

Programmanr. 17
06-05-2017 - 9:00

Heren, 800m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT	IPC
Masters 20+						
1.	Robin van Beek	LZ 1886	9:27.68	199704023	9:17.02	+0,69
	50m: 31.53	31.53	250m: 2:50.54	35.15	450m: 5:11.98	35.88
	100m: 1:05.93	34.40	300m: 3:25.75	35.21	500m: 5:47.09	35.11
	150m: 1:40.47	34.54	350m: 4:01.05	35.30	550m: 6:22.48	35.39
	200m: 2:15.39	34.92	400m: 4:36.10	35.05	600m: 6:58.03	35.55
					650m: 7:33.21	35.18
					700m: 8:08.33	35.12
					750m: 8:43.53	35.20
					800m: 9:17.02	33.49
2.	Emiel van Beusekom	Van Vliet-Barracuda	9:22.84	199403951	9:21.69	+0,84
	50m: 30.77	30.77	250m: 2:50.85	35.42	450m: 5:14.44	36.19
	100m: 1:04.82	34.05	300m: 3:26.31	35.46	500m: 5:50.66	36.22
	150m: 1:39.74	34.92	350m: 4:02.09	35.78	550m: 6:27.15	36.49
	200m: 2:15.43	35.69	400m: 4:38.25	36.16	600m: 7:03.05	35.90
					650m: 7:38.43	35.38
					700m: 8:14.48	36.05
					750m: 8:48.63	34.15
					800m: 9:21.69	33.06
3.	Nordin Termoshuizen	WVZ	9:31.47	199605401	9:27.91	+0,78
	50m: 30.80	30.80	250m: 2:51.56	35.93	450m: 5:15.20	36.59
	100m: 1:04.64	33.84	300m: 3:26.96	35.40	500m: 5:51.57	36.37
	150m: 1:40.01	35.37	350m: 4:02.83	35.87	550m: 6:28.00	36.43
	200m: 2:15.63	35.62	400m: 4:38.61	35.78	600m: 7:04.33	36.33
					650m: 7:40.82	36.49
					700m: 8:16.99	36.17
					750m: 8:52.62	35.63
					800m: 9:27.91	35.29
4.	Jordy Jongenelen	ZC Aquadream	10:02.23	199504995	10:26.40	+0,68
	50m: 33.14	33.14	250m: 3:04.55	38.40	450m: 5:42.57	40.25
	100m: 1:10.25	37.11	300m: 3:43.55	39.00	500m: 6:23.37	40.80
	150m: 1:47.77	37.52	350m: 4:22.45	38.90	550m: 7:04.40	41.03
	200m: 2:26.15	38.38	400m: 5:02.32	39.87	600m: 7:45.18	40.78
					650m: 8:25.78	40.60
					700m: 9:06.85	41.07
					750m: 9:47.38	40.53
					800m: 10:26.40	39.02
5.	Michael Schlijper	Eurode KZC	11:20.61	199303691	11:05.20	+0,88
	50m: 34.38	34.38	250m: 3:18.83	42.08	450m: 6:09.40	42.85
	100m: 1:13.32	38.94	300m: 4:01.39	42.56	500m: 6:52.97	43.57
	150m: 1:54.50	41.18	350m: 4:44.03	42.64	550m: 7:36.63	43.66
	200m: 2:36.75	42.25	400m: 5:26.55	42.52	600m: 8:19.51	42.88
					650m: 9:02.62	43.11
					700m: 9:45.47	42.85
					750m: 10:27.08	41.61
					800m: 11:05.20	38.12
6.	Maarten Steekelenburg	Aquamania	12:49.10	199300479	12:58.27	+0,81
	50m: 40.95	40.95	250m: 3:56.85	49.93	450m: 7:18.43	50.20
	100m: 1:28.00	47.05	300m: 4:46.75	49.90	500m: 8:08.92	50.49
	150m: 2:18.21	50.21	350m: 5:37.24	50.49	550m: 8:59.16	50.24
	200m: 3:06.92	48.71	400m: 6:28.23	50.99	600m: 9:47.91	48.75
					650m: 10:36.94	49.03
					700m: 11:25.19	48.25
					750m: 12:12.83	47.64
					800m: 12:58.27	45.44
Masters 25+						
1.	Maik Steenkamp	Montferland	10:00.96	199103847	9:55.33	+0,77
	50m: 31.92	31.92	250m: 2:58.21	37.52	450m: 5:31.60	38.41
	100m: 1:07.40	35.48	300m: 3:36.58	38.37	500m: 6:10.16	38.56
	150m: 1:43.44	36.04	350m: 4:14.66	38.08	550m: 6:48.12	37.96
	200m: 2:20.69	37.25	400m: 4:53.19	38.53	600m: 7:26.52	38.40
					650m: 8:04.61	38.09
					700m: 8:42.81	38.20
					750m: 9:20.22	37.41
					800m: 9:55.33	35.11
2.	Tim Bunnik	Triton	9:53.74	199000505	9:56.48	+0,83
	50m: 32.53	32.53	250m: 3:03.43	38.51	450m: 5:34.87	38.39
	100m: 1:09.34	36.81	300m: 3:41.49	38.06	500m: 6:11.98	37.11
	150m: 1:47.78	38.44	350m: 4:18.89	37.40	550m: 6:49.60	37.62
	200m: 2:24.92	37.14	400m: 4:56.48	37.59	600m: 7:28.29	38.69
					650m: 8:06.56	38.27
					700m: 8:44.03	37.47
					750m: 9:20.44	36.41
					800m: 9:56.48	36.04
3.	Niels Albrechts	SGGO (SG)	10:11.90	198800039	10:11.78	+0,77
	50m: 33.74	33.74	250m: 3:04.97	38.90	450m: 5:41.14	39.17
	100m: 1:10.55	36.81	300m: 3:43.66	38.69	500m: 6:20.37	39.23
	150m: 1:48.23	37.68	350m: 4:22.62	38.96	550m: 6:59.21	38.84
	200m: 2:26.07	37.84	400m: 5:01.97	39.35	600m: 7:38.13	38.92
					650m: 8:17.62	39.49
					700m: 8:57.03	39.41
					750m: 9:35.80	38.77
					800m: 10:11.78	35.98
4.	Arjen Zijlstra	GZVW	11:10.97	199203309	12:12.02	+0,72
	50m: 32.19	32.19	250m: 3:26.39	46.14	450m: 6:38.18	48.61
	100m: 1:11.77	39.58	300m: 4:13.38	46.99	500m: 7:26.28	48.10
	150m: 1:55.21	43.44	350m: 5:01.10	47.72	550m: 8:15.23	48.95
	200m: 2:40.25	45.04	400m: 5:49.57	48.47	600m: 9:03.32	48.09
					650m: 9:51.51	48.19
					700m: 10:39.36	47.85
					750m: 11:26.40	47.04
					800m: 12:12.02	45.62
Masters 30+						
1.	Erik Schröder	TriVia	8:41.47	198402025	9:08.59	+0,92
	50m: 29.56	29.56	250m: 2:46.40	35.00	450m: 5:06.60	34.90
	100m: 1:02.58	33.02	300m: 3:21.56	35.16	500m: 5:41.42	34.82
	150m: 1:36.90	34.32	350m: 3:56.75	35.19	550m: 6:16.55	35.13
	200m: 2:11.40	34.50	400m: 4:31.70	34.95	600m: 6:51.59	35.04
					650m: 7:26.39	34.80
					700m: 8:00.94	34.55
					750m: 8:35.14	34.20
					800m: 9:08.59	33.45

