



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



Programmanr. 2
16-02-2023 - 12:30

Heren, 1500m vrije slag
Pauze na Serie 4 / Break after Heat 4 10 Min.

Masters Open
Resultaten

rang	naam	vereniging	tijd	RT	PARA			
Masters 20+								
1.	Tenzin Tieman	Old Dutch	NED 200005549	17:57.10	+0.80			
	50m: 31.07	31.07	450m: 5:13.43	36.26	850m: 10:04.97	36.72	1250m: 14:57.28	36.88
	100m: 1:04.83	33.76	500m: 5:49.74	36.31	900m: 10:41.13	36.16	1300m: 15:33.66	36.38
	150m: 1:39.43	34.60	550m: 6:25.94	36.20	950m: 11:17.07	35.94	1350m: 16:09.98	36.32
	200m: 2:14.47	35.04	600m: 7:02.76	36.82	1000m: 11:53.71	36.64	1400m: 16:46.99	37.01
	250m: 2:50.04	35.57	650m: 7:39.49	36.73	1050m: 12:30.42	36.71	1450m: 17:22.82	35.83
	300m: 3:25.75	35.71	700m: 8:15.84	36.35	1100m: 13:07.17	36.75	1500m: 17:57.10	34.28
	350m: 4:01.43	35.68	750m: 8:51.99	36.15	1150m: 13:43.76	36.59		
	400m: 4:37.17	35.74	800m: 9:28.25	36.26	1200m: 14:20.40	36.64		
Masters 25+								
1.	Stijn Jansen	ZV 44	NED 199705727	17:29.25				
	50m: 32.41	32.41	450m: 5:12.98	35.50	850m: 9:55.26	35.14	1250m: 14:36.26	34.86
	100m: 1:06.63	34.22	500m: 5:48.21	35.23	900m: 10:30.27	35.01	1300m: 15:11.03	34.77
	150m: 1:41.27	34.64	550m: 6:23.48	35.27	950m: 11:05.32	35.05	1350m: 15:46.14	35.11
	200m: 2:16.26	34.99	600m: 6:58.83	35.35	1000m: 11:40.46	35.14	1400m: 16:20.92	34.78
	250m: 2:51.44	35.18	650m: 7:34.11	35.28	1050m: 12:15.60	35.14	1450m: 16:55.68	34.76
	300m: 3:26.68	35.24	700m: 8:09.31	35.20	1100m: 12:51.02	35.42	1500m: 17:29.25	33.57
	350m: 4:02.00	35.32	750m: 8:44.69	35.38	1150m: 13:26.06	35.04		
	400m: 4:37.48	35.48	800m: 9:20.12	35.43	1200m: 14:01.40	35.34		
2.	Jeffrey Camphens	DWT	NED 199503113	17:34.96				
	50m: 31.97	31.97	450m: 5:13.79	35.53	850m: 9:59.05	35.44	1250m: 14:42.47	35.77
	100m: 1:06.86	34.89	500m: 5:49.18	35.39	900m: 10:34.65	35.60	1300m: 15:17.76	35.29
	150m: 1:42.07	35.21	550m: 6:24.91	35.73	950m: 11:10.18	35.53	1350m: 15:52.41	34.65
	200m: 2:17.24	35.17	600m: 7:00.59	35.68	1000m: 11:45.51	35.33	1400m: 16:27.30	34.89
	250m: 2:52.39	35.15	650m: 7:36.43	35.84	1050m: 12:21.19	35.68	1450m: 17:01.59	34.29
	300m: 3:27.68	35.29	700m: 8:12.39	35.96	1100m: 12:56.61	35.42	1500m: 17:34.96	33.37
	350m: 4:02.87	35.19	750m: 8:48.06	35.67	1150m: 13:31.54	34.93		
	400m: 4:38.26	35.39	800m: 9:23.61	35.55	1200m: 14:06.70	35.16		
3.	Jordy van Oel	WVZ	NED 199802003	17:56.58	+0.75			
	50m: 29.41	29.41	450m: 5:13.33	36.20	850m: 10:05.75	36.74	1250m: 14:59.01	36.53
	100m: 1:02.86	33.45	500m: 5:49.93	36.60	900m: 10:41.94	36.19	1300m: 15:34.96	35.95
	150m: 1:37.87	35.01	550m: 6:26.48	36.55	950m: 11:18.32	36.38	1350m: 16:10.97	36.01
	200m: 2:13.57	35.70	600m: 7:02.76	36.28	1000m: 11:55.10	36.78	1400m: 16:47.23	36.26
	250m: 2:49.36	35.79	650m: 7:39.62	36.86	1050m: 12:32.00	36.90	1450m: 17:22.55	35.32
	300m: 3:25.46	36.10	700m: 8:16.24	36.62	1100m: 13:09.16	37.16	1500m: 17:56.58	34.03
	350m: 4:01.53	36.07	750m: 8:52.54	36.30	1150m: 13:45.69	36.53		
	400m: 4:37.13	35.60	800m: 9:29.01	36.47	1200m: 14:22.48	36.79		
4.	Lars Jacobsen	DWK	NED 199705453	S14	19:07.97	+0.77	714	
	50m: 31.00	31.00	450m: 5:30.33	38.60	850m: 10:40.77	39.35	1250m: 15:55.82	39.79
	100m: 1:06.02	35.02	500m: 6:08.95	38.62	900m: 11:19.53	38.76	1300m: 16:35.54	39.72
	150m: 1:42.45	36.43	550m: 6:47.71	38.76	950m: 11:58.43	38.90	1350m: 17:14.81	39.27
	200m: 2:19.70	37.25	600m: 7:26.24	38.53	1000m: 12:37.87	39.44	1400m: 17:53.36	38.55
	250m: 2:57.38	37.68	650m: 8:04.51	38.27	1050m: 13:16.77	38.90	1450m: 18:32.37	39.01
	300m: 3:35.54	38.16	700m: 8:43.27	38.76	1100m: 13:57.75	40.98	1500m: 19:07.97	35.60
	350m: 4:13.18	37.64	750m: 9:22.30	39.03	1150m: 14:37.60	39.85		
	400m: 4:51.73	38.55	800m: 10:01.42	39.12	1200m: 15:16.03	38.43		
Masters 30+								
1.	Tim Bunnik	Triton	NED 199000505	18:06.95	+0.78			
	50m: 32.01	32.01	450m: 5:21.61	37.01	850m: 10:13.00	35.83	1250m: 15:04.68	36.67
	100m: 1:07.26	35.25	500m: 5:58.22	36.61	900m: 10:49.76	36.76	1300m: 15:41.57	36.89
	150m: 1:43.15	35.89	550m: 6:34.85	36.63	950m: 11:25.88	36.12	1350m: 16:18.34	36.77
	200m: 2:19.41	36.26	600m: 7:11.65	36.80	1000m: 12:02.10	36.22	1400m: 16:55.62	37.28
	250m: 2:55.27	35.86	650m: 7:48.44	36.79	1050m: 12:38.47	36.37	1450m: 17:32.66	37.04
	300m: 3:31.87	36.60	700m: 8:25.02	36.58	1100m: 13:14.93	36.46	1500m: 18:06.95	34.29
	350m: 4:08.31	36.44	750m: 9:01.36	36.34	1150m: 13:51.01	36.08		
	400m: 4:44.60	36.29	800m: 9:37.17	35.81	1200m: 14:28.01	37.00		
2.	Wessel Everloot	WS Twente	NED 198906597	S14	18:24.82	+0.78	801	
	50m: 33.64	33.64	450m: 5:26.65	36.66	850m: 10:23.84	37.77	1250m: 15:21.87	37.71
	100m: 1:09.59	35.95	500m: 6:05.02	38.37	900m: 11:00.42	36.58	1300m: 15:59.21	37.34
	150m: 1:45.70	36.11	550m: 6:42.57	37.55	950m: 11:37.81	37.39	1350m: 16:35.79	36.58
	200m: 2:22.57	36.87	600m: 7:18.87	36.30	1000m: 12:15.43	37.62	1400m: 17:12.77	36.98
	250m: 2:59.24	36.67	650m: 7:55.86	36.99	1050m: 12:51.90	36.47	1450m: 17:50.53	37.76
	300m: 3:36.73	37.49	700m: 8:33.77	37.91	1100m: 13:29.51	37.61	1500m: 18:24.82	34.29
	350m: 4:13.09	36.36	750m: 9:10.02	36.25	1150m: 14:06.51	37.00		
	400m: 4:49.99	36.90	800m: 9:46.07	36.05	1200m: 14:44.16	37.65		



