| | | | | | | |
|------------------|----|-----|----------------|-----|---------|---------|
| 1. Nello Spiteri | 52 | Daw | 4:07.76 | 134 | 1:58.69 | 4:07.76 |
|------------------|----|-----|----------------|-----|---------|---------|

70 - 74 jaar, Dames

| | | | | | | |
|-----------------------------|----|----------------|----------------|-----|---------|---------|
| 1. A. Verhoeven - Steggerda | 46 | De Duinkickers | 4:31.94 | 133 | 2:07.67 | 4:31.94 |
|-----------------------------|----|----------------|----------------|-----|---------|---------|

70 - 74 jaar, Heren

| | | | | | | |
|-------------------|----|---------------------|----------------|-----|---------|---------|
| 1. Rob Hanou | 43 | Psv | 3:33.09 | 211 | 1:41.52 | 3:33.09 |
| 2. Mans Buis | 47 | Het Ravijn | 4:27.48 | 107 | 2:11.48 | 4:27.48 |
| DIS Gerard Hekker | 46 | SG. Bolsward-Workum | | | | |

SA - Na start en/of keerpunt niet met het hoofd het wateroppervlak doorbroken, voordat bij het wijdstedeelte v.d. 2e armslag de handen naar binnen beginnen te draaien.

ZMC deel 7 2016-2017
Amersfoort, 26-3-2017

Programmanr. 3 100m vlinderslag 20 - 84 jaar
26-3-2017 - 15:00 Resultaten

Punten: FINA 2016

| Rang | Geb. | | Tijd | Pnt | 50m | 100m |
|----------------------------|-------------------------|-------------------------|----------------|-----|-------|---------|
| 20 - 24 jaar, Dames | | | | | | |
| 1. | Cynthia Siebrand | 96 De Haaien Leusden | 1:15.73 | 396 | 30.39 | 1:15.73 |
| 2. | Simone Mus | 96 SG Middelse-De Skelp | 1:17.85 | 365 | | 1:17.85 |
| 3. | Heleen ten Have | 94 Z&PC de Inktvis | 1:37.34 | 186 | | 1:37.34 |
| 20 - 24 jaar, Heren | | | | | | |
| 1. | Jordan Kraaijenhof | 93 ZPC AMERSFOORT | 1:01.06 | 543 | | 1:01.06 |
| 2. | Jesper Honken | 96 Nova | 1:08.94 | 377 | | 1:08.94 |
| 3. | Rick Vaarkamp | 94 Z&PC Triton Putten | 1:46.51 | 102 | | 1:46.51 |
| 25 - 29 jaar, Dames | | | | | | |
| 1. | Elinore de Jong | 89 The Hague swimming | 1:03.01 | 688 | | 1:03.01 |
| 2. | Lonneke Oenema | 91 Steenwijk 1934 | 1:26.39 | 267 | | 1:26.39 |
| 30 - 34 jaar, Dames | | | | | | |
| 1. | Angela Giezen | 83 Montferland | 1:24.51 | 285 | | 1:24.51 |
| 30 - 34 jaar, Heren | | | | | | |
| 1. | Rick Driezen | 86 Steenwijk 1934 | 1:04.70 | 456 | | 1:04.70 |
| 2. | Rudi Butselaar | 87 GoSwim | 1:13.27 | 314 | | 1:13.27 |
| 3. | Sander Brat | 85 Swol 1894 | 1:28.54 | 178 | | 1:28.54 |
| 35 - 39 jaar, Dames | | | | | | |
| 1. | Margriet Leeffers | 78 Deltasteur | 1:45.87 | 145 | | 1:45.87 |
| 35 - 39 jaar, Heren | | | | | | |
| 1. | Peter Lommert | 79 Swol 1894 | 1:36.38 | 138 | | 1:36.38 |
| 40 - 44 jaar, Heren | | | | | | |
| 1. | Kees Bakker | 75 Gay Swim Amsterdam | 1:10.75 | 349 | | 1:10.75 |
| 2. | Roeland Looman | 74 Nat Utrecht | 1:15.18 | 291 | | 1:15.18 |
| 3. | Han Boone | 77 Octopus | 1:28.06 | 181 | | 1:28.06 |
| 45 - 49 jaar, Dames | | | | | | |
| 1. | Lidia v. Bon-Rosenbrand | 70 ZPC AMERSFOORT | 1:19.82 | 338 | | 1:19.82 |
| 2. | Iris van Aurich | 69 Dwk | 1:30.26 | 234 | | 1:30.26 |
| 3. | Annet Kootstra | 71 Swol 1894 | 1:36.88 | 189 | | 1:36.88 |
| 4. | Greta Wyma-Teitsma | 71 Dwk | 2:02.19 | 94 | | 2:02.19 |
| 45 - 49 jaar, Heren | | | | | | |
| 1. | René Beetsma | 69 HZ&PC Heerenveen | 1:09.23 | 372 | | 1:09.23 |
| 50 - 54 jaar, Dames | | | | | | |
| 1. | Annemarie Vuist | 63 Swol 1894 | 1:32.26 | 219 | | 1:32.26 |
| 2. | Hetty Smalheer | 67 Sport Club Oude Maas | 1:46.94 | 140 | | 1:46.94 |

ZMC deel 7 2016-2017
Amersfoort, 26-3-2017

Programmanr. 3, 100m vlinderslag

50 - 54 jaar, Heren

| | | | | | | |
|-----|---------------------|----|----------------------|----------------|-----|---------|
| 1. | Geert van Duinhoven | 64 | Rzc | 1:17.26 | 268 | 1:17.26 |
| 2. | Erik Wetsteijn | 65 | Swol 1894 | 1:23.65 | 211 | 1:23.65 |
| 3. | Harald Mulder | 67 | Wvz | 1:25.54 | 197 | 1:25.54 |
| 4. | Jan Smalheer | 64 | Sport Club Oude Maas | 1:28.80 | 176 | 1:28.80 |
| 5. | Huyb Stegeman | 67 | Steenwijk 1934 | 1:36.47 | 137 | 1:36.47 |
| DIS | Paul Wijnja | 63 | De Biesboschzwemmers | | | |

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

55 - 59 jaar, Dames

| | | | | | | |
|----|-----------------------|----|-----------|----------------|-----|---------|
| 1. | Marijke Kraak-Beckers | 60 | WS Twente | 1:32.03 | 220 | 1:32.03 |
| 2. | Marjan Spoelstra | 60 | Swol 1894 | 2:02.95 | 92 | 2:02.95 |

60 - 64 jaar, Heren

| | | | | | | |
|----|-------------------|----|--------------|----------------|-----|---------|
| 1. | Paul Bunnik | 56 | WZ&PC Triton | 1:24.20 | 207 | 1:24.20 |
| 2. | Ron van der Zande | 55 | Aalscholver | 1:35.42 | 142 | 1:35.42 |

65 - 69 jaar, Dames

| | | | | | | |
|----|----------------------------|----|-----------|----------------|----|---------|
| 1. | Antoinette Gilding-Tussaud | 50 | WS Twente | 2:19.55 | 63 | 2:19.55 |
|----|----------------------------|----|-----------|----------------|----|---------|

65 - 69 jaar, Heren

| | | | | | | |
|----|-----------|----|-------------|----------------|----|---------|
| 1. | Jos Kamps | 51 | ZV Hoogland | 1:55.07 | 81 | 1:55.07 |
|----|-----------|----|-------------|----------------|----|---------|

