



Zuyderzee Masters Circuit 2019-2020 deel 6
Heerenveen, 8-2-2020



Zuiderzee Masters Circuit 2019-2020 deel 6
Heerenveen, 8-2-2020

Programmanr. 3 8-2-2020 - 14:55	400m wisselslag		20 - 84 jaar Resultaten
Wereld Masters Record 80+	7:09.74	Ikuro Shimono	15-4-2017
Wereld Masters Record 75+	6:29.29	Mike Freshley	22-7-2016
Wereld Masters Record 70+	5:57.68	J Lestideau	24-3-2016
Wereld Masters Record 65+	5:03.34	Rick Colella	18-11-2017
Wereld Masters Record 60+	5:04.54	Rick Colella	13-11-2011
Wereld Masters Record 55+	4:51.97	Michael Mann	21-11-2009
Wereld Masters Record 50+	4:29.33	Nicolas Granger	23-3-2017
Wereld Masters Record 45+	4:31.36	Nicolas Granger	7-4-2012
Wereld Masters Record 40+	4:30.68	Eric Christensen	10-10-2014
Wereld Masters Record 35+	4:24.36	Ron Karnaugh	7-12-2003
Wereld Masters Record 30+	4:16.06	Darian Townsend	12-11-2016
Wereld Masters Record 25+	4:14.51	Ikumi Hasegawa	15-11-2009
Wereld Masters Record 80+	8:04.67	Judie Oliver	30-3-2012
Wereld Masters Record 75+	7:11.33	Yoshiko Osaki	11-5-2013
Wereld Masters Record 70+	6:47.91	Brigitte Merten	16-1-2016
Wereld Masters Record 65+	5:55.00	Laura Val	18-9-2016
Wereld Masters Record 60+	5:50.34	Colette Crabbe	2-12-2017
Wereld Masters Record 55+	5:23.08	Lynn Marshall	1-4-2016
Wereld Masters Record 50+	5:10.96	Ellen Reynolds	26-9-2014
Wereld Masters Record 45+	5:00.29	Karlyn Pipes-Neilsen	27-2-2009
Wereld Masters Record 40+	5:00.82	Karlyn Pipes-Neilsen	24-11-2002
Wereld Masters Record 35+	4:52.85	Karlyn Pipes-Neilsen	14-12-1997
Wereld Masters Record 30+	4:45.07	Hitomi Matsuda	17-4-2010
Wereld Masters Record 25+	4:44.98	K Baranowska	27-9-2015
Europees Masters Record 80+	7:26.06	Karl Hauter	Brühl (GER) 9-10-2005
Europees Masters Record 75+	6:52.62	Karl Hauter	Baunatal (GER) 4-11-2001
Europees Masters Record 70+	5:57.68	Jean Lestideau	Angers (FRA) 24-3-2016
Europees Masters Record 65+	5:32.88	Patrick Moreau	Dunkerque (FRA) 23-3-2017
Europees Masters Record 60+	5:15.31	Hugo Bregman	Terneuzen 21-1-2018
Europees Masters Record 55+	4:59.32	Carlo Travaini	Milano (ITA) 7-1-2018
Europees Masters Record 50+	4:29.33	Nicolas Granger	Dunkerque (FRA) 23-3-2017
Europees Masters Record 45+	4:31.36	Nicholas Granger	Saint Dizier (FRA) 7-4-2012
Europees Masters Record 40+	4:31.92	Uwe Volk	Wuppertal (GER) 5-11-2011
Europees Masters Record 35+	4:30.09	Claus Iversen	Rundforbi (DEN) 8-3-2015
Europees Masters Record 30+	4:25.70	Corrado Sorrentino	Cagliari (ITA) 15-3-2008
Europees Masters Record 25+	4:26.08	Julien Bailod	Plan les Quat (SUI) 14-3-2009
