

Zuyderzee Masters Circuit 2018-2019 deel 6  
Heerenveen, 16-2-2019

Programmanr. 1  
16-2-2019 - 14:45

100m rugslag

20 - 94 jaar  
Resultaten

rang	naam	vereniging	intijd	klasse	tijd	pnt.	50m	100m
<b>H20+, Heren</b>								
1.	Han Hollander	ZPV Piranha	1:17.80	199800679	<b>1:17.62</b>		37.05	1:17.62
<b>D20+, Dames</b>								
1.	Tamara Grove	De Dolfijn	1:06.45	199601266	<b>1:08.58</b>		33.18	1:08.58
2.	Mariska Wessels	Thor	1:22.09	199703540	<b>1:20.47</b>		38.89	1:20.47
3.	Desiree Rave	Deltasteur	1:26.39	199900610	<b>1:26.22</b>		41.73	1:26.22
4.	Anouk van Duijven	Isis	1:25.51	199800888	<b>1:30.20</b>		43.62	1:30.20
5.	Elvira Feikens	De Spatters	1:36.57	199506982	<b>1:35.13</b>		45.36	1:35.13
<b>D25+, Dames</b>								
1.	Daniëlle de Boer	HZ&PC Heerenveen	1:08.44	199404736	<b>1:08.28</b>		33.18	1:08.28
2.	Elmi Roelofsen	Zvv	1:08.86	199008198	<b>1:15.32</b>		34.82	1:15.32
3.	Getrude Corporaal	Steenwijk 1934	1:16.10	199200380	<b>1:16.41</b>		37.33	1:16.41
4.	Sigrit Aarten	Deltasteur	1:13.60	199302868	<b>1:17.79</b>		37.73	1:17.79
5.	Esther Kwebeman	HZ&PC Heerenveen	1:18.44	199106374	<b>1:17.96</b>		37.55	1:17.96
6.	Marjan Rikken	Zvv	1:19.69	199206114	<b>1:20.02</b>		39.01	1:20.02
7.	Lonneke Oenema	Steenwijk 1934	1:20.65	199102314	<b>1:24.00</b>		40.96	1:24.00
8.	Janneke Wynia	WS Twente 1	1:39.06	199005500	<b>1:36.42</b>		47.95	1:36.42
AFGEM	Inge Koopman	Daw	1:20.00	199303382				
<b>H30+, Heren</b>								
1.	Rick Driezen	Steenwijk 1934	1:04.80	198600713	<b>1:07.12</b>			1:07.12
2.	Bob Peters	De Spatters	1:14.54	198702565	<b>1:11.82</b>		34.65	1:11.82
3.	Albert Dijkma	Isis	1:16.07	198700711	<b>1:15.85</b>		36.69	1:15.85
4.	Simon Hogenstijn	Zvv	1:25.88	198805915	<b>1:24.26</b>		40.67	1:24.26
<b>D30+, Dames</b>								
1.	Jolanda Cnossen	Neptunia'24	1:14.69	198600712	<b>1:16.80</b>		37.60	1:16.80
2.	Carola Jacobs	Z&PC Triton Putten	1:30.42	198504176	<b>1:35.39</b>		46.14	1:35.39
AFGEM	Sandra Zwaanswijk	Daw	1:20.00	198503934				
<b>H35+, Heren</b>								
1.	Lauren Vis	Steenwijk 1934	1:06.23	198201883	<b>1:05.01</b>		30.78	1:05.01
2.	Marcel Reefhuis	WS Twente 1	1:06.94	198101381	<b>1:09.41</b>		33.42	1:09.41
DIS	Wilco Steenwijk	Zvv	1:15.86	198002465				
AFGEM	Sebastiaan Baars	WS Twente 1	1:17.52	198300053				
AFGEM	Rudy de Jong	Isis	1:16.29	198301061				
<b>D35+, Dames</b>								
1.	Angela Giezen	Montferland	1:15.59	198302796	<b>1:18.26</b>		39.20	1:18.26
2.	Paulien Schokker	WS Twente 1	1:24.99	198302876	<b>1:21.52</b>		39.69	1:21.52
3.	Esther van Buren	De Duinkickers	1:36.57	198001670	<b>1:35.14</b>			1:35.14
4.	Esther Beerling	ZV Haarlem	1:41.50	198400120	<b>1:36.28</b>			1:36.28
DIS	Tilja den Broeder	Swol 1894	1:43.00	198001380				
<b>H40+, Heren</b>								
1.	Casper Hut	HZ&PC Heerenveen	1:05.90	197800471	<b>1:04.08</b>		30.84	1:04.08
2.	Rob Huls	Zv 44	1:15.62	197700475	<b>1:13.15</b>		35.40	1:13.15
3.	Erwin Zuijdervelt	AZ&PC De Futen	1:13.19	197501015	<b>1:15.00</b>		35.93	1:15.00
4.	Johan Wezenberg	Swol 1894	1:19.30	197601023	<b>1:19.75</b>		38.90	1:19.75

Zuyderzee Masters Circuit 2018-2019 deel 6  
Heerenveen, 16-2-2019

Programmanr. 1, 100m rugslag

D40+, Dames

1.	Gea van der Schaaf	Deltasteur	1:19.15	197901558	<b>1:18.64</b>	37.76	1:18.64
2.	Heleen Spelde Fransens	Thor	1:21.55	197901358	<b>1:23.41</b>	39.95	1:23.41
3.	Jannie Vennik	HZ&PC Heerenveen	1:38.10	197601006	<b>1:31.61</b>	44.27	1:31.61
4.	Inge Roskam	De Duinkickers	1:32.24	197801296	<b>1:35.55</b>	45.51	1:35.55
5.	Jessica van Velzen	Zv 44	1:41.47	197601122	<b>1:45.08</b>	50.36	1:45.08
AFGEM	Marty Krans-de Weerd	Zcnf'34	1:18.55	197500604			

H45+, Heren

1.	Eric Hoekman	WS Twente 1	1:15.00	197401531	<b>1:11.12</b>	34.82	1:11.12
2.	Michael van Bekkum	Swol 1894	1:15.88	197200051	<b>1:15.96</b>	37.21	1:15.96
3.	Kasper van den Berghe	Swol 1894	1:16.35	197301125	<b>1:17.19</b>	37.60	1:17.19
4.	Korstiaan de Boer	Steenwijk 1934	1:16.91	197101629	<b>1:18.10</b>	38.36	1:18.10

D45+, Dames

1.	Evelien van Klaarbergen	HZ&PC Heerenveen	1:12.89	197200964	<b>1:11.32</b>	34.82	1:11.32
2.	Bianca Groot	MSV-Zeemacht	1:28.61	197000652	<b>1:27.51</b>	42.63	1:27.51
3.	Greta Wyma-Teitsma	Dwk	1:37.26	197100696	<b>1:40.16</b>	48.64	1:40.16

H50+, Heren

1.	Guido Keutgen	Steenwijk 1934	1:05.87	196801551	<b>1:07.35</b>	32.12	1:07.35
2.	matthijs van den Adel	De Otters Het Gooi	1:19.90	196501637	<b>1:14.13</b>	36.92	1:14.13
3.	Gerko Versluis	Zuiderzeezwemmers	1:23.40	196901439	<b>1:22.85</b>	39.68	1:22.85
4.	Henk Viering	Swol 1894	1:44.32	196600917	<b>1:41.26</b>	50.26	1:41.26

D50+, Dames

1.	Jacqueline Tuin	Daw	1:22.96	196600690	<b>1:23.00</b>	39.39	1:23.00
2.	Iris van Aurich	Dwk	1:22.78	196900866	<b>1:24.02</b>	41.16	1:24.02
3.	A. Korving-Leijenaar	Aqualero	1:29.36	196700662	<b>1:28.91</b>	43.70	1:28.91
4.	Annette van Dok	MSV-Zeemacht	1:35.16	196800742	<b>1:30.76</b>	44.26	1:30.76
5.	Hetty Smalheer	Scm	1:37.17	196700352	<b>1:37.82</b>	48.24	1:37.82

H55+, Heren

1.	Ronald Grove	Triton	1:24.68	196100161	<b>1:26.24</b>	41.38	1:26.24
2.	Jan Smalheer	Scm	1:30.26	196400701	<b>1:28.14</b>	43.55	1:28.14
3.	Jack Barends	WS Twente 1	1:28.90	196201011	<b>1:28.56</b>	44.25	1:28.56
4.	Jan Haitsma	De Spatters	1:37.37	196000929	<b>1:35.69</b>	46.91	1:35.69

D55+, Dames

1.	M. Grove-Lingeman	Triton	1:21.34	196200080	<b>1:22.88</b>	39.95	1:22.88
2.	Wilma van Velsen	Montferland	1:23.19	196400444	<b>1:24.08</b>	40.60	1:24.08
3.	Petra Tossings	Daw	1:31.92	196100376	<b>1:30.92</b>	45.07	1:30.92
4.	Annemarie Vuist	Swol 1894	1:30.33	196300282	<b>1:31.25</b>	45.53	1:31.25
5.	Jennie Resink-lindeboom	Dwk	1:39.03	196000142	<b>1:38.96</b>	48.94	1:38.96
6.	Marjan Spoelstra	Swol 1894	1:45.75	196000236	<b>1:40.40</b>	48.90	1:40.40
7.	Alie Visser	HZ&PC Heerenveen	1:49.56	196400494	<b>1:45.87</b>	51.26	1:45.87
8.	Gea Kuiper	Zcnf'34	1:59.25	196100104	<b>1:59.88</b>		1:59.88

H60+, Heren

1.	Marten de Groot	HZ&PC Heerenveen	1:14.42	195800149	<b>1:16.51</b>	37.61	1:16.51
2.	Ron van der Zande	De Aalscholver	1:22.81	195500307	<b>1:22.30</b>	39.31	1:22.30
3.	Paul Bunnik	Triton	1:20.54	195600413	<b>1:22.46</b>	40.36	1:22.46

