

Programmanr. 1  
03-05-2013 - 9:00

Heren, 800m vrije slag

Masters Open  
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
<b>Masters 20+</b>								
1.	Jan-Willem v.d. Graaff	Het Y	9:19.99	198901023	<b>9:08.75</b>	+0,71		
	50m: 30.98	30.98	250m: 2:49.95	34.05	450m: 5:07.41	33.94	650m: 7:26.33	34.49
	100m: 1:06.20	35.22	300m: 3:24.31	34.36	500m: 5:42.16	34.75	700m: 8:01.29	34.96
	150m: 1:41.17	34.97	350m: 3:58.68	34.37	550m: 6:16.64	34.48	750m: 8:35.54	34.25
	200m: 2:15.90	34.73	400m: 4:33.47	34.79	600m: 6:51.84	35.20	800m: 9:08.75	33.21
2.	Joost Rijntjes	LZ 1886	9:04.10	199101899	<b>9:37.58</b>	+0,74		
	50m: 30.37	30.37	250m: 2:54.25	36.23	450m: 5:20.16	36.54	650m: 7:48.58	37.25
	100m: 1:05.51	35.14	300m: 3:30.62	36.37	500m: 5:57.35	37.19	700m: 8:25.18	36.60
	150m: 1:41.69	36.18	350m: 4:07.05	36.43	550m: 6:34.32	36.97	750m: 9:01.84	36.66
	200m: 2:18.02	36.33	400m: 4:43.62	36.57	600m: 7:11.33	37.01	800m: 9:37.58	35.74
3.	Tim Bunnik	Triton	9:20.38	199000505	<b>9:47.72</b>	+0,80		
	50m: 31.23	31.23	250m: 2:57.08	37.62	450m: 5:27.11	37.53	650m: 7:58.23	37.90
	100m: 1:07.14	35.91	300m: 3:34.60	37.52	500m: 6:04.51	37.40	700m: 8:35.46	37.23
	150m: 1:42.90	35.76	350m: 4:11.87	37.27	550m: 6:42.41	37.90	750m: 9:11.96	36.50
	200m: 2:19.46	36.56	400m: 4:49.58	37.71	600m: 7:20.33	37.92	800m: 9:47.72	35.76
4.	Roderick van Doeselaar	De Rijn	9:20.26	199200261	<b>9:49.26</b>	+0,64		
	50m: 30.11	30.11	250m: 2:56.09	37.16	450m: 5:26.70	37.73	650m: 7:59.25	37.86
	100m: 1:05.51	35.40	300m: 3:33.37	37.28	500m: 6:04.83	38.13	700m: 8:37.38	38.13
	150m: 1:41.85	36.34	350m: 4:10.97	37.60	550m: 6:42.81	37.98	750m: 9:14.33	36.95
	200m: 2:18.93	37.08	400m: 4:48.97	38.00	600m: 7:21.39	38.58	800m: 9:49.26	34.93
5.	Maik Steenkamp	Montferland	10:14.20	199103847	<b>10:05.51</b>			
	50m: 33.08	33.08	250m: 3:03.53	37.97	450m: 5:38.92	38.98	650m: 8:13.96	38.88
	100m: 1:10.00	36.92	300m: 3:42.57	39.04	500m: 6:17.40	38.48	700m: 8:52.46	38.50
	150m: 1:47.77	37.77	350m: 4:21.49	38.92	550m: 6:56.53	39.13	750m: 9:29.85	37.39
	200m: 2:25.56	37.79	400m: 4:59.94	38.45	600m: 7:35.08	38.55	800m: 10:05.51	35.66
6.	Roel van Beek	Montferland	10:46.50	198905861	<b>10:50.00</b>	+0,84		
	50m: 35.03	35.03	250m: 3:14.49	40.78	450m: 6:02.41	42.09	650m: 8:48.65	40.79
	100m: 1:14.17	39.14	300m: 3:56.61	42.12	500m: 6:44.27	41.86	700m: 9:30.08	41.43
	150m: 1:53.52	39.35	350m: 4:38.01	41.40	550m: 7:25.94	41.67	750m: 10:10.92	40.84
	200m: 2:33.71	40.19	400m: 5:20.32	42.31	600m: 8:07.86	41.92	800m: 10:50.00	39.08
7.	Stefan Grudelbach	ZVVS	10:38.06	199202073	<b>11:10.69</b>	+0,75		
	50m: 33.04	33.04	250m: 3:15.61	42.07	450m: 6:07.61	43.76	650m: 9:01.43	43.06
	100m: 1:11.68	38.64	300m: 3:58.05	42.44	500m: 6:51.26	43.65	700m: 9:45.02	43.59
	150m: 1:52.16	40.48	350m: 4:41.12	43.07	550m: 7:34.96	43.70	750m: 10:29.06	44.04
	200m: 2:33.54	41.38	400m: 5:23.85	42.73	600m: 8:18.37	43.41	800m: 11:10.69	41.63
8.	John van Heteren	DWF	11:18.23	199305017	<b>11:30.82</b>	+0,90		
	50m: 36.35	36.35	250m: 3:29.75	43.87	450m: 6:25.61	44.26	650m: 9:22.35	44.14
	100m: 1:17.95	41.60	300m: 4:13.91	44.16	500m: 7:09.43	43.82	700m: 10:06.18	43.83
	150m: 2:02.02	44.07	350m: 4:57.39	43.48	550m: 7:53.94	44.51	750m: 10:49.78	43.60
	200m: 2:45.88	43.86	400m: 5:41.35	43.96	600m: 8:38.21	44.27	800m: 11:30.82	41.04

