

Event 41
29-01-2012 - 15:02

Men, 400m Medley

Masters Open
Results

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	
Masters 20+							
1.	Dennis Wijbenga	Stadskanaal	4:40.65	199003283	4:48.58	+0,89	
	50m: 31.11	150m: 1:46.61	38.81	250m: 3:02.46	39.40	350m: 4:16.89	34.35
	100m: 1:07.80	200m: 2:23.06	36.45	300m: 3:42.54	40.08	400m: 4:48.58	31.69
2.	Alex Eversdijk	De Bruinvis	4:53.47	199000847	5:02.34	+0,94	
	50m: 30.09	150m: 1:45.32	39.86	250m: 3:06.80	41.29	350m: 4:26.75	36.88
	100m: 1:05.46	200m: 2:25.51	40.19	300m: 3:49.87	43.07	400m: 5:02.34	35.59
3.	Maik Steenkamp	NDD	5:00.64	199103847	5:05.16	+0,78	
	50m: 31.00	150m: 1:47.41	40.02	250m: 3:10.95	43.63	350m: 4:30.94	36.01
	100m: 1:07.39	200m: 2:27.32	39.91	300m: 3:54.93	43.98	400m: 5:05.16	34.22
4.	Tim Bunnik	Triton	5:04.32	199000505	5:06.54	+0,89	
	50m: 31.56	150m: 1:48.71	39.00	250m: 3:13.30	44.93	350m: 4:33.19	33.70
	100m: 1:09.71	200m: 2:28.37	39.66	300m: 3:59.49	46.19	400m: 5:06.54	33.35
Masters 25+							
1.	Raymond van de Merwe <i>Nederlands Masters Record</i>	WVZ	4:26.06	198602077	4:28.38	+0,77	
	50m: 27.61	150m: 1:34.25	34.79	250m: 2:46.22	38.18	350m: 3:57.45	31.95
	100m: 59.46	200m: 2:08.04	33.79	300m: 3:25.50	39.28	400m: 4:28.38	30.93
2.	Kristiaan Lenos	LZ 1886	4:51.92	198301331	4:55.74	+1,01	
	50m: 29.57	150m: 1:43.88	39.00	250m: 3:04.71	42.15	350m: 4:22.44	34.42
	100m: 1:04.88	200m: 2:22.56	38.68	300m: 3:48.02	43.31	400m: 4:55.74	33.30
3.	Ralf van der Poel	LZ 1886	4:57.35	198401783	5:00.09	+0,88	
	50m: 30.89	150m: 1:47.85	40.43	250m: 3:07.93	40.71	350m: 4:25.85	36.11
	100m: 1:07.42	200m: 2:27.22	39.37	300m: 3:49.74	41.81	400m: 5:00.09	34.24
4.	Thommy Nickel	Van Vliet-Barracuda	5:17.45	198401627	5:09.12	+0,92	
	50m: 32.78	150m: 1:50.83	40.01	250m: 3:14.54	44.40	350m: 4:34.91	35.54
	100m: 1:10.82	200m: 2:30.14	39.31	300m: 3:59.37	44.83	400m: 5:09.12	34.21
5.	Albert van Piekeren	Octopus	5:11.48	198401767	5:19.48	+0,88	
	50m: 34.16	150m: 1:54.18	40.78	250m: 3:19.71	44.36	350m: 4:43.21	38.63
	100m: 1:13.40	200m: 2:35.35	41.17	300m: 4:04.58	44.87	400m: 5:19.48	36.27
Masters 30+							
1.	Evgeny Ryzhov <i>RUS Masters Record</i>	All Stars	4:51.69	102628	4:43.20	+0,80	
	50m: 28.79	150m: 1:39.13	38.08	250m: 2:56.72	39.41	350m: 4:10.71	34.38
	100m: 1:01.05	200m: 2:17.31	38.18	300m: 3:36.33	39.61	400m: 4:43.20	32.49
2.	Freddie Geerlings	HGN (SG)	5:08.39	197900379	5:17.29	+0,91	
	50m: 35.10	150m: 1:56.23	40.92	250m: 3:19.96	42.72	350m: 4:40.72	37.06
	100m: 1:15.31	200m: 2:37.24	41.01	300m: 4:03.66	43.70	400m: 5:17.29	36.57
3.	Marcel Reefhuis	De Veene	5:13.20	198101381	5:19.17	+0,54	
	50m: 32.94	150m: 1:54.48	41.88	250m: 3:19.91	45.18	350m: 4:45.04	38.68
	100m: 1:12.60	200m: 2:34.73	40.25	300m: 4:06.36	46.45	400m: 5:19.17	34.13
Masters 35+							
1.	Erwin Zuidervelt	De Futen	5:44.88	197501015	5:48.27	+0,89	
	50m: 34.70	150m: 2:01.96	44.68	250m: 3:36.45	50.83	350m: 5:08.54	40.81
	100m: 1:17.28	200m: 2:45.62	43.66	300m: 4:27.73	51.28	400m: 5:48.27	39.73
2.	Gerard Eghuizen	HZ&PC Heerenveen	6:08.74	197400197	5:49.49	+0,92	
	50m: 37.89	150m: 2:06.25	43.19	250m: 3:39.43	49.81	350m: 5:11.25	39.75
	100m: 1:23.06	200m: 2:49.62	43.37	300m: 4:31.50	52.07	400m: 5:49.49	38.24

