

Programmanr. 31
07-05-2017 - 11:27

Heren, 400m wisselslag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT	IPC
Masters 20+						
1.	Emiel van Beusekom	Van Vliet-Barracuda	5:03.58	199403951	5:02.20	+0,83
	50m: 29.80 29.80	150m: 1:45.30 40.20	250m: 3:07.73 43.75	350m: 4:27.34 34.45		
	100m: 1:05.10 35.30	200m: 2:23.98 38.68	300m: 3:52.89 45.16	400m: 5:02.20 34.86		
2.	Vincent Dermaux	ZC Aquadream	4:56.12	199600599	5:07.67	+0,78
	50m: 31.24 31.24	150m: 1:50.04 40.77	250m: 3:11.95 43.89	350m: 4:32.76 35.67		
	100m: 1:09.27 38.03	200m: 2:28.06 38.02	300m: 3:57.09 45.14	400m: 5:07.67 34.91		
3.	Nordin Termoshuizen	WVZ	5:06.90	199605401	5:09.92	+0,80
	50m: 30.81 30.81	150m: 1:46.95 39.76	250m: 3:13.39 46.68	350m: 4:35.42 34.70		
	100m: 1:07.19 36.38	200m: 2:26.71 39.76	300m: 4:00.72 47.33	400m: 5:09.92 34.50		
4.	Richard van der Horst	De Meer	5:15.89	199700179	5:18.49	+0,80
	50m: 33.49 33.49	150m: 1:56.88 44.95	250m: 3:22.47 41.84	350m: 4:42.97 37.66		
	100m: 1:11.93 38.44	200m: 2:40.63 43.75	300m: 4:05.31 42.84	400m: 5:18.49 35.52		
5.	Rick Vaarkamp	Triton Putten	6:50.74	199404979	7:21.87	+0,97
	50m: 45.94 45.94	150m: 2:44.09 58.02	250m: 4:36.25 55.77	350m: 6:29.82 53.59		
	100m: 1:46.07 1:00.13	200m: 3:40.48 56.39	300m: 5:36.23 59.98	400m: 7:21.87 52.05		
Masters 25+						
1.	Tim Bunnik	Triton	5:15.59	199000505	5:21.19	+0,78
	50m: 32.72 32.72	150m: 1:53.59 41.51	250m: 3:23.00 47.18	350m: 4:45.32 34.62		
	100m: 1:12.08 39.36	200m: 2:35.82 42.23	300m: 4:10.70 47.70	400m: 5:21.19 36.87		
2.	Maik Steenkamp	Montferland	5:26.50	199103847	5:24.13	+0,78
	50m: 32.90 32.90	150m: 1:57.39 45.32	250m: 3:27.12 44.66	350m: 4:49.09 37.07		
	100m: 1:12.07 39.17	200m: 2:42.46 45.07	300m: 4:12.02 44.90	400m: 5:24.13 35.04		
3.	Paul Notenboom	Strijen	5:26.84	198805513	5:36.60	+0,67
	50m: 32.04 32.04	150m: 1:57.58 46.11	250m: 3:30.75 48.74	350m: 5:00.60 39.70		
	100m: 1:11.47 39.43	200m: 2:42.01 44.43	300m: 4:20.90 50.15	400m: 5:36.60 36.00		
4.	Niels Albrechts	SGGO (SG)	5:31.39	198800039	5:55.46	+0,86
	50m: 35.80 35.80	150m: 2:05.41 45.01	250m: 3:46.50 57.71	350m: 5:20.30 36.54		
	100m: 1:20.40 44.60	200m: 2:48.79 43.38	300m: 4:43.76 57.26	400m: 5:55.46 35.16		
5.	Nicky Valentijn	AquAmigos	6:28.97	198806175	6:49.73	+0,81
	50m: 43.41 43.41	150m: 2:32.91 57.80	250m: 4:22.32 54.83	350m: 6:05.18 48.24		
	100m: 1:35.11 51.70	200m: 3:27.49 54.58	300m: 5:16.94 54.62	400m: 6:49.73 44.55		
Masters 30+						
1.	Kristiaan Lenos	LZ 1886	5:14.33	198301331	5:13.67	+0,73
	50m: 30.52 30.52	150m: 1:49.51 42.32	250m: 3:16.46 44.82	350m: 4:39.06 36.92		
	100m: 1:07.19 36.67	200m: 2:31.64 42.13	300m: 4:02.14 45.68	400m: 5:13.67 34.61		
2.	Thommy Nickel	ZPC Woerden	5:22.30	198401627	5:19.83	+0,80
	50m: 34.25 34.25	150m: 1:54.98 40.59	250m: 3:20.35 45.18	350m: 4:43.79 36.78		
	100m: 1:14.39 40.14	200m: 2:35.17 40.19	300m: 4:07.01 46.66	400m: 5:19.83 36.04		
3.	Frank van der Voordt	SGGO (SG)	5:32.52	198302259	5:31.32	+0,73
	50m: 33.46 33.46	150m: 1:57.06 43.65	250m: 3:29.00 49.31	350m: 4:56.18 38.16		
	100m: 1:13.41 39.95	200m: 2:39.69 42.63	300m: 4:18.02 49.02	400m: 5:31.32 35.14		
4.	Tim van den Berg	MNC Dordrecht	5:21.99	198500157	5:31.82	+0,73
	50m: 34.48 34.48	150m: 2:03.69 47.14	250m: 3:32.04 43.67	350m: 4:54.96 39.76		
	100m: 1:16.55 42.07	200m: 2:48.37 44.68	300m: 4:15.20 43.16	400m: 5:31.82 36.86		
5.	Martijn Giezen	Montferland	5:32.91	198500813	5:48.55	+0,73
	50m: 33.85 33.85	150m: 2:03.73 44.23	250m: 3:38.51 51.24	350m: 5:09.45 40.14		
	100m: 1:19.50 45.65	200m: 2:47.27 43.54	300m: 4:29.31 50.80	400m: 5:48.55 39.10		
6.	Mark Godwaldt	PSV	5:57.36	198701039	6:21.53	+0,84
	50m: 34.82 34.82	150m: 2:11.89 50.16	250m: 3:59.27 1:00.66	350m: 5:43.59 40.39		
	100m: 1:21.73 46.91	200m: 2:58.61 46.72	300m: 5:03.20 1:03.93	400m: 6:21.53 37.94		

