

Open Nederlandse Masters Kampioenschappen 2009
Eindhoven, 8. - 10.5.2009

Programmanr. 8
09.05.2009 - 8:30

Heren, 400m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd		tijd		RT
Masters 20+							
1.	Jan-Willem v.d. Graaff <i>Kampioenschaps Record</i>	Het Y	4:22.41		8901023	4:24.45	+0,80
	50m: 29.97 29.97 100m: 1:02.64 32.67	150m: 1:36.53 33.89 200m: 2:10.16 33.63	250m: 2:43.91 33.75 300m: 3:17.88 33.97	350m: 3:52.13 34.25 400m: 4:24.45 32.32			
2.	Raoul Engelenburg	De Dolfijn	4:17.84		8900843	4:27.99	+0,88
	50m: 30.96 30.96 100m: 1:04.24 33.28	150m: 1:38.50 34.26 200m: 2:12.93 34.43	250m: 2:47.02 34.09 300m: 3:21.21 34.19	350m: 3:55.17 33.96 400m: 4:27.99 32.82			
3.	Nicolas Degalan	CNBA	4:26.17		CNBA/777/89	4:32.55	+0,79
	50m: 30.53 30.53 100m: 1:03.97 33.44	150m: 1:38.17 34.20 200m: 2:12.93 34.76	250m: 2:48.15 35.22 300m: 3:23.40 35.25	350m: 3:58.87 35.47 400m: 4:32.55 33.68			
4.	Niels Albrechts	De Schoteijl	4:39.16		8800039	4:48.27	+0,91
	50m: 31.66 31.66 100m: 1:07.60 35.94	150m: 1:44.37 36.77 200m: 2:20.91 36.54	250m: 2:57.82 36.91 300m: 3:35.41 37.59	350m: 4:12.89 37.48 400m: 4:48.27 35.38			
5.	Martijn van Hoorn	De Schoteijl	5:18.08		8901343	5:21.78	+0,86
	50m: 33.79 33.79 100m: 1:12.84 39.05	150m: 1:53.60 40.76 200m: 2:35.76 42.16	250m: 3:16.94 41.18 300m: 4:00.63 43.69	350m: 4:41.77 41.14 400m: 5:21.78 40.01			
6.	Leander van Diggelen	ZPCH	5:05.69		8800763	5:22.44	+0,91
	50m: 33.17 33.17 100m: 1:11.12 37.95	150m: 1:50.61 39.49 200m: 2:32.03 41.42	250m: 3:14.71 42.68 300m: 3:56.94 42.23	350m: 4:40.41 43.47 400m: 5:22.44 42.03			
Masters 25+							
1.	Erik Schröder <i>Nederlands Masters Record</i>	TriVia	4:04.49		8402025	4:12.70	+0,88
	50m: 28.05 28.05 100m: 58.99 30.94	150m: 1:31.39 32.40 200m: 2:03.92 32.53	250m: 2:36.21 32.29 300m: 3:09.12 32.91	350m: 3:41.35 32.23 400m: 4:12.70 31.35			
2.	Alexander Hulleman	De Zijl/LGB	4:23.97		8300989	4:27.01	+0,94
	50m: 30.50 30.50 100m: 1:03.22 32.72	150m: 1:36.47 33.25 200m: 2:10.82 34.35	250m: 2:44.73 33.91 300m: 3:19.34 34.61	350m: 3:53.62 34.28 400m: 4:27.01 33.39			
3.	Sylvain Faticoni	CHTHN	4:35.70		CHTHN/066/83	4:35.73	+0,70
	50m: 30.88 30.88 100m: 1:04.81 33.93	150m: 1:39.64 34.83 200m: 2:15.28 35.64	250m: 2:50.51 35.23 300m: 3:26.04 35.53	350m: 4:02.07 36.03 400m: 4:35.73 33.66			