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Masters 40+

1. Rene Beetsma	HZ&PC Heerenveen	5:09.60	196900069	5:12.17	+0,91
50m: 32.80 32.80	150m: 1:51.71 40.60	250m: 3:17.38	45.09 350m: 4:38.04 35.78		
100m: 1:11.11 38.31	200m: 2:32.29 40.58	300m: 4:02.26	44.88 400m: 5:12.17 34.13		
2. Marcel van Winssen	De Gelenberg	5:19.48	197101477	5:30.15	+0,70
50m: 32.83 32.83	150m: 1:53.27 41.49	250m: 3:22.83	47.88 350m: 4:49.70 39.50		
100m: 1:11.78 38.95	200m: 2:34.95 41.68	300m: 4:10.20	47.37 400m: 5:30.15 40.45		
3. John Pfaff	Zwemlust-den Hommel	6:46.84	196901475	6:38.78	+0,92
50m: 46.01 46.01	150m: 2:34.16 53.27	250m: 4:23.08	56.37 350m: 6:00.50 41.51		
100m: 1:40.89 54.88	200m: 3:26.71 52.55	300m: 5:18.99	55.91 400m: 6:38.78 38.28		

Masters 45+

1. Arco Wagenvoort	De Bevelanders	5:17.25	196500989	5:20.86	+0,45
50m: 31.70 31.70	150m: 1:52.04 41.88	250m: 3:18.83	44.91 350m: 4:43.51 38.73		
100m: 1:10.16 38.46	200m: 2:33.92 41.88	300m: 4:04.78	45.95 400m: 5:20.86 37.35		
2. Arnold de Rover	De Futen	5:22.86	196400645	5:26.54	+0,81
50m: 33.55 33.55	150m: 1:57.97 44.82	250m: 3:26.75	45.06 350m: 4:51.72 37.23		
100m: 1:13.15 39.60	200m: 2:41.69 43.72	300m: 4:14.49	47.74 400m: 5:26.54 34.82		
3. Eric Smits	Z&PC De Gouwe	6:19.74	196501453	6:29.65	+0,97
50m: 39.18 39.18	150m: 2:25.57 55.87	250m: 4:12.91	55.48 350m: 5:49.55 41.51		
100m: 1:29.70 50.52	200m: 3:17.43 51.86	300m: 5:08.04	55.13 400m: 6:29.65 40.10		
4. Jan Smalheer	SCOM	6:28.08	196400701	6:40.79	+1,23
50m: 42.42 42.42	150m: 2:23.96 52.45	250m: 4:14.99	58.20 350m: 5:57.51 43.74		
100m: 1:31.51 49.09	200m: 3:16.79 52.83	300m: 5:13.77	58.78 400m: 6:40.79 43.28		

Masters 50+

1. Hugo Bregman	WVZ	5:01.20	195800069	5:26.73	+0,91
50m: 33.33 33.33	150m: 1:54.14 42.13	250m: 3:24.67	49.26 350m: 4:51.25 37.23		
100m: 1:12.01 38.68	200m: 2:35.41 41.27	300m: 4:14.02	49.35 400m: 5:26.73 35.48		
2. Ronald Grove	Oceanus	5:35.59	196100161	5:38.56	+0,81
50m: 35.04 35.04	150m: 2:03.38 46.03	250m: 3:35.55	46.52 350m: 5:02.10 37.94		
100m: 1:17.35 42.31	200m: 2:49.03 45.65	300m: 4:24.16	48.61 400m: 5:38.56 36.46		
3. Arturas Tuomas	Takas	5:46.00	1961tuom	5:39.38	+0,94
<i>LTU Masters Record</i>					
50m: 36.88 36.88	150m: 2:02.61 44.98	250m: 3:34.99	48.89 350m: 5:02.04 38.49		
100m: 1:17.63 40.75	200m: 2:46.10 43.49	300m: 4:23.55	48.56 400m: 5:39.38 37.34		

Masters 55+

1. Paul Bunnik	Triton	6:18.48	195600413	6:24.70	+1,12
50m: 39.33 39.33	150m: 2:20.17 52.89	250m: 4:04.75	53.55 350m: 5:42.15 43.12		
100m: 1:27.28 47.95	200m: 3:11.20 51.03	300m: 4:59.03	54.28 400m: 6:24.70 42.55		

Masters 65+

1. Donald Uijtenbogaart	Het Y	5:59.69	194700107	6:12.28	+0,97
<i>Nederlands Masters Record</i>					
50m: 40.47 40.47	150m: 2:17.35 50.94	250m: 3:58.71	52.58 350m: 5:32.46 41.15		
100m: 1:26.41 45.94	200m: 3:06.13 48.78	300m: 4:51.31	52.60 400m: 6:12.28 39.82		

Masters 70+

1. Gustave Lempereur	CHAT	7:34.26	CHAT/099/42	7:36.49	+1,07
<i>BEL masters record</i>					
50m: 45.45 45.45	150m: 2:36.97 57.91	250m: 4:38.99	1:00.65 350m: 6:38.06 58.77		
100m: 1:39.06 53.61	200m: 3:38.34 1:01.37	300m: 5:39.29	1:00.30 400m: 7:36.49 58.43		