

Programmanr. 32
24-11-2024 - 11:09

Heren, 400m wisselslag

Masters Open
Resultaten

rang	naam		vereniging					tijd	RT	PARA
Masters 20+										
1.	Abel te Riele		WVZ		NED	200402317		4:38.17	+0.73	
	50m: 28.71	28.71	150m: 1:38.24	35.73	250m: 2:52.35	38.19	350m: 4:06.04	33.76		
	100m: 1:02.51	33.80	200m: 2:14.16	35.92	300m: 3:32.28	39.93	400m: 4:38.17	32.13		
2.	Guus Hoogduin		ZVL-1886		NED	200201069		4:50.45	+0.74	
	50m: 29.89	29.89	150m: 1:42.40	38.46	250m: 2:59.82	40.69	350m: 4:17.53	36.29		
	100m: 1:03.94	34.05	200m: 2:19.13	36.73	300m: 3:41.24	41.42	400m: 4:50.45	32.92		
Masters 25+										
1.	Jelle Blankestijn		ZPC AMERSFOORT		NED	199803737		4:58.35		
	50m: 30.60	30.60	150m: 1:45.89	38.55	250m: 3:07.66	43.61	350m: 4:25.95	34.06		
	100m: 1:07.34	36.74	200m: 2:24.05	38.16	300m: 3:51.89	44.23	400m: 4:58.35	32.40		
2.	David Kievit		De Schotelijl		NED	199900325		5:03.63	+0.78	
	50m: 30.77	30.77	150m: 1:47.47	39.25	250m: 3:09.33	43.09	350m: 4:28.66	35.75		
	100m: 1:08.22	37.45	200m: 2:26.24	38.77	300m: 3:52.91	43.58	400m: 5:03.63	34.97		
3.	Jeroen Louwinger		De Rijn		NED	199900583		5:18.23	+0.73	
	50m: 33.43	33.43	150m: 1:50.93	39.49	250m: 3:17.29	47.80	350m: 4:43.31	37.49		
	100m: 1:11.44	38.01	200m: 2:29.49	38.56	300m: 4:05.82	48.53	400m: 5:18.23	34.92		
4.	Colin Degenars		ZPCH		NED	199505951	SM14	5:48.80	+0.83	
	50m: 34.15	34.15	150m: 2:03.40	46.01	250m: 3:41.87	52.31	350m: 5:12.41	39.05		
	100m: 1:17.39	43.24	200m: 2:49.56	46.16	300m: 4:33.36	51.49	400m: 5:48.80	36.39		
Masters 30+										
1.	Matteo Viani		Zwemlust- den Hommel		NED	199007717		4:56.77	+0.77	
	50m: 29.81	29.81	150m: 1:44.46	40.39	250m: 3:06.95	42.60	350m: 4:23.76	33.78		
	100m: 1:04.07	34.26	200m: 2:24.35	39.89	300m: 3:49.98	43.03	400m: 4:56.77	33.01		
2.	Tim Bunnik		Triton		NED	199000505		5:01.59	+0.80	
	50m: 32.28	32.28	150m: 1:47.71	37.45	250m: 3:08.96	43.52	350m: 4:28.37	34.31		
	100m: 1:10.26	37.98	200m: 2:25.44	37.73	300m: 3:54.06	45.10	400m: 5:01.59	33.22		
3.	Mike Schel		ENC Arnhem		NED	199403279		5:04.66	+0.75	
	50m: 31.91	31.91	150m: 1:50.94	40.60	250m: 3:13.60	44.27	350m: 4:31.93	34.38		
	100m: 1:10.34	38.43	200m: 2:29.33	38.39	300m: 3:57.55	43.95	400m: 5:04.66	32.73		
4.	Patrick Creemers		Patrick - De Roersoppers (SG)		NED	199000579		5:13.63	+0.70	
	50m: 33.81	33.81	150m: 1:58.88	41.71	250m: 3:23.06	42.59	350m: 4:40.28	34.67		
	100m: 1:17.17	43.36	200m: 2:40.47	41.59	300m: 4:05.61	42.55	400m: 5:13.63	33.35		
5.	Jeroen Burggraaf		De Blauwe Schuur		NED	199000467		5:23.25	+0.80	
	50m: 32.71	32.71	150m: 1:52.71	41.10	250m: 3:20.02	45.97	350m: 4:44.97	38.87		
	100m: 1:11.61	38.90	200m: 2:34.05	41.34	300m: 4:06.10	46.08	400m: 5:23.25	38.28		
6.	Robin van Beusekom		Niemo Barracuda		NED	199205841		5:44.12	+0.77	
	50m: 34.15	34.15	150m: 2:00.82	45.23	250m: 3:32.65	47.03	350m: 5:04.01	41.55		
	100m: 1:15.59	41.44	200m: 2:45.62	44.80	300m: 4:22.46	49.81	400m: 5:44.12	40.11		
Masters 35+										
1.	Yuri van Omme		Zwemvereniging Hoogland		NED	198501887		5:07.51	+0.80	
	50m: 32.53	32.53	150m: 1:51.22	40.01	250m: 3:12.71	41.68	350m: 4:32.09	36.57		
	100m: 1:11.21	38.68	200m: 2:31.03	39.81	300m: 3:55.52	42.81	400m: 5:07.51	35.42		
2.	Martijn Giezen		ZPC AMERSFOORT		NED	198500813		5:16.34	+0.79	
	50m: 31.44	31.44	150m: 1:50.33	40.55	250m: 3:17.29	47.03	350m: 4:41.22	37.16		
	100m: 1:09.78	38.34	200m: 2:30.26	39.93	300m: 4:04.06	46.77	400m: 5:16.34	35.12		
3.	Wessel Everloo		WS Twente		NED	198906597	SM14	5:42.23	+0.88	
	50m: 36.34	36.34	150m: 2:03.32	42.45	250m: 3:36.63	51.86	350m: 5:07.24	37.56		
	100m: 1:20.87	44.53	200m: 2:44.77	41.45	300m: 4:29.68	53.05	400m: 5:42.23	34.99		

