

Programmanr. 14
29-06-2019 - 13:00

Heren, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging	startnr.	tijd	RT			
1.	Arjan Knipping	PSV	199401667	4:10.00	+0,74			
	50m: 26.81	26.81	150m: 1:30.19	32.14	250m: 2:35.80	34.01	350m: 3:40.60	29.84
	100m: 58.05	31.24	200m: 2:01.79	31.60	300m: 3:10.76	34.96	400m: 4:10.00	29.40
2.	Erik Nijholt	DZ&PC	199401349	4:32.10	+0,77			
	50m: 28.42	28.42	150m: 1:36.55	35.23	250m: 2:50.56	39.48	350m: 4:02.36	31.23
	100m: 1:01.32	32.90	200m: 2:11.08	34.53	300m: 3:31.13	40.57	400m: 4:32.10	29.74
3.	Dave Holweg	ZPC AMERSFOORT	199701521	4:34.98	+0,72			
	50m: 28.43	28.43	150m: 1:35.93	34.08	250m: 2:50.24	40.22	350m: 4:03.38	32.83
	100m: 1:01.85	33.42	200m: 2:10.02	34.09	300m: 3:30.55	40.31	400m: 4:34.98	31.60
4.	Niels De Meyer	Zwemclub Brabo Antwerpen	BRABO/10982/02	4:41.76	+0,64			
	50m: 31.46	31.46	150m: 1:44.69	36.36	250m: 2:58.68	39.00	350m: 4:10.56	32.20
	100m: 1:08.33	36.87	200m: 2:19.68	34.99	300m: 3:38.36	39.68	400m: 4:41.76	31.20
5.	Sander Raets	Zwemclub Brabo Antwerpen	BRABO/10005/02	4:54.34	+0,72			
	50m: 32.62	32.62	150m: 1:49.73	38.63	250m: 3:07.55	40.10	350m: 4:22.13	34.05
	100m: 1:11.10	38.48	200m: 2:27.45	37.72	300m: 3:48.08	40.53	400m: 4:54.34	32.21
6.	Wouter Zijlstra	HZ&PC Heerenveen	200401545	4:59.06	+0,76			
	50m: 32.27	32.27	150m: 1:50.77	39.19	250m: 3:10.69	40.61	350m: 4:25.97	33.55
	100m: 1:11.58	39.31	200m: 2:30.08	39.31	300m: 3:52.42	41.73	400m: 4:59.06	33.09
7.	Domingo Kuipers	Orca	200501787	5:03.64	+0,62			
	50m: 32.49	32.49	150m: 1:50.54	38.71	250m: 3:11.82	43.91	350m: 4:30.33	34.16
	100m: 1:11.83	39.34	200m: 2:27.91	37.37	300m: 3:56.17	44.35	400m: 5:03.64	33.31
8.	Émile Fouzaï	The Hague Swimming (SG)	200500263	5:04.83	+0,84			
	50m: 31.55	31.55	150m: 1:47.85	39.86	250m: 3:11.94	44.42	350m: 4:30.68	34.63
	100m: 1:07.99	36.44	200m: 2:27.52	39.67	300m: 3:56.05	44.11	400m: 5:04.83	34.15
9.	Juiliano Soliani	DAW	200400353	5:12.94	+0,79			
	50m: 32.62	32.62	150m: 1:50.32	37.79	250m: 3:14.05	46.67	350m: 4:37.61	36.38
	100m: 1:12.53	39.91	200m: 2:27.38	37.06	300m: 4:01.23	47.18	400m: 5:12.94	35.33
10.	Wouter Sies	TriVia	200500369	5:22.30	+0,89			
	50m: 34.42	34.42	150m: 1:59.97	42.35	250m: 3:25.35	44.73	350m: 4:47.12	37.07
	100m: 1:17.62	43.20	200m: 2:40.62	40.65	300m: 4:10.05	44.70	400m: 5:22.30	35.18
11.	Flynn Peek	ZPC Hoogeveen	200500231	5:22.75	+0,82			
	50m: 34.65	34.65	150m: 1:55.98	40.08	250m: 3:22.74	46.70	350m: 4:47.75	37.71
	100m: 1:15.90	41.25	200m: 2:36.04	40.06	300m: 4:10.04	47.30	400m: 5:22.75	35.00
12.	Yardan Taya	Zwemlust- den Hommel	200501343	5:24.77	+0,80			
	50m: 34.01	34.01	150m: 1:57.58	42.72	250m: 3:26.18	45.82	350m: 4:49.88	37.43
	100m: 1:14.86	40.85	200m: 2:40.36	42.78	300m: 4:12.45	46.27	400m: 5:24.77	34.89
13.	Olivier Wilbers	ZPC Hoogeveen	200600181	5:30.82	+0,70			
	50m: 38.98	38.98	150m: 2:03.51	39.36	250m: 3:31.84	48.87	350m: 4:55.99	35.79
	100m: 1:24.15	45.17	200m: 2:42.97	39.46	300m: 4:20.20	48.36	400m: 5:30.82	34.83
14.	Daniël Aling Levy	De Dolfijn	200502273	5:41.65	+0,73			
	50m: 37.69	37.69	150m: 2:06.14	44.61	250m: 3:37.10	49.15	350m: 5:04.72	38.16
	100m: 1:21.53	43.84	200m: 2:47.95	41.81	300m: 4:26.56	49.46	400m: 5:41.65	36.93
15.	Cai Mink	ZPC Hoogeveen	200601683	5:41.76	+0,87			
	50m: 38.37	38.37	150m: 2:05.92	41.87	250m: 3:36.05	47.94	350m: 5:04.23	38.43
	100m: 1:24.05	45.68	200m: 2:48.11	42.19	300m: 4:25.80	49.75	400m: 5:41.76	37.53
AFGEM	Kasper Tanghe	Zwemclub Brabo Antwerpen	BRABO/11029/04					