

Programmanr. 5  
05-05-2017 - 10:11

Heren, 400m vrije slag

Masters Open  
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT	IPC
<b>Masters 20+</b>						
1.	Robin van Beek	LZ 1886	4:26.17	199704023	4:27.31	+0,74
	50m: 30.28	30.28	150m: 1:37.28	33.93	250m: 2:46.08	34.18
	100m: 1:03.35	33.07	200m: 2:11.90	34.62	300m: 3:20.21	34.13
					350m: 3:54.04	33.83
					400m: 4:27.31	33.27
2.	Emiel van Beusekom	Van Vliet-Barracuda	4:27.58	199403951	4:31.16	+0,77
	50m: 30.14	30.14	150m: 1:37.95	34.42	250m: 2:47.15	34.41
	100m: 1:03.53	33.39	200m: 2:12.74	34.79	300m: 3:22.09	34.94
					350m: 3:56.86	34.77
					400m: 4:31.16	34.30
3.	Nordin Termoshuizen	WVZ	4:41.06	199605401	4:35.56	+0,79
	50m: 30.48	30.48	150m: 1:39.43	34.70	250m: 2:50.94	36.13
	100m: 1:04.73	34.25	200m: 2:14.81	35.38	300m: 3:27.76	36.82
					350m: 4:02.07	34.31
					400m: 4:35.56	33.49
4.	Bart Coymans	Nuenen	4:19.41	199705553	4:40.98	+0,72
	50m: 30.05	30.05	150m: 1:38.93	35.21	250m: 2:52.34	37.03
	100m: 1:03.72	33.67	200m: 2:15.31	36.38	300m: 3:29.39	37.05
					350m: 4:05.82	36.43
					400m: 4:40.98	35.16
5.	Hans Stoffers	Triton Putten	5:02.05	199604027	4:55.86	+0,72
	50m: 30.73	30.73	150m: 1:42.61	36.41	250m: 2:57.39	37.10
	100m: 1:06.20	35.47	200m: 2:20.29	37.68	300m: 3:36.70	39.31
					350m: 4:16.44	39.74
					400m: 4:55.86	39.42
6.	Lars Jacobsen	DWK	5:12.25	199705453	5:16.07	+0,83
	50m: 34.05	34.05	150m: 1:52.34	40.14	250m: 3:14.95	41.71
	100m: 1:12.20	38.15	200m: 2:33.24	40.90	300m: 3:57.10	42.15
					350m: 4:38.88	41.78
					400m: 5:16.07	37.19
7.	Michael Schlijper	Eurode KZC	5:21.09	199303691	5:19.84	+0,81
	50m: 33.23	33.23	150m: 1:51.66	40.90	250m: 3:15.40	42.61
	100m: 1:10.76	37.53	200m: 2:32.79	41.13	300m: 3:57.78	42.38
					350m: 4:40.38	42.60
					400m: 5:19.84	39.46
8.	Michiel van Vliet	ZPC Woerden	5:26.55	199503875	5:49.14	+0,91
	50m: 34.69	34.69	150m: 1:56.98	42.52	250m: 3:27.77	45.80
	100m: 1:14.46	39.77	200m: 2:41.97	44.99	300m: 4:14.84	47.07
					350m: 5:02.56	47.72
					400m: 5:49.14	46.58
9.	Maarten Steekelenburg	Aquamania	6:03.27	199300479	6:02.36	+0,78
	50m: 37.26	37.26	150m: 2:07.78	46.74	250m: 3:43.23	47.85
	100m: 1:21.04	43.78	200m: 2:55.38	47.60	300m: 4:32.95	49.72
					350m: 5:20.31	47.36
					400m: 6:02.36	42.05
<b>Masters 25+</b>						
1.	Rick van Hamond	De Dommelbaarzen	4:14.67	199205873	4:22.20	+0,75
	50m: 30.16	30.16	150m: 1:36.48	33.48	250m: 2:43.74	33.76
	100m: 1:03.00	32.84	200m: 2:09.98	33.50	300m: 3:17.45	33.71
					350m: 3:51.66	34.21
					400m: 4:22.20	30.54
2.	Tim Bunnik	Triton	4:39.29	199000505	4:44.46	+0,83
	50m: 30.87	30.87	150m: 1:40.39	35.08	250m: 2:52.62	36.15
	100m: 1:05.31	34.44	200m: 2:16.47	36.08	300m: 3:29.47	36.85
					350m: 4:06.63	37.16
					400m: 4:44.46	37.83
3.	Maik Steenkamp	Montferland	4:48.13	199103847	4:46.11	+0,78
	50m: 31.73	31.73	150m: 1:42.20	35.78	250m: 2:55.55	36.69
	100m: 1:06.42	34.69	200m: 2:18.86	36.66	300m: 3:32.77	37.22
					350m: 4:10.20	37.43
					400m: 4:46.11	35.91
4.	Niels Albrechts	SGGO (SG)	4:47.11	198800039	4:49.24	+0,80
	50m: 32.45	32.45	150m: 1:44.09	36.42	250m: 2:57.96	37.08
	100m: 1:07.67	35.22	200m: 2:20.88	36.79	300m: 3:35.42	37.46
					350m: 4:12.83	37.41
					400m: 4:49.24	36.41
5.	Arjen Zijlstra	GZVW	5:25.23	199203309	5:42.36	+0,70
	50m: 32.00	32.00	150m: 1:52.14	41.60	250m: 3:21.51	45.60
	100m: 1:10.54	38.54	200m: 2:35.91	43.77	300m: 4:07.91	46.40
					350m: 4:54.93	47.02
					400m: 5:42.36	47.43
6.	Danny Vochtelo	TriVia	6:20.07	199207251	6:15.50	+1,07
	200m*					
	50m: 42.21	42.21	150m: 2:15.73	47.92	250m: 3:52.54	48.59
	100m: 1:27.81	45.60	200m: 3:03.95	48.22	300m: 4:40.93	48.39
					350m: 5:29.37	48.44
					400m: 6:15.50	46.13

