

ROM 3
Leiden, 18-1-2026

Programmanr. 7
18-1-2026 - 16:00

400m wisselslag

20 - 89 jaar
Resultaten

rang	naam	vereniging	intijd		tijd	RT
Masters 20+, Heren						
1.	Scott Jansen	WVZ	4:49.17	200202455	4:39.41	+0,74
	50m: 29.65	29.65	150m: 1:42.66	37.96	250m: 2:58.56	38.17
	100m: 1:04.70	35.05	200m: 2:20.39	37.73	300m: 3:36.32	37.76
					350m: 4:09.17	32.85
					400m: 4:39.41	30.24
Masters 25+, Heren						
1.	Patrick Wyrdeман	Westland Swimming Stars	5:25.11	199702475	5:33.05	+0,72
	50m: 32.64	32.64	150m: 1:54.33	42.87	250m: 3:23.82	47.08
	100m: 1:11.46	38.82	200m: 2:36.74	42.41	300m: 4:12.66	48.84
					350m: 4:53.91	41.25
					400m: 5:33.05	39.14
2.	Jack Davies	ZVL-1886	6:25.00	199704263	5:59.28	+0,73
	50m: 33.73	33.73	150m: 2:00.97	45.49	250m: 3:36.50	48.94
	100m: 1:15.48	41.75	200m: 2:47.56	46.59	300m: 4:26.76	50.26
					350m: 5:13.82	47.06
					400m: 5:59.28	45.46
Masters 30+, Heren						
1.	Jaime Santiago Patterson	ZVL-1886	6:25.00	199406797	6:11.01	+0,76
	50m: 37.32	37.32	150m: 2:09.90	48.30	250m: 3:51.22	54.93
	100m: 1:21.60	44.28	200m: 2:56.29	46.39	300m: 4:45.37	54.15
					350m: 5:29.22	43.85
					400m: 6:11.01	41.79
2.	Jochem van Bochove	ACZ	6:40.93	199605913	6:11.48	+0,92
	50m: 39.18	39.18	150m: 2:11.69	50.16	250m: 3:51.52	51.84
	100m: 1:21.53	42.35	200m: 2:59.68	47.99	300m: 4:43.89	52.37
					350m: 5:28.89	45.00
					400m: 6:11.48	42.59
Masters 35+, Heren						
1.	Tim Bunnik	Triton	5:01.39	199000505	5:10.44	+0,84
	50m: 32.92	32.92	150m: 1:51.38	38.87	250m: 3:15.42	45.11
	100m: 1:12.51	39.59	200m: 2:30.31	38.93	300m: 4:01.55	46.13
					350m: 4:36.64	35.09
					400m: 5:10.44	33.80
Masters 40+, Heren						
1.	Rob van Wanrooy	Albion	5:33.46	198202627	5:48.47	+0,77
	50m: 38.61	38.61	150m: 2:08.05	42.15	250m: 3:39.91	48.84
	100m: 1:25.90	47.29	200m: 2:51.07	43.02	300m: 4:28.80	48.89
					350m: 5:08.76	39.96
					400m: 5:48.47	39.71
Masters 45+, Heren						
1.	Arjan Buijsse	Sassenheim	5:50.81	197901767	5:38.51	+0,83
	50m: 34.19	34.19	150m: 1:58.51	43.77	250m: 3:30.31	48.91
	100m: 1:14.74	40.55	200m: 2:41.40	42.89	300m: 4:19.19	48.88
					350m: 5:00.28	41.09
					400m: 5:38.51	38.23
2.	Joris Haest	Old Dutch	6:00.00	197900441	5:53.84	+0,76
	50m: 34.74	34.74	150m: 2:03.57	45.87	250m: 3:39.45	50.40
	100m: 1:17.70	42.96	200m: 2:49.05	45.48	300m: 4:31.63	52.18
					350m: 5:13.37	41.74
					400m: 5:53.84	40.47
3.	Benoit Gasner	DES	6:00.00	198102645	5:58.68	+0,80
	50m: 34.48	34.48	150m: 2:03.76	47.91	250m: 3:38.70	48.59
	100m: 1:15.85	41.37	200m: 2:50.11	46.35	300m: 4:29.70	51.00
					350m: 5:16.02	46.32
					400m: 5:58.68	42.66
Masters 50+, Heren						
AFGEM	Bastiaan Huizinga	De Watervogels	6:56.58	197300395		
Masters 55+, Heren						
1.	Frank van Nobelen	Sassenheim	5:44.32	196900753	5:59.81	+0,86
	50m: 36.77	36.77	150m: 2:05.14	44.91	250m: 3:43.44	53.19
	100m: 1:20.23	43.46	200m: 2:50.25	45.11	300m: 4:38.00	54.56
					350m: 5:19.34	41.34
					400m: 5:59.81	40.47
2.	Erwin Veenhoven	ZVL-1886	6:25.00	197101793	6:44.71	+0,98
	<i>bu 150 mtr.</i>					
	50m: 41.07	41.07	150m: 2:25.36	54.97	250m: 4:16.62	57.66
	100m: 1:30.39	49.32	200m: 3:18.96	53.60	300m: 5:12.87	56.25
					350m: 6:01.29	48.42
					400m: 6:44.71	43.42

Na afloop zijn de uitslagen te vinden op:
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Masters 70+, Heren

1. Paul Bunnik	Triton	6:50.36	195600413	6:45.64	+0,94
<i>Nederlands Masters Record</i>					
50m:	39.73	39.73	150m:	2:24.32	56.55
100m:	1:27.77	48.04	200m:	3:18.09	53.77
			250m:	4:16.01	57.92
			300m:	5:16.56	1:00.55
			350m:	6:02.69	46.13
			400m:	6:45.64	42.95

