

Programmanr. 26  
18-12-2016

Heren, 400m wisselslag

Senioren Open  
Resultaten

World Record	4:03.84	Michael Phelps	Beijing (CHN)	10-08-2008
European Record	4:06.16	Laszlo Cseh	Beijing (CHN)	10-08-2008
Nederlands Record Senioren	4:15.38	Marcel Wouda	Sevilla (ESP)	20-08-1997
Nederlands Record Jeugd	4:26.60	Sam van de Schootbrugge	Helsinki (FIN)	18-07-2010
Nederlands Record Junioren	4:29.79	Sam van de Schootbrugge	Sheffield (GBR)	02-08-2009
Sloterparkbad Record	4:16.03	Roberto Pavoni	Amsterdam	13-12-2015
Kwalificatie-eis WK 2017 senioren	4:15.04			
Kwalificatie-eis WK 2017 debutanten	4:17.90			
Kwalificatie-eis EJK 2017	4:28.22			
Kwalificatie-eis EYOF 2017	4:36.63			

Punten: FINA 2016

Rang								Tijd	RT	FINA
1.	Arjan Knipping		PSV	199401667	<b>4:25.54</b>	+0,74			774	
	50m: 28.00	28.00	150m: 1:35.67	35.55	250m: 2:48.07	37.73	350m: 3:56.26	30.89		
	100m: 1:00.12	32.12	200m: 2:10.34	34.67	300m: 3:25.37	37.30	400m: 4:25.54	29.28		
2.	Paul Hentschel		SC Chemnitz von 1892	239748	<b>4:25.58</b>	+0,73			773	
	50m: 27.20	27.20	150m: 1:33.34	33.88	250m: 2:46.39	38.84	350m: 3:56.94	31.02		
	100m: 59.46	32.26	200m: 2:07.55	34.21	300m: 3:25.92	39.53	400m: 4:25.58	28.64		
3.	Geoffrey Renard		IRSO Swimming		<b>4:26.55</b>	+0,67			765	
	50m: 28.32	28.32	150m: 1:35.59	35.05	250m: 2:47.04	37.06	350m: 3:56.83	31.03		
	100m: 1:00.54	32.22	200m: 2:09.98	34.39	300m: 3:25.80	38.76	400m: 4:26.55	29.72		
4.	Felix Ziemann		SV Nikar Heidelberg	160915	<b>4:32.94</b>	+0,70			713	
	50m: 27.99	27.99	150m: 1:35.68	34.93	250m: 2:48.97	39.19	350m: 4:00.78	32.69		
	100m: 1:00.75	32.76	200m: 2:09.78	34.10	300m: 3:28.09	39.12	400m: 4:32.94	32.16		
5.	Jari Groenhart		RTC - TriVia	200000271	<b>4:33.96</b>	+0,78			705	
	50m: 29.02	29.02	150m: 1:37.67	35.14	250m: 2:49.75	37.99	350m: 4:02.06	32.93		
	100m: 1:02.53	33.51	200m: 2:11.76	34.09	300m: 3:29.13	39.38	400m: 4:33.96	31.90		
6.	Christophe Brun		IRSO Swimming		<b>4:34.54</b>	+0,67			700	
	50m: 28.60	28.60	150m: 1:37.10	34.95	250m: 2:50.49	39.98	350m: 4:03.22	33.02		
	100m: 1:02.15	33.55	200m: 2:10.51	33.41	300m: 3:30.20	39.71	400m: 4:34.54	31.32		
7.	Frank Roovers		RTC - PSV	199800219	<b>4:35.23</b>	+0,73			695	
	50m: 28.96	28.96	150m: 1:40.56	37.38	250m: 2:55.29	38.98	350m: 4:06.07	30.98		
	100m: 1:03.18	34.22	200m: 2:16.31	35.75	300m: 3:35.09	39.80	400m: 4:35.23	29.16		
8.	Ivar de Jong		De Dolfijn	199700869	<b>4:48.92</b>	+0,73			601	
	50m: 30.08	30.08	150m: 1:45.70	39.57	250m: 3:02.92	38.34	350m: 4:16.55	33.45		
	100m: 1:06.13	36.05	200m: 2:24.58	38.88	300m: 3:43.10	40.18	400m: 4:48.92	32.37		
9.	Jacob de Roos		RTC - DZ&PC	199900553	<b>4:49.93</b>	+0,70			594	
	50m: 29.89	29.89	150m: 1:43.95	38.14	250m: 3:02.98	39.98	350m: 4:18.09	33.48		
	100m: 1:05.81	35.92	200m: 2:23.00	39.05	300m: 3:44.61	41.63	400m: 4:49.93	31.84		
10.	Thomas Jansen		RTC - WVZ	200100143	<b>4:51.41</b>	+0,82			585	
	50m: 30.82	30.82	150m: 1:45.54	38.13	250m: 3:03.93	42.29	350m: 4:19.85	33.59		
	100m: 1:07.41	36.59	200m: 2:21.64	36.10	300m: 3:46.26	42.33	400m: 4:51.41	31.56		
11.	Stijn Simons		PSV	199900813	<b>4:58.67</b>	+0,77			544	
	50m: 30.92	30.92	150m: 1:47.21	39.11	250m: 3:08.06	42.64	350m: 4:26.21	34.55		
	100m: 1:08.10	37.18	200m: 2:25.42	38.21	300m: 3:51.66	43.60	400m: 4:58.67	32.46		
12.	Matthew Dullemond		MNC Dordrecht	199805005	<b>4:59.08</b>	+0,78			541	
	50m: 30.80	30.80	150m: 1:46.69	38.36	250m: 3:09.38	44.59	350m: 4:28.14	34.12		
	100m: 1:08.33	37.53	200m: 2:24.79	38.10	300m: 3:54.02	44.64	400m: 4:59.08	30.94		

NG.ZA Guillaume Laure  
AFGEM Mathis Castera

Pôle France Antibes  
IRSO Swimming