Programmanr. 5, Heren, 400m vrije slag

Masters 30+

1. Erik Schröder	TriVia	4:11.47	198402025	<b>4:23.70</b>	+0,86
50m: 29.46	29.46	150m: 1:35.19	33.29	250m: 2:43.18	34.28
100m: 1:01.90	32.44	200m: 2:08.90	33.71	300m: 3:17.34	34.16
350m: 3:51.36		400m: 4:23.70			
34.02					
32.34					
2. Kristiaan Lenos	LZ 1886	4:33.14	198301331	<b>4:35.44</b>	+0,75
50m: 30.35	30.35	150m: 1:37.96	34.37	250m: 2:48.11	34.91
100m: 1:03.59	33.24	200m: 2:13.20	35.24	300m: 3:24.07	35.96
350m: 4:00.09		400m: 4:35.44			
36.02					
35.35					
3. Pieter Pickhardt	ZPC De Hof	4:29.58	198301657	<b>4:39.45</b>	+0,85
50m: 31.63	31.63	150m: 1:40.55	34.59	250m: 2:51.85	35.54
100m: 1:05.96	34.33	200m: 2:16.31	35.76	300m: 3:28.20	36.35
350m: 4:04.16		400m: 4:39.45			
35.96					
35.29					
4. Jim Geestman	RSW (SG)	4:30.35	198300699	<b>4:44.96</b>	+0,84
50m: 30.88	30.88	150m: 1:40.71	35.33	250m: 2:54.50	37.23
100m: 1:05.38	34.50	200m: 2:17.27	36.56	300m: 3:32.56	38.06
350m: 4:10.13		400m: 4:44.96			
37.57					
34.83					
5. Frank van der Voordt	SGGO (SG)	5:02.29	198302259	<b>4:59.05</b>	+0,74
50m: 33.76	33.76	150m: 1:48.99	38.06	250m: 3:05.69	38.31
100m: 1:10.93	37.17	200m: 2:27.38	38.39	300m: 3:43.80	38.11
350m: 4:22.00		400m: 4:59.05			
38.20					
37.05					
6. Mark Godwaldt	PSV	5:06.36	198701039	<b>5:02.65</b>	+0,87
50m: 33.34	33.34	150m: 1:49.54	38.86	250m: 3:07.66	39.18
100m: 1:10.68	37.34	200m: 2:28.48	38.94	300m: 3:46.79	39.13
350m: 4:26.73		400m: 5:02.65			
39.94					
35.92					
7. Rudi Butselaar	GoSwim	5:37.25	198700577	<b>5:50.97</b>	+0,79
50m: 36.91	36.91	150m: 2:04.05	44.81	250m: 3:35.94	46.13
100m: 1:19.24	42.33	200m: 2:49.81	45.76	300m: 4:21.02	45.08
350m: 5:06.94		400m: 5:50.97			
45.92					
44.03					
8. Jasper Peters	PSV	5:15.00	198602379	<b>5:57.64</b> *	+0,89
50m: 35.07	35.07	150m: 2:01.34	44.67	250m: 3:33.77	46.30
100m: 1:16.67	41.60	200m: 2:47.47	46.13	300m: 4:21.48	47.71
350m: 5:09.52		400m: 5:57.64			
48.04					
48.12					
9. Sander van Tilburg	Den Doorn	5:58.73	198604609	<b>6:02.12</b>	+0,82
50m: 37.67	37.67	150m: 2:07.28	46.60	250m: 3:42.61	47.93
100m: 1:20.68	43.01	200m: 2:54.68	47.40	300m: 4:30.21	47.60
350m: 5:18.25		400m: 6:02.12			
48.04					
43.87					

