

Programmanr. 32
21-01-2018 - 11:07

Heren, 400m wisselslag

Masters Open
Resultaten

| rang | naam | vereniging | inschrijftijd | tijd | RT | IPC |
|--------------------|-----------------------|-------------------------|---------------|-----------|---------------|-------|
| Masters 20+ | | | | | | |
| 1. | Nordin Termoshuizen | WVZ | 4:53.51 | 199605401 | 4:55.15 | +0,68 |
| | 50m: 30.85 | 30.85 | 150m: 1:44.49 | 37.73 | 250m: 3:06.16 | 43.46 |
| | 100m: 1:06.76 | 35.91 | 200m: 2:22.70 | 38.21 | 300m: 3:51.18 | 45.02 |
| | | | | | 350m: 4:24.08 | 32.90 |
| | | | | | 400m: 4:55.15 | 31.07 |
| 2. | Robin van Beek | LZ 1886 | 4:52.49 | 199704023 | 4:55.26 | +0,73 |
| | 50m: 31.02 | 31.02 | 150m: 1:45.65 | 38.91 | 250m: 3:05.42 | 42.59 |
| | 100m: 1:06.74 | 35.72 | 200m: 2:22.83 | 37.18 | 300m: 3:49.73 | 44.31 |
| | | | | | 350m: 4:23.73 | 34.00 |
| | | | | | 400m: 4:55.26 | 31.53 |
| 3. | Emiel van Beusekom | Van Vliet-Barracuda | 4:49.69 | 199403951 | 4:59.22 | +0,86 |
| | 50m: 30.41 | 30.41 | 150m: 1:46.65 | 39.78 | 250m: 3:08.61 | 42.17 |
| | 100m: 1:06.87 | 36.46 | 200m: 2:26.44 | 39.79 | 300m: 3:53.49 | 44.88 |
| | | | | | 350m: 4:27.34 | 33.85 |
| | | | | | 400m: 4:59.22 | 31.88 |
| 4. | Vincent Dermaux | ZC Aquadream | 4:56.12 | 199600599 | 4:59.31 | +0,82 |
| | 50m: 30.29 | 30.29 | 150m: 1:44.44 | 37.80 | 250m: 3:05.31 | 43.75 |
| | 100m: 1:06.64 | 36.35 | 200m: 2:21.56 | 37.12 | 300m: 3:50.54 | 45.23 |
| | | | | | 350m: 4:25.43 | 34.89 |
| | | | | | 400m: 4:59.31 | 33.88 |
| 5. | Jeffrey Camphens | DWT | 4:57.73 | 199503113 | 5:04.36 | +0,68 |
| | 50m: 31.34 | 31.34 | 150m: 1:51.62 | 42.22 | 250m: 3:14.31 | 41.52 |
| | 100m: 1:09.40 | 38.06 | 200m: 2:32.79 | 41.17 | 300m: 3:56.69 | 42.38 |
| | | | | | 350m: 4:31.30 | 34.61 |
| | | | | | 400m: 5:04.36 | 33.06 |
| 6. | Richard van der Horst | De Meer | 5:05.45 | 199700179 | 5:08.22 | +0,87 |
| | 50m: 32.60 | 32.60 | 150m: 1:53.27 | 41.12 | 250m: 3:17.28 | 41.47 |
| | 100m: 1:12.15 | 39.55 | 200m: 2:35.81 | 42.54 | 300m: 3:59.60 | 42.32 |
| | | | | | 350m: 4:34.43 | 34.83 |
| | | | | | 400m: 5:08.22 | 33.79 |
| 7. | Martijn Kornet | Zwemlust-den Hommel | 5:24.87 | 199700231 | 5:16.12 | +0,88 |
| | 50m: 31.89 | 31.89 | 150m: 1:52.79 | 42.09 | 250m: 3:20.68 | 46.62 |
| | 100m: 1:10.70 | 38.81 | 200m: 2:34.06 | 41.27 | 300m: 4:07.81 | 47.13 |
| | | | | | 350m: 4:42.85 | 35.04 |
| | | | | | 400m: 5:16.12 | 33.27 |
| 8. | Hans Stoffers | Triton Putten | 5:29.51 | 199604027 | 5:33.89 | +0,54 |
| | 50m: 30.99 | 30.99 | 150m: 1:53.68 | 43.57 | 250m: 3:24.50 | 48.12 |
| | 100m: 1:10.11 | 39.12 | 200m: 2:36.38 | 42.70 | 300m: 4:14.28 | 49.78 |
| | | | | | 350m: 4:54.30 | 40.02 |
| | | | | | 400m: 5:33.89 | 39.59 |
| Masters 25+ | | | | | | |
