

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

Programmanr. 33  
 25.01.2009 - 9:00

Heren, 1500m vrije slag

Masters 20+  
 Resultaten

rang	naam	vereniging	inschrijftijd		tijd	RT
1.	Merijn Ellenkamp <i>Nederlands Masters Record</i>	DWK	17:38.08		8500691	17:02.12 +0,80
	50m: 28.95	28.95	450m: 5:03.65	34.64	850m: 9:37.07	34.12
	100m: 1:02.71	33.76	500m: 5:37.78	34.13	900m: 10:11.02	33.95
	150m: 1:36.89	34.18	550m: 6:11.80	34.02	950m: 10:45.03	34.01
	200m: 2:11.14	34.25	600m: 6:46.07	34.27	1000m: 11:19.13	34.10
	250m: 2:45.74	34.60	650m: 7:20.24	34.17	1050m: 11:53.48	34.35
	300m: 3:20.29	34.55	700m: 7:54.45	34.21	1100m: 12:27.90	34.42
	350m: 3:54.74	34.45	750m: 8:28.85	34.40	1150m: 13:02.30	34.40
	400m: 4:29.01	34.27	800m: 9:02.95	34.10	1200m: 13:36.77	34.47
					1250m: 14:11.63	34.86
					1300m: 14:46.12	34.49
					1350m: 15:20.55	34.43
					1400m: 15:54.78	34.23
					1450m: 16:28.95	34.17
					1500m: 17:02.12	33.17

Programmanr. 33  
 25.01.2009 - 9:00

Heren, 1500m vrije slag

Masters 25+  
 Resultaten

rang	naam	vereniging	inschrijftijd		tijd	RT
1.	Alexander Hulleman	De Zijl/LGB	17:41.02		8300989	17:36.64 +0,92
	50m: 31.52	31.52	450m: 5:06.89	35.04	850m: 9:51.13	35.54
	100m: 1:05.32	33.80	500m: 5:41.88	34.99	900m: 10:26.69	35.56
	150m: 1:39.38	34.06	550m: 6:17.52	35.64	950m: 11:02.08	35.39
	200m: 2:13.71	34.33	600m: 6:53.15	35.63	1000m: 11:38.18	36.10
	250m: 2:48.24	34.53	650m: 7:28.33	35.18	1050m: 12:13.83	35.65
	300m: 3:22.97	34.73	700m: 8:03.88	35.55	1100m: 12:50.04	36.21
	350m: 3:57.49	34.52	750m: 8:39.57	35.69	1150m: 13:25.60	35.56
	400m: 4:31.85	34.36	800m: 9:15.59	36.02	1200m: 14:02.04	36.44
					1250m: 14:37.91	35.87
					1300m: 15:14.21	36.30
					1350m: 15:50.14	35.93
					1400m: 16:26.09	35.95
					1450m: 17:01.84	35.75
					1500m: 17:36.64	34.80
2.	Jeroen Vogelsang	Het Y	18:58.26		8001645	18:52.88 +0,92
	50m: 31.55	31.55	450m: 5:23.82	37.37	850m: 10:30.94	38.81
	100m: 1:06.58	35.03	500m: 6:02.15	38.33	900m: 11:09.20	38.26
	150m: 1:42.85	36.27	550m: 6:39.90	37.75	950m: 11:48.55	39.35
	200m: 2:19.00	36.15	600m: 7:17.46	37.56	1000m: 12:27.17	38.62
	250m: 2:55.91	36.91	650m: 7:56.19	38.73	1050m: 13:05.42	38.25
	300m: 3:32.74	36.83	700m: 8:34.72	38.53	1100m: 13:44.65	39.23
	350m: 4:09.46	36.72	750m: 9:13.58	38.86	1150m: 14:22.91	38.26
	400m: 4:46.45	36.99	800m: 9:52.13	38.55	1200m: 15:02.86	39.95
					1250m: 15:42.28	39.42
					1300m: 16:21.21	38.93
					1350m: 17:00.84	39.63
					1400m: 17:40.02	39.18
					1450m: 18:18.92	38.90
					1500m: 18:52.88	33.96
3.	Victor den Heijer	D'Elft	19:04.34		8300867	18:55.43 +0,65
	50m: 32.14	32.14	450m: 5:33.90	38.22	850m: 10:43.17	38.31
	100m: 1:08.31	36.17	500m: 6:12.27	38.37	900m: 11:21.49	38.32
	150m: 1:45.37	37.06	550m: 6:50.49	38.22	950m: 12:00.11	38.62
	200m: 2:22.92	37.55	600m: 7:29.80	39.31	1000m: 12:39.45	39.34
	250m: 3:00.48	37.56	650m: 8:07.96	38.16	1050m: 13:17.76	38.31
	300m: 3:38.74	38.26	700m: 8:47.40	39.44	1100m: 13:56.44	38.68
	350m: 4:17.25	38.51	750m: 9:26.00	38.60	1150m: 14:35.05	38.61
	400m: 4:55.68	38.43	800m: 10:04.86	38.86	1200m: 15:13.50	38.45
					1250m: 15:52.02	38.52
					1300m: 16:30.99	38.97
					1350m: 17:08.47	37.48
					1400m: 17:46.05	37.58
					1450m: 18:23.08	37.03
					1500m: 18:55.43	32.35
4.	Dirk Hoek	De Zijl/LGB	19:10.00		8202445	19:18.33 +1,03
	50m: 33.69	33.69	450m: 5:44.70	38.90	850m: 10:54.74	38.73
	100m: 1:11.55	37.86	500m: 6:23.42	38.72	900m: 11:33.16	38.42
	150m: 1:51.13	39.58	550m: 7:02.58	39.16	950m: 12:11.59	38.43
	200m: 2:30.31	39.18	600m: 7:41.00	38.42	1000m: 12:49.91	38.32
	250m: 3:09.06	38.75	650m: 8:19.73	38.73	1050m: 13:28.45	38.54
	300m: 3:48.05	38.99	700m: 8:58.38	38.65	1100m: 14:07.43	38.98
	350m: 4:26.92	38.87	750m: 9:37.29	38.91	1150m: 14:46.27	38.84
	400m: 5:05.80	38.88	800m: 10:16.01	38.72	1200m: 15:24.32	38.05
					1250m: 16:03.24	38.92
					1300m: 16:42.19	38.95
					1350m: 17:21.41	39.22
					1400m: 18:01.00	39.59
					1450m: 18:39.80	38.80
					1500m: 19:18.33	38.53

