

Programmanr. 3  
20-01-2017 - 9:00

Heren, 400m vrije slag

Masters Open  
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
<b>Masters 20+</b>						
1.	Robin van Beek	LZ 1886	4:14.97	199704023	<b>4:18.52</b>	+0,70
	50m: 28.65	28.65	150m: 1:32.28	32.23	250m: 2:38.52	33.18
	100m: 1:00.05	31.40	200m: 2:05.34	33.06	300m: 3:11.99	33.47
					350m: 3:45.67	33.68
					400m: 4:18.52	32.85
2.	Bart Cooymans	Nuenen	4:27.08	199705553	<b>4:19.41</b>	+0,65
	50m: 29.55	29.55	150m: 1:35.22	32.89	250m: 2:41.61	33.55
	100m: 1:02.33	32.78	200m: 2:08.06	32.84	300m: 3:14.73	33.12
					350m: 3:47.76	33.03
					400m: 4:19.41	31.65
3.	Pieter Pijnenburg	Nuenen	4:37.20	199305227	<b>4:31.63</b>	+0,65
	50m: 29.83	29.83	150m: 1:38.37	34.55	250m: 2:47.70	34.69
	100m: 1:03.82	33.99	200m: 2:13.01	34.64	300m: 3:23.36	35.66
					350m: 3:58.50	35.14
					400m: 4:31.63	33.13
4.	Diederick Schothans	De Veene	4:40.97	199703185	<b>4:37.15</b>	+0,77
	50m: 30.63	30.63	150m: 1:40.00	35.39	250m: 2:51.25	35.72
	100m: 1:04.61	33.98	200m: 2:15.53	35.53	300m: 3:27.26	36.01
					350m: 4:02.91	35.65
					400m: 4:37.15	34.24
5.	Richard van der Horst	De Meer	4:44.25	199700179	<b>4:41.58</b>	+0,79
	50m: 31.98	31.98	150m: 1:43.70	36.38	250m: 2:55.46	35.44
	100m: 1:07.32	35.34	200m: 2:20.02	36.32	300m: 3:31.13	35.67
					350m: 4:07.10	35.97
					400m: 4:41.58	34.48
6.	Jeffrey Camphens	DWT	4:20.63	199503113	<b>4:49.90</b>	+0,62
	50m: 31.73	31.73	150m: 1:45.51	37.30	250m: 2:59.50	36.48
	100m: 1:08.21	36.48	200m: 2:23.02	37.51	300m: 3:36.69	37.19
					350m: 4:13.64	36.95
					400m: 4:49.90	36.26
7.	Jordy Jongenelen	ZC Aquadream	4:54.61	199504995	<b>4:54.00</b>	+0,70
	50m: 31.48	31.48	150m: 1:44.28	36.93	250m: 2:59.37	37.61
	100m: 1:07.35	35.87	200m: 2:21.76	37.48	300m: 3:37.40	38.03
					350m: 4:15.98	38.58
					400m: 4:54.00	38.02
8.	Michiel van Vliet	ZPC Woerden	5:23.48	199503875	<b>5:26.55</b>	+0,98
	50m: 33.44	33.44	150m: 1:50.41	39.42	250m: 3:15.26	43.21
	100m: 1:10.99	37.55	200m: 2:32.05	41.64	300m: 3:59.06	43.80
					350m: 4:43.27	44.21
					400m: 5:26.55	43.28
9.	Maarten Steekelenburg	Aquamania	5:56.18	199300479	<b>6:05.33</b>	+0,76
	50m: 34.34	34.34	150m: 1:59.21	44.29	250m: 3:32.06	47.43
	100m: 1:14.92	40.58	200m: 2:44.63	45.42	300m: 4:21.66	49.60
					350m: 5:13.12	51.46
					400m: 6:05.33	52.21
<b>Masters 25+</b>						
1.	Jan-Willem van der Graaff	PSV	4:23.31	198901023	<b>4:29.33</b>	+0,75
	50m: 29.59	29.59	150m: 1:35.46	33.39	250m: 2:44.19	34.70
	100m: 1:02.07	32.48	200m: 2:09.49	34.03	300m: 3:19.64	35.45
					350m: 3:54.69	35.05
					400m: 4:29.33	34.64
2.	Tim Bunnik	Triton	4:25.09	199000505	<b>4:29.39</b>	+0,74
	50m: 29.55	29.55	150m: 1:36.98	34.30	250m: 2:46.62	34.66
	100m: 1:02.68	33.13	200m: 2:11.96	34.98	300m: 3:21.01	34.39
					350m: 3:55.49	34.48
					400m: 4:29.39	33.90
3.	Wessel Everloo	De Veene	4:29.46	198906597	<b>4:33.51</b>	+0,71
	50m: 30.69	30.69	150m: 1:41.15	35.39	250m: 2:52.13	34.66
	100m: 1:05.76	35.07	200m: 2:17.47	36.32	300m: 3:27.16	35.03
					350m: 4:01.14	33.98
					400m: 4:33.51	32.37
4.	Maik Steenkamp	Montferland	4:32.02	199103847	<b>4:34.95</b>	+0,77
	50m: 30.58	30.58	150m: 1:39.29	34.50	250m: 2:49.50	35.14
	100m: 1:04.79	34.21	200m: 2:14.36	35.07	300m: 3:25.25	35.75
					350m: 4:00.85	35.60
					400m: 4:34.95	34.10
5.	Niels Albrechts	SGGO (SG)	4:34.33	198800039	<b>4:43.41</b>	+0,79
	50m: 31.50	31.50	150m: 1:40.99	35.39	250m: 2:52.66	35.81
	100m: 1:05.60	34.10	200m: 2:16.85	35.86	300m: 3:29.60	36.94
					350m: 4:07.67	38.07
					400m: 4:43.41	35.74
6.	Stefan Kwant	Nova	4:49.78	199200781	<b>4:44.56</b>	+0,73
	50m: 31.48	31.48	150m: 1:40.41	35.05	250m: 2:53.00	36.83
	100m: 1:05.36	33.88	200m: 2:16.17	35.76	300m: 3:30.74	37.74
					350m: 4:08.76	38.02
					400m: 4:44.56	35.80
7.	Rens Post	WVZ	4:48.01	199101827	<b>4:48.71</b>	+0,77
	50m: 31.83	31.83	150m: 1:43.94	36.79	250m: 2:58.17	36.78
	100m: 1:07.15	35.32	200m: 2:21.39	37.45	300m: 3:35.26	37.09
					350m: 4:12.06	36.80
					400m: 4:48.71	36.65
8.	Daniel van den Wildenberg	Eurode KZC	5:48.85	199206491	<b>5:48.76</b>	+0,78
	50m: 35.79	35.79	150m: 2:00.68	43.71	250m: 3:30.29	45.15
	100m: 1:16.97	41.18	200m: 2:45.14	44.46	300m: 4:16.42	46.13
					350m: 5:03.19	46.77
					400m: 5:48.76	45.57

