

Programmanr. 40
06-05-2012 - 15:32

Heren, 400m wisselslag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
Masters 20+						
1.	Tom Lommers <i>Nederlands Masters Record</i>	Nayade	4:58.49	199001847	4:58.59	+0,74
	50m: 29.73 29.73 100m: 1:05.96 36.23	150m: 1:46.41 40.45 200m: 2:25.67 39.26	250m: 3:10.27 44.60 300m: 3:55.45 45.18	350m: 4:27.35 31.90 400m: 4:58.59 31.24		
2.	Emile Manni	Octopus	4:42.95	199001901	5:00.57	+0,68
	50m: 29.17 29.17 100m: 1:04.46 35.29	150m: 1:44.00 39.54 200m: 2:23.09 39.09	250m: 3:07.40 44.31 300m: 3:52.49 45.09	350m: 4:26.66 34.17 400m: 5:00.57 33.91		
3.	Dennis Wijbenga	Stadskanaal	4:57.29	199003283	5:05.97	+0,86
	50m: 32.75 32.75 100m: 1:12.18 39.43	150m: 1:52.53 40.35 200m: 2:31.55 39.02	250m: 3:13.00 41.45 300m: 3:55.02 42.02	350m: 4:31.46 36.44 400m: 5:05.97 34.51		
4.	Tim Bunnik	Triton	5:22.44	199000505	5:16.00	
	50m: 33.13 33.13 100m: 1:13.87 40.74	150m: 1:55.10 41.23 200m: 2:35.37 40.27	250m: 3:19.99 44.62 300m: 4:07.42 47.43	350m: 4:41.27 33.85 400m: 5:16.00 34.73		
5.	Niels Albrechts	De Schoteijl	5:50.30	198800039	5:55.51	+0,88
	50m: 36.45 36.45 100m: 1:21.75 45.30	150m: 2:06.26 44.51 200m: 2:49.26 43.00	250m: 3:45.89 56.63 300m: 4:43.47 57.58	350m: 5:20.12 36.65 400m: 5:55.51 35.39		
6.	Kevin Dieker	Montferland	6:00.53	199100461	5:58.73	+0,84
	50m: 35.40 35.40 100m: 1:17.44 42.04	150m: 2:04.83 47.39 200m: 2:50.67 45.84	250m: 3:40.31 49.64 300m: 4:34.27 53.96	350m: 5:17.10 42.83 400m: 5:58.73 41.63		
7.	Robin Dellaert	Scheldeestroom	5:28.56	198800745	6:07.18	+0,84
	50m: 34.60 34.60 100m: 1:19.41 44.81	150m: 2:08.99 49.58 200m: 2:56.44 47.45	250m: 3:49.73 53.29 300m: 4:43.14 53.41	350m: 5:26.25 43.11 400m: 6:07.18 40.93		
8.	Sven van Zanten	De Duinkikkers	6:14.38	199003405	6:25.05	+0,73
	50m: 35.07 35.07 100m: 1:23.54 48.47	150m: 2:12.95 49.41 200m: 3:01.49 48.54	250m: 3:58.11 56.62 300m: 4:55.99 57.88	350m: 5:41.24 45.25 400m: 6:25.05 43.81		
DIS	Nico Beuster	Hanse SV Rostock	5:36.08	139480	5:37.86 RH	+0,75
	50m: 32.99 32.99 100m: 1:12.95 39.96	150m: 2:00.18 47.23 200m: 2:47.04 46.86	250m: 3:34.36 47.32 300m: 4:23.20 48.84	350m: 5:01.27 38.07 400m: 5:37.86 36.59		

