

## 1 - 22ste ZMC 2017-2018 Almere-Poort

19-11-2017 - 15:35

Programmanr. 1  
19-11-2017 - 15:30

100m rugslag

Gebjr 1933 - 1997  
Resultaten

Rang				In.tijd		Tijd
<b>Heren 20+, Heren</b>						
1.	Kaspur van der Lem		Swimcademy	1:09.08	199600279	<b>1:10.98</b>
	50m: 34.06	100m: 1:10.98				
2.	Bart Hogenes		ZV De Aalscholver	1:30.00	199605801	<b>1:17.91</b>
	50m: 37.34	100m: 1:17.91				
<b>Dames 20+, Dames</b>						
1.	Tamara Grove		De Dolfijn	1:06.45	199601266	<b>1:07.67</b>
	50m: 33.02	100m: 1:07.67				
2.	Samira Mijnen		WZ&PC Purmerend	1:11.39	199701320	<b>1:11.57</b>
	50m: 35.33	100m: 1:11.57				
3.	Rachel Trapman		De Duinkickers	1:23.69	199606760	<b>1:24.38</b>
	50m: 41.39	100m: 1:24.38				
4.	Charine de Ruiter		Steenwijk 1934	1:23.43	199403668	<b>1:24.39</b>
	50m: 40.87	100m: 1:24.39				
5.	Stefanie van den Hoed		De Duinkickers	1:29.08	199706594	<b>1:31.02</b>
	50m: 42.00	100m: 1:31.02				
6.	Maranka Huitema		Steenwijk 1934	1:29.07	199500302	<b>1:31.54</b>
	50m: 44.74	100m: 1:31.54				
7.	Anne-wikke Verbaan		Z&PC Triton Putten	1:30.72	199706436	<b>1:31.76</b>
	50m: 44.97	100m: 1:31.76				
8.	Iris Spijkstra		Aqualero	1:33.38	199600384	<b>1:32.92</b>
	50m: 44.77	100m: 1:32.92				
9.	Elvira Feikens		De Spatters	1:33.72	199506982	<b>1:36.57</b>
	50m: 46.87	100m: 1:36.57				
10.	Tessa van Dijk		isis	1:43.18	199401252	<b>1:46.88</b>
	50m: 52.86	100m: 1:46.88				
<b>Heren 25+, Heren</b>						
1.	Tim Bunnik		WZ&PC Triton	1:02.88	199000505	<b>1:04.65</b>
	50m: 31.52	100m: 1:04.65				
2.	Rene Knijpstra		isis	1:20.35	198806181	<b>1:21.89</b>
	50m: 40.53	100m: 1:21.89				
3.	Wouter van 't Klooster		Zpc Amersfoort	1:27.09	198806159	<b>1:26.63</b>
	50m: 42.46	100m: 1:26.63				
4.	Leo Zijlstra		isis	1:36.67	199007483	<b>1:27.76</b>
	50m: 43.33	100m: 1:27.76				
<b>Dames 25+, Dames</b>						
1.	Jacyntha Plat		Steenwijk 1934	1:11.26	199002956	<b>1:09.99</b>
	50m: 33.73	100m: 1:09.99				
2.	Margot Tijnagel		WZ&PC Triton	1:17.19	198806872	<b>1:17.30</b>
	50m: 37.57	100m: 1:17.30				

## Programmanr. 1, Dames, 100m rugslag, Dames 25+

Rang				In.tijd		Tijd
3.	Marloes Benjamins	Aqualero		1:25.00	199105110	<b>1:23.53</b>
	50m: 41.31	100m: 1:23.53				
4.	Petra Zandstra	isis		1:32.28	199006248	<b>1:38.05</b>
	50m: 47.45	100m: 1:38.05				

## Heren 30+, Heren

1.	Dennis Kraakman	Daw		1:17.90	198705325	<b>1:18.17</b>
	50m: 38.00	100m: 1:18.17				
2.	Robin Eggenkamp	ZV De Aalscholver		1:16.16	198700847	<b>1:20.26</b>
	50m: 38.50	100m: 1:20.26				

## Dames 30+, Dames

1.	Liesbeth van Mill	Dwk		1:18.94	198702786	<b>1:19.76</b>
	50m: 38.26	100m: 1:19.76				
2.	Manouk Ticheler	De Duinkickers		1:26.69	198705416	<b>1:25.85</b>
	50m: 41.07	100m: 1:25.85				
3.	Jeanette van Dijk	isis		1:23.93	198700880	<b>1:27.80</b>
	50m: 42.89	100m: 1:27.80				
4.	Carola Jacobs	Z&PC Triton Putten		1:30.42	198504176	<b>1:32.44</b>
	50m: 45.35	100m: 1:32.44				
5.	Katja van Dodeweerd	Nat Utrecht		1:38.53	198302884	<b>1:41.07</b>
	50m: 49.62	100m: 1:41.07				

AFGEM Charlotte Groeneveld Uzsc 1:11.00 198701404

## Heren 35+, Heren

1.	Robin Roskam	De Duinkickers		1:32.34	197801831	<b>1:31.80</b>
	50m: 45.46	100m: 1:31.80				

## Dames 35+, Dames

1.	Kika Meijers	Swol 1894		1:28.00	198000736	<b>1:23.23</b>
	50m: 40.27	100m: 1:23.23				
2.	Gabrielle van Kuijk-de Jong	ZV De Aalscholver		1:25.00	197901554	<b>1:28.75</b>
	50m: 43.09	100m: 1:28.75				
3.	Saskia op den Velde	De Duinkickers		1:40.00	197901530	<b>1:40.67</b>
	50m: 49.38	100m: 1:40.67				
4.	Rianne van Vegchelen	Zv 44		1:41.49	198101530	<b>1:51.95</b>
	50m: 55.98	100m: 1:51.95				

AFGEM Melanie Witt Montferland 1:33.00 198001774

## Heren 40+, Heren

1.	Alex Damen	Daw		1:07.78	197501371	<b>1:10.43</b>
	50m: 35.04	100m: 1:10.43				
2.	Erwin Zuidervelt	AZ&PC De Futen		1:12.15	197501015	<b>1:14.32</b>
	50m: 35.82	100m: 1:14.32				
3.	Darren Wachtler	Daw		1:15.00	197401513	<b>1:14.51</b>
	50m: 35.73	100m: 1:14.51				
4.	Kasper van den Berghe	Swol 1894		1:16.14	197301125	<b>1:18.19</b>
	50m: 38.59	100m: 1:18.19				

## Programmanr. 1, Heren, 100m rugslag, Heren 40+

Rang					In.tijd		Tijd
5.	Dick Huisman			Steenwijk 1934	1:25.00	197501409	<b>1:31.00</b>
	50m: 45.22	100m: 1:31.00					
6.	Arno van der Grijn			De Fuut	1:48.00	197301589	<b>1:55.33</b>
	50m: 54.86	100m: 1:55.33					

## Dames 40+, Dames

1.	Miranda Straetemans			Zignea	1:34.54	197400514	<b>1:36.64</b>
	50m: 46.02	100m: 1:36.64					
2.	Inge Lolkema-Soeters			Steenwijk 1934	1:43.11	197300934	<b>1:41.30</b>
	50m: 51.18	100m: 1:41.30					
3.	Wendy v.d. Linden			WZ&PC Purmerend	1:47.05	197300882	<b>1:51.16</b>
	50m: 54.27	100m: 1:51.16					

## Heren 45+, Heren

1.	Marcel van Winssen			De Gelenberg	1:07.98	197101477	<b>1:09.17</b> FJ 1
	50m: 33.45	100m: 1:09.17					
2.	René Beetsma			HZ&PC Heerenveen	1:09.90	196900069	<b>1:09.17</b> FJ 2
	50m: 33.88	100m: 1:09.17					
3.	Heiner Stevens			Zignea	1:16.81	197201299	<b>1:17.30</b>
	50m: 38.76	100m: 1:17.30					
4.	Korstiaan de Boer			Steenwijk 1934	1:20.13	197101629	<b>1:19.49</b>
	50m: 39.11	100m: 1:19.49					
5.	Alex Hagedoorn			Z&PC Triton Putten	1:30.00	197100319	<b>1:31.26</b>
	50m: 34.76	100m: 1:31.26					

## Dames 45+, Dames

1.	Evelien van Klarbergen			HZ&PC Heerenveen	1:13.17	197200964	<b>1:14.74</b>
	50m: 36.56	100m: 1:14.74					
2.	Monique Tuijp			WZ&PC Purmerend	1:13.20	196900800	<b>1:18.19</b>
	50m: 37.76	100m: 1:18.19					
3.	Iris van Aurich			Dwk	1:24.70	196900866	<b>1:22.78</b>
	50m: 41.41	100m: 1:22.78					
4.	Nathasja Konijn			Widex Gzc Donk	1:33.81	197100992	<b>1:30.85</b>
	50m: 43.71	100m: 1:30.85					
5.	Greta Wyma-Teitsma			Dwk	1:35.72	197100696	<b>1:37.26</b>
	50m: 46.80	100m: 1:37.26					
6.	Annette van Dok			MSV-Zeemacht	1:33.71	196800742	<b>1:39.42</b>
	50m: 49.83	100m: 1:39.42					

## Heren 50+, Heren

1.	Stefan Holmstrom			Daw	1:11.09	196701671	<b>1:11.71</b>
	50m: 33.92	100m: 1:11.71					
2.	Arnold de Rover			AZ&PC De Futen	1:13.10	196400645	<b>1:13.17</b>
	50m: 35.52	100m: 1:13.17					
3.	Casper Dollekamp			Steenwijk 1934	1:17.20	196301341	<b>1:18.48</b>
	50m: 38.18	100m: 1:18.48					
4.	Erik Wetsteijn			Swol 1894	1:18.86	196501019	<b>1:19.76</b>
	50m: 40.22	100m: 1:19.76					

## Programmanr. 1, Heren, 100m rugslag, Heren 50+

Rang				In.tijd		Tijd
5.	Evert Jan Verweij		Swol 1894	1:17.51	196301143	<b>1:20.20</b>
	50m: 38.97	100m: 1:20.20				
6.	Robert de Brauw		De Duinkickers	1:24.06	196401383	<b>1:21.68</b>
	50m: 38.72	100m: 1:21.68				
7.	Jan Wierenga		ZV De Aalscholver	1:22.21	196400843	<b>1:24.23</b>
	50m: 41.23	100m: 1:24.23				
8.	Jan Smalheer		Scom	1:26.28	196400701	<b>1:25.48</b>
	50m: 42.36	100m: 1:25.48				
AFGEM	Edzo Huisman		Aquapoldro	1:27.00	196301029	

