



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



Programmanr. 4
17-02-2023 - 9:00

Heren, 400m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	tijd	RT	PARA			
Masters 20+								
1.	Jacob Mackloet	De Schotejil	4:20.00	+0.61				
	50m: 28.97	28.97	150m: 1:34.86	33.43	250m: 2:42.48	33.76	350m: 3:48.00	31.97
	100m: 1:01.43	32.46	200m: 2:08.72	33.86	300m: 3:16.03	33.55	400m: 4:20.00	32.00
2.	Guus Hoogduin	ZVL-1886 Center	4:20.80	+0.69				
	50m: 29.23	29.23	150m: 1:34.57	33.15	250m: 2:42.36	34.04	350m: 3:49.66	33.26
	100m: 1:01.42	32.19	200m: 2:08.32	33.75	300m: 3:16.40	34.04	400m: 4:20.80	31.14
3.	Jasper Breugem	WVZ	4:23.07	+0.58				
	50m: 28.62	28.62	150m: 1:34.31	33.18	250m: 2:41.25	33.06	350m: 3:49.76	34.41
	100m: 1:01.13	32.51	200m: 2:08.19	33.88	300m: 3:15.35	34.10	400m: 4:23.07	33.31
4.	Kevin Roest	De Duinkickers	4:31.66	+0.76				
	50m: 30.81	30.81	150m: 1:38.25	34.06	250m: 2:47.39	34.50	350m: 3:57.31	35.18
	100m: 1:04.19	33.38	200m: 2:12.89	34.64	300m: 3:22.13	34.74	400m: 4:31.66	34.35
5.	Robin van Peenen	ZVL-1886 Center	4:55.64	+0.84				
	50m: 30.60	30.60	150m: 1:43.09	37.22	250m: 2:59.55	38.27	350m: 4:17.99	38.91
	100m: 1:05.87	35.27	200m: 2:21.28	38.19	300m: 3:39.08	39.53	400m: 4:55.64	37.65
Masters 25+								
1.	Jeffrey Camphens	DWT	4:20.73	+0.69				
	50m: 29.65	29.65	150m: 1:35.49	33.53	250m: 2:42.62	33.43	350m: 3:48.86	32.93
	100m: 1:01.96	32.31	200m: 2:09.19	33.70	300m: 3:15.93	33.31	400m: 4:20.73	31.87
2.	Jelle Blankestijn	ZPC AMERSFOORT	4:23.19	+0.77				
	50m: 28.83	28.83	150m: 1:34.59	33.45	250m: 2:42.31	33.95	350m: 3:50.45	34.09
	100m: 1:01.14	32.31	200m: 2:08.36	33.77	300m: 3:16.36	34.05	400m: 4:23.19	32.74
3.	Mike Schel	ESCA Zwemmen	4:23.81	+0.82				
	50m: 29.65	29.65	150m: 1:36.25	33.59	250m: 2:44.33	34.07	350m: 3:51.47	33.30
	100m: 1:02.66	33.01	200m: 2:10.26	34.01	300m: 3:18.17	33.84	400m: 4:23.81	32.34
4.	Martijn Kornet	Zwemlust-den Hommel	4:29.40	+0.74				
	50m: 29.65	29.65	150m: 1:36.68	33.63	250m: 2:44.99	34.09	350m: 3:55.41	35.53
	100m: 1:03.05	33.40	200m: 2:10.90	34.22	300m: 3:19.88	34.89	400m: 4:29.40	33.99
5.	Bas Dries	Zwemvereniging Hoogland	4:30.68	+0.59				
	50m: 30.71	30.71	150m: 1:38.72	34.44	250m: 2:48.29	35.08	350m: 3:56.87	34.02
	100m: 1:04.28	33.57	200m: 2:13.21	34.49	300m: 3:22.85	34.56	400m: 4:30.68	33.81
6.	Jordy van Oel	WVZ	4:30.81	+0.76				
	50m: 28.73	28.73	150m: 1:34.06	33.33	250m: 2:43.46	34.98	350m: 3:55.01	36.03
	100m: 1:00.73	32.00	200m: 2:08.48	34.42	300m: 3:18.98	35.52	400m: 4:30.81	35.80
7.	Jeffrey Roest	De Duinkickers	4:39.80	+0.73				
	50m: 32.07	32.07	150m: 1:41.79	35.01	250m: 2:53.71	36.32	350m: 4:05.08	35.59
	100m: 1:06.78	34.71	200m: 2:17.39	35.60	300m: 3:29.49	35.78	400m: 4:39.80	34.72
8.	Wesley van der Luit	Sassenheim	4:45.42	+0.73				
	50m: 32.26	32.26	150m: 1:42.81	36.10	250m: 2:55.31	35.95	350m: 4:09.03	37.30
	100m: 1:06.71	34.45	200m: 2:19.36	36.55	300m: 3:31.73	36.42	400m: 4:45.42	36.39
9.	Lars Jacobsen	DWK	4:53.55	+0.87	635			
	50m: 31.51	31.51	150m: 1:43.89	36.83	250m: 2:58.89	37.94	350m: 4:15.33	38.17
	100m: 1:07.06	35.55	200m: 2:20.95	37.06	300m: 3:37.16	38.27	400m: 4:53.55	38.22
10.	Erik Baalbergen	ZVL-1886 Center	4:57.39					
	50m: 31.28	31.28	150m: 1:43.30	36.95	250m: 3:00.11	38.43	350m: 4:18.43	39.42
	100m: 1:06.35	35.07	200m: 2:21.68	38.38	300m: 3:39.01	38.90	400m: 4:57.39	38.96
11.	Martijn Lageweg	Steenwijk 1934	5:07.83	+0.81				
	50m: 31.66	31.66	150m: 1:45.92	38.22	250m: 3:06.63	41.00	350m: 4:28.90	41.13
	100m: 1:07.70	36.04	200m: 2:25.63	39.71	300m: 3:47.77	41.14	400m: 5:07.83	38.93