onjuistheden / mistakes?

mail naar/ to: mastersinschrijvingen@knzb.nl

Splash Meet Manager, 11.46751

Registered to KNZB

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Programmanr. 3, Heren, 400m vrije slag

Masters 30+

1.	Erik Schröder	TriVia	4:10.97	198402025	<b>4:11.47</b>	+0,74
	50m: 28.47	28.47	150m: 1:31.71	32.08	250m: 2:36.42	32.34
	100m: 59.63	31.16	200m: 2:04.08	32.37	300m: 3:08.92	32.50
					350m: 3:41.05	32.13
					400m: 4:11.47	30.42
2.	Alex Schelvis	LINK	4:10.37	198702927	<b>4:11.66</b>	+0,83
	50m: 28.33	28.33	150m: 1:30.18	31.13	250m: 2:33.89	32.16
	100m: 59.05	30.72	200m: 2:01.73	31.55	300m: 3:06.49	32.60
					350m: 3:39.23	32.74
					400m: 4:11.66	32.43
3.	Federico Cappello <i>Luxembourg MR</i>	Swimming Luxembourg	4:38.07	9598	<b>4:26.67</b>	+0,74
	50m: 29.99	29.99	150m: 1:35.81	32.74	250m: 2:42.79	33.55
	100m: 1:03.07	33.08	200m: 2:09.24	33.43	300m: 3:18.66	35.87
					350m: 3:54.03	35.37
					400m: 4:26.67	32.64
4.	Robert Dekker	Dedemsvaart-AC	4:38.73	198400443	<b>4:33.10</b>	+0,81
	50m: 29.85	29.85	150m: 1:37.49	34.18	250m: 2:47.34	35.09
	100m: 1:03.31	33.46	200m: 2:12.25	34.76	300m: 3:22.56	35.22
					350m: 3:58.35	35.79
					400m: 4:33.10	34.75
5.	Jim Geestman	RSW (SG)	4:30.35	198300699	<b>4:34.05</b>	+0,83
	50m: 30.75	30.75	150m: 1:37.98	33.99	250m: 2:47.16	34.85
	100m: 1:03.99	33.24	200m: 2:12.31	34.33	300m: 3:22.01	34.85
					350m: 3:55.30	33.29
					400m: 4:34.05	38.75
6.	Frank van der Voordt	SGGO (SG)	4:40.84	198302259	<b>4:43.89</b>	+0,73
	50m: 32.40	32.40	150m: 1:44.24	36.24	250m: 2:57.31	36.62
	100m: 1:08.00	35.60	200m: 2:20.69	36.45	300m: 3:33.16	35.85
					350m: 4:09.01	35.85
					400m: 4:43.89	34.88
7.	Rick Driezen	Steenwijk 1934	4:38.24	198600713	<b>4:57.31</b>	+0,86
	50m: 30.88	30.88	150m: 1:41.15	36.18	250m: 2:57.62	38.65
	100m: 1:04.97	34.09	200m: 2:18.97	37.82	300m: 3:36.90	39.28
					350m: 4:17.02	40.12
					400m: 4:57.31	40.29

