

Programmanr. 4  
24-01-2020 - 10:04

Heren, 400m vrije slag

Masters Open  
Resultaten

rang	naam	vereniging						tijd	RT	PARA
<b>Masters 20+</b>										
1.	Jorian Tanis <i>Kampioenschaps Record</i>	MNC Dordrecht	NED	199900327				<b>4:07.47</b>	+0.69	
	50m: 27.65	27.65	150m: 1:30.12	31.91	250m: 2:33.89	31.84	350m: 3:37.56	31.46		
	100m: 58.21	30.56	200m: 2:02.05	31.93	300m: 3:06.10	32.21	400m: 4:07.47	29.91		
2.	Jacob Mackloet	De Schotejil	NED	200001171				<b>4:20.26</b>	+0.70	
	50m: 28.70	28.70	150m: 1:33.95	33.15	250m: 2:41.53	33.74	350m: 3:48.38	33.02		
	100m: 1:00.80	32.10	200m: 2:07.79	33.84	300m: 3:15.36	33.83	400m: 4:20.26	31.88		
3.	Martijn Kornet	Zwemlust- den Hommel	NED	199700231				<b>4:25.14</b>	+0.76	
	50m: 29.05	29.05	150m: 1:34.43	33.01	250m: 2:42.07	33.82	350m: 3:51.22	34.76		
	100m: 1:01.42	32.37	200m: 2:08.25	33.82	300m: 3:16.46	34.39	400m: 4:25.14	33.92		
4.	Jordy van Oel	WVZ	NED	199802003				<b>4:33.95</b>	+0.78	
	50m: 29.95	29.95	150m: 1:38.92	34.69	250m: 2:48.61	35.11	350m: 4:00.11	35.96		
	100m: 1:04.23	34.28	200m: 2:13.50	34.58	300m: 3:24.15	35.54	400m: 4:33.95	33.84		
5.	Richard van der Horst	De Meer	NED	199700179				<b>4:41.59</b>	+0.69	
	50m: 31.65	31.65	150m: 1:41.94	35.60	250m: 2:53.76	35.80	350m: 4:05.96	35.99		
	100m: 1:06.34	34.69	200m: 2:17.96	36.02	300m: 3:29.97	36.21	400m: 4:41.59	35.63		
<b>Masters 25+</b>										
1.	Jeffrey Camphens	DWT	NED	199503113				<b>4:18.61</b>	+0.55	
	50m: 29.49	29.49	150m: 1:34.78	32.98	250m: 2:40.72	33.00	350m: 3:46.74	33.08		
	100m: 1:01.80	32.31	200m: 2:07.72	32.94	300m: 3:13.66	32.94	400m: 4:18.61	31.87		
2.	Emiel van Beusekom	ZPV Barracuda	NED	199403951				<b>4:24.55</b>	+0.74	
	50m: 29.03	29.03	150m: 1:35.18	33.52	250m: 2:44.04	34.57	350m: 3:52.36	34.05		
	100m: 1:01.66	32.63	200m: 2:09.47	34.29	300m: 3:18.31	34.27	400m: 4:24.55	32.19		
3.	Pieter Pijnenburg	De Biesboschzwemmers	NED	199305227				<b>4:33.49</b>	+0.72	
	50m: 30.51	30.51	150m: 1:38.57	34.23	250m: 2:48.29	35.00	350m: 3:59.38	35.53		
	100m: 1:04.34	33.83	200m: 2:13.29	34.72	300m: 3:23.85	35.56	400m: 4:33.49	34.11		
4.	Tom van Gils	ZPC De Zeeuwse Kust	NED	199501799				<b>4:41.09</b>	+0.72	
	50m: 31.75	31.75	150m: 1:41.94	35.48	250m: 2:53.63	36.00	350m: 4:06.22	36.39		
	100m: 1:06.46	34.71	200m: 2:17.63	35.69	300m: 3:29.83	36.20	400m: 4:41.09	34.87		
5.	Bart Kieseletter	TRB-RES	NED	199101203				<b>4:43.59</b>	+0.72	
	50m: 31.18	31.18	150m: 1:42.26	36.22	250m: 2:55.99	36.76	350m: 4:09.17	36.09		
	100m: 1:06.04	34.86	200m: 2:19.23	36.97	300m: 3:33.08	37.09	400m: 4:43.59	34.42		
6.	Maik Steenkamp	Montferland	NED	199103847				<b>4:47.55</b>	+0.78	
	50m: 31.66	31.66	150m: 1:43.24	35.99	250m: 2:56.48	36.63	350m: 4:10.76	37.50		
	100m: 1:07.25	35.59	200m: 2:19.85	36.61	300m: 3:33.26	36.78	400m: 4:47.55	36.79		
7.	Ruben de Boer	De Duinkickers	NED	199301419				<b>4:52.40</b>	+0.53	
	50m: 32.74	32.74	150m: 1:46.52	37.29	250m: 3:00.87	37.15	350m: 4:16.25	37.55		
	100m: 1:09.23	36.49	200m: 2:23.72	37.20	300m: 3:38.70	37.83	400m: 4:52.40	36.15		
8.	Martino Valentijn	DIO	NED	199403913				<b>4:52.53</b>	+0.77	
	50m: 30.22	30.22	150m: 1:38.06	34.56	250m: 2:49.17	35.69	350m: 4:17.87	51.78		
	100m: 1:03.50	33.28	200m: 2:13.48	35.42	300m: 3:26.09	36.92	400m: 4:52.53	34.66		
9.	Patrick Wobben	Steenwijk 1934	NED	199300559				<b>6:15.03</b>	+0.69	
	50m: 38.63	38.63	150m: 2:08.84	45.73	250m: 3:45.09	49.30	350m: 5:26.19	51.02		
	100m: 1:23.11	44.48	200m: 2:55.79	46.95	300m: 4:35.17	50.08	400m: 6:15.03	48.84		
<b>Masters 30+</b>										
1.	Klaas van Beek	ZV Haerlem	NED	198805941				<b>4:15.11</b>	+0.73	
	50m: 28.95	28.95	150m: 1:33.17	32.49	250m: 2:38.16	32.41	350m: 3:42.85	32.33		
	100m: 1:00.68	31.73	200m: 2:05.75	32.58	300m: 3:10.52	32.36	400m: 4:15.11	32.26		
2.	Alex Schelvis	Link	NED	198702927				<b>4:18.31</b>	+0.79	
	50m: 29.02	29.02	150m: 1:32.48	32.03	250m: 2:38.47	33.16	350m: 3:44.90	33.19		
	100m: 1:00.45	31.43	200m: 2:05.31	32.83	300m: 3:11.71	33.24	400m: 4:18.31	33.41		
3.	Tim Bunnik	Triton	NED	199000505				<b>4:28.83</b>	+0.81	
	50m: 29.94	29.94	150m: 1:37.53	34.41	250m: 2:47.13	34.24	350m: 3:55.55	34.22		
	100m: 1:03.12	33.18	200m: 2:12.89	35.36	300m: 3:21.33	34.20	400m: 4:28.83	33.28		

