

Event 30
05-05-2019 - 11:00

Men, 400m Medley

Masters Open
Results

rang	naam	vereniging	tijd	RT	PARA	
Masters 20+						
1.	Jeffrey Camphens	DWT	5:06.48	+0.68		
	50m: 30.70	30.70	150m: 1:50.87	43.02	250m: 3:15.17	42.85
	100m: 1:07.85	37.15	200m: 2:32.32	41.45	300m: 3:57.99	42.82
					350m: 4:33.02	35.03
					400m: 5:06.48	33.46
2.	Nordin Termoshuizen	WVZ	5:18.43	+0.81		
	50m: 32.34	32.34	150m: 1:51.28	41.32	250m: 3:21.21	48.96
	100m: 1:09.96	37.62	200m: 2:32.25	40.97	300m: 4:10.08	48.87
					350m: 4:44.64	34.56
					400m: 5:18.43	33.79
3.	Patrick Wyrdean	Albion	5:38.83	+0.68		
	50m: 33.74	33.74	150m: 1:59.96	45.68	250m: 3:31.49	47.95
	100m: 1:14.28	40.54	200m: 2:43.54	43.58	300m: 4:20.02	48.53
					350m: 5:00.47	40.45
					400m: 5:38.83	38.36
Masters 25+						
1.	Emiel van Beusekom	ZPV Barracuda	5:04.28	+0.84		
	50m: 30.41	30.41	150m: 1:48.46	41.66	250m: 3:11.70	42.72
	100m: 1:06.80	36.39	200m: 2:28.98	40.52	300m: 3:55.43	43.73
					350m: 4:30.29	34.86
					400m: 5:04.28	33.99
2.	Tim Bunnik	Triton	5:11.97	+0.78		
	50m: 32.45	32.45	150m: 1:50.58	39.91	250m: 3:14.11	43.63
	100m: 1:10.67	38.22	200m: 2:30.48	39.90	300m: 4:00.08	45.97
					350m: 4:35.83	35.75
					400m: 5:11.97	36.14
3.	Patrick Creemers	RZ	5:24.01	+0.77		
	50m: 35.38	35.38	150m: 2:04.88	42.93	250m: 3:31.24	43.49
	100m: 1:21.95	46.57	200m: 2:47.75	42.87	300m: 4:15.03	43.79
					350m: 4:50.23	35.20
					400m: 5:24.01	33.78
4.	Maik Steenkamp	Montferland	5:36.47	+0.78		
	50m: 34.76	34.76	150m: 2:01.98	46.56	250m: 3:35.08	46.81
	100m: 1:15.42	40.66	200m: 2:48.27	46.29	300m: 4:21.82	46.74
					350m: 5:00.15	38.33
					400m: 5:36.47	36.32
DSQ	Martino Valentijn	DIO				
	<i>SR - Meer dan één vlinderbeenslag na start en/of keerpunt gemaakt.</i>					
Masters 30+						
1.	Yuri van Omme	Zwemvereniging Hoogland	5:20.48	+0.84		
	50m: 33.04	33.04	150m: 1:55.18	42.69	250m: 3:19.49	42.61
	100m: 1:12.49	39.45	200m: 2:36.88	41.70	300m: 4:03.34	43.85
					350m: 4:41.99	38.65
					400m: 5:20.48	38.49
2.	Sander van Elburg	PSV	5:37.73	+0.79		
	50m: 33.67	33.67	150m: 2:01.26	46.05	250m: 3:35.92	49.79
	100m: 1:15.21	41.54	200m: 2:46.13	44.87	300m: 4:25.55	49.63
					350m: 5:02.12	36.57
					400m: 5:37.73	35.61
3.	Wessel Everloo	De Veene	5:40.68	+0.88	685	
	50m: 34.00	34.00	150m: 2:00.60	43.74	250m: 3:33.09	51.48
	100m: 1:16.86	42.86	200m: 2:41.61	41.01	300m: 4:24.83	51.74
					350m: 5:03.79	38.96
					400m: 5:40.68	36.89
4.	Niels Albrechts	SGGO (SG)	5:49.72	+0.68		
	50m: 35.62	35.62	150m: 2:03.64	44.60	250m: 3:43.32	56.41
	100m: 1:19.04	43.42	200m: 2:46.91	43.27	300m: 4:39.08	55.76
					350m: 5:14.62	35.54
					400m: 5:49.72	35.10
Masters 35+						
1.	Kristiaan Lenos	ZVL-1886	5:14.31	+0.82		
	50m: 31.32	31.32	150m: 1:50.59	42.32	250m: 3:16.64	44.36
	100m: 1:08.27	36.95	200m: 2:32.28	41.69	300m: 4:01.41	44.77
					350m: 4:38.48	37.07
					400m: 5:14.31	35.83
2.	Rob van Vliet	ZPC AMERSFOORT	5:21.31	+0.88		
	50m: 32.55	32.55	150m: 1:56.91	44.84	250m: 3:23.98	43.90
	100m: 1:12.07	39.52	200m: 2:40.08	43.17	300m: 4:09.08	45.10
					350m: 4:45.72	36.64
					400m: 5:21.31	35.59
3.	Frank v.d. Voordt	SGGO (SG)	5:25.21	+0.74		
	50m: 32.91	32.91	150m: 1:54.69	43.09	250m: 3:23.82	47.70
	100m: 1:11.60	38.69	200m: 2:36.12	41.43	300m: 4:10.87	47.05
					350m: 4:48.72	37.85
					400m: 5:25.21	36.49
4.	Robert Dekker	Dedemsvaart-AC	5:34.56	+0.81		
	50m: 32.62	32.62	150m: 1:59.07	45.68	250m: 3:32.71	48.47
	100m: 1:13.39	40.77	200m: 2:44.24	45.17	300m: 4:22.01	49.30
					350m: 4:59.52	37.51
					400m: 5:34.56	35.04