Masters 35+

1.	Dennis Brouwers	HZPC	4:32.73	197800167	<b>4:32.42</b>	+0,83
	50m: 32.27	32.27	150m: 1:40.97	34.07	250m: 2:49.12	33.86
	100m: 1:06.90	34.63	200m: 2:15.26	34.29	300m: 3:23.60	34.48
					350m: 3:58.02	34.42
					400m: 4:32.42	34.40
2.	Andrew Kurnosov	Troika	4:34.42		<b>4:37.05</b>	+0,79
	50m: 29.64	29.64	150m: 1:39.71	35.77	250m: 2:51.66	36.30
	100m: 1:03.94	34.30	200m: 2:15.36	35.65	300m: 3:27.34	35.68
					350m: 4:03.44	36.10
					400m: 4:37.05	33.61
3.	Bart Siczynski	MZ&PC	4:57.19	197901995	<b>5:04.13</b>	+0,67
	50m: 32.48	32.48	150m: 1:43.70	36.39	250m: 3:00.91	39.34
	100m: 1:07.31	34.83	200m: 2:21.57	37.87	300m: 3:41.45	40.54
					350m: 4:22.96	41.51
					400m: 5:04.13	41.17
4.	Geert-Jan Vos	ZV 44	5:25.46	198101869	<b>5:12.32</b>	+0,83
	50m: 32.68	32.68	150m: 1:46.88	37.78	250m: 3:07.47	40.74
	100m: 1:09.10	36.42	200m: 2:26.73	39.85	300m: 3:48.48	41.01
					350m: 4:30.21	41.73
					400m: 5:12.32	42.11
5.	Ingmar Kooman	LZ 1886	5:33.39	197901517	<b>5:23.16</b>	+0,68
	50m: 35.64	35.64	150m: 1:57.62	41.45	250m: 3:22.21	42.03
	100m: 1:16.17	40.53	200m: 2:40.18	42.56	300m: 4:04.03	41.82
					350m: 4:44.79	40.76
					400m: 5:23.16	38.37
6.	Rob van Wanrooy	Gay Swim Amsterdam	5:21.78	198202627	<b>5:24.75</b>	+0,81
	50m: 34.95	34.95	150m: 1:54.96	41.27	250m: 3:19.14	42.58
	100m: 1:13.69	38.74	200m: 2:36.56	41.60	300m: 4:01.61	42.47
					350m: 4:43.25	41.64
					400m: 5:24.75	41.50