Programmanr. 33  
 25.01.2009 - 9:00

Heren, 1500m vrije slag

Masters 30+  
 Resultaten

rang	naam	vereniging	inschrijftijd		tijd	RT
1.	Ferdie Witvoet	De Pinquin	18:25.70		7801241	18:17.84 +0,99
	50m: 32.34	32.34	450m: 5:25.98	36.84	850m: 10:20.39	36.80
	100m: 1:07.86	35.52	500m: 6:02.76	36.78	900m: 10:57.51	37.12
	150m: 1:44.50	36.64	550m: 6:39.31	36.55	950m: 11:34.75	37.24
	200m: 2:21.15	36.65	600m: 7:15.97	36.66	1000m: 12:12.36	37.61
	250m: 2:58.13	36.98	650m: 7:52.85	36.88	1050m: 12:49.68	37.32
	300m: 3:35.02	36.89	700m: 8:29.57	36.72	1100m: 13:26.48	36.80
	350m: 4:12.05	37.03	750m: 9:06.59	37.02	1150m: 14:02.79	36.31
	400m: 4:49.14	37.09	800m: 9:43.59	37.00	1200m: 14:39.46	36.67
					1250m: 15:16.87	37.41
					1300m: 15:53.80	36.93
					1350m: 16:31.01	37.21
					1400m: 17:07.77	36.76
					1450m: 17:43.67	35.90
					1500m: 18:17.84	34.17

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

Programmanr. 33, Heren, 1500m vrije slag

Programmanr. 33 Heren, 1500m vrije slag Masters 35+  
25.01.2009 - 9:00 Resultaten

rang	naam	vereniging	inschrijftijd		tijd	RT
1.	Roy Danckaerts	De Fuut	19:26.18	7000231	<b>19:51.68</b>	h +1,06
	<i>vanaf 200 meter handtijden</i>					
	50m: 35.73	35.73	450m: 5:55.96	39.78	850m: 11:16.11	40.21
	100m: 1:14.95	39.22	500m: 6:35.95	39.99	900m: 11:55.81	39.70
	150m: 1:55.10	40.15	550m: 7:16.21	40.26	950m: 12:35.59	39.78
	200m: 2:35.12	40.02	600m: 7:56.28	40.07	1000m: 13:15.59	40.00
	250m: 3:15.55	40.43	650m: 8:35.98	39.70	1050m: 13:55.11	39.52
	300m: 3:56.07	40.52	700m: 9:15.99	40.01	1100m: 14:34.59	39.48
	350m: 4:36.27	40.20	750m: 9:55.76	39.77	1150m: 15:14.81	40.22
	400m: 5:16.18	39.91	800m: 10:35.90	40.14	1200m: 15:54.67	39.86