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Kampioenschappen 2023 korte baan
Heerenveen, 16-19 februari 2023



Programmanr. 4, Heren, 400m vrije slag

Masters 30+

1.	Tim Bunnik		Triton		NED	199000505		4:34.46	+0.80	
	50m: 29.86	29.86	150m: 1:37.70	34.38	250m: 2:48.42	35.46	350m: 3:59.76	35.61		
	100m: 1:03.32	33.46	200m: 2:12.96	35.26	300m: 3:24.15	35.73	400m: 4:34.46	34.70		
2.	Olaf Achterberg		VZC		NED	199000011		4:42.60	+0.87	
	50m: 30.96	30.96	150m: 1:41.18	35.60	250m: 2:54.62	36.95	350m: 4:08.15	36.34		
	100m: 1:05.58	34.62	200m: 2:17.67	36.49	300m: 3:31.81	37.19	400m: 4:42.60	34.45		
3.	Sybren Groenewegen		De Schotejil		NED	199306223		4:47.11	+0.88	
	50m: 32.81	32.81	150m: 1:45.64	36.94	250m: 3:00.34	36.98	350m: 4:14.47	37.47		
	100m: 1:08.70	35.89	200m: 2:23.36	37.72	300m: 3:37.00	36.66	400m: 4:47.11	32.64		
4.	Wessel Everloo		WS Twente		NED	198906597	S14	4:47.41	+0.81	676
	50m: 32.35	32.35	150m: 1:45.43	37.27	250m: 2:59.12	36.58	350m: 4:13.87	37.58		
	100m: 1:08.16	35.81	200m: 2:22.54	37.11	300m: 3:36.29	37.17	400m: 4:47.41	33.54		
5.	Patrick Brouwer		AZC		NED	199303715		4:51.15	+0.80	
	50m: 30.62	30.62	150m: 1:43.00	37.05	250m: 2:59.28	38.49	350m: 4:14.87	37.18		
	100m: 1:05.95	35.33	200m: 2:20.79	37.79	300m: 3:37.69	38.41	400m: 4:51.15	36.28		
6.	Marc Hoogendam		Blue Marlins		NED	199007713		4:57.82	+0.66	
	50m: 29.63	29.63	150m: 1:41.32	36.91	250m: 2:58.85	39.07	350m: 4:19.05	40.41		
	100m: 1:04.41	34.78	200m: 2:19.78	38.46	300m: 3:38.64	39.79	400m: 4:57.82	38.77		
7.	Jordy van der Drift		ZVL-1886 Center		NED	199307345		5:08.64	+0.77	
	50m: 32.10	32.10	150m: 1:45.82	38.02	250m: 3:06.49	41.01	350m: 4:28.94	40.98		
	100m: 1:07.80	35.70	200m: 2:25.48	39.66	300m: 3:47.96	41.47	400m: 5:08.64	39.70		
8.	Ruben de Boer		De Duinkickers		NED	199301419		5:20.97		
	50m: 36.27	36.27	150m: 1:57.14	40.66	250m: 3:18.41	40.74	350m: 4:40.59	41.19		
	100m: 1:16.48	40.21	200m: 2:37.67	40.53	300m: 3:59.40	40.99	400m: 5:20.97	40.38		