onjuistheden / mistakes?

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

rang	naam	vereniging	tijd	RT	PARA			
4.	Niels Albrechts	De Schotejil	<b>4:38.09</b>	+0.78				
	50m: 31.54	31.54	150m: 1:41.74	35.45	250m: 2:52.51	35.43	350m: 4:04.32	35.71
	100m: 1:06.29	34.75	200m: 2:17.08	35.34	300m: 3:28.61	36.10	400m: 4:38.09	33.77
5.	Wessel Everloo	WS Twente	<b>4:49.10</b>	+0.85	675			
	50m: 32.02	32.02	150m: 1:45.29	37.26	250m: 2:59.04	36.66	350m: 4:12.98	37.09
	100m: 1:08.03	36.01	200m: 2:22.38	37.09	300m: 3:35.89	36.85	400m: 4:49.10	36.12
6.	Bastian Zoon	SGGO (SG)	<b>4:51.60</b>	+0.68				
	50m: 31.40	31.40	150m: 1:44.07	37.14	250m: 3:00.43	37.75	350m: 4:15.30	37.19
	100m: 1:06.93	35.53	200m: 2:22.68	38.61	300m: 3:38.11	37.68	400m: 4:51.60	36.30
7.	Rick Driezen	Steenwijk 1934	<b>4:54.92</b>	+0.80				
	50m: 30.84	30.84	150m: 1:40.95	35.61	250m: 2:55.92	38.53	350m: 4:14.92	39.69
	100m: 1:05.34	34.50	200m: 2:17.39	36.44	300m: 3:35.23	39.31	400m: 4:54.92	40.00
8.	Haico Weijers	ZPC Numansdorp	<b>4:57.55</b>	+0.78				
	50m: 30.81	30.81	150m: 1:42.58	36.39	250m: 2:59.22	39.01	350m: 4:18.51	39.71
	100m: 1:06.19	35.38	200m: 2:20.21	37.63	300m: 3:38.80	39.58	400m: 4:57.55	39.04
9.	Marc Hoogendam	Ragnar	<b>5:12.13</b>	+0.71				
	50m: 31.11	31.11	150m: 1:45.62	38.34	250m: 3:06.15	40.42	350m: 4:30.43	42.72
	100m: 1:07.28	36.17	200m: 2:25.73	40.11	300m: 3:47.71	41.56	400m: 5:12.13	41.70

