



Open Nederlandse Masters  
Kampioenschappen 2025 lange baan  
Drachten, 8-11 mei 2025



Event 30  
11-5-2025 - 11:18

Men, 400m Medley

Masters Open  
Results

rang	naam	vereniging							tijd	RT	PARA
<b>Masters 20+</b>											
1.	Wouter Zijlstra <i>Nederlands Masters Record</i>	HZ&PC Heerenveen	NED	200401545					<b>4:46.54</b>	+0,66	
	50m: 29.91	29.91	150m: 1:41.41	37.30	250m: 2:59.97	41.69	350m: 4:15.73	33.08			
	100m: 1:04.11	34.20	200m: 2:18.28	36.87	300m: 3:42.65	42.68	400m: 4:46.54	30.81			
2.	Boaz Troost	ZOB'66	NED	200100371					<b>5:56.22</b>		
	50m: 34.38	34.38	150m: 2:06.54	47.19	250m: 3:41.75	47.96	350m: 5:15.15	42.57			
	100m: 1:19.35	44.97	200m: 2:53.79	47.25	300m: 4:32.58	50.83	400m: 5:56.22	41.07			
<b>Masters 25+</b>											
1.	Nick Bongers	SBC2000	NED	199800843					<b>5:18.83</b>	+0,83	
	50m: 34.72	34.72	150m: 1:58.69	42.39	250m: 3:23.93	43.06	350m: 4:44.64	36.47			
	100m: 1:16.30	41.58	200m: 2:40.87	42.18	300m: 4:08.17	44.24	400m: 5:18.83	34.19			
2.	Jeroen Louwinger	De Rijn	NED	199900583					<b>5:26.03</b>	+0,77	
	50m: 35.64	35.64	150m: 1:55.92	40.98	250m: 3:25.34	48.02	350m: 4:51.20	36.25			
	100m: 1:14.94	39.30	200m: 2:37.32	41.40	300m: 4:14.95	49.61	400m: 5:26.03	34.83			
3.	Tenzin Tieman	Old Dutch	NED	200005549					<b>5:39.36</b>	+0,82	
	50m: 32.13	32.13	150m: 1:57.35	46.54	250m: 3:35.00	51.67	350m: 5:05.00	36.84			
	100m: 1:10.81	38.68	200m: 2:43.33	45.98	300m: 4:28.16	53.16	400m: 5:39.36	34.36			
4.	Erwin Pras	GZVW	NED	199601781					<b>5:41.56</b>		
	50m: 33.23	33.23	150m: 1:57.26	44.86	250m: 3:31.21	50.52	350m: 5:03.44	40.41			
	100m: 1:12.40	39.17	200m: 2:40.69	43.43	300m: 4:23.03	51.82	400m: 5:41.56	38.12			
5.	Patrick Wyrdean	Westland Swimming Stars	NED	199702475					<b>5:44.35</b>	+0,75	
	50m: 33.44	33.44	150m: 1:57.08	44.80	250m: 3:30.77	49.47	350m: 5:04.95	43.05			
	100m: 1:12.28	38.84	200m: 2:41.30	44.22	300m: 4:21.90	51.13	400m: 5:44.35	39.40			
<b>Masters 30+</b>											
1.	Colin Degenars	ZPCH	NED	199505951	SM14				<b>6:02.59</b>	+0,81	
	50m: 34.65	34.65	150m: 2:09.21	49.91	250m: 3:50.95	55.03	350m: 5:22.84	39.15			
	100m: 1:19.30	44.65	200m: 2:55.92	46.71	300m: 4:43.69	52.74	400m: 6:02.59	39.75			
2.	Koen de Meyere	WS Twente	NED	199406783					<b>6:14.92</b>		
	50m: 36.94	36.94	150m: 2:16.14	49.67	250m: 3:56.64	50.65	350m: 5:32.09	43.34			
	100m: 1:26.47	49.53	200m: 3:05.99	49.85	300m: 4:48.75	52.11	400m: 6:14.92	42.83			
3.	Patrick Graver	GZVW	NED	199404735					<b>6:42.86</b>	+0,93	
	50m: 40.27	40.27	150m: 2:25.25	54.65	250m: 4:15.18	55.39	350m: 5:58.11	46.36			
	100m: 1:30.60	50.33	200m: 3:19.79	54.54	300m: 5:11.75	56.57	400m: 6:42.86	44.75			
<b>Masters 35+</b>											
1.	Matteo Viani	Zwemlust- den Hommel	NED	199007717					<b>5:02.56</b>		
	50m: 30.18	30.18	150m: 1:47.26	42.38	250m: 3:12.51	44.85	350m: 4:29.58	33.16			
	100m: 1:04.88	34.70	200m: 2:27.66	40.40	300m: 3:56.42	43.91	400m: 5:02.56	32.98			
2.	Jiri Janovsky	Autoskoda Mlada Boleslav	CZE	3247000					<b>5:07.77</b>	+0,83	
	50m: 31.31	31.31	150m: 1:51.33	41.93	250m: 3:12.49	40.83	350m: 4:31.44	36.94			
	100m: 1:09.40	38.09	200m: 2:31.66	40.33	300m: 3:54.50	42.01	400m: 5:07.77	36.33			
3.	Tim Bunnik	Triton	NED	199000505					<b>5:21.48</b>	+0,76	
	50m: 34.55	34.55	150m: 1:54.80	40.47	250m: 3:22.28	46.89	350m: 4:45.94	35.89			
	100m: 1:14.33	39.78	200m: 2:35.39	40.59	300m: 4:10.05	47.77	400m: 5:21.48	35.54			
4.	Patrick Creemers	SG Patrick - De Roersoppers	NED	199000579					<b>5:35.26</b>		
	50m: 34.45	34.45	150m: 2:07.11	46.14	250m: 3:37.98	46.32	350m: 5:00.71	36.74			
	100m: 1:20.97	46.52	200m: 2:51.66	44.55	300m: 4:23.97	45.99	400m: 5:35.26	34.55			
5.	Dennis Wijbenga	Aqua 68	NED	199003283					<b>5:50.50</b>	+0,94	
	50m: 35.22	35.22	150m: 2:09.67	47.43	250m: 3:39.75	45.50	350m: 5:09.22	42.03			
	100m: 1:22.24	47.02	200m: 2:54.25	44.58	300m: 4:27.19	47.44	400m: 5:50.50	41.28			
6.	Mark Godwaldt	PSV	NED	198701039					<b>6:50.86</b>		
	50m: 45.22	45.22	150m: 2:33.57	51.76	250m: 4:24.68	1:02.89	350m: 5:07.77	39.73			
	100m: 1:41.81	56.59	200m: 3:21.79	48.22	300m: 5:28.04	1:03.36	400m: 6:50.86	43.09			