Europees Masters Record 80+	8:07.34	Jane Asher	London (GBR) 17-7-2011
Europees Masters Record 75+	7:34.39	Jane Asher	London (GBR) 9-7-2006
Europees Masters Record 70+	6:47.91	Brigitte Merten	Gau Algesheim (GER) 17-1-2016
Europees Masters Record 65+	6:39.47	Mira Guglielmi	Riccione (ITA) 12-2-2017
Europees Masters Record 60+	6:07.12	Susanna Sordelli	Ostia (ITA) 13-2-2016
Europees Masters Record 55+	5:42.65	Pierrette Michel	Embourg (BEL) 12-3-2017
Europees Masters Record 50+	5:24.23	Claudia Thielemann	Gelsenkirchen (GER) 10-11-2018
Europees Masters Record 45+	5:20.89	Nicola Latty	Glasgow (GBR) 20-4-2018
Europees Masters Record 40+	5:11.10	Valeria Vergani	Legnano (ITA) 14-4-2013
Europees Masters Record 35+	5:00.31	Natalya Vinokurenkova	Saransk (RUS) 16-11-2018
Europees Masters Record 30+	4:50.66	Natalia Vinokurenkova	St. Petersburg (RUS) 28-11-2014
Europees Masters Record 25+	4:44.98	Katarzyna Baranowska	Recklinghausen (GER) 27-9-2015
Nederlands Masters Record 80+	23:59:59.99	vacant	
Nederlands Masters Record 75+	7:18.51	Rob Hanou	Nijlen (BEL) 17-3-2018
Nederlands Masters Record 70+	7:02.20	Rob Hanou	Heerenveen 16-2-2013
Nederlands Masters Record 65+	6:04.41	Donald Uijtenbogaart	Heerenveen 16-2-2013
Nederlands Masters Record 60+	5:15.31	Hugo Bregman	Terneuzen 21-1-2018
Nederlands Masters Record 55+	5:07.99	Hugo Bregman	Nijverdal 26-1-2013
Nederlands Masters Record 50+	4:58.99	Hugo Bregman	Vlissingen 24-1-2009
Nederlands Masters Record 45+	4:58.58	Edwin van Norden	Eindhoven 13-12-2008
Nederlands Masters Record 40+	4:47.69	Egbert Stolk	Papendrecht 24-1-2016
Nederlands Masters Record 35+	4:39.42	Edwin van Norden	Almere 14-11-1999
Nederlands Masters Record 30+	4:40.29	Diederik Rouffaer	Winterswijk 4-5-2002
Nederlands Masters Record 25+	4:28.38	Raymond van de Merwe	Terneuzen 29-1-2012
Nederlands Masters Record 20+	4:33.61	Kevin Eltink	Heerenveen 24-1-2015
Nederlands Masters Record 80+	23:59:59.99	vacant	
Nederlands Masters Record 75+	10:46.66	Annie de Vos	Heerenveen 23-1-2011
Nederlands Masters Record 70+	8:56.07	Annie de Vos	Wilhelmshaven (GER) 6-2-2004
Nederlands Masters Record 65+	7:57.77	Annie de Vos	Neheim-Husten (GER) 12-3-1999
Nederlands Masters Record 60+	6:33.68	Patty Verhagen	Papendrecht 23-2-2019
Nederlands Masters Record 55+	5:54.23	Marjan Remmits-de Lange	Heerenveen 17-2-2018
Nederlands Masters Record 50+	5:53.86	Marjan Remmits-de Lange	Papendrecht 23-1-2016
Nederlands Masters Record 45+	5:33.47	Evelien van Klaarbergen-Kleinhuys	Heerenveen 16-2-2019
Nederlands Masters Record 40+	5:30.28	Liselotte Joling	Heerenveen 24-1-2015