Programmanr. 4
26-3-2017 - 15:11

50m rugslag

20 - 84 jaar
Resultaten

Punten: FINA 2016

| Rang | | Geb. | | Tijd | Pnt | |
|---------------------|---------------------------------|------|----------------------|--------------|-----|------|
| 20 - 24 jaar, Dames | | | | | | |
| 1. | Anne-Irene Ducheine | 95 | ZV Hoogland | 33.04 | 549 | |
| 2. | Tamara Grove | 96 | De Dolfijn | 33.57 | 523 | |
| 3. | Cynthia Siebrand | 96 | De Haaien Leusden | 34.57 | 479 | |
| 4. | Karin Groen | 95 | Nova | 36.19 | 418 | |
| 5. | Daphne Spreen | 96 | ZV ZZG De Boskickers | 39.60 | 319 | |
| 6. | Charine de Ruiter | 94 | Steenwijk 1934 | 40.14 | 306 | |
| 7. | Rachel Trapman | 96 | De Duinkickers | 40.87 | 290 | |
| 8. | Heleen ten Have | 94 | Z&PC de Inktvis | 41.74 | 272 | |
| 9. | Elvira Feikens | 95 | De Spatters | 44.45 | 225 | |
| 10. | Nadieh Kikstra | 93 | Orca | 44.86 | 219 | |
| 11. | Iris Spijkstra | 96 | Aqualero | 45.05 | 216 | |
| 20 - 24 jaar, Heren | | | | | | |
| 1. | Hans Stoffers | 96 | Z&PC Triton Putten | 35.06 | 322 | |
| 2. | Tom de Lange | 93 | Deltasteur | 41.56 | 193 | |
| 25 - 29 jaar, Dames | | | | | | |
| 1. | Lisanne van der Heide - Andeweg | 88 | Zzz | 38.17 | 356 | FJ 1 |
| 2. | Getrude Corporaal | 92 | Zvz | 38.17 | 356 | FJ 2 |
| 3. | Lonneke Oenema | 91 | Steenwijk 1934 | 38.97 | 334 | |
| 4. | Marloes Benjamins | 91 | Aqualero | 40.80 | 291 | |
| 5. | Malou Heidekamp | 89 | Rzc | 43.14 | 246 | |
| 6. | Jorinde Veraar | 92 | ZPC AMERSFOORT | 48.82 | 170 | |
| 7. | Brechtje de Jong | 89 | isis | 55.04 | 118 | |

Programmanr. 4, 50m rugslag

25 - 29 jaar, Heren

| | | | | | | |
|----|--------------------|----|----------------------|--------------|-----|------|
| 1. | Herman Hofman | 90 | ZV ZZG De Boskickers | 32.12 | 419 | |
| 2. | Remco van de Berkt | 89 | De Haaien Leusden | 33.17 | 380 | FJ 2 |
| 3. | Erik van der Heide | 88 | Zzz | 33.17 | 380 | FJ 3 |
| 4. | Stefan Kwant | 92 | Nova | 33.67 | 363 | |
| 5. | Harry Dijkma | 91 | isis | 34.62 | 334 | |
| 6. | Rolf Kruithof | 89 | ZPC Stadskanaal | 36.73 | 280 | |
| 7. | Leo Zijlstra | 90 | isis | 40.25 | 213 | |
| 8. | Danny Vochteloo | 92 | TriVia | 48.36 | 122 | |

30 - 34 jaar, Dames

| | | | | | | |
|----|----------------------|----|-----------------|--------------|-----|--|
| 1. | Charlotte Groeneveld | 87 | Uzsc | 34.06 | 501 | |
| 2. | Margo Kruithof | 87 | ZPC Stadskanaal | 40.85 | 290 | |
| 3. | Sabine Duijst | 87 | ZV Hoogland | 41.92 | 268 | |

30 - 34 jaar, Heren

| | | | | | | |
|----|-------------------|----|-----------------|--------------|-----|--|
| 1. | Matthijs Vergaai | 83 | Normerven | 33.17 | 380 | |
| 2. | Dennis Kuipers | 86 | Z&PC de Inktvis | 36.11 | 295 | |
| 3. | Rudy de Jong | 83 | isis | 36.98 | 274 | |
| 4. | Robin Eggenkamp | 87 | De Duinkickers | 37.23 | 269 | |
| 5. | Albert Dijkma | 87 | isis | 38.40 | 245 | |
| 6. | Jorrit van Belzen | 87 | Nat Utrecht | 46.38 | 139 | |

35 - 39 jaar, Dames

| | | | | | | |
|----|-------------------------|----|----------------|--------------|-----|--|
| 1. | Inge Roskam | 78 | De Duinkickers | 43.54 | 240 | |
| 2. | Esther van Buren | 80 | De Duinkickers | 46.10 | 202 | |
| 3. | Irene Kasteel-Jaspersen | 81 | Zzz | 46.86 | 192 | |
| 4. | Manon Vos-Loohuis | 81 | De Fuut | 47.20 | 188 | |

35 - 39 jaar, Heren

| | | | | | | |
|----|----------------------|----|--------------------|--------------|-----|--|
| 1. | Rob van Wanrooy | 82 | Gay Swim Amsterdam | 35.32 | 315 | |
| 2. | Rutger Stam | 81 | ZV Hoogland | 35.64 | 306 | |
| 3. | Martin van Vaardegem | 82 | GoSwim | 37.22 | 269 | |

40 - 44 jaar, Dames

| | | | | | | |
|----|--------------------------|----|------------------|--------------|-----|--|
| 1. | Marty Krans-de Weerd | 75 | Zcnf'34 | 39.22 | 328 | |
| 2. | Alma Knegt-Bessembinders | 76 | De Spatters | 40.87 | 290 | |
| 3. | Miranda Straetemans | 74 | Zignea | 44.07 | 231 | |
| 4. | Jannie Vennik | 76 | HZ&PC Heerenveen | 45.23 | 214 | |
| 5. | Inge Lolkema-Soeters | 73 | Steenwijk 1934 | 48.36 | 175 | |
| 6. | Linda Kerkmeester | 74 | GoSwim | 48.76 | 170 | |
| 7. | Elske van Doornum | 74 | De Duinkickers | 54.48 | 122 | |

40 - 44 jaar, Heren

| | | | | | | |
|----|------------------|----|----------------|--------------|-----|--|
| 1. | Paul Hardeman | 73 | ZPC AMERSFOORT | 34.20 | 347 | |
| 2. | Erwin Zuidervelt | 75 | De Futen | 35.43 | 312 | |

45 - 49 jaar, Dames

| | | | | | | |
|----|---------------------------|----|-----------|--------------|-----|--|
| 1. | Henriëtte Manting | 71 | Gzww | 40.90 | 289 | |
| 2. | Geesje Lena Boomsma | 70 | Orca | 42.23 | 263 | |
| 3. | Greta Wyma-Teitsma | 71 | Dwk | 46.42 | 198 | |
| 4. | Ursula Spoelstra-de Groot | 72 | WS Twente | 49.28 | 165 | |

Programmanr. 4, 50m rugslag

45 - 49 jaar, Heren

| | | | | | |
|----|--------------------|----|-----------------|--------------|----------|
| 1. | Arjan Bellaart | 69 | Het Y | 32.98 | 387 |
| 2. | Marcel Jonkman | 68 | Aqualero | 37.11 | 271 |
| 3. | Marcel Brittijn | 69 | De Duinkickers | 40.52 | 208 |
| 4. | Alistair Critchell | 71 | Zv 44 | 40.61 | 207 FJ 1 |
| 5. | Erik Veltman | 72 | ZPC Stadskanaal | 40.61 | 207 FJ 2 |
| 6. | Chris Kouwenhoven | 71 | De Spatters | 43.87 | 164 |

