

Programmanr. 4  
19-01-2018 - 10:28

Heren, 400m vrije slag

Masters Open  
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT	IPC
<b>Masters 20+</b>						
1.	Robin van Beek	LZ 1886	4:17.66	199704023	4:20.56	+0,74
	50m: 29.57	29.57	150m: 1:34.84	33.04	250m: 2:41.89	33.51
	100m: 1:01.80	32.23	200m: 2:08.38	33.54	300m: 3:15.57	33.68
					350m: 3:48.93	33.36
					400m: 4:20.56	31.63
2.	Nick Sijmons	De Amstel	4:48.56	199500491	4:27.94	+0,80
	50m: 29.95	29.95	150m: 1:38.43	34.06	250m: 2:46.98	33.85
	100m: 1:04.37	34.42	200m: 2:13.13	34.70	300m: 3:21.07	34.09
					350m: 3:54.91	33.84
					400m: 4:27.94	33.03
3.	Martijn Kornet	Zwemlust-den Hommel	4:36.49	199700231	4:30.33	+0,89
	50m: 29.87	29.87	150m: 1:36.48	33.50	250m: 2:45.58	34.70
	100m: 1:02.98	33.11	200m: 2:10.88	34.40	300m: 3:21.10	35.52
					350m: 3:56.52	35.42
					400m: 4:30.33	33.81
4.	Nordin Termoshuizen	WVZ	4:26.40	199605401	4:30.84	+0,88
	50m: 30.61	30.61	150m: 1:39.06	34.63	250m: 2:47.81	34.07
	100m: 1:04.43	33.82	200m: 2:13.74	34.68	300m: 3:21.80	33.99
					350m: 3:56.35	34.55
					400m: 4:30.84	34.49
5.	Richard van der Horst	De Meer	4:38.54	199700179	4:39.06	+0,94
	50m: 31.85	31.85	150m: 1:42.49	35.61	250m: 2:54.17	35.89
	100m: 1:06.88	35.03	200m: 2:18.28	35.79	300m: 3:29.92	35.75
					350m: 4:05.35	35.43
					400m: 4:39.06	33.71
6.	Hans Stoffers	Triton Putten	4:48.60	199604027	4:45.07	+0,63
	50m: 30.31	30.31	150m: 1:39.87	35.70	250m: 2:52.29	36.67
	100m: 1:04.17	33.86	200m: 2:15.62	35.75	300m: 3:29.62	37.33
					350m: 4:07.19	37.57
					400m: 4:45.07	37.88
7.	Kevin Hobbel 200m*	Patrick-De Roersoppers (SG)	5:21.70	199704915	4:58.52	+0,77
	50m: 32.80	32.80	150m: 1:47.07	37.76	250m: 3:03.46	37.22
	100m: 1:09.31	36.51	200m: 2:26.24	39.17	300m: 3:41.89	38.43
					350m: 4:20.32	38.43
					400m: 4:58.52	38.20
8.	Lars Jacobsen	DWK	4:55.18	199705453	S14 5:09.19	+1,02 552
	50m: 33.06	33.06	150m: 1:49.67	39.01	250m: 3:09.43	40.80
	100m: 1:10.66	37.60	200m: 2:28.63	38.96	300m: 3:51.16	41.73
					350m: 4:30.54	39.38
					400m: 5:09.19	38.65
<b>Masters 25+</b>						
