



ONMK 2026 lange baan
Drachten, 30-4- - 3-5-2026



Programmanr. 4
1-5-2026 - 9:30

Heren, 400m vrije slag

Masters Open
Resultaten

rang	naam	vereniging	tijd	RT	PARA			
20+								
1.	Laurens Kalle	De Schotejil	NED 200600161	4:32.83	+0.77			
	50m: 29.01	29.01	150m: 1:36.76	34.83	250m: 2:48.60	35.84	350m: 3:59.79	34.86
	100m: 1:01.93	32.92	200m: 2:12.76	36.00	300m: 3:24.93	36.33	400m: 4:32.83	33.04
2.	Christian Kalle	De Schotejil	NED 200400687	4:38.53	+0.84			
	50m: 29.85	29.85	150m: 1:39.81	35.65	250m: 2:51.91	35.94	350m: 4:04.04	36.34
	100m: 1:04.16	34.31	200m: 2:15.97	36.16	300m: 3:27.70	35.79	400m: 4:38.53	34.49
3.	Jacco Nijland	ZPC De Hof	NED 200400081	4:41.05	+0.78			
	50m: 31.62	31.62	150m: 1:43.89	36.25	250m: 2:56.92	36.54	350m: 4:10.63	36.31
	100m: 1:07.64	36.02	200m: 2:20.38	36.49	300m: 3:34.32	37.40	400m: 4:41.05	30.42
4.	Niels Kragt	TriVia	NED 200300155	4:43.64	+0.70			
	50m: 30.42	30.42	150m: 1:41.02	36.39	250m: 2:55.03	37.27	350m: 4:08.14	36.72
	100m: 1:04.63	34.21	200m: 2:17.76	36.74	300m: 3:31.42	36.39	400m: 4:43.64	35.50
5.	Rik Stahlie	TriVia	NED 200201915	4:46.11	+0.75			
	50m: 30.60	30.60	150m: 1:40.72	36.03	250m: 2:55.06	37.13	350m: 4:10.30	36.96
	100m: 1:04.69	34.09	200m: 2:17.93	37.21	300m: 3:33.34	38.28	400m: 4:46.11	35.81
6.	Jesper Pas	VZV Njord	NED 200200967	4:47.26	+0.74			
	50m: 31.37	31.37	150m: 1:43.68	36.84	250m: 2:58.37	36.99	350m: 4:13.26	37.14
	100m: 1:06.84	35.47	200m: 2:21.38	37.70	300m: 3:36.12	37.75	400m: 4:47.26	34.00
7.	Owen Michels	De Amstel	NED 200402293	4:51.69	+0.71			
	50m: 31.88	31.88	150m: 1:44.46	36.68	250m: 2:59.18	37.57	350m: 4:15.06	37.96
	100m: 1:07.78	35.90	200m: 2:21.61	37.15	300m: 3:37.10	37.92	400m: 4:51.69	36.63
8.	Mika Heskamp	De Dinkel	NED 200300339	4:54.74	+0.74			
	50m: 30.75	30.75	150m: 1:43.87	37.22	250m: 2:59.84	38.08	350m: 4:17.14	38.51
	100m: 1:06.65	35.90	200m: 2:21.76	37.89	300m: 3:38.63	38.79	400m: 4:54.74	37.60
25+								
1.	Jasper Breugem	WVZ	NED 200000303	4:31.84	+0.69			
	50m: 30.13	30.13	150m: 1:38.34	34.55	250m: 2:47.60	34.74	350m: 3:57.60	35.05
	100m: 1:03.79	33.66	200m: 2:12.86	34.52	300m: 3:22.55	34.95	400m: 4:31.84	34.24
2.	Jacob Mackloet	De Schotejil	NED 200001171	4:32.71	+0.70			
	50m: 30.28	30.28	150m: 1:39.40	35.26	250m: 2:50.06	35.26	350m: 3:59.65	34.42
	100m: 1:04.14	33.86	200m: 2:14.80	35.40	300m: 3:25.23	35.17	400m: 4:32.71	33.06
3.	Wesley van der Luit	Sassenheim	NED 199701895	4:54.67	+0.82			
	50m: 33.61	33.61	150m: 1:46.90	37.35	250m: 3:01.73	37.82	350m: 4:16.80	37.60
	100m: 1:09.55	35.94	200m: 2:23.91	37.01	300m: 3:39.20	37.47	400m: 4:54.67	37.87
4.	Leon Kloots	ZPC De Hof	NED 200001363	4:55.67	+0.81			
	50m: 31.70	31.70	150m: 1:45.38	37.31	250m: 3:00.06	36.67	350m: 4:17.37	38.64
	100m: 1:08.07	36.37	200m: 2:23.39	38.01	300m: 3:38.73	38.67	400m: 4:55.67	38.30
5.	Lars Jacobsen	DWK	NED 199705453	4:56.85	+0.81	578		
	50m: 31.44	31.44	150m: 1:44.59	37.49	250m: 3:03.05	39.81	350m: 4:20.68	39.43
	100m: 1:07.10	35.66	200m: 2:23.24	38.65	300m: 3:41.25	38.20	400m: 4:56.85	36.17
6.	Jordy van Oel	WVZ	NED 199802003	4:59.58	+0.76			
	50m: 32.63	32.63	150m: 1:47.45	38.26	250m: 3:03.96	38.07	350m: 4:21.46	38.41
	100m: 1:09.19	36.56	200m: 2:25.89	38.44	300m: 3:43.05	39.09	400m: 4:59.58	38.12
7.	Patrick Wyrdean	Westland Swimming Stars	NED 199702475	5:01.98	+0.67			
	50m: 31.99	31.99	150m: 1:44.65	37.54	250m: 3:02.30	39.28	350m: 4:22.22	40.60
	100m: 1:07.11	35.12	200m: 2:23.02	38.37	300m: 3:41.62	39.32	400m: 5:01.98	39.76
8.	Erik Baalbergen	ZVL - 1886	NED 199805775	5:19.44	+0.79			
	50m: 32.32	32.32	150m: 1:48.73	39.74	250m: 3:12.58	42.72	350m: 4:38.19	42.89
	100m: 1:08.99	36.67	200m: 2:29.86	41.13	300m: 3:55.30	42.72	400m: 5:19.44	41.25
9.	Auke Sijperda	AZC	NED 199905115	5:33.23	+0.71			
	50m: 34.19	34.19	150m: 1:54.69	41.15	250m: 3:20.84	43.10	350m: 4:49.30	44.13
	100m: 1:13.54	39.35	200m: 2:37.74	43.05	300m: 4:05.17	44.33	400m: 5:33.23	43.93





