



ZMC deel 2 2025 Heerenveen
Heerenveen, 15-2-2025

Programmanr. 1
15-2-2025 - 14:15

100m rugslag

Gebjr 1931 - 2005
Resultaten

rang	naam	vereniging	intijd		tijd	RT	50m	100m
Masters 20+, Heren								
1.	Declan Drost	De Hokseberg	1:14.95	200100203	1:15.16		36.30	38.86
Masters 20+, Dames								
1.	Cynthia Koolman	Steenwijk 1934	1:11.83	200300232	1:17.42		37.28	40.14
2.	Romée Beverdam	WS Twente	1:22.10	200100158	1:18.35		37.73	40.62
3.	Luka Stoker	ZPC de Kanaalstreek	1:19.03	200200558	1:19.07		38.42	40.65
4.	Amelina Stevens	Azuro	1:23.23	200402740	1:19.61		38.22	41.39
5.	Ilse Wild	SG Octopus - ZVV	1:17.00	200401812	1:20.01		37.42	42.59
6.	Chaïra Scholte	Z&PC de Inktvis	1:17.18	200304478	1:20.10		38.58	41.52
7.	Nynke Jansen	Batavia Swim	1:19.88	200404914	1:20.21		38.24	41.97
8.	Amber Westerink	De Hokseberg	1:23.02	200401078	1:25.45		40.16	45.29
Masters 25+, Dames								
1.	Rosalie Baarda	Orca Leeuwarden	1:15.50	199903460	1:16.01		36.05	39.96
2.	Marleen Hof	WS Twente	1:19.21	199802464	1:18.23		37.37	40.86
3.	M. Zuccaro	Daw	1:27.48	199606894	1:22.61		41.61	41.00
4.	Mirna Wolters	de Plons	1:29.11	199802046	1:26.46		41.89	44.57
5.	M. Wildeboer-Kok	H2Oldambt	1:36.08	199602674	1:37.60		46.49	51.11
6.	Sylvia Hidding	H2Oldambt	1:57.38	199603886	1:57.54		58.78	58.76
Masters 25+, Heren								
1.	Mathieu Boers	WS Twente	1:06.14	199800187	1:06.07		31.97	34.10
2.	Laurens Spoelstra	WS Twente	1:20.03	199901273	1:12.99		34.92	38.07
Masters 30+, Heren								
1.	Huub Scholing	SWOL 1894	1:17.95	199301179	1:13.66		36.38	37.28
2.	Sander Riezebos	WS Twente	1:14.89	199400467	1:13.68		35.43	38.25
3.	Richard Heijnen	ZC Polaris	1:20.44	199107793	1:21.35		39.72	41.63
4.	Patrick Wobben	Steenwijk 1934	1:47.07	199300559	1:37.36		47.03	50.33
Masters 30+, Dames								
1.	Suzanne Mosch	MSV-Zeemacht	1:14.96	199400548	1:16.41		36.56	39.85
2.	N. Wobben-de Vries	Steenwijk 1934	1:21.00	199204328	1:17.32		37.16	40.16
3.	Myrthe Meenhorst	SWOL 1894	1:21.00	199507062	1:18.63		37.35	41.28
4.	Nienke Smidt	WS Twente	1:19.37	199407596	1:18.80		38.23	40.57
5.	Patricia Hof	ZVZwartsuis	NT	199403264	1:19.13		37.78	41.35
6.	Miranda Jonkman	ZPC de Kanaalstreek	1:26.94	199200878	1:28.89		43.35	45.54
Masters 35+, Heren								
1.	Matthew Humphreys	MSV-Zeemacht	1:14.00	198906983	1:15.10		35.92	39.18
2.	Wessel Everloo	WS Twente	1:12.71	198906597	1:16.02	S14 432	37.07	38.95
Masters 35+, Dames								
1.	Jacyntha Plat	Steenwijk 1934	1:10.57	199002956	1:11.41		34.25	37.16
2.	Elmi Roelofsen	SG Octopus - ZVV	1:11.39	199008198	1:12.94		34.26	38.68
3.	Relinda Baas	TriVia	1:18.90	198900144	1:17.18		37.85	39.33
4.	Renske Gazendam	Zuiderzeezwemmers	1:22.69	199001102	1:22.70		40.80	41.90
Masters 40+, Heren								
1.	Albert van Piekeren	SWOL 1894	1:08.51	198401767	1:09.34		33.49	35.85
2.	Gerwin Vonk	De Spatters	1:13.62	198201907	1:10.92		33.73	37.19
3.	Bart Opstal	Daw	1:20.00	8301607	1:18.80		38.64	40.16
4.	Cetin Cetiner	AZ&PC De Futen	1:21.00	198303155	1:19.86		38.76	41.10