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Programmanr. 2, Heren, 1500m vrije slag, Masters 30+

rang	naam	vereniging					tijd	RT	PARA
3.	Patrick Creemers	RZ	NED	199000579			18:45.76		
	50m: 32.57	32.57	450m: 5:34.96	38.49	850m: 10:41.24	38.08	1250m: 15:40.83	37.18	
	100m: 1:08.67	36.10	500m: 6:13.40	38.44	900m: 11:17.90	36.66	1300m: 16:18.13	37.30	
	150m: 1:45.90	37.23	550m: 6:51.58	38.18	950m: 11:54.78	36.88	1350m: 16:55.61	37.48	
	200m: 2:23.61	37.71	600m: 7:29.50	37.92	1000m: 12:32.62	37.84	1400m: 17:32.85	37.24	
	250m: 3:02.07	38.46	650m: 8:07.55	38.05	1050m: 13:10.21	37.59	1450m: 18:10.43	37.58	
	300m: 3:40.24	38.17	700m: 8:46.55	39.00	1100m: 13:47.88	37.67	1500m: 18:45.76	35.33	
	350m: 4:18.14	37.90	750m: 9:25.03	38.48	1150m: 14:26.17	38.29			
	400m: 4:56.47	38.33	800m: 10:03.16	38.13	1200m: 15:03.65	37.48			
4.	Sybrein Groenewegen	De Schotelijl	NED	199306223			18:47.85 *		
	50m: 33.51	33.51	450m: 5:33.06	38.03	850m: 10:36.23	38.55	1250m: 15:39.80	38.06	
	100m: 1:09.32	35.81	500m: 6:10.87	37.81	900m: 11:13.97	37.74	1300m: 16:17.84	38.04	
	150m: 1:46.32	37.00	550m: 6:48.78	37.91	950m: 11:52.13	38.16	1350m: 16:56.30	38.46	
	200m: 2:23.78	37.46	600m: 7:26.42	37.64	1000m: 12:30.18	38.05	1400m: 17:34.22	37.92	
	250m: 3:01.82	38.04	650m: 8:04.22	37.80	1050m: 13:08.08	37.90	1450m: 18:12.27	38.05	
	300m: 3:39.77	37.95	700m: 8:41.91	37.69	1100m: 13:45.93	37.85	1500m: 18:47.85	35.58	
	350m: 4:17.54	37.77	750m: 9:19.62	37.71	1150m: 14:23.79	37.86			
	400m: 4:55.03	37.49	800m: 9:57.68	38.06	1200m: 15:01.74	37.95			
5.	Marc Hoogendam	Blue Marlins	NED	199007713			20:30.23	+0.67	
	50m: 32.70	32.70	450m: 5:51.59	41.28	850m: 11:25.57	41.51	1250m: 17:04.82	42.47	
	100m: 1:09.55	36.85	500m: 6:33.60	42.01	900m: 12:08.32	42.75	1300m: 17:47.21	42.39	
	150m: 1:47.66	38.11	550m: 7:15.77	42.17	950m: 12:50.19	41.87	1350m: 18:29.77	42.56	
	200m: 2:26.98	39.32	600m: 7:57.60	41.83	1000m: 13:32.21	42.02	1400m: 19:12.34	42.57	
	250m: 3:06.85	39.87	650m: 8:39.54	41.94	1050m: 14:14.53	42.32	1450m: 19:53.97	41.63	
	300m: 3:47.53	40.68	700m: 9:21.48	41.94	1100m: 14:56.96	42.43	1500m: 20:30.23	36.26	
	350m: 4:28.80	41.27	750m: 10:03.01	41.53	1150m: 15:39.74	42.78			
	400m: 5:10.31	41.51	800m: 10:44.06	41.05	1200m: 16:22.35	42.61			

Masters 35+

1.	Romain Delepine	Lille UC Natation	FRA	266204			17:53.04	+0.78	
	50m: 31.10	31.10	450m: 5:17.51	35.92	850m: 10:07.06	36.20	1250m: 14:54.52	35.65	
	100m: 1:05.59	34.49	500m: 5:53.59	36.08	900m: 10:44.50	37.44	1300m: 15:30.74	36.22	
	150m: 1:41.17	35.58	550m: 6:30.04	36.45	950m: 11:20.20	35.70	1350m: 16:06.99	36.25	
	200m: 2:17.08	35.91	600m: 7:06.11	36.07	1000m: 11:55.77	35.57	1400m: 16:42.89	35.90	
	250m: 2:53.21	36.13	650m: 7:42.31	36.20	1050m: 12:31.22	35.45	1450m: 17:19.33	36.44	
	300m: 3:29.20	35.99	700m: 8:18.52	36.21	1100m: 13:06.82	35.60	1500m: 17:53.04	33.71	
	350m: 4:05.44	36.24	750m: 8:54.87	36.35	1150m: 13:42.69	35.87			
	400m: 4:41.59	36.15	800m: 9:30.86	35.99	1200m: 14:18.87	36.18			
2.	Niels Albrechts	De Schotelijl	NED	198800039			18:29.00	+0.73	
	50m: 34.04	34.04	450m: 5:28.50	36.56	850m: 10:24.40	36.96	1250m: 15:24.43	37.75	
	100m: 1:10.11	36.07	500m: 6:05.13	36.63	900m: 11:01.74	37.34	1300m: 16:02.14	37.71	
	150m: 1:46.78	36.67	550m: 6:41.91	36.78	950m: 11:39.08	37.34	1350m: 16:40.01	37.87	
	200m: 2:23.71	36.93	600m: 7:18.83	36.92	1000m: 12:16.67	37.59	1400m: 17:17.34	37.33	
	250m: 3:00.86	37.15	650m: 7:55.71	36.88	1050m: 12:53.93	37.26	1450m: 17:54.90	37.56	
	300m: 3:37.74	36.88	700m: 8:32.97	37.26	1100m: 13:31.19	37.26	1500m: 18:29.00	34.10	
	350m: 4:14.98	37.24	750m: 9:09.94	36.97	1150m: 14:08.84	37.65			
	400m: 4:51.94	36.96	800m: 9:47.44	37.50	1200m: 14:46.68	37.84			
3.	Sander van Elburg	TRB-RES	NED	198800937			19:44.20 *	+0.85	
	50m: 34.29	34.29	450m: 5:47.80	39.96	850m: 11:05.63	40.10	1250m: 16:23.67	39.67	
	100m: 1:11.59	37.30	500m: 6:26.56	38.76	900m: 11:45.90	40.27	1300m: 17:04.01	40.34	
	150m: 1:49.70	38.11	550m: 7:05.49	38.93	950m: 12:26.09	40.19	1350m: 17:44.61	40.60	
	200m: 2:29.00	39.30	600m: 7:44.94	39.45	1000m: 13:05.88	39.79	1400m: 18:24.89	40.28	
	250m: 3:08.35	39.35	650m: 8:24.74	39.80	1050m: 13:45.27	39.39	1450m: 19:05.14	40.25	
	300m: 3:47.85	39.50	700m: 9:05.14	40.40	1100m: 14:25.27	40.00	1500m: 19:44.20	39.06	
	350m: 4:27.99	40.14	750m: 9:45.12	39.98	1150m: 15:04.34	39.07			
	400m: 5:07.84	39.85	800m: 10:25.53	40.41	1200m: 15:44.00	39.66			
4.	Edward van Dootingh	ZV 44	NED	198403341			21:13.49	+0.97	
	50m: 35.18	35.18	450m: 6:11.71	43.44	850m: 11:56.92	43.14	1250m: 17:42.19	42.96	
	100m: 1:14.30	39.12	500m: 6:54.60	42.89	900m: 12:40.26	43.34	1300m: 18:25.34	43.15	
	150m: 1:54.87	40.57	550m: 7:37.69	43.09	950m: 13:23.72	43.46	1350m: 19:07.99	42.65	
	200m: 2:36.81	41.94	600m: 8:20.74	43.05	1000m: 14:06.89	43.17	1400m: 19:50.77	42.78	
	250m: 3:19.25	42.44	650m: 9:03.92	43.18	1050m: 14:50.08	43.19	1450m: 20:33.45	42.68	
	300m: 4:02.09	42.84	700m: 9:47.15	43.23	1100m: 15:32.92	42.84	1500m: 21:13.49	40.04	
	350m: 4:45.22	43.13	750m: 10:30.33	43.18	1150m: 16:16.01	43.09			
	400m: 5:28.27	43.05	800m: 11:13.78	43.45	1200m: 16:59.23	43.22			



