

Hengelo Long Course Challenge 2020
Hengelo, 12- - 14-8-2020

Programmanr. 28
14-8-2020 - 17:38

Heren, 400m vrije slag

Senioren Open
Resultaten Finale

Punten: FINA 2020

rang	naam		vereniging			tijd	RT	FINA	
Finale A									
1.	Ferry Weertman		HPC - De Otters het Gooi	199201461		3:52.64		846	
	50m:	26.85	26.85	150m:	1:24.66	28.99	250m:	2:23.08	29.13
	100m:	55.67	28.82	200m:	1:53.95	29.29	300m:	2:53.91	30.83
							350m:	3:23.82	29.91
							400m:	3:52.64	28.82
2.	Luc Kroon		HPC - Ed-Vo	200100697		3:52.75		845	
	50m:	27.05	27.05	150m:	1:25.41	29.16	250m:	2:24.60	29.43
	100m:	56.25	29.20	200m:	1:55.17	29.76	300m:	2:54.44	29.84
							350m:	3:24.14	29.70
							400m:	3:52.75	28.61
3.	Pepijn Smits		HPC - PSV	199600691		3:55.81		812	
	50m:	27.53	27.53	150m:	1:26.22	29.40	250m:	2:25.78	29.75
	100m:	56.82	29.29	200m:	1:56.03	29.81	300m:	2:56.14	30.36
							350m:	3:26.38	30.24
							400m:	3:55.81	29.43
4.	Sander Crooijmans		HPC - VZC	200100383		4:00.34		767	
	50m:	28.04	28.04	150m:	1:29.26	31.01	250m:	2:29.99	29.99
	100m:	58.25	30.21	200m:	2:00.00	30.74	300m:	3:00.54	30.55
							350m:	3:31.00	30.46
							400m:	4:00.34	29.34
5.	Vincent Crooijmans		HPC - VZC	200100381		4:01.48		756	
	50m:	28.18	28.18	150m:	1:29.27	30.22	250m:	2:30.64	30.28
	100m:	59.05	30.87	200m:	2:00.36	31.09	300m:	3:01.45	30.81
							350m:	3:31.69	30.24
							400m:	4:01.48	29.79
6.	Niels Dijkshoorn		ZVVS	200203079		4:17.80		622	
	50m:	28.59	28.59	150m:	1:33.76	33.18	250m:	2:40.52	33.49
	100m:	1:00.58	31.99	200m:	2:07.03	33.27	300m:	3:13.64	33.12
							350m:	3:46.44	32.80
							400m:	4:17.80	31.36
7.	David Groenewegen		PSV	200400469		4:22.32		590	
	50m:	29.35	29.35	150m:	1:34.48	33.13	250m:	2:41.41	33.28
	100m:	1:01.35	32.00	200m:	2:08.13	33.65	300m:	3:15.34	33.93
							350m:	3:49.44	34.10
							400m:	4:22.32	32.88
8.	Tiago Fonseca Gomes		PSV	200703587		4:35.33		510	
	50m:	30.75	30.75	150m:	1:41.54	35.87	250m:	2:51.96	34.83
	100m:	1:05.67	34.92	200m:	2:17.13	35.59	300m:	3:26.72	34.76
							350m:	4:01.88	35.16
							400m:	4:35.33	33.45