

Programmanr. 35
05-05-2013 - 9:00

Heren, 1500m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
Masters 20+						
1.	Jan-Willem v.d. Graaff <i>Kampioenschaps Record</i>	Het Y	17:28.25	198901023	17:22.77	+0,66
	50m: 30.56 30.56	450m: 5:09.38 34.75	850m: 9:48.45 34.69	1250m: 14:29.67 34.84		
	100m: 1:05.41 34.85	500m: 5:44.67 35.29	900m: 10:23.55 35.10	1300m: 15:05.21 35.54		
	150m: 1:40.06 34.65	550m: 6:19.04 34.37	950m: 10:58.84 35.29	1350m: 15:40.31 35.10		
	200m: 2:15.10 35.04	600m: 6:53.85 34.81	1000m: 11:34.57 35.73	1400m: 16:15.73 35.42		
	250m: 2:49.77 34.67	650m: 7:28.52 34.67	1050m: 12:08.76 34.19	1450m: 16:49.50 33.77		
	300m: 3:24.63 34.86	700m: 8:03.76 35.24	1100m: 12:44.17 35.41	1500m: 17:22.77 33.27		
	350m: 3:59.31 34.68	750m: 8:38.63 34.87	1150m: 13:19.38 35.21			
	400m: 4:34.63 35.32	800m: 9:13.76 35.13	1200m: 13:54.83 35.45			
2.	Tim Bunnik	Triton	17:54.17	199000505	19:03.29	+0,84
	50m: 33.38 33.38	450m: 5:52.12 40.39	850m: 11:01.59 38.36	1250m: 16:02.70 36.88		
	100m: 1:10.92 37.54	500m: 6:31.39 39.27	900m: 11:39.77 38.18	1300m: 16:39.61 36.91		
	150m: 1:49.98 39.06	550m: 7:10.14 38.75	950m: 12:18.25 38.48	1350m: 17:16.36 36.75		
	200m: 2:29.90 39.92	600m: 7:48.56 38.42	1000m: 12:56.32 38.07	1400m: 17:53.40 37.04		
	250m: 3:10.54 40.64	650m: 8:27.20 38.64	1050m: 13:33.20 36.88	1450m: 18:29.33 35.93		
	300m: 3:50.73 40.19	700m: 9:05.58 38.38	1100m: 14:10.86 37.66	1500m: 19:03.29 33.96		
	350m: 4:31.81 41.08	750m: 9:44.18 38.60	1150m: 14:48.27 37.41			
	400m: 5:11.73 39.92	800m: 10:23.23 39.05	1200m: 15:25.82 37.55			
3.	Maik Steenkamp	Montferland	19:13.94	199103847	19:05.51	+0,75
	50m: 32.61 32.61	450m: 5:34.27 37.94	850m: 10:44.56 38.85	1250m: 15:56.40 38.98		
	100m: 1:09.62 37.01	500m: 6:13.31 39.04	900m: 11:23.48 38.92	1300m: 16:35.70 39.30		
	150m: 1:47.19 37.57	550m: 6:52.22 38.91	950m: 12:02.16 38.68	1350m: 17:14.60 38.90		
	200m: 2:24.49 37.30	600m: 7:30.93 38.71	1000m: 12:41.24 39.08	1400m: 17:52.81 38.21		
	250m: 3:02.08 37.59	650m: 8:09.83 38.90	1050m: 13:20.53 39.29	1450m: 18:30.96 38.15		
	300m: 3:40.07 37.99	700m: 8:48.59 38.76	1100m: 13:59.32 38.79	1500m: 19:05.51 34.55		
	350m: 4:17.99 37.92	750m: 9:27.49 38.90	1150m: 14:38.29 38.97			
	400m: 4:56.33 38.34	800m: 10:05.71 38.22	1200m: 15:17.42 39.13			
Masters 25+						
1.	Erik Schröder	TriVia	16:32.15	198402025	17:43.73	+0,89
	50m: 30.35 30.35	450m: 5:14.47 35.95	850m: 10:03.42 35.88	1250m: 14:48.28 35.99		
	100m: 1:04.36 34.01	500m: 5:50.47 36.00	900m: 10:39.25 35.83	1300m: 15:23.98 35.70		
	150m: 1:39.74 35.38	550m: 6:26.74 36.27	950m: 11:15.02 35.77	1350m: 15:59.80 35.82		
	200m: 2:15.40 35.66	600m: 7:02.91 36.17	1000m: 11:50.68 35.66	1400m: 16:35.38 35.58		
	250m: 2:50.98 35.58	650m: 7:39.32 36.41	1050m: 12:25.74 35.06	1450m: 17:10.09 34.71		
	300m: 3:26.69 35.71	700m: 8:15.38 36.06	1100m: 13:01.14 35.40	1500m: 17:43.73 33.64		
	350m: 4:02.65 35.96	750m: 8:51.25 35.87	1150m: 13:36.71 35.57			
	400m: 4:38.52 35.87	800m: 9:27.54 36.29	1200m: 14:12.29 35.58			
2.	Sander Bouts	RZ	18:46.49	198500331	18:38.48	+0,91
	50m: 33.17 33.17	450m: 5:34.38 37.79	850m: 10:34.35 37.04	1250m: 15:32.56 37.23		
	100m: 1:10.26 37.09	500m: 6:12.19 37.81	900m: 11:11.73 37.38	1300m: 16:09.83 37.27		
	150m: 1:47.41 37.15	550m: 6:49.83 37.64	950m: 11:48.82 37.09	1350m: 16:46.96 37.13		
	200m: 2:25.27 37.86	600m: 7:27.54 37.71	1000m: 12:26.21 37.39	1400m: 17:24.50 37.54		
	250m: 3:03.01 37.74	650m: 8:04.99 37.45	1050m: 13:03.28 37.07	1450m: 18:01.99 37.49		
	300m: 3:40.87 37.86	700m: 8:42.40 37.41	1100m: 13:40.82 37.54	1500m: 18:38.48 36.49		
	350m: 4:18.48 37.61	750m: 9:19.90 37.50	1150m: 14:17.93 37.11			
	400m: 4:56.59 38.11	800m: 9:57.31 37.41	1200m: 14:55.33 37.40			
3.	Mark Gorissen	HGN (SG)	19:31.04	198600973	19:11.39	+0,91
	50m: 33.49 33.49	450m: 5:35.23 38.57	850m: 10:44.00 38.98	1250m: 15:57.98 39.25		
	100m: 1:09.01 35.52	500m: 6:13.18 37.95	900m: 11:23.03 39.03	1300m: 16:37.77 39.79		
	150m: 1:45.98 36.97	550m: 6:51.83 38.65	950m: 12:02.14 39.11	1350m: 17:17.54 39.77		
	200m: 2:23.84 37.86	600m: 7:30.71 38.88	1000m: 12:41.37 39.23	1400m: 17:56.97 39.43		
	250m: 3:01.84 38.00	650m: 8:09.23 38.52	1050m: 13:20.68 39.31	1450m: 18:35.43 38.46		
	300m: 3:40.17 38.33	700m: 8:47.92 38.69	1100m: 13:59.73 39.05	1500m: 19:11.39 35.96		
	350m: 4:18.50 38.33	750m: 9:26.73 38.81	1150m: 14:39.12 39.39			
	400m: 4:56.66 38.16	800m: 10:05.02 38.29	1200m: 15:18.73 39.61			
4.	Ralf van der Poel	Zuiderzeewimmers	18:15.39	198401783	19:15.81	+0,59
	50m: 32.44 32.44	450m: 5:43.40 39.49	850m: 11:00.46 39.01	1250m: 16:11.16 38.92		
	100m: 1:09.10 36.66	500m: 6:23.96 40.56	900m: 11:39.61 39.15	1300m: 16:49.55 38.39		
	150m: 1:46.85 37.75	550m: 7:03.49 39.53	950m: 12:17.78 38.17	1350m: 17:27.68 38.13		
	200m: 2:25.74 38.89	600m: 7:43.78 40.29	1000m: 12:56.99 39.21	1400m: 18:05.86 38.18		
	250m: 3:04.66 38.92	650m: 8:23.00 39.22	1050m: 13:35.47 38.48	1450m: 18:41.03 35.17		
	300m: 3:44.84 40.18	700m: 9:02.65 39.65	1100m: 14:14.54 39.07	1500m: 19:15.81 34.78		
	350m: 4:23.82 38.98	750m: 9:41.93 39.28	1150m: 14:53.36 38.82			
	400m: 5:03.91 40.09	800m: 10:21.45 39.52	1200m: 15:32.24 38.88			

