

Programmanr. 4
03-05-2019 - 10:02

Heren, 400m vrije slag
15 min. Pauze na serie 3 / Break after Heat 3

Masters Open
Resultaten

rang	naam	vereniging	tijd	RT	PARA
Masters 20+					
1.	Jeffrey Camphens	DWT	4:31.57	+0.60	
	50m: 29.91	29.91	150m: 1:39.60	34.87	NED 199503113
	100m: 1:04.73	34.82	200m: 2:15.11	35.51	250m: 2:49.82
			300m: 3:24.66	34.84	350m: 3:59.01
			400m: 4:31.57	32.56	360m: 4:34.35
2.	Felix Geenen	DAW	4:31.66	+0.74	
	50m: 30.11	30.11	150m: 1:39.71	35.07	NED 199501085
	100m: 1:04.64	34.53	200m: 2:15.48	35.77	250m: 2:48.73
			300m: 3:23.81	35.08	350m: 3:57.33
			400m: 4:31.66	34.33	360m: 4:34.33
3.	Robin van Beek	ZVL-1886	4:31.91	+0.65	
	50m: 30.17	30.17	150m: 1:36.77	33.79	NED 199704023
	100m: 1:02.98	32.81	200m: 2:11.31	34.54	250m: 2:46.15
			300m: 3:21.71	35.56	350m: 3:57.62
			400m: 4:31.91	34.29	360m: 4:34.29
4.	Nordin Termoshuizen	WVZ	4:41.41	+0.67	
	50m: 31.36	31.36	150m: 1:41.80	35.41	NED 199605401
	100m: 1:06.39	35.03	200m: 2:18.48	36.68	250m: 2:54.55
			300m: 3:30.92	36.37	350m: 4:07.10
			400m: 4:41.41	34.31	360m: 4:41.41
5.	Jordy van Oel	WVZ	4:42.39	+0.68	
	50m: 31.48	31.48	150m: 1:43.45	36.23	NED 199802003
	100m: 1:07.22	35.74	200m: 2:19.40	35.95	250m: 2:55.77
			300m: 3:32.12	36.35	350m: 4:08.86
			400m: 4:42.39	33.53	360m: 4:42.39
6.	Wesley van der Luit	Sassenheim	4:53.98	+0.65	
	50m: 32.81	32.81	150m: 1:46.55	37.45	NED 199701895
	100m: 1:09.10	36.29	200m: 2:24.78	38.23	250m: 3:02.51
			300m: 3:40.70	38.19	350m: 4:18.72
			400m: 4:53.98	35.26	360m: 4:53.98
7.	Lars Jacobsen	DWK	4:57.88	+0.93	617
	50m: 31.88	31.88	150m: 1:46.94	37.96	NED 199705453
	100m: 1:08.98	37.10	200m: 2:25.94	39.00	250m: 3:03.97
			300m: 3:42.96	38.99	350m: 4:20.79
			400m: 4:57.88	37.09	360m: 4:57.88
8.	Patrick Wyrdean	Feijenoord Albion Zwemclub	4:58.64	+0.57	
	50m: 32.65	32.65	150m: 1:46.36	37.46	NED 199702475
	100m: 1:08.90	36.25	200m: 2:24.11	37.75	250m: 3:02.47
			300m: 3:41.05	38.58	350m: 4:20.35
			400m: 4:58.64	38.29	360m: 4:58.64
Masters 25+					
1.	Tim Bunnik	Triton	4:38.10	+0.72	
	50m: 30.63	30.63	150m: 1:39.14	35.24	NED 199000505
	100m: 1:03.90	33.27	200m: 2:14.46	35.32	250m: 2:50.58
			300m: 3:27.04	36.46	350m: 4:02.79
			400m: 4:38.10	35.31	360m: 4:38.10
2.	Patrick Creemers	RZ	4:44.96	+0.71	
	50m: 31.33	31.33	150m: 1:44.12	36.92	NED 199000579
	100m: 1:07.20	35.87	200m: 2:21.66	37.54	250m: 2:58.42
			300m: 3:34.46	36.04	350m: 4:10.65
			400m: 4:44.96	34.31	360m: 4:44.96
3.	Martino Valentijn	DIO	4:53.87	+0.63	
	50m: 32.36	32.36	150m: 1:45.89	37.61	NED 199403913
	100m: 1:08.28	35.92	200m: 2:23.92	38.03	250m: 3:01.84
			300m: 3:40.01	38.17	350m: 4:18.12
			400m: 4:53.87	35.75	360m: 4:53.87
4.	Ruben de Boer	De Duinkickers	4:56.52	+0.58	
	50m: 34.67	34.67	150m: 1:49.29	37.33	NED 199301419
	100m: 1:11.96	37.29	200m: 2:27.24	37.95	250m: 3:04.29
			300m: 3:42.27	37.98	350m: 4:20.05
			400m: 4:56.52	36.47	360m: 4:56.52
5.	Maik Steenkamp	Montferland	4:57.27	+0.70	
	50m: 31.78	31.78	150m: 1:44.77	36.93	NED 199103847
	100m: 1:07.84	36.06	200m: 2:22.36	37.59	250m: 3:00.45
			300m: 3:39.77	39.32	350m: 4:19.15
			400m: 4:57.27	38.12	360m: 4:57.27
6.	Tom de Lange	Deltasteur	6:04.43	+0.80	
	50m: 36.13	36.13	150m: 2:03.07	45.20	NED 199300303
	100m: 1:17.87	41.74	200m: 2:49.74	46.67	250m: 3:37.47
			300m: 4:26.84	49.37	350m: 5:17.93
			400m: 6:04.43	46.50	360m: 6:04.43
7.	Rick Vaarkamp	Triton Putten	7:20.23	+0.90	
	50m: 42.93	42.93	150m: 2:30.00	55.84	NED 199404979
	100m: 1:34.16	51.23	200m: 3:27.40	57.40	250m: 4:27.17
			300m: 5:26.93	59.76	350m: 6:26.00
			400m: 7:20.23	54.23	360m: 7:20.23
Masters 30+					
1.	Alex Schelvis	LinK	4:30.34	+0.67	
	50m: 30.20	30.20	150m: 1:36.77	33.61	NED 198702927
	100m: 1:03.16	32.96	200m: 2:10.94	34.17	250m: 2:45.92
			300m: 3:21.07	35.15	350m: 3:56.50
			400m: 4:30.34	33.84	360m: 4:30.34
2.	Klaas van Beek	ZV Haerlem	4:33.32	+0.68	
	50m: 30.36	30.36	150m: 1:38.19	34.50	NED 198805941
	100m: 1:03.69	33.33	200m: 2:13.13	34.94	250m: 2:48.05
			300m: 3:23.61	35.56	350m: 3:59.42
			400m: 4:33.32	33.90	360m: 4:33.32