| 1. | Tim Bunnik | Triton | 4:56.46 | 199000505 | 4:58.36 | +0,90 |
| | 50m: 30.75 | 30.75 | 150m: 1:45.44 | 37.91 | 250m: 3:06.21 | 42.49 |
| | 100m: 1:07.53 | 36.78 | 200m: 2:23.72 | 38.28 | 300m: 3:49.41 | 43.20 |
| | | | | | 350m: 4:23.42 | 34.01 |
| | | | | | 400m: 4:58.36 | 34.94 |
| 2. | Martijn Dolk | The Hague Swimming (SG) | 5:06.01 | 198900737 | 5:05.54 | +0,88 |
| | 50m: 29.53 | 29.53 | 150m: 1:43.89 | 38.19 | 250m: 3:09.07 | 46.61 |
| | 100m: 1:05.70 | 36.17 | 200m: 2:22.46 | 38.57 | 300m: 3:55.75 | 46.68 |
| | | | | | 350m: 4:31.22 | 35.47 |
| | | | | | 400m: 5:05.54 | 34.32 |
| 3. | Maik Steenkamp | Montferland | 5:03.15 | 199103847 | 5:10.30 | +0,81 |
| | 50m: 32.44 | 32.44 | 150m: 1:51.88 | 41.90 | 250m: 3:16.35 | 42.65 |
| | 100m: 1:09.98 | 37.54 | 200m: 2:33.70 | 41.82 | 300m: 3:59.16 | 42.81 |
| | | | | | 350m: 4:36.01 | 36.85 |
| | | | | | 400m: 5:10.30 | 34.29 |
| 4. | Patrick Creemers | RZ | 5:19.37 | 199000579 | 5:15.59 | +0,56 |
| | 50m: 33.28 | 33.28 | 150m: 1:56.66 | 42.50 | 250m: 3:20.53 | 42.30 |
| | 100m: 1:14.16 | 40.88 | 200m: 2:38.23 | 41.57 | 300m: 4:05.06 | 44.53 |
| | | | | | 350m: 4:40.97 | 35.91 |
| | | | | | 400m: 5:15.59 | 34.62 |
| 5. | Wessel Everloo | De Veene | 5:09.73 | 198906597 | 5:16.39 | +0,91 |
| | 50m: 32.39 | 32.39 | 150m: 1:51.16 | 39.99 | 250m: 3:17.83 | 47.63 |
| | 100m: 1:11.17 | 38.78 | 200m: 2:30.20 | 39.04 | 300m: 4:06.45 | 48.62 |
| | | | | | 350m: 4:42.10 | 35.65 |
| | | | | | 400m: 5:16.39 | 34.29 |
| 6. | Rens Post | WVZ | 5:28.13 | 199101827 | 5:24.41 | +0,80 |
| | 50m: 32.81 | 32.81 | 150m: 1:55.94 | 43.66 | 250m: 3:25.50 | 45.07 |
| | 100m: 1:12.28 | 39.47 | 200m: 2:40.43 | 44.49 | 300m: 4:12.14 | 46.64 |
| | | | | | 350m: 4:50.52 | 38.38 |
| | | | | | 400m: 5:24.41 | 33.89 |
| 7. | Robin van Beusekom | Van Vliet-Barracuda | 5:33.27 | 199205841 | 6:10.36 | +0,93 |
| | 50m: 34.84 | 34.84 | 150m: 2:06.20 | 46.89 | 250m: 3:44.65 | 51.56 |
| | 100m: 1:19.31 | 44.47 | 200m: 2:53.09 | 46.89 | 300m: 4:38.58 | 53.93 |
| | | | | | 350m: 5:24.03 | 45.45 |
| | | | | | 400m: 6:10.36 | 46.33 |
| Masters 30+ | | | | | | |
| 1. | Thommy Nickel | ZPC Woerden | 5:07.37 | 198401627 | 5:07.48 | +0,88 |
| | 50m: 34.29 | 34.29 | 150m: 1:51.53 | 38.70 | 250m: 3:14.64 | 43.10 |
| | 100m: 1:12.83 | 38.54 | 200m: 2:31.54 | 40.01 | 300m: 3:58.60 | 43.96 |
| | | | | | 350m: 4:33.63 | 35.03 |
| | | | | | 400m: 5:07.48 | 33.85 |
| 2. | Tim van den Berg | The Hague Swimming (SG) | 5:07.98 | 198500157 | 5:14.19 | +0,77 |
| | 50m: 32.64 | 32.64 | 150m: 1:56.82 | 43.57 | 250m: 3:21.17 | 41.10 |
| | 100m: 1:13.25 | 40.61 | 200m: 2:40.07 | 43.25 | 300m: 4:02.82 | 41.65 |
| | | | | | 350m: 4:39.29 | 36.47 |
| | | | | | 400m: 5:14.19 | 34.90 |