Event 30, Men, 400m Medley, Masters 35+

rang	naam	vereniging	tijd	RT	PARA			
5.	Marcel Reefhuis	WS Twente	5:34.85	+0.81				
	50m: 34.02	34.02	150m: 2:01.05	44.51	250m: 3:30.93	46.17	350m: 4:56.91	39.25
	100m: 1:16.54	42.52	200m: 2:44.76	43.71	300m: 4:17.66	46.73	400m: 5:34.85	37.94
6.	Wade Rimbach	Otter SC	5:36.35	+0.64				
	50m: 34.25	34.25	150m: 2:01.56	46.34	250m: 3:32.10	46.69	350m: 4:59.07	40.03
	100m: 1:15.22	40.97	200m: 2:45.41	43.85	300m: 4:19.04	46.94	400m: 5:36.35	37.28
7.	Thommy Nickel	ZPC Woerden	5:43.43	+0.78				
	50m: 35.82	35.82	150m: 2:02.35	43.76	250m: 3:34.78	49.40	350m: 5:04.80	39.86
	100m: 1:18.59	42.77	200m: 2:45.38	43.03	300m: 4:24.94	50.16	400m: 5:43.43	38.63
8.	Peter van de Bor	DWT	5:49.71	+0.84				
	50m: 36.05	36.05	150m: 2:09.07	47.31	250m: 3:43.35	49.84	350m: 5:13.51	40.57
	100m: 1:21.76	45.71	200m: 2:53.51	44.44	300m: 4:32.94	49.59	400m: 5:49.71	36.20
9.	Rob van Wanrooy	Gay Swim Amsterdam	5:53.97	+0.88				
	50m: 36.87	36.87	150m: 2:09.15	47.25	250m: 3:45.78	49.71	350m: 5:16.08	39.61
	100m: 1:21.90	45.03	200m: 2:56.07	46.92	300m: 4:36.47	50.69	400m: 5:53.97	37.89
10.	Wilco Steenwijk	ZVV	6:11.05	+0.80				
	50m: 37.02	37.02	150m: 2:12.66	50.13	250m: 3:52.72	52.02	350m: 5:28.36	44.00
	100m: 1:22.53	45.51	200m: 3:00.70	48.04	300m: 4:44.36	51.64	400m: 6:11.05	42.69
11.	Rutger Stam	Zwemvereniging Hoogland	6:18.18	+0.88				
	50m: 36.21	36.21	150m: 2:08.23	47.48	250m: 3:52.34	56.13	350m: 5:35.79	45.72
	100m: 1:20.75	44.54	200m: 2:56.21	47.98	300m: 4:50.07	57.73	400m: 6:18.18	42.39
12.	Sebastiaan de Vos	De Duinkickers	9:00.60	+1.12	263			
	50m: 58.08	58.08	150m: 3:27.89	1:10.39	250m: 5:44.78	1:10.38	350m: 7:57.30	1:02.93
	100m: 2:17.50	1:19.42	200m: 4:34.40	1:06.51	300m: 6:54.37	1:09.59	400m: 9:00.60	1:03.30

Masters 40+

1.	Dennis Brouwers	HZPC	5:16.59	+0.77				
	50m: 35.39	35.39	150m: 1:56.07	37.83	250m: 3:19.66	46.92	350m: 4:41.87	35.86
	100m: 1:18.24	42.85	200m: 2:32.74	36.67	300m: 4:06.01	46.35	400m: 5:16.59	34.72
2.	Mark Hensen	ZPV Barracuda	5:37.16	+0.74				
	50m: 32.63	32.63	150m: 1:55.77	44.93	250m: 3:28.99	48.42	350m: 4:57.16	40.23
	100m: 1:10.84	38.21	200m: 2:40.57	44.80	300m: 4:16.93	47.94	400m: 5:37.16	40.00