Zuyderzee Masters Circuit 2019-2020 deel 6 Heerenveen, 8-2-2020

Nederlands Masters Record 35+	5:28.27	Roos van Esch	Maastricht	22-1-2017
Nederlands Masters Record 30+	5:03.27	Marlijn Hendriksen	Terneuzen	20-1-2018
Nederlands Masters Record 25+	5:05.12	Inge Arts	Zwolle	27-1-2019
Nederlands Masters Record 20+	5:04.85	Wendan Poelstra	Heerenveen	24-1-2015

rang	naam	vereniging	intijd	klasse	tijd		
H20+, Heren							
1.	Hans Stoffers	Z & PC Triton Putten	5:24.82	199604027	5:25.06		
	50m: 31.61	150m: 1:53.14	42.26	250m: 3:20.64	45.32	350m: 4:47.59	39.21
	100m: 1:10.88	200m: 2:35.32	42.18	300m: 4:08.38	47.74	400m: 5:25.06	37.47
D20+, Dames							
1.	Tamara Grove	De Dolfinj	5:12.25	199601266	5:13.57		
	50m: 33.37	150m: 1:52.85	40.27	250m: 3:18.42	46.07	350m: 4:39.48	34.70
	100m: 1:12.58	200m: 2:32.35	39.50	300m: 4:04.78	46.36	400m: 5:13.57	34.09
2.	Rianne van Rijssen	Noord-Veluwe	5:57.63	199702360	6:00.46		
	50m: 37.67	150m: 2:11.63	48.23	250m: 3:50.34	50.49	350m: 5:21.18	39.93
	100m: 1:23.40	200m: 2:59.85	48.22	300m: 4:41.25	50.91	400m: 6:00.46	39.28
3.	Sheila Ten Voorde	Zvv	6:26.51	199904538	6:18.94		
	50m: 37.20	150m: 2:13.51	47.81	250m: 3:53.23	52.60	350m: 5:34.33	46.80
	100m: 1:25.70	200m: 3:00.63	47.12	300m: 4:47.53	54.30	400m: 6:18.94	44.61
4.	Marieke Gorter	Triton	6:23.25	200000750	6:32.34		
	50m: 44.41	150m: 2:29.68	48.08	250m: 4:11.55	52.33	350m: 5:50.78	43.98
	100m: 1:41.60	200m: 3:19.22	49.54	300m: 5:06.80	55.25	400m: 6:32.34	41.56
5.	Melanie Zondag	Borger	6:49.01	199804476	6:43.05		
	50m: 42.45	150m: 2:27.62	50.71	250m: 4:16.11	57.76	350m: 5:58.91	45.27
	100m: 1:36.91	200m: 3:18.35	50.73	300m: 5:13.64	57.53	400m: 6:43.05	44.14
6.	Desiree Rave	Deltasteur	7:00.00	199900610	6:45.06		
	50m: 42.67	150m: 3:19.23	1:38.22	250m: 4:17.00		350m: 6:02.32	45.82
	100m: 1:41.01	200m: 58.34		300m: 5:16.50	59.50	400m: 6:45.06	42.74
7.	Sylvia Hidding	H2Oldambt	7:38.39	199603886	8:02.80		
	50m: 54.77	150m: 2:58.81	59.90	250m: 5:02.13	1:04.75	350m: 7:05.09	56.76
	100m: 1:58.91	200m: 3:57.38	58.57	300m: 6:08.33	1:06.20	400m: 8:02.80	57.71

H25+, Heren							
1.	Stefan Kwant	ZPC Nova	6:30.00	199200781	5:56.57		
	50m: 32.21	150m: 1:55.38	44.54	250m: 3:30.72	50.26	350m: 5:08.28	46.50
	100m: 1:10.84	200m: 2:40.46	45.08	300m: 4:21.78	51.06	400m: 5:56.57	48.29