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

rang	naam	vereniging							tijd	RT	PARA
3.	Sander van Elburg	PSV	NED	198800937					4:41.49	+0.62	
	50m: 30.24	30.24	150m: 1:40.67	35.69	250m: 2:52.76	36.19	350m: 4:05.56	36.43			
	100m: 1:04.98	34.74	200m: 2:16.57	35.90	300m: 3:29.13	36.37	400m: 4:41.49	35.93			
4.	Niels Albrechts	SGGO (SG)	NED	198800039					4:53.16	+0.71	
	50m: 33.20	33.20	150m: 1:47.07	37.34	250m: 3:02.73	38.12	350m: 4:18.75	38.09			
	100m: 1:09.73	36.53	200m: 2:24.61	37.54	300m: 3:40.66	37.93	400m: 4:53.16	34.41			
5.	Wessel Everloo	De Veene	NED	198906597	S14				4:54.03	+0.73	642
	50m: 32.37	32.37	150m: 1:46.96	38.13	250m: 3:02.60	37.12	350m: 4:19.23	37.92			
	100m: 1:08.83	36.46	200m: 2:25.48	38.52	300m: 3:41.31	38.71	400m: 4:54.03	34.80			
6.	Mark Godwaldt	PSV	NED	198701039					5:12.31	+0.80	
	50m: 32.51	32.51	150m: 1:47.74	38.48	250m: 3:08.40	41.43	350m: 4:31.55	41.39			
	100m: 1:09.26	36.75	200m: 2:26.97	39.23	300m: 3:50.16	41.76	400m: 5:12.31	40.76			
7.	Rudi Butselaar	GoSwim	NED	198700577					5:56.80	+0.66	
	50m: 37.52	37.52	150m: 2:05.45	45.71	250m: 3:39.65	47.56	350m: 5:13.74	47.23			
	100m: 1:19.74	42.22	200m: 2:52.09	46.64	300m: 4:26.51	46.86	400m: 5:56.80	43.06			

