

7e Masters wedstrijd
Beilen, 15-12-2019

Programmanr. 1
15-12-2019 - 14:00

100m wisselslag

20 jaar en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|---------------------------|----------------|-------------|---------|-----------|----------------|-------|---------|
| Masters 20+, Dames | | | | | | | |
| 1. | Claudia Dost | ZC Borger | 1:15.95 | 199900858 | 1:17.02 | | 1:17.02 |
| 2. | Melanie Zondag | ZC Borger | 1:23.59 | 199804476 | 1:21.86 | | 1:21.86 |
| 3. | Elvira Feikens | De Spatters | 1:31.74 | 199506982 | 1:32.28 | 41.47 | 1:32.28 |
| 4. | Sylvia Hidding | H2Oldambt | 1:44.11 | 199603886 | 1:44.21 | 51.27 | 1:44.21 |

Masters 25+, Dames

| | | | | | | | |
|----|---------------|----------|---------|-----------|----------------|-------|---------|
| 1. | Heleen Arends | TriVia | 1:13.00 | 199404416 | 1:14.66 | 33.76 | 1:14.66 |
| 2. | Angela Hemme | de Plons | 1:19.57 | 199006548 | 1:32.45 | 38.02 | 1:32.45 |

Masters 25+, Heren

| | | | | | | | |
|----|----------------|------------|---------|-----------|----------------|-------|---------|
| 1. | Michael Ham | de Valken | 1:11.48 | 199305429 | 1:13.48 | 33.37 | 1:13.48 |
| 2. | Yorick Kreuwel | Aquapoldro | 1:21.00 | 199402225 | 1:17.31 | 36.53 | 1:17.31 |

Masters 30+, Dames

| | | | | | | | |
|----|------------------------|-----------|---------|-----------|----------------|-------|---------|
| 1. | Linda Doorn | de Valken | 1:15.55 | 198900978 | 1:19.90 | 36.49 | 1:19.90 |
| 2. | Annick van Dijk | de Valken | NT | | 1:26.16 | 38.93 | 1:26.16 |
| 3. | alie wallet | Aqua 68 | NT | 198605362 | 1:27.91 | 41.06 | 1:27.91 |
| 4. | Karin Wielink-Bultstra | Aqua 68 | NT | 198706266 | 1:32.69 | 40.63 | 1:32.69 |

Masters 30+, Heren

| | | | | | | | |
|----|------------|-------------|---------|-----------|----------------|-------|---------|
| 1. | Bob Peters | De Spatters | 1:14.69 | 198702565 | 1:13.47 | 34.60 | 1:13.47 |
|----|------------|-------------|---------|-----------|----------------|-------|---------|

Masters 40+, Dames

| | | | | | | | |
|----|------------------|-------------|---------|-----------|----------------|-------|---------|
| 1. | Margriet Daalman | De Spatters | 1:28.73 | 197801368 | 1:25.87 | 40.85 | 1:25.87 |
|----|------------------|-------------|---------|-----------|----------------|-------|---------|

Masters 40+, Heren

| | | | | | | | |
|----|---------------|----------|---------|-----------|----------------|-------|---------|
| 1. | Peter Lommert | Swol1894 | 1:16.07 | 197900787 | 1:16.32 | 34.77 | 1:16.32 |
|----|---------------|----------|---------|-----------|----------------|-------|---------|

Masters 45+, Heren

| | | | | | | | |
|----|-------------------|------------------|---------|-----------|----------------|-------|---------|
| 1. | Korstiaan de Boer | Steenwijk 1934 | 1:16.03 | 197101629 | 1:16.59 | 35.57 | 1:16.59 |
| 2. | Edwin Vos | Swol1894 | 1:17.59 | 197001411 | 1:21.15 | 36.93 | 1:21.15 |
| 3. | Arnold Jonker | HZ&PC Heerenveen | 1:39.39 | 197000529 | 1:39.57 | 46.16 | 1:39.57 |

Masters 55+, Dames

| | | | | | | | |
|----|-----------------|----------|---------|-----------|----------------|-------|---------|
| 1. | Annemarie Vuist | Swol1894 | 1:27.58 | 196300282 | 1:31.29 | 43.19 | 1:31.29 |
| 2. | Joke Burgers | Swol1894 | NT | 196000226 | 2:04.37 | 57.06 | 2:04.37 |

Programmanr. 2
15-12-2019 - 14:10

50m vlinderslag

20 jaar en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|---------------------------|--------------------|----------------|--------|-----------|--------------|
| Masters 20+, Dames | | | | | |
| 1. | Chantal Wind-Hemme | de Plons | 35.53 | 199501292 | 41.41 |
| AFGEM | Anouk Poelstra | Steenwijk 1934 | 34.64 | 199800166 | |
| Masters 20+, Heren | | | | | |
| 1. | Tim Broekman | KSN (SG) | 40.18 | 199801277 | 41.59 |

7e Masters wedstrijd
Beilen, 15-12-2019

Programmanr. 2, 50m vlinderslag

Masters 25+, Heren

| | | | | | |
|-----|---------------------|-----------------|-------|-----------|--------------|
| 1. | Rick Kuipers | Z&PC de Inktvis | 27.97 | 199203449 | 28.81 |
| 2. | Patrick Graver | Gzvw | 33.55 | 199404735 | 32.89 |
| 3. | Frank van der Zwaag | de Valken | 31.13 | 199401137 | 35.16 |
| DIS | Michael Ham | de Valken | 29.34 | 199305429 | |

VL - Tijdens de race op de rug gedraaid.

