

Programmanr. 17  
5-11-2016

Heren, 400m vrije slag

Senioren Open  
Resultaten Voorronde

rang	naam	vereniging	tijd	RT	fin	pnt	niv	
<b>Senioren Open</b>								
1.	Frank Roovers	RTC - PSV	199800219	<b>3:51.49</b>	+0,70	A	859 B	
	50m: 27.02	27.02	150m: 1:26.41	29.99	250m: 2:25.43	28.96	350m: 3:23.43	28.66
	100m: 56.42	29.40	200m: 1:56.47	30.06	300m: 2:54.77	29.34	400m: 3:51.49	28.06
2.	Ruben van Leeuwen	RTC - PSV	199704803	<b>3:56.12</b>	+0,68	A	810 C	
	50m: 26.26	26.26	150m: 1:26.91	30.78	250m: 2:27.17	29.36	350m: 3:26.31	29.34
	100m: 56.13	29.87	200m: 1:57.81	30.90	300m: 2:56.97	29.80	400m: 3:56.12	29.81
3.	Marcel Schouten	NTC - PSV	199300653	<b>3:56.79</b>	+0,78	A	803 D	
	50m: 27.54	27.54	150m: 1:27.70	30.29	250m: 2:28.58	30.26	350m: 3:27.62	29.67
	100m: 57.41	29.87	200m: 1:58.32	30.62	300m: 2:57.95	29.37	400m: 3:56.79	29.17
4.	Basten Caerts	VZF		<b>3:56.81</b>	+0,64	A	803 D	
	50m: 27.07	27.07	150m: 1:26.43	29.87	250m: 2:26.81	30.31	350m: 3:27.95	30.37
	100m: 56.56	29.49	200m: 1:56.50	30.07	300m: 2:57.58	30.77	400m: 3:56.81	28.86
5.	Jorgos Skotadis	RTC - De Dolfijn	199803317	<b>3:56.88</b>	+0,68	A	802 C	
	50m: 26.84	26.84	150m: 1:26.82	30.29	250m: 2:26.71	29.66	350m: 3:27.42	30.16
	100m: 56.53	29.69	200m: 1:57.05	30.23	300m: 2:57.26	30.55	400m: 3:56.88	29.46
6.	Rowan Keen	Borger	199500727	<b>3:57.73</b>	+0,73	A	793 D	
	50m: 27.14	27.14	150m: 1:26.02	29.46	250m: 2:25.87	30.17	350m: 3:27.53	30.73
	100m: 56.56	29.42	200m: 1:55.70	29.68	300m: 2:56.80	30.93	400m: 3:57.73	30.20
7.	Pepijn Smits	NTC - PSV	199600691	<b>3:58.27</b>	+0,84	A	788 D	
	50m: 27.26	27.26	150m: 1:27.27	30.27	250m: 2:28.56	30.58	350m: 3:29.14	30.30
	100m: 57.00	29.74	200m: 1:57.98	30.71	300m: 2:58.84	30.28	400m: 3:58.27	29.13
8.	Bart Sommeling	De Dolfijn	199800765	<b>3:59.53</b>	+0,68	A	776 D	
	50m: 26.86	26.86	150m: 1:27.19	30.41	250m: 2:27.62	30.07	350m: 3:29.24	30.92
	100m: 56.78	29.92	200m: 1:57.55	30.36	300m: 2:58.32	30.70	400m: 3:59.53	30.29
9.	Lars Bottelier	RTC - VZV	199702681	<b>4:00.63</b>	+0,69	B	765 D	
	50m: 27.83	27.83	150m: 1:27.99	30.44	250m: 2:28.90	30.58	350m: 3:30.44	30.72
	100m: 57.55	29.72	200m: 1:58.32	30.33	300m: 2:59.72	30.82	400m: 4:00.63	30.19
10.	Karst Boersma	De Dinkel	199600849	<b>4:02.66</b>	+0,77	B	746 D	
	50m: 27.77	27.77	150m: 1:28.99	30.84	250m: 2:30.26	30.58	350m: 3:31.80	30.78