Masters 25+

1.	Raymond van de Merwe	WVZ	4:26.06	198602077	4:44.51	+0,73
	50m: 29.13 29.13 100m: 1:03.15 34.02	150m: 1:40.44 37.29 200m: 2:16.82 36.38	250m: 2:57.34 40.52 300m: 3:38.54 41.20	350m: 4:12.38 33.84 400m: 4:44.51 32.13		
2.	Gino Stevenheydens	Zwemclub Iloka Kapellen	4:39.63	86Ste	4:55.98	+0,74
	50m: 29.46 29.46 100m: 1:04.22 34.76	150m: 1:44.77 40.55 200m: 2:24.00 39.23	250m: 3:06.68 42.68 300m: 3:49.13 42.45	350m: 4:23.51 34.38 400m: 4:55.98 32.47		
3.	Ralf van der Poel	LZ 1886	4:57.35	198401783	5:11.88	+0,76
	50m: 31.40 31.40 100m: 1:10.84 39.44	150m: 1:53.58 42.74 200m: 2:34.38 40.80	250m: 3:16.37 41.99 300m: 3:59.57 43.20	350m: 4:36.28 36.71 400m: 5:11.88 35.60		
4.	Tobias Höfs	SG Wuppertal	5:21.24	127987	5:20.79	+0,86
	50m: 31.35 31.35 100m: 1:10.19 38.84	150m: 1:55.61 45.42 200m: 2:39.21 43.60	250m: 3:24.11 44.90 300m: 4:09.78 45.67	350m: 4:45.90 36.12 400m: 5:20.79 34.89		
5.	Thommy Nickel	Van Vliet-Barracuda	5:09.12	198401627	5:25.48	+0,83
	50m: 32.95 32.95 100m: 1:13.68 40.73	150m: 1:57.16 43.48 200m: 2:39.21 42.05	250m: 3:24.87 45.66 300m: 4:10.98 46.11	350m: 4:48.59 37.61 400m: 5:25.48 36.89		

Masters 30+

1.	Evgeny Ryzhov <i>Kampioenschaps Record</i>	All stars	4:43.20	101628	4:53.36	
	50m: 28.96 28.96 100m: 1:01.80 32.84	150m: 1:42.72 40.92 200m: 2:22.60 39.88	250m: 3:03.53 40.93 300m: 3:45.06 41.53	350m: 4:20.34 35.28 400m: 4:53.36 33.02		
2.	Gergely Molnar <i>Hungarian Masters Record</i>	Sprint Fortuna SC	5:12.06	80Ger	5:09.48	+0,83
	50m: 31.46 31.46 100m: 1:08.63 37.17	150m: 1:50.89 42.26 200m: 2:30.71 39.82	250m: 3:15.33 44.62 300m: 3:59.07 43.74	350m: 4:35.13 36.06 400m: 5:09.48 34.35		

onjuistheden / mistakes?

mail naar/ to: mastersinschrijvingen@knzb.nl

Splash Meet Manager 11, Build 18665

Registered to KNZB

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Programmanr. 40, Heren, 400m wisselslag, Masters 30+

rang	naam	vereniging		inschrijftijd		startnr.		tijd		RT
3.	Freddie Geerlings	Mosaqua Gulpen		5:21.94		197900379		5:29.35		+0,86
	50m: 34.66	34.66	150m: 2:02.15	44.14	250m: 3:30.20	44.40	350m: 4:52.83	38.19		
	100m: 1:18.01	43.35	200m: 2:45.80	43.65	300m: 4:14.64	44.44	400m: 5:29.35	36.52		
4.	Ron Langelaan	DAW		5:53.75		197800643		5:41.06		+0,87
	50m: 32.81	32.81	150m: 1:59.39	45.78	250m: 3:32.43	45.86	350m: 5:00.38	40.61		
	100m: 1:13.61	40.80	200m: 2:46.57	47.18	300m: 4:19.77	47.34	400m: 5:41.06	40.68		
5.	Jeroen Vogelsang	DAW		5:44.35		198001645		5:55.19		+0,91
	50m: 35.62	35.62	150m: 2:13.25	51.42	250m: 3:51.91	48.51	350m: 5:18.69	37.38		
	100m: 1:21.83	46.21	200m: 3:03.40	50.15	300m: 4:41.31	49.40	400m: 5:55.19	36.50		