Masters 35+

1.	Erik Schröder	TriVia	<b>4:24.14</b>	+0.82					
	50m: 28.76	28.76	150m: 1:34.53	33.48	250m: 2:42.87	34.13	350m: 3:51.03	34.03	
	100m: 1:01.05	32.29	200m: 2:08.74	34.21	300m: 3:17.00	34.13	400m: 4:24.14	33.11	
2.	Pieter Pickhardt	ZPC De Hof	<b>4:26.13</b>	+0.82					
	50m: 30.65	30.65	150m: 1:36.80	33.20	250m: 2:43.74	33.48	350m: 3:52.36	34.54	
	100m: 1:03.60	32.95	200m: 2:10.26	33.46	300m: 3:17.82	34.08	400m: 4:26.13	33.77	
3.	Kristiaan Lenos	ZVL-1886 Tetteroo	<b>4:28.72</b>	+0.70					
	50m: 27.58	27.58	150m: 1:31.37	32.61	250m: 2:40.29	34.97	350m: 3:52.67	36.37	
	100m: 58.76	31.18	200m: 2:05.32	33.95	300m: 3:16.30	36.01	400m: 4:28.72	36.05	
4.	Rob van Vliet	ZPC AMERSFOORT	<b>4:39.97</b>	+0.83					
	50m: 29.85	29.85	150m: 1:38.65	35.05	250m: 2:49.79	35.89	350m: 4:03.83	36.84	
	100m: 1:03.60	33.75	200m: 2:13.90	35.25	300m: 3:26.99	37.20	400m: 4:39.97	36.14	
5.	Roel van der Kruis	De Gelenberg	<b>4:40.11</b>	+0.78					
	50m: 31.32	31.32	150m: 1:41.37	35.37	250m: 2:53.27	35.86	350m: 4:04.91	35.75	
	100m: 1:06.00	34.68	200m: 2:17.41	36.04	300m: 3:29.16	35.89	400m: 4:40.11	35.20	
6.	Frank v.d. Voordt	De Schotejil	<b>4:41.38</b>	+0.74					
	50m: 32.01	32.01	150m: 1:42.50	35.53	250m: 2:54.55	36.01	350m: 4:06.46	36.15	
	100m: 1:06.97	34.96	200m: 2:18.54	36.04	300m: 3:30.31	35.76	400m: 4:41.38	34.92	
7.	Marcel Reefhuis	WS Twente	<b>4:41.95</b>	+0.84					
	50m: 30.44	30.44	150m: 1:39.53	34.98	250m: 2:51.14	35.91	350m: 4:05.45	37.22	
	100m: 1:04.55	34.11	200m: 2:15.23	35.70	300m: 3:28.23	37.09	400m: 4:41.95	36.50	
8.	Arne-Willem Kroonen	Zwemsport Parkstad (SG)	<b>4:55.73</b>	+0.68					
	50m: 31.35	31.35	150m: 1:41.43	35.81	250m: 2:56.05	37.72	350m: 4:15.00	40.11	
	100m: 1:05.62	34.27	200m: 2:18.33	36.90	300m: 3:34.89	38.84	400m: 4:55.73	40.73	
9.	Peter van de Bor	DWT	<b>5:10.45</b>	+0.86					
	50m: 31.66	31.66	150m: 1:47.50	39.33	250m: 3:06.90	39.80	350m: 4:28.91	40.75	
	100m: 1:08.17	36.51	200m: 2:27.10	39.60	300m: 3:48.16	41.26	400m: 5:10.45	41.54	
DIS	Nicolas Slegers	CNSW							
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>					BEL	005301/84		

Masters 40+

1.	Gergely Molnár	Megathlon SE	<b>4:28.11</b>	+0.85				
	50m: 29.75	29.75	150m: 1:37.13	34.20	250m: 2:45.98	34.25	350m: 3:54.65	34.19
	100m: 1:02.93	33.18	200m: 2:11.73	34.60	300m: 3:20.46	34.48	400m: 4:28.11	33.46
2.	Ivo Roozeboom	WVZ	<b>4:38.74</b>	+0.76				
	50m: 29.82	29.82	150m: 1:39.92	35.77	250m: 2:51.67	35.82	350m: 4:04.30	36.32
	100m: 1:04.15	34.33	200m: 2:15.85	35.93	300m: 3:27.98	36.31	400m: 4:38.74	34.44
3.	Freddie Geerlings	Zwemsport Parkstad (SG)	<b>4:43.95</b>	+0.88				
	50m: 32.16	32.16	150m: 1:43.38	35.93	250m: 2:56.63	36.68	350m: 4:09.63	36.63
	100m: 1:07.45	35.29	200m: 2:19.95	36.57	300m: 3:33.00	36.37	400m: 4:43.95	34.32

onjuistheden / mistakes?

