

ROM 3
Leiden, 21-1-2024

Programmanr. 4
21-1-2024 - 15:25

400m vrije slag

20 - 89 jaar
Resultaten

rang	naam	vereniging	intijd		tijd		RT
Masters 20+, Heren							
1.	Reint van den Berg <i>* bu eindtijd</i>	SCOM	5:29.45		200404885		5:23.84 +0,93
	50m: 35.24 100m: 1:13.59	35.24 38.35	150m: 1:54.78 200m: 2:36.38	41.19 41.60	250m: 3:17.77 300m: 4:00.08	41.39 42.31	350m: 4:42.42 400m: 5:23.84 42.34 41.42
Masters 25+, Heren							
1.	Jordy van Oel	WVZ	4:30.81		199802003		4:28.17 +0,77
	50m: 29.00 100m: 1:02.21	29.00 33.21	150m: 1:35.62 200m: 2:09.59	33.41 33.97	250m: 2:43.59 300m: 3:17.91	34.00 34.32	350m: 3:53.30 400m: 4:28.17 35.39 34.87
2.	Erik Baalbergen	ZVL-1886	4:49.87		199805775		4:57.64 +0,83
	50m: 31.67 100m: 1:07.38	31.67 35.71	150m: 1:44.00 200m: 2:21.96	36.62 37.96	250m: 3:00.89 300m: 3:40.11	38.93 39.22	350m: 4:19.72 400m: 4:57.64 39.61 37.92
3.	Jasper van den Broek	De Watervogels	5:24.22		199903313		5:14.97 +0,60
	50m: 35.06 100m: 1:13.97	35.06 38.91	150m: 1:54.54 200m: 2:35.22	40.57 40.68	250m: 3:15.43 300m: 3:55.96	40.21 40.53	350m: 4:36.76 400m: 5:14.97 40.80 38.21
Masters 30+, Heren							
1.	Jeroen Matthijssen	AZC	4:46.83		199103751		4:52.12 +0,80
	50m: 30.03 100m: 1:03.99	30.03 33.96	150m: 1:39.98 200m: 2:17.04	35.99 37.06	250m: 2:54.52 300m: 3:33.63	37.48 39.11	350m: 4:13.17 400m: 4:52.12 39.54 38.95
2.	Jeroen van Blanken	ACZ	5:14.01		199206451		5:03.38 +0,76
	50m: 31.87 100m: 1:08.31	31.87 36.44	150m: 1:46.66 200m: 2:25.29	38.35 38.63	250m: 3:04.61 300m: 3:44.09	39.32 39.48	350m: 4:23.98 400m: 5:03.38 39.89 39.40
Masters 40+, Heren							
1.	Kristiaan Lenos	ZVL-1886	4:29.01		198301331		4:32.75 +0,75
	50m: 29.02 100m: 1:02.15	29.02 33.13	150m: 1:35.93 200m: 2:10.32	33.78 34.39	250m: 2:45.07 300m: 3:20.71	34.75 35.64	350m: 3:56.97 400m: 4:32.75 36.26 35.78
2.	Rob van Wanrooy	Feijenoord Albion Zwemclub	5:24.65		198202627		5:18.18 +0,78
	50m: 34.79 100m: 1:12.64	34.79 37.85	150m: 1:53.00 200m: 2:33.68	40.36 40.68	250m: 3:15.30 300m: 3:56.81	41.62 41.51	350m: 4:37.98 400m: 5:18.18 41.17 40.20
Masters 45+, Heren							
1.	Ingmar Kooman	ZVL-1886	5:40.44		197901517		5:39.71 +0,83
	50m: 36.80 100m: 1:18.37	36.80 41.57	150m: 2:01.78 200m: 2:45.34	43.41 43.56	250m: 3:29.39 300m: 4:13.09	44.05 43.70	350m: 4:57.23 400m: 5:39.71 44.14 42.48
Masters 50+, Heren							
1.	Bruno Nahon	CNSW	5:05.00		CNSW/000390/70		5:07.41 +0,80
	50m: 36.69 100m: 1:16.49	36.69 39.80	150m: 1:54.91 200m: 2:33.28	38.42 38.37	250m: 3:11.91 300m: 3:50.72	38.63 38.81	350m: 4:29.93 400m: 5:07.41 39.21 37.48
2.	Martin Berkhout	ZVL-1886	5:30.00		197101123		5:24.78 +0,82
	50m: 34.78 100m: 1:15.35	34.78 40.57	150m: 1:57.35 200m: 2:39.08	42.00 41.73	250m: 3:21.13 300m: 4:03.30	42.05 42.17	350m: 4:45.67 400m: 5:24.78 42.37 39.11
3.	Jeroen Hoeksel	ZVVS	6:12.34		197401533		6:13.44 +1,03
	50m: 39.82 100m: 1:24.06	39.82 44.24	150m: 2:10.69 200m: 2:57.12	46.63 46.43	250m: 3:45.01 300m: 4:33.58	47.89 48.57	350m: 5:23.79 400m: 6:13.44 50.21 49.65
4.	Gerrit Koese	De Watervogels	6:15.00		197301649		6:16.44 +1,02
	50m: 39.25 100m: 1:23.10	39.25 43.85	150m: 2:10.75 200m: 3:00.22	47.65 49.47	250m: 3:49.49 300m: 4:38.71	49.27 49.22	350m: 5:28.25 400m: 6:16.44 49.54 48.19

