

Programmanr. 4
05-05-2023 - 10:20

Heren, 400m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	tijd	RT	PARA			
Masters 20+								
1.	Guus Hoogduin	ZVL-1886 Center	4:32.18	+0.60				
	50m: 29.68 100m: 1:02.21	29.68 32.53	150m: 1:36.70 200m: 2:11.78	34.49 35.08	250m: 2:47.24 300m: 3:23.14	35.46 35.90	350m: 3:58.62 400m: 4:32.18	35.48 33.56
2.	Jacob Mackloet	De Schotejil	4:33.54	+0.69				
	50m: 30.11 100m: 1:04.78	30.11 34.67	150m: 1:40.34 200m: 2:16.21	35.56 35.87	250m: 2:51.41 300m: 3:26.79	35.20 35.38	350m: 4:00.55 400m: 4:33.54	33.76 32.99
3.	Niels Kragt	Dedemsvaart-AC	4:46.73	+0.74				
	50m: 30.64 100m: 1:05.55	30.64 34.91	150m: 1:42.05 200m: 2:18.81	36.50 36.76	250m: 2:55.83 300m: 3:33.29	37.02 37.46	350m: 4:10.52 400m: 4:46.73	37.23 36.21
4.	Robin van Peenen	ZVL-1886 Center	5:05.76	+0.73				
	50m: 30.11 100m: 1:05.51	30.11 35.40	150m: 1:43.45 200m: 2:22.77	37.94 39.32	250m: 3:03.25 300m: 3:44.63	40.48 41.38	350m: 4:25.67 400m: 5:05.76	41.04 40.09
Masters 25+								
1.	Donny van den Bosch	Zwemlust-den Hommel	4:36.23	+0.76				
	50m: 30.36 100m: 1:03.18	30.36 32.82	150m: 1:37.58 200m: 2:12.66	34.40 35.08	250m: 2:48.48 300m: 3:24.49	35.82 36.01	350m: 4:00.74 400m: 4:36.23	36.25 35.49
2.	Jelle Blankestijn	ZPC AMERSFOORT	4:37.81	+0.76				
	50m: 29.89 100m: 1:03.47	29.89 33.58	150m: 1:38.65 200m: 2:14.42	35.18 35.77	250m: 2:50.27 300m: 3:26.86	35.85 36.59	350m: 4:02.80 400m: 4:37.81	35.94 35.01
3.	Bas Dries	Zwemvereniging Hoogland	4:46.22	+0.67				
	50m: 30.73 100m: 1:05.05	30.73 34.32	150m: 1:40.85 200m: 2:17.00	35.80 36.15	250m: 2:53.86 300m: 3:30.95	36.86 37.09	350m: 4:09.20 400m: 4:46.22	38.25 37.02
4.	Jordy van Oel	WVZ	4:47.38	+0.73				
	50m: 30.85 100m: 1:06.30	30.85 35.45	150m: 1:43.15 200m: 2:20.87	36.85 37.72	250m: 2:58.03 300m: 3:35.71	37.16 37.68	350m: 4:13.31 400m: 4:47.38	37.60 34.07
5.	Wesley van der Luit	Sassenheim	4:53.44	+0.75				
	50m: 33.03 100m: 1:09.63	33.03 36.60	150m: 1:46.72 200m: 2:24.63	37.09 37.91	250m: 3:02.94 300m: 3:40.81	38.31 37.87	350m: 4:17.69 400m: 4:53.44	36.88 35.75
6.	Lars Jacobsen	DWK	4:56.47	+0.80	616			
	50m: 31.83 100m: 1:07.90	31.83 36.07	150m: 1:46.16 200m: 2:24.31	38.26 38.15	250m: 3:03.01 300m: 3:41.78	38.70 38.77	350m: 4:21.19 400m: 4:56.47	39.41 35.28
7.	Erik Baalbergen	ZVL-1886 Center	5:07.06	+0.82				
	50m: 31.61 100m: 1:08.39	31.61 36.78	150m: 1:47.39 200m: 2:27.50	39.00 40.11	250m: 3:08.36 300m: 3:48.55	40.86 40.19	350m: 4:29.17 400m: 5:07.06	40.62 37.89
8.	Colin Degenaaers	ZPCH	5:10.23	+0.76	538			
	50m: 33.32 100m: 1:11.44	33.32 38.12	150m: 1:50.88 200m: 2:31.42	39.44 40.54	250m: 3:11.57 300m: 3:51.57	40.15 40.00	350m: 4:32.54 400m: 5:10.23	40.97 37.69
9.	Thijs van Hofweegen	ZPC AMERSFOORT	5:27.57	+0.92	818			
	50m: 33.76 100m: 1:12.76	33.76 39.00	150m: 1:53.99 200m: 2:36.59	41.23 42.60	250m: 3:19.40 300m: 4:02.86	42.81 43.46	350m: 4:46.15 400m: 5:27.57	43.29 41.42
10.	Rick Vaarkamp	Triton Putten	6:58.31					
	50m: 42.42 100m: 1:32.02	42.42 49.60	150m: 2:25.22 200m: 3:19.19	53.20 53.97	250m: 4:14.52 300m: 5:11.21	55.33 56.69	350m: 6:07.45 400m: 6:58.31	56.24 50.86
Masters 30+								
1.	Tim Bunnik	Triton	4:45.48	+0.83				
	50m: 31.52 100m: 1:06.61	31.52 35.09	150m: 1:42.61 200m: 2:19.12	36.00 36.51	250m: 2:55.35 300m: 3:31.82	36.23 36.47	350m: 4:08.84 400m: 4:45.48	37.02 36.64
2.	Patrick Creemers	RZ	4:46.15	+0.71				
	50m: 30.78 100m: 1:06.05	30.78 35.27	150m: 1:42.11 200m: 2:18.62	36.06 36.51	250m: 2:55.41 300m: 3:31.76	36.79 36.35	350m: 4:09.57 400m: 4:46.15	37.81 36.58
3.	Wessel Everloo	WS Twente	4:59.54	+0.85	597			
	50m: 33.27 100m: 1:10.89	33.27 37.62	150m: 1:49.64 200m: 2:28.60	38.75 38.96	250m: 3:06.77 300m: 3:44.35	38.17 37.58	350m: 4:22.78 400m: 4:59.54	38.43 36.76
4.	Marc Hoogendam	Blue Marlins	5:04.99	+0.64				
	50m: 29.78 100m: 1:04.58	29.78 34.80	150m: 1:41.89 200m: 2:21.49	37.31 39.60	250m: 3:02.59 300m: 3:44.94	41.10 42.35	350m: 4:25.75 400m: 5:04.99	40.81 39.24