D60+, Dames

1.	Hannie Poletiek	TriVia	1:36.13	195900278	<b>1:40.88</b>	48.85	1:40.88
2.	B. Klompmaker-Mulder	Noord-Veluwe	2:09.91	195900200	<b>2:14.59</b>	1:03.70	2:14.59

Zuyderzee Masters Circuit 2018-2019 deel 6  
Heerenveen, 16-2-2019

Programmanr. 1, 100m rugslag

D65+, Dames

1.	Christien Nieuwenhuis	Swol 1894	1:35.00	195100022	<b>1:35.13</b>	46.05	1:35.13
2.	A. Gilding-Tussaud	WS Twente 1	1:48.14	195000038	<b>1:51.24</b>	53.63	1:51.24
3.	Ineke Meijer	HZ&PC Heerenveen	1:53.20	195200034	<b>1:56.20</b>	57.47	1:56.20

H70+, Heren

1.	Mans Buis	Swol 1894	1:49.29	194700133	<b>1:53.82</b>	55.23	1:53.82
----	-----------	-----------	---------	-----------	----------------	-------	---------

D70+, Dames

1.	A. Verhoeven - Steggerd	De Duinkickers	2:08.80	194600024	<b>2:07.88</b>	59.66	2:07.88
----	-------------------------	----------------	---------	-----------	----------------	-------	---------

H90+, Heren

1.	Klaas Prins	Steenwijk 1934	3:15.00	192800001	<b>3:11.87</b>		3:11.87
----	-------------	----------------	---------	-----------	----------------	--	---------

Programmanr. 2  
16-2-2019 - 15:10

25m vrije slag

20 - 84 jaar  
Resultaten

rang	naam	vereniging	intijd	klasse	tijd
------	------	------------	--------	--------	------

H20+, Heren

1.	Hans Stoffers	Z&PC Triton Putten	12.48	199604027	<b>12.25</b>
----	---------------	--------------------	-------	-----------	--------------

D20+, Dames

1.	Elianne Huitema	Steenwijk 1934	13.42	199700258	<b>13.60</b>
2.	Ellen Rikken	Zvv	15.18	199604574	<b>15.08</b>
3.	Mariska Wessels	Thor	15.19	199703540	<b>15.09</b>
4.	Tessa Benjamins	Aqualero	14.64	199500636	<b>15.20</b>
5.	Nienke Fuite	Deltasteur	14.86	199501352	<b>15.29</b>
6.	Lene Makkink	ZPV Piranha	16.00	199903024	<b>16.02</b>
7.	Anne-Rike Visser	Z&PC Triton Putten	16.97	199506976	<b>16.60</b>
8.	Alieke Mepschen	Isis	17.75	199805150	<b>17.26</b>

H25+, Heren

1.	Dennis Bos	HZ&PC Heerenveen	11.15	199201965	<b>11.28</b>
2.	Tom de Lange	Deltasteur	12.20	199300303	<b>12.31</b>
3.	Harry Dijkma	Isis	12.73	199100487	<b>12.52</b>
4.	Patrick Wobben	Steenwijk 1934	14.41	199300559	<b>13.76</b>
5.	Bob Potkamp	Deltasteur	14.01	199403189	<b>14.37</b>
6.	Rick Vaarkamp	Z&PC Triton Putten	14.78	199404979	<b>15.66</b>
AFGEM	Jouke van der Meer	Isis	13.07	199405003	

D25+, Dames

1.	Petra Zandstra	Isis	14.51	199006248	<b>14.30</b>
2.	Tara Keijzer	Steenwijk 1934	15.44	199108498	<b>15.30</b>
3.	Tessa van Dijk	Isis	18.17	199401252	<b>17.37</b>

H30+, Heren

1.	Patrick de Jonge	Deltasteur	12.62	198906635	<b>12.56</b>
2.	Rene Knijpstra	Isis	13.40	198806181	<b>13.26</b>
3.	Robin Eggenkamp	De Aalscholver	13.51	198700847	<b>13.54</b>

D30+, Dames

1.	Monique Jansma	HZ&PC Heerenveen	15.00	198501420	<b>15.23</b>
2.	Brechtje de Jong	Isis	19.94	198907422	<b>19.96</b>

Zuyderzee Masters Circuit 2018-2019 deel 6  
Heerenveen, 16-2-2019

Programmanr. 2, 25m vrije slag

H35+, Heren

1.	Gerwin Vonk	De Spatters	12.31	198201907		<b>11.99</b>
2.	Edward van Dotingh	Zv 44	13.34	198403341		<b>13.19</b>
3.	Mark Brinkhuis	TriVia	14.85	198302609		<b>14.30</b>
4.	Sander de Velde	Deltasteur	14.38	198302165		<b>14.89</b>
5.	Sebastiaan de Vos	De Duinkickers	19.21	198402481	S7	<b>19.07</b>
AFGEM	Rob van Wanrooy	Gay Swim Amsterdam	12.82	198202627		

D35+, Dames

1.	Ingrid van der Does	ZV De Bron	15.53	198001690		<b>15.40</b>
2.	Coby Geneuglijk	Aqua 68	16.28	198101894		<b>15.60</b>
3.	Esther van Buren	De Duinkickers	16.30	198001670		<b>15.61</b>
4.	Rianne van Vegchelen	Zv 44	16.62	198101530		<b>17.20</b>

H40+, Heren

1.	Peter Lommert	Swol 1894	13.32	197900787		<b>13.37</b>
2.	René Beens	Deltasteur	13.71	197800045		<b>13.45</b>
3.	Robin Roskam	De Duinkickers	14.60	197801831		<b>14.75</b>

D40+, Dames

1.	Heleen Spelde Fransens	Thor	13.98	197901358		<b>14.06</b>
2.	Margriet Daalman	De Spatters	15.65	197801368		<b>14.80</b>
3.	Anuschka Glazema-Boelema	ZPC Stadskanaal	14.67	197701166		<b>15.11</b>
4.	Karin Zweers-van Steenveldt	Aqua 68	17.91	197801372		<b>16.81</b>

H45+, Heren

1.	Martijn de Jong	Dwk	13.57	197101659		<b>13.45</b>
2.	Pieter Bardelmeijer	Deltasteur	13.97	197201665		<b>13.79</b>
3.	Alistair Critchell	Deltasteur	13.48	197101655		<b>13.80</b>
4.	Rob van Nijburg	De Otters Het Gooi	14.00	197001737		<b>13.87</b>
5.	Erik Veltman	ZPC Stadskanaal	14.31	197200941		<b>14.10</b>
DIS	Alex Hagedoorn	Z&PC Triton Putten	14.03	197100319		

D45+, Dames

1.	Anne Claudine Tuller	Zv 44	19.09	197101054		<b>18.39</b>
----	----------------------	-------	-------	-----------	--	--------------

H50+, Heren

1.	Richard Hill	De Duinkickers	13.20	196601651		<b>13.24</b>
2.	Maarten Koolman	Zv 44	20.67	196801649		<b>18.57</b>

D50+, Dames

1.	Jacqueline Tuin	Daw	14.14	196600690		<b>14.64</b>
2.	Roelien Speelman-Tigelaar	De Spatters	15.66	196600664		<b>15.61</b>
3.	Miranda Keijl	ZIGNEA	15.52	196500588		<b>16.90</b>

H55+, Heren

1.	Theo Bakker	TriVia	12.50	196401231		<b>12.93</b>
2.	Jos Verhoeven	De Aalscholver	13.88	196301161		<b>13.74</b>
3.	Casper Dollekamp	Steenwijk 1934	14.37	196301341		<b>13.89</b>
4.	Ronald van Vliet	De Aalscholver	14.48	196300997		<b>14.45</b>
5.	John Dam	ZIGNEA	15.92	196000915		<b>15.24</b>
DIS	Frans Zoutberg	De Aalscholver	13.91	196101145		

Zuiderzee Masters Circuit 2018-2019 deel 6  
Heerenveen, 16-2-2019

Programmanr. 2, 25m vrije slag

D55+, Dames

1.	Petra Tossings	Daw	16.50	196100376	<b>16.07</b>
2.	Christine Buist	De Duinkickers	16.32	196400608	<b>16.44</b>
3.	Jenny Westervaarder	H2Oldambt	17.44	196200424	<b>17.74</b>
4.	Petra Ros	Zcnf'34	21.13	196100398	<b>20.59</b>
5.	Joke Burgers	Swol 1894	21.45	196000226	<b>20.71</b>
6.	Riekie Schra	Steenwijk 1934	24.80	196400404	<b>26.00</b>

H60+, Heren

1.	Nico Rozemeijer	Aquafit	14.00	195900751	<b>13.67</b>
2.	Bas Roorda	De Duinkickers	14.52	195800743	<b>14.49</b>
3.	Pier van der Sluis	SG FZC54-De Vikings 1	15.20	195900757	<b>15.69</b>
4.	Johan Bakema	Zcnf'34	21.99	195500377	<b>16.37</b>

D60+, Dames

1.	Elly Kiestra-Broertjes	ZIGNEA	18.25	195600100	<b>18.24</b>
----	------------------------	--------	-------	-----------	--------------

H65+, Heren

1.	Bert Veerkamp	Zuiderzeezwimmers	24.78	195200271	<b>25.34</b>
----	---------------	-------------------	-------	-----------	--------------

D70+, Dames

1.	Annet Verhoeven - Steggerda	De Duinkickers	19.64	194600024	<b>20.59</b>
----	-----------------------------	----------------	-------	-----------	--------------

H80+, Heren

1.	Gregor Pompen	Aqua-Novio '94	22.00	193700021	<b>23.08</b>
----	---------------	----------------	-------	-----------	--------------