50 - 54 jaar, Dames

| | | | | | |
|----|---------------------------|----|----------------|--------------|-----|
| 1. | Caroline Schreuder | 67 | WZ&PC Triton | 38.54 | 346 |
| 2. | Laura Staal | 67 | Oceanus | 40.17 | 305 |
| 3. | Christine Buist | 64 | De Duinkickers | 41.54 | 276 |
| 4. | Annette Korving-Leijenaar | 67 | Aqualero | 42.89 | 251 |
| 5. | Roelien Speelman-Tigelaar | 66 | De Spatters | 46.02 | 203 |
| 6. | Annemarie Vuist | 63 | Swol 1894 | 46.19 | 201 |

50 - 54 jaar, Heren

| | | | | | |
|----|-----------------|----|----------------|--------------|-----|
| 1. | Edwin v. Norden | 63 | ZPC AMERSFOORT | 31.26 | 454 |
| 2. | Adri Pasman | 64 | Zzz | 44.92 | 153 |

55 - 59 jaar, Dames

| | | | | | |
|----|-------------------|----|------------------|----------------|-----|
| 1. | Pia van der Molen | 60 | HZ&PC Heerenveen | 44.92 | 218 |
| 2. | Francine Sommer | 62 | WZ&PC Triton | 46.60 | 195 |
| 3. | Katinka Elders | 60 | Oceanus | 46.89 | 192 |
| 4. | Gea Kuiper | 61 | Zcnf34 | 52.84 | 134 |
| 5. | Joke Burgers | 60 | Swol 1894 | 1:05.11 | 71 |

55 - 59 jaar, Heren

| | | | | | |
|----|-----------------|----|--------------------|--------------|-----|
| 1. | Marten de Groot | 58 | HZ&PC Heerenveen | 35.83 | 302 |
| 2. | Henk Kuipers | 62 | Uzsc | 37.67 | 259 |
| 3. | Jack Barends | 62 | WS Twente | 41.30 | 197 |
| 4. | Rob Wieleman | 60 | Nat Utrecht | 41.56 | 193 |
| 5. | Andre Pantekoek | 58 | de Devel | 43.06 | 174 |
| 6. | John Dam | 60 | Zignea | 43.37 | 170 |
| 7. | Jan Haitsma | 60 | De Spatters | 45.91 | 143 |
| 8. | Kees Karsten | 58 | Gay Swim Amsterdam | 49.65 | 113 |

60 - 64 jaar, Dames

| | | | | | |
|----|----------------|----|-------|--------------|-----|
| 1. | Patty Krupiarz | 54 | Plons | 43.37 | 242 |
|----|----------------|----|-------|--------------|-----|

60 - 64 jaar, Heren

| | | | | | |
|----|---------------|----|-----------|--------------|-----|
| 1. | Mark Eligh | 57 | Uzsc | 36.23 | 292 |
| 2. | Jappie Kuiper | 55 | Swol 1894 | 43.04 | 174 |

65 - 69 jaar, Dames

| | | | | | |
|----|-----------------------|----|------------|----------------|-----|
| 1. | Christien Nieuwenhuis | 51 | Swol 1894 | 45.05 | 216 |
| 2. | Tineke van Diggelen | 52 | Zpch | 51.06 | 148 |
| 3. | Janny van der Weide | 51 | Deltasteur | 1:14.73 | 47 |

Programmanr. 4, 50m rugslag

65 - 69 jaar, Heren

1. Bert Veerkamp 52 Zzz 1:04.61 51

70 - 74 jaar, Dames

1. Loekie v. Huissteden 45 ZPC AMERSFOORT 59.56 93
2. Annet Verhoeven - Steggerda 46 De Duinkickers 1:01.29 86

70 - 74 jaar, Heren

1. Rob Hanou 43 Psv 45.78 144

80 - 84 jaar, Heren

1. Gregor Pompen 37 Aqua-Novio '94 55.43 81

Programmanr. 5
26-3-2017 - 15:27

200m wisselslag

20 - 84 jaar
Resultaten

Punten: FINA 2016

| Rang | Geb. | Tijd | Pnt | 50m | 100m | 150m | 200m |
|---|----------------------------|----------------------|----------------|-----|------|------|---------|
| 20 - 24 jaar, Dames | | | | | | | |
| 1. | Tamara Grove 96 | De Dolfijn | 2:31.96 | 571 | | | 2:31.96 |
| 2. | Janine de Groot 95 | Nova | 2:46.21 | 436 | | | 2:46.21 |
| 3. | Simone Mus 96 | SG Middelse-De Skelp | 2:47.34 | 428 | | | 2:47.34 |
| 4. | Veronique van der Velde 96 | WS Twente | 3:06.25 | 310 | | | 3:06.25 |
| 5. | Annemiek van Veen 93 | Dedemsvaart-AC | 3:51.92 | 160 | | | 3:51.92 |
| 6. | Tessa van Dijk 94 | isis | 3:56.92 | 150 | | | 3:56.92 |
| 25 - 29 jaar, Dames | | | | | | | |
| 1. | Fraukje Puts 92 | HZ&PC Heerenveen | 2:43.65 | 457 | | | 2:43.65 |
| 2. | Anne Duijst 89 | De Haaien Leusden | 2:52.38 | 391 | | | 2:52.38 |
| 3. | Leonie Nijenhuis 92 | Zzz | 2:56.04 | 367 | | | 2:56.04 |
| 4. | Désirée Hulsmeijer 90 | Het Ravijn | 3:00.21 | 342 | | | 3:00.21 |
| 5. | Renske Eilers 88 | ZV Hoogland | 3:14.18 | 273 | | | 3:14.18 |
| 6. | Petra Zandstra 90 | isis | 3:20.28 | 249 | | | 3:20.28 |
| DIS | Getrude Corporaal 92 | Zz | | | | | |
| <i>RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.</i> | | | | | | | |
| 25 - 29 jaar, Heren | | | | | | | |
| 1. | Jeffrey Breedijk 89 | De Haaien Leusden | 2:28.16 | 455 | | | 2:28.16 |
| 2. | Rene Knijpstra 88 | isis | 2:56.53 | 269 | | | 2:56.53 |
| 3. | Danny Vochteloo 92 | TriVia | 3:26.85 | 167 | | | 3:26.85 |
| 30 - 34 jaar, Dames | | | | | | | |
| 1. | Charlotte Groeneveld 87 | Uzsc | 2:40.47 | 485 | | | 2:40.47 |
| 2. | Liesbeth van Mill 87 | Dwk | 2:54.11 | 380 | | | 2:54.11 |
| 3. | Angela Giezen 83 | Montferland | 2:58.38 | 353 | | | 2:58.38 |
| 4. | Carola Jacobs 85 | Z&PC Triton Putten | 3:16.83 | 263 | | | 3:16.83 |
| 5. | Manouk Ticheler 87 | De Duinkickers | 3:21.25 | 246 | | | 3:21.25 |

Programmanr. 5, 200m wisselslag

30 - 34 jaar, Heren

| | | | | | |
|------------------------|----|----------------|----------------|-----|---------|
| 1. Rob van Vliet | 84 | ZPC AMERSFOORT | 2:29.10 | 446 | 2:29.10 |
| 2. Martijn Giezen | 85 | Montferland | 2:35.33 | 395 | 2:35.33 |
| 3. Rick Driezen | 86 | Steenwijk 1934 | 2:36.53 | 386 | 2:36.53 |
| 4. Stefan van de Grift | 87 | Octopus | 2:45.29 | 328 | 2:45.29 |
| 5. Albert Dijkma | 87 | isis | 2:58.42 | 260 | 2:58.42 |
| 6. Sander Brat | 85 | Swol 1894 | 2:59.98 | 254 | 2:59.98 |
| 7. Mark Brinkhuis | 83 | TriVia | 3:10.34 | 214 | 3:10.34 |
| DIS Rudy de Jong | 83 | isis | | | |

VC - Armen niet over het water naar voren gebracht.