## Dames 50+, Dames

1.	Caroline Schreuder		WZ&PC Triton	1:21.07	196700550	<b>1:22.57</b>
	50m: 39.39	100m: 1:22.57				
2.	Wilna Heijman		Steenwijk 1934	1:20.28	196400506	<b>1:25.64</b>
	50m: 42.91	100m: 1:25.64				
3.	Jacqueline Tuin		Daw	1:22.96	196600690	<b>1:26.70</b>
	50m: 41.42	100m: 1:26.70				
4.	Annette Korving-Leijenaar		Aqualero	1:29.36	196700662	<b>1:32.08</b>
	50m: 45.09	100m: 1:32.08				
5.	Christine Buist		De Duinkickers	1:32.38	196400608	<b>1:32.95</b>
	50m: 44.67	100m: 1:32.95				
6.	Hetty Smalheer		Scom	1:39.22	196700352	<b>1:35.34</b>
	50m: 47.31	100m: 1:35.34				

## Heren 55+, Heren

1.	Henk Kuipers		Uzsc	1:20.78	196201207	<b>1:22.57</b>
	50m: 40.90	100m: 1:22.57				
2.	Ronald Grove		WZ&PC Triton	1:31.56	196100161	<b>1:24.68</b>
	50m: 41.50	100m: 1:24.68				
3.	John Dam		Zignea	1:28.80	196000915	<b>1:34.52</b>
	50m: 46.74	100m: 1:34.52				
4.	Herbert Katgert		WS Twente	1:49.91	195900739	<b>1:53.16</b>
	50m: 54.83	100m: 1:53.16				

## Dames 55+, Dames

1.	Margriet Grove-Lingeman		WZ&PC Triton	1:30.35	196200080	<b>1:24.86</b>
	50m: 41.09	100m: 1:24.86				
2.	Ellen Parma		WZ&PC Triton	1:33.48	196200366	<b>1:35.95</b>
	50m: 46.30	100m: 1:35.95				
3.	Gea Kuiper		Zcnf'34	1:42.06	196100104	<b>1:59.62</b>
	50m: 59.16	100m: 1:59.62				

## Dames 60+, Dames

1.	Monica Bakker		Steenwijk 1934	1:31.71	195600082	<b>1:37.38</b>
	50m: 53.44	100m: 1:37.38				

## Programmanr. 1, 100m rugslag

## Dames 65+, Dames

1.	Tineke van Diggelen	Zpch	1:51.07	195200048	<b>1:52.51</b>
	50m: 54.80	100m: 1:52.51			

## Heren 70+, Heren

1.	Pieter Schillemans	WZ&PC Purmerend	1:31.38	194600141	<b>1:33.35</b>
	50m: 45.51	100m: 1:33.35			
2.	Mans Buis	Het Ravijn	1:47.70	194700133	<b>1:50.39</b>
	50m: 55.82	100m: 1:50.39			

## Dames 70+, Dames

1.	Loekie v. Huissteden	Zpc Amersfoort	2:13.48	194500002	<b>2:17.42</b>
	50m: 1:05.45	100m: 2:17.42			

## Heren 80+, Heren

1.	Jan Eichhorn	ZV Haarlem	1:47.59	193700015	<b>1:56.25</b>
	50m: 54.89	100m: 1:56.25			

Programmanr. 2  
19-11-2017 - 15:51

25m schoolslag

Gebjr 1933 - 1997  
Resultaten

Rang			In.tijd		Tijd
<b>Heren 20+, Heren</b>					
1.	Tom de Lange	Deltasteur	15.18	199300303	<b>15.28</b>
2.	Bob Potkamp	Deltasteur	17.54	199403189	<b>17.62</b>
3.	Rick Vaarkamp	Z&PC Triton Putten	19.70	199404979	<b>17.77</b>
4.	Patrick Wobben	Steenwijk 1934	18.00	199300559	<b>19.18</b>
<b>Dames 20+, Dames</b>					
1.	Karin Groen	Nova	16.19	199502440	<b>15.28</b>
2.	Tessa Benjamins	Aqualero	19.11	199500636	<b>19.42</b>
3.	Ellen Rikken	Zw	19.63	199604574	<b>20.91</b>
4.	Stefanie van den Hoed	De Duinkickers	25.84	199706594	<b>22.57</b>
<b>Heren 25+, Heren</b>					
1.	Dennis Bos	HZ&PC Heerenveen	13.74	199201965	<b>13.64</b>
2.	Jeffrey Appel	WZ&PC Purmerend	22.21	199200027	<b>13.97</b>
3.	Rolf Kruithof	ZPC Stadskanaal	16.99	198901823	<b>15.71</b>
4.	Connor Elemans	De Duinkickers	20.00	199100581	<b>18.02</b>
<b>Dames 25+, Dames</b>					
1.	Elmi Roelofsen	Zw	16.35	199008198	<b>15.91</b>
2.	Nanda de Vries	Steenwijk 1934	17.00	199204328	<b>17.61</b>
3.	Marjan Rikken	Zw	18.65	199206114	<b>20.15</b>
4.	Brechtje de Jong	isis	23.54	198907422	<b>25.91</b>
<b>Heren 30+, Heren</b>					
1.	Ferdy van Savoyen	Zuiderzeezwemmers	17.36	198604721	<b>16.86</b>
2.	Mark Brinkhuis	TriVia	16.82	198302609	<b>17.35</b>
3.	Albert Dijkma	isis	18.16	198700711	<b>18.23</b>
4.	Edward van Dootingh	Zv 44	18.00	198403341	<b>18.59</b>
<b>Dames 30+, Dames</b>					
1.	Nathalie van Velzen	WZ&PC Purmerend	16.78	198502970	<b>16.95</b>
2.	Angela Giezen	Montferland	18.42	198302796	<b>18.32</b>
3.	Jennifer Go	WZ&PC Triton	20.59	198400766	<b>20.96</b>
<b>Heren 35+, Heren</b>					
1.	Rob van Wanrooy	Gay Swim Amsterdam	15.20	198202627	<b>14.87</b>
2.	Robin Roskam	De Duinkickers	18.20	197801831	<b>17.39</b>
DIS	Berry Kragt	Zv 44	21.72	197902065	
	<i>SL - Het keer- en/of eindpunt met één hand aangetikt.</i>				
AFGEM	Gerwin Vonk	De Spatters	14.78	198201907	
<b>Dames 35+, Dames</b>					
1.	Kika Meijers	Swol 1894	20.00	198000736	<b>18.16</b>
2.	Irene Kasteel-Jaspersen	Zuiderzeezwemmers	23.00	198102278	<b>20.43</b>

## Programmanr. 2, 25m schoolslag

## Heren 40+, Heren

1.	Erwin Zuijdervelt	AZ&PC De Futen	17.10	197501015	<b>17.35</b>
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## Dames 40+, Dames

1.	Inge Lolkema-Soeters	Steenwijk 1934	22.75	197300934	<b>22.76</b>
2.	Jessica van Velzen	Zv 44	24.22	197601122	<b>23.32</b>
3.	Sjoukje Bakker	Zv 44	24.90	197601124	<b>25.52</b>
DIS	Femke Poll	Zv 44	18.00	197401066	

*AQ - Niet goedgekeurde zwemkleding gebruikt of meer dan 1 zwempak gedragen.*

AFGEM	Frederieke van Perlo	Zv 44	23.04	197701214	
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## Heren 45+, Heren

1.	Alistair Critchell	Zv 44	17.67	197101655	<b>16.51</b>
2.	Roelof Broekman	De Spatters	17.87	196800155	<b>18.22</b>
3.	Marcel Brittijn	De Duinkickers	17.20	196900159	<b>22.11</b>

## Dames 45+, Dames

1.	Henriëtte Manting	Gzww	19.95	197100246	<b>20.19</b>
2.	Desiree van der Lem	Swimcademy	20.21	196800282	<b>20.24</b>
3.	Peggi Hurenkamp	HZ&PC Heerenveen	22.00	196900922	<b>22.27</b>
4.	Anne Claudine Tuller	Zv 44	23.90	197101054	<b>23.10</b>

## Heren 50+, Heren

1.	Marcel van der Lem	Swimcademy	15.51	196500563	<b>15.91</b>
2.	Jan Smalheer	Scom	17.30	196400701	<b>17.30</b>
3.	Ronald van Vliet	ZV De Aalscholver	18.02	196300997	<b>17.39</b>
4.	Jeroen v.d. Linden	WZ&PC Purmerend	18.57	196601499	<b>18.05</b>
5.	Pierre de Groot	Widex Gzc Donk	18.50	196401431	<b>18.32</b>
6.	Lambert Morsink	WZ&PC Triton	18.92	196501427	<b>18.88</b>
7.	Roelof Liezen	Zv 44	22.51	196701757	<b>21.25</b>

## Dames 50+, Dames

1.	Annette Korving-Leijenaar	Aqualero	19.45	196700662	<b>19.25</b>
2.	Roelien Speelman-Tigelaar	De Spatters	20.22	196600664	<b>20.24</b>
3.	Hetty Smalheer	Scom	21.53	196700352	<b>21.30</b>
4.	Christine Buist	De Duinkickers	22.83	196400608	<b>21.73</b>
5.	Miranda Keijl	Zignea	22.90	196500588	<b>22.19</b>

## Heren 55+, Heren

1.	Kees-Jan van Overbeeke	WWV Winterswijk	16.80	196200489	<b>16.48</b>
2.	Janos Loczi	Daw	19.11	195800267	<b>18.87</b>
3.	Pier Van Der Sluis	De Vikings	18.64	195900757	<b>19.24</b>
AFGEM	Kees Karsten	Gay Swim Amsterdam	22.00	195800203	

## Dames 55+, Dames

1.	Marjan Spoelstra	Swol 1894	22.80	196000236	<b>21.25</b>
2.	Joke Burgers	Swol 1894	27.82	196000226	<b>26.87</b>
AFGEM	Petra Ros	Zcnf34	22.92	196100398	

