



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



Event 3
03-05-2024 - 9:00

Men, 400m Freestyle

Masters Open
Results

rang	naam	vereniging						tijd				RT	PARA
Masters 20+													
1.	Luc Mul	DAW						NED	200201025		4:22.90		+0.70
	50m:	28.80	28.80	150m:	1:35.42	33.82	250m:	2:45.07	34.40	350m:	3:51.59	32.30	
	100m:	1:01.60	32.80	200m:	2:10.67	35.25	300m:	3:19.29	34.22	400m:	4:22.90	31.31	
2.	Guus Hoogduin	ZVL-1886 Center						NED	200201069		4:32.39		+0.69
	50m:	29.20	29.20	150m:	1:35.78	33.81	250m:	2:46.10	35.18	350m:	3:56.96	35.52	
	100m:	1:01.97	32.77	200m:	2:10.92	35.14	300m:	3:21.44	35.34	400m:	4:32.39	35.43	
3.	Leon Kloots	ZPC De Hof						NED	200001363		4:50.74		+0.79
	50m:	31.73	31.73	150m:	1:44.50	36.96	250m:	2:58.81	37.16	350m:	4:14.85	37.91	
	100m:	1:07.54	35.81	200m:	2:21.65	37.15	300m:	3:36.94	38.13	400m:	4:50.74	35.89	
4.	Rik Stahlie	TriVia						NED	200201915		5:08.13		+0.74
	50m:	31.86	31.86	150m:	1:47.41	40.06	250m:	3:09.72	41.45	350m:	4:31.11	39.68	
	100m:	1:07.35	35.49	200m:	2:28.27	40.86	300m:	3:51.43	41.71	400m:	5:08.13	37.02	

Masters 25+

1.	Nicko Kamphuis		De Warande		NED	199900887		4:23.93	+0.59											
		50m:		28.28			28.28			150m:	1:35.80	34.00	250m:	2:45.18	34.60	350m:	3:53.08	32.98		
		100m:		1:01.80			33.52			200m:	2:10.58	34.78	300m:	3:20.10	34.92	400m:	4:23.93	30.85		
2.	Jeffrey Roest		Zwemvereniging Hoogland		NED	199703401		4:43.93	+0.77											
		50m:		31.67			31.67			150m:	1:42.10	35.72	250m:	2:55.75	36.82	350m:	4:08.81	35.92		
		100m:		1:06.38			34.71			200m:	2:18.93	36.83	300m:	3:32.89	37.14	400m:	4:43.93	35.12		
3.	Tom van Gils		ZPC De Zeeuwse Kust		NED	199501799		4:49.44	+0.67											
		50m:		32.78			32.78			150m:	1:44.90	36.68	250m:	2:59.32	37.15	350m:	4:13.62	37.08		
		100m:		1:08.22			35.44			200m:	2:22.17	37.27	300m:	3:36.54	37.22	400m:	4:49.44	35.82		
4.	Jordy van Oel		WVZ		NED	199802003		4:52.79	+0.75											
		50m:		32.18			32.18			150m:	1:46.77	37.62	250m:	3:02.49	37.10	350m:	4:16.73	37.03		
		100m:		1:09.15			36.97			200m:	2:25.39	38.62	300m:	3:39.70	37.21	400m:	4:52.79	36.06		
5.	Wesley van der Luit		Sassenheim		NED	199701895		4:54.16	+0.77											
		50m:		32.31			32.31			150m:	1:45.82	37.36	250m:	3:01.56	37.90	350m:	4:18.00	37.80		
		100m:		1:08.46			36.15			200m:	2:23.66	37.84	300m:	3:40.20	38.64	400m:	4:54.16	36.16		
6.	Lars Jacobsen		DWK		NED	199705453	S14	4:54.42	+0.78	629										
		50m:		31.25							31.25	150m:	1:44.49	37.64	250m:	3:00.75	38.04	350m:	4:18.34	38.52
		100m:		1:06.85							35.60	200m:	2:22.71	38.22	300m:	3:39.82	39.07	400m:	4:54.42	36.08
7.	Erik Baalbergen		ZVL-1886 Center		NED	199805775		4:57.14	+0.80											
		50m:		30.71			30.71			150m:	1:44.32	37.56	250m:	3:02.14	38.94	350m:	4:20.57	38.84		
		100m:		1:06.76			36.05			200m:	2:23.20	38.88	300m:	3:41.73	39.59	400m:	4:57.14	36.57		
8.	Patrick Wyrdean		Westland Swimming Stars		NED	199702475		4:59.42	+0.70											
		50m:		31.95			31.95			150m:	1:44.86	36.89	250m:	3:01.27	38.31	350m:	4:20.14	39.51		
		100m:		1:07.97			36.02			200m:	2:22.96	38.10	300m:	3:40.63	39.36	400m:	4:59.42	39.28		
9.	John Smit		Poseidon'56		NED	199500613		5:00.25	+0.67											
		50m:		32.92			32.92			150m:	1:48.72	38.21	250m:	3:05.29	37.94	350m:	4:22.03	38.55		
		100m:		1:10.51			37.59			200m:	2:27.35	38.63	300m:	3:43.48	38.19	400m:	5:00.25	38.22		
10.	Colin Degenaars		ZPCH		NED	199505951	S14	5:03.99	+0.83	571										
		50m:		32.84							32.84	150m:	1:46.98	37.90	250m:	3:06.15	40.07	350m:	4:26.75	40.64
		100m:		1:09.08							36.24	200m:	2:26.08	39.10	300m:	3:46.11	39.96	400m:	5:03.99	37.24