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



Programmanr. 2, Heren, 1500m vrije slag

Masters 40+

1. Gergely Molnár		Iron Swim		HUN		17:32.32		+0.80			
<i>Hungarian Masters Record</i>											
50m:	30.16	30.16	450m:	5:09.86	35.04	850m:	9:51.17	35.35	1250m:	14:34.84	35.72
100m:	1:04.37	34.21	500m:	5:45.28	35.42	900m:	10:26.38	35.21	1300m:	15:10.49	35.65
150m:	1:39.32	34.95	550m:	6:20.28	35.00	950m:	11:01.70	35.32	1350m:	15:46.02	35.53
200m:	2:14.28	34.96	600m:	6:55.37	35.09	1000m:	11:37.14	35.44	1400m:	16:21.75	35.73
250m:	2:49.19	34.91	650m:	7:30.36	34.99	1050m:	12:12.45	35.31	1450m:	16:57.71	35.96
300m:	3:24.27	35.08	700m:	8:05.58	35.22	1100m:	12:48.04	35.59	1500m:	17:32.32	34.61
350m:	3:59.14	34.87	750m:	8:40.46	34.88	1150m:	13:23.42	35.38			
400m:	4:34.82	35.68	800m:	9:15.82	35.36	1200m:	13:59.12	35.70			
2. Pieter Pickhardt		ZPC De Hof		NED 198301657		18:07.45		+0.80			
50m:	32.62	32.62	450m:	5:16.21	35.74	850m:	10:08.94	36.88	1250m:	15:04.44	37.12
100m:	1:07.58	34.96	500m:	5:52.14	35.93	900m:	10:45.82	36.88	1300m:	15:41.66	37.22
150m:	1:42.89	35.31	550m:	6:28.56	36.42	950m:	11:22.55	36.73	1350m:	16:18.63	36.97
200m:	2:18.30	35.41	600m:	7:05.17	36.61	1000m:	11:59.54	36.99	1400m:	16:55.71	37.08
250m:	2:53.49	35.19	650m:	7:41.90	36.73	1050m:	12:36.23	36.69	1450m:	17:32.24	36.53
300m:	3:29.09	35.60	700m:	8:18.51	36.61	1100m:	13:13.06	36.83	1500m:	18:07.45	35.21
350m:	4:04.84	35.75	750m:	8:55.43	36.92	1150m:	13:50.03	36.97			
400m:	4:40.47	35.63	800m:	9:32.06	36.63	1200m:	14:27.32	37.29			
3. Martijn Butter		OEZA		NED 197900231		18:25.81					
50m:	33.50	33.50	450m:	5:29.10	37.02	850m:	10:27.41	37.48	1250m:	15:25.14	37.34
100m:	1:09.60	36.10	500m:	6:06.23	37.13	900m:	11:04.09	36.68	1300m:	16:02.22	37.08
150m:	1:46.51	36.91	550m:	6:43.36	37.13	950m:	11:41.29	37.20	1350m:	16:38.98	36.76
200m:	2:23.54	37.03	600m:	7:20.83	37.47	1000m:	12:18.54	37.25	1400m:	17:15.79	36.81
250m:	3:00.38	36.84	650m:	7:58.23	37.40	1050m:	12:55.80	37.26	1450m:	17:51.38	35.59
300m:	3:37.73	37.35	700m:	8:35.61	37.38	1100m:	13:33.07	37.27	1500m:	18:25.81	34.43
350m:	4:14.91	37.18	750m:	9:12.99	37.38	1150m:	14:10.41	37.34			
400m:	4:52.08	37.17	800m:	9:49.93	36.94	1200m:	14:47.80	37.39			
4. Arjan Prins		Dedemsvaart-AC		NED 198201383		18:58.94		+0.90			
50m:	31.57	31.57	450m:	5:27.58	37.45	850m:	10:36.08	38.91	1250m:	15:25.40	39.28
100m:	1:07.06	35.49	500m:	6:05.55	37.97	900m:	11:15.11	39.03	1300m:	16:02.49	37.99
150m:	1:43.70	36.64	550m:	6:43.38	37.83	950m:	11:53.88	38.77	1350m:	16:40.40	38.91
200m:	2:20.59	36.89	600m:	7:21.90	38.52	1000m:	12:32.79	38.91	1400m:	17:18.21	38.81
250m:	2:57.45	36.86	650m:	8:00.00	38.10	1050m:	13:11.39	38.60	1450m:	17:56.51	39.30
300m:	3:34.65	37.20	700m:	8:39.01	39.01	1100m:	13:50.57	39.18	1500m:	18:35.94	36.43
350m:	4:12.04	37.39	750m:	9:18.03	39.02	1150m:	14:29.29	38.72			
400m:	4:50.13	38.09	800m:	9:57.17	39.14	1200m:	15:08.22	38.93			
5. Frank v.d. Voordt		De Schoteijl		NED 198302259		19:16.80		+0.79			
50m:	32.63	32.63	450m:	5:23.05	36.99	850m:	10:27.06	39.45	1250m:	15:23.33	41.15
100m:	1:07.98	35.35	500m:	6:01.88	36.83	900m:	11:06.92	39.86	1300m:	16:02.67	41.34
150m:	1:43.65	35.67	550m:	6:36.97	37.09	950m:	11:46.85	39.93	1350m:	16:41.31	40.64
200m:	2:19.49	35.84	600m:	7:14.23	37.26	1000m:	12:27.35	40.50	1400m:	17:19.33	41.02
250m:	2:55.93	36.44	650m:	7:51.96	37.73	1050m:	13:08.04	40.69	1450m:	18:00.66	41.33
300m:	3:32.53	36.60	700m:	8:30.10	38.14	1100m:	13:48.81	40.77	1500m:	18:41.80	40.14
350m:	4:09.09	36.56	750m:	9:08.40	38.30	1150m:	14:29.89	41.08			
400m:	4:46.06	36.97	800m:	9:47.61	39.21	1200m:	15:11.18	41.29			
6. Marcel Reefhuis		WS Twente		NED 198101381		19:18.55		+0.68			
50m:	33.03	33.03	450m:	5:36.32	38.45	850m:	10:45.27	39.09	1250m:	16:01.39	39.89
100m:	1:09.80	36.77	500m:	6:14.79	38.47	900m:	11:24.09	38.82	1300m:	16:41.16	39.77
150m:	1:47.11	37.31	550m:	6:53.01	38.22	950m:	12:03.39	39.30	1350m:	17:21.03	39.87
200m:	2:24.73	37.62	600m:	7:31.49	38.48	1000m:	12:42.83	39.44	1400m:	18:01.26	40.23
250m:	3:02.80	38.07	650m:	8:09.85	38.36	1050m:	13:22.46	39.63	1450m:	18:41.02	39.76
300m:	3:40.97	38.17	700m:	8:48.26	38.41	1100m:	14:02.07	39.61	1500m:	19:18.55	37.53
350m:	4:19.40	38.43	750m:	9:27.15	38.89	1150m:	14:41.67	39.60			
400m:	4:57.87	38.47	800m:	10:06.18	39.03	1200m:	15:21.50	39.83			
7. Freddie Geerlings		Zwemsport Parkstad		NED 197900379		19:41.41					
50m:	34.23	34.23	450m:	5:39.77	38.83	850m:	10:58.48	40.12	1250m:	16:21.45	40.42
100m:	1:11.38	37.15	500m:	6:18.96	39.19	900m:	11:38.85	40.37	1300m:	17:02.09	40.64
150m:	1:49.50	38.12	550m:	6:58.36	39.40	950m:	12:19.00	40.15	1350m:	17:41.81	39.72
200m:	2:27.55	38.05	600m:	7:38.18	39.82	1000m:	12:59.45	40.45	1400m:	18:22.76	40.95
250m:	3:05.85	38.30	650m:	8:17.81	39.63	1050m:	13:39.59	40.14	1450m:	19:02.63	39.87
300m:	3:44.03	38.18	700m:	8:57.88	40.07	1100m:	14:19.81	40.22	1500m:	19:41.41	38.78
350m:	4:22.41	38.38	750m:	9:38.17	40.29	1150m:	15:00.77	40.96			
400m:	5:00.94	38.53	800m:	10:18.36	40.19	1200m:	15:41.03	40.26			
8. Geert-Jan Vos		ZV 44		NED 198101869		21:05.32		+1.01			
50m:	34.54	34.54	450m:	6:05.07	43.10	850m:	11:49.19	42.71	1250m:	17:34.75	43.48
100m:	1:12.48	37.94	500m:	6:48.17	43.10	900m:	12:32.12	42.93	1300m:	18:17.60	42.85
150m:	1:51.96	39.48	550m:	7:31.22	43.05	950m:	13:14.88	42.76	1350m:	19:00.60	43.00
200m:	2:33.04	41.08	600m:	8:13.98	42.76	1000m:	13:58.08	43.20	1400m:	19:42.46	41.86
250m:	3:14.61	41.57	650m:	8:57.56	43.58	1050m:	14:41.60	43.52	1450m:	20:24.55	42.09
300m:	3:56.72	42.11	700m:	9:40.06	42.50	1100m:	15:24.75	43.15	1500m:	21:05.32	40.77
350m:	4:39.67	42.95	750m:	10:22.98	42.92	1150m:	16:08.47	43.72			
400m:	5:21.97	42.30	800m:	11:06.48	43.50	1200m:	16:51.27	42.80			



