

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

Programmanr. 31
24.01.2009 - 17:43

Heren, 400m vrije slag

Masters 20+
Resultaten

| rang | naam | vereniging | inschrijftijd | tijd | RT | | | |
|------|-----------------|------------------|---------------|---------|---------------|-------|---------------|-------|
| 1. | Niels Albrechts | De Schotejil | 4:46.78 | 8800039 | 4:45.57 | | | |
| | 50m: 32.25 | 32.25 | 150m: 1:43.31 | 35.88 | 250m: 2:55.99 | 36.40 | 350m: 4:09.67 | 36.90 |
| | 100m: 1:07.43 | 35.18 | 200m: 2:19.59 | 36.28 | 300m: 3:32.77 | 36.78 | 400m: 4:45.57 | 35.90 |
| 2. | Herman van Dijk | HZ&PC Heerenveen | 4:46.36 | 8900691 | 4:52.52 +0,95 | | | |
| | 50m: 31.22 | 31.22 | 150m: 1:42.47 | 36.36 | 250m: 2:57.39 | 37.94 | 350m: 4:14.22 | 38.68 |
| | 100m: 1:06.11 | 34.89 | 200m: 2:19.45 | 36.98 | 300m: 3:35.54 | 38.15 | 400m: 4:52.52 | 38.30 |

Programmanr. 31
24.01.2009 - 17:43

Heren, 400m vrije slag

Masters 25+
Resultaten

| rang | naam | vereniging | inschrijftijd | tijd | RT | | | |
|------|--------------------|------------------|---------------|---------|---------------|-------|---------------|-------|
| 1. | Rob van Vliet | WZK Zwemmen | 4:16.17 | 8402459 | 4:20.96 +0,92 | | | |
| | 50m: 28.00 | 28.00 | 150m: 1:32.95 | 32.99 | 250m: 2:40.98 | 34.23 | 350m: 3:48.54 | 33.69 |
| | 100m: 59.96 | 31.96 | 200m: 2:06.75 | 33.80 | 300m: 3:14.85 | 33.87 | 400m: 4:20.96 | 32.42 |
| 2. | Alexander Hulleman | De Zijl/LGB | 4:23.97 | 8300989 | 4:24.42 +0,88 | | | |
| | 50m: 29.57 | 29.57 | 150m: 1:35.35 | 33.55 | 250m: 2:43.40 | 34.02 | 350m: 3:51.52 | 34.28 |
| | 100m: 1:01.80 | 32.23 | 200m: 2:09.38 | 34.03 | 300m: 3:17.24 | 33.84 | 400m: 4:24.42 | 32.90 |
| 3. | Charles Potin | Luctor et Emergo | 4:29.54 | 8301701 | 4:25.46 +0,80 | | | |
| | 50m: 29.62 | 29.62 | 150m: 1:35.70 | 33.46 | 250m: 2:43.27 | 34.00 | 350m: 3:47.80 | 30.66 |
| | 100m: 1:02.24 | 32.62 | 200m: 2:09.27 | 33.57 | 300m: 3:17.14 | 33.87 | 400m: 4:25.46 | 37.66 |
| 4. | Sven Jaeger | Hellas-Glana | 4:50.91 | 8301021 | 4:26.06 +0,86 | | | |
| | 50m: 30.88 | 30.88 | 150m: 1:38.43 | 33.73 | 250m: 2:45.24 | 33.12 | 350m: 3:53.13 | 33.62 |
| | 100m: 1:04.70 | 33.82 | 200m: 2:12.12 | 33.69 | 300m: 3:19.51 | 34.27 | 400m: 4:26.06 | 32.93 |
| 5. | Victor den Heijer | D'Elft | 4:40.84 | 8300867 | 4:36.35 +0,87 | | | |
| | 50m: 29.19 | 29.19 | 150m: 1:38.02 | 34.60 | 250m: 2:49.27 | 36.01 | 350m: 4:01.63 | 36.09 |
| | 100m: 1:03.42 | 34.23 | 200m: 2:13.26 | 35.24 | 300m: 3:25.54 | 36.27 | 400m: 4:36.35 | 34.72 |
| 6. | Dirk Hoek | De Zijl/LGB | 4:29.16 | 8202445 | 4:41.71 +1,05 | | | |
| | 50m: 31.55 | 31.55 | 150m: 1:43.93 | 36.64 | 250m: 2:56.59 | 36.15 | 350m: 4:07.73 | 35.16 |
| | 100m: 1:07.29 | 35.74 | 200m: 2:20.44 | 36.51 | 300m: 3:32.57 | 35.98 | 400m: 4:41.71 | 33.98 |
| 7. | Jeroen Vogelsang | Het Y | 4:36.67 | 8001645 | 4:43.06 +0,95 | | | |
| | 50m: 30.92 | 30.92 | 150m: 1:40.30 | 35.28 | 250m: 2:53.35 | 37.03 | 350m: 4:06.91 | 36.68 |
| | 100m: 1:05.02 | 34.10 | 200m: 2:16.32 | 36.02 | 300m: 3:30.23 | 36.88 | 400m: 4:43.06 | 36.15 |
| 8. | Michel Wigbers | DWT | 4:57.36 | 8001743 | 5:14.97 +0,89 | | | |
| | 50m: 33.73 | 33.73 | 150m: 1:51.19 | 39.72 | 250m: 3:12.49 | 41.02 | 350m: 4:35.10 | 41.38 |
| | 100m: 1:11.47 | 37.74 | 200m: 2:31.47 | 40.28 | 300m: 3:53.72 | 41.23 | 400m: 5:14.97 | 39.87 |

