

Programmanr. 15
28-01-2012 - 9:41

Heren, 400m vrije slag

Masters Open
Resultaten

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	29.37	150m: 1:34.72	33.22	250m: 2:43.39	34.16	350m: 3:51.51	33.70
	100m: 1:01.50	32.13	200m: 2:09.23	34.51	300m: 3:17.81	34.42	400m: 4:24.19	32.68
2.	Maik Steenkamp	NDD	4:30.05	199103847	4:36.67	+0,80		
	50m: 30.61	30.61	150m: 1:39.38	34.72	250m: 2:50.17	35.36	350m: 4:01.60	35.95
	100m: 1:04.66	34.05	200m: 2:14.81	35.43	300m: 3:25.65	35.48	400m: 4:36.67	35.07
3.	Tim Bunnik	Triton	4:35.18	199000505	4:38.03	+0,99		
	50m: 30.56	30.56	150m: 1:40.42	35.72	250m: 2:51.99	35.86	350m: 4:04.68	36.06
	100m: 1:04.70	34.14	200m: 2:16.13	35.71	300m: 3:28.62	36.63	400m: 4:38.03	33.35
4.	Wessel Everloo	De Veene	4:31.00	198906597	4:39.09	+1,00		
	50m: 31.23	31.23	150m: 1:42.42	36.36	250m: 2:52.90	35.84	350m: 4:03.91	34.84
	100m: 1:06.06	34.83	200m: 2:17.06	34.64	300m: 3:29.07	36.17	400m: 4:39.09	35.18
5.	Rick Hellenbrand	HGN (SG)	4:50.89	198901173	4:54.63	+0,68		
	50m: 33.56	33.56	150m: 1:47.29	37.07	250m: 3:02.34	37.55	350m: 4:17.37	37.81
	100m: 1:10.22	36.66	200m: 2:24.79	37.50	300m: 3:39.56	37.22	400m: 4:54.63	37.26
6.	Vincent Keijmel	Scheldestroom	4:51.65	199101169	5:20.57	+0,82		
	50m: 33.36	33.36	150m: 1:51.57	40.37	250m: 3:15.71	42.15	350m: 4:39.35	41.28
	100m: 1:11.20	37.84	200m: 2:33.56	41.99	300m: 3:58.07	42.36	400m: 5:20.57	41.22
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	27.58	150m: 1:30.46	31.71	250m: 2:32.74	30.99	350m: 3:35.27	31.15
	100m: 58.75	31.17	200m: 2:01.75	31.29	300m: 3:04.12	31.38	400m: 4:06.04	30.77
2.	Kristiaan Lenos	LZ 1886	4:15.42	198301331	4:20.67	+0,97		
	50m: 28.26	28.26	150m: 1:32.30	32.44	250m: 2:38.89	33.51	350m: 3:47.67	34.48
	100m: 59.86	31.60	200m: 2:05.38	33.08	300m: 3:13.19	34.30	400m: 4:20.67	33.00
3.	Remco van Althuis	SBC2000	4:35.39	198300029	4:31.49	+0,93		
	50m: 29.94	29.94	150m: 1:37.64	34.57	250m: 2:47.61	35.01	350m: 3:57.92	34.90
	100m: 1:03.07	33.13	200m: 2:12.60	34.96	300m: 3:23.02	35.41	400m: 4:31.49	33.57
4.	Mathijs Lenos	HPC	4:50.67	198401407	4:44.68	+0,93		
	50m: 30.59	30.59	150m: 1:40.96	36.06	250m: 2:53.12	35.72	350m: 4:07.43	37.00
	100m: 1:04.90	34.31	200m: 2:17.40	36.44	300m: 3:30.43	37.31	400m: 4:44.68	37.25
5.	Lars Erik Beute	't Tolhekke	5:46.70	198600227	5:23.58	+0,93		
	50m: 34.84	34.84	150m: 1:53.20	39.97	250m: 3:16.34	41.40	350m: 4:41.31	43.01
	100m: 1:13.23	38.39	200m: 2:34.94	41.74	300m: 3:58.30	41.96	400m: 5:23.58	42.27
Masters 30+								
1.	Marcel Reefhuis	De Veene	4:31.56	198101381	4:37.65	+0,52		
	50m: 30.53	30.53	150m: 1:38.23	34.52	250m: 2:49.06	35.76	350m: 4:02.09	36.84
	100m: 1:03.71	33.18	200m: 2:13.30	35.07	300m: 3:25.25	36.19	400m: 4:37.65	35.56
2.	Jeroen Vogelsang	DAW	4:44.87	198001645	5:00.31	+0,64		
	50m: 31.69	31.69	150m: 1:43.94	36.91	250m: 3:02.16	39.40	350m: 4:21.64	40.16
	100m: 1:07.03	35.34	200m: 2:22.76	38.82	300m: 3:41.48	39.32	400m: 5:00.31	38.67
3.	Steven Prins	PLONS	5:18.73	197901833	5:30.41	+0,82		
	50m: 35.06	35.06	150m: 1:56.34	41.33	250m: 3:20.65	42.13	350m: 4:47.53	43.80
	100m: 1:15.01	39.95	200m: 2:38.52	42.18	300m: 4:03.73	43.08	400m: 5:30.41	42.88
Masters 35+								
1.	Markus van Rest	Zoetermeer	4:56.10	197701197	4:50.06	+1,00		
	50m: 32.09	32.09	150m: 1:44.97	37.22	250m: 3:00.88	38.04	350m: 4:15.04	36.32
	100m: 1:07.75	35.66	200m: 2:22.84	37.87	300m: 3:38.72	37.84	400m: 4:50.06	35.02
2.	Erwin Zuidervelt	De Futen	4:52.83	197501015	4:59.30	+0,96		
	50m: 33.50	33.50	150m: 1:49.90	38.56	250m: 3:07.44	38.64	350m: 4:23.38	37.53
	100m: 1:11.34	37.84	200m: 2:28.80	38.90	300m: 3:45.85	38.41	400m: 4:59.30	35.92