Programmanr. 4, Heren, 400m vrije slag, Masters 30+

rang	naam	vereniging	tijd	RT	PARA
5.	Ruben de Boer	De Duinkickers	5:33.95	+0.71	
	50m: 37.47	150m: 2:02.91	43.09	250m: 3:28.96	42.71
	100m: 1:19.82	200m: 2:46.25	43.34	300m: 4:11.24	42.28
				350m: 4:52.73	41.49
				400m: 5:33.95	41.22
6.	Romke van Dijk	Zwemvereniging Hoogland	6:03.22	+0.66	
	50m: 40.33	150m: 2:08.97	45.60	250m: 3:42.58	46.98
	100m: 1:23.37	200m: 2:55.60	46.63	300m: 4:29.34	46.76
				350m: 5:17.59	48.25
				400m: 6:03.22	45.63

Masters 35+

1.	Youri Vaes	PSV	4:37.81	+0.71	
	50m: 30.53	150m: 1:39.09	35.13	250m: 2:50.91	36.00
	100m: 1:03.96	200m: 2:14.91	35.82	300m: 3:27.27	36.36
				350m: 4:03.17	35.90
				400m: 4:37.81	34.64
2.	Federico Cappello	Luxembourg Sharks Swimming CLUX	4:43.78	+0.72	
	50m: 30.88	150m: 1:41.85	36.63	250m: 2:54.96	36.95
	100m: 1:05.22	200m: 2:18.01	36.16	300m: 3:31.93	36.97
				350m: 4:08.33	36.40
				400m: 4:43.78	35.45
3.	Niels Albrechts	De Schotekil	4:55.94	+0.81	
	50m: 33.30	150m: 1:47.24	37.05	250m: 3:04.00	38.77
	100m: 1:10.19	200m: 2:25.23	37.99	300m: 3:42.79	38.79
				350m: 4:20.61	37.82
				400m: 4:55.94	35.33
4.	Robert Braad	Steenwijk 1934	4:56.61	+0.87	
	50m: 33.13	150m: 1:49.18	38.66	250m: 3:05.76	37.62
	100m: 1:10.52	200m: 2:28.14	38.96	300m: 3:43.37	37.61
				350m: 4:21.18	37.81
				400m: 4:56.61	35.43
5.	Rudi Butselaar	GoSwim	6:06.17	+0.77	
	50m: 35.80	150m: 2:03.57	45.74	250m: 3:40.32	48.76
	100m: 1:17.83	200m: 2:51.56	47.99	300m: 4:30.18	49.86
				350m: 5:20.74	50.56
				400m: 6:06.17	45.43