Programmanr. 32, Heren, 400m wisselslag, Masters 30+

| rang | naam | vereniging | inschrijftijd | tijd | RT | IPC | | |
|------|-----------------|------------|---------------|-----------|----------------|-------|---------------|-------|
| 3. | Niels Albrechts | SGGO (SG) | 5:31.39 | 198800039 | 5:39.70 | +0,85 | | |
| | 50m: 35.33 | 35.33 | 150m: 2:01.13 | 42.47 | 250m: 3:37.58 | 54.59 | 350m: 5:06.07 | 35.30 |
| | 100m: 1:18.66 | 43.33 | 200m: 2:42.99 | 41.86 | 300m: 4:30.77 | 53.19 | 400m: 5:39.70 | 33.63 |

Masters 35+

| | | | | | | | | |
|----|-------------------|--------------------|---------------|-----------|----------------|-------|---------------|-------|
| 1. | Kristiaan Lenos | LZ 1886 | 4:55.80 | 198301331 | 5:03.66 | +0,83 | | |
| | 50m: 30.38 | 30.38 | 150m: 1:46.33 | 39.58 | 250m: 3:08.67 | 43.08 | 350m: 4:28.31 | 36.55 |
| | 100m: 1:06.75 | 36.37 | 200m: 2:25.59 | 39.26 | 300m: 3:51.76 | 43.09 | 400m: 5:03.66 | 35.35 |
| 2. | Mikhail Borisov | ReStart | 5:17.46 | 075001 | 5:15.64 | +0,74 | | |
| | 50m: 34.60 | 34.60 | 150m: 1:56.60 | 41.88 | 250m: 3:22.16 | 45.03 | 350m: 4:42.41 | 35.33 |
| | 100m: 1:14.72 | 40.12 | 200m: 2:37.13 | 40.53 | 300m: 4:07.08 | 44.92 | 400m: 5:15.64 | 33.23 |
| 3. | Frank v.d. Voordt | SGGO (SG) | 5:16.09 | 198302259 | 5:16.85 | +0,83 | | |
| | 50m: 32.50 | 32.50 | 150m: 1:51.14 | 40.76 | 250m: 3:17.78 | 46.33 | 350m: 4:41.45 | 36.68 |
| | 100m: 1:10.38 | 37.88 | 200m: 2:31.45 | 40.31 | 300m: 4:04.77 | 46.99 | 400m: 5:16.85 | 35.40 |
| 4. | Rob van Wanrooy | Gay Swim Amsterdam | 6:00.70 | 198202627 | 5:38.29 | +0,88 | | |
| | 50m: 37.07 | 37.07 | 150m: 2:02.52 | 43.24 | 250m: 3:30.85 | 46.28 | 350m: 5:00.07 | 41.13 |
| | 100m: 1:19.28 | 42.21 | 200m: 2:44.57 | 42.05 | 300m: 4:18.94 | 48.09 | 400m: 5:38.29 | 38.22 |

Masters 40+

| | | | | | | | | |
|----|------------------------|---------------------|---------------|-----------|----------------|-------|---------------|-------|
| 1. | Vincent Versteeg | Zwemlust-den Hommel | 5:09.76 | 197701003 | 5:16.97 | +0,84 | | |
| | 50m: 33.31 | 33.31 | 150m: 1:55.79 | 42.66 | 250m: 3:20.54 | 43.25 | 350m: 4:41.57 | 36.59 |
| | 100m: 1:13.13 | 39.82 | 200m: 2:37.29 | 41.50 | 300m: 4:04.98 | 44.44 | 400m: 5:16.97 | 35.40 |
| 2. | Juanma Torralbo Jurado | CN Aquamasters | 5:55.43 | | 5:51.48 | +0,83 | | |
| | 50m: 34.88 | 34.88 | 150m: 2:04.72 | 47.93 | 250m: 3:41.38 | 47.02 | 350m: 5:11.69 | 41.11 |
| | 100m: 1:16.79 | 41.91 | 200m: 2:54.36 | 49.64 | 300m: 4:30.58 | 49.20 | 400m: 5:51.48 | 39.79 |

