

Programmanr. 18  
05-05-2018 - 10:56

Heren, 400m wisselslag

Masters Open  
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT
<b>Masters 20+</b>					
1.	Emiel van Beusekom	Van Vliet-Barracuda	5:02.20	199403951	5:03.64 +0,82
	50m: 30.51	150m: 1:46.11	40.33 250m: 3:09.29	42.73	350m: 4:29.58
	100m: 1:05.78	200m: 2:26.56	40.45 300m: 3:55.28	45.99	400m: 5:03.64
2.	Nordin Termoshuizen	WVZ	5:06.90	199605401	5:08.35 +0,73
	50m: 31.28	150m: 1:46.75	39.31 250m: 3:12.93	47.94	350m: 4:34.65
	100m: 1:07.44	200m: 2:24.99	38.24 300m: 4:00.79	47.86	400m: 5:08.35
3.	Dave Jansen	WVZ	5:10.34	199805299	5:14.85 * +0,65
	50m: 30.87	150m: 1:49.73	41.39 250m: 3:15.40	45.28	350m: 4:38.30
	100m: 1:08.34	200m: 2:30.12	40.39 300m: 4:00.86	45.46	400m: 5:14.85
4.	Nick Sijmons	De Amstel	5:22.99	199500491	5:14.89 +0,78
	50m: 31.61	150m: 1:49.51	41.45 250m: 3:16.52	46.19	350m: 4:39.48
	100m: 1:08.06	200m: 2:30.33	40.82 300m: 4:02.77	46.25	400m: 5:14.89
5.	Jeffrey Camphens	DWT	4:58.89	199503113	5:18.90 +0,65
	50m: 31.88	150m: 1:55.48	43.88 250m: 3:23.78	45.54	350m: 4:45.13
	100m: 1:11.60	200m: 2:38.24	42.76 300m: 4:09.35	45.57	400m: 5:18.90
6.	Richard van der Horst	De Meer	5:18.49	199700179	5:20.75 +0,76
	50m: 32.78	150m: 1:57.00	45.18 250m: 3:23.24	41.22	350m: 4:44.56
	100m: 1:11.82	200m: 2:42.02	45.02 300m: 4:07.46	44.22	400m: 5:20.75
7.	Daan Siebenheller	ZOB'66	5:01.22	199804955	5:22.90 +0,71
	50m: 31.81	150m: 1:51.29	42.47 250m: 3:18.96	46.48	350m: 4:45.98
	100m: 1:08.82	200m: 2:32.48	41.19 300m: 4:06.23	47.27	400m: 5:22.90
AFGEM	Rick Vaarkamp	Triton Putten	7:21.87	199404979	
<b>Masters 25+</b>					
1.	Pieter Pijnenburg	Nueneen	4:54.31	199305227	5:08.93 +0,73
	50m: 32.62	150m: 1:54.90	43.40 250m: 3:18.23	39.90	350m: 4:35.13
	100m: 1:11.50	200m: 2:38.33	43.43 300m: 4:00.19	41.96	400m: 5:08.93
2.	Tim Bunnik	Triton	5:15.59	199000505	5:09.15 +0,81
	50m: 32.23	150m: 1:49.04	39.51 250m: 3:13.81	44.52	350m: 4:33.95
	100m: 1:09.53	200m: 2:29.29	40.25 300m: 3:59.03	45.22	400m: 5:09.15
3.	Maik Steenkamp	Montferland	5:24.13	199103847	5:37.84 +0,80
	50m: 33.97	150m: 2:01.66	46.46 250m: 3:34.57	46.89	350m: 5:01.60
	100m: 1:15.20	200m: 2:47.68	46.02 300m: 4:22.40	47.83	400m: 5:37.84
<b>Masters 30+</b>					
1.	Rob van Vliet	ZPC AMERSFOORT	5:09.61	198402459	5:19.06 +0,89
	50m: 31.42	150m: 1:53.28	44.07 250m: 3:19.95	43.69	350m: 4:42.36
	100m: 1:09.21	200m: 2:36.26	42.98 300m: 4:04.56	44.61	400m: 5:19.06
2.	Thommy Nickel	ZPC Woerden	5:19.83	198401627	5:23.90 +0,79
	50m: 34.55	150m: 1:55.91	40.69 250m: 3:23.85	46.50	350m: 4:47.87
	100m: 1:15.22	200m: 2:37.35	41.44 300m: 4:11.07	47.22	400m: 5:23.90
3.	Bart Drechsel	WZK Zwemmen	5:09.07	198604135	5:31.39 +0,69
	50m: 31.06	150m: 1:54.75	44.81 250m: 3:25.29	46.52	350m: 4:53.14
	100m: 1:09.94	200m: 2:38.77	44.02 300m: 4:14.31	49.02	400m: 5:31.39
4.	Sander van Elburg	PSV	5:31.79	198800937	5:38.05 +0,77
	50m: 32.70	150m: 1:56.79	44.63 250m: 3:31.86	51.78	350m: 5:01.95
	100m: 1:12.16	200m: 2:40.08	43.29 300m: 4:23.81	51.95	400m: 5:38.05
5.	Niels Albrechts	SGGO (SG)	5:35.56	198800039	5:43.98 +0,76
	50m: 35.00	150m: 2:01.28	43.45 250m: 3:37.82	54.53	350m: 5:09.16
	100m: 1:17.83	200m: 2:43.29	42.01 300m: 4:32.62	54.80	400m: 5:43.98

