

Open Nederlandse Masters Kampioenschappen 2010 korte baan
Vlaardingen, 22. - 24.1.2010

Programmanr. 31
23.01.2010 - 18:14

Heren, 400m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd
Masters 20+					
1.	Marc Catsburg <i>Kampioenschapsrecord</i>	MNC Dordrecht	4:21.36	9000533	4:21.58
	50m: 29.90 29.90 100m: 1:02.54 32.64	150m: 1:35.63 33.09 200m: 2:08.91 33.28	250m: 2:42.17 33.26 300m: 3:15.74 33.57	350m: 3:48.82 33.08 400m: 4:21.58 32.76	
2.	Martijn Dolk	MNC Dordrecht	4:22.42	8900737	4:24.98
	50m: 30.27 30.27 100m: 1:03.15 32.88	150m: 1:36.84 33.69 200m: 2:10.54 33.70	250m: 2:44.00 33.46 300m: 3:18.08 34.08	350m: 3:52.29 34.21 400m: 4:24.98 32.69	
3.	Tim Bunnik	Triton	4:48.20	9000505	4:38.34
	50m: 31.30 31.30 100m: 1:06.03 34.73	150m: 1:42.29 36.26 200m: 2:18.25 35.96	250m: 2:54.15 35.90 300m: 3:30.07 35.92	350m: 4:04.70 34.63 400m: 4:38.34 33.64	
4.	Niels Albrechts	De Schoteijl	4:39.16	8800039	4:49.30
	50m: 31.83 31.83 100m: 1:07.32 35.49	150m: 1:44.03 36.71 200m: 2:21.20 37.17	250m: 2:59.00 37.80 300m: 3:36.19 37.19	350m: 4:14.00 37.81 400m: 4:49.30 35.30	
5.	Mark Gorissen	KZPC	4:52.02	8600973	4:49.64
	50m: 32.66 32.66 100m: 1:08.12 35.46	150m: 1:45.06 36.94 200m: 2:22.24 37.18	250m: 3:00.25 38.01 300m: 3:37.94 37.69	350m: 4:14.92 36.98 400m: 4:49.64 34.72	
Masters 25+					
1.	Alexander Hulleman <i>Kampioenschapsrecord</i>	De Zijl/LGB	4:22.59	8300989	4:18.97
	50m: 29.81 29.81 100m: 1:01.50 31.69	150m: 1:33.95 32.45 200m: 2:07.23 33.28	250m: 2:40.52 33.29 300m: 3:13.99 33.47	350m: 3:47.40 33.41 400m: 4:18.97 31.57	
2.	Gerben Bontekoe	DWK	4:28.20	8102009	4:28.82
	50m: 29.85 29.85 100m: 1:03.92 34.07	150m: 1:38.43 34.51 200m: 2:13.60 35.17	250m: 2:47.52 33.92 300m: 3:21.91 34.39	350m: 3:56.41 34.50 400m: 4:28.82 32.41	
3.	Dirk Hoek	De Zijl/LGB	4:21.51	8202445	4:36.09
	50m: 31.12 31.12 100m: 1:05.76 34.64	150m: 1:41.34 35.58 200m: 2:16.84 35.50	250m: 2:51.66 34.82 300m: 3:26.88 35.22	350m: 4:01.94 35.06 400m: 4:36.09 34.15	
4.	Ralf van der Poel	Vlaardingen	4:27.82	8401783	4:37.99