Masters 45+

| | | | | | | | | |
|----|-----------------------|-------------------------|---------------|-----------|----------------|-------|---------------|-------|
| 1. | Marcel van Winssen | De Gelenberg | 5:17.19 | 197101477 | 5:11.86 | +0,86 | | |
| | 50m: 32.81 | 32.81 | 150m: 1:53.16 | 41.06 | 250m: 3:18.00 | 44.19 | 350m: 4:37.22 | 35.76 |
| | 100m: 1:12.10 | 39.29 | 200m: 2:33.81 | 40.65 | 300m: 4:01.46 | 43.46 | 400m: 5:11.86 | 34.64 |
| 2. | René Beetsma | HZ&PC Heerenveen | 5:16.35 | 196900069 | 5:21.20 | +0,65 | | |
| | 50m: 33.07 | 33.07 | 150m: 1:53.76 | 40.99 | 250m: 3:20.71 | 45.64 | 350m: 4:45.56 | 37.26 |
| | 100m: 1:12.77 | 39.70 | 200m: 2:35.07 | 41.31 | 300m: 4:08.30 | 47.59 | 400m: 5:21.20 | 35.64 |
| 3. | Richard Rickens | Zwemsport Parkstad (SG) | 5:18.41 | 197000841 | 5:29.90 | +0,91 | | |
| | 50m: 32.68 | 32.68 | 150m: 1:53.79 | 42.69 | 250m: 3:23.14 | 46.65 | 350m: 4:50.96 | 39.81 |
| | 100m: 1:11.10 | 38.42 | 200m: 2:36.49 | 42.70 | 300m: 4:11.15 | 48.01 | 400m: 5:29.90 | 38.94 |
| 4. | Heiner Stevens | ZIGNEA | 5:45.71 | 197201299 | 5:50.08 | +0,84 | | |
| | 50m: 34.42 | 34.42 | 150m: 2:02.84 | 46.50 | 250m: 3:39.13 | 49.66 | 350m: 5:10.67 | 40.52 |
| | 100m: 1:16.34 | 41.92 | 200m: 2:49.47 | 46.63 | 300m: 4:30.15 | 51.02 | 400m: 5:50.08 | 39.41 |
| 5. | Kasper van den Berghe | Swol 1894 | 5:52.69 | 197301125 | 6:01.55 | +0,97 | | |
| | 50m: 38.47 | 38.47 | 150m: 2:08.84 | 45.80 | 250m: 3:46.09 | 53.01 | 350m: 5:21.10 | 42.09 |
| | 100m: 1:23.04 | 44.57 | 200m: 2:53.08 | 44.24 | 300m: 4:39.01 | 52.92 | 400m: 6:01.55 | 40.45 |
| 6. | Korstiaan de Boer | Steenwijk 1934 | 6:08.68 | 197101629 | 6:09.58 | +0,87 | | |
| | 50m: 39.99 | 39.99 | 150m: 2:11.46 | 45.63 | 250m: 3:48.45 | 51.85 | 350m: 5:27.27 | 46.37 |
| | 100m: 1:25.83 | 45.84 | 200m: 2:56.60 | 45.14 | 300m: 4:40.90 | 52.45 | 400m: 6:09.58 | 42.31 |
| 7. | Marcel Brittijn | De Duinkickers | 6:32.32 | 196900159 | 6:36.70 | +0,70 | | |
| | 50m: 39.22 | 39.22 | 150m: 2:24.08 | 51.63 | 250m: 4:08.94 | 53.21 | 350m: 5:51.41 | 48.01 |
| | 100m: 1:32.45 | 53.23 | 200m: 3:15.73 | 51.65 | 300m: 5:03.40 | 54.46 | 400m: 6:36.70 | 45.29 |

