

Open Nederlandse Masters Kampioenschappen 2009 korte baan
Vlissingen, 23. - 25.1.2009

Programmanr. 1
23.01.2009 - 10:00

Heren, 800m vrije slag

Masters 25+
Resultaten

rang	naam		vereniging		inschrijftijd				tijd	RT		
1.	Rob van Vliet		WZK Zwemmen		8:54.28		8402459		9:01.78	+1,02		
	50m:	29.09	29.09	250m:	2:42.44	33.62	450m:	4:58.78	34.39	650m:	7:18.25	34.65
	100m:	1:02.10	33.01	300m:	3:16.23	33.79	500m:	5:33.69	34.91	700m:	7:52.83	34.58
	150m:	1:35.43	33.33	350m:	3:50.30	34.07	550m:	6:08.42	34.73	750m:	8:27.89	35.06
	200m:	2:08.82	33.39	400m:	4:24.39	34.09	600m:	6:43.60	35.18	800m:	9:01.78	33.89
2.	Marek Mróz		UKS Wodnik		8:55.00		ABG652725		9:13.30	+0,95		
	50m:	31.09	31.09	250m:	2:50.89	35.47	450m:	5:10.27	34.31	650m:	7:30.59	35.54
	100m:	1:05.01	33.92	300m:	3:26.29	35.40	500m:	5:44.62	34.35	700m:	8:06.42	35.83
	150m:	1:39.97	34.96	350m:	4:01.45	35.16	550m:	6:19.65	35.03	750m:	8:40.86	34.44
	200m:	2:15.42	35.45	400m:	4:35.96	34.51	600m:	6:55.05	35.40	800m:	9:13.30	32.44
3.	Alexander Hulleman		De Zijl/LGB		9:14.15		8300989		9:20.57	+0,93		
	50m:	30.73	30.73	250m:	2:46.70	35.23	450m:	5:09.05	35.65	650m:	7:33.00	36.41
	100m:	1:03.92	33.19	300m:	3:22.16	35.46	500m:	5:44.76	35.71	700m:	8:09.01	36.01
	150m:	1:37.08	33.16	350m:	3:57.59	35.43	550m:	6:20.65	35.89	750m:	8:44.71	35.70
	200m:	2:11.47	34.39	400m:	4:33.40	35.81	600m:	6:56.59	35.94	800m:	9:20.57	35.86
4.	Dirk Hoek		De Zijl/LGB		9:38.29		8202445		10:05.46	+1,02		
	50m:	31.59	31.59	250m:	3:02.89	38.66	450m:	5:37.28	38.65	650m:	8:12.71	39.41
	100m:	1:07.67	36.08	300m:	3:41.31	38.42	500m:	6:15.97	38.69	700m:	8:51.39	38.68
	150m:	1:45.43	37.76	350m:	4:19.96	38.65	550m:	6:54.21	38.24	750m:	9:28.26	36.87
	200m:	2:24.23	38.80	400m:	4:58.63	38.67	600m:	7:33.30	39.09	800m:	10:05.46	37.20
5.	Jeroen Vogelsang		Het Y		9:47.32		8001645		10:06.75	+0,89		
	50m:	30.80	30.80	250m:	2:58.71	37.64	450m:	5:31.04	38.66	650m:	8:09.37	39.68
	100m:	1:06.91	36.11	300m:	3:36.25	37.54	500m:	6:09.93	38.89	700m:	8:49.63	40.26
	150m:	1:43.79	36.88	350m:	4:14.16	37.91	550m:	6:49.81	39.88	750m:	9:29.23	39.60
	200m:	2:21.07	37.28	400m:	4:52.38	38.22	600m:	7:29.69	39.88	800m:	10:06.75	37.52

