

Zuiderzee Masters Circuit 2015-2016 deel 6
Heerenveen, 20-2-2016

Programmanr. 3 20-2-2016 - 15:15	400m wisselslag		20 - 84 jaar Resultaten	
Wereld Masters Record 25+	4:14.51	Ikumi Hasegawa	15-11-2009	
Wereld Masters Record 30+	4:19.69	Tamas Kerkjarto	5-12-2009	
Wereld Masters Record 35+	4:24.36	Ron Karnaugh	7-12-2003	
Wereld Masters Record 40+	4:30.68	Eric Christensen	10-10-2014	
Wereld Masters Record 45+	4:31.36	Nicolas Granger	7-4-2012	
Wereld Masters Record 50+	4:45.15	Jerome Frentsos	18-5-2015	
Wereld Masters Record 55+	4:51.97	Michael Mann	21-11-2009	
Wereld Masters Record 60+	5:04.54	Rick Colella	13-11-2011	
Wereld Masters Record 65+	5:34.78	Hubie Kerns	19-5-2014	
Wereld Masters Record 70+	5:58.19	Barry Young	10-4-2010	
Wereld Masters Record 75+	6:33.87	Burwell Jones	6-12-2009	
Wereld Masters Record 80+	7:26.06	Karl Hauter	9-10-2005	
Wereld Masters Record 25+	4:52.13	Hitori Matsuda	19-11-2006	
Wereld Masters Record 30+	4:45.07	Hitomi Matsuda	17-4-2010	
Wereld Masters Record 35+	4:52.85	Karlyn Pipes-Neilsen	14-12-1997	
Wereld Masters Record 40+	5:00.82	Karlyn Pipes-Neilsen	24-11-2002	
Wereld Masters Record 45+	5:00.29	K. Pipes-Neilsen	27-2-2009	
Wereld Masters Record 50+	5:10.96	Ellen Reynolds	26-9-2014	
Wereld Masters Record 55+	5:39.30	Laura Val	21-11-2009	
Wereld Masters Record 60+	5:51.81	Laura Val	25-9-2011	
Wereld Masters Record 65+	6:31.71	Carolyn Boak	4-12-2010	
Wereld Masters Record 70+	6:51.30	Clary Munns	9-4-2015	
Wereld Masters Record 75+	7:11.33	Yoshiko Osaki	11-5-2013	
Wereld Masters Record 80+	8:04.67	Judie Oliver	30-3-2012	
Europees Masters Record 25+	4:26.08	Julien Bailod	Plan les Quat (SUI)	14-3-2009
Europees Masters Record 30+	4:25.70	Corrado Sorrentino	Cagliari (ITA)	15-3-2008
Europees Masters Record 35+	4:30.09	Claus Iversen	Rundforbi (DEN)	8-3-2015
Europees Masters Record 40+	4:31.92	Uwe Volk	Wuppertal (GER)	5-11-2011
Europees Masters Record 45+	4:31.36	Nicholas Granger	Saint Dizier (FRA)	7-4-2012
Europees Masters Record 50+	4:56.16	Alessandro Tiberti	Legnano (ITA)	14-4-2013
Europees Masters Record 55+	5:05.40	Lorenzo Marugo	Bologna (ITA)	2-6-2007
Europees Masters Record 60+	5:20.60	Lorenzo Marugo	Legnano (ITA)	15-4-2012
Europees Masters Record 65+	5:37.22	Jean Lestideau	Dunkerque (FRA)	13-3-2011
Europees Masters Record 70+	6:20.98	Rudolf Smerda	Ceska Lipa (CZE)	7-6-2014
Europees Masters Record 75+	6:52.62	Karl Hauter	Baunatal (GER)	4-11-2001
Europees Masters Record 80+	7:26.06	Karl Hauter	Bruhl (GER)	9-10-2005