Masters 40+

1.	Kristiaan Lenos	ZVL-1886 Center	4:47.00	+0.76	
	50m: 30.41	150m: 1:39.68	35.01	250m: 2:53.73	37.41
	100m: 1:04.67	200m: 2:16.32	36.64	300m: 3:32.07	38.34
				350m: 4:10.50	38.43
				400m: 4:47.00	36.50
2.	Frank v.d. Voordt	De Schotekil	4:57.30	+0.68	
	50m: 33.72	150m: 1:49.08	38.16	250m: 3:05.19	37.97
	100m: 1:10.92	200m: 2:27.22	38.14	300m: 3:42.94	37.75
				350m: 4:20.85	37.91
				400m: 4:57.30	36.45
3.	Marcel Reefhuis	WS Twente	4:57.83	+0.72	
	50m: 32.75	150m: 1:47.19	37.71	250m: 3:03.37	38.02
	100m: 1:09.48	200m: 2:25.35	38.16	300m: 3:41.79	38.42
				350m: 4:20.67	38.88
				400m: 4:57.83	37.16
4.	Cetin Cetiner	Göztepe	5:53.07	+0.87	
	50m: 37.70	150m: 2:03.60	44.28	250m: 3:35.94	46.55
	100m: 1:19.32	200m: 2:49.39	45.79	300m: 4:22.12	46.18
				350m: 5:08.36	46.24
				400m: 5:53.07	44.71

Masters 45+

1.	Ivo Roozeboom	WVZ	4:38.10	+0.77	
	50m: 31.07	150m: 1:42.35	36.09	250m: 2:53.63	35.80
	100m: 1:06.26	200m: 2:17.83	35.48	300m: 3:28.86	35.23
				350m: 4:03.73	34.87
				400m: 4:38.10	34.37
2.	Dennis Brouwers	HZPC	4:42.47	+0.65	
	50m: 32.11	150m: 1:43.47	36.34	250m: 2:55.89	35.53
	100m: 1:07.13	200m: 2:20.36	36.89	300m: 3:31.59	35.70
				350m: 4:06.95	35.36
				400m: 4:42.47	35.52
3.	Aart Kruis	MZ&PC	5:01.84	+0.97	
	50m: 34.53	150m: 1:48.97	37.51	250m: 3:05.97	38.36
	100m: 1:11.46	200m: 2:27.61	38.64	300m: 3:45.00	39.03
				350m: 4:24.20	39.20
				400m: 5:01.84	37.64
4.	Eric Hoekman	WS Twente	5:25.01	+0.87	
	50m: 34.13	150m: 1:52.85	40.59	250m: 3:17.80	42.68
	100m: 1:12.26	200m: 2:35.12	42.27	300m: 4:00.13	42.33
				350m: 4:43.49	43.36
				400m: 5:25.01	41.52
5.	Dymitr Bielski	Warsaw Masters Team	5:32.26	+0.92	
	50m: 36.36	150m: 1:58.62	41.51	250m: 3:25.50	43.24
	100m: 1:17.11	200m: 2:42.26	43.64	300m: 4:09.02	43.52
				350m: 4:51.61	42.59
				400m: 5:32.26	40.65
6.	Andre Schaap	ZVL-1886 Center	6:10.81		
	50m: 37.94	150m: 2:09.29	47.65	250m: 3:47.57	49.46
	100m: 1:21.64	200m: 2:58.11	48.82	300m: 4:36.46	48.89
				350m: 5:25.55	49.09
				400m: 6:10.81	45.26
7.	Tom Bandsma	PSV	6:11.97	+0.87	
	50m: 37.94	150m: 2:07.45	46.32	250m: 3:45.55	49.60
	100m: 1:21.13	200m: 2:55.95	48.50	300m: 4:34.93	49.38
				350m: 5:25.46	50.53
				400m: 6:11.97	46.51