Programmanr. 1
23.01.2009 - 10:00

Heren, 800m vrije slag

Masters 30+
Resultaten

rang	naam		vereniging		inschrijftijd				tijd	RT		
1.	Ferdie Witvoet		De Pinquin		9:51.36		7801241		9:47.46	+0,95		
	50m:	32.49	32.49	250m:	2:58.96	37.73	450m:	5:28.33	36.85	650m:	7:57.11	37.52
	100m:	1:07.75	35.26	300m:	3:36.73	37.77	500m:	6:05.25	36.92	700m:	8:34.35	37.24
	150m:	1:44.47	36.72	350m:	4:14.21	37.48	550m:	6:42.43	37.18	750m:	9:11.21	36.86
	200m:	2:21.23	36.76	400m:	4:51.48	37.27	600m:	7:19.59	37.16	800m:	9:47.46	36.25

Programmanr. 1
23.01.2009 - 10:00

Heren, 800m vrije slag

Masters 35+
Resultaten

rang	naam		vereniging		inschrijftijd				tijd	RT		
1.	Agnus Gerringa		DWK		9:32.23		7100285		9:44.15	+0,97		
	50m:	31.76	31.76	250m:	2:58.80	37.44	450m:	5:28.45	36.90	650m:	7:55.65	36.80
	100m:	1:07.31	35.55	300m:	3:36.31	37.51	500m:	6:05.20	36.75	700m:	8:32.04	36.39
	150m:	1:44.11	36.80	350m:	4:14.20	37.89	550m:	6:41.93	36.73	750m:	9:08.28	36.24
	200m:	2:21.36	37.25	400m:	4:51.55	37.35	600m:	7:18.85	36.92	800m:	9:44.15	35.87
2.	Paul van den Heuvel		Arethusa		10:10.97		7000441		10:34.79	+0,94		
	50m:	34.22	34.22	250m:	3:07.02	38.98	450m:	5:45.78	39.91	650m:	8:29.41	41.31
	100m:	1:11.29	37.07	300m:	3:46.23	39.21	500m:	6:25.60	39.82	700m:	9:12.04	42.63
	150m:	1:49.63	38.34	350m:	4:26.04	39.81	550m:	7:06.51	40.91	750m:	9:54.91	42.87
	200m:	2:28.04	38.41	400m:	5:05.87	39.83	600m:	7:48.10	41.59	800m:	10:34.79	39.88

Open Nederlandse Masters Kampioenschappen 2009 korte baan
Vlissingen, 23. - 25.1.2009

Programmanr. 1, Heren, 800m vrije slag

Programmanr. 1 Heren, 800m vrije slag Masters 40+
23.01.2009 - 10:00 Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT			
1.	Jo-an Mudde	Zeester-Meerval	9:56.34	6701457	9:51.67 +0,92			
	50m: 32.72	32.72	250m: 2:59.60	37.06	450m: 5:30.20	38.04	650m: 8:00.39	37.26
	100m: 1:08.99	36.27	300m: 3:37.03	37.43	500m: 6:08.05	37.85	700m: 8:38.12	37.73
	150m: 1:45.46	36.47	350m: 4:14.42	37.39	550m: 6:45.65	37.60	750m: 9:15.35	37.23
	200m: 2:22.54	37.08	400m: 4:52.16	37.74	600m: 7:23.13	37.48	800m: 9:51.67	36.32
2.	Pieter-Sjoerd de Wijn	Aqua-Novio'94	11:33.42	6501027	11:45.43 +0,98			
	50m: 36.05	36.05	250m: 3:24.35	43.54	450m: 6:26.54	45.02	650m: 9:31.12	46.35
	100m: 1:16.38	40.33	300m: 4:10.50	46.15	500m: 7:12.92	46.38	700m: 10:16.66	45.54
	150m: 1:57.77	41.39	350m: 4:55.72	45.22	550m: 7:58.53	45.61	750m: 11:02.40	45.74
	200m: 2:40.81	43.04	400m: 5:41.52	45.80	600m: 8:44.77	46.24	800m: 11:45.43	43.03