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Masters 40+

1.	Yuri van Omme	Zwemvereniging Hoogland	NED	198501887			<b>5:24.14</b>	+0,81
	50m: 34.00	34.00	150m: 1:56.82	41.49	250m: 3:22.43	43.62	350m: 4:45.82	38.37
	100m: 1:15.33	41.33	200m: 2:38.81	41.99	300m: 4:07.45	45.02	400m: 5:24.14	38.32
2.	Rob van Vliet	ZPC Amersfoort	NED	198402459			<b>5:34.61</b>	+0,89
	50m: 33.33	33.33	150m: 1:59.96	45.04	250m: 3:29.60	46.09	350m: 4:55.92	38.82
	100m: 1:14.92	41.59	200m: 2:43.51	43.55	300m: 4:17.10	47.50	400m: 5:34.61	38.69
3.	Frank v.d. Voordt	z.c De Schoteijl	NED	198302259			<b>5:36.82</b>	+0,86
	50m: 33.43	33.43	150m: 1:58.24	44.77	250m: 3:31.88	49.57	350m: 4:59.33	38.36
	100m: 1:13.47	40.04	200m: 2:42.31	44.07	300m: 4:20.97	49.09	400m: 5:36.82	37.49
4.	Bertrand Maillet	ASPTT Clermont-Ferrand	FRA	88948			<b>6:07.57</b>	
	50m: 38.83	38.83	150m: 2:14.48	48.02	250m: 3:51.76	52.23	350m: 5:28.23	43.43
	100m: 1:26.46	47.63	200m: 2:59.53	45.05	300m: 4:44.80	53.04	400m: 6:07.57	39.34

