

Programmanr. 41
05-05-2013 - 15:29

Heren, 400m wisselslag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
Masters 20+						
1.	Emile Manni <i>Nederlands Masters Record</i>	Octopus	5:00.57	199001901	4:58.02	+0,62
	50m: 28.62 28.62	150m: 1:41.91 38.56	250m: 3:03.73 42.82	350m: 4:22.14 34.38		
	100m: 1:03.35 34.73	200m: 2:20.91 39.00	300m: 3:47.76 44.03	400m: 4:58.02 35.88		
2.	Jan-Willem v.d. Graaff	Het Y	4:50.06	198901023	5:03.10	+0,71
	50m: 31.12 31.12	150m: 1:47.72 40.22	250m: 3:12.00 46.60	350m: 4:32.17 34.81		
	100m: 1:07.50 36.38	200m: 2:25.40 37.68	300m: 3:57.36 45.36	400m: 5:03.10 30.93		
3.	Dennis Wijbenga	Stadskanaal	4:43.65	199003283	5:03.73	+0,83
	50m: 31.90 31.90	150m: 1:52.52 41.16	250m: 3:12.29 40.46	350m: 4:30.33 36.80		
	100m: 1:11.36 39.46	200m: 2:31.83 39.31	300m: 3:53.53 41.24	400m: 5:03.73 33.40		
4.	Tim Bunnik	Triton	4:55.32	199000505	5:10.31	+0,80
	50m: 30.77 30.77	150m: 1:48.90 39.92	250m: 3:16.03 46.23	350m: 4:35.96 33.80		
	100m: 1:08.98 38.21	200m: 2:29.80 40.90	300m: 4:02.16 46.13	400m: 5:10.31 34.35		
5.	Maik Steenkamp	Montferland	5:05.16	199103847	5:25.70	+0,68
	50m: 32.21 32.21	150m: 1:55.25 43.18	250m: 3:23.63 45.19	350m: 4:48.33 38.03		
	100m: 1:12.07 39.86	200m: 2:38.44 43.19	300m: 4:10.30 46.67	400m: 5:25.70 37.37		

Masters 25+

1.	Ralf van der Poel	Zuiderzeewimmers	5:10.04	198401783	5:15.48	+0,69
	50m: 33.26 33.26	150m: 1:57.43 43.35	250m: 3:21.39 42.44	350m: 4:40.73 36.16		
	100m: 1:14.08 40.82	200m: 2:38.95 41.52	300m: 4:04.57 43.18	400m: 5:15.48 34.75		
2.	Thommy Nickel	Van Vliet-Barracuda	5:25.48	198401627	5:26.18	+0,76
	50m: 32.90 32.90	150m: 1:54.85 40.74	250m: 3:22.42 46.52	350m: 4:48.55 38.36		
	100m: 1:14.11 41.21	200m: 2:35.90 41.05	300m: 4:10.19 47.77	400m: 5:26.18 37.63		
3.	Niels Albrechts	De Schoteijl	5:34.62	198800039	5:50.72	+0,86
	50m: 35.75 35.75	150m: 2:04.66 44.27	250m: 3:44.01 56.52	350m: 5:16.54 35.83		
	100m: 1:20.39 44.64	200m: 2:47.49 42.83	300m: 4:40.71 56.70	400m: 5:50.72 34.18		
4.	Robin Dellaert	Scheldeestroom	5:56.66	198800745	5:52.11	+0,81
	50m: 33.52 33.52	150m: 2:02.56 47.16	250m: 3:40.22 52.36	350m: 5:13.05 40.93		
	100m: 1:15.40 41.88	200m: 2:47.86 45.30	300m: 4:32.12 51.90	400m: 5:52.11 39.06		
AFGEM	Christiaan Fusers	De Roersoppers	5:03.54	198700977		

Masters 30+

1.	Kristiaan Lenos	LZ 1886	4:54.00	198301331	5:09.91	+0,78
	50m: 30.24 30.24	150m: 1:48.08 40.96	250m: 3:13.37 44.70	350m: 4:35.74 36.95		
	100m: 1:07.12 36.88	200m: 2:28.67 40.59	300m: 3:58.79 45.42	400m: 5:09.91 34.17		
2.	Alexander Hulleman	Steenwijk 1934	5:02.92	198300989	5:22.07	+0,76
	50m: 31.94 31.94	150m: 1:53.57 43.30	250m: 3:22.11 45.76	350m: 4:46.60 36.22		
	100m: 1:10.27 38.33	200m: 2:36.35 42.78	300m: 4:10.38 48.27	400m: 5:22.07 35.47		
3.	Freddie Geerlings	HGN (SG)	5:29.35	197900379	5:30.41	+0,85
	50m: 33.41 33.41	150m: 2:00.88 44.29	250m: 3:28.58 44.04	350m: 4:52.12 38.72		
	100m: 1:16.59 43.18	200m: 2:44.54 43.66	300m: 4:13.40 44.82	400m: 5:30.41 38.29		
4.	Jeroen Vogelsang	DAW	5:47.16	198001645	5:51.92	+0,89
	50m: 35.49 35.49	150m: 2:11.37 51.50	250m: 3:48.51 47.60	350m: 5:15.18 37.60		
	100m: 1:19.87 44.38	200m: 3:00.91 49.54	300m: 4:37.58 49.07	400m: 5:51.92 36.74		