35 - 39 jaar, Dames

| | | | | | |
|-------------------------|----|----------------|----------------|-----|---------|
| 1. Angela Koekkoek | 79 | WZ&PC Triton | 2:57.06 | 361 | 2:57.06 |
| 2. Agnes van Brug | 80 | Daw | 3:02.37 | 330 | 3:02.37 |
| 3. Nienke Nieuwenhuis | 81 | Swol 1894 | 3:28.64 | 220 | 3:28.64 |
| 4. Rianne van Vegchelen | 81 | Zv 44 | 3:46.77 | 172 | 3:46.77 |
| 5. Saskia op den Velde | 79 | De Duinkickers | 3:56.26 | 152 | 3:56.26 |

35 - 39 jaar, Heren

| | | | | | |
|-------------------------------|----|-------------------|----------------|-----|---------|
| 1. Gerrit Klaas van der Vaart | 80 | De Haaien Leusden | 2:50.22 | 300 | 2:50.22 |
| 2. Peter Lommert | 79 | Swol 1894 | 3:03.20 | 240 | 3:03.20 |
| 3. Remco Veerkamp | 81 | Zzz | 3:20.80 | 182 | 3:20.80 |
| 4. Robin Roskam | 78 | De Duinkickers | 3:22.02 | 179 | 3:22.02 |

40 - 44 jaar, Dames

| | | | | | |
|-------------------------|----|------------------|----------------|-----|---------|
| 1. Marty Krans-de Weerd | 75 | Zcnf'34 | 3:02.12 | 332 | 3:02.12 |
| 2. Miranda Straetemans | 74 | Zignea | 3:11.92 | 283 | 3:11.92 |
| 3. Jannie Vennik | 76 | HZ&PC Heerenveen | 3:16.02 | 266 | 3:16.02 |

40 - 44 jaar, Heren

| | | | | | |
|--------------------------|----|-----------|----------------|-----|---------|
| 1. Machiel Stolk | 74 | Swol 1894 | 2:46.02 | 323 | 2:46.02 |
| 2. Kasper van den Berghe | 73 | Swol 1894 | 2:53.30 | 284 | 2:53.30 |

45 - 49 jaar, Dames

| | | | | | |
|----------------------------|----|------------------|----------------|-----|---------|
| 1. Evelien van Klaarbergen | 72 | HZ&PC Heerenveen | 2:44.34 | 451 | 2:44.34 |
| 2. Lidia v. Bon-Rosenbrand | 70 | ZPC AMERSFOORT | 2:56.64 | 363 | 2:56.64 |
| 3. Annette de Visser | 71 | Oceanus | 2:57.92 | 356 | 2:57.92 |
| 4. Iris van Aurich | 69 | Dwk | 3:00.58 | 340 | 3:00.58 |
| 5. Peggi Hurenkamp | 69 | HZ&PC Heerenveen | 3:10.61 | 289 | 3:10.61 |
| 6. Annet Kootstra | 71 | Swol 1894 | 3:17.45 | 260 | 3:17.45 |

45 - 49 jaar, Heren

| | | | | | |
|-----------------------|----|------------------|----------------|-----|---------|
| 1. René Beetsma | 69 | HZ&PC Heerenveen | 2:33.93 | 406 | 2:33.93 |
| 2. Arjan Bellaart | 69 | Het Y | 2:37.50 | 379 | 2:37.50 |
| 3. Michael van Bekkum | 72 | Swol 1894 | 2:44.19 | 334 | 2:44.19 |
| 4. Eric Wattez | 70 | Zcnf'34 | 2:52.02 | 291 | 2:52.02 |
| 5. Arnold Jonker | 70 | HZ&PC Heerenveen | 3:40.89 | 137 | 3:40.89 |
| DIS Ivo Dijs | 72 | GoSwim | | | |

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

50 - 54 jaar, Dames

| | | | | | |
|-------------------|----|----------------------|----------------|-----|---------|
| 1. Wilna Heijman | 64 | Steenwijk 1934 | 3:03.61 | 324 | 3:03.61 |
| 2. Hetty Smalheer | 67 | Sport Club Oude Maas | 3:30.67 | 214 | 3:30.67 |

ZMC deel 7 2016-2017
Amersfoort, 26-3-2017

Programmanr. 5, 200m wisselslag

50 - 54 jaar, Heren

| | | | | | |
|------------------------|----|----------------------|----------------|-----|---------|
| 1. Edwin v. Norden | 63 | ZPC AMERSFOORT | 2:33.64 | 408 | 2:33.64 |
| 2. Ron Korzelius | 65 | ZPC AMERSFOORT | 2:48.54 | 309 | 2:48.54 |
| 3. Geert van Duinhoven | 64 | Rzc | 2:55.38 | 274 | 2:55.38 |
| 4. Jan Smalheer | 64 | Sport Club Oude Maas | 3:03.41 | 240 | 3:03.41 |
| 5. Robert de Brauwer | 64 | De Duinkickers | 3:09.51 | 217 | 3:09.51 |
| 6. Ronald van Vliet | 63 | Aalscholver | 3:11.21 | 211 | 3:11.21 |

55 - 59 jaar, Dames

| | | | | | |
|--------------------------|----|-------------|----------------|-----|---------|
| 1. Marijke Kraak-Beckers | 60 | WS Twente | 3:19.38 | 253 | 3:19.38 |
| 2. Marlien Wijnhof | 61 | Nat Utrecht | 3:28.29 | 221 | 3:28.29 |

55 - 59 jaar, Heren

| | | | | | |
|---------------------|----|--------------------|----------------|-----|---------|
| 1. Dirk van Leeuwen | 60 | Gay Swim Amsterdam | 3:20.15 | 184 | 3:20.15 |
| 2. Marius Ros | 59 | Zcnf'34 | 3:21.57 | 180 | 3:21.57 |
| 3. Henk Gierveld | 60 | Nat Utrecht | 3:30.67 | 158 | 3:30.67 |
| 4. Jan Haitsma | 60 | De Spatters | 3:38.44 | 142 | 3:38.44 |
| 5. Aris Jan van Ek | 61 | Ijzpc | 4:09.63 | 95 | 4:09.63 |

60 - 64 jaar, Dames

| | | | | | |
|-------------------------|----|----------------|----------------|-----|---------|
| 1. Atie Pijtak-Radersma | 56 | ZPC AMERSFOORT | 3:06.52 | 309 | 3:06.52 |
| 2. Monica Bakker | 56 | Steenwijk 1934 | 3:30.76 | 214 | 3:30.76 |

60 - 64 jaar, Heren

| | | | | | |
|----------------------|----|--------------|----------------|-----|---------|
| 1. Paul Bunnik | 56 | WZ&PC Triton | 3:00.04 | 253 | 3:00.04 |
| 2. Ron van der Zande | 55 | Aalscholver | 3:20.70 | 183 | 3:20.70 |
| 3. Jan Timmerman | 57 | Uzsc | 3:52.06 | 118 | 3:52.06 |

65 - 69 jaar, Dames

| | | | | | |
|--------------------------------|----|-----------|----------------|-----|---------|
| 1. Christien Nieuwenhuis | 51 | Swol 1894 | 3:21.74 | 244 | 3:21.74 |
| 2. Antoinette Gilding-Tussau50 | 50 | WS Twente | 4:15.65 | 120 | 4:15.65 |

65 - 69 jaar, Heren

| | | | | | |
|---------------------|----|----------|----------------|-----|---------|
| 1. Yoshihiro Yasumi | 49 | De Futen | 3:56.49 | 112 | 3:56.49 |
| 2. Nello Spiteri | 52 | Daw | 4:00.94 | 105 | 4:00.94 |