	100m: 58.15	30.38	200m: 1:59.68	30.69	300m: 3:01.02	30.76	400m: 4:02.66	30.86
11.	Berjen Mellema	RTC - Nova	199800615	<b>4:03.26</b>	+0,75	B	740 D	
	50m: 27.12	27.12	150m: 1:27.07	30.28	250m: 2:29.52	31.39	350m: 3:32.61	31.47
	100m: 56.79	29.67	200m: 1:58.13	31.06	300m: 3:01.14	31.62	400m: 4:03.26	30.65
12.	Jari Groenhart	RTC - TriVia	200000271	<b>4:03.82</b>	+0,81	B	735 D	
	50m: 27.52	27.52	150m: 1:29.04	31.05	250m: 2:31.23	30.81	350m: 3:33.55	31.38
	100m: 57.99	30.47	200m: 2:00.42	31.38	300m: 3:02.17	30.94	400m: 4:03.82	30.27
13.	Vincent Croijmans	VZC-E&P	200100381	<b>4:03.96</b>	+0,71	B	734 C	
	50m: 27.96	27.96	150m: 1:29.50	30.96	250m: 2:31.33	30.96	350m: 3:33.47	31.17
	100m: 58.54	30.58	200m: 2:00.37	30.87	300m: 3:02.30	30.97	400m: 4:03.96	30.49
14.	Sten Postma	VZC-E&P	200000011	<b>4:06.10</b>	+0,68	B	715 D	
	50m: 27.74	27.74	150m: 1:29.08	30.82	250m: 2:31.36	31.15	350m: 3:34.71	31.89
	100m: 58.26	30.52	200m: 2:00.21	31.13	300m: 3:02.82	31.46	400m: 4:06.10	31.39
15.	Jonne Schaafsma	RTC - Racing Club	199800745	<b>4:06.23</b>	+0,75	B	714 E	
	50m: 27.81	27.81	150m: 1:28.96	30.91	250m: 2:31.38	31.25	350m: 3:35.34	31.82
	100m: 58.05	30.24	200m: 2:00.13	31.17	300m: 3:03.52	32.14	400m: 4:06.23	30.89
16.	Niels Wiersema	Nova	199703221	<b>4:07.75</b>	+0,88	B	701 E	
	50m: 28.25	28.25	150m: 1:29.89	31.01	250m: 2:33.20	31.68	350m: 3:37.27	31.99
	100m: 58.88	30.63	200m: 2:01.52	31.63	300m: 3:05.28	32.08	400m: 4:07.75	30.48
17.	Erik Nijholt	DZ&PC	199401349	<b>4:08.43</b>	+0,84	?	695	
	50m: 28.11	28.11	150m: 1:30.25	31.50	250m: 2:33.99	31.86	350m: 3:37.62	31.49
	100m: 58.75	30.64	200m: 2:02.13	31.88	300m: 3:06.13	32.14	400m: 4:08.43	30.81
	Timos Skotadis	De Dolfijn	199804615	<b>4:08.43</b>		?	695 E	
	50m: 28.16	28.16	150m: 1:30.46	31.52	250m: 2:34.39	31.72	350m: 3:37.11	31.64
	100m: 58.94	30.78	200m: 2:02.67	32.21	300m: 3:05.47	31.08	400m: 4:08.43	31.32
19.	Stijn Simons	PSV	199900813	<b>4:08.89</b>	+0,76		691 E	
	50m: 28.19	28.19	150m: 1:30.47	31.40	250m: 2:34.80	32.03	350m: 3:38.75	31.76
	100m: 59.07	30.88	200m: 2:02.77	32.30	300m: 3:06.99	32.19	400m: 4:08.89	30.14
20.	Sander Croijmans	VZC-E&P	200100383	<b>4:09.16</b>	+0,78		689 D	
	50m: 27.30	27.30	150m: 1:28.81	31.35	250m: 2:32.82	32.22	350m: 3:38.28	32.90
	100m: 57.46	30.16	200m: 2:00.60	31.79	300m: 3:05.38	32.56	400m: 4:09.16	30.88