Masters 35+

1.	Erik Schröder	TriVia	NED	198402025					4:29.41	+0.71	
	<i>Kampioenschapsrecord</i>										
	50m: 29.46	29.46	150m: 1:36.22	33.98	250m: 2:45.09	34.55	350m: 3:55.34	34.99			
	100m: 1:02.24	32.78	200m: 2:10.54	34.32	300m: 3:20.35	35.26	400m: 4:29.41	34.07			
2.	Kristiaan Lenos	ZVL-1886	NED	198301331					4:36.54	+0.74	
	50m: 30.44	30.44	150m: 1:37.86	34.02	250m: 2:48.44	35.63	350m: 4:01.18	36.64			
	100m: 1:03.84	33.40	200m: 2:12.81	34.95	300m: 3:24.54	36.10	400m: 4:36.54	35.36			
3.	Federico Cappello	Entente Sportive Nanterre	FRA	2749459					4:37.48	+0.59	
	50m: 30.44	30.44	150m: 1:38.70	35.10	250m: 2:50.39	36.59	350m: 4:03.29	36.23			
	100m: 1:03.60	33.16	200m: 2:13.80	35.10	300m: 3:27.06	36.67	400m: 4:37.48	34.19			
4.	Marcel Reefhuis	WS Twente	NED	198101381					4:45.39	+0.73	
	50m: 31.45	31.45	150m: 1:41.98	35.70	250m: 2:54.37	36.20	350m: 4:08.45	37.20			
	100m: 1:06.28	34.83	200m: 2:18.17	36.19	300m: 3:31.25	36.88	400m: 4:45.39	36.94			
5.	Rob van Vliet	ZPC AMERSFOORT	NED	198402459					4:51.54	+0.71	
	50m: 31.69	31.69	150m: 1:44.23	36.96	250m: 2:59.44	37.83	350m: 4:14.47	38.09			
	100m: 1:07.27	35.58	200m: 2:21.61	37.38	300m: 3:36.38	36.94	400m: 4:51.54	37.07			
6.	Frank v.d. Voordt	SGGO (SG)	NED	198302259					4:53.74	+0.55	
	50m: 33.04	33.04	150m: 1:47.51	37.65	250m: 3:02.89	36.88	350m: 4:17.27	37.13			
	100m: 1:09.86	36.82	200m: 2:26.01	38.50	300m: 3:40.14	37.25	400m: 4:53.74	36.47			
7.	Wilco Steenwijk	ZVV	NED	198002465					5:40.07	+0.76	
	50m: 34.65	34.65	150m: 1:57.67	42.36	250m: 3:25.45	44.02	350m: 4:55.99	45.51			
	100m: 1:15.31	40.66	200m: 2:41.43	43.76	300m: 4:10.48	45.03	400m: 5:40.07	44.08			
8.	Nicolas Slegers	CNSW	BEL	005301/84					5:41.06	+0.79	
	50m: 36.54	36.54	150m: 2:00.24	42.98	250m: 3:30.11	45.54	350m: 4:58.47	43.48			
	100m: 1:17.26	40.72	200m: 2:44.57	44.33	300m: 4:14.99	44.88	400m: 5:41.06	42.59			
9.	Edward van Dootingh	ZV 44	NED	198403341					5:51.12	+0.74	
	50m: 36.63	36.63	150m: 2:01.45	43.32	250m: 3:33.02	46.24	350m: 5:06.45	46.46			
	100m: 1:18.13	41.50	200m: 2:46.78	45.33	300m: 4:19.99	46.97	400m: 5:51.12	44.67			

Masters 40+

1.	Dennis Brouwers	HZPC	NED	197800167					4:40.91	+0.67	
	50m: 31.49	31.49	150m: 1:41.54	35.52	250m: 2:53.41	35.59	350m: 4:05.28	36.02			
	100m: 1:06.02	34.53	200m: 2:17.82	36.28	300m: 3:29.26	35.85	400m: 4:40.91	35.63			
2.	Casper Hut	HZ&PC Heerenveen	NED	197800471					4:41.18	+0.58	
	50m: 30.59	30.59	150m: 1:39.24	34.61	250m: 2:50.62	35.98	350m: 4:04.78	37.37			
	100m: 1:04.63	34.04	200m: 2:14.64	35.40	300m: 3:27.41	36.79	400m: 4:41.18	36.40			
3.	Ivo Roozeboom	WVZ	NED	197700801					4:42.75	+0.73	
	50m: 31.60	31.60	150m: 1:43.94	36.38	250m: 2:56.64	36.37	350m: 4:08.63	35.97			
	100m: 1:07.56	35.96	200m: 2:20.27	36.33	300m: 3:32.66	36.02	400m: 4:42.75	34.12			
4.	Victor Barnar	GoSwim	NED	197801805					4:52.77	+0.64	
	50m: 31.04	31.04	150m: 1:40.07	35.26	250m: 2:55.82	38.15	350m: 4:14.40	39.51			
	100m: 1:04.81	33.77	200m: 2:17.67	37.60	300m: 3:34.89	39.07	400m: 4:52.77	38.37			

