

Programmanr. 18
07-05-2022 - 10:36

Heren, 400m wisselslag

Masters Open
Resultaten

rang	naam	vereniging	tijd	RT	PARA
Masters 20+					
1.	Guus Hoogduin	ZVL-1886 Center	4:59.29	+0.71	
	50m: 29.21 29.21	150m: 1:42.02 38.90	250m: 3:03.48 43.62	350m: 4:24.28 36.56	
	100m: 1:03.12 33.91	200m: 2:19.86 37.84	300m: 3:47.72 44.24	400m: 4:59.29 35.01	
2.	David Kievit	De Schotejil	5:21.26	+0.79	
	50m: 32.13 32.13	150m: 1:53.76 42.66	250m: 3:20.50 44.91	350m: 4:43.17 38.16	
	100m: 1:11.10 38.97	200m: 2:35.59 41.83	300m: 4:05.01 44.51	400m: 5:21.26 38.09	
3.	Darren Chen	Nova	5:28.82	+0.66	
	50m: 30.53 30.53	150m: 1:47.79 41.79	250m: 3:15.51 46.14	350m: 4:47.41 41.27	
	100m: 1:06.00 35.47	200m: 2:29.37 41.58	300m: 4:06.14 50.63	400m: 5:28.82 41.41	
4.	Jeroen Louwinger	De Rijn	5:33.02	+0.72	
	50m: 33.03 33.03	150m: 1:54.07 41.43	250m: 3:26.57 51.75	350m: 4:55.49 37.77	
	100m: 1:12.64 39.61	200m: 2:34.82 40.75	300m: 4:17.72 51.15	400m: 5:33.02 37.53	
Masters 25+					
1.	Timothy Deolet <i>Belgisch Masters Record</i>	MEGA-zwemteam	4:43.62	+0.70	
	50m: 29.33 29.33	150m: 1:42.41 38.72	250m: 2:59.42 39.70	350m: 4:11.81 32.35	
	100m: 1:03.69 34.36	200m: 2:19.72 37.31	300m: 3:39.46 40.04	400m: 4:43.62 31.81	
2.	Jeffrey Camphens	DWT	5:07.26	+0.71	
	50m: 31.60 31.60	150m: 1:51.97 43.38	250m: 3:15.83 42.35	350m: 4:34.18 35.75	
	100m: 1:08.59 36.99	200m: 2:33.48 41.51	300m: 3:58.43 42.60	400m: 5:07.26 33.08	
3.	Nick Sijmons	De Amstel	5:09.59	+0.75	
	50m: 31.21 31.21	150m: 1:47.75 41.63	250m: 3:13.50 43.99	350m: 4:41.30 36.26	
	100m: 1:06.12 34.91	200m: 2:29.51 41.76	300m: 3:58.17 44.67	400m: 5:09.59 35.16	
4.	Bert Duivenvoorde	Noordwijkerhout	5:19.64	+0.69	
	50m: 27.18 27.18	150m: 1:43.67 41.94	250m: 3:13.61 48.78	350m: 4:41.30 38.29	
	100m: 1:01.73 34.55	200m: 2:24.83 41.16	300m: 4:03.01 49.40	400m: 5:19.64 38.34	
5.	Richard van der Horst	De Meer	5:26.84	+0.86	
	50m: 33.96 33.96	150m: 1:58.59 44.89	250m: 3:26.34 43.25	350m: 4:50.35 38.95	
	100m: 1:13.70 39.74	200m: 2:43.09 44.50	300m: 4:11.40 45.06	400m: 5:26.84 36.49	
6.	Hans Stoffers	Triton Putten	5:32.32	+0.65	
	50m: 31.71 31.71	150m: 1:57.20 45.23	250m: 3:28.39 47.09	350m: 4:56.34 38.49	
	100m: 1:11.97 40.26	200m: 2:41.30 44.10	300m: 4:17.85 49.46	400m: 5:32.32 35.98	
7.	Wesley van der Luit	Sassenheim	5:55.06	+0.75	
	50m: 34.77 34.77	150m: 2:03.77 46.90	250m: 3:40.86 52.99	350m: 5:15.56 41.06	
	100m: 1:16.87 42.10	200m: 2:47.87 44.10	300m: 4:34.50 53.64	400m: 5:55.06 39.50	
DIS	Sybre Groenewegen	De Schotejil	NED 199306223		
	<i>RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.</i>				
Masters 30+					
1.	Dimitrios Gkatzias	Panathinaikos Swimming Team	5:09.86	+0.80	
	50m: 29.93 29.93	150m: 1:44.70 39.95	250m: 3:09.74 46.89	350m: 4:34.44 37.03	
	100m: 1:04.75 34.82	200m: 2:22.85 38.15	300m: 3:57.41 47.67	400m: 5:09.86 35.42	
2.	Tim Bunnik	Triton	5:16.60	+0.88	
	50m: 32.93 32.93	150m: 1:51.92 40.64	250m: 3:17.93 45.43	350m: 4:40.03 34.83	
	100m: 1:11.28 38.35	200m: 2:32.50 40.58	300m: 4:05.20 47.27	400m: 5:16.60 36.57	
3.	Patrick Creemers	RZ	5:48.10	+0.73	
	50m: 37.17 37.17	150m: 2:11.22 46.33	250m: 3:41.46 45.13	350m: 5:08.24 40.04	
	100m: 1:24.89 47.72	200m: 2:56.33 45.11	300m: 4:28.20 46.74	400m: 5:48.10 39.86	
Masters 35+					
1.	Kristiaan Lenos	ZVL-1886 Center	5:20.46	+0.80	
	50m: 31.48 31.48	150m: 1:50.02 42.13	250m: 3:18.81 45.72	350m: 4:43.88 38.18	
	100m: 1:07.89 36.41	200m: 2:33.09 43.07	300m: 4:05.70 46.89	400m: 5:20.46 36.58	

