

Programmanr. 32  
26-01-2020 - 10:29

Heren, 400m wisselslag

Masters Open  
Resultaten

rang	naam	vereniging	tijd	RT	PARA
<b>Masters 20+</b>					
1.	David Kievit	De Schotejil	<b>4:56.44</b>	+0.67	
	50m: 31.92	31.92	150m: 1:47.32	37.71	250m: 3:05.18
	100m: 1:09.61	37.69	200m: 2:25.06	37.74	300m: 3:45.78
					40.12
					40.60
					350m: 4:21.23
					35.45
					400m: 4:56.44
					35.21
2.	Nordin Termoshuizen	WVZ	<b>5:05.25</b>	+0.73	
	50m: 30.55	30.55	150m: 1:44.26	37.80	250m: 3:09.49
	100m: 1:06.46	35.91	200m: 2:22.16	37.90	300m: 3:57.55
					47.33
					48.06
					350m: 4:31.70
					34.15
					400m: 5:05.25
					33.55
3.	Jeroen Louwinger	De Rijn	<b>5:05.87</b>	+0.73	
	50m: 31.65	31.65	150m: 1:46.33	37.60	250m: 3:09.55
	100m: 1:08.73	37.08	200m: 2:23.75	37.42	300m: 3:56.71
					45.80
					47.16
					350m: 4:32.25
					35.54
					400m: 5:05.87
					33.62
4.	Richard van der Horst	De Meer	<b>5:09.32</b>		
	50m: 33.30	33.30	150m: 1:53.00	41.63	250m: 3:15.04
	100m: 1:11.37	38.07	200m: 2:33.69	40.69	300m: 3:58.06
					41.35
					43.02
					350m: 4:34.09
					36.03
					400m: 5:09.32
					35.23
5.	Jorn Lucas	De Veene	<b>5:16.13</b>	+0.75	
	50m: 32.30	32.30	150m: 1:50.44	39.49	250m: 3:17.77
	100m: 1:10.95	38.65	200m: 2:30.04	39.60	300m: 4:05.73
					47.73
					47.96
					350m: 4:42.14
					36.41
					400m: 5:16.13
					33.99
<b>Masters 25+</b>					
1.	Emiel van Beusekom	ZPV Barracuda	<b>4:50.60</b>		
	50m: 29.63	29.63	150m: 1:42.78	37.87	250m: 3:00.65
	100m: 1:04.91	35.28	200m: 2:19.94	37.16	300m: 3:43.60
					40.71
					42.95
					350m: 4:17.88
					34.28
					400m: 4:50.60
					32.72
2.	Jeffrey Camphens	DWT	<b>4:55.33</b>	+0.64	
	50m: 29.99	29.99	150m: 1:46.21	40.99	250m: 3:07.32
	100m: 1:05.22	35.23	200m: 2:25.86	39.65	300m: 3:49.04
					41.46
					41.72
					350m: 4:22.95
					33.91
					400m: 4:55.33
					32.38
3.	Pieter Pijnenburg	De Biesboschzwemmers	<b>5:08.90</b>	+0.72	
	50m: 32.06	32.06	150m: 1:52.18	41.17	250m: 3:15.05
	100m: 1:11.01	38.95	200m: 2:34.16	41.98	300m: 3:56.96
					40.89