	50m: 30.28 30.28 100m: 1:04.32 34.04	150m: 1:39.60 35.28 200m: 2:15.51 35.91	250m: 2:51.06 35.55 300m: 3:26.93 35.87	350m: 4:03.19 36.26 400m: 4:37.99 34.80	
5.	Leander Noordijk	De Schoteijl	4:38.92	8101221	4:42.08
	50m: 30.90 30.90 100m: 1:05.68 34.78	150m: 1:41.19 35.51 200m: 2:17.58 36.39	250m: 2:54.63 37.05 300m: 3:30.67 36.04	350m: 4:07.59 36.92 400m: 4:42.08 34.49	
6.	Martijn Giezen	Montferland	5:12.10	8500813	4:49.42
	50m: 31.06 31.06 100m: 1:06.90 35.84	150m: 1:43.76 36.86 200m: 2:21.27 37.51	250m: 2:58.45 37.18 300m: 3:35.86 37.41	350m: 4:13.23 37.37 400m: 4:49.42 36.19	
7.	Jim Geestman	RSW (SG)	5:01.84	8300699	4:52.10
	50m: 32.08 32.08 100m: 1:07.37 35.29	150m: 1:43.87 36.50 200m: 2:21.39 37.52	250m: 2:59.43 38.04 300m: 3:37.60 38.17	350m: 4:16.14 38.54 400m: 4:52.10 35.96	
8.	Ruud van den Berg	De Duck	6:02.52	8500155	5:54.98
	50m: 35.38 35.38 100m: 1:16.11 40.73	150m: 2:00.20 44.09 200m: 2:46.28 46.08	250m: 3:32.91 46.63 300m: 4:20.53 47.62	350m: 5:07.86 47.33 400m: 5:54.98 47.12	
NG	Remco van Althuis	SBC2000	4:36.53	8300029	
NG	Frank Zwiers	SBC2000	4:23.67	8202101	
Masters 30+					
1.	Ivo Roozeboom	DES	4:28.16	7700801	4:28.07
	50m: 30.08 30.08 100m: 1:04.34 34.26	150m: 1:39.39 35.05 200m: 2:14.21 34.82	250m: 2:48.69 34.48 300m: 3:23.08 34.39	350m: 3:56.84 33.76 400m: 4:28.07 31.23	
2.	Ralf Peters	KZPC	4:27.97	7600737	4:36.51
	50m: 30.25 30.25 100m: 1:04.44 34.19	150m: 1:39.49 35.05 200m: 2:14.91 35.42	250m: 2:49.96 35.05 300m: 3:25.90 35.94	350m: 4:01.70 35.80 400m: 4:36.51 34.81	
3.	Jeroen Vogelsang	Het Y	4:34.50	8001645	4:44.87
	50m: 30.45 30.45 100m: 1:04.31 33.86	150m: 1:39.70 35.39 200m: 2:16.58 36.88	250m: 2:53.81 37.23 300m: 3:31.30 37.49	350m: 4:08.63 37.33 400m: 4:44.87 36.24	
4.	Nol van Thull	ZOB'66	4:26.32	8001513	4:50.83
	50m: 31.72 31.72 100m: 1:06.22 34.50	150m: 1:42.36 36.14 200m: 2:20.00 37.64	250m: 2:57.59 37.59 300m: 3:35.86 38.27	350m: 4:14.01 38.15 400m: 4:50.83 36.82	
5.	Markus van Rest	ZV Westland Dijkglas	4:43.86	7701197	5:05.11
	50m: 33.34 33.34 100m: 1:10.51 37.17	150m: 1:50.24 39.73 200m: 2:30.02 39.78	250m: 3:09.83 39.81 300m: 3:49.07 39.24	350m: 4:27.57 38.50 400m: 5:05.11 37.54	

