

masters lac deel 1
Heerenveen, 6-11-2016

Programmanr. 1
6-11-2016 - 16:15

800m vrije slag

20 - 84 jaar
Resultaten

rang	naam	vereniging	intijd	klasse	tijd
H20+, Heren					
1.	Danny Vochteloo	ZV ZZG De Boskickers	12:44.66	199207251	13:06.36 190
	50m: 41.51	41.51	250m: 450m:	650m:	
	100m: 1:26.39	44.88	300m: 500m:	700m:	
	150m: 3:02.60		350m: 550m:	750m:	
	200m: 6:21.64	6:21.64	400m: 600m:	800m: 13:06.36	
D20+, Dames					
1.	Ilse Blankvoort	Steenwijk 1934	12:00.00	199204458	11:40.91 336
	50m: 37.82	37.82	250m: 450m:	650m:	
	100m: 1:19.77	41.95	300m: 500m:	700m:	
	150m: 2:45.43		350m: 550m:	750m:	
	200m: 5:40.71	5:40.71	400m: 600m:	800m: 11:40.91	
2.	Charine de Ruiter	Steenwijk 1934	11:53.78	199403668	11:50.55 323
	50m: 37.63	37.63	250m: 450m:	650m:	
	100m: 1:18.43	40.80	300m: 500m:	700m:	
	150m: 2:45.17		350m: 550m:	750m:	
	200m: 5:45.64	5:45.64	400m: 600m:	800m: 11:50.55	
H45+, Heren					
1.	René Beetsma	HZ&PC Heerenveen	10:00.10	196900069	10:48.91 338
	50m: 29.05	29.05	250m: 450m:	650m:	
	100m: 1:02.27	33.22	300m: 500m:	700m:	
	150m: 2:43.44		350m: 550m:	750m:	
	200m: 5:28.25	5:28.25	400m: 600m:	800m: 10:48.91	
2.	Eric Wattez	Zcnf'34	12:00.00	197001727	11:25.10 287
	50m: 38.31	38.31	250m: 450m:	650m:	
	100m: 1:19.42	41.11	300m: 500m:	700m:	
	150m: 2:45.67		350m: 550m:	750m:	
	200m: 6:27.25	6:27.25	400m: 600m:	800m: 11:25.10	
H50+, Heren					
1.	Gert Sikkema	Zignea	10:15.00	196300687	11:00.98 320
	50m: 34.65	34.65	250m: 450m:	650m:	
	100m: 1:13.64	38.99	300m: 500m:	700m:	
	150m: 2:35.22		350m: 550m:	750m:	
	200m: 5:24.63	5:24.63	400m: 600m:	800m: 11:00.98	
D55+, Dames					
1.	Petra v.d. Steeg	Zcnf'34	NT	196100398	16:40.66 116
	50m: 54.72	54.72	250m: 450m:	650m:	
	100m: 1:55.59	1:00.87	300m: 500m:	700m:	
	150m: 4:01.19		350m: 550m:	750m:	
	200m: 8:15.16	8:15.16	400m: 600m:	800m: 16:40.66	
D60+, Dames					
1.	Elly Kiestra-Broertjes	Zignea	NT	195600100	14:07.90 190
	50m: 44.85	44.85	250m: 450m:	650m:	
	100m: 1:35.78	50.93	300m: 500m:	700m:	
	150m: 4:16.77		350m: 550m:	750m:	
	200m: 7:00.08	7:00.08	400m: 600m:	800m: 14:07.90	
H65+, Heren					
1.	Jan van der Heide	HZ&PC Heerenveen	NT	195100059	15:13.09 121
	50m: 47.69	47.69	250m: 450m:	650m:	
	100m: 1:41.28	53.59	300m: 500m:	700m:	
	150m: 3:35.02		350m: 550m:	750m:	
	200m: 7:28.00	7:28.00	400m: 600m:	800m: 15:13.09	

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Heerenveen, 6-11-2016

Programmanr. 2
6-11-2016 - 16:45

200m wisselslag

20 - 84 jaar
Resultaten

rang naam	vereniging	intijd	klasse	tijd	50m	100m	150m	200m	
H45+, Heren									
1. René Beetsma	HZ&PC Heerenveen	2:34.00	196900069	2:30.70	433	31.75	1:11.17	1:55.48	2:30.70
DIS Eric Watz	Zcnf'34	3:00.00	197001727						
<i>VI - Met één hand keer- en/of eindpunt aangetikt.</i>									