Programmanr. 33 Heren, 1500m vrije slag Masters 40+  
25.01.2009 - 9:00 Resultaten

rang	naam	vereniging	inschrijftijd		tijd	RT
1.	Erik van Dartel	PSV	18:53.79	6700185	<b>18:55.92</b>	+1,05
	50m: 32.56	32.56	450m: 5:26.86	37.69	850m: 10:33.55	39.28
	100m: 1:07.93	35.37	500m: 6:04.83	37.97	900m: 11:12.35	38.80
	150m: 1:43.93	36.00	550m: 6:42.32	37.49	950m: 11:52.05	39.70
	200m: 2:20.24	36.31	600m: 7:20.68	38.36	1000m: 12:30.75	38.70
	250m: 2:56.97	36.73	650m: 7:58.69	38.01	1050m: 13:08.99	38.24
	300m: 3:34.27	37.30	700m: 8:37.39	38.70	1100m: 13:47.39	38.40
	350m: 4:11.58	37.31	750m: 9:15.80	38.41	1150m: 14:27.04	39.65
	400m: 4:49.17	37.59	800m: 9:54.27	38.47	1200m: 15:05.90	38.86
2.	Jo-an Mudde	Zeester-Meerval	19:13.82	6701457	<b>18:57.79</b>	+0,93
	50m: 33.39	33.39	450m: 5:36.08	38.52	850m: 10:43.75	38.65
	100m: 1:09.94	36.55	500m: 6:14.48	38.40	900m: 11:22.28	38.53
	150m: 1:47.24	37.30	550m: 6:52.75	38.27	950m: 12:00.69	38.41
	200m: 2:25.05	37.81	600m: 7:31.04	38.29	1000m: 12:39.42	38.73
	250m: 3:02.94	37.89	650m: 8:09.62	38.58	1050m: 13:17.93	38.51
	300m: 3:41.27	38.33	700m: 8:47.99	38.37	1100m: 13:56.53	38.60
	350m: 4:19.46	38.19	750m: 9:26.54	38.55	1150m: 14:34.88	38.35
	400m: 4:57.56	38.10	800m: 10:05.10	38.56	1200m: 15:13.31	38.43

Programmanr. 33 Heren, 1500m vrije slag Masters 45+  
25.01.2009 - 9:00 Resultaten

rang	naam	vereniging	inschrijftijd		tijd	RT
1.	Elzo Dijkhuis	TriVia	19:49.99	6000873	<b>19:35.29</b>	h +1,09
	<i>vanaf 200 meter handtijden</i>					
	50m: 34.64	34.64	450m: 5:52.07	39.64	850m: 11:08.02	39.40
	100m: 1:12.68	38.04	500m: 6:31.98	39.91	900m: 11:47.16	39.14
	150m: 1:52.29	39.61	550m: 7:11.42	39.44	950m: 12:26.68	39.52
	200m: 2:32.20	39.91	600m: 7:50.70	39.28	1000m: 13:06.14	39.46
	250m: 3:11.81	39.61	650m: 8:30.32	39.62	1050m: 13:45.33	39.19
	300m: 3:51.68	39.87	700m: 9:09.64	39.32	1100m: 14:24.72	39.39
	350m: 4:32.00	40.32	750m: 9:49.19	39.55	1150m: 15:03.69	38.97
	400m: 5:12.43	40.43	800m: 10:28.62	39.43	1200m: 15:42.96	39.27
2.	Paul van der Voort	De Zwoer	20:18.90	6200715	<b>20:53.82</b>	h +1,07
	<i>vanaf 200 meter handtijden</i>					
	50m: 35.26	35.26	450m: 6:08.36	41.97	850m: 11:46.73	42.34
	100m: 1:14.85	39.59	500m: 6:51.07	42.71	900m: 12:28.82	42.09
	150m: 1:55.91	41.06	550m: 7:33.07	42.00	950m: 13:11.02	42.20
	200m: 2:37.51	41.60	600m: 8:15.57	42.50	1000m: 13:53.16	42.14
	250m: 3:19.32	41.81	650m: 8:57.60	42.03	1050m: 14:35.16	42.00
	300m: 4:01.29	41.97	700m: 9:39.86	42.26	1100m: 15:17.82	42.66
	350m: 4:43.86	42.57	750m: 10:22.36	42.50	1150m: 16:00.00	42.18
	400m: 5:26.39	42.53	800m: 11:04.39	42.03	1200m: 16:42.36	42.36

