

Programmanr. 4
06-05-2022 - 9:00

Heren, 400m vrije slag

Masters Open
Resultaten

rang	naam	vereniging							tijd	RT	PARA
Masters 20+											
1.	Jorian Tanis <i>Kampioenschapsrecord</i>	Feijenoord Zwemmen (SG)	NED	199900327					4:20.09	+0.71	
	50m: 28.92	28.92	150m: 1:34.22	32.92	250m: 2:40.83	33.38	350m: 3:48.10	33.56			
	100m: 1:01.30	32.38	200m: 2:07.45	33.23	300m: 3:14.54	33.71	400m: 4:20.09	31.99			
2.	Jacob Mackloet	De Schotejil	NED	200001171					4:32.36	+0.72	
	50m: 29.37	29.37	150m: 1:38.20	35.02	250m: 2:49.51	35.50	350m: 3:59.44	34.11			
	100m: 1:03.18	33.81	200m: 2:14.01	35.81	300m: 3:25.33	35.82	400m: 4:32.36	32.92			
3.	Jelle Blankestijn	ZPC AMERSFOORT	NED	199803737					4:40.35	+0.75	
	50m: 30.10	30.10	150m: 1:39.55	35.38	250m: 2:51.86	35.86	350m: 4:05.38	36.49			
	100m: 1:04.17	34.07	200m: 2:16.00	36.45	300m: 3:28.89	37.03	400m: 4:40.35	34.97			
4.	Jordy van Oel	WVZ	NED	199802003					4:45.85	+0.79	
	50m: 31.65	31.65	150m: 1:44.64	37.75	250m: 2:58.58	37.15	350m: 4:11.20	35.84			
	100m: 1:06.89	35.24	200m: 2:21.43	36.79	300m: 3:35.36	36.78	400m: 4:45.85	34.65			
5.	Julian Mes	ZOB'66	NED	200103755					4:58.99	+0.70	
	50m: 31.65	31.65	150m: 1:46.76	38.48	250m: 3:05.27	39.19	350m: 4:23.31	39.11			
	100m: 1:08.28	36.63	200m: 2:26.08	39.32	300m: 3:44.20	38.93	400m: 4:58.99	35.68			
Masters 25+											
1.	Timothy Deolet	MEGA-zwemteam	BEL	11279/95					4:17.25	+0.63	
	50m: 28.64	28.64	150m: 1:32.79	32.36	250m: 2:38.25	32.56	350m: 3:44.33	33.18			
	100m: 1:00.43	31.79	200m: 2:05.69	32.90	300m: 3:11.15	32.90	400m: 4:17.25	32.92			
2.	Jeffrey Camphens	DWT	NED	199503113					4:33.19	+0.69	
	50m: 31.13	31.13	150m: 1:39.62	34.97	250m: 2:49.91	35.63	350m: 4:00.03	35.17			
	100m: 1:04.65	33.52	200m: 2:14.28	34.66	300m: 3:24.86	34.95	400m: 4:33.19	33.16			
3.	Felix Geenen	DAW	NED	199501085					4:40.31	+0.72	
	50m: 29.62	29.62	150m: 1:40.35	36.42	250m: 2:53.21	36.44	350m: 4:05.78	35.69			
	100m: 1:03.93	34.31	200m: 2:16.77	36.42	300m: 3:30.09	36.88	400m: 4:40.31	34.53			
4.	Nick Sijmons	De Amstel	NED	199500491					4:45.50	+0.67	
