

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

Programmanr. 33  
24.01.2010 - 9:00

Heren, 800m vrije slag

Masters Open  
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd			
<b>Masters 20+</b>								
1.	Martijn Dolk	MNC Dordrecht	9:09.97	8900737	9:15.01			
	50m: 30.72	30.72	250m: 2:50.27	34.99	450m: 5:11.04	35.00	650m: 7:32.36	35.50
	100m: 1:04.70	33.98	300m: 3:25.24	34.97	500m: 5:46.56	35.52	700m: 8:07.92	35.56
	150m: 1:39.73	35.03	350m: 4:01.03	35.79	550m: 6:21.92	35.36	750m: 8:42.89	34.97
	200m: 2:15.28	35.55	400m: 4:36.04	35.01	600m: 6:56.86	34.94	800m: 9:15.01	32.12
2.	Tim Bunnik	Triton	9:50.70	9000505	9:39.73			
	50m: 31.70	31.70	250m: 2:55.93	36.42	450m: 5:24.62	37.68	650m: 7:51.28	36.09
	100m: 1:06.66	34.96	300m: 3:32.38	36.45	500m: 6:02.02	37.40	700m: 8:28.53	37.25
	150m: 1:43.01	36.35	350m: 4:08.87	36.49	550m: 6:38.84	36.82	750m: 9:04.56	36.03
	200m: 2:19.51	36.50	400m: 4:46.94	38.07	600m: 7:15.19	36.35	800m: 9:39.73	35.17
3.	Mark Gorissen	KZPC	9:55.55	8600973	10:33.42			
	50m: 33.94	33.94	250m: 3:05.31	39.27	450m: 5:47.41	41.59	650m: 8:31.73	41.36
	100m: 1:10.09	36.15	300m: 3:45.17	39.86	500m: 6:28.69	41.28	700m: 9:12.66	40.93
	150m: 1:47.58	37.49	350m: 4:25.46	40.29	550m: 7:09.25	40.56	750m: 9:53.38	40.72
	200m: 2:26.04	38.46	400m: 5:05.82	40.36	600m: 7:50.37	41.12	800m: 10:33.42	40.04
<b>Masters 25+</b>								
1.	Erik Schröder	TriVia	8:42.72	8402025	8:42.72			
	<i>Nederlands Masters Record, De 400 m. tussentijd is ook een NMR.</i>							
	50m: 27.06	27.06	250m: 2:34.17	32.70	450m: 4:45.71	33.98	650m: 7:03.79	34.93
	100m: 57.47	30.41	300m: 3:07.31	33.14	500m: 5:19.86	34.15	700m: 7:38.38	34.59
	150m: 1:29.25	31.78	350m: 3:39.79	32.48	550m: 5:54.30	34.44	750m: 8:11.63	33.25
	200m: 2:01.47	32.22	400m: 4:11.73	31.94	600m: 6:28.86	34.56	800m: 8:42.72	31.09
2.	Alexander Hulleman	De Zijl/LGB	8:58.59	8300989	9:06.73			
	50m: 29.94	29.94	250m: 2:44.05	34.31	450m: 5:02.28	34.43	650m: 7:22.25	35.32
	100m: 1:02.37	32.43	300m: 3:18.58	34.53	500m: 5:37.08	34.80	700m: 7:57.35	35.10
	150m: 1:35.76	33.39	350m: 3:53.24	34.66	550m: 6:11.92	34.84	750m: 8:32.79	35.44
	200m: 2:09.74	33.98	400m: 4:27.85	34.61	600m: 6:46.93	35.01	800m: 9:06.73	33.94
3.	Merijn Ellenkamp	DWK	9:32.58	8500691	9:14.54			
	50m: 30.99	30.99	250m: 2:53.09	35.37	450m: 5:14.15	34.92	650m: 7:33.04	34.47
	100m: 1:06.33	35.34	300m: 3:28.23	35.14	500m: 5:49.02	34.87	700m: 8:07.56	34.52
