

Programmanr. 17
21-01-2017 - 10:47

Heren, 400m wisselslag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
Masters 20+								
1.	Michel van Nieuwerkerk	AZ&PC De Futen	4:44.01	199702413	4:48.02	+0,67		
	50m: 30.05	30.05	150m: 1:43.05	36.58	250m: 3:00.40	40.16	350m: 4:15.37	33.62
	100m: 1:06.47	36.42	200m: 2:20.24	37.19	300m: 3:41.75	41.35	400m: 4:48.02	32.65
2.	Emiel van Beusekom	Van Vliet-Barracuda	4:49.69	199403951	4:52.46	+0,76		
	50m: 29.78	29.78	150m: 1:43.75	38.42	250m: 3:03.63	42.71	350m: 4:19.87	32.72
	100m: 1:05.33	35.55	200m: 2:20.92	37.17	300m: 3:47.15	43.52	400m: 4:52.46	32.59
3.	Pieter Pijnenburg	Nuenen	4:54.31	199305227	4:56.62	+0,71		
	50m: 31.19	31.19	150m: 1:48.99	40.84	250m: 3:08.55	38.87	350m: 4:23.19	35.02
	100m: 1:08.15	36.96	200m: 2:29.68	40.69	300m: 3:48.17	39.62	400m: 4:56.62	33.43
4.	Nordin Termoshuizen	WVZ	4:53.51	199605401	4:57.67	+0,74		
	50m: 30.77	30.77	150m: 1:44.48	38.30	250m: 3:05.96	44.45	350m: 4:25.55	34.37
	100m: 1:06.18	35.41	200m: 2:21.51	37.03	300m: 3:51.18	45.22	400m: 4:57.67	32.12
5.	Vincent Dermaux	ZC Aquadream	5:06.90	199600599	5:08.06	+0,71		
	50m: 30.48	30.48	150m: 1:48.11	39.20	250m: 3:10.46	44.22	350m: 4:31.66	36.39
	100m: 1:08.91	38.43	200m: 2:26.24	38.13	300m: 3:55.27	44.81	400m: 5:08.06	36.40
6.	Richard van der Horst	De Meer	5:10.71	199700179	5:08.25	+0,78		
	50m: 32.57	32.57	150m: 1:51.80	41.70	250m: 3:14.48	40.88	350m: 4:33.12	36.38
	100m: 1:10.10	37.53	200m: 2:33.60	41.80	300m: 3:56.74	42.26	400m: 5:08.25	35.13
7.	Jordy Jongenelen	ZC Aquadream	5:17.18	199504995	5:24.56	+0,62		
	50m: 32.20	32.20	150m: 1:53.72	43.44	250m: 3:23.07	46.55	350m: 4:48.91	37.99
	100m: 1:10.28	38.08	200m: 2:36.52	42.80	300m: 4:10.92	47.85	400m: 5:24.56	35.65
8.	Jeffrey Camphens	DWT	4:56.85	199503113	5:30.21	+0,68		
	50m: 33.79	33.79	150m: 2:01.52	46.27	250m: 3:32.52	45.35	350m: 4:54.07	37.35
	100m: 1:15.25	41.46	200m: 2:47.17	45.65	300m: 4:16.72	44.20	400m: 5:30.21	36.14
9.	Maarten Steekelenburg	Aquamania	6:38.59	199300479	6:32.34	+0,77		
	50m: 39.30	39.30	150m: 2:19.05	49.43	250m: 4:03.57	57.14	350m: 5:49.56	47.89
	100m: 1:29.62	50.32	200m: 3:06.43	47.38	300m: 5:01.67	58.10	400m: 6:32.34	42.78
AFGEM	Nick van der Krogt	LZ 1886	5:15.76	199501313				
Masters 25+								
1.	Kevin Eltink	DWK	4:29.59	199100589	4:31.46	+0,73		
	50m: 27.62	27.62	150m: 1:34.83	34.77	250m: 2:48.54	39.29	350m: 4:01.02	32.05
	100m: 1:00.06	32.44	200m: 2:09.25	34.42	300m: 3:28.97	40.43	400m: 4:31.46	30.44
2.	Dennis Wijbenga	Stadskanaal	5:01.39	199003283	5:00.33	+0,78		
	50m: 31.40	31.40	150m: 1:48.02	39.07	250m: 3:05.93	39.85	350m: 4:24.68	37.12
	100m: 1:08.95	37.55	200m: 2:26.08	38.06	300m: 3:47.56	41.63	400m: 5:00.33	35.65
3.	Tim Bunnik	Triton	4:56.46	199000505	5:01.43	+0,80		
	50m: 30.36	30.36	150m: 1:45.00	37.79	250m: 3:07.22	44.08	350m: 4:27.42	35.08
	100m: 1:07.21	36.85	200m: 2:23.14	38.14	300m: 3:52.34	45.12	400m: 5:01.43	34.01
4.	Maik Steenkamp	Montferland	5:03.15	199103847	5:10.80	+0,77		
	50m: 32.81	32.81	150m: 1:53.20	42.48	250m: 3:17.41	41.93	350m: 4:37.07	37.22
	100m: 1:10.72	37.91	200m: 2:35.48	42.28	300m: 3:59.85	42.44	400m: 5:10.80	33.73
5.	Wessel Everloo	De Veene	5:09.19	198906597	5:14.47	+0,72		
	50m: 31.63	31.63	150m: 1:49.84	40.32	250m: 3:15.97	47.75	350m: 4:40.13	36.38
	100m: 1:09.52	37.89	200m: 2:28.22	38.38	300m: 4:03.75	47.78	400m: 5:14.47	34.34
6.	Patrick Creemers	RZ	5:19.37	199000579	5:24.44	+0,71		
	50m: 33.65	33.65	150m: 2:02.60	44.56	250m: 3:27.68	43.53	350m: 4:50.87	38.19
	100m: 1:18.04	44.39	200m: 2:44.15	41.55	300m: 4:12.68	45.00	400m: 5:24.44	33.57
7.	Niels Albrechts	SGGO (SG)	5:31.39	198800039	5:39.08	+0,77		
	50m: 35.04	35.04	150m: 2:00.21	42.42	250m: 3:34.65	53.68	350m: 5:04.42	35.92
	100m: 1:17.79	42.75	200m: 2:40.97	40.76	300m: 4:28.50	53.85	400m: 5:39.08	34.66