Masters 35+

1. Gergely Molnár	Iron Aquatics	4:33.69		<b>4:35.90</b>	+0,85
50m: 30.77	30.77	150m: 1:40.60	35.22	250m: 2:51.14	35.23
100m: 1:05.38	34.61	200m: 2:15.91	35.31	300m: 3:26.65	35.51
350m: 4:01.92		400m: 4:35.90			
35.27					
33.98					
2. Dennis Brouwers	HZPC	4:32.42	197800167	<b>4:42.10</b>	+0,80
50m: 32.16	32.16	150m: 1:42.99	35.92	250m: 2:55.14	35.45
100m: 1:07.07	34.91	200m: 2:19.69	36.70	300m: 3:31.02	35.88
350m: 4:06.52		400m: 4:42.10			
35.50					
35.58					
3. Marcel Reefhuis	WS Twente	4:42.05	198101381	<b>4:44.77</b>	+0,79
50m: 31.89	31.89	150m: 1:43.93	36.42	250m: 2:56.54	36.14
100m: 1:07.51	35.62	200m: 2:20.40	36.47	300m: 3:33.16	36.62
350m: 4:09.45		400m: 4:44.77			
36.29					
35.32					
4. Bart Siczynski	MZ&PC	4:57.19	197901995	<b>5:15.57</b>	+0,72
50m: 34.22	34.22	150m: 1:50.52	38.87	250m: 3:11.11	40.61
100m: 1:11.65	37.43	200m: 2:30.50	39.98	300m: 3:52.87	41.76
350m: 4:34.97		400m: 5:15.57			
42.10					
40.60					
5. Harm Jan Otter	De Zandstuve	5:28.69	198101283	<b>5:27.18</b>	+0,91
50m: 34.55	34.55	150m: 1:54.99	41.43	250m: 3:20.81	42.80
100m: 1:13.56	39.01	200m: 2:38.01	43.02	300m: 4:03.97	43.16
350m: 4:46.12		400m: 5:27.18			
42.15					
41.06					
6. Ingmar Kooman	LZ 1886	5:23.16	197901517	<b>5:28.15</b>	+0,84
50m: 34.48	34.48	150m: 1:56.62	42.51	250m: 3:23.14	43.44
100m: 1:14.11	39.63	200m: 2:39.70	43.08	300m: 4:06.28	43.14
350m: 4:48.78		400m: 5:28.15			
42.50					
39.37					
7. Rob van Wanrooy	Gay Swim Amsterdam	5:21.78	198202627	<b>5:32.36</b>	+0,76
50m: 35.13	35.13	150m: 1:56.12	41.34	250m: 3:22.81	43.61
100m: 1:14.78	39.65	200m: 2:39.20	43.08	300m: 4:07.11	44.30
350m: 4:51.49		400m: 5:32.36			
44.38					
40.87					
8. Peter Eshuis	DBD	5:18.25	198000375	<b>5:34.00</b>	+0,78
50m: 34.11	34.11	150m: 1:53.71	41.07	250m: 3:20.14	43.62
100m: 1:12.64	38.53	200m: 2:36.52	42.81	300m: 4:05.20	45.06
350m: 4:50.80		400m: 5:34.00			
45.60					
43.20					