	150m: 1:42.15	35.82	350m: 4:03.97	35.74	550m: 6:23.83	34.81	750m: 8:42.27	34.71
	200m: 2:17.72	35.57	400m: 4:39.23	35.26	600m: 6:58.57	34.74	800m: 9:14.54	32.27
4.	Remco van Althuis	SBC2000	9:52.78	8300029	9:42.42			
	50m: 32.91	32.91	250m: 3:01.30	37.51	450m: 5:31.59	36.76	650m: 7:58.01	36.50
	100m: 1:09.20	36.29	300m: 3:39.17	37.87	500m: 6:08.50	36.91	700m: 8:34.41	36.40
	150m: 1:46.22	37.02	350m: 4:17.01	37.84	550m: 6:44.96	36.46	750m: 9:10.40	35.99
	200m: 2:23.79	37.57	400m: 4:54.83	37.82	600m: 7:21.51	36.55	800m: 9:42.42	32.02
5.	Dirkjan Beugelsdijk	De Zijl/LGB	9:39.21	8100123	9:51.62			
	50m: 32.57	32.57	250m: 3:01.16	37.72	450m: 5:31.01	37.15	650m: 8:01.51	37.54
	100m: 1:09.01	36.44	300m: 3:38.94	37.78	500m: 6:08.37	37.36	700m: 8:39.34	37.83
	150m: 1:46.11	37.10	350m: 4:16.63	37.69	550m: 6:46.15	37.78	750m: 9:16.50	37.16
	200m: 2:23.44	37.33	400m: 4:53.86	37.23	600m: 7:23.97	37.82	800m: 9:51.62	35.12
<b>Masters 30+</b>								
1.	Ivo Roozeboom	DES	9:31.10	7700801	9:25.66			
	50m: 31.09	31.09	250m: 2:54.96	36.58	450m: 5:18.87	36.13	650m: 7:42.21	35.77
	100m: 1:06.25	35.16	300m: 3:31.06	36.10	500m: 5:54.67	35.80	700m: 8:17.76	35.55
	150m: 1:42.19	35.94	350m: 4:06.89	35.83	550m: 6:30.72	36.05	750m: 8:52.32	34.56
	200m: 2:18.38	36.19	400m: 4:42.74	35.85	600m: 7:06.44	35.72	800m: 9:25.66	33.34
2.	Ralf Peters	KZPC	9:40.00	7600737	9:32.25			
	50m: 31.91	31.91	250m: 2:54.94	35.91	450m: 5:18.16	35.94	650m: 7:43.93	36.44
	100m: 1:07.12	35.21	300m: 3:30.52	35.58	500m: 5:54.35	36.19	700m: 8:20.80	36.87
	150m: 1:43.00	35.88	350m: 4:06.45	35.93	550m: 6:30.93	36.58	750m: 8:57.22	36.42
	200m: 2:19.03	36.03	400m: 4:42.22	35.77	600m: 7:07.49	36.56	800m: 9:32.25	35.03
3.	Jeroen Vogelsang	Het Y	9:37.09	8001645	10:02.37			
	50m: 31.86	31.86	250m: 2:58.28	37.45	450m: 5:32.53	38.14	650m: 8:09.41	38.26
	100m: 1:07.20	35.34	300m: 3:36.54	38.26	500m: 6:11.82	39.29	700m: 8:49.06	39.65
	150m: 1:43.69	36.49	350m: 4:15.27	38.73	550m: 6:51.02	39.20	750m: 9:25.80	36.74
	200m: 2:20.83	37.14	400m: 4:54.39	39.12	600m: 7:31.15	40.13	800m: 10:02.37	36.57
<b>Masters 35+</b>								
1.	Casper van der Burgh	LZ 1886	10:02.89	7201413	9:54.96			
	50m: 33.40	33.40	250m: 3:01.59	37.19	450m: 5:31.66	37.10	650m: 8:02.96	37.78
	100m: 1:09.42	36.02	300m: 3:39.08	37.49	500m: 6:09.43	37.77	700m: 8:41.02	38.06
	150m: 1:46.79	37.37	350m: 4:16.92	37.84	550m: 6:47.50	38.07	750m: 9:18.07	37.05
	200m: 2:24.40	37.61	400m: 4:54.56	37.64	600m: 7:25.18	37.68	800m: 9:54.96	36.89

