

Programmanr. 18
26-01-2019 - 10:27

Heren, 400m wisselslag

Masters Open
Resultaten

rang	naam	vereniging	tijd	PARA
Masters 20+				
1.	Joris Bezemer	De Kempvis	4:47.52	
	50m: 28.51	28.51	150m: 1:39.55	37.37
	100m: 1:02.18	33.67	200m: 2:16.67	37.12
			250m: 2:58.87	42.20
			300m: 3:41.60	42.73
			350m: 4:14.96	33.36
			400m: 4:47.52	32.56
2.	Robin van Beek	ZVL-1886	4:50.78	
	50m: 30.04	30.04	150m: 1:44.00	38.91
	100m: 1:05.09	35.05	200m: 2:21.03	37.03
			250m: 3:02.76	41.73
			300m: 3:45.99	43.23
			350m: 4:19.42	33.43
			400m: 4:50.78	31.36
3.	Dave Jansen	WVZ	4:51.13	
	50m: 30.53	30.53	150m: 1:43.64	37.00
	100m: 1:06.64	36.11	200m: 2:19.85	36.21
			250m: 3:02.25	42.40
			300m: 3:44.38	42.13
			350m: 4:19.54	35.16
			400m: 4:51.13	31.59
4.	Nick Sijmons	De Amstel	4:52.13	
	50m: 29.77	29.77	150m: 1:43.66	38.26
	100m: 1:05.40	35.63	200m: 2:22.04	38.38
			250m: 3:04.23	42.19
			300m: 3:45.90	41.67
			350m: 4:20.33	34.43
			400m: 4:52.13	31.80
5.	Martijn Velders	TZC-Vahalis	4:52.97	
	50m: 30.56	30.56	150m: 1:47.74	40.11
	100m: 1:07.63	37.07	200m: 2:27.35	39.61
			250m: 3:05.38	38.03
			300m: 3:44.47	39.09
			350m: 4:19.01	34.54
			400m: 4:52.97	33.96
6.	Nordin Termoshuizen	WVZ	4:58.83	
	50m: 30.54	30.54	150m: 1:43.96	37.78
	100m: 1:06.18	35.64	200m: 2:20.86	36.90
			250m: 3:06.80	45.94
			300m: 3:53.62	46.82
			350m: 4:25.97	32.35
			400m: 4:58.83	32.86
7.	Jeffrey Camphens	DWT	5:00.52	
	50m: 31.24	31.24	150m: 1:49.52	41.14
	100m: 1:08.38	37.14	200m: 2:29.35	39.83
			250m: 3:11.01	41.66
			300m: 3:53.23	42.22
			350m: 4:27.71	34.48
			400m: 5:00.52	32.81
8.	Patrick Wyrdean	Feijenoord Albion Zwemclub	5:31.34	
	50m: 32.48	32.48	150m: 1:53.03	42.53
	100m: 1:10.50	38.02	200m: 2:34.74	41.71
			250m: 3:21.67	46.93
			300m: 4:10.22	48.55
			350m: 4:51.05	40.83
			400m: 5:31.34	40.29
Masters 25+				
1.	Emiel van Beusekom	ZPV Barracuda	4:49.53	
	50m: 29.21	29.21	150m: 1:42.19	37.97
	100m: 1:04.22	35.01	200m: 2:19.67	37.48
			250m: 3:00.61	40.94
			300m: 3:43.11	42.50
			350m: 4:17.12	34.01
			400m: 4:49.53	32.41
2.	Tim Bunnik	Triton	4:55.10	
	50m: 30.76	30.76	150m: 1:42.86	36.42
	100m: 1:06.44	35.68	200m: 2:20.70	37.84
			250m: 3:02.95	42.25
			300m: 3:47.14	44.19
			350m: 4:21.33	34.19
			400m: 4:55.10	33.77
3.	Pieter Pijnenburg	De Warande	5:02.81	
	50m: 32.12	32.12	150m: 1:51.37	41.15
	100m: 1:10.22	38.10	200m: 2:31.59	40.22
			250m: 3:11.62	40.03
			300m: 3:52.45	40.83
			350m: 4:28.37	35.92
			400m: 5:02.81	34.44
4.	Roderick van Doeselaar	Scheldestroom	5:10.16	
	50m: 30.62	30.62	150m: 1:50.51	40.96
	100m: 1:09.55	38.93	200m: 2:29.61	39.10
			250m: 3:12.01	42.40
			300m: 3:56.48	44.47
			350m: 4:34.20	37.72
			400m: 5:10.16	35.96
5.	Patrick Creemers	RZ	5:16.89	
	50m: 36.23	36.23	150m: 2:02.43	41.91
	100m: 1:20.52	44.29	200m: 2:42.73	40.30
			250m: 3:26.18	43.45
			300m: 4:09.58	43.40
			350m: 4:44.43	34.85
			400m: 5:16.89	32.46
6.	Maik Steenkamp	Montferland	5:22.21	
	50m: 33.07	33.07	150m: 1:55.11	42.03
	100m: 1:13.08	40.01	200m: 2:37.63	42.52
			250m: 3:22.60	44.97
			300m: 4:08.31	45.71
			350m: 4:46.40	38.09
			400m: 5:22.21	35.81
7.	Martino Valentijn	DIO	5:26.46	
	50m: 33.87	33.87	150m: 2:00.83	45.30
	100m: 1:15.53	41.66	200m: 2:45.17	44.34
			250m: 3:28.08	42.91
			300m: 4:11.92	43.84
			350m: 4:50.30	38.38
			400m: 5:26.46	36.16
Masters 30+				
1.	Roel van der Kruijs	De Gelenberg	5:16.10	
	50m: 32.97	32.97	150m: 1:52.77	41.88
	100m: 1:10.89	37.92	200m: 2:35.00	42.23
			250m: 3:20.07	45.07
			300m: 4:05.60	45.53
			350m: 4:41.19	35.59
			400m: 5:16.10	34.91
2.	Sander van Elburg	PSV	5:16.31	
	50m: 31.17	31.17	150m: 1:49.39	41.27
	100m: 1:08.12	36.95	200m: 2:30.82	41.43
			250m: 3:18.89	48.07
			300m: 4:07.18	48.29
			350m: 4:42.82	35.64
			400m: 5:16.31	33.49