Programmanr. 3  
16-2-2019 - 15:15

400m wisselslag

20 - 84 jaar  
Resultaten

rang	naam	vereniging	intijd	klasse	tijd	
<b>H20+, Heren</b>						
1.	Hans Stoffers	Z&PC Triton Putten	5:25.17	199604027	<b>5:24.82</b>	
	50m: 32.67	32.67	150m: 1:55.54	42.45	250m: 3:23.17	45.86
	100m: 1:13.09	40.42	200m: 2:37.31	41.77	300m: 4:10.06	46.89
				350m: 4:48.25	38.19	
				400m: 5:24.82	36.57	
<b>D20+, Dames</b>						
1.	Lisa van Riel	Swol 1894	5:53.46	199805652	<b>5:56.91</b>	
	50m: 37.44	37.44	150m: 2:12.00	45.53	250m: 3:46.82	50.70
	100m: 1:26.47	49.03	200m: 2:56.12	44.12	300m: 4:37.28	50.46
				350m: 5:18.25	40.97	
				400m: 5:56.91	38.66	
2.	Lieke van Essen	Swol 1894	5:56.19	199502814	<b>5:56.93</b>	
	50m: 39.97	39.97	150m: 2:13.62	45.32	250m: 3:47.47	49.25
	100m: 1:28.30	48.33	200m: 2:58.22	44.60	300m: 4:37.60	50.13
				350m: 5:17.75	40.15	
				400m: 5:56.93	39.18	
AFGEM	Veronique van der Velde	WS Twente 1	6:30.00	199601740		
<b>H25+, Heren</b>						
1.	Tim Bunnik	Triton	4:56.98	199000505	<b>4:55.50</b>	
	50m: 1:05.50		150m: 2:20.09		250m: 3:46.42	
			200m: 2:20.09		300m: 3:46.42	
				350m: 4:55.50		
				400m: 4:55.50		
<b>D25+, Dames</b>						
1.	Nanda de Vries	Steenwijk 1934	5:38.49	199204328	<b>5:31.96</b>	
	50m: 1:16.91		150m: 2:40.65		250m: 4:15.84	
			200m: 2:40.65		300m: 4:15.84	
				350m: 5:31.96		
				400m: 5:31.96		
2.	Daniëlle de Boer	HZ&PC Heerenveen	5:35.00	199404736	<b>5:34.32</b>	
	50m: 34.88	34.88	150m: 1:59.91	41.65	250m: 3:27.94	48.15
	100m: 1:18.26	43.38	200m: 2:39.79	39.88	300m: 4:16.45	48.51
				350m: 4:55.85	39.40	
				400m: 5:34.32	38.47	

Zuyderzee Masters Circuit 2018-2019 deel 6  
Heerenveen, 16-2-2019

Programmanr. 3, Dames, 400m wisselslag, D25+

rang	naam	vereniging	intijd	klasse	tijd			
3.	Fraukje Puts	HZ&PC Heerenveen	5:38.00	199206470	<b>5:53.76</b>			
	50m: 35.00	35.00	150m: 2:04.29	47.37	250m: 3:41.04	51.12	350m: 5:13.95	50.59
	100m: 1:16.92	41.92	200m: 2:49.92	45.63	300m: 4:23.36	42.32	400m: 5:53.76	39.81
4.	Leonie Nijenhuis	Zuiderzeezwemmers	6:02.69	199204340	<b>6:04.08</b>			
	50m: 38.09	38.09	150m: 2:11.10	47.20	250m: 3:47.72	49.49	350m: 5:21.75	43.88
	100m: 1:23.90	45.81	200m: 2:58.23	47.13	300m: 4:37.87	50.15	400m: 6:04.08	42.33
5.	Daphne de Jong	De Wellerobben	NT	199302388	<b>7:08.89</b>			
	50m: 43.35	43.35	150m: 2:38.07	56.88	250m: 4:28.43	53.97	350m: 6:15.43	50.94
	100m: 1:41.19	57.84	200m: 3:34.46	56.39	300m: 5:24.49	56.06	400m: 7:08.89	53.46
6.	Tessa van Dijk	Isis	8:15.20	199401252	<b>7:49.56</b>			
	50m:	150m:	250m:	350m:				
	100m: 1:53.64	200m: 3:52.74	300m: 6:08.51	400m: 7:49.56				

H30+, Heren

1.	Rick Driezen	Steenwijk 1934	5:22.92	198600713	<b>5:30.76</b>			
	50m: 32.89	32.89	150m: 1:54.46	43.01	250m: 3:24.28	49.24	350m: 4:51.89	39.48
	100m: 1:11.45	38.56	200m: 2:35.04	40.58	300m: 4:12.41	48.13	400m: 5:30.76	38.87
DIS	Simon Hogenstijn	Zvv	7:01.12	198805915				

D30+, Dames

1.	Liesbeth van Mill	Zwemlust- den Hommel	5:56.71	198702786	<b>5:54.57</b>			
	50m: 38.39	38.39	150m: 2:09.36	45.91	250m: 3:42.16	47.46	350m: 5:12.23	42.28
	100m: 1:23.45	45.06	200m: 2:54.70	45.34	300m: 4:29.95	47.79	400m: 5:54.57	42.34

H35+, Heren

1.	Marcel Reefhuis	WS Twente 1	5:18.45	198101381	<b>5:27.94</b>
	50m:	150m:	250m:	350m:	
	100m: 1:15.08	200m: 2:41.11	300m: 4:12.39	400m: 5:27.94	
DIS	Edward van Dootingh	Zv 44	6:20.00	198403341	rc

D35+, Dames

1.	Angela Giezen	Montferland	6:08.42	198302796	<b>6:07.86</b>			
	50m:	150m:	250m:	350m:				
	100m: 1:26.37	200m: 3:00.17	300m: 4:44.20	400m: 6:07.86				
2.	Irene Kasteel-Jaspersen	Zuiderzeezwemmers	8:00.00	198102278	<b>7:26.28</b>			
	50m: 46.71	46.71	150m: 2:45.94	1:00.37	250m: 4:49.97	1:05.48	350m: 6:40.25	47.35
	100m: 1:45.57	58.86	200m: 3:44.49	58.55	300m: 5:52.90	1:02.93	400m: 7:26.28	46.03

H40+, Heren

1.	Casper Hut	HZ&PC Heerenveen	5:15.78	197800471	<b>5:03.22</b>			
	50m: 30.20	30.20	150m: 1:46.28	41.09	250m: 3:11.05	43.62	350m: 4:29.05	34.24
	100m: 1:05.19	34.99	200m: 2:27.43	41.15	300m: 3:54.81	43.76	400m: 5:03.22	34.17
2.	Erwin Zuidervelt	AZ&PC De Futen	5:50.47	197501015	<b>6:01.31</b>			
	50m: 36.47	36.47	150m: 2:10.10	47.18	250m: 3:50.42	54.00	350m: 5:24.66	40.67
	100m: 1:22.92	46.45	200m: 2:56.42	46.32	300m: 4:43.99	53.57	400m: 6:01.31	36.65
AFGEM	Dick Huisman	Steenwijk 1934	7:00.23	197501409				
AFGEM	Tom Bandsma	Psv	7:12.94	197701625				

D40+, Dames

1.	Jannie Vennik	HZ&PC Heerenveen	6:40.55	197601006	<b>6:31.57</b>			
	50m: 44.26	44.26	150m: 2:29.82	51.03	250m: 4:15.51	54.43	350m: 5:51.11	41.05
	100m: 1:38.79	54.53	200m: 3:21.08	51.26	300m: 5:10.06	54.55	400m: 6:31.57	40.46
AFGEM	Fabiola Bosman	Deltasteur	7:01.23	197701148				

H45+, Heren

1.	Korstiaan de Boer	Steenwijk 1934	5:58.21	197101629	<b>5:55.19</b>			
	50m:	150m:	250m:	350m:				
	100m: 1:17.94	200m: 2:50.04	300m: 4:30.91	400m: 5:55.19				
2.	Kasper van den Berghe	Swol 1894	5:52.69	197301125	<b>5:56.56</b>			
	50m: 37.91	37.91	150m: 2:09.79	46.89	250m: 3:45.89	52.08	350m: 5:17.55	40.47
	100m: 1:22.90	44.99	200m: 2:53.81	44.02	300m: 4:37.08	51.19	400m: 5:56.56	39.01

Zuyderzee Masters Circuit 2018-2019 deel 6  
Heerenveen, 16-2-2019

Programmanr. 3, Heren, 400m wisselslag, H45+

rang	naam	vereniging	intijd	klasse	tijd			
3.	Heiner Stevens	ZIGNEA	5:45.71	197201299	<b>5:59.81</b>			
	50m: 34.87	34.87	150m: 2:05.89	48.85	250m: 3:45.73	52.44	350m: 5:18.62	41.10
	100m: 1:17.04	42.17	200m: 2:53.29	47.40	300m: 4:37.52	51.79	400m: 5:59.81	41.19
4.	Arnold Jonker	HZ&PC Heerenveen	8:16.00	197000529	<b>7:51.31</b>			
	50m: 50.41	50.41	150m: 2:54.90	1:01.06	250m: 5:02.22	1:06.07	350m: 7:01.40	53.39
	100m: 1:53.84	1:03.43	200m: 3:56.15	1:01.25	300m: 6:08.01	1:05.79	400m: 7:51.31	49.91

D45+, Dames

1.	Evelien van Klaarbergen <i>NMR</i>	HZ&PC Heerenveen	5:36.91	197200964	<b>5:33.47</b>			
	50m: 34.28	34.28	150m: 1:58.68	42.93	250m: 3:28.94	48.75	350m: 4:56.59	38.93
	100m: 1:15.75	41.47	200m: 2:40.19	41.51	300m: 4:17.66	48.72	400m: 5:33.47	36.88

DIS Bianca Groot MSV-Zeemacht 6:30.00 197000652

H50+, Heren

1.	Huyb Stegeman	Steenwijk 1934	6:23.27	196701535	<b>6:17.59</b>			
	50m: 40.10	40.10	150m: 2:19.99	53.22	250m: 4:04.99	53.01	350m: 5:37.57	41.64
	100m: 1:26.77	46.67	200m: 3:11.98	51.99	300m: 4:55.93	50.94	400m: 6:17.59	40.02
2.	Richard Hill	De Duinkickers	7:24.08	196601651	<b>7:26.04</b>			
	50m: 40.29	40.29	150m: 2:23.43	55.03	250m: 4:25.97	1:04.89	350m: 6:30.75	55.50
	100m: 1:28.40	48.11	200m: 3:21.08	57.65	300m: 5:35.25	1:09.28	400m: 7:26.04	55.29