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Masters 40+

1.	Heijmen van Vliet	De Geul	NED	198001637	5:16.88	+0.71		
	50m: 33.52	33.52	150m: 1:52.17	41.67	250m: 3:19.16	46.23	350m: 4:42.91	37.01
	100m: 1:10.50	36.98	200m: 2:32.93	40.76	300m: 4:05.90	46.74	400m: 5:16.88	33.97
2.	Frank v.d. Voordt	De Schotejil	NED	198302259	5:18.54	+0.75		
	50m: 32.20	32.20	150m: 1:51.56	41.48	250m: 3:18.44	46.52	350m: 4:42.42	37.40
	100m: 1:10.08	37.88	200m: 2:31.92	40.36	300m: 4:05.02	46.58	400m: 5:18.54	36.12
3.	Grzegorz Kasprzyk	ZVVS	NED	198303163	5:36.04	+0.82		
	50m: 33.90	33.90	150m: 1:57.23	44.73	250m: 3:30.77	48.88	350m: 4:59.56	39.08
	100m: 1:12.50	38.60	200m: 2:41.89	44.66	300m: 4:20.48	49.71	400m: 5:36.04	36.48
4.	Harm Jan Otter	Het Ravijn	NED	198101283	5:50.01	+0.93		
	50m: 35.91	35.91	150m: 2:06.98	47.30	250m: 3:41.04	47.17	350m: 5:10.48	41.52
	100m: 1:19.68	43.77	200m: 2:53.87	46.89	300m: 4:28.96	47.92	400m: 5:50.01	39.53
DIS	Kristiaan Lenos	ZVL-1886	NED	198301331				
	<i>RH - Het eindpunt niet in rugligging aangeraakt.</i>							
AFGEM	Bertrand Maillet	Asptt Clermont-Ferrand	FRA	88948				