Masters 35+

1.	Romain Delepine		Lille UC Natation		FRA	266204		4:30.63	+0.79
	50m: 29.91	29.91	150m: 1:37.22	34.35	250m: 2:47.14	35.18	350m: 3:57.56	35.06	
	100m: 1:02.87	32.96	200m: 2:11.96	34.74	300m: 3:22.50	35.36	400m: 4:30.63	33.07	
2.	Klaas van Beek		ZV Haerlem		NED	198805941		4:36.06	+0.63
	50m: 30.50	30.50	150m: 1:38.47	34.54	250m: 2:48.93	35.44	350m: 4:00.47	36.12	
	100m: 1:03.93	33.43	200m: 2:13.49	35.02	300m: 3:24.35	35.42	400m: 4:36.06	35.59	
3.	Niels Albrechts		De Schotejil		NED	198800039		4:41.03	+0.80
	50m: 31.83	31.83	150m: 1:42.53	35.94	250m: 2:54.31	35.64	350m: 4:07.29	36.61	
	100m: 1:06.59	34.76	200m: 2:18.67	36.14	300m: 3:30.68	36.37	400m: 4:41.03	33.74	
4.	Sander van Elburg		TRB-RES		NED	198800937		4:54.16	+0.71
	50m: 32.26	32.26	150m: 1:43.33	35.88	250m: 2:57.53	37.69	350m: 4:15.66	39.39	
	100m: 1:07.45	35.19	200m: 2:19.84	36.51	300m: 3:36.27	38.74	400m: 4:54.16	38.50	

