

2e ZMC Heerenveen
Heerenveen, 14-2-2026

Programmanr. 3
14-2-2026 - 15:00

400m wisselslag

20 - 104 jaar
Resultaten

Baanrecords Sportstad Heerenveen	4:28.13	Wouter Zijlstra	02-008	Heerenveen	6-12-2025
Baanrecords Sportstad Heerenveen	4:49.94	Hedwig Bolt	02-008	Heerenveen	9-11-2024

rang	naam	vereniging	intijd	tijd	RT			
Masters 20+								
1.	Finn Ooijman	WS Twente	5:24.18	200603161	5:17.79 +0,71			
	50m: 32.20	32.20	150m: 1:51.12	40.12	250m: 3:15.75	45.22	350m: 4:41.28	38.00
	100m: 1:11.00	38.80	200m: 2:30.53	39.41	300m: 4:03.28	47.53	400m: 5:17.79	36.51
2.	Rik Stahlie	TriVia	5:16.73	200201915	5:21.98 +0,77			
	50m: 31.77	31.77	150m: 1:53.16	40.65	250m: 3:22.54	50.34	350m: 4:48.34	35.44
	100m: 1:12.51	40.74	200m: 2:32.20	39.04	300m: 4:12.90	50.36	400m: 5:21.98	33.64
3.	Iris Lok	WS Twente	5:50.95	200301094	5:46.55 +0,75			
	50m: 36.84	36.84	150m: 2:03.07	42.51	250m: 3:35.00	50.16	350m: 5:06.73	41.69
	100m: 1:20.56	43.72	200m: 2:44.84	41.77	300m: 4:25.04	50.04	400m: 5:46.55	39.82
4.	Nynke Jansen	Batavia Swim	6:03.51	200404914	6:08.70 +0,74			
	50m: 38.86	38.86	150m: 2:15.46	49.88	250m: 3:54.99	52.00	350m: 5:28.76	40.46
	100m: 1:25.58	46.72	200m: 3:02.99	47.53	300m: 4:48.30	53.31	400m: 6:08.70	39.94
5.	Pien Ooijman	WS Twente	5:56.86	200504500	6:10.34 +0,77			
	50m: 40.67	40.67	150m: 2:15.78	45.25	250m: 3:51.22	51.59	350m: 5:29.96	43.78
	100m: 1:30.53	49.86	200m: 2:59.63	43.85	300m: 4:46.18	54.96	400m: 6:10.34	40.38
6.	Kyra Kootstra	Pwc	6:47.46	200501834	6:28.32 +0,54			
	50m: 42.66	42.66	150m: 2:21.91	48.12	250m: 4:03.01	53.86	350m: 5:45.86	45.97
	100m: 1:33.79	51.13	200m: 3:09.15	47.24	300m: 4:59.89	56.88	400m: 6:28.32	42.46
7.	Inge Kiers	Deltasteur	6:51.15	200505222	6:35.58 +0,90			
	50m: 49.67	49.67	150m: 2:33.76	49.89	250m: 4:17.46	53.81	350m: 5:55.84	44.47
	100m: 1:43.87	54.20	200m: 3:23.85	49.89	300m: 5:11.37	53.91	400m: 6:35.58	39.74
8.	Amber Westerink	De Hokseberg	6:32.78	200401078	6:48.13 +0,80			
	50m: 44.49	44.49	150m: 2:39.84	52.04	250m: 4:25.39	54.54	350m: 6:06.00	44.10
	100m: 1:47.80	1:03.31	200m: 3:30.85	51.01	300m: 5:21.90	56.51	400m: 6:48.13	42.13