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

rang	naam	vereniging	tijd	RT	PARA			
5.	Alex Damen	DAW	4:56.61	+0.71				
	50m: 33.30	33.30	150m: 1:47.04	37.01	250m: 3:02.76	37.87	350m: 4:19.51	38.61
	100m: 1:10.03	36.73	200m: 2:24.89	37.85	300m: 3:40.90	38.14	400m: 4:56.61	37.10
6.	Bas Broekhuis	MZ&PC	5:18.45	+0.71				
	50m: 34.74	34.74	150m: 1:53.33	40.07	250m: 3:16.17	41.53	350m: 4:39.47	41.36
	100m: 1:13.26	38.52	200m: 2:34.64	41.31	300m: 3:58.11	41.94	400m: 5:18.45	38.98
7.	Ingmar Kooman	ZVL-1886	5:30.54	+0.56				
	50m: 35.48	35.48	150m: 1:58.27	42.45	250m: 3:24.58	42.85	350m: 4:50.56	42.11
	100m: 1:15.82	40.34	200m: 2:41.73	43.46	300m: 4:08.45	43.87	400m: 5:30.54	39.98
8.	Tom Bandsma	PSV	5:47.04	+0.89				
	50m: 36.79	36.79	150m: 1:59.49	42.24	250m: 3:30.30	45.92	350m: 5:02.70	46.03
	100m: 1:17.25	40.46	200m: 2:44.38	44.89	300m: 4:16.67	46.37	400m: 5:47.04	44.34

Masters 45+

1.	Vedestas Seferlis <i>Lithuanian Masters Record</i>	Kauno Takas	4:39.05	+0.65				
	50m: 31.60	31.60	150m: 1:41.36	35.32	250m: 2:53.34	36.02	350m: 4:05.25	36.12
	100m: 1:06.04	34.44	200m: 2:17.32	35.96	300m: 3:29.13	35.79	400m: 4:39.05	33.80
2.	Joeri Stoffels	AZC	5:02.73	+1.00				
	50m: 32.98	32.98	150m: 1:49.70	39.32	250m: 3:09.51	39.79	350m: 4:25.16	37.74
	100m: 1:10.38	37.40	200m: 2:29.72	40.02	300m: 3:47.42	37.91	400m: 5:02.73	37.57
3.	Eric Hoekman	WS Twente	5:19.32	+0.84				
	50m: 32.95	32.95	150m: 1:49.53	39.84	250m: 3:14.05	42.46	350m: 4:39.82	43.26
	100m: 1:09.69	36.74	200m: 2:31.59	42.06	300m: 3:56.56	42.51	400m: 5:19.32	39.50
4.	Bruno Nahon	CNSW	5:19.55	+0.81				
	50m: 35.20	35.20	150m: 1:52.63	39.76	250m: 3:14.94	41.64	350m: 4:38.81	42.37
	100m: 1:12.87	37.67	200m: 2:33.30	40.67	300m: 3:56.44	41.50	400m: 5:19.55	40.74
5.	Ingmar de Gelder	ZOB'66	5:20.65	+0.75				
	50m: 32.91	32.91	150m: 1:49.38	39.81	250m: 3:13.88	42.81	350m: 4:40.13	42.87
	100m: 1:09.57	36.66	200m: 2:31.07	41.69	300m: 3:57.26	43.38	400m: 5:20.65	40.52
6.	Chris Kouwenhoven	Steenwijk 1934	5:21.86	+0.82				
	50m: 35.82	35.82	150m: 1:57.00	41.10	250m: 3:19.18	40.94	350m: 4:42.22	41.39
	100m: 1:15.90	40.08	200m: 2:38.24	41.24	300m: 4:00.83	41.65	400m: 5:21.86	39.64
7.	Kasper van den Berghe	SWOL 1894	5:29.78	+0.68				
	50m: 35.96	35.96	150m: 1:58.26	42.20	250m: 3:22.33	42.25	350m: 4:48.13	43.39
	100m: 1:16.06	40.10	200m: 2:40.08	41.82	300m: 4:04.74	42.41	400m: 5:29.78	41.65
8.	Wouter van der Stelt	De Biesboschzwemmers	5:44.72	+0.64				
	50m: 36.79	36.79	150m: 2:01.61	43.44	250m: 3:30.61	44.47	350m: 5:00.04	44.40
	100m: 1:18.17	41.38	200m: 2:46.14	44.53	300m: 4:15.64	45.03	400m: 5:44.72	44.68
9.	Pieter Bardelmeijer	Deltasteur	7:04.50	+0.99				
	50m: 41.77	41.77	150m: 2:20.47	51.33	250m: 4:13.44	58.25	350m: 6:08.31	58.13
	100m: 1:29.14	47.37	200m: 3:15.19	54.72	300m: 5:10.18	56.74	400m: 7:04.50	56.19