1.	Kevin Eltink	DWK	4:02.98	199100589	4:14.15	+0,49
	50m: 27.91	27.91	150m: 1:31.16	32.21	250m: 2:36.49	32.85
	100m: 58.95	31.04	200m: 2:03.64	32.48	300m: 3:09.66	33.17
					350m: 3:43.13	33.47
					400m: 4:14.15	31.02
2.	Peter de Boer	Dedemvaart-AC	4:26.06	199206199	4:27.87	+0,89
	50m: 29.27	29.27	150m: 1:36.32	33.98	250m: 2:45.17	34.58
	100m: 1:02.34	33.07	200m: 2:10.59	34.27	300m: 3:19.94	34.77
					350m: 3:54.55	34.61
					400m: 4:27.87	33.32
3.	Tim Bunnik	Triton	4:25.09	199000505	4:31.43	+0,90
	50m: 30.45	30.45	150m: 1:39.04	34.84	250m: 2:48.30	34.41
	100m: 1:04.20	33.75	200m: 2:13.89	34.85	300m: 3:22.94	34.64
					350m: 3:57.41	34.47
					400m: 4:31.43	34.02
4.	Wessel Everloo	De Veene	4:33.13	198906597	S14 4:37.36	+0,86 765
	50m: 31.50	31.50	150m: 1:41.41	35.41	250m: 2:52.63	35.69
	100m: 1:06.00	34.50	200m: 2:16.94	35.53	300m: 3:28.29	35.66
					350m: 4:04.21	35.92
					400m: 4:37.36	33.15
5.	Maik Steenkamp	Montferland	4:32.02	199103847	4:44.47	+0,80
	50m: 31.31	31.31	150m: 1:41.47	35.61	250m: 2:53.50	35.95
	100m: 1:05.86	34.55	200m: 2:17.55	36.08	300m: 3:30.17	36.67
					350m: 4:07.76	37.59
					400m: 4:44.47	36.71
6.	Johan Krakou	De Rijn	5:06.96	199101311	5:06.48	+0,93
	50m: 33.76	33.76	150m: 1:49.95	38.56	250m: 3:08.89	40.26
	100m: 1:11.39	37.63	200m: 2:28.63	38.68	300m: 3:48.68	39.79
					350m: 4:27.40	38.72
					400m: 5:06.48	39.08
7.	Maarten Steekelenburg	De Geul	5:52.48	199300479	6:02.18	+0,82
	50m: 37.41	37.41	150m: 2:06.05	45.34	250m: 3:40.31	47.21
	100m: 1:20.71	43.30	200m: 2:53.10	47.05	300m: 4:27.95	47.64
					350m: 5:15.26	47.31
					400m: 6:02.18	46.92
<b>Masters 30+</b>						
1.	Klaas van Beek	Zwemsport Parkstad (SG)	4:20.06	198805941	4:23.73	+0,85
	50m: 29.57	29.57	150m: 1:34.75	33.06	250m: 2:41.60	33.58
	100m: 1:01.69	32.12	200m: 2:08.02	33.27	300m: 3:15.54	33.94
					350m: 3:50.01	34.47
					400m: 4:23.73	33.72
2.	Niels Albrechts	SGGO (SG)	4:34.33	198800039	4:37.95	+0,90
	50m: 31.69	31.69	150m: 1:41.27	35.03	250m: 2:53.04	35.84
	100m: 1:06.24	34.55	200m: 2:17.20	35.93	300m: 3:28.28	35.24
					350m: 4:04.77	36.49
					400m: 4:37.95	33.18