Masters 30+

1.	Mike Schel	ESCA Zwemmen			NED	199403279	4:33.95			+0.71		
	50m:	31.08	31.08	150m:	1:39.83	34.50	250m:	2:50.04	34.99	350m:	4:00.12	34.37
	100m:	1:05.33	34.25	200m:	2:15.05	35.22	300m:	3:25.75	35.71	400m:	4:33.95	33.83
2.	Raoni Schrijvers	Tempo			NED	199302669	4:38.41			+0.60		
	50m:	29.43	29.43	150m:	1:38.18	35.20	250m:	2:50.78	36.44	350m:	4:03.47	36.19
	100m:	1:02.98	33.55	200m:	2:14.34	36.16	300m:	3:27.28	36.50	400m:	4:38.41	34.94
3.	Patrick Creemers	Patrick-De Roersoppers (SG)			NED	199000579	4:44.02			+0.74		
	50m:	30.37	30.37	150m:	1:42.76	37.35	250m:	2:55.67	35.29	350m:	4:07.33	36.17
	100m:	1:05.41	35.04	200m:	2:20.38	37.62	300m:	3:31.16	35.49	400m:	4:44.02	36.69
4.	Jean Terver	Club Nautique Val de Fensch			FRA	314113	4:45.68			+0.86		
	50m:	32.21	32.21	150m:	1:44.50	36.29	250m:	2:57.85	36.14	350m:	4:10.69	36.03
	100m:	1:08.21	36.00	200m:	2:21.71	37.21	300m:	3:34.66	36.81	400m:	4:45.68	34.99



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Event 3, Men, 400m Freestyle, Masters 30+

rang	naam	vereniging						tijd				RT	PARA	
5.	Tim Bunnik	Triton						NED	199000505	4:49.88				+0.79
	50m:	31.72	31.72	150m:	1:42.94	36.08	250m:	2:57.48	37.10	350m:	4:12.81	37.49		
	100m:	1:06.86	35.14	200m:	2:20.38	37.44	300m:	3:35.32	37.84	400m:	4:49.88	37.07		
6.	Jeroen Matthijssen	AZC						NED	199103751	4:50.93				+0.74
	50m:	29.02	29.02	150m:	1:38.52	35.97	250m:	2:54.39	37.91	350m:	4:12.42	38.73		
	100m:	1:02.55	33.53	200m:	2:16.48	37.96	300m:	3:33.69	39.30	400m:	4:50.93	38.51		
7.	Koen van der Wallen	Nederweert						NED	199405561	4:54.36				+0.78
	50m:	32.15	32.15	150m:	1:45.28	36.96	250m:	3:00.41	37.37	350m:	4:16.28	38.02		
	100m:	1:08.32	36.17	200m:	2:23.04	37.76	300m:	3:38.26	37.85	400m:	4:54.36	38.08		
8.	Niels Bent	WS Twente						NED	199400465	5:05.39				+0.80
	50m:	31.80	31.80	150m:	1:45.00	37.71	250m:	3:04.96	40.02	350m:	4:25.76	40.26		
	100m:	1:07.29	35.49	200m:	2:24.94	39.94	300m:	3:45.50	40.54	400m:	5:05.39	39.63		
9.	Jacco Doest	DWK						NED	199400711	5:10.99				+0.83
	50m:	33.32	33.32	150m:	1:49.21	38.71	250m:	3:09.60	40.51	350m:	4:31.38	40.58		
	100m:	1:10.50	37.18	200m:	2:29.09	39.88	300m:	3:50.80	41.20	400m:	5:10.99	39.61		
10.	Ruben de Boer	Zwemvereniging Hoogland						NED	199301419	5:34.37				+0.73
	50m:	37.82	37.82	150m:	2:03.03	42.95	250m:	3:28.98	43.00	350m:	4:53.13	41.67		
	100m:	1:20.08	42.26	200m:	2:45.98	42.95	300m:	4:11.46	42.48	400m:	5:34.37	41.24		
DSQ	Marc Hoogendam	Blue Marlins						NED	199007713					+0.68
	AF - De aangegeven afstand niet uitgezwommen.													