4.	Gergely Molnar	Sprint Fortuna SC	4:19.20		80molnar	4:38.00	+0,89
	50m: 30.40 30.40 100m: 1:04.39 33.99	150m: 1:39.32 34.93 200m: 2:15.24 35.92	250m: 2:50.69 35.45 300m: 3:26.71 36.02	350m: 4:02.80 36.09 400m: 4:38.00 35.20			
5.	Marcel Reefhuis	De Veene	4:43.60		8101381	4:43.12	+0,86
	50m: 31.59 31.59 100m: 1:06.68 35.09	150m: 1:42.50 35.82 200m: 2:18.91 36.41	250m: 2:55.01 36.10 300m: 3:31.80 36.79	350m: 4:08.03 36.23 400m: 4:43.12 35.09			
6.	Erik Drewes	De Biesboschwimmers	5:00.73		8400543	4:46.95	+0,77
	50m: 32.06 32.06 100m: 1:07.95 35.89	150m: 1:45.35 37.40 200m: 2:23.29 37.94	250m: 2:59.74 36.45 300m: 3:36.45 36.71	350m: 4:12.13 35.68 400m: 4:46.95 34.82			
7.	Jeroen Vogelsang	Het Y	4:45.70		8001645	4:47.37	+1,13
	50m: 30.67 30.67 100m: 1:04.66 33.99	150m: 1:40.87 36.21 200m: 2:17.92 37.05	250m: 2:55.24 37.32 300m: 3:32.94 37.70	350m: 4:10.52 37.58 400m: 4:47.37 36.85			
8.	Leander Noordijk	De Schoteijl	4:38.92		8101221	4:47.40	+0,95
	50m: 31.49 31.49 100m: 1:06.57 35.08	150m: 1:43.54 36.97 200m: 2:21.14 37.60	250m: 2:58.81 37.67 300m: 3:36.78 37.97	350m: 4:13.41 36.63 400m: 4:47.40 33.99			
9.	Sebastiaan Baars	WS Twente	5:14.95		8300053	5:02.88	+0,94
	50m: 32.17 32.17 100m: 1:08.85 36.68	150m: 1:46.93 38.08 200m: 2:25.80 38.87	250m: 3:04.96 39.16 300m: 3:44.68 39.72	350m: 4:24.45 39.77 400m: 5:02.88 38.43			
Masters 30+							
1.	Ralf Peters	KZPC	4:42.97		7600737	4:37.00	+0,82
	50m: 29.62 29.62 100m: 1:03.19 33.57	150m: 1:38.71 35.52 200m: 2:13.99 35.28	250m: 2:49.90 35.91 300m: 3:25.69 35.79	350m: 4:01.69 36.00 400m: 4:37.00 35.31			
2.	Martijn Butter	OEZA	4:41.68		7900231	4:39.23	+0,92
	50m: 31.14 31.14 100m: 1:05.57 34.43	150m: 1:40.64 35.07 200m: 2:16.49 35.85	250m: 2:51.95 35.46 300m: 3:28.34 36.39	350m: 4:04.59 36.25 400m: 4:39.23 34.64			
3.	Ivo Roozeboom	DES	4:41.49		7700801	4:41.73	+0,92
	50m: 30.93 30.93 100m: 1:06.09 35.16	150m: 1:42.66 36.57 200m: 2:19.33 36.67	250m: 2:56.33 37.00 300m: 3:32.53 36.20	350m: 4:08.62 36.09 400m: 4:41.73 33.11			
4.	Koen de Haan	PSV	5:12.54		7801671	4:57.84	+0,90
	50m: 31.55 31.55 100m: 1:07.71 36.16	150m: 1:45.30 37.59 200m: 2:23.62 38.32	250m: 3:02.08 38.46 300m: 3:41.06 38.98	350m: 4:19.73 38.67 400m: 4:57.84 38.11			

