

Event 17
04-05-2013 - 10:14

Men, 400m Freestyle

Masters Open
Results

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
Masters 20+						
1.	Jan-Willem v.d. Graaff <i>Kampioenschaps Record</i>	Het Y	4:20.75	198901023	4:23.97	+0,68
	50m: 30.71 30.71 100m: 1:04.37 33.66	150m: 1:38.05 33.68 200m: 2:12.35 34.30	250m: 2:45.45 33.10 300m: 3:18.87 33.42	350m: 3:51.76 32.89 400m: 4:23.97 32.21		
2.	Joost Rijntjes	LZ 1886	4:23.69	199101899	4:31.38	+0,80
	50m: 29.89 29.89 100m: 1:03.80 33.91	150m: 1:38.26 34.46 200m: 2:13.50 35.24	250m: 2:47.83 34.33 300m: 3:22.97 35.14	350m: 3:57.51 34.54 400m: 4:31.38 33.87		
3.	Raoul Engelenburg	Het Y	4:28.10	198900843	4:34.31	+0,62
	50m: 31.42 31.42 100m: 1:05.99 34.57	150m: 1:41.37 35.38 200m: 2:16.73 35.36	250m: 2:51.78 35.05 300m: 3:27.42 35.64	350m: 4:01.24 33.82 400m: 4:34.31 33.07		
4.	Tim Bunnik	Triton	4:27.60	199000505	4:40.68	+0,79
	50m: 30.67 30.67 100m: 1:05.57 34.90	150m: 1:41.95 36.38 200m: 2:18.59 36.64	250m: 2:53.96 35.37 300m: 3:29.80 35.84	350m: 4:05.21 35.41 400m: 4:40.68 35.47		
5.	Maik Steenkamp	Montferland	4:52.45	199103847	4:46.73	
	50m: 31.63 31.63 100m: 1:07.47 35.84	150m: 1:43.70 36.23 200m: 2:20.04 36.34	250m: 2:56.34 36.30 300m: 3:33.42 37.08	350m: 4:11.11 37.69 400m: 4:46.73 35.62		
6.	Stefan Grudelbach	ZVVS	5:06.80	199202073	5:14.28	+0,74
	50m: 32.91 32.91 100m: 1:09.85 36.94	150m: 1:49.79 39.94 200m: 2:29.78 39.99	250m: 3:11.39 41.61 300m: 3:52.66 41.27	350m: 4:34.47 41.81 400m: 5:14.28 39.81		
7.	Roel van Beek	Montferland	5:06.87	198905861	5:17.61	+0,90
	50m: 35.86 35.86 100m: 1:14.35 38.49	150m: 1:54.63 40.28 200m: 2:35.35 40.72	250m: 3:16.75 41.40 300m: 3:57.70 40.95	350m: 4:38.45 40.75 400m: 5:17.61 39.16		
8.	Danny Vochteloo	De Spatters	6:49.92	199207251	6:37.59	
	50m: 45.15 45.15 100m: 1:35.15 50.00	150m: 2:26.38 51.23 200m: 3:17.62 51.24	250m: 4:09.09 51.47 300m: 5:01.04 51.95	350m: 5:53.32 52.28 400m: 6:37.59 44.27		
Masters 25+						
1.	Erik Schröder	TriVia	4:06.32	198402025	4:26.11	+0,82
	50m: 30.47 30.47 100m: 1:04.00 33.53	150m: 1:38.07 34.07 200m: 2:12.22 34.15	250m: 2:45.47 33.25 300m: 3:19.34 33.87	350m: 3:52.93 33.59 400m: 4:26.11 33.18		
2.	Sander Bouts	RZ	4:44.66	198500331	4:38.20	+0,91
	50m: 30.93 30.93 100m: 1:05.37 34.44	150m: 1:40.27 34.90 200m: 2:15.70 35.43	250m: 2:51.10 35.40 300m: 3:27.03 35.93	350m: 4:02.68 35.65 400m: 4:38.20 35.52		
3.	Ralf van der Poel	Zuiderzeewimmers	4:43.13	198401783	4:44.21	+0,74
	50m: 30.21 30.21 100m: 1:04.34 34.13	150m: 1:39.69 35.35 200m: 2:16.45 36.76	250m: 2:53.66 37.21 300m: 3:31.46 37.80	350m: 4:08.72 37.26 400m: 4:44.21 35.49		
4.	Klaas van Beek	ZV Haerlem	4:50.76	198805941	4:55.21	+0,72
	50m: 31.18 31.18 100m: 1:06.52 35.34	150m: 1:42.81 36.29 200m: 2:20.97 38.16	250m: 2:59.61 38.64 300m: 3:38.32 38.71	350m: 4:17.30 38.98 400m: 4:55.21 37.91		
5.	Rick Driezen	Steenwijk 1934	5:10.25	198600713	5:04.05	+0,85
	50m: 32.64 32.64 100m: 1:09.86 37.22	150m: 1:48.79 38.93 200m: 2:28.37 39.58	250m: 3:09.26 40.89 300m: 3:49.05 39.79	350m: 4:27.85 38.80 400m: 5:04.05 36.20		
6.	Pascal van Kassel	Triton	5:12.34	198501289	5:16.58	
	50m: 33.56 33.56 100m: 1:11.55 37.99	150m: 1:51.80 40.25 200m: 2:32.76 40.96	250m: 3:15.01 42.25 300m: 3:56.78 41.77	350m: 4:39.74 42.96 400m: 5:16.58 36.84		
7.	Robin Dellaert	Scheldestroom	4:56.37	198800745	5:17.25	+0,88
	50m: 32.86 32.86 100m: 1:10.31 37.45	150m: 1:49.96 39.65 200m: 2:31.54 41.58	250m: 3:13.26 41.72 300m: 3:56.72 43.46	350m: 4:37.59 40.87 400m: 5:17.25 39.66		
8.	Remco Joukes	Triton	5:24.43	198801763	5:43.67	
	50m: 33.62 33.62 100m: 1:12.16 38.54	150m: 1:53.97 41.81 200m: 2:38.77 44.80	250m: 3:25.04 46.27 300m: 4:11.05 46.01	350m: 4:57.91 46.86 400m: 5:43.67 45.76		