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Vlaardingen, 22. - 24.1.2010

Programmanr. 33, Heren, 800m vrije slag

Masters 40+

1. Jo-an Mudde		Zeester-Meerval		9:40.63	6701457		9:46.46
50m: 33.45	33.45	250m: 3:01.50	37.57	450m: 5:32.36	37.32	650m: 7:59.27	36.38
100m: 1:09.30	35.85	300m: 3:39.15	37.65	500m: 6:09.35	36.99	700m: 8:35.59	36.32
150m: 1:46.43	37.13	350m: 4:17.35	38.20	550m: 6:46.02	36.67	750m: 9:11.47	35.88
200m: 2:23.93	37.50	400m: 4:55.04	37.69	600m: 7:22.89	36.87	800m: 9:46.46	34.99
2. John Pfaff		One Team Swimming		11:08.66	6901475		10:55.09
<i>De 50 m. tussentijd is een back-up tijd.</i>							
50m: 34.88	34.88	250m: 3:18.00	41.53	450m: 6:06.52	41.39	650m: 8:53.51	41.63
100m: 1:13.99	39.11	300m: 3:59.99	41.99	500m: 6:48.37	41.85	700m: 9:35.07	41.56
150m: 1:54.86	40.87	350m: 4:42.41	42.42	550m: 7:30.20	41.83	750m: 10:16.25	41.18
200m: 2:36.47	41.61	400m: 5:25.13	42.72	600m: 8:11.88	41.68	800m: 10:55.09	38.84
3. Hayo v.d. Werf		Het Y		12:08.45	6701085		12:08.21
50m: 43.06	43.06	250m: 3:48.76	45.88	450m: 6:51.37	45.08	650m: 9:54.68	45.55
100m: 1:30.01	46.95	300m: 4:34.40	45.64	500m: 7:37.38	46.01	700m: 10:40.51	45.83
150m: 2:16.88	46.87	350m: 5:20.85	46.45	550m: 8:23.32	45.94	750m: 11:25.59	45.08
200m: 3:02.88	46.00	400m: 6:06.29	45.44	600m: 9:09.13	45.81	800m: 12:08.21	42.62

Masters 45+

1. Eric Langhorst		Het Y		10:22.65	6200389		10:37.29
50m: 35.84	35.84	250m: 3:16.98	39.98	450m: 6:00.27	41.35	650m: 8:41.38	40.59
100m: 1:14.87	39.03	300m: 3:58.38	41.40	500m: 6:40.31	40.04	700m: 9:21.43	40.05
150m: 1:56.21	41.34	350m: 4:39.11	40.73	550m: 7:21.01	40.70	750m: 10:00.13	38.70
200m: 2:37.00	40.79	400m: 5:18.92	39.81	600m: 8:00.79	39.78	800m: 10:37.29	37.16
2. Otto Jansen		LZ 1886		10:53.80	6501403		10:48.61
<i>De 100 m. tussentijd is een back-up tijd.</i>							
50m: 35.22	35.22	250m: 3:18.06	42.21	450m: 6:03.98	40.37	650m: 8:48.19	41.11
100m: 1:13.90	38.68	300m: 3:59.85	41.79	500m: 6:44.78	40.80	700m: 9:28.72	40.53
150m: 1:54.61	40.71	350m: 4:41.83	41.98	550m: 7:26.06	41.28	750m: 10:09.29	40.57
200m: 2:35.85	41.24	400m: 5:23.61	41.78	600m: 8:07.08	41.02	800m: 10:48.61	39.32
3. Paul van der Voort		De Zwoer		10:30.08	6200715		11:01.36 *
<i>De 200 en 400 m. tussentijden zijn back-up tijden, vanaf 500 meter zijn alle tijden handtijden.</i>							
50m: 35.39	35.39	250m: 3:22.24	42.35	450m: 6:09.92	41.76	650m: 8:57.99	42.39
100m: 1:15.40	40.01	300m: 4:04.71	42.47	500m: 6:51.41	41.49	700m: 9:39.94	41.95
150m: 1:57.07	41.67	350m: 4:46.89	42.18	550m: 7:33.65	42.24	750m: 10:21.87	41.93
200m: 2:39.89	42.82	400m: 5:28.16	41.27	600m: 8:15.60	41.95	800m: 11:01.36	39.49
4. Peter Marc de Rooij		Zwemvereniging Utrecht		10:55.37	6100829		11:05.77
50m: 35.65	35.65	250m: 3:20.89	42.16	450m: 6:11.39	42.37	650m: 9:01.50	42.64
100m: 1:15.41	39.76	300m: 4:03.50	42.61	500m: 6:53.54	42.15	700m: 9:44.26	42.76
150m: 1:56.69	41.28	350m: 4:46.28	42.78	550m: 7:36.26	42.72	750m: 10:26.07	41.81
200m: 2:38.73	42.04	400m: 5:29.02	42.74	600m: 8:18.86	42.60	800m: 11:05.77	39.70
5. Marcel van der Lem		Kon AZ 1870		11:31.80	6500563		11:39.74
50m: 35.89	35.89	250m: 3:29.19	45.01	450m: 6:26.86	44.65	650m: 9:28.69	46.31
100m: 1:17.25	41.36	300m: 4:13.39	44.20	500m: 7:12.02	45.16	700m: 10:14.45	45.76
150m: 2:00.15	42.90	350m: 4:57.69	44.30	550m: 7:57.30	45.28	750m: 10:59.92	45.47
200m: 2:44.18	44.03	400m: 5:42.21	44.52	600m: 8:42.38	45.08	800m: 11:39.74	39.82
6. Jan Smalheer		SCOM		12:17.08	6400701		11:50.51
50m: 38.06	38.06	250m: 3:32.50	44.66	450m: 6:34.48	45.67	650m: 9:36.63	45.57
100m: 1:19.93	41.87	300m: 4:17.61	45.11	500m: 7:19.45	44.97	700m: 10:22.09	45.46
150m: 2:03.21	43.28	350m: 5:03.18	45.57	550m: 8:05.34	45.89	750m: 11:06.80	44.71
200m: 2:47.84	44.63	400m: 5:48.81	45.63	600m: 8:51.06	45.72	800m: 11:50.51	43.71
7. Bart van Calker		WS Twente		12:03.26	6100067		12:00.08
50m: 40.52	40.52	250m: 3:42.27	45.72	450m: 6:46.54	46.40	650m: 9:48.02	45.77
100m: 1:25.18	44.66	300m: 4:28.31	46.04	500m: 7:31.80	45.26	700m: 10:33.49	45.47
150m: 2:10.53	45.35	350m: 5:13.39	45.08	550m: 8:17.22	45.42	750m: 11:19.23	45.74
200m: 2:56.55	46.02	400m: 6:00.14	46.75	600m: 9:02.25	45.03	800m: 12:00.08	40.85
8. Rik van Gasteren		AquAmigos		13:17.77	6401015		13:47.02
50m: 44.10	44.10	250m: 4:08.89	53.02	450m: 7:37.65	52.97	650m: 11:11.36	53.64
100m: 1:33.19	49.09	300m: 4:59.87	50.98	500m: 8:30.02	52.37	700m: 12:04.19	52.83
150m: 2:23.99	50.80	350m: 5:52.56	52.69	550m: 9:23.61	53.59	750m: 12:58.81	54.62
200m: 3:15.87	51.88	400m: 6:44.68	52.12	600m: 10:17.72	54.11	800m: 13:47.02	48.21