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Masters 35+

1.	Dennis Brouwers	HZPC	5:01.30	197800167	5:11.69	+0,86
	50m: 34.99 34.99	150m: 1:54.09 37.89	250m: 3:16.82 46.01	350m: 4:37.23 34.69		
	100m: 1:16.20 41.21	200m: 2:30.81 36.72	300m: 4:02.54 45.72	400m: 5:11.69 34.46		
2.	Gergely Molnár <i>Hungarian Masters Record</i>	Iron Aquatics	5:01.27		5:13.73	+0,80
	50m: 31.12 31.12	150m: 1:50.41 42.37	250m: 3:17.88 46.01	350m: 4:39.30 35.28		
	100m: 1:08.04 36.92	200m: 2:31.87 41.46	300m: 4:04.02 46.14	400m: 5:13.73 34.43		
3.	Marcel Reefhuis	WS Twente	5:18.45	198101381	5:33.00	+0,83
	50m: 34.43 34.43	150m: 2:00.73 43.80	250m: 3:30.77 46.80	350m: 4:57.50 38.68		
	100m: 1:16.93 42.50	200m: 2:43.97 43.24	300m: 4:18.82 48.05	400m: 5:33.00 35.50		
4.	Harm Jan Otter	De Zandstuve	5:56.13	198101283	5:59.15	+0,94
	50m: 35.03 35.03	150m: 2:10.56 50.29	250m: 3:49.46 49.52	350m: 5:19.63 40.10		
	100m: 1:20.27 45.24	200m: 2:59.94 49.38	300m: 4:39.53 50.07	400m: 5:59.15 39.52		
5.	Rob van Wanrooy	Gay Swim Amsterdam	5:54.57	198202627	6:00.70	+0,76
	50m: 36.31 36.31	150m: 2:08.98 46.47	250m: 3:46.39 51.64	350m: 5:21.71 40.95		
	100m: 1:22.51 46.20	200m: 2:54.75 45.77	300m: 4:40.76 54.37	400m: 6:00.70 38.99		
6.	Albert Garcia i Tormo	PSV	6:25.67	198202583	6:33.99	+0,70
	50m: 43.81 43.81	150m: 2:27.48 55.13	250m: 4:11.52 48.02	350m: 5:48.76 46.98		
	100m: 1:32.35 48.54	200m: 3:23.50 56.02	300m: 5:01.78 50.26	400m: 6:33.99 45.23		
AFGEM	Joris Haest	De Warande	6:06.34	197900441		

Masters 40+

1.	Kasper van den Berghe	Swol 1894	6:12.22	197301125	6:24.34	+0,74
	50m: 41.86 41.86	150m: 2:19.91 49.27	250m: 4:04.81 56.00	350m: 5:43.13 43.23		
	100m: 1:30.64 48.78	200m: 3:08.81 48.90	300m: 4:59.90 55.09	400m: 6:24.34 41.21		
2.	Erik Rushton	WIDEX GZC DONK	6:49.32	197601573	7:36.67	+0,98
	50m: 41.64 41.64	150m: 2:43.26 1:08.15	250m: 4:49.99 1:02.06	350m: 6:44.64 51.00		
	100m: 1:35.11 53.47	200m: 3:47.93 1:04.67	300m: 5:53.64 1:03.65	400m: 7:36.67 52.03		
NG.ZA	Jeroen Van Den Bosch	RSCM	5:00.31	10074/75		