Europees Masters Record 25+	4:59.66	Anna Markova	Palma de Mall (RUS)	21-2-2014
Europees Masters Record 30+	4:50.66	Natalya Vinokurenkova	St. Petersburg (RUS)	28-11-2014
Europees Masters Record 35+	5:07.20	Carolina Beneyto	Pontevedra (ESP)	21-2-2015
Europees Masters Record 40+	5:11.10	Valeria Vergani	Legano (ITA)	14-4-2013
Europees Masters Record 45+	5:22.80	Franca Bosisio	Milano (ITA)	11-1-2014
Europees Masters Record 50+	5:34.04	Anette Philipsson	Stockholm (SWE)	25-3-2015
Europees Masters Record 55+	5:45.92	Judith Hattle	Glasgow (GBR)	24-4-2015
Europees Masters Record 60+	6:13.25	Audrey Cooper	Glasgow (GBR)	24-4-2015
Europees Masters Record 65+	6:50.87	Brigitte Merten	Flridsdorf (GER)	26-4-2014
Europees Masters Record 70+	7:09.96	Jane Asher	London (GBR)	29-7-2001
Europees Masters Record 75+	7:34.39	Jane Asher	London (GBR)	9-7-2006
Europees Masters Record 80+	8:07.34	Jane Asher	London (GBR)	17-7-2011
Nederlands Masters Record 20+	4:33.61	Kevin Eltink	Heerenveen	24-1-2015
Nederlands Masters Record 25+	4:28.38	Raymond van der Merwe	Terneuzen	29-1-2012
Nederlands Masters Record 30+	4:40.29	Diederik Rouffaer	Winterswijk	4-5-2002
Nederlands Masters Record 35+	4:39.42	Edwin van Norden	Almere	14-11-1999
Nederlands Masters Record 40+	4:55.71	Edwin van Norden	Vlijmen	9-12-2007
Nederlands Masters Record 45+	4:58.58	Edwin van Norden	Eindhoven	13-12-2008
Nederlands Masters Record 50+	4:58.99	Hugo Bregman	Vlissingen	24-1-2009
Nederlands Masters Record 55+	5:07.99	Hugo Bregman	Nijverdal	26-1-2013
Nederlands Masters Record 60+	5:45.51	Donald Uijtenbogaart	Wilhelmshave (GER)	2-3-2007
Nederlands Masters Record 65+	6:04.41	Donald Uijtenbogaart	Heerenveen	16-2-2013
Nederlands Masters Record 70+	7:02.20	Rob Hanou	Heerenveen	16-2-2013
Nederlands Masters Record 75+	7:57.56	Nic Geers	Heerenveen	16-2-2013
Nederlands Masters Record 80+	59:59.99	vacant		
Nederlands Masters Record 20+	5:04.85	Wendan Poelstra	Heerenveen	24-1-2015
Nederlands Masters Record 25+	5:12.97	Sabine Schacke	Schoten (BEL)	15-4-1995
Nederlands Masters Record 30+	5:18.12	Lidia van Bon	Winterswijk	4-5-2002
Nederlands Masters Record 35+	5:30.11	Liselotte Joling	Zwolle	25-1-2014
Nederlands Masters Record 40+	5:30.28	Liselotte Joling	Heerenveen	24-1-2015
Nederlands Masters Record 45+	5:40.40	Marja Bloemzaad	Zwijndrecht	2-4-2006
Nederlands Masters Record 50+	5:56.98	Atie Pijtak	Gorinchem	4-11-2006
Nederlands Masters Record 55+	6:22.72	Patty Verhagen	Berchem (BEL)	13-6-2015
Nederlands Masters Record 60+	6:43.43	Ineke Weekers	Heerenveen	24-1-2015

