

Open Nederlandse Masters Kampioenschappen 2009
Eindhoven, 8. - 10.5.2009

Programmanr. 4
08.05.2009 - 15:48

Heren, 1500m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT
Masters 20+					
1.	Erik Simons <i>Kampioenschaps Record</i>	WZK Zwemmen	16:29.41	8902845	17:39.53 +0,85
	50m: 29.78 29.78	450m: 5:08.86 35.40	850m: 9:56.25 36.14	1250m: 14:44.09 36.10	
	100m: 1:03.21 33.43	500m: 5:44.38 35.52	900m: 10:32.04 35.79	1300m: 15:19.70 35.61	
	150m: 1:37.06 33.85	550m: 6:20.46 36.08	950m: 11:08.15 36.11	1350m: 15:55.54 35.84	
	200m: 2:11.89 34.83	600m: 6:56.32 35.86	1000m: 11:43.62 35.47	1400m: 16:31.00 35.46	
	250m: 2:46.68 34.79	650m: 7:32.59 36.27	1050m: 12:20.01 36.39	1450m: 17:05.92 34.92	
	300m: 3:22.07 35.39	700m: 8:08.14 35.55	1100m: 12:55.88 35.87	1500m: 17:39.53 33.61	
	350m: 3:57.78 35.71	750m: 8:44.16 36.02	1150m: 13:32.43 36.55		
	400m: 4:33.46 35.68	800m: 9:20.11 35.95	1200m: 14:07.99 35.56		
2.	Nicolas Degalan	CNBA	17:32.25	CNBA/777/89	17:57.15 +0,84
	50m: 31.89 31.89	450m: 5:17.31 36.06	850m: 10:10.84 36.69	1250m: 14:58.50 36.02	
	100m: 1:06.53 34.64	500m: 5:53.64 36.33	900m: 10:46.62 35.78	1300m: 15:35.05 36.55	
	150m: 1:42.06 35.53	550m: 6:30.26 36.62	950m: 11:22.22 35.60	1350m: 16:11.07 36.02	
	200m: 2:17.49 35.43	600m: 7:06.88 36.62	1000m: 11:58.04 35.82	1400m: 16:47.45 36.38	
	250m: 2:53.16 35.67	650m: 7:43.25 36.37	1050m: 12:33.32 35.28	1450m: 17:22.44 34.99	
	300m: 3:29.38 36.22	700m: 8:20.58 37.33	1100m: 13:09.78 36.46	1500m: 17:57.15 34.71	
	350m: 4:05.21 35.83	750m: 8:57.16 36.58	1150m: 13:45.75 35.97		
	400m: 4:41.25 36.04	800m: 9:34.15 36.99	1200m: 14:22.48 36.73		
Masters 25+					
1.	Erik Schröder <i>Nederlands Masters Record, tt 800 meter NMR</i>	TriVia	16:30.33	8402025	16:44.41 +1,01
	50m: 29.45 29.45	450m: 4:59.06 34.02	850m: 9:29.03 33.87	1250m: 13:59.28 33.88	
	100m: 1:02.04 32.59	500m: 5:32.52 33.46	900m: 10:02.87 33.84	1300m: 14:33.28 34.00	
	150m: 1:35.63 33.59	550m: 6:06.39 33.87	950m: 10:36.75 33.88	1350m: 15:06.69 33.41	
	200m: 2:09.19 33.56	600m: 6:40.15 33.76	1000m: 11:10.36 33.61	1400m: 15:40.35 33.66	
	250m: 2:43.03 33.84	650m: 7:13.84 33.69	1050m: 11:44.15 33.79	1450m: 16:13.36 33.01	
	300m: 3:17.15 34.12	700m: 7:47.58 33.74	1100m: 12:17.91 33.76	1500m: 16:44.41 31.05	
	350m: 3:51.08 33.93	750m: 8:21.46 33.88	1150m: 12:51.69 33.78		
	400m: 4:25.04 33.96	800m: 8:55.16 33.70	1200m: 13:25.40 33.71		
2.	Alexander Hulleman	De Zijl/LGB	17:32.78	8300989	17:42.13 +0,92
	50m: 33.27 33.27	450m: 5:16.94 35.99	850m: 9:58.75 35.34	1250m: 14:43.38 35.85	
	100m: 1:08.10 34.83	500m: 5:52.01 35.07	900m: 10:34.26 35.51	1300m: 15:19.35 35.97	
	150m: 1:42.68 34.58	550m: 6:27.58 35.57	950m: 11:09.80 35.54	1350m: 15:55.47 36.12	
	200m: 2:17.98 35.30	600m: 7:02.69 35.11	1000m: 11:45.25 35.45	1400m: 16:31.41 35.94	
	250m: 2:53.69 35.71	650m: 7:37.94 35.25	1050m: 12:20.84 35.59	1450m: 17:07.16 35.75	
	300m: 3:29.61 35.92	700m: 8:12.95 35.01	1100m: 12:56.37 35.53	1500m: 17:42.13 34.97	
	350m: 4:05.25 35.64	750m: 8:48.09 35.14	1150m: 13:31.83 35.46		
	400m: 4:40.95 35.70	800m: 9:23.41 35.32	1200m: 14:07.53 35.70		
3.	Gergely Molnar	Sprint Fortuna SC	17:17.00	80molnar	18:10.60 +0,86
	50m: 31.02 31.02	450m: 5:17.75 36.08	850m: 10:08.42 36.68	1250m: 15:04.81 37.54	
	100m: 1:06.07 35.05	500m: 5:53.69 35.94	900m: 10:45.06 36.64	1300m: 15:42.03 37.22	
	150m: 1:41.77 35.70	550m: 6:30.01 36.32	950m: 11:21.98 36.92	1350m: 16:19.06 37.03	
	200m: 2:18.04 36.27	600m: 7:05.96 35.95	1000m: 11:58.92 36.94	1400m: 16:56.76 37.70	
	250m: 2:54.34 36.30	650m: 7:42.21 36.25	1050m: 12:35.45 36.53	1450m: 17:34.59 37.83	
	300m: 3:30.00 35.66	700m: 8:18.55 36.34	1100m: 13:12.41 36.96	1500m: 18:10.60 36.01	
	350m: 4:06.02 36.02	750m: 8:55.09 36.54	1150m: 13:49.79 37.38		
	400m: 4:41.67 35.65	800m: 9:31.74 36.65	1200m: 14:27.27 37.48		
4.	Jeroen Vogelsang	Het Y	18:58.26	8001645	19:32.57 +0,94
	50m: 32.85 32.85	450m: 5:36.36 39.41	850m: 10:53.53 40.80	1250m: 16:18.37 41.41	
	100m: 1:09.12 36.27	500m: 6:15.88 39.52	900m: 11:34.58 41.05	1300m: 16:58.76 40.39	
	150m: 1:45.63 36.51	550m: 6:55.36 39.48	950m: 12:14.51 39.93	1350m: 17:39.69 40.93	
	200m: 2:23.35 37.72	600m: 7:35.00 39.64	1000m: 12:55.03 40.52	1400m: 18:18.47 38.78	
	250m: 3:01.30 37.95	650m: 8:15.34 40.34	1050m: 13:34.98 39.95	1450m: 18:56.10 37.63	
	300m: 3:39.87 38.57	700m: 8:55.19 39.85	1100m: 14:14.36 39.38	1500m: 19:32.57 36.47	
	350m: 4:18.42 38.55	750m: 9:33.40 38.21	1150m: 14:55.68 41.32		
	400m: 4:56.95 38.53	800m: 10:12.73 39.33	1200m: 15:36.96 41.28		
5.	Remco van Althuis	SBC2000	21:52.22	8300029	21:03.85 +0,90
	50m: 32.50 32.50	450m: 6:00.10 42.99	850m: 11:43.13 42.77	1250m: 17:28.17 44.21	
	100m: 1:09.91 37.41	500m: 6:42.63 42.53	900m: 12:25.73 42.60	1300m: 18:12.09 43.92	
	150m: 1:49.28 39.37	550m: 7:25.07 42.44	950m: 13:08.40 42.67	1350m: 18:55.88 43.79	
	200m: 2:29.79 40.51	600m: 8:08.10 43.03	1000m: 13:51.06 42.66	1400m: 19:40.20 44.32	
	250m: 3:10.66 40.87	650m: 8:50.91 42.81	1050m: 14:34.15 43.09	1450m: 20:23.51 43.31	
	300m: 3:52.37 41.71	700m: 9:34.43 43.52	1100m: 15:16.91 42.76	1500m: 21:03.85 40.34	
	350m: 4:34.54 42.17	750m: 10:17.46 43.03	1150m: 16:00.47 43.56		
	400m: 5:17.11 42.57	800m: 11:00.36 42.90	1200m: 16:43.96 43.49		