Programmanr. 1 Heren, 800m vrije slag Masters 45+
23.01.2009 - 10:00 Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT			
1.	Elzo Dijkhuis	TriVia	10:32.26	6000873	10:15.15 +1,07			
	50m: 34.86	34.86	250m: 3:08.90	38.74	450m: 5:44.59	39.15	650m: 8:20.45	38.88
	100m: 1:12.84	37.98	300m: 3:47.60	38.70	500m: 6:23.95	39.36	700m: 9:00.06	39.61
	150m: 1:51.65	38.81	350m: 4:26.53	38.93	550m: 7:02.64	38.69	750m: 9:38.99	38.93
	200m: 2:30.16	38.51	400m: 5:05.44	38.91	600m: 7:41.57	38.93	800m: 10:15.15	36.16
2.	Paul van der Voort	De Zwoer	10:30.08	6200715	10:57.23 +1,05			
	50m: 34.50	34.50	250m: 3:15.56	41.22	450m: 6:05.62	42.30	650m: 8:53.76	41.87
	100m: 1:13.76	39.26	300m: 3:58.58	43.02	500m: 6:48.00	42.38	700m: 9:36.31	42.55
	150m: 1:54.05	40.29	350m: 4:40.94	42.36	550m: 7:30.32	42.32	750m: 10:17.83	41.52
	200m: 2:34.34	40.29	400m: 5:23.32	42.38	600m: 8:11.89	41.57	800m: 10:57.23	39.40
3.	Jan Smalheer	SCOM	11:37.69	6400701	11:46.80 +1,18			
	50m: 37.03	37.03	250m: 3:30.41	44.32	450m: 6:31.18	45.04	650m: 9:33.41	45.20
	100m: 1:17.85	40.82	300m: 4:14.71	44.30	500m: 7:16.41	45.23	700m: 10:18.81	45.40
	150m: 2:01.21	43.36	350m: 5:00.15	45.44	550m: 8:02.19	45.78	750m: 11:03.31	44.50
	200m: 2:46.09	44.88	400m: 5:46.14	45.99	600m: 8:48.21	46.02	800m: 11:46.80	43.49
4.	Rik van Gasteren	AquAmigos	13:29.82	6401015	12:53.21 +1,18			
	50m: 41.34	41.34	250m: 3:50.02	48.28	450m: 7:07.06	50.09	650m: 10:26.39	48.84
	100m: 1:26.59	45.25	300m: 4:38.93	48.91	500m: 7:56.01	48.95	700m: 11:17.60	51.21
	150m: 2:13.94	47.35	350m: 5:27.63	48.70	550m: 8:47.54	51.53	750m: 12:07.50	49.90
	200m: 3:01.74	47.80	400m: 6:16.97	49.34	600m: 9:37.55	50.01	800m: 12:53.21	45.71
5.	Michael van Vliet	Zwemvereniging Hoorn	13:58.14	6201073	14:01.46 +1,40			
	50m: 45.27	45.27	250m: 4:11.38	54.52	450m: 7:46.41	53.69	650m: 11:22.14	54.20
	100m: 1:33.25	47.98	300m: 5:04.72	53.34	500m: 8:39.94	53.53	700m: 12:16.20	54.06
	150m: 2:24.67	51.42	350m: 5:58.54	53.82	550m: 9:34.20	54.26	750m: 13:09.59	53.39
	200m: 3:16.86	52.19	400m: 6:52.72	54.18	600m: 10:27.94	53.74	800m: 14:01.46	51.87
6.	Michiel Tonsbeek	DWT	16:19.87	6000889	15:19.10 +1,18			
	50m: 48.48	48.48	250m: 4:37.00	58.64	450m: 8:33.77	59.01	650m: 12:26.34	57.64
	100m: 1:42.85	54.37	300m: 5:36.89	59.89	500m: 9:33.16	59.39	700m: 13:25.44	59.10
	150m: 2:40.58	57.73	350m: 6:36.07	59.18	550m: 10:31.39	58.23	750m: 14:24.53	59.09
	200m: 3:38.36	57.78	400m: 7:34.76	58.69	600m: 11:28.70	57.31	800m: 15:19.10	54.57