Programmanr. 4, Heren, 400m vrije slag, Masters 45+

rang	naam	vereniging	tijd	RT	PARA	
8.	Jeroen Hoeksels	ZVVS	6:20.18			
	50m: 40.40	40.40	150m: 2:12.55	47.07	250m: 3:49.22	48.46
	100m: 1:25.48	45.08	200m: 3:00.76	48.21	300m: 4:39.04	49.82
					350m: 4:04.98	51.21
					400m: 6:20.18	49.93

Masters 50+

1.	Matthias Millers	SG Wuppertal	4:38.34	+0.89
	50m: 31.06	31.06	150m: 1:40.72	35.32
	100m: 1:05.40	34.34	200m: 2:16.62	35.90
			250m: 2:52.79	36.17
			300m: 3:28.85	36.06
			350m: 4:04.98	36.13
			400m: 4:38.34	33.36
2.	Vedestas Seferlis	Kauno Takas	4:40.35	+0.60
	50m: 31.19	31.19	150m: 1:41.41	35.66
	100m: 1:05.75	34.56	200m: 2:17.73	36.32
			250m: 2:54.55	36.82
			300m: 3:30.75	36.20
			350m: 4:07.04	36.29
			400m: 4:40.35	33.31
3.	Richard Ricksen	PSV	5:10.54	+0.89
	50m: 34.01	34.01	150m: 1:51.06	39.32
	100m: 1:11.74	37.73	200m: 2:31.19	40.13
			250m: 3:10.92	39.73
			300m: 3:50.76	39.84
			350m: 4:30.85	40.09
			400m: 5:10.54	39.69
4.	Bruno Nahon	Cercle De Natation Sportcity WolBEL	5:11.15	
	50m: 34.79	34.79	150m: 1:51.56	39.23
	100m: 1:12.33	37.54	200m: 2:31.04	39.48
			250m: 3:11.31	40.27
			300m: 3:51.50	40.19
			350m: 4:31.75	40.25
			400m: 5:11.15	39.40
5.	Frank van Nobelen	Sassenheim	5:15.08	+0.84
	50m: 34.91	34.91	150m: 1:52.62	39.70
	100m: 1:12.92	38.01	200m: 2:32.65	40.03
			250m: 3:13.27	40.62
			300m: 3:54.54	41.27
			350m: 4:35.66	41.12
			400m: 5:15.08	39.42
6.	Chris Kouwenhoven	De Grunte	5:28.75	+0.93
	50m: 35.74	35.74	150m: 1:58.46	42.19
	100m: 1:16.27	40.53	200m: 2:40.57	42.11
			250m: 3:23.09	42.52
			300m: 4:05.62	42.53
			350m: 4:48.76	43.14
			400m: 5:28.75	39.99
7.	Henri Verschoor	De Biesboschzwemmers	5:30.56	+0.94
	50m: 37.66	37.66	150m: 2:01.05	42.03
	100m: 1:19.02	41.36	200m: 2:43.20	42.15
			250m: 3:25.75	42.55
			300m: 4:07.99	42.24
			350m: 4:49.78	41.79
			400m: 5:30.56	40.78
8.	Wouter van der Stelt	De Biesboschzwemmers	5:48.17	+0.84
	50m: 37.92	37.92	150m: 2:03.33	43.89
	100m: 1:19.44	41.52	200m: 2:47.75	44.42
			250m: 3:32.86	45.11
			300m: 4:17.91	45.05
			350m: 5:03.33	45.42
			400m: 5:48.17	44.84
9.	Erwin Snip	ESCA Zwemmen	6:13.19	+0.89
	50m: 40.10	40.10	150m: 2:12.31	47.02
	100m: 1:25.29	45.19	200m: 3:00.10	47.79
			250m: 3:48.79	48.69
			300m: 4:37.89	49.10
			350m: 5:26.80	48.91
			400m: 6:13.19	46.39