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

rang	naam	vereniging	tijd	RT	PARA
4.	Mark van der Schrier	AZC	<b>4:44.81</b>	+0.75	
	50m: 31.24	150m: 1:42.54	350m: 4:09.83	37.01	
	100m: 1:06.04	200m: 2:19.42	400m: 4:44.81	34.98	
5.	Dennis Dortland	ZPV Barracuda	<b>4:49.08</b>	+0.86	
	50m: 31.06	150m: 1:43.29	350m: 4:13.07	37.42	
	100m: 1:06.24	200m: 2:20.64	400m: 4:49.08	36.01	
6.	Victor Barnar	GoSwim	<b>4:53.73</b>	+0.90	
	50m: 32.15	150m: 1:41.94	350m: 4:14.50	39.68	
	100m: 1:06.73	200m: 2:18.49	400m: 4:53.73	39.23	
7.	Raymond Oosterbaan	WIDEX GZC DONK	<b>5:08.14</b>	+0.90	
	50m: 31.74	150m: 1:46.14	350m: 4:27.91	40.70	
	100m: 1:07.97	200m: 2:25.82	400m: 5:08.14	40.23	
8.	Marco van Antwerpen	ZV Strijen	<b>5:20.29</b>	+0.90	
	50m: 33.32	150m: 1:50.32	350m: 4:37.92	42.59	
	100m: 1:10.75	200m: 2:31.48	400m: 5:20.29	42.37	
9.	Ingmar Kooman	ZVL-1886 Tetteroo	<b>5:24.65</b>	+0.84	
	50m: 35.70	150m: 1:56.76	350m: 4:44.63	41.83	
	100m: 1:15.45	200m: 2:38.80	400m: 5:24.65	40.02	
10.	Tom Bandsma	PSV	<b>5:25.23</b>	+0.95	
	50m: 35.37	150m: 1:54.53	350m: 4:44.70	42.65	
	100m: 1:14.21	200m: 2:36.33	400m: 5:25.23	40.53	
11.	Wilco Steenwijk	ZVV	<b>5:31.69</b>	+0.74	
	50m: 34.61	150m: 1:54.61	350m: 4:48.28	44.28	
	100m: 1:13.65	200m: 2:37.36	400m: 5:31.69	43.41	
12.	Robin Roskam	De Duinkickers	<b>6:19.76</b>	+0.85	
	50m: 39.32	150m: 2:14.88	350m: 5:32.28	50.60	
	100m: 1:25.60	200m: 3:04.72	400m: 6:19.76	47.48	

Masters 45+

1.	Vedestas Seferlis <i>Lithuanian Masters Record</i>	Kauno Takas	<b>4:33.90</b>	+0.71	
	50m: 29.83	150m: 1:37.83	350m: 3:59.02	35.55	
	100m: 1:03.73	200m: 2:12.58	400m: 4:33.90	34.88	
2.	Ferry Adema	d'ELFT	<b>4:58.57</b>	+0.75	
	50m: 32.51	150m: 1:47.15	350m: 4:21.76	37.98	
	100m: 1:09.34	200m: 2:25.92	400m: 4:58.57	36.81	
3.	Casper van den Burgh	LinK	<b>4:59.45</b>	+0.77	
	50m: 33.04	150m: 1:48.03	350m: 4:22.05	38.30	
	100m: 1:10.53	200m: 2:26.38	400m: 4:59.45	37.40	
4.	Eric Hoekman	WS Twente	<b>5:04.19</b>	+0.92	
	50m: 31.62	150m: 1:44.73	350m: 4:24.64	40.61	
	100m: 1:06.70	200m: 2:23.78	400m: 5:04.19	39.55	
5.	Daniel Prinse	De Ward	<b>5:07.15</b>	+0.68	
	50m: 33.13	150m: 1:47.06	350m: 4:26.74	40.93	
	100m: 1:09.19	200m: 2:25.69	400m: 5:07.15	40.41	
6.	Erwin Zuidervelt	AZ&PC De Futen	<b>5:12.11</b> *	+0.79	
	50m: 32.33	150m: 1:46.57	350m: 4:31.12	41.08	
	100m: 1:08.24	200m: 2:25.94	400m: 5:12.11	40.99	
7.	Kasper van den Berghe	SWOL 1894	<b>5:20.88</b>	+0.72	
	50m: 33.53	150m: 1:50.23	350m: 4:39.38	43.56	
	100m: 1:11.43	200m: 2:30.51	400m: 5:20.88	41.50	
8.	Wouter van der Stelt	De Biesboschzwemmers	<b>5:25.70</b>	+0.71	
	50m: 35.07	150m: 1:55.19	350m: 4:43.89	42.38	
	100m: 1:14.09	200m: 2:37.03	400m: 5:25.70	41.81	
9.	Martijn de Jong	DWK	<b>5:31.42</b>	+0.90	
	50m: 34.70	150m: 1:55.70	350m: 4:49.26	44.23	
	100m: 1:14.36	200m: 2:37.70	400m: 5:31.42	42.16	

