

Programmanr. 4
25-01-2019 - 9:00

Heren, 400m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	tijd	PARA
Masters 20+				
1.	Joris Bezemer <i>Kampioenschaps Record</i>	De Kempvis	4:12.48	
	50m: 28.86 28.86 150m: 1:32.55 32.15 250m: 2:37.00 31.95 350m: 3:41.79 32.26 100m: 1:00.40 31.54 200m: 2:05.05 32.50 300m: 3:09.53 32.53 400m: 4:12.48 30.69			
2.	Robin van Beek	ZVL-1886	4:15.20	
	50m: 29.53 29.53 150m: 1:33.38 32.32 250m: 2:38.79 32.65 350m: 3:43.53 32.11 100m: 1:01.06 31.53 200m: 2:06.14 32.76 300m: 3:11.42 32.63 400m: 4:15.20 31.67			
3.	Felix Geenen	DAW	4:22.04	
	50m: 28.41 28.41 150m: 1:33.97 32.69 250m: 2:40.43 33.17 350m: 3:49.52 34.96 100m: 1:01.28 32.87 200m: 2:07.26 33.29 300m: 3:14.56 34.13 400m: 4:22.04 32.52			
4.	Jordy van Oel	WVZ	4:24.08	
	50m: 29.54 29.54 150m: 1:36.59 34.16 250m: 2:45.24 34.49 350m: 3:53.25 33.99 100m: 1:02.43 32.89 200m: 2:10.75 34.16 300m: 3:19.26 34.02 400m: 4:24.08 30.83			
5.	Jeffrey Camphens	DWT	4:24.73	
	50m: 28.77 28.77 150m: 1:36.11 34.08 250m: 2:45.07 34.40 350m: 3:52.60 33.76 100m: 1:02.03 33.26 200m: 2:10.67 34.56 300m: 3:18.84 33.77 400m: 4:24.73 32.13			
6.	Diederick Scothans	De Veene	4:26.96	
	50m: 29.97 29.97 150m: 1:36.20 33.32 250m: 2:43.71 33.66 350m: 3:52.85 34.83 100m: 1:02.88 32.91 200m: 2:10.05 33.85 300m: 3:18.02 34.31 400m: 4:26.96 34.11			
7.	Lars van der Velden	DAW	4:29.06	
	50m: 28.72 28.72 150m: 1:34.95 33.83 250m: 2:44.28 34.89 350m: 3:54.84 35.40 100m: 1:01.12 32.40 200m: 2:09.39 34.44 300m: 3:19.44 35.16 400m: 4:29.06 34.22			
8.	Nordin Termoshuizen	WVZ	4:29.27	
	50m: 30.09 30.09 150m: 1:37.48 34.40 250m: 2:46.94 34.63 350m: 3:56.05 35.04 100m: 1:03.08 32.99 200m: 2:12.31 34.83 300m: 3:21.01 34.07 400m: 4:29.27 33.22			
9.	Richard van der Horst	De Meer	4:44.22	
	50m: 31.42 31.42 150m: 1:43.04 35.98 250m: 2:55.27 36.32 350m: 4:08.57 36.62 100m: 1:07.06 35.64 200m: 2:18.95 35.91 300m: 3:31.95 36.68 400m: 4:44.22 35.65			
10.	Lars Jacobsen	DWK	4:52.42	652
	50m: 33.00 33.00 150m: 1:46.32 37.33 250m: 3:01.60 37.63 350m: 4:16.95 38.40 100m: 1:08.99 35.99 200m: 2:23.97 37.65 300m: 3:38.55 36.95 400m: 4:52.42 35.47			
Masters 25+				
1.	Tim Bunnik	Triton	4:25.14	
	50m: 28.98 28.98 150m: 1:34.74 33.37 250m: 2:43.26 34.48 350m: 3:51.51 34.02 100m: 1:01.37 32.39 200m: 2:08.78 34.04 300m: 3:17.49 34.23 400m: 4:25.14 33.63			
2.	Pieter Pijnenburg	De Warande	4:35.27	
	50m: 30.62 30.62 150m: 1:39.31 34.63 250m: 2:50.00 35.36 350m: 4:02.28 35.71 100m: 1:04.68 34.06 200m: 2:14.64 35.33 300m: 3:26.57 36.57 400m: 4:35.27 32.99			
3.	Maik Steenkamp	Montferland	4:41.43	
	50m: 31.17 31.17 150m: 1:41.24 35.31 250m: 2:53.48 36.46 350m: 4:06.76 36.46 100m: 1:05.93 34.76 200m: 2:17.02 35.78 300m: 3:30.30 36.82 400m: 4:41.43 34.67			
4.	Martino Valentijn	DIO	4:41.85	
	50m: 30.87 30.87 150m: 1:40.67 35.12 250m: 2:52.88 36.39 350m: 4:05.86 36.12 100m: 1:05.55 34.68 200m: 2:16.49 35.82 300m: 3:29.74 36.86 400m: 4:41.85 35.99			
5.	Kenneth Caster	Feijenoord Albion Zwemclub	4:42.47	
	50m: 30.95 30.95 150m: 1:41.24 35.63 250m: 2:54.19 36.48 350m: 4:06.99 36.44 100m: 1:05.61 34.66 200m: 2:17.71 36.47 300m: 3:30.55 36.36 400m: 4:42.47 35.48			
6.	Ruben de Boer	De Duinkickers	4:49.57	
	50m: 33.11 33.11 150m: 1:46.80 37.12 250m: 3:00.92 37.07 350m: 4:14.03 36.33 100m: 1:09.68 36.57 200m: 2:23.85 37.05 300m: 3:37.70 36.78 400m: 4:49.57 35.54			