D50+, Dames

1.	Iris van Aurich	Dwk	6:15.49	196900866	<b>6:21.08</b>			
	50m: 42.43	42.43	150m: 2:21.48	48.64	250m: 3:59.78	51.25	350m: 5:38.46	44.98
	100m: 1:32.84	50.41	200m: 3:08.53	47.05	300m: 4:53.48	53.70	400m: 6:21.08	42.62
2.	Peggi Hurenkamp	HZ&PC Heerenveen	6:38.38	196900922	<b>6:33.35</b>			
	50m: 41.26	41.26	150m: 2:18.78	49.08	250m: 4:03.73	57.83	350m: 5:48.17	45.33
	100m: 1:29.70	48.44	200m: 3:05.90	47.12	300m: 5:02.84	59.11	400m: 6:33.35	45.18
3.	Annette van Dok	MSV-Zeemacht	7:22.93	196800742	<b>7:18.92</b>			
	50m: 50.92	50.92	150m: 2:40.11	53.31	250m: 4:34.64	1:03.53	350m: 6:29.01	50.03
	100m: 1:46.80	55.88	200m: 3:31.11	51.00	300m: 5:38.98	1:04.34	400m: 7:18.92	49.91

H55+, Heren

1.	Ronald Grove	Triton	5:49.35	196100161	<b>5:51.30</b>			
	50m: 38.86	38.86	150m: 2:16.38	49.84	250m: 3:56.90	51.20	350m: 5:33.68	43.47
	100m: 1:23.30	47.68	200m: 3:05.70	49.32	300m: 4:50.21	53.31	400m: 6:15.47	41.79

D55+, Dames

1.	Margriet Grove-Lingeman	Triton	6:23.13	196200080	<b>6:23.74</b>			
	50m: 41.24	41.24	150m: 2:20.69	52.09	250m: 4:04.66	55.94	350m: 5:44.56	42.28
	100m: 1:26.37	48.54	200m: 3:08.72	48.03	300m: 5:02.28	57.62	400m: 6:24.97	40.41
2.	Wilna Heijman	Steenwijk 1934	6:18.73	196400506	<b>6:24.97</b>			
	50m: 40.06	40.06	150m: 2:20.69	52.09	250m: 4:04.66	55.94	350m: 5:44.56	42.28
	100m: 1:28.60	48.54	200m: 3:08.72	48.03	300m: 5:02.28	57.62	400m: 6:24.97	40.41
3.	Marijke Kraak-Beckers	WS Twente 1	7:15.00	196000240	<b>6:48.39</b>			
	50m: 41.24	41.24	150m: 2:27.82	57.51	250m: 4:20.93	58.60	350m: 6:05.30	46.18
	100m: 1:30.31	49.07	200m: 3:22.33	54.51	300m: 5:19.12	58.19	400m: 6:48.39	43.09
4.	Marjan Spoelstra	Swol 1894	7:23.75	196000236	<b>7:24.69</b>			
	50m: 52.31	52.31	150m: 2:51.23	58.64	250m: 4:47.05	59.82	350m: 6:37.43	50.70
	100m: 1:52.59	1:00.28	200m: 3:47.23	56.00	300m: 5:46.73	59.68	400m: 7:24.69	47.26

H60+, Heren

1.	Paul Bunnik	Triton	6:17.35	195600413	<b>6:15.47</b>			
	50m: 38.86	38.86	150m: 2:16.38	49.84	250m: 3:56.90	51.20	350m: 5:33.68	43.47
	100m: 1:26.54	47.68	200m: 3:05.70	49.32	300m: 4:50.21	53.31	400m: 6:15.47	41.79
2.	Marius Ros	Zcnf'34	6:21.26	195900779	<b>6:55.92</b>			
	50m: 50.67	50.67	150m: 2:46.13	55.87	250m: 4:34.57	55.81	350m: 6:13.54	43.38
	100m: 1:50.26	59.59	200m: 3:38.76	52.63	300m: 5:30.16	55.59	400m: 6:55.92	42.38

Zuyderzee Masters Circuit 2018-2019 deel 6  
Heerenveen, 16-2-2019

Programmanr. 3, 400m wisselslag

D60+, Dames

1.	Hannie Poletiek	TriVia	7:14.83	195900278	<b>7:24.64</b>
	50m: 1:50.67	150m: 3:43.77	250m: 5:45.26	350m: 7:24.64	
	100m: 1:50.67	200m: 3:43.77	300m: 5:45.26	400m: 7:24.64	
2.	Betsie Klompmaker-Mulder	Noord-Veluwe	10:00.00	195900200	<b>10:28.37</b>
	50m: 1:22.20	150m: 4:22.28	250m: 7:03.76	350m: 9:30.02	59.09
	100m: 3:09.71	200m: 5:34.87	300m: 8:30.93	400m: 10:28.37	58.35

H65+, Heren

1.	Jos Kamps	Zwemvereniging Hoogland	7:59.31	195100085	<b>8:11.15</b>
	50m: 1:02.65	150m: 4:06.06	250m: 6:31.72	350m: 8:11.15	
	100m: 1:02.65	200m: 4:06.06	300m: 6:31.72	400m: 8:11.15	

H75+, Heren

1.	Rob Hanou	Psv	7:30.00	194300109	<b>7:21.13</b>
	50m: 49.39	150m: 2:49.00	250m: 4:48.00	350m: 6:34.45	47.75
	100m: 1:50.00	200m: 3:48.70	300m: 5:46.70	400m: 7:21.13	46.68

Programmanr. 4  
16-2-2019 - 16:05

100m schoolslag

20 - 84 jaar  
Resultaten

rang	naam	vereniging	intijd	klasse	tijd	pnt.	50m	100m
------	------	------------	--------	--------	------	------	-----	------

H20+, Heren

1.	Pascal de Jong	De Wellerobben	1:21.02	199700415	<b>1:21.22</b>		38.57	1:21.22
----	----------------	----------------	---------	-----------	----------------	--	-------	---------

D20+, Dames

1.	Tamara Grove	De Dolfijn	1:20.28	199601266	<b>1:20.12</b>		37.49	1:20.12
2.	Myrna Gorter	Neptunia'24	1:25.35	199503158	<b>1:25.46</b>		40.54	1:25.46
3.	Anne-Rike Visser	Z&PC Triton Putten	1:47.92	199506976	<b>1:38.10</b>		45.86	1:38.10
4.	Desiree Rave	Deltasteur	1:42.64	199900610	<b>1:41.31</b>		48.13	1:41.31
5.	Alieke Mepschen	Isis	1:42.18	199805150	<b>1:46.34</b>		50.63	1:46.34

H25+, Heren

1.	Bob Potkamp	Deltasteur	1:25.77	199403189	<b>1:24.86</b>		38.62	1:24.86
2.	Patrick Wobben	Steenwijk 1934	1:28.70	199300559	<b>1:26.21</b>		39.75	1:26.21
3.	Rick Vaarkamp	Z&PC Triton Putten	1:29.58	199404979	<b>1:31.74</b>		41.72	1:31.74
AFGEM	Jouke van der Meer	Isis	1:25.84	199405003				

D25+, Dames

1.	Nanda de Vries	Steenwijk 1934	1:26.14	199204328	<b>1:23.50</b>		39.45	1:23.50
2.	Leonie Nijenhuis	Zuiderzeewemmers	1:25.16	199204340	<b>1:25.20</b>		39.76	1:25.20
3.	Sigrit Aarten	Deltasteur	1:28.94	199302868	<b>1:31.91</b>		43.61	1:31.91
4.	Tara Keijzer	Steenwijk 1934	1:38.63	199108498	<b>1:32.13</b>		42.81	1:32.13
5.	Janneke Wynia	WS Twente 1	1:39.28	199005500	<b>1:37.95</b>		46.17	1:37.95
AFGEM	Getrude Corporaal	Steenwijk 1934	1:31.11	199200380				

H30+, Heren

1.	Robin Eggenkamp	De Aalscholver	1:22.29	198700847	<b>1:20.64</b>		37.52	1:20.64
----	-----------------	----------------	---------	-----------	----------------	--	-------	---------

D30+, Dames

1.	Liesbeth van Mill	Zwemlust- den Hommel	1:24.13	198702786	<b>1:25.43</b>		40.73	1:25.43
2.	Carola Jacobs	Z&PC Triton Putten	1:33.82	198504176	<b>1:41.39</b>		48.02	1:41.39
3.	Brechtje de Jong	Isis	2:10.43	198907422	<b>2:06.42</b>		58.97	2:06.42
AFGEM	Charlotte Groeneveld	Steenwijk 1934	1:22.16	198701404				



Zuyderzee Masters Circuit 2018-2019 deel 6  
Heerenveen, 16-2-2019

Programmanr. 4, 100m schoolslag

H35+, Heren

1.	Lauren Vis	Steenwijk 1934	1:10.33	198201883		<b>1:09.86</b>	32.58	1:09.86
2.	Sebastiaan de Vos	De Duinkickers	1:49.26	198402481	SB7	<b>1:53.43</b>	53.41	1:53.43
AFGEM	Sebastiaan Baars	WS Twente 1	1:22.58	198300053				

D35+, Dames

1.	Angela Giezen	Montferland	1:25.38	198302796		<b>1:28.99</b>	42.34	1:28.99
2.	Tilja den Broeder	Swol 1894	1:48.00	198001380		<b>1:44.73</b>		1:44.73
3.	Rianne van Vegchelen	Zv 44	1:56.48	198101530		<b>1:57.23</b>	56.81	1:57.23

H40+, Heren

1.	Casper Hut	HZ&PC Heerenveen	1:11.78	197800471		<b>1:09.65</b>	32.60	1:09.65
2.	Robin Roskam	De Duinkickers	1:26.71	197801831		<b>1:29.98</b>	42.79	1:29.98