Programmanr. 17, Heren, 400m wisselslag

Masters 30+

1. Kristiaan Lenos	LZ 1886	4:55.80	198301331	5:06.52	+0,78
50m: 30.62	30.62	150m: 1:45.11	38.77	250m: 3:08.72	44.06
100m: 1:06.34	35.72	200m: 2:24.66	39.55	300m: 3:53.51	44.79
350m: 4:30.78				400m: 5:06.52	37.27
					35.74
2. Thommy Nickel	ZPC Woerden	5:07.37	198401627	5:09.42	+0,79
50m: 34.16	34.16	150m: 1:52.03	39.08	250m: 3:14.84	44.28
100m: 1:12.95	38.79	200m: 2:30.56	38.53	300m: 3:59.69	44.85
350m: 4:35.36				400m: 5:09.42	35.67
					34.06
3. Frank van der Voordt	SGGO (SG)	5:18.01	198302259	5:16.09	+0,74
50m: 32.59	32.59	150m: 1:52.79	41.65	250m: 3:19.47	45.75
100m: 1:11.14	38.55	200m: 2:33.72	40.93	300m: 4:05.61	46.14
350m: 4:41.72				400m: 5:16.09	36.11
					34.37
4. Roel van der Kruijs	De Gelenberg	5:18.82	198501491	5:21.61	+0,67
50m: 32.61	32.61	150m: 1:53.93	43.25	250m: 3:22.48	45.94
100m: 1:10.68	38.07	200m: 2:36.54	42.61	300m: 4:09.00	46.52
350m: 4:45.97				400m: 5:21.61	36.97
					35.64
5. Martijn Giezen	Montferland	5:22.48	198500813	5:21.89	+0,72
50m: 31.87	31.87	150m: 1:53.51	42.15	250m: 3:22.90	48.89
100m: 1:11.36	39.49	200m: 2:34.01	40.50	300m: 4:10.95	48.05
350m: 4:47.86				400m: 5:21.89	36.91
					34.03

Masters 35+

1. Dennis Brouwers	HZPC	5:01.30	197800167	5:15.82	+0,89
50m: 35.38	35.38	150m: 1:53.87	36.52	250m: 3:16.37	45.70
100m: 1:17.35	41.97	200m: 2:30.67	36.80	300m: 4:02.58	46.21
350m: 4:39.40				400m: 5:15.82	36.82
					36.42
2. Freddie Geerlings	NIMO	5:18.86	197900379	5:24.25	+0,79
50m: 35.43	35.43	150m: 2:00.60	43.35	250m: 3:27.33	43.57
100m: 1:17.25	41.82	200m: 2:43.76	43.16	300m: 4:11.41	44.08
350m: 4:48.60				400m: 5:24.25	37.19
					35.65
3. Michel Wigbers	DWT	5:57.62	198001743	5:47.72	+0,83
50m: 36.32	36.32	150m: 2:04.30	45.18	250m: 3:37.88	48.46
100m: 1:19.12	42.80	200m: 2:49.42	45.12	300m: 4:26.82	48.94
350m: 5:07.36				400m: 5:47.72	40.54
					40.36
4. Dyon de Greef	Budel	6:06.13	198202385	5:54.12	+0,78
50m: 37.27	37.27	150m: 2:06.69	44.47	250m: 3:42.01	50.30
100m: 1:22.22	44.95	200m: 2:51.71	45.02	300m: 4:30.78	48.77
350m: 5:14.34				400m: 5:54.12	43.56
					39.78
5. Rob van Wanrooy	Gay Swim Amsterdam	5:54.57	198202627	6:00.05	+0,81
50m: 38.83	38.83	150m: 2:10.20	45.70	250m: 3:47.73	52.38
100m: 1:24.50	45.67	200m: 2:55.35	45.15	300m: 4:39.38	51.65
350m: 5:20.98				400m: 6:00.05	41.60
					39.07