Programmanr. 17, Heren, 800m vrije slag, Masters 30+

rang	naam	vereniging	inschrijftijd	tijd	RT	IPC		
2.	Kristiaan Lenos	LZ 1886	9:52.79	198301331	9:41.83	+0,83		
	50m: 31.51	31.51	250m: 2:54.35	36.52	450m: 5:22.65	37.48	650m: 7:52.55	37.78
	100m: 1:06.65	35.14	300m: 3:31.09	36.74	500m: 6:00.05	37.40	700m: 8:29.69	37.14
	150m: 1:41.77	35.12	350m: 4:07.97	36.88	550m: 6:37.56	37.51	750m: 9:07.10	37.41
	200m: 2:17.83	36.06	400m: 4:45.17	37.20	600m: 7:14.77	37.21	800m: 9:41.83	34.73
3.	Frank van der Voordt	SGGO (SG)	10:29.33	198302259	10:25.46	+0,73		
	50m: 34.16	34.16	250m: 3:08.72	39.75	450m: 5:49.56	39.75	650m: 8:28.65	39.30
	100m: 1:11.77	37.61	300m: 3:48.95	40.23	500m: 6:29.47	39.91	700m: 9:08.64	39.99
	150m: 1:49.73	37.96	350m: 4:29.28	40.33	550m: 7:09.19	39.72	750m: 9:48.16	39.52
	200m: 2:28.97	39.24	400m: 5:09.81	40.53	600m: 7:49.35	40.16	800m: 10:25.46	37.30
4.	Mark Godwaldt	PSV	10:43.10	198701039	10:33.54	+0,83		
	50m: 34.62	34.62	250m: 3:13.17	40.07	450m: 5:55.39	40.50	650m: 8:36.25	40.33
	100m: 1:13.18	38.56	300m: 3:53.77	40.60	500m: 6:35.49	40.10	700m: 9:16.39	40.14
	150m: 1:53.04	39.86	350m: 4:34.12	40.35	550m: 7:15.67	40.18	750m: 9:56.55	40.16
	200m: 2:33.10	40.06	400m: 5:14.89	40.77	600m: 7:55.92	40.25	800m: 10:33.54	36.99
5.	Sander van Tilburg	Den Doorn	12:24.67	198604609	12:39.23	+0,84		
	50m: 41.01	41.01	250m: 3:55.03	50.55	450m: 7:11.37	49.44	650m: 10:25.23	48.17
	100m: 1:27.48	46.47	300m: 4:43.38	48.35	500m: 7:59.89	48.52	700m: 11:12.29	47.06
	150m: 2:15.63	48.15	350m: 5:32.95	49.57	550m: 8:48.78	48.89	750m: 11:59.57	47.28
	200m: 3:04.48	48.85	400m: 6:21.93	48.98	600m: 9:37.06	48.28	800m: 12:39.23	39.66

Masters 35+

1.	Gergely Molnár	Iron Aquatics	9:18.71		9:38.69	+0,81		
	50m: 31.70	31.70	250m: 2:54.92	36.54	450m: 5:21.51	36.90	650m: 7:49.60	37.41
	100m: 1:06.76	35.06	300m: 3:31.65	36.73	500m: 5:58.42	36.91	700m: 8:26.57	36.97
	150m: 1:42.25	35.49	350m: 4:07.98	36.33	550m: 6:35.14	36.72	750m: 9:03.17	36.60
	200m: 2:18.38	36.13	400m: 4:44.61	36.63	600m: 7:12.19	37.05	800m: 9:38.69	35.52
2.	Marcel Reefhuis	WS Twente	9:51.37	198101381	9:56.88	+0,79		
	50m: 33.20	33.20	250m: 3:03.22	38.15	450m: 5:34.94	37.97	650m: 8:07.13	38.07
	100m: 1:09.57	36.37	300m: 3:40.95	37.73	500m: 6:13.05	38.11	700m: 8:44.79	37.66
	150m: 1:47.21	37.64	350m: 4:19.22	38.27	550m: 6:51.22	38.17	750m: 9:22.08	37.29
	200m: 2:25.07	37.86	400m: 4:56.97	37.75	600m: 7:29.06	37.84	800m: 9:56.88	34.80
3.	Marlon 't Hart	Albion d'ELFT (SG)	10:18.95	197901961	10:20.45	+0,69		
	50m: 33.66	33.66	250m: 3:10.54	39.56	450m: 5:48.90	39.28	650m: 8:26.87	39.57
	100m: 1:12.40	38.74	300m: 3:50.28	39.74	500m: 6:28.34	39.44	700m: 9:06.12	39.25
	150m: 1:51.70	39.30	350m: 4:30.11	39.83	550m: 7:07.83	39.49	750m: 9:45.22	39.10
	200m: 2:30.98	39.28	400m: 5:09.62	39.51	600m: 7:47.30	39.47	800m: 10:20.45	35.23
4.	Ingmar Kooman	LZ 1886	11:10.90	197901517	11:16.63	+0,85		
	50m: 36.55	36.55	250m: 3:26.27	42.80	450m: 6:18.46	41.92	650m: 9:10.48	42.10
	100m: 1:18.13	41.58	300m: 4:09.46	43.19	500m: 7:02.26	43.80	700m: 9:54.23	43.75
	150m: 2:00.36	42.23	350m: 4:52.21	42.75	550m: 7:44.78	42.52	750m: 10:36.23	42.00
	200m: 2:43.47	43.11	400m: 5:36.54	44.33	600m: 8:28.38	43.60	800m: 11:16.63	40.40
5.	Harm Jan Otter	De Zandstuve	11:24.99	198101283	11:24.52	+0,92		
	50m: 35.21	35.21	250m: 3:23.45	43.56	450m: 6:18.83	44.32	650m: 9:14.41	44.13
	100m: 1:15.18	39.97	300m: 4:06.83	43.38	500m: 7:02.47	43.64	700m: 9:58.82	44.41
	150m: 1:56.97	41.79	350m: 4:50.63	43.80	550m: 7:46.62	44.15	750m: 10:42.94	44.12
	200m: 2:39.89	42.92	400m: 5:34.51	43.88	600m: 8:30.28	43.66	800m: 11:24.52	41.58
6.	Dyon de Greef	Budel	11:54.58	198202385	11:41.41	+0,72		
	50m: 36.00	36.00	250m: 3:31.81	45.68	450m: 6:34.17	46.06	650m: 9:34.50	45.05
	100m: 1:17.61	41.61	300m: 4:16.94	45.13	500m: 7:19.39	45.22	700m: 10:18.42	43.92
	150m: 2:01.75	44.14	350m: 5:02.80	45.86	550m: 8:04.75	45.36	750m: 11:02.16	43.74
	200m: 2:46.13	44.38	400m: 5:48.11	45.31	600m: 8:49.45	44.70	800m: 11:41.41	39.25
7.	Rob van Wanrooy	Gay Swim Amsterdam	11:13.38	198202627	11:49.73	+0,77		
	50m: 36.22	36.22	250m: 3:30.39	45.54	450m: 6:33.90	46.68	650m: 9:39.57	46.51
	100m: 1:17.27	41.05	300m: 4:15.55	45.16	500m: 7:20.33	46.43	700m: 10:24.84	45.27
	150m: 2:00.84	43.57	350m: 5:01.38	45.83	550m: 8:07.23	46.90	750m: 11:09.59	44.75
	200m: 2:44.85	44.01	400m: 5:47.22	45.84	600m: 8:53.06	45.83	800m: 11:49.73	40.14