Masters 40+

1.	Egbert Stolk	Albion d'ELFT (SG)	4:19.38	197600889	<b>4:27.12</b>	+0,78
	50m: 30.52	30.52	150m: 1:36.75	33.42	250m: 2:44.33	33.82
	100m: 1:03.33	32.81	200m: 2:10.51	33.76	300m: 3:19.68	35.35
					350m: 3:54.09	34.41
					400m: 4:27.12	33.03
2.	Ivo Roozeboom	WVZ	4:27.36	197700801	<b>4:29.63</b>	+0,77
	50m: 30.34	30.34	150m: 1:39.44	34.77	250m: 2:48.51	34.32
	100m: 1:04.67	34.33	200m: 2:14.19	34.75	300m: 3:22.55	34.04
					350m: 3:56.21	33.66
					400m: 4:29.63	33.42
3.	John Cobussen	De Gelenberg	4:30.87	197501323	<b>4:32.67</b>	+0,79
	50m: 29.75	29.75	150m: 1:37.64	34.49	250m: 2:47.22	34.57
	100m: 1:03.15	33.40	200m: 2:12.65	35.01	300m: 3:22.41	35.19
					350m: 3:57.68	35.27
					400m: 4:32.67	34.99
4.	Bas Broekhuis	MZ&PC	5:02.10	197601561	<b>4:55.20</b>	+0,86
	50m: 33.45	33.45	150m: 1:46.95	36.75	250m: 3:02.74	38.06
	100m: 1:10.20	36.75	200m: 2:24.68	37.73	300m: 3:41.08	38.34
					350m: 4:18.88	37.80
					400m: 4:55.20	36.32
5.	Yannick Vanderborght	Leuven Aquatics	5:14.57	11100/75	<b>5:05.49</b>	+0,86
	50m: 33.20	33.20	150m: 1:48.88	38.97	250m: 3:09.72	40.25
	100m: 1:09.91	36.71	200m: 2:29.47	40.59	300m: 3:49.79	40.07
					350m: 4:28.90	39.11
					400m: 5:05.49	36.59

Programmanr. 3, Heren, 400m vrije slag, Masters 40+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
6.	Raymond Oosterbaan	WIDEX GZC DONK	4:56.14	197700711	<b>5:06.34</b>	+0,91		
	50m: 31.09	31.09	150m: 1:43.91	37.31	250m: 3:03.47	40.31	350m: 4:25.59	40.98
	100m: 1:06.60	35.51	200m: 2:23.16	39.25	300m: 3:44.61	41.14	400m: 5:06.34	40.75

Masters 45+

1.	Pieter van Gemeren	DAW	4:35.33	196901779	<b>4:37.05</b>	+0,74		
	50m: 30.06	30.06	150m: 1:36.89	33.93	250m: 2:46.38	35.12	350m: 4:00.39	37.76
	100m: 1:02.96	32.90	200m: 2:11.26	34.37	300m: 3:22.63	36.25	400m: 4:37.05	36.66
2.	Glen le Clercq	De Rog	4:31.85	196800177	<b>4:38.99</b>	+0,77		
	50m: 32.29	32.29	150m: 1:40.28	33.81	250m: 2:49.82	34.73	350m: 4:02.07	36.37
	100m: 1:06.47	34.18	200m: 2:15.09	34.81	300m: 3:25.70	35.88	400m: 4:38.99	36.92
3.	Richard Ricksen	NIMO	4:52.85	197000841	<b>4:43.35</b>	+0,86		
	50m: 32.09	32.09	150m: 1:43.56	35.85	250m: 2:55.65	36.14	350m: 4:08.37	36.23
	100m: 1:07.71	35.62	200m: 2:19.51	35.95	300m: 3:32.14	36.49	400m: 4:43.35	34.98
4.	René Beetsma	HZ&PC Heerenveen	4:45.57	196900069	<b>4:43.56</b>	+0,79		
	50m: 32.27	32.27	150m: 1:43.16	35.77	250m: 2:55.23	36.03	350m: 4:08.16	36.63
	100m: 1:07.39	35.12	200m: 2:19.20	36.04	300m: 3:31.53	36.30	400m: 4:43.56	35.40
5.	Peter van Grootheest	ZV 44	4:51.83	197000375	<b>4:53.06</b>	+0,91		
	50m: 33.55	33.55	150m: 1:47.34	37.06	250m: 3:02.62	37.67	350m: 4:17.58	37.34
	100m: 1:10.28	36.73	200m: 2:24.95	37.61	300m: 3:40.24	37.62	400m: 4:53.06	35.48
6.	Frank v Nobelen	Sassenheim	5:03.94	196900753	<b>4:57.69</b>	+0,84		
	50m: 33.60	33.60	150m: 1:48.38	37.93	250m: 3:05.66	38.99	350m: 4:21.35	37.05
	100m: 1:10.45	36.85	200m: 2:26.67	38.29	300m: 3:44.30	38.64	400m: 4:57.69	36.34
7.	Christian Dackus	MZ&PC	4:57.89	197201577	<b>4:59.69</b>	+0,78		
	50m: 33.92	33.92	150m: 1:48.78	38.01	250m: 3:05.00	38.15	350m: 4:22.04	38.71
	100m: 1:10.77	36.85	200m: 2:26.85	38.07	300m: 3:43.33	38.33	400m: 4:59.69	37.65
8.	Kees Akershoek	SGGO (SG)	4:59.64	196900009	<b>5:11.81</b>	+0,76		
	50m: 33.80	33.80	150m: 1:49.94	39.41	250m: 3:11.01	40.91	350m: 4:32.59	40.40
	100m: 1:10.53	36.73	200m: 2:30.10	40.16	300m: 3:52.19	41.18	400m: 5:11.81	39.22
9.	Chris Kouwenhoven	De Spatters	5:39.83	197101669	<b>5:26.05</b>	+0,90		
	50m: 36.49	36.49	150m: 2:00.59	42.35	250m: 3:23.38	41.43	350m: 4:46.39	41.15
	100m: 1:18.24	41.75	200m: 2:41.95	41.36	300m: 4:05.24	41.86	400m: 5:26.05	39.66
10.	Marcel Brittijn	De Duinkickers	5:49.83	196900159	<b>5:52.68</b>	+0,77		
	50m: 36.50	36.50	150m: 2:01.71	44.04	250m: 3:33.57	46.64	350m: 5:08.71	47.90
	100m: 1:17.67	41.17	200m: 2:46.93	45.22	300m: 4:20.81	47.24	400m: 5:52.68	43.97
11.	Bas van Gool	De Geul	6:34.83	197201435	<b>6:32.04</b>	+0,76		
	50m: 39.33	39.33	150m: 2:12.95	48.53	250m: 3:55.78	52.15	350m: 5:41.89	52.71
	100m: 1:24.42	45.09	200m: 3:03.63	50.68	300m: 4:49.18	53.40	400m: 6:32.04	50.15