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Programmanr. 4, Heren, 1500m vrije slag, Masters 25+

rang	naam	vereniging	inschrijftijd	tijd	RT			
6.	Robin den Oudsten	PSV	24:30.00	8002153	24:22.38 +1,09			
	50m: 42.70	42.70	450m: 7:07.49	49.59	850m: 13:44.22	49.37	1250m: 20:20.25	49.99
	100m: 1:27.60	44.90	500m: 7:56.93	49.44	900m: 14:33.60	49.38	1300m: 21:08.87	48.62
	150m: 2:14.44	46.84	550m: 8:46.72	49.79	950m: 15:23.05	49.45	1350m: 21:57.92	49.05
	200m: 3:02.33	47.89	600m: 9:37.17	50.45	1000m: 16:12.87	49.82	1400m: 22:47.12	49.20
	250m: 3:50.78	48.45	650m: 10:26.57	49.40	1050m: 17:02.20	49.33	1450m: 23:36.20	49.08
	300m: 4:39.38	48.60	700m: 11:15.85	49.28	1100m: 17:51.63	49.43	1500m: 24:22.38	46.18
	350m: 5:28.55	49.17	750m: 12:05.66	49.81	1150m: 18:41.20	49.57		
	400m: 6:17.90	49.35	800m: 12:54.85	49.19	1200m: 19:30.26	49.06		
NG.ZA	Steve Clement	Swimming Luxembourg	24:01.75	203				

Masters 30+

1.	Koen de Haan	PSV	20:00.00	7801671	19:56.07 +0,95			
	50m: 33.30	33.30	450m: 5:46.08	40.09	850m: 11:11.62	41.14	1250m: 16:38.84	40.45
	100m: 1:10.03	36.73	500m: 6:26.41	40.33	900m: 11:53.01	41.39	1300m: 17:19.53	40.69
	150m: 1:48.17	38.14	550m: 7:06.64	40.23	950m: 12:34.02	41.01	1350m: 17:59.96	40.43
	200m: 2:26.92	38.75	600m: 7:47.03	40.39	1000m: 13:14.81	40.79	1400m: 18:38.67	38.71
	250m: 3:05.97	39.05	650m: 8:27.54	40.51	1050m: 13:55.34	40.53	1450m: 19:17.45	38.78
	300m: 3:45.51	39.54	700m: 9:08.48	40.94	1100m: 14:36.90	41.56	1500m: 19:56.07	38.62
	350m: 4:25.51	40.00	750m: 9:49.21	40.73	1150m: 15:17.84	40.94		
	400m: 5:05.99	40.48	800m: 10:30.48	41.27	1200m: 15:58.39	40.55		

Masters 35+

1.	Casper van der Burgh	LZ 1886	19:04.23	7201413	18:55.14 +0,97			
	50m: 33.20	33.20	450m: 5:36.78	37.75	850m: 10:40.74	37.85	1250m: 15:47.15	38.15
	100m: 1:10.23	37.03	500m: 6:14.37	37.59	900m: 11:18.80	38.06	1300m: 16:25.31	38.16
	150m: 1:48.29	38.06	550m: 6:52.13	37.76	950m: 11:57.05	38.25	1350m: 17:04.13	38.82
	200m: 2:26.45	38.16	600m: 7:30.41	38.28	1000m: 12:35.32	38.27	1400m: 17:42.68	38.55
	250m: 3:04.78	38.33	650m: 8:08.17	37.76	1050m: 13:13.64	38.32	1450m: 18:20.95	38.27
	300m: 3:43.02	38.24	700m: 8:46.36	38.19	1100m: 13:51.91	38.27	1500m: 18:55.14	34.19
	350m: 4:21.17	38.15	750m: 9:24.77	38.41	1150m: 14:30.41	38.50		
	400m: 4:59.03	37.86	800m: 10:02.89	38.12	1200m: 15:09.00	38.59		
2.	Jerry Grondel	PLONS	20:12.11	7201223	20:29.75 +0,82			
	50m: 33.74	33.74	450m: 5:54.61	41.07	850m: 11:23.59	41.20	1250m: 16:59.70	42.45
	100m: 1:11.21	37.47	500m: 6:34.77	40.16	900m: 12:05.67	42.08	1300m: 17:42.37	42.67
	150m: 1:50.37	39.16	550m: 7:15.00	40.23	950m: 12:47.44	41.77	1350m: 18:24.81	42.44
	200m: 2:31.36	40.99	600m: 7:56.37	41.37	1000m: 13:29.46	42.02	1400m: 19:07.66	42.85
	250m: 3:11.33	39.97	650m: 8:37.85	41.48	1050m: 14:10.68	41.22	1450m: 19:48.84	41.18
	300m: 3:52.51	41.18	700m: 9:19.97	42.12	1100m: 14:52.34	41.66	1500m: 20:29.75	40.91
	350m: 4:32.55	40.04	750m: 10:00.73	40.76	1150m: 15:34.31	41.97		
	400m: 5:13.54	40.99	800m: 10:42.39	41.66	1200m: 16:17.25	42.94		
3.	Roy Danckaerts	De Fuut	19:26.18	7000231	20:53.48 +0,93			
	50m: 35.64	35.64	450m: 6:03.45	41.93	850m: 11:37.91	42.51	1250m: 17:20.18	43.05
	100m: 1:14.46	38.82	500m: 6:44.98	41.53	900m: 12:20.17	42.26	1300m: 18:02.98	42.80
	150m: 1:54.37	39.91	550m: 7:26.76	41.78	950m: 13:02.67	42.50	1350m: 18:45.80	42.82
	200m: 2:34.82	40.45	600m: 8:08.52	41.76	1000m: 13:45.31	42.64	1400m: 19:28.12	42.32
	250m: 3:15.59	40.77	650m: 8:50.52	42.00	1050m: 14:28.28	42.97	1450m: 20:11.51	43.39
	300m: 3:58.05	42.46	700m: 9:32.13	41.61	1100m: 15:10.88	42.60	1500m: 20:53.48	41.97
	350m: 4:39.82	41.77	750m: 10:13.76	41.63	1150m: 15:54.18	43.30		
	400m: 5:21.52	41.70	800m: 10:55.40	41.64	1200m: 16:37.13	42.95		
4.	Arnold Jonker	HZ&PC Heerenveen	26:16.88	7000529	26:19.47 +0,89			
	50m: 45.37	45.37	450m: 7:39.87	52.04	850m: 14:42.25	53.71	1250m: 21:54.90	54.12
	100m: 1:35.21	49.84	500m: 8:33.11	53.24	900m: 15:35.88	53.63	1300m: 22:49.43	54.53
	150m: 2:25.43	50.22	550m: 9:25.60	52.49	950m: 16:28.78	52.90	1350m: 23:43.39	53.96
	200m: 3:18.61	53.18	600m: 10:17.66	52.06	1000m: 17:23.87	55.09	1400m: 24:36.72	53.33
	250m: 4:10.07	51.46	650m: 11:09.96	52.30	1050m: 18:17.65	53.78	1450m: 25:28.45	51.73
	300m: 5:03.18	53.11	700m: 12:02.85	52.89	1100m: 19:11.08	53.43	1500m: 26:19.47	51.02
	350m: 5:55.22	52.04	750m: 12:55.23	52.38	1150m: 20:05.16	54.08		
	400m: 6:47.83	52.61	800m: 13:48.54	53.31	1200m: 21:00.78	55.62		