Programmanr. 35, Heren, 1500m vrije slag, Masters 25+

rang	naam			vereniging			inschrijftijd			startnr.			tijd	RT
5.	Niels Albrechts			De Schoteijl			18:45.21			198800039			19:19.96	+0,81
	50m:	34.20	34.20	450m:	5:45.59	38.67	850m:	10:57.80	38.93	1250m:	16:09.43	38.90		
	100m:	1:12.70	38.50	500m:	6:25.50	39.91	900m:	11:36.69	38.89	1300m:	16:48.34	38.91		
	150m:	1:50.42	37.72	550m:	7:04.13	38.63	950m:	12:15.36	38.67	1350m:	17:27.07	38.73		
	200m:	2:30.28	39.86	600m:	7:43.83	39.70	1000m:	12:54.46	39.10	1400m:	18:06.12	39.05		
	250m:	3:09.13	38.85	650m:	8:22.68	38.85	1050m:	13:33.42	38.96	1450m:	18:42.99	36.87		
	300m:	3:48.67	39.54	700m:	9:01.44	38.76	1100m:	14:12.64	39.22	1500m:	19:19.96	36.97		
	350m:	4:27.47	38.80	750m:	9:40.16	38.72	1150m:	14:51.37	38.73					
	400m:	5:06.92	39.45	800m:	10:18.87	38.71	1200m:	15:30.53	39.16					

