



Zuyderzee Masters Circuit 2023-24
Heerenveen, 10-2-2024

Programmanr. 3
10-2-2024 - 14:10

400m wisselslag

20 - 89 jaar
Resultaten

Baanrecords Sportstad Heerenveen	4:31.18	Rowan Keen	Heerenveen	18-11-2018
Baanrecords Sportstad Heerenveen	4:58.82	Alinda Dingshoff	Heerenveen	18-11-2018

Punten: FINA 2023

Rang			Geb.					Tijd	Pnt
Masters 20+, Heren									
1.	Maurice Pater		02	Gzvw				5:12.42	424
	50m: 28.88	28.88	150m: 1:45.13	41.26	250m: 3:10.27	45.15	350m: 4:35.54	36.87	
	100m: 1:03.87	34.99	200m: 2:25.12	39.99	300m: 3:58.67	48.40	400m: 5:12.42	36.88	
2.	Declan Drost		01	De Hokseberg				5:51.93	297
	50m: 34.94	34.94	150m: 2:03.56	47.47	250m: 3:40.29	50.94	350m: 5:13.41	41.60	
	100m: 1:16.09	41.15	200m: 2:49.35	45.79	300m: 4:31.81	51.52	400m: 5:51.93	38.52	
3.	Carsten Bruinink		03	Noord-Veluwe				6:15.72	244
	50m: 43.66	43.66	150m: 2:26.11	46.70	250m: 4:03.35	52.82	350m: 5:37.08	40.20	
	100m: 1:39.41	55.75	200m: 3:10.53	44.42	300m: 4:56.88	53.53	400m: 6:15.72	38.64	
4.	Lars Bruinink		03	Noord-Veluwe				6:24.41	227
	50m: 47.16	47.16	150m: 2:31.37	48.54	250m: 4:12.18	55.29	350m: 5:46.71	39.40	
	100m: 1:42.83	55.67	200m: 3:16.89	45.52	300m: 5:07.31	55.13	400m: 6:24.41	37.70	

Masters 20+, Dames

1.	Ilse Valk		00	Het Ravijn				5:48.90	408
	50m: 35.36	35.36	150m: 2:04.85	45.78	250m: 3:41.59	50.14	350m: 5:10.96	39.33	
	100m: 1:19.07	43.71	200m: 2:51.45	46.60	300m: 4:31.63	50.04	400m: 5:48.90	37.94	

Masters 25+, Heren

1.	Erwin Pras		96	Gzvw				5:23.34	382
	50m: 31.26	31.26	150m: 1:50.70	41.91	250m: 3:20.12	48.23	350m: 4:46.48	38.01	
	100m: 1:08.79	37.53	200m: 2:31.89	41.19	300m: 4:08.47	48.35	400m: 5:23.34	36.86	
2.	Jordi de Nijs		98	MSV-Zeemacht				5:26.30	372
	50m: 29.60	29.60	150m: 1:46.22	41.35	250m: 3:15.31	46.74	350m: 4:44.77	40.82	
	100m: 1:04.87	35.27	200m: 2:28.57	42.35	300m: 4:03.95	48.64	400m: 5:26.30	41.53	
3.	Hugo Herbers		95	Swol 1894				5:31.36	355
	50m: 34.04	34.04	150m: 1:56.70	42.27	250m: 3:26.01	46.91	350m: 4:52.95	38.42	
	100m: 1:14.43	40.39	200m: 2:39.10	42.40	300m: 4:14.53	48.52	400m: 5:31.36	38.41	
4.	Mark Veldman		95	Swol 1894				5:48.45	306
	50m: 31.67	31.67	150m: 1:57.47	47.43	250m: 3:31.41	48.42	350m: 5:06.69	44.43	
	100m: 1:10.04	38.37	200m: 2:42.99	45.52	300m: 4:22.26	50.85	400m: 5:48.45	41.76	

Masters 25+, Dames

1.	Tamara Grove		96	De Dolfijn				5:12.39	569
	50m: 33.04	33.04	150m: 1:52.14	40.83	250m: 3:16.57	44.74	350m: 4:37.82	34.95	
	100m: 1:11.31	38.27	200m: 2:31.83	39.69	300m: 4:02.87	46.30	400m: 5:12.39	34.57	