**Masters 25+**

1.	Erik Schröder	TriVia	8:45.36	198402025	<b>9:12.30</b>	+0,93		
	50m: 30.15	30.15	250m: 2:46.49	34.65	450m: 5:06.35	35.09	650m: 7:28.32	35.63
	100m: 1:03.23	33.08	300m: 3:21.43	34.94	500m: 5:41.64	35.29	700m: 8:03.62	35.30
	150m: 1:37.41	34.18	350m: 3:56.25	34.82	550m: 6:17.56	35.92	750m: 8:38.68	35.06
	200m: 2:11.84	34.43	400m: 4:31.26	35.01	600m: 6:52.69	35.13	800m: 9:12.30	33.62
2.	Ralf van der Poel	Zuiderzeewimmers	9:17.49	198401783	<b>9:57.84</b>	+0,78		
	50m: 31.40	31.40	250m: 2:58.46	37.77	450m: 5:31.39	38.43	650m: 8:05.36	38.40
	100m: 1:06.43	35.03	300m: 3:36.53	38.07	500m: 6:10.03	38.64	700m: 8:43.81	38.45
	150m: 1:43.16	36.73	350m: 4:14.59	38.06	550m: 6:48.33	38.30	750m: 9:21.20	37.39
	200m: 2:20.69	37.53	400m: 4:52.96	38.37	600m: 7:26.96	38.63	800m: 9:57.84	36.64
3.	Niels Albrechts	De Schotejil	9:57.54	198800039	<b>10:08.60</b>	+0,86		
	50m: 34.55	34.55	250m: 3:06.73	38.45	450m: 5:42.24	38.55	650m: 8:16.27	38.51
	100m: 1:11.78	37.23	300m: 3:45.41	38.68	500m: 6:20.91	38.67	700m: 8:55.22	38.95
	150m: 1:49.84	38.06	350m: 4:24.35	38.94	550m: 6:59.18	38.27	750m: 9:31.81	36.59
	200m: 2:28.28	38.44	400m: 5:03.69	39.34	600m: 7:37.76	38.58	800m: 10:08.60	36.79