Programmanr. 1 Heren, 800m vrije slag Masters 50+
23.01.2009 - 10:00 Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT			
1.	Willem Zwiers	AquAmigos	11:29.35	5800505	10:49.23 +0,93			
	50m: 34.58	34.58	250m: 3:13.31	40.72	450m: 6:00.94	42.25	650m: 8:48.50	41.52
	100m: 1:12.94	38.36	300m: 3:54.50	41.19	500m: 6:43.14	42.20	700m: 9:30.68	42.18
	150m: 1:52.35	39.41	350m: 4:36.49	41.99	550m: 7:24.85	41.71	750m: 10:11.78	41.10
	200m: 2:32.59	40.24	400m: 5:18.69	42.20	600m: 8:06.98	42.13	800m: 10:49.23	37.45
2.	Henk Slomp	De Pinquin	11:13.80	5500359	11:04.38 +0,97			
	50m: 34.43	34.43	250m: 3:16.83	41.54	450m: 6:08.23	42.90	650m: 9:00.49	42.69
	100m: 1:13.24	38.81	300m: 3:59.22	42.39	500m: 6:51.32	43.09	700m: 9:43.86	43.37
	150m: 1:54.34	41.10	350m: 4:42.27	43.05	550m: 7:34.25	42.93	750m: 10:26.08	42.22
	200m: 2:35.29	40.95	400m: 5:25.33	43.06	600m: 8:17.80	43.55	800m: 11:04.38	38.30

Open Nederlandse Masters Kampioenschappen 2009 korte baan
 Vlissingen, 23. - 25.1.2009

Programmanr. 1, Heren, 800m vrije slag, Masters 50+

rang	naam	vereniging	inschrijftijd	tijd	RT			
3.	Peter Verberne	ACZ	12:24.07	5900719	12:17.09 +1,20			
	50m: 40.52	40.52	250m: 3:42.48	46.09	450m: 6:50.36	47.34	650m: 9:58.64	46.35
	100m: 1:24.43	43.91	300m: 4:29.38	46.90	500m: 7:37.13	46.77	700m: 10:45.90	47.26
	150m: 2:10.17	45.74	350m: 5:16.03	46.65	550m: 8:24.57	47.44	750m: 11:32.87	46.97
	200m: 2:56.39	46.22	400m: 6:03.02	46.99	600m: 9:12.29	47.72	800m: 12:17.09	44.22
4.	Rene Groot	ZV De Bron	14:31.57	5900617	13:47.89 +1,19			
	50m: 44.44	44.44	250m: 4:11.75	53.62	450m: 7:42.56	52.01	650m: 11:13.37	53.67
	100m: 1:34.73	50.29	300m: 5:05.21	53.46	500m: 8:34.66	52.10	700m: 12:06.18	52.81
	150m: 2:26.48	51.75	350m: 5:58.31	53.10	550m: 9:27.46	52.80	750m: 12:58.08	51.90
	200m: 3:18.13	51.65	400m: 6:50.55	52.24	600m: 10:19.70	52.24	800m: 13:47.89	49.81

Programmanr. 1 Heren, 800m vrije slag Masters 55+
 23.01.2009 - 10:00 Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT			
1.	Hugo Staudt	Twente (SG)	12:41.14	5300253	12:39.51 +0,99			
	50m: 40.75	40.75	250m: 3:52.83	49.21	450m: 7:06.07	47.67	650m: 10:18.39	47.78
	100m: 1:26.23	45.48	300m: 4:41.34	48.51	500m: 7:53.52	47.45	700m: 11:06.18	47.79
	150m: 2:14.32	48.09	350m: 5:30.14	48.80	550m: 8:41.98	48.46	750m: 11:53.29	47.11
	200m: 3:03.62	49.30	400m: 6:18.40	48.26	600m: 9:30.61	48.63	800m: 12:39.51	46.22

