

Programmanr. 4
04-05-2018 - 9:00

Heren, 400m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT
Masters 20+					
1.	Robin van Beek	LZ 1886	4:17.66	199704023	4:28.28 +0,62
	50m: 29.36	29.36 150m: 1:36.48	33.87 250m: 2:44.97	34.30 350m: 3:54.69	34.89
	100m: 1:02.61	33.25 200m: 2:10.67	34.19 300m: 3:19.80	34.83 400m: 4:28.28	33.59
2.	Emiel van Beusekom	Van Vliet-Barracuda	4:27.58	199403951	4:34.13 +0,79
	50m: 30.02	30.02 150m: 1:38.40	34.71 250m: 2:49.00	35.34 350m: 3:59.91	35.13
	100m: 1:03.69	33.67 200m: 2:13.66	35.26 300m: 3:24.78	35.78 400m: 4:34.13	34.22
3.	Nordin Termoshuizen	WVZ	4:35.56	199605401	4:34.32 +0,73
	50m: 30.25	30.25 150m: 1:38.95	35.56 250m: 2:49.59	35.52 350m: 4:00.07	34.97
	100m: 1:03.39	33.14 200m: 2:14.07	35.12 300m: 3:25.10	35.51 400m: 4:34.32	34.25
4.	Jeffrey Camphens	DWT	4:20.63	199503113	4:35.83 +0,62
	50m: 30.03	30.03 150m: 1:39.83	35.13 250m: 2:51.20	35.34 350m: 4:02.13	35.01
	100m: 1:04.70	34.67 200m: 2:15.86	36.03 300m: 3:27.12	35.92 400m: 4:35.83	33.70
5.	Jordy van Oel	WVZ	4:42.74	199802003	4:40.81 +0,77
	50m: 31.64	31.64 150m: 1:44.51	36.91 250m: 2:57.81	36.58 350m: 4:08.37	35.18
	100m: 1:07.60	35.96 200m: 2:21.23	36.72 300m: 3:33.19	35.38 400m: 4:40.81	32.44
6.	Lars Jacobsen	DWK	5:00.37	199705453 S14	4:57.79 +0,87 618
	50m: 32.27	32.27 150m: 1:47.63	37.81 250m: 3:04.93	38.78 350m: 4:22.25	38.22
	100m: 1:09.82	37.55 200m: 2:26.15	38.52 300m: 3:44.03	39.10 400m: 4:57.79	35.54
7.	Patrick Wyrdean	Zwemvereniging Westland	4:58.82	199702475	4:58.24 +0,66
	50m: 31.99	31.99 150m: 1:44.30	36.96 250m: 3:00.33	38.07 350m: 4:18.86	39.77
	100m: 1:07.34	35.35 200m: 2:22.26	37.96 300m: 3:39.09	38.76 400m: 4:58.24	39.38
Masters 25+					
1.	Timo Dinkelberg	Albion d'ELFT (SG)	4:23.81	199300773	4:22.03 +0,67
	50m: 28.61	28.61 150m: 1:33.46	32.90 250m: 2:41.07	33.82 350m: 3:49.12	33.72
	100m: 1:00.56	31.95 200m: 2:07.25	33.79 300m: 3:15.40	34.33 400m: 4:22.03	32.91
2.	Tim Bunnik	Triton	4:39.29	199000505	4:40.18 +0,83
	50m: 30.45	30.45 150m: 1:40.35	35.70 250m: 2:52.53	35.76 350m: 4:05.04	36.31
	100m: 1:04.65	34.20 200m: 2:16.77	36.42 300m: 3:28.73	36.20 400m: 4:40.18	35.14
3.	Pieter Pijnenburg	Nuene	4:31.63	199305227	4:45.21 +0,72
	50m: 30.24	30.24 150m: 1:40.01	35.55 250m: 2:53.58	37.33 350m: 4:09.33	37.93
	100m: 1:04.46	34.22 200m: 2:16.25	36.24 300m: 3:31.40	37.82 400m: 4:45.21	35.88
4.	Ruben de Boer	De Duinkickers	4:55.69	199301419	4:57.80 +0,69
	50m: 32.78	32.78 150m: 1:47.33	37.85 250m: 3:03.93	38.37 350m: 4:20.79	38.26
	100m: 1:09.48	36.70 200m: 2:25.56	38.23 300m: 3:42.53	38.60 400m: 4:57.80	37.01
5.	Maik Steenkamp	Montferland	4:46.11	199103847	5:02.77 +0,79
	50m: 32.79	32.79 150m: 1:46.78	37.49 250m: 3:03.86	38.87 350m: 4:23.92	40.48
	100m: 1:09.29	36.50 200m: 2:24.99	38.21 300m: 3:43.44	39.58 400m: 5:02.77	38.85
Masters 30+					
1.	Erik Schröder	TriVia	4:11.47	198402025	4:26.83 +0,84
	50m: 29.48	29.48 150m: 1:36.72	34.04 250m: 2:44.92	34.18 350m: 3:53.53	34.01
	100m: 1:02.68	33.20 200m: 2:10.74	34.02 300m: 3:19.52	34.60 400m: 4:26.83	33.30
2.	Alex Schelvis	LinK	4:30.51	198702927	4:30.52 +0,76
	50m: 30.77	30.77 150m: 1:37.51	33.74 250m: 2:46.04	34.43 350m: 3:55.99	34.76
	100m: 1:03.77	33.00 200m: 2:11.61	34.10 300m: 3:21.23	35.19 400m: 4:30.52	34.53
3.	Federico Cappello <i>Luxembourg Masters Record</i>	Swimming Luxembourg	4:26.67	9598	4:37.08 +0,81
	50m: 29.36	29.36 150m: 1:34.49	33.10 250m: 2:45.85	36.36 350m: 4:00.75	37.91
	100m: 1:01.39	32.03 200m: 2:09.49	35.00 300m: 3:22.84	36.99 400m: 4:37.08	36.33
4.	Sander van Elburg	PSV	4:52.92	198800937	4:39.81 +0,78
	50m: 30.91	30.91 150m: 1:40.30	35.13 250m: 2:52.07	36.16 350m: 4:04.57	36.26
	100m: 1:05.17	34.26 200m: 2:15.91	35.61 300m: 3:28.31	36.24 400m: 4:39.81	35.24
5.	Niels Albrechts	SGGO (SG)	4:37.65	198800039	4:50.13 +0,78
	50m: 32.18	32.18 150m: 1:44.61	36.73 250m: 2:59.14	37.75 350m: 4:15.12	37.97
	100m: 1:07.88	35.70 200m: 2:21.39	36.78 300m: 3:37.15	38.01 400m: 4:50.13	35.01