Open Nederlandse Masters Kampioenschappen 2010 korte baan
Vlaardingen, 22. - 24.1.2010

Programmanr. 31, Heren, 400m vrije slag

Masters 35+

1.	Casper van der Burgh		LZ 1886		4:59.03	7201413		4:45.33
	50m:	32.04	32.04	150m:	1:43.01	36.19	250m:	2:55.40
	100m:	1:06.82	34.78	200m:	2:19.21	36.20	300m:	3:32.17
							350m:	4:09.22
							400m:	4:45.33
								37.05
								36.11
2.	Agnus Gerringa		DWK		4:33.95	7100285		4:52.01
	50m:	31.55	31.55	150m:	1:43.45	36.61	250m:	2:57.98
	100m:	1:06.84	35.29	200m:	2:20.50	37.05	300m:	3:35.63
							350m:	4:13.97
							400m:	4:52.01
								38.34
								38.04

Masters 40+

1.	Jo-an Mudde		Zeester-Meerval		4:39.34	6701457		4:40.40	
	50m:	32.29	32.29	150m:	1:43.51	35.84	250m:	2:55.45	
	100m:	1:07.67	35.38	200m:	2:19.46	35.95	300m:	3:31.19	
							350m:	4:06.21	
							400m:	4:40.40	
								35.02	
								34.19	
2.	Kees Akershoek		De Stelle		4:51.00	6900009		4:51.06	
	50m:	31.39	31.39	150m:	1:43.23	36.68	250m:	2:58.99	
	100m:	1:06.55	35.16	200m:	2:21.15	37.92	300m:	3:37.04	
							350m:	4:14.59	
							400m:	4:51.06	
								37.55	
								36.47	
3.	Bert Jonker		HZ&PC Heerenveen		5:34.64	6600355		5:29.67	
	<i>De 50 en 100 m. tussentijden zijn back-up tijden.</i>								
	50m:	34.74	34.74	150m:	1:53.89	40.22	250m:	3:19.26	
	100m:	1:13.67	38.93	200m:	2:36.21	42.32	300m:	4:03.43	
							350m:	4:47.15	
							400m:	5:29.67	
								43.72	
								42.52	
4.	Hayo v.d. Werf		Het Y		5:50.53	6701085		5:52.76	
	50m:	42.07	42.07	150m:	2:12.27	45.28	250m:	3:41.73	
	100m:	1:26.99	44.92	200m:	2:56.91	44.64	300m:	4:25.99	
							350m:	5:10.08	
							400m:	5:52.76	
								44.09	
								42.68	

AFGEM Henk van Zetten

AFGEM Rene Beetsma

Octopus

HZ&PC Heerenveen

6:23.29

4:31.94

6701261

6900069

Masters 45+

1.	Eric Langhorst		Het Y		5:08.82	6200389		5:03.80	
	50m:	34.93	34.93	150m:	1:53.29	39.24	250m:	3:11.38	
	100m:	1:14.05	39.12	200m:	2:32.00	38.71	300m:	3:49.82	
							350m:	4:27.65	
							400m:	5:03.80	
								37.83	
								36.15	
2.	Otto Jansen		LZ 1886		5:25.34	6501403		5:09.02	
	50m:	35.21	35.21	150m:	1:52.63	39.49	250m:	3:12.22	
	100m:	1:13.14	37.93	200m:	2:32.57	39.94	300m:	3:51.74	
							350m:	4:30.68	
							400m:	5:09.02	
								38.94	
								38.34	
3.	John Stoffer		Zoetermeer		5:01.22	6300725		5:13.46	
	50m:	34.38	34.38	150m:	1:52.93	40.17	250m:	3:13.78	
	100m:	1:12.76	38.38	200m:	2:33.03	40.10	300m:	3:54.33	
							350m:	4:34.68	
							400m:	5:13.46	
								40.35	
								38.78	
4.	Phil Trethewie		Old Dutch		5:15.49	6501315		5:15.11	
	50m:	34.02	34.02	150m:	1:51.17	39.29	250m:	3:12.48	
	100m:	1:11.88	37.86	200m:	2:31.68	40.51	300m:	3:53.56	
							350m:	4:35.25	
							400m:	5:15.11	
								41.69	
								39.86	
5.	Paul van der Voort		De Zwoer		5:06.24	6200715		5:31.63	
	<i>De 50 m.tussentijd is een back-up tijd.</i>								
	50m:	35.38	35.38	150m:	1:55.80	40.67	250m:	3:19.77	
	100m:	1:15.13	39.75	200m:	2:38.69	42.89	300m:	4:04.19	
							350m:	4:48.12	
							400m:	5:31.63	
								43.93	
								43.51	
6.	Jan Smalheer		SCOM		5:48.82	6400701		5:37.79	
	50m:	35.93	35.93	150m:	1:58.13	42.00	250m:	3:25.49	
	100m:	1:16.13	40.20	200m:	2:41.37	43.24	300m:	4:09.74	
							350m:	4:54.23	
							400m:	5:37.79	
								44.49	
								43.56	
7.	Bart van Calker		WS Twente		5:43.68	6100067		5:41.03	
	50m:	39.14	39.14	150m:	2:04.61	43.77	250m:	3:34.11	
	100m:	1:20.84	41.70	200m:	2:49.10	44.49	300m:	4:17.47	
							350m:	5:00.95	
							400m:	5:41.03	
								43.48	
								40.08	