D25+, Dames							
1.	Lieke van Essen	Swol 1894	5:56.19	199502814	5:49.85		
	50m: 38.00	150m: 2:09.27	44.54	250m: 3:42.18	48.94	350m: 5:11.25	39.12
	100m: 1:24.73	200m: 2:53.24	43.97	300m: 4:32.13	49.95	400m: 5:49.85	38.60
2.	Irmgard van Weeghel	Z&PC Hatto-Heim	6:17.51	199204834	6:16.84		
	50m: 40.56	150m: 2:17.83	47.69	250m: 3:57.34	52.78	350m: 5:35.05	43.45
	100m: 1:30.14	200m: 3:04.56	46.73	300m: 4:51.60	54.26	400m: 6:16.84	41.79
3.	Marjan Rikken	Zvv	6:13.80	199206114	6:21.92		
	50m: 42.54	150m: 2:21.33	46.55	250m: 4:01.78	54.23	350m: 5:39.74	43.74
	100m: 1:34.78	200m: 3:07.55	46.22	300m: 4:56.00	54.22	400m: 6:21.92	42.18
4.	Esther Kwebeman	HZ&PC Heerenveen	6:30.00	199106374	6:22.41		
	50m: 38.80	150m: 2:17.13	48.30	250m: 3:59.17	55.09	350m: 5:39.99	44.80
	100m: 1:28.83	200m: 3:04.08	46.95	300m: 4:55.19	56.02	400m: 6:22.41	42.42
5.	Lysbeth Wiersma	HZ&PC Heerenveen	6:33.00	199204486	6:31.24		
	50m: 38.35	150m: 2:20.81	51.16	250m: 4:07.16	55.98	350m: 5:49.53	44.67
	100m: 1:29.65	200m: 3:11.18	50.37	300m: 5:04.86	57.70	400m: 6:31.24	41.71
6.	Tessa van Dijk	Isis	7:49.56	199401252	7:40.46		
	50m: 52.33	150m: 2:50.26	57.41	250m: 4:54.19	1:05.03	350m: 6:52.53	50.94
	100m: 1:52.85	200m: 3:49.16	58.90	300m: 6:01.59	1:07.40	400m: 7:40.46	47.93



Zuyderzee Masters Circuit 2019-2020 deel 6
Heerenveen, 8-2-2020

Programmanr. 3, 400m wisselslag

H30+, Heren

1. Tim Bunnik		Triton		4:52.10	199000505					4:54.98	
50m:	32.11	32.11	150m:	1:45.97	36.85	250m:	3:05.48	42.43	350m:	4:22.02	32.98
100m:	1:09.12	37.01	200m:	2:23.05	37.08	300m:	3:49.04	43.56	400m:	4:54.98	32.96
2. Rick Driezen		Steenwijk 1934		5:30.76	198600713					5:25.44	
50m:	31.85	31.85	150m:	1:52.21	41.98	250m:	3:22.42	49.23	350m:	4:49.23	37.74
100m:	1:10.23	38.38	200m:	2:33.19	40.98	300m:	4:11.49	49.07	400m:	5:25.44	36.21
3. Wessel Everloo		WS Twente 1		5:29.13	198906597	SM14				5:35.86	565
50m:	35.09	35.09	150m:	1:59.41	42.23	250m:	3:30.08	49.24	350m:	4:58.64	38.33
100m:	1:17.18	42.09	200m:	2:40.84	41.43	300m:	4:20.31	50.23	400m:	5:35.86	37.22
4. Melano Winter		AZ&PC De Futen		5:50.00	198703847					5:52.46	
50m:	37.31	37.31	150m:	2:06.94	45.05	250m:	3:42.47	51.89	350m:	5:13.55	39.58
100m:	1:21.89	44.58	200m:	2:50.58	43.64	300m:	4:33.97	51.50	400m:	5:52.46	38.91
5. Rene Knijpstra		Isis		6:07.51	198806181					6:15.48	
50m:	36.77	36.77	150m:	2:13.39	49.04	250m:	3:56.64	56.25	350m:	5:34.55	41.97
100m:	1:24.35	47.58	200m:	3:00.39	47.00	300m:	4:52.58	55.94	400m:	6:15.48	40.93
6. Jeroen Hoving		ZPC Stadskanaal		6:40.00	198701451					6:16.59	
50m:	37.86	37.86	150m:	2:16.04	49.78	250m:	3:59.02	52.17	350m:	5:34.72	42.19
100m:	1:26.26	48.40	200m:	3:06.85	50.81	300m:	4:52.53	53.51	400m:	6:16.59	41.87
DIS Stefan van de Grift		Swol 1894		5:45.27	198701121						
<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>											
50m:	33.72	33.72	150m:	1:59.83	44.23	250m:	3:27.91	43.66	350m:	4:51.57	38.71
100m:	1:15.60	41.88	200m:	2:44.25	44.42	300m:	4:12.86	44.95	400m:		