onjuistheden / mistakes?

mail naar/ to: mastersinschrijvingen@knzb.nl

Splash Meet Manager, 11.57823

Registered to KNZB

27-01-2019 9:05 - pagina 1

Programmanr. 18, Heren, 400m wisselslag, Masters 30+

rang	naam	vereniging	tijd	PARA
3.	Niels Albrechts	De Schotejil	5:34.43	
	50m: 36.04	150m: 2:01.47	250m: 3:34.69	350m: 5:01.88
	100m: 1:18.71	200m: 2:42.12	300m: 4:27.25	400m: 5:34.43

Masters 35+

1.	Kristiaan Lenos	ZVL-1886	5:04.48	
	50m: 30.57	150m: 1:46.97	250m: 3:09.46	350m: 4:29.38
	100m: 1:07.29	200m: 2:26.39	300m: 3:53.43	400m: 5:04.48
2.	Rick de Greef	Budel	5:10.54	
	50m: 32.43	150m: 1:51.31	250m: 3:15.52	350m: 4:35.13
	100m: 1:10.87	200m: 2:32.09	300m: 3:59.57	400m: 5:10.54
3.	Rob van Vliet	ZPC AMERSFOORT	5:10.66	
	50m: 31.28	150m: 1:52.17	250m: 3:15.97	350m: 4:36.62
	100m: 1:09.63	200m: 2:33.77	300m: 3:59.81	400m: 5:10.66
4.	Thommy Nickel	ZPC Woerden	5:11.49	
	50m: 34.26	150m: 1:52.87	250m: 3:16.63	350m: 4:37.76
	100m: 1:13.65	200m: 2:32.08	300m: 4:01.74	400m: 5:11.49
5.	Frank v.d. Voordt	De Schotejil	5:11.70	
	50m: 32.31	150m: 1:51.30	250m: 3:16.25	350m: 4:37.47
	100m: 1:10.10	200m: 2:31.17	300m: 4:01.40	400m: 5:11.70
6.	Marcel Reefhuis	WS Twente	5:20.74	
	50m: 32.93	150m: 1:54.31	250m: 3:21.39	350m: 4:45.02
	100m: 1:12.34	200m: 2:36.34	300m: 4:07.59	400m: 5:20.74
7.	Rob van Wanrooy	Gay Swim Amsterdam	5:34.88	
	50m: 35.52	150m: 2:02.67	250m: 3:32.29	350m: 4:58.57
	100m: 1:18.13	200m: 2:45.40	300m: 4:20.53	400m: 5:34.88
8.	Peter van de Bor	DWT	5:51.64	
	50m: 35.69	150m: 2:07.36	250m: 3:41.44	350m: 5:13.12
	100m: 1:21.41	200m: 2:52.79	300m: 4:31.65	400m: 5:51.64
9.	Dyon de Greef	Budel	6:00.90	
	50m: 39.44	150m: 2:13.48	250m: 3:47.76	350m: 5:19.99
	100m: 1:27.58	200m: 2:58.18	300m: 4:36.70	400m: 6:00.90