Masters 30+, Heren

1.	Tim Bunnik		90	Triton				5:05.91	452
	50m: 32.78	32.78	150m: 1:49.19	38.09	250m: 3:11.60	44.97	350m: 4:31.65	34.99	
	100m: 1:11.10	38.32	200m: 2:26.63	37.44	300m: 3:56.66	45.06	400m: 5:05.91	34.26	
2.	Huib Scholing		93	Swol 1894				5:32.94	350
	50m: 34.61	34.61	150m: 1:59.43	44.48	250m: 3:31.03	47.50	350m: 4:56.84	38.49	
	100m: 1:14.95	40.34	200m: 2:43.53	44.10	300m: 4:18.35	47.32	400m: 5:32.94	36.10	
3.	Sander Riezebos		94	WS Twente				5:41.15	326
	50m: 33.21	33.21	150m: 1:59.40	45.65	250m: 3:33.84	50.87	350m: 5:03.86	38.57	
	100m: 1:13.75	40.54	200m: 2:42.97	43.57	300m: 4:25.29	51.45	400m: 5:41.15	37.29	



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Programmanr. 3, Heren, 400m wisselslag, Masters 30+

Rang				Geb.					Tijd	Pnt		
4.	Patrick Graver			94	Gzww				6:17.43	240		
	50m:	37.57	37.57	150m:	2:14.14	49.64	250m:	3:55.11	52.35	350m:	5:34.80	45.45
	100m:	1:24.50	46.93	200m:	3:02.76	48.62	300m:	4:49.35	54.24	400m:	6:17.43	42.63
5.	Cars Wiegmann			94	WS Twente				6:23.16	230		
	50m:	36.22	36.22	150m:	2:11.24	49.64	250m:	3:58.44	59.34	350m:	5:41.11	44.14
	100m:	1:21.60	45.38	200m:	2:59.10	47.86	300m:	4:56.97	58.53	400m:	6:23.16	42.05
6.	Richard Heijnen			91	Polaris				6:40.54	201		
	50m:	44.75	44.75	150m:	2:26.03	48.18	250m:	4:15.20	1:00.33	350m:	5:58.44	43.81
	100m:	1:37.85	53.10	200m:	3:14.87	48.84	300m:	5:14.63	59.43	400m:	6:40.54	42.10

Masters 30+, Dames

1.	Beau Rijpers			94	Swol 1894				6:12.85	334		
	50m:	41.58	41.58	150m:	2:16.81	47.34	250m:	3:55.66	51.73	350m:	5:31.54	42.92
	100m:	1:29.47	47.89	200m:	3:03.93	47.12	300m:	4:48.62	52.96	400m:	6:12.85	41.31
2.	Getrude Corporaal			92	Steenwijk 1934				6:14.15	331		
	50m:	36.78	36.78	150m:	2:11.80	47.72	250m:	3:55.45	54.73	350m:	5:34.60	42.27
	100m:	1:24.08	47.30	200m:	3:00.72	48.92	300m:	4:52.33	56.88	400m:	6:14.15	39.55
3.	Miranda Bijzitter			90	Zcnf'34				6:15.41	328		
	50m:	41.57	41.57	150m:	2:17.39	46.22	250m:	3:54.90	52.27	350m:	5:32.70	44.04
	100m:	1:31.17	49.60	200m:	3:02.63	45.24	300m:	4:48.66	53.76	400m:	6:15.41	42.71
4.	Chantal Lokhorst			94	Aqualero				6:39.94	271		
	50m:	40.26	40.26	150m:	2:21.05	50.40	250m:	4:07.78	57.98	350m:	5:53.61	47.80
	100m:	1:30.65	50.39	200m:	3:09.80	48.75	300m:	5:05.81	58.03	400m:	6:39.94	46.33
5.	Suzanne Mulder			93	Gzww				7:05.42	225		
	50m:	43.61	43.61	150m:	2:32.47	52.32	250m:	4:26.59	1:01.43	350m:	6:17.83	47.72
	100m:	1:40.15	56.54	200m:	3:25.16	52.69	300m:	5:30.11	1:03.52	400m:	7:05.42	47.59
6.	Janneke Wynia			90	WS Twente				7:30.05	190		
	50m:	52.78	52.78	150m:	2:51.55	59.80	250m:	4:50.50	59.25	350m:	6:41.20	50.63
	100m:	1:51.75	58.97	200m:	3:51.25	59.70	300m:	5:50.57	1:00.07	400m:	7:30.05	48.85

Masters 40+, Heren

1.	René van Dijk			84	ZPC Isis				6:33.11	213		
	50m:	43.43	43.43	150m:	2:26.03	50.76	250m:	4:11.87	56.34	350m:	5:50.90	42.79
	100m:	1:35.27	51.84	200m:	3:15.53	49.50	300m:	5:08.11	56.24	400m:	6:33.11	42.21

Masters 40+, Dames

1.	Agnes Steenwijk			83	SG Octopus - ZVV				7:00.12	234		
	50m:	42.54	42.54	150m:	2:26.56	52.21	250m:	4:19.23	1:00.76	350m:	6:13.34	50.98
	100m:	1:34.35	51.81	200m:	3:18.47	51.91	300m:	5:22.36	1:03.13	400m:	7:00.12	46.78