Masters 50+

1. Elzo Dijkhuis		TriVia		10:32.26	6000873		10:26.75
50m: 34.97	34.97	250m: 3:13.38	39.95	450m: 5:53.41	40.39	650m: 8:31.89	38.69
100m: 1:13.68	38.71	300m: 3:53.32	39.94	500m: 6:33.26	39.85	700m: 9:10.85	38.96
150m: 1:53.29	39.61	350m: 4:33.34	40.02	550m: 7:13.23	39.97	750m: 9:49.78	38.93
200m: 2:33.43	40.14	400m: 5:13.02	39.68	600m: 7:53.20	39.97	800m: 10:26.75	36.97
2. Hans Groothelm		DBD		11:24.56	5800151		11:08.22
50m: 35.83	35.83	250m: 3:20.17	42.41	450m: 6:11.50	42.68	650m: 9:04.18	42.99
100m: 1:15.41	39.58	300m: 4:02.93	42.76	500m: 6:54.83	43.33	700m: 9:47.17	42.99
150m: 1:56.37	40.96	350m: 4:45.56	42.63	550m: 7:38.02	43.19	750m: 10:29.18	42.01
200m: 2:37.76	41.39	400m: 5:28.82	43.26	600m: 8:21.19	43.17	800m: 11:08.22	39.04