Event 17, Men, 400m Freestyle

Masters 30+

1. Alexander Hulleman	Steenwijk 1934	4:22.09	198300989	4:29.94	
50m: 30.59	150m: 1:37.86	34.03	250m: 2:47.76	35.23	350m: 3:56.57
100m: 1:03.83	200m: 2:12.53	34.67	300m: 3:21.94	34.18	400m: 4:29.94
					36.63
					33.37
2. Kristiaan Lenos	LZ 1886	4:17.45	198301331	4:34.70	+0,78
50m: 29.54	150m: 1:37.47	34.96	250m: 2:47.89	35.02	350m: 4:00.21
100m: 1:02.51	200m: 2:12.87	35.40	300m: 3:23.56	35.67	400m: 4:34.70
					36.65
					34.49
3. Marcel Reefhuis	WS Twente	4:43.72	198101381	4:46.04	+0,84
50m: 32.08	150m: 1:43.44	36.01	250m: 2:56.63	36.50	350m: 4:10.42
100m: 1:07.43	200m: 2:20.13	36.69	300m: 3:33.51	36.88	400m: 4:46.04
					36.91
					35.62
4. Mark Zwart	Zwemlust-den Hommel	4:42.55	197901461	4:51.49	+0,81
50m: 31.25	150m: 1:43.07	36.93	250m: 2:58.82	37.89	350m: 4:14.68
100m: 1:06.14	200m: 2:20.93	37.86	300m: 3:37.42	38.60	400m: 4:51.49
					37.26
					36.81
5. Jim Geestman	RSW (SG)	4:57.42	198300699	4:55.28	+0,84
50m: 31.91	150m: 1:43.88	36.33	250m: 3:00.42	38.34	350m: 4:18.97
100m: 1:07.55	200m: 2:22.08	38.20	300m: 3:39.81	39.39	400m: 4:55.28
					39.16
					36.31
6. Jeroen Vogelsang	DAW	4:49.19	198001645	4:59.35	+0,86
50m: 32.63	150m: 1:46.67	37.50	250m: 3:03.63	38.31	350m: 4:21.33
100m: 1:09.17	200m: 2:25.32	38.65	300m: 3:43.23	39.60	400m: 4:59.35
					38.10
					38.02
7. Jetse Scholma	Arethusa	4:54.43	197901973	5:08.26	+1,07
50m: 32.11	150m: 1:46.21	38.31	250m: 3:06.05	40.51	350m: 4:27.81
100m: 1:07.90	200m: 2:25.54	39.33	300m: 3:46.70	40.65	400m: 5:08.26
					41.11
					40.45
8. Peter Eshuis	DBD	5:41.17	198000375	5:09.48	+0,88
50m: 32.44	150m: 1:49.58	39.55	250m: 3:10.38	40.56	350m: 4:31.36
100m: 1:10.03	200m: 2:29.82	40.24	300m: 3:51.33	40.95	400m: 5:09.48
					40.03
					38.12
9. Bas v.d. Laan	WVZ	4:54.39	198302471	5:13.12	+0,91
50m: 31.29	150m: 1:45.72	38.28	250m: 3:08.10	40.72	350m: 4:31.96
100m: 1:07.44	200m: 2:27.38	41.66	300m: 3:49.24	41.14	400m: 5:13.12
					42.72
					41.16