Masters 25+

1.	Gerco Kwakkel	Z&PC Hatto-Heim	5:43.36	199800847	5:42.11 +0,85			
	50m: 33.73	33.73	150m: 1:58.90	45.05	250m: 3:30.44	47.28	350m: 5:01.96	43.04
	100m: 1:13.85	40.12	200m: 2:43.16	44.26	300m: 4:18.92	48.48	400m: 5:42.11	40.15
2.	Noël Iris Hettinga	Neptunia '24	6:23.33	200002536	5:52.56			
	50m: 38.90	38.90	150m: 2:13.62	46.78	250m: 3:44.90	46.29	350m: 5:13.91	42.42
	100m: 1:26.84	47.94	200m: 2:58.61	44.99	300m: 4:31.49	46.59	400m: 5:52.56	38.65
3.	Herman Buist	Pwc	5:55.55	199801525	5:55.93 +0,83			
	50m: 31.71	31.71	150m: 2:01.69	48.10	250m: 3:38.59	50.70	350m: 5:14.28	44.13
	100m: 1:13.59	41.88	200m: 2:47.89	46.20	300m: 4:30.15	51.56	400m: 5:55.93	41.65
4.	Rianne van R.	Noord-Veluwe	6:05.89	199702360	6:00.74 +0,82			
	50m: 37.94	37.94	150m: 2:11.91	48.64	250m: 3:50.10	50.12	350m: 5:21.65	41.23
	100m: 1:23.27	45.33	200m: 2:59.98	48.07	300m: 4:40.42	50.32	400m: 6:00.74	39.09
5.	Romée Beverdam	WS Twente	5:56.11	200100158	6:03.97 +0,84			
	50m: 38.22	38.22	150m: 2:08.62	45.08	250m: 3:47.03	53.50	350m: 5:22.93	42.15
	100m: 1:23.54	45.32	200m: 2:53.53	44.91	300m: 4:40.78	53.75	400m: 6:03.97	41.04
6.	Ellen Jager	Pwc	6:30.65	199801384	6:37.75 +0,87			
	50m: 40.27	40.27	150m: 2:21.54	48.48	250m: 4:09.07	59.07	350m: 5:54.03	45.67
	100m: 1:33.06	52.79	200m: 3:10.00	48.46	300m: 5:08.36	59.29	400m: 6:37.75	43.72
7.	Dannique Koolen	Zpc Amersfoort	7:11.70	199904048	7:00.58 +0,75			
	50m: 45.27	45.27	150m: 2:40.60	58.10	250m: 4:33.24	55.63	350m: 6:16.63	45.01
	100m: 1:42.50	57.23	200m: 3:37.61	57.01	300m: 5:31.62	58.38	400m: 7:00.58	43.95

Masters 30+

1.	Tamara Grove	De Dolfijn	5:11.03	199601266	5:19.73 +0,71			
	50m: 33.58	33.58	150m: 1:53.71	41.31	250m: 3:19.53	45.83	350m: 4:42.98	36.34
	100m: 1:12.40	38.82	200m: 2:33.70	39.99	300m: 4:06.64	47.11	400m: 5:19.73	36.75
2.	Erwin Pras	Gzvw	5:23.34	199601781	5:27.17 +0,75			
	50m: 32.14	32.14	150m: 1:52.97	42.64	250m: 3:23.05	47.59	350m: 4:51.09	38.92
	100m: 1:10.33	38.19	200m: 2:35.46	42.49	300m: 4:12.17	49.12	400m: 5:27.17	36.08
3.	Rutger Hoving	Pwc	5:50.50	199503661	5:50.99 +0,77			
	50m: 32.06	32.06	150m: 1:58.30	45.12	250m: 3:35.02	51.72	350m: 5:10.92	41.88
	100m: 1:13.18	41.12	200m: 2:43.30	45.00	300m: 4:29.04	54.02	400m: 5:50.99	40.07
4.	Patrick Graver	Gzvw	6:27.69	199404735	6:22.28 +0,81			
	50m: 37.37	37.37	150m: 2:14.89	49.67	250m: 3:58.11	54.01	350m: 5:38.88	45.60
	100m: 1:25.22	47.85	200m: 3:04.10	49.21	300m: 4:53.28	55.17	400m: 6:22.28	43.40