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

Programmanr. 33, Heren, 800m vrije slag, Masters 50+

rang	naam	vereniging	inschrijftijd	startnr.	tijd					
3.	Emiel van Elderen	Vlaardingen	11:29.45	5600383	11:26.27					
	50m: 37.76	37.76	250m: 3:28.51	43.88	450m: 6:22.79	43.64	650m: 9:16.54	43.57		
	100m: 1:18.49	40.73	300m: 4:12.13	43.62	500m: 7:06.02	43.23	700m: 10:00.22	43.68		
	150m: 2:01.03	42.54	350m: 4:55.54	43.41	550m: 7:49.38	43.36	750m: 10:43.69	43.47		
	200m: 2:44.63	43.60	400m: 5:39.15	43.61	600m: 8:32.97	43.59	800m: 11:26.27	42.58		
4.	Lex Hoogendam	MNC Dordrecht	11:20.48	5700541	11:41.72					
	50m: 37.27	37.27	250m: 3:28.62	44.11	450m: 6:28.23	44.86	650m: 9:29.09	44.98		
	100m: 1:18.62	41.35	300m: 4:13.28	44.66	500m: 7:13.47	45.24	700m: 10:14.23	45.14		
	150m: 2:01.31	42.69	350m: 4:58.35	45.07	550m: 7:58.89	45.42	750m: 10:58.83	44.60		
	200m: 2:44.51	43.20	400m: 5:43.37	45.02	600m: 8:44.11	45.22	800m: 11:41.72	42.89		
5.	Jan Willem Heuten	WS Twente	12:00.14	6000883	11:56.51					
	50m: 39.06	39.06	250m: 3:42.12	45.68	450m: 6:45.50	45.93	650m: 9:46.32	44.09		
	100m: 1:23.35	44.29	300m: 4:27.64	45.52	500m: 7:30.84	45.34	700m: 10:30.95	44.63		
	150m: 2:09.37	46.02	350m: 5:13.33	45.69	550m: 8:16.76	45.92	750m: 11:15.12	44.17		
	200m: 2:56.44	47.07	400m: 5:59.57	46.24	600m: 9:02.23	45.47	800m: 11:56.51	41.39		
6.	Peter Verberne	ACZ	12:24.07	5900719	12:13.80					
	50m: 39.47	39.47	250m: 3:38.14	45.89	450m: 6:46.35	47.82	650m: 9:56.09	47.32		
	100m: 1:22.43	42.96	300m: 4:24.64	46.50	500m: 7:33.33	46.98	700m: 10:43.40	47.31		
	150m: 2:06.95	44.52	350m: 5:11.82	47.18	550m: 8:20.93	47.60	750m: 11:29.82	46.42		
	200m: 2:52.25	45.30	400m: 5:58.53	46.71	600m: 9:08.77	47.84	800m: 12:13.80	43.98		
7.	Michiel Tonsbeek	DWT	15:19.10	6000889	15:15.35					
	<i>De 200 m. tussentijd is een back-up tijd.</i>									
	50m: 47.36	47.36	250m: 4:35.41	1:00.07	450m: 8:33.31	58.53	650m: 12:24.79	58.40		
	100m: 1:40.63	53.27	300m: 5:35.42	1:00.01	500m: 9:31.54	58.23	700m: 13:22.69	57.90		
	150m: 2:37.87	57.24	350m: 6:35.11	59.69	550m: 10:28.50	56.96	750m: 14:22.40	59.71		
	200m: 3:35.34	57.47	400m: 7:34.78	59.67	600m: 11:26.39	57.89	800m: 15:15.35	52.95		

Masters 55+

1.	Henk Slomp	De Pinquin	11:04.38	5500359	11:09.81					
	50m: 35.29	35.29	250m: 3:21.64	42.84	450m: 6:13.64	43.28	650m: 9:06.15	43.22		
	100m: 1:14.87	39.58	300m: 4:04.24	42.60	500m: 6:56.66	43.02	700m: 9:49.01	42.86		
	150m: 1:56.59	41.72	350m: 4:47.04	42.80	550m: 7:39.92	43.26	750m: 10:31.04	42.03		
	200m: 2:38.80	42.21	400m: 5:30.36	43.32	600m: 8:22.93	43.01	800m: 11:09.81	38.77		
2.	Brend Brevé	PSV	11:14.30	5200265	11:13.20					
	<i>De 400 m. tussentijd is een back-up tijd.</i>									
	50m: 35.52	35.52	250m: 3:21.80	42.23	450m: 6:13.67	43.13	650m: 9:07.63	44.53		
	100m: 1:15.41	39.89	300m: 4:04.63	42.83	500m: 6:55.54	41.87	700m: 9:50.57	42.94		
	150m: 1:57.96	42.55	350m: 4:47.32	42.69	550m: 7:39.28	43.74	750m: 10:34.45	43.88		
	200m: 2:39.57	41.61	400m: 5:30.54	43.22	600m: 8:23.10	43.82	800m: 11:13.20	38.75		
3.	Hugo Staudt	WS Twente	11:44.18	5300253	11:51.75					
	50m: 40.22	40.22	250m: 3:41.41	45.40	450m: 6:40.97	44.77	650m: 9:40.74	45.05		
	100m: 1:25.11	44.89	300m: 4:26.50	45.09	500m: 7:26.40	45.43	700m: 10:25.46	44.72		
	150m: 2:10.93	45.82	350m: 5:11.41	44.91	550m: 8:10.83	44.43	750m: 11:09.42	43.96		
	200m: 2:56.01	45.08	400m: 5:56.20	44.79	600m: 8:55.69	44.86	800m: 11:51.75	42.33		