onjuistheden / mistakes?

mail naar/ to: mastersinschrijvingen@knzb.nl

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

rang	naam	vereniging	inschrijftijd	tijd	RT			
6.	Rob van Vliet	ZPC AMERSFOORT	4:38.61	198402459	4:57.29 +0,84			
	50m: 31.98	31.98	150m: 1:44.35	36.65	250m: 3:00.65	38.37	350m: 4:18.58	39.12
	100m: 1:07.70	35.72	200m: 2:22.28	37.93	300m: 3:39.46	38.81	400m: 4:57.29	38.71
7.	Mark Godwaldt	PSV	5:00.80	198701039	4:57.99 +0,86			
	50m: 32.83	32.83	150m: 1:46.95	37.55	250m: 3:04.56	38.76	350m: 4:21.80	38.84
	100m: 1:09.40	36.57	200m: 2:25.80	38.85	300m: 3:42.96	38.40	400m: 4:57.99	36.19
8.	Edward van Dotingh	ZV 44	5:36.24	198403341	5:37.25 +0,81			
	50m: 35.60	35.60	150m: 1:57.86	42.30	250m: 3:26.12	44.66	350m: 4:54.15	44.03
	100m: 1:15.56	39.96	200m: 2:41.46	43.60	300m: 4:10.12	44.00	400m: 5:37.25	43.10

