

Programmanr. 3
4-11-2016

Heren, 400m wisselslag

Senioren Open
Resultaten Voorronde

rang	naam	vereniging	tijd	RT	fin	pnt	niv
Senioren Open							
1.	Arjan Knipping	PSV	199401667	4:17.59	+0,71	A	848 B
	50m: 27.57	27.57 150m: 1:33.15	34.14	250m: 2:42.12	35.70	350m: 3:48.45	30.56
	100m: 59.01	31.44 200m: 2:06.42	33.27	300m: 3:17.89	35.77	400m: 4:17.59	29.14
2.	Jacques Läufer	Switzerland	55736	4:21.52	+0,68	A	811 C
	50m: 27.50	27.50 150m: 1:32.48	33.04	250m: 2:41.66	35.60	350m: 3:50.66	32.19
	100m: 59.44	31.94 200m: 2:06.06	33.58	300m: 3:18.47	36.81	400m: 4:21.52	30.86
3.	Rowan Keen	Borger	199500727	4:24.13		A	787 D
	50m: 28.35	28.35 150m: 1:34.53	33.48	250m: 2:44.73	37.39	350m: 3:53.39	30.94
	100m: 1:01.05	32.70 200m: 2:07.34	32.81	300m: 3:22.45	37.72	400m: 4:24.13	30.74
4.	Marek Osina	KPSP Kometa Brno		4:24.20	+0,77	A	786 C
	50m: 27.35	27.35 150m: 1:31.84	32.97	250m: 2:42.12	37.49	350m: 3:53.17	32.82
	100m: 58.87	31.52 200m: 2:04.63	32.79	300m: 3:20.35	38.23	400m: 4:24.20	31.03
5.	Frank Roovers	RTC - PSV	199800219	4:25.38	+0,70	A	776 C
	50m: 28.07	28.07 150m: 1:35.69	34.84	250m: 2:46.29	37.15	350m: 3:55.98	31.64
	100m: 1:00.85	32.78 200m: 2:09.14	33.45	300m: 3:24.34	38.05	400m: 4:25.38	29.40
6.	Thomas Thijs	VZF	ZGEEL/10061/97	4:29.56	+0,71	A	740 D
	50m: 27.58	27.58 150m: 1:32.78	32.80	250m: 2:45.96	40.61	350m: 3:59.49	30.83
	100m: 59.98	32.40 200m: 2:05.35	32.57	300m: 3:28.66	42.70	400m: 4:29.56	30.07
7.	Jens Bakker	De Dolfijn	199300021	4:30.08	+0,81	A	736 E
	50m: 28.98	28.98 150m: 1:36.80	35.33	250m: 2:48.94	37.07	350m: 3:58.52	32.36
	100m: 1:01.47	32.49 200m: 2:11.87	35.07	300m: 3:26.16	37.22	400m: 4:30.08	31.56
8.	Sjobbe Luyten	VZF	MOZKA/284/98	4:31.57	+0,73	A	724 D
	50m: 28.74	28.74 150m: 1:34.94	33.00	250m: 2:49.02	41.48	350m: 4:02.16	32.15
	100m: 1:01.94	33.20 200m: 2:07.54	32.60	300m: 3:30.01	40.99	400m: 4:31.57	29.41
9.	Jari Groenhart	RTC - TriVia	200000271	4:32.10	+0,77	B	720 D
	50m: 28.16	28.16 150m: 1:37.09	35.54	250m: 2:48.43	37.71	350m: 4:00.33	32.74
	100m: 1:01.55	33.39 200m: 2:10.72	33.63	300m: 3:27.59	39.16	400m: 4:32.10	31.77
10.	Niels Post	PSV	199801327	4:33.10	+0,71	B	712 E
	50m: 28.44	28.44 150m: 1:37.08	35.61	250m: 2:50.86	39.05	350m: 4:02.87	32.19
	100m: 1:01.47	33.03 200m: 2:11.81	34.73	300m: 3:30.68	39.82	400m: 4:33.10	30.23
11.	Llewellyn Little	De Dolfijn	199207333	4:33.59	+0,77	B	708 E
	50m: 28.30	28.30 150m: 1:36.85	35.93	250m: 2:50.66	39.43	350m: 4:03.08	32.24
	100m: 1:00.92	32.62 200m: 2:11.23	34.38	300m: 3:30.84	40.18	400m: 4:33.59	30.51
12.	Wietse Beerens	Dommelbaarzen	198700159	4:34.27	+0,75	B	703 E
	50m: 30.09	30.09 150m: 1:40.55	35.71	250m: 2:53.29	37.38	350m: 4:03.59	32.44
	100m: 1:04.84	34.75 200m: 2:15.91	35.36	300m: 3:31.15	37.86	400m: 4:34.27	30.68
13.	Sander Kirillova	ZPCH	199800121	4:42.79	+0,76	B	641 E
	50m: 30.08	30.08 150m: 1:40.68	36.63	250m: 2:57.27	40.29	350m: 4:10.97	33.02
	100m: 1:04.05	33.97 200m: 2:16.98	36.30	300m: 3:37.95	40.68	400m: 4:42.79	31.82
14.	Michel van Nieuwkerk	Albion d'ELFT (SG)	199702413	4:44.01	+0,67	B	633 E
	50m: 29.45	29.45 150m: 1:41.24	37.06	250m: 2:57.55	39.78	350m: 4:12.23	33.66
	100m: 1:04.18	34.73 200m: 2:17.77	36.53	300m: 3:38.57	41.02	400m: 4:44.01	31.78
15.	Matthew Dullemond	MNC Dordrecht	199805005	4:44.07	+0,77	B	632 E
	50m: 29.51	29.51 150m: 1:40.14	35.60	250m: 2:57.89	42.39	350m: 4:13.10	33.20
	100m: 1:04.54	35.03 200m: 2:15.50	35.36	300m: 3:39.90	42.01	400m: 4:44.07	30.97
16.	Stijn Simons	PSV	199900813	4:46.41	+0,73	B	617 E
	50m: 30.16	30.16 150m: 1:41.38	36.31	250m: 2:57.69	40.93	350m: 4:14.14	33.94
	100m: 1:05.07	34.91 200m: 2:16.76	35.38	300m: 3:40.20	42.51	400m: 4:46.41	32.27
17.	Egbert Stolk	Albion d'ELFT (SG)	197600889	4:47.22	+0,78	R	612
	50m: 30.13	30.13 150m: 1:42.87	37.68	250m: 3:00.41	40.33	350m: 4:14.89	33.46
	100m: 1:05.19	35.06 200m: 2:20.08	37.21	300m: 3:41.43	41.02	400m: 4:47.22	32.33
18.	Thom Delno	VZC-E&P	200000013	4:48.70	+0,78	R	603 E
	50m: 30.32	30.32 150m: 1:43.36	37.62	250m: 3:00.30	39.76	350m: 4:15.24	34.50
	100m: 1:05.74	35.42 200m: 2:20.54	37.18	300m: 3:40.74	40.44	400m: 4:48.70	33.46
DIS	Olivier Jans	The Hague Swimming (SG)	200001815				
	<i>VH - Niet met twee handen gelijktijdig keer- en/of eindpunt aangetikt.</i>						
NG	Nick van Nijburg	De Dolfijn	199902169				