



Open Nederlandse Masters
Kampioenschappen 2024 lange baan
Eindhoven 2-5 mei 2024



Event 17
04-05-2024 - 11:14

Men, 400m Medley

Masters Open
Results

rang	naam	vereniging						tijd				RT	PARA
Masters 20+													
1.	Guus Hoogduin			ZVL-1886 Center			NED	200201069			5:01.49	+0.70	
	50m: 29.66	29.66		150m: 1:43.18	39.31		250m: 3:05.04	43.58	350m: 4:26.54			37.14	
	100m: 1:03.87	34.21		200m: 2:21.46	38.28		300m: 3:49.40	44.36	400m: 5:01.49			34.95	
2.	Tom Balsen Versteeg			De Warande			NED	200005673			5:13.57	+0.61	
	50m: 30.44	30.44		150m: 1:48.66	41.55		250m: 3:16.04	44.81	350m: 4:37.97			36.02	
	100m: 1:07.11	36.67		200m: 2:31.23	42.57		300m: 4:01.95	45.91	400m: 5:13.57			35.60	
Masters 25+													
1.	Nicko Kamphuis			De Warande			NED	199900887			4:50.97	+0.60	
	50m: 29.26	29.26		150m: 1:43.90	39.68		250m: 3:03.94	40.91	350m: 4:19.92			34.21	
	100m: 1:04.22	34.96		200m: 2:23.03	39.13		300m: 3:45.71	41.77	400m: 4:50.97			31.05	
2.	Bas van Tintelen			OZ&PC			NED	199800455			5:29.55	+0.79	
	50m: 33.62	33.62		150m: 1:57.41	44.23		250m: 3:28.43	49.02	350m: 4:54.43			37.68	
	100m: 1:13.18	39.56		200m: 2:39.41	42.00		300m: 4:16.75	48.32	400m: 5:29.55			35.12	
3.	Koen Wijnands			Patrick-De Roersoppers (SG)			NED	199800247			5:39.18	+0.70	
	50m: 31.90	31.90		150m: 1:58.39	46.56		250m: 3:32.32	49.26	350m: 5:01.45			39.75	
	100m: 1:11.83	39.93		200m: 2:43.06	44.67		300m: 4:21.70	49.38	400m: 5:39.18			37.73	
4.	Patrick Wyrdeman			Westland Swimming Stars			NED	199702475			5:48.67	+0.73	
	50m: 34.84	34.84		150m: 2:05.15	46.01		250m: 3:40.47	51.14	350m: 5:10.98			39.50	
	100m: 1:19.14	44.30		200m: 2:49.33	44.18		300m: 4:31.48	51.01	400m: 5:48.67			37.69	
Masters 30+													
1.	Mike Schel			ESCA Zwemmen			NED	199403279			5:13.62	+0.73	
	50m: 31.05	31.05		150m: 1:53.24	42.13		250m: 3:18.80	46.12	350m: 4:39.79			35.26	
	100m: 1:11.11	40.06		200m: 2:32.68	39.44		300m: 4:04.53	45.73	400m: 5:13.62			33.83	
2.	Tim Bunnik			Triton			NED	199000505			5:21.38	+0.80	
	50m: 33.28	33.28		150m: 1:54.31	41.58		250m: 3:22.21	47.29	350m: 4:46.75			35.40	
	100m: 1:12.73	39.45		200m: 2:34.92	40.61		300m: 4:11.35	49.14	400m: 5:21.38			34.63	
3.	Patrick Creemers			Patrick-De Roersoppers (SG)			NED	199000579			5:25.97	+0.78	
	50m: 34.23	34.23		150m: 2:03.60	44.52		250m: 3:32.01	44.68	350m: 4:51.76			35.65	
	100m: 1:19.08	44.85		200m: 2:47.33	43.73		300m: 4:16.11	44.10	400m: 5:25.97			34.21	
4.	Jeroen Matthijssen			AZC			NED	199103751			5:38.13	+0.63	
	50m: 31.03	31.03		150m: 1:52.69	42.44		250m: 3:27.12	51.52	350m: 5:01.20			40.30	
	100m: 1:10.25	39.22		200m: 2:35.60	42.91		300m: 4:20.90	53.78	400m: 5:38.13			36.93	
Masters 35+													
1.	Yuri van Omme			Zwemvereniging Hoogland			NED	198501887			5:21.62	+0.82	
	50m: 33.86	33.86		150m: 1:57.77	42.97		250m: 3:22.81	42.80	350m: 4:44.34			37.78	
	100m: 1:14.80	40.94		200m: 2:40.01	42.24		300m: 4:06.56	43.75	400m: 5:21.62			37.28	
2.	Martijn Giezen			ZPC AMERSFOORT			NED	198500813			5:45.34	+0.80	
	50m: 33.53	33.53		150m: 2:03.02	45.53		250m: 3:36.46	49.81	350m: 5:06.18			40.31	
	100m: 1:17.49	43.96		200m: 2:46.65	43.63		300m: 4:25.87	49.41	400m: 5:45.34			39.16	
3.	Wessel Everloo			WS Twente			NED	198906597	SM14		6:00.19	+0.85	
	50m: 37.16	37.16		150m: 2:10.23	46.13		250m: 3:47.29	53.55	350m: 5:23.02			40.16	
	100m: 1:24.10	46.94		200m: 2:53.74	43.51		300m: 4:42.86	55.57	400m: 6:00.19			37.17	
Masters 40+													
1.	Rob van Vliet			ZPC AMERSFOORT			NED	198402459			5:27.18	+0.83	
	50m: 33.34	33.34		150m: 1:57.85	43.86		250m: 3:25.78	45.58	350m: 4:49.86			37.78	
	100m: 1:13.99	40.65		200m: 2:40.20	42.35		300m: 4:12.08	46.30	400m: 5:27.18			37.32	
2.	Frank v.d. Voordt			De Schoteijl			NED	198302259			5:28.63	+0.76	
	50m: 32.96	32.96		150m: 1:55.39	43.68		250m: 3:25.88	48.03	350m: 4:51.62			38.04	
	100m: 1:11.71	38.75		200m: 2:37.85	42.46		300m: 4:13.58	47.70	400m: 5:28.63			37.01	
3.	Kristiaan Lenos			ZVL-1886 Center			NED	198301331			5:31.23	+0.74	
	50m: 32.56	32.56		150m: 1:55.50	44.54		250m: 3:26.51	46.58	350m: 4:52.95			38.86	
	100m: 1:10.96	38.40		200m: 2:39.93	44.43		300m: 4:14.09	47.58	400m: 5:31.23			38.28	