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

Programmanr. 33, Heren, 1500m vrije slag, Masters 45+

rang	naam	vereniging	inschrijftijd	tijd	RT
3.	Peter Marc de Rooij <i>vanaf 200 meter handtijden</i>	Zwemlust/Utrecht (SG)	21:13.51	6100829	21:29.10 h +0,89
	50m: 37.54 37.54	450m: 6:17.01 42.78	850m: 12:05.72 43.58	1250m: 17:54.14 43.71	
	100m: 1:19.14 41.60	500m: 7:00.72 43.71	900m: 12:49.63 43.91	1300m: 18:37.23 43.09	
	150m: 2:00.34 41.20	550m: 7:43.79 43.07	950m: 13:33.43 43.80	1350m: 19:21.41 44.18	
	200m: 2:42.59 42.25	600m: 8:27.25 43.46	1000m: 14:16.91 43.48	1400m: 20:05.51 44.10	
	250m: 3:24.91 42.32	650m: 9:10.63 43.38	1050m: 14:59.94 43.03	1450m: 20:49.25 43.74	
	300m: 4:07.97 43.06	700m: 9:54.51 43.88	1100m: 15:43.32 43.38	1500m: 21:29.10 39.85	
	350m: 4:51.31 43.34	750m: 10:38.19 43.68	1150m: 16:26.81 43.49		
	400m: 5:34.23 42.92	800m: 11:22.14 43.95	1200m: 17:10.43 43.62		
4.	Jan Smalheer <i>vanaf 200 meter handtijden</i>	SCOM	22:51.05	6400701	22:52.17 h +1,28
	50m: 38.70 38.70	450m: 6:41.26 46.40	850m: 12:54.63 46.86	1250m: 19:05.78 45.79	
	100m: 1:21.47 42.77	500m: 7:27.90 46.64	900m: 13:41.09 46.46	1300m: 19:51.43 45.65	
	150m: 2:05.90 44.43	550m: 8:14.47 46.57	950m: 14:27.90 46.81	1350m: 20:37.31 45.88	
	200m: 2:51.16 45.26	600m: 9:01.60 47.13	1000m: 15:15.16 47.26	1400m: 21:22.25 44.94	
	250m: 3:36.50 45.34	650m: 9:48.19 46.59	1050m: 16:01.00 45.84	1450m: 22:07.62 45.37	
	300m: 4:22.37 45.87	700m: 10:34.66 46.47	1100m: 16:47.18 46.18	1500m: 22:52.17 44.55	
	350m: 5:08.81 46.44	750m: 11:21.53 46.87	1150m: 17:33.47 46.29		
	400m: 5:54.86 46.05	800m: 12:07.77 46.24	1200m: 18:19.99 46.52		
5.	Bart van Calker	Twente (SG)	24:41.92	6100067	23:22.87 +1,10
	50m: 42.78 42.78	450m: 6:57.75 47.97	850m: 13:14.53 47.63	1250m: 19:33.76 48.65	
	100m: 1:27.99 45.21	500m: 7:45.89 48.14	900m: 14:02.59 48.06	1300m: 20:20.18 46.42	
	150m: 2:14.84 46.85	550m: 8:32.77 46.88	950m: 14:49.71 47.12	1350m: 21:08.62 48.44	
	200m: 3:01.39 46.55	600m: 9:19.44 46.67	1000m: 15:36.63 46.92	1400m: 21:54.40 45.78	
	250m: 3:48.28 46.89	650m: 10:05.27 45.83	1050m: 16:23.38 46.75	1450m: 22:41.15 46.75	
	300m: 4:35.36 47.08	700m: 10:52.02 46.75	1100m: 17:10.99 47.61	1500m: 23:22.87 41.72	
	350m: 5:21.99 46.63	750m: 11:39.11 47.09	1150m: 17:58.35 47.36		
	400m: 6:09.78 47.79	800m: 12:26.90 47.79	1200m: 18:45.11 46.76		
6.	Rik van Gasteren	AquAmigos	25:23.59	6401015	24:37.57 +1,14
	50m: 41.90 41.90	450m: 7:11.88 49.47	850m: 13:46.34 49.24	1250m: 20:32.45 50.12	