Programmanr. 6
26-3-2017 - 16:08

100m vrije slag

20 - 84 jaar
Resultaten

Punten: FINA 2016

| Rang | Geb. | | Tijd | Pnt | 50m | 100m |
|----------------------------|-------------------------|----|----------------------|----------------|-----|---------|
| 20 - 24 jaar, Dames | | | | | | |
| 1. | Anja Mus | 94 | SG Middelse-De Skelp | 1:04.42 | 528 | 1:04.42 |
| 2. | Janine de Groot | 95 | Nova | 1:04.85 | 517 | 1:04.85 |
| 3. | Tessa Benjamins | 95 | Aqualero | 1:11.45 | 387 | 1:11.45 |
| 4. | Charine de Ruiter | 94 | Steenwijk 1934 | 1:12.51 | 370 | 1:12.51 |
| 5. | Veronique van der Velde | 96 | WS Twente | 1:18.06 | 296 | 1:18.06 |
| 6. | Rachel Trapman | 96 | De Duinkickers | 1:19.00 | 286 | 1:19.00 |
| 7. | Iris Spijkstra | 96 | Aqualero | 1:23.95 | 238 | 1:23.95 |
| 20 - 24 jaar, Heren | | | | | | |
| 1. | Hans Stoffers | 96 | Z&PC Triton Putten | 1:02.04 | 432 | 1:02.04 |
| 2. | Jesper Honken | 96 | Nova | 1:03.09 | 411 | 1:03.09 |
| 3. | Jouke van der Meer | 94 | isis | 1:06.45 | 351 | 1:06.45 |

ZMC deel 7 2016-2017
Amersfoort, 26-3-2017

Programmanr. 6, Heren, 100m vrije slag, 20 - 24 jaar

| Rang | Geb. | | Tijd | Pnt | 50m | 100m |
|------|---------------------|-----------------------|----------------|-----|-----|---------|
| 4. | Miguel Ángel Correl | 96 Gay Swim Amsterdam | 1:16.16 | 233 | | 1:16.16 |

25 - 29 jaar, Dames

| | | | | | | |
|----|---------------------------------|-------------------------|----------------|-----|--|---------|
| 1. | Lisanne van der Heide - Andew88 | Zzz | 1:07.35 | 462 | | 1:07.35 |
| 2. | Lonneke Oenema | 91 Steenwijk 1934 | 1:13.23 | 359 | | 1:13.23 |
| 3. | Liset Bosma | 91 SG Middelse-De Skelp | 1:16.08 | 320 | | 1:16.08 |

25 - 29 jaar, Heren

| | | | | | | |
|----|--------------------|-------------------------|----------------|-----|--|---------|
| 1. | Bart Rigterink | 89 ZPC AMERSFOORT | 57.33 | 547 | | 57.33 |
| 2. | Stefan Kwant | 92 Nova | 58.57 | 513 | | 58.57 |
| 3. | Erik van der Heide | 88 Zzz | 1:01.03 | 454 | | 1:01.03 |
| 4. | Herman Hofman | 90 ZV ZZG De Boskickers | 1:01.48 | 444 | | 1:01.48 |
| 5. | Remco van de Berkt | 89 De Haaen Leusden | 1:04.26 | 389 | | 1:04.26 |
| 6. | Leo Zijlstra | 90 isis | 1:13.02 | 265 | | 1:13.02 |

30 - 34 jaar, Dames

| | | | | | | |
|----|----------------------|-------------------|----------------|-----|--|---------|
| 1. | Charlotte Groeneveld | 87 Uzsc | 1:04.20 | 533 | | 1:04.20 |
| 2. | Liesbeth van Mill | 87 Dwk | 1:12.91 | 364 | | 1:12.91 |
| 3. | Manouk Ticheler | 87 De Duinkickers | 1:21.56 | 260 | | 1:21.56 |

30 - 34 jaar, Heren

| | | | | | | |
|----|----------------|--------------------|----------------|-----|--|---------|
| 1. | Dennis Kuipers | 86 Z&PC de Inktvis | 1:04.74 | 380 | | 1:04.74 |
| 2. | Sander Brat | 85 Swol 1894 | 1:11.57 | 281 | | 1:11.57 |
| 3. | Rudi Butselaar | 87 GoSwim | 1:12.12 | 275 | | 1:12.12 |
| 4. | Rudy de Jong | 83 isis | 1:15.48 | 240 | | 1:15.48 |

35 - 39 jaar, Dames

| | | | | | | |
|----|--------------------|-----------------|----------------|-----|--|---------|
| 1. | Angela Koekkoek | 79 WZ&PC Triton | 1:08.37 | 441 | | 1:08.37 |
| 2. | Margriet Leeffers | 78 Deltasteur | 1:17.35 | 305 | | 1:17.35 |
| 3. | Nienke Nieuwenhuis | 81 Swol 1894 | 1:18.06 | 296 | | 1:18.06 |
| 4. | Manon Vos-Loohuis | 81 De Fuut | 1:35.24 | 163 | | 1:35.24 |

35 - 39 jaar, Heren

| | | | | | | |
|----|----------------------|-------------------|----------------|-----|--|---------|
| 1. | Victor Barnar | 78 GoSwim | 1:02.51 | 422 | | 1:02.51 |
| 2. | Rutger Stam | 81 ZV Hoogland | 1:03.03 | 412 | | 1:03.03 |
| 3. | Martin van Vaardegem | 82 GoSwim | 1:08.02 | 328 | | 1:08.02 |
| 4. | Ab Hazeleger | 82 ZV Hoogland | 1:13.89 | 255 | | 1:13.89 |
| 5. | Robin Roskam | 78 De Duinkickers | 1:20.39 | 198 | | 1:20.39 |

40 - 44 jaar, Dames

| | | | | | | |
|----|----------------------|---------------------|----------------|-----|--|---------|
| 1. | Monique Boets | 76 ZPC Stadskanaal | 1:08.37 | 441 | | 1:08.37 |
| 2. | Marty Krans-de Weerd | 75 Zcnf'34 | 1:10.90 | 396 | | 1:10.90 |
| 3. | Marian Nederlof | 76 De Geul | 1:13.02 | 362 | | 1:13.02 |
| 4. | Jannie Vennik | 76 HZ&PC Heerenveen | 1:18.13 | 296 | | 1:18.13 |
| 5. | Kim Heberle-Loohuis | 77 De Fuut | 1:21.16 | 264 | | 1:21.16 |
| 6. | Elske van Doornum | 74 De Duinkickers | 1:46.92 | 115 | | 1:46.92 |
| 7. | Sylvia Tetteroo | 73 Ijzpc | 2:01.13 | 79 | | 2:01.13 |

40 - 44 jaar, Heren

| | | | | | | |
|----|-----------------|-------------------|----------------|-----|--|---------|
| 1. | Paul Hardeman | 73 ZPC AMERSFOORT | 1:04.80 | 379 | | 1:04.80 |
| 2. | Roeland Looman | 74 Nat Utrecht | 1:07.19 | 340 | | 1:07.19 |
| 3. | Arjan Aalbers | 75 Swol 1894 | 1:08.91 | 315 | | 1:08.91 |
| 4. | Johan Wezenberg | 76 Swol 1894 | 1:09.47 | 307 | | 1:09.47 |
| 5. | Han Boone | 77 Octopus | 1:12.38 | 272 | | 1:12.38 |

