

ZMC deel1 Kampen
Kampen, 7-10-2017

Programmanr. 1 200m vrije slag 20 jaar en ouder
7-10-2017 - 16:30 Resultaten

Punten: FINA 2017

| Rang | Geb. | Tijd | Pnt |
|-----------------------------|-------------------------|----------------|-----|
| Masters 20+, Dames | | | |
| 1. Tamara, GROVE | 96 De Dolfijn | 2:07.63 | 653 |
| 100m: 1:02.89 200m: 1:04.74 | | | |
| 2. Sigrit, AARTEN | 93 Deltasteur | 2:27.16 | 426 |
| 100m: 1:10.51 200m: 1:16.65 | | | |
| 3. Daphne, SPREEN | 96 ZV ZZG De Boskickers | 2:29.49 | 406 |
| 100m: 1:11.77 200m: 1:17.72 | | | |
| 4. Veronique, van der VELDE | 96 WS Twente | 2:36.16 | 357 |
| 100m: 1:15.57 200m: 1:20.59 | | | |
| 5. Nienke, FUITE | 95 Deltasteur | 2:41.89 | 320 |
| 100m: 1:16.85 200m: 1:25.04 | | | |
| 6. Annemiek, van VEEN | 93 Dedemsvaart-AC | 3:18.87 | 172 |
| 100m: 1:33.70 200m: 1:45.17 | | | |
| Masters 25+, Heren | | | |
| 1. Tim, BUNNIK | 90 WZ&PC Triton | 2:06.08 | 489 |
| 100m: 1:01.36 200m: 1:04.72 | | | |
| 2. Herman, HOFMAN | 90 ZV ZZG De Boskickers | 2:10.54 | 441 |
| 100m: 1:02.57 200m: 1:07.97 | | | |
| 3. Jordie, BATS | 89 Deltasteur | 3:07.32 | 149 |
| 100m: 1:23.92 200m: 1:43.40 | | | |
| Masters 25+, Dames | | | |
| 1. Fraukje, PUTS | 92 HZ&PC Heerenveen | 2:16.70 | 532 |
| 100m: 1:07.91 200m: 1:08.79 | | | |
| 2. Nanda, de VRIES | 92 Steenwijk 1934 | 2:20.43 | 490 |
| 100m: 1:08.26 200m: 1:12.17 | | | |
| 3. Marjan, RIKKEN | 92 Zw | 2:33.91 | 372 |
| 100m: 1:14.99 200m: 1:18.92 | | | |
| 4. Janneke, WYNIA | 90 WS Twente | 2:52.07 | 266 |
| 100m: 1:23.49 200m: 1:28.58 | | | |
| 5. Brechtje, de JONG | 89 isis | 4:13.05 | 83 |
| Masters 30+, Dames | | | |
| 1. Charlotte, GROENEVELD | 87 Uzsc | 2:19.16 | 504 |
| 100m: 1:06.61 200m: 1:12.55 | | | |
| 2. Liesbeth, van MILL | 87 Dwk | 2:31.52 | 390 |
| 100m: 1:13.36 200m: 1:18.16 | | | |
| 3. Wendy, de BOER-GRUPPEN | 85 ZPC Hoogeveen | 2:35.51 | 361 |
| 100m: 1:15.30 200m: 1:20.21 | | | |
| 4. Kirsten, VOS - KOMPAAN | 84 Zcnf'34 | 2:42.57 | 316 |
| 100m: 1:16.60 200m: 1:25.97 | | | |
| 5. Lisette, POELHEKKEN | 84 Aalscholver | 2:51.75 | 268 |
| 6. Katja, van DODEWEERD | 83 Nat Utrecht | 2:55.51 | 251 |
| 100m: 1:22.45 200m: 1:33.06 | | | |

ZMC deel1 Kampen
Kampen, 7-10-2017

Programmanr. 1, Dames, 200m vrije slag, Masters 30+

| Rang | | Geb. | | Tijd | Pnt |
|------|-----------------------------|------|------------|----------------|-----|
| 7. | Margriet, AAN HET ROT | 86 | Octopus | 2:58.11 | 240 |
| 8. | Ciska, BATS | 85 | Deltasteur | 3:08.57 | 202 |
| | 100m: 1:30.16 200m: 1:38.41 | | | | |

Masters 30+, Heren

| | | | | | |
|----|-----------------------------|----|---------|----------------|-----|
| 1. | Edward, van DOOTINGH | 84 | Zv 44 | 2:28.75 | 298 |
| | 100m: 1:09.78 200m: 1:18.97 | | | | |
| 2. | Stefan, van de GRIFT | 87 | Octopus | 2:33.66 | 270 |
| | 100m: 1:13.57 200m: 1:20.09 | | | | |

Masters 35+, Heren

| | | | | | |
|----|-----------------------------|----|------------------|----------------|-----|
| 1. | Casper, HUT | 78 | HZ&PC Heerenveen | 2:06.78 | 481 |
| | 100m: 1:02.54 200m: 1:04.24 | | | | |
| 2. | Marcel, REEFHUIS | 81 | WS Twente | 2:09.36 | 453 |
| | 100m: 1:02.86 200m: 1:06.50 | | | | |
| 3. | Robin, ROSKAM | 78 | De Duinkickers | 3:00.92 | 165 |
| | 100m: 1:25.45 200m: 1:35.47 | | | | |

Masters 35+, Dames

| | | | | | |
|----|------------------------------|----|----------------|----------------|-----|
| 1. | Laura, BADOUX | 82 | Daw | 2:27.57 | 423 |
| | 100m: 1:10.54 200m: 1:17.03 | | | | |
| 2. | Claudia, de NIJS | 78 | Nat Utrecht | 2:38.21 | 343 |
| | 100m: 1:15.59 200m: 1:22.62 | | | | |
| 3. | Babette, RENS | 78 | Swol 1894 | 2:46.37 | 295 |
| 4. | Yvonne, JOOSTEN-WEVER | 81 | H2Oldambt | 2:49.20 | 280 |
| | 100m: 1:20.51 200m: 1:28.69 | | | | |
| 5. | Gabrielle, van KUIJK-DE JONG | 79 | Aalscholver | 2:51.89 | 267 |
| | 100m: 1:16.23 200m: 1:35.66 | | | | |
| 6. | Saskia, op den VELDE | 79 | De Duinkickers | 3:03.92 | 218 |
| | 100m: 1:25.29 200m: 1:38.63 | | | | |
| 7. | Rianne, van VEGCHELEN | 81 | Zv 44 | 3:15.11 | 183 |
| | 100m: 1:35.66 200m: 1:39.45 | | | | |
| 8. | Marlies, MULDER | 80 | De Fuut | 3:21.90 | 165 |
| | 100m: 1:35.19 200m: 1:46.71 | | | | |

Masters 40+, Dames

| | | | | | |
|----|-----------------------------|----|------------------|----------------|-----|
| 1. | Monique, BOETS | 76 | ZPC Stadskanaal | 2:27.45 | 424 |
| | 100m: 1:11.30 200m: 1:16.15 | | | | |
| 2. | Jannie, VENNIK | 76 | HZ&PC Heerenveen | 2:37.41 | 348 |
| | 100m: 1:16.09 200m: 1:21.32 | | | | |

Masters 40+, Heren

| | | | | | |
|----|-----------------------------|----|----------|----------------|-----|
| 1. | Erwin, ZUIJDERVELT | 75 | De Futen | 2:17.60 | 376 |
| | 100m: 1:06.20 200m: 1:11.40 | | | | |
| 2. | Tom, BANDSMA | 77 | Psv | 2:32.26 | 277 |
| | 100m: 1:12.80 200m: 1:19.46 | | | | |
| 3. | Han, BOONE | 77 | Octopus | 2:37.18 | 252 |
| | 100m: 1:14.72 200m: 1:22.46 | | | | |

ZMC deel1 Kampen
Kampen, 7-10-2017

Programmanr. 1, Heren, 200m vrije slag, Masters 40+

| Rang | | Geb. | Tijd | Pnt |
|------|--|-------------------|----------------|-----|
| 4. | Dick, HUISMAN 100m: 1:15.64 200m: 1:22.75 | 75 Steenwijk 1934 | 2:38.39 | 246 |

Masters 45+, Heren

| | | | | |
|----|---|---------------------|----------------|-----|
| 1. | René, BEETSMA 100m: 1:06.53 200m: 1:11.90 | 69 HZ&PC Heerenveen | 2:18.43 | 369 |
| 2. | Heiner, STEVENS 100m: 1:07.50 200m: 1:15.16 | 72 Zignea | 2:22.66 | 337 |
| 3. | Gerko, VERSLUIS 100m: 1:07.42 200m: 1:16.68 | 69 Zzz | 2:24.10 | 327 |
| 4. | Korstiaan, de BOER 100m: 1:14.39 200m: 1:21.53 | 71 Steenwijk 1934 | 2:35.92 | 258 |
| 5. | Marcel, BRITTIJN 100m: 1:16.62 200m: 1:23.26 | 69 De Duinkickers | 2:39.88 | 240 |
| 6. | Peter, BARENDSE 100m: 1:16.69 200m: 1:30.62 | 69 Zpc Amersfoort | 2:47.31 | 209 |
| 7. | Arno, BRUIJNES 100m: 1:21.17 200m: 1:31.83 | 72 Dwk | 2:53.00 | 189 |
| 8. | Arnold, JONKER 100m: 1:23.76 200m: 1:34.65 | 70 HZ&PC Heerenveen | 2:58.41 | 172 |