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Programmanr. 8, Heren, 400m vrije slag, Masters 30+

rang	naam	vereniging	inschrijftijd	tijd	RT
5.	Svet Gavrilox	GLS Ketelbinkie	5:07.24	7501263	5:11.58 +0,81
	50m: 34.67 34.67	150m: 1:52.11 38.91	250m: 3:11.85 39.64	350m: 4:32.33 39.73	
	100m: 1:13.20 38.53	200m: 2:32.21 40.10	300m: 3:52.60 40.75	400m: 5:11.58 39.25	
6.	Pieter Ponne	HZ&PC Heerenveen	6:07.08	7600749	5:34.18 +0,93
	50m: 36.08 36.08	150m: 1:59.68 42.74	250m: 3:27.19 44.02	350m: 4:56.10 44.66	
	100m: 1:16.94 40.86	200m: 2:43.17 43.49	300m: 4:11.44 44.25	400m: 5:34.18 38.08	
7.	Jeroen Tebbens	IJZPC	6:56.31	7601405	6:41.42 +1,05
	50m: 42.27 42.27	150m: 2:20.55 49.93	250m: 4:05.89 52.32	350m: 5:50.94 51.63	
	100m: 1:30.62 48.35	200m: 3:13.57 53.02	300m: 4:59.31 53.42	400m: 6:41.42 50.48	
8.	Geoffrey van der Maat	PSV	7:16.34	7801673	7:15.42 +1,05
	50m: 42.63 42.63	150m: 2:27.77 54.86	250m: 4:23.12 58.09	350m: 6:20.53 57.85	
	100m: 1:32.91 50.28	200m: 3:25.03 57.26	300m: 5:22.68 59.56	400m: 7:15.42 54.89	

Masters 35+

1.	Arjen Kervezee	Het Y	5:09.57	7000563	4:59.13 +0,91
	50m: 31.15 31.15	150m: 1:44.45 37.64	250m: 3:01.82 39.33	350m: 4:20.73 38.89	
	100m: 1:06.81 35.66	200m: 2:22.49 38.04	300m: 3:41.84 40.02	400m: 4:59.13 38.40	
2.	Jerry Grondel	PLONS	5:12.28	7201223	5:01.27 +0,77
	50m: 30.80 30.80	150m: 1:39.65 35.53	250m: 2:57.71 40.08	350m: 4:20.25 41.48	
	100m: 1:04.12 33.32	200m: 2:17.63 37.98	300m: 3:38.77 41.06	400m: 5:01.27 41.02	
3.	Oscar van Holsteyn	AquAmigos	5:01.00	7100373	5:04.65 +0,88
	50m: 32.76 32.76	150m: 1:48.20 38.64	250m: 3:07.27 39.71	350m: 4:26.31 39.39	
	100m: 1:09.56 36.80	200m: 2:27.56 39.36	300m: 3:46.92 39.65	400m: 5:04.65 38.34	
4.	Roy Danckaarts	De Fuut	4:53.51	7000231	5:07.39 +0,93
	50m: 32.10 32.10	150m: 1:46.82 37.85	250m: 3:06.01 39.70	350m: 4:26.78 39.97	
	100m: 1:08.97 36.87	200m: 2:26.31 39.49	300m: 3:46.81 40.80	400m: 5:07.39 40.61	
5.	Stefan Dortmund	Electrolux AZC	4:53.87	7201167	5:17.11 +0,88
	50m: 34.73 34.73	150m: 1:52.67 39.90	250m: 3:12.76 40.22	350m: 4:35.89 42.18	
	100m: 1:12.77 38.04	200m: 2:32.54 39.87	300m: 3:53.71 40.95	400m: 5:17.11 41.22	
6.	Tiemen Stegenga	HZ&PC Heerenveen	5:42.56	7101379	5:30.71 +0,86
	50m: 33.99 33.99	150m: 1:54.94 41.72	250m: 3:21.66 43.67	350m: 4:49.19 44.21	
	100m: 1:13.22 39.23	200m: 2:37.99 43.05	300m: 4:04.98 43.32	400m: 5:30.71 41.52	
7.	Marc Weijers	PSV	6:50.56	7101347	6:26.16 +1,13
	50m: 41.24 41.24	150m: 2:15.58 48.41	250m: 3:57.01 52.03	350m: 5:39.44 51.52	
	100m: 1:27.17 45.93	200m: 3:04.98 49.40	300m: 4:47.92 50.91	400m: 6:26.16 46.72	