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Programmanr. 4, 400m vrije slag

Masters 55+, Heren

1. Leon Slingerland	WVZ	5:32.06	196801707	5:24.56	+1,04
50m: 34.93	34.93 150m: 1:57.83	41.76 250m: 3:22.18	42.26 350m: 4:46.06	41.46	
100m: 1:16.07	41.14 200m: 2:39.92	42.09 300m: 4:04.60	42.42 400m: 5:24.56	38.50	
2. Erik Saan	De Duck	6:13.98	196500769	5:58.39	+1,13
50m: 40.01	40.01 150m: 2:10.03	45.89 250m: 3:43.24	46.22 350m: 5:14.39	45.31	
100m: 1:24.14	44.13 200m: 2:57.02	46.99 300m: 4:29.08	45.84 400m: 5:58.39	44.00	
3. Maarten-Jan Wilschut	ZZ&PC De Devel	7:07.48	196701807	6:47.98	+1,14
50m: 45.46	45.46 150m: 2:26.26	51.55 250m: 4:13.31	54.01 350m: 6:00.36	53.27	
100m: 1:34.71	49.25 200m: 3:19.30	53.04 300m: 5:07.09	53.78 400m: 6:47.98	47.62	

Masters 60+, Heren

1. Menno Lomans	PSV	5:32.99	196101071	5:27.01	+0,81
50m: 36.30	36.30 150m: 1:58.57	42.23 250m: 3:23.27	42.12 350m: 4:47.43	41.92	
100m: 1:16.34	40.04 200m: 2:41.15	42.58 300m: 4:05.51	42.24 400m: 5:27.01	39.58	
2. Jan Smalheer	SCOM	5:59.62	196400701	6:00.22	+1,26
50m: 37.12	37.12 150m: 2:05.58	45.04 250m: 3:39.56	47.24 350m: 5:14.57	47.26	
100m: 1:20.54	43.42 200m: 2:52.32	46.74 300m: 4:27.31	47.75 400m: 6:00.22	45.65	
3. Jano Hogebrug	De Watervogels	7:46.23	196401477	7:25.26	+1,06
50m: 49.31	49.31 150m: 2:36.68	55.14 250m: 4:34.28	58.88 350m: 6:28.71	56.50	
100m: 1:41.54	52.23 200m: 3:35.40	58.72 300m: 5:32.21	57.93 400m: 7:25.26	56.55	