Masters 45+, Dames

| | | | | |
|----|--|---------------------|----------------|-----|
| 1. | Iris, van AURICH 100m: 1:13.74 200m: 1:21.66 | 69 Dwk | 2:35.40 | 362 |
| 2. | Peggi, HURENKAMP 100m: 1:22.86 200m: 1:29.24 | 69 HZ&PC Heerenveen | 2:52.10 | 266 |
| 3. | Annet, KOOTSTRA 100m: 1:24.73 200m: 1:29.66 | 71 Swol 1894 | 2:54.39 | 256 |
| 4. | Evelien, NAATJE 100m: 1:23.64 200m: 1:34.72 | 72 WS Twente | 2:58.36 | 239 |
| 5. | Greta, WYMA-TEITSMA 100m: 1:29.57 200m: 1:36.16 | 71 Dwk | 3:05.73 | 212 |

Masters 50+, Dames

| | | | | |
|----|---|-------------------------|----------------|-----|
| 1. | Laura, STAAL 100m: 1:15.16 200m: 1:18.41 | 67 Oceanus | 2:33.57 | 375 |
| 2. | Wilna, HEIJMAN 100m: 1:17.35 200m: 1:21.85 | 64 Steenwijk 1934 | 2:39.20 | 336 |
| 3. | Annemarie, VUIST | 63 Swol 1894 | 2:45.51 | 299 |
| 4. | Miranda, KEIJL 100m: 1:23.76 200m: 1:31.19 | 65 Zignea | 2:54.95 | 253 |
| 5. | Hetty, SMALHEER 100m: 1:29.61 200m: 1:34.94 | 67 Sport Club Oude Maas | 3:04.55 | 216 |
| 6. | Christine, BUIST 100m: 1:26.85 200m: 1:43.62 | 64 De Duinkickers | 3:10.47 | 196 |
| 7. | Remona, DEKKER | 66 ZV De Bron | 3:16.22 | 179 |
| 8. | Riekie, SCHRA 100m: 2:13.80 200m: 2:32.81 | 64 Steenwijk 1934 | 4:46.61 | 57 |

Programmanr. 1, 200m vrije slag

Masters 50+, Heren

| | | | | |
|-----------------------------|----|----------------------|----------------|-----|
| 1. Arnold, de ROVER | 64 | De Futen | 2:14.30 | 405 |
| 100m: 1:04.89 200m: 1:09.41 | | | | |
| 2. Gert, SIKKEMA | 63 | Zwemclub Urk 1978 | 2:17.42 | 378 |
| 100m: 1:05.80 200m: 1:11.62 | | | | |
| 3. Jan, WIERENGA | 64 | Aalscholver | 2:27.45 | 306 |
| 100m: 1:09.09 200m: 1:18.36 | | | | |
| 4. Edzo, HUISMAN | 63 | Aquapoldro | 2:31.39 | 282 |
| 100m: 1:13.69 200m: 1:17.70 | | | | |
| 5. Evert Jan, VERWEIJ | 63 | Swol 1894 | 2:31.52 | 282 |
| 100m: 1:12.32 200m: 1:19.20 | | | | |
| 6. Jan, SMALHEER | 64 | Sport Club Oude Maas | 2:36.80 | 254 |
| 100m: 1:14.04 200m: 1:22.76 | | | | |
| 7. Adri, PASMAN | 64 | Zzz | 2:53.69 | 187 |
| 100m: 1:20.56 200m: 1:33.13 | | | | |

Masters 55+, Heren

| | | | | |
|-----------------------------|----|------------------|----------------|-----|
| 1. Marten, de GROOT | 58 | HZ&PC Heerenveen | 2:16.04 | 389 |
| 100m: 1:06.20 200m: 1:09.84 | | | | |
| 2. Ronald, GROVE | 61 | WZ&PC Triton | 2:28.60 | 299 |
| 100m: 1:11.75 200m: 1:16.85 | | | | |
| 3. Marius, ROS | 59 | Zcnf'34 | 2:37.99 | 248 |
| 100m: 1:16.41 200m: 1:21.58 | | | | |
| 4. John, DAM | 60 | Zignea | 2:43.22 | 225 |
| 100m: 1:16.94 200m: 1:26.28 | | | | |
| 5. Gert, MOOIJ | 58 | Nat Utrecht | 2:51.13 | 195 |
| 100m: 1:24.02 200m: 1:27.11 | | | | |
| 6. Andre, PANTEKOEK | 58 | de Devel | 3:16.22 | 129 |
| 100m: 1:31.12 200m: 1:45.10 | | | | |
| 7. Perry, DEKKER | 62 | ZV De Bron | 3:30.61 | 105 |
| 100m: 1:39.89 200m: 1:50.72 | | | | |

Masters 55+, Dames

| | | | | |
|------------------------------|----|--------------|----------------|-----|
| 1. Margriet, GROVE-LINGEMAN | 62 | WZ&PC Triton | 2:43.42 | 311 |
| 100m: 1:17.73 200m: 1:25.69 | | | | |
| 2. Marijke, KRAAK-BECKERS | 60 | WS Twente | 2:45.70 | 298 |
| 100m: 1:20.36 200m: 1:25.34 | | | | |
| 3. Ellen, PARMA | 62 | WZ&PC Triton | 3:04.38 | 216 |
| 100m: 1:26.75 200m: 1:37.63 | | | | |
| 4. Marjan, SPOELSTRA | 60 | Swol 1894 | 3:14.42 | 184 |
| 100m: 1:35.70 200m: 1:38.72 | | | | |
| 5. Betsie, KLOMPMAKER-MULDER | 59 | Noord Veluwe | 3:45.60 | 118 |
| 100m: 1:51.02 200m: 1:54.58 | | | | |
| 6. Petra, ROS | 61 | Zcnf'34 | 3:52.16 | 108 |
| 100m: 1:49.41 200m: 2:02.75 | | | | |

ZMC deel1 Kampen
Kampen, 7-10-2017

Programmanr. 1, 200m vrije slag

Masters 60+, Dames

| | | | | |
|-----------------------------|----|----------------|----------------|-----|
| 1. Atie, PIJTAK-RADERSMA | 56 | Zpc Amersfoort | 2:29.90 | 403 |
| 100m: 1:13.19 200m: 1:16.71 | | | | |
| 2. Monica, BAKKER | 56 | Steenwijk 1934 | 3:03.75 | 219 |

Masters 60+, Heren

| | | | | |
|-----------------------------|----|--------|----------------|-----|
| 1. Fred, ZANTING | 54 | TriVia | 2:43.66 | 223 |
| 100m: 1:19.10 200m: 1:24.56 | | | | |

Masters 65+, Heren

| | | | | |
|-----------------------------|----|------------|----------------|----|
| 1. Henk, OOSTENDORP | 48 | ZV De Bron | 3:53.90 | 76 |
| 100m: 1:48.21 200m: 2:05.69 | | | | |

Masters 65+, Dames

| | | | | |
|------------------|----|------------------|----------------|-----|
| 1. Ineke, MEIJER | 52 | HZ&PC Heerenveen | 3:30.27 | 146 |
|------------------|----|------------------|----------------|-----|

Masters 70+, Heren

| | | | | |
|-----------------------------|----|-----|----------------|-----|
| 1. Rob, HANOU | 43 | Psv | 3:22.08 | 118 |
| 100m: 1:30.14 200m: 1:51.94 | | | | |

DIS Mans, BUIJS 47 Het Ravijn
AA - Gestart voor het startsignaal (en wel gezwommen).

Masters 80+, Heren

| | | | | |
|-----------------------------|----|----------------|----------------|----|
| 1. Gregor, POMPEN | 37 | Aqua-Novio '94 | 3:46.72 | 84 |
| 100m: 1:50.40 200m: 1:56.32 | | | | |

Programmanr. 2
7-10-2017 - 17:25

50m schoolslag

20 jaar en ouder
Resultaten

Punten: FINA 2017

| Rang | Geb. | | Tijd | Pnt |
|---------------------------|------|--------------------|--------------|-----|
| Masters 20+, Dames | | | | |
| 1. Karin, GROEN | 95 | Nova | 34.73 | 560 |
| 2. Sylvia, HIDDING | 96 | H2Oldambt | 50.40 | 183 |
| Masters 20+, Heren | | | | |
| 1. Tom, de LANGE | 93 | Deltasteur | 33.34 | 434 |
| 2. Bob, POTKAMP | 94 | Deltasteur | 37.79 | 298 |
| 3. Rick, VAARKAMP | 94 | Z&PC Triton Putten | 40.80 | 237 |
| 4. Bart, KUIJPERS | 95 | Zzz | 41.76 | 221 |
| Masters 25+, Heren | | | | |
| 1. Stefan, KWANT | 92 | Nova | 35.10 | 372 |
| 2. Rolf, KRUIHOF | 89 | ZPC Stadskanaal | 35.47 | 360 |
| 3. Erik, van der HEIDE | 88 | Zzz | 35.62 | 356 |
| 4. Eric, KALEE | 90 | ZV Hoogland | 36.36 | 334 |
| 5. Jordie, BATS | 89 | Deltasteur | 40.42 | 243 |

ZMC deel1 Kampen
Kampen, 7-10-2017

Programmanr. 2, 50m schoolslag

Masters 25+, Dames

| | | | | |
|-----------------------|----|-------------|--------------|-----|
| 1. Eline, VOSSEBELT | 92 | Deltasteur | 41.17 | 336 |
| 2. Anoeschka, KROEZEN | 90 | Zignea | 45.70 | 246 |
| 3. Sanne, SMOUTER | 89 | ZV Hoogland | 48.51 | 205 |

Masters 30+, Dames

| | | | | |
|--------------------------|----|-----------------|--------------|-----|
| 1. Margo, KRUIHOF | 87 | ZPC Stadskanaal | 41.20 | 335 |
| 2. Margriet, AAN HET ROT | 86 | Octopus | 44.46 | 267 |
| 3. Manouk, TICHELER | 87 | De Duinkickers | 45.16 | 255 |
| 4. Fabienne, JEUKENS | 84 | ZV Hoogland | 47.18 | 223 |
| 5. Jennifer, GO | 84 | WZ&PC Triton | 47.98 | 212 |
| 6. Ciska, BATS | 85 | Deltasteur | 49.76 | 190 |

DIS Christien, HOMMES

86 ZPC Stadskanaal

AF - De aangegeven afstand niet uitgezwommen.