					41.91
					350m: 4:33.34
					36.38
					400m: 5:08.90
					35.56
4.	Maik Steenkamp	Montferland	<b>5:23.36</b>	+0.76	
	50m: 33.06	33.06	150m: 1:56.45	43.32	250m: 3:24.14
	100m: 1:13.13	40.07	200m: 2:39.58	43.13	300m: 4:09.78
					44.56
					45.64
					350m: 4:47.93
					38.15
					400m: 5:23.36
					35.43
5.	Tom van Gils	ZPC De Zeeuwse Kust	<b>5:29.95</b>	+0.63	
	50m: 34.49	34.49	150m: 1:57.96	41.98	250m: 3:27.24
	100m: 1:15.98	41.49	200m: 2:39.34	41.38	300m: 4:16.12
					47.90
					48.88
					350m: 4:53.61
					37.49
					400m: 5:29.95
					36.34
<b>Masters 30+</b>					
1.	Tim Bunnik	Triton	<b>4:57.26</b>	+0.77	
	50m: 31.57	31.57	150m: 1:46.37	37.39	250m: 3:05.93
	100m: 1:08.98	37.41	200m: 2:23.61	37.24	300m: 3:49.93
					42.32
					44.00
					350m: 4:23.77
					33.84
					400m: 4:57.26
					33.49
2.	Jeroen Burggraaf	De Blauwe Schuur	<b>5:05.24</b>	+0.81	
	50m: 32.76	32.76	150m: 1:52.78	40.64	250m: 3:14.62
	100m: 1:12.14	39.38	200m: 2:32.66	39.88	300m: 3:57.34
					41.96
					42.72
					350m: 4:33.31
					35.97
					400m: 5:05.24
					31.93
3.	Patrick Creemers	RZ	<b>5:07.31</b>	+0.76	
	50m: 34.22	34.22	150m: 1:57.92	40.37	250m: 3:19.34
	100m: 1:17.55	43.33	200m: 2:37.88	39.96	300m: 4:01.02
					41.46
					41.68
					350m: 4:35.20
					34.18
					400m: 5:07.31
					32.11
4.	Alex Vermeulen	WZK Zwemmen	<b>5:11.85</b>	+0.75	
	50m: 30.99	30.99	150m: 1:50.04	40.79	250m: 3:13.70
	100m: 1:09.25	38.26	200m: 2:29.95	39.91	300m: 3:59.01
					43.75
					45.31
					350m: 4:36.24
					37.23
					400m: 5:11.85
					35.61
5.	Wessel Everloo	WS Twente	<b>5:29.34</b>	+0.78	758
	50m: 33.32	33.32	150m: 1:56.28	41.05	250m: 3:26.36
	100m: 1:15.23	41.91	200m: 2:36.73	40.45	300m: 4:15.35
					49.63
					48.99
					350m: 4:53.44
					38.09
					400m: 5:29.34
					35.90
6.	Niels Albrechts	De Schotejil	<b>5:36.77</b>	+0.68	
	50m: 35.17	35.17	150m: 1:59.71	41.73	250m: 3:33.72
	100m: 1:17.98	42.81	200m: 2:40.18	40.47	300m: 4:27.29
					53.54
					53.57
					350m: 5:03.28
					35.99
					400m: 5:36.77
					33.49