Programmanr. 4, Heren, 400m vrije slag

Masters 50+

1.	Chester Marsman	ZPC AMERSFOORT	NED	196900671	<b>4:32.70</b>	+0.77
	50m: 30.48	30.48	150m: 1:38.38	34.28	250m: 2:48.43	35.35
	100m: 1:04.10	33.62	200m: 2:13.08	34.70	300m: 3:23.31	34.88
					350m: 3:57.33	34.02
					400m: 4:32.70	35.37
2.	Geert Wijn	De Gelenberg	NED	196701101	<b>4:40.00</b>	+0.68
	50m: 31.19	31.19	150m: 1:41.34	35.38	250m: 2:52.84	35.63
	100m: 1:05.96	34.77	200m: 2:17.21	35.87	300m: 3:28.67	35.83
					350m: 4:04.49	35.82
					400m: 4:40.00	35.51
3.	Jo-an Mudde	Arethusa	NED	196701457	<b>4:46.93</b>	+0.82
	50m: 32.81	32.81	150m: 1:44.89	36.06	250m: 2:56.83	35.81
	100m: 1:08.83	36.02	200m: 2:21.02	36.13	300m: 3:33.27	36.44
					350m: 4:09.87	36.60
					400m: 4:46.93	37.06
4.	Pieter van Gemeren	DAW	NED	196901779	<b>4:50.47</b>	+0.75
	50m: 30.09	30.09	150m: 1:37.28	34.09	250m: 2:47.87	35.56
	100m: 1:03.19	33.10	200m: 2:12.31	35.03	300m: 3:24.87	37.00
					350m: 4:03.32	38.45
					400m: 4:50.47	47.15
5.	Richard Ricksen	Zwemsport Parkstad (SG)	NED	197000841	<b>4:51.11</b>	+0.85
	50m: 32.02	32.02	150m: 1:43.71	36.55	250m: 2:56.91	36.48
	100m: 1:07.16	35.14	200m: 2:20.43	36.72	300m: 3:33.64	36.73
					350m: 4:12.47	38.83
					400m: 4:51.11	38.64
6.	Jan-Willem van den Berg	WVZ	NED	196801575	<b>4:57.93</b>	+0.74
	50m: 32.36	32.36	150m: 1:48.27	38.88	250m: 3:06.43	39.02
	100m: 1:09.39	37.03	200m: 2:27.41	39.14	300m: 3:45.49	39.06
					350m: 4:24.16	38.67
					400m: 4:57.93	33.77
7.	Frank van Nobelen	Sassenheim	NED	196900753	<b>5:01.17</b>	+0.88
	50m: 33.44	33.44	150m: 1:47.95	37.47	250m: 3:04.76	38.70
	100m: 1:10.48	37.04	200m: 2:26.06	38.11	300m: 3:43.67	38.91
					350m: 4:22.91	39.24
					400m: 5:01.17	38.26
8.	Bruno Nahon	CNSW	BEL	000390/70	<b>5:01.52</b>	+0.91
	50m: 33.75	33.75	150m: 1:47.91	37.72	250m: 3:04.45	38.47
	100m: 1:10.19	36.44	200m: 2:25.98	38.07	300m: 3:43.30	38.85
					350m: 4:22.56	39.26
					400m: 5:01.52	38.96
9.	Hans Bouwmeester	ZVL-1886 Tetteroo	NED	196700127	<b>5:04.00</b>	+0.83
	50m: 32.73	32.73	150m: 1:46.84	38.02	250m: 3:05.21	39.53
	100m: 1:08.82	36.09	200m: 2:25.68	38.84	300m: 3:44.57	39.36
					350m: 4:24.50	39.93
					400m: 5:04.00	39.50
10.	Ramon Alsina Munoz	CNSW	BEL	001353/69	<b>5:41.13</b>	+0.64
	50m: 37.38	37.38	150m: 2:01.68	42.42	250m: 3:28.87	43.76
	100m: 1:19.26	41.88	200m: 2:45.11	43.43	300m: 4:13.14	44.27
					350m: 4:57.59	44.45
					400m: 5:41.13	43.54
11.	Mario Cuelenaere	ZPC De Zeeuwse Kust	NED	196901569	<b>5:44.32</b>	+1.21
	50m: 36.51	36.51	150m: 2:01.79	43.58	250m: 3:31.32	45.05
	100m: 1:18.21	41.70	200m: 2:46.27	44.48	300m: 4:16.06	44.74
					350m: 5:00.30	44.24
					400m: 5:44.32	44.02
12.	Richard Hill	De Duinkickers	NED	196601651	<b>5:54.92</b>	+0.74
	50m: 38.17	38.17	150m: 2:03.26	43.38	250m: 3:34.63	45.66
	100m: 1:19.88	41.71	200m: 2:48.97	45.71	300m: 4:21.25	46.62
					350m: 5:08.57	47.32
					400m: 5:54.92	46.35
13.	Marcel Brittijn	De Duinkickers	NED	196900159	<b>6:05.06</b>	+0.61
	50m: 36.39	36.39	150m: 2:05.52	45.89	250m: 3:40.19	47.89
	100m: 1:19.63	43.24	200m: 2:52.30	46.78	300m: 4:29.16	48.97
					350m: 5:19.10	49.94
					400m: 6:05.06	45.96