Masters 30+, Heren

| | | | | |
|-------------------------|----|-------------|--------------|-----|
| 1. Dennis, KRAAKMAN | 87 | Daw | 34.39 | 395 |
| 2. Arjen, van der BOOM | 86 | Zignea | 34.70 | 385 |
| 3. Stefan, van de GRIFT | 87 | Octopus | 35.24 | 367 |
| 4. Robin, EGGENKAMP | 87 | Aalscholver | 37.79 | 298 |
| 5. Sander, de VELDE | 83 | Deltasteur | 42.20 | 214 |

Masters 35+, Heren

| | | | | |
|---------------------|----|--------------------|--------------|-----|
| 1. Rob, van WANROOY | 82 | Gay Swim Amsterdam | 33.73 | 419 |
| 2. Gerwin, VONK | 82 | De Spatters | 34.57 | 389 |

Masters 35+, Dames

| | | | | |
|--------------------|----|-----------------|--------------|-----|
| 1. Inge, ROSKAM | 78 | De Duinkickers | 40.18 | 362 |
| 2. Kika, MEIJERS | 80 | Swol 1894 | 40.38 | 356 |
| 3. Elvira, JONKERS | 79 | Z&PC de Inktvis | 40.76 | 346 |
| 4. Kristel, LIPS | 79 | ZV De Bron | 42.84 | 298 |

DIS Melanie, WITT

80 Montferland

SM - Bij het keer- en/of eindpunt niet aangetikt met de handen (wel afgezet).

DIS Ilonka, SCHULDINK

78 Deltasteur

AA - Gestart voor het startsignaal (en wel gezwommen).

Masters 40+, Dames

| | | | | |
|-------------------------|----|-----------------|--------------|-----|
| 1. Miranda, STRAETEMANS | 74 | Zignea | 39.45 | 382 |
| Monique, BOETS | 76 | ZPC Stadskanaal | 39.45 | 382 |
| 3. Fabiola, BOSMAN | 77 | Deltasteur | 42.84 | 298 |
| 4. Jessica, WEZEMER | 76 | Zv 44 | 52.80 | 159 |

Masters 40+, Heren

| | | | | |
|------------------------|----|------------------|--------------|-----|
| 1. Gerard, EGHUIZEN | 74 | HZ&PC Heerenveen | 36.16 | 340 |
| 2. Arno, van der GRIJN | 73 | De Fuut | 42.61 | 208 |

ZMC deel1 Kampen
Kampen, 7-10-2017

Programmanr. 2, 50m schoolslag

Masters 45+, Heren

| | | | | |
|------------------------|----|-----------------|--------------|-----|
| 1. Michael, van BEKKUM | 72 | Swol 1894 | 34.78 | 382 |
| 2. Alistair, CRITCHELL | 71 | Zv 44 | 38.10 | 291 |
| 3. Martijn, de JONG | 71 | Dwk | 39.13 | 268 |
| 4. Roelof, BROEKMAN | 68 | De Spatters | 39.94 | 252 |
| 5. Erik, VELTMAN | 72 | ZPC Stadskanaal | 43.32 | 198 |
| 6. Edwin, VOS | 70 | Swol 1894 | 43.53 | 195 |
| 7. Bert, MARS | 71 | Swol 1894 | 44.02 | 188 |
| 8. Oebele, BOOMSMA | 70 | Orca | 51.09 | 120 |

Masters 45+, Dames

| | | | | |
|-----------------------------|----|------------------|--------------|-----|
| 1. Evelien, van KLAARBERGEN | 72 | HZ&PC Heerenveen | 40.30 | 358 |
| 2. Geesje Lena, BOOMSMA | 70 | Orca | 43.77 | 280 |
| 3. Henriëtte, MANTING | 71 | Gzvw | 44.93 | 259 |

Masters 50+, Dames

| | | | | |
|-------------------------------|----|----------------------|--------------|-----|
| 1. Jacqueline, TUIN | 66 | Daw | 37.90 | 431 |
| 2. Machteld, STILTING | 66 | Zpc Amersfoort | 44.36 | 269 |
| 3. Roelien, SPEELMAN-TIGELAAR | 66 | De Spatters | 45.63 | 247 |
| 4. Hetty, SMALHEER | 67 | Sport Club Oude Maas | 48.26 | 209 |

Masters 50+, Heren

| | | | | |
|-----------------------|----|----------------------|--------------|-----|
| 1. Martin, KAPTEIN | 67 | Dwk | 36.34 | 335 |
| 2. Huyb, STEGEMAN | 67 | Steenwijk 1934 | 36.95 | 319 |
| 3. Ronald, van VLIET | 63 | Aalscholver | 39.60 | 259 |
| 4. Erik, WETSTEIJN | 65 | Swol 1894 | 39.85 | 254 |
| 5. Robert, de BRAUWER | 64 | De Duinkickers | 40.23 | 247 |
| 6. Jan, SMALHEER | 64 | Sport Club Oude Maas | 40.45 | 243 |
| 7. Lambert, MORSINK | 65 | WZ&PC Triton | 42.67 | 207 |
| 8. Henri, VOS | 65 | Swol 1894 | 44.48 | 182 |
| 9. Alfred, BOONSTRA | 63 | Nat Utrecht | 59.29 | 77 |

Masters 55+, Heren

| | | | | |
|---------------------|----|------------------|--------------|-----|
| 1. Marten, de GROOT | 58 | HZ&PC Heerenveen | 38.61 | 279 |
| 2. Henk, KUIPERS | 62 | Uzsc | 40.36 | 244 |
| 3. Jack, BARENDIS | 62 | WS Twente | 42.44 | 210 |
| 4. Marius, ROS | 59 | Zcnf'34 | 43.36 | 197 |
| 5. Gert, MOOIJ | 58 | Nat Utrecht | 46.35 | 161 |

Masters 55+, Dames

| | | | | |
|------------------------------|----|--------------|----------------|-----|
| 1. Jenny, WESTERVAARDER | 62 | H2Oldambt | 49.92 | 188 |
| 2. Jennie, RESINK-LINDEBOOM | 60 | Dwk | 50.16 | 186 |
| 3. Petra, ROS | 61 | Zcnf'34 | 50.80 | 179 |
| 4. Joke, BURGERS | 60 | Swol 1894 | 1:02.43 | 96 |
| 5. Betsie, KLOMPMAKER-MULDER | 59 | Noord Veluwe | 1:07.80 | 75 |

Masters 60+, Dames

| | | | | |
|--------------------|----|-----|--------------|-----|
| 1. Anje, MANUPUTTY | 57 | Psv | 49.47 | 194 |
|--------------------|----|-----|--------------|-----|

ZMC deel1 Kampen
Kampen, 7-10-2017

Programmanr. 2, 50m schoolslag

Masters 65+, Heren

| | | | | |
|-------------------|----|-------------|--------------|-----|
| 1. Jos, KAMPS | 51 | ZV Hoogland | 53.13 | 107 |
| 2. Bert, VEERKAMP | 52 | Zzz | 59.43 | 76 |

Programmanr. 3
7-10-2017 - 17:45

100m rugslag

20 jaar en ouder
Resultaten

Punten: FINA 2017

| Rang | Geb. | Tijd | Pnt |
|-------------------------------|------|------------------|--------------------|
| Masters 20+, Dames | | | |
| 1. Chantal, MULDER | 97 | Zzz | 1:27.17 251 |
| Masters 25+, Heren | | | |
| 1. Patrick, de JONGE | 89 | ZPC Woerden | 1:11.97 314 |
| Masters 25+, Dames | | | |
| 1. Elmi, ROELOFSEN | 90 | Zw | 1:10.39 477 |
| Masters 30+, Dames | | | |
| 1. Marloes, REBEL | 84 | WS Twente | 1:49.31 127 |
| Masters 30+, Heren | | | |
| 1. Albert, DIJKSMA | 87 | isis | 1:17.29 253 |
| Masters 35+, Heren | | | |
| 1. Casper, HUT | 78 | HZ&PC Heerenveen | 1:07.04 388 |
| 2. Marcel, REEFHUIS | 81 | WS Twente | 1:07.92 373 |
| Masters 35+, Dames | | | |
| 1. Laura, BADOUX | 82 | Daw | 1:20.11 324 |
| 2. Gea, van der SCHAAF | 79 | Deltasteur | 1:20.15 323 |
| 3. Linda, PANMAN | 82 | ZPC Stadskanaal | 1:22.98 291 |
| 4. Margriet, LEEFFERS | 78 | Deltasteur | 1:29.83 229 |
| 5. Karlien, OFFEREIN-HULSHOFF | 81 | ZPC Hoogeveen | 1:49.72 126 |
| Masters 40+, Dames | | | |
| 1. Fabiola, BOSMAN | 77 | Deltasteur | 1:26.70 255 |
| Masters 40+, Heren | | | |
| 1. Erik, SMINK | 73 | ZV Hoogland | 1:16.71 259 |
| Masters 45+, Dames | | | |
| 1. Evelien, van KLAARBERGEN | 72 | HZ&PC Heerenveen | 1:14.21 407 |
| 2. Geesje Lena, BOOMSMA | 70 | Orca | 1:31.50 217 |
| DIS Rina, KUIPER | 70 | H2Oldambt | |

AF - De aangegeven afstand niet uitgezwommen.