Masters 40+

1. Egbert Stolk	Albion d'ELFT (SG)	4:47.22	197600889	4:56.89	+0,79
50m: 30.74	30.74	150m: 1:45.71	39.20	250m: 3:06.15	41.83
100m: 1:06.51	35.77	200m: 2:24.32	38.61	300m: 3:48.85	42.70
350m: 4:23.90				400m: 4:56.89	35.05
					32.99
2. Vincent Versteeg	Zwemlust-den Hommel	5:21.05	197701003	5:09.76	+0,76
50m: 32.86	32.86	150m: 1:52.70	40.34	250m: 3:15.64	42.50
100m: 1:12.36	39.50	200m: 2:33.14	40.44	300m: 3:59.06	43.42
350m: 4:35.10				400m: 5:09.76	36.04
					34.66
3. Kees Bakker	Gay Swim Amsterdam	5:34.65	197501055	5:36.59	+0,49
50m: 36.64	36.64	150m: 2:03.91	43.98	250m: 3:34.42	47.60
100m: 1:19.93	43.29	200m: 2:46.82	42.91	300m: 4:21.86	47.44
350m: 5:00.00				400m: 5:36.59	38.14
					36.59
4. Kasper van den Bergh	Swol 1894	5:53.47	197301125	5:52.69	+0,73
50m: 37.41	37.41	150m: 2:05.56	44.44	250m: 3:42.04	52.33
100m: 1:21.12	43.71	200m: 2:49.71	44.15	300m: 4:33.20	51.16
350m: 5:13.62				400m: 5:52.69	40.42
					39.07

AFGEM Raymond Oosterbaan WIDEX GZC DONK 5:44.39 197700711

Masters 45+

1. Richard Rickson	NIMO	5:28.35	197000841	5:18.41	+0,85
50m: 33.24	33.24	150m: 1:54.64	42.30	250m: 3:21.84	45.60
100m: 1:12.34	39.10	200m: 2:36.24	41.60	300m: 4:07.96	46.12
350m: 4:44.24				400m: 5:18.41	36.28
					34.17
2. René Beetsma	HZ&PC Heerenveen	5:16.35	196900069	5:20.84	+0,81
50m: 33.40	33.40	150m: 1:54.56	41.59	250m: 3:22.19	46.78
100m: 1:12.97	39.57	200m: 2:35.41	40.85	300m: 4:08.23	46.04
350m: 4:45.61				400m: 5:20.84	37.38
					35.23
3. Antwan van Engen	De Ward	5:24.15	197101577	5:21.44	+0,78
50m: 32.73	32.73	150m: 1:52.66	42.98	250m: 3:20.34	46.26
100m: 1:09.68	36.95	200m: 2:34.08	41.42	300m: 4:08.33	47.99
350m: 4:45.21				400m: 5:21.44	36.88
					36.23

onjuistheden / mistakes?

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Programmanr. 17, Heren, 400m wisselslag, Masters 45+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
4.	Jan-Willem van den Berg	WVZ	5:22.44	196801575	5:31.29	+0,77		
	50m: 32.69	32.69	150m: 1:51.86	40.36	250m: 3:19.10	46.58	350m: 4:48.57	40.83
	100m: 1:11.50	38.81	200m: 2:32.52	40.66	300m: 4:07.74	48.64	400m: 5:31.29	42.72
5.	Marcel Brittijn	De Duinkickers	6:29.56	196900159	6:49.83	+0,66		
	50m: 45.02	45.02	150m: 2:36.37	54.70	250m: 4:24.01	56.51	350m: 6:08.31	45.92
	100m: 1:41.67	56.65	200m: 3:27.50	51.13	300m: 5:22.39	58.38	400m: 6:49.83	41.52
NG	Christian Dackus	MZ&PC	6:00.00	197201577				