Masters 40+

1.	Ben Rutten	Oudenaardse Zwemclub	9:39.71	10220/76	9:46.07	+0,92		
	50m: 31.73	31.73	250m: 2:55.88	36.74	450m: 5:23.75	37.34	650m: 7:53.93	37.78
	100m: 1:06.93	35.20	300m: 3:32.51	36.63	500m: 6:01.15	37.40	700m: 8:31.78	37.85
	150m: 1:42.78	35.85	350m: 4:09.31	36.80	550m: 6:38.51	37.36	750m: 9:09.43	37.65
	200m: 2:19.14	36.36	400m: 4:46.41	37.10	600m: 7:16.15	37.64	800m: 9:46.07	36.64

Programmanr. 17, Heren, 800m vrije slag, Masters 40+

rang	naam	vereniging	inschrijftijd	tijd	RT	IPC		
2.	Ivo Roozeboom	WVZ	9:53.09	197700801	9:52.11	+0,80		
	50m: 31.65	31.65	250m: 3:03.20	38.29	450m: 5:35.24	38.15	650m: 8:06.76	37.57
	100m: 1:08.72	37.07	300m: 3:41.01	37.81	500m: 6:13.04	37.80	700m: 8:43.60	36.84
	150m: 1:46.94	38.22	350m: 4:19.20	38.19	550m: 6:51.32	38.28	750m: 9:18.93	35.33
	200m: 2:24.91	37.97	400m: 4:57.09	37.89	600m: 7:29.19	37.87	800m: 9:52.11	33.18
3.	Bas Broekhuis	MZ&PC	10:23.27	197601561	11:04.06	+1,02		
	50m: 35.56	35.56	250m: 3:21.24	42.07	450m: 6:11.43	42.34	650m: 8:59.77	41.74
	100m: 1:15.37	39.81	300m: 4:03.75	42.51	500m: 6:53.77	42.34	700m: 9:42.38	42.61
	150m: 1:56.74	41.37	350m: 4:46.05	42.30	550m: 7:35.46	41.69	750m: 10:23.67	41.29
	200m: 2:39.17	42.43	400m: 5:29.09	43.04	600m: 8:18.03	42.57	800m: 11:04.06	40.39
4.	Kasper van den Berghe	Swol 1894	11:24.51	197301125	11:23.43	+0,76		
	50m: 39.22	39.22	250m: 3:33.91	42.93	450m: 6:25.62	43.41	650m: 9:18.75	43.75
	100m: 1:22.68	43.46	300m: 4:16.95	43.04	500m: 7:08.20	42.58	700m: 10:01.58	42.83
	150m: 2:07.18	44.50	350m: 4:59.33	42.38	550m: 7:51.44	43.24	750m: 10:44.01	42.43
	200m: 2:50.98	43.80	400m: 5:42.21	42.88	600m: 8:35.00	43.56	800m: 11:23.43	39.42
5.	Arjan Aalbers	Swol 1894	12:07.36	197500001	12:23.14	+0,91		
	50m: 37.23	37.23	250m: 3:36.99	46.96	450m: 6:51.30	48.37	650m: 10:05.63	48.04
	100m: 1:20.23	43.00	300m: 4:25.34	48.35	500m: 7:40.34	49.04	700m: 10:53.56	47.93
	150m: 2:03.71	43.48	350m: 5:13.83	48.49	550m: 8:28.84	48.50	750m: 11:39.34	45.78
	200m: 2:50.03	46.32	400m: 6:02.93	49.10	600m: 9:17.59	48.75	800m: 12:23.14	43.80
6.	Erik Rushton	WIDEX GZC DONK	12:32.47	197601573	13:00.44	+0,95		
	50m: 41.29	41.29	250m: 3:52.94	49.47	450m: 7:12.34	50.38	650m: 10:33.27	50.39
	100m: 1:27.39	46.10	300m: 4:42.42	49.48	500m: 8:01.87	49.53	700m: 11:23.63	50.36
	150m: 2:14.91	47.52	350m: 5:32.85	50.43	550m: 8:53.18	51.31	750m: 12:13.79	50.16
	200m: 3:03.47	48.56	400m: 6:21.96	49.11	600m: 9:42.88	49.70	800m: 13:00.44	46.65