onjuistheden / mistakes?

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Programmanr. 4, Heren, 400m vrije slag, Masters 30+

rang	naam	vereniging	inschrijftijd	tijd	RT	IPC		
3.	Ralf Tillmans	Patrick-De Roersoppers (SG)	5:04.79	198502597	<b>4:57.06</b>	+0,89		
	50m: 32.93	32.93	150m: 1:46.89	37.50	250m: 3:03.30	38.31	350m: 4:20.05	38.28
	100m: 1:09.39	36.46	200m: 2:24.99	38.10	300m: 3:41.77	38.47	400m: 4:57.06	37.01

Masters 35+

1.	Kristiaan Lenos	LZ 1886	4:23.60	198301331	<b>4:24.70</b>	+0,81		
	50m: 29.08	29.08	150m: 1:34.58	33.02	250m: 2:42.20	33.96	350m: 3:50.88	34.58
	100m: 1:01.56	32.48	200m: 2:08.24	33.66	300m: 3:16.30	34.10	400m: 4:24.70	33.82
2.	Jim Geestman	Rotterdam Swimming (SG)	4:29.83	198300699	<b>4:33.76</b>	+0,64		
	50m: 30.83	30.83	150m: 1:38.97	34.40	250m: 2:49.25	35.30	350m: 3:59.75	34.69
	100m: 1:04.57	33.74	200m: 2:13.95	34.98	300m: 3:25.06	35.81	400m: 4:33.76	34.01
3.	Marcel Reefhuis	WS Twente	4:33.31	198101381	<b>4:36.33</b>	+0,87		
	50m: 31.43	31.43	150m: 1:40.83	35.15	250m: 2:51.19	35.05	350m: 4:01.78	35.29
	100m: 1:05.68	34.25	200m: 2:16.14	35.31	300m: 3:26.49	35.30	400m: 4:36.33	34.55
4.	Frank v.d. Voordt	SGGO (SG)	4:43.89	198302259	<b>4:43.87</b>	+0,85		
	50m: 32.08	32.08	150m: 1:43.31	35.97	250m: 2:56.16	36.73	350m: 4:08.20	36.02
	100m: 1:07.34	35.26	200m: 2:19.43	36.12	300m: 3:32.18	36.02	400m: 4:43.87	35.67
5.	Andrew Kurnosov	TROYKA Club	4:37.05		<b>4:44.83</b>	+0,71		
	50m: 31.36	31.36	150m: 1:42.73	35.97	250m: 2:56.35	37.00	350m: 4:10.65	37.41
	100m: 1:06.76	35.40	200m: 2:19.35	36.62	300m: 3:33.24	36.89	400m: 4:44.83	34.18
6.	Michel Wigbers	DWT	5:00.91	198001743	<b>5:12.24</b>	+0,93		
	50m: 34.59	34.59	150m: 1:50.70	38.34	250m: 3:08.52	39.44	350m: 4:27.66	39.46
	100m: 1:12.36	37.77	200m: 2:29.08	38.38	300m: 3:48.20	39.68	400m: 5:12.24	44.58
7.	Rob van Wanrooy	Gay Swim Amsterdam	5:27.40	198202627	<b>5:14.07</b>	+0,84		
	50m: 34.12	34.12	150m: 1:50.61	39.36	250m: 3:11.65	40.71	350m: 4:33.94	41.44
	100m: 1:11.25	37.13	200m: 2:30.94	40.33	300m: 3:52.50	40.85	400m: 5:14.07	40.13
8.	Ingmar Kooman	LZ 1886	5:23.16	197901517	<b>5:24.23</b>	+0,85		
	50m: 36.16	36.16	150m: 1:58.75	42.16	250m: 3:21.76	41.17	350m: 4:44.37	41.05
	100m: 1:16.59	40.43	200m: 2:40.59	41.84	300m: 4:03.32	41.56	400m: 5:24.23	39.86

Masters 40+

1.	Ivo Roozeboom	WVZ	4:27.36	197700801	<b>4:35.52</b>	+0,90		
	50m: 30.25	30.25	150m: 1:39.79	34.94	250m: 2:50.33	35.29	350m: 4:01.24	35.40
	100m: 1:04.85	34.60	200m: 2:15.04	35.25	300m: 3:25.84	35.51	400m: 4:35.52	34.28
2.	Artur Frackowiak	Legia Warszawa	4:49.27	14700073	<b>4:50.30</b>	+0,88		
	50m: 31.97	31.97	150m: 1:42.25	35.83	250m: 2:57.74	38.19	350m: 4:14.35	38.46
	100m: 1:06.42	34.45	200m: 2:19.55	37.30	300m: 3:35.89	38.15	400m: 4:50.30	35.95
3.	Alex Damen	DAW	4:44.50	197501371	<b>4:50.33</b>	+0,80		
	50m: 32.21	32.21	150m: 1:43.63	36.13	250m: 2:57.13	37.07	350m: 4:13.38	38.42
	100m: 1:07.50	35.29	200m: 2:20.06	36.43	300m: 3:34.96	37.83	400m: 4:50.33	36.95
4.	Yannick Vanderborght	Leuven Aquatics	5:05.49	11100/75	<b>4:59.52</b>	+0,95		
	50m: 33.47	33.47	150m: 1:48.96	38.49	250m: 3:07.00	39.10	350m: 4:24.50	37.88
	100m: 1:10.47	37.00	200m: 2:27.90	38.94	300m: 3:46.62	39.62	400m: 4:59.52	35.02