## Programmanr. 2, 25m schoolslag

## Heren 60+, Heren

1. Paul Bunnik	WZ&PC Triton	17.25	195600413	<b>16.58</b>
AFGEM Jan Timmerman	Uzsc	19.02	195700347	

## Heren 65+, Heren

1. Jos Kamps	Zwemvereniging Hoogland	20.43	195100085	<b>22.66</b>
2. Bert Veerkamp	Zuiderzeezwemmers	24.02	195200271	<b>27.44</b>

## Dames 65+, Dames

1. Tineke van Diggelen	Zpch	24.20	195200048	<b>24.13</b>
2. Antoinette Gilding-Tussaud	WS Twente	27.99	195000038	<b>26.97</b>

## Heren 70+, Heren

1. Rob Hanou	Psv	19.50	194300109	<b>19.86</b>
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## Dames 70+, Dames

1. Annet Verhoeven - Steggerda	De Duinkickers	22.97	194600024	<b>24.01</b>
2. Leny Kamp	Aquapoldro	29.00	194400008	<b>30.79</b>



Programmanr. 3  
19-11-2017 - 16:00

200m vrije slag

Gebjr 1933 - 1997  
Resultaten

Rang					In.tijd		Tijd
<b>Heren 20+, Heren</b>							
1.	Martijn Bartels			Zpc Amersfoort	2:16.36	199603493	<b>2:16.84</b>
	50m: 31.08	100m: 1:06.26		200m: 2:16.84			
2.	Bart Hogenes			ZV De Aalscholver	2:40.00	199605801	<b>2:39.29</b>
	50m: 32.56	100m: 1:11.41		200m: 2:39.29			
<b>Dames 20+, Dames</b>							
1.	Elianne Huitema			Steenwijk 1934	2:18.36	199700258	<b>2:17.23</b>
	50m: 31.39	100m: 1:05.80		200m: 2:17.23			
2.	Charine de Ruiter			Steenwijk 1934	2:32.23	199403668	<b>2:39.86</b>
	50m: 35.86	100m: 1:16.10		200m: 2:39.86			
3.	Maranka Huitema			Steenwijk 1934	3:03.16	199500302	<b>3:05.32</b>
	50m: 40.92	100m: 1:27.94		200m: 3:05.32			
4.	Iris Spijkstra			Aqualero	3:17.06	199600384	<b>3:06.34</b>
	50m: 41.51	100m: 1:30.03		200m: 3:06.34			
5.	Tessa van Dijk			isis	3:17.15	199401252	<b>3:25.42</b>
	50m: 48.42	100m: 1:40.36		200m: 3:25.42			
<b>Heren 25+, Heren</b>							
1.	Patrick de Jonge			ZPC Woerden	2:24.51	198906635	<b>2:27.26</b>
	50m: 30.60	100m: 1:05.70		200m: 2:27.26			
2.	Rene Knijpstra			isis	2:28.47	198806181	<b>2:27.61</b>
	50m: 33.08	100m: 1:09.67		200m: 2:27.61			
3.	Leo Zijlstra			isis	2:54.23	199007483	<b>2:50.68</b>
	50m: 38.96	100m: 1:22.76		200m: 2:50.68			
<b>Dames 25+, Dames</b>							
1.	Elinore de Jong			The Hague Swimming (sg)	2:00.97	198902072	<b>2:03.77</b>
	<i>NMR</i>						
	50m: 27.32	100m: 58.83		200m: 2:03.77			
2.	Maaïke Vooren			Daw	2:11.12	199103324	<b>2:12.95</b>
	50m: 31.57	100m: 1:05.58		200m: 2:12.95			
3.	Elmi Roelofsen			Zw	2:19.65	199008198	<b>2:18.91</b>
	50m: 29.98	100m: 1:04.31		200m: 2:18.91			
4.	Getrude Corporaal			Steenwijk 1934	2:24.81	199200380	<b>2:26.87</b>
	50m: 32.94	100m: 1:10.02		200m: 2:26.87			
5.	Leonie Nijenhuis			Zuiderzeezwemmers	2:30.42	199204340	<b>2:35.12</b>
	50m: 33.73	100m: 1:11.65		200m: 2:35.12			
6.	Margot Tijnagel			WZ&PC Triton	2:32.77	198806872	<b>2:37.14</b>
	50m: 34.57	100m: 1:14.44		200m: 2:37.14			
7.	Marloes Benjamins			Aqualero	2:40.00	199105110	<b>2:38.60</b>
	50m: 36.87	100m: 1:17.09		200m: 2:38.60			
8.	Petra Zandstra			isis	2:51.65	199006248	<b>2:51.87</b>
	50m: 40.25	100m: 1:24.43		200m: 2:51.87			

## Programmanr. 3, 200m vrije slag

## Heren 30+, Heren

1.	Ferdy van Savoyen		Zuiderzeezwimmers	2:20.00	198604721	<b>2:22.66</b>
	50m: 32.46	100m: 1:08.13	200m: 2:22.66			
2.	Edward van Dootingh		Zv 44	2:28.75	198403341	<b>2:28.73</b>
	50m: 32.99	100m: 1:10.33	200m: 2:28.73			
3.	Dennis Kraakman		Daw	2:23.43	198705325	<b>2:28.94</b>
	50m: 32.93	100m: 1:10.14	200m: 2:28.94			
4.	Sander Brat		Swol 1894	2:29.56	198500357	<b>2:34.82</b>
	50m: 34.76	100m: 1:13.47	200m: 2:34.82			

## Dames 30+, Dames

1.	Carola Jacobs		Z&PC Triton Putten	2:48.78	198504176	<b>2:47.09</b>
	50m: 38.52	200m: 2:47.09				
2.	Manouk Ticheler		De Duinkickers	2:49.19	198705416	<b>2:48.82</b>
	50m: 37.66	100m: 1:20.86	200m: 2:48.82			
3.	Jeanette van Dijk		isis	2:54.23	198700880	<b>2:50.30</b>
	50m: 40.42	100m: 1:25.30	200m: 2:50.30			
4.	Lisette Poelhekkers		ZV De Aalscholver	2:51.75	198403408	<b>2:50.76</b>
	50m: 39.87	100m: 1:23.16	200m: 2:50.76			
5.	Fabienne Jeukens		Zwemvereniging Hoogland	2:51.50	198401156	<b>2:54.28</b>
	50m: 38.33	100m: 1:23.25	200m: 2:54.28			
6.	Marloes Rebel		WS Twente	3:04.66	198403474	<b>3:04.91</b>
	50m: 40.70	100m: 1:26.81	200m: 3:04.91			

AFGEM Esther Steltenpohl Daw 2:42.75 198504116

## Heren 35+, Heren

1.	Marcel Reefhuis		WS Twente	2:08.53	198101381	<b>2:09.10</b>
	50m: 29.60	100m: 1:02.10	200m: 2:09.10			
2.	Dennis Boek		Steenwijk 1934	2:30.00	198202325	<b>2:27.32</b>
	50m: 33.64	100m: 1:11.86	200m: 2:27.32			

## Dames 35+, Dames

1.	Jessica Venema		Widex Gzc Donk	2:32.79	197901526	<b>2:30.87</b>
	50m: 33.17	100m: 1:10.25	200m: 2:30.87			
2.	Nienke Nieuwenhuis		Swol 1894	2:49.96	198101850	<b>2:45.11</b>
	50m: 36.40	100m: 1:17.72	200m: 2:45.11			
3.	Gabrielle van Kuijk-de Jong		ZV De Aalscholver	2:50.00	197901554	<b>2:48.54</b>
	50m: 38.48	100m: 1:22.05	200m: 2:48.54			
4.	Margriet Leeffers		Deltasteur	2:51.78	197800448	<b>2:54.60</b>
	50m: 38.86	100m: 1:22.76	200m: 2:54.60			
5.	Marlies Mulders		De Fuut	3:21.90	198001784	<b>3:26.07</b>
	50m: 44.20	100m: 1:34.91	200m: 3:26.07			

AFGEM Melanie Witt Montferland 3:05.00 198001774

## Heren 40+, Heren

1.	Kasper van den Berghe		Swol 1894	2:20.41	197301125	<b>2:25.78</b>
	50m: 33.51	100m: 1:09.98	200m: 2:25.78			
2.	Johan Wezenberg		Swol 1894	2:33.34	197601023	<b>2:29.58</b>
	50m: 34.31	100m: 1:13.43	200m: 2:29.58			

## Programmanr. 3, Heren, 200m vrije slag, Heren 40+

Rang					In.tijd		Tijd
3.	Erik Rushton			Widex Gzc Donk	2:45.51	197601573	<b>2:45.67</b>
	50m: 38.18	100m: 1:20.05		200m: 2:45.67			

## Dames 40+, Dames

1.	Marty Krans-de Weerd			Zcnf'34	2:23.33	197500604	<b>2:30.06</b>
	50m: 33.85	100m: 1:11.87		200m: 2:30.06			
2.	Miranda Straetemans			Zignea	2:48.12	197400514	<b>2:53.52</b>
	50m: 37.50	100m: 1:20.68		200m: 2:53.52			
3.	Fabiola Bosman			Deltasteur	2:47.62	197701148	<b>2:55.82</b>
	50m: 39.44	100m: 1:23.39		200m: 2:55.82			

## Heren 45+, Heren

1.	Michael van Bekkum			Swol 1894	2:22.54	197200051	<b>2:24.09</b>
	50m: 32.26	100m: 1:08.31		200m: 2:24.09			
2.	Gerko Versluis			Zuiderzeezwemmers	2:23.41	196901439	<b>2:24.97</b>
	50m: 33.11	100m: 1:10.08		200m: 2:24.97			
3.	Taco Eikelenboom			AZ&PC De Futen	2:54.22	196900275	<b>2:57.41</b>
	50m: 37.87	100m: 1:23.93		200m: 2:57.41			

## Dames 45+, Dames

1.	Annette de Visser			Oceanus	2:24.08	197100602	<b>2:25.78</b>
	50m: 32.79	100m: 1:09.41		200m: 2:25.78			
2.	Monique Tuijp			WZ&PC Purmerend	2:26.53	196900800	<b>2:27.88</b>
	50m: 33.04	100m: 1:10.10		200m: 2:27.88			
3.	Esther Mijnen			WZ&PC Purmerend	2:50.00	196900846	<b>2:47.09</b>
	50m: 38.28	100m: 1:20.62		200m: 2:47.09			
4.	Desiree van der Lem			Swimcademy	2:59.00	196800282	<b>3:02.87</b>
	50m: 42.16	100m: 1:28.41		200m: 3:02.87			
5.	Annette van Dok			MSV-Zeemacht	2:55.72	196800742	<b>3:08.54</b>
	50m: 43.19	100m: 1:31.66		200m: 3:08.54			