Masters 65+, Heren

1. Hugo Bregman	WVZ	5:05.63	195800069	4:59.29	+0,93
50m: 34.55	34.55 150m: 1:50.40	38.23 250m: 3:07.36	38.25 350m: 4:23.60	38.09	
100m: 1:12.17	37.62 200m: 2:29.11	38.71 300m: 3:45.51	38.15 400m: 4:59.29	35.69	
2. Richard Broer	HHZV PLONS	5:40.74	195900077	5:53.84	+1,20
50m: 37.19	37.19 150m: 2:02.64	44.21 250m: 3:34.51	46.06 350m: 5:09.06	48.34	
100m: 1:18.43	41.24 200m: 2:48.45	45.81 300m: 4:20.72	46.21 400m: 5:53.84	44.78	

Masters 75+, Heren

1. Willem Putter	ZVVS	7:05.10	194500135	6:59.01	+1,25
50m: 45.48	45.48 150m: 2:29.27	52.96 250m: 4:17.55	54.30 350m: 6:05.48	54.51	
100m: 1:36.31	50.83 200m: 3:23.25	53.98 300m: 5:10.97	53.42 400m: 6:59.01	53.53	

Masters 80+, Heren

1. Geza Kaltenecker	AZC	7:31.95	194200065	7:17.52	+1,00
50m: 48.14	48.14 150m: 2:39.06	56.48 250m: 4:32.58	56.86 350m: 6:26.06	56.18	
100m: 1:42.58	54.44 200m: 3:35.72	56.66 300m: 5:29.88	57.30 400m: 7:17.52	51.46	

Masters 20+, Dames

1. Feija de Bruin	WVZ	5:31.44	200400106	5:51.65	+0,89
50m: 36.96	36.96 150m: 2:01.75	43.62 250m: 3:32.54	45.48 350m: 5:05.64	46.65	
100m: 1:18.13	41.17 200m: 2:47.06	45.31 300m: 4:18.99	46.45 400m: 5:51.65	46.01	

Masters 25+, Dames

1. Mariska Gach	ZVL-1886	5:18.31	199501760	5:20.82	+0,75
50m: 36.36	36.36 150m: 1:56.51	40.79 250m: 3:18.52	41.12 350m: 4:41.11	41.37	
100m: 1:15.72	39.36 200m: 2:37.40	40.89 300m: 3:59.74	41.22 400m: 5:20.82	39.71	
2. Cynthia van Veen	ZVL-1886	6:17.39	199606736	6:06.22	+0,83
50m: 38.09	38.09 150m: 2:08.32	46.22 250m: 3:43.53	48.09 350m: 5:21.11	48.28	
100m: 1:22.10	44.01 200m: 2:55.44	47.12 300m: 4:32.83	49.30 400m: 6:06.22	45.11	

Masters 30+, Dames

1. Anouk Kuijlaars	PSV	5:16.37	199401700	5:10.50	+0,97
50m: 35.39	35.39 150m: 1:52.66	39.13 250m: 3:11.62	39.36 350m: 4:31.11	39.96	
100m: 1:13.53	38.14 200m: 2:32.26	39.60 300m: 3:51.15	39.53 400m: 5:10.50	39.39	
2. Ilona van der Knaap	De Watervogels	5:35.39	199204954	5:27.83	+0,72
50m: 35.69	35.69 150m: 1:55.52	40.88 250m: 3:20.00	42.62 350m: 4:45.96	42.94	
100m: 1:14.64	38.95 200m: 2:37.38	41.86 300m: 4:03.02	43.02 400m: 5:27.83	41.87	

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Programmanr. 4, Dames, 400m vrije slag, Masters 30+

rang	naam	vereniging	intijd		tijd	RT	
3.	Lotte Nienhuis	De Watervogels	5:36.00	199205256	5:28.99	+0,81	
	50m: 34.24	34.24 150m: 1:54.31	41.37	250m: 3:19.71	42.79	350m: 4:45.08	42.43
	100m: 1:12.94	38.70 200m: 2:36.92	42.61	300m: 4:02.65	42.94	400m: 5:28.99	43.91
4.	Nienke de Koning	MNC Dordrecht	7:29.05	199208058	7:23.10	+0,91	
	50m: 47.69	47.69 150m: 2:39.19	57.41	250m: 4:33.89	57.48	350m: 6:28.03	57.02
	100m: 1:41.78	54.09 200m: 3:36.41	57.22	300m: 5:31.01	57.12	400m: 7:23.10	55.07