	50m: 32.45	32.45	150m: 1:45.81	36.85	250m: 2:58.73	35.86	350m: 4:10.19	34.44			
	100m: 1:08.96	36.51	200m: 2:22.87	37.06	300m: 3:35.75	37.02	400m: 4:45.50	35.31			
5.	Martino Valentijn	Hieronymus	NED	199403913					4:51.68	+0.78	
	50m: 32.25	32.25	150m: 1:45.87	37.31	250m: 3:00.85	37.08	350m: 4:15.56	36.71			
	100m: 1:08.56	36.31	200m: 2:23.77	37.90	300m: 3:38.85	38.00	400m: 4:51.68	36.12			
6.	Lars Jacobsen	DWK	NED	199705453		S14			4:53.51	+0.78	635
	50m: 31.65	31.65	150m: 1:45.76	37.95	250m: 3:01.32	37.71	350m: 4:17.74	38.20			
	100m: 1:07.81	36.16	200m: 2:23.61	37.85	300m: 3:39.54	38.22	400m: 4:53.51	35.77			
7.	Jordy van der Drift	ZVL-1886 Center	NED	199307345					5:13.58	+0.81	
	50m: 34.27	34.27	150m: 1:50.61	39.20	250m: 3:12.98	41.65	350m: 4:34.88	40.73			
	100m: 1:11.41	37.14	200m: 2:31.33	40.72	300m: 3:54.15	41.17	400m: 5:13.58	38.70			
NG	Pieter Pijnburg	De Biesboschzwemmers	NED	199305227							
Masters 30+											
1.	Jan-Willem van der Graaff	PSV	NED	198901023					4:36.68	+0.72	
	50m: 30.99	30.99	150m: 1:40.24	35.15	250m: 2:51.42	35.56	350m: 4:02.45	35.25			
	100m: 1:05.09	34.10	200m: 2:15.86	35.62	300m: 3:27.20	35.78	400m: 4:36.68	34.23			
2.	Cedric Wong	Luxembourg Sharks SC	LUX	15761					4:44.65	+0.76	
	50m: 31.71	31.71	150m: 1:40.10	34.13	250m: 2:51.62	36.36	350m: 4:07.06	38.52			
	100m: 1:05.97	34.26	200m: 2:15.26	35.16	300m: 3:28.54	36.92	400m: 4:44.65	37.59			
3.	Niels Albrechts	De Schotejil	NED	198800039					4:46.54	+0.81	
	50m: 32.37	32.37	150m: 1:45.38	37.29	250m: 2:59.11	37.03	350m: 4:12.62	36.84			
	100m: 1:08.09	35.72	200m: 2:22.08	36.70	300m: 3:35.78	36.67	400m: 4:46.54	33.92			
4.	Tim Bunnik	Triton	NED	199000505					4:48.35	+0.81	
	50m: 32.01	32.01	150m: 1:43.03	36.37	250m: 2:58.41	38.33	350m: 4:13.05	37.25			
	100m: 1:06.66	34.65	200m: 2:20.08	37.05	300m: 3:35.80	37.39	400m: 4:48.35	35.30			
5.	Wessel Everloo	WS Twente	NED	198906597		S14			4:56.71	+0.88	614
	50m: 33.68	33.68	150m: 1:48.71	37.57	250m: 3:04.84	37.63	350m: 4:21.10	37.90			
	100m: 1:11.14	37.46	200m: 2:27.21	38.50	300m: 3:43.20	38.36	400m: 4:56.71	35.61			