Masters 35+

1.	Kristiaan Lenos	LZ 1886	4:23.60	198301331	4:32.44 +0,79			
	50m: 29.79	29.79	150m: 1:36.80	33.78	250m: 2:46.13	34.59	350m: 3:57.65	35.76
	100m: 1:03.02	33.23	200m: 2:11.54	34.74	300m: 3:21.89	35.76	400m: 4:32.44	34.79
2.	Gergely Molnár	Iron Aquatics	4:35.90		4:34.21 +0,79			
	50m: 31.78	31.78	150m: 1:40.80	34.52	250m: 2:50.22	34.50	350m: 3:59.97	34.78
	100m: 1:06.28	34.50	200m: 2:15.72	34.92	300m: 3:25.19	34.97	400m: 4:34.21	34.24
3.	Marcel Reefhuis	WS Twente	4:44.77	198101381	4:45.40 +0,78			
	50m: 31.84	31.84	150m: 1:43.17	36.23	250m: 2:56.11	36.41	350m: 4:10.00	37.04
	100m: 1:06.94	35.10	200m: 2:19.70	36.53	300m: 3:32.96	36.85	400m: 4:45.40	35.40
4.	Jim Geestman	Rotterdam Swimming (SG)	4:41.91	198300699	4:47.16 +0,74			
	50m: 31.64	31.64	150m: 1:42.94	36.10	250m: 2:57.23	37.28	350m: 4:12.07	37.45
	100m: 1:06.84	35.20	200m: 2:19.95	37.01	300m: 3:34.62	37.39	400m: 4:47.16	35.09
5.	Bart Groenemans	PLONS	4:52.27	198200551	4:55.91 +0,74			
	50m: 33.83	33.83	150m: 1:49.20	38.28	250m: 3:05.44	37.67	350m: 4:20.95	37.70
	100m: 1:10.92	37.09	200m: 2:27.77	38.57	300m: 3:43.25	37.81	400m: 4:55.91	34.96
6.	Frank v.d. Voordt	SGGO (SG)	4:43.87	198302259	4:59.25 +0,75			
	50m: 33.15	33.15	150m: 1:47.64	37.89	250m: 3:04.10	38.10	350m: 4:21.47	38.55
	100m: 1:09.75	36.60	200m: 2:26.00	38.36	300m: 3:42.92	38.82	400m: 4:59.25	37.78
7.	Freddie Geerlings	Zwemsport Parkstad (SG)	4:51.17	197900379	4:59.84 +0,92			
	50m: 32.17	32.17	150m: 1:46.27	37.99	250m: 3:04.02	38.88	350m: 4:23.30	39.57
	100m: 1:08.28	36.11	200m: 2:25.14	38.87	300m: 3:43.73	39.71	400m: 4:59.84	36.54
8.	Rob van Wanrooy	Gay Swim Amsterdam	5:27.40	198202627	5:06.77 +0,73			
	50m: 33.02	33.02	150m: 1:48.43	38.46	250m: 3:07.09	39.69	350m: 4:27.76	40.37
	100m: 1:09.97	36.95	200m: 2:27.40	38.97	300m: 3:47.39	40.30	400m: 5:06.77	39.01
9.	Bart Siczynski	MZ&PC	5:10.00	197901995	5:25.80 +0,70			
	50m: 34.86	34.86	150m: 1:52.30	39.75	250m: 3:16.05	42.39	350m: 4:42.84	43.41
	100m: 1:12.55	37.69	200m: 2:33.66	41.36	300m: 3:59.43	43.38	400m: 5:25.80	42.96
10.	Ingmar Kooman	LZ 1886	5:23.16	197901517	5:35.12 +0,72			
	50m: 35.13	35.13	150m: 1:59.10	43.13	250m: 3:27.27	44.34	350m: 4:54.04	43.25
	100m: 1:15.97	40.84	200m: 2:42.93	43.83	300m: 4:10.79	43.52	400m: 5:35.12	41.08