Masters 35+

1. Jeroen Van Den Bosch	RSCM	4:28.18	RSCM/074/75	4:37.16	+0,78
50m: 31.02	150m: 1:41.28	35.56	250m: 2:52.71	35.65	350m: 4:03.52
100m: 1:05.72	200m: 2:17.06	35.78	300m: 3:28.47	35.76	400m: 4:37.16
					35.05
					33.64
2. Ivo Roozeboom	WVZ	4:28.83	197700801	4:40.21	+0,80
50m: 30.47	150m: 1:42.44	36.32	250m: 2:54.97	35.87	350m: 4:05.86
100m: 1:06.12	200m: 2:19.10	36.66	300m: 3:30.80	35.83	400m: 4:40.21
					35.06
					34.35
3. Dennis Brouwers	HZPC	4:37.42	197800167	4:44.93	+0,84
50m: 31.81	150m: 1:43.19	36.68	250m: 2:55.59	35.56	350m: 4:08.32
100m: 1:06.51	200m: 2:20.03	36.84	300m: 3:31.06	35.47	400m: 4:44.93
					37.26
					36.61
4. Robin Sprinkhuizen	De Zijl/LGB	4:48.72	197400767	4:51.36	+0,85
50m: 31.36	150m: 1:43.07	36.23	250m: 2:57.96	37.26	350m: 4:14.19
100m: 1:06.84	200m: 2:20.70	37.63	300m: 3:36.69	38.73	400m: 4:51.36
					37.50
					37.17
5. Michel Bogaerts	SCZ-Zaventem	4:58.53	SCZ/008/75	4:55.89	+0,84
50m: 32.04	150m: 1:44.98	37.50	250m: 3:01.43	38.55	350m: 4:18.68
100m: 1:07.48	200m: 2:22.88	37.90	300m: 3:39.89	38.46	400m: 4:55.89
					38.79
					37.21
6. Kars Luttkik	DAW	4:49.45	197800675	5:00.77	+0,86
50m: 32.52	150m: 1:46.95	38.00	250m: 3:04.28	38.65	350m: 4:22.90
100m: 1:08.95	200m: 2:25.63	38.68	300m: 3:43.62	39.34	400m: 5:00.77
					39.28
					37.87
7. Svet Gavrilov	GLS Ketelbinkie	5:04.29	197501263	5:13.01	+0,79
50m: 34.83	150m: 1:52.48	39.32	250m: 3:12.10	40.12	350m: 4:33.52
100m: 1:13.16	200m: 2:31.98	39.50	300m: 3:52.59	40.49	400m: 5:13.01
					40.93
					39.49
8. Markus van Rest	Zoetermeer	5:20.10	197701197	5:17.68	+0,80
50m: 34.53	150m: 1:55.32	41.25	250m: 3:18.65	41.90	350m: 4:40.93
100m: 1:14.07	200m: 2:36.75	41.43	300m: 4:00.09	41.44	400m: 5:17.68
					40.84
					36.75
9. Daniel Wencker	Avan Villeneuve-D'Ascq	5:06.00	1540660	5:20.67	+0,85
50m: 35.68	150m: 1:55.43	40.57	250m: 3:19.17	42.15	350m: 4:42.02
100m: 1:14.86	200m: 2:37.02	41.59	300m: 4:00.69	41.52	400m: 5:20.67
					41.33
					38.65