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Nederlands Masters Record 65+	7:57.77	Annie de Vos	Neheim-Huste (GER)	12-3-1999
Nederlands Masters Record 70+	8:56.07	Annie de Vos	Wilhelmshave (GER)	6-2-2004
Nederlands Masters Record 75+	10:46.66	Annie de Vos	Heerenveen	23-1-2011
Nederlands Masters Record 80+	59:59.99	vacant		

rang	naam	vereniging	intijd	klasse	tijd	
H20+, Heren						
1.	Jeffrey Appel	WZ&PC Purmerend	4:47.20	199200027	4:54.80	
	50m: 29.47	29.47	150m: 1:43.62	37.94	250m: 3:02.33	40.88
	100m: 1:05.68	36.21	200m: 2:21.45	37.83	300m: 3:43.30	40.97
				350m: 4:19.23	35.93	
				400m: 4:54.80	35.57	
D20+, Dames						
1.	Kimberly Mijnen	WZ&PC Purmerend	5:26.64	199503644	5:28.60	
	50m: 32.54	32.54	150m: 1:55.42	42.13	250m: 3:24.03	47.47
	100m: 1:13.29	40.75	200m: 2:36.56	41.14	300m: 4:12.32	48.29
				350m: 4:50.63	38.31	
				400m: 5:28.60	37.97	
2.	Fraukje Puts	HZ&PC Heerenveen	5:42.37	199206470	5:42.72	
	50m: 35.15	35.15	150m: 2:03.85	46.62	250m: 3:36.79	47.43
	100m: 1:17.23	42.08	200m: 2:49.36	45.51	300m: 4:25.28	48.49
				350m: 5:05.44	40.16	
				400m: 5:42.72	37.28	
3.	Nienke Fuite	Deltasteur	7:00.00	199501352	6:30.37	
	50m: 37.86	37.86	150m: 2:13.84	50.18	250m: 4:01.62	58.49
	100m: 1:23.66	45.80	200m: 3:03.13	49.29	300m: 4:59.69	58.07
				350m: 5:46.64	46.95	
				400m: 6:30.37	43.73	
DIS	Leonie Nijenhuis	Zuiderzeezwemmers	5:56.07	199204340		
	<i>VC - Armen niet over het water naar voren gebracht.</i>					
	50m: 37.70	37.70	150m: 2:07.52	46.60	250m: 3:42.03	47.97
	100m: 1:20.92	43.22	200m: 2:54.06	46.54	300m: 4:30.23	48.20
				350m: 5:12.12	41.89	
				400m:		
H25+, Heren						
1.	Tim Bunnik	Triton	4:56.87	199000505	4:56.46	
	50m: 29.39	29.39	150m: 1:41.77	36.43	250m: 3:05.24	45.36
	100m: 1:05.34	35.95	200m: 2:19.88	38.11	300m: 3:50.07	44.83
				350m: 4:23.48	33.41	
				400m: 4:56.46	32.98	
2.	Stefan van de Grift	Octopus	5:40.00	198701121	5:35.16	
	50m: 33.43	33.43	150m: 1:58.50	44.14	250m: 3:27.60	45.33
	100m: 1:14.36	40.93	200m: 2:42.27	43.77	300m: 4:14.21	46.61
				350m: 4:54.69	40.48	
				400m: 5:35.16	40.47	
3.	Mark Godwaldt	Psv	6:15.00	198701039	6:08.72	
	50m: 35.78	35.78	150m: 2:05.77	45.55	250m: 3:50.15	59.52
	100m: 1:20.22	44.44	200m: 2:50.63	44.86	300m: 4:51.72	1:01.57
				350m: 5:32.29	40.57	
				400m: 6:08.72	36.43	
D25+, Dames						
1.	Charlotte Groeneveld	Uzsc	5:45.00	198701404	5:30.79	
	50m: 32.21	32.21	150m: 1:53.13	42.20	250m: 3:24.43	48.61
	100m: 1:10.93	38.72	200m: 2:35.82	42.69	300m: 4:13.83	49.40
				350m: 4:52.48	38.65	
				400m: 5:30.79	38.31	
2.	Karin Hovenkamp	De Spatters	5:53.49	198701850	6:00.09	
	50m: 36.60	36.60	150m: 2:08.88	49.14	250m: 3:48.07	52.45
	100m: 1:19.74	43.14	200m: 2:55.62	46.74	300m: 4:39.44	51.37
				350m: 5:20.85	41.41	
				400m: 6:00.09	39.24	
3.	Tara Keijzer	Steenwijk 1934	6:45.00	199108498	7:28.59	
	50m: 45.48	45.48	150m: 2:46.48	1:01.79	250m: 4:44.54	57.83
	100m: 1:44.69	59.21	200m: 3:46.71	1:00.23	300m: 5:44.83	1:00.29
				350m: 6:38.05	53.22	
				400m: 7:28.59	50.54	
H30+, Heren						
1.	René van Dijk	Isis	6:18.84	198400489	5:54.87	
	50m: 37.47	37.47	150m: 2:11.06	46.91	250m: 3:47.31	51.12
	100m: 1:24.15	46.68	200m: 2:56.19	45.13	300m: 4:38.84	51.53
				350m: 5:17.29	38.45	
				400m: 5:54.87	37.58	
2.	Mark Brinkhuis	TriVia	6:16.14	198302609	6:36.98	
	50m: 42.57	42.57	150m: 2:29.56	56.91	250m: 4:18.38	50.38
	100m: 1:32.65	50.08	200m: 3:28.00	58.44	300m: 5:09.02	50.64
				350m: 5:52.16	43.14	
				400m: 6:36.98	44.82	
D30+, Dames						
1.	Jacqueline Oostenbrink	De Forel	6:27.23	198403156	6:01.62	
	50m: 36.53	36.53	150m: 2:07.81	45.40	250m: 3:45.41	51.57
	100m: 1:22.41	45.88	200m: 2:53.84	46.03	300m: 4:37.70	52.29
				350m: 5:20.17	42.47	
				400m: 6:01.62	41.45	
2.	Margriet Aan het Rot	Octopus	6:32.04	198603088	6:34.83	
	50m: 41.55	41.55	150m: 2:22.39	50.31	250m: 4:06.89	54.50
	100m: 1:32.08	50.53	200m: 3:12.39	50.00	300m: 5:01.87	54.98
				350m: 5:48.47	46.60	
				400m: 6:34.83	46.36	