Masters 40+

1.	Dennis Brouwers	HZPC	4:32.42	197800167	4:41.25 +0,76			
	50m: 32.25	32.25	150m: 1:43.34	36.17	250m: 2:54.98	35.22	350m: 4:06.05	35.43
	100m: 1:07.17	34.92	200m: 2:19.76	36.42	300m: 3:30.62	35.64	400m: 4:41.25	35.20
2.	Ivo Roozeboom	WVZ	4:39.65	197700801	4:45.39 +0,76			
	50m: 31.66	31.66	150m: 1:45.33	37.29	250m: 2:59.05	36.63	350m: 4:11.42	35.87
	100m: 1:08.04	36.38	200m: 2:22.42	37.09	300m: 3:35.55	36.50	400m: 4:45.39	33.97
3.	Alex Damen	DAW	4:53.23	197501371	4:52.80 +0,89			
	50m: 32.15	32.15	150m: 1:45.05	37.12	250m: 3:00.14	37.58	350m: 4:16.35	37.90
	100m: 1:07.93	35.78	200m: 2:22.56	37.51	300m: 3:38.45	38.31	400m: 4:52.80	36.45
4.	Yannick Vanderborght	Leuven Aquatics	5:22.69	11100/75	5:09.41 +0,89			
	50m: 33.23	33.23	150m: 1:49.50	39.26	250m: 3:10.44	40.58	350m: 4:31.14	40.30
	100m: 1:10.24	37.01	200m: 2:29.86	40.36	300m: 3:50.84	40.40	400m: 5:09.41	38.27
5.	Kees Bakker	Gay Swim Amsterdam	5:00.47	197501055	5:10.30 +0,62			
	50m: 33.84	33.84	150m: 1:48.40	37.77	250m: 3:07.56	39.84	350m: 4:29.85	41.11
	100m: 1:10.63	36.79	200m: 2:27.72	39.32	300m: 3:48.74	41.18	400m: 5:10.30	40.45
6.	Raymond Oosterbaan	WIDEX GZC DONK	5:08.89	197700711	5:12.07 +0,88			
	50m: 32.63	32.63	150m: 1:49.10	39.35	250m: 3:10.18	40.66	350m: 4:32.66	41.04
	100m: 1:09.75	37.12	200m: 2:29.52	40.42	300m: 3:51.62	41.44	400m: 5:12.07	39.41

Programmanr. 4, Heren, 400m vrije slag, Masters 40+

rang	naam	vereniging	inschrijftijd	tijd	RT
7.	Bas Broekhuis	MZ&PC	5:18.42	197601561	5:13.44 +0,99
	50m: 35.11 35.11	150m: 1:54.49 40.16	250m: 3:16.12 40.48	350m: 4:35.90 39.08	
	100m: 1:14.33 39.22	200m: 2:35.64 41.15	300m: 3:56.82 40.70	400m: 5:13.44 37.54	
8.	Svet Gavrilov	GLS Ketelbinkie	5:21.46	197501263	5:13.95 +0,81
	50m: 35.42 35.42	150m: 1:52.92 39.17	250m: 3:13.01 40.01	350m: 4:34.35 40.81	
	100m: 1:13.75 38.33	200m: 2:33.00 40.08	300m: 3:53.54 40.53	400m: 5:13.95 39.60	