Masters 40+

1.	Norbert Nagy	Sprint Fortuna SC	4:42.45	69nagy	4:40.72 +0,73
	50m: 31.90 31.90	150m: 1:41.49 34.89	250m: 2:53.31 35.76	350m: 4:04.80 35.12	
	100m: 1:06.60 34.70	200m: 2:17.55 36.06	300m: 3:29.68 36.37	400m: 4:40.72 35.92	
2.	Rene Beetsma	HZ&PC Heerenveen	4:54.25	6900069	4:47.83 +0,88
	50m: 31.64 31.64	150m: 1:42.45 35.77	250m: 2:56.47 37.03	350m: 4:11.33 37.25	
	100m: 1:06.68 35.04	200m: 2:19.44 36.99	300m: 3:34.08 37.61	400m: 4:47.83 36.50	
3.	Sander van den Berg	WS Twente	5:06.06	6801357	5:05.17 +0,90
	50m: 32.27 32.27	150m: 1:47.15 37.35	250m: 3:05.01 39.01	350m: 4:24.59 40.00	
	100m: 1:09.80 37.53	200m: 2:26.00 38.85	300m: 3:44.59 39.58	400m: 5:05.17 40.58	
4.	Erik van Dartel	PSV	4:42.19	6700185	5:11.47 +1,05
	50m: 32.52 32.52	150m: 1:47.23 38.51	250m: 3:07.85 40.87	350m: 4:30.63 42.07	
	100m: 1:08.72 36.20	200m: 2:26.98 39.75	300m: 3:48.56 40.71	400m: 5:11.47 40.84	
5.	Karl-Heinz Eberhard	SC Wiesbaden 1911	5:15.20	231828	5:16.91 +0,84
	50m: 33.03 33.03	150m: 1:51.00 39.89	250m: 3:13.91 41.76	350m: 4:38.47 41.97	
	100m: 1:11.11 38.08	200m: 2:32.15 41.15	300m: 3:56.50 42.59	400m: 5:16.91 38.44	
6.	Alessandro Fabrini	SS LAZIO NUOTO	5:14.61	laz007978	5:23.06 +1,01
	50m: 35.96 35.96	150m: 1:57.03 40.96	250m: 3:19.43 41.21	350m: 4:42.74 41.45	
	100m: 1:16.07 40.11	200m: 2:38.22 41.19	300m: 4:01.29 41.86	400m: 5:23.06 40.32	
7.	Frans Oldersma	TriVia	5:45.87	6600565	5:30.02 +0,99
	50m: 35.25 35.25	150m: 1:55.48 41.06	250m: 3:21.25 43.12	350m: 4:48.67 43.45	
	100m: 1:14.42 39.17	200m: 2:38.13 42.65	300m: 4:05.22 43.97	400m: 5:30.02 41.35	
8.	Oliver Podebrad	SC Wiesbaden 1911	5:50.70	262705	5:33.13 +0,97
	50m: 37.05 37.05	150m: 1:59.48 41.95	250m: 3:25.70 42.86	350m: 4:51.73 42.53	
	100m: 1:17.53 40.48	200m: 2:42.84 43.36	300m: 4:09.20 43.50	400m: 5:33.13 41.40	
9.	Phil Trethewie	Old Dutch	6:11.81	6501315	5:34.02 +0,97
	50m: 36.58 36.58	150m: 2:00.80 43.17	250m: 3:27.54 43.29	350m: 4:54.41 43.07	
	100m: 1:17.63 41.05	200m: 2:44.25 43.45	300m: 4:11.34 43.80	400m: 5:34.02 39.61	
10.	Henk van Zetten	Octopus	6:28.02	6701261	6:38.07 +0,95
	50m: 41.60 41.60	150m: 2:20.24 50.72	250m: 4:04.12 51.29	350m: 5:50.53 51.80	
	100m: 1:29.52 47.92	200m: 3:12.83 52.59	300m: 4:58.73 54.61	400m: 6:38.07 47.54	