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Masters 35+

1.	Kristiaan Lenos	LZ 1886	4:55.80	198301331	<b>5:08.80</b>	+0,79
	50m: 30.20	30.20	150m: 1:47.96	41.80	250m: 3:13.47	43.84
	100m: 1:06.16	35.96	200m: 2:29.63	41.67	300m: 3:58.07	44.60
					350m: 4:34.47	36.40
					400m: 5:08.80	34.33
2.	Gergely Molnár	Iron Aquatics	5:13.73		<b>5:13.11</b>	+0,81
	50m: 31.83	31.83	150m: 1:50.64	41.96	250m: 3:16.64	45.03
	100m: 1:08.68	36.85	200m: 2:31.61	40.97	300m: 4:02.74	46.10
					350m: 4:38.80	36.06
					400m: 5:13.11	34.31
3.	Frank v.d. Voordt	SGGO (SG)	5:16.09	198302259	<b>5:30.97</b>	+0,78
	50m: 33.35	33.35	150m: 1:57.02	42.87	250m: 3:27.38	47.78
	100m: 1:14.15	40.80	200m: 2:39.60	42.58	300m: 4:15.56	48.18
					350m: 4:53.67	38.11
					400m: 5:30.97	37.30
4.	Freddie Geerlings	Zwemsport Parkstad (SG)	5:24.25	197900379	<b>5:49.75</b>	+0,87
	50m: 37.86	37.86	150m: 2:11.28	47.22	250m: 3:44.45	46.36
	100m: 1:24.06	46.20	200m: 2:58.09	46.81	300m: 4:31.89	47.44
					350m: 5:11.59	39.70
					400m: 5:49.75	38.16
5.	Rob van Wanrooy	Gay Swim Amsterdam	5:38.29	198202627	<b>5:51.51</b>	+0,80
	50m: 37.37	37.37	150m: 2:06.80	45.52	250m: 3:42.67	50.60
	100m: 1:21.28	43.91	200m: 2:52.07	45.27	300m: 4:34.77	52.10
					350m: 5:13.75	38.98
					400m: 5:51.51	37.76
6.	Victor den Heijer	Albion d'ELFT (SG)	5:54.27	198300867	<b>6:17.53</b>	+0,82
	50m: 37.28	37.28	150m: 2:11.72	48.54	250m: 3:52.69	52.90
	100m: 1:23.18	45.90	200m: 2:59.79	48.07	300m: 4:45.09	52.40
					350m: 5:31.87	46.78
					400m: 6:17.53	45.66