Masters 40+

1.	Norbert Nagy	Sprint Fortuna SC	18:17.21	69nagy	18:50.31 +0,82			
	<i>Hongaars Masters Record</i>							
	50m: 32.65	32.65	450m: 5:28.03	37.43	850m: 10:32.85	38.23	1250m: 15:40.79	38.49
	100m: 1:08.57	35.92	500m: 6:05.49	37.46	900m: 11:11.59	38.74	1300m: 16:19.67	38.88
	150m: 1:44.70	36.13	550m: 6:43.23	37.74	950m: 11:49.93	38.34	1350m: 16:58.69	39.02
	200m: 2:21.76	37.06	600m: 7:21.31	38.08	1000m: 12:28.55	38.62	1400m: 17:37.11	38.42
	250m: 2:58.47	36.71	650m: 7:59.26	37.95	1050m: 13:06.54	37.99	1450m: 18:14.62	37.51
	300m: 3:35.57	37.10	700m: 8:37.91	38.65	1100m: 13:45.53	38.99	1500m: 18:50.31	35.69
	350m: 4:13.08	37.51	750m: 9:15.91	38.00	1150m: 14:23.46	37.93		
	400m: 4:50.60	37.52	800m: 9:54.62	38.71	1200m: 15:02.30	38.84		

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Eindhoven, 8. - 10.5.2009

Programmanr. 4, Heren, 1500m vrije slag, Masters 40+

rang	naam	vereniging	inschrijftijd	tijd	RT			
2.	Rene Beetsma	HZ&PC Heerenveen	19:09.94	6900069	18:56.81 +0,97			
	50m: 32.77	32.77	450m: 5:31.53	38.51	850m: 10:40.74	39.07	1250m: 15:48.09	38.01
	100m: 1:08.64	35.87	500m: 6:09.53	38.00	900m: 11:19.32	38.58	1300m: 16:26.61	38.52
	150m: 1:45.69	37.05	550m: 6:47.98	38.45	950m: 11:57.57	38.25	1350m: 17:05.09	38.48
	200m: 2:22.71	37.02	600m: 7:26.49	38.51	1000m: 12:36.06	38.49	1400m: 17:43.22	38.13
	250m: 3:00.08	37.37	650m: 8:05.00	38.51	1050m: 13:14.22	38.16	1450m: 18:21.04	37.82
	300m: 3:37.50	37.42	700m: 8:43.67	38.67	1100m: 13:52.88	38.66	1500m: 18:56.81	35.77
	350m: 4:15.12	37.62	750m: 9:22.67	39.00	1150m: 14:31.01	38.13		
	400m: 4:53.02	37.90	800m: 10:01.67	39.00	1200m: 15:10.08	39.07		
3.	Jo-an Mudde	Zeester-Meerval	18:57.79	6701457	19:14.01 +0,94			
	50m: 33.18	33.18	450m: 5:37.18	38.54	850m: 10:48.80	39.16	1250m: 16:01.84	38.92
	100m: 1:09.40	36.22	500m: 6:15.82	38.64	900m: 11:28.38	39.58	1300m: 16:41.45	39.61
	150m: 1:46.54	37.14	550m: 6:54.80	38.98	950m: 12:07.35	38.97	1350m: 17:20.05	38.60
	200m: 2:24.53	37.99	600m: 7:33.56	38.76	1000m: 12:46.50	39.15	1400m: 17:58.67	38.62
	250m: 3:02.60	38.07	650m: 8:12.33	38.77	1050m: 13:25.66	39.16	1450m: 18:36.92	38.25
	300m: 3:41.34	38.74	700m: 8:51.70	39.37	1100m: 14:04.89	39.23	1500m: 19:14.01	37.09
	350m: 4:19.67	38.33	750m: 9:30.47	38.77	1150m: 14:43.72	38.83		
	400m: 4:58.64	38.97	800m: 10:09.64	39.17	1200m: 15:22.92	39.20		
4.	Erik van Dartel	PSV	18:53.79	6700185	20:04.60 +1,02			
	50m: 33.40	33.40	450m: 5:42.75	40.19	850m: 11:10.63	41.40	1250m: 16:40.27	42.03
	100m: 1:10.43	37.03	500m: 6:23.11	40.36	900m: 11:51.87	41.24	1300m: 17:21.10	40.83
	150m: 1:47.96	37.53	550m: 7:03.91	40.80	950m: 12:33.53	41.66	1350m: 18:03.18	42.08
	200m: 2:25.94	37.98	600m: 7:44.64	40.73	1000m: 13:14.69	41.16	1400m: 18:43.10	39.92
	250m: 3:04.40	38.46	650m: 8:25.88	41.24	1050m: 13:55.78	41.09	1450m: 19:24.34	41.24
	300m: 3:43.24	38.84	700m: 9:06.92	41.04	1100m: 14:36.44	40.66	1500m: 20:04.60	40.26
	350m: 4:22.57	39.33	750m: 9:48.21	41.29	1150m: 15:17.97	41.53		
	400m: 5:02.56	39.99	800m: 10:29.23	41.02	1200m: 15:58.24	40.27		
5.	Alessandro Fabrini	SS LAZIO NUOTO	21:04.56	laz00798	21:39.78 +1,06			
	50m: 40.05	40.05	450m: 6:37.57	43.56	850m: 12:22.38	42.91	1250m: 18:09.75	42.80
	100m: 1:23.90	43.85	500m: 7:21.61	44.04	900m: 13:06.25	43.87	1300m: 18:53.58	43.83
	150m: 2:08.15	44.25	550m: 8:04.77	43.16	950m: 13:49.89	43.64	1350m: 19:36.45	42.87
	200m: 2:53.71	45.56	600m: 8:48.47	43.70	1000m: 14:33.38	43.49	1400m: 20:19.35	42.90
	250m: 3:37.97	44.26	650m: 9:30.70	42.23	1050m: 15:16.40	43.02	1450m: 20:59.88	40.53
	300m: 4:23.88	45.91	700m: 10:13.51	42.81	1100m: 16:00.04	43.64	1500m: 21:39.78	39.90
	350m: 5:08.48	44.60	750m: 10:56.12	42.61	1150m: 16:43.22	43.18		
	400m: 5:54.01	45.53	800m: 11:39.47	43.35	1200m: 17:26.95	43.73		