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Event 17, Men, 400m Medley, Masters 40+

rang	naam	vereniging						tijd		RT	PARA
4.	Luc Steijvers	ZVL-1886 Center		NED		198201661		6:00.70		+0.77	
	50m: 34.80	34.80	150m: 2:08.57	49.39	250m: 3:47.36	50.50	350m: 5:20.04	41.84			
	100m: 1:19.18	44.38	200m: 2:56.86	48.29	300m: 4:38.20	50.84	400m: 6:00.70	40.66			
5.	Rob van Wanrooy	Feijenoord Albion Zwemclub		NED		198202627		6:19.78		+0.82	
	50m: 40.51	40.51	150m: 2:18.87	47.46	250m: 4:00.43	53.48	350m: 5:36.84	41.20			
	100m: 1:31.41	50.90	200m: 3:06.95	48.08	300m: 4:55.64	55.21	400m: 6:19.78	42.94			

Masters 45+

1.	Mark Hensen	Niemo Barracuda		NED		197900497		5:14.28		+0.84	
	50m: 31.04	31.04	150m: 1:48.21	40.87	250m: 3:14.19	46.35	350m: 4:37.77	37.21			
	100m: 1:07.34	36.30	200m: 2:27.84	39.63	300m: 4:00.56	46.37	400m: 5:14.28	36.51			
2.	Dennis Brouwers	HZPC		NED		197800167		5:20.34		+0.80	
	50m: 34.88	34.88	150m: 1:56.84	38.78	250m: 3:21.38	46.80	350m: 4:44.53	35.97			
	100m: 1:18.06	43.18	200m: 2:34.58	37.74	300m: 4:08.56	47.18	400m: 5:20.34	35.81			
3.	Vincent Versteeg	Zwemlust- den Hommel		NED		197701003		5:22.81		+0.76	
	50m: 34.68	34.68	150m: 1:59.31	42.81	250m: 3:25.48	43.64	350m: 4:46.99	36.43			
	100m: 1:16.50	41.82	200m: 2:41.84	42.53	300m: 4:10.56	45.08	400m: 5:22.81	35.82			