H55+, Heren

1. Marius Ros	Zcnf'34	2:49.62	195900779	3:33.33	153	45.86	1:44.67	2:45.87	3:33.33
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Programmanr. 3
6-11-2016 - 17:20

1500m vrije slag

20 - 84 jaar
Resultaten

rang naam	vereniging	intijd	klasse	tijd	
H40+, Heren					
1. Gerard Eghuizen	HZ&PC Heerenveen	22:15.00	197400197	22:30.89	268
50m: 37.07	37.07	450m:	850m:	1250m:	
100m: 1:18.95	41.88	500m:	900m:	1300m:	
150m:		550m:	950m:	1350m:	
200m: 2:44.23		600m:	1000m:	1400m:	
250m:		650m:	1050m:	1450m:	
300m:		700m:	1100m:	1500m:	22:30.89
350m:		750m:	1150m:		
400m: 5:43.20		800m: 11:47.39	1200m:		

D40+, Dames

1. Evelien van Klaarbergen	HZ&PC Heerenveen	21:30.00	197200964	20:20.88	436
50m: 34.56	34.56	450m:	850m:	1250m:	
100m: 1:13.82	39.26	500m:	900m:	1300m:	
150m:		550m:	950m:	1350m:	
200m: 2:33.60		600m:	1000m:	1400m:	
250m:		650m:	1050m:	1450m:	
300m:		700m:	1100m:	1500m:	20:20.88
350m:		750m:	1150m:		
400m: 5:15.73		800m: 10:44.96	1200m:		
2. Jannie Vennik	HZ&PC Heerenveen	22:00.30	197601006	22:03.16	342
50m: 39.13	39.13	450m:	850m:	1250m:	
100m: 1:21.88	42.75	500m:	900m:	1300m:	
150m:		550m:	950m:	1350m:	
200m: 2:49.95		600m:	1000m:	1400m:	
250m:		650m:	1050m:	1450m:	
300m:		700m:	1100m:	1500m:	22:03.16
350m:		750m:	1150m:		
400m: 5:46.70		800m: 11:41.13	1200m:		
3. Inge Lolkema-Soeters	Steenwijk 1934	NT	197300934	25:30.71	221
50m: 43.74	43.74	450m:	850m:	1250m:	
100m: 1:32.55	48.81	500m:	900m:	1300m:	
150m:		550m:	950m:	1350m:	
200m: 3:14.50		600m:	1000m:	1400m:	
250m:		650m:	1050m:	1450m:	
300m:		700m:	1100m:	1500m:	25:30.71
350m:		750m:	1150m:		
400m: 6:40.58		800m: 13:31.38	1200m:		

H45+, Heren

1. Chris Kouwenhoven	De Spatters	NT	197101669	21:58.42	288
50m: 38.89	38.89	450m:	850m:	1250m:	
100m: 1:22.76	43.87	500m:	900m:	1300m:	
150m:		550m:	950m:	1350m:	
200m: 2:50.42		600m:	1000m:	1400m:	
250m:		650m:	1050m:	1450m:	
300m:		700m:	1100m:	1500m:	21:58.42
350m:		750m:	1150m:		
400m: 5:47.48		800m: 11:41.39	1200m:		

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Programmanr. 3, Heren, 1500m vrije slag, H45+

rang	naam	vereniging	intijd	klasse	tijd	
2.	Korstiaan de Boer	Steenwijk 1934	NT	197101629	22:25.72	271
	50m: 39.52	39.52	450m: 850m:	1250m:		
	100m: 1:22.69	43.17	500m: 900m:	1300m:		
	150m:		550m: 950m:	1350m:		
	200m: 2:55.34		600m: 1000m:	1400m:		
	250m:		650m: 1050m:	1450m:		
	300m:		700m: 1100m:	1500m: 22:25.72		
	350m:		750m: 1150m:			
	400m: 5:59.25	800m: 12:02.27	800m: 1200m:			
3.	Arnold Jonker	HZ&PC Heerenveen	NT	197000529	25:56.98	175
	50m: 48.31	48.31	450m: 850m:	1250m:		
	100m: 1:40.16	51.85	500m: 900m:	1300m:		
	150m:		550m: 950m:	1350m:		
	200m: 3:25.49		600m: 1000m:	1400m:		
	250m:		650m: 1050m:	1450m:		
	300m:		700m: 1100m:	1500m: 25:56.98		
	350m:		750m: 1150m:			
	400m: 6:54.52	800m: 13:49.60	800m: 1200m:			