Masters 30+

1.	Alexander Hulleman	Steenwijk 1934	17:07.83	198300989	18:08.38	+0,77						
	50m:	32.72	32.72	450m:	5:18.91	35.74	850m:	10:06.10	36.22	1250m:	15:02.84	38.19
	100m:	1:08.82	36.10	500m:	5:54.44	35.53	900m:	10:41.65	35.55	1300m:	15:40.02	37.18
	150m:	1:45.41	36.59	550m:	6:30.69	36.25	950m:	11:18.45	36.80	1350m:	16:17.88	37.86
	200m:	2:21.23	35.82	600m:	7:06.13	35.44	1000m:	11:54.90	36.45	1400m:	16:55.78	37.90
	250m:	2:56.81	35.58	650m:	7:42.32	36.19	1050m:	12:32.14	37.24	1450m:	17:33.96	38.18
	300m:	3:32.14	35.33	700m:	8:18.02	35.70	1100m:	13:09.50	37.36	1500m:	18:08.38	34.42
	350m:	4:07.69	35.55	750m:	8:54.30	36.28	1150m:	13:47.42	37.92			
	400m:	4:43.17	35.48	800m:	9:29.88	35.58	1200m:	14:24.65	37.23			
2.	Kristiaan Lenos	LZ 1886	18:22.36	198301331	18:39.76	+0,82						
	50m:	30.95	30.95	450m:	5:28.00	38.31	850m:	10:31.66	38.41	1250m:	15:35.13	37.56
	100m:	1:06.35	35.40	500m:	6:06.19	38.19	900m:	11:09.86	38.20	1300m:	16:13.01	37.88
	150m:	1:42.97	36.62	550m:	6:43.68	37.49	950m:	11:47.23	37.37	1350m:	16:51.41	38.40
	200m:	2:20.28	37.31	600m:	7:21.56	37.88	1000m:	12:25.16	37.93	1400m:	17:28.86	37.45
	250m:	2:57.19	36.91	650m:	7:59.47	37.91	1050m:	13:03.02	37.86	1450m:	18:06.74	37.88
	300m:	3:34.24	37.05	700m:	8:37.31	37.84	1100m:	13:41.80	38.78	1500m:	18:39.76	33.02
	350m:	4:11.49	37.25	750m:	9:15.30	37.99	1150m:	14:19.81	38.01			
	400m:	4:49.69	38.20	800m:	9:53.25	37.95	1200m:	14:57.57	37.76			
3.	Marcel Reefhuis	WS Twente	18:45.40	198101381	19:01.60	+0,85						
	50m:	33.20	33.20	450m:	5:37.17	38.46	850m:	10:43.50	38.64	1250m:	15:52.98	38.75
	100m:	1:09.78	36.58	500m:	6:15.46	38.29	900m:	11:22.08	38.58	1300m:	16:32.06	39.08
	150m:	1:47.53	37.75	550m:	6:53.91	38.45	950m:	12:00.67	38.59	1350m:	17:10.71	38.65
	200m:	2:25.71	38.18	600m:	7:32.07	38.16	1000m:	12:39.45	38.78	1400m:	17:49.03	38.32
	250m:	3:03.99	38.28	650m:	8:10.23	38.16	1050m:	13:18.16	38.71	1450m:	18:27.23	38.20
	300m:	3:42.22	38.23	700m:	8:48.52	38.29	1100m:	13:56.99	38.83	1500m:	19:01.60	34.37
	350m:	4:20.43	38.21	750m:	9:26.62	38.10	1150m:	14:35.70	38.71			
	400m:	4:58.71	38.28	800m:	10:04.86	38.24	1200m:	15:14.23	38.53			
4.	Jeroen Vogelsang	DAW	19:27.81	198001645	20:07.39	+0,87						
	50m:	34.25	34.25	450m:	5:49.72	39.89	850m:	11:16.48	40.30	1250m:	16:44.32	40.17
	100m:	1:13.06	38.81	500m:	6:30.49	40.77	900m:	11:57.70	41.22	1300m:	17:25.10	40.78
	150m:	1:51.67	38.61	550m:	7:10.62	40.13	950m:	12:39.00	41.30	1350m:	18:05.63	40.53
	200m:	2:31.55	39.88	600m:	7:51.42	40.80	1000m:	13:20.64	41.64	1400m:	18:46.93	41.30
	250m:	3:10.66	39.11	650m:	8:32.03	40.61	1050m:	14:01.80	41.16	1450m:	19:26.70	39.77
	300m:	3:50.55	39.89	700m:	9:13.24	41.21	1100m:	14:43.72	41.92	1500m:	20:07.39	40.69
	350m:	4:29.67	39.12	750m:	9:54.20	40.96	1150m:	15:24.13	40.41			
	400m:	5:09.83	40.16	800m:	10:36.18	41.98	1200m:	16:04.15	40.02			
5.	Sebastian Hoppe	SV Blau-Weiss Bochum	19:20.06	260235	20:26.68	+0,78						
	50m:	32.85	32.85	450m:	5:54.67	41.49	850m:	11:27.02	41.53	1250m:	16:59.98	41.66
	100m:	1:10.57	37.72	500m:	6:35.98	41.31	900m:	12:08.62	41.60	1300m:	17:41.93	41.95
	150m:	1:49.55	38.98	550m:	7:18.01	42.03	950m:	12:50.73	42.11	1350m:	18:23.93	42.00
	200m:	2:29.47	39.92	600m:	7:59.66	41.65	1000m:	13:32.24	41.51	1400m:	19:05.00	41.07
	250m:	3:10.15	40.68	650m:	8:41.39	41.73	1050m:	14:13.64	41.40	1450m:	19:46.46	41.46
	300m:	3:50.79	40.64	700m:	9:22.88	41.49	1100m:	14:55.08	41.44	1500m:	20:26.68	40.22
	350m:	4:31.69	40.90	750m:	10:04.38	41.50	1150m:	15:36.80	41.72			
	400m:	5:13.18	41.49	800m:	10:45.49	41.11	1200m:	16:18.32	41.52			
6.	Victor den Heijer	D'Eft WAVE (SG)	19:52.51	198300867	21:56.31	+0,71						
	50m:	35.20	35.20	450m:	6:12.76	43.82	850m:	12:12.72	45.17	1250m:	18:14.53	44.98
	100m:	1:14.54	39.34	500m:	6:57.52	44.76	900m:	12:57.23	44.51	1300m:	19:01.03	46.50
	150m:	1:55.70	41.16	550m:	7:42.62	45.10	950m:	13:42.42	45.19	1350m:	19:46.80	45.77
	200m:	2:36.79	41.09	600m:	8:27.31	44.69	1000m:	14:27.37	44.95	1400m:	20:29.36	42.56
	250m:	3:19.09	42.30	650m:	9:11.78	44.47	1050m:	15:13.70	46.33	1450m:	21:14.02	44.66
	300m:	4:01.33	42.24	700m:	9:56.88	45.10	1100m:	15:58.59	44.89	1500m:	21:56.31	42.29
	350m:	4:44.80	43.47	750m:	10:42.21	45.33	1150m:	16:44.42	45.83			
	400m:	5:28.94	44.14	800m:	11:27.55	45.34	1200m:	17:29.55	45.13			