	100m: 1:28.16 46.26	500m: 8:00.39 48.51	900m: 14:36.43 50.09	1300m: 21:22.35 49.90	
	150m: 2:16.86 48.70	550m: 8:49.28 48.89	950m: 15:27.46 51.03	1350m: 22:12.96 50.61	
	200m: 3:05.71 48.85	600m: 9:38.46 49.18	1000m: 16:18.30 50.84	1400m: 23:03.47 50.51	
	250m: 3:55.32 49.61	650m: 10:28.27 49.81	1050m: 17:09.86 51.56	1450m: 23:53.41 49.94	
	300m: 4:44.20 48.88	700m: 11:17.48 49.21	1100m: 18:01.14 51.28	1500m: 24:37.57 44.16	
	350m: 5:33.02 48.82	750m: 12:07.47 49.99	1150m: 18:51.36 50.22		
	400m: 6:22.41 49.39	800m: 12:57.10 49.63	1200m: 19:42.33 50.97		
7.	Michael van Vliet <i>vanaf 450 meter backup tijden</i>	Zwemvereniging Hoorn	26:52.91	6201073	26:15.01 * +1,47
	50m: 46.36 46.36	450m: 7:44.26 51.61	850m: 14:46.53 52.41	1250m: 21:52.17 53.67	
	100m: 1:35.55 49.19	500m: 8:36.08 51.82	900m: 15:39.49 52.96	1300m: 22:45.90 53.73	
	150m: 2:26.87 51.32	550m: 9:29.01 52.93	950m: 16:32.60 53.11	1350m: 23:39.48 53.58	
	200m: 3:19.15 52.28	600m: 10:22.56 53.55	1000m: 17:25.76 53.16	1400m: 24:32.24 52.76	
	250m: 4:11.76 52.61	650m: 11:15.64 53.08	1050m: 18:18.50 52.74	1450m: 25:24.70 52.46	
	300m: 5:06.65 54.89	700m: 12:08.86 53.22	1100m: 19:12.15 53.65	1500m: 26:15.01 50.31	
	350m: 5:58.35 51.70	750m: 13:01.64 52.78	1150m: 20:05.18 53.03		
	400m: 6:52.65 54.30	800m: 13:54.12 52.48	1200m: 20:58.50 53.32		
8.	Michiel Tonsbeek	DWT	31:36.20	6000889	29:40.70 +1,09
	50m: 49.20 49.20	450m: 8:42.10 1:00.73	850m: 16:47.93 1:00.81	1250m: 24:50.36 59.34	
	100m: 1:44.49 55.29	500m: 9:42.42 1:00.32	900m: 17:49.15 1:01.22	1300m: 25:49.37 59.01	
	150m: 2:42.64 58.15	550m: 10:43.93 1:01.51	950m: 18:49.49 1:00.34	1350m: 26:48.42 59.05	
	200m: 3:40.98 58.34	600m: 11:44.25 1:00.32	1000m: 19:49.93 1:00.44	1400m: 27:47.11 58.69	
	250m: 4:40.25 59.27	650m: 12:44.73 1:00.48	1050m: 20:50.15 1:00.22	1450m: 28:44.93 57.82	
	300m: 5:40.87 1:00.62	700m: 13:45.70 1:00.97	1100m: 21:50.86 1:00.71	1500m: 29:40.70 55.77	
	350m: 6:41.21 1:00.34	750m: 14:46.46 1:00.76	1150m: 22:50.10 59.24		
	400m: 7:41.37 1:00.16	800m: 15:47.12 1:00.66	1200m: 23:51.02 1:00.92		
DIS	Filip Timmermans	ShaRK	26:22.84	ShaRK/163/60	
	<i>AF - Niet de aangegeven afstand gezwommen (geen tijd noteren).</i>				

Programmanr. 33  
 25.01.2009 - 9:00

Heren, 1500m vrije slag

Masters 50+  
 Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT
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Open Nederlandse Masters Kampioenschappen 2009 korte baan  
Vlissingen, 23. - 25.1.2009

