

ROM 4  
Gouda, 24-3-2024

Programmanr. 11  
24-3-2024 - 15:05

1500m vrije slag  
Series samen: 1 en 2 , 3 en 4.

20 - 89 jaar  
Resultaten

rang	naam	vereniging	intijd		tijd	RT
<b>Masters 20+, Heren</b>						
1.	Tenzin Tieman	Old Dutch	17:45.41	200005549	<b>18:16.07</b>	
	100m: 1:04.65	1:04.65	500m:	900m:	1300m:	
	200m: 2:14.90	1:10.25	600m:	1000m:	1400m:	
	300m:	700m:	800m: 9:33.65	1100m:	1500m: 18:16.07	
	400m: 4:37.75			1200m:		
2.	Niels van der Mast	ZOB'66	20:09.51	200401917	<b>19:24.84</b>	
	100m: 1:08.43	1:08.43	500m:	900m:	1300m:	
	200m: 2:22.56	1:14.13	600m:	1000m:	1400m:	
	300m:	700m:	800m: 10:06.36	1100m:	1500m: 19:24.84	
	400m: 4:53.67			1200m:		
3.	Mike van Huizen	ZPC Numansdorp	20:00.00	200300891	<b>20:33.63</b>	
	100m: 1:12.43	1:12.43	500m:	900m:	1300m:	
	200m: 2:34.53	1:22.10	600m:	1000m:	1400m:	
	300m:	700m:	800m: 10:59.16	1100m:	1500m: 20:33.63	
	400m: 5:22.51			1200m:		
4.	Jaimy Voogt	ZOB'66	20:30.00	200005881	<b>21:40.80</b>	
	100m: 1:17.21	1:17.21	500m:	900m:	1300m:	
	200m: 2:43.24	1:26.03	600m:	1000m:	1400m:	
	300m:	700m:	800m: 11:34.59	1100m:	1500m: 21:40.80	
	400m: 5:39.76			1200m:		
<b>Masters 25+, Heren</b>						
1.	Jordy van Oel	WVZ	17:56.58	199802003	<b>18:12.90</b>	
	100m: 1:04.65	1:04.65	500m:	900m:	1300m:	
	200m: 2:15.94	1:11.29	600m:	1000m:	1400m:	
	300m:	700m:	800m: 9:33.58	1100m:	1500m: 18:12.90	
	400m: 4:39.98			1200m:		
2.	Sven Dubbeld	De Schotejil	20:25.75	199601141	<b>20:28.35</b>	
	100m: 1:12.44	1:12.44	500m:	900m:	1300m:	
	200m: 2:33.09	1:20.65	600m:	1000m:	1400m:	
	300m:	700m:	800m: 10:51.12	1100m:	1500m: 20:28.35	
	400m: 5:17.78			1200m:		
3.	Renzo van Boven	ZVS	17:30.00	199501193	<b>20:37.63</b>	
	100m: 1:13.96	1:13.96	500m:	900m:	1300m:	
	200m: 2:34.12	1:20.16	600m:	1000m:	1400m:	
	300m:	700m:	800m: 10:52.09	1100m:	1500m: 20:37.63	
	400m: 5:18.47			1200m:		
4.	Jasper van den Broek	De Watervogels	21:37.68	199903313	<b>22:47.19</b>	
	100m: 1:24.25	1:24.25	500m:	900m:	1300m:	
	200m: 2:56.20	1:31.95	600m:	1000m:	1400m:	
	300m:	700m:	800m: 12:11.77	1100m:	1500m: 22:47.19	
	400m: 6:01.51			1200m:		
<b>Masters 30+, Heren</b>						
1.	Sybren Groenewegen	De Schotejil	18:47.85	199306223	<b>19:06.90</b>	
	100m: 1:10.68	1:10.68	500m:	900m:	1300m:	
	200m: 2:24.92	1:14.24	600m:	1000m:	1400m:	
	300m:	700m:	800m: 10:03.95	1100m:	1500m: 19:06.90	
	400m: 4:56.68			1200m:		
2.	Jeroen Matthijssen	AZC	19:50.00	199103751	<b>20:06.00</b>	
	100m: 1:06.48	1:06.48	500m:	900m:	1300m:	
	200m: 2:22.75	1:16.27	600m:	1000m:	1400m:	
	300m:	700m:	800m: 10:26.77	1100m:	1500m: 20:06.00	
	400m: 5:01.80			1200m:		
3.	Wilco van der Mersch	HHZV PLONS	26:00.00	199007699	<b>26:15.04</b>	
	100m: 1:28.23	1:28.23	500m:	900m:	1300m:	
	200m: 3:04.65	1:36.42	600m:	1000m:	1400m:	
	300m:	700m:	800m: 13:39.33	1100m:	1500m: 26:15.04	
	400m: 6:31.52			1200m:		
<b>Masters 35+, Heren</b>						
1.	Niels Albrechts	De Schotejil	18:24.69	198800039	<b>18:40.64</b>	
	100m: 1:11.02	1:11.02	500m:	900m:	1300m:	
	200m: 2:27.00	1:15.98	600m:	1000m:	1400m:	
	300m:	700m:	800m: 9:55.51	1100m:	1500m: 18:40.64	
	400m: 4:57.39			1200m:		