Masters 40+

1.	Maxime Descatoire		Lille UC Natation		FRA	73751		4:24.36	+0.62
	50m: 29.81	29.81	150m: 1:34.88	32.87	250m: 2:41.82	33.71	350m: 3:50.40	34.56	
	100m: 1:02.01	32.20	200m: 2:08.11	33.23	300m: 3:15.84	34.02	400m: 4:24.36	33.96	
2.	Gergely Molnár		Iron Swim		HUN			4:28.73	+0.87
	50m: 30.14	30.14	150m: 1:38.19	34.49	250m: 2:47.22	34.34	350m: 3:55.69	34.11	
	100m: 1:03.70	33.56	200m: 2:12.88	34.69	300m: 3:21.58	34.36	400m: 4:28.73	33.04	
3.	Kristiaan Lenos		ZVL-1886 Center		NED	198301331		4:29.01	+0.75
	50m: 29.03	29.03	150m: 1:35.18	33.52	250m: 2:44.62	34.86	350m: 3:55.32	35.46	
	100m: 1:01.66	32.63	200m: 2:09.76	34.58	300m: 3:19.86	35.24	400m: 4:29.01	33.69	
4.	Pieter Pickhardt		ZPC De Hof		NED	198301657		4:31.19	+0.82
	50m: 30.50	30.50	150m: 1:37.76	34.06	250m: 2:46.80	34.60	350m: 3:56.69	35.13	
	100m: 1:03.70	33.20	200m: 2:12.20	34.44	300m: 3:21.56	34.76	400m: 4:31.19	34.50	
5.	Mark Hensen		NieMo Barracuda		NED	197900497		4:38.74	+0.79
	50m: 30.70	30.70	150m: 1:40.53	35.23	250m: 2:51.21	35.48	350m: 4:03.14	36.20	
	100m: 1:05.30	34.60	200m: 2:15.73	35.20	300m: 3:26.94	35.73	400m: 4:38.74	35.60	
6.	Frank v.d. Voordt		De Schotejil		NED	198302259		4:41.00	+0.81
	50m: 32.17	32.17	150m: 1:42.85	36.01	250m: 2:54.37	35.38	350m: 4:05.57	35.73	
	100m: 1:06.84	34.67	200m: 2:18.99	36.14	300m: 3:29.84	35.47	400m: 4:41.00	35.43	
7.	Arjan Prins		Dedemsvaart-AC		NED	198201383		4:46.99	+0.89
	50m: 30.88	30.88	150m: 1:42.64	36.42	250m: 2:56.68	36.85	350m: 4:09.93	36.77	
	100m: 1:06.22	35.34	200m: 2:19.83	37.19	300m: 3:33.16	36.48	400m: 4:46.99	37.06	



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Programmanr. 4, Heren, 400m vrije slag, Masters 40+

rang	naam		vereniging					tijd	RT	PARA		
8.	Marcel Reefhuis		WS Twente		NED	198101381		4:48.11	+0.70			
	50m:	32.21	32.21	150m:	1:44.57	36.57	250m:	2:58.45	36.95	350m:	4:12.32	36.85
	100m:	1:08.00	35.79	200m:	2:21.50	36.93	300m:	3:35.47	37.02	400m:	4:48.11	35.79
9.	Ivan van Omme		De Geul		NED	198201263		5:05.01	+0.71			
	50m:	31.40	31.40	150m:	1:45.36	37.71	250m:	3:05.04	40.27	350m:	4:26.21	40.71
	100m:	1:07.65	36.25	200m:	2:24.77	39.41	300m:	3:45.50	40.46	400m:	5:05.01	38.80
10.	Rubert Boer		Aqualero		NED	197902011		5:26.21	+1.08			
	50m:	33.52	33.52	150m:	1:52.36	40.69	250m:	3:17.74	43.19	350m:	4:44.33	42.54
	100m:	1:11.67	38.15	200m:	2:34.55	42.19	300m:	4:01.79	44.05	400m:	5:26.21	41.88
11.	Peter Lommert		SWOL 1894		NED	197900787		5:29.06	+0.97			
	50m:	35.68	35.68	150m:	1:58.63	41.90	250m:	3:24.77	43.12	350m:	4:49.81	42.03
	100m:	1:16.73	41.05	200m:	2:41.65	43.02	300m:	4:07.78	43.01	400m:	5:29.06	39.25
12.	Wilco Steenwijk		Octopus-ZVV (SG)		NED	198002465		5:31.35				
	50m:	34.10	34.10	150m:	1:54.56	41.40	250m:	3:19.61	42.84	350m:	4:48.22	44.74
	100m:	1:13.16	39.06	200m:	2:36.77	42.21	300m:	4:03.48	43.87	400m:	5:31.35	43.13