Masters 45+

1.	Antwan van Engen	De Ward	9:57.27	197101577	9:58.36	+0,81		
	50m: 33.19	33.19	250m: 3:04.35	38.08	450m: 5:36.91	37.62	650m: 8:08.00	37.41
	100m: 1:09.88	36.69	300m: 3:43.22	38.87	500m: 6:15.22	38.31	700m: 8:45.68	37.68
	150m: 1:47.68	37.80	350m: 4:21.21	37.99	550m: 6:52.71	37.49	750m: 9:22.83	37.15
	200m: 2:26.27	38.59	400m: 4:59.29	38.08	600m: 7:30.59	37.88	800m: 9:58.36	35.53
2.	Pieter van Gemenen	DAW	10:16.08	196901779	10:01.64	+0,82		
	50m: 33.07	33.07	250m: 3:03.71	38.59	450m: 5:39.40	38.96	650m: 8:11.04	37.91
	100m: 1:09.67	36.60	300m: 3:42.52	38.81	500m: 6:17.45	38.05	700m: 8:48.75	37.71
	150m: 1:47.19	37.52	350m: 4:21.43	38.91	550m: 6:55.48	38.03	750m: 9:26.74	37.99
	200m: 2:25.12	37.93	400m: 5:00.44	39.01	600m: 7:33.13	37.65	800m: 10:01.64	34.90
3.	Arjan Bellaart	Het Y	10:14.09	196900079	10:19.26	+0,78		
	50m: 32.78	32.78	250m: 3:04.59	38.47	450m: 5:41.35	39.35	650m: 8:20.75	40.11
	100m: 1:10.22	37.44	300m: 3:43.52	38.93	500m: 6:21.16	39.81	700m: 9:00.99	40.24
	150m: 1:47.75	37.53	350m: 4:22.63	39.11	550m: 7:00.72	39.56	750m: 9:41.22	40.23
	200m: 2:26.12	38.37	400m: 5:02.00	39.37	600m: 7:40.64	39.92	800m: 10:19.26	38.04
4.	Christian Dackus	MZ&PC	10:25.87	197201577	10:38.93	+0,75		
	50m: 35.55	35.55	250m: 3:15.35	40.31	450m: 5:57.89	39.96	650m: 8:39.85	40.01
	100m: 1:15.19	39.64	300m: 3:56.36	41.01	500m: 6:38.59	40.70	700m: 9:20.51	40.66
	150m: 1:55.05	39.86	350m: 4:36.45	40.09	550m: 7:18.87	40.28	750m: 10:00.38	39.87
	200m: 2:35.04	39.99	400m: 5:17.93	41.48	600m: 7:59.84	40.97	800m: 10:38.93	38.55
5.	Francis Roosen	VZV Njord	11:06.04	196801581	10:52.85	+0,66		
	50m: 36.23	36.23	250m: 3:22.30	41.79	450m: 6:08.33	40.72	650m: 8:52.18	40.76
	100m: 1:17.29	41.06	300m: 4:04.19	41.89	500m: 6:49.01	40.68	700m: 9:33.37	41.19
	150m: 1:58.43	41.14	350m: 4:45.97	41.78	550m: 7:30.66	41.65	750m: 10:14.22	40.85
	200m: 2:40.51	42.08	400m: 5:27.61	41.64	600m: 8:11.42	40.76	800m: 10:52.85	38.63
6.	Konstantin Sklyar	TG Lage 1862	10:47.77	321129	10:56.66	+0,92		
	50m: 35.38	35.38	250m: 3:15.07	40.80	450m: 6:00.20	41.62	650m: 8:49.94	42.78
	100m: 1:14.25	38.87	300m: 3:55.97	40.90	500m: 6:42.51	42.31	700m: 9:33.09	43.15
	150m: 1:54.21	39.96	350m: 4:36.98	41.01	550m: 7:24.74	42.23	750m: 10:16.01	42.92
	200m: 2:34.27	40.06	400m: 5:18.58	41.60	600m: 8:07.16	42.42	800m: 10:56.66	40.65
7.	Corne Beunis	DBD	11:03.78	197200077	11:28.15	+0,96		
	50m: 36.81	36.81	250m: 3:28.67	43.63	450m: 6:22.93	43.65	650m: 9:18.17	43.66
	100m: 1:18.12	41.31	300m: 4:12.46	43.79	500m: 7:07.07	44.14	700m: 10:02.64	44.47
	150m: 2:01.18	43.06	350m: 4:55.44	42.98	550m: 7:50.64	43.57	750m: 10:46.52	43.88
	200m: 2:45.04	43.86	400m: 5:39.28	43.84	600m: 8:34.51	43.87	800m: 11:28.15	41.63
8.	Chris Kouwenhoven	De Spatters	11:07.38	197101669	11:40.86	+0,90		
	50m: 38.02	38.02	250m: 3:33.87	44.25	450m: 6:30.61	44.28	650m: 9:28.28	44.63
	100m: 1:21.04	43.02	300m: 4:18.11	44.24	500m: 7:15.09	44.48	700m: 10:13.08	44.80
	150m: 2:04.98	43.94	350m: 5:01.37	43.26	550m: 7:58.90	43.81	750m: 10:57.35	44.27
	200m: 2:49.62	44.64	400m: 5:46.33	44.96	600m: 8:43.65	44.75	800m: 11:40.86	43.51

Programmanr. 17, Heren, 800m vrije slag, Masters 45+

rang	naam	vereniging	inschrijftijd	002552/69	tijd	RT	IPC	
9.	Ramon Alsina Munoz	CNSW	12:01.44	002552/69	11:45.00	+0,98		
	50m: 39.43	39.43	250m: 3:37.53	45.05	450m: 6:36.03	43.86	650m: 9:33.48	44.60
	100m: 1:22.81	43.38	300m: 4:22.80	45.27	500m: 7:20.03	44.00	700m: 10:17.67	44.19
	150m: 2:07.22	44.41	350m: 5:07.09	44.29	550m: 8:04.42	44.39	750m: 11:01.55	43.88
	200m: 2:52.48	45.26	400m: 5:52.17	45.08	600m: 8:48.88	44.46	800m: 11:45.00	43.45
10.	Wouter van der Stelt	Den Doorn	11:51.25	197200889	11:50.04	+0,82		
	50m: 37.26	37.26	250m: 3:29.74	44.56	450m: 6:30.33	45.41	650m: 9:32.68	45.99
	100m: 1:18.39	41.13	300m: 4:14.27	44.53	500m: 7:15.72	45.39	700m: 10:18.24	45.56
	150m: 2:01.52	43.13	350m: 4:59.82	45.55	550m: 8:01.31	45.59	750m: 11:04.85	46.61
	200m: 2:45.18	43.66	400m: 5:44.92	45.10	600m: 8:46.69	45.38	800m: 11:50.04	45.19