D30+, Dames

1. Jacyntha Plat		Steenwijk 1934		6:00.00	199002956					5:43.93	
50m:	34.02	34.02	150m:	2:00.84	44.66	250m:	3:32.97	46.97	350m:	5:03.52	41.77
100m:	1:16.18	42.16	200m:	2:46.00	45.16	300m:	4:21.75	48.78	400m:	5:43.93	40.41
2. Liesbeth van Mill		Zwemlust- den Hommel		5:54.57	198702786					5:56.13	
50m:	38.60	38.60	150m:	2:10.83	46.30	250m:	3:44.55	47.80	350m:	5:15.16	42.05
100m:	1:24.53	45.93	200m:	2:56.75	45.92	300m:	4:33.11	48.56	400m:	5:56.13	40.97
3. Petra Zandstra		Isis		6:55.00	199006248					6:58.35	
50m:	43.21	43.21	150m:	2:36.73	57.42	250m:	4:27.84	53.66	350m:	6:11.73	48.53
100m:	1:39.31	56.10	200m:	3:34.18	57.45	300m:	5:23.20	55.36	400m:	6:58.35	46.62
DIS Esther de With		HZ&PC Heerenveen		8:00.00	199005646						
<i>VH - Niet met twee handen gelijktijdig keer- en/of eindpunt aangetikt.</i>											
50m:	54.06	54.06	150m:	3:00.49	1:02.63	250m:	5:08.28	1:04.75	350m:	7:03.18	50.75
100m:	1:57.86	1:03.80	200m:	4:03.53	1:03.04	300m:	6:12.43	1:04.15	400m:		

H35+, Heren

1. Mark Brinkhuis		TriVia		6:39.58	198302609					6:55.67	
50m:	41.60	41.60	150m:	2:33.36	59.79	250m:	4:27.13	51.94	350m:	6:06.89	47.50
100m:	1:33.57	51.97	200m:	3:35.19	1:01.83	300m:	5:19.39	52.26	400m:	6:55.67	48.78

H40+, Heren

1. Casper Hut		HZ&PC Heerenveen		5:03.22	197800471					5:02.86	
50m:	30.03	30.03	150m:	1:46.40	40.68	250m:	3:10.68	43.34	350m:	4:29.25	35.14
100m:	1:05.72	35.69	200m:	2:27.34	40.94	300m:	3:54.11	43.43	400m:	5:02.86	33.61
2. Jos Timmermans		ZPC Stadskanaal		6:30.00	197901223					5:51.31	
50m:	33.30	33.30	150m:	1:59.42	46.08	250m:	3:34.83	50.63	350m:		
100m:	1:13.34	40.04	200m:	2:44.20	44.78	300m:	4:25.96	51.13	400m:	5:51.31	
3. Rogier van Gent		Ijzpc		6:20.00	198000405					6:27.65	
50m:	36.18	36.18	150m:	2:10.71	49.36	250m:	3:54.08	53.53	350m:	5:39.03	49.71
100m:	1:21.35	45.17	200m:	3:00.55	49.84	300m:	4:49.32	55.24	400m:	6:27.65	48.62

D40+, Dames

1. Monique Boets		ZPC Stadskanaal		6:20.03	197600230					6:06.00	
50m:	35.92	35.92	150m:	2:09.89	46.61	250m:	3:51.12	53.52	350m:	5:26.36	42.24
100m:	1:23.28	47.36	200m:	2:57.60	47.71	300m:	4:44.12	53.00	400m:	6:06.00	39.64
2. Anuschka Glazema-Boelema		ZPC Stadskanaal		7:03.55	197701166					6:24.27	
50m:	38.40	38.40	150m:	2:17.95	52.92	250m:	4:00.59	52.60	350m:	5:40.57	45.17
100m:	1:25.03	46.63	200m:	3:07.99	50.04	300m:	4:55.40	54.81	400m:	6:24.27	43.70
3. Jannie Vennik		HZ&PC Heerenveen		6:35.13	197601006					6:39.68	
50m:	45.46	45.46	150m:	2:33.15	52.16	250m:	4:21.00	54.61	350m:	5:58.38	41.50
100m:	1:40.99	55.53	200m:	3:26.39	53.24	300m:	5:16.88	55.88	400m:	6:39.68	41.30