Masters 45+

1.	Pieter van Gemeren	DAW	4:35.33	196901779	<b>4:35.33</b>	+0,86		
	50m: 31.94	31.94	150m: 1:40.59	34.70	250m: 2:50.43	34.93	350m: 4:01.28	35.45
	100m: 1:05.89	33.95	200m: 2:15.50	34.91	300m: 3:25.83	35.40	400m: 4:35.33	34.05
2.	Richard Rickson	Zwemsport Parkstad (SG)	4:41.61	197000841	<b>4:42.24</b>	+0,87		
	50m: 30.86	30.86	150m: 1:39.18	34.63	250m: 2:50.33	35.60	350m: 4:05.00	37.71
	100m: 1:04.55	33.69	200m: 2:14.73	35.55	300m: 3:27.29	36.96	400m: 4:42.24	37.24
3.	Frank van Nobelen	Sassenheim	4:57.69	196900753	<b>4:54.46</b>	+0,85		
	50m: 33.61	33.61	150m: 1:47.58	37.17	250m: 3:03.29	37.49	350m: 4:18.03	36.81
	100m: 1:10.41	36.80	200m: 2:25.80	38.22	300m: 3:41.22	37.93	400m: 4:54.46	36.43
4.	Wouter van der Stelt	Den Doorn	5:25.55	197200889	<b>5:25.01</b>	+0,99		
	50m: 34.80	34.80	150m: 1:54.27	40.79	250m: 3:17.77	42.04	350m: 4:42.39	42.46
	100m: 1:13.48	38.68	200m: 2:35.73	41.46	300m: 3:59.93	42.16	400m: 5:25.01	42.62
5.	Chris Kouwenhoven	De Spatters	5:26.05	197101669	<b>5:25.62</b>	+0,96		
	50m: 35.77	35.77	150m: 1:57.53	41.08	250m: 3:21.86	41.95	350m: 4:45.92	41.96
	100m: 1:16.45	40.68	200m: 2:39.91	42.38	300m: 4:03.96	42.10	400m: 5:25.62	39.70

onjuistheden / mistakes?

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Programmanr. 4, Heren, 400m vrije slag, Masters 45+

rang	naam	vereniging	inschrijftijd	tijd	RT	IPC		
6.	Ingmar de Gelder 100m*	ZOB'66	5:37.43	197000333	5:27.50	+0,95		
	50m: 34.20 100m: 1:11.83	34.20 37.63	150m: 1:52.20 200m: 2:34.82	40.37 42.62	250m: 3:19.00 300m: 4:02.28	44.18 43.28	350m: 4:46.45 400m: 5:27.50	44.17 41.05
7.	Ramon Alsina Munoz	CNSW	5:33.60	2552/69	5:37.52	+0,96		
	50m: 37.12 100m: 1:17.96	37.12 40.84	150m: 1:59.91 200m: 2:42.87	41.95 42.96	250m: 3:25.88 300m: 4:09.64	43.01 43.76	350m: 4:53.61 400m: 5:37.52	43.97 43.91
8.	Marcel Brittijn	De Duinkickers	5:49.83	196900159	5:53.19	+0,98		
	50m: 36.70 100m: 1:19.47	36.70 42.77	150m: 2:04.30 200m: 2:51.54	44.83 47.24	250m: 3:38.62 300m: 4:24.89	47.08 46.27	350m: 5:11.55 400m: 5:53.19	46.66 41.64
AFGEM	Eric Dumas	Patrick-De Roersoppers (SG)	5:24.53	196901397				