## Heren 50+, Heren

1.	Huyb Stegeman			Steenwijk 1934	2:31.55	196701535	<b>2:30.58</b>
	50m: 33.48	100m: 1:10.82		200m: 2:30.58			
2.	Casper Dollekamp			Steenwijk 1934	2:32.74	196301341	<b>2:37.62</b>
	50m: 34.52	100m: 1:13.33		200m: 2:37.62			
3.	Willem Jan Ribberink			Widex Gzc Donk	2:37.84	196501327	<b>2:39.38</b>
	50m: 36.90	100m: 1:17.48		200m: 2:39.38			
4.	Lambert Morsink			WZ&PC Triton	2:45.23	196501427	<b>2:46.71</b>
	50m: 38.06	100m: 1:20.45		200m: 2:46.71			
5.	René Speelman			De Spatters	2:47.17	196601521	<b>2:50.14</b>
	50m: 37.52	100m: 1:20.49		200m: 2:50.14			

AFGEM Edzo Huisman Aquapoldro 2:30.00 196301029

## Programmanr. 3, 200m vrije slag

## Dames 50+, Dames

1.	Jacqueline Tuin			Daw	2:31.49	196600690	<b>2:34.42</b>
	50m: 34.78	100m: 1:12.54		200m: 2:34.42			
2.	Alice de Haan			Widex Gzc Donk	3:17.27	196400590	<b>3:07.70</b>
	50m: 40.70	100m: 1:26.67		200m: 3:07.70			
3.	Machteld Stilting			Zpc Amersfoort	3:14.77	196600716	<b>3:09.26</b>
	50m: 41.89	100m: 1:29.15		200m: 3:09.26			
4.	Silvia van der Meer			Zignea	3:30.00	196700736	<b>3:17.34</b>
	50m: 44.09	100m: 1:32.51		200m: 3:17.34			
5.	Gabrielle Waldram			WZ&PC Purmerend	3:17.96	196600704	<b>3:18.57</b>
	50m: 46.36	100m: 1:37.23		200m: 3:18.57			

## Heren 55+, Heren

1.	Ronald Grove			WZ&PC Triton	2:28.60	196100161	<b>2:24.69</b>
	50m: 31.80	100m: 1:08.87		200m: 2:24.69			
2.	Pier Van Der Sluis			De Vikings	2:50.97	195900757	<b>2:49.45</b>
	50m: 38.45	100m: 1:22.14		200m: 2:49.45			
3.	Herbert Katgert			WS Twente	3:02.97	195900739	<b>3:08.68</b>
	50m: 42.92	100m: 1:31.54		200m: 3:08.68			
4.	Hans van Scheepen			Steenwijk 1934	3:24.07	196201245	<b>3:20.45</b>
	50m: 44.80	100m: 1:33.52		200m: 3:20.45			

AFGEM Marten de Groot

HZ&amp;PC Heerenveen

2:10.68 195800149

AFGEM Marius Ros

Zcnf'34

2:30.00 195900779

## Dames 55+, Dames

1.	Marian de Jong			HZ&PC Heerenveen	2:58.00	195900052	<b>2:56.60</b>
	50m: 39.76	100m: 1:24.22		200m: 2:56.60			
2.	Hannie Poletiek			TriVia	3:05.70	195900278	<b>3:07.89</b>
	50m: 42.39	100m: 1:29.42		200m: 3:07.89			
3.	Lia Bijkerk			Widex Gzc Donk	3:37.34	196000014	<b>3:26.78</b>
	50m: 46.60	100m: 1:39.56		200m: 3:26.78			

## Heren 60+, Heren

1.	Paul Bunnik			WZ&PC Triton	2:37.08	195600413	<b>2:30.86</b>
	50m: 34.60	100m: 1:13.32		200m: 2:30.86			
2.	Fred Zanting			TriVia	2:43.00	195400323	<b>2:50.07</b>
	50m: 38.57	100m: 1:22.04		200m: 2:50.07			
3.	Peter Coffeng			Widex Gzc Donk	3:20.00	195700063	<b>3:05.02</b>
	50m: 41.46	100m: 1:28.14		200m: 3:05.02			

## Dames 60+, Dames

1.	Atie Pijtak-Radersma			Zpc Amersfoort	2:30.04	195600048	<b>2:28.92</b>
	<i>NMR en EMR</i>						
	50m: 33.76	100m: 1:10.77		200m: 2:28.92			

## Programmanr. 3, 200m vrije slag

## Heren 65+, Heren

1.	Jos Kamps			Zwemvereniging Hoogland	2:52.16	195100085	<b>2:57.11</b>
	50m:	38.80	100m:	1:23.74	200m:	2:57.11	

## Dames 65+, Dames

1.	Janny van der Weide			Deltasteur	4:18.57	195100066	<b>4:26.86</b>
	50m:	1:02.02	100m:	2:08.03	200m:	4:26.86	

## Heren 70+, Heren

1.	Pieter Schillemans			WZ&PC Purmerend	3:04.25	194600141	<b>3:07.18</b>
	50m:	42.89	100m:	1:30.17	200m:	3:07.18	
2.	Mans Buis			Het Ravijn	3:41.90	194700133	<b>3:49.41</b>
	50m:	49.54	100m:	1:48.30	200m:	3:49.41	

## Dames 70+, Dames

1.	Loekie v. Huissteden			Zpc Amersfoort	4:21.94	194500002	<b>4:25.29</b>
	50m:	1:02.86	100m:	2:10.36	200m:	4:25.29	

## Dames 80+, Dames

1.	Bep van Riessen			Aquapoldro	4:35.37	193700006	<b>4:32.76</b>
	50m:	1:00.53	100m:	2:10.49	200m:	4:32.76	

Programmanr. 4  
19-11-2017 - 16:36

50m vlinderslag

Gebjr 1933 - 1997  
Resultaten

Rang			In.tijd		Tijd
Heren 20+, Heren					
1.	Kaspur van der Lem	Swimcademy	29.33	199600279	<b>30.82</b>
2.	Martijn Bartels	Zpc Amersfoort	32.88	199603493	<b>33.57</b>
NG.ZA	Bart Hogenes	ZV De Aalscholver	37.50	199605801	
Dames 20+, Dames					
1.	Karin Groen	Nova	29.08	199502440	<b>29.04</b>
2.	Veronique van der Velde	WS Twente	36.40	199601740	<b>34.22</b>
3.	Tessa Benjamins	Aqualero	37.50	199500636	<b>36.54</b>
4.	Anne-wikke Verbaan	Z&PC Triton Putten	37.98	199706436	<b>37.70</b>
5.	Elvira Feikens	De Spatters	41.10	199506982	<b>38.38</b>
6.	Rachel Trapman	De Duinkickers	42.96	199606760	<b>38.95</b>
7.	Stefanie van den Hoed	De Duinkickers	39.90	199706594	<b>39.73</b>
Heren 25+, Heren					
1.	Dennis Bos	HZ&PC Heerenveen	27.20	199201965	<b>26.48</b>
2.	Jeffrey Appel	WZ&PC Purmerend	26.51	199200027	<b>26.65</b>
3.	Tim Bunnik	WZ&PC Triton	27.72	199000505	<b>27.68</b>
4.	Rolf Kruithof	ZPC Stadskanaal	29.99	198901823	<b>30.10</b>
5.	Connor Elemans	De Duinkickers	34.45	199100581	<b>35.16</b>
Dames 25+, Dames					
1.	Elinore de Jong <i>NMR</i>	The Hague Swimming (sg)	25.99	198902072	<b>26.89</b>
2.	Jacyntha Plat	Steenwijk 1934	30.28	199002956	<b>30.48</b>
3.	Maaïke Vooren	Daw	31.26	199103324	<b>32.85</b>
4.	Janneke Wynia	WS Twente	43.25	199005500	<b>41.80</b>
Heren 30+, Heren					
1.	Albert Dijkma	isis	33.11	198700711	<b>33.57</b>
2.	Robin Eggenkamp	ZV De Aalscholver	33.28	198700847	<b>33.90</b>
3.	Mark Brinkhuis	TriVia	35.90	198302609	<b>36.29</b>
Dames 30+, Dames					
1.	Nathalie van Velzen	WZ&PC Purmerend	32.46	198502970	<b>34.56</b>
2.	Angela Giezen	Montferland	35.08	198302796	<b>35.26</b>
3.	Jennifer Go	WZ&PC Triton	42.17	198400766	<b>43.57</b>
4.	Katja van Dodeweerd	Nat Utrecht	51.61	198302884	<b>49.65</b>
AFGEM	Esther Steltenpohl	Daw	36.09	198504116	
Heren 35+, Heren					
1.	Rob van Wanrooy	Gay Swim Amsterdam	32.30	198202627	<b>32.77</b>
AFGEM	Gerwin Vonk	De Spatters	28.30	198201907	
Dames 35+, Dames					
1.	Gabrielle van Kuijk-de Jong	ZV De Aalscholver	38.50	197901554	<b>37.88</b>
2.	Nienke Nieuwenhuis	Swol 1894	38.04	198101850	<b>39.77</b>
3.	Irene Kasteel-Jaspersen	Zuiderzeezwimmers	43.48	198102278	<b>43.58</b>