Programmanr. 4, Heren, 400m vrije slag

Masters 30+

1.	Alex Schelvis	LinK	NED	198702927	4:17.08	
	50m: 28.52	28.52	150m: 1:31.60	31.92	250m: 2:36.91	32.80
	100m: 59.68	31.16	200m: 2:04.11	32.51	300m: 3:10.21	33.30
					350m: 3:44.21	34.00
					400m: 4:17.08	32.87
2.	Klaas van Beek	ZV Haerlem	NED	198805941	4:25.96	
	50m: 30.29	30.29	150m: 1:36.32	33.35	250m: 2:43.59	33.87
	100m: 1:02.97	32.68	200m: 2:09.72	33.40	300m: 3:17.94	34.35
					350m: 3:52.22	34.28
					400m: 4:25.96	33.74
3.	Sander van Elburg	PSV	NED	198800937	4:29.09	
	50m: 30.39	30.39	150m: 1:36.71	33.37	250m: 2:45.21	34.48
	100m: 1:03.34	32.95	200m: 2:10.73	34.02	300m: 3:20.24	35.03
					350m: 3:54.63	34.39
					400m: 4:29.09	34.46
4.	Niels Albrechts	De Schotejil	NED	198800039	4:37.78	
	50m: 31.63	31.63	150m: 1:40.96	35.01	250m: 2:52.98	36.08
	100m: 1:05.95	34.32	200m: 2:16.90	35.94	300m: 3:29.17	36.19
					350m: 4:04.94	35.77
					400m: 4:37.78	32.84
5.	Wessel Everloo	De Veene	NED	198906597	4:38.20	758
	50m: 31.26	31.26	150m: 1:41.68	35.50	250m: 2:53.25	35.67
	100m: 1:06.18	34.92	200m: 2:17.58	35.90	300m: 3:29.08	35.83
					350m: 4:05.31	36.23
					400m: 4:38.20	32.89
6.	Yuri van Omme	Zwemvereniging Hoogland	NED	198501887	4:51.12	
	50m: 30.44	30.44	150m: 1:40.29	35.45	250m: 2:54.78	37.59
	100m: 1:04.84	34.40	200m: 2:17.19	36.90	300m: 3:32.80	38.02
					350m: 4:11.90	39.10
					400m: 4:51.12	39.22
7.	Mark Godwaldt	PSV	NED	198701039	4:53.69	
	50m: 32.27	32.27	150m: 1:46.02	37.33	250m: 3:01.74	37.78
	100m: 1:08.69	36.42	200m: 2:23.96	37.94	300m: 3:40.28	38.54
					350m: 4:18.02	37.74
					400m: 4:53.69	35.67
AFGEM	Ivan Kovalev	Troyka	RUS	102052		