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Programmanr. 3, Dames, 400m wisselslag, D30+

rang	naam	vereniging	intijd	klasse	tijd			
3.	Marloes Rebel	WS Twente	7:36.40	198403474	7:53.88			
	50m: 47.68	47.68	150m: 2:49.78	1:04.98	250m: 4:57.75	1:07.83	350m: 7:00.02	55.23
	100m: 1:44.80	57.12	200m: 3:49.92	1:00.14	300m: 6:04.79	1:07.04	400m: 7:53.88	53.86

H35+, Heren

1.	Remco Veerkamp	Zuiderzeezwemmers	6:40.00	198102311	7:01.39			
	50m: 43.61	43.61	150m: 2:36.28	54.92	250m: 4:26.77	57.11	350m: 6:14.00	49.83
	100m: 1:41.36	57.75	200m: 3:29.66	53.38	300m: 5:24.17	57.40	400m: 7:01.39	47.39

D35+, Dames

1.	Carmen Haan	ZV ZZG De Boskickers	6:47.04	197901458	6:27.23			
	50m: 42.57	42.57	150m: 2:22.74	48.36	250m: 4:02.26	52.69	350m: 5:42.61	46.02
	100m: 1:34.38	51.81	200m: 3:09.57	46.83	300m: 4:56.59	54.33	400m: 6:27.23	44.62
2.	Babette Rens	Swol 1894	6:45.00	197801200	6:51.52			
	50m: 43.51	43.51	150m: 2:24.11	50.81	250m: 4:14.24	58.57	350m: 6:02.69	48.64
	100m: 1:33.30	49.79	200m: 3:15.67	51.56	300m: 5:14.05	59.81	400m: 6:51.52	48.83