Masters 35+

1.	Niels Albrechts		De Schoteijl		NED	198800039		4:55.65	+0.81			
	50m:	34.09	34.09	150m:	1:48.85	38.06	250m:	3:05.01	38.13	350m:	4:20.94	37.45
	100m:	1:10.79	36.70	200m:	2:26.88	38.03	300m:	3:43.49	38.48	400m:	4:55.65	34.71
2.	Wessel Everloo		WS Twente		NED	198906597	S14	4:56.15	+0.89	618		
	50m:	33.62	33.62	150m:	1:48.41	37.12	250m:	3:04.98	37.81	350m:	4:20.75	37.79
	100m:	1:11.29	37.67	200m:	2:27.17	38.76	300m:	3:42.96	37.98	400m:	4:56.15	35.40
3.	Robert Braad		Steenwijk 1934		NED	198600407		5:00.91	+0.80			
	50m:	32.76	32.76	150m:	1:47.88	38.09	250m:	3:04.93	37.75	350m:	4:22.33	39.29
	100m:	1:09.79	37.03	200m:	2:27.18	39.30	300m:	3:43.04	38.11	400m:	5:00.91	38.58
4.	Rick Driezen		Steenwijk 1934		NED	198600713		5:19.67	+0.82			
	50m:	33.24	33.24	150m:	1:49.21	38.96	250m:	3:10.39	41.02	350m:	4:36.45	43.04
	100m:	1:10.25	37.01	200m:	2:29.37	40.16	300m:	3:53.41	43.02	400m:	5:19.67	43.22
5.	Sander van Tilburg		De Biesboschzwemmers		NED	198604609		5:34.31	+0.86			
	50m:	36.34	36.34	150m:	2:00.65	42.99	250m:	3:27.56	43.27	350m:	4:54.30	42.96
	100m:	1:17.66	41.32	200m:	2:44.29	43.64	300m:	4:11.34	43.78	400m:	5:34.31	40.01
6.	Robert Spekhorst		De Mors		NED	198703141		6:06.19	+0.83			
	50m:	40.14	40.14	150m:	2:09.57	45.49	250m:	3:42.68	46.35	350m:	5:18.60	48.40
	100m:	1:24.08	43.94	200m:	2:56.33	46.76	300m:	4:30.20	47.52	400m:	6:06.19	47.59