Masters 30+, Dames

| | | | | | |
|-------|----------------|------|-------|-----------|--|
| AFGEM | Ramona Hulshof | Thor | 35.25 | 198503948 | |
|-------|----------------|------|-------|-----------|--|

Masters 30+, Heren

| | | | | | |
|----|-----------------|-----------------|-------|-----------|--------------|
| 1. | Niels Willemsen | Z&PC de Inktvis | 33.27 | 198603557 | 34.09 |
|----|-----------------|-----------------|-------|-----------|--------------|

Masters 35+, Dames

| | | | | | |
|----|-----------------|---------|-------|-----------|--------------|
| 1. | Coby Geneuglijk | Aqua 68 | 38.73 | 198101894 | 38.24 |
|----|-----------------|---------|-------|-----------|--------------|

Masters 35+, Heren

| | | | | | |
|----|--------------|------|-------|-----------|--------------|
| 1. | Alex Heikens | Thor | 33.01 | 198000547 | 33.73 |
|----|--------------|------|-------|-----------|--------------|

Masters 40+, Dames

| | | | | | |
|----|-----------------|---------|-------|-----------|--------------|
| 1. | Marian Nederlof | De Geul | 35.67 | 197600950 | 37.80 |
|----|-----------------|---------|-------|-----------|--------------|

Masters 40+, Heren

| | | | | | |
|----|------------|------------------|-------|-----------|--------------|
| 1. | Casper Hut | HZ&PC Heerenveen | 26.20 | 197800471 | 26.79 |
|----|------------|------------------|-------|-----------|--------------|

Masters 50+, Dames

| | | | | | |
|----|---------------------------|-------------|-------|-----------|--------------|
| 1. | Roelien Speelman-Tigelaar | De Spatters | 42.50 | 196600664 | 44.64 |
|----|---------------------------|-------------|-------|-----------|--------------|

Masters 50+, Heren

| | | | | | |
|----|-------------|-----------|-------|-----------|--------------|
| 1. | Henk Wierth | H2Oldambt | 39.20 | 196601117 | 40.01 |
|----|-------------|-----------|-------|-----------|--------------|

Masters 60+, Heren

| | | | | | |
|----|------------|-----------------|-------|-----------|--------------|
| 1. | Henk Slomp | Z&PC de Inktvis | 34.94 | 195500359 | 34.35 |
|----|------------|-----------------|-------|-----------|--------------|

Masters 65+, Dames

| | | | | | |
|----|-----------------------|----------|-------|-----------|--------------|
| 1. | Christien Nieuwenhuis | Swol1894 | 38.50 | 195100022 | 39.23 |
|----|-----------------------|----------|-------|-----------|--------------|

Masters 65+, Heren

| | | | | | |
|----|--------------|--------|-------|-----------|--------------|
| 1. | Fred Zanting | TriVia | 34.50 | 195400323 | 34.41 |
|----|--------------|--------|-------|-----------|--------------|

Programmanr. 3
15-12-2019 - 14:15

100m schoolslag

20 jaar en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|---------------------------|----------------------|------------|---------|-----------|----------------|-------|---------|
| Masters 20+, Dames | | | | | | | |
| 1. | Naomi van der Sluijs | ZC Borger | 1:32.78 | 199801474 | 1:30.41 | 43.66 | 1:30.41 |
| 2. | Michelle Fekken | Thor | 1:36.21 | 199903534 | 1:42.71 | 46.89 | 1:42.71 |

7e Masters wedstrijd
Beilen, 15-12-2019

Programmanr. 3, 100m schoolslag

Masters 25+, Dames

| | | | | | | | |
|----|----------------|----------------|---------|-----------|----------------|-------|---------|
| 1. | Nanda de Vries | Steenwijk 1934 | 1:23.50 | 199204328 | 1:27.02 | 40.95 | 1:27.02 |
| 2. | Brechtje Arts | Aquapoldro | 1:42.30 | 199406368 | 1:41.88 | 49.11 | 1:41.88 |

Masters 25+, Heren

| | | | | | | | |
|----|-----------------|----------------|---------|-----------|----------------|-------|---------|
| 1. | Patrick Wobben | Steenwijk 1934 | 1:26.21 | 199300559 | 1:26.14 | 39.70 | 1:26.14 |
| 2. | Danny Vochteloo | ZC Borger | 1:45.56 | 199207251 | 1:38.25 | 46.79 | 1:38.25 |

Masters 35+, Dames

| | | | | | | | |
|----|--------------------------|-------------|---------|-----------|----------------|-------|---------|
| 1. | Bertine Flokstra-de Blok | De Spatters | 1:33.89 | 198200146 | 1:34.13 | 43.72 | 1:34.13 |
|----|--------------------------|-------------|---------|-----------|----------------|-------|---------|

Masters 35+, Heren

| | | | | | | | |
|----|-------------------|-----------------|---------|-----------|----------------|-------|---------|
| 1. | Andre van der Wal | Z&PC de Inktvis | 1:19.47 | 198201949 | 1:20.71 | 38.22 | 1:20.71 |
| 2. | Mark Brinkhuis | TriVia | 1:22.47 | 198302609 | 1:25.01 | 40.03 | 1:25.01 |

Masters 40+, Dames

| | | | | | | | |
|----|-----------------------|-------------|---------|-----------|----------------|-------|---------|
| 1. | A. Knegt-Bessebinders | De Spatters | 1:36.70 | 197601064 | 1:38.89 | 44.61 | 1:38.89 |
|----|-----------------------|-------------|---------|-----------|----------------|-------|---------|

Masters 50+, Heren

| | | | | | | | |
|----|-------------------|-----------|---------|-----------|----------------|-------|---------|
| 1. | Bertjan Schelhaas | Dwt | 1:16.58 | 196501577 | 1:22.03 | 37.33 | 1:22.03 |
| 2. | Joop Weenink | WS Twente | 1:22.00 | 196801535 | 1:23.22 | 39.63 | 1:23.22 |

Masters 55+, Heren

| | | | | | | | |
|----|------------------|----------------|---------|-----------|----------------|-------|---------|
| 1. | Theo Bakker | TriVia | 1:16.92 | 196401231 | 1:18.89 | 36.25 | 1:18.89 |
| 2. | Casper Dollekamp | Steenwijk 1934 | 1:27.77 | 196301341 | 1:27.63 | 41.42 | 1:27.63 |
| 3. | Jan Haitsma | De Spatters | 1:38.26 | 196000929 | 1:43.86 | 49.71 | 1:43.86 |