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Masters 35+

1.	Chris Jones <i>Kampioenschaps Record</i>	City of Cardiff	GBR	3878			<b>4:42.91</b>	+0.71
	50m: 29.38	29.38	150m: 1:41.80	36.51	250m: 2:57.43	38.64	350m: 4:10.33	33.56
	100m: 1:05.29	35.91	200m: 2:18.79	36.99	300m: 3:36.77	39.34	400m: 4:42.91	32.58
2.	Nick Valentine	Tynemouth ASC	GBR	557787			<b>4:58.12</b>	+0.80
	50m: 30.88	30.88	150m: 1:46.14	40.65	250m: 3:08.28	42.54	350m: 4:25.27	33.87
	100m: 1:05.49	34.61	200m: 2:25.74	39.60	300m: 3:51.40	43.12	400m: 4:58.12	32.85
3.	Kristiaan Lenos	ZVL-1886 Tetteroo	NED	198301331			<b>5:00.20</b>	+0.80
	50m: 30.85	30.85	150m: 1:46.28	39.33	250m: 3:07.38	42.16	350m: 4:25.57	35.32
	100m: 1:06.95	36.10	200m: 2:25.22	38.94	300m: 3:50.25	42.87	400m: 5:00.20	34.63
4.	Yuri van Omme	Zwemvereniging Hoogland	NED	198501887			<b>5:06.19</b>	+0.82
	50m: 32.11	32.11	150m: 1:49.77	40.41	250m: 3:11.57	41.72	350m: 4:31.12	36.74
	100m: 1:09.36	37.25	200m: 2:29.85	40.08	300m: 3:54.38	42.81	400m: 5:06.19	35.07
5.	Rob van Vliet	ZPC AMERSFOORT	NED	198402459			<b>5:06.67</b>	+0.82
	50m: 31.54	31.54	150m: 1:50.58	41.39	250m: 3:12.89	41.59	350m: 4:32.12	36.62
	100m: 1:09.19	37.65	200m: 2:31.30	40.72	300m: 3:55.50	42.61	400m: 5:06.67	34.55
6.	Rick de Greef	Budel	NED	198400749			<b>5:10.09</b>	+0.65
	50m: 30.62	30.62	150m: 1:48.29	40.37	250m: 3:11.44	43.38	350m: 4:33.65	37.21
	100m: 1:07.92	37.30	200m: 2:28.06	39.77	300m: 3:56.44	45.00	400m: 5:10.09	36.44
7.	Frank v.d. Voordt	De Schotejil	NED	198302259			<b>5:11.21</b>	+0.76
	50m: 32.59	32.59	150m: 1:51.06	40.45	250m: 3:16.26	45.64	350m: 4:37.10	36.33
	100m: 1:10.61	38.02	200m: 2:30.62	39.56	300m: 4:00.77	44.51	400m: 5:11.21	34.11
8.	Roel van der Kruijs	De Gelenberg	NED	198501491			<b>5:11.89</b>	+0.78
	50m: 32.16	32.16	150m: 1:52.83	42.82	250m: 3:18.71	44.34	350m: 4:38.70	34.68
	100m: 1:10.01	37.85	200m: 2:34.37	41.54	300m: 4:04.02	45.31	400m: 5:11.89	33.19
9.	Marcel Reefhuis	WS Twente	NED	198101381			<b>5:21.37</b>	+0.81
	50m: 32.89	32.89	150m: 1:54.60	41.96	250m: 3:20.76	44.70	350m: 4:44.51	37.88
	100m: 1:12.64	39.75	200m: 2:36.06	41.46	300m: 4:06.63	45.87	400m: 5:21.37	36.86
10.	Rob van Wanrooy	Gay Swim Amsterdam	NED	198202627			<b>5:33.46</b>	+0.77
	50m: 35.95	35.95	150m: 2:02.63	43.95	250m: 3:33.65	47.40	350m: 4:58.64	36.82
	100m: 1:18.68	42.73	200m: 2:46.25	43.62	300m: 4:21.82	48.17	400m: 5:33.46	34.82
11.	Peter van de Bor	DWT	NED	198402897			<b>5:34.32</b>	+0.78
	50m: 33.99	33.99	150m: 1:58.84	42.12	250m: 3:28.16	48.52	350m: 4:56.75	41.23
	100m: 1:16.72	42.73	200m: 2:39.64	40.80	300m: 4:15.52	47.36	400m: 5:34.32	37.57

Masters 40+

1.	Mark Hensen	ZPV Barracuda	NED	197900497			<b>4:58.18</b>	+0.77
	50m: 30.57	30.57	150m: 1:45.09	38.21	250m: 3:06.29	43.53	350m: 4:23.70	34.25
	100m: 1:06.88	36.31	200m: 2:22.76	37.67	300m: 3:49.45	43.16	400m: 4:58.18	34.48
2.	Gergely Molnár <i>Hungarian Masters Record</i>	Megathlon SE	HUN				<b>5:04.25</b>	+0.77
	50m: 31.17	31.17	150m: 1:48.44	40.94	250m: 3:11.65	43.54	350m: 4:30.51	34.95
	100m: 1:07.50	36.33	200m: 2:28.11	39.67	300m: 3:55.56	43.91	400m: 5:04.25	33.74
3.	Vincent Versteeg	Zwemlust- den Hommel	NED	197701003			<b>5:15.37</b>	+0.69
	50m: 32.34	32.34	150m: 1:51.90	40.57	250m: 3:16.25	43.76	350m: 4:38.11	37.51
	100m: 1:11.33	38.99	200m: 2:32.49	40.59	300m: 4:00.60	44.35	400m: 5:15.37	37.26
4.	Erik Schoenmakers	WIDEX GZC DONK	NED	197601667			<b>5:40.07</b>	+0.89
	50m: 34.87	34.87	150m: 2:01.18	46.58	250m: 3:33.41	48.26	350m: 5:01.72	39.77
	100m: 1:14.60	39.73	200m: 2:45.15	43.97	300m: 4:21.95	48.54	400m: 5:40.07	38.35