Masters 45+

1.	Hakon Skaarud Karlsen	Oslo I.L.	NOR	M050179HÅK01			<b>5:08.51</b>	+0,71
	<i>Norwegian Masters Record</i>							
	50m: 34.30	34.30	150m: 1:55.10	42.30	250m: 3:19.98	49.97	350m: 4:36.96	33.39
	100m: 1:12.80	38.50	200m: 2:36.01	40.91	300m: 4:03.57	43.59	400m: 5:08.51	31.55
2.	Mark Hensen	NieMo Barracuda	NED	197900497			<b>5:26.29</b>	
	50m: 32.31	32.31	150m: 1:53.44	43.03	250m: 3:23.25	47.24	350m: 4:48.89	37.72
	100m: 1:10.41	38.10	200m: 2:36.01	42.57	300m: 4:11.17	47.92	400m: 5:26.29	37.40
3.	Heijmen van Vliet	De Geul	NED	198001637			<b>5:41.53</b>	+0,61
	50m: 33.00	33.00	150m: 1:57.17	46.34	250m: 3:32.92	50.61	350m: 5:02.07	40.04
	100m: 1:10.83	37.83	200m: 2:42.31	45.14	300m: 4:22.03	49.11	400m: 5:41.53	39.46
sick	Vincent Versteeg	Zwemlust- den Hommel	NED	197701003				

Masters 50+

1.	Kees Bakker	Gay Swim Amsterdam	NED	197501055			<b>5:55.08</b>	
	50m: 36.43	36.43	150m: 2:05.23	46.67	250m: 3:42.37	51.56	350m: 5:14.81	41.07
	100m: 1:18.56	42.13	200m: 2:50.81	45.58	300m: 4:33.74	51.37	400m: 5:55.08	40.27
2.	Kai Kremer	SG Erkelenz-Hueckelhoven	GER	468899			<b>6:18.89</b>	+0,84
	50m: 37.48	37.48	150m: 2:15.94	52.94	250m: 3:59.38	50.97	350m: 5:34.89	45.06
	100m: 1:23.00	45.52	200m: 3:08.41	52.47	300m: 4:49.83	50.45	400m: 6:18.89	44.00
3.	Korstiaan de Boer	Steenwijk 1934	NED	197101629			<b>6:27.73</b>	+0,81
	50m: 38.87	38.87	150m: 2:17.82	49.74	250m: 4:01.49	54.85	350m: 5:45.40	46.82
	100m: 1:28.08	49.21	200m: 3:06.64	48.82	300m: 4:58.58	57.09	400m: 6:27.73	42.33
4.	Marcel van Walt van Praag	Gay Swim Amsterdam	NED	197501425			<b>6:59.56</b>	+0,78
	50m: 44.82	44.82	150m: 2:38.50	59.08	250m: 4:32.90	58.63	350m: 6:17.24	44.80
	100m: 1:39.42	54.60	200m: 3:34.27	55.77	300m: 5:32.44	59.54	400m: 6:59.56	42.32