Masters 45+

1.	Ivo Roozeboom		WVZ		NED	197700801		4:29.54	+0.78			
	50m:	29.50	29.50	150m:	1:38.63	34.80	250m:	2:48.69	35.00	350m:	3:57.64	34.27
	100m:	1:03.83	34.33	200m:	2:13.69	35.06	300m:	3:23.37	34.68	400m:	4:29.54	31.90
2.	Markus van Rest		WVZ		NED	197701197		5:07.91	+0.83			
	50m:	33.67	33.67	150m:	1:51.06	39.53	250m:	3:10.87	39.92	350m:	4:30.56	39.34
	100m:	1:11.53	37.86	200m:	2:30.95	39.89	300m:	3:51.22	40.35	400m:	5:07.91	37.35
3.	Eric Hoekman		WS Twente		NED	197401531		5:11.63	+0.94			
	50m:	31.88	31.88	150m:	1:46.69	39.01	250m:	3:07.92	41.03	350m:	4:30.82	41.34
	100m:	1:07.68	35.80	200m:	2:26.89	40.20	300m:	3:49.48	41.56	400m:	5:11.63	40.81
4.	Tom Bandsma		PSV		NED	197701625		5:40.89	+0.94			
	50m:	35.37	35.37	150m:	1:56.45	41.43	250m:	3:25.18	44.70	350m:	4:56.18	45.94
	100m:	1:15.02	39.65	200m:	2:40.48	44.03	300m:	4:10.24	45.06	400m:	5:40.89	44.71
5.	Marcel van Walt van Praag *200m		Gay Swim Amsterdam		NED	197501425		5:49.01	+0.72			
	50m:	37.15	37.15	150m:	2:05.41	44.89	250m:	3:36.34	45.77	350m:	5:06.98	44.84
	100m:	1:20.52	43.37	200m:	2:50.57	45.16	300m:	4:22.14	45.80	400m:	5:49.01	42.03

Masters 50+

1.	Vedestas Seferlis		Kauno Takas		LTU			4:36.63	+0.67			
	50m:	30.19	30.19	150m:	1:38.20	34.43	250m:	2:49.15	35.79	350m:	4:01.88	36.49
	100m:	1:03.77	33.58	200m:	2:13.36	35.16	300m:	3:25.39	36.24	400m:	4:36.63	34.75
2.	Casper van den Burgh		Sassenheim		NED	197201413		5:01.11	+0.98			
	50m:	32.32	32.32	150m:	1:47.04	37.97	250m:	3:04.65	39.04	350m:	4:23.24	39.23
	100m:	1:09.07	36.75	200m:	2:25.61	38.57	300m:	3:44.01	39.36	400m:	5:01.11	37.87
3.	Bruno Nahon		Cercle De Natation Sportcity WolFRA		CNSW/000390/70			5:02.62				
	50m:	34.35	34.35	150m:	1:49.14	37.74	250m:	3:06.75	39.13	350m:	4:24.65	39.02
	100m:	1:11.40	37.05	200m:	2:27.62	38.48	300m:	3:45.63	38.88	400m:	5:02.62	37.97
4.	Ingmar de Gelder		ZOB'66		NED	197000333		5:03.22	+0.90			
	50m:	32.15	32.15	150m:	1:45.12	37.45	250m:	3:03.24	39.64	350m:	4:23.69	40.39
	100m:	1:07.67	35.52	200m:	2:23.60	38.48	300m:	3:43.30	40.06	400m:	5:03.22	39.53
5.	Chris Kouwenhoven		De Grunte		NED	197101669		5:24.76	+0.94			
	50m:	34.46	34.46	150m:	1:55.81	41.77	250m:	3:19.77	42.13	350m:	4:44.02	42.22
	100m:	1:14.04	39.58	200m:	2:37.64	41.83	300m:	4:01.80	42.03	400m:	5:24.76	40.74
6.	Wouter van der Stelt		De Biesboschzwemmers		NED	197200889		5:28.72				
	50m:	36.11	36.11	150m:	1:56.46	41.00	250m:	3:20.83	42.52	350m:	4:46.27	42.63
	100m:	1:15.46	39.35	200m:	2:38.31	41.85	300m:	4:03.64	42.81	400m:	5:28.72	42.45
7.	Eric Dumas		Patrick-De Roersoppers (SG)		NED	196901397		5:37.78	+0.92			
	50m:	36.62	36.62	150m:	2:02.55	43.24	250m:	3:29.67	43.53	350m:	4:56.42	43.14
	100m:	1:19.31	42.69	200m:	2:46.14	43.59	300m:	4:13.28	43.61	400m:	5:37.78	41.36
8.	Ramon Alsina Munoz		Cercle De Natation Sportcity WolESP		CNSW/002552/69			5:46.85	+0.96			
	50m:	38.89	38.89	150m:	2:05.31	43.32	250m:	3:32.43	43.58	350m:	5:02.05	44.99
	100m:	1:21.99	43.10	200m:	2:48.85	43.54	300m:	4:17.06	44.63	400m:	5:46.85	44.80