Zuyderzee Masters Circuit 2019-2020 deel 6 Heerenveen, 8-2-2020

Programmanr. 3, Dames, 400m wisselslag, D40+

rang	naam	vereniging	intijd	klasse	tijd			
4.	Gea van der Schaaf	Deltasteur	7:00.00	197901558	6:41.01			
	50m: 45.72	45.72	150m: 2:24.50	44.66	250m: 4:10.35	1:00.37	350m: 5:56.93	45.76
	100m: 1:39.84	54.12	200m: 3:09.98	45.48	300m: 5:11.17	1:00.82	400m: 6:41.01	44.08
5.	Inge Roskam	De Duinkickers	7:50.00	197801296	7:17.65			
	50m: 44.65	44.65	150m: 2:41.24	1:01.95	250m: 4:39.15	58.22	350m: 6:28.55	50.59
	100m: 1:39.29	54.64	200m: 3:40.93	59.69	300m: 5:37.96	58.81	400m: 7:17.65	49.10
6.	Saskia op den Velde	De Duinkickers	7:50.94	197901530	7:41.94			
	50m: 48.53	48.53	150m: 2:43.86	58.82	250m: 4:46.18	1:00.47	350m: 6:45.24	54.49
	100m: 1:45.04	56.51	200m: 3:45.71	1:01.85	300m: 5:50.75	1:04.57	400m: 7:41.94	56.70

H45+, Heren

1.	Kees Bakker	Gay Swim Amsterdam	5:40.00	197501055	5:33.71			
	50m: 35.71	35.71	150m: 2:00.50	42.97	250m: 3:30.92	47.97	350m: 4:57.43	38.39
	100m: 1:17.53	41.82	200m: 2:42.95	42.45	300m: 4:19.04	48.12	400m: 5:33.71	36.28
2.	Erwin Zuijdervelt	AZ&PC De Futen	6:01.31	197501015	5:58.41			
	50m: 37.14	37.14	150m: 2:09.59	46.72	250m: 3:48.46	53.11	350m: 5:21.56	38.88
	100m: 1:22.87	45.73	200m: 2:55.35	45.76	300m: 4:42.68	54.22	400m: 5:58.41	36.85

D45+, Dames

1.	Evelien van Klaarbergen	HZ&PC Heerenveen	5:33.47	197200964	5:38.73			
	50m: 35.42	35.42	150m: 2:01.26	42.50	250m: 3:32.86	47.99	350m: 5:00.86	38.56
	100m: 1:18.76	43.34	200m: 2:44.87	43.61	300m: 4:22.30	49.44	400m: 5:38.73	37.87
2.	Annet Kootstra	Swol 1894	6:59.99	197100344	7:05.96			
	50m: 48.95	48.95	150m: 2:39.63	56.91	250m: 4:32.71	58.06	350m: 6:19.18	47.30
	100m: 1:42.72	53.77	200m: 3:34.65	55.02	300m: 5:31.88	59.17	400m: 7:05.96	46.78
3.	Henriette Driesen-Joanknecht	Aqua-Novio '94	7:58.80	197101056	7:33.22			
	50m: 48.64	48.64	150m: 2:48.93	1:02.95	250m: 4:47.79	56.39	350m: 6:40.29	53.59
	100m: 1:45.98	57.34	200m: 3:51.40	1:02.47	300m: 5:46.70	58.91	400m: 7:33.22	52.93
4.	Sylvia Tetteroo	Ijzpc	9:20.00	197300476	9:07.40			
	50m: 58.86	58.86	150m: 3:15.56	1:08.08	250m: 5:41.09	1:15.70	350m: 8:00.78	1:04.97
	100m: 2:07.48	1:08.62	200m: 4:25.39	1:09.83	300m: 6:55.81	1:14.72	400m: 9:07.40	1:06.62