Programmanr. 4, Heren, 400m vrije slag

30+

1.	Mike Schel	ENC Arnhem	NED	199403279		4:27.41	+0.74	
	50m: 30.16	30.16	150m: 1:37.22	34.00	250m: 2:46.23	34.61	350m: 3:54.66	34.25
	100m: 1:03.22	33.06	200m: 2:11.62	34.40	300m: 3:20.41	34.18	400m: 4:27.41	32.75
2.	Tim de Vrugt	ENC Arnhem	NED	199306719		4:45.34	+0.71	
	50m: 30.42	30.42	150m: 1:40.97	36.10	250m: 2:55.18	37.21	350m: 4:09.89	36.88
	100m: 1:04.87	34.45	200m: 2:17.97	37.00	300m: 3:33.01	37.83	400m: 4:45.34	35.45
3.	Sander Riezebos	WS Twente	NED	199400467		4:59.79	+0.79	
	50m: 31.63	31.63	150m: 1:45.64	38.04	250m: 3:03.82	39.35	350m: 4:22.91	39.09
	100m: 1:07.60	35.97	200m: 2:24.47	38.83	300m: 3:43.82	40.00	400m: 4:59.79	36.88
4.	Colin Degenaaars	ZPCH	NED	199505951	S14	5:12.10	+0.77	497
	50m: 33.85	33.85	150m: 1:52.41	39.60	250m: 3:13.13	40.41	350m: 4:34.62	40.57
	100m: 1:12.81	38.96	200m: 2:32.72	40.31	300m: 3:54.05	40.92	400m: 5:12.10	37.48
5.	Remco Visser	ZPC Woerden	NED	199503185		5:25.75	+0.76	
	50m: 34.95	34.95	150m: 1:54.35	40.26	250m: 3:16.95	41.40	350m: 4:42.45	43.02
	100m: 1:14.09	39.14	200m: 2:35.55	41.20	300m: 3:59.43	42.48	400m: 5:25.75	43.30
6.	Ruben de Boer	Zwemvereniging Hoogland	NED	199301419		5:47.90	+0.81	
	50m: 36.85	36.85	150m: 2:03.96	43.76	250m: 3:32.86	45.04	350m: 5:03.02	45.09
	100m: 1:20.20	43.35	200m: 2:47.82	43.86	300m: 4:17.93	45.07	400m: 5:47.90	44.88