Masters 60+, Heren

| | | | | | | | |
|----|-----------------|-----------|---------|-----------|----------------|-------|---------|
| 1. | Robert Schulein | H2Oldambt | 1:46.60 | 195900843 | 1:46.47 | 50.28 | 1:46.47 |
|----|-----------------|-----------|---------|-----------|----------------|-------|---------|

Programmanr. 4
15-12-2019 - 14:23

200m vrije slag

20 jaar en ouder
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT | 50m | 100m | 150m | 200m |
|---------------------------|------------------|-----------------|---------|-----------|----------------|----|-------|---------|---------|---------|
| Masters 20+, Dames | | | | | | | | | | |
| 1. | Elvira Feikens | De Spatters | 3:00.40 | 199506982 | 3:11.59 | | 41.34 | 1:29.54 | 2:20.14 | 3:11.59 |
| Masters 20+, Heren | | | | | | | | | | |
| 1. | Paul Schutrups | ZC Borger | 2:23.48 | 199703275 | 2:28.97 | | 34.06 | 1:12.89 | 1:52.46 | 2:28.97 |
| Masters 25+, Heren | | | | | | | | | | |
| 1. | Patrick Graver | Gzvw | 2:33.61 | 199404735 | 2:30.20 | | 34.73 | 1:13.26 | 1:52.00 | 2:30.20 |
| Masters 30+, Dames | | | | | | | | | | |
| 1. | Irene Snakenborg | Z&PC de Inktvis | 2:24.48 | 198603334 | 2:24.43 | | 32.11 | 1:08.03 | 1:45.86 | 2:24.43 |
| Masters 30+, Heren | | | | | | | | | | |
| 1. | Jeroen Grinwis | Z&PC de Inktvis | 2:30.79 | 198906813 | 2:30.74 | | 35.18 | 1:13.61 | 1:52.98 | 2:30.74 |

7e Masters wedstrijd
Beilen, 15-12-2019

Programmanr. 4, 200m vrije slag

Masters 35+, Heren

| | | | | | | | | |
|----------------------|-----------------|---------|-----------|----------------|-------|---------|---------|---------|
| 1. Andre van der Wal | Z&PC de Inktvis | 2:40.21 | 198201949 | 2:35.63 | 33.84 | 1:13.08 | 1:55.73 | 2:35.63 |
|----------------------|-----------------|---------|-----------|----------------|-------|---------|---------|---------|

Masters 40+, Dames

| | | | | | | | | |
|-----------------------|------------|---------|-----------|----------------|-------|---------|---------|---------|
| 1. Karin van Dijk | Thor | 2:37.74 | 197601066 | 2:38.54 | 35.36 | 1:15.50 | 1:57.71 | 2:38.54 |
| 2. Gea van der Schaaf | Deltasteur | 2:41.86 | 197901558 | 2:45.71 | 37.57 | 1:19.73 | 2:03.17 | 2:45.71 |

Masters 45+, Dames

| | | | | | | | | |
|--------------------|----------------|---------|-----------|----------------|-------|---------|---------|---------|
| 1. Annet Kootstra | Swol1894 | 2:54.34 | 197100344 | 2:54.63 | 40.98 | 1:25.41 | 2:10.56 | 2:54.63 |
| AFGEM Inge Soeters | Steenwijk 1934 | 2:57.68 | 197300934 | | | | | |

Masters 45+, Heren

| | | | | | | | | |
|-------------------|----------------|---------|-----------|----------------|-------|---------|---------|---------|
| 1. Berry Schipper | Steenwijk 1934 | 2:48.00 | 197101753 | 2:47.41 | 38.14 | 1:18.43 | 2:02.36 | 2:47.41 |
|-------------------|----------------|---------|-----------|----------------|-------|---------|---------|---------|

Masters 50+, Dames

| | | | | | | | | |
|----------------------------|-------------|---------|-----------|----------------|-------|---------|---------|---------|
| 1. Emmy in 't Veldt | TriVia | 2:38.00 | 196600648 | 2:42.12 | 36.75 | 1:18.41 | 2:01.10 | 2:42.12 |
| 2. Miranda Keijl | Zignea | 2:59.95 | 196500588 | 2:54.17 | 39.33 | 1:24.95 | 2:11.30 | 2:54.17 |
| AFGEM R. Speelman-Tigelaar | De Spatters | 2:57.34 | 196600664 | | | | | |

Masters 50+, Heren

| | | | | | | | | |
|--------------------|----------|---------|-----------|----------------|-------|---------|---------|---------|
| 1. E. van Oosterom | Swol1894 | 2:32.51 | 196601419 | 2:39.88 | 33.87 | 1:13.33 | 1:56.24 | 2:39.88 |
| 2. Henri Vos | Swol1894 | 2:45.00 | 196500979 | 2:51.80 | 38.10 | 1:21.45 | 2:06.95 | 2:51.80 |

Masters 55+, Dames

| | | | | | | | | |
|-----------------------|-----------|---------|-----------|----------------|-------|---------|---------|---------|
| 1. Pia van der Molen | Avena | 3:33.24 | 196000116 | 3:12.40 | 41.87 | 1:29.74 | 2:20.36 | 3:12.40 |
| 2. Jenny Westervarder | H2Oldambt | 3:15.48 | 196200424 | 3:18.74 | 44.06 | 1:33.67 | 2:26.56 | 3:18.74 |

Masters 60+, Dames

| | | | | | | | | |
|-------------------|--------|---------|-----------|----------------|-------|---------|---------|---------|
| 1. Margriet Pasma | TriVia | 2:51.00 | 195500088 | 2:50.85 | 43.47 | 1:23.35 | 2:07.56 | 2:50.85 |
|-------------------|--------|---------|-----------|----------------|-------|---------|---------|---------|