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

rang	naam		vereniging					tijd	RT	PARA		
6.	Jean Terver		CN du Val de Fensch	FRA	314113			5:01.55	+0.86			
	50m:	33.86	33.86	150m:	1:49.32	38.11	250m:	3:06.57	38.36	350m:	4:24.30	38.30
	100m:	1:11.21	37.35	200m:	2:28.21	38.89	300m:	3:46.00	39.43	400m:	5:01.55	37.25
7.	Marc Hoogendam		Ragnar	NED	199007713			5:14.87	+0.69			
	50m:	32.75	32.75	150m:	1:48.94	38.81	250m:	3:10.01	41.01	350m:	4:34.23	42.25
	100m:	1:10.13	37.38	200m:	2:29.00	40.06	300m:	3:51.98	41.97	400m:	5:14.87	40.64
8.	Luc Muller		Cercle de Natation Dudelange	LUX	1669			5:19.25	+0.86			
	50m:	35.98	35.98	150m:	1:57.00	40.95	250m:	3:18.78	40.72	350m:	4:40.42	41.03
	100m:	1:16.05	40.07	200m:	2:38.06	41.06	300m:	3:59.39	40.61	400m:	5:19.25	38.83

Masters 35+

1.	Frank v.d. Voordt		De Schotejil	NED	198302259			4:57.57	+0.74			
	50m:	33.21	33.21	150m:	1:47.91	37.69	250m:	3:04.32	37.99	350m:	4:20.50	37.60
	100m:	1:10.22	37.01	200m:	2:26.33	38.42	300m:	3:42.90	38.58	400m:	4:57.57	37.07
2.	Arne-Willem Kroonen		MZ&PC	NED	198401297			5:14.39	+0.77			
	50m:	33.34	33.34	150m:	1:48.79	38.06	250m:	3:09.21	40.44	350m:	4:32.85	41.78
	100m:	1:10.73	37.39	200m:	2:28.77	39.98	300m:	3:51.07	41.86	400m:	5:14.39	41.54
3.	Steven Matté		KZ Neptunus Aalst	BEL	10167/85			5:20.18	+1.03			
	50m:	35.92	35.92	150m:	1:57.07	41.51	250m:	3:19.70	41.21	350m:	4:42.14	41.40
	100m:	1:15.56	39.64	200m:	2:38.49	41.42	300m:	4:00.74	41.04	400m:	5:20.18	38.04

Masters 40+

1.	Gergely Molnár		Megathlon SE	HUN				4:36.38	+0.79			
	50m:	30.46	30.46	150m:	1:39.48	35.08	250m:	2:50.41	35.38	350m:	4:01.60	35.56
	100m:	1:04.40	33.94	200m:	2:15.03	35.55	300m:	3:26.04	35.63	400m:	4:36.38	34.78
2.	Dennis Brouwers		HZPC	NED	197800167			4:45.14	+0.78			
	50m:	32.28	32.28	150m:	1:44.18	36.39	250m:	2:55.93	35.34	350m:	4:08.46	37.15
	100m:	1:07.79	35.51	200m:	2:20.59	36.41	300m:	3:31.31	35.38	400m:	4:45.14	36.68
3.	Mark Hensen		Niemo Barracuda	NED	197900497			4:48.86	+0.90			
	50m:	32.69	32.69	150m:	1:45.36	36.16	250m:	2:58.36	36.50	350m:	4:12.52	37.22
	100m:	1:09.20	36.51	200m:	2:21.86	36.50	300m:	3:35.30	36.94	400m:	4:48.86	36.34
4.	Marcel Reefhuis		WS Twente	NED	198101381			4:56.15	+0.68			
	50m:	32.86	32.86	150m:	1:47.25	37.62	250m:	3:02.78	37.77	350m:	4:18.97	38.12
	100m:	1:09.63	36.77	200m:	2:25.01	37.76	300m:	3:40.85	38.07	400m:	4:56.15	37.18
5.	Andreas Walles		Polizei SV Oldenburg	GER	98309			5:12.40	+0.89			
	50m:	33.59	33.59	150m:	1:50.40	38.98	250m:	3:10.87	40.28	350m:	4:32.75	41.25
	100m:	1:11.42	37.83	200m:	2:30.59	40.19	300m:	3:51.50	40.63	400m:	5:12.40	39.65
6.	Bart Siczynski		Masters Krasnik	POL				5:24.72	+0.74			
	50m:	34.18	34.18	150m:	1:50.76	39.07	250m:	3:14.43	42.23	350m:	4:41.83	43.59
	100m:	1:11.69	37.51	200m:	2:32.20	41.44	300m:	3:58.24	43.81	400m:	5:24.72	42.89