Masters 40+

1. Ivo Roozeboom	WVZ	4:40.85	197700801	<b>4:39.65</b>	+0,80
50m: 31.05	31.05	150m: 1:43.15	36.47	250m: 2:55.11	35.63
100m: 1:06.68	35.63	200m: 2:19.48	36.33	300m: 3:30.99	35.88
350m: 4:06.05		400m: 4:39.65			
35.06					
33.60					
2. Bas Broekhuis	MZ&PC	4:55.20	197601561	<b>5:18.42</b>	+0,94
50m: 35.34	35.34	150m: 1:54.56	40.21	250m: 3:16.81	41.30
100m: 1:14.35	39.01	200m: 2:35.51	40.95	300m: 3:58.33	41.52
350m: 4:39.04		400m: 5:18.42			
40.71					
39.38					

Programmanr. 5, Heren, 400m vrije slag

Masters 45+

1.	Pieter van Gemeren	DAW	5:02.73	196901779	<b>4:46.34</b>	+0,78
	50m: 31.55	31.55	150m: 1:42.31	35.65	250m: 2:56.25	36.91
	100m: 1:06.66	35.11	200m: 2:19.34	37.03	300m: 3:33.62	37.37
					350m: 4:10.59	36.97
					400m: 4:46.34	35.75
2.	Glen le Clercq	De Rog	4:43.19	196800177	<b>4:48.79</b>	+0,78
	50m: 31.60	31.60	150m: 1:44.84	37.08	250m: 2:58.47	36.57
	100m: 1:07.76	36.16	200m: 2:21.90	37.06	300m: 3:35.11	36.64
					350m: 4:12.24	37.13
					400m: 4:48.79	36.55
3.	Francis Roosen 100m*	VZV Njord	5:14.94	196801581	<b>5:10.88</b>	+0,80
	50m: 35.05	35.05	150m: 1:51.70	38.83	250m: 3:09.90	39.33
	100m: 1:12.87	37.82	200m: 2:30.57	38.87	300m: 3:50.42	40.52
					350m: 4:31.26	40.84
					400m: 5:10.88	39.62
4.	Gianluca Gaio	Swimming Club Rixensart	5:23.93	005531/71	<b>5:21.25</b>	+1,05
	50m: 34.70	34.70	150m: 1:52.78	40.51	250m: 3:16.14	42.01
	100m: 1:12.27	37.57	200m: 2:34.13	41.35	300m: 3:57.62	41.48
					350m: 4:40.34	42.72
					400m: 5:21.25	40.91
5.	Chris Kouwenhoven	De Spatters	5:35.56	197101669	<b>5:32.34</b>	+0,89
	50m: 37.17	37.17	150m: 2:02.91	43.01	250m: 3:27.53	42.15
	100m: 1:19.90	42.73	200m: 2:45.38	42.47	300m: 4:09.90	42.37
					350m: 4:51.94	42.04
					400m: 5:32.34	40.40
6.	Christophe Wadin	Royal Dauphins Mouscronno5	5:37.71	005113/68	<b>5:32.53</b>	+0,88
	50m: 34.75	34.75	150m: 1:56.15	41.79	250m: 3:23.78	43.87
	100m: 1:14.36	39.61	200m: 2:39.91	43.76	300m: 4:07.91	44.13
					350m: 4:51.95	44.04
					400m: 5:32.53	40.58
7.	Wouter van der Stelt	Den Doorn	5:40.21	197200889	<b>5:40.47</b>	+0,87
	50m: 35.70	35.70	150m: 1:59.14	42.63	250m: 3:27.65	44.13
	100m: 1:16.51	40.81	200m: 2:43.52	44.38	300m: 4:11.84	44.19
					350m: 4:56.32	44.48
					400m: 5:40.47	44.15
8.	Bas van Gool	De Geul	6:30.07	197201435	<b>6:32.90</b>	+0,89
	50m: 40.43	40.43	150m: 2:16.16	49.71	250m: 3:59.63	52.58
	100m: 1:26.45	46.02	200m: 3:07.05	50.89	300m: 4:52.61	52.98
					350m: 5:45.26	52.65
					400m: 6:32.90	47.64