Masters 45+

1.	Jan Brink	De Stormvogel	20:28.38	6200091	19:42.95 +0,88			
	50m: 36.77	36.77	450m: 6:04.40	41.05	850m: 11:17.30	38.36	1250m: 16:28.06	39.18
	100m: 1:16.87	40.10	500m: 6:44.71	40.31	900m: 11:55.44	38.14	1300m: 17:07.28	39.22
	150m: 1:57.91	41.04	550m: 7:24.29	39.58	950m: 12:34.04	38.60	1350m: 17:47.10	39.82
	200m: 2:39.09	41.18	600m: 8:04.00	39.71	1000m: 13:12.62	38.58	1400m: 18:26.47	39.37
	250m: 3:20.31	41.22	650m: 8:42.72	38.72	1050m: 13:51.88	39.26	1450m: 19:05.82	39.35
	300m: 4:01.07	40.76	700m: 9:21.67	38.95	1100m: 14:30.75	38.87	1500m: 19:42.95	37.13
	350m: 4:42.35	41.28	750m: 10:00.39	38.72	1150m: 15:10.03	39.28		
	400m: 5:23.35	41.00	800m: 10:38.94	38.55	1200m: 15:48.88	38.85		
2.	Hans Roodzant	Torpedo	20:17.89	6000979	19:43.59 +0,92			
	50m: 36.25	36.25	450m: 5:52.09	39.70	850m: 11:08.98	39.68	1250m: 16:27.55	39.85
	100m: 1:15.23	38.98	500m: 6:31.44	39.35	900m: 11:48.72	39.74	1300m: 17:07.65	40.10
	150m: 1:55.08	39.85	550m: 7:11.31	39.87	950m: 12:28.44	39.72	1350m: 17:47.45	39.80
	200m: 2:34.41	39.33	600m: 7:50.79	39.48	1000m: 13:08.09	39.65	1400m: 18:27.01	39.56
	250m: 3:14.08	39.67	650m: 8:30.82	40.03	1050m: 13:48.01	39.92	1450m: 19:06.14	39.13
	300m: 3:53.32	39.24	700m: 9:10.17	39.35	1100m: 14:27.74	39.73	1500m: 19:43.59	37.45
	350m: 4:32.98	39.66	750m: 9:49.89	39.72	1150m: 15:07.82	40.08		
	400m: 5:12.39	39.41	800m: 10:29.30	39.41	1200m: 15:47.70	39.88		
3.	Marcel Stroet	ZV De Bron	20:10.97	6400929	19:57.37 +0,88			
	50m: 34.67	34.67	450m: 5:50.64	40.03	850m: 11:11.45	40.23	1250m: 16:35.65	40.65
	100m: 1:12.87	38.20	500m: 6:30.55	39.91	900m: 11:51.75	40.30	1300m: 17:16.13	40.48
	150m: 1:52.07	39.20	550m: 7:10.83	40.28	950m: 12:32.35	40.60	1350m: 17:56.61	40.48
	200m: 2:31.57	39.50	600m: 7:50.78	39.95	1000m: 13:12.71	40.36	1400m: 18:37.17	40.56
	250m: 3:11.57	40.00	650m: 8:30.93	40.15	1050m: 13:53.10	40.39	1450m: 19:17.56	40.39
	300m: 3:51.16	39.59	700m: 9:10.88	39.95	1100m: 14:33.73	40.63	1500m: 19:57.37	39.81
	350m: 4:31.07	39.91	750m: 9:51.13	40.25	1150m: 15:14.44	40.71		
	400m: 5:10.61	39.54	800m: 10:31.22	40.09	1200m: 15:55.00	40.56		
4.	Ronald Grove	Oceanus	20:06.49	6100161	20:18.71 +0,90			
	50m: 35.27	35.27	450m: 5:58.93	40.66	850m: 11:25.46	40.68	1250m: 16:54.46	41.57
	100m: 1:14.69	39.42	500m: 6:39.95	41.02	900m: 12:06.29	40.83	1300m: 17:36.23	41.77
	150m: 1:54.89	40.20	550m: 7:20.61	40.66	950m: 12:47.28	40.99	1350m: 18:17.54	41.31
	200m: 2:35.12	40.23	600m: 8:00.95	40.34	1000m: 13:28.25	40.97	1400m: 18:58.85	41.31
	250m: 3:15.76	40.64	650m: 8:41.70	40.75	1050m: 14:09.17	40.92	1450m: 19:40.41	41.56
	300m: 3:56.51	40.75	700m: 9:22.65	40.95	1100m: 14:50.15	40.98	1500m: 20:18.71	38.30
	350m: 4:37.69	41.18	750m: 10:03.71	41.06	1150m: 15:31.30	41.15		
	400m: 5:18.27	40.58	800m: 10:44.78	41.07	1200m: 16:12.89	41.59		