Masters 50+

1.	Erlend Alstad	IL Varg	4:28.37		<b>4:26.35</b>	+0,79		
	<i>Kampioenschaps Record, Norwegian MR</i>							
	50m: 30.69	30.69	150m: 1:36.78	33.50	250m: 2:44.28	33.94	350m: 3:52.97	34.26
	100m: 1:03.28	32.59	200m: 2:10.34	33.56	300m: 3:18.71	34.43	400m: 4:26.35	33.38
2.	Jo-an Mudde	Zeester-Meerval	4:44.18	196701457	<b>4:44.71</b>	+0,85		
	50m: 33.17	33.17	150m: 1:45.09	36.21	250m: 2:57.53	36.22	350m: 4:09.39	35.82
	100m: 1:08.88	35.71	200m: 2:21.31	36.22	300m: 3:33.57	36.04	400m: 4:44.71	35.32
3.	Geert Wijn	De Gelenberg	4:39.54	196701101	<b>4:50.02</b>	+0,74		
	50m: 30.99	30.99	150m: 1:41.58	36.13	250m: 2:56.16	37.81	350m: 4:11.86	37.94
	100m: 1:05.45	34.46	200m: 2:18.35	36.77	300m: 3:33.92	37.76	400m: 4:50.02	38.16
4.	Hein Ardenoy	BZK	5:00.76	11031/65	<b>4:59.29</b>	+0,76		
	50m: 33.57	33.57	150m: 1:48.62	37.85	250m: 3:05.25	38.21	350m: 4:21.89	38.27
	100m: 1:10.77	37.20	200m: 2:27.04	38.42	300m: 3:43.62	38.37	400m: 4:59.29	37.40
5.	Phil Trethewie	Den Doorn	5:17.15	196501315	<b>5:02.82</b>	+0,85		
	50m: 33.92	33.92	150m: 1:49.87	38.67	250m: 3:08.90	39.52	350m: 4:26.09	38.35
	100m: 1:11.20	37.28	200m: 2:29.38	39.51	300m: 3:47.74	38.84	400m: 5:02.82	36.73
6.	Nico Paasse	SGGO (SG)	5:05.91	196501463	<b>5:06.13</b>	+0,93		
	50m: 34.18	34.18	150m: 1:51.39	39.43	250m: 3:10.94	40.00	350m: 4:28.83	38.78
	100m: 1:11.96	37.78	200m: 2:30.94	39.55	300m: 3:50.05	39.11	400m: 5:06.13	37.30

