



Open Nederlandse Masters
Kampioenschappen 2023 korte baan
Heerenveen, 16-19 februari 2023



Event 18
18-02-2023 - 10:28

Men, 400m Medley

Masters Open
Results

rang	naam	vereniging	tijd	RT	PARA
Masters 20+					
1.	Guus Hoogduin * 100 m	ZVL-1886 Center	NED 200201069	4:44.37 *	
	50m: 29.41 100m: 1:02.70	29.41 33.29	150m: 1:39.54 200m: 2:16.04	36.84 36.50	250m: 2:56.94 300m: 3:38.58
			350m: 4:12.85 400m: 4:44.37	40.90 41.64	34.27 31.52
2.	Daan Hogerhuis	De Columbiaan	NED 200300317	4:49.27	+0.78
	50m: 28.99 100m: 1:03.86	28.99 34.87	150m: 1:40.66 200m: 2:16.86	36.80 36.20	250m: 2:58.48 300m: 3:41.21
			350m: 4:15.50 400m: 4:49.27	41.62 42.73	34.29 33.77
3.	Aron Paasse	De Schotejil	NED 200000099	4:59.02	+0.59
	50m: 30.88 100m: 1:06.29	30.88 35.41	150m: 1:44.38 200m: 2:23.11	38.09 38.73	250m: 3:05.51 300m: 3:48.70
			350m: 4:24.28 400m: 4:59.02	42.40 43.19	35.58 34.74
4.	David Kievit	De Schotejil	NED 199900325	5:03.18	
	50m: 30.64 100m: 1:07.06	30.64 36.42	150m: 1:46.74 200m: 2:25.51	39.68 38.77	250m: 3:07.75 300m: 3:50.92
			350m: 4:27.15 400m: 5:03.18	42.24 43.17	36.23 36.03
Masters 25+					
1.	Jeffrey Camphens	DWT	NED 199503113	4:51.45	+0.71
	50m: 30.93 100m: 1:06.66	30.93 35.73	150m: 1:45.89 200m: 2:24.37	39.23 38.48	250m: 3:05.65 300m: 3:46.46
			350m: 4:19.77 400m: 4:51.45	41.28 40.81	33.31 31.68
2.	Bert Duivenvoorde	Noordwijkerhout	NED 199701805	4:55.38	
	50m: 28.97 100m: 1:02.75	28.97 33.78	150m: 1:41.65 200m: 2:20.07	38.90 38.42	250m: 3:03.36 300m: 3:48.06
			350m: 4:22.83 400m: 4:55.38	43.29 44.70	34.77 32.55
3.	Donny van den Bosch	Zwemlust-den Hommel	NED 199502001	5:00.67	+0.73
	50m: 29.39 100m: 1:03.60	29.39 34.21	150m: 1:42.47 200m: 2:21.38	38.87 38.91	250m: 3:05.67 300m: 3:48.91
			350m: 4:25.52 400m: 5:00.67	44.29 43.24	36.61 35.15
Masters 30+					
1.	Tim Bunnik	Triton	NED 199000505	4:58.71	
	50m: 31.82 100m: 1:09.58	31.82 37.76	150m: 1:46.94 200m: 2:24.18	37.36 37.24	250m: 3:06.02 300m: 3:49.74
			350m: 4:24.07 400m: 4:58.71	41.84 43.72	34.33 34.64
2.	Jelmer Meijer	HZ&PC Heerenveen	NED 199001961	5:01.93	+0.85
	50m: 32.04 100m: 1:09.52	32.04 37.48	150m: 1:47.19 200m: 2:23.74	37.67 36.55	250m: 3:08.32 300m: 3:52.43
			350m: 4:28.05 400m: 5:01.93	44.58 44.11	35.62 33.88
3.	Patrick Creemers	RZ	NED 199000579	5:21.63	+0.82
	50m: 34.55 100m: 1:19.27	34.55 44.72	150m: 1:59.51 200m: 2:40.93	40.24 41.42	250m: 3:24.24 300m: 4:07.64
			350m: 4:44.91 400m: 5:21.63	43.31 43.40	37.27 36.72
Masters 35+					
1.	Rob van Vliet	ZPC AMERSFOORT	NED 198402459	5:16.33	
	50m: 32.67 100m: 1:11.83	32.67 39.16	150m: 1:53.54 200m: 2:33.30	41.71 39.76	250m: 3:16.37 300m: 4:00.62
			350m: 4:39.31 400m: 5:16.33	43.07 44.25	38.69 37.02
2.	Peter van de Bor	DWT	NED 198402897	5:46.61	+0.80
	50m: 34.91 100m: 1:20.72	34.91 45.81	150m: 2:02.64 200m: 2:46.95	41.92 44.31	250m: 3:37.14 300m: 4:25.62
			350m: 5:05.62 400m: 5:46.61	50.19 48.48	40.00 40.99
3.	Sander van Elburg	TRB-RES	NED 198800937	6:09.00	+1.13
	50m: 42.37 100m: 1:31.06	42.37 48.69	150m: 2:19.12 200m: 3:05.58	48.06 46.46	250m: 3:55.78 300m: 4:46.38
			350m: 5:28.50 400m: 6:09.00	50.20 50.60	42.12 40.50
Masters 40+					
1.	Maxime Descatoire	Lille UC Natation	FRA 73751	5:00.91	+0.74
	50m: 30.97 100m: 1:07.36	30.97 36.39	150m: 1:47.06 200m: 2:25.96	39.70 38.90	250m: 3:09.17 300m: 3:52.55
			350m: 4:27.53 400m: 5:00.91	43.21 43.38	34.98 33.38
2.	Kristiaan Lenos * 100 m	ZVL-1886 Center	NED 198301331	5:05.48	
	50m: 31.05 100m: 1:07.81	31.05 36.76	150m: 1:47.48 200m: 2:28.08	39.67 40.60	250m: 3:10.89 300m: 3:55.30
			350m: 4:30.64 400m: 5:05.48	42.81 44.41	35.34 34.84



