



Open Nederlandse Masters
Kampioenschappen 2012 kb
Terneuzen, 27-29 januari 2012



Event 15
28-01-2012 - 9:41

Men, 400m Freestyle

Masters Open
Results

rang	naam		vereniging		inschrijftijd		startnr.		tijd	RT
Masters 20+										
1.	Dennis Wijbenga		Stadskanaal		4:21.78		199003283		4:24.19	+0,98
	50m:	29.37	150m:	1:34.72	33.22	250m:	2:43.39	34.16	350m:	3:51.51
	100m:	1:01.50	200m:	2:09.23	34.51	300m:	3:17.81	34.42	400m:	4:24.19
2.	Maik Steenkamp		NDD		4:30.05		199103847		4:36.67	+0,80
	50m:	30.61	150m:	1:39.38	34.72	250m:	2:50.17	35.36	350m:	4:01.60
	100m:	1:04.66	200m:	2:14.81	35.43	300m:	3:25.65	35.48	400m:	4:36.67
3.	Tim Bunnik		Triton		4:35.18		199000505		4:38.03	+0,99
	50m:	30.56	150m:	1:40.42	35.72	250m:	2:51.99	35.86	350m:	4:04.68
	100m:	1:04.70	200m:	2:16.13	35.71	300m:	3:28.62	36.63	400m:	4:38.03
4.	Wessel Everloo		De Veene		4:31.00		198906597		4:39.09	+1,00
	50m:	31.23	150m:	1:42.42	36.36	250m:	2:52.90	35.84	350m:	4:03.91
	100m:	1:06.06	200m:	2:17.06	34.64	300m:	3:29.07	36.17	400m:	4:39.09
5.	Rick Hellenbrand		HGN (SG)		4:50.89		198901173		4:54.63	+0,68
	50m:	33.56	150m:	1:47.29	37.07	250m:	3:02.34	37.55	350m:	4:17.37
	100m:	1:10.22	200m:	2:24.79	37.50	300m:	3:39.56	37.22	400m:	4:54.63
6.	Vincent Keijmel		Scheldestroom		4:51.65		199101169		5:20.57	+0,82
	50m:	33.36	150m:	1:51.57	40.37	250m:	3:15.71	42.15	350m:	4:39.35
	100m:	1:11.20	200m:	2:33.56	41.99	300m:	3:58.07	42.36	400m:	5:20.57
Masters 25+										
1.	Raymond van de Merwe <i>Nederlands Masters Record</i>		WVZ		4:01.52		198602077		4:06.04	+0,78
	50m:	27.58	150m:	1:30.46	31.71	250m:	2:32.74	30.99	350m:	3:35.27
	100m:	58.75	200m:	2:01.75	31.29	300m:	3:04.12	31.38	400m:	4:06.04
2.	Kristiaan Lenos		LZ 1886		4:15.42		198301331		4:20.67	+0,97
	50m:	28.26	150m:	1:32.30	32.44	250m:	2:38.89	33.51	350m:	3:47.67
	100m:	59.86	200m:	2:05.38	33.08	300m:	3:13.19	34.30	400m:	4:20.67
3.	Remco van Althuis		SBC2000		4:35.39		198300029		4:31.49	+0,93
	50m:	29.94	150m:	1:37.64	34.57	250m:	2:47.61	35.01	350m:	3:57.92
	100m:	1:03.07	200m:	2:12.60	34.96	300m:	3:23.02	35.41	400m:	4:31.49
4.	Mathijs Lenos		HPC		4:50.67		198401407		4:44.68	+0,93
	50m:	30.59	150m:	1:40.96	36.06	250m:	2:53.12	35.72	350m:	4:07.43
	100m:	1:04.90	200m:	2:17.40	36.44	300m:	3:30.43	37.31	400m:	4:44.68
5.	Lars Erik Beute		't Tolhekke		5:46.70		198600227		5:23.58	+0,93
	50m:	34.84	150m:	1:53.20	39.97	250m:	3:16.34	41.40	350m:	4:41.31
	100m:	1:13.23	200m:	2:34.94	41.74	300m:	3:58.30	41.96	400m:	5:23.58
Masters 30+										
1.	Marcel Reefhuis		De Veene		4:31.56		198101381		4:37.65	+0,52
	50m:	30.53	150m:	1:38.23	34.52	250m:	2:49.06	35.76	350m:	4:02.09
	100m:	1:03.71	200m:	2:13.30	35.07	300m:	3:25.25	36.19	400m:	4:37.65
2.	Jeroen Vogelsang		DAW		4:44.87		198001645		5:00.31	+0,64
	50m:	31.69	150m:	1:43.94	36.91	250m:	3:02.16	39.40	350m:	4:21.64
	100m:	1:07.03	200m:	2:22.76	38.82	300m:	3:41.48	39.32	400m:	5:00.31
3.	Steven Prins		PLONS		5:18.73		197901833		5:30.41	+0,82
	50m:	35.06	150m:	1:56.34	41.33	250m:	3:20.65	42.13	350m:	4:47.53
	100m:	1:15.01	200m:	2:38.52	42.18	300m:	4:03.73	43.08	400m:	5:30.41
Masters 35+										
1.	Markus van Rest		Zoetermeer		4:56.10		197701197		4:50.06	+1,00
	50m:	32.09	150m:	1:44.97	37.22	250m:	3:00.88	38.04	350m:	4:15.04
	100m:	1:07.75	200m:	2:22.84	37.87	300m:	3:38.72	37.84	400m:	4:50.06
2.	Erwin Zuidervelt		De Futen		4:52.83		197501015		4:59.30	+0,96
	50m:	33.50	150m:	1:49.90	38.56	250m:	3:07.44	38.64	350m:	4:23.38
	100m:	1:11.34	200m:	2:28.80	38.90	300m:	3:45.85	38.41	400m:	4:59.30