Programmanr. 3, Heren, 400m vrije slag, Masters 50+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
7.	Arno Schrauwen	Patrick-De Roersoppers (SG)	5:22.22	196501355	<b>5:08.90</b>	+0,84		
	50m: 33.62	33.62	150m: 1:50.18	38.99	250m: 3:10.55	40.33	350m: 4:30.20	39.56
	100m: 1:11.19	37.57	200m: 2:30.22	40.04	300m: 3:50.64	40.09	400m: 5:08.90	38.70
8.	Gert Sikkema	ZIGNEA	4:56.60	196300687	<b>5:09.43</b>	+0,85		
	50m: 33.27	33.27	150m: 1:48.88	38.45	250m: 3:07.57	39.63	350m: 4:28.95	41.16
	100m: 1:10.43	37.16	200m: 2:27.94	39.06	300m: 3:47.79	40.22	400m: 5:09.43	40.48
9.	Joost de Kroon	AquAmigos	5:25.33	196400999	<b>5:30.57</b>	+1,13		
	50m: 37.15	37.15	150m: 2:00.95	42.80	250m: 3:26.90	43.33	350m: 4:51.27	40.84
	100m: 1:18.15	41.00	200m: 2:43.57	42.62	300m: 4:10.43	43.53	400m: 5:30.57	39.30
10.	Jan Smalheer	SCOM	5:32.06	196400701	<b>5:40.39</b>	+0,98		
	50m: 35.58	35.58	150m: 1:59.85	42.81	250m: 3:27.76	44.04	350m: 4:56.38	44.11
	100m: 1:17.04	41.46	200m: 2:43.72	43.87	300m: 4:12.27	44.51	400m: 5:40.39	44.01
11.	Adri Pasman 100m*	Zuiderzeezwemmers	6:23.73	196400573	<b>6:19.20</b>	+1,21		
	50m: 41.71	41.71	150m: 2:17.23	48.89	250m: 3:55.48	49.25	350m: 5:33.48	48.62
	100m: 1:28.34	46.63	200m: 3:06.23	49.00	300m: 4:44.86	49.38	400m: 6:19.20	45.72

Masters 55+

1.	Marten de Groot	HZ&PC Heerenveen	4:37.86	195800149	<b>4:35.95</b>	+0,81		
	50m: 30.81	30.81	150m: 1:37.99	34.08	250m: 2:48.20	35.57	350m: 4:00.59	36.62
	100m: 1:03.91	33.10	200m: 2:12.63	34.64	300m: 3:23.97	35.77	400m: 4:35.95	35.36
2.	Johan Remmits	ZPC Woerden	4:35.41	196201159	<b>4:37.50</b>	+0,82		
	50m: 31.51	31.51	150m: 1:41.20	35.31	250m: 2:51.57	34.99	350m: 4:03.34	35.76
	100m: 1:05.89	34.38	200m: 2:16.58	35.38	300m: 3:27.58	36.01	400m: 4:37.50	34.16
3.	Hugo Bregman	Albion d'ELFT (SG)	4:53.57	195800069	<b>4:41.12</b>	+0,74		
	50m: 31.27	31.27	150m: 1:41.72	35.50	250m: 2:53.57	36.20	350m: 4:06.17	36.57
	100m: 1:06.22	34.95	200m: 2:17.37	35.65	300m: 3:29.60	36.03	400m: 4:41.12	34.95
4.	Jan Brink	ZPC De Zeeuwse Kust	4:37.47	196200091	<b>4:41.61</b>	+0,80		
	50m: 30.79	30.79	150m: 1:41.14	35.72	250m: 2:53.88	36.19	350m: 4:07.00	36.44
	100m: 1:05.42	34.63	200m: 2:17.69	36.55	300m: 3:30.56	36.68	400m: 4:41.61	34.61
5.	Gustav van den Berg	TriVia	4:48.50	196100991	<b>4:52.07</b>	+0,80		
	50m: 33.30	33.30	150m: 1:46.89	37.26	250m: 3:01.76	37.22	350m: 4:15.95	37.01
	100m: 1:09.63	36.33	200m: 2:24.54	37.65	300m: 3:38.94	37.18	400m: 4:52.07	36.12
6.	Marius Ros	ZCNF'34	5:14.79	195900779	<b>5:12.23</b>	+0,85		
	50m: 37.52	37.52	150m: 1:56.79	39.66	250m: 3:16.25	39.65	350m: 4:34.59	39.04
	100m: 1:17.13	39.61	200m: 2:36.60	39.81	300m: 3:55.55	39.30	400m: 5:12.23	37.64
7.	Eric Langhorst	De Rijn	5:37.58	196200389	<b>5:30.01</b>	+0,97		
	50m: 37.16	37.16	150m: 2:00.99	42.30	250m: 3:26.68	42.39	350m: 4:49.81	41.11
	100m: 1:18.69	41.53	200m: 2:44.29	43.30	300m: 4:08.70	42.02	400m: 5:30.01	40.20
8.	Ronald van Ginneken	Old Dutch	5:50.77	196100827	<b>5:41.67</b>	+1,06		
	50m: 36.15	36.15	150m: 2:01.63	43.86	250m: 3:28.87	43.64	350m: 5:13.57	44.69
	100m: 1:17.77	41.62	200m: 2:45.23	43.60	300m: 4:12.88	44.01	400m: 5:41.67	44.10
9.	Bart van Calker	WS Twente	5:52.67	196100067	<b>5:48.92</b>	+0,91		
	50m: 39.20	39.20	150m: 2:06.23	44.23	250m: 3:35.77	44.77	350m: 5:05.95	45.30
	100m: 1:22.00	42.80	200m: 2:51.00	44.77	300m: 4:20.65	44.88	400m: 5:48.92	42.97
10.	Jack Barends	WS Twente	5:58.08	196201011	<b>6:00.03</b>	+0,91		
	50m: 40.85	40.85	150m: 2:11.69	45.95	250m: 3:43.30	45.71	350m: 5:13.97	45.45
	100m: 1:25.74	44.89	200m: 2:57.59	45.90	300m: 4:28.52	45.22	400m: 6:00.03	46.06
11.	Filip Timmermans	ShaRK	6:24.43	10163/60	<b>6:28.36</b>	+0,99		
	50m: 42.18	42.18	150m: 2:16.83	48.40	250m: 3:55.78	49.99	350m: 5:37.76	52.04
	100m: 1:28.43	46.25	200m: 3:05.79	48.96	300m: 4:45.72	49.94	400m: 6:28.36	50.60