Masters 35+

1.	Erik Schröder	TriVia	NED	198402025	4:16.90	
	<i>Kampioenschaps Record</i>					
	50m: 28.98	28.98	150m: 1:33.80	32.65	250m: 2:39.38	32.81
	100m: 1:01.15	32.17	200m: 2:06.57	32.77	300m: 3:12.61	33.23
					350m: 3:45.78	33.17
					400m: 4:16.90	31.12
2.	Federico Cappello	Entente Sportive Nanterre 2	FRA	2749459	4:24.11	
	50m: 29.36	29.36	150m: 1:33.80	32.63	250m: 2:40.50	33.98
	100m: 1:01.17	31.81	200m: 2:06.52	32.72	300m: 3:15.54	35.04
					350m: 3:50.57	35.03
					400m: 4:24.11	33.54
3.	Pieter Pickhardt	ZPC De Hof	NED	198301657	4:25.07	
	50m: 30.38	30.38	150m: 1:36.91	33.42	250m: 2:43.71	33.44
	100m: 1:03.49	33.11	200m: 2:10.27	33.36	300m: 3:17.58	33.87
					350m: 3:51.75	34.17
					400m: 4:25.07	33.32
4.	Kristiaan Lenos	ZVL-1886	NED	198301331	4:27.86	
	50m: 28.59	28.59	150m: 1:33.65	33.27	250m: 2:41.78	34.43
	100m: 1:00.38	31.79	200m: 2:07.35	33.70	300m: 3:16.99	35.21
					350m: 3:52.90	35.91
					400m: 4:27.86	34.96
5.	Marcel Reefhuis	WS Twente	NED	198101381	4:35.53	
	50m: 31.07	31.07	150m: 1:39.68	34.74	250m: 2:49.94	35.16
	100m: 1:04.94	33.87	200m: 2:14.78	35.10	300m: 3:25.13	35.19
					350m: 4:00.80	35.67
					400m: 4:35.53	34.73
6.	Arjan Prins	Dedemsvaart-AC	NED	198201383	4:37.89	
	50m: 30.53	30.53	150m: 1:39.98	35.13	250m: 2:51.02	35.76
	100m: 1:04.85	34.32	200m: 2:15.26	35.28	300m: 3:27.23	36.21
					350m: 4:02.54	35.31
					400m: 4:37.89	35.35
7.	Frank v.d. Voordt	De Schotejil	NED	198302259	4:38.58	
	50m: 32.04	32.04	150m: 1:42.13	35.38	250m: 2:53.42	35.42
	100m: 1:06.75	34.71	200m: 2:18.00	35.87	300m: 3:28.63	35.21
					350m: 4:04.04	35.41
					400m: 4:38.58	34.54
8.	Robert Dekker	Dedemsvaart-AC	NED	198400443	4:40.84	
	50m: 29.92	29.92	150m: 1:38.37	35.00	250m: 2:49.92	36.08
	100m: 1:03.37	33.45	200m: 2:13.84	35.47	300m: 3:26.87	36.95
					350m: 4:04.41	37.54
					400m: 4:40.84	36.43
9.	Rob van Wanrooy	Gay Swim Amsterdam	NED	198202627	5:00.63	
	50m: 34.22	34.22	150m: 1:49.60	37.99	250m: 3:06.64	38.32
	100m: 1:11.61	37.39	200m: 2:28.32	38.72	300m: 3:45.17	38.53
					350m: 4:23.60	38.43
					400m: 5:00.63	37.03
10.	Nicolas Slegers	CNSW	BEL	005301/84	5:25.10	
	50m: 35.09	35.09	150m: 1:54.79	41.33	250m: 3:19.80	42.70
	100m: 1:13.46	38.37	200m: 2:37.10	42.31	300m: 4:01.89	42.09
					350m: 4:44.48	42.59
					400m: 5:25.10	40.62
11.	Edward van Dootingh	ZV 44	NED	198403341	5:26.31	
	50m: 35.01	35.01	150m: 1:54.73	40.62	250m: 3:19.73	43.07
	100m: 1:14.11	39.10	200m: 2:36.66	41.93	300m: 4:02.98	43.25
					350m: 4:46.05	43.07
					400m: 5:26.31	40.26
12.	Dyon de Greef	Budel	NED	198202385	5:31.38	
	50m: 34.60	34.60	150m: 1:56.56	41.91	250m: 3:23.62	43.84
	100m: 1:14.65	40.05	200m: 2:39.78	43.22	300m: 4:07.41	43.79
					350m: 4:51.45	44.04
					400m: 5:31.38	39.93