2e ZMC Heerenveen
Heerenveen, 14-2-2026

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

rang	naam	vereniging	intijd	tijd	RT	
5.	Marjan Rikken	SG Octopus - ZVV	6:33.87	199206114	6:31.82	
	50m: 41.83	41.83 150m: 2:20.99	47.37	250m: 4:05.11	55.74 350m: 5:48.74	46.02
	100m: 1:33.62	51.79 200m: 3:09.37	48.38	300m: 5:02.72	57.61 400m: 6:31.82	43.08
6.	Cars Wiegmann	WS Twente	6:23.16	199401025	6:35.03	+0,77
	50m: 38.77	38.77 150m: 2:18.84	51.75	250m: 4:07.62	57.88 350m: 5:51.55	46.00
	100m: 1:27.09	48.32 200m: 3:09.74	50.90	300m: 5:05.55	57.93 400m: 6:35.03	43.48
7.	Astrid Wibbelink	Steenwijk 1934	6:30.16	199600006	6:41.96	+0,78
	50m: 42.01	42.01 150m: 2:30.40	53.15	250m: 4:15.26	55.15 350m: 5:54.98	47.18
	100m: 1:37.25	55.24 200m: 3:20.11	49.71	300m: 5:07.80	52.54 400m: 6:41.96	46.98
8.	Arnold Hofman	Dz&Pc	6:56.00	199406759	7:12.43	+0,84
	50m: 43.46	43.46 150m: 2:35.43	56.41	250m: 4:31.11	1:02.40 350m: 6:23.82	51.26
	100m: 1:39.02	55.56 200m: 3:28.71	53.28	300m: 5:32.56	1:01.45 400m: 7:12.43	48.61

Masters 35+

1.	Tim Bunnik	Triton	5:01.39	199000505	5:05.32	+0,82	
	50m: 32.31	32.31 150m: 1:48.51	37.54	250m: 3:10.50	43.71 350m: 4:31.24	34.80	
	100m: 1:10.97	38.66 200m: 2:26.79	38.28	300m: 3:56.44	45.94 400m: 5:05.32	34.08	
2.	Wendan Poelstra	TriVia	5:37.89	199102496	5:38.90		
	50m: 35.09	35.09 150m: 2:00.80	43.35	250m: 3:32.73	48.19 350m: 5:00.72	38.48	
	100m: 1:17.45	42.36 200m: 2:44.54	43.74	300m: 4:22.24	49.51 400m: 5:38.90	38.18	
3.	Harry Dijkma	Isis	6:10.00	199100487	5:58.77	+0,69	
	50m: 38.70	38.70 150m: 2:11.68	46.73	250m: 3:49.97	50.79 350m: 5:20.58	39.14	
	100m: 1:24.95	46.25 200m: 2:59.18	47.50	300m: 4:41.44	51.47 400m: 5:58.77	38.19	
4.	Wessel Everloo	WS Twente	5:48.82	198906597	6:09.29	+0,97	96
	50m: 37.96	37.96 150m: 2:11.45	45.15	250m: 3:49.97	55.19 350m: 5:29.12	41.17	
	100m: 1:26.30	48.34 200m: 2:54.78	43.33	300m: 4:47.95	57.98 400m: 6:09.29	40.17	
5.	Richard Heijnen	ZC Polaris	6:37.90	199107793	6:50.39	+0,90	
	50m: 45.41	45.41 150m: 2:31.84	53.08	250m: 4:23.55	1:00.00 350m: 6:07.99	45.14	
	100m: 1:38.76	53.35 200m: 3:23.55	51.71	300m: 5:22.85	59.30 400m: 6:50.39	42.40	
6.	Janneke Wynia	WS Twente	7:31.45	199005500	7:34.24	+1,05	
	50m: 50.58	50.58 150m: 2:51.84	59.25	250m: 4:53.04	1:00.89 350m: 6:44.98	51.54	
	100m: 1:52.59	1:02.01 200m: 3:52.15	1:00.31	300m: 5:53.44	1:00.40 400m: 7:34.24	49.26	