Programmanr. 1, Heren, 800m vrije slag

Masters 30+

1. Alexander Hulleman	Steenwijk 1934	8:59.36	198300989	<b>9:16.99</b>	+0,76
<i>Nederlands Masters Record</i>					
50m: 30.81	30.81	250m: 2:47.29	34.85	450m: 5:08.34	35.58
100m: 1:04.08	33.27	300m: 3:22.33	35.04	500m: 5:43.52	35.18
150m: 1:38.19	34.11	350m: 3:57.63	35.30	550m: 6:19.18	35.66
200m: 2:12.44	34.25	400m: 4:32.76	35.13	600m: 6:55.20	36.02
650m: 7:31.23	36.03			700m: 8:07.57	36.34
				750m: 8:43.27	35.70
				800m: 9:16.99	33.72
2. Marcel Reefhuis	WS Twente	9:52.42	198101381	<b>9:57.40</b>	+0,81
50m: 32.87	32.87	250m: 3:00.35	37.25	450m: 5:30.53	37.93
100m: 1:09.07	36.20	300m: 3:37.56	37.21	500m: 6:08.61	38.08
150m: 1:46.08	37.01	350m: 4:15.08	37.52	550m: 6:47.36	38.75
200m: 2:23.10	37.02	400m: 4:52.60	37.52	600m: 7:25.65	38.29
650m: 8:04.74	39.09			700m: 8:43.46	38.72
				750m: 9:21.61	38.15
				800m: 9:57.40	35.79
3. Freddie Geerlings	HGN (SG)	10:12.46	197900379	<b>10:14.36</b>	+0,97
50m: 34.03	34.03	250m: 3:05.04	37.58	450m: 5:39.04	38.39
100m: 1:11.68	37.65	300m: 3:43.25	38.21	500m: 6:18.28	39.24
150m: 1:49.12	37.44	350m: 4:21.95	38.70	550m: 6:56.92	38.64
200m: 2:27.46	38.34	400m: 5:00.65	38.70	600m: 7:37.19	40.27
650m: 8:16.05	38.86			700m: 8:56.28	40.23
				750m: 9:34.72	38.44
				800m: 10:14.36	39.64
4. Jeroen Vogelsang	DAW	9:53.75	198001645	<b>10:36.44</b>	+0,84
50m: 33.44	33.44	250m: 3:05.37	39.29	450m: 5:45.39	40.17
100m: 1:09.93	36.49	300m: 3:45.19	39.82	500m: 6:26.39	41.00
150m: 1:47.88	37.95	350m: 4:25.01	39.82	550m: 7:07.74	41.35
200m: 2:26.08	38.20	400m: 5:05.22	40.21	600m: 7:49.46	41.72
650m: 8:30.93	41.47			700m: 9:13.71	42.78
				750m: 9:55.96	42.25
				800m: 10:36.44	40.48
5. Peter Eshuis	DBD	11:33.68	198000375	<b>11:06.01</b>	+0,92
50m: 34.60	34.60	250m: 3:24.50	43.66	450m: 6:17.13	42.70
100m: 1:15.04	40.44	300m: 4:08.17	43.67	500m: 7:00.30	43.17
150m: 1:57.57	42.53	350m: 4:51.16	42.99	550m: 7:42.82	42.52
200m: 2:40.84	43.27	400m: 5:34.43	43.27	600m: 8:25.46	42.64
650m: 9:06.32	40.86			700m: 9:47.57	41.25
				750m: 10:27.62	40.05
				800m: 11:06.01	38.39
6. Bart Liekens	ShaRK	11:55.23	SHARK/374/79	<b>11:26.07</b>	+0,78
50m: 37.22	37.22	250m: 3:31.08	43.43	450m: 6:26.70	43.36
100m: 1:19.79	42.57	300m: 4:15.24	44.16	500m: 7:11.04	44.34
150m: 2:03.33	43.54	350m: 4:58.82	43.58	550m: 7:53.92	42.88
200m: 2:47.65	44.32	400m: 5:43.34	44.52	600m: 8:37.76	43.84
650m: 9:20.42	42.66			700m: 10:03.37	42.95
				750m: 10:45.20	41.83
				800m: 11:26.07	40.87

Masters 35+

1. Egbert Stolk	D'Eift WAVE (SG)	9:06.95	197600889	<b>9:44.30</b>	+0,76
50m: 31.50	31.50	250m: 2:53.13	35.81	450m: 5:20.59	37.41
100m: 1:05.88	34.38	300m: 3:29.45	36.32	500m: 5:57.92	37.33
150m: 1:41.35	35.47	350m: 4:06.17	36.72	550m: 6:35.79	37.87
200m: 2:17.32	35.97	400m: 4:43.18	37.01	600m: 7:13.03	37.24
650m: 7:51.41	38.38			700m: 8:28.89	37.48
				750m: 9:07.15	38.26
				800m: 9:44.30	37.15
2. Ivo Roozeboom	WVZ	9:39.25	197700801	<b>9:52.06</b>	+0,87
50m: 31.38	31.38	250m: 3:00.46	37.49	450m: 5:31.06	37.25
100m: 1:08.05	36.67	300m: 3:38.32	37.86	500m: 6:08.64	37.58
150m: 1:45.21	37.16	350m: 4:15.70	37.38	550m: 6:46.04	37.40
200m: 2:22.97	37.76	400m: 4:53.81	38.11	600m: 7:23.90	37.86
650m: 8:01.63	37.73			700m: 8:39.87	38.24
				750m: 9:10.78	30.91
				800m: 9:52.06	41.28
3. Robin Sprinkhuizen	De Zijl/LGB	9:52.79	197400767	<b>9:54.60</b>	+0,88
50m: 30.61	30.61	250m: 2:58.40	37.46	450m: 5:28.51	37.72
100m: 1:06.65	36.04	300m: 3:35.48	37.08	500m: 6:06.90	38.39
150m: 1:43.25	36.60	350m: 4:13.08	37.60	550m: 6:45.65	38.75
200m: 2:20.94	37.69	400m: 4:50.79	37.71	600m: 7:24.10	38.45
650m: 8:02.43	38.33			700m: 8:41.09	38.66
				750m: 9:19.21	38.12
				800m: 9:54.60	35.39
4. Michel Bogaerts	SCZ-Zaventem	10:27.00	SCZ/008/75	<b>10:15.76</b>	+0,75
50m: 32.52	32.52	250m: 2:58.52	34.85	450m: 5:41.57	39.65
100m: 1:08.13	35.61	300m: 3:42.45	43.93	500m: 6:20.92	39.35
150m: 1:45.47	37.34	350m: 4:22.36	39.91	550m: 7:00.86	39.94
200m: 2:23.67	38.20	400m: 5:01.92	39.56	600m: 7:40.13	39.27
650m: 8:19.98	39.85			700m: 8:59.16	39.18
				750m: 9:38.22	39.06
				800m: 10:15.76	37.54
5. Erwin Zuidervelt	De Futen	11:08.96	197501015	<b>11:48.83</b>	+0,94
50m: 36.34	36.34	250m: 3:28.07	44.09	450m: 6:28.62	46.04
100m: 1:17.98	41.64	300m: 4:11.99	43.92	500m: 7:14.35	45.73
150m: 2:00.74	42.76	350m: 4:56.49	44.50	550m: 8:01.65	47.30
200m: 2:43.98	43.24	400m: 5:42.58	46.09	600m: 8:47.66	46.01
650m: 9:34.35	46.69			700m: 10:20.17	45.82
				750m: 11:06.37	46.20
				800m: 11:48.83	42.46
6. Geert Vanhoof	LZV	12:48.15	LZV/225/76	<b>13:46.22</b>	+0,80
50m: 41.47	41.47	250m: 4:07.21	52.03	450m: 7:42.14	54.21
100m: 1:30.67	49.20	300m: 5:00.25	53.04	500m: 8:36.01	53.87
150m: 2:21.93	51.26	350m: 5:53.51	53.26	550m: 9:28.23	52.22
200m: 3:15.18	53.25	400m: 6:47.93	54.42	600m: 10:21.62	53.39
650m: 11:15.17	53.55			700m: 12:08.85	53.68
				750m: 12:59.99	51.14
				800m: 13:46.22	46.23