Masters 50+

1.	Bruno Nahon	Cercle De Natation Sportcity WoBEL		CNSW/000390/70		6:05.32					
	50m: 39.05	39.05	150m: 2:14.59	46.48	250m: 3:52.20	52.08	350m: 5:26.32	39.79			
	100m: 1:28.11	49.06	200m: 3:00.12	45.53	300m: 4:46.53	54.33	400m: 6:05.32	39.00			

Masters 55+

1.	Erlend Alstad	Oslo I.L.		NOR				5:33.88		+0.82	
	50m: 34.36	34.36	150m: 2:01.36	46.24	250m: 3:30.92	46.29	350m: 4:56.64	38.28			
	100m: 1:15.12	40.76	200m: 2:44.63	43.27	300m: 4:18.36	47.44	400m: 5:33.88	37.24			
2.	Hugues Herman	Cercle De Natation Sportcity WoBEL		CNSW/009743/66				5:55.35		+0.74	
	50m: 39.12	39.12	150m: 2:12.24	46.18	250m: 3:49.37	51.86	350m: 5:19.75	38.68			
	100m: 1:26.06	46.94	200m: 2:57.51	45.27	300m: 4:41.07	51.70	400m: 5:55.35	35.60			
3.	Jan-Willem van den Berg	WVZ		NED		196801575		6:02.30		+0.76	
	50m: 35.56	35.56	150m: 2:07.13	47.42	250m: 3:42.06	50.34	350m: 5:18.37	45.19			
	100m: 1:19.71	44.15	200m: 2:51.72	44.59	300m: 4:33.18	51.12	400m: 6:02.30	43.93			
4.	Eymert van Rooij	PSV		NED		196601631		6:18.21		+0.82	
	50m: 40.24	40.24	150m: 2:17.42	48.32	250m: 3:58.64	53.54	350m: 5:36.14	43.00			
	100m: 1:29.10	48.86	200m: 3:05.10	47.68	300m: 4:53.14	54.50	400m: 6:18.21	42.07			

Masters 60+

1.	Rob Spetter	De Rog		NED		196201239		6:23.88		+0.81	
	50m: 43.71	43.71	150m: 2:22.81	48.07	250m: 4:06.35	56.28	350m: 5:43.76	40.06			
	100m: 1:34.74	51.03	200m: 3:10.07	47.26	300m: 5:03.70	57.35	400m: 6:23.88	40.12			
2.	Ronald Grove	Triton		NED		196100161		6:39.25		+0.82	
	50m: 40.75	40.75	150m: 2:27.76	54.42	250m: 4:16.03	53.85	350m: 5:55.55	43.68			
	100m: 1:33.34	52.59	200m: 3:22.18	54.42	300m: 5:11.87	55.84	400m: 6:39.25	43.70			

Masters 65+

1.	Paul Bunnik	Triton		NED		195600413		7:17.70		+0.80	
	50m: 41.00	41.00	150m: 2:38.98	1:04.30	250m: 4:40.90	1:02.07	350m: 6:30.34	45.77			
	100m: 1:34.68	53.68	200m: 3:38.83	59.85	300m: 5:44.57	1:03.67	400m: 7:17.70	47.36			

Masters 80+

1.	Rob Hanou			PSV			NED			194300109			9:38.55		+1.12	
	Nederlands Masters Record															
	50m:	1:14.00	1:14.00	150m:	3:57.42	1:12.94	250m:	6:23.28	1:14.87	350m:	8:38.91	1:01.51				
	100m:	2:44.48	1:30.48	200m:	5:08.41	1:10.99	300m:	7:37.40	1:14.12	400m:	9:38.55	59.64				