Programmanr. 4, Heren, 400m vrije slag

Masters 40+

1.	Gérald Durez	ENLN	BEL	006973/76	4:32.88			
	50m: 30.93	30.93	150m: 1:38.93	34.35	250m: 2:47.86	34.78	350m: 3:57.75	35.05
	100m: 1:04.58	33.65	200m: 2:13.08	34.15	300m: 3:22.70	34.84	400m: 4:32.88	35.13
2.	Dennis Brouwers	HZPC	NED	197800167	4:34.50			
	50m: 30.83	30.83	150m: 1:38.41	34.24	250m: 2:48.16	34.50	350m: 3:59.27	35.84
	100m: 1:04.17	33.34	200m: 2:13.66	35.25	300m: 3:23.43	35.27	400m: 4:34.50	35.23
3.	Mark Hensen	ZPV Barracuda	NED	197900497	4:37.14			
	50m: 29.78	29.78	150m: 1:37.32	34.17	250m: 2:47.87	35.74	350m: 4:00.71	36.62
	100m: 1:03.15	33.37	200m: 2:12.13	34.81	300m: 3:24.09	36.22	400m: 4:37.14	36.43
4.	Alex Damen	DAW	NED	197501371	4:43.75			
	50m: 31.80	31.80	150m: 1:42.61	35.83	250m: 2:54.94	36.09	350m: 4:08.47	36.99
	100m: 1:06.78	34.98	200m: 2:18.85	36.24	300m: 3:31.48	36.54	400m: 4:43.75	35.28
5.	Mark van der Schrier	AZC	NED	197800951	4:44.59			
	50m: 31.79	31.79	150m: 1:42.56	35.58	250m: 2:55.10	36.38	350m: 4:08.29	36.68
	100m: 1:06.98	35.19	200m: 2:18.72	36.16	300m: 3:31.61	36.51	400m: 4:44.59	36.30
6.	John Cobussen	De Gelenberg	NED	197501323	4:45.30			
	50m: 30.68	30.68	150m: 1:39.57	35.19	250m: 2:52.58	36.73	350m: 4:07.60	37.65
	100m: 1:04.38	33.70	200m: 2:15.85	36.28	300m: 3:29.95	37.37	400m: 4:45.30	37.70
7.	Freddie Geerlings	Zwemsport Parkstad (SG)	NED	197900379	4:47.12			
	50m: 31.73	31.73	150m: 1:43.23	35.91	250m: 2:55.60	36.30	350m: 4:09.71	37.50
	100m: 1:07.32	35.59	200m: 2:19.30	36.07	300m: 3:32.21	36.61	400m: 4:47.12	37.41
8.	Ingmar Kooman	ZVL-1886	NED	197901517	5:25.59			
	50m: 35.91	35.91	150m: 1:57.52	41.76	250m: 3:20.68	41.62	350m: 4:44.85	42.13
	100m: 1:15.76	39.85	200m: 2:39.06	41.54	300m: 4:02.72	42.04	400m: 5:25.59	40.74
9.	Tom Bandsma	PSV	NED	197701625	5:27.00			
	50m: 35.98	35.98	150m: 1:55.82	40.48	250m: 3:20.49	42.81	350m: 4:45.69	42.33
	100m: 1:15.34	39.36	200m: 2:37.68	41.86	300m: 4:03.36	42.87	400m: 5:27.00	41.31
10.	Arjan Aalbers	SWOL 1894	NED	197500001	5:41.69			
	50m: 35.69	35.69	150m: 1:56.62	41.59	250m: 3:24.17	44.26	350m: 4:55.97	45.98
	100m: 1:15.03	39.34	200m: 2:39.91	43.29	300m: 4:09.99	45.82	400m: 5:41.69	45.72