Masters 45+, Heren

1.	Tjebbe Joosten			76	Thor				6:09.77	256		
	50m:	37.82	37.82	150m:	2:10.58	47.39	250m:	3:50.20	53.41	350m:	5:29.58	43.83
	100m:	1:23.19	45.37	200m:	2:56.79	46.21	300m:	4:45.75	55.55	400m:	6:09.77	40.19
2.	Erwin Zuidervelt			75	De Futen				6:16.57	242		
	50m:	37.67	37.67	150m:	2:14.54	48.94	250m:	3:56.79	55.12	350m:	5:34.50	42.94
	100m:	1:25.60	47.93	200m:	3:01.67	47.13	300m:	4:51.56	54.77	400m:	6:16.57	42.07



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Masters 50+, Heren

1. Korstiaan de Boer	71	Steenwijk 1934	6:09.28	257	
50m: 39.39 39.39	150m: 2:11.27	46.03 250m: 3:49.43	52.72	350m: 5:28.56	45.01
100m: 1:25.24 45.85	200m: 2:56.71	45.44 300m: 4:43.55	54.12	400m: 6:09.28	40.72

Masters 50+, Dames

1. Lidia v. Bon-Rosenbrand	70	Zpc Amersfoort	5:59.38	374	
50m: 35.92 35.92	150m: 2:04.65	48.22 250m: 3:45.34	49.85	350m: 5:17.61	41.45
100m: 1:16.43 40.51	200m: 2:55.49	50.84 300m: 4:36.16	50.82	400m: 5:59.38	41.77
2. Grietje van der Hoek	74	Z & PC Triton Putten	8:41.68	122	
50m: 1:04.26 1:04.26	150m: 3:29.73	1:09.05 250m: 5:44.66	1:09.52	350m: 7:50.64	54.71
100m: 2:20.68 1:16.42	200m: 4:35.14	1:05.41 300m: 6:55.93	1:11.27	400m: 8:41.68	51.04

Masters 55+, Dames

1. Laura Staal	67	Oceanus	6:36.39	278	
50m: 44.55 44.55	150m: 2:23.87	49.41 250m: 4:09.17	57.24	350m: 5:51.38	45.83
100m: 1:34.46 49.91	200m: 3:11.93	48.06 300m: 5:05.55	56.38	400m: 6:36.39	45.01
2. Hetty Smalheer	67	Sport Club Oude Maas	7:40.37	177	
50m: 52.74 52.74	150m: 2:52.78	59.01 250m: 4:55.47	1:04.16	350m: 6:48.49	51.34
100m: 1:53.77 1:01.03	200m: 3:51.31	58.53 300m: 5:57.15	1:01.68	400m: 7:40.37	51.88

Masters 60+, Heren

1. Ronald Grove	61	Triton	6:24.31	228	
50m: 40.68 40.68	150m: 2:22.72	52.86 250m: 4:07.15	53.47	350m: 5:43.14	41.93
100m: 1:29.86 49.18	200m: 3:13.68	50.96 300m: 5:01.21	54.06	400m: 6:24.31	41.17
2. Jan Smalheer	64	Sport Club Oude Maas	7:05.30	168	
50m: 45.96 45.96	150m: 2:32.24	54.93 250m: 4:26.83	1:00.49	350m: 6:17.70	47.20
100m: 1:37.31 51.35	200m: 3:26.34	54.10 300m: 5:30.50	1:03.67	400m: 7:05.30	47.60

Masters 65+, Dames

1. Hannie Poletiek	59	TriVia	7:48.17	169	
50m: 54.08 54.08	150m: 2:55.47	58.67 250m: 4:58.24	1:03.72	350m: 6:55.01	52.24
100m: 1:56.80 1:02.72	200m: 3:54.52	59.05 300m: 6:02.77	1:04.53	400m: 7:48.17	53.16
2. Betsie Klompmaker-Mulder	59	Noord-Veluwe	10:57.27	61	
50m: 1:29.92 1:29.92	150m: 4:48.54	1:11.37 250m: 7:27.16	1:25.59	350m: 9:56.16	1:00.99
100m: 3:37.17 2:07.25	200m: 6:01.57	1:13.03 300m: 8:55.17	1:28.01	400m: 10:57.27	1:01.11

Masters 70+, Dames

1. Antoinette Gilding-Tussaud	50	WS Twente	9:10.62	104	
50m: 1:06.81 1:06.81	150m: 3:30.53	1:05.04 250m: 5:52.63	1:18.59	350m: 8:09.68	1:00.69
100m: 2:25.49 1:18.68	200m: 4:34.04	1:03.51 300m: 7:08.99	1:16.36	400m: 9:10.62	1:00.94