Masters 40+, Dames

1.	Steffi Meinhold	d'ELFT	5:13.88	198001542	5:00.48	+0,92	
	50m: 33.39	33.39 150m: 1:48.37	37.75	250m: 3:04.66	38.09	350m: 4:19.76	36.95
	100m: 1:10.62	37.23 200m: 2:26.57	38.20	300m: 3:42.81	38.15	400m: 5:00.48	40.72
2.	Anke Lambooi	De Vliet (SG)	5:09.92	198001182	5:07.34	+0,85	
	50m: 32.40	32.40 150m: 1:46.98	38.13	250m: 3:05.88	39.95	350m: 4:27.67	41.10
	100m: 1:08.85	36.45 200m: 2:25.93	38.95	300m: 3:46.57	40.69	400m: 5:07.34	39.67
3.	Linda Hoogendam	WVZ	5:46.37	198300892	5:42.58	+0,92	
	50m: 38.21	38.21 150m: 2:03.77	43.29	250m: 3:31.21	43.57	350m: 5:00.68	44.16
	100m: 1:20.48	42.27 200m: 2:47.64	43.87	300m: 4:16.52	45.31	400m: 5:42.58	41.90
4.	Else de Rooij	MNC Dordrecht	7:05.86	198202560	6:48.18	+1,04	
	50m: 44.38	44.38 150m: 2:26.36	52.53	250m: 4:13.59	53.47	350m: 5:59.58	52.80
	100m: 1:33.83	49.45 200m: 3:20.12	53.76	300m: 5:06.78	53.19	400m: 6:48.18	48.60

Masters 45+, Dames

1.	Liselotte Joling	PSV	4:48.82	197500268	4:47.60	+0,87	
	<i>Nederlands Masters Record</i>						
	50m: 33.57	33.57 150m: 1:46.69	36.35	250m: 2:59.94	36.24	350m: 4:12.79	36.12
	100m: 1:10.34	36.77 200m: 2:23.70	37.01	300m: 3:36.67	36.73	400m: 4:47.60	34.81
2.	Chantal Verhoeff	Old Dutch Breda	5:22.91	197900912	5:24.46	+0,88	
	50m: 36.09	36.09 150m: 1:57.32	41.22	250m: 3:19.81	40.76	350m: 4:42.63	41.57
	100m: 1:16.10	40.01 200m: 2:39.05	41.73	300m: 4:01.06	41.25	400m: 5:24.46	41.83
3.	Jessica Venema	GZC Donk	5:34.13	197901526	5:32.64	+0,88	
	50m: 35.51	35.51 150m: 1:57.04	41.87	250m: 3:23.33	43.58	350m: 4:51.08	44.32
	100m: 1:15.17	39.66 200m: 2:39.75	42.71	300m: 4:06.76	43.43	400m: 5:32.64	41.56
4.	Marian Nederlof	De Geul	5:58.21	197600950	6:00.75	+0,86	
	50m: 38.96	38.96 150m: 2:06.97	44.56	250m: 3:39.60	46.73	350m: 5:15.15	48.10
	100m: 1:22.41	43.45 200m: 2:52.87	45.90	300m: 4:27.05	47.45	400m: 6:00.75	45.60
5.	Ilonka van der Meer	LinK	6:45.12	197601168	6:25.09	+1,06	
	50m: 42.53	42.53 150m: 2:18.61	48.96	250m: 3:57.67	49.49	350m: 5:38.00	50.36
	100m: 1:29.65	47.12 200m: 3:08.18	49.57	300m: 4:47.64	49.97	400m: 6:25.09	47.09
6.	Clementine van Bruxvoort	Feijenoord Albion Zwemclub	6:38.53	197700138	7:00.56	+0,94	
	50m: 45.04	45.04 150m: 2:30.28	53.49	250m: 4:17.96	53.80	350m: 6:08.31	55.52
	100m: 1:36.79	51.75 200m: 3:24.16	53.88	300m: 5:12.79	54.83	400m: 7:00.56	52.25

