

Programmanr. 16  
23-4-2017 - 15:02

Heren, 400m vrije slag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT					
1.	Mike Gerritsen	Arendonkse Zwemvereniging	4:27.14	AZV/10152/03	<b>4:27.60</b> +0,72 556					
	50m: 30.01	30.01	150m: 1:37.34	34.11	250m: 2:45.76	34.38	350m: 3:54.75	34.87	400m: 4:27.60	32.85
	100m: 1:03.23	33.22	200m: 2:11.38	34.04	300m: 3:19.88	34.12				
2.	Arne Vriens	Arendonkse Zwemvereniging	4:26.96	AZV/10147/02	<b>4:27.69</b> +0,70 556					
	50m: 30.16	30.16	150m: 1:37.26	33.69	250m: 2:45.41	33.90	350m: 3:54.38	34.66	400m: 4:27.69	33.31
	100m: 1:03.57	33.41	200m: 2:11.51	34.25	300m: 3:19.72	34.31				
3.	Bram Zwetsloot	Z&PV Nuenen	4:38.23	200202117	<b>4:35.49</b> +0,66 510					
	50m: 30.45	30.45	150m: 1:38.45	34.35	250m: 2:48.74	35.37	350m: 4:01.04	35.84	400m: 4:35.49	34.45
	100m: 1:04.10	33.65	200m: 2:13.37	34.92	300m: 3:25.20	36.46				
4.	Job van Wanroij	Zwemclub Eijsden	4:52.47	200301307	<b>4:43.20</b> +0,71 469					
	50m: 31.99	31.99	150m: 1:43.86	36.16	250m: 2:55.98	35.85	350m: 4:07.78	35.45	400m: 4:43.20	35.42
	100m: 1:07.70	35.71	200m: 2:20.13	36.27	300m: 3:32.33	36.35				
5.	Rick Theunissen	Wijchen	5:49.23	200101257	<b>4:45.80</b> +0,93 457					
	50m: 30.56	30.56	150m: 1:42.52	37.17	250m: 2:56.77	36.81	350m: 4:10.45	35.85	400m: 4:45.80	35.35
	100m: 1:05.35	34.79	200m: 2:19.96	37.44	300m: 3:34.60	37.83				
6.	Marijn van Keulen	AquAmigos	4:59.28	200101855	<b>5:01.96</b> +0,78 387					
	50m: 33.11	33.11	150m: 1:49.84	38.68	250m: 3:07.12	38.49	350m: 4:24.92	38.28	400m: 5:01.96	37.04
	100m: 1:11.16	38.05	200m: 2:28.63	38.79	300m: 3:46.64	39.52				
7.	Joost Schuurmans	Hellas-Glana	5:04.86	200400543	<b>5:10.95</b> +0,76 354					
	50m: 33.80	33.80	150m: 1:52.87	40.22	250m: 3:13.59	40.29	350m: 4:34.10	39.45	400m: 5:10.95	36.85
	100m: 1:12.65	38.85	200m: 2:33.30	40.43	300m: 3:54.65	41.06				
8.	Ivar Snellen	ZPC Nederweert	5:45.33	200300935	<b>5:35.44</b> +0,85 282					
	50m: 37.00	37.00	150m: 2:03.67	44.08	250m: 3:30.59	43.82	350m: 4:57.07	43.17	400m: 5:35.44	38.37
	100m: 1:19.59	42.59	200m: 2:46.77	43.10	300m: 4:13.90	43.31				
9.	Marcos de Inda Dani	De Treffers	5:53.97	200202537	<b>5:35.60</b> +0,83 282					
	50m: 36.08	36.08	150m: 2:02.57	43.08	250m: 3:31.46	44.88	350m: 4:57.08	41.85	400m: 5:35.60	38.52
	100m: 1:19.49	43.41	200m: 2:46.58	44.01	300m: 4:15.23	43.77				
10.	Sven van Eeghem	Hellas-Glana	5:40.51	200400541	<b>5:43.97</b> +0,74 262					
	50m: 38.34	38.34	150m: 2:07.17	44.78	250m: 3:40.34	47.29	350m: 5:03.59	40.95	400m: 5:43.97	40.38
	100m: 1:22.39	44.05	200m: 2:53.05	45.88	300m: 4:22.64	42.30				
11.	Luka Geraerds	ZC Valkenburg	NT	200502077	<b>5:44.67</b> +0,83 260					
	50m: 37.95	37.95	150m: 2:05.60	43.59	250m: 3:36.00	45.40	350m: 5:04.98	42.57	400m: 5:44.67	39.69
	100m: 1:22.01	44.06	200m: 2:50.60	45.00	300m: 4:22.41	46.41				
12.	Lars Giesbers	Rz	5:42.84	200300421	<b>5:48.88</b> +0,70 251					
	50m: 37.91	37.91	150m: 2:07.66	45.42	250m: 3:39.87	46.41	350m: 5:10.08	44.98	400m: 5:48.88	38.80
	100m: 1:22.24	44.33	200m: 2:53.46	45.80	300m: 4:25.10	45.23				
13.	Jan Bel	de IJssel	5:45.08	200202959	<b>5:50.19</b> +0,90 248					
	50m: 36.63	36.63	150m: 2:02.43	44.53	250m: 3:33.84	46.14	350m: 5:08.66	47.40	400m: 5:50.19	41.53
	100m: 1:17.90	41.27	200m: 2:47.70	45.27	300m: 4:21.26	47.42				
14.	Axel Thomas	Hellas-Glana	5:44.55	200403539	<b>5:53.70</b> +0,93 241					
	50m: 37.95	37.95	150m: 2:07.91	46.18	250m: 3:40.92	46.55	350m: 5:11.81	44.68	400m: 5:53.70	41.89
	100m: 1:21.73	43.78	200m: 2:54.37	46.46	300m: 4:27.13	46.21				
15.	Youri Elbers	De Treffers	6:59.28	200500177	<b>6:33.74</b> +0,77 175					
	50m: 40.64	40.64	150m: 2:19.43	51.17	250m: 4:03.32	52.37	350m: 5:47.35	52.94	400m: 6:33.74	46.39
	100m: 1:28.26	47.62	200m: 3:10.95	51.52	300m: 4:54.41	51.09				