Programmanr. 4, Heren, 400m vrije slag

Masters 55+

1.	Erlend Alstad	Ol Svømming	NOR	M210367ERL02	4:43.87	+0.68				
	50m: 31.94	31.94	150m: 1:42.92	36.13	250m: 2:55.27	36.13	350m: 4:08.05	36.50		
	100m: 1:06.79	34.85	200m: 2:19.14	36.22	300m: 3:31.55	36.28	400m: 4:43.87	35.82		
2.	Jo-an Mudde	Arethusa	NED	196701457	4:52.89					
	50m: 33.03	33.03	150m: 1:46.61	37.03	250m: 3:01.12	37.25	350m: 4:15.52	37.25		
	100m: 1:09.58	36.55	200m: 2:23.87	37.26	300m: 3:38.27	37.15	400m: 4:52.89	37.37		
3.	Jan-Willem van den Berg	WVZ	NED	196801575	4:58.06	+0.71				
	50m: 32.02	32.02	150m: 1:46.62	37.74	250m: 3:03.31	38.37	350m: 4:20.33	38.22		
	100m: 1:08.88	36.86	200m: 2:24.94	38.32	300m: 3:42.11	38.80	400m: 4:58.06	37.73		
4.	Jon Christensen	Luxembourg Sharks Swimming CLUX		10008	5:05.11	+0.76				
	<i>Luxembourg Masters Record</i>									
	50m: 35.28	35.28	150m: 1:52.41	38.88	250m: 3:10.09	38.74	350m: 4:27.52	38.39		
	100m: 1:13.53	38.25	200m: 2:31.35	38.94	300m: 3:49.13	39.04	400m: 5:05.11	37.59		
5.	Henri Michels	De Amstel	NED	196501587	5:11.59	*				
	50m: 34.21	34.21	150m: 1:48.82	37.71	250m: 3:08.05	40.16	350m: 4:30.47	41.26		
	100m: 1:11.11	36.90	200m: 2:27.89	39.07	300m: 3:49.21	41.16	400m: 5:11.59	41.12		
6.	Arno Schrauwen	Patrick-De Roersoppers (SG)	NED	196501355	5:13.32					
	50m: 33.82	33.82	150m: 1:53.48	40.58	250m: 3:14.17	40.38	350m: 4:34.36	39.77		
	100m: 1:12.90	39.08	200m: 2:33.79	40.31	300m: 3:54.59	40.42	400m: 5:13.32	38.96		
7.	Nico Paasse	De Schotejil	NED	196501463	5:15.96	+1.06				
	50m: 34.40	34.40	150m: 1:54.26	40.49	250m: 3:15.18	40.78	350m: 4:36.91	41.01		
	100m: 1:13.77	39.37	200m: 2:34.40	40.14	300m: 3:55.90	40.72	400m: 5:15.96	39.05		
8.	Pascal Tourton	ZOB'66	NED	196601343	5:37.73					
	50m: 35.06	35.06	150m: 1:57.61	42.19	250m: 3:24.32	43.59	350m: 4:53.54	44.75		
	100m: 1:15.42	40.36	200m: 2:40.73	43.12	300m: 4:08.79	44.47	400m: 5:37.73	44.19		
9.	Leon Slingerland	WVZ	NED	196801707	5:40.43	*				
	50m: 37.51	37.51	150m: 2:04.95	44.54	250m: 3:33.32	44.25	350m: 5:00.03	43.11		
	100m: 1:20.41	42.90	200m: 2:49.07	44.12	300m: 4:16.92	43.60	400m: 5:40.43	40.40		