Open Nederlandse Masters Kampioenschappen 2009
Eindhoven, 8. - 10.5.2009

Programmanr. 4, Heren, 1500m vrije slag, Masters 45+

rang	naam	vereniging	inschrijftijd	tijd	RT			
5.	Arnold de Rover	De Futen	20:23.54	6400645	20:50.54 +0,99			
	50m: 36.07	36.07	450m: 6:05.72	42.48	850m: 11:43.91	42.27	1250m: 17:21.39	41.70
	100m: 1:15.87	39.80	500m: 6:47.82	42.10	900m: 12:25.70	41.79	1300m: 18:03.17	41.78
	150m: 1:56.30	40.43	550m: 7:30.40	42.58	950m: 13:08.13	42.43	1350m: 18:45.74	42.57
	200m: 2:37.15	40.85	600m: 8:12.47	42.07	1000m: 13:49.76	41.63	1400m: 19:27.98	42.24
	250m: 3:18.45	41.30	650m: 8:54.63	42.16	1050m: 14:32.20	42.44	1450m: 20:10.42	42.44
	300m: 3:59.98	41.53	700m: 9:36.69	42.06	1100m: 15:14.36	42.16	1500m: 20:50.54	40.12
	350m: 4:41.90	41.92	750m: 10:19.65	42.96	1150m: 15:56.94	42.58		
	400m: 5:23.24	41.34	800m: 11:01.64	41.99	1200m: 16:39.69	42.75		
6.	Paul van der Voort	De Zwoer	21:17.96	6200715	21:30.48 +1,21			
	50m: 36.01	36.01	450m: 6:21.72	43.95	850m: 12:06.89	43.64	1250m: 17:56.71	43.78
	100m: 1:17.56	41.55	500m: 7:04.72	43.00	900m: 12:50.81	43.92	1300m: 18:40.80	44.09
	150m: 2:01.61	44.05	550m: 7:48.85	44.13	950m: 13:34.72	43.91	1350m: 19:24.69	43.89
	200m: 2:44.14	42.53	600m: 8:31.47	42.62	1000m: 14:18.77	44.05	1400m: 20:07.20	42.51
	250m: 3:28.78	44.64	650m: 9:14.54	43.07	1050m: 15:03.15	44.38	1450m: 20:49.25	42.05
	300m: 4:12.26	43.48	700m: 9:57.70	43.16	1100m: 15:46.41	43.26	1500m: 21:30.48	41.23
	350m: 4:55.57	43.31	750m: 10:41.10	43.40	1150m: 16:29.60	43.19		
	400m: 5:37.77	42.20	800m: 11:23.25	42.15	1200m: 17:12.93	43.33		
7.	Joost de Kroon	AquAmigos	22:06.19	6400999	21:37.15 +1,07			
	50m: 37.56	37.56	450m: 6:20.58	42.72	850m: 12:10.42	44.30	1250m: 18:03.67	43.86
	100m: 1:19.98	42.42	500m: 7:03.91	43.33	900m: 12:54.54	44.12	1300m: 18:48.34	44.67
	150m: 2:02.86	42.88	550m: 7:46.64	42.73	950m: 13:37.91	43.37	1350m: 19:32.17	43.83
	200m: 2:46.55	43.69	600m: 8:31.16	44.52	1000m: 14:22.89	44.98	1400m: 20:15.12	42.95
	250m: 3:29.64	43.09	650m: 9:14.41	43.25	1050m: 15:06.56	43.67	1450m: 20:56.44	41.32
	300m: 4:12.52	42.88	700m: 9:58.09	43.68	1100m: 15:51.46	44.90	1500m: 21:37.15	40.71
	350m: 4:55.05	42.53	750m: 10:41.41	43.32	1150m: 16:35.29	43.83		
	400m: 5:37.86	42.81	800m: 11:26.12	44.71	1200m: 17:19.81	44.52		
8.	Peter Marc de Rooij	Zwemlust/Utrecht (SG)	21:13.51	6100829	22:39.26 +0,87			
	50m: 37.25	37.25	450m: 6:35.28	45.58	850m: 12:44.32	45.69	1250m: 18:56.12	45.83
	100m: 1:19.72	42.47	500m: 7:21.67	46.39	900m: 13:31.19	46.87	1300m: 19:42.51	46.39
	150m: 2:03.33	43.61	550m: 8:07.90	46.23	950m: 14:17.10	45.91	1350m: 20:28.33	45.82
	200m: 2:48.02	44.69	600m: 8:54.06	46.16	1000m: 15:04.51	47.41	1400m: 21:13.10	44.77
	250m: 3:32.54	44.52	650m: 9:39.69	45.63	1050m: 15:50.56	46.05	1450m: 21:56.71	43.61
	300m: 4:17.88	45.34	700m: 10:26.55	46.86	1100m: 16:37.52	46.96	1500m: 22:39.26	42.55
	350m: 5:03.28	45.40	750m: 11:11.88	45.33	1150m: 17:23.13	45.61		
	400m: 5:49.70	46.42	800m: 11:58.63	46.75	1200m: 18:10.29	47.16		
9.	Bart van Calker	WS Twente	24:41.92	6100067	22:52.37 +1,08			
	50m: 41.69	41.69	450m: 6:56.59	46.13	850m: 13:05.09	44.94	1250m: 19:10.06	45.44
	100m: 1:26.85	45.16	500m: 7:43.53	46.94	900m: 13:50.66	45.57	1300m: 19:56.13	46.07
	150m: 2:14.74	47.89	550m: 8:31.10	47.57	950m: 14:35.81	45.15	1350m: 20:42.22	46.09
	200m: 3:01.78	47.04	600m: 9:17.67	46.57	1000m: 15:21.52	45.71	1400m: 21:28.32	46.10
	250m: 3:49.30	47.52	650m: 10:03.99	46.32	1050m: 16:06.82	45.30	1450m: 22:12.67	44.35
	300m: 4:36.41	47.11	700m: 10:49.37	45.38	1100m: 16:52.86	46.04	1500m: 22:52.37	39.70
	350m: 5:23.42	47.01	750m: 11:34.75	45.38	1150m: 17:38.55	45.69		
	400m: 6:10.46	47.04	800m: 12:20.15	45.40	1200m: 18:24.62	46.07		
10.	Jan Smalheer	SCOM	23:38.53	6400701	23:09.58 +1,14			
	50m: 38.56	38.56	450m: 6:47.39	45.67	850m: 13:04.77	47.69	1250m: 19:19.10	46.56
	100m: 1:21.68	43.12	500m: 7:34.23	46.84	900m: 13:51.89	47.12	1300m: 20:05.88	46.78
	150m: 2:07.36	45.68	550m: 8:21.05	46.82	950m: 14:39.09	47.20	1350m: 20:53.35	47.47
	200m: 2:53.36	46.00	600m: 9:07.37	46.32	1000m: 15:25.72	46.63	1400m: 21:39.13	45.78
	250m: 3:40.41	47.05	650m: 9:54.84	47.47	1050m: 16:13.02	47.30	1450m: 22:25.35	46.22
	300m: 4:27.55	47.14	700m: 10:41.45	46.61	1100m: 16:58.88	45.86	1500m: 23:09.58	44.23
	350m: 5:14.92	47.37	750m: 11:29.53	48.08	1150m: 17:45.78	46.90		
	400m: 6:01.72	46.80	800m: 12:17.08	47.55	1200m: 18:32.54	46.76		
11.	Jan Willem Heuten	WS Twente	24:25.47	6000883	24:24.02 +1,40			
	50m: 40.34	40.34	450m: 7:12.54	49.99	850m: 13:50.49	49.92	1250m: 20:25.28	49.67
	100m: 1:26.46	46.12	500m: 8:02.20	49.66	900m: 14:39.47	48.98	1300m: 21:14.60	49.32
	150m: 2:15.39	48.93	550m: 8:52.19	49.99	950m: 15:28.50	49.03	1350m: 22:03.91	49.31
	200m: 3:05.27	49.88	600m: 9:42.01	49.82	1000m: 16:17.41	48.91	1400m: 22:51.41	47.50
	250m: 3:55.37	50.10	650m: 10:32.18	50.17	1050m: 17:07.35	49.94	1450m: 23:40.28	48.87
	300m: 4:44.35	48.98	700m: 11:21.73	49.55	1100m: 17:56.50	49.15	1500m: 24:24.02	43.74
	350m: 5:33.92	49.57	750m: 12:11.47	49.74	1150m: 18:46.18	49.68		
	400m: 6:22.55	48.63	800m: 13:00.57	49.10	1200m: 19:35.61	49.43		
12.	Henk Gierveld	Nat Utrecht	25:09.90	6000869	24:30.56 +1,17			
	50m: 42.38	42.38	450m: 7:10.02	50.02	850m: 13:48.81	50.65	1250m: 20:25.97	50.17
	100m: 1:27.34	44.96	500m: 7:59.57	49.55	900m: 14:39.01	50.20	1300m: 21:15.98	50.01
	150m: 2:14.42	47.08	550m: 8:49.42	49.85	950m: 15:28.26	49.25	1350m: 22:05.22	49.24
	200m: 3:02.33	47.91	600m: 9:38.71	49.29	1000m: 16:18.08	49.82	1400m: 22:54.26	49.04
	250m: 3:51.73	49.40	650m: 10:28.69	49.98	1050m: 17:07.73	49.65	1450m: 23:44.49	50.23
	300m: 4:40.57	48.84	700m: 11:18.30	49.61	1100m: 17:56.95	49.22	1500m: 24:30.56	46.07
	350m: 5:30.16	49.59	750m: 12:08.59	50.29	1150m: 18:46.39	49.44		
	400m: 6:20.00	49.84	800m: 12:58.16	49.57	1200m: 19:35.80	49.41		
13.	Michael van Vliet	Zwemvereniging Hoorn	26:15.01	6201073	25:49.27 +1,07			
	50m: 41.91	41.91	450m: 7:23.75	51.94	850m: 14:22.24	53.25	1250m: 21:26.15	54.49
	100m: 1:28.45	46.54	500m: 8:14.99	51.24	900m: 15:14.53	52.29	1300m: 22:19.25	53.10
	150m: 2:17.34	48.89	550m: 9:07.69	52.70	950m: 16:08.21	53.68	1350m: 23:12.60	53.35
	200m: 3:07.22	49.88	600m: 10:00.49	52.80	1000m: 17:00.71	52.50	1400m: 24:05.45	52.85
	250m: 3:57.87	50.65	650m: 10:53.37	52.88	1050m: 17:53.53	52.82	1450m: 24:58.63	53.18
	300m: 4:48.97	51.10	700m: 11:44.99	51.62	1100m: 18:45.86	52.33	1500m: 25:49.27	50.64
	350m: 5:40.50	51.53	750m: 12:37.67	52.68	1150m: 19:39.04	53.18		
	400m: 6:31.81	51.31	800m: 13:28.99	51.32	1200m: 20:31.66	52.62		

