

Event 41  
05-05-2013 - 15:29

Men, 400m Medley

Masters Open  
Results

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
<b>Masters 20+</b>						
1.	Emile Manni <i>Nederlands Masters Record</i>	Octopus	5:00.57	199001901	<b>4:58.02</b>	+0,62
	50m: 28.62 28.62 100m: 1:03.35 34.73	150m: 1:41.91 38.56 200m: 2:20.91 39.00	250m: 3:03.73 42.82 300m: 3:47.76 44.03	350m: 4:22.14 34.38 400m: 4:58.02 35.88		
2.	Jan-Willem v.d. Graaff	Het Y	4:50.06	198901023	<b>5:03.10</b>	+0,71
	50m: 31.12 31.12 100m: 1:07.50 36.38	150m: 1:47.72 40.22 200m: 2:25.40 37.68	250m: 3:12.00 46.60 300m: 3:57.36 45.36	350m: 4:32.17 34.81 400m: 5:03.10 30.93		
3.	Dennis Wijbenga	Stadskanaal	4:43.65	199003283	<b>5:03.73</b>	+0,83
	50m: 31.90 31.90 100m: 1:11.36 39.46	150m: 1:52.52 41.16 200m: 2:31.83 39.31	250m: 3:12.29 40.46 300m: 3:53.53 41.24	350m: 4:30.33 36.80 400m: 5:03.73 33.40		
4.	Tim Bunnik	Triton	4:55.32	199000505	<b>5:10.31</b>	+0,80
	50m: 30.77 30.77 100m: 1:08.98 38.21	150m: 1:48.90 39.92 200m: 2:29.80 40.90	250m: 3:16.03 46.23 300m: 4:02.16 46.13	350m: 4:35.96 33.80 400m: 5:10.31 34.35		
5.	Maik Steenkamp	Montferland	5:05.16	199103847	<b>5:25.70</b>	+0,68
	50m: 32.21 32.21 100m: 1:12.07 39.86	150m: 1:55.25 43.18 200m: 2:38.44 43.19	250m: 3:23.63 45.19 300m: 4:10.30 46.67	350m: 4:48.33 38.03 400m: 5:25.70 37.37		
<b>Masters 25+</b>						
1.	Ralf van der Poel	Zuiderzeewimmers	5:10.04	198401783	<b>5:15.48</b>	+0,69
	50m: 33.26 33.26 100m: 1:14.08 40.82	150m: 1:57.43 43.35 200m: 2:38.95 41.52	250m: 3:21.39 42.44 300m: 4:04.57 43.18	350m: 4:40.73 36.16 400m: 5:15.48 34.75		
2.	Thommy Nickel	Van Vliet-Barracuda	5:25.48	198401627	<b>5:26.18</b>	+0,76
	50m: 32.90 32.90 100m: 1:14.11 41.21	150m: 1:54.85 40.74 200m: 2:35.90 41.05	250m: 3:22.42 46.52 300m: 4:10.19 47.77	350m: 4:48.55 38.36 400m: 5:26.18 37.63		
3.	Niels Albrechts	De Schoteijl	5:34.62	198800039	<b>5:50.72</b>	+0,86
	50m: 35.75 35.75 100m: 1:20.39 44.64	150m: 2:04.66 44.27 200m: 2:47.49 42.83	250m: 3:44.01 56.52 300m: 4:40.71 56.70	350m: 5:16.54 35.83 400m: 5:50.72 34.18		
4.	Robin Dellaert	Scheldeestroom	5:56.66	198800745	<b>5:52.11</b>	+0,81
	50m: 33.52 33.52 100m: 1:15.40 41.88	150m: 2:02.56 47.16 200m: 2:47.86 45.30	250m: 3:40.22 52.36 300m: 4:32.12 51.90	350m: 5:13.05 40.93 400m: 5:52.11 39.06		
WDR	Christiaan Fusers	De Roersoppers	5:03.54	198700977		
<b>Masters 30+</b>						
1.	Kristiaan Lenos	LZ 1886	4:54.00	198301331	<b>5:09.91</b>	+0,78
	50m: 30.24 30.24 100m: 1:07.12 36.88	150m: 1:48.08 40.96 200m: 2:28.67 40.59	250m: 3:13.37 44.70 300m: 3:58.79 45.42	350m: 4:35.74 36.95 400m: 5:09.91 34.17		
2.	Alexander Hulleman	Steenwijk 1934	5:02.92	198300989	<b>5:22.07</b>	+0,76
	50m: 31.94 31.94 100m: 1:10.27 38.33	150m: 1:53.57 43.30 200m: 2:36.35 42.78	250m: 3:22.11 45.76 300m: 4:10.38 48.27	350m: 4:46.60 36.22 400m: 5:22.07 35.47		
3.	Freddie Geerlings	HGN (SG)	5:29.35	197900379	<b>5:30.41</b>	+0,85
	50m: 33.41 33.41 100m: 1:16.59 43.18	150m: 2:00.88 44.29 200m: 2:44.54 43.66	250m: 3:28.58 44.04 300m: 4:13.40 44.82	350m: 4:52.12 38.72 400m: 5:30.41 38.29		
4.	Jeroen Vogelsang	DAW	5:47.16	198001645	<b>5:51.92</b>	+0,89
	50m: 35.49 35.49 100m: 1:19.87 44.38	150m: 2:11.37 51.50 200m: 3:00.91 49.54	250m: 3:48.51 47.60 300m: 4:37.58 49.07	350m: 5:15.18 37.60 400m: 5:51.92 36.74		
<b>Masters 35+</b>						
1.	Egbert Stolk <i>Kampioenschaps Record</i>	D'Eift WAVE (SG)	4:54.14	197600889	<b>5:07.55</b>	+0,76
	50m: 31.98 31.98 100m: 1:10.02 38.04	150m: 1:51.01 40.99 200m: 2:29.84 38.83	250m: 3:14.10 44.26 300m: 3:57.86 43.76	350m: 4:33.46 35.60 400m: 5:07.55 34.09		
2.	Dennis Brouwers	HZPC	5:05.73	197800167	<b>5:11.26</b>	+0,85
	50m: 34.81 34.81 100m: 1:16.39 41.58	150m: 1:53.97 37.58 200m: 2:30.47 36.50	250m: 3:16.08 45.61 300m: 4:01.86 45.78	350m: 4:36.54 34.68 400m: 5:11.26 34.72		

Onjuistheden / Mistakes?

Mail naar / to: [mastersinschrijvingen@knzb.nl](mailto:mastersinschrijvingen@knzb.nl)

Event 41, Men, 400m Medley, Masters 35+

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

Masters 40+

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

Masters 45+

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

Masters 50+

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

Masters 55+

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



Open Nederlandse Masters  
Kampioenschappen 2013 I b  
Eindhoven, 3 - 5 mei 2013

Event 41, Men, 400m Medley

Masters 60+

1.	Jan Tinholt		PSV			6:39.51		195000185			<b>6:59.43</b>	+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			<b>6:15.57</b>	+0,89
	<i>Nederlands Masters Record</i>											
	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			<b>7:16.23</b>	+1,05
	<i>Kampioenschaps Record</i>											
	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