Masters 45+

1.	Adolfo Ortiz Caballero	Club Natació L'Hospitalet	5:00.58		4:44.98 +0,89
	50m: 33.90 33.90	150m: 1:45.65 35.98	250m: 2:57.38 35.27	350m: 4:09.57 36.28	
	100m: 1:09.67 35.77	200m: 2:22.11 36.46	300m: 3:33.29 35.91	400m: 4:44.98 35.41	
2.	Maurice van den Berge	The Hague Swimming (SG)	4:54.64	196900087	4:53.27 +0,83
	50m: 32.56 32.56	150m: 1:46.08 37.42	250m: 3:01.41 37.69	350m: 4:16.68 37.52	
	100m: 1:08.66 36.10	200m: 2:23.72 37.64	300m: 3:39.16 37.75	400m: 4:53.27 36.59	
3.	Peter van Grootheest	ZV 44	4:53.06	197000375	5:17.93 +0,90
	50m: 35.46 35.46	150m: 1:55.32 40.19	250m: 3:16.74 40.74	350m: 4:38.73 41.16	
	100m: 1:15.13 39.67	200m: 2:36.00 40.68	300m: 3:57.57 40.83	400m: 5:17.93 39.20	
4.	Bruno Nahon	CNSW	4:55.17	000390/70	5:25.45 +0,91
	50m: 35.94 35.94	150m: 1:57.28 41.29	250m: 3:20.60 41.47	350m: 4:44.47 41.71	
	100m: 1:15.99 40.05	200m: 2:39.13 41.85	300m: 4:02.76 42.16	400m: 5:25.45 40.98	
5.	Chris Kouwenhoven	Steenwijk 1934	5:32.34	197101669	5:31.39 +0,92
	50m: 36.45 36.45	150m: 2:00.53 42.32	250m: 3:26.24 42.81	350m: 4:50.88 42.00	
	100m: 1:18.21 41.76	200m: 2:43.43 42.90	300m: 4:08.88 42.64	400m: 5:31.39 40.51	
6.	Ingmar de Gelder	ZOB'66	5:27.50	197000333	5:37.80 * +0,86
	50m: 35.43 35.43	150m: 1:59.44 43.73	250m: 3:29.12 45.26	350m: 4:56.33 42.57	
	100m: 1:15.71 40.28	200m: 2:43.86 44.42	300m: 4:13.76 44.64	400m: 5:37.80 41.47	
7.	Wouter van der Stelt	Den Doorn	5:40.21	197200889	5:43.60 +0,84
	50m: 37.09 37.09	150m: 2:01.91 43.37	250m: 3:30.83 44.57	350m: 5:00.36 44.99	
	100m: 1:18.54 41.45	200m: 2:46.26 44.35	300m: 4:15.37 44.54	400m: 5:43.60 43.24	
8.	Marcel Britijn	De Duinkickers	5:52.68	196900159	6:14.17 +0,66
	50m: 37.44 37.44	150m: 2:09.31 48.10	250m: 3:48.43 50.06	350m: 5:29.35 50.76	
	100m: 1:21.21 43.77	200m: 2:58.37 49.06	300m: 4:38.59 50.16	400m: 6:14.17 44.82	