Open Nederlandse Masters Kampioenschappen 2009
Eindhoven, 8. - 10.5.2009

Programmanr. 4, Heren, 1500m vrije slag, Masters 45+

rang	naam	vereniging	inschrijftijd			tijd	RT	
14.	Louis Matthijssse	PSV	28:08.89			6100787	28:10.90 +1,01	
	50m: 45.44	45.44	450m: 8:07.93	55.76	850m: 15:45.41	57.40	1250m: 23:27.10	57.49
	100m: 1:38.44	53.00	500m: 9:05.52	57.59	900m: 16:42.50	57.09	1300m: 24:24.30	57.20
	150m: 2:32.47	54.03	550m: 10:02.40	56.88	950m: 17:40.06	57.56	1350m: 25:21.58	57.28
	200m: 3:27.55	55.08	600m: 10:59.43	57.03	1000m: 18:36.93	56.87	1400m: 26:18.76	57.18
	250m: 4:23.45	55.90	650m: 11:56.55	57.12	1050m: 19:34.51	57.58	1450m: 27:15.69	56.93
	300m: 5:19.34	55.89	700m: 12:53.54	56.99	1100m: 20:31.20	56.69	1500m: 28:10.90	55.21
	350m: 6:15.20	55.86	750m: 13:50.91	57.37	1150m: 21:28.60	57.40		
	400m: 7:12.17	56.97	800m: 14:48.01	57.10	1200m: 22:29.61	1:01.01		
15.	Perry Dekker	ZV De Bron	28:49.49			6201081	29:41.73 +1,19	
	50m: 50.24	50.24	450m: 8:59.75	1:01.97	850m: 16:53.17	59.22	1250m: 24:50.53	1:00.43
	100m: 1:47.96	57.72	500m: 9:59.86	1:00.11	900m: 17:53.16	59.99	1300m: 25:50.82	1:00.29
	150m: 2:49.44	1:01.48	550m: 10:58.87	59.01	950m: 18:52.00	58.84	1350m: 26:49.37	58.55
	200m: 3:50.86	1:01.42	600m: 11:58.08	59.21	1000m: 19:51.57	59.57	1400m: 27:48.46	59.09
	250m: 4:53.34	1:02.48	650m: 12:56.61	58.53	1050m: 20:50.39	58.82	1450m: 28:46.14	57.68
	300m: 5:55.02	1:01.68	700m: 13:56.04	59.43	1100m: 21:51.01	1:00.62	1500m: 29:41.73	55.59
	350m: 6:56.90	1:01.88	750m: 14:53.83	57.79	1150m: 22:49.48	58.47		
	400m: 7:57.78	1:00.88	800m: 15:53.95	1:00.12	1200m: 23:50.10	1:00.62		
NG.ZA	Salvo Andronico	Swimming Luxembourg	19:54.22			113		
Masters 50+								
1.	Richard Broer	PLONS	20:39.72			5900077	19:39.20 +1,03	
	50m: 34.70	34.70	450m: 5:47.13	39.20	850m: 11:06.23	39.80	1250m: 16:25.00	39.92
	100m: 1:12.72	38.02	500m: 6:26.73	39.60	900m: 11:46.45	40.22	1300m: 17:05.03	40.03
	150m: 1:51.74	39.02	550m: 7:06.58	39.85	950m: 12:25.67	39.22	1350m: 17:45.09	40.06
	200m: 2:30.60	38.86	600m: 7:46.51	39.93	1000m: 13:04.94	39.27	1400m: 18:24.67	39.58
	250m: 3:09.82	39.22	650m: 8:26.47	39.96	1050m: 13:45.09	40.15	1450m: 19:03.14	38.47
	300m: 3:48.77	38.95	700m: 9:06.86	40.39	1100m: 14:24.82	39.73	1500m: 19:39.20	36.06
	350m: 4:28.20	39.43	750m: 9:46.58	39.72	1150m: 15:04.79	39.97		
	400m: 5:07.93	39.73	800m: 10:26.43	39.85	1200m: 15:45.08	40.29		
2.	Henk Slomp	De Pinquin	22:45.18			5500359	21:45.07 +1,02	
	50m: 35.67	35.67	450m: 6:20.82	44.18	850m: 12:13.64	43.79	1250m: 18:07.17	44.98
	100m: 1:15.47	39.80	500m: 7:04.65	43.83	900m: 12:57.13	43.49	1300m: 18:51.43	44.26
	150m: 1:58.10	42.63	550m: 7:48.92	44.27	950m: 13:41.61	44.48	1350m: 19:36.27	44.84
	200m: 2:41.19	43.09	600m: 8:33.16	44.24	1000m: 14:25.53	43.92	1400m: 20:21.63	45.36
	250m: 3:24.55	43.36	650m: 9:17.27	44.11	1050m: 15:09.64	44.11	1450m: 21:04.34	42.71
	300m: 4:08.44	43.89	700m: 10:01.38	44.11	1100m: 15:54.08	44.44	1500m: 21:45.07	40.73
	350m: 4:52.48	44.04	750m: 10:45.17	43.79	1150m: 16:37.43	43.35		
	400m: 5:36.64	44.16	800m: 11:29.85	44.68	1200m: 17:22.19	44.76		
3.	Emiel van Elderen	Vlaardingen	22:27.68			5600383	22:39.87 +1,24	
	50m: 38.79	38.79	450m: 6:34.74	45.46	850m: 12:42.79	46.49	1250m: 18:51.18	46.40
	100m: 1:19.97	41.18	500m: 7:20.34	45.60	900m: 13:28.39	45.60	1300m: 19:36.50	45.32
	150m: 2:03.83	43.86	550m: 8:06.55	46.21	950m: 14:14.75	46.36	1350m: 20:22.94	46.44
	200m: 2:47.81	43.98	600m: 8:51.50	44.95	1000m: 15:00.47	45.72	1400m: 21:08.51	45.57
	250m: 3:32.90	45.09	650m: 9:37.93	46.43	1050m: 15:46.72	46.25	1450m: 21:54.70	46.19
	300m: 4:17.83	44.93	700m: 10:23.31	45.38	1100m: 16:32.20	45.48	1500m: 22:39.87	45.17
	350m: 5:04.06	46.23	750m: 11:10.31	47.00	1150m: 17:19.00	46.80		
	400m: 5:49.28	45.22	800m: 11:56.30	45.99	1200m: 18:04.78	45.78		
4.	Paul Bunnik	Triton	22:33.32			5600413	23:52.53 +1,09	
	50m: 35.95	35.95	450m: 6:51.05	48.78	850m: 13:20.80	49.31	1250m: 19:55.26	50.14
	100m: 1:16.47	40.52	500m: 7:38.73	47.68	900m: 14:10.02	49.22	1300m: 20:44.76	49.50
	150m: 2:02.05	45.58	550m: 8:27.66	48.93	950m: 14:58.53	48.51	1350m: 21:34.52	49.76
	200m: 2:49.31	47.26	600m: 9:16.58	48.92	1000m: 15:47.81	49.28	1400m: 22:22.91	48.39
	250m: 3:36.04	46.73	650m: 10:04.74	48.16	1050m: 16:36.39	48.58	1450m: 23:10.74	47.83
	300m: 4:24.27	48.23	700m: 10:52.64	47.90	1100m: 17:25.74	49.35	1500m: 23:52.53	41.79
	350m: 5:13.87	49.60	750m: 11:42.23	49.59	1150m: 18:15.40	49.66		
	400m: 6:02.27	48.40	800m: 12:31.49	49.26	1200m: 19:05.12	49.72		
5.	Peter Verberne	ACZ	23:14.95			5900719	24:26.41 +1,24	
	50m: 41.92	41.92	450m: 7:13.56	49.64	850m: 13:50.43	49.98	1250m: 20:27.32	50.22
	100m: 1:29.60	47.68	500m: 8:02.59	49.03	900m: 14:40.05	49.62	1300m: 21:15.42	48.10
	150m: 2:17.99	48.39	550m: 8:52.53	49.94	950m: 15:29.87	49.82	1350m: 22:04.58	49.16
	200m: 3:06.79	48.80	600m: 9:41.50	48.97	1000m: 16:19.07	49.20	1400m: 22:53.12	48.54
	250m: 3:56.21	49.42	650m: 10:31.32	49.82	1050m: 17:09.04	49.97	1450m: 23:41.21	48.09
	300m: 4:45.04	48.83	700m: 11:20.55	49.23	1100m: 17:58.50	49.46	1500m: 24:26.41	45.20
	350m: 5:34.51	49.47	750m: 12:10.88	50.33	1150m: 18:48.12	49.62		
	400m: 6:23.92	49.41	800m: 13:00.45	49.57	1200m: 19:37.10	48.98		
6.	Peter van Genderen	Old Dutch	27:54.65			5500405	26:45.48 +1,18	
	50m: 41.89	41.89	450m: 7:40.90	54.77	850m: 14:53.86	55.68	1250m: 22:13.19	55.75
	100m: 1:29.25	47.36	500m: 8:34.76	53.86	900m: 15:47.41	53.55	1300m: 23:08.28	55.09
	150m: 2:20.67	51.42	550m: 9:29.16	54.40	950m: 16:42.60	55.19	1350m: 24:04.15	55.87
	200m: 3:12.67	52.00	600m: 10:22.65	53.49	1000m: 17:37.07	54.47	1400m: 24:59.21	55.06
	250m: 4:05.55	52.88	650m: 11:17.05	54.40	1050m: 18:32.06	54.99	1450m: 25:55.43	56.22
	300m: 4:59.35	53.80	700m: 12:10.56	53.51	1100m: 19:25.64	53.58	1500m: 26:45.48	50.05
	350m: 5:53.53	54.18	750m: 13:05.30	54.74	1150m: 20:21.95	56.31		
	400m: 6:46.13	52.60	800m: 13:58.18	52.88	1200m: 21:17.44	55.49		