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Eindhoven, 8. - 10.5.2009

Programmanr. 8, Heren, 400m vrije slag

Masters 45+

1.	John Stoffer	Zoetermeer	5:01.22	6300725	5:13.58	+0,94
	50m: 34.10 34.10	150m: 1:52.65 40.38	250m: 3:14.32 40.98	350m: 4:35.03 39.93		
	100m: 1:12.27 38.17	200m: 2:33.34 40.69	300m: 3:55.10 40.78	400m: 5:13.58 38.55		
2.	Olaf Chalmer-Rasmussen	Swimming Luxembourg	5:27.17	123	5:16.65	+0,97
	50m: 35.26 35.26	150m: 1:54.12 39.85	250m: 3:15.72 40.74	350m: 4:37.77 40.74		
	100m: 1:14.27 39.01	200m: 2:34.98 40.86	300m: 3:57.03 41.31	400m: 5:16.65 38.88		
3.	Peter Fölker	Aqua-Novio '94	5:13.09	6401021	5:16.66	+0,74
	50m: 35.22 35.22	150m: 1:53.97 39.98	250m: 3:15.62 40.78	350m: 4:37.66 41.24		
	100m: 1:13.99 38.77	200m: 2:34.84 40.87	300m: 3:56.42 40.80	400m: 5:16.66 39.00		
4.	Fred Vollebergh	De Pinquin	5:05.92	6100641	5:24.80	+0,82
	50m: 34.27 34.27	150m: 1:53.71 39.93	250m: 3:18.25 42.37	350m: 4:43.67 42.28		
	100m: 1:13.78 39.51	200m: 2:35.88 42.17	300m: 4:01.39 43.14	400m: 5:24.80 41.13		
5.	Joost de Kroon	AquAmigos	5:31.15	6400999	5:29.00	+1,10
	50m: 37.50 37.50	150m: 2:02.73 43.76	250m: 3:28.93 43.13	350m: 4:51.84 40.91		
	100m: 1:18.97 41.47	200m: 2:45.80 43.07	300m: 4:10.93 42.00	400m: 5:29.00 37.16		
6.	Paul van der Voort	De Zwoer	5:18.17	6200715	5:29.33	+1,25
	50m: 36.14 36.14	150m: 2:01.07 43.47	250m: 3:28.00 43.46	350m: 4:52.25 41.86		
	100m: 1:17.60 41.46	200m: 2:44.54 43.47	300m: 4:10.39 42.39	400m: 5:29.33 37.08		
7.	Bart van Calker	WS Twente	5:44.82	6100067	5:39.05	+1,07
	50m: 37.00 37.00	150m: 2:00.41 43.07	250m: 3:28.01 43.79	350m: 4:55.87 43.61		
	100m: 1:17.34 40.34	200m: 2:44.22 43.81	300m: 4:12.26 44.25	400m: 5:39.05 43.18		
8.	Jack Barends	WS Twente	5:51.15	6201011	5:52.25	+0,99
	50m: 38.50 38.50	150m: 2:04.86 44.38	250m: 3:36.12 46.24	350m: 5:08.12 46.40		
	100m: 1:20.48 41.98	200m: 2:49.88 45.02	300m: 4:21.72 45.60	400m: 5:52.25 44.13		
9.	Wilko Versleeuwen	PSV	6:32.76	6301189	6:31.51	+0,97
	50m: 41.92 41.92	150m: 2:19.39 50.21	250m: 4:02.42 51.96	350m: 5:44.08 50.50		
	100m: 1:29.18 47.26	200m: 3:10.46 51.07	300m: 4:53.58 51.16	400m: 6:31.51 47.43		
10.	Johan van de Ven	PSV	6:59.88	6400903	6:38.96	+0,91
	50m: 44.95 44.95	150m: 2:25.16 50.73	250m: 4:07.76 50.99	350m: 5:50.43 51.09		
	100m: 1:34.43 49.48	200m: 3:16.77 51.61	300m: 4:59.34 51.58	400m: 6:38.96 48.53		
11.	Aris Jan van Ek	IJZPC	7:05.87	6100125	6:52.31	+0,97
	50m: 42.75 42.75	150m: 2:23.25 51.63	250m: 4:11.27 54.99	350m: 6:02.41 56.30		
	100m: 1:31.62 48.87	200m: 3:16.28 53.03	300m: 5:06.11 54.84	400m: 6:52.31 49.90		
12.	Perry Dekker	ZV De Bron	7:19.61	6201081	7:32.51	+1,20
	50m: 43.71 43.71	150m: 2:36.89 59.10	250m: 4:35.49 59.10	350m: 6:35.17 58.50		
	100m: 1:37.79 54.08	200m: 3:36.39 59.50	300m: 5:36.67 1:01.18	400m: 7:32.51 57.34		