Masters 50+

1.	Erlend Alstad <i>Norwegian MR</i>	IL Varg	4:59.63		5:04.45	+0,77		
	50m: 32.93	32.93	150m: 1:51.26	40.84	250m: 3:11.74	42.06	350m: 4:30.27	36.10
	100m: 1:10.42	37.49	200m: 2:29.68	38.42	300m: 3:54.17	42.43	400m: 5:04.45	34.18
2.	Stefan Holmstrom	DAW	5:55.97	196701671	5:47.34	+0,84		
	50m: 37.61	37.61	150m: 2:07.60	44.71	250m: 3:40.14	48.70	350m: 5:09.83	39.87
	100m: 1:22.89	45.28	200m: 2:51.44	43.84	300m: 4:29.96	49.82	400m: 5:47.34	37.51
3.	Andy Feyen	Zwemclub Iloka Kapellen	6:01.09	11002/67	6:00.40	+0,88		
	50m: 38.86	38.86	150m: 2:13.18	48.02	250m: 3:50.12	52.08	350m: 5:23.18	40.63
	100m: 1:25.16	46.30	200m: 2:58.04	44.86	300m: 4:42.55	52.43	400m: 6:00.40	37.22
4.	Jan Smalheer	SCOM	6:25.02	196400701	6:31.78	+0,99		
	50m: 41.90	41.90	150m: 2:24.19	52.88	250m: 4:11.50	56.55	350m: 5:51.62	43.27
	100m: 1:31.31	49.41	200m: 3:14.95	50.76	300m: 5:08.35	56.85	400m: 6:31.78	40.16

Masters 55+

1.	Hugo Bregman	Albion d'ELFT (SG)	5:22.27	195800069	5:17.83	+0,81		
	50m: 31.64	31.64	150m: 1:49.62	41.25	250m: 3:18.17	47.21	350m: 4:43.21	37.73
	100m: 1:08.37	36.73	200m: 2:30.96	41.34	300m: 4:05.48	47.31	400m: 5:17.83	34.62
2.	Marten de Groot	HZ&PC Heerenveen	5:35.40	195800149	5:36.08	+0,73		
	50m: 33.99	33.99	150m: 1:58.99	45.50	250m: 3:34.49	51.08	350m: 5:00.23	36.53
	100m: 1:13.49	39.50	200m: 2:43.41	44.42	300m: 4:23.70	49.21	400m: 5:36.08	36.85
3.	Ronald Grove	Oceanus	5:41.70	196100161	5:49.35	+0,86		
	50m: 36.82	36.82	150m: 2:09.12	47.33	250m: 3:43.42	47.93	350m: 5:11.34	38.39
	100m: 1:21.79	44.97	200m: 2:55.49	46.37	300m: 4:32.95	49.53	400m: 5:49.35	38.01
4.	Marius Ros	ZCNF'34	6:22.57	195900779	6:21.26	+0,81		
	50m: 44.09	44.09	150m: 2:30.45	52.40	250m: 4:11.71	51.86	350m: 5:43.98	39.99
	100m: 1:38.05	53.96	200m: 3:19.85	49.40	300m: 5:03.99	52.28	400m: 6:21.26	37.28
AFGEM	Jan Willem Heuten	WS Twente	6:44.23	196000883				

Masters 60+

1.	Paul Bunnik	Triton	6:11.21	195600413	6:26.34	+0,88		
	50m: 38.20	38.20	150m: 2:17.80	53.53	250m: 4:02.90	54.66	350m: 5:41.70	43.59
	100m: 1:24.27	46.07	200m: 3:08.24	50.44	300m: 4:58.11	55.21	400m: 6:26.34	44.64

Masters 65+

1.	Jos Kamps	Zwemvereniging Hoogland	7:59.31	195100085	8:11.61	+0,99		
	50m: 49.96	49.96	150m: 2:55.29	1:06.54	250m: 5:15.31	1:13.99	350m: 7:21.26	48.86
	100m: 1:48.75	58.79	200m: 4:01.32	1:06.03	300m: 6:32.40	1:17.09	400m: 8:11.61	50.35

Masters 70+

1.	Rob Hanou	PSV	7:03.56	194300109	7:05.41	+1,08		
	50m: 47.53	47.53	150m: 2:42.65	57.69	250m: 4:36.50	56.63	350m: 6:20.19	46.44
	100m: 1:44.96	57.43	200m: 3:39.87	57.22	300m: 5:33.75	57.25	400m: 7:05.41	45.22
2.	Viktoras Snieska <i>Lithuanian MR</i>	Kauno Takas	8:01.35		7:39.37	+1,18		
	50m: 54.31	54.31	150m: 2:54.08	55.41	250m: 4:56.37	1:06.79	350m: 6:49.70	49.07
	100m: 1:58.67	1:04.36	200m: 3:49.58	55.50	300m: 6:00.63	1:04.26	400m: 7:39.37	49.67

onjuistheden / mistakes?

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