Programmanr. 31
24.01.2009 - 17:43

Heren, 400m vrije slag

Masters 30+
Resultaten

| rang | naam | vereniging | inschrijftijd | tijd | RT | | | |
|------|----------------|------------------|---------------|---------|---------------|-------|---------------|-------|
| 1. | Ivo Roozeboom | DES | 4:25.05 | 7700801 | 4:31.39 +0,93 | | | |
| | 50m: 29.54 | 29.54 | 150m: 1:37.81 | 34.43 | 250m: 2:47.81 | 34.88 | 350m: 3:58.10 | 35.21 |
| | 100m: 1:03.38 | 33.84 | 200m: 2:12.93 | 35.12 | 300m: 3:22.89 | 35.08 | 400m: 4:31.39 | 33.29 |
| 2. | Ferdie Witvoet | De Pinquin | 4:36.14 | 7801241 | 4:37.80 +0,98 | | | |
| | 50m: 30.63 | 30.63 | 150m: 1:38.43 | 34.72 | 250m: 2:49.23 | 35.43 | 350m: 4:02.14 | 36.57 |
| | 100m: 1:03.71 | 33.08 | 200m: 2:13.80 | 35.37 | 300m: 3:25.57 | 36.34 | 400m: 4:37.80 | 35.66 |
| 3. | Koen de Haan | PSV | 4:45.43 | 7801671 | 4:42.38 +0,98 | | | |
| | 50m: 30.38 | 30.38 | 150m: 1:39.99 | 35.15 | 250m: 2:52.30 | 36.44 | 350m: 4:06.21 | 36.92 |
| | 100m: 1:04.84 | 34.46 | 200m: 2:15.86 | 35.87 | 300m: 3:29.29 | 36.99 | 400m: 4:42.38 | 36.17 |
| 4. | Pieter Ponne | HZ&PC Heerenveen | 5:18.41 | 7600749 | 5:47.30 +0,87 | | | |
| | 50m: 38.16 | 38.16 | 150m: 2:02.55 | 42.94 | 250m: 3:31.43 | 44.44 | 350m: 5:01.92 | 44.94 |
| | 100m: 1:19.61 | 41.45 | 200m: 2:46.99 | 44.44 | 300m: 4:16.98 | 45.55 | 400m: 5:47.30 | 45.38 |

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

Programmanr. 31, Heren, 400m vrije slag

Programmanr. 31 Heren, 400m vrije slag Masters 35+
24.01.2009 - 17:43 Resultaten

| rang | naam | vereniging | inschrijftijd | tijd | RT | | | |
|------|--------------------|----------------|---------------|---------|-----------------|-------|---------------|-------|
| 1. | Stefan Dortmund | Electrolux AZC | 4:53.87 | 7201167 | 4:42.02 * +0,90 | | | |
| | 50m: 31.54 | 31.54 | 150m: 1:41.88 | 35.61 | 250m: 2:53.36 | 35.81 | 350m: 4:05.79 | 36.52 |
| | 100m: 1:06.27 | 34.73 | 200m: 2:17.55 | 35.67 | 300m: 3:29.27 | 35.91 | 400m: 4:42.02 | 36.23 |
| 2. | Oscar van Holsteyn | AquAmigos | 4:58.10 | 7100373 | 4:52.67 +0,84 | | | |
| | 50m: 32.55 | 32.55 | 150m: 1:44.72 | 36.45 | 250m: 3:00.64 | 38.59 | 350m: 4:16.93 | 37.81 |
| | 100m: 1:08.27 | 35.72 | 200m: 2:22.05 | 37.33 | 300m: 3:39.12 | 38.48 | 400m: 4:52.67 | 35.74 |
| 3. | Roy Danckaerts | De Fuut | 5:04.94 | 7000231 | 4:53.51 | | | |
| | 50m: 32.74 | 32.74 | 150m: 1:44.99 | 36.78 | 250m: 3:00.49 | 38.34 | 350m: 4:16.85 | 38.36 |
| | 100m: 1:08.21 | 35.47 | 200m: 2:22.15 | 37.16 | 300m: 3:38.49 | 38.00 | 400m: 4:53.51 | 36.66 |