Masters 45+

1.	Vedestas Seferlis	Kauno Takas	LTU				<b>5:10.78</b>	+0.68
	50m: 31.42	31.42	150m: 1:49.80	41.48	250m: 3:17.43	46.89	350m: 4:38.21	35.22
	100m: 1:08.32	36.90	200m: 2:30.54	40.74	300m: 4:02.99	45.56	400m: 5:10.78	32.57
2.	Marcel van Winssen	De Gelenberg	NED	197101477			<b>5:23.54</b>	+0.82
	50m: 32.98	32.98	150m: 1:54.57	41.87	250m: 3:22.66	46.12	350m: 4:46.45	38.07
	100m: 1:12.70	39.72	200m: 2:36.54	41.97	300m: 4:08.38	45.72	400m: 5:23.54	37.09
3.	Kees Bakker	Gay Swim Amsterdam	NED	197501055			<b>5:39.98</b>	+0.50
	50m: 35.84	35.84	150m: 2:01.70	43.48	250m: 3:34.06	49.00	350m: 5:02.64	38.98
	100m: 1:18.22	42.38	200m: 2:45.06	43.36	300m: 4:23.66	49.60	400m: 5:39.98	37.34

onjuistheden / mistakes?

mail naar/ to: mastersinschrijvingen@knzb.nl

Programmanr. 32, Heren, 400m wisselslag, Masters 45+

rang	naam	vereniging	tijd	RT	PARA			
4.	Korstiaan de Boer	Steenwijk 1934	<b>6:02.15</b>	+0.69				
	50m: 36.37	36.37	150m: 2:05.12	45.83	250m: 3:41.85	50.67	350m: 5:18.80	45.30
	100m: 1:19.29	42.92	200m: 2:51.18	46.06	300m: 4:33.50	51.65	400m: 6:02.15	43.35
5.	Kasper van den Berghe	SWOL 1894	<b>6:02.75</b>	+0.74				
	50m: 37.82	37.82	150m: 2:08.81	45.42	250m: 3:47.74	53.55	350m: 5:23.50	42.35
	100m: 1:23.39	45.57	200m: 2:54.19	45.38	300m: 4:41.15	53.41	400m: 6:02.75	39.25

Masters 50+

1.	Adolfo Ortiz	Club Natació L'Hospitalet	<b>5:16.23</b>	+0.84				
	50m: 34.37	34.37	150m: 1:53.96	42.00	250m: 3:19.57	45.46	350m: 4:42.13	37.21
	100m: 1:11.96	37.59	200m: 2:34.11	40.15	300m: 4:04.92	45.35	400m: 5:16.23	34.10
2.	Glen Le Clercq	De Rog	<b>5:25.21</b>	+0.84				
	50m: 33.65	33.65	150m: 1:58.60	43.80	250m: 3:24.67	44.40	350m: 4:48.64	37.05
	100m: 1:14.80	41.15	200m: 2:40.27	41.67	300m: 4:11.59	46.92	400m: 5:25.21	36.57
3.	Jan-Willem van den Berg	WVZ	<b>5:28.35</b>	+0.74				
	50m: 33.32	33.32	150m: 1:54.08	40.90	250m: 3:21.62	46.16	350m: 4:49.29	40.03
	100m: 1:13.18	39.86	200m: 2:35.46	41.38	300m: 4:09.26	47.64	400m: 5:28.35	39.06
4.	René Beetsma	HZ&PC Heerenveen	<b>5:28.93</b>	+0.79				
	50m: 32.81	32.81	150m: 1:54.73	42.90	250m: 3:24.63	47.84	350m: 4:52.47	38.96
	100m: 1:11.83	39.02	200m: 2:36.79	42.06	300m: 4:13.51	48.88	400m: 5:28.93	36.46
5.	Bruno Nahon	CNSW	<b>5:45.60</b>	+1.02				
	50m: 36.01	36.01	150m: 2:05.34	44.81	250m: 3:37.24	48.67	350m: 5:06.89	39.87
	100m: 1:20.53	44.52	200m: 2:48.57	43.23	300m: 4:27.02	49.78	400m: 5:45.60	38.71