Programmanr. 1, Heren, 800m vrije slag

Masters 40+

1. Maurice van der Berge	HZ Zian	9:45.50	196900087	<b>9:37.96</b>	
50m: 32.10 32.10	250m: 2:58.09 37.13	450m: 5:24.11 36.02	650m: 7:50.14 36.98		
100m: 1:07.43 35.33	300m: 3:34.81 36.72	500m: 6:00.26 36.15	700m: 8:26.27 36.13		
150m: 1:44.20 36.77	350m: 4:11.51 36.70	550m: 6:36.74 36.48	750m: 9:02.96 36.69		
200m: 2:20.96 36.76	400m: 4:48.09 36.58	600m: 7:13.16 36.42	800m: 9:37.96 36.00		
2. Agnus Gerringa	Zuiderzeezwimmers	10:42.47	197100285	<b>10:41.64</b>	+0,92
50m: 32.50 32.50	250m: 3:07.33 40.15	450m: 5:51.71 41.25	650m: 8:37.68 41.84		
100m: 1:09.00 36.50	300m: 3:47.91 40.58	500m: 6:32.69 40.98	700m: 9:19.41 41.73		
150m: 1:47.76 38.76	350m: 4:29.10 41.19	550m: 7:14.22 41.53	750m: 10:01.01 41.60		
200m: 2:27.18 39.42	400m: 5:10.46 41.36	600m: 7:55.84 41.62	800m: 10:41.64 40.63		
3. Gerald Hösl	SC Winterthur	11:29.64	0007586-1	<b>11:02.27</b>	+0,88
50m: 36.70 36.70	250m: 3:24.10 42.40	450m: 6:12.10 41.59	650m: 8:58.38 41.30		
100m: 1:16.64 39.94	300m: 4:06.74 42.64	500m: 6:53.93 41.83	700m: 9:40.59 42.21		
150m: 1:58.80 42.16	350m: 4:48.55 41.81	550m: 7:35.36 41.43	750m: 10:21.86 41.27		
200m: 2:41.70 42.90	400m: 5:30.51 41.96	600m: 8:17.08 41.72	800m: 11:02.27 40.41		
4. Roy Danckaerts	De Fuut	10:39.45	197000231	<b>11:08.20</b>	+0,88
50m: 35.85 35.85	250m: 3:21.76 42.70	450m: 6:12.19 42.81	650m: 9:02.79 43.23		
100m: 1:16.17 40.32	300m: 4:04.01 42.25	500m: 6:54.92 42.73	700m: 9:45.25 42.46		
150m: 1:57.41 41.24	350m: 4:46.61 42.60	550m: 7:37.58 42.66	750m: 10:27.03 41.78		
200m: 2:39.06 41.65	400m: 5:29.38 42.77	600m: 8:19.56 41.98	800m: 11:08.20 41.17		
5. Marcel Brittijn	De Duinkickers	12:37.61	196900159	<b>13:24.29</b>	+0,82
50m: 38.40 38.40	250m: 3:51.60 50.38	450m: 7:22.43 52.52	650m: 10:53.05 51.68		
100m: 1:22.99 44.59	300m: 4:45.06 53.46	500m: 8:14.61 52.18	700m: 11:47.47 54.42		
150m: 2:10.74 47.75	350m: 5:37.20 52.14	550m: 9:07.75 53.14	750m: 12:37.56 50.09		
200m: 3:01.22 50.48	400m: 6:29.91 52.71	600m: 10:01.37 53.62	800m: 13:24.29 46.73		