H40+, Heren

1.	Gerard Eghuizen	HZ&PC Heerenveen	6:05.04	197400197	5:56.03			
	50m: 37.50	37.50	150m: 2:08.44	43.97	250m: 3:45.30	51.64	350m: 5:17.10	40.46
	100m: 1:24.47	46.97	200m: 2:53.66	45.22	300m: 4:36.64	51.34	400m: 5:56.03	38.93

D40+, Dames

1.	Evelien van Klaarbergen	HZ&PC Heerenveen	5:49.67	197200964	5:44.43			
	50m: 36.41	36.41	150m: 2:03.26	43.77	250m: 3:35.68	50.15	350m: 5:06.02	40.22
	100m: 1:19.49	43.08	200m: 2:45.53	42.27	300m: 4:25.80	50.12	400m: 5:44.43	38.41
2.	Miranda Straetemans	Zignea	6:31.11	197400514	6:35.34			
	50m: 38.88	38.88	150m: 2:26.13	56.76	250m: 4:11.73	49.64	350m: 5:49.67	46.71
	100m: 1:29.37	50.49	200m: 3:22.09	55.96	300m: 5:02.96	51.23	400m: 6:35.34	45.67
3.	Jannie Vennik	HZ&PC Heerenveen	6:40.83	197601006	6:35.40			
	50m: 44.36	44.36	150m: 2:28.24	50.83	250m: 4:15.60	56.50	350m: 5:54.17	42.14
	100m: 1:37.41	53.05	200m: 3:19.10	50.86	300m: 5:12.03	56.43	400m: 6:35.40	41.23

H45+, Heren

1.	René Beetsma	HZ&PC Heerenveen	5:30.00	196900069	5:16.35			
	50m: 33.70	33.70	150m: 1:54.31	39.92	250m: 3:19.57	44.84	350m: 4:41.19	36.63
	100m: 1:14.39	40.69	200m: 2:34.73	40.42	300m: 4:04.56	44.99	400m: 5:16.35	35.16
2.	Gerko Versluis	Zuiderzeezwemmers	6:12.44	196901439	6:08.26			
	50m: 39.94	39.94	150m: 2:17.50	51.01	250m: 3:56.28	50.61	350m: 5:28.94	41.65
	100m: 1:26.49	46.55	200m: 3:05.67	48.17	300m: 4:47.29	51.01	400m: 6:08.26	39.32
3.	Gerhard Knol	De Aalscholver	6:21.30	197100483	6:23.61			
	50m: 41.72	41.72	150m: 2:18.30	48.09	250m: 4:02.32	53.55	350m: 5:40.06	43.88
	100m: 1:30.21	48.49	200m: 3:08.77	50.47	300m: 4:56.18	53.86	400m: 6:23.61	43.55
4.	Arnold Jonker	HZ&PC Heerenveen	7:50.00	197000529	7:35.66			
	50m: 52.01	52.01	150m: 2:53.23	1:00.00	250m: 4:54.74	1:03.68	350m: 6:47.91	50.08
	100m: 1:53.23	1:01.22	200m: 3:51.06	57.83	300m: 5:57.83	1:03.09	400m: 7:35.66	47.75

D45+, Dames

1.	Annette de Visser	Oceanus	6:02.23	197100602	6:04.12			
	50m: 41.14	41.14	150m: 2:18.61	46.70	250m: 3:54.78	50.57	350m: 5:25.42	39.14
	100m: 1:31.91	50.77	200m: 3:04.21	45.60	300m: 4:46.28	51.50	400m: 6:04.12	38.70
2.	Annet Kootstra	Swol 1894	6:44.16	197100344	6:43.10			
	50m: 45.35	45.35	150m: 2:29.86	51.92	250m: 4:18.47	56.38	350m: 5:59.27	44.95
	100m: 1:37.94	52.59	200m: 3:22.09	52.23	300m: 5:14.32	55.85	400m: 6:43.10	43.83
3.	Annette van Dok	MSV- Zeemacht	7:07.18	196800742	7:14.25			
	50m: 49.36	49.36	150m: 2:38.41	52.50	250m: 4:33.58	1:04.00	350m: 6:26.39	49.64
	100m: 1:45.91	56.55	200m: 3:29.58	51.17	300m: 5:36.75	1:03.17	400m: 7:14.25	47.86