ZMC deel1 Kampen
Kampen, 7-10-2017

Programmanr. 3, 100m rugslag

Masters 50+, Dames

| | | | | | |
|----|---------------------|----|----------------------|----------------|-----|
| 1. | Laura, STAAL | 67 | Oceanus | 1:21.26 | 310 |
| 2. | Caroline, SCHREUDER | 67 | WZ&PC Triton | 1:23.44 | 286 |
| 3. | Wilna, HEIJMAN | 64 | Steenwijk 1934 | 1:26.79 | 254 |
| 4. | Miranda, KEIJL | 65 | Zignea | 1:30.73 | 223 |
| 5. | Hetty, SMALHEER | 67 | Sport Club Oude Maas | 1:39.22 | 170 |

Masters 50+, Heren

| | | | | | |
|----|---------------|----|----------------------|----------------|-----|
| 1. | Rene, KROEZE | 67 | Z&PC de Inktvis | 1:11.76 | 316 |
| 2. | Jan, SMALHEER | 64 | Sport Club Oude Maas | 1:26.28 | 182 |
| 3. | Edzo, HUISMAN | 63 | Aquapoldro | 1:27.65 | 173 |

Masters 55+, Heren

| | | | | | |
|----|------------------|----|------------------|----------------|-----|
| 1. | Marten, de GROOT | 58 | HZ&PC Heerenveen | 1:17.95 | 247 |
| 2. | Hans, de GROOT | 59 | Nat Utrecht | 1:22.71 | 206 |
| 3. | Andre, PANTEKOEK | 58 | de Devel | 1:39.27 | 119 |

Masters 55+, Dames

| | | | | | |
|----|---------------------------|----|--------------|----------------|-----|
| 1. | Ellen, PARMA | 62 | WZ&PC Triton | 1:34.57 | 197 |
| 2. | Jennie, RESINK-LINDEBOOM | 60 | Dwk | 1:41.70 | 158 |
| 3. | Marjan, SPOELSTRA | 60 | Swol 1894 | 1:45.75 | 140 |
| 4. | Betsie, KLOMPMAKER-MULDER | 59 | Noord Veluwe | 2:09.91 | 76 |

Masters 60+, Heren

| | | | | | |
|----|--------------------|----|-------------|----------------|-----|
| 1. | Ron, van der ZANDE | 55 | Aalscholver | 1:23.76 | 199 |
| 2. | Ruud, RUITER | 53 | Wwv | 1:30.19 | 159 |

Masters 65+, Dames

| | | | | | |
|----|-----------------------------|----|------------------|----------------|-----|
| 1. | Antoinette, GILDING-TUSSAUD | 50 | WS Twente | 1:48.14 | 131 |
| 2. | Ineke, MEIJER | 52 | HZ&PC Heerenveen | 1:53.20 | 114 |

Masters 70+, Dames

| | | | | | |
|----|------------------------------|----|----------------|----------------|----|
| 1. | Annet, VERHOEVEN - STEGGERDA | 46 | De Duinkickers | 2:11.80 | 72 |
|----|------------------------------|----|----------------|----------------|----|

Masters 70+, Heren

| | | | | | |
|----|------------|----|------------|----------------|----|
| 1. | Mans, BUIS | 47 | Het Ravijn | 1:53.33 | 80 |
|----|------------|----|------------|----------------|----|

Masters 80+, Heren

| | | | | | |
|----|----------------|----|----------------|----------------|----|
| 1. | Gregor, POMPEN | 37 | Aqua-Novio '94 | 2:11.67 | 51 |
|----|----------------|----|----------------|----------------|----|

Programmanr. 4
7-10-2017 - 18:00

4 x 100m vrije slag

lft 80 - 359
Resultaten

Punten: FINA 2017

Rang

Tijd

Pnt

ZMC deel1 Kampen
Kampen, 7-10-2017

Programmanr. 4, 4 x 100m vrije slag

120+, Gemengd

| | | | | |
|--------------------|----|------------|---------------------|----------------|
| 1. Zzz 1 | | Zzz | | 4:30.07 |
| Ferdy, van SAVOYEN | 86 | 1:04.39 | Chantal, MULDER | 97 |
| Leonie, NIJENHUIS | 92 | | Gerko, VERSLUIS | 69 |
| 2. Deltasteur 1 | | Deltasteur | | 4:43.92 |
| Mike, BENNINK | 94 | 1:01.13 | Gea, van der SCHAAF | 79 |
| Ilonka, SCHULDINK | 78 | | Tom, de LANGE | 93 |

160+, Gemengd

| | | | | |
|----------------------|----|-------------|------------------|----------------|
| 1. Dwk 1 | | Dwk | | 4:38.80 |
| Arno, BRUIJNES | 72 | 1:14.30 | Martin, KAPTEIN | 67 |
| Liesbeth, van MILL | 87 | | Iris, van AURICH | 69 |
| 2. Swol 1894 1 | | Swol 1894 | | 4:42.16 |
| Annemarie, VUIST | 63 | 1:18.82 | Pim, POST | 84 |
| Kika, MEIJERS | 80 | | Edwin, VOS | 70 |
| 3. Nat Utrecht 1 | | Nat Utrecht | | 5:21.59 |
| Gert, MOOIJ | 58 | 1:19.82 | Hans, de GROOT | 59 |
| Katja, van DODEWEERD | 83 | | Claudia, de NIJS | 78 |

160+, Heren

| | | | | | |
|-----------------------|----|------------------|------------------|----------------|-----|
| 1. HZ&PC Heerenveen 1 | | HZ&PC Heerenveen | | 4:30.77 | 310 |
| Casper, HUT | 78 | 1:03.69 | René, BEETSMA | 69 | |
| Arnold, JONKER | 70 | | Marten, de GROOT | 58 | |

Programmanr. 5
7-10-2017 - 18:10

50m vlinderslag

20 jaar en ouder
Resultaten

Punten: FINA 2017

| Rang | Geb. | Tijd | Pnt |
|---|-----------------------|--------------|-----|
| Masters 20+, Dames | | | |
| 1. Karin, GROEN | 95 Nova | 29.08 | 589 |
| 2. Tamara, GROVE | 96 De Dolfijn | 30.51 | 510 |
| 3. Nienke, FUITE | 95 Deltasteur | 34.38 | 356 |
| 4. Veronique, van der VELDE | 96 WS Twente | 34.89 | 341 |
| 5. Ellen, RIKKEN | 96 Zw | 37.27 | 279 |
| 6. Tessa, van DIJK | 94 isis | 48.37 | 128 |
| Masters 20+, Heren | | | |
| 1. Bart, KUIJPERS | 95 Zzz | 34.77 | 246 |
| 2. Rick, VAARKAMP | 94 Z&PC Triton Putten | 42.18 | 138 |
| 3. Bob, POTKAMP | 94 Deltasteur | 43.30 | 127 |
| Masters 25+, Heren | | | |
| 1. Rolf, KRUIHOF | 89 ZPC Stadskanaal | 29.06 | 422 |
| 2. Stefan, KWANT | 92 Nova | 29.08 | 421 |
| 3. Erik, van der HEIDE | 88 Zzz | 29.72 | 394 |
| 4. Patrick, de JONGE | 89 ZPC Woerden | 30.36 | 370 |
| 5. Rene, KNIJPSTRA | 88 isis | 32.83 | 292 |
| 6. Leo, ZIJLSTRA | 90 isis | 35.49 | 231 |
| DIS Eric, KALEE | 90 ZV Hoogland | | |
| <i>AA - Gestart voor het startsignaal (en wel gezwommen).</i> | | | |

Programmanr. 5, 50m vlinderslag

Masters 25+, Dames

| | | | | | |
|----|-------------------|----|------------------|----------------|-----|
| 1. | Elmi, ROELOFSEN | 90 | Zw | 30.75 | 498 |
| 2. | Nanda, de VRIES | 92 | Steenwijk 1934 | 31.01 | 485 |
| 3. | Fraukje, PUTS | 92 | HZ&PC Heerenveen | 32.62 | 417 |
| 4. | Marjan, RIKKEN | 92 | Zw | 37.45 | 275 |
| 5. | Eline, VOSSEBELT | 92 | Deltasteur | 38.57 | 252 |
| 6. | Petra, ZANDSTRA | 90 | isis | 38.63 | 251 |
| 7. | Janneke, WYNIA | 90 | WS Twente | 42.53 | 188 |
| 8. | Brechtje, de JONG | 89 | isis | 1:00.42 | 65 |

Masters 30+, Dames

| | | | | | |
|-----|------------------------|----|--------------------|--------------|-----|
| 1. | Charlotte, GROENEVELD | 87 | Uzsc | 31.12 | 480 |
| 2. | Margo, KRUIHOF | 87 | ZPC Stadskanaal | 35.46 | 325 |
| 3. | Kirsten, VOS - KOMPAAN | 84 | Zcnf34 | 35.96 | 311 |
| 4. | Wendy, de BOER-GRUPPEN | 85 | ZPC Hoozeveen | 36.93 | 287 |
| 5. | Manouk, TICHELER | 87 | De Duinkickers | 37.78 | 268 |
| 6. | Carola, JACOBS | 85 | Z&PC Triton Putten | 40.92 | 211 |
| 7. | Margriet, AAN HET ROT | 86 | Octopus | 41.67 | 200 |
| 8. | Lisette, POELHEKKEN | 84 | Aalscholver | 43.38 | 177 |
| 9. | Jennifer, GO | 84 | WZ&PC Triton | 45.01 | 158 |
| 10. | Marloes, REBEL | 84 | WS Twente | 45.81 | 150 |
| 11. | Katja, van DODEWEERD | 83 | Nat Utrecht | 51.61 | 105 |
| DIS | Christien, HOMMES | 86 | ZPC Stadskanaal | | |

AA - Gestart voor het startsignaal (en wel gezwommen).