Masters 50+

1.	Gusev Vladimir <i>Kampioenschaps Record</i>	Troyka	4:29.28		4:37.49 +0,73
	50m: 31.93 31.93	150m: 1:40.56 35.01	250m: 2:51.01 35.33	350m: 4:02.30 35.74	
	100m: 1:05.55 33.62	200m: 2:15.68 35.12	300m: 3:26.56 35.55	400m: 4:37.49 35.19	
2.	Glen le Clercq	De Rog	4:43.19	196800177	4:50.51 +0,78
	50m: 32.97 32.97	150m: 1:47.57 37.18	250m: 3:01.40 36.53	350m: 4:14.67 36.41	
	100m: 1:10.39 37.42	200m: 2:24.87 37.30	300m: 3:38.26 36.86	400m: 4:50.51 35.84	
3.	Jo-An Mudde	Arethusa	4:54.99	196701457	4:58.20 * +0,82
	50m: 33.41 33.41	150m: 1:47.26 37.21	250m: 3:02.50 37.55	350m: 4:18.90 38.63	
	100m: 1:10.05 36.64	200m: 2:24.95 37.69	300m: 3:40.27 37.77	400m: 4:58.20 39.30	
4.	Erlend Alstad	I.L. Varg	4:26.35		5:01.42 +0,77
	50m: 32.96 32.96	150m: 1:48.04 38.20	250m: 3:05.06 39.11	350m: 4:22.94 38.75	
	100m: 1:09.84 36.88	200m: 2:25.95 37.91	300m: 3:44.19 39.13	400m: 5:01.42 38.48	
5.	Jan-Willem van den Berg	WVZ	4:48.87	196801575	5:13.12 +0,74
	50m: 33.99 33.99	150m: 1:53.64 40.35	250m: 3:15.03 40.62	350m: 4:35.50 40.11	
	100m: 1:13.29 39.30	200m: 2:34.41 40.77	300m: 3:55.39 40.36	400m: 5:13.12 37.62	
6.	Davy Aerts	Shark	5:13.42	10452/64	5:13.38 +0,82
	50m: 35.75 35.75	150m: 1:55.61 40.43	250m: 3:16.17 40.21	350m: 4:35.95 39.59	
	100m: 1:15.18 39.43	200m: 2:35.96 40.35	300m: 3:56.36 40.19	400m: 5:13.38 37.43	
7.	Ralf Dillig	Duisburger ST	5:11.22	060769	5:19.91 +0,90
	50m: 34.37 34.37	150m: 1:53.12 40.30	250m: 3:15.98 41.18	350m: 4:39.16 41.71	
	100m: 1:12.82 38.45	200m: 2:34.80 41.68	300m: 3:57.45 41.47	400m: 5:19.91 40.75	
8.	Francis Roosen	VZV Njord	5:10.88	196801581	5:21.71 +0,73
	50m: 35.85 35.85	150m: 1:56.99 41.32	250m: 3:20.86 41.95	350m: 4:43.36 40.15	
	100m: 1:15.67 39.82	200m: 2:38.91 41.92	300m: 4:03.21 42.35	400m: 5:21.71 38.35	

Programmanr. 4, Heren, 400m vrije slag, Masters 50+

rang	naam	vereniging	inschrijftijd		tijd	RT
9.	Fred Dijkshoorn	Zwemvereniging Westland	5:35.39	196501539	5:28.54	+0,78
	50m: 37.06	37.06	150m: 2:01.42	42.96	250m: 3:27.85	42.88
	100m: 1:18.46	41.40	200m: 2:44.97	43.55	300m: 4:10.11	42.26
					350m: 4:50.61	40.50
					400m: 5:28.54	37.93
10.	Roy le Clercq	De Rog	5:44.66	196401041	5:42.84	+0,94
	50m: 35.36	35.36	150m: 2:00.09	43.10	250m: 3:29.16	44.40
	100m: 1:16.99	41.63	200m: 2:44.76	44.67	300m: 4:13.89	44.73
					350m: 4:58.62	44.73
					400m: 5:42.84	44.22
11.	Joost de Kroon	AquAmigos	5:30.57	196400999	5:54.45	
	50m: 38.21	38.21	150m: 2:08.48	47.01	250m: 3:42.21	47.01
	100m: 1:21.47	43.26	200m: 2:55.20	46.72	300m: 4:28.22	46.01
					350m: 5:12.52	44.30
					400m: 5:54.45	41.93
12.	Vincent Eijt	WVZ	6:43.73	196701735	6:35.22	+0,94
	50m: 40.40	40.40	150m: 2:20.23	50.01	250m: 4:04.51	52.81
	100m: 1:30.22	49.82	200m: 3:11.70	51.47	300m: 4:56.22	51.71
					350m: 5:46.80	50.58
					400m: 6:35.22	48.42