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



Programmanr. 2, Heren, 1500m vrije slag, Masters 40+

rang	naam	vereniging					tijd	RT	PARA			
9.	Oscar Monge	IJZPC	NED 198102599				21:06.12	+0.70				
	50m:	34.97	34.97	450m:	6:08.34	42.61	850m:	11:48.32	43.30	1250m:	17:32.47	43.44
	100m:	1:14.17	39.20	500m:	6:51.05	42.71	900m:	12:31.10	42.78	1300m:	18:15.24	42.77
	150m:	1:54.78	40.61	550m:	7:33.32	42.27	950m:	13:13.59	42.49	1350m:	18:58.46	43.22
	200m:	2:36.47	41.69	600m:	8:15.49	42.17	1000m:	13:56.63	43.04	1400m:	19:41.67	43.21
	250m:	3:18.69	42.22	650m:	8:57.71	42.22	1050m:	14:39.27	42.64	1450m:	20:25.05	43.38
	300m:	4:01.06	42.37	700m:	9:40.29	42.58	1100m:	15:22.42	43.15	1500m:	21:06.12	41.07
	350m:	4:43.47	42.41	750m:	10:22.39	42.10	1150m:	16:05.44	43.02			
	400m:	5:25.73	42.26	800m:	11:05.02	42.63	1200m:	16:49.03	43.59			

Masters 45+

1.	Eric Hoekman	WS Twente	NED 197401531				20:51.93	+1.03				
	50m:	33.87	33.87	450m:	5:53.51	41.53	850m:	11:33.17	43.06	1250m:	17:17.63	42.72
	100m:	1:10.50	36.63	500m:	6:35.68	42.17	900m:	12:16.02	42.85	1300m:	18:01.83	44.20
	150m:	1:49.01	38.51	550m:	7:17.46	41.78	950m:	12:58.91	42.89	1350m:	18:45.00	43.17
	200m:	2:28.09	39.08	600m:	7:59.66	42.20	1000m:	13:41.97	43.06	1400m:	19:27.87	42.87
	250m:	3:08.37	40.28	650m:	8:41.76	42.10	1050m:	14:24.90	42.93	1450m:	20:09.69	41.82
	300m:	3:49.27	40.90	700m:	9:25.32	43.56	1100m:	15:08.08	43.18	1500m:	20:51.93	42.24
	350m:	4:30.60	41.33	750m:	10:07.96	42.64	1150m:	15:51.82	43.74			
	400m:	5:11.98	41.38	800m:	10:50.11	42.15	1200m:	16:34.91	43.09			

2.	Erwin Zuijdervelt	AZ&PC De Futen	NED 197501015				21:12.28					
	50m:	36.61	36.61	450m:	6:08.87	42.79	850m:	11:51.96	42.65	1250m:	17:40.06	44.21
	100m:	1:16.74	40.13	500m:	6:51.91	43.04	900m:	12:35.66	43.70	1300m:	18:23.96	43.90
	150m:	1:57.65	40.91	550m:	7:34.03	42.12	950m:	13:18.67	43.01	1350m:	19:07.52	43.56
	200m:	2:38.45	40.80	600m:	8:15.89	41.86	1000m:	14:02.00	43.33	1400m:	19:50.73	43.21
	250m:	3:19.94	41.49	650m:	8:58.67	42.78	1050m:	14:45.61	43.61	1450m:	20:32.76	42.03
	300m:	4:01.77	41.83	700m:	9:41.79	43.12	1100m:	15:29.53	43.92	1500m:	21:12.28	39.52
	350m:	4:43.64	41.87	750m:	10:25.18	43.39	1150m:	16:13.01	43.48			
	400m:	5:26.08	42.44	800m:	11:09.31	44.13	1200m:	16:55.85	42.84			

3.	Tom Bandsma	PSV	NED 197701625				23:35.31	+1.15				
	50m:	38.90	38.90	450m:	6:40.12	47.53	850m:	13:04.15	48.88	1250m:	19:35.86	48.80
	100m:	1:21.51	42.61	500m:	7:27.05	46.93	900m:	13:53.05	48.90	1300m:	20:25.25	49.39
	150m:	2:04.80	43.29	550m:	8:14.98	47.93	950m:	14:41.89	48.84	1350m:	21:13.63	48.38
	200m:	2:48.90	44.10	600m:	9:02.95	47.97	1000m:	15:30.65	48.76	1400m:	22:02.81	49.18
	250m:	3:33.74	44.84	650m:	9:51.15	48.20	1050m:	16:19.58	48.93	1450m:	22:51.57	48.76
	300m:	4:20.08	46.34	700m:	10:38.63	47.48	1100m:	17:08.28	48.70	1500m:	23:35.31	43.74
	350m:	5:06.41	46.33	750m:	11:26.94	48.31	1150m:	17:57.65	49.37			
	400m:	5:52.59	46.18	800m:	12:15.27	48.33	1200m:	18:47.06	49.41			

Masters 50+

1.	Ingmar de Gelder *400m	ZOB'66	NED 197000333				19:49.43					
	50m:	34.75	34.75	450m:	5:48.63	40.36	850m:	11:12.92	40.81	1250m:	16:34.42	39.53
	100m:	1:11.85	37.10	500m:	6:29.62	40.99	900m:	11:53.30	40.38	1300m:	17:14.66	40.24
	150m:	1:49.96	38.11	550m:	7:10.13	40.51	950m:	12:33.77	40.47	1350m:	17:54.17	39.51
	200m:	2:28.92	38.96	600m:	7:50.60	40.47	1000m:	13:13.80	40.03	1400m:	18:33.47	39.30
	250m:	3:08.20	39.28	650m:	8:31.13	40.53	1050m:	13:53.89	40.09	1450m:	19:13.01	39.54
	300m:	3:48.04	39.84	700m:	9:11.68	40.55	1100m:	14:34.55	40.66	1500m:	19:49.43	36.42
	350m:	4:27.89	39.85	750m:	9:51.81	40.13	1150m:	15:14.92	40.37			
	400m:	5:08.27	40.38	800m:	10:32.11	40.30	1200m:	15:54.89	39.97			

2.	Chris Kouwenhoven	De Grunte	NED 197101669				21:04.49					
	50m:	35.72	35.72	450m:	6:03.68	42.30	850m:	11:45.65	42.87	1250m:	17:30.22	43.31
	100m:	1:14.63	38.91	500m:	6:46.28	42.60	900m:	12:29.07	43.42	1300m:	18:13.32	43.10
	150m:	1:54.74	40.11	550m:	7:28.86	42.58	950m:	13:12.00	42.93	1350m:	18:56.59	43.27
	200m:	2:35.16	40.42	600m:	8:11.70	42.84	1000m:	13:54.85	42.85	1400m:	19:39.69	43.10
	250m:	3:16.30	41.14	650m:	8:54.45	42.75	1050m:	14:37.79	42.94	1450m:	20:22.73	43.04
	300m:	3:57.43	41.13	700m:	9:37.23	42.78	1100m:	15:20.93	43.14	1500m:	21:04.49	41.76
	350m:	4:38.99	41.56	750m:	10:20.30	43.07	1150m:	16:03.92	42.99			
	400m:	5:21.38	42.39	800m:	11:02.78	42.48	1200m:	16:46.91	42.99			