## Programmanr. 4, Dames, 50m vlinderslag, Dames 35+

Rang			In.tijd		Tijd
4.	Margriet Leeffers	Deltasteur	45.26	197800448	<b>44.28</b>
Heren 40+, Heren					
1.	Alex Damen	Daw	29.00	197501371	<b>30.02</b>
2.	Darren Wachtler	Daw	32.00	197401513	<b>32.26</b>
3.	Wibo Mooibroek	WZ&PC Purmerend	35.00	197401339	<b>33.54</b>
4.	Arno van der Grijn	De Fuut	51.44	197301589	<b>45.41</b>
Dames 40+, Dames					
1.	Marty Krans-de Weerd	Zcnf34	33.77	197500604	<b>33.70</b>
2.	Tony de Groot	AZ&PC De Futen	36.68	197300758	<b>38.11</b>
3.	Jessica van Velzen	Zv 44	55.73	197601122	<b>53.00</b>
Heren 45+, Heren					
1.	René Beetsma	HZ&PC Heerenveen	30.50	196900069	<b>30.09</b>
2.	Gerko Versluis	Zuiderzeezwimmers	32.48	196901439	<b>34.50</b>
3.	Alistair Critchell	Zv 44	35.42	197101655	<b>35.32</b>
4.	Roelof Broekman	De Spatters	35.96	196800155	<b>35.59</b>
Dames 45+, Dames					
1.	Monique Tuijp	WZ&PC Purmerend	32.86	196900800	<b>35.17</b>
2.	Henriëtte Manting	Gzww	34.64	197100246	<b>36.81</b>
3.	Iris van Aurich	Dwk	36.26	196900866	<b>37.36</b>
4.	Nathasja Konijn	Widex Gzc Donk	39.82	197100992	<b>39.77</b>
Heren 50+, Heren					
1.	Stefan Holmstrom	Daw	31.18	196701671	<b>31.62</b>
2.	Robert de Brauwer	De Duinkickers	32.08	196401383	<b>32.88</b>
3.	Marcel van der Lem	Swimcademy	34.00	196500563	<b>33.70</b>
4.	Jan Wierenga	ZV De Aalscholver	32.08	196400843	<b>33.92</b>
5.	Pierre de Groot	Widex Gzc Donk	39.70	196401431	<b>40.80</b>
Dames 50+, Dames					
1.	Miranda Keijl	Zignea	40.96	196500588	<b>42.30</b>
2.	Roelien Speelman-Tigelaar	De Spatters	42.50	196600664	<b>42.51</b>
Heren 55+, Heren					
1.	Kees-Jan van Overbeeke	WWV Winterswijk	32.08	196200489	<b>30.85</b>
2.	Henk Kuipers	Uzsc	35.20	196201207	<b>35.15</b>
3.	John Dam	Zignea	38.87	196000915	<b>40.13</b>
4.	Janos Loczi	Daw	43.82	195800267	<b>44.88</b>
AFGEM	Kees Karsten	Gay Swim Amsterdam	48.00	195800203	
Dames 55+, Dames					
1.	Marian de Jong	HZ&PC Heerenveen	39.82	195900052	<b>39.95</b>
2.	Hannie Poletiek	TriVia	43.65	195900278	<b>46.16</b>
3.	Marjan Spoelstra	Swol 1894	50.06	196000236	<b>48.04</b>
4.	Jennie Resink-lindeboom	Dwk	47.13	196000142	<b>49.50</b>
5.	Ellen Parma	WZ&PC Triton	51.94	196200366	<b>50.15</b>
6.	Joke Burgers	Swol 1894	55.89	196000226	<b>55.55</b>

## Programmanr. 4, Dames, 50m vlinderslag, Dames 55+

Rang			In.tijd		Tijd
7.	Gea Kuiper	Zcnf'34	52.29	196100104	<b>57.47</b>
Heren 60+, Heren					
1.	Fred Zanting	TriVia	34.50	195400323	<b>35.33</b>
AFGEM	Jan Timmerman	Uzsc	41.61	195700347	
Dames 70+, Dames					
1.	Annet Verhoeven - Steggerda	De Duinkickers	1:03.64	194600024	<b>1:02.07</b>
2.	Leny Kamp	Aquapoldro	1:20.00	194400008	<b>1:24.39</b>



Programmanr. 5  
19-11-2017 - 17:00

200m wisselslag

Gebjr 1933 - 1997  
Resultaten

Rang					In.tijd		Tijd
<b>Heren 20+, Heren</b>							
1.	Tom de Lange			Deltasteur	2:56.13	199300303	<b>2:54.24</b>
	50m: 40.33	200m:	2:54.24				
2.	Rick Vaarkamp			Z&PC Triton Putten	3:04.89	199404979	<b>3:09.96</b>
	50m: 42.97	200m:	3:09.96				
<b>Dames 20+, Dames</b>							
1.	Tamara Grove			De Dolfijn	2:24.56	199601266	<b>2:28.48</b>
	50m: 31.39	200m:	2:28.48				
2.	Elianne Huitema			Steenwijk 1934	2:39.10	199700258	<b>2:40.95</b>
	50m: 34.07	200m:	2:40.95				
3.	Veronique van der Velde			WS Twente	3:00.25	199601740	<b>2:59.10</b>
	50m: 37.26	200m:	2:59.10				
4.	Ellen Rikken			Zw	3:04.04	199604574	<b>3:01.97</b>
	50m: 38.20	200m:	3:01.97				
5.	Anne-wikke Verbaan			Z&PC Triton Putten	3:10.79	199706436	<b>3:16.22</b>
	50m: 41.99	200m:	3:16.22				
<b>Heren 25+, Heren</b>							
1.	Tim Bunnik			WZ&PC Triton	2:15.89	199000505	<b>2:18.52</b>
	50m: 29.18	200m:	2:18.52				
2.	Patrick de Jonge			ZPC Woerden	2:44.26	198906635	<b>2:46.61</b>
	50m: 31.85	200m:	2:46.61				
<b>Dames 25+, Dames</b>							
1.	Nanda de Vries			Steenwijk 1934	2:38.87	199204328	<b>2:37.93</b>
	50m: 33.05	200m:	2:37.93				
2.	Marjan Rikken			Zw	2:52.14	199206114	<b>2:58.93</b>
	50m: 39.99	200m:	2:58.93				
3.	Janneke Wynia			WS Twente	3:11.51	199005500	<b>3:17.96</b>
	50m: 47.05	200m:	3:17.96				
4.	Brechtje de Jong			isis	4:17.09	198907422	<b>4:32.46</b>
	50m: 59.82	200m:	4:32.46				
DIS	Leonie Nijenhuis			Zuiderzeezwemmers	2:45.92	199204340	
	<i>VE - De bewegingen van de benen niet op gelijke wijze uitgevoerd.</i>						
<b>Heren 30+, Heren</b>							
1.	Melano Winter			AZ&PC De Futen	2:50.00	198703847	<b>2:43.51</b>
	50m: 34.60	200m:	2:43.51				
2.	Dennis Kraakman			Daw	2:45.23	198705325	<b>2:48.80</b>
	50m: 38.53	200m:	2:48.80				
3.	Ferdy van Savoyen			Zuiderzeezwemmers	3:05.60	198604721	<b>2:52.80</b>
	50m: 42.73	200m:	2:52.80				
4.	Sander Brat			Swol 1894	2:59.98	198500357	<b>2:53.65</b>
	50m: 37.84	200m:	2:53.65				

## Programmanr. 5, 200m wisselslag

## Dames 30+, Dames

1.	Liesbeth van Mill		Dwk	2:44.05	198702786	<b>2:48.62</b>
	50m: 35.97	200m: 2:48.62				
2.	Carola Jacobs		Z&PC Triton Putten	3:16.83	198504176	<b>3:09.23</b>
	50m: 43.34	200m: 3:09.23				
3.	Lisette Poelheken		ZV De Aalscholver	3:24.54	198403408	<b>3:17.81</b>
	50m: 44.03	200m: 3:17.81				
4.	Marloes Rebel		WS Twente	3:40.16	198403474	<b>3:39.59</b>
	50m: 49.11	200m: 3:39.59				
AFGEM	Karin van Dijk		HZ&PC Heerenveen	2:41.85	198600850	
AFGEM	Charlotte Groeneveld		Uzsc	2:38.00	198701404	

## Heren 35+, Heren

1.	Marcel Reefhuis		WS Twente	2:29.42	198101381	<b>2:28.75</b>
	50m: 32.13	200m: 2:28.75				

## Dames 35+, Dames

1.	Kika Meijers		Swol 1894	3:00.00	198000736	<b>3:01.05</b>
	50m: 37.55	200m: 3:01.05				
2.	Margriet Leeffers		Deltasteur	3:14.36	197800448	<b>3:14.26</b>
	50m: 45.18	200m: 3:14.26				
3.	Patricia Kranenburg		Zv 44	3:27.06	197901528	<b>3:14.95</b>
	50m: 41.57	200m: 3:14.95				
4.	Saskia op den Velde		De Duinkickers	3:37.80	197901530	<b>3:35.73</b>
	50m: 47.70	200m: 3:35.73				
5.	Rianne van Vegchelen		Zv 44	3:29.11	198101530	<b>3:43.51</b>
	50m: 52.82	200m: 3:43.51				

## Heren 40+, Heren

1.	Alex Damen		Daw	2:29.10	197501371	<b>2:33.45</b>
	50m: 32.80	200m: 2:33.45				
2.	Erwin Zuidervelt		AZ&PC De Futen	2:36.74	197501015	<b>2:38.89</b>
	50m: 34.39	200m: 2:38.89				
3.	Kasper van den Berghe		Swol 1894	2:38.07	197301125	<b>2:45.70</b>
	50m: 36.30	200m: 2:45.70				
4.	Johan Wezenberg		Swol 1894	2:50.00	197601023	<b>2:55.90</b>
	50m: 37.86	200m: 2:55.90				
5.	Erik Rushton		Widex Gzc Donk	3:07.07	197601573	<b>3:05.74</b>
	50m: 38.96	200m: 3:05.74				
6.	Dick Huisman		Steenwijk 1934	3:05.00	197501409	<b>3:10.73</b>
	50m: 41.10	200m: 3:10.73				

## Dames 40+, Dames

1.	Miranda Straetemans		Zignea	2:59.48	197400514	<b>3:09.21</b>
	50m: 37.87	200m: 3:09.21				
2.	Inge Lolkema-Soeters		Steenwijk 1934	3:25.00	197300934	<b>3:33.90</b>
	50m: 46.28	200m: 3:33.90				

## Programmanr. 5, 200m wisselslag

## Heren 45+, Heren

1.	Marcel van Winssen		De Gelenberg	2:25.60	197101477	<b>2:28.78</b>
	50m: 31.39	200m: 2:28.78				
2.	René Beetsma		HZ&PC Heerenveen	2:32.00	196900069	<b>2:29.26</b>
	50m: 31.88	200m: 2:29.26				
3.	Heiner Stevens		Zignea	2:39.47	197201299	<b>2:38.30</b>
	50m: 31.53	200m: 2:38.30				
4.	Korstiaan de Boer		Steenwijk 1934	2:50.82	197101629	<b>2:48.97</b>
	50m: 36.71	200m: 2:48.97				
5.	Marcel Brittijn		De Duinkickers	2:56.88	196900159	<b>2:59.40</b>
	50m: 36.34	200m: 2:59.40				
6.	Arnold Jonker		HZ&PC Heerenveen	3:35.70	197000529	<b>3:33.89</b>
	50m: 47.31	200m: 3:33.89				