Masters 50+

1.	Geert Wijn	De Gelenberg	4:50.81	+0.61				
	50m: 33.12	33.12	150m: 1:47.22	36.86	250m: 3:01.67	37.04	350m: 4:15.49	36.82
	100m: 1:10.36	37.24	200m: 2:24.63	37.41	300m: 3:38.67	37.00	400m: 4:50.81	35.32
2.	Pieter van Gemenen	DAW	4:52.55	+0.74				
	50m: 33.22	33.22	150m: 1:47.78	37.07	250m: 3:03.80	37.89	350m: 4:18.21	35.96
	100m: 1:10.71	37.49	200m: 2:25.91	38.13	300m: 3:42.25	38.45	400m: 4:52.55	34.34
3.	Jo-An Mudde	Arethusa	4:54.47	+0.75				
	50m: 33.42	33.42	150m: 1:47.69	37.07	250m: 3:02.24	37.07	350m: 4:17.12	37.25
	100m: 1:10.62	37.20	200m: 2:25.17	37.48	300m: 3:39.87	37.63	400m: 4:54.47	37.35
4.	Frank van Nobelen	Sassenheim	5:05.34	+0.70				
	50m: 33.96	33.96	150m: 1:49.45	38.55	250m: 3:07.81	39.50	350m: 4:27.11	39.53
	100m: 1:10.90	36.94	200m: 2:28.31	38.86	300m: 3:47.58	39.77	400m: 5:05.34	38.23
5.	Nico Paasse	SGGO (SG)	5:16.37	+0.83				
	50m: 34.77	34.77	150m: 1:54.33	40.65	250m: 3:16.83	41.56	350m: 4:38.29	40.72
	100m: 1:13.68	38.91	200m: 2:35.27	40.94	300m: 3:57.57	40.74	400m: 5:16.37	38.08