Programmanr. 6, 100m vrije slag

45 - 49 jaar, Dames

| | | | | | | |
|----|-------------------------|----|------------------|----------------|-----|---------|
| 1. | Annette de Visser | 71 | Oceanus | 1:09.07 | 428 | 1:09.07 |
| 2. | Lidia v. Bon-Rosenbrand | 70 | ZPC AMERSFOORT | 1:11.11 | 392 | 1:11.11 |
| 3. | Iris van Aurich | 69 | Dwk | 1:11.86 | 380 | 1:11.86 |
| 4. | Peggi Hurenkamp | 69 | HZ&PC Heerenveen | 1:16.01 | 321 | 1:16.01 |
| 5. | Annet Kootstra | 71 | Swol 1894 | 1:22.81 | 248 | 1:22.81 |

45 - 49 jaar, Heren

| | | | | | | |
|-----|-----------------|----|-----------------|----------------|-----|---------|
| 1. | Eric Wattez | 70 | Zcnf'34 | 1:05.32 | 370 | 1:05.32 |
| 2. | Heiner Stevens | 72 | Zignea | 1:05.43 | 368 | 1:05.43 |
| 3. | Erik Veltman | 72 | ZPC Stadskanaal | 1:11.53 | 282 | 1:11.53 |
| 4. | Marcel Brittijn | 69 | De Duinkickers | 1:13.84 | 256 | 1:13.84 |
| 5. | Oebele Boomsma | 70 | Orca | 1:37.16 | 112 | 1:37.16 |
| DIS | Joop Weenink | 68 | WS Twente | | | |

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

50 - 54 jaar, Dames

| | | | | | | |
|----|--------------------|----|----------------|----------------|-----|---------|
| 1. | Laura Staal | 67 | Oceanus | 1:13.16 | 360 | 1:13.16 |
| 2. | Caroline Schreuder | 67 | WZ&PC Triton | 1:15.10 | 333 | 1:15.10 |
| 3. | Myra Vink | 66 | De Fuut | 1:26.73 | 216 | 1:26.73 |
| 4. | Christine Buist | 64 | De Duinkickers | 1:28.06 | 206 | 1:28.06 |
| 5. | Riekie Schra | 64 | Steenwijk 1934 | 2:17.56 | 54 | 2:17.56 |

50 - 54 jaar, Heren

| | | | | | | |
|----|--------------------|----|----------------------|----------------|-----|---------|
| 1. | Jan Lindenaar | 67 | Uzsc | 1:06.23 | 355 | 1:06.23 |
| 2. | Paul Wijnja | 63 | De Biesboschzwemmers | 1:07.37 | 337 | 1:07.37 |
| 3. | Erwin Beringen | 66 | GoSwim | 1:08.50 | 321 | 1:08.50 |
| 4. | Erik Wetsteijn | 65 | Swol 1894 | 1:08.75 | 317 | 1:08.75 |
| 5. | Huyb Stegeman | 67 | Steenwijk 1934 | 1:10.00 | 300 | 1:10.00 |
| 6. | Robert de Brauwier | 64 | De Duinkickers | 1:13.41 | 260 | 1:13.41 |
| 7. | Casper Dollekamp | 63 | Steenwijk 1934 | 1:15.42 | 240 | 1:15.42 |
| 8. | Adri Pasman | 64 | Zzz | 1:19.93 | 202 | 1:19.93 |

55 - 59 jaar, Dames

| | | | | | | |
|----|-------------------|----|------------------|----------------|-----|---------|
| 1. | Francine Sommer | 62 | WZ&PC Triton | 1:16.19 | 319 | 1:16.19 |
| 2. | Pia van der Molen | 60 | HZ&PC Heerenveen | 1:26.42 | 218 | 1:26.42 |
| 3. | Katinka Elders | 60 | Oceanus | 1:30.79 | 188 | 1:30.79 |
| 4. | Joke Burgers | 60 | Swol 1894 | 1:57.87 | 86 | 1:57.87 |

55 - 59 jaar, Heren

| | | | | | | |
|----|------------------|----|--------------------|----------------|-----|---------|
| 1. | Marten de Groot | 58 | HZ&PC Heerenveen | 1:02.20 | 428 | 1:02.20 |
| 2. | Henk Kuipers | 62 | Uzsc | 1:10.79 | 290 | 1:10.79 |
| 3. | Dirk van Leeuwen | 60 | Gay Swim Amsterdam | 1:17.81 | 219 | 1:17.81 |
| 4. | Rob Wieleman | 60 | Nat Utrecht | 1:19.86 | 202 | 1:19.86 |
| 5. | John Tersteeg | 60 | De Fuut | 1:26.42 | 159 | 1:26.42 |
| 6. | Andre Pantekoek | 58 | de Devel | 1:26.78 | 157 | 1:26.78 |
| 7. | Jan Haitsma | 60 | De Spatters | 1:28.51 | 148 | 1:28.51 |

60 - 64 jaar, Heren

| | | | | | | |
|----|------------------|----|-----------------|----------------|-----|---------|
| 1. | Evertjan Masurel | 56 | Plons | 1:09.02 | 313 | 1:09.02 |
| 2. | Henk Slomp | 55 | Z&PC de Inktvis | 1:12.27 | 273 | 1:12.27 |

65 - 69 jaar, Dames

| | | | | | | |
|----|---------------------|----|------------|----------------|----|---------|
| 1. | Janny van der Weide | 51 | Deltasteur | 2:09.74 | 64 | 2:09.74 |
|----|---------------------|----|------------|----------------|----|---------|

ZMC deel 7 2016-2017
Amersfoort, 26-3-2017

Programmanr. 6, 100m vrije slag

65 - 69 jaar, Heren

| | | | | | |
|------------------|----|-------------|----------------|-----|---------|
| 1. Jos Kamps | 51 | ZV Hoogland | 1:18.25 | 215 | 1:18.25 |
| 2. Nello Spiteri | 52 | Daw | 1:24.94 | 168 | 1:24.94 |

70 - 74 jaar, Dames

| | | | | | |
|--------------------------------|----|----------------|----------------|----|---------|
| 1. Annet Verhoeven - Steggerda | 46 | De Duinkickers | 1:53.46 | 96 | 1:53.46 |
|--------------------------------|----|----------------|----------------|----|---------|

70 - 74 jaar, Heren

| | | | | | |
|--------------|----|-----|----------------|-----|---------|
| 1. Rob Hanou | 43 | Psv | 1:24.76 | 169 | 1:24.76 |
|--------------|----|-----|----------------|-----|---------|

80 - 84 jaar, Heren

| | | | | | |
|------------------|----|----------------|----------------|----|---------|
| 1. Gregor Pompen | 37 | Aqua-Novio '94 | 1:42.98 | 94 | 1:42.98 |
|------------------|----|----------------|----------------|----|---------|