NG Antwan van Engen De Ward 5:21.44 197101577

Masters 50+

| | | | | | | | | |
|----|-------------------------|-------|---------------|-----------|----------------|-------|---------------|-------|
| 1. | Gijsbert van der Leden | PSV | 5:29.01 | 196700597 | 5:24.28 | +1,03 | | |
| | 50m: 32.92 | 32.92 | 150m: 1:56.01 | 45.57 | 250m: 3:27.39 | 47.54 | 350m: 4:51.21 | 36.31 |
| | 100m: 1:10.44 | 37.52 | 200m: 2:39.85 | 43.84 | 300m: 4:14.90 | 47.51 | 400m: 5:24.28 | 33.07 |
| 2. | Jan-Willem van den Berg | WVZ | 5:22.44 | 196801575 | 5:28.27 | +0,77 | | |
| | 50m: 32.70 | 32.70 | 150m: 1:52.09 | 40.70 | 250m: 3:20.31 | 47.38 | 350m: 4:48.91 | 39.65 |
| | 100m: 1:11.39 | 38.69 | 200m: 2:32.93 | 40.84 | 300m: 4:09.26 | 48.95 | 400m: 5:28.27 | 39.36 |

Programmanr. 32, Heren, 400m wisselslag, Masters 50+

| rang | naam | vereniging | inschrijftijd | tijd | RT | IPC |
|-------|------------------|------------|---------------|-----------|---------------|-------|
| 3. | Wiljam Nijenhuis | De IJssel | 5:51.46 | 196400547 | 5:45.57 | +0,91 |
| | 50m: 33.63 | 33.63 | 150m: 2:00.53 | 46.02 | 250m: 3:35.68 | 49.97 |
| | 100m: 1:14.51 | 40.88 | 200m: 2:45.71 | 45.18 | 300m: 4:27.75 | 52.07 |
| | | | | | 350m: 5:07.34 | 39.59 |
| | | | | | 400m: 5:45.57 | 38.23 |
| 4. | Jan Smalheer | SCOM | 6:25.02 | 196400701 | 6:34.21 | +1,22 |
| | 50m: 43.95 | 43.95 | 150m: 2:27.32 | 52.82 | 250m: 4:13.38 | 55.87 |
| | 100m: 1:34.50 | 50.55 | 200m: 3:17.51 | 50.19 | 300m: 5:09.65 | 56.27 |
| | | | | | 350m: 5:52.11 | 42.46 |
| | | | | | 400m: 6:34.21 | 42.10 |
| 5. | Erik Saan | De Duck | 6:40.76 | 196500769 | 6:40.09 | +1,03 |
| | 50m: 44.50 | 44.50 | 150m: 2:26.60 | 50.17 | 250m: 4:14.85 | 56.88 |
| | 100m: 1:36.43 | 51.93 | 200m: 3:17.97 | 51.37 | 300m: 5:13.48 | 58.63 |
| | | | | | 350m: 5:58.48 | 45.00 |
| | | | | | 400m: 6:40.09 | 41.61 |
| AFGEM | Guido Keutgen | AZC | 5:55.68 | 196801551 | | |

Masters 55+

| | | | | | | |
|----|-------------------|-----------|---------------|-----------|---------------|-------|
| 1. | Ronald Grove | Triton | 5:41.70 | 196100161 | 5:53.39 | +0,89 |
| | 50m: 36.77 | 36.77 | 150m: 2:10.68 | 47.54 | 250m: 3:46.27 | 48.58 |
| | 100m: 1:23.14 | 46.37 | 200m: 2:57.69 | 47.01 | 300m: 4:36.58 | 50.31 |
| | | | | | 350m: 5:15.46 | 38.88 |
| | | | | | 400m: 5:53.39 | 37.93 |
| 2. | Jan Willem Heuten | WS Twente | 6:52.48 | 196000883 | 6:54.63 | +1,01 |
| | 50m: 43.85 | 43.85 | 150m: 2:34.29 | 57.91 | 250m: 4:28.97 | 58.93 |
| | 100m: 1:36.38 | 52.53 | 200m: 3:30.04 | 55.75 | 300m: 5:26.76 | 57.79 |
| | | | | | 350m: 6:11.97 | 45.21 |
| | | | | | 400m: 6:54.63 | 42.66 |