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Event 15, Men, 400m Freestyle, Masters 35+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
3.	Pieter Ponne	HZ&PC Heerenveen	5:56.29	197600749	6:09.58	* +0,91		
	50m: 38.49	38.49	150m: 2:08.10	45.51	250m: 3:41.09	47.22	350m: 5:20.20	49.18
	100m: 1:22.59	44.10	200m: 2:53.87	45.77	300m: 4:31.02	49.93	400m: 6:09.58	49.38

Masters 40+

1.	Richard Rickens	HGN (SG)	4:46.51	197000841	4:38.68	+0,60		
	50m: 32.11	32.11	150m: 1:42.23	35.46	250m: 2:53.64	35.57	350m: 4:04.03	34.94
	100m: 1:06.77	34.66	200m: 2:18.07	35.84	300m: 3:29.09	35.45	400m: 4:38.68	34.65
2.	Arjan Bellaart	Oceanus	4:46.29	196900079	4:39.34	+0,91		
	50m: 30.90	30.90	150m: 1:40.96	35.05	250m: 2:52.64	35.87	350m: 4:04.07	35.55
	100m: 1:05.91	35.01	200m: 2:16.77	35.81	300m: 3:28.52	35.88	400m: 4:39.34	35.27
3.	Rene Beetsma	HZ&PC Heerenveen	4:39.97	196900069	4:42.72	+0,93		
	50m: 32.15	32.15	150m: 1:42.29	35.59	250m: 2:54.31	35.98	350m: 4:07.43	36.47
	100m: 1:06.70	34.55	200m: 2:18.33	36.04	300m: 3:30.96	36.65	400m: 4:42.72	35.29
4.	Frank v Nobelen	Sassenheim	4:46.37	196900753	5:01.07	+0,92		
	50m: 33.81	33.81	150m: 1:47.65	37.40	250m: 3:04.49	38.23	350m: 4:22.24	39.14
	100m: 1:10.25	36.44	200m: 2:26.26	38.61	300m: 3:43.10	38.61	400m: 5:01.07	38.83
5.	Sander de Weert	OEZA	5:39.29	197201453	5:47.75	+0,60		
	50m: 38.00	38.00	150m: 2:02.80	43.17	250m: 3:31.54	44.84	350m: 5:02.46	45.84
	100m: 1:10.63	41.63	200m: 2:46.70	43.90	300m: 4:16.62	45.08	400m: 5:47.75	45.29
6.	Marcel Brittijn	De Duinkkikers	6:00.31	196900159	6:04.20	+1,01		
	50m: 38.16	38.16	150m: 2:07.95	46.37	250m: 3:44.20	48.43	350m: 5:20.36	48.56
	100m: 1:21.58	43.42	200m: 2:55.77	47.82	300m: 4:31.80	47.60	400m: 6:04.20	43.84
7.	Arnold Jonker	HZ&PC Heerenveen	6:10.50	197000529	6:17.68	+1,08		
	50m: 43.57	43.57	150m: 2:19.45	47.52	250m: 3:54.91	47.34	350m: 5:30.41	48.09
	100m: 1:31.93	48.36	200m: 3:07.57	48.12	300m: 4:42.32	47.41	400m: 6:17.68	47.27