Masters 45+

1. Jo-an Mudde	Zeester-Meerval	10:06.36	196701457	<b>10:01.57</b>	+0,85
50m: 33.99 33.99	250m: 3:03.14 37.36	450m: 5:34.89 37.87	650m: 8:07.90 37.76		
100m: 1:11.04 37.05	300m: 3:40.86 37.72	500m: 6:13.55 38.66	700m: 8:46.54 38.64		
150m: 1:48.14 37.10	350m: 4:18.45 37.59	550m: 6:51.41 37.86	750m: 9:24.15 37.61		
200m: 2:25.78 37.64	400m: 4:57.02 38.57	600m: 7:30.14 38.73	800m: 10:01.57 37.42		
2. Sander Nieuwenhuys	De Fuut	11:11.26	196801423	<b>11:19.68</b>	+0,79
50m: 36.62 36.62	250m: 3:23.33 42.25	450m: 6:17.82 43.57	650m: 9:12.13 43.32		
100m: 1:17.38 40.76	300m: 4:07.09 43.76	500m: 7:01.65 43.83	700m: 9:56.13 44.00		
150m: 1:58.58 41.20	350m: 4:50.49 43.40	550m: 7:44.70 43.05	750m: 10:38.94 42.81		
200m: 2:41.08 42.50	400m: 5:34.25 43.76	600m: 8:28.81 44.11	800m: 11:19.68 40.74		
3. Darlin Valcke	DZV	11:36.66	DZV/104/66	<b>11:20.88</b>	+1,09
50m: 37.00 37.00	250m: 3:26.17 42.68	450m: 6:19.14 42.88	650m: 9:12.42 43.35		
100m: 1:18.27 41.27	300m: 4:09.73 43.56	500m: 7:02.29 43.15	700m: 9:55.82 43.40		
150m: 2:00.26 41.99	350m: 4:52.78 43.05	550m: 7:45.28 42.99	750m: 10:38.81 42.99		
200m: 2:43.49 43.23	400m: 5:36.26 43.48	600m: 8:29.07 43.79	800m: 11:20.88 42.07		
4. André Zandberg	TRB-RES	11:12.24	196601369	<b>11:30.58</b>	
50m: 36.42 36.42	250m: 3:26.88 43.72	450m: 6:21.67 44.18	650m: 9:18.90 44.45		
100m: 1:17.04 40.62	300m: 4:09.93 43.05	500m: 7:05.84 44.17	700m: 10:02.73 43.83		
150m: 1:59.41 42.37	350m: 4:53.57 43.64	550m: 7:49.96 44.12	750m: 10:46.81 44.08		
200m: 2:43.16 43.75	400m: 5:37.49 43.92	600m: 8:34.45 44.49	800m: 11:30.58 43.77		

Masters 50+

1. Frank Gomoll	SV Gladbeck 13	9:56.03	112232	<b>9:49.40</b>	+0,88
<i>Kampioenschaps Record</i>					
50m: 33.80 33.80	250m: 3:00.94 36.80	450m: 5:29.47 37.39	650m: 7:59.14 37.56		
100m: 1:10.48 36.68	300m: 3:37.96 37.02	500m: 6:06.68 37.21	700m: 8:36.63 37.49		
150m: 1:47.58 37.10	350m: 4:15.11 37.15	550m: 6:44.13 37.45	750m: 9:13.91 37.28		
200m: 2:24.14 36.56	400m: 4:52.08 36.97	600m: 7:21.58 37.45	800m: 9:49.40 35.49		
2. Gustav van den Berg	TriVia	10:12.00	196100991	<b>10:17.19</b>	+0,88
50m: 33.77 33.77	250m: 3:07.22 39.29	450m: 5:43.38 39.30	650m: 8:20.44 39.59		
100m: 1:10.95 37.18	300m: 3:46.17 38.95	500m: 6:22.34 38.96	700m: 9:01.78 41.34		
150m: 1:48.99 38.04	350m: 4:24.96 38.79	550m: 7:01.49 39.15	750m: 9:40.38 38.60		
200m: 2:27.93 38.94	400m: 5:04.08 39.12	600m: 7:40.85 39.36	800m: 10:17.19 36.81		
3. Menno Lomans	D'Elft WAVE (SG)	10:26.74	196101071	<b>10:50.58</b>	+0,79
50m: 35.99 35.99	250m: 3:20.34 42.06	450m: 6:07.31 41.85	650m: 8:52.34 41.22		
100m: 1:15.69 39.70	300m: 4:01.96 41.62	500m: 6:48.79 41.48	700m: 9:32.82 40.48		
150m: 1:56.74 41.05	350m: 4:43.89 41.93	550m: 7:29.97 41.18	750m: 10:13.84 41.02		
200m: 2:38.28 41.54	400m: 5:25.46 41.57	600m: 8:11.12 41.15	800m: 10:50.58 36.74		