Masters 30+, Heren

| | | | | | |
|----|---------------------|----|-------------|--------------|-----|
| 1. | Arjen, van der BOOM | 86 | Zignea | 30.46 | 366 |
| 2. | Pim, POST | 84 | Swol 1894 | 32.12 | 312 |
| 3. | Robin, EGGENKAMP | 87 | Aalscholver | 33.57 | 273 |
| 4. | Rudy, de JONG | 83 | isis | 35.45 | 232 |
| 5. | Dennis, KRAAKMAN | 87 | Daw | 37.26 | 200 |

Masters 35+, Heren

| | | | | | |
|-----|------------------|----|--------------------|--------------|-----|
| 1. | Gerwin, VONK | 82 | De Spatters | 29.72 | 394 |
| 2. | Rob, van WANROOY | 82 | Gay Swim Amsterdam | 32.30 | 307 |
| 3. | Robin, ROSKAM | 78 | De Duinkickers | 39.22 | 171 |
| DIS | Remco, SMIT | 81 | Aalscholver | | |

AA - Gestart voor het startsignaal (en wel gezwommen).

Masters 35+, Dames

| | | | | | |
|----|----------------------------|----|-----------------|--------------|-----|
| 1. | Laura, BADOUX | 82 | Daw | 33.66 | 379 |
| 2. | Elvira, JONKERS | 79 | Z&PC de Inktvis | 34.30 | 359 |
| 3. | Claudia, de NIJS | 78 | Nat Utrecht | 36.12 | 307 |
| 4. | Kristel, LIPS | 79 | ZV De Bron | 37.37 | 277 |
| 5. | Yvonne, JOOSTEN-WEVER | 81 | H2Oldambt | 38.44 | 255 |
| 6. | Inge, ROSKAM | 78 | De Duinkickers | 40.64 | 215 |
| 7. | Saskia, op den VELDE | 79 | De Duinkickers | 43.07 | 181 |
| 8. | Rianne, van VEGCHELEN | 81 | Zv 44 | 47.60 | 134 |
| 9. | Karlien, OFFEREIN-HULSHOFF | 81 | ZPC Hoozeveen | 56.66 | 79 |

ZMC deel1 Kampen
Kampen, 7-10-2017

Programmanr. 5, 50m vlinderslag

Masters 40+, Dames

| | | | | |
|-------------------------|----|------------------|--------------|-----|
| 1. Monique, BOETS | 76 | ZPC Stadskanaal | 33.57 | 383 |
| 2. Miranda, STRAETEMANS | 74 | Zignea | 36.02 | 310 |
| 3. Fabiola, BOSMAN | 77 | Deltasteur | 38.25 | 258 |
| 4. Jannie, VENNIK | 76 | HZ&PC Heerenveen | 40.76 | 213 |

Masters 40+, Heren

| | | | | |
|------------------------|----|------------------|--------------|-----|
| 1. Gerard, EGHUIZEN | 74 | HZ&PC Heerenveen | 31.71 | 324 |
| 2. Han, BOONE | 77 | Octopus | 32.09 | 313 |
| 3. Erik, SMINK | 73 | ZV Hoogland | 34.51 | 252 |
| 4. Dick, HUISMAN | 75 | Steenwijk 1934 | 39.59 | 166 |
| 5. Arno, van der GRIJN | 73 | De Fuut | 51.44 | 76 |

Masters 45+, Heren

| | | | | |
|------------------------|----|------------------|--------------|-----|
| 1. René, BEETSMA | 69 | HZ&PC Heerenveen | 30.29 | 372 |
| 2. Heiner, STEVENS | 72 | Zignea | 30.36 | 370 |
| 3. Michael, van BEKKUM | 72 | Swol 1894 | 30.77 | 355 |
| 4. Gerko, VERSLUIS | 69 | Zzz | 33.14 | 284 |
| 5. Erik, VELTMAN | 72 | ZPC Stadskanaal | 33.40 | 278 |
| 6. Marcel, BRITTIJN | 69 | De Duinkickers | 34.50 | 252 |
| 7. Alistair, CRITCHELL | 71 | Zv 44 | 35.73 | 227 |
| 8. Korstiaan, de BOER | 71 | Steenwijk 1934 | 35.76 | 226 |
| 9. Bert, MARS | 71 | Swol 1894 | 36.09 | 220 |
| 10. Roelof, BROEKMAN | 68 | De Spatters | 37.00 | 204 |
| 11. Martijn, de JONG | 71 | Dwk | 37.28 | 199 |
| 12. Arnold, JONKER | 70 | HZ&PC Heerenveen | 46.87 | 100 |

Masters 45+, Dames

| | | | | |
|-----------------------------|----|------------------|--------------|-----|
| 1. Evelien, van KLAARBERGEN | 72 | HZ&PC Heerenveen | 32.87 | 408 |
| 2. Henriëtte, MANTING | 71 | Gzvw | 36.58 | 296 |
| 3. Greta, WYMA-TEITSMA | 71 | Dwk | 50.25 | 114 |

Masters 50+, Dames

| | | | | |
|-------------------------------|----|----------------|--------------|-----|
| 1. Jacqueline, TUIN | 66 | Daw | 35.19 | 332 |
| 2. Caroline, SCHREUDER | 67 | WZ&PC Triton | 36.63 | 294 |
| 3. Laura, STAAL | 67 | Oceanus | 37.79 | 268 |
| 4. Annemarie, VUIST | 63 | Swol 1894 | 41.28 | 206 |
| 5. Roelien, SPEELMAN-TIGELAAR | 66 | De Spatters | 44.26 | 167 |
| 6. Machteld, STILTING | 66 | Zpc Amersfoort | 44.92 | 159 |

Masters 50+, Heren

| | | | | |
|-----------------------|----|----------------|--------------|-----|
| 1. Martin, KAPTEIN | 67 | Dwk | 30.04 | 382 |
| 2. Erik, WETSTEIJN | 65 | Swol 1894 | 31.71 | 324 |
| 3. Arnold, de ROVER | 64 | De Futen | 31.88 | 319 |
| 4. Evert Jan, VERWEIJ | 63 | Swol 1894 | 32.83 | 292 |
| 5. Robert, de BRAUWER | 64 | De Duinkickers | 33.44 | 277 |
| 6. Meindert, TUINSTR | 66 | H2Oldambt | 34.49 | 252 |
| 7. Huyb, STEGEMAN | 67 | Steenwijk 1934 | 34.73 | 247 |
| 8. Ronald, van VLIET | 63 | Aalscholver | 36.50 | 213 |
| 9. Lambert, MORSINK | 65 | WZ&PC Triton | 37.37 | 198 |

ZMC deel1 Kampen
Kampen, 7-10-2017

Programmanr. 5, 50m vlinderslag

Masters 55+, Heren

| | | | | |
|-------------------|----|-------------|--------------|-----|
| 1. Henk, KUIPERS | 62 | Uzsc | 35.45 | 232 |
| 2. Hans, de GROOT | 59 | Nat Utrecht | 40.11 | 160 |
| 3. Gert, MOOIJ | 58 | Nat Utrecht | 44.26 | 119 |

Masters 55+, Dames

| | | | | |
|-----------------------------|----|--------------|--------------|-----|
| 1. Margriet, GROVE-LINGEMAN | 62 | WZ&PC Triton | 37.82 | 267 |
| 2. Marijke, KRAAK-BECKERS | 60 | WS Twente | 38.79 | 248 |
| 3. Joke, BURGERS | 60 | Swol 1894 | 56.83 | 78 |

Masters 60+, Dames

| | | | | |
|--------------------|----|-----|----------------|----|
| 1. Anje, MANUPUTTY | 57 | Psv | 1:02.50 | 59 |
|--------------------|----|-----|----------------|----|

Masters 60+, Heren

| | | | | |
|----------------------------|----|-------------|--------------|-----|
| 1. Fred, ZANTING | 54 | TriVia | 34.52 | 251 |
| 2. Ron, van der ZANDE | 55 | Aalscholver | 35.79 | 225 |
| 3. Laurens, KLEIN BRETELER | 54 | Www | 37.42 | 197 |

Masters 65+, Heren

| | | | | |
|---------------|----|-------------|--------------|-----|
| 1. Jos, KAMPS | 51 | ZV Hoogland | 44.32 | 119 |
|---------------|----|-------------|--------------|-----|

Masters 65+, Dames

| | | | | |
|--------------------------------|----|-----------|--------------|----|
| 1. Antoinette, GILDING-TUSSAUD | 50 | WS Twente | 55.31 | 85 |
|--------------------------------|----|-----------|--------------|----|

Masters 70+, Heren

| | | | | |
|-------------------|----|-----|--------------|-----|
| 1. Theo, SCHOUTEN | 46 | Www | 37.52 | 196 |
| 2. Rob, HANOU | 43 | Psv | 44.76 | 115 |