Masters 50+

1.	Vladimir Gusev	Troyka	4:30.68	003113	4:29.28	+0,86		
	50m: 32.02 100m: 1:05.43	32.02 33.41	150m: 1:39.37 200m: 2:13.79	33.94 34.42	250m: 2:48.41 300m: 3:22.50	34.62 34.09	350m: 3:56.22 400m: 4:29.28	33.72 33.06
2.	Geert Wijn	De Gelenberg	4:50.02	196701101	4:39.59	+0,69		
	50m: 30.42 100m: 1:04.72	30.42 34.30	150m: 1:40.11 200m: 2:15.65	35.39 35.54	250m: 2:52.00 300m: 3:27.50	36.35 35.50	350m: 4:03.50 400m: 4:39.59	36.00 36.09
3.	John Hardeman	De Fuut	4:42.03	196601615	4:41.31	+0,85		
	50m: 31.61 100m: 1:06.34	31.61 34.73	150m: 1:42.09 200m: 2:18.42	35.75 36.33	250m: 2:54.47 300m: 3:30.77	36.05 36.30	350m: 4:06.74 400m: 4:41.31	35.97 34.57
4.	Jan-Willem van den Berg	WVZ	4:48.87	196801575	4:52.20	+0,90		
	50m: 31.04 100m: 1:06.77	31.04 35.73	150m: 1:42.99 200m: 2:19.64	36.22 36.65	250m: 2:56.98 300m: 3:35.34	37.34 38.36	350m: 4:13.83 400m: 4:52.20	38.49 38.37
5.	Phil Trethewie	Old Dutch	5:02.82	196501315	5:00.47	+0,87		
	50m: 35.92 100m: 1:13.95	35.92 38.03	150m: 1:52.48 200m: 2:30.73	38.53 38.25	250m: 3:09.62 300m: 3:47.90	38.89 38.28	350m: 4:25.54 400m: 5:00.47	37.64 34.93
6.	Arno Schrauwen	Patrick-De Roersoppers (SG)	5:08.90	196501355	5:07.62	+0,93		
	50m: 34.12 100m: 1:12.69	34.12 38.57	150m: 1:52.23 200m: 2:31.98	39.54 39.75	250m: 3:11.59 300m: 3:51.39	39.61 39.80	350m: 4:30.30 400m: 5:07.62	38.91 37.32
7.	Harold Matla	PSV	5:11.40	196800591	5:11.39	+0,75		
	50m: 33.09 100m: 1:10.75	33.09 37.66	150m: 1:50.18 200m: 2:30.18	39.43 40.00	250m: 3:11.22 300m: 3:51.90	41.04 40.68	350m: 4:32.46 400m: 5:11.39	40.56 38.93
8.	Fred Dijkshoorn	Zwemvereniging Westland	5:23.90	196501539	5:21.18	+0,85		
	50m: 35.95 100m: 1:15.69	35.95 39.74	150m: 1:57.32 200m: 2:39.20	41.63 41.88	250m: 3:20.92 300m: 4:02.22	41.72 41.30	350m: 4:42.51 400m: 5:21.18	40.29 38.67
9.	Vadim Ezhkov	Pregel	5:27.62	10020	5:29.76	+0,73		
	50m: 35.33 100m: 1:14.79	35.33 39.46	150m: 1:56.05 200m: 2:38.22	41.26 42.17	250m: 3:21.21 300m: 4:04.31	42.99 43.10	350m: 4:47.54 400m: 5:29.76	43.23 42.22
10.	Roy le Clercq	De Rog	5:47.15	196401041	5:34.82	+1,02		
	50m: 36.13 100m: 1:16.39	36.13 40.26	150m: 1:59.42 200m: 2:42.59	43.03 43.17	250m: 3:25.75 300m: 4:09.52	43.16 43.77	350m: 4:52.88 400m: 5:34.82	43.36 41.94
11.	Jan Smalheer	SCOM	5:32.06	196400701	5:41.20	+0,96		
	50m: 35.47 100m: 1:15.91	35.47 40.44	150m: 1:59.04 200m: 2:42.76	43.13 43.72	250m: 3:27.54 300m: 4:11.99	44.78 44.45	350m: 4:57.03 400m: 5:41.20	45.04 44.17

Masters 55+

1.	Johan Remmits	ZPC Woerden	4:35.41	196201159	4:39.58	+0,89		
	50m: 31.61 100m: 1:06.35	31.61 34.74	150m: 1:41.63 200m: 2:17.38	35.28 35.75	250m: 2:53.20 300m: 3:28.93	35.82 35.73	350m: 4:04.76 400m: 4:39.58	35.83 34.82
2.	Jan Brink	ZPC De Zeeuwse Kust	4:37.47	196200091	4:43.03	+0,87		
	50m: 31.55 100m: 1:07.16	31.55 35.61	150m: 1:42.94 200m: 2:19.17	35.78 36.23	250m: 2:55.31 300m: 3:31.71	36.14 36.40	350m: 4:08.09 400m: 4:43.03	36.38 34.94
3.	Gert Sikkema	Zwemclub Urk 1978	4:56.16	196300687	4:58.07 *	+0,96		
	50m: 31.90 100m: 1:07.19	31.90 35.29	150m: 1:43.43 200m: 2:20.95	36.24 37.52	250m: 2:59.05 300m: 3:38.45	38.10 39.40	350m: 4:18.09 400m: 4:58.07	39.64 39.98
4.	Eric Langhorst	De Rijn	5:30.01	196200389	5:27.66	+0,87		
	50m: 36.47 100m: 1:17.89	36.47 41.42	150m: 2:00.66 200m: 2:43.39	42.77 42.73	250m: 3:25.83 300m: 4:07.24	42.44 41.41	350m: 4:48.29 400m: 5:27.66	41.05 39.37

onjuistheden / mistakes?