D45+, Dames

1.	Peggi Hurenkamp	HZ&PC Heerenveen	23:56.68	196900922	23:36.34	279
	50m: 40.21	40.21	450m: 850m:	1250m:		
	100m: 1:24.98	44.77	500m: 900m:	1300m:		
	150m:		550m: 950m:	1350m:		
	200m: 2:57.43		600m: 1000m:	1400m:		
	250m:		650m: 1050m:	1450m:		
	300m:		700m: 1100m:	1500m: 23:36.34		
	350m:		750m: 1150m:			
	400m: 6:05.84	800m: 12:24.84	800m: 1200m:			

D50+, Dames

1.	Wilna Heijman	Steenwijk 1934	21:32.56	196400506	21:11.19	386
	50m: 37.57	37.57	450m: 850m:	1250m:		
	100m: 1:19.11	41.54	500m: 900m:	1300m:		
	150m:		550m: 950m:	1350m:		
	200m: 2:43.21		600m: 1000m:	1400m:		
	250m:		650m: 1050m:	1450m:		
	300m:		700m: 1100m:	1500m: 21:11.19		
	350m:		750m: 1150m:			
	400m: 5:34.09	800m: 11:15.64	800m: 1200m:			

H55+, Heren

1.	Marten de Groot	HZ&PC Heerenveen	19:00.00	195800149	19:35.53	407
	50m: 35.97	35.97	450m: 850m:	1250m:		
	100m: 1:15.07	39.10	500m: 900m:	1300m:		
	150m:		550m: 950m:	1350m:		
	200m: 2:33.45		600m: 1000m:	1400m:		
	250m:		650m: 1050m:	1450m:		
	300m:		700m: 1100m:	1500m: 19:35.53		
	350m:		750m: 1150m:			
	400m: 5:08.57	800m: 10:20.57	800m: 1200m:			
2.	Marius Ros	Zcnf'34	20:09.18	195900779	20:25.57	359
	50m: 39.03	39.03	450m: 850m:	1250m:		
	100m: 1:20.85	41.82	500m: 900m:	1300m:		
	150m:		550m: 950m:	1350m:		
	200m: 1:43.16		600m: 1000m:	1400m:		
	250m:		650m: 1050m:	1450m:		
	300m:		700m: 1100m:	1500m: 20:25.57		
	350m:		750m: 1150m:			
	400m: 5:27.81	800m: 10:55.89	800m: 1200m:			

D60+, Dames

1.	Elly Kiestra-Broertjes	Zignea	NT	195600100	27:30.91	176
	50m: 47.47	47.47	450m: 850m:	1250m:		
	100m: 1:39.16	51.69	500m: 900m:	1300m:		
	150m:		550m: 950m:	1350m:		
	200m: 3:25.09		600m: 1000m:	1400m:		
	250m:		650m: 1050m:	1450m:		
	300m:		700m: 1100m:	1500m: 27:30.91		
	350m:		750m: 1150m:			
	400m: 7:00.66	800m: 14:26.22	800m: 1200m:			

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Heerenveen, 6-11-2016

Programmanr. 3, Dames, 1500m vrije slag, D60+

rang	naam		vereniging		intijd		klasse		tijd	
2.	Ineke Meijer		HZ&PC Heerenveen		NT	195200034			28:07.83	165
	50m:	48.33	48.33	450m:	850m:		1250m:			
	100m:	1:42.51	54.18	500m:	900m:		1300m:			
	150m:			550m:	950m:		1350m:			
	200m:	3:34.42		600m:	1000m:		1400m:			
	250m:			650m:	1050m:		1450m:			
	300m:			700m:	1100m:		1500m:	28:07.83		
	350m:			750m:	1150m:					
	400m:	7:18.36		800m:	1200m:					