## Programmanr. 17, Heren, 400m vrije slag, Voorronde, Senioren Open

rang	naam	vereniging	tijd	RT	fin	pnt	niv	
21.	Thomas Jansen	RTC - WVZ	200100143	<b>4:09.49</b>	+0,64	686	D	
	50m: 28.90	28.90	150m: 1:31.25	31.36	250m: 2:34.80	31.88	350m: 3:39.34	32.50
	100m: 59.89	30.99	200m: 2:02.92	31.67	300m: 3:06.84	32.04	400m: 4:09.49	30.15
22.	David Kuipers	Orca	200003633	<b>4:10.44</b>	+0,75	679	D	
	50m: 28.84	28.84	150m: 1:31.72	31.97	250m: 2:35.31	31.73	350m: 3:39.35	31.91
	100m: 59.75	30.91	200m: 2:03.58	31.86	300m: 3:07.44	32.13	400m: 4:10.44	31.09
23.	Jorian Tanis	De Schotejil	199900327	<b>4:11.65</b>	+0,80	669	E	
	50m: 29.08	29.08	150m: 1:33.01	32.13	250m: 2:37.86	32.08	350m: 3:41.24	31.19
	100m: 1:00.88	31.80	200m: 2:05.78	32.77	300m: 3:10.05	32.19	400m: 4:11.65	30.41
24.	Timo Dinkelberg	Albion d'ELFT (SG)	199300773	<b>4:11.68</b>	+0,67	669		
	50m: 27.43	27.43	150m: 1:29.14	31.55	250m: 2:33.75	32.51	350m: 3:39.73	32.96
	100m: 57.59	30.16	200m: 2:01.24	32.10	300m: 3:06.77	33.02	400m: 4:11.68	31.95
25.	Alex Schelvis	LINK	198702927	<b>4:15.35</b>	+0,78	640		
	50m: 28.98	28.98	150m: 1:31.27	31.39	250m: 2:35.79	32.33	350m: 3:42.45	33.51
	100m: 59.88	30.90	200m: 2:03.46	32.19	300m: 3:08.94	33.15	400m: 4:15.35	32.90
26.	Bryan Agterdenbos	MNC Dordrecht	200200003	<b>4:15.65</b>	+0,72	638	D	
	50m: 28.79	28.79	150m: 1:33.91	32.84	250m: 2:39.22	32.67	350m: 3:44.22	32.34
	100m: 1:01.07	32.28	200m: 2:06.55	32.64	300m: 3:11.88	32.66	400m: 4:15.65	31.43
27.	Bas Takken	NTC PARA-ZV Hoorn	199901643	<b>4:16.93</b>	+0,73	852		
	50m: 28.69	28.69	150m: 1:33.20	32.61	250m: 2:38.77	32.83	350m: 3:44.98	32.89
	100m: 1:00.59	31.90	200m: 2:05.94	32.74	300m: 3:12.09	33.32	400m: 4:16.93	31.95
28.	Dennis Kamps	De Dinkel	200000191	<b>4:17.25</b>	+0,83	626		
	50m: 29.23	29.23	150m: 1:33.80	31.99	250m: 2:39.25	32.00	350m: 3:45.41	33.45
	100m: 1:01.81	32.58	200m: 2:07.25	33.45	300m: 3:11.96	32.71	400m: 4:17.25	31.84
29.	Bastian Renshoff	Octopus	200001261	<b>4:29.70</b>	+0,88	737		
	50m: 29.98	29.98	150m: 1:35.78	33.06	250m: 2:43.92	34.44	350m: 3:54.49	35.75
	100m: 1:02.72	32.74	200m: 2:09.48	33.70	300m: 3:18.74	34.82	400m: 4:29.70	35.21
30.	Rogier Dorsman	NTC PARA-De Devel	199900211	<b>4:33.91</b>	+0,66	724		
	<i>NR Gehandicaptten, NR Gehandicaptten</i>							