ROM 4  
Gouda, 24-3-2024

Programmanr. 11, 1500m vrije slag

Masters 40+, Heren

1. Arne-Willem Kroonen	PSV	22:36.48	198401297	<b>24:23.44</b>
100m: 1:22.69	1:22.69	500m:	900m:	1300m:
200m: 2:52.83	1:30.14	600m:	1000m:	1400m:
300m:		700m:	1100m:	1500m: 24:23.44
400m: 5:59.62		800m: 12:39.24	1200m:	

Masters 45+, Heren

1. Martijn Butter	OEZA	17:59.04	197900231	<b>18:23.14</b>
<i>Nederlnads Masters Record.</i>				
100m: 1:05.41	1:05.41	500m:	900m:	1300m:
200m: 2:15.63	1:10.22	600m:	1000m:	1400m:
300m:		700m:	1100m:	1500m: 18:23.14
400m: 4:37.02		800m: 9:20.25	1200m:	
2. Steven Prins	HHZV PLONS	22:59.20	197901833	<b>22:32.02</b>
100m: 1:24.05	1:24.05	500m:	900m:	1300m:
200m: 2:54.58	1:30.53	600m:	1000m:	1400m:
300m:		700m:	1100m:	1500m: 22:32.02
400m: 5:55.83		800m: 11:58.10	1200m:	

Masters 60+, Heren

1. Menno Lomans	PSV	22:03.56	196101071	<b>21:57.74</b>
100m: 1:19.25	1:19.25	500m:	900m:	1300m:
200m: 2:45.42	1:26.17	600m:	1000m:	1400m:
300m:		700m:	1100m:	1500m: 21:57.74
400m: 5:40.54		800m: 11:32.31	1200m:	
2. Jan Smalheer	SCOM	24:30.00	196400701	<b>25:59.68</b>
100m: 1:21.64	1:21.64	500m:	900m:	1300m:
200m: 2:56.00	1:34.36	600m:	1000m:	1400m:
300m:		700m:	1100m:	1500m: 25:59.68
400m: 6:07.46		800m: 12:55.44	1200m:	