Masters 45+

1.	Geert Wijn	De Gelenberg	4:31.76	196701101	4:40.22	+0,82		
	50m: 31.04	31.04	150m: 1:41.07	35.50	250m: 2:52.18	35.53	350m: 4:03.66	36.11
	100m: 1:05.57	34.53	200m: 2:16.65	35.58	300m: 3:27.55	35.37	400m: 4:40.22	36.56
2.	Jo-an Mudde	Zeester-Meerval	4:39.88	196701457	4:42.50	+0,83		
	50m: 32.03	32.03	150m: 1:43.23	35.90	250m: 2:54.33	35.49	350m: 4:06.54	36.15
	100m: 1:07.33	35.30	200m: 2:18.84	35.61	300m: 3:30.39	36.06	400m: 4:42.50	35.96
3.	Gert Sikkema	Zignea	4:48.16	196300687	4:49.85	+0,96		
	50m: 33.39	33.39	150m: 1:46.84	37.30	250m: 3:01.15	36.67	350m: 4:14.62	37.11
	100m: 1:09.54	36.15	200m: 2:24.48	37.64	300m: 3:37.51	36.36	400m: 4:49.85	35.23
4.	Erik van Dartel	PSV	5:06.69	196700185	5:14.57	+1,01		
	50m: 35.54	35.54	150m: 1:53.30	38.96	250m: 3:13.29	39.97	350m: 4:34.24	40.93
	100m: 1:14.34	38.80	200m: 2:33.32	40.02	300m: 3:53.31	40.02	400m: 5:14.57	40.33
5.	Jan Smalheer	SCOM	5:29.09	196400701	5:42.00	+1,23		
	50m: 35.17	35.17	150m: 1:59.59	43.60	250m: 3:28.45	44.55	350m: 4:57.31	44.35
	100m: 1:15.99	40.82	200m: 2:43.90	44.31	300m: 4:12.96	44.51	400m: 5:42.00	44.69
6.	Willem Jan Ribberink	WIDEX GZC DONK	6:01.34	196501327	5:58.50	+1,16		
	50m: 36.56	36.56	150m: 2:04.03	45.35	250m: 3:38.98	47.83	350m: 5:14.64	47.85
	100m: 1:18.68	42.12	200m: 2:51.15	47.12	300m: 4:26.79	47.81	400m: 5:58.50	43.86
7.	Casper Dollekamp	Steenwijk 1934	5:51.92	196301341	6:00.05	+1,07		
	50m: 38.95	38.95	150m: 2:06.47	45.13	250m: 3:39.07	46.70	350m: 5:14.41	48.27
	100m: 1:21.34	42.39	200m: 2:52.37	45.90	300m: 4:26.14	47.07	400m: 6:00.05	45.64
8.	Rik van Gasteren	AquAmigos	6:35.29	196401015	6:39.34	+1,15		
	50m: 42.91	42.91	150m: 2:19.97	49.43	250m: 4:02.89	51.85	350m: 5:49.51	53.11
	100m: 1:30.54	47.63	200m: 3:11.04	51.07	300m: 4:56.40	53.51	400m: 6:39.34	49.83