Masters 60+

1.	Paul Bunnik	Triton	5:28.89	195600413	<b>5:27.30</b>	+0,93		
	50m: 34.44	34.44	150m: 1:54.75	41.46	250m: 3:19.78	42.70	350m: 4:45.45	42.67
	100m: 1:13.29	38.85	200m: 2:37.08	42.33	300m: 4:02.78	43.00	400m: 5:27.30	41.85
2.	Henk Slomp	De Inktvis	5:28.48	195500359	<b>5:32.15</b>	+0,91		
	50m: 36.29	36.29	150m: 2:00.42	42.63	250m: 3:26.09	43.07	350m: 4:50.97	41.83
	100m: 1:17.79	41.50	200m: 2:43.02	42.60	300m: 4:09.14	43.05	400m: 5:32.15	41.18



MZ&PC  
Maastricht



Open Nederlandse Masters  
Kampioenschappen 2017 kb  
Maastricht, 19 - 22 -1-2017



Programmanr. 3, Heren, 400m vrije slag, Masters 60+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
3.	Lex Hoogendam	ZZ&PC De Devel	5:57.42	195700541	<b>5:53.59</b>	+0,89
	50m: 38.55	38.55 150m: 2:06.99	44.93 250m:	3:38.52 45.45	350m: 5:09.04	45.08
	100m: 1:22.06	43.51 200m: 2:53.07	46.08 300m:	4:23.96 45.44	400m: 5:53.59	44.55
4.	Dré Klaassen	ZOB'66	6:50.34	195600141	<b>6:51.54</b>	+1,03
	50m: 45.01	45.01 150m: 2:27.36	52.23 250m:	4:13.19 53.66	350m: 5:59.82	53.53
	100m: 1:35.13	50.12 200m: 3:19.53	52.17 300m:	5:06.29 53.10	400m: 6:51.54	51.72

Masters 65+

1.	Brend Brevé	PSV	5:21.44	195200265	<b>5:23.73</b>	+0,71
	50m: 36.08	36.08 150m: 1:58.81	41.74 250m:	3:21.38 40.97	350m: 4:44.12	41.47
	100m: 1:17.07	40.99 200m: 2:40.41	41.60 300m:	4:02.65 41.27	400m: 5:23.73	39.61
2.	Wout Hemmes	De Plons	5:48.60	194800059	<b>6:03.20</b> *	+0,93
	50m: 38.80	38.80 150m: 2:10.53	46.88 250m:	3:44.14 46.51	350m: 5:18.04	47.21
	100m: 1:23.65	44.85 200m: 2:57.63	47.10 300m:	4:30.83 46.69	400m: 6:03.20	45.16
3.	Hilbert Prins	OEZA	6:12.45	195100223	<b>6:18.22</b>	+0,99
	50m: 41.65	41.65 150m: 2:16.46	48.07 250m:	3:54.18 49.15	350m: 5:31.49	48.83
	100m: 1:28.39	46.74 200m: 3:05.03	48.57 300m:	4:42.66 48.48	400m: 6:18.22	46.73
4.	Ludwig Lorenz	SG Gladbeck/Recklinghausen	6:37.64	127866	<b>6:34.87</b>	+1,10
	50m: 46.55	46.55 150m: 2:27.94	50.15 250m:	4:10.34 50.51	350m: 5:48.74	48.71
	100m: 1:37.79	51.24 200m: 3:19.83	51.89 300m:	5:00.03 49.69	400m: 6:34.87	46.13