Masters 55+

1.	John Hardeman	Zwemlust-den Hommel	4:55.72	+0.77
	50m: 32.31	32.31	150m: 1:46.17	37.61
	100m: 1:08.56	36.25	200m: 2:24.15	37.98
			250m: 3:02.47	38.32
			300m: 3:40.53	38.06
			350m: 4:18.81	38.28
			400m: 4:55.72	36.91
2.	Hugues Herman	Cercle De Natation Sportcity WolBEL	4:59.36	+0.56
	50m: 34.05	34.05	150m: 1:50.39	38.65
	100m: 1:11.74	37.69	200m: 2:29.34	38.95
			250m: 3:07.92	38.58
			300m: 3:45.86	37.94
			350m: 4:23.09	37.23
			400m: 4:59.36	36.27
3.	Karol Lacko	Vysokoskolsky klub Univerzity kcSVK skeSVK16793	5:17.46	+0.85
	50m: 37.63	37.63	150m: 1:56.70	39.21
	100m: 1:17.49	39.86	200m: 2:36.31	39.61
			250m: 3:16.20	39.89
			300m: 3:56.73	40.53
			350m: 4:37.54	40.81
			400m: 5:17.46	39.92
4.	Henri Michels	De Amstel	5:18.57	+0.85
	50m: 34.70	34.70	150m: 1:52.35	39.83
	100m: 1:12.52	37.82	200m: 2:33.16	40.81
			250m: 3:14.42	41.26
			300m: 3:55.94	41.52
			350m: 4:37.72	41.78
			400m: 5:18.57	40.85
5.	Arno Schrauwen	Patrick-De Roersoppers (SG)	5:28.14	+0.82
	50m: 35.22	35.22	150m: 1:59.52	42.85
	100m: 1:16.67	41.45	200m: 2:41.67	42.15
			250m: 3:23.89	42.22
			300m: 4:06.14	42.25
			350m: 4:48.12	41.98
			400m: 5:28.14	40.02
6.	Leon Slingerland	WVZ	5:45.27	+0.85
	50m: 35.83	35.83	150m: 2:02.51	44.22
	100m: 1:18.29	42.46	200m: 2:47.76	45.25
			250m: 3:32.89	45.13
			300m: 4:18.13	45.24
			350m: 5:03.17	45.04
			400m: 5:45.27	42.10
7.	Marcel Nelissen	MZ&PC	7:22.52	+0.83
	50m: 48.64	48.64	150m: 2:41.09	56.89
	100m: 1:44.20	55.56	200m: 3:37.92	56.83
			250m: 4:33.83	55.91
			300m: 5:31.08	57.25
			350m: 6:27.67	56.59
			400m: 7:22.52	54.85
8.	Adri Pasman	Zuiderzeezwemmers	7:55.25	
	50m: 44.37	44.37	150m: 2:34.97	57.59
	100m: 1:37.38	53.01	200m: 3:36.65	1:01.68
			250m: 4:40.13	1:03.48
			300m: 5:45.15	1:05.02
			350m: 6:51.11	1:05.96
			400m: 7:55.25	1:04.14

Programmanr. 4, Heren, 400m vrije slag

Masters 60+

1.	Johan Remmits	ZPC AMERSFOORT	NED	196201159				5:04.07	+0.81
	50m: 34.39	34.39	150m: 1:51.72	38.89	250m: 3:08.69	38.22	350m: 4:26.16	38.72	
	100m: 1:12.83	38.44	200m: 2:30.47	38.75	300m: 3:47.44	38.75	400m: 5:04.07	37.91	
2.	Paul Wijnja	De Biesboschzwemmers	NED	196301403				5:27.76	+0.79
	50m: 36.15	36.15	150m: 1:59.32	42.17	250m: 3:23.44	42.30	350m: 4:48.47	42.45	
	100m: 1:17.15	41.00	200m: 2:41.14	41.82	300m: 4:06.02	42.58	400m: 5:27.76	39.29	
3.	Casper Dollekamp	Steenwijk 1934	NED	196301341				6:04.85	+0.75
	50m: 38.51	38.51	150m: 2:09.40	46.22	250m: 3:45.45	48.47	350m: 5:22.26	47.22	
	100m: 1:23.18	44.67	200m: 2:56.98	47.58	300m: 4:35.04	49.59	400m: 6:04.85	42.59	