Masters 55+

1.	Johan Remmits	ZPC Woerden	4:45.56	196201159	4:56.63	+0,87
	50m: 33.61	33.61	150m: 1:48.93	38.07	250m: 3:04.31	37.57
	100m: 1:10.86	37.25	200m: 2:26.74	37.81	300m: 3:41.99	37.68
					350m: 4:20.02	38.03
					400m: 4:56.63	36.61
2.	Hans Westerhof	WS Twente	5:30.27	196200743	5:16.65	+0,96
	50m: 36.97	36.97	150m: 1:57.60	40.84	250m: 3:18.65	40.48
	100m: 1:16.76	39.79	200m: 2:38.17	40.57	300m: 3:58.76	40.11
					350m: 4:38.53	39.77
					400m: 5:16.65	38.12
3.	Eric Langhorst	De Rijn	5:33.81	196200389	5:28.55	+0,80
	50m: 36.24	36.24	150m: 2:00.03	42.88	250m: 3:26.25	42.97
	100m: 1:17.15	40.91	200m: 2:43.28	43.25	300m: 4:08.56	42.31
					350m: 4:50.04	41.48
					400m: 5:28.55	38.51
4.	Robin Prins	De Geul	5:29.59	196200515	5:42.84	+0,85
	50m: 38.11	38.11	150m: 2:04.37	44.24	250m: 3:33.38	44.20
	100m: 1:20.13	42.02	200m: 2:49.18	44.81	300m: 4:18.07	44.69
					350m: 5:01.77	43.70
					400m: 5:42.84	41.07

Masters 60+

1.	Marten de Groot	HZ&PC Heerenveen	4:44.28	195800149	4:50.00	+0,81
	<i>Kampioenschaps Record</i>					
	50m: 33.16	33.16	150m: 1:47.49	37.09	250m: 3:01.49	36.90
	100m: 1:10.40	37.24	200m: 2:24.59	37.10	300m: 3:38.82	37.33
					350m: 4:15.68	36.86
					400m: 4:50.00	34.32
2.	Paul Bunnik	Triton	5:47.27	195600413	5:44.33	+0,78
	50m: 36.49	36.49	150m: 2:01.91	43.80	250m: 3:32.28	45.32
	100m: 1:18.11	41.62	200m: 2:46.96	45.05	300m: 4:17.50	45.22
					350m: 5:03.10	45.60
					400m: 5:44.33	41.23
3.	Wolfgang Rossa	TPSK 1925 e.V.	5:49.64	396833	5:48.64	
	50m: 38.34	38.34	150m: 2:05.22	44.29	250m: 3:35.27	45.06
	100m: 1:20.93	42.59	200m: 2:50.21	44.99	300m: 4:21.02	45.75
					350m: 5:06.42	45.40
					400m: 5:48.64	42.22
4.	Lex Hoogendam	ZZ&PC De Devel	5:53.59	195700541	6:22.00	+0,90
	50m: 38.97	38.97	150m: 2:12.72	48.22	250m: 3:50.69	49.43
	100m: 1:24.50	45.53	200m: 3:01.26	48.54	300m: 4:41.41	50.72
					350m: 5:32.36	50.95
					400m: 6:22.00	49.64
AFGEM	Peter Molecz	SC Diana	5:40.58	19219		

Masters 65+

1.	Piet Schop	De Bevelanders	6:29.68	195000109	6:31.39	+0,61
	50m: 41.98	41.98	150m: 2:21.23	50.14	250m: 4:03.52	51.99
	100m: 1:31.09	49.11	200m: 3:11.53	50.30	300m: 4:55.85	52.33
					350m: 5:47.74	51.89
					400m: 6:31.39	43.65
2.	Hilbert Prins	OEZA	6:18.22	195100223	6:44.91	+0,97
	50m: 43.74	43.74	150m: 2:24.39	51.35	250m: 4:08.76	52.37
	100m: 1:33.04	49.30	200m: 3:16.39	52.00	300m: 5:00.98	52.22
					350m: 5:53.74	52.76
					400m: 6:44.91	51.17