Masters 40+

1.	Dennis Brouwers	HZPC	5:03.99	
	50m: 34.28	150m: 1:51.41	250m: 3:10.18	350m: 4:29.79
	100m: 1:15.30	200m: 2:26.55	300m: 3:54.59	400m: 5:03.99
2.	Mark Hensen	ZPV Barracuda	5:08.99	
	50m: 30.40	150m: 1:47.58	250m: 3:12.31	350m: 4:33.85
	100m: 1:06.74	200m: 2:27.87	300m: 3:57.78	400m: 5:08.99
3.	Vincent Versteeg	Zwemlust-den Hommel	5:09.93	
	50m: 32.73	150m: 1:53.38	250m: 3:16.70	350m: 4:35.83
	100m: 1:12.24	200m: 2:34.76	300m: 4:00.14	400m: 5:09.93
4.	Freddie Geerlings	Zwemsport Parkstad (SG)	5:25.15	
	50m: 36.03	150m: 2:00.79	250m: 3:26.97	350m: 4:49.27
	100m: 1:17.49	200m: 2:44.11	300m: 4:11.72	400m: 5:25.15
5.	Erwin Zuidervelt	AZ&PC De Futen	5:53.86	
	50m: 37.35	150m: 2:07.85	250m: 3:45.23	350m: 5:17.60
	100m: 1:22.26	200m: 2:53.12	300m: 4:38.40	400m: 5:53.86

Masters 45+

1.	Vedestas Seferlis	Kauno Takas	5:15.03	
	50m: 31.74	150m: 1:50.86	250m: 3:19.25	350m: 4:41.85
	100m: 1:08.23	200m: 2:32.79	300m: 4:05.70	400m: 5:15.03
2.	Richard Rickens	Zwemsport Parkstad (SG)	5:26.78	
	50m: 33.19	150m: 1:55.73	250m: 3:25.18	350m: 4:50.37
	100m: 1:12.26	200m: 2:38.68	300m: 4:12.32	400m: 5:26.78
3.	Bruno Nahon	CNSW	5:51.86	
	50m: 36.66	150m: 2:08.72	250m: 3:43.04	350m: 5:14.44
	100m: 1:23.03	200m: 2:52.60	300m: 4:35.28	400m: 5:51.86

onjuistheden / mistakes?

mail naar/ to: mastersinschrijvingen@knzb.nl

Programmanr. 18, Heren, 400m wisselslag, Masters 45+

rang	naam	vereniging	tijd						PARA
4.	Kasper van den Bergh	SWOL 1894	NED	197301125	5:56.67				
	50m: 37.06	37.06	150m: 2:07.22	45.91	250m: 3:45.00	52.67	350m: 5:16.78	40.05	
	100m: 1:21.31	44.25	200m: 2:52.33	45.11	300m: 4:36.73	51.73	400m: 5:56.67	39.89	
5.	Korstiaan de Boer	Steenwijk 1934	NED	197101629	5:59.04				
	50m: 35.95	35.95	150m: 2:05.26	46.03	250m: 3:40.73	50.36	350m: 5:16.08	43.24	
	100m: 1:19.23	43.28	200m: 2:50.37	45.11	300m: 4:32.84	52.11	400m: 5:59.04	42.96	
DIS	Marcel van Winssen	De Gelenberg	NED	197101477					
	<i>Na schoolslag keerpunt volgt geen schoolslag benen na vlinderkick</i>								

