

masters lac deel 1  
Heerenveen, 5-11-2017

Programmanr. 1  
5-11-2017 - 13:45

800m vrije slag

20 - 84 jaar  
Resultaten

rang	naam	vereniging	intijd	klasse	tijd
<b>D20+, Dames</b>					
1.	Charine de Ruiter	Steenwijk 1934	11:50.55	199403668	<b>11:59.13</b> 311
	50m: 37.96	37.96 250m:	450m:	650m:	
	100m: 1:19.57	41.61 300m:	500m:	700m:	
	150m:	350m:	550m:	750m:	
	200m: 2:47.25	400m: 5:50.36	600m:	800m: 11:59.13	
<b>D25+, Dames</b>					
1.	Fraukje Puts	HZ&PC Heerenveen	10:01.48	199206470	<b>10:05.29</b> 522
	50m: 33.54	33.54 250m:	450m:	650m:	
	100m: 1:10.92	37.38 300m:	500m:	700m:	
	150m:	350m:	550m:	750m:	
	200m: 2:26.80	400m: 5:01.80	600m:	800m: 10:05.29	
2.	Getrude Corporaal	Steenwijk 1934	11:37.48	199200380	<b>11:08.57</b> 387
	50m: 34.62	34.62 250m:	450m:	650m:	
	100m: 1:13.56	38.94 300m:	500m:	700m:	
	150m:	350m:	550m:	750m:	
	200m: 2:37.66	400m: 5:25.93	600m:	800m: 11:08.57	
<b>D40+, Dames</b>					
1.	Inge Lolkema-Soeters	Steenwijk 1934	13:30.93	197300934	<b>13:28.59</b> 219
	50m: 45.14	45.14 250m:	450m:	650m:	
	100m: 1:34.89	49.75 300m:	500m:	700m:	
	150m:	350m:	550m:	750m:	
	200m: 3:16.61	400m: 6:41.42	600m:	800m: 13:28.59	
<b>H45+, Heren</b>					
1.	Arnold Jonker	HZ&PC Heerenveen	13:41.67	197000529	<b>13:36.36</b> 170
	50m: 46.26	46.26 250m:	450m:	650m:	
	100m: 1:35.51	49.25 300m:	500m:	700m:	
	150m:	350m:	550m:	750m:	
	200m: 3:16.86	400m: 6:38.86	600m:	800m: 13:36.36	
<b>D45+, Dames</b>					
1.	Peggi Hurenkamp	HZ&PC Heerenveen	12:30.00	196900922	<b>12:28.97</b> 276
	50m: 39.34	39.34 250m:	450m:	650m:	
	100m: 1:24.26	44.92 300m:	500m:	700m:	
	150m:	350m:	550m:	750m:	
	200m: 2:57.90	400m: 6:07.50	600m:	800m: 12:28.97	
<b>H50+, Heren</b>					
1.	Henk Viering	Swol 1894	14:12.58	196600917	<b>14:07.99</b> 152
	50m: 45.93	45.93 250m:	450m:	650m:	
	100m: 1:37.21	51.28 300m:	500m:	700m:	
	150m:	350m:	550m:	750m:	
	200m: 3:20.99	400m: 6:59.24	600m:	800m: 14:07.99	
<b>D50+, Dames</b>					
1.	Wilna Heijman	Steenwijk 1934	11:01.77	196400506	<b>11:03.62</b> 396
	50m: 37.29	37.29 250m:	450m:	650m:	
	100m: 1:18.33	41.04 300m:	500m:	700m:	
	150m:	350m:	550m:	750m:	
	200m: 2:41.20	400m: 5:29.71	600m:	800m: 11:03.62	
2.	Alie Visser	HZ&PC Heerenveen	20:00.00	196400494	<b>16:01.10</b> 130
	50m: 54.26	54.26 250m:	450m:	650m:	
	100m: 1:52.43	58.17 300m:	500m:	700m:	
	150m:	350m:	550m:	750m:	
	200m: 3:51.89	400m: 7:57.23	600m:	800m: 16:01.10	

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Programmanr. 1, 800m vrije slag

H55+, Heren

1. Marius Ros		Zcnf'34	10:40.00	195900779		<b>11:04.94</b>	314
50m:	39.24	39.24	250m:	450m:	650m:		
100m:	1:21.81	42.57	300m:	500m:	700m:		
150m:			350m:	550m:	750m:		
200m:	2:46.29		400m:	600m:	800m:	11:04.94	