35+

1.	Tim Bunnik	Triton	NED	199000505		4:46.35	+0.73	
	50m: 30.95	30.95	150m: 1:41.86	36.15	250m: 2:56.08	37.49	350m: 4:10.28	37.16
	100m: 1:05.71	34.76	200m: 2:18.59	36.73	300m: 3:33.12	37.04	400m: 4:46.35	36.07
2.	Matthew Humphreys	MSV-Zeemacht	NED	198906983		4:49.88	+0.75	
	50m: 31.63	31.63	150m: 1:41.39	35.92	250m: 2:55.50	37.41	350m: 4:12.39	38.86
	100m: 1:05.47	33.84	200m: 2:18.09	36.70	300m: 3:33.53	38.03	400m: 4:49.88	37.49
3.	Jeroen Matthijssen	AZC	NED	199103751		4:51.67	+0.66	
	50m: 30.93	30.93	150m: 1:44.07	37.17	250m: 2:58.83	36.62	350m: 4:14.43	37.88
	100m: 1:06.90	35.97	200m: 2:22.21	38.14	300m: 3:36.55	37.72	400m: 4:51.67	37.24
4.	Jos de Graaf	PSV	NED	199106095		4:52.40	+0.73	
	50m: 30.59	30.59	150m: 1:40.73	35.70	250m: 2:53.97	36.63	350m: 4:11.79	39.25
	100m: 1:05.03	34.44	200m: 2:17.34	36.61	300m: 3:32.54	38.57	400m: 4:52.40	40.61
5.	Patrick Creemers	SG Patrick - De Roersoppers	NED	199000579		4:54.10	+0.72	
	50m: 32.68	32.68	150m: 1:47.45	37.96	250m: 3:02.98	37.16	350m: 4:18.05	37.16
	100m: 1:09.49	36.81	200m: 2:25.82	38.37	300m: 3:40.89	37.91	400m: 4:54.10	36.05
6.	Wessel Everloo	WS Twente	NED	198906597	S14	5:01.78	+0.87	550
	50m: 33.96	33.96	150m: 1:51.05	39.04	250m: 3:08.89	38.88	350m: 4:25.71	36.92
	100m: 1:12.01	38.05	200m: 2:30.01	38.96	300m: 3:48.79	39.90	400m: 5:01.78	36.07
7.	Niels Albrechts	De Schotejil	NED	198800039		5:04.02	+0.85	
	50m: 33.82	33.82	150m: 1:49.90	38.36	250m: 3:08.35	39.01	350m: 4:27.22	38.98
	100m: 1:11.54	37.72	200m: 2:29.34	39.44	300m: 3:48.24	39.89	400m: 5:04.02	36.80