Programmanr. 33, Heren, 1500m vrije slag, Masters 50+

rang	naam	vereniging	inschrijftijd		tijd		RT	
1.	Henk Slomp	De Pinquin	21:42.18		5500359		21:14.40 h +1,06	
	<i>vanaf 200 meter handtijden</i>							
	50m: 35.72	35.72	450m: 6:12.22	43.01	850m: 11:57.04	43.12	1250m: 17:42.99	43.37
	100m: 1:15.49	39.77	500m: 6:55.22	43.00	900m: 12:40.31	43.27	1300m: 18:26.07	43.08
	150m: 1:57.17	41.68	550m: 7:38.13	42.91	950m: 13:23.57	43.26	1350m: 19:08.81	42.74
	200m: 2:38.78	41.61	600m: 8:20.64	42.51	1000m: 14:07.36	43.79	1400m: 19:51.44	42.63
	250m: 3:21.06	42.28	650m: 9:04.06	43.42	1050m: 14:50.19	42.83	1450m: 20:34.75	43.31
	300m: 4:03.82	42.76	700m: 9:47.26	43.20	1100m: 15:32.77	42.58	1500m: 21:14.40	39.65
	350m: 4:46.44	42.62	750m: 10:30.38	43.12	1150m: 16:16.19	43.42		
	400m: 5:29.21	42.77	800m: 11:13.92	43.54	1200m: 16:59.62	43.43		
2.	Rene Groot	ZV De Bron	27:02.91		5900617		27:38.21 +1,17	
	50m: 48.68	48.68	450m: 8:07.95	55.42	850m: 15:33.74	55.15	1250m: 23:00.02	55.58
	100m: 1:43.48	54.80	500m: 9:03.49	55.54	900m: 16:31.93	58.19	1300m: 23:57.17	57.15
	150m: 2:38.31	54.83	550m: 9:57.98	54.49	950m: 17:26.32	54.39	1350m: 24:53.02	55.85
	200m: 3:31.50	53.19	600m: 10:53.23	55.25	1000m: 18:22.03	55.71	1400m: 25:49.68	56.66
	250m: 4:24.88	53.38	650m: 11:49.03	55.80	1050m: 19:17.84	55.81	1450m: 26:43.96	54.28
	300m: 5:20.83	55.95	700m: 12:45.03	56.00	1100m: 20:13.32	55.48	1500m: 27:38.21	54.25
	350m: 6:17.51	56.68	750m: 13:41.90	56.87	1150m: 21:08.55	55.23		
	400m: 7:12.53	55.02	800m: 14:38.59	56.69	1200m: 22:04.44	55.89		

Programmanr. 33  
25.01.2009 - 9:00

Heren, 1500m vrije slag

Masters 55+  
Resultaten

rang	naam	vereniging	inschrijftijd		tijd		RT	
1.	Jean Marie Cadiat	BOUST	19:43.73		BOUST/278/53		19:23.34 h +0,96	
	<i>vanaf 200 meter handtijden</i>							
	50m: 34.31	34.31	450m: 5:40.95	38.51	850m: 10:53.58	39.40	1250m: 16:08.64	39.86
	100m: 1:12.38	38.07	500m: 6:19.78	38.83	900m: 11:32.71	39.13	1300m: 16:47.58	38.94
	150m: 1:49.63	37.25	550m: 6:58.34	38.56	950m: 12:11.95	39.24	1350m: 17:27.36	39.78
	200m: 2:27.90	38.27	600m: 7:37.45	39.11	1000m: 12:51.38	39.43	1400m: 18:06.74	39.38
	250m: 3:06.39	38.49	650m: 8:16.40	38.95	1050m: 13:30.46	39.08	1450m: 18:45.99	39.25
	300m: 3:44.99	38.60	700m: 8:55.67	39.27	1100m: 14:09.87	39.41	1500m: 19:23.34	37.35
	350m: 4:23.31	38.32	750m: 9:34.64	38.97	1150m: 14:49.36	39.49		
	400m: 5:02.44	39.13	800m: 10:14.18	39.54	1200m: 15:28.78	39.42		
2.	Hugo Staudt	Twente (SG)	24:30.97		5300253		24:16.73 +0,98	
	50m: 43.27	43.27	450m: 7:10.38	48.88	850m: 13:43.92	48.90	1250m: 20:14.82	49.19
	100m: 1:30.01	46.74	500m: 8:00.06	49.68	900m: 14:32.73	48.81	1300m: 21:03.26	48.44
	150m: 2:17.49	47.48	550m: 8:48.90	48.84	950m: 15:21.65	48.92	1350m: 21:53.21	49.95
	200m: 3:06.02	48.53	600m: 9:38.28	49.38	1000m: 16:10.63	48.98	1400m: 22:42.20	48.99
	250m: 3:54.90	48.88	650m: 10:27.88	49.60	1050m: 16:59.35	48.72	1450m: 23:30.52	48.32
	300m: 4:43.68	48.78	700m: 11:16.79	48.91	1100m: 17:47.99	48.64	1500m: 24:16.73	46.21
	350m: 5:32.26	48.58	750m: 12:06.35	49.56	1150m: 18:37.00	49.01		
	400m: 6:21.50	49.24	800m: 12:55.02	48.67	1200m: 19:25.63	48.63		