Masters 65+

1.	Marten de Groot	HZ&PC Heerenveen	NED	195800149				4:54.43	+0.78
	<i>Europees Masters Record</i>								
	50m: 34.21	34.21	150m: 1:49.36	37.75	250m: 3:04.29	36.97	350m: 4:18.22	37.06	
	100m: 1:11.61	37.40	200m: 2:27.32	37.96	300m: 3:41.16	36.87	400m: 4:54.43	36.21	
2.	Henk Slomp	De Inktvis	NED	195500359				5:44.99	+0.91
	50m: 37.82	37.82	150m: 2:05.80	44.70	250m: 3:34.99	45.17	350m: 5:05.32	44.47	
	100m: 1:21.10	43.28	200m: 2:49.82	44.02	300m: 4:20.85	45.86	400m: 5:44.99	39.67	
3.	Wim de Lange	AZC	NED	195800533				6:01.21	+0.73
	50m: 40.20	40.20	150m: 2:09.95	45.45	250m: 3:42.44	46.16	350m: 5:15.95	46.48	
	100m: 1:24.50	44.30	200m: 2:56.28	46.33	300m: 4:29.47	47.03	400m: 6:01.21	45.26	
4.	André Pantekoek	PSV	NED	195800321				7:11.05	
	50m: 45.30	45.30	150m: 2:37.99	57.60	250m: 4:33.45	57.91	350m: 6:24.28	55.55	
	100m: 1:40.39	55.09	200m: 3:35.54	57.55	300m: 5:28.73	55.28	400m: 7:11.05	46.77	

Masters 70+

1.	Jos Kamps	Zwemvereniging Hoogland	NED	195100085				6:49.21	+0.82
	50m: 40.78	40.78	150m: 2:19.43	50.51	250m: 4:05.45	53.66	350m: 5:55.23	54.93	
	100m: 1:28.92	48.14	200m: 3:11.79	52.36	300m: 5:00.30	54.85	400m: 6:49.21	53.98	
2.	Piet Schop	De Bevelanders	NED	195000109				7:23.49 *	+0.71
	50m: 47.21	47.21	150m: 2:41.06	58.41	250m: 4:39.62	58.86	350m: 6:34.29	56.28	
	100m: 1:42.65	55.44	200m: 3:40.76	59.70	300m: 5:38.01	58.39	400m: 7:23.49	49.20	
DIS	Frans Heus	UZSC	NED	195100067					
	<i>AM - Gebruik gemaakt van hulpmiddelen of tape gebruikt op het lichaam., Horloge gedragen</i>								

Masters 75+

1.	Wout Hemmes	De Plons	NED	194800059				6:31.55	+0.92
	<i>Kampioenschapsrecord</i>								
	50m: 44.65	44.65	150m: 2:24.76	50.94	250m: 4:05.55	50.15	350m: 5:45.33	49.48	
	100m: 1:33.82	49.17	200m: 3:15.40	50.64	300m: 4:55.85	50.30	400m: 6:31.55	46.22	
2.	Willem Putter	ZVVS	NED	194500135				7:19.64	
	50m: 46.54	46.54	150m: 2:38.64	56.88	250m: 4:33.92	57.34	350m: 6:26.74	55.68	
	100m: 1:41.76	55.22	200m: 3:36.58	57.94	300m: 5:31.06	57.14	400m: 7:19.64	52.90	

Masters 80+

1.	Rob Hanou	PSV	NED	194300109				7:54.65	
	50m: 51.51	51.51	150m: 2:55.55	1:02.88	250m: 4:59.40	1:01.34	350m: 7:01.18	1:00.99	
	100m: 1:52.67	1:01.16	200m: 3:58.06	1:02.51	300m: 6:00.19	1:00.79	400m: 7:54.65	53.47	
2.	Geza Kaltenecker	AZC	NED	194200065				8:02.05	
	50m: 49.89	49.89	150m: 2:52.63	1:03.01	250m: 5:00.88	1:04.12	350m: 7:07.54	1:03.01	
	100m: 1:49.62	59.73	200m: 3:56.76	1:04.13	300m: 6:04.53	1:03.65	400m: 8:02.05	54.51	

Masters 85+

DIS	Nic Geers	PSV	NED	193800007					
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>								