H50+, Heren

1.	Richard Hill	De Duinkickers	7:24.08	196601651	7:21.74			
	50m: 44.25	44.25	150m: 3:25.24	1:51.94	250m: 5:35.18	1:06.71	350m: 6:28.53	53.62
	100m: 1:33.30	49.05	200m: 4:28.47	1:03.23	300m: 5:35.18	1:06.71	400m: 7:21.74	53.21
2.	Arnold Jonker	HZ&PC Heerenveen	8:00.00	197000529	7:53.23			
	50m: 51.36	51.36	150m: 2:55.95	1:01.73	250m: 5:03.86	1:06.50	350m: 5:53.23	53.23
	100m: 1:54.22	1:02.86	200m: 3:57.36	1:01.41	300m: 6:10.71	1:06.85	400m: 7:53.23	53.23

D50+, Dames

1.	Bianca Groot	MSV-Zeemacht	6:20.98	197000652	5:59.87			
	50m: 37.71	37.71	150m: 2:13.40	48.07	250m: 3:50.38	50.17	350m: 5:20.84	39.62
	100m: 1:25.33	47.62	200m: 3:00.21	46.81	300m: 4:41.22	50.84	400m: 5:59.87	39.03

H55+, Heren

1.	Ronald Grove	Triton	5:48.77	196100161	5:58.70			
	50m: 37.55	37.55	150m: 2:12.65	48.37	250m: 3:49.09	48.92	350m: 5:18.97	39.40
	100m: 1:24.28	46.73	200m: 3:00.17	47.52	300m: 4:39.57	50.48	400m: 5:58.70	39.73
2.	Robert de Brauwer	De Duinkickers	6:45.00	196401383	6:36.11			
	50m: 41.02	41.02	150m: 2:20.15	50.45	250m: 4:03.72	53.26	350m: 5:47.51	47.59
	100m: 1:29.70	48.68	200m: 3:10.46	50.31	300m: 4:59.92	56.20	400m: 6:36.11	48.60

DIS	Arnold de Rover	AZ&PC De Futen	5:34.74	196400645				
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>							
	50m: 35.89	35.89	150m: 2:03.19	43.72	250m: 3:33.54	47.54	350m: 4:59.48	37.72
	100m: 1:19.47	43.58	200m: 2:46.00	42.81	300m: 4:21.76	48.22	400m: 5:34.74	37.72

DIS	Jan Wierenga	ZV De Aalscholver	6:00.00	196400843				
	<i>SJ - Na start en/of keerpunt een verkeerde arm- en/of beenslag gemaakt.</i>							
	50m: 40.42	40.42	150m: 2:19.69	49.42	250m: 4:01.05	51.96	350m: 5:33.87	40.02
	100m: 1:30.27	49.85	200m: 3:09.09	49.40	300m: 4:53.85	52.80	400m: 6:00.00	40.02



Zuyderzee Masters Circuit 2019-2020 deel 6
Heerenveen, 8-2-2020

Programmanr. 3, 400m wisselslag

D55+, Dames

1. Marjan Remmits	ZPC Woerden	6:07.19	196300518	6:04.28			
50m: 38.16	38.16	150m: 2:11.55	46.55	250m: 3:50.74	53.15	350m: 5:23.66	41.71
100m: 1:25.00	46.84	200m: 2:57.59	46.04	300m: 4:41.95	51.21	400m: 6:04.28	40.62
2. Wilna Heijman	Steenwijk 1934	6:18.73	196400506	6:31.15			
50m: 40.62	40.62	150m: 2:22.11	52.45	250m: 4:08.33	57.05	350m: 5:49.75	43.48
100m: 1:29.66	49.04	200m: 3:11.28	49.17	300m: 5:06.27	57.94	400m: 6:31.15	41.40
3. Petra Tossings	Daw	6:34.76	196100376	6:31.66			
50m: 43.85	43.85	150m: 2:25.78	50.83	250m: 4:10.91	55.52	350m: 5:49.07	44.38
100m: 1:34.95	51.10	200m: 3:15.39	49.61	300m: 5:04.69	53.78	400m: 6:31.66	42.59