Programmanr. 33  
25.01.2009 - 9:00

Heren, 1500m vrije slag

Masters 60+  
Resultaten

rang	naam	vereniging	inschrijftijd		tijd		RT	
1.	Donald Uijtenbogaart	Het Y	19:43.20		4700107		19:37.80 h +0,93	
	<i>vanaf 200 meter handtijden</i>							
	50m: 36.68	36.68	450m: 5:53.65	39.44	850m: 11:11.16	39.79	1250m: 16:26.57	38.75
	100m: 1:15.86	39.18	500m: 6:33.07	39.42	900m: 11:50.88	39.72	1300m: 17:05.55	38.98
	150m: 1:55.31	39.45	550m: 7:12.63	39.56	950m: 12:30.75	39.87	1350m: 17:44.16	38.61
	200m: 2:35.20	39.89	600m: 7:52.20	39.57	1000m: 13:10.65	39.90	1400m: 18:23.03	38.87
	250m: 3:15.19	39.99	650m: 8:31.91	39.71	1050m: 13:50.38	39.73	1450m: 19:01.75	38.72
	300m: 3:54.85	39.66	700m: 9:11.89	39.98	1100m: 14:29.55	39.17	1500m: 19:37.80	36.05
	350m: 4:34.53	39.68	750m: 9:51.72	39.83	1150m: 15:08.68	39.13		
	400m: 5:14.21	39.68	800m: 10:31.37	39.65	1200m: 15:47.82	39.14		
2.	Ludwig Lorenz	SG Gladbeck	22:58.07		127866		22:49.24 +1,04	
	50m: 43.38	43.38	450m: 6:49.88	45.49	850m: 12:59.00	46.48	1250m: 19:06.72	45.71
	100m: 1:29.56	46.18	500m: 7:36.26	46.38	900m: 13:44.61	45.61	1300m: 19:52.47	45.75
	150m: 2:15.94	46.38	550m: 8:21.99	45.73	950m: 14:30.25	45.64	1350m: 20:37.83	45.36
	200m: 3:02.02	46.08	600m: 9:08.26	46.27	1000m: 15:16.98	46.73	1400m: 21:23.96	46.13
	250m: 3:47.27	45.25	650m: 9:54.21	45.95	1050m: 16:02.67	45.69	1450m: 22:08.74	44.78
	300m: 4:32.99	45.72	700m: 10:40.51	46.30	1100m: 16:49.01	46.34	1500m: 22:49.24	40.50
	350m: 5:18.48	45.49	750m: 11:26.24	45.73	1150m: 17:35.02	46.01		
	400m: 6:04.39	45.91	800m: 12:12.52	46.28	1200m: 18:21.01	45.99		

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

Programmanr. 33, Heren, 1500m vrije slag, Masters 60+

rang	naam	vereniging	inschrijftijd		tijd	RT
3.	Mar van Geel	Old Dutch	28:23.35		4700135	29:24.28 +1,17
	50m: 45.34	45.34	450m: 8:21.90	58.21	850m: 16:23.97	1:01.09 1250m: 24:25.83 59.77
	100m: 1:39.61	54.27	500m: 9:21.76	59.86	900m: 17:23.70	59.73 1300m: 25:26.13 1:00.30
	150m: 2:36.22	56.61	550m: 10:19.23	57.47	950m: 18:24.02	1:00.32 1350m: 26:28.10 1:01.97
	200m: 3:33.32	57.10	600m: 11:18.80	59.57	1000m: 19:23.50	59.48 1400m: 27:28.42 1:00.32
	250m: 4:29.09	55.77	650m: 12:18.16	59.36	1050m: 20:23.62	1:00.12 1450m: 28:27.72 59.30
	300m: 5:26.65	57.56	700m: 13:20.65	1:02.49	1100m: 21:24.23	1:00.61 1500m: 29:24.28 56.56
	350m: 6:24.54	57.89	750m: 14:22.35	1:01.70	1150m: 22:24.61	1:00.38
	400m: 7:23.69	59.15	800m: 15:22.88	1:00.53	1200m: 23:26.06	1:01.45