Masters 45+

1.	Bruno Nahon	CNSW	6:04.28	+0.92				
	50m: 37.26	37.26	150m: 2:10.18	47.19	250m: 3:48.88	53.70	350m: 5:24.67	41.14
	100m: 1:22.99	45.73	200m: 2:55.18	45.00	300m: 4:43.53	54.65	400m: 6:04.28	39.61
2.	Korstiaan de Boer	Steenwijk 1934	6:11.56	+0.87				
	50m: 36.11	36.11	150m: 2:08.75	48.31	250m: 3:47.16	51.61	350m: 5:26.00	45.07
	100m: 1:20.44	44.33	200m: 2:55.55	46.80	300m: 4:40.93	53.77	400m: 6:11.56	45.56
3.	Jacques Verriet	VZV Njord	6:26.72	+0.73				
	50m: 39.24	39.24	150m: 2:19.63	51.59	250m: 4:00.11	50.02	350m: 5:39.53	48.85
	100m: 1:28.04	48.80	200m: 3:10.09	50.46	300m: 4:50.68	50.57	400m: 6:26.72	47.19
4.	Kasper van den Berghe	SWOL 1894	6:29.35	+0.74				
	50m: 40.13	40.13	150m: 2:18.83	51.43	250m: 4:06.42	57.30	350m: 5:48.57	44.73
	100m: 1:27.40	47.27	200m: 3:09.12	50.29	300m: 5:03.84	57.42	400m: 6:29.35	40.78

Masters 50+

1.	Rene Beetsma	HZ&PC Heerenveen	5:41.06	+0.83				
	50m: 33.32	33.32	150m: 2:00.31	45.70	250m: 3:33.28	49.39	350m: 5:03.14	40.39
	100m: 1:14.61	41.29	200m: 2:43.89	43.58	300m: 4:22.75	49.47	400m: 5:41.06	37.92
2.	Eymert van Rooij	PSV	6:29.44	+0.94				
	50m: 38.95	38.95	150m: 2:22.94	52.41	250m: 4:08.91	55.32	350m: 5:48.94	44.23
	100m: 1:30.53	51.58	200m: 3:13.59	50.65	300m: 5:04.71	55.80	400m: 6:29.44	40.50
3.	Richard Hill	De Duinkickers	7:36.31	+0.83				
	50m: 45.54	45.54	150m: 2:37.84	59.36	250m: 4:42.86	1:05.22	350m: 6:46.10	55.59
	100m: 1:38.48	52.94	200m: 3:37.64	59.80	300m: 5:50.51	1:07.65	400m: 7:36.31	50.21

Event 30, Men, 400m Medley

Masters 55+

1.	Arnold de Rover	AZ&PC De Futen	NED	196400645				5:46.01	+0.88
	50m: 36.36	36.36	150m: 2:04.58	45.67	250m: 3:37.55	48.10	350m: 5:06.93	40.02	
	100m: 1:18.91	42.55	200m: 2:49.45	44.87	300m: 4:26.91	49.36	400m: 5:46.01	39.08	
2.	Ronald Grove	Triton	NED	196100161				6:09.53	+0.79
	50m: 37.62	37.62	150m: 2:15.93	50.61	250m: 3:56.38	51.07	350m: 5:29.54	40.61	
	100m: 1:25.32	47.70	200m: 3:05.31	49.38	300m: 4:48.93	52.55	400m: 6:09.53	39.99	
3.	Jan Willem Heuten	WS Twente	NED	196000883				7:34.60	+1.01
	50m: 48.89	48.89	150m: 2:53.57	1:05.51	250m: 4:59.04	1:05.37	350m: 6:48.62	46.02	
	100m: 1:48.06	59.17	200m: 3:53.67	1:00.10	300m: 6:02.60	1:03.56	400m: 7:34.60	45.98	

Masters 60+

1.	Hugo Bregman	Albion	NED	195800069				5:34.79	+0.75
	<i>Nederlands Masters Record</i>								
	50m: 32.65	32.65	150m: 1:56.20	44.67	250m: 3:29.59	49.63	350m: 4:58.46	39.78	
	100m: 1:11.53	38.88	200m: 2:39.96	43.76	300m: 4:18.68	49.09	400m: 5:34.79	36.33	
2.	Paul Bunnik	Triton	NED	195600413				6:41.75	+0.91
	50m: 39.18	39.18	150m: 2:26.45	56.54	250m: 4:14.11	55.90	350m: 5:57.35	45.47	
	100m: 1:29.91	50.73	200m: 3:18.21	51.76	300m: 5:11.88	57.77	400m: 6:41.75	44.40	

Masters 75+

1.	Rob Hanou	PSV	NED	194300109				7:35.11	+1.11
	<i>Kampioenschapsrecord</i>								
	50m: 52.89	52.89	150m: 2:56.83	1:02.58	250m: 5:00.22	1:00.92	350m: 6:50.22	49.10	
	100m: 1:54.25	1:01.36	200m: 3:59.30	1:02.47	300m: 6:01.12	1:00.90	400m: 7:35.11	44.89	