Masters 35+

1.	Egbert Stolk <i>Kampioenschaps Record</i>	D'Elft WAVE (SG)	4:54.14	197600889	5:07.55	+0,76
	50m: 31.98 31.98	150m: 1:51.01 40.99	250m: 3:14.10 44.26	350m: 4:33.46 35.60		
	100m: 1:10.02 38.04	200m: 2:29.84 38.83	300m: 3:57.86 43.76	400m: 5:07.55 34.09		
2.	Dennis Brouwers	HZPC	5:05.73	197800167	5:11.26	+0,85
	50m: 34.81 34.81	150m: 1:53.97 37.58	250m: 3:16.08 45.61	350m: 4:36.54 34.68		
	100m: 1:16.39 41.58	200m: 2:30.47 36.50	300m: 4:01.86 45.78	400m: 5:11.26 34.72		

Onjuistheden / Mistakes?

Mail naar / to: mastersinschrijvingen@knzb.nl

Splash Meet Manager 11, Build 25506

Registered to KNZB

05-05-2013 22:33 - pagina 1

Programmanr. 41, Heren, 400m wisselslag, Masters 35+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
3.	Gerard Eghuizen	HZ&PC Heerenveen	5:51.13	197400197	6:05.86	+0,92
	50m: 36.96 36.96	150m: 2:09.55 44.98	250m: 3:47.38 53.96	350m: 5:24.70 41.91		
	100m: 1:24.57 47.61	200m: 2:53.42 43.87	300m: 4:42.79 55.41	400m: 6:05.86 41.16		
4.	Erwin Zuidervelt	De Futen	5:43.52	197501015	6:09.67 *	+0,80
	50m: 34.52 34.52	150m: 2:08.52 47.83	250m: 3:48.72 52.82	350m: 5:26.91 42.60		
	100m: 1:20.69 46.17	200m: 2:55.90 47.38	300m: 4:44.31 55.59	400m: 6:09.67 42.76		

Masters 40+

1.	Janis Plotnieks LMK	Riga Kipsala SC	5:33.73	1971PLOT	5:24.37	+0,96
	50m: 33.07 33.07	150m: 1:53.12 40.39	250m: 3:19.57 45.54	350m: 4:46.06 38.93		
	100m: 1:12.73 39.66	200m: 2:34.03 40.91	300m: 4:07.13 47.56	400m: 5:24.37 38.31		
2.	Arjan Bellaart	Oceanus	5:23.60	196900079	5:42.01	+0,77
	50m: 32.99 32.99	150m: 1:58.22 44.31	250m: 3:32.18 50.75	350m: 5:04.02 39.20		
	100m: 1:13.91 40.92	200m: 2:41.43 43.21	300m: 4:24.82 52.64	400m: 5:42.01 37.99		
3.	Kasper van den Berghe	Swol 1894	6:14.07	197301125	6:05.52	+0,89
	50m: 37.00 37.00	150m: 2:08.10 45.81	250m: 3:47.62 53.95	350m: 5:23.56 42.85		
	100m: 1:22.29 45.29	200m: 2:53.67 45.57	300m: 4:40.71 53.09	400m: 6:05.52 41.96		
NG	Oliver Podebrad	SC Wiesbaden 1911 e.V.	6:03.14	262705		

Masters 45+

1.	Dieter Späker	SV Gladbeck 13	5:14.72	93798	5:36.13	+0,84
	50m: 33.48 33.48	150m: 2:01.92 48.00	250m: 3:32.90 45.20	350m: 4:57.84 40.23		
	100m: 1:13.92 40.44	200m: 2:47.70 45.78	300m: 4:17.61 44.71	400m: 5:36.13 38.29		
2.	Konstantin Sklyar	TG Lage	5:54.93	321129	5:50.03	+0,77
	50m: 35.06 35.06	150m: 2:06.63 49.34	250m: 3:43.02 49.81	350m: 5:12.47 39.07		
	100m: 1:17.29 42.23	200m: 2:53.21 46.58	300m: 4:33.40 50.38	400m: 5:50.03 37.56		
3.	Ron Korzelius	AZ&PC	5:46.80	196500513	5:51.66	+0,92
	50m: 35.77 35.77	150m: 2:09.47 46.92	250m: 3:45.24 52.41	350m: 5:15.22 38.05		
	100m: 1:22.55 46.78	200m: 2:52.83 43.36	300m: 4:37.17 51.93	400m: 5:51.66 36.44		