3.	Martijn de Jong	DWK	NED 197101659				22:31.93	+0.87				
	50m:	37.45	37.45	450m:	6:30.99	44.99	850m:	12:36.82	45.92	1250m:	18:44.90	45.81
	100m:	1:19.10	41.65	500m:	7:16.37	45.38	900m:	13:22.90	46.08	1300m:	19:31.39	46.49
	150m:	2:02.39	43.29	550m:	8:01.75	45.38	950m:	14:08.67	45.77	1350m:	20:17.81	46.42
	200m:	2:46.72	44.33	600m:	8:47.51	45.76	1000m:	14:55.02	46.35	1400m:	21:03.84	46.03
	250m:	3:31.43	44.71	650m:	9:33.24	45.73	1050m:	15:41.07	46.05	1450m:	21:48.38	44.54
	300m:	4:16.05	44.62	700m:	10:19.07	45.83	1100m:	16:27.16	46.09	1500m:	22:31.93	43.55
	350m:	5:00.82	44.77	750m:	11:04.55	45.48	1150m:	17:13.51	46.35			
	400m:	5:46.00	45.18	800m:	11:50.90	46.35	1200m:	17:59.09	45.58			



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



Programmanr. 2, Heren, 1500m vrije slag, Masters 50+

rang	naam	vereniging					tijd	RT	PARA
4.	Eduard Leusink	De Mors	NED 196901573				22:40.82		
	50m: 35.60	35.60	450m: 6:10.46	43.27	850m: 12:17.60	46.98	1250m: 18:37.40	49.08	
	100m: 1:14.88	39.28	500m: 6:54.30	43.84	900m: 13:05.87	48.27	1300m: 19:27.50	50.10	
	150m: 1:55.81	40.93	550m: 7:40.02	45.72	950m: 13:52.79	46.92	1350m: 20:17.28	49.78	
	200m: 2:37.56	41.75	600m: 8:25.22	45.20	1000m: 14:39.97	47.18	1400m: 21:06.59	49.31	
	250m: 3:19.46	41.90	650m: 9:11.03	45.81	1050m: 15:27.60	47.63	1450m: 21:55.14	48.55	
	300m: 4:01.81	42.35	700m: 9:57.41	46.38	1100m: 16:14.68	47.08	1500m: 22:40.82	45.68	
	350m: 4:44.36	42.55	750m: 10:43.90	46.49	1150m: 17:01.51	46.83			
	400m: 5:27.19	42.83	800m: 11:30.62	46.72	1200m: 17:48.32	46.81			

Masters 55+

1.	Erlend Alstad	OI Svømming	NOR M210367ERL02				18:28.82	+0.90
	50m: 33.64	33.64	450m: 5:29.69	37.34	850m: 10:26.64	36.87	1250m: 15:25.33	37.40
	100m: 1:09.93	36.29	500m: 6:06.60	36.91	900m: 11:03.65	37.01	1300m: 16:02.65	37.32
	150m: 1:46.75	36.82	550m: 6:43.86	37.26	950m: 11:41.18	37.53	1350m: 16:39.15	36.50
	200m: 2:23.68	36.93	600m: 7:21.03	37.17	1000m: 12:18.53	37.35	1400m: 17:15.75	36.60
	250m: 3:01.01	37.33	650m: 7:58.32	37.29	1050m: 12:55.85	37.32	1450m: 17:52.51	36.76
	300m: 3:38.08	37.07	700m: 8:35.45	37.13	1100m: 13:33.10	37.25	1500m: 18:28.82	36.31
	350m: 4:15.45	37.37	750m: 9:12.95	37.50	1150m: 14:10.46	37.36		
	400m: 4:52.35	36.90	800m: 9:49.77	36.82	1200m: 14:47.93	37.47		
2.	Nico Paasse	De Schotejil	NED 196501463				19:52.26	+0.96
	50m: 34.60	34.60	450m: 5:53.43	40.16	850m: 11:14.05	40.00	1250m: 16:33.46	39.91
	100m: 1:13.17	38.57	500m: 6:33.66	40.23	900m: 11:54.12	40.07	1300m: 17:13.01	39.55
	150m: 1:52.81	39.64	550m: 7:13.55	39.89	950m: 12:34.07	39.95	1350m: 17:52.99	39.98
	200m: 2:33.22	40.41	600m: 7:53.71	40.16	1000m: 13:14.12	40.05	1400m: 18:33.27	40.28
	250m: 3:13.26	40.04	650m: 8:33.85	40.14	1050m: 13:53.88	39.76	1450m: 19:13.30	40.03
	300m: 3:53.06	39.80	700m: 9:13.79	39.94	1100m: 14:33.77	39.89	1500m: 19:52.26	38.96
	350m: 4:33.24	40.18	750m: 9:54.07	40.28	1150m: 15:13.70	39.93		
	400m: 5:13.27	40.03	800m: 10:34.05	39.98	1200m: 15:53.55	39.85		
3.	Jon Christensen	Luxembourg Sharks Swimming CLUX	10008				20:09.89	+0.66
	<i>Luxembourg Masters Record</i>							
	50m: 35.80	35.80	450m: 5:54.71	40.16	850m: 11:15.73	40.35	1250m: 16:43.29	41.15
	100m: 1:14.91	39.11	500m: 6:34.79	40.08	900m: 11:56.12	40.39	1300m: 17:24.91	41.62
	150m: 1:54.89	39.98	550m: 7:14.80	40.01	950m: 12:36.88	40.76	1350m: 18:06.52	41.61
	200m: 2:35.02	40.13	600m: 7:54.96	40.16	1000m: 13:17.76	40.88	1400m: 18:48.19	41.67
	250m: 3:14.99	39.97	650m: 8:35.03	40.07	1050m: 13:58.47	40.71	1450m: 19:29.71	41.52
	300m: 3:54.82	39.83	700m: 9:14.90	39.87	1100m: 14:39.67	41.20	1500m: 20:09.89	40.18
	350m: 4:34.86	40.04	750m: 9:55.11	40.21	1150m: 15:20.74	41.07		
	400m: 5:14.55	39.69	800m: 10:35.38	40.27	1200m: 16:02.14	41.40		
4.	Arno Schrauwen	Patrick-De Roersoppers (SG)	NED 196501355				20:53.07	
	50m: 35.31	35.31	450m: 6:11.34	42.46	850m: 11:47.31	41.94	1250m: 17:23.33	42.00
	100m: 1:16.02	40.71	500m: 6:53.32	41.98	900m: 12:29.28	41.97	1300m: 18:05.71	42.38
	150m: 1:57.98	41.96	550m: 7:35.46	42.14	950m: 13:11.07	41.79	1350m: 18:47.79	42.08
	200m: 2:40.31	42.33	600m: 8:17.48	42.02	1000m: 13:53.22	42.15	1400m: 19:30.11	42.32
	250m: 3:22.59	42.28	650m: 8:59.59	42.11	1050m: 14:35.37	42.15	1450m: 20:11.91	41.80
	300m: 4:04.83	42.24	700m: 9:41.79	42.20	1100m: 15:17.42	42.05	1500m: 20:53.07	41.16
	350m: 4:46.70	41.87	750m: 10:23.53	41.74	1150m: 15:59.19	41.77		
	400m: 5:28.88	42.18	800m: 11:05.37	41.84	1200m: 16:41.33	42.14		
5.	Andy Feyen	Zwemclub Iloka Kapellen	BEL ZIK/11034/67				21:19.76	+0.79
	50m: 34.96	34.96	450m: 6:03.57	41.39	850m: 11:50.80	44.18	1250m: 17:42.33	45.12
	100m: 1:14.41	39.45	500m: 6:46.11	42.54	900m: 12:34.53	43.73	1300m: 18:25.24	42.91
	150m: 1:55.36	40.95	550m: 7:29.91	43.80	950m: 13:18.26	43.73	1350m: 19:08.58	43.34
	200m: 2:36.92	41.56	600m: 8:12.68	42.77	1000m: 14:01.71	43.45	1400m: 19:52.55	43.97
	250m: 3:17.76	40.84	650m: 8:55.45	42.77	1050m: 14:46.49	44.78	1450m: 20:36.63	44.08
	300m: 3:59.02	41.26	700m: 9:38.85	43.40	1100m: 15:29.49	43.00	1500m: 21:19.76	43.13
	350m: 4:40.78	41.76	750m: 10:22.50	43.65	1150m: 16:13.20	43.71		
	400m: 5:22.18	41.40	800m: 11:06.62	44.12	1200m: 16:57.21	44.01		
6.	Pascal Tourton	ZOB'66	NED 196601343				21:41.58	+1.71
	50m: 40.29	40.29	450m: 6:36.51	44.57	850m: 12:28.36	43.37	1250m: 18:08.90	42.11
	100m: 1:23.51	43.22	500m: 7:20.71	44.20	900m: 13:10.91	42.55	1300m: 18:51.50	42.60
	150m: 2:08.63	45.12	550m: 8:04.95	44.24	950m: 13:53.86	42.95	1350m: 19:34.65	43.15
	200m: 2:53.52	44.89	600m: 8:49.31	44.36	1000m: 14:36.53	42.67	1400m: 20:17.54	42.89
	250m: 3:38.67	45.15	650m: 9:33.34	44.03	1050m: 15:19.17	42.64	1450m: 21:00.46	42.92
	300m: 4:23.18	44.51	700m: 10:17.62	44.28	1100m: 16:01.77	42.60	1500m: 21:41.58	41.12
	350m: 5:07.13	43.95	750m: 11:01.39	43.77	1150m: 16:44.46	42.69		
	400m: 5:51.94	44.81	800m: 11:44.99	43.60	1200m: 17:26.79	42.33		