Masters 45+

1.	Vedestas Seferlis	Kauno Takas	LTU	4:34.99				
	<i>Lithuanian Masters Record</i>							
	50m: 30.06	30.06	150m: 1:39.16	35.08	250m: 2:50.77	35.94	350m: 4:01.92	35.46
	100m: 1:04.08	34.02	200m: 2:14.83	35.67	300m: 3:26.46	35.69	400m: 4:34.99	33.07
2.	Bruno Nahon	CNSW	BEL	000390/70	4:59.46			
	50m: 34.02	34.02	150m: 1:47.10	37.05	250m: 3:03.44	38.39	350m: 4:21.00	38.85
	100m: 1:10.05	36.03	200m: 2:25.05	37.95	300m: 3:42.15	38.71	400m: 4:59.46	38.46
3.	Peter van Grootheest	ZV 44	NED	197000375	4:59.92			
	50m: 34.28	34.28	150m: 1:49.12	37.92	250m: 3:06.47	38.77	350m: 4:22.89	38.13
	100m: 1:11.20	36.92	200m: 2:27.70	38.58	300m: 3:44.76	38.29	400m: 4:59.92	37.03
4.	Ingmar de Gelder	ZOB'66	NED	197000333	5:07.37			
	50m: 32.66	32.66	150m: 1:47.72	38.36	250m: 3:07.97	40.36	350m: 4:29.33	40.76
	100m: 1:09.36	36.70	200m: 2:27.61	39.89	300m: 3:48.57	40.60	400m: 5:07.37	38.04
5.	Kasper van den Berghe	SWOL 1894	NED	197301125	5:15.03			
	50m: 34.45	34.45	150m: 1:50.83	38.73	250m: 3:10.86	40.04	350m: 4:34.30	42.25
	100m: 1:12.10	37.65	200m: 2:30.82	39.99	300m: 3:52.05	41.19	400m: 5:15.03	40.73
6.	Chris Kouwenhoven	Steenwijk 1934	NED	197101669	5:16.08			
	50m: 34.10	34.10	150m: 1:53.07	39.87	250m: 3:14.94	40.90	350m: 4:37.15	41.06
	100m: 1:13.20	39.10	200m: 2:34.04	40.97	300m: 3:56.09	41.15	400m: 5:16.08	38.93
7.	Wouter van der Stelt	De Biesboschzwemmers	NED	197200889	5:26.35			
	50m: 35.86	35.86	150m: 1:57.25	41.27	250m: 3:21.34	42.02	350m: 4:45.69	42.04
	100m: 1:15.98	40.12	200m: 2:39.32	42.07	300m: 4:03.65	42.31	400m: 5:26.35	40.66
8.	Alistair Critchell	Deltasteur	NED	197101655	6:01.66			
	50m: 35.46	35.46	150m: 1:59.02	43.55	250m: 3:32.71	47.71	350m: 5:12.19	50.17
	100m: 1:15.47	40.01	200m: 2:45.00	45.98	300m: 4:22.02	49.31	400m: 6:01.66	49.47