Masters 45+

1.	Antwan van Engen	De Ward	5:33.69	197101577	5:30.45	+0,80
	50m: 31.99 31.99	150m: 1:55.32 45.51	250m: 3:27.63 48.08	350m: 4:55.52 38.20		
	100m: 1:09.81 37.82	200m: 2:39.55 44.23	300m: 4:17.32 49.69	400m: 5:30.45 34.93		
2.	René Beetsma	HZ&PC Heerenveen	5:16.35	196900069	5:32.97	+0,82
	50m: 34.09 34.09	150m: 2:00.03 44.62	250m: 3:30.23 47.50	350m: 4:57.00 39.00		
	100m: 1:15.41 41.32	200m: 2:42.73 42.70	300m: 4:18.00 47.77	400m: 5:32.97 35.97		
3.	Dirk Medland	GZVN	5:24.95	10620/69	5:36.53	+0,68
	50m: 34.50 34.50	150m: 2:02.35 47.50	250m: 3:35.14 45.85	350m: 5:01.13 38.10		
	100m: 1:14.85 40.35	200m: 2:49.29 46.94	300m: 4:23.03 47.89	400m: 5:36.53 35.40		
4.	Frank v Nobelen	Sassenheim	5:30.44	196900753	5:45.12	+0,82
	50m: 34.10 34.10	150m: 1:59.85 45.22	250m: 3:35.87 50.38	350m: 5:06.69 39.43		
	100m: 1:14.63 40.53	200m: 2:45.49 45.64	300m: 4:27.26 51.39	400m: 5:45.12 38.43		
5.	Korstiaan de Boer	Steenwijk 1934	6:08.68	197101629	6:22.07	+0,90
	50m: 37.96 37.96	150m: 2:14.22 49.09	250m: 3:55.99 54.59	350m: 5:36.92 45.77		
	100m: 1:25.13 47.17	200m: 3:01.40 47.18	300m: 4:51.15 55.16	400m: 6:22.07 45.15		
6.	Jacques Verriet	VZV Njord	6:25.43	197001039	6:27.76	+0,80
	50m: 39.84 39.84	150m: 2:22.99 52.11	250m: 4:03.95 51.81	350m: 5:42.51 46.31		
	100m: 1:30.88 51.04	200m: 3:12.14 49.15	300m: 4:56.20 52.25	400m: 6:27.76 45.25		
7.	Ingmar de Gelder	ZOB'66	6:09.94	197000333	6:37.64	+0,80
	50m: 37.04 37.04	150m: 2:19.21 51.69	250m: 4:07.90 57.50	350m: 5:52.23 44.66		
	100m: 1:27.52 50.48	200m: 3:10.40 51.19	300m: 5:07.57 59.67	400m: 6:37.64 45.41		
8.	Marcel Brittijn	De Duinkickers	6:29.56	196900159	7:00.64	+0,67
	50m: 42.90 42.90	150m: 2:36.33 54.66	250m: 4:26.35 56.93	350m: 6:13.40 48.80		
	100m: 1:41.67 58.77	200m: 3:29.42 53.09	300m: 5:24.60 58.25	400m: 7:00.64 47.24		

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Masters 50+

1.	Erlend Alstad <i>Norwegian Masters Record</i>	I.L. Varg	4:59.63	M210367	5:13.02	+0,75
	50m: 32.06 32.06	150m: 1:52.38 42.74	250m: 3:17.71 43.85	350m: 4:39.36 37.22		
	100m: 1:09.64 37.58	200m: 2:33.86 41.48	300m: 4:02.14 44.43	400m: 5:13.02 33.66		
2.	Roman Ponomarenko	Sibmasters	5:23.26		5:27.93	+0,84
	50m: 33.45 33.45	150m: 1:55.97 43.82	250m: 3:26.77 46.53	350m: 4:51.73 37.09		
	100m: 1:12.15 38.70	200m: 2:40.24 44.27	300m: 4:14.64 47.87	400m: 5:27.93 36.20		
3.	Arnold de Rover	AZ&PC De Futen	5:50.26	196400645	5:53.15	+0,86
	50m: 35.15 35.15	150m: 2:06.69 46.16	250m: 3:42.88 49.57	350m: 5:13.20 39.55		
	100m: 1:20.53 45.38	200m: 2:53.31 46.62	300m: 4:33.65 50.77	400m: 5:53.15 39.95		
4.	Fred Dijkshoorn	Zwemvereniging Westland	6:28.26	196501539	6:35.83	+0,84
	50m: 36.09 36.09	150m: 2:17.20 55.83	250m: 4:07.95 58.09	350m: 5:51.21 45.38		
	100m: 1:21.37 45.28	200m: 3:09.86 52.66	300m: 5:05.83 57.88	400m: 6:35.83 44.62		
5.	Erik Saan	De Duck	6:40.76	196500769	6:53.31	+1,11
	50m: 45.09 45.09	150m: 2:32.96 51.73	250m: 4:22.75 57.78	350m: 6:08.29 46.48		
	100m: 1:41.23 56.14	200m: 3:24.97 52.01	300m: 5:21.81 59.06	400m: 6:53.31 45.02		
AFGEM	Otto Jansen	LZ 1886	6:08.71	196501403		