D40+, Dames

1.	Kristel Lips	ZV De Bron	1:30.96	197900562		<b>1:30.81</b>	42.67	1:30.81
2.	Heleen Spelde Fransens	Thor	1:33.83	197901358		<b>1:34.41</b>	43.97	1:34.41
3.	Margriet Daalman	De Spatters	1:42.87	197801368		<b>1:38.54</b>	45.80	1:38.54
4.	Margriet Leeffers	Deltasteur	1:39.31	197800448		<b>1:38.86</b>	46.54	1:38.86
5.	Saskia op den Velde	De Duinkickers	1:43.85	197901530		<b>1:43.33</b>	47.81	1:43.33

H45+, Heren

1.	Michael van Bekkum	Swol 1894	1:15.39	197200051		<b>1:17.27</b>	35.87	1:17.27
2.	Heiner Stevens	ZIGNEA	1:18.50	197201299		<b>1:21.44</b>	37.97	1:21.44

D45+, Dames

1.	Miranda Straetemans	ZIGNEA	1:25.61	197400514		<b>1:25.95</b>	39.92	1:25.95
2.	Annette de Visser	Oceanus	1:28.75	197100602		<b>1:28.98</b>	42.02	1:28.98
3.	Greta Wyma-Teitsma	Dwk	1:45.78	197100696		<b>1:45.74</b>	49.45	1:45.74
4.	Inge Lolkema-Soeters	Steenwijk 1934	1:50.37	197300934		<b>1:50.48</b>	51.27	1:50.48
5.	grietje van der Hoek	Z&PC Triton Putten	1:53.00	197401086		<b>2:01.02</b>	55.42	2:01.02

H50+, Heren

1.	René Beetsma	HZ&PC Heerenveen	1:17.00	196900069		<b>1:16.17</b>	35.11	1:16.17
2.	Guido Keutgen	Steenwijk 1934	1:17.83	196801551		<b>1:21.22</b>	37.13	1:21.22
3.	René Speelman	De Spatters	1:34.45	196601521		<b>1:36.52</b>	44.95	1:36.52
4.	Maarten Koolman	Zv 44	1:55.27	196801649		<b>1:52.08</b>	51.06	1:52.08
5.	Henk Viering	Swol 1894	1:56.57	196600917		<b>1:53.67</b>		1:53.67

D50+, Dames

1.	Jacqueline Tuin	Daw	1:26.02	196600690		<b>1:23.50</b>	39.08	1:23.50
2.	R. Speelman-Tigelaar	De Spatters	1:39.54	196600664		<b>1:39.22</b>	46.07	1:39.22
3.	Hetty Smalheer	Scom	1:47.25	196700352		<b>1:42.96</b>	49.24	1:42.96

H55+, Heren

1.	Jan Smalheer	Scom	1:35.04	196400701		<b>1:30.55</b>	43.09	1:30.55
2.	Jack Barends	WS Twente 1	1:33.75	196201011		<b>1:32.33</b>	43.73	1:32.33
3.	Jan Haitsma	De Spatters	1:38.89	196000929		<b>1:42.57</b>	48.12	1:42.57

D55+, Dames

1.	Annemarie Vuist	Swol 1894	1:33.54	196300282		<b>1:37.93</b>	46.91	1:37.93
----	-----------------	-----------	---------	-----------	--	----------------	-------	---------

H60+, Heren

1.	Marten de Groot	HZ&PC Heerenveen	1:26.45	195800149		<b>1:23.86</b>	39.90	1:23.86
2.	Pier van der Sluis	SG FZC54-De Vikings 1	1:41.01	195900757		<b>1:33.25</b>		1:33.25
3.	Nico Rozemeijer	Aquafit	1:37.33	195900751		<b>1:34.62</b>	44.05	1:34.62
4.	Marius Ros	Zcnf'34	1:33.13	195900779		<b>1:44.25</b>	50.02	1:44.25

Zuiderzee Masters Circuit 2018-2019 deel 6  
Heerenveen, 16-2-2019

Programmanr. 4, 100m schoolslag

D60+, Dames

1.	Elly Kiestra-Broertjes	ZIGNEA	1:51.64	195600100	<b>1:51.12</b>	52.17	1:51.12
2.	B. Klompmaker-Mulder	Noord-Veluwe	2:30.00	195900200	<b>2:37.29</b>	1:12.20	2:37.29

H70+, Heren

1.	Mans Buis	Swol 1894	1:51.35	194700133	<b>1:55.08</b>	56.41	1:55.08
2.	Henk Oostendorp	ZV De Bron	2:10.00	194800093	<b>2:08.49</b>	58.86	2:08.49

H75+, Heren

1.	Rob Hanou	Psv	1:37.00	194300109	<b>1:37.41</b>	46.52	1:37.41
----	-----------	-----	---------	-----------	----------------	-------	---------

Programmanr. 5  
16-2-2019 - 16:20

25m vlinderslag

20 - 84 jaar  
Resultaten

rang	naam	vereniging	intijd	klasse	tijd
------	------	------------	--------	--------	------

H20+, Heren

1.	Han Hollander	ZPV Piranha	14.00	199800679	<b>14.46</b>
----	---------------	-------------	-------	-----------	--------------

D20+, Dames

1.	Elianne Huitema	Steenwijk 1934	14.76	199700258	<b>15.04</b>
2.	Nienke Fuite	Deltasteur	15.23	199501352	<b>15.15</b>
3.	Mariska Wessels	Thor	16.24	199703540	<b>15.40</b>
4.	Ellen Rikken	Zvv	16.49	199604574	<b>15.82</b>
5.	Tessa Benjamins	Aqualero	16.06	199500636	<b>16.20</b>
6.	Anouk van Duijven	Isis	17.45	199800888	<b>16.31</b>
7.	Elvira Feikens	De Spatters	18.04	199506982	<b>17.23</b>

H25+, Heren

1.	Tim Bunnik	Triton	12.46	199000505	<b>12.62</b>
2.	Harry Dijkma	Isis	13.30	199100487	<b>13.32</b>
3.	Tom de Lange	Deltasteur	16.27	199300303	<b>16.03</b>

D25+, Dames

1.	Nanda de Vries	Steenwijk 1934	14.20	199204328	<b>14.18</b>
2.	Tara Keijzer	Steenwijk 1934	16.84	199108498	<b>16.42</b>
3.	Petra Zandstra	Isis	16.51	199006248	<b>16.57</b>
4.	Eline Vossebelt	Deltasteur	18.50	199201922	<b>17.24</b>
5.	Esther de With	HZ&PC Heerenveen	20.31	199005646	<b>17.92</b>
6.	Janneke Wynia	WS Twente 1	20.12	199005500	<b>18.28</b>

H30+, Heren

1.	Patrick de Jonge	Deltasteur	14.57	198906635	<b>13.33</b>
2.	Rene Knijpstra	Isis	14.22	198806181	<b>14.21</b>
3.	Albert Dijkma	Isis	14.65	198700711	<b>14.51</b>

D30+, Dames

1.	Monique Jansma	HZ&PC Heerenveen	20.00	198501420	<b>17.67</b>
2.	Brechtje de Jong	Isis	23.55	198907422	<b>25.16</b>

H35+, Heren

1.	Gerwin Vonk	De Spatters	12.98	198201907	<b>13.00</b>
2.	Wilco Steenwijk	Zvv	14.43	198002465	<b>15.03</b>
3.	Mark Brinkhuis	TriVía	15.56	198302609	<b>15.68</b>
4.	Sander de Velde	Deltasteur	16.12	198302165	<b>16.67</b>
5.	Sebastiaan de Vos	De Duinkickers	21.92	198402481	<b>21.49</b>
AFGEM	Rudy de Jong	Isis	15.71	198301061	
AFGEM	Rob van Wanrooy	Gay Swim Amsterdam	13.47	198202627	

Zuyderzee Masters Circuit 2018-2019 deel 6  
Heerenveen, 16-2-2019

Programmanr. 5, 25m vlinderslag

D35+, Dames

1.	Ingrid van der Does	ZV De Bron	15.97	198001690	<b>15.10</b>
2.	Irene Kasteel-Jaspersen	Zuiderzeezwemmers	17.54	198102278	<b>15.60</b>
3.	Coby Geneuglijk	Aqua 68	18.85	198101894	<b>17.92</b>
4.	Esther van Buren	De Duinkickers	19.84	198001670	<b>18.79</b>

H40+, Heren

1.	Peter Lommert	Swol 1894	14.75	197900787	<b>15.10</b>
2.	René Beens	Deltasteur	15.39	197800045	<b>15.54</b>

D40+, Dames

1.	Anuschka Glazema-Boelema	ZPC Stadskanaal	15.81	197701166	<b>16.09</b>
2.	Inge Roskam	De Duinkickers	16.12	197801296	<b>16.10</b>
3.	Jessica van Velzen	Zv 44	19.73	197601122	<b>19.41</b>
4.	Karin Zweers-van Steenveldt	Aqua 68	23.06	197801372	<b>20.32</b>
AFGEM	Marty Krans-de Weerd	Zcnf'34	14.60	197500604	
AFGEM	Fabiola Bosman	Deltasteur	16.20	197701148	

H45+, Heren

1.	Eric Hoekman	WS Twente 1	13.50	197401531	<b>13.00</b>
2.	Chris Kouwenhoven	Steenwijk 1934	15.13	197101669	<b>14.16</b>
3.	Martijn de Jong	Dwk	15.52	197101659	<b>15.15</b>
4.	Alistair Critchell	Deltasteur	15.09	197101655	<b>15.28</b>

D45+, Dames

1.	Henriëtte Manting	Gzvw	16.23	197100246	<b>16.30</b>
----	-------------------	------	-------	-----------	--------------

D50+, Dames

1.	Peggi Hurenkamp	HZ&PC Heerenveen	18.05	196900922	<b>17.12</b>
2.	Annette Korving-Leijenaar	Aqualero	16.99	196700662	<b>18.07</b>
3.	Miranda Keijl	ZIGNEA	18.13	196500588	<b>19.18</b>