Masters 60+, Heren

| | | | | | | | | |
|---------------|-----------------|---------|-----------|----------------|-------|---------|---------|---------|
| 1. Henk Slomp | Z&PC de Inktvis | 2:39.65 | 195500359 | 2:39.90 | 36.47 | 1:17.75 | 1:59.87 | 2:39.90 |
|---------------|-----------------|---------|-----------|----------------|-------|---------|---------|---------|

Programmanr. 5
15-12-2019 - 14:39

50m rugslag

20 jaar en ouder
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|---------------------------|--------------------|-----------------|--------|-----------|--------------|----|
| Masters 20+, Dames | | | | | | |
| 1. | Melanie Zondag | ZC Borger | 37.85 | 199804476 | 38.17 | |
| 2. | Chantal Wind-Hemme | de Plons | 36.60 | 199501292 | 40.30 | |
| Masters 25+, Dames | | | | | | |
| 1. | Natasja Postma | Z&PC de Inktvis | 35.78 | 199303864 | 36.08 | |
| 2. | Angela Hemme | de Plons | 36.67 | 199006548 | 37.16 | |
| 3. | Lonneke Oenema | Steenwijk 1934 | 37.58 | 199102314 | 38.70 | |
| Masters 30+, Dames | | | | | | |
| 1. | Lotte Ottink | De Spatters | 44.03 | 198906650 | 43.21 | |
| AFGEM | Ramona Hulshof | Thor | 36.46 | 198503948 | | |

7e Masters wedstrijd
Beilen, 15-12-2019

Programmanr. 5, 50m rugslag

Masters 40+, Dames

| | | | | | |
|----|-----------------------------|-------------|-------|-----------|--------------|
| 1. | Alma Knegt-Bessembinders | De Spatters | 39.78 | 197601064 | 40.94 |
| 2. | Karin Zweers-van Steenveldt | Aqua 68 | 48.39 | 197801376 | 45.98 |

Masters 50+, Heren

| | | | | | |
|----|-------------------|-----------|-------|-----------|--------------|
| 1. | Meindert Tuinstra | H2Oldambt | 39.17 | 196600853 | 39.14 |
|----|-------------------|-----------|-------|-----------|--------------|

Masters 55+, Dames

| | | | | | |
|----|--------------|----------------|---------|-----------|----------------|
| 1. | Riekie Schra | Steenwijk 1934 | 1:10.01 | 196400404 | 1:09.92 |
|----|--------------|----------------|---------|-----------|----------------|

Masters 60+, Dames

| | | | | | |
|----|----------------|--------|-------|-----------|--------------|
| 1. | Margriet Pasma | TriVia | 42.50 | 195500088 | 42.92 |
|----|----------------|--------|-------|-----------|--------------|

Programmanr. 6
15-12-2019 - 14:43

4 x 50m vrije slag

lft 80 - 399
Resultaten

| rang | vereniging | intijd | tijd | RT |
|----------------------|-----------------------------|-----------------|---------|-------------------|
| 100+, Gemengd | | | | |
| 1. | de Valken 1 | de Valken | NT | 2:00.59 |
| | Frank van der Zwaag | 25 | 26.80 | Michael Ham |
| | Linda Doom | 30 | | Annick van Dijk |
| | | | | 26 |
| | | | | 33 |
| 120+, Dames | | | | |
| 1. | Aqua 68 1 | Aqua 68 | 2:23.28 | 2:25.91 |
| | Karin Wielink-Buitstra | 32 | 34.51 | Christa Klaassens |
| | Karin Zweers-van Steenveldt | 41 | | alïe wallet |
| | | | | 31 |
| | | | | 33 |
| 2. | De Spatters 1 | De Spatters | 2:25.27 | 2:29.50 |
| | Bertine Flokstra-de Blok | 37 | 36.36 | Lotte Ottink |
| | Cecilia van de Velde | 29 | | Elvira Feikens |
| | | | | 30 |
| | | | | 24 |
| 120+, Gemengd | | | | |
| 1. | Z&PC de Inktvis 1 | Z&PC de Inktvis | 1:53.98 | 1:57.21 |
| | Irene Snakenborg | 33 | 30.81 | Andre van der Wal |
| | Natasja Postma | 26 | | Rick Kuipers |
| | | | | 37 |
| | | | | 27 |
| 160+, Heren | | | | |
| 1. | Swol 1894 1 | Swol1894 | 1:57.00 | 2:06.40 |
| | Evert-Jan van Oosterom | 53 | 32.16 | Peter Lommert |
| | Henri Vos | 54 | | Edwin Vos |
| | | | | 40 |
| | | | | 49 |
| 2. | De Spatters 1 | De Spatters | 2:06.60 | 2:08.67 |
| | René Speelman | 53 | 31.56 | Jan Haitsma |
| | Jorrit Zant | 33 | | Bob Peters |
| | | | | 59 |
| | | | | 32 |
| 160+, Gemengd | | | | |
| 1. | H2Oldambt 1 | H2Oldambt | 2:22.21 | 2:29.39 |
| | Jenny Westervaarder | 57 | 40.23 | Bé Grave |
| | Sylvia Hidding | 23 | | Meindert Tuinstra |
| | | | | 66 |
| | | | | 53 |
| BM | Thor 1 | Thor | 2:08.19 | 2:12.50 |
| | Alex Heikens | 39 | 29.67 | Michelle Fekken |
| | Karin van Dijk | 43 | | Henk Wierth |
| | | | | 20 |
| | | | | 53 |