Event 15, Men, 400m Freestyle

Masters 50+

1.	Marten de Groot <i>Kampioenschaps Record</i>		HZ&PC Heerenveen	4:45.66	195800149	4:33.46	+0,89
	50m: 30.96 30.96	150m: 1:37.77 33.57	250m: 2:45.94 34.28	350m: 3:57.95 36.19			
	100m: 1:04.20 33.24	200m: 2:11.66 33.89	300m: 3:21.76 35.82	400m: 4:33.46 35.51			
2.	Hugo Bregman		WVZ	4:38.49	195800069	4:44.69	+0,88
	50m: 33.25 33.25	150m: 1:46.13 36.84	250m: 2:58.63 36.09	350m: 4:10.52 36.01			
	100m: 1:09.29 36.04	200m: 2:22.54 36.41	300m: 3:34.51 35.88	400m: 4:44.69 34.17			
3.	Jan Brink		De Zeeuwse Kust (SG)	4:44.49	196200091	4:52.04	+0,88
	50m: 30.80 30.80	150m: 1:45.57 37.97	250m: 3:00.99 37.19	350m: 4:15.45 37.05			
	100m: 1:07.60 36.80	200m: 2:23.80 38.23	300m: 3:38.40 37.41	400m: 4:52.04 36.59			
4.	Elzo Dijkhuis		TriVia	4:56.71	196000873	5:07.59	+1,15
	50m: 34.08 34.08	150m: 1:50.77 39.03	250m: 3:09.84 39.27	350m: 4:28.45 38.84			
	100m: 1:11.74 37.66	200m: 2:30.57 39.80	300m: 3:49.61 39.77	400m: 5:07.59 39.14			
5.	Hans Roodzant		Torpedo	5:02.21	196000979	5:09.18	+0,98
	50m: 36.28 36.28	150m: 1:53.92 39.06	250m: 3:11.96 39.03	350m: 4:30.03 39.21			
	100m: 1:14.86 38.58	200m: 2:32.93 39.01	300m: 3:50.82 38.86	400m: 5:09.18 39.15			
6.	Peter van Vuuren		Upstream Amsterdam	5:15.10	196000641	5:13.72	+0,97
	50m: 32.77 32.77	150m: 1:51.26 40.31	250m: 3:12.88 40.97	350m: 4:34.57 40.67			
	100m: 1:10.95 38.18	200m: 2:31.91 40.65	300m: 3:53.90 41.02	400m: 5:13.72 39.15			
7.	Mark Kas		PLONS	5:21.42	196100285	5:20.58	+0,84
	50m: 37.31 37.31	150m: 1:59.16 41.51	250m: 3:20.67 40.61	350m: 4:41.79 40.60			
	100m: 1:17.65 40.34	200m: 2:40.06 40.90	300m: 4:01.19 40.52	400m: 5:20.58 38.79			
8.	Hans Groothelm		DBD	5:22.85	195800151	5:27.16	+0,86
	50m: 34.90 34.90	150m: 1:55.67 41.10	250m: 3:20.46 42.58	350m: 4:45.22 42.46			
	100m: 1:14.57 39.67	200m: 2:37.88 42.21	300m: 4:02.76 42.30	400m: 5:27.16 41.94			
9.	Jack Barends		WS Twente	5:30.73	196201011	5:32.32	+1,02
	50m: 36.33 36.33	150m: 1:57.75 41.57	250m: 3:22.81 42.68	350m: 4:49.14 43.43			
	100m: 1:16.18 39.85	200m: 2:40.13 42.38	300m: 4:05.71 42.90	400m: 5:32.32 43.18			
10.	Bart van Calker		WS Twente	5:41.03	196100067	5:41.54	+0,67
	50m: 38.16 38.16	150m: 2:02.04 43.23	250m: 3:29.47 44.34	350m: 4:57.40 44.18			
	100m: 1:18.81 40.65	200m: 2:45.13 43.09	300m: 4:13.22 43.75	400m: 5:41.54 44.14			
11.	Jan Willem Heuten		WS Twente	5:45.13	196000883	5:48.97	+1,00
	50m: 38.78 38.78	150m: 2:07.45 44.80	250m: 3:39.01 45.53	350m: 5:07.94 43.82			
	100m: 1:22.65 43.87	200m: 2:53.48 46.03	300m: 4:24.12 45.11	400m: 5:48.97 41.03			
12.	John Dam		Zignea	6:03.86	196000915	5:50.34	+1,17
	50m: 36.63 36.63	150m: 2:01.35 43.89	250m: 3:32.69 45.69	350m: 5:04.79 45.69			
	100m: 1:17.46 40.83	200m: 2:47.00 45.65	300m: 4:19.10 46.41	400m: 5:50.34 45.55			
13.	Herbert Katgert		WS Twente	6:48.83	195900739	6:31.20	+1,39
	50m: 43.15 43.15	150m: 2:23.98 51.19	250m: 4:03.80 49.89	350m: 5:42.96 49.68			
	100m: 1:32.79 49.64	200m: 3:13.91 49.93	300m: 4:53.28 49.48	400m: 6:31.20 48.24			