Masters 55+

1.	Matthias Millers	SG Wuppertal	GER	113799			<b>5:20.03</b>	+0,91
	<i>German Masters Record</i>							
	50m: 32.95	32.95	150m: 1:53.91	42.05	250m: 3:21.61	46.34	350m: 4:45.52	37.31
	100m: 1:11.86	38.91	200m: 2:35.27	41.36	300m: 4:08.21	46.60	400m: 5:20.03	34.51
2.	Bob de Vries	SG Octopus - ZVV	NED	196601101			<b>5:37.29</b>	+0,73
	50m: 35.06	35.06	150m: 2:04.25	46.40	250m: 3:36.99	48.49	350m: 5:02.08	36.37
	100m: 1:17.85	42.79	200m: 2:48.50	44.25	300m: 4:25.71	48.72	400m: 5:37.29	35.21
3.	Jan-Willem van den Berg	WVZ	NED	196801575			<b>5:42.12</b>	
	50m: 34.78	34.78	150m: 2:01.77	43.84	250m: 3:33.91	48.78	350m: 5:03.79	40.92
	100m: 1:17.93	43.15	200m: 2:45.13	43.36	300m: 4:22.87	48.96	400m: 5:42.12	38.33
4.	Eymert van Rooij	PSV	NED	196601631			<b>6:20.71</b>	
	50m: 41.62	41.62	150m: 2:22.33	49.71	250m: 4:06.31	54.07	350m: 5:42.86	41.96
	100m: 1:32.62	51.00	200m: 3:12.24	49.91	300m: 5:00.90	54.59	400m: 6:20.71	37.85
5.	Norbert Nagl	SC Hakoah	AUT	20840			<b>6:23.16</b>	+0,73
	50m: 41.92	41.92	150m: 2:21.69	49.10	250m: 4:04.53	55.14	350m: 5:41.95	41.94
	100m: 1:32.59	50.67	200m: 3:09.39	47.70	300m: 5:00.01	55.48	400m: 6:23.16	41.21
6.	Mathieu Rikken	De Duinkickers	NED	196701777			<b>6:30.43</b>	+0,57
	50m: 39.85	39.85	150m: 2:17.93	50.37	250m: 4:03.09	56.16	350m: 5:46.59	46.91
	100m: 1:27.56	47.71	200m: 3:06.93	49.00	300m: 4:59.68	56.59	400m: 6:30.43	43.84





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Masters 60+

1. Johan Remmits	ZPC Amersfoort	NED	196201159	<b>6:00.13</b>	+0,91
50m: 35.33	35.33	150m: 2:03.97	45.71	250m: 3:44.40	54.79
100m: 1:18.26	42.93	200m: 2:49.61	45.64	300m: 4:39.64	55.24
				350m: 5:20.73	41.09
				400m: 6:00.13	39.40
2. Ronald Grove	Triton	NED	196100161	<b>6:45.17</b>	+0,69
50m: 40.57	40.57	150m: 2:30.39	56.28	250m: 4:20.23	55.12
100m: 1:34.11	53.54	200m: 3:25.11	54.72	300m: 5:17.91	57.68
				350m: 6:01.45	43.54
				400m: 6:45.17	43.72

Masters 65+

1. Paul Bunnik	Triton	NED	195600413	<b>7:18.33</b>	+0,99
50m: 41.74	41.74	150m: 2:39.24	1:02.62	250m: 4:38.87	1:01.53
100m: 1:36.62	54.88	200m: 3:37.34	58.10	300m: 5:42.41	1:03.54
				350m: 6:30.35	47.94
				400m: 7:18.33	47.98

Masters 80+

1. Rob Hanou	PSV	NED	194300109	<b>10:28.47</b>	
50m: 1:22.45	1:22.45	150m: 4:26.36	1:19.05	250m: 7:02.05	1:17.89
100m: 3:07.31	1:44.86	200m: 5:44.16	1:17.80	300m: 8:21.09	1:19.04
				350m: 9:24.79	1:03.70
				400m: 10:28.47	1:03.68