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Masters 40+, Dames

1. Annemarie Visser	HZ&PC Heerenveen	2:00.00	198403642	2:05.37	1:00.68	1:04.69
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Masters 45+, Heren

1. Ritsert Boonstra	MSV-Zeemacht	1:23.72	197800139	1:23.50	40.04	43.46
2. Tom Bandsma	Psv	1:24.17	197701625	1:25.55	42.74	42.81
3. Richard Kremer	Azuro	1:21.00	198001871	1:26.11	40.81	45.30
4. Stefan Witwerts	Ksn (Sg)	NT	197902159	1:32.70	45.58	47.12

Masters 45+, Dames

1. Gea van der Schaaf	Deltasteur	1:17.91	197901558	1:17.70	37.46	40.24
2. Alina Spijkerman	Daw	1:18.49	197701220	1:18.51	39.98	38.53
3. Leonie Scholten	Steenwijk 1934	1:24.41	197901560	1:26.14	41.40	44.74
4. Agnes van Brug	Daw	1:27.65	198001726	1:29.73	44.90	44.83
5. Fabiola Bosman	Deltasteur	1:26.27	197701148	1:33.35	44.90	48.45
6. Saskia op den Velde	De Duinkickers	1:38.75	197901530	1:40.92	47.86	53.06
7. Jessica van Velzen	SWOL 1894	1:44.96	197601122	1:46.97	52.71	54.26
8. Wendy van Roemburg	Zuiderzeewemmers	1:50.00	197601214	1:53.75	54.03	59.72

Masters 50+, Heren

1. Kees Bakker	Gay Swim Amsterdam	1:09.00	197501055	1:10.69	34.36	36.33
2. Peter de Vries	HZ&PC Heerenveen	1:28.50	197401601	1:20.32	39.03	41.29
3. Hindrik Meijer	H2Oldambt	1:23.34	197301645	1:21.78	40.00	41.78

Masters 50+, Dames

1. Catherine Hoogeveen	Dz&Pc	1:18.24	197501048	1:19.66	38.21	41.45
2. Marleen Vos	Batavia Swim	1:28.24	197400598	1:23.48	40.82	42.66
3. Trudie van Niejenhuis	TZC Vahalis	1:22.32	197100444	1:24.81	41.50	43.31

Masters 55+, Heren

1. René Beetsma	HZ&PC Heerenveen	1:19.69	196900069	1:15.44	36.81	38.63
2. Marcel Brittijn	De Duinkickers	1:32.51	196900159	1:29.58	44.06	45.52

Masters 55+, Dames

1. Laura Staal	Oceanus	1:25.63	196700358	1:26.07	42.67	43.40
2. Peggi Hurenkamp	HZ&PC Heerenveen	1:27.17	196900922	1:29.38	43.71	45.67
3. Baukje Ipema	HZ&PC Heerenveen	1:55.00	196800964	2:01.12	59.75	1:01.37

Masters 60+, Heren

1. Arnold de Rover	De Berkelduikers	1:14.08	196400645	1:16.41	37.26	39.15
2. Erik Wetsteijn	SWOL 1894	1:21.15	196501019	1:21.16	39.66	41.50
3. Jack Barends	WS Twente	1:31.84	196201011	1:32.36	45.56	46.80

Masters 60+, Dames

1. M. Grove-Lingeman	Triton	1:27.51	196200080	1:26.93	41.87	45.06
DIS Miranda Keijl	Zignea	1:40.09	196500588			

RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.

Masters 65+, Heren

1. Paul Bunnik	Triton	1:26.21	195600413	1:25.04	41.28	43.76
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Masters 65+, Dames

1. Linda Wibbelink	Steenwijk 1934	1:39.09	195900158	1:41.22	49.35	51.87
2. J. Resink-lindeboom	Dwk	1:39.59	196000142	1:43.30	50.76	52.54
3. Monica Bakker	Steenwijk 1934	1:44.23	195600082	1:47.94	52.24	55.70
4. Katinka Elders	HZ&PC Heerenveen	1:46.80	196000292	1:51.17	55.51	55.66



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Masters 70+, Heren

1.	Jos Kamps	Zwemvereniging Hoogland	1:40.74	195100085	1:50.09	51.96	58.13
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Masters 70+, Dames

1.	Christine Nieuwenhuis	SWOL 1894	1:38.00	195100022	1:39.36	48.11	51.25
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Masters 75+, Heren

1.	Mans Buis	SWOL 1894	1:55.80	194700133	1:59.64	1:00.33	59.31
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Masters 80+, Dames

1.	Loekie van Huissteden	Zpc Amersfoort	2:16.06	194500002	2:31.14	1:12.63	1:18.51
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