

Open Nederlandse Masters Kampioenschappen 2009
Eindhoven, 8. - 10.5.2009

Programmanr. 2
08.05.2009 - 12:55

Heren, 400m wisselslag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT
Masters 20+					
1.	Harm Rozenga <i>Kampioenschaps Record</i>	WVZ	5:15.89	8902685	5:28.04 +0,95
	50m: 33.65 33.65	150m: 1:55.98 41.88	250m: 3:25.20 47.69	350m: 4:51.75 37.62	
	100m: 1:14.10 40.45	200m: 2:37.51 41.53	300m: 4:14.13 48.93	400m: 5:28.04 36.29	
2.	Ruud van den Berg	De Duck	6:17.42	8500155	6:26.62 +1,03
	50m: 38.78 38.78	150m: 2:20.55 52.06	250m: 4:03.53 53.26	350m: 5:41.74 46.75	
	100m: 1:28.49 49.71	200m: 3:10.27 49.72	300m: 4:54.99 51.46	400m: 6:26.62 44.88	
Masters 25+					
1.	Rob van Vliet <i>Nederlands Masters Record</i>	WZK Zwemmen	4:48.51	8402459	4:57.19 +0,91
	50m: 30.42 30.42	150m: 1:46.20 40.20	250m: 3:06.27 40.79	350m: 4:24.10 35.69	
	100m: 1:06.00 35.58	200m: 2:25.48 39.28	300m: 3:48.41 42.14	400m: 4:57.19 33.09	
2.	Alexander Hulleman	De Zijl/LGB	5:07.69	8300989	5:12.31 +1,03
	50m: 32.21 32.21	150m: 1:50.10 41.35	250m: 3:15.77 45.00	350m: 4:36.58 35.45	
	100m: 1:08.75 36.54	200m: 2:30.77 40.67	300m: 4:01.13 45.36	400m: 5:12.31 35.73	
3.	Leander Noordijk	De Schotejil	5:16.20	8101221	5:21.79 +0,92
	50m: 31.52 31.52	150m: 1:53.85 43.14	250m: 3:21.62 46.95	350m: 4:47.21 37.19	
	100m: 1:10.71 39.19	200m: 2:34.67 40.82	300m: 4:10.02 48.40	400m: 5:21.79 34.58	
4.	Jeroen Vogelsang	Het Y	5:29.61	8001645	5:27.40 +0,88
	50m: 32.92 32.92	150m: 1:58.94 46.72	250m: 3:28.59 44.88	350m: 4:51.87 38.33	
	100m: 1:12.22 39.30	200m: 2:43.71 44.77	300m: 4:13.54 44.95	400m: 5:27.40 35.53	
5.	Marcel Reefhuis	De Veene	5:20.71	8101381	5:30.77 +0,85
	50m: 32.92 32.92	150m: 1:54.45 43.31	250m: 3:23.77 46.65	350m: 4:51.98 39.91	
	100m: 1:11.14 38.22	200m: 2:37.12 42.67	300m: 4:12.07 48.30	400m: 5:30.77 38.79	
6.	Sebastiaan Baars	WS Twente	5:32.17	8300053	5:39.78 +0,98
	50m: 34.37 34.37	150m: 2:01.97 45.04	250m: 3:33.82 48.34	350m: 5:01.49 38.97	
	100m: 1:16.93 42.56	200m: 2:45.48 43.51	300m: 4:22.52 48.70	400m: 5:39.78 38.29	
7.	Remco van Althuis	SBC2000	5:46.48	8300029	6:00.89 +0,86
	50m: 34.05 34.05	150m: 2:04.75 49.29	250m: 3:42.84 50.85	350m: 5:20.42 42.53	
	100m: 1:15.46 41.41	200m: 2:51.99 47.24	300m: 4:37.89 55.05	400m: 6:00.89 40.47	
DIS	Albert van Piekere <i>AA - Te vroeg weg of bewegen bij start.</i>	Octopus	5:23.43	8401767	
Masters 30+					
1.	Freddie Geerlings	NIMO	5:08.31	7900379	5:17.67 +0,84
	50m: 32.97 32.97	150m: 1:56.20 42.18	250m: 3:19.24 42.02	350m: 4:40.57 37.99	
	100m: 1:14.02 41.05	200m: 2:37.22 41.02	300m: 4:02.58 43.34	400m: 5:17.67 37.10	
2.	Pieter Ponne	HZ&PC Heerenveen	6:21.31	7600749	6:14.65 +0,88
	50m: 36.95 36.95	150m: 2:12.15 48.26	250m: 3:52.74 53.81	350m: 5:32.08 43.53	
	100m: 1:23.89 46.94	200m: 2:58.93 46.78	300m: 4:48.55 55.81	400m: 6:14.65 42.57	
Masters 35+					
1.	Stefan Dortmund	Electrolux AZC	5:32.90	7201167	5:22.48 +0,91
	50m: 31.85 31.85	150m: 1:52.21 44.17	250m: 3:21.00 46.06	350m: 4:45.33 39.16	
	100m: 1:08.04 36.19	200m: 2:34.94 42.73	300m: 4:06.17 45.17	400m: 5:22.48 37.15	
2.	Gerard Eghuizen	HZ&PC Heerenveen	5:42.88	7400197	6:12.46 +1,01
	50m: 34.27 34.27	150m: 2:06.57 44.83	250m: 3:46.18 55.00	350m: 5:27.26 44.84	
	100m: 1:21.74 47.47	200m: 2:51.18 44.61	300m: 4:42.42 56.24	400m: 6:12.46 45.20	
Masters 40+					
1.	Rene Beetsma	HZ&PC Heerenveen	5:05.86	6900069	5:22.15 +0,97
	50m: 32.63 32.63	150m: 1:54.57 42.92	250m: 3:22.32 45.68	350m: 4:46.09 37.63	
	100m: 1:11.65 39.02	200m: 2:36.64 42.07	300m: 4:08.46 46.14	400m: 5:22.15 36.06	
2.	Norbert Nagy <i>Hongaars Masters Record</i>	Sprint Fortuna SC	5:31.40	69nagy	5:25.01 +0,79
	50m: 33.54 33.54	150m: 1:57.12 44.98	250m: 3:25.56 44.63	350m: 4:48.37 36.91	
	100m: 1:12.14 38.60	200m: 2:40.93 43.81	300m: 4:11.46 45.90	400m: 5:25.01 36.64	
3.	Sander van den Berg	WS Twente	5:43.84	6801357	5:45.25 +0,92
	50m: 33.98 33.98	150m: 2:02.78 46.44	250m: 3:35.46 47.57	350m: 5:04.60 39.39	
	100m: 1:16.34 42.36	200m: 2:47.89 45.11	300m: 4:25.21 49.75	400m: 5:45.25 40.65	