H60+, Heren

1. Marten de Groot	HZ&PC Heerenveen	5:51.50	195800149	5:49.08			
50m: 36.50	36.50	150m: 2:07.23	47.84	250m: 3:44.24	51.30	350m: 5:13.85	38.04
100m: 1:19.39	42.89	200m: 2:52.94	45.71	300m: 4:35.81	51.57	400m: 5:49.08	35.23
2. Paul Bunnik	Triton	6:15.47	195600413	6:15.88			
50m: 38.00	38.00	150m: 2:14.34	50.06	250m: 3:56.23	53.00	350m: 5:34.06	44.03
100m: 1:24.28	46.28	200m: 3:03.23	48.89	300m: 4:50.03	53.80	400m: 6:15.88	41.82
3. Marius Ros	Zcnf'34	6:43.99	195900779	7:09.68			
50m: 53.08	53.08	150m: 2:53.33	59.79	250m: 4:45.50	55.89	350m: 6:28.01	44.51
100m: 1:53.54	1:00.46	200m: 3:49.61	56.28	300m: 5:43.50	58.00	400m: 7:09.68	41.67
DIS Pier van der Sluis	SG FZC54-De Vikings 1	NT	195900757				
<i>VD - Schoolslagbenen gezwommen of andere stuwende beweging in het horizontale vlak.</i>							
50m: 50.52	50.52	150m: 2:49.59	1:00.52	250m: 4:47.45	56.04	350m: 6:30.93	47.10
100m: 1:49.07	58.55	200m: 3:51.41	1:01.82	300m: 5:43.83	56.38	400m:	

D60+, Dames

1. Marijke Kraak-Beckers	WS Twente 1	7:05.00	196000240	6:58.64			
50m: 42.50	42.50	150m: 2:32.23	59.43	250m: 4:26.83	59.75	350m: 6:14.23	47.26
100m: 1:32.80	50.30	200m: 3:27.08	54.85	300m: 5:26.97	1:00.14	400m: 6:58.64	44.41
2. Linda Wibbelink	Steenwijk 1934	7:00.00	195900158	7:00.40			
50m: 45.02	45.02	150m: 2:35.20	55.76	250m: 4:29.33	59.91	350m: 6:15.75	46.32
100m: 1:39.44	54.42	200m: 3:29.42	54.22	300m: 5:29.43	1:00.10	400m: 7:00.40	44.65
3. Hannie Poletiek	TriVia	7:14.83	195900278	7:22.96			
50m: 48.19	48.19	150m: 2:45.41	55.50	250m: 4:43.12	1:01.47	350m: 6:34.15	49.27
100m: 1:49.91	1:01.72	200m: 3:41.65	56.24	300m: 5:44.88	1:01.76	400m: 7:22.96	48.81
4. Betsie Klompmaker-Mulder	Noord-Veluwe	10:28.37	195900200	10:30.34			
50m: 1:29.35	1:29.35	150m: 4:31.65	1:08.86	250m: 7:06.86	1:27.22	350m: 9:33.03	59.25
100m: 3:22.79	1:53.44	200m: 5:39.64	1:07.99	300m: 8:33.78	1:26.92	400m: 10:30.34	57.31

D65+, Dames

1. Margriet Pasma	TriVia	7:01.70	195500088	6:58.47			
<i>NMR</i>							
50m: 50.55	50.55	150m: 2:41.61	51.63	250m: 4:31.49	59.22	350m: 6:15.83	45.52
100m: 1:49.98	59.43	200m: 3:32.27	50.66	300m: 5:30.31	58.82	400m: 6:58.47	42.64
2. Ineke Meijer	HZ&PC Heerenveen	9:00.00	195200034	8:54.86			
50m: 1:06.40	1:06.40	150m: 3:31.35	1:04.17	250m: 5:48.13	1:10.67	350m: 8:00.78	58.25
100m: 2:27.18	1:20.78	200m: 4:37.46	1:06.11	300m: 7:02.53	1:14.40	400m: 8:54.86	54.08

D70+, Dames

1. Antoinette Gilding-Tussaud	WS Twente 1	8:49.95	195000038	8:42.71			
<i>NMR</i>							
50m: 1:02.78	1:02.78	150m: 3:16.27	1:02.83	250m: 5:30.76	1:14.74	350m: 7:44.45	58.28
100m: 2:13.44	1:10.66	200m: 4:16.02	59.75	300m: 6:46.17	1:15.41	400m: 8:42.71	58.26