Programmanr. 15, Heren, 400m vrije slag, 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	150m: 2:08.10	250m: 3:41.09	350m: 5:20.20	49.18	
	100m: 1:22.59	200m: 2:53.87	300m: 4:31.02	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	150m: 1:42.23	250m: 2:53.64	350m: 4:04.03	34.94	
	100m: 1:06.77	200m: 2:18.07	300m: 3:29.09	400m: 4:38.68	34.65	
2.	Arjan Bellaart	Oceanus	4:46.29	196900079	4:39.34	+0,91
	50m: 30.90	150m: 1:40.96	250m: 2:52.64	350m: 4:04.07	35.55	
	100m: 1:05.91	200m: 2:16.77	300m: 3:28.52	400m: 4:39.34	35.27	
3.	René Beetsma	HZ&PC Heerenveen	4:39.97	196900069	4:42.72	+0,93
	50m: 32.15	150m: 1:42.29	250m: 2:54.31	350m: 4:07.43	36.47	
	100m: 1:06.70	200m: 2:18.33	300m: 3:30.96	400m: 4:42.72	35.29	
4.	Frank v Nobelen	Sassenheim	4:46.37	196900753	5:01.07	+0,92
	50m: 33.81	150m: 1:47.65	250m: 3:04.49	350m: 4:22.24	39.14	
	100m: 1:10.25	200m: 2:26.26	300m: 3:43.10	400m: 5:01.07	38.83	
5.	Sander de Weert	OEZA	5:39.29	197201453	5:47.75	+0,60
	50m: 38.00	150m: 2:02.80	250m: 3:31.54	350m: 5:02.46	45.84	
	100m: 1:10.63	200m: 2:46.70	300m: 4:16.62	400m: 5:47.75	45.29	
6.	Marcel Brittijn	De Duinkkikers	6:00.31	196900159	6:04.20	+1,01
	50m: 38.16	150m: 2:07.95	250m: 3:44.20	350m: 5:20.36	48.56	
	100m: 1:21.58	200m: 2:55.77	300m: 4:31.80	400m: 6:04.20	43.84	
7.	Arnold Jonker	HZ&PC Heerenveen	6:10.50	197000529	6:17.68	+1,08
	50m: 43.57	150m: 2:19.45	250m: 3:54.91	350m: 5:30.41	48.09	
	100m: 1:31.93	200m: 3:07.57	300m: 4:42.32	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	150m: 1:41.07	250m: 2:52.18	350m: 4:03.66	36.11	
	100m: 1:05.57	200m: 2:16.65	300m: 3:27.55	400m: 4:40.22	36.56	
2.	Jo-an Mudde	Zeester-Meerval	4:39.88	196701457	4:42.50	+0,83
	50m: 32.03	150m: 1:43.23	250m: 2:54.33	350m: 4:06.54	36.15	
	100m: 1:07.33	200m: 2:18.84	300m: 3:30.39	400m: 4:42.50	35.96	
3.	Gert Sikkema	Zignea	4:48.16	196300687	4:49.85	+0,96
	50m: 33.39	150m: 1:46.84	250m: 3:01.15	350m: 4:14.62	37.11	
	100m: 1:09.54	200m: 2:24.48	300m: 3:37.51	400m: 4:49.85	35.23	
4.	Erik van Dartel	PSV	5:06.69	196700185	5:14.57	+1,01
	50m: 35.54	150m: 1:53.30	250m: 3:13.29	350m: 4:34.24	40.93	
	100m: 1:14.34	200m: 2:33.32	300m: 3:53.31	400m: 5:14.57	40.33	
5.	Jan Smalheer	SCOM	5:29.09	196400701	5:42.00	+1,23
	50m: 35.17	150m: 1:59.59	250m: 3:28.45	350m: 4:57.31	44.35	
	100m: 1:15.99	200m: 2:43.90	300m: 4:12.96	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	150m: 2:04.03	250m: 3:38.98	350m: 5:14.64	47.85	
	100m: 1:18.68	200m: 2:51.15	300m: 4:26.79	400m: 5:58.50	43.86	
7.	Casper Dollekamp	Steenwijk 1934	5:51.92	196301341	6:00.05	+1,07
	50m: 38.95	150m: 2:06.47	250m: 3:39.07	350m: 5:14.41	48.27	
	100m: 1:21.34	200m: 2:52.37	300m: 4:26.14	400m: 6:00.05	45.64	
8.	Rik van Gasteren	AquAmigos	6:35.29	196401015	6:39.34	+1,15
	50m: 42.91	150m: 2:19.97	250m: 4:02.89	350m: 5:49.51	53.11	
	100m: 1:30.54	200m: 3:11.04	300m: 4:56.40	400m: 6:39.34	49.83	