Masters 50+

1.	Erlend Alstad	I.L. Varg	4:26.35	M210367	<b>4:38.45</b>	+0,74
	<i>Kampioenschaps Record, Norwegian Masters Record</i>					
	50m: 32.52	32.52	150m: 1:42.53	35.02	250m: 2:53.27	35.45
	100m: 1:07.51	34.99	200m: 2:17.82	35.29	300m: 3:28.68	35.41
					350m: 4:04.65	35.97
					400m: 4:38.45	33.80
2.	Roman Ponomarenko	Sibmasters	4:40.25		<b>4:43.41</b>	+0,82
	50m: 31.49	31.49	150m: 1:40.91	34.97	250m: 2:52.89	36.26
	100m: 1:05.94	34.45	200m: 2:16.63	35.72	300m: 3:29.94	37.05
					350m: 4:07.25	37.31
					400m: 4:43.41	36.16
3.	Jo-an Mudde	Zeester-Meerval	4:44.18	196701457	<b>4:54.99</b>	+0,89
	50m: 32.96	32.96	150m: 1:46.20	36.71	250m: 3:01.06	37.30
	100m: 1:09.49	36.53	200m: 2:23.76	37.56	300m: 3:38.87	37.81
					350m: 4:16.76	37.89
					400m: 4:54.99	38.23
4.	Geert Wijn	De Gelenberg	4:50.02	196701101	<b>4:57.18</b>	+0,69
	50m: 32.56	32.56	150m: 1:45.87	37.15	250m: 3:02.03	38.31
	100m: 1:08.72	36.16	200m: 2:23.72	37.85	300m: 3:40.31	38.28
					350m: 4:18.99	38.68
					400m: 4:57.18	38.19
5.	Ralf Dillig	Duisburger ST	5:08.01	60769	<b>5:11.22</b> *	+0,88
	50m: 34.13	34.13	150m: 1:52.12	39.75	250m: 3:11.49	39.73
	100m: 1:12.37	38.24	200m: 2:31.76	39.64	300m: 3:51.59	40.10
					350m: 4:31.81	40.22
					400m: 5:11.22	39.41
6.	Nico Paasse	SGGO (SG)	5:19.74	196501463	<b>5:15.91</b>	+0,91
	50m: 33.13	33.13	150m: 1:52.00	39.66	250m: 3:15.00	40.29
	100m: 1:12.34	39.21	200m: 2:34.71	42.71	300m: 3:56.77	41.77
					350m: 4:37.01	40.24
					400m: 5:15.91	38.90
7.	Davy Aerts	Shark	5:12.20	10452/64	<b>5:15.94</b>	+0,86
	50m: 35.51	35.51	150m: 1:55.18	40.26	250m: 3:16.22	40.73
	100m: 1:14.92	39.41	200m: 2:35.49	40.31	300m: 3:56.85	40.63
					350m: 4:37.44	40.59
					400m: 5:15.94	38.50
8.	Fred Dijkshoorn	Zwemvereniging Westland	5:24.92	196501539	<b>5:35.39</b>	+0,82
	50m: 36.01	36.01	150m: 2:01.51	43.78	250m: 3:29.94	44.28
	100m: 1:17.73	41.72	200m: 2:45.66	44.15	300m: 4:13.51	43.57
					350m: 4:55.10	41.59
					400m: 5:35.39	40.29
9.	Joost de Kroon	AquAmigos	5:41.12	196400999	<b>5:41.10</b>	+1,02
	50m: 37.77	37.77	150m: 2:03.93	43.75	250m: 3:32.88	44.31
	100m: 1:20.18	42.41	200m: 2:48.57	44.64	300m: 4:17.14	44.26
					350m: 5:00.90	43.76
					400m: 5:41.10	40.20
10.	Roy le Clercq	De Rog	6:02.73	196401041	<b>5:44.66</b>	+0,93
	50m: 36.46	36.46	150m: 2:02.45	44.02	250m: 3:31.90	44.65
	100m: 1:18.43	41.97	200m: 2:47.25	44.80	300m: 4:16.64	44.74
					350m: 5:01.27	44.63
					400m: 5:44.66	43.39