40+

1.	Pieter Pickhardt	ZPC De Hof	NED	198301657		4:49.89	+0.82	
	50m: 32.40	32.40	150m: 1:44.36	36.60	250m: 2:57.99	36.75	350m: 4:13.38	37.41
	100m: 1:07.76	35.36	200m: 2:21.24	36.88	300m: 3:35.97	37.98	400m: 4:49.89	36.51
2.	Frank v.d. Voordt	De Schotejil	NED	198302259		5:03.39	+0.83	
	50m: 33.65	33.65	150m: 1:48.86	37.95	250m: 3:06.10	38.69	350m: 4:24.44	39.46
	100m: 1:10.91	37.26	200m: 2:27.41	38.55	300m: 3:44.98	38.88	400m: 5:03.39	38.95
3.	Rob van Wanrooy	Albion	NED	198202627		5:23.66	+0.75	
	50m: 35.99	35.99	150m: 1:55.97	40.46	250m: 3:16.66	40.13	350m: 4:41.56	42.41
	100m: 1:15.51	39.52	200m: 2:36.53	40.56	300m: 3:59.15	42.49	400m: 5:23.66	42.10
4.	Sander van Tilburg	De Biesboschwimmers	NED	198604609		5:32.39	+0.85	
	50m: 36.31	36.31	150m: 1:57.97	42.17	250m: 3:23.82	43.26	350m: 4:51.65	43.99
	100m: 1:15.80	39.49	200m: 2:40.56	42.59	300m: 4:07.66	43.84	400m: 5:32.39	40.74



Programmanr. 4, Heren, 400m vrije slag

45+

1. Gergely Molnár	Iron Swim	HUN	66/752	4:45.80	+0.78
50m: 31.88	31.88	150m: 1:44.07	36.35	250m: 2:57.40	36.67
100m: 1:07.72	35.84	200m: 2:20.73	36.66	300m: 3:34.14	36.74
				350m: 4:10.47	36.33
				400m: 4:45.80	35.33
2. Dennis Brouwers	HZPC	NED	197800167	4:45.99	+0.84
50m: 31.97	31.97	150m: 1:42.32	35.91	250m: 2:55.54	36.76
100m: 1:06.41	34.44	200m: 2:18.78	36.46	300m: 3:32.35	36.81
				350m: 4:09.48	37.13
				400m: 4:45.99	36.51
3. Ivo Roozeboom	WVZ	NED	197700801	4:46.30	+0.71
50m: 31.27	31.27	150m: 1:45.46	37.65	250m: 2:59.63	37.17
100m: 1:07.81	36.54	200m: 2:22.46	37.00	300m: 3:36.30	36.67
				350m: 4:12.61	36.31
				400m: 4:46.30	33.69
4. Oliver Grundmann	SG Essen	GER	501511	4:55.65	+0.86
50m: 32.69	32.69	150m: 1:49.50	38.79	250m: 3:05.62	36.95
100m: 1:10.71	38.02	200m: 2:28.67	39.17	300m: 3:43.42	37.80
				350m: 4:20.11	36.69
				400m: 4:55.65	35.54
5. Marcel Reefhuis	WS Twente	NED	198101381	5:04.92	+0.66
50m: 33.86	33.86	150m: 1:50.98	39.18	250m: 3:08.92	38.80
100m: 1:11.80	37.94	200m: 2:30.12	39.14	300m: 3:48.16	39.24
				350m: 4:27.16	39.00
				400m: 5:04.92	37.76
6. Arjen Nieveen	DZ&PC	NED	198002545	5:11.39	+0.73
50m: 33.23	33.23	150m: 1:48.47	38.29	250m: 3:07.46	39.71
100m: 1:10.18	36.95	200m: 2:27.75	39.28	300m: 3:48.39	40.93
				350m: 4:29.83	41.44
				400m: 5:11.39	41.56
7. Tom Bandsma	PSV	NED	197701625	5:38.44	
50m: 37.12	37.12	150m: 2:02.19	43.05	250m: 3:29.63	43.45
100m: 1:19.14	42.02	200m: 2:46.18	43.99	300m: 4:13.92	44.29
				350m: 4:56.82	42.90
				400m: 5:38.44	41.62
8. Stefan Witwerts	KSN (SG)	NED	197902159	6:57.56	
200m *					
50m: 42.61	42.61	150m: 2:24.74	52.76	250m: 4:14.46	55.14
100m: 1:31.98	49.37	200m: 3:19.32	54.58	300m: 5:10.08	55.62
				350m: 6:05.93	55.85
				400m: 6:57.56	51.63

