

Programmanr. 111  
 9-6-2023 - 17:14

Heren, 400m vrije slag

PARA Open  
 Resultaten

Punten: FINA 2023

rang	naam	vereniging							tijd	RT	FINA	para
1.	Thijs van Hofweegen	ZPC AMERSFOORT	199605253	S6	<b>5:21.48</b>	+0,86	320	865				
	50m: 33.88	33.88	150m: 1:53.58	41.08	250m: 3:16.03	41.37	350m: 4:40.80	42.68				
	100m: 1:12.50	38.62	200m: 2:34.66	41.08	300m: 3:58.12	42.09	400m: 5:21.48	40.68				
2.	Bas Takken	HPC PARA - De Dolfijn	199901643	S10	<b>4:16.43</b>	+0,75	632	859				
	50m: 28.31	28.31	150m: 1:32.30	32.41	250m: 2:38.30	33.11	350m: 3:44.45	33.32				
	100m: 59.89	31.58	200m: 2:05.19	32.89	300m: 3:11.13	32.83	400m: 4:16.43	31.98				
3.	Lars Jacobsen	DWK	199705453	S14	<b>4:50.32</b>	+0,80	435	656				
	50m: 30.69	30.69	150m: 1:43.10	37.07	250m: 2:58.64	38.08	350m: 4:14.98	38.02				
	100m: 1:06.03	35.34	200m: 2:20.56	37.46	300m: 3:36.96	38.32	400m: 4:50.32	35.34				
4.	Julian Hendriks	De Otters Het Gooi	200603717	S7	<b>5:37.58</b>		277	565				
	50m: 38.23	38.23	150m: 2:00.73	41.77	250m: 3:26.15	42.60	350m: 4:55.18	44.84				
	100m: 1:18.96	40.73	200m: 2:43.55	42.82	300m: 4:10.34	44.19	400m: 5:37.58	42.40				
5.	Thomas Braat	AZC	200802269	S14	<b>5:39.20</b>		273	411				
	50m: 35.51	35.51	150m: 1:59.65	43.34	250m: 3:28.78	45.28	350m: 4:55.34	43.32				
	100m: 1:16.31	40.80	200m: 2:43.50	43.85	300m: 4:12.02	43.24	400m: 5:39.20	43.86				