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Programmanr. 4, Heren, 400m vrije slag, Masters 55+

rang	naam	vereniging	inschrijftijd	tijd	RT	IPC		
5.	Casper Dollekamp	Steenwijk 1934	5:33.17	196301341	5:45.49	+0,77		
	50m: 35.17	35.17	150m: 1:57.84	42.64	250m: 3:28.70	45.80	350m: 5:01.34	46.52
	100m: 1:15.20	40.03	200m: 2:42.90	45.06	300m: 4:14.82	46.12	400m: 5:45.49	44.15
6.	Bart van Calker	WS Twente	5:48.92	196100067	5:51.32	+0,96		
	50m: 38.65	38.65	150m: 2:05.10	44.11	250m: 3:36.05	44.67	350m: 5:06.99	45.09
	100m: 1:20.99	42.34	200m: 2:51.38	46.28	300m: 4:21.90	45.85	400m: 5:51.32	44.33
7.	John Dam	ZIGNEA	5:57.49	196000915	5:55.12	+1,08		
	50m: 37.07	37.07	150m: 2:04.99	45.71	250m: 3:38.44	46.74	350m: 5:11.03	46.75
	100m: 1:19.28	42.21	200m: 2:51.70	46.71	300m: 4:24.28	45.84	400m: 5:55.12	44.09

Masters 60+

1.	Marten de Groot	HZ&PC Heerenveen	4:35.95	195800149	4:44.72	+0,83		
	Nederlands Masters Record, tt 200m NMR							
	50m: 31.28	31.28	150m: 1:42.33	36.18	250m: 2:55.61	36.73	350m: 4:09.81	37.39
	100m: 1:06.15	34.87	200m: 2:18.88	36.55	300m: 3:32.42	36.81	400m: 4:44.72	34.91
2.	Otto Zeijveld	De Berkelduikers	5:07.09	195800497	5:25.71	+0,84		
	50m: 35.66	35.66	150m: 1:57.95	41.51	250m: 3:21.70	41.98	350m: 4:45.27	41.57
	100m: 1:16.44	40.78	200m: 2:39.72	41.77	300m: 4:03.70	42.00	400m: 5:25.71	40.44
3.	Lex Hoogendam	ZZ&PC De Devel	5:53.59	195700541	6:00.72	+0,86		
	50m: 37.88	37.88	150m: 2:07.58	45.91	250m: 3:40.62	46.54	350m: 5:13.91	47.00
	100m: 1:21.67	43.79	200m: 2:54.08	46.50	300m: 4:26.91	46.29	400m: 6:00.72	46.81
4.	Dré Klaassen	ZOB'66	6:51.26	195600141	6:56.59	+0,89		
	50m: 45.56	45.56	150m: 2:28.31	52.07	250m: 4:14.89	53.97	350m: 6:03.60	54.45
	100m: 1:36.24	50.68	200m: 3:20.92	52.61	300m: 5:09.15	54.26	400m: 6:56.59	52.99

Masters 65+

1.	Brend Brevé	PSV	5:23.73	195200265	5:34.76	+1,01		
	50m: 37.88	37.88	150m: 2:03.06	42.61	250m: 3:28.69	42.68	350m: 4:54.58	43.01
	100m: 1:20.45	42.57	200m: 2:46.01	42.95	300m: 4:11.57	42.88	400m: 5:34.76	40.18
2.	Hilbert Prins	OEZA	6:12.45	195100223	6:24.76	+1,04		
	50m: 41.69	41.69	150m: 2:17.06	48.59	250m: 3:56.29	49.80	350m: 5:36.53	50.30
	100m: 1:28.47	46.78	200m: 3:06.49	49.43	300m: 4:46.23	49.94	400m: 6:24.76	48.23
3.	Piet Schop	De Bevelanders	6:29.68	195000109	6:25.35 *	+0,72		
	50m: 41.80	41.80	150m: 2:17.37	49.37	250m: 3:54.88	48.94	350m: 5:30.61	46.85
	100m: 1:28.00	46.20	200m: 3:05.94	48.57	300m: 4:43.76	48.88	400m: 6:25.35	54.74