Masters 50+

1.	Erlend Alstad	I.L. Varg	9:11.73	M210367	9:44.50	+0,74		
	<i>Kampioenschaps Record, Norwegian Masters Record</i>							
	50m: 32.58	32.58	250m: 2:58.35	36.98	450m: 5:26.65	37.03	650m: 7:55.51	36.99
	100m: 1:08.01	35.43	300m: 3:35.46	37.11	500m: 6:04.09	37.44	700m: 8:32.69	37.18
	150m: 1:44.97	36.96	350m: 4:12.58	37.12	550m: 6:41.19	37.10	750m: 9:09.48	36.79
	200m: 2:21.37	36.40	400m: 4:49.62	37.04	600m: 7:18.52	37.33	800m: 9:44.50	35.02
2.	Roland Klein-Bötlting	Bocholter WSV	9:58.76	74076	9:52.04	+0,92		
	50m: 32.79	32.79	250m: 3:02.80	37.89	450m: 5:33.39	37.38	650m: 8:02.62	36.70
	100m: 1:09.59	36.80	300m: 3:40.93	38.13	500m: 6:11.20	37.81	700m: 8:39.77	37.15
	150m: 1:46.78	37.19	350m: 4:18.21	37.28	550m: 6:48.44	37.24	750m: 9:16.67	36.90
	200m: 2:24.91	38.13	400m: 4:56.01	37.80	600m: 7:25.92	37.48	800m: 9:52.04	35.37
3.	Bob de Vries	Aquapoldro	9:27.56	196601101	9:57.67	+0,73		
	50m: 31.23	31.23	250m: 3:00.20	37.26	450m: 5:32.53	38.17	650m: 8:06.36	38.40
	100m: 1:07.54	36.31	300m: 3:38.10	37.90	500m: 6:10.92	38.39	700m: 8:44.27	37.91
	150m: 1:44.93	37.39	350m: 4:16.03	37.93	550m: 6:49.34	38.42	750m: 9:21.72	37.45
	200m: 2:22.94	38.01	400m: 4:54.36	38.33	600m: 7:27.96	38.62	800m: 9:57.67	35.95
4.	Roman Ponomarenko	Sibmasters	9:49.01		10:00.39	+0,85		
	50m: 34.75	34.75	250m: 3:04.95	37.24	450m: 5:35.79	37.79	650m: 8:07.17	37.72
	100m: 1:12.67	37.92	300m: 3:42.80	37.65	500m: 6:13.49	37.70	700m: 8:45.15	37.98
	150m: 1:50.29	37.62	350m: 4:20.02	37.42	550m: 6:51.28	37.79	750m: 9:23.37	38.22
	200m: 2:27.71	37.42	400m: 4:58.00	37.98	600m: 7:29.45	38.17	800m: 10:00.39	37.02
5.	Jo-an Mudde	Zeester-Meerval	9:51.32	196701457	10:18.69	+0,92		
	50m: 34.81	34.81	250m: 3:10.16	39.67	450m: 5:47.73	39.61	650m: 8:24.17	39.07
	100m: 1:12.51	37.70	300m: 3:49.12	38.96	500m: 6:26.96	39.23	700m: 9:02.80	38.63
	150m: 1:51.60	39.09	350m: 4:28.68	39.56	550m: 7:06.16	39.20	750m: 9:41.65	38.85
	200m: 2:30.49	38.89	400m: 5:08.12	39.44	600m: 7:45.10	38.94	800m: 10:18.69	37.04
6.	Nico Paasse	SGGO (SG)	10:26.91	196501463	10:54.08	+1,00		
	50m: 34.41	34.41	250m: 3:18.82	41.06	450m: 6:06.20	40.79	650m: 8:52.29	40.36
	100m: 1:14.69	40.28	300m: 4:00.83	42.01	500m: 6:48.50	42.30	700m: 9:34.46	42.17
	150m: 1:56.03	41.34	350m: 4:42.61	41.78	550m: 7:29.73	41.23	750m: 10:15.24	40.78
	200m: 2:37.76	41.73	400m: 5:25.41	42.80	600m: 8:11.93	42.20	800m: 10:54.08	38.84
7.	Davy Aerts	Shark	10:49.97	10452/64	11:03.99	+0,88		
	50m: 37.13	37.13	250m: 3:25.54	42.40	450m: 6:15.01	42.29	650m: 9:02.42	41.56
	100m: 1:18.12	40.99	300m: 4:08.12	42.58	500m: 6:56.90	41.89	700m: 9:43.49	41.07
	150m: 2:00.52	42.40	350m: 4:50.37	42.25	550m: 7:39.04	42.14	750m: 10:24.66	41.17
	200m: 2:43.14	42.62	400m: 5:32.72	42.35	600m: 8:20.86	41.82	800m: 11:03.99	39.33
8.	Darlin Valcke	Deerlijkse Zwemvereniging	11:13.91	10400/66	11:40.67	+1,00		
	50m: 36.73	36.73	250m: 3:27.62	43.91	450m: 6:25.19	44.80	650m: 9:26.04	45.71
	100m: 1:17.55	40.82	300m: 4:11.58	43.96	500m: 7:09.75	44.56	700m: 10:11.64	45.60
	150m: 2:00.20	42.65	350m: 4:55.97	44.39	550m: 7:54.98	45.23	750m: 10:57.22	45.58
	200m: 2:43.71	43.51	400m: 5:40.39	44.42	600m: 8:40.33	45.35	800m: 11:40.67	43.45
9.	Fred Dijkshoorn	Zwemvereniging Westland	11:20.41	196501539	11:44.67	+0,81		
	50m: 37.96	37.96	250m: 3:39.04	45.97	450m: 6:40.02	44.92	650m: 9:38.00	44.16
	100m: 1:21.22	43.26	300m: 4:24.76	45.72	500m: 7:24.66	44.64	700m: 10:22.15	44.15
	150m: 2:07.30	46.08	350m: 5:09.64	44.88	550m: 8:09.45	44.79	750m: 11:04.10	41.95
	200m: 2:53.07	45.77	400m: 5:55.10	45.46	600m: 8:53.84	44.39	800m: 11:44.67	40.57
10.	Joost de Kroon	AquAmigos	11:34.73	196400999	11:54.70	+1,06		
	<i>100m*</i>							
	50m: 39.77	39.77	250m: 3:42.09	45.72	450m: 6:44.92	45.66	650m: 9:46.23	45.38
	100m: 1:24.02	44.25	300m: 4:27.98	45.89	500m: 7:30.39	45.47	700m: 10:31.27	45.04
	150m: 2:09.82	45.80	350m: 5:13.40	45.42	550m: 8:15.59	45.20	750m: 11:14.67	43.40
	200m: 2:56.37	46.55	400m: 5:59.26	45.86	600m: 9:00.85	45.26	800m: 11:54.70	40.03