Masters 50+, Dames

1.	Johanna van Wijnen	De Biesboschzwemmers	5:20.00	197201072	5:12.92	+0,99	
	50m: 36.47	36.47 150m: 1:54.60	39.49	250m: 3:13.77	39.40	350m: 4:33.36	39.84
	100m: 1:15.11	38.64 200m: 2:34.37	39.77	300m: 3:53.52	39.75	400m: 5:12.92	39.56
2.	Elise Kenworthy	LinK	6:55.11	197101126	6:41.29	+1,04	
	50m: 43.32	43.32 150m: 2:19.36	49.69	250m: 4:01.86	51.87	350m: 5:49.13	53.86
	100m: 1:29.67	46.35 200m: 3:09.99	50.63	300m: 4:55.27	53.41	400m: 6:41.29	52.16

Masters 55+, Dames

1.	Laura Staal	Oceanus	5:58.60	196700358	5:43.65	+0,91	
	50m: 37.84	37.84 150m: 2:03.30	43.47	250m: 3:30.99	43.88	350m: 5:01.26	45.43
	100m: 1:19.83	41.99 200m: 2:47.11	43.81	300m: 4:15.83	44.84	400m: 5:43.65	42.39
2.	K. van Nassau-van den Heuvel	Old Dutch Breda	6:07.20	196600188	6:15.12	+0,95	
	50m: 42.70	42.70 150m: 2:17.33	47.71	250m: 3:53.56	47.82	350m: 5:29.88	48.25
	100m: 1:29.62	46.92 200m: 3:05.74	48.41	300m: 4:41.63	48.07	400m: 6:15.12	45.24
3.	José Bodde	LinK	6:39.00	196901104	6:26.12	+1,10	
	50m: 42.10	42.10 150m: 2:16.50	48.40	250m: 3:56.75	50.61	350m: 5:37.25	50.51
	100m: 1:28.10	46.00 200m: 3:06.14	49.64	300m: 4:46.74	49.99	400m: 6:26.12	48.87

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rang	naam	vereniging				intijd				tijd		RT	
4.	Inge Deutz	ZVVS				7:20.22				196600726		7:06.50	+0,90
	50m:	45.43	45.43	150m:	2:30.97	54.20	250m:	4:21.54	55.43	350m:	6:13.97	55.98	
	100m:	1:36.77	51.34	200m:	3:26.11	55.14	300m:	5:17.99	56.45	400m:	7:06.50	52.53	
5.	Roselinda van der Vlugt	De Geul				7:08.98				196700710		7:29.62	+0,94
	50m:	50.01	50.01	150m:	2:44.56	58.59	250m:	4:40.95	57.78	350m:	6:35.49	57.15	
	100m:	1:45.97	55.96	200m:	3:43.17	58.61	300m:	5:38.34	57.39	400m:	7:29.62	54.13	

Masters 60+, Dames

1.	Annemarie Straetemans	De Geul				7:43.17				196300508		7:48.67	+1,02
	50m:	53.45	53.45	150m:	2:54.05	1:00.60	250m:	4:53.86	59.49	350m:	6:51.29	59.22	
	100m:	1:53.45	1:00.00	200m:	3:54.37	1:00.32	300m:	5:52.07	58.21	400m:	7:48.67	57.38	

Masters 85+, Dames

1.	Marie Smits	Old Dutch Breda				8:41.98				193800004		8:54.97	+1,18
	50m:	56.72	56.72	150m:	3:14.17	1:09.59	250m:	5:32.87	1:09.68	350m:	7:51.29	1:08.79	
	100m:	2:04.58	1:07.86	200m:	4:23.19	1:09.02	300m:	6:42.50	1:09.63	400m:	8:54.97	1:03.68	

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