Programmanr. 4, Heren, 400m vrije slag

Masters 50+

1.	Vladimir Gusev	Troyka	RUS	3113	4:29.70			
	50m: 30.95	30.95	150m: 1:36.93	33.52	250m: 2:45.47	34.39	350m: 3:54.85	34.78
	100m: 1:03.41	32.46	200m: 2:11.08	34.15	300m: 3:20.07	34.60	400m: 4:29.70	34.85
2.	Pieter van Gemeren	DAW	NED	196901779	4:34.19			
	50m: 30.74	30.74	150m: 1:38.88	34.71	250m: 2:49.21	35.18	350m: 3:59.72	35.10
	100m: 1:04.17	33.43	200m: 2:14.03	35.15	300m: 3:24.62	35.41	400m: 4:34.19	34.47
3.	Geert Wijn	De Gelenberg	NED	196701101	4:37.41			
	50m: 31.19	31.19	150m: 1:40.54	34.57	250m: 2:50.26	34.65	350m: 4:01.63	36.07
	100m: 1:05.97	34.78	200m: 2:15.61	35.07	300m: 3:25.56	35.30	400m: 4:37.41	35.78
4.	John Hardeman	De Fuut	NED	196601615	4:41.26			
	50m: 31.83	31.83	150m: 1:43.01	36.22	250m: 2:55.44	35.88	350m: 4:07.05	35.75
	100m: 1:06.79	34.96	200m: 2:19.56	36.55	300m: 3:31.30	35.86	400m: 4:41.26	34.21
5.	Frank van Nobelen	Sassenheim	NED	196900753	4:51.09			
	50m: 32.98	32.98	150m: 1:45.15	36.51	250m: 2:59.93	37.41	350m: 4:15.19	37.23
	100m: 1:08.64	35.66	200m: 2:22.52	37.37	300m: 3:37.96	38.03	400m: 4:51.09	35.90
6.	Hans Bouwmeester	ZVL-1886	NED	196700127	4:59.96			
	50m: 32.64	32.64	150m: 1:45.58	37.70	250m: 3:02.82	38.87	350m: 4:21.54	39.56
	100m: 1:07.88	35.24	200m: 2:23.95	38.37	300m: 3:41.98	39.16	400m: 4:59.96	38.42
7.	Phil Trethewie	Old Dutch	NED	196501315	5:01.44			
	50m: 33.65	33.65	150m: 1:48.73	38.15	250m: 3:06.05	38.81	350m: 4:24.31	39.15
	100m: 1:10.58	36.93	200m: 2:27.24	38.51	300m: 3:45.16	39.11	400m: 5:01.44	37.13
8.	Henri Michels	De Amstel	NED	196501587	5:03.42			
	50m: 33.61	33.61	150m: 1:48.86	38.27	250m: 3:06.81	39.12	350m: 4:25.64	39.64
	100m: 1:10.59	36.98	200m: 2:27.69	38.83	300m: 3:46.00	39.19	400m: 5:03.42	37.78
9.	Jan-Willem van den Berg	WVZ	NED	196801575	5:05.82			
	50m: 31.99	31.99	150m: 1:47.35	38.44	250m: 3:05.67	39.15	350m: 4:26.02	40.13
	100m: 1:08.91	36.92	200m: 2:26.52	39.17	300m: 3:45.89	40.22	400m: 5:05.82	39.80
10.	Arno Schrauwen	Patrick-De Roersoppers (SG)	NED	196501355	5:05.87			
	50m: 32.53	32.53	150m: 1:49.03	38.85	250m: 3:07.93	39.43	350m: 4:26.81	39.52
	100m: 1:10.18	37.65	200m: 2:28.50	39.47	300m: 3:47.29	39.36	400m: 5:05.87	39.06
11.	Johan Neevel	ZV 44	NED	196501475	5:08.46			
	50m: 34.77	34.77	150m: 1:52.05	39.23	250m: 3:11.09	39.46	350m: 4:30.06	39.46
	100m: 1:12.82	38.05	200m: 2:31.63	39.58	300m: 3:50.60	39.51	400m: 5:08.46	38.40
12.	Otto Jansen	ZVL-1886	NED	196501403	5:08.75			
	50m: 33.26	33.26	150m: 1:48.83	38.29	250m: 3:07.57	39.67	350m: 4:28.63	40.61
	100m: 1:10.54	37.28	200m: 2:27.90	39.07	300m: 3:48.02	40.45	400m: 5:08.75	40.12
13.	Harold Matla	PSV	NED	196800591	5:12.99			
	50m: 33.83	33.83	150m: 1:51.50	39.40	250m: 3:13.18	40.96	350m: 4:34.32	40.15
	100m: 1:12.10	38.27	200m: 2:32.22	40.72	300m: 3:54.17	40.99	400m: 5:12.99	38.67
14.	Vadim Ezhkov	Pregel	RUS	10020	5:24.06			
	50m: 36.80	36.80	150m: 1:57.98	41.08	250m: 3:19.66	39.43	350m: 4:43.69	42.73
	100m: 1:16.90	40.10	200m: 2:40.23	42.25	300m: 4:00.96	41.30	400m: 5:24.06	40.37
15.	Pieter-Sjoerd de Wijn	Zwemvereniging Hoogland	NED	196501027	6:01.53			
	50m: 38.81	38.81	150m: 2:05.73	44.42	250m: 3:39.80	48.36	350m: 5:15.76	47.53
	100m: 1:21.31	42.50	200m: 2:51.44	45.71	300m: 4:28.23	48.43	400m: 6:01.53	45.77

Masters 55+

1.	Edwin v. Norden	ZPC AMERSFOORT	NED	196300563	4:40.39			
	50m: 31.88	31.88	150m: 1:42.05	35.33	250m: 2:53.30	35.53	350m: 4:05.07	35.84
	100m: 1:06.72	34.84	200m: 2:17.77	35.72	300m: 3:29.23	35.93	400m: 4:40.39	35.32
2.	Johan Remmits	ZPC Woerden	NED	196201159	4:51.24			
	50m: 31.85	31.85	150m: 1:42.31	35.68	250m: 2:55.49	36.94	350m: 4:12.66	38.89
	100m: 1:06.63	34.78	200m: 2:18.55	36.24	300m: 3:33.77	38.28	400m: 4:51.24	38.58
3.	Gustav van den Berg	TriVia	NED	196100991	4:58.25			
	50m: 34.22	34.22	150m: 1:49.13	38.24	250m: 3:05.17	37.79	350m: 4:21.51	38.08
	100m: 1:10.89	36.67	200m: 2:27.38	38.25	300m: 3:43.43	38.26	400m: 4:58.25	36.74
4.	Gert Sikkema	Zwemclub Urk 1978	NED	196300687	5:04.23			
	50m: 33.51	33.51	150m: 1:47.82	37.82	250m: 3:05.53	38.90	350m: 4:25.30	40.00
	100m: 1:10.00	36.49	200m: 2:26.63	38.81	300m: 3:45.30	39.77	400m: 5:04.23	38.93
5.	Eric Langhorst	De Rijn	NED	196200389	5:29.56			
	50m: 36.48	36.48	150m: 2:00.52	42.91	250m: 3:26.34	42.78	350m: 4:49.69	41.32
	100m: 1:17.61	41.13	200m: 2:43.56	43.04	300m: 4:08.37	42.03	400m: 5:29.56	39.87