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Programmanr. 3, 400m wisselslag

H50+, Heren

1. Arnold de Rover		De Futen		5:37.92	196400645		5:33.71				
50m:	37.04	37.04	150m:	2:03.94	43.59	250m:	3:34.11	47.13	350m:	4:58.30	36.31
100m:	1:20.35	43.31	200m:	2:46.98	43.04	300m:	4:21.99	47.88	400m:	5:33.71	35.41

H55+, Heren

1. Ronald Grove		Oceanus		5:54.09	196100161		5:48.75				
50m:	36.68	36.68	150m:	2:08.84	47.12	250m:	3:42.73	46.54	350m:	5:10.68	38.53
100m:	1:21.72	45.04	200m:	2:56.19	47.35	300m:	4:32.15	49.42	400m:	5:48.75	38.07
2. Marius Ros		Zcnf'34		5:57.16	195900779		6:37.46				
50m:	48.39	48.39	150m:	2:38.22	53.35	250m:	4:22.83	53.27	350m:	5:56.54	40.72
100m:	1:44.87	56.48	200m:	3:29.56	51.34	300m:	5:15.82	52.99	400m:	6:37.46	40.92

D55+, Dames

1. Hannie Poletiek		TriVia		7:00.00	195900278		7:21.92				
50m:	48.01	48.01	150m:	2:43.90	55.74	250m:	4:40.73	1:01.12	350m:	6:31.31	50.17
100m:	1:48.16	1:00.15	200m:	3:39.61	55.71	300m:	5:41.14	1:00.41	400m:	7:21.92	50.61
2. Pia van der Molen		HZ&PC Heerenveen		7:24.63	196000116		7:37.08				
50m:	50.58	50.58	150m:	2:48.57	59.83	250m:	4:51.09	1:05.36	350m:	6:46.05	49.59
100m:	1:48.74	58.16	200m:	3:45.73	57.16	300m:	5:56.46	1:05.37	400m:	7:37.08	51.03
3. Betsie Klompmaker-Mulder		Noord Veluwe		11:00.00	195900200		9:57.48				
50m:	1:16.52	1:16.52	150m:	4:12.38	1:22.16	250m:	6:50.24	1:17.13	350m:	9:01.71	56.47
100m:	2:50.22	1:33.70	200m:	5:33.11	1:20.73	300m:	8:05.24	1:15.00	400m:	9:57.48	55.77

H60+, Heren

1. Paul Bunnik		Triton		6:13.61	195600413		6:11.21				
50m:	38.00	38.00	150m:	2:14.52	51.84	250m:	3:54.87	51.74	350m:	5:30.10	42.52
100m:	1:22.68	44.68	200m:	3:03.13	48.61	300m:	4:47.58	52.71	400m:	6:11.21	41.11

D60+, Dames

1. Margriet Pasma		SG Inktvis/De Pinquin		7:07.00	195500088		6:51.57				
50m:	48.80	48.80	150m:	2:35.95	51.59	250m:	4:24.80	57.86	350m:	6:07.46	44.84
100m:	1:44.36	55.56	200m:	3:26.94	50.99	300m:	5:22.62	57.82	400m:	6:51.57	44.11

H65+, Heren

1. Jos Kamps		Zwemvereniging Hoogland		8:05.03	195100085		7:59.31				
50m:	51.30	51.30	150m:	2:55.95	1:04.51	250m:	5:10.14	1:13.09	350m:	7:12.79	48.93
100m:	1:51.44	1:00.14	200m:	3:57.05	1:01.10	300m:	6:23.86	1:13.72	400m:	7:59.31	46.52