50+

1. Pieter Veenstra	DZ&PC	NED	197301345	5:12.95	+0.85
50m: 35.59	35.59	150m: 1:54.24	39.60	250m: 3:13.93	40.02
100m: 1:14.64	39.05	200m: 2:33.91	39.67	300m: 3:53.93	40.00
				350m: 4:33.99	40.06
				400m: 5:12.95	38.96
2. Peter Meijer	DZ&PC	NED	197300613	5:31.12	+0.71
50m: 36.90	36.90	150m: 2:02.35	43.15	250m: 3:29.31	43.95
100m: 1:19.20	42.30	200m: 2:45.36	43.01	300m: 4:13.42	44.11
				350m: 4:55.41	41.99
				400m: 5:31.12	35.71
3. Wouter van der Stelt	De Biesboschzwemmers	NED	197200889	6:02.58	+0.91
50m: 39.31	39.31	150m: 2:09.01	45.89	250m: 3:42.21	46.54
100m: 1:23.12	43.81	200m: 2:55.67	46.66	300m: 4:28.89	46.68
				350m: 5:15.93	47.04
				400m: 6:02.58	46.65
4. Jeroen Hoeksels	ZV Vlaardingen-Schiedam	NED	197401533	6:18.99	
50m: 39.38	39.38	150m: 2:12.92	47.50	250m: 3:50.60	48.34
100m: 1:25.42	46.04	200m: 3:02.26	49.34	300m: 4:40.56	49.96
				350m: 5:29.71	49.15
				400m: 6:18.99	49.28

55+

1. Richard Rickson	Hellas-Glana	NED	197000841	5:05.27	+0.82
50m: 33.73	33.73	150m: 1:49.07	37.90	250m: 3:06.74	38.84
100m: 1:11.17	37.44	200m: 2:27.90	38.83	300m: 3:45.62	38.88
				350m: 4:25.82	40.20
				400m: 5:05.27	39.45
2. Bruno Nahon	Cercle De Natation Sportcity WolBEL	CNSW/000390/70		5:15.25	+0.83
50m: 36.23	36.23	150m: 1:55.48	39.87	250m: 3:16.22	40.27
100m: 1:15.61	39.38	200m: 2:35.95	40.47	300m: 3:56.43	40.21
				350m: 4:36.34	39.91
				400m: 5:15.25	38.91
3. Frank van Nobelen	Sassenheim	NED	196900753	5:19.82	+0.79
50m: 35.76	35.76	150m: 1:54.91	40.03	250m: 3:16.31	40.63
100m: 1:14.88	39.12	200m: 2:35.68	40.77	300m: 3:57.99	41.68
				350m: 4:38.85	40.86
				400m: 5:19.82	40.97
4. Leon Slingerland	WVZ	NED	196801707	5:57.46	+0.93
50m: 36.92	36.92	150m: 2:07.34	46.37	250m: 3:41.20	46.80
100m: 1:20.97	44.05	200m: 2:54.40	47.06	300m: 4:27.69	46.49
				350m: 5:13.90	46.21
				400m: 5:57.46	43.56
5. Ramon Alsina Munoz	Cercle De Natation Sportcity WolBEL	CNSW/002552/69		6:11.03	+0.87
50m: 42.90	42.90	150m: 2:17.66	47.64	250m: 3:52.03	46.86
100m: 1:30.02	47.12	200m: 3:05.17	47.51	300m: 4:38.94	46.91
				350m: 5:25.91	46.97
				400m: 6:11.03	45.12