Masters 70+

1.	Rob Hanou	PSV	6:24.46	194300109	<b>6:17.87</b>	+1,12
	50m: 41.28	41.28 150m: 2:18.00	49.20 250m:	3:55.83 48.81	350m: 5:32.80	48.25
	100m: 1:28.80	47.52 200m: 3:07.02	49.02 300m:	4:44.55 48.72	400m: 6:17.87	45.07
2.	Willem Putter	ZVVS	6:26.72	194500135	<b>6:33.25</b>	+1,03
	50m: 42.38	42.38 150m: 2:20.00	49.83 250m:	4:02.21 50.93	350m: 5:43.88	50.75
	100m: 1:30.17	47.79 200m: 3:11.28	51.28 300m:	4:53.13 50.92	400m: 6:33.25	49.37
3.	Viktoras Snieska <i>Lithuanian MR</i>	Kauno Takas	6:49.38		<b>6:40.93</b>	+1,04
	50m: 45.33	45.33 150m: 2:24.16	50.31 250m:	4:06.68 51.58	350m: 5:50.58	51.83
	100m: 1:33.85	48.52 200m: 3:15.10	50.94 300m:	4:58.75 52.07	400m: 6:40.93	50.35
4.	Pieter Schillemans	WZ&PC Purmerend	6:49.43	194600141	<b>6:50.43</b>	+1,17
	50m: 43.91	43.91 150m: 2:25.11	52.10 250m:	4:11.03 52.96	350m: 5:58.58	53.53
	100m: 1:33.01	49.10 200m: 3:18.07	52.96 300m:	5:05.05 54.02	400m: 6:50.43	51.85

Masters 75+

1.	Frederik Hendrik De Bruijn	CN Aquamasters	6:07.91	0X0345415	<b>6:24.40</b>	+1,35
	50m: 45.24	45.24 150m: 2:21.24	48.40 250m:	4:00.13 49.66	350m: 5:37.80	48.97
	100m: 1:32.84	47.60 200m: 3:10.47	49.23 300m:	4:48.83 48.70	400m: 6:24.40	46.60
2.	Frans van Enst	WS Twente	6:44.75	194000011	<b>6:37.58</b>	+1,08
	50m: 41.47	41.47 150m: 2:22.98	52.07 250m:	4:06.14 51.30	350m: 5:47.06	49.74
	100m: 1:30.91	49.44 200m: 3:14.84	51.86 300m:	4:57.32 51.18	400m: 6:37.58	50.52
3.	Geza Kaltenecker	AZC	6:46.51	194200065	<b>6:59.98</b>	+0,90
	50m: 44.00	44.00 150m: 2:28.28	53.41 250m:	4:19.51 55.88	350m: 6:10.21	55.49
	100m: 1:34.87	50.87 200m: 3:23.63	55.35 300m:	5:14.72 55.21	400m: 6:59.98	49.77
4.	Rudolf Degenaar	PSV	7:52.11	193900033	<b>8:35.25</b>	
	50m: 55.34	55.34 150m: 3:11.66	1:08.78 250m:	5:22.35 1:05.50	350m: 7:33.24	1:04.44
	100m: 2:02.88	1:07.54 200m: 4:16.85	1:05.19 300m:	6:28.80 1:06.45	400m: 8:35.25	1:02.01

Masters 80+

1.	Gregor Pompen <i>Nederlands Masters Record</i>	Aqua-Novio'94	7:43.06	193700021	<b>7:46.67</b>	+1,24
	50m: 52.37	52.37 150m: 2:48.46	58.95 250m:	4:48.26 1:00.11	350m: 6:49.46	1:01.06
	100m: 1:49.51	57.14 200m: 3:48.15	59.69 300m:	5:48.40 1:00.14	400m: 7:46.67	57.21

onjuistheden / mistakes?

mail naar/ to: mastersinschrijvingen@knzb.nl

Splash Meet Manager, 11.46751

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