Masters 35+

Programmanr. 35, Heren, 1500m vrije slag, Masters 35+

rang	naam	vereniging		inschrijftijd		startnr.		tijd		RT
1.	Eric Richelle	Plouf Club		19:10.38		PLOUF/007/77		18:17.33		+0,68
	50m: 32.72	32.72	450m: 5:18.26	36.32	850m: 10:11.51	37.38	1250m: 15:11.44	37.75		
	100m: 1:07.52	34.80	500m: 5:54.60	36.34	900m: 10:48.25	36.74	1300m: 15:48.84	37.40		
	150m: 1:43.23	35.71	550m: 6:31.15	36.55	950m: 11:25.34	37.09	1350m: 16:26.45	37.61		
	200m: 2:18.59	35.36	600m: 7:07.77	36.62	1000m: 12:02.46	37.12	1400m: 17:03.93	37.48		
	250m: 2:54.37	35.78	650m: 7:44.26	36.49	1050m: 12:40.00	37.54	1450m: 17:41.54	37.61		
	300m: 3:30.15	35.78	700m: 8:21.19	36.93	1100m: 13:17.51	37.51	1500m: 18:17.33	35.79		
	350m: 4:05.89	35.74	750m: 8:57.55	36.36	1150m: 13:56.02	38.51				
	400m: 4:41.94	36.05	800m: 9:34.13	36.58	1200m: 14:33.69	37.67				
2.	Robin Sprinkhuizen	De Zijl/LGB		18:50.53		197400767		19:21.06		+0,88
	50m: 31.79	31.79	450m: 5:37.04	38.69	850m: 10:50.65	39.48	1250m: 16:05.75	39.73		
	100m: 1:08.40	36.61	500m: 6:15.69	38.65	900m: 11:29.60	38.95	1300m: 16:45.37	39.62		
	150m: 1:46.49	38.09	550m: 6:54.58	38.89	950m: 12:09.00	39.40	1350m: 17:25.02	39.65		
	200m: 2:24.30	37.81	600m: 7:33.44	38.86	1000m: 12:47.94	38.94	1400m: 18:04.51	39.49		
	250m: 3:02.74	38.44	650m: 8:13.06	39.62	1050m: 13:27.56	39.62	1450m: 18:43.56	39.05		
	300m: 3:40.84	38.10	700m: 8:52.34	39.28	1100m: 14:07.05	39.49	1500m: 19:21.06	37.50		
	350m: 4:19.87	39.03	750m: 9:31.79	39.45	1150m: 14:46.73	39.68				
	400m: 4:58.35	38.48	800m: 10:11.17	39.38	1200m: 15:26.02	39.29				
3.	Erik van der Wel	SBC2000		20:36.21		197401101		21:10.43		+1,07
	50m: 37.20	37.20	450m: 6:20.93	42.53	850m: 11:58.77	42.01	1250m: 17:40.58	42.94		
	100m: 1:19.14	41.94	500m: 7:03.38	42.45	900m: 12:41.60	42.83	1300m: 18:22.99	42.41		
	150m: 2:02.19	43.05	550m: 7:45.75	42.37	950m: 13:24.36	42.76	1350m: 19:05.63	42.64		
	200m: 2:45.15	42.96	600m: 8:28.27	42.52	1000m: 14:06.84	42.48	1400m: 19:47.74	42.11		
	250m: 3:28.11	42.96	650m: 9:10.06	41.79	1050m: 14:49.46	42.62	1450m: 20:29.71	41.97		
	300m: 4:11.93	43.82	700m: 9:52.38	42.32	1100m: 15:32.41	42.95	1500m: 21:10.43	40.72		
	350m: 4:55.21	43.28	750m: 10:33.95	41.57	1150m: 16:15.03	42.62				
	400m: 5:38.40	43.19	800m: 11:16.76	42.81	1200m: 16:57.64	42.61				

Masters 40+

1.	Arjan Bellaart	Oceanus			19:25.18	196900079			19:46.47		+0,75	
	50m:	34.14	34.14	450m:	5:49.58	39.74	850m:	11:08.19	39.96	1250m:	16:27.79	39.84
	100m:	1:12.52	38.38	500m:	6:29.27	39.69	900m:	11:48.04	39.85	1300m:	17:07.84	40.05
	150m:	1:51.70	39.18	550m:	7:09.03	39.76	950m:	12:27.86	39.82	1350m:	17:47.96	40.12
	200m:	2:31.12	39.42	600m:	7:48.70	39.67	1000m:	13:07.92	40.06	1400m:	18:28.00	40.04
	250m:	3:10.62	39.50	650m:	8:28.53	39.83	1050m:	13:48.03	40.11	1450m:	19:07.96	39.96
	300m:	3:50.43	39.81	700m:	9:08.62	40.09	1100m:	14:28.35	40.32	1500m:	19:46.47	38.51
	350m:	4:30.29	39.86	750m:	9:48.37	39.75	1150m:	15:08.06	39.71			
	400m:	5:09.84	39.55	800m:	10:28.23	39.86	1200m:	15:47.95	39.89			
2.	Agnus Gerringa	Zuiderzeewimmers			19:50.01	197100285			20:36.92		+0,95	
	50m:	34.88	34.88	450m:	6:04.87	41.51	850m:	11:39.54	42.25	1250m:	17:13.80	41.08
	100m:	1:14.32	39.44	500m:	6:46.64	41.77	900m:	12:20.94	41.40	1300m:	17:54.88	41.08
	150m:	1:54.72	40.40	550m:	7:27.94	41.30	950m:	13:02.98	42.04	1350m:	18:35.54	40.66
	200m:	2:36.37	41.65	600m:	8:09.62	41.68	1000m:	13:45.35	42.37	1400m:	19:16.67	41.13
	250m:	3:18.29	41.92	650m:	8:51.51	41.89	1050m:	14:27.16	41.81	1450m:	19:56.83	40.16
	300m:	4:00.15	41.86	700m:	9:33.20	41.69	1100m:	15:09.39	42.23	1500m:	20:36.92	40.09
	350m:	4:41.79	41.64	750m:	10:15.44	42.24	1150m:	15:51.58	42.19			
	400m:	5:23.36	41.57	800m:	10:57.29	41.85	1200m:	16:32.72	41.14			