Masters 50+

1.	Elzo Dijkhuis		TriVia		4:58.71	6000873		4:56.71
	50m:	34.09	34.09	150m:	1:47.42	37.32	250m:	3:03.24
	100m:	1:10.10	36.01	200m:	2:25.38	37.96	300m:	3:41.40
							350m:	4:20.03
							400m:	4:56.71
								38.63
								36.68
2.	Marius Ros		ZCNF'34		5:04.96	5900779		5:04.00
	50m:	35.56	35.56	150m:	1:52.44	38.46	250m:	3:10.48
	100m:	1:13.98	38.42	200m:	2:31.20	38.76	300m:	3:48.97
							350m:	4:28.03
							400m:	5:04.00
								39.06
								35.97
3.	Andre Storm		Zoetermeer		5:09.18	5600407		5:15.54
	50m:	34.68	34.68	150m:	1:53.68	39.99	250m:	3:14.04
	100m:	1:13.69	39.01	200m:	2:34.15	40.47	300m:	3:54.30
							350m:	4:35.46
							400m:	5:15.54
								41.16
								40.08
4.	Hans Groothelm		DBD		5:24.62	5800151		5:22.85
	50m:	35.28	35.28	150m:	1:53.96	40.27	250m:	3:17.18
	100m:	1:13.69	38.41	200m:	2:35.22	41.26	300m:	3:59.45
							350m:	4:42.09
							400m:	5:22.85
								42.64
								40.76
5.	Wim de Lange		Electrolux AZC		5:30.86	5800533		5:24.62
	50m:	36.37	36.37	150m:	1:57.72	41.91	250m:	3:22.90
	100m:	1:15.81	39.44	200m:	2:40.31	42.59	300m:	4:05.32
							350m:	4:46.17
							400m:	5:24.62
								40.85
								38.45

Open Nederlandse Masters Kampioenschappen 2010 korte baan
Vlaardingen, 22. - 24.1.2010

Programmanr. 31, Heren, 400m vrije slag, Masters 50+

rang	naam	vereniging	inschrijftijd	startnr.	tijd			
6.	Emiel van Elderen	Vlaardingen	5:31.27	5600383	5:26.06			
	50m: 36.29	36.29	150m: 1:56.53	40.84	250m: 3:19.84	41.89	350m: 4:44.24	42.05
	100m: 1:15.69	39.40	200m: 2:37.95	41.42	300m: 4:02.19	42.35	400m: 5:26.06	41.82
7.	André Schutte	De Stormvogel	5:46.42	6000521	5:30.01			
	50m: 36.27	36.27	150m: 1:56.02	41.10	250m: 3:21.63	42.45	350m: 4:48.38	43.11
	100m: 1:14.92	38.65	200m: 2:39.18	43.16	300m: 4:05.27	43.64	400m: 5:30.01	41.63
8.	Lex Hoogendam	MNC Dordrecht	5:35.91	5700541	5:41.52			
	50m: 38.28	38.28	150m: 2:01.81	42.17	250m: 3:28.87	43.70	350m: 4:57.47	44.54
	100m: 1:19.64	41.36	200m: 2:45.17	43.36	300m: 4:12.93	44.06	400m: 5:41.52	44.05
9.	Jan Willem Heuten	WS Twente	6:16.84	6000883	5:45.13			
	50m: 35.51	35.51	150m: 2:00.91	43.89	250m: 3:31.43	46.29	350m: 5:02.19	45.02
	100m: 1:17.02	41.51	200m: 2:45.14	44.23	300m: 4:17.17	45.74	400m: 5:45.13	42.94
10.	Peter Verberne	ACZ	6:00.22	5900719	6:00.58			
	50m: 37.12	37.12	150m: 2:03.48	44.55	250m: 3:36.92	47.89	350m: 5:13.53	48.43
	100m: 1:18.93	41.81	200m: 2:49.03	45.55	300m: 4:25.10	48.18	400m: 6:00.58	47.05