	50m: 31.06	31.06	150m: 1:39.94	34.72	250m: 2:49.10	34.73	350m: 3:58.99	35.07
	100m: 1:05.22	34.16	200m: 2:14.37	34.43	300m: 3:23.92	34.82	400m: 4:33.91	34.92
31.	Wessel Everloo	De Veene	198906597	<b>4:35.62</b>	+0,85	780		
	50m: 31.51	31.51	150m: 1:41.65	35.29	250m: 2:51.95	34.56	350m: 4:02.34	35.15
	100m: 1:06.36	34.85	200m: 2:17.39	35.74	300m: 3:27.19	35.24	400m: 4:35.62	33.28
32.	Sam Janmaat	ZPC AMERSFOORT	200203017	<b>4:39.37</b>	+0,74	663		
	50m: 30.12	30.12	150m: 1:38.69	34.93	250m: 2:50.07	35.65	350m: 4:02.86	36.72
	100m: 1:03.76	33.64	200m: 2:14.42	35.73	300m: 3:26.14	36.07	400m: 4:39.37	36.51
33.	Querijn Hensen	The Hague Swimming (SG)	200102121	<b>4:39.43</b>		662		
	50m: 29.57	29.57	150m: 1:38.46	35.15	250m: 2:52.05	36.56	350m: 4:04.68	36.13
	100m: 1:03.31	33.74	200m: 2:15.49	37.03	300m: 3:28.55	36.50	400m: 4:39.43	34.75
34.	Colin Degenaaars	ZV Haerlem	199505951	<b>4:50.01</b>	+0,79	669		
	50m: 30.99	30.99	150m: 1:43.29	36.73	250m: 2:58.21	37.87	350m: 4:14.03	37.57
	100m: 1:06.56	35.57	200m: 2:20.34	37.05	300m: 3:36.46	38.25	400m: 4:50.01	35.98
35.	Sebastian Broere	Hieronymus	199803687	<b>5:01.19</b>	+0,82	598		
	50m: 33.74	33.74	150m: 1:49.96	38.86	250m: 3:09.94	39.87	350m: 4:25.58	37.12
	100m: 1:11.10	37.36	200m: 2:30.07	40.11	300m: 3:48.46	38.52	400m: 5:01.19	35.61
36.	Lars Jacobsen	DWK	199705453	<b>5:12.29</b>	+1,03	536		
	50m: 32.62	32.62	150m: 1:49.83	40.14	250m: 3:11.49	40.61	350m: 4:31.49	40.39
	100m: 1:09.69	37.07	200m: 2:30.88	41.05	300m: 3:51.10	39.61	400m: 5:12.29	40.80
37.	Thijs van Hofweegen	NTC PARA-ZPC AMERSFOORT	199605253	<b>5:18.79</b>	+1,02	735		
	50m: 33.12	33.12	150m: 1:52.86	40.86	250m: 3:15.14	40.97	350m: 4:38.45	41.70
	100m: 1:12.00	38.88	200m: 2:34.17	41.31	300m: 3:56.75	41.61	400m: 5:18.79	40.34
38.	Matthew de Wit	OEZA	199703831	<b>6:04.04</b>	+0,88	451		
	50m: 38.03	38.03	150m: 2:05.55	44.77	250m: 3:38.96	47.19	350m: 5:16.21	48.80
	100m: 1:20.78	42.75	200m: 2:51.77	46.22	300m: 4:27.41	48.45	400m: 6:04.04	47.83
39.	Michael Schoenmaker	NTC PARA-ZPC AMERSFOORT	198302615	<b>6:52.82</b>		672		
	50m: 45.79	45.79	150m: 2:28.28	52.01	250m: 4:13.27	52.28	350m: 5:59.89	53.52
	100m: 1:36.27	50.48	200m: 3:20.99	52.71	300m: 5:06.37	53.10	400m: 6:52.82	52.93