Masters 40+

1.	Pieter Pickhardt	ZPC De Hof	NED	198301657	4:44.10	+0.80		
	50m: 31.96	31.96	150m: 1:42.38	35.62	250m: 2:54.34	36.00	350m: 4:07.64	36.87
	100m: 1:06.76	34.80	200m: 2:18.34	35.96	300m: 3:30.77	36.43	400m: 4:44.10	36.46
2.	Frank v.d. Voordt	De Schoteijl	NED	198302259	4:53.33	+0.81		
	50m: 33.35	33.35	150m: 1:46.91	36.84	250m: 3:01.73	37.31	350m: 4:16.85	37.59
	100m: 1:10.07	36.72	200m: 2:24.42	37.51	300m: 3:39.26	37.53	400m: 4:53.33	36.48
3.	Kristiaan Lenos	ZVL-1886 Center	NED	198301331	4:59.56	+0.78		
	50m: 30.46	30.46	150m: 1:41.22	36.43	250m: 2:58.89	39.39	350m: 4:19.98	40.73
	100m: 1:04.79	34.33	200m: 2:19.50	38.28	300m: 3:39.25	40.36	400m: 4:59.56	39.58
4.	Wagner Augusto Camargo	ZZ&PC De Devel	NED	198002547	5:15.85	+0.91		
	50m: 34.74	34.74	150m: 1:51.79	39.14	250m: 3:12.84	40.48	350m: 4:35.24	41.10
	100m: 1:12.65	37.91	200m: 2:32.36	40.57	300m: 3:54.14	41.30	400m: 5:15.85	40.61
5.	Oscar Monge	IJZPC	NED	198102599	5:26.74	+0.66		
	50m: 34.11	34.11	150m: 1:53.23	39.99	250m: 3:16.57	42.19	350m: 4:43.21	43.98
	100m: 1:13.24	39.13	200m: 2:34.38	41.15	300m: 3:59.23	42.66	400m: 5:26.74	43.53
6.	Arne-Willem Kroonen	PSV	NED	198401297	5:39.86	+0.92		
	50m: 36.90	36.90	150m: 1:59.04	41.46	250m: 3:25.88	43.88	350m: 4:56.54	45.57
	100m: 1:17.58	40.68	200m: 2:42.00	42.96	300m: 4:10.97	45.09	400m: 5:39.86	43.32



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Event 3, Men, 400m Freestyle, Masters 40+

rang	naam	vereniging	land	id	tijd	RT	PARA
7.	Rob van Wanrooy	Feijenoord Albion Zwemclub	NED	198202627	5:50.90	+0.75	
	50m: 36.55	150m: 2:01.26	250m: 3:31.50	45.43	350m: 5:04.38	46.46	
	100m: 1:17.49	200m: 2:46.07	300m: 4:17.92	46.42	400m: 5:50.90	46.52	
8.	Cetin Cetiner	AZ&PC De Futen	NED	198303155	5:57.37	+0.71	
	50m: 38.99	150m: 2:08.62	250m: 3:40.54	46.08	350m: 5:13.65	45.94	
	100m: 1:23.30	200m: 2:54.46	300m: 4:27.71	47.17	400m: 5:57.37	43.72	

Masters 45+

1.	Dennis Brouwers	HZPC	NED	197800167	4:40.10	+0.72	
	50m: 31.62	150m: 1:42.61	250m: 2:54.63	35.27	350m: 4:05.05	34.90	
	100m: 1:06.51	200m: 2:19.36	300m: 3:30.15	35.52	400m: 4:40.10	35.05	
2.	Ivo Roozeboom	WVZ	NED	197700801	4:43.32	+0.82	
	50m: 30.52	150m: 1:43.39	250m: 2:56.91	36.55	350m: 4:09.04	35.92	
	100m: 1:06.62	200m: 2:20.36	300m: 3:33.12	36.21	400m: 4:43.32	34.28	
3.	Mark Sponneck	San Giljan ASC	MLT	388523M	4:54.65	+0.69	
	<i>Maltese Masters Record</i>						
	50m: 31.71	150m: 1:42.73	250m: 2:58.81	38.50	350m: 4:16.96	39.13	
	100m: 1:06.48	200m: 2:20.31	300m: 3:37.83	39.02	400m: 4:54.65	37.69	
4.	Jonathan Fiene	SAS Swiss Alumni Swimming	SUI	#45997	5:03.70	+0.79	
	50m: 33.61	150m: 1:52.01	250m: 3:10.75	38.83	350m: 4:28.01	38.31	
	100m: 1:12.54	200m: 2:31.92	300m: 3:49.70	38.95	400m: 5:03.70	35.69	
5.	Bart Sieczynski	Masters Krasnik (LKR)	POL		5:24.04	+0.79	
	50m: 36.76	150m: 1:57.72	250m: 3:20.30	41.29	350m: 4:43.86	41.39	
	100m: 1:17.01	200m: 2:39.01	300m: 4:02.47	42.17	400m: 5:24.04	40.18	
6.	Tom Bandsma	PSV	NED	197701625	6:01.44	+1.10	
	50m: 37.62	150m: 2:03.97	250m: 3:39.14	48.29	350m: 5:15.78	48.91	
	100m: 1:19.30	200m: 2:50.85	300m: 4:26.87	47.73	400m: 6:01.44	45.66	