7e Masters wedstrijd
Beilen, 15-12-2019

Programmanr. 7
15-12-2019 - 14:50

100m vlinderslag

20 jaar en ouder
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT | 50m | 100m |
|---------------------------|-------------------|------------------|---------|-----------|----------------|----|-------|---------|
| Masters 20+, Dames | | | | | | | | |
| 1. | Claudia Dost | ZC Borger | 1:23.78 | 199900858 | 1:26.48 | | 38.11 | 1:26.48 |
| Masters 40+, Heren | | | | | | | | |
| 1. | Casper Hut | HZ&PC Heerenveen | 58.33 | 197800471 | 1:01.54 | | 28.92 | 1:01.54 |
| Masters 45+, Heren | | | | | | | | |
| 1. | Korstiaan de Boer | Steenwijk 1934 | 1:14.66 | 197101629 | 1:15.87 | | 33.98 | 1:15.87 |
| 2. | Arnold Jonker | HZ&PC Heerenveen | 1:56.00 | 197000529 | 1:57.98 | | | 1:57.98 |
| Masters 50+, Dames | | | | | | | | |
| 1. | Miranda Keijl | Zignea | 1:40.57 | 196500588 | 1:37.92 | | 44.74 | 1:37.92 |
| Masters 55+, Dames | | | | | | | | |
| 1. | Pia van der Molen | Avena | 1:52.00 | 196000116 | 1:52.80 | | 51.70 | 1:52.80 |
| Masters 65+, Heren | | | | | | | | |
| 1. | Fred Zanting | TriVia | 1:35.00 | 195400323 | 1:35.14 | | 43.66 | 1:35.14 |

Programmanr. 8
15-12-2019 - 14:55

50m vrije slag

20 jaar en ouder
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|---------------------------|------------------------|-----------------|--------|-----------|--------------|----|
| Masters 20+, Dames | | | | | | |
| 1. | Michelle Fekken | Thor | 34.18 | 199903534 | 35.20 | |
| AFGEM | Anouk Poelstra | Steenwijk 1934 | 30.06 | 199800166 | | |
| Masters 20+, Heren | | | | | | |
| 1. | Tim Broekman | KSN (SG) | 30.51 | 199801277 | 31.46 | |
| Masters 25+, Dames | | | | | | |
| 1. | Heleen Arends | TriVia | 29.00 | 199404416 | 29.12 | |
| 2. | Natasja Postma | Z&PC de Inktvis | 29.73 | 199303864 | 29.91 | |
| 3. | Brechtje Arts | Aquapoldro | 43.00 | 199406368 | 39.78 | |
| Masters 25+, Heren | | | | | | |
| 1. | Rick Kuipers | Z&PC de Inktvis | 25.44 | 199203449 | 26.02 | |
| 2. | Michael Ham | de Valken | 26.59 | 199305429 | 29.12 | |
| 3. | Yorick Kreuwel | Aquapoldro | 29.39 | 199402225 | 29.16 | |
| Masters 30+, Dames | | | | | | |
| 1. | Linda Doorn | de Valken | 29.62 | 198900978 | 31.11 | |
| 2. | Karin Wielink-Bultstra | Aqua 68 | NT | 198706266 | 34.76 | |
| 3. | Christa Klaassens | Aqua 68 | NT | 198806982 | 37.22 | |
| 4. | Lotte Ottink | De Spatters | 36.65 | 198906650 | 37.95 | |
| AFGEM | Ramona Hulshof | Thor | 32.14 | 198503948 | | |

7e Masters wedstrijd
Beilen, 15-12-2019

Programmanr. 8, 50m vrije slag

Masters 30+, Heren

| | | | | | |
|----|-----------------|-----------------|-------|-----------|--------------|
| 1. | Niels Willemsen | Z&PC de Inktvis | 29.36 | 198603557 | 29.81 |
| 2. | Jorrit Zant | De Spatters | 31.79 | 198604751 | 31.39 |

Masters 35+, Dames

| | | | | | |
|----|-----------------|---------|-------|-----------|--------------|
| 1. | Coby Geneuglijk | Aqua 68 | 32.20 | 198101894 | 32.48 |
|----|-----------------|---------|-------|-----------|--------------|

Masters 35+, Heren

| | | | | | |
|----|--------------|------|-------|-----------|--------------|
| 1. | Alex Heikens | Thor | 29.03 | 198000547 | 29.21 |
|----|--------------|------|-------|-----------|--------------|

Masters 40+, Dames

| | | | | | |
|----|-----------------------------|-------------|-------|-----------|--------------|
| 1. | Alma Knecht-Bessembinders | De Spatters | 32.05 | 197601064 | 32.45 |
| 2. | Margriet Daalman | De Spatters | 32.38 | 197801368 | 32.60 |
| 3. | Gea van der Schaaf | Deltasteur | 32.87 | 197901558 | 33.51 |
| 4. | Karin Zweers-van Steenveldt | Aqua 68 | 37.64 | 197801376 | 38.75 |

Masters 45+, Dames

| | | | | | |
|-------|-------------|-----------|-------|-----------|--|
| AFGEM | Freya Grave | H2Oldambt | 49.13 | 197001002 | |
|-------|-------------|-----------|-------|-----------|--|

Masters 45+, Heren

| | | | | | |
|----|----------------|----------------|-------|-----------|--------------|
| 1. | Edwin Vos | Swol1894 | 29.59 | 197001411 | 31.42 |
| 2. | Berry Schipper | Steenwijk 1934 | 32.80 | 197101753 | 32.58 |

Masters 50+, Dames

| | | | | | |
|----|--------------------|-----------|-------|-----------|--------------|
| 1. | Sylvia Delger | H2Oldambt | 35.75 | 196500656 | 37.23 |
| 2. | Ania Bultena-Rusek | TriVia | 38.00 | 196600764 | 40.94 |

Masters 50+, Heren

| | | | | | |
|----|------------------------|-----------|-------|-----------|--------------|
| 1. | Meindert Tuinstra | H2Oldambt | 30.19 | 196600853 | 30.91 |
| 2. | Evert-Jan van Oosterom | Swol1894 | 31.20 | 196601419 | 32.45 |

Masters 55+, Dames

| | | | | | |
|----|--------------|----------------|-------|-----------|--------------|
| 1. | Joke Burgers | Swol1894 | NT | 196000226 | 47.73 |
| 2. | Riekje Schra | Steenwijk 1934 | 57.84 | 196400404 | 56.39 |