Open Nederlandse Masters Kampioenschappen 2009
Eindhoven, 8. - 10.5.2009

Programmanr. 4, Heren, 1500m vrije slag, Masters 50+

rang	naam	vereniging	inschrijftijd	tijd	RT			
7.	Rene Groot	ZV De Bron	27:02.91	5900617	28:01.79 +1,18			
	50m: 47.95	47.95	450m: 8:12.51	57.42	850m: 15:48.64	57.00	1250m: 23:23.10	55.99
	100m: 1:39.47	51.52	500m: 9:09.81	57.30	900m: 16:45.81	57.17	1300m: 24:18.83	55.73
	150m: 2:34.14	54.67	550m: 10:07.11	57.30	950m: 17:43.06	57.25	1350m: 25:14.47	55.64
	200m: 3:29.88	55.74	600m: 11:03.16	56.05	1000m: 18:41.24	58.18	1400m: 26:12.28	57.81
	250m: 4:26.98	57.10	650m: 12:00.46	57.30	1050m: 19:39.84	58.60	1450m: 27:09.44	57.16
	300m: 5:22.91	55.93	700m: 12:57.69	57.23	1100m: 20:35.18	55.34	1500m: 28:01.79	52.35
	350m: 6:19.17	56.26	750m: 13:54.08	56.39	1150m: 21:31.01	55.83		
	400m: 7:15.09	55.92	800m: 14:51.64	57.56	1200m: 22:27.11	56.10		

Masters 55+

1.	Hugo Staudt	WS Twente	24:51.74	5300253	23:49.81 +0,90			
	50m: 42.02	42.02	450m: 7:05.27	49.17	850m: 13:29.00	47.86	1250m: 19:53.32	50.41
	100m: 1:27.65	45.63	500m: 7:53.26	47.99	900m: 14:17.07	48.07	1300m: 20:41.20	47.88
	150m: 2:15.90	48.25	550m: 8:42.36	49.10	950m: 15:04.90	47.83	1350m: 21:29.82	48.62
	200m: 3:02.66	46.76	600m: 9:29.53	47.17	1000m: 15:52.29	47.39	1400m: 22:17.14	47.32
	250m: 3:51.34	48.68	650m: 10:17.66	48.13	1050m: 16:40.14	47.85	1450m: 23:05.38	48.24
	300m: 4:39.04	47.70	700m: 11:05.34	47.68	1100m: 17:28.19	48.05	1500m: 23:49.81	44.43
	350m: 5:28.04	49.00	750m: 11:53.67	48.33	1150m: 18:16.03	47.84		
	400m: 6:16.10	48.06	800m: 12:41.14	47.47	1200m: 19:02.91	46.88		
2.	Michel Hougardy	CNBA	25:17.81	CNBA/648/51	25:04.81 +0,99			
	50m: 42.75	42.75	450m: 7:23.23	50.46	850m: 14:07.73	49.78	1250m: 20:52.07	50.82
	100m: 1:29.60	46.85	500m: 8:14.59	51.36	900m: 14:58.62	50.89	1300m: 21:42.60	50.53
	150m: 2:18.03	48.43	550m: 9:05.16	50.57	950m: 15:48.99	50.37	1350m: 22:33.08	50.48
	200m: 3:08.75	50.72	600m: 9:55.92	50.76	1000m: 16:38.98	49.99	1400m: 23:24.80	51.72
	250m: 3:58.97	50.22	650m: 10:46.33	50.41	1050m: 17:29.21	50.23	1450m: 24:14.93	50.13
	300m: 4:50.42	51.45	700m: 11:37.12	50.79	1100m: 18:19.67	50.46	1500m: 25:04.81	49.88
	350m: 5:40.96	50.54	750m: 12:26.78	49.66	1150m: 19:10.29	50.62		
	400m: 6:32.77	51.81	800m: 13:17.95	51.17	1200m: 20:01.25	50.96		

Masters 60+

1.	Ludwig Lorenz	SG Gladbeck	23:49.18	127866	23:21.96 +0,98			
	50m: 43.68	43.68	450m: 7:00.56	46.89	850m: 13:16.64	47.24	1250m: 19:32.80	46.99
	100m: 1:31.18	47.50	500m: 7:47.02	46.46	900m: 14:04.71	48.07	1300m: 20:20.13	47.33
	150m: 2:18.70	47.52	550m: 8:33.78	46.76	950m: 14:51.01	46.30	1350m: 21:06.52	46.39
	200m: 3:05.95	47.25	600m: 9:20.81	47.03	1000m: 15:38.43	47.42	1400m: 21:53.37	46.85
	250m: 3:53.34	47.39	650m: 10:08.17	47.36	1050m: 16:25.15	46.72	1450m: 22:39.70	46.33
	300m: 4:40.13	46.79	700m: 10:55.32	47.15	1100m: 17:12.13	46.98	1500m: 23:21.96	42.26
	350m: 5:26.95	46.82	750m: 11:42.28	46.96	1150m: 17:58.52	46.39		
	400m: 6:13.67	46.72	800m: 12:29.40	47.12	1200m: 18:45.81	47.29		