Programmanr. 5, Heren, 400m vrije slag, Masters 50+

rang	naam	vereniging	inschrijftijd	196301341	tijd	RT	IPC	
11.	Casper Dollekamp 100/200m*	Steenwijk 1934	5:55.61	196301341	<b>5:58.35</b> *	+0,75		
	50m: 37.74 100m: 1:20.79	37.74 43.05	150m: 2:06.18 200m: 2:52.90	45.39 46.72	250m: 3:39.68 300m: 4:26.87	46.78 47.19	350m: 5:14.76 400m: 5:58.35	47.89 43.59

Masters 55+

1.	Marten de Groot	HZ&PC Heerenveen	4:35.95	195800149	<b>4:44.28</b>	+0,83		
	50m: 31.66 100m: 1:06.20	31.66 34.54	150m: 1:41.89 200m: 2:17.93	35.69 36.04	250m: 2:54.04 300m: 3:30.95	36.11 36.91	350m: 4:07.96 400m: 4:44.28	37.01 36.32
2.	Johan Remmits	ZPC Woerden	4:45.56	196201159	<b>4:47.96</b>	+0,86		
	50m: 32.29 100m: 1:07.17	32.29 34.88	150m: 1:43.44 200m: 2:20.29	36.27 36.85	250m: 2:57.47 300m: 3:34.54	37.18 37.07	350m: 4:12.18 400m: 4:47.96	37.64 35.78
3.	Hugo Bregman 100m*	Albion d'ELFT (SG)	4:53.57	195800069	<b>4:54.45</b>	+0,77		
	50m: 32.99 100m: 1:10.38	32.99 37.39	150m: 1:48.20 200m: 2:26.38	37.82 38.18	250m: 3:04.39 300m: 3:41.73	38.01 37.34	350m: 4:19.59 400m: 4:54.45	37.86 34.86
4.	Henk Kuipers 100/200m*	UZSC	5:36.08	196201207	<b>5:32.49</b> *	+0,76		
	50m: 37.36 100m: 1:18.89	37.36 41.53	150m: 2:01.95 200m: 2:45.11	43.06 43.16	250m: 3:28.05 300m: 4:11.06	42.94 43.01	350m: 4:53.40 400m: 5:32.49	42.34 39.09
5.	Eric Langhorst	De Rijn	5:30.01	196200389	<b>5:33.81</b>	+0,83		
	50m: 36.36 100m: 1:17.68	36.36 41.32	150m: 2:00.92 200m: 2:44.45	43.24 43.53	250m: 3:28.03 300m: 4:10.73	43.58 42.70	350m: 4:53.33 400m: 5:33.81	42.60 40.48
6.	Rob Penninks 200m*	PSV	5:34.89	196000897	<b>5:39.17</b>	+0,76		
	50m: 37.42 100m: 1:18.88	37.42 41.46	150m: 2:02.61 200m: 2:45.99	43.73 43.38	250m: 3:30.33 300m: 4:14.08	44.34 43.75	350m: 4:58.26 400m: 5:39.17	44.18 40.91
7.	Ronald van Ginneken	Old Dutch	5:50.77	196100827	<b>5:41.12</b>	+0,97		
	50m: 37.00 100m: 1:20.15	37.00 43.15	150m: 2:04.26 200m: 2:49.15	44.11 44.89	250m: 3:33.14 300m: 4:17.90	43.99 44.76	350m: 5:00.97 400m: 5:41.12	43.07 40.15
8.	Jan Willem Heuten	WS Twente	6:07.53	196000883	<b>6:32.46</b>	+0,98		
	50m: 40.69 100m: 1:27.28	40.69 46.59	150m: 2:17.22 200m: 3:09.34	49.94 52.12	250m: 4:01.43 300m: 4:53.51	52.09 52.08	350m: 5:43.48 400m: 6:32.46	49.97 48.98
NG.ZA	Marius Ros	ZCNF'34	5:12.23	195900779				