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Masters 45+

1.	Arnold de Rover		De Futen		5:30.32	6400645		5:26.85	+0,90			
	50m:	32.53	32.53	150m:	1:55.87	45.55	250m:	3:27.04	48.15	350m:	4:50.36	36.19
	100m:	1:10.32	37.79	200m:	2:38.89	43.02	300m:	4:14.17	47.13	400m:	5:26.85	36.49
2.	Jan Brink		De Stormvogel		5:40.70	6200091		5:28.51	+0,84			
	50m:	34.81	34.81	150m:	1:58.50	40.77	250m:	3:27.96	49.18	350m:	4:52.54	37.18
	100m:	1:17.73	42.92	200m:	2:38.78	40.28	300m:	4:15.36	47.40	400m:	5:28.51	35.97
3.	Ronald Grove		Oceanus		5:46.20	6100161		5:43.72	+0,91			
	50m:	34.72	34.72	150m:	2:06.22	47.82	250m:	3:39.52	47.09	350m:	5:05.55	38.20
	100m:	1:18.40	43.68	200m:	2:52.43	46.21	300m:	4:27.35	47.83	400m:	5:43.72	38.17
4.	Aan Pander		Gay Swim Amsterdam		6:38.76	6400569		6:16.61	+1,01			
	50m:	39.57	39.57	150m:	2:18.99	50.02	250m:	4:02.08	53.58	350m:	5:38.39	42.56
	100m:	1:28.97	49.40	200m:	3:08.50	49.51	300m:	4:55.83	53.75	400m:	6:16.61	38.22
5.	Paul van der Voort		De Zwoer		6:05.84	6200715		6:16.65	+1,14			
	50m:	38.57	38.57	150m:	2:16.72	50.09	250m:	4:00.82	55.44	350m:	5:38.21	41.20
	100m:	1:26.63	48.06	200m:	3:05.38	48.66	300m:	4:57.01	56.19	400m:	6:16.65	38.44
6.	Ralph Caster		RZ		6:26.57	6100069		6:22.31	+0,92			
	50m:	39.41	39.41	150m:	2:16.51	50.96	250m:	3:59.84	53.22	350m:	5:38.11	42.85
	100m:	1:25.55	46.14	200m:	3:06.62	50.11	300m:	4:55.26	55.42	400m:	6:22.31	44.20
7.	Jan Smalheer		SCOM		6:40.43	6400701		6:38.44	+1,17			
	50m:	41.54	41.54	150m:	2:24.22	54.20	250m:	4:12.38	57.58	350m:	5:54.64	44.18
	100m:	1:30.02	48.48	200m:	3:14.80	50.58	300m:	5:10.46	58.08	400m:	6:38.44	43.80
8.	Michiel Tonsbeek		DWT		8:24.21	6000889		8:19.82	+1,18			
	50m:	58.86	58.86	150m:	3:22.06	1:04.55	250m:	5:27.99	1:03.48	350m:	7:25.91	54.49
	100m:	2:17.51	1:18.65	200m:	4:24.51	1:02.45	300m:	6:31.42	1:03.43	400m:	8:19.82	53.91