Masters 55+

1.	Andre Storm		Zoetermeer	5:08.64	195600407	5:16.09	+0,92
	50m: 35.39 35.39	150m: 1:56.24 40.88	250m: 3:17.95 40.57	350m: 4:39.06 40.37			
	100m: 1:15.36 39.97	200m: 2:37.38 41.14	300m: 3:58.69 40.74	400m: 5:16.09 37.03			
2.	Paul Bunnik		Triton	5:22.31	195600413	5:33.45	+1,05
	50m: 33.96 33.96	150m: 1:54.15 41.82	250m: 3:20.32 43.74	350m: 4:49.76 45.24			
	100m: 1:12.33 38.37	200m: 2:36.58 42.43	300m: 4:04.52 44.20	400m: 5:33.45 43.69			
3.	Steven Miller		Westchester Masters	5:38.38	1R-02XVX	5:40.42	+1,00
	50m: 38.34 38.34	150m: 2:03.90 43.44	250m: 3:31.38 43.95	350m: 4:59.49 44.08			
	100m: 1:20.46 42.12	200m: 2:47.43 43.53	300m: 4:15.41 44.03	400m: 5:40.42 40.93			
4.	Lex Hoogendam		MNC Dordrecht	5:41.52	195700541	5:54.46	+0,52
	50m: 37.71 37.71	150m: 2:04.91 44.90	250m: 3:36.78 46.14	350m: 5:09.04 46.09			
	100m: 1:20.01 42.30	200m: 2:50.64 45.73	300m: 4:22.95 46.17	400m: 5:54.46 45.42			
5.	Hugo Staudt		WS Twente	5:45.57	195300253	5:55.79	+0,55
	50m: 39.75 39.75	150m: 2:09.70 45.58	250m: 3:41.11 46.06	350m: 5:11.76 45.06			
	100m: 1:24.12 44.37	200m: 2:55.05 45.35	300m: 4:26.70 45.59	400m: 5:55.79 44.03			
6.	Pieter Husslage <i>200m *</i>		Old Dutch	5:51.04	195300091	6:13.61	+1,19
	50m: 41.35 41.35	150m: 2:15.38 47.58	250m: 3:51.71 48.23	350m: 5:27.25 46.93			
	100m: 1:27.80 46.45	200m: 3:03.48 48.10	300m: 4:40.32 48.61	400m: 6:13.61 46.36			



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Event 15, Men, 400m Freestyle, Masters 55+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
7.	Abe Kramer	De Zeeuwse Kust (SG)	8:02.66	195700481	8:13.32	+1,16
	50m: 51.43 51.43	150m: 2:51.86 1:01.90	250m: 4:59.79	1:04.72 350m: 7:09.97	1:04.90	
	100m: 1:49.96 58.53	200m: 3:55.07 1:03.21	300m: 6:05.07	1:05.28 400m: 8:13.32	1:03.35	