Masters 55+

1.	Henk Slomp	De Pinquin	5:16.05	5500359	5:23.03			
	<i>De 200 m. tussentijd is een back-up tijd.</i>							
	50m: 34.67	34.67	150m: 1:54.46	40.53	250m: 3:18.63	42.30	350m: 4:43.79	42.32
	100m: 1:13.93	39.26	200m: 2:36.33	41.87	300m: 4:01.47	42.84	400m: 5:23.03	39.24
2.	Hugo Staudt	WS Twente	5:47.36	5300253	5:47.13			
	<i>De 50 m. tussentijd is een back-up tijd.</i>							
	50m: 38.60	38.60	150m: 2:07.36	45.66	250m: 3:37.27	44.49	350m: 5:06.24	44.59
	100m: 1:21.70	43.10	200m: 2:52.78	45.42	300m: 4:21.65	44.38	400m: 5:47.13	40.89

Masters 60+

1.	Donald Uijtenbogaart	Het Y	4:59.43	4700107	5:07.46			
	50m: 36.25	36.25	150m: 1:53.53	38.66	250m: 3:11.84	39.20	350m: 4:29.82	38.72
	100m: 1:14.87	38.62	200m: 2:32.64	39.11	300m: 3:51.10	39.26	400m: 5:07.46	37.64
2.	Joop Draaisma	DZ&PC	5:54.13	4600155	6:03.09			
	50m: 39.05	39.05	150m: 2:08.40	45.95	250m: 3:42.86	47.42	350m: 5:17.89	47.46
	100m: 1:22.45	43.40	200m: 2:55.44	47.04	300m: 4:30.43	47.57	400m: 6:03.09	45.20
3.	Mar van Geel	Old Dutch	6:58.21	4700135	7:12.05			
	50m: 43.85	43.85	150m: 2:30.05	55.22	250m: 4:23.25	56.38	350m: 6:18.05	57.36
	100m: 1:34.83	50.98	200m: 3:26.87	56.82	300m: 5:20.69	57.44	400m: 7:12.05	54.00

Masters 65+

1.	Rob Hanou	PSV	5:57.35	4300109	6:04.43			
	50m: 38.45	38.45	150m: 2:11.12	46.91	250m: 3:44.78	46.79	350m: 5:19.11	47.33
	100m: 1:24.21	45.76	200m: 2:57.99	46.87	300m: 4:31.78	47.00	400m: 6:04.43	45.32

Masters 75+

1.	Georges Verhelst	Roeselaarse Zwemvereniging	7:28.33	RZV/160/31	7:41.28			
	50m: 49.25	49.25	150m: 2:40.21	57.24	250m: 4:38.18	59.29	350m: 6:43.09	1:01.12
	100m: 1:42.97	53.72	200m: 3:38.89	58.68	300m: 5:41.97	1:03.79	400m: 7:41.28	58.19

Masters 70+

1.	Nico Geers	Z&PC De Gouwe	5:39.80	3800007	5:53.30			
	50m: 40.02	40.02	150m: 2:12.70	46.45	250m: 3:42.92	45.03	350m: 5:12.38	44.47
	100m: 1:26.25	46.23	200m: 2:57.89	45.19	300m: 4:27.91	44.99	400m: 5:53.30	40.92
2.	Gregor Pompen	Aqua-Novio'94	6:39.28	3700021	6:53.91			
	50m: 46.13	46.13	150m: 2:29.08	51.97	250m: 4:15.45	53.41	350m: 6:02.52	53.39
	100m: 1:37.11	50.98	200m: 3:22.04	52.96	300m: 5:09.13	53.68	400m: 6:53.91	51.39
3.	Wim ter Laak	Katwijk	8:55.16	4000027	9:04.73			
	50m: 57.01	57.01	150m: 3:21.53	1:14.04	250m: 5:44.73	1:11.15	350m: 8:00.55	1:07.56
	100m: 2:07.49	1:10.48	200m: 4:33.58	1:12.05	300m: 6:52.99	1:08.26	400m: 9:04.73	1:04.18