Event 17, Men, 400m Freestyle

Masters 40+

1.	Arjan Bellaart		Oceanus		4:47.98		196900079		4:51.61	+0,72	
	50m:	31.45	150m:	1:43.16	36.24	250m:	2:57.23	37.04	350m:	4:12.92	38.38
	100m:	1:06.92	200m:	2:20.19	37.03	300m:	3:34.54	37.31	400m:	4:51.61	38.69
2.	René Beetsma		HZ&PC Heerenveen		4:39.97		196900069		4:55.82	+0,77	
	50m:	33.73	150m:	1:48.03	37.38	250m:	3:03.33	37.43	350m:	4:18.68	37.83
	100m:	1:10.65	200m:	2:25.90	37.87	300m:	3:40.85	37.52	400m:	4:55.82	37.14
3.	Agnus Gerringa		Zuiderzeewimmers		5:10.73		197100285		5:04.76	+0,88	
	50m:	31.53	150m:	1:45.97	38.59	250m:	3:05.61	40.04	350m:	4:26.21	40.59
	100m:	1:07.38	200m:	2:25.57	39.60	300m:	3:45.62	40.01	400m:	5:04.76	38.55
4.	Ferry Adema		D'Eift WAVE (SG)		4:58.84		197100007		5:06.20	+0,79	
	50m:	32.69	150m:	1:48.55	39.01	250m:	3:08.37	40.36	350m:	4:28.71	40.41
	100m:	1:09.54	200m:	2:28.01	39.46	300m:	3:48.30	39.93	400m:	5:06.20	37.49
5.	Gerald Hösl		SC Winterthur		5:32.27		0007586-1		5:13.04	+0,85	
	50m:	35.31	150m:	1:52.94	39.89	250m:	3:13.37	40.41	350m:	4:33.76	40.17
	100m:	1:13.05	200m:	2:32.96	40.02	300m:	3:53.59	40.22	400m:	5:13.04	39.28
6.	Kasper van den Berghe		Swol 1894		5:26.30		197301125		5:20.61	+0,84	
	50m:	35.50	150m:	1:55.76	40.73	250m:	3:19.17	41.53	350m:	4:41.81	41.26
	100m:	1:15.03	200m:	2:37.64	41.88	300m:	4:00.55	41.38	400m:	5:20.61	38.80
7.	Hans Schoenmakers		DAW		5:06.14		196900863		5:29.19	+0,81	
	50m:	34.74	150m:	1:56.46	41.68	250m:	3:21.05	42.04	350m:	4:46.92	42.77
	100m:	1:14.78	200m:	2:39.01	42.55	300m:	4:04.15	43.10	400m:	5:29.19	42.27
8.	Harry Raven		GLS Ketelbinkie		5:31.75		197000831		5:34.18	+1,04	
	50m:	36.44	150m:	2:01.16	42.51	250m:	3:27.21	42.90	350m:	4:52.88	42.81
	100m:	1:18.65	200m:	2:44.31	43.15	300m:	4:10.07	42.86	400m:	5:34.18	41.30
9.	Wouter van der Stelt		Den Doorn		5:20.11		197200889		5:39.52	+0,86	
	50m:	35.62	150m:	1:58.17	42.62	250m:	3:25.76	44.63	350m:	4:55.14	44.98
	100m:	1:15.55	200m:	2:41.13	42.96	300m:	4:10.16	44.40	400m:	5:39.52	44.38
10.	Oliver Podebrad		SC Wiesbaden 1911 e.V.		5:27.11		262705		5:44.75	+0,82	
	50m:	37.65	150m:	2:02.91	43.16	250m:	3:31.41	44.25	350m:	4:59.96	43.96
	100m:	1:19.75	200m:	2:47.16	44.25	300m:	4:16.00	44.59	400m:	5:44.75	44.79
11.	Taco Eikelenboom		De Futen		6:09.84		196900275		5:59.42	+1,22	
	50m:	38.05	150m:	2:08.42	46.20	250m:	3:41.33	46.52	350m:	5:14.80	46.41
	100m:	1:22.22	200m:	2:54.81	46.39	300m:	4:28.39	47.06	400m:	5:59.42	44.62
12.	Marcel Brittijn		De Duinkickers		5:56.65		196900159		6:15.75	+0,78	
	50m:	37.81	150m:	2:11.00	48.32	250m:	3:50.49	49.68	350m:	5:30.88	49.83
	100m:	1:22.68	200m:	3:00.81	49.81	300m:	4:41.05	50.56	400m:	6:15.75	44.87