Programmanr. 2, Heren, 1500m vrije slag

Masters 60+

1. Gustav van den Berg		TriVia	NED	196100991	19:40.12						
50m:	36.01	36.01	450m:	5:51.01	39.39	850m:	11:10.15	39.76	1250m:	16:27.87	39.61
100m:	1:14.59	38.58	500m:	6:30.38	39.37	900m:	11:50.06	39.91	1300m:	17:07.42	39.55
150m:	1:53.94	39.35	550m:	7:09.97	39.59	950m:	12:30.26	40.20	1350m:	17:46.36	38.94
200m:	2:33.74	39.80	600m:	7:50.05	40.08	1000m:	13:09.80	39.54	1400m:	18:25.43	39.07
250m:	3:13.21	39.47	650m:	8:29.71	39.66	1050m:	13:49.43	39.63	1450m:	19:03.86	38.43
300m:	3:52.69	39.48	700m:	9:10.18	40.47	1100m:	14:29.01	39.58	1500m:	19:40.12	36.26
350m:	4:32.28	39.59	750m:	9:50.20	40.02	1150m:	15:08.51	39.50			
400m:	5:11.62	39.34	800m:	10:30.39	40.19	1200m:	15:48.26	39.75			
2. Jan Brink		ZPC De Zeeuwse Kust	NED	196200091	19:45.82		+0.76				
50m:	33.45	33.45	450m:	5:44.32	39.69	850m:	11:02.30	40.56	1250m:	16:25.86	40.54
100m:	1:10.88	37.43	500m:	6:23.88	39.56	900m:	11:42.24	39.94	1300m:	17:07.01	41.15
150m:	1:49.15	38.27	550m:	7:03.63	39.75	950m:	12:22.54	40.30	1350m:	17:47.29	40.28
200m:	2:28.28	39.13	600m:	7:43.18	39.55	1000m:	13:02.97	40.43	1400m:	18:27.41	40.12
250m:	3:07.24	38.96	650m:	8:22.99	39.81	1050m:	13:43.24	40.27	1450m:	19:07.32	39.91
300m:	3:46.09	38.85	700m:	9:02.61	39.62	1100m:	14:23.93	40.69	1500m:	19:45.82	38.50
350m:	4:25.44	39.35	750m:	9:42.02	39.41	1150m:	15:04.37	40.44			
400m:	5:04.63	39.19	800m:	10:21.74	39.72	1200m:	15:45.32	40.95			
3. Casper Dollekamp		Steenwijk 1934	NED	196301341	23:10.03						
50m:	36.85	36.85	450m:	6:34.92	46.04	850m:	12:55.44	48.22	1250m:	19:18.36	47.97
100m:	1:18.74	41.89	500m:	7:21.71	46.79	900m:	13:42.77	47.33	1300m:	20:05.98	47.62
150m:	2:02.24	43.50	550m:	8:08.84	47.13	950m:	14:30.52	47.75	1350m:	20:52.61	46.63
200m:	2:46.39	44.15	600m:	8:56.87	48.03	1000m:	15:17.59	47.07	1400m:	21:40.10	47.49
250m:	3:31.35	44.96	650m:	9:45.37	48.50	1050m:	16:05.70	48.11	1450m:	22:26.36	46.26
300m:	4:16.99	45.64	700m:	10:32.43	47.06	1100m:	16:54.57	48.87	1500m:	23:10.03	43.67
350m:	5:02.67	45.68	750m:	11:19.83	47.40	1150m:	17:42.27	47.70			
400m:	5:48.88	46.21	800m:	12:07.22	47.39	1200m:	18:30.39	48.12			
4. John Dam		ZIGNEA	NED	196000915	23:32.73						
50m:	39.94	39.94	450m:	6:59.57	47.53	850m:	13:22.36	48.10	1250m:	19:42.37	46.96
100m:	1:25.13	45.19	500m:	7:47.54	47.97	900m:	14:09.90	47.54	1300m:	20:29.47	47.10
150m:	2:12.79	47.66	550m:	8:35.09	47.55	950m:	14:57.76	47.86	1350m:	21:16.81	47.34
200m:	3:00.44	47.65	600m:	9:22.87	47.78	1000m:	15:45.23	47.47	1400m:	22:03.00	46.19
250m:	3:48.33	47.89	650m:	10:10.84	47.97	1050m:	16:32.60	47.37	1450m:	22:49.37	46.37
300m:	4:36.13	47.80	700m:	10:58.87	48.03	1100m:	17:20.22	47.62	1500m:	23:32.73	43.36
350m:	5:23.98	47.85	750m:	11:46.72	47.85	1150m:	18:07.96	47.74			
400m:	6:12.04	48.06	800m:	12:34.26	47.54	1200m:	18:55.41	47.45			
5. Henk Gierveld		Nat Utrecht	NED	196000869	25:28.89						
<i>* alle afstanden</i>											
50m:	41.17	41.17	450m:	7:24.07	51.93	850m:	14:16.92	52.40	1250m:	21:11.10	52.00
100m:	1:28.56	47.39	500m:	8:15.69	51.62	900m:	15:09.22	52.30	1300m:	22:03.43	52.33
150m:	2:17.64	49.08	550m:	9:07.32	51.63	950m:	15:59.97	50.75	1350m:	22:54.60	51.17
200m:	3:08.03	50.39	600m:	9:59.66	52.34	1000m:	16:51.92	51.95	1400m:	23:48.27	53.67
250m:	3:58.87	50.84	650m:	10:50.64	50.98	1050m:	17:43.41	51.49	1450m:	24:42.00	53.73
300m:	4:49.94	51.07	700m:	11:41.92	51.28	1100m:	18:35.43	52.02	1500m:	25:28.89	46.89
350m:	5:41.04	51.10	750m:	12:33.63	51.71	1150m:	19:27.31	51.88			
400m:	6:32.14	51.10	800m:	13:24.52	50.89	1200m:	20:19.10	51.79			