Masters 45+

1.	Ivo Roozeboom		WVZ	NED	197700801			4:43.56	+0.77			
	50m:	31.48	31.48	150m:	1:44.68	36.71	250m:	2:57.97	36.45	350m:	4:09.93	35.85
	100m:	1:07.97	36.49	200m:	2:21.52	36.84	300m:	3:34.08	36.11	400m:	4:43.56	33.63
2.	Yann Le Floch		SN Versailles	FRA	588404			5:01.55	+0.87			
	50m:	33.64	33.64	150m:	1:49.12	38.24	250m:	3:05.91	38.24	350m:	4:24.06	38.97
	100m:	1:10.88	37.24	200m:	2:27.67	38.55	300m:	3:45.09	39.18	400m:	5:01.55	37.49
3.	Edgar Thimister		MZ&PC	NED	197501511			5:05.00	+0.76			
	50m:	33.72	33.72	150m:	1:49.11	38.25	250m:	3:07.38	39.22	350m:	4:26.63	39.98
	100m:	1:10.86	37.14	200m:	2:28.16	39.05	300m:	3:46.65	39.27	400m:	5:05.00	38.37

Masters 50+

1.	Vedestas Seferlis <i>Lithuanian Masters Record</i>		Kauno Takas	LTU				4:38.82	+0.68			
	50m:	31.37	31.37	150m:	1:41.96	35.07	250m:	2:53.87	36.07	350m:	4:05.95	35.93
	100m:	1:08.89	35.52	200m:	2:17.80	35.84	300m:	3:30.02	36.15	400m:	4:38.82	32.87
2.	Chester Marsman		ZPC AMERSFOORT	NED	196900671			4:47.21	+0.82			
	50m:	30.61	30.61	150m:	1:42.00	36.25	250m:	2:55.88	36.66	350m:	4:11.26	37.41
	100m:	1:05.75	35.14	200m:	2:19.22	37.22	300m:	3:33.85	37.97	400m:	4:47.21	35.95

Programmanr. 4, Heren, 400m vrije slag, Masters 50+

rang	naam	vereniging						tijd	RT	PARA
3.	Arjan Bellaart	Oceanus	NED	196900079				5:05.35	+0.73	
	50m: 33.03	33.03	150m: 1:48.99	37.87	250m: 3:06.71	38.92	350m: 4:26.12	39.63		
	100m: 1:11.12	38.09	200m: 2:27.79	38.80	300m: 3:46.49	39.78	400m: 5:05.35	39.23		
4.	Richard Ricksen	PSV	NED	197000841				5:15.87	+0.86	
	50m: 34.13	34.13	150m: 1:52.26	40.09	250m: 3:14.47	41.08	350m: 4:35.50	39.85		
	100m: 1:12.17	38.04	200m: 2:33.39	41.13	300m: 3:55.65	41.18	400m: 5:15.87	40.37		
5.	Ingmar de Gelder * 100m	ZOB'66	NED	197000333				5:20.25	+0.85	
	50m: 34.58	34.58	150m: 1:52.91	40.02	250m: 3:16.43	41.97	350m: 4:40.70	41.70		
	100m: 1:12.89	38.31	200m: 2:34.46	41.55	300m: 3:59.00	42.57	400m: 5:20.25	39.55		
6.	Bruno Nahon	CNSW	BEL	000390/70				5:22.54	+0.96	
	50m: 35.76	35.76	150m: 1:55.57	40.76	250m: 3:18.51	41.55	350m: 4:42.07	41.52		
	100m: 1:14.81	39.05	200m: 2:36.96	41.39	300m: 4:00.55	42.04	400m: 5:22.54	40.47		
7.	Chris Kouwenhoven	De Grunte	NED	197101669				5:29.91	+0.90	
	50m: 36.08	36.08	150m: 1:59.60	42.07	250m: 3:24.03	42.35	350m: 4:49.30	42.17		
	100m: 1:17.53	41.45	200m: 2:41.68	42.08	300m: 4:07.13	43.10	400m: 5:29.91	40.61		
8.	Eric Dumas	Patrick-De Roersoppers (SG)	NED	196901397				5:45.64	+0.92	
	50m: 38.75	38.75	150m: 2:07.42	45.13	250m: 3:36.37	44.51	350m: 5:04.41	43.70		
	100m: 1:22.29	43.54	200m: 2:51.86	44.44	300m: 4:20.71	44.34	400m: 5:45.64	41.23		
9.	Wouter van der Stelt	De Biesboschwimmers	NED	197200889				5:48.68	+0.79	
	50m: 37.99	37.99	150m: 2:05.35	43.72	250m: 3:35.36	45.09	350m: 5:05.08	44.54		
	100m: 1:21.63	43.64	200m: 2:50.27	44.92	300m: 4:20.54	45.18	400m: 5:48.68	43.60		