Masters 50+

1.	Richard Rickson	Hellas-Glana	NED	197000841	5:01.66	+0.86	
	50m: 33.70	150m: 1:48.39	250m: 3:05.75	38.79	350m: 4:24.15	39.24	
	100m: 1:10.60	200m: 2:26.96	300m: 3:44.91	39.16	400m: 5:01.66	37.51	
2.	Ingmar de Gelder	ZOB'66	NED	197000333	5:09.33	+0.93	
	50m: 33.70	150m: 1:49.78	250m: 3:09.59	40.27	350m: 4:30.70	40.45	
	100m: 1:10.68	200m: 2:29.32	300m: 3:50.25	40.66	400m: 5:09.33	38.63	
3.	Bruno Nahon	Cercle De Natation Sportcity WolBEL	CNSW/000390/70		5:12.08	+0.79	
	50m: 35.23	150m: 1:53.23	250m: 3:12.89	39.65	350m: 4:32.86	39.91	
	100m: 1:13.95	200m: 2:33.24	300m: 3:52.95	40.06	400m: 5:12.08	39.22	
4.	Paul Bosch	Team Noord Holland (SG)	NED	197201533	5:23.75	+0.91	
	50m: 36.54	150m: 1:57.51	250m: 3:20.28	41.45	350m: 4:43.46	41.57	
	100m: 1:16.04	200m: 2:38.83	300m: 4:01.89	41.61	400m: 5:23.75	40.29	
5.	Chris Kouwenhoven	De Grunte	NED	197101669	5:25.15	+0.95	
	50m: 36.18	150m: 1:59.65	250m: 3:22.83	41.59	350m: 4:46.60	41.76	
	100m: 1:17.87	200m: 2:41.24	300m: 4:04.84	42.01	400m: 5:25.15	38.55	
6.	Wouter van der Stelt	De Biesboschzwemmers	NED	197200889	5:51.83	+0.85	
	50m: 38.02	150m: 2:05.21	250m: 3:35.39	45.40	350m: 5:06.59	46.17	
	100m: 1:20.75	200m: 2:49.99	300m: 4:20.42	45.03	400m: 5:51.83	45.24	
7.	Jeroen Hoeksel	ZVVS	NED	197401533	6:18.41	+1.01	
	50m: 40.99	150m: 2:14.94	250m: 3:51.58	48.46	350m: 5:29.96	49.67	
	100m: 1:27.16	200m: 3:03.12	300m: 4:40.29	48.71	400m: 6:18.41	48.45	

Masters 55+

1.	Glen Le Clercq	De Rog	NED	196800177	5:05.10	+0.82	
	50m: 33.91	150m: 1:51.01	250m: 3:09.41	39.41	350m: 4:27.10	38.11	
	100m: 1:12.29	200m: 2:30.00	300m: 3:48.99	39.58	400m: 5:05.10	38.00	
2.	Erlend Alstad	Oslo I.L.	NOR		5:09.08	+0.89	
	50m: 34.82	150m: 1:52.89	250m: 3:11.04	39.30	350m: 4:31.58	40.99	
	100m: 1:13.30	200m: 2:31.74	300m: 3:50.59	39.55	400m: 5:09.08	37.50	
3.	Frank van Nobelen	Sassenheim	NED	196900753	5:12.36	+0.83	
	50m: 34.37	150m: 1:51.94	250m: 3:12.58	40.55	350m: 4:33.54	40.34	
	100m: 1:12.66	200m: 2:32.03	300m: 3:53.20	40.62	400m: 5:12.36	38.82	



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Kampioenschappen 2024 lange baan
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Event 3, Men, 400m Freestyle, Masters 55+