Masters 45+

1.	Jo-an Mudde		Zeester-Meerval		4:48.95		196701457		4:49.48	+0,82	
	50m:	32.65	150m:	1:44.40	36.21	250m:	2:58.34	37.13	350m:	4:12.81	37.40
	100m:	1:08.19	200m:	2:21.21	36.81	300m:	3:35.41	37.07	400m:	4:49.48	36.67
2.	Ronald van Maurik		Nat Utrecht		4:59.60		196600509		4:57.83	+0,82	
	50m:	33.76	150m:	1:48.82	37.80	250m:	3:04.61	37.90	350m:	4:21.53	38.25
	100m:	1:11.02	200m:	2:26.71	37.89	300m:	3:43.28	38.67	400m:	4:57.83	36.30
3.	Rene de Boer		DAW		4:58.78		196400087		5:03.62	+0,90	
	50m:	34.37	150m:	1:50.49	38.55	250m:	3:08.05	38.67	350m:	4:25.90	39.04
	100m:	1:11.94	200m:	2:29.38	38.89	300m:	3:46.86	38.81	400m:	5:03.62	37.72
4.	Konstantin Sklyar		TG Lage		5:11.88		321129		5:04.78	+0,82	
	50m:	35.62	150m:	1:52.72	38.22	250m:	3:10.47	38.95	350m:	4:28.53	38.38
	100m:	1:14.50	200m:	2:31.52	38.80	300m:	3:50.15	39.68	400m:	5:04.78	36.25
5.	Eric Verboven		Club Nautique Croix		5:18.79		732659		5:18.02	+0,95	
	50m:	34.79	150m:	1:55.93	41.00	250m:	3:19.18	41.34	350m:	4:41.63	40.73
	100m:	1:14.93	200m:	2:37.84	41.91	300m:	4:00.90	41.72	400m:	5:18.02	36.39
6.	Andre Zandberg		TRB-RES		5:21.76		196601369		5:32.22	+0,85	
	50m:	36.67	150m:	2:01.41	42.91	250m:	3:28.23	42.39	350m:	4:51.70	40.13
	100m:	1:18.50	200m:	2:45.84	44.43	300m:	4:11.57	43.34	400m:	5:32.22	40.52
7.	Volker Mayer		Avan Villeneuve-D'Ascq		5:20.86		1468929		5:36.19	+0,94	
	50m:	37.37	150m:	2:03.06	43.90	250m:	3:30.02	43.02	350m:	4:55.06	41.62
	100m:	1:19.16	200m:	2:47.00	43.94	300m:	4:13.44	43.42	400m:	5:36.19	41.13

Event 17, Men, 400m Freestyle, Masters 45+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
8.	Pieter-Sjoerd de Wijn	Aqua-Novio'94	5:38.93	196501027	5:38.21	+0,88		
	50m: 38.60 100m: 1:21.11	38.60 42.51	150m: 2:03.63 200m: 2:47.49	42.52 43.86	250m: 3:31.76 300m: 4:14.91	44.27 43.15	350m: 4:58.26 400m: 5:38.21	43.35 39.95
9.	Huyb Stegeman	Steenwijk 1934	6:03.50	196701535	5:54.65	+0,93		
	50m: 37.86 100m: 1:20.59	37.86 42.73	150m: 2:05.25 200m: 2:51.47	44.66 46.22	250m: 3:38.22 300m: 4:24.65	46.75 46.43	350m: 5:11.16 400m: 5:54.65	46.51 43.49
10.	Henk van Zetten	Octopus	6:28.86	196701261	6:29.56	+0,91		
	50m: 40.37 100m: 1:26.88	40.37 46.51	150m: 2:16.65 200m: 3:07.76	49.77 51.11	250m: 3:58.88 300m: 4:50.57	51.12 51.69	350m: 5:40.07 400m: 6:29.56	49.50 49.49
11.	Marco Schoenmakers	ZVVS	7:26.06	196401375	7:01.51	+1,07		
	50m: 45.87 100m: 1:37.84	45.87 51.97	150m: 2:31.99 200m: 3:26.55	54.15 54.56	250m: 4:21.17 300m: 5:14.85	54.62 53.68	350m: 6:11.70 400m: 7:01.51	56.85 49.81