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

rang	naam	vereniging	tijd	RT	PARA			
6.	Henri Michels	De Amstel	5:16.64	+0.86				
	50m: 33.82	33.82	150m: 1:51.08	39.58	250m: 3:13.32	41.41	350m: 4:36.33	41.36
	100m: 1:11.50	37.68	200m: 2:31.91	40.83	300m: 3:54.97	41.65	400m: 5:16.64	40.31
7.	Arno Schrauwen	Patrick-De Roersoppers (SG)	5:22.98	+0.69				
	50m: 33.82	33.82	150m: 1:54.04	41.23	250m: 3:18.00	42.19	350m: 4:42.22	42.25
	100m: 1:12.81	38.99	200m: 2:35.81	41.77	300m: 3:59.97	41.97	400m: 5:22.98	40.76
8.	Hans Bouwmeester	ZVL-1886	5:23.67	+0.79				
	50m: 33.06	33.06	150m: 1:49.59	39.80	250m: 3:13.70	42.47	350m: 4:40.67	43.80
	100m: 1:09.79	36.73	200m: 2:31.23	41.64	300m: 3:56.87	43.17	400m: 5:23.67	43.00
9.	Otto Jansen	ZVL-1886	5:26.99	+0.68				
	50m: 34.68	34.68	150m: 1:56.39	41.55	250m: 3:20.78	42.22	350m: 4:45.98	42.21
	100m: 1:14.84	40.16	200m: 2:38.56	42.17	300m: 4:03.77	42.99	400m: 5:26.99	41.01
10.	Harold Matla	PSV	5:31.97	+0.84				
	50m: 35.37	35.37	150m: 1:58.26	42.06	250m: 3:24.50	43.12	350m: 4:51.46	43.39
	100m: 1:16.20	40.83	200m: 2:41.38	43.12	300m: 4:08.07	43.57	400m: 5:31.97	40.51
11.	Christophe Wadin	Royal Dauphins Mouscronnois	5:37.58	+0.74				
	50m: 34.11	34.11	150m: 1:55.88	41.85	250m: 3:23.46	44.09	350m: 4:53.73	45.39
	100m: 1:14.03	39.92	200m: 2:39.37	43.49	300m: 4:08.34	44.88	400m: 5:37.58	43.85
12.	Jeroen Wilmer	Vichy Val D'Allier	5:45.35	+0.86				
	50m: 38.53	38.53	150m: 2:06.67	45.00	250m: 3:37.36	45.02	350m: 5:06.64	44.37
	100m: 1:21.67	43.14	200m: 2:52.34	45.67	300m: 4:22.27	44.91	400m: 5:45.35	38.71
13.	Ramon Alsina Munoz	CNSW	5:52.74	+0.75				
	50m: 38.37	38.37	150m: 2:05.37	43.79	250m: 3:34.77	45.00	350m: 5:06.70	46.20
	100m: 1:21.58	43.21	200m: 2:49.77	44.40	300m: 4:20.50	45.73	400m: 5:52.74	46.04
14.	Pieter-Sjoerd de Wijn	Zwemvereniging Hoogland	6:09.30	+0.78				
	50m: 40.34	40.34	150m: 2:13.61	48.22	250m: 3:50.37	48.09	350m: 5:26.40	48.08
	100m: 1:25.39	45.05	200m: 3:02.28	48.67	300m: 4:38.32	47.95	400m: 6:09.30	42.90
15.	Jean-Claude Callens	Royal Dauphins Mouscronnois	6:32.48	+1.19				
	50m: 42.88	42.88	150m: 2:20.37	49.71	250m: 4:01.94	50.27	350m: 5:44.46	51.04
	100m: 1:30.66	47.78	200m: 3:11.67	51.30	300m: 4:53.42	51.48	400m: 6:32.48	48.02

Masters 55+

1.	Johan Remmits	ZPC Woerden	4:51.57	+0.80				
	50m: 32.84	32.84	150m: 1:46.77	37.53	250m: 3:01.44	37.13	350m: 4:15.85	36.97
	100m: 1:09.24	36.40	200m: 2:24.31	37.54	300m: 3:38.88	37.44	400m: 4:51.57	35.72
2.	Paul Wijnja	De Biesboschzwemmers	5:26.64	+0.60				
	50m: 35.02	35.02	150m: 1:57.60	42.08	250m: 3:22.04	41.91	350m: 4:47.08	42.51
	100m: 1:15.52	40.50	200m: 2:40.13	42.53	300m: 4:04.57	42.53	400m: 5:26.64	39.56
3.	Henk Kuipers	ZPC AMERSFOORT	5:30.29	+0.48				
	50m: 36.72	36.72	150m: 1:59.22	42.22	250m: 3:23.78	42.60	350m: 4:49.42	42.80
	100m: 1:17.00	40.28	200m: 2:41.18	41.96	300m: 4:06.62	42.84	400m: 5:30.29	40.87
4.	Ronald Grove	Triton	5:35.04	+0.69				
	50m: 35.09	35.09	150m: 1:57.34	41.92	250m: 3:24.16	43.47	350m: 4:52.49	44.23
	100m: 1:15.42	40.33	200m: 2:40.89	43.35	300m: 4:08.26	44.10	400m: 5:35.04	42.55
5.	Eric Langhorst	De Rijn	5:40.09	+0.70				
	50m: 37.02	37.02	150m: 2:03.52	44.39	250m: 3:32.52	44.54	350m: 5:00.04	43.51
	100m: 1:19.13	42.11	200m: 2:47.98	44.46	300m: 4:16.53	44.01	400m: 5:40.09	40.05
6.	Wiljam Nijenhuis	De IJsel	5:41.90	+0.74				
	50m: 37.34	37.34	150m: 2:01.22	42.74	250m: 3:29.74	44.87	350m: 4:58.46	43.82
	100m: 1:18.48	41.14	200m: 2:44.87	43.65	300m: 4:14.64	44.90	400m: 5:41.90	43.44
7.	Roy Le Clercq	De Rog	5:49.91	+0.87				
	50m: 37.60	37.60	150m: 2:04.98	44.77	250m: 3:36.52	45.54	350m: 5:06.25	44.19
	100m: 1:20.21	42.61	200m: 2:50.98	46.00	300m: 4:22.06	45.54	400m: 5:49.91	43.66
8.	Jan Willem Heuten	WS Twente	6:30.74	+0.84				
	50m: 41.27	41.27	150m: 2:19.04	49.95	250m: 4:02.94	52.52	350m: 5:45.15	51.34
	100m: 1:29.09	47.82	200m: 3:10.42	51.38	300m: 4:53.81	50.87	400m: 6:30.74	45.59
9.	Bart van Calker	WS Twente	6:32.20	+0.90				
	50m: 42.47	42.47	150m: 2:18.13	48.54	250m: 3:58.61	50.08	350m: 5:42.64	52.65
	100m: 1:29.59	47.12	200m: 3:08.53	50.40	300m: 4:49.99	51.38	400m: 6:32.20	49.56
10.	Adri Pasma	Zuiderzeezwemmers	6:43.85	+1.20				
	50m: 43.26	43.26	150m: 2:25.12	51.64	250m: 4:09.44	52.16	350m: 5:52.24	51.79
	100m: 1:33.48	50.22	200m: 3:17.28	52.16	300m: 5:00.45	51.01	400m: 6:43.85	51.61