Masters 55+

1.	Andrei Belosludtsev	Kasatka	RUS	<b>4:33.54</b>	+0.72	
	50m: 31.87	31.87	150m: 1:40.63	34.66	250m: 2:50.50	34.90
	100m: 1:05.97	34.10	200m: 2:15.60	34.97	300m: 3:24.76	34.26
					350m: 3:59.87	35.11
					400m: 4:33.54	33.67
2.	Johan Remmits	ZPC AMERSFOORT	NED	196201159	<b>4:40.93</b>	+0.81
	50m: 32.52	32.52	150m: 1:43.44	35.70	250m: 2:54.89	35.68
	100m: 1:07.74	35.22	200m: 2:19.21	35.77	300m: 3:30.58	35.69
					350m: 4:06.34	35.76
					400m: 4:40.93	34.59
3.	Jan Brink	ZPC De Zeeuwse Kust	NED	196200091	<b>4:45.02</b>	+0.84
	50m: 31.41	31.41	150m: 1:43.14	35.99	250m: 2:56.47	36.77
	100m: 1:07.15	35.74	200m: 2:19.70	36.56	300m: 3:33.57	37.10
					350m: 4:09.90	36.33
					400m: 4:45.02	35.12
4.	Kees-Jan van Overbeeke	WWV Winterswijk	NED	196200489	<b>4:54.37</b>	+0.81
	50m: 33.69	33.69	150m: 1:49.70	38.64	250m: 3:05.82	37.87
	100m: 1:11.06	37.37	200m: 2:27.95	38.25	300m: 3:42.60	36.78
					350m: 4:18.68	36.08
					400m: 4:54.37	35.69
5.	Bert Schlicher	RZ	NED	196400669	<b>4:56.08</b>	+0.82
	50m: 33.31	33.31	150m: 1:48.29	37.89	250m: 3:03.88	37.44
	100m: 1:10.40	37.09	200m: 2:26.44	38.15	300m: 3:41.58	37.70
					350m: 4:19.37	37.79
					400m: 4:56.08	36.71
6.	Gustav van den Berg	TriVia	NED	196100991	<b>5:00.16</b>	+0.85
	50m: 33.82	33.82	150m: 1:48.60	37.91	250m: 3:05.88	38.54
	100m: 1:10.69	36.87	200m: 2:27.34	38.74	300m: 3:44.13	38.25
					350m: 4:22.50	38.37
					400m: 5:00.16	37.66
7.	Phil Trethewie	Old Dutch	NED	196501315	<b>5:00.48</b>	+0.86
	50m: 34.22	34.22	150m: 1:49.65	38.33	250m: 3:06.85	38.59
	100m: 1:11.32	37.10	200m: 2:28.26	38.61	300m: 3:45.52	38.67
					350m: 4:24.25	38.73
					400m: 5:00.48	36.23

onjuistheden / mistakes?