Programmanr. 18, Heren, 400m wisselslag, Masters 35+

rang	naam	vereniging	land	nummer	tijd	RT	PARA	
2.	Frank v.d. Voordt	De Schoteijl	NED	198302259	5:31.61	+0.75		
	50m: 33.44	33.44	150m: 1:57.32	44.66	250m: 3:27.61	47.67	350m: 4:54.43	39.13
	100m: 1:12.66	39.22	200m: 2:39.94	42.62	300m: 4:15.30	47.69	400m: 5:31.61	37.18
3.	Hugues Sert	SN Versailles	FRA	309599	5:47.92	+0.81		
	50m: 36.24	36.24	150m: 2:06.54	47.38	250m: 3:38.93	46.88	350m: 5:09.39	42.02
	100m: 1:19.16	42.92	200m: 2:52.05	45.51	300m: 4:27.37	48.44	400m: 5:47.92	38.53

Masters 40+

1.	Gergely Molnár	Megathlon SE	HUN		5:14.21	+0.75		
	50m: 31.08	31.08	150m: 1:51.25	42.81	250m: 3:17.68	45.19	350m: 4:38.97	36.36
	100m: 1:08.44	37.36	200m: 2:32.49	41.24	300m: 4:02.61	44.93	400m: 5:14.21	35.24
2.	Dennis Brouwers	HZPC	NED	197800167	5:16.44	+0.79		
	50m: 33.95	33.95	150m: 1:53.28	38.20	250m: 3:16.76	46.79	350m: 4:40.26	36.84
	100m: 1:15.08	41.13	200m: 2:29.97	36.69	300m: 4:03.42	46.66	400m: 5:16.44	36.18
3.	Mark Hensen	Niemo Barracuda	NED	197900497	5:18.49	+0.86		
	50m: 32.62	32.62	150m: 1:52.32	41.81	250m: 3:19.10	45.22	350m: 4:42.41	37.17
	100m: 1:10.51	37.89	200m: 2:33.88	41.56	300m: 4:05.24	46.14	400m: 5:18.49	36.08
4.	Rob van Wanrooy	Gay Swim Amsterdam	NED	198202627	5:50.67	+0.75		
	50m: 36.33	36.33	150m: 2:05.01	46.38	250m: 3:39.10	49.10	350m: 5:10.14	41.71
	100m: 1:18.63	42.30	200m: 2:50.00	44.99	300m: 4:28.43	49.33	400m: 5:50.67	40.53
5.	Arjan Buijsse	Sassenheim	NED	197901767	5:50.81	+0.80		
	50m: 34.35	34.35	150m: 2:03.62	46.74	250m: 3:36.78	47.95	350m: 5:08.50	41.96
	100m: 1:16.88	42.53	200m: 2:48.83	45.21	300m: 4:26.54	49.76	400m: 5:50.81	42.31

Masters 45+

1.	Yann Le Floch	SN Versailles	FRA	588404	5:37.08	+0.85		
	50m: 35.23	35.23	150m: 2:01.56	44.49	250m: 3:31.06	46.68	350m: 4:58.53	39.59
	100m: 1:17.07	41.84	200m: 2:44.38	42.82	300m: 4:18.94	47.88	400m: 5:37.08	38.55