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Event 18, Men, 400m Medley, Masters 40+

rang	naam	vereniging	tijd	RT	PARA			
3.	Gergely Molnar	Iron Swim	5:07.46	+0.74				
	50m: 30.78	30.78	150m: 1:49.03	41.82	250m: 3:13.36	44.20	350m: 4:33.12	34.66
	100m: 1:07.21	36.43	200m: 2:29.16	40.13	300m: 3:58.46	45.10	400m: 5:07.46	34.34
4.	Mark Hensen	NieMo Barracuda	5:10.92	+0.84				
	50m: 31.54	31.54	150m: 1:48.79	40.52	250m: 3:14.32	45.39	350m: 4:35.76	35.72
	100m: 1:08.27	36.73	200m: 2:28.93	40.14	300m: 4:00.04	45.72	400m: 5:10.92	35.16
5.	Frank v.d. Voordt	De Schotejil	5:15.51	+0.81				
	50m: 32.47	32.47	150m: 1:51.67	41.78	250m: 3:17.92	45.59	350m: 4:40.21	36.85
	100m: 1:09.89	37.42	200m: 2:32.33	40.66	300m: 4:03.36	45.44	400m: 5:15.51	35.30
6.	Arjan Prins	Dedemsvaart-AC	5:27.89					
	50m: 35.68	35.68	150m: 1:58.56	42.53	250m: 3:27.54	47.27	350m: 4:53.01	37.47
	100m: 1:16.03	40.35	200m: 2:40.27	41.71	300m: 4:15.54	48.00	400m: 5:27.89	34.88
7.	Rob van Wanrooy	Feijenoord Zwemmen (SG)	5:53.79	+0.70				
	50m: 35.33	35.33	150m: 2:03.20	45.48	250m: 3:39.42	50.78	350m: 5:13.18	42.71
	100m: 1:17.72	42.39	200m: 2:48.64	45.44	300m: 4:30.47	51.05	400m: 5:53.79	40.61

Masters 45+

1.	Vincent Versteeg	Zwemlust-den Hommel	5:09.67	+0.67				
	50m: 32.56	32.56	150m: 1:51.54	40.35	250m: 3:14.25	42.37	350m: 4:33.71	34.63
	100m: 1:11.19	38.63	200m: 2:31.88	40.34	300m: 3:59.08	44.83	400m: 5:09.67	35.96
2.	Kees Bakker	Gay Swim Amsterdam	5:41.81	+0.69				
	50m: 36.33	36.33	150m: 2:02.91	44.21	250m: 3:36.86	49.88	350m: 5:04.57	39.71
	100m: 1:18.70	42.37	200m: 2:46.98	44.07	300m: 4:24.86	48.00	400m: 5:41.81	37.24