rang	naam	vereniging	tijd	RT	PARA
4.	Henri Michels	De Amstel	5:21.89	+0.86	
	50m: 35.82 35.82	150m: 1:55.70 40.82	250m: 3:19.23 41.87	350m: 4:41.45 40.98	
	100m: 1:14.88 39.06	200m: 2:37.36 41.66	300m: 4:00.47 41.24	400m: 5:21.89 40.44	
5.	Gerko Versluis	Zuiderzeewimmers	5:24.88	+0.94	
	50m: 33.79 33.79	150m: 1:53.17 40.93	250m: 3:18.85 42.94	350m: 4:44.59 42.30	
	100m: 1:12.24 38.45	200m: 2:35.91 42.74	300m: 4:02.29 43.44	400m: 5:24.88 40.29	
6.	Edwin Petri	De Otters Het Gooi	5:25.47	+0.87	
	50m: 37.16 37.16	150m: 2:00.66 42.84	250m: 3:24.44 40.53	350m: 4:45.60 40.02	
	100m: 1:17.82 40.66	200m: 2:43.91 43.25	300m: 4:05.58 41.14	400m: 5:25.47 39.87	
7.	Francis Roosen	VZV Njord	5:31.18	+0.71	
	50m: 36.10 36.10	150m: 1:58.13 41.66	250m: 3:23.35 43.24	350m: 4:50.64 43.69	
	100m: 1:16.47 40.37	200m: 2:40.11 41.98	300m: 4:06.95 43.60	400m: 5:31.18 40.54	
8.	Jan-Willem van den Berg	WVZ	5:32.96	+0.78	
	50m: 34.99 34.99	150m: 1:57.74 42.53	250m: 3:23.88 43.16	350m: 4:50.83 43.00	
	100m: 1:15.21 40.22	200m: 2:40.72 42.98	300m: 4:07.83 43.95	400m: 5:32.96 42.13	
9.	Leon Slingerland	WVZ	5:35.00	+0.92	
	50m: 35.77 35.77	150m: 1:59.22 42.54	250m: 3:26.87 43.84	350m: 4:54.03 42.75	
	100m: 1:16.68 40.91	200m: 2:43.03 43.81	300m: 4:11.28 44.41	400m: 5:35.00 40.97	
10.	Eric Dumas	Patrick-De Roersoppers (SG)	5:48.70	+0.80	
	50m: 38.62 38.62	150m: 2:07.40 44.55	250m: 3:37.45 44.97	350m: 5:05.77 44.48	
	100m: 1:22.85 44.23	200m: 2:52.48 45.08	300m: 4:21.29 43.84	400m: 5:48.70 42.93	
11.	Jeroen Wilmer	Vichy Val D'Alhier Natation	5:56.03	+1.04	
	50m: 39.96 39.96	150m: 2:09.47 45.23	250m: 3:41.75 46.19	350m: 5:13.45 46.15	
	100m: 1:24.24 44.28	200m: 2:55.56 46.09	300m: 4:27.30 45.55	400m: 5:56.03 42.58	

Masters 60+

1.	Johan Remmits	ZPC AMERSFOORT	4:59.46	+0.80	
	50m: 34.05 34.05	150m: 1:50.37 38.44	250m: 3:07.29 38.06	350m: 4:22.92 37.64	
	100m: 1:11.93 37.88	200m: 2:29.23 38.86	300m: 3:45.28 37.99	400m: 4:59.46 36.54	
2.	Jon Christensen	Luxembourg Sharks Swimming CLUX	5:03.44	+0.78	
	50m: 35.48 35.48	150m: 1:52.49 39.08	250m: 3:09.85 38.49	350m: 4:26.21 38.45	
	100m: 1:13.41 37.93	200m: 2:31.36 38.87	300m: 3:47.76 37.91	400m: 5:03.44 37.23	
3.	Jan Brink	ZPC De Zeeuwse Kust	5:06.75	+0.78	
	50m: 33.10 33.10	150m: 1:50.49 39.24	250m: 3:10.14 39.37	350m: 4:29.18 39.43	
	100m: 1:11.25 38.15	200m: 2:30.77 40.28	300m: 3:49.75 39.61	400m: 5:06.75 37.57	
4.	Karol Lacko	Vysokoskolsky klub Univerzity kcSVKskeSVK16793	5:23.45	+0.84	
	50m: 37.81 37.81	150m: 2:00.09 41.28	250m: 3:21.94 40.48	350m: 4:44.27 40.59	
	100m: 1:18.81 41.00	200m: 2:41.46 41.37	300m: 4:03.68 41.74	400m: 5:23.45 39.18	
5.	Axel Sondermann	Lone Star Masters	5:30.40	+0.84	
	50m: 36.02 36.02	150m: 1:57.67 41.04	250m: 3:22.86 42.74	350m: 4:48.72 43.08	
	100m: 1:16.63 40.61	200m: 2:40.12 42.45	300m: 4:05.64 42.78	400m: 5:30.40 41.68	
6.	Richard Tiemstra	De Biesboschzwimmers	6:03.98	+1.02	
	50m: 39.29 39.29	150m: 2:10.65 46.00	250m: 3:46.19 47.56	350m: 5:20.61 46.46	
	100m: 1:24.65 45.36	200m: 2:58.63 47.98	300m: 4:34.15 47.96	400m: 6:03.98 43.37	