D55+, Dames

1. Marian de Jong		HZ&PC Heerenveen	14:00.00	195900052		<b>13:06.94</b>	238
50m:	43.01	43.01	250m:	450m:	650m:		
100m:	1:30.07	47.06	300m:	500m:	700m:		
150m:			350m:	550m:	750m:		
200m:	3:08.47		400m:	600m:	800m:	13:06.94	
2. Petra Ros		Zcnf'34	16:50.00	196100398		<b>16:05.53</b>	129
50m:	53.50	53.50	250m:	450m:	650m:		
100m:	1:51.91	58.41	300m:	500m:	700m:		
150m:			350m:	550m:	750m:		
200m:	3:53.06		400m:	600m:	800m:	16:05.53	

D60+, Dames

1. Monica Bakker		Steenwijk 1934	12:27.98	195600082		<b>13:16.16</b>	229
50m:	43.49	43.49	250m:	450m:	650m:		
100m:	1:31.09	47.60	300m:	500m:	700m:		
150m:			350m:	550m:	750m:		
200m:	3:10.21		400m:	600m:	800m:	13:16.16	

Programmanr. 2  
5-11-2017 - 14:20

200m wisselslag

20 - 84 jaar  
Resultaten

rang naam	vereniging	intijd	klasse	tijd	50m	100m	150m	200m
1. Evert Jan Verweij	Swol 1894	2:50.12	196301143	<b>2:56.22</b>	271	34.87		2:56.22

Programmanr. 3  
5-11-2017 - 14:25

1500m vrije slag

20 - 84 jaar  
Resultaten

rang naam	vereniging	intijd	klasse	tijd	
1. Elianne Huitema	Steenwijk 1934	21:02.03	199700258	<b>18:56.51</b>	540
50m:	30.99	30.99	450m:	850m:	1250m:
100m:	1:06.30	35.31	500m:	900m:	1300m:
150m:			550m:	950m:	1350m:
200m:	2:19.09		600m:	1000m:	1400m:
250m:			650m:	1050m:	1450m:
300m:			700m:	1100m:	1500m:
350m:			750m:	1150m:	18:56.51
400m:	4:49.64		800m:	1200m:	

D25+, Dames

1. Nanda de Vries		Steenwijk 1934	20:30.00	199204328		<b>19:46.16</b>	475
50m:	34.39	34.39	450m:	850m:	1250m:		
100m:	1:12.46	38.07	500m:	900m:	1300m:		
150m:			550m:	950m:	1350m:		
200m:	2:30.18		600m:	1000m:	1400m:		
250m:			650m:	1050m:	1450m:		
300m:			700m:	1100m:	1500m:	19:46.16	
350m:			750m:	1150m:			
400m:	5:07.40		800m:	1200m:			

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Programmanr. 3, 1500m vrije slag

D30+, Dames

1. Merel Benthem		Zcnf'34	43:00.00	198706082	S7	<b>45:09.86</b>	109
50m:	1:07.86	1:07.86	450m:	850m:	1250m:		
100m:	2:28.02	1:20.16	500m:	900m:	1300m:		
150m:			550m:	950m:	1350m:		
200m:	5:20.58		600m:	1000m:	1400m:		
250m:			650m:	1050m:	1450m:		
300m:			700m:	1100m:	1500m:	45:09.86	
350m:			750m:	1150m:			
400m:	11:06.61		800m:	1200m:			
							23:13.80

D35+, Dames

1. Babette Rens		Swol 1894	23:00.00	197801200		<b>23:09.24</b>	296
50m:	40.83	40.83	450m:	850m:	1250m:		
100m:	1:25.28	44.45	500m:	900m:	1300m:		
150m:			550m:	950m:	1350m:		
200m:	2:55.91		600m:	1000m:	1400m:		
250m:			650m:	1050m:	1450m:		
300m:			700m:	1100m:	1500m:	23:09.24	
350m:			750m:	1150m:			
400m:	6:00.52		800m:	1200m:			
							12:15.29