Masters 45+

1.	Roland Klein-Bölting <i>Kampioenschaps Record</i>			Bocholter WSV			18:51.15	74076	18:32.16			+1,08
	50m:	32.48	32.48	450m:	5:27.74	37.43	850m:	10:26.35	37.31	1250m:	15:25.61	37.10
	100m:	1:07.68	35.20	500m:	6:05.58	37.84	900m:	11:03.67	37.32	1300m:	16:03.47	37.86
	150m:	1:44.17	36.49	550m:	6:42.55	36.97	950m:	11:41.04	37.37	1350m:	16:40.94	37.47
	200m:	2:21.23	37.06	600m:	7:20.33	37.78	1000m:	12:18.57	37.53	1400m:	17:18.74	37.80
	250m:	2:58.56	37.33	650m:	7:57.86	37.53	1050m:	12:55.94	37.37	1450m:	17:56.22	37.48
	300m:	3:35.75	37.19	700m:	8:34.76	36.90	1100m:	13:33.19	37.25	1500m:	18:32.16	35.94
	350m:	4:12.89	37.14	750m:	9:11.84	37.08	1150m:	14:10.73	37.54			
	400m:	4:50.31	37.42	800m:	9:49.04	37.20	1200m:	14:48.51	37.78			
2.	Ronald van Maurik			Nat Utrecht			19:24.82	196600509	19:59.93			+0,89
	50m:	34.26	34.26	450m:	5:49.70	39.22	850m:	11:15.53	40.16	1250m:	16:41.89	39.79
	100m:	1:12.79	38.53	500m:	6:30.88	41.18	900m:	11:56.53	41.00	1300m:	17:22.97	41.08
	150m:	1:51.50	38.71	550m:	7:10.78	39.90	950m:	12:36.18	39.65	1350m:	18:02.14	39.17
	200m:	2:31.72	40.22	600m:	7:51.87	41.09	1000m:	13:17.31	41.13	1400m:	18:42.22	40.08
	250m:	3:10.68	38.96	650m:	8:31.98	40.11	1050m:	13:57.47	40.16	1450m:	19:21.67	39.45
	300m:	3:51.13	40.45	700m:	9:13.42	41.44	1100m:	14:38.40	40.93	1500m:	19:59.93	38.26
	350m:	4:30.04	38.91	750m:	9:53.69	40.27	1150m:	15:19.08	40.68			
	400m:	5:10.48	40.44	800m:	10:35.37	41.68	1200m:	16:02.10	43.02			

Programmanr. 35, Heren, 1500m vrije slag, Masters 45+

rang	naam	vereniging		inschrijftijd		startnr.		tijd		RT
3.	Marcel Molendijk	De Vrije Slag		20:27.14		196501117		20:40.15		+0,72
	50m: 37.33	37.33	450m: 6:10.97	41.90	850m: 11:44.12	41.48	1250m: 17:16.96	41.61		
	100m: 1:18.64	41.31	500m: 6:52.74	41.77	900m: 12:26.01	41.89	1300m: 17:58.23	41.27		
	150m: 1:59.76	41.12	550m: 7:34.44	41.70	950m: 13:07.55	41.54	1350m: 18:39.63	41.40		
	200m: 2:41.38	41.62	600m: 8:15.88	41.44	1000m: 13:48.96	41.41	1400m: 19:21.00	41.37		
	250m: 3:23.17	41.79	650m: 8:57.59	41.71	1050m: 14:30.83	41.87	1450m: 20:01.60	40.60		
	300m: 4:04.87	41.70	700m: 9:39.32	41.73	1100m: 15:12.47	41.64	1500m: 20:40.15	38.55		
	350m: 4:46.92	42.05	750m: 10:21.22	41.90	1150m: 15:54.04	41.57				
	400m: 5:29.07	42.15	800m: 11:02.64	41.42	1200m: 16:35.35	41.31				
4.	Karim Naili	CNBA		21:05.86		CNBA/830/66		20:51.16		+1,00
	50m: 35.58	35.58	450m: 6:06.05	42.50	850m: 11:43.33	42.40	1250m: 17:20.62	42.85		
	100m: 1:14.72	39.14	500m: 6:47.88	41.83	900m: 12:25.29	41.96	1300m: 18:02.97	42.35		
	150m: 1:56.02	41.30	550m: 7:30.03	42.15	950m: 13:07.76	42.47	1350m: 18:46.24	43.27		
	200m: 2:37.13	41.11	600m: 8:11.50	41.47	1000m: 13:49.42	41.66	1400m: 19:28.19	41.95		
	250m: 3:18.94	41.81	650m: 8:53.98	42.48	1050m: 14:31.58	42.16	1450m: 20:10.74	42.55		
	300m: 4:00.26	41.32	700m: 9:36.10	42.12	1100m: 15:13.59	42.01	1500m: 20:51.16	40.42		
	350m: 4:42.21	41.95	750m: 10:18.85	42.75	1150m: 15:56.05	42.46				
	400m: 5:23.55	41.34	800m: 11:00.93	42.08	1200m: 16:37.77	41.72				
5.	Marcel Stroet	ZV De Bron		20:29.16		196400929		21:37.73		+1,10
	50m: 35.68	35.68	450m: 6:17.74	42.98	850m: 12:04.73	43.59	1250m: 17:57.44	44.16		
	100m: 1:17.25	41.57	500m: 7:00.99	43.25	900m: 12:48.79	44.06	1300m: 18:41.69	44.25		
	150m: 1:59.20	41.95	550m: 7:43.76	42.77	950m: 13:32.26	43.47	1350m: 19:25.61	43.92		
	200m: 2:41.87	42.67	600m: 8:27.66	43.90	1000m: 14:16.42	44.16	1400m: 20:09.85	44.24		
	250m: 3:24.82	42.95	650m: 9:10.80	43.14	1050m: 15:00.62	44.20	1450m: 20:54.13	44.28		
	300m: 4:08.14	43.32	700m: 9:54.15	43.35	1100m: 15:44.97	44.35	1500m: 21:37.73	43.60		
	350m: 4:51.35	43.21	750m: 10:37.40	43.25	1150m: 16:28.76	43.79				
	400m: 5:34.76	43.41	800m: 11:21.14	43.74	1200m: 17:13.28	44.52				