Masters 35+

1.	Erwin Zuidervelt	De Futen	5:43.52	197501015	6:06.03	+0,85		
	50m: 35.46	35.46	150m: 2:08.17	47.46	250m: 3:46.12	51.85	350m: 5:23.39	43.61
	100m: 1:20.71	45.25	200m: 2:54.27	46.10	300m: 4:39.78	53.66	400m: 6:06.03	42.64
NG.ZA	Tobias Lerche	Hanse SV Rostock	5:42.66	311695				

Masters 40+

1.	René Beetsma	HZ&PC Heerenveen			5:09.60	196900069			5:31.99	+0,82						
		50m:	32.33	32.33		150m:	1:57.88	44.99			250m:	3:29.51	47.42	350m:	4:54.97	37.91
		100m:	1:12.89	40.56		200m:	2:42.09	44.21			300m:	4:17.06	47.55	400m:	5:31.99	37.02
2.	Agnus Gerringa	Zuiderzeewimmers			5:39.21	197100285			5:56.65	+0,85						
		50m:	34.68	34.68		150m:	2:06.35	47.69			250m:	3:42.94	49.76	350m:	5:18.06	42.94
		100m:	1:18.66	43.98		200m:	2:53.18	46.83			300m:	4:35.12	52.18	400m:	5:56.65	38.59
3.	Oliver Podebrad	SC Wiesbaden 1911			6:03.14	262705			6:11.80	+0,81						
		50m:	39.42	39.42		150m:	2:13.76	48.27			250m:	3:55.03	54.55	350m:	5:32.05	42.30
		100m:	1:25.49	46.07		200m:	3:00.48	46.72			300m:	4:49.75	54.72	400m:	6:11.80	39.75
4.	Jacques Verriet	Njord			6:53.13	197001039			6:55.49	+0,94						
		50m:	41.82	41.82		150m:	2:30.77	55.78			250m:	4:17.65	53.64	350m:	6:02.74	51.14
		100m:	1:34.99	53.17		200m:	3:24.01	53.24			300m:	5:11.60	53.95	400m:	6:55.49	52.75
5.	Sander de Weert 100m*	OEZA			6:39.84	197201453			7:07.97	+1,09						
		50m:	44.55	44.55		150m:	2:37.45	1:00.99			250m:	4:33.92	58.13	350m:	6:22.79	48.14
		100m:	1:36.46	51.91		200m:	3:35.79	58.34			300m:	5:34.65	1:00.73	400m:	7:07.97	45.18

Masters 45+

1.	Jo Rogiers	RSCM			5:28.18	RSCM194/63			5:30.82			+0,82	
	50m:	34.13	34.13	150m:	1:59.01	44.71	250m:	3:32.18	48.47	350m:	4:57.07		36.92
	100m:	1:14.30	40.17	200m:	2:43.71	44.70	300m:	4:20.15	47.97	400m:	5:30.82		33.75
2.	Arnold de Rover	De Futen			5:34.91	196400645			5:33.95			+0,87	
	50m:	34.03	34.03	150m:	1:58.30	44.48	250m:	3:31.71	48.23	350m:	4:56.89		36.45
	100m:	1:13.82	39.79	200m:	2:43.48	45.18	300m:	4:20.44	48.73	400m:	5:33.95		37.06
3.	Rene de Boer	DAW			5:50.09	196400087			5:52.23				
	50m:	35.32	35.32	150m:	2:05.89	49.70	250m:	3:45.76	52.17	350m:	5:15.77		38.77
	100m:	1:16.19	40.87	200m:	2:53.59	47.70	300m:	4:37.00	51.24	400m:	5:52.23		36.46