Masters 60+, Heren

| | | | | | |
|----|-----------------|-----------------|-------|-----------|--------------|
| 1. | Henk Slomp | Z&PC de Inktvis | 32.09 | 195500359 | 32.18 |
| 2. | Robert Schulein | H2Oldambt | 37.21 | 195900843 | 39.22 |

Masters 65+, Dames

| | | | | | |
|----|-----------------------|----------|-------|-----------|--------------|
| 1. | Christien Nieuwenhuis | Swol1894 | 33.50 | 195100022 | 34.15 |
|----|-----------------------|----------|-------|-----------|--------------|

Masters 65+, Heren

| | | | | | |
|----|----------|-----------|-------|-----------|--------------|
| 1. | Bé Grave | H2Oldambt | 35.51 | 195300231 | 35.63 |
|----|----------|-----------|-------|-----------|--------------|

7e Masters wedstrijd
Beilen, 15-12-2019

Programmanr. 9 100m rugslag 20 jaar en ouder
15-12-2019 - 15:05 Resultaten

| rang | naam | vereniging | intijd | | tijd | RT | 50m | 100m |
|---------------------------|-------------------|-----------------|---------|-----------|----------------|----|-------|---------|
| Masters 20+, Dames | | | | | | | | |
| 1. | Melanie Zondag | ZC Borger | 1:24.49 | 199804476 | 1:24.81 | | 41.04 | 1:24.81 |
| Masters 20+, Heren | | | | | | | | |
| 1. | Paul Schutrups | ZC Borger | 1:13.68 | 199703275 | 1:15.67 | | 36.51 | 1:15.67 |
| Masters 30+, Dames | | | | | | | | |
| 1. | Linda Doorn | de Valken | 1:15.10 | 198900978 | 1:24.64 | | 40.74 | 1:24.64 |
| 2. | alie wallet | Aqua 68 | NT | 198605362 | 1:26.05 | | 42.31 | 1:26.05 |
| 3. | Annick van Dijk | de Valken | NT | | 1:29.36 | | 42.56 | 1:29.36 |
| Masters 35+, Heren | | | | | | | | |
| 1. | Andre van der Wal | Z&PC de Inktvis | 1:17.82 | 198201949 | 1:20.56 | | 40.51 | 1:20.56 |
| Masters 40+, Dames | | | | | | | | |
| 1. | Karin van Dijk | Thor | 1:23.95 | 197601066 | 1:23.94 | | 40.45 | 1:23.94 |
| Masters 45+, Dames | | | | | | | | |
| 1. | Annet Kootstra | Swol1894 | 1:39.72 | 197100344 | 1:41.74 | | 49.76 | 1:41.74 |
| Masters 55+, Dames | | | | | | | | |
| 1. | Annemarie Vuist | Swol1894 | 1:31.26 | 196300282 | 1:33.73 | | 46.26 | 1:33.73 |
| 2. | Pia van der Molen | Avena | 1:41.62 | 196000116 | 1:40.61 | | 49.69 | 1:40.61 |
| Masters 55+, Heren | | | | | | | | |
| 1. | Jan Haitisma | De Spatters | 1:35.69 | 196000929 | 1:38.20 | | 48.26 | 1:38.20 |

Programmanr. 10 50m schoolslag 20 jaar en ouder
15-12-2019 - 15:11 Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|---|----------------------|------------------|--------|-----------|--------------|----|
| Masters 20+, Dames | | | | | | |
| 1. | Elvira Feikens | De Spatters | 46.42 | 199506982 | 45.63 | |
| Masters 20+, Heren | | | | | | |
| 1. | Tim Broekman | KSN (SG) | 39.74 | 199801277 | 40.80 | |
| Masters 25+, Dames | | | | | | |
| 1. | Brechtje Arts | Aquapoldro | 47.50 | 199406368 | 46.89 | |
| 2. | Cecilia van de Velde | De Spatters | 52.23 | 199003856 | 50.07 | |
| Masters 25+, Heren | | | | | | |
| 1. | Frank van der Zwaag | de Valken | 35.04 | 199401137 | 38.31 | |
| 2. | Danny Vochteloo | ZC Borger | 45.45 | 199207251 | 45.00 | |
| DIS | Dennis Bos | HZ&PC Heerenveen | 29.01 | 199201965 | | |
| <i>AA - Gestart voor het startsignaal (en wel gezwommen).</i> | | | | | | |

7e Masters wedstrijd
Beilen, 15-12-2019

Programmanr. 10, 50m schoolslag

Masters 30+, Dames

| | | | | | |
|----|------------------------|-----------|----|-----------|--------------|
| 1. | Christa Klaassens | Aqua 68 | NT | 198806982 | 43.56 |
| 2. | Karin Wielink-Bultstra | Aqua 68 | NT | 198706266 | 44.85 |
| 3. | Annick van Dijk | de Valken | NT | | 45.02 |

Masters 30+, Heren

| | | | | | | |
|----|-------------|-------------|--|-------|-----------|--------------|
| 1. | Jorrit Zant | De Spatters | | 38.83 | 198604751 | 39.39 |
|----|-------------|-------------|--|-------|-----------|--------------|

Masters 35+, Dames

| | | | | | | |
|----|--------------------------|-------------|--|-------|-----------|--------------|
| 1. | Bertine Flokstra-de Blok | De Spatters | | 43.53 | 198200146 | 43.09 |
|----|--------------------------|-------------|--|-------|-----------|--------------|

Masters 35+, Heren

| | | | | | | |
|----|----------------|--------|--|-------|-----------|--------------|
| 1. | Mark Brinkhuis | TriVia | | 37.02 | 198302609 | 38.50 |
| 2. | Alex Heikens | Thor | | 38.50 | 198000547 | 41.45 |