Programmanr. 7
26-3-2017 - 16:30

50m schoolslag

20 - 84 jaar
Resultaten

Punten: FINA 2016

| Rang | | Geb. | | Tijd | Pnt |
|----------------------------|------------------------|------|----------------------|--------------|-----|
| 20 - 24 jaar, Dames | | | | | |
| 1. | Karin Groen | 95 | Nova | 38.53 | 447 |
| 2. | Daphne Spreen | 96 | ZV ZZG De Boskickers | 41.11 | 368 |
| 3. | Tessa Benjamins | 95 | Aqualero | 43.63 | 308 |
| 4. | Nadieh Kikstra | 93 | Orca | 46.15 | 260 |
| 5. | Elvira Feikens | 95 | De Spatters | 50.76 | 195 |
| 6. | Rachel Trapman | 96 | De Duinkickers | 52.54 | 176 |
| 20 - 24 jaar, Heren | | | | | |
| 1. | Jordan Kraaijenhof | 93 | ZPC AMERSFOORT | 29.70 | 703 |
| 2. | Martin Wolswinkel | 95 | De Haaien Leusden | 35.40 | 415 |
| 3. | Hans Stoffers | 96 | Z&PC Triton Putten | 39.31 | 303 |
| 4. | Bob Potkamp | 94 | Deltasteur | 39.36 | 302 |
| 5. | Jouke van der Meer | 94 | isis | 40.46 | 278 |
| 6. | Miguel Ángel Correl | 96 | Gay Swim Amsterdam | 40.92 | 269 |
| 7. | Rick Vaarkamp | 94 | Z&PC Triton Putten | 41.82 | 252 |
| 25 - 29 jaar, Dames | | | | | |
| 1. | Anne Duijst | 89 | De Haaien Leusden | 39.70 | 409 |
| 2. | Petra Zandstra | 90 | isis | 43.59 | 309 |
| 3. | Malou Heidekamp | 89 | Rzcc | 47.48 | 239 |
| 4. | Marloes Benjamins | 91 | Aqualero | 47.95 | 232 |
| 5. | Jorinde Veraar | 92 | ZPC AMERSFOORT | 52.62 | 175 |
| 6. | Brechtje de Jong | 89 | isis | 58.36 | 128 |
| 25 - 29 jaar, Heren | | | | | |
| 1. | Bart Rigterink | 89 | ZPC AMERSFOORT | 31.51 | 589 |
| 2. | Wouter van 't Klooster | 88 | ZPC AMERSFOORT | 35.48 | 412 |
| 3. | Rolf Kruithof | 89 | ZPC Stadskanaal | 37.82 | 340 |
| 4. | Jesper Timmerman | 88 | ZPC Stadskanaal | 39.07 | 309 |
| 5. | Harry Dijkma | 91 | isis | 39.88 | 290 |
| 6. | Rene Knijpstra | 88 | isis | 41.72 | 253 |

Programmanr. 7, 50m schoolslag

30 - 34 jaar, Dames

| | | | | | |
|----|----------------|----|--------------------|--------------|-----|
| 1. | Margo Kruithof | 87 | ZPC Stadskanaal | 42.86 | 325 |
| 2. | Sabine Duijst | 87 | ZV Hoogland | 44.10 | 298 |
| 3. | Carola Jacobs | 85 | Z&PC Triton Putten | 47.85 | 233 |

30 - 34 jaar, Heren

| | | | | | |
|----|-------------------|----|----------------|--------------|-----|
| 1. | Martijn Giezen | 85 | Montferland | 35.69 | 405 |
| 2. | Rob van Vliet | 84 | ZPC AMERSFOORT | 35.95 | 396 |
| 3. | Matthijs Vergaaij | 83 | Normerven | 37.06 | 362 |
| 4. | Mark Brinkhuis | 83 | TriVia | 38.96 | 311 |
| 5. | Robin Eggenkamp | 87 | De Duinkickers | 39.39 | 301 |
| 6. | Jorrit van Belzen | 87 | Nat Utrecht | 46.72 | 180 |

35 - 39 jaar, Dames

| | | | | | |
|----|-------------------------|----|----------------|--------------|-----|
| 1. | Inge Roskam | 78 | De Duinkickers | 41.02 | 371 |
| 2. | Irene Kasteel-Jaspersen | 81 | Zzz | 47.89 | 233 |
| 3. | Nienke Nieuwenhuis | 81 | Swol 1894 | 48.14 | 229 |
| 4. | Esther van Buren | 80 | De Duinkickers | 49.88 | 206 |
| 5. | Saskia op den Velde | 79 | De Duinkickers | 53.58 | 166 |
| 6. | Rianne van Vegchelen | 81 | Zv 44 | 56.06 | 145 |

35 - 39 jaar, Heren

| | | | | | |
|----|----------------------------|----|--------------------|--------------|-----|
| 1. | Rob van Wanrooy | 82 | Gay Swim Amsterdam | 35.81 | 401 |
| 2. | Gerrit Klaas van der Vaart | 80 | De Haaien Leusden | 38.32 | 327 |
| 3. | Patrick Minderhoud | 81 | De Fuut | 49.29 | 154 |

40 - 44 jaar, Dames

| | | | | | |
|-----|--------------------------|----|----------------|--------------|-----|
| 1. | Miranda Straetemans | 74 | Zignea | 40.71 | 379 |
| 2. | Alma Knegt-Bessembinders | 76 | De Spatters | 43.84 | 304 |
| 3. | Inge Lolkema-Soeters | 73 | Steenwijk 1934 | 53.17 | 170 |
| 4. | Linda Kerkmeester | 74 | GoSwim | 54.67 | 156 |
| DIS | Sylvia Tetteroo | 73 | Ijzpc | | |

SD - De bewegingen van de benen niet te allen tijde gelijktijdig en/of in hetzelfde horizontale vlak uitgevoerd.

40 - 44 jaar, Heren

| | | | | | |
|----|------------------|----|--------------------|--------------|-----|
| 1. | Kees Bakker | 75 | Gay Swim Amsterdam | 34.00 | 469 |
| 2. | Erwin Zuidervelt | 75 | De Futen | 38.74 | 317 |

45 - 49 jaar, Dames

| | | | | | |
|----|---------------------------|----|-----------|--------------|-----|
| 1. | Geesje Lena Boomsma | 70 | Orca | 45.77 | 267 |
| 2. | Ursula Spoelstra-de Groot | 72 | WS Twente | 50.72 | 196 |
| 3. | Greta Wyma-Teitsma | 71 | Dwk | 50.95 | 193 |

45 - 49 jaar, Heren

| | | | | | |
|----|--------------------|----|------------------|--------------|-----|
| 1. | Marcel Jonkman | 68 | Aqualero | 34.82 | 436 |
| 2. | René Beetsma | 69 | HZ&PC Heerenveen | 35.07 | 427 |
| 3. | Michael van Bekkum | 72 | Swol 1894 | 36.43 | 381 |
| 4. | Alistair Critchell | 71 | Zv 44 | 41.10 | 265 |
| 5. | Korstiaan de Boer | 71 | Steenwijk 1934 | 42.20 | 245 |
| 6. | Chris Kouwenhoven | 71 | De Spatters | 42.76 | 235 |
| 7. | Gerko Versluis | 69 | Zzz | 42.96 | 232 |
| 8. | Oebele Boomsma | 70 | Orca | 52.08 | 130 |

Programmanr. 7, 50m schoolslag

50 - 54 jaar, Dames

| | | | | | |
|----|---------------------------|----|----------------------|----------------|-----|
| 1. | Annette Wijnja-Visser | 67 | De Biesboschzwemmers | 39.03 | 430 |
| 2. | Annette Korving-Leijenaar | 67 | Aqualero | 43.60 | 309 |
| 3. | Roelien Speelman-Tigelaar | 66 | De Spatters | 46.69 | 251 |
| 4. | Machteld Stiling | 66 | ZPC AMERSFOORT | 46.87 | 248 |
| 5. | Riekie Schra | 64 | Steenwijk 1934 | 1:04.84 | 93 |

50 - 54 jaar, Heren

| | | | | | |
|----|------------------|----|-------------|--------------|-----|
| 1. | Ronald van Vliet | 63 | Aalscholver | 39.76 | 293 |
| 2. | Jan Lindenaar | 67 | Uzsc | 41.92 | 250 |

55 - 59 jaar, Dames

| | | | | | |
|----|-----------------------|----|-----------|--------------|-----|
| 1. | Marijke Kraak-Beckers | 60 | WS Twente | 47.56 | 238 |
| 2. | Petra v.d. Steeg | 61 | Zcnf'34 | 52.02 | 182 |
| 3. | Marjan Spoelstra | 60 | Swol 1894 | 53.06 | 171 |