Masters 50+

1.	Hugo Bregman		WVZ		4:58.99	5800069		5:06.60	+0,90			
	<i>Nederlands Masters Record</i>											
	50m:	30.61	30.61	150m:	1:46.05	40.36	250m:	3:11.41	45.70	350m:	4:32.52	36.40
	100m:	1:05.69	35.08	200m:	2:25.71	39.66	300m:	3:56.12	44.71	400m:	5:06.60	34.08
2.	Paul Bunnik		Triton		6:35.36	5600413		6:46.69	+1,06			
	50m:	40.79	40.79	150m:	2:26.71	54.09	250m:	4:17.96	57.36	350m:	6:00.69	45.34
	100m:	1:32.62	51.83	200m:	3:20.60	53.89	300m:	5:15.35	57.39	400m:	6:46.69	46.00
3.	Peter Verberne		ACZ		7:05.34	5900719		7:17.83	+1,24			
	50m:	48.93	48.93	150m:	2:44.35	54.78	250m:	4:40.87	1:04.69	350m:	6:32.16	46.81
	100m:	1:49.57	1:00.64	200m:	3:36.18	51.83	300m:	5:45.35	1:04.48	400m:	7:17.83	45.67

Masters 55+

1.	Peter Gulyas		Totkomlosi Rozmarok		6:33.30	51gulyas		6:47.67	+0,97			
	50m:	42.36	42.36	150m:	2:24.46	52.45	250m:	4:11.81	55.56	350m:	5:58.96	49.89
	100m:	1:32.01	49.65	200m:	3:16.25	51.79	300m:	5:09.07	57.26	400m:	6:47.67	48.71

Masters 65+

1.	Rob Hanou		PSV		6:39.66	4300109		6:36.34	+1,11			
	<i>Nederlands Masters Record</i>											
	50m:	41.23	41.23	150m:	2:28.96	55.62	250m:	4:17.44	52.55	350m:	5:55.29	43.27
	100m:	1:33.34	52.11	200m:	3:24.89	55.93	300m:	5:12.02	54.58	400m:	6:36.34	41.05

Masters 70+

1.	Nico Geers		Van Uden-De Gouwe		7:16.88	3800007		7:21.76	+1,00			
	<i>Kampioenschaps Record, tt 100 vliinder NMR</i>											
	50m:	48.76	48.76	150m:	2:40.29	56.45	250m:	4:43.58	1:08.82	350m:	6:37.52	46.92
	100m:	1:43.84	55.08	200m:	3:34.76	54.47	300m:	5:50.60	1:07.02	400m:	7:21.76	44.24
2.	Rob van Gestel		PSV		8:21.58	3500005		8:38.20	+1,18			
	50m:	57.11	57.11	150m:	3:11.15	1:06.26	250m:	5:27.30	1:08.54	350m:	7:41.50	1:02.25
	100m:	2:04.89	1:07.78	200m:	4:18.76	1:07.61	300m:	6:39.25	1:11.95	400m:	8:38.20	56.70

Masters 75+

1.	Georges Verhelst		RZV		8:53.27	RZV/160/31		8:48.10	+1,03			
	<i>Kampioenschaps Record, Belgisch Masters Record</i>											
	50m:	1:04.44	1:04.44	150m:	3:20.10	1:06.07	250m:	5:31.75	1:07.82	350m:	7:45.22	1:04.33
	100m:	2:14.03	1:09.59	200m:	4:23.93	1:03.83	300m:	6:40.89	1:09.14	400m:	8:48.10	1:02.88