Masters 60+

1.	Johan Remmits	ZPC AMERSFOORT	NED	196201159	4:44.60	+0.86				
	50m: 31.66	31.66	150m: 1:42.34	35.65	250m: 2:55.65	36.60	350m: 4:09.14	36.72		
	100m: 1:06.69	35.03	200m: 2:19.05	36.71	300m: 3:32.42	36.77	400m: 4:44.60	35.46		
2.	Jan Brink	ZPC De Zeeuwse Kust	NED	196200091	4:55.77					
	50m: 32.31	32.31	150m: 1:47.84	38.36	250m: 3:04.06	37.89	350m: 4:20.26	37.95		
	100m: 1:09.48	37.17	200m: 2:26.17	38.33	300m: 3:42.31	38.25	400m: 4:55.77	35.51		
3.	Gustav van den Berg	TriVia	NED	196100991	4:56.35	+0.93				
	50m: 33.98	33.98	150m: 1:48.88	37.97	250m: 3:05.05	38.08	350m: 4:20.83	38.07		
	100m: 1:10.91	36.93	200m: 2:26.97	38.09	300m: 3:42.76	37.71	400m: 4:56.35	35.52		
4.	Gert Sikkema	Zwemclub Urk 1978	NED	196300687	5:11.61	+0.96				
	<i>* 100, 400m</i>									
	50m: 35.86	35.86	150m: 1:54.99	39.92	250m: 3:15.10	39.93	350m: 4:33.65	37.91		
	100m: 1:15.07	39.21	200m: 2:35.17	40.18	300m: 3:55.74	40.64	400m: 5:11.61	37.96		
5.	Salvo Andronico	Luxembourg Sharks Swimming CLUX		113	5:20.88					
	<i>Luxembourg Masters Record</i>									
	50m: 36.41	36.41	150m: 1:58.60	41.07	250m: 3:21.29	41.25	350m: 4:42.66	40.51		
	100m: 1:17.53	41.12	200m: 2:40.04	41.44	300m: 4:02.15	40.86	400m: 5:20.88	38.22		
6.	Casper Dollekamp	Steenwijk 1934	NED	196301341	5:49.07					
	50m: 36.92	36.92	150m: 2:01.94	43.06	250m: 3:33.16	45.96	350m: 5:05.26	46.09		
	100m: 1:18.88	41.96	200m: 2:47.20	45.26	300m: 4:19.17	46.01	400m: 5:49.07	43.81		

Masters 65+

1.	Marten de Groot	HZ&PC Heerenveen	NED	195800149	4:50.72	+0.72				
	<i>Nederlands Masters Record</i>									
	50m: 32.58	32.58	150m: 1:44.51	36.14	250m: 2:57.73	36.65	350m: 4:13.47	37.96		
	100m: 1:08.37	35.79	200m: 2:21.08	36.57	300m: 3:35.51	37.78	400m: 4:50.72	37.25		
2.	Henk Slomp	De Inktvis	NED	195500359	5:28.96					
	50m: 35.76	35.76	150m: 1:59.38	42.41	250m: 3:25.46	43.24	350m: 4:50.59	42.40		
	100m: 1:16.97	41.21	200m: 2:42.22	42.84	300m: 4:08.19	42.73	400m: 5:28.96	38.37		