Programmanr. 6
7-10-2017 - 18:30

100m schoolslag

20 jaar en ouder
Resultaten

Punten: FINA 2017

| Rang | Geb. | | Tijd | Pnt |
|---------------------------|------|----------------------|----------------|-----|
| Masters 20+, Dames | | | | |
| 1. Daphne, SPREEN | 96 | ZV ZZG De Boskickers | 1:28.03 | 355 |
| 2. Sigrit, AARTEN | 93 | Deltasteur | 1:32.08 | 310 |
| 3. Annemiek, van VEEN | 93 | Dedemsvaart-AC | 1:54.30 | 162 |
| 4. Tessa, van DIJK | 94 | isis | 2:14.62 | 99 |
| Masters 20+, Heren | | | | |
| 1. Tom, de LANGE | 93 | Deltasteur | 1:17.24 | 373 |
| Masters 25+, Heren | | | | |
| 1. Tim, BUNNIK | 90 | WZ&PC Triton | 1:11.73 | 465 |
| 2. Herman, HOFMAN | 90 | ZV ZZG De Boskickers | 1:18.01 | 362 |
| 3. Rene, KNIJPSTRA | 88 | isis | 1:30.99 | 228 |
| 4. Jordie, BATS | 89 | Deltasteur | 1:31.24 | 226 |
| 5. Leo, ZIJLSTRA | 90 | isis | 1:35.70 | 196 |

ZMC deel1 Kampen
Kampen, 7-10-2017

Programmanr. 6, 100m schoolslag

Masters 25+, Dames

| | | | | |
|----------------------|----|------------------|----------------|-----|
| 1. Leonie, NIJENHUIS | 92 | Zzz | 1:21.81 | 442 |
| 2. Fraukje, PUTS | 92 | HZ&PC Heerenveen | 1:24.99 | 395 |
| 3. Petra, ZANDSTRA | 90 | isis | 1:33.36 | 298 |
| 4. Marjan, RIKKEN | 92 | Zw | 1:34.28 | 289 |

Masters 30+, Dames

| | | | | |
|---------------------------|----|---------------|----------------|-----|
| 1. Liesbeth, van MILL | 87 | Dwk | 1:28.57 | 349 |
| 2. Wendy, de BOER-GRUPPEN | 85 | ZPC Hoozeveen | 1:33.09 | 300 |
| 3. Lisette, POELHEKKEN | 84 | Aalscholver | 1:46.99 | 198 |

Masters 30+, Heren

| | | | | |
|-------------------------|----|------------|----------------|-----|
| 1. Stefan, van de GRIFT | 87 | Octopus | 1:18.31 | 358 |
| 2. Ferdy, van SAVOYEN | 86 | Zzz | 1:24.77 | 282 |
| 3. Rudy, de JONG | 83 | isis | 1:29.19 | 242 |
| 4. Albert, DIJKSMA | 87 | isis | 1:35.68 | 196 |
| 5. Sander, de VELDE | 83 | Deltasteur | 1:36.67 | 190 |

Masters 35+, Dames

| | | | | |
|-----------------------|----|-------------|----------------|-----|
| 1. Kika, MEIJERS | 80 | Swol 1894 | 1:29.37 | 339 |
| 2. Kristel, LIPS | 79 | ZV De Bron | 1:33.91 | 292 |
| 3. Margriet, LEEFFERS | 78 | Deltasteur | 1:39.02 | 249 |
| 4. Melanie, WITT | 80 | Montferland | 1:41.03 | 235 |

Masters 40+, Dames

| | | | | |
|-------------------------|----|--------|----------------|-----|
| 1. Miranda, STRAETEMANS | 74 | Zignea | 1:26.24 | 378 |
|-------------------------|----|--------|----------------|-----|

Masters 40+, Heren

| | | | | |
|-----------------------|----|----------|----------------|-----|
| 1. Erwin, ZUIJDERVELT | 75 | De Futen | 1:25.28 | 277 |
|-----------------------|----|----------|----------------|-----|

Masters 45+, Dames

| | | | | |
|---------------------|----|-----------|----------------|-----|
| 1. Iris, van AURICH | 69 | Dwk | 1:28.74 | 347 |
| 2. Annet, KOOTSTRA | 71 | Swol 1894 | 1:43.29 | 220 |
| 3. Evelien, NAATJE | 72 | WS Twente | 1:50.63 | 179 |

Masters 50+, Dames

| | | | | |
|---------------------|----|----------------|----------------|-----|
| 1. Christine, BUIST | 64 | De Duinkickers | 1:46.25 | 202 |
| 2. Remona, DEKKER | 66 | ZV De Bron | 1:46.43 | 201 |
| 3. Riekie, SCHRA | 64 | Steenwijk 1934 | 2:21.26 | 86 |

Masters 50+, Heren

| | | | | |
|------------------|----|-------------------|----------------|-----|
| 1. Gert, SIKKEMA | 63 | Zwemclub Urk 1978 | 1:15.93 | 392 |
| 2. Rene, KROEZE | 67 | Z&PC de Inktvis | 1:19.56 | 341 |
| 3. Jan, WIERENGA | 64 | Aalscholver | 1:25.90 | 271 |

Masters 55+, Heren

| | | | | |
|---------------------|----|--------------|----------------|-----|
| 1. Ronald, GROVE | 61 | WZ&PC Triton | 1:27.12 | 260 |
| 2. Jack, BARENDS | 62 | WS Twente | 1:33.75 | 208 |
| 3. Marius, ROS | 59 | Zcnf'34 | 1:38.36 | 180 |
| 4. John, DAM | 60 | Zignea | 1:39.51 | 174 |
| 5. Andre, PANTEKOEK | 58 | de Devel | 1:52.40 | 121 |

ZMC deel1 Kampen
Kampen, 7-10-2017

Programmanr. 6, 100m schoolslag

Masters 55+, Dames

1. Petra, ROS 61 Zcnf'34 **1:52.58** 169

Masters 60+, Dames

1. Monica, BAKKER 56 Steenwijk 1934 **1:46.03** 203

Masters 65+, Heren

1. Henk, OOSTENDORP 48 ZV De Bron **2:04.02** 90

Masters 70+, Dames

1. Annet, VERHOEVEN - STEGGERDA 46 De Duinkikkers **2:03.73** 128

Masters 70+, Heren

1. Rob, HANOU 43 Psv **1:46.84** 141

Programmanr. 7
7-10-2017 - 18:50

50m vrije slag

20 jaar en ouder
Resultaten

Punten: FINA 2017

| Rang | Geb. | Tijd | Pnt |
|---------------------------|-----------------------------|-----------------|------------------|
| Masters 20+, Dames | | | |
| 1. | Karin, GROEN 95 | Nova | 27.50 603 |
| 2. | Chantal, MULDER 97 | Zzz | 30.58 438 |
| 3. | Veronique, van der VELDE 96 | WS Twente | 31.16 414 |
| 4. | Nienke, FUITE 95 | Deltasteur | 32.55 363 |
| 5. | Ellen, RIKKEN 96 | Zw | 33.12 345 |
| 6. | Sylvia, HIDDING 96 | H2Oldambt | 41.99 169 |
| Masters 20+, Heren | | | |
| 1. | Mike, BENNINK 94 | Deltasteur | 26.76 433 |
| 2. | Tom, de LANGE 93 | Deltasteur | 29.93 310 |
| 3. | Bob, POTKAMP 94 | Deltasteur | 30.91 281 |
| 4. | Bart, KUIJPERS 95 | Zzz | 31.68 261 |
| Masters 25+, Heren | | | |
| 1. | Stefan, KWANT 92 | Nova | 25.82 483 |
| 2. | Erik, van der HEIDE 88 | Zzz | 26.35 454 |
| 3. | Rolf, KRUIHOF 89 | ZPC Stadskanaal | 26.62 440 |
| 4. | Patrick, de JONGE 89 | ZPC Woerden | 27.76 388 |
| 5. | Eric, KALEE 90 | ZV Hoogland | 28.49 359 |
| Masters 25+, Dames | | | |
| 1. | Leonie, NIJENHUIS 92 | Zzz | 31.22 412 |
| 2. | Anoeschka, KROEZEN 90 | Zignea | 35.03 292 |
| 3. | Janneke, WYNIA 90 | WS Twente | 35.06 291 |
| 4. | Eline, VOSSEBELT 92 | Deltasteur | 35.39 283 |
| 5. | Sanne, SMOUTER 89 | ZV Hoogland | 36.97 248 |

ZMC deel1 Kampen
Kampen, 7-10-2017

Programmanr. 7, 50m vrije slag

Masters 30+, Dames

| | | | | | |
|----|-----------------------|----|--------------------|--------------|-----|
| 1. | Charlotte, GROENEVELD | 87 | Uzsc | 28.88 | 521 |
| 2. | Christien, HOMMES | 86 | ZPC Stadskanaal | 31.82 | 389 |
| 3. | Margo, KRUIHOF | 87 | ZPC Stadskanaal | 33.12 | 345 |
| 4. | Fabienne, JEUKENS | 84 | ZV Hoogland | 34.80 | 297 |
| 5. | Carola, JACOBS | 85 | Z&PC Triton Putten | 35.63 | 277 |
| 6. | Jennifer, GO | 84 | WZ&PC Triton | 37.20 | 243 |

Masters 30+, Heren

| | | | | | |
|----|----------------------|----|-------------|--------------|-----|
| 1. | Arjen, van der BOOM | 86 | Zignea | 27.26 | 410 |
| 2. | Pim, POST | 84 | Swol 1894 | 27.86 | 384 |
| 3. | Dennis, KRAAKMAN | 87 | Daw | 28.46 | 360 |
| 4. | Ferdy, van SAVOYEN | 86 | Zzz | 29.01 | 340 |
| 5. | Edward, van DOOTINGH | 84 | Zv 44 | 29.22 | 333 |
| 6. | Robin, EGGENKAMP | 87 | Aalscholver | 30.80 | 284 |
| 7. | Sander, de VELDE | 83 | Deltasteur | 33.52 | 220 |