Masters 65+

1.	Rob Hanou	PSV	24:02.11	4300109	23:16.69 +1,09			
	<i>Kampioenschaps Record</i>							
	50m: 39.93	39.93	450m: 6:57.16	47.13	850m: 13:15.92	47.81	1250m: 19:31.06	46.63
	100m: 1:26.08	46.15	500m: 7:44.81	47.65	900m: 14:02.71	46.79	1300m: 20:17.04	45.98
	150m: 2:13.72	47.64	550m: 8:31.87	47.06	950m: 14:50.36	47.65	1350m: 21:04.14	47.10
	200m: 3:01.10	47.38	600m: 9:18.86	46.99	1000m: 15:37.74	47.38	1400m: 21:50.32	46.18
	250m: 3:48.48	47.38	650m: 10:06.22	47.36	1050m: 16:24.66	46.92	1450m: 22:35.53	45.21
	300m: 4:36.08	47.60	700m: 10:53.45	47.23	1100m: 17:11.37	46.71	1500m: 23:16.69	41.16
	350m: 5:23.13	47.05	750m: 11:41.39	47.94	1150m: 17:57.78	46.41		
	400m: 6:10.03	46.90	800m: 12:28.11	46.72	1200m: 18:44.43	46.65		
2.	Manfred Bottin	SV Langenfeld 1912	25:20.31	057993	25:59.37 +1,17			
	50m: 43.35	43.35	450m: 7:38.91	52.35	850m: 14:33.03	52.15	1250m: 21:35.53	51.67
	100m: 1:33.04	49.69	500m: 8:30.50	51.59	900m: 15:25.87	52.84	1300m: 22:28.25	52.72
	150m: 2:25.42	52.38	550m: 9:22.23	51.73	950m: 16:18.41	52.54	1350m: 23:22.08	53.83
	200m: 3:17.35	51.93	600m: 10:14.17	51.94	1000m: 17:10.59	52.18	1400m: 24:14.54	52.46
	250m: 4:09.28	51.93	650m: 11:05.78	51.61	1050m: 18:02.96	52.37	1450m: 25:07.55	53.01
	300m: 5:01.91	52.63	700m: 11:57.11	51.33	1100m: 18:57.16	54.20	1500m: 25:59.37	51.82
	350m: 5:54.95	53.04	750m: 12:48.72	51.61	1150m: 19:49.93	52.77		
	400m: 6:46.56	51.61	800m: 13:40.88	52.16	1200m: 20:43.86	53.93		
3.	Bob Arendsen	De Futen	27:04.29	4400005	27:58.61 +1,41			
	50m: 47.99	47.99	450m: 8:20.10	57.74	850m: 15:54.61	57.18	1250m: 23:25.10	56.10
	100m: 1:41.33	53.34	500m: 9:16.82	56.72	900m: 16:50.64	56.03	1300m: 24:20.69	55.59
	150m: 2:37.29	55.96	550m: 10:13.97	57.15	950m: 17:48.00	57.36	1350m: 25:17.23	56.54
	200m: 3:34.14	56.85	600m: 11:10.55	56.58	1000m: 18:43.40	55.40	1400m: 26:12.73	55.50
	250m: 4:31.45	57.31	650m: 12:07.01	56.46	1050m: 19:40.54	57.14	1450m: 27:08.68	55.95
	300m: 5:28.57	57.12	700m: 13:03.74	56.73	1100m: 20:36.15	55.61	1500m: 27:58.61	49.93
	350m: 6:25.72	57.15	750m: 14:01.77	58.03	1150m: 21:32.88	56.73		
	400m: 7:22.36	56.64	800m: 14:57.43	55.66	1200m: 22:29.00	56.12		

Masters 70+

Open Nederlandse Masters Kampioenschappen 2009
Eindhoven, 8. - 10.5.2009

Programmanr. 4, Heren, 1500m vrije slag, Masters 70+

rang	naam	vereniging	inschrijftijd		tijd		RT	
1.	Nico Geers	Van Uden-De Gouwe	23:33.45		3800007		23:52.88 +1,01	
	<i>Kampioenschaps Record</i>							
	50m: 42.16	42.16	450m: 7:03.89	48.23	850m: 13:32.84	47.96	1250m: 20:00.83	47.84
	100m: 1:28.78	46.62	500m: 7:53.37	49.48	900m: 14:21.94	49.10	1300m: 20:50.78	49.95
	150m: 2:15.32	46.54	550m: 8:40.88	47.51	950m: 15:09.93	47.99	1350m: 21:38.07	47.29
	200m: 3:02.70	47.38	600m: 9:30.42	49.54	1000m: 15:59.84	49.91	1400m: 22:26.21	48.14
	250m: 3:50.73	48.03	650m: 10:18.08	47.66	1050m: 16:47.11	47.27	1450m: 23:11.25	45.04
	300m: 4:39.75	49.02	700m: 11:07.60	49.52	1100m: 17:36.57	49.46	1500m: 23:52.88	41.63
	350m: 5:27.98	47.83	750m: 11:56.20	48.60	1150m: 18:24.08	47.51		
	400m: 6:15.66	48.08	800m: 12:44.88	48.68	1200m: 19:12.99	48.91		
2.	Gregor Pompen	Aqua-Novio '94	26:20.51		3700021		26:29.81 +1,10	
	50m: 47.45	47.45	450m: 7:52.08	53.84	850m: 14:56.99	53.68	1250m: 22:06.33	53.67
	100m: 1:38.44	50.99	500m: 8:45.08	53.00	900m: 15:50.80	53.81	1300m: 22:59.88	53.55
	150m: 2:32.10	53.66	550m: 9:38.10	53.02	950m: 16:44.78	53.98	1350m: 23:54.54	54.66
	200m: 3:24.43	52.33	600m: 10:30.83	52.73	1000m: 17:37.89	53.11	1400m: 24:47.71	53.17
	250m: 4:17.92	53.49	650m: 11:23.82	52.99	1050m: 18:31.70	53.81	1450m: 25:40.32	52.61
	300m: 5:10.95	53.03	700m: 12:16.84	53.02	1100m: 19:25.27	53.57	1500m: 26:29.81	49.49
	350m: 6:04.98	54.03	750m: 13:10.44	53.60	1150m: 20:18.74	53.47		
	400m: 6:58.24	53.26	800m: 14:03.31	52.87	1200m: 21:12.66	53.92		
3.	Rudolf Degenaar	De Schelde	28:11.00		3900033		29:47.00 +1,18	
	50m: 53.25	53.25	450m: 8:56.68	58.84	850m: 16:54.45	59.89	1250m: 24:52.34	1:00.27
	100m: 1:54.50	1:01.25	500m: 9:55.32	58.64	900m: 17:55.28	1:00.83	1300m: 25:52.77	1:00.43
	150m: 2:56.32	1:01.82	550m: 10:54.10	58.78	950m: 18:53.98	58.70	1350m: 26:51.54	58.77
	200m: 3:56.55	1:00.23	600m: 11:54.15	1:00.05	1000m: 19:54.51	1:00.53	1400m: 27:50.61	59.07
	250m: 4:55.45	58.90	650m: 12:55.31	1:01.16	1050m: 20:54.15	59.64	1450m: 28:49.90	59.29
	300m: 5:54.34	58.89	700m: 13:55.01	59.70	1100m: 21:52.69	58.54	1500m: 29:47.00	57.10
	350m: 6:54.60	1:00.26	750m: 14:54.06	59.05	1150m: 22:52.29	59.60		
	400m: 7:57.84	1:03.24	800m: 15:54.56	1:00.50	1200m: 23:52.07	59.78		