Masters 45+

1.	Håkon Skaarud Karlsen	Oslo I.L	NOR	M05011979HÅK01	4:58.97	+0.66		
	<i>Kampioenschapsrecord</i>							
	50m: 32.74	32.74	150m: 1:48.80	39.05	250m: 3:11.17	43.82	350m: 4:28.66	34.16
	100m: 1:09.75	37.01	200m: 2:27.35	38.55	300m: 3:54.50	43.33	400m: 4:58.97	30.31
2.	Kees Bakker	Gay Swim Amsterdam	NED	197501055	5:49.59	+0.51		
	50m: 37.26	37.26	150m: 2:05.85	45.26	250m: 3:41.17	50.49	350m: 5:11.76	40.09
	100m: 1:20.59	43.33	200m: 2:50.68	44.83	300m: 4:31.67	50.50	400m: 5:49.59	37.83

Masters 55+

1.	Erlend Alstad	Oslo I.L	NOR	M210367ERL02	5:20.47	+0.83		
	50m: 34.12	34.12	150m: 1:55.18	43.07	250m: 3:22.48	45.32	350m: 4:45.64	37.67
	100m: 1:12.11	37.99	200m: 2:37.16	41.98	300m: 4:07.97	45.49	400m: 5:20.47	34.83
2.	Jan-Willem van den Berg	WVZ	NED	196801575	5:39.40	+0.83		
	50m: 35.43	35.43	150m: 2:00.42	43.16	250m: 3:31.53	47.76	350m: 5:00.54	40.70
	100m: 1:17.26	41.83	200m: 2:43.77	43.35	300m: 4:19.84	48.31	400m: 5:39.40	38.86

Masters 60+

1.	Johan Remmits	ZPC AMERSFOORT	NED	196201159	5:41.89	+0.84		
	50m: 34.48	34.48	150m: 1:57.75	43.64	250m: 3:32.54	51.98	350m: 5:04.46	38.88
	100m: 1:14.11	39.63	200m: 2:40.56	42.81	300m: 4:25.58	53.04	400m: 5:41.89	37.43
2.	Rob Spetter	De Rog	NED	196201239	6:12.55			
	50m: 41.73	41.73	150m: 2:16.85	46.16	250m: 3:57.66	54.44	350m: 5:33.62	40.61
	100m: 1:30.69	48.96	200m: 3:03.22	46.37	300m: 4:53.01	55.35	400m: 6:12.55	38.93
3.	Hans Vloedgraven	Old Dutch	NED	196400917	6:15.95	+0.87		
	50m: 38.22	38.22	150m: 2:09.56	47.41	250m: 3:49.38	55.58	350m: 5:32.32	44.86
	100m: 1:22.15	43.93	200m: 2:53.80	44.24	300m: 4:47.46	58.08	400m: 6:15.95	43.63
4.	Ronald Grove	Triton	NED	196100161	6:19.61	+0.88		
	50m: 40.52	40.52	150m: 2:20.58	50.88	250m: 4:03.26	52.76	350m: 5:37.82	40.73
	100m: 1:29.70	49.18	200m: 3:10.50	49.92	300m: 4:57.09	53.83	400m: 6:19.61	41.79

Masters 65+

1.	Paul Bunnik	Triton	NED	195600413	6:56.48	+0.99		
	50m: 42.58	42.58	150m: 2:31.92	57.38	250m: 4:25.02	57.68	350m: 6:11.58	44.85
	100m: 1:34.54	51.96	200m: 3:27.34	55.42	300m: 5:26.73	1:01.71	400m: 6:56.48	44.90

Masters 70+

1.	Hans Piederiet	Hoeksche Waard (SGHW) (SG)	NED	195400177	7:40.93			
	50m: 46.96	46.96	150m: 2:44.78	56.00	250m: 4:50.95	1:13.03	350m: 6:54.07	51.12
	100m: 1:48.78	1:01.82	200m: 3:37.92	53.14	300m: 6:02.95	1:12.00	400m: 7:40.93	46.86

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Masters 80+

1.	Rob Hanou		PSV			NED	194300109		9:44.77	+0.74		
	50m:	1:16.78	1:16.78	150m:	4:06.12	1:14.57	250m:	6:32.64	1:13.71	350m:	8:47.59	59.09
	100m:	2:51.55	1:34.77	200m:	5:18.93	1:12.81	300m:	7:48.50	1:15.86	400m:	9:44.77	57.18