Programmanr. 31 Heren, 400m vrije slag Masters 40+
24.01.2009 - 17:43 Resultaten

| rang | naam | vereniging | inschrijftijd | tijd | RT | | | |
|------|-----------------------|------------------|---------------|---------|---------------|-------|---------------|-------|
| 1. | René Beetsma | DZ&PC | 4:30.90 | 6900069 | 4:31.94 +0,89 | | | |
| | 50m: 30.71 | 30.71 | 150m: 1:39.04 | 34.51 | 250m: 2:48.47 | 34.77 | 350m: 3:58.06 | 34.70 |
| | 100m: 1:04.53 | 33.82 | 200m: 2:13.70 | 34.66 | 300m: 3:23.36 | 34.89 | 400m: 4:31.94 | 33.88 |
| 2. | Erik van Dartel | PSV | 4:46.05 | 6700185 | 4:42.15 +1,09 | | | |
| | 50m: 32.05 | 32.05 | 150m: 1:41.96 | 35.16 | 250m: 2:53.67 | 36.12 | 350m: 4:05.91 | 36.25 |
| | 100m: 1:06.80 | 34.75 | 200m: 2:17.55 | 35.59 | 300m: 3:29.66 | 35.99 | 400m: 4:42.15 | 36.24 |
| 3. | Jo-an Mudde | Zeester-Meerval | 4:45.07 | 6701457 | 4:43.37 +0,56 | | | |
| | 50m: 32.66 | 32.66 | 150m: 1:43.28 | 35.45 | 250m: 2:55.64 | 36.38 | 350m: 4:08.28 | 36.23 |
| | 100m: 1:07.83 | 35.17 | 200m: 2:19.26 | 35.98 | 300m: 3:32.05 | 36.41 | 400m: 4:43.37 | 35.09 |
| 4. | Kees Akershoek | De Stelle | 5:12.06 | 6900009 | 4:51.00 +0,89 | | | |
| | 50m: 32.23 | 32.23 | 150m: 1:44.67 | 36.89 | 250m: 2:59.42 | 37.71 | 350m: 4:14.47 | 37.35 |
| | 100m: 1:07.78 | 35.55 | 200m: 2:21.71 | 37.04 | 300m: 3:37.12 | 37.70 | 400m: 4:51.00 | 36.53 |
| 5. | Ron Korzelius | AZ&PC | 4:51.88 | 6500513 | 5:00.07 +0,79 | | | |
| | 50m: 31.80 | 31.80 | 150m: 1:45.79 | 37.55 | 250m: 3:03.64 | 39.01 | 350m: 4:21.63 | 39.24 |
| | 100m: 1:08.24 | 36.44 | 200m: 2:24.63 | 38.84 | 300m: 3:42.39 | 38.75 | 400m: 5:00.07 | 38.44 |
| 6. | Arco Wagenvoort | Luctor et Emergo | 4:59.84 | 6500989 | 5:01.09 +0,76 | | | |
| | 50m: 33.03 | 33.03 | 150m: 1:48.40 | 37.96 | 250m: 3:04.67 | 38.02 | 350m: 4:22.43 | 39.11 |
| | 100m: 1:10.44 | 37.41 | 200m: 2:26.65 | 38.25 | 300m: 3:43.32 | 38.65 | 400m: 5:01.09 | 38.66 |
| 7. | Marcel van der Lem | Kon AZ 1870 | 5:18.53 | 6500563 | 5:28.64 | | | |
| | 50m: 35.41 | 35.41 | 150m: 1:55.03 | 40.61 | 250m: 3:18.24 | 41.84 | 350m: 4:45.23 | 43.94 |
| | 100m: 1:14.42 | 39.01 | 200m: 2:36.40 | 41.37 | 300m: 4:01.29 | 43.05 | 400m: 5:28.64 | 43.41 |
| 8. | Pieter-Sjoerd de Wijn | Aqua-Novio'94 | 5:33.46 | 6501027 | 5:37.14 +0,89 | | | |
| | 50m: 35.65 | 35.65 | 150m: 1:59.19 | 42.81 | 250m: 3:26.53 | 43.07 | 350m: 4:53.46 | 43.54 |
| | 100m: 1:16.38 | 40.73 | 200m: 2:43.46 | 44.27 | 300m: 4:09.92 | 43.39 | 400m: 5:37.14 | 43.68 |
| 9. | Erik Saan | De Duck | 5:54.79 | 6500769 | 5:55.58 +1,09 | | | |
| | 50m: 38.20 | 38.20 | 150m: 2:07.13 | 45.22 | 250m: 3:38.32 | 46.14 | 350m: 5:12.05 | 46.75 |
| | 100m: 1:21.91 | 43.71 | 200m: 2:52.18 | 45.05 | 300m: 4:25.30 | 46.98 | 400m: 5:55.58 | 43.53 |
| 10. | Henk van Zetten | Octopus | 6:18.77 | 6701261 | 6:23.29 | | | |
| | <i>handtijden</i> | | | | | | | |
| | 50m: 41.24 | 41.24 | 150m: 2:15.29 | 48.59 | 250m: 3:53.65 | 49.34 | 350m: 5:35.16 | 51.23 |
| | 100m: 1:26.70 | 45.46 | 200m: 3:04.31 | 49.02 | 300m: 4:43.93 | 50.28 | 400m: 6:23.29 | 48.13 |