Masters 55+

1.	Bert Schlicher	RZ	<b>5:26.10</b>	+0.86				
	50m: 33.94	33.94	150m: 1:57.19	40.85	250m: 3:24.26	47.12	350m: 4:48.92	37.77
	100m: 1:16.34	42.40	200m: 2:37.14	39.95	300m: 4:11.15	46.89	400m: 5:26.10	37.18
2.	Arnold de Rover	AZ&PC De Futen	<b>5:35.64</b>	+0.81				
	50m: 35.38	35.38	150m: 2:01.07	43.62	250m: 3:32.10	47.31	350m: 4:58.03	37.82
	100m: 1:17.45	42.07	200m: 2:44.79	43.72	300m: 4:20.21	48.11	400m: 5:35.64	37.61
3.	Ronald Grove	Triton	<b>5:53.30</b>	+0.58				
	50m: 37.73	37.73	150m: 2:09.70	47.44	250m: 3:44.01	47.90	350m: 5:14.35	39.85
	100m: 1:22.26	44.53	200m: 2:56.11	46.41	300m: 4:34.50	50.49	400m: 5:53.30	38.95
4.	Wiljam Nijenhuis	De IJsel	<b>5:57.06</b>	+0.84				
	50m: 34.55	34.55	150m: 2:02.73	46.21	250m: 3:40.42	52.27	350m: 5:16.49	42.04
	100m: 1:16.52	41.97	200m: 2:48.15	45.42	300m: 4:34.45	54.03	400m: 5:57.06	40.57

Masters 60+

1.	Paul Bunnik	Triton	<b>6:31.94</b>	+0.87				
	50m: 40.03	40.03	150m: 2:20.10	52.38	250m: 4:08.32	57.49	350m: 5:48.83	43.15
	100m: 1:27.72	47.69	200m: 3:10.83	50.73	300m: 5:05.68	57.36	400m: 6:31.94	43.11
2.	Wim Wijtes	Aqua-Novio '94	<b>6:57.70</b>	+0.57				
	50m: 44.17	44.17	150m: 2:39.01	54.83	250m: 4:27.67	57.85	350m: 6:12.31	46.26
	100m: 1:44.18	1:00.01	200m: 3:29.82	50.81	300m: 5:26.05	58.38	400m: 6:57.70	45.39

Masters 65+

1.	Jean-Marie Cadiat	CNSW	<b>5:54.51</b>	+0.94				
	50m: 36.73	36.73	150m: 2:08.21	47.76	250m: 3:45.79	50.77	350m: 5:16.23	39.91
	100m: 1:20.45	43.72	200m: 2:55.02	46.81	300m: 4:36.32	50.53	400m: 5:54.51	38.28

Masters 70+

1.	Piet Schop	De Bevelanders	<b>7:41.40</b>	+0.73				
	50m: 41.38	41.38	150m: 2:38.23	59.22	250m: 4:43.36	1:03.86	350m: 6:44.63	56.67
	100m: 1:39.01	57.63	200m: 3:39.50	1:01.27	300m: 5:47.96	1:04.60	400m: 7:41.40	56.77



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Masters 75+

1.	Rob Hanou		PSV			NED	194300109		<b>7:56.81</b>	<b>+1.12</b>		
	50m:	52.92	52.92	150m:	3:04.00	1:05.65	250m:	5:12.00	1:03.54	350m:	7:06.65	51.84
	100m:	1:58.35	1:05.43	200m:	4:08.46	1:04.46	300m:	6:14.81	1:02.81	400m:	7:56.81	50.16