Masters 40+

1.	Dennis Brouwers	HZPC	5:01.30	197800167	<b>5:19.10</b>	+0,78
	50m: 35.76	35.76	150m: 1:56.55	38.11	250m: 3:21.01	46.69
	100m: 1:18.44	42.68	200m: 2:34.32	37.77	300m: 4:08.17	47.16
					350m: 4:44.74	36.57
					400m: 5:19.10	34.36
2.	Vincent Versteeg	Zwemlust-den Hommel	5:24.04	197701003	<b>5:23.96</b>	+0,76
	50m: 33.72	33.72	150m: 1:58.83	44.01	250m: 3:27.14	44.80
	100m: 1:14.82	41.10	200m: 2:42.34	43.51	300m: 4:11.62	44.48
					350m: 4:47.05	35.43
					400m: 5:23.96	36.91
3.	Kees Bakker	Gay Swim Amsterdam	5:34.65	197501055	<b>5:47.18</b>	+0,65
	50m: 35.46	35.46	150m: 2:04.92	46.00	250m: 3:40.59	49.87
	100m: 1:18.92	43.46	200m: 2:50.72	45.80	300m: 4:30.79	50.20
					350m: 5:09.10	38.31
					400m: 5:47.18	38.08
4.	Isidoros Pagiavlas <i>Greek Masters Record</i>	Olympiacos SFP	6:06.05	60029	<b>5:52.98</b>	+0,68
	50m: 34.75	34.75	150m: 2:05.34	49.42	250m: 3:41.79	46.33
	100m: 1:15.92	41.17	200m: 2:55.46	50.12	300m: 4:30.55	48.76
					350m: 5:12.69	42.14
					400m: 5:52.98	40.29
5.	Markus van Rest	WVZ	5:39.21	197701197	<b>6:06.22</b>	+0,85
	50m: 32.61	32.61	150m: 2:03.73	50.42	250m: 3:46.56	54.92
	100m: 1:13.31	40.70	200m: 2:51.64	47.91	300m: 4:41.66	55.10
					350m: 5:25.94	44.28
					400m: 6:06.22	40.28

Masters 45+

1.	Adolfo Ortiz Caballero	Club Natació L'Hospitalet	5:30.80		<b>5:23.44</b>	+0,91
	50m: 33.97	33.97	150m: 1:55.00	42.97	250m: 3:22.28	46.65
	100m: 1:12.03	38.06	200m: 2:35.63	40.63	300m: 4:09.59	47.31
					350m: 4:47.69	38.10
					400m: 5:23.44	35.75
2.	Antwan van Engen	De Ward	5:30.45	197101577	<b>5:27.88</b>	+0,78
	50m: 31.05	31.05	150m: 1:53.14	45.25	250m: 3:25.40	48.31
	100m: 1:07.89	36.84	200m: 2:37.09	43.95	300m: 4:14.86	49.46
					350m: 4:51.95	37.09
					400m: 5:27.88	35.93
3.	René Beetsma	HZ&PC Heerenveen	5:20.84	196900069	<b>5:35.22</b>	+0,83
	50m: 33.39	33.39	150m: 1:58.83	44.67	250m: 3:30.64	48.57
	100m: 1:14.16	40.77	200m: 2:42.07	43.24	300m: 4:18.73	48.09
					350m: 4:58.27	39.54
					400m: 5:35.22	36.95
4.	Frank van Nobelen	Sassenheim	5:45.12	196900753	<b>5:44.77</b>	+0,84
	50m: 33.96	33.96	150m: 1:59.50	44.91	250m: 3:35.66	50.31
	100m: 1:14.59	40.63	200m: 2:45.35	45.85	300m: 4:27.13	51.47
					350m: 5:06.11	38.98
					400m: 5:44.77	38.66
5.	Korstiaan de Boer	Steenwijk 1934	6:22.07	197101629	<b>6:19.08</b>	+0,90
	50m: 37.10	37.10	150m: 2:11.57	48.32	250m: 3:52.90	52.99
	100m: 1:23.25	46.15	200m: 2:59.91	48.34	300m: 4:48.03	55.13
					350m: 5:33.62	45.59
					400m: 6:19.08	45.46
6.	Kasper van den Berghe	SWOL 1894	6:12.22	197301125	<b>6:26.21</b>	+0,79
	50m: 38.70	38.70	150m: 2:15.98	50.64	250m: 4:01.23	56.31
	100m: 1:25.34	46.64	200m: 3:04.92	48.94	300m: 4:57.56	56.33
					350m: 5:42.22	44.66
					400m: 6:26.21	43.99