Programmanr. 31 Heren, 400m vrije slag Masters 45+
24.01.2009 - 17:43 Resultaten

| rang | naam | vereniging | inschrijftijd | tijd | RT | | | |
|------|---------------|------------|---------------|---------|---------------|-------|---------------|-------|
| 1. | Elzo Dijkhuis | TriVia | 4:58.71 | 6000873 | 4:52.19 +1,04 | | | |
| | 50m: 32.97 | 32.97 | 150m: 1:47.02 | 37.47 | 250m: 3:01.61 | 37.42 | 350m: 4:17.21 | 37.82 |
| | 100m: 1:09.55 | 36.58 | 200m: 2:24.19 | 37.17 | 300m: 3:39.39 | 37.78 | 400m: 4:52.19 | 34.98 |
| 2. | John Stoffer | Zoetermeer | 5:10.79 | 6300725 | 5:01.22 +0,93 | | | |
| | 50m: 32.75 | 32.75 | 150m: 1:48.25 | 38.63 | 250m: 3:06.78 | 39.27 | 350m: 4:24.20 | 38.63 |
| | 100m: 1:09.62 | 36.87 | 200m: 2:27.51 | 39.26 | 300m: 3:45.57 | 38.79 | 400m: 5:01.22 | 37.02 |

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

Programmanr. 31, Heren, 400m vrije slag, Masters 45+

| rang | naam | vereniging | inschrijftijd | tijd | RT | | | |
|------|---------------------|-----------------------|---------------|---------|---------------|-------|---------------|-------|
| 3. | Edzo Huisman | Aquapoldro | 5:11.14 | 6301029 | 5:16.38 +0,89 | | | |
| | 50m: 35.15 | 35.15 | 150m: 1:53.94 | 39.93 | 250m: 3:15.18 | 41.02 | 350m: 4:36.67 | 40.20 |
| | 100m: 1:14.01 | 38.86 | 200m: 2:34.16 | 40.22 | 300m: 3:56.47 | 41.29 | 400m: 5:16.38 | 39.71 |
| 4. | Paul van der Voort | De Zwoer | 5:06.24 | 6200715 | 5:21.24 +1,01 | | | |
| | 50m: 34.14 | 34.14 | 150m: 1:53.70 | 40.44 | 250m: 3:16.71 | 41.33 | 350m: 4:41.51 | 42.63 |
| | 100m: 1:13.26 | 39.12 | 200m: 2:35.38 | 41.68 | 300m: 3:58.88 | 42.17 | 400m: 5:21.24 | 39.73 |
| 5. | Bart van Calker | Twente (SG) | 5:51.61 | 6100067 | 5:43.68 +1,06 | | | |
| | 50m: 39.18 | 39.18 | 150m: 2:04.81 | 44.44 | 250m: 3:33.51 | 44.10 | 350m: 5:00.47 | 43.05 |
| | 100m: 1:20.37 | 41.19 | 200m: 2:49.41 | 44.60 | 300m: 4:17.42 | 43.91 | 400m: 5:43.68 | 43.21 |
| 6. | Jack Barends | Twente (SG) | 6:07.15 | 6201011 | 5:55.53 +1,04 | | | |
| | 50m: 38.57 | 38.57 | 150m: 2:06.41 | 44.98 | 250m: 3:38.00 | 45.95 | 350m: 5:10.63 | 46.50 |
| | 100m: 1:21.43 | 42.86 | 200m: 2:52.05 | 45.64 | 300m: 4:24.13 | 46.13 | 400m: 5:55.53 | 44.90 |
| NG | Peter Marc de Rooij | Zwemlust/Utrecht (SG) | 5:17.72 | 6100829 | | | | |

