

Programmanr. 117
5-11-2016

Heren, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT	pnt.
1.	Bas Takken	NTC PARA-ZV Hoorn	4:16.93	199901643 S10	4:20.26	+0,73 820
	50m: 28.58	28.58 150m: 1:32.58	32.24	250m: 2:37.97	32.49	350m: 3:43.90
	100m: 1:00.34	31.76 200m: 2:05.48	32.90	300m: 3:11.36	33.39	400m: 4:20.26
2.	Wessel Everloo	De Veene	4:35.62	198906597 S14	4:33.97	+0,93 794
	50m: 31.04	31.04 150m: 1:40.62	35.19	250m: 2:51.31	35.50	350m: 4:01.60
	100m: 1:05.43	34.39 200m: 2:15.81	35.19	300m: 3:27.25	35.94	400m: 4:33.97
3.	Thijs van Hofweegen	NTC PARA-ZPC AMERSFOORT	5:18.79	199605253 S6	5:13.36	+0,91 774
	50m: 33.85	33.85 150m: 1:51.66	39.55	250m: 3:12.43	40.40	350m: 4:34.35
	100m: 1:12.11	38.26 200m: 2:32.03	40.37	300m: 3:53.11	40.68	400m: 5:13.36
4.	Bastian Renshoff	Octopus	4:29.70	200001261 S10	4:27.35	+0,94 756
	50m: 30.16	30.16 150m: 1:36.48	33.43	250m: 2:44.23	34.11	350m: 3:53.00
	100m: 1:03.05	32.89 200m: 2:10.12	33.64	300m: 3:18.31	34.08	400m: 4:27.35
5.	Michael Schoenmaker	NTC PARA-ZPC AMERSFOORT	6:52.82	198302615 S4	6:42.70	724
	50m: 45.86	45.86 150m: 2:25.87	50.51	250m: 4:08.66	51.99	350m: 5:51.62
	100m: 1:35.36	49.50 200m: 3:16.67	50.80	300m: 5:00.94	52.28	400m: 6:42.70
6.	Rogier Dorsman	NTC PARA-De Devel	4:33.91	199900211 S12	4:34.49	+0,68 719
	50m: 30.93	30.93 150m: 1:39.08	34.21	250m: 2:48.50	35.15	350m: 3:59.39
	100m: 1:04.87	33.94 200m: 2:13.35	34.27	300m: 3:23.74	35.24	400m: 4:34.49
7.	Colin Degenaaars	ZV Haerlem	4:50.01	199505951 S14	4:48.88	+0,81 677
	50m: 31.85	31.85 150m: 1:43.62	36.76	250m: 2:58.96	37.83	350m: 4:14.08
	100m: 1:06.86	35.01 200m: 2:21.13	37.51	300m: 3:36.52	37.56	400m: 4:48.88
8.	Sam Janmaat	ZPC AMERSFOORT	4:39.37	200203017 S10	4:37.48	+0,77 676
	50m: 31.90	31.90 150m: 1:42.49	35.38	250m: 2:52.83	35.05	350m: 4:03.12
	100m: 1:07.11	35.21 200m: 2:17.78	35.29	300m: 3:28.03	35.20	400m: 4:37.48