Masters 50+

1.	Jan Brink		De Zeeuwse Kust (SG)	19:04.19	196200091	19:52.57	+0,88					
	50m:	34.60	34.60	450m:	5:49.41	39.82	850m:	11:09.63	40.10	1250m:	16:31.37	40.68
	100m:	1:12.80	38.20	500m:	6:29.46	40.05	900m:	11:49.63	40.00	1300m:	17:11.86	40.49
	150m:	1:51.86	39.06	550m:	7:09.19	39.73	950m:	12:29.76	40.13	1350m:	17:52.30	40.44
	200m:	2:31.22	39.36	600m:	7:49.68	40.49	1000m:	13:09.71	39.95	1400m:	18:33.01	40.71
	250m:	3:10.97	39.75	650m:	8:29.53	39.85	1050m:	13:50.11	40.40	1450m:	19:13.41	40.40
	300m:	3:50.45	39.48	700m:	9:09.52	39.99	1100m:	14:30.48	40.37	1500m:	19:52.57	39.16
	350m:	4:29.92	39.47	750m:	9:49.45	39.93	1150m:	15:10.65	40.17			
	400m:	5:09.59	39.67	800m:	10:29.53	40.08	1200m:	15:50.69	40.04			
2.	Gustav van den Berg		TriVia	20:08.06	196100991	20:10.64	+0,89					
	50m:	36.47	36.47	450m:	6:10.81	42.00	850m:	11:37.21	39.96	1250m:	16:56.55	40.41
	100m:	1:17.10	40.63	500m:	6:52.25	41.44	900m:	12:16.92	39.71	1300m:	17:36.32	39.77
	150m:	1:58.67	41.57	550m:	7:33.77	41.52	950m:	12:56.86	39.94	1350m:	18:16.12	39.80
	200m:	2:40.72	42.05	600m:	8:14.56	40.79	1000m:	13:36.68	39.82	1400m:	18:55.54	39.42
	250m:	3:22.90	42.18	650m:	8:55.78	41.22	1050m:	14:16.47	39.79	1450m:	19:34.95	39.41
	300m:	4:04.81	41.91	700m:	9:36.83	41.05	1100m:	14:56.04	39.57	1500m:	20:10.64	35.69
	350m:	4:47.12	42.31	750m:	10:17.31	40.48	1150m:	15:35.89	39.85			
	400m:	5:28.81	41.69	800m:	10:57.25	39.94	1200m:	16:16.14	40.25			
3.	Menno Lomans		D'Eft WAVE (SG)	20:04.45	196101071	21:00.49	+0,90					
	50m:	36.68	36.68	450m:	6:14.72	42.50	850m:	11:53.73	42.37	1250m:	17:32.37	42.19
	100m:	1:17.42	40.74	500m:	6:56.80	42.08	900m:	12:36.44	42.71	1300m:	18:14.48	42.11
	150m:	1:59.35	41.93	550m:	7:39.05	42.25	950m:	13:18.76	42.32	1350m:	18:56.81	42.33
	200m:	2:41.51	42.16	600m:	8:21.51	42.46	1000m:	14:01.54	42.78	1400m:	19:39.13	42.32
	250m:	3:24.24	42.73	650m:	9:04.01	42.50	1050m:	14:43.69	42.15	1450m:	20:21.07	41.94
	300m:	4:06.96	42.72	700m:	9:46.73	42.72	1100m:	15:26.28	42.59	1500m:	21:00.49	39.42
	350m:	4:49.69	42.73	750m:	10:29.00	42.27	1150m:	16:08.43	42.15			
	400m:	5:32.22	42.53	800m:	11:11.36	42.36	1200m:	16:50.18	41.75			
4.	Paul van der Voort		De Zwoer	22:05.31	196200715	21:51.91	+1,09					
	50m:	35.95	35.95	450m:	6:28.71	45.36	850m:	12:23.08	44.37	1250m:	18:17.40	44.53
	100m:	1:17.05	41.10	500m:	7:13.25	44.54	900m:	13:07.37	44.29	1300m:	19:01.62	44.22
	150m:	2:00.88	43.83	550m:	7:58.06	44.81	950m:	13:52.14	44.77	1350m:	19:46.13	44.51
	200m:	2:44.91	44.03	600m:	8:43.04	44.98	1000m:	14:36.16	44.02	1400m:	20:30.50	44.37
	250m:	3:29.87	44.96	650m:	9:26.88	43.84	1050m:	15:20.28	44.12	1450m:	21:13.47	42.97
	300m:	4:14.21	44.34	700m:	10:10.12	43.24	1100m:	16:04.55	44.27	1500m:	21:51.91	38.44
	350m:	4:58.65	44.44	750m:	10:54.79	44.67	1150m:	16:48.96	44.41			
	400m:	5:43.35	44.70	800m:	11:38.71	43.92	1200m:	17:32.87	43.91			

Programmanr. 35, Heren, 1500m vrije slag, Masters 50+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT		
5.	James Norman	PLONS	22:07.12	196001209	22:26.79	+0,92		
	50m: 37.56	37.56	450m: 6:36.00	45.89	850m: 12:42.13	45.83	1250m: 18:44.40	45.09
	100m: 1:19.42	41.86	500m: 7:21.18	45.18	900m: 13:27.30	45.17	1300m: 19:30.28	45.88
	150m: 2:03.83	44.41	550m: 8:07.08	45.90	950m: 14:12.49	45.19	1350m: 20:16.15	45.87
	200m: 2:49.02	45.19	600m: 8:52.49	45.41	1000m: 14:58.10	45.61	1400m: 21:00.88	44.73
	250m: 3:34.15	45.13	650m: 9:39.22	46.73	1050m: 15:43.41	45.31	1450m: 21:45.02	44.14
	300m: 4:19.50	45.35	700m: 10:24.99	45.77	1100m: 16:28.74	45.33	1500m: 22:26.79	41.77
	350m: 5:04.86	45.36	750m: 11:10.88	45.89	1150m: 17:14.05	45.31		
	400m: 5:50.11	45.25	800m: 11:56.30	45.42	1200m: 17:59.31	45.26		