ONMK 2026 lange baan
Drachten, 30-4- - 3-5-2026



Programmanr. 4, Heren, 400m vrije slag

60+

1.	Bob de Vries	SG Octopus - ZVV	NED	196601101	4:51.95	+0.69
	50m: 31.65	31.65	150m: 1:45.43	36.98	250m: 2:59.65	36.91
	100m: 1:08.45	36.80	200m: 2:22.74	37.31	300m: 3:37.45	37.80
					350m: 4:15.03	37.58
					400m: 4:51.95	36.92
2.	Jon Christensen	Luxembourg Sharks Swimming CLUX		10008	5:03.02	+0.77
	50m: 35.10	35.10	150m: 1:50.81	38.30	250m: 3:07.81	38.69
	100m: 1:12.51	37.41	200m: 2:29.12	38.31	300m: 3:46.18	38.37
					350m: 4:25.53	39.35
					400m: 5:03.02	37.49
3.	Hugues Herman	Cercle De Natation Sportcity WolBEL		CNSW/014976/66	5:05.07	+0.72
	50m: 35.48	35.48	150m: 1:54.07	39.37	250m: 3:12.39	38.31
	100m: 1:14.70	39.22	200m: 2:34.08	40.01	300m: 3:50.80	38.41
					350m: 4:28.78	37.98
					400m: 5:05.07	36.29
4.	Henri Michels	De Amstel	NED	196501587	5:27.70	+0.84
	50m: 35.40	35.40	150m: 1:55.19	40.91	250m: 3:20.20	43.15
	100m: 1:14.28	38.88	200m: 2:37.05	41.86	300m: 4:02.65	42.45
					350m: 4:46.05	43.40
					400m: 5:27.70	41.65
5.	Gert Sikkema	Zignea	NED	196300687	5:32.22	+0.88
	50m: 36.21	36.21	150m: 1:59.87	42.55	250m: 3:25.54	43.15
	100m: 1:17.32	41.11	200m: 2:42.39	42.52	300m: 4:09.23	43.69
					350m: 4:52.78	43.55
					400m: 5:32.22	39.44
6.	Kees-Jan van Overbeeke	WWV Winterswijk	NED	196200489	5:43.10	+0.86
	50m: 38.09	38.09	150m: 2:06.09	44.55	250m: 3:34.81	43.23
	100m: 1:21.54	43.45	200m: 2:51.58	45.49	300m: 4:18.47	43.66
					350m: 5:01.58	43.11
					400m: 5:43.10	41.52
7.	Jeroen Wilmer	Enkhuizer Zwem Vereniging	NED	196601711	5:59.57	+0.91
	50m: 40.21	40.21	150m: 2:11.54	46.72	250m: 3:45.02	46.71
	100m: 1:24.82	44.61	200m: 2:58.31	46.77	300m: 4:31.47	46.45
					350m: 5:16.53	45.06
					400m: 5:59.57	43.04
8.	Peter Janssen	Team Noord Holland (SG)	NED	196201307	6:23.59	
	50m: 41.19	41.19	150m: 2:16.13	48.99	250m: 3:56.00	49.93
	100m: 1:27.14	45.95	200m: 3:06.07	49.94	300m: 4:45.70	49.70
					350m: 5:35.82	50.12
					400m: 6:23.59	47.77
9.	Casper Dollekamp	Steenwijk 1934	NED	196301341	6:35.93	+0.84
	50m: 42.30	42.30	150m: 2:19.12	49.02	250m: 4:01.65	51.84
	100m: 1:30.10	47.80	200m: 3:09.81	50.69	300m: 4:54.62	52.97
					350m: 5:47.19	52.57
					400m: 6:35.93	48.74

65+

1.	Marten de Groot	HZ&PC Heerenveen	NED	195800149	5:18.35	+0.81
	50m: 36.57	36.57	150m: 1:56.90	39.72	250m: 3:17.57	40.40
	100m: 1:17.18	40.61	200m: 2:37.17	40.27	300m: 3:58.20	40.63
					350m: 4:38.36	40.16
					400m: 5:18.35	39.99
2.	Dirk Zeterberg	Zehlendorfer TSV von 1888	GER	101339	5:31.68	+0.89
	50m: 38.17	38.17	150m: 2:01.88	42.39	250m: 3:26.62	43.00
	100m: 1:19.49	41.32	200m: 2:43.62	41.74	300m: 4:09.27	42.65
					350m: 4:51.24	41.97
					400m: 5:31.68	40.44
3.	Rene Janssen	Team Noord Holland (SG)	NED	195700169	6:04.27	+0.93
	50m: 39.48	39.48	150m: 2:10.76	47.23	250m: 3:46.48	47.88
	100m: 1:23.53	44.05	200m: 2:58.60	47.84	300m: 4:33.45	46.97
					350m: 5:20.74	47.29
					400m: 6:04.27	43.53
4.	Wim de Lange	AZC	NED	195800533	6:11.55	+0.84
	50m: 41.74	41.74	150m: 2:16.93	47.98	250m: 3:52.70	47.94
	100m: 1:28.95	47.21	200m: 3:04.76	47.83	300m: 4:39.85	47.15
					350m: 5:27.30	47.45
					400m: 6:11.55	44.25
5.	Lex Hoogendam	ZZ&PC De Devel	NED	195700541	6:42.83	+0.97
	50m: 42.25	42.25	150m: 2:22.17	51.99	250m: 4:06.37	52.54
	100m: 1:30.18	47.93	200m: 3:13.83	51.66	300m: 4:59.01	52.64
					350m: 5:52.08	53.07
					400m: 6:42.83	50.75