Programmanr. 31
24.01.2009 - 17:43

Heren, 400m vrije slag

Masters 50+
Resultaten

| rang | naam | vereniging | inschrijftijd | tijd | RT | | | |
|------|--------------------------------------|-------------|---------------|---------|---------------|-------|---------------|-------|
| 1. | Andre Storm | Zoetermeer | 5:21.61 | 5600407 | 5:09.18 +0,99 | | | |
| | 50m: 34.76 | 34.76 | 150m: 1:53.82 | 40.09 | 250m: 3:14.05 | 39.96 | 350m: 4:33.78 | 39.67 |
| | 100m: 1:13.73 | 38.97 | 200m: 2:34.09 | 40.27 | 300m: 3:54.11 | 40.06 | 400m: 5:09.18 | 35.40 |
| 2. | Henk Slomp | De Pinquin | 5:20.85 | 5500359 | 5:18.19 +1,02 | | | |
| | 50m: 34.82 | 34.82 | 150m: 1:54.88 | 40.74 | 250m: 3:18.02 | 41.66 | 350m: 4:40.21 | 40.77 |
| | 100m: 1:14.14 | 39.32 | 200m: 2:36.36 | 41.48 | 300m: 3:59.44 | 41.42 | 400m: 5:18.19 | 37.98 |
| 3. | Dirk Crok <i>handtijden</i> | OEZA | 6:46.21 | 5800547 | 6:25.20 | | | |
| | 50m: 51.57 | 51.57 | 150m: 2:16.09 | 48.59 | 250m: 3:56.02 | 49.99 | 350m: 5:36.76 | 50.77 |
| | 100m: 1:27.50 | 35.93 | 200m: 3:06.03 | 49.94 | 300m: 4:45.99 | 49.97 | 400m: 6:25.20 | 48.44 |
| 4. | Herbert Katgert <i>handtijden</i> | Twente (SG) | 7:01.03 | 5900739 | 6:42.14 | | | |
| | 50m: 41.47 | 41.47 | 150m: 2:21.33 | 51.61 | 250m: 4:07.67 | 53.66 | 350m: 5:53.33 | 52.94 |
| | 100m: 1:29.72 | 48.25 | 200m: 3:14.01 | 52.68 | 300m: 5:00.39 | 52.72 | 400m: 6:42.14 | 48.81 |
| 5. | Rene Groot <i>handtijden</i> | ZV De Bron | 6:38.77 | 5900617 | 6:45.54 | | | |
| | 50m: 41.77 | 41.77 | 150m: 2:25.09 | 53.64 | 250m: 4:07.35 | 51.43 | 350m: 5:54.36 | 53.88 |
| | 100m: 1:31.45 | 49.68 | 200m: 3:15.92 | 50.83 | 300m: 5:00.48 | 53.13 | 400m: 6:45.54 | 51.18 |

Programmanr. 31
24.01.2009 - 17:43

Heren, 400m vrije slag

Masters 55+
Resultaten

| rang | naam | vereniging | inschrijftijd | tijd | RT | | | |
|------|---------------|-------------|---------------|---------|---------------|-------|---------------|-------|
| 1. | Hugo Staudt | Twente (SG) | 5:59.35 | 5300253 | 6:02.39 +0,93 | | | |
| | 50m: 39.56 | 39.56 | 150m: 2:10.48 | 45.80 | 250m: 3:43.20 | 46.69 | 350m: 5:17.77 | 47.11 |
| | 100m: 1:24.68 | 45.12 | 200m: 2:56.51 | 46.03 | 300m: 4:30.66 | 47.46 | 400m: 6:02.39 | 44.62 |

