

Programmanr. 5
26-6-2021 - 17:07

Heren, 400m wisselslag

Senioren Open
Resultaten Finale

Punten: FINA 2021

rang	naam		vereniging			tijd	RT	FINA
1.	Thomas Jansen		WVZ		200100143	4:26.83	+0,68	763
	50m: 27.36	27.36	150m: 1:34.17	34.50	250m: 2:46.02	38.03	350m: 3:56.19	31.46
	100m: 59.67	32.31	200m: 2:07.99	33.82	300m: 3:24.73	38.71	400m: 4:26.83	30.64
2.	Yanieck Frijstein		Blue Marlins (SG)		200500329	4:38.35	+0,55	672
	50m: 29.61	29.61	150m: 1:41.57	37.13	250m: 2:55.82	38.28	350m: 4:07.43	32.84
	100m: 1:04.44	34.83	200m: 2:17.54	35.97	300m: 3:34.59	38.77	400m: 4:38.35	30.92
3.	Lars Verhale		PSV		200200019	4:40.46	+0,58	657
	50m: 28.78	28.78	150m: 1:40.45	37.20	250m: 2:57.05	39.96	350m: 4:09.46	32.28
	100m: 1:03.25	34.47	200m: 2:17.09	36.64	300m: 3:37.18	40.13	400m: 4:40.46	31.00
4.	Domingo Kuipers		Orca		200501787	4:41.68	+0,50	648
	50m: 29.76	29.76	150m: 1:41.81	37.20	250m: 2:56.64	38.23	350m: 4:09.51	32.99
	100m: 1:04.61	34.85	200m: 2:18.41	36.60	300m: 3:36.52	39.88	400m: 4:41.68	32.17
5.	Abel te Riele		WVZ		200402317	4:43.08	+0,72	639
	50m: 29.41	29.41	150m: 1:42.01	37.87	250m: 2:59.01	39.80	350m: 4:12.02	33.03
	100m: 1:04.14	34.73	200m: 2:19.21	37.20	300m: 3:38.99	39.98	400m: 4:43.08	31.06
6.	Cas Verstegen		HZPC		200500891	4:48.10	+0,76	606
	50m: 30.05	30.05	150m: 1:43.56	38.83	250m: 3:00.12	38.43	350m: 4:15.09	34.96
	100m: 1:04.73	34.68	200m: 2:21.69	38.13	300m: 3:40.13	40.01	400m: 4:48.10	33.01
7.	Wouter Zijlstra		HZ&PC Heerenveen		200401545	4:51.49		585
	50m: 29.85	29.85	150m: 1:43.95	39.16	250m: 3:04.08	41.12	350m: 4:19.08	33.70
	100m: 1:04.79	34.94	200m: 2:22.96	39.01	300m: 3:45.38	41.30	400m: 4:51.49	32.41
8.	Koen Marsman		ZPC AMERSFOORT		200502763	5:00.80	+0,50	532
	50m: 30.76	30.76	150m: 1:47.72	40.30	250m: 3:09.20	42.64	350m: 4:27.95	34.82
	100m: 1:07.42	36.66	200m: 2:26.56	38.84	300m: 3:53.13	43.93	400m: 5:00.80	32.85