Masters 50+

1.	Glen Le Clercq	De Rog	NED	196800177	5:51.06	+0.83		
	50m: 35.11	35.11	150m: 2:07.02	47.53	250m: 3:41.36	48.18	350m: 5:10.81	40.25
	100m: 1:19.49	44.38	200m: 2:53.18	46.16	300m: 4:30.56	49.20	400m: 5:51.06	40.25
2.	Bruno Nahon	CNSW	BEL	000390/70	6:06.50	+0.95		
	50m: 37.41	37.41	150m: 2:12.38	47.93	250m: 3:52.74	53.87	350m: 5:26.87	41.03
	100m: 1:24.45	47.04	200m: 2:58.87	46.49	300m: 4:45.84	53.10	400m: 6:06.50	39.63
3.	Francis Roosen	VZV Njord	NED	196801581	6:17.94	+0.81		
	50m: 37.31	37.31	150m: 2:17.04	51.11	250m: 4:04.08	55.96	350m: 5:39.81	39.30
	100m: 1:25.93	48.62	200m: 3:08.12	51.08	300m: 5:00.51	56.43	400m: 6:17.94	38.13
4.	Korstiaan de Boer	Steenwijk 1934	NED	197101629	6:20.05	+0.88		
	50m: 37.36	37.36	150m: 2:12.16	49.10	250m: 3:54.74	54.35	350m: 5:35.56	45.75
	100m: 1:23.06	45.70	200m: 3:00.39	48.23	300m: 4:49.81	55.07	400m: 6:20.05	44.49
5.	Martijn de Jong	DWK	NED	197101659	6:42.16	+0.98		
	50m: 36.35	36.35	150m: 2:23.63	1:00.69	250m: 4:13.99	54.17	350m: 5:56.85	47.26
	100m: 1:22.94	46.59	200m: 3:19.82	56.19	300m: 5:09.59	55.60	400m: 6:42.16	45.31
6.	Marcel Brittijn	De Duinkickers	NED	196900159	7:27.79	+0.73		
	50m: 43.55	43.55	150m: 2:45.14	59.22	250m: 4:41.95	59.68	350m: 6:38.80	54.37
	100m: 1:45.92	1:02.37	200m: 3:42.27	57.13	300m: 5:44.43	1:02.48	400m: 7:27.79	48.99

Masters 55+

1.	Erlend Alstad	Oslo Idrettslag Svømming	NOR		5:17.57	+0.85		
	<i>Europees Masters Record, Norwegian Masters Record</i>							
	50m: 33.01	33.01	150m: 1:54.70	43.93	250m: 3:21.33	45.31	350m: 4:43.09	36.08
	100m: 1:10.77	37.76	200m: 2:36.02	41.32	300m: 4:07.01	45.68	400m: 5:17.57	34.48
2.	Bert Schlicher	RZ	NED	196400669	5:53.46	+0.81		
	50m: 36.60	36.60	150m: 2:08.49	44.78	250m: 3:43.17	51.65	350m: 5:13.75	41.38
	100m: 1:23.71	47.11	200m: 2:51.52	43.03	300m: 4:32.37	49.20	400m: 5:53.46	39.71
3.	Hugues Herman	CNSW	BEL	009743/66	5:55.20	+0.74		
	50m: 37.52	37.52	150m: 2:08.03	45.73	250m: 3:45.21	51.34	350m: 5:17.72	39.27
	100m: 1:22.30	44.78	200m: 2:53.87	45.84	300m: 4:38.45	53.24	400m: 5:55.20	37.48

Programmanr. 18, Heren, 400m wisselslag, Masters 55+

rang	naam	vereniging	tijd	RT	PARA	
4.	Eymert van Rooij	PSV	6:51.91	+1.43		
	50m: 46.59	46.59	150m: 2:32.07	49.77	250m: 4:18.88	54.45
	100m: 1:42.30	55.71	200m: 3:24.43	52.36	300m: 5:16.00	57.12
					350m: 6:03.47	47.47
					400m: 6:51.91	48.44
5.	Vincent Eijt	WVZ	7:14.73	+0.96		
	50m: 47.27	47.27	150m: 2:46.97	1:01.89	250m: 4:43.36	59.15
	100m: 1:45.08	57.81	200m: 3:44.21	57.24	300m: 5:42.75	59.39
					350m: 6:30.97	48.22
					400m: 7:14.73	43.76

Masters 60+

1.	Hugo Bregman	WVZ	5:42.67	+0.81		
	50m: 33.20	33.20	150m: 1:58.11	45.54	250m: 3:33.28	50.57
	100m: 1:12.57	39.37	200m: 2:42.71	44.60	300m: 4:24.10	50.82
					350m: 5:05.04	40.94
					400m: 5:42.67	37.63
2.	Kees-Jan van Overbeeke	WVW Winterswijk	6:01.31	+0.85		
	50m: 38.41	38.41	150m: 2:13.48	48.98	250m: 3:52.40	51.51
	100m: 1:24.50	46.09	200m: 3:00.89	47.41	300m: 4:44.87	52.47
					350m: 5:24.48	39.61
					400m: 6:01.31	36.83
3.	Rob Spetter	De Rog	6:18.24	+0.73		
	50m: 40.67	40.67	150m: 2:17.26	47.67	250m: 4:01.63	56.51
	100m: 1:29.59	48.92	200m: 3:05.12	47.86	300m: 4:58.12	56.49
					350m: 5:38.67	40.55
					400m: 6:18.24	39.57
4.	Ronald Grove	Triton	6:36.86	+0.83		
	50m: 40.46	40.46	150m: 2:25.93	54.69	250m: 4:12.38	53.34
	100m: 1:31.24	50.78	200m: 3:19.04	53.11	300m: 5:07.34	54.96
					350m: 5:52.26	44.92
					400m: 6:36.86	44.60

Masters 65+

1.	Paul Bunnik	Triton	7:03.51	+1.01		
	50m: 39.20	39.20	150m: 2:32.64	1:00.09	250m: 4:28.69	59.00
	100m: 1:32.55	53.35	200m: 3:29.69	57.05	300m: 5:30.36	1:01.67
					350m: 6:16.48	46.12
					400m: 7:03.51	47.03