Masters 65+, Heren

1. Otto Zeijpveld	De Berkelduikers	23:00.00	195800497	<b>22:14.35</b>
100m: 1:21.78	1:21.78	500m:	900m:	1300m:
200m: 2:52.25	1:30.47	600m:	1000m:	1400m:
300m:		700m:	1100m:	1500m: 22:14.35
400m: 5:53.03		800m: 12:37.64	1200m:	
2. Lex Hoogendam	ZZ&PC De Devel	25:00.00	195700541	<b>25:17.30</b>
100m: 1:27.79	1:27.79	500m:	900m:	1300m:
200m: 3:05.48	1:37.69	600m:	1000m:	1400m:
300m:		700m:	1100m:	1500m: 25:17.30
400m: 6:27.87		800m: 13:16.84	1200m:	
DIS André Pantekoek	PSV	29:28.20	195800321	
<i>AF - De aangegeven afstand niet uitgezwommen.</i>				

Masters 80+, Heren

1. Geza Kaltenecker	AZC	29:37.39	194200065	<b>29:53.45</b>
100m: 1:49.58	1:49.58	500m:	900m:	1300m:
200m: 3:48.63	1:59.05	600m:	1000m:	1400m:
300m:		700m:	1100m:	1500m: 29:53.45
400m: 7:52.68		800m: 15:58.87	1200m:	

Masters 85+, Heren

1. Nic Geers	PSV	33:40.00	193800007	<b>36:12.31</b>
100m: 2:10.19	2:10.19	500m:	900m:	1300m:
200m: 4:37.07	2:26.88	600m:	1000m:	1400m:
300m:		700m:	1100m:	1500m: 36:12.31
400m: 9:25.41		800m: 19:06.81	1200m:	

Masters 20+, Dames

ROM 4  
Gouda, 24-3-2024

Programmanr. 11, Dames, 1500m vrije slag, Masters 20+

rang	naam	vereniging	intijd		tijd	RT
1.	Serena den Tuinder	ZPC Numansdorp	21:30.00	200303552	<b>22:35.93</b>	
	100m: 1:21.97	1:21.97	500m:	900m:	1300m:	
	200m: 2:52.59	1:30.62	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m: 22:35.93	
	400m: 5:55.09		800m: 12:00.01	1200m:		
2.	Berinda van Dijk	Blue Marlins	23:41.50	200104186	<b>24:04.48</b>	
	100m: 1:25.02	1:25.02	500m:	900m:	1300m:	
	200m: 3:00.80	1:35.78	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m: 24:04.48	
	400m: 6:13.76		800m: 12:49.57	1200m:		
3.	Zoë Ulkeman	De Berkelduikers	24:00.00	200200682	<b>24:56.47</b>	
	100m: 1:29.32	1:29.32	500m:	900m:	1300m:	
	200m: 3:07.75	1:38.43	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m: 24:56.47	
	400m: 6:29.85		800m: 13:16.22	1200m:		

Masters 25+, Dames

1.	Angelique van Vark	GZC DONK	18:23.92	199701478	<b>18:04.54</b>	
	100m: 1:05.07	1:05.07	500m:	900m:	1300m:	
	200m: 2:14.56	1:09.49	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m: 18:04.54	
	400m: 4:36.36		800m: 9:31.11	1200m:		

Masters 35+, Dames

1.	Jenny Schouten	PSV	18:24.36	198703674	<b>19:03.14</b>	
	100m: 1:09.56	1:09.56	500m:	900m:	1300m:	
	200m: 2:23.61	1:14.05	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m: 19:03.14	
	400m: 4:54.78		800m: 10:02.33	1200m:		
2.	Esther Boerdam-Delfos	AZC	24:30.00	198705256	<b>23:02.56</b>	
	100m: 1:22.68	1:22.68	500m:	900m:	1300m:	
	200m: 2:54.41	1:31.73	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m: 23:02.56	
	400m: 6:00.24		800m: 12:11.98	1200m:		
3.	Lisette van den Bos	De Geul	24:52.60	198700468	<b>25:18.14</b>	
	100m: 1:29.64	1:29.64	500m:	900m:	1300m:	
	200m: 3:07.50	1:37.86	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m: 25:18.14	
	400m: 6:28.92		800m: 13:22.76	1200m:		