Masters 40+

1.	Marije Jansen	Zpc Amersfoort	6:25.00	198504088	6:02.46	+0,77
	50m: 35.55	35.55 150m: 2:04.49	47.32	250m: 3:47.57	55.89 350m: 5:23.22	41.20
	100m: 1:17.17	41.62 200m: 2:51.68	47.19	300m: 4:42.02	54.45 400m: 6:02.46	39.24
2.	Charlotte M.	Aqualero	8:11.00	198503170	7:37.25	+1,05
	50m: 48.86	48.86 150m: 2:52.16	1:00.85	250m: 4:51.37	1:02.55 350m: 6:46.79	50.58
	100m: 1:51.31	1:02.45 200m: 3:48.82	56.66	300m: 5:56.21	1:04.84 400m: 7:37.25	50.46
3.	Marloes Rebel	WS Twente	7:46.80	198403474	7:51.44	+1,09
	50m: 49.42	49.42 150m: 2:54.25	1:02.16	250m: 5:05.25	1:07.69 350m: 7:02.32	51.98
	100m: 1:52.09	1:02.67 200m: 3:57.56	1:03.31	300m: 6:10.34	1:05.09 400m: 7:51.44	49.12
4.	Sebastiaan de Vos	De Duinkickers	9:09.02	198402481	9:15.43	+1,13
	50m: 57.58	57.58 150m: 3:22.90	1:14.06	250m: 5:46.53	1:13.42 350m: 8:06.85	1:06.65
	100m: 2:08.84	1:11.26 200m: 4:33.11	1:10.21	300m: 7:00.20	1:13.67 400m: 9:15.43	1:08.58

Masters 45+

1.	Marcel Reefhuis	WS Twente	5:46.37	198101381	5:33.37	+0,71
	50m: 34.60	34.60 150m: 1:59.22	42.47	250m: 3:26.80	45.63 350m: 4:54.42	40.23
	100m: 1:16.75	42.15 200m: 2:41.17	41.95	300m: 4:14.19	47.39 400m: 5:33.37	38.95
2.	Harm Jan Otter	Het Ravijn	5:44.69	198101283	5:47.77	+0,77
	50m: 35.47	35.47 150m: 2:07.08	47.17	250m: 3:40.45	47.36 350m: 5:08.36	40.59
	100m: 1:19.91	44.44 200m: 2:53.09	46.01	300m: 4:27.77	47.32 400m: 5:47.77	39.41
3.	Gea van der Schaaf	Deltasteur	6:26.63	197901558	6:31.02	+0,99
	50m: 44.70	44.70 150m: 2:24.30	46.45	250m: 4:08.71	59.17 350m: 5:49.30	42.76
	100m: 1:37.85	53.15 200m: 3:09.54	45.24	300m: 5:06.54	57.83 400m: 6:31.02	41.72
4.	Tom Bandsma	Psv	6:50.60	197701625	6:34.42	
	50m: 45.98	45.98 150m: 2:27.11	47.87	250m: 4:10.57	56.58 350m: 5:51.65	43.86
	100m: 1:39.24	53.26 200m: 3:13.99	46.88	300m: 5:07.79	57.22 400m: 6:34.42	42.77

AFGEM Anuschka G. TriVia 6:52.49 197701166

2e ZMC Heerenveen
Heerenveen, 14-2-2026

Programmanr. 3, 400m wisselslag

Masters 50+

1.	Marleen Gerringa-Vos	Batavia Swim	5:53.45	197400598		5:56.09		
	50m: 38.06	38.06	150m: 2:09.36	45.51	250m: 3:45.34	49.98	350m: 5:15.90	40.82
	100m: 1:23.85	45.79	200m: 2:55.36	46.00	300m: 4:35.08	49.74	400m: 5:56.09	40.19
2.	Marcel van Walt van Praag	Gay Swim Amsterdam	6:45.00	197501425		6:48.99	+0,81	
	50m: 41.93	41.93	150m: 2:28.20	55.52	250m: 4:20.92	58.46	350m: 6:05.29	46.84
	100m: 1:32.68	50.75	200m: 3:22.46	54.26	300m: 5:18.45	57.53	400m: 6:48.99	43.70