Masters 60+

1.	Piet Schop	De Bevelanders	5:54.02	195000109	5:41.30	+0,76
	50m: 36.92 36.92	150m: 2:01.45 43.44	250m: 3:30.46	44.74 350m: 5:00.51	45.29	
	100m: 1:18.01 41.09	200m: 2:45.72 44.27	300m: 4:15.22	44.76 400m: 5:41.30	40.79	
2.	Wout Hemmes	De Plons	5:51.08	194800059	5:54.91	+1,22
	50m: 38.52 38.52	150m: 2:06.87 44.82	250m: 3:38.21	45.55 350m: 5:09.94	46.10	
	100m: 1:22.05 43.53	200m: 2:52.66 45.79	300m: 4:23.84	45.63 400m: 5:54.91	44.97	
3.	Jan van der Heide	HZ&PC Heerenvveen	6:32.61	195100059	6:38.79	+1,20
	50m: 42.70 42.70	150m: 2:20.98 50.49	250m: 4:03.79	51.47 350m: 5:47.05	51.79	
	100m: 1:30.49 47.79	200m: 3:12.32 51.34	300m: 4:55.26	51.47 400m: 6:38.79	51.74	
4.	Antanas Guoga	Takas	7:02.09	1948guog	6:44.60	+1,31
	50m: 43.12 43.12	150m: 2:21.82 50.57	250m: 4:06.40	52.54 350m: 5:50.94	52.25	
	100m: 1:31.25 48.13	200m: 3:13.86 52.04	300m: 4:58.69	52.29 400m: 6:44.60	53.66	

Masters 65+

1.	Donald Uijtenbogaart	Het Y	5:04.13	194700107	5:15.16	+0,91
	<i>Nederlands Masters Record</i>					
	50m: 36.23 36.23	150m: 1:55.69 40.28	250m: 3:16.18	40.23 350m: 4:35.50	39.42	
	100m: 1:15.41 39.18	200m: 2:35.95 40.26	300m: 3:56.08	39.90 400m: 5:15.16	39.66	
2.	Rob Hanou	PSV	5:58.26	194300109	6:11.37	+1,06
	50m: 39.90 39.90	150m: 2:13.77 48.57	250m: 3:51.42	48.01 350m: 5:27.76	48.05	
	100m: 1:25.20 45.30	200m: 3:03.41 49.64	300m: 4:39.71	48.29 400m: 6:11.37	43.61	
3.	Mar van Geel	Old Dutch	7:04.33	194700135	7:12.18	+1,92
	50m: 46.61 46.61	150m: 2:32.71 54.71	250m: 4:25.42	56.79 350m: 6:17.80	55.21	
	100m: 1:38.00 51.39	200m: 3:28.63 55.92	300m: 5:22.59	57.17 400m: 7:12.18	54.38	

Masters 70+

1.	Nico Geers	Z&PC De Gouwe	5:45.50	193800007	5:48.41	+0,68
	50m: 39.69 39.69	150m: 2:09.28 45.26	250m: 3:39.08	45.08 350m: 5:07.51	44.08	
	100m: 1:24.02 44.33	200m: 2:54.00 44.72	300m: 4:23.43	44.35 400m: 5:48.41	40.90	

Masters 75+

1.	Gregor Pompen	Aqua-Novio'94	6:39.88	193700021	6:54.87	+0,59
	50m: 46.13 46.13	150m: 2:28.15 51.87	250m: 4:14.15	53.48 350m: 6:01.21	53.95	
	100m: 1:36.28 50.15	200m: 3:20.67 52.52	300m: 5:07.26	53.11 400m: 6:54.87	53.66	

Masters 80+

1.	Georges Verhelst	KRZ	7:41.28	RZV/160/31	8:14.19	+1,11
	<i>Kampioenschaps Record</i>					
	50m: 52.58 52.58	150m: 2:53.77 1:01.78	250m: 5:01.55	1:02.15 350m: 7:09.65	1:03.61	
	100m: 1:51.99 59.41	200m: 3:59.40 1:05.63	300m: 6:06.04	1:04.49 400m: 8:14.19	1:04.54	