70+

1.	Henk Slomp	De Inktvis	NED	195500359	5:51.70	+0.93
	50m: 38.76	38.76	150m: 2:09.10	46.15	250m: 3:40.46	45.36
	100m: 1:22.95	44.19	200m: 2:55.10	46.00	300m: 4:26.05	45.59
					350m: 5:10.50	44.45
					400m: 5:51.70	41.20
2.	Laurens Klein Breteler	WS Twente	NED	195400109	6:39.56	+0.89
	50m: 42.77	42.77	150m: 2:23.63	51.61	250m: 4:08.19	52.22
	100m: 1:32.02	49.25	200m: 3:15.97	52.34	300m: 5:00.64	52.45
					350m: 5:52.08	51.44
					400m: 6:39.56	47.48
3.	Rob Berkhof	SWOL 1894	NED	195200245	7:27.38	+0.52
	50m: 47.57	47.57	150m: 2:37.55	55.18	250m: 4:32.22	57.63
	100m: 1:42.37	54.80	200m: 3:34.59	57.04	300m: 5:30.83	58.61
					350m: 6:29.56	58.73
					400m: 7:27.38	57.82

75+

1.	Wout Hemmes	De Plons	NED	194800059	6:53.16	+0.54
	50m: 45.51	45.51	150m: 2:30.15	51.94	250m: 4:15.53	52.01
	100m: 1:38.21	52.70	200m: 3:23.52	53.37	300m: 5:09.42	53.89
					350m: 6:02.25	52.83
					400m: 6:53.16	50.91



Programmanr. 4, Heren, 400m vrije slag, 75+

rang	naam	vereniging						tijd	RT	PARA
2.	Jos Kamps	Zwemvereniging Hoogland						7:21.09	+0.90	
	50m: 43.28	43.28	150m: 2:31.05	55.84	250m: 4:26.62	57.57	350m: 6:24.28	58.83		
	100m: 1:35.21	51.93	200m: 3:29.05	58.00	300m: 5:25.45	58.83	400m: 7:21.09	56.81		
3.	Piet Schop	De Bevelanders						7:54.57	+0.75	
	50m: 54.22	54.22	150m: 2:56.38	1:02.16	250m: 5:00.04	1:02.17	350m: 7:03.25	1:01.20		
	100m: 1:54.22	1:00.00	200m: 3:57.87	1:01.49	300m: 6:02.05	1:02.01	400m: 7:54.57	51.32		

80+

1.	Willem Putter	ZV Vlaardingen-Schiedam						7:20.99	+0.86	
	50m: 48.36	48.36	150m: 2:40.59	57.24	250m: 4:36.17	57.77	350m: 6:29.33	56.07		
	100m: 1:43.35	54.99	200m: 3:38.40	57.81	300m: 5:33.26	57.09	400m: 7:20.99	51.66		
2.	Geza Kaltenecker	AZC						8:15.67		
	50m: 55.63	55.63	150m: 3:00.97	1:03.61	250m: 5:08.26	1:04.59	350m: 7:17.30	1:04.26		
	100m: 1:57.36	1:01.73	200m: 4:03.67	1:02.70	300m: 6:13.04	1:04.78	400m: 8:15.67	58.37		