Masters 50+

1.	Richard Broer	PLONS	4:56.05	5900077	5:04.02	+1,05
	50m: 32.90 32.90	150m: 1:49.17 39.20	250m: 3:08.79 39.88	350m: 4:26.66 39.75		
	100m: 1:09.97 37.07	200m: 2:28.91 39.74	300m: 3:46.91 38.12	400m: 5:04.02 37.36		
2.	Andre Storm	Zoetermeer	5:16.30	5600407	5:15.28	+0,92
	50m: 34.31 34.31	150m: 1:55.06 41.22	250m: 3:16.75 40.43	350m: 4:37.36 39.81		
	100m: 1:13.84 39.53	200m: 2:36.32 41.26	300m: 3:57.55 40.80	400m: 5:15.28 37.92		
3.	Henk Slomp	De Pinquin	5:38.21	5500359	5:26.87	+1,11
	50m: 34.56 34.56	150m: 1:56.89 42.25	250m: 3:22.97 42.72	350m: 4:48.58 42.15		
	100m: 1:14.64 40.08	200m: 2:40.25 43.36	300m: 4:06.43 43.46	400m: 5:26.87 38.29		
4.	Willem Zwiers	AquAmigos	5:39.11	5800505	5:29.30	+0,86
	50m: 35.77 35.77	150m: 1:57.26 41.05	250m: 3:23.41 42.76	350m: 4:49.32 42.98		
	100m: 1:16.21 40.44	200m: 2:40.65 43.39	300m: 4:06.34 42.93	400m: 5:29.30 39.98		
5.	Hans Groothelm	DBD	5:33.31	5800151	5:30.50	+0,88
	50m: 37.39 37.39	150m: 2:00.92 42.41	250m: 3:27.23 43.42	350m: 4:53.05 43.07		
	100m: 1:18.51 41.12	200m: 2:43.81 42.89	300m: 4:09.98 42.75	400m: 5:30.50 37.45		

Masters 55+

1.	Fred Zanting	TriVia	6:23.07	5400323	6:05.97	+1,10
	50m: 39.94 39.94	150m: 2:11.33 46.56	250m: 3:46.11 47.71	350m: 5:19.93 46.89		
	100m: 1:24.77 44.83	200m: 2:58.40 47.07	300m: 4:33.04 46.93	400m: 6:05.97 46.04		