Masters 55+

1.	Hugo Bregman	Albion d'ELFT (SG)	5:22.27	195800069	5:37.96	+0,80
	50m: 33.28 33.28	150m: 1:56.76 44.36	250m: 3:31.61 51.61	350m: 5:01.02 39.39		
	100m: 1:12.40 39.12	200m: 2:40.00 43.24	300m: 4:21.63 50.02	400m: 5:37.96 36.94		
2.	Marten de Groot	HZ&PC Heerenveen	6:09.51	195800149	5:53.61	+0,81
	50m: 35.65 35.65	150m: 2:05.35 48.20	250m: 3:45.24 52.39	350m: 5:16.97 39.05		
	100m: 1:17.15 41.50	200m: 2:52.85 47.50	300m: 4:37.92 52.68	400m: 5:53.61 36.64		
3.	Ron Phaff	PSV	5:50.44	196200495	6:00.26	+0,92
	50m: 35.43 35.43	150m: 2:04.85 46.95	250m: 3:42.57 52.13	350m: 5:17.86 42.54		
	100m: 1:17.90 42.47	200m: 2:50.44 45.59	300m: 4:35.32 52.75	400m: 6:00.26 42.40		
4.	Ronald Grove	Oceanus	5:56.99	196100161	6:04.97	+0,82
	50m: 36.68 36.68	150m: 2:14.64 51.01	250m: 3:53.80 49.39	350m: 5:25.60 39.82		
	100m: 1:23.63 46.95	200m: 3:04.41 49.77	300m: 4:45.78 51.98	400m: 6:04.97 39.37		
5.	Wim Witjes	Aqua-Novio'94	6:40.68	195800483	6:39.91	+0,86
	50m: 42.12 42.12	150m: 2:30.07 54.15	250m: 4:16.61 56.35	350m: 5:57.86 43.82		
	100m: 1:35.92 53.80	200m: 3:20.26 50.19	300m: 5:14.04 57.43	400m: 6:39.91 42.05		
6.	Paul van der Voort	De Zwoer	6:30.17	196200715	6:40.37	+1,10
	50m: 42.31 42.31	150m: 2:25.82 51.63	250m: 4:16.85 1:00.18	350m: 6:00.45 42.84		
	100m: 1:34.19 51.88	200m: 3:16.67 50.85	300m: 5:17.61 1:00.76	400m: 6:40.37 39.92		
7.	Jan Willem Heuten	WS Twente	7:03.83	196000883	7:25.51	+1,00
	50m: 45.71 45.71	150m: 2:42.73 1:01.63	250m: 4:47.84 1:03.80	350m: 6:39.50 47.80		
	100m: 1:41.10 55.39	200m: 3:44.04 1:01.31	300m: 5:51.70 1:03.86	400m: 7:25.51 46.01		

Masters 60+

1.	Paul Bunnik	Triton	6:24.41	195600413	6:31.60	+0,91
	50m: 40.51 40.51	150m: 2:24.68 52.84	250m: 4:12.12 54.44	350m: 5:52.12 42.75		
	100m: 1:31.84 51.33	200m: 3:17.68 53.00	300m: 5:09.37 57.25	400m: 6:31.60 39.48		

Masters 70+

1.	Rob Hanou	PSV	7:20.46	194300109	7:31.89	+1,19
	50m: 51.06 51.06	150m: 2:54.59 1:00.47	250m: 4:54.34 58.21	350m: 6:44.30 48.96		
	100m: 1:54.12 1:03.06	200m: 3:56.13 1:01.54	300m: 5:55.34 1:01.00	400m: 7:31.89 47.59		

Masters 75+

1.	Manfred Bottin	SV Langenfeld 1912	9:22.00	57993	10:28.06	+1,15
	50m: 1:09.49 1:09.49	150m: 4:00.48 1:30.16	250m: 6:54.70 1:25.62	350m: 9:25.84 1:06.79		
	100m: 2:30.32 1:20.83	200m: 5:29.08 1:28.60	300m: 8:19.05 1:24.35	400m: 10:28.06 1:02.22		