H55+, Heren

1.	Theo Bakker	TriVia	14.04	196401231	<b>14.48</b>
2.	Frans Zoutberg	De Aalscholver	14.80	196101145	<b>14.93</b>
3.	Ronald van Vliet	De Aalscholver	15.95	196300997	<b>15.54</b>
4.	Jos Verhoeven	De Aalscholver	15.64	196301161	<b>15.64</b>
5.	Casper Dollekamp	Steenwijk 1934	17.12	196301341	<b>16.71</b>
6.	John Dam	ZIGNEA	17.00	196000915	<b>16.79</b>

D55+, Dames

1.	Wilma van Velsen	Montferland	15.33	196400444	<b>14.98</b>
2.	Christine Buist	De Duinkickers	20.00	196400608	<b>18.89</b>
3.	Jenny Westervarder	H2Oldambt	23.96	196200424	<b>21.08</b>
4.	Joke Burgers	Swol 1894	25.60	196000226	<b>24.45</b>
5.	Gea Kuiper	Zcnf'34	24.65	196100104	<b>25.13</b>
6.	Petra Ros	Zcnf'34	30.10	196100398	<b>27.98</b>
7.	Riekie Schra	Steenwijk 1934	31.60	196400404	<b>32.15</b>

H60+, Heren

1.	Paul Bunnik	Triton	16.18	195600413	<b>15.57</b>
----	-------------	--------	-------	-----------	--------------

H65+, Heren

AFGEM	Bert Veerkamp	Zuiderzeezwemmers	40.67	195200271	
-------	---------------	-------------------	-------	-----------	--

Zuyderzee Masters Circuit 2018-2019 deel 6  
Heerenveen, 16-2-2019

Programmanr. 5, 25m vlinderslag

D65+, Dames

1.	Antoinette Gilding-Tussaud	WS Twente 1	23.59	195000038	<b>22.81</b>
2.	Ineke Meijer	HZ&PC Heerenveen	30.00	195200034	<b>25.97</b>
3.	Tineke van Diggelen	Zpch	26.94	195200048	<b>27.71</b>

H80+, Heren

1.	Gregor Pompen	Aqua-Novio '94	32.00	193700021	<b>35.85</b>
----	---------------	----------------	-------	-----------	--------------

Programmanr. 6  
16-2-2019 - 16:30

100m vrije slag

20 - 84 jaar  
Resultaten

rang	naam	vereniging	intijd	klasse	tijd	pnt.	50m	100m
------	------	------------	--------	--------	------	------	-----	------

H20+, Heren

1.	Pascal de Jong	De Wellerobben	1:02.33	199700415	<b>1:04.01</b>		30.46	1:04.01
----	----------------	----------------	---------	-----------	----------------	--	-------	---------

D20+, Dames

1.	Tamara Grove <i>NMR</i>	De Dolfijn	57.08	199601266	<b>57.46</b>		27.72	57.46
2.	Elianne Huitema	Steenwijk 1934	1:03.91	199700258	<b>1:03.84</b>		30.49	1:03.84
3.	Myrna Gorter	Neptunia'24	1:04.73	199503158	<b>1:04.65</b>		30.98	1:04.65
4.	Ellen Rikken	Zvv	1:12.67	199604574	<b>1:12.01</b>			1:12.01
5.	Nienke Fuite	Deltasteur	1:12.53	199501352	<b>1:14.39</b>			1:14.39
6.	Desiree Rave	Deltasteur	1:15.19	199900610	<b>1:14.95</b>		36.33	1:14.95
7.	Anouk van Duijven	Isis	1:13.95	199800888	<b>1:16.83</b>		36.23	1:16.83
8.	Lene Makink	ZPV Piranha	1:14.90	199903024	<b>1:18.73</b>		36.83	1:18.73
9.	Alieke Mepschen	Isis	1:23.54	199805150	<b>1:27.45</b>		43.06	1:27.45
10.	Anne-Rike Visser	Z&PC Triton Putten	1:29.16	199506976	<b>1:27.77</b>		41.71	1:27.77

H25+, Heren

1.	Dennis Bos	HZ&PC Heerenveen	52.69	199201965	<b>54.39</b>		25.80	54.39
2.	Rick Vaarkamp	Z&PC Triton Putten	1:18.17	199404979	<b>1:24.41</b>		38.27	1:24.41
AFGEM	Jouke van der Meer	Isis	1:02.63	199405003				

D25+, Dames

1.	Daniëlle de Boer	HZ&PC Heerenveen	1:03.23	199404736	<b>1:02.96</b>		30.02	1:02.96
2.	Elmi Roelofsen	Zvv	1:00.22	199008198	<b>1:03.01</b>			1:03.01
3.	Fraukje Puts	HZ&PC Heerenveen	1:03.50	199206470	<b>1:03.82</b>		31.06	1:03.82
4.	Getrude Corporaal	Steenwijk 1934	1:05.89	199200380	<b>1:05.76</b>		31.37	1:05.76
5.	Sigrit Aarten	Deltasteur	1:05.03	199302868	<b>1:08.98</b>			1:08.98
6.	Lonneke Oenema	Steenwijk 1934	1:09.82	199102314	<b>1:11.08</b>		33.79	1:11.08
7.	Marjan Rikken	Zvv	1:09.51	199206114	<b>1:11.30</b>		33.65	1:11.30
8.	Esther Kwebeman	HZ&PC Heerenveen	1:10.28	199106374	<b>1:12.10</b>			1:12.10
9.	Petra Zandstra	Isis	1:14.05	199006248	<b>1:13.53</b>		34.10	1:13.53
10.	Eline Vossebelt	Deltasteur	1:19.00	199201922	<b>1:22.75</b>		38.58	1:22.75
11.	Esther de With	HZ&PC Heerenveen	1:29.39	199005646	<b>1:27.10</b>		41.06	1:27.10
12.	Tessa van Dijk	Isis	1:33.07	199401252	<b>1:31.17</b>		45.03	1:31.17
AFGEM	Inge Koopman	Daw	1:11.00	199303382				

H30+, Heren

1.	Bob Peters	De Spatters	1:09.09	198702565	<b>1:03.48</b>		30.67	1:03.48
2.	Rene Knijpstra	Isis	1:03.12	198806181	<b>1:04.67</b>			1:04.67
3.	Albert Dijkma	Isis	1:04.81	198700711	<b>1:05.66</b>		30.87	1:05.66
4.	Simon Hogenstijn	Zvv	1:14.70	198805915	<b>1:15.87</b>		35.48	1:15.87

Zuyderzee Masters Circuit 2018-2019 deel 6  
Heerenveen, 16-2-2019

Programmanr. 6, 100m vrije slag

D30+, Dames

	1. Jolanda Cnossen	Neptunia'24	1:09.84	198600712	<b>1:09.31</b>	33.31	1:09.31
	2. Liesbeth van Mill	Zwemlust- den Hommel	1:08.72	198702786	<b>1:11.60</b>		1:11.60
	3. Carola Jacobs	Z&PC Triton Putten	1:15.89	198504176	<b>1:25.52</b>	39.90	1:25.52
AFGEM	Sandra Zwaanswijk	Daw	1:06.16	198503934			

H35+, Heren

	1. Lauren Vis	Steenwijk 1934	55.44	198201883	<b>54.39</b>	26.15	54.39
--	---------------	----------------	-------	-----------	--------------	-------	-------

D35+, Dames

	1. Paulien Schokker	WS Twente 1	1:13.91	198302876	<b>1:10.16</b>		1:10.16
	2. Coby Geneuglijk	Aqua 68	1:19.79	198101894	<b>1:16.22</b>	36.32	1:16.22
	3. Esther Beerling	ZV Haerlem	1:17.50	198400120	<b>1:20.37</b>	36.70	1:20.37
	4. Tijja den Broeder	Swol 1894	1:20.00	198001380	<b>1:21.89</b>		1:21.89
	5. Rianne van Vegchelen	Zv 44	1:22.05	198101530	<b>1:29.60</b>	43.36	1:29.60

H40+, Heren

	1. Rob Huls	Zv 44	1:02.93	197700475	<b>1:01.65</b>	29.33	1:01.65
	2. Johan Wezenberg	Swol 1894	1:05.26	197601023	<b>1:05.36</b>	31.64	1:05.36
	3. Robin Roskam	De Duinkickers	1:16.82	197801831	<b>1:16.63</b>	35.91	1:16.63
AFGEM	Dick Huisman	Steenwijk 1934	1:10.89	197501409			

D40+, Dames

	1. Kristel Lips	ZV De Bron	1:13.14	197900562	<b>1:12.52</b>	34.66	1:12.52
	2. Gea van der Schaaf	Deltasteur	1:12.50	197901558	<b>1:14.26</b>	35.25	1:14.26
	3. Margriet Daalman	De Spatters	1:17.54	197801368	<b>1:14.35</b>	35.27	1:14.35
	4. Margriet Leeffers	Deltasteur	1:16.80	197800448	<b>1:17.54</b>	36.70	1:17.54
	5. Saskia op den Velde	De Duinkickers	1:17.48	197901530	<b>1:18.77</b>	36.71	1:18.77
AFGEM	Marty Krans-de Weerd	Zcnf'34	1:04.10	197500604			

H45+, Heren

	1. Chris Kouwenhoven	Steenwijk 1934	1:06.38	197101669	<b>1:05.05</b>	31.24	1:05.05
	2. Kasper van den Berghe	Swol 1894	1:03.55	197301125	<b>1:05.10</b>		1:05.10
	3. Rob van Nijburg	De Otters Het Gooi	1:09.07	197001737	<b>1:07.46</b>	31.90	1:07.46
	4. Erik Veltman	ZPC Stadskanaal	1:10.50	197200941	<b>1:08.35</b>	32.97	1:08.35
	5. Korstiaan de Boer	Steenwijk 1934	1:09.45	197101629	<b>1:09.03</b>		1:09.03
	6. Pieter Bardelmeijer	Deltasteur	1:14.33	197201665	<b>1:14.39</b>		1:14.39
	7. Alex Hagedoorn	Z&PC Triton Putten	1:17.00	197100319	<b>1:14.82</b>		1:14.82
	8. Arnold Jonker	HZ&PC Heerenveen	1:22.35	197000529	<b>1:23.50</b>		1:23.50
DIS	Eric Hoekman	WS Twente 1	1:02.75	197401531			