mail naar/ to: mastersinschrijvingen@knzb.nl

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

rang	naam	vereniging	tijd	RT	PARA			
8.	Henri Michels	De Amstel	<b>5:02.71</b>	+0.81				
	50m: 33.59	33.59	150m: 1:48.35	37.89	250m: 3:05.94	38.86	350m: 4:24.69	39.62
	100m: 1:10.46	36.87	200m: 2:27.08	38.73	300m: 3:45.07	39.13	400m: 5:02.71	38.02
9.	Nico Paasse	De Schotejil	<b>5:06.37</b>	+0.90				
	50m: 32.81	32.81	150m: 1:50.06	39.53	250m: 3:09.32	39.49	350m: 4:28.11	39.11
	100m: 1:10.53	37.72	200m: 2:29.83	39.77	300m: 3:49.00	39.68	400m: 5:06.37	38.26
10.	Gert Sikkema	Zwemclub Urk 1978	<b>5:09.84</b>	+0.82				
	50m: 32.90	32.90	150m: 1:46.73	37.69	250m: 3:06.29	40.00	350m: 4:28.64	41.51
	100m: 1:09.04	36.14	200m: 2:26.29	39.56	300m: 3:47.13	40.84	400m: 5:09.84	41.20
11.	Henk Kuipers	ZPC AMERSFOORT	<b>5:15.57</b>	+0.74				
	50m: 36.01	36.01	150m: 1:54.00	39.68	250m: 3:15.20	40.73	350m: 4:36.28	40.67
	100m: 1:14.32	38.31	200m: 2:34.47	40.47	300m: 3:55.61	40.41	400m: 5:15.57	39.29
12.	Menno Lomans	d'ELFT	<b>5:28.05</b>	+0.81				
	50m: 36.96	36.96	150m: 1:59.28	41.58	250m: 3:24.67	42.60	350m: 4:48.84	41.87
	100m: 1:17.70	40.74	200m: 2:42.07	42.79	300m: 4:06.97	42.30	400m: 5:28.05	39.21
13.	Roy Le Clercq	De Rog	<b>5:30.43</b>	+0.96				
	50m: 35.22	35.22	150m: 1:56.83	41.90	250m: 3:23.79	43.74	350m: 4:49.39	42.89
	100m: 1:14.93	39.71	200m: 2:40.05	43.22	300m: 4:06.50	42.71	400m: 5:30.43	41.04
14.	Fred Dijkshoorn	Albion WSS (SG)	<b>5:42.59</b>	+0.91				
	50m: 36.46	36.46	150m: 2:01.30	43.79	250m: 3:30.01	44.82	350m: 4:59.97	44.87
	100m: 1:17.51	41.05	200m: 2:45.19	43.89	300m: 4:15.10	45.09	400m: 5:42.59	42.62
15.	Jan Smalheer	SCOM	<b>5:44.84</b>	+1.05				
	50m: 36.57	36.57	150m: 2:00.90	43.43	250m: 3:30.09	44.91	350m: 5:00.62	45.21
	100m: 1:17.47	40.90	200m: 2:45.18	44.28	300m: 4:15.41	45.32	400m: 5:44.84	44.22

Masters 60+

1.	Paul Bunnik	Triton	<b>5:41.38</b>	+0.88				
	50m: 34.86	34.86	150m: 1:57.17	42.60	250m: 3:25.41	44.85	350m: 4:57.65	46.19
	100m: 1:14.57	39.71	200m: 2:40.56	43.39	300m: 4:11.46	46.05	400m: 5:41.38	43.73
2.	Lex Hoogendam	ZZ&PC De Devel	<b>5:56.04</b>	+0.92				
	50m: 37.52	37.52	150m: 2:05.31	44.78	250m: 3:37.42	46.47	350m: 5:10.92	46.80
	100m: 1:20.53	43.01	200m: 2:50.95	45.64	300m: 4:24.12	46.70	400m: 5:56.04	45.12
3.	André Pantekoek	PSV	<b>6:48.58</b>	+0.81				
	50m: 41.79	41.79	150m: 2:21.31	51.80	250m: 4:07.97	54.78	350m: 5:56.59	54.23
	100m: 1:29.51	47.72	200m: 3:13.19	51.88	300m: 5:02.36	54.39	400m: 6:48.58	51.99