Masters 50+

1.	Hugo Bregman	WVZ				5:15.42	195800069			5:20.40		+0,90			
		50m:	32.58	32.58	150m:		1:53.07	43.22	250m:	3:22.61	48.08		350m:	4:47.21	37.75
		100m:	1:09.85	37.27	200m:		2:34.53	41.46	300m:	4:09.46	46.85		400m:	5:20.40	33.19
2.	Ronald Grove	Oceanus				5:52.14	196100161			5:55.20		+0,78			
		50m:	35.65	35.65	150m:		2:09.91	49.78	250m:	3:47.80	49.46		350m:	5:16.49	39.10
		100m:	1:20.13	44.48	200m:		2:58.34	48.43	300m:	4:37.39	49.59		400m:	5:55.20	38.71
3.	Paul van der Voort	De Zwoer				6:19.11	196200715			6:27.35		+1,03			
		50m:	39.16	39.16	150m:		2:19.65	49.76	250m:	4:07.05	57.97		350m:	5:47.30	42.20
		100m:	1:29.89	50.73	200m:		3:09.08	49.43	300m:	5:05.10	58.05		400m:	6:27.35	40.05
4.	Hans Groothelm	DBD				6:28.64	195800151			6:49.02		+0,76			
		50m:	44.24	44.24	150m:		2:34.66	53.65	250m:	4:22.06	56.36		350m:	6:05.03	45.60
		100m:	1:41.01	56.77	200m:		3:25.70	51.04	300m:	5:19.43	57.37		400m:	6:49.02	43.99

Programmanr. 40, Heren, 400m wisselslag

Masters 55+

1.	Jean-Marie Cadiat	CNSW	5:44.98	CNSW/557/53	5:42.06	+0,88		
	50m: 35.50	35.50	150m: 2:05.48	47.70	250m: 3:38.72	46.22	350m: 5:05.27	39.47
	100m: 1:17.78	42.28	200m: 2:52.50	47.02	300m: 4:25.80	47.08	400m: 5:42.06	36.79
2.	Paul Bunnik	Triton	6:38.18	195600413	6:30.60			
	50m: 40.59	40.59	150m: 2:23.73	54.45	250m: 4:11.10	54.86	350m: 5:49.44	42.63
	100m: 1:29.28	48.69	200m: 3:16.24	52.51	300m: 5:06.81	55.71	400m: 6:30.60	41.16
3.	Bart van Doesburg	PSV	6:21.88	195600463	6:37.61	+0,85		
	50m: 42.88	42.88	150m: 2:28.32	53.64	250m: 4:15.42	55.61	350m: 5:53.99	44.78
	100m: 1:34.68	51.80	200m: 3:19.81	51.49	300m: 5:09.21	53.79	400m: 6:37.61	43.62

Masters 60+

1.	Piet Schop	De Bevelanders			6:43.65	195000109			7:05.14		+0,70
	50m:	39.96	150m:	2:30.51	57.85	250m:	4:26.22	58.88	350m:	6:14.22	49.92
	100m:	1:32.66	200m:	3:27.34	56.83	300m:	5:24.30	58.08	400m:	7:05.14	50.92

Masters 65+

1.	Rob Hanou	PSV			6:45.90	194300109	7:09.90		+1,10			
	50m:	46.68	150m:	2:44.73	59.56	250m:	4:39.50	55.76	350m:	6:25.38	47.58	
	100m:	1:45.17	58.49	200m:	3:43.74	59.01	300m:	5:37.80	58.30	400m:	7:09.90	44.52

Masters 70+

1.	Manfred Bottin	SV Langenfeld 1912	8:32.85	57993	8:52.16	+1,16		
	50m: 57.93	57.93	150m: 3:24.85	1:17.46	250m: 5:53.38	1:12.20	350m: 7:57.82	52.90
	100m: 2:07.39	1:09.46	200m: 4:41.18	1:16.33	300m: 7:04.92	1:11.54	400m: 8:52.16	54.34