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

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
4.	Marius Ros	ZCNF'34	10:27.13	195900779	<b>10:51.72</b>	+0,81
	50m: 37.15	37.15	250m: 3:19.84	40.99	450m: 6:04.42	41.66
	100m: 1:17.19	40.04	300m: 4:00.74	40.90	500m: 6:45.94	41.68
	150m: 1:57.86	40.67	350m: 4:41.88	41.14	550m: 7:27.35	40.68
	200m: 2:38.85	40.99	400m: 5:23.36	41.48	600m: 8:09.37	38.33
5.	Paul van der Voort	De Zwoer	11:36.45	196200715	<b>11:26.62</b>	+1,03
	50m: 35.93	35.93	250m: 3:29.51	43.92	450m: 6:26.70	44.12
	100m: 1:17.53	41.60	300m: 4:14.02	44.51	500m: 7:10.29	43.23
	150m: 2:01.25	43.72	350m: 4:57.87	43.85	550m: 7:54.13	42.85
	200m: 2:45.59	44.34	400m: 5:41.97	44.10	600m: 8:37.86	38.56
6.	Philip Verhelle	MZVA	12:43.16	MZVA/105/59	<b>12:36.28</b>	+0,99
	50m: 40.35	40.35	250m: 3:48.06	47.73	450m: 7:02.16	48.10
	100m: 1:25.53	45.18	300m: 4:36.07	48.01	500m: 7:50.90	48.27
	150m: 2:12.99	47.46	350m: 5:25.05	48.98	550m: 8:38.99	47.28
	200m: 3:00.33	47.34	400m: 6:13.45	48.40	600m: 9:27.22	45.41
7.	Jan Willem Heuten	WS Twente	12:25.62	196000883	<b>12:36.71</b>	+1,02
	50m: 39.53	39.53	250m: 3:48.27	48.48	450m: 7:03.08	47.97
	100m: 1:24.47	44.94	300m: 4:36.80	48.53	500m: 7:51.83	47.74
	150m: 2:11.48	47.01	350m: 5:25.57	48.77	550m: 8:40.40	47.51
	200m: 2:59.79	48.31	400m: 6:14.30	48.73	600m: 9:29.43	44.06
8.	Filip Timmermans	ShaRK	13:23.03	SHARK/163/60	<b>14:18.24</b>	+0,91
	50m: 42.30	42.30	250m: 4:07.81	52.05	450m: 7:40.37	58.47
	100m: 1:31.82	49.52	300m: 5:00.06	52.25	500m: 8:37.09	58.19
	150m: 2:23.51	51.69	350m: 5:52.73	52.67	550m: 9:33.07	56.45
	200m: 3:15.76	52.25	400m: 6:45.55	52.82	600m: 10:32.08	53.05

Masters 55+

1.	Marten de Groot	HZ&PC Heerenveen	9:52.32	195800149	<b>9:53.95</b>	+0,83
	<i>Nederlands Masters Record</i>					
	50m: 33.87	33.87	250m: 3:00.76	36.97	450m: 5:29.91	37.95
	100m: 1:10.14	36.27	300m: 3:37.46	36.70	500m: 6:07.41	37.50
	150m: 1:47.24	37.10	350m: 4:14.70	37.24	550m: 6:45.49	38.08
	200m: 2:23.79	36.55	400m: 4:51.96	37.26	600m: 7:23.44	37.95
2.	Henk Slomp	De Pinquin	11:27.55	195500359	<b>11:44.64</b>	+0,88
	50m: 36.92	36.92	250m: 3:34.53	45.01	450m: 6:34.44	44.82
	100m: 1:19.95	43.03	300m: 4:19.86	45.33	500m: 7:20.03	45.59
	150m: 2:04.41	44.46	350m: 5:04.95	45.09	550m: 8:05.94	45.91
	200m: 2:49.52	45.11	400m: 5:49.62	44.67	600m: 8:50.50	44.56
3.	Hans Groothelm	DBD	11:55.51	195800151	<b>11:52.65</b>	+0,71
	50m: 37.01	37.01	250m: 3:32.45	44.42	450m: 6:35.04	45.86
	100m: 1:19.30	42.29	300m: 4:17.45	45.00	500m: 7:20.75	45.71
	150m: 2:03.28	43.98	350m: 5:03.10	45.65	550m: 8:07.05	46.30
	200m: 2:48.03	44.75	400m: 5:49.18	46.08	600m: 8:53.02	45.97
4.	Paul Bunnik	Triton	11:43.75	195600413	<b>12:09.55</b>	+1,02
	50m: 36.01	36.01	250m: 3:36.28	45.91	450m: 6:43.98	47.27
	100m: 1:18.60	42.59	300m: 4:24.24	47.96	500m: 7:30.88	46.90
	150m: 2:04.16	45.56	350m: 5:10.41	46.17	550m: 8:18.42	47.54
	200m: 2:50.37	46.21	400m: 5:56.71	46.30	600m: 9:05.17	46.75