Masters 60+

1.	Donald Uijtenbogaart	Het Y	5:11.49	4700107	5:09.68	+0,90
	<i>Kampioenschaps Record</i>					
	50m: 36.43 36.43	150m: 1:56.30 39.99	250m: 3:15.81 39.07	350m: 4:32.88 37.93		
	100m: 1:16.31 39.88	200m: 2:36.74 40.44	300m: 3:54.95 39.14	400m: 5:09.68 36.80		

Open Nederlandse Masters Kampioenschappen 2009
Eindhoven, 8. - 10.5.2009

Programmanr. 8, Heren, 400m vrije slag, Masters 60+

rang	naam	vereniging	inschrijftijd	tijd	RT			
2.	Dieter Lochner	SSF Bonn 05 e.V.	6:08.65	220908	5:56.17 +1,06			
	50m: 37.11	37.11	150m: 2:04.51	44.93	250m: 3:37.89	46.47	350m: 5:12.79	47.27
	100m: 1:19.58	42.47	200m: 2:51.42	46.91	300m: 4:25.52	47.63	400m: 5:56.17	43.38
3.	Joop Draaisma	DZ&PC	6:07.87	4600155	5:56.18 +0,96			
	50m: 37.30	37.30	150m: 2:04.69	45.30	250m: 3:38.39	47.44	350m: 5:12.23	47.20
	100m: 1:19.39	42.09	200m: 2:50.95	46.26	300m: 4:25.03	46.64	400m: 5:56.18	43.95
4.	Mar van Geel	Old Dutch	6:53.09	4700135	7:14.25 +1,08			
	50m: 43.18	43.18	150m: 2:30.26	55.42	250m: 4:22.33	57.13	350m: 6:17.58	57.97
	100m: 1:34.84	51.66	200m: 3:25.20	54.94	300m: 5:19.61	57.28	400m: 7:14.25	56.67

Masters 65+

1.	Rob Hanou	PSV	5:50.61	4300109	6:08.21 +1,12			
	50m: 39.31	39.31	150m: 2:11.07	47.23	250m: 3:47.05	48.18	350m: 5:23.01	47.85
	100m: 1:23.84	44.53	200m: 2:58.87	47.80	300m: 4:35.16	48.11	400m: 6:08.21	45.20
2.	Frans van Enst	De Veene	6:10.69	4000011	6:28.32 +1,07			
	50m: 41.55	41.55	150m: 2:19.73	49.84	250m: 4:01.37	50.39	350m: 5:41.58	49.56
	100m: 1:29.89	48.34	200m: 3:10.98	51.25	300m: 4:52.02	50.65	400m: 6:28.32	46.74
3.	Manfred Bottin	SV Langenfeld 1912	6:36.75	057993	6:34.02 +1,19			
	50m: 41.25	41.25	150m: 2:19.41	49.66	250m: 4:01.01	50.44	350m: 5:43.44	50.87
	100m: 1:29.75	48.50	200m: 3:10.57	51.16	300m: 4:52.57	51.56	400m: 6:34.02	50.58
4.	Wim ter Laak	Katwijk	9:25.14	4000027	8:55.16 +1,24			
	50m: 53.86	53.86	150m: 3:13.41	1:11.45	250m: 5:36.24	1:10.74	350m: 7:51.80	1:06.69
	100m: 2:01.96	1:08.10	200m: 4:25.50	1:12.09	300m: 6:45.11	1:08.87	400m: 8:55.16	1:03.36

Masters 70+

1.	Nico Geers	Van Uden-De Gouwe	5:33.22	3800007	5:49.34 +0,97			
	<i>Kampioenschaps Record</i>							
	50m: 38.77	38.77	150m: 2:09.23	46.30	250m: 3:39.40	45.15	350m: 5:08.40	44.37
	100m: 1:22.93	44.16	200m: 2:54.25	45.02	300m: 4:24.03	44.63	400m: 5:49.34	40.94