Masters 35+, Heren

| | | | | | |
|----|------------------|----|--------------------|--------------|-----|
| 1. | Gerwin, VONK | 82 | De Spatters | 27.39 | 404 |
| 2. | Rob, van WANROOY | 82 | Gay Swim Amsterdam | 28.57 | 356 |
| 3. | Remco, SMIT | 81 | Aalscholver | 30.96 | 280 |

Masters 35+, Dames

| | | | | | |
|-----|------------------------------|----|-----------------|--------------|-----|
| 1. | Kika, MEIJERS | 80 | Swol 1894 | 32.35 | 370 |
| 2. | Gabrielle, van KUIJK-DE JONG | 79 | Aalscholver | 32.58 | 362 |
| 3. | Elvira, JONKERS | 79 | Z&PC de Inktvis | 32.80 | 355 |
| 4. | Linda, PANMAN | 82 | ZPC Stadskanaal | 33.12 | 345 |
| 5. | Yvonne, JOOSTEN-WEVER | 81 | H2Oldambt | 34.20 | 313 |
| 6. | Inge, ROSKAM | 78 | De Duinkickers | 35.09 | 290 |
| 7. | Saskia, op den VELDE | 79 | De Duinkickers | 35.18 | 288 |
| 8. | Marlies, MULDER | 80 | De Fuut | 36.79 | 252 |
| 9. | Ilonka, SCHULDINK | 78 | Deltasteur | 36.80 | 251 |
| 10. | Melanie, WITT | 80 | Montferland | 41.94 | 170 |
| 11. | Karliën, OFFEREIN-HULSHOFF | 81 | ZPC Hoogeveen | 43.89 | 148 |

Masters 40+, Dames

| | | | | | |
|----|------------------|----|------------------|--------------|-----|
| 1. | Jannie, VENNIK | 76 | HZ&PC Heerenveen | 34.44 | 307 |
| 2. | Jessica, WEZEMER | 76 | Zv 44 | 41.54 | 175 |

Masters 40+, Heren

| | | | | | |
|----|---------------------|----|------------------|--------------|-----|
| 1. | Gerard, EGHUIZEN | 74 | HZ&PC Heerenveen | 28.98 | 341 |
| 2. | Tom, BANDSMA | 77 | Psv | 29.11 | 337 |
| 3. | Erik, SMINK | 73 | ZV Hoogland | 30.36 | 297 |
| 4. | Dick, HUISMAN | 75 | Steenwijk 1934 | 31.79 | 258 |
| 5. | Arno, van der GRIJN | 73 | De Fuut | 37.67 | 155 |

Masters 45+, Heren

| | | | | | |
|----|---------------------|----|-----------------|--------------|-----|
| 1. | Gerko, VERSLUIS | 69 | Zzz | 28.31 | 366 |
| 2. | Marcel, BRITTIJN | 69 | De Duinkickers | 29.29 | 330 |
| 3. | Erik, VELTMAN | 72 | ZPC Stadskanaal | 30.28 | 299 |
| 4. | Edwin, VOS | 70 | Swol 1894 | 31.08 | 276 |
| 5. | Alistair, CRITCHELL | 71 | Zv 44 | 31.44 | 267 |
| 6. | Arno, BRUIJNES | 72 | Dwk | 31.55 | 264 |

ZMC deel1 Kampen
Kampen, 7-10-2017

Programmanr. 7, Heren, 50m vrije slag, Masters 45+

| Rang | | Geb. | | Tijd | Pnt |
|------|------------------|------|----------------|--------------|-----|
| 7. | Peter, BARENDSE | 69 | Zpc Amersfoort | 31.72 | 260 |
| 8. | Roelof, BROEKMAN | 68 | De Spatters | 32.30 | 246 |
| 9. | Bert, MARS | 71 | Swol 1894 | 32.55 | 241 |
| 10. | Oebele, BOOMSMA | 70 | Orca | 39.90 | 130 |
| DIS | Martijn, de JONG | 71 | Dwk | | |

AA - Gestart voor het startsignaal (en wel gezwommen).

Masters 45+, Dames

| | | | | | |
|----|----------------------|----|------------------|--------------|-----|
| 1. | Rina, KUIPER | 70 | H2Oldambt | 32.45 | 367 |
| 2. | Geesje Lena, BOOMSMA | 70 | Orca | 33.72 | 327 |
| 3. | Henriëtte, MANTING | 71 | Gzww | 33.99 | 319 |
| 4. | Peggi, HURENKAMP | 69 | HZ&PC Heerenveen | 34.20 | 313 |

Masters 50+, Dames

| | | | | | |
|----|----------------------------|----|----------------|--------------|-----|
| 1. | Jacqueline, TUIN | 66 | Daw | 31.22 | 412 |
| 2. | Roelien, SPEELMAN-TIGELAAR | 66 | De Spatters | 34.27 | 311 |
| 3. | Miranda, KEIJL | 65 | Zignea | 34.52 | 305 |
| 4. | Machteld, STILTING | 66 | Zpc Amersfoort | 36.44 | 259 |
| 5. | Remona, DEKKER | 66 | ZV De Bron | 39.25 | 207 |
| 6. | Riekie, SCHRA | 64 | Steenwijk 1934 | 58.82 | 61 |

Masters 50+, Heren

| | | | | | |
|-----|--------------------|----|-------------------|--------------|-----|
| 1. | Martin, KAPTEIN | 67 | Dwk | 26.87 | 428 |
| 2. | Arnold, de ROVER | 64 | De Futen | 27.27 | 410 |
| 3. | Gert, SIKKEMA | 63 | Zwemclub Urk 1978 | 28.75 | 349 |
| 4. | Meindert, TUINSTR | 66 | H2Oldambt | 29.45 | 325 |
| 5. | Jan, WIERENGA | 64 | Aalscholver | 29.51 | 323 |
| 6. | Erik, WETSTEIJN | 65 | Swol 1894 | 29.64 | 319 |
| 7. | Edzo, HUISMAN | 63 | Aquapoldro | 30.02 | 307 |
| 8. | Robert, de BRAUWER | 64 | De Duinkickers | 30.31 | 298 |
| 9. | Lambert, MORSINK | 65 | WZ&PC Triton | 31.57 | 264 |
| 10. | Ronald, van VLIET | 63 | Aalscholver | 32.34 | 245 |
| 11. | Henri, VOS | 65 | Swol 1894 | 33.00 | 231 |
| 12. | Alfred, BOONSTRA | 63 | Nat Utrecht | 52.47 | 57 |
| DIS | Adri, PASMEN | 64 | Zzz | | |

AA - Gestart voor het startsignaal (en wel gezwommen).

Masters 55+, Heren

| | | | | | |
|----|---------------|----|------------|--------------|-----|
| 1. | Henk, KUIPERS | 62 | Uzsc | 31.20 | 273 |
| 2. | John, DAM | 60 | Zignea | 33.37 | 223 |
| 3. | Jack, BARENDS | 62 | WS Twente | 33.40 | 223 |
| 4. | Perry, DEKKER | 62 | ZV De Bron | 41.16 | 119 |

Masters 55+, Dames

| | | | | | |
|----|----------------------|----|--------------|--------------|-----|
| 1. | Ellen, PARMA | 62 | WZ&PC Triton | 38.35 | 222 |
| 2. | Jenny, WESTERVAARDER | 62 | H2Oldambt | 40.12 | 194 |
| 3. | Joke, BURGERS | 60 | Swol 1894 | 51.85 | 90 |

Masters 60+, Dames

| | | | | | |
|----|-----------------|----|-----|--------------|-----|
| 1. | Anje, MANUPUTTY | 57 | Psv | 44.76 | 139 |
|----|-----------------|----|-----|--------------|-----|

ZMC deel1 Kampen
Kampen, 7-10-2017

Programmanr. 7, 50m vrije slag

Masters 60+, Heren

| | | | | |
|----------------------------|----|--------|--------------|-----|
| 1. Fred, ZANTING | 54 | TriVia | 33.37 | 223 |
| 2. Laurens, KLEIN BRETELER | 54 | Www | 37.18 | 161 |

Masters 65+, Heren

| | | | | |
|---------------------|----|------------|--------------|----|
| 1. Henk, OOSTENDORP | 48 | ZV De Bron | 48.36 | 73 |
| 2. Bert, VEERKAMP | 52 | Zzz | 55.37 | 48 |

Masters 70+, Dames

| | | | | |
|---------------------------------|----|----------------|--------------|-----|
| 1. Annet, VERHOEVEN - STEGGERDA | 46 | De Duinkickers | 49.08 | 106 |
|---------------------------------|----|----------------|--------------|-----|

Masters 70+, Heren

| | | | | |
|-------------------|----|------------|--------------|-----|
| 1. Theo, SCHOUTEN | 46 | Www | 32.89 | 233 |
| 2. Mans, BUIS | 47 | Het Ravijn | 38.69 | 143 |