Programmanr. 17, Heren, 800m vrije slag, Masters 50+

rang	naam	vereniging	inschrijftijd	tijd	RT	IPC		
11.	Harald Mulder	WVZ	12:24.22	196701459	12:39.34	+0,89		
	50m: 41.88	41.88	250m: 3:55.30	49.54	450m: 7:10.93	49.01	650m: 10:23.85	48.24
	100m: 1:29.31	47.43	300m: 4:43.65	48.35	500m: 7:59.10	48.17	700m: 11:11.11	47.26
	150m: 2:17.38	48.07	350m: 5:33.05	49.40	550m: 8:47.47	48.37	750m: 11:58.89	47.78
	200m: 3:02.81	48.38	400m: 6:21.92	48.87	600m: 9:35.61	48.14	800m: 12:39.34	40.45
12.	Casper Dollekamp 400m*	Steenwijk 1934	12:59.98	196301341	12:43.30	+0,80		
	50m: 40.13	40.13	250m: 3:51.08	48.27	450m: 7:08.86	49.02	650m: 10:22.27	48.38
	100m: 1:26.94	46.81	300m: 4:40.23	49.15	500m: 7:57.69	48.83	700m: 11:12.49	50.22
	150m: 2:14.10	47.16	350m: 5:29.88	49.65	550m: 8:45.86	48.17	750m: 12:00.06	47.57
	200m: 3:02.81	48.71	400m: 6:19.84	49.96	600m: 9:33.89	48.03	800m: 12:43.30	43.24
13.	Jean-Claude Callens 100/200/400m*	Royal Dauphins Mouscron	13:28.67	000488/67	14:09.23	+1,22		
	50m: 45.63	45.63	250m: 4:17.77	53.27	450m: 7:52.71	53.72	650m: 11:29.33	54.58
	100m: 1:36.30	50.67	300m: 5:11.42	53.65	500m: 8:46.83	54.12	700m: 12:24.32	54.99
	150m: 2:30.27	53.97	350m: 6:04.86	53.44	550m: 9:40.25	53.42	750m: 13:17.86	53.54
	200m: 3:24.50	54.23	400m: 6:58.99	54.13	600m: 10:34.75	54.50	800m: 14:09.23	51.37

Masters 55+

1.	Marten de Groot	HZ&PC Heerenveen	9:39.03	195800149	10:06.81	+0,83		
	50m: 34.88	34.88	250m: 3:09.24	38.28	450m: 5:40.71	37.42	650m: 8:14.57	38.67
	100m: 1:13.66	38.78	300m: 3:47.56	38.32	500m: 6:19.14	38.43	700m: 8:52.77	38.20
	150m: 1:51.82	38.16	350m: 4:25.29	37.73	550m: 6:57.89	38.75	750m: 9:30.79	38.02
	200m: 2:30.96	39.14	400m: 4:03.29	38.00	600m: 7:35.90	38.01	800m: 10:06.81	36.02
2.	Johan Remmits	ZPC Woerden	10:02.72	196201159	10:07.70	+0,88		
	50m: 33.62	33.62	250m: 3:04.73	38.80	450m: 5:38.84	38.33	650m: 8:13.69	38.86
	100m: 1:10.56	36.94	300m: 3:43.50	38.77	500m: 6:17.35	38.51	700m: 8:52.54	38.85
	150m: 1:48.18	37.62	350m: 4:22.09	38.59	550m: 6:55.84	38.49	750m: 9:31.24	38.70
	200m: 2:25.93	37.75	400m: 5:00.51	38.42	600m: 7:34.83	38.99	800m: 10:07.70	36.46
3.	Jan Brink	ZPC De Zeeuwse Kust	10:05.62	196200091	10:15.40	+0,81		
	50m: 32.71	32.71	250m: 3:06.58	39.16	450m: 5:44.09	39.85	650m: 8:21.77	39.68
	100m: 1:09.99	37.28	300m: 3:45.63	39.05	500m: 6:23.30	39.21	700m: 9:00.54	38.77
	150m: 1:48.70	38.71	350m: 4:25.01	39.38	550m: 7:02.91	39.61	750m: 9:39.34	38.80
	200m: 2:27.42	38.72	400m: 5:04.24	39.23	600m: 7:42.09	39.18	800m: 10:15.40	36.06
4.	Hugo Bregman	Albion d'ELFT (SG)	10:22.17	195800069	10:22.95	+0,78		
	50m: 34.15	34.15	250m: 3:11.57	39.72	450m: 5:49.82	39.85	650m: 8:28.97	39.94
	100m: 1:12.99	38.84	300m: 3:50.96	39.39	500m: 6:29.53	39.71	700m: 9:08.59	39.62
	150m: 1:52.41	39.42	350m: 4:30.57	39.61	550m: 7:09.36	39.83	750m: 9:47.27	38.68
	200m: 2:31.85	39.44	400m: 5:09.97	39.40	600m: 7:49.03	39.67	800m: 10:22.95	35.68
5.	Marius Ros	ZCNF'34	10:36.34	195900779	11:13.06	+0,90		
	50m: 38.39	38.39	250m: 3:27.73	43.15	450m: 6:18.84	42.90	650m: 9:09.26	42.63
	100m: 1:19.56	41.17	300m: 4:10.10	42.37	500m: 7:01.41	42.57	700m: 9:51.77	42.51
	150m: 2:02.26	42.70	350m: 4:53.25	43.15	550m: 7:44.41	43.00	750m: 10:33.82	42.05
	200m: 2:44.58	42.32	400m: 5:35.94	42.69	600m: 8:26.63	42.22	800m: 11:13.06	39.24
6.	Henk Kuipers	UZSC	11:28.66	196201207	11:19.82	+0,95		
	50m: 38.33	38.33	250m: 3:28.86	43.21	450m: 6:21.63	43.43	650m: 9:14.20	42.87
	100m: 1:20.32	41.99	300m: 4:11.71	42.85	500m: 7:04.64	43.01	700m: 9:57.42	43.22
	150m: 2:02.95	42.63	350m: 4:54.74	43.03	550m: 7:48.25	43.61	750m: 10:40.05	42.63
	200m: 2:45.65	42.70	400m: 5:38.20	43.46	600m: 8:31.33	43.08	800m: 11:19.82	39.77
7.	Rob Penninks 100m*	PSV	11:32.30	196000897	12:00.40	+0,80		
	50m: 39.08	39.08	250m: 3:41.71	45.88	450m: 6:47.38	45.50	650m: 9:49.40	45.15
	100m: 1:23.44	44.36	300m: 4:28.88	47.17	500m: 7:34.03	46.65	700m: 10:34.76	45.36
	150m: 2:09.20	45.76	350m: 5:15.14	46.26	550m: 8:18.82	44.79	750m: 11:18.90	44.14
	200m: 2:55.83	46.63	400m: 6:01.88	46.74	600m: 9:04.25	45.43	800m: 12:00.40	41.50
8.	Paul van der Voort	De Zwoer	11:43.50	196200715	12:22.88	+1,08		
	50m: 38.37	38.37	250m: 3:42.48	47.97	450m: 6:55.48	48.53	650m: 10:06.62	47.58
	100m: 1:22.01	43.64	300m: 4:30.36	47.88	500m: 7:43.69	48.21	700m: 10:53.67	47.05
	150m: 2:08.08	46.07	350m: 5:18.62	48.26	550m: 8:31.46	47.77	750m: 11:40.39	46.72
	200m: 2:54.51	46.43	400m: 6:06.95	48.33	600m: 9:19.04	47.58	800m: 12:22.88	42.49
9.	Jan Willem Heuten	WS Twente	12:19.03	196000883	13:25.87	+0,96		
	50m: 40.14	40.14	250m: 4:03.01	52.18	450m: 7:31.41	51.17	650m: 10:58.65	50.73
	100m: 1:27.19	47.05	300m: 4:56.28	53.27	500m: 8:24.07	52.66	700m: 11:49.58	50.93
	150m: 2:17.27	50.08	350m: 5:48.14	51.86	550m: 9:15.22	51.15	750m: 12:39.04	49.46
	200m: 3:10.83	53.56	400m: 6:40.24	52.10	600m: 10:07.92	52.70	800m: 13:25.87	46.83