Masters 50+

1.	Jan Brink	De Zeeuwse Kust (SG)	5:25.16	196200091	5:43.11	+0,85
	50m: 36.91 36.91	150m: 2:06.02 43.31	250m: 3:37.50 49.29	350m: 5:05.61 39.53		
	100m: 1:22.71 45.80	200m: 2:48.21 42.19	300m: 4:26.08 48.58	400m: 5:43.11 37.50		
2.	Ronald Grove	Oceanus	5:52.93	196100161	5:58.54	+0,79
	50m: 36.67 36.67	150m: 2:12.44 49.84	250m: 3:49.63 49.46	350m: 5:19.26 39.41		
	100m: 1:22.60 45.93	200m: 3:00.17 47.73	300m: 4:39.85 50.22	400m: 5:58.54 39.28		
3.	Paul van der Voort	De Zwoer	6:26.86	196200715	6:34.00	+1,11
	50m: 37.57 37.57	150m: 2:18.70 51.01	250m: 4:07.38 58.60	350m: 5:49.92 41.84		
	100m: 1:27.69 50.12	200m: 3:08.78 50.08	300m: 5:08.08 1:00.70	400m: 6:34.00 44.08		
4.	Jan Willem Heuten	WS Twente	7:05.92	196000883	6:55.62	+0,96
	50m: 42.01 42.01	150m: 2:31.91 58.47	250m: 4:30.84 1:00.49	350m: 6:12.89 43.62		
	100m: 1:33.44 51.43	200m: 3:30.35 58.44	300m: 5:29.27 58.43	400m: 6:55.62 42.73		

Masters 55+

1.	Bart van Doesburg	PSV	6:37.61	195600463	6:39.90	+0,79
	50m: 42.85 42.85	150m: 2:30.02 53.64	250m: 4:19.31 56.35	350m: 5:57.31 43.41		
	100m: 1:36.38 53.53	200m: 3:22.96 52.94	300m: 5:13.90 54.59	400m: 6:39.90 42.59		
2.	Paul Bunnik	Triton	6:30.60	195600413	6:43.10	+1,00
	50m: 40.91 40.91	150m: 2:28.29 56.61	250m: 4:18.92 57.62	350m: 6:01.75 44.08		
	100m: 1:31.68 50.77	200m: 3:21.30 53.01	300m: 5:17.67 58.75	400m: 6:43.10 41.35		
3.	Hans Groothelm	DBD	6:49.02	195800151	6:43.39	+0,72
	50m: 41.09 41.09	150m: 2:31.53 53.37	250m: 4:20.59 57.08	350m: 6:02.48 44.29		
	100m: 1:38.16 57.07	200m: 3:23.51 51.98	300m: 5:18.19 57.60	400m: 6:43.39 40.91		

Programmanr. 41, Heren, 400m wisselslag

Masters 60+

1.	Jan Tinholt	PSV					6:39.51	195000185		6:59.43	+1,06	
	50m:	48.82	48.82	150m:	2:41.54	57.09	250m:	4:34.04	58.15	350m:	6:16.28	44.17
	100m:	1:44.45	55.63	200m:	3:35.89	54.35	300m:	5:32.11	58.07	400m:	6:59.43	43.15

Masters 65+

1.	Donald Uijtenbogaart	Het Y	6:18.10	194700107	6:15.57	+0,89						
	Nederlands Masters Record											
	50m:	40.52	40.52	150m:	2:19.41	51.59	250m:	4:02.60	52.35	350m:	5:36.11	41.37
	100m:	1:27.82	47.30	200m:	3:10.25	50.84	300m:	4:54.74	52.14	400m:	6:15.57	39.46

Masters 70+

1.	Rob Hanou	PSV	7:00.24	194300109	7:16.23	+1,05						
	Kampioenschaps Record											
	50m:	48.17	48.17	150m:	2:47.02	59.79	250m:	4:41.57	57.01	350m:	6:27.73	48.05
	100m:	1:47.23	59.06	200m:	3:44.56	57.54	300m:	5:39.68	58.11	400m:	7:16.23	48.50