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

rang	naam	vereniging							tijd	PARA
6.	Ronald van Ginneken	Old Dutch	NED 196100827						5:31.43	
	50m: 36.02	36.02	150m: 2:00.62	43.07	250m: 3:26.13	42.55	350m: 4:51.87	43.07		
	100m: 1:17.55	41.53	200m: 2:43.58	42.96	300m: 4:08.80	42.67	400m: 5:31.43	39.56		
7.	Roy Le Clercq	De Rog	NED 196401041						5:33.48	
	50m: 35.64	35.64	150m: 1:58.63	42.33	250m: 3:25.28	43.50	350m: 4:52.02	43.23		
	100m: 1:16.30	40.66	200m: 2:41.78	43.15	300m: 4:08.79	43.51	400m: 5:33.48	41.46		
8.	Jan Smalheer	SCOM	NED 196400701						5:48.45	
	50m: 34.74	34.74	150m: 1:59.82	43.41	250m: 3:30.34	45.30	350m: 5:02.54	45.56		
	100m: 1:16.41	41.67	200m: 2:45.04	45.22	300m: 4:16.98	46.64	400m: 5:48.45	45.91		
9.	John Dam	ZIGNEA	NED 196000915						5:48.84	
	50m: 37.05	37.05	150m: 2:02.11	44.18	250m: 3:32.77	45.27	350m: 5:04.71	45.99		
	100m: 1:17.93	40.88	200m: 2:47.50	45.39	300m: 4:18.72	45.95	400m: 5:48.84	44.13		
10.	Adri Pasma	Zuiderzeewimmers	NED 196400573						6:20.65	
	50m: 40.38	40.38	150m: 2:14.57	48.32	250m: 3:53.08	49.77	350m: 5:31.59	49.93		
	100m: 1:26.25	45.87	200m: 3:03.31	48.74	300m: 4:41.66	48.58	400m: 6:20.65	49.06		
11.	Jan Haitsma	De Spatters	NED 196000929						6:47.73	
	50m: 44.64	44.64	150m: 2:25.91	51.32	250m: 4:10.39	52.55	350m: 5:56.57	53.55		
	100m: 1:34.59	49.95	200m: 3:17.84	51.93	300m: 5:03.02	52.63	400m: 6:47.73	51.16		
NG.ZA	Karol Lacko	SK Aquatics Nitra	SVK SVK16793							

Masters 60+

1.	Marten de Groot	HZ&PC Heerenveen	NED 195800149						4:40.45	
	<i>Nederlands Masters Record</i>									
	50m: 31.96	31.96	150m: 1:42.91	35.49	250m: 2:54.20	35.68	350m: 4:05.44	35.75		
	100m: 1:07.42	35.46	200m: 2:18.52	35.61	300m: 3:29.69	35.49	400m: 4:40.45	35.01		
2.	Dirk Zeterberg	Zehlendorfer TSV v.1888	GER 101339						5:12.46	
	50m: 36.46	36.46	150m: 1:54.04	38.77	250m: 3:13.33	40.36	350m: 4:33.30	39.96		
	100m: 1:15.27	38.81	200m: 2:32.97	38.93	300m: 3:53.34	40.01	400m: 5:12.46	39.16		
3.	Klaus Kalinke	SG Gladbeck/Recklinghausen	GER 72636						5:22.79	
	50m: 35.72	35.72	150m: 1:57.28	41.53	250m: 3:20.77	41.79	350m: 4:43.82	41.17		
	100m: 1:15.75	40.03	200m: 2:38.98	41.70	300m: 4:02.65	41.88	400m: 5:22.79	38.97		
4.	Nikolay Morgunov	MKMP Moscow	RUS 8063						5:27.63	
	50m: 36.82	36.82	150m: 1:59.30	41.88	250m: 3:23.59	42.05	350m: 4:47.59	42.21		
	100m: 1:17.42	40.60	200m: 2:41.54	42.24	300m: 4:05.38	41.79	400m: 5:27.63	40.04		
5.	Paul Bunnik	Triton	NED 195600413						5:45.72	
	50m: 34.76	34.76	150m: 1:58.48	43.96	250m: 3:28.27	45.27	350m: 5:01.43	46.56		
	100m: 1:14.52	39.76	200m: 2:43.00	44.52	300m: 4:14.87	46.60	400m: 5:45.72	44.29		
6.	Lex Hoogendam	ZZ&PC De Devel	NED 195700541						5:58.05	
	50m: 37.41	37.41	150m: 2:05.47	45.00	250m: 3:37.91	46.38	350m: 5:11.68	47.05		
	100m: 1:20.47	43.06	200m: 2:51.53	46.06	300m: 4:24.63	46.72	400m: 5:58.05	46.37		
7.	André Pantekoek	PSV	NED 195800321						6:56.85	
	50m: 42.41	42.41	150m: 2:26.33	53.01	250m: 4:15.49	55.85	350m: 6:07.26	55.19		
	100m: 1:33.32	50.91	200m: 3:19.64	53.31	300m: 5:12.07	56.58	400m: 6:56.85	49.59		

