

Programmanr. 17
5-11-2016

Heren, 400m vrije slag

Senioren Open
Resultaten Finale

rang	naam	vereniging	intijd	tijd	RT	niv.
Finale A						
1.	Ruben van Leeuwen	RTC - PSV	3:56.12	199704803	3:46.97	+0,69 A
	50m: 25.79	25.79	150m: 1:23.00	28.78	250m: 2:20.65	28.73
	100m: 54.22	28.43	200m: 1:51.92	28.92	300m: 2:49.46	28.81
					350m: 3:18.26	28.80
					400m: 3:46.97	28.71
2.	Frank Roovers	RTC - PSV	3:51.49	199800219	3:52.11	+0,71 B
	50m: 26.61	26.61	150m: 1:25.14	29.66	250m: 2:23.94	28.92
	100m: 55.48	28.87	200m: 1:55.02	29.88	300m: 2:52.96	29.02
					350m: 3:22.54	29.58
					400m: 3:52.11	29.57
3.	Jorgos Skotadis	RTC - De Dolfijn	3:56.88	199803317	3:55.07	+0,70 C
	50m: 26.47	26.47	150m: 1:24.85	29.54	250m: 2:25.06	29.96
	100m: 55.31	28.84	200m: 1:55.10	30.25	300m: 2:55.53	30.47
					350m: 3:26.02	30.49
					400m: 3:55.07	29.05
4.	Basten Caerts	VZF	3:56.81		3:56.29	+0,67 C
	50m: 27.23	27.23	150m: 1:26.47	29.90	250m: 2:26.81	30.29
	100m: 56.57	29.34	200m: 1:56.52	30.05	300m: 2:57.16	30.35
					350m: 3:27.49	30.33
					400m: 3:56.29	28.80
5.	Marcel Schouten	NTC - PSV	3:56.79	199300653	3:56.31	+0,79 D
	50m: 27.61	27.61	150m: 1:26.98	30.00	250m: 2:27.11	29.92
	100m: 56.98	29.37	200m: 1:57.19	30.21	300m: 2:57.18	30.07
					350m: 3:26.93	29.75
					400m: 3:56.31	29.38
6.	Pepijn Smits	NTC - PSV	3:58.27	199600691	3:56.59	+0,82 D
	50m: 27.94	27.94	150m: 1:27.40	29.98	250m: 2:27.36	29.75
	100m: 57.42	29.48	200m: 1:57.61	30.21	300m: 2:57.52	30.16
					350m: 3:27.53	30.01
					400m: 3:56.59	29.06
7.	Rowan Keen	Borger	3:57.73	199500727	3:57.19	+0,73 D
	50m: 26.92	26.92	150m: 1:26.22	29.79	250m: 2:26.54	30.33
	100m: 56.43	29.51	200m: 1:56.21	29.99	300m: 2:57.20	30.66
					350m: 3:27.65	30.45
					400m: 3:57.19	29.54
8.	Bart Sommeling	De Dolfijn	3:59.53	199800765	3:58.75	+0,66 D
	50m: 26.17	26.17	150m: 1:25.01	29.73	250m: 2:25.75	30.60
	100m: 55.28	29.11	200m: 1:55.15	30.14	300m: 2:57.03	31.28
					350m: 3:28.85	31.82
					400m: 3:58.75	29.90
Finale B						
9.	Jari Groenhart	RTC - TriVia	4:03.82	200000271	3:59.28	+0,79 C
	50m: 27.24	27.24	150m: 1:28.00	30.54	250m: 2:29.49	30.76
	100m: 57.46	30.22	200m: 1:58.73	30.73	300m: 3:00.34	30.85
					350m: 3:30.61	30.27
					400m: 3:59.28	28.67
10.	Lars Bottelier	RTC - VZV	4:00.63	199702681	4:00.27	+0,74 D
	50m: 27.94	27.94	150m: 1:28.19	30.41	250m: 2:29.45	30.53
	100m: 57.78	29.84	200m: 1:58.92	30.73	300m: 2:59.98	30.53
					350m: 3:30.46	30.48
					400m: 4:00.27	29.81
11.	Karst Boersma	De Dinkel	4:02.66	199600849	4:01.58	+0,78 D
	50m: 27.02	27.02	150m: 1:27.57	30.73	250m: 2:29.55	30.88
	100m: 56.84	29.82	200m: 1:58.67	31.10	300m: 3:00.39	30.84
					350m: 3:31.07	30.68
					400m: 4:01.58	30.51
12.	Berjen Mellema	RTC - Nova	4:03.26	199800615	4:01.63	+0,75 D
	50m: 27.21	27.21	150m: 1:27.79	30.51	250m: 2:30.00	31.15
	100m: 57.28	30.07	200m: 1:58.85	31.06	300m: 3:01.03	31.03
					350m: 3:31.88	30.85
					400m: 4:01.63	29.75
13.	Jonne Schaafsma	RTC - Racing Club	4:06.23	199800745	4:04.30	+0,75 D
	50m: 27.61	27.61	150m: 1:29.00	31.02	250m: 2:31.75	31.41
	100m: 57.98	30.37	200m: 2:00.34	31.34	300m: 3:03.10	31.35
					350m: 3:34.51	31.41
					400m: 4:04.30	29.79
14.	Sten Postma	VZC-E&P	4:06.10	200000011	4:04.90	+0,73 D
	50m: 28.36	28.36	150m: 1:30.32	31.20	250m: 2:32.62	30.93
	100m: 59.12	30.76	200m: 2:01.69	31.37	300m: 3:03.28	30.66
					350m: 3:34.16	30.88
					400m: 4:04.90	30.74
15.	Vincent Croijmans	VZC-E&P	4:03.96	200100381	4:04.95	+0,78 C
	50m: 27.86	27.86	150m: 1:29.24	30.82	250m: 2:31.28	30.85
	100m: 58.42	30.56	200m: 2:00.43	31.19	300m: 3:02.79	31.51
					350m: 3:34.18	31.39
					400m: 4:04.95	30.77
16.	Niels Wiersema	Nova	4:07.75	199703221	4:08.53	+0,92 E
	50m: 28.80	28.80	150m: 1:30.87	31.16	250m: 2:34.00	31.47
	100m: 59.71	30.91	200m: 2:02.53	31.66	300m: 3:05.40	31.40
					350m: 3:37.43	32.03
					400m: 4:08.53	31.10