Masters 40+, Dames

1.	Steffi Krul- Meinhold	D'elft	19:20.00	198001542	<b>19:48.03</b>	
	100m: 1:13.99	1:13.99	500m:	900m:	1300m:	
	200m: 2:33.98	1:19.99	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m: 19:48.03	
	400m: 5:14.25		800m: 10:32.06	1200m:		
2.	Anke Lambooi	De Vliet (SG)	20:11.38	198001182	<b>20:53.97</b>	
	100m: 1:14.05	1:14.05	500m:	900m:	1300m:	
	200m: 2:35.49	1:21.44	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m: 20:53.97	
	400m: 5:22.01		800m: 10:58.87	1200m:		
3.	Linda Hoogendam	WVZ	22:30.57	198300892	<b>22:57.68</b>	
	100m: 1:22.71	1:22.71	500m:	900m:	1300m:	
	200m: 2:52.36	1:29.65	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m: 22:57.68	
	400m: 5:54.53		800m: 12:05.28	1200m:		

Masters 45+, Dames

1.	Liselotte Joling	PSV	18:57.59	197500268	<b>19:25.57</b>	
	100m: 1:12.57	1:12.57	500m:	900m:	1300m:	
	200m: 2:29.65	1:17.08	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m: 19:25.57	
	400m: 5:05.13		800m: 10:19.59	1200m:		
2.	Chantal Verhoeff	Old Dutch	21:56.13	197900912	<b>21:54.00</b>	
	100m: 1:19.22	1:19.22	500m:	900m:	1300m:	
	200m: 2:46.09	1:26.87	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m: 21:54.00	
	400m: 5:40.33		800m: 11:33.72	1200m:		

ROM 4  
Gouda, 24-3-2024

Programmanr. 11, Dames, 1500m vrije slag, Masters 45+

rang	naam	vereniging	intijd	tijd	RT
3.	Jessica Venema	GZC DONK	22:10.20	197901526	<b>21:54.60</b>
	100m: 1:17.18	1:17.18	500m:	900m:	1300m:
	200m: 2:42.38	1:25.20	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 21:54.60
	400m: 5:36.96		800m: 11:29.96	1200m:	

Masters 50+, Dames

1.	Annette Spies	LinK	25:31.41	197001110	<b>25:38.10</b>
	100m: 1:31.35	1:31.35	500m:	900m:	1300m:
	200m: 3:10.68	1:39.33	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 25:38.10
	400m: 6:35.40		800m: 13:29.07	1200m:	

Masters 55+, Dames

1.	Hetty Smalheer	SCOM	26:30.00	196700352	<b>26:38.16</b>
	100m: 1:36.05	1:36.05	500m:	900m:	1300m:
	200m: 3:21.44	1:45.39	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 26:38.16
	400m: 6:56.01		800m: 14:04.77	1200m:	

Masters 60+, Dames

1.	P. Tossings-van de Hooven	GZC DONK	22:32.22	196100376	<b>23:14.16</b>
	100m: 1:25.13	1:25.13	500m:	900m:	1300m:
	200m: 2:58.58	1:33.45	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 23:14.16
	400m: 6:04.91		800m: 12:18.45	1200m:	

Masters 65+, Dames

1.	Karien Musters	Old Dutch	32:19.99	195800236	<b>33:29.61</b>
	100m: 1:59.71	1:59.71	500m:	900m:	1300m:
	200m: 4:22.53	2:22.82	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 33:29.61
	400m: 8:41.09		800m: 17:39.62	1200m:	

Masters 85+, Dames

1.	Marie Smits	Old Dutch	35:58.75	193800004	<b>36:29.82</b>
	100m: 2:12.68	2:12.68	500m:	900m:	1300m:
	200m: 4:40.09	2:27.41	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 36:29.82
	400m: 9:32.69		800m: 19:17.85	1200m:	