Masters 55+

1.	Erlend Alstad <i>Norwegian Masters Record</i>	Oslo Idrettslag Svømming	NOR					4:47.86	+0.86	
	50m: 33.39	33.39	150m: 1:46.85	37.30	250m: 3:01.20	36.64	350m: 4:13.55	35.89		
	100m: 1:09.55	36.16	200m: 2:24.56	37.71	300m: 3:37.66	36.46	400m: 4:47.86	34.31		
2.	Jo-an Mudde	Arethusa	NED	196701457				4:59.84	+0.84	
	50m: 34.42	34.42	150m: 1:49.95	37.70	250m: 3:06.64	38.22	350m: 4:22.65	37.45		
	100m: 1:12.25	37.83	200m: 2:28.42	38.47	300m: 3:45.20	38.56	400m: 4:59.84	37.19		
3.	Karol Lacko <i>Slovakian Masters Record</i>	AQUATICS Nitra	SVK	SVK16793				5:02.77	+0.83	
	50m: 36.08	36.08	150m: 1:52.74	38.78	250m: 3:10.39	38.51	350m: 4:26.76	38.16		
	100m: 1:13.96	37.88	200m: 2:31.88	39.14	300m: 3:48.60	38.21	400m: 5:02.77	36.01		
4.	Frank Pater	Polizei SV Oldenburg	GER	84386				5:02.91	+0.87	
	50m: 33.86	33.86	150m: 1:49.28	38.28	250m: 3:07.43	39.25	350m: 4:26.06	39.48		
	100m: 1:11.00	37.14	200m: 2:28.18	38.90	300m: 3:46.58	39.15	400m: 5:02.91	36.85		
5.	Davy Aerts	Shark	BEL	10452/64				5:15.68	+0.88	
	50m: 35.79	35.79	150m: 1:58.24	42.27	250m: 3:18.62	39.77	350m: 4:37.53	39.50		
	100m: 1:15.97	40.18	200m: 2:38.85	40.61	300m: 3:58.03	39.41	400m: 5:15.68	38.15		
6.	Henri Michels	De Amstel	NED	196501587				5:16.58	+0.81	
	50m: 34.15	34.15	150m: 1:52.52	39.78	250m: 3:13.93	40.65	350m: 4:36.50	41.17		
	100m: 1:12.74	38.59	200m: 2:33.28	40.76	300m: 3:55.33	41.40	400m: 5:16.58	40.08		
7.	Ralf Dillig	Duisburger ST	GER	060769				5:26.05	+0.92	
	50m: 35.56	35.56	150m: 1:58.76	42.37	250m: 3:22.16	41.37	350m: 4:45.54	41.50		
	100m: 1:16.39	40.83	200m: 2:40.79	42.03	300m: 4:04.04	41.88	400m: 5:26.05	40.51		
8.	Frederic Andres	CN du Val de Fensch	FRA	103316				5:26.37	+1.04	
	50m: 36.49	36.49	150m: 1:57.02	41.25	250m: 3:20.76	42.09	350m: 4:45.54	42.59		
	100m: 1:15.77	39.28	200m: 2:38.67	41.65	300m: 4:02.95	42.19	400m: 5:26.37	40.83		
9.	Edwin Petri	De Otters Het Gooi	NED	196601687				5:27.49	+0.88	
	50m: 35.89	35.89	150m: 1:58.18	42.09	250m: 3:22.37	42.13	350m: 4:46.70	41.97		
	100m: 1:16.09	40.20	200m: 2:40.24	42.06	300m: 4:04.73	42.36	400m: 5:27.49	40.79		
10.	Paul Wijnja * 200m	De Biesboschwimmers	NED	196301403				5:28.15	+0.84	
	50m: 35.90	35.90	150m: 1:59.27	42.16	250m: 3:24.02	42.60	350m: 4:48.48	42.06		
	100m: 1:17.11	41.21	200m: 2:41.42	42.15	300m: 4:06.42	42.40	400m: 5:28.15	39.67		
11.	Arno Schrauwen	Patrick-De Roersoppers (SG)	NED	196501355				5:29.99	+0.86	
	50m: 34.77	34.77	150m: 1:58.68	42.59	250m: 3:24.51	43.01	350m: 4:48.99	42.26		
	100m: 1:16.09	41.32	200m: 2:41.50	42.82	300m: 4:06.73	42.22	400m: 5:29.99	41.00		