H45+, Heren

1. Chris Kouwenhoven		De Spatters	21:18.10	197101669		<b>21:39.45</b>	301
50m:	38.35	38.35	450m:	850m:	1250m:		
100m:	1:20.58	42.23	500m:	900m:	1300m:		
150m:			550m:	950m:	1350m:		
200m:	2:46.12		600m:	1000m:	1400m:		
250m:			650m:	1050m:	1450m:		
300m:			700m:	1100m:	1500m:	21:39.45	
350m:			750m:	1150m:			
400m:	5:40.81		800m:	1200m:			
							11:29.35
2. Korstiaan de Boer		Steenwijk 1934	22:25.72	197101629		<b>22:31.95</b>	267
50m:	36.62	36.62	450m:	850m:	1250m:		
100m:	1:18.45	41.83	500m:	900m:	1300m:		
150m:			550m:	950m:	1350m:		
200m:	2:47.46		600m:	1000m:	1400m:		
250m:			650m:	1050m:	1450m:		
300m:			700m:	1100m:	1500m:	22:31.95	
350m:			750m:	1150m:			
400m:	5:49.76		800m:	1200m:			
							11:58.01

D45+, Dames

1. Annet Kootstra		Swol 1894	24:03.48	197100344		<b>24:22.86</b>	253
50m:	41.59	41.59	450m:	850m:	1250m:		
100m:	1:27.42	45.83	500m:	900m:	1300m:		
150m:			550m:	950m:	1350m:		
200m:	3:01.81		600m:	1000m:	1400m:		
250m:			650m:	1050m:	1450m:		
300m:			700m:	1100m:	1500m:	24:22.86	
350m:			750m:	1150m:			
400m:	6:14.92		800m:	1200m:			
							12:47.81

D50+, Dames

1. Annemarie Vuist		Swol 1894	23:24.22	196300282		<b>22:54.02</b>	306
50m:	40.26	40.26	450m:	850m:	1250m:		
100m:	1:23.42	43.16	500m:	900m:	1300m:		
150m:			550m:	950m:	1350m:		
200m:	2:52.36		600m:	1000m:	1400m:		
250m:			650m:	1050m:	1450m:		
300m:			700m:	1100m:	1500m:	22:54.02	
350m:			750m:	1150m:			
400m:	5:54.00		800m:	1200m:			
							12:04.16
2. Miranda Keijl		Zignea	28:01.01	196500588		<b>25:44.39</b>	215
50m:	43.38	43.38	450m:	850m:	1250m:		
100m:	1:33.66	50.28	500m:	900m:	1300m:		
150m:			550m:	950m:	1350m:		
200m:	3:16.01		600m:	1000m:	1400m:		
250m:			650m:	1050m:	1450m:		
300m:			700m:	1100m:	1500m:	25:44.39	
350m:			750m:	1150m:			
400m:	6:44.72		800m:	1200m:			
							13:41.47

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Heerenveen, 5-11-2017

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Programmanr. 3, 1500m vrije slag

H55+, Heren

1. Marten de Groot	HZ&PC Heerenveen	19:33.00	195800149	<b>19:12.62</b>	432
50m:	450m:	850m:	1250m:		
100m:	500m:	900m:	1300m:		
150m:	550m:	950m:	1350m:		
200m:	600m:	1000m:	1400m:		
250m:	650m:	1050m:	1450m:		
300m:	700m:	1100m:	1500m:	19:12.62	
350m:	750m:	1150m:			
400m:	800m:	1200m:			

D60+, Dames

1. Elly Kiestra-Broertjes	Zignea	27:30.91	195600100	<b>26:17.06</b>	202
50m: 43.61	43.61	450m:	850m:	1250m:	
100m: 1:32.98	49.37	500m:	900m:	1300m:	
150m:		550m:	950m:	1350m:	
200m: 3:15.60		600m:	1000m:	1400m:	
250m:		650m:	1050m:	1450m:	
300m:		700m:	1100m:	1500m:	26:17.06
350m:		750m:	1150m:		
400m: 6:42.00		800m: 13:42.76	1200m:		

D65+, Dames

1. Ineke Meijer	HZ&PC Heerenveen	28:30.00	195200034	<b>28:54.54</b>	152
50m: 50.20	50.20	450m:	850m:	1250m:	
100m: 1:45.66	55.46	500m:	900m:	1300m:	
150m:		550m:	950m:	1350m:	
200m: 3:41.09		600m:	1000m:	1400m:	
250m:		650m:	1050m:	1450m:	
300m:		700m:	1100m:	1500m:	28:54.54
350m:		750m:	1150m:		
400m: 7:35.11		800m: 15:24.56	1200m:		