Masters 70+

1.	Wout Hemmes	De Plons	5:55.02	194800059	6:10.21	+0,91
	50m: 40.31	40.31	150m: 2:14.18	47.86	250m: 3:49.70	47.44
	100m: 1:26.32	46.01	200m: 3:02.26	48.08	300m: 4:37.11	47.41
					350m: 5:24.78	47.67
					400m: 6:10.21	45.43
2.	Willem Putter	ZVVS	6:19.16	194500135	6:31.33	
	50m: 42.04	42.04	150m: 2:19.90	50.70	250m: 4:03.09	51.89
	100m: 1:29.20	47.16	200m: 3:11.20	51.30	300m: 4:54.11	51.02
					350m: 5:44.35	50.24
					400m: 6:31.33	46.98

Programmanr. 4, Heren, 400m vrije slag, Masters 70+

rang	naam	vereniging	inschrijftijd		tijd	RT
AFGEM	Pieter Schillemans	WZ&PC Purmerend	6:50.43	194600141		

Masters 75+

1.	Rob Hanou	PSV	6:31.41	194300109	6:36.22	+0,78
	<i>Kampioenschaps Record</i>					

50m:	42.77	42.77	150m:	2:23.99	51.12	250m:	4:07.34	51.52	350m:	5:50.17	51.08
100m:	1:32.87	50.10	200m:	3:15.82	51.83	300m:	4:59.09	51.75	400m:	6:36.22	46.05

2.	Frans van Enst	WS Twente	6:48.10	194000011	7:01.63						
50m:	45.62	45.62	150m:	2:34.93	55.00	250m:	4:24.45	54.78	350m:	6:13.07	53.09
100m:	1:39.93	54.31	200m:	3:29.67	54.74	300m:	5:19.98	55.53	400m:	7:01.63	48.56

3.	Geza Kaltenecker	AZC	7:00.79	194200065	7:28.27	+0,87					
50m:	45.05	45.05	150m:	2:38.76	58.09	250m:	4:36.48	58.68	350m:	6:34.82	59.28
100m:	1:40.67	55.62	200m:	3:37.80	59.04	300m:	5:35.54	59.06	400m:	7:28.27	53.45

4.	Otto Schleich	SV Langenfeld 1912	8:07.11	315352	8:47.93						
50m:	56.71	56.71	150m:	3:10.07	1:06.79	250m:	5:26.22	1:07.62	350m:	7:42.30	1:07.46
100m:	2:03.28	1:06.57	200m:	4:18.60	1:08.53	300m:	6:34.84	1:08.62	400m:	8:47.93	1:05.63

Masters 80+

1.	Frederik-Henrik De-Bruijn	CN AquaMasters	6:24.40	0X0345415	6:38.12	+0,97
	<i>Kampioenschaps Record</i>					

50m:	45.70	45.70	150m:	2:25.95	50.73	250m:	4:07.67	50.80	350m:	5:49.66	50.46
100m:	1:35.22	49.52	200m:	3:16.87	50.92	300m:	4:59.20	51.53	400m:	6:38.12	48.46

2.	Gregor Pompen	Aqua-Novio'94	7:59.16	193700021	8:24.89						
50m:	56.16	56.16	150m:	3:02.12	1:04.50	250m:	5:13.18	1:05.42	350m:	7:22.91	1:04.58
100m:	1:57.62	1:01.46	200m:	4:07.76	1:05.64	300m:	6:18.33	1:05.15	400m:	8:24.89	1:01.98

Masters 85+

1.	Bob Berg	PSV	8:51.36	193300011	8:39.11	
	<i>Nederlands Masters Record, tt 200m NMR</i>					

50m:	52.64	52.64	150m:	3:03.57	1:04.33	250m:	5:20.27	1:08.33	350m:	7:35.37	1:07.78
100m:	1:59.24	1:06.60	200m:	4:11.94	1:08.37	300m:	6:27.59	1:07.32	400m:	8:39.11	1:03.74