Programmanr. 4, Heren, 400m vrije slag, Masters 55+

rang	naam	vereniging						tijd	RT	PARA
12.	Jeroen Wilmer * 50m	Vichy Val D'Allier	FRA	2169893				5:45.66	+1.08	
	50m: 39.12	39.12	150m: 2:06.14	43.54	250m: 3:36.57	45.09	350m: 5:05.57	43.65		
	100m: 1:22.60	43.48	200m: 2:51.48	45.34	300m: 4:21.92	45.35	400m: 5:45.66	40.09		
13.	Casper Dollekamp	Steenwijk 1934	NED	196301341				5:48.72	+0.75	
	50m: 37.87	37.87	150m: 2:05.92	45.11	250m: 3:36.55	45.44	350m: 5:07.13	45.27		
	100m: 1:20.81	42.94	200m: 2:51.11	45.19	300m: 4:21.86	45.31	400m: 5:48.72	41.59		
14.	Pieter-Sjoerd de Wijn	De Meer	NED	196501027				6:21.71	+0.87	
	50m: 38.92	38.92	150m: 2:08.98	45.83	250m: 3:49.41	50.72	350m: 5:32.70	51.43		
	100m: 1:23.15	44.23	200m: 2:58.69	49.71	300m: 4:41.27	51.86	400m: 6:21.71	49.01		
15.	Fred Dijkshoorn	Feijenoord Zwemmen (SG)	NED	196501539				6:29.20	+0.90	
	50m: 41.84	41.84	150m: 2:19.42	49.13	250m: 4:00.51	50.61	350m: 5:41.57	49.75		
	100m: 1:30.29	48.45	200m: 3:09.90	50.48	300m: 4:51.82	51.31	400m: 6:29.20	47.63		

Masters 60+

1.	Johan Remmits	ZPC AMERSFOORT	NED	196201159				5:01.64	+0.81	
	50m: 33.47	33.47	150m: 1:50.55	39.09	250m: 3:08.16	38.67	350m: 4:25.44	38.71		
	100m: 1:11.46	37.99	200m: 2:29.49	38.94	300m: 3:46.73	38.57	400m: 5:01.64	36.20		
2.	Hugo Bregman * 100 en 200 m	WVZ	NED	195800069				5:05.63	+0.88	
	50m: 35.08	35.08	150m: 1:54.14	39.59	250m: 3:13.15	39.42	350m: 4:30.26	38.47		
	100m: 1:14.55	39.47	200m: 2:33.73	39.59	300m: 3:51.79	38.64	400m: 5:05.63	35.37		
3.	Kees-Jan van Overbeeke	WWV Winterswijk	NED	196200489				5:14.03	+0.82	
	50m: 35.54	35.54	150m: 1:55.20	40.23	250m: 3:16.19	39.87	350m: 4:35.42	39.08		
	100m: 1:14.97	39.43	200m: 2:36.32	41.12	300m: 3:56.34	40.15	400m: 5:14.03	38.61		
4.	Menno Lomans	d'ELFT	NED	196101071				5:56.63	+0.87	
	50m: 40.57	40.57	150m: 2:10.95	45.59	250m: 3:43.21	46.04	350m: 5:14.03	44.61		
	100m: 1:25.36	44.79	200m: 2:57.17	46.22	300m: 4:29.42	46.21	400m: 5:56.63	42.60		
5.	Pier van der Sluis	De Vikings	NED	195900757				6:27.51	+1.07	
	50m: 41.58	41.58	150m: 2:20.19	50.63	250m: 4:01.85	50.74	350m: 5:40.83	49.62		
	100m: 1:29.56	47.98	200m: 3:11.11	50.92	300m: 4:51.21	49.36	400m: 6:27.51	46.68		
6.	André Pantekoek	PSV	NED	195800321				7:10.77	+1.03	
	50m: 45.23	45.23	150m: 2:34.63	56.94	250m: 4:28.75	56.82	350m: 6:21.94	56.58		
	100m: 1:37.69	52.46	200m: 3:31.93	57.30	300m: 5:25.36	56.61	400m: 7:10.77	48.83		