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Masters 50+

1.	Jan-Willem van den Berg	WVZ	5:22.44	196801575	<b>5:40.54</b>	+0,79		
	50m: 35.73	35.73	150m: 2:00.79	41.50	250m: 3:31.45	48.40	350m: 5:00.67	39.77
	100m: 1:19.29	43.56	200m: 2:43.05	42.26	300m: 4:20.90	49.45	400m: 5:40.54	39.87
2.	Arnold de Rover	AZ&PC De Futen	5:50.26	196400645	<b>6:00.99</b>	+0,84		
	50m: 37.09	37.09	150m: 2:10.64	48.31	250m: 3:48.26	50.27	350m: 5:20.72	40.93
	100m: 1:22.33	45.24	200m: 2:57.99	47.35	300m: 4:39.79	51.53	400m: 6:00.99	40.27
3.	Wiljam Nijenhuis	De IJssel	5:45.57	196400547	<b>6:05.62</b>	+0,92		
	50m: 35.93	35.93	150m: 2:11.86	51.01	250m: 3:51.32	52.78	350m: 5:27.43	42.20
	100m: 1:20.85	44.92	200m: 2:58.54	46.68	300m: 4:45.23	53.91	400m: 6:05.62	38.19
4.	Stefan Holmstrom	DAW	5:55.81	196701671	<b>6:08.05</b>	+0,83		
	50m: 36.11	36.11	150m: 2:06.85	45.78	250m: 3:46.22	51.76	350m: 5:24.27	43.69
	100m: 1:21.07	44.96	200m: 2:54.46	47.61	300m: 4:40.58	54.36	400m: 6:08.05	43.78

Masters 55+

1.	Ronald Grove	Triton	5:56.99	196100161	<b>6:11.29</b>	+0,73		
	50m: 38.11	38.11	150m: 2:17.69	51.47	250m: 3:57.28	48.98	350m: 5:29.99	40.97
	100m: 1:26.22	48.11	200m: 3:08.30	50.61	300m: 4:49.02	51.74	400m: 6:11.29	41.30
2.	Jan Willem Heuten	WS Twente	7:10.22	196000883	<b>7:23.27</b>	+0,63		
	50m: 46.07	46.07	150m: 2:41.59	59.93	250m: 4:46.08	1:03.39	350m: 6:36.49	47.33
	100m: 1:41.66	55.59	200m: 3:42.69	1:01.10	300m: 5:49.16	1:03.08	400m: 7:23.27	46.78

Masters 60+

1.	Paul Bunnik	Triton	6:24.41	195600413	<b>6:41.95</b>	+0,88		
	50m: 39.16	39.16	150m: 2:25.86	54.20	250m: 4:16.01	56.80	350m: 5:58.24	43.37
	100m: 1:31.66	52.50	200m: 3:19.21	53.35	300m: 5:14.87	58.86	400m: 6:41.95	43.71

Masters 75+

1.	Rob Hanou	PSV	7:20.46	194300109	<b>7:47.26</b>			
	<i>Nederlands Masters Record</i>							
	50m: 52.07	52.07	150m: 2:59.38	1:05.87	250m: 5:06.30	1:03.61	350m: 6:59.89	51.13
	100m: 1:53.51	1:01.44	200m: 4:02.69	1:03.31	300m: 6:08.76	1:02.46	400m: 7:47.26	47.37