Masters 50+

1.	René Beetsma	HZ&PC Heerenveen	NED	196900069	5:27.16				
	50m: 33.63	33.63	150m: 1:55.16	41.58	250m: 3:24.22	46.46	350m: 4:50.58	38.09	
	100m: 1:13.58	39.95	200m: 2:37.76	42.60	300m: 4:12.49	48.27	400m: 5:27.16	36.58	
2.	Jan-Willem van den Berg	WVZ	NED	196801575	5:47.00				
	50m: 35.27	35.27	150m: 2:00.67	43.08	250m: 3:33.19	49.47	350m: 5:04.48	41.27	
	100m: 1:17.59	42.32	200m: 2:43.72	43.05	300m: 4:23.21	50.02	400m: 5:47.00	42.52	

Masters 55+

1.	Arnold de Rover	AZ&PC De Futen	NED	196400645	5:34.74				
	50m: 35.52	35.52	150m: 2:00.63	43.87	250m: 3:31.10	47.57	350m: 4:58.65	38.38	
	100m: 1:16.76	41.24	200m: 2:43.53	42.90	300m: 4:20.27	49.17	400m: 5:34.74	36.09	
2.	Ronald Grove	Triton	NED	196100161	5:48.77				
	50m: 36.16	36.16	150m: 2:07.74	47.12	250m: 3:42.78	48.95	350m: 5:11.55	39.11	
	100m: 1:20.62	44.46	200m: 2:53.83	46.09	300m: 4:32.44	49.66	400m: 5:48.77	37.22	
3.	Wiljam Nijenhuis	De IJsel	NED	196400547	5:49.20				
	50m: 35.80	35.80	150m: 2:04.87	46.98	250m: 3:42.31	51.16	350m: 5:13.60	40.30	
	100m: 1:17.89	42.09	200m: 2:51.15	46.28	300m: 4:33.30	50.99	400m: 5:49.20	35.60	
4.	Hans Vloedgraven	Old Dutch	NED	196400917	5:50.26				
	50m: 35.75	35.75	150m: 2:03.07	46.04	250m: 3:37.58	50.34	350m: 5:11.07	40.41	
	100m: 1:17.03	41.28	200m: 2:47.24	44.17	300m: 4:30.66	53.08	400m: 5:50.26	39.19	
5.	Jan Smalheer	SCOM	NED	196400701	6:45.49				
	50m: 45.29	45.29	150m: 2:28.00	53.08	250m: 4:17.12	57.92	350m: 6:00.69	44.74	
	100m: 1:34.92	49.63	200m: 3:19.20	51.20	300m: 5:15.95	58.83	400m: 6:45.49	44.80	

Masters 60+

1.	Paul Bunnik	Triton	NED	195600413	6:28.18				
	50m: 38.00	38.00	150m: 2:19.22	52.58	250m: 4:04.20	53.66	350m: 5:43.88	44.23	
	100m: 1:26.64	48.64	200m: 3:10.54	51.32	300m: 4:59.65	55.45	400m: 6:28.18	44.30	
2.	Wim Witjes	Aqua-Novio'94	NED	195800483	6:44.08				
	50m: 43.47	43.47	150m: 2:28.87	53.28	250m: 4:17.20	57.11	350m: 6:00.30	45.05	
	100m: 1:35.59	52.12	200m: 3:20.09	51.22	300m: 5:15.25	58.05	400m: 6:44.08	43.78	

Masters 75+

1.	Rob Hanou	PSV	NED	194300109	7:21.23				
	50m: 49.64	49.64	150m: 2:47.43	58.19	250m: 4:46.68	1:00.46	350m: 6:35.38	47.74	
	100m: 1:49.24	59.60	200m: 3:46.22	58.79	300m: 5:47.64	1:00.96	400m: 7:21.23	45.85	