Masters 65+

1.	Henk Slomp	De Inktvis	<b>5:34.09</b>	+0.82				
	50m: 36.23	36.23	150m: 1:59.70	42.69	250m: 3:26.19	42.89	350m: 4:54.37	43.62
	100m: 1:17.01	40.78	200m: 2:43.30	43.60	300m: 4:10.75	44.56	400m: 5:34.09	39.72
2.	Laurens Klein Breteler	WWV Winterswijk	<b>5:43.98</b>	+0.87				
	50m: 38.27	38.27	150m: 2:04.46	43.47	250m: 3:32.89	44.07	350m: 5:00.91	43.73
	100m: 1:20.99	42.72	200m: 2:48.82	44.36	300m: 4:17.18	44.29	400m: 5:43.98	43.07
3.	Ruud Ruiter	WWV Winterswijk	<b>5:55.59</b>	+0.93				
	50m: 38.95	38.95	150m: 2:07.16	44.64	250m: 3:38.61	46.05	350m: 5:11.16	46.29
	100m: 1:22.52	43.57	200m: 2:52.56	45.40	300m: 4:24.87	46.26	400m: 5:55.59	44.43
4.	Pierre Monnet	Entente Sportive Nanterre	<b>6:38.74</b>	+0.49				
	50m: 42.89	42.89	150m: 2:23.22	51.40	250m: 4:06.35	51.37	350m: 5:49.68	51.30
	100m: 1:31.82	48.93	200m: 3:14.98	51.76	300m: 4:58.38	52.03	400m: 6:38.74	49.06

Masters 70+

1.	Wout Hemmes	De Plons	<b>6:05.50</b>	+1.03				
	50m: 39.90	39.90	150m: 2:13.25	47.80	250m: 3:47.89	47.17	350m: 5:21.62	46.55
	100m: 1:25.45	45.55	200m: 3:00.72	47.47	300m: 4:35.07	47.18	400m: 6:05.50	43.88
2.	Piet Schop	De Bevelanders	<b>6:33.39</b>	+0.77				
	50m: 42.00	42.00	150m: 2:21.27	51.45	250m: 4:03.44	50.61	350m: 5:42.64	48.66
	100m: 1:29.82	47.82	200m: 3:12.83	51.56	300m: 4:53.98	50.54	400m: 6:33.39	50.75

Programmanr. 4, Heren, 400m vrije slag

Masters 75+

1.	Willem Putter	ZVVS	NED	194500135	<b>6:35.56</b>	+1.00
	50m: 41.69	41.69	150m: 2:20.60	50.57	250m: 4:03.41	51.51
	100m: 1:30.03	48.34	200m: 3:11.90	51.30	300m: 4:54.99	51.58
					350m: 5:46.30	51.31
					400m: 6:35.56	49.26
2.	Rob Hanou	PSV	NED	194300109	<b>6:53.04</b>	+1.08
	50m: 44.33	44.33	150m: 2:28.82	52.83	250m: 4:16.31	54.17
	100m: 1:35.99	51.66	200m: 3:22.14	53.32	300m: 5:08.89	52.58
					350m: 6:02.22	53.33
					400m: 6:53.04	50.82
3.	Geza Kaltenecker	AZC	NED	194200065	<b>7:13.67</b>	+0.85
	50m: 43.91	43.91	150m: 2:31.06	54.61	250m: 4:25.71	57.55
	100m: 1:36.45	52.54	200m: 3:28.16	57.10	300m: 5:23.81	58.10
					350m: 6:21.40	57.59
					400m: 7:13.67	52.27
4.	Nico Baay	Old Dutch	NED	194200053	<b>8:29.57</b>	+0.84
	50m: 55.77	55.77	150m: 3:00.80	1:03.34	250m: 5:11.81	1:06.25
	100m: 1:57.46	1:01.69	200m: 4:05.56	1:04.76	300m: 6:17.86	1:06.05
					350m: 7:24.57	1:06.71
					400m: 8:29.57	1:05.00

Masters 80+

1.	Frederik Hendrik De Bruijn	CN Aquamasters	ESP		<b>6:44.54</b>	+1.25
	50m: 47.14	47.14	150m: 2:28.76	52.16	250m: 4:11.41	51.30
	100m: 1:36.60	49.46	200m: 3:20.11	51.35	300m: 5:02.51	51.10
					350m: 5:54.14	51.63
					400m: 6:44.54	50.40
2.	Frans van Enst	WS Twente	NED	194000011	<b>7:04.19</b>	+1.09
	<i>Nederlands Masters Record, NMR 200m</i>					
	50m: 44.51	44.51	150m: 2:28.24	53.22	250m: 4:17.84	55.23
	100m: 1:35.02	50.51	200m: 3:22.61	54.37	300m: 5:13.51	55.67
					350m: 6:08.60	55.09
					400m: 7:04.19	55.59
3.	Nic Geers	Z&PC De Gouwe	NED	193800007	<b>8:33.60</b>	+1.05
	50m: 55.08	55.08	150m: 3:05.16	1:06.41	250m: 5:20.20	1:08.19
	100m: 1:58.75	1:03.67	200m: 4:12.01	1:06.85	300m: 6:27.50	1:07.30
					350m: 7:35.07	1:07.57
					400m: 8:33.60	58.53