Masters 65+

1.	Jean-Marie Cadiat	CNSW	BEL 000243/53						5:03.84	
	<i>Kampioenschaps Record, Belgisch Masters Record</i>									
	50m: 34.45	34.45	150m: 1:51.91	39.15	250m: 3:09.76	38.85	350m: 4:27.17	38.43		
	100m: 1:12.76	38.31	200m: 2:30.91	39.00	300m: 3:48.74	38.98	400m: 5:03.84	36.67		

Masters 70+

1.	Wout Hemmes	De Plons	NED 194800059						6:10.97	
	50m: 41.42	41.42	150m: 2:16.89	48.56	250m: 3:53.33	48.02	350m: 5:26.96	45.97		
	100m: 1:28.33	46.91	200m: 3:05.31	48.42	300m: 4:40.99	47.66	400m: 6:10.97	44.01		
2.	Willem Putter	ZVVS	NED 194500135						6:29.82	
	50m: 41.84	41.84	150m: 2:18.81	49.60	250m: 3:58.35	50.08	350m: 5:39.65	50.65		
	100m: 1:29.21	47.37	200m: 3:08.27	49.46	300m: 4:49.00	50.65	400m: 6:29.82	50.17		

onjuistheden / mistakes?

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Programmanr. 4, Heren, 400m vrije slag

Masters 75+

1. Rob Hanou	PSV	NED	194300109	6:30.53	
50m: 42.30	42.30	150m: 2:20.86	50.08	250m: 4:02.23	50.86
100m: 1:30.78	48.48	200m: 3:11.37	50.51	300m: 4:52.80	50.57
				350m: 5:43.59	50.79
				400m: 6:30.53	46.94
2. Frans van Enst	WS Twente	NED	194000011	7:05.31	
50m: 44.45	44.45	150m: 2:32.40	55.16	250m: 4:22.16	54.12
100m: 1:37.24	52.79	200m: 3:28.04	55.64	300m: 5:17.20	55.04
				350m: 6:11.96	54.76
				400m: 7:05.31	53.35
3. Geza Kaltenecker	AZC	NED	194200065	7:15.38	
50m: 45.23	45.23	150m: 2:35.94	57.27	250m: 4:27.57	56.12
100m: 1:38.67	53.44	200m: 3:31.45	55.51	300m: 5:24.94	57.37
				350m: 6:23.36	58.42
				400m: 7:15.38	52.02

Masters 80+

1. Frederik Hendrik De Bruijn	CN Aquamasters	ESP		6:29.05	
50m: 44.79	44.79	150m: 2:21.30	49.07	250m: 4:00.98	50.57
100m: 1:32.23	47.44	200m: 3:10.41	49.11	300m: 4:50.37	49.39
				350m: 5:40.68	50.31
				400m: 6:29.05	48.37
2. Gregor Pompen	Aqua-Novio'94	NED	193700021	8:16.92	
50m: 54.69	54.69	150m: 2:55.40	1:01.62	250m: 5:03.35	1:04.54
100m: 1:53.78	59.09	200m: 3:58.81	1:03.41	300m: 6:08.38	1:05.03
				350m: 7:13.23	1:04.85
				400m: 8:16.92	1:03.69