Masters 60+

1.	Georg Dombrowski	SV Gladbeck 13	11:33.39	217978	<b>11:25.99</b>	+0,92
	50m: 37.70	37.70	250m: 3:30.87	43.75	450m: 6:26.81	43.94
	100m: 1:20.54	42.84	300m: 4:15.01	44.14	500m: 7:11.10	44.29
	150m: 2:03.33	42.79	350m: 4:58.75	43.74	550m: 7:55.23	44.13
	200m: 2:47.12	43.79	400m: 5:42.87	44.12	600m: 8:39.41	44.18
2.	Günter Uhlich	SV Gladbeck 13	12:18.16	206688	<b>11:59.25</b>	+1,08
	50m: 39.39	39.39	250m: 3:41.01	45.87	450m: 6:45.13	46.10
	100m: 1:24.18	44.79	300m: 4:27.02	46.01	500m: 7:31.40	46.27
	150m: 2:09.77	45.59	350m: 5:12.81	45.79	550m: 8:16.80	45.40
	200m: 2:55.14	45.37	400m: 5:59.03	46.22	600m: 9:02.43	45.63
3.	Jan Tinholt	PSV	12:11.65	195000185	<b>12:07.50</b>	+1,03
	50m: 41.59	41.59	250m: 3:47.31	47.09	450m: 6:50.26	46.01
	100m: 1:26.93	45.34	300m: 4:33.39	46.08	500m: 7:36.74	46.48
	150m: 2:13.04	46.11	350m: 5:19.19	45.80	550m: 8:23.36	46.62
	200m: 3:00.22	47.18	400m: 6:04.25	45.06	600m: 9:10.51	47.15

Programmanr. 1, Heren, 800m vrije slag, Masters 60+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
4.	Hugo Staudt	WS Twente	11:56.42	195300253	<b>12:18.37</b>	+0,90
	50m: 40.20	40.20	250m: 3:45.17	47.03	450m: 6:52.87	47.13
	100m: 1:24.96	44.76	300m: 4:32.35	47.18	500m: 7:40.26	47.39
	150m: 2:11.39	46.43	350m: 5:18.89	46.54	550m: 8:27.55	47.29
	200m: 2:58.14	46.75	400m: 6:05.74	46.85	600m: 9:14.37	46.82
					650m: 10:01.38	47.01
					700m: 10:47.51	46.13
					750m: 11:33.98	46.47
					800m: 12:18.37	44.39
5.	Hilbert Prins	OEZA	12:33.79	195100223	<b>13:10.05</b>	+1,18
	50m: 42.59	42.59	250m: 3:56.90	48.97	450m: 7:15.75	49.87
	100m: 1:29.97	47.38	300m: 4:46.51	49.61	500m: 8:06.87	51.12
	150m: 2:18.84	48.87	350m: 5:36.21	49.70	550m: 8:57.93	51.06
	200m: 3:07.93	49.09	400m: 6:25.88	49.67	600m: 9:48.45	50.52
					650m: 10:39.29	50.84
					700m: 11:29.69	50.40
					750m: 12:20.09	50.40
					800m: 13:10.05	49.96
6.	Jos Kamps	De Amer	13:57.99	195100085	<b>13:52.76</b>	+1,18
	50m: 42.31	42.31	250m: 4:07.24	52.18	450m: 7:37.88	53.02
	100m: 1:30.76	48.45	300m: 5:00.12	52.88	500m: 8:31.26	53.38
	150m: 2:22.51	51.75	350m: 5:52.12	52.00	550m: 9:26.05	54.79
	200m: 3:15.06	52.55	400m: 6:44.86	52.74	600m: 10:20.76	54.71
					650m: 11:14.87	54.11
					700m: 12:08.48	53.61
					750m: 13:04.16	55.68
					800m: 13:52.76	48.60