Masters 65+

1.	Marten de Groot	HZ&PC Heerenveen	5:09.18	+0.76	
	50m: 34.24 34.24	150m: 1:52.25 39.34	250m: 3:12.16 40.08	350m: 4:31.59 39.61	
	100m: 1:12.91 38.67	200m: 2:32.08 39.83	300m: 3:51.98 39.82	400m: 5:09.18 37.59	
2.	Dirk Zeterberg	Zehlendorfer TSV 1888	5:24.16	+0.97	
	50m: 37.54 37.54	150m: 1:58.76 40.61	250m: 3:23.72 42.26	350m: 4:45.94 40.50	
	100m: 1:18.15 40.61	200m: 2:41.46 42.70	300m: 4:05.44 41.72	400m: 5:24.16 38.22	
3.	Paul Bunnik	Triton	6:03.19	+0.83	
	50m: 36.71 36.71	150m: 2:06.75 46.84	250m: 3:41.96 47.51	350m: 5:20.03 49.28	
	100m: 1:19.91 43.20	200m: 2:54.45 47.70	300m: 4:30.75 48.79	400m: 6:03.19 43.16	
4.	Lex Hoogendam	ZZ&PC De Devel	6:37.00	+1.02	
	50m: 40.61 40.61	150m: 2:15.83 48.95	250m: 3:57.95 51.26	350m: 5:43.49 52.72	
	100m: 1:26.88 46.27	200m: 3:06.69 50.86	300m: 4:50.77 52.82	400m: 6:37.00 53.51	
5.	Peter Coffeng	GZC DONK	7:01.47	+0.97	
	50m: 46.04 46.04	150m: 2:30.48 53.75	250m: 4:20.00 54.45	350m: 6:09.81 54.04	
	100m: 1:36.73 50.69	200m: 3:25.55 55.07	300m: 5:15.77 55.77	400m: 7:01.47 51.66	



Open Nederlandse Masters
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Event 3, Men, 400m Freestyle

Masters 75+

1.	Wout Hemmes		De Plons			NED	194800059			6:48.85	+1.13	
	50m:	44.83	44.83	150m:	2:27.68	52.06	250m:	4:12.49	52.41	350m:	5:56.48	51.50
	100m:	1:35.62	50.79	200m:	3:20.08	52.40	300m:	5:04.98	52.49	400m:	6:48.85	52.37
2.	Willem Putter		ZVVS			NED	194500135			7:08.32	+1.06	
	50m:	47.10	47.10	150m:	2:35.78	54.96	250m:	4:27.17	55.32	350m:	6:17.37	54.70
	100m:	1:40.82	53.72	200m:	3:31.85	56.07	300m:	5:22.67	55.50	400m:	7:08.32	50.95
3.	Guenter Mitlewski		SV Blau-Weiss Bochum			GER	081309			7:28.53	+1.10	
	50m:	48.26	48.26	150m:	2:41.84	57.30	250m:	4:37.78	57.80	350m:	6:34.31	57.84
	100m:	1:44.54	56.28	200m:	3:39.98	58.14	300m:	5:36.47	58.69	400m:	7:28.53	54.22

Masters 80+

1.	Geza Kaltenecker		AZC			NED	194200065			7:59.25	+0.89	
	50m:	53.00	53.00	150m:	2:54.19	1:01.14	250m:	4:59.28	1:02.79	350m:	7:03.99	1:01.75
	100m:	1:53.05	1:00.05	200m:	3:56.49	1:02.30	300m:	6:02.24	1:02.96	400m:	7:59.25	55.26
2.	Rob Hanou		PSV			NED	194300109			8:30.75	+1.05	
	50m:	55.78	55.78	150m:	3:08.20	1:06.35	250m:	5:20.44	1:05.70	350m:	7:30.12	1:03.51
	100m:	2:01.85	1:06.07	200m:	4:14.74	1:06.54	300m:	6:26.61	1:06.17	400m:	8:30.75	1:00.63

Masters 85+

1.	Nic Geers		PSV			NED	193800007			9:29.84	+1.04	
	50m:	1:00.22	1:00.22	150m:	3:26.29	1:13.22	250m:	5:56.24	1:13.90	350m:	8:25.68	1:13.51
	100m:	2:13.07	1:12.85	200m:	4:42.34	1:16.05	300m:	7:12.17	1:15.93	400m:	9:29.84	1:04.16