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



Programmanr. 4, Heren, 400m vrije slag, Masters 65+

rang	naam	vereniging						tijd	RT	PARA
3.	Wolfgang Rossa	TPSK 1925 e.V.		GER	396833		6:15.73	+1.28		
	50m: 41.66	41.66	150m: 2:13.77	47.19	250m: 3:50.34	47.86	350m: 5:28.04	48.95		
	100m: 1:26.58	44.92	200m: 3:02.48	48.71	300m: 4:39.09	48.75	400m: 6:15.73	47.69		
4.	Lex Hoogendam	ZZ&PC De Devel		NED	195700541		6:23.94			
	50m: 40.77	40.77	150m: 2:15.34	48.19	250m: 3:52.92	49.18	350m: 5:33.81	50.47		
	100m: 1:27.15	46.38	200m: 3:03.74	48.40	300m: 4:43.34	50.42	400m: 6:23.94	50.13		
5.	André Pantekoek	PSV		NED	195800321		7:01.93	+1.06		
	50m: 43.60	43.60	150m: 2:31.31	55.70	250m: 4:24.43	57.79	350m: 6:13.54	54.35		
	100m: 1:35.61	52.01	200m: 3:26.64	55.33	300m: 5:19.19	54.76	400m: 7:01.93	48.39		

Masters 70+

1.	Jean-Marie Cadiat	Cercle De Natation Sportcity WolBEL		CNSW/000243/53			5:21.00	+0.94	
	<i>Kampioenschapsrecord, Belgisch Masters Record</i>								
	50m: 36.72	36.72	150m: 1:57.97	40.71	250m: 3:21.12	41.45	350m: 4:43.20	41.09	
	100m: 1:17.26	40.54	200m: 2:39.67	41.70	300m: 4:02.11	40.99	400m: 5:21.00	37.80	
2.	Piet Schop	De Bevelanders		NED	195000109		7:27.10	+0.80	
	50m: 48.23	48.23	150m: 2:39.69	56.67	250m: 4:36.04	58.54	350m: 6:33.65	58.48	
	100m: 1:43.02	54.79	200m: 3:37.50	57.81	300m: 5:35.17	59.13	400m: 7:27.10	53.45	

Masters 75+

1.	Willem Putter	ZVVS		NED	194500135		7:05.10		
	50m: 46.12	46.12	150m: 2:34.42	54.84	250m: 4:23.70	54.41	350m: 6:12.43	54.08	
	100m: 1:39.58	53.46	200m: 3:29.29	54.87	300m: 5:18.35	54.65	400m: 7:05.10	52.67	

Masters 80+

1.	Geza Kaltenecker	AZC		NED	194200065		7:38.70		
	50m: 49.69	49.69	150m: 2:45.38	59.78	250m: 4:43.72	58.77	350m: 6:43.72	59.79	
	100m: 1:45.60	55.91	200m: 3:44.95	59.57	300m: 5:43.93	1:00.21	400m: 7:38.70	54.98	
2.	Rob Hanou	PSV		NED	194300109		7:42.72 *		
	50m: 52.22	52.22	150m: 2:50.95	1:00.48	250m: 4:49.99	59.37	350m: 6:48.09	59.26	
	100m: 1:50.47	58.25	200m: 3:50.62	59.67	300m: 5:48.83	58.84	400m: 7:42.72	54.63	

Masters 85+

1.	Frederik Hendrik de Bruijn	CN Aquamasters		ESP			7:07.27	+1.31	
	<i>Kampioenschapsrecord</i>								
	50m: 48.99	48.99	150m: 2:36.79	54.45	250m: 4:26.55	54.63	350m: 6:14.94	54.02	
	100m: 1:42.34	53.35	200m: 3:31.92	55.13	300m: 5:20.92	54.37	400m: 7:07.27	52.33	
2.	Nic Geers	PSV		NED	193800007		8:33.53		
	50m: 56.36	56.36	150m: 3:08.43	1:07.60	250m: 5:21.71	1:05.50	350m: 7:35.70	1:04.90	
	100m: 2:00.83	1:04.47	200m: 4:16.21	1:07.78	300m: 6:30.80	1:09.09	400m: 8:33.53	57.83	