



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



Event 4  
17-02-2023 - 9:00

Men, 400m Freestyle

Masters Open  
Results

rang	naam	vereniging	tijd	RT	PARA			
<b>Masters 20+</b>								
1.	Jacob Mackloet	De Schotejil	<b>4:20.00</b>	+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	<b>4:20.80</b>	+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	<b>4:23.07</b>	+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	<b>4:31.66</b>	+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	<b>4:55.64</b>	+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
<b>Masters 25+</b>								
1.	Jeffrey Camphens	DWT	<b>4:20.73</b>	+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	<b>4:23.19</b>	+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	<b>4:23.81</b>	+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	<b>4:29.40</b>	+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	<b>4:30.68</b>	+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	<b>4:30.81</b>	+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	<b>4:39.80</b>	+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	<b>4:45.42</b>	+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	<b>4:53.55</b>	+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	<b>4:57.39</b>					
	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	<b>5:07.83</b>	+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

Event 4, Men, 400m Freestyle

Masters 30+

1.	Tim Bunnik		Triton	NED	199000505		<b>4:34.46</b>	+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		<b>4:42.60</b>	+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 Schotelijl	NED	199306223		<b>4:47.11</b>	+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	<b>4:47.41</b>	+0.81
	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		<b>4:51.15</b>	+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		<b>4:57.82</b>	+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		<b>5:08.64</b>	+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		<b>5:20.97</b>	
	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		<b>4:30.63</b>	+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		<b>4:36.06</b>	+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 Schotelijl	NED	198800039		<b>4:41.03</b>	+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		<b>4:54.16</b>	+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		<b>4:24.36</b>	+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 Molnar		Iron Swim	HUN			<b>4:28.73</b>	+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		<b>4:29.01</b>	+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		<b>4:31.19</b>	+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		<b>4:38.74</b>	+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 Schotelijl	NED	198302259		<b>4:41.00</b>	+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		<b>4:46.99</b>	+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



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



Event 4, Men, 400m Freestyle, Masters 40+

rang	naam	vereniging	tijd	RT	PARA
8.	Marcel Reefhuis	WS Twente	<b>4:48.11</b>	+0.70	
	50m: 32.21	150m: 1:44.57	250m: 2:58.45	350m: 4:12.32	36.85
	100m: 1:08.00	200m: 2:21.50	300m: 3:35.47	400m: 4:48.11	35.79
9.	Ivan van Omme	De Geul	<b>5:05.01</b>	+0.71	
	50m: 31.40	150m: 1:45.36	250m: 3:05.04	350m: 4:26.21	40.71
	100m: 1:07.65	200m: 2:24.77	300m: 3:45.50	400m: 5:05.01	38.80
10.	Rubert Boer	Aqualero	<b>5:26.21</b>	+1.08	
	50m: 33.52	150m: 1:52.36	250m: 3:17.74	350m: 4:44.33	42.54
	100m: 1:11.67	200m: 2:34.55	300m: 4:01.79	400m: 5:26.21	41.88
11.	Peter Lommert	SWOL 1894	<b>5:29.06</b>	+0.97	
	50m: 35.68	150m: 1:58.63	250m: 3:24.77	350m: 4:49.81	42.03
	100m: 1:16.73	200m: 2:41.65	300m: 4:07.78	400m: 5:29.06	39.25
12.	Wilco Steenwijk	Octopus-ZVV (SG)	<b>5:31.35</b>		
	50m: 34.10	150m: 1:54.56	250m: 3:19.61	350m: 4:48.22	44.74
	100m: 1:13.16	200m: 2:36.77	300m: 4:03.48	400m: 5:31.35	43.13

Masters 45+

1.	Ivo Roozeboom	WVZ	<b>4:29.54</b>	+0.78	
	50m: 29.50	150m: 1:38.63	250m: 2:48.69	350m: 3:57.64	34.27
	100m: 1:03.83	200m: 2:13.69	300m: 3:23.37	400m: 4:29.54	31.90
2.	Markus van Rest	WVZ	<b>5:07.91</b>	+0.83	
	50m: 33.67	150m: 1:51.06	250m: 3:10.87	350m: 4:30.56	39.34
	100m: 1:11.53	200m: 2:30.95	300m: 3:51.22	400m: 5:07.91	37.35
3.	Eric Hoekman	WS Twente	<b>5:11.63</b>	+0.94	
	50m: 31.88	150m: 1:46.69	250m: 3:07.92	350m: 4:30.82	41.34
	100m: 1:07.68	200m: 2:26.89	300m: 3:49.48	400m: 5:11.63	40.81
4.	Tom Bandsma	PSV	<b>5:40.89</b>	+0.94	
	50m: 35.37	150m: 1:56.45	250m: 3:25.18	350m: 4:56.18	45.94
	100m: 1:15.02	200m: 2:40.48	300m: 4:10.24	400m: 5:40.89	44.71
5.	Marcel van Walt van Praag *200m	Gay Swim Amsterdam	<b>5:49.01</b>	+0.72	
	50m: 37.15	150m: 2:05.41	250m: 3:36.34	350m: 5:06.98	44.84
	100m: 1:20.52	200m: 2:50.57	300m: 4:22.14	400m: 5:49.01	42.03