Masters 40+, Dames

| | | | | | | |
|----|-----------------------------|-------------|--|-------|-----------|--------------|
| 1. | Alma Knegt-Bessembinders | De Spatters | | 42.66 | 197601064 | 44.78 |
| 2. | Karin Zweers-van Steenveldt | Aqua 68 | | 50.30 | 197801376 | 52.22 |

Masters 50+, Heren

| | | | | | | |
|----|-------------------|-----------|--|-------|-----------|--------------|
| 1. | Bertjan Schelhaas | Dwt | | 34.54 | 196501577 | 36.76 |
| 2. | Henk Wierth | H2Oldambt | | 42.31 | 196601117 | 42.40 |

Masters 55+, Dames

| | | | | | | |
|----|---------------------|----------------|--|---------|-----------|----------------|
| 1. | Jenny Westervaarder | H2Oldambt | | 50.45 | 196200424 | 50.78 |
| 2. | Riekie Schra | Steenwijk 1934 | | 1:02.82 | 196400404 | 1:02.60 |

Masters 55+, Heren

| | | | | | | |
|----|------------------|----------------|--|-------|-----------|--------------|
| 1. | Theo Bakker | TriVia | | 34.33 | 196401231 | 35.26 |
| 2. | Casper Dollekamp | Steenwijk 1934 | | 39.05 | 196301341 | 39.65 |

Masters 60+, Heren

| | | | | | | |
|----|-----------------|-----------|--|-------|-----------|--------------|
| 1. | Robert Schulein | H2Oldambt | | 44.97 | 195900843 | 46.32 |
|----|-----------------|-----------|--|-------|-----------|--------------|

Programmanr. 11
15-12-2019 - 15:18

100m vrije slag

20 jaar en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|---------------------------|----------------------|-----------------|---------|-----------|----------------|-------|---------|
| Masters 20+, Dames | | | | | | | |
| 1. | Melanie Zondag | ZC Borger | 1:12.04 | 199804476 | 1:13.67 | 34.37 | 1:13.67 |
| 2. | Naomi van der Sluijs | ZC Borger | 1:13.72 | 199801474 | 1:14.19 | 35.65 | 1:14.19 |
| 3. | Chantal Wind-Hemme | de Plons | 1:13.62 | 199501292 | 1:23.80 | 39.42 | 1:23.80 |
| Masters 25+, Dames | | | | | | | |
| 1. | Natasja Postma | Z&PC de Inktvis | 1:05.65 | 199303864 | 1:05.67 | 32.26 | 1:05.67 |
| 2. | Angela Hemme | de Plons | 1:09.07 | 199006548 | 1:14.92 | 36.42 | 1:14.92 |
| 3. | Cecilia van de Velde | De Spatters | 1:35.58 | 199003856 | 1:41.67 | 43.12 | 1:41.67 |
| Masters 25+, Heren | | | | | | | |
| 1. | Frank van der Zwaag | de Valken | 57.54 | 199401137 | 1:01.93 | 28.85 | 1:01.93 |
| 2. | Rick Kuipers | Z&PC de Inktvis | 56.96 | 199203449 | 1:02.45 | 30.11 | 1:02.45 |
| 3. | Yorick Kreuwel | Aquapoldro | 1:07.50 | 199402225 | 1:05.81 | 31.88 | 1:05.81 |
| 4. | Patrick Wobben | Steenwijk 1934 | 1:13.42 | 199300559 | 1:13.89 | 34.73 | 1:13.89 |

7e Masters wedstrijd
Beilen, 15-12-2019

Programmanr. 11, 100m vrije slag

Masters 30+, Heren

| | | | | | | | |
|----|-----------------|-----------------|---------|-----------|----------------|-------|---------|
| 1. | Bob Peters | De Spatters | 1:03.48 | 198702565 | 1:03.79 | 30.00 | 1:03.79 |
| 2. | Jeroen Grinwis | Z&PC de Inktvis | 1:06.82 | 198906813 | 1:07.83 | 32.49 | 1:07.83 |
| 3. | Niels Willemsen | Z&PC de Inktvis | 1:05.05 | 198603557 | 1:08.07 | 31.60 | 1:08.07 |

Masters 35+, Dames

| | | | | | | | |
|----|-----------------|---------|---------|-----------|----------------|-------|---------|
| 1. | Coby Geneuglijk | Aqua 68 | 1:14.35 | 198101894 | 1:13.41 | 34.40 | 1:13.41 |
|----|-----------------|---------|---------|-----------|----------------|-------|---------|

Masters 35+, Heren

| | | | | | | | |
|----|-------------------|-----------------|---------|-----------|----------------|-------|---------|
| 1. | Andre van der Wal | Z&PC de Inktvis | 1:04.95 | 198201949 | 1:08.56 | 32.32 | 1:08.56 |
|----|-------------------|-----------------|---------|-----------|----------------|-------|---------|

Masters 40+, Dames

| | | | | | | | |
|----|--------------------|------------|---------|-----------|----------------|-------|---------|
| 1. | Marian Nederlof | De Geul | 1:07.08 | 197600950 | 1:13.38 | 34.85 | 1:13.38 |
| 2. | Gea van der Schaaf | Deltasteur | 1:12.50 | 197901558 | 1:14.55 | 36.30 | 1:14.55 |

Masters 40+, Heren

| | | | | | | | |
|----|------------|------------------|-------|-----------|--------------|-------|-------|
| 1. | Casper Hut | HZ&PC Heerenveen | 52.22 | 197800471 | 53.67 | 26.02 | 53.67 |
|----|------------|------------------|-------|-----------|--------------|-------|-------|

Masters 45+, Dames

| | | | | | | | |
|-------|--------------|----------------|---------|-----------|--|--|--|
| AFGEM | Inge Soeters | Steenwijk 1934 | 1:17.51 | 197300934 | | | |
|-------|--------------|----------------|---------|-----------|--|--|--|