Masters 50+

1.	Vedestas Seferlis <i>Lithuanian Masters Record</i>	Kauno Takas	5:11.77	+0.69				
	50m: 31.53	31.53	150m: 1:50.18	42.11	250m: 3:17.55	46.22	350m: 4:38.86	35.94
	100m: 1:08.07	36.54	200m: 2:31.33	41.15	300m: 4:02.92	45.37	400m: 5:11.77	32.91
2.	Bruno Nahon	Cercle De Natation Sportcity WolFRA	5:46.69					
	50m: 36.20	36.20	150m: 2:05.94	44.65	250m: 3:39.27	49.67	350m: 5:08.43	39.55
	100m: 1:21.29	45.09	200m: 2:49.60	43.66	300m: 4:28.88	49.61	400m: 5:46.69	38.26

Masters 55+

1.	Erlend Alstad	OI Svoemming	5:15.56					
	50m: 32.73	32.73	150m: 1:53.10	41.46	250m: 3:19.31	43.23	350m: 4:41.05	36.82
	100m: 1:11.64	38.91	200m: 2:36.08	42.98	300m: 4:04.23	44.92	400m: 5:15.56	34.51
2.	Hugues Herman	Cercle De Natation Sportcity WolBEL	5:41.10					
	50m: 36.99	36.99	150m: 2:02.99	41.43	250m: 3:33.46	48.81	350m: 5:03.82	39.19
	100m: 1:21.56	44.57	200m: 2:44.65	41.66	300m: 4:24.63	51.17	400m: 5:41.10	37.28
3.	Jan-Willem van den Berg	WVZ	5:44.20					
	50m: 35.04	35.04	150m: 2:01.52	44.08	250m: 3:34.85	48.68	350m: 5:06.12	41.38
	100m: 1:17.44	42.40	200m: 2:46.17	44.65	300m: 4:24.74	49.89	400m: 5:44.20	38.08
4.	Arnold de Rover	AZ&PC De Futen	5:44.61					
	50m: 39.01	39.01	150m: 2:05.95	44.60	250m: 3:38.18	48.49	350m: 5:06.73	38.67
	100m: 1:21.35	42.34	200m: 2:49.69	43.74	300m: 4:28.06	49.88	400m: 5:44.61	37.88

Masters 60+

1.	Jan Brink	ZPC De Zeeuwse Kust	5:39.97					
	50m: 37.49	37.49	150m: 2:06.00	43.27	250m: 3:36.42	47.94	350m: 5:04.05	39.12
	100m: 1:22.73	45.24	200m: 2:48.48	42.48	300m: 4:24.93	48.51	400m: 5:39.97	35.92
2.	Ronald Grove	Triton	6:17.20	+0.89				
	50m: 40.34	40.34	150m: 2:18.40	49.42	250m: 4:00.63	52.68	350m: 5:36.01	41.25
	100m: 1:28.98	48.64	200m: 3:07.95	49.55	300m: 4:54.76	54.13	400m: 6:17.20	41.19



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Event 18, Men, 400m Medley

Masters 65+

1. Paul Bunnik			Triton				NED	195600413			6:49.70	
50m:	41.58	41.58	150m:	2:28.00	56.43	250m:	4:19.49	57.34	350m:	6:04.75	45.69	
100m:	1:31.57	49.99	200m:	3:22.15	54.15	300m:	5:19.06	59.57	400m:	6:49.70	44.95	

Masters 80+

1. Rob Hanou			PSV				NED	194300109			9:28.62	
<i>Nederlands Masters Record, *100 m</i>												
50m:	1:10.35	1:10.35	150m:	3:54.24	1:15.58	250m:	6:18.91	1:11.63	350m:	8:31.28	1:00.50	
100m:	2:38.66	1:28.31	200m:	5:07.28	1:13.04	300m:	7:30.78	1:11.87	400m:	9:28.62	57.34	