

Programmanr. 14
26-3-2017

Heren, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	David Anthonio	De Kikker	4:15.71	200102551	4:29.10 +0,87 547
	50m: 30.81	30.81 150m: 1:38.72	34.36	250m: 2:48.57	34.72 350m: 3:57.53
	100m: 1:04.36	33.55 200m: 2:13.85	35.13	300m: 3:23.94	35.37 400m: 4:29.10
2.	Lars van der Haijden	Hellas-Glana	4:18.44	199900225	4:31.19 +0,71 534
	50m: 30.10	30.10 150m: 1:39.40	35.47	250m: 2:49.60	35.34 350m: 4:00.02
	100m: 1:03.93	33.83 200m: 2:14.26	34.86	300m: 3:24.59	34.99 400m: 4:31.19
3.	Maikel van der Linden	Zv Kimbria	4:32.57	200003797	4:34.38 +0,70 516
	50m: 30.36	30.36 150m: 1:39.89	35.16	250m: 2:50.11	34.68 350m: 3:59.94
	100m: 1:04.73	34.37 200m: 2:15.43	35.54	300m: 3:25.13	35.02 400m: 4:34.38
4.	Thijs Manders	Psv	4:25.62	200002731	4:34.40 +0,71 516
	50m: 30.88	30.88 150m: 1:39.57	34.86	250m: 2:50.56	35.43 350m: 4:01.89
	100m: 1:04.71	33.83 200m: 2:15.13	35.56	300m: 3:26.65	36.09 400m: 4:34.40
5.	Joris Hendriks	Psv	4:21.66	199904859	4:39.00 +0,73 491
	50m: 31.85	31.85 150m: 1:41.85	35.65	250m: 2:53.14	35.65 350m: 4:04.23
	100m: 1:06.20	34.35 200m: 2:17.49	35.64	300m: 3:28.31	35.17 400m: 4:39.00
6.	Timo Spaans	Psv	4:27.79	200201087	4:42.60 +0,77 472
	50m: 31.78	31.78 150m: 1:44.32	36.57	250m: 2:58.07	36.95 350m: 4:11.55
	100m: 1:07.75	35.97 200m: 2:21.12	36.80	300m: 3:35.21	37.14 400m: 4:42.60
7.	David Groenewegen	Psv	4:33.51	200400469	4:42.94 +0,81 471
	50m: 31.61	31.61 150m: 1:43.44	36.46	250m: 2:56.26	36.67 350m: 4:09.18
	100m: 1:06.98	35.37 200m: 2:19.59	36.15	300m: 3:32.77	36.51 400m: 4:42.94
8.	Stan de Swart	Psv	4:45.04	200300535	4:48.64 +0,68 443
	50m: 33.42	33.42 150m: 1:47.09	37.05	250m: 2:59.61	36.01 350m: 4:12.66
	100m: 1:10.04	36.62 200m: 2:23.60	36.51	300m: 3:36.19	36.58 400m: 4:48.64
9.	Luuk van Rooij	Psv	4:42.34	200400581	4:51.03 +0,68 432
	50m: 32.42	32.42 150m: 1:47.01	36.91	250m: 3:01.32	36.70 350m: 4:14.77
	100m: 1:10.10	37.68 200m: 2:24.62	37.61	300m: 3:38.78	37.46 400m: 4:51.03
10.	Pieter Wisse	Psv	4:53.22	200400779	4:56.83 +0,85 408
	50m: 33.42	33.42 150m: 1:47.99	37.51	250m: 3:05.00	38.66 350m: 4:20.48
	100m: 1:10.48	37.06 200m: 2:26.34	38.35	300m: 3:43.21	38.21 400m: 4:56.83
11.	Jesper Tjassing	ZPCA Eemsrobben (SG)	5:34.01	200201499	5:03.69 +0,79 381
	50m: 32.36	32.36 150m: 1:47.88	38.45	250m: 3:05.03	38.90 350m: 4:22.99
	100m: 1:09.43	37.07 200m: 2:26.13	38.25	300m: 3:44.11	39.08 400m: 5:03.69
12.	Jasper Thomas	NIMO Landgraaf	4:43.65	200200427	5:04.41 +0,65 378
	50m: 34.05	34.05 150m: 1:50.36	38.53	250m: 3:08.60	39.22 350m: 4:27.34
	100m: 1:11.83	37.78 200m: 2:29.38	39.02	300m: 3:47.53	38.93 400m: 5:04.41
13.	Kacper Kasprzycki	Psv	5:44.39	200304319	5:08.29 +0,73 364
	50m: 33.17	33.17 150m: 1:52.11	40.32	250m: 3:11.58	39.77 350m: 4:30.97
	100m: 1:11.79	38.62 200m: 2:31.81	39.70	300m: 3:51.95	40.37 400m: 5:08.29
14.	Luca Bourdjanadze	Zv Kimbria	5:19.29	200400787	5:15.24 +0,71 340
	50m: 34.35	34.35 150m: 1:52.78	40.37	250m: 3:14.56	41.19 350m: 4:36.55
	100m: 1:12.41	38.06 200m: 2:33.37	40.59	300m: 3:55.93	41.37 400m: 5:15.24
15.	Jurre Veldhuisen	Hellas-Glana	6:05.51	200400603	5:26.72 +0,70 306
	50m: 37.05	37.05 150m: 2:00.82	41.72	250m: 3:24.70	41.50 350m: 4:47.24
	100m: 1:19.10	42.05 200m: 2:43.20	42.38	300m: 4:06.31	41.61 400m: 5:26.72
16.	Niels van der Mast	ZPCNumansdorp	NT	200401917	5:41.41 +0,72 268
	50m: 38.81	38.81 150m: 2:05.07	43.83	250m: 3:34.64	45.90 350m: 5:01.43
	100m: 1:21.24	42.43 200m: 2:48.74	43.67	300m: 4:19.04	44.40 400m: 5:41.41