## Dames 45+, Dames

1.	Evelien van Klaarbergen		HZ&PC Heerenveen	2:39.39	197200964	<b>2:41.94</b>
	50m: 34.54	200m: 2:41.94				
2.	Annette de Visser		Oceanus	2:52.39	197100602	<b>2:51.92</b>
	50m: 40.16	200m: 2:51.92				
3.	Iris van Aurich		Dwk	2:59.34	196900866	<b>2:54.47</b>
	50m: 39.10	200m: 2:54.47				
4.	Peggi Hurenkamp		HZ&PC Heerenveen	3:12.57	196900922	<b>3:10.07</b>
	50m: 39.78	200m: 3:10.07				
5.	Annette van Dok		MSV-Zeemacht	3:34.77	196800742	<b>3:37.38</b>
	50m: 50.51	200m: 3:37.38				
6.	Greta Wyma-Teitsma		Dwk	3:39.46	197100696	<b>3:38.04</b>
	50m: 53.57	200m: 3:38.04				

## Heren 50+, Heren

1.	Arnold de Rover		AZ&PC De Futen	2:35.07	196400645	<b>2:37.01</b>
	50m: 34.32	200m: 2:37.01				
2.	Evert Jan Verweij		Swol 1894	2:48.51	196301143	<b>2:53.28</b>
	50m: 35.43	200m: 2:53.28				
3.	Jan Wierenga		ZV De Aalscholver	2:48.39	196400843	<b>2:54.15</b>
	50m: 39.23	200m: 2:54.15				
4.	Erik Wetsteijn		Swol 1894	2:54.97	196501019	<b>2:55.11</b>
	50m: 36.83	200m: 2:55.11				
5.	Jan Smalheer		Scom	2:57.76	196400701	<b>3:01.25</b>
	50m: 41.82	200m: 3:01.25				

## Dames 50+, Dames

1.	Wilna Heijman		Steenwijk 1934	3:02.16	196400506	<b>3:01.16</b>
	50m: 38.85	200m: 3:01.16				
2.	Caroline Schreuder		WZ&PC Triton	2:56.74	196700550	<b>3:02.10</b>
	50m: 39.04	200m: 3:02.10				
3.	Hetty Smalheer		Scom	3:22.83	196700352	<b>3:22.60</b>
	50m: 47.87	200m: 3:22.60				

AFGEM Annemarie Vuist Swol 1894 3:02.65 196300282

## Programmanr. 5, 200m wisselslag

## Heren 55+, Heren

1.	Kees-Jan van Overbeeke	WWV Winterswijk	2:34.67	196200489	<b>2:34.41</b>
	50m: 32.75 200m: 2:34.41				
2.	Ronald Grove	WZ&PC Triton	2:40.10	196100161	<b>2:45.24</b>
	50m: 36.35 200m: 2:45.24				
3.	John Dam	Zignea	3:07.64	196000915	<b>3:16.13</b>
	50m: 43.40 200m: 3:16.13				
AFGEM	Marten de Groot	HZ&PC Heerenveen	2:38.76	195800149	
AFGEM	Marius Ros	Zcnf'34	2:49.62	195900779	

## Dames 55+, Dames

1.	Margriet Grove-Lingeman	WZ&PC Triton	3:09.29	196200080	<b>3:05.13</b>
	50m: 39.29 200m: 3:05.13				
2.	Hannie Poletiek	TriVia	3:24.74	195900278	<b>3:30.89</b>
	50m: 47.66 200m: 3:30.89				
3.	Marjan Spoelstra	Swol 1894	3:40.95	196000236	<b>3:38.58</b>
	50m: 53.20 200m: 3:38.58				

## Heren 60+, Heren

1.	Paul Bunnik	WZ&PC Triton	2:52.79	195600413	<b>2:50.32</b>
	50m: 36.06 200m: 2:50.32				

## Dames 60+, Dames

1.	Monica Bakker	Steenwijk 1934	3:11.58	195600082	<b>3:32.21</b>
	50m: 50.80 200m: 3:32.21				

## Dames 65+, Dames

1.	Antoinette Gilding-Tussaud	WS Twente	3:58.54	195000038	<b>4:06.62</b>
	50m: 57.32 200m: 4:06.62				

## Heren 70+, Heren

1.	Rob Hanou	Psv	3:22.00	194300109	<b>3:29.10</b>
	50m: 48.48 200m: 3:29.10				

Programmanr. 6  
19-11-2017 - 17:33

25m rugslag

Gebjr 1933 - 1997  
Resultaten

Rang			In.tijd		Tijd
<b>Heren 20+, Heren</b>					
1.	Kaspur van der Lem	Swimcademy	14.00	199600279	<b>15.66</b>
2.	Rick Vaarkamp	Z&PC Triton Putten	19.36	199404979	<b>19.22</b>
3.	Bob Potkamp	Deltasteur	19.53	199403189	<b>19.50</b>
<b>Dames 20+, Dames</b>					
1.	Samira Mijnen	WZ&PC Purmerend	17.50	199701320	<b>15.96</b>
2.	Karin Groen	Nova	16.76	199502440	<b>16.34</b>
3.	Tessa Benjamins	Aqualero	19.50	199500636	<b>18.11</b>
4.	Charine de Ruiter	Steenwijk 1934	19.82	199403668	<b>19.70</b>
<b>Heren 25+, Heren</b>					
1.	Dennis Bos	HZ&PC Heerenveen	13.31	199201965	<b>13.77</b>
2.	Patrick de Jonge	ZPC Woerden	14.00	198906635	<b>16.34</b>
3.	Rolf Kruithof	ZPC Stadskanaal	17.59	198901823	<b>16.94</b>
4.	Rene Knijpstra	isis	17.39	198806181	<b>18.47</b>
<b>Dames 25+, Dames</b>					
1.	Marjan Rikken	Zw	17.45	199206114	<b>17.91</b>
2.	Marloes Benjamins	Aqualero	19.50	199105110	<b>19.22</b>
3.	Petra Zandstra	isis	18.72	199006248	<b>20.25</b>
4.	Brechtje de Jong	isis	23.54	198907422	<b>26.56</b>
<b>Heren 30+, Heren</b>					
1.	Albert Dijkma	isis	15.95	198700711	<b>17.24FJ 1</b>
2.	Robin Eggenkamp	ZV De Aalscholver	16.59	198700847	<b>17.24FJ 2</b>
<b>Dames 30+, Dames</b>					
1.	Angela Giezen	Montferland	17.20	198302796	<b>17.23</b>
2.	Manouk Ticheler	De Duinkickers	18.51	198705416	<b>18.99</b>
3.	Jennifer Go	WZ&PC Triton	19.25	198400766	<b>20.03</b>
4.	Marloes Rebel	WS Twente	20.43	198403474	<b>20.98</b>
<b>Heren 35+, Heren</b>					
1.	Rob van Wanrooy	Gay Swim Amsterdam	17.10	198202627	<b>16.82</b>
2.	Robin Roskam	De Duinkickers	18.92	197801831	<b>19.21</b>
3.	Berry Kragt	Zv 44	25.60	197902065	<b>20.25</b>
AFGEM	Gerwin Vonk	De Spatters	14.93	198201907	
<b>Dames 35+, Dames</b>					
1.	Jessica Venema	Widex Gzc Donk	18.00	197901526	<b>17.99</b>
2.	Nienke Nieuwenhuis	Swol 1894	20.50	198101850	<b>20.41</b>
3.	Irene Kasteel-Jaspersen	Zuiderzeezwemmers	23.00	198102278	<b>20.47</b>
4.	Rianne van Vegchelen	Zv 44	23.47	198101530	<b>23.75</b>

## Programmanr. 6, 25m rugslag

## Heren 40+, Heren

1.	Darren Wachtler	Daw	18.00	197401513	<b>15.64</b>
2.	Erik Rushton	Widex Gzc Donk	19.00	197601573	<b>19.71</b>

## Dames 40+, Dames

1.	Fabiola Bosman	Deltasteur	18.34	197701148	<b>18.44</b>
2.	Tony de Groot	AZ&PC De Futen	18.52	197300758	<b>18.92</b>
3.	Jessica van Velzen	Zv 44	23.40	197601122	<b>21.63</b>
4.	Wendy v.d. Linden	WZ&PC Purmerend	23.03	197300882	<b>23.73</b>
5.	Femke Poll	Zv 44	28.55	197401066	<b>26.38</b>
6.	Sjoukje Bakker	Zv 44	27.90	197601124	<b>26.64</b>

## Heren 45+, Heren

1.	Roelof Broekman	De Spatters	17.02	196800155	<b>16.99</b>
2.	Alistair Critchell	Zv 44	18.53	197101655	<b>18.44</b>
3.	Alex Hagedoorn	Z&PC Triton Putten	20.00	197100319	<b>18.54</b>

## Dames 45+, Dames

1.	Peggi Hurenkamp	HZ&PC Heerenveen	19.69	196900922	<b>19.90</b>
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## Heren 50+, Heren

1.	Marcel van der Lem	Swimcademy	14.50	196500563	<b>16.08</b>
2.	Ronald van Vliet	ZV De Aalscholver	19.48	196300997	<b>18.92</b>
3.	Huyb Stegeman	Steenwijk 1934	18.70	196701535	<b>18.99</b>
4.	Lambert Morsink	WZ&PC Triton	18.75	196501427	<b>19.21</b>
5.	Jeroen v.d. Linden	WZ&PC Purmerend	20.51	196601499	<b>20.26</b>
6.	Roelof Liezen	Zv 44	25.89	196701757	<b>20.70</b>
7.	Willem Jan Ribberink	Widex Gzc Donk	20.00	196501327	<b>22.32</b>

## Dames 50+, Dames

1.	Christine Buist	De Duinkikkers	19.07	196400608	<b>19.38</b>
2.	Miranda Keijl	Zignea	19.05	196500588	<b>19.62</b>
3.	Roelien Speelman-Tigelaar	De Spatters	18.99	196600664	<b>19.98</b>
4.	Alice de Haan	Widex Gzc Donk	22.00	196400590	<b>21.98</b>
AFGEM	Annemarie Vuist	Swol 1894	21.38	196300282	