55 - 59 jaar, Heren

| | | | | | |
|----|---------------|----|-----------|--------------|-----|
| 1. | Jack Barends | 62 | WS Twente | 44.67 | 206 |
| 2. | Marius Ros | 59 | Zcnf'34 | 45.04 | 201 |
| 3. | John Dam | 60 | Zignea | 45.88 | 190 |
| 4. | John Tersteeg | 60 | De Fuut | 47.95 | 167 |

60 - 64 jaar, Dames

| | | | | | |
|----|----------------|----|-----|--------------|-----|
| 1. | Anje Manuputty | 57 | Psv | 50.47 | 199 |
|----|----------------|----|-----|--------------|-----|

60 - 64 jaar, Heren

| | | | | | |
|----|---------------|----|-----------------|--------------|-----|
| 1. | Mark Eligh | 57 | Uzsc | 39.37 | 302 |
| 2. | Henk Slomp | 55 | Z&PC de Inktvis | 45.87 | 191 |
| 3. | Jappie Kuiper | 55 | Swol 1894 | 48.16 | 165 |

65 - 69 jaar, Dames

| | | | | | |
|----|---------------------|----|------------|----------------|-----|
| 1. | Tineke van Diggelen | 52 | Zpch | 53.97 | 162 |
| 2. | Janny van der Weide | 51 | Deltasteur | 1:15.75 | 58 |

65 - 69 jaar, Heren

| | | | | | |
|----|------------------|----|----------|----------------|-----|
| 1. | Yoshihiro Yasumi | 49 | De Futen | 46.70 | 181 |
| 2. | Bert Veerkamp | 52 | Zzz | 1:01.02 | 81 |

70 - 74 jaar, Dames

| | | | | | |
|----|----------------------|----|----------------|----------------|-----|
| 1. | Loekie v. Huissteden | 45 | ZPC AMERSFOORT | 1:00.06 | 118 |
|----|----------------------|----|----------------|----------------|-----|

70 - 74 jaar, Heren

| | | | | | |
|----|---------------|----|---------------------|--------------|-----|
| 1. | Mans Buis | 47 | Het Ravijn | 52.39 | 128 |
| 2. | Gerard Hekker | 46 | SG. Bolsward-Workum | 55.59 | 107 |

ZMC deel 7 2016-2017
Amersfoort, 26-3-2017

Programmanr. 8 4 x 200m vrije slag lft 80 - 319
26-3-2017 - 16:45 Resultaten

Punten: FINA 2016

| Rang | | | Tijd | Pnt |
|-------------------------------|-------------------------------|-----------------------------|-----------------|------------|
| lft 80 - 119, Heren | | | | |
| 1. | De Haaien Leusden 1 | De Haaien Leusden | 9:35.75 | 384 |
| | Martin Wolswinkel | 95 | 1:08.93 | 2:28.91 |
| | Gerrit Klaas van der Vaart | 80 | | 2:28.91 |
| | Jeffrey Breedijk | 89 | | |
| | Remco van de Berkt | 89 | | |
| lft 120 - 159, Gemengd | | | | |
| 1. | ZV Hoogland 1 | ZV Hoogland | 10:32.01 | 290 |
| | Anne-Irene Ducheine | 95 | 1:10.87 | 2:25.14 |
| | Paul de Boer | 68 | | 2:25.14 |
| | Renske Eilers | 88 | | |
| | Yuri van Omme | 85 | | |
| lft 160 - 199, Heren | | | | |
| 1. | Swol 1894 1 | Swol 1894 | 10:18.64 | 309 |
| | Johan Wezenberg | 76 | 1:18.16 | 2:40.54 |
| | Machiel Stolk | 74 | | 2:40.54 |
| | Kasper van den Berghe | 73 | | |
| | Michael van Bekkum | 72 | | |
| 2. | GoSwim 1 | GoSwim | 10:51.49 | 265 |
| | Erwin Beringen | 66 | 1:15.89 | 2:42.95 |
| | Ivo Dijs | 72 | | 2:42.95 |
| | Martin van Vaardegem | 82 | | |
| | Rudi Butselaar | 87 | | |
| 3. | Zzz 1 | Zzz | 11:10.54 | 243 |
| | Erik van der Heide | 88 | 1:06.84 | 2:22.12 |
| | Gerko Versluis | 69 | | 2:22.12 |
| | Adri Pasman | 64 | | |
| | Remco Veerkamp | 81 | | |
| 4. | Gay Swim Amsterdam 1 | Gay Swim Amsterdam | 11:24.57 | 228 |
| | Kees Karsten | 58 | 1:40.79 | 3:30.98 |
| | Dirk van Leeuwen | 60 | | 3:30.98 |
| | Rob van Wanrooy | 82 | | |
| | Kees Bakker | 75 | | |
| 5. | Nat Utrecht 1 | Nat Utrecht | 11:59.54 | 196 |
| | Henk Gierveld | 60 | 1:27.23 | 3:04.73 |
| | Jorrit van Belzen | 87 | | 3:04.73 |
| | Rob Wieleman | 60 | | |
| | Roeland Looman | 74 | | |
| lft 160 - 199, Gemengd | | | | |
| 1. | HZ&PC Heerenveen 1 | HZ&PC Heerenveen | 10:25.14 | 300 |
| | Marten de Groot | 58 | 1:06.19 | 2:16.10 |
| | Arnold Jonker | 70 | | 2:16.10 |
| | Jannie Vennik | 76 | | |
| | Fraukje Puts | 92 | | |
| 2. | Steenwijk 1934 2 | Steenwijk 1934 | 10:52.57 | 263 |
| | Charine de Ruiters | 94 | 1:18.36 | |
| | Monica Bakker | 56 | | |
| | Korstiaan de Boer | 71 | | |
| | Rick Driezen | 86 | | |

ZMC deel 7 2016-2017
Amersfoort, 26-3-2017

Programmanr. 8, Gemengd, 4 x 200m vrije slag, lft 160 - 199

| Rang | | | | Tijd | Pnt |
|------|---------------------|---------|---------|-----------------|---------|
| 3. | De Fuut 1 | De Fuut | | 13:13.87 | 146 |
| | Manon Vos-Loohuis | 81 | 1:40.60 | 3:28.55 | 3:28.55 |
| | Kim Heberle-Loohuis | 77 | | | |
| | John Tersteeg | 60 | | | |
| | Patrick Minderhoud | 81 | | | |

lft 200 - 239, Gemengd

| | | | | | |
|----|----------------------|----------------|---------|-----------------|---------|
| 1. | ZPC AMERSFOORT 1 | ZPC AMERSFOORT | | 9:57.74 | 343 |
| | Atie Pijtak-Radersma | 56 | 1:15.91 | 2:36.98 | 2:36.98 |
| | Ron Korzelius | 65 | | | |
| | Henriëtte v. Norden | 68 | | | |
| | Edwin v. Norden | 63 | | | |
| 2. | Steenwijk 1934 1 | Steenwijk 1934 | | 11:06.86 | 247 |
| | Casper Dollekamp | 63 | 1:17.39 | 2:42.71 | 2:42.71 |
| | Wilna Heijman | 64 | | | |
| | Inge Lolkema-Soeters | 73 | | | |
| | Huyb Stegeman | 67 | | | |
| 3. | Zcnf'34 1 | Zcnf'34 | | 11:38.35 | 215 |
| | Gea Kuiper | 61 | 1:51.10 | 3:51.10 | 3:51.10 |
| | Marty Krans-de Weerd | 75 | | | |
| | Eric Wattez | 70 | | | |
| | Marius Ros | 59 | | | |