onjuistheden / mistakes?

mail naar/ to: mastersinschrijvingen@knzb.nl

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

rang	naam	vereniging						tijd	RT	PARA
11.	Jan Haitisma	De Spatters	NED	196000929				7:05.88	+0.85	
	50m: 48.34	48.34	150m: 2:36.68	55.08	250m: 4:26.74	55.01	350m: 6:15.25	53.80		
	100m: 1:41.60	53.26	200m: 3:31.73	55.05	300m: 5:21.45	54.71	400m: 7:05.88	50.63		

Masters 60+

1.	Marten de Groot	HZ&PC Heerenveen	NED	195800149				4:54.04	+0.62	
	50m: 32.15	32.15	150m: 1:45.68	37.18	250m: 3:01.06	37.86	350m: 4:17.28	38.23		
	100m: 1:08.50	36.35	200m: 2:23.20	37.52	300m: 3:39.05	37.99	400m: 4:54.04	36.76		
2.	Marius Ros	ZCNF'34	NED	195900779				5:37.88	+0.82	
	50m: 39.19	39.19	150m: 2:05.68	43.78	250m: 3:32.23	43.57	350m: 4:57.15	42.19		
	100m: 1:21.90	42.71	200m: 2:48.66	42.98	300m: 4:14.96	42.73	400m: 5:37.88	40.73		
3.	Wolfgang Rossa	TPSK 1925 e.V.	GER	396833				5:44.95	+1.12	
	50m: 39.52	39.52	150m: 2:05.79	44.00	250m: 3:35.24	44.48	350m: 5:02.98	44.14		
	100m: 1:21.79	42.27	200m: 2:50.76	44.97	300m: 4:18.84	43.60	400m: 5:44.95	41.97		
4.	Henk Slomp	De Inktvis	NED	195500359				5:54.88	+0.71	
	50m: 36.47	36.47	150m: 2:03.31	45.07	250m: 3:36.27	46.36	350m: 5:11.26	47.22		
	100m: 1:18.24	41.77	200m: 2:49.91	46.60	300m: 4:24.04	47.77	400m: 5:54.88	43.62		
5.	Lex Hoogendam	ZZ&PC De Devel	NED	195700541				6:18.47	+0.88	
	50m: 39.66	39.66	150m: 2:12.89	48.12	250m: 3:50.73	48.81	350m: 5:29.50	49.48		
	100m: 1:24.77	45.11	200m: 3:01.92	49.03	300m: 4:40.02	49.29	400m: 6:18.47	48.97		
6.	André Pantekoek	PSV	NED	195800321				6:56.64	+0.92	
	50m: 41.69	41.69	150m: 2:27.10	54.79	250m: 4:18.18	55.19	350m: 6:06.83	54.70		
	100m: 1:32.31	50.62	200m: 3:22.99	55.89	300m: 5:12.13	53.95	400m: 6:56.64	49.81		