Masters 65+

1. Henk Slomp		De Inktvis	NED	195500359	21:48.33		+0.92				
50m:	36.42	36.42	450m:	6:24.48	44.01	850m:	12:18.09	44.33	1250m:	18:13.22	44.11
100m:	1:17.50	41.08	500m:	7:08.90	44.42	900m:	13:02.04	43.95	1300m:	18:57.45	44.23
150m:	2:00.01	42.51	550m:	7:53.40	44.50	950m:	13:46.86	44.82	1350m:	19:41.84	44.39
200m:	2:43.90	43.89	600m:	8:37.97	44.57	1000m:	14:30.89	44.03	1400m:	20:24.89	43.05
250m:	3:27.82	43.92	650m:	9:22.27	44.30	1050m:	15:15.24	44.35	1450m:	21:08.06	43.17
300m:	4:12.13	44.31	700m:	10:06.47	44.20	1100m:	15:59.26	44.02	1500m:	21:48.33	40.27
350m:	4:56.94	44.81	750m:	10:50.89	44.42	1150m:	16:44.66	45.40			
400m:	5:40.47	43.53	800m:	11:33.76	42.87	1200m:	17:29.11	44.45			
2. Otto Zeijveld		De Berkelduikers	NED	195800497	22:07.60						
50m:	38.96	38.96	450m:	6:33.33	44.50	850m:	12:30.07	44.87	1250m:	18:29.72	44.58
100m:	1:21.83	42.87	500m:	7:17.91	44.58	900m:	13:15.59	45.52	1300m:	19:13.81	44.09
150m:	2:06.40	44.57	550m:	8:02.46	44.55	950m:	14:00.55	44.96	1350m:	19:58.26	44.45
200m:	2:50.74	44.34	600m:	8:46.45	43.99	1000m:	14:45.78	45.23	1400m:	20:42.60	44.34
250m:	3:34.95	44.21	650m:	9:31.06	44.61	1050m:	15:30.82	45.04	1450m:	21:26.09	43.49
300m:	4:19.70	44.75	700m:	10:15.71	44.65	1100m:	16:15.76	44.94	1500m:	22:07.60	41.51
350m:	5:04.17	44.47	750m:	11:00.40	44.69	1150m:	17:00.50	44.74			
400m:	5:48.83	44.66	800m:	11:45.20	44.80	1200m:	17:45.14	44.64			



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



Programmanr. 2, Heren, 1500m vrije slag, Masters 65+

rang	naam	vereniging				tijd	RT	PARA
3.	Paul Bunnik	Triton	NED	195600413	22:42.16	+0.91		
	50m: 37.15	37.15	450m: 6:34.08	45.24	850m: 12:40.28	45.39	1250m: 18:51.89	46.92
	100m: 1:19.14	41.99	500m: 7:19.35	45.27	900m: 13:26.24	45.96	1300m: 19:38.56	46.67
	150m: 2:02.80	43.66	550m: 8:05.21	45.86	950m: 14:12.41	46.17	1350m: 20:24.69	46.13
	200m: 2:47.75	44.95	600m: 8:50.82	45.61	1000m: 14:59.51	47.10	1400m: 21:11.61	46.92
	250m: 3:32.88	45.13	650m: 9:36.42	45.60	1050m: 15:44.70	45.19	1450m: 21:58.00	46.39
	300m: 4:17.85	44.97	700m: 10:22.08	45.66	1100m: 16:31.64	46.94	1500m: 22:42.16	44.16
	350m: 5:03.06	45.21	750m: 11:08.40	46.32	1150m: 17:18.66	47.02		
	400m: 5:48.84	45.78	800m: 11:54.89	46.49	1200m: 18:04.97	46.31		
4.	Jaap Vis	TriVia	NED	195600515	23:22.88	+0.97		
	50m: 43.45	43.45	450m: 7:01.32	47.63	850m: 13:21.40	46.61	1250m: 19:35.79	46.67
	100m: 1:29.72	46.27	500m: 7:49.54	48.22	900m: 14:08.06	46.66	1300m: 20:21.74	45.95
	150m: 2:17.21	47.49	550m: 8:38.00	48.46	950m: 14:55.51	47.45	1350m: 21:07.85	46.11
	200m: 3:05.35	48.14	600m: 9:25.40	47.40	1000m: 15:42.36	46.85	1400m: 21:53.86	46.01
	250m: 3:52.86	47.51	650m: 10:12.78	47.38	1050m: 16:29.06	46.70	1450m: 22:39.85	45.99
	300m: 4:39.58	46.72	700m: 11:00.02	47.24	1100m: 17:15.99	46.93	1500m: 23:22.88	43.03
	350m: 5:26.66	47.08	750m: 11:47.74	47.72	1150m: 18:02.51	46.52		
	400m: 6:13.69	47.03	800m: 12:34.79	47.05	1200m: 18:49.12	46.61		
5.	Laurens Klein Breteler	WWV Winterswijk	NED	195400109	23:24.41	+0.84		
	50m: 40.33	40.33	450m: 6:51.28	47.85	850m: 13:08.26	47.17	1250m: 19:27.80	47.58
	100m: 1:25.01	44.68	500m: 7:38.36	47.08	900m: 13:55.71	47.45	1300m: 20:15.49	47.69
	150m: 2:10.82	45.81	550m: 8:25.89	47.53	950m: 14:42.89	47.18	1350m: 21:03.34	47.85
	200m: 2:56.93	46.11	600m: 9:12.51	46.62	1000m: 15:30.70	47.81	1400m: 21:51.53	48.19
	250m: 3:43.46	46.53	650m: 9:59.73	47.22	1050m: 16:18.27	47.57	1450m: 22:38.50	46.97
	300m: 4:30.41	46.95	700m: 10:47.11	47.38	1100m: 17:05.43	47.16	1500m: 23:24.41	45.91
	350m: 5:17.01	46.60	750m: 11:34.49	47.38	1150m: 17:53.18	47.75		
	400m: 6:03.43	46.42	800m: 12:21.09	46.60	1200m: 18:40.22	47.04		
6.	Wolfgang Rossa	TPSK 1925 e.V.	GER	396833	24:02.80	+1.33		
	50m: 42.87	42.87	450m: 7:03.64	48.16	850m: 13:30.76	48.06	1250m: 20:01.61	49.67
	100m: 1:29.15	46.28	500m: 7:52.44	48.80	900m: 14:19.62	48.86	1300m: 20:50.88	49.27
	150m: 2:16.57	47.42	550m: 8:41.24	48.80	950m: 15:08.14	48.52	1350m: 21:39.86	48.98
	200m: 3:04.23	47.66	600m: 9:29.40	48.16	1000m: 15:57.02	48.88	1400m: 22:27.90	48.04
	250m: 3:51.99	47.76	650m: 10:17.26	47.86	1050m: 16:45.45	48.43	1450m: 23:16.98	49.08
	300m: 4:40.10	48.11	700m: 11:06.31	49.05	1100m: 17:33.59	48.14	1500m: 24:02.80	45.82
	350m: 5:27.43	47.33	750m: 11:54.52	48.21	1150m: 18:22.43	48.84		
	400m: 6:15.48	48.05	800m: 12:42.70	48.18	1200m: 19:11.94	49.51		
7.	André Pantekoek	PSV	NED	195800321	27:57.36			
	50m: 46.39	46.39	450m: 8:16.61	57.33	850m: 15:46.05	56.00	1250m: 23:21.85	56.17
	100m: 1:40.43	54.04	500m: 9:14.57	57.96	900m: 16:43.15	57.10	1300m: 24:16.45	54.60
	150m: 2:36.33	55.90	550m: 10:11.17	56.60	950m: 17:38.73	55.58	1350m: 25:12.06	55.61
	200m: 3:33.26	56.93	600m: 11:07.15	55.98	1000m: 18:35.83	57.10	1400m: 26:05.72	53.66
	250m: 4:29.77	56.51	650m: 12:02.73	55.58	1050m: 19:31.46	55.63	1450m: 27:02.55	56.83
	300m: 5:26.15	56.38	700m: 12:58.61	55.88	1100m: 20:29.48	58.02	1500m: 27:57.36	54.81
	350m: 6:22.75	56.60	750m: 13:54.47	55.86	1150m: 21:27.62	58.14		
	400m: 7:19.28	56.53	800m: 14:50.05	55.58	1200m: 22:25.68	58.06		