Masters 70+

1.	Willem Putter	ZVVS	6:26.72	194500135	6:26.94	+0,96		
	50m: 42.44	42.44	150m: 2:19.55	49.68	250m: 3:59.14	49.67	350m: 5:39.48	49.68
	100m: 1:29.87	47.43	200m: 3:09.47	49.92	300m: 4:49.80	50.66	400m: 6:26.94	47.46
2.	Ludwig Lorenz	SG Gladbeck	6:34.87	127866	6:57.52	+1,12		
	100-200m*							
	50m: 47.45	47.45	150m: 2:34.84	54.65	250m: 4:24.66	54.03	350m: 6:09.93	51.91
	100m: 1:40.19	52.74	200m: 3:30.63	55.79	300m: 5:18.02	53.36	400m: 6:57.52	47.59

Masters 75+

1.	Rob Hanou	PSV	6:17.87	194300109	6:23.22	+1,09		
	50m: 42.65	42.65	150m: 2:20.27	49.60	250m: 3:58.82	49.37	350m: 5:37.22	48.23
	100m: 1:30.67	48.02	200m: 3:09.45	49.18	300m: 4:48.99	50.17	400m: 6:23.22	46.00
2.	Frans van Enst	WS Twente	6:37.58	194000011	6:48.37	+1,25		
	50m: 41.70	41.70	150m: 2:23.36	51.90	250m: 4:08.90	52.85	350m: 5:55.08	53.12
	100m: 1:31.46	49.76	200m: 3:16.05	52.69	300m: 5:01.96	53.06	400m: 6:48.37	53.29
3.	Geza Kaltenecker	AZC	6:49.74	194200065	7:10.90	+0,93		
	50m: 45.25	45.25	150m: 2:34.26	55.90	250m: 4:25.76	56.41	350m: 6:17.87	56.03
	100m: 1:38.36	53.11	200m: 3:29.35	55.09	300m: 5:21.84	56.08	400m: 7:10.90	53.03
4.	Rudolf Degenaar	PSV	8:20.57	193900033	9:05.97	+1,41		
	50m: 1:01.72	1:01.72	150m: 3:28.06	1:14.69	250m: 5:45.90	1:08.44	350m: 7:59.64	1:07.22
	100m: 2:13.37	1:11.65	200m: 4:37.46	1:09.40	300m: 6:52.42	1:06.52	400m: 9:05.97	1:06.33

onjuistheden / mistakes?

mail naar/ to: mastersinschrijvingen@knzb.nl

Programmanr. 4, Heren, 400m vrije slag

Masters 80+

1.	Frederik Hendrik De Bruijn	CN Aquamasters	6:07.91						<b>6:27.61</b>	+1,27		
	<i>Kampioenschaps Record, 200m*</i>											
	50m:	44.46	44.46	150m:	2:23.28	49.93	250m:	4:02.34	48.68	350m:	5:39.75	48.51
	100m:	1:33.35	48.89	200m:	3:13.66	50.38	300m:	4:51.24	48.90	400m:	6:27.61	47.86
2.	Gregor Pompen	Aqua-Novio'94	7:46.67						<b>8:13.40</b>	+1,12		
	50m:	53.00	53.00	150m:	2:53.85	1:02.11	250m:	5:01.73	1:03.77	350m:	7:10.57	1:04.49
	100m:	1:51.74	58.74	200m:	3:57.96	1:04.11	300m:	6:06.08	1:04.35	400m:	8:13.40	1:02.83

Masters 85+

1.	Bob Berg	PSV	8:45.57						<b>8:28.50</b>	+1,40		
	<i>Nederlands Masters Record, tt 100 en 200m NMR</i>											
	50m:	52.55	52.55	150m:	3:00.81	1:05.11	250m:	5:12.12	1:05.83	350m:	7:25.61	1:06.39
	100m:	1:55.70	1:03.15	200m:	4:06.29	1:05.48	300m:	6:19.22	1:07.10	400m:	8:28.50	1:02.89