Masters 50+

1.	Vedestas Seferlis	Kauno Takas	<b>4:36.63</b>	+0.67	
	50m: 30.19	150m: 1:38.20	250m: 2:49.15	350m: 4:01.88	36.49
	100m: 1:03.77	200m: 2:13.36	300m: 3:25.39	400m: 4:36.63	34.75
2.	Casper van den Burgh	Sassenheim	<b>5:01.11</b>	+0.98	
	50m: 32.32	150m: 1:47.04	250m: 3:04.65	350m: 4:23.24	39.23
	100m: 1:09.07	200m: 2:25.61	300m: 3:44.01	400m: 5:01.11	37.87
3.	Bruno Nahon	Cercle De Natation Sportcity WolFRA	<b>5:02.62</b>		
	50m: 34.35	150m: 1:49.14	250m: 3:06.75	350m: 4:24.65	39.02
	100m: 1:11.40	200m: 2:27.62	300m: 3:45.63	400m: 5:02.62	37.97
4.	Ingmar de Gelder	ZOB'66	<b>5:03.22</b>	+0.90	
	50m: 32.15	150m: 1:45.12	250m: 3:03.24	350m: 4:23.69	40.39
	100m: 1:07.67	200m: 2:23.60	300m: 3:43.30	400m: 5:03.22	39.53
5.	Chris Kouwenhoven	De Grunte	<b>5:24.76</b>	+0.94	
	50m: 34.46	150m: 1:55.81	250m: 3:19.77	350m: 4:44.02	42.22
	100m: 1:14.04	200m: 2:37.64	300m: 4:01.80	400m: 5:24.76	40.74
6.	Wouter van der Stelt	De Biesboschzwemmers	<b>5:28.72</b>		
	50m: 36.11	150m: 1:56.46	250m: 3:20.83	350m: 4:46.27	42.63
	100m: 1:15.46	200m: 2:38.31	300m: 4:03.64	400m: 5:28.72	42.45
7.	Eric Dumas	Patrick-De Roersoppers (SG)	<b>5:37.78</b>	+0.92	
	50m: 36.62	150m: 2:02.55	250m: 3:29.67	350m: 4:56.42	43.14
	100m: 1:19.31	200m: 2:46.14	300m: 4:13.28	400m: 5:37.78	41.36
8.	Ramon Alsina Munoz	Cercle De Natation Sportcity WolESP	<b>5:46.85</b>	+0.96	
	50m: 38.89	150m: 2:05.31	250m: 3:32.43	350m: 5:02.05	44.99
	100m: 1:21.99	200m: 2:48.85	300m: 4:17.06	400m: 5:46.85	44.80

Event 4, Men, 400m Freestyle

Masters 55+

1. Erlend Alstad	OI Svoemming	NOR	M210367ERL02	<b>4:43.87</b>	+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	<b>4:52.89</b>	
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	<b>4:58.06</b>	+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	<b>5:05.11</b>	+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	<b>5:11.59</b> *	
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	<b>5:13.32</b>	
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	<b>5:15.96</b>	+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	<b>5:37.73</b>	
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	<b>5:40.43</b> *	
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	<b>4:44.60</b>	+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	<b>4:55.77</b>	
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	<b>4:56.35</b>	+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	<b>5:11.61</b>	+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	<b>5:20.88</b>	
<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	<b>5:49.07</b>	
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	<b>4:50.72</b>	+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	<b>5:28.96</b>	
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



Event 4, Men, 400m Freestyle, Masters 65+

rang	naam	vereniging	tijd	RT	PARA			
3.	Wolfgang Rossa	TPSK 1925 e.V.	<b>6:15.73</b>	+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	<b>6:23.94</b>					
	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.	Andre Pantekoek	PSV	<b>7:01.93</b>	+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	<b>5:21.00</b>	+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	<b>7:27.10</b>	+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	<b>7:05.10</b>				
	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	<b>7:38.70</b>				
	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	<b>7:42.72</b> *				
	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	<b>7:07.27</b>	+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	<b>8:33.53</b>				
	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