## Heren 55+, Heren

1.	Pier Van Der Sluis	De Vikings	19.25	195900757	<b>20.01</b>
2.	Hans van Scheepen	Steenwijk 1934	22.57	196201245	<b>22.56</b>
3.	Janos Loczi	Daw	24.00	195800267	<b>23.34</b>
DIS	Henk Kuipers	Uzsc	17.92	196201207	
<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>					
AFGEM	Kees Karsten	Gay Swim Amsterdam	22.00	195800203	

## Dames 55+, Dames

1.	Ellen Parma	WZ&PC Triton	21.76	196200366	<b>21.57</b>
2.	Lia Bijkerk	Widex Gzc Donk	22.45	196000014	<b>22.27</b>
3.	Jennie Resink-lindeboom	Dwk	20.95	196000142	<b>22.32</b>
4.	Joke Burgers	Swol 1894	29.86	196000226	<b>31.28</b>
AFGEM	Petra Ros	Zcnf34	25.82	196100398	

## Programmanr. 6, 25m rugslag

## Heren 60+, Heren

1. Peter Coffeng	Widex Gzc Donk	19.13	195700063	<b>21.02</b>
AFGEM Jan Timmerman	Uzsc	21.21	195700347	

## Heren 65+, Heren

1. Jos Kamps	Zwemvereniging Hoogland	19.30	195100085	<b>20.01</b>
2. Bert Veerkamp	Zuiderzeezwemmers	28.54	195200271	<b>30.28</b>

## Dames 65+, Dames

1. Antoinette Gilding-Tussaud	WS Twente	23.18	195000038	<b>22.20</b>
2. Janny van der Weide	Deltasteur	32.55	195100066	<b>35.51</b>

## Heren 70+, Heren

1. Pieter Schillemans	WZ&PC Purmerend	19.06	194600141	<b>19.46</b>
2. Rob Hanou	Psv	21.00	194300109	<b>21.66</b>

## Dames 70+, Dames

1. Leny Kamp	Aquapoldro	27.00	194400008	<b>26.67</b>
2. Annet Verhoeven - Steggerda	De Duinkickers	26.38	194600024	<b>28.52</b>

Programmanr. 7  
19-11-2017 - 17:42

100m schoolslag

Gebjr 1933 - 1997  
Resultaten

Rang				In.tijd		Tijd
<b>Heren 20+, Heren</b>						
1.	Tom de Lange		Deltasteur	1:14.92	199300303	<b>1:16.24</b>
	50m: 36.59	100m: 1:16.24				
2.	Martijn Bartels		Zpc Amersfoort	1:18.49	199603493	<b>1:19.60</b>
	50m: 38.00	100m: 1:19.60				
3.	Bob Potkamp		Deltasteur	1:23.11	199403189	<b>1:29.48</b>
	50m: 41.40	100m: 1:29.48				
4.	Patrick Wobben		Steenwijk 1934	1:32.89	199300559	<b>1:38.10</b>
	50m: 45.44	100m: 1:38.10				
<b>Dames 20+, Dames</b>						
1.	Tamara Grove		De Dolfijn	1:21.79	199601266	<b>1:20.28</b>
	50m: 37.90	100m: 1:20.28				
2.	Samira Mijnen		WZ&PC Purmerend	1:27.00	199701320	<b>1:30.12</b>
	50m: 42.17	100m: 1:30.12				
3.	Veronique van der Velde		WS Twente	1:30.62	199601740	<b>1:33.19</b>
	50m: 43.24	100m: 1:33.19				
4.	Rachel Trapman		De Duinkickers	1:38.83	199606760	<b>1:39.81</b>
	50m: 46.79	100m: 1:39.81				
5.	Elvira Feikens		De Spatters	1:51.91	199506982	<b>1:46.95</b>
	50m: 50.07	100m: 1:46.95				
DIS	Iris Spijkstra		Aqualero	1:42.38	199600384	
	<i>SR - Meer dan één vlinderbeenslag na start en/of keerpunt gemaakt.</i>					
<b>Heren 25+, Heren</b>						
1.	Jeffrey Appel		WZ&PC Purmerend	1:06.84	199200027	<b>1:09.73</b>
	50m: 32.57	100m: 1:09.73				
2.	Wouter van 't Klooster		Zpc Amersfoort	1:19.18	198806159	<b>1:20.01</b>
	50m: 37.90	100m: 1:20.01				
3.	Connor Elemans		De Duinkickers	1:26.60	199100581	<b>1:30.83</b>
	50m: 43.41	100m: 1:30.83				
<b>Dames 25+, Dames</b>						
1.	Jacyntha Plat		Steenwijk 1934	1:15.29	199002956	<b>1:17.53</b>
	50m: 36.38	100m: 1:17.53				
2.	Maaïke Vooren		Daw	1:16.52	199103324	<b>1:17.97</b>
	50m: 37.09	100m: 1:17.97				
3.	Elmi Roelofsen		Zw	1:19.11	199008198	<b>1:19.31</b>
	50m: 36.57	100m: 1:19.31				
4.	Leonie Nijenhuis		Zuiderzeezwimmers	1:21.18	199204340	<b>1:22.84</b>
	50m: 38.95	100m: 1:22.84				
5.	Getrude Corporaal		Steenwijk 1934	1:33.27	199200380	<b>1:35.60</b>
	50m: 44.51	100m: 1:35.60				
6.	Janneke Wynia		WS Twente	1:36.73	199005500	<b>1:38.90</b>
	50m: 46.82	100m: 1:38.90				



## Programmanr. 7, 100m schoolslag

## Heren 30+, Heren

1.	Melano Winter		AZ&PC De Futen	1:24.92	198703847	<b>1:24.72</b>
	50m: 41.11	100m: 1:24.72				
2.	Sander Brat		Swol 1894	1:20.48	198500357	<b>1:24.92</b>
	50m: 40.48	100m: 1:24.92				
3.	Mark Brinkhuis		TriVia	1:23.23	198302609	<b>1:25.10</b>
	50m: 40.04	100m: 1:25.10				

## Dames 30+, Dames

1.	Liesbeth van Mill		Dwk	1:27.92	198702786	<b>1:29.11</b>
	50m: 42.28	100m: 1:29.11				
2.	Fabienne Jeukens		Zwemvereniging Hoogland	1:44.65	198401156	<b>1:45.89</b>
	50m: 48.95	100m: 1:45.89				
AFGEM	Esther Steltenpohl		Daw	1:33.55	198504116	
AFGEM	Karin van Dijk		HZ&PC Heerenveen	1:17.73	198600850	

## Heren 35+, Heren

1.	Marcel Reefhuis		WS Twente	1:18.42	198101381	<b>1:18.54</b>
	50m: 36.97	100m: 1:18.54				
2.	Dennis Boek		Steenwijk 1934	1:28.60	198202325	<b>1:27.86</b>
	50m: 41.83	100m: 1:27.86				

## Dames 35+, Dames

1.	Patricia Kranenburg		Zv 44	1:39.88	197901528	<b>1:42.24</b>
	50m: 48.51	100m: 1:42.24				
2.	Saskia op den Velde		De Duinkickers	1:44.73	197901530	<b>1:44.99</b>
	50m: 48.77	100m: 1:44.99				
3.	Marlies Mulders		De Fuut	1:52.00	198001784	<b>1:51.98</b>
	50m: 53.46	100m: 1:51.98				
AFGEM	Melanie Witt		Montferland	1:41.03	198001774	

## Heren 40+, Heren

1.	Wibo Mooibroek		WZ&PC Purmerend	1:23.00	197401339	<b>1:20.31</b>
	50m: 37.13	100m: 1:20.31				
2.	Dick Huisman		Steenwijk 1934	1:33.28	197501409	<b>1:35.98</b>
	50m: 45.87	100m: 1:35.98				
3.	Arno van der Grijn		De Fuut	1:44.00	197301589	<b>1:36.66</b>
	50m: 44.58	100m: 1:36.66				

## Dames 40+, Dames

1.	Fabiola Bosman		Deltasteur	1:36.11	197701148	<b>1:37.88</b>
	50m: 46.73	100m: 1:37.88				
2.	Marty Krans-de Weerd		Zcnf'34	1:32.20	197500604	<b>1:39.13</b>
	50m: 46.13	100m: 1:39.13				
3.	Wendy v.d. Linden		WZ&PC Purmerend	1:50.11	197300882	<b>1:52.56</b>
	50m: 52.87	100m: 1:52.56				
4.	Sjoukje Bakker		Zv 44	2:05.61	197601124	<b>2:04.54</b>
	50m: 58.60	100m: 2:04.54				

## Programmanr. 7, Dames, 100m schoolslag, Dames 40+

Rang				In.tijd		Tijd
AFGEM	Frederieke van Perlo	Zv 44		1:52.90	197701214	

## Heren 45+, Heren

1.	Marcel van Winssen	De Gelenberg		1:12.86	197101477	<b>1:13.02</b>
	50m: 34.11	100m: 1:13.02				
2.	Michael van Bekkum	Swol 1894		1:15.39	197200051	<b>1:17.28</b>
	50m: 36.62	100m: 1:17.28				
3.	Heiner Stevens	Zignea		1:19.50	197201299	<b>1:19.47</b>
	50m: 37.38	100m: 1:19.47				
4.	Korstiaan de Boer	Steenwijk 1934		1:27.72	197101629	<b>1:27.24</b>
	50m: 41.91	100m: 1:27.24				
5.	Marcel Brittijn	De Duinkickers		1:29.76	196900159	<b>1:29.86</b>
	50m: 43.56	100m: 1:29.86				
6.	Taco Eikelenboom	AZ&PC De Futen		1:33.20	196900275	<b>1:33.45</b>
	50m: 42.57	100m: 1:33.45				
7.	Gerko Versluis	Zuiderzeezwemmers		1:30.00	196901439	<b>1:41.02</b>
	50m: 47.33	100m: 1:41.02				
8.	Arnold Jonker	HZ&PC Heerenveen		1:47.55	197000529	<b>1:46.54</b>
	50m: 49.83	100m: 1:46.54				

## Dames 45+, Dames

1.	Evelien van Klaarbergen	HZ&PC Heerenveen		1:27.55	197200964	<b>1:28.49</b>
	50m: 42.26	100m: 1:28.49				
2.	Annette de Visser	Oceanus		1:28.98	197100602	<b>1:28.70</b>
	50m: 42.10	100m: 1:28.70				
3.	Esther Mijnen	WZ&PC Purmerend		1:29.33	196900846	<b>1:30.91</b>
	50m: 42.98	100m: 1:30.91				
4.	Desiree van der Lem	Swimcademy		1:43.07	196800282	<b>1:41.47</b>
	50m: 47.49	100m: 1:41.47				
5.	Greta Wyma-Teitsma	Dwk		1:46.86	197100696	<b>1:45.78</b>
	50m: 50.26	100m: 1:45.78				