Programmanr. 8
7-10-2017 - 19:10

200m rugslag

20 jaar en ouder
Resultaten

Punten: FINA 2017

| Rang | Geb. | Tijd | Pnt |
|---------------------------|---------------|----------------------|--------------------|
| Masters 20+, Dames | | | |
| 1. Tamara, GROVE | 96 | De Dolfijn | 2:25.90 545 |
| 100m: 1:11.27 | 200m: 1:14.63 | | |
| 2. Sigrit, AARTEN | 93 | Deltasteur | 2:43.26 389 |
| 100m: 1:19.74 | 200m: 1:23.52 | | |
| 3. Daphne, SPREEN | 96 | ZV ZZG De Boskickers | 2:53.98 321 |
| 100m: 1:25.05 | 200m: 1:28.93 | | |
| 4. Tessa, van DIJK | 94 | isis | 4:14.08 103 |
| 100m: 2:05.80 | 200m: 2:08.28 | | |
| Masters 20+, Heren | | | |
| 1. Rick, VAARKAMP | 94 | Z&PC Triton Putten | 3:19.09 149 |
| 100m: 1:35.11 | 200m: 1:43.98 | | |
| Masters 25+, Heren | | | |
| 1. Tim, BUNNIK | 90 | WZ&PC Triton | 2:19.60 433 |
| 100m: 1:07.72 | 200m: 1:11.88 | | |
| 2. Herman, HOFMAN | 90 | ZV ZZG De Boskickers | 2:24.56 390 |
| 100m: 1:08.79 | 200m: 1:15.77 | | |
| 3. Rene, KNIJPSTRA | 88 | isis | 2:52.81 228 |
| 100m: 1:24.69 | 200m: 1:28.12 | | |
| 4. Leo, ZIJLSTRA | 90 | isis | 3:16.09 156 |
| 100m: 1:36.67 | 200m: 1:39.42 | | |

Programmanr. 8, 200m rugslag

Masters 25+, Dames

| | | | | |
|-----------------------------|----|----------------|----------------|-----|
| 1. Elmi, ROELOFSEN | 90 | Zw | 2:35.81 | 448 |
| 100m: 1:14.94 200m: 1:20.87 | | | | |
| 2. Nanda, de VRIES | 92 | Steenwijk 1934 | 2:41.23 | 404 |
| 100m: 1:19.12 200m: 1:22.11 | | | | |
| 3. Leonie, NIJENHUIS | 92 | Zzz | 2:53.98 | 321 |
| 100m: 1:24.55 200m: 1:29.43 | | | | |
| 4. Petra, ZANDSTRA | 90 | isis | 3:30.80 | 180 |
| 100m: 1:44.25 200m: 1:46.55 | | | | |
| 5. Brechtje, de JONG | 89 | isis | 5:02.08 | 61 |
| 100m: 2:29.99 200m: 2:32.09 | | | | |

Masters 30+, Dames

| | | | | |
|-----------------------------|----|--------------------|----------------|-----|
| 1. Liesbeth, van MILL | 87 | Dwk | 2:49.72 | 346 |
| 100m: 1:22.58 200m: 1:27.14 | | | | |
| 2. Manouk, TICHELER | 87 | De Duinkickers | 3:00.35 | 288 |
| 100m: 1:27.39 200m: 1:32.96 | | | | |
| 3. Carola, JACOBS | 85 | Z&PC Triton Putten | 3:31.29 | 179 |
| 100m: 1:45.03 200m: 1:46.26 | | | | |
| 4. Marloes, REBEL | 84 | WS Twente | 3:55.82 | 129 |
| 100m: 1:56.15 200m: 1:59.67 | | | | |

Masters 30+, Heren

| | | | | |
|-----------------------------|----|------|----------------|-----|
| 1. Rudy, de JONG | 83 | isis | 2:47.15 | 252 |
| 100m: 1:21.03 200m: 1:26.12 | | | | |
| 2. Ferdy, van SAVOYEN | 86 | Zzz | 2:51.09 | 235 |
| 100m: 1:23.62 200m: 1:27.47 | | | | |
| 3. Albert, DIJKSMA | 87 | isis | 2:55.83 | 216 |
| 100m: 1:23.36 200m: 1:32.47 | | | | |

Masters 35+, Heren

| | | | | |
|-----------------------------|----|----------------|----------------|-----|
| 1. Marcel, REEFHUIS | 81 | WS Twente | 2:28.32 | 361 |
| 100m: 1:11.64 200m: 1:16.68 | | | | |
| 2. Robin, ROSKAM | 78 | De Duinkickers | 3:33.73 | 120 |
| 100m: 1:44.37 200m: 1:49.36 | | | | |

Masters 35+, Dames

| | | | | |
|-----------------------------|----|------------|----------------|-----|
| 1. Gea, van der SCHAAF | 79 | Deltasteur | 2:53.30 | 325 |
| 100m: 1:25.30 200m: 1:28.00 | | | | |
| 2. Margriet, LEEFFERS | 78 | Deltasteur | 3:18.07 | 218 |
| 100m: 1:36.33 200m: 1:41.74 | | | | |
| 3. Rianne, van VEGCHELEN | 81 | Zv 44 | 4:01.03 | 121 |
| 100m: 1:58.45 200m: 2:02.58 | | | | |

Masters 40+, Heren

| | | | | |
|-----------------------------|----|----------|----------------|-----|
| 1. Erwin, ZUIJDERVELT | 75 | De Futen | 2:40.51 | 285 |
| 100m: 1:18.93 200m: 1:21.58 | | | | |

Programmanr. 8, 200m rugslag

Masters 45+, Heren

| | | | | |
|-----------------------------|----|------------------|----------------|-----|
| 1. René, BEETSMA | 69 | HZ&PC Heerenveen | 2:31.69 | 337 |
| 100m: 1:14.91 200m: 1:16.78 | | | | |
| 2. Michael, van BEKKUM | 72 | Swol 1894 | 2:43.42 | 270 |
| 100m: 1:19.75 200m: 1:23.67 | | | | |
| 3. Heiner, STEVENS | 72 | Zignea | 2:54.67 | 221 |
| 100m: 1:25.90 200m: 1:28.77 | | | | |
| 4. Korstiaan, de BOER | 71 | Steenwijk 1934 | 2:54.96 | 220 |
| 100m: 1:25.74 200m: 1:29.22 | | | | |

Masters 45+, Dames

| | | | | |
|-----------------------------|----|------------------|----------------|-----|
| 1. Iris, van AURICH | 69 | Dwk | 3:04.45 | 270 |
| 100m: 1:30.37 200m: 1:34.08 | | | | |
| 2. Peggi, HURENKAMP | 69 | HZ&PC Heerenveen | 3:12.01 | 239 |
| 100m: 1:34.58 200m: 1:37.43 | | | | |
| 3. Annet, KOOTSTRA | 71 | Swol 1894 | 3:26.68 | 191 |
| 100m: 1:42.86 200m: 1:43.82 | | | | |
| 4. Greta, WYMA-TEITSMA | 71 | Dwk | 3:34.17 | 172 |
| 100m: 1:42.83 200m: 1:51.34 | | | | |

Masters 50+, Dames

| | | | | |
|-----------------------------|----|----------------|----------------|-----|
| 1. Wilna, HEIJMAN | 64 | Steenwijk 1934 | 3:02.41 | 279 |
| 100m: 1:30.07 200m: 1:32.34 | | | | |
| 2. Caroline, SCHREUDER | 67 | WZ&PC Triton | 3:02.82 | 277 |
| 100m: 1:28.47 200m: 1:34.35 | | | | |
| 3. Annemarie, VUIST | 63 | Swol 1894 | 3:15.79 | 225 |
| 100m: 1:37.23 200m: 1:38.56 | | | | |

Masters 50+, Heren

| | | | | |
|-----------------------------|----|-----------------|----------------|-----|
| 1. Rene, KROEZE | 67 | Z&PC de Inktvis | 2:39.64 | 289 |
| 100m: 1:17.68 200m: 1:21.96 | | | | |
| 2. Evert Jan, VERWEIJ | 63 | Swol 1894 | 2:53.25 | 226 |
| 100m: 1:24.32 200m: 1:28.93 | | | | |
| 3. Huyb, STEGEMAN | 67 | Steenwijk 1934 | 3:11.63 | 167 |
| 100m: 1:32.50 200m: 1:39.13 | | | | |
| 4. Adri, PASMAN | 64 | Zzz | 3:22.78 | 141 |
| 100m: 1:41.90 200m: 1:40.88 | | | | |

Masters 55+, Heren

| | | | | |
|-----------------------------|----|--------------|----------------|-----|
| 1. Ronald, GROVE | 61 | WZ&PC Triton | 3:05.55 | 184 |
| 100m: 1:31.56 200m: 1:33.99 | | | | |

Masters 55+, Dames

| | | | | |
|-----------------------------|----|--------------|----------------|-----|
| 1. Margriet, GROVE-LINGEMAN | 62 | WZ&PC Triton | 3:05.75 | 264 |
| 100m: 1:30.35 200m: 1:35.40 | | | | |
| 2. Marijke, KRAAK-BECKERS | 60 | WS Twente | 3:17.03 | 221 |
| 100m: 1:35.70 200m: 1:41.33 | | | | |
| 3. Jennie, RESINK-LINDEBOOM | 60 | Dwk | 3:36.75 | 166 |
| 100m: 1:48.01 200m: 1:48.74 | | | | |

Programmanr. 8, 200m rugslag

Masters 60+, Dames

1. Atie, PIJTAK-RADERSMA 56 Zpc Amersfoort **2:59.10** 295
100m: 1:28.01 200m: 1:31.09

Masters 60+, Heren

1. Ron, van der ZANDE 55 Aalscholver **3:07.78** 177
100m: 1:31.56 200m: 1:36.22

2. Ruud, RUITER 53 Wwv **3:21.08** 144
100m: 1:39.15 200m: 1:41.93

Masters 65+, Heren

1. Jos, KAMPS 51 ZV Hoogland **3:41.87** 107
100m: 1:45.71 200m: 1:56.16

Masters 65+, Dames

1. Antoinette, GILDING-TUSSAUD 50 WS Twente **3:52.34** 135
100m: 1:54.38 200m: 1:57.96

2. Ineke, MEIJER 52 HZ&PC Heerenveen **3:57.39** 126
100m: 1:55.92 200m: 2:01.47