D45+, Dames

	1. Evelien van Klaarbergen	HZ&PC Heerenveen	1:05.85	197200964	<b>1:04.65</b>		1:04.65
	2. Annette de Visser	Oceanus	1:05.58	197100602	<b>1:06.66</b>	31.87	1:06.66
	3. Henriëtte Manting	Gzvw	1:10.83	197100246	<b>1:12.70</b>		1:12.70
	4. Bianca Groot	MSV-Zeemacht	1:12.61	197000652	<b>1:12.74</b>	34.77	1:12.74
	5. Miranda Straetemans	ZIGNEA	1:16.16	197400514	<b>1:17.02</b>		1:17.02
	6. Inge Lolkema-Soeters	Steenwijk 1934	1:17.51	197300934	<b>1:27.55</b>		1:27.55
	7. grietje van der Hoek	Z&PC Triton Putten	1:42.00	197401086	<b>1:38.94</b>	46.94	1:38.94

H50+, Heren

	1. René Beetsma	HZ&PC Heerenveen	1:01.70	196900069	<b>1:01.17</b>	29.23	1:01.17
	2. matthijs van den Adel	De Otters Het Gooi	1:01.98	196501637	<b>1:03.01</b>	30.38	1:03.01
	3. Gerko Versluis	Zuiderzeewemmers	1:02.27	196901439	<b>1:03.07</b>		1:03.07
	4. Richard Hill	De Duinkickers	1:21.71	196601651	<b>1:07.55</b>	30.49	1:07.55
	5. Huyb Stegeman	Steenwijk 1934	1:06.47	196701535	<b>1:08.40</b>	32.97	1:08.40
	6. René Speelman	De Spatters	1:11.90	196601521	<b>1:11.83</b>	34.08	1:11.83
	7. Henk Viering	Swol 1894	1:32.42	196600917	<b>1:37.33</b>		1:37.33

Zuyderzee Masters Circuit 2018-2019 deel 6  
Heerenveen, 16-2-2019

Programmanr. 6, 100m vrije slag

D50+, Dames

1.	Iris van Aurich	Dwk	1:09.68	196900866	<b>1:11.08</b>	33.79	1:11.08
2.	Hetty Smalheer	Scm	1:24.54	196700352	<b>1:24.29</b>	40.57	1:24.29
3.	Annette van Dok	MSV-Zeemacht	1:29.11	196800742	<b>1:27.80</b>		1:27.80

H55+, Heren

1.	Jos Verhoeven	De Aalscholver	1:10.46	196301161	<b>1:09.21</b>	32.93	1:09.21
2.	Jan Smalheer	Scm	1:12.74	196400701	<b>1:11.17</b>	34.42	1:11.17

D55+, Dames

1.	M. Grove-Lingeman	Triton	1:12.62	196200080	<b>1:14.26</b>	34.78	1:14.26
2.	Petra Tossings	Daw	1:15.68	196100376	<b>1:15.86</b>		1:15.86
3.	Wilna Heijman	Steenwijk 1934	1:13.86	196400506	<b>1:15.99</b>	36.81	1:15.99
4.	Marijke Kraak-Beckers	WS Twente 1	1:16.96	196000240	<b>1:16.77</b>	37.20	1:16.77
5.	Marjan Spoelstra	Swol 1894	1:26.32	196000236	<b>1:22.73</b>	39.26	1:22.73
6.	Jennie Resink-lindeboom	Dwk	1:26.88	196000142	<b>1:24.76</b>	41.40	1:24.76

H60+, Heren

1.	Marten de Groot	HZ&PC Heerenveen	59.27	195800149	<b>1:01.78</b>	28.86	1:01.78
2.	Ron van der Zande	De Aalscholver	1:12.69	195500307	<b>1:12.29</b>	33.85	1:12.29
3.	Johan Bakema	Zcnf'34	1:41.18	195500377	<b>1:22.64</b>	39.00	1:22.64
DIS	Bas Roorda	De Duinkickers	1:16.66	195800743			

H65+, Heren

1.	Jos Kamps	Zwemvereniging Hoogland	1:15.38	195100085	<b>1:17.65</b>	37.23	1:17.65
----	-----------	-------------------------	---------	-----------	----------------	-------	---------

D65+, Dames

1.	Christien Nieuwenhuis	Swol 1894	1:16.00	195100022	<b>1:14.86</b>	35.74	1:14.86
2.	Tineke van Diggelen	Zpch	1:38.39	195200048	<b>1:42.32</b>	48.25	1:42.32
3.	A. Gilding-Tussaud	WS Twente 1	1:45.75	195000038	<b>1:43.51</b>		1:43.51

H70+, Heren

1.	Henk Oostendorp	ZV De Bron	2:00.00	194800093	<b>1:46.76</b>	50.91	1:46.76
----	-----------------	------------	---------	-----------	----------------	-------	---------

D70+, Dames

1.	A. Verhoeven - Steggerd	De Duinkickers	1:47.67	194600024	<b>1:47.03</b>	50.34	1:47.03
----	-------------------------	----------------	---------	-----------	----------------	-------	---------

Programmanr. 7  
16-2-2019 - 16:50

50m schoolslag

20 - 94 jaar  
Resultaten

rang	naam	vereniging	intijd	klasse	tijd
<b>H20+, Heren</b>					
1.	Hans Stoffers	Z&PC Triton Putten	33.83	199604027	<b>34.95</b>
2.	Han Hollander	ZPV Piranha	37.45	199800679	<b>38.93</b>
<b>D20+, Dames</b>					
1.	Tessa Benjamins	Aqualero	41.84	199500636	<b>44.55</b>
2.	Elvira Feikens	De Spatters	46.70	199506982	<b>46.42</b>
AFGEM	Veronique van der Velde	WS Twente 1	42.00	199601740	

Zuyderzee Masters Circuit 2018-2019 deel 6  
Heerenveen, 16-2-2019

Programmanr. 7, 50m schoolslag

H25+, Heren

1.	Dennis Bos	HZ&PC Heerenveen	29.51	199201965	<b>30.76</b>
2.	Tim Bunnik	Triton	32.23	199000505	<b>33.15</b>
3.	Tom de Lange	Deltasteur	32.78	199300303	<b>34.06</b>
4.	Harry Dijkma	Isis	37.15	199100487	<b>36.99</b>
5.	Bob Potkamp	Deltasteur	37.18	199403189	<b>37.27</b>
6.	Patrick Wobben	Steenwijk 1934	40.20	199300559	<b>38.16</b>

D25+, Dames

1.	Leonie Nijenhuis	Zuiderzeezwemmers	38.74	199204340	<b>39.32</b>
2.	Daphne de Jong	De Wellerobben	38.48	199302388	<b>39.69</b>
3.	Eline Vossebelt	Deltasteur	41.17	199201922	<b>42.27</b>

H30+, Heren

1.	Rick Driezen	Steenwijk 1934	36.17	198600713	<b>36.30</b>
2.	Robin Eggenkamp	De Aalscholver	37.79	198700847	<b>36.67</b>
3.	Patrick de Jonge	Deltasteur	37.17	198906635	<b>38.26</b>

D30+, Dames

1.	Monique Jansma	HZ&PC Heerenveen	45.00	198501420	<b>44.73</b>
AFGEM	Charlotte Groeneveld	Steenwijk 1934	38.01	198701404	

H35+, Heren

1.	Gerwin Vonk	De Spatters	34.57	198201907	<b>34.72</b>
2.	Marcel Reefhuis	WS Twente 1	36.08	198101381	<b>36.99</b>
3.	Mark Brinkhuis	TriVia	38.60	198302609	<b>38.00</b>
4.	Edward van Dootingh	Zv 44	40.00	198403341	<b>39.41</b>
5.	Wilco Steenwijk	Zvv	38.32	198002465	<b>39.65</b>
DIS	Sander de Velde	Deltasteur	40.96	198302165	
	<i>SR - Meer dan één vlinderbeenslag na start en/of keerpunt gemaakt.</i>				
AFGEM	Sebastiaan Baars	WS Twente 1	37.41	198300053	
AFGEM	Rudy de Jong	Isis	40.85	198301061	
AFGEM	Rob van Wanrooy	Gay Swim Amsterdam	32.36	198202627	

D35+, Dames

1.	Irene Kasteel-Jaspersen	Zuiderzeezwemmers	44.83	198102278	<b>44.73</b>
2.	Esther Beerling	ZV Haerlem	47.99	198400120	<b>46.97</b>

H40+, Heren

1.	Rob Huls	Zv 44	35.76	197700475	<b>36.23</b>
2.	Peter Lommert	Swol 1894	37.70	197900787	<b>39.39</b>
3.	Erwin Zuijdervelt	AZ&PC De Futen	38.60	197501015	<b>39.54</b>
AFGEM	Tom Bandsma	Psv	37.43	197701625	

D40+, Dames

1.	Inge Roskam	De Duinkickers	38.51	197801296	<b>39.80</b>
2.	Kristel Lips	ZV De Bron	42.50	197900562	<b>41.80</b>
3.	Anuschka Glazema-Boelema	ZPC Stadskanaal	44.01	197701166	<b>44.16</b>
4.	Jannie Vennik	HZ&PC Heerenveen	45.26	197601006	<b>46.11</b>
5.	Gea van der Schaaf	Deltasteur	48.23	197901558	<b>48.16</b>
6.	Saskia op den Velde	De Duinkickers	46.61	197901530	<b>48.44</b>
7.	Jessica van Velzen	Zv 44	50.00	197601122	<b>51.38</b>
8.	Karin Zweers-van Steenveldt	Aqua 68	53.15	197801372	<b>52.74</b>
AFGEM	Fabiola Bosman	Deltasteur	42.50	197701148	