Programmanr. 31
24.01.2009 - 17:43

Heren, 400m vrije slag

Masters 60+
Resultaten

| rang | naam | vereniging | inschrijftijd | tijd | RT | | | |
|-------|-----------------------------------|-------------|---------------|---------|---------------|-------|---------------|-------|
| 1. | Donald Uijtenbogaart | Het Y | 5:06.45 | 4700107 | 5:04.12 +0,88 | | | |
| | 50m: 34.73 | 34.73 | 150m: 1:49.02 | 37.77 | 250m: 3:06.82 | 39.05 | 350m: 4:25.74 | 39.59 |
| | 100m: 1:11.25 | 36.52 | 200m: 2:27.77 | 38.75 | 300m: 3:46.15 | 39.33 | 400m: 5:04.12 | 38.38 |
| 2. | Mar van Geel <i>handtijden</i> | Old Dutch | 6:53.63 | 4700135 | 7:06.93 | | | |
| | 50m: 41.65 | 41.65 | 150m: 2:26.34 | 55.16 | 250m: 4:18.54 | 55.93 | 350m: 6:12.52 | 56.65 |
| | 100m: 1:31.18 | 49.53 | 200m: 3:22.61 | 56.27 | 300m: 5:15.87 | 57.33 | 400m: 7:06.93 | 54.41 |
| NG.ZA | Ludwig Lorenz | SG Gladbeck | 5:44.71 | 127866 | | | | |

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

Programmanr. 31, Heren, 400m vrije slag

Programmanr. 31 Heren, 400m vrije slag Masters 65+
24.01.2009 - 17:43 Resultaten

| rang | naam | | vereniging | | inschrijftijd | | | | tijd | RT | | |
|------|-------------------|---------|------------|-------|---------------|-------|---------|---------|----------------|-------|---------|-------|
| 1. | Rob Hanou | | PSV | | 5:48.00 | | 4300109 | | 5:57.35 | +1,02 | | |
| | 50m: | 37.90 | 37.90 | 150m: | 2:07.19 | 45.23 | 250m: | 3:38.96 | 45.98 | 350m: | 5:12.85 | 47.28 |
| | 100m: | 1:21.96 | 44.06 | 200m: | 2:52.98 | 45.79 | 300m: | 4:25.57 | 46.61 | 400m: | 5:57.35 | 44.50 |
| 2. | Frans van Enst | | De Veene | | 6:16.26 | | 4000011 | | 6:10.69 | | | |
| | <i>handtijden</i> | | | | | | | | | | | |
| | 50m: | 38.96 | 38.96 | 150m: | 2:12.97 | 48.03 | 250m: | 3:48.68 | 48.12 | 350m: | 5:23.91 | 47.38 |
| | 100m: | 1:24.94 | 45.98 | 200m: | 3:00.56 | 47.59 | 300m: | 4:36.53 | 47.85 | 400m: | 6:10.69 | 46.78 |

Programmanr. 31 Heren, 400m vrije slag Masters 70+
24.01.2009 - 17:43 Resultaten

| rang | naam | | vereniging | | inschrijftijd | | | | tijd | RT | | |
|------|-------------------|---------|-------------------|-------|---------------|---------|---------|---------|----------------|-------|---------|-------|
| 1. | Nico Geers | | Van Uden-De Gouwe | | 5:35.54 | | 3800007 | | 5:47.89 | +0,98 | | |
| | 50m: | 38.81 | 38.81 | 150m: | 2:06.40 | 44.80 | 250m: | 3:35.01 | 44.51 | 350m: | 5:05.39 | 45.29 |
| | 100m: | 1:21.60 | 42.79 | 200m: | 2:50.50 | 44.10 | 300m: | 4:20.10 | 45.09 | 400m: | 5:47.89 | 42.50 |
| 2. | Rudolf Degenaar | | De Schelde | | 7:22.68 | | 3900033 | | 7:35.70 | | | |
| | <i>handtijden</i> | | | | | | | | | | | |
| | 50m: | 46.43 | 46.43 | 150m: | 2:46.56 | 1:02.47 | 250m: | 4:45.31 | 57.44 | 350m: | 6:40.44 | 57.86 |
| | 100m: | 1:44.09 | 57.66 | 200m: | 3:47.87 | 1:01.31 | 300m: | 5:42.58 | 57.27 | 400m: | 7:35.70 | 55.26 |
| NG | Gregor Pompen | | Aqua-Novio'94 | | 6:32.91 | | 3700021 | | | | | |