Programmanr. 17, Heren, 800m vrije slag

Masters 60+

1. Henk Slomp	De Inktvis	11:25.30	195500359	11:59.74	+0,88
50m: 38.58	250m: 3:38.58	45.69	450m: 6:42.52	45.89	650m: 9:49.22
100m: 1:22.69	300m: 4:24.57	45.99	500m: 7:28.52	46.00	700m: 10:34.57
150m: 2:07.65	350m: 5:10.54	45.97	550m: 8:15.38	46.86	750m: 11:19.05
200m: 2:52.89	400m: 5:56.63	46.09	600m: 9:03.48	48.10	800m: 11:59.74
2. Paul Bunnik	Triton	11:56.50	195600413	12:00.95	+0,92
50m: 38.07	250m: 3:34.05	44.60	450m: 6:40.16	46.75	650m: 9:46.92
100m: 1:20.25	300m: 4:20.28	46.23	500m: 7:26.51	46.35	700m: 10:33.55
150m: 2:04.58	350m: 5:06.25	45.97	550m: 8:14.05	47.54	750m: 11:19.14
200m: 2:49.45	400m: 5:53.41	47.16	600m: 9:00.86	46.81	800m: 12:00.95
3. Andreas Wenning	Bocholter WSV	12:06.40	99336	12:33.65	+1,41
50m: 40.99	250m: 3:46.94	47.70	450m: 6:58.31	47.60	650m: 10:11.04
100m: 1:25.47	300m: 4:34.45	47.51	500m: 7:46.21	47.90	700m: 10:59.21
150m: 2:11.96	350m: 5:22.36	47.91	550m: 8:34.34	48.13	750m: 11:47.23
200m: 2:59.24	400m: 6:10.71	48.35	600m: 9:22.79	48.45	800m: 12:33.65
4. Lex Hoogendam	ZZ&PC De Devel	12:11.31	195700541	12:45.43	+0,91
50m: 39.70	250m: 3:48.24	48.19	450m: 7:04.01	49.18	650m: 10:21.04
100m: 1:25.03	300m: 4:36.68	48.44	500m: 7:53.26	49.25	700m: 11:10.17
150m: 2:12.11	350m: 5:25.46	48.78	550m: 8:41.78	48.52	750m: 11:58.73
200m: 3:00.05	400m: 6:14.83	49.37	600m: 9:31.65	49.87	800m: 12:45.43
5. Dré Klaassen	ZOB'66	13:53.73	195600141	15:00.63	+0,88
50m: 50.65	250m: 4:36.16	56.25	450m: 8:25.38	57.42	650m: 12:14.78
100m: 1:46.89	300m: 5:33.42	57.26	500m: 9:23.14	57.76	700m: 13:12.64
150m: 2:43.61	350m: 6:30.54	57.12	550m: 10:20.13	56.99	750m: 14:07.47
200m: 3:39.91	400m: 7:27.96	57.42	600m: 11:18.07	57.94	800m: 15:00.63