Programmanr. 33  
25.01.2009 - 9:00

Heren, 1500m vrije slag

Masters 65+  
Resultaten

rang	naam	vereniging	inschrijftijd		tijd	RT
1.	Rob Hanou	PSV	24:02.11		4300109	23:23.59 +1,04
	50m: 40.05	40.05	450m: 7:01.99	48.58	850m: 13:24.01	46.99 1250m: 19:37.55 46.38
	100m: 1:27.17	47.12	500m: 7:50.56	48.57	900m: 14:11.35	47.34 1300m: 20:23.67 46.12
	150m: 2:14.99	47.82	550m: 8:38.29	47.73	950m: 14:58.40	47.05 1350m: 21:09.48 45.81
	200m: 3:01.96	46.97	600m: 9:26.17	47.88	1000m: 15:45.04	46.64 1400m: 21:55.58 46.10
	250m: 3:49.20	47.24	650m: 10:13.70	47.53	1050m: 16:31.77	46.73 1450m: 22:40.90 45.32
	300m: 4:37.15	47.95	700m: 11:02.05	48.35	1100m: 17:18.35	46.58 1500m: 23:23.59 42.69
	350m: 5:24.71	47.56	750m: 11:49.46	47.41	1150m: 18:04.91	46.56
	400m: 6:13.41	48.70	800m: 12:37.02	47.56	1200m: 18:51.17	46.26

Programmanr. 33  
25.01.2009 - 9:00

Heren, 1500m vrije slag

Masters 70+  
Resultaten

rang	naam	vereniging	inschrijftijd		tijd	RT
1.	Nico Geers <i>Nederlands Masters Record</i>	Van Uden-De Gouwe	23:12.00		3800007	23:49.19 +0,94
	50m: 40.75	40.75	450m: 7:00.12	48.31	850m: 13:33.58	48.65 1250m: 20:00.59 48.49
	100m: 1:26.62	45.87	500m: 7:48.87	48.75	900m: 14:22.75	49.17 1300m: 20:47.23 46.64
	150m: 2:13.81	47.19	550m: 8:38.63	49.76	950m: 15:10.83	48.08 1350m: 21:35.71 48.48
	200m: 3:01.19	47.38	600m: 9:27.51	48.88	1000m: 15:59.37	48.54 1400m: 22:22.73 47.02
	250m: 3:48.34	47.15	650m: 10:16.91	49.40	1050m: 16:46.52	47.15 1450m: 23:07.82 45.09
	300m: 4:35.78	47.44	700m: 11:06.33	49.42	1100m: 17:34.93	48.41 1500m: 23:49.19 41.37
	350m: 5:23.27	47.49	750m: 11:55.61	49.28	1150m: 18:23.78	48.85
	400m: 6:11.81	48.54	800m: 12:44.93	49.32	1200m: 19:12.10	48.32
2.	Rudolf Degenaar	De Schelde	30:17.61		3900033	28:11.00 +1,19
	50m: 47.62	47.62	450m: 8:21.58	56.25	850m: 15:53.36	57.31 1250m: 23:29.84 57.81
	100m: 1:43.51	55.89	500m: 9:17.99	56.41	900m: 16:49.87	56.51 1300m: 24:26.22 56.38
	150m: 2:41.85	58.34	550m: 10:14.39	56.40	950m: 17:46.17	56.30 1350m: 25:24.42 58.20
	200m: 3:38.52	56.67	600m: 11:10.06	55.67	1000m: 18:44.07	57.90 1400m: 26:21.28 56.86
	250m: 4:35.00	56.48	650m: 12:05.99	55.93	1050m: 19:40.26	56.19 1450m: 27:18.87 57.59
	300m: 5:32.07	57.07	700m: 13:03.22	57.23	1100m: 20:37.38	57.12 1500m: 28:11.00 52.13
	350m: 6:28.64	56.57	750m: 13:59.95	56.73	1150m: 21:34.70	57.32
	400m: 7:25.33	56.69	800m: 14:56.05	56.10	1200m: 22:32.03	57.33
NG	Gregor Pompen	Aqua-Novio'94	25:34.14		3700021	