Masters 60+

1.	André Storm	WVZ	5:39.37	195600407	<b>5:41.08</b>	+0,72		
	50m: 36.55 100m: 1:19.76	36.55 43.21	150m: 2:04.00 200m: 2:48.81	44.24 44.81	250m: 3:33.48 300m: 4:18.20	44.67 44.72	350m: 5:01.67 400m: 5:41.08	43.47 39.41
2.	Paul Bunnik	Triton	5:49.06	195600413	<b>5:47.27</b>	+0,90		
	50m: 35.82 100m: 1:16.95	35.82 41.13	150m: 1:59.55 200m: 2:45.47	42.60 45.92	250m: 3:30.90 300m: 4:17.50	45.43 46.60	350m: 5:03.15 400m: 5:47.27	45.65 44.12
3.	Henk Slomp	De Inktvis	5:31.03	195500359	<b>5:56.01</b>	+0,96		
	50m: 35.87 100m: 1:18.33	35.87 42.46	150m: 2:03.23 200m: 2:50.07	44.90 46.84	250m: 3:36.51 300m: 4:23.80	46.44 47.29	350m: 5:12.54 400m: 5:56.01	48.74 43.47
4.	Lex Hoogendam	ZZ&PC De Devel	5:53.59	195700541	<b>6:14.03</b>	+1,06		
	50m: 38.81 100m: 1:24.28	38.81 45.47	150m: 2:11.68 200m: 2:59.71	47.40 48.03	250m: 3:47.74 300m: 4:36.53	48.03 48.79	350m: 5:25.45 400m: 6:14.03	48.92 48.58
5.	Dré Klaassen	ZOB'66	6:50.34	195600141	<b>7:17.17</b>	+1,00		
	50m: 49.47 100m: 1:44.81	49.47 55.34	150m: 2:40.15 200m: 3:36.63	55.34 56.48	250m: 4:33.34 300m: 5:30.55	56.71 57.21	350m: 6:26.05 400m: 7:17.17	55.50 51.12
AFGEM	Klaus Kalinke	SG Gladbeck/Recklinghausen	5:05.61	72636				

Programmanr. 5, Heren, 400m vrije slag

Masters 65+

1. Wout Hemmes	De Plons	5:53.82	194800059	<b>5:55.02</b>	+0,96
50m: 38.09	38.09	150m: 2:06.46	45.22	250m: 3:37.45	45.63
100m: 1:21.24	43.15	200m: 2:51.82	45.36	300m: 4:23.83	46.38
				350m: 5:09.72	45.89
				400m: 5:55.02	45.30
2. Ludwig Lorenz	SG Gladbeck/Recklinghausen	6:44.31	127866	<b>6:55.31</b>	+1,07
100/200m*					
50m: 48.63	48.63	150m: 2:36.46	54.70	250m: 4:22.81	52.87
100m: 1:41.76	53.13	200m: 3:29.94	53.48	300m: 5:15.30	52.49
				350m: 6:06.81	51.51
				400m: 6:55.31	48.50