Masters 50+

1.	Frank Gomoll	SV Gladbeck 13	4:42.97	112232	4:42.79			
	50m: 33.44 100m: 1:09.65	33.44 36.21	150m: 1:45.25 200m: 2:21.06	35.60 35.81	250m: 2:56.63 300m: 3:32.31	35.57 35.68	350m: 4:08.48 400m: 4:42.79	36.17 34.31
2.	Gustav van den Berg	TriVia	5:00.78	196100991	4:57.63			
	50m: 32.99 100m: 1:09.88	32.99 36.89	150m: 1:47.95 200m: 2:26.60	38.07 38.65	250m: 3:05.11 300m: 3:43.80	38.51 38.69	350m: 4:22.07 400m: 4:57.63	38.27 35.56
3.	Rensonnet Raymond	Verviers Natation	5:14.76	VN/439/60	5:21.68	+1,18		
	50m: 34.66 100m: 1:13.93	34.66 39.27	150m: 1:55.26 200m: 2:37.26	41.33 42.00	250m: 3:19.07 300m: 4:01.31	41.81 42.24	350m: 4:42.07 400m: 5:21.68	40.76 39.61
4.	Eric Langhorst	De Rijn	5:17.02	196200389	5:24.82	+0,88		
	50m: 35.68 100m: 1:16.92	35.68 41.24	150m: 1:59.42 200m: 2:41.93	42.50 42.51	250m: 3:24.46 300m: 4:05.84	42.53 41.38	350m: 4:46.91 400m: 5:24.82	41.07 37.91
5.	Robin Prins	SBC2000	5:21.50	196200515	5:27.03	+0,79		
	50m: 36.28 100m: 1:17.54	36.28 41.26	150m: 2:00.44 200m: 2:43.08	42.90 42.64	250m: 3:25.41 300m: 4:07.68	42.33 42.27	350m: 4:49.21 400m: 5:27.03	41.53 37.82
6.	Paul van der Voort	De Zwoer	5:40.46	196200715	5:36.91	+1,04		
	50m: 35.73 100m: 1:17.30	35.73 41.57	150m: 2:01.23 200m: 2:45.07	43.93 43.84	250m: 3:29.49 300m: 4:14.03	44.42 44.54	350m: 4:57.81 400m: 5:36.91	43.78 39.10
7.	Mark Kas	PLONS	5:26.45	196100285	5:37.39	+0,84		
	50m: 37.42 100m: 1:18.62	37.42 41.20	150m: 2:01.58 200m: 2:44.64	42.96 43.06	250m: 3:27.90 300m: 4:11.69	43.26 43.79	350m: 4:54.91 400m: 5:37.39	43.22 42.48
8.	Jan Willem Heuten	WS Twente	6:03.69	196000883	6:03.81	+0,96		
	50m: 39.93 100m: 1:24.12	39.93 44.19	150m: 2:10.61 200m: 2:57.65	46.49 47.04	250m: 3:44.65 300m: 4:32.43	47.00 47.78	350m: 5:19.61 400m: 6:03.81	47.18 44.20
9.	Philip Verhelle	MZVA	6:11.89	MZVA/105/59	6:04.64	+0,78		
	50m: 39.43 100m: 1:23.97	39.43 44.54	150m: 2:10.30 200m: 2:57.12	46.33 46.82	250m: 3:44.25 300m: 4:31.57	47.13 47.32	350m: 5:18.93 400m: 6:04.64	47.36 45.71
10.	Serge Lallemand	Embourg Natation	6:03.96	EMBOU/449/61	6:04.92	+0,91		
	50m: 38.34 100m: 1:22.30	38.34 43.96	150m: 2:07.62 200m: 2:54.93	45.32 47.31	250m: 3:42.93 300m: 4:31.53	48.00 48.60	350m: 5:19.86 400m: 6:04.92	48.33 45.06
11.	Jan Haitsma	De Spatters	6:48.18	196000929	7:00.16 *	+1,08		
	50m: 46.63 100m: 1:37.50	46.63 50.87	150m: 2:31.35 200m: 3:24.77	53.85 53.42	250m: 4:18.79 300m: 5:12.46	54.02 53.67	350m: 6:07.01 400m: 7:00.16	54.55 53.15
DNS	David Witteboon	MZVA	5:06.82	MZVA/331/63				