## Programmanr. 17, Heren, 400m vrije slag, Voorronde

## Senioren IPC

1.	Bas Takken	NTC PARA-ZV Hoorn	199901643	S10	<b>4:16.93</b>	+0,73	852	
	50m: 28.69	28.69	150m: 1:33.20	32.61	250m: 2:38.77	32.83	350m: 3:44.98	32.89
	100m: 1:00.59	31.90	200m: 2:05.94	32.74	300m: 3:12.09	33.32	400m: 4:16.93	31.95
2.	Wessel Everloo	De Veene	198906597	S14	<b>4:35.62</b>	+0,85	780	
	50m: 31.51	31.51	150m: 1:41.65	35.29	250m: 2:51.95	34.56	350m: 4:02.34	35.15
	100m: 1:06.36	34.85	200m: 2:17.39	35.74	300m: 3:27.19	35.24	400m: 4:35.62	33.28
3.	Bastian Renshoff	Octopus	200001261	S10	<b>4:29.70</b>	+0,88	737	
	50m: 29.98	29.98	150m: 1:35.78	33.06	250m: 2:43.92	34.44	350m: 3:54.49	35.75
	100m: 1:02.72	32.74	200m: 2:09.48	33.70	300m: 3:18.74	34.82	400m: 4:29.70	35.21
4.	Thijs van Hofweegen	NTC PARA-ZPC AMERSFOORT	199605253	S6	<b>5:18.79</b>	+1,02	735	
	50m: 33.12	33.12	150m: 1:52.86	40.86	250m: 3:15.14	40.97	350m: 4:38.45	41.70
	100m: 1:12.00	38.88	200m: 2:34.17	41.31	300m: 3:56.75	41.61	400m: 5:18.79	40.34
5.	Rogier Dorsman <i>NR Gehandicapten, NR Gehandicapten</i>	NTC PARA-De Devel	199900211	S12	<b>4:33.91</b>	+0,66	724	
	50m: 31.06	31.06	150m: 1:39.94	34.72	250m: 2:49.10	34.73	350m: 3:58.99	35.07
	100m: 1:05.22	34.16	200m: 2:14.37	34.43	300m: 3:23.92	34.82	400m: 4:33.91	34.92
6.	Michael Schoenmaker	NTC PARA-ZPC AMERSFOORT	198302615	S4	<b>6:52.82</b>		672	
	50m: 45.79	45.79	150m: 2:28.28	52.01	250m: 4:13.27	52.28	350m: 5:59.89	53.52
	100m: 1:36.27	50.48	200m: 3:20.99	52.71	300m: 5:06.37	53.10	400m: 6:52.82	52.93
7.	Colin Degenars	ZV Haerlem	199505951	S14	<b>4:50.01</b>	+0,79	669	
	50m: 30.99	30.99	150m: 1:43.29	36.73	250m: 2:58.21	37.87	350m: 4:14.03	37.57
	100m: 1:06.56	35.57	200m: 2:20.34	37.05	300m: 3:36.46	38.25	400m: 4:50.01	35.98
8.	Sam Janmaat	ZPC AMERSFOORT	200203017	S10	<b>4:39.37</b>	+0,74	663	
	50m: 30.12	30.12	150m: 1:38.69	34.93	250m: 2:50.07	35.65	350m: 4:02.86	36.72
	100m: 1:03.76	33.64	200m: 2:14.42	35.73	300m: 3:26.14	36.07	400m: 4:39.37	36.51
9.	Querijn Hensen	The Hague Swimming (SG)	200102121	S10	<b>4:39.43</b>		662	
	50m: 29.57	29.57	150m: 1:38.46	35.15	250m: 2:52.05	36.56	350m: 4:04.68	36.13
	100m: 1:03.31	33.74	200m: 2:15.49	37.03	300m: 3:28.55	36.50	400m: 4:39.43	34.75
10.	Sebastian Broere	Hieronymus	199803687	S14	<b>5:01.19</b>	+0,82	598	
	50m: 33.74	33.74	150m: 1:49.96	38.86	250m: 3:09.94	39.87	350m: 4:25.58	37.12
	100m: 1:11.10	37.36	200m: 2:30.07	40.11	300m: 3:48.46	38.52	400m: 5:01.19	35.61
11.	Lars Jacobsen	DWK	199705453	S14	<b>5:12.29</b>	+1,03	536	
	50m: 32.62	32.62	150m: 1:49.83	40.14	250m: 3:11.49	40.61	350m: 4:31.49	40.39
	100m: 1:09.69	37.07	200m: 2:30.88	41.05	300m: 3:51.10	39.61	400m: 5:12.29	40.80
12.	Matthew de Wit	OEZA	199703831	S7	<b>6:04.04</b>	+0,88	451	
	50m: 38.03	38.03	150m: 2:05.55	44.77	250m: 3:38.96	47.19	350m: 5:16.21	48.80
	100m: 1:20.78	42.75	200m: 2:51.77	46.22	300m: 4:27.41	48.45	400m: 6:04.04	47.83