Masters 55+

1.	Lidia v. Bon-Rosenbrand	Zpc Amersfoort	5:45.52	197000054		5:54.62	+0,88	
	50m: 36.76	36.76	150m: 2:06.18	47.65	250m: 3:44.30	49.52	350m: 5:15.24	40.68
	100m: 1:18.53	41.77	200m: 2:54.78	48.60	300m: 4:34.56	50.26	400m: 5:54.62	39.38
2.	Gerhard Knol	ZV De Aalscholver	6:45.00	197100483		6:36.86	+0,93	
	50m: 44.89	44.89	150m: 2:26.40	49.75	250m: 4:11.42	53.87	350m: 5:52.48	44.53
	100m: 1:36.65	51.76	200m: 3:17.55	51.15	300m: 5:07.95	56.53	400m: 6:36.86	44.38

AFGEM Bianca Groot MSV-Zeemacht 6:38.45 197000652

Masters 60+

1.	Jan Wierenga	ZV De Aalscholver	6:50.00	196400843		6:28.88	+0,82	
	50m: 42.47	42.47	150m: 2:26.86	50.49	250m: 4:10.78	53.67	350m: 5:46.98	41.25
	100m: 1:36.37	53.90	200m: 3:17.11	50.25	300m: 5:05.73	54.95	400m: 6:28.88	41.90
2.	Hans Westerhof	WS Twente	6:25.87	196200743		7:13.21	+0,88	
	50m: 42.22	42.22	150m: 2:24.91	53.54	250m: 4:26.70	1:07.38	350m: 6:27.14	50.15
	100m: 1:31.37	49.15	200m: 3:19.32	54.41	300m: 5:36.99	1:10.29	400m: 7:13.21	46.07

Masters 65+

1.	Marten de Groot	HZ&PC Heerenveen	6:34.18	195800149		6:44.78	+0,94	
	50m: 43.94	43.94	150m: 2:36.31	54.59	250m: 4:24.64	57.00	350m: 6:03.00	42.21
	100m: 1:41.72	57.78	200m: 3:27.64	51.33	300m: 5:20.79	56.15	400m: 6:44.78	41.78
2.	Hannie Poletiek	TriVia	7:44.97	195900278		7:54.98	+1,03	
	50m: 53.11	53.11	150m: 2:59.17	1:01.46	250m: 5:06.41	1:05.98	350m: 7:02.11	51.48
	100m: 1:57.71	1:04.60	200m: 4:00.43	1:01.26	300m: 6:10.63	1:04.22	400m: 7:54.98	52.87
3.	Betsie K.	Noord-Veluwe	11:30.00	195900200		11:46.04	+1,00	
	50m: 1:47.60	1:47.60	150m: 5:25.07	1:11.83	250m: 8:12.69	1:34.87	350m: 10:43.74	1:01.71
	100m: 4:13.24	2:25.64	200m: 6:37.82	1:12.75	300m: 9:42.03	1:29.34	400m: 11:46.04	1:02.30

Masters 70+

1.	Margriet Pasma	TriVia	7:19.31	195500088		7:23.53	+1,15	
	50m: 52.79	52.79	150m: 2:49.22	54.60	250m: 4:46.09	1:02.66	350m: 6:36.57	46.55
	100m: 1:54.62	1:01.83	200m: 3:43.43	54.21	300m: 5:50.02	1:03.93	400m: 7:23.53	46.96

DIS Jaap Vis TriVia 7:44.97 195600515
RF - Nadat het contact met de wand is verbroken na het keerpunt de rugligging niet aangenomen.