Masters 55+

1.	Marten de Groot	HZ&PC Heerenveen	4:40.35	195800149	4:47.17	+0,83		
	<i>Nederlands Masters Record</i> 50m: 33.56 100m: 1:09.50	33.56 35.94	150m: 1:45.86 200m: 2:22.41	36.36 36.55	250m: 2:58.89 300m: 3:35.95	36.48 37.06	350m: 4:12.25 400m: 4:47.17	36.30 34.92
2.	Klaus Kalinke	SV Gladbeck 13	4:57.08	72636	5:06.29	+0,88		
	50m: 34.24 100m: 1:12.56	34.24 38.32	150m: 1:51.43 200m: 2:30.82	38.87 39.39	250m: 3:10.19 300m: 3:50.17	39.37 39.98	350m: 4:29.43 400m: 5:06.29	39.26 36.86
3.	Henk Slomp	De Pinquin	5:32.70	195500359	5:35.64	+0,86		
	50m: 36.13 100m: 1:17.63	36.13 41.50	150m: 2:01.25 200m: 2:45.15	43.62 43.90	250m: 3:29.72 300m: 4:14.51	44.57 44.79	350m: 4:57.41 400m: 5:35.64	42.90 38.23

Event 17, Men, 400m Freestyle, Masters 55+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
4.	Hans Groothelm	DBD	5:38.54	195800151	5:35.81	+0,71
	50m: 36.02	36.02	150m: 2:00.89	43.15	250m: 3:28.74	44.14
	100m: 1:17.74	41.72	200m: 2:44.60	43.71	300m: 4:12.99	44.25
					350m: 4:56.43	43.44
					400m: 5:35.81	39.38
5.	Harry Paas	ZVVS	6:07.79	195800689	6:08.16	
	50m: 39.84	39.84	150m: 2:11.64	47.41	250m: 3:46.71	47.86
	100m: 1:24.23	44.39	200m: 2:58.85	47.21	300m: 4:34.78	48.07
					350m: 5:23.84	49.06
					400m: 6:08.16	44.32
DSQ	Frank Zwijnenberg	PSV	6:39.48	195400361		A A
	50m:		150m:		250m:	
	100m:		200m:		300m:	
					350m:	
					400m:	
WDR	Dre Klaassen	ZOB'66	6:49.75	195600141		

Masters 60+

1.	Georg Dombrowski	SV Gladbeck 13	5:33.43	217978	5:28.08	+0,84
	50m: 36.23	36.23	150m: 1:58.11	42.17	250m: 3:22.64	42.55
	100m: 1:15.94	39.71	200m: 2:40.09	41.98	300m: 4:05.31	42.67
					350m: 4:47.89	42.58
					400m: 5:28.08	40.19
2.	Brend Breve	PSV	5:30.10	195200265	5:29.24	+0,89
	50m: 35.79	35.79	150m: 1:59.39	43.33	250m: 3:26.05	43.59
	100m: 1:16.06	40.27	200m: 2:42.46	43.07	300m: 4:09.45	43.40
					350m: 4:51.59	42.14
					400m: 5:29.24	37.65
3.	Jan Tinholt	PSV	5:58.69	195000185	5:53.56	+1,03
	50m: 40.42	40.42	150m: 2:10.40	46.56	250m: 3:41.21	45.56
	100m: 1:23.84	43.42	200m: 2:55.65	45.25	300m: 4:26.45	45.24
					350m: 5:12.32	45.87
					400m: 5:53.56	41.24
4.	Hugo Staudt	WS Twente	5:48.62	195300253	5:59.47	+0,89
	50m: 39.38	39.38	150m: 2:09.97	47.16	250m: 3:43.89	46.94
	100m: 1:22.81	43.43	200m: 2:56.95	46.98	300m: 4:30.81	46.92
					350m: 5:16.87	46.06
					400m: 5:59.47	42.60
5.	Jos Kamps	De Amer	6:39.59	195100085	6:35.30	+0,99
	50m: 39.95	39.95	150m: 2:14.47	49.13	250m: 3:58.70	53.13
	100m: 1:25.34	45.39	200m: 3:05.57	51.10	300m: 4:51.54	52.84
					350m: 5:44.22	52.68
					400m: 6:35.30	51.08