Zuiderzee Masters Circuit 2018-2019 deel 6  
Heerenveen, 16-2-2019

Programmanr. 7, 50m schoolslag

H45+, Heren

1.	Heiner Stevens	ZIGNEA	34.08	197201299	<b>35.27</b>
2.	Michael van Bekkum	Swol 1894	34.11	197200051	<b>35.39</b>
3.	Alistair Critchell	Deltasteur	37.86	197101655	<b>38.38</b>
4.	Martijn de Jong	Dwk	38.54	197101659	<b>39.49</b>
5.	Chris Kouwenhoven	Steenwijk 1934	42.89	197101669	<b>41.10</b>
6.	Pieter Bardelmeijer	Deltasteur	45.39	197201665	<b>42.89</b>

D45+, Dames

1.	Miranda Straetemans	ZIGNEA	39.45	197400514	<b>39.66</b>
2.	Annette de Visser	Oceanus	40.42	197100602	<b>41.24</b>
3.	Henriëtte Manting	Gzvw	43.83	197100246	<b>46.08</b>
4.	Greta Wyma-Teitsma	Dwk	47.81	197100696	<b>48.15</b>
5.	Inge Lolkema-Soeters	Steenwijk 1934	50.28	197300934	<b>50.51</b>
6.	Anne Claudine Tuller	Zv 44	51.84	197101054	<b>52.17</b>

H50+, Heren

1.	René Beetsma	HZ&PC Heerenveen	34.75	196900069	<b>34.27</b>
2.	Huyb Stegeman	Steenwijk 1934	36.88	196701535	<b>36.69</b>
3.	Guido Keutgen	Steenwijk 1934	35.09	196801551	<b>36.99</b>
4.	Maarten Koolman	Zv 44	49.32	196801649	<b>49.52</b>

D50+, Dames

1.	Annette Korving-Leijenaar	Aqualero	42.98	196700662	<b>42.33</b>
2.	Roelien Speelman-Tigelaar	De Spatters	44.57	196600664	<b>44.73</b>
3.	Peggi Hurenkamp	HZ&PC Heerenveen	49.26	196900922	<b>48.07</b>
4.	Miranda Keijl	ZIGNEA	51.34	196500588	<b>53.89</b>

H55+, Heren

1.	Theo Bakker	TriVia	34.90	196401231	<b>35.46</b>
2.	Ronald Grove	Triton	37.23	196100161	<b>37.27</b>
3.	Casper Dollekamp	Steenwijk 1934	41.14	196301341	<b>39.34</b>
4.	Ronald van Vliet	De Aalscholver	38.99	196300997	<b>40.08</b>
5.	Frans Zoutberg	De Aalscholver	44.55	196101145	<b>41.78</b>
6.	Jack Barends	WS Twente 1	42.09	196201011	<b>41.92</b>
7.	John Dam	ZIGNEA	43.81	196000915	<b>45.20</b>
8.	Jan Haitsma	De Spatters	44.17	196000929	<b>46.38</b>

D55+, Dames

1.	Wilma van Velsen	Montferland	45.00	196400444	<b>44.20</b>
2.	Annemarie Vuist	Swol 1894	44.28	196300282	<b>45.92</b>
3.	Wilna Heijman	Steenwijk 1934	44.64	196400506	<b>46.16</b>
4.	Petra Ros	Zcnf'34	49.78	196100398	<b>48.93</b>
5.	Christine Buist	De Duinkickers	48.16	196400608	<b>50.42</b>
6.	Jenny Westervarder	H2Oldambt	48.57	196200424	<b>50.45</b>
7.	Jennie Resink-lindeboom	Dwk	50.16	196000142	<b>51.44</b>
8.	Gea Kuiper	Zcnf'34	55.36	196100104	<b>52.69</b>
9.	Alie Visser	HZ&PC Heerenveen	1:00.00	196400494	<b>52.74</b>
10.	Riekie Schra	Steenwijk 1934	1:02.60	196400404	<b>1:03.27</b>
11.	Joke Burgers	Swol 1894	1:02.43	196000226	<b>1:10.70</b>

H60+, Heren

1.	Pier van der Sluis	SG FZC54-De Vikings 1	41.51	195900757	<b>40.98</b>
2.	Nico Rozemeijer	Aquafit	43.48	195900751	<b>42.13</b>
3.	Marius Ros	Zcnf'34	42.30	195900779	<b>46.64</b>
4.	Ron van der Zande	De Aalscholver	46.19	195500307	<b>47.22</b>

D60+, Dames

1.	Hannie Poletiek	TriVia	47.53	195900278	<b>48.39</b>
2.	Elly Kiestra-Broertjes	ZIGNEA	50.86	195600100	<b>51.02</b>



Zuyderzee Masters Circuit 2018-2019 deel 6  
Heerenveen, 16-2-2019

Programmanr. 7, 50m schoolslag

H65+, Heren

1. Jos Kamps	Zwemvereniging Hoogland	51.21	195100085	<b>56.15</b>
2. Bert Veerkamp	Zuiderzeezwemmers	59.43	195200271	<b>1:08.87</b>

D65+, Dames

1. Christien Nieuwenhuis	Swol 1894	47.81	195100022	<b>47.59</b>
2. Tineke van Diggelen	Zpch	53.84	195200048	<b>53.34</b>

H70+, Heren

1. Mans Buis	Swol 1894	52.03	194700133	<b>52.17</b>
--------------	-----------	-------	-----------	--------------

H75+, Heren

1. Rob Hanou	Psv	45.00	194300109	<b>44.95</b>
--------------	-----	-------	-----------	--------------

H80+, Heren

1. Gregor Pompen	Aqua-Novio '94	1:07.00	193700021	<b>1:04.39</b>
------------------	----------------	---------	-----------	----------------

H90+, Heren

1. Klaas Prins NMR	Steenwijk 1934	1:50.00	192800001	<b>2:14.59</b>
-----------------------	----------------	---------	-----------	----------------

Programmanr. 8  
16-2-2019 - 17:10

4 x 50m vrije slag

lft 80 - 279  
Resultaten

rang	vereniging	intijd	klasse	tijd
------	------------	--------	--------	------

D100+, Dames

1. Steenwijk 1934 1 Nanda de Vries Getrude Corporaal	Steenwijk 1934 92 92	29.08	1:57.00 Lonneke Oenema Elianne Huitema	91 97 <b>2:02.55</b>
--	----------------------------	-------	--	----------------------------

Mix 100+, Gemengd

1. Zvv 1 Marjan Rikken Simon Hogenstijn	Zvv 92 88	33.32	2:08.07 Ellen Rikken Wilco Steenwijk	96 80 <b>2:08.94</b>
---	-----------------	-------	--	----------------------------

H120+, Heren

1. Deltasteur 1 Tom de Lange Bob Potkamp	Deltasteur 93 94	29.18	1:55.96 Pieter Bardelmeijer Patrick de Jonge	72 89 <b>1:59.52</b>
--	------------------------	-------	--	----------------------------

AFGEM Isis 1	Isis		1:52.11	
--------------	------	--	---------	--

D120+, Dames

1. HZ&PC Heerenveen 1 Evelien van Klaarbergen Esther Kwebeman	HZ&PC Heerenveen 72 91	29.99	1:59.95 Fraukje Puts Daniëlle de Boer	92 94 <b>2:01.48</b>
2. HZ&PC Heerenveen 2 Peggi Hurenkamp Esther de With	HZ&PC Heerenveen 69 90	34.06	2:25.50 Monique Jansma Jannie Vennik	85 76 <b>2:20.60</b>

Mix 120+, Gemengd

1. Z&PC Triton Putten 1 Hans Stoffers grietje van der Hoek	Z&PC Triton Putten 96 74	27.47	2:18.23 Rick Vaarkamp Carola Jacobs	94 85 <b>2:25.06</b>
--	--------------------------------	-------	---	----------------------------

Zuyderzee Masters Circuit 2018-2019 deel 6  
Heerenveen, 16-2-2019

---

Programmanr. 8, 4 x 50m vrije slag

H160+, Heren

1.	HZ&PC Heerenveen 1 René Beetsma Arnold Jonker	HZ&PC Heerenveen 69 70	28.07	1:56.50 Marten de Groot Dennis Bos	58 92	<b>1:55.31</b>
2.	Steenwijk 1934 2 Guido Keutgen Lauren Vis	Steenwijk 1934 68 82	28.84	1:57.00 Patrick Wobben Korstiaan de Boer	93 71	<b>1:56.14</b>
3.	Steenwijk 1934 1 Huyb Stegeman Chris Kouwenhoven	Steenwijk 1934 67 71	31.10	1:57.00 Casper Dollekamp Rick Driezen	63 86	<b>1:57.60</b>
4.	De Duinkickers 1 Robin Roskam Richard Hill	De Duinkickers 78 66	33.40	2:14.46 Bas Roorda Sebastiaan de Vos	58 84	<b>2:19.24</b>

D160+, Dames

1.	De Duinkickers 1 Esther van Buren Christine Buist	De Duinkickers 80 64	34.74	2:22.29 Saskia op den Velde Inge Roskam	79 78	<b>2:22.96</b>
----	---	----------------------------	-------	---	----------	----------------

Mix 160+, Gemengd

1.	Deltasteur 2 Gea van der Schaaf Sander de Velde	Deltasteur 79 83	33.45	2:09.35 Margriet Leeffers Alistair Critchell	78 71	<b>2:14.18</b>
----	---	------------------------	-------	--	----------	----------------

Mix 240+, Gemengd

DIS	Zcnf'34 1 Petra Ros Johan Bakema	Zcnf'34 61 55	46.97	2:19.52 Gea Kuiper Marius Ros	61 59	
BM	Dwk 1 Greta Wyma-Teitsma Jennie Resink-lindeboom	Dwk 71 60	40.02	2:20.67 Iris van Aurich Martijn de Jong	69 71	<b>2:21.32</b>