Masters 60+

1.	Donald Uijtenbogaart	Het Y	10:11.06	4700107	10:31.16			
	50m: 37.63	37.63	250m: 3:20.83	41.08	450m: 6:01.78	39.84	650m: 8:37.56	38.38
	100m: 1:17.97	40.34	300m: 4:01.23	40.40	500m: 6:41.13	39.35	700m: 9:16.05	38.49
	150m: 1:58.63	40.66	350m: 4:41.60	40.37	550m: 7:20.43	39.30	750m: 9:54.47	38.42
	200m: 2:39.75	41.12	400m: 5:21.94	40.34	600m: 7:59.18	38.75	800m: 10:31.16	36.69

Masters 65+

1.	Rob Hanou	PSV	12:18.56	4300109	12:29.00			
	50m: 40.16	40.16	250m: 3:49.93	47.55	450m: 7:01.03	48.14	650m: 10:12.03	46.87
	100m: 1:26.94	46.78	300m: 4:37.45	47.52	500m: 7:49.29	48.26	700m: 10:58.64	46.61
	150m: 2:14.61	47.67	350m: 5:24.97	47.52	550m: 8:37.46	48.17	750m: 11:44.70	46.06
	200m: 3:02.38	47.77	400m: 6:12.89	47.92	600m: 9:25.16	47.70	800m: 12:29.00	44.30

Masters 70+

1.	Nico Geers	Z&PC De Gouwe	11:56.63	3800007	12:18.23			
	50m: 41.24	41.24	250m: 3:46.64	46.42	450m: 6:57.38	46.92	650m: 10:05.78	46.94
	100m: 1:27.05	45.81	300m: 4:34.46	47.82	500m: 7:44.54	47.16	700m: 10:51.69	45.91
	150m: 2:13.66	46.61	350m: 5:22.36	47.90	550m: 8:31.50	46.96	750m: 11:36.51	44.82
	200m: 3:00.22	46.56	400m: 6:10.46	48.10	600m: 9:18.84	47.34	800m: 12:18.23	41.72
2.	Frans van Enst	WS Twente	12:36.13	4000011	13:12.03			
	50m: 41.49	41.49	250m: 4:04.84	50.90	450m: 7:27.61	49.68	650m: 10:46.51	49.88
	100m: 1:30.59	49.10	300m: 4:55.68	50.84	500m: 8:17.75	50.14	700m: 11:35.42	48.91
	150m: 2:22.04	51.45	350m: 5:47.01	51.33	550m: 9:07.15	49.40	750m: 12:24.39	48.97
	200m: 3:13.94	51.90	400m: 6:37.93	50.92	600m: 9:56.63	49.48	800m: 13:12.03	47.64

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

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Programmanr. 33, Heren, 800m vrije slag, Masters 70+

rang	naam		vereniging		inschrijftijd		startnr.		tijd		
3.	Wim ter Laak		Katwijk		18:32.27		4000027		<b>19:00.15</b>		
	50m:	56.24	250m:	5:52.43	1:15.57	450m:	10:48.40	1:14.71	650m:	15:34.72	1:10.57
	100m:	2:09.81	300m:	7:06.89	1:14.46	500m:	12:00.45	1:12.05	700m:	16:45.80	1:11.08
	150m:	3:23.30	350m:	8:20.73	1:13.84	550m:	13:11.73	1:11.28	750m:	17:56.43	1:10.63
	200m:	4:36.86	400m:	9:33.69	1:12.96	600m:	14:24.15	1:12.42	800m:	19:00.15	1:03.72