NG.ZA Marius Ros ZCNF'34 20:09.18 195900779

Masters 55+

1.	Marten de Groot	HZ&PC Heerenveen			18:54.97	195800149			18:50.61	+0,82		
	Nederlands Masters Record											
	50m:	34.00	34.00	450m:	5:37.08	38.13	850m:	10:39.98	38.06	1250m:	15:42.61	38.18
	100m:	1:10.90	36.90	500m:	6:15.14	38.06	900m:	11:17.78	37.80	1300m:	16:20.65	38.04
	150m:	1:48.79	37.89	550m:	6:52.68	37.54	950m:	11:55.95	38.17	1350m:	16:58.64	37.99
	200m:	2:27.35	38.56	600m:	7:30.35	37.67	1000m:	12:34.07	38.12	1400m:	17:36.80	38.16
	250m:	3:05.09	37.74	650m:	8:08.51	38.16	1050m:	13:11.82	37.75	1450m:	18:14.72	37.92
	300m:	3:43.06	37.97	700m:	8:46.37	37.86	1100m:	13:49.26	37.44	1500m:	18:50.61	35.89
	350m:	4:21.23	38.17	750m:	9:24.60	38.23	1150m:	14:26.77	37.51			
	400m:	4:58.95	37.72	800m:	10:01.92	37.32	1200m:	15:04.43	37.66			
2.	Otto Zeijpveld	Aquapoldro			20:45.49	195800497			20:54.85	+0,83		
	50m:	35.38	35.38	450m:	6:17.92	42.58	850m:	11:54.41	41.75	1250m:	17:30.33	41.95
	100m:	1:17.84	42.46	500m:	7:00.75	42.83	900m:	12:36.28	41.87	1300m:	18:12.51	42.18
	150m:	2:00.78	42.94	550m:	7:42.56	41.81	950m:	13:17.48	41.20	1350m:	18:53.99	41.48
	200m:	2:44.33	43.55	600m:	8:25.30	42.74	1000m:	13:58.89	41.41	1400m:	19:35.85	41.86
	250m:	3:26.96	42.63	650m:	9:07.17	41.87	1050m:	14:41.47	42.58	1450m:	20:16.47	40.62
	300m:	4:09.64	42.68	700m:	9:49.37	42.20	1100m:	15:23.96	42.49	1500m:	20:54.85	38.38
	350m:	4:52.45	42.81	750m:	10:30.87	41.50	1150m:	16:05.89	41.93			
	400m:	5:35.34	42.89	800m:	11:12.66	41.79	1200m:	16:48.38	42.49			
3.	Michael Dolg	Pulheimer SC 24/57			22:42.14	330776			21:48.90	+1,03		
	50m:	39.75	39.75	450m:	6:26.04	43.64	850m:	12:16.87	44.55	1250m:	18:10.22	44.33
	100m:	1:22.20	42.45	500m:	7:09.70	43.66	900m:	13:01.27	44.40	1300m:	18:54.98	44.76
	150m:	2:04.79	42.59	550m:	7:53.23	43.53	950m:	13:45.25	43.98	1350m:	19:39.42	44.44
	200m:	2:48.23	43.44	600m:	8:36.72	43.49	1000m:	14:29.46	44.21	1400m:	20:22.62	43.20
	250m:	3:31.74	43.51	650m:	9:20.47	43.75	1050m:	15:13.89	44.43	1450m:	21:07.16	44.54
	300m:	4:15.64	43.90	700m:	10:04.47	44.00	1100m:	15:57.61	43.72	1500m:	21:48.90	41.74
	350m:	4:58.89	43.25	750m:	10:48.34	43.87	1150m:	16:41.70	44.09			
	400m:	5:42.40	43.51	800m:	11:32.32	43.98	1200m:	17:25.89	44.19			
4.	Henk Slomp	De Pinquin			22:17.18	195500359			22:24.07	+0,84		
	50m:	36.68	36.68	450m:	6:31.88	45.42	850m:	12:36.91	46.53	1250m:	18:44.34	45.20
	100m:	1:18.98	42.30	500m:	7:16.47	44.59	900m:	13:22.69	45.78	1300m:	19:30.11	45.77
	150m:	2:03.15	44.17	550m:	8:02.27	45.80	950m:	14:08.18	45.49	1350m:	20:15.87	45.76
	200m:	2:48.14	44.99	600m:	8:47.44	45.17	1000m:	14:54.23	46.05	1400m:	20:59.86	43.99
	250m:	3:32.96	44.82	650m:	9:33.64	46.20	1050m:	15:41.19	46.96	1450m:	21:45.37	45.51
	300m:	4:16.88	43.92	700m:	10:18.96	45.32	1100m:	16:26.04	44.85	1500m:	22:24.07	38.70
	350m:	5:01.80	44.92	750m:	11:05.12	46.16	1150m:	17:12.96	46.92			
	400m:	5:46.46	44.66	800m:	11:50.38	45.26	1200m:	17:59.14	46.18			
5.	Andreas Wenning	Bocholter WSV			22:59.98	99336			22:40.59	+1,69		
	50m:	38.32	38.32	450m:	6:36.26	45.09	850m:	12:41.93	45.07	1250m:	18:49.52	45.59
	100m:	1:21.06	42.74	500m:	7:22.00	45.74	900m:	13:28.21	46.28	1300m:	19:35.94	46.42
	150m:	2:04.58	43.52	550m:	8:07.00	45.00	950m:	14:13.32	45.11	1350m:	20:21.96	46.02
	200m:	2:50.49	45.91	600m:	8:53.42	46.42	1000m:	14:59.47	46.15	1400m:	21:08.89	46.93
	250m:	3:35.19	44.70	650m:	9:38.84	45.42	1050m:	15:45.28	45.81	1450m:	21:54.70	45.81
	300m:	4:20.82	45.63	700m:	10:25.23	46.39	1100m:	16:31.86	46.58	1500m:	22:40.59	45.89
	350m:	5:05.72	44.90	750m:	11:10.28	45.05	1150m:	17:17.37	45.51			
	400m:	5:51.17	45.45	800m:	11:56.86	46.58	1200m:	18:03.93	46.56			
6.	Paul Bunnik	Triton			22:29.00	195600413			23:30.86	+1,06		
	50m:	37.64	37.64	450m:	6:46.29	47.51	850m:	13:10.51	48.13	1250m:	19:34.17	48.22
	100m:	1:20.21	42.57	500m:	7:33.74	47.45	900m:	13:58.35	47.84	1300m:	20:22.65	48.48
	150m:	2:05.17	44.96	550m:	8:22.23	48.49	950m:	14:45.97	47.62	1350m:	21:10.67	48.02
	200m:	2:51.12	45.95	600m:	9:10.89	48.66	1000m:	15:34.67	48.70	1400m:	21:58.37	47.70
	250m:	3:36.72	45.60	650m:	9:58.22	47.33	1050m:	16:22.45	47.78	1450m:	22:44.64	46.27
	300m:	4:23.23	46.51	700m:	10:46.40	48.18	1100m:	17:11.09	48.64	1500m:	23:30.86	46.22
	350m:	5:10.74	47.51	750m:	11:34.34	47.94	1150m:	17:57.50	46.41			
	400m:	5:58.78	48.04	800m:	12:22.38	48.04	1200m:	18:45.95	48.45			