Masters 70+

1.	Jean-Marie Cadiat	Cercle De Natation Sportcity WolBEL	CNSW/000243/53	21:32.04				
	<i>Kampioenschapsrecord, Belgisch Masters Record</i>							
	50m: 38.89	38.89	450m: 6:20.80	43.18	850m: 12:06.18	43.15	1250m: 17:56.30	43.82
	100m: 1:22.23	43.34	500m: 7:03.77	42.97	900m: 12:50.07	43.89	1300m: 18:40.25	43.95
	150m: 2:04.37	42.14	550m: 7:47.12	43.35	950m: 13:33.79	43.72	1350m: 19:23.92	43.67
	200m: 2:47.12	42.75	600m: 8:30.24	43.12	1000m: 14:17.85	44.06	1400m: 20:07.84	43.92
	250m: 3:29.81	42.69	650m: 9:13.58	43.34	1050m: 15:01.37	43.52	1450m: 20:51.19	43.35
	300m: 4:12.21	42.40	700m: 9:56.48	42.90	1100m: 15:44.95	43.58	1500m: 21:32.04	40.85
	350m: 4:54.62	42.41	750m: 10:39.76	43.28	1150m: 16:29.08	44.13		
	400m: 5:37.62	43.00	800m: 11:23.03	43.27	1200m: 17:12.48	43.40		
2.	Ruud Ruiter	WWV Winterswijk	NED	195300169	23:14.19			
	50m: 40.79	40.79	450m: 6:48.64	46.66	850m: 13:05.26	47.14	1250m: 19:24.03	47.61
	100m: 1:26.14	45.35	500m: 7:35.56	46.92	900m: 13:52.50	47.24	1300m: 20:11.48	47.45
	150m: 2:11.93	45.79	550m: 8:22.49	46.93	950m: 14:39.88	47.38	1350m: 20:58.49	47.01
	200m: 2:57.62	45.69	600m: 9:09.53	47.04	1000m: 15:27.47	47.59	1400m: 21:45.03	46.54
	250m: 3:43.88	46.26	650m: 9:56.28	46.75	1050m: 16:14.94	47.47	1450m: 22:30.79	45.76
	300m: 4:29.80	45.92	700m: 10:43.37	47.09	1100m: 17:02.02	47.08	1500m: 23:14.19	43.40
	350m: 5:15.92	46.12	750m: 11:30.63	47.26	1150m: 17:49.28	47.26		
	400m: 6:01.98	46.06	800m: 12:18.12	47.49	1200m: 18:36.42	47.14		



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



Programmanr. 2, Heren, 1500m vrije slag, Masters 70+

rang	naam	vereniging						tijd	RT	PARA
3.	Frans Heus	UZSC		NED 195100067				26:59.21		
	50m: 50.39	50.39	450m: 7:56.07	54.20	850m: 15:06.22	54.64	1250m: 22:29.21	53.62		
	100m: 1:41.69	51.30	500m: 8:51.53	55.46	900m: 16:01.45	55.23	1300m: 23:22.96	53.75		
	150m: 2:35.28	53.59	550m: 9:43.19	51.66	950m: 16:54.30	52.85	1350m: 24:18.06	55.10		
	200m: 3:28.13	52.85	600m: 10:36.78	53.59	1000m: 17:48.78	54.48	1400m: 25:12.98	54.92		
	250m: 4:21.93	53.80	650m: 11:30.68	53.90	1050m: 18:44.52	55.74	1450m: 26:08.51	55.53		
	300m: 5:14.77	52.84	700m: 12:23.94	53.26	1100m: 19:41.74	57.22	1500m: 26:59.21	50.70		
	350m: 6:08.52	53.75	750m: 13:17.33	53.39	1150m: 20:39.04	57.30				
	400m: 7:01.87	53.35	800m: 14:11.58	54.25	1200m: 21:35.59	56.55				
4.	Jos Kamps *200	Zwemvereniging Hoogland		NED 195100085				27:08.05	+1.18	
	50m: 42.75	42.75	450m: 7:43.73	53.33	850m: 15:06.61	54.53	1250m: 22:34.25	55.28		
	100m: 1:31.87	49.12	500m: 8:38.59	54.86	900m: 16:02.03	55.42	1300m: 23:29.18	54.93		
	150m: 2:23.94	52.07	550m: 9:33.29	54.70	950m: 16:57.91	55.88	1350m: 24:25.26	56.08		
	200m: 3:16.27	52.33	600m: 10:28.97	55.68	1000m: 17:54.68	56.77	1400m: 25:21.71	56.45		
	250m: 4:09.73	53.46	650m: 11:25.18	56.21	1050m: 18:51.70	57.02	1450m: 26:17.04	55.33		
	300m: 5:03.50	53.77	700m: 12:21.76	56.58	1100m: 19:47.86	56.16	1500m: 27:08.05	51.01		
	350m: 5:57.04	53.54	750m: 13:17.63	55.87	1150m: 20:43.56	55.70				
	400m: 6:50.40	53.36	800m: 14:12.08	54.45	1200m: 21:38.97	55.41				

Masters 80+

1.	Geza Kaltenecker *50, 100, 800m	AZC		NED 194200065				29:43.54	+0.94	
	50m: 49.49	49.49	450m: 8:50.19	1:00.29	850m: 16:52.92	1:00.12	1250m: 24:53.29	59.54		
	100m: 1:47.04	57.55	500m: 9:50.59	1:00.40	900m: 17:53.31	1:00.39	1300m: 25:52.92	59.63		
	150m: 2:46.80	59.76	550m: 10:51.35	1:00.76	950m: 18:53.89	1:00.58	1350m: 26:52.27	59.35		
	200m: 3:46.43	59.63	600m: 11:51.34	59.99	1000m: 19:54.21	1:00.32	1400m: 27:51.80	59.53		
	250m: 4:47.04	1:00.61	650m: 12:51.54	1:00.20	1050m: 20:54.20	59.99	1450m: 28:50.22	58.42		
	300m: 5:47.39	1:00.35	700m: 13:51.69	1:00.15	1100m: 21:54.22	1:00.02	1500m: 29:43.54	53.32		
	350m: 6:48.62	1:01.23	750m: 14:52.46	1:00.77	1150m: 22:54.16	59.94				
	400m: 7:49.90	1:01.28	800m: 15:52.80	1:00.34	1200m: 23:53.75	59.59				
2.	Rob Hanou	PSV		NED 194300109				30:01.73	+1.05	
	50m: 54.29	54.29	450m: 8:56.56	1:01.03	850m: 16:59.84	1:00.87	1250m: 25:02.52	1:00.12		
	100m: 1:52.36	58.07	500m: 9:57.53	1:00.97	900m: 17:58.92	59.08	1300m: 26:03.66	1:01.14		
	150m: 2:54.00	1:01.64	550m: 10:57.50	59.97	950m: 18:59.77	1:00.85	1350m: 27:03.90	1:00.24		
	200m: 3:53.39	59.39	600m: 11:58.59	1:01.09	1000m: 20:00.20	1:00.43	1400m: 28:03.05	59.15		
	250m: 4:55.41	1:02.02	650m: 12:58.17	59.58	1050m: 20:59.83	59.63	1450m: 29:04.03	1:00.98		
	300m: 5:55.97	1:00.56	700m: 13:58.46	1:00.29	1100m: 22:00.12	1:00.29	1500m: 30:01.73	57.70		
	350m: 6:55.92	59.95	750m: 14:56.57	58.11	1150m: 23:01.67	1:01.55				
	400m: 7:55.53	59.61	800m: 15:58.97	1:02.40	1200m: 24:02.40	1:00.73				

Masters 85+

1.	Nic Geers	PSV		NED 193800007				34:50.52	+1.00	
	50m: 57.17	57.17	450m: 10:18.92	1:11.63	850m: 19:38.36	1:10.22	1250m: 29:07.79	1:11.60		
	100m: 2:02.70	1:05.53	500m: 11:29.43	1:10.51	900m: 20:47.96	1:09.60	1300m: 30:17.60	1:09.81		
	150m: 3:11.92	1:09.22	550m: 12:40.36	1:10.93	950m: 21:59.71	1:11.75	1350m: 31:27.37	1:09.77		
	200m: 4:22.09	1:10.17	600m: 13:49.17	1:08.81	1000m: 23:10.61	1:10.90	1400m: 32:40.72	1:13.35		
	250m: 5:33.16	1:11.07	650m: 14:59.39	1:10.22	1050m: 24:20.16	1:09.55	1450m: 33:47.50	1:06.78		
	300m: 6:45.36	1:12.20	700m: 16:09.44	1:10.05	1100m: 25:32.03	1:11.87	1500m: 34:50.52	1:03.02		
	350m: 7:56.42	1:11.06	750m: 17:18.97	1:09.53	1150m: 26:42.79	1:10.76				
	400m: 9:07.29	1:10.87	800m: 18:28.14	1:09.17	1200m: 27:56.19	1:13.40				
DIS	Frederik Hendrik de Bruijn VRA - Het keer- en/of eindpunt niet aangeraakt met enig lichaamsdeel.	CN Aquamasters		ESP					+1.31	