## Heren 50+, Heren

1.	Arnold de Rover	AZ&PC De Futen		1:20.47	196400645	<b>1:21.51</b>
	50m: 39.00	100m: 1:21.51				
2.	Stefan Holmstrom	Daw		1:22.28	196701671	<b>1:23.29</b>
	50m: 39.52	100m: 1:23.29				
3.	Huyb Stegeman	Steenwijk 1934		1:22.66	196701535	<b>1:24.51</b>
	50m: 39.02	100m: 1:24.51				
4.	Ronald van Vliet	ZV De Aalscholver		1:25.29	196300997	<b>1:26.88</b>
	50m: 40.98	100m: 1:26.88				
5.	Casper Dollekamp	Steenwijk 1934		1:27.38	196301341	<b>1:27.83</b>
	50m: 41.68	100m: 1:27.83				
6.	Robert de Brauer	De Duinkickers		1:27.52	196401383	<b>1:28.08</b>
	50m: 41.42	100m: 1:28.08				
7.	Evert Jan Verweij	Swol 1894		1:26.01	196301143	<b>1:29.75</b>
	50m: 42.35	100m: 1:29.75				

## Programmanr. 7, Heren, 100m schoolslag, Heren 50+

Rang				In.tijd		Tijd
8.	Pierre de Groot			1:33.40	196401431	<b>1:33.90</b>
	50m: 44.62	100m: 1:33.90				
9.	René Speelman			1:34.45	196601521	<b>1:37.02</b>
	50m: 44.75	100m: 1:37.02				
AFGEM	Edzo Huisman			1:34.00	196301029	
Dames 50+, Dames						
1.	Jacqueline Tuin			1:27.50	196600690	<b>1:27.53</b>
	50m: 40.90	100m: 1:27.53				
2.	Annette Korving-Leijenaar			1:34.00	196700662	<b>1:31.57</b>
	50m: 43.60	100m: 1:31.57				
3.	Caroline Schreuder			1:32.99	196700550	<b>1:36.02</b>
	50m: 44.91	100m: 1:36.02				
4.	Machteld Stilting			1:38.48	196600716	<b>1:37.60</b>
	50m: 46.70	100m: 1:37.60				
5.	Wilna Heijman			1:39.95	196400506	<b>1:40.12</b>
	50m: 47.47	100m: 1:40.12				
6.	Gabrielle Waldram			1:50.57	196600704	<b>1:48.51</b>
	50m: 51.38	100m: 1:48.51				
AFGEM	Annemarie Vuist			1:30.30	196300282	
Heren 55+, Heren						
1.	Hans van Scheepen			1:37.23	196201245	<b>1:38.90</b>
	50m: 46.01	100m: 1:38.90				
2.	Herbert Katgert			1:43.58	195900739	<b>1:45.01</b>
	50m: 49.79	100m: 1:45.01				
AFGEM	Marten de Groot			1:26.46	195800149	
AFGEM	Marius Ros			1:33.13	195900779	
Dames 55+, Dames						
1.	Margriet Grove-Lingeman			1:34.45	196200080	<b>1:42.62</b>
	50m: 48.45	100m: 1:42.62				
2.	Jennie Resink-lindeboom			1:50.24	196000142	<b>1:51.79</b>
	50m: 52.19	100m: 1:51.79				
3.	Gea Kuiper			1:53.31	196100104	<b>1:55.95</b>
	50m: 56.16	100m: 1:55.95				
AFGEM	Petra Ros			1:51.13	196100398	
Dames 65+, Dames						
1.	Janny van der Weide			2:32.76	195100066	<b>2:42.72</b>
	50m: 1:17.98	100m: 2:42.72				
Heren 70+, Heren						
1.	Mans Buis			1:54.30	194700133	<b>1:55.46</b>
	50m: 56.19	100m: 1:55.46				

Programmanr. 7, 100m schoolslag

Dames 70+, Dames

1.	Loekie v. Huissteden	Zpc Amersfoort	2:07.41	194500002	<b>2:14.92</b>
	50m: 1:04.56	100m: 2:14.92			

Heren 80+, Heren

1.	Jan Eichhorn	ZV Haerlem	1:51.95	193700015	<b>2:18.23</b>
	50m: 1:03.75	100m: 2:18.23			

Dames 80+, Dames

1.	Bep van Riessen	Aquapoldro	2:31.64	193700006	<b>2:30.89</b>
	50m: 1:11.67	100m: 2:30.89			

Programmanr. 8  
19-11-2017 - 18:03

4 x 50m vrije slag

lft 80 - 279  
Resultaten

Rang		In.tijd	Tijd
<b>Dames 80+, Dames</b>			
1.	<b>Steenwijk 1934 1</b>	<b>Steenwijk 1934</b>	<b>1:58.85</b>
	Elianne Huitema 97	30.72	Nanda de Vries 92
	Charine de Ruiter 94		Jacyntha Plat 90
			<b>2:01.92</b>
<b>Dames 100+, Dames</b>			
1.	<b>Aqualero 1</b>	<b>Aqualero</b>	<b>2:15.78</b>
	Tessa Benjamins 95	32.26	Marloes Benjamins 91
	Annette Korving-Leijenaar 67		Iris Spijkstra 96
			<b>2:19.82</b>
<b>Mixed 100+, Gemengd</b>			
1.	<b>isis 1</b>	<b>isis</b>	<b>2:16.63</b>
	Brechtje de Jong 89	46.94	Petra Zandstra 90
	Albert Dijkema 87		Rene Knijpstra 88
			<b>2:24.21</b>
<b>Heren 120+, Heren</b>			
1.	<b>Steenwijk 1934 1</b>	<b>Steenwijk 1934</b>	<b>2:09.63</b>
	Patrick Wobben 93	33.74	Dick Huisman 75
	Hans van Scheepen 62		Dennis Boek 82
			<b>2:21.41</b>
<b>Mixed 120+, Gemengd</b>			
1.	<b>Zzz 1</b>	<b>Zuiderzeezwemmers</b>	<b>2:00.01</b>
	Irene Kasteel-Jaspersen 81	34.68	Leonie Nijenhuis 92
	Ferdy van Savoyen 86		Gerko Versluis 69
2.	<b>De Duinkickers 1</b>	<b>De Duinkickers</b>	<b>2:13.54</b>
	Rachel Trapman 96	33.33	Christine Buist 64
	Robin Roskam 78		Connor Elemans 91
3.	<b>Z&amp;PC Triton Putten 1</b>	<b>Z&amp;PC Triton Putten</b>	<b>2:12.31</b>
	Anne-wikke Verbaan 97	35.55	Carola Jacobs 85
	Rick Vaarkamp 94		Alex Hagedoorn 71
4.	<b>Zv 44 2</b>	<b>Zv 44</b>	<b>2:38.47</b>
	Edward van Dootingh 84	30.54	Berry Kragt 79
	Femke Poll 74		Rianne van Vegchelen 81
			<b>2:30.03</b>
<b>Dames 160+, Dames</b>			
1.	<b>Dwk 1</b>	<b>Dwk</b>	<b>2:20.53</b>
	Iris van Aurich 69	31.53	Jennie Resink-lindeboom 60
	Greta Wyma-Teitsma 71		Liesbeth van Mill 87
2.	<b>WZ&amp;PC Triton 1</b>	<b>WZ&amp;PC Triton</b>	<b>2:16.66</b>
	Jennifer Go 84	37.03	Margriet Grove-Lingeman 62
	Ellen Parma 62		Caroline Schreuder 67
			<b>2:22.95</b>
<b>Heren 160+, Heren</b>			
1.	<b>WZ&amp;PC Triton 2</b>	<b>WZ&amp;PC Triton</b>	<b>1:56.67</b>
	Tim Bunnik 90	25.70	Ronald Grove 61
	Paul Bunnik 56		Lambert Morsink 65
			<b>1:55.82</b>

## Programmanr. 8, 4 x 50m vrije slag

## Mixed 160+, Gemengd

1. HZ&PC Heerenveen 1		HZ&PC Heerenveen	2:06.40		<b>2:07.43</b>
Evelien van Klaarbergen	72	30.34	Arnold Jonker	70	
Marian de Jong	59		Dennis Bos	92	
2. Wzpc 2		WZ&PC Purmerend	2:10.07		<b>2:08.84</b>
Wibo Mooibroek	74	29.77	Nathalie van Velzen	85	
Jeroen v.d. Linden	66		Esther Mijnen	69	
3. Gzc Donk 2		Widex Gzc Donk	2:11.75		<b>2:11.92</b>
Alice de Haan	64	35.60	Jessica Venema	79	
Erik Rushton	76		Willem Jan Ribberink	65	
Wzpc 1		WZ&PC Purmerend	2:10.07		<b>2:11.92</b>
Jeffrey Appel	92	23.92	Samira Mijnen	97	
Pieter Schillemans	46		Gabrielle Waldram	66	
5. De Spatters 1		De Spatters	2:14.62		<b>2:14.35</b>
Elvira Feikens	95	34.64	René Speelman	66	
Roelien Speelman-Tigelaar	66		Roelof Broekman	68	
6. Zpc Amersfoort 1		Zpc Amersfoort	2:17.61		<b>2:30.64</b>
Machteld Stilting	66	36.57	Loekie v. Huissteden	45	
Wouter van 't Klooster	88		Martijn Bartels	96	
7. Zv 44 1		Zv 44	2:43.33		<b>2:37.08</b>
Alistair Critchell	71	31.33	Roelof Liezen	67	
Jessica van Velzen	76		Anne Claudine Tuller	71	

## Mixed 200+, Gemengd

1. Steenwijk 1934 1		Steenwijk 1934	2:08.97		<b>2:16.19</b>
Casper Dollekamp	63	33.25	Wilna Heijman	64	
Inge Lolkema-Soeters	73		Huyb Stegeman	67	
2. Gzc Donk 1		Widex Gzc Donk	2:23.67		<b>2:30.41</b>
Lia Bijkerk	60	41.71	Nathasja Konijn	71	
Peter Coffeng	57		Pierre de Groot	64	

AFGEM HZ&amp;PC Heerenveen 2 HZ&amp;PC Heerenveen 1:59.12