Programmanr. 35, Heren, 1500m vrije slag

Masters 60+

1.	Georg Dombrowski	SV Gladbeck 13	22:10.32	217978	21:50.45	+0,88						
	50m:	37.97	37.97	450m:	6:30.51	44.23	850m:	12:25.30	43.97	1250m:	18:19.14	44.19
	100m:	1:20.21	42.24	500m:	7:15.31	44.80	900m:	13:09.21	43.91	1300m:	19:03.85	44.71
	150m:	2:03.60	43.39	550m:	7:59.68	44.37	950m:	13:53.80	44.59	1350m:	19:47.88	44.03
	200m:	2:47.81	44.21	600m:	8:43.98	44.30	1000m:	14:38.03	44.23	1400m:	20:31.73	43.85
	250m:	3:32.47	44.66	650m:	9:27.80	43.82	1050m:	15:22.32	44.29	1450m:	21:13.85	42.12
	300m:	4:17.12	44.65	700m:	10:12.59	44.79	1100m:	16:06.59	44.27	1500m:	21:50.45	36.60
	350m:	5:01.62	44.50	750m:	10:56.88	44.29	1150m:	16:50.93	44.34			
	400m:	5:46.28	44.66	800m:	11:41.33	44.45	1200m:	17:34.95	44.02			
2.	Hugo Staudt	WS Twente	23:20.84	195300253	23:56.68	+0,95						
	50m:	42.00	42.00	450m:	7:12.00	49.36	850m:	13:37.30	48.49	1250m:	20:01.84	48.10
	100m:	1:29.30	47.30	500m:	8:00.07	48.07	900m:	14:24.97	47.67	1300m:	20:50.05	48.21
	150m:	2:17.96	48.66	550m:	8:48.70	48.63	950m:	15:13.89	48.92	1350m:	21:38.13	48.08
	200m:	3:07.02	49.06	600m:	9:36.84	48.14	1000m:	16:02.05	48.16	1400m:	22:26.05	47.92
	250m:	3:55.81	48.79	650m:	10:25.20	48.36	1050m:	16:50.02	47.97	1450m:	23:13.91	47.86
	300m:	4:44.97	49.16	700m:	11:12.70	47.50	1100m:	17:38.32	48.30	1500m:	23:56.68	42.77
	350m:	5:34.20	49.23	750m:	12:01.18	48.48	1150m:	18:26.28	47.96			
	400m:	6:22.64	48.44	800m:	12:48.81	47.63	1200m:	19:13.74	47.46			

Masters 70+

1.	Rob Hanou	PSV			25:08.50	194300109			26:26.89		+1,09	
	50m:	42.63	42.63	450m:	7:41.65	52.24	850m:	14:52.10	53.05	1250m:	22:03.76	53.16
	100m:	1:33.97	51.34	500m:	8:35.37	53.72	900m:	15:47.82	55.72	1300m:	22:58.05	54.29
	150m:	2:26.37	52.40	550m:	9:28.43	53.06	950m:	16:41.82	54.00	1350m:	23:50.55	52.50
	200m:	3:19.82	53.45	600m:	10:22.38	53.95	1000m:	17:36.16	54.34	1400m:	24:44.61	54.06
	250m:	4:11.57	51.75	650m:	11:16.02	53.64	1050m:	18:29.45	53.29	1450m:	25:36.87	52.26
	300m:	5:04.30	52.73	700m:	12:10.73	54.71	1100m:	19:23.77	54.32	1500m:	26:26.89	50.02
	350m:	5:56.29	51.99	750m:	13:03.82	53.09	1150m:	20:16.77	53.00			
	400m:	6:49.41	53.12	800m:	13:59.05	55.23	1200m:	21:10.60	53.83			
2.	Manfred Bottin	SV Langenfeld			28:35.10	57993			30:04.01		+1,19	
	50m:	49.37	49.37	450m:	9:05.46	1:01.86	850m:	17:15.44	1:00.75	1250m:	25:17.79	59.06
	100m:	1:47.61	58.24	500m:	10:06.75	1:01.29	900m:	18:14.65	59.21	1300m:	26:16.65	58.86
	150m:	2:49.13	1:01.52	550m:	11:08.32	1:01.57	950m:	19:15.42	1:00.77	1350m:	27:15.62	58.97
	200m:	3:51.07	1:01.94	600m:	12:09.68	1:01.36	1000m:	20:16.69	1:01.27	1400m:	28:12.90	57.28
	250m:	4:54.57	1:03.50	650m:	13:11.30	1:01.62	1050m:	21:18.78	1:02.09	1450m:	29:11.29	58.39
	300m:	5:57.35	1:02.78	700m:	14:12.10	1:00.80	1100m:	22:19.63	1:00.85	1500m:	30:04.01	52.72
	350m:	7:01.91	1:04.56	750m:	15:13.38	1:01.28	1150m:	23:20.55	1:00.92			
	400m:	8:03.60	1:01.69	800m:	16:14.69	1:01.31	1200m:	24:18.73	58.18			