Masters 45+, Heren

| | | | | | | | |
|----|----------------|------------------|---------|-----------|----------------|-------|---------|
| 1. | Berry Schipper | Steenwijk 1934 | 1:14.00 | 197101753 | 1:13.24 | 34.67 | 1:13.24 |
| 2. | Arnold Jonker | HZ&PC Heerenveen | 1:30.00 | 197000529 | 1:24.54 | 40.50 | 1:24.54 |

Masters 50+, Dames

| | | | | | | | |
|----|------------------|--------|---------|-----------|----------------|-------|---------|
| 1. | Emmy in 't Veldt | TriVia | 1:13.00 | 196600648 | 1:13.17 | 34.87 | 1:13.17 |
| 2. | Miranda Keijl | Zignea | 1:25.39 | 196500588 | 1:18.26 | 37.96 | 1:18.26 |

Masters 50+, Heren

| | | | | | | | |
|----|------------------------|-------------|---------|-----------|----------------|-------|---------|
| 1. | Evert-Jan van Oosterom | Swol1894 | 1:07.88 | 196601419 | 1:11.92 | 33.90 | 1:11.92 |
| 2. | René Speelman | De Spatters | 1:11.60 | 196601521 | 1:12.26 | 33.79 | 1:12.26 |

Masters 55+, Dames

| | | | | | | | |
|----|--------------|----------|----|-----------|----------------|-------|---------|
| 1. | Joke Burgers | Swol1894 | NT | 196000226 | 1:47.10 | 50.02 | 1:47.10 |
|----|--------------|----------|----|-----------|----------------|-------|---------|

Masters 60+, Heren

| | | | | | | | |
|----|------------|-----------------|---------|-----------|----------------|-------|---------|
| 1. | Henk Slomp | Z&PC de Inktvis | 1:12.11 | 195500359 | 1:12.07 | 34.97 | 1:12.07 |
|----|------------|-----------------|---------|-----------|----------------|-------|---------|

Masters 65+, Dames

| | | | | | | | |
|----|-----------------------|----------|---------|-----------|----------------|-------|---------|
| 1. | Christien Nieuwenhuis | Swol1894 | 1:17.00 | 195100022 | 1:17.39 | 37.16 | 1:17.39 |
|----|-----------------------|----------|---------|-----------|----------------|-------|---------|

Masters 65+, Heren

| | | | | | | | |
|----|--------------|-----------|---------|-----------|----------------|-------|---------|
| 1. | Fred Zanting | TriVia | 1:14.00 | 195400323 | 1:14.55 | 36.35 | 1:14.55 |
| 2. | Bé Grave | H2Oldambt | 1:16.22 | 195300231 | 1:17.83 | 37.39 | 1:17.83 |

7e Masters wedstrijd
Beilen, 15-12-2019

Programmanr. 12
15-12-2019 - 15:30

200m wisselslag

20 jaar en ouder
Resultaten

| rang naam | vereniging | intijd | | tijd | RT | 50m | 100m | 150m | 200m |
|---------------------------|----------------|---------|-----------|----------------|----|-------|------|------|---------|
| Masters 20+, Dames | | | | | | | | | |
| 1. Claudia Dost | ZC Borger | 2:42.35 | 199900858 | 2:49.85 | | 38.97 | | | 2:49.85 |
| 2. Michelle Fekken | Thor | 3:21.44 | 199903534 | 3:31.10 | | 49.02 | | | 3:31.10 |
| 3. Sylvia Hidding | H2Oldambt | 3:38.25 | 199603886 | 3:43.40 | | 54.94 | | | 3:43.40 |
| AFGEM Anouk Poelstra | Steenwijk 1934 | 2:59.02 | 199800166 | | | | | | |
| Masters 20+, Heren | | | | | | | | | |
| 1. Paul Schutrups | ZC Borger | 2:42.22 | 199703275 | 2:48.38 | | 37.46 | | | 2:48.38 |
| Masters 25+, Dames | | | | | | | | | |
| 1. Nanda de Vries | Steenwijk 1934 | 2:37.64 | 199204328 | 2:44.13 | | 34.64 | | | 2:44.13 |
| 2. Lonneke Oenema | Steenwijk 1934 | 3:02.64 | 199102314 | 3:04.07 | | 39.37 | | | 3:04.07 |
| Masters 25+, Heren | | | | | | | | | |
| 1. Patrick Graver | Gzvw | 2:54.40 | 199404735 | 2:51.39 | | 34.85 | | | 2:51.39 |
| Masters 35+, Heren | | | | | | | | | |
| 1. Mark Brinkhuis | TriVia | 3:02.82 | 198302609 | 3:03.83 | | 38.75 | | | 3:03.83 |
| Masters 40+, Heren | | | | | | | | | |
| 1. Peter Lommert | Swol1894 | 2:52.36 | 197900787 | 2:58.60 | | 40.42 | | | 2:58.60 |
| Masters 45+, Dames | | | | | | | | | |
| 1. Annet Kootstra | Swol1894 | 3:18.63 | 197100344 | 3:22.57 | | 46.67 | | | 3:22.57 |
| Masters 45+, Heren | | | | | | | | | |
| 1. Korstiaan de Boer | Steenwijk 1934 | 2:44.21 | 197101629 | 2:44.81 | | 34.82 | | | 2:44.81 |
| Masters 50+, Heren | | | | | | | | | |
| 1. Joop Weenink | WS Twente | 2:55.00 | 196801535 | 2:59.53 | | 41.19 | | | 2:59.53 |
| Masters 55+, Dames | | | | | | | | | |
| 1. Annemarie Vuist | Swol1894 | 3:06.42 | 196300282 | 3:12.71 | | 44.55 | | | 3:12.71 |
| Masters 55+, Heren | | | | | | | | | |
| 1. Theo Bakker | TriVia | 2:49.91 | 196401231 | 2:55.28 | | 36.07 | | | 2:55.28 |
| Masters 60+, Dames | | | | | | | | | |
| 1. Margriet Pasma | TriVia | 3:14.00 | 195500088 | 3:23.95 | | 50.54 | | | 3:23.95 |