Programmanr. 15, Heren, 400m vrije slag

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 200m *		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

Programmanr. 15, Heren, 400m vrije slag, 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	150m: 2:51.86	250m: 4:59.79	1:04.72	350m: 7:09.97	1:04.90
	100m: 1:49.96	200m: 3:55.07	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	150m: 2:01.45	250m: 3:30.46	44.74	350m: 5:00.51	45.29
	100m: 1:18.01	200m: 2:45.72	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	150m: 2:06.87	250m: 3:38.21	45.55	350m: 5:09.94	46.10
	100m: 1:22.05	200m: 2:52.66	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	150m: 2:20.98	250m: 4:03.79	51.47	350m: 5:47.05	51.79
	100m: 1:30.49	200m: 3:12.32	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	150m: 2:21.82	250m: 4:06.40	52.54	350m: 5:50.94	52.25
	100m: 1:31.25	200m: 3:13.86	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	150m: 1:55.69	250m: 3:16.18	40.23	350m: 4:35.50	39.42
	100m: 1:15.41	200m: 2:35.95	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	150m: 2:13.77	250m: 3:51.42	48.01	350m: 5:27.76	48.05
	100m: 1:25.20	200m: 3:03.41	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	150m: 2:32.71	250m: 4:25.42	56.79	350m: 6:17.80	55.21
	100m: 1:38.00	200m: 3:28.63	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	150m: 2:09.28	250m: 3:39.08	45.08	350m: 5:07.51	44.08
	100m: 1:24.02	200m: 2:54.00	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	150m: 2:28.15	250m: 4:14.15	53.48	350m: 6:01.21	53.95
	100m: 1:36.28	200m: 3:20.67	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	150m: 2:53.77	250m: 5:01.55	1:02.15	350m: 7:09.65	1:03.61
	100m: 1:51.99	200m: 3:59.40	300m: 6:06.04	1:04.49	400m: 8:14.19	1:04.54