AFGEM Klaus Kalinke

SG Gladbeck/Recklinghause10:51.72 72636

Masters 65+

1. Wout Hemmes	De Plons	12:22.82	194800059	12:28.82	+1,00
50m: 40.04	250m: 3:48.25	48.12	450m: 6:57.79	47.47	650m: 10:08.48
100m: 1:25.18	300m: 4:35.31	47.06	500m: 7:45.02	47.23	700m: 10:56.70
150m: 2:12.64	350m: 5:22.89	47.58	550m: 8:33.54	48.52	750m: 11:44.63
200m: 3:00.13	400m: 6:10.32	47.43	600m: 9:20.44	46.90	800m: 12:28.82
2. Ludwig Lorenz	SG Gladbeck/Recklinghause13:50.02	127866	14:11.33	+1,21	
50/100/200/400m*	250m: 4:25.95	53.87	450m: 8:01.13	53.75	650m: 11:36.04
50m: 50.34	300m: 5:19.65	53.70	500m: 8:54.74	53.61	700m: 12:30.22
100m: 1:44.07	350m: 6:13.35	53.70	550m: 9:48.06	53.32	750m: 13:22.39
150m: 2:38.07	400m: 7:07.38	54.03	600m: 10:42.26	54.20	800m: 14:11.33
200m: 3:32.08					

Masters 70+

1. Rob Hanou	PSV	13:14.40	194300109	13:32.48	+1,17
50m: 44.00	250m: 4:10.27	51.03	450m: 7:37.34	51.76	650m: 11:03.83
100m: 1:35.32	300m: 5:02.09	51.82	500m: 8:29.85	52.51	700m: 11:55.35
150m: 2:27.19	350m: 5:53.23	51.14	550m: 9:20.79	50.94	750m: 12:45.70
200m: 3:19.24	400m: 6:45.58	52.35	600m: 10:12.09	51.30	800m: 13:32.48
2. Willem Putter	ZVVS	13:13.87	194500135	13:47.16	+1,13
50m: 43.77	250m: 4:12.28	52.18	450m: 7:45.95	52.52	650m: 11:17.72
100m: 1:33.87	300m: 5:06.29	54.01	500m: 8:39.72	53.77	700m: 12:09.96
150m: 2:26.11	350m: 5:59.31	53.02	550m: 9:32.05	52.33	750m: 13:00.62
200m: 3:20.10	400m: 6:53.43	54.12	600m: 10:25.65	53.60	800m: 13:47.16

Masters 75+

1. Frederik Hendrik De Bruijn	CN Aquamasters	13:02.17	0X0345415	13:38.65	+1,29
50/100m*	250m:		450m:		650m:
50m: 45.35	250m: 5:01.69	51.83	450m: 7:37.43	50.77	650m: 11:06.84
100m: 1:35.79	300m: 5:53.52	53.14	500m: 8:30.77	53.34	700m: 11:59.41
150m: 2:27.52	350m: 6:46.66	53.14	550m: 9:22.65	51.88	750m: 12:49.63
200m: 3:19.56	400m:		600m: 10:15.43	52.78	800m: 13:38.65



Open Nederlandse Masters
Kampioenschappen 2017 I b
Eindhoven, 4 t/m 7 mei 2017



Programmanr. 17, Heren, 800m vrije slag, Masters 75+

rang	naam	vereniging	inschrijftijd	tijd	RT	IPC		
2.	Frans van Enst	WS Twente	13:36.85	194000011	14:31.37	+1,14		
	50m: 44.70	44.70	250m: 4:27.66	56.79	450m: 8:09.97	56.38	650m: 11:51.49	54.97
	100m: 1:38.44	53.74	300m: 5:22.70	55.04	500m: 9:05.53	55.56	700m: 12:45.26	53.77
	150m: 2:34.42	55.98	350m: 6:18.92	56.22	550m: 10:01.46	55.93	750m: 13:39.54	54.28
	200m: 3:30.87	56.45	400m: 7:13.59	54.67	600m: 10:56.52	55.06	800m: 14:31.37	51.83
3.	Geza Kaltenecker	AZC	14:22.97	194200065	14:56.92	+0,95		
	50m: 46.65	46.65	250m: 4:33.54	58.63	450m: 8:23.63	57.12	650m: 12:13.84	57.12
	100m: 1:41.41	54.76	300m: 5:30.65	57.11	500m: 9:21.99	58.36	700m: 13:11.23	57.39
	150m: 2:38.85	57.44	350m: 6:28.91	58.26	550m: 10:19.67	57.68	750m: 14:06.91	55.68
	200m: 3:34.91	56.06	400m: 7:26.51	57.60	600m: 11:16.72	57.05	800m: 14:56.92	50.01
4.	Rudolf Degenaar	PSV	16:03.11	193900033	17:30.96	+1,78		
	50m: 59.91	59.91	250m: 5:34.46	1:07.26	450m: 10:00.61	1:06.90	650m: 14:22.46	1:04.84
	100m: 2:10.48	1:10.57	300m: 6:41.49	1:07.03	500m: 11:06.99	1:06.38	700m: 15:27.09	1:04.63
	150m: 3:19.88	1:09.40	350m: 7:47.45	1:05.96	550m: 12:12.93	1:05.94	750m: 16:32.05	1:04.96
	200m: 4:27.20	1:07.32	400m: 8:53.71	1:06.26	600m: 13:17.62	1:04.69	800m: 17:30.96	58.91

Masters 80+

1.	Gregor Pompen	Aqua-Novio'94	16:26.11	193700021	17:00.75	+1,28		
	50m: 55.05	55.05	250m: 5:12.19	1:05.73	450m: 9:33.05	1:04.84	650m: 13:52.82	1:04.82
	100m: 1:56.67	1:01.62	300m: 6:17.81	1:05.62	500m: 10:37.93	1:04.88	700m: 14:57.58	1:04.76
	150m: 3:01.28	1:04.61	350m: 7:23.14	1:05.33	550m: 11:42.67	1:04.74	750m: 16:02.00	1:04.42
	200m: 4:06.46	1:05.18	400m: 8:28.21	1:05.07	600m: 12:48.00	1:05.33	800m: 17:00.75	58.75
2.	Bob Berg	PSV	17:51.94	193300011	18:32.26	+1,40		
	50m: 55.98	55.98	250m: 5:30.88	1:09.54	450m: 10:11.05	1:10.01	650m: 14:58.70	1:11.07
	100m: 2:02.35	1:06.37	300m: 6:41.22	1:10.34	500m: 11:23.66	1:12.61	700m: 16:10.85	1:12.15
	150m: 3:12.77	1:10.42	350m: 7:50.92	1:09.70	550m: 12:34.77	1:11.11	750m: 17:21.03	1:10.18
	200m: 4:21.34	1:08.57	400m: 9:01.04	1:10.12	600m: 13:47.63	1:12.86	800m: 18:32.26	1:11.23