Programmanr. 1 Heren, 800m vrije slag Masters 60+
 23.01.2009 - 10:00 Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT			
1.	Donald Uijtenbogaart	Het Y	10:22.45	4700107	10:15.42 +0,94			
	50m: 35.77	35.77	250m: 3:08.62	38.86	450m: 5:44.94	39.04	650m: 8:21.16	39.04
	100m: 1:13.38	37.61	300m: 3:47.65	39.03	500m: 6:24.20	39.26	700m: 8:59.91	38.75
	150m: 1:51.49	38.11	350m: 4:26.74	39.09	550m: 7:03.15	38.95	750m: 9:38.63	38.72
	200m: 2:29.76	38.27	400m: 5:05.90	39.16	600m: 7:42.12	38.97	800m: 10:15.42	36.79

NG.ZA Ludwig Lorenz SG Gladbeck 12:05.90 127866

Programmanr. 1 Heren, 800m vrije slag Masters 65+
 23.01.2009 - 10:00 Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT			
1.	Rob Hanou	PSV	11:46.64	4300109	12:18.56 +1,08			
	50m: 38.38	38.38	250m: 3:42.74	49.14	450m: 6:51.57	47.39	650m: 10:00.84	47.32
	100m: 1:22.22	43.84	300m: 4:30.62	47.88	500m: 7:38.90	47.33	700m: 10:47.86	47.02
	150m: 2:06.99	44.77	350m: 5:16.84	46.22	550m: 8:26.63	47.73	750m: 11:34.11	46.25
	200m: 2:53.60	46.61	400m: 6:04.18	47.34	600m: 9:13.52	46.89	800m: 12:18.56	44.45
2.	Frans van Enst	De Veene	12:34.59	4000011	12:36.13 +1,06			
	50m: 39.38	39.38	250m: 3:48.05	48.04	450m: 7:02.04	48.42	650m: 10:14.77	48.15
	100m: 1:25.26	45.88	300m: 4:36.66	48.61	500m: 7:50.24	48.20	700m: 11:02.67	47.90
	150m: 2:11.60	46.34	350m: 5:25.07	48.41	550m: 8:38.54	48.30	750m: 11:50.09	47.42
	200m: 3:00.01	48.41	400m: 6:13.62	48.55	600m: 9:26.62	48.08	800m: 12:36.13	46.04

Programmanr. 1 Heren, 800m vrije slag Masters 70+
 23.01.2009 - 10:00 Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT			
1.	Nico Geers	Van Uden-De Gouwe	12:01.98	3800007	11:52.49 +1,00			
	<i>Nederlands Masters Record</i>							
	50m: 38.99	38.99	250m: 3:31.58	43.95	450m: 6:34.91	46.60	650m: 9:38.85	45.72
	100m: 1:21.49	42.50	300m: 4:16.01	44.43	500m: 7:20.93	46.02	700m: 10:25.54	46.69
	150m: 2:04.33	42.84	350m: 5:01.61	45.60	550m: 8:06.37	45.44	750m: 11:11.30	45.76
	200m: 2:47.63	43.30	400m: 5:48.31	46.70	600m: 8:53.13	46.76	800m: 11:52.49	41.19
2.	Rudolf Degenaar	De Schelde	15:45.84	3900033	14:54.83 +0,82			
	50m: 47.59	47.59	250m: 4:32.43	56.50	450m: 8:19.92	56.76	650m: 12:06.79	56.11
	100m: 1:41.79	54.20	300m: 5:29.10	56.67	500m: 9:17.60	57.68	700m: 13:03.62	56.83
	150m: 2:38.46	56.67	350m: 6:26.53	57.43	550m: 10:13.95	56.35	750m: 13:59.56	55.94
	200m: 3:35.93	57.47	400m: 7:23.16	56.63	600m: 11:10.68	56.73	800m: 14:54.83	55.27

Open Nederlandse Masters Kampioenschappen 2009 korte baan
Vlissingen, 23. - 25.1.2009

Programmanr. 1, Heren, 800m vrije slag, Masters 70+

rang	naam	vereniging	inschrijftijd		tijd	RT
NG	Gregor Pompen	Aqua-Novio'94	13:33.87	3700021		