Masters 70+

1. Willem Putter	ZVVS	6:19.16	194500135	<b>6:19.78</b>	+1,07
50m: 40.23	40.23	150m: 2:16.15	49.17	250m: 3:56.26	49.81
100m: 1:26.98	46.75	200m: 3:06.45	50.30	300m: 4:46.45	50.19
				350m: 5:35.40	48.95
				400m: 6:19.78	44.38
2. Günter Mitlewski	SV Blau-Weiss Bochum	6:14.41	081309	<b>6:25.83</b>	+1,04
50m: 42.31	42.31	150m: 2:20.46	49.94	250m: 3:58.86	48.89
100m: 1:30.52	48.21	200m: 3:09.97	49.51	300m: 4:48.20	49.34
				350m: 5:37.59	49.39
				400m: 6:25.83	48.24
3. Rob Hanou	PSV	6:32.29	194300109	<b>6:31.41</b>	+1,14
50m: 42.57	42.57	150m: 2:23.95	52.10	250m: 4:06.08	51.29
100m: 1:31.85	49.28	200m: 3:14.79	50.84	300m: 4:55.22	49.14
				350m: 5:45.96	50.74
				400m: 6:31.41	45.45
4. Peter Ouweneel	RSW (SG)	8:02.04	194500077	<b>9:27.63</b>	+1,25
50m: 58.14	58.14	150m: 3:14.77	1:11.08	250m: 5:42.02	1:14.59
100m: 2:03.69	1:05.55	200m: 4:27.43	1:12.66	300m: 6:58.66	1:16.64
				350m: 8:16.58	1:17.92
				400m: 9:27.63	1:11.05

Masters 75+

1. Frederik Hendrik De Bruijn	CN Aquamasters	6:07.91	0X0345415	<b>6:40.61</b>	+1,22
<i>Kampioenschaps Record</i>					
50m: 45.98	45.98	150m: 2:25.08	50.32	250m: 4:09.73	51.91
100m: 1:34.76	48.78	200m: 3:17.82	52.74	300m: 5:01.80	52.07
				350m: 5:52.08	50.28
				400m: 6:40.61	48.53
2. Frans van Enst	WS Twente	6:41.60	194000011	<b>6:54.57</b>	+1,14
50m: 43.43	43.43	150m: 2:29.11	54.58	250m: 4:17.85	54.51
100m: 1:34.53	51.10	200m: 3:23.34	54.23	300m: 5:12.01	54.16
				350m: 6:05.47	53.46
				400m: 6:54.57	49.10
3. Geza Kaltenecker	AZC	6:48.11	194200065	<b>7:00.79</b>	+0,94
50m: 44.94	44.94	150m: 2:30.58	53.75	250m: 4:20.76	55.31
100m: 1:36.83	51.89	200m: 3:25.45	54.87	300m: 5:15.90	55.14
				350m: 6:10.40	54.50
				400m: 7:00.79	50.39
4. Otto Schleich	SV Langenfeld 1912	7:58.09	315352	<b>8:29.88</b>	+1,34
50m: 53.34	53.34	150m: 3:02.15	1:05.49	250m: 5:15.21	1:06.33
100m: 1:56.66	1:03.32	200m: 4:08.88	1:06.73	300m: 6:21.39	1:06.18
				350m: 7:27.23	1:05.84
				400m: 8:29.88	1:02.65
5. Rudolf Degenaar	PSV	8:04.82	193900033	<b>8:43.09</b>	+1,54
100m*					
50m: 1:00.92	1:00.92	150m: 3:22.85	1:09.58	250m: 5:36.39	1:05.89
100m: 2:13.27	1:12.35	200m: 4:30.50	1:07.65	300m: 6:42.30	1:05.91
				350m: 7:45.84	1:03.54
				400m: 8:43.09	57.25

Masters 80+

1. Gregor Pompen	Aqua-Novio'94	7:50.61	193700021	<b>8:08.10</b>	+1,24
50m: 53.75	53.75	150m: 2:55.74	1:01.28	250m: 5:01.69	1:03.05
100m: 1:54.46	1:00.71	200m: 3:58.64	1:02.90	300m: 6:05.60	1:03.91
				350m: 7:07.51	1:01.91
				400m: 8:08.10	1:00.59
2. Bob Berg	PSV	8:33.49	193300011	<b>8:51.36</b>	+1,36
50m: 56.04	56.04	150m: 3:11.78	1:08.44	250m: 5:29.66	1:08.85
100m: 2:03.34	1:07.30	200m: 4:20.81	1:09.03	300m: 6:38.77	1:09.11
				350m: 7:46.13	1:07.36
				400m: 8:51.36	1:05.23