Masters 80+, Heren

1. Rob Hanou	PSV	9:29.50	194300109	9:47.00	+1,17
50m:	1:14.93	1:14.93	150m:	4:04.24	1:13.24
100m:	2:51.00	1:36.07	200m:	5:16.29	1:12.05
			250m:	6:31.09	1:14.80
			300m:	7:46.56	1:15.47
			350m:	8:47.66	1:01.10
			400m:	9:47.00	59.34

Masters 20+, Dames

1. Kim de Jong	Westland Swimming Stars	6:26.00	200401522	6:06.87	+0,73
50m:	37.60	37.60	150m:	2:12.53	48.79
100m:	1:23.74	46.14	200m:	3:00.48	47.95
			250m:	3:52.04	51.56
			300m:	4:43.85	51.81
			350m:	5:25.98	42.13
			400m:	6:06.87	40.89
2. Nina Bellaart	Oceanus	6:13.51	200400756	6:16.61	+0,80
50m:	37.01	37.01	150m:	2:11.53	47.91
100m:	1:23.62	46.61	200m:	2:58.17	46.64
			250m:	3:53.90	55.73
			300m:	4:50.69	56.79
			350m:	5:35.32	44.63
			400m:	6:16.61	41.29
3. Dayna van Hoorn	Poseidon'56	NT	200502800	6:52.75	+1,01
50m:	44.32	44.32	150m:	2:30.28	50.97
100m:	1:39.31	54.99	200m:	3:19.82	49.54
			250m:	4:17.02	57.20
			300m:	5:16.67	59.65
			350m:	6:05.64	48.97
			400m:	6:52.75	47.11
4. Britt van Bommel	Sassenheim	NT	200301982	7:28.54	+0,76
50m:	47.34	47.34	150m:	2:41.10	55.08
100m:	1:46.02	58.68	200m:	3:36.44	55.34
			250m:	4:38.06	1:01.62
			300m:	5:42.94	1:04.88
			350m:	6:36.37	53.43
			400m:	7:28.54	52.17

Masters 25+, Dames

1. Anouk van der Lans	Westland Swimming Stars	6:26.00	199801614	6:35.46	+0,80
50m:	40.68	40.68	150m:	2:21.14	48.07
100m:	1:33.07	52.39	200m:	3:08.59	47.45
			250m:	4:05.10	56.51
			300m:	5:03.91	58.81
			350m:	5:50.80	46.89
			400m:	6:35.46	44.66

Masters 30+, Dames

1. Cynthia van Veen	BZ&PC	7:46.78	199606736	7:45.46	+0,82
50m:	46.26	46.26	150m:	2:39.89	55.37
100m:	1:44.52	58.26	200m:	3:34.60	54.71
			250m:	4:47.06	1:12.46
			300m:	6:02.80	1:15.74
			350m:	6:54.96	52.16
			400m:	7:45.46	50.50

Masters 35+, Dames

1. Linda van Klei	ACZ	6:05.41	198802088	6:05.82	+0,90
50m:	39.49	39.49	150m:	2:13.15	46.71
100m:	1:26.44	46.95	200m:	2:58.57	45.42
			250m:	3:49.07	50.50
			300m:	4:41.08	52.01
			350m:	5:24.48	43.40
			400m:	6:05.82	41.34
2. Francis van der Perk	SGHW (SG)	NT	199102442	8:02.26	+0,73
50m:	52.56	52.56	150m:	2:53.15	56.33
100m:	1:56.82	1:04.26	200m:	3:49.33	56.18
			250m:	4:55.13	1:05.80
			300m:	6:01.35	1:06.22
			350m:	7:02.83	1:01.48
			400m:	8:02.26	59.43

Masters 45+, Dames

1. Steffi Meinhold	DES	6:03.49	198001542	6:01.58	+0,90
50m:	40.24	40.24	150m:	2:15.78	45.89
100m:	1:29.89	49.65	200m:	3:00.51	44.73
			250m:	3:52.37	51.86
			300m:	4:43.92	51.55
			350m:	5:24.25	40.33
			400m:	6:01.58	37.33
2. Clementine van Bruxvoort	Albion	8:02.43	197700138	8:12.70	+0,91
50m:	51.79	51.79	150m:	2:54.79	59.77
100m:	1:55.02	1:03.23	200m:	3:52.86	58.07
			250m:	5:04.50	1:11.64
			300m:	6:18.18	1:13.68
			350m:	7:15.89	57.71
			400m:	8:12.70	56.81

Masters 50+, Dames

1. Liselotte Joling	PSV	5:36.34	197500268	5:48.89	+0,90
50m:	37.65	37.65	150m:	2:07.94	46.74
100m:	1:21.20	43.55	200m:	2:52.75	44.81
			250m:	3:41.87	49.12
			300m:	4:33.30	51.43
			350m:	5:11.98	38.68
			400m:	5:48.89	36.91

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Masters 65+, Dames

1.	Petra Tossings	GZC DONK			6:44.45	196100376			6:47.14	+0,95		
	<i>Nederlands Masters Record</i>											
	50m:	43.36	43.36	150m:	2:27.49	52.02	250m:	4:15.78	56.71	350m:	6:01.54	47.48
	100m:	1:35.47	52.11	200m:	3:19.07	51.58	300m:	5:14.06	58.28	400m:	6:47.14	45.60

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