Masters 65+

1.	Donald Uijenbogaart	Het Y	5:19.09	194700107	5:25.59	+0,86
	50m: 37.36	37.36	150m: 2:02.40	43.05	250m: 3:27.19	42.05
	100m: 1:19.35	41.99	200m: 2:45.14	42.74	300m: 4:07.29	40.10
					350m: 4:47.54	40.25
					400m: 5:25.59	38.05
2.	Jaap Kwakkel	DAW	6:24.93	194700157	6:46.38	+0,90
	50m: 42.17	42.17	150m: 2:23.13	52.43	250m: 4:08.41	52.39
	100m: 1:30.70	48.53	200m: 3:16.02	52.89	300m: 5:01.74	53.33
					350m: 5:55.86	54.12
					400m: 6:46.38	50.52
3.	Peter Ouweneel	RSW (SG)	8:44.28	194500077	9:05.06	+1,22
	50m: 56.45	56.45	150m: 3:10.62	1:10.80	250m: 5:34.12	1:13.46
	100m: 1:59.82	1:03.37	200m: 4:20.66	1:10.04	300m: 6:45.84	1:11.72
					350m: 7:58.98	1:13.14
					400m: 9:05.06	1:06.08

Masters 70+

1.	Rob Hanou	PSV	6:18.97	194300109	6:37.26	+1,04
	50m: 41.61	41.61	150m: 2:23.08	51.79	250m: 4:07.40	52.05
	100m: 1:31.29	49.68	200m: 3:15.35	52.27	300m: 5:00.11	52.71
					350m: 5:49.65	49.54
					400m: 6:37.26	47.61
2.	Manfred Bottin	SV Langenfeld	7:12.78	57993	7:22.89	+1,11
	50m: 46.08	46.08	150m: 2:36.48	56.61	250m: 4:31.78	57.31
	100m: 1:39.87	53.79	200m: 3:34.47	57.99	300m: 5:29.38	57.60
					350m: 6:26.23	56.85
					400m: 7:22.89	56.66
3.	Wim ter Laak	PSV	8:51.00	194000027	9:03.62	+1,30
	50m: 54.77	54.77	150m: 3:18.71	1:11.31	250m: 5:42.81	1:09.10
	100m: 2:07.40	1:12.63	200m: 4:33.71	1:15.00	300m: 6:52.42	1:09.61
					350m: 8:00.39	1:07.97
					400m: 9:03.62	1:03.23

Masters 75+

WDR	Nic Geers	Z&PC De Gouwe	5:48.41	193800007		
-----	-----------	---------------	---------	-----------	--	--



Open Nederlandse Masters
Kampioenschappen 2013 lb
Eindhoven, 3 - 5 mei 2013



Event 17, Men, 400m Freestyle

Masters 80+

1.	Bob Berg		PSV		7:54.60	193300011		8:15.38	+1,06			
	50m:	48.87	48.87	150m:	2:52.02	1:02.53	250m:	5:02.53	1:05.04	350m:	7:13.42	1:04.92
	100m:	1:49.49	1:00.62	200m:	3:57.49	1:05.47	300m:	6:08.50	1:05.97	400m:	8:15.38	1:01.96
EXH	Walter Ludwig		SSF Sieglar 1960 e.V.		NT	133686		5:30.03	+0,84			
	50m:	35.65	35.65	150m:	1:59.12	42.52	250m:	3:25.34	43.32	350m:	4:51.38	43.59
	100m:	1:16.60	40.95	200m:	2:42.02	42.90	300m:	4:07.79	42.45	400m:	5:30.03	38.65