Masters 60+

| | | | | | | |
|----|--------------------------------|--------------------|---------------|-----------|---------------|-------|
| 1. | Hugo Bregman | Albion d'ELFT (SG) | 5:17.83 | 195800069 | 5:15.31 | +0,83 |
| | <i>European Masters Record</i> | | | | | |
| | 50m: 31.84 | 31.84 | 150m: 1:48.98 | 40.00 | 250m: 3:16.96 | 47.02 |
| | 100m: 1:08.98 | 37.14 | 200m: 2:29.94 | 40.96 | 300m: 4:03.29 | 46.33 |
| | | | | | 350m: 4:40.84 | 37.55 |
| | | | | | 400m: 5:15.31 | 34.47 |
| 2. | Marten de Groot | HZ&PC Heerenveen | 5:35.40 | 195800149 | 5:39.96 | +0,87 |
| | <i>Kampioenschaps Record</i> | | | | | |
| | 50m: 35.47 | 35.47 | 150m: 2:02.11 | 45.76 | 250m: 3:38.83 | 52.11 |
| | 100m: 1:16.35 | 40.88 | 200m: 2:46.72 | 44.61 | 300m: 4:28.63 | 49.80 |
| | | | | | 350m: 5:06.09 | 37.46 |
| | | | | | 400m: 5:39.96 | 33.87 |
| 3. | Paul Bunnik | Triton | 6:11.21 | 195600413 | 6:25.21 | +1,01 |
| | 50m: 38.91 | 38.91 | 150m: 2:19.33 | 52.08 | 250m: 4:05.98 | 55.84 |
| | 100m: 1:27.25 | 48.34 | 200m: 3:10.14 | 50.81 | 300m: 5:02.53 | 56.55 |
| | | | | | 350m: 5:44.01 | 41.48 |
| | | | | | 400m: 6:25.21 | 41.20 |
| 4. | Dré Klaassen | ZOB'66 | 7:21.93 | 195600141 | 7:30.08 | +1,02 |
| | 50m: 50.68 | 50.68 | 150m: 2:49.68 | 1:02.64 | 250m: 4:45.37 | 57.00 |
| | 100m: 1:47.04 | 56.36 | 200m: 3:48.37 | 58.69 | 300m: 5:43.77 | 58.40 |
| | | | | | 350m: 6:40.05 | 56.28 |
| | | | | | 400m: 7:30.08 | 50.03 |

Masters 65+

| | | | | | | |
|-----|---|-------------------------|---------------|-----------|---------------|---------|
| 1. | Jean-Marie Cadiat | CNSW | 6:08.45 | 000243/53 | 5:52.63 | +0,95 |
| | <i>Kampioenschaps Record, Belgisch Masters Record</i> | | | | | |
| | 50m: 37.17 | 37.17 | 150m: 2:09.28 | 48.14 | 250m: 3:45.23 | 49.66 |
| | 100m: 1:21.14 | 43.97 | 200m: 2:55.57 | 46.29 | 300m: 4:35.18 | 49.95 |
| | | | | | 350m: 5:14.79 | 39.61 |
| | | | | | 400m: 5:52.63 | 37.84 |
| 2. | Piet Schop | De Bevelanders | 7:15.71 | 195000109 | 7:27.55 | +0,75 |
| | 100m* | | | | | |
| | 50m: 43.53 | 43.53 | 150m: 2:38.86 | 1:01.99 | 250m: 4:45.20 | 1:05.30 |
| | 100m: 1:36.87 | 53.34 | 200m: 3:39.90 | 1:01.04 | 300m: 5:49.99 | 1:04.79 |
| | | | | | 350m: 6:40.03 | 50.04 |
| | | | | | 400m: 7:27.55 | 47.52 |
| DIS | Jos Kamps | Zwemvereniging Hoogland | 7:59.31 | 195100085 | | |
| | <i>AF - De aangegeven afstand niet uitgezwommen.</i> | | | | | |

Masters 75+

| | | | | | | |
|----|----------------------------------|-------|---------------|-----------|---------------|---------|
| 1. | Rob Hanou | PSV | 7:03.56 | 194300109 | 7:26.05 | +1,11 |
| | <i>Nederlands Masters Record</i> | | | | | |
| | 50m: 50.31 | 50.31 | 150m: 2:50.50 | 1:00.78 | 250m: 4:50.98 | 58.90 |
| | 100m: 1:49.72 | 59.41 | 200m: 3:52.08 | 1:01.58 | 300m: 5:51.03 | 1:00.05 |
| | | | | | 350m: 6:39.37 | 48.34 |
| | | | | | 400m: 7:26.05 | 46.68 |