Masters 65+

1.	Brend Brevé	PSV	NED	195200265				5:47.00	+0.93	
	50m: 39.94	39.94	150m: 2:08.79	44.98	250m: 3:37.51	44.21	350m: 5:05.58	43.84		
	100m: 1:23.81	43.87	200m: 2:53.30	44.51	300m: 4:21.74	44.23	400m: 5:47.00	41.42		
2.	Piet Schop	De Bevelanders	NED	195000109				6:29.27	+0.80	
	50m: 39.79	39.79	150m: 2:15.96	49.60	250m: 3:59.62	52.00	350m: 5:43.23	51.29		
	100m: 1:26.36	46.57	200m: 3:07.62	51.66	300m: 4:51.94	52.32	400m: 6:29.27	46.04		
3.	Jos Kamps	Zwemvereniging Hoogland	NED	195100085				6:33.85	+0.78	
	50m: 40.75	40.75	150m: 2:15.71	49.54	250m: 3:59.30	52.67	350m: 5:43.57	52.60		
	100m: 1:26.17	45.42	200m: 3:06.63	50.92	300m: 4:50.97	51.67	400m: 6:33.85	50.28		
4.	Hilbert Prins	SwimGym	NED	195100223				6:45.25	+0.93	
	50m: 44.42	44.42	150m: 2:25.41	51.37	250m: 4:09.88	52.64	350m: 5:54.71	52.64		
	100m: 1:34.04	49.62	200m: 3:17.24	51.83	300m: 5:02.07	52.19	400m: 6:45.25	50.54		

Masters 70+

1.	Wout Hemmes	De Plons	NED	194800059				6:08.93	+0.90	
	50m: 40.49	40.49	150m: 2:14.54	48.16	250m: 3:50.87	48.08	350m: 5:25.34	46.77		
	100m: 1:26.38	45.89	200m: 3:02.79	48.25	300m: 4:38.57	47.70	400m: 6:08.93	43.59		
2.	Willem Putter	ZVVS	NED	194500135				6:32.57	+0.98	
	50m: 42.34	42.34	150m: 2:21.11	50.62	250m: 4:04.14	51.15	350m: 5:46.56	50.49		
	100m: 1:30.49	48.15	200m: 3:12.99	51.88	300m: 4:56.07	51.93	400m: 6:32.57	46.01		

Masters 75+

1.	Rob Hanou	PSV	NED	194300109				6:43.45	+0.98	
	50m: 43.66	43.66	150m: 2:26.14	52.69	250m: 4:11.45	53.81	350m: 5:56.86	52.32		
	100m: 1:33.45	49.79	200m: 3:17.64	51.50	300m: 5:04.54	53.09	400m: 6:43.45	46.59		
2.	Frans van Enst	WS Twente	NED	194000011				6:58.74	+0.94	
	50m: 44.69	44.69	150m: 2:30.76	53.53	250m: 4:18.67	53.94	350m: 6:05.81	53.54		
	100m: 1:37.23	52.54	200m: 3:24.73	53.97	300m: 5:12.27	53.60	400m: 6:58.74	52.93		
3.	Geza Kaltenecker	AZC	NED	194200065				7:27.41	+0.82	
	50m: 45.47	45.47	150m: 2:38.71	57.17	250m: 4:35.18	58.62	350m: 6:34.15	59.51		
	100m: 1:41.54	56.07	200m: 3:36.56	57.85	300m: 5:34.64	59.46	400m: 7:27.41	53.26		

Programmanr. 4, Heren, 400m vrije slag

Masters 80+

1.	Frederik Hendrik De Bruijn	CN Aquamasters	ESP		6:49.78	+1.12		
	50m: 45.65	45.65	150m: 2:28.40	51.85	250m: 4:12.51	52.40	350m: 5:59.21	53.01
	100m: 1:36.55	50.90	200m: 3:20.11	51.71	300m: 5:06.20	53.69	400m: 6:49.78	50.57
2.	Nic Geers	Z&PC De Gouwe	NED	193800007	8:16.35	+0.95		
	50m: 54.40	54.40	150m: 3:01.92	1:04.61	250m: 5:11.54	1:04.93	350m: 7:22.18	1:07.08
	100m: 1:57.31	1:02.91	200m: 4:06.61	1:04.69	300m: 6:15.10	1:03.56	400m: 8:16.35	54.17
BM	Thijs van den End	HPC PARA - ZPC Woerden	NED	199306803	S9	4:43.84	+0.86	683
	50m: 31.29	31.29	150m: 1:40.57	34.94	250m: 2:52.60	36.07	350m: 4:06.74	37.26
	100m: 1:05.63	34.34	200m: 2:16.53	35.96	300m: 3:29.48	36.88	400m: 4:43.84	37.10