Masters 70+

1.	Rob Hanou	PSV	12:57.37	194300109	<b>13:27.71</b>	
	50m: 42.40	42.40	250m: 4:07.57	51.86	450m: 7:33.68	50.66
	100m: 1:32.63	50.23	300m: 5:00.70	53.13	500m: 8:26.44	52.76
	150m: 2:23.63	51.00	350m: 5:51.56	50.86	550m: 9:17.35	50.91
	200m: 3:15.71	52.08	400m: 6:43.02	51.46	600m: 10:09.82	52.47
					650m: 11:00.96	51.14
					700m: 11:52.49	51.53
					750m: 12:42.33	49.84
					800m: 13:27.71	45.38
2.	Frans van Enst	WS Twente	13:06.78	194000011	<b>13:31.26</b>	+1,07
	50m: 42.10	42.10	250m: 4:07.23	52.02	450m: 7:35.84	52.17
	100m: 1:31.27	49.17	300m: 4:58.85	51.62	500m: 8:27.69	51.85
	150m: 2:23.09	51.82	350m: 5:51.47	52.62	550m: 9:19.64	51.95
	200m: 3:15.21	52.12	400m: 6:43.67	52.20	600m: 10:10.90	51.26
					650m: 11:02.97	52.07
					700m: 11:53.62	50.65
					750m: 12:43.99	50.37
					800m: 13:31.26	47.27
3.	Manfred Bottin	SV Langenfeld	14:44.34	57993	<b>15:28.85</b>	+1,08
	50m: 47.67	47.67	250m: 4:41.94	58.72	450m: 8:40.07	59.30
	100m: 1:44.49	56.82	300m: 5:42.25	1:00.31	500m: 9:39.68	59.61
	150m: 2:43.00	58.51	350m: 6:42.69	1:00.44	550m: 10:38.74	59.06
	200m: 3:43.22	1:00.22	400m: 7:40.77	58.08	600m: 11:36.70	57.96
					650m: 12:35.94	59.24
					700m: 13:33.70	57.76
					750m: 14:31.64	57.94
					800m: 15:28.85	57.21
4.	Wim ter Laak	PSV	19:04.53	194000027	<b>19:02.97</b>	
	50m: 58.33	58.33	250m: 5:53.10	1:14.16	450m: 10:48.89	1:13.51
	100m: 2:09.85	1:11.52	300m: 7:07.72	1:14.62	500m: 12:04.19	1:15.30
	150m: 3:25.44	1:15.59	350m: 8:21.59	1:13.87	550m: 13:16.04	1:11.85
	200m: 4:38.94	1:13.50	400m: 9:35.38	1:13.79	600m: 14:29.27	1:13.23
					650m: 15:42.87	1:13.60
					700m: 16:50.28	1:07.41
					750m: 17:55.12	1:08.84
					800m: 19:02.97	1:03.85

Masters 75+

1.	Nic Geers	Z&PC De Gouwe	12:14.50	193800007	<b>15:38.33</b>	+1,14
	50m: 55.06	55.06	250m: 4:55.22	59.23	450m: 8:49.02	57.94
	100m: 1:56.55	1:01.49	300m: 5:53.66	58.44	500m: 9:47.35	58.33
	150m: 2:56.23	59.68	350m: 6:52.67	59.01	550m: 10:46.77	59.42
	200m: 3:55.99	59.76	400m: 7:51.08	58.41	600m: 11:44.39	57.62
					650m: 12:44.55	1:00.16
					700m: 13:41.80	57.25
					750m: 14:42.92	1:01.12
					800m: 15:38.33	55.41

Masters 80+

1.	Bob Berg	PSV	16:07.18	193300011	<b>16:46.81</b>	+1,58
	<i>Nederlands Masters Record, 400m NMR</i>					
	50m: 50.45	50.45	250m: 5:01.08	1:02.71	450m: 9:17.74	1:05.40
	100m: 1:50.31	59.86	300m: 6:05.36	1:04.28	500m: 10:21.60	1:03.86
	150m: 2:54.10	1:03.79	350m: 7:08.51	1:03.15	550m: 11:26.11	1:04.51
	200m: 3:58.37	1:04.27	400m: 8:12.34	1:03.83	600m: 12:30.38	1:04.27
					650m: 13:33.33	1:02.95
					700m: 14:36.78	1:03.45
					750m: 15:42.13	1:05.35
					800m: 16:46.81	1:04.68

BM	Walter Ludwig	SSF Sieglar 1960 e.V.	NT	133686	<b>11:33.02</b>	+0,85
	<i>400m*</i>					
	50m: 35.49	35.49	250m: 3:29.39	43.68	450m: 6:27.55	44.72
	100m: 1:17.68	42.19	300m: 4:13.91	44.52	500m: 7:12.18	44.63
	150m: 2:00.85	43.17	350m: 4:58.53	44.62	550m: 7:56.02	43.84
	200m: 2:45.71	44.86	400m: 5:42.83	44.30	600m: 8:41.07	45.05
					650m: 9:24.92	43.85
					700m: 10:09.84	44.92
					750m: 10:53.10	43.26
					800m: 11:33.02	39.92