Masters 65+

1.	Henk Slomp	De Inktvis	NED	195500359				5:48.50	+0.77	
	50m: 37.94	37.94	150m: 2:05.34	43.83	250m: 3:37.32	46.45	350m: 5:08.30	45.23		
	100m: 1:21.51	43.57	200m: 2:50.87	45.53	300m: 4:23.07	45.75	400m: 5:48.50	40.20		
2.	Laurens Klein Breteler	WWV Winterswijk	NED	195400109				6:18.14	+0.97	
	50m: 39.41	39.41	150m: 2:13.47	49.21	250m: 3:53.58	50.11	350m: 5:31.90	48.23		
	100m: 1:24.26	44.85	200m: 3:03.47	50.00	300m: 4:43.67	50.09	400m: 6:18.14	46.24		

Masters 70+

1.	Jan Tinholt	PSV	NED	195000185				6:40.89	+0.95	
	50m: 45.52	45.52	150m: 2:25.94	51.63	250m: 4:08.53	51.43	350m: 5:51.68	51.88		
	100m: 1:34.31	48.79	200m: 3:17.10	51.16	300m: 4:59.80	51.27	400m: 6:40.89	49.21		
2.	Piet Schop	De Bevelanders	NED	195000109				7:20.53	+0.76	
	50m: 49.33	49.33	150m: 2:39.61	56.43	250m: 4:33.05	56.14	350m: 6:26.44	56.19		
	100m: 1:43.18	53.85	200m: 3:36.91	57.30	300m: 5:30.25	57.20	400m: 7:20.53	54.09		

Masters 75+

1.	Willem Putter	ZVVS	NED	194500135				7:00.42	+1.02	
	50m: 43.93	43.93	150m: 2:27.26	52.31	250m: 4:15.77	54.06	350m: 6:07.88	55.61		
	100m: 1:34.95	51.02	200m: 3:21.71	54.45	300m: 5:12.27	56.50	400m: 7:00.42	52.54		



Open Nederlandse Masters
Kampioenschappen 2022 lange baan
Eindhoven 5-8 mei 2022



Programmanr. 4, Heren, 400m vrije slag

Masters 80+

1.	Geza Kaltenecker	AZC	NED	194200065	7:41.33	+0.88						
	<i>Nederlands Masters Record</i>											
	50m:	50.20	50.20	150m:	2:49.14	1:00.78	250m:	4:50.65	1:00.70	350m:	6:51.45	59.75
	100m:	1:48.36	58.16	200m:	3:49.95	1:00.81	300m:	5:51.70	1:01.05	400m:	7:41.33	49.88
2.	Nic Geers	PSV	NED	193800007	9:00.13	+1.08						
	50m:	56.73	56.73	150m:	3:21.51	1:15.12	250m:	5:44.09	1:08.94	350m:	8:03.05	1:07.23
	100